Indian cuisine depends on local biodiversity. The Himalayas, Western Ghats, flood plains, desert, and the coasts—each has unique recipes prepared from ingredients available locally.

Climate change will impact the availability of food on our tables. To survive, we need to adapt, and turn towards those unique recipes. We need to learn from local communities who knew about millets much before they became fashionable; who have experimented with weeds, tree-borne foods, seeds... even those parts of cultivated plants that are generally wasted, to create healthy and nutritious recipes.

These are India’s First Foods. At this year’s AAD Lunch, we are pleased to bring you a ‘Feastival’ of samplers: unique culinary creations, crafted by Vibha Varshney and documented in our First Food series. Bon appetit!

**BEVERAGES**

**Kanji**
A fermented beverage prepared from black carrots; a winter favourite from Punjab

**Kokum sharbat**
Cumin infused drink prepared from the sweet and sour mangosteen fruit found wild in Goa

**SOUP**

**Bajra raabdi**
A rich soup prepared from bajra flour and butter milk to warm you from inside during the winters nights of Rajasthan

**STARTERS**

**Pani puri**
Ragi puri stuffed with spicy mashed potatoes and dipped in sweet and sour water prepared with jaggery and dried mango slices

**Kisan ki roti**
Biscuit sized tandoori millet rotis served with onion and green chillies sprinkled with Himalayan pink salt and a few drops of lemon juice; enjoyed by farmers across India
MAIN COURSE

**Khatti daal tadka**
Moong and masoor daal boiled with amla that grows easily in the dry forests of the Aravallis

**Thechwani**
Radish and potato sabji tempered with jakhiya seeds foraged from the hills of Uttarakhand

**Sarson bhujia**
Chopped leaves of fresh mustard, sautéed with spices

**Methi chicken**
Chicken flavoured with both fresh and dry fenugreek leaves

**Anda sabji**
Pan fried desi boiled eggs sautéed with iron rich moringa leaves

**Mixed roti platter**

**Millet pulav with seasonal vegetables**

**Radhuni rice**

**Bathua raita**
Curd flavoured with the salty leaves of bathua, a climate resilient weed

CHUTNEYS

**Amrood ki chutney**
Spicy coriander and raw guava chutney

**Amrakh ki launji**
A sweet and sour chutney prepared with star fruit

SALADS

**Chickpea snack**
Roasted green choliya tempered with cumin and asafoetida

**Crispy salad**
Chowchow slices sprinkled with spiced sattu

SWEETS

**Shakarkand halwa**
Sweet potato mash with raisins and a drizzle of honey; popular in Uttar Pradesh

**Chak hao kheer**
A plain pudding prepared from black rice of Manipur

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