

FLAVORS OF HARYANA: A CULINARY JOURNEY THROUGH TRADITIONS



by Varish Agarwal

Testimonials

"This cookbook took me back to my roots. The recipes are authentic, easy to follow, and packed with flavors. My family couldn't stop praising the kadhi and bajra roti I made!"

Rajesh Yadav

"I had no idea how diverse Haryanvi cuisine was until I picked up this cookbook. The step-by-step instructions and cultural insights make it more than just a recipe book—it's a culinary journey."

Shery George

"This cookbook is not just about recipes—it's about heritage, culture, and storytelling. The insights into Haryanvi traditions and the little tips sprinkled throughout make it a gem"

Neha Verma

"I've always wanted to learn how to make quintessential Haryanvi dishes like Bajra roti and Sarso ka sag. This cookbook made it so simple! Highly recommend for anyone who loves Indian cuisine"

Pooja Arora

"When I was a child, making khichiya papad was a fun-filled summer activity where my granny invited neighbours to help us. After years, when I tried my hands on it, it turned out to be a family activity and we had a great time. Thanks to cookbook for reviving old memories"

Ravi Kapoor

"Every dish is masterfully curated, and let true Haryanvi culture stand out, taking me back to my hometown"

Sumesh Agarwal

"Amazing recipes, if you love Haryanvi food, this cookbook is the perfect guide"

Shyam Sunder

"Traditionally we are from Haryana but with urban lifestyle we had forgotten our traditional recipes. This book came as a reminder about our rich cultural heritage and we have decided to use more of bajra and other millets in our daily diet. Thanks to the cookbook!"

Amit Gupta

"I am a homemaker, traditionally from Haryana and love to cook a variety of food. All the recipes have accurate measurement of variety of Indian spices which enhances the flavour of every dish."

Anita Chopra

"The cookbook not only provides the recipe but takes us back in time on how each dish has evolved. It also provides the nutritional benefits of each dish. Loved it!"

Shivraman Krishnan Iyer

Foreword



This book comes straight from the ***"Land of Rotis"*** and the popular state of Haryana, which is also known as "Sports capital of India". India's food culture has evolved over the centuries and with every foreign invasion, it embraced newer material and technique to create its own distinct identity in the world. Haryanvi culinary represents the culture, tradition, and customs that bring immeasurable bliss, harmony and contentment to the people. Culinary habits of Haryanvi people do full justice to the proverb ***"Desa me desh Haryana, Jit doodh-dahi ka Khana"***.

In this recipe book, I have shared popular Haryanvi dishes, most of which are made every day with traditional ingredients and in a very extraordinary way. I got these recipes from chefs and my grandparents who are from Haryana and have been cooking these cuisines for decades. They taught me very patiently, so that I was able to capture these extraordinary recipes.

There is very little documentation and literature available on Haryanvi cuisine and this book is my small humble attempt to preserve its culture and traditions

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Bajra ki roti

HISTORIC & CULTURAL CONTEXT

India is the largest producer of bajra (pearl millet). India began growing bajra between 1500 and 1100 BCE. It is currently unknown how it made its way to India, but it likely arrived originally from across Africa, and via the Red Sea during Indus Valley Trade networks. Rajasthan is the highest-producing state in India.

Haryana, known as the "Land of Rotis," boasts a rich culinary tradition deeply rooted in its agricultural abundance. The state's cuisine showcases a variety of rotis made from locally sourced grains like wheat, bajra and gram flour.

In recent years, there's been a renewed interest in millets due to their nutritional benefits and environmental sustainability. Bajra is consumed in Haryana especially during the winter month as bajra is said to produce warmth in the body.

It is important to understand that the way Bajra is prepared, and what it is served with, varies from region to region. This is part of the rich tapestry of Indian food culture. Bajra roti is more than just a flatbread - it's a reflection of India's agricultural heritage and culinary traditions.

Ingredients

- Bajra flour – 400 gms
- Wheat flour – 1 cup
- Water
- Ghee
- Jaggery
- Salt

Materials

- Measuring cup
- Plate
- Frying pan
- Frying spoon
- Mixer
- Spoon
- Bowl

Nutrition

Nutritionally bajra is recognized for its health benefits, including its high fiber content and gluten-free nature. Bajra is a rich source of essential nutrients such as carbohydrates, proteins, fiber, vitamins, minerals. It is particularly valued for its high content of iron, calcium, magnesium, and potassium. Bajra has various health benefits. It controls diabetes, keeps the heart healthy, safe for people intolerant to gluten, weight control, polycystic ovary syndrome, improves digestion, natural detoxifier, increases lung power, fight heartburn, strengthens bones, improve eyesight, overcome fatigue, prevent hair loss and strengthens hair follicles.

Bajra roti is associated with rural life and traditional cooking practices. It's considered a wholesome and nutritious food, especially for those with dietary restrictions.

Cook Time
20 Minutes

Recipe

1. Make a dough with bajra flour using luke warm water.
2. Make small balls and start making rotis using hands.
3. Apply some water on the bajra balls to make the rotis soft. Then apply dry wheat flour and using hands make a circular rotis.
4. Now cook the roti on a pre heated pan on both sides. Then cook directly on flame.
5. Apply ghee on the rotis and serve the wholesome rotis along with jaggery.





CHURMA



HISTORIC & CULTURAL CONTEXT

Churma is a popular traditional dish of Haryana and Rajasthan.

This dish has a long history, dating back to the time of Bappa Rawal, who founded the Mewar kingdom in Rajasthan. Around that time, the Guhilot warrior tribe, who lived a nomadic lifestyle, created bati using unsalted wheat, ghee, and camel milk. They would bury balls of dough under sand to bake them in the sun, resulting in perfectly baked batis by the time they returned from battles.

Originally, bati was served with ghee and curd or buttermilk. Later, as civilization progressed, people started adding Churma (a sweet crumbled mixture) and Panchmael Dal (a lentil curry made from five types of lentils) to the meal. While some experts think that bati was initially paired with simpler accompaniments, the upper castes preferred the combination of Dal and Bati, possibly influenced by traders settling in Mewar or the culinary style of the Gupta period.

The addition of Churma to the meal is credited to the **House of Mewar**. Legend has it that it was discovered accidentally when a cook poured sugarcane juice into bati during wartime. Another story suggests that homemakers preserved batis in sugar or jaggery water to keep them fresh, which led to the creation of Churma. The history of Churma shows the creativity and cultural significance of Haryana.



Ingredients

- Wheat flour – 300 gms
- Semolina – 100 gms
- Besan – 50gms
- Desi ghee – ½ cup
- Sugar or jaggery – 1.5 cups

Materials

- Measuring cup
- Plate
- Frying pan
- Frying spoon
- Mixer
- Spoon
- Bowl

Nutrition

Churma is high in calories, primarily due to the ghee and sugar/jaggery. It's a good source of carbohydrates, providing energy. It contains a moderate amount of protein and some dietary fiber. It's rich in fats, particularly saturated fats. It also contains minerals such as Calcium, Iron, and Magnesium.

Churma is a healthy option for people who need high-calorie diets such as physically active individuals, athletes, growing kids, pregnant women, or new mothers.

Due to its high calorie and fat content, churma should be consumed in moderation, especially by those watching their weight or with cardiovascular concerns.

Recipe

1. Mix wheat flour, semolina, besan, ghee and mix very well. Keep adding little milk and knead the tough. The dough should be very tight, then make balls and shape it with your hands.
2. Deep fry the balls in desi ghee at slow flame until it turns golden brown. The balls should become crispy and will take approx. 15 minutes to fry.
3. After five minutes break the balls in 5 to 6 pieces and let it cool for sometime. Then grind it in a mixer.
4. Add one and half cup of grounded sugar or jaggery and half cup of ghee
5. You can choose to add almonds or other dry fruits to enrich the taste
6. Churma is ready to be served
7. It can be served as it is as a sweet dish or along with dal.





GATTE KI SUBZI



HISTORIC & CULTURAL CONTEXT

No special occasion in Marwari homes is complete without Gatte ki Sabzi. Some part of Haryana & Rajasthan is a desert. It was often difficult to get fresh produce resulting in limited options for fresh vegetables. The solution to this problem was found in things that grew in the region. Like gram or gram flour was used extensively. Gatte were prepared by mixing spices in gram flour and then they were cooked in curd gravy.

There is a popular belief that Gatte ki Sabzi was made by soldiers during wars. Marwar has always been a battlefield with people often participating in war. These soldiers used to make dishes which could last for a long time with easily available ingredients.

These dishes could be eaten without heating. Soldiers had gram flour, spices and ghee, so it was easy for them to prepare such dishes and due to the heavy nature of these dishes, one did not feel hungry for a long time.

Gradually, Gatte ki Sabzi reached the kitchens of royal families and started being prepared on special occasions.

Ingredients

- Curd - 1/2 cup
- Sabzi masala - 2 tsp
- Black cardamom- 1
- Bay leave - 1
- Cinnamon stick - 1 inch
- Cumin seeds - 1 tsp
- Asafoetida - 1/4 tsp
- Onion - 1 cup
- Ginger garlic paste - 1 tsp
- Turmeric powder – 1/2 tsp
- Red chilli powder - 1 tsp
- Cooking oil - 4 tbsp
- Gram flour – 1.5 cup
- Ginger garlic paste - 1 tsp
- Asafoetida - 1/4 tsp
- Turmeric powder - 1/3 tsp
- Red chilli powder - 1/2 tsp
- Coriander powder - 1/2 tsp
- Cumin powder - 1/2 tsp
- Garam masala - 1/2 tsp
- Kasuri methi - 1/2 tsp
- Coriander leaves
- Salt to taste

Materials

- Stove
- Frying pan x 2
- Plate
- Frying spoon
- Knife
- Spatula
- Bowl
- Cover for frying pan

Nutrition

Gram flour, the main ingredient has good fat and a high protein content. Rich in complex carbohydrates and with a low glycemic index, besan is good for diabetes too. Besan is high in folic acid which is important for rapid growth and multiplication of red blood cells and WBCs in the bone marrow.

Recipe

1. For making the gatta - take gram flour in a bowl. Add ginger garlic paste, hing, turmeric powder, red chilly powder, coriander powder, cumin powder, garam masala, kasuri methi, salt. Now add curd and mix well. Add very little water and make a dough. Add some oil to the dough to make it smooth. Divide the dough in 7-8 parts. Roll each part in a long cylindrical shape. In a separate vessel bring water to a boil and add the gatta rolls in it. Boil the gatta rolls for 15 minutes. Remove it from water and then cut the cylindrical rolls to make gatta of half inch each. Do not throw the water. Keep it for making the gravy.
2. For making the curry: Make the curd paste - take one cup curd and add subzi masala (coriander powder, cumin powder, garam masala, red chilli powder, turmeric powder). Mix well and keep aside.
3. Heat oil in a pan, add black cardamom, bay leaf, cinnamon stick, cumin seeds, 2 green chilli, asafoetida and then add onion. Saute for 4 – 5 minutes, add ginger garlic paste, turmeric, red chilli powder and mix well. Turn off the gas and let it cool for 5 minutes. Add the curd paste, mix well and now turn on the flame. Stir for 15 seconds. Cover and cook for 3 – 4 minutes. Now add the leftover water and then add the gatta pieces and salt to taste. Cover and cook for 10 – 12 minutes. Add the coriander leaves and the delicious gatte ki subzi is ready to be served with rotis or parathas.





Kachri ki chutney

HISTORIC & CULTURAL CONTEXT

Chutney, a thick sauce or condiment made from fruits, spices, vinegar, and sugar, has been a part of Indian cuisine for thousands of years. The Mughals introduced chutneys to India from Central Asia, where they were a key part of the diet. A popular story about the origin of chutney is that it was invented when the Mughal emperor Shah Jahan fell ill. His hakims recommended a flavorful, spicy, and easy-to-digest dish, which led to the invention of chaat. Chaat is made with lentils and pulses, and finished with chutneys.

Kachri is a vegetable that's often mistaken for a fruit, *cucumis callosus/pubescens* or bitter cucumber. It is small, green melons that is found in many Indian states like Haryana, Punjab, West Bengal, Gujarat and Maharashtra.

In Haryana the vegetable is an integral part of indigenous cooking, adding a unique taste to the dishes it is used in. Decades ago, when sand dunes dominated the landscape, trees that survived the wild climate—like Khejri (for Sangri), Ker and wildly grown vines that yielded these wild melons—were the only source of greens. As multipurpose and delicious as they have proven to be, kachris are tricky. If you're unlucky, they can be downright bitter. The kachri you want has a slight tangy taste with hints of sweetness.



Ingredients

- 6 Kachri (Wild cucumber)
- 12 cloves Garlic
- 4 Dry Red Chillies
- 1 tablespoon Cumin seeds
- Salt to taste
- 3 tablespoons curd
- 1 teaspoon ghee
- Salt

Materials

- Measuring cup
- Plate
- Frying pan
- Frying spoon
- Mixer
- Spoon
- Bowl

Nutrition

Kachri, also known as wild melon or *Cucumis callosus*, is a unique vegetable that offers several health benefits. Kachri has an appetite-stimulating effect, which can be beneficial for individuals with a poor appetite. Kachri has diuretic properties, which means it can promote urine production and help in flushing out toxins from the body. This can be beneficial for maintaining kidney health and supporting the body's natural detoxification processes.

Recipe

1. To prepare Kachri ki Chutney (Wild cucumber chutney), peel and cut wild cucumber; make sure you taste them before adding with other ingredients as sometime they are bitter in taste.
2. Take a mixer grinder jar, add wild cucumber, garlic cloves, dry red chillies, cumin, salt and curd.
3. Grind it to a fine paste. You can add more curd if you find paste too thick.
4. Heat ghee in a small pan, add cumin seeds, let them splutter.
5. Add chutney mixture, let it cook for 3-4 minutes on medium flame.
6. Serve famous Kachri ki chutney from Haryana with parathas/rotis.





KHICHDI BAJRA KI



HISTORIC & CULTURAL CONTEXT



Bajra is a type of pearl millet grown primarily in India and Africa, although it's consumed worldwide.

Bajra Khichdi has been a staple food in India for centuries. It is believed to have originated in the western part of the country and has since become popular in various regions. Bajra is a type of millet that grows well in arid regions and is considered a staple food in many rural areas. Bajra khichdi is often associated with rural India, where traditional cooking practices and locally sourced ingredients are prevalent.

Khichdi itself has deep roots in Indian culinary history, with mentions in ancient texts. It's a dish that has evolved over time, adapting to regional ingredients and preferences. Khichdi has been referenced in the Mahabharata. Also historic travelers such as Ibn Battuta have made note of Khichdi. Like all khichdi variations, bajra khichdi is considered a comfort food. It's often prepared during colder months, as bajra is believed to have warming properties. Khichdi is often one of the first solid foods given to babies. This points to the gentle nature of the dish.

It keeps our body warm for which reason it is mainly consumed in winters

Ingredients

- Bajra grains – 1 cup
- Rice & green pulses – 1/8th cup
- Ghee – 2 tbsp
- Water – 6 cups
- Salt to taste

Materials

- Pressure cooker
- Stove
- Spatula
- Spoon

Nutrition

The gluten-free grain is low in calories but packed with healthy nutrients that may contribute to weight loss, improved blood sugar levels, and other health benefits. It is good source of protein, carbs along with decent source of fibre and rich in vitamins and minerals - Overall a nutritious carbohydrate source. It's also gluten-free and a suitable choice for people with celiac disease or those following a gluten-free diet. Bajra is high in beneficial plant chemicals like antioxidants, polyphenols, and phytochemicals, all of which are known for contributing to optimal human health in many ways.

Cook Time
20 Minutes

Recipe

1. Moist the bajra grains and then grind it coarsely. After grinding clean the bajra grains and remove the chaff.
2. Soak the bajra grains in water for 30 minutes.
3. Mix the rice and green pulses and soak in water for 30 minutes.
4. Take a pressure cooker, add 6 cups of water and bring to a boil. Then add the bajra, rice and green pulses, ghee.
5. Keep stirring for 5 minutes. Close the cooker and cook for 6 whistles.
6. Add gee while serving. It can be served along with milk or curd.





KHICHYA PAPAD



HISTORIC & CULTURAL CONTEXT

Papad has a rich and fascinating history in India stretching back 2500 years. It has evolved from being a simple, travel friendly snack to an essential part of Indian cuisine. It is also a symbol of hard work and entrepreneurship. The process of making papad usually involves community effort, often led by women at home.

One of the most inspiring stories related to papad is the foundation of Lijjat Papad. In 1959, seven Gujarati women came together to start a small business of making papad. Not only did they create a delicious product, but they also laid the foundation for a strong cooperative organisation. Today Lijjat papad is one of the largest papad manufacturers in India providing employment to thousands of women. Jaswantiben Jamnadas Popat, a founder member was honoured with the Padma Shri for her outstanding contribution.

While making papad, my parents shared their childhood experiences of helping their grandmothers with papad preparation. These days we buy them ready made.

Kichya Papad is strongly associated with Haryana culture and a very popular snack item. Kichya papad can be enjoyed as a standalone snack, a side dish, or a crunchy accompaniment to a meal. It can be fried, roasted on flame or cooked in a microwave. Papad adds a delightful texture and flavor to our dining experience. You can also chop onion, tomatoes etc. and add them along with spices on the papad to be served as a starter.

Ingredients

- Rice flour - 500 gm
- Papad khar - 10 gm
- White rock salt (Sendha namak) - 20 gm
- Salt - 10 gm
- Cumin – 1 tsp
- Ajwain (carom seeds) – 1 tsp
- Chilli paste – 1 tbsp
- Sesame seeds – 2 tsp

Materials

- Bowl for measurement
- Plate
- Frying pan
- Frying spoon
- Mixer
- Spoon
- Bowl

Nutrition

36 calories for 1 papad of Roasted Khichiya Papad, Cholesterol 0 mg, Carbohydrates 6.1 g, Protein 0.4 g, Fat 1 g. Offers potential health benefits like aiding digestion due to its fiber content, providing a quick energy boost from carbohydrates, and potentially supporting gut health when prepared with spices like cumin and asafoetida. It contains small amounts of protein and fiber. Depending on the added spices, trace amounts of vitamins and minerals.

Khichiya papad is primarily a carbohydrate-rich snack. Roasted papads are a healthier option. Moderation is key, especially due to the sodium content.

Recipe

1. Sieve the rice flour and measure the flour in a bowl. Take 1.5 times of water in a vessel as compared to rice flour. Add the following ingredients in the water – Salt, sendha namak, cumin, ajwain, chilli paste, sesame seeds. Put the water on flame and mix well. Also add papad khar. Cover and bring it to a boil.
2. Switch off the gas once the water comes to a boil and then add the rice flour to it. Mix well and quickly with a spoon to avoid making any lumps. Now, take a thick plastic sheet and pour the hot rice batter over it. Mash the hot rice batter with the other side of plastic sheet for 5 minutes.
3. Rub some oil on your palms and make 12 to 15 balls out of the batter giving it the shape of a donut. Place the rice balls on a steamer and cover it. Steam it for 30 minutes.
4. Remove it from the steamer and put the rice balls on the same thick plastic sheet. Mash it again with the other side of the sheet for 5 to 7 minutes to make it smooth. Remove the rice batter in a bowl and cover it so that it remains hot.
5. Now take a small portion, make a ball and with a rolling pin make thin papads out of it. You will need to cover the rolling board with a plastic sheet and apply some oil on it before rolling the papads.
6. Spread the rolled papads over a cloth and sun dry it.
7. Khichya padad is ready and this can be stored in an air tight container for one year.





MAKKI KI ROTI AND SARSON KA SAAG

HISTORIC & CULTURAL CONTEXT

In the heartland of Indo-gangetic plain, India, where agriculture thrives and traditions run deep, Makke ki Roti and Sarson ka Saag stand as a testament to the rich cultural delicacy that defines the region. Originating from the states of Haryana, Punjab and parts of Himachal Pradesh, this iconic duo represents more than just a meal – it encapsulates the spirit of rural life, agricultural abundance, and the artistry of traditional cooking.

The term “Saag” originates from the Sanskrit word “Shaak (śāka)” meaning fresh leafy green vegetables. In the process of making Sarson ka Saag, Mustard leaves are meticulously cleaned, finely chopped, and cooked to perfection. The magic happens when these leaves are blended with other fresh green leafy vegetables such as spinach (palak), fenugreek (methi), pigweed (bathua), coriander (dhaniya) to mask the inherent bitterness of Sarson (mustard leaves). These leaves are boiled in hot water and then pounded for hours, usually with green chilies, ginger, or garlic. Subsequently, these leaves are ground on the stone to create a coarse paste, this enhances the traditional flavor and retains their fiber. This paste is sautéed in oil, turmeric, and ground red chili powder. A dollop of ghee is added towards the end. It should be eaten fresh within 2 hours of preparation and never refrigerated. The slow cooking process allows the greens to release their essence, resulting in a dish that is not just a mere accompaniment but a star in its own right.

Ingredients

- Sarson/ mustard green leaves chopped – 2 cup
- Spinach chopped – 1 cup
- Bathua (Pigweed leaves) chopped – 1 cup
- Garlic – 5 pieces chopped
- Green chillies - 2
- Water – 1 cup
- Makki/maize flour - 1 cup
- Ghee – 2 tbsp
- Red chillies – 4 pieces
- Onion chopped – 1
- Tomato - 1
- Ginger – 1 inch chopped
- Salt to taste

Materials

- Stove
- Frying pan x 2
- Plate
- Frying spoon
- Knife
- Spatula
- Bowl
- Cover for frying pan

Nutrition

Mustard greens, Pigweed leaves and spinach are very nutritious winter vegetable that has multiple health benefits. Out of these, bathua is lesser-known and often ignored in spite of it being super nutritious. While bathua is extensively cultivated and consumed in Northern India as a food crop, it grows as a weed as well. Inexpensive and rich in micronutrients such as “iron, calcium, potassium, magnesium and Vitamins A, C and B6.” Bathua works as a blood purifier and or liver activator by curbing “winter toxins”. It contains anti-inflammatory and pain relieving properties considered best of seasonal joint pain.

**Cook Time
20 Minutes**

Recipe

1. Chop sarson, spinach, bathua and clean it well. Boil water and add the 3 vegetables along with garlic, green chillies, ginger and salt and boil for 10 minutes. Take a bowl and mix the makki flour and water and add in the above vessel. Boil for another 5 minutes.
2. Take a frying pan, add 2tbsp ghee, 4 pieces kasmiri lal mirch, add 1 big size onion and saute for 3 minutes. Now add 1 tomato, 1 green chilly and saute for 3 minutes.
3. Mix the above boiled vegetable in the onion tomato paste. Sarson ka saag is ready.
4. Roti: Replicate roti recipe from earlier section





MALPUA

HISTORIC & CULTURAL CONTEXT

Malpua is one of India's most beloved and ancient desserts, cherished for its rich flavour and deep cultural roots. This crispy, syrup-soaked delicacy has been a part of Indian cuisine for centuries, with Malpua origin tracing back to the Vedic era.

In ancient times, malpua was traditionally made using barley flour, milk, and ghee, which were staple ingredients in early Indian diets. This simple yet flavorful combination was often used in religious offerings and communal feasts, signifying its importance in both daily life and spiritual practices. Today, it remains a festive favourite, especially during celebrations like Holi and Diwali, where its sweet, indulgent taste continues to delight families across the country.

Over time, the recipe evolved, with wheat flour replacing barley, and the addition of sugar and spices like cardamom and fennel to enhance its flavour. Frying the batter in ghee gave malpua its signature crispiness and rich taste, further embedding it in regional Indian cuisines.

Malpua's adaptability has allowed it to thrive in different regions, cementing its place as a beloved dessert across India.

Ingredients

- 3/4 cup wheat flour
- 1/4 cup Semolina
- 1 cup Sugar Powder
- 1/2 tsp Cardamom Powder
- 1/4 tsp Fennel seeds
- 3 tbsp cream
- 2 tbsp milk
- 1.75 cup Warm Milk
- 1 cup water
- 1 pinch saffron threads
- 1/4 tsp Cardamom Powder
- Oil/ghee for frying

Materials

- Bowl for measurement
- Plate
- Shallow frying pan
- Frying spoon
- Spoon
- Bowl

Nutrition

Malpua is a calorie-dense dessert. The frying process and sugar syrup contribute significantly to its high calorie count. It's a rich source of carbohydrates, primarily from flour and sugar. It contains some protein from milk and flour, but it's not a significant source.

Malpua can be healthy if eaten in moderation, as it contains nutrients like calcium, potassium, protein, and vitamin E. Malpua is a treat to be enjoyed occasionally due to its high calorie, fat, and sugar content.

Recipe

1. Take a bowl and add $\frac{3}{4}$ cup of wheat flour to it. Now add $\frac{1}{4}$ cup of semolina, $\frac{1}{2}$ tsp of cardamom powder, $\frac{1}{4}$ tsp of fennel powder, and mix everything well.
2. Little by little, add the warm milk (as required and I have used 1.75 cups of milk for this consistency), mix well, and prepare a medium consistency batter. Then add 2 tbsp of milk, cream and mix well. Cover the batter and let it rest for 15 minutes.
3. Place a pan on flame, add 1 cup of sugar, 1 cup of water, and melt on medium flame. Add a pinch of saffron threads, $\frac{1}{4}$ tsp of cardamom powder, mix well and melt. After sugar melts, turn flame to low and cook for 2-3 minutes. When syrup becomes sticky, turn off the flame.
4. Place a wide pan on flame and add ghee/oil for frying and heat well.
5. After 15 minutes, check the batter, and if your batter has thickened, adjust the consistency by adding some more milk.
6. Take a ladle batter and add it to hot ghee and fry well. After Malpua turns a little golden, flip the Malpua and fry well on both sides. After the malpua turns golden and crispy, add the malpua to the hot syrup and let it steep for 3-4 minutes.
7. Prepare malpuas one by one with the remaining batter. After 3-4 minutes, remove the malpua from the syrup.
8. Perfect malpua is ready, you can enjoy them.



A top-down photograph of a traditional Indian dessert, Rabri. The dessert is a thick, creamy, pale yellow custard served in a rustic, reddish-brown ceramic bowl. It is garnished with a dusting of saffron strands, finely chopped green pistachios, and a few dried rose petals. The bowl sits on a piece of brown, textured burlap fabric, which is placed on a large, round, dark-stained wooden tray. Two silver spoons are crossed behind the bowl on the tray. In the upper left corner, another similar bowl is partially visible. The background is a dark, textured blue surface. A green brushstroke-style banner with the word 'RABRI' in white serif font is positioned in the lower-left quadrant of the image.

RABRI

HISTORIC & CULTURAL CONTEXT

While the exact origin of rabri cannot be pinpointed, it is believed that the dessert was first made in the birthplace of **Lord Krishna, Mathura**. As per the scriptures, it is said that the Yadavs, who were the descendants of Lord Krishna, came up taking inspiration from the Lord's love for milk-based products.

Some stories suggest that the rabri was first offered to Lord Krishna at Banke Bihari temple in Virdanvana by a Rajasthani princess. Some tales also suggest that one of his workers who used to cook in palaces accidentally created rabri while boiling milk. But when he made everyone taste the accidental dish, it soon became a hit and was made a part of royal feasts and festivities.

After rabri became a major hit in Rajasthan, Haryana and other northern states, it reached other Southern states like Maharashtra, Madhya Pradesh, Karnataka, etc. Soon, it was enriched further with ingredients like khoya, nuts, and spices like cardamom and saffron. Thereon, a variation of rabri, basundi originated in the Western coastline of India.



Ingredients

- Milk – 2 litre
- Sugar – 6 tbsp
- Cardamom powder – 1 tsp
- Saffron – 1 pinch

Materials

- Bowl for measurement
- Plate
- Salt
- Frying pan
- Frying spoon
- Mixer
- Spoon
- Bowl

Nutrition

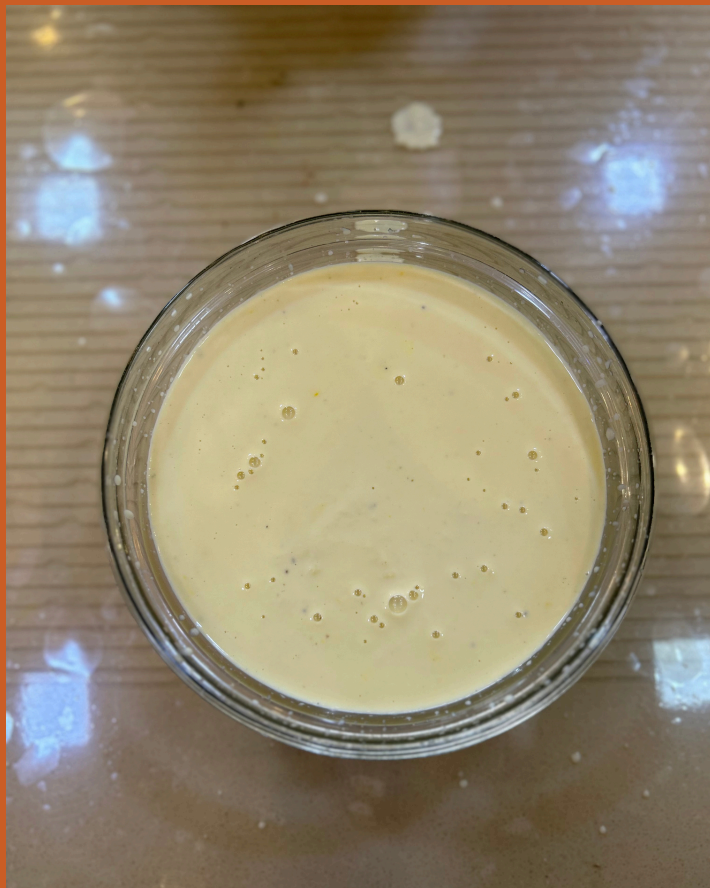
One cup of Rabri gives 613 calories. Out of which carbohydrates comprise 227 calories, proteins account for 86 calories and remaining calories come from fat which is 292 calories. One cup of Rabri provides about 30.65 percent of the total daily calorie requirement of a standard adult diet of 2,000 calories. It provides calcium, useful for healthy bones and teeth. It is filled with essential minerals and vitamins, including vitamin A, which is very crucial to maintain our immune system. It is also rich in potassium and phosphorus, which promotes better muscle function and regulation of blood pressure



Cook Time
55 Minutes

Recipe

1. Boil the milk. Once it comes to a boil, keep stirring the milk until it reduces to almost 30%.
2. Add the sugar, cardamom powder and saffron. Stir for another 2 minutes until sugar melts.
3. Rabri is ready to be served. It is a sweet dish and can be served as it is. It is also served along with other sweets such as jalebi, gulab jamun or mango.
4. It is important to keep stirring the milk to get a smooth rabdi.





Tamatar ki chutney

HISTORIC & CULTURAL CONTEXT

Chutney is a savoury condiment that is commonly used in Indian cuisine. It is often made by blending together various ingredients such as herbs, spices, fruits, and vegetables to create a delicious and flavourful accompaniment to a meal. The word 'chutney' is derived from the Hindi word 'chatni', which means to crush or grind. Chutneys were traditionally made by grinding together fruits & veggies with spices & salt using a mortar and pestle, but today they are often made using a blender or food processor. This method was used in the ancient India to preserve the fruits & veggies. From Dosa to Cheela, Samosa and Dahi Bhalla, we enjoy chutney with literally all kinds of food.

This condiment was introduced to India during Mughal era along with a variety of culinary influences Mugal emperors brought from their homeland in Central Asia. The Mughal kitchens were known for their elaborate feasts, which included a wide range of chutneys made with exotic ingredients. Indian added different spices to preserve them during monsoon, when fresh produce is scarce.

Tamatar (Tomato) chutney is one such variation adopted by Haryana residents with focus on nutritional aspect along with cooking convenience and shelf life.

Ingredients

- Tomato - 1 Kg
- Oil - 2 tbsp
- Cumin Seed/Jeera - 1/2 tsp
- Mustard Seed - 1/2 tsp
- Asafoetida/Hing - 1/4 tsp
- Chopped Onion - 1
- Chopped Green chilli - 3 to 4
- Chopped Ginger - 1.5 inch
- Chopped Garlic - 1.5
- Coriander Powder - 1 tbsp
- Turmeric Powder - 1/2 tsp
- Red chilly powder - 2 tsp
- Salt as per Taste
- Crushed Jaggery - 5 tbsp

Materials

- Stove
- Frying pan x 2
- Plate
- Frying spoon
- Knife
- Spatula
- Bowl
- Cover for frying pan

Nutrition

Tomatoes contain lycopene, an antioxidant that can help fight free radicals in the body and may protect cells from damage. Tomatoes are rich in vitamins A, B, and C, as well as minerals like potassium. Tomatoes are high in water fiber - help with digestion and prevent constipation, while keeping calories in control. Turmeric has anti-inflammatory properties, cumin is a good source of iron, and coriander is rich in vitamins and minerals. Garlic can help lower cholesterol, control blood pressure, and prevent heart disease and cancer.



Cook Time
55 Minutes

Recipe

- Heat water in a vessel and boil tomato for 2 – 3 minutes until the peel comes off. Turn off the flame and transfer tomatoes in a plate. Let it cool for 5 minutes and then remove the peel and chop the tomatoes in 5 – 6 pieces. Grind the tomatoes and make a coarse paste.
- Heat 2 tbsp oil in a frying pan. Add cumin seeds, mustard seed, hing and chopped onion. Cook the onions till it becomes translucent. Now add chopped green chilli, ginger and garlic and cook on low flame for 2 – 3 minutes.
- In a separate vessel put coriander powder, turmeric powder, Kashmiri red chilly powder and red chilly powder. Add little water and make paste. Add this prepared paste in the above frying pan and sauté until the mix releases the oil.
- Add prepared tomato puree and salt as per taste. Mix and cook until it becomes thick. Cover with lid and cook on low flame for 6 – 7 minutes. Add the jaggery and cook until jaggery melts.
- Add 2tbsp oil to increase it shelf life. Cover and cook for 5 minutes. Add some coriander leaves.
- Ready to be served along with parathas, rotis, rice or papad.



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This book would not have been possible without the help of numerous people and I would like to thank them all. First of all, I would like to thank my family who have been supportive and encouraging every step of the way. I would choose to call those several hours of tasting food with endless patience and love, which have now become the greatest force for me. My beautiful neighbors deserve a heartfelt thanks as well as they covered the gap while my equipment was out of order. Oh, I will always remember how we laughed and talked with my friends while cooking these dishes.

Special gratitude should be expressed to professional chefs and nutritionists who helped me to be guided in that area. These remarkable creators assisted integrate some of the finest recipes from Haryanvi cuisine while incorporating contemporary elements and dietary requirements. All these helped kindle the inventiveness in me and so I set about to maximise my creativity.

Finally, to everyone who has supported this endeavor, whether by offering feedback, tasting my creations, or simply cheering me on—this cookbook wouldn't have been possible without you.

With a positive a mind set and a responsible attitude it was possible for me to realize every recipe the way I'd imagined it. I am glad that the book retains the cultural essence of Haryanvi cuisine. It is a celebration of community, tradition, and shared love for food. I hope it inspires readers to explore, cook, and savor the rich flavors of Haryanvi cuisine, just as I have had the privilege to do.

Study of Haryana Cuisine

Flavors of Haryana: A Culinary Journey Through Tradition

With this delightful cookbook, enter northern India at the rustic palette through Haryanvi cuisine. It is a curation of **ten authentic dishes**, along with the rich heritage of Haryana presented with sheer simplicity.

From earthy aroma of *Bajra Roti* slathered with a skate of *Khichya Papad* to the sugary comforts of *Churma* and to the wholesome goodness of many more mouth watering dishes. Each recipe, indeed, reflects the love for freshly made, seasonal ingredients and unpretentious cooking methods that fulfilled the region's needs.

This cookbook is easy enough to entertain even the novice cooks but offers handy tips in modern cooking approaches along with informative tailor-preparing on cultural contexts of each dish as it instructs its readers on using everyday ingredients like buttermilk, lentils, and millet to prepare scrumptious and, most importantly, culturally rooted dishes.

This would encourage exposure to new tastes while reconnecting some with their heritage through adventure in own kitchens with the culinary adventures of wonderful Haryana. While these ten perfect amalgamations are made, it is just enough to get one acquainted with a cuisine proven to be true. demonstrates that simple cooking can be just extraordinary.

Discover Haryanvi hospitality - one dish at a time.