



Introduction to Indian cuisine

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04 October 2022

Some Data to Start With

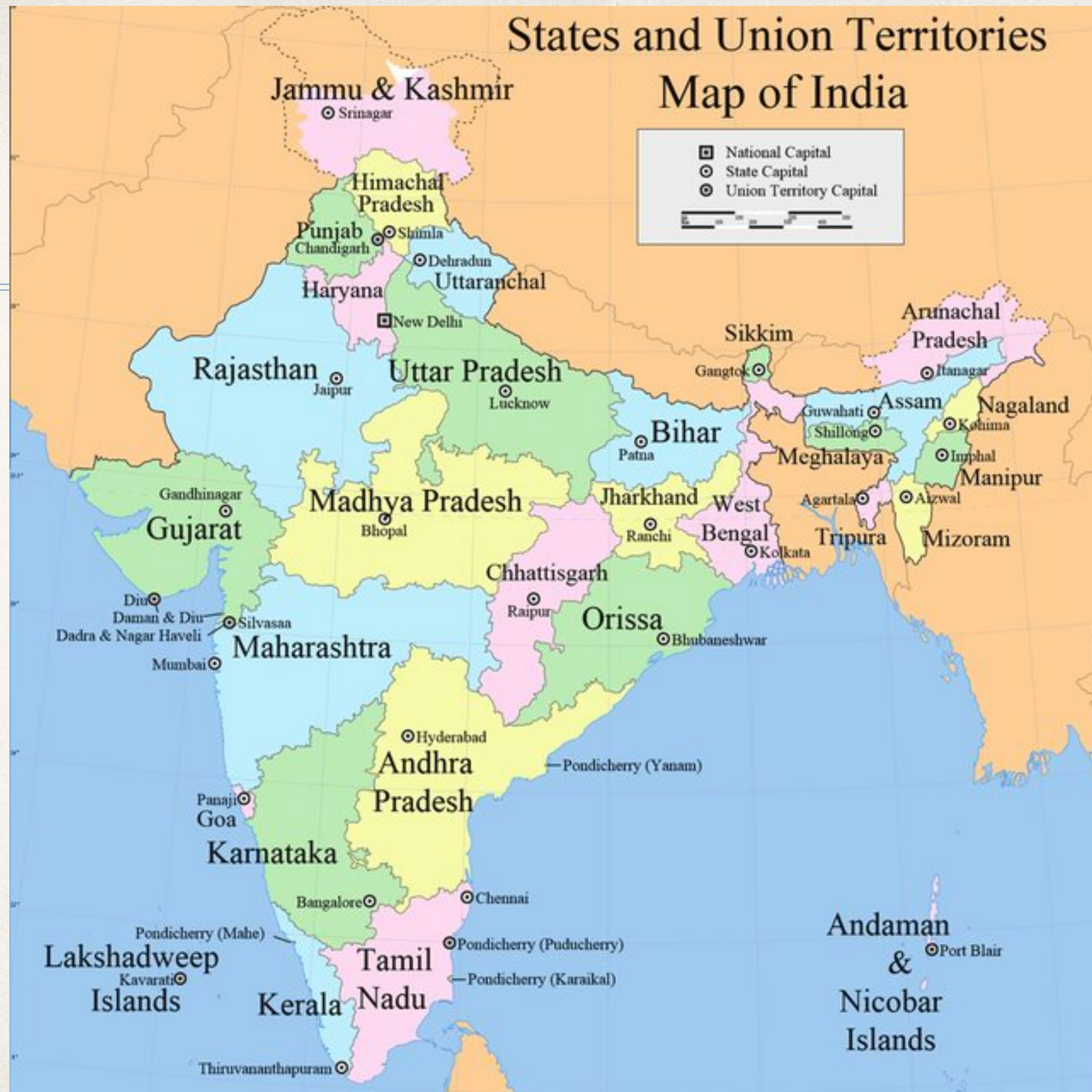
- ❖ Located in South Asia
- ❖ Neighbors: Pakistan, China, Nepal, Bhutan, Myanmar, Bangladesh, Sri Lanka
- ❖ Population: Over 1.4 billion
- ❖ Birthplace of Major Religions: Hinduism, Buddhism, Sikhism & Jainism
- ❖ Political divisions: 28 states & 8 Union Territories
- ❖ Languages: 23 official languages
- ❖ Vegetarianism: About 30%

Where in the World is India?



States and Union Territories

Map of India



Influences on Cuisine

- ❖ Trade Partners
- ❖ Conquerors
- ❖ Religions
- ❖ Geography

Trade Partners

- ❖ Arabs

- ❖ Coffee

- ❖ Portuguese

- ❖ Tomatoes, potatoes, chiles, corn

- ❖ British

- ❖ Tea

- ❖ Chinese

Conquerors

- ❖ Mughals: Central Asians Muslims
 - ❖ 1500s-1800s
 - ❖ Persian influence
 - ❖ Cream & butter sauces
 - ❖ Meat, nuts, dried fruits
 - ❖ Samosa, pulao / pilaf, biryani

Religions

- ❖ Hinduism: No beef, vegetarian
- ❖ Islam: No pork
- ❖ Buddhism: Vegetarian
- ❖ Jainism: No root vegetables
- ❖ Christianity: Beef OK, pork OK

Geography

- ❖ Coastline: Seafood, shellfish, coconuts
- ❖ River and lakes: Fresh water fish
- ❖ Deccan Plateau: Arid
- ❖ Himalayas: Cooler climate

Common Spices

- ❖ Black pepper, cardamom, cloves, cinnamon, turmeric, red chiles, mustard seed, cumin, coriander, fennel, fenugreek, asafetida, nutmeg, bay leaves
- ❖ Ginger, garlic, green chiles

Cooking Oils

- ❖ Refined oils

- ❖ Peanut oil

- ❖ Ghee

- ❖ Mustard Oil

- ❖ Coconut oil

Souring Agents

- ❖ Lime juice
- ❖ Tamarind
- ❖ Kokum
- ❖ Vinegar
- ❖ Green mango powder (amchur)
- ❖ Pomegranate seed powder (anardana)
- ❖ Sour leafy greens*
- ❖ Yogurt*

Thickening Agents or the “Body”

- ❖ Onion, tomato, and / or bell pepper purée
- ❖ Coconut purée
- ❖ Lentils, chickpea flour (besan)
- ❖ Nut and seed paste
 - ❖ Cashews, almond, pine nuts, peanuts
 - ❖ White poppy seeds, sesame seeds, melon seeds

Basic Structure of Many Dishes

- ❖ 1. Fry whole spices in oil
- ❖ 2. Add “body” ingredients: Onion + GGC, then tomato
 - ❖ Ginger, Garlic, Chiles
- ❖ 3. Add main ingredients: Vegetables or meat
- ❖ 4. Add nut or seed paste
- ❖ 5. Finish with fodni or tadka: Bloom spices in oil

Desserts or Sweets

- ❖ Room temperature or warm
 - ❖ Exception: Kulfi
- ❖ Based on...
 - ❖ Dairy (e.g. paneer): Ras malai
 - ❖ Legumes (e.g. besan): Soan papdi
 - ❖ Vegetables: Carrot halwa
 - ❖ Batter: Jalebi
 - ❖ Nuts: Kaju katli

Service Style

- ❖ Thali
 - ❖ Round plate with small bowls
- ❖ All menu items are presented
- ❖ Rice in the center
- ❖ Other items around the periphery
- ❖ Eat with you right hand

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thank you