

C. COOKING OF MIXED MUTTON, OR GOAT'S MEAT, AND VEGETABLE DISHES

INTRODUCTION

The combination of different Vegetables and Meat enhance the flavour of both Meat and Vegetables, in Domestic Cooking. Prices of Meats are rising day by day. These mixed preparations, add to the bulk of the Domestic Dishes, and are also cheaper than Meat Dishes alone. Meats add to the Protein value mainly, and Vegetables increase the Mineral and Vitamin contents. A piece or two of Meat, along with an ample helping of vegetables is thus enjoyed in a meal. It is also medically good for those who should not take too much of red meats.

Generally both Meat of Sheep and Goat's Meat, are called 'Mutton'. In these preparations usually, there is not much of frying done, which is desirable. In Kashmirī daily domestic Menus, such mixed preparations are usual, and are Cooked and enjoyed according to the availability of various fresh vegetables, in different months and seasons of the year. Housewives eagerly look forward to the seasonal availability of Brinjals, Bottle Gourds, 'Voastāhāk', Turnips, Radishes, Spinach etc. Usually somewhat fatty Mutton, of Neck, Ribs, Tail portion and Breast, is preferred for cooking with vegetables. The pieces are also not big. A kg. of Meat is cut into 30 to 40 pieces. Even Fatty and other Innard pieces and Suet, are sometimes added, and are equally enjoyed after cooking with Vegetables.

Recipes of some Mixed Mutton and Vegetable Preparations, usually cooked in Kashmir follow.

RECIPE NO. 55.

1. 'Goagji Ṭā Neñi Shabdēg'. (E-Turnips and Mutton) (H-Shalgam aur Gōshṭ kī Shabdēg').

As soon as fresh Turnips become available in Kashmir, this dish is prepared usually in most of the households. This dish is enjoyed most with Plain Cooked Rice.

Ingredients :-

1. Fatty Mutton or Goat's Meat, - 1/2 kg. some fatty portions of Innards may be added.
2. Turnips, - 2 Kgs.
3. Mustard Oil, - 2 tbsp.
4. Turmeric, - 1 tsp.
5. Ginger Powder, - 1/2 tsp.
6. Aniseed Powder, - 1/2 tsp.
7. 'Varī Masālā', - 10 gm.

Preparation :-

Wash the Turnips thoroughly. No leaves are used. These are prepared separately. Cut each Turnip into 4 to 8 pieces according to its size, so that each piece is about the size of an egg. Shave off the sharp edges of these pieces. Wash the Innards, if used, thoroughly.

Method of Cooking :-

In an earthenware cooking vessel, a 'Leij' or a 'Ḍegul', put all the ingredients except 'Varī Masālā', and add 1 1/2 litre of water. Mix with a ladle, and let simmer on low heat, till the Meat becomes tender and Turnips also cook well. While cooking, now and then, turn the contents gently with the ladle, preferably wooden, so that no caking takes place at the bottom of the vessel. Then add crushed 'Varī Masālā', stir and serve.

Usually partial boiling is done in the evening, and then the vessel ('Ḍeg') is left to simmer on some

live charcoals, left in the fire place ('Ḍān'). Next morning, the final cooking is done by boiling for another 10 or 15 minutes and then adding the 'Vari Masālā'. That is why this preparation used to be called a 'Shab-Ḍeg'. 'Shab' in Persian means Night and 'Ḍeg', 'Degul' and 'Leij' are names of earthenware cooking pots in Kashmirī. Nowadays, for saving time and fuel, a pressure cooker is used. That way most of the fats, of the Meat, get melted, but the dish is equally delicious, and enjoyed most during the cold season.

RECIPE NO. 56.

2. 'Phūl Gupī Ṭā Nēnī'. (E-Cauliflower and Mutton) (H-'Phūl Gōbhī aur Gōshṭ').

Ingredients :-

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| 1. Mutton or Goat's Meat, - | 1/2 kg. |
| 2. Cauliflower, - | 1½ kg. |
| 3. Mustard oil, - | 2 tbsps. |
| 4. Turmeric, - | 1 tsp. |
| 5. Red Chili Powder, - | 1/2 tsp. |
| 6. Green Chilies, - | 2 nos. |
| 7. Green Coriander, - | 3 springs. |
| 8. Green Ginger, - | 2" piece. |
| 9. Onions, - | 2 of medium size. |
| 10. Garlic, - | 2 cloves. |
| 11. Aniseed Powder, - | 1/2 tsp. |
| 12. Ginger Powder, - | 1/2 tsp. |
| 13. Cloves, - | 2 nos. |
| 14. Cumin Seeds, - | 1/2 tsp. |
| 15. 'Vari Masālā' or 'Garam Masālā', - | 10 gm. |
| 16. Salt to taste, - | about 1 tsp. |
- Onions and Garlic are not needed if 'Vari Masālā' is used.

Preparation :-

1. Split the Cauliflower into flowerets after cutting off the main stem along with stems of leaves. Pare the main stem to cook the tender pith also after cutting it into slices. Wash thoroughly with water and keep aside in a colander to drain off the water.
2. Scrape the Green Ginger and chop it. Peel the Onions and Garlic cloves, if used, and chop these finely.
3. Wash Green Coriander, pick leaves and chop these and the Green Chilies after slitting and removing seeds.

Method of Cooking :-

1. In half a litre of water, in a 'Paṭilā' boil the Meat for 15 to 20 minutes, till it is tender. To quicken the process, a pressure cooker may be used.
2. Meanwhile, in a 'Kadāhī' or a Pan heat the oil on a medium flame. When foam disappears, add Cloves, Cumin Seeds, Turmeric and Chili Powder, along with a tablespoon of water. Stir for a minute till oil takes colour. Add the chopped Onions and Garlic, in case 'Vari Masālā' is not available or is not used. Fry till Onions turn golden brown.
3. Add the Cauliflowerets along with stem slices, and go on turning with a broad flat spatula (H-'Paltā'), till all pieces are covered with oil and spices etc. and these get slightly fried.
4. Add boiled Meat and its Soup, and again turn gently with the spatula, after adding the Salt. Cook for 10 minutes more, till the Cauliflowerets are also done.
5. Add 'Garam Masālā' or crushed 'Vari Masālā' in case Onions and Garlic have not been used, and mix with the flat spatula gently, so that Meat pieces and Cauliflowerets do not get split or crushed.
6. Garnish the Dish with the chopped Green Coriander leaves, Green Chilies and Green Ginger, after transferring it to the Serving Dish. The Dish goes equally well with Plain Cooked Rice, 'Chapṭīs', 'Nān' and 'Parāṅṭhā'.

Sometimes some Green Peas are also added while cooking the above Dish, to make it look better and also make it more palatable.

RECIPE NO. 57.

3. 'Baṇḍ Gūpī Ṭā Nēni'. (E-Cabbage and Mutton) (H-'Baṇḍ Gōbhī aur Gōshṭ').

Ingredients :-

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| 1. Mutton or Goat's Meat, - | 1/2 kg. |
| 2. Cabbage, - | 1 ½ kg. |
| 3. Mustard Oil, - | 2 tbsps. |
| 4. Turmeric, (Optional), - | 1 tsp. |
| 5. Red Chilli Powder, - | 1/2 tsp. |
| 6. Salt to taste, - | about 1 tsp. |
| 7. Green Chilies, - | 3 nos. |
| 8. Cumin Seeds, - | 1/2 tsp. |
| 9. Cloves, - | 2 nos. |
| 10. Asafoetida, - | a pinch. |
| 11. 'Varī Masālā', - | 15 gm. |

Preparation :-

1. Shred the Cabbage leaves into 1" or 2" pieces, after separating these from the head, and thoroughly washing these. Sometimes insects or dirt is found inside the Cabbage. Chop the Green Chilies, after slitting and removing seeds.

Method of Cooking :-

1. In half a litre of water, in a steel or tinned brass or copper 'Paṭlā', of about 2 litres capacity, boil the Meat for 15 to 20 minutes, till it is almost tender. Add half a tsp of Turmeric, if a yellow coloured dish is preferred.
2. Meanwhile, heat the oil in a 'Kadhī' or some other vessel, till its foam disappears. Add Cloves, Cumin Seeds, and Asafoetida, and after stirring, immediately add the Chilli Powder, remaining Turmeric and a tablespoon of water. Continue stirring till the oil is reddish brown in

colour. Now add the shredded Cabbage, and with a broad spatula (H-'Paltā') go on turning it, so that Cabbage gets a little fried for about ten minutes, and the oil and the spices evenly cover it.

3. Now add this semi-cooked Cabbage, to the boiled Meat in the 'Paṭlā', mix the whole gently, and again cook for another 5 to 10 minutes, on a medium flame.
4. Add crushed 'Varī Masālā' and chopped Green Chilies. Stir and serve hot.

RECIPE NO. 58.

4. a. 'Vāṅgan Ōluv Ṭā Nēni'.

b. 'Vāṅgan, Ōluv Veth Maṛḥavāṅgan Ṭā Nēni'.

(E-Brinjals, Potatoes and Mutton without or with Capsicums) (H-a-'Baṅgan Ālū aur Gōshṭ' b. 'Simlā Mirch dāl kē').

Ingredients :-

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| 1. Mutton or Goat's Meat, - | 1/2 kg. |
| 2. Potatoes, - | 1/2 kg. |
| 3. Brinjals, round or long of medium size, - | 1/2 kg. |
| 4. Capsicums - 2 nos. or Green Chilies, - | 3 nos. |
| 5. Cumin Seeds, - | 1/2 tsp. |
| 6. Cloves, - | 3 nos. |
| 7. Asafoetida, - | a pinch. |
| 8. Red Chili Powder, - | 2 tsps. |
| 9. Turmeric, - | 1 tsp. |
| 10. Ginger Powder, - | 1/2 tsp. |
| 11. Aniseed Powder, - | 1/2 tsp. |
| 12. 'Garam Masālā', - | 1/2 tsp. |
| 13. Mustard oil, - | 1/2 cup. |

Preparation :-

1. Pare the Potatoes and dice into about 1" pieces.
2. Pare and slice Brinjals lengthwise, each into 4 to 8 pieces, according to their size. Too thick slices do not get fried well.

3. Stem and slice the Capsicums into 1" wide pieces, and remove seeds, or slit the Green Chillies and chop these after removing seeds.

Method of Cooking :-

Somewhat hot, the preparation is quite appetizing, and is enjoyed both with Plain Cooked Rice and 'Chapāṭīs'.

1. Fry in a 'Kadāhī', the diced Potatoes golden yellow, and the Brinjal slices brown, separately in the oil. Take these out with a perforated ladle (H-'Jhamā'), draining all oil. In a 'Paṭīlā', of about 2 litre capacity, pour the drained oil.
2. To this oil in the 'Paṭīlā', add Cloves, Cumin Seeds, Asafoetida, the Chili Powder, Turmeric and a tablespoon of water. Stir and heat on a medium flame for a minute till oil begins to separate.
3. Now add the Meat and go on turning it with a broad spatula (H-'Paltā') till it cooks for about 5 minutes on full flame. Add 1/2 litre of water. Stir and cook for another 15 to 20 minutes till the Meat becomes tender.
4. Add the fried Potatoes and Brinjals and also the sliced Capsicums if desired. In case Capsicums, are not used, add the chopped Green Chillies, to add to the flavour. Add also the Ginger and Aniseed Powders. Mix well by gently turning the contents with the spatula. Cook for another 5 to 10 minutes on medium heat, till gravy thickens.
5. Add 'Garam Masālā' before serving.

RECIPE NO. 59.

5. 'Alā, Torēlā, Yā Lār Ṭā Nēni', (E-Bottle Gourds, Sponge Gourds, Ridge Gourds or Cucumbers and Mutton) (H-'Laukī, yā Ṭōrī yā Khīrā aur Gōshṭ').

Ingredients :-

1. Mutton or Goat's Meat, - 1/2 kg.
2. Bottle Gourds or Sponge Gourds or Ridge Gourds or Cucumbers, - 1 kg.

3. Mustard Oil, - 2 tbsps.
4. Cumin Seeds, - 1 tsp.
5. Asafoetida, - a pinch.
6. Cloves, - 2 nos.
7. Green Chillies, - 5 nos.
8. Salt, - 1 tsp.
9. 'Vaṛ Masālā', - 10 gms.

Preparation :-

1. If Bottle Gourds are used, scrape off their skins with a knife. Wash, and slice these lengthwise each into 4 or more 1" broad slices. Chop the long slices horizontally into about 1" pieces. Keep aside in a plate.
2. If Sponge or Ridge Gourds are used, pare their skins lengthwise, and then slice these horizontally into 1" thick round pieces. The parings may be cut into 2" pieces and fried in oil and after sprinkling with Chili Powder and Salt, these also form a good side dish.
3. Also in case of Cucumbers, pare these lengthwise and then slice each horizontally into 1" thick round pieces.
4. Chop the Green Chillies, after slitting and removing the seeds and keep ready for use.

Note :-

In case of Sponge or Ridge Gourds or Cucumbers, always, after paring, taste a very small piece of each, to ascertain that it is not bitter. Discard the bitter ones, if any.

Method of Cooking :-

1. In half a litre of water, boil for 15 to 20 minutes, the Meat in a steel 'Paṭīlā', after adding Salt, till it becomes tender. Pressure cooking saves time.
2. Meanwhile heat oil in a 'Kadāhī', till foam disappears. Add Cumin Seeds, Cloves and Asafoetida. Stir for a second or two and add the prepared Bottle Gourd or Sponge Gourd or Ridge Gourd or Cucumber. Go on turning with a broad spatula (H-'Paltā'), till it gets cooked to some extent for 10 minutes or so.

3. Add these semi-cooked vegetables to the boiling Meat in the 'Paṭilā'. Turn with the spatula, and cook for another 5 to 10 minutes.
4. Add chopped Green Chilies and crushed 'Varī Masālā'. Stir and serve hot, with Plain Cooked Rice or 'Chapāṭis' etc. It is a good preparation for Domestic Meals.

8. Turmeric, - 1/2 tsp.
9. Salt, - 1/2 to 1 tsp.
10. Ginger Powder, - 1/2 tsp.
11. Aniseed Powder, - 1/2 tsp.
12. 'Garam Masālā', - 1/2 tsp, or
'Varī Masālā', - 10 gm.

RECIPE NO. 60.

6. 'Voasṭāhāk Ṭā Nēni' (E-'Voasṭāhāk' and Mutton) (H-'Voasṭāhāk aur Gōshṭ').

'Voasṭāhāk' is like 'Baṭhvā Sāg', (BOT : Chenopodium album), with more tender and thick leaves. It is a speciality of Kashmīr, but grows well anywhere in India. The authors have seen it sold in Bangalore Vegetable Markets. In Kashmīr, it is generally ready in early spring. The leaves are either green or purplish. It is a good source of Vitamin A, like 'Baṭhvā' and 'Chōlāyī', and also of Minerals, some other Vitamins and Proteins. The seeds are sown in autumn, and from early spring the extra seedlings are initially pulled out with roots for cooking, in order to allow more space to other plants to grow into more mature sprigs, and provide for cooking subsequently. One by one, the separating of leaves, from early uprooted seedlings for cooking, is a tiring job, yet housewives and children do it gladly to enjoy the dish. Cooked alone, it forms a nice side dish, somewhat like a Pickle or 'Chetnī'. When cooked with Meat or 'Panīr', it lends its special flavour to these cherished and palatable Dishes.

Ingredients :-

1. Mutton or Goat's Meat, a bit fatty, - 1/2 kg.
2. 'Voasṭāhāk', (Coarse stems and roots discarded), - 1/4 kg.
3. Mustard oil, - 1/2 cup.
4. Curd, - 1/2 cup.
5. Cumin Seeds, - 1 tsp.
6. Cloves, - 2 nos.
7. Red Chili Powder, - 1/2 tsp.

Method of Cooking :-

1. In a steel 'Paṭilā', boil in half a litre of water the Meat for about 20 minutes, till it is tender. A pressure cooker may be used to quicken the process, but this melts some of the fats of the Meat.
2. Meanwhile heat the oil in a steel 'Kadāhī' or another 'Paṭilā'. When foam disappears, add Cumin Seeds and Cloves and stir.
3. Add sorted 'Voasṭāhāk', and fry it in the oil, while turning constantly with a broad flat spatula ('Paliā'). When oil begins to separate, add the Curd, after beating with a spoon. Continue turning till the Curd blends, and also gets 'somewhat fried'.
4. When oil again begins to separate, add the boiled Meat pieces, after straining and retaining the Soup in a bowl. Go on turning with the spatula, till Meat also gets some what fried.
5. Add Spices and Salt (Items 7 to 11), along with the Soup. Turn and mix the whole, and let cook, on medium flame for 10 to 15 minutes more, till oil begins to show.
6. Add crushed 'Varī Masālā' or 'Garam Masālā'. Serve with Plain Cooked Rice, 'Chapāṭī', 'Parāṇṭhā' or 'Nān'. If 'Varī Masālā' is not available a pinch of Asafoetida should be added, while adding the other Spices.

RECIPE NO. 61.

7. 'Pālak, Mīṭh Ṭā Nēni', (E-Spinach, Fenugreek and Mutton) (H-'Pālak, Mēṭhī, aur Gōshṭ').

Ingredients :-

1. Mutton or Goat's Meat, somewhat fatty, - 1/2 kg.
2. Spinach or Fenugreek leaves or both, - 1 kg.
3. Mustard oil, - 1/2 cup.
4. Cumin Seeds, - 1/2 tsp.
5. Cloves, - 2 nos.
6. Red Chili Powder, - 1/2 tsp.
7. Turmeric, - 1 tsp.
8. Salt to taste about, - 1 tsp.
9. Green Chilies, - 3 nos.
10. Onions, medium size, - 2 nos.
11. Garlic, - 2 Cloves (9, 10 & 11 Optional).
12. Ginger Powder, - 1/2 tsp.
13. Aniseed Powder, - 1 tsp.
14. Curd, - 1/2 tea cup.
15. 'Garam Masālā', - 1/2 tsp., or
'Varī Masālā', - 10 gm., in case Onions and Garlic are not used.

Preparation :-

1. Sort out good Spinach and/or Fenugreek Leaves, discarding coarse stems. Wash well with water.
2. Boil these leaves, in a cup of water, for 10 minutes, and strain the liquid through a Colander, and then squeeze remaining water, by hand, from the boiled leaves. Retain all liquid in a bowl.
3. Now, by means of a wooden Pestle and a stone Mortar (H-'Hāvan Ḍaṣṭā'), or by a 'Silbattā', or otherwise in an Electric Grinder, Pound the boiled and squeezed leaves, along with peeled and chopped Onions and Garlic, and Green Chilies if used, to a coarse pulp and keep aside in a bowl.

Method of Cooking :-

1. In a steel 'Paṭīlā' of about 2 litres capacity boil the Meat in half a litre of water for 15 to 20 minutes, till it becomes tender.

2. Meanwhile in a steel 'Kadāhī' heat on a medium flame, the oil, till foam disappears. Add Cumin Seeds and Cloves, stir, and immediately add the pounded Spinach and/or Fenugreek, along with the pounded Onions and Garlic, if used. Go on turning with a broad steel spatula (H-'Paltā'), and fry till oil starts to separate.
3. Add well beaten Curd, and continue turning with the spatula for a few minutes more, till whiteness of Curd disappears and it also gets fried and blended.
4. Add Red Chilies, Turmeric, Ginger and Aniseed Powders, along with the Salt. Mix with the spatula and then add the liquid strained from boiled Spinach and/or Fenugreek leaves. Turn and mix and bring to a boil.
5. Now add the boiled Meat and its Soup. Stir with a steel ladle. Cook on medium flame, turning occasionally, till ground Spinach and/or Fenugreek thickens to a paste and oil begins to appear.
6. Add 'Garam Masālā', if Onions and Garlic are used, otherwise add crushed 'Varī Masālā'. Stir with the ladle. Serve hot with Plain Cooked Rice, 'Chapūṭī', 'Bread', 'Nān' or Parānthā'.

RECIPE NO. 62.

8. a. 'Naḍeir Ṭā Nenī'. (E-Lotus Roots and Mutton)(H-'Kamal kī jadh aur Gōshṭī)
- b. 'Naḍier, Oluv Ṭā Nenī'. (E-Lotus Roots, Potatoes and Mutton) (H-'Kamal kī jadh, Ālū aur Gōshṭī').

Lotus Roots (K-'Naḍeir', H-'Kamal kī Jadh' or 'Bhēṇ') are found abundantly in lakes in Kashmir, and are frequently used in culinary preparation, alone or in combination with other Vegetables, Mutton, Fish, Chicken and Game Birds.

'Naḍier Moāñji', are 'Fritters' made of lengthwise sliced Lotus Roots and a batter of Rice Flour, Kashmirī Red Chili Powder and Salt, and deep fried

in Mustard oil. These are prepared by 'Halvāyīs' and sold almost at all Fairs and Picnic spots, and in Markets too.

Lotus Roots are said to be a good source of Iodine, and have many Essential Minerals and also some Vitamins. The mature roots have a diameter of 1" to 2". These are also available in almost all Indian Markets, as most of ponds and lakes etc. produce these here and there.

Ingredients :-

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| 1. Mutton or Goat's Meat, - | 1/2 kg. |
| 2. Lotus Roots, - | 1/2 kg. |
| 3. Potatoes, - | 1/2 kg. |
| 4. Mustard oil, - | 1/2 cup. |
| 5. Red Chili Powder, - | 1 tsp. |
| 6. Turmeric, - | 1 tsp. |
| 7. Ginger Powder, - | 1/2 tsp. |
| 8. Aniseed Powder, - | 1/2 tsp. |
| 9. Caraway Seeds, - | a pinch. |
| 10. Cloves, - | 2 nos. |
| 11. Salt to taste, - | about 1 tsp. |
| 12. 'Garam Masālā', - | 1/2 tsp. |
| 13. Asafoetida, - | a pinch. |
| 14. Curd, - | 1 tbsp. |

Preparation :-

- Scrape the Lotus Roots by a knife, and slice horizontally into 1/2" thick round slices. Wash thoroughly to clean the holes.
- Pare the Potatoes and dice into 1" cubes. Wash thoroughly.

Method of Cooking :-

- In a steel 'Paṭīlā', of about 2 litres capacity, boil the Meat in half a litre of water for 15 to 20 minutes, after adding Salt and Turmeric, till it gets almost tender.
- Meanwhile, fry moderately in a steel 'Kadāh' the Lotus Root slices and diced Potatoes, in the

Mustard oil. Add the boiled Meat, after straining the Soup in a bowl. Also add the Curd, after beating it well by a spoon, the Cloves, Chili, Ginger and Aniseed Powders, and the Asafoetida. Go on stirring all the contents with a steel ladle, and let cook for another 5 minutes.

- Now transfer the whole to the 'Paṭīlā' again, and add the Meat Soup. Cook for 10 to 15 minutes on low heat. When gravy thickens, add 'Garam Masālā' and Caraway Seeds. Stir and serve hot.

RECIPE NO. 63.

9. 'Moan̄ji Siun' (E-Knol Khol and Mutton) (H-'Gāṅth Gōbhī aur Gōshṭ').

This is a favourite Dish of Kashmīrīs, is really delicious, and goes very well with Plain Cooked Rice (K-'Baṭā'). It is a popular Domestic Menu preparation. While purchasing the Knol Khol, care should be taken to select tender ones, with soft skin and fresh leaves. Otherwise while dressing, the stale and withered leaves have to be discarded. Too mature Knol Khol, usually develops a fibrous core, unfit for cooking, and it has to be discarded while dressing.

Knol Khol, and especially their leaves, are very nutritive and contain lot of Protein, Minerals and Vitamins; the Vitamin C content is much higher than in Tomatoes.

Ingredients :-

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| 1. Mutton or Goat's Meat (a bit fatty), - | 1/2 kg. |
| 2. Knol Khol with Leaves, - | 1 1/2 to 2 kgs. |
| 3. Mustard oil, - | 1/2 tea cup. |
| 4. Cumin Seeds, - | 1/2 tsp. |
| 5. Asafoetida, - | a Pinch. |
| 6. Cloves, - | 2 nos. |
| 7. Turmeric, - | 2 tsps. |
| 8. Salt, - | 1 tsps. |
| 9. Chili Powder, - | 1 tsp. |

10. Ginger Powder, - 1/2 tsp.
11. Aniseed Powder, - 1 tsp.
12. 'Varī Masālā', - 10 gram.
13. Curd, - 1 tbsp.
14. Green Coriander, - a few sprigs.
15. Green Chilies, - 2 nos.

(Last three Items are optional).

Preparation :-

1. Discard coarse and withered leaves with stems, if any, from the lower part of the Knol Khol, and retain tender ones on their tops, and green ones on sides. Cut horizontally the soft tops of Knol Khol, along with their tender leaves, and split these into two or four pieces through the middle. Cut the remaining green good leaves from sides and keep these.
2. Pare the hard fibrous skins of the remaining part of the Knol Khol, and dice into about 3/4" cubical pieces. Discard any hard fibrous cores, if found in any Knol Khol.
3. Cut the good green leaves with stems, into two or three pieces each.
4. Wash thoroughly with water. Thus only about two thirds edible portion of the Knol Khol is left for cooking.
5. Chop the washed Green Chilies, after slitting and removing seeds. Also pick leaves and tender stems of the Coriander sprigs, and shred these. Keep aside in a plate.

Method of Cooking :-

1. Heat, on medium flame, the oil in a steel or tinned, brass or copper 'Pañilā' of 2 litres capacity, or in the body of a pressure cooker. When foam disappears, add Cumin Seeds, Cloves and Asafoetida. Stir, and add the diced Knol Khol, their tops and leaves. Turning the contents with a ladle, fry for 5 minutes.
2. Add half a litre of water, the Meat, Turmeric, Salt and the Chili, Ginger and Anise Powders. Mix well with the ladle, and let boil and cook for

half an hour or so till Meat becomes tender, and the Knol Khol etc. is also done.

3. Chili, Ginger, and Aniseed Powders, are added afterwards, in case of pressure cooking for about 15 minutes only.
4. Now add well beaten Curd and mix gently with the ladle and let cook for a little while more, till gravy thickens and oil begins to show.
5. Add crushed 'Varī Masālā' and prepared Green Chilies and Coriander leaves, and after stirring a little, serve hot.

RECIPE NO. 64.

10. 'Hāk Ṭá Neñi (E-Collards or Kales and Mutton) (H-'Karam kā Sāg aur Gōshṭ').

'Hāk', a special Green Vegetable of Kashmīrī, is usually cooked alone, but for a change sometimes it is cooked with Brinjals, Lotus Roots, Mutton or Domestic Cheese ('Panīr'), or even with dried fish (K-'Hogādā'). Following is a Recipe for Meat cooked with 'Hāk'.

Ingredients :-

1. Mutton or Goat's Meat, preferably a bit fat, - 1/2 kg.
2. 'Karam Sāg' Leaves ('Hāk'), - 1 kg.
3. Mustard oil, - 1/2 cup.
4. Cloves, - 2 nos.
5. Asafoetida, - a pinch.
6. Turmeric, - 1 tsp.
7. Salt to taste, - 1 tsp.
8. Chili Powder, - 1 tsp.
9. 'Varī Masālā', - 20 gm.

Preparation :-

Sort out good 'Hāk' leaves nipping off insect eaten and withered portions of these and tough stems,

if any. See that there are no insects or worms left on leaves. Wash the sorted out leaves thoroughly.

Method of Cooking :

Generally an earthenware vessel ('Leij') is used in Kashmīr, to cook 'Hāk' particularly, and also most of other dishes prepared for Domestic Meals. If it is not available, use either a pressure cooker, or a 'Paṭilā' of steel or tinned brass or copper.

Heat the Mustard oil in the vessel. When the foam disappears, add Cloves and Asafoetida. Immediately after stirring, add half a litre of water, Turmeric, Salt and Chili Powder. Bring to boil. If a pressure cooker is used, only a quarter litre of water is needed.

Now add the 'Karam Sāg' leaves and Meat, and stir and turn with a ladle, till the leaves become limp, and settle in the liquid. Cook for half an hour or so, after covering the vessel with a lid, till Meat becomes soft and the 'Hāk' leaves are also done. Pressure cooking takes only 15 to 20 minutes. Last, add crushed 'Vari Masālā', mix with a ladle and serve hot.

RECIPE NO. 65.

11. 'Hedar, Çhhāgael, Bokāvachi, Ṭá Kṛehnāmāz', (E-Mushrooms with Testes, Kidneys and Liver of Sheep or Goat) (H-'Khumbī, Kapūrē, Gurḍē aur Kalējā').

Ingredients :-

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| 1. Mushrooms, - | 250 gm. |
| 2. Mixed Kidney, Liver and Testes, cut into about 1" pieces, - | 1/2 kg. |
| 3. Mustard oil, - | 1/2 cup. |
| 4. Cloves, - | 2 nos. |
| 5. Cumin Seeds, - | 1 tsp. |

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| 6. Asafoetida, - | a pinch. |
| 7. Red Chili Powder, - | 1 tsp. |
| 8. Turmeric, - | 1 tsp. |
| 9. Ginger Powder, - | 1/2 tsp. |
| 10. Aniseed Powder, - | 1/2 tsp. |
| 11. Curd, - | 1 tea cup. |
| 12. 'Garam Masālā', - | 1 tsp. |
| 13. Green Chilies, - | 2 nos. |
| 14. Onion, - | 1 medium size. |
| 15. Garlic, - | 2 Cloves. |
| 16. Green Ginger, - | a 2" piece. |
| 17. Tomatoes medium size, - | 2 nos. (item 13 to 17 optional). |

Cultured fresh Mushrooms are available from market, or even tinned ones are sold. It is risky to cook various kinds of Mushrooms, collected from forests etc. at random. These may be highly poisonous, and turnout to be fatal.

Pre-ration :-

1. Wash and cut the Mushrooms into halves, vertically.
2. If used, wash and chop the Green Chilies, Onions, Garlic, Green Ginger and Tomatoes, after peeling the Onions and Garlic Cloves, scraping the Green Ginger and slitting and removing seeds of Green Chilies.

Method of Cooking :-

1. Heat oil on medium flame, in a steel 'Kadāhī' or a steel 'Paṭilā'. When the foam disappears, add Cumin Seeds, Cloves and Asafoetida, and immediately, after stirring add Red Chili Powder, Turmeric and a tablespoon of water. Stir well with a broad steel spatula (H-'Paltā'), for a minute till oil takes colour.

2. Add washed pieces of Kidneys, Liver and Testes along with the Curd after beating. Continue turning with the spatula, till Curd blends with the oil and Spices, and the Kidneys etc., get a bit fried, the liquid almost evaporates, and the oil begins to separate.
3. Now add the Mushrooms, and the Ginger and Aniseed Powders. Go on turning the whole, and let cook for another 5 minutes, so that Mushrooms also get just fried and covered with the gravy.
4. Add a cup of water, and also the chopped Onions, Garlic, Green Ginger and Green Chilies, if desired. Stir and simmer on low heat for another 5 minutes. Then add 'Garam Masāla'. Stir and serve with Plain Cooked Rice, 'Chapāṭis', 'Parāṅthā', or 'Nān'.

In a Breakfast, the Dish goes well with freshly fried Potato Chips, to replace 'Fish and Chips'.

RECIPE NO. 66.

12. 'Daffar Ṭā Goagji Yā Mīth Yā Pālak'. (E-Certain Innards of Sheep or Goat, cooked with Turnips, or Fenugreek or Spinach) (H-'Bhēd yā Bakrē kī Ōjhdī aur Aṅṅ, Shalḡam yā Mēthī yā Pālak kē sāth').

This is a Dish often included in Domestic Meals. 'Daffar' consists mostly of mixed pieces of Tripe, Stomach and Intestines of Sheep or Goat. Sometimes pieces of Lungs are also included. Other Innards such as Heart, Kidneys, Liver and Testes, are sold usually along with Meat, and are equally expensive. 'Görkhās and 'Tibeṭjāns', cook all mixed Innards, cut into pieces, and call it 'Batvā'. 'Daffar' when cooked with Turnips or Fenugreek or Spinach, is a palatable Dish, and is nutritive too. Good varieties of Turnips, such as Purple Top, Golden and Snow Ball, should be used.

Ingredients :-

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| 1. 'Daffar', - | 1 kg. |
| 2. Turnips or Fenugreek Leaves and / or Spinach, - | 2 kgs |
| 3. Mustard oil, - | 1/2 cup. |
| 4. Turmeric, - | 2 tsps. |
| 5. Chili Powder, - | 1 tsp. |
| 6. Cloves, - | 2 nos. |
| 7. Asafoetida, - | a pinch. |
| 8. Cumin Seeds, - | 1 tsp. |
| 9. Aniseed Powder, - | 1 tsp. |
| 10. Ginger Powder, - | 1 tsp. |
| 11. 'Garam Masāla', -
or 'Varī Masāla', - | 1 tsp.
10 gms. |
| 12. Salt, - | 2 tsps. |
| 13. Fresh Chilies, (In the case of use of Fenugreek Leaves and / or Spinach), - | 3 nos. |

Preparation :-

1. If Turnips are used, cut off their tops and leaves, quarter each with a knife, and then if quarters are big, cut further each quarter into two pieces, so that each is about the size of an egg. Shave off a little the sharp edges and corners of each piece to make these a bit round. These shavings and greens are cooked separately.
2. In the case of use of Fenugreek leaves and/or Spinach, wash and sort out good leaves, discarding tough stems. Boil leaves in a cup of water for 10 minutes, or pressure cook for about 5 minutes. Strain through a colander, and then squeeze further with hand, and collect the liquid in a bowl. Now pound to a paste, the boiled leaves, using a Mortar and Pestle (H-'Hāvan Ḍastā'), or a 'Silbattā' or an Electric Grinder. Keep the paste aside in a bowl.
3. Further when cooking Fenugreek leaves and / or Spinach with the Innards, boil these also separately for 10 minutes in two cups of water.

Take out the boiled Innard pieces with a perforated ladle, or separate these by straining through a colander, and retain the Soup in a bowl. Chop coarsely, the boiled pieces of Innards, and keep aside in a plate. Innards are cut into about 2" pieces, and not chopped coarsely if cooked with Turnips.

4. Chop finely the Green Chillies.

Method of Cooking :-

(a)

1. In case Turnips are cooked with Innards, boil the cut Innards pieces in a 'Pañīlā', in a litre of water for half an hour, or pressure cook these for fifteen minutes, after adding Turmeric and Salt, so that they become a bit tender.
2. Meanwhile, in a 'Kadāhī', heat the oil, till foam disappears, and then add the Cloves, Asafoetida and Cumin Seeds, and immediately put the dressed Turnip pieces in the oil, and go on turning with a broad spatula till the Turnip pieces get a little fried.
3. Now add the fried Turnips, along with oil etc., to the boiling Innards in the 'Pañīlā', or the Pressure cooker, after releasing its pressure. Add Chili, Aniseed and Ginger powder and stir gently. Cook for another half an hour till the Turnips are also done. Add a little more water if needed. If pressure cooking is adopted, only 10 minutes of further cooking would suffice. By now, the gravy thickens and the Innards and Turnips become quite tender. Add 'Garam Masālā', or crushed 'Varī Masālā'. The Dish is generally served with, Plain Cooked Rice but goes well with 'Chapāñīs' too.

(b).

1. If leaves of Fenugreek and/or Spinach are cooked with Innards, heat the oil in a 'Pañīlā', or a steel 'Kadāhī', of about 2 litre capacity till the foam disappears. Add Cloves, Cumin Seeds and Asafoetida. Stir, and immediately add Chili Powder, Turmeric and a tablespoon of water.

Continue stirring till oil takes colour, and begins to separate.

2. Add the pounded Fenugreek leaves and/or Spinach alongwith the chopped Innards. Go on turning with a flat spatula and let cook and fry for 10 minutes or so, till most of the water gets evaporated and oil begins to separate.
3. Add the Soup of the Innards, and the Fenugreek leaves and/or Spinach, along with Aniseed and Ginger Powders, and Salt to taste. Stir well and cook on medium heat, till whole thickens to a paste like mass.
4. Add chopped Green Chillies, crushed 'Varī Masālā' or 'Garam Masālā'. Stir again and serve hot with Plain Cooked Rice or 'Chapāñīs' or 'Nān'.

RECIPE NO. 67.

13. 'Maçhh Bariṭh Samōsā'. (E-Triangular Fried Patties stuffed with Minced Meat etc.) (H-'Samōsē Kīmā bhar ke').

These are enjoyed, at Breakfasts, After-noon Teas and in Picnics, and taken with different 'Chetnis' and Sauce etc.

Ingredients :-

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| 1. Finely Minced Mutton, - | 1/2 kg. |
| 2. Green Peas in pods, - | 1/2 kg. |
| 3. Refined Vegetables oil, - | 1/2 kg. |
| 4. Onion, - | 1 medium size. |
| 5. Garlic, - | 3 Cloves. |
| 6. Green Ginger, - | a 2" piece |
| 7. Tomato, - | of medium size 1. |
| 8. Curd, - | 1 tbsp. |
| 9. Red Chili Powder, - | 1/2 tsp. |
| 10. Ginger Powder, - | 1/2 tsp. |
| 11. Aniseed Powder, - | 1/2 tsp. |
| 12. Caraway Seeds, - | a pinch. |
| 13. 'Garam Masālā', - | 1/2 tsp. |
| 14. Salt, - | 1 tsp. |

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|--------------------------------------|-----------|
| 15. Sifted Wheat flour, ('Maidā'), - | 150 gm. |
| 16. Pure 'Ghī', - | 1 tbsp. |
| 17. Green Chillies, - | 3 nos. |
| 18. Green Coriander, - | 6 sprigs. |

Note : The above is sufficient for making 24 'Samōsās'.

Preparation :-

1. Shell the Peas, and keep aside in a plate.
2. Peel the Onion and the Garlic cloves, and chop these along with scraped Green Ginger and the Tomato. Keep in another plate.
3. Slit the Green Chillies and remove seeds. Chop these along with washed leaves of Green Coriander sprigs. Keep also separately in a bowl.
4. Rub in the pure 'Ghī' into the 'Maidā', and then add as much water as needed, to knead it into a stiff dough. Divide it into twelve equal portions and roll, between palms, into twelve balls. Keep these in a plate and cover with a moist cloth.

Method of Cooking :-

1. In a steel 'Kadāhī', pour 2 tbsp. of oil, and heat it on medium flame. Add the chopped Onion, Garlic, Green Ginger, Tomato and the Curd. Go on turning with a broad flat steel spatula (H-'Paliā'), till oil begins to separate.
2. Add the Minced Meat and Green Peas, and continue turning with the spatula, till both get fried and the oil again begins to separate.

3. Now add, Red Chili, Ginger and Aniseed Powders, and also Salt along with 2 tablespoons of water, and go on turning till all water evaporates, and the Minced Meat and Green Peas are done.
4. Add 'Garam Masālā', Caraway Seeds and chopped Green Chillies and Coriander leaves. Mix with the spatula, and remove the 'Kadāhī' from heat. Divide this cooked Minced Meat and Peas into 24 portions on a platter.
5. By means of a Rolling Pin (H-'Bēlan'), on an oiled Bread Board (H-'Chaklā'), roll out the 12 balls of dough into thin flat rounds, of about 6" diameter each. Cut the rounds into halves by a knife and keep these in a plate.
6. Place a half round, at a time, on the left hand palm. Damp its edges, and with the help of right hand fingers and thumb, and by half closing the left hand, shape it into a cone, by overlapping and pressing together the two edges from the centre of the cut edge. Fill the cone with a portion of the cooked Minced Meat and Peas, by a spoon. Close the mouth of the cone by pressing together its opposite dampened lips, and sealing the seam by pinching with the nails and tips of the right hand forefinger and thumb.
7. Repeat the process till all 24 cones are stuffed and sealed.
8. Now in the cleaned 'Kadāhī', deep fry 6 stuffed cones at a time, till the pastry becomes crisp. The fried cone is called a 'Samōsā' and should be served hot.