

HEALTHY OPTIONS AWARD



A guide to:

Indian Restaurant

dishes for ASSESSORS

Indian Restaurants

Within the UK, Indian restaurants and takeaways have become more and more popular. When menus are studied at different Indian restaurants, it will quickly become apparent that not only are the same dishes often spelt differently, but they also contain a different combination of ingredients! Some dishes, like the well-known Chicken Tikka Masala, have been developed purely for the western palate. As well as moving away from traditional recipes, the methods of cooking have also changed and vary between restaurants, so no assumptions can be made about how a dish is cooked.



To enable main dishes to be prepared quickly, restaurants and takeaways often have a basic 'curry gravy'. Most sauces are a derivative of the basic curry, with different ingredients added.

The following is a guide to the most common dishes served at Indian restaurants and takeaways. Due to the large range of dishes available, distinctions have not been made between Indian, Bangladeshi, Pakistani and Bengali dishes. This is not an exhaustive list and aims to provide a *general* guideline only.

Ingredients

- ▶ **Aloo** - Potato
- ▶ **Bhindi** - Okra
- ▶ **Brinjal** - Aubergine / Eggplant
- ▶ **Chana** - Chickpeas
- ▶ **Chingri** - Prawns,
Raji Chingri - King Prawns
- ▶ **Ghee** - A clarified, semi fluid butter
- ▶ **Gobi** - Cauliflower
- ▶ **Gosht** - Lamb
- ▶ **Keema** - minced meat
- ▶ **Malai** - A south Asian version of clotted cream, sometimes from water buffalo milk. High fat content (approx 55% butterfat).
- ▶ **Machli** - Fish
- ▶ **Murgh** - Chicken
- ▶ **Muttar** - Peas
- ▶ **Paneer** - An Indian cheese (often cottage cheese style). **Ponir** is a salty, hard version of paneer.
- ▶ **Saag / Sag** - Spinach



Soup

- ▶ **Mulligatawny Soup** - Recipes vary, but can contain chicken, lentils and spices.
- ▶ **Daal Soup** - Made from pulses, usually lentils.

Appetisers / Starters

- ▶ **Bhaji / Bhagee** - Deep fried starter, often onion, but also other varieties such as mushroom or cauliflower.
- ▶ **Poppadum / Papadom** - Made from lentil flour dough and generally deep fried (could be baked or grilled).
- ▶ **Pakora** - Usually vegetables (but also paneer, chicken, prawn) coated in flour and deep fried.
- ▶ **Prawn puri** - Fried prawns (or prawn curry) on small rounds of fried puri bread.
- ▶ **King prawn butterfly** - Prawn opened up, breadcrumbed and shallow fried.
- ▶ **Raita / Raitha** - Yoghurt dip with cucumber (+ sometimes onion and tomato).
- ▶ **Rashmi kebab** - Shami kebab, wrapped in egg omelette.
- ▶ **Samosa** - Vegetable / meat wrapped in pastry and deep fried.
- ▶ **Sheek kebab** - Spiced minced lamb shaped around a skewer and cooked over charcoal fire, or in tandoor oven.
- ▶ **Shami kebab** - Minced lamb mixed with spices / lemon juice / lentils / garlic, flattened and shaped into a round. Either baked in tandoor oven, or fried.



Breads

- ▶ **Nan / Naan** - Leaven bread dough, often containing milk, yoghurt +/- ghee. Cooked in a *tandoor* (clay oven) and often brushed with butter / ghee.
 - Peshwari Naan - stuffed with sultanas / raisins, coconut, pineapple +/- nuts
 - Keema Naan - stuffed with minced meat (usually lamb / mutton)
 - Kulcha Naan - stuffed with vegetables (onions)
 - Aloo Naan - stuffed with potatoes
 - Paneer Naan - stuffed with Indian cheese
- ▶ **Bhatura** - like Nan, but deep fried.
- ▶ **Chapatti / Chapati** - Unleavened bread (usually wholewheat), cooked on a heavy griddle pan (tawa).
- ▶ **Roti** - Similar to chapatti, cooked either on griddle or in the tandoor oven (tandoori roti) and can be finished off over a naked flame.
- ▶ **Puri / Poori** - Small, round unleavened bread (often wholewheat), deep fried in oil / butter / ghee. Often part of a starter (e.g. Prawn Puri).
- ▶ **Paratha / Poratha** - Unleavened bread with flaky layers (often wholewheat) which is pan fried in ghee / oil. Can be stuffed with vegetables, potato or paneer.

Rice

- ▶ **Pilau / Pilaw** - Parboiled basmati rice, fried with spices +/- other ingredients. Differs from Biryani (see below) because the rice is cooked separately from the other ingredients.



Main dishes

- ▶ **Balti** - A curry which is fast-cooked over a high flame in a 'balti' (a round bottomed wok with handles). Often served sizzling in the balti dish. Recipes vary greatly, but often based on tomato, onion, garlic and spices.
- ▶ **Bhuna / Bhoona** - Often a thick or fairly dry sauce containing tomato, onion and spices.
- ▶ **Biryani / Biriyani** - Rice dish made with basmati rice, spices, vegetables, meat / seafood (unless vegetarian) and sometimes yoghurt. The rice is fried with oil / ghee. Biryani is often served with a separate curry sauce.
- ▶ **Daal / Dhal / Dahl** - Thick, spicy sauce made with stripped *pulses* (usually lentils). Chana Dhal' = chickpeas.
- ▶ **Dhansak / Dansak** - A sweet and sour sauce made with *lentils / lentil puree*. Sometimes with pineapple.
- ▶ **Dupiaza / Dopiaza (also Piazza)** - Often like Bhuna, but with *extra onions*. Also often topped with fried onions.
- ▶ **Jalfrezi** - A hotter curry usually including green *chillis*, onion, tomato and peppers.
- ▶ **Kashmir** - *Coconut cream* sauce with a variety of fruits (lychee, banana, mango, pineapple).
- ▶ **Korai / Karai** - Usually refers to the sizzling pan that the dish is cooked and served in. Tomato and onion based, sometimes with tikka chicken or lamb.
- ▶ **Korma / Kurma** - A mild, *creamy curry*, often containing butter, cream and coconut milk. Sometimes with almonds / ground almonds.
- ▶ **Madras** - Fairly hot curry, with tomatoes, spices and chilli powder. Sometimes with coconut cream +/- almonds.
- ▶ **Makhani / Makhni** - Sauce with *butter*, tomatoes, almonds and often *cream*. 'Butter Chicken' includes chicken which is marinated in *yoghurt* and spices, then baked or roasted. The cooked chicken is then added to the sauce.





- ▶ **Malaya** - Coconut cream, mild spices, pineapple / banana.
- ▶ **Methi** - Thick spicy sauce with *fenugreek* (Methi), herbs and spices.
- ▶ **Moglai / Moghul** - Mild dish with *yoghurt*, *coconut*, onions, cashew nuts and spices.
- ▶ **Pathia / Patea** - Hot, sweet and sour dry sauce, using tomato, lemon and fruits or *sugar*.
- ▶ **Pasanda** - Usually a sauce with *coconut milk / cream*, *fresh cream and almonds*. (Can also refer to strips of meat marinated in yoghurt and spices, then cooked in a saucepan with onions, coriander and chillis).
- ▶ **Phal / Phaal** - Hotter version of vindaloo.
- ▶ **Rogan Josh** - Tomatoes, onions and often peppers.
- ▶ **Tandoori** - Meat marinated in *yoghurt*, spices and often red food colouring, then baked in a tandoor oven. Often a whole portion of meat (e.g. 1/4 chicken), rather than diced / strips.
- ▶ **Tikka** - Similar to Tandoori, but usually smaller pieces of chicken / lamb / fish.
- ▶ **Tikka masala** - Made with tikka meat. Mild creamy sauce often made with *cream +/- coconut cream*, tomatoes and some form of red colour (tomato puree / red or orange colouring).
- ▶ **Vindaloo** - Hot and spicy sauce with some potatoes often added to the sauce.

Desserts

- ▶ **Kulfi** - Indian *ice-cream*, made with boiled milk (often water buffalo which is high in fat). Different flavours include *Malai*, pistachio, mango, almond, orange and cardamon. Differs from western ice-cream in that it is more like dense frozen milk than an aerated ice-cream.
- ▶ **Gulab Jamun** - Deep fried dough made with condensed milk and a little flour, served in flavoured sugar syrup.
- ▶ **Rasmalai** - Sugary balls of cheese (paneer, ricotta), soaked in condensed milk / malai.
- ▶ **Kheer / Firni** - Ground rice pudding containing thickened milk (condensed) and sugar.

Drinks

- ▶ **Lassi** - *Yoghurt* based drink which can be with salt or sweetened with sugar. Can be flavoured - mango, strawberry, lemon. May be topped with a layer of *Malai*.
- ▶ **Rus (Mango juice)** - Very sweet, canned drink.