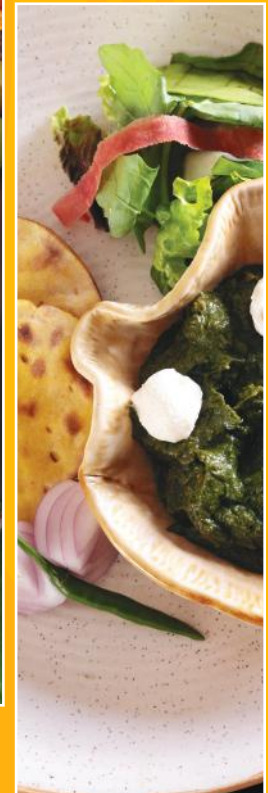
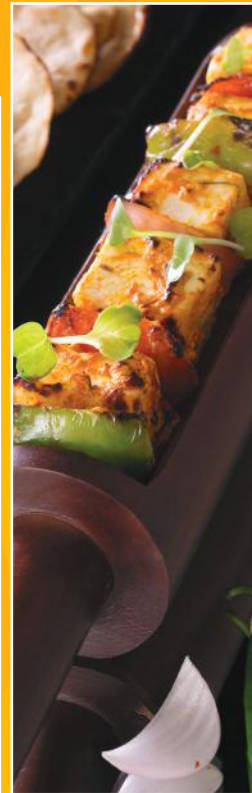




PUNJAB

A CULINARY DELIGHT





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MINISTER*

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TOURISM and
CULTURAL
AFFAIRS*



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CAPT. AMARINDER SINGH
Hon. Chief Minister, Punjab



ਮੁੱਖ ਮੰਤਰੀ, ਪੰਜਾਬ
CHIEF MINISTER, PUNJAB

May 20, 2019

Foreword

Punjab – the Land of Five Rivers – is India's frontline state and occupies a special place within the cultural mosaic of the country. Thanks to its geographical location in the north-west, it has been at the meeting point of cultures and has imbibed traditions that have travelled from as far across as western and central Asia. This syncretism has led to a very vibrant and composite cultural tradition that is rightfully called Punjabi today.

Nowhere is this more evident than in our culinary traditions. Punjab is not only the granary of the nation, having provided it with its much-needed food security; the state is also home to some of the country's most well-known food cuisines. Besides the more popularly known *butter chicken*, *dal makhani* and *gajrela*, there exist countless gastronomic delights prepared in the hearths of the rich and ordinary every day. All this has made Punjabis great food lovers, both within India and abroad. Today, Punjabi cuisine along with our music have become the country's most visible cultural ambassadors in all parts of the globe.

The book *Punjab – A Culinary Delight* is well-thought out and timely documentation of an integral part of Punjab's culture. I congratulate the Department of Tourism for this initiative and for selecting The Times of India to showcase our richness and splendour. I am sure readers will enjoy it and this will provide yet another window for getting to know Punjab and its rich cultural heritage better.

Capt. Amarinder Singh
Chief Minister, Punjab





SH CHARANJIT SINGH CHANNI
Hon. Minister of Tourism and
Cultural Affairs, Punjab

ਚਰਨਜੀਤ ਸਿੰਘ ਚੰਨੀ
ਐਮ.ਏ., ਐਲ.ਐਲ.ਬੀ., ਐਮ.ਬੀ.ਏ



ਅ.ਸ.ਪੱਤਰ ਨੰਬਰ :

ਤਕਨੀਕੀ ਸਿੱਖਿਆ ਤੇ ਉਦਯੋਗਿਕ ਸਿਖਲਾਈ,
ਰੋਜ਼ਗਾਰ ਉੱਤਪਤੀ ਤੇ ਟ੍ਰੇਨਿੰਗ ਅਤੇ ਸੈਰ-ਸਪਾਟਾ ਤੇ
ਸੱਭਿਆਚਾਰਕ ਮਾਮਲੇ, ਪੁਰਾਲੇਖ, ਪੁਰਾਤੱਤਵ ਅਤੇ
ਅਜਾਇਬਘਰ ਮੰਤਰੀ, ਪੰਜਾਬ ।

ਮਿਤੀ, ਚੰਡੀਗੜ੍ਹ

Message

Punjab's deeply agrarian roots have defined its culture and fortunes for centuries. It has always been a coveted land because its soil is fertile, and its people strong and robust. While their lives remain rooted to the land, the Punjabis' vision is fixed ever higher, no matter where in the world they are.

The food of the Punjab reflects this strength and robustness. Its heartiness mirrors the charisma and intrepid initiative of the people who savour it. Its variety and nutritive value are manifestations of the richness of the life-bearing land.

In fact, rich, irresistible Punjabi food was what most foreigners knew as 'Indian food' for decades. It remains among the most popular Indian cuisines abroad. Even at home, instead of losing its appeal to western cuisines, Punjabi food has ruled home kitchens and the hospitality business alike, growing from strength to strength in the restaurant business.

I am happy that the tourism department has brought out this richly detailed book, chronicling the state's many regions and its varied flavours. The flavours of Punjabi food come from the generous use of ghee and butter along with full-bodied spices. No less flavourful are dishes cooked in traditional clay ovens, or tandoors, that impart a distinctive smokiness to the food and can make it either light or heavy.

The indigenous produce of the fertile Punjabi land features heavily in home cooking – from saag to rajma, from makki to gehu. The highway fixture, the dhaba, is a snapshot of what Punjabi food is all about– healthful, local, seasonal, nutritious and full of bold flavours. Chole Kulche, Rajma Chawal, KadhiPakoda and Lassi are the most popular dishes in a vast array of sweet, savoury, rich, wholesome and tasty dishes and drinks.

My heartfelt congratulations to all those who have put this book together.

Bon appetit!

(Charanjit Singh Channi)





PREFACE

WHAT IS GENERICALLY called 'Punjabi cuisine' might be India's most famous export. Rich, flavourful and splendid, no matter where you are in the world, you're sure to find at least someone, if not nearly everyone, familiar with the words 'tandoori', 'naan' and 'lassi'. Even at home, the rich, hearty food identified with Punjabis is among the most popular categories in the restaurant business.

Food, it is obvious, plays lead role in the lives of Punjabis. The traditional cuisine of the state, however, is not homogenous. There are some leading stars – dal makhni, sarson da saag, makki di roti, butter chicken, rajma-chawal, kadhi-chawal, lassi, halwa, naan - but the cast is made up of many lesser-known dishes and drinks that reflect the soil, the weather and the crops of this region. I hasten to add that many Punjabi dishes that we savour today came with visitors from Central Asia and Turkey. The Persian *tandoor* brought to this land a new tradition of slow-cooked meats and fish.

Punjab – A Culinary Delight is a very detailed and informative book, which seamlessly weaves together all the aspects of Punjabi food that make Punjab an absolutely fascinating foodie destination. The book chronicles the state's culinary history, describing the changes that invasions wrought. It details the various ways and styles of cooking people used, and how these made up the fabric of the social life of food-mad Punjab.

Enjoy the gastronomic joyride!

VIKAS PRATAP, IAS
PRINCIPAL SECRETARY,
Tourism & Cultural Affairs, Punjab

PUNJAB - A GASTRONOMIC DESTINATION

AN INTRODUCTION

PUNJAB IS A FAMOUSLY fertile area irrigated by an abundance of rivers (hence the name – ‘panja ab’ or five rivers). Farming has been the occupation of most inhabitants of this area for millennia. One of the primary factors that shaped Punjabi cuisine, therefore, is agriculture. The abundant crops here still meet a significant percentage of the demand for food crops in the country. Another factor is the widespread undertaking of animal husbandry, which means milk and milk products feature heavily in what the people eat and drink. The third factor is foreign influence. Over the millennia, traders, invaders and almost anyone else who wanted to travel to the subcontinent by land passed through prosperous Punjab. Many of them introduced new crops and left their mark on the culinary practices of the region, most notably the Afghans and the Mughals.

Punjab was divided into two during Partition, and the present-day Indian

state has three major areas – Majha, Doab and Malwa. Each of these had distinct cuisines that reflected the topography of the area. The Green and White Revolutions and modern-day prosperity have meant that food is much more cosmopolitan now, and you can get all kinds of food in all the cities in the state. This did not mean that Punjabi food changed, however. It retained its essence but welcomed the newcomers, growing in variety and complexity with each change.

Basic Punjabi food was the farmer’s diet – whatever grew in the land and whatever could be made using milk, eaten to provide strength and stamina for the back-breaking physical work. Punjabis drank a lot of milk in various forms and also made it into curd, ghee, makhan, buttermilk, khoya, paneer and many other delicious consumables. Even in the arid regions, the locals depended on meat and butter, besides the indigenous vegetation, for sustenance.

The bewildering variety of dairy products still marks modern Punjabi cuisine throughout the state. Ghee and butter enrich many indulgent dishes, but they also feature in simpler fare – roti or parantha and makhan make up a frugal meal. Punjabi food is also rich in vegetables, lentils and grains and reflects its dominant agrarian legacy. The humble phulka is a staple of home kitchens, and rotis, puris, naans, paranthas and kulchas are eaten both plain and stuffed. There is no end to the varieties of sabzis and dals made in Punjabi homes, sometimes depending on which region of Punjab the family is from. Rice, a later addition to the agricultural portfolio, quickly became a staple as well and was paired into many legendary combinations.

The book in your hand goes from region to region, describing the topography, the sites and the major cities. It lists the most famous snacks and meals in each city and where you

can find them. The most popular restaurants and stalls, from humble *rehris* to fine-dining outlets, have been identified. The book also profiles the dhaba, the ubiquitous north Indian highway restaurant, with its long history and association with the Grand Trunk Road.

Once the reader is hungry and salivating, this book provides the antidote – the recipes for many of these iconic dishes. These recipes are all from chefs famous for their restaurants and media presence today, and they can all vouch for the fact that Punjabi cuisine still rules the restaurant business, despite the increasing popularity of global cuisines in India.

Wherever in India, or in the world, you're reading this, chances are you've tasted some of the things mentioned in this book. Perhaps it's time to take a trip to Punjab and fall in love with the glorious entirety of its cuisine.

MALWINDER SINGH JAGGI, IAS
CHIEF EXECUTIVE OFFICER,
Punjab Heritage Tourism Promotion Board

Top Ten ●
GASTRONOMIC
EXPERIENCES
of **PUNJAB**

01

It is not the easiest list to draw up when faced with an abundance of appetizing adventures that define Punjab. Still, here are ten mouth-watering must-eats while on a visit to the state.



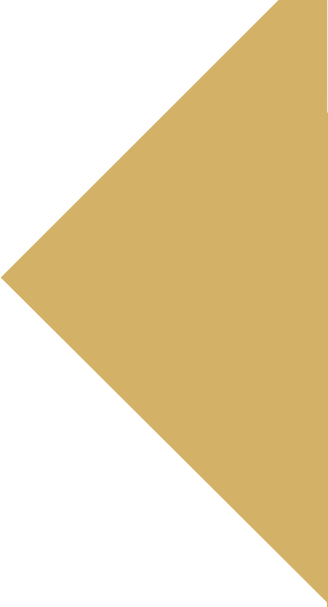
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Punjab is a state which is heavily influenced by agriculture and a rural lifestyle and so is the cuisine, known for its extensive vegetarian and meat dishes. The cuisine of Punjab is rich, simple and extremely flavourful. The earliest references of which are found in the Vedas which documented the lives of the Aryans in the region that encompasses Punjab. Some of the elements mentioned nearly 6,000 years ago still exist in this cuisine, with added influences from Peshawar, Rawalpindi, Baluchistan and Afghanistan. The Punjabis are temperamentally magnanimous and feasts play an integral part in their lives. The fame of Punjabi cuisine is now a well-established global delight, thanks to the Punjabis settled abroad. The history of Punjabi cuisine is insulated from the use of intricate marinates. It is full-bodied masalas, desi ghee, curd, buttermilk which form an integral part of the cuisine. Punjab is truly a land of gastronomy where people love to feed, eat, drink and be merry.

– **Ashish Chopra, Food Historian**

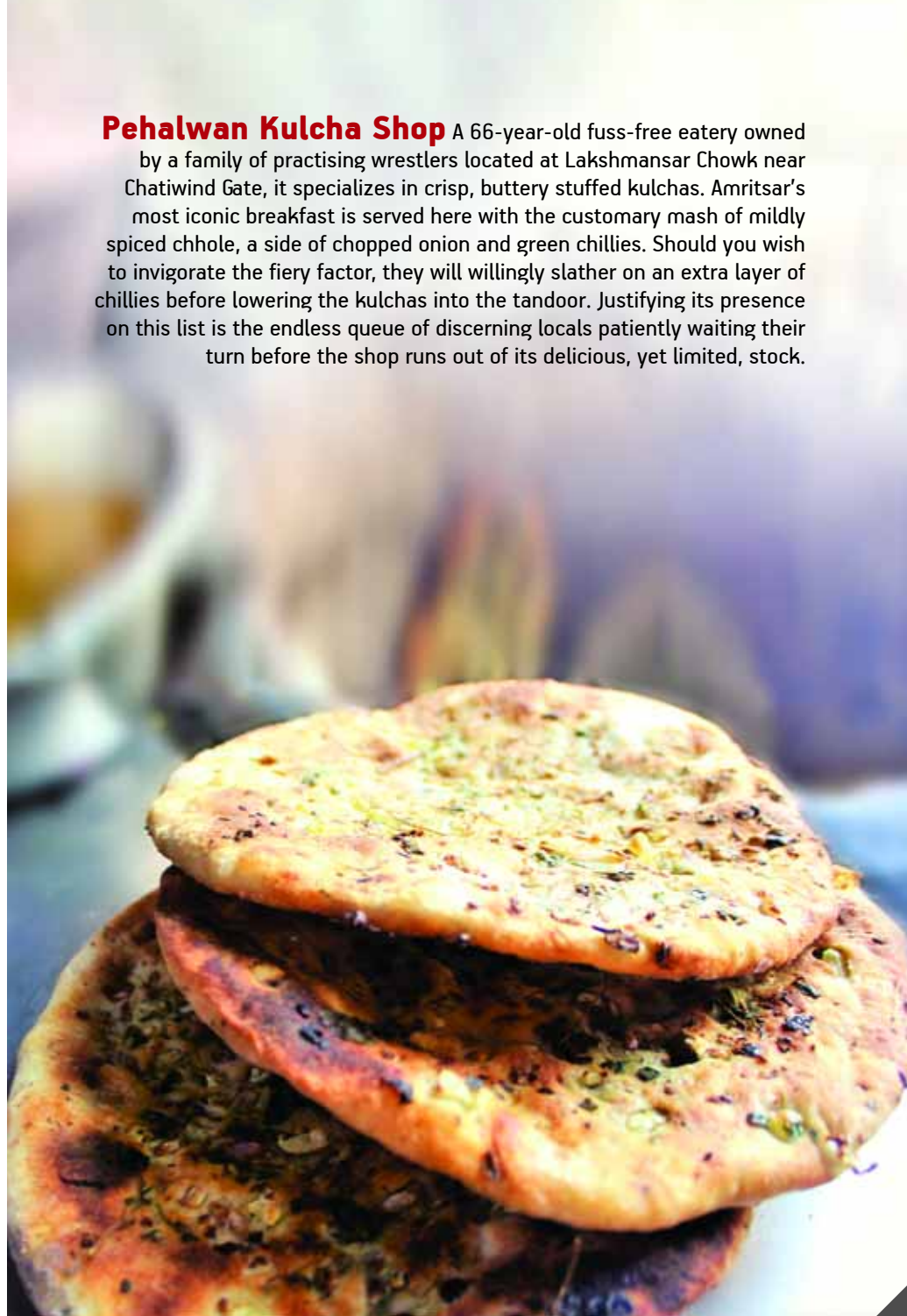
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Bodi Jalebiwala Famous for crispy thin jalebis, a tiny stall near the railway station in Bathinda has been churning out its treacle-y treats since the year 1970. It was set up by one Bodi Ram whose father specialized in the craft back in Pakistan. It is a legacy manned by his son Ramesh Kumar nowadays, not too far from its original spot. Prepared fresh while you wait, Bodi's is a culinary landmark that witnesses much activity throughout the year, and rightly so. Business hours: 3pm to 9pm.

Pehalwan Kulcha Shop A 66-year-old fuss-free eatery owned by a family of practising wrestlers located at Lakshmansar Chowk near Chatiwind Gate, it specializes in crisp, buttery stuffed kulchas. Amritsar's most iconic breakfast is served here with the customary mash of mildly spiced chhole, a side of chopped onion and green chillies. Should you wish to invigorate the fiery factor, they will willingly slather on an extra layer of chillies before lowering the kulchas into the tandoor. Justifying its presence on this list is the endless queue of discerning locals patiently waiting their turn before the shop runs out of its delicious, yet limited, stock.





Bittu Meat Wala There must be a good reason why Amritsar devotedly winds its way through a congested automobile parts market at Jahajgarh to get to their skewered specialities. There are two, in fact – Bittu’s near-legendary mutton burra and pota dana (goat liver wrapped in fat). Boasting Pashtun ancestry, the closely held recipes are reminiscent of the owning family’s Peshawari roots in pre-Partition Pakistan, from where they relocated in 1947. Brothers Jasmeet and Tarunpreet continue to further the legacy of their late father Davinder Singh Bittu with both pride and aplomb.

Ram Lubhaya & Sons Starting out as a push-cart under a tree on Lawrence Road selling aam papad and anar goli, they are now two shops old, specialize in all kinds of digestives, cater at weddings and parties, and ship online orders across India. The chatty owner insists on a sampling before purchase and a platter of the tangy and sweet delights, sprinkled with a spice mix and rock salt, and a final squeeze of lemon juice is deftly put together to tease your taste buds. Given the delicious heaviness that defines Amritsari food, Ram Lubhaya’s aam papad becomes an imperative to complete a hedonistic visit.

Charan Juice One of the few places offering the freshest of fruit juices and creamiest of shakes in Patiala, it is located in the Old Subzi Mandi, which started out as a *rehri*, fronting a fruit-seller's shop some half a century ago. Following decades of manning his juice cart, the eponymous Charan Das eventually bought out the shop owner. The cheery, well-lit shop we see today is run by his sons Rinku and Tinku Sachdev, who continue to assure a high quality product to their customers. They are a must-visit for the special anar mix juice and mixed fruit shake special.



Babu Singh Fish Centre This narrow, easily missed hole-in-the-wall at Anardana Chowk, is where Patiala flocks for a quick round of fried or roasted fish. Indeed, it has been doing so for the past seventy years since Babu Singh commenced his mouth-watering business. It has since passed into the hands of his son Birinder Singh who has included roasted and fried chicken, equally well-prepared, to pander to changing tastes. Swinging by for a plate of flaky mali or sole will be an evening justifiably well spent, better still with a Patiala peg in tow. Business hours: 5.30pm to 10.30pm.



Hakims of Patiala

Having moved here from Sirhind on the behest of the maharaja, these practitioners of traditional medicine have been keeping the royal city healthy for nearly 175 years. Reportedly housed in the erstwhile stables of Qila Mubarak, signs of an inevitable makeover visibly abound. And though conveniently sized bottles have replaced the massive glass *martabans*, their famed *murabbas*, *achars* and *nuskhas* remain timeless and effective. A quick fix of wellness awaits you at Hakim Prem Nath Gupta & Sons and Bharat Bhushan & Sons, located next to each other in Sadar Bazar.



Haveli Strategically located along the Grand Trunk Road in Murthal and Amritsar, Haveli is today synonymous with quality highway experiences. Homestyle vegetarian meals served in Punjabi surrounds have been their hallmark. The one in Jalandhar has an added attraction in 'Rangla Punjab', a delightful simulation of a traditional village.





Panna Singh Pakode Wala

A modest snack shop on Gill Road in Ludhiana that has made a name, and fortune for itself by selling mostly paneer pakodas and dahi bhallas since the year 1952. An uncompromising approach to quality keeps them ahead of the race in this food-loving yet demanding industrial city. They have, over time, added mixed pakodas, bread pakodas and aloo tikki to their repertoire, but it's the deep-fried roundels of melt-in-your-mouth cottage cheese, dunked in apple chutney, that brings the beelines. Not a place one passes on even in the wildest of culinary dreams.

Chawla's Cream Chicken

The iconic cream chicken is quite different in taste and colour as the ingredients used are different from the regular chicken curry. Chawla's cream chicken has tender pieces of chicken cooked in milk and cream, and then mixed with grated onion, methi leaves and pepper. Red chillies and vegetable oils are not used, instead the meat is cooked in milk and rich cream and delicately flavoured with black pepper and green cardamom. The chicken curry is best had with hot tandoori rotis and mint chutney.





GULINARY
TRADITIONS
of **PUNJAB**

Food isn't just food in Punjab. It is an unrivalled reflection of the history, culture and lifestyle of a robust land with an agrarian legacy rooted in Harappan times. Naturally bequeathed with fecund fields, the culinary traditions of the 'Land of Five Rivers' are simple, healthy and linked to the land.





A land long and often invaded, its ability to live for the moment is best described by this eighteenth century adage: *Khadda peeta lahe da, baqi Ahmad Shahe da* (What we eat and drink is ours, the rest is Ahmad Shah's). Thus home to a people with an irrepressible zeal for *la dolce vita*, and a die-hard generosity of spirit that encompasses all in its fold.

It should come as no surprise that a wholesome, fragrant cuisine is integral to Punjabi ethos and is one of the top attractions of the state. A long-held proclivity for grains, greens, and dairy resulted in pastoral Punjab's most defining repast – sarson da saag with makki di roti and freshly churned white butter. Contrary to popular belief, over half the population is vegetarian, and calls to anoint *kukkad* the state bird remain firmly in the realm of tongue-in-cheek humour. And much as Punjabis love their tipples, they don't generally stand around drinking Patiala-sized measures of Scotch indiscriminately!

CULINARY HISTORY

A MELTING POT OF INFLUENCES

IT IS NO empty boast when the people of Punjab claim 'India begins here'. It was around the flood plains of the Indus, one of Punjab's five eponymous rivers that the Indus Valley Civilization flourished from 3000–1500 BCE. Excavations in the twin cities of Harappa and Mohenjo-Daro (now in Pakistan) revealed it to be an urban society engaged in farming and trade. The main crops grown were wheat and barley, and diet staples included chickpeas, lentils, buffalo milk, meat, fish, turmeric and ginger. Even today, Punjab is the heartland of Indian agriculture and displays an irrepressible

fondness for all things dairy.

Cultural influences, of which culinary customs are an inextricable part, have forever travelled back and forth and across the globe. More so once man discovered his inherently nomadic nature, matched in equal measure with a predilection to feel at home when abroad. Punjab, located in the path of a succession of pillaging armies from Afghanistan, Persia and Central Asia, is an exemplar of these impacts. Across the Khyber Pass they arrived – Mahmud of Ghazni in the tenth century, Timur in the fourteenth, the aforementioned Ahmad Shah



Durrani in early eighteenth century. They came, they saw, they conquered, every raid leaving in its wake an indelible imprint on the culinary heritage of a food-loving people. Today, it is considered one of the richest cuisines of India.

A vast network of busy trade routes interlinked with the Silk Road facilitated a further influx of ingredients, plants, dishes and cooking techniques. Cross-cultural forces brought with them the simple, slow-cooked tribal fare of the North Western Frontier Province. The arrival of Peshawari tandoor spawned a

whole new tradition of roasted meats and fish. Who hasn't heard of its most succulent consequence – the mutton burra? The use of dried fruits and exotic nuts – pistachios, pine-nuts (*chilgoza*), almonds, apricots (*khubani*) – in the cuisine is a legacy bequeathed by Central Asia. Minimally spiced Persian cuisine carried along the samosa, which was soon adapted to the palate by replacing its mincemeat filling with a potato-and-peas mash. Potatoes, as we all know, are a European introduction borne by the high seas, and like tomatoes and chillies, took a circuitous path to reach us overland.

That lassi is tied in a close contest with tea as the most preferred beverage is the one ineffaceable imprint the British – last of the colonial powers to lord over us – can possibly take credit for. Far as food goes, except for the odd 'Continental' dish confined to a few homes, Anglo-Indian fare could never root itself in popular Punjabi imagination. Eventually, the cutlets and the chops, the au gratins and the à la kiev, the caramel custards and tutti-fruttis would become the purview of just a handful of clubs and restaurants.

The Partition of Punjab in 1947, coinciding with India's hard-won independence from British rule, set off a completely new food culture. The *tannur* or tandoor was one of the few belongings that found its way into eastern Punjab with those forced to flee their homes in Pakistan. It eventually came handy in starting life afresh. Many of the street food legends of Punjab are ironically a happy consequence of what is widely regarded as the most horrific exodus in human history.





THE TRADITIONAL FOOD of Punjab, much like its people, is straightforward, robust and connected with the land. At the heart of it are freshness, purity, and uncomplicated methods of preparation. Regional variations exist purely in terms of cooking techniques and seasonings, making Punjabi households, by and large, uniform in culinary habits. Wheat, barley and maize remain the staple grains. From these come a variety of breads consumed with all the meals. Griddle-cooked rotis and paranthas, deep-fried puris and

bhaturas, tandoor-baked kulchas and naans are the most common. In fact, stuffed paranthas and aloo puris are Punjab's most preferred dishes to wake up to, while chana bhaturas and kulche chhole are breakfast stars in their own right in eateries.

Rice, which is a later addition to the Punjabi diet, follows a close second. It is eaten boiled, and in pulao or biryani form. When coupled with kadhi, rajma, aloo wadi or curried channas, it transmogrifies into many of Punjab's much-loved food pairings. Green pea pulao, often eaten with a grated

PUNJABI CUISINE TASTE OF PUNJAB




cucumber raita, is an enlivening dish in itself. A sweetened rice version, zarda is a festive preparation and is relished particularly on and around Basant Panchami. Kheer, the velvety rice pudding, is a perennial dessert, which, when winter comes around, is cooked in sugarcane juice instead of milk and is called roh di kheer.

Seasonal vegetables are an indispensable part of the cuisine, and large tracts of Punjab's fertile plains are devoted to their cultivation. Malerkotla, once ruled by nawabs, is the vegetable hub of the state and has been producing quality cucumber, bitter gourd, lady's finger, cauliflower, onion and garlic for several decades now. A slew of vegetarian dishes – aloo gobhi, gajar matar, baingan bharta, crispy fried bhindi, stuffed karela – make up the crunchy and colourful part of a Punjabi meal. Gajar-gobhi-shalgam da achar is a sweet and sour pickle that makes winters all the more delicious, as does gajar da halwa, an immensely awaited winter special.

Dals are equally essential to Punjabi food, and no repast is deemed complete in their absence. Prepared from an assortment of lentils and pulses, they are usually tempered with garlic, onion or cumin in aromatic desi ghee. To bust a myth, perpetuated largely by Mughlai restaurants, the thick creamy texture of the famed maah di dal, for instance, is not a consequence of generous helpings of butter. It is acquired by slow cooking of the dal over a clay oven for many hours. Its dry version, sukki dhuli maah di dal, once the showstopper of celebratory

Cooking Techniques Punjab employs both traditional and modern methods for cooking. Counter-top hobs powered by LPG cylinders sit cheek by jowl with a variety of clay-smearred stoves and ovens. Wood-fired *chulhas*, fashioned out of brick and clay, are most prevalent in hinterland kitchens, while *bhathi*, a kind of masonry oven, is used to roast corn and wheat, and comes handy in certain types of grilling and outdoor cooking. In the past, a tall covered oven called *haara* was a regular feature in households and was used to slow cook a saag or a maah di dal; often to boil milk on the slow. It is a rare sighting nowadays, especially in urban and modernized kitchens. It is the coal-fed tandoor, however, that continues to hog centre stage, churning out crisp breads and succulent kebabs in tony eateries and roadside dhabas across the state.





Sanjha Chulha A community oven around which village women once gathered for a spot of fraternizing and roti-making when other household chores were done and dusted. Carrying freshly kneaded dough with them, these daily outings also served as an excuse to catch-up with the latest on the grapevine as they waited their turn. With growing prosperity, and the convenience of kitchen hearths, this long-held rural ritual is regrettably losing steam gradually.



Garam Masala The bouquet *garni* of Punjabi cooking, it is used to add and enhance flavour in several dishes, including rajma, meat curries and pulaos. A fragrant mix of ground spices that no self-respecting Punjabi pantry will be found bereft of. The combination may differ somewhat from household to household but it generally comprises all or a few of the following spices – peppercorns, black cumin, cinnamon, cloves, carom seeds, bay leaves, green and black cardamoms. *Khadha masala* refers to the use of these spices in their whole form.



feasts is regrettably fading away from both home kitchens and menus.

Another long-held agrarian tradition of the state is cattle rearing, as a result of which dairy farming is an important industry, too. For that reason, milk, ghee, butter, curd and lassi are oft-used terms of endearment for a people with low levels of lactose intolerance. Since Vedic times! Another by-product, paneer or cottage cheese, is the crowning glory of Punjabi kitchens. It finds its way into most meals, crumbled into a bhurji, in a curry with green peas, folded into mashed spinach, or as barbecued chunks to snack on. It also shows up as chhena, alongside khoya, in many a mithai.

Non-vegetarian fare is dominated by chicken, goat and lamb in a number of forms. Of which the tandoori chicken, chicken tikka, mutton curry, mutton burra and keema matar are now legendary. The ban on hunting several decades ago put an end to the appearance of wild game on the dining table. Poultry and livestock farming

became the order of the day, with the likes of quail and partridge removed to fine dining spaces. Fresh-water fish has long been an important staple of the cuisine. Harike Pattan, where the rivers Beas and Sutlej merge, provides the finest catches of singhara and sole, tandoori and fried forms of which serve to enliven many an evening, especially on the streets of Amritsar. Other varieties like carp and rohu have come about by encouraged pond farming through subsidies.

Punjab's giant sweet tooth is generally spoilt for choice. Jaggery and *shakkar* ghee signal the end of every meal and are very nearly permanent fixtures in most households the year round. Special occasions demand kheer and seviyan, while winter heralds the arrival of nuts-enriched gajar da halwa, as well as the nutrient-laden panjiri. Other times, sweet pangs are assuaged by a mind-boggling array of mithais that includes halwas, ladoos, burfis, gulab jamuns, pinnis and jalebis.

Far as snacks go, samosas and

“

Punjabi food is simple, sumptuous and is prepared soulfully with skills that understand local flora-fauna and seasons. It is a cuisine devoid of exotica, and uses common spices and herbs which result in a robust cuisine. Cooking is akin to yoga, it makes one feel good and creates happiness. This characterizes Punjabi food which is well-balanced – it uses all six tastes – and nourishing.

It makes the heart glad.

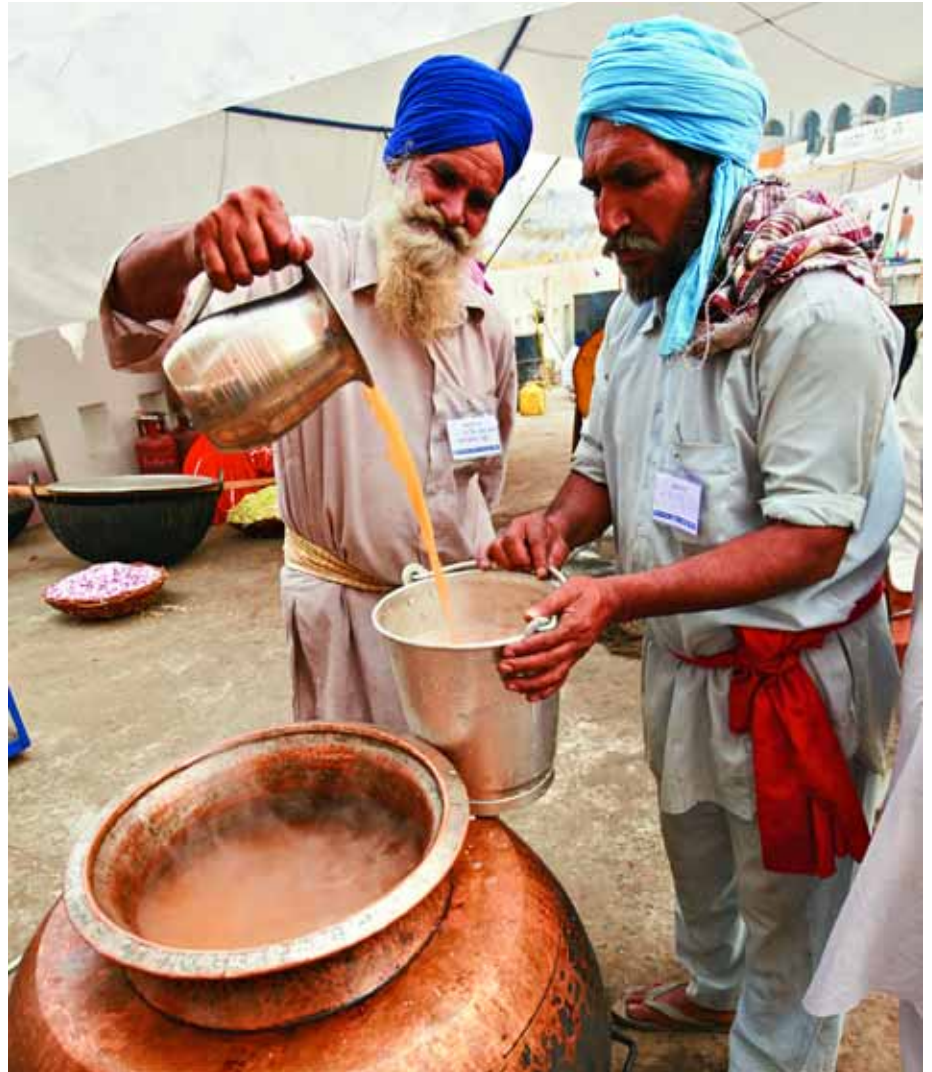
– Chef Manjit Gill

”

Sweet lassi, salty buttermilk, jal jeera, shikanji, fresh fruit juices and shakes rate high on the list of summer beverages

pakodas would count as Punjab's all-time favourites. Needless to add, the paneer pakoda is the poster boy of these batter-encased, deep-fried delights, followed closely by assorted vegetables. Street-side indulgences like aloo tikkis, gol gappas and papdi chaat are de rigueur. And so is home-made mathis, both sweet and savoury. Reminiscent of comfort food across the state, they pair well with mango pickle as a much relished teatime treat.

Sweet lassi, salty buttermilk, jal jeera, shikanji, fresh fruit juices and shakes rate high on the list of summer beverages. Though not all-pervasive, traditionalists swear by *sattu*, a refreshing drink made from roasted barley best suited for Punjab's sweltering heat. A much-awaited winter special is kanji, a fermented drink prepared with *kaali gajar* (purple carrots). Sugarcane juice flavoured with a smidgen of ginger, lime juice and mint leaves is yet another. Tea, as already mentioned, is an every season, any-reason hot beverage, and is imbibed in the gallons in a sweetened, milky avatar, often flavoured with cardamom.





PUNJAB'S ARCHETYPAL DHABA The dhaba culture is largely a consequence of Partition. It evolved into its present iconic avatar from the need to survive by those displaced in 1947. Helping families resurrect their lives and livelihood with dignity, these dhabas began by offering basic comfort food like dal, roti, subzi and paranthas. Lack of refrigeration, and a quick turnover, ensured the fare was fresh and wholesome. Generally located roadside, these eateries would eventually become the sustaining support for truck drivers, especially ones lining the Grand Trunk Road, along which many dispersed families settled. As they flourished, so did their menus. Some have remained wholly vegetarian in their offerings; some are legendary for their meaty specialities; some have gone the multi-cuisine way. Today, with a pan-Indian presence, the dhaba is unquestionably Punjab's truest culinary ambassador.

Grand Trunk Road One of Asia's oldest and longest routes, it connects Bangladesh with Afghanistan, and threads its way from Chittagong to eastern India, on to Delhi in the north, and into Pakistan before culminating at Kabul. Believed to be in existence since Mauryan times, it was rebuilt and extended by the Pashtun ruler, Sher Shah Suri, in the sixteenth century, marking it with *kos* minars at intervals of two miles each. The Mughals put it to good use as the Imperial Highway, building grand rest-a-whiles along the way. It would receive a substantial makeover under the British Raj, even change alignment at some places. In Punjab, the old GT Road winds its way from Shambhu on the border with Haryana to Rajpura, Sirhind, Ludhiana, Jalandhar and Amritsar from where it moves further ahead to Lahore through the border at Attari. Immortalized in countless Punjabi songs, this busy lifeline is a traveller's delight. Buzzing with lively towns, historical museums, Buddhist relics, Mughal monuments, and countless culinary outings, it promises indelible experiences at every *kos* minar!









A Fine-Dine Dhaba A less than 60-minute drive from Chandigarh will bring you to the hard-to-miss **Raja Dhaba** on the Chandigarh-Ludhiana highway. The flag-festooned motel-like premises are fronted by massive billboards with stars of Punjabi filmdom gazing down. The most striking feature here though is the welcome amount of attention paid to all-round hygiene, hence the 'fine-dine' epithet. Once experienced, the signature gur wali chai chasing one of their pizza-sized stuffed tandoori paranthas is a breakfast you would want to wake up to every morning. Should you prefer a full meal, the smoky dal and paneer bhurji, rounded off with some of their divine besan di burfi, promises to bring you back for more.

1





2.

1. The forecourt at Haveli, constantly abuzz with people
2. The Haveli brand accords trucks a place of prominence by parking them inside the dining space instead of where visitors would generally expect them – on the highway!
3. Fried lentil fritters drizzled with tamarind chutney and garnished with grated radish, an anytime favourite, better known as Lakhanpur de Bhalle or Ram Laddoo, at Haveli in Amritsar



3.

Haveli In 2002, the highway in Punjab was stormed by a culinary concept that remains unmatched in its innovativeness till date. Called **Haveli**, it was presented as a space for one and all with a sharp focus on quality of food at pocket-friendly prices, and served in sanitized surrounds replete with Punjabi motifs. Driven purely by a desire to revive 'Punjabiyaat', it was an idea the owner Satish Jain couldn't wait to try on his return to Jalandhar following a stint in hospitality in Goa. The addition of a thematic Punjabi village, 'Rangla Punjab', and two other branches (Amritsar and Murthal) within a few years testifies to the popularity of the Haveli brand in its entirety. The vegetarian-only meals and snacks, prepared fresh, find hordes of travellers and locals taking their much-needed time-outs right here. Helming the company nowadays is Mohak Jain, who ensures the current flourishes he introduces, such as the massive banquets section, continue to add value to his father's inventiveness.

1. Various types of achar and other accompaniments are served with Punjabi food
2. At Haveli, visitors can relish straight-of-the-griddle makki di roti with sarson da saag
3. A plate of deep-fried fluffy puris at Haveli, served with aloo ki sabzi, pickles and halwa





FESTIVALS

FEASTING FERVOUR

THE FESTIVALS OF Punjab are, in more ways than one, the most definitive manifestation of a spirited people forever ready to break into celebration. Their irrepressible exuberance is marked by the upbeat and folksy bhangra performed by men, and matched equally in footwork by women and their *giddha*. It is, however, feasting that takes precedence over everything else on these occasions.

LOHRI

This folk festival is celebrated on 13th January each year when the fields are rife with glorious crop. It signals the passage of the winter solstice and commemorates the traditional onset of winter harvesting. Fistfuls of groundnuts, popcorns and reoris are flung into crackling bonfires to the chorus of *issar aaye, dalidar jaye, dalidar di jarh chuley paye*. An invocation to the divine to vanquish evil, it is accompanied by dhol beats, merriment, and many helpings of til-rice, *gajjak* and *bhugga*, a *khoya* sweet replete with sesame seeds and dried fruits.

BASANT PANCHAMI

The advent of the spring season in Punjab is marked by flying kites and sporting shades of yellow in matters sartorial. The colour, also known as *basanti* in Punjab, symbolizes optimism, prosperity and energy. Not least, it reflects the colour of its most beloved flower – mustard! This hue is further replicated in delicacies synonymous with the festival – *kadhi*, *peele chawal*, and *zarda pulao*, an aromatic saffron-flavoured and sweetened rice dish, laden with dried fruits.

BAISAKHI

Held on 13th or 14th of April every year, Baisakhi celebrates a bountiful harvest with great gusto, and is widely regarded as the Punjabi New Year. Equally, an important festival of the Sikh faith, it was on this day that the 'Khalsa Panth' was established by Guru Gobind Singh in the year 1699. Festivities are marked by preparing and distributing copious amounts of *kadha parshad*, the holy





sweet. Song and dance and cries of *jatta aaie Baisakhi (Baisakhi is here)* rent the air in villages and fairs across the state, and strikingly illuminated gurudwaras are visited in thanksgiving.

TEEYAN

A festival that falls during the monsoon season, Teeyan – called Teej in parts of India – is traditionally observed by women in their parental homes. It is an occasion as much to dress up, dance and swing in abandon, as it is to gorge on endless servings of kheer purras, often eaten with amb da achar, and washed down with tea.

DIWALI

Like elsewhere in India, Diwali is a much-awaited festival in Punjab. In

Amritsar, it takes on a whole new dimension, best described in this adage, *dal roti ghar di, diwali Amritsar di*, meaning home-cooked food and the Diwali of Amritsar have no parallel. A significant day for the Sikh faith, it coincides with the release of Guru Hargobind, the sixth apostle, from the Gwalior Fort with 52 other prisoners incarcerated there by Jahangir, the Mughal emperor. On this day, also known as Bandi Chor Diwas, devotees throng the beautifully lit Golden Temple to pay obeisance and enjoy a spectacular display of fireworks. Sugar confections called khedan (shaped into rough toys and towers), khillan (puffed rice) and a multitude of mithais are inextricably linked to the festivities of the day.



Kadha Parshad A sanctified sweet, the *kadha parshad* is distributed to visitors as a holy offering at a gurudwara. This velvety halwa is made with equal parts of wheat flour, clarified butter and sugar, its preparation accompanied by the recitation of hymns from the Granth Sahib. Once ready, it is covered with a clean cloth and placed beside the holy scriptures. Following the *ardas*, it is stirred with a kirpan and apportioned to all present as a sign of equality and unity. Additionally significant is that none leaves the Guru's presence empty-handed. The holy sweet is generally received with head covered and hands cupped together, transferred to one hand and eaten with the other. A smaller portion, should it be so desired, is traditionally referred to as 'savahyah', while a larger helping is called 'gapha' and is universally understood by dispensing *sewadars*. *Kadha parshad* is also prepared in homes on special occasions according to established rituals.

RECIPE

INGREDIENTS:

Whole Wheat Flour (coarse textured or <i>mota</i> atta)	1 cup
Clarified Butter (<i>desi ghee</i>)	1 cup
Sugar	1 cup
Water	3 cups

Time Taken: **30 minutes**

METHOD:

- Step-1** Heat ghee in heavy-bottomed *kadhaj*. Add flour and stir continuously to ensure it is evenly browned. The atta should turn golden and exude the aroma of roasted flour.
- Step-2** Add sugar once the ghee begins to ooze. Stir continuously till sugar dissolves, without allowing it to caramelize. Add water, stir mixture carefully to avoid spluttering.
- Step-3** Continue to stir to avoid lumps till mixture begins to absorb water and thicken. Remove from flame when semi thick. Serve warm.

GURPURAB

Gurpurabs are very auspicious and important celebrations for Sikhs, which marks the birthdays of all of their ten gurus. The birth anniversary of the first Sikh guru, Guru Nanak is known and celebrated as 'Guru Nanak Prakash Utsav'. It is one of the most sacred festivals of Sikhs. Sri Guru Nanak Dev ji was born in 1469 in Talwandi, a village about 65km west of Lahore. During the course of his life, Guru Nanak travelled far and wide, teaching people the message of one God who dwells in every one.

He set up a unique spiritual, social, and political platform based on equality, fraternal love, goodness, and virtue. His words are enshrined as 974 poetic hymns in the Guru Granth Sahib. It is part of Sikh religious belief that the spirit of Guru Nanak's sanctity, divinity and religious authority descended upon each of the nine subsequent gurus.

The celebrations usually begin with 'Prabhat Pheris' or early morning processions at gurudwaras. Generally, two days before the birth anniversary, 'Akhand Path' (a 48-hour non-stop reading of the Guru Granth Sahib, the holy book of the Sikhs) is done. The day prior to Gurpurab, a procession, referred to as 'Nagar Kirtan' is organized. It is led by the 'Panj Pyaras' (Five Beloved Ones).

On Gurpurab, the prayers begin at about 4am. This time of the day is referred to as 'Amrit Vela'. The day begins with the singing of *Asa Ki Vaar* (morning hymns), combination of *katha* (exposition of the scripture) and

kirtan (hymns from the Sikh scriptures), in praise of the Guru.





MITHAIS

THE GIANT SWEET tooth or the mithai? It is hard to tell which came first, but there is no denying that the yearning for sweet somethings is uncontainable in a dyed-in-the-wool Punjabi. Apart from home-made sweets and desserts, countless shops in Punjab's villages, towns, cities and highways feature a gobsmacking and colourful array of these treats. From humble *halwais* to multi-city brands, these custodians of tradition offer a vast range of goodies

that include everything from the modest laddoo to designer delights with exotic ingredients.

Punjab has habitually displayed a great fondness for two types of sweets. Non-milky ones like panjiri, pinni, laddoo and halwa, prepared variously with atta, suji and besan. And those made by reducing cow or buffalo milk to a dry, grainy or thickened form called khoya, such as dhodha, kalakand, burfi, milk cake and cardamom or saffron-

flavoured pedas. Other popular desserts like rasgulla and rasmalai are an influence that travelled here from Bengal. They mostly employ the use of chhena, a kind of cheese curd extracted by splitting milk. The gulab jamun, though, caters to all, it can be fashioned from both khoya and chhena.

When we talk of mithai, how can one ignore the big fat Punjabi wedding! Bhaji, also known as desi mithai, is generally prepared fresh by *halwais* on-

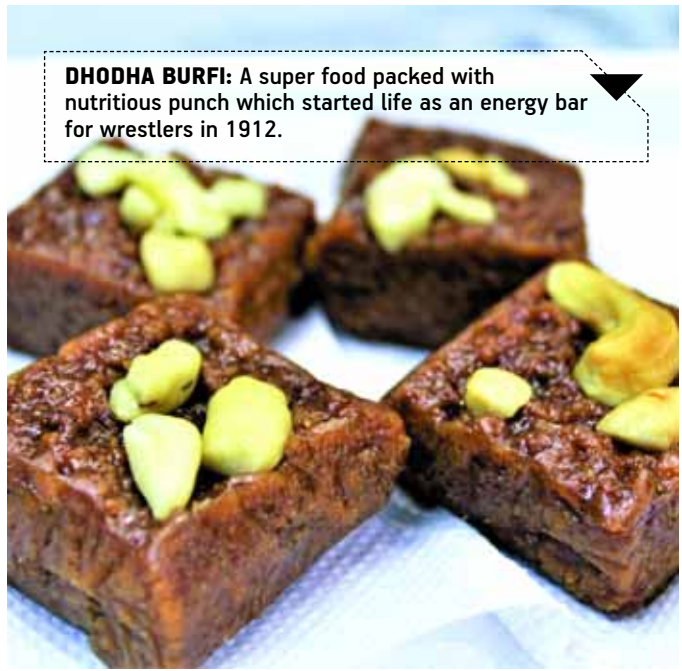
site for consumption during ceremonies and also as giveaways to guests. Nowadays, sweet shops have also begun to do the needful, even creatively packaging it in festive boxes and silken *potlis*. Bhaji typically consists of savoury mathi, namak para, shakar para, mithi besan pakodi, balushahi, and laddoo. Dry *gujiya*, kachodi, dry fruits, chocolates and baklava are increasingly enjoyed in this age-held custom.

GUR DA HALWA:
A long-standing non-milky dessert prepared with wheat flour, jaggery and ghee.





MOTICHOOR LADDOO: Defined by a melt-in-the-mouth texture, it is the motichoor laddoo that catapulted Lovely Sweets (Jalandhar) to instant fame.



DHODHA BURFI: A super food packed with nutritious punch which started life as an energy bar for wrestlers in 1912.



BHUGGA: This winter sweet made of khoya, nuts and sesame seeds is also a Lohri special.

TOSHA: It is synonymous with Pakpattian di Hatti in Fazilka, the owners of which carried this edible memory of their former home in Pakistan at the time of Partition.





MALPUA-RABDI: These soft, fluffy and yet crisp pancakes are coated with sugar syrup and served with rabdi or thickened sweetened milk.

BHAJI: Customarily prepared during weddings for consumption, and as a giveaway to guests, bhaji is the collective word for a mix of savoury and sweet items.



PETHA: A translucent mithai made from ash gourd, petha has long found favour with the Punjabi sweet tooth, despite not being endemic to the state.



GAJRELA: This nut-enriched carrot and khoya dessert is a much-awaited winter special found in almost all Punjabi households.





CULINARY
DESTINATIONS
of **PUNJAB**
Regions & City-wise

03

Punjab's culinary traditions are fashioned as much by its geography and climate as its history. Landlocked by Pakistan on the west, it shares borders with Jammu & Kashmir to the north, Himachal Pradesh in the north-east, Rajasthan and Haryana in the south. The north-eastern border is hemmed in by the

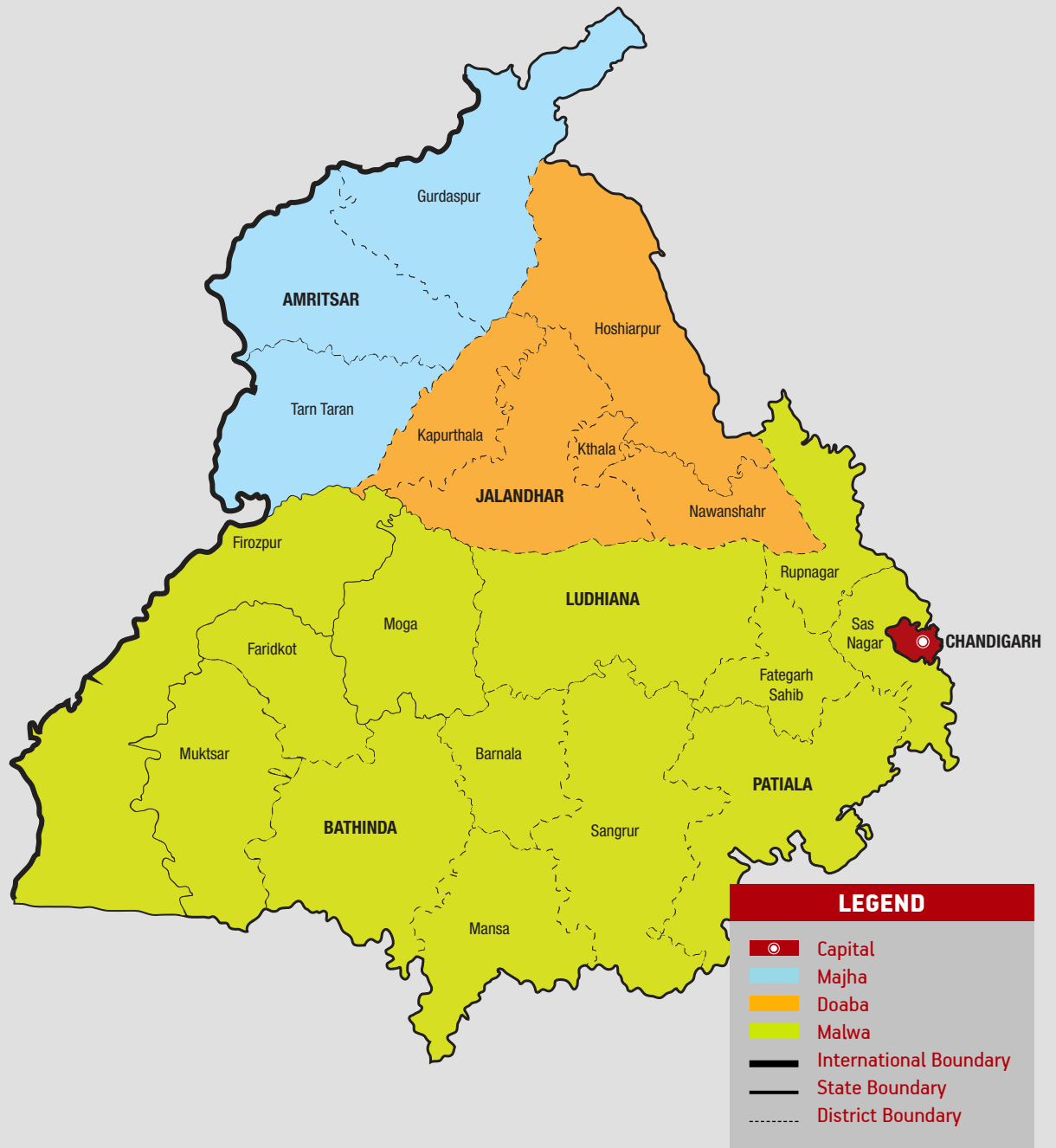


woodland-rich Shivalik ranges of the Lesser Himalayas, while the semi-arid south-west gradually merges with Thar desert. Vast swathes of alluvial farmland, fed by perennial rivers and an extensive irrigation canal system, have fittingly earned Punjab the 'breadbasket and granary of India' epithet.

It is from these watercourses, five in number, that the state borrows its name. 'Punj' means five, and 'Aab' is water in Persian. All five – Jhelum, Chenab, Beas, Ravi and Sutlej – originate in the Himalayas and are tributaries of the Indus, with which they unite in west Punjab, now in Pakistan. These rivers also cleave out three distinct topographical regions. Called Malwa, Majha and Doaba, they differ from each other in many subtle ways, especially in relation to dialects spoken and foods imbibed.

Climatically, Punjab primarily experiences three main seasons: summer, monsoon and winter. April, May and June are the hottest months. They are followed by high humidity of the monsoons in July and August, a season eagerly awaited by the farming community greatly dependant on replenished groundwater. Winter usually sets in early November and continues through to February. This is by far the friendliest time of the year to visit and enjoy the historical, cultural and culinary delights the state is famed for.





MAJHA

THE WORD MAJHA means centre in Punjabi and is indicative of this region's geographical location in an undivided Punjab. Following 1947, it refers to the area between Beas and Ravi rivers, as well as the area north of Sutlej beyond where it meets Beas at Harike Pattan. It is hemmed-in at Attari, less than 40km from Amritsar, alongside the international border with Pakistan. The districts that fall into this region are Amritsar, Tarn Taran, Gurdaspur and Pathankot, and are distinct for having traditionally posted the maximum number of soldiers to the Indian Army. This is also the region that gave rise to Sikhism, the fifth-largest religion in the world, as well as the formidable Sikh

Empire under Maharaja Ranjit Singh. At its acme in the nineteenth century, his realm extended – with historical Punjab at its heartland – from Kashmir in the north, to Tibet in the east, and to Khyber Pass in the west. It should come as no surprise therefore that this region is teeming with places of spiritual, historical and military import.

Owing to it being an alluvial plain, Majha has always had the distinction of being the most productive region of Punjab. Consequently, the most prosperous and densely populated, too. Back in the day, the several trade routes that sliced through it ensured an influx of not just commerce, but culture, couture and cuisine, too. Its



sophisticated affluence made it just as attractive to invaders who arrived in historical waves to pillage this rich land. Facing adversity at intermittent intervals shaped 'Majhails' (people of Majha) into a hardy lot known to live in the moment. Given its proximity to the border, there has been little chance of industrialization, and agriculture is its main occupation, with rice, wheat and maize being the principal crops. The Majhails' love for good food though did not diminish during hardship, and they have continued to covet their stuffed breads and sundry dairy products till date.





AMRITSAR

HOLIEST CITY
OF THE SIKHS

HOME TO THE Golden Temple, holiest of Sikh shrines, Amritsar's history is inseparable from that of this forward-thinking and inclusive faith started by Guru Nanak. The **Guru Ka Langar** at Golden Temple is expectedly the most visited, catering to an incredulous number of daily visitors, nearly a lakh at last count.

Amritsar is also inextricably linked to the Indian freedom struggle. It is home to Jallianwala Bagh, the walled public garden, which witnessed one of Indian history's most horrific massacres in 1919. On Baisakhi that year, an assembly of peaceful protestors against draconian British laws found itself at the

receiving end of a heartless firing squad of the British Indian Army. It left hundreds of innocent men, women and children dead and just as many, if not more, injured. A short walk along the Heritage Street from this gripping memorial is the Partition Museum. Housed in a section of the striking red-brick edifice of the Town Hall, its 14 galleries are a chilling account of the trauma millions of Punjabis endured in the 1947 Partition of India. The newly restored Gobindgarh Fort is now open to the public and provides a much required glimpse into another chapter of Punjab's layered history; the life, time and rule of Maharaja Ranjit Singh.

Guru Ka Langar

The tradition of langar, a free community kitchen for all, is enshrined in the inclusive ethos of the Sikh faith. This universality is most evident at the Golden Temple where volunteers prepare and serve simple vegetarian meals to visitors without discrimination in the name of religion, caste or sex. Initiated by the founder of the faith, Guru Nanak, the langar was established as a standard ritual by Guru Amar Das, the third of the ten revered Sikh gurus. Demonstrating their principles of charity and community service, the Guru Ka Langar at Golden Temple caters to roughly 75,000 to 1,00,000 devotees on a daily basis.



Langar Etiquette The tradition of langar is a hallmark of the Sikh faith which places *sewa* or service before self. The word refers to both the simple vegetarian meal served, as well as, the dining area it is served in. All raw materials including fuel and cooking vessels are procured through donations made by the *sangat*, while scores of volunteers engage in sorting, washing, cutting, cooking and serving meals to visitors. Washing of used utensils is also often undertaken by volunteers, as is the cleaning up of the dining area. A visit to the langar requires you to be seated cross-legged on the floor in neat rows, with your head covered, feet bare and hands washed. Volunteers typically move along rows serving the meal and can be requested for missed or second helpings, which they will serve in the plate. *Parshadas*, as rotis are called in gurdwaras, however, require to be received in raised and cupped hands. Once the meal is over, visitors are welcome to wash their own dishes or pass them to volunteers doing so.

WHERE *to* EAT

WHERE TO EAT

If one were to pick that single place symptomatic of Punjab's culinary history, it would undeniably be Amritsar. An aromatic cauldron of sorts whose food-loving people have over time adopted, adapted and imbibed many alien influences they felt deserved an endorsement. The more or less peaceful reign under Maharaja Ranjit Singh further spurred the acquisition of epicurean ways by its people. In addition, Amritsar would become home to the flavourful memories that the displaced carried

1.

back of their former homes in Pakistan. It is these all-encompassing ways that have catapulted the holy city to the undisputed status of food capital of Punjab. While international food chains and premium dining in starred hotels are well represented, nowhere is it better exemplified than the scores of tiny shops, *thelas* and dhabas that pepper Amritsar's inner city lanes, high streets, neighbourhood corners and its many highways.

Many of them are odes extraordinaire to the city's favourite pulse, the chickpea, which together with a crispy stuffed kulcha, is

evocative of its much feted street food. Most of Amritsar wakes up to the musty aroma of smashed chhole served with kulchas straight out of the tandoor. And practically every locality has a favourite go-to for the morning meal. Sucha Singh's ambitiously named **All India Famous Amritsari Kulcha** dhaba on Maqbool Road has been delighting patrons with the city's finest breakfast since 1990 (from 7am to 4.30pm). Others who have gained acclaim for their food quality are **Kulcha Land** near MK Hotel and **Monu's Kulcha Hut** in Ranjit Vihar. **Dharampal Chhole Wala**, located in

1. Extra spicy kulchas getting cooked on the hot tandoor at Pehalwan Kulcha Shop
2. Dharampal's chhole prepared with his own brand of spices



2.

Lohgarh, has been around for nearly a century. So popular was their recipe that when the clamour for its recipe grew, they began selling the powdered masala separately. They gradually added a number of other masala mixes, minus onion and garlic, to the list and now go by the name DPS Spices.

Hansraj Chhole Kulche Wala is yet

another taste-bud treat tucked away in a corridor on Majitha Road.

The buttery kulchas of the fuss-free **Pehalwan Kulcha Shop**, smeared with extra green chillies on demand, are what the residents in and around Chattiwind Gate have been swarming to for the past six decades or so. Clearly an indication of how much pride the owners place in their product. Of late, khameera (leavened) kulchas appear to have caught the imagination of foodies. Sometimes



► A plateful of spicy chhole happens to be Punjab's favourite food



1, 2 & 3.
Humongous Amritsari kulcha
in the making



1. Sharma Tea Stall, the cosy corner-side shop, has been the go-to for the students of DAV College for over five decades – as much for its tea and snacks, as the avuncular owner, Yashpal Sharma
2. Sabri Foods serves delicious bhature with some amazing soft soya chunks curry and achar

unflatteringly referred to as *bo wale* (smelly) for the high yeast content, they are being lapped up (especially by the health conscious) with a wholesome soya preparation and have come to be called 'nutri kulche'. That **Sabri Food & Snacks** on Queens Road who started out by selling this interesting combination on a pushcart is two shops old since 1999, points at its permanence in the food scene here. The version served by **Jaan Nutri Kulcha**, a handcart parked near DAV

College at Hathi Gate, is equally well-liked, thanks to fitness-focused students nowadays. Also endearing himself to college-goers and the neighbourhood alike is the soft-spoken owner at **Sharma Tea Stall**. His cardamom-flavoured tea and buttered-bun samosas have been assuaging the pangs of peckish students for over fifty years since his father first started the shop.

Gastronomes visiting Amritsar have long been making a beeline for the puri



1.



2.



1.

chhole, gur da halwa and halwa kachoris dished out at **Kanha Sweets** on Lawrence Road. Just as they have always been aware of the sinful allures of **Kesar da Dhaba** in Passian Chowk. Located in the inner city close to the Golden Temple, it has been in existence for over a hundred years and unfailingly visited upon for the ghee-drenched maah di daal and phirni. **Bharawan da Dhaba** and its mate **Brothers Dhaba** are to be found at the far end of the Heritage Street and have been the go-to choice for the hordes that arrive daily to supplicate at the Golden Temple. The old bazaars around the shrine are actually a veritable cornucopia of gastronomic gems. There is **Beera** who specializes in making the flaky, many-layered savoury pastry called satpura. Teatime snack much sought after by the residents of the walled city, it is sometimes found hawked by street vendors, but is nigh impossible to come by anywhere else in the city. Set deeper still in the walled city, next to a

1. Kanha Sweets has built their reputation around their exceptional puri combos
2. A hearty Punjabi thali at Brothers Dhaba
3. The satpura is a tediously prepared flaky pastry consumed with tea, its availability mostly confined to the walled city





1 The famed jalebis of Gurdas Ram that lend their name to the Jalebi Wala Chowk where the shop has been located in Katra Ahluwalia since 1956

2 & 3

A glass of Giani's lassi and one is set for the day! Made of curd, sugar and dollops of malai, it is amazingly refreshing

tiny temple in Misri Bazaar, is one of a handful of remaining 'Gulabi Chai' sellers. A Kashmiri speciality painstakingly prepared, it requires green tea to be simmered for an hour, adding green cardamom thereafter and allowing it to simmer some more. Made only on request, it is beaten till frothy, and milk added to achieve the defining pink hue. This came about as a result of Amritsar once hosting a vibrant wholesale tea market.

Indeed, as you wind your way through Katra Ahluwalia towards Jalebianwala Chowk, you will go past many shuttered, cobwebbed shops



still sporting dusty nameplates suggesting they may have seen brisk tea trade very many years ago. It is quite possible that the treacle-dripping treats, including gulab jamuns at **Gurdas Ram Jalebi Wala** may well have been the preferred sweet with that evening cuppa with tea traders in the vicinity. Another beverage that keeps Amritsar going is a chilled glass of thick, creamy lassi. While favourites abound, **Ahuja Milk Bhandar** and **Giani Punjabi Lassi** (Katra Sher Singh) are widely reputed to be two of the best. Giani is known to also beat up a mean pedha lassi which,





depending on size, can keep you satiated for an entire day! This Giani though is not to be confused with the one on Cooper Road which, as the name suggests, **Giani Tea Stall**, has made a name from doling out gallons of yummy chai with paneer pakodas and bread omelettes. Across the road from them is **Brijwasi Chat Bhandar**, another longstanding landmark specializing in chaat, aloo tikki and gol gappas.

Other gastronomic greats include the exceptionally well-made seasonal fruit cream scooped out of battered ice-boxes that have clearly seen better

days at **Rana Fruit Cream and Juice Bar** in Lohgarh Gate. It is the velvety kulfi that puts **Mahajan Refreshment House** in Hall Bazar on the culinary map. Visitors are likely to find the 90-year-old Kishan Lal Mahajan pop into the shop every now and then, even though it is now being ably managed by his son Sanjay. Its devilishly richer, many tiered cousin, kulfa – essentially kulfi faluda on a bed of phirni and doused in rabdi – accords the same honour to **A1 Kulfa** on Queens Road. The fresh out-of-the-wok vegetable pakodas at **Budhe Mal** have been bringing cheer to the people of Gate

1. Rana's Fruit Cream is a refreshing treat for all seasons. Sweetened just right with chunks of seasonal fruits smothered with fresh cream
2. Aloo tikki sandwiches awaiting customers at Brijwasi Chat Bhandar



2.

Hakiman for seventy years. The tradition their father Budhe Mal Chawla started in 1949 is being diligently taken forward by his two sons since he passed on. The place stands out for its thickly sliced baby potato pakodas called aloo da shora, served with a tangy chutney and khameera kulchas.

Tara Chand in Katra Jaimal Singh is an erstwhile tea shop that has earned its repute by dishing out Amritsar's most delicious paneer bhurji. Popularly

known as telephone exchange wali bhurji, also a location reference, it is a much more buttery version of the dry variant eaten almost everywhere in Punjab. At **Bauji's**, as Tara Chand is also known, it is served at all meal times with sliced bread, mint and tamarind chutneys and radish. Paneer also lends itself to an unusual Punjabi twist to a street delicacy with distinctly non-Punjabi origins should you stop by at the octogenarian **Prem Nath**



1.

Sharma's cycle *rehri* near Ram Bagh. Parked under a colourful garden umbrella across from the Nirankari Samarak, for 35 years, this gentleman has been garnishing bhel puri with chunks of soft cottage cheese for countless passers-by who succumb to his inviting presence. However, there is no denying that the top spot is reserved for **Ram Lubhaya G Sons** on Lawrence Road. Their aam papad-laden cart has been parked under the massive peepal tree outside the girls' college here since 1968. They may be a shop old, and ship orders across India today, but it is to this curiosity that most will flock. Not least for the sampler plate they offer to help you make up your mind about which one of their tangy delights to buy.

Amritsar loves it meat just as much as it does its stuffed paranthas, kulchas and desi ghee. This affection

1. Ram Lubhaya Aam Papad Wala insists buyers sample the tangy treats before purchase
2. You know you are in Punjab when a bhel puri gets crowned with paneer chunks!
3. One buttery bite of Tara Chand's paneer bhurji is all it takes to reveal this erstwhile tea stall's claim to fame



1. The famous finger-licking charcoal grilled chicken at Beera Chicken House
2. Excellent non-vegetarian dishes at Surjit Food Plaza

has resulted in a number of legends unfailingly frequented for their animal protein preparations. Of the veterans, **Pal Dhaba** at Hathi Gate needs no introduction as the impeccable reputation of their kharoda (trotter) broth, mutton tikka and butter naan far precedes them, has done so since 1962. For those who prefer their protein from poultry, the tandoori versions of **Bittu Chicken House** at Gate Hakiman and **Beera Chicken House** on Majitha Road are the instant answer. **Surjit Food Plaza** on Lawrence Road, an equally well-received though separate entity now, comes from the family of Makhan





1, 2 & 3.

Fried shingara fillets coated in ajwain-flavoured besan at Makhan Fish & Chicken Hut on Basant Avenue





1, 2 & 3

Delicious tandoori chicken and some very juicy fish fry at Makhan Fish and Chicken Corner on Majitha Road



1. Blistered to crispy brown, tandoori rotis are a staple bread at Bittu Meat Wala

2, 3 & 4. Succulent chunks of coal-seared chicken and mutton are what brings Amritsar to Bittu Meat Wala



Singh who gave the world its best introduction of Amritsari fish way back in 1962. One of the sibling helms the glitzy **Makhan Fish & Chicken Corner** on Majitha Road, and yet another runs the earthy **Makhan Fish & Chicken Hut** on Basant Avenue near Trillium Mall. It is best to visit the latter for a taste of the original. Alongside the family-held recipe of fried fish, they also serve a delicious tandoori

chicken and juicy mutton tikka. For a taste of Pashtun tribal traditions, there is no better than **Bittu Meat Wala** in Jahajgarh. Celebrated for their tandoori fare, notably mutton burra and pota dana (liver rolled in fat), brothers Jasmeet and Tarunpreet continue to ably further the lip-smacking legacy they inherited from their late father, Davinder Singh Bittu.



4.

AMRITSAR FOOD TRAIL MAP

LEGEND

INDIAN RAILWAYS



HIGHWAYS



MAJOR ROADS



WATERBODIES



RAILWAY STATIONS



ISBT



EATERIES

01. SUCHA SINGH'S ALL INDIA FAMOUS AMRITSARI KULCHA DHABA (Maqbool Road)

02. KULCHA LAND (Ranjit Avenue)

03. MONU'S KULCHA HUT (Ranjit Vihar)

04. DHARAMPAL CHHOLE WALA (Namak Mandi)

05. HANSRAJ CHHOLE KULCHE WALA (Majitha Road)

06. KULCHA SHOP (Lakshmansar Chowk)

07. SABRI FOOD & SNACKS (Queens Road)

08. JAAN NUTRI KULCHA (Hathi Gate)

09. SHARMA TEA STALL (Rani ka Bagh)

10. KANHA SWEETS (Lawrence Road)

11. KESAR DA DHABA (Passian Chowk)

12. BHARAWAN DA DHABA (Heritage Street)

13. BROTHERS DHABA (Heritage Street)

14. BEERA CHICKEN HOUSE (Majitha Road)

15. KASHMIRI 'GULABI CHAI' SELLERS (Misri Bazaar)

16. GURDAS RAM JALEBI WALA (Jalebianwala Chowk)

17. AHUJA MILK BHANDAR (Hathi Gate)

18. GIANI PUNJABI LASSI (Hathi Gate)

19. GIANI TEA STALL (Cooper Road)

20. BRIJWASI CHAT BHANDAR (Cooper Road)

21. RANA FRUIT CREAM AND JUICE BAR (Lohgarh Gate)

22. MAHAJAN REFRESHMENT HOUSE (Hall Bazar)

23. A1 KULFA (Queens Road)

24. BUDHE MAL (Gate Hakiman)

25. TARA CHAND (Katra Jaimal Singh)

26. PREM NATH SHARMA'S CYCLE REHRI (Near Ram Bagh, Opp. Nirankari Samarak)

27. RAM LUBHAYA & SONS (Lawrence Road)

28. BITTU MEATWALA (Jahajgarh)

29. PAL DHABA (Hathi Gate)

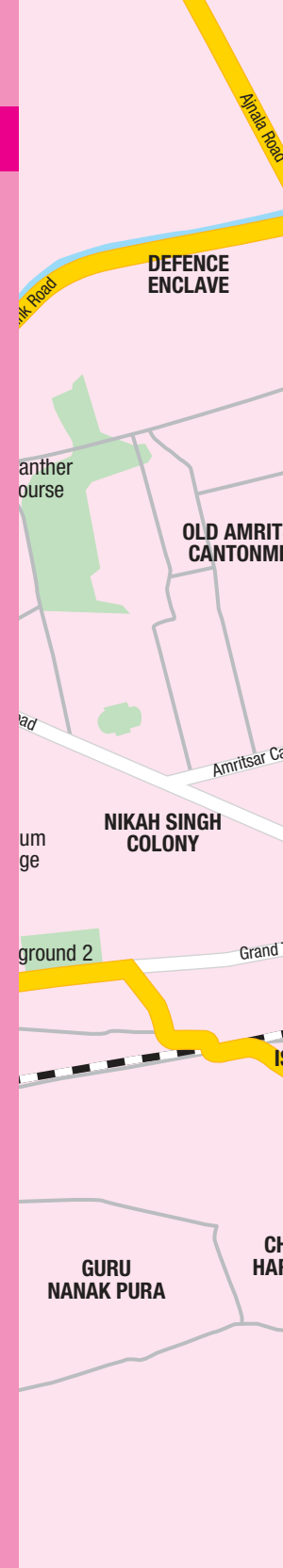
30. BITTU CHICKEN HOUSE (Gate Hakiman)

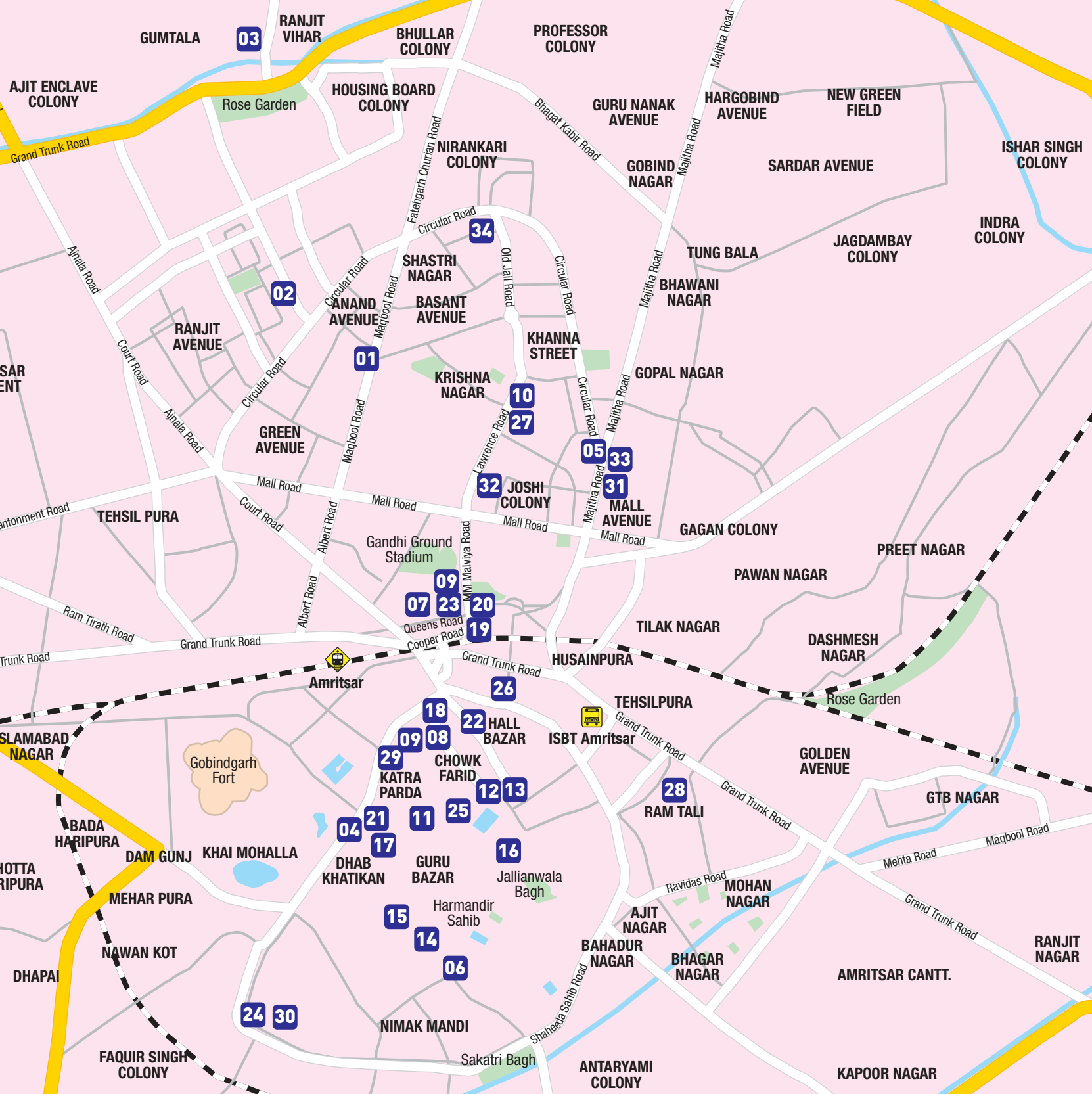
31. BEERA CHICKEN HOUSE (Majitha Road)

32. SURJIT FOOD PLAZA (Lawrence Road)

33. MAKHAN FISH & CHICKEN CORNER (Majitha Road)

34. MAKHAN FISH & CHICKEN HUT (Basant Avenue)





GUMTALA

03

RANJIT VIHAR

BHULLAR COLONY

PROFESSOR COLONY

AJIT ENCLAVE COLONY

Rose Garden

HOUSING BOARD COLONY

GURU NANAK AVENUE

HARGOBIND AVENUE

NEW GREEN FIELD

ISHAR SINGH COLONY

Grand Trunk Road

Aljala Road

Court Road

RANJIT AVENUE

02

ANAND AVENUE

SHASTRI NAGAR

NIRANKARI COLONY

34

BASANT AVENUE

KHANNA STREET

GOBIND NAGAR

SARDAR AVENUE

JAGDAMBAY COLONY

INDRA COLONY

TUNG BALA

BHAWANI NAGAR

GOPAL NAGAR

GREEN AVENUE

KRISHNA NAGAR

10

27

32

JOSHI COLONY

05

31

MALL AVENUE

GAGAN COLONY

PREET NAGAR

PAWAN NAGAR

TEHSIL PURA

Mall Road

Mall Road

Gandhi Ground Stadium

09

07

23

20

19

Queens Road

Cooper Road

TILAK NAGAR

DASHMESH NAGAR

Trunk Road

Grand Trunk Road

Grand Trunk Road

HUSAINPURA

TEHSILPURA

Rose Garden

SLAMABAD NAGAR

Gobindgarh Fort

18

09

08

22

29

KATRA PARDA

CHOWK FARID

12

13

ISBT Amritsar

Grand Trunk Road

GOLDEN AVENUE

GTB NAGAR

NOTTA RIPURA

BADA HARIPURA

DAM GUNJ

KHAI MOHALLA

04

21

17

11

25

16

DHAB KHATIKAN

GURU BAZAR

Jallianwala Bagh

RAM TALI

28

MOHAN NAGAR

Mehta Road

Grand Trunk Road

Maqbool Road

DHAPAI

MEHAR PURA

NAWAN KOT

15

14

06

Harmandir Sahib

BAHADUR NAGAR

AJIT NAGAR

BHAGAR NAGAR

RANJIT NAGAR

AMRITSAR CANTT.

FAQUIR SINGH COLONY

24

30

NIMAK MANDI

Sakatri Bagh

ANTARYAMI COLONY

KAPOOR NAGAR



Papad & Wadian How much Punjab, and specially Amritsar, loves its maah di dal can be gauged from the edible forms it has acquired. For achieving two of its most loved avatars – papad and wadi – a asafoetida, cumin, black pepper, red chilli and salt infused dough is rolled into wafer-thin discs and roughly shaped balls and left to sun-dry. A bird's eye view of the bazaars near the Golden Temple reveals hundreds and thousands of them carpeting not just closely placed rooftops, but every inch of cantilevered spaces the sun can possibly reach. This is the famous Papad Wadiyan Bazaar that was, not too long ago, identified by the heady aromas wafting through its warren of constricted lanes, teeming with outlets packed with multiple variants. Many shop owners continue to roll out papads and wadis of varying flavours and pungency from these premises, though the beautification around the shrine led to many of them relocating further afield. Both papads and wadis keep well and make for an appetizing, affordable, and easily-packable memory of a visit to Amritsar.



LYRICS OF POPULAR FOLK
SONG SUNG AT WEDDINGS

“**Ambarsare
De Papad**”

*Ambarsare de papad ve mei khandi na
Tu karenda akad ve mei sehndi na
Chana chanak teri bodi mere hath meri gut tere hath
je tu rakhna e rakh
je tu kadna e kad
Mei e o tere naaal vasi aw te hor koi vse v na
Mei e o tere naal kattia te hor koi kte v naa*

*Ambarsare diya vadhiya ve mei khandi na
Ambarsare diya vadhiya ve mei khandi na
Tu karenda adhiya ve mei sehndi naa
Chana chanak teri bodi mere hath meri gut tere hath
j tu rakhna e rakh
j tu kadna e kd
Mei e o tere naal vsi aw te hor koi vse v na
Mei e o tere naal kattia te hor koi kte v na*

*Ambarsare de chole ve mei khandi na
Ambarsare de chole ve mei khandi na
Tu tadha tadh bole ve mei sehndi na
Chana chanak teri bodi mere hath meri gutt tere hath*

*J tu rakhna e rakh
J tu kadna e kd
Mei e o tere naal vsi aw te hor koi vse v na
Mei e o tere naal kattiya te hor koi kte v na*

*Ambarsare diya luchia ve mei khandi na
Ambarsare diya luchia ve mei khandi na
Tu marenda juttiya ve mei sehndi na
Chana chanak teri bodi mere hath meri gutt tere hath
j tu rakhna e rakh
j tu kadna e kad
Mei e o tere naal vsi aw te hor koi vse v na
Mei e o tere naal kattiya te hor koi kte v na*

*Ambarsare de papadh ve mei khandi na
Ambarsare de papadh ve mei khandi na
Tu karenda akadh ve mei sehndi na
Chana chanak teri bodi mere hath meri gutt tere hath
J tu rakhna e rakh
J tu kadna e kd
Mei e o tere naal vsi aw te hor koi vse v na
Mei evo tere naal kattiya te hor koi kte v na*

DOABA

AS THE TRANSLATION indicates, this is a tract of land sandwiched between two (*do*) rivers (*aab*) – Beas and Sutlej. It comprises four districts – Jalandhar, Hoshiarpur, Nawan Shahr and the former princely state, Kapurthala – and is counted as one of Punjab's more productive regions. It was also the centre of Green Revolution, though many 'Doabias' (as the inhabitants are referred to) recall an unfruitful topography half a century ago. It produced little other than musk melons, gradually adding wheat, maize and rice to the staple. Saag and makki di roti, needless to add, was uniformly eaten around here, as was a vegetable dish prepared with pods of *suhanjana* (moringa) tree. A grainy chutney made with *lasoora* or *dela* packed in a lot of nutrients as a side with most meals. Dairy wasn't such an integral component of the diet back in the day,

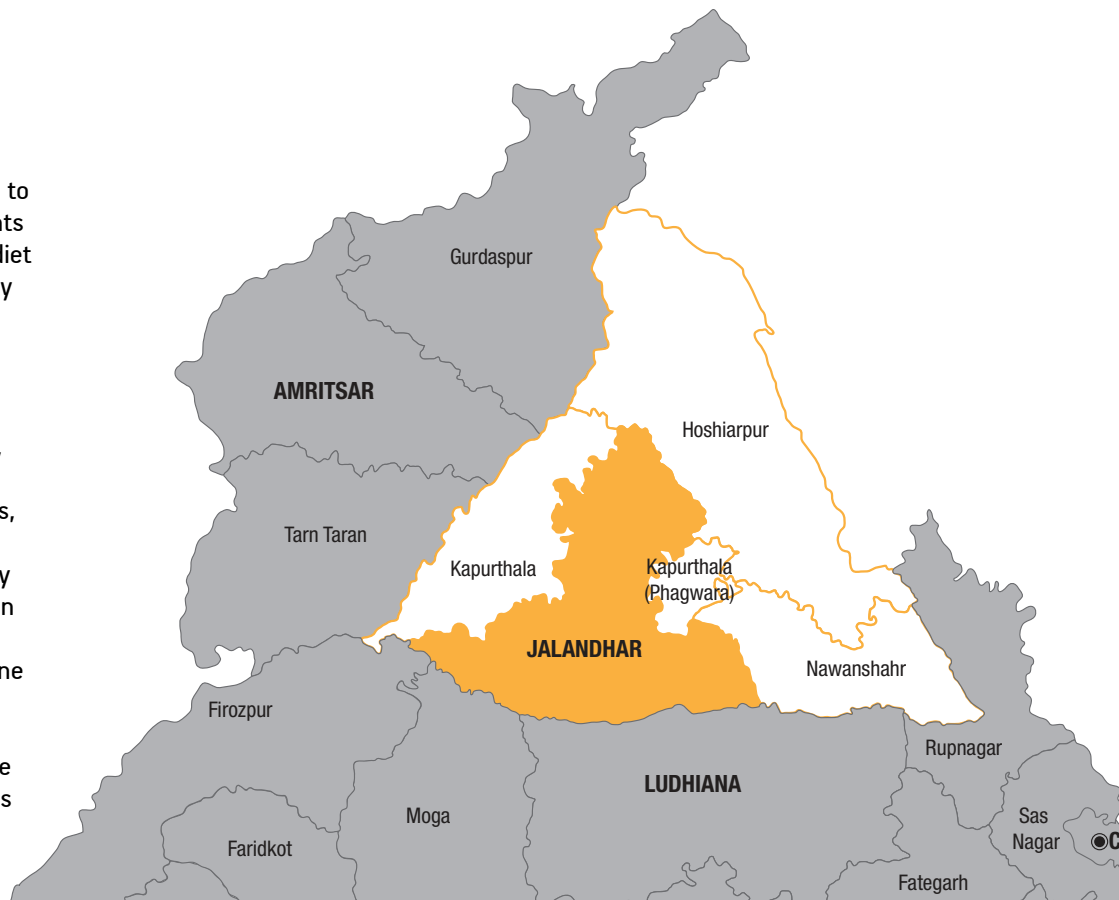
and seasonal vegetables would show up on the plate much later too. Winter warmth, by and large, came from non-milky sweets like *alsi di pinni*.

But today, the Doaba region is believed to be the best suited for potato production. It meets over 60 per cent of the country's potato seed requirement. As a result, Doaba has not only produced but also added immense affluence to countless potato farmers from these parts. On the flipside, an equal number of farmers faced poor returns and paved the way for their migration to pastures anew. Much of the earliest Punjabi footprint in the UK, the USA, Europe and the Middle East can be traced back to the shrinking land-holdings of Doaba. The region is widely acknowledged as the NRI hub of Punjab and, possibly, the richest thanks to remittances from around the world.

Doaba terrain is also kind to the



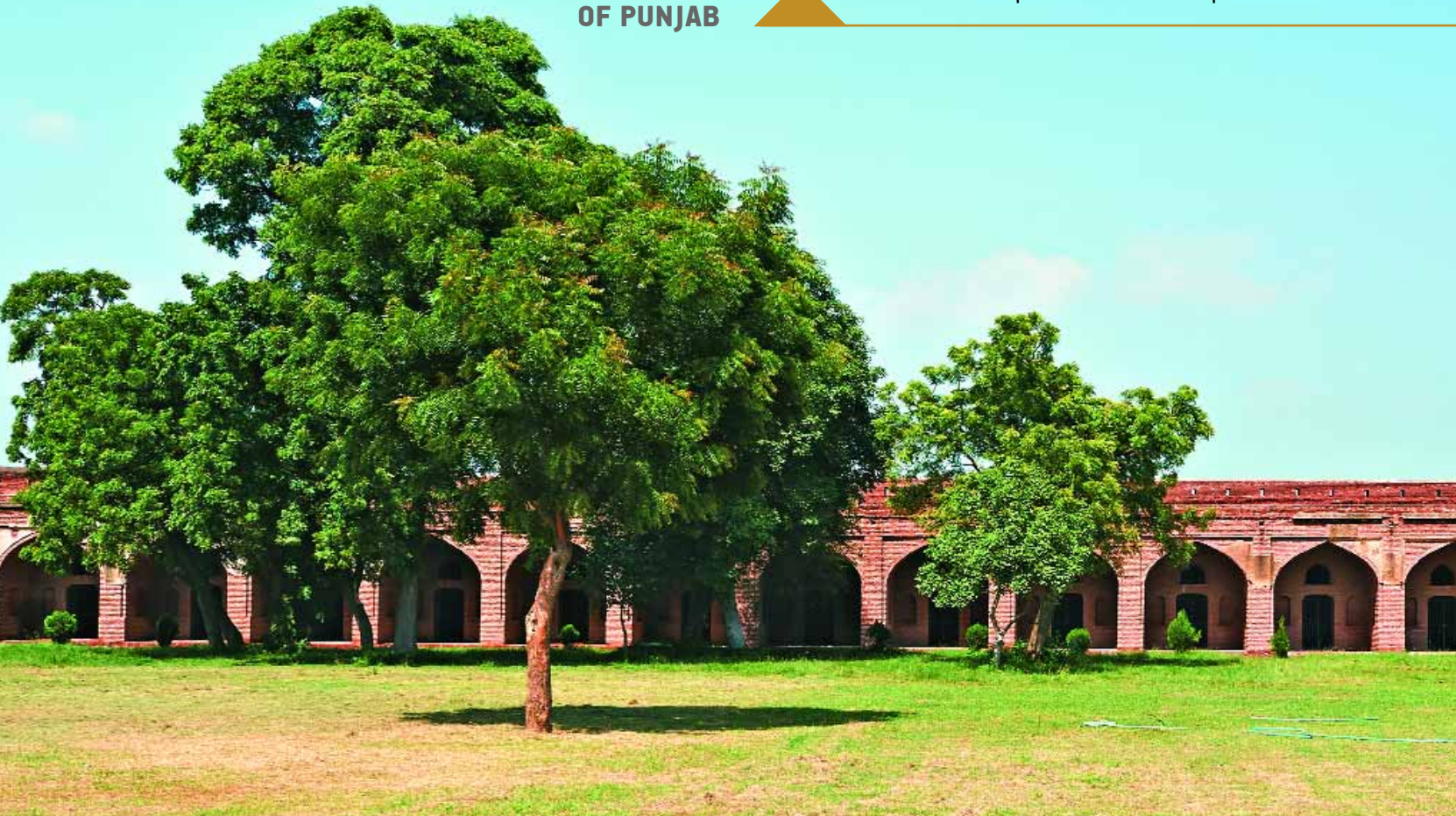
cultivation of mangoes, and its farmlands in Hoshiarpur, Garshankar and surrounds have long been home to this succulent fruit. Old-time residents will tell you about their year-round diet of paranthas with mango pickle. They will also tell you about a cooling summer concoction called 'malanji' that was a constant in households. Prepared by roasting half-ripe mangoes and boiling them to a pulp, adding *shakkar*, red chilli and salt, it could be eaten as a relish with meals, or diluted to a refreshing drink sweetened with gur. How inextricably mangoes are linked to this region can be judged by the number of songs inspired by this symbiotic bond. In one of the more popular ones, *ni ambian nu tarsenge*, *chhad ke des doaba*, heartbroken males mournfully invoke unripe mangoes to lament the lover's intended relocation.



JALANDHAR

AN ANCIENT CITY
OF PUNJAB

THE FACE OF Punjab's flourishing sports goods industry, Jalandhar was briefly the state capital following Partition, before a newly minted Chandigarh took on the mantle in 1953. An ancient city with an obscure past, it is said to have been named after a mythological demon king believed to be the progeny of Ganga. In recent history, Jalandhar played an important role in the Indian freedom movement by staging countless anti-British protests. As a consequence of a



substantial chunk of the Punjabi diaspora making its customary visit every year, the city was quick to equip itself with swish hotels and international food chains to accommodate their changed needs. The proximity not just to Amritsar, but also to Sultanpur Lodi, Nakodar, Nur Mahal, Kartarpur and Kapurthala, gives it an enviable commercial edge, allowing for enriching day excursions to these places of high historical as well as spiritual interest.





WHERE *to* EAT

1.

WHERE TO EAT

Home to practically all popular fast food chains, **McDonald's**, **Subway**, **Domino's**, **Café Coffee Day**, **Sagar Ratna** and others of their ilk, Jalandhar also boasts many local greats. The most iconic of which, no questions asked, is **Jawali Di Hatti** in Sadar Bazar in the Cantonment. This shop, now held by the sixth generation, specializes in one item alone, and has done so since it first opened in the year 1852! Not the easiest place to find but worth every minute spent looking for their absolutely delightful dal de pakode doused in sweet and sour chutney. The brightly lit and invitingly styled **Kaypee Bakery** in Civil Lines is possibly the oldest bakery in town, having opened for business in 1940. Once recognized for their sliced fruit cake, their repertoire has swelled tremendously to include breads, biscuits, cream cakes, cream puffs, éclairs, swiss rolls, chocolates and a number of savoury items like patties

1 Fruitilicious pastry at Kaypee Bakery

2 & 3

Jawali Di Hatti, serving their singular dal de pakode since 1852





1. Cool, refreshing ice cream at Pahwa Refreshments
2. Special urad dal jalebis-in-the-making at Sodhi Jalebi Corner

and sandwiches. Down the road is **Pahwa Refreshments**, another landmark more than half a century old with branches across the city. It is here that Jalandhar mostly congregates when seeking ice creams, frozen desserts and kulfi faluda.

Sodhi Jalebi Corner near Jail Chowk has been doing since 1947 what it does best – churning out exceptional urad dal jalebis. Located on a frantically busy intersection going one-way, their sweet crunchy treats can be reached by going around the block and squeezing into a barely limited space. Not that it discourages discerning regulars from stopping by



2.



1.

1 & 2.

The one-stop food shop in Jalandhar, The Chat House serves some delicious and finger-licking fare

for a quick buy. **The Chat House** in Model Town has the city eagerly waiting for the clock to strike 4.30pm, the time it commences with the business of dishing out its selection of tangy treats. You will find out for yourself that the papdi chaat, bhalla chaat and gol gappas are quite exceptional.

It was, however, **Headquarters**, the stylish and cheery multi-cuisine café in New Jawahar Nagar, which played disruptor to the Jalandhar gourmand. Sensing the lack of a contemporary yet affordable food experience in town, Ritu and Rajan Sidhu successfully stepped into the empty space sandwiched between premium dining and QSRs.



2.

That was 1999, and **HQs** as it is also called, soon became the go-to choice for families and youngsters, more often than not, for their grilled sandwiches, pizzas, and Chinese fare. Two decades on, with little change in popularity, they have opened another branch in Curo High Street Mall. It comes equipped with its own bar, bakery and coffee shop, with several finger-licking additions to the existing food menu.

Shree Narayan Das Ji Bare Wale in Milap Chowk (and with 7-8 branches in various parts of the city) serves some really tasty samosas and bara with chana and chutney. For those with

a sweet tooth, the gulab jamuns are also worth sampling.

Manni Vaishno Dhaba in Shashtri Market has been serving authentic, traditional vegetarian fare since 1984. Also in Shastri Market is the overly crowded **Vijay Dhaba**, famous for its homely lunch and dinner menus and its legendary kheer.

Chick Chick in Ravinder Nagar, **Bobby Chicken Corner** in Urban Estate, Phase 2 and **Eat Well** in Jalandhar Cantt offer some awesome non-vegetarian fare especially Butter Chicken.

Story has it that in the year 1962, Baldev Raj Mittal, an army contractor,

1.



1 & 2.

Desi ghee motichoor laddoos
at Lovely Sweets



2.





LUCKY
VAISHNO
DHABA

1

1 & 2

Catering to highway hunger with hearty Punjabi fare, Lucky Dhaba has been around since 1967

formerly of Sialkot in Pakistan, carried along a box of desi ghee sweets to placate an officer somewhat peeved with him. It so turned out that those motichoor laddoos were the best the soldier had had and forever turned the tide for a brand we now know as **Lovely Sweets**. They transmogrified into a multi-brand equity over time and



even lend their name to the expansive Lovely Professional University located just outside Jalandhar. As for their original claim to fame, the laddoos are still the top sellers with burfis, pinnis, pethas and namkeen a close second.

Lucky Vaishno Dhaba has been around since 1967 when Waryam Singh, another Sialkot resident, began offering

freshly prepared simple meals to truckers ferrying goods on the GT Road. It had the first-mover advantage for years till competition arrived next door and they have been compelled into a makeover which in no way takes away from their food. The homestyle fare is still just as good, especially the tandoori paranthas.



JALANDHAR FOOD TRAIL MAP

LEGEND

INDIAN RAILWAYS



HIGHWAYS



MAJOR ROADS



WATERBODIES



RAILWAY STATIONS



ISBT



EATERIES

01. JAWALI DI HATTI

(Sadar Bazar, Jalandhar Cantt)

02. KAYPEE BAKERY

(Kot Pakshian, Pacca Bagh)

03. PAHWA REFRESHMENTS

(Shastri Nagar)

04. SODHI JALEBI CORNER

(Nauhrian Bazar, Charanjit Pura, Jatpura)

05. MK CHAT HOUSE

(Opp. Sabzi Mandi, Shiv Puri)

06. LOVELY SWEETS

(Nakodar Road, Jyoti Chowk)

07. LUCKY VAISHNO DHABA

(GT Road, Near Haveli, Khajurla)

08. NARAIN DASS BARE WALA

(Nijjar Market, Model Town)

09. MANNI DHABA,

(Opp. TV Centre, SUS Nagar)

10. BOBBY CHICKEN CORNER, Old Phagwara Road, Jalandhar Cantt

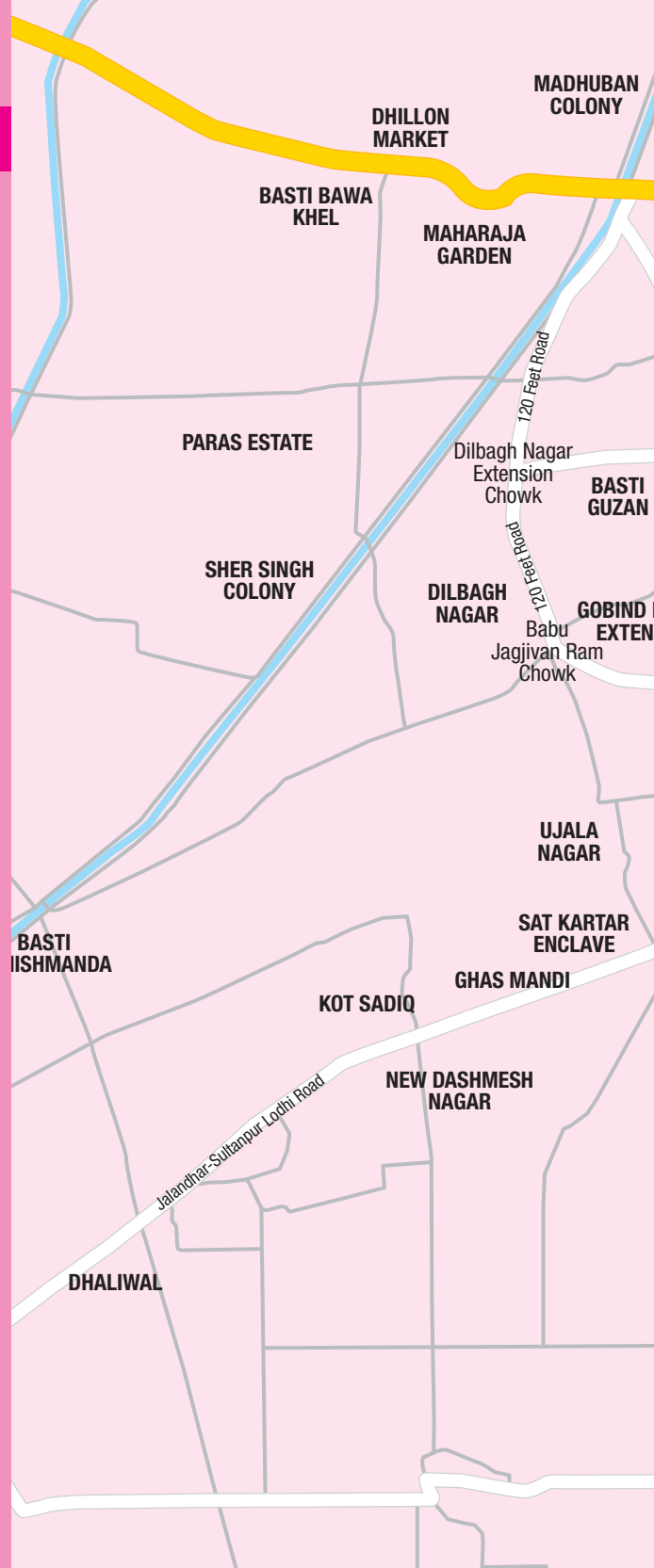
11. CHICK CHICK CORNER

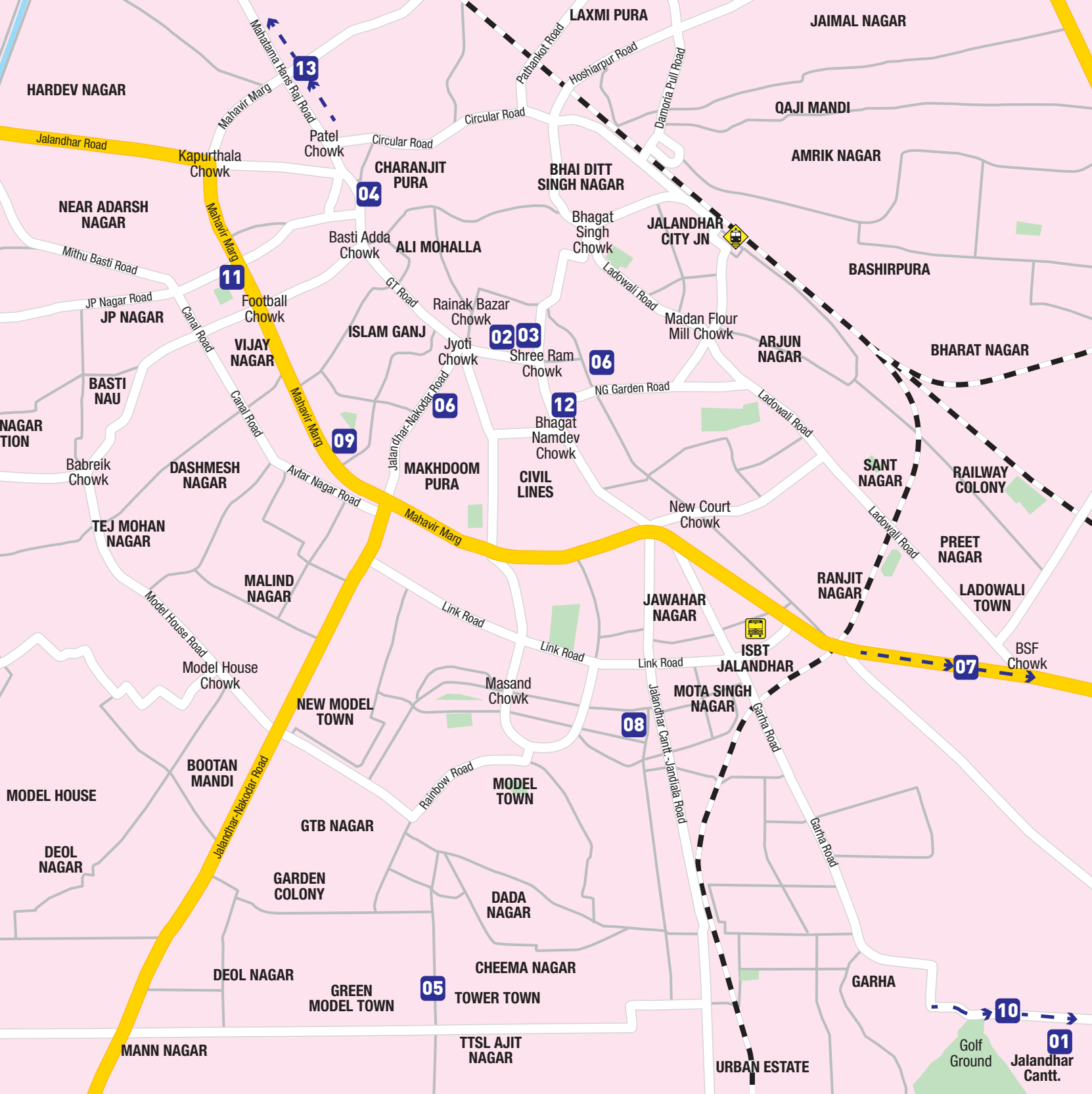
(Adarsh Nagar)

12. EAT WELL

(Near GPO, Namdev Chowk)

13. DINANATH KULCHE WALA (DAV Ayurvedic College, Gurdev Nagar)





A PUNJAB-STYLE *multi-*
utility VEHICLE



LYRICS OF POPULAR SONG
(Sung by Sukhwinder Singh)

“Ni Ambiyān
Nu Tarsengi”

*Teri meri meri teri ik jindari si, hun bhul gayee pyaar asaada
Teri meri meri teri ik jindari si, hun bhul gayee pyaar asaada
Ni ambiyān nu... ni ambiyān nu...
Ni ambiyān nu tarsengi chhadd ke desh doaba ...2*

*Teri meri meri teri ik jindari si, hun bhul gayi pyaar asada
Teri meri meri teri ik jindari si, hun bhul gayi pyaar asada
Ni ambiyān nu... Ni ambiyān nu...
Ni ambiyān nu tarsengi chhadd ke desh doaba ...2*

*Oh jadon naven sajan mil jaande ne bhul jaan puraney
Oh pyaar wafa diyan galaan ni par tu ki jaane
Ni adiyē, assi hun ki kariyē
Ni adiyē, assi hun ki kariyē
Jadon naven sajan mil jaande ne bhul jaan puraney
Oh pyaar wafa diyan galaan ni par tu ki jaane
Supney de waang tu visaar gayi saare, koi tor na nibhaya
waada
Supney de waang tu visaar gayi saare, koi tor na nibhaya
waada
Ni ambiyān nu... Ni ambiyān nu...
Ni ambiyān nu tarsengi chhadd ke desh doaba ...2*

*Tere baajon sunn ujaad disan tere pind diyan gallian
Jinna gallian de which pyaar diyaan kai reejhan paliyaan
Haan diyē, dilaan di jaan diyē
Haan diyē, dilaan di jaan diyē*

*Tere baajon sunn ujaad disan tere pind diyan gallian
Jina gallian de which pyaar diyaan kai reejha paliyaan
Dolla diyē kachiye ni, kach de khadone waang tod gayi dil
saada
Dolla diyē kachiye ni, kach de khadone waang tod gayi dil
saada
Ni ambiyān nu... Ni ambiyān nu...
Ni ambiyān nu tarsengi chhadd ke desh doaba ...2*

*Tainu sabh kuch miljao ni baliya par pyaar nahin milna
Mil jaani daulat duniya di, dildaar nahin milna
Ni adiyē, assi hun ki kariyē
Ni adiyē, assi hun ki kariyē
Tainu sabh kuch miljao ni baliya par pyaar nahin milna
Mil jaani daulat duniya di, dildaar nahin milna
Hijr tere ne mainu maar ke mukaya mainu tod ke ghamaan
ne khaada
Hijr tere ne mainu maar ke mukaya mainu tod ke ghamaan
ne khaada
Ni ambiyān nu... Ni ambiyān nu...
Ni ambiyān nu tarsengi chhadd ke desh doaba ...2*

*Teri meri meri teri ik jindari si, hun bhul gayee pyaar asaada
Teri meri meri teri ik jindari si, hun bhul gayee pyaar asaada
Ni ambiyān nu... ni ambiyān nu...
Ni ambiyān nu tarsengi chhadd ke desh doaba ...2*

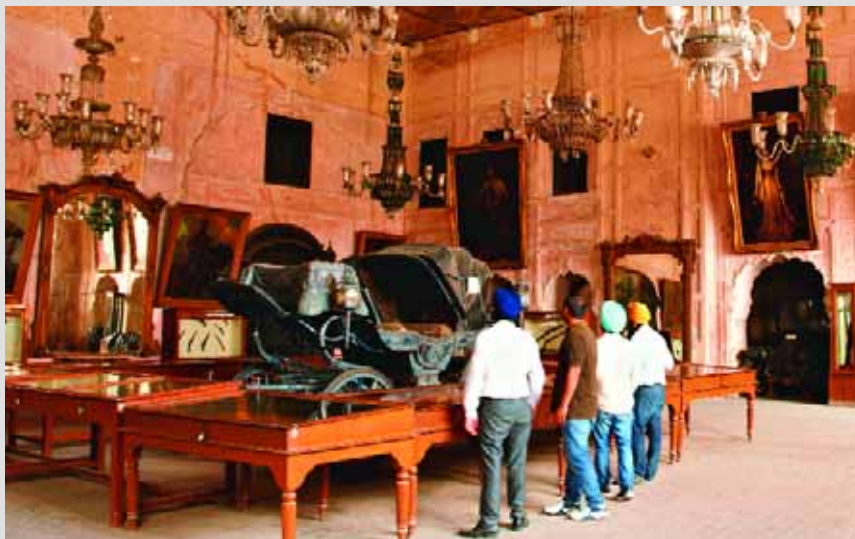
MALWA

THE LARGEST OF the three regions, making up nearly 70 per cent of Punjab, Malwa lies to the south of River Sutlej, and encompasses 11 districts including Patiala, Ludhiana, Faridkot and Bathinda. A vast network of irrigation canals have long nourished and made extremely fertile a predominantly cotton growing and semi-arid land. By distributing water through the Sutlej-fed Sirhind Feeder and Beas and Sutlej-nourished Rajasthan Feeder, this efficient system effectively turned around Malwa's agriculture economy. Today, alongside cotton, it produces wheat, maize, millet, sugarcane, barley, rice and pulses. Fruits like kinnow, potatoes and winter vegetables are also abundantly grown.

Back in the day, though, before it was bountifully blessed, this was a very thirsty area. The 'Malwais', as the people who inhabit it are called, led

tremendously tough lives, especially those in its sandy south-west. Their diet mainly comprised bajra or missi rotis with generous amounts of home-churned white butter. The green in the meal came from *gaware di phalli* (cluster beans), the fruit of the *jand (khejri)* tree, *ber* and *chibbar* (cucamelons) chutney. Chibbars were often dried and stored for use as a substitute for tomatoes. Since livestock and cattle were aplenty, goat and buffalo milk and its byproducts – ghee, paneer, lassi, adh ridka (sweet lassi) – were also aplenty. It was even used to prepare a savoury dish called 'dhodi', made variously with onion, choliya (green chickpeas) and partridge. Dhodhi continues to be popular, with other vegetables like carrots jumping into the fray.

Winters were met head-on with a diet rich in bajra-moth khichdi mixed in sweetened milk or eaten with curd,



wheat daliya, dry fruit or alsī (flaxseed) pinnis and khoya. Sweet paranthas, churi (crumbled sweet roti), thick seviyan generally rolled on pitchers, and later, rice cooked in sugarcane juice were commonly partaken. Poultry and eggs were also widely consumed. The eastern part of Malwa was relatively fertile and had access to a wider choice of vegetables and fruits, and the maize was sweeter, given the proximity to the hills. That most of the prominent erstwhile principalities were concentrated in Malwa meant shikar was extensively enjoyed, and wild game often showed up on royal dining tables. The use of somewhat exotic ingredients like saffron, morel mushrooms and *varq* was also confined to homes of the nobility. So much has since changed for the better, that a bereft past is unfathomable, and today, Malwa is home to some of the richest agriculturists of Punjab.





PATIALA

PUNJAB'S
MOST WELL-KNOWN
PRINCELY STATE

ABUNDANT IN MONUMENTAL heritage, expansive gardens and lively bazaars, Patiala is unquestionably Punjab's most well-known princely state. Oftentimes, aristocratic misdemeanours have overshadowed erudition in collective memory, but Patiala's erstwhile royal house has produced as many munificent maharajas as it has flamboyant ones. Their legacies include educational institutions, sporting traditions, musical gharanas and sartorial grace. Mahindra College and Yadavindra Public School (which had its brush with Hindi cinema

in *Bhag Milka Bhag*) are premier institutes. The Netaji Subhash Chandra Bose National Institute of Sports (NIS), housed in the sprawls of the Old Moti Bagh Palace, is widely believed to be the largest of its kind in Asia. Hindustani classical music was greatly enriched by virtuosos Ustad Fateh Ali Khan and Bade Ghulam Ali Khan, both vocalists from the Patiala gharana. While the Patiala salwars and Patiala Shahi turbans are by now fashion statements that require no introduction.



WHERE to EAT



WHERE TO EAT

Interestingly, the culinary landscape of a stately city such as Patiala doesn't quite mirror the epicurean ways of its former rulers, as does a Lucknow perhaps. Royal repasts remained confined to palace pantries, and to some extent, to the kitchens of the nobility and the well-heeled. Which is not to suggest that it is lacking in gratifying gastronomic encounters; *au contraire!* Like all old cities that grew organically around

1.



forts, the warren of alleys radiating from Qila Mubarak is where visitors will make their most mouth-watering memories of Patiala. In fact, come evening, the Qila Chowk – just off the main entrance of the fort – metamorphoses into an aromatic and flavourful cluster of *rehris*. With every possible kind of chaat, juice, ice cream, dosa, momo and kulcha vendor marking his presence here with brisk business. Of the long-standing shops, **Harbans Ice Cream**, right across the

fort, and **Arjan Sweets**, set further back, are frequented for their seasonal treats. Especially the latter, whose crunchy reoris and gajak made with molasses, are an eagerly awaited winter delight. They also have an outlet on Lady Fatima Road near 22 No.Phatak.

A dose of delicious wellness awaits round the corner, in the shops that line the outer wall of the fort as you make your way towards Adalat Bazar, reported to be the erstwhile stables of

1 A sundae at Harbans Ice Cream

Essential Accompaniments Home-made pickles, chutneys, murabbas and gur are must-haves on a Punjabi table. Aiding metabolism and digestion, they are highly nutritious and flavourful sides to a meal. That the preparations require little cooking, and mostly employ the use of vinegar, brine and mustard oil, ensure the preservation of nutrients in vegetables thus pickled. Saabat nimbu da achar, amb da achar, and subziyan da achar are universal, while chutneys and relishes can be region specific. Majha likes them few and far between, fresh and green; Doaba prefers them sweet and sour and made of mangoes; Malwa embraces the whole gamut from coriander and mint with a dash of lassi to mashed chibbar (cucamelons). Murabbas, too have pronounced medicinal properties and come in both dry and wet forms. These long-lasting sweet preserves are commonly made from apples, plums, apricots, Indian gooseberries (amla), and eaten as an energizing dessert. Biting into the goodness of gur is how Punjabis generally tell the meal is over!





Qila Mubarak. Sitting cheek by jowl are **Hakim Prem Nath Gupta & Sons** and **Bharat Bhushan & Sons**. Also known as *attars*, their ancestors moved here from Sirhind on the behest of the maharaja nearly 175 years ago. Ever since, they have endeavoured to keep the city robust by advocating the use of traditional medicines. They are

frequented regularly by those in the know for their homey *nuskhas*, as well as the invitingly displayed pickles and murabbas stored in massive *martabans*. The former, manned by a jocular Gian Chand Mittal, also goes by the name of **Babby Wale Hakim Di Dukan**. For no apparent reason save the bobble head likeness of a sadhu

► Traditional achars and vinegar-pickled ginger bottles lined up at Babby Wale Hakim Di Dukan

1. Jalebis at Malhotra Sweets Corner
2. From cakes, cookies, confectionery to sweets and snacks, everything is available at Jaggi Sweets

parked in the shop window since 1966!

Further ahead in the Old Sabzi Mandi you will chance upon **Charan Juice**, one of the few places offering hygienically prepared fresh fruit juices and milkshakes in Patiala. It started life as a *rehri* fronting a fruit-seller's shop some half a century ago. Following decades of manning it, the eponymous Charan Das eventually

bought out the shop owner. The cheery, well-lit shop is managed by his sons Rinku and Tinku Sachdev, who continue to assure a quality product to their customers, and is most visited for the special anar mix juice and mixed fruit shake special. **Jaggi Sweets**, specializing in mithais has been a part of Adalat Bazar since 1949. And like other establishments



finding their feet post-Partition, this multi-level eatery had modest beginnings. Today, it also boasts a branch at 22 No.Phatak and sells everything from sweets and snacks to confectionery, cakes and cookies.

Still up ahead, in Anardana Chowk is the 125-year-old **Malhotra Sweets Corner**. More than the sweets though, it's their selection of pakodas that has



2.



- 1.** Mota Halwai is synonymous with quality sweets and namkeens
- 2.** Mahinder Singh's fluffy bhaturas with spicy chanas have been assuaging hunger pangs in and around Sheranwala Gate for decades
- 3 & 4.** Malhotra Sweet Corner is just as popular for its pakodas, drawing shoppers and the neighbourhood for a quick plateful with a round of hot chai





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earned them an enviable reputation, and the closely placed seating constantly full with people tucking into paneer or vegetable pakodas with hot chai is fair testimony. Set up by Inder Sen Malhotra, it has been passed down four generations and is today ably managed by Vivek Malhotra, his great-grandson. Across the road from them is **Babu Singh Fish Centre**, a narrowly missed hole-in-the-wall that Patiala has been flocking to for a satisfying round of fried mali or tandoori sole for the past seventy years. The late Babu's son Birinder Singh included chicken to pander to changing tastes, and can be found passing around his mouth-watering preparations to regulars between 5.30pm and 10.30pm on a daily basis.

Deep in the innards of Arna Barna Chowk is **Sadhu Ram Kachori Wala**. His aloo puris, samosas and kachoris have been the breakfast and snack of choice for Kitaban Wala Bazaar and discerning old-timers since 1948. The tiny shop, with a counter against one half of a wall where customers slurp up the deliciousness, is manned by Manmeet Kumar. He inherited the business from his maternal grandfather, and takes much pride in his association with this drool-worthy name. They are open from 7am to 7pm, though aloo puris are served only up until 1pm or till stocks last, depending on how hungry the neighbourhood is. Another contemporary of theirs, who also relocated from Pakistan in 1947, is to be found in Arya Samaj Chowk and came to be simply called **Mota Halwai**. A landmark of the locality

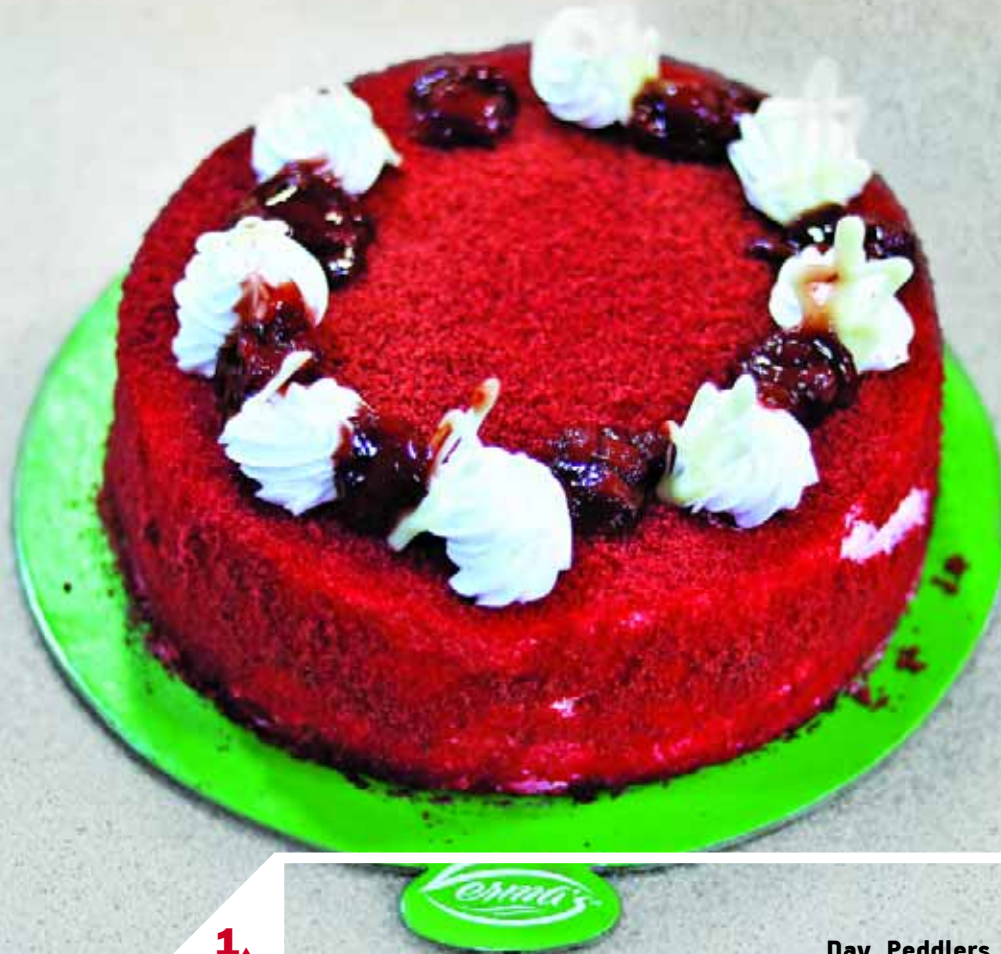


2.

which earned its stripes thanks to the efforts of two brothers, Kharaiti Lal aka Mota, and Kishan Lal aka Pehalwan, given their respective predilections for food and fitness! They began in 1948 by selling puri chhole in the early hours of the day, and still do so from 6.30am to 12.30pm. Their eventual acclaim though is a result of the quality of mithai they later added, and are today frequented for the outstanding badana (sweet boondi), bhaji and namkeen they churn out till 8.30pm.

Were you to exit this area towards Sheranwala Gate, you will find his son Bittu frenetically taking orders for the terrific chhole bhature his late father **Mahinder Singh** came to be reputed for. Almost lost amidst the higgledy-

1. Agya Singh's delicious thali
2. Mouth-watering fried fish of Babu Singh Fish Centre



1.

piggledy nature of the market, you will recognize it from the patient crowd waiting its turn to tuck into the speciality served from 8am to 4pm. A mere hop, skip and jump away to its right is **Sardar Ice Cream**, long visited and known for their variety of ice creams and kulfi. Patiala's more contemporary food scene though is centred around 22 No.Phatak, contiguous with Punjabi Bagh and Leela Bhavan Market. Most international and domestic food chains, pubs and cafés – **Café Coffee**

Day, Peddlers, Brew Estate, for instance – are located around here. This is also where you will find Patiala's most extraordinary food story, **Gopal Sweets**. Unimaginable today that this multi-city brand celebrated for remarkably good mithai, confectionery and Indian snacks, began life as a drab samosa and jalebi joint near Phuwara Chowk, where now stands another spiffy branch. An additional joint Patiala raves about is **Samrat Fish**, almost overshadowed by the flyover at 22 No.Phatak, which by no means deters discerning devotees. As bakeries go, the city

1 & 2.

Verma's Bakery, one the famous bakery shop in Patiala

swears by the breads, cakes, biscuits and chocolates of two stalwarts: **Verma's Bakery** and **Sahni Bakery**.

It is towards **Garden Resort**, Patiala mostly looks for a family outing. A residential complex which started anew as a banqueting space, it is one of the earliest fine-dining restaurants the city can boast that continues to attract custom. You can expect tasteful interiors, lush lawns, hospitable staff and the familiar flavours of North Indian and Mughlai food. The owners take particular pride in their preparation of mutton burra, and one must admit that it is totally justified.



PATIALA FOOD TRAIL MAP

LEGEND

INDIAN RAILWAYS



HIGHWAYS



MAJOR ROADS



WATERBODIES



RAILWAY STATIONS



ISBT



EATERIES

01. QILA CHOWK

- **HARBANS ICE CREAM**,
(Bhadson Road)
- **ARJAN SWEETS** (Near Shiv
Mandir)

02. HAKIM PREM NATH GUPTA

(Sadar Bazar)

03. CHARAN JUICE (Old Sabzi Mandi)

04. JAGGI SWEETS (Adalat Bazar)

05. MALHOTRA SWEETS CORNER, (Anardana Chowk, Opp. Dasher Ground)

06. BABU SINGH FISH CENTRE

(Anardana Chowk)

07. SADHU RAM KACHORI WALA

(Books Market Road, Arna Barna
Chowk)

08. MOTA HALWAI (Arya Samaj Chowk, Lahori Gate)

09. MAHINDER SINGH'S (Around Sheranwala Gate, Baradari)

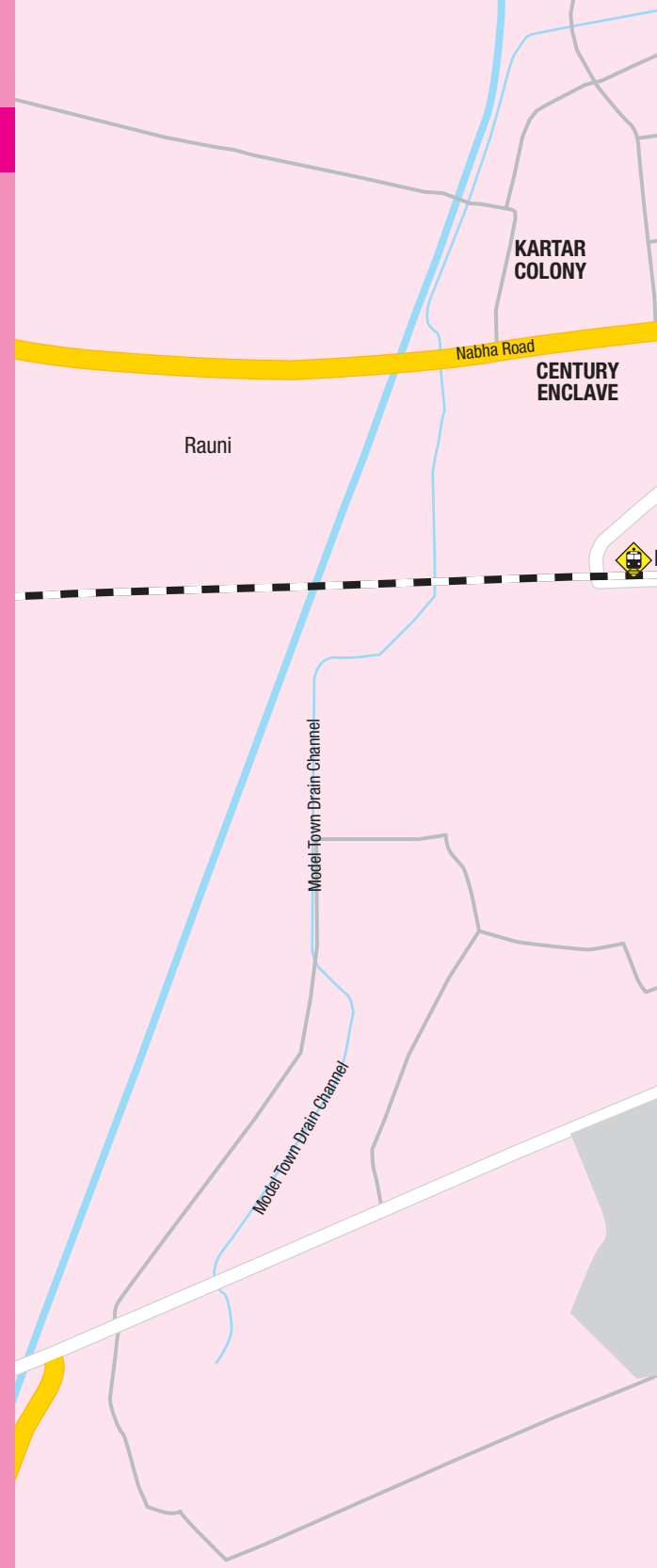
10. VERMA'S BAKERY & SWEETS, (22 Number Railway Flyover, Crossing)

11. NO OBJECTION CAFÉ (Bhupindra Road, Opp. Kapsons)

12. GOPAL SWEETS (Leela Bhawan, Bank Colony, Phowara Chowk)

13. FOOD JAIL (Lower Mall Road, Baradari)

14. SAHNI DHABA (AC Market, Near Anardana Chowk)





ROYAL GUISINE of PATIALA



CHEF PARVINDER SINGH BALI
CORPORATE CHEF
– LEARNING & DEVELOPMENT
The Oberoi Centre of Learning
and Development, New Delhi

IN 1763, Baba Ala Singh Sidhu laid the foundation of the Qila Mubarak, the residence of the royal family of Patiala. That was also the year he founded the princely state of Patiala. The state became one of the wealthiest in Punjab due to a significant income from its fertile plains. Its rulers were imposing and stylish, and many Patiala kings and princes charmed European and British high society in the 19th and early 20th centuries. Some of the stories and legends of these impressive men are still vivid in the public imagination.

Among these memorable Patiala men is Maharaja Bhupinder Singh. He was famous for his love of the finer things in life and also of sports, especially cricket and polo. It was during his reign that Patiala had the world's best polo back, General Chanda Singh. His sons, Maharaj Yadavindra Singh and Raja Bhalindra Singh, went on to acquit themselves admirably on the cricket field, the former even playing for India in 1934.

Maharaj Yadavindra Singh, who took the throne in 1938, was also the last independent raja of the Patiala state. He was the first Indian prince to sign the Instrument of Accession to the new Union of India after Independence. His son, Punjab CM Capt. Amarinder Singh, has the affectionate title of 'Prince of Patiala'.

Food was a significant part of the maharajas' imposing, ostentatious lives. Besides their opulent lifestyle, tales of royal repast often include mention of secret recipes, a rich culinary repertoire and family favourites. And its food, like its history, is homely, rich & intense. The cooks in the kitchens of the Royal Darbar, or *lassi khanas*, were the blue-eyed boys of the king. They were possessive of their recipes and did not even pass them on to the next of kin. Since the cooks were uneducated, there are no written records as such. These recipes were later compiled by Maharaja Baljinder Singh because he was fond of food. Raja Bhalindra Singh was intrigued by the recipes recorded in the Royal kitchens of Patiala and he was the one who collected more than 1100 recipes from last 300 years of Patiala kingdom. These recipes are like the *virasat* of the family and are only handed down from one generation to another. Besides the royal lineage, these recipes also possibly differ from the usual Punjabi ones because until 1956, Patiala was a separate kingdom. Many were written in Urdu, Persian and Gurmukhi and had to be translated into English. It was very intriguing to see more than 21 recipes of a single dish, diligently recorded as the recipe from a particular person, for an example Surinder Bhua ka Jhatka,

Mama ka Jhatka, Taya ka Jhatka (the jhatka here refers to mutton). I have been lucky to have received this treasure trove of unusual recipes from Captain Sahab. I also took permission from him to conduct food promotions in our Oberoi hotels and have successfully done 4-5 food promotions in various parts of the country.

Several recipes in the book featured dishes such as Makhanphal ki Lassi (avocado lassi), Khushk Mahi Kebab (a minced fish kebab), Dal Bhukpari, Peeli Mirch Wala Kukkad (chicken braised with yellow pepper puree), Dum Bharwan Kareley (bitter gourd stewed in tamarind leaves and yoghurt), Shahi Bharta and Mirch ka Halwa (a dessert made of green bell peppers).

The recipes are fairly simple but the challenge was the old-style measurements such as masha, tola, chhattak, and one recipe in particular, said *ek ser ghosht* and *chaar anne ka ghee*. I didn't know which year it was and had no reference of the weight of the ghee. I had to use my knowledge of food and find out ways to use contemporary equivalents of the measurements. Measures and techniques in medieval food writing tended to be vague.

Not only were the dishes different but also their cooking techniques.

Many recipes had an interesting methodology. No heating of oil or cooking masalas were used like they are used today. Most of these dishes are slow cooked and made in the dum style over simmering charcoal. The cuisine also featured several unusual ingredients. The vegetarian recipes call for some unique vegetables like gohal (the fruit of the banyan tree) and kachnar ki kali (bahunia flowers). Most of these ingredients are long forgotten by the modern generation as one is drifting more towards western culture and ingredients. Interestingly, none of the recipes in the book feature paneer, the staple of Punjabi dishes in restaurants across the country. Yet, when you eat that food, you know you're eating something from Punjab. It's chunky and rustic.

The royal food of Patiala is reminiscent of a time of great opulence and grandeur. As such, it continues to charm the taste buds. Recreating and tasting these dishes is a precious opportunity for chefs and food historians. But the aromas and flavours from the regal kitchens of this princely state deserve more - they need to be on our menus and in our kitchens if we are to save this rich culinary heritage.

KHAAM *Khatai*

GREEN MOONG LENTIL KEBABS

Maharaja Bhupinder Singh

Year: 1905 | Complexity: MEDIUM

INGREDIENTS

100gm	Hari moong dal
20gm	Desi ghee
2gm	Cinnamon
5-6 pcs	Cloves
4-5 pcs	Green cardamom
1 pc	Bay leaf
1 blade	Mace
50gm	Dhaap khoya
20gm	Broken cashews
10gm	Green chillies
10gm	Green coriander
½ tsp	Turmeric
Salt to taste	

METHOD

For cooking lentils

- Boil the hari moong dal with turmeric powder, salt and khada garam masala such as cloves, cinnamon, green cardamom, bay leaf and mace, until soft.
- In a heavy bottom pot, add ghee and sliced onion and sauté until it turns pink.
- Add finely chopped green chillies and add boiled dal.

For stuffing

- Roughly chop cashewnuts and

slightly roast in a pan.

- Mix chopped cashewnuts with salt, chopped green chillies and grated khoya and mix well.
- Make small dumplings of these and keep aside for stuffing.

Preparation

- Transfer the cooked lentil mixture to a mixing bowl.
- Add chopped coriander leaves and check the seasoning.
- Add a spoon full of ghee and mix well.
- Shape into balls of 50gm and add the stuffing and shape into 1cm high round tikkis and allow to cool.

Cooking

- Take a small amount of ghee and smear on a cast iron pan.
- Shallow fry in hot ghee on both sides until crisp.

Assembly

- Place 4 kebabs on a platter with a green salad of lacha onion, lemon wedge and slit green chilli.

IMPORTANT NOTES

- Serve with any chutney of your choice. Mint or any herb chutney will go well.



SHALGAM *Wala* GOSHT

LAMB BRAISED WITH TURNIPS

Maharaja Bhalendra Singh

Year: 1932 | Complexity: MEDIUM

INGREDIENTS

1kg	Curry cut lamb
10gm	Corriander powder
250gm	Onion
2gm	Turmeric powder
200gm	Ghee
750gm	Turnips
200gm	Cooked tomato puree
200gm	Yoghurt
10gm	Red chilli powder
2gm	Garama masala powder
3-4	Cloves
5 pcs	Green cardamom
3 pcs	Black cardamom
2tbsp	Ginger paste
3tbsp	Garlic paste
Salt to taste	

METHOD

For marination

- Marinate lamb pieces with ginger and garlic paste, salt, red chilli powder and yoghurt and massage well for 10 minutes.
- Keep aside in a cool place for an hour.

For gravy

- Cut onion into rough pieces and grind to a smooth paste.

- Puree the tomatoes and add a tsp of red chilli powder, a tbsp of oil and allow to cook for 30 minutes on slow flame

For turnips

- Cut turnips into quarters and roast in ghee until golden brown.
- Keep aside.

Cooking

- In a thick bottom pan, heat ghee and add onion paste and sauté for 10 minutes.
- After 10–15 minutes, add coriander powder and turmeric and cook well for another 2 minutes.
- Now add whole spices and sauté again for 2-3 minutes.
- Now add marinated meat and sauté on high heat for 7-8 minutes or until ghee separates.
- Add beaten curd and cook for 5–7 minutes, until curd splits.
- Add the cooked tomato puree and add lamb stock and sauté.
- Now add roasted turnips and cook covered until the lamb is tender.
- Sprinkle garam masala and serve hot with rice or roti.





MIRCHI *Ka* HALWA

GREEN CAPSICUM PUDDING

Maharaja Bhupinder Singh

Year: 1910 | Complexity: EASY

INGREDIENTS

1 kg	Fresh green capsicums
250 gm	Ghee
250 gm	Sugar
500 gm	Khoya
50 gm	Cashewnuts
50 gm	Fresh coconut
5 gm	Green cardamom Powder
Pinch of Salt	

METHOD

For capsicum

- Hand grate the capsicum from the thicker holes of grater. Discard the seeds.

For cocconut

- Grate fresh coconut and dry in oven for 10–15 minutes.

Cooking

- In a thick bottom pan, heat ghee and add grated capsicum and sauté.
- After 10–15 minutes, add sugar and coconut and sauté for another 2 minutes.
- Remove from flame and add cardamom powder and crushed cashewnuts.
- Cool the halwa and then add grated khoya.
- Serve hot or cold.

IMPORTANT NOTES

- You can also make this halwa with red and yellow capsicum.

MARTABAAN *Wali* BATEYR

QUAILS COOKED IN PICKLING SPICES IN AN EARTHENWARE POT

Maharaja Rajinder Singh

Year: 1892 | Complexity: HIGH



INGREDIENTS

8 pcs	Quails
200gm	Onion chopped
300gm	Tomatoes chopped
50ml	Oil
10gm	Red chilli powder
2gm	Turmeric powder
100gm	Hung curd cheese
50gm	Ginger chopped
20 pcs	Green chilli whole
50gm	Garlic chopped
500gm	Spinach
20gm	Coriander fresh
10gm	Fresh mint leaves
10gm	Green part of spring onion
10 pcs	Pickled onion
10 pcs	Small tomatoes
½tsp	Black onion seeds
1tsp	Fennel seeds
½tsp	Fenugreek seeds
1tsp	Mustard seeds
5-6 pcs	Whole red chilli
30ml	Lemon juice
100gm	Ghee
50ml	Mustard oil
Salt to taste	

METHOD

For quails

- Clean quails and make gashes with a sharp knife.
- Marinate with small amount of ginger and garlic paste and salt and leave aside for 30 minutes

For tandoori marination

- Cream the curd cheese to a creamy texture.
- Heat 25 ml of mustard oil and remove from fire.
- Add turmeric and half of red chilli powder and mix well.
- Now marinate the quails with this masala and leave to marinate in refrigerator for at least 3-4 hours.

For spinach paste

- Clean the spinach and wash.
- Plunge in hot boiling water for 3 minutes, drain and immediately put in ice cold water.
- Now grind to paste with no or less water.

For green paste

- Clean mint, coriander and spring onion.
- Fry in hot oil for less than 10 seconds.
- Remove from oil and drain.
- Now grind to paste.

For gravy

- Heat ghee and add black onion seeds, mustard seeds, fenugreek and fennel seeds and sauté.
- Add chopped onions and sauté till brown.
- Add whole red chillies, tomatoes, red chilli powder, turmeric powder and sauté till oil oozes out.

- Add half of whole green chillies and remove from flame.
- Season with salt.

Cooking

- Skewer quails and whole tomatoes on a seekh and cook in tandoor or open *sigri* till ½ done.
- Reserve whole quails and cut tomatoes into quarters.
- In a pot add ghee and add chopped ginger, garlic and chopped green chillies. Sauté for few minutes and add onion and tomato gravy and sauté.
- Add pre-cooked quails and sauté.

Assembly

- Take an earthenware pot and place a spoonful of spinach paste.
- Now add half of quails, tomato quarters, pickled onion and green paste.
- Now top up with leftover quails, spinach paste, remaining pickled onion and tomatoes.
- Add spoonful of ghee, and seal with atta dough and cook in *dum* over simmering charcoal or in oven for 20 minutes at 180°C.
- Open lid and serve garnished with lime juice.

IMPORTANT NOTES

- Do not mix after cooking, the visible colours of the dish should be red and green and look very rustic.

Garlic KHEER

GARLIC PUDDING

Maharaja Bhalendra Singh

Year: 1932 | Complexity: MEDIUM

INGREDIENTS

175gm	Peeled garlic
15gm	Alum (Fitkari)
3lts	Milk
350gm	Sugar
large pinch	Green cardamom powder
1tbsp	Rose water
1tsp	Saffron water

METHOD

- Discard the top of garlic cloves and slice garlic if very large or slit lengthwise.
- Wash and soak in tap water for an hour or so.
- Drain, wash and soak in fresh tap water for another 2 hours.
- Boil with half the powdered alum in enough water to cover garlic for 10–15 minutes.
- Drain and repeat the boiling procedure.
- Boil garlic the third time with a mix of milk and water.
- Drain and wash garlic.
- Boil milk and simmer till it reduces to almost 1/2 to 2/3rd of its original volume.
- Add garlic, cook till mix gets thick. Add sugar and cook a further 5 minutes.
- Add cardamom powder, remove and cool.
- Add rose water and saffron water when really cold and serve chilled.







Patiala Peg Of all things the royal city is justly famous for, an ingeniously fashioned alcohol measure tops the list. There are as many versions of how this transpired, as there are drams in the drink, and indulgent Patialvis large-heartedly endorse them all. The likeliest, however is associated with the equestrian sport of tent pegging. Anticipating a rout by the formidable players of a visiting team, the hosts – being the maharaja’s side – chose to ply their rivals with more than generous amounts of liquor an evening prior to the face-off. To ensure an emphatic win, they reportedly also went on to hammer larger-sized pegs into the ground for their own chukkers. While one is not aware how that went down in sporting history, it certainly gave Patiala a spirited legend worth recounting, gleefully. In recent times, the Patiala Peg has shown up regularly in popular culture, especially in Punjabi songs. The remarkable Punjabi star, Diljit Dosanjh has belted out its most notable rendition.





LYRICS OF THE SONG
(sung by Diljit Dosanjh)

**“Patiala
Peg”**

*Oh tu te aakheya bhull geya hauna
(Oh tu te aakheya bhull geya hauna)
Hor kisey te dull geya hauna
(Hor kisey te dull geya hauna)
Oh tu te aakheya bhull geya hauna
Hor kisey te dull geya hauna
Edda ni sukhala chhadhi da
Haan.. Patiala Peg laa chhadhi da
Patiala peg laa chadhi da
Patiala peg, Patiala peg... laa chhadhi da*

*Oh table utey baaja dhar ke
Yaar-baili sab katthe kar ke
Oh table utey baaja dhar ke
Yaar-baili sab katthe kar ke
Oh dil da gubaar kadhi da
Haan... ni gana-guna ga chhadhi da
Patiala peg laa chadhi da
Patiala peg laa chadhi da
Bruhaa...*

*Oh bari barsi khatan geya si
Khat lai aib churassi
Oh bari barsi khatan geya si
Khat lai aib churassi
Lai hor peg paa de sohneya
Lai hor peg paa de sohneya
Ajj tuttan ni deni glassi
Lai hor peg paa de sohneya
Ajj tuttan ni deni glassi.. oye!*

*Jatt taan jeeunda satta kha ke
Ni tu ki khatt leya yaar bhula ke
O.. Jatt ta jeeunda satta kha ke
Tu ki khatt leya yaar bhula ke
Oh chhad ditta phuaada naddi da
Haan.. Baljeete gham kha chhadhi da
Patiala peg laa chhadhi da
Patiala peg laa chhadhi da
Patiala peg laa chhadhi da
Patiala peg laa chhadhi da*

LUDHIANA

AN IMPORTANT
MANUFACTURING AND
TEXTILE HUB

LUDHIANA TRACES ITS documented origins to the fifteenth century Lodi sultans in recent history. It has long been home to business giants like the Oswals, Munjals (Hero Cycles), Avon Group and Airtel's Sunil Bharti Mittal. So busy has the city been with

commerce that it has given leisure travellers little reason to look its way. Even though excavated Buddhist relics at Sanghol on its outskirts indicate a very hoary, and now hazy, past. And the Lashkari Khan



Sarai in Doraha, famously featured in the popular movie, *Rang De Basanti*, found Ludhiana keeping its date with Hindi cinema. To an extent, the presence of the prestigious Punjab Agricultural University (PAU) ensures an energizing influx of students to the city. The one-of-its-kind Museum of Social History of Rural Punjab on PAU premises should be a good cause for footfalls, yet it falls mostly to the Rural Olympics held annually in Qila Raipur, every first weekend of February, to keep the spark going for interested visitors.



WHERE *to* EAT

WHERE TO EAT

Ludhiana is very much a culinary tourist's delight and this food-loving city has something lip-smacking to offer every kind of palate. Street-side favourites on-the-go, international flavours by contemporary cafés, leisurely repasts in premium dining spaces, and singular legacy foods, this industrial city has it all and more. Ludhiana is where **Chawla's** now legendary 'cream chicken' with a pan-Indian following, came into its own.



1.



The presence of a large meat-shunning trader community has also led to the flourishing of numerous vegetarian eateries, as it inevitably has, to a host of quality sweet makers.

Bakeries, on the other hand, are few and far between. Of note is **Sindhi's Liberty House** at Kailash Cinema Chowk in Civil Lines. One of countless displaced during Partition,

1. Crispy and crunchy pakodas are a popular street-side snack
2. Chawla's famous Cream Chicken with bread

2.

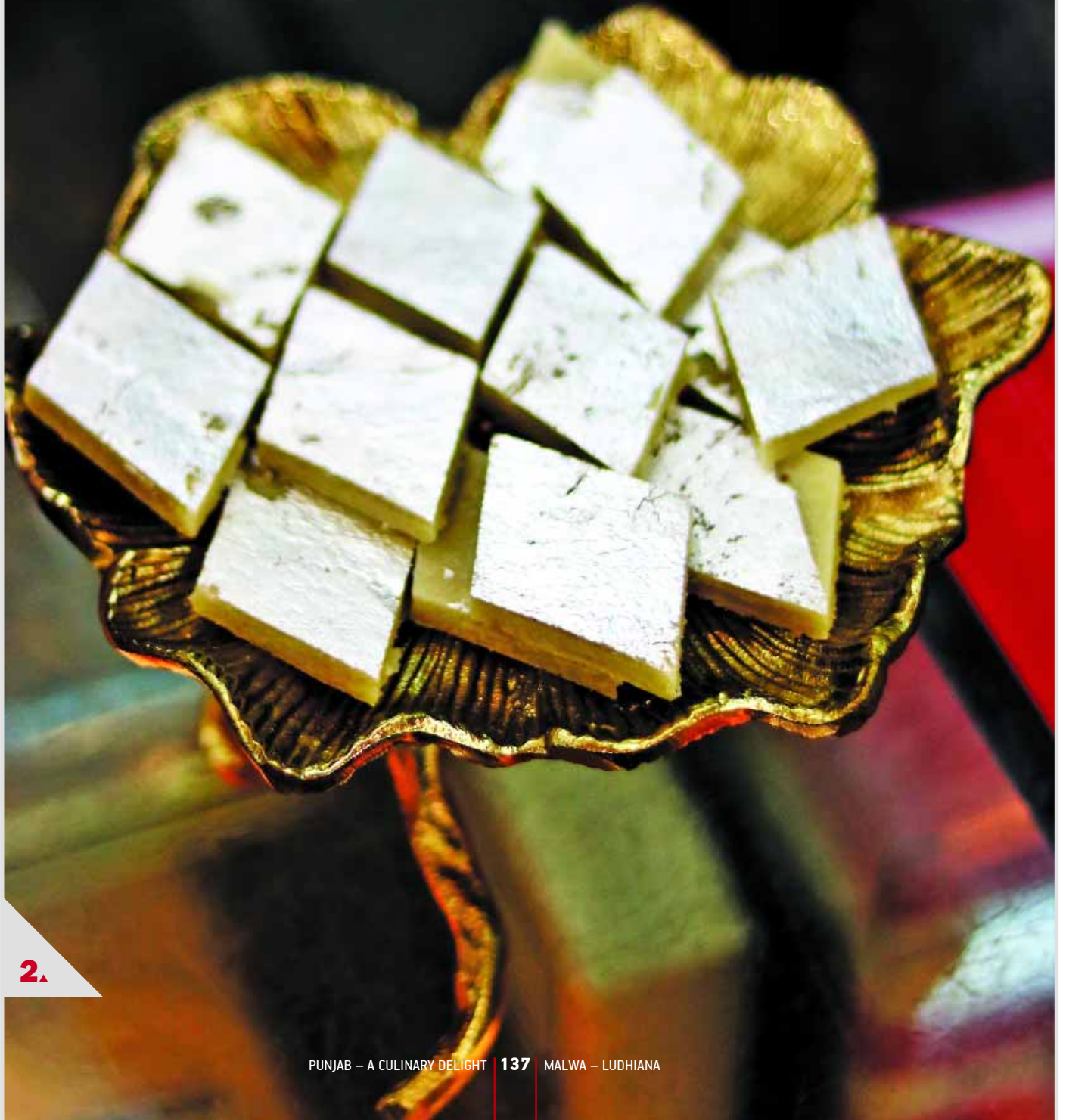
1. Dhoda Sweets - delivering taste and quality for years in Ludhiana
2. Kaju Katli's creamy texture and rich flavour make it irresistible

the owners relocated to Ludhiana and have, since 1950, been hailed for their jam cakes, honey cookies, biscuits and cream cakes. Ludhiana is also synonymous with **Mrs Bector's Cremica**, a thriving food retailing and food services group that started life as a one-woman enterprise in 1978. A warm waft away is **Belfrance Bakers and Chocolatiers**, a first of its kind real Belgian chocolate café holding its own in a city that loves its mithai. It was this love that found **Royal Dhodha House** choosing Ludhiana when they decided to branch out from Kotkapura. With changing tastes, **Dhoda Sweets** may no longer be frequented as much, but old-timers

still flock to their only outlet in Ghumar Mandi (across the street from Bistro 226) for a spot of sweet chewy nostalgia. **Sharma Sweets** on College Road has specialized in just one item, gulab jamun, since the time the present owner's grandfather Brahma Nand set up shop some 65 years ago. Easily missed if not looking sharp, it operates from 7am to 7pm, doling out their freshly prepared sweet treat through the day. Along the way the owners added samosas to the list – potato-filled ones are sold from 11 am to 6pm, and paneer-filled ones thereafter.

Another increasingly popular establishment, **Sharman Sweets**,





2.

best known for chana burfi, is also located in Ghumar Mandi. Their other, more swish outlet housed in a multi-level building on Ferozpur Road has an entire floor dedicated to wedding concepts. For nobody does a big fat Punjabi wedding quite like Ludhiana!

It is in Chaura Bazar, however, that you will have to eventually burrow for Ludhiana's longstanding custodians of culinary tradition, some going back many generations. While many, like **Khushi Ram**, in business since 1932 and feted for their bundi laddoo, have opened branches in tonier localities,

the confined and cacophonous alleys of Chaura Bazar are where the experience lies. The endless jostling for the besan burfi at **Shudh Mishtan Bhandar** and the delectable kachoris of **Bhaiyan Di Hatti** is an indication of how remarkably popular they remain despite the setting. As you dive deeper, you will find **Jhandu Di Hatti**, another standing-only Chaura Bazar icon located a couple of doors past Khushi Ram. It is best visited for a quick breakfast of aloo puri paired with sweetened kaddu subzi from 7am to 11am; samosas and kachoris

1.

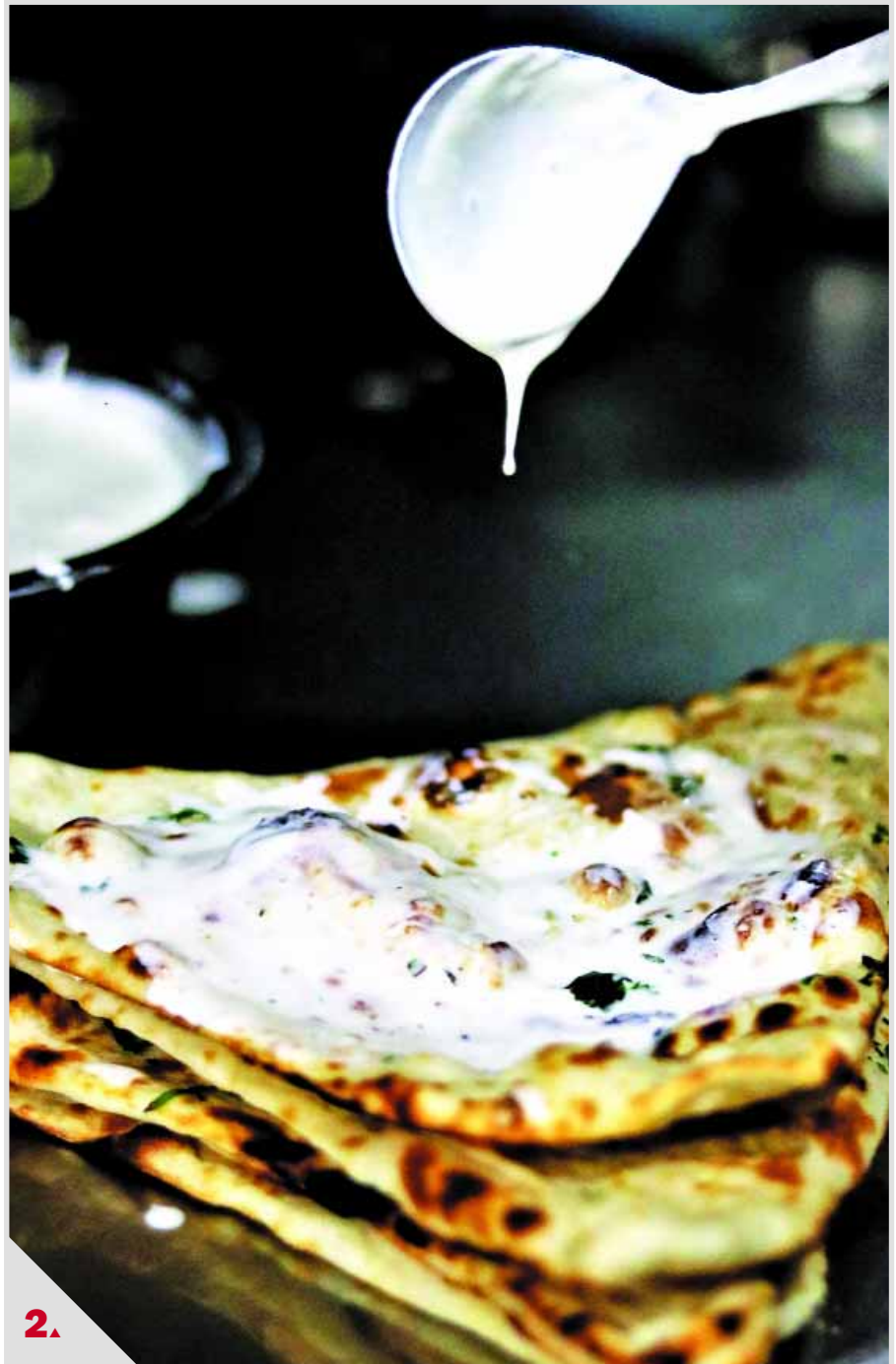


between 4pm to 7pm.

As landmarks go, none can rival **Nathu Mal Ghudoo Mal**, celebrating their 102nd year of existence in the exact same location in Chaura Bazar, and who remain unmatched for their quality of products. Having moved here from Haryana in 1917, the two eponymous brothers received quick acclaim and custom for their hand-made reori, gajak and bhugga. Indeed, it was their bhugga, a winter sweet prepared with khoya, sesame seed and *bura* or unrefined sugar that really put Ludhiana on the mithai map. The demand for this speciality peaks unimaginably during Lohri. They are equally in demand for traditional wedding sweets (bhaji) and namkeens, and can now be found on Dandi Swami Road as well. Also located on the same road is the nondescript **Pandit Pirthi Di Hatti**, one of Ludhiana's most notable specialists in channa puri, aloo puri with petha, kachoris and jalebis.

Pandit Ji Di Hatti, also a Chaura Bazar veteran, is nowadays just referred to as **Pandit Ji Parathe Wale** for the variety of stuffed tandoori and griddle-fried paranthas they offer round the clock. The branch in Feroze

1. Fried, hot samosas are to die for at Sharma Sweets
2. Griddle-fried paranthas topped with buttery cream at Pandit Ji Parathe Wale



2.

1. Choose from a dozen varieties of paranthas at Pandit Ji Parathe Wale
2. Juicy tandoori chicken at Baba's that almost melts in your mouth when you sink your teeth in

Gandhi Market is particularly favoured by students and young professionals. Their humongous gobhi, aloo, pyaaz and paneer paranthas, served with pickle, butter and curd, make for wholesome and value-for-money meals. Yet another old timer defined by product quality and consistency is **Panna Singh Pakore Wala** on Gill Road. Having recently added a multi-cuisine eatery in Model Town, it is clear

their exceptionally good paneer pakodas and dahi bhallas have brought them a long way from the pushcart they started out as in 1952.

Carnivores need not despair though. **Aman Chicken, Baba's** and **Chawla's** – the ABC of Ludhiana as they are laughingly dubbed – have for years together kept kukkad-loving Ludhianvis happy and fed. Visited variously for their tandoori, buttery,



and lemony chicken variants, **Aman** and **Baba** have been around for decades and are located on Pakhowal Road and in Model Town respectively, as well as in Neemwala Chowk. In that sense, **Chawla's** is the relatively new kid on the block with the first branch opening as recently as 1985, though the late owner Attar Singh Chawla had been wowing Haldwani (then in Uttar Pradesh) with his signature cream

chicken, flavoured with pepper and cardamom, since the 1960s.

Nightlife in Ludhiana features upscale restaurants, clubs and new-age pubs in marketplaces like those on Pakhowal Road. Here, visitors can treat themselves to an indelible continental meal at the cheerily-styled and inviting **Bistro Flamme Bois**. Those in the mood for a more wholesome experience can opt for drinks, dinner,



and dance on the al fresco deck at **Upper Housee** (spelt with a double e, yes) a short distance away. **Oriental Blade** at the plush Park Plaza Hotel is the city's go-to when it craves a near-authentic Chinese meal. In Sarabha Nagar, the buzzing Kipps Market hosts popular brands like **Ice Cream Studio** by Basant and **Hot Breads**. Sanjeev

Kapoor's **Yellow Chilli** may have steadily lost steam elsewhere in the region, but in Ludhiana it is still much sought after for authentic Punjabi flavours. The lalla moosa dal and sham savera (koftas in thick gravy) at this fine dining restaurant are the top sellers on the menu.

Yet, regardless of where Ludhiana

1.





eats, it is never satiated till it makes a convenient detour to **Chaurasia Paan Parlour** in Sarabha Nagar for one of Bade Lal's array of paans – a vastly stimulating flourish to any gastronomic outing.

1. Cremica Ice Cream, one of the oldest joints in Ludhiana, still serves some very yummy sundaes
2. An assortment of paan at Chaurasia Paan Parlour
3. Chocolate paan at Chaurasia Paan Parlour



LUDHIANA FOOD TRAIL MAP

LEGEND

INDIAN RAILWAYS



HIGHWAYS



MAJOR ROADS



WATERBODIES



RAILWAY STATIONS

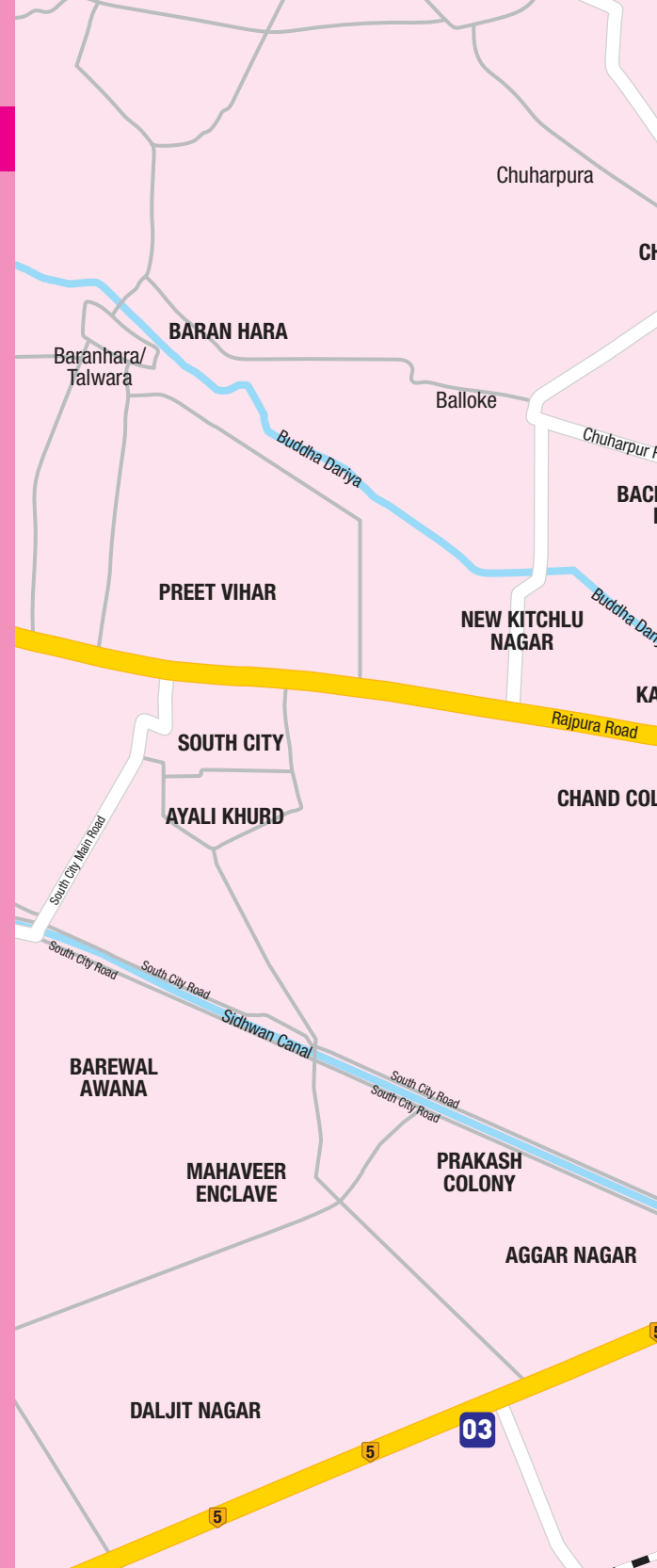


ISBT



EATERIES

01. **ROYAL DHODHA HOUSE** (Civil Lines, Ghumar Mandi)
02. **PANNA SINGH PAKODE WALA** (Gill Road)
03. **MRS BECTOR'S CREMICA** (Westend Mall, Bhai Randhir Singh Nagar)
04. **SINDHI'S LIBERTY HOUSE,** (Malerkotla House, Civil Lines)
05. **SHARMA SWEETS** (Government College Road, Civil Lines)
06. **SHARMAN SWEETS** (Rani Jhansi Road, Civil Lines)
07. **QILA CHOWK**
 - KHUSHI RAM
 - SHUDH MISHTAN BHANDAR
 - BHAIYAN DI HATTI
 - JHANDU DI HATTI
 - NATHU MAL GHUDDO MAL
 - PANDIT JI DI HATTI
08. **AMAN CHICKEN** (Pakhawal Road, Jagjit Nagar)
09. **BABA'S CHICKEN,** (Shastri Nagar, Model Town)
10. **CHAWLA'S CHICKEN** (Dugri Road, Atam Nagar)
11. **CHAURASIA PAAN PARLOUR** (Ishmeet Singh Chowk, Shastri Nagar)





GURBAX NAGAR

JASSIAN

AKASH NAGAR

LUXMI COLONY

WARIAM NAGAR

AMAN NAGAR

SUN CITY COLONY

NEW ASHOK NAGAR

LYALL MARKET

HURPUR

LAJPAT NAGAR

CHANDER NAGAR

JAI SINGH NAGAR

LAXMIPUR

TILAK NAGAR

NEW SANT NAGAR

NEW SHIV PURI

GOLDEN AVENUE COLONY

NEW MAYA NAGAR

JANTA NAGAR

HAN SINGH NAGAR

Baloki Road

PIL PARK

JOSHI NAGAR

VIVEK NAGAR

NEW DEEP NAGAR

GURU NANAK PURA

HAIBOWAL

ONY

RISHI NAGAR

KITCHLU NAGAR

Udham Singh Nagar

CIVIL LINES

SADAR BAZAR

KASHMIR NAGAR

Lakkar Bazar

Mochpura

HAIBOWAL KHURD

MAYA NAGAR

MALL ENCLAVE

NEW HARGOBIND NAGAR

GHUMAR MANDI

PREM NAGAR

MODEL GRAM

ISBT LUDHIANA

CHEEMA CHOWK

KARTAR NAGAR

SARABHA NAGAR

Modelgram

NEAR GILL CHOWK

PARBHAT NAGAR

Modelgram

MODEL HOUSE

ATAM NAGAR

PREM NAGAR

VISHAL NAGAR

Modelgram

MODEL HOUSE

ATAM NAGAR

PREM NAGAR

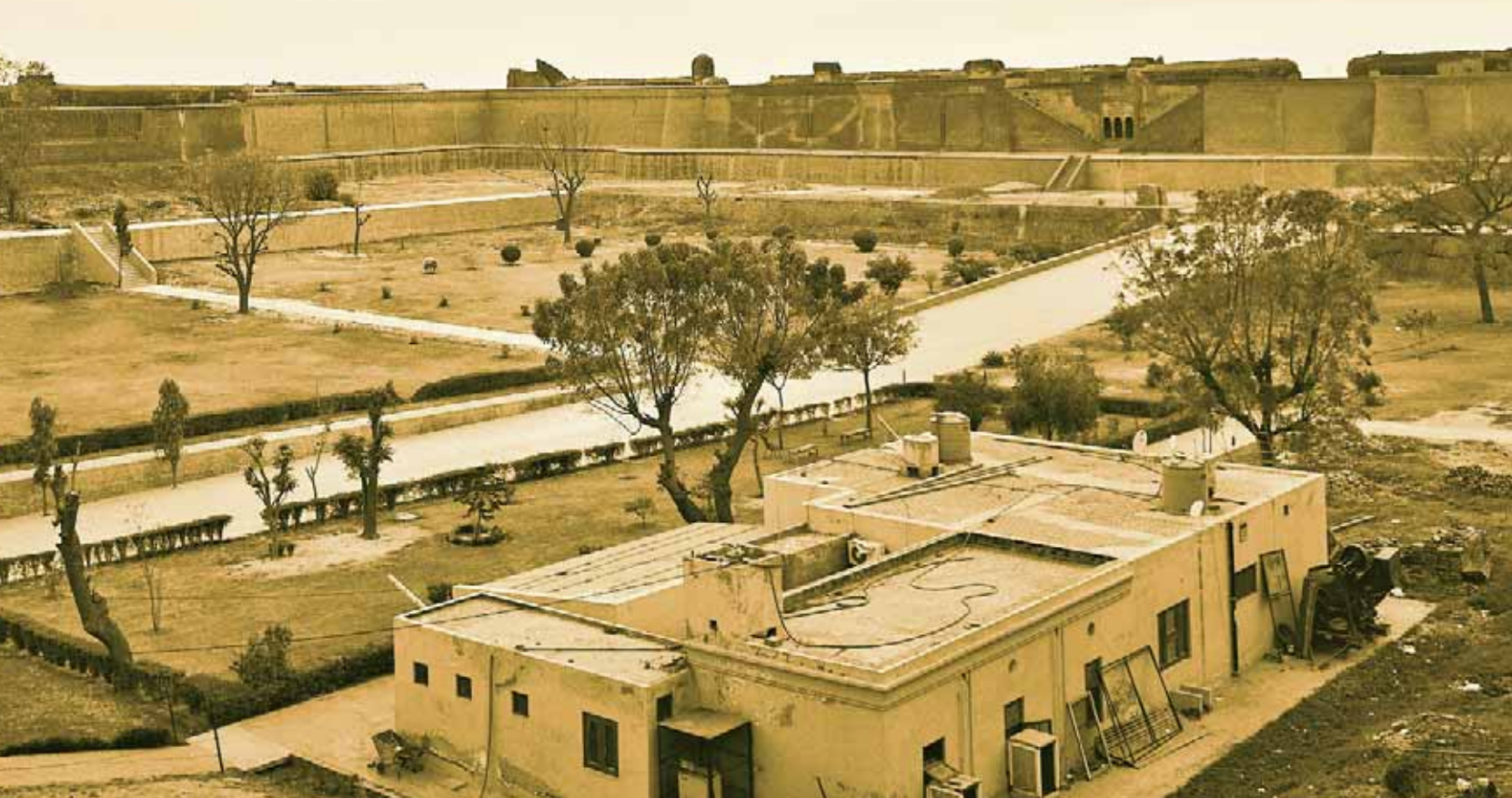
VISHAL NAGAR

BATHINDA

OLDEST CITY OF
PUNJAB

BELIEVED TO BE the oldest city of Punjab, it hosts a massive military fort where Razia Sultana of the Delhi Sultanate, circa thirteenth century, was famously imprisoned by Malik Altuniya, then Governor of Bathinda, who later married her. The Qila Mubarak eventually passed into the princely hands of Patiala State and the Maharaja built a gurudwara on its ramparts to commemorate a visit by Guru Gobind Singh. While it is not a major tourist destination, Bathinda's proximity to

Talwandi Sabo makes it a big draw for devotees of the Sikh faith, especially on Baisakhi. It is home to Gurudwara Damdama Sahib, one of five *takhts* (temporal seats) hallowed for their association with Guru Gobind Singh, the tenth and last of the Sikh gurus. It is hard to imagine, but old timers will tell you that the buzzing city, replete with lakes, glitzy malls, upscale hotels, shiny new roads, and India's largest army cantonment, was once a scorching swathe of sand dunes!





WHERE *to* EAT



1.



WHERE TO EAT

There are a few favourites which Bathinda can simply not have enough of. In the year 1914, one **Pandit Jethu Ram**, a debt-ridden farmer-turned-halwai set up shop in Pujja Wala Mohalla near the fort. He started out by selling jalebis during festivals, and making bhaji at weddings in nearby villages. Namak paras and shakar paras were his speciality; he later added a handful of other sweets to his

repertoire. Over a hundred years on, they still only sell half a dozen items, of which their khoya burfi (added in 1972), kalakand, gajar pak and bhugga are outstanding. Loyal customers return repeatedly for the uncompromising quality, monitored minutely by Pandit Jethu Ram's son Jai Shiv Sharma, and grandson Vivek Joshi.

The city, certainly the Kikar Bazar and its radiating surrounds, has been

1 & 2.

A hundred-year-old legacy passed into the hands of third generation, Pandit Jethu Ram Sweets continues to churn out Bathinda's finest khoya burfi, bhugga and bhaji

waking up to a singular breakfast served by **Vinod Kachori Wala** for the past sixty years. Located in the Masjid Wali Gali, they open from 8am to 1pm and are famed for masala kachoris doused in dal or heaped with curried chickpeas and rice. This eatery began life as a pushcart run by first Kishan Chand, Vinod's grandfather, who was one of the many displaced during Partition; later by Om Prakash, his father. Similarly, **Bodi Jalebi Wala**

has been a fixture near the stairs leading to the railway station here since Partition. It is presently manned by Ramesh Kumar whose father first captivated Bathinda with his crisp jalebis from a stall a little away from the original spot. The son continues in the same vein and is usually found doling out his treacle-dripping treats everyday between 3pm and 9pm. **Manoj Sweets** in Dhobi Bazar is constantly busy with customers

1.



- 1.** Crispy, stuffed kachoris at Vinod Kachori Wala
- 2.** Julie, Bathinda's beloved mithai at Manoj Sweets
- 3.** A city landmark since Partition, when a displaced Bodi Jalebi Wala set up shop near the railway station



2.



3.



International food chains find a presence in Bathinda

popping in for a round of papdi chaat, hot samosas and masala kachoris; equally for a multitude of Punjabi, Rajasthani, Bengali and Gujarati mithais. Nearly fifty years into their business, Manoj Sweets are known for both khoya and chhena sweets, the most famous of which is an exceptional 'julie'. Prepared with cow milk and evocative of Rajasthan, it is made by mixing chhena with rabdi before baking and layering with khoya.

It is evident from the national and international food and beverage chains

that mark their cheery presence in its tonier neighbourhoods, as much along its first-rate highways that Bathinda likes to eat out. Premium hotels offer multiple choices and the likes of *Costa Coffee* and its ilk are housed in spacious brightly lit food courts like *The Food Street* on Bibiwala Road. Countless bakeries and eateries catering to all budgets have mushroomed on the 100 Foot Road, on Mall Road, in Model Town and Gandhi Market.

Detour – Kotkapura Kotkapura is roughly 60km from Bathinda, and less than 15km from the erstwhile princely state of Faridkot. Its nondescript demeanour should be no deterrent for making the hour's run from Bathinda if an indelible culinary outing is being sought.

For one, it is home to the family of Lala Hans Raj Vig, who, while trying to perfect a diet food for wrestling practitioners such as him, concocted a dry fruit enriched sticky fudge from milk, ghee and sugar. He called it dhodha. That was in the year 1912 and he lived in Pakistan. Following Partition, the family moved to Kotkapura, and the *Royal Dhodha House* came into being here. It continues to produce this sinfully delectable and nourishing sweet with which the town is now synonymous.

Another speciality upping the delicious factor of Kotkapura is the royal atta chicken at *Manmeet Chicken* helmed by Kanwarjit Singh, whose family too moved here from Abbottabad in Pakistan. The recipe, reminiscent of NWFP tribal traditions, requires a whole marinated chicken to be wrapped in muslin, then smeared in clay, and slow baked in a *bhatti* for close to four hours. The succulent result thus achieved is stuff of food legends. The dish's ability to keep well when refrigerated with its shell intact has led to a devoted customer across Punjab, to whom it is shipped on demand with reasonable notice.



BATHINDA FOOD TRAIL MAP

LEGEND

INDIAN RAILWAYS



HIGHWAYS



MAJOR ROADS



WATERBODIES



RAILWAY STATIONS

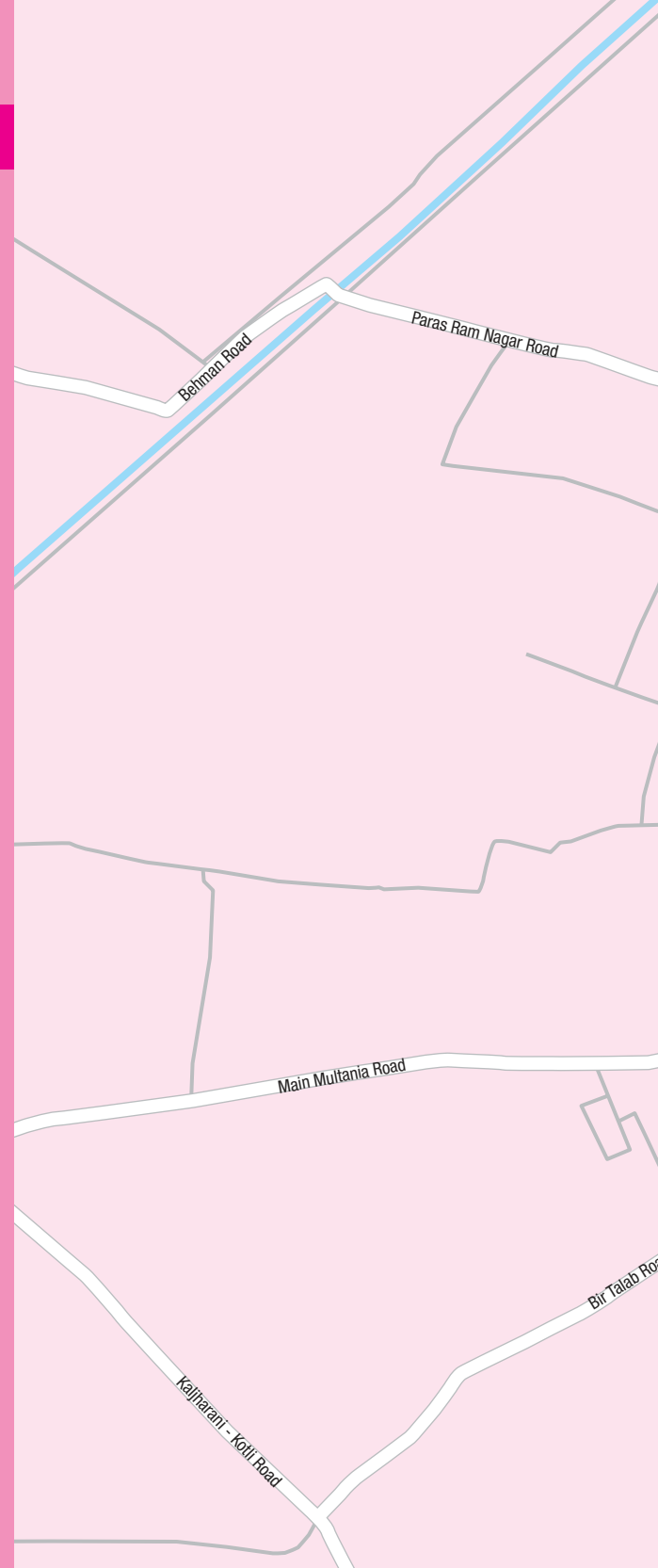


ISBT



EATERIES

01. BODI JALEBIWALA
(Near Railway Station)
02. PANDIT JETHU RAM SWEETS
(Pujja Wala Mohalla, Near Fort)
03. VINOD KACHORI WALA
(Masjid Wali Gali)
04. MANOJ SWEETS
(Dhobi Bazar)





ARJUN NAGAR

SHAKTI NAGAR

GANESH NAGAR

JOGI NAGAR

NAI BASTI

AGGARWAL COLONY

GURU TEG BAHADUR NAGAR

Paras Ram Nagar Road

Bathinda Jn

01

04

PARASRAM NAGAR

Qila Mubarak Gurudwara Sahib

02

Bus Stand Bathinda

MULTANIA ROAD

TAILED COLONY

CIVIL LINES

SHANT NAGAR

POLICE COLONY

AWA BASTI

KARTAR BASTI

Hockey Stadium

Main Multania Road

GRAIN MARKET

Bhagu Road

Bhagu Road

Bhagu Road

Bir Talab Road

Lal Singh Nagar Road

03

HAZI RATTAN NAGAR

BABA DEEP SINGH NAGAR

KRISHNA COLONY

HARBANS NAGAR

CHANDIGARH

INDIA'S FIRST PLANNED URBAN CITY



THE COUNTRY'S FIRST planned urban space, and the administrative capital of Punjab, Chandigarh rests at the base of the Shivalik hills of the Lesser Himalayas. It was commissioned in the 1950s by Pandit Jawahar Lal Nehru, independent India's first prime minister, as a symbol of the nation's march towards modernity. Designed by Swiss-French architect and urban planner, Le Corbusier, its broad tree-lined boulevards and lush public parks are expectedly reminiscent of European cities. Chandigarh is often called 'The City Beautiful' for its rows of pretty, garden-fronted houses neatly packed into well-defined sectors. It is this novelty perhaps which qualify it as a place of tourist interest. Not least that it hosts a singular attraction like the Rock Garden, a fantastical world carved out of construction waste by Nek Chand, a self taught artist.



WHERE WHERE TO EAT to EAT

Chandigarh, despite being the capital, is least representative of the earthy culinary culture of the rest of Punjab. It is best defined as an urbane landscape pandering to the palate of students,

young professionals and the well-heeled. The city's main foodie neighbourhoods are dotted with café-style eateries. Sporting a modern look and feel, with well-crafted menus, they mostly offer Pan-Asian, Mid-Eastern

1



and Western flavours, strikingly presented. The inner market of Sector 8 is without doubt, the city's take-away Mecca, and is where current rage *Uncle Jack's*, an all-American joint known for its sliders, fries and shakes, is located. Sectors 26 and 35 offer several dine-in options including international fast food brands and regional cuisine specialists like *Swagath*, their peninsular specialities never failing to delight. Alongside these, Chandigarh is found tucking into world cuisine at *The Lalit, Taj, JW Marriott* and *Hyatt*. Equally popular are the numerous restaurants, cafés, pubs and microbreweries in the glitzy *Elante Mall*.

Most markets in Chandigarh host the odd kerb-side vendors. Yet street food, unlike elsewhere in Punjab, does not count high on the gastronomic checklist here, except maybe for students seeking affordable outings. This is perhaps because several home-grown establishments are able to match all sorts of expectations under one roof, with menus packed with pocket-friendly Indian snacks; from chaat to pav bhaji to dosas to chowmein. *Sai Sweets* and *Sindhi Sweets*, two of the earliest eateries of Chandigarh, are able to easily draw a loyal customer back regularly for love of their chhole bhature, chaat, mithai and more, served in sanitized surrounds. As do *Gobind Sweets* and *Gopal's*, both patronized for their dairy products and sweets respectively. That said, the city isn't averse to stopping by for a plate or two of fried fish at *Jaipal Eating Point* in Manimajra, or for that matter, the outstanding lemon



1. Chhole bhature plus accompaniments at Sai Sweets
2. Popular with shoppers and office goers, Sindhi Sweets is known for its Indian sweets



1.



2.

chicken at *Deluxe Dhaba* in Sector 28, an aromatic whiff away from that old war-horse, *Pal Dhaba*, best known for their keema kaleji and butter chicken.

A good number of times, the city's cosmopolitan residents step out for all day breakfasts at the travel-themed *Backpacker's Café* in Sector 9 (also in Elante). And to savour Spanish specialities, among other Mediterranean delicacies, at the vegetarian-only *Casa Bella Vista Pizzeria* in Sector 10, just as inviting for the vintage decor. Another drool-worthy draw is *Dastaan – A Progressive Affair*, one of the few

chef-helmed stand-alone restaurants the city can boast of, with the menu bearing Chef Manav Suri's ingenuous stamp all over it. *Café Hedgehog* is Chandigarh's answer to a book café; it brims with the written word from every available nook and cranny. Bookworms usually curl up in this co-working space with a pet title while they await their order of coffee and cake. For a spot of Asian flavour, the City Beautiful generally turns to home-grown *Hibachi* located in Hotel Icon, or good old Mountview's *Magic Wok* when craving the familiarity of Chinjabi food. It reaches out to *Oven Fresh* for their

1. Deluxe Dhaba provides a similar experience in informal surrounds
2. Scrumptious mutton curry at Pal Dhaba



1.

signature grilled sandwiches, *Monica's Puddings & Pies* for cream cakes and desserts, and to *Nik Baker's* for a host of dry tea cakes, chocolates and confectionery.

The nightlife in Chandigarh is quite vibrant when compared with the rest of Punjab, and spaces offering live music gigs like the ones hosted at *Upstairs Club, Peddlers, The Back Room* and *Playground* are becoming increasingly preferred. Microbreweries are quite the rage nowadays. Ones being increasingly frequented by enthusiasts of fresh brews, and also offer a reasonably good food experience, are *Boathouse, Brew Estate* and *Great Bear*. While the not-so-young generally head to *Orchid Lounge* for a quiet drink or two.

Moving away from the city, the once sleepy *VR Punjab Mall* in Kharar has begun to steadily attract families on their regular outings. Mohali (*SAS Nagar*) and Zirakpur also emanate their share of buzz factor. On popular demand, several well-received Chandigarh brands have opened branches in both these satellite towns, infusing Mohali's Phase 3B2 market and Zirakpur's VIP



- 1**▶ The interior of Playground, a super hangout place of the millennials in Chandigarh
- 2**▶ Burmese khao suey at Peddlers
- 3**▶ Succulent lamb chops at Piccante, the Italian restaurant in Hyatt Regency, are a chef's special



A close-up photograph of two skewers of grilled chicken and vegetables hanging from a metal stand. The skewers are positioned over a plate of fresh salad, including lettuce, tomatoes, and a large, decorative white rose-shaped garnish. A glass of water is visible in the foreground. The background shows a brick wall and a metal handle of the stand. A red triangle with the number '1' is in the top left corner.

1

Road with a distinct flavour. Before that transpired, however, gourmands had for years made a happy beeline for the mutton preparations at *Mansarovar Dhaba*, located in Mohali's Phase 1 market. In recent times, *Khalsa Vaishno Dhaba* is making Mohali sit up and take note of its presence in Phase 5. Zirakpur has long been home to *Whispering Willows*, a born again country club in a verdurous setting, best visited for the Mediterranean and Anglo-Indian food at *Dak Bungalow*, the in-house restaurant. Similarly, *Baans Bagh*, a charming family-run farm-stay in Paroul village en route Siswan Dam, is known for its amazing home-cooked meals. Of recent vintage, it lends itself quite deliciously to delightful winter lunches, long as the owners receive ample advance notice.



2.



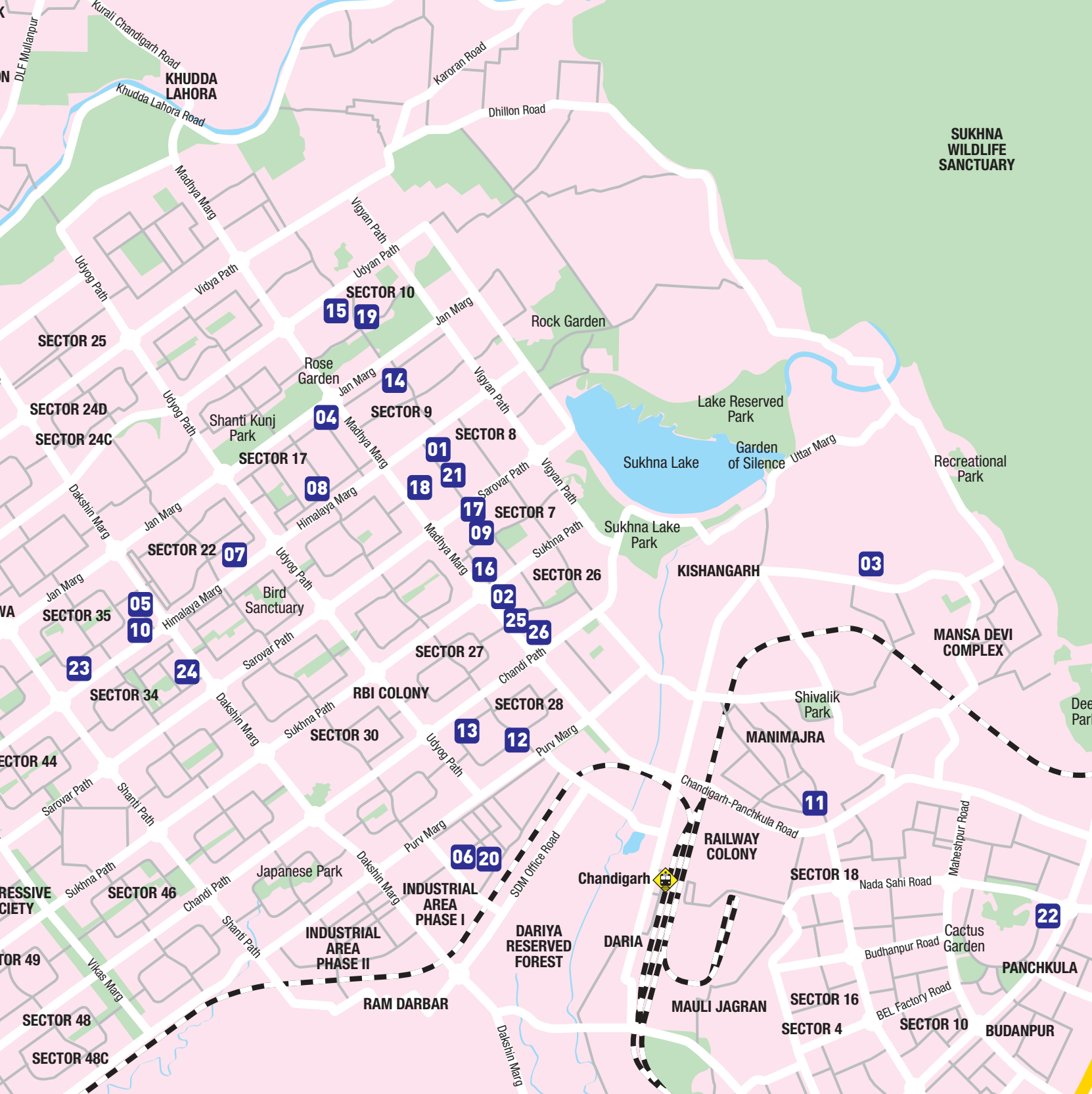
3.

- 1.** Succulent mutton tikka at Dak Bungalow
- 2.** An overpowering aroma of Punjabi masalas tentalyze at Khalsa Vaishno Dhaba
- 3.** A delicious presentation at Whispering Willows

- 1.** Finger foods like chicken satay at Upstairs Club, are a well received part of pub and nightclub culture
- 2.** Dal Baluchi at the eponymous restaurant in The Lalit is one of the many popular Frontier dishes it is frequented for
- 3.** Pot lamb roast, a signature dish at Orchid Lounge Pub & Pantry
- 4.** Italian cuisine is just as popular as Asian and a top choice on family outings







KHUDDA LAHORA

SUKHNA WILDLIFE SANCTUARY

SECTOR 10

SECTOR 25

SECTOR 24D

SECTOR 24C

SECTOR 17

SECTOR 22

SECTOR 35

SECTOR 34

SECTOR 44

RESSIVE CITY

CTOR 49

SECTOR 48

SECTOR 48C

SECTOR 9

SECTOR 8

SECTOR 7

SECTOR 26

SECTOR 27

SECTOR 28

SECTOR 30

RBI COLONY

INDUSTRIAL AREA PHASE I

INDUSTRIAL AREA PHASE II

RAM DARBAR

DARIYA RESERVED FOREST

Chandigarh

DARIA

MAULI JAGRAN

RAILWAY COLONY

MANIMAJRA

KISHANGARH

MANSA DEVI COMPLEX

SECTOR 18

SECTOR 16

SECTOR 4

SECTOR 10

BUDANPUR

PANCHKULA

Khurdi Chandigarh Road
Khudda Lahora Road

Karoran Road

Dhillon Road

Madhya Marg

Vigyan Path

Udyog Path

Vidya Path

Jan Marg

Rock Garden

Rose Garden

Shanti Kunj Park

Rock Garden

Lake Reserved Park

Sukhna Lake

Garden of Silence

Recreational Park

Sukhna Lake Park

Bird Sanctuary

KISHANGARH

Shivalik Park

MANSA DEVI COMPLEX

Shivalik Park

MANIMAJRA

Chandigarh-Panchkula Road

RAILWAY COLONY

SECTOR 18

Nada Sahi Road

Budhanpur Road

BEL Factory Road

Cactus Garden

PANCHKULA

BUDANPUR

SECTOR 46

Japanese Park

INDUSTRIAL AREA PHASE I

INDUSTRIAL AREA PHASE II

RAM DARBAR

DARIYA RESERVED FOREST

Chandigarh

DARIA

MAULI JAGRAN

RAILWAY COLONY

MANIMAJRA

KISHANGARH

MANSA DEVI COMPLEX

SECTOR 18

SECTOR 16

SECTOR 4

SECTOR 10

BUDANPUR

PANCHKULA

Shanti Path

Chandi Path

Shanti Path

Dakshin Marg

Pury Marg

Udyog Path

Chandi Path

Pury Marg

Chandigarh-Panchkula Road

Chandigarh-Panchkula Road

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BUDANPUR

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Japanese Park

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BUDANPUR

PANCHKULA

Shanti Path

Chandi Path

Shanti Path

Dakshin Marg

Pury Marg

Udyog Path

Chandi Path

Pury Marg

Chandigarh-Panchkula Road

Chandigarh-Panchkula Road

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Budhanpur Road

BEL Factory Road

Cactus Garden

PANCHKULA

BUDANPUR

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Japanese Park

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MANIMAJRA

KISHANGARH

MANSA DEVI COMPLEX

SECTOR 18

SECTOR 16

SECTOR 4

SECTOR 10

BUDANPUR

PANCHKULA

Shanti Path

Chandi Path

Shanti Path

Dakshin Marg

Pury Marg

Udyog Path

Chandi Path

Pury Marg

Chandigarh-Panchkula Road

Chandigarh-Panchkula Road

Nada Sahi Road

Budhanpur Road

BEL Factory Road

Cactus Garden

PANCHKULA

BUDANPUR

SECTOR 46

Japanese Park

INDUSTRIAL AREA PHASE I

INDUSTRIAL AREA PHASE II

RAM DARBAR

DARIYA RESERVED FOREST

Chandigarh

DARIA

MAULI JAGRAN

RAILWAY COLONY

MANIMAJRA

KISHANGARH

MANSA DEVI COMPLEX

SECTOR 18

SECTOR 16

SECTOR 4

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RECIPES
from **4 PUNJAB**

04

Punjabi cuisine is known for its variety and authenticity. The people of Punjab love to indulge in food that is buttery, creamy and loaded with desi ghee! Punjabi cuisine is known for its extensive vegetarian and meat dishes. From Chhole to Kadhi Chawal to Panjiri, these recipes are sure to get you drooling.



ALSI Di PINNI

Chef: VIKAS CHAWLA

A delicious and traditional dish of Punjab made with desi ghee, different flours, seeds and nuts. Usually consumed in winters and distributed among relatives, friends and celebration of many ceremonies.

INGREDIENTS

90gm	Cow ghee
100gm	Chakki atta (Whole wheat flour)
5gm	Makhana (Fox nuts)
20gm	Alsi (Flax seeds)
25gm	Almonds
90gm	Gur (Jaggery)

PRE-PREPARATION

- Weigh all ingredients and keep aside.
- Grind flax seeds in a blender to coarse powder (not too fine).
- Fine chop almonds or blend in a blender to get tiny chunks of it.
- Make small chunks of fox nuts in a grinder.
- Now mix flax seeds powder, almond chunks and fox nut chunks in a bowl and keep aside.
- Fine chop gur with knife or a medium grater.

PREPARATION

- Heat ghee in a *kadhai* on medium flame.
- After ghee is heated, reduce flame to low.
- Add atta and stir continuously with a ladle or big spoon for around 10 minutes or when almost 80 per cent roasting of atta is done.
- Now, add mixture of flax seeds powder, almonds and fox nut chunks over ghee atta and start mixing again with spoon.
- Cook for around 5 minutes. The ghee atta and nuts will give a crunchy bite in the pinni.
- Remove *kadhai* from the gas and let it cool for a few minutes.
- Now add chopped gur into the mixture and mix it completely.
- After 10–15 minutes, when the mixture is bearable hot, make round balls with hands.

IMPORTANT TIPS

- Try to get only cow ghee as it is far healthier than buffaloes.
- Try to get pure jaggery, without any reddish colour or extra crunch, which comes with added sugar.
- If you don't want to roll it or make pinni then cool the same mixture and you will get a perfect panjiri.
- By using same quantity of besan instead of atta, you can make besan laddoos with the same recipe.
- By removing flax seeds it can be eaten daily in summers also.
- By increasing the quantity of material, cooking time will increase.



CHIKARH *Chhole*

Chef: MANJIT GILL

INGREDIENTS

1½ cup	Kabuli channa
¾tsp	Soda bicarbonate
½ cup	Desi ghee
1 cup	Onion finely chopped
1tbsp	Garlic paste
1tsp	Ginger paste
1½ cup	Tomatoes finely chopped
¾tsp	Turmeric powder
1½tsp	Red chilli powder
1½tsp	Garam masala
1½tsp	Anardana powder
	Rock salt
1tsp	Cumin powder
6	Green chillies
1	Onion sliced
2tbsp	Green coriander chopped

PREPARATION

- Wash kabuli channa and soak in 8–10 cups of water with ¾tbsp of soda bicarbonate for 4 hours.
- Place the pot on high heat, bring to boil, cover and cook on medium to low heat until tender, slightly on the higher side. Remove and keep covered.
- Heat ghee in an iron wok, add chopped onion, stir fry until light brown, add garlic and ginger paste, continue stir frying until golden.
- Now add tomatoes, stir for a minute, add turmeric, red chilli powder, garam masala, anardana and rock salt until masala is well cooked and ghee starts surfacing on the sides of the wok.
- Add boiled channa along with its extract. Stir and mash a few channas while cooking to thicken the gravy.
- Sprinkle cumin powder, stir for a few seconds and remove from heat.
- Garnish with slit green chillies, coriander leaves and sliced onion.





Kadhi CHAWAL

Chef: VERNIKA AWAL

INGREDIENTS

1l	Mattha/chaas
3tbsp	Besan (chickpea flour)
1 cup	Water
1 inch	Ginger
5-6 pods	Garlic
1	Green chilli

INGREDIENTS FOR TADKA

1	Onion chopped
5-6	Chopped garlic pods
1tsp	Methi dana
1tsp	Mustard seeds
1tsp	Cumin seeds
1tsp	Red chillies (whole)
1tsp	Turmeric
1tsp	Red chilli powder
4tbsp	Mustard oil
Pinch of asafoetida	
Salt to taste	

INGREDIENTS FOR PAKODA

4tbsp	Besan (chickpea flour)
1tsp	Turmeric
1tsp	Chilli powder
1	Finely chopped onion
2-3tbsp	Water
Salt to taste	
Mustard oil to fry	

PREPARATION

Pakoda

- Take besan in a bowl. Add salt, turmeric, red chilli powder and chopped onion in it. Mix all the dry ingredients well.
- Add water to the mixture and whisk it till the lumps from the liquid go away and there is a medium thick consistency.
- In a pan, add mustard oil and bring it to heating point.
- Now add 1tbsp mixture of the pakodas and fry them till golden brown.
- Keep this aside.

Kadhi

- In a deep container, mix mattha, water and besan till the besan lumps vanish.
- Separately make a ginger, garlic and green chillies paste and then add it to the mattha-besan mix.
- Cook this for minimum 2-3 hours till it achieves a slightly thick consistency.

Tadka

- Add mustard oil in a pan and bring it to heating point.
- To this, add jeera, methi dana and let them crackle.
- Add finely chopped garlic, followed by onion and cook till golden brown.
- Add dry red chillies.
- Later add turmeric, red chilli powder and asafoetida
- Once cooked, add this tadka to kadhi and mix.





MAANH *Sabat*

Chef: MANJIT GILL

INGREDIENTS

½ cup	Whole black lentils
2tsp	Rock salt
2tbsp	Ginger, coarsely chopped
3tbsp	Garlic, coarsely chopped
1tbsp	Desi ghee
¼tsp	Red chilli powder
1tsp	Turmeric
4tbsp	Desi ghee

FOR TEMPERING

4tbsp	Desi ghee
2tbsp	Ginger, finely chopped
3	Green chillies, chopped
½tsp	Red chilli powder

PREPARATION

- Pick and wash lentils 3-4 times, changing water every time. While washing rub the lentils well. Wash until water is clear, then soak for 3 hours in 6½ cups of water. Strain the water into a heavy bottom pot and keep lentils aside.
- Place the pot of water over heat and bring to boil. Add rock salt, ginger, garlic, desi ghee, red chilli powder and turmeric, then lentils; stir once. Cover with a slightly deep lid, bring to boil again and reduce heat to low. Pour some water on the lid and simmer for 3½-4 hours, replenishing the water on the lid as it evaporates.
- Remove the lid, continue cooking on low heat. Gently stir and mash the lentils with the back of the ladle to a creamy consistency. There should be no water separately on the top.
- Heat desi ghee in a pan for tempering. Add chopped ginger, stir for a second, add green chillies, stir and add red chilli powder. Stir for a second, remove the pan from the heat, stir again and temper the lentils. Cover immediately for a minute. You may reserve half of the tempering and use as garnish.
- Keep lentil on low heat and stir occasionally until served.





MEAT *Aloo*

Chef: MANJIT GILL

INGREDIENTS

600gm	Lamb leg pieces and two bone chops	1tbsp	Coriander seeds finely crushed
200gm	Potato, cut into quarters length wise	1tsp	Turmeric
½ cup	Desi ghee	1tsp	Red chilli powder
2	Cinnamon sticks – 2-inch long	¾ cup	Yoghurt
8	Cardamoms	2tbsp	Almond paste
6	Cloves	1tsp	Garam masala
2	Bay leaves	1tbsp	Lemon juice
1 cup	Onion thinly sliced	Salt to taste	
1tbsp	Garlic paste		
¾tbsp	Ginger paste		

PREPARATION

- Wash lamb, drain total water and pat dry with clean kitchen cloth. Keep potatoes dipped in water.
- Heat ghee in a thick bottom pot; add broken cinnamon, crushed cardamom, cloves and broken bay leaves. Stir for a few seconds till it starts wafting a pleasant aroma. Add sliced onion, stir and sauté till golden, add lamb and stir. Add garlic, ginger paste, crushed coriander seeds, turmeric, red chilli powder and salt, stir and cover for 2 minutes and reduce heat to medium high.
- Uncover, reduce heat to medium, sauté until moisture is evaporated and lamb is evenly browned. Sprinkle water 3-4 times while sautéing the lamb. Add whisked yoghurt, stir and sauté until yoghurt mixed well and ghee begins to surface.
- Add 2½ cups of water, stir, add potatoes, cover and let it simmer until lamb and potatoes are tender. Remove and let it cool. Remove the lamb and potatoes carefully and keep them in a bowl. Strain the yakhni in another bowl.
- Make a mixture of almond paste, garam masala, dissolve and mix well. Add mixture to yakhni and mix well. In case more water is required, add warm water. Keep on high heat, continue stirring until it starts boiling, and then reduce heat to medium.
- Carefully add lamb and potato pieces, stir gently and bring to boil, reduce heat to low, cover and let simmer for 8–10 minutes. Add lemon juice, stir and remove from heat. Stir gently when required so that potato does not break while dishing out.





Paneer BHURJI

Chef: VERNIKA AWAL

INGREDIENTS

250gm	Paneer crushed
1	Onion chopped
2	Tomatoes chopped
2tbsp	Oil
1tsp	Cumin seeds
1tsp	Coriander powder
1tsp	Garam masala powder
1tsp	Red chillies powder
1/2tsp	Turmeric
Salt to taste	
Coriander for garnishing	

PREPARATION

- Add oil in a pan and heat it to the maximum temperature.
- Add cumin seeds to this and let it crackle.
- Add chopped onion once cumin seeds begin to crackle and cook till the onion turns golden brown.
- Add chopped tomatoes and cook till they begin to soften.
- Add dry masalas together and cook the mixture till oil begins to separate from the masala.
- Add crushed paneer and mix well.
- Turn off the gas and garnish with coriander.





PANJIRI

Chef: RANVEER BRAR

INGREDIENTS

2½ cup	Ghee
3tbsp	Edible gum
2tbsp	Pumpkin seeds
2tbsp	Watermelon seeds
½ cup	Lotus seeds
2 cup	Wheat flour
1tsp	Carom seeds
½ cup	Powdered sugar

FOR GARNISH

1tbsp	Pistachio
Few	Cherries

PREPARATION

- Heat ghee in a pan. Fry edible gum, pumpkin seeds and watermelon seeds and remove in a bowl.
- Crush the fried edible gum.
- Blend mixture of pumpkin and watermelon seeds and add to edible gum mixture.
- Heat ghee in a pan. Add wheat flour, carom seeds and prepared mixture of edible gum. Remove this in a bowl.
- Mix in powdered sugar.
- For garnish, chop pistachios and slice the cherries. Garnish the prepared panjiri with pistachios and cherries.



RAOH *Wali* KHEER

Chef: RANVEER BRAR

INGREDIENTS

1ltr	Fresh sugarcane juice
1tsp	Ghee
2 cup	Rice cooked
½tsp	Cardamom powder
50ml	Milk (optional)
¼ cup	Mixed dry fruits (almonds, cashew nuts etc)

PREPARATION

- Heat ghee in a deep non-stick pan and sauté all dry fruits until light brown.
- Remove the roasted nuts and keep aside.
- Add cooked rice to the same ghee and sauté for a minute.
- Now add cane sugar juice and bring it to a boil.
- Add milk and allow the juice to get cleaner. Skim off the impurities.
- Sprinkle cardamom powder, add milk and cook for another 5 minutes.
- Remove from the flame and transfer to a serving bowl.
- Garnish with the roasted nuts and serve hot.





SARSON *Da* SAAG

Chef: VIKAS CHAWLA

INGREDIENTS

500gm	Mustard green leaves (Sarson)
250gm	Spinach leaves (Palak)
100gm	Bathua leaves (Bathua)
250ml	Water
2-3 pcs	Green chillies whole
40gm	Garlic peeled whole
30gm	Ghee
30gm	Garlic crushed
40gm	Ginger grated
1 pc	Tomatoe
3tbsp	Maize flour
Salt to taste	

PRE-PREPARATION

- Wash and clean mustard, spinach and bathua leaves in fresh water 3-4 times to get rid of dirt on leaves.
- Dry the leaves and chop roughly .
- Wash, peel and grate ginger.
- Peel garlic (crush some garlic in a mortar and pestle).
- Wash and cut green chillies into half.
- Wash and chop tomatoes.

PREPARATION

- Place all three chopped leaves in a large pot.
- Pour over water along with whole garlic, cut green chillies and salt.
- Place pot on medium high heat.
- When boil comes, reduce heat to low and simmer it for 45 minutes.

- Turn off flame and keep aside for 15 minutes to cool off.
- When the mixture is little warm, stir continuously with a wooden ladle or whisker to get a rough texture.
- Transfer mixture into pot again, add maize flour and simmer for 15 minutes on medium heat.
- Heat ghee in another pan or *kadhahi*.
- Add crushed garlic and cook till light brown in colour.
- Add grated ginger and cook for a minute.
- Now add chopped tomatoes and cook again for approx. 8 minutes till raw flavour from tomatoes go away (No need to cook it completely or turn into a mushy texture).
- Now transfer this tempering into the pot and simmer again for 15 minutes.
- Do not forget to keep a lid on the pot because liquid might splutter and is unbearable hot.
- After 15 minutes, sarson da saag is ready to serve.
- Serve hot with makki ki roti (maize flour chapatti) or bajra roti (pearl millet chapatti).

SERVING TIPS

- Saag must be served with dollops of white butter or desi ghee (clarified butter) on top.
- Radish salad and fresh green chilli goes perfect along with saag.
- In Punjab, this dish is always served with ghee shakkar (hot melted clarified butter on jaggery powder).



BESAN *Da* PARANTHA

Chef: VIKAS CHAWLA

INGREDIENTS

100gm	Fine besan
200gm	Onion
1-2/4-8gm	Green chillies
2gm/½tsp	Coriander powder coarsely grinded
10gm/2tsp	Ghee
40gm approx.	Water
40gm	Atta dough ball
90gm	Stuffing
Oil/Ghee	To apply on parantha
Salt to taste	

PREPARATION

Stuffing

- Peel onion and wash under fresh water along with green chillies.
- Roughly chop onion and green chillies (Do not fine chop onion as you will not get desired texture in parantha).
- Place besan in a clean bowl and add chopped onion and green chillies over it.
- Now add coriander powder, salt, ghee and mix all ingredients with a spoon.
- Add water little by little and let the mixture bind together (Do not add all water at a time as onion releases its own by coming in contact with salt). The dough should be soft and firm enough to easily hold into rolled atta dough ball.

Rolling

- Take atta dough ball of given size and roll it with the help of rolling pin and with sprinkle of flour. Roll it into a diameter of approx. 6-inch thick chapatti.
- Place it on palm and keep the stuffing in centre.

- Now bring all the sides together by holding it tight and joining one end to seal the stuffed ball.
- Roll the stuffed dough ball into flour and keep sealed point down side.
- Now gently roll parantha into a round shape with a diameter of approx. 8 inch.
- During the rolling of parantha you can sprinkle some more flour over it if the outer layer cracks but do not get worried if the stuffing cracks out somewhere as it gives an extra texture and look to parantha after frying.

Cooking

- Heat *tawa* (a traditional thick round iron plate) at medium flame and place the parantha on it.
- After 2 minutes flip parantha and cook the other side for same time.
- Apply one tea spoon of ghee/oil on this cooked side.
- Now flip parantha again and apply ghee/oil again on this side.
- Do not increase flame because a parantha is always cooked on medium heat to make it crispy and crusty.

Serving

- This parantha can be eaten as it is without anything or you can have it with set curd and pickles.
- You can also make this parantha without oil using same method and keep a dollop of white butter on top to get the traditional feel of Punjabi culture.



BAINGAN *da* BHARTA

Chef: DR VARINDER SINGH RANA

INGREDIENTS

2 pcs	Brinjal medium size
4tbsp	Mustard oil
2 pcs	Onion
2 pcs	Tomatoes medium size
5gm	Ginger chopped
5gm	Garlic chopped
½ tsp	Green chillies chopped
2-3 leaves	Coriander leaves
½tsp	Red chilli powder
½tsp	Turmeric
½tsp	Cumin seeds
½tsp	Coriander powder
Salt to taste	

PRE-PREPARATION

- Wash brinjals and dry it with kitchen cloth. Apply little oil on the skin of brinjals.
- Roast it on a stove or in oven till the skin is charred and the baingan is soft all over. Remove from stove or from oven and let it cool for 10 minutes. Peel the outer burnt skin and mash the brinjals.
- Chop onion and tomatoes.

PREPARATION

- Heat pan and add oil. When it gets to smoke point, add cumin seeds.
- When cumin seeds crackle, add chopped onion, salt and cook it till onion is light brown.
- Sauté till onions turn to light brown, add chopped green chillies, ginger and garlic and chilly. Cook till the rawness of garlic gets over.
- Now add turmeric powder and red chilli powder. Sauté and add chopped tomatoes.
- Cook till tomatoes get mashed and leave oil.
- Mix coriander powder and sauté.
- Add roasted mashed baingan and cook it in onion-tomato masala till it leaves oil.
- When oil comes on top, add coriander leaves.

Garnish and Serving

- Garnish it with coriander leaves and serve it with chapattis, paranthas or naan.



GAJAR *Ki* KANJI

Chef: DR VARINDER SINGH RANA

INGREDIENTS

3 pcs	Black carrots (Kali gajar)
3tsp	Mustard seeds (Rai)
1tsp	Red chilli powder
3tsp	Black salt
1ltr	Water
1tsp	Roasted cumin seed powder (Optional)

PREPARATION

- Wash and peel carrots. Cut them into 2-inch long slices.
- Grind mustard seeds coarsely.
- In a glass jar or in a mud pot, add water and coarsely ground mustard seeds.
- Add sliced black carrots. Mix it well.
- Add black salt, red chilli powder and roasted cumin seeds powder. Mix it well with a ladle or long spoon.
- Cover it with a muslin cloth and lid and keep in sunlight for 4-5 days. Stir it once everyday.
- The drink is ready after five days. Keep it in refrigerator and serve it chilled with slices of carrots.



ABOUT *the* AUTHOR



WRITER, CONTENT DEVELOPER, foodie, an irrepressible itinerant, Puneetinder Kaur Sidhu writes on a wide variety of topics, is a regular contributor and columnist on travel, food and literature apart from authoring the Times Food & Nightlife Guide and helming the Times Food & Nightlife Awards, Chandigarh. She has penned over a dozen travel guides and has authored a fun read *Adrift: A Junket Junkie in Europe* about her travels around the continent. She has authored two books published by Times Group Books – a driving guide called *Experience Punjab on the Road* and a comprehensive book on the Simhastha Kumbh. She blogs at Cutting

Loose (not as much as she'd like to) and is the co-founder of TCBG World, an initiative providing travel media solutions. Last year, she spearheaded the media and public relations engagement for the World Heritage Cuisine Summit, an international culinary event held in Amritsar. Sidhu believes her uncontainable ardour for the road stems from having spent her growing years between their farm in Patiala and schooling in Shimla. Her love for food she ascribes wholly to her robust genes, always standing her in good stead, especially during the interminably intense and appetising 'research' sessions a book of this nature mandates.

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Punjab, the land of five rivers, has always fascinated people – be it its food, its larger-than-life culture, its big, fat weddings, its happy, boisterous music, and much more.

Punjab – A Culinary Delight is a richly detailed book, chronicling the state's many regions and its various flavours – from robust, ghee-rich, farmhouse fare to health-conscious, grilled tandoori dishes. Food in Punjab is all about flavours, not only from exotic sauces but also full-blown Indian spices, desi ghee and butter. The food has left an indelible mark because of its distinct flavours and delectable presence in the homes of the diaspora, as well as renowned restaurants on foreign shores. Read this book to plan a trip to enjoy an astonishing array of flavourful dishes, and the vast variety of delectable and exotic vegetarian and non-vegetarian dishes that are prepared with varied traditional culinary styles.

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