

Indian Food Discussion

Thukpa	A noodle soup common among the Monpa tribe of the region of Arunachal Pradesh
Shondesh and Rashogolla	Popular dish of Bengal region made of sweetened finely ground fresh cheese
Litti Chokha	A baked salted wheat flour cake filled with sattu (baked chickpea flour) and special spices
Dal Tadka	From Northern India. This dish is made with yellow split pigeon peas, garlic, ginger, onions, tomatoes, coriander, chilli powder, turmeric, fenugreek leaves, chilli peppers and ghee. Usually, a dish served with rice and a roti on the side
Misal	Misal is a dish from the state of Maharashtra and translates into “a mixture of everything” so an exact recipe is not known as will vary depending on who is cooking it. However the more common ingredients are curd, pea curry, spiced potatoes and usually spicy and always full of colour
Pakora	Pakorras are generally made with potatoes and vegetables or meat, seasoned, dipped in flour and deep fried. These snacks are often enjoyed in the spring to celebrate monsoon season
Keema	these stews ingredients are minced lamb or goat meat, along with potatoes, peas, chilli, ginger, onions, ghee garlic and spices. This is one of the most popular of dishes in Northern India and mostly served as a main dish with naan or flatbread as a side
Appam	This is a pancake, shaped like a bowl. The batter is made from rice flour and coconut milk. These are usually served with breakfast or dinner. They are popular in the regions of Tamil, Nadu, Sri Lanka and Kerala
Samosa	A snack popular with many. They are pastries which can be filled with vegetables, meat and spices and then deep fried. They are often best served hot with a cool yoghurt or chutney
Upma	This dish is made with rice flour or dry semolina and cooked to the consistency of a thick porridge. This is quite a bland dish, normally served for breakfast, so other ingredients can be added to give it more taste. Such as nuts, beans, and spices. Its origins are South India, but it has become popular throughout the whole country

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Vindaloo	A curry that is full of flavour and spices. Usually made with pork but can have with beef, chicken, mutton or even paneer (cheese) This is a more popular dish in England in more recent years however its origins are Goan
Chana Masala	This dish is from Northern India and is a popular vegetarian dish which can be eaten as a snack, main meal or for breakfast. Its base ingredient is chickpeas which will be simmered with spices and herbs then served with rice or a naan.
Tikka	This dish is usually made with boneless chicken and prior to cooking would be marinated in yoghurt and spices. It is then roasted over charcoal in a tandoor (a traditional clay oven)
Korma	This creamy curry (or meat stew) has a mild flavour consisting of yoghurt, saffron and spices including coriander cumin, chillies, and turmeric. Its origins are said to be from the Royal Kitchen of Akbar. This has become a very popular curry dish in England
Paneer	Paneer is a cheese which has a crumbly texture. It can be made with cows or water buffalos' milk and as it does not contain rennet when produced, it is completely vegetarian
Naan	Naan is well known and very popular. This is a flatbread which has a chewy texture. They can be served plain, made with flour, yeast, eggs, milk, salt, and sugar. Or they can be filled with cheese, or sugar, sultanas, and coconut
Salpuri	Popular dish in Bihar, made with a mix of maida (flour), milk, bananas, cashews, peanuts, raisins, sugar water and green cardamon
Thekua	A sweet dish made of ghee, jaggery, wholemeal flour and flavoured with aniseed
Ras Malai	This dish originates from West Bengal, Ras (meaning juice) Malai (meaning cream) This dish is made with white cream, sugar, milk and a cardamom flavoured paneer cheese (chhana) Almonds, cashews and saffron may also be added.
Rasgulla	This is a sweet served at the end of a meal. Its origins are subject of debate, as Bengal and Odisha both claim this. Made from Paneer dumpling and semolina dough which are cooked together with syrup

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Kulfi	This ice cream dessert is made by slowly simmering the whole milk and flavoured with pistachios or rose water and saffron. Kulfi are distinctive for their unusual conical shape
Gulab Jamun	These sweet dough balls are made with mil solids and deep fried in ghee and are then flavoured with saffron, green cardamom and rose water. They can sometimes be coated in dried nuts to make them even more flavoursome
Kheer	Kheer basically a rice pudding, made by boiling rice with milk and sugar and if chosen can be flavoured with nuts, dried fruits, cardamon and saffron
Lassi	This drink is yoghurt based and is made by mixing milk and sugar and curd flavoured with herbs, spices, or fruits.
Dosa	This is a most famous Indian dish. It is a thin pancake which is made of soaked rice and black gram beans which are ground into a paste. This then goes to make the batter which is generally fermented overnight. Fenugreek seeds are added to give it a more distinctive brown colour and help give the texture a crisp