

ANDHRA PRADESH/TELUGU /HYDERABAD CUISINE

INTRODUCTION

The cuisine of Andhra is based mostly on regional variation, its rich cultural heritage and the influence of the Royal recipes from the Nawabs. It is a very sumptuous part of the Andhra Pradesh food. The cuisine of Andhra Pradesh is mixed between the eating habits of the Hindus and Muslim style of eating. It is a princely legacy of the Nizams of Hyderabad, India. The influence of external powers has influenced every aspect of the Andhra society. From music, dance, cuisine and literature, the foreign powers have left a mark of their own. It is heavily influenced by Turkish (Biryani), Arabic (Haleem), Mughlai and Tandoori, with considerable influence of the spices and herbs of the native Telugu and Marathwada cuisine. This variety and diversity has helped the culture to become richer and more successful. Hyderabad cuisine most of you would have heard, for it is famous all over the world. The Nawabs and Sultans who ruled over the Deccan brought some of the best cooks from all over the country to make the Deccan the food capital. Hyderabad Cuisine could be found in the kitchens of the former Hyderabad State that includes Telangana region, Marathwada region and Hyderabad Karnataka region. The Cuisine also contains city specific specialities like Aurangabad (Naan Qalia), Gulbarga (Tahari), Bidar (Kalyani Biryani) etc.

So much so that when you talk of Andhra or its capital, Hyderabad, visions of a mouth-watering Biryani comes to mind. If there is any one statement that can, in a nutshell, describe the Andhra kitchen, that food of Andhra Pradesh is spicy. Local legend says there was once a severe famine in the area and all that grew, and grew well, was chillies— red chillies, famous in a place called Guntur in Andhra. The Cuisine of Hyderabad has been influenced by various regional and religious cuisines, both Indian and Foreign, despite which it has been able to create an identity of its own. It has also been able to contribute towards making Indian cuisine popular worldwide.

So people made as many dishes as possible with chillies. A more realistic explanation comes from nutritionists who say that being a very hot area, there are more chances of stomach infection for the local people. They probably make use of large quantities of chillies to guard against stomach infection. A parallel can be found in the desert state of Rajasthan in northern India. The Masalas or the rich blend of herbs, spices and condiments give the dishes a base, or what is popularly known as "Gravy". Some of these blends are a well-kept secret that pass only down the family line or from the Ustad (Teacher) to his Shagird (Pupil). The head cooks or the "Khansas" were an asset to the house hold, and were treated with due respect. The word "Nawabi" is as synonymous with the Hyderabad cuisine as "Shahi" is with Luknowi. These terms conjure delicacies that are rich in taste and texture with mouth-watering aromas

REGIONAL CUISINE AT ANDHRA:

The cuisine of Andhra Pradesh can be broadly classified into 4 regions:

- ❖ Hyderabad
- ❖ Kosta (Circar)
- ❖ Rayalaseema.
- ❖ Telanganaand

FEATURES OF THE CUISINE:

- ❖ It is a blend of Mughlai and North Indian cuisine, with an influence of the spices and herbs of the native Telugu food.

- ❖ Traditional utensils made of copper, brass, earthen pots are used for cooking. Food is even cooked on heated stone slab.
- ❖ All types of cooking involve the direct use of fire. There is a saying in Hyderabad, cooking patiently or ithmenaan se is the key; slow-cooking is the hallmark of Hyderabadi cuisine. The Slow-cooking method has its influence from the Dum Pukht method used in Awadhi cuisine.
- ❖ The cooking medium used is ghee.
- ❖ The cuisine emphasises the use of ingredients that are carefully chosen and cooked to the right degree and time. Utmost attention is given to picking the right kind of spices, meat, rice, etc. Therefore, an addition of a certain herb, spice, condiment, or combination of all these add a distinct taste and aroma.
- ❖ The key flavours are of coconut, tamarind, peanuts and sesame seeds which are extensively used in many dishes. The key difference from the North Indian cuisine is the presence of dry coconut and tamarind in its cuisine. Some typical ingredients include Betel roots (Pan ki jad) and Stone flower (patthar ke phool).
- ❖ Of all the Muslim cuisine, Hyderabadi is the only cuisine the sub-continent that can boast of a major vegetarian element. This has much to do with the local influences.
- ❖ The Hyderabadi meal is never complete without the bread from the kilns of the local bakers. The breads from this cuisine are equally popular, be it rich "Sheermal" or "lukmi" (bread stuffed with savoury mince meat). Bread is not only an accompaniment to the meal but also forms a base for a popular sweet dish "Double Ka Meetha".
- ❖ In Hyderabad, presentation of food is also important which reflect richness of food and culture. Royal dining Hall was called Shahi Dastarkhana where royal families used to relax and party on the delicious Hyderabadi cuisine.
Factors like crops grown, eating habits and preferences play a major role in the evolution of the Telugu cuisine of each region.
- ❖ The coastal region (kosta) is endowed with plenty of natural resources, hence the cooking and preserving methods are highly sophisticated. The recipes of Andhra Pradesh coastal regions consist of seafoods mainly, along with cereals and lentils. In coastal region the poor and rich enjoy rice as a staple food.
- ❖ Rayalaseema has its own culinary delights. Due to the region's dry and arid areas, the level of pungency and spice is high in foods here. Popular dishes from the Rayalaseema regions are the Alsandala vada, Ulavacharu, PeetalaKura, Brainfry, Liverfry and Prawn Iguru which can be combined with Sajjaor Jonna rotis and Raagi sankati (a very healthy and nutritious food)etc. Attirasaalu(Aresalu),Baadusha, Jaangri, Jilebi, Pakam Undalu (mixture of steam rice flour, groundnuts, Jaggary), Borugu Undalu (a sweet variety made corn of jowar and jaggory), Pala Kova, Rava Laddu are few of the mouth watering sweets also known as Bakshalu of this region.

On the other hand, due to the Islamic dynasties reigning over centuries, the Telangana region has a distinct Mughlai flavor. In the Telugu cuisine of the Telangana region, meats play a dominating role. Popular vegetarian dishes from the land of Telangana are the Ulli akku kura (spring onion curry), Kakaraya pulusu (gravy made of bittergourd), pesarattupulusu,rasam,KarapuAnnam(Chillirice)etc. The famous non-vegetarian dishes are Chapala Pulusu (fish gravy), Kodi Kura, Guddu Pulusu (also known as Egg Pulusu), Meat curry, Shrimp curry, etc. Famous

snacks of the Telangana region are the Billavakka (snack prepared with rice flour and deep fried).

Sakinalu:- a traditional snack usually prepared during Sankranti festival made of rice flour and sesame seeds.

- ❖ **Hyderabadi cuisine that has carved its own niche among Indian cuisines.**

Equipments:-

- **CHIPPA:-** This is a clay pot that is wok shaped and is used for cooking Chippa gosht– a lamb dish that gets its name from this equipment.
- **TATHEE:-** This is a metal stand similar to a bar-be-que griller, which is placed on smouldering charcoals to grill kebab.
- **TIRAGALI:-** This is a stone mill that is used grinding rice to a perfect consistency for certain desserts such as adhirasam. Too fine a powder would make the dessert too sticky to eat and too coarse a powder would not allow it to shape properly.
- **KAVAM:-** This is a kind of churner used for churning buttermilk , it is nearly similar to a whisk. It is manually twisted between the palms for churning the liquid food.
For example: – churning of yoghurt for making buttermilk.
- **PONGANALU:-**
This equipment is made up of cast iron and is used for making a dish Called ponganalu, which is eaten for breakfast. It has round depressions into which a batter of rice and dal is poured and cooked over fire.
- **JAADILU:-** These are traditional pickle jars used to store home – made pickles.
These are made from ceramic sit does not react with pickles.
- **ROLU/POTHRAM:-** This is a stone mortar and pestle and is used for grinding whole spices and making chutneys
 - **Heated stone slab (Pathaar):** This was used in the making of kebabs. The stone was heated using live coals
 - **Taatee (sigri):** It consists of a metal framework that is heated by coal. The meat pieces are grilled on the framework.
 - **Tandoor:** A tandoor is a cylindrical clay oven used in cooking and baking. The heat for a tandoor was traditionally generated by a charcoal fire or wood fire, burning within the tandoor itself, thus exposing the food to both live-fire, radiant heat cooking, and hot-air, convection cooking
 - **Skewers (saliyans):** The meat was cooked over the flame by either coating the skewers with the meat or by piercing the meat with the skewer.

CUISINE CHARACTERISTICS:-

- Rice is the staple food of the region.
- The cuisine of Andhra Pradesh is mostly vegetarian but the coastal areas have a vast repertoire of seafood preparations

- Fish and Prawns are major seafood eaten here. They are mainly found with curry in sesame and coconut oils along with grounded pepper flavour and are eaten with rice.
- Red chillies are predominantly used in the cuisine making it one of the hottest and spiciest. The chillies grow well in the Guntur region.
- Pickles are an essential part of the cuisine and the variety is countless. Podis, a mixture of various ingredients which are dried or broiled and powdered, are as important as pickle. These homemade podis are sprinkled over rice, and a dollop of pure ghee is offered, which is also mixed with the podi and rice and eaten.
- Gongura is an edible plant grown in India. It is a species of the Sorrel leaves. Gongura pachadi is quintessentially. Telugu cuisine along with pacchadi (chutney or relish). While it has many culinary uses, the most popular is the pickled version. Although Gongura is widely consumed all over Andhra Pradesh, Guntur Gongurais more popular. Gongura is a very rich source of Iron, vitamins, folic acid and antioxidants essential for human nutrition. It is a summer crop, and the hotter the place, the more sour the leaf gets.
- Gongura comes in two varieties, green stemmed leaf and red stemmed. The red stemmed variety is more sour than the green stemmed variety

The pickles popularly made with gongura includes Pulla Gongura (Gongura and red chillies) and Pulihara Gongura (gongura and tamarind). There are other varieties as well. Apart from the pickles, other well known recipes made with Gongura as the main ingredient are Gongura Pappu (Lentils), Gongura mamsam (goat/mutton) and Gonguraroyyalu (shrimp). Gongura and calabash is extremely popular with the Telugu community in South Africa. Its other name includes the following: In the Telangana region of Andhra Pradesh it is known as Puntikura. Similarly, "Gongura" is popular in Tamil Nadu as well, which is called "pulichakeerai" in Tamil. The famous combination with "pulichakeerai" is "RagiKali/RagiMudde", which once used to be a regular food for the people in villages (since these items are easily available in agricultural forms). In Maharashtra markets, it is called Ambaadi, It is known as Pitwaain Hindi, Nalitaa Saaga in Oriya, Mestapat in Bengali, Pandi in Kannada and Sorrel Leaves in English.

- Other typical ingredients include the following:-
- Cowpeas (Bobbarlu):- This is also known as black eyed beans or lobiya in northern India. It can be stewed or can be raised with spices.
- Field beans (Chikkudu):- These beans are from the family of Broad beans. They are used fresh and even the leaves are eaten curried.
- Agathi leaves (Avishe): These are classified under green leafy vegetables. The plant that produces white flowers are suitable for eating while those producing red flowers are not.
- Sorrel leaves (Chukka koor):- These resembles spinach but has a slightly sour taste. The sour flavour of the leaves combine well with the spices used in the Andhra cuisine.

- Banana rhizome (Arati dumpa):- The rhizome or the roots of the banana plant is often used in stir-
- Fried dishes or even in curries.
- Spine gourd (Akakara):- It resembles bitter gourd in shape but is not as bitter. It is used in sambhars or curries in Andhra cuisine.
- Cudapa seeds or chironji or chaoroli nuts (Sara Pappu):- These are nuts that are used as a thickening agent.
- Zizyphus (Regu pandu):- These are a type of jujubes and are extensively used in pickles and chutneys. The dried regu pandu is often crushed with red chillies

HYDERABADI MEAL:-

- Shahi Dastarkhan is the dining place, where food is served and eaten. A chowki is a low table, instead of a dining table and cotton mattresses for squatting and bolsters for the back rest. The Dastarkhan is revered in the noble household

A MEAL IN ANDHRA:-

BREAKFAST:-

- Idlis are commonly eaten as a breakfast item with sambar and/or Coconut Chutney, called Kobbari Pachadi in Telugu. Chili powder (Kaarampodu) and Ginger Chutney (Allam Pachadi) or other chutneys can also be eaten along with Idli.
- Minapattu(Dosa) is also commonly eaten for breakfast or in the evening. Varieties include "Masala Dosa, Rava Dosa, Sada Dosa, and Rava Masala Dosa." Generally, Andhra-style Dosas are spicier and crispier than those found in other regions of South India.
- Pesarattu is also a key item in Andhra cuisine. Pesarattus are similar to Dosas, but the batter is made of green mung beans. It is thin and crispy, usually topped with chopped onions, green chillies, ginger pieces, and coriander. It is generally eaten with a ginger chutney. MLA Pesarattuis a popular variation of pesarattu filled with Upma (spiced semolina).

LUNCH :-

- Lunch is an elaborate affair in many households.
- Traditionally, Andhra cuisine is eaten on a banana leaf by people sitting on mats or small raised wooden seats.
- A little water is sprinkled around the banana leaf, depicting that food can now be served. Rice is served along with a little ghee. The meal is served on (aratiaku), a single plantain leaf, orvistari, a larger plate made of several leaves sewn together. Recently, more people have begun using broad steel plates called (kancham). However, aratiaku and vistari are still widely used for festivals and special events.
- Lunch items are served on a single plate in a specific arrangement. Curries and pappu are placed to the right of the diner, while pickles and podi are placed on the

left. Special items such as pulihora and garelu are placed at the top right. A large scoop of rice is placed in the middle. Small amounts of pulusu , ghee and butter milk are typically sprinkled on to the leaf. The ghee is mixed with every item except perugu/majjiga.

Modati Mudda / Starter:-

Rice with some podi, khaaram, or a certain variety of pickles and ghee is eaten as the modati mudda (the first bite). Modati mudda items tend to taste sour or hot, have strong aromas, and include ingredients with medicinal values, such as dry ginger and curry leaves. They are usually intended to stimulate appetite and aid digestion. Only a very small amount is eaten: four or five balls of rice called muddalu.

A typical Andhra main course generally consists of some of the following:

- Cooked rice
- **Pappu-** Toor Daal (Kandi Pappu) or Moong Daal (Pesara pappu) cooked with a vegetable or green.
- Curries made from a wide variety of vegetables, including green leafy vegetables. Vepudu is a fried vegetable curry. Non-vegetarian curries include "kodi kooru" (chicken), "mutton" (goat mutton), "chepa kooru" (Fish)," royyalu" (Prawns) and "peethalakooru" (Crab).
- **Karam-**Various types of dry powders made from lentils or chillies, eaten with ghee.
- **Pachadi** (Pickles), fresh or preserved, can be made from all kinds of fruits and vegetables. Examples include Aavakaaya (a spicy mango pickle) and one made of roselle called Gongura.
- **Ullavacharu** (cooked Horse gram soup), traditionally eaten with cream or yoghurt.
- **Pulusu-** A type of vegetable curry most typically exported to the west.
- **MajjigaPulusu-** Butter milk cooked with turmeric and boiled vegetables.
- **Perugu** (Yoghurt) or Majjiga (Buttermilk).
- **Appadam** (Papadums)
- **Sweetdishes.**
- **Bananas or other fruit**
- **Tamalapaku-vakkapodi**, also called Killi, Beeda or Paan, made of fresh Betel leaves, Arecanut pieces, and lime.

HYDERABADI FOOD:-

BIRYANI:-

Hyderabadi Biryani is Hyderabad's most famous meat-and-rice dish; the Nizams served some 26 varieties of biryanis for their guests. An authentic Hyderabad meal invariably includes a mutton biryani. Hyderabadi Biryani incorporating chicken, lamb or vegetables instead of mutton are also popular. Some are delicate in taste, some intoxicatingly aromatic, some flavoured with saffron, some flavoured with cream and others with rose water or screw pine flower water. 'Dum' style of cooking is followed to cook Biryani. The types are as follows:

- Hyderabadi Biryani - a traditional celebration meal of lamb and rice.

- Kachche- gosht ki biriyani - raw meat is stir fried with spices(masalas) for couple of minutes and then covered with rice and put in the Dum Pukht (slow oven).
- Hyderabad Zafrani Biryani - Saffron is soaked and mixed with the rice at the time it is put in the Dum Pukht.

HYDERABADI HALEEM:

Haleem is a seasonal delicacy of wheat, meat and cooked for hours to a porridge-like paste. This traditional wheat porridge has its roots in Arabia, known as harees. Haleem is a seasonal dish which is made during Ramzan (Ramadan). The high calorie haleem is an ideal way to break the ramzan fast. Haleem means patience, because it takes long hours to prepare (often a whole day) and served in the evenings. It is a popular starter at Hyderabad Muslims weddings

KHORMA, SHORBA & KHALIA:-

These are the non-vegetarian curries made of meat. These are the pride of Hyderabad cuisine apart from Biryanis. The curries are distinguished based on colour, flavor and consistencies. Khormas have a light shade of red. Shorbas had a soup like consistency and are bright red in colour. Khalia ranges from dry to thick gravy-like and ranges from dark brown to dark green in colour.

PATHAR-KA-GOSHT:-

Mutton/lamb seared on a stone slab found in Hyderabad.

BAGHARA BAINGAN :-

Stuffed Eggplants, a delicacy where tender and fresh brinjals are stuffed with grounded peanut-coconut mixture and cooked in a rich and creamy paste.

MIRCHI KA SAALAN:-

A dish that is made of any type of Mirchi (green chilli or Jalapenos) or banana peppers etc which is not too spicy or fiery. This is a traditional Hyderabad salan (gravy) made in a shallow wide flat bottomed handi. The salan is sealed in this handi and kept on low fire to cook with all the flavors trapped inside to give that authentic rich taste. The mirchi ka salan recipe stands out from the bunch of Chilli recipes from Hyderabad (capital city of Andhra). Whole green chillies (along with stems) are simmered in sesame-peanut and coconut spicy sauce. The dish is easy to prepare and has a refreshingly pleasing taste

PAAYA NAHARI:-

This is a typical item of Hyderabad cuisine. It is a dish made from trotters. A rather unusual and typical hyderabadi recipe. The paaya (trotters) are boiled for a long time (normally overnight) with spices and then strained. It is normally served for breakfast along with breads.

ANDHRA DELICACIES:-

MODATI MUDDA:- This means the first few bites of the meal mainly consists of four or few balls of rice. These are either ghee rice or pickled rice. Pickled rice are typically

gooseberry, lime, aavakkayaa (mango) or grapefruit. It could also be rice mixed with certain powders (podi) like parupu podi, coriander podi, pudina podi, coconut podi, curry leaves podi and so on.

Some of the typical Modati Mudda items include:-

- Dhaniyala karap podi: roasted chillies ground with coriander seeds.
- **Karivepaku karap podi:-** roasted chillies and curry leaves.
- **Shonthipodi:-** dry ginger ground with a pinch of salt.
- **Nuvvulapodi:-** sesame seeds ground with roasted chillies.
- **Kottimeera khaaram:-** cilantro leaves ground with raw or roasted red chillies.
- **Karivepaku khaaram:-** curry leaves ground with raw or roasted red chillies.
- **Allamkhaaram:-** ginger ground with raw or roasted red and green chillies.
- **Pachimirapakaya khaaram:-** roasted and ground green chillies.
- **Usirikayapachadi:-** pickled Indian goose berries, typically mixed with roasted red chillies or chilli powder.
- **Nimmakaya pachadi:-** pickled Indian key lime.
- **Dabbakaya pachadi:-** pickled Indian grape fruit.

KOORA-The region produces a wide variety of Kooralu (curries).

- **Vepudu :-** crispy fried vegetables, typically including bendakaya (okra), dondakaya (tindora), Bangaladumpa (potato), and colocasia (chamadumpa).
- **Kaaram Petti Koora/ Koora Podi Koora:-** Sautéed vegetables cooked with curry powder or paste, served as a solid mass. The vegetables can be stuffed with curry powder or paste and are usually cooked whole.
- **PulusuKoora/ AavapettiKoora:-** Boiled vegetables cooked in tamarind sauce and mustard paste
- **PappuKoora:-** Boiled vegetables stir-fried with a small amount of half-cooked lentils(dal).
- Other gravy based curries are chiefly made with vegetables cooked in tomato sauce and onion with coriander and cumin powder.

PAPPU:-Toor Daal (Kandi Pappu) or Moong Daal (Pesara pappu) cooked with a vegetable or green. Nomasala is added to the dal. Some regions include garlic and onion in the seasoning while some regions prefer asafetida (heing/Inguva). Sometimes the cooked version of the dal is replaced with a roast and ground version of the dal like Kandi pachadi (roasted toor daal ground with red chiles) and pesara pachadi (soaked moong daal ground with red chillies or green chillies).

PACHADI/ OORAGAYA- For a typical Andhrite, no meal is complete without this very essential item. It is consumed on its own mixed with rice and is also eaten as a side dish with pappu/koora. There are two broad varieties.

- Pachadi (chutney) is typically made of vegetables /greens and roasted green/red chillies. It is prepared fresh and is consumed within a day or two.

Some of the items include:-

- **Vegetablepachadi:-** Made with vegetables like bottle gourd, eggplant, okra, etc. The vegetable is cook and is ground together with roasted red chiles/ green chiles, fenu Greek seeds and mustard seeds.
- **GreensPachadi-**The most popular one is **Gongurapachadi-** made out of red sorrel leaves and roasted red chillies. It is unique to Andhra cuisine and is a must have for any meal that boosts to give the eater a taste of Andhra. Other than this,chukka koorra (a variety of sour leafy green found in AP) pachadi is also very popular. Chutney is also made out of Coriander leaves / Curry leaves. This is normally Consumed as a modati mudda item.

Ooragaya– Andhra is very famous for a variety of these hot spicy pickles that one gets addicted to:

Pickles like Nimmakaya, Dabbakaya,Usirikaya have medicinal values that improve with aging. Ooragaya is prepared in good amounts seasonally and uses liberal amounts of chilli powder, methi (fenugreek) powder, mustard powder and oil.

A few of the Ooragaya items include:-

- ❖ **Avakaya:-** The most popular item of Andhra cuisine. It is made of cut green mangos, mustard powder, red chili powder and vegetable oil. It is prepared during the summer months of April/May, when green mangos are abundant. Every family in Andhra is rather proud of its own recipe for this pickle based on the variety of mango, chilli and the oil used. There are many of varieties of a vakaya- with garlic / without garlic and depending on the other ingredients used like pesarakaya (avakaya with moong dal powder), menthi kaya (avakaya with fenugreek powder), neeti kaya (avakaya made by grinding mustard paste with water).
- ❖ **Dosa Avakaya-** Avakaya made with English (yellow) cucumber. Serves as a substitute for the regular avakaya toward the end of the season. A staple served during winter marriages when raw mangos are not readily available. Recent times have seen cauliflower avakaya also become famous. The English cucumber is replaced by cauli flower in this version.
- ❖ **Korivi Khaaram-** The spiciest of the pickles and a unique andhra item too. It is made by grinding ripe red chillies (Pandu Mirapakaya) with tamarind and salt. Pandu mirapakaya is grown in abundance in the palnadu region of Andhra (Guntur district and the surrounding areas). This variety is very famous for its spice and color. A few modifications to this pickle include combinations of Pandu Mirapakaya with gongura or Pandu Mirapakaya with raw tamarind fruit (chintakaya).
- ❖ **Chinta kaya-** Made by grinding raw tamarind fruit (Chintakaya) and salt. It is made during the winter season. The marinated pickle is taken in small quantities and is made into a chutney with roasted red chiles whenever it is consumed.
- ❖ **Nimma kaya-**Made by marinating Indian key lime in its own juice for a few days and then mixing it with salt, methi powder and chilli powder.

- ❖ **Usiri kaya-** Made by grinding Indian gooseberries and salt. The pickle is marinated throughout the year, picked in small quantities whenever needed and is made into a chutney by grinding it with roast red chiles.
- ❖ **Dabba kaya-** A lesser-known pickle to the current generation. Made out of Indian grapefruit. Typically consumed as a modati mudda item. Buttermilk mixed with the tender dabbakaya leaves (dabbaku majjiga) is supposed to quench extreme thirst during the hot summer months.
- ❖ **PULUSU / CHARU:-** Pulusu / Dhappalam is the most important liquid item of the meal. Pulusu (sour) is a curry- like stew that is typically sour and cooked with tamarind paste. Other common bases are tomatoes or mangoes. The mixture can be flavoured with mustard, chillies, curry leaves, jaggery, onions, or fenugreek. Fish, chicken, and eggs are typical meat additions.

Some of typical pulusu items include the following:-

- ❖ **Kharam Pulusu-** Any vegetable cooked in very diluted tamarind juice and pulusu podi (made of roast red chillies, coriander powder).
- ❖ **Tiyya pulusu-** Mild and sweet vegetables like pumpkin or sweet potato cooked in light tamarind juice with jiggery
- ❖ **Pachipulusu-** Un heated version of the pulusu. It includes finely chopped raw onions in a very dilute tamarind juice with jiggery. In the summer season when mangos are abundant, tamarind is replaced by stewed raw mango. It is mostly consumed during the hot season.
- ❖ **Pappu charu-** Vegetables boiled with cooked toor dal and tamarind. No sambar / masala powder is added.
- ❖ **Sambar-** Vegetables boiled with cooked toor dal, tamarind and sambar powder.
- ❖ **Challa Pulusu / Majjigapulusu-** Sour buttermilk boiled with channa dal and coconut paste.
- ❖ **Charu-** A very dilute concoction of tamarind and charu podi (made of coriander seeds, dal, ginger, pepper and heing). It is also taken as such during the meal like a soup without mixing with rice.

ANDHRA SNACKS:

- ❖ **Kaarap poosa-** Hindi (khara boondi, salted, chilli flavoured boondi).
- ❖ **Chekkalu-** Flat puri's made using gram flour, rice flour, chanadal, and spices and deep fried.
- ❖ **Jantikalu-** Long streaks of sev made using gram flour, rice flour and salt, turmeric, chilli powder, and deep fried.
- ❖ **Chuppulu-** Chakli's made using rice flour, sesame seeds, Ajwayn.
- ❖ **Chegodilu-** A gem among Andhra traditional snacks is Chegodi. Golden in shade, speckled with spots of white sesame, moong dal and cumin, crunchy with an irresistible addictive taste.
- ❖ **Guggillu:-** Boiled chick peas flavoured with a tempering of Urad dal, Mustard seeds, Cumin seeds, Red chilli-tear into pieces, Curry leaves.
- ❖ **Boondi-** Salted boondi's deep fried.
- ❖ **Ponganalu-** This is a telugu word for fried batter puffs on a special pan. This is very popular breakfast in Andhra Pradesh.

- ❖ **Punukulu/ Dosa Batter Dumplings** - These are called punu kulu in Telugu also sold as street fare with various chutneys as accompaniments.
- ❖ **Bondaalu**: These are Punukulu with spicy dips (allampachadi).
- ❖ **Mirapakaya Bajji**- A local variety of extra-hot chillies stuffed with spices and dipped in chick pea batter and fried.
- ❖ **Ullipakodi** – These are fritters made with sliced onion and spices in chick pea batter.
- ❖ **Gaare** – These are similar to Vada. Gaares are a deep fried and spiced dough.
- ❖ **Perugugaare /Aavadalu** – Gaare are marinated in a yoghurt sauce.

ANDHRA DESSERTS:

- ❖ **Boorelu**: A mixture of boiled chana dal, jiggery, elaichi, ghee, coated in rice flour batter & deep fried.
- ❖ **Pootharekulu**: Pootharekulu is a popular dessert made in Andhra Pradesh in India. Pootharekulu is made of rice starch, sugar powder, ghee and cardamom powder.
- ❖ **Ariselu**: Ariselu is a popular Andhra sweet for Sankranti (a harvest festival celebrated mainly in South India) prepared with newly harvested rice and jaggery, sesame & deep fried.
- ❖ Payasam (Kheer).
- ❖ **Gavvalu** :- (Shell shaped sweets made using rice flour, ghee, jaggery, milk).
- ❖ **Laskora Undalu**:- (coconut laddu) or Raskora Undalu (coconut laddu).
- ❖ **Palathalikalu**: Rice flour is made into a very thick batter which is pushed through small holes into boiling milk and simmered for a long time to achieve a thick consistency.
- ❖ **Ravva Kesari** (sheera).
- ❖ **Kobbari laddu** (coconut laddu).

OTHER DECICASIES OF HYDRABADI CUISINE:-

MURGH NIZAMI:-

A semi – dry chicken ‘masala’ cooked with yoghurt, nuts (cashewnut and peanut) and coconut and sunflower and sesame seeds. The gravy is yellow coloured.

MURGH BADAMI:-

Murgh Badami is chicken made from cream and almonds and garnished with chopped almonds.

DALCHA GOSHT:-

This is basically a sourish lamb stew, simmered in a lentil puree. It is a common practice to combine meat and lentils to make it a complete nutritive dish. Meat is cooked along with chana dal and whole spices, and braised along with yoghurt until the meat is soft. The dish is then tempered with ghee, garlic, and whole red chillies.

CHAPA PULUSU:-

This is one of the most famous dishes in Hyderabadi cuisine. It is a fish preparation made by marinating the fish in turmeric, salt and garlic. The gravy is made by cooking coconut milk, tempered with curry powder and whole red chillies, and flavoured with turmeric and tomatoes.

KHUBANI KA MEETHA:-

-The original recipe is a translucent liquid.

DOUBLE KA MEETHA:-

Bread Pudding topped with dry fruits, a derivative of mughlai dessert Shahi tukre. Here the bread is fried and soaked in sugar syrup before further processing

GIL – E - FIRDAUS:-

This is a type of dessert made by cooking grated white marrow with milk and sugar, and thickened with sago seeds and khoya. This commonly flavoured with cardamom powder and rose essence, and garnished with slivered almonds and pistachio.

SHIKAMPURI KEBAB:-

Shikampur Kebab (mutton mince cooked with cumin,cloves and cinnamon and bengal gram lentil until a proper binding is formed and stuffed with cottage cheese/ egg slice, mint, onions and green chillies) and gently grilled on a griddle or tawa with pure ghee till pink. Shikampur means 'belly-full' referring to the stuffing in the centre of the kebab.

