

GOAN CUISINES

Visitors to Goa tend to think that food and drink in Goa means the famous fish, curry, rice and feni package. And for most Goans these are indeed the three basic necessities of life -- fish, curry and rice. They combine to make a heavenly daily meal for the average Goan. But Goan cuisine, like the land itself, has many flavours and tastes with its vast treasure trove of culinary delicacies. The long period of Portuguese rule, besides that of the Muslim and Hindu kingdoms, has left an indelible influence on the original style of Goan cooking and this has led to an exotic mix of truly tasty and spicy cuisine. Most people who sample Goan cuisine, enjoy this different and unique style of food which has a distinct and unique combination of spicy flavours. A Goan values his food as much as he does his daily siesta (break). And in his daily meal, seafood always has a pride of place in some form or the other. From fried fish to exotic concoctions like ambot-tik, sea food is usually a must on the menu, except for the occasional break for some religious observance. Goans take pleasure not only in what they eat, but also how they cook it. Although modern conveniences have almost completely taken over in urban areas, the traditional way of cooking in clay pots on firewood continues in most rural areas of Goa. This style of cooking adds an additional smoky flavour to the food, highly valued by Goans.

Despite the two schools of cuisine traditions influenced by the respective religions of Hinduism and Christianity; there are some meeting points that present an interesting harmony. This blend of various cooking styles and influences is what makes Goan food so unique among the cuisines of India.

With a wide variety ranging from prawns to sausages, chicken to beef, and numerous vegetarian dishes, Goan cuisine is able to satisfy even the most finicky gourmet appetites. Goa has some magnificent culinary delicacies like the prawn balchão and sorpotel which have become famous around the world. While Hindu Goan food does not seem to have picked up any major Portuguese influence, the Christian food has been influenced not only by the Portuguese, but also by its overseas colonies. Traditional Goan cooking calls for plenty of muscle and time. Grinding is always part of the recipe and the nicer the dish the longer it takes to make.

Goan food is simple but most, though not all, of it is chili hot, spicy, and pungent. Items made from rice, fish, and coconut abound in nearly every Goan meal.

Seafood such as prawns, lobsters, crabs, pomfrets, clams, ladyfish, mussels, and oysters are used to make a variety of curries, fries, soups and pickles. Besides fresh seafood, dried and salted fish dishes are also highly prized by Goans.

The long era of the Portuguese rule, combined with that of the Muslim and Hindu kingdoms, has left a permanent influence on the original style of Goan cooking. What we see today is an exotic mix of truly flavorsome and spicy cuisine. Most visitors, who have tasted Goan cuisine, truly get pleasure from this diverse and unique style of food, which has a distinct and unique combination of spicy flavors. The Goan cuisine, like the land itself, has many flavors and tastes with its vast treasure trove of culinary delicacies.

The three basic necessities in a Goan's life are fish, curry and rice and it is these three ingredients that form the base of every food of Goa. From fried fish to exotic blends like ambot-tik, seafood is usually a necessity on the menu, except for the rare occasion for some religious adherence. The blend of various cooking styles and influences has made the Goan food so unique among the cuisines of India.

The Goan dishes range from prawns to sausages, chicken to beef and numerous vegetarian dishes. Goan cuisine can satisfy even the most fussy gourmet appetites. Some of the magnificent culinary delicacies of Goa are like the prawn balchão and sorpotel that have become popular all over the world. Goan food is simple and most of the dishes are chili hot, spicy and pungent. It is interesting to note that items made from fish, rice and coconut abounds in almost all Goan meals.

Goans feel content in not only what they eat, but also in cooking it. Although contemporary amenities have almost completely taken over in the urban areas, the conventional way of cooking in clay pots on firewood is still maintained in most countryside areas of Goa. This manner of cooking adds an extra smoky tinge to the food, which is of high value for the Goans.

The traditional Hindu Goan food is not so much influenced by the Portuguese as is the case with the Christian food, which has been influenced not only by the Portuguese but also by its overseas colonies. Traditional Goan cooking calls for lots of patience and time. Prawns, crabs, lobsters, clams, ladyfish, oysters and mussels are the main seafood that are used to make a variety of curries, soups, fries and pickles in Goa. Besides the fresh seafood, the Goans also savor dried and salted fish dishes.

THE FAMOUS SWEETS

Cocada	Neureos	Dodol
Blancmange	Sannas	Sannas-1
Marzipan	Wheat-halwa	Bolo sans rival

THE EXOTIC DESSERTS

Coconut Soufflé	Bibinca (Seven layered cake)
Three- in- one party custard pudding	Date and walnut pudding

CAKES

Fresh Apple Cake	Chocolate Cake with Heavenly Icing
Goan Coconut Pancakes	Coconut and raisin cake
Raisins Cherry Cake	Dodol
Semolina jaggery cake	

SEAFOOD

Crab Curry	Prawn Balchao
Ambot Tik (Amotik)	Shark Ambo Tik
Bacalhau	Caldeirada
Fish Reacheado	Goan Fish Head Curry
Spiny lobster	Fish Caldine
Fish Balchao	Goan Prawn Caldine
Goan Prawn Curry - 1	Prawn Curry - 2
Caldeirada	Fófos de bacalhau (cod fish rolls)
Clams fritters (tisreo or kube dhangar)	Crab Curry
Goa Shrimp Curry	Goan Sambharachi Kodi
Crab xec xec	Fish Reacheado

SUMPTUOUS RICE

Fried Rice
Goan Mussel Pulao
Goan Sausage Pulao

MOUThWATERING VEGETARIAN

Cashew Green Peas Bhaji	Vattana Masala
Pineapple and Mango Sasvam	Brinjal bharta
JackFruit curry	Bean sprouts
Doodhi suken (yellow pumpkin dry)	Karantim (bitter gourd) sukem
Khatkaten (mixed vegetables)	Drumsticks curried
Tendlim (tempeirada)	

SEAFOOD

Being a coastal state, the cuisine is predominantly seafood based, the staple food of Goans is rice and fish. Kingfish is the most common delicacy, others include pomfret, shark, tuna and mackerel. Among the shellfish are crabs, prawns, tiger prawns and lobster. Others include squid and mussels. The Hindu food of Goa is unique, but the Christian food is influenced by the Portuguese.

HINDU CUISINE

The Goan Hindu cuisine is less spicy, less or no use of onion and garlic and more variety than its Catholic counterpart. It also includes more use of vegetables, lentils, pumpkins, gourds, bamboo shoots, roots etc. It is less oily and the medium of cooking is coconut oil.

Goan Konkani Brahmins are fish eaters (ie Goud Saraswat Brahmin, and Daivajna) fish in their diet is not considered as non vegetarian, on the other hand other Brahmins belonging to Pancha Dravida category are strictly vegetarian. Their vegetarian cuisine is unique. The rest of the Goan Hindus are non-vegetarian, but unlike the Catholic Goans, do not eat beef, due to religious constraints.

- ✘ Fish curry called as Human
- ✘ Fried fish
- ✘ Fish Suke or Dhabdhabit, spicy preparation of fish, eaten as side dish.
- ✘ Fish Udid Methi or Uddamethi - Fenugreek and fish.
- ✘ Kismur
- ✘ Dangar or the Fish cutlets
- ✘ Kalputi - with different varieties of fish
- ✘ Bhaji or Shak made of different vegetables and fruit
- ✘ Khatkhate
- ✘ Tondak , made of beans , cashew nuts
- ✘ Different varieties of sweets made of rice, lentils like Payasa, Patoli, Mangane, Kheer
- ✘ Different varieties of Pickles and Papads
- ✘ Solachi kadi , a spicy coconut and kokum curry

CATHOLIC CUISINE

- ✘ Vindaloo - A spicy curry which means "garlic wine" in Portuguese. This is popular in the West, particularly the United Kingdom.
- ✘ Goan prawn curry
- ✘ Canjate galinha, which is a type of chicken broth with rice and chicken, and is originally a Goan recipe.
- ✘ Arroz doce, a Portuguese derivative of kheer (sweetened rice) of India.
- ✘ Ambot tik - A sour curry dish prepared with either fish or meat.
- ✘ Chamuças - A Goan derivative of samosa.