

INDIAN CULINARY TERMS

Akhni or Yakni :-	Soup or stock.
Alu:-	Potato.
Amriti:-	A sweetmeat.
Atta:-	Wholemeal flour.
Baffad:-	A curry with meat and radish from Goa.
Baghar/Tadka:-	Tempering done after the dish has been prepared. Onions and a few spices or herbs are fried in a spoonful of fat and added to the cooked dish to improve flavour.
Baked Hilsa:-	An oily fish considered a delicacy., Smoked slightly—all bones removed and baked with anchovy essence, tomato sauce, salad oil, mustard, etc.
Balushai:-	A round ball made of dough, slightly flattened at the centre, fried and dipped in sugar syrup
Barfi:-	A fudge like sweet.
Basundi:-	Milk sweet.
Bhajjia:-	Slices of vegetables dipped in gram flour batter and fried crisp.
Bhaji:-	Another term for vegetable preparations.
Bhaturas:-	Slightly leavened bread baked on a grid and then fried Generally served with 'Chhole', a dish prepared out of whole chickpeas.
Bhel Puri:-	Crisp fried thin rounds of dough mixed with puffed rice, fried lentil, chopped onion, herbs and chutney.
Bhindi:-	Okra/Gumbo, an Indian vegetable known as ladies fingers.
Bhujjia:-	A North Indian vegetable preparation.
Bharta:-	Vegetable boiled or roasted in charcoal, peeled, mashed and sauteed with a little chopped onion and chillies.
Biryani:-	A rich preparation of rice. Parboiled rice is put in layers with a rich meat or vegetable curry and the whole is baked till cooked.
Black Pepper:-	The berry of the pepper vine dried with the skin on.
Bombay Duck:-	A small, phosphorescent, gelatinous fish, abundant at the surface of the salt waters of Bengal and Bombay. It is prepared fresh or dried. When dried, it is toasted crisp and served.
Bonda:-	Mashed potatoes, seasoned and formed into balls, dipped in batter and deep fried — a South Indian snack.
Baingan:-	Brinjal Eggplant or Aubergine.
Cardamom:-	A spice—the fruit of the cardamom tree. The seeds are found in a pod which is dried. It has a pleasing taste and flavour.
Cashewnut:-	The nut of the cashew fruit. It is found outside the fruit, enclosed in a kidney-shaped shell.
Chapatti or Phulka:-	Wheat bread made of unfermented dough, round in shape and paper thin. Resembles a tortilla.
Charoli:-	An Indian nut.
Cheera:-	Flattened shape boiled puffed rice.
Chikkoo:-	A brown Indian fruit—a cross between a fig and a russet apple. Also known as sapota.
Chiwda:-	A mixture of nuts, fried pressed rice, fried lentils, gram preparations and spices.
Cocum:-	A sour fruit dried and used chiefly with fish. Acid in taste.
Coriander:-	A spice, the seed of a small herb.
Cumin:-	A spice resembling caraway seeds.
Curry Powder:-	A mixture of various spices such as coriander, chillies, turmeric, cumin etc., roasted and powdered together.
Custard Apple:-	Resembles a leaf artichoke. A luscious custard-like fruit with hard black seeds inside.
Dahi:-	Yoghurt or curd.
Dahibhalla:-	Ground lentil, made into fried balls and then steeped in seasoned beaten yoghurt. Served with pulao or as a snack.
Dal:-	Lentil. There is a large variety of lentils in India.
Dhansak:-	Literally meaning "rice & vegetables", a Parsi speciality. It is plain fried rice served with a curry rightly called "wide mouthed" as it contains an innumerable variety of ingredients—meat, lentils, vegetables, leafy vegetables, nuts and a variety of spices.
Doodh Pak:-	Sweetmeat made of rice and milk.
Do Piyaza:-	Literally "twice onion". Ground and fried onion added to meat along with other spices. Hence Do (twice) and Piyaz (onion). It is not very hot and could form a tasty accompaniment to parathas and chapatties.

Dosa:-	A type of savoury pancake made with fermented batter of ground lentil and rice. Cooked on a griddle. A speciality of South India.
Dum:-	A process of cooking with heat from above as well as below.
Dum Phukt:-	A dry rich meat dish prepared by cooking meat in pressurized steam.
Drumstick:-	A long type of bean with hard fibrous covering, resembling a drum stick.
Garam Masala:-	A mixture of cloves, cinnamon, cardamom, pepper and cumin.
Gaujas:-	A fancy sweetmeat made of dough fried and dipped in sugar syrup.
Ghee:-	Clarified butter or vegetable shortening processed to resemble clarified butter.
Groundnut:-	Peanut or monkey-nut.
Guava:-	A popular fruit used to make guava cheese, jelly and stewed fruit.
Gulab Jamun:-	Khoa or Mawa (milk evaporated to remove all moisture) is kneaded and flavoured and made into balls which are fried till golden brown and dropped immediately into hot sugar syrup.
Gaustaba:-	Large meat balls (Kofta) in a gravy of curd, mixed with ground poppy seeds, nuts and onion, and lightly spiced.
Hing:-	Asafoetida, a strong flavouring agent. It also acts as a carminative.
Hopper:-	A counterpart of the American hot cake. For making it, the batter is fermented by the addition of toddy, an alcoholic beverage. Cooked in seasoned earthenware pots. Its subtle and pleasing flavour would appeal to all palates. Eaten with stew.
Halwa:-	A sweet dish made of lentils, semolina or wheat, or of vegetables such as beetroot, carrot and pumpkin, with butter, milk and sugar.
Idli:-	A fermented batter of ground lentil and rice steamed in moulds. A speciality of South India.
Jaggery:-	Refined and solidified molasses.
Jalebi:-	A golden-coloured, crisp sweet filled with sugar syrup, formed in rings.
Kababs:-	A savoury barbecue done on iron rods.
Kalia:-	A Bengali vegetable or fish dish with spices and yoghurt.
Kesari:-	A South Indian sweet dish made of vermicelli or semolina.
Kheema:-	Minced meat.
Kheer:-	A pudding-like preparation of milk with other ingredients such as rice or carrot.
Khoa:-	Milk is boiled down till all moisture is removed, used as a base for a large number of Indian sweets.
Khorma:-	Rich, thickened brown curry of chicken, mutton or vegetables. Poppy seeds and desiccated coconut are added along with other condiments for thickening. The meat itself is made tender by marinating in curd (yoghurt) before cooking.
Khichdi:-	Mixture of rice and lentils.
Kofta:-	Minced meat ball.
Laddoo:-	A sweet ball made of gram or lentil flour, rice or semolina.
Lassi:-	A beverage made of beaten yoghurt diluted with water; sugar or salt may be added.
Litchi:-	A luscious Indian fruit. It looks like a bigger version of the strawberry and grows in Bengal, Dehra Dun and Delhi regions. Lime A smaller variety of lemon. Much sharper.
Loochi:-	Bengali version of puri.
Macher Jhal:-	A special Bengali fish curry where the fish is first fried and then curried. Mustard oil is the cooking medium used. Mackerels make excellent jhal.
Machhi:-	Fish.
Maida:-	Refined flour.
Maize:-	Indian corn.
Mango:-	A very luscious Indian fruit, which has several varieties— Dasehri, Chausa, Langara, Alfonso, etc.
Marinate:-	To steep in a mixture of yoghurt or vinegar to soften.
Masala:-	Indian condiments and spices.
Moilee:-	Fish or prawn cooked in plenty of coconut milk— lightly spiced.
Murgh Musallam:-	A spicy chicken preparation.
Mattar:-	Peas.
Mutanjan:-	Spiced rice with mutton sweetened with sugar. It is a speciality of Kashmiri non-vegetarian dessert.
Muligutwanny	
Curry:-	Chicken or mutton curry with a flavour popularized in the West as Mulligatawny soup.
Nan:-	Indian bread made of slightly leavened dough, baked on the wall of a mud oven.
Nargisi Kofta :-	Minced meat, mixed with spices and egg, covers a hardboiled egg (like scotch eggs) and it is fried and dropped in a spiced curry.

Neera:-	A non-fermented drink obtained from the coconut palm.
Pachadi:-	Seasoned yoghurt with vegetables—served in South India.
Palak Gosht:-	Meat or chicken cooked with spinach, lightly spiced and thick, without much gravy. The spinach is mashed and cooked with the meat.
Pani Puri:-	A puff of dough fried and eaten with tamarind water and sprouted gram.
Panir:-	Cottage cheese made by curdling milk with lemon juice, curd etc., and the whey removed by straining and hanging in a muslin bag.
Papaya:-	A luscious Indian fruit; papaw or pawpaw.
Paratha:-	Fried bread made of unleavened wheat flour.
Payasam:-	A South Indian milk pudding made from cereal (such as rice or vermicelli) or pulse, and sugar.
Phirnee:-	A creamy milk pudding made of rice flour.
Pomfret:-	A type of white round fish very popular in Bombay.
Prawn Malai Curry:-	Prawns cooked in spiced cream and coconut cream and baked in a coconut.
Pulao:-	A rice dish. Rice is fried in fat and cooked in stock and water.
Pulao Rice:-	A special type of rice used in pulao—thin and long and not as starchy as ordinary rice.
Pumpkin:-	A big, round vegetable of the squash variety.
Puri:-	Deep-fried round wheat bread. About 5 cm. or 2 inches in diameter and puffed.
Quabarga:-	A type of meat kabab.
Rabri:-	Sweet, thickened milk.
Raita:-	Vegetable, raw or parboiled, mixed with beaten and seasoned yoghurt.
Rasam:-	A spicy soup made of lentils and tomatoes. Hot and sharp; served sometimes as an appetiser. A speciality of South India.
Rasgullas:-	Milk is curdled by the addition of curd and lime, the casein separated from whey which is then kneaded smooth and made into balls. A piece of sugar candy is usually kept in the centre. These balls are put into clarified simmering sugar syrup and cooked.
Rava:-	Semolina.
Reshmi Chapatties:-	Unleavened bread resembling tortillas, but as thin as silk, and about 20 to 25 cm. or 8 to 10 inches in diameter. Baked over an upturned dome-like iron vessel over live coal.
Rista:-	A minced meat ball curry, a speciality of Kashmir.
Rogan Josh:-	A red curry with a thin gravy made from the leg of mutton cut with bones into fairly large pieces. The distinct flavour is that of saffron and nutmeg. Saffron is added just before removing from the fire. The red colour is obtained by the addition of saltpetre and rattanjog, a red coloured bark.
Sambar:-	A preparation of lentils with one or more types of vegetables—served as a necessary accompaniment to rice in South Indian vegetarian food.
Samosa:-	A thin pastry cone filled with boiled or spiced vegetable or minced meat and deep fried.
Sandesh:-	Sweetened milk, condensed to solid form by slow cooking, and flavoured.
Seekh Kabab:-	Minced meat and spices ground together bound with egg and fixed on to a skewer and grilled.
Sev:-	A fried savoury resembling vermicelli. It is made of gram flour dough passed through a mould and deep fried till crisp.
Shami Kabab:-	Cutlets made with minced meat and lentil.
Srikhand:-	A sweet yoghurt based dish with liquid removed by straining, and flavoured with saffron and nuts.
Snake Gourd:-	Vegetable with a long snake-like shape.
Tamarind:-	A sour fruit used for curries, chutneys, etc.
Tandoori:-	Spiced meat or fish barbecued in a specially designed tandoor oven.
Toddy:-	An alcoholic drink obtained from a variety of palm.
Turmeric:-	A yellow spice used for imparting a characteristic flavour and colour. The root of a plant belonging to the ginger family.
Uppuma:-	A savoury South Indian dish made out of semolina and lentils.
Vindaloo:-	A sharp and hot curry made of pork, prawn, chicken or mutton. Originated in Goa.
Vada or Pakora:-	Arissole of lentil or vegetable served as a snack.
Vark:-	Thin foil of silver or gold which is edible.
Yellow Rice:-	Rice flavoured and coloured with saffron or turmeric.
Zarda:-	A sweet pulao served at the end of a meal.