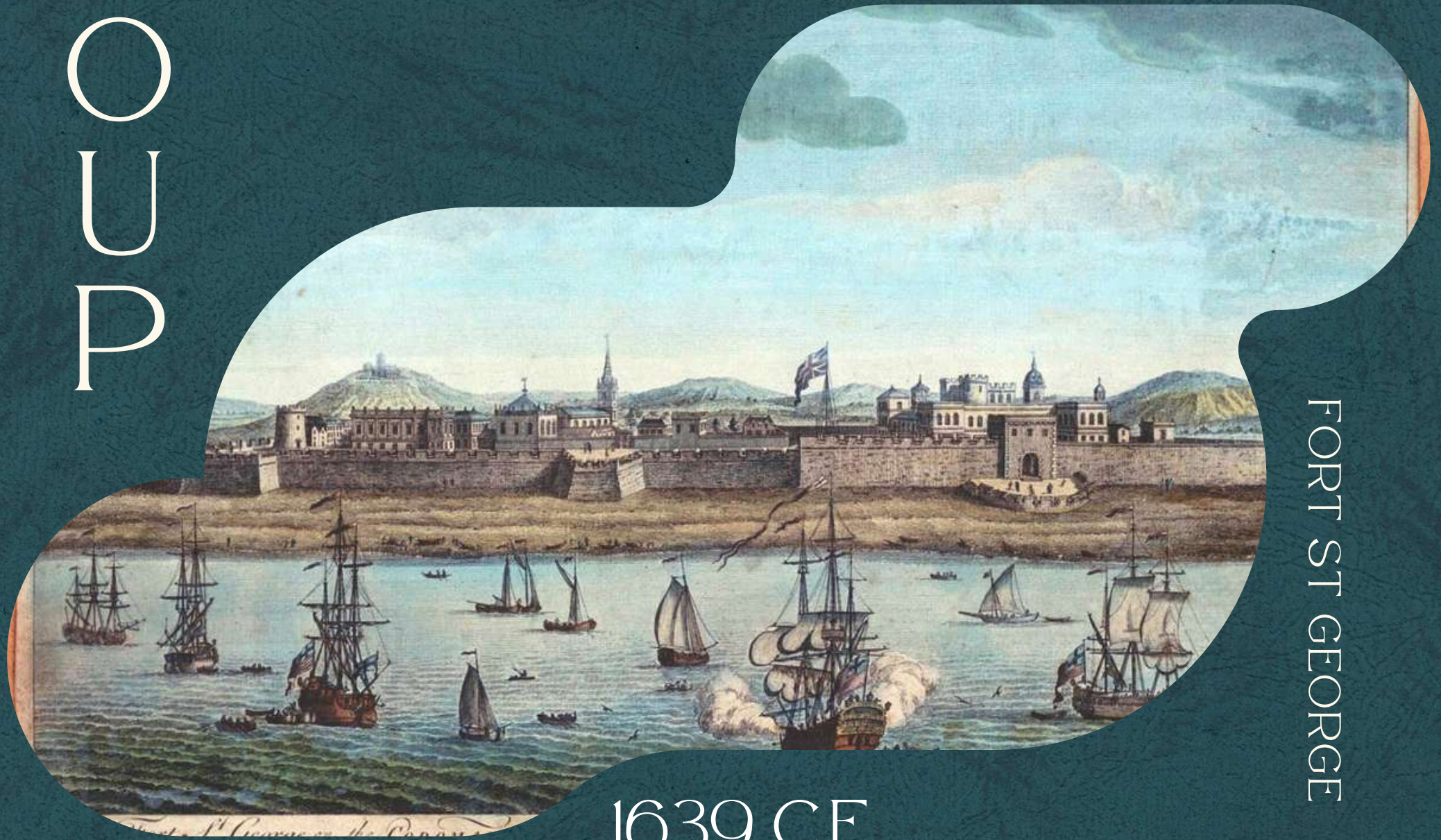


# MULLIGATAWNY SOUP



FORT ST GEORGE

1639 C.E

*LENTIL ANGLO-INDIAN SOUP, THE NAME OF WHICH IS AN ANGLICISED CORRUPTION OF TAMIL WORDS, MILAGU (PEPPER) AND TANI (WATER) ARTHUR ROBERT KENNEY, CULINARY JOTTINGS, 1875 C.E*

AN ANGLICISED TAKE ON THE CLASSIC RASAM. THE MULLIGATAWNY SOUP AND ITS MAIN SPICE MIX BASE MADRAS CURRY POWDER DIRECTLY OWE ITS ORIGINS TO THE SIMPLE RASAM.

MANY BRITISH-INDIAN PREPARATIONS USE MADRAS CURRY POWDER AS THEIR BASE AND IT IS ALSO WHAT IS CALLED CURRY POWDER IN MANY PARTS OF THE WORLD OUTSIDE INDIA.



# CORONATION CHICKEN

ORIGINAL RECIPE



QUEEN ELIZABETH'S CORONATION

1953 C.E

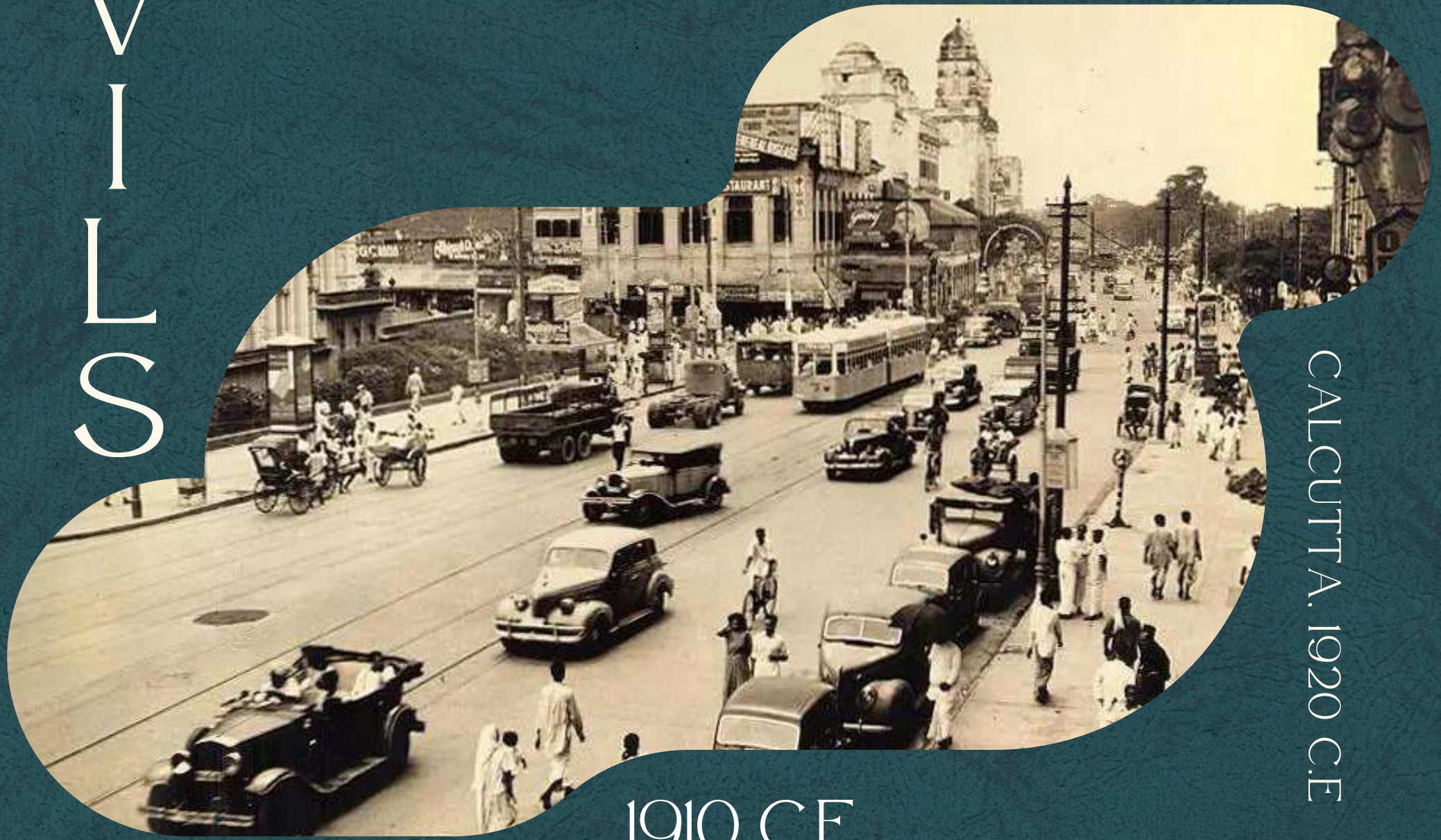
*COLD CURRIED CHICKEN ON LETTUCE. A LEGACY  
OF THE RAJ.*

*QUEEN ELIZABETH'S CORONATION BANQUET,  
LONDON 1953 C.E*

IT WAS FIRST KNOWN AS POULET REINE ELIZABETH, AND WAS ORIGINALLY MADE WITH 'YOUNG ROASTING CHICKENS, WATER AND A LITTLE WINE TO COVER CARROT, A BOUQUET GARNI, SALT, PEPPERCORNS AND A CREAM OF CURRY SAUCE MADE WITH MADRAS CURRY POWDER



# DEEMOR EVILS



CALCUTTA, 1920 C.E

1910 C.E

*BOILED EGGS WRAPPED IN A SPICY MASALA  
MINCED MUTTON AND BOILED POTATO MIXTURE  
BENGAL PROVINCE, 1910 C.E*

AS THE NAME SUGGESTS, DEEM, IN BENGALI  
MEANS EGG AND IN THE 1800'S ALL SPICY  
DISHES HAD DEVIL ATTACHED TO THEM. WHEN  
THE BRITISH FIRST CAME TO INDIA  
SPECIFICALLY AWADH, THEY DISCOVERED THE  
NARGISI KOFTA WHICH THEY TOOK BACK AND  
IN 1793 C.E FORTNUM & MASON INVENTED  
SCOTCH EGGS. THIS DELICIOUS PREPARATION  
CAME BACK TO INDIA AND BECAME A  
CHRISTMAS STAPLE IN CALCUTTA AS THE  
DEEMOR/DIMER DEVIL.



# PANEER PATAKA

GHAFFAR MARKET, KAROL BAGH



A VERSION OF PANEER PATAKA

1990 C.E

*SOFT COTTAGE CHEESE COATED WITH SPECIAL SPICES AND CRISPY DAL PAPAD, A CREATION FROM THE STREETS OF NEW DELHI. TASTES AS FIRECRACKING AS ITS NAME.*

*NEW DELHI, 1990 C.E*

A MELTING POT OF INFLUENCES FROM VARIOUS PARTS OF INDIA. POST INDEPENDENCE DELHI HAS GROWN TO BE A COSMOPOLITAN CITY ESPECIALLY IN TERMS OF ITS FOOD AND MANY PREPARATIONS WITH INCONSPICUOUS ORIGINS HAVE COME UP. OUR PANEER PATAKA IS ONE SUCH DISH THAT WAS INVENTED IN THE 90'S BY A STREET SIDE CHEF WHO PASSED THE RECIPE TO ONE OF OUR CHEFS



# BUNNY C H O W



INDIANS IN DURBAN

1940 C.E

*SPICY POTATO CURRY STUFFED BREAD.*

*A CLASSIC RECIPE FROM THE INDIAN DIASPORA IN  
SOUTH AFRICA*

*ETYMOLOGICALLY DERIVED FROM BANIA AND CHOW  
MEANING FOOD OF THE BANIA'S  
DURBAN, 1940 C.E*

THE NAME "BUNNY CHOW" IS SAID TO BE A  
CORRUPTION OF THE INDIAN WORD "BANIA" OR  
"BANIYA," WHICH MEANS "MERCHANT" OR "TRADER."  
"CHOW" ORIGINATES FROM ENGLISH PIDGIN CHINESE  
WORD FOR FOOD, LITERALLY MEANING 'FOOD OF  
THE BANIAS'



# BHADITRAKAM

AMRITESVARA TEMPLE



INSCRIPTION BY SOMESHWARA III

1129 C.E

*ROASTED CHICKEN WITH FENUGREEK,  
ASAFOETIDA, LEMON AND GROUND CUMIN  
MANASOLLASA, 1129 C.E*

THE TITLE MANASOLLASA (मानसोल्लास) IS A COMPOUND SANSKRIT WORD, CONSISTING OF MANAS ( मनस्) OR "MIND" AND ULLASA (उल्लास) OR "REJOICING, DELIGHTING"

THE MANASOLLASA CONTAINS RECIPES OF VEGETARIAN AND NON-VEGETARIAN. IT MENTIONS HISTORICAL VERSIONS OF THE VADA (VADAKA), DOSA (DOSAKA), IDLI (IDDARIKA), PAKODA (PARIKA) AND DAHI VADA (KSHIRVADA)

BEFORE THE WORD 'KEBAB' MADE ITS WAY INTO THE DICTIONARY OF INDIAN LANGUAGES, BHADITRAKAM (TO ROAST IN SANSKRIT) WAS USED FOR ROASTED DISHES



# BETEL LEAF CHICKEN



SUKAPHAA

1228 C.E

*CHICKEN MARINATED IN TURMERIC AND BLACK  
PEPPER, WRAPPED IN BETEL LEAVES  
AHOM KINGDOM, 1600 C.E*

THE AHOM KINGDOM WAS KINGDOM IN THE  
BRAHMAPUTRA VALLEY IN ASSAM.  
IT MAINTAINED ITS SOVEREIGNTY FOR NEARLY  
600 YEARS HAVING SUCCESSFULLY RESISTED  
MUGHAL EXPANSION IN NORTHEAST INDIA.  
ESTABLISHED BY SUKAPHAA. A TAI PRINCE  
FROM MONG MAO (PRESENT-DAY YUNNAN  
PROVINCE, CHINA). THERE ARE RECORDS OF  
THE AHOMS WRAPPING MEAT IN BETEL  
LEAVES & ROASTING IT WITH SPICES



# CHAPSHORO SABZSHORO



CHAPSHORO IN THE HUNZA VALLEY

1600 C.E

*MINCED MEAT PIE MADE IN APRICOT OIL. EATEN  
BY THE BURUSHO PEOPLE OF HUNZA VALLEY IN  
GILGIT BALTISTAN  
HUNZA VALLEY, 1600 C.E*

SHANGRI LA - THE LAND OF IMMORTALITY  
WAS BASED ON THE HUNZA VALLEY AND ITS  
PEOPLE. APPARENTLY THE DIETARY CUSTOMS  
ALLOWED ITS PEOPLE TO GAIN IMMORTALITY.

OBVIOUSLY THIS WAS AN URBAN MYTH  
PERPETUATED BY JAMES HILTON IN HIS 1933  
NOVEL LOST HORIZONS BUT IT PERFECTLY  
DESCRIBES HOW PEOPLE IN THIS HIMALAYAN  
REGION ARE SOME OF THE HEALTHIEST IN THE  
WORLD EVEN TODAY.



# SANBUSAK

JAHAZ MAHAL AT MANDU, MADHYA PRADESH



SANBUSAK IN THE NIMATNAMA

1500 C.E

*STUFFED TRIANGULAR MINCED MEAT SANBUSAK'S  
FLAVOURED WITH SAFFRON  
NIMATNAMA, 1500 C.E*

ARGUABLY ONE OF INDIA'S MOST POPULAR PREPARATIONS. THE SAMOSA HAS ITS ORIGINS IN IRAN A THOUSAND YEARS AGO AS A MEAT FILLED TRIANGULAR FRIED OR BAKED PIE.

THE MALWA SULTANATE WAS A POWERFUL FORCE IN CENTRAL INDIA TILL THE MUGHALS DEFEATED THEM.

GHIYAS-UD-DIN SHAH WHO RULED BETWEEN 1469 AND 1500 COMPOSED THE NIMATNAMA. THE LARGEST RECIPE MANUSCRIPT IN THE WORLD BEFORE THE PRINTING PRESS CAME TO INDIA IN THE 1800'S



# SKINNER'S PRAWNS



COLONEL JAMES SKINNER

1820 C.E

*FIERY ANGLO-INDIAN PRAWNS COOKED ON A GRIDDLE WITH COCONUT, CHILLI AND CORIANDER. PERFECT WITH ANY OF OUR SIGNATURE DRINKS  
CALCUTTA, 1820 C.E*

COLONEL JAMES SKINNER WAS AN ANGLO-INDIAN SOLDIER MOST KNOWN FOR TWO CAVALRY REGIMENTS HE RAISED FOR THE BRITISH AT HANSI IN 1803. KNOWN AS 1ST SKINNER'S HORSE AND 3RD SKINNER'S HORSE (FORMERLY 2ND SKINNER'S HORSE). WHICH ARE STILL UNITS OF THE INDIAN ARMY.

THE RECIPE FOR THIS SHRIMP CURRY PURPORTEDLY ORIGINATED IN THIS ARMY REGIMENT MESS HENCE THE NAME BENGAL LANCERS SHRIMP CURRY OR AS WE CALL IT SKINNER'S PRAWNS



# NABOB'S BENGAL FISH



NABOB SMOKING HOOKAH



BENGAL CLUB, CALCUTTA

1827 C.E

*DEEP FRIED BENGALI SOLE IN A RED CHILLI AND  
GRAM FLOUR COATING, ANCESTOR OF THE MODERN  
DAY BATTER FRIED FISH  
BENGAL CLUB, 1827 C.E*

NABOB IS AN ANGLO-INDIAN TERM THAT CAME TO  
ENGLISH FROM HINDUSTANI NAWĀB/NAVĀB

THE WORD ENTERED COLLOQUIAL USAGE IN  
ENGLAND FROM 1612. NATIVE EUROPEANS USED  
NABOB TO REFER TO THOSE WHO RETURNED FROM  
INDIA AFTER HAVING MADE A FORTUNE THERE.

THE BENGAL CLUB IS A SOCIAL AND BUSINESS CLUB  
IN KOLKATA, INDIA. FOUNDED IN 1827, THE CLUB IS  
THE FIRST GYMKHANA CLUB IN INDIA.



# JALFREZI



MARCUS SANDYS. 3RD BARON SANDYS

1850 C.E

*FROM THE WORD "JAL" AND "FREZI", JALFREZI WAS INVENTED AS A LEFTOVER DISH BY COMBINING CHILLIES, ONIONS AND LEFTOVER INGREDIENTS LORD MARCUS SANDYS KITCHEN, 1850 C.E, CALCUTTA*

JALFREZI RECIPES APPEARED IN COOKBOOKS OF BRITISH INDIA AS A WAY OF USING UP LEFTOVERS BY FRYING THEM WITH CHILLI AND ONION.

THIS ENGLISH-LANGUAGE USAGE DERIVED FROM THE COLLOQUIAL BENGALI TERM JHĀL PORHEZĪ: JHĀL MEANS SPICY FOOD: PORHEZĪ MEANS SUITABLE FOR A DIET. ORIGINALLY THIS WAS A TABOO PRACTICE FOR INDIANS WHO REFUSED TO EAT LEFTOVERS BUT IT CAUGHT ON IN BRITISH INDIAN CUISINE

LORD MARCUS SANDYS IN 1850 TO MAKE USE OF LEFTOVERS. LEA & PERRINS ALSO GOT THE IDEA OF WORCESTERSHIRE SAUCE



# KUFTA

NIMATNAMA



MIDDLE EASTERN KOFTE

1500 C.E

*MUNG BEAN MEATBALLS IN A CREAMY ONION,  
ROSEWATER AND SAFFRON SAUCE.*

*NIMATNAMA, 1500 C.E*

THE NĪMATNĀMAH NAṢĪR AL-DĪN SHĀHĪ. IS A MEDIEVAL INDIAN COOKBOOK. WRITTEN IN PERSIAN LANGUAGE USING NASKH SCRIPT. OF DELICACIES AND RECIPES. AND SOME ACCOMPANYING PAINTINGS ILLUSTRATING THE PREPARATION OF THE RECIPES.

KOFTA/KOFTE/ KUFTE/ KUFTA IS A MEATBALL DISH FOUND IN BALKAN. MIDDLE EASTERN AND SOUTH ASIAN CUISINE. KOFTAS CONSIST OF BALLS OF MINCED MEAT - USUALLY CHICKEN. VEGETABLES OR MUTTON MIXED WITH SPICES AND SOMETIMES OTHER INGREDIENTS SUCH AS LENTILS



# ARBI KA SALAN

RAZA LIBRARY, RAMPUR



KALB ALI KHAN, NAWAB, 1850 C.E

1810 C.E

*CRISPY FRIED COLOCASIA WITH A ROYAL SESAME AND  
PEANUT CURRY  
RAMPUR, 1910 C.E*

RAMPUR WAS A SMALL RIYAASAT (ESTATE) SITUATED IN BETWEEN THE DELHI TO LUCKNOW. IT WAS ONLY AFTER THE FALLEN DYNASTY OF MUGHALS AND AWADH. THAT RAMPUR CAME INTO ITS OWN. AFTER THE EXILE OF THE NAWAB OF AWADH, NAWABS IN RAMPUR HIRED AWADHI KHANSAMAS FOR THEIR ROYAL KITCHEN. WHO IN TURN IMPARTED THE AWADHI FLAVOUR TO THIS CUISINE.

ARBI KA SALAN IS A DISH MADE OUT OF TWO CUISINES PRIMARILY, AWADHI AND HYDERABADI WITH THE ARBI OR COLOCASIA COMING FROM AWADH AND THE SALAN GRAVY COMING FROM HYDERABAD



# GOBHI MUSSALAM



IBN BATTUTA, 1335 C.E

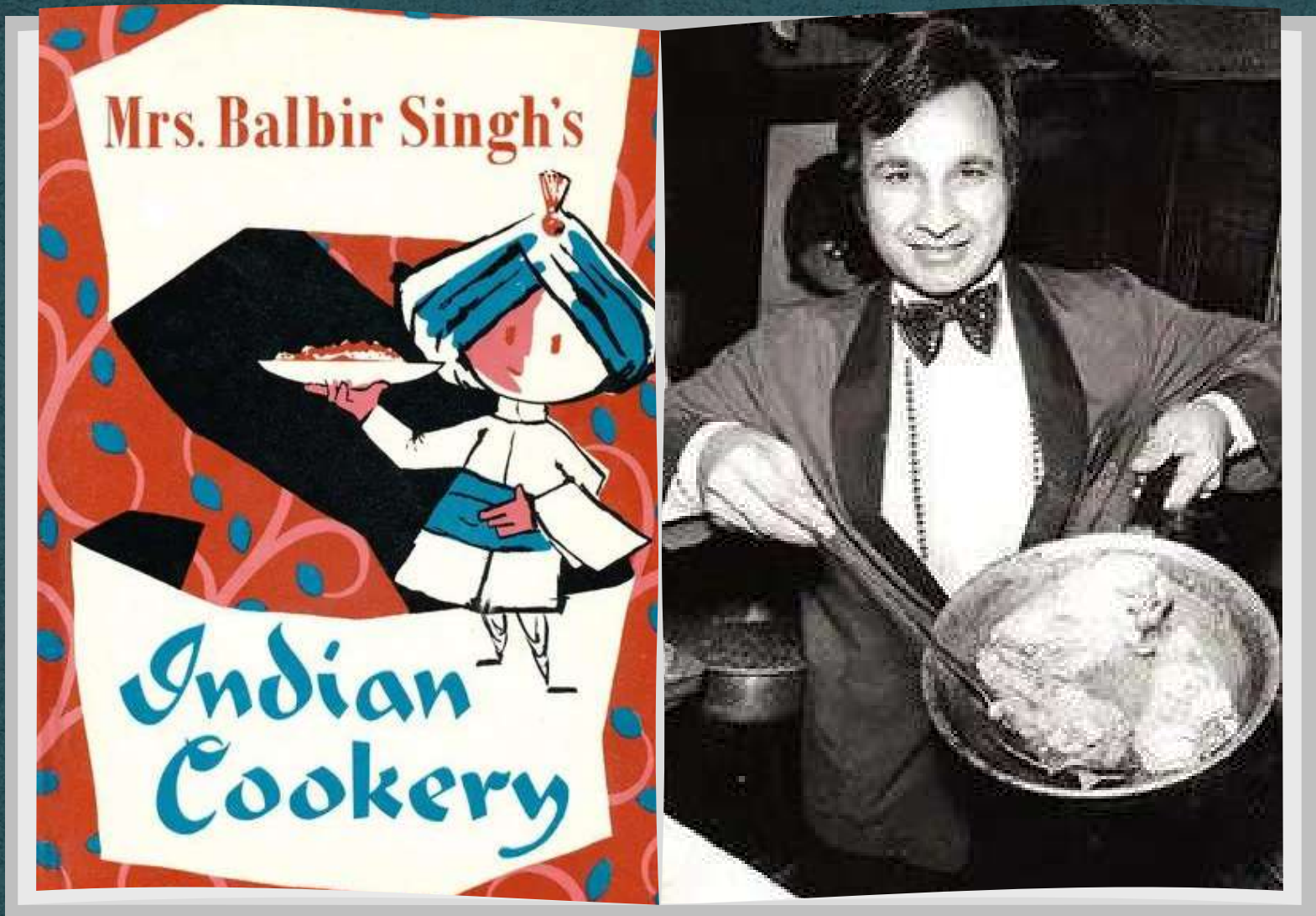
*A VEGETARIAN VERSION OF THE DISH SERVED AT THE COURT OF MUHAMMED BIN TUGHLAQ TO IBN BATTUTA MODERN DAY DELHI, 1335 C.E*

IBN BATTUTA DESCRIBED MURGH MUSALLAM AS A FAVOURITE DISH OF MUHAMMAD BIN TUGHLUQ. AND HOW IT WAS MADE FOR A QAZI OR ISLAMIC JUDGE OF JURISPRUDENCE. A DISH FEATURING A ROASTED FOWL SERVED ON A BED OF GHEE-COOKED RICE WAS SERVED AT THE DINNER.



# TIKKA MASALA

MRS. BALBIR SINGH'S INDIAN COOKERY



ALI AHMED ASLAM 1975 C.E

1960 C.E

*AN ANGLO INDIAN PREPARATION OF CHICKEN COOKED  
IN A TOMATO GRAVY.*

*LONDON, 1960 C.E*

TIKKA IS A CHAGHATAI WORD WHICH IS A  
DERIVATION OF THE COMMON TURKIC WORD TIKKÜ,  
WHICH MEANS "PIECE" OR "CHUNK".

ALI AHMED ASLAM, PROPRIETOR OF A RESTAURANT  
IN GLASGOW, INVENTED CHICKEN TIKKA MASALA BY  
IMPROVISING A SAUCE MADE FROM A TIN OF  
CONDENSED TOMATO SOUP, AND SPICES. MRS.  
BALBIR SINGH IS ALSO CREDITED WITH A RECIPE  
FOR A PROTOTYPE CTM IN 1960 C.E

IN 2001 BRITISH FOREIGN SECRETARY ROBIN COOK  
GAVE A SPEECH IN WHICH HE HAILED CHICKEN TIKKA  
MASALA AS A SYMBOL OF MODERN  
MULTICULTURAL BRITAIN.



# DAL PUKHTOONI

KUNDAL LAL GUJRAL AND INDIRA GANDHI



MOTI MAHAL WITH KUNDAL JAGGI

*BLACK LENTILS SIMMERED FOR HOURS IN A TOMATO AND CREAM GRAVY, TOPPED WITH DRIED FENUGREEK LEAVES AND BUTTER  
PESHAWAR, 1942 C.E*

DAL MAKHANI WAS ORIGINALLY MADE BY PUNJABIS IN PESHAWAR. AFTER PARTITION IN 1947. MANY PUNJABIS FROM PESHAWAR SHIFTED TO DELHI AND ONE OF THEM. KUNDAN LAL JAGGI AND HIS PARTNER KUNDAN LAL GUJRAL OPENED A RESTAURANT NAMED MOTI MAHAL IN 1947. THEY BOTH WORKED AT A RESTAURANT BY THE SAME NAME PRE-PARTITION IN PESHAWAR

DAL MAKHANI WAS ORIGINALLY INVENTED WITH THE SAME SAUCE BASE AS A VEGETARIAN OPTION FOR THE FAMOUS BUTTER CHICKEN. ALTHOUGH URAD DAL WHICH ITS SKIN ON HAD BEEN EATEN IN PUNJAB FOR MANY HUNDREDS OF YEARS THIS PARTICULAR PREPARATION HAS BECOME ICONIC



# ALUR DOM



POTATOES IN PERU

*BENGALI VERSION OF THE FAMOUS FRIED POTATO AND TOMATO CURRY DELICACY.*

*CALCUTTA, 1900 C.E*

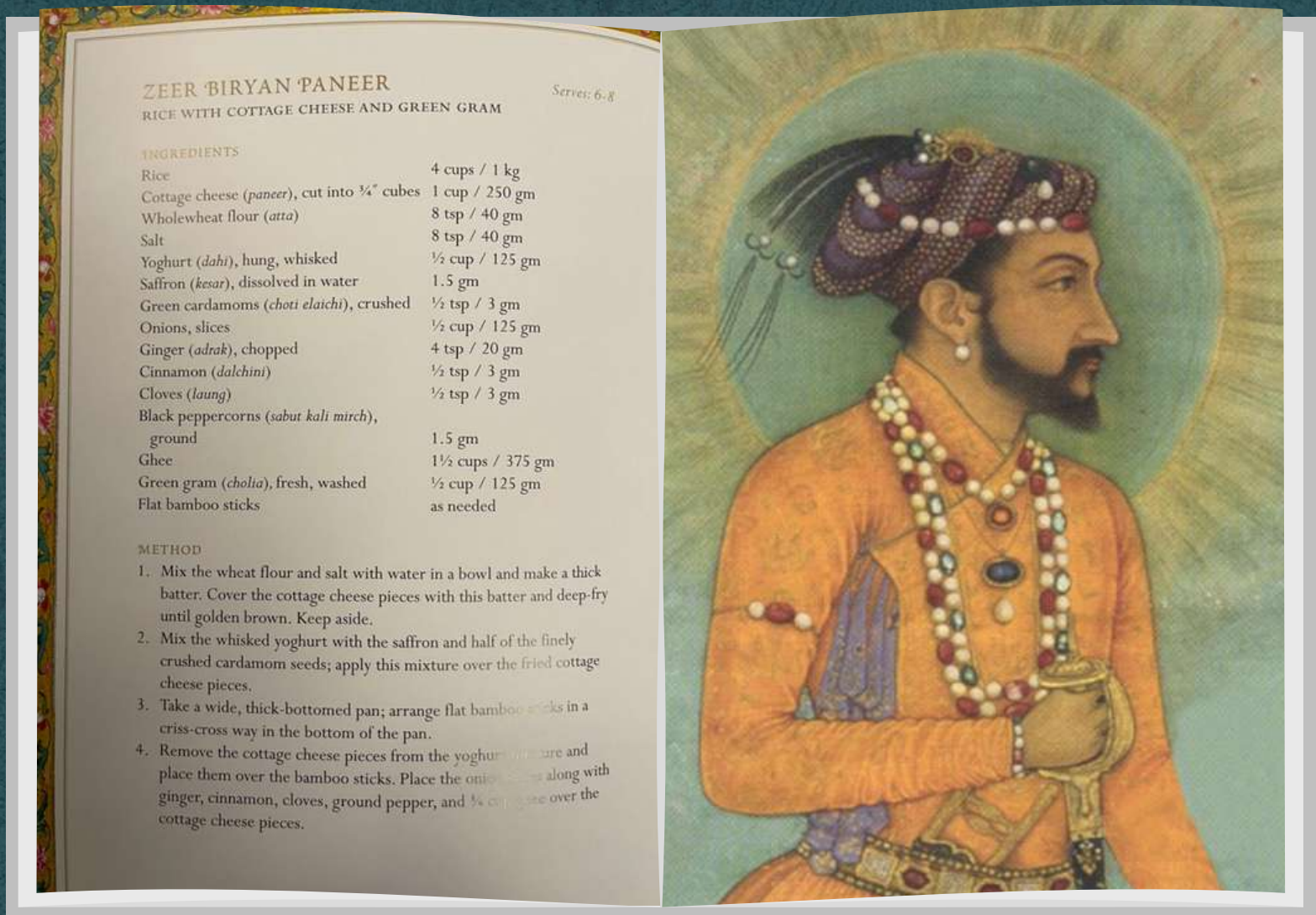
POTATOES BECAME A PART OF THE DIET OF HOMO SAPIENS ABOUT 7000 TO 10.000 YEARS AGO. IT BECAME AN ESSENTIAL PART OF THE DIET OF VARIOUS COUNTRIES AND REGIONS OF THE WORLD. FIRST DOMESTICATED IN PERU, SOUTH AMERICA, IT TRAVELED TO INDIA, AND TODAY, INDIA IS ONE OF THE LARGEST PRODUCERS OF POTATOES.

THE ADVENT OF PORTUGUESE AND BRITISH 'TRADE' IN INDIA INTRODUCED VEGETABLES SUCH AS POTATOES (ALSO KNOWN AS BATATA OR ALU) IN THE SUBCONTINENT. FOLLOWING THIS, BY THE 18TH CENTURY, THE NORTHERN HILLY REGIONS OF INDIA BEGAN CULTIVATING THE VEGETABLE. POTATOES SOON BECAME THE ALL-ROUNDER VEGETABLE IN THE COUNTRY



# ZEER BIRYAN

RECIPE FROM NUSKHA - I - SHAHJAHANI



EMPEROR SHAH JAHAN

CRISPY PANEER MARINATED IN YOGURT ON A BED OF  
ROSE AND SAFFRON BASMATI RICE

NUSHKA-I-SHAHJAHANI, MUGHAL EMPIRE, 1650 C.E

THE WORD PANEER ENTERED ENGLISH FROM THE  
HINDI-URDU TERM PANĪR, WHICH COMES FROM  
PERSIAN PANIR (پنیر) 'CHEESE'

BIRYAN ORIGINATES FROM BERIYAN (PERSIAN: بریان).

WHICH MEANS "TO FRY" OR "TO ROAST"

ZEER IS THE FAT THAT COATS ONES LIPS

ALTHOUGH RICE IS NATIVE TO THE INDO-GANGETIC  
PLAINS AND ANCIENT INDIAN LITERATURE MENTIONS  
VARIOUS RICE PREPARATIONS. THE ART OF ADDING  
SAFFRON AND COOKING THE RICE SEPARATELY  
COMES VIA THE MUGHALS WHO WERE PERSIANISED  
UZBEK TURKS. ALTHOUGH THIS RECIPE SHEDS LIGHT  
ON THE MASSIVE INDIAN INFLUENCE AS CAN BE SEEN  
THROUGH THE ADDITION OF LENTILS AND CLARIFIED  
BUTTER OR GHEE.



# KURRUMULAGHA KOZHI



CALICUT, 1625 C.E BY FRANS HOGENBERG

*BLACK PEPPER CHICKEN FROM THE BACKWATERS OF  
KERALA. FROM A TIME WHEN PEPPER AND GOLD WERE  
OF EQUAL VALUE  
CALICUT, 1560 C.E*

FOOD HISTORIANS BELIEVE THAT PEPPER IS NATIVE  
TO KERALA

ARCHAEOLOGICAL CLUES INDICATE THAT BY 2000  
B.C.E THE SPICE WAS USED ACROSS INDIA; AND BY  
1200 B.C.E . IT WAS BEING TRADED TO EGYPT  
WHEN THE HUNS BESIEGED ROME IN 410 C.E. THEIR  
DEMANDS INCLUDED 3,000 POUNDS OF BLACK  
PEPPER. PLINY THE ELDER (23-79 C.E) EXPRESSED  
HIS ASTONISHMENT OVER THE SPEED WITH WHICH  
PEPPER GAINED POPULARITY IN ROME. NOTING THAT  
IT WAS "BOUGHT BY WEIGHT LIKE GOLD OR SILVER.



# BALTI GOSHT

I AM THE KING. BIRMINGHAM 1980 C.E



LITTLE TIBET. BALTIYUL

CALICUT. 1625 C.E BY FRANS HOGENBERG

*SPECIAL BALTI STYLE MUTTON RECIPE. A DISH FROM THE HISTORICAL REGION OF SOUTH TIBET, THIS RECIPE WILL WARM YOU FROM THE INSIDES.*

*BALTISTAN, HISTORICAL TIBET*

BALTISTAN (སྐལ་ཏི་སྐལ་ན་།) ALSO KNOWN AS BALTIYUL OR LITTLE TIBET (སྐལ་ཏི་ཡུལ་།). IS A MOUNTAINOUS REGION IN THE KARAKORAM MOUNTAINS

IN HIS CURRY CLUB BALTI CURRY COOKBOOK.

CHAPMAN STATES:

THE BALTI PAN IS A ROUND-BOTTOMED, WOK-LIKE HEAVY CAST-IRON DISH WITH TWO HANDLES. ... THE ORIGINS OF BALTI COOKING ARE IN TIBET.

HISTORICAL SOUTHERN TIBET UNDER THE BRITISH BECAME TODAY'S BALTISTAN AND KASHMIRIS WHO LIVED THERE MOVED TO BRITAIN IN THE 70'S AND FIRST MADE WHAT IS NOW CALLED BALTI GOSHT



# MANJAL MEEN

DHOLAVIRA, MATURE IVC



PLATES FOUND AT HARAPPA

*MANJAL - TURMERIC AND MEEN - FISH. WHOLE GRILLED HARAPPAN FISH WITH TURMERIC AND BLACK PEPPER. SERVED WITH A MUSTARD RICE. DISH INSPIRED BY THE ARCHAEOLOGICAL PAST OF INDUS VALLEY CIVILIZATION  
DHOLAVIRA, 1700 B.C.E*

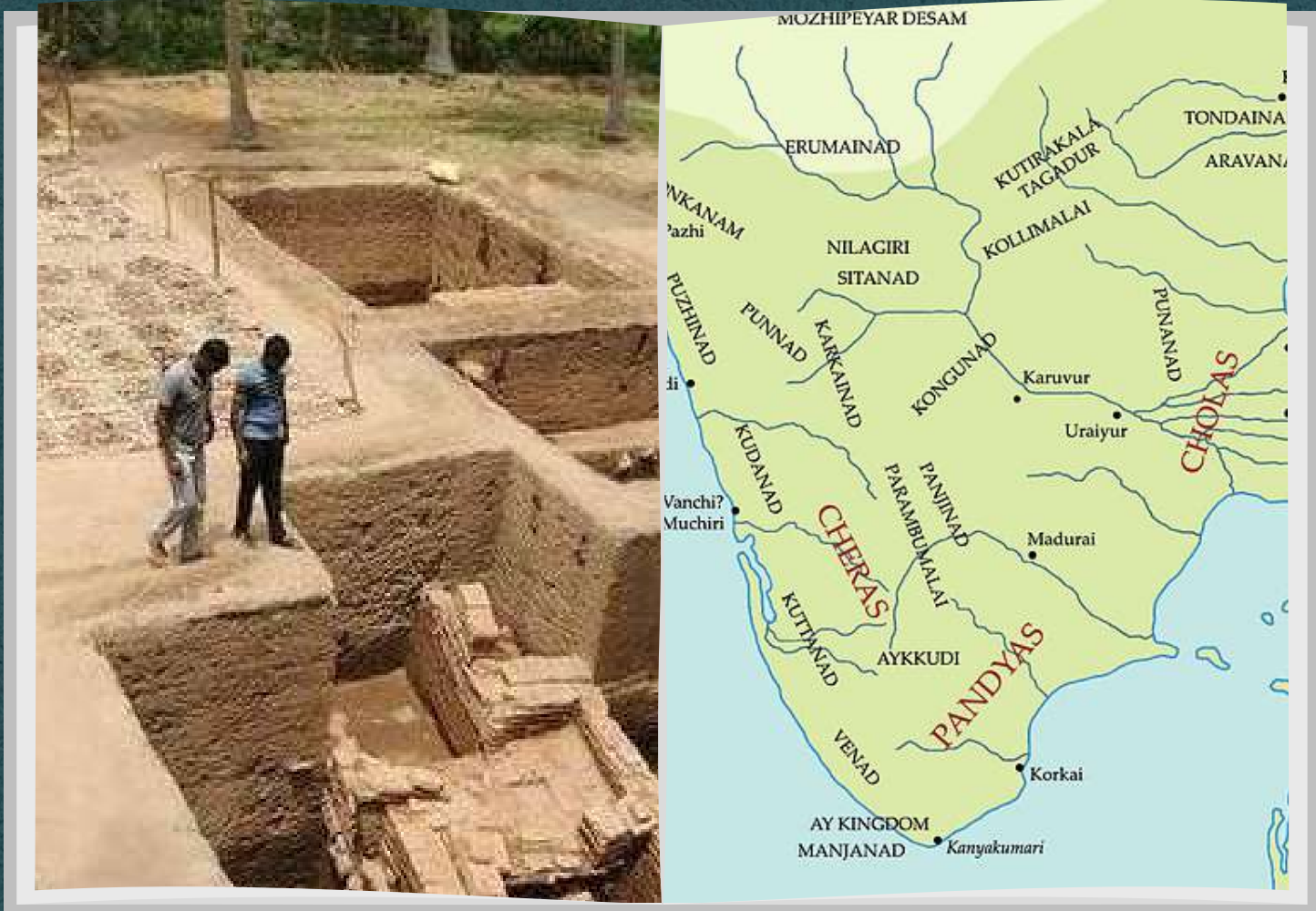
THE INDUS VALLEY CIVILIZATION WAS BELIEVED TO HAVE SPOKEN A PROTO-DRAVIDIAN LANGUAGE AND THIS HAS BEEN THEORIZED FROM MESOPOTAMIAN REFERENCES TO THE WORD FOR SESAME AND ELEPHANT WHICH BEAR CLOSE RESEMBLANCE TO TAMIL AND TELUGU.

MANJAL MEEN HAS BEEN INSPIRED BY AN ARCHAEOLOGICAL DIG FROM 1998 WHEREIN FISH BONES, TURMERIC AND BLACK PEPPER WERE FOUND IN A SKELETONS TEETH

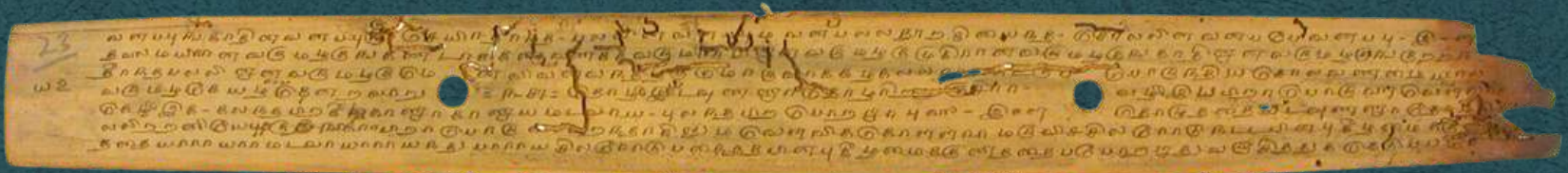


# OON SORU

KEEZHADI EXCAVATION, TAMILAKAM



TAMILAKAM



PURANURU, 100 B.C.E

*BLACK PEPPER AND CORIANDER FLAVOURED CHICKEN AND RICE PREPARATION FROM THE KITCHENS OF TAMILAKAM.*

*PANDYAN EMPIRE, 2 C.E*

TAMILAKAM (தமிழகம்) REFERS TO THE GEOGRAPHICAL REGION INHABITED BY THE ANCIENT TAMIL PEOPLE. THE ANCIENT TAMIL COUNTRY INTO THE CHERAS, CHOLAS AND PANDYANS. THIS PERIOD IS ALSO KNOWN AS THE SANGAM PERIOD

THERE ARE RECORDS OF A RICE DISH KNOWN AS OON SORU IN TAMIL LITERATURE AS EARLY AS THE YEAR 2 C.E OON SORU WAS SAID TO BE MADE OF RICE, GHEE, MEAT, TURMERIC, CORIANDER, PEPPER, AND BAY LEAF, AND WAS USED TO FEED MILITARY WARRIORS.( OON IN TAMIL MEANS MEAT AND SORU MEANS COOKED RICE). MUTTON, AS MENTIONED IN SCRIPTURE 113 OF PURANANURU



# ZULBIYA KUNDALIKA



IRANIAN ZULBIYA

*CRISPY TWIRLED DOUGH FRIED AND THEN DIPPED IN A  
SAFFRON AND ROSE WATER SYRUP SERVED WITH  
THICKENED SAFFRON MILK.*

*PRIYAMKARNRPAKATHA BY JINASURA, 1450 C.E*

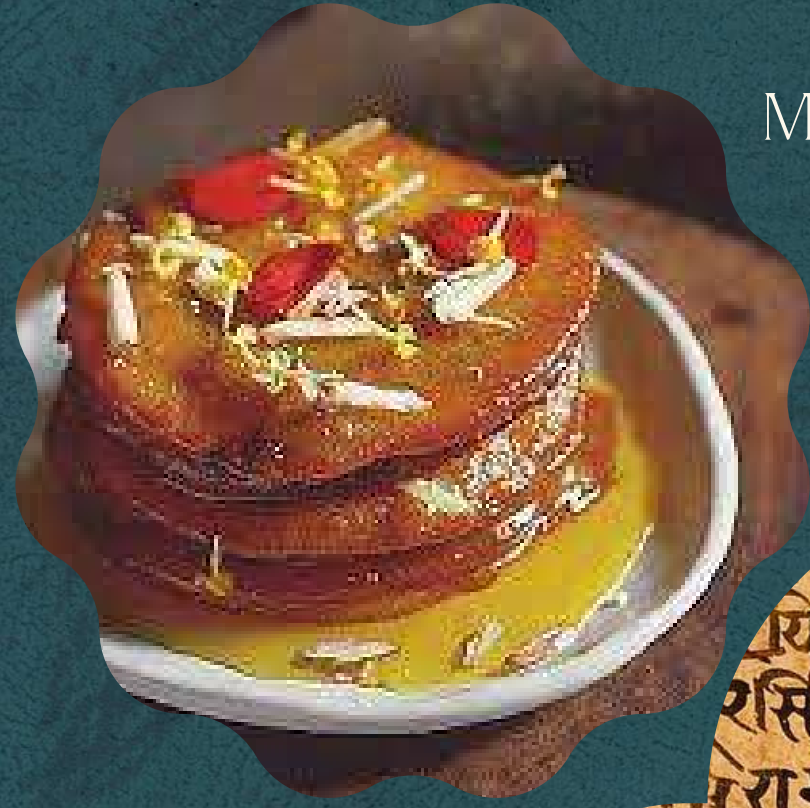
IT GOES BY MANY NAMES, INCLUDING JILAPI, ZELEPI,  
JILEBI, JILUPI, ZULBIA, JERRY, MUSHABAK, Z'LABIA, OR  
ZALABIA. THE EARLIEST KNOWN HISTORY OF THIS  
FOOD IN WESTERN ASIA COMES FROM THE 10TH  
CENTURY IN THE ARABIC COOKBOOK KITAB AL-  
TABIKH (ENGLISH: THE BOOK OF DISHES) BY IBN  
SAYYAR AL-WARRAQ

PRIYAMKARNRPAKATHA, A WORK BY THE JAIN  
AUTHOR JINASURA, COMPOSED AROUND 1450 CE,  
MENTIONS JALEBI IN THE CONTEXT OF A DINNER HELD  
BY A RICH MERCHANT



# MADHU APUPA

MODERN MALPUAS



ॐ॥ अग्निमीळेपुरोहितं  
यातमं॥ अग्निः पूर्वेणिरुषिभिरीडो नृत्तनैरुतास  
यिमश्रवत्पोषमेवदिवेदेवायशसवीरहमे॥  
सि॥ स इद्देवेषु गच्छति॥ अग्निर्होता कृविर्ऋतुः  
रागमत॥ १॥ यद्गताशुषेत्तमग्नेभद्रं करिष्यसि  
त्वाग्नेदिवेदेदोषावस्तर्धियावयं॥ नमो भरंत एमसि  
मृतस्यदीदिवि॥ वद्मानस्येदमे॥ सनः पितेवसू नवेग्रेसूपा  
ये॥ २॥ वायवायाद्विदशते मेसोमा अरकृताः तिषां

RIG VEDA. 1500 B.C.E

BARLEY PANCAKES FRIED IN GHEE, SERVED WITH A HONEY CARMEL, SLICED BANANA'S AND SESAME SEEDS.

RIG VEDA, 1500 B.C.E

BARLEY BECAME THE INITIAL STAPLE FOOD. AND IS ALSO MENTIONED IN THE RIGVEDA. LATER TEXTS MENTION WHEAT, LENTILS, MILLETS AND SUGARCANE. THE MOST POPULAR LENTILS USED WERE RED LENTILS, GREEN LENTILS AND BLACK LENTILS.

THE EARLIEST REFERENCE TO MALPUA GOES BACK 3,500 YEARS. TO THE RIG VEDA THAT CALLS IT 'APUPA'. IN VEDIC TIMES, APUPA WAS MADE FROM BARLEY FLOUR, NOT RICE OR WHEAT FLOUR. AS BARLEY WAS THE PRIMARY GRAIN CONSUMED DURING THAT TIME. RICE AND WHEAT FLOUR WERE USED TO MAKE THIS SWEETMEAT MUCH LATER.