## Breakfast and snacks

<table>
<thead>
<tr>
<th>Cuisinier</th>
<th>Recipe</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pallavi Upadhyaya</td>
<td>Proso millet tikki</td>
</tr>
<tr>
<td>Jatin Mallick</td>
<td>Summer vegetable loaf</td>
</tr>
<tr>
<td>Manjit S Gill</td>
<td>Anar kutki</td>
</tr>
<tr>
<td>Manish Mehrotra</td>
<td>Ragi srikhand cannoli</td>
</tr>
<tr>
<td>Rajiv Malhotra</td>
<td>Vegetable paella</td>
</tr>
<tr>
<td>Vilas Tonapi</td>
<td>Sweet beverage</td>
</tr>
<tr>
<td>G Krishna Prasad</td>
<td>Masala roti</td>
</tr>
<tr>
<td>Salil Fadnis</td>
<td>Vari cha upma</td>
</tr>
<tr>
<td>Ishi Khosla</td>
<td>Gulab bajra phirnee</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Cuisinier</th>
<th>Recipe</th>
</tr>
</thead>
<tbody>
<tr>
<td>G Krishna Prasad</td>
<td>Masala roti</td>
</tr>
<tr>
<td>Salil Fadnis</td>
<td>Vari cha upma</td>
</tr>
<tr>
<td>Ishi Khosla</td>
<td>Gulab bajra phirnee</td>
</tr>
</tbody>
</table>

### Millets

- **Valuable weed**: Bathua stuffed paratha; Bathua poori
- **Grounded in wisdom**: Mung ki chuni ka paratha
- **A sour surprise**: Summer salad with purslane
- **Flavourful faba**: Bakla dal pankcake; Boiled bean salad
- **Orange punch**: Gulmohar pakora
- **Not sweet, yet…**: Karela leaf pakora; Scrambled eggs with karela leaves
- **Seeds of power**: Tamarind seeds and dal vadas; Pulinkote
- **The bean stock**: Dal vrat upma
- **Lesser known gourd**: Chow-chow batons with hummus
- **Leafy tale**: Chickpea salad
- **Faux fish**: Fish mint salad

### Cuisiniers

- **Pallavi Upadhyaya**: Proso millet tikki
- **Jatin Mallick**: Summer vegetable loaf
- **Manjit S Gill**: Anar kutki
- **Manish Mehrotra**: Ragi srikhand cannoli
- **Rajiv Malhotra**: Vegetable paella
- **Vilas Tonapi**: Sweet beverage
- **G Krishna Prasad**: Masala roti
- **Salil Fadnis**: Vari cha upma
- **Ishi Khosla**: Gulab bajra phirnee

---

**First Food Menu Card**

**Breakfast and snacks**

<table>
<thead>
<tr>
<th>Recipe</th>
</tr>
</thead>
<tbody>
<tr>
<td>Valuable weed</td>
</tr>
<tr>
<td>Grounded in wisdom</td>
</tr>
<tr>
<td>A sour surprise</td>
</tr>
<tr>
<td>Flavourful faba</td>
</tr>
<tr>
<td>Orange punch</td>
</tr>
<tr>
<td>Not sweet, yet…</td>
</tr>
<tr>
<td>Seeds of power</td>
</tr>
<tr>
<td>The bean stock</td>
</tr>
<tr>
<td>Lesser known gourd</td>
</tr>
<tr>
<td>Leafy tale</td>
</tr>
<tr>
<td>Faux fish</td>
</tr>
</tbody>
</table>

---
Meals

Many hues of haldi 82
Haldi ki sabji

Bountiful beans 85
Bakla sabji

Tiny twist 86
Stir fried bitter brinjal; Stir fried bitter brinjal with potatoes; Puliya kutti brinjals

Wonder weed 90
Bathua raita; Bathua saag

Secret boost 92
Moong dal with awa phadigom leaves; Boiled potatoes flavoured with awa phadigom

Hint of sweet 96
Meethe karele ki sabji

Traditional healer 99
Chicken and rice congee with akarkara leaves

Green is the new orange 102
Carrot leaf kadhi; Poriyal; Green roti

Bittersweet 106
Masoor dal with heiribob

Forever fruit 109
Guava sabji

The wannabe turmeric 112
Yaipan with potatoes; Moong dal with yaipan

Don’t sleep on the rind 116
Stir fried sabji; Dal with watermelon rind chunks

Bowl of kulfa 120
Kulfa dal; Kulfey ki kadhi

Beyond roots and leaves 122
Kochur loti sabji; Stolon stir fry

Better than spinach 126
Anne soppu palya; Massanne; Ullsoppu sambar

Easy to master 130
Chow-chow curry; Stir fry

Stick to this fruit 132
Lasoda sabji; Sweet and sour sabji

Bengal’s special spice 136
Shukto; Potatoes tempered with radhuni; Rohu fish with radhuni

Full of beans 140
Padwal dalimbi; Dal val with onion and garlic gravy

Potato mimic 142
Koorka mazhukkupperrati; Podimas; Masala curry

World of tubers 146
Jimikand kafta; Jimikand aur matar ki sabji

Green wings 150
Kachnar ki bhaji; Dry kachnar leaf sabji

Toothsome pods 154
Babool sabji

Fiery pepper 157
Tender jackfruit spiced with Chui

Eat more greens 160
Chane ka saag; Tender chickpea dal

Expert opinion

Sundarbans 75
Off the menu — Suman Bhusan Chakraborty

Western Ghats 162
Mountains at risk — N Anil Kumar

Himalayas 201
Edible wilds — Jagdish Chandra Kuniyal and Dalbeer Singh Pharswan

Peninsular plateau 220
Native redux — Jui Pethe

NorthEast 246
Solace in diversity — Bhogtoram Mawroh and Donald Nongkynrih
Chutneys and pickles

Taste the Himalayas 170
Galgal and green chilli pickle; Galgal chukh

Embrace the tartness 174
Heimang churan; Coriander chutney with heimang

Sweet and versatile 177
Guava coriander chutney

Singularly sour 178
Jalpai chutney; Raw jalpai curry

Nutritious and tasty 182
Babool achar

Mango lookalike 183
Goan chutney

Flavour bomb 186
Marsang chutney

Whiff of monsoon 187
Jamun jam

Charismatic kaitha 190
Spicey chutney

Wild delight 193
Sohphie pickle; Sohphie jam

Sticky sidekick 197
Lasoda pickle

An alien gone native 198
Naga tree tomato chutney

Beverages

Cup of health 228
Heimang tea

Supercharged water 229
Dahashamni

A smart seed 232
Sabja lemonade; Ice cold milk with sabja seeds

Benefits galore 234
Lasoda kanji

Immunity booster 235
Giloy tea

Beyond skin-deep 238
Jamun shot

Sip those blues away 239
Shankpushpi tea

Scent of summer 242
Khus ka sharbat

All about the pulp 245
Kaitha rasam

About the authors 252
Glossary 254
Millets 255
Index 256

Sweets

Airborne seeds 208
Chilibil kheer; Chilibil and jaggery balls

Noodly rind 212
Kapurkand

Candy crush 213
Heiribob candies

Gooey goodness 214
Sabja kulf; Sabja lolly

Pulp perfection 218
Guava laddoo; Guava jelly