

## INDIAN CUISINE

### I. INTRODUCTION

#### A. WHAT'S HEALTHY ABOUT THE INDIAN DIET?

1. ABUNDANCE OF VEGETABLES
2. LEGUMES
3. SMALL AMOUNTS OF MEAT
4. SKILLFUL USE OF SPICES

#### B. INGREDIENTS

1. BASMATI RICE
2. CARDAMOM
3. CHAPATTI
4. CORIANDER
5. CUMIN
6. GARAM MASALA
7. MANGOS
8. MUSTARD OIL
9. TAMARIND
10. GHEE (CLARIFIED BUTTER)
11. COCONUT MILK

#### C. INFLUENCE OF RELIGION

1. NO BEEF OR PORK
2. VEGETARIANS

#### D. REGIONAL VARIATIONS

1. NORTH
  - A. TANDOORI STYLE COOKING
  - B. NAAN
  - C. BASMATI RICE
  - D. NAAN
2. SOUTH
  - A. LEGUMES – LENTILS AND CHICKPEAS
  - B. JASMINE RICE
3. EASTERN

- A. DARJEELING TEA
- B. 50 VARIETIES OF RICE
- C. COCONUTS AND BANANAS

4. WESTERN

- A. DAIRY INCLUDING YOGURT
- B. PICKLES
- C. BOMBAY DUCK

E. UTENSILS

- 1. KADHAI (INDIAN WOK)
- 2. SPICE GRINDER
- 3. MORTAR AND PESTLE
- 4. TANDOORI OVEN

F. MISCELLANEOUS

- 1. CHUTNEYS
- 2. RAITAS (YOGURT BASED SAUCES )
- 3. CURRY
- 4. SAMOSAS
- 5. PAKORAS

G. MEAL PATTERNS/COMPOSITION

H. SPECIAL OCCASIONS

II. PAKISTAN

- A. BIRIYANI
- B. CONNECTION TO INDIA