

*Food of Haryana:
The Great Chutneys*



Dr. Ashish Dahiya

The very name Haryana commemorates the people who gave our country its dominant culture. Here were sung the first hymns of our Aryan forefathers. This was the land of the Mahabharata, Beginning with Kurukshetra; some of the great battles of our land have been fought in this region. But the people of Haryana have been as much men of peace as warriors. They have proud achievements to their credit as agriculturalists and craftsmen.

Indira Gandhi

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Foreword

Today, Hospitality & Tourism Industry has reached the stage where intellectuals have greater appreciation for this sector because of its diversified contribution in prosperity. Culinary is one of the major segments of the Hospitality & Tourism Industry as it is not only confined to cooking, hygiene and standardization of Recipes, but also a holistic science due to its close linkages with philosophy of life. Culinary represents the cultures, traditions, customs and offering immeasurable bliss and indescribable happiness to the people. Each state, rather district in India has its distinctive foods. If we look at the publications of World Association of Chef Societies, International Association of Culinary Professionals and other Culinary Associations, we find that Chefs have a great responsibility ahead and food with authenticity is one of them. A country like India has varied gastronomy experience for tourists and food lovers across the globe. However, in this journey of food we find that very little documented literature is available on Food of Haryana. The Institute of Hotel & Tourism Management, Maharshi Dayanand University has taken this responsibility of Research and Documentation of Haryanvi Food and with all determination, wisdom and scientific approach we shall be able to demonstrate the gathered results of research outcomes on Haryanvi Food in phases.

This Book on 'Food of Haryana - The Great Chutneys' is our first attempt. This process of Research and scientific

documentation in the field of culinary with the support of University, Industry and Community will continue. I am confident that we would be able to give new dimensions and contribute to the knowledge of Gastronomy of Haryana. Dr. Ashish Dahiya has written this book with great devotion, dedication and hard work. This will prove to be the stepping stone to research and contribution of Institute of Hotel & Tourism Management. The grant in aid by Dr. Radha Krishan Foundation Fund of the University has helped us to come up with this work timely. The support of University Administration and IHTM Staff as well as students is indeed appreciable and notable for this activity. I extend my heartfelt wishes to Dr. Ashish and entire IHTM Family for this humble beginning to Journey of Haryanvi Food through this book.

Prof. Daleep Singh

Preface

Haryana is a land of rich cultural heritage having witnessed the ancient Indian civilizations within its present boundaries. The land, where Vedas were written on the bank of river Saraswati. A legendary land where Rishi Ved Vyas wrote epic Mahabharata. A land where Lord Krishna delivered the immortal message of Gita to humanity at large at the battle field of Kurukshetra needs no introduction. Carved in its present form of State on November 01, 1966 Haryana has progressed a lot since its inception. The people of Haryana have witnessed repeated changes over the years, yet have retained their pristine traits and characteristics. The state has served the nation in varied capacities including National Services - Like Army, Air Force and Navy, contributed to sectors like Automobile, Textile, Agriculture and Real Estate including others. Contributing to the Indian Political Systems with leaders like Ch. Ranbir Singh, Ch. Devi Lal, Ch. Bhajan Lal, Ch. Bansi Lal, Ch. Bhupender Singh Hooda, Ch. O.P Chautala and Smt. Sushma Swaraj. The contribution of Haryana in Green Revolution and White Revolution is known worldwide. There is no sector which has remained untouched by Haryanvis. The contribution of Haryana is laudable in almost every area. The folk lore of Haryana shows the many sided richness of the emotional life of its people. All these features of the state motivate the researchers of varied disciplines to look into the Haryanvi Culture and State.

The state has been appreciated for promoting highway tourism and thus giving a new dimension to the Hospitality & Tourism Industry. The people of Haryana are simple and robust,

and same is their gastronomy. With this book an attempt has been made to assimilate relevant contents on Food of Haryana. The present book is a modest effort to cover the Chutneys of Haryana which are popularly prepared and consumed by host population of the state. It is pertinent to place on record that this publication is an outcome of Research Proposal Grant by Dr. Radha Krishnan Foundation Fund 2011-12, MDU Rohtak. This activity involved research and documentation of Food of Haryana: The Great Chutneys. The whole idea was to identify food, their recipes and practical involvement of standardizing the recipes. In this phase we have tried to cover the chutneys and we look forward to cover the other gastronomic delights of Haryana in near future. We welcome your suggestions & feedback for improvements in coming editions.

Dr. Ashish Dahiya

Acknowledgement

I remember the almighty, who has made an ordinary person like me the medium to accomplish this task of representing the vibrant culture of Haryana through this journey of food, which is presented in the documented form in this book. This book is dedicated to all the people of Haryana, who are known for their valour, courage and hard work contributing to the development of the Country. Simplicity is their ornament in life, work and food. People of Haryana spend their lives with hardships and in true sense serve as 'Annndatas' by being a part of Green Revolution & White Revolution. I am delighted to bring out this book and hope that my commitment for establishing a linkage of Haryanvi culture to the modern world through research and documentation on the Food of Haryana - The Great Chutney's would be realized through this book to some extent.

Had, Dr. Radha Krishnan Foundation Fund, not supported to undertake this minor research proposal with their grant in aid, this book would not have been in its current shape. Thus, I am indebted to Prof. R.P Hooda, Vice Chancellor of Maharshi Dayanand University - Rohtak for his inspiration to undertake this activity. I remember my 'mentor' who suggested the concept of research and documentation of food of Haryana - Chef. Manjit Gill, Corporate Chef - ITC Welcomgroup Hotel Division - India during his visit to our Institute in the Conference in April 2011. It would have been a mere dream without the support of and motivation of Prof. Rajbir Singh - Dean Student Welfare - MDU. I am further privileged to have guidance and affection of Prof. Daleep Singh - Dean of Colleges and Director - Institute of Hotel & Tourism Management, MDU. I am indeed blessed to have my mentors like Prof. S.C Bagri & Prof. Mohinder Chand, whatever I am today, I owe to their companionship and patronage.

I remember my venerable mother, Mrs Urmila who nurtured me in her womb and inculcated pure and noble virtues in my mind and gave me the burning desire to do something in life. My father Sh Ram Kishan who has made me learn through his hard work, willpowerness and sincerity. I pay my obeisance to my parents. I remember all those pious people who have given me inspiration, cooperation, good wishes and blessings all throughout my life. I am indeed fortunate to have the lifetime company of Mrs Shalini as my wife and my loving son 'Avik' who kept me free for accomplishing this task. I would also like to thank my colleagues in the Institute for their constant support. When I think of the initial challenges involved in documentation of this work, I remember the helping hands of so many, without whom this work would not have completed specially Mrs. Sunita, Mrs. R Shyam, Mrs. Vedvati, Mrs Rishi Kanta, Mrs Chander, Mrs Shanti. Mrs Poonam, Mrs Rajni and others. I would also like to thank all my students who were actively involved in the process of recipe identification. It is a result of collective efforts that we are able to have recipes of various chutneys of Haryana. Thus, 'We' instead of 'I' would be a word of wisdom here for this effort. This book is dedicated to IHTM, MD University Rohtak and would like to mention that this is just the beginning to the culinary voyage of Haryanvi Food. Thanks to all those people who contributed directly or indirectly to bring out this book which would be a service to nation in terms of documenting Haryanvi Cuisine. We humbly request the learned readers, intellectuals and friends from Hospitality & Tourism Industry for their valuable suggestions for further additions and improvement in the next edition.

Dr. Ashish Dahiya

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HARYANA

Haryana is a land of rich cultural heritage having witnessed the ancient Indian civilizations within its present boundaries. A land where Vedas were written on the bank of river Saraswati. A legendary land where Rishi Ved Vyas wrote epic Mahabharata. A land where Lord Krishna delivered the immortal message of Gita to humanity at large at the battle field of Kurukshetra. Haryana has remained under Mughal Rule from 12th -18th Century and under the rule of East India Company in 1803 and transferred to the then united provinces in 1832. In 1858 after the first war of Independence this whole area was tagged with Punjab. The current state of Haryana was carved out of Punjab on 01 Nov 1966. Having an area of 44,212 sq kms Haryana is a part of Northern Indian Union. It is surrounded by Uttar Pradesh on the East, Punjab on the West, Himachal Pradesh on the North and Rajasthan on South. Having its boundaries surrounding National capital of India - Delhi by four districts Sonapat, Jhajjar, Gurgaon and Faridabad. The state owes a significant contribution in the GDP of India. Fertile lands, committed, hardworking and simple people, best of its kind cattle, especially buffalos, The River Yamuna and Highways makes it a great place. The state has been pioneer in Highway Tourism and has thrust on Farm Tourism, Agro Tourism. The State Bird of Haryana is Black Partridge, State Animal is Black Buck, State Tree is Peepal and State Flower - Lotus.

Maharshi Dayanand University, Rohtak

Maharshi Dayanand University, Rohtak was established in 1976, through act no XXV of 1975 of Haryana Legislative Assembly, as a residential University, with the objective to promote inter-disciplinary higher education and research with special emphasis on studies of environmental, ecological and life sciences.

In a span of 35 years, Maharshi Dayanand University has progressed leaps and bounds to emerge as a leading University of the state, and northern region of India. It's now a teaching-cum-affiliating University. At present, the University comprises of 11 Faculties, 40 post-graduate teaching departments (UTD), One Autonomous constituent institute (University Institute of Engineering & Technology) (UIET), a P.G Regional Centre at Meerpur (Rewari), an Institute of Law and Management Studies, Gurgaon, and a Directorate of Distance Education (DDE).

The University has a healthy tradition of research on lives and personalities of eminent Indians. As such, the Varsity has set up Sir Chhotu Ram Chair, Dr. B.R. Ambedkar Chair, J.L. Nehru Chair, Maharshi Dayanand Chair, Maharshi Valmiki Chair, Pandit Lakhmi Chand Chair, and Ch. Ranbir Singh Chair to promote studies and research on the lives and sterling contributions of these leading lights of Indian Society in their respective spheres. Centre for Haryana Studies and Women's Study Centre are the latest additions to the expanding academic and research horizons of the varsity.

Maharshi Dayanand University is a hub of academic activities with a wide range of courses- traditional, professional, and job-oriented as well as in emerging areas of science. The University offers its students foreign language courses in French and Spanish

to provide them linguistic skills for greater employability. Students are equipped with IT skills as computer education has been made mandatory at undergraduate level in all disciplines. Academic and Research activities is of utmost importance in the University. University faculty members have published 921 research papers in international journals, 1385 in national journals, and 65 in M.D.U. journals in the past 5 years. Faculty members have contributed 206 research papers in international and 916 research papers in national seminars/conferences. About 800 students are presently registered for Ph.D. in different disciplines of in the University.

University Teaching Dept. has 44 research collaborations with national institutions and 17 with international institutions. University has 8 MoUs with international, 4 MoUs with national and 1 MoU with industry for prompting academic and research activities. The Directorate of Distance Education (DDE) of the University is providing quality education through its traditional as well as professional job-oriented courses. DDE is in expansion mode, and as many as 17 new academic programmes have been launched during the current academic session. At present, DDE is offering 41 programmes, including 18 post-graduate level programmes. The courses have the approval of Distance Education Council (DEC). More than 15,000 students are enrolled in the distance education programmes. The working environ in DDE is student-centric and student-friendly, with all major operations being online, and a support system of 24-hour toll free support services (Call Centre) for the benefit of the students. The Distance Education programmes of this University have earned popularity all over the nation owing to its student-centric support services, good reading material, and excellent delivery mechanism. In fact, prestigious career magazine CAREERS 360 has adjudged M.D.U.'s Directorate of Distance Education amongst the top most

15 Distance Education institutions of the nation.

The University has an enabling academic environ with its modern Library, named as Vivekanand Library after the great social reformer of India. Vivekanand Library functions as an effective knowledge treasury. Its knowledge resources include 2,86,861 books, 47645 bound volume of journals, 435 current Indian journals, 118 current foreign journals, 4800 online journals, and 4 databases. The library functions from a modern, spacious building with 84,000 sq.ft. carpet area, providing seating capacity for 863 library users. The Library has an air-conditioned internet lab with 80 PC's, 1 GBPS bandwidth internet services, multimedia library with 20 PCs, and advanced video conferencing facility. In fact, Vivekanand Library is a fully automated library.

The University provides all possible platforms for career counseling, personality development, skills upgradation and placement for University students. There is University Centre for Competitive Examinations (UCCE) to provide coaching and guidance to the students for various competitive examinations. The Centre provides specialized coaching to hone the soft skills of the students, and work for their personality development. Further, the Centre provides guidance for the students to successfully face interviews and group discussions for job-selections. A new initiative taken by this University is establishment of University Career Counseling and Placement Cell. This cell is very active in organizing career information talks, and arranging placement opportunities for the University students. Further, University-Industry Liaison Cell has been established to facilitate academia-industry interface.

The unique feature of this University is strict adherence to UGC mandated 180 teaching days, timely conduct of examinations,

and time-bound declaration of results. Admission to various courses is through the mode of entrance examination to ensure quality students input. Academic Audit of the teaching departments to ensure and maintain internal quality is a salient feature of the University. The Internal Quality Assurance Cell, established as per guidelines of N.A.A.C., act as a beacon for academic quality maintenance in the University.

The University pays special emphasis on keeping pace with technological advancements. Massive computerization drive is on the varsity. The University has Dynamic Campus Wide Area Network facility with all related benefits. In fact, this University is the First WI-FI varsity campus in the region. Infrastructure is a key component of expansion and growth of any organization. Massive developmental expansion marked the rapid growth of the University during the last five years. Modern, spacious, well equipped buildings- like Centre for Biotechnology (CBT) building, University Institute of Engineering & Technology (UIET) building, new Bio-Sciences block, Institute of Hotel & Tourism (IHTM) building, etc. have come up. This has helped in expansion of the University Teaching Depts., and introduction of several new courses. Few more buildings are in construction which will house departments/offices.

Campus beautification, with an eye to inspire the students and visitors, is an aesthetically pleasing aspect of the University campus. Beautiful Chowks- Jai Jawan, Jai Kisan Chowk, Kranti Chowk, and Maharshi Dayanand Chowk- are points of attraction. Blooming flowers in Rose Garden, well paved sidewalks with well-pruned plants abundant, greenery drive in full swing, eco-friendly ambience make the University campus majestic in its outlook.

The University campus provides for adequate staff quarters- both for teaching as well as non-teaching staff. University Community Centre is there to cater to the personal, social, community, cultural, and religious concerns of the University community. Aesthetically attractive Teacher's club is also coming up fast on the campus. There is a Faculty House on the campus to cater to the lodging and boarding need of visitors. Further, expansion of Faculty House is on full swing. University Health Centre takes care of the health concerns of the University community. University Campus School caters to the schooling needs of children of University employees. There are two banks (State Bank of India and Haryana Cooperative Bank) on the campus. There are several cafeterias on the campus to cater to the taste buds and dining needs of University campus residents.

The University has excellent facilities for games and sports on the campus. Modern Sports Complex, with ultra modern multi-purpose indoor gymnasium, international standard swimming pool, squash court, boxing ring, wrestling mats/rings, spacious play ground (s), is a hub of games and sports activity. The University sports ground is a jogger's delight in the mornings and the evenings. In fact, Maharshi Dayanand University is a leading sports University of the nation figuring in the top-ten slot. University has an excellent track record in All India Inter-University Tournaments, especially in Boxing, Kabaddi, Wrestling, Judo, Athletics, Hockey, etc. University sports persons have won national-international colors, and excelled at World University Games, Asian Games, Commonwealth Games, and the Olympic Games. Several University sports persons have been decorated with Arjuna Award and Bhim Award. University provides best facilities and attractive stipend/scholarships to promote dynamic sports culture in the University.

The upward progressive strides of Maharshi Dayanand University has been noticed and appreciated by the print media too. In fact, the prestigious career magazine CAREERS 360 in its annual issue has included M.D.U.'s Directorate of Distance Education (DDE) in the First-Fifteen DDE institutions of the nation. The popular weekly magazine SUNDAY INDIAN has included this University in the Top-fifteen state Universities of the Nation. Maharshi Dayanand University is marching ahead for its tryst with academic excellence. Well-qualified faculty with adequate experience and academic credentials, hard working staff members, congenial academic and administrative environment, transparent, dynamic, responsive and responsible administrative set-up, strategic academic and research linkages at national-international level, WI-FI CAMPUS, a time-treasured tradition of timely examination and time bound result declaration, pulsating campus life, ample career growth opportunities for students, harmonious relationship between all the stakeholders is the essence of this University. Maharshi Dayanand University, thus, is a Centre for Academic Excellence, committed to quality education, with special focus on upliftment of girl and rural students, and a determined approach to contribute to social, community and national cause.

To sum up, a University with rich past, excellent present, and immensely promising future, which combines the best of traditional and modern education, to empower the students is what Maharshi Dayanand University represents!

Institute of Hotel and Tourism Management

The Institute of Hotel & Tourism Management (IHTM), MD University proudly stands in the listing of Schools of World directory of Tourism Education (World Tourism Directory) The Institute formally came into existence on 20th Feb, 2007 in Faculty of Management Studies, MD University Rohtak. The young and multi-disciplinary faculty of the Institute is dedicated to transform it in learning centre par excellence at the National as well as at International level. The Institute has been rated amongst Top Hotel Schools of India and No-1 in Haryana. (GHRDC- 2010). The Institute has been recipient of Grant of Rs 200 Lakhs under Central financial Assistance Scheme of Ministry of Tourism Govt. of India (2011). The Institute has been certified as per International Standards of Quality Assurance as ISO 9001:2008 in year 2012.

The Institute has quality infrastructure and latest learning resources supplemented by electronic equipments and a rich library. This all provides a fertile ground for teaching-learning environment and the students at the national level strive to seek admission in this Institute as their first choice. The Institute is facing IIM-Rohtak towards its East, Faculty of Law towards its North, The Yag Shala on South and Campus Gardens on West. With an investment of Approx 10 Million Indian Rupees the Institute Building provides an ideal atmosphere of a world class hotel school. In addition to it the central facilities of the University like Swimming Pool, Gymnasium, Tagore Auditorium, Fitness Centre and Students Activity Centre are available.

The Institute is laying continuous efforts to offer full time professional courses in Hospitality & Tourism in this age of educational revolution. Presently the Institute offers following programmes on campus:

- Two Year Master of Hotel Management
- Two Year Master of Tourism Management
- Three Year Bachelor of Hotel Management
- Three Year Bachelor of Tourism Management
- One Year Diploma In Housekeeping/ Front Office/ Food Production/ Food & Bev Services

The other facilities of the Institute include:

Institute Library:

A wide array of latest collection of more than 9000 books are present in the library on all subjects pertaining to Hospitality, Tourism & Management with latest Journals, National and International magazines on Hospitality and on Tourism Management. In addition to this E Journals & Separate Section for Digital Library is also available in the Institute.

Computer Lab:

Fully furnished air conditioned computer lab with a provision of seating capacity of fifty students in each batch with latest thin client computers is available in the Institute for students. The lab is well connected with internet as well intranet resources. In addition to it, entire institute is equipped with 24hrs internet service through wi-fi connection. Also the facility of Language Lab is attached with Computer Lab in the Institute Block.

Housekeeping Lab:

The housekeeping lab of the Institute is Equipped with latest equipments like Scrubbing Drying Machine, Dry & Wet Tank Type Vacuum Cleaners, Washing Machine and others, which provides an ideal atmosphere like that of a Hotel and is attached with Suites. There are three suites namely Kohinoor, Great Mogul & Orloff on the ground Floor and Five Superior Deluxe Rooms

on First Floor to provide hands on training experience like a hotel in the campus itself.

Front Office Lab:

Like a star hotel a fully furnished Front Office Lab with separate Reservation, Reception, Cashier, Concierge and Bell Desk Sections is available in the institute. Atrium lobby with travel division provides an ideal atmosphere for handling guest services for Hospitality Industry.

Food & Beverage Service lab:

Fully furnished and air-conditioned with a provision of 75 Covers Restaurant with a Training Bar with provision of Guerdon Service, Buffet services, Attached Coffee shop setup, trains students for Food & Beverage Service Segment of Industry. The students of the Institute have provided services to various dignitaries including Chief Minister of Haryana, Minister of Health, Minister of Education, Advocate General, Vice Chancellor and other eminent personalities. In addition to it there is a separate Tea Lounge in Lobby like a star hotel, providing hand on exposure for Food & Beverage Service Learners in the Institute.

Food Production Lab:

The Food Production lab is one of the most well equipped providing varied but incredible training inputs to develop culinary skills of budding hospitality professionals. Attached store with separate provision of Dry & Cold Storage and furnished with equipments like Three Deck Baking Oven, Dough Kneading Machine, Cooking Ranges makes the food production lab ideal for gastronomy training.

Tourism Services Lab:

The Tourism services lab encompasses of facilities like Online Travel Desk, Adventure Tourism Kits including Tents and

Adventure Accessories provides a real like exposure to students. In addition to it various tools for travelers like handy cam, digital camera are available in the Tourism Services Lab.

Conference Hall:

An Air Conditioned Conference Hall with seating capacity of 175 PAX, Equipped with Public Addressal System on all seats, in premises sensor system equipped washrooms, Cushioned Elegant Chairs, Wi-Fi Facility, LCD Projector and Computer is available with the Institute. .

Board Room:

Ideal for meetings having a seating capacity of 75 PAX, fully air conditioned, having Public Addressal System on all seats, near by sensor system equipped washrooms, Cushioned Elegant Chairs, 72inch LCD TV attached with Tata Sky and provision of connection with laptop for presentations makes the Institute environment at par with that of any elegant Hotel to train the students for Industry.

TRAINING AND PLACEMENT:

To impart practical exposure of Hospitality Industry, the students are provided with opportunity to visit different organizations to get first hand information of corporate life and understand their complexities and chance to interact with practicing executives in every semester.

Training/ Placement activities are co-ordinated by Training & Placement Cell of the Institute which facilitate contacts with recruiting organizations, inviting job opportunities, arranging pre recruitment interaction and scheduling Campus interviews.

A large number of reputed organizations provide Training and Placement to the students of IHTM.

Chutneys

Chutneys are small dishes intended to accompany other foods. They may be considered as a condiment or accompaniment. Chutneys can be highly spicy, sweet, bland, sour, pungent or a combination of tastes. They may be prepared from fruits, vegetables, herbs and spices. They may be raw, cooked or preserved. Chutneys are used across the globe including the western countries. Indian food is generally accompanied with chutneys. In the West, chutneys are also eaten with non vegetarian food especially cold meats.

Chutneys are popularly eaten in Haryanavi Meals. Most of the people in Haryana enjoy freshly made chutney with their meals. Based upon season and availability of ingredients chutneys are relished in various forms round the year in Haryana in most of the meals including Breakfast, lunch and dinner. A typical chutney is prepared on a 'Sil Batta' or ' Kundi Sota'. However in modern kitchen we do use Mixer - Grinders for preparation of chutney. But there is a little variation in taste when prepared in mixer grinder due to incorporation of air, extra fine grinding and fast processing. If prepared in mixer grinder, it is suggested to keep chutney aside in fridge for about 15 minutes and then serve, it will taste near to the one prepared on 'Sil Batta' or ' Kundi Sota'.

One important thing one must keep into mind while preparing chutney on 'Sil Batta' or ' Kundi Sota' is that dry ingredients should be ground first and ingredients with high moisture contents in the last. Most of the chutneys at home in Haryana are uncooked, spicy and free from oil, ghee or any fat. Chutneys are best eaten

when fresh and they are recommended to be consumed within ninety minutes after preparation. In this series, we have covered freshly ground homemade chutneys of Haryana. They are easy to prepare and takes only a few minutes to be ready. Most of the people in Haryana relish chutneys in their meals. Majority of them enjoy having a glass full of buttermilk (sweet or salted) along with chutney and meals.

Tamatar Chutney
(Serves - Four)

Ingredients:

Tomatoes - 100 gms,

Coriander leaves - 12-15 leaves,

Cumin powder - a pinch,

Green Chillies -2-3,

Salt - to taste

Method:

Wash Tomatoes, green Chillies and coriander leaves.

Grind Coriander Leaves, Green Chillies and Tomatoes

Add cumin powder and salt; Mix well.

Hara Dhaniya - Cholia Ki Chutney

(Serves - Four)

Ingredients:

Coriander leaves - 15-20,
Green gram (Cholia) 50gm,
Green Chillies - 3-4,
Garlic - 2 flakes,
Salt - a pinch,
Lassi/ Chaach (Butter Milk) - 50ml
or Tomato - 1 medium sized

Method:

Wash Tomatoes, Green Chillies, Green Gram and Coriander Leaves.

Grind Garlic flakes, Coriander Leaves, Green Gram, Green Chillies

Add Salt and Chaach; Mix well.

(Tomato can be used in place of chaach to try a new variant while grinding.)

Lasun Laal Mirch ki Chutney

(Serves - Four)

Ingredients:

Red Chillies - 7-8,
Garlic - 3-4 flakes,
Salt - a pinch,
Lassi/ Chaach (Butter Milk) - 50ml

Method:

Grind Garlic flakes, Red Chillies

Add Salt and Chaach; Mix well.

(Although most of the Chutneys are spicy, this one is a very spicy chutney, avoid giving to children. However, very popular in many parts of Haryana and tastes well if served with buttermilk.)

Kachri Ki Chutney

(Serves - Four)

Ingredients:

Kachri (baby sized - raw) - 100 gm,

Green Chillies - 3-4,

Salt - a pinch,

Lassi/ Chaach (Butter Milk) - 50ml

or Tomato - 1 medium sized

Method:

Wash Tomatoes, Green Chillies and Kachri.

Check Kachri by tasting a small piece, discard if bitter.

Grind Kachri, Green Chillies

Add salt and chaach; Mix well.

(In case of non availability of chaach add Tomato while grinding.)

Pudina Pyaaj Ki Chutney

(Serves - Four)

Ingredients:

Mint leaves (Pudina) - 25-30,

Green Chillies - 3-4,

Onion - 2 (Medium sized),

Salt - a pinch,

Green Mango (Kaccha Achari Aam) - 1-2tea spoon scoop

or Amchoor $\frac{1}{2}$ tea spoon

or Tomato - 1-2 medium sized.

Method:

Wash Tomatoes, Green Chillies, and Mint Leaves.

Grind Mint Leaves, Onions, Green Chillies, Green Mango

Add salt; Mix well.

(Tomato can be used in place of chaach to try a new variant while grinding.)

Pudina Lasun Ki Chutney

(Serves - Four)

Ingredients:

Mint leaves (Pudina) - 25-30,

Green Chillies - 3-4,

Onion - 2 (Medium sized),

Salt - a pinch,

Garlic Flakes - 2-3

Green Mango (Kaccha Achari Aam) - 1-2tea spoon scoop

or Amchoor ½ tea spoon

or Tomato - 1-2 medium sized.

Method:

Wash Tomatoes, Green Chillies, and Mint Leaves.

Grind Mint Leaves, Onions, Green Chillies, Green Mango, Garlic Flakes

Add Salt; Mix well.

(Tomato can be used in place of chaach to try a new variant while grinding.)

Marwah/ Pabri Ki Chutney -1

(Serves - Four)

Ingredients:

Marwah/Pabri leaves - 20-25,

Green Chillies - 3-4,

Garlic - 2 flakes,

Salt - a pinch,

Lassi/ chaach (Butter Milk) - 50ml,

Coriander Seeds - 20 gm

Method:

Wash Green Chillies and Marwah Leaves.

Grind Coriander Seeds, Garlic Flakes, Marwah Leaves, Green Chillies,

Add Salt and Chaach; Mix well.

Marwah/ Pabri Ki Chutney -2

(Serves - Four)

Ingredients:

Marwah/Pabri leaves - 20-25,
Green Chillies - 3-4,
Garlic - 2 flakes,
Salt - a pinch,
Onion - 1-2 Medium sized
Tomatoes - 2-3 Medium Sized,
Coriander Seeds - 20 gm

Method:

Wash Green Chillies, Tomatoes and Marwah leaves.
Grind Coriander Seeds, Garlic Flakes, Onion, Tomatoes, Marwah Leaves & Green Chillies,
Add salt and Mix well.

Aloo Lasun Ki Chutney

(Serves - Four)

Ingredients:

Potatoes - 1-2 (Medium Sized),
Green Chillies - 3-4,
Garlic - 3-4 flakes,
Salt - a pinch,
Lassi/ Chaach (Butter Milk) - 100ml

Method:

Wash Potatoes and Green Chillies. Boil Potatoes and remove skin.
Grind Garlic flakes, Boiled Potatoes, Green Chillies (Red Chillies can also be used in place of green Chillies here)
Add Salt and Chaach; Mix well.

Hari Mirch Ki Chutney

(Serves - Four)

Ingredients:

Green Chillies - 6-7,

Garlic - 2 flakes,

Salt - a pinch,

Lassi/ Chaach (Butter Milk) - 50ml

or Tomato - 1 medium sized

Method:

Wash Green Chillies.

Grind Garlic Flakes, Green Chillies

Add Salt and Chaach; Mix well.

(Tomato can be used in place of Chaach to try a new variant while grinding.)

Aam ki Chutney

(Serves - Four)

Ingredients:

Ripened Mango - 1 Big Sized,

Red Chilli Powder - ½ tea spoon,

Salt - a pinch,

Sugar -1 Tea Spoon

Method:

Wash Mango and remove the skin. Separate the pulp from seed.

Grind Mango Pulp, Red Chilli powder and sugar.

Add Salt; Mix well.

Kele Ki Chutney
(Serves - Four)

Ingredients:

Banana 1-2

Green Chillies - 2-3,

Garlic - 2 flakes,

Salt - a pinch,

Sugar - 1 tea spoon,

Lassi/ Chaach (Butter Milk) - 100ml

Method:

Peel Bananas and cut into small pieces.

Grind Garlic Flakes, Green Chillies, Sugar and Banana.

Add salt and chaach; Mix well. (In place of Chaach - Lemon Juice can be added.)

Tip: Don't leave peeled banana unattended for a long as it will turn brown/black. Add Chaach/ lemon juice immediately after grinding and mix well.

Bhoone Aloo Ki Chutney
(Serves - Four)

Ingredients:

Potatoes 1-2 (Medium sized),

Green Chillies - 3-4,

Garlic - 2 flakes,

Salt - a pinch,

Lassi/ Chaach (Butter Milk) - 150ml.

Method:

Wash Potatoes and put them in dry heat in chuhla.

(In case of non availability of a chuhla bake the potatoes till done and little brown/ Or Micro wave cooking could be done.)

Remove skin from Potatoes, add Green Chillies and Garlic. Grind the ingredients.

Add Salt and Chaach; Mix well.

(In case of non availability of chaach add curd while grinding).

Pyaaaz Tamatar Chutney

(Serves - Four)

Ingredients:

Onion -1 medium sized,
Tomatoes 2-3 medium sized,
Green Chillies - 3-4,
Garlic - 1-2 flake,
Salt - a pinch.

Method:

Wash Tomatoes, Green Chillies and Onions.
Grind Garlic Flakes, Green Chillies, Tomatoes and Onions.
Add Salt and mix well.

Methi Ke Patton ki Chutney

(Serves - Four)

Ingredients:

Fenugreek Fresh (newly sprung) leaves - 15-20,
Green Chillies - 3-4,
Garlic - 1 flake,
Salt - a pinch,
Lassi/ chaach (Butter Milk) - 50ml
or Tomato - 1 medium sized

Method:

Wash Tomatoes, Green Chillies, Fenugreek Leaves.
Grind Garlic Flakes, Fenugreek Leaves, Green Chillies
Add Salt and Chaach; Mix well.

(Tomatoes can be used in place of chaach to try a new variant while grinding.)

Chane Ke Patton ki Chutney

(Serves - Four)

Ingredients:

Black/ Green Gram Plant leaves (fresh
newly sprung) - 15-20,
Green Chillies - 3-4,
Garlic - 2 flakes,
Salt - a pinch,
Lassi/ chaach (Butter Milk) - 50ml
or Tomato - 1 medium sized

Method:

Wash Tomatoes, Green Chillies and Chane ke Patte, Gram leaves.
Grind Garlic Flakes, Gram Leaves, Green Chillies
Add Salt and Chaach; Mix well.
(Tomato can be used in place of Chaach to try a new variant
while grinding.)

Amrood ki Chutney

(Serves - Four)

Ingredients:

Guavas - 1-2 ripened, medium sized,
Green Chillies - 1-2,
Garlic - 1 flake,
Salt - a pinch,
Sugar - 1 tea spoon,
Lassi/ Chaach (Butter Milk) - 50ml

Method:

Wash Green Chillies and Guava.
Grind Garlic Flakes, Guava, Green Chillies and Sugar
Add Salt and Chaach; Mix well.

Pyaaaz Laal Mirch Chutney

(Serves - Four)

Ingredients:

Onion - 2-3 Medium sized,

Red Chillies - 3-4,

Garlic - 1 flake,

Salt - a pinch,

Tomato - 1 medium sized

Method:

Wash Tomatoes.

Grind Garlic Flakes, Onion, Red Chillies & Tomato

Add salt; Mix well.

Teet Ki Chutney

(Serves - Four)

Ingredients:

Teet/Dela - 100 gms,

Green Chillies - 3-4,

Cumin seeds- ½ tea spoon,

Salt - a pinch,

lassi/ chaach (Butter Milk) - 250ml

Method:

Wash Teet and soak in water/ butter milk for two days. (Keep changing the liquid after every four hours.) or get garden fresh (kacche) raw Teet and taste if sour.

Grind roughly Teet, Cumin Seeds & Green Chillies

Add Salt and Chaach; Mix well.

Sookha Dhaniya Ki Chutney

(Serves - Four)

Ingredients:

Coriander seeds 20- 25 gm,
Green Chillies - 3-4,
Garlic - 2 flakes,
Salt - a pinch,
lassi/ chaach (Butter Milk) - 50ml

Method:

Wash Green Chillies.

Grind Garlic Flakes, Coriander Seeds and Green Chillies

Add Salt and Chaach; Mix well.

Aam ke Bohar Ki Chutney

(Serves - Four)

Ingredients:

Aam ka Kohra/Bohar/ Newly Sprung
Mango Flowers - 50 gms
Coriander seeds 20- 25 gm,
Green Chillies - 2-3,
Garlic - 1 flake,
Salt - a pinch,
lassi/ chaach (Butter Milk) - 50ml

Method:

Wash Green Chillies and Fresh Mango Flowers.

Grind Garlic Flakes, Coriander Seeds, Green Chillies and Newly Sprung Fresh Mango Flowers

Add Salt and Chaach; Mix well.

(Newly Sprung Mango Flowers generally appear in March/ April in Northern India and yield to Mangoes on trees in May/June.)

Matar Ki Chutney

(Serves - Four)

Ingredients:

Green Peas (Matar) - 50 gm

Coriander 20- 25 leaves,

Green Chillies - 2-3,

Garlic - 2 flakes,

Salt - a pinch,

lassi/ chaach (Butter Milk) - 50ml

Method:

Wash Green Peas and Green Chillies.

Grind Garlic Flakes, Coriander Leaves, Green Peas and Green Chillies

Add salt and chaach; Mix well.

Hare Dhaniya Ki Chutney -1

(Serves - Four)

Ingredients:

Coriander Leaves 250 gm,

Green Chillies - 3-4,

Ginger - 15gm

Cumin Seeds (Zeera) - 15 gm,

Salt - a pinch,

Lemon - 1-2

Method:

Wash green Chillies. Coriander leaves thoroughly.

Grind Ginger, Coriander Leaves, Cumin and Green Chillies

Add salt and lemon juice; Mix well.

Hare Dhaniya Ki Chutney - 2

(Serves - Four)

Ingredients:

Coriander leaves 100 gm,

Green Chillies - 3-4,

Garlic - 2 flakes,

Salt - a pinch,

lassi/ chaach (Butter Milk) - 50ml

Method:

Wash Green Chillies and Coriander Leaves.

Grind Garlic Flakes, Coriander Leaves and Green Chillies

Add Salt and chaach; Mix well.

Palak Ki Chutney

(Serves - Four)

Ingredients:

Spinach leaves (Palak) 50 gm,

Green Chillies - 2-3,

Garlic - 1 flake,

Salt - a pinch,

lassi/ chaach (Butter Milk) - 50ml

Method:

Wash Green Chillies and Spinach Leaves.

Grind Garlic Flakes, Spinach Leaves and Green Chillies

Add Salt and chaach; Mix well.

Angoor Ki Chutney

(Serves - Four)

Ingredients:

Angoor (Grapes) - 100 gm

Mint leaves 10-12,

Green Chillies - 2-3,

Sugar - 1 tsp

Salt - a pinch,

Method:

Wash Green Grapes and Mint Leaves.

Grind Mint Leaves, Grapes, Sugar and Green Chillies

Add salt; Mix well.

Aal Ki Chutney

(Serves - Four)

Ingredients:

Aal (Spring Onion) - 100 gm,

Green Chillies - 3-4,

Coriander Seeds - 10-15 gm,

Salt - a pinch,

Tomatoes - 2 Medium sized

Method:

Wash Green Chillies and Spring onions.

Grind Coriander Seeds, Spring Onion, Tomatoes and Green Chillies

Add salt and; Mix well.

Kachee Aam aur Lasun Ki Chutney

(Serves - Four)

Ingredients:

Green/ Pickle Mango 100 gm,

Green Chillies - 3-4,

Garlic - 3 flakes,

Salt - a pinch,

Method:

Wash Green Chillies and Mango, Peel Mango and take pulp out.

Grind Mango Pulp, Garlic Flakes and Green Chillies

Add Salt and; Mix well.

Kadhi Patte Ki Chutney

(Serves - Four)

Ingredients:

Curry leaves 100 gm,

Green Chillies - 3-4,

Garlic - 2 flakes,

Salt - a pinch,

lassi/ chaach (Butter Milk) - 50ml

Lemon -1

Method:

Wash Green Chillies and Curry leaves.

Grind Garlic Flakes, Curry Leaves and Green Chillies

Add Salt and chaach; Mix well.

Lemon Juice could be added in place of Chaach for another variant.

Hare Dhaniya Pyaaz Ki Chutney
(Serves - Four)

Ingredients:

Coriander leaves 100 gm,
Green Chillies - 3-4,
Garlic - 2 flakes,
Onion - 2 Medium sized
Salt - a pinch,
Lemon - 1

Method:

Wash Green Chillies and Coriander leaves.
Grind Garlic Flakes, Coriander Leaves, Onion and Green Chillies
Add Salt and Lemon Juice; Mix well.

Amrood - Adrak Ki Chutney
(Serves - Four)

Ingredients:

Amrood (Guava) - 2 Medium Sized ripened
Coriander leaves 30 gm,
Green Chillies - 3-4,
Adrak (Ginger) - 20 gm,
Salt - a pinch,
lassi/ chaach (Butter Milk) - 50ml
Lemon - 1

Method:

Wash Green Chillies and Coriander Leaves and Guava.
Grind Ginger, Guava, Coriander Leaves and Green Chillies
Add Salt and chaach; Mix well
Lemon Juice could be added in place of buttermilk for another
variant.

Kheera, Tamatar Pyaaz Ki Chutney
(Serves - Four)

Ingredients:

Kheera (Cucumber) - 1 Small
Pyaaz (Onion) - 1 Medium Sized
Tomatoes - 3 Medium Sized
Coriander leaves - 10-12
Green Chillies -2-3,
Cumin Seeds - 10gm
Salt - a pinch,

Method:

Wash Cucumber, Tomatoes, Green Chillies and Coriander leaves.
Grind Onion, Cucumber, Tomatoes, Cumin Seeds, Coriander
Leaves and Green Chillies
Add Salt and; Mix well.

Anardana - Zeera Chutney
(Serves - Four)

Ingredients:

Anardana (Pomegranate seeds) 100 gm,
Green Chillies - 2-3,
Cumin Seeds- 15-20 gm,
Salt - a pinch,

Method:

Wash Green Chillies.
Grind Cumin seeds, Pomegranate Seeds and Green Chillies
Add Salt and 2 tsp water; Mix well.

Aloo Tamatar Dhaniya Ki Chutney

(Serves - Four)

Ingredients:

Dhaniya (Coriander leaves) - 50 gm,
Aloo (Potato) - 1 medium sized
Tamatar (Tomatoes) - 2-3 Medium sized
Green Chillies - 3-4,
Garlic - 1 flake,
Salt - a pinch,

Method:

Wash Green Chillies, Tomatoes and Coriander leaves.
Boil Potatoes and peel them off.
Grind Garlic, Coriander Leaves, Tomatoes and Green Chillies
Add Salt and mashed Potatoes; Mix well.

Imli Ki Chutney

(Serves - Four)

Ingredients:

Imli (Tamarind) 100 gm,
Gur (jaggery) - 50 gm
Red Chillies - 3-4,
Kishmish (Resins) : 50 gm
Salt - a pinch,
Garam Masala : 1 tsp

Method:

Wash Tamarind.
Soak Tamarind and Jaggery in 200 ml water for 20 minutes and then bring to boil.
Extract Tamarind puree and remove seeds.
Grind Red Chillies, and mix with puree.
Add Salt, Garam Masala and Resins ; Mix well.



Author with students in the IHTM lab preparing chutneys

About Author

Dr. Ashish Dahiya - is Associate Professor in Institute of Hotel & Tourism Management, Maharshi Dayanand University Rohtak. He has served as a Reader in Hotel & Tourism Management at HNB Garhwal Central University Uttarakhand and has been Founder Member of Department of Hotel Management & Catering Technology, Birla Institute of Technology, Mesra (Ranchi) India & UAE Campus. He has two books to his credit. He is the Founder Editor of Journal of Hospitality Application and Research, Managing Editor of Journal of Tourism - An International Journal and Associate Editor of International Journal of Hospitality & Tourism Systems. Having his Ph.D in Tourism & Hotel Management, he is Gold Medalist in M.Sc - Hotel Management as well as Post Graduate Diploma in Tourism & Hotel Management. He is also Masters in Tourism Management. He has been an alumnus of National Council of Hotel Management - Pusa, New Delhi and has attended FDP at Indian Institute of Management Kozhikode. He has organized fifteen seminars and conferences and serves on International Board of Various Journals of Hospitality & Tourism in Malaysia, Australia, USA, Africa & India. He is a frequent figure in Seminars and Conferences and has many research papers to his credit. He has been associated with Oberoi Hotels & Resorts, Taj Hotels Palaces & Resorts, Indian Tourism Development Corporation in Industry. He can be contacted on drashishdahiya@gmail.com or [facebook.com/drashishdahiya](https://www.facebook.com/drashishdahiya)



Traditional Welcome
in Haryanvi Costumes by IHTM Students



Budding Chefs of IHTM



Vice-Chancellor interacting with students
of IHTM on Haryanvi Theme