The Ultimate Book to a"Majja Ni Life"



Authentic Parsi food recipes from "The Mithaiwalla home" to yours

BY ROSHNI
PRETTY PARSI COOK

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“Parsi food is not just cooked: It is remembered. shared and passed down with love.”


PARSI
food

Introduction

Welcome to the vibrant realm of Parsi cuisine, where the flavors mirror the rich history and heritage of the Parsi community. I invite you to embark on a culinary journey that will whisk you away to the lively kitchens of Parsi households, where age-old traditions and cultural influences come together to create an extraordinary dining experience.

This cookbook celebrates the unique and delightful dishes that have been cherished and passed down through generations. With roots extending back to ancient Persia, this cuisine has evolved over centuries, marrying the aromas, spices, and techniques from Persian, Indian, and British culinary traditions.

Within these pages, you will uncover a treasure trove of recipes designed to awaken your taste buds and enchant your senses. From the iconic Dhansak, a perfect blend of meat, lentils, and vegetables, to the aromatic Patra Ni Machhi, a delicately steamed fish wrapped in banana leaves, each dish narrates a story of the Parsi way of life.

The Parsi community, deeply connected to Zoroastrianism—a faith over 3,000 years old—infuses their culinary practices with a profound respect for nature and an appreciation for its offerings. You will find a wealth of seafood and meat delicacies, aromatic spices, and a clever balance of sweet and savory flavors that reflect this harmonious relationship.

This cookbook is more than a mere collection of recipes; it serves as a heartfelt homage to Parsi culture, traditions, and the warm hospitality that enriches every meal.

Whether you're a seasoned chef eager to broaden your culinary skills or a curious food enthusiast ready to dive into a new cuisine, this cookbook will be your guide to the enchanting world of Parsi flavors. So, don your apron, gather your ingredients, and get ready for an unforgettable culinary adventure.



This is dedicated to my father,

Firoz Burjor Mithaiwalla.

Dear Dad,

As I begin to write this letter, my heart is filled with immense gratitude and love for you.
The countless hours we've spent together in the kitchen laughing, experimenting, and crafting culinary delights are some of my most treasured memories. Cooking our traditional Parsi dishes was not merely about making meals; it was about preserving our identity, and those moments have profoundly influenced me in ways I can hardly articulate.

Thank you, Dad, for being my greatest mentor. You didn't just teach me to chop, stir, and season; you instilled in me a respect for our heritage and the importance of honoring the flavors and traditions handed down through generations. Your enthusiasm for our cuisine was infectious, igniting a passion within me that will endure a deep appreciation for our roots and the tales that every recipe carries.

I will always remember how you patiently guided me, allowing me to make mistakes and learn from them, while always cheering for my progress. You transformed our kitchen into a haven a space where we didn't just cook but also exchanged dreams, fears, and aspirations for the future.
Those conversations, filled with your wisdom and unwavering belief in me, nourished my spirit as much as the meals we prepared together.

Dad, your constant support gave me the confidence to turn our shared passion into this cookbook. You recognized my potential even when I struggled to see it myself. You celebrated my small victories and encouraged me to aim higher and dream bigger. This book is more than just a collection of recipes; it embodies you, us, and the love that unites us through the dishes we have cherished across generations.

As I hold this cookbook close, I am overwhelmed with gratitude for all that you have given me. Each recipe, every story, and all the memories encapsulate the bond we share. It serves as a love letter to our heritage and a testament to the time and affection you dedicated to shaping who I am.

Dad, this cookbook is dedicated to you. It's my way of expressing thanks for the hours we spent together, for the laughter, the lessons, and the warmth of your presence in my life. You've taught me so much more than just cooking, you've taught me how to live a life filled with passion, purpose, and pride.

I hope this book brings you pride, just as I am endlessly proud to be your daughter. Thank you for being my mentor, my supporter, and my guiding light. I promise to carry forward all that you have taught me, sharing our Parsi cuisine with the world as a tribute to you.

With all my love and heartfelt gratitude,

Roshni

“Good Thoughts
Good words
Good Deeds
and
Good food”

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The Sweet Cup of Refuge: A Parsi Tale

Once upon a time in Persia, a community of peace-loving Zoroastrians faced significant challenges. These followers of the great Prophet Zoroaster revered Ahura Mazda, the wise and benevolent god, and lived by the tenets of Good Thoughts, Good Words, and Good Deeds. However, unrest arose when new rulers expressed disdain for these gentle people and their distinctive practices. Recognizing the need for a new home where they could freely practice their faith, the Zoroastrians packed their belongings, along with their sacred fire and set sail across the Arabian Sea.

After a lengthy voyage, they arrived on the shores of Gujarat, India, a land rich in trade, vibrant attire, and flavorful cuisine, a stark contrast to the arid deserts of Persia. Before they could establish themselves, however, they required permission from the local ruler, King Jadi Rana.

King Jadi Rana was known for his astuteness and wisdom. When the Zoroastrians approached him with their request, he did not refuse them outright. Instead, he sent them a puzzling message in the form of a full cup of milk, indicating,
"Our land is overflowing, there's no space for more inhabitants."

The Zoroastrians, led by their insightful high priest, decided to respond with a demonstration of their own. They added a spoonful of sugar to the milk and returned it. To their delight, the milk remained intact, transforming into a sweetened concoction. Their message was clear yet profound: “We will not displace anyone; we will blend into your society like sugar into milk, enhancing its sweetness.”

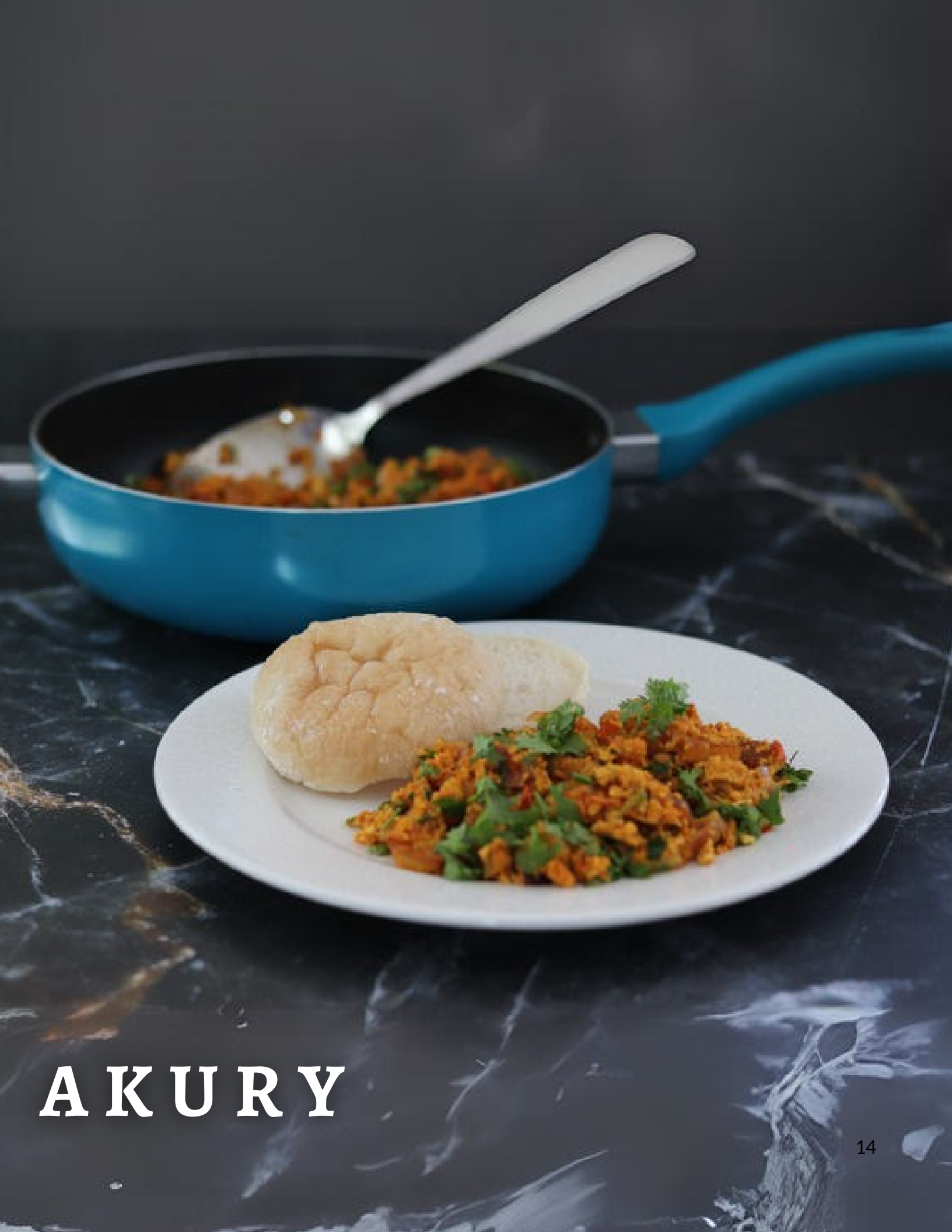
Impressed by their wisdom and humility, King Jadi Rana granted them refuge, but with one stipulation: they must embrace local customs, such as wearing saris and speaking the Gujarati language. The Zoroastrians happily complied, merging their traditions with the Indian way of life while preserving their ancient faith.

Thus, the Parsis, as they came to be known, settled in India. Over the years, they emerged as one of the smallest yet most impactful communities in the nation. They built stunning fire temples, contributed to various industries and philanthropy, and became celebrated for their love of delectable food, cheerful disposition, and unique style.

Even today, the tale of the sweet cup of milk serves as a reminder of the Parsi spirit: adaptable, humble, and always a touch sweet. And if you ever have the opportunity to savor Parsi lagan nu custard or dhansak, you will truly understand what we mean!



THE FAMOUS PARSI EGG RECIPES



AKURY

AKURY

Akuri is a Parsi dish featuring spiced scrambled eggs, cooked with onions, tomatoes, green chilies, and aromatic Indian spices.

INGREDIENTS

- 4 medium eggs
- 1 medium potato cut in thin cubes
- 2 large onions chopped
- 1 large tomato chopped
- 1 teaspoon salt
- 1 teaspoon ginger garlic paste
- 1 green chilli finely chopped
- 2 tablespoons fresh coriander chopped
- 1 teaspoon kashmiri chilli powder
- 1/2 teaspoon turmeric powder
- 4 tablespoons milk
- 5 tablespoons Oil

METHOD

Heat oil in a pan and fry the potatoes for five minutes.
Remove the fried potatoes and set them aside.
In the same pan, add the onions.
Sprinkle in the salt and cook for three to four minutes.
Incorporate the ginger garlic paste and sauté it with the onions for thirty seconds.
Next, add the tomatoes, green chili, and coriander, cooking for two minutes.
Finally, stir in the chili powder and turmeric powder, and cook for an additional two to three minutes.
Reduce the heat to low, cover the pan, and cook for one minute.
Incorporate the previously fried potatoes into the onion and tomato mixture.
Next, pour in the milk and mix it well, as the milk will provide a creamy texture to the Akuri.
Finally, add the eggs and scramble them in, cooking the Akuri until the eggs reach a creamy consistency.
Before serving, garnish with fresh coriander.


PARSI
PORO

PARSI PORO

Parsi Poro is a spiced omelete, made with eggs, onions, tomatoes, chilies, and fresh raw mango, delivering flavorful traditional taste.

INGREDIENTS

- 3 medium egss
- 1 tablespoon Onions finely chopped
- 1 tablespoon Raw Mango finely chopped
- 1 tablespoon fresh coriander leaves finely chopped
- 1 green chilli finely chopped
- 1/4 teaspoon ginger garlic paste
- 1/4 teaspoon turmeric powder
- 1/4 teaspoon Kashmiri chilli powder
- 1/4 teaspoon salt
- 1 tablespoon Pure Ghee
- 1 tablespoon oil

METHOD

In a bowl, combine the onions, raw mango, fresh coriander leaves, green chili, ginger garlic paste, turmeric powder, Kashmiri chili powder, salt, and crack in three medium eggs. Mix everything thoroughly until well blended.

Heat a pan over medium-high heat.

Add 1 tablespoon of pure ghee along with 1 tablespoon of oil.

Pour in the egg mixture and spread it evenly.

After about a minute, gently move it with a spatula.

Wait for another 30 seconds, then slide the spatula underneath the omelet all the way to the edge and flip it over.

Cook the other side for another minute or two on medium heat.

Once again, slide the spatula underneath the omelet to the edge and flip it.

Remove from heat and enjoy it with some hot, toasted bun bread.

Note: This omelet will have a darker brown color because it is thick, requiring thorough cooking.

SALI PAR EEDA



SALI PAR EEDA

This dish features eggs elegantly cooked atop crispy potato straws (sali), enhanced with a sprinkle of spices and herbs for added flavor.

INGREDIENTS

- 2 eggs
- 1 teaspoon ghee
- 1 tablespoon onions finely chopped
- 1 tablespoon tomato finely chopped
- 1 green chilli finely chopped
- 1 tablespoon fresh coriander chopped
- 1 cup sali (potato straws)
- A pinch of salt
- 2 to 3 tablespoons water

METHOD

Place a pan over medium heat.

Add 1 teaspoon of ghee.

Introduce the onions, tomatoes, and chilies, stirring for 15 to 20 seconds.

Incorporate the coriander and sali (potato straws), mixing everything together.

Create a base with the sali and gently place the eggs on top, sprinkling a pinch of salt over them.

No additional salt is necessary, as the sali is already seasoned.

Pour 2 to 3 tablespoons of water around the edge of the pan to generate steam.

Cover the pan and cook on medium-low heat for 4 to 5 minutes.

If you prefer your eggs well done, you can cook them for a bit longer, just ensure the heat remains low to prevent the sali from burning.



PAPETA PAR EEDA

PAPETA PAR EEDA

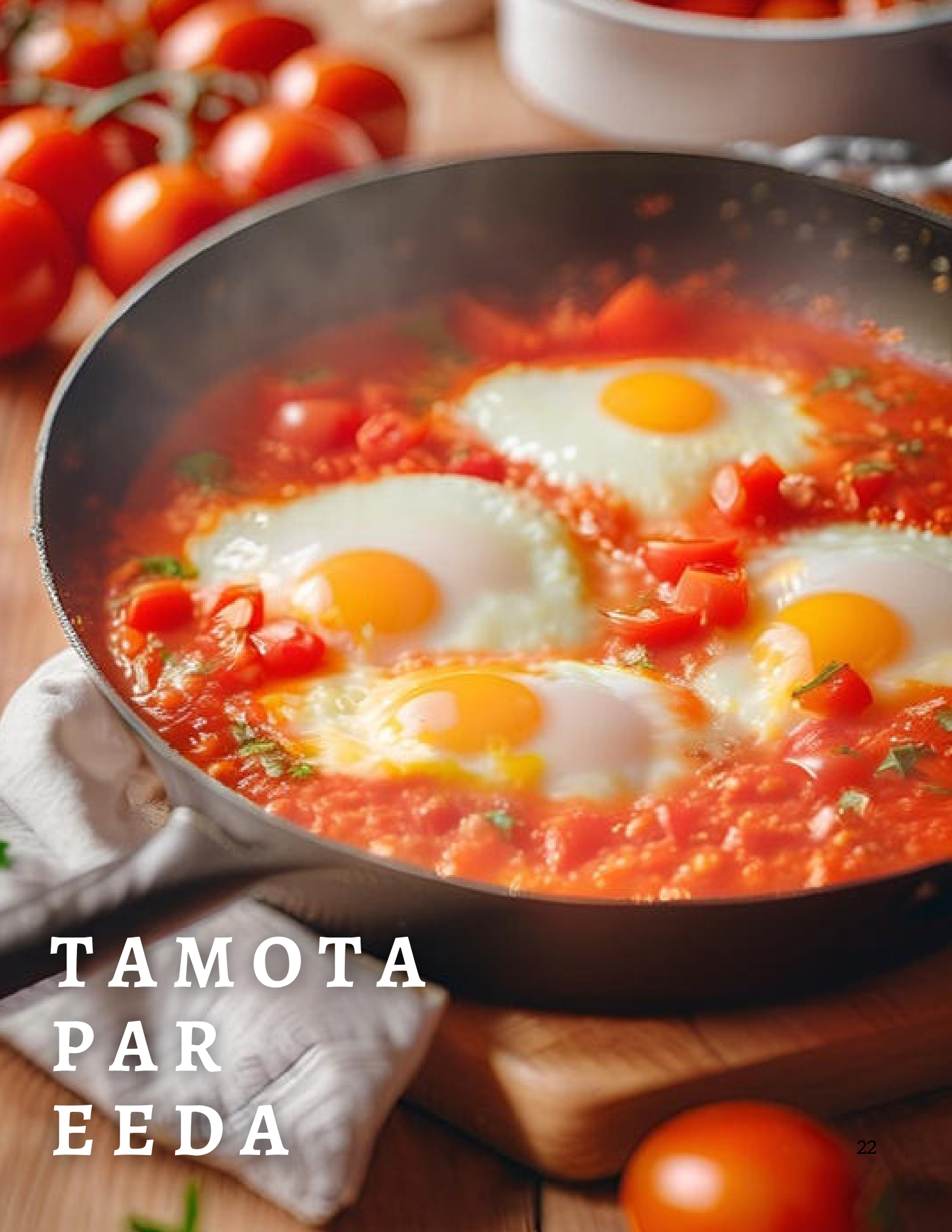
This beloved Parsi dish features eggs cooked atop thinly sliced potatoes, sautéed with gently spiced onions and tomatoes.

INGREDIENTS

- 4 eggs
- 3 medium onions finely chopped
- 2 medium tomatoes finely chopped
- 500 gms or 3 large potatoes thinly sliced
- 2 teaspoons ginger garlic paste
- 3 green chillies finely chopped
- 1 teaspoon kashmiri chilli powder
- 1 and 1/2 tea spoon salt
- 2 tablespoons chopped coriander leaves
- 1 teaspoon ghee
- 5 tablespoons oil

METHOD

Heat a deep pan over medium heat and add some oil.
Sauté 3 medium onions, finely chopped, for 4 to 5 minutes until they become translucent.
Stir in ginger garlic paste and cook for 1 minute until fragrant. If desired, add green chilies and fry for another minute.
Mix in Kashmiri chili powder and 1 and salt, cooking the masala for 2 minutes.
Incorporate tomatoes, finely chopped, and cook for an additional 2 to 3 minutes.
Add the potatoes, thinly sliced, and stir everything together.
Pour in 1/2 cup of water and give it another mix.
Cover the pan and let it cook for 3 to 4 minutes.
Open the lid and give the mixture a gentle stir to prevent the potatoes from sticking to the pan, as they may burn at the bottom.
Next, add 2 tablespoons of freshly chopped coriander and stir delicately. Cover the pot and let it cook for another 2 to 3 minutes on medium-low heat.
Once again, open the lid and stir to ensure the potatoes don't stick; you'll notice the water starting to evaporate. Cover the pot again and cook for an additional 2 minutes on medium-low. After this time, check to see if the potatoes are nearly cooked through.
At this point, the potatoes should be almost done. Add 1 teaspoon of ghee and stir gently, being careful not to smash or break the potatoes. With a spatula, create four dents in the corners of the dish, taking care not to damage the potatoes. This will create a space for the eggs to cook properly.
Crack 4 eggs, placing one in each dent, and sprinkle a little salt over the eggs to season them. Cover the pot and cook for 4 to 5 minutes on medium-low heat. Finally, check to see if the eggs are cooked to your preference, then remove from heat.
Serve this dish hot with some bread for a delightful meal!



TAMOTA PAR EEDA

TAMOTA PAR EEDA

A flavorful dish featuring spiced tomatoes, crowned with eggs that are cooked to a delightfully soft and aromatic perfection.

INGREDIENTS

- 4 eggs
- 1 large piece cinnamon (2 inches)
- 500 gms tomatoes finely chopped (ripe and red)
- 2 medium onions finely chopped
- 1 and 1/2 to 2 teaspoons kashmiri chilli powder - depending on your heat preference
- 1 teaspoon salt
- 3 teaspoons sugar
- 3 tablespoons oil

METHOD

Heat a pan over medium heat and add oil.
Place a large piece of cinnamon (approximately 2 inches) into the pan.
Next, add finely chopped onions and sauté for 5 minutes until they turn translucent.
Mix in the ginger-garlic paste and cook for 1 minute.
Then, add Kashmiri chili powder and salt, frying for an additional 2 minutes. Incorporate the tomatoes and allow everything to cook for 2 to 3 minutes.
Sprinkle in the sugar and keep cooking for 3 to 4 minutes. Finally, cover the pan and let it cook for another 2 minutes to help soften the tomatoes.
Open the pan and reduce the tomato gravy by stirring until the oil separates from the sides.
This should take about 3 to 4 minutes.
Next, add 4 eggs one at a time, lowering the heat to medium-low.
Cover the pan and cook for an additional 3 to 4 minutes.
The eggs will reach an over-easy consistency. If you prefer your eggs to be more well-cooked, continue cooking for another 2 to 3 minutes.
Finally, remove from heat and enjoy this dish with bread or roti.



EGG CHUTNEY PATTICE

EGG CHUTNEY PATTICE

This dish showcases boiled eggs wrapped in a rich potato mash, complemented by a zesty chutney layer, and then fried to a perfect golden and crispy finish.

INGREDIENTS

Ingredients for Green Chutney

- 1 cup grated fresh coconut
- 1 cup fresh coriander leaves
- 10 to 12 mint leaves
- 4 green chillies
- 2 garlic cloves
- 1/2 teaspoon salt
- 1 and 1/2 teaspoon sugar
- 1 teaspoon cumin seeds
- 3 tablespoons lime or lemon juice

Ingredients for Potato filling

- 1 kg potatoes boiled and mashed
- 1 tablespoon corn starch or corn flour
- 1 teaspoon salt

Ingredients for Dredging and frying

- 1 cup bread crumbs
- 3 to 4 eggs
- 1/2 teaspoon salt

- 6 boiled eggs - cut in half
- 500 ml oil for frying

METHOD

Preparation of Green Chutney

In a mixer grinder, combine grated fresh coconut, fresh coriander leaves, 10 to 12 mint leaves, green chilies, garlic cloves, salt, sugar, and cumin seeds. Add lime or lemon juice and blend until you achieve a coarse paste. Let it refrigerate for 20 minutes.

Mashed Potato Preparation

Start by boiling and mashing 1 kg of potatoes. Allow them to cool to room temperature, then incorporate corn starch and salt, mixing everything thoroughly. Finally, refrigerate the mixture for 20 minutes.

Egg Preparation

Boil six eggs until hard-boiled, then peel and slice them in half. Set aside for later use.

Dredge Preparation

Take two deep plates: add 1 cup of bread crumbs to one and 3 to 4 eggs mixed with 1/4 teaspoon salt to the other.
Whisk the eggs thoroughly and set aside.

Egg Chutney Patties Assembly

Lightly oil your palms and take 2 tablespoons of the mashed potato mixture, flattening it in your hand.
Add 1 teaspoon of chutney to the center of the flattened mashed potato.
Place half a boiled egg, flat side down, on top of the chutney.
Gently wrap the mashed potato around the egg and chutney, forming a ball with the filling inside.
Set aside and repeat until you have made as many as possible.
Dredge each patty in the whisked eggs first, followed by a coating of bread crumbs.
Deep fry in hot oil over medium-high heat for 3 minutes on each side, or until golden brown.
Remove from heat and enjoy!
Tip: Ensure the oil is hot enough before frying the egg patties for the best results.

The Navjote Ceremony

The Navjote ceremony is a beautiful and profoundly symbolic event within the Parsi Zoroastrian tradition. It marks the day when a child officially embraces the faith and embarks on the journey of Good Thoughts, Good Words, and Good Deeds.

Imagine this: A young Parsi boy or girl, clad in simple white attire, stands at the heart of the ceremony surrounded by family, friends, and traditions that have been cherished for millennia. Their expression reveals a mix of nervous excitement and pride, as this day is far from ordinary; it signifies their spiritual initiation into the Zoroastrian way of life.

<u>The Sacred Ritual</u>

At the core of the ceremony are two significant symbols: the Sudreh and the Kusti.

The Sudreh: A soft, white cotton undershirt featuring a small pocket on the chest known as the gireban.
The priest elaborates on its significance: “This pocket is where you will collect all your good thoughts, good words, and good deeds.”
It serves as a reminder that one's spiritual journey begins with intentions from the heart.

The Kusti: A sacred thread crafted from 72 strands of fine wool, with each strand symbolizing a chapter of the holy prayers. The child learns to tie it around their waist three times while reciting prayers.
This act of tying the Kusti is not just ceremonial, it represents a vow.
With every knot, they pledge to resist evil, uphold truth, and follow the path of righteousness.
The priest gently guides the child as they recite their first prayers

The Navjote Ceremony

Sweetness and Meaning

During the ceremony, the child is offered a sip of sweetened milk (taro). This milk, infused with sugar, carries a lovely message: “Just as sugar seamlessly blends into milk, may you merge into this world with sweetness, love, and harmony.” It symbolizes purity, sweetness, and the aspiration for the child's life to spread goodness wherever they go.

A Celebration of Tradition

Following the ceremony, the atmosphere shifts to one of joy and celebration. The air fills with laughter, music, and the sound of clinking dishes as loved ones gather for a grand feast.
Tables overflow with delicious Parsi dishes, such as Sali Boti, Patra ni Machi, Parsi Pulao, sev, and lagan nu custard.
The child is surrounded by blessings, gifts, and affection, marking this sacred moment as a cherished memory.

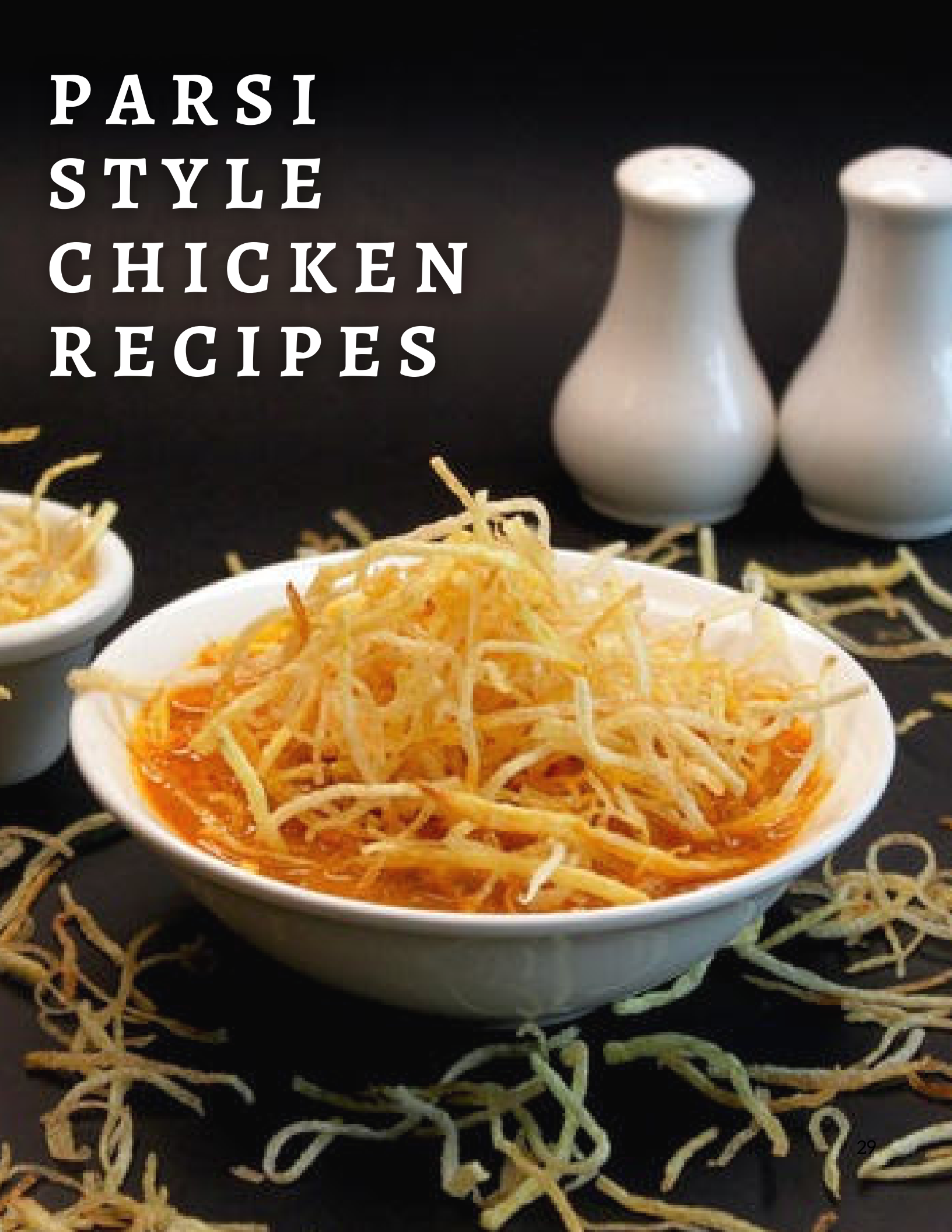
The Deeper Significance

The Navjote is more than a ritual; it lays the foundation for a fulfilling life. By wearing the Sudreh and Kusti, a Parsi child carries a lifelong reminder to adhere to the faith’s simple yet profound principles:
Good Thoughts: Think kindly - Good Words: Speak truthfully - Good Deeds: Act with love and righteousness.

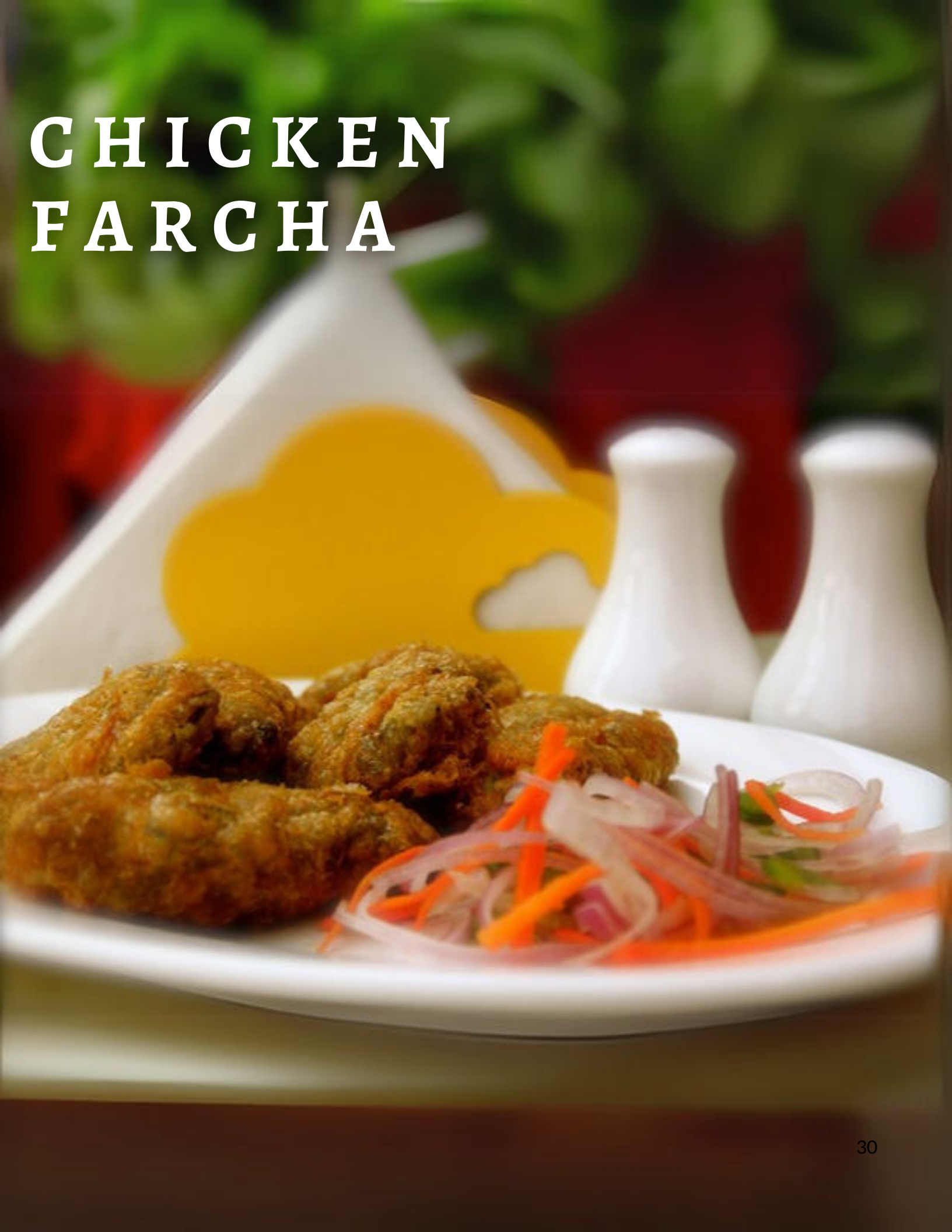
Through this ceremony, the child becomes part of something much larger, a connection to the ancient teachings of Zoroaster and a commitment to uphold these values in every action they take. Thus, the Navjote transcends tradition; it prepares the heart, mind, and soul for a life of goodness, integrity, and purpose.

It marks a beautiful beginning, a step into a world where one’s actions can create a positive impact, and the light of righteousness illuminates every path.

PARSI STYLE CHICKEN RECIPES



CHICKEN FARCHA



CHICKEN FARCHA

This dish features crispy, spiced fried chicken, enveloped in a rich egg batter that delivers tender, flavorful meat beneath a golden, crunchy coating.

INGREDIENTS

- 500 gms Chicken legs (Bone in and skin off)
- 1 cup fresh coriander
- 5 mint leaves
- 2 green chillies
- 1 teaspoon ginger garlic paste
- 1 tablespoon lemon juice
- 1 teaspoon coriander powder
- 1/2 teaspoon cumin powder
- 1/4 teaspoon turmeric powder
- 1/2 teaspoon garam masala powder
- 1 teaspoon salt
- 2 eggs 1 cup all purpose flour (seasoned with salt and pepper)
- Oil for frying

METHOD

Blend together fresh coriander, mint leaves, green chilies, ginger-garlic paste, lemon juice, coriander powder, cumin powder, turmeric powder, garam masala powder, and salt until smooth. Set the mixture aside.

Rinse the chicken legs and make shallow cuts on them with a knife.

Apply the coriander chili paste to the chicken legs and let them marinate for 30 minutes.

Heat a large skillet or pan and add 2 tablespoons of oil.

Add the marinated chicken to the pan and cook for one minute.

Add 1/4 glass of water, cover the pan, and allow the chicken to cook, turning it once or twice. Once done, remove from heat and let it cool.

Prepare two deep plates: in one, combine 1 cup of all-purpose flour with 1/4 teaspoon each of salt and pepper, mixing thoroughly.

In the second plate, crack 2 to 3 eggs, season with a pinch of salt, and whisk well.

Begin by placing a deep pan over medium-high heat and adding 2 cups of oil for frying the chicken. Allow the oil to heat thoroughly.

Next, take the cooked chicken and dip it into the flour, ensuring it is well coated, followed by dipping it into the egg.

Fry the chicken until it turns golden brown, cooking for 2 to 3 minutes on each side. Once cooked, remove the chicken and place it on a paper towel to absorb any excess oil before serving.

CHICKEN CUTLETS



CHICKEN CUTLETS

These are flavorful patties crafted from minced chicken, potatoes, and aromatic herbs, coated in flour and fried to a golden, crispy perfection.

INGREDIENTS

- 500 gms chicken mince
  OR chicken kheema
- 1 large onion finely chopped
- 2 medium potatoes boiled and mashed
- 4 bread slices - edges cut -
  soaked in water and drained and mashed
- 2 tablespoons fresh coriander chopped
- 1 tablespoon mint leaves chopped
- 2 green chillies finely chopped
- 2 teaspoons ginger garlic paste
- 2 teaspoons kashmiri chilli powder
- 1 and 1/2 teaspoon salt
- 1/2 teaspoon cumin powder
- 3/4 teaspoon coriander powder
- 1 teaspoon garam masala powder
- 1 teaspoon turmeric powder
- 1/2 cup bread crumbs
- 1 cup flour - seasoned with salt and pepper
- 2 to 3 eggs
- 2 cups oil for deep frying

METHOD

Chicken Cutlet Preparation

In a large bowl, combine chicken mince or kheema with finely chopped onions, boiled and mashed potatoes, and soaked bread slices (with edges removed) that have been drained and mashed. Add fresh chopped coriander leaves, chopped mint leaves, green chillies, ginger-garlic paste, Kashmiri chilli powder, salt, cumin powder, coriander powder, garam masala powder, and turmeric powder. Refrigerate the mixture for 20 to 30 minutes.

Once removed from the refrigerator, incorporate 1/2 cup of bread crumbs and mix thoroughly. This addition will help create a drier cutlet mixture, making it easier to shape the cutlets.

Start by taking a plate and dusting it with flour to prevent the cutlets from sticking. Next, lightly grease your hands with oil, then scoop up a heaped tablespoon of the cutlet mixture. Shape it into flat, round cutlets and arrange them on the prepared plate.

Dredge Preparation

Take two deep plates: in one, pour in 1 cup of all-purpose flour, then season with 1/4 teaspoon each of salt and pepper, mixing thoroughly.

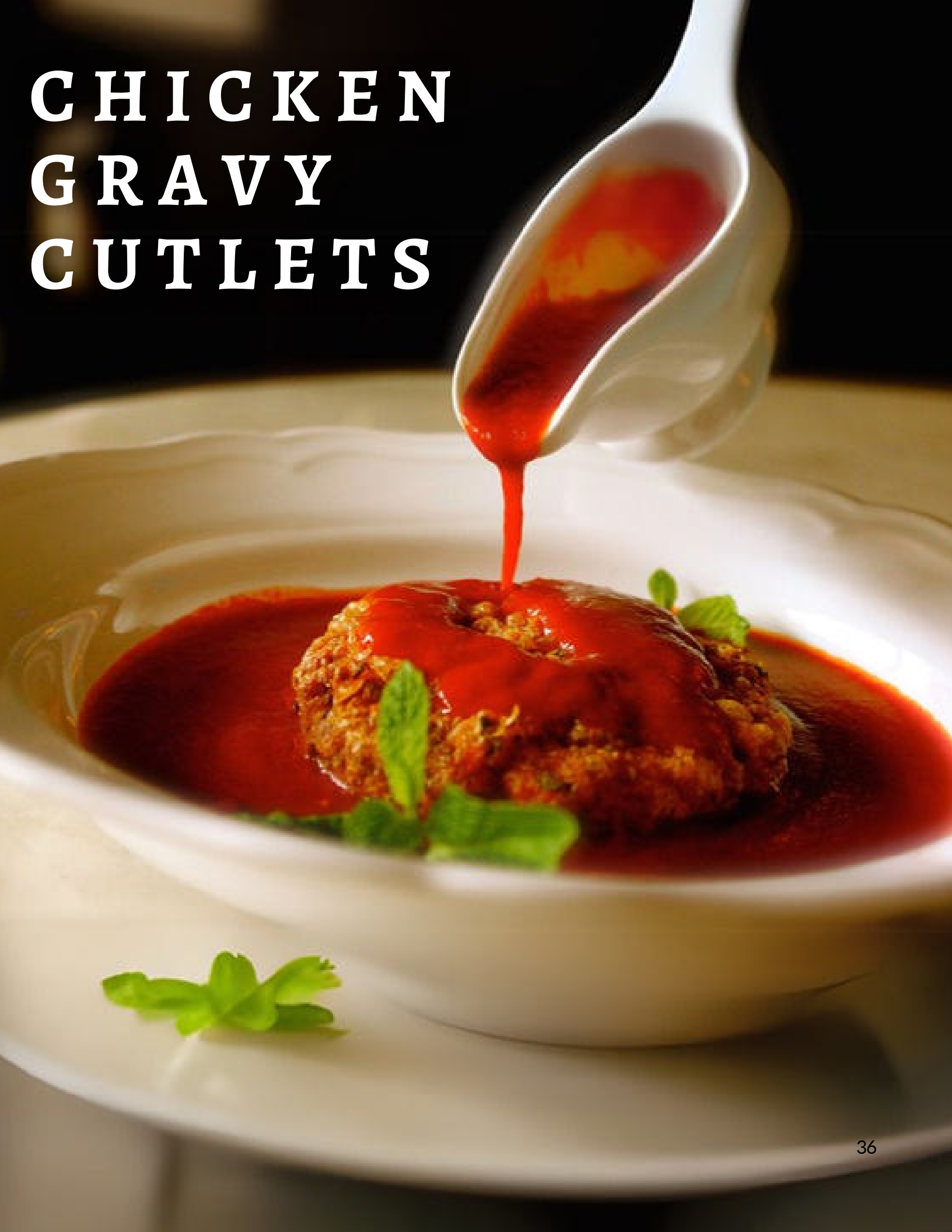
In the second plate, crack 2 to 3 eggs, season with a pinch of salt, and whisk until well combined.

Frying the Chicken Cutlet

Heat a deep pan over medium-high heat and pour in 2 cups of oil for frying the cutlets. Allow the oil to heat thoroughly. First, coat each cutlet in flour, then dip it into the egg mixture, and deep fry immediately until golden brown, about 3 minutes on each side. Once cooked, remove them and let them rest for 10 minutes before serving.

“Sometimes a little comfort food can go a long way”

CHICKEN GRAVY CUTLETS



CHICKEN GRAVY CUTLETS

This dish is bursting with flavor, featuring minced meat patties served in a zesty, spiced tomato-based gravy.

INGREDIENTS

For Chicken Cutlets

Please see recipe on page No. 27

Ingredients for Gravy

- 5 tablespoons oil
- 2 cinnamon sticks
- 6 cloves
- 5 green cardamons
- 1 and 1/2 tablespoon all purpose flour
- 1 bay leaf
- 750 gms tomatoes
- 1 and 1/2 tablespoon sugar
- 1 teaspoon butter
- 1/2 teaspoon salt
- 2 teaspoons kashmiri chilli powder
- 1 tablespoon white vinegar
- 1/2 teaspoon cardamon powder

METHOD

For Chicken Cutlets

Please consult the recipe on the specified page.

Gravy Preparation

In a large pot, add 2 liters of water and bring it to a boil.

Take the tomatoes and make cross slits at the bottom of each one.

Place the tomatoes in the boiling water.

Add a bay leaf and allow the mixture to come to a boil.

Cover the pot and cook for 10 minutes.

Remove the pot from heat and take out all the tomatoes.

Allow them to cool for 15 to 20 minutes, and while still warm, peel off the skin of each tomato.

Once peeled, blend the blanched tomatoes into a puree and set aside.

METHOD

For the preparation of Chicken Cutlets, please refer to the recipe on the following page:

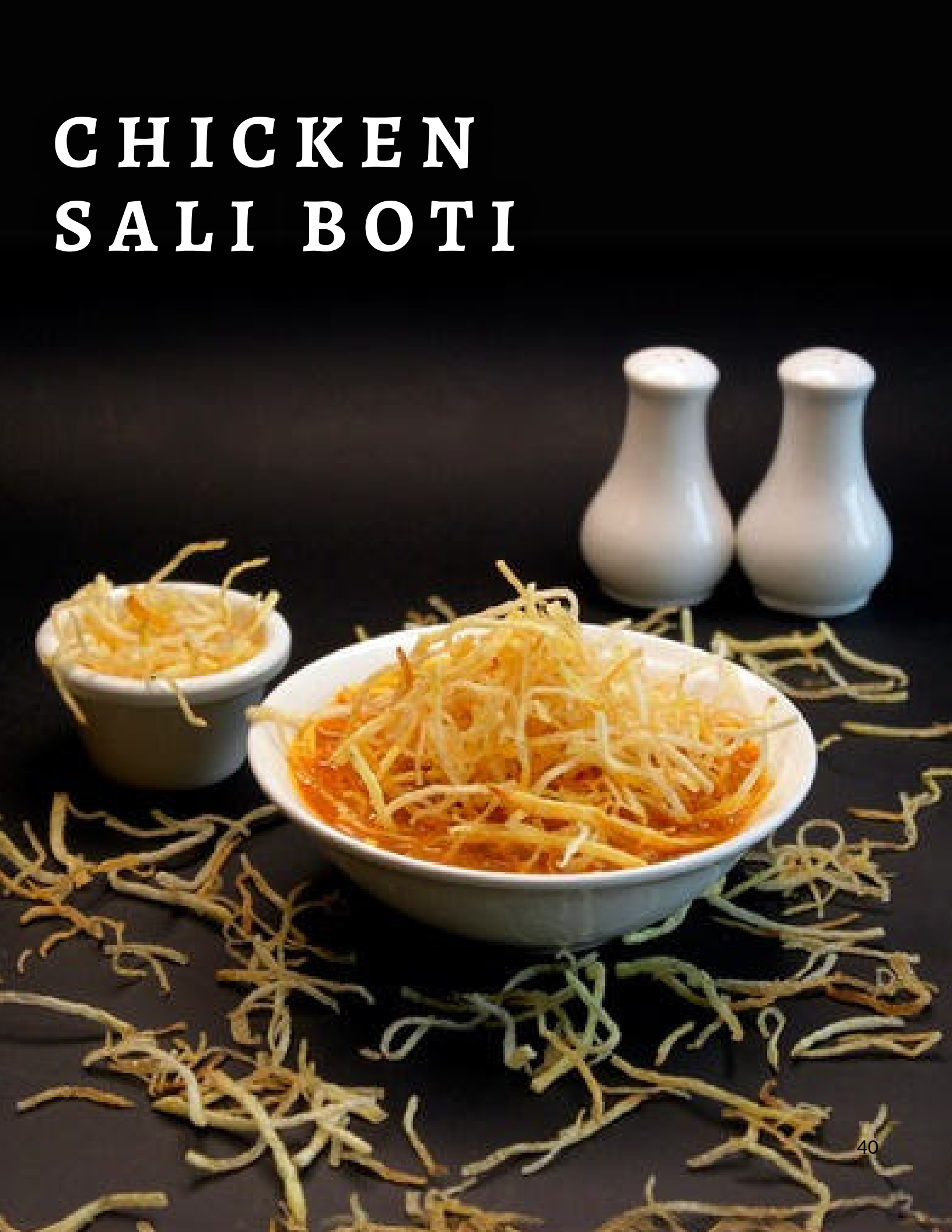
Gravy Preparation

Heat a kadai or wok over medium heat and add oil.
Add cinnamon sticks, cloves, and green cardamom and fry for 30 seconds.
Mix in all-purpose flour and fry for a short time.(about 30 seconds) this is to cook the flour
Incorporate Kashmiri chili powder and salt, frying for an additional minute.
Add water and cook for a couple more minutes.
Introduce the tomato puree; you can either strain it first or add it directly and then strain it through a large sieve.
Stir the mixture; if lumps appear, add water and whisk vigorously to remove them.
Add sugar and mix thoroughly.
Stir in white vinegar, bringing it to a boil, then reduce to a simmer for a few minutes on medium-low heat.
Add butter and let it simmer for a little longer.
Finally, mix in cardamom powder and remove from heat.

To serve, pour the tomato gravy into a deep plate and place cutlets on top. Feel free to drizzle extra tomato gravy over the cutlets before eating. This dish pairs wonderfully with bread, roti, or can be enjoyed on its own.

“Nothing brings people together than good food”

CHICKEN SALI BOTI



CHICKEN SALI BOTI

This renowned dish features a flavorful chicken curry served in a tomato-based sauce, topped with crispy potato straws for an extra crunch.

INGREDIENTS

- 1 kg chicken
- 6 green Cardamons
- 1 inch stick of cinnamon
- 6 cloves
- 2 large onions chopped
- 2 large tomatoes chopped
- 2 teaspoons ginger garlic paste
- 2 teaspoons kashmiri chilli powder
- 1 teaspoon cumin powder
- 1/2 teaspoon turmeric powder
- 1 tablespoon yogurt
- 1 teaspoon garam masala powder
- 1 and 1/2 teaspoon salt
- 5 tablespoons oil
- 1 cup Sali (Store bought)

METHOD

Begin by heating oil in a pot, then incorporate green cardamom, cinnamon, and cloves.

Next, add the chopped onions and sauté until they turn golden brown.

Introduce the tomatoes and cook for one minute, followed by the ginger-garlic paste, which should be cooked for an additional 30 seconds.

Then, mix in the Kashmiri chili powder, cumin powder, turmeric powder, and salt, allowing the mixture to simmer on medium heat for 4 to 5 minutes.

Stir in the yogurt and continue cooking for 2 minutes.

Finally, add the chicken and cook for another 5 minutes, ensuring the chicken is well coated with all the spices.

Add 1 cup of water to this, ensure everything is well mixed, then bring it to a boil.

Cover the pot and cook the chicken over medium-low heat for 20 minutes or until it is thoroughly cooked.

Once finished, uncover the pot and add garam masala powder, stirring it in for a final mix.

The gravy should be thick, with oil visibly separating from the sides.

If you prefer a drier consistency, you can simmer it on medium-high for an additional 5 minutes.

Remove from heat and allow it to rest for 10 minutes before serving.

Serve the chicken gravy in your plate and top it off with a generous amount of Sali (Potato Straws)

Enjoy this flavorful dish with some bread or roti.

JARDALOO SALI MARGHI



JARDALOO SALI MARGHI

This chicken curry features a sweet and spicy blend with apricots, garnished with crispy potato straws, delivering rich and authentic flavors.

INGREDIENTS

- 1 kg chicken
- 5 tablespoons dark vinegar
- 150 gms dried apricots (Jardaloo)
- 5 tablespoons oil
- 6 green cardamons
- 1 inch stick of cinnamon
- 6 cloves
- 2 large onions chopped
- 2 large tomatoes chopped
- 2 teaspoons ginger garlic paste
- 2 teaspoons kashmiri chilli powder
- 1 teaspoon cumin powder
- 1/2 teaspoon turmeric powder
- 1 and 1/2 tea spoon salt
- 1 teaspoon garam masala powder
- 1 cup Sali (Store bought)

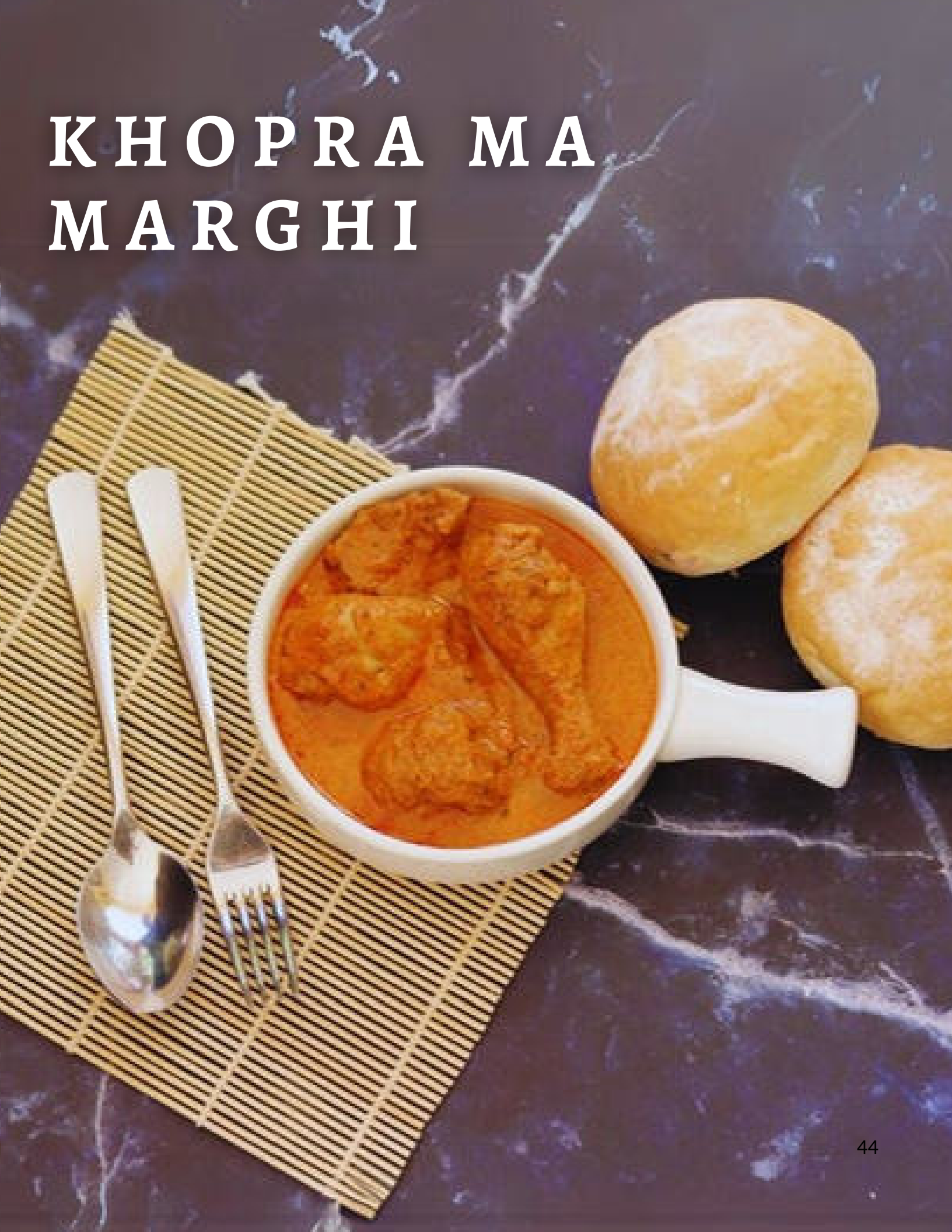
METHOD

In a small bowl, combine the deseeded dried apricots, vinegar, and three tablespoons of water. Mix everything together and microwave for 30 seconds, then set aside.

Place a large pot on medium-high heat and add 6 tablespoons of oil.
Incorporate green cardamom, cinnamon, and cloves.
Next, add chopped onions and sauté until they turn golden brown.
Stir in chopped tomatoes and cook for 2 minutes.
Add ginger-garlic paste and let it cook for another 2 minutes.
Then, mix in Kashmiri chili powder, cumin powder, turmeric powder, and salt, cooking for an additional 2 minutes.
Add the chicken, ensuring it is well-coated in the spices, and cook for 4 to 5 minutes.
Pour in 1 cup of water, stir everything thoroughly, and bring it to a boil.
Cover the pot and let the chicken cook for 15 minutes over medium heat.

Open the pot and add the soaked dried apricots, mixing thoroughly.
Cover the pot and allow it to cook on low heat for five minutes.
Next, uncover, stir once more, and add garam masala powder, giving it a final stir.
The gravy should thicken, with oil separating from the edges; if it isn't semi-dry, you can simmer it for an additional five minutes.
Remove from heat and let it sit for ten minutes before serving.
Serve the chicken gravy in your plate and top it off with a generous amount of Sali (Potato Straws)
Enjoy this flavorful dish with some bread or roti.

KHOPRA MA MARGHI



KHOPRA MA MARGHI

This is a delicious chicken curry made with rich coconut, enriched with aromatic spices, offering a creamy and flavorful delight.

INGREDIENTS

- 1 kg Chicken
  Cut in 10 pieces - Skin off
- 2 medium tomatoes
- 1/2 cup fresh coconut
- 2 large cinnamon sticks
- 2 star anise 8 cloves
- 8 pepper corns
- 2 large onions finely chopped
- 2 teaspoons ginger garlic paste
- 2 teaspoons Kashmiri chilli powder
- 1 teaspoon cumin powder
- 1 teaspoon coriander powder
- 1/2 teaspoon turmeric powder
- 1 and 1/2 teaspoon salt
- 1 cup coconut milk
- 5 tablespoons oil

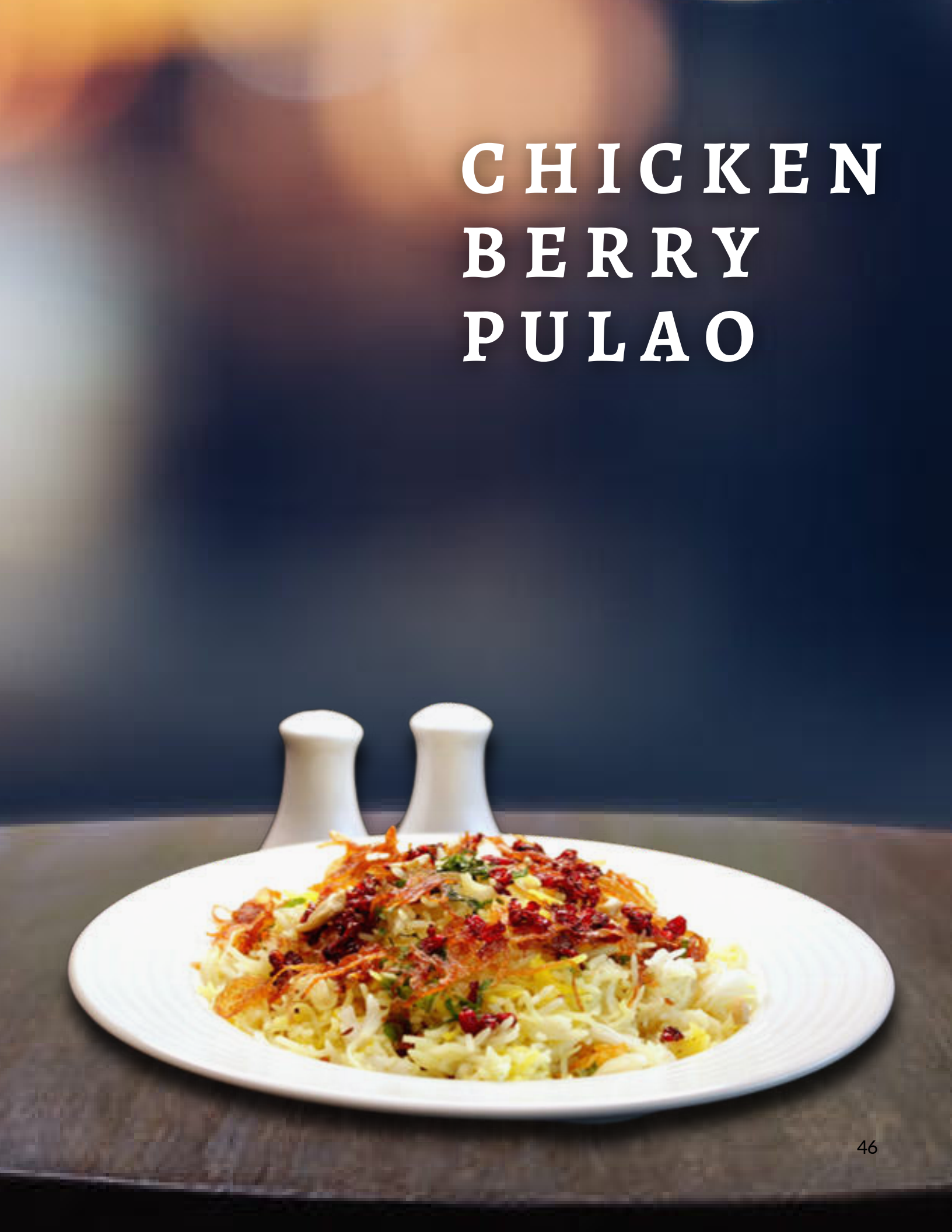
METHOD

In a mixer grinder, blend the following ingredients into a smooth paste and s et aside: 2 medium tomatoes, 1/2 cup of fresh coconut, 2 large cinnamon sticks, 2 star anise, 8 cloves, and 8 peppercorns.

Place a large pot over medium-high heat and adding 5 tablespoons of oil.
Next, incorporate finely chopped onions and sauté for 3 to 4 minutes until they turn a creamy color.
Then, add ginger garlic paste and fry for an additional minute.
Mix in the ground paste that you set aside and cook everything together for another 2 to 3 minutes.
Now, add Kashmiri chili powder, cumin powder, coriander powder, turmeric powder, and salt, stirring and cooking the mixture for 2 minutes.
Following that, add the chicken pieces and continue cooking for another 2 to 3 minutes.
Reduce the heat to low, cover the pot, and let it simmer for 15 minutes.
Uncover and stir everything well.

Now add 1 cup of coconut milk to this and mix everything together.
Cover the pot and cook for an additional 5 minutes, increasing the heat to medium.
After 5 minutes, uncover, give it one last stir, and take it off the heat.
Savor this delightful Coconut Chicken Curry alongside steamed rice, bread, or rotis.

CHICKEN BERRY PULAO



CHICKEN BERRY PULAO

This renowned Parsi Pulao is a fragrant rice dish featuring layers of spiced chicken, sweet and tangy berries, nuts, and aromatic spices.

INGREDIENTS

- 1 kg chicken
- 500 gms rice
- 2 medium onions sliced
- 4 green Cardamons
- 5 cloves
- 8 pepper corns
- 1 cinnamon stick
- 1 teaspoon cumin seeds
- 1 cup yogurt
- 3/4 teaspoon turmeric powder
- 1 teaspoon kashmiri chilli powder
- 2 teaspoons ginger garlic paste
- 2 teaspoon ghee
- 6 tablespoons oil
- 4 teaspoons salt
- 1/2 teaspoon saffron

<u>Pulao Masala Ingredients</u>

- 8 green cardamons
- 2 pieces of cinnamon
- 1/2 small nutmeg
- 1/2 mace
- 1 star anise
- 8 cloves
- 10 peppercons
- 1/2 tea spoon cumin seeds
- A pinch of saffron strings

<u>Berry garnish Ingredients</u>

- 1/2 cup bar berries or cranberries
- 1/2 cup Almonds halved
- 1/2 cup cashew nuts halved
- 2 teaspoons ghee

METHOD

Pulao Masala Preparation:

Dry grind the following ingredients into a powder: 8 green cardamom pods, 2 pieces of cinnamon, ½ small nutmeg, ½ piece of mace, 1 star anise, 8 cloves, 10 black peppercorns, ½ teaspoon of cumin seeds, and a pinch of saffron strands. Set aside.

Chicken Gravy Preparation:

Marinate the chicken with yogurt, turmeric powder, Kashmiri chili powder, 2 teaspoons of salt, and the prepared pulao masala mentioned above . Reserve 1 teaspoon of pulao masala for final garnish.

Allow the chicken to marinate for 30 minutes to 1 hour.

In a pot over medium-high heat, add 6 to 8 tablespoons oil and fry the onions until they are golden brown.

Add the marinated chicken and cook for 5 minutes on medium-high heat.

Reduce the heat to medium, cover the pot, and cook for an additional 10 minutes.

Uncover and continue cooking the chicken until the gravy reduces, about 5 minutes. Set aside.

Pulao Rice Preparation:

Wash and soak the rice for 30 minutes.

In a pot, bring 3 to 4 liters of water to a boil. Add 4 cardamom pods, 5 cloves, 1 cinnamon stick, 10 peppercorns, 1 teaspoon of cumin seeds, 2½ teaspoons of salt, and a dash of oil.

Once the water is boiling, add the rice and cook in this boiling water for 10 minutes.

Check the rice for doneness; it should be approximately 90% cooked. Remove from heat and drain.

METHOD

Berry Garnish Preparation:

In a bowl, combine ½ cup of berries with 1 cup of hot water. Stir the mixture and allow the berries to soak for 30 seconds.

After soaking, drain the berries and set them aside.

In a pan over medium-low heat, add 2 teaspoons of ghee. Incorporate the soaked berries, along with almonds and cashew nuts. Stir the mixture for 30 seconds to 1 minute, then remove from heat and set aside.

Pulao Assembly and Final Cooking Preparation:

Select a pot for assembling the pulao and place a thin layer of rice at the bottom. This prevents the chicken masala from burning.

Next, add a layer of the chicken masala over the rice.

Sprinkle 3 teaspoons of the prepared berry and nut mixture on top of the chicken.

Follow with a layer of the remaining rice.

Soak ½ teaspoon of saffron in 3 tablespoons of warm water for 1 minute. Pour this saffron-infused water over the rice layer.

Add an additional 5 to 6 teaspoons of the berry and nut mixture on top.

Finally, sprinkle 1 teaspoon of the reserved pulao masala and drizzle with 2 teaspoons of ghee.

Cover the pot and cook on medium heat for 15 minutes. This will create steam, allowing all the ingredients to meld together and release delightful aromas.

Once cooked, uncover the pot and savor the exquisite fragrance of the Berry Pulao.

For an added touch, consider garnishing the pulao with additional berries and nuts before serving.

The Parsi Wedding Ceremony

Referred to as the "Lagan," this ceremony is a delightful fusion of tradition, community, and joy. It transcends the union of two individuals, encompassing families, laughter, prayers, and a lavish feast that leaves everyone grinning (and pleasantly full!). Here's how the celebration unfolds, like a cherished tale passed down through generations.

The Beginning – A Celestial Match

When the stars align and two hearts are ready, the wedding preparations commence in earnest. Both families, bubbling with excitement, select the date for the momentous occasion. This date is not chosen randomly; a Parsi priest consults the "Shahenshahi" calendar to determine an auspicious day and time, as a Parsi wedding intertwines spirituality with celebration.

From this point, both households are alive with anticipation. Aunts begin to plan their garas (beautifully embroidered saris), uncles dust off their daglis (traditional coats), and the younger generation eagerly awaits the feast and festivities. The Lagan is approaching, and everyone wants to savor every moment.

The Pre-Wedding Festivities – Rituals Filled with Affection

In the days leading up to the wedding, families engage in small yet meaningful rituals that bestow blessings upon the couple.

Madhavsaro:

The family plants a sapling, symbolizing growth, love, and fresh beginnings. As the tree flourishes, so does the bond between the couple.

Adarni:

Gifts, sweets, and affection are exchanged between the families. The bride's family delights the groom with traditional treats such as sev, bhakras (snacks for tea time), and sugar. This moment is filled with laughter, love, and abundant sharing.

Supra Nu Murat:

Friends and family gather to apply haldi (turmeric paste) to the bride and groom, bestowing them with glowing skin and a promising future. This ritual transforms into a lively event, with turmeric flying, radiant smiles, and vibrant attire all around.

The Grand Day – The Parsi Wedding Ceremony

As the day of the Lagan arrives, an enchanting atmosphere fills the air. The couple, adorned in beautiful white attire symbolizing purity makes their way to the venue, typically a grand hall or Agiary (fire temple compound).
The groom dons his dagli (a white overcoat), a white cap, and wears a nervous yet joyful smile.
The bride is a breathtaking sight in her exquisite saree, an intricate piece of art cherished through generations. Her jewelry sparkles, and her heart races as she anticipates this new chapter in her life.

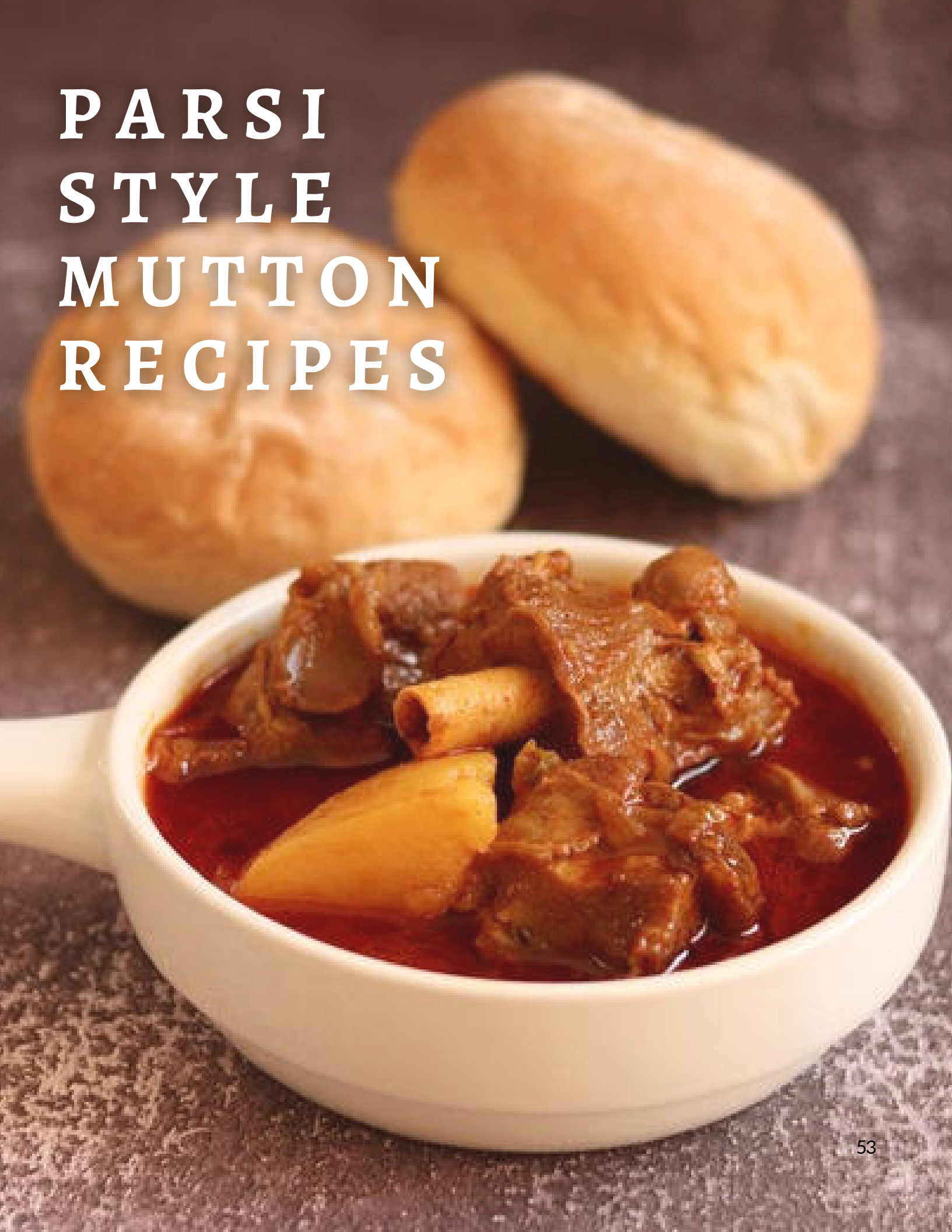
<u>The Ceremony – Two Souls, One Prayer</u>
The couple stands opposite each other, separated by a white curtain (or parda), representing their individuality before uniting as one.
Parsi priests, dressed in white, chant prayers, invoking blessings from Ahura Mazda, the divine lord of wisdom. The prayers resonate with ancient melodies and profound meaning.
At last, the priests sprinkle rice on the couple, first individually, then together symbolizing prosperity, happiness, and unity.
And then, the moment arrives!
The curtain falls, and families erupt in joyous shouts of "Shaadi Mubarak!" (Congratulations!).
The couple exchanges garlands, and everyone showers them with rice, a playful blessing for a life rich in abundance.

<u>The Joyful Celebration – Food, Fun, and Dancing</u>
No Parsi wedding is complete without a legendary feast. Guests gather around long tables, eagerly anticipating the first course of lagan nu bhonu, a traditional Parsi wedding meal served on banana leaves. The menu offers a delightful array of flavors: Patra Ni Machhi, Sali Boti, Chicken Farcha,
And, of course, Lagan Nu Custard
With satisfied appetites and joyful hearts, the music begins. Young and old take to the dance floor, swaying to lively tunes, from traditional folk melodies to modern rhythms.
Laughter resonates throughout the hall, accompanied by shared stories from the past.

<u>The Final Blessings</u>
As the night draws to a close, the couple receives blessings from elders who whisper wishes for a life filled with love, understanding, and unity. The Parsi community holds the belief that marriage extends beyond the couple, creating a foundation of love for generations to come.
As the couple embarks on their journey into married life, enveloped in love, prayers, and joy, they recognize that their story is just beginning.
Under the stars and the warm glow of wedding lights, the Parsi Lagan transforms into not just a ceremony, but a vibrant celebration of life, love, and family.
"Shaadi Mubarak!"

“You don't need a silver fork to eat good food”

PARSI STYLE MUTTON RECIPES



KHEEMA PATTICE



KHEEMA PATTICE

These potato patties are crispy on the outside and soft on the inside, filled with sweet and sour spiced minced meat, offering a delightful contrast in flavors.

INGREDIENTS

Ingredients for kheema filling

- 300 gms kheema Mutton mince
- 2 medium onions finely chopped
- 1 teaspoon ginger garlic paste
- 2 teaspoons kashmiri chilli powder
- 1/2 teaspoon cumin powder
- 1/2 teaspoon coriander powder
- 1/2 teaspoon garam masala powder
- 1/4 teaspoon turmeric powder
- 1 teaspoon salt
- 2 teaspoons sugar
- 3 tablespoons dark vinegar
- 2 tablespoons chopped coriander leaves
- 3 tablespoons oil

Ingredients for Potato filling

- 750 gms potatoes boiled and mashed
- 1 tablespoon corn starch or corn flour
- 1 teaspoon salt

Ingredients for Dredging and frying

- 1 cup bread crumbs
- 3 to 4 eggs
- 1/2 teaspoon salt
- 500 ml oil for frying

METHOD

Kheema Preparation:

Heat a pan over medium heat and add 3 tablespoons of oil.

Sauté finely chopped onions for 2 minutes.

Incorporate 1 teaspoon of ginger garlic paste and fry for an additional minute.

Add Kashmiri chili powder, cumin powder, coriander powder, garam masala powder, turmeric powder, and salt, then fry for a minute.

Add to this 300 grams of kheema (mutton mince), stirring well and cooking the mixture for 3 to 4 minutes.

Mix in 2 teaspoons of sugar, 3 tablespoons of dark vinegar, and chopped fresh coriander, stirring thoroughly.

Cover the pan and reduce the heat to low, cooking for 10 minutes.

Stir the kheema to prevent it from burning at the bottom, adding 1/4 cup of water to create steam, then cover and cook again on low heat for another 10 minutes.

Finally, open the lid, give it a stir, and dry out the kheema. Remove from heat and set aside.

Mashed Potato Preperation:

Boil and mash 750 grams of potatoes.

Add 1 tablespoon of corn flour or corn starch and 1 teaspoon of salt to the mashed potatoes.

Mix everything thoroughly and refrigerate for 20 minutes.

METHOD

Forming the Kheema Patties

Set aside the cooled potatoes and cooked kheema, and pour 2 tablespoons of oil onto a small plate.

Begin by rubbing some oil on your palms, then take 2 tablespoons of the potato mixture and shape it into a flat round or oval form in your palm.

Add 1 tablespoon of the cooked kheema into the center of the potato mixture, and gently wrap the potato around the kheema, making sure it is completely encased in the potato filling. Press lightly to form a firm round cutlet, slightly flattening the center.

Place this aside and continue shaping the remaining patties in the same manner.

Dredging the Kheema Patties and Frying

Prepare two deep dishes: one containing 1 cup of bread crumbs and the other with 3 to 4 beaten eggs.

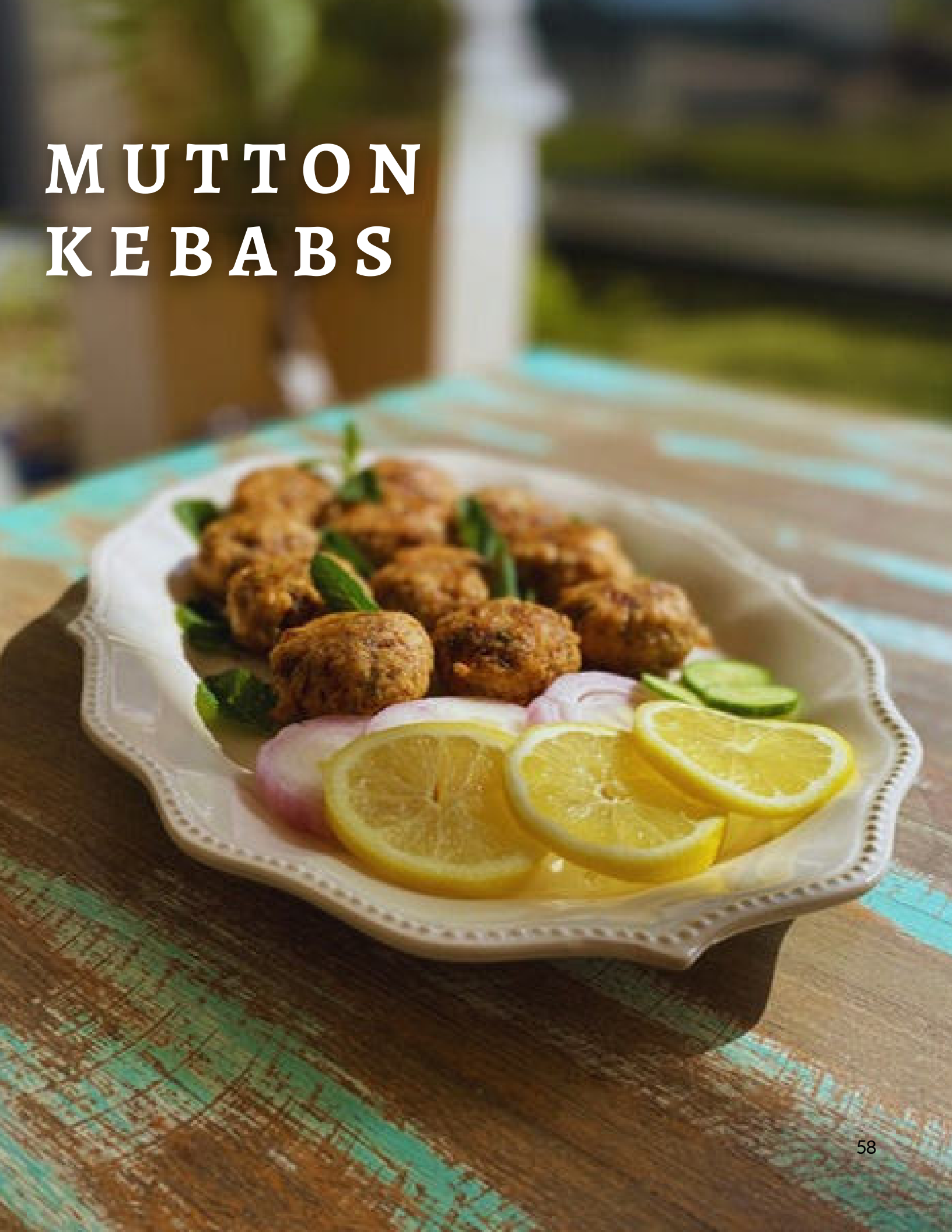
Mix in 1/2 teaspoon of salt with the eggs and whisk well.

Dip each patty into the beaten eggs first, then roll it in the bread crumbs to ensure it is fully coated.

Deep fry the patties in hot oil until they turn a golden brown, about 2 minutes on each side.

Once cooked, remove the patties and place them on a paper towel to soak up any excess oil.

MUTTON KEBABS



MUTTON KEBABS

These are delicious minced meat patties, infused with a blend of spices, herbs, and onions, shallow-fried to perfection for a mouthwatering delight.

INGREDIENTS

- 250 gms Mutton kheema OR minced Mutton
- 2 tablespoons fried onions chopped
- 1/2 cup fresh coriander chopped
- 1/2 cup fresh mint leaves chopped
- 3 green chillies finely chopped
- 2 medium potatoes - boiled and mashed
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon cumin powder
- 1/2 teaspoon coriander powder
- 1/2 teaspoon garam masala powder
- 1 teaspoon kashmiri chilli powder
- 1 teaspoon ginger garlic paste
- 1 teaspoon salt
- 2 eggs
- 3 tablespoons flour - seasoned with salt and pepper
- Oil for shallow frying

METHOD

In a large bowl, combine 250 grams of mutton kheema (minced mutton), 2 tablespoons of chopped fried onions, 1/2 cup of fresh coriander, 1/2 cup of fresh mint leaves, 3 green chillies finely chopped, 2 medium boiled and mashed potatoes, 1/2 teaspoon of turmeric powder, 1/2 teaspoon of cumin powder, 1/2 teaspoon of coriander powder, 1/2 teaspoon of garam masala powder, 1 teaspoon of Kashmiri chilli powder, 1 teaspoon of ginger garlic paste, and 1 teaspoon of salt.

Mix everything thoroughly and refrigerate for 30 minutes. After the chilling period, remove the marinated mixture from the refrigerator and shape it into round balls, pressing each ball gently in the center to flatten slightly. Grease your palms with oil to make rolling the kebabs easier.

Prepare two dishes for the dredging process.

In one dish, crack two eggs, season them with a pinch of salt, and whisk until blended.

In the second dish, combine three tablespoons of flour with 1/4 teaspoon each salt and pepper, mixing thoroughly before setting aside.

Next, heat a pan over medium heat, adding enough oil for shallow frying.

Dredge each kebab first in the flour, then in the egg, and immediately place them in the hot oil.

Fry for about 3 to 4 minutes on each side until golden brown.

MUTTON DHANSAK



MUTTON DHANSAK

A Parsi delicacy, this hearty dish blends spiced mutton with lentils and vegetables, accompanied by caramelized rice to create a symphony of rich flavors.

INGREDIENTS

Ingredients for Dhansak Dal

- 750 gms mutton on the bone
- 1/2 cup moong dal
- 1/2 cup red masoor dal
- 1/2 cup toor dal
- 1/2 teaspoon turmeric powder
- 2 teaspoons salt
- 1 tablespoon chopped fresh methi leaves (fenugreek leaves)
- 1 tablespoon mint leaves
- 1 tablespoon coriander leaves
- 2 green chillies finely chopped
- 4 pieces pumpkin
- 1 small brinjal
- 2 teaspoons ginger garlic paste
- 1 medium onion finely chopped
- 4 garlic cloves finely chopped
- 1 medium tomato finely chopped
- 2 teaspoons kashmiri chilli powder
- 6 to 7 tablespoons oil
- 2 teaspoons ghee

Dhansak masala powder Ingredients

- 7 green cardamons
- 12 cloves
- 1/4 piece nutmeg
- 2 pieces cinnamon sticks
- 1 teaspoon pepper corns
- 1 teaspoon cumin seeds
- 1 teaspoon coriander seeds

Dhansak Rice Ingredients

- 500 gms basmati rice washed and soaked
- 1 and /2 teaspoon salt for rice
- 3 tablespoons sugar
- 1 onion sliced
- 5 green cardamons
- 1 bay leaf 2 pieces cinnamon stick
- 5 cloves
- 8 pepper corns
- 1 teaspoon cumin seeds
- 4 tablespoons oil

METHOD

Dhansak Masala Preperation

Begin by dry grinding a blend of spices:

7 green cardamoms, 12 cloves, a quarter piece of nutmeg, 2 cinnamon sticks, 1 teaspoon of peppercorns, 1 teaspoon of cumin seeds, and 1 teaspoon of coriander seeds. Once ground, set this mixture aside.

Dhansak Dal Preperation

Take 1/2 cup each of moong dal, red masoor dal, and toor dal, wash and drain them, and set them aside.

Heat a pressure cooker over high heat and add 4 tablespoons of oil.

Sauté finely chopped onion for about 2 minutes until it becomes translucent, then add ginger-garlic paste and fry for another minute. Next, incorporate finely chopped tomato, cooking for an additional 1 to 2 minutes

Add 1 tablespoon each of chopped fresh methi leaves (fenugreek), mint leaves, and coriander leaves, along with 2 finely chopped green chilies, 4 pieces of pumpkin, and 1 small brinjal.

Cook this mixture for 2 minutes, then stir in 1/2 teaspoon of turmeric powder and 2 teaspoons of salt, allowing it to cook for another 2 minutes.Add the mutton pieces (on the bone) and cook for 2 to 3 minutes.

Now mix in the previously set aside dals, add 3 cups of water, and stir well.

Pressure cook for 4 to 5 whistles, remember to keep the cooker on high heat until the first whistle, then reduce to medium and cook for 15 minutes.Turn the heat off and let the cooker cool before you open it.

Once opened gently stir the cooked dal and mutton together. Check for any pieces of pumpkin or brinjal and mash them into the dal; if the dal is too thick, add a little water and mix thoroughly before setting it aside.

In a separate pan over medium heat, combine 3 tablespoons of oil and 2 teaspoons of ghee.

Add 4 finely chopped garlic cloves and fry them for 1 to 2 minutes until they turn a creamy color.

Incorporate the Dhansak masala kept aside and cook for 1 minute; then turn off the heat, add 2 teaspoons of Kashmiri chili powder, and mix well, cooking for another minute.

Finally, return the heat to medium-low and continue mixing the masala until it starts to bubble, infusing your kitchen with the delightful aroma of this traditional dish.Add 1/4 glass water and mix it together.

Remove from heat and add this to the cooked Dhansak dal and mutton in the pressure cooker.

Mix everything well and simmer for 5 minutes and remove from heat.

METHOD

Dhansak Rice Preparation:

Rinse 500 grams of Basmati rice and soak it for 30 minutes; set aside.

In a pan over medium heat, add 3 tablespoons of sugar. Continuously stir until the sugar melts and turns a deep brown color. Once it reaches this dark brown stage, it will start to bubble, you may see a bit of smoke too. At this point, add ½ glass of water and mix well. Set this caramel aside, as it will be added to the rice for both color and flavor.

Take a pot for cooking the rice and place it on medium-high heat. Add 3 tablespoons of oil.

Once the oil is hot, add 5 green cardamoms, 2 cinnamon sticks, 5 cloves, 8 peppercorns, 1 teaspoon of cumin seeds, and 1 bay leaf. Stir well and add 1 sliced onion and fry until it turns golden brown.

Drain the soaked rice and add it to the pot, stirring gently.

Incorporate the caramel (darkened sugar) mixture into the rice and mix thoroughly.

Pour in 5 cups of water and add 1½ teaspoons of salt; stir everything together.

Cook the rice on high heat for 15 minutes, until you notice the rice cooking and the water nearly evaporating.

Cover the pot and reduce the heat to low, cooking for an additional 10 minutes. Once done, gently stir the rice and remove it from the heat.

Savor this delicious dish by generously pouring dhansak dal with mutton over the aromatic rice.

Serve the Dhansak with kachumbur and lemon on the side, along with mutton kebabs for a delightful meal.



KIDD GOSHT

KIDD GOSHT

This dish features tender mutton slowly cooked in a delicately spiced coconut gravy, resulting in a creamy and flavorful traditional delight.

INGREDIENTS

- 750 gms mutton on the bone
- 2 large onions finely chopped
- 5 green cardamons
- 8 cloves
- 10 pepper corns
- 1 piece cinnamon (2 inches)
- 1 bay leaf
- 2 teaspoons ginger garlic paste
- 1/2 teaspoon cumin powder
- 1 teaspoon salt
- 1 cup coconut milk
- 10 cashew nuts soaked and ground to paste
- 1/2 teaspoon garam masala powder
- 1/4 teaspoon nutmeg powder
- 3 to 4 dried whole kashmiri chillies (deseeded)
- 4 tablespoons oil

METHOD

Start by heating a pressure cooker over medium heat and adding 4 tablespoons of oil.

Next, toss in green cardamom pods, cloves, peppercorns, cinnamon, and a bay leaf, stirring to blend the spices.

Add finely chopped onions and sauté until they turn translucent.

Then, mix in the ginger-garlic paste and cook for one minute.

Sprinkle in cumin powder and salt, frying for an additional minute.

Incorporate 750 grams of mutton and cook for five minutes, ensuring everything is well combined.

Prepare 3 to 4 whole dried Kashmiri chilies by removing the tops and deseeding them, then add these chilies to the mutton mixture and gently stir.

Pour in 2 cups of water and pressure cook for 4 to 5 whistles; remember to keep the cooker on high heat until the first whistle, then reduce to medium and cook for 15 minutes.

Turn off the heat and allow the cooker to cool before opening it.

Once cooled, open the cooker and bring the contents to a boil.

Stir in 1 cup of coconut milk and the cashew nut paste, continue cooking until it reaches a boil.

Finally, add ½ teaspoon of garam masala powder and ¼ teaspoon of nutmeg powder, simmering on medium-low for 5 minutes.

Remove from heat and let it rest for 5 to 10 minutes before serving.



KHEEMA PAV

KHEEMA PAV

This is a signature dish from Mumbai's legendary Irani cafés, blending minced meat with coriander, mint, and spices. Green Kheema brings together rich, vibrant flavors that tell stories of old Bombay charm, served perfectly with the Bombay pav.

INGREDIENTS

- 500 gms Mutton kheema (Minced Mutton)
- 1 cup coriander leaves
- 10 to 12 mint leaves
- 6 green chillies
- 1 teaspoon cumin seeds
- 2 large onions chopped
- 1 large tomato chopped
- 3 green cardamons
- 4 cloves
- 6 pepper corms
- 1 cinnamon stick
- 2 teaspoons ginger garlic paste
- 1/2 teaspoon turmeric powder
- 1 teaspoon coriander powder
- 1 teaspoon salt
- 1 teaspoon garam masala powder
- 5 tablespoons oil

METHOD

Start by grinding together 1 cup of fresh coriander leaves, 10 to 12 mint leaves, 6 green chilies, and 1 teaspoon of cumin seeds. Set this mixture aside for later use.

In a pot, heat 5 tablespoons of oil and add green cardamom pods, cloves, peppercorns, and a stick of cinnamon.
Next, add chopped onions and fry them until they achieve a golden brown color.
Incorporate chopped tomatoes and sauté for a minute, then mix in the ginger-garlic paste and stir well. Add turmeric powder, coriander powder, salt, and cook for 2 to 3 minutes.
Now, introduce the coriander-chili paste you prepared earlier and allow it to cook for 5 minutes.
Add mutton kheema or minced meat, cooking everything for another 5 minutes while stirring continuously. Pour in 1 cup of water and bring the mixture to a boil.
Cover the pot and let it simmer for 20 minutes on medium-low heat.
Finally add the garam masala powder and stir everything.
Once finished, adjust the consistency of the kheema to your preference.
Garnish with freshly chopped coriander and serve it hot alongside Bombay Pav.



MASOOR MA GOSHT

MASOOR MA GOSHT

This is a robust dish featuring spiced mutton simmered with whole masoor lentils, resulting in a rich and flavorful gravy.

INGREDIENTS

- 500 gms mutton on the bone
- 1 cup whole masoor dal or akha Masoor dal (Washed)
- 2 medium onion chopped
- 1 medium tomato chopped
- 1 teaspoon ginger garlic paste
- 1 teaspoon kashmiri chilli powder
- 3/4 teaspoon coriander powder
- 1/2 teaspoon cumin powder
- 1/4 teaspoon turmeric powder
- 1/2 teaspoon garam masala powder
- 1 teaspoon salt
- 4 garlic cloves finely chopped
- 4 to 5 tablespoons oil
- 2 teaspoons ghee

METHOD

In a pressure cooker, heat 4 to 5 tablespoons of oil and add chopped onions, cooking them until they turn golden brown.

Next, incorporate chopped tomato and sauté for 1 minute.

Stir in ginger garlic paste and mix well.

Adjust the heat to medium and add the following spices: 1 teaspoon of Kashmiri chili powder, 3/4 teaspoon of coriander powder, 1/2 teaspoon of cumin powder, 1/2 teaspoon of turmeric powder, and 1 teaspoon of salt.

Cook this mixture for 3 to 4 minutes.

Then, add 500 grams of mutton and continue cooking for an additional 3 to 4 minutes.

Introduce the washed and soaked whole masoor dal and cook for 2 minutes.

Pour in 3 cups of water and pressure cook for 4 to 5 whistles.

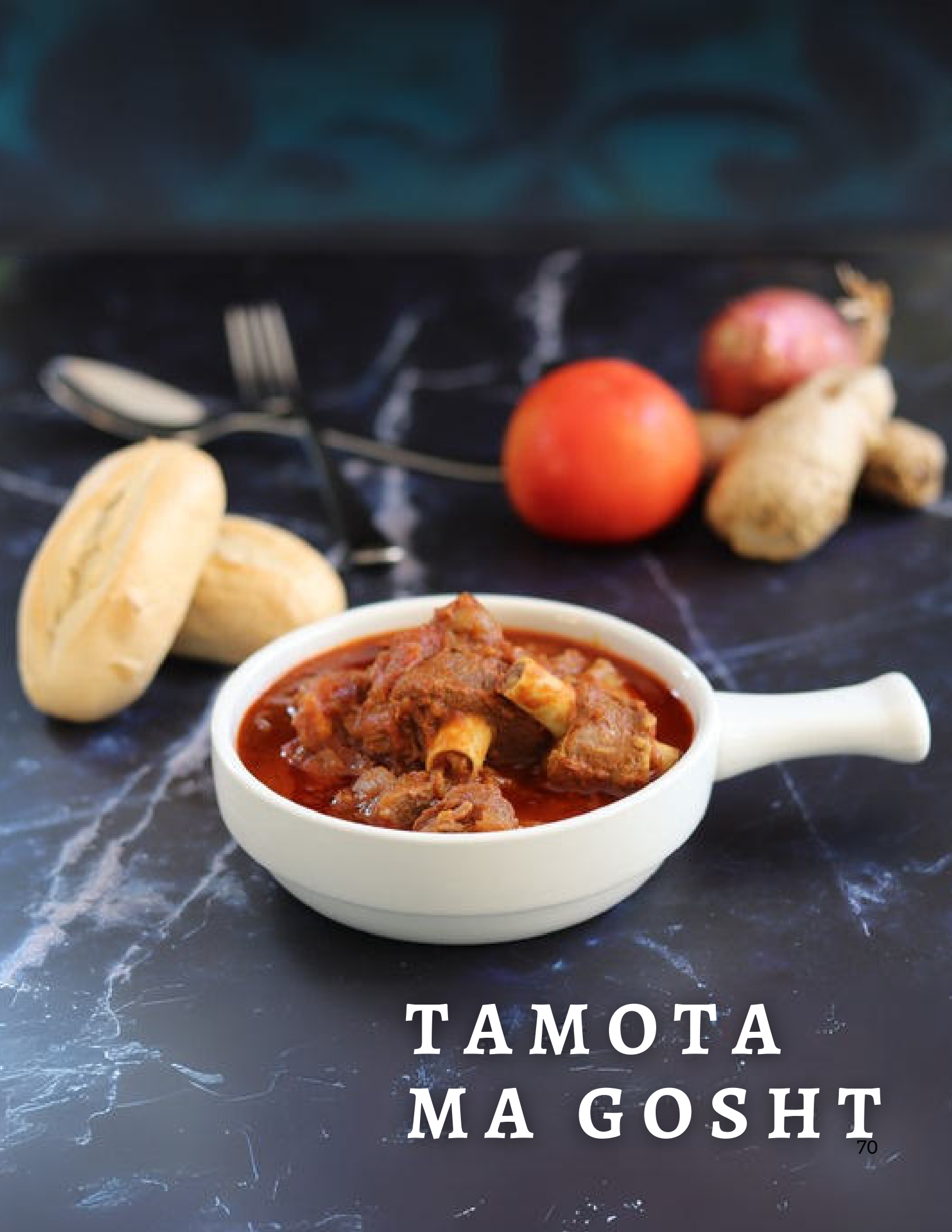
Remember to keep the cooker on high heat until the first whistle, then reduce to medium and cook for 15 minutes. Allow it to cool before opening the cooker.

In a frying pan, add 2 teaspoons of ghee and sauté finely chopped garlic cloves until golden brown. Add this into the cooked masoor and mutton.

Add 1/2 teaspoon of garam masala and bring the dish to a final boil for about 2 minutes.

Remove from heat and let it sit for 10 minutes before serving.

This dish pairs wonderfully with Bombay Pav, and it tastes even better with a small dollop of butter added to your plate over the masoor and mutton.



TAMOTA MA GOSHT

TAMOTA MA GOSHT

This mutton dish is prepared with a generous amount of tomatoes and infused with a variety of spices for added flavor.

INGREDIENTS

- 1 kg mutton on the bone
- 1 large cinnamon stick
- 10 pepper corns 6 cloves
- 6 to 7 green cardamons
- 1 kg tomatoes chopped
- 4 medium onions chopped
- 3 teaspoons ginger garlic paste
- 3 green chillies finely chopped
- 1/2 teaspoon turmeric powder
- 1 teaspoon cumin powder
- 3 teaspoons kashmiri chilli powder
- 1 and 1/2 teaspoons salt
- 1 teaspoon sugar
- 1 teaspoon garam masala powder
- 6 table spoons oil

METHOD

Begin by placing a pressure cooker on high heat and adding 6 tablespoons of oil. Next, incorporate 1 large cinnamon stick, 10 peppercorns, 6 cloves, and 6 to 7 green cardamom pods. Add 4 medium chopped onions and sauté for 6 to 8 minutes until they become translucent. Stir in 3 teaspoons of ginger-garlic paste and 3 finely chopped green chilies, frying for an additional 3 to 4 minutes.

Then, add 1/2 teaspoon of turmeric powder, 1 teaspoon of cumin powder, 3 teaspoons of Kashmiri chili powder, and 1 1/2 teaspoons of salt, cooking for a minute.
Introduce 1 kg of mutton on the bone and cook everything for 5 minutes.
Follow this with 1 kg of chopped tomatoes, 1 teaspoon of sugar, and 1 teaspoon of garam masala powder, mixing thoroughly.

Pour in 1 cup of water and combine everything well.
Close the lid and pressure cook for 4 to 5 whistles. Remember to keep the cooker on high heat until the first whistle, then reduce to medium and cook for 15 minutes. Allow it to cool before opening the cooker. Now stir the mutton gravy, bringing it back to a boil.
Let it simmer for 7 to 8 minutes before turning off the heat.
Allow the dish to rest for 15 minutes before serving.

SALI KHEEMO



SALI KHEEMO

This dish is a timeless classic from the Irani cafés. It showcases crispy potato straws (Sali), known as sali, lavishly sprinkled over flavorful red kheema, or minced mutton. In this recipe, I chose to use store-bought sali for convenience.

INGREDIENTS

- 500 gms mutton kheema (Minced Meat) 5 table spoons oil
- 5 green cardamons
- 1 inch stick of cinnamon
- 4 cloves
- 6 to 8 pepper corns
- 1 large onion chopped
- 1 large tomato chopped
- 1 teaspoon ginger garlic paste
- 1 teaspoon kashmiri chilli powder
- 1 teaspoon coriander powder
- 1/2 teaspoon cumin powder
- 1/4 teaspoon turmeric powder
- 1 teaspoon salt
- 1/2 teaspoon garam masala powder
- 1 cup sali

METHOD

Begin by placing a pot over medium heat and adding oil. Next, introduce green cardamom, a cinnamon stick, cloves, and peppercorns. Once aromatic, incorporate the chopped onion and sauté until it turns golden brown. Add the chopped tomatoes and give everything a good stir. Then, mix in the ginger-garlic paste and let it cook for one minute.

Following that, add Kashmiri chili powder, coriander powder, cumin powder, and salt, cooking the mixture for 2 to 3 minutes. Stir in the kheema and cook for an additional five minutes, ensuring it's well combined. Pour in one cup of water and bring it to a boil. Cover the pot and let it simmer on medium-low heat for 20 minutes. Afterward, uncover and simmer for five more minutes.

Finally, stir in half a teaspoon of garam masala powder, remove from heat, and serve topped with sali (potato straws). This delicious dish pairs wonderfully with Bombay pav.



MUTTON CURRY CHAWAL

MUTTON CURRY CHAWAL

This dish provides a warm and inviting experience featuring spiced mutton curry enriched with peanuts and coconut, accompanied by fragrant steamed rice that beautifully blends traditional rich flavors.

INGREDIENTS

Mutton Curry Ingredients

- 750 gms mutton on the bone
- 1/2 cup peanuts
- 1/2 cup split gram dal
- 2 pieces cinnamon
- 8 cloves
- 2 teaspoons coriander seeds
- 1 teaspoon cumin seeds
- 2 teaspoons sesame seeds
- 4 tablespoons kashmiri chilli powder
- 2 teaspoons ginger garlic paste
- 1 cup grated coconut
- 12 to 15 curry leaves
- 1 and 1/2 table spoon gram flour (Channa Atta)
- 2 medium potatoes large cut
- 1 tablespoon dry tamarind
- 1 and 1/2 teaspoon salt
- 5 to 6 tablespoons oil

Rice Preparation

- 2 cups Rice
- 1 and 1/2 teaspoon salt
- 1 teaspoon ghee

METHOD

Rice Preparation

Rinse and strain 2 cups of rice, then place it in a large pot.
Add 4 cups of water, 1½ teaspoons of salt, and 1 teaspoon of ghee.
Bring the mixture to a boil over high heat until the water evaporates and the rice is nearly cooked.
Reduce the heat to low, cover the pot, and let it cook for an additional 15 minutes.
Check if the rice is fully cooked, then remove it from heat.
Finally, fluff the rice with a fork and set it aside.

Curry Masala Preparation

In a pan, dry roast the following ingredients for 5 minutes:
1/2 cup peanuts, 1/2 cup split gram dal, 2 pieces of cinnamon, 8 cloves, 2 teaspoons coriander seeds, 1 teaspoon cumin seeds, and 2 teaspoons sesame seeds.
Remove from heat and allow to cool for 10 minutes.
Transfer the cooled mixture to a mixer grinder, then add 4 tablespoons Kashmiri chili powder, 2 teaspoons ginger-garlic paste, 1 cup grated coconut, and 3/4 cup water.
Grind all the ingredients together until you achieve a smooth paste, then set aside.

METHOD

Begin by placing a pressure cooker on medium heat and adding 5 tablespoons of oil.

Next, toss in 12 to 15 curry leaves and let them crackle.

Then, add 1 and 1/2 tablespoons of gram flour (Channa Atta) and fry for 30 seconds.

Incorporate the ground curry masala and fry for 5 minutes while stirring continuously; it will feel like an excellent arm workout!

Add the mutton along with 1 and 1/2 teaspoons of salt, stirring and cooking for another 5 minutes—another great workout for your arms!

Ensure that the mutton and curry masala are well-cooked.

Pour in 4 cups of water and stir everything thoroughly.

Pressure cook for 4 whistles.Remember to keep the cooker on high heat until the first whistle, then reduce to medium and cook for 12 minutes.

Once the cooker has cooled, open it and add 2 medium-sized potatoes, cut into large pieces.

Soak 1 tablespoon of dry tamarind in 1/4 cup of warm water for 5 minutes, then strain the pulp into the curry, discarding the tamarind pieces.

Close the pressure cooker again and cook for just 1 whistle on high heat to allow the potatoes to soften.

Open the cooker after it cools, gently stir the curry.

Remove from heat and let it sit for 10 minutes before serving.

Enjoy this delicious dish with plain white rice, accompanied by onions and lemon.

“The best memories are around the table”



RAS CHAWAL

RAS CHAWAL

It's a straightforward mutton curry (this mutton gravy) served alongside rice, flavored with garam masala, cumin seeds, and crispy fried onions.

INGREDIENTS

Ingredients for Mutton gravy

- 750 gms Mutton on the bone
- 8 cloves
- 8 green cardamon
- 2 large Cinnamon sticks
- 8 pepper corns
- 4 medium onions chopped
- 2 medium tomatoes chopped
- 2 teaspoons ginger garlic paste
- 3 to 4 green chillies finely chopped
- 1 and 1/2 teaspoon kashmiri chilli powder
- 1 teaspoon cumin powder
- 1 and 1/2 teaspoon salt
- 1/2 teaspoon pepper powder
- 1/2 teaspoon turmeric powder
- 3 medium potatoes cut in large pieces
- 1/2 cup fresh coriander leaves
- 6 tablespoons oil

Ingredients for Rice

- 500 gms Basmati Rice (washed and drained)
- 8 cloves
- 8 green cardamon
- 2 large Cinnamon sticks
- 8 pepper corns
- 1 and 1/2 teaspoon cumin seeds
- 1 medium onion sliced
- 1 and 1/2 teaspoon salt
- 4 tablespoons oil

METHOD

Mutton Gravy Preperation

Place a pressure cooker over medium-high heat and add 6 tablespoons of oil. Next, incorporate 8 cloves, 8 green cardamom pods, 2 large cinnamon sticks, and 8 peppercorns; give it a stir.
Then, add 4 medium chopped onions and sauté for 5 to 6 minutes until they turn a creamy color.
Mix in 2 teaspoons of ginger-garlic paste and 3 to 4 finely chopped green chilies, frying for an additional 2 minutes.
Add 2 chopped medium tomatoes and cook for another 2 minutes.

Season the mixture with 1 and 1/2 teaspoons of Kashmiri chili powder, 1 teaspoon of cumin powder, 1 and 1/2 teaspoons of salt, 1/2 teaspoon of pepper powder, 1/2 teaspoon of turmeric powder, and 1/2 cup of fresh coriander leaves, cooking for 2 to 3 minutes.

Introduce 750 grams of mutton, stirring and cooking for 3 to 4 minutes. Pour in 3 cups of water and mix everything together. Pressure cook for 3 to 4 whistles.Remember to keep the cooker on high heat until the first whistle, then reduce to medium and cook for 15 minutes. Allow it to cool before opening the cooker.Give everything a stir.
Add 3 medium potatoes, cut into large pieces, and pressure cook for 1 whistle. After cooling, open the cooker, and give it a final boil for 2 to 3 minutes and set it aside

Rice Preparation

In a large pot, heat 4 tablespoons of oil over medium-high heat.
Add 8 cloves, 8 green cardamom pods, 2 large cinnamon sticks, 8 peppercorns, and 1 and 1/2 teaspoons of cumin seeds; stir the mixture.
Add 1 sliced medium onion and fry until golden. Then, add 500 grams of washed and drained Basmati rice, stirring for 30 seconds.
Pour in 5 cups of water and bring it to a boil over high heat. Cook uncovered for 10 minutes on high, then reduce the heat to low, cover, and cook for an additional 15 minutes. Afterward, let it sit for 10 minutes before serving.
Enjoy this mutton curry and rice with some lemon and kachumber.

“Food
Friends
Family
The best
combination”



MUTTON PULAO

MUTTON PULAO

This dish features fragrant rice layered with tender, spiced mutton, aromatic spices, and rich caramelized onions.

INGREDIENTS

Ingredients for Pulao masala

- 5 green cardamons
- 1 piece cinnamon (1 inch)
- 4 cloves 1/2 nutmeg
- 1/2 piece mace
- 1 teaspoon cumin seeds

Ingredients for Mutton masala

- 500 to 750 gms mutton on the bone
- 4 to 5 green cardamons
- 8 pepper corns
- 6 cloves
- 1 pc of cinnamon
- 3 large onions sliced
- 2 large tomatoes chopped
- 2 large potatoes (Large cubed)
- 2 teaspoons ginger garlic paste
- 1 and 1/2 teaspoon kashmiri chilli powder
- 1 teaspoon garam masala powder
- 3/4 teaspoon cumin powder

Ingredients for Mutton masala

- 1/2 teaspoon turmeric powder
- 1 and 1/2 teaspoon salt
- 1 cup yogurt
- 6 to 8 tablespoons oil

Ingredients for Pulao Rice

- 500 gms basmati rice
- 5 green cardamons 4 cloves
- 8 pepper corns
- 1 pc cinnamon
- 1 bay leaf
- 1 teaspoon cumin seeds
- 2 and 1/2 teaspoon salt
- 1 tablespoon oil

Ingredients for Pulao garnish

- 1/2 teaspoon saffron
- 3 tablespoons milk
- 2 tablespoons chopped mint leaves
- 4 tablespoons fried onions
- 2 teaspoons ghee
- Yellow food color (Optional)

METHOD

Pulao Masala Preparation:

Grind together 5 green cardamom pods, a 1-inch piece of cinnamon, 4 cloves, ½ nutmeg, ½ piece of mace, and 1 teaspoon of cumin seeds into a fine powder and set it aside. This blend will serve as the Pulao Masala.

Mutton Masala Preparation:

Begin by heating oil in a pressure cooker over medium heat and adding 2 large cubed potatoes, frying them until golden brown before removing and setting aside.

In the same oil, add 5 green cardamom pods, 8 peppercorns, 5 cloves, and a piece of cinnamon, stirring to release the flavors.

Next, incorporate sliced onions and sauté until they turn golden brown, reserving some for garnish.

Add chopped tomatoes and cook for about a minute, followed by ginger-garlic paste, sautéing for an additional minute.

Then, mix in Kashmiri chili powder, garam masala powder, cumin powder, turmeric powder, and 1½ teaspoons of salt, cooking the mixture for 3 to 4 minutes.

Introduce 500 to 750 grams of mutton and cook for another 3 to 4 minutes before stirring in 1 cup of yogurt and cooking for an additional 5 minutes or until the oil begins to separate.

Pour in 1 cup of water, stir well, and pressure cook for 4 to 5 whistles. Remember to keep the cooker on high heat until the first whistle, then reduce to medium and cook for 15 minutes.

Let the pressure cooker cool before opening; the mutton should have a semi-dry gravy.

If it appears too liquid, cook it down until the oil separates from the sides. Finally, add the fried potatoes and set aside.

METHOD

Pulao Rice Preparation:

Start by rinsing and soaking 500 grams of basmati rice for 20 minutes, then drain and set it aside.

In a large pot, fill it with 3 liters of water and add 5 green cardamoms, 8 peppercorns, 5 cloves, 1 piece of cinnamon, 1 bay leaf, 1 teaspoon of cumin seeds, and 2 and 1/2 teaspoons of salt.

Bring the water to a boil and then add the washed and soaked rice.

Allow it to boil and cook for 10 minutes, checking if the rice is about 90% cooked before removing it from heat and straining it, keeping the rice aside.

Assembling the Pulao:

Begin with a thin layer of rice at the bottom of a large pot,this protects the mutton masala from burning.

Next, layer all the cooked mutton on top, followed by sprinkling half of the fried onions over the mutton, 1 tablespoon of chopped mint leaves, and 1 teaspoon of pulao masala.

Drizzle 1 teaspoon of ghee over this layer, then add the remaining rice on top.

Mix 1/2 teaspoon of saffron with 3 tablespoons of warm milk and pour it over the layered rice.

Finally, top with the remaining fried onions, 1 tablespoon of chopped mint leaves, 1 teaspoon of pulao masala, a pinch of yellow food coloring (optional), and 1 teaspoon of ghee.

Cover the pot and cook on medium-low heat for 15 to 20 minutes, allowing the rice and mutton to steam together, melding all the flavors in the pot.

Once done, uncover and savor the delightful aroma of this fragrant mutton pulao.

The Parsi Ses

At the heart of every Zoroastrian household lies a sacred tray known as the Ses. This is not just any ordinary tray; it acts as a bridge between the mortal and divine realms, serving as a vessel of blessings.
For generations, the Ses has quietly observed life's pivotal moments, with its contents weaving tales of faith, purity, and the eternal dance of light and goodness. Within the Parsi community, the Ses stands as a treasured symbol of auspiciousness, playing a crucial role in various ceremonies and everyday life. This round metallic silver tray, available in various sizes, showcases a collection of items, each representing virtues and blessings.

When preparing the Ses, careful attention is devoted to the arrangement of its items, as each one tells a unique story.

Key Components of the Ses:
Divo (Lamp): Represents light, symbolizing the banishment of darkness and evil.
Paro/Soparo: A conical metallic container filled with patasha or rock sugar (khadi sakar), symbolizing sweetness and the importance of maintaining a pleasant demeanor.
Pigani: A small vessel containing kanku (vermilion) used to mark an auspicious red dot on the forehead. For men, a vertical mark signifies the sun's rays; for women, a round mark denotes the moon, both embellished with rice grains to signify abundance.
Gulabaz: A rose water sprinkler that reflects the Iranian tradition of welcoming guests with rose water, symbolizing hospitality and the spread of joy.

*Other Items in the Ses:**
Coconut: Signifies resourcefulness and utility.
Betel Leaves (Paan) and Betel Nut (Sopari): Represent fertility and prosperity.
Almonds (Badaam) and Dried Dates (Khaarak): Symbolize strength and resilience.
Rice: Embodies fertility and productivity.
Curd and Fish (or fish shapped sweet made with dry milk): Associated with good fortune and life-giving energy.
Sugar Crystals (Khari Sakar): Signify sweetness in life.
Rose Petals: Convey happiness.
Silver and Gold Coins: Indicate wealth and prosperity.

The Parsi Ses

A garland of fresh flowers often decorates the Ses, enhancing its auspiciousness. On special occasions, such as Navjote (initiation ceremony) and weddings, a larger Ses is prepared, sometimes including new garments for the individual, symbolizing purity and readiness for new beginnings.

The careful arrangement of the Ses reflects the Parsi philosophy of integrating religious principles with daily life, using tangible symbols to convey spiritual values and cultural heritage.

The Ses plays a pivotal role in life's most significant events. During the Navjote ceremony, when a child is embraced into the faith, the tray is presented with deep reverence, containing the tools to bless the young soul and guide them on their path of good thoughts, good words, and good deeds.

At weddings, the Ses transforms into a symbol of unity. The couple stands before it, receiving its blessings as they pledge to create a life filled with harmony and joy. Its contents seem to hum with encouragement, urging them to nurture their love and faith.

Even in times of parting, such as during funeral rites, the Ses maintains its presence. Its sacred objects assist the departed soul, purifying their journey to the divine and reminding the living of the eternal cycle of existence.

The Ses is more than just a tray; it is a storyteller, a guardian of tradition, and a symbol of divine connection. It imparts lessons without spoken words, encouraging Zoroastrians to honor the purity of their thoughts, to tread the path of righteousness, and to seek light even in the shadows.

As centuries unfold, the Ses remains steadfast, its quiet beauty unchanged. It symbolizes the resilience of faith, a testament to the enduring power of Zoroastrianism, and a gentle reminder that even in the most ordinary objects, the wisdom of the divine resides.

“Laughter is brightest where food is best”

PARSI STYLE SEAFOOD RECIPES





KOLMI NA KEBAB

KOLMI NA KEBAB

These are delicious Prawn Kebabs which melt in your mouth A speciality in Parsi Cuisine, They go very well with some Parsi Masala Daar and Pav

INGREDIENTS

- 350 gms Prawns (Peeled, cleaned and deveined)
- 2 medium onions
- 4 to 5 green chillies
- 1/2 cup fresh coriander leaves
- 10 to 12 mint leaves
- 4 to 5 garlic cloves
- 2 bread slices - edges cut off and cut in cubes
- 1 tablespoon lime or lemon juice
- 3/4 teaspoon Turmeric powder
- 3/4 teaspoon Cumin powder
- 3/4 teaspoon Kashmiri chilli powder
- 1/4 teaspoon Garam masala powder
- 1 teaspoon salt 1 egg
- Oil for shallow frying

METHOD

In a food processor or chopper, combine 2 medium onions, 4 to 5 green chillies, 1/2 cup of fresh coriander leaves, 10 to 12 mint leaves, and 4 to 5 garlic cloves. Chop for about 10 seconds, then open the processor and scrape everything to the center.

Next, add 350 grams of prawns (peeled, cleaned, and deveined), 3/4 teaspoon of turmeric powder, 3/4 teaspoon of cumin powder, 3/4 teaspoon of Kashmiri chilli powder, 1/4 teaspoon of garam masala powder, 1 teaspoon of salt, 1 tablespoon of lime or lemon juice, 1 egg, and 2 bread slices (edges removed and cut into cubes). Chop all these ingredients for another 10 seconds.

When finished, you'll have a roughly chopped, sticky batter.

Heat a pan over medium heat and add enough oil for shallow frying the kebabs. As the oil heats up, start forming the kebabs.

Apply a little oil to your palms, then take a tablespoon of the prawn kebab mixture and shape it into a round, flat kebab.

Since the batter is sticky, avoid overworking it; a rough, flat shape will do.

Fry the kebabs immediately – do not place them on a plate as they will stick.

Shallow fry each side for 2 to 3 minutes on medium heat.

Once cooked, remove them from the oil and place on a paper towel to soak up excess oil before serving.

Tip: If the batter becomes too sticky, mix in 1 tablespoon of corn starch to make it easier to handle.



PATRA NI MACHHI

PATRA NI MACHHI

Patra Ni Machhi - This is the most wanted Parsi recipe of all times. It is very simple to make and extremely delicious to eat This is a celebratory dish which is served at all Parsi weddings and Navjotes. Authentically we make this with Silver pomfret, however you can make it with any fish of your choice.

INGREDIENTS

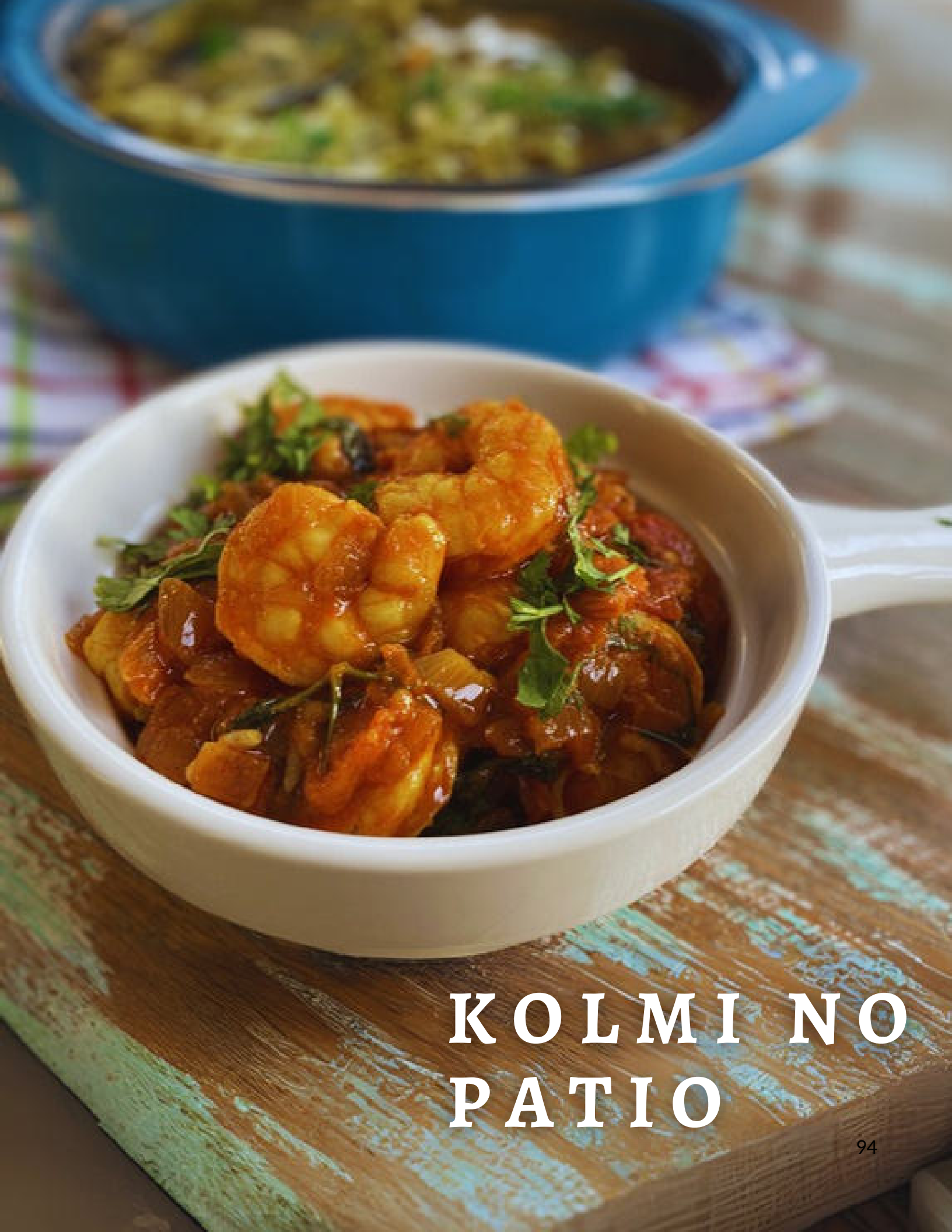
- 2 medium Silver pomfrets cut in 4 to 5 large pieces
- 1 and 1/2 cup fresh grated coconut
- 1 and 1/2 cup fresh coriander
- 1/2 cup mint leaves
- 6 green chillies
- 5 garlic cloves
- 1 and 1/2 teaspoon cumin seeds
- 2 teaspoons sugar
- 2 teaspoons salt
- 3 tablespoons lemon juice
- 4 banana leaves cut in the centre and stem removed
- Cooking twine or thread to tie the banana leaves

METHOD

Grind the ingredients to create a chutney using 1 and 1/2 cup grated coconut, 1 and 1/2 cup coriander leaves, 1/2 cup mint leaves, 6 green chilies, 5 cloves of garlic,
one teaspoon of salt, 2 teaspoons sugar, 1 and 1/2 teaspoons cumin seeds, and two tablespoons of lemon juice.
Refrigerate for 20 minutes; this will thicken the chutney and improve its application.

Next, add one teaspoon of salt and one tablespoon of lemon juice to the fish, rubbing it in well and setting it aside. This step will help eliminate any fishy odor.
Wash the banana leaves and trim off the central stem. Lightly heat each leaf on the stove; this will soften the leaves and make them pliable, preventing tearing during folding.
Spread two tablespoons of chutney at the bottom of the leaf, then place the fish on top of this layer. Cover the fish with an additional two tablespoons of chutney. Wrap the fish securely in the banana leaf, sealing all sides, and tie it with cooking twine.
Prepare your steamer, and once it's ready with steam rising, place the fish inside. Steam the fish for 10 to 12 minutes before removing it for serving..

Important Note: If you plan to serve the fish later and it has cooled down, avoid re-steaming. Instead, place it in the microwave with the lid closed for one minute to heat it thoroughly while keeping it moist



KOLMI NO PATIO

KOLMI NO PATIO

A well-known Parsi prawn dish made with onions and tomatoes is served with yellow lentils and rice, called "Dhandaar Kolmi no Patiyo." "Dhandaar" refers to rice and yellow lentils, while "Kolmi no Patiyo" denotes the prawn dish.

INGREDIENTS

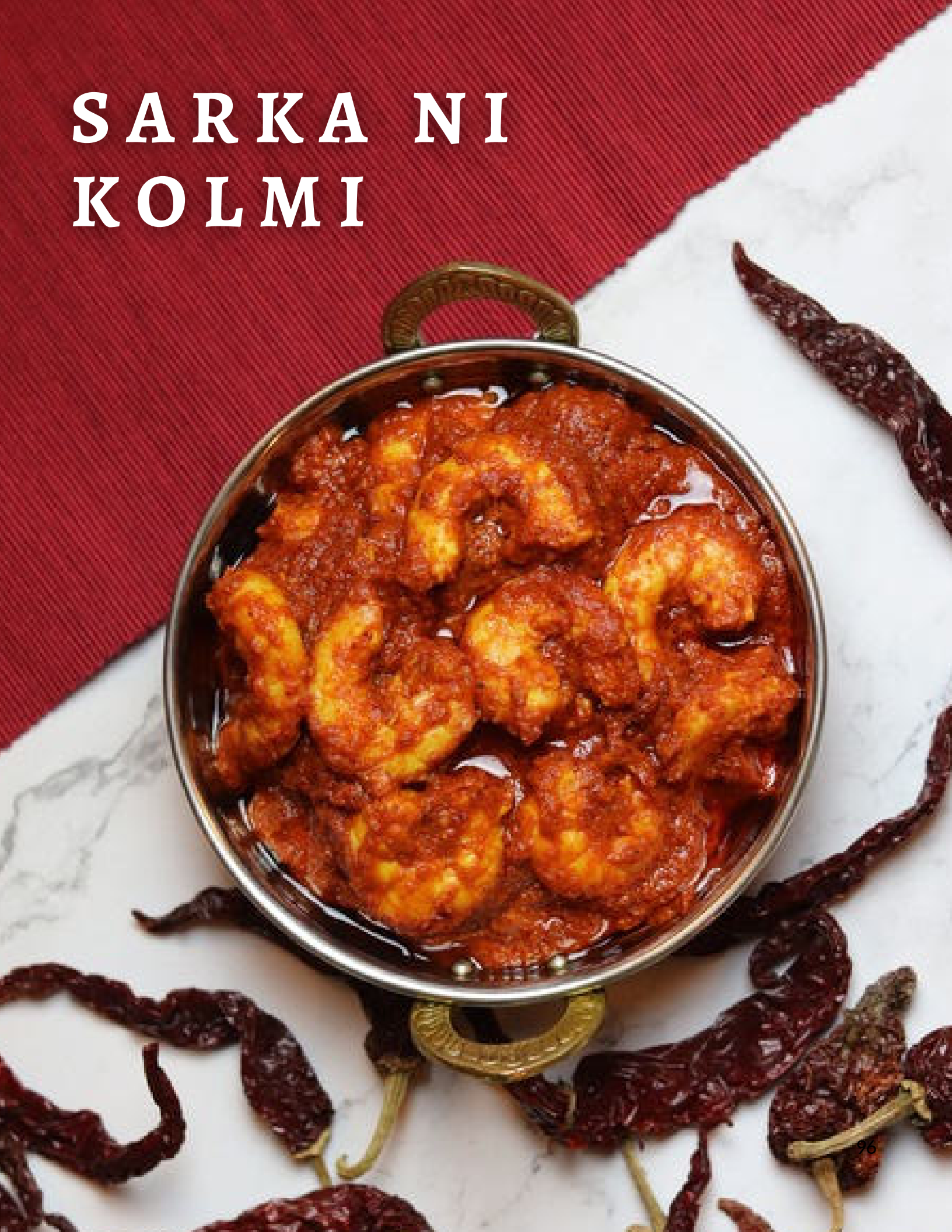
- 500 gms Prawns
- 2 large onions chopped
- 2 large tomatoes chopped
- 1 teaspoon garlic paste
- 3 green chillies finely chopped
- 2 teaspoons kashmiri chilli powder
- 1 teaspoon turmeric powder
- 3/4 teaspoon cumin powder
- 2 teaspoons salt 1 tea spoons sugar
- 3 tablespoons coriander chopped
- 2 tablespoons lemon juice
- 4 to 5 tablespoons oil

METHOD

Begin by cleaning and deveining the prawns, then combine them with 1 teaspoon of salt, ½ teaspoon of turmeric powder, and 2 tablespoons of lemon juice.
Set this mixture aside.

In a pan over medium heat, add oil and chopped onions, cooking them until they become translucent.
Next, add garlic paste and green chilies, stir-frying for about a minute.
Incorporate chopped tomatoes and let them cook for an additional 2 to 3 minutes.
Stir in Kashmiri chili powder, turmeric powder, cumin powder, salt, and sugar, frying the mixture for another 2 to 3 minutes. Cover the pan and cook on low heat for 5 minutes.
After that, uncover the pan and add fresh coriander leaves, mixing everything well and raise the heat to medium.
Introduce the marinated prawns and stir-everything well
Cover, and cook for 5 to 6 minutes.
Finally, uncover the pan and garnish with additional fresh coriander leaves.
Enjoy this dish on its own, or pair it with simple Daal Chawal, or as we Parsis like to call it – "Dhandaar with Kolmi No Patiyo."

SARKA NI KOLMI



SARKA NI KOLMI

Parsi Sarka ni Kolmi is a delightful shrimp dish that combines sweet, tangy, and spicy flavors, featuring chili powder, garlic, and vinegar. It is typically enjoyed alongside Dal Chawal.

INGREDIENTS

- 500 gms Prawns - peeled and deveined
- 4 teaspoons garlic paste
- 1 teaspoon cumin powder
- 2 teaspoons Kashmiri chilli powder
- 1/2 teaspoon turmeric powder
- 2 teaspoons salt
- 2 teaspoons sugar
- 1/2 cup vinegar
- 5 tablespoons oil

METHOD

Clean the prawns and mix in 1 teaspoon of salt, then set aside.
Heat 5 tablespoons of oil in a pan over medium heat, adding garlic paste and cooking for 30 seconds.
Next, incorporate cumin powder, Kashmiri chili powder, and turmeric powder, cooking for 1 minute.
Add the prawns and cook for another minute, ensuring they are well coated.
Stir in 1 teaspoon of salt and 2 teaspoons of sugar, cooking for an additional 2 minutes while stirring.
Finally, add the vinegar and cook for 5 to 7 minutes, stirring constantly until the prawns are fully cooked and the gravy becomes thick and rich.
Serve this delightful dish with simple Daal Chawal or, as we Parsis say, our beloved "DhanDaar."



PAPRI MA KOLMI

PAPRI MA KOLMI

This dish features prawns and papri , which are long, flat beans originating from the Gujarat region of India.

INGREDIENTS

- 500 gms Papri - Long Flat Beans
- 500 gms Prawns - Peeled, deveined and washed
- 2 medium onions chopped
- 2 medium tomatoes chopped
- 1 teaspoon ginger garlic paste
- 2 green chillies finely chopped
- 1 and 1/2 teaspoon salt
- 1 teaspoon kashmiri chilli powder
- 3/4 teaspoon turmeric powder
- 3/4 teaspoon Cumin powder
- 3/4 teaspoon Coriander powder
- 2 tablespoons fresh coriander chopped
- 5 tablespoons oil

METHOD

Peel 500 grams of Papri, remove the strings from the sides, and break it into 1-inch pieces. Wash and strain, then set aside.

Take 500 grams of prawns (peeled, deveined, and washed), and add 1/2 teaspoon of salt and 1/2 teaspoon of turmeric powder. Mix well and set aside.

In a deep pan over medium heat, pour in 5 tablespoons of oil. Add 2 medium chopped onions and fry for 3 to 4 minutes until they become translucent. Next, add 1 teaspoon of ginger-garlic paste and 2 finely chopped green chilies, frying for another minute.

Then, incorporate 2 chopped medium tomatoes and continue frying for 2 minutes. Season with 1 teaspoon of Kashmiri chili powder, 1/4 teaspoon of turmeric powder, 3/4 teaspoon of cumin powder, 3/4 teaspoon of coriander powder, and 1 teaspoon of salt, frying everything for an additional 2 minutes.

Now, add the cleaned Papri and stir well, ensuring it is coated in the spice mixture. Pour in 1/2 cup of water and stir again. Add 1/2 teaspoon of carom seeds (Ajwain) and mix everything thoroughly. Cover and cook on low heat for 15 to 20 minutes or until the papri is cooked.

Afterward, gently stir the mixture and add the marinated prawns. Cover again and cook on medium-low for 5 to 6 minutes. Once finished, give everything a gentle stir and let it simmer for another 5 minutes. Finally, garnish with fresh chopped coriander before removing from heat.



SAAS NI MACHHI

SAAS NI MACHHI

'Saas ni Macchi' is an authentic dish made with Silver Pomfret in a sweet and sour sauce, commonly served at Parsi weddings (Navjotes) and enjoyed as a home-cooked meal, usually paired with Parsi Khichidi or plain Basmati rice.

INGREDIENTS

- 500 gms Sliver Pomfret - cleaned and washed
- 1 and 1/2 tea spoon salt
- 1 medium onion finely chopped
- 5 to 6 Garlic cloves finely chopped
- 5 to 6 green chillies finely chopped
- 1 and 1/2 table spoons all purpose flour
- 2 tablespoons dark vinegar
- 1/2 teaspoon cumin powder
- 3 teaspoons sugar
- 1 medium tomato chopped
- 2 tablespoons coriander leaves chopped
- 5 tablespoons oil

METHOD

Begin by washing and cleaning the Silver Pomfret, then cut it into large pieces. Sprinkle 1/2 teaspoon of salt over the fish, rubbing it in well, and set aside.

Next, heat a deep flat pan over medium heat and add oil. Once the oil is hot, toss in finely chopped onions and sauté for one minute.
Then, add finely chopped garlic cloves and green chilies, frying for another two minutes.
Introduce all-purpose flour to the mixture and cook for one minute.
Gradually pour in 1 cup of water, stirring everything together until it forms a slightly thick sauce. If required to achieve the desired consistency, add an additional 1/2 cup of water and mix well.
Stir in 1 teaspoon of salt, followed by dark vinegar, cumin powder, and sugar, blending everything together.
Gently add the prepared Silver Pomfret to the pan, ensuring it is well-coated with the sauce.
Top the fish with one medium chopped tomato, placing some around the sides as well. Cover and cook for three minutes.
After three minutes, uncover the pan and carefully swirl it so the sauce and tomatoes blend nicely. Gently spoon some sauce over the fish.
Finally, sprinkle two tablespoons of chopped fresh coriander on top, cover, and cook for another three minutes.
Once done, let it simmer for a minute before removing it from the heat.
Serve this delightful fish with hot Basmati rice or Parsi Khichidi for a satisfying meal.



KHARI MACHHI

KHARI MACHHI

'This delightful fish curry is prepared in a quick and straightforward way. It pairs wonderfully with Pav or Brun bread, making it an ideal comfort food for those cozy cravings.

INGREDIENTS

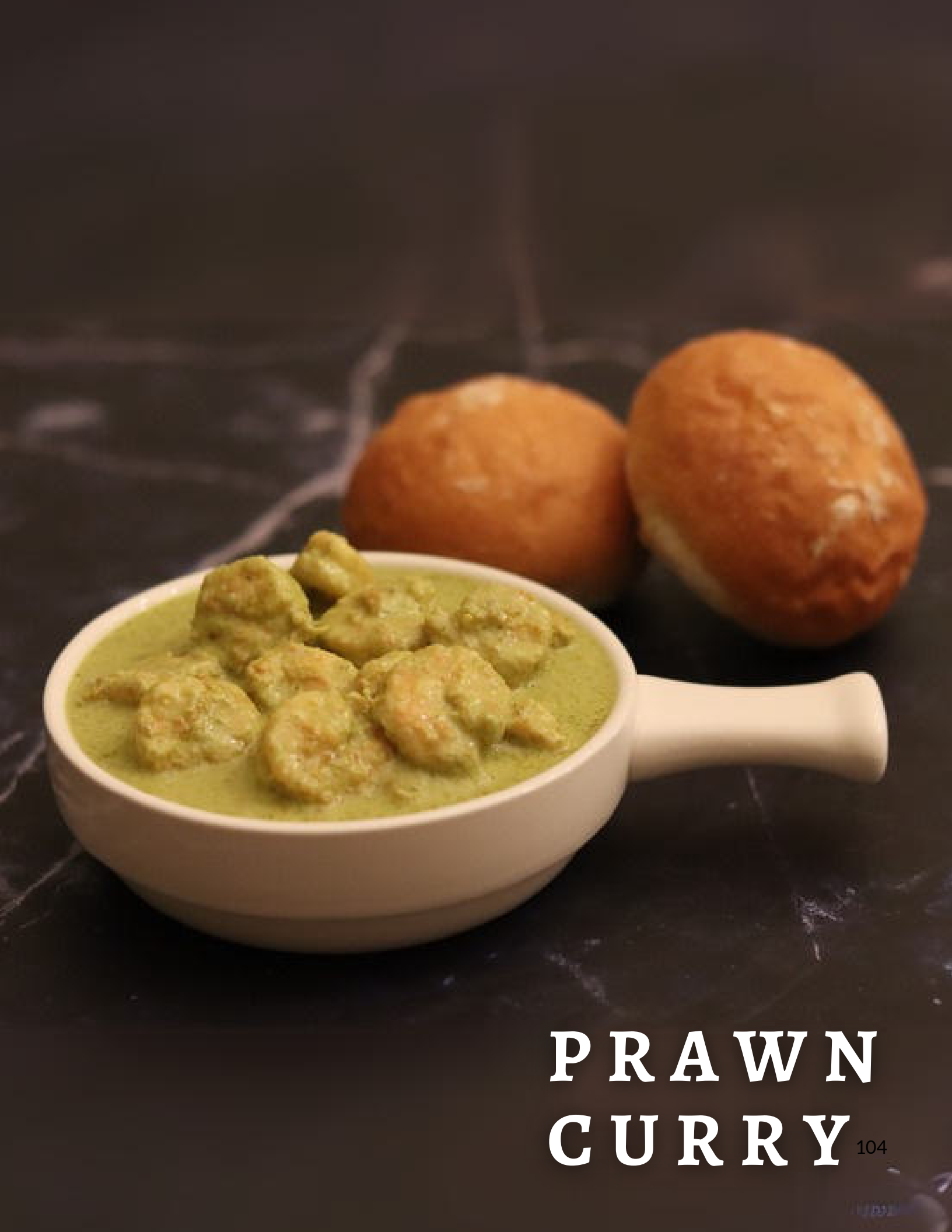
- 500 gms King fish or Black pomfret (You can use any fish of your choice)
- 1 cup coriander leaves
- 1 small onion
- 1 small tomato
- 3 garlic cloves
- 5 to 6 green chillies (You can lessen this according to your spice level)
- 1/2 teaspoon cumin powder
- 1 teaspoon turmeric powder
- 2 teaspoons salt
- 2 tablespoons lemon juice
- 4 tablespoons oil

METHOD

Begin by marinating the fish with ½ teaspoon of turmeric powder, 1 teaspoon of salt, and 2 tablespoons of lemon juice. This step helps to remove any unpleasant fishy smell. Set the marinated fish aside.

Next, combine 1 cup of coriander leaves, 1 onion, 1 tomato, 3 garlic cloves, and 5 to 6 green chilies in a blender to create a paste, then set it aside.

In a pan, heat some oil over medium-high heat and add the coriander-chili paste. Mix in cumin powder and cook until the oil separates from the mixture, which should take about 5 minutes.
Pour in 2 cups of water, bring it to a boil, and let it simmer for 1 minute.
Gently add the marinated fish, cover the pan, and cook for 5 minutes.
Afterward, uncover the pan, and if necessary, add 1 teaspoon of salt.
Carefully stir the curry and allow it to cook for an additional minute.
Finally, remove from heat and serve alongside Basmati rice or bread.



PRAWN CURRY

PRAWN CURRY

This delightful prawn curry features coconut milk and cashew nut paste. It's an incredibly simple dish that you can prepare in less than 15 minutes.

INGREDIENTS

- 500 gms Prawns - Peeled, washed and deveined
- 1 teaspoon salt
- 1/2 teaspoon turmeric powder
- 1 cup coconut milk
- 15 cashew nuts
- 1 cup coriander leaves
- 4 garlic cloves
- 1 small onion
- 5 to 6 green chillies
- 1 teaspoon cumin seeds
- 2 tablespoons White vinegar
- 4 tablespoons oil

METHOD

Marinate the cleaned prawns with ½ teaspoon of salt and ½ teaspoon of turmeric powder, then set aside.

Soak 15 cashew nuts in ½ cup of warm water for 2 minutes, then grind them into a paste and mix with 1 cup of coconut milk; set aside.

Next, grind together 1 cup of coriander leaves, 4 garlic cloves, 1 small onion, 5 to 6 green chilies, 1 teaspoon of cumin seeds, and 2 tablespoons of white vinegar to create a paste, and set this aside as well.

Heat oil in a wok or Kadai over medium heat, then add the coriander-chili paste and stir-fry for 5 minutes.
Incorporate the marinated prawns and cook for 2 to 3 minutes.
Finally, add the coconut milk and cashew mixture, stirring everything together.
Bring to a boil, cover, and let it cook for an additional 3 to 4 minutes.
Once done, uncover and give it a good stir. Remove from heat and savor this delightful prawn curry or shrimp curry with some bread or rice.



TARAPORI BOOMLA NO PATIO

TARAPORI BOOMLA NO PATIO

This Dried Bombay Duck recipe is quite popular among Parsees, and it comes from my grandmother. We used to enjoy it with Mori daar and chawal (dal and rice).

INGREDIENTS

- 30 Dry Bombay Ducks
- 4 tablespoon garlic paste
- 3 tablespoon kashmiri chilli powder
- 2 tablespoon cumin powder
- 1/2 teaspoon turmeric powder
- 1 teaspoon salt
- 2 tablespoons jaggery
- 250 ml oil 250 ml red vinegar

METHOD

Begin by taking 30 pieces of dried Bombay Ducks. Clean them by removing the head and tail, and trim the sides.

Next, cut the dry Bombay ducks into 2-inch pieces and place them in a bowl. Rinse the pieces in 1 liter of water, then drain.

Pour another liter of water over them, drain again, and pat them dry with a paper towel. Finally, place the pieces on a paper towel in the bowl and set aside.

Begin by placing a pan over medium heat and adding 250 ml of oil.

Next, incorporate 4 tablespoons of garlic paste and sauté for 3 to 4 minutes, until the garlic turns a creamy color.

Lower the heat and add 3 tablespoons of Kashmiri chili powder, 2 tablespoons of cumin powder,1/2 teaspoon of turmeric powder, and 1 teaspoon of salt.

Sauté this mixture for 2 to 3 minutes before returning the heat to medium.

Then, pour in 250 ml of red vinegar and add 2 tablespoons of jaggery, stirring everything together and cooking for an additional 3 to 4 minutes.

Now, add the dried Bombay ducks, ensuring they are well coated with the mixture.

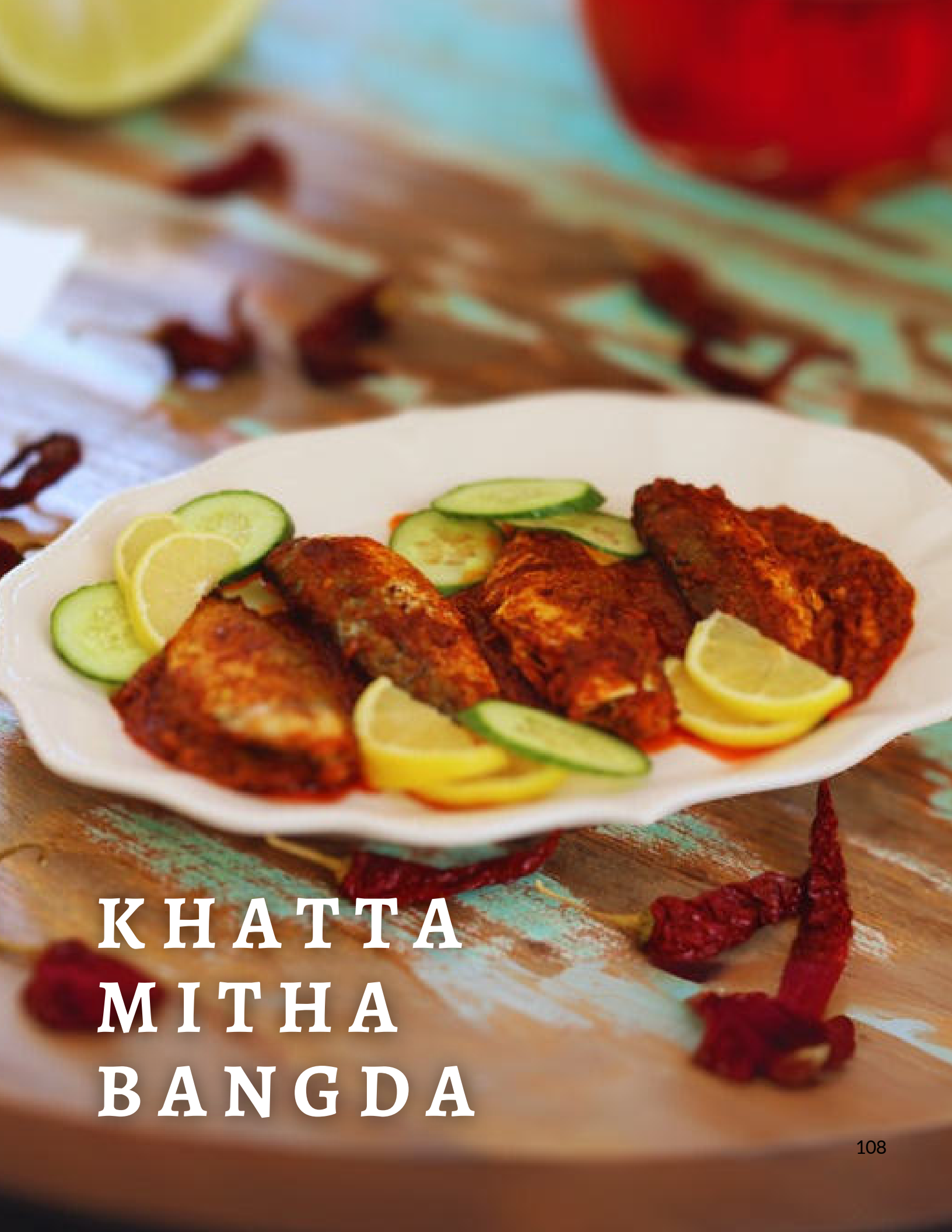
Reduce the heat to low and let it cook for 15 minutes, stirring every 5 minutes.

After 15 minutes, check the doneness of the Bombay ducks by pressing a piece between your fingers; it should break easily.

Give it a final stir and remove from heat.

Once it has cooled, transfer the mixture to an airtight container and refrigerate.

This can be enjoyed as a pickle or chutney alongside your meals.



KHATTA MITHA BANGDA

KHATTA MITHA BANGDA

This recipe features a delightful combination of sweet, sour, and spicy flavors for a fish fry. While we typically use Bangda or Mackerels, feel free to choose any fish you prefer.

INGREDIENTS

- 4 pcs mackerels or Bangda fish

Fish marination ingredients

- 1 and 1/2 teaspoon kashmiri chilli powder
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon salt
- 6 tablespoons oil for frying

Fish sauce Ingredients

- 3 teaspoons garlic paste
- 2 teaspoons kashmiri chilli powder
- 1/2 teaspoon garam masala powder
- 1 teaspoon cumin powder
- 1/2 teaspoon salt
- 2 teaspoon sugar
- 1 teaspoon flour
- 3 tablespoons white vinegar

METHOD

Begin by washing the fish thoroughly, then pat it dry and set aside. In a bowl, combine 1 and 1/2 teaspoons of Kashmiri chili powder, 1/2 teaspoon of turmeric powder, and 1/2 teaspoon of salt, then coat the fish with this mixture.
Heat a pan over medium heat and add 6 tablespoons of oil. Once hot, add the fish and fry for 3 minutes on each side. Remove the fish from the pan and set aside.

In the same pan, add 3 teaspoons of garlic paste and sauté for 2 minutes until fragrant. Next, incorporate 2 teaspoons of Kashmiri chili powder, 1/2 teaspoon of garam masala, 1 teaspoon of cumin powder, 1/2 teaspoon of salt, 2 teaspoons of sugar, and 1 teaspoon of flour or maida. Stir-fry everything on medium-low heat for 2 minutes.

Add 1/2 cup of water, stir well, then introduce 3 tablespoons of white vinegar and mix for another 30 seconds. Gently place the fried fish back into the pan, turning it carefully to coat it with the sweet and sour masala. Reduce the heat to low, cover, and let it cook for 2 minutes.

Finally, uncover the pan, gently turn the fish to ensure it is well-coated with the masala, then remove it from the heat and serve hot.



BHARELA CHHAMNA

BHARELA CHHAMNA

This dish features Pomfret filled with a delectable, rich red chutney crafted from Kashmiri chillies and garlic. It pairs wonderfully with Simple Dal and rice as well.

INGREDIENTS

Ingredients for Red chutney

- 1 small onion
- 6 to 8 Kashmiri chillies de-seeded and soaked in water for 10 minutes
- 6 to 8 garlic cloves
- 1/2 teaspoon sugar
- 1 teaspoon salt
- 1 teaspoon cumin seeds
- 2 tablespoons lime or lemon juice

Ingredients for Fish marination

- 1 and 1/2 teaspoon Kashmiri chili powder
- 1 teaspoon turmeric powder
- 1 teaspoon salt

METHOD

Grind together the following ingredients to create a flavorful paste:
6 to 8 Kashmiri chilies (de-seeded and soaked in water for 10 minutes), 1 small onion, 6 to 8 garlic cloves, ½ teaspoon sugar, 1 teaspoon salt, 1 teaspoon cumin seeds, and 2 tablespoons of lime or lemon juice. Set this mixture aside.

Next, wash the Pomfret and make a slit down the center to prepare it for stuffing. Rub the fish with 1½ teaspoons of Kashmiri chili powder, 1 teaspoon of turmeric powder, and 1 teaspoon of salt. Fill the fish with the red chutney you prepared earlier.
Grease your hands with oil and gently rub the fish to ensure the spices coat it evenly. Secure the fish with three toothpicks to prevent the chutney from leaking while frying.

Shallow fry the Pomfret over medium heat for 3 minutes on each side.

Note: Make sure to immerse the fish in the oil only when it is hot enough.

Navroz and Parsi New Year

Let me introduce you to two wonderful festivals celebrated by Zoroastrians: Navroz and Parsi New Year also known as Navroz.
While they share similar origins, they occur at different times of the year and each boasts its own distinct traditions.

Navroz: The Persian New Year

Navroz, which translates to "New Day," is celebrated during the spring equinox, typically around March 21. This festival marks the Persian New Year and is deeply rooted in ancient Persia, reflecting Zoroastrian cosmology. It symbolizes the rebirth of nature, where day and night are perfectly balanced, representing harmony and renewal.

How Navroz is Celebrated

Preparations for Navroz begin several days in advance. Homes are meticulously cleaned and adorned, symbolizing the removal of negativity and the invitation of prosperity and blessings.
A highlight of Navroz is the Haft-Seen table.
The Haft-Seen table, also known as "Seven S's," is a central element of Navroz.
It features seven symbolic items, each beginning with the Persian letter "S" (س).
Each item represents a wish or virtue for the upcoming year:

1. Sabzeh: Sprouted greens or wheatgrass, symbolizing growth, renewal, and rebirth.
2. Sib: Apples, representing beauty and health.
3. Senjed: Dried oleaster fruit, signifying love and wisdom.
4. Samanu: A sweet pudding made from wheat germ, representing strength and power.
5. Seer: Garlic, symbolizing medicine and protection against evil.
6. Serkeh: Vinegar, representing patience and aging gracefully.
7. Somāq: Sumac berries, symbolizing the sunrise and the triumph of good over evil.

Along with the Haft-Seen items, other meaningful objects may adorn the table, such as a mirror (for self-reflection), goldfish (representing life and movement), candles (symbolizing light and enlightenment), and coins (for prosperity).

On Navroz, families come together to share meals, exchange gifts, and celebrate with joy and gratitude. The day is filled with prayers, dancing, delicious food, and the reconnection with loved ones, honoring not just the new year but the beauty of life itself.

Navroz and Parsi New Year

Parsi New Year

Parsi New Year, also known as Navroz, is a significant celebration for the Parsi community, primarily in India.
It typically takes place in August, following the Shahenshahi calendar, which does not account for leap years, resulting in it being several months apart from the Navroz that falls in March.

Before the New Year, there is an important day called Pateti or Papeti.
The term "pateti" is derived from "patet," the Middle Persian word for repentance.
Thus, Pateti serves as a day for individuals to reflect on their thoughts, words, and actions from the past year and seek forgiveness for any wrongdoings. This act of repentance allows for dedicating the new year to positive thoughts, words, and deeds, fostering ethical growth.

On Pateti, Parsis visit fire temples (Agiaries) to offer prayers and sandalwood to the sacred fire, seeking blessings for health, happiness, and success in the upcoming year.
During the New Year, families don new clothes, and homes are beautifully decorated with white rangoli called Chawlk, featuring designs like a horseshoe or a fish, symbols of good fortune.

Food plays a central role in the festivities. Traditional Parsi dishes such as Mutton Pulao, masala Daar (daal), Sali boti, and fish are served alongside a special sweet dish known as Sagan ni Sev, made with roasted vermicelli, nuts, and raisins. This sweet sev is enjoyed with yogurt on the side.
This occasion is filled with joy, celebrated with friends and family. It is a day of happiness, reflection, and community bonding.

Key Differences Between Navroz and Parsi New Year

Timing:

Navroz coincides with the spring equinox in March.
Parsi New Year is celebrated in August, based on the Shahenshahi calendar.

Focus:

Navroz honors nature's renewal and universal themes of harmony.
Parsi New Year centers on introspection and personal renewal of faith.

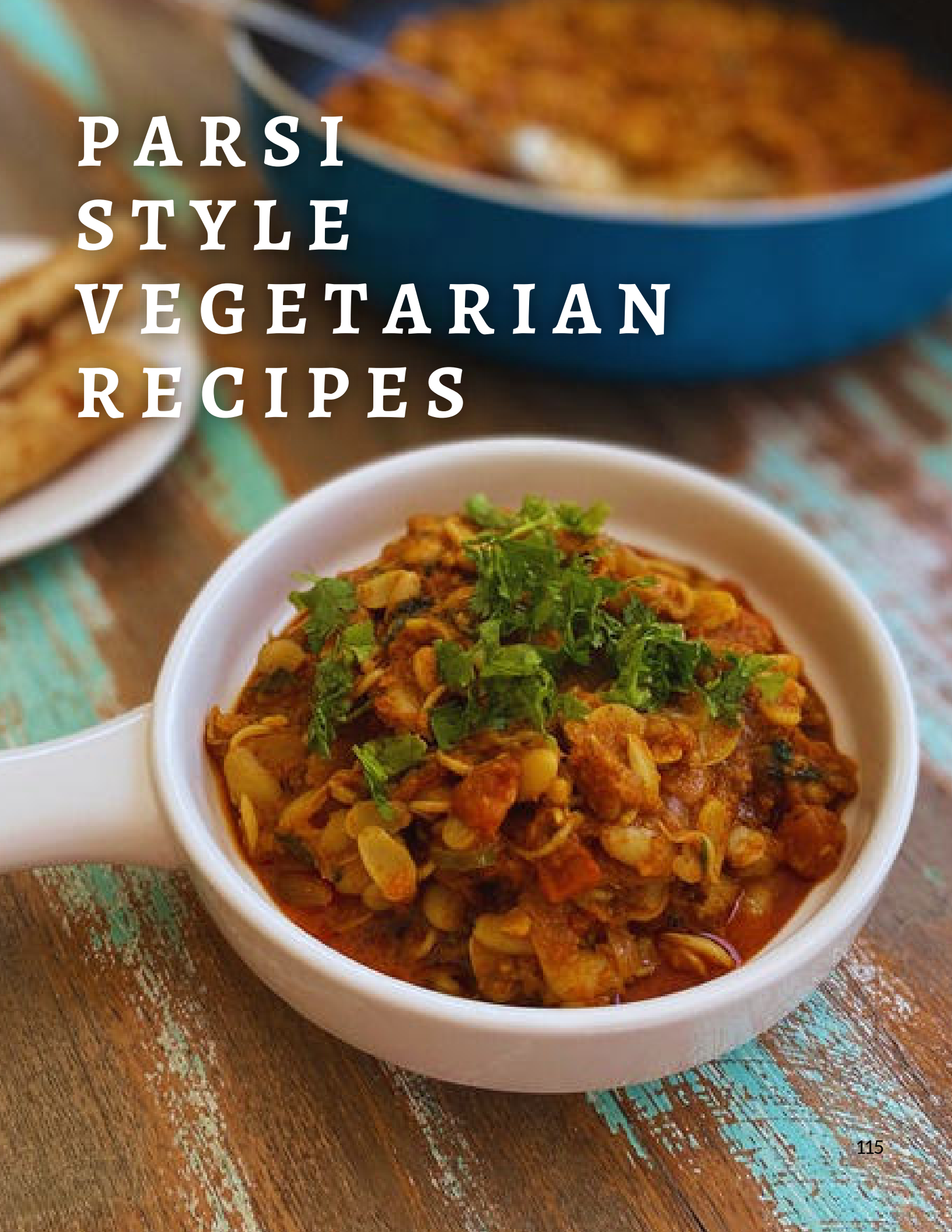
Cultural Scope:

Navroz is celebrated by Zoroastrians, Iranians, and other Central Asian cultures.
Parsi New Year is specific to the Parsi community.

Both festivals celebrate renewal, gratitude, and joy, yet each has its unique character.
Navroz connects individuals with the rhythms of nature, while Parsi New Year emphasizes self-reflection and spiritual growth.
Together, they beautifully embody the enduring values of Zoroastrian culture: harmony, humility, and hope for a brighter future.

“The best way to celebrate a holiday is with some delicious food”

PARSI STYLE VEGETARIAN RECIPES



MORI DAAR



MORI DAAR

This lightly tempered Yellow dal is a Parsi dish enjoyed with white rice and Parsi Prawn Patiyo. Together, they form Dhandaar Kolmino Patiyo, the ultimate comfort food and a must-try for everyone.

INGREDIENTS

- **1**/2 cup toor dal
- 1/2 cup red masoor dal
- 1/2 cup moong dal
- 6 garlic cloves (4 finely chopped)
- 3 green chillies (2 finely chopped)
- 1/2 teaspoon turmeric powder
- 1 teaspoon salt
- 1 teaspoon cumin
- 2 teaspoons ghee
- 3 tablespoons oil

METHOD

In a bowl, combine 1/2 cup of toor dal, 1/2 cup of red masoor dal, and 1/2 cup of moong dal. Rinse thoroughly and drain the water.

Transfer the washed and drained dal to a pressure cooker.

Add 3 cups of water, 2 garlic cloves, 1 green chili, 1 teaspoon of salt, 1/2 teaspoon of turmeric powder, and a splash of oil. Pressure cook for 3 whistles.

Once the pressure has released and the cooker is cool, open it and mix everything well; set aside.

Place a Wok or Kadai in medium heat

Add 2 teaspoons of ghee and 2 tablespoons of oil (if you prefer to cook solely in ghee, use 4 teaspoons of ghee and omit the oil).

Add 1 teaspoon of cumin seeds and allow them to crackle.

Next, add 4 finely chopped garlic cloves and 2 finely chopped green chilies. Sauté for 2 minutes.

Incorporate the reserved dal into the mixture, stirring well.

If the dal is too thick, add 1/2 cup of water. Allow it to simmer for 5 minutes, then remove from heat.



PATRA NI DAAR

PATRA NI DAAR

Patra Ni Daar is a traditional recipe of toor dal cooked with Arbi or Colocassia leaves, reminiscent of dishes made by our grandmothers.

INGREDIENTS

Ingredients for Dal

- 2 large or 3 medium Arbi leaves
- or Colocassia leaves
- 1 and 1/2 cup Toor Dal - washed and soaked for 30 minutes
- 1 medium onion chopped
- 4 green chillies finely chopped
- 2 teaspoons ginger garlic paste
- 1/2 teaspoon turmeric powder
- 1 teaspoon cumin powder
- 1 teaspoon coriander powder
- 1 teaspoon kashmiri chilli powder
- 1 and 1/2 teaspoon salt
- 1/2 teaspoon Methi or fenugreek seeds
- 1/2 teaspoon dry mint
- 1 tablespoon chopped coriander leaves
- 1 tablespoon jaggery
- 2 tablespoons lime or lemon juice
- 1 tablespoon oil

Ingredients for Tempering

- 2 tablespoons oil
- 2 teaspoons ghee
- 1 teaspoon cumin seeds
- 5 garlic cloves finely chopped
- 1/2 teaspoon cumin powder
- 1/2 teaspoon kashmiri chilli powder
- 1/2 teaspoon coriander powder
- 1 teaspoon garam masala powder

METHOD

Begin by taking 2 to 3 Arbi leaves or Colocasia leaves, washing and drying them thoroughly. Remove the central stem, overlap the two sides, and slice them into thin strips about 1 inch long; set aside.

In a separate bowl, combine 1 and 1/2 cups of Toor Dal, wash it thoroughly, and soak it for 30 minutes. After soaking, drain the water and set the dal aside.

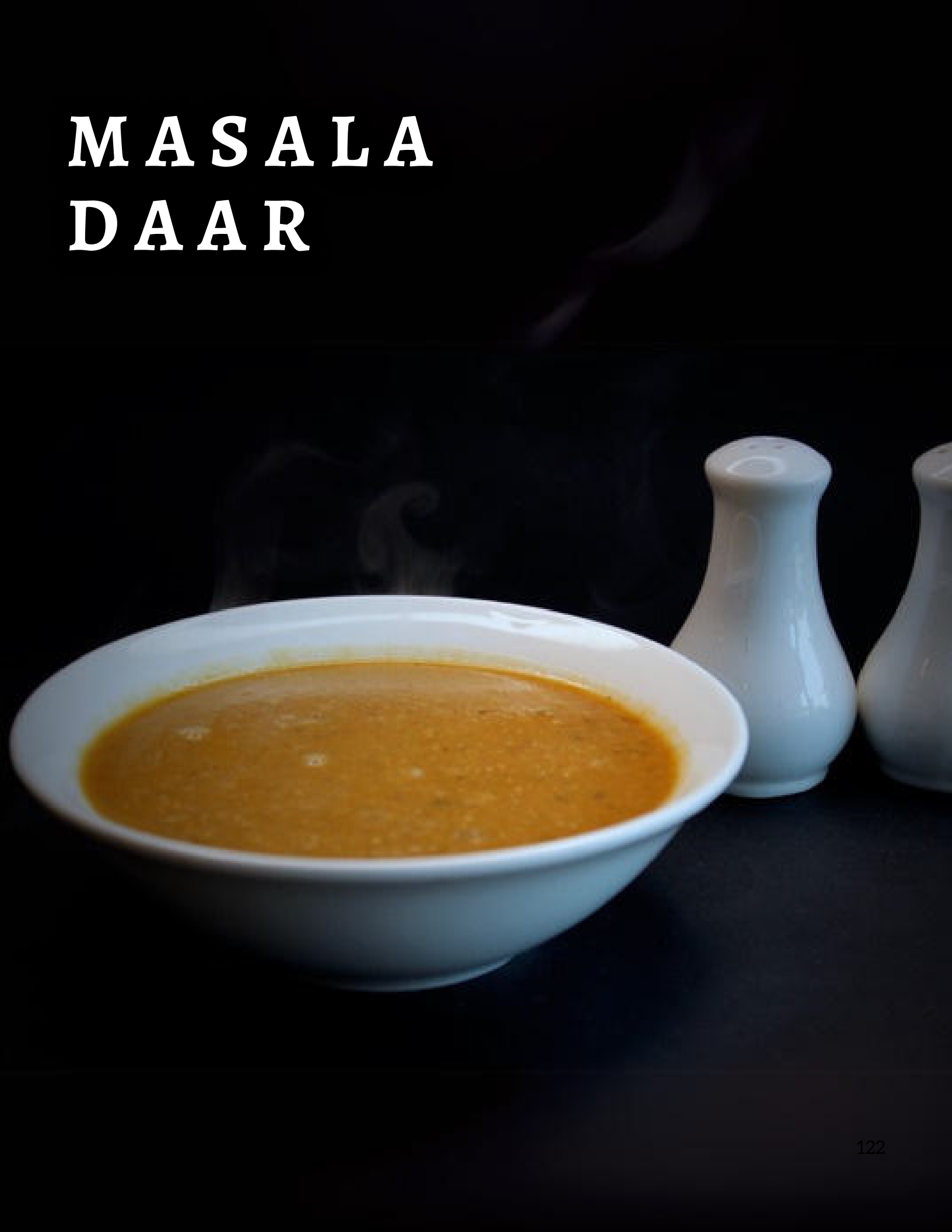
Next, place a pressure cooker over high heat and add the soaked Toor Dal, 1 chopped medium onion, 4 finely chopped green chillies, 2 teaspoons of ginger-garlic paste, 1 tablespoon of chopped coriander leaves, the prepared Arbi or Colocasia leaves in strips, 1/2 teaspoon turmeric powder, 1 teaspoon cumin powder, 1 teaspoon coriander powder, 1 teaspoon Kashmiri chilli powder, 1 and 1/2 teaspoons salt, 1/2 teaspoon fenugreek seeds, 1/2 teaspoon dried mint, and 5 cups of water. Pressure cook for 3 whistles.

Once the cooker has cooled, open it and blend the dal using a whisk until smooth. Add 1 tablespoon of jaggery and 2 tablespoons of lime or lemon juice, mixing until the jaggery dissolves. Set this mixture aside.

Heat a Kadai or wok over medium-high heat and add 2 tablespoons of oil along with 2 teaspoons of ghee. Allow it to heat, then add 1 teaspoon of cumin seeds and let them crackle. Next, add 5 finely chopped garlic cloves and sauté for a minute.
Turn off the heat and mix in 1/2 teaspoon cumin powder, 1/2 teaspoon Kashmiri chilli powder, 1/2 teaspoon coriander powder, and 1 teaspoon garam masala powder. Turn the heat back on to medium-high and fry the spices for another minute.
Pour in 1/2 glass of water and cook for a minute to prevent the spices from burning and to blend the flavors. Add the prepared dal to this mixture and stir well. Bring to a boil, then let it simmer for 5 minutes.
Finally, garnish with fresh coriander and remove from heat. Serve this delightful dal with rice, roti, or pav.

“The people who give you their food give you their heart”

MASALA DAAR



MASALA DAAR

This masala dal pairs wonderfully with our traditional Parsi pulao. It can also be enjoyed as a regular dal on its own. It's delicious and full of flavor!

INGREDIENTS

- 1/2 cup toor dal
- 1/2 cup red masoor dal
- 1/2 cup mung dal
- 7 garlic cloves
- 1 green chilli
- 1 tea spoon ginger garlic paste
- 1 small onion finely chopped
- 1 small tomato finely chopped
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon pepper powder
- 1 teaspoon garam masala powder
- 2 teaspoons kashmiri chilli powder
- 1 teaspoon cumin powder
- 1 and 1/2 teaspoon coriander powder
- 2 teaspoons salt
- 1 teaspoon finely chopped mint leaves
- 2 teaspoons ghee
- 4 tablespoons oil

METHOD

Combine all three types of dals in a bowl, then wash and soak them for 20 minutes. After draining the water, transfer the dals to a pressure cooker and add 3 to 4 cups of water.
Include 2 garlic cloves, 1 green chili, 1/2 teaspoon of turmeric powder, 1 teaspoon of salt, and a splash of oil.
Pressure cook for three whistles, then open the cooker once it has cooled down. Blend everything using a whisk and set it aside.

In a kadai over medium heat, add oil and chopped onions, frying for 30 seconds. Incorporate the garlic and sauté on low heat for 1 to 2 minutes. Then, add ginger garlic paste and continue frying for another 30 seconds. Next, mix in the chopped tomato and cook for one minute.
Add Kashmiri chili powder, cumin powder, garam masala powder, pepper powder, coriander powder, and salt, frying for 30 seconds.
Pour in 1/4 cup of water to prevent the masala from burning, and cook for an additional minute.
Stir in the whisked dal and bring it to a boil and then simmer for 5 minutes
If the dal is too thick, add a glass of water to thin it out.
Finally, add chopped mint and ghee, allowing it to boil one last time.
Remove from heat and savor your delicious dish!



TITORI

TITORI

This is my favorite pulse. In the Parsi community, we refer to it as Titori, while the Gujaratis know it as Val ni dal or Val nu shaak.

INGREDIENTS

- 350 gms (2 cups) sprouted Val
- 1 large or 2 medium onions chopped
- 1 large tomato
- 1 teaspoon ginger garlic paste
- 2 green chillies finely chopped
- 1 teaspoon cumin powder
- 1 teaspoon coriander powder
- 2 teaspoons kashmiri chilli powder
- 1/2 teaspoon turmeric powder
- 1 teaspoon salt
- 3 tablespoons desiccated coconut
- 1/2 teaspoon garam masala powder
- 4 tablespoons chopped coriander leaves
- 4 tablespoons oil

METHOD

Heat a pan over medium heat and pour in 4 tablespoons oil.
Add chopped onions and sauté for 3 to 4 minutes until they become translucent. Incorporate ginger-garlic paste and cook for one minute, then add chopped green chilies and fry for an additional 30 seconds.

Next, add the chopped tomatoes and stir-fry for another 30 seconds.
Mix in cumin powder, coriander powder, turmeric powder, Kashmiri chili powder, and salt, continuing to stir-fry everything for 2 to 3 minutes.
Add desiccated coconut and stir-fry for one more minute.

Then, introduce the sprouted Val dal and sauté for 2 minutes.
Incorporate 2 tablespoons of chopped fresh coriander and mix it in.
Pour in 2 cups of water and bring to a boil.
Cover the pan and cook over medium heat for 5 minutes.
Afterward, uncover and stir, then cover and cook for another 5 minutes.
Check if the Val is cooked by taking a piece and smashing it between your fingers; if it crushes easily, the dal is ready.
Gently stir and simmer until you achieve a thick consistency.

Finally, add 1/2 teaspoon of garam masala powder and 2 tablespoons of fresh chopped coriander, stirring gently. Remove from heat and serve hot with rotis or bread.

VENGNA NI PORI



VENGNA NI PORI

Eggplant Steaks: Traditional Parsi Vengna Ni Pori - This dish is a simple and quick preparation featuring a blend of Indian spices generously sprinkled over thick slices of eggplant. Parsees typically enjoy this alongside Dal Chawal or Khichdi.

INGREDIENTS

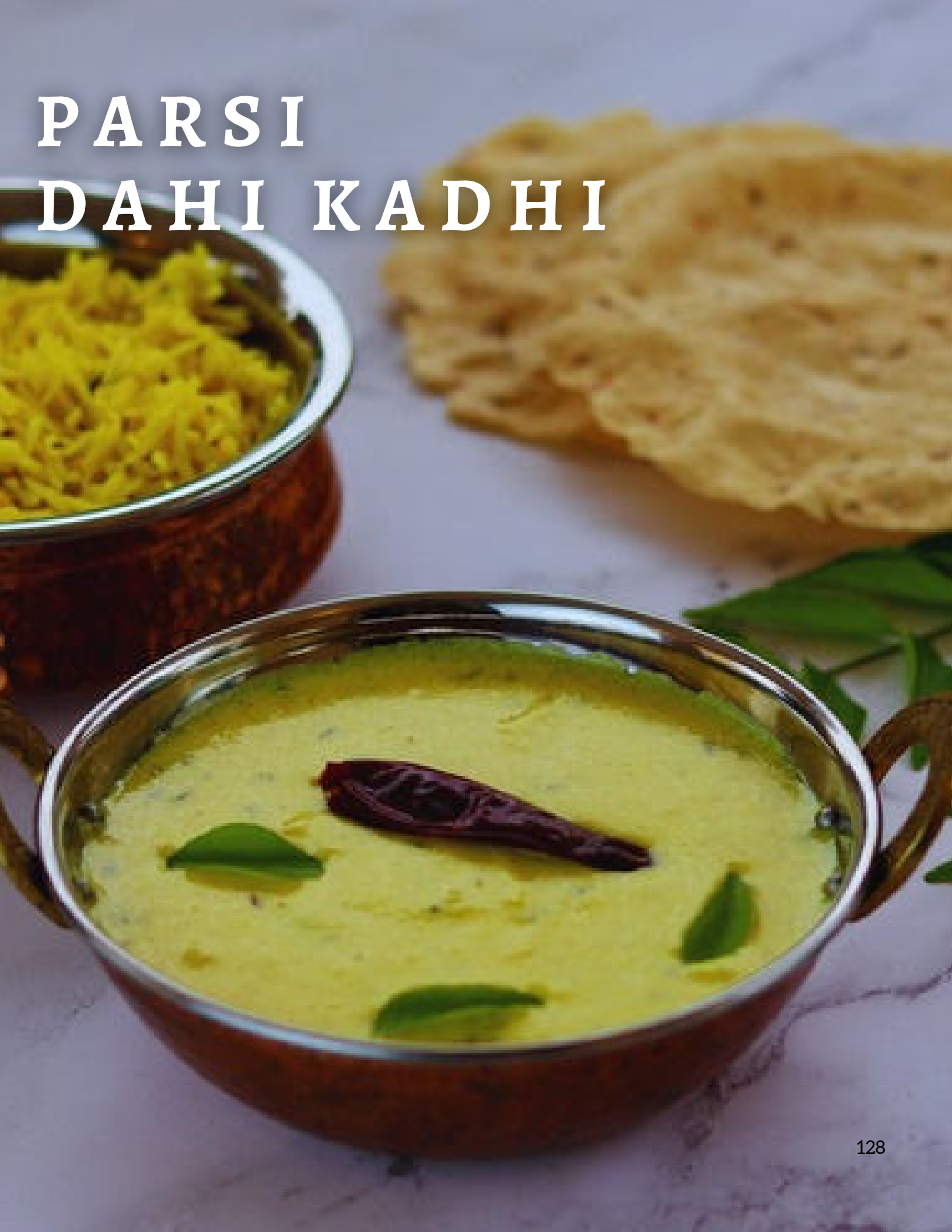
- 2 large egg plants or Aubergines or Bengans
- 2 teaspoons kashmiri chilli powder
- 1 teaspoon turmeric powder
- 1 teaspoon salt
- Oil for shallow frying

METHOD

Cut the eggplants into thick slices.
In a bowl, mix together Kashmiri chili powder, turmeric powder, and salt.
Coat the eggplant slices with this mixture and let them sit for 10 minutes.
Heat 4 to 5 tablespoons of oil in a frying pan over medium heat.
Shallow fry 4 to 5 slices at a time for about 3 minutes on each side.
Once cooked, place them on a paper towel to absorb any excess oil.
These are perfect to serve alongside Dal Chawal, Khichdi, or even a fresh salad.

Tip: Make sure to change the oil each time you fry a new batch, as using burnt oil can leave a black residue that may spoil the next batch.

PARSI DAHI KADHI



PARSI DAHI KADHI

This is a straightforward and delightful Dahi Kadhi that we Parsees prepare. It's a sweet and tangy dish that pairs wonderfully with plain white rice or our traditional Parsi Khichidi

INGREDIENTS

- 2 cups yogurt
- 2 tablespoons gram flour or Channa Atta
- 1 teaspoon salt
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon cumin powder
- 1/4 teaspoon garam masala powder
- 3 green chillies finely chopped
- 1 inch piece grated ginger
- 2 teaspoons Sugar
  (Optional if you want the Kadhi Sweet)
- 1 tablespoon pure ghee
- 1 teaspoon cumin seeds
- 3 dried red chillies 20 curry leaves
- 1/4 teaspoon Hing or Asafeotida

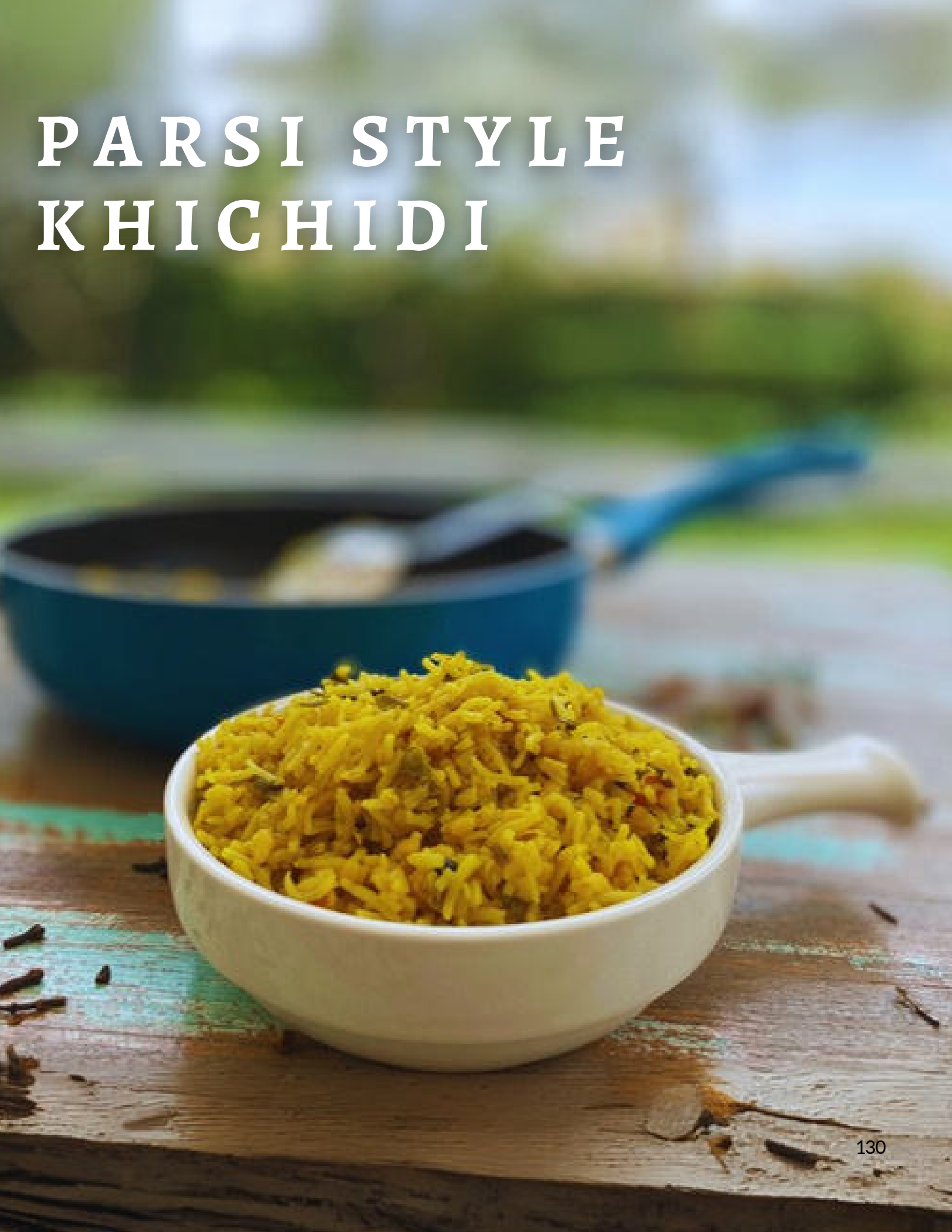
METHOD

In a small bowl, combine 2 tablespoons of gram flour (Channa Atta), 1 teaspoon of salt, 1/2 teaspoon of turmeric powder, 1/2 teaspoon of cumin powder, 1/4 teaspoon of garam masala powder, and 1/2 cup of water. Whisk until all lumps are dissolved and set aside.

In a larger bowl, mix 2 cups of yogurt with 2 cups of water, whisking thoroughly. Gradually add the gram flour mixture kept aside in the small bowl, whisking until everything is well combined. Now incorporate 3 finely chopped green chillies and a 1-inch piece of grated ginger, in this mixture. Stir and set this aside.

Heat a Kadai or Wok over medium-high heat and pour in the above mixture.
Stir in 2 teaspoons of sugar, which is optional if you prefer a slightly sweet Kadhi.
Bring the mixture to a boil, then reduce the heat to medium and let it simmer for 5 minutes.
While it simmers, prepare the tempering.
In a pan over medium-high heat, melt 1 tablespoon of pure ghee.
Once melted, add 1 teaspoon of cumin seeds, 3 dried red chillies, and 20 curry leaves, along with 1/4 teaspoon of Hing (Asafoetida), stirring well.
Pour this tempering into the simmering Dahi Kadhi and mix thoroughly.
Allow it to simmer for an additional 3 to 4 minutes before removing it from the heat. Serve alongside Parsi Khichidi and pickle for a delightful meal.

PARSI STYLE KHICHDI



PARSI STYLE KHICHIDI

This delightful, fluffy Khichdi is crafted from moong dal and basmati rice, making it the perfect example of simple comfort food.

INGREDIENTS

- 1 cup basmati rice
- 1/2 cup moong dal
- 1 medium onion sliced
- 1 small tomato chopped
- 2 green chillies finely chopped
- 1 teaspoon ginger garlic paste
- 5 green cardamons
- 2 pieces of 1 inch cinnamon sticks
- 6 cloves
- 6 pepper corns
- 1 teaspoon cumin seeds
- 1/2 teaspoon fenugreek seeds (methi seeds)
- 1 teaspoon turmeric powder
- 1 teaspoon salt
- 3 tablespoons fresh coriander leaves chopped
- 4 tablespoons oil
- 1 tea spoon ghee

METHOD

Wash and soak the rice and dal for 30 minutes.
In a deep pan over medium heat, add oil, green cardamom, cinnamon sticks, peppercorns, and cloves, allowing them to crackle.

Next, add the cumin and fenugreek seeds, letting them crackle further.
Incorporate the onions and sauté for 30 seconds on medium heat.
Stir in the ginger-garlic paste and green chilies, frying for 1 minute.
Add the tomato, turmeric powder, and salt, frying everything for another minute.

Mix in the washed and soaked rice and dal, stirring well.
Pour in 3 cups of water along with 2 tablespoons of fresh coriander leaves, then bring to a boil.
Allow it to boil and cook the rice for 6 to 7 minutes.
Add 1 teaspoon of ghee and stir gently. Cover and cook for an additional 5 to 6 minutes on low heat.
Remove from heat and let it sit, covered, for 10 minutes without opening.
After 10 minutes, uncover and gently stir the khichdi.
Garnish with coriander leaves and serve.

The Asho Farohar

The Asho Farohar is a deeply respected and lasting symbol of Zoroastrianism, representing faith, identity, and the core values of the Parsi community. Originating from the ancient traditions of Persia, the Farohar extends beyond its religious roots to embody a universal message of ethical living, spiritual advancement, and the enduring bond between humanity and the divine. Any exploration of Parsi culture would be incomplete without an examination of this iconic symbol.

At its essence, the Farohar signifies the soul's journey and the timeless values that guide it. Its intricate design is filled with symbolic meaning:

The Central Human Figure:
At the heart of the Farohar, the figure symbolizes the human soul. Depicted as an elderly man looking forward, it represents wisdom, the pursuit of higher ideals, and the perpetual quest for enlightenment.

The Wings:
The two outstretched wings are divided into three layers, each symbolizing the Zoroastrian principles of Humata (Good Thoughts), Hukhta (Good Words), and Hvarshta (Good Deeds). These virtues form the basis of a righteous life, enabling the soul to rise towards spiritual development.

The Tail Feathers:
The three segments of the tail feathers represent Bad Thoughts, Bad Words, and Bad Deeds. These elements signify the forces that can drag the soul down, reminding us to reject negativity and remain committed to virtue.

The Ring of Eternity:
Surrounding the figure is an unbroken circle, symbolizing the eternal nature of the universe and the immortality of the soul. This timeless motif emphasizes the interconnectedness of all existence.

The Asho farohar

The Dual Streamers:
Two streamers extend from either side of the Farohar. The forward-facing streamer signifies progress and alignment with righteousness, while the trailing one serves as a caution against the allure of evil and regression.

The Upraised Hand:
The raised hand of the figure points skyward, encouraging the viewer to strive for higher ideals and maintain unwavering faith in the divine.

The Ring in the Hand:
This ring symbolizes a promise of loyalty and faithfulness, key virtues in Zoroastrian teachings.

For the Parsi community, the Farohar is far more than just an artifact from their ancient heritage; it is a vibrant symbol that influences everyday life. Found etched in sacred fire temples, worn as jewelry, or displayed in homes, the Farohar serves as a continuous reminder of the values that shape the community.
It acts as a connection between their glorious past and dynamic present, embodying resilience, unity, and spiritual aspirations.

In Parsi culture, the essence of the Farohar transcends spiritual teachings, manifesting in their traditions, festivals, and hospitality. It highlights the community's dedication to integrity, harmony, and the joy of living. Similar to Parsi cuisine, with its intricate blend of flavors and influences, the Farohar represents the fusion of tradition and modernity, individuality and collective identity.

By exploring the significance of the Farohar, we reveal the core of Parsi culture - a culture rich in wisdom, resilience, and a steadfast commitment to goodness.
It is not just a symbol; it embodies a way of life, a philosophy, and a guiding light that continues to inspire both Parsis and admirers of their culture around the globe.

“The best things in life are sweet”



PARSI STYLE DESSERTS



SAGAN NI SEV

SAGAN NI SEV

A delightful Parsi dessert crafted from roasted vermicelli, ghee, sugar, nuts, and cardamom. This sweet delicacy is frequently made for festive occasions, representing joy and prosperity.

INGREDIENTS

- 250 gms Roasted Vermicelli
- 1/2 cup Charoli
- 1/2 cup sliced Almonds
- 1/2 cup golden Raisins
- 4 tablespoons pure Ghee
- 1 cup Sugar
- 2 cups Water
- 1 teaspoon Vanilla extract
- 1 teaspoon Cardamon powder
- 1/2 teaspoon Nutmeg powder

METHOD

Break the vermicelli into medium-sized pieces and set aside.
Heat a pot over medium-high heat.
Add 2 tablespoons of ghee, then mix in 1/2 cup of Charoli, stirring for 10 seconds.
Next, add 1/2 cup of almonds and stir for another 10 seconds.
Incorporate 1/2 cup of golden raisins and cook until they puff up.
Remove this dried fruit mixture and set it aside.

In the same pot, add 2 tablespoons of pure ghee and the broken vermicelli.
Cook while breaking it into smaller pieces.
Roast the vermicelli until it reaches a nice dark golden brown color, being careful not to crush it too finely.
Add 1 cup of sugar and stir for 30 seconds.
Pour in 2 cups of water and cook, stirring well for 5 minutes to prevent sticking to the bottom of the pan.
Allow it to simmer on low heat for 2 minutes.
Stir in a quarter of the reserved dried fruits.
Add 1 teaspoon of vanilla, 1 teaspoon of cardamom powder, and 1/2 teaspoon of nutmeg powder, stirring for 1 minute.
Cover and cook on low heat for 5 minutes.
Turn off the heat and let the pot sit for an additional 5 minutes to allow the dish to fluff.
Gently fork the cooked vermicelli and transfer it to a platter.
Garnish with the remaining dried fruits and serve.

MALIDO



MALIDO

Malido is a semolina and whole wheat flour dessert served at Parsi religious occasions and prayer ceremonies, often presented on a silver platter with fruits and fried crisp poories called papri. It holds special significance for me, as my grandfather was a Parsi Priest and he frequently brought it home from the fire temple, evoking fond childhood memories.

INGREDIENTS

- 1/2 cup fine semolina
- 1/4 cup whole wheat flour
- 1/4 teaspoon salt
- 1 teaspoon ghee
- 1/4 cup water for kneading the flour
- 2 tablespoons charoli
- 2 tablespoons sliced almonds
- 2 tablespoons golden rasins
- 3/4 cup sugar
- 1/2 cup water for sugar syrup
- 1/2 cup ghee (to cook the Malido)
- 1/2 teaspoon cardamon powder
- 1/2 teaspoon nutmeg powder
- 1 teaspoon vanilla essence

Orange coloring (Optional)

METHOD

In a mixing bowl, combine 1/2 cup fine semolina, 1/4 cup whole wheat flour, 1/4 teaspoon salt, 1 teaspoon ghee, and 1/4 cup water.
Gradually add the water in 2 to 3 stages while kneading the flour. Knead the mixture for about a minute, then cover it and let it rest for 15 minutes.
After the resting period, knead the dough again and form small, thick round discs with your hands. Don't worry about the shape, as they will be fried and ground later.

Next, place a wok or kadai over medium heat and add 1/2 cup ghee. Once the ghee has melted, add 2 tablespoons of charoli and 2 tablespoons of sliced almonds, stirring for 30 seconds. Then, add 2 tablespoons of golden raisins and fry for an additional 30 seconds, until the raisins start to puff up. Remove the nuts and raisins from the wok and set them aside.

In the same ghee, add the roties you prepared earlier. Fry them until golden brown, turning every 2 minutes. If they begin to burn, reduce the heat to medium-low.
Once fried, transfer the roties to a plate and allow them to cool for 10 minutes.
After cooling, place them in a mixer and grind until you achieve a coarse powder, similar to thick breadcrumbs. Finally, strain the ghee into a bowl and set it aside for later use in the Malido.

METHOD

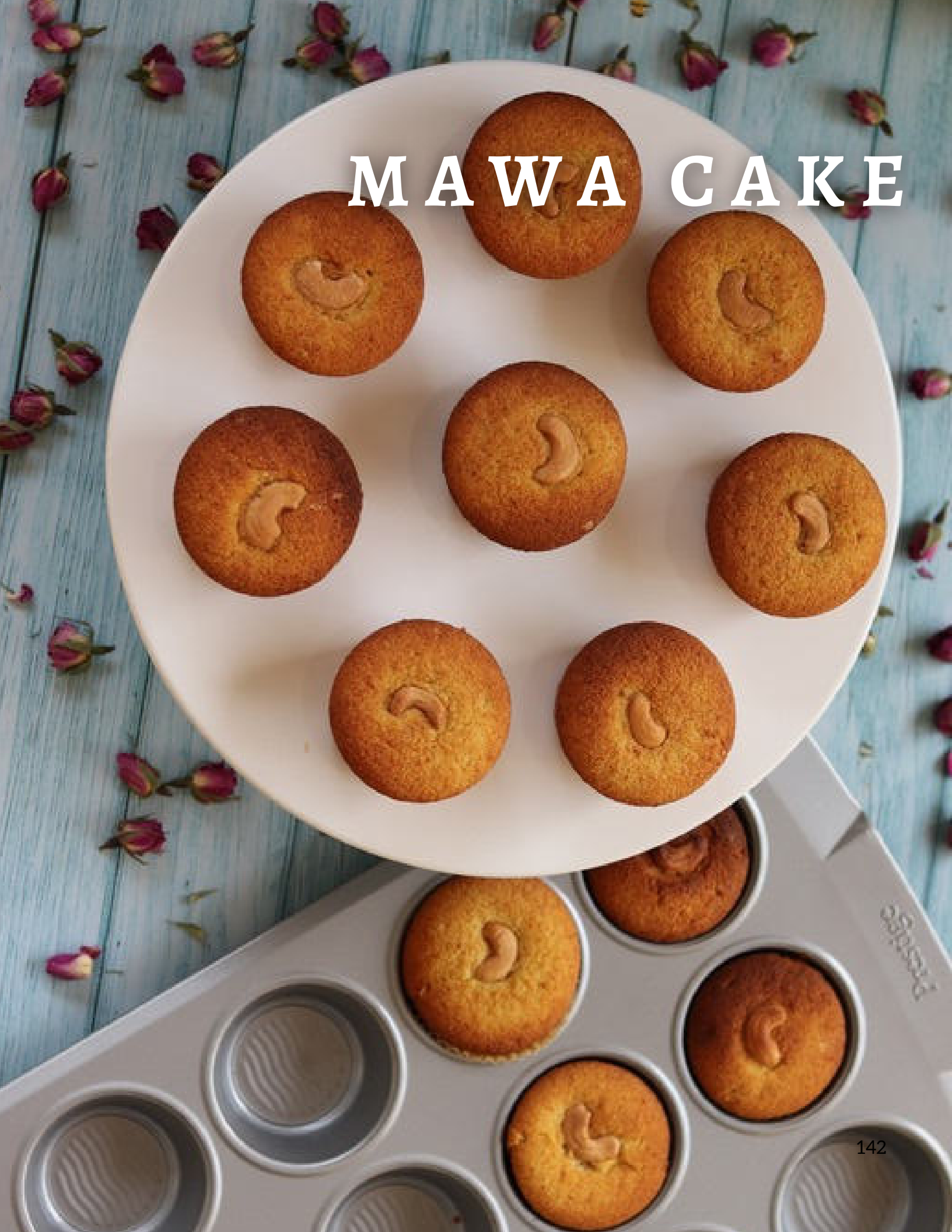
Now clean the same wok or kadai and placing it on high heat. Add 1/2 cup of water and 3/4 cup of sugar, stirring until the sugar dissolves. Once the mixture comes to a boil, reduce the heat to medium and incorporate the coarse roti powder that you set aside. Continue stirring and cook for 4 to 5 minutes, watching for it to thicken.

Next, reduce the flame to medium-low and gradually add ghee, starting with 2 tablespoons at a time while stirring continuously. After 2 minutes, add another 2 tablespoons of ghee and keep stirring. After one more minute, add the remaining ghee and stir for an additional minute.

Turn off the heat and, if desired, add orange color. I personally like to include this because it reminds me of the orange Malido we received in the fire temple during our childhood. Then, mix in 1/2 teaspoon of cardamom powder, 1/2 teaspoon of nutmeg powder, and 1 teaspoon of vanilla essence, stirring everything well.

Transfer the Malido to an attractive dish and flatten it using a spoon. Garnish with the nuts and raisins you had set aside. Allow the Malido to sit at room temperature for 3 to 4 hours before serving.
You can enjoy it as is or fry some poories until crispy to accompany this delightful treat.

“Good food
+
Good mood
=
Great Life”


MAWA CAKE

MAWA CAKE

This is a straightforward and foolproof recipe for Parsi Mawa Cake. A beloved classic from Parsi cafes, it features a rich, moist, and buttery cake made with mawa (milk solids), cardamom, and sometimes includes nuts.

INGREDIENTS

- 1 and 1/4 cup All purpose flour (Maida)
- 1/2 teaspoon Baking soda
- 1/2 teaspoon Baking powder
- 1 teaspoon cardamon powder
- 1/4 teaspoon salt
- 100 gms Unsalted Butter
- 1 cup powdered Sugar or Caster Sugar
- 2 large eggs
- 1 teaspoon Vanilla
- 1/2 cup Milk
- 200 gms Mawa

METHOD

In a bowl, sift together 1 and 1/4 cups of all-purpose flour (maida), 1/2 teaspoon of baking soda, 1/2 teaspoon of baking powder, 1 teaspoon of cardamom powder, and 1/4 teaspoon of salt, then set it aside.

In a separate large bowl, combine 100 grams of softened butter at room temperature with 1 cup of powdered sugar or caster sugar. Tip: To make 1 cup of powdered sugar, grind 3/4 cup of regular sugar into a fine powder using a mixer grinder.

Using a hand mixer, blend the butter and sugar together until the mixture is well combined and soft, which should take about 2 minutes.

Next, add 2 large eggs and mix for 30 seconds. Then, incorporate 1/2 cup of milk and 1 teaspoon of vanilla, mixing for another 30 seconds.

Gradually add the dry ingredients and combine everything until well mixed, approximately 1 to 2 minutes.

Finally, fold in 200 grams of grated mawa and mix for 1 minute. The texture will be thick and grainy due to the mawa. Now, you have two options for baking this mixture.

For Mawa Cupcakes, start by taking a muffin or cupcake tray and placing muffin liners inside. Use a large ice cream scoop to add one generous scoop of cake batter into each liner, then gently tap the tray to help the batter settle. Top each cupcake with a piece of cashew nut for decoration, tap the tray lightly again, and bake in a preheated oven at 180 degrees Celsius for 20 minutes. The tops of the Mawa cupcakes should turn a golden brown; once done, remove them from the oven and let them cool.

For Mawa Cake in a Loaf Pan, grease a loaf pan with butter and pour the entire cake batter into it. Use a spatula to flatten the batter, then give the pan a gentle tap to eliminate any air bubbles. Decorate the top with cashew nuts and tap the loaf pan lightly once more before baking in a preheated oven at 180 degrees Celsius for 30 to 40 minutes. The top of the Mawa cake should be golden brown. After 30 minutes, you can perform the knife test by poking a knife into the center of the cake; if it comes out dry, the cake is ready. Remove from the oven and allow it to cool.

BHAKRA



BHAKRA

Bhakras were once a staple in every Parsi household. They are soft on the inside and crisp on the outside, striking the perfect balance with just the right amount of sweetness to complement our mint and lemongrass Choi, as we Parsis refer to it. Here's the recipe we follow at home.

INGREDIENTS

- 1 cup whole wheat flour
- 1 cup fine Semolina (Soji)
- 1/2 teaspoon baking powder
- 3/4 teaspoon nutmeg powder
- 3/4 teaspoon Cardamon powder
- 1/2 cup caster sugar
- 1/2 cup yogurt
- 1 tablespoon ghee
- 2 eggs
- 1/4 teaspoon salt
- 1 teaspoon vanilla

For kneading later

Additional

- 2 tablespoons whole wheat flour
- 1 tablespoon ghee

For frying

- 500 gms Ghee

METHOD

In a large mixing bowl, combine the following dry ingredients:
1 cup of whole wheat flour, 1 cup of fine semolina (soji), 1/2 teaspoon of baking powder, 3/4 teaspoon of nutmeg powder, 3/4 teaspoon of cardamom powder, 1/2 cup of caster sugar, and 1/4 teaspoon of salt. Mix them thoroughly.

Next, add to the dry mixture: 1/2 cup of yogurt, 1 teaspoon of vanilla extract, 1 tablespoon of ghee, and two whisked eggs. Use your hands to mix everything until you achieve a sticky consistency.

Cover the bowl with a damp cloth and set it aside for a minimum of 2 hours. After this time, remove the cloth; you will notice that the semolina has absorbed most of the moisture. The batter will still be sticky, but less so than before.

Gradually incorporate 2 tablespoons of whole wheat flour, kneading the dough for 2 minutes. Then add 1 tablespoon of ghee and knead for another 2 minutes. The dough should reach a point where it no longer sticks to your hands or fingers.

Divide the dough into two equal parts, shaping each into a round ball. Flatten them slightly and place them on a clean surface for rolling. From this point onward, refrain from adding or sprinkling any flour onto the dough.

Roll each portion to a thickness of 1 cm. Using a glass with a 6 cm circumference, cut out small rounds from the flattened dough. Carefully remove the excess dough surrounding the cut rounds and repeat this until all the dough is used.

Set aside these uncooked bhakras, which are now cut into 1 cm thick rounds, in preparation for deep frying.

METHOD

Heat a wok or kadai over medium heat and add 500 grams of ghee. Allow the ghee to melt, then test it with a small piece of dough. Once it fries to a golden color, discard that piece.

Now, the ghee is ready for frying the Bhakras—add about 6 to 7 at a time. You will notice them rising on their own within 20 to 30 seconds. Gently turn them and continue frying for 2 minutes, turning every 10 to 15 seconds to prevent burning.

Remove them from heat once they achieve a dark brown color, and place them on a paper towel to cool. These Bhakras are best enjoyed at room temperature.

“Food is just another word for love”



NAANKHATAI

NAANKHATAI

This delightful Indian shortbread cookie is crumbly and eggless, crafted from flour, ghee, sugar, and cardamom. Often garnished with nuts, it is cherished for its delicate, melt-in-your-mouth texture.

INGREDIENTS

- 1 cup All Purpose Flour (Maida)
- 1/4 cup Gram flour (Channa Atta)
- 1/4 cup Semolina (Soji)
- 3/4 cup powdered sugar OR 1/2 cup sugar ground to powder
- 1/2 teaspoon Cardamon powder
- 1/2 teaspoon Nutmeg powder
- 1/2 teaspoon Baking powder
- 1/4 teaspoon Baking soda
- 1/4 teaspoon salt
- 1/2 cup Pure Ghee
- 10 Almonds Sliced

METHOD

Preheat your oven to 160 degrees Celsius.
In a mixing bowl, combine these ingredients:
All-Purpose Flour (Maida), Gram Flour (Channa Atta), Semolina (Soji), powdered sugar, cardamom powder, nutmeg powder, baking powder, baking soda, and salt.

Incorporate 1/2 cup of pure ghee into the mixture, using your hands to mix and knead until a sticky dough forms. Refrigerate the dough for 15 minutes to firm it up and make it easier to handle.

After chilling, take the dough out of the refrigerator. Use a teaspoon to scoop out a generous portion and roll it into a ball in your palm.
Gently flatten the ball and, with your index finger, create a small dent in the center of the cookie.
Place the cookie balls on a baking tray.
Slice 10 almonds and arrange a few slices in the center of each cookie over the dent.
Bake the cookies for 15 minutes at 160 degrees Celsius, or until they achieve a light golden hue.
Once baked, remove them from the oven and let them cool for an hour before indulging.
These delightful treats pair wonderfully with tea or coffee.

RAVO



RAVO

This Parsi pudding is a delightful creation made from semolina, milk, and a mix of dried fruits. Although preparing this delicious Parsi Ravo is relatively easy, be prepared for a bit of a workout, as it requires a lot of stirring!

INGREDIENTS

- 100 gms semolina
- 150 gms sugar
- 1 litre milk
- 6 tablespoons ghee
- 2 tablespoons charoli
- 2 tablespoons sliced almonds
- 3 tablespoons golden rasins
- 1 teaspoon vanilla essence
- 1/2 teaspoon cardamon powder
- 1/2 teaspoon nutmeg powder
- 1/4 teaspoon salt

METHOD

Heat a pan over medium heat and add 1 tablespoon of ghee.

Next, incorporate 2 tablespoons of charoli and stir-fry for 30 seconds.

Then, add 2 tablespoons of sliced almonds and continue to stir-fry for another 30 seconds.

Introduce 2 tablespoons of golden raisins and stir-fry for 1 minute or until the raisins puff up. Remove from heat, transfer to a bowl, and set aside.

In a separate wok or kadai, heat 5 tablespoons of ghee over medium heat. Allow it to melt, then add 100 grams of semolina.Stir for 3 to 4 minutes until it becomes fluffy.

Tip: Ensure the semolina does not darken; if it begins to change color, turn off the heat and proceed to the next steps.

Add 1 and 1/2 cups of warm water, 150 grams of sugar, and 1/4 teaspoon of salt. Stir and cook for an additional 5 minutes.

Next, pour in 1 liter of warm milk and cook for 15 minutes, stirring continuously.

Tip: Using warm water or warm milk instead of room temperature will speed up the cooking process.

Continue to stir the mixture while scraping the sides and bottom of the wok or kadai to prevent it from sticking or burning (this also provides a great arm workout).

You'll notice the semolina begins to absorb the milk and ghee, thickening the mixture. Once it achieves a porridge-like consistency, turn off the heat. At this stage, add ½ teaspoon of cardamom powder, ¼ teaspoon of nutmeg powder, and 1 teaspoon of vanilla essence, mixing it in thoroughly.

Transfer the pudding to an attractive serving dish and top with fried dried fruits and nuts. This semolina pudding can be enjoyed warm or chilled. If you prefer to serve it chilled, refrigerate for 2 to 3 hours before serving.

LAGAN NU CUSTARD



LAGAN NU CUSTARD

This well-known Parsi dessert is a highlight at every Parsi wedding and Navjote celebration. Here's a quick and simple method to prepare this delightful treat. By serving them in individual portions, you add a touch of elegance, and everyone gets their own piece of heavenly delight!

INGREDIENTS

- 1 liter milk
- 5 eggs
- 2 tablespoons sugar
- 200 ml condensed milk
- 1 teaspoon cardamon powder
- 3/4 teaspoon nutmeg powder
- 1 teaspoon vanilla essence
- 1/2 cup cashew nuts
- 4 tablespoons almond flakes
- 4 tablespoons charoli
- 1 tablespoon butter

METHOD

Heat milk over medium-high heat, adding sugar, condensed milk, and cashew nuts. Bring this mixture to a boil, then reduce the heat and let it simmer for 10 to 15 minutes, stirring continuously until it reduces by half. Remove from heat and set aside to cool.

In a separate bowl, crack open 5 eggs and mix in 1 teaspoon of cardamom powder, 1 teaspoon of vanilla essence, and 3/4 teaspoon of nutmeg powder.

Whisk everything together until well combined.

Combine the egg mixture with the cooled milk, mixing thoroughly to create a custard consistency.

Grease 6 to 9 ramekins with butter. Place some charoli and almond flakes at the bottom of each ramekin, then fill them three-quarters full with the custard mixture.

Prepare a deep tray by adding water to the bottom, then carefully place the ramekins inside. Bake in a preheated oven at 180 degrees Celsius for 40 minutes.

Once done, remove from the oven and allow to cool.

Garnish with almond flakes and refrigerate.

This custard can be enjoyed warm or cold.

Important Notes: The water bath (baking the custard in a water-filled tray) is essential, as it generates steam in the oven during baking. This process results in a beautifully dark char on top while keeping the inside soft and creamy.



CHAAPAT PARSI PANCAKES

CHAAPAT - PARSI PANCAKES

These are classic Parsi pancakes, which are thin and fluffy, crafted from flour, eggs, milk, sugar, and cardamom. They are often savored as a delightful sweet treat or a delicious breakfast option.

INGREDIENTS

- 2 eggs
- 1 teaspoon vanilla
- 1/2 cup powdered sugar
- 1 tablespoon Semolina or Soji
- 1 cup flour - (Maida) All purpose flour
- 1/4 teaspoon Cardamon powder
- 1/4 teaspoon Nutmeg Powder
- A pinch of salt
- 1 tablespoon melted pure ghee
- 1 cup Milk
- 1 tablespoon Sliced Almonds
- 1 tablespoon Charoli (Calumpang Nuts)
- 1cup ghee for frying
- 6 to 8 Pancakes

METHOD

In a large bowl, combine 2 eggs, 1 teaspoon of vanilla extract, and 1/2 cup of powdered sugar, whisking the mixture thoroughly for about one minute until it becomes light and fluffy.
Next, incorporate the following ingredients into the bowl:
1 tablespoon of semolina (or soji), 1 cup of all-purpose flour (maida), 1/4 teaspoon of cardamom powder, 1/4 teaspoon of nutmeg powder, a pinch of salt, and 1 tablespoon of melted pure ghee.
Take 1 cup of milk and gradually add half of it to the mixture.
Mix well until there are no lumps, then add the remaining milk and whisk until you achieve a semi-thick batter.
Finally, fold in 1 tablespoon of sliced almonds and 1 tablespoon of charoli (Calumpang nuts), setting the batter aside.

Heat a 6 to 7-inch pan over medium heat and add 1 tablespoon of ghee, allowing it to warm.
Pour 2 ladles of the batter into the heated pan and cook for one minute.
Carefully lift the edges and flip the pancake.
Drizzle a little ghee around the sides and cook for an additional 30 to 40 seconds.
Gently lift the sides once more and flip the pancake again.
The second side will typically brown slightly less; cook for another 10 to 20 seconds and then flip it again.
Press down lightly in the center to ensure even cooking. After 10 to 20 seconds, remove the pancake, or chaapat, from the pan.
This batter should yield approximately 5 to 6 pancakes. Repeat the process with the remaining batter, and enjoy the pancakes served with jam, honey, or additional almond flakes.

Parsi Gambhars: A Celebration of Gratitude and Community

Gambhars are ancient Zoroastrian seasonal festivals held to express appreciation for the gifts of nature and to strengthen communal bonds. Deeply entrenched in Zoroastrian cosmology, these festivals involve communal gatherings, prayers, and feasting. Gambhars are a vital part of Parsi tradition, highlighting the relationship among humans, nature, and divine creation.

Origins of Gambhars

The roots of Gambhars extend back to the early Zoroastrian period in ancient Persia. Zoroastrian teachings emphasize six divine creations, or Gahambars, that form the foundation of these seasonal celebrations. Each Gambhar aligns with one of these creations, honoring its role in sustaining life on earth. The six creations are:

Sky, Water, Earth, Plants, Animals, Humankind

Initially, these festivals were agricultural, celebrated at key moments throughout the year to thank Ahura Mazda (the supreme deity) for the blessings of creation and to remind individuals of their responsibilities to care for and protect the world.

The Six Gambhars

Each Gambhar corresponds to a specific season and represents a stage in the agricultural cycle:

1. Maidhyozarem Gahambar (Mid-Spring) – Celebrating the sky and the onset of spring.
2. Maidhyoshem Gahambar (Mid-Summer) – Honoring water and the season's abundance.
3. Paitishhahya Gahambar (Harvest Time) – Dedicated to the earth and the harvest.
4. Ayathrem Gahambar (Autumn) – Celebrating plants and their plentiful yield.
5. Maidhyarem Gahambar (Mid-Winter) – Honoring animals and their contribution to life.
6. Hamaspathmaidyem Gahambar (Year-End) – Dedicated to humankind and honoring the spirits of those who have passed.

Significance of Gambhars

Gambhars are profoundly spiritual and communal experiences that embody Zoroastrian values such as gratitude, equality, and charity:

Gratitude: Participants express thanks to Ahura Mazda for the blessings of nature and creation.

Equality: Gambhars promote unity by gathering people together, irrespective of social standing.

Charity: It is customary to share resources, ensuring that even those less fortunate can join in the celebrations.

This reflects the Zoroastrian principle of Hamazori (coming together in harmony).

Parsi Gambhars: A Celebration of Gratitude and Community

What Occurs During a Gambhar?

Gambhars are festive events characterized by a blend of religious practices and communal feasting:

Preparations:

Contributions are gathered from the community, with everyone donating according to their ability.
Volunteers take charge of the feast, preparing large quantities of food for sharing.

Rituals:

Priests recite Zoroastrian prayers, including excerpts from the Avesta (the sacred texts of Zoroastrianism), calling for blessings for all participants and the creations being honored.
Offerings are presented to the sacred fire, a key symbol in Zoroastrian faith.

Communal Feasting:

The feast is a pivotal aspect of the Gambhar, symbolizing equality where everyone, regardless of social or economic status, shares the same meal.
Traditional Parsi dishes such as Sagan nu Bhonu (a ceremonial meal), and sweet delicacies like Ravo are typically served.
The meal serves as an opportunity for connection, storytelling, and reaffirming community ties.

Reflection:

Gambhars also provide a moment for introspection, reminding individuals of their duty to nurture nature, uphold justice, and positively contribute to society.

Why Gambhars Are Significant Today

Gambhars transcend mere festivities; they highlight the bond between humanity and the environment. They uphold the values of community service, gratitude, and stewardship of the earth.
In today's world, they remain crucial in preserving Zoroastrian culture and uniting Parsis to celebrate their heritage.
By honoring creation through Gambhars, Zoroastrians sustain their ancient traditions, nurturing profound respect for nature, fostering unity among people, and expressing reverence for the divine.

“Live life with a lil bit of Spice”



PARSI STYLE CONDIMENTS



KOLMI NU ACHAR

KOLMI NU ACHAR (PRAWN PICKLE)

This Prawn Pickle , which my grandmother often made, is both simple and delicious. It perfectly balances sweetness, spiciness, and tanginess.

INGREDIENTS

Ingredients for prawn marinade

- 350 gms Prawns -
  Peeled, deveined and washed
- 1/2 teaspoon Kashmiri chilli powder
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon salt

Ingredients for Prawn Pickle Masala

- 10 to 12 garlic cloves
- 1 and 1/2 tablespoon Mustard seeds
- 150 ml White Vinegar
- 2 tablespoons Kashmiri chilli powder
- 1 tablespoon Cumin powder
- 1/2 teaspoon Turmeric powder
- 1 teaspoon garam masala powder
- 3/4 teaspoon salt
- 2 tablespoons Jaggery 150 ml oil

METHOD

Marinate 350 grams of prawns (peeled, deveined, and washed) with ½ teaspoon of Kashmiri chili powder, ½ teaspoon of turmeric powder, and ½ teaspoon of salt. Set aside.

In a mixer grinder, combine 10 to 12 garlic cloves, 1½ tablespoons of mustard seeds, and 75 ml of white vinegar, grinding it all into a coarse paste. Set aside.
Heat 150 ml of oil in a wok or kadai over medium-high heat.
Once the oil is hot, add the marinated prawns and fry for 5 minutes, allowing all the water to evaporate. Remove the prawns and place them in a bowl to keep aside.

In the same oil, add the garlic-mustard paste and stir-fry for 2 minutes.
Next, incorporate 2 tablespoons of Kashmiri chili powder, 1 tablespoon of cumin powder, ½ teaspoon of turmeric powder, 1 teaspoon of garam masala, and ¾ teaspoon of salt. Fry the spices for 1 minute.
Add 2 tablespoons of jaggery and 75 ml of white vinegar to the mixture, stirring well and cooking for an additional minute.
Then, add the previously fried prawns to the cooked masala, ensuring they are thoroughly coated.

Finally, drizzle 2 to 3 tablespoons of oil over the mixture and stir.
Remove from heat and allow it to cool.
Transfer the contents to an airtight jar and store in the refrigerator.
For the best flavor, consume after 2 days.
Enjoy this delightful pickle with simple dal, rice, or vegetables!



NIMBU MARCHA NU ACHAR

NIMBU MARCHA NU ACHAR LIME AND CHILLI PICKLE

Here's a simple lime pickle recipe that includes ginger and green chilies. This delightful concoction is sweet, spicy, and tangy—truly one of the best lime pickles I've ever tasted.

INGREDIENTS

- 750 gms lime
- 4 to 5 table spoons sea salt
- 1 tablespoon cumin seeds
- 1 tablespoon coriander seeds
- 1 tablespoon fennel seeds
- 2 tablespoons mustard seeds
- 1 teaspoon pepper corns
- 1 teaspoon cloves
- 1 teaspoon green cardamon
- 1 large pc cinnamon stick
- 350 gms Jagery
- 1 teaspoon turmeric powder
- 2 tablespoons Kashmiri chilli powder
- 1 teaspoon black salt
- 1/2 teaspoon Hing or Asafoetida
- 200 gms green chillies slit cut - seeds removed
- 200 gms ginger - julienne cut
- 2 tablespoons sugar
- 400 ml oil

METHOD

Take 750 grams of lime wash and allow it to pat dry. Cut each lime into four pieces and remove any seeds present.

Transfer the lime pieces to a large bowl, adding 4 tablespoons of sea salt, then mix thoroughly. Place the salted lime into an airtight jar and shake well. Let the lime marinate for 15 to 20 days, shaking the jar every 2 to 3 days.
During this marination period, you'll notice the lime will shrink and change color. After 15 to 20 days, take out the salted lime and strain it to remove any excess saltwater, setting the strained lime aside.

To Prepare the spice mix for the pickle, grind the following ingredients into a coarse mixture and set aside:
2 tablespoons mustard seeds, 1 tablespoon cumin seeds, 1 tablespoon coriander seeds, 1 tablespoon fennel seeds, 1 teaspoon peppercorns, 1 teaspoon cloves, 1 teaspoon green cardamom, 1 large piece of cinnamon stick.

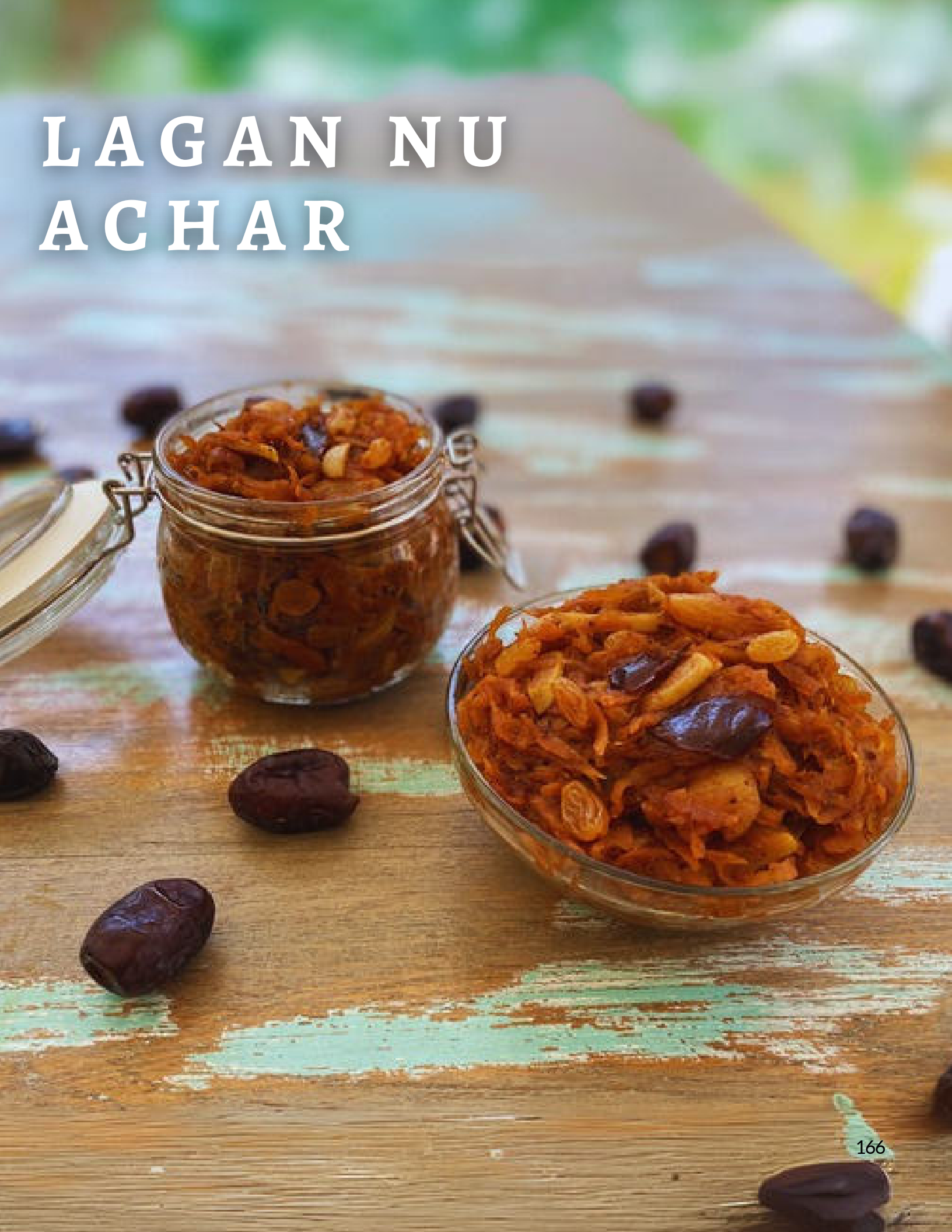
METHOD

Place a large pot over medium heat and add 400 ml of oil.
Next, incorporate the coarsely ground spice mix, frying it for 3 to 4 minutes until it becomes fragrant.
Then, add 2 tablespoons of Kashmiri chili powder, 1 teaspoon of turmeric powder, 1 teaspoon of black salt and 2 teaspoons of Hing (Asafoetida), frying the mixture for an additional 2 minutes.

Now, introduce 350 grams of jaggery, stirring until it has completely melted.
Add the lime that has been marinated in salt, mixing everything thoroughly.
Next, include 200 grams of green chilies, which should be slit and have their seeds removed.
Add 200 grams of julienned ginger and mix this thoroughly, ensure everything is well-coated.
Add 2 tablespoons of sugar and mix it in.
Bring the mixture to a boil, then reduce the heat and let it simmer for 10 minutes.
After 10 minutes, remove it from the heat and allow it to cool.
Once cooled, store the pickle in an airtight container and savor this delightful lime pickle.

“Happiness is home made”

LAGAN NU ACHAR



LAGAN NU ACHAR
CARROT AND DATE PICKLE

This is the renowned Parsi Pickle that graces every Parsi wedding. That's why we refer to it as "Lagan Nu Achar," with "Lagan" meaning wedding. No Parsi wedding is truly complete without this delightful pickle.

INGREDIENTS

- 1 kg grated Carrots
- 500 gms Jaggery
- 250 gms Dates (Deseeded and sliced)
- 250 gms Apricots (Deseeded)
- 250 gms Golden raisins
- 500 ml Dark Vinegar
- 150 gms Garlic (Julien cut)
- 10 green cardamom
- 10 cloves
- 1/2 nutmeg (Grind to powder)
- 1 teaspoon Garam masala powder
- 2 teaspoons Cumin powder powder
- 2 teaspoons Salt
- 2 tablespoons Kashmiri chilli powder
- 2 tablespoons Sugar

METHOD

Begin by placing the deseeded apricots in a bowl and adding half of the dark vinegar (250 ml). Microwave this mixture for 2 minutes and set aside.

Next, position a large pot on the stove, but do not turn on the heat just yet. Add the following ingredients to the pot: 1 kg of grated carrots, 500 g of jaggery, 150 g of julienned garlic, 1 teaspoon of garam masala powder, 2 teaspoons of cumin powder, 2 teaspoons of salt, and 2 tablespoons of Kashmiri chili powder.

In a separate container, grind 10 green cardamom pods, 10 cloves, and half a nutmeg into a fine powder, then add this mixture to the pot. Incorporate the remaining 250 ml of dark vinegar along with the vinegar from the apricots (set the apricots aside).

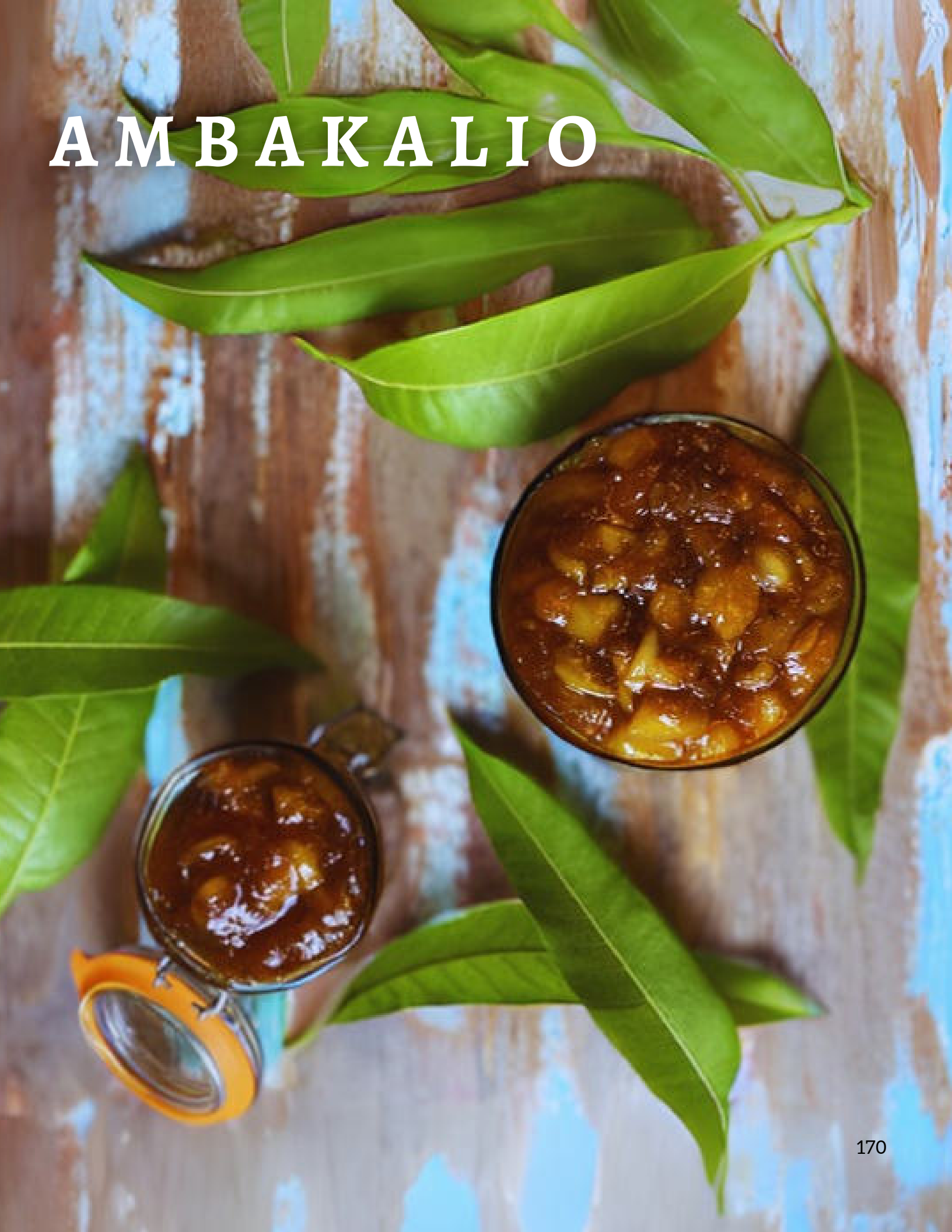
Thoroughly mix all the ingredients, cover the pot, and allow it to cook over medium heat for 5 minutes. Afterward, uncover the pot and stir the mixture well.
By this point, you should notice that the carrots have released some liquid; ensure everything is evenly mixed and let it simmer for an additional 10 minutes.

METHOD

After 10 minutes, give it a good stir and reduce the heat to medium-low, allowing it to simmer for an additional 10 minutes.
By this time, the water will begin to evaporate.
Next, add 250 grams of golden raisins and mix them in thoroughly, letting it simmer for another 10 minutes on medium-low.
You should notice a lovely thick consistency forming at this stage.
Then, incorporate 2 tablespoons of sugar along with the apricots, stirring everything together well.
Allow it to simmer for another 10 minutes on medium-low; the achar will continue to thicken and become stickier.
Adding a little sugar towards the end will give the achar or pickle a beautiful glaze, enhancing both its appearance and flavor.
Finally, mix in the sliced dates and ensure they are well incorporated, then simmer for 5 more minutes.
Turn off the heat and let it sit overnight before serving.
Store it in an airtight container and refrigerate.

“Eat
Enjoy
Repeat”

AMBAKALIO



AMBAKALIO - PARSI SWEET MANGO PICKLE

This is a long-lost Mango Pickle or Mango Chutney that the Parsees traditionally enjoy with their meals. It is also placed on the Navroz table as a symbol of prosperity and good health.

INGREDIENTS

- 750 gms semi ripe Mangoes
- 350 gms small onions
- 250 gms Jaggery
- 1 tablespoon ghee
- 4 green cardamons
- 4 cloves 2 small cinnamon sticks
- 1/2 teaspoon salt
- (Optional) 1 teaspoon Kashmiri Chilli Powder

METHOD

Begin by peeling and cutting the mangoes into large cubes; set them aside.
Take 350 grams of small onions, such as shallots or pearl onions, and make cross slits at the bottom of each one, cutting halfway through.
Set them aside as well.
Next, place a deep pan over medium heat and add 1 heaped tablespoon of ghee.
Once it melts, incorporate 4 green cardamoms, 4 cloves, and 2 small cinnamon sticks, stirring to combine.
Add the prepared onions and sauté for 2 to 3 minutes.
Pour in 1/2 cup of water and mix everything together.
Add 250 grams of jaggery and allow it to melt, bringing the mixture to a boil. Cover and cook for 2 minutes.

Uncover the pan and add 1 teaspoon of Kashmiri chili powder (optional for a touch of heat) and 1/2 teaspoon of salt, stirring well.
Introduce the cut mangoes and mix everything together before bringing it back to a boil.
Cover the pan and simmer for 10 minutes, reducing the heat to medium-low.
After 10 minutes, uncover the pan, increase the heat, and bring it to a boil again.
Cook the mangoes and onions until the mixture reaches a thick consistency, which should take about 10 minutes.
Use a spoon or spatula to mash the mango pieces slightly, creating a pulpy texture.
Finally, let it simmer for an additional 2 to 3 minutes before removing it from the heat.



GREEN CHUTNEY

GREEN CHUTNEY

A vibrant green chutney made with coconut, coriander, mint, and spices; ideal for sandwiches, stuffing fish, Patra ni Machhi, or pairing with daal-chawal.

INGREDIENTS

- 1 and 1/2 cup fresh grated coconut
- 1 and 1/2 cup fresh coriander
- 1/2 cup mint leaves
- 6 green chillies
- 5 garlic cloves
- 1 and 1/2 teaspoons cumin seeds
- 2 teaspoons sugar
- 2 teaspoons salt
- 3 tablespoons lemon juice

METHOD

Grind together 1 and 1/2 cups of fresh grated coconut, 1 and 1/2 cups of fresh coriander, 1/2 cup of mint leaves, 6 green chilies, 5 garlic cloves, 1 and 1/2 teaspoons of cumin seeds, 2 teaspoons of sugar, 2 teaspoons of salt, and 3 tablespoons of lemon juice. After grinding, refrigerate the mixture for 20 minutes to thicken the chutney, which enhances its spreadability.

This delicious chutney can be used to create tasty sandwiches, as a stuffing for fried fish, or for our famous Patra ni Machhi. It also pairs wonderfully with daal and chawal.

RED CHUTNEY



RED CHUTNEY

This spicy red chutney combines chilies, garlic, onion, and lime, making it an ideal condiment to accompany daal-chawal or as a flavorful stuffing for fried fish.

INGREDIENTS

- 1 small onion
- 6 to 8 Kashmiri chillies
- 6 to 8 garlic cloves
- 1/2 teaspoon sugar
- 1 teaspoon salt
- 1 teaspoon cumin seeds
- 2 tablespoons lime or lemon juice

METHOD

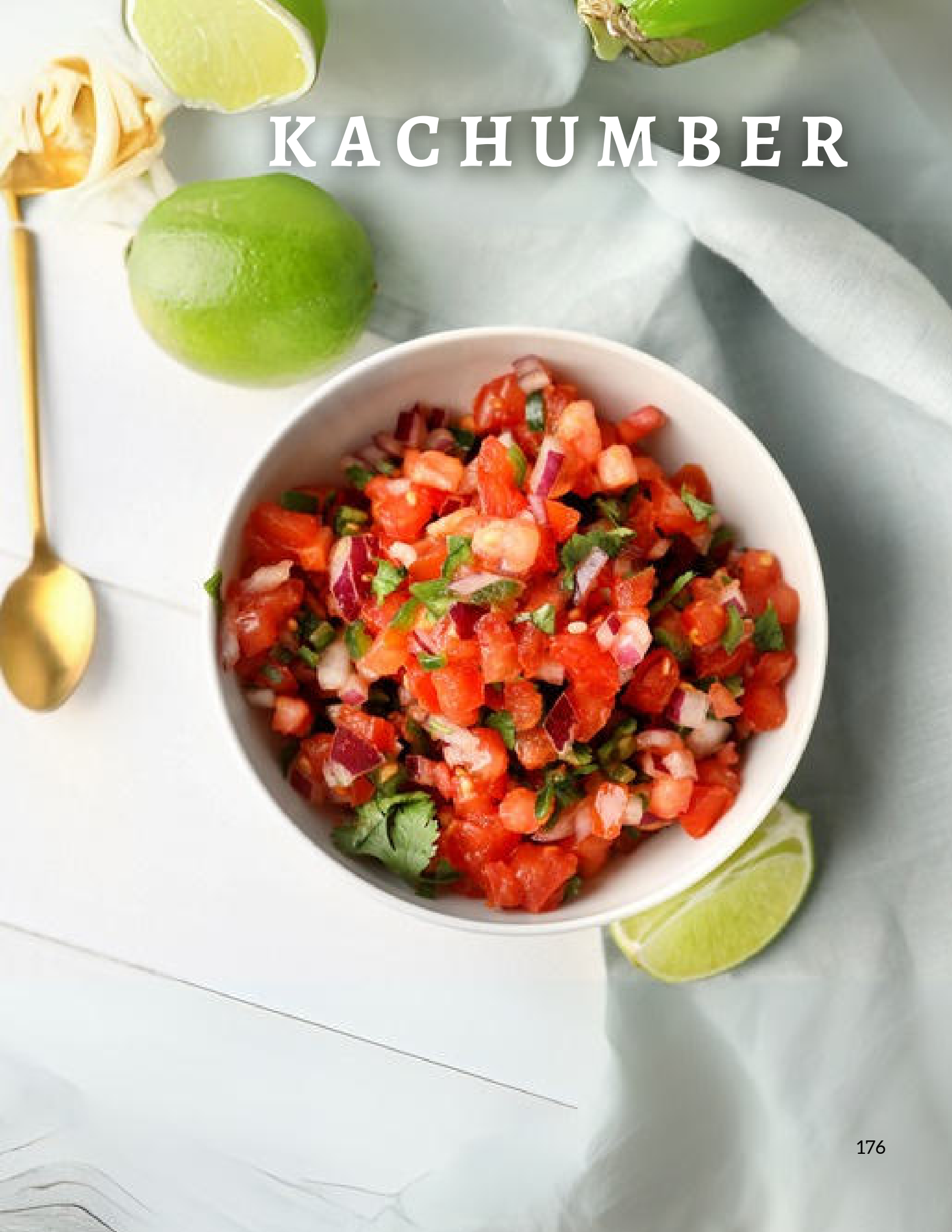
De-seed 8 Kashmiri chillies and soak them in warm water for 10 minutes. Afterwards, strain the water and set it aside.

Next, grind the soaked chillies along with 1 small onion, 6 to 8 garlic cloves, ½ teaspoon of sugar, 1 teaspoon of salt, 1 teaspoon of cumin seeds, and 2 tablespoons of lime or lemon juice to form a paste.

Refrigerate the mixture for 20 minutes, as this will thicken the chutney.

This chutney can be served as a condiment with daal and chawal or used as a stuffing for fish before frying.

KACHUMBER



KACHUMBER

This refreshing salad is a medley of diced cucumbers, tomatoes, onions, and herbs, all mixed together with lemon juice and spices to create a tangy flavor.

INGREDIENTS

- 1 medium onion chopped
- 1 medium tomato chopped
- 1 medium cucumber chopped
- 1 green chilli finely chopped
- 2 tablespoons coriander leaves chopped
- 2 tablespoons malt vinegar
- 1/2 teaspoon salt
- 1/2 teaspoon sugar (optional)

METHOD

Combine the following ingredients: one medium onion (chopped), one medium tomato (chopped), one medium cucumber (chopped), one green chili (finely chopped), two tablespoons of chopped coriander leaves, two tablespoons of malt vinegar, half a teaspoon of salt, and optionally, half a teaspoon of sugar.

GARAM MASALA



GARAM MASALA

This spice blend is one of the most essential masalas in Indian cooking. The right Garam Masala can truly transform your dishes.

INGREDIENTS

- 2 tablepoons Cumin Seeds
- 1 tablespoon Cloves
- 1 and 1/2 tablespoons Green Cardamon
- 1 tablespoon Black Cardamon
- 2 large pcs Cinnamon (4 inches each)
- 1 tablespoon Pepper corns
- 2 pcs Bay leaf
- 2 tablespoons Fennel seeds
- 1 small pc Nutmeg
- 1 pc Mace (Jaivinri)
- 3 pcs Star Anise

METHOD

Grind all the ingredients into a fine powder.

Store in an airtight container.

Use as instructed in all recipes.

GINGER GARLIC PASTE



GINGER GARLIC PASTE

This essential ingredient features prominently in many of my recipes. It's incredibly simple to prepare and requires just a few minutes to whip up.

INGREDIENTS

- 150 gms Ginger - peeled and cut in 1 inch cubes
- 150 gms garlic - peeled
- 10 to 12 green chillies (optional)
- 1 tea spoon salt
- 2 table spoons oil

METHOD

Grind the chopped ginger, peeled garlic, green chilies, salt, and oil together until you achieve a smooth paste.
Store the mixture in an airtight container.
Keep it refrigerated at all times.
Use it as specified in each recipe.



In loving memory of my grandmother,
Shirin Burjor Mithaiwalla.

A Final Note: From My Kitchen to Yours

A Heartfelt Message

Cooking is so much more than just following a recipe; it's about creating memories, sharing stories, and honoring the beautiful traditions that bring us together. This book is a labor of love, a tribute to my rich Parsi heritage, and a celebration of the vibrant flavors that have shaped my culinary journey.

I truly hope these recipes bring as much joy to your table as they have to mine!

Whether you're whipping up a cozy bowl of daal, stuffing fish with a zesty chutney that makes your taste buds dance, or recreating a cherished family dish that sparks nostalgia, remember that the magic isn't just in the ingredients.

It's in the love and warmth you sprinkle throughout the cooking process.

Thank you for allowing me to share this delicious journey with you.

May every meal you create be a joyous celebration of love, tradition, and the wonderful moments we share with family and friends.

Dedication & Gratitude

This book is dedicated to my dad, whose wisdom, laughter, and unwavering support have made every moment in the kitchen a cherished adventure.

Dad, this one is for you !

Thank you for being my greatest inspiration and my favorite sous chef.

FOR SPECIAL

notes

FOR SPECIAL

notes

Take a delicious dive into the heart of Parsi cuisine with this easy-to-follow cookbook, designed to bring the magic of traditional recipes to your home kitchen. Whether you're a seasoned cook or a beginner, this book simplifies the preparation of Parsi classics, making it effortless to recreate the flavors of this vibrant culinary heritage.

From the hearty, soul-soothing Dhansak to the delicate and flavorful Patra Ni Machi, from the rich, aromatic Sali Boti to the mouthwatering, perfectly spiced Mutton Kebabs, each recipe is crafted to be simple, approachable, and bursting with authentic taste. Using everyday ingredients and clear instructions, this cookbook ensures that anyone can enjoy the essence of Parsi cuisine.

Inspired by a deep love of cooking and the timeless traditions of Parsi food, this book isn't just a collection of recipes—it's a celebration of a culture that brings people together through meals filled with love, warmth, and unforgettable flavors.

Whether you're cooking for your family, hosting friends, or simply treating yourself, these dishes are sure to create cherished memories around the table. Let this book be your guide to discovering the rich tapestry of Parsi flavors, made simple and accessible for every cook.
Bring the flavors of our Parsi kitchen into your home with ease, joy, and a touch of tradition!