REGIONAL MEAL PATTERNS

HOW TO STUDY THIS SECTION
This section gives you a bird's eye view of the meal patterns typical of different regions in our country. It gives you additional information but is optional.

The structure of this section is not the same as for other sections in this manual. It consists of charts giving the meal patterns of states e.g. Bihar, Maharashtra, Assam, Punjab, Karnataka, Kerala, Andhra Pradesh. Remember that there is considerable variation in meal patterns even within a state. So the dishes we have mentioned may not be typical for every part of a particular state.

We hope you will be able to appreciate some of the finer points in regional cuisine. Some details about the cereals and pulses, crops and oilseeds grown in different parts of the country is depicted in a series of maps in Annexure 4.

Now here's an exciting project for which you can collaborate with us. Use the proforma given at the end of this section. Fill it up and send it back to us. Only you can give us this information about the meal pattern in your region. We will consider this as part of your practical assignment. When we bring out a compilation of this material we will also acknowledge your effort. You can actually see your name in print.
In Andhra Pradesh as in many Southern States there are three main meals traditionally. The first meal is taken in the morning around 10 a.m. The next meal is called tiffin and taken around 2.30 p.m. The night meal is usually served by 7-8 p.m.

The typical meals are:

**Morning:**
- Rice
- Dry vegetable preparation
- Plain arhar dal/dal with vegetables (tomato/cucumber/lemon/raw mango) or dal with leafy vegetable (amaranth/spinach)
- Pulusu (a mixed vegetable preparation with brinjal, lauki, sweet potato, drumstick in a liquidy base with tamarind)
- Chutney (freshly prepared with brinjal/cucumber/tomato/coconut/lori).

**Tiffin:** Any one snack and coffee
- Upma
- Dosa
- Pesarattu (dosa with whole green gram only)
- Minapattu (dosa with urad dal only) (Attus are slightly thicker than dosas)
- Pakodis

**Dinner**
- Rice
- Dry vegetable preparation
- Rasam (dal soup)
- Curds
- Pickle

Some dishes prepared on festive occasions include:

**Pulihara:** A rice preparation with tamarind and fried cashewnuts, peanuts, chana dal spiced with chillies, mustard seeds, fenugreek seeds, asafoetida and turmeric. This dish is also a favourite on journeys with roast papad, vadiyalu and plain curds.

**Bobattu:** A shallow fried sweet pancake; balls made of maida with a sweet chana dal or sweet potato-jaggery centre rolled out into poori - like rounds and shallow fried.

**Baghare baingan:** This is typical of Hyderabad. Brinjals are slit lengthwise and fried till brown and mixed with masala paste (coriander seeds, chopped onions, red chillies, garlic, coconut scrapings) and jaggery.

Some common tiffin items include:

**Menthula dosa:** Batter of ground rice, urad dal and fenugreek seeds fermented overnight, shallow fried and served with coconut chutney.

**Vullipaya Bhaji:** Batter of besan, rice flour, chilli powder, crushed coriander seeds, turmeric powder, asafoetida and chopped onions deep fried and served hot with chutney.

Some accompaniments and items for lunch and dinner include:

**Tiiya gummadi:** A curry made of red pumpkin, coconut, cashewnuts, jaggery, milk and spices such as mustard seeds, red chillies and curry leaves.

**Aratikaya kura:** A curry made of plantains, onions, green chillies, coconut, peppercorns, cloves, mustard seeds, turmeric, and sugar.

**Kothimira pachadi:** Coriander chutney with coriander leaves, urad dal, tamarind, asafoetida, chillies, mustard seeds.

**Venkaya pachadi:** Chutney made of roasted brinjals, fried onion, turmeric, cumin powder, chilli powder, garlic, green chillies.

**Masala tomato perugu pachadi:** Tomatoes and curd chutney with onions, coriander leaves, curry leaves, turmeric powder, chilli powder, garam masala, cumin seeds, mustard seeds.

**Pappu kura:** Amaranth curry with moong dal, urad dal, onion, mustard seeds, cumin seeds, asafoetida, red chillies, green chillies, coconut scrapings.
A three to four meal pattern is common in Assam. The difference in the meal patterns of the upper and the lower class people is in the number of items/dishes taken in one meal and in the quality of staple i.e. rice consumed. Mustard oil is the common medium of cooking in all Assamese household.

**A day’s Menu**

**Breakfast**
- Sandoh
- Bhat
- Khar
- Bhaji (rongalao bhaji or lao bhaji or baingan bhaji or bhendi bhaji etc.)
- Dail
- Masar Tenga

**Tea**
- Til pitha
- Tea

**Dinner**
- Bhat
- Dail
- Bhagi
- Masar anja
- Banana

**Alternate breakfast dishes**

**Doi Chira:** Preparation made from rice flake, curd and jaggery. Rice flakes are soaked in water for 2-3 minutes and then the water is drained and to the rice flake curd and jaggery/sugar is added and served.

**Bora Chaul Sijowa:** Preparation prepared from a special kind of rice (bora chaul) found in Assam. The rice is steamed in water and then taken with milk and jaggery.

**Akoi:** Puffed rice (Akoi) eaten with curd or milk to which sugar is added. Sometimes mangoes, bananas or jack fruit may be added to the preparation.

**Poita Bhat:** Preparation made from cooked boiled rice. The boiled rice is soaked in water overnight (poita bhat) and eaten with salt, mustard oil, chillies and raw chopped onions all mixed together. (A 'common breakfast item for rural areas.)

**Sandoh:** A liquid preparation prepared from powdered roasted rice (sandoh), milk or curd and jaggery.

The above mentioned dishes are called Jal-pan taken specially in rural areas. In urban areas people now-a-days are used to typical western breakfast of bread, butter, egg (fried) with tea or milk. Alternatively puries (luchi) made of maida may also be eaten during breakfast along with some vegetable preparation (Luchi-bhaji).

**Lunch/Dinner Dishes**

**Bhat:** A boiled rice preparation.

**Khar:** Khar means soda-bi-carbonate. Traditionally khar is made from a special type of plantain tree called — ‘Athiya kal’ or ‘Bhim-kal’. First, the trunk of the tree is cut into small pieces, then dried in the sun. Finally these pieces are burnt and the ash so obtained is stored in an airtight container. Whenever one needs, a little ash, is taken and soaked in water. The water is then strained and the liquid alkaline preparation so obtained is called the khar.

**Note:** Dishes containing khar are made with raw papaya, green leafy vegetables, radish, beans, bottle gourd etc. Pulses like sabut urad (mati dail) is also prepared using khar. Fishes mainly small ones or the head of big fishes are also prepared using khar. Except salt no spices are used while preparing these dishes.
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**Dail:** A pulse preparation prepared either using masoor, moong, chana or arhar dal. The dail is served well garnished with onion, fenugreek seeds, bay leaf and saunf.

**Masar anja:** Curry preparation made from fish onion, mustard oil, fenugreek seeds and certain spices. Normally jika (ridge gourd) or lao (bottle gourd) is put into the fish curry. (Rohu, Sithol, Bahu are the variety of fishes commonly used.)

**Masar Tenga:** Tenga specially means sour. Tenga is prepared using tomatoes. No masala is added. Only fenugreek seed is used in Tarka (initially in hot oil). Salt, haldi and lime juice or any other sour or citrus juice may be added. Normally vegetables (Dhekia) cut into small pieces are cooked and added to the Masar Tenga. The preparation is then generally called ‘Dhekia Tenga’ (Rohu, sithol, bahu are the fishes commonly eaten in Assam).

**Patot Diya Mach:** A steamed preparation made from plantain leaves and fish (Rahu and Pabho are the commonly used fishes). The fish is marinated with salt, turmeric, mustard and green chillies. The marinated fish is then wrapped in the plantain leaf and tied with a thread or the fibre of the leaf. The preparation is then steamed and it is ready to be served.

**Bhaji:** A dry fried vegetable preparation. Few common bhaji preparations include — Lao bhaji (fried bottle gourd preparation), Rangalao bhaji (pumpkin preparation), Baingan bhaji (brinjal preparation), Bhendi bhaji (ladies finger preparation) etc.

**Labra:** A mixed vegetable curry preparation. Vegetables commonly used include bottle gourd, pumpkin, ridge gourd, brinjal, ladies finger, cauliflower or any other seasonal vegetable.

**Note:** Dishes prepared and served during lunch and dinner are generally common. But Khar and Tenga are not normally consumed at night.

**FEW SNACKS**

**Pitha:** A pancake like preparation made from a special kind of rice called “Bora Chaul”. Rice is soaked for two to three hours in water and then ground. The rice paste formed is very sticky. Using this paste, pancake like preparation is prepared. Oil is generally not required to prepare the pancake. Different kinds of pithas are prepared namely Til Pitha (sesame seed pitha), Narikol Pitha (coconut pitha), Pheni Pitha, Ghila Pitha. Pithas can be both sweet and savoury and are common snacks in Assam.

**Laru (Laddoo):** Preparation made of roasted rice powder (Poka Mithi), roasted til seeds, coconut, puffed rice, khoa etc. All ingredients are mixed together and ladoos prepared.

**Luchi-Bhaji:** Luchi refers to a puri prepared from refined wheat flour. It is consumed along with potato curry (bhaji).

**Mohan Bhog:** Preparation made of semolina, fat, sugar and nuts. It is similar to suji halwa commonly consumed in north India.

**Nimki:** A savoury refined wheat flour preparation resembling Mathries commonly consumed in north India.

**Singara:** A refined wheat flour and potato preparation, similar to Samosa.

**BIHAR**

Traditionally there are only two full meals in Bihar.

**Morning (around 9 or 10 a.m.)**

A proper meal usually consisting of the following dishes is prepared:

- Boiled rice (mainly parboiled rice)
- Dal
  - Arhar, chana, masoor, moong and locally grown pulse called ‘bokla’ are used commonly.
  - A single pulse or a mixture of few like arhar, chana, masoor and moong is commonly cooked.
- One Vegetable dish
  - Baingan ka Bhartha (brinjal preparation)
  - Bachka (thin slices of vegetables coated with besan)
  - Takkar (powdered linseed mixed with salt lime juice, water, roasted cumin seed powder)
• Bhujiya (Potato and onion (in equal quantities) shallow fried over low heat).
  — Pappad
  — Pickle/chatni

Mid Afternoon meal or tea (4 or 5 p.m.)
Usually snacks/sweet dishes are prepared during this time. Common snacks are Poha
(made from puffed rice, groundnuts, vegetables, like potato/peas etc.)
Pakora (vegetables coated with besan and deep fried)
Halwa (roasted suji/atta mixed with water and sugar)

Night (around 9 to 10 a.m.)
Chapati/Parantha/stuffed parantha
One or two vegetable preparations.

Preferences for Non-vegetarian Foods
Eggs are commonly consumed as boiled/fried egg or egg curry. Avoided in summer
months.
Fish is used daily/twice or thrice a week depending on income level.
Mutton/chicken are used as special dishes on sundays or holidays.

Recipes of common dishes

Sattu — a special item
Sattu (flour of roasted gram) is used quite commonly in Bihar to prepare many
delicacies (eaten as part of main meals or afternoon snacks). One example is Sattu
balls. In this specific dish, sattu with salt and roasted cumin seed powder is mixed
with enough water to make balls and the balls are eaten with raw onion and green
chilli. Sattu is also used as stuffing for Parantha.

Litti is another dish made from sattu. (Sattu is stuffed into balls of wheat flour dough
and the balls are roasted on slow fire. Traditionally cow-dung fire is used for roasting
the balls. Litti is eaten with potato bhaji or baingan ka bhartha.)

Dal
Clean and wash dal. Add salt and turmeric powder and enough water to cook the dal.
Boil or pressure cook.

Bagahar Preparation
Heat a little mustard oil or ghee. Add cumin seeds, red chilli powder, chopped pieces
of garlic, and bay leaves. Mix in cooked dal.

Baingan Ka Bartha (Bihari) : Take a round brinjal, make three to four slits. Put
garlic pieces into slits. Roast brinjal on direct fire. Mash roasted brinjal. Add chopped
onion, green chilli, salt and raw mustard oil.

Bhindi sabji (Bihari) : Wash and dry ladies finger. Slit length wise. Heat mustard oil
and add a few fenugreek seeds. Add ladies finger and fry for sometime. Add ground
masala (mustard seeds, garlic, red chilli, turmeric and salt), continue frying for
5-7 minutes. Add 1/2 to 1 cup water. Cover and simmer for sometime.

GUJARAT

The traditional meal pattern of this state can be summarized thus:

Morning:
• Tea
• Thepla

Lunch:
• Chapatis
• Rice
• Dal
• Vegetable Preparation
• Papad
• Buttermilk

Afternoon:
• Tea
• Sev-Mamra

Dinner:
• Handwo
• Buttermilk/milk
• Pickle

The addition of sugar or jaggery to dal and vegetable preparations is typical of Gujarat. In addition people of this state combine cooking methods in an interesting way. The combination of steaming and shallow or deep frying is an example. Here is a description of some typical dishes of Gujarat:

**Thepla**
Chapatis made of wheat flour and shallow fried.

**Sev-Mamra**
Deep fried preparation of noodle-like dough made from chana flour mixed with shallow fried, puffed rice and sugar. Lemon, green chillies, curry leaves, mustard seeds, asafoetida are added for flavour.

**Handwo**
Wheat flour, tur dal, chana dal, bottlegourd are mixed into a dough and the dough is soaked in buttermilk with a pinch of soda. This is steamed and then shallow fried with spices and sesame (til) seeds. The preparation is again steamed before serving.

**Rotlo**
Small chapatis made of bajra dough roasted on a tawa and then roasted on a low flame till cooked.

**Khari Poori**
Deep fried rounds made of whole wheat flour.

**Battata Paowa**
Shallow fried potatoes with rice flakes and asafoetida, green chillies and coriander leaves.

Some common snacks include:

**Khatta Dhokla**
Batter made of chana dal flour (besan), rice flour, and urad flour with buttermilk, turmeric and a pinch of soda and then subsequently steamed.

**Ethada**
Rice flour, urad flour soaked in water (to semi-solid paste consistency with a pinch of soda for 7-8 hours) poured in shallow pans and steamed.

**Khandvi**
A mixture of soaked coarse chana flour in buttermilk is roasted, spread on a smooth surface and rolled. These are then shallow fried with mustard seeds and turmeric, cut into pieces and served garnished with coriander leaves, coconut and green chillies.

**Muthia**
A stiff dough of wheat flour, moong flour, tur flour, sugar, methi, ajmo is made with butter milk. The dough is then cut into small oblong pieces, steamed and then shallow fried.

**Khakhra**
A dough of semolina with a little juice of green chillies rolled out thinly like chapatis, roasted on a tawa and then on a direct flame to make them crisp.

**Patra**
Colocasia leaves spread with a batter of chana flour, wheat flour, sugar and salt, rolled and then steamed. The steamed leaf rolls are cut into pieces and shallow fried with ajmo, red chilli and til seeds.

**Bhakar vadhi**
Dough of chana flour, (besan) made into a roll with filling of coconut paste, red chilli, sugar, lemon and turmeric. The roll is then cut into pieces and deep fried on a slow flame.

**Undhiu**
Fried vegetables (french beans, sweet potatoes, potatoes, brinjal) with muthia. The vegetables are filled with groundnut paste and shallow fried.

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**HIMACHAL PRADESH**

The usual meal pattern resembles this:

Early Morning
- Tea
Later in the Morning
(around 9 a.m.)
- Milk

Lunch (1 p.m.)
- Rice and/or Chapati (maize or wheat flour)
- Dal preparation or seasonal vegetable
- Salad made of onion/ginger

Evening Tea (4 p.m.)
- Tea

Dinner (9 p.m.)
- Chapati and/or rice
- Dal/Vegetable Preparation
  OR
- Bedi with chach (bedi is a colocasia/ari/kachalu and maize flour preparation and chach is buttermilk)

Bed time (10 p.m.)
- Milk

Some preparations typical of Himachal Pradesh include:

**Bedi**
Rounds of maize flour dough are rolled out and filled with a mixture of boiled, mashed kachalu, ginger and spices. Chapatis are made of this with the hands and cooked on a tawa with oil or ghee applied.

**Khairu**
Buttermilk preparation like lassi (liquid remaining after butter is removed from milk) with fried spices such as turmeric, coriander, cumin (zeera).

**Adrak ki subji**
Dry preparation of ginger cut into small pieces and fried with spices such as turmeric, coriander powder, garam masala, cumin (zeera), fenugreek (methi) seeds, asafoetida and salt.

**Saag (himachali)**
Dry preparation of cholai (amaranth) or batthu (bathua) or spinach or mustard. The leaves are boiled along with potato, water is squeezed out and the mixture is fried with spices in mustard oil. Usually eaten with rice, sometimes fried along with boiled rice.

**Aloo pyaz ki subji**
Lengthwise pieces of onion and potato fried in mustard oil with spices such as turmeric, asafoetida, coriander powder, cumin as well as ginger.

**Dal**
Urad dal, rongi (a pulse) are boiled with turmeric, ginger, asafoetida (hing), Coriander seeds or powder, cumin and garam masala are fried in oil and this mixture is poured over the dal.

**Kwarpattha**
Liquidy preparation made from the bitter leafy portion of a shrub. The skin is first removed, the leaves are washed thoroughly and then soaked for 2-3 hours and then washed again. The leaves are then cut into pieces and fried with spices (turmeric, asafoetida, coriander seeds, cumin, garam masala).

**Meethe chawal (himachali)**
Boiled rice mixed with fried turmeric to which sugar and dried grapes (kismis) and nuts are added.

**Batura (himachali)**
A typical preparation of Mandi district made by fermenting dough made of atta, rolling into small rounds and then deep frying.

**Chutneys**
Made by grinding
- Dadu (seeds of a fruit) and coriander leaves
- raw mango with onion

**Chholang**
Citrus fruit warmed for a short time in a covered bowl over smoking coals (made by sprinkling mustard oil over coals).

Himachal Pradesh has some unique preparations for festive occasions such as:

**Nishastra**
Halwa-like preparation made by first soaking whole wheat, removing the outer skin
and grinding to form a paste. Paste is then dried to a dry powder or irregular pieces. The powder is soaked in water for 10-15 minutes, shaken nicely with sugar and cooked in oil or ghee till it reaches halwa consistency.

**Babroo**

Batter is made by mixing wheat flour with sugar or shakkar (jaggery) and water and then fried on a special flat frying pan in the form of small rounds. The batter is poured on the pan with a spoon or squeezed out of a hole made in a cloth bag.

**Badana**

Small balls made of urad (washed) dal which has been soaked, ground and then fried. The fried balls are served in sugar syrup and eaten with rice.

**Prak**

Dough made of maida rolled out into small rounds, filled with coconut powder, sugar, khoa, nuts and shaped either round or bean shaped. These are then deep fried.

In the upper hilly regions of Himachal Pradesh people consume dried fruits such as apples and apricots. Nuts such as walnuts, groundnuts are also eaten. So are fresh figs, plums and guavas. Walnuts are dipped in a thick sugar syrup so as to give a white, powdery coating. This is consumed as a snack.

Another speciality is the hot, black tea sipped after pouring in ghee.

**KARNATAKA**

Most people consume three meals in a day — two main meals and a tiffin in the afternoon. Snacks are consumed in between with coffee. Main meals are based on rice preparations and various accompaniments to go with it. The main meals consist of preparations such as:

- Rice
- Saru (thick dal soup)
- Hull (preparation of dal with vegetables)
- Palya (curry with ingredients such as vegetables or fish)
- Kootu (lentils with vegetables)
- Curds or buttermilk
- Pickles

For tiffin, preparations such as the following are common:

- Akki rotti/Ragi rotti (rotis made with rice or ragi flour mixed with coconut and cooked on a tawa with ghee or butter)
- Avalakki preparation (parched rice, soaked rawa with vegetables and masala)
- Uppitu (Upma-like preparation) also made with vegetables and lemon

On festive and auspicious occasions the following dishes have special meaning:

- Chitrannana (a rice preparation in which rice is served mixed with various types of chutneys; the chutneys are made of either raw mango or tamarind with grated coconut and groundnuts)
- Kosambiri (a salad made of ingredients such as cucumber, carrots, moong dal, chana dal, coriander leaves, asafoetida and coconut)
- Mandige (a sweet roti-like preparation stretched out on an inverted matka and cooked)

Common snacks in Karnataka include:

- Kodubade (a preparation made by frying a mixture of rice flour, fenugreek leaves/coriander leaves, fat and coconut till reddish in colour)
- Thenkol chakli (a mixture of rice flour, urad dal flour with fat, asafoetida and zeera made into a paste, passed through a mould and fried)
- Sandige (Balls made of washed parched rice and masalas, dried and then fried in smoking hot fat)
- Ragi hurhittu (roasted ragi flour preparation mixed with milk, sugar, coconut and ghee)

Some of the common preparations in Karnataka are listed here with their description:

1) **Bisi Bele Huli Anna**: Rice in spicy sauce made of dal, coconuts, cashewnuts, tamarind.

2) **Bele Potoli**: Bengal gram preparation with coarsely ground dal, green chillies, cumin seeds.
3) **Alugedde Kut**: Fried potatoes with ground masala (dry roasted red chillies, fenugreek, mustard seeds, asafoetida (hing) with tamarind juice)

4) **Dudhi Channige**: Split bengal gram and bottlegourd preparation with chilli powder, coriander powder, turmeric powder, ginger, green chillies, lemon juice.

5) **Alugedde song**: Potatoes in tamarind sauce (tamarind, chilli powder, sugar, fried onion)

6) **Kadalakai chutney**: Groundnut powder chutney made of fried peanuts, red chillies, asafoetida with tamarind, sugar and salt.

7) **Meen Ashege**: Fish curry with ground coconut and tamarind pulp.

8) **Thakali Chutney**: Tomato Chutney (with jaggery, turmeric, asafoetida, chilli powder)

9) **Seme Bednekai Palya**: Fried tindlas with cashewnuts, chilli powder, turmeric powder and cumin powder, sugar and salt.

10) **Bednekai Chutney**: Brinjal chutney (with fried urad dal, asafoetida or hing, red chillies and green chillies).

11) **Khichdi**: Rice and lentils with vegetables.

12) **Sigidi Pulao**: Prawn, coconut, mixed vegetable pulao flavoured with chillies, cloves, cinnamon and cardamom.

13) **Soppu Palya**: Spinach and lentil curry in tamarind pulp and scraped coconut.

14) **Rasa Meen**: Coconut-peanut gravy (with tamarind pulp and fried onions) poured over fried fish.

15) **Alugedde Kosambiri**: Potato salad with onions, green chillies, onions, grated coconut, lemon and coriander leaves.

16) **Rasa Kayi**: Vegetables in coconut gravy using spices such as pepper corns, cinnamon and cloves.

17) **Motte Palya**: Egg curry in coconut milk.

18) **Kayi Kurma**: Mixed vegetable curry with coconut milk.

19) **Dudhi Pitle**: Dry bottlegourd preparation with fried flour or besan, coriander powder.

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**KERALA**

As in Karnataka, three main meals are consumed in a day — morning, afternoon and evening. Snacks are consumed in between with coffee or tea. The main meals are based on the South Indian’s favourite cereal — rice, with accompaniments. Preparations such as the following are served for the main meals (lunch and dinner):

- **Rice**
- **Thoren/Piralen/Kaalen/Avial/Erissery/Olan** (vegetable preparations)
- **Moru or Pachadi** (buttermilk preparations)
- **Fish or meat preparations in non-vegetarian families**
- **Pappadam**
- **Pickle**

For breakfast or the first meal of the day the following preparations are common:

- **Upma**
- **Pootu** (steamed preparation made of rice flour or whole wheat flour and coconut)
- **Appams** (preparation made of fermented rice flour batter served with vegetable or meat/chicken curry)

Upma, Pootu and Appams are also served at tea time (4-5 p.m.).

Common snacks include:

1) **Avalose podi**: Rice flour-grated coconut, broiled till golden brown with cumin.

2) **Idiyappam**: String hoppers made of dough with rice flour pressed out in string-like form and steamed.

3) **Kozhukatta**: Steamed sweet rolls-coconut and grated molasses filling in rice flour dough coating.

4) **Sukiyan**: Balls of broiled green gram, coconut and molasses, cardamom and ghee dipped into maida batter and fried.
5) **Murukku**: Dough of rice flour, bengal gram dal, hot ghee, gingelly and cumin seeds pressed through a mould into star-like coils and then fried crisp.

6) **Kuzhalappam**: Rice flour curls with mixed spices made by rolling dough and curling it onto an oiled rod and then frying.

7) **Vada**: Thick ground dal batter with onions, green chillies fried in the shape of flattened rounds.

8) **Ada**: Soft dough of boiled, mashed tapioca and grated coconut flattened with the fingers and shallow fried on a tawa or hot stove.

Kerala has a variety of vegetable preparations — many of them prepared with generous amounts of coconut. We mentioned these earlier:

**Thoren**: A dry vegetable preparation made of onion/spinach/cabbage/banana leaf or pumpkin leaf/drumstick/plantain/tender jackfruit/tapioca/green gram with grated coconut, green chillies, curry leaves.

**Piralen**: A creamy curry usually made by cooking drumstick pieces in coconut milk with masalas such as coriander powder, red chilli powder, turmeric powder, garlic, cumin seeds, cinnamon, cloves and cardamom.

**Kaalen**: Raw (green) bananas or sweet and sour mango diced into cubes with curd, mustard seeds, fenugreek seeds, dry red chillies, asafoetida, sugar, turmeric powder. The banana kaalen is made without coconut and the mango kaalen with coconut.

**Avial**: Mixed vegetable (drumstick, cucumber, string beans, brinjal, potato, raw banana, jackfruit) with mango, grated coconut, chilli powder, turmeric powder, green chillies, onion, cumin seeds, cloves, curry leaves and a little curd.

**Erissery**: Slightly liquidy preparation of mashed cooked yam with coconut, turmeric powder, chilli powder, cumin seeds, seasoned with mustard, chopped onion, dry chillies and curry leaves.

**Olan**: Curry made of ash gourd, red gram (tur or arhar) and coconut milk spiced with cumin seeds, dry chilli seeds, curry leaves, onions.

**Theeyal**: Curry preparation of ridge gourd or brinjal with grated coconut. Onions, dry red chillies, coriander powder, fenugreek seeds, cumin seeds, turmeric powder, tomatoes and tamarind pulp are also added.

**MAHARASHTRA**

A three to four meal pattern is common in Maharashtra. The poor working class normally consume two to three meals, whereas, a four meal pattern is common in the middle income group. Wheat, bajra and jowar are the staple food of Maharashtra. Groundnut oil is commonly used as the medium of cooking.

**A Day's Menu**:

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<th>Breakfast</th>
<th>Lunch</th>
<th>Tea</th>
<th>Dinner</th>
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**Few alternate breakfast dishes**: Few common dishes served for breakfast include:

- Poha (Batata poha/kanda poha)
**Poha**: A preparation made of rice flakes, potato, onion and grated coconut. The rice flakes are soaked in water for 2-3 minutes. The water is then drained off. Excess water is squeezed out of the rice flakes. The softened rice flakes are then added to fried onion and tomato mixture. Grated coconut is added and finally the preparation is served by squeezing lime juice on top.

**Thalipeeth**: A preparation made of jowar, bajra, wheat, rice, urad dal and chana dal. All these ingredients are first roasted and then ground and the flour so obtained is mixed together. A chapati, parantha or poori like preparation is made out of this flour which is called thalipeeth.

Note: Bottle gourd, radish, cucumber, green leafy vegetables, onion, pumpkin—either of these vegetables can be added to the preparation if so desired.

**Upma**: A preparation made of semolina, potato, onion, grated coconut and roasted peanuts. The preparation is made much the same way as poha except for the fact that semolina is used instead of rice flakes.

**Usal**: A sprouted pulse preparation made from moong dal, grated coconut, ginger, garlic, curry leaves and coriander leaves. All these ingredients are mixed together and served.

Note: Dry peas, Chana, Masoor dal, Moth bean, lobia can also be used to prepare the usal.

**Lunch/Dinner Dishes**:
Generally lunch and dinner consists of a pulse preparation, some vegetable preparation, curd preparation and chutney. The staple commonly used is wheat, bajra or jowar. (Bajra, jowar are commonly used by the rural population). Few common dishes include:

**Polya**: A chapati/roti made of wheat flour. Commonly eaten by the people living in the cities/urban areas.

**OR**

**Bhakri**: A roti made of jowar or bajra commonly consumed by people living in the rural areas.

**Umti**: A pulse preparation commonly made from arhar dal, vegetables (like onion, brinjal, tomato, bottle gourd, drumstick, garlic etc.) grated coconut, green coriander, tamarind all cooked together by boiling. Tamarind, Moong dal, masoor, malka dal may also be used for preparing umti.

**Varun Bhat**: Varun is a pulse preparation made from arhar dal. Jaggery and garlic may be added to the preparation. Varun is commonly eaten with plain rice (Bhat).

**Peethle**: A liquid preparation made from besan, raw coconut, coriander and certain spices. Besan is cooked in water along with cumin seeds, salt, coconut, coriander powder and a thin kari like preparation is ready. Peethle is commonly eaten with bhat i.e. rice.

**Kari**: A liquid preparation made from besan and buttermilk both cooked together by boiling.

Note: Cucumber (kakri), drumstick, jackfruit or small Pakoris (made from besan) can be put in the kari.

**Masala Bhat**: A fried rice preparation, made from rice, brinjal, coconut, curd, coriander, sugar and cashew nuts (any nut can be used).

Note: Instead of brinjal, peas, cauliflower, cabbage, capsicum, ridge gourd, tomato and other such vegetables can also be used to prepare Masala Bhat. (This preparation is most commonly used during festivals.)

**Bhaji**: A dry vegetable preparation made from either of the vegetables — bitter gourd (karli-chi bhaji), brinjal (vangachi bhaji), beans (shengachi bhaji), Onion-potato (Kanda-batata bhaji), spinach (pattar bhaji) etc.

**Koshimbir**: A curd preparation made either with cucumber (kakadi chi koshimbeer), carrot (gajiar chi koshimbeer), radish (mulya chi koshimbeer) or any other vegetable.
Kakari chi koshimbir (cucumber raita) is commonly prepared. Kakadi is just grated and then added to the curd. Salt and other masalas are added according to taste.

**Chutney**: Chutneys are commonly prepared in each meal. Chana dal chutney (chanya cha Dalchi chutney), tomato chutney, lassan chutney, coconut chutney are few of the common chutney prepared.

**Usal**: A sprouted pulse preparation consumed both at breakfast, as well as, lunch time. Usal is prepared with little gravy if served with Umti.

The dishes prepared for dinner are not much different than lunch dishes. *Except, Umti is not consumed during dinner time.*

**SNACKS AND SWEET DISHES**
Shrikhand, Basoondi, Pooranpoli, Sheera are the common preparations prepared in Maharashtra. They can be eaten at any time of the day along with the main meals or as a snack. They are generally served during festivals.

**Shrikhand**: A milk based preparation made from curd, sugar, saffron, cardamom and nuts/oilseeds. Curd is first put in a cloth which is hung on to a nail to drain off the water in the curd. The remaining thick curd is then mixed with equal amounts of sugar, some saffron, cardamom and finely grinded nutmeg and served.

**Basoondi**: A milk based preparation made from condensed milk. Milk is first put to boil till it thickens and then sugar is added along with dry fruits, cardamom, nutmeg to the preparation and then served.

**Pooranpoli**: A sweet cereal-pulse preparation made from semolina, wheat flour (refined), chana dal, sugar, nuts/oilseeds, cardamom, nutmeg. It is a poori like preparation which has chana dal filling inside. Chana dal is first steamed in water. All excess water is dried off. Sugar is then added to the dal and the mixture is cooked on slow fire. The mixture is then ground and to this paste cardamom, nutmeg powder and saffron is mixed. This forms the filling for pooranpoli.

**Few savoury snacks** include: Chidwa (rice flake preparation), Chakli (chana dal + urad dal + rice preparation), Dhokla, Pakoda, Usal, Upma, Poha etc.

**Chidwa**: A rice preparation made from fried rice flakes, puffed rice, groundnut (fried), Curry leaves, green chillies, salt, sugar all mixed together.

**Chakli**: A jalebi like round savoury preparation made from rice, chana dal, urad dal, and salt. Rice, chana dal and urad dal are first soaked in water and then coarsely ground. The batter so obtained is used to prepare chakli.

**PUNJAB**

**Main Meals**

There are three main meals in Punjab — breakfast, lunch and dinner.

**Breakfast — 8.30 - 9.00 a.m.**

Breakfast generally consists of the following:

- Roti (Freshly made or left over from previous day's dinner)
  - or Parantha/Stuffed Parantha (Prarantha stuffed with radish/potato/cauliflower)
  - or Missi roti (Roti made with atta and besan)
- Butter/Malai (fresh cream)
- Lassi/butter milk
- Ps:kie

**Lunch 1  12 p.m.**
Lunch generally consists of the following:

- Roti
- **Vegetable Preparations**: If one vegetable preparation is prepared generally dry preparation is made. If two vegetable preparations are prepared then one dry vegetable preparation and one curry preparation is made. Seasonal locally available vegetables are commonly cooked like peas, cauliflower, carrot, mustard, fenugreek, etc. in winter and bhindi (ladies finger), lauki (bottlegourd), tori, tinda, sitaphal (pumpkin), etc. in summer.
- Curd or Raita: (made from curd and any of the following: besan ki bundi, Lauki, roasted and mashed brinjal, boiled and grated cucumber, etc.)
Dinner 8-9 p.m.
Dinner generally consists of the following:
• Roti
• Dal (moong, chana, urad are commonly eaten. Sometimes a mixture
  of two or three dals is also prepared like moong and masoor, urad and chana).
• One Vegetable preparation (optional)

Other Meals
Besides main meals, in some families around 4 or 5 p.m. people have something to eat
or drink. Children have milk. Adults can drink Malanji (made from roasted/boiled
raw mango) or Sharbat (badam, khaskhas) etc. Some of them may have milk or tea
also. Tea time snacks are not common. Though occasionally they may have pakoras
(vegetables coated with besan and deep fried) or mathri (deep fried small rounds
made from stiff dough of maida or refined flour).

Very often people just eat murmura/chana with gur (jaggery) or a fruit during this
time.

Special Preparations
Pulses like kabuli chana, rajmah, bengal gram (whole), besan ki karhi are cooked on
holidays or special occasions. They are preferably served with rice.

In winter, sarson ka saag with makki ki roti is a favourite dish.

Some Selected Recipes of the Region
Dal Makhani: Pressure cook urad dal (1 katori) (mixed with mustard oil (2
tablespoons), ginger or garlic and salt). Add chopped tomato to the cooked dal and
keep it on slow fire. Add 1 tablespoon of malai to the dal and cook till it gets mixed
well. Similarly, add about 4 tablespoons of malai (cream) and simmer (on slow fire)
till the dal gets mixed well. Prepare baghar of onion and garlic and add to dal.
Besan ki Karhi: Take 250 g dahi or butter milk (keep it overnight for making it little
sour). Churn and make lassi from it. Add a glass and half of water and 2 tablespoons
of besan. Mix properly. Add turmeric, red chilli, salt, cloves according to taste. Heat
oil in karahi. Put few mustard seeds and when mustard seeds start spluttering, add
lassi and simmer on fire (almost for half an hour). Besan pakoras can be added to
curry before serving. For making besan pakoras — Take 3 T besan, half onion, some
ginger and garlic, green chilli. Make a paste. Deep fry small rounds from this mixture.
Add to cooked curry.
Sarson ka saag: Take 1 kg fresh tender leaves with soft, small stalks. Clean, wash
and cut. Put ginger, garlic, mustard oil (2 table spoons) and a little jaggery or sugar.
Pressure cook. Grind it well with a mathani or wooden spoon. One can also use a
mixer grinder for this purpose. Put it on slow fire. Add little atta/maize flour and mix
well. Simmer and cook for sometime. Put oil in karhai, add onion and garlic. Fry till
golden brown. Put this baghar in saag. Add butter and serve.
Chole: Pressure cook kabuli chana till tender. Heat oil/ghee in karhai. Add garlic,
onion and ginger. Heat till golden brown. Put tomato and anardana or tamarind water
(ground). Mix boiled chana in this masala. Serve with rice, poori or bathura.
Gajar ka Halwa: Take 1 kg ripe red carrots. Wash peel and grate. Mix 1/2 kg milk in
it and put on slow fire till milk is completely soaked (no liquid left). Put little butter
or ghee, roast for sometime. Add sugar, elaichi or kesar. Stir till the mixture starts
leaving the sides of karahi.
Dahi Bhalla: Soak urad dal overnight. Grind it. Add ginger, green chilli, red chilli,
salt according to taste. Deep fry small rounds. Soak in water for sometime. Flatten
and add to curd (whipped). Add salt and spices to taste.

RAJASTHAN

Alternate Meal Patterns

A
Brunch
Light lunch
Dinner

B
Breakfast
Lunch
Tea
Dinner
A three to four meal pattern is common in Rajasthan. The number of meals consumed varies according to the income and activity pattern. Alternative A is common to low income groups and specially in rural areas.

Wheat, bajra and jowar are the common staples of Rajasthan and the medium of cooking is til oil or groundnut oil.

### A day's Menu

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal</th>
<th>Items</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>Sogra</td>
<td>Rabri or Bajra Dalia</td>
</tr>
<tr>
<td></td>
<td>Roti</td>
<td>Gatte</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Kare Kumthi Sangria</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Papad</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Chach</td>
</tr>
<tr>
<td></td>
<td>Tea</td>
<td>Dhopli</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Tea</td>
</tr>
<tr>
<td>Lunch/Dinner</td>
<td>Roti</td>
<td>Dal</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Tinsi sabji</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Papad</td>
</tr>
</tbody>
</table>

### Few alternate breakfast dishes

**Sogra:** A roti/chapati made either from bajra or jowar. Wheat flour (whole) may also be used to make the roti.

**Rabri:** Liquid preparation made of milk/curd/butter milk. The rabri is served garnished with roasted cumin seeds, rye and salt. Generally sogra is eaten with rabri.

**Bajra Dalia:** Porridge prepared from bajra, curd/milk and sugar. Bajra is first cooked in water and sugar is added. Milk or curd whatever desired may be added to the preparation. Dalia can also be prepared without adding milk/curd.

The above mentioned dishes are traditional breakfast dishes, but now-a-days bread, butter, milk is commonly consumed. Alternatively stuffed parantha (potato/radish stuffed parantha) may be taken with curd and pickle.

### Lunch/Dinner Dishes:

**Gatte:** Curry preparation made from besan. A stiff dough is made of besan in which cumin seeds and oil are added. The dough is rolled out into round strip which is then boiled in water. Next small rounds are cut and gatte are prepared. Gravy is made with oil, salt, turmeric, coriander powder and rye. Onion is optional. The gatte prepared earlier are mixed with the gravy and served.

**Pitore:** Another curry preparation made from besan. For this a thin dough is prepared of besan. The dough is rolled out in chapati form. Small biscuit size pieces are cut from this dough. Gravy is prepared same way as for gatte. These raw pieces are then put into the gravy and cooked by boiling.

**Dal:** Pulse preparation commonly made from moong (washed) or chana dal.

**Dana Methi:** Curry preparation made from fenugreek seeds and papad. The fenugreek seeds are boiled in water. Gravy is prepared and the boiled methi seeds are added and boiled again. Papad is then added to this gravy and served.

**Vadi:** Preparation made from moong dal. The moong dal is soaked in water and coarse ground. Salt, chillies are mixed to the batter and small irregular shaped balls (vadi) are made and sun dried. Vadi is prepared in the curry form or alternatively a dry preparation can be made.

**Kadi:** Liquid preparation made from besan and buttermilk. The two ingredients are mixed together, salt and other spices are added and the kadi is prepared by boiling the mixture.

**Kadi Kheech:** Kheech is a dalia like preparation made of wheat, bajra or corn. The grain is first ground coarsely. Then the ground mixture is boiled in water. When water evaporates, fat is added. Kheech is commonly eaten with Kadi.

**Kare Kumthi Sangria:** A dry mixed vegetable preparation. Kare, kumthi and sangria...
are three beans like vegetables found in Rajasthan. These vegetables are boiled in water and then added to a thick gravy prepared with oil, spices and water and cooked till dry preparation is ready.

**Dal-Bati:** Bati is a baked preparation made from whole wheat flour. A stiff wheat dough is prepared. Ball sized dough is taken and baked on slow fire (traditionally the bati used to be prepared by baking in the chulhas). Potato-peas stuffing may be put in the dough while preparing bati. The cooked bati is then eaten with moong dal. This dish is commonly consumed during rainy season.

**Dal-Dhokli:** Liquid preparation made from moong dal and besan. Besan is kneaded into a dough after adding salt and cumin seeds to it. The dough is rolled out and small flat round pieces (mathi like) are cut out. These pieces are boiled in water till soft. Simultaneously moong dal is cooked and then the besan pieces are put into it and the two are cooked again. (This preparation is commonly eaten during rainy season and towards winters.)

**Kabooli:** A fried rice preparation made from rice, potato, onion, bread, tomato, cashews, raisins and milk. The rice is first boiled till more than half done. Masala is then prepared for the Kabooli using fat, onion, tomato, chopped ginger, salt, turmeric. All these ingredients are fried well. To this mixture fried bread pieces, cashews and raisins are added. This masala is then put in between layers of cooked rice. Milk is then poured from the top. The preparation is once again steam cooked.

Lunch/dinner dishes are common. The above mentioned dishes are alternatively used for lunch/dinner. Dal-Bati, Kadi-kheech are few special dishes eaten commonly on special occasions.

**SNACKS**

**Mirch Vada:** A pakora like preparation made from long green chillies and besan. The chillies are first boiled in water. A masala (filling) is prepared using onion, garlic, cashewnuts/raisins optional. This masala is then filled in the green chillies by making a slit in the centre. A thin besan batter is prepared. The chillies are then dipped in the batter and deep fried.

**Kachori:** A preparation made from refined wheat flour. It is a stuffed poori like preparation. A filling of moong dal (which is soaked in water and then fried), besan, salt, chillies is prepared. This filling is then put in the refined flour dough and poori shaped kachories are rolled out. The kachories are deep fried.

**Kofta:** Deep fried preparation made from boiled potatoes, onion, ginger, anar dana and besan. A thin besan batter is prepared. Boiled potato, onion and other ingredients are all mixed together and small round balls are prepared of this mixture. These balls are then dipped in besan batter and deep fried.

**Seva:** A deep fried besan preparation.

**WEST BENGAL**

**Alternate Meal Patterns**

<table>
<thead>
<tr>
<th>A</th>
<th>B</th>
<th>C</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>Breakfast</td>
<td>Brunch</td>
</tr>
<tr>
<td>Lunch</td>
<td>Lunch</td>
<td>Light lunch</td>
</tr>
<tr>
<td>Dinner</td>
<td>Tea</td>
<td>Tea</td>
</tr>
<tr>
<td></td>
<td>Dinner</td>
<td>Dinner (typical of working class)</td>
</tr>
</tbody>
</table>

A three to four meal pattern is common in West Bengal. Rice is the staple food and mustard oil is the medium of cooking in Bengali households.

**A day's Menu**

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
</tr>
</thead>
<tbody>
<tr>
<td>Luchi-Aloo checkhi</td>
<td>Bhat</td>
</tr>
<tr>
<td>Dal Bhaja (baigun bhaja or patol bhaja or kumdo bhaja etc.)</td>
<td>Macher Jhol</td>
</tr>
</tbody>
</table>
**Tea**
- Chire Bhaja
- Tea

**Dinner**
- Bhat
- Dal
- Bhaja
- Macher Matha Diye Dal/Muddo Dal
- Patol Tarkari
- Aamer Tak

### Few alternate breakfast dishes
- Doodh Moori
- Moori Makha
- Chire

**Doodh Moori**: Preparation made of puffed rice and milk. Sugar is added to the preparation. In season, mango can be added and the preparation is then called Aam Moori.

**Moori Makha**: Dry preparation made from puffed rice, chopped onion, chillies, grated or chopped coconut, fried groundnut seeds, mustard oil and salt. All these ingredients are mixed well and served.

**Chire**: A rice flake preparation. Rice flakes are first soaked in water. When it softens excess water is drained/squeezed off. Curd or cold milk is then added to the rice. Mangoes can also be mixed into this preparation. Sugar/Jaggery is used to sweeten the preparation.

### Luchi-bhaji

**Luchi**: Preparation made from wheat flour (refined or whole). It is like the poori made in north India. Luchi is normally eaten with a vegetable preparation. Few vegetable preparations are as under:

- **Aloo Checkhi**: A curry preparation made from potatoes. In other words it is potatoes cooked in mustard oil to which green chillies, salt and certain other spices are added. In summers other vegetables like pumpkin or parwar may be added to this preparation. In winters alternatively cauliflower may be added.

- **Baigun Bhaja**: Deep fried preparation made from brinjals.

- **Patol Bhaja**: Deep fried preparation made from parwar which are deep fried.

### Lunch/Dinner Dishes:

- **Bhat**: A boiled rice preparation. Bhat is the staple food of West Bengal. One variation of Bhat is 'Bhate'. Bhate is nothing but boiled rice with vegetables. Vegetables like potatoes, pumpkin, brinjal, etc. are cut into big pieces and boiled with rice. After the rice is cooked, the vegetable pieces are taken out and served by adding mustard oil and green chillies. Rice is eaten as such.

- **Macher Jhol**: A curry preparation made with fish and seasonal vegetables (brinjal, parwar, fish and cauliflower, beans etc.) Normally Rohu or katla fish is used for this preparation. The fish is marinated with salt and turmeric and deep fried. Next vegetables are steam cooked in oil along with chillies, ginger, salt, black pepper and cumin seeds when vegetables are cooked, fried fish pieces are put into it and water is added and the dish is prepared by boiling.

- **Macher Jhal**: Preparation similar to Macher Jhol, except for the fact that it is plain fish curry without the vegetables. Jhal has a thick gravy (less liquidy) and is more rich and more commonly prepared during winters or served to the guests. Normally Rohu, katla fishes are used but small fishes like Tengra, Pagda, Illish are also used to prepare Macher Jhal.

- **Muddo Dal or Macher Matha Diya Dal**: Curry preparation made with pulse and the fish head. Commonly moong dal is used. Head of the big fishes like Rohu are first marinated with turmeric and salt and then deep fried. The head is then put into the cooked dal and boiled again. The preparation is garnished and served.

- **Dal**: A pulse preparation served after garnishing with cumin seeds, green chillies, bay
leaf, coconut, sugar (not always). Moong and Arhar are the common pulses consumed in Bengal. Masoor and urad dals are used less frequently. Chana dal is not prepared during lunch time. It is prepared only for dinner. In Masoor dal, sugar is not put and normally onion is also used for garnishing. In urad dal ginger and aesafoetida may be used for garnishing.

**Bhaja:** A dry deep fried vegetable preparation. Vegetables like potatoes, brinjal, parwar, bitter gourd, cauliflower, ladies finger etc. are deep fried and served as such after sprinkling with salt.

**Chorchori:** A mixed vegetable preparation. Seasonal vegetables are generally used to prepare this dish. Vegetables commonly used include—potatoes, carrots, beans, brinjal, cauliflower, pumpkin, parwar etc.

**Baigun Tarkari/Patol Tarkari:** Tarkari is nothing but a dry vegetable preparation. When brinjal vegetable is prepared we call it Baigun Tarkari, if parwar vegetable is prepared we call it Patol Tarkari, when jackfruit is cooked we call it Achod Tarkari.

Note: Bhaja and Tarkari differ from each other in the sense that Bhaja is just a deep fried vegetable preparation. While preparing tarkari we use oil, tomato, spices and condiments and the vegetable is prepared by steam cooking.

**Tak:** Tak refers to chutney. The most commonly prepared Tak is ‘Aamer tak’ made from raw mangoes. The mangoes are boiled in water along with oil, salt, turmeric till the gravy thickens. Tomator tak is the chutney prepared from tomatoes.

**Doi:** A sweetened curd preparation. Normally eaten with rice at the end of the meal (Doi-Bhat) or Doi is eaten as such towards the end of the meals.

**SNACKS**

**Chire Bhaja:** A savoury preparation made from fried rice flakes, groundnut seeds, salt and black pepper all mixed well. This is same as Moori Makha served during breakfast.

**Nimki:** A savoury wheat flour (refined) preparation resembling the mathri commonly prepared in North India.

**Kucho Nimki:** A stuffed poori like preparation made from refined wheat flour. The wheat flour dough is rolled out in the form of a poori. A filling of peas is prepared. The peas are first ground and then fried in little fat. Salt, chillies, ginger, garam masala is added to it. This mixture is then used as a filling for the poori. The poori is then deep fried and kucho nimki is prepared.

This section has been compiled by the faculty with the assistance of:
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- Robin Barua
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- Kulkarni
- Vimal Khandekar
- Prabha Chawla
- Asha Ahuja
- J.M. Parakh
- Officials of Rajasthan House
- Shipra Das
- S. Sengupta
ANNEXURE 4

PROFORMA ON REGIONAL MEAL PATTERNS

Fill up the proforma given on the next page. If you require more space use additional sheets. Enclose the proforma in an envelope and send it to us at the following address.

ANC-1 (PRACTICAL ASSIGNMENT)
Department of Women's Education
School of Continuing Education
Block 2, Room No. 20
Indira Gandhi National Open University
Maidan Garhi
New Delhi-110 068

Mark the envelope ANC PRACTICAL ASSIGNMENT

We hope you will collaborate with us on this research project and look forward to hearing from you. Remember to give information only on traditional meal patterns. You could ask your mothers or grandmothers to get reliable data.

YOU WILL BE GIVEN CREDIT WORTH 10 MARKS FOR COMPLETING THIS AND Sending IT TO US.
PART A

Your Name:
Enrolment No.:
Year: 199

DETAILS ABOUT YOUR REGION

State ..............................................................
District: ............................................................
Name of Village/town/city: ..............................................

INFORMATION ON MEAL PATTERNS OF YOUR REGION

1) a) How many meals are taken in a day?

b) List the meals with their names and timing.

2) a) Is there a fixed time for eating snacks with tea/coffee/milk? Yes. No.

b) If yes, when are such meals taken?

<table>
<thead>
<tr>
<th>Mid-morning</th>
<th>Mid-afternoon</th>
</tr>
</thead>
<tbody>
<tr>
<td>Evening tea</td>
<td>Bedtime</td>
</tr>
</tbody>
</table>

c) If no, when are snacks generally eaten? Please specify.

3) Give a day’s typical menu using this chart.

<table>
<thead>
<tr>
<th>Meal</th>
<th>Menu (List of items)</th>
<th>Ingredients used</th>
<th>Description of dish and cooking method</th>
</tr>
</thead>
</table>

Regional Meal Patterns
TO MAKE THINGS QUICKER
You will find it easier and quicker to use the following codes for describing cooking methods.

1) Frying
2) Steaming
3) Roasting
4) Fermentation
5) Sprouting
6) Grilling
7) Skewing
8) Baking
9) Parching
10) Boiling or boiling and simmering
11) Boiling and frying
12) Frying of Masalas
13) Soaking/Steeping
14) Preparation made by grinding (e.g. chutneys)
15) Preparation of dough

For example for an item like poori-aloo you could fill the table like this:

<table>
<thead>
<tr>
<th>Meal</th>
<th>Menu</th>
<th>Ingredients Used</th>
<th>Description of dish and cooking method</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dinner</td>
<td>Poori</td>
<td>Atta, Oil, Salt</td>
<td>Deep fried, small rounds, made of atta (15, 1)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Aloo</td>
<td>Potato, Tomato, Asafoetida, Zeera, Turmeric, Coriander powder, Red chilli powder</td>
<td>Fried potato with masalas (12, 10, 1)</td>
</tr>
</tbody>
</table>
**Regional Crops: Oilseeds**

**Groundnut:** Himachal Pradesh, Punjab, Uttar Pradesh, Madhya Pradesh, Rajasthan, Gujarat, Maharashtra, Orissa, Tamil Nadu, Karnataka, Andhra Pradesh

**Mustard:** Jammu & Kashmir, Himachal Pradesh, Punjab, Haryana, Uttar Pradesh, Bihar, Orissa, West Bengal, Assam, Gujarat, Madhya Pradesh

**Til:** Jammu & Kashmir, Bihar, West Bengal, Orissa, Rajasthan, Gujarat, Maharashtra, Karnataka, Andhra Pradesh

**Safflower:** Maharashtra, Andhra Pradesh

**Sunflower:** Karnataka
Chana: Jammu & Kashmir, Himachal Pradesh, Punjab, Haryana, Uttar Pradesh, Bihar, West Bengal, Gujarat, Rajasthan, Madhya Pradesh, Karnataka

Arhar (tur): Uttar Pradesh, Bihar, Orissa, Gujarat, Madhya Pradesh, Maharashtra, Karnataka, Andhra Pradesh, Tamil Nadu

Moong: Jammu & Kashmir, Orissa, Rajasthan, Maharashtra, Tamil Nadu, Karnataka, Andhra Pradesh

Urad: Jammu & Kashmir, Rajasthan, Madhya Pradesh, Orissa, Tamil Nadu, Karnataka, Andhra Pradesh, Maharashtra, Bihar, West Bengal

Masoor: Uttar Pradesh, Bihar, West Bengal
Rice: Jammu & Kashmir, Himachal Pradesh, Assam, West Bengal, Orissa, Karnataka, Andhra Pradesh, Tamil Nadu, Kerala

Wheat: Punjab, Haryana, Uttar Pradesh, Bihar, Rajasthan

Maize: Jammu & Kashmir, Himachal Pradesh, Punjab, Uttar Pradesh, Bihar, Madhya Pradesh, Gujarat

Jowar: Rajasthan, Madhya Pradesh, Maharashtra, Karnataka, Andhra Pradesh

Barley: Uttar Pradesh, Bihar, Andhra Pradesh

Bajra: Gujarat, Madhya Pradesh, Karnataka, Andhra Pradesh

Ragi: Karnataka, Kerala