

Cuisines of India

From Kashmir to Kerala, from Maharashtra to Manipur, every State has a different type of cuisine. This is mostly because they have a different soil, the amount of water for the fields, the weather, flat or hilly ground. Indians LOVE sweetmeats. No country could better India's sweets. Desserts, in the West, are eaten with a spoon after dinner. Indian sweets are eaten 24 hours.



Dear Friends,

There is no love more sincerer than the love of food," said the Irish playwright, George Bernard Shaw. And I cannot agree more! Sharing this love, I take on a food odyssey of India across the length and breadth of this diverse country. Historically India has been a melting pot of people, of all religions and races. Its diversity resulting from countless invasions and migrations. While invaders came in search of wealth, they soon discovered the rich diversity of food amongst other treasures!

Let's explore this food tradition across the States of North India, particularly the State of Uttar Pradesh and the States of South, East, West, Central and North East India; the vast coastal and hill regions; the varieties of breads, snacks, chutneys and desserts and a host of foods.

Pradip Burman

ABOUT THE ARTIST

Gautam Partho Roy is the only artist for our calendars - since we started making calendars. We thought this calendar is a tough one. Food and different *kinds* of food. Every year, we send the texts to him, he gives us the paintings.

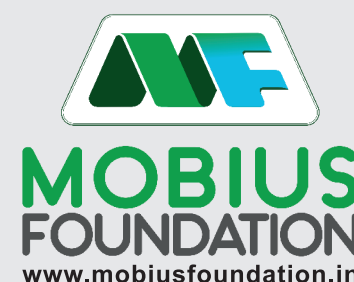
We have never had to send them back. But we thought this calendar is a tough one, but no. He found recipes and using his imagination, he painted. The paintings made us drool.

Gautam Partho Roy holds a Bachelor of Fine Arts degree from Rabindra Bharati University, Kolkata.

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Gautam Partho Roy





A Tribute to Covid Warriors

As the world faced the unprecedented crisis of COVID 19, it has been our healthcare workers who are the foremost champions of humanity, saving humankind. We were staring as it was staring at existential crisis. It was when the country was faced with an acute shortage of oxygen and hospital beds. Many citizens rose to the occasion in this hour of need.

Times, such as this, has created new heroes and warriors against the pandemic. We, as Indians, are lucky to live in a country with a plethora of unique and diverse communities. One of these communities is the wonderful Sikhs. A concept unique called a "Langar." Which serves meals to all, regardless of caste, class, religion, genders, social or economic status or political consideration. The COVID crisis saw Langar Seva Groups providing healthy meals to those in need especially at a time when it was most critical. They also provided an Oxygen Langar Sewa to those who needed oxygen support. This heartwarming and critical initiative, taken by the Sikh community is one of its kind and truly commendable. We will ever be thankful to have these unconventional, yet brave and effective Covid Warriors.

2021-22



North



South



North East



Central



Coastal Region



Traditional



Desserts - 2



Breads



Unique Pickles

From Kashmir to Kerala, from Maharashtra to Manipur, every State has a different type of cuisine. This is mostly because they have a different soil, the amount of water for the fields, the weather, flat or hilly ground. Take tea bushes which grow in water, sun and thrive in humidity. So, tea from Assam. But coffee bushes need less water, and have to be shaded. So, lots of trees and no hot air. Thus Coorg, a district on the hilly slopes of the Nilgiri Hills, in the Deccan is one of the biggest manufacturers of India. Now we know why tea is the drink of the North and coffee is the nectar of the South.

Uttar Pradesh and Bengal are the kingdoms of rice – which needs lots of water - both have plenty.

The tributaries, from melting snow of the Himalayas, flow to the Ganges River through these States. Basmati rice, maybe the best rice of the world, is from UP. Lentils are grown everywhere. It is protein for vegetarians, who are more than half of the population of India.

Wheat needs cooler weather and not too much water. Punjab means 'five rivers', all of which are the tributaries to the River Ganga. Canals take water from the rivers to the fields. You can get lost in a wheat field, with the height and the density of the crop, blocking your sight. Not to say there are no other States that grow wheat, but Punjab...!!!

Most States grow sugar cane. Indians LOVE sweetmeats. No country could better India's sweets. Desserts, in the West, are eaten with a spoon after dinner. Indian sweets are eaten 24 hours. No spoons, but sticky hands. Ice-creams have invaded India, but it is no match to the Indian kulfi.

Jai Hind!!



East



West



Uttar Pradesh



Hill Region



Snacks



Desserts - 1



Chutneys



Common Pickles



Chef's Favorites

North



① Baajra, Aloo Roti ② Kashmiri Dum Aloo ③ Rogan Josh ④ Sarson ka Saag aur Makki ki Roti ⑤ Trout Fish in Manali ⑥ Tukdya Bhath ⑦ Dhoda ⑧ Gajar Halwa ⑨ Mix Dal Fry ⑩ Tandoori Chicken

2021
JULY

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
18	19	20	21 Eid-UI-Juha	22	23	24 Guru Purnima	25	26	27	28	29	30	31							

South



① Hyderabadi Biryani ② Idli, Dosa ③ Onion Uttappam ④ Medu Vada ⑤ Mangalorean Chicken Curry ⑥ Gutti Vankaya Kooru ⑦ Banana Halwa ⑧ Payasam ⑨ Kerala Fish Curry ⑩ Curd Rice

	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
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AUG	22	23	24	25	26	27	28	29	30	31											
	Raksha Bandhan							Janamastmi							Independence Day				Muharram		

East



① Rosogolla ② Litti Chokha ③ Khichuri ilish Maach Bhaja ④ Bihari Mutton Boti Biryani ⑤ Mishti Doi ⑥ Kankada Jhol ⑦ Sondesh ⑧ Dalma ⑨ Aloo Chokha ⑩ Macher Jhol

2021
SEP

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
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19	20	21	22 Equinox	23	24	25	26	27	28	29	30									

West



① Prawn Xacuti ② Dal Bati Churma ③ Goan Fish Curry ④ Aloo Bharee Mirchi ke Pakore ⑤ Milk Cream ⑥ Puran Poli ⑦ Pao Bhaji ⑧ Shrikhand ⑨ Dhokla ⑩ Khandvi

2021 OCT		Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
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								Gandhi Jayanti													Dussehra	
		17	18	19	20	21	22	23	24	25	26	27	28	29	30	31						
				Id-e-Milad	Valmiki Jayanti			Karva Chauth														

North East



① Pork Salad ② Duck Curry ③ Bamboo Shoots ④ Mati Mahor Dali ⑤ Jadoh Doh Khlieh ⑥ Chamthong ⑦ Bangwi ⑧ Chakhao Kheer ⑨ Panch Phoran Tarkari ⑩ Masor Tenga

2021
NOV

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4 Diwali	5 Goverdhan Puja	6 Bhai Duj	7	8	9	10 Chhath Puja	11	12	13	14 Children's Day	15	16	17	18	19 Guru Nanak Jayanti	20
21	22	23	24	25	26	27	28	29	30											

Central



① Suran Jo Kheemo ② Bhopali Gosht Korma ③ Biryani Pilaf ④ Lamb Seekh Kebab ⑤ Fara ⑥ Moong Ka Halwa ⑦ Aamat ⑧ Dahi Vada ⑨ Chilla ⑩ Chakki Ki Shaak

	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
2021				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
DEC	19	20	21	22	23	24	25	26	27	28	29	30	31								
							Christmas														

Winter Solstice

Uttar Pradesh



① Galawati Kebab ② Lucknowi Biryani ③ Allahabad Tehri ④ Baigan ki Lonje ⑤ Lucknowi Chaat ⑥ Rasedar Aloo ⑦ Agra ka Petha ⑧ Mutton Kofta ⑨ Bhindi ka Salan ⑩ Kakori Seekh Kebab

	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
2022							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
JAN	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31					
											Republic Day				Guru Gobind S. Jayanti			Lohri			

Hill Region



① Mizo Vawksa ② Momos ③ Maian Bai Mizo ④ Thukpa ⑤ Koat Pitha ⑥ Bamboo Steamed Fish ⑦ Wungwut Ngam ⑧ Chapru Kohima ⑨ Sweet Ragi Malt ⑩ Rice Steamed in Bamboo Miao

2022 FEB		Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
		20	21	22	23	24	25	26	27	28												

Vasant Panchimi

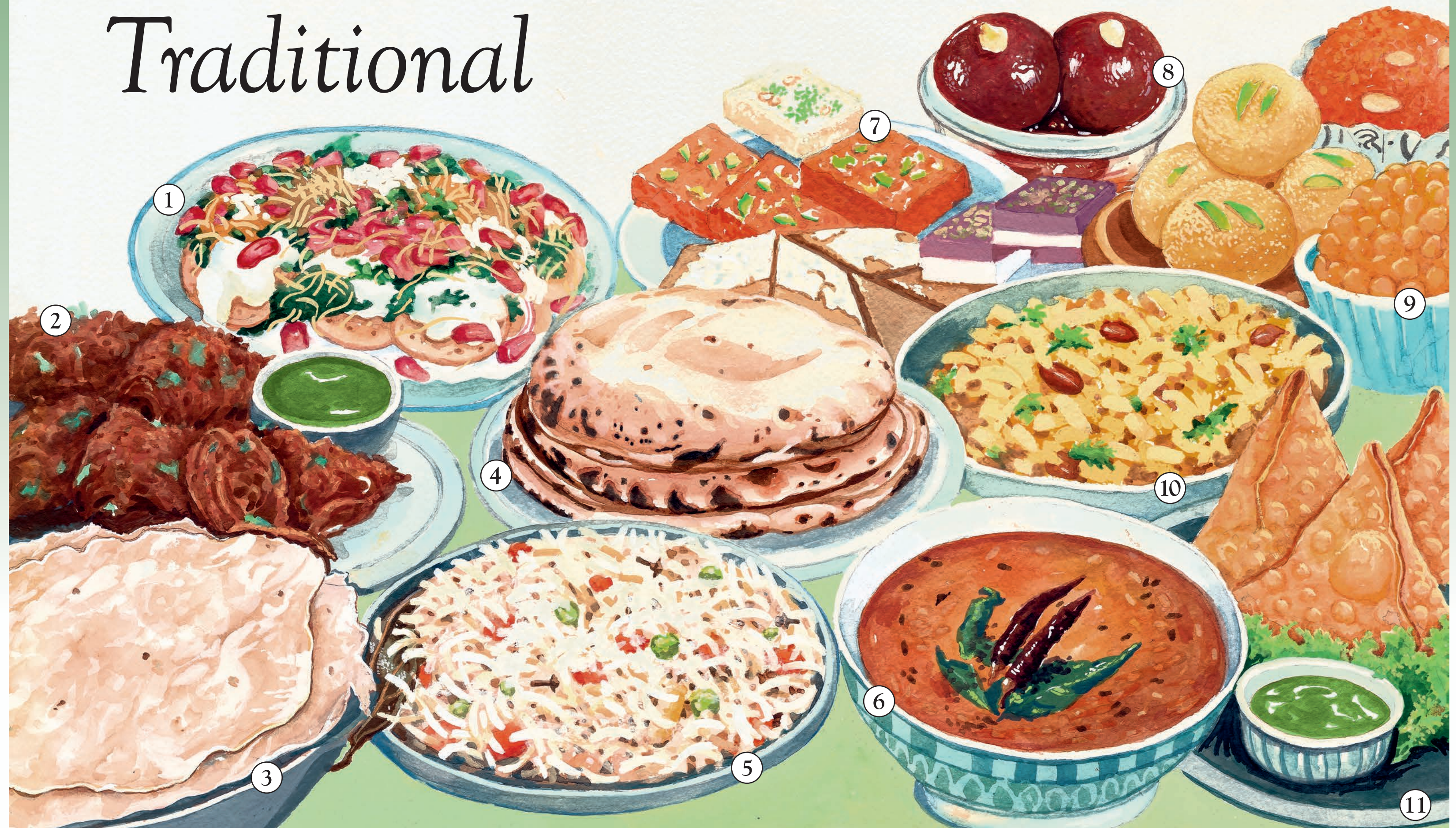
Coastal Region



① Chicken Chilli Garlic Curry ② Coconut Prawn Curry ③ Tandoori Fish ④ Fish Pakora ⑤ Jetty Roll ⑥ Malabar Prawn Biryani ⑦ Ravo ⑧ Chicken Bullet ⑨ Maasu Podichath ⑩ Nirala Bhaat

	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
2022			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
MARCH			Maha Shivratri						Women's Day										Holi		
20	20	21	22	23	24	25	26	27	28	29	30	31									
Equinox						Buddha Purnima															

Traditional



① Papadi Chaat ② Pakoda ③ Papad ④ Roti ⑤ Pulao ⑥ Dal Tadka ⑦ Barfi ⑧ Gulab Jamun ⑨ Ladoo ⑩ Poha ⑪ Samosa

2022 APRIL		Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
		17	18	19	20	21	22	23	24	25	26	27	28	29	30	Rama Navami					Good Friday	

Snacks



① Moong Dal Kachori ② Chole Bhature ③ Samosa ④ Fish Fry ⑤ Dahi Papadi Chaat ⑥ Aloo ki Tikki ⑦ Bhelpuri ⑧ Paneer Pakora ⑨ Bread Pakora ⑩ Golgappa/Paani Puri

2022 MAY	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
			Eid al-Fitr																		
	22	23	24	25	26	27	28	29	30	31											

Eid al-Fitr

Desserts-1



① Cham Cham ② Gulab Jamun ③ Malpua ④ Ghewar ⑤ Ras Malai ⑥ Suji ka Halwa ⑦ Rabri ⑧ Langcha ⑨ Rasgulla ⑩ Jalebi

2022 JUNE	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
	19	20	21	22	23	24	25	26	27	28	29	30									

Summer Solstice

Desserts-2



① Gajar ka Halwa ② Laddoo ③ Sandesh ④ Shahi Tukda ⑤ Modak ⑥ Barfi ⑦ Payasam ⑧ Kheer ⑨ Shrikhand ⑩ Kaju Katli ⑪ Phirni

2022
JULY

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
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17	18	19	20	21	22	23	24	25	26	27	28	29	30	31						

Eid-UL-Juha

Guru Purnima

Breads



① Pav Bhaji ② Czut ③ Tandoori Roti ④ Goan Poee/Poi ⑤ Thali Peeth ⑥ Nan ⑦ Roomali Roti ⑧ Methi ka Thepla ⑨ Luchi ⑩ Malabar Parotta ⑪ Appam

2022
AUG

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30	31										
									Muharram			Raksha Bandhan		Independence Day					Janamastmi	
									Ganesh Chaturthi											

Chutneys



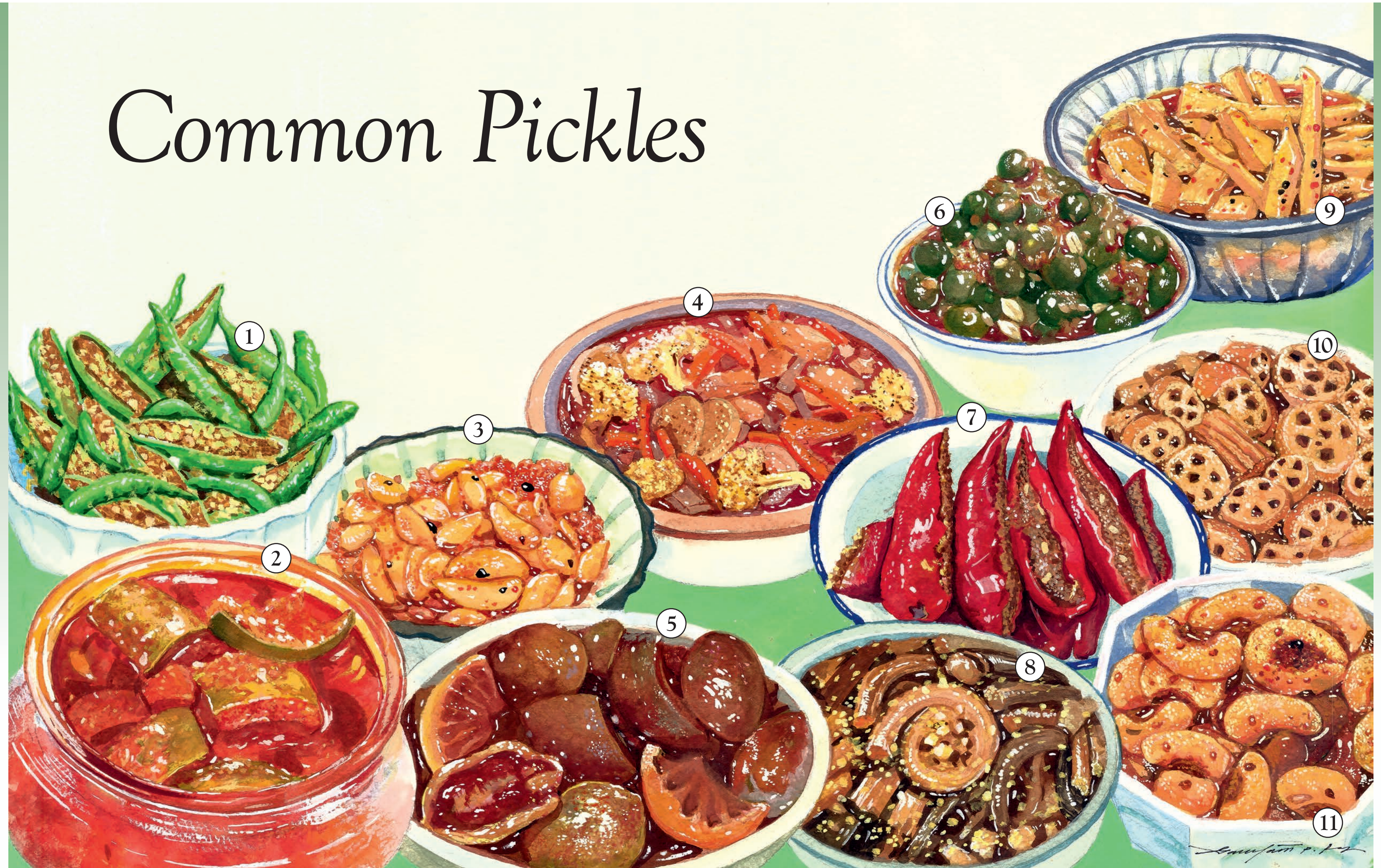
① Sattu Chutney ② Doon Chetin ③ Khajur Amsotto & Tomato ④ Chamba Chukh ⑤ Lehsun Chutney ⑥ Coconut ⑦ Peanut & Green Chilli Chutney ⑧ Hemp Seed Chutney ⑨ Tribal Green Chilli Chutney ⑩ Mint Onion ⑪ Pineapple Pachadi

2022
SEP

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
18	19	20	21	22	23	24	25	26	27	28	29	30								

Equinox

Common Pickles



① Hari Mirch ka Achar ② Aam ka Achaar ③ Lehsun Achaar ④ Gajar, Gobhi, Shalgam Achaar ⑤ Sweet Lemon Achaar ⑥ Kair ka Achaar ⑦ Bharwan Lal Mirch Achaar ⑧ Lingri Achaar ⑨ Adhrak ka Achaar ⑩ Kamal Kakdi Achaar ⑪ Amla Launji

2022 OCT		Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
								1	2 Gandhi Jayanti	3	4 Ram Navami	5 Dussehra	6	7	8 Id-e-Milad	9	10	11	12 Karva Chauth	13	14	15
		16	17	18	19	20	21	22	23 Diwali	24 Goverdhan Puja	25 Bhai Duj	26	27	28	29	30 Chhat Puja	31					

Unique Pickles



① Mesu Pickle ② Bhoot Jolokia Achaar ③ Akhuni Pickle ④ Chana Methi Achaar ⑤ Kolhapuri Thecha ⑥ Chintakaya Pachadi ⑦ Chemmeen Achaar ⑧ Tindora Achaar ⑨ Topa Kuler Achaar ⑩ Ganth Gobi ka Achaar

2022
NOV

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
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20	21	22	23	24	25	26	27	28	29	30										

Guru Nanak Jayanti

Chef's Favorites



① Hyderabad Mutton Biryani ② Rampuri Taar Gosht ③ Macher Jhol ④ Amritsari Murgh Saagwala ⑤ Dora Kabab ⑥ Haleem ⑦ Tabak Maaz ⑧ Jalebi and Rabdi ⑨ Sorpotel ⑩ Appam with Ishtu ⑪ Sol Kadi

2022 DEC	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
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	18	19	20	21	22	23	24	25	26	27	28	29	30	31							
				Winter Solstice				Christmas													

2023

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March

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April

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May

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June

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July

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30	31					

August

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27	28	29	30	31		

September

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24	25	26	27	28	29	30

October

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29	30	31				

November

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26	27	28	29	30		

December

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31						