

INDIAN COOKERY.



No. 1.

YAKHNÍ PULÁ'O.

Ingredients.

Take common Rice, $\frac{1}{2}$ ser (1 lb. avoirdupois).

Meat gravy, 4 sers (8 lb.)

A piece of kid (or lamb), $1\frac{1}{2}$ ser (3 lb.)

Butter, 3 pá'o ($1\frac{1}{2}$ lb.)

Milk, $\frac{1}{2}$ ser (1 lb.)

Cream, $\frac{1}{2}$ ser (1 lb.)

Coagulated milk (boiled), 1 pá'o ($\frac{1}{2}$ lb.)

Almonds, $\frac{1}{2}$ ser (1 lb.)

Cardamums, 2 dáms (5 drops).

Cloves, 6 máshas (4 drops).

Cinnamon, 6 máshas (4 drops).

Salt, 1 chittank (2 oz.)

Lemon, $\frac{1}{2}$ pá'o ($\frac{1}{4}$ lb.)

Rosewater, 2 dáms (4 drops).

First, let all the pieces of meat be washed seven or eight times, until the water used come off pure, and they

be quite clean. After that put four pounds of good water into the pot, and throw into it the pieces already mentioned, and let them boil; and, while boiling, remove the scum that may appear on the water. When, in the boiling, two pounds of the water only remain, take it down from the fire-place, strain it through a cloth, and put this gravy-juice into the butter. After that put into it half the weight of the cardamums, and replace it on the fire-place. Afterwards take it off, and select the heavy pieces carefully from the others; put them into the pot in which the gravy is, and having passed it upon the trivet, let it boil. When half the soup remains, put into it lime-juice and salt, and take it down from the fire-place. Then, having peeled and ground the almonds, put the almonds, cream, and coagulated milk altogether; strain them through a fine cloth, and throw them amongst the soup and pieces (of meat, &c.). Having steeped the rice in water for two hours before this, now remove the water, and put fresh water into the pot corresponding to it, and make it boil. When it is somewhat ready, strain it through a cloth, and put it into the pot containing the gravy and ingredients (pieces); and, having closed the mouth of the pot with flour, put it on the fire. When the steam rises from the pot, take it down, and, having put hot charcoal round it, stew it; and after about twenty-four minutes open its mouth and serve it up.

No. 2.

FRIED FOWL OF MUHAMMED SHAH.

- Take Rice, $\frac{1}{2}$ ser (1 lb. avoir.)
 Meat gravy, 1 ser (2 lb.)
 A fowl.
 Butter, $\frac{1}{2}$ ser (1 lb.)
 Cream, $\frac{1}{4}$ ser ($\frac{1}{2}$ lb.)
 Milk, $\frac{1}{4}$ ser ($\frac{1}{2}$ lb.)
 Boiled milk, $\frac{1}{4}$ ser ($\frac{1}{2}$ lb.)
 Almonds, $\frac{1}{4}$ ser ($\frac{1}{2}$ lb.)
 Aniseed (or wild onion), 2 masha.
 Salt, 1 chittank (2 oz.)
 Cardamums, 4 masha, ($2\frac{1}{2}$ drachms).
 Cloves, 2 masha ($1\frac{1}{4}$ drachms).
 Cinnamon, 2 masha ($1\frac{1}{4}$ ditto).
 Raw ginger, 1 chittank (2 oz.)
 Lime, 1 chittank (2 oz.)
 Dry coriander, 4 masha ($2\frac{1}{2}$ drs.)

First clean the fowl, and pierce it with the point of the knife; then having ground half the weight of the ginger and salt together, rub it into the fowl; put the butter into the pot, and place it on the fire; and having mixed the curdled milk with the fowl, throw it into the pot with the butter, and dress it with a slow fire. When it is well browned, throw in a quarter of a pound of water, and take it off the fire. The cream and the milk and the ground almonds, strain through a cloth, and put

them into the pot: add lemon. Then having taken about two pounds of flesh, washed and cleaned, and put it into a pot of proper size, boil it. When four pounds of water are reduced to two, take it off, strain and boil the rice in the meat gravy and sprinkle it with salt: then take it off, and having strained it, throw the rice into the pot containing the fowl; and having put in anniseed, cinnamon, cloves, and cardamums, close the mouth of the pot with flour, and replace it on the trivet and cook it with a gentle fire. When the steam rises, having taken it down, put it on a charcoal fire and place some of the coals round it, and after twenty-four minutes, open the mouth of the pot and serve it up.

No. 3.

A LIGHT PULÁ'O.

Take Rice, $\frac{1}{4}$ ser (1 lb.)
 Meat gravy, 1 ser (2 lbs.)
 Butter, $\frac{1}{2}$ ser (1 lb.)
 Kid or lamb, $\frac{1}{2}$ ser (1 lb.)
 Cream, $\frac{1}{4}$ ser ($\frac{1}{2}$ lb.)
 Almonds, $\frac{1}{4}$ ser ($\frac{1}{2}$ lb.)
 Boiled milk, $\frac{1}{4}$ ser ($\frac{1}{2}$ lb.)
 Milk, $\frac{1}{4}$ ser ($\frac{1}{2}$ lb.)
 Salt, 1 chittank (2 oz.)
 Dry coriander, 2 dams (5 drops).
 Cinnamon, 2 masha ($1\frac{1}{4}$ drachms).

Cardamums, 2 masha ($1\frac{1}{4}$ drachm).

Cloves, 2 ditto ($1\frac{1}{4}$ ditto).

Raw ginger, 1 chittank (2 oz.)

Lemon, 1 chittank (2 oz.)

Aniseed, 2 masha, ($1\frac{1}{4}$ drs).

The mode of forming it is this: First remove all the bones from the flesh, and having made it into slices, let it be half scored through with the knife; grind half the quantity of cardamums and of the cloves, and all the coriander, and half the salt; add the boiled milk, and having mixed them into the slices and put them into the butter, fry them. When it becomes brown add $\frac{1}{8}$ of water; take it off, and after this having mixed together the ground almonds, the cream and milk, and strained them, throw them into the kettle: add lemon. Then having taken up the meat gravy, and thrown the rice into it, give it a half boil. Throw in the remainder of the salt, and having strained the rice through a cloth, throw it into the butter and the collops (or slices). Then having put in the cloves, cardamums, and cinnamon, close the mouth with flour. Then pass it on the fire, and when the steam rises take it off the trivet, and put it on the coals, then stew it for twenty-four minutes; put a little of the coals round it, and when it has stewed sufficiently, eat it.

No. 4.

KHICHARY.

Take Dāl, or mung (a kind of pease), $\frac{1}{4}$ ser, ($\frac{1}{2}$ lb. avoird.)

Common rice, $\frac{1}{4}$ ser, ($\frac{1}{2}$ lb.)

Butter, $\frac{1}{2}$ ser, (1 lb.)

Milk, $\frac{1}{4}$ ser, ($\frac{1}{2}$ lb.)

Salt, $\frac{1}{2}$ chittank, (1 oz.)

Whole cardamums, 2 masha, ($1\frac{1}{4}$ drs.)

Cloves, $\frac{1}{2}$ masha, (5 drops).

There are two modes of preparing this dish. It may be cooked in an earthen pot or a copper kettle. First put two pounds of water into the pot and place it on the fire. When the water becomes hot put in the pease, having first washed them in three or four waters, and when they are ready cooked, throw in your butter, cloves, and whole cardamums; and, if you have a nice (luxurious) taste, put milk into the *khichary*. After this, close the mouth of it with flour, and place it on a coal fire, and stew it.

If you wish to make *khichary* of pease or pulse (*cytiscus cajan*, *cicer lens*, or *ervum lens*, or *hirsutum*), the mode is that which has been described; and if shelled pease be agreeable, let them be so, and make the same composition. If it be the kind of pulse called *cytiscus cajan* of which you wish to make *khichary*, first

boil the pease, then mix in the rice in the manner above mentioned. When it is cooked, stew it over hot ashes, and then serve it up.

No. 5.

A SMALL FRIED KHICHARY.

Take common Rice, $\frac{1}{4}$ ser ($\frac{1}{2}$ lb. avoird.)

Dal Mung (pease) $\frac{1}{4}$ ser ($\frac{1}{2}$ lb.)

Butter, $\frac{1}{2}$ ser (1 lb.)

Onions, $\frac{1}{2}$ chittank (1 oz.)

Cloves, 2 masha ($1\frac{1}{4}$ drachms).

Cardamums, 2 masha, ($1\frac{1}{4}$ ditto).

Black Pepper, 2 ditto ($1\frac{1}{4}$ ditto).

Anniseed, 2 ditto ($1\frac{1}{4}$ ditto).

Salt, $\frac{1}{2}$ chittank (1 oz.)

This is the composition: Having put the butter into the kettle, and sliced the onions and put them into the butter, place it on the fire-place, and having washed the khichary (qu. pease?) put it in along with the onions: having also put the said ingredients quite entire and unground into the butter, fry the khichary. When it becomes brown put in half a ser (one pound) of water, and when the khichary becomes tender and nice to the taste, take it off the trivet, close up the mouth with flour, and replace it on a coal fire. After a while (*gharí*, twenty-four minutes), when it has been stewed and become ready, open it and serve it up.

No. 6.

COMPOSITION FOR MAKING KORMAH.

- Take Meat, $\frac{1}{2}$ ser (1 lb.)
 Butter, $\frac{1}{4}$ ditto ($\frac{1}{2}$ lb.)
 Salt, $\frac{1}{2}$ chittank (1 oz.)
 Boiled milk, $\frac{1}{4}$ ser ($\frac{1}{2}$ lb.)
 Cream, 1 chittank (2 oz.)
 Ginger, $\frac{1}{2}$ ditto (1 oz.)
 Lemon, $\frac{1}{2}$ ditto (1 oz.)
 Dry Coriander, $\frac{1}{2}$ *dam* ($1\frac{1}{3}$ drops).
 Cloves, 1 masha ($10\frac{1}{2}$ drops).
 Cardamums, 1 ditto ($10\frac{1}{2}$ ditto).
 Black Pepper, 4 ditto ($2\frac{1}{2}$ drachms).
 Saffron, 1 masha ($10\frac{1}{2}$ drops).

Wash the flesh and mix it with the salt and essence of ginger; then take the boiled (coagulated) milk, and having pressed out the water through a strainer, and the cream strained through a cloth, mix the two latter ingredients with the meat, and fry the onions (cut coat by coat) with the butter. When it becomes brown, throw the meat into the butter, and the cloves and whole cardamums; and having roasted and peeled the coriander put it in also. When the meat becomes brown with frying, put in $\frac{1}{4}$ ser ($\frac{1}{2}$ lb.) of water, and cook it till the flesh becomes tender. Having then put in the black pepper, lemon-juice and saffron, take it off the trivet, and put it on a coal fire and stew it. Then serve it up for eating.

No. 7.

DOPIYAZAH.

- Take Meat, $\frac{1}{2}$ ser (1 lb. avoird.)
 Butter, $\frac{1}{4}$ ser ($\frac{1}{2}$ lb.)
 Salt, $\frac{1}{2}$ chittank (1 oz.)
 Ginger, $\frac{1}{2}$ ditto (1 oz.)
 Onion, 1 ditto (2 oz.)
 Boiled Milk, $\frac{1}{4}$ ser ($\frac{1}{2}$ lb.)
 Cream, 1 chittank (2 oz.)
 Lemon, $\frac{1}{2}$ ditto (1 oz.)
 Dry Coriander, $\frac{1}{2}$ dam ($1\frac{1}{2}$ drops).
 Clove, 1 masha (10 drops).
 Cardamums, 1 ditto (10 drops).
 Black Pepper, 4 ditto ($2\frac{1}{2}$ drams).
 Turmerick (Haldi), 4 ditto ($2\frac{1}{2}$ ditto).
 One clove of Garlick.

Having cleaned and washed the meat, mix with it the salt, essence of ginger, and boiled milk and cream, strained through a cloth. Cut the onions coat by coat, and fry them in oil of butter.* Having pounded the turmerick and garlick, and strained them through a cloth, and mixed them with the meat, throw the same into the butter. Put in the cloves and whole cardamums, and the coriander, fried and peeled. When the flesh

* Or melted butter, probably the *ghee* or melted butter of India, so well known there in commerce and cookery, but which is not once mentioned, at least by its Indian name, in this treatise.

has been fried, put in half a ser of water. Then try the flesh with the hand. When it has become nice and tender, put in the black pepper and lemon. Take it off the trivet, and stew it over charcoal (or hot ashes), and after that serve it up.

No. 8.

VEGETABLE CURRIES.

Preparation of Meat with every kind of Vegetable.

If the vegetable be *Arwí* (a species of Aram, the root of which is used in food), or *Tará'í* (a kind of cucumber), put four ounces into one pound of meat, with spices, boiled milk &c., the same as mentioned in the *Dopiyázah*; but leave out the cloves, cardamums, and prepared almonds. First having removed the skin of the Aram or the cucumber, and washed them, and fried the flesh in butter, put it into a proper kettle and fry the Aram or cucumber in that butter. Then having mixed the flesh and vegetables, and put in half a ser of water, cook it till the flesh become tender: then put in black pepper and lemon, and if you please saffron: however, it is very good without it.

If the vegetable be turnip, first remove the skin of the turnip, and cut it with the point of the knife; put in salt and squeeze it until the water flow out. Then dry it with the strainer, and fry it in the said butter; and