Prashad-Cooking with the Masters is a great book that covers a wide swath of Indian cooking, but it was published without an index! Since it is arranged geographically, it is almost impossible for a non-Indian to find a recipe. Since I wanted to use the book, I created an index for it. This index is much longer than a published version would be, as it has main entries for many of the spices, to facilitate my use of them. Plus, most recipe titles were not in English, and I wanted to include both versions. In this way, the index also acts as a glossary of Indian dishes.

A	
aam ka achaar (mango pickle), 172	almond(s), <i>cont'd</i>
aam ki chutney (mango chutney), 175	in chicken with saffron, 60
aamle ka murabba (gooseberry	in fritters with milk and syrup, 143
preserves), 177	in lamb, white, 110
achaar korma (lamb with mustard and	in smoked lamb kebab, 23
kalonji), 31	in lamb pâté, 11
adraki chaamp (lamb chops with cumin),	in lamb patties, 24
24	in lamb with white cardamom, 74
adrak ka murabba (ginger preserve),	lamb with yoghurt and, 42
178	in mango chutney, 175
ajwain	rice pudding, 145
in cheese kebab, 26	with cardamon and saffron, 144
cheese with <i>makhani</i> gravy and, 54	in <i>shahi</i> paste, 29
in chickpea flour dumplings (kadhi),	in stuffed marrows, 77
103	in vermicelli pudding, 146
in fish mousse, 6	aloo chutneywale (potatoes stuffed with
fish with, 93	cheese in chutney gravy), 36
in lobster tandoori, 15	aloo paratha (fried bread with potatoes),
mathi (fried crackers), 161	185
in pomfret tandoori, 15	aloo-salaad anarkali (potato
prawns with <i>makhani</i> gravy and, 48	pomegranate salad), 5
in prawns with tomatoes, 39	aloo tikki (stuffed potato patties), 158
shrimp, fried, 155	amchur. See mango powder
almond(s)	American to metric measurements, xxii-
in biryani, 135	XXV
in bread pudding with nuts and	amrit dahi (yoghurt with ginger and
saffron, 139	mango), 208
bread with raisins and, 192	amritsari machchi (fish with ajwain), 93
in carrot pudding, 147	amrud ki subzi (guavas in tomatoes and
cauliflower with saffron and, 66	yoghurt), 115
chicken breasts stuffed with, 72	ananas ka muzaafar (pineapple with
in chicken stuffed with nuts, 70	rice), 148
in chicken sweetmeat, 150	appetizers. See also snacks
in chicken with nine jewels, 29	chicken <i>tikka,</i> 17

appetizers, cont'd	banana leaves in fish with coconut
chicken with curry leaves and	chutney, 87
tamarind, 124	basmati rice. <i>See</i> rice
fish with <i>ajwain,</i> 93	<i>bataani kaal kari</i> (peas and
lamb and cashew kebab, 22	mushrooms), 126
prawns, battered, 59	batter for
apple pudding (saeb ki kheer), 147	chicken skewers with saffron and
asafoetida	fennel (rice), 156
chickpea flour dumplings in cumin and	potato balls (chickpea flour), 165
asafoetida gravy, 116	prawns, 59
in guavas in tomatoes and yoghurt,	quail, 69
115	batti (flatbread with ghee), 186
in lamb with mustard and kalonji, 31	beans (kidney) in lentils with cream, 106
in lamb with yoghurt and chickpea	beans (green) in vegetables with chillies
flour gravy, 113	and fenugreek, 136
in Maheshwari cuisine, 108	Belli Ram, lamb (with yoghurt and
in <i>moong dal</i> dumplings in masala,	onions), 96
115	bell pepper. <i>See</i> capsicum
in rice with vegetables and huliyana	<i>bengal gram. See</i> chickpeas
masala, 129	besan. See chickpea flour
atta (whole-wheat flour)	besan ke gatte (chickpea flour
in chickpea biryani, 38	dumplings in cumin and asafoetida
dough	gravy), 116
about, xxvi	betel leaf <i>paan</i> , xxvi
in steaming, xvi	bhartha (eggplant with onions and
in lamb with turnips and spinach, 65	tomatoes), 102
in meatballs with sunflower seeds and	bharvan lal mirch (pickled chillies), 173
raisins, 64	bharwaan (stuffed), xxvi
tandoori roti, 185	bhatura (fried semolina bread), 190
in white lamb, 110	<i>bhunao</i> (sautéeing), xvi, 28
aubergine. See brinjals	bhunnana (roasting), xvii
Avadh dishes	biryani
about, 58	chicken with saffron, 133
garam masala for, 198	defined, xxvi
recipes, 69–78	with lamb and <i>urad dal</i> dumplings, 32
D	vegetable, 135
B Baby I Bamaah 110	bisi bhela huliyana (rice with vegetables
Babu, J. Ramesh, 119	and <i>huliyana masala</i> ), 129
badal jaam (eggplant with coriander and yoghurt), 68	bitter gourd stuffed with onions, 101
, , ,	black gram. See urad dal
baghar (tempering), xvii	black perpensions objects with 50
bakarkhani (leavened bread with raisins	black peppercorns, chicken with, 50
and almonds), 192	boar, pickled, 172
banana (plantain) balls, 67	<i>boti,</i> xxvi. <i>See also</i> kebabs

boti ka salaad (kebab salad), 4	С
boti kebab (lamb kebab with cumin), 26	cabbage, mushrooms with, 43
brain, lamb, 53	capsicum
braising (bhunao), xvi	in chicken skewers with mint, 93
bread, 183–196	in mushrooms with cabbage, 43
about, 183-184	in prawn salad with achaar masala, 3
batti (flatbread with ghee), 186	cardamom (green)
breadcrumbs in chicken kebab, 20	chicken in mace and cardamom
chappatti, 185	sauce, cold, 9
fennel <i>(jalebi paratha),</i> 195	in coconut pudding, 151
fried	fritters
basic (kerala paratha), 190	with milk and, 152
flaky <i>(varqi paratha),</i> 193	with milk and syrup, 143
with lamb mince (kheema paratha),	in syrup, 142
186	lamb kebab with, 25
poori, 188	lamb kebab with mace and, 22
with potatoes (aloo paratha), 185	in lamb <i>korma</i> , 74
semolina (bhatura), 190	lamb with, 98
khameeri roti (yeast bread), 187	rice pudding, 145
lamb rolls <i>(chaurasia kathi)</i> , 156	rice pudding with saffron and, 144
leavened bread with raisins and	in shrimp with <i>ajwain,</i> 155
almonds (bakarkhani), 192	in vermicelli pudding, 146
naan, 189	yoghurt with saffron and, 146
phulka (flatbread), 185	cardamom (white), lamb with, 74
pudding with nuts and saffron (shahi	carrot(s)
tukrha), 139	in biryani, 135
rich bread <i>(sheermal)</i> , 192	chutney, 176
brinjals (eggplant)	in fish mousse, 6
choosing, 103	in pickled vegetable relish, 174
with coriander and yoghurt, 68	preserve, 178
in fish curry with rice and lentils, 86	pudding, 147
in lamb with lentils and vegetables, 89	in vegetables with chillies and
with onions and tomatoes, 102	fenugreek, 136
butter	cashewnut(s)
chicken, 94	in biryani, 135
clarifying <i>(desi ghee),</i> 212	in chicken breasts stuffed with cheese
flatbread with, 186	18
butter, white	in chicken breasts stuffed with khoya,
in five lentils, 104	72
in lentils with chillies, 105	chicken curry, 130
in lentils with cream, 106	chicken kebab, 21
mustard greens in, 100	in chicken stuffed with nuts, 70
buttermilk in <i>kadhi</i> , 113	in chicken with nine jewels, 29
	chicken with onions and, 132

cashewnut(s), cont'd	cheese, fresh (paneer), cont'd
in coconut pudding, 151	in chicken kebabs with cream and
in lamb, cold stuffed, 10	green chillies, 19
in lamb kebab, smoked, 23	with chillies, 45
in stuffed marrows, 77	with fresh chickpeas, 100
paste, 206	kebab, 26
in potatoes stuffed with cheese in	mushrooms and, 78
chutney gravy, 36	potatoes stuffed with, 36
in <i>shahi</i> paste, 29	"raspberry" <i>mattar,</i> 37
cauliflower	chhenna (cheese), 210
pakora (fritters), 159	in <i>gulab jamun</i> (fritters in syrup), 142
in pickled vegetable relish, 174	in rasmalai (sweet cheese in cream),
in rice with vegetables and huliyana	141
masala, 129	chhonkna, xvii
with saffron and almonds, 66	chicken
in vegetables with chillies and	with black peppercorns, 50
fenugreek, 136	breasts
chaamp achaar (pickled lamb chops),	stuffed with cheese, 18
172	stuffed with khoya, 72
chaat masala, 199	butter, 94
in chicken tandoori salad, 3	and cashewnut curry, 130
in potato pomegranate salad, 5	with curry leaves and tamarind, 124
chakla-belan, xv	deviled, 125
chandi kaliyan (lamb with white	with fenugreek, 30
cardamom), 74	kebab
chandi-ka-varq. See silver leaf	battered, 20
channa dal. See chickpeas, split	cashew, 21
channa dal flour. See chickpea flour	cream and green chillies, 19
chappatti, 185	mace, 17
charcoal smoking, xvii	in mace and cardamom sauce, cold, 9
chaud-froid sauce, 9	meatballs in <i>shahi</i> gravy, 50
chaurasia kathi (lamb stuffed bread),	mousse roll, saffron, 7
156	with nine jewels, 29
cheese, cheddar	with nuts and seeds, 131
in chicken kebabs with cream and	with onions and cashewnuts, 132
green chillies, 19	with potatoes and coconut, 83
in shrimp with <i>ajwain,</i> 155	with rice and saffron, 133
cheese, fresh (chhenna), 210	with saffron, 60
in <i>gulab jamun</i> (fritters in syrup), 142	skewers
in rasmalai (sweet cheese in cream),	with mint, 93
141	with saffron and fennel, fried, 156
cheese, fresh (paneer), 210	skin bundles, 60
with <i>ajwain</i> and <i>makhani</i> gravy, 54	stuffed and roasted, 70
chicken breast stuffed with, 18	sweetmeat, 150

chicken, cont'd	chilli paste <i>(kashmiri deghi mirch)</i>
tandoori, 16	in butter chicken, 94
in butter chicken, 94	in chicken skewers with mint, 93
salad, 3	in fish mousse, 6
tikka, 17	lamb with yoghurt and onions, 96
with tomatoes, 40	chimta (tong), xv
chickpea flour (besan), xxvi	chutney
batter for potato balls, 165	about, 169-170
dumplings (kadhi), 103	carrot, 176
in cumin and asafoetida gravy, 116	coconut, 181
dried <i>(mongodi)</i> in masala, 115	for stuffing fish, 87
Marwari style, 115	gravy for potatoes stuffed with cheese,
in lamb kebab with mace and	36
cardamom, 22	mango, 175
lamb with yoghurt and gravy, 113	sweet (saunth), 180
chickpea(s)	onion, 182
biryani, 38	-stuffed meatballs, 157
with cheese, 100	tomato, 181
in potato pomegranate salad, 5	cilantro. <i>See</i> coriander
chickpeas, split <i>(channa dal)</i> , xxvi	cinnamon
in five lentils, 104	in lamb mince with yoghurt, 43
in <i>huliyana masala</i> , 129	in lamb patties, 24
lamb, sour, 134	in smoked lamb kebab, 23
in lamb patties, 24	cloves
in rice cake, spicy, 167	in lamb mince with yoghurt, 43
chillies, green	in lamb patties, 24
chicken kebabs with cream and, 19	in lamb with mustard and <i>kalonji</i> , 31
in coconut chutney, 88	smoked kebab, 109
lamb with, 34	coconut
potatoes stuffed with cheese in	about, 211
chutney gravy, 36	in chicken breasts, stuffed, 72
seafood with potatoes and, 48	in chicken with nuts and seeds, 131
vegetables with fenugreek and, 136	chicken with potatoes and, 83
white gram with tomatoes and, 46	chutney, 181
chillies, red	for stuffing fish, 87
cheese with, 45	fish with tamarind and, 123
in fish curry, 82	in lamb, white, 110
lamb with, 111	in lamb patties, 24
in pickled prawns, 81	lamb with fennel and, 41
in prawn <i>masala,</i> 81	okra with yoghurt gravy and, 126
prawns with tamarind and, 86	paste, 207
seafood with potatoes and, 48	in lentils and vegetables (sambhar),
vegetables with fenugreek and, 136	127
white gram with tomatoes and, 46	in peas and mushrooms, 126

coconut, cont'd	crab
prawns with coriander and, 121	with coconut, 122
prawns with tomatoes and, 121	in seafood with chillies and potatoes,
pudding, 151	48
rice salad, 5	cream
in smoked lamb kebab, 23	chicken kebabs with green chillies
coconut milk, 211	and, 19
in Goa fish curry, 82	in chicken with nine jewels, 29
coloring food with tea, 98	in fish mousse, 6
cooking method glossary, xvi-xvii	in lamb, white, 110
coriander	in lamb and green peppercorn curry,
in cheese with chillies, 45	33
chicken and cashew kebab, 21	lentils with, 106
in chicken breasts stuffed with cheese,	in lobster tandoori, 15
18	in saffron chicken roll, 7
in chicken kebabs with cream and	cucumber, tomato, and onion salad
green chillies, 19	(kachumbar), 6
in chicken kebab with batter, 20	cumin
in chicken tikka harra bharra, 17	chickpea flour dumplings in cumin and
in chicken with tomatoes, 40	asafoetida gravy, 116
in coconut chutney, 88	in lamb and green peppercorn curry,
eggplant with yoghurt and, 68	33
in fish mousse, 6	lamb chops with, 24
in lamb and cashew kebab, 22	lamb kebab with, 26
in meatballs stuffed with chutney, 157	in lamb with green chillies, 34
in mushroom curry, 35	in lamb with yoghurt and almond
in potatoes stuffed with cheese, 36	paste, 42
prawns with coconut and, 121	lentils with butter and, 55
coriander seeds	in prawns with tomatoes and coconut,
in cheese with chillies, 45	121
in chicken with tomatoes, 40	cumin, black
in lamb and green peppercorn curry,	in battered prawns, 59
33	in cheese kebab, 26
in lamb with green chillies, 34	in chicken breasts stuffed with cheese
in lamb with yoghurt and almond, 42	18
in lamb with yoghurt and onions, 96	in chicken kebab with batter, 20
in prawns with tomatoes, 39	in chicken with saffron, 60
corn	in lamb and green peppercorn curry,
lamb and, 112	33
and mushrooms, 44	in smoked lamb kebab, 23
cornflour falooda (noodle garnish), 152	in lamb patties, 24
defined, xxvi	in lamb with green chillies, 34
in saffron-pistachio <i>kulfi</i> (ice cream), 140	in mushrooms and <i>paneer</i> , 78

curry leaves	desserts, 139–152
chicken with tamarind and, 124	about, 137–138
in coconut rice salad, 5	apple pudding <i>(saeb ki kheer),</i> 147
in crab with coconut, 122	bread pudding with nuts and saffron
in lamb with coconut and fennel, 41	(shahi tukrha), 139
in sour lamb with lentils, 134	carrot pudding (gajjar ka halwa), 147
in lentils and vegetables (sambhar),	cheese in cream (rasmalai), 141
127	chicken sweetmeat (murgh-ki-burfi),
in okra with coconut and yoghurt	150
gravy, 126	coconut pudding (paruppu payasam),
in peas and mushrooms, 126	151
in pomfret with tamarind and coconut,	fritters
123	with cardamom and milk (paal poli),
in pickled prawns, 81	152
in prawns with coconut and coriander,	kalajami (extra fried in syrup), 143
121	with milk and syrup (zauq-e-shahi),
in prawns with tomatoes and coconut,	143
121	in syrup <i>(gulab jamun),</i> 142
in tomato or lemon soup (rasam), 128	lamb and rice dessert (mushq-e-
	tanjan), 149
D	pineapple with rice (ananas ka
dahi (yoghurt), 208	muzaafar), 148
dahi, amrit (yoghurt with ginger and	rabarhi (reduced milk) with pistachios
mango), 208	and vetivier, 139
dahi, kesari (saffron yoghurt), 209	rice pudding
dahi ka keema (lamb mince with	with cardamon and saffron (phirni),
yoghurt), 43	144
dakshini salaad (coconut rice salad), 5	kesari kheer, 145
dal. See lentils; specific types, i.e.	vermicelli pudding (sevian), 146
moong dal, urad dal	yoghurt with saffron and cardamom
dal, punj rattani (five lentils), 104	(shrikhand), 146
dal amritsari (lentils with chillies), 105	deviled chicken, 125
dal be-aab (lentils with butter and	dhaaba (roadside eatery), 92
cumin), 55	dhan-dal patio (fish curry with rice and
dalcha gosht (sour lamb with lentils),	lentils), 86
134	dhansak (lamb with lentils and
dal kabila (lentils with tomatoes and	vegetables), 80, 89
ginger), 47	dhansak masala, 200
dal makhani (lentils with cream), 106	in fish curry with rice and lentils, 86
deg (pot), xv	in lamb with lentils and vegetables, 89
degchi (pot), xv	dhingri dulma (mushrooms and cheese)
deghi mirch. See chilli paste (kashmiri	78
deghi mirch)	dhuanaar (smoking), xvii
desi ghee, 212	dill in lamb with turnips and spinach, 65
flatbread with, 186	

dosai (rice pancakes), 163	equipment, <i>cont'd</i>
masala (stuffed pancakes), 164	pauni (frying spoon), xv
drumstick (vegetable) in lentils and	shikora, xxvi
vegetables (sambhar), 127	<i>sigri</i> (grill), xvii
dudhia bataer (fried quail), 69	sil-batta, xv
dum ka masala, 200	tawa (griddle), xv
dum ke kebab (smoked lamb kebab), 23	erha kari (prawns with coconut and
dumplings	coriander), 121
biryani with lamb and <i>urad dal</i>	,
dumplings, 32	F
chickpea flour (kadhi), 103	falooda (noodle garnish), 152
in cumin and asafoetida gravy, 116	defined, xxvi
dried (mongodi) in masala, 115	in saffron-pistachio kulfi (ice cream),
Marwari style, 115	140
dum pukht (steaming technique)	fat for frying, xvii
about, 58	fennel
dum ka masala, 200	bread <i>(jalebi paratha),</i> 195
garam masala for, 198	chicken skewers with saffron and, 156
recipes for, 59–68	in chillies, pickled, 173
dum (steaming)	in lamb and green peppercorn curry,
about, xvi	33
in handi cooking, 28	lamb with coconut and, 41
3, 5	mango condiment with kalonji and,
E	179
eggplant. See brinjals	in mango pickle, 172
egg(s)	in quail, fried, 69
in chicken kebab with batter, 20	fenugreek
in chicken stuffed with nuts, 70	about, 30
filling for masala dosai, 165	in cheese kebab, 26
in fish mousse, 6	in pickled chicken, 171
in lamb pâté, 11	chicken with, 30
• •	Official With, OC
in lamb patties, 24	in chicken with tomatoes, 40
•	·
in lamb patties, 24 equipment chakla-belan, xv	in chicken with tomatoes, 40
equipment	in chicken with tomatoes, 40 fresh, 31
equipment chakla-belan, xv	in chicken with tomatoes, 40 fresh, 31 in lamb with yoghurt and almond
equipment  chakla-belan, xv  chimta (tong), xv	in chicken with tomatoes, 40 fresh, 31 in lamb with yoghurt and almond paste, 42
equipment  chakla-belan, xv  chimta (tong), xv  deg, xv	in chicken with tomatoes, 40 fresh, 31 in lamb with yoghurt and almond paste, 42 in lentils with tomatoes and ginger, 47
equipment  chakla-belan, xv  chimta (tong), xv  deg, xv  degchi (pot), xv	in chicken with tomatoes, 40 fresh, 31 in lamb with yoghurt and almond paste, 42 in lentils with tomatoes and ginger, 47 in prawns with tomatoes, 39
equipment chakla-belan, xv chimta (tong), xv deg, xv degchi (pot), xv hamam-dasta (mortar and pestle), xv handi, xv	in chicken with tomatoes, 40 fresh, 31 in lamb with yoghurt and almond paste, 42 in lentils with tomatoes and ginger, 47 in prawns with tomatoes, 39 in prawns with tomatoes and coconut,
equipment chakla-belan, xv chimta (tong), xv deg, xv degchi (pot), xv hamam-dasta (mortar and pestle), xv handi, xv kadhai, xv, xvii	in chicken with tomatoes, 40 fresh, 31 in lamb with yoghurt and almond paste, 42 in lentils with tomatoes and ginger, 47 in prawns with tomatoes, 39 in prawns with tomatoes and coconut, 121
equipment chakla-belan, xv chimta (tong), xv deg, xv degchi (pot), xv hamam-dasta (mortar and pestle), xv handi, xv	in chicken with tomatoes, 40 fresh, 31 in lamb with yoghurt and almond paste, 42 in lentils with tomatoes and ginger, 47 in prawns with tomatoes, 39 in prawns with tomatoes and coconut, 121 in sole fried in mustard oil, 69
equipment chakla-belan, xv chimta (tong), xv deg, xv degchi (pot), xv hamam-dasta (mortar and pestle), xv handi, xv kadhai, xv, xvii karhchchi (ladle), xv masalchi, xxvi	in chicken with tomatoes, 40 fresh, 31 in lamb with yoghurt and almond paste, 42 in lentils with tomatoes and ginger, 47 in prawns with tomatoes, 39 in prawns with tomatoes and coconut, 121 in sole fried in mustard oil, 69 vegetables with chillies and, 136
equipment chakla-belan, xv chimta (tong), xv deg, xv degchi (pot), xv hamam-dasta (mortar and pestle), xv handi, xv kadhai, xv, xvii karhchchi (ladle), xv	in chicken with tomatoes, 40 fresh, 31 in lamb with yoghurt and almond paste, 42 in lentils with tomatoes and ginger, 47 in prawns with tomatoes, 39 in prawns with tomatoes and coconut, 121 in sole fried in mustard oil, 69 vegetables with chillies and, 136 firdaus-e-barein (meatballs with
equipment <i>chakla-belan,</i> xv	in chicken with tomatoes, 40 fresh, 31 in lamb with yoghurt and almond
equipment  chakla-belan, xv  chimta (tong), xv  deg, xv	in chicken with tomatoes, 40 fresh, 31 in lamb with yoghurt and almond paste, 42 in lentils with tomatoes and ginger, 47
equipment  chakla-belan, xv  chimta (tong), xv  deg, xv  degchi (pot), xv	in chicken with tomatoes, 40 fresh, 31 in lamb with yoghurt and almond paste, 42 in lentils with tomatoes and ginger, 47 in prawns with tomatoes, 39
equipment  chakla-belan, xv  chimta (tong), xv  deg, xv  degchi (pot), xv  hamam-dasta (mortar and pestle), xv	in chicken with tomatoes, 40 fresh, 31 in lamb with yoghurt and almond paste, 42 in lentils with tomatoes and ginger, 47 in prawns with tomatoes, 39 in prawns with tomatoes and coconut,
equipment chakla-belan, xv chimta (tong), xv deg, xv degchi (pot), xv hamam-dasta (mortar and pestle), xv handi, xv	in chicken with tomatoes, 40 fresh, 31 in lamb with yoghurt and almond paste, 42 in lentils with tomatoes and ginger, 47 in prawns with tomatoes, 39 in prawns with tomatoes and coconut, 121
equipment chakla-belan, xv chimta (tong), xv deg, xv degchi (pot), xv hamam-dasta (mortar and pestle), xv handi, xv kadhai, xv, xvii	in chicken with tomatoes, 40 fresh, 31 in lamb with yoghurt and almond paste, 42 in lentils with tomatoes and ginger, 47 in prawns with tomatoes, 39 in prawns with tomatoes and coconut, 121 in sole fried in mustard oil, 69
equipment chakla-belan, xv chimta (tong), xv deg, xv degchi (pot), xv hamam-dasta (mortar and pestle), xv handi, xv kadhai, xv, xvii karhchchi (ladle), xv	in chicken with tomatoes, 40 fresh, 31 in lamb with yoghurt and almond paste, 42 in lentils with tomatoes and ginger, 47 in prawns with tomatoes, 39 in prawns with tomatoes and coconut, 121 in sole fried in mustard oil, 69 vegetables with chillies and, 136
equipment chakla-belan, xv chimta (tong), xv deg, xv degchi (pot), xv hamam-dasta (mortar and pestle), xv handi, xv kadhai, xv, xvii karhchchi (ladle), xv masalchi, xxvi	in chicken with tomatoes, 40 fresh, 31 in lamb with yoghurt and almond paste, 42 in lentils with tomatoes and ginger, 47 in prawns with tomatoes, 39 in prawns with tomatoes and coconut, 121 in sole fried in mustard oil, 69 vegetables with chillies and, 136 firdaus-e-barein (meatballs with
equipment chakla-belan, xv chimta (tong), xv deg, xv degchi (pot), xv hamam-dasta (mortar and pestle), xv handi, xv kadhai, xv, xvii karhchchi (ladle), xv masalchi, xxvi masali dani (spice box), xv	in chicken with tomatoes, 40 fresh, 31 in lamb with yoghurt and almond paste, 42 in lentils with tomatoes and ginger, 47 in prawns with tomatoes, 39 in prawns with tomatoes and coconut, 121 in sole fried in mustard oil, 69 vegetables with chillies and, 136 firdaus-e-barein (meatballs with

fish	fried dishes, <i>cont'd</i>
with chillies and potatoes, 48	potato(es)
with coconut chutney, 87	balls, 165
curry, 82	patties, stuffed, 158
with rice and lentils, 86	straw, 88
fried, 69	quail, 69
with <i>ajwain,</i> 93	samosas, 160
mousse, 6	shrimp with <i>ajwain,</i> 155
pomfret tandoori, 15	sole, 69
sole, 69	fritters, savory
with tamarind and coconut, 123	lentil doughnuts <i>(medu vadai)</i> , 168
fried dishes	potato balls, 165
about <i>(talna),</i> xvii	vegetable (pakora), 159
bread	fritters, sweet
basic <i>(kerala paratha),</i> 190	<i>gulab jamun</i> (in syrup), 142
deep fried (poori), 188	kalajami (extra fried in syrup), 143
flaky <i>(varqi paratha),</i> 193	paal poli (with cardamom and milk),
with lamb mince (kheema paratha),	152
186	zauq-e-shahi (with milk and syrup),
with potatoes (aloo paratha), 185	143
semolina <i>(bhatura),</i> 190	
chicken skewers with saffron and	G
fennel, 156	<i>gajjar ka halwa</i> (carrot pudding), 147
crackers <i>(mathi),</i> 161	gajjar ka murabba (carrot preserve), 178
fish	<i>gajjar ki chutney</i> (carrot chutney), 176
with <i>ajwain,</i> 93	galina xacutti (chicken with potatoes and
sole, 69	coconut), 83
fritters, savory	galouti kebab (lamb kebab with mace
lentil doughnuts <i>(medu vadai),</i> 168	and cardamom), 22
potato balls, 165	galouti murgh (chicken meatballs in
vegetable <i>(pakora)</i> , 159	<i>shahi</i> gravy), 50
fritters, sweet	game
<i>gulab jamun</i> (in syrup), 142	about, 107-108
<i>kalajami</i> (extra fried in syrup), 143	boar, pickled, 172
paal poli (with cardamom and milk),	kebab, 109
152	venison, pickled, 172
zauq-e-shahi (with milk and syrup),	garam masala
143	about, 197
kachori (peethi-stuffed pastry), 162	aromatic (mild), 198
lamb meatballs for <i>dhansak</i> , 89	I (for meat), 198
lentil doughnuts (medu vadai), 168	II (for dum pukht, Avadh, Punjabi,
meatballs stuffed with chutney, 157	Rajasthani dishes), 198
okra with coconut and yoghurt gravy,	garde manger, 1–2
126	garlic
	in chicken <i>tikka,</i> 17

garlic, <i>cont'd</i>	gosht-ke-khaje (lamb brains, liver and
in lamb with mustard and kalonji, 31	kidneys), 53
paste, 206	gosht korma (lamb in gravy), 74
ghee, desi, 212	gosht pasanda paya ras (lamb picatta),
flatbread with, 186	52
Gill, Manjit Singh, 91, 139	Graham, Michael, 153
ginger	gramflour. See chickpea flour
in chicken <i>tikka</i> , 17	gravy
in chickpea biryani, 38	about, 202
in cold stuffed lamb, 10	basic I (yoghurt-based), 202
lamb chops with lemon and, 97	basic II (tomato-based), 203
in lamb pâté, 11	kadhai, 204
lamb skewers with, 95	in cheese with chillies, 45
lentils with tomatoes and, 47	in lamb brains, liver and kidneys, 53
in lobster tandoori, 15	in lamb with pounded spices, 53
paste, 206	in seafood with chillies and potatoes,
in lamb chops with cumin, 24	48
preserve, 178	makhani, 203
yoghurt with mango and, 208	shahi gravy for chicken meatballs, 50
glossary	green beans in vegetables with chillies
equipment, xv	and fenugreek, 136
ingredients, xxvi	green peppercorn curry, lamb, 33
Goan dishes, 79–85	greens
chicken with potatoes and coconut, 83	lamb with turnips and spinach, 65
fish curry, 82	mustard greens in white butter, 100
prawn <i>balchao</i> , 81	spinach <i>pakora</i> (fritters), 159
prawn <i>masala</i> , 81	grilled foods. See kebabs and tandoori
sorpotel (pork with pork liver), 85	groundnut oil in sorpotel (pork with pork
vindaloo, 84	liver), 85
Gomes, Jerome, 1–12	guavas in tomatoes and yoghurt, 115
goolar kebab (meatballs stuffed with	<i>gulab jamun</i> (fritters in syrup), 142
chutney), 157	in zauq-e-shahi (with milk and syrup),
gooseberry preserves, 177	143
gosht, dalcha (sour lamb with lentils),	gulnar jalpari (battered prawns), 59
134	guncha-o-bahar (cauliflower with saffron
gosht, subz (lamb with turnips and	and almonds), 66
spinach), 65	
gosht aur vadi biryani (lamb and urad	Н
dal dumplings with rice), 32	hamam-dasta (mortar and pestle), xv
gosht banjara (lamb with pounded	handi (pot)
spices), 53	about cooking style, 27–28
gosht elaichi pasanda (lamb kebab with	charcoal smoking in, xvii
cardamom), 25	defined, xv
	hara chholia te paneer (chickpeas with cheese). 100

huliyana masala, 129	<i>jhinga til tinka</i> (shrimp with <i>ajwain</i> ), 155
Hyderabadi dishes, 130–136	
chicken	K
and cashewnut curry <i>(murgh korma),</i> 130	kachchi mirch ka gosht (lamb and green peppercorn curry), 33
with nuts and seeds, 131	kachori (peethi-stuffed pastry), 162
with onions and cashewnuts, 132	kachumbar (tomato and onion salad), 6
with rice and saffron, 133	kadhai (pan)
lamb	about cooking style, 27–28
with lentils, sour, 134	defined, xv
with pounded spices, 53	frying in, xvii
rice with vegetables, 135	recipes for, 39–47
vegetables with chillies and fenugreek,	kadhai chholey (white gram with chillies and tomatoes), 46
	kadhai gosht hussainee (lamb with
I	yoghurt and almond paste), 42
ice cream	kadhai gravy, 204
with fritters, 143	in cheese with chillies, 45
mango, 140	in lamb brains, liver and kidneys, 53
reducing milk for, 139	in lamb with pounded spices, 53
saffron-pistachio, 140	in seafood with chillies and potatoes,
idli (steamed rice cake), 166	48
kanjeevaram (spiced rice cake), 167	kadhai jhinga (prawns with tomatoes),
iggaru royya (prawns with tomatoes and	39
coconut), 121	kadhai murgh (chicken with tomatoes), 40
J	kadhai paneer (cheese with chillies), 45
<i>jaan-e-man</i> (chicken skewers with saffron and fennel), 156	kadhi (chickpea flour dumplings), 103 in cumin and asafoetida gravy, 116
jaggery	Marwari style, 115
in fish curry with rice and lentils, 86	in <i>mongodi</i> (dried dumplings) in
in lamb with mustard and kalonji, 31	masala, 115
in mango condiment with fennel and	kalajami (fritters), 143
kalonji, 179	kale moti biryani (chickpea biryani), 38
in pickled vegetable relish, 174	kalonji (nigella seeds)
in prawns with chillies and tamarind,	lamb with mustard and, 31
86	mango condiment with fennel seeds
Jaiswal, Madan Lal, 13–26	and, 179
jalebi paratha (fennel bread), 195	kanjeevaram idli (spiced rice cake), 167
jhinga, kadhai (prawns with tomatoes),	karhchchi (ladle), xv
39	kari, xxvi
jhinga achaar (pickled prawns), 171	kashmiri deghi mirch. See chilli paste
jhinga achaar salaad (prawn salad), 3	(kashmiri deghi mirch)
<i>jhinga masala</i> (prawns with <i>ajwain</i> and <i>makhani</i> gravy), 48	kasoori methi. See fenugreek

kastoori kebab (battered chicken	kheema paratha (fried bread with lamb),
kebab), 20	186
katori (bowl), xvii, xxvi	kheema-sali (lamb mince with straw
kavab (lamb meatballs for dhansak), 89	potatoes), 88
kebabs and tandoori, 13-26	khichri, xxvi
about, xxvi, 14	khoya (reduced milk), 211
cheese, 26	in carrot pudding, 147
chicken	in cauliflower with saffron and
breast stuffed with cheese, 18	almonds, 66
and cashew kebab, 21	chicken breasts stuffed with, 72
kebab with batter, 20	in chicken sweetmeat, 150
kebab with cream and chillies, 19	in <i>gulab jamun</i> (fritters in syrup), 142
with mace, 17	marrows stuffed with, 77
tandoori, 16	khumb hara dhania (mushroom curry),
tikka, 17	35
game, 109	khuroos-e-polti (chicken bundles), 60
lamb	khuroos-e-tursh (chicken with saffron),
chops with cumin, 24	60
and cashew kebab, 22	kidney beans in lentils with cream, 106
smoked lamb kebab, 23	kidneys, brains, and liver, lamb, 53
kebab with cardamom, 25	kofta
kebab with cumin, 26	defined, xxvi
kebab with mace and cardamom, 22	gravy for, 202
patties, 24	phaldari (raw banana balls), 67
lobster, 15	kolmino patio (prawns with chillies and
pomfret, 15	tamarind), 86
vension, 109	korma, achaar (lamb with mustard and
kerala nandu masala (crab with	kalonji), 31
coconut), 122	korma, basic gravy for, 202
kerala paratha (flaky fried bread), 190	korma, gosht (lamb in gravy), 74
keri ki launjee (mango condiment), 179	korma, murgh (chicken and cashewnut
kesari dahi (saffron yoghurt), 209	curry), 130
kesari kheer (rice pudding), 145	kozhi vartha kari (chicken with curry
kewra. See vetivier	leaves and tamarind), 124
khad (lamb and phulka cake), 114	kulfi. See ice cream
khade masale ka gosht (lamb with green	
chillies), 34	L
khameeri roti (yeast bread), 187	lal maas (lamb with chillies), 111
khansamah (cook), xxvi	lamb
khasta kheema (lamb pâté), 11	Belli Ram (with yoghurt and onions),
khatta-meetha achaar (vegetable relish),	96
174	biryani with urad dal dumplings and,
kheema, xxvi	32
filling for masala dosai, 165	brains, liver and kidneys, 53

lamb, cont'd	lamb, <i>cont'd</i>
bread	picatta, 52
fried (kheema paratha), 186	with pounded spices, 53
stuffed with (paratha), 156	stock, 52
with cardamom, 98	with turnips and spinach, 65
with chillies	white, 110
green, 34	with white cardamom, 74
red, 111	with yoghurt
chop(s)	and almond paste, 42
curry, 75	and chickpea flour gravy, 113
with ginger and lemon, 97	chops, 76
pickled, 172	and onions, 96
with yoghurt, 76	lauki mussalam (stuffed marrow), 77
with coconut and fennel, 41	lazeez paslian (lamb chops with
cold stuffed, 10	yoghurt), 76
and corn, 112	laziz khumb (mushrooms with cabbage),
dessert with rice (mushq-e-tanjan),	43
149	lemon
filling for <i>masala dosai,</i> 165	in chicken tandoori, 16
and green peppercorn curry, 33	in chicken <i>tikka,</i> 17
kebab	lamb chops with ginger and, 97
with cardamom, 25	soup <i>(rasam),</i> 128
and cashew, 22	lentil, black. <i>See urad dal</i>
with cumin, 26	lentil(s). See also lentils, red; urad dal
with mace and cardamom, 22	with butter and cumin, 55
smoked, 23	with chillies, 105
korma (in gravy), 74	curry with rice and, 86
with lentils	doughnuts <i>(medu vadai),</i> 168
sour, 134	fish curry with rice and, 86
and vegetables, 89	five lentils, 104
meatballs	lamb
for <i>dhansak</i> , 89	sour with, 134
stuffed with chutney, 157	with vegetables and, 89
with sunflower seeds and raisins, 64	in Maheshwari dishes, 108
mince	with spices, 117
cake, <i>phulka</i> and, 114	with tomatoes and ginger, 47
with straw potatoes, 88	and vegetables <i>(sambhar),</i> 127
with white gram, 98	lentils, red
with yoghurt, 43	in five lentils, 104
with mustard and kalonji, 31	in lamb with lentils and vegetables, 89
pâté, 11	liver, lamb
Patialashahi (skewers with ginger), 95	brains, kidneys and, 53
patties, 24	in lamb with yoghurt and almond
and <i>phulka</i> cake, 114	paste, 42

lobster tandoori, 15	mango, <i>cont'd</i>
low fat	condiment with fennel and kalonji, 179
fish with coconut chutney, 87	kulfi (ice cream), 140
lamb chops with ginger and lemon, 97	pickle, 172
,	with <i>mathi</i> (fried crackers), 161
M	saunth (sweet chutney), 180
maas ke sule (vension kebab), 109	yoghurt with ginger and, 208
maas ki kadhi (lamb with yoghurt and	mango powder
chickpea flour gravy), 113	in bitter gourd stuffed with onions, 101
mace	in guavas in tomatoes and yoghurt,
chicken in mace and cardamom	115
sauce, cold, 9	in lamb mince with white gram, 98
chicken kebabs with, 17	in Maheshwari cuisine, 108
in chicken kebabs with cream and	in <i>moong dal</i> dumplings in masala,
green chillies, 19	115
in chicken with nine jewels, 29	saunth (sweet chutney), 180
lamb kebab with cardamom and, 22	marinade for battered prawns, 59
in shrimp with <i>ajwain</i> , 155	marrow, stuffed, 77
Maheshwari dishes, 108	Marwari dishes, 108
chickpea flour dumplings in cumin and	chickpea flour dumplings in cumin and
asafoetida gravy, 116	asafoetida gravy, 116
guavas in tomatoes and yoghurt, 115	guavas in tomatoes and yoghurt, 115
lentils with spices, 117	lentils with spices, 117
moong dal dumplings in masala, 115	moong dal dumplings in masala, 115
makhani chooze (butter chicken), 94	masala, about, xviii
makhani gravy, 203	masala, huliyana, 129
cheese with <i>ajwain</i> and, 54	masala dani (spice box), xv
in chicken with black peppercorns, 50	masala dosai (stuffed pancakes), 164
prawns with <i>ajwain</i> and, 48	masalchi, xxvi
makki ka soweta (lamb and corn), 112	masaledar karele (bitter gourd stuffed
makki-khumb masala (mushrooms and	with onions), 101
corn), 44	masalewalian chaampan (lamb chops
Mal, Todar, 13–26	with ginger and lemon), 97
malai seekh (lamb and cashew kebab),	masoor dal. See lentils, red
22	mathi (fried crackers), 161
malt vinegar	mattar, "raspberry," 37
in fish with <i>ajwain</i> , 93	measurements, converting, xxii–xxv
in fish with coconut chutney, 87	meatballs
in Goa prawn <i>masala</i> , 81	for <i>dhansak</i> , 89
in pickled chicken, 171	stuffed with chutney, 157
in pickled prawns, 81, 171	with sunflower seeds and raisins, 64
in vindaloo, 84	meat <i>Belli Ram</i> (lamb with yoghurt and
mango	onions), 96
chutney, 175	medu vadai (lentil doughnuts), 168
gravy, 36	
ال ال	

Mehta, Manu, 107	mint
melon seeds	chicken skewers with, 93
in chicken with nine jewels, 29	in chicken <i>tikka harra bharra,</i> 17
in <i>shahi</i> paste, 29	chutney
in stuffed marrows, 77	with lamb in <i>paratha</i> , 157
menu planning, xxi	meatballs stuffed with, 157
methi murgh (chicken with fenugreek),	potato patties stuffed with, 158
30	on samosas, 160
metric to American measurements, xxii-	in dressing for kebab salad, 4
XXV	in lamb pâté, 11
milagu kozhi chettinad (deviled chicken),	in lentils with chillies, 105
125	in mango chutney, 36
milk	in potato pomegranate salad, 5
chhenna (cheese), 210	in tomato and onion salad, 6
in chickpea biryani, 38	mitha. See desserts
in fried quail, 69	mogewala kukarh (chicken skewers with
in <i>gajjar ka halwa</i> (carrot pudding),	mint), 93
147	mongodi ki subzi (moong dal dumplings
kesari kheer (rice pudding), 145	in masala), 115
khoya (reduced milk), 211	moong dal (mung beans)
in carrot pudding, 147	dumplings in masala, 115
in cauliflower with saffron and	in five lentils, 104
almonds, 66	in <i>paruppu payasam</i> (coconut
chicken breasts stuffed with, 72	pudding), 151
in chicken sweetmeat, 150	with spices, 117
in <i>gulab jamun</i> (fritters in syrup), 142	moong dal khilma, 117
marrows, stuffed with, 77	mori dal in fish curry with rice and lentils,
in lamb and <i>urad dal</i> dumpling biryani,	86
32	mousse
paal poli (fritters with cardamom and	fish <i>ajwain,</i> 6
milk), 152	saffron chicken roll, 7
paneer, 210	Mughlai dishes, 57–58. See also Avadh
in <i>paruppu payasam</i> (coconut	dishes; dum pukht (steaming
pudding), 151	technique)
in <i>phirni</i> (rice pudding with cardamon	mulagapodi, 201
and saffron), 144	with <i>idli</i> (steamed rice cake), 166
rabarhi (reduced milk)	with kanjeevaram idli (spiced rice
with pistachios and vetivier, 139	cake), 167
in <i>rasmalai</i> (sweet cheese in cream),	mung beans. <i>See moong dal</i>
141	murabba (preserves)
in <i>saeb ki kheer</i> (apple pudding), 147	about, 169–170
sevian (vermicelli pudding), 146	carrot, 178
yoghurt, 208-209	ginger, 178
	gooseberry, 177

murabba (preserves), cont'd	mushq-e-tanjan (lamb and rice dessert)
raisin, 176	149
murgh, kadhai (chicken with tomatoes),	mushroom(s)
40	with cabbage, 43
murgh achaar (pickled chicken), 171	corn and, 44
murgh do-piaza hyderabadi (chicken	curry, 35
with onions and cashewnuts), 132	and <i>paneer</i> , 78
murgh galouti (chicken meatballs in	peas and, 126
shahi gravy), 50	mustard greens in white butter, 100
murgh kastoori kebab (chicken with	mustard oil
batter), 20	in lamb with mustard and kalonji, 31
murgh-ki-burfi (chicken sweetmeat), 150	in lamb with turnips and spinach, 65
murgh korma (chicken and cashewnut	in mango condiment with fennel and
curry), 130	kalonji, 179
murgh lajawab (chicken in mace and	in mango pickle, 172
cardamom sauce), 9	in pickled chicken, 171
murgh malai (chicken kebabs with	in pickled prawns, 171
cream and green chillies), 19	in pickled vegetable relish, 174
murgh methi (chicken with fenugreek),	in prawn salad with <i>achaar masala</i> , 3
30	sole fried in, 69
murgh mussalam (stuffed and roasted	in vegetable <i>pakora</i> , 159
chicken), 70	mustard seeds
murgh navrattan (chicken with nine	in lamb with mustard and kalonji, 31
jewels), 29	in lamb with yoghurt and almond
murgh nawabi (chicken kebab with	paste, 42
mace), 17	in pickled chicken, 171
murgh nizami (chicken with nuts and	p.o
seeds), 131	N
murgh reshmi (saffron chicken roll), 7	naan, 189
murgh salaad (chicken tandoori salad),	nahari gosht (lamb chop curry), 75
3	narial ka gosht (lamb with coconut and
murgh shaan-e-murgh (cheese-stuffed	fennel), 41
chicken breast), 18	Naseer, Syed, 120
murgh tandoori, 16	nawabi tarkari biryani (rice with
in butter chicken, 94	vegetables), 135
murgh tawa masala (chicken with black	nigella seeds
peppercorns), 50	lamb with mustard and, 31
murgh tikka, 17	mango condiment with fennel seeds
with mint and coriander, 17	and, 179
murgh wajid ali (stuffed chicken	nimbu achaar (lemon pickle), 174
breasts), 72	nine jewels, 29
murungakkai sambhar (lentils and	noodle garnish <i>(falooda),</i> 152
vegetables), 127	defined, xxvi
- 9	in saffron-pistachio <i>kulfi</i> (ice cream),
	140

nutmeg	paneer, <i>cont'd</i>
in chicken and cashewnut curry, 130	with chillies, 45
in chicken kebabs with cream and	ka tikka (cheese kebab), 26
green chillies, 19	mushrooms and, 78
nuts. See specific types, i.e. almond(s)	"raspberry" <i>mattar,</i> 37
	-stuffed chicken breast, 18
0	-stuffed potatoes in chutney gravy, 36
okra with coconut and yoghurt gravy,	pao-bhaji (potatoes and tomatoes), 28,
126	55
onion(s)	papad, xxvi
bitter gourd stuffed with, 101	papaya
in chicken skewers with mint, 93	in lamb chops with cumin, 24
chicken with cashewnuts and, 132	in lamb kebab with cardamom, 25
chutney, 182	in lamb kebab with mace and
eggplant with tomatoes and, 102	cardamom, 22
in lamb with coconut and fennel, 41	marinade for game kebab, 109
lamb with yoghurt and, 96	parat (dough utensil), xv
pakora (fritters), 159	paratha, aloo (fried bread with potatoes)
paste, boiled, 205	185
in mushroom curry, 35	paratha, jalebi (fennel bread), 195
in potatoes stuffed with cheese in	paratha, kerala (flaky fried bread), 190
chutney gravy, 36	paratha, kheema (fried bread with
in "raspberry" <i>mattar,</i> 37	lamb), 186
paste, fried, 205	paratha, varqi (flaky fried bread), 193
pickled, in vindaloo, 84	lamb in, 156
in sole fried in mustard oil, 69	Parsee dishes, 80, 86–90
in stuffed chicken breasts, 72	fish
and tomato salad (kachumbar), 6	with coconut chutney, 87
organ meats, lamb, 53	curry with rice and lentils, 86
2 9	lamb
P	with lentils and vegetables, 89
paal poli (fritters with cardamom and	mince with straw potatoes, 88
, milk), 152	prawns with chillies and tamarind, 86
paan, xxvi	paruppu payasam (coconut pudding),
pakora	151
chickpea flour dumplings (kadhi), 103	pasanda, gravy for, 202
vegetable fritters, 159	pastes
pancakes	cashewnut, 206
dosai (rice pancakes), 163	coconut, 207
masala (stuffed pancakes), 164	garlic, 206
paneer, 210	ginger, 206
with <i>ajwain</i> and <i>makhani</i> gravy, 54	onion, 205
in chicken kebabs with cream and	poppy seed, 207
green chillies, 19	tamarind, 207
with chickpeas, 100	, == :

pastry for lamb pâté, 11	pickles, <i>cont'd</i>
pateela (pot), xv	chillies, 173
Patialashahi lamb, 95	lamb chop, 172
patrani machchi (fish with coconut	lemon, 174
chutney), 87	mango, 172
pauni (frying spoon), xv	pork, 172
paya ras (lamb stock), 52	prawn, 81
peanuts in chicken with nuts and seeds,	jhinga achaar, 171
131	vegetable relish, 174
peas	venison, 172
and mushrooms, 126	pineapple
potato patties, stuffed with, 158	in chicken breasts stuffed with cheese
in "raspberry" <i>mattar,</i> 37	18
in rice with vegetables and huliyana	with rice, 148
masala, 129	pine nuts in chicken with nine jewels, 29
samosas, 160	pistachio(s)
in vegetables with chillies and	in chicken stuffed with nuts, 70
fenugreek, 136	in chicken with nine jewels, 29
peethi-stuffed pastry (kachori), 162	in <i>gajjar ka halwa</i> (carrot pudding),
peethiwalu machchi (fried sole), 69	147
peppercorns, black	in murgh-ki-burfi (chicken sweetmeat),
chicken with, 50	150
deviled chicken, 125	phirni (rice pudding with cardamon
in lamb and green peppercorn curry,	and saffron), 144
33	rabarhi (reduced milk) with vetivier
in lamb with green chillies, 34	and, 139
in prawns with tomatoes and coconut,	-saffron <i>kulfi</i> (ice cream), 140
121	in <i>shahi tukrha</i> (bread pudding with
peppercorns, green and lamb curry, 33	nuts and saffron), 139
peppers, bell. See capsicum	in zauq-e-shahi (fritters with milk and
peshawari chhole (lamb mince with	syrup), 143
gram), 98	plantain balls, 67
phaldari kofta (raw banana balls), 67	pomegranate
phirni (rice pudding with cardamon and	in meatballs with sunflower seeds and
saffron), 144	raisins, 64
phulka (flatbread), 185	potato salad, 5
and lamb cake, 114	pomfret
phulpatri in chicken with potatoes and	in fish curry with rice and lentils, 86
coconut, 83	in Goa curry, 82
picatta of lamb with cardamom, 25	mappas (with tamarind), 123
pickles, 169-175	tandoori, 15
about, 169-170	poori (deep fried flatbread), 188
boar, 172	poppy seed(s)
chicken, 171	in chicken with nine jewels, 29

poppy seed(s), cont'd	prawn(s), <i>cont'd</i>
in chicken with potatoes and coconut,	salad with achaar masala, 3
83	in seafood with chillies and potatoes,
paste, 207	48
in <i>shahi</i> paste, 29	with tomatoes, 39
in zauq-e-shahi (fritters with milk and	and coconut, 121
syrup), 143	<i>pulao,</i> xxvi
pork	pumpkin in lamb with lentils and
pickled, 172	vegetables, 89
with pork liver, 85	Punjabi dishes
vindaloo, 84	about, 91–92
potato(es)	bitter gourd stuffed with onions, 101
aloo paratha (fried bread with	butter chicken, 94
potatoes), 185	chicken skewers with mint, 93
balls, fried, 165	chickpea flour dumplings (kadhi), 103
in biryani, vegetable, 135	chickpeas with cheese, 100
in chicken and cashewnut curry, 130	eggplant with onions and tomatoes,
chicken with coconut and, 83	102
in chickpea biryani, 38	fish with <i>ajwain,</i> 93
in lamb and <i>phulka</i> cake, 114	garam masala for, 198
with lamb mince, 88	lamb
in masala dosai (stuffed pancakes),	with cardamom, 98
164	chops with ginger and lemon, 97
pakora (fritters), 159	mince with gram, 98
patties, stuffed, 158	with yoghurt and onions, 96
pomegranate salad, 5	lentils
samosas, 160	with chillies, 105
seafood with chillies and, 48	with cream, 106
in stuffed marrows, 77	five, 104
stuffed with cheese in chutney gravy,	mustard greens in white butter, 100
36	recipes, 93–106
and tomatoes, 55	<i>punj rattani dal</i> (five lentils), 104
in vegetables with chillies and	
fenugreek, 136	Q
in vindaloo, 84	quail, fried, 69
prawn(s)	Qureshi, Mohammed Imtiaz, 57
with <i>ajwain,</i> fried, 155	
with <i>ajwain</i> and <i>makhani</i> gravy, 48	R
battered, 59	raan-e-gulmarg (cold stuffed lamb), 10
with chillies and tamarind, 86	raarha meat (lamb with cardamom), 98
with coconut and coriander, 121	rabarhi (reduced milk)
in fish mousse, 6	with pistachios and vetivier, 139
Goan <i>masala</i> , 81	in rasmalai (sweet cheese in cream),
pickles (balchao), 81	141

rabarhi (reduced milk), cont'd	rice
in saffron-pistachio <i>kulfi</i> (ice cream),	batter
140	for chicken skewers with saffron and
in <i>shahi tukrha</i> (bread pudding with	fennel, 156
nuts and saffron), 139	for fish (peethi), 69
in zauq-e-shahi (fritters with milk and	biryani
syrup), 143	chicken and saffron, 133
Rahees, Mohammed, 183	chickpea, 38
raisins	with lamb and <i>urad dal</i> dumplings,
bakarkhani (leavened bread with	32
raisins and almonds), 192	vegetable, 135
in carrot chutney, 176	cake
in chicken stuffed with nuts, 70	spiced rice cake (kanjeevaram idli),
in chicken with nine jewels, 29	167
in <i>gajjar ka halwa</i> (carrot pudding),	steamed (idli), 166
147	dessert with lamb (mushq-e-tanjan),
kesari kheer (rice pudding), 145	149
in mango chutney, 175	for <i>dhansak</i> , 89
in meatballs stuffed with chutney, 157	pancakes <i>(dosai)</i> , 163
meatballs with sunflower seeds and,	pineapple with (ananas ka muzaafar),
64	148
preserves, 176	pudding
in <i>sevian</i> (vermicelli pudding), 146	with cardamon and saffron (phirni),
in stuffed marrows, 77	144
raita, xxvi	kesari kheer, 145
Rajasthani dishes, 109–118	salad, coconut and, 5
about, 107–108	with vegetables and huliyana masala,
game kebab, smoked, 109	129
garam masala for, 198	roasting (bhunnana), xvii
guavas in tomatoes and yoghurt, 115	rosewater
khad (lamb and phulka cake), 114	in <i>gulab jamun</i> (fritters in syrup), 142
lamb	in lamb, white, 110
and corn, 112	phirni (rice pudding with cardamon
with red chillies, 111	and saffron), 144
white, 110	in saeb ki kheer (apple pudding), 147
with yoghurt and chickpea flour	roti (breads), 183–196
gravy, 113	about, 183-184
rasam (tomato or lemon soup), 128	bakarkhani (leavened bread with
rasmalai (sweet cheese in cream), 141	raisins and almonds), 192
reducing milk for, 139	batti (flatbread with ghee), 186
"raspberry" <i>mattar</i> , 37	chappatti, 185
red lentils. See lentils, red	fennel bread (jalebi paratha), 195
reshmi kebab (minced chicken and	fried
cashew kebab), 21	basic <i>(kerala paratha),</i> 190

roti (breads), cont'd	saffron <i>, cont'd</i>
flaky (varqi paratha), 193	in "raspberry" <i>mattar,</i> 37
with lamb mince (kheema paratha),	in saeb ki kheer (apple pudding), 147
186	shahi tukrha (bread pudding with nuts
poori, 188	and saffron), 139
with potatoes (aloo paratha), 185	shrikhand (yoghurt with saffron and
semolina (bhatura), 190	cardamom), 146
naan, 189	in stuffed chicken breasts, 72
phulka (flatbread), 185	yoghurt, 209
rich bread <i>(sheermal),</i> 192	in zauq-e-shahi (fritters with milk and
tandoori, 185	syrup), 143
yeast bread (khameeri roti), 187	salads and cold food, 1–12
royal cumin chicken, 60	chicken in mace and cardamom
,	sauce, 9
S	chicken tandoori salad, 3
saeb ki kheer (apple pudding), 147	coconut rice salad, 5
safed maas (white lamb), 110	fish mousse, 6
saffron	kebab salad, 4
in ananas ka muzaafar (pineapple with	lamb, stuffed, 10
rice), 148	lamb pâté, 11
in biryani, vegetable, 135	potato pomegranate salad, 5
cauliflower with almonds and, 66	prawn with <i>achaar masala</i> , 3
chicken biryani, 133	saffron chicken roll, 7
in chicken kebab with batter, 20	tomato and onion salad (kachumbar),
chicken mousse roll, 7	6
chicken skewers with fennel and, 156	sambhar
in chicken stuffed with nuts, 70	with dosai (rice pancakes), 163
in chicken tandoori, 16	with idli (steamed rice cake), 166
in chickpea biryani, 38	with kanjeevaram idli (spiced rice
in <i>gulab jamun</i> (fritters in syrup), 142	cake), 167
kesari kheer (rice pudding), 145	masala, 201
in lamb and green peppercorn curry,	in coconut rice salad, 5
33	with medu vadai (lentil doughnuts),
in lamb <i>korma,</i> 74	168
in lamb with yoghurt and almond	murungakkai (lentils and vegetables),
paste, 42	127
in <i>murgh-ki-burfi</i> (chicken sweetmeat),	samosas, 160
150	samudri khazana tak-a-tak (seafood
in <i>mushq-e-tanjan</i> (lamb and rice	with chillies and potatoes), 48
dessert), 149	Saraswat, Arvind, 79-90
in <i>paal poli</i> (fritters with cardamom	sarson ka saag (mustard greens in white
and milk), 152	butter), 100
phirni (rice pudding with cardamon	saunth (sweet chutney), 180
and saffron), 144	in potato patties, stuffed, 158
-pistachio kulfi (ice cream), 140	

saunth (sweet chutney), cont'd	shahi tukrha (bread pudding with nuts
on samosas, 160	and saffron), 139
sautéeing (bhunao), xvi	Sharma, Shishir, 183
seafood	sheermal (rich bread), 192
with chillies and potatoes, 48	shikampuri kebab (lamb patties), 24
crab with coconut, 122	shikora, xxvi
fish	shrikhand (yoghurt with saffron and
with chillies and potatoes, 48	cardamom), 146
with coconut chutney, 87	shrimp. <i>See</i> prawn(s)
curry, 82, 86	<i>sigri</i> (grill), xvii
fried, 69, 93	sil-batta, xv
mousse, 6	silver leaf <i>(chandi-ka-varq)</i>
pomfret tandoori, 15	in apple pudding, 147
sole, 69	in bread pudding with nuts and
with tamarind and coconut, 123	saffron, 139
lobster tandoori, 15	in chicken sweetmeat, 150
prawns	in lamb and rice dessert, 149
with <i>ajwain</i> and <i>makhani</i> gravy, 48	in lamb <i>korma,</i> 74
battered, 59	in lamb with white cardamom, 74
with chillies and tamarind, 86	in rabarhi with pistachios and vetivier
with coconut and coriander, 121	139
in fish mousse, 6	Singh, Nipendar P., 169
fried with <i>ajwain,</i> 155	smoking (dhuanaar) and smoked foods
Goan <i>masala,</i> 81	about, xvii
pickled, 81, 171	lamb kebab, 23
salad with <i>achaar masala</i> , 3	smoked game kebab (sule kebab),
in seafood with chillies and potatoes,	109
48	snacks, 93, 153–168. <i>See also</i>
with tomatoes, 39	appetizers
with tomatoes and coconut, 121	chicken skewers with saffron and
semolina bread (bhatura), 190	fennel, 156
sesame seeds	fish with <i>ajwain,</i> 93
in chicken with nuts and seeds, 131	idli (steamed rice cake), 166
in shrimp with <i>ajwain,</i> 155	kachori (peethi-stuffed pastry), 162
sevian (vermicelli pudding), 146	kanjeevaram idli (spiced rice cake),
shaan-e-murgh (cheese-stuffed chicken	167
breast), 18	lamb in <i>paratha</i> , 156
shahi gravy for chicken meatballs, 50	masala dosai (stuffed pancakes), 164
shahi jeera (chicken with saffron), 60	mathi (fried crackers), 161
shahi jeera masala for chicken skewers	meatballs stuffed with chutney, 157
with mint, 93	medu vadai (lentil doughnuts), 168
shahi paste in chicken with nine jewels,	pakora (vegetable fritters), 159
29	potato balls, fried, 165
	potato patties, stuffed, 158

snacks, <i>cont'd</i>	subz gosht (lamb with turnips and
samosas, 160	spinach), 65
shrimp with <i>ajwain,</i> 155	subz khada masala (vegetables with
sofyani biryani (chicken with rice and	chillies and fenugreek), 136
saffron), 133	sule kebab (smoked game kebab), 109
sole, fried, 69	sunflower seeds
sookhe kale angur ka murabba (raisin	in chicken with nine jewels, 29
preserve), 176	in chicken with nuts and seeds, 131
sorpotel (pork with pork liver), 85	meatballs with raisins and, 64
soup (rasam), 128	in stuffed marrows, 77
Southern Indian dishes, 121–136	syrup
about, 119	for <i>gulab jamun</i> (fritters in syrup), 142
chicken	for <i>rasmalai</i> (sweet cheese in cream),
with curry leaves and tamarind, 124	141
deviled, 125	
chutney	T
coconut, 181	tak-a-tak
onion, 182	about, 28
tomato, 181	samudri khazana (seafood with chillies
coconut pudding (paruppu payasam),	and potatoes), 48
151	takkali thoviyal (tomato chutney), 181
crab with coconut, 122	talna (frying), xvii
fish with tamarind, 123	tamarind
lentils and vegetables (sambhar), 127	chicken with curry leaves and, 124
okra with coconut and yoghurt gravy,	in fish curry
126	with coconut, 123
peas and mushrooms, 126	Goan, 82
prawns	with rice and lentils, 86
with coconut and coriander, 121	in lamb with lentils and vegetables, 89
with tomatoes and coconut, 121	in lentils and vegetables (sambhar),
rice with vegetables and huliyana	127
masala, 129	prawns with chillies and, 86
snacks, 154	pulp, 207
soup <i>(rasam),</i> 128	in tomato soup <i>(rasam),</i> 128
spices	tandoori and kebabs, 13–26
about, xviii–xix	about, xvii, 13-14, 92
table of names, xviii–xix	cheese, 26
tempering, xvii	chicken
spinach	breast stuffed with cheese, 18
lamb with turnips and, 65	and cashew kebab, 21
in mustard greens in white butter, 100	kebab with batter, 20
pakora (fritters), 159	kebab with cream and green chillies,
squash. See marrow; pumpkin	19
steaming (dum), xvi	with mace, 17
	tandoori, 16

tandoori and kebabs, cont'd	tomato(es), <i>cont'd</i>
chicken	in chickpea biryani, 38
tikka, 17	in coconut rice salad, 5
tikka with mint and coriander, 17	in crab with coconut, 122
defined, xxvi	eggplant with onions and, 102
lamb	gravy, basic, 203
and cashew kebab, 22	guavas in yoghurt and, 115
chops with cumin, 24	in kebab salad, 4
kebab with cardamom, 25	in lamb with coconut and fennel, 41
kebab with cumin, 26	in lamb with green chillies, 34
kebab with mace and cardamom, 22	in lamb with lentils and vegetables, 89
patties, 24	in lamb with turnips and spinach, 65
smoked lamb kebab, 23	lentils with ginger and, 47
lobster, 15	in mushrooms and corn, 44
pomfret, 15	in mushrooms and paneer, 78
tandoori chaat masala, 199	and onion salad (kachumbar), 6
tandoori roti, 185	in potatoes stuffed with cheese in
tarhka. See baghar (tempering)	chutney gravy, 36
tawa (griddle)	in potato pomegranate salad, 5
about cooking style, 27-28	prawns with, 39
defined, xv	prawns with coconut and, 121
recipes for, 48–56	in prawns with coconut and coriander,
tea	121
coloring food with, 98	in "raspberry" <i>mattar,</i> 37
in lamb mince with white gram, 98	in raw banana balls, 67
tempering (baghar), xvii	in rice with vegetables and huliyana
Tewari, Chandra B., 139	masala, 129
thandi ajwaini machchli (fish mousse), 6	sauce for eggplant with coriander and
thengai thoviyal (coconut chutney), 181	yoghurt, 68
with <i>dosai</i> (rice pancakes), 163	soup <i>(rasam),</i> 128
with idli (steamed rice cake), 166	white gram with chillies and, 46
with kanjeevaram idli (spiced rice	toor dal. See tur dal
cake), 167	trotter stock, lamb, 52
tikka	tur dal (yellow peas)
defined, xxvi	in fish curry with rice and lentils, 86
harra bharra (chicken with mint and	in five lentils, 104
coriander), 17	in lamb with lentils and vegetables, 89
mogewala kukarh (chicken skewers with mint), 93	in lentils and vegetables <i>(sambhar),</i> 127
murgh (chicken kebabs), 17	in rice with vegetables and huliyana
tomato(es)	masala, 129
in chicken skewers with mint, 93	spiced rice cake (kanjeevaram idli),
in chicken tandoori salad, 3	167
chicken with, 40	in tomato or lemon soup (rasam), 128

turnips	vegetarian dishes, cont'd
lamb with spinach and, 65	chickpea(s)
in pickled vegetable relish, 174	with cheese, 100
	idli (steamed rice cake), 166
U	kanjeevaram idli (spiced rice cake),
urad dal (black bean)	167
dosai (rice pancakes), 163	lentils
doughnuts, 168	with butter and cumin, 55
dumplings and lamb biryani, 32	with chillies, 105
in five lentils, 104	with cream, 106
in <i>huliyana masala</i> , 129	five lentils (punj rattani dal), 104
in <i>kachori</i> ( <i>peethi-</i> stuffed pastry), 162	with tomatoes and ginger, 47
in lentils	and vegetables (sambhar), 127
with chillies, 105	masala dosai (stuffed pancakes), 164
with cream, 106	medu vadai (lentil doughnuts), 168
in onion chutney, 182	mushroom(s)
in rice cake <i>(idli)</i> , 166	with cabbage, 43
spiced (kanjeevaram idli), 167	and corn, 44
urla kazhangu bonda (fried potato balls),	curry, 35
165	and <i>paneer</i> , 78
	peas and, 126
V	mustard greens in white butter, 100
vadi (dumplings), 32	okra with coconut and yoghurt gravy,
varqi paratha (flaky fried bread), 193	126
vegetabl(es)	pakora (vegetable fritters), 159
biryani, 135	peas and mushrooms, 126
with chillies and fenugreek, 136	plantain balls, 67
lamb with lentils and, 89	potato balls, fried, 165
and lentils (sambhar), 127	potatoes
vegetarian dishes	stuffed with cheese in chutney
biryani, 135	gravy, 36
bitter gourd stuffed with onions, 101	and tomatoes, 55
brinjals	potato patties, stuffed, 158
with coriander and yoghurt, 68	"raspberry" <i>mattar</i> , 37
with onions and tomatoes, 102	rice
cauliflower with saffron and almonds,	biryani, 135
66	with vegetables and <i>huliyana</i>
cheese	
with <i>ajwain</i> and <i>makhani</i> gravy, 54	<i>masala</i> , 129
with a warr and maximan gravy, 54 with chillies, 45	samosas, 160
kebab, 26	tomato or lemon soup <i>(rasam)</i> , 128
raspberry" <i>mattar,</i> 37	vegetables with chillies and fenugreek
• •	
chickpea flour dumplings (kadhi), 103	white gram with chillies and tomatoes,
chickpea(s)	46
biryani, 38	

vendakka masala pachchadi (okra with	West Coast dishes, cont'd
coconut and yoghurt gravy), 126	fish curry, Goan, 82
vengayam thoviayal (onion chutney),	lamb
182	with lentils and vegetables, 89
venison	mince with straw potatoes, 88
kebab, 109	prawn <i>balchao</i> , 81
pickled, 172	prawn <i>masala,</i> Goan, 81
vermicelli pudding (sevian), 146	prawns with chillies and tamarind, 86
vetivier	sorpotel (pork with pork liver), 85
in bread	vindaloo, 84
flaky fried bread (varqi paratha), 193	white butter
with raisins and almonds	in five lentils, 104
(bakarkhani), 192	in lentils with chillies, 105
rich (sheermal), 192	in lentils with cream, 106
in chicken sweetmeat (murgh-ki-burfi),	mustard greens in, 100
150	white gram
in lamb and rice dessert (mushq-e-	with chillies and tomatoes, 46
tanjan), 149	and lamb mince, 98
in lamb chop curry, 75	white gravy for lamb with white
in lamb <i>korma</i> , 74	cardamom, 74
in pineapple with rice (ananas ka	white marrow, stuffed, 77
muzaafar), 148	,
rabarhi (reduced milk) with pistachios	Υ
and, 139	yeast bread
in sole fried in mustard oil, 69	bakarkhani (leavened bread with
in vermicelli pudding (sevian), 146	raisins and almonds), 192
vindaloo, 84	khameeri roti, 187
vinegar, white	yellow peas. See tur dal
in carrot chutney, 176	yoghurt, 208
in mango chutney, 175	battered prawns, 59
in pickled vegetable relish, 174	in cauliflower with saffron and
in raisin preserves, 176	almonds, 66
,	in chicken bundles, 60
W	in chicken kebabs with mace, 17
walnuts	in chicken tandoori, 16
in chicken with nine jewels, 29	in chicken <i>tikka</i> , 17
in <i>shahi</i> paste, 29	in chicken with fenugreek, 30
watermelon seeds in chicken with nine	in chicken with nine jewels, 29
jewels, 29	in chicken with saffron, 60
weights and measures table, xxii-xxiii	dressing for kebab salad, 4
West Coast dishes, 79–90	eggplant with coriander and, 68
chicken with potatoes and coconut, 83	gravy
fish	basic, 202
with coconut chutney, 87	for chickpea flour dumplings (kadhi),
curry with rice and lentils, 86	103

yoghurt, cont'd guavas in tomatoes and, 115 in lamb, white, 110 lamb chops with, 76 in lamb kebab with cumin, 26 lamb mince with, 43 lamb with almond paste and, 42 in lamb with green chillies, 34 lamb with onions and, 96 in lamb with white cardamom, 74 lamb with yoghurt and chickpea flour gravy, 113 marinade for cold stuffed lamb, 10 with milk, ginger and mango, 208 in mushroom curry, 35 okra with coconut and yoghurt gravy, 126 in "raspberry" mattar, 37 shrikhand (yoghurt with saffron and cardamom), 146 in sole fried in mustard oil, 69 in stuffed chicken breasts, 72

Z
zauq-e-shahi (fritters with milk and
syrup), 143
reducing milk for, 139
zucchini, lamb with spinach and, 65