



*From Bhagnari Kitchen*



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## *From Bhagnari Kitchen*

*Dedicated to all the elder members of our community  
who strive to keep our traditions alive from their kitchen*





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Priya Jham  
Shanti Batra  
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Ekta Mehta  
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Ekta Mehta  
Beena Gehi  
Anonymous  
Rajwanti Talreja  
Shanti Batra



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### Credits

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Madhvi Mehta  
Bhagwati Chhoda  
Bhagwati Chhoda  
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Bhagwati Chhoda  
Shanti Sapru  
Savitri Nasta  
Rajwanti Talreja

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## Forward from Shiri Lachu Gehi President, Shree Bhagnari Panchayat

A few months back, I was informed about the possibility of publishing a book containing cooking details of the most popular Bhagnari dishes. I am glad that this task has been successfully completed by Ramesh Poplay, ably supported by young Rishika Nasta.

The book will ensure that our youngsters don't forget our traditional dishes many of which are rarely cooked by Bhagnaris these days. This is one of the reasons why I am delighted that Rishika, one of our youngsters, took up the challenge of collecting the information about such dishes from our elders.

I would like to thank Ashish Gind, another Bhagnari youngster, who not only suggested the idea of the book, but also financed its publication and distribution. Thanks are also due to all those, who provided the cooking details of the dishes. I am pleased to say that my wife Beena Gehi has also contributed details of some of the dishes!!!

The book will be distributed to all Bhagnari families free of cost.

Long live Bhagnari unity and of course – Khati Dal !!!

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Dear Bhagnaris,

Welcome to our first endeavor to put together details of Bhagnari dishes in a book form.

The idea of the book was suggested by Ashish Gind, who recently stayed abroad on his own and had to manage without Bhagnari food. During his stay he felt that a cookery book containing details of Bhagnari dishes would have been handy at such times. He also felt that without documenting these dishes for posterity our community, especially the youngsters, may forget those dishes which are not cooked by us very often. He supported his suggestion by financing the publication and distribution of the book to all Bhagnari families.

Next step was to collect ideas, cooking details and the pictures of Bhagnari dishes. Rishika Nasta readily agreed to take up this task as a challenge and through her contacts and perseverance she managed to collect the required details.

During the course of this exercise many Bhagnari dishes were suggested to us, but we did not receive details of all of them. We would have loved to include them in this book, if their details were provided to us.

Though some of the dishes contained in this book are cooked by other communities also, we feel that we cook them a bit differently.

The dishes have been listed in alphabetical order rather by courses, i.e. starters, main course, sweet dishes, etc. Though we



are lovers of good cuisines and can adopt to all type of food, if need arises we can settle for 'khata, dabroti, seyun-gathiya' also!!

This book is an honest attempt at putting together Bhagnari cooking style and may lack professionalism. This is quite evident in the terminology used while listing the ingredients and the cooking method. For some of the dishes exact quantities have not been mentioned, but we Bhagnaris use quantities – 'andaaz te'!!! – don't we? Our primary objectives are two-fold a) to ensure that the reader is able to follow the contents and b) to preserve/promote our cooking style. We hope that we achieve these objectives with our humble efforts.

While collecting ideas for the book, we received suggestions to include home remedies also. While acknowledging and appreciating the thought, we regret that the same could not be arranged at this stage.

Ramesh Poplay

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## Aloo Tuk

### Ingredients

3-4 aloo (potatoes)  
1/4 tsp turmeric powder  
1/2 tsp red chilly powder  
1/2 tsp coriander powder  
1/2 tsp ambchur powder  
Oil



### Method

Peel the skin of the aloo. Wash them in running water and wipe them dry with a kitchen napkin. Cut them in slightly thick rounds. Put some salt in the chopped aloo. Toss them well and deep fry them in hot oil, till they are slightly cooked and tender. Remove them from oil. Slightly flatten them with the back of a spoon. Fry them again in hot oil till they are crisp and golden brown. Mix all the spice powders mentioned above with the aloo tuk. Mix well. You can increase or decrease the quantity of the spice powders as per your taste. Serve them hot with mint chutney or tomato sauce. They are good accompaniment or side dish with khati dal/Kadi chawal.

Credits: Priya Jham





## Ambein da khatta

### Ingredients

Kairi (1 kg)

Salt

Shikarpuri Masala  
(100 gms)

1 tbsp Rye oil

Sugar

1 tbsp Acetic Acid



### Method

Mix all the ingredients and preserve in a bharni for a few days.  
This achar can be used for over 2 years.

**Credits:** Shanti Batra



# Besan de tikiyen da teevar - Veg Aani

## Ingredients

Makes: 20 tikkis

Prep time: 25 mins;

Cooking time: 30 mins

For aani:

200 gms besan

(gram flour)

70 gms oil

1 onion (finely chopped)

2-3 green chillies (finely chopped)

Few sprigs of coriander (finely chopped)

1 tsp jeera

1/2 tsp haldi

1 tsp khus khus

Salt to taste

Water as required

Oil for deep-frying



## For gravy:

3 onions (finely chopped)

2 tomatoes

(finely chopped)

1 inch ginger (grated)

5 cloves of garlic (grated)

3 green chillies

(finely chopped)

1/2 tsp haldi





1 tbsp coriander powder  
½ tsp red chilli powder  
1 tsp garam masala powder  
1 tbsp kastoori methi  
Salt to taste  
300 ml water  
3-4 tbsp oil

## Method

To prepare aanis', in a bowl place besan, onions, green chillies, coriander, jeera, haldi, khus khus and salt. Mix well, slowly pouring in oil to form grainy dough. Add water to make smooth firm dough. Make 20 portions of aanis (shaped like small cutlets) with batter and keep aside to rest for 10 minutes. Deep fry aanis' and keep aside.

For the gravy, in a thick bottomed/ non-stick vessel add oil. Once heated, add onions and sauté till pink. Then add ginger, green chillies and garlic and stir. Add tomatoes and stir until they soften. Then add the dry spices; coriander powder, red chilli powder; garam masala powder; kastoori methi; salt and haldi and stir until oil leaves the sides on the vessel. To this add water and keep cooking on slow flame until the gravy thickens and comes together. Following which, puree the gravy using a hand held beater. Place the gravy back on heat and add the aanis and cook for another 5 minutes. Garnish with coriander leaves, serve hot with chappaties.

**Credits:** Ekta Mehta





# Bhee batate da tikyan

## Ingredients

(Makes 10 tikies.

Preparation time 40 minutes.

Cooking time 20 minutes)

For tikies:

8" Lotus-root (Bhee – sliced and boiled - 5 to 6 whistles in a pressure cooker and finely chopped)

1 large, 2 medium-sized potatoes (boiled - 3 whistles in a pressure cooker and finely chopped)

1 onion (finely chopped)

2 green chilies (finely chopped)

1" ginger (grated)

1 tsp garam masala powder

1 tsp mango powder (ambchur)

Salt to taste

Few sprigs of coriander leaves (finely chopped)

For batter:

1 cup gram flour (besan)

## Method

In a bowl place lotus root, potato, onion, green chili, and ginger. Mix well along with salt, dry spices and coriander. Give it a stir and divide the tiki mix into ten equal balls. Keep aside to rest.

In a separate bowl add the gram flour, water, oil, salt and chili powder. Stir to achieve medium consistency.

Heat oil in a kadai, dip the tiki balls in the batter, half-fry them. Once cooled, flatten the half ready tikis and re-fry them. Serve hot with coriander chutney.



Credits: Ekta Mehta



## Bori roti

### Ingredients

Wheat flour 1.5 cups  
Pinch of salt  
2 tablespoons oil  
(or ghee)  
3-4 spoons sugar



### Method

Mix wheat flour, pinch of salt and oil and make a dough. Divide the dough into portions and make into balls. Take each ball and roll it with a rolling pin. It should be thick like a paratha.

Cook it on a tava. Pour little oil while tossing and cook it on a medium flame till small brown patches appear on both the surfaces of the roti.

While the roti is still hot, crush it in some large bowl till coarse mixture is obtained.

Now add sugar and temper it with a spoon of oil or ghee. Serve it hot with papad.





# Daage wale karele

## Ingredients

1/2 kg karela, 1/2 kg onion  
6/8 cloves of garlic  
1 cup coriander  
Few methi leaves  
2 green chillies  
Small piece of ginger  
1 tbsp coriander powder  
1/2 tsp red chilli powder  
1/4 tsp turmeric  
1 tbsp salt, 1/2 litre curd, Oil



## Method

Peel the karelas and slit across the center. Remove the seeds which are soft and add to the masala while grinding. Add around 2 tbsp of salt and keep it aside for 3 to 4 hours. Wash the karelas and squeeze out the excess water and shallow fry till light brown. Prepare the masala for frying by grinding the onions, garlic, coriander, ginger and methi leaves together.

In a tavi add oil and heat it. When the oil becomes little warm add the masala (prepared earlier) and all the dry masalas along with salt. Cook the masala on medium heat and cover till oil separates. Close the gas and let the masala cool. When the masala cools, add it in the karelas through their slitted openings.

Tie the stuffed karelas with a cotton thread to seal the masala inside and place them side by side in a wide frying pan with little oil.

If there is extra masala put it on top of the karelas.

Spread curd on top of the karelas while cooking them on low flame.

Cook for 45 mins.



Credits: Shraddha Gehi



# Dahi Balle

## Ingredients

250 gms urad dal  
1 tbsp yellow moong dal  
Salt  
1 tsp Jeera  
2 green chillies  
Small piece of ginger  
Oil  
1/2 liter milk  
2 tbsp sugar  
1/2 tsp red chilly powder  
1/2 tsp jeera powder  
1/2 tsp chat masala  
Coriander leaves



## Method

Soak the urad dal and moong dal together overnight. Remove the excess water from the soaked dal and add salt, jeera, green chillies, ginger and grind till it becomes like a paste. Beat the batter well for soft dahi balle. Heat oil and fry the ballas till they are golden. Beat curd with sugar and salt. Soak the fried ballas in water for half an hour. Squeeze the water out of the wadas and add to the beaten curd. Garnish with red chilli powder, jeera powder, chat masala and green coriander leaves.

**Credits:** Shraddha Gehi





## Dal De Kabab

### Ingredients

100 gms moong dal  
Bread  
Coriander  
3 green chillies  
Dhaniya Powder  
Chilly Powder  
Turmeric Powder  
Salt



### Method

Boil the dal. Take 5/6 slices of bread and break into small pieces. Add the finely chopped coriander along with the green chillies (chopped) in the dal. Add dhaniya powder, chilly powder, turmeric powder and salt. Mix the ingredients and roll into long kababs. Deep fry the kababs on high flame. Serve hot with any chutney or ketchup. Tastes best with khatti meethi chutney.

Credits: Shanti Batra

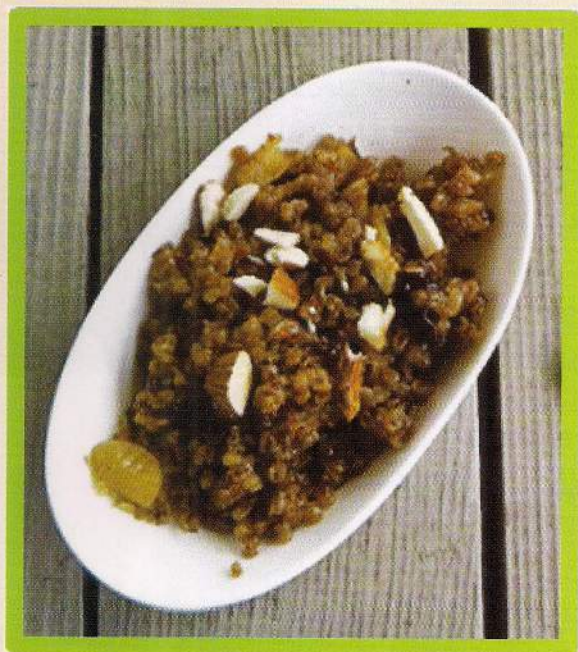




## Dale da seera

### Ingredients

1 cup daliya  
2.5 cup water  
1.5 cup sugar  
Ghee - andaaze te  
1 Elachi  
Almonds –  
finely chopped  
Kishmish



### Method

Take a cooker. Bhunofy daliya in ghee till it becomes dark brown. Add water and elachi and let it cook for 2 whistles and keep it on low flame. Open cooker and see if it has cooked or else let it cook for one more whistle. Add sugar, mix it well and let it cook. Do not keep lid on cooker. Sprinkle almonds and kishmish over the seera. Serve hot.

**Credits:** Kanika Dudeja

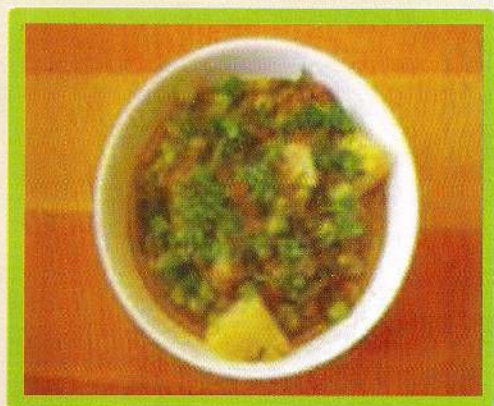




# Das Teevar

## Ingredients

250 gms green peas  
1 big size potato  
2 medium sized onions -  
chopped  
1 tsp each garlic,  
ginger and  
green chillies paste  
200 gms tomatoes - grated  
1 tbsp coriander powder  
1/2 tsp red chilly powder  
1/4 tsp turmeric powder  
1/4 tsp garam masala  
1 tsp kasturi methi - finely chopped  
Salt to taste



## Method

Boil the green peas in a pressure cooker for 1 whistle and keep it aside. In a degri, pour 3 tbsp oil and add in the chopped onions and fry till brown, but not very dark. Add garlic, ginger and chilly paste and fry for a minute. Add 200 ml water and the water of the boiled green peas. Add potatoes (cut into cubes) and let it cook till they are 3/4<sup>th</sup> done. Add the green peas, put in all the dry masalas and bhunao the dish for at least 15/20 mins. Add the grated tomatoes and cook for another 10 mins. Sprinkle the garam masala on top. Serve with rice or chappaties.

Credits: Priya Jham





# Degre Da Saag

## Ingredients

- 3 tbsps Chana Daal - washed and soaked in warm water for 2 hours
- 2 gathies spinach - roots cut off, washed and chopped
- 2 large tomatoes - chopped fine
- 1 handful fenugreek leaves
- 1 large potato cut into 1" cubes
- 1 large onion cut into 1" cubes
- 1 cup chopped eggplant - 1" cubes
- 8-10 French beans - tops and tails cut off and strings removed, 1 carrot cut into 1" thick circles
- 1 cup chopped sooran - 1" cubes
- ½ tsp turmeric powder, 1 tsp coriander powder
- 1" piece ginger - grated
- 3 tbsps vegetable or canola or sunflower cooking oil
- 5 cloves garlic, ½ tsp cumin seeds
- 2 finely chopped green chillies, Salt to taste

## Method

Mix chana daal, all the vegetables, coriander powder, turmeric powder and ginger in a deep pan or pressure cooker. Add ½ cup water and cook till the daal is done - fully mashed. At this stage, there should not be too much water in the Bhaaji. If there is some, then dry it up by cooking some more. Remove from the flame and add salt to taste. Stir well. Heat the oil in a small pan on medium heat. When hot, add garlic, cumin seeds and green chillies to it. Fry till spluttering stops and then add this mixture to the cooked vegetables. Stir to blend.





## Gur da lola

### Ingredients

1 teaspoon  
elaichi powder mixed  
with 1 cup gur  
(finely chopped in  
pieces)  
1 cup wheat flour  
1 tbsp oil  
2 tbsp desi ghee  
1/2 teaspoon salt



### Method

Knead the dough with half teaspoon salt and 1 tablespoon oil. After the dough is made, rest it for 10 minutes. Divide the dough into 5 equal portions. Roll the dough in the form of a circular roti.

Put 1 tbsp gur in half part of the circular dough roti and fold it.

Stick the ends, forming a semi-circle of the dough, ensuring that the gur filling stays in the dough.

Sprinkle ghee on a hot pan and keep the semi-circular dough roti on the pan. Flip the dough over after one side of the dough turns golden brown. Sprinkle half a teaspoon of ghee on the pan while flipping it.

Make sure that the other side of the roti also turns golden brown.

The gur da lola is now ready. Insert a small hole in the middle of the gur da lola and fill it with a pinch of ghee. Serve it piping hot on a plate.



Credits: Madhavi Mehta



## Guvar da teevar

### Ingredients

Guvar  
Onion  
Dhaniya powder  
Haldi  
Oil  
Salt  
Ginger  
Garlic  
Kotmeer  
Ambchur



### Method

Put oil in cooker with garlic, ginger, onions (small cuts), haldi, salt, dhaniya powder. Bunao all these items. Add guvar and bunao a little. Add little water.

Close the cooker and keep it to let out 2 or 3 whistles. Open the cooker. Add kotmeer and ambchur. Mix the full teevar well. Keep on low flame for a short while. Serve hot with fresh chappaties.





# Jawar da doda

## Ingredients

1 cup jawar aata  
1 green chilli  
 $\frac{1}{4}$  onion  
Little ginger  
1 Table-spoon curd  
Pinch of salt



## Method

Take jawar atta and add salt, curd, chopped chilli and chopped onion to it. Make dough. Add little water if necessary. Heat the tava. Roll out the dough on a plastic sheet. Then put it on a tava and roast it adding little oil.

The dough should not be kept for a long time before roasting because it becomes watery and difficult to roll and could break during roasting. So try and roast the dodas within  $\frac{1}{2}$  hour or so after making the dough. The dough can also be rolled on a cloth. The above mentioned measures are for 1 roti. Jawar is excellent for diabetic persons as it does not contain gluten.

Credits: Beena Gehi

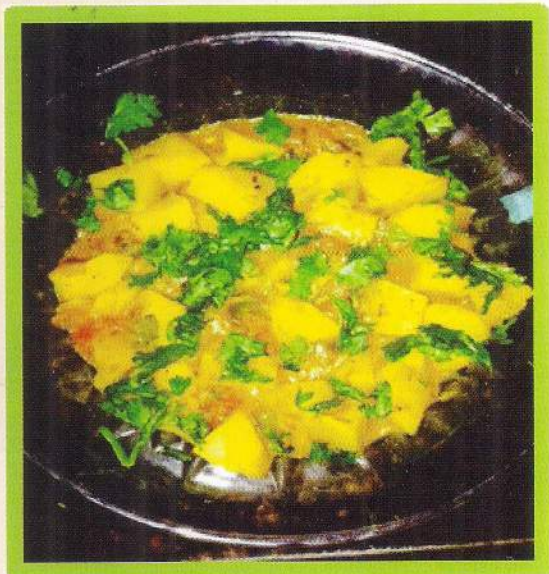




## Jeera Aloo Bhaji

### Ingredients

3 big Potatoes  
4 medium Tomatoes -  
grated  
1 tea spoon Jeera  
1 stick Kadi leaves  
2 Green chillies  
Haldi (small pinch)  
Asafetida (one pinch)  
Coriander  
(finely chopped)



### Method

Peel the potatoes and dice them. Keep them in water. Take a cooker, add oil, and Kadi leaves, green chillies, jeera, and asafetida. Add the chopped potatoes and stir for 2 minutes. Add grated tomatoes and salt as per taste. Add haldi and keep it to cook for one whistle. Add coriander for garnishing. Add water if required (depends on the thickness of gravy required)

**Credits:** Kanika Dudeja





# Khati Dal

## Ingredients

Khati dal masala

## Ingredients

100 gm dhaniya powder

100 gm jeera

100 gm kashmiri mirchi

50 gm hulba

150gm oil



## Method

Clean all the ingredients and keep them separately. On slow fire fry dhaniya powder. Remove and keep aside. Fry jeera on slow fire. Remove and keep aside. Fry hulba and keep aside. In the end add kashmiri mirchi as they soak up all the oil. Let all ingredients cool down completely. Once they have cooled completely, grind them in a mixture without any water and adding oil if required.

This masala can be stored for 6 months.





## Khati dal

### Ingredients

250 gms tuar dal

1 stick Kadi leaves

Coriander finely chopped

1 Drumstick cut into 3 pieces

15 guvars (with head and tail cut)

2 Brinjals (cut into half length-wise)

1 Potato (cut into half length-wise)

Salt (as per taste)

Tamarind (soaked in water as per taste)

### Method

Pressure cook the tuar dal with 2 cups of water for 3 whistles.

Open cooker and blend dal and water well.

Add 2 table-spoons of khati dal masala.

Blend it well.

Add vegetables, water, salt, Kadi leaves and chopped coriander and cook till vegetables are cooked.

In the end add tamarind water.

Add water as per requirement.

Boil well.

Serve hot with white rice or chappaties.

**Credits:** Kanika Dudeja

(This dish is cooked by Bhagnaris only. There are several variants cooked by other communities, but none are entirely similar)





# Khirni

## Ingredients

- 2 liters Milk
- 3 tbsp Vermicelli  
(Seviyan - broken)
- 2 Cups Sugar
- 15-20 Strands of  
Saffron  
(Soaked in milk  
for few minutes)
- 1 tbsp Desi Ghee for  
frying seviyan
- 1/2 Cup Almonds and Pistachios  
(Soaked in hot water and peeled and sliced)
- 5-6 Cardamoms (peeled)
- 1-Cup Water



## Method

Heat ghee in a pan and fry seviyan in 1 tblsp ghee till golden brown. Keep it aside. Boil milk in a wok or kadai. Add fried seviyan, cardamom and soaked saffron in it. Boil again till seviyan become soft and milk is reduced to half its quantity. Add sugar and keep stirring till it is dissolved. Mix in the nuts. Serve hot.





# Koki

## Ingredients

2 cups Wheat flour  
2 medium Onions –  
finely chopped  
2 Green chillies  
(quantity could be  
altered as per spice  
level requirements)  
Coriander –  
finely chopped  
Salt (as per taste)  
Red chilli powder ( $\frac{1}{2}$  tea-spoon)  
Pomegranate seeds ( $\frac{1}{2}$  tea-spoon)  
Ghee or oil  
Curd



## Method

Make the dough with all the ingredients in ghee or oil. Make round rolls slightly thicker than roti, roll them and cook on slow gas. Serve hot with pickle or papad.

**Credits:** Kanika Dudeja





# Maakhni Dal

**Credits:** Saanya Hingoo

In Saanya's words: When mum made makhani dal and poori I thought her hands were magical. It was one of my favorite dishes as a child and still is. Now my little fellow Aaditya thinks my hands are magical when I make it for him. This dal is so simple to make and yet very delicious. It goes very well with poori. I'm sure you guys will love it too. So here is mum's very special recipe for you all.

Mum's hands still "have-magic-in-them!!!"

## **Ingredients**

1 cup yellow moong dal

2-3 green chillies  
(depending on how  
spicy you like your  
lentil to be).

1 big piece of grated  
ginger.

1/4 tspn turmeric  
powder

Salt as per taste.

1/2 tspn oil or ghee (clarified butter)

## **Other Spices**

1 tspn coriander powder, 1 tspn dry mango powder

1/2 tspn red chilly powder

## **Method**

Wash the lentil well and soak in water for an hour or at least half an hour.

Boil it on a medium flame. The lentil should be completely submerged in water as you can see.

Add green chillies - either slit/chopped or full.





Add grated ginger.

Add salt. And turmeric powder.

As the lentil boils on medium flame there will be some froth forming on the surface.

Remove the froth and discard it. Stir the lentil well. Once the dal comes to a boil lower the flame and let it cook.

Stir the lentil occasionally during the boiling process to make sure lentil is not sticking to the bottom. In about 10-12 minutes the lentil will increase in its volume and the water content will reduce.

Add some more water - about 1/2 cup. Stir well and boil further till the lentil becomes soft.

Once the lentil has become soft blend it to form a smooth puree. The lentil should have a creamy thick consistency (not too thick though).

Dal is ready.

Before serving, sprinkle mix of coriander powder generously on the dal spreading it evenly on top.

Sprinkle red chilly powder depending on how spicy you want to make it. Some red chilly powders have a good color and are not that spicy so you can use more of the powder. It looks nice and is not too spicy either. Otherwise be careful not to add too much since we have already added green chillies in the lentil.

Add dry mango powder again generously and spread evenly on top of the lentil.

If you find it easier use your hand to sprinkle the spices evenly. Once you have added the spices on the lentil, heat oil or ghee in a small container.

Once the oil or ghee becomes hot, pour it over the lentil. The spices will sizzle when you pour the hot oil on top.

Serve hot with pooris.





# Malpura

## Ingredients

(Makes 12 small  
Malpuras. Preparation  
time 10 minutes.  
Cooking time 45 minutes)  
100 ml milk  
75 gms sugar  
75 gms wheat flour  
Pinch of saffron, 8-10 whole peppercorns  
1/4 tsp cardamom powder (small elaichi)  
Pinch of yellow food color (optional)  
Oil for frying  
Silvered or chopped nuts (for garnish)  
Edible silver foil (for garnish)



## Method

Put milk in a thick bottomed pan. Add sugar and keep to boil. Add saffron or yellow food color. Add cardamom powder and stir it until sugar dissolves. Take it off the heat and keep to cool. Once the milk mixture has cooled stir in the wheat flour and peppercorns slowly until it is perfectly blended and keep to rest for half an hour.

Then add cooking oil to the frying pan using a small ladle. Pour the Malpura mixture and cook on medium heat. Once the side facing the pan turns pink, flip over and continue cooking. Remove the cooked Malpuras and place on kitchen towels to drain excess oil. Repeat this procedure until the batter is finished. Garnish them with silvered nuts and silver foil. Serve hot.



Credits: Ekta Mehta



# Methli

## Ingredients

1 small katori moong dal (without chilka)  
(washed and soaked for an hour)  
2 small katoris methi leaves washed and finely chopped  
2 tomatoes washed and finely chopped  
1" ginger peeled and finely chopped  
10/12 garlic cloves peeled and finely chopped  
3/4 chillies finely chopped  
1/8 teaspoon hing, 1/2 teaspoon turmeric powder  
Salt to taste, 2 tablespoons oil for tampering  
4 katoris water



## Method

Take heavy bottomed pan. Put oil in it and heat. When the oil becomes hot, add hing, garlic, chillies and ginger. Sauté for a minute and add methi leaves. Sauté for 2 minutes and add moong dal in it. Add 1 katori water and let it cook for 5 minutes. After dal becomes soft, mash the dish with mandhira. Add tomatoes and cook for 5 more minutes. Add 3 katoris water, salt and turmeric powder. Reduce the flame and cook till dal is properly cooked.

Serve hot with kichdi or chapaties or you can add phudhina chattney in Methli, add sev gathiya on it and eat just like that.

**Credits:** Shanti Sapru / Madhvi Mehta





# Mohan Thaal

## Ingredients

flour  
½ teaspoon ghee,  
to grease the thali  
50 g ghee  
150 g sugar  
150 ml water  
5 g khas-khas  
1 cup milk



## Method

Heat the larger quantity of ghee in a pan on medium flame. When it melts, stir in the gram flour. Roast it till it turns chocolate brown in colour. Stir in milk. In a pot on the side prepare the sugar-water syrup till it has consistency. To prepare the syrup, heat water in the pot. Then add sugar and keep stirring till it is consistent and very thick. Add this sugar-water syrup to the gram flour mixture and mix it well. Cook until the sugar mixture has blended well in the gram flour mixture and becomes thick. Pour the entire mixture on the greased thali. While it is still hot, sprinkle khas-khas and dry fruits over the sweet. Let it cool completely and set well.

**Credits:** Bhagwati (Pado) Chhoda





## Mutton (Bhajji)

*History:* This was a must-cook dish on Sundays in sixties when we came to Kataria Colony. Popularly called – Bhaaji, its consumption in the recent times has reduced considerably. To know whether one was a veg or a non-veg, Bhagnaris used to ask 'bhajji machi khaunda haeen?' The mutton pieces mainly comprised of the ribs and were known as 'chaappan'.

### Ingredients

(Preparation time  
20 minutes. Cooking  
time 45 minutes)

1/2 kg mutton

(pieces and chops)

3 medium sized onions  
(finely chopped)

2 medium sized tomatoes (pureed)

1 1/2 inch ginger (grated)

2 green chilies (finely chopped)

7-8 cloves garlic, 1 small cup curd (whipped)

1 tblsp kasturi methi

Garam masala (2 green cardamoms, 4-5 black peppercorns, 4 cloves, 1 bay leaf, 1 inch cinnamon)

5 tblsp oil for cooking, 1 tblsp salt

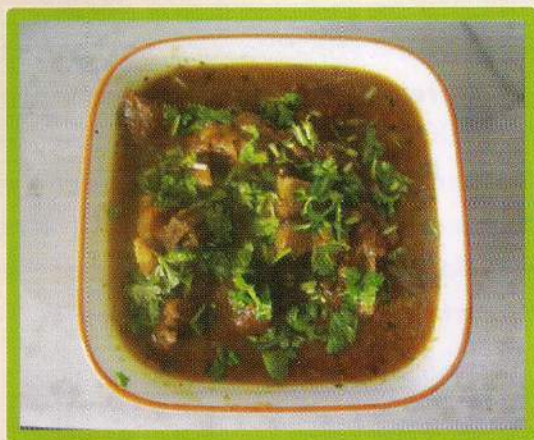
1/2 tsp turmeric powder (haldi)

2 tblsp ground coriander powder

1 tsp red chili powder

1/2 tsp garam masala powder (for garnish)

Few sprigs of coriander (chopped - for garnish)





## Method

Wash mutton thoroughly. Remove any excess fat and keep aside. In a cooker put oil. Once heated add the whole garam masala. Allow it to splutter and then add onions to it and sauté until it turns pink. Add ginger and green chilies. Give it a good stir. After a couple of minutes add garlic, stir and then add the mutton, stir, salt and turmeric and sauté until oil leaves the side of the pot. Then add coriander powder and red chili powder and stir. Add curd and kasturi methi and sauté until oil separates. Add tomato puree. Stir some more until it leaves oil. Add 200 ml warm water and cover the cooker. Allow it to cook further until 5 whistles on medium fire. Allow it to simmer for the next 10 minutes. Take it off the heat. Garnish with garam masala powder and coriander leaves. Serve hot with chapattis.

**Credits:** Ekta Mehta





# Payas

## Ingredients

6 payas  
2 medium sized onions  
4 green chillies  
1 ginger  
1.5 pod garlic  
1.5 teaspoon dhania powder  
3 teaspoons garam masala  
Salt to taste  
4 medium sized tomatoes, Lime to taste, 2 tablespoons rice  
8 lavangs, 1/2 dal-chini, 2 bay leaves, Kotmeer, Oil



## Method

Wash the payas thoroughly. Put in a cooker. Add sufficient water. Take a small clean handkerchief. Keep rice in it. Add the rice and dry garam masala. Make a small potly and add to the paya. Cook in the cooker till the payas are soft. It can take around 15-20 minutes after the first whistle. Reduce the flame.

Now chop onions, chillies, ginger and garlic. Take a pan and add about 2 tablespoons oil in it. Add chopped onions, garlic, ginger and chillies and salt. Let it cook on a slow flame. When this paste is cooked and is soft, increase the flame and make it golden in colour. Now chop the tomatoes and add them to this mixture. When it is nicely cooked add dry masalas. Add the cooked payas and stir and boil. Strain the water in which payas are cooked. Throw away the potly of rice. If water is less add water and boil for 10 minutes. Add garam masala and kotmeer. Serve piping hot. Add lime juice according to taste.

**Credits:** Beena Gehi





# Sanne Pakode

## Ingredients

250 gms Gram flour  
(Besan)  
200 gms Onions  
(chopped)  
3-4 Green chillies  
(chopped)  
1 tsp Pomegranate  
Seeds (crushed)  
1 tsp Red Chilly  
powder  
Fresh Coriander  
Jeera (optional)  
Salt to taste  
Oil



## Method

Mix all the cut vegetables, gram flour along with spices. Add adequate amount of water to make a thick batter. Drop small amounts of the batter in hot oil and fry on low flame. Drain the oil from the pakodas. Fry them again till they get crispy. Serve hot with your choice of chutney or ketchup.





# Seyal bhindiyan / Machi / Meeal / Batate

## Ingredients

Bhindis or Machi  
(generally pomfret)  
or Meeal or Batate  
Garlic  $\frac{1}{4}$  kg  
(8/10 pieces)  
Geela dhaniya  
Suka dhaniya  
Onion (thin pieces)  
Green chillies  
Salt to taste, Brown Imbli  
Oil



## Method

Take some brown imbli and keep it in water for some time.  
Grate all the above items (except bhindis or machi or meel or batate) in a mixer (not fully). This mixture will form the basis of your seyal masala.

Bunao the seyal masala mix in a pan with little oil.

While bunaoing, add red chillies and suka dhaniya.

Add bhindis or machi or meel or batate and continue to mix and bunao.

Add little water (if you plan to eat this dish with miss (rice with lentils), then add a little more water).

Once the ingredients have been cooked, add imbli water.

Keep on slow fire.

**Credits:** Rajwanti Talreja

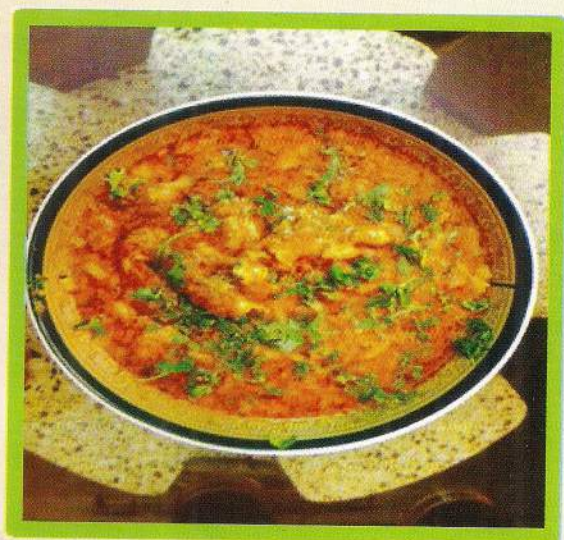




# Seyal Roti

## Ingredients

1½ garlic  
1 big onion  
Coriander  
2 Green Chillies  
Dhaniya powder  
Chilly Powder  
Turmeric powder  
Salt  
Brown imbli  
4 small Chapatis



## Method

Keep brown imbli in water for some time.

First, to make the seyal masala, mix all the ingredients except the chapattis in a mixer until it becomes a thick paste. Put a little oil in a kadai or a pan and put the thick paste (seyal masala) along with ½ glass water and chapattis. Put the imbli ka pani and cook until semi dry. For garnishing, add finely chopped coriander and serve hot.

**Credits:** Shanti Batra





# Seyun di Barfi

## Ingredients

1/4 kg mawa  
1/4 kg fika sev  
200 gms sugar  
250 ml milk  
Thali – greased  
with ghee



## Method

Boil the milk (2 or 3 boils). Add sugar. Boil till the sugar melts (8 to 10 good boils). Then add mawa and keep stirring till it thickens like rabdi. Switch off the gas and add fika sev. Spread the mixture on the thali greased with ghee.

Tip: Add elaichi powder and kesar to the milk. For garnishing use finely sliced pista or badam.

Credits: Raksha Kataria





# Seyun Pakore di Kadi

## Ingredients

For Pakodas:

- 1 katori chana dal aata (besan)
- 1 onion (finely chopped)
- 1 pinch baking soda
- 2/3 green chillies (finely chopped)
- 1 pinch red chilly powder
- 1 tablespoon green coriander (finely chopped)
- 1 tablespoon hot oil to mix in batter



Salt to taste, Oil for frying, Water for batter

For Kadi:

- 1 katori seyun, 1 tablespoon wheat atta
- 1 green chilly (finely chopped), 1" ginger (adhrak), Water
- 1/2 teaspoon haldi, 1/2 teaspoon ambchur

## Method

Take besan, onions, green chillies, red chillies powder, green coriander, oil and pinch of soda and make thick batter.

Deep fry the pakoras and keep them aside.

In a supri add little oil and heat it. Take wheat atta, green chillies and adhrak and bunav until light brown. Add water and let the mix boil. Add salt and haldi after one boil. Just before you are ready to eat, add fried pakoras, boil and simmer for 2 to 5 minutes until soft and edible. Then add seyun and put off the flame. Don't boil the seyun with it or else they will become too soggy. Add ambchur before serving.

Serve hot with ghee-wala chappaties.



Credits: Shanti Sapru / Madhvi Mehta



# Shaadi da Khatta

## Ingredients

For 1 kg achar:

Red carrots

White onions

Cauliflower

25 gms rye (yellow)

25 gms red chilly powder

1 tsp haldi powder

1/2 tsp hing

2 tbsp rye ka tel

1 tbsp acetic acid

1 tbsp sugar (optional)

Salt



## Method

Mix all the ingredients and keep in a container for a day to marinate. This is one of the prime dishes for any Bhagnari pre-wedding lunch and considered a 'sugun'.

**Credits:** Bhagwati (Pado) Chhoda





# Singhy Tamate

## Ingredients

- 2 singhys
- 1 green chilly (chopped)
- 1/4 kg tomato (chopped)
- 1 big onion (chopped)
- 1 tsp red chilly powder
- 2 tsp dhaniya powder
- 1 tsp haldi powder
- Salt to taste
- Oil



## Method

Cut and boil the singhys. Chop the onion and stir-fry with salt till golden. Add the chopped chilly to the onion. Add to this, the boiled singhys with red chilly powder, dhaniya powder and haldi powder. Add chopped tomatoes and cover the dish. Keep on low flame. Cook for 5 minutes and serve hot.

**Credits:** Bhagwati (Pado) Chhoda





# Soli

## Ingredients

1 Katori sugar  
1/2 katori hot milk  
2 Katoris atta  
1 Arga ghee  
Elachi powder  
Half crushed/peeled  
pista/badam  
Khus-khus



## Method

Mix atta with ghee. Add sugar syrup. Add khas-khas, elachi powder and half crushed pista/badam

After kneading the above, make the atta like koki looking and in consistency. Flatten it with velan and cut them into triangle shape. Deep fry the pieces. They are ready to eat immediately, though they can be preserved for several days. Soli is a must item for Thadri.

**Credits:** Shanti Sapru





# Swanjra

## Ingredients

Swanjra  
(Singhy flowers  
(Drumstick tree's  
flowers)  
2 Onions  
(thinly chopped)  
2 Tomatoes (diced)  
4 Green Chillies  
(thinly chopped)  
Ginger  
1 tsp of Red chilly  
1 tsp Turmeric powder  
1 tsp Suka dhania, 1 tsp Garam masala  
Gheela dhania  
Salt to taste  
Curd, 1 tablespoon oil



## Method

Heat oil. Add onions. Make them pinkish. Add ginger and green chillies. Mix for some time and then add 1 cup water. Once onion is cooked, add swanjra. Mix well. Add curd. When curd water is taken up, then add finely cut tomatoes, haldi, suka dhania, little gheela dhania and bunao well. Add garam masala and keep on very low fire for a few minutes. Garnish with gheela dhania and serve hot with freshly made fulkas.



Credits: Rajwanti Talreja



# Taadi

## Ingredients

1 kg rice  
1 kg sugar  
Elaichi powder  
Ghee  
Badam  
Black kishmish  
Sliced coconut  
Kesar  
Salt  
Yellow food color



## Method

While preparing the rice put some yellow color, salt (half of what is normally put for making steamed rice). Cook the rice and once made, add sugar and mix. Add elaichi powder. Take a tablespoonful of ghee and put it on the rice like tadka. Garnish with badam, black kishmish, sliced coconut and kesar.

**Credits:** Bhagwati (Pado) Chhoda





# Talyal Bhindyan

## Ingredients

500 gms bhindies  
Oil to fry  
1/2 tbsp coriander powder  
1 tsp red chilly powder  
1/2 tsp ambchur powder  
Salt to taste  
1/4 tsp haldi



## Method

Cut the bhindies into medium size pieces. In a kadhai take oil, add bhindies and let them fry. Do not stir them. When the bhindies are fried, drain out the excess oil and add the dry masalas. Toss it and serve hot.

**Credits:** Priya Jham





# Talyal Kachaloo

## Ingredients

Kachaloos  
Red chilly powder  
Dhanya powder  
Ambchur  
Salt or Chaat masala

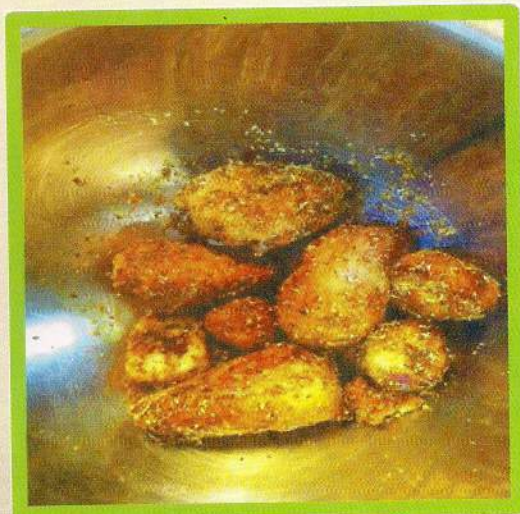
## Method

Soak Kachaloos in water and wash them well to remove all the soil from its surface.

You can now either boil them till they are soft but not very mushy or pressure cook. If you pressure cook then just 1 whistle is good. Let it cool. Open the pressure cooker and peel off the skin.

Now keep all the Kachaloos in a bowl and sprinkle salt and mix well with hands. Instead of salt you can also use chaat masala for a more tangy taste. After the salt or chaat masala (which ever you have used) has mixed well with the Kachaloos, deep fry them in oil till golden brown and crispy. The reason you add salt/chaat masala before frying is because if these are added after you fry them, the salt will fall off and the Kachaloo will taste saltless. Hence remember to add salt/chaat masala before you fry them.

Take them out and keep on a paper towel/tissue. Once all the oil is soaked on the paper towel, add Red chilli powder, Dhanya powder and Amchur powder. Mix well and serve with green coriander chutney. They can be eaten plain as well. If you prefer, you can cut the Kachaloo into circular discs and then fry them.



**Credits:** Sanya Hingoo





# Tavi da saag

## Ingredients

1 piece garlic  
(approx. 25 gms)

4 green chillies

1 small brinjal

1 small dhooi

Palak (4 ghashies)

Fresh Methi –

small quantity

Sua – small quantity

(approx. 25 gms)

Khata bhaji – small quantity (approx. 25 gms)

Tomatoes – 100 gms, Oil – 1 table spoon, Salt – to taste



## Method

(Cook the dish on slow fire in a black tavi)

Make chillies and garlic a little brown in oil.

Peel off skin from brinjal and dhooi and cut into small pieces.

Wash them. Add brinjal and dhooi pieces after cleaning.

Don't squeeze out all water. Bunao brinjal and dhooi in garlic and chillies for a few minutes.

Add palak, sua and khata bhaji after cleaning them. Don't squeeze out all water.

After few minutes add tomatoes on top (peel off skin and cut each of them into 4 pieces before adding them).

Don't stir the tomatoes.

Cover and keep on low fire for about 1/2 hour to 45 minutes.

Squash the mix with aargaa or mandira.

Add salt to taste. Mix well.

Cover and keep on low fire for some time.

Eat with either fulkas or miss (khichdi with lentil)



Credits: Rajwanti Talreja



# Thadal

## Ingredients

100 gms

Thadal Masala

(available at

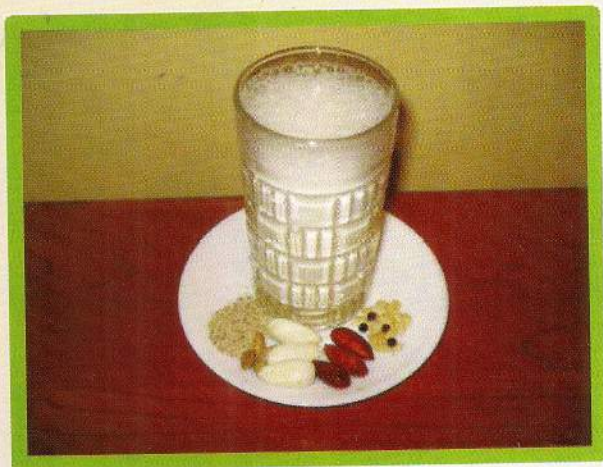
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Sindhi store)

1 kg Sugar

1 Lime

Kesri Colour



## Method

Boil together, like sherbet preparation. Thadal Masala and Sugar along with approximately  $\frac{1}{4}$  litre of water.

After it has boiled follow same procedure for making sherbet syrup. Add  $\frac{1}{4}$  to  $\frac{1}{2}$  lime juice when boiling. Cool and leave aside the syrup for 5-7 hours. Mix well with hand and try to extract as much juices as possible. Strain and add little water to the remaining residue and try to extract juices again and strain. Add little Kesari colour to the final syrup and mix well. Store it in bottle in refrigerator and use the Thadal syrup like Milkrose. Shake the bottle well every time when you use it, for consistency. Add the syrup to a glass of cold milk as required. Mix well and serve chilled.

Credits: Shanti Sapru





## Tuar di Phiki dal

### Ingredients

1/4 kg tuar dal  
3 green chillies -  
chopped  
25 gms imbli  
1 tbsp jeera  
1 tsp meethi dana  
3 pinch hing  
Kadi patta  
1/2 tsp turmeric powder  
Coriander  
Salt  
Oil



### Method

Clean the tuar dal and put in a cooker along with water. Add the green chillies after one whistle. Churn this with a mandira, add imbli water to this (imbli should be kept in water earlier). Add salt to taste, Kadi patta and coriander. For the wagaar (i.e. tadka), take jeera, meethi dana, hing and oil in a small pan and keep on a slight flame. Mix it with the ingredients in the cooker. After one boil, the dal is ready. Cook little more if dal is too watery. Serve hot.

**Credits:** Bhagwati (Pado) Chhoda

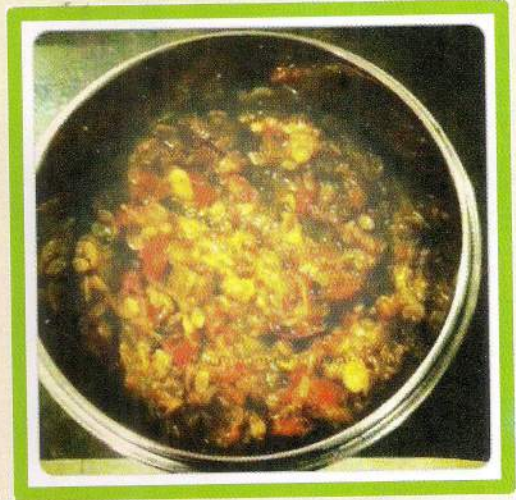




# Turiyan

## Ingredients

- 1/2 kg turies
- 3 medium onions
- 4 medium tomatoes
- 2 green chillies
- 1 small piece of ginger
- Salt
- Haldi powder
- 1 tsp Dhaniya powder
- 1 tsp mirchi powder



## Method

Chop the onions, tomatoes, turies, green chillies and ginger finely. In a pressure cooker, sauté the onion till brown with little oil. Add the chopped turies and keep stirring till the turies leave some water. Then add tomatoes, green chillies, ginger, salt, tumeric and dhaniya powders. Pressure cook for 3 whistles. Stir the gravy and sprinkle some red chilly powder on it and mix well. Serve hot. Tastes best with khichdi and dahi.

**Credits:** Kanika Dudeja

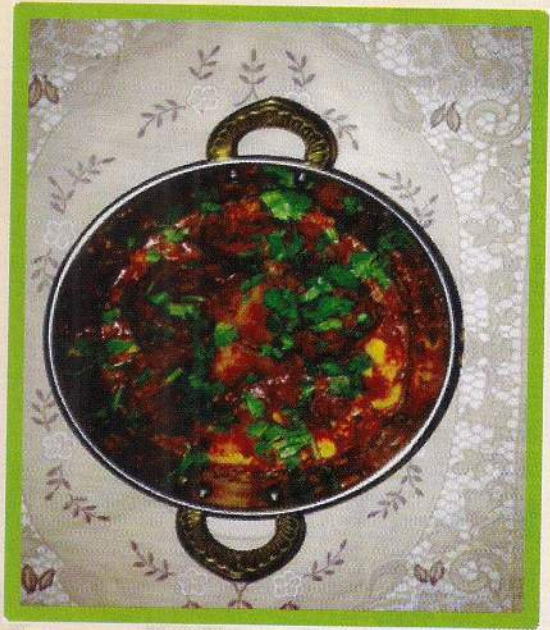




# Vadi Batate

## Ingredients

2 big onions  
1/2 kg tomatoes  
1 big potato  
Chilly powder  
Dhaniya powder  
Salt  
Ginger  
Green chilly  
6/8 Readymade wadies  
Garam Masala  
Coriander  
Phudina



## Method

Stir-fry the onions with ginger and chilly. Fry the wadies separately and add them to onion, ginger and chillies in a pan. Add salt in proportion to the quantity of the onions. Add the sukha masalas (chilly powder, dhaniya powder). Add coriander and phudina to the mixture. Add chopped tomatoes and cook till soft. Mix and remove from flame. Place in a dish and sprinkle some garam masala for flavoring. Garnish with coriander leaves and serve hot.

**Credits:** Bhagwati (Pado) Chhoda





# Vangan Batate da teevar

## Ingredients

$\frac{3}{4}$  Kg Alu cut in medium desired sizes

1 Medium sized palak bunch cut finely

1 Big bunch Khatta bhaji or two small bunches cut finely with stems included

1 Medium sized

Bhaigan cut into small cubes

2 Medium sized Bhaigans cut into total 8 long pieces with little stem attached, 3-4 Strands of Sua Bhaji cut finely

Small handful of methi leaves cut finely

5-6 or around  $\frac{1}{4}$  kg of tomatoes cut finely

150 gms Suran cut into medium desired pieces

4-5 green chillies (according to taste) cut finely

1 tsp Red chilly powder, 1 tbsp coriander powder

$\frac{1}{4}$  tsp haldi and salt to taste



## Method

Put little oil in pan, add Palak, Khatta bhaji, Suva, Methi, Green chillies, finely chopped Bhaigan and Tomatoes.

Stir-fry for approximately 2-3 mins on high heat. Simmer and cook until soft. Take a hand mandira and mash till you get a smooth consistency. Do not use electronic blender. Now add

Potatoes, Suran and Sukkha Masalas (red chilly powder, coriander power and haldi) and Salt. Stir-fry for 2-3 minutes.

Add Bhaigan (long pieces) in the end. Stir-fry for a minute again. Add 3-4 cups of water. Bring to a boil and simmer until done. Eat with puris or chappatis. Sanna pakoras is a good side dish with it. kheerni is best as a desert after this meal.

**Credits:** Shanti Sapru





## Vegar wali Kadi

### Ingredients

Small quantities  
of hulba

Jeera

Rae

Garlic

Hing

Kadi patta

Gheela dhaniya

Brinjal

Guar

Bheendiyan

Mooli

Potatoes

Singhys

Pusyal imbli

Besan - 2 tablespoon

Oil - 1 small spoon



### Method

Heat oil. Bunao half the besan in it. When it is little red, add hulba, garlic, hing, Kadi patta, geela dhaniya. Bunao all.

Separately wet the vegar items in water (brinjal, guvar, bheendiyan, mooli, potatoes, singhys).

Add vegar items and bunao again.

Add rest of besan (previously kept in a little water).

Keep on low fire.

Add pusyal imbli. Continue heating on low fire.

Add a little water if necessary.

Keep on a very low fire till you are ready to serve.



Credits: Savitri Nasta



# Wasal Karele

## Ingredients

Karele  
Salt to taste  
1 table spoon atta  
Oil  
Onions  
Haldi  
Gheela dhania  
Suka Masala  
(Suke dhane, Red chilly powder, Ambchur)

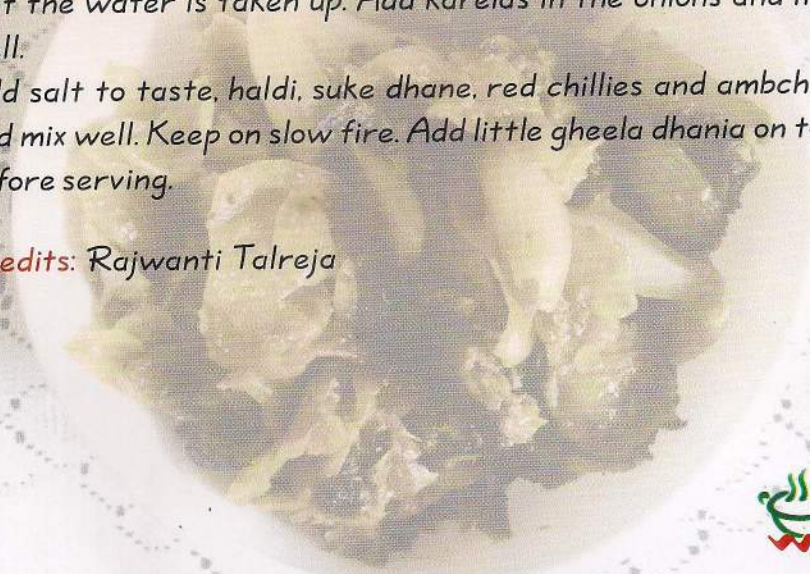


## Method

Wash Karelas, apply long cut on each from center, apply salt, sprinkle 1 table spoon atta on them and keep away for about an hour to remove the bitterness of karelas. Cut the karelas into round slices and fry them in hot oil. Bunao onions in oil in a degra till they are brownish/pinkish. Add water and mix till half the water is taken up. Add karelas in the onions and mix well.

Add salt to taste, haldi, suke dhane, red chillies and ambchur and mix well. Keep on slow fire. Add little gheela dhania on top before serving.

**Credits:** Rajwanti Talreja





....and the tradition continues



*From Bhagnari Kitchen*



*With Best Compliments  
from  
Ashish Jagdish Gind*



*Hong Kong*





## **WE BHAGNARIS**

### **SHREE BHAGNARI PANCHAYAT**

Bhagnaris originally lived in towns of Bhag and Nari, which are in Pakistan now. We migrated to India from Karachi after the partition in 1947. While majority of us settled in Mumbai, some migrated to other parts of India. After partition several Bhagnaris migrated to other parts of the world, mainly UAE, US and Canada.

While the history of the community is quite well documented by our elders, not much information is available about the origins of our culinary habits. The elders recall some of the dishes which are not cooked these days, but their cooking methods are not available. It is therefore important that we document at least those dishes that we still cook, before we forget them and they too become extinct and remain just names for our younger generations in the years to come.

Our culture has merged with several others and is losing its distinct identity. Our food is one of our cultural identifications. Aren't we all still proud of our signature dish – Khati Dal!! So let us try and preserve our culture and identity through our food.

Fortunately we still mainly cook our food at home, so let us put an effort to popularise Bhagnari cooking so that it is embraced by our youngsters – or else we will be swamped by other cuisines. This book is hopefully a beginning in the right direction.



(This book is meant for distribution amongst members of Bhagnari community only)