

Vegetarian 



DHUSKA

Ingredients

Raw rice 2 cups
Chana dal 1 cup

Salt to taste
Oil for frying

Garlic 3 cloves

Ginger 1 inch piece

Turmeric powder 1/4 tsp

Kashmiri lal mirch 1/2 tsp

Onion finely chopped 1
Coriander leaves chopped
Green chillies 2

Method

Soak the rice and chana dal for 4 hours
After this , wash it thoroughly and grind into a smooth batter by adding green chillies, ginger and garlic with the help of 1-2 tbsp of water
Heat oil in a pan
In the batter, add salt, coriander leaves, onions, turmeric powder, chilli powder and mix it nicely
When the oil is heated with the help of a round spoon, pour a ladleful of batter into the oil. Do not spread it. Note that the flame should be on medium
Now with the help of another ladle flip the side and deep fry till it turns golden brown in colour
Take it out and keep it on a kitchen towel to drain excess oil
Serve hot with curd or aloo, peas, vegetables or anything you prefer

Optional garnish

Non-Vegetarian



SIM JILU (DESI CHICKEN CURRY)

Ingredients

- 900 g Country Chicken (Desi wala murg) cut in pieces
- 2 Medium Onions (roughly chopped)
- 8 cloves Garlic
- 1 ½ inch Ginger piece
- 2-3 Green chillies
- ½ tsp Mustard Seeds (mustard seeds)
- ¼ tsp Methi seeds
- 1 Large Tomato (grated/blended)
- ½ tsp Turmeric powder +1 teaspoon for the marinade

Method

First, marinate the chicken with 1 teaspoon turmeric (haldi), salt and pepper

Cover and allow it to marinate for one hour, refrigerate it

Now, grind onions, chillies, ginger, garlic and mustard seeds to fine paste

Heat oil in a pan or kadaai until it's hot and smokey

Add marinated chicken and fry for 3-4 minutes to seal the juices of the chicken

Take it out on plate and keep aside

In the same oil, add bay leaf, methi seeds and fry for few seconds

Then, add onion masala paste and sauté on high flame for 2-3 minutes

Once the onion masala paste cooks well, add tomato and cook for another 2-3 minutes

Then, add chicken, coriander powder, turmeric and red chilli powder

Sauté for 2-3 minutes

Non-Vegetarian



SIM JILU (DESI CHICKEN CURRY)

1 ½ tsp Coriander powder

Salt and pepper to taste

Next, add ground powder, water as per the required consistency and season with salt. Cover and cook until done. Finally, add lemon juice and mix.

The Country chicken is ready to be served. Dish out and garnish with coriander leaves. Serve hot with steamed rice and salad on the side

To prepare desi chicken curry:

1 tsp Red chilli powder

1 bay leaf

Juice of one lemon

5 tbsp mustard oil

To make masala powder:

6 cloves

5 green cardamoms

2 black cardamoms

1.5 inch cinnamon stick

1 ½ tsp black pepper corn.

Non-Vegetarian



SIM JIL PITHA

Ingredients

Oil-3 tbsp

Jeera-1tsp

Tej patta-2

Onion-2 medium size

Green chilli-2

Ginger Garlic paste-2 tsp

Pieces of Chicken-500g

FUNFACT: Chicken is called Sim in Mundari, Santhali & Ho Languages and Jil means meat, while pitha is the savoury or sweet bread

Method

Step 1 : Cut the chicken into small pieces

Step 2: Take a pan and cook the chicken as per regular chicken preparation method

Once the chicken is cooked, mash it into small pieces

Step 3: Add rice powder according to chicken curry consistency and knead it into a dough (add a little bit of water only if required)

Step 4: Take a clean saal leaf (saal leaves can easily be purchased at any local bazaar or haat for INR10 a bundle) and apply some mustard oil on the leaf. Take the small portion of dough and flatten it on the saal leaf with the help of another saal leaf

Step 5: Cover the flattened dough with the other saal leaf on top

Step 6: Light the gas burner or mitti chulha and keep the tawa on top. Once the tawa is hot put that covered saal leaves (with the flattened dough inside) on top of that tawa

Non-Vegetarian



SIM JIL PITHA

Ingredients

Turmeric powder-1 tsp
Red chilli powder-1/2 tsp
Kashmiri lal mirch powder-1 tsp
Daniya powder-1 tsp
Jeera powder-1 tsp
Chicken masala-1 tsp
Tomato-2 medium size
Garam masala-1tsp
Rice flour-According to curry
Salt according to taste.

Method

Step 7: Allow to cook for sometime flipping it on both sides, till the leaves on both sides get charred and you get the smokey flavour onto the jil pitha
Step 8: Keep a steel plate and a heavy thing (grinding stone or heavy pan) on top of the leaves so that the mixture will cook completely
Step 9: Maximum time for cooking 15-20 minutes

Vegetarian 



SAKAM PITHA

Ingredients

Oil-3 tbsp

Jeera-1tsp

Tej patta-2

Onion-2 medium size

Green chilli-2

Ginger Garlic paste-2 spoon

FUNFACT: Leaves are called
Sakam in Mundaari, Santhali &
Ho Languages

Method

Step 1: Chop the vegetables

Step 2: Take one pan cook all the vegetables together

Step 3: Once the vegetables are cooked, mash them a little

Step 4: Add rice powder according to the vegetable consistency and make it into a dough (adding a little water only if required)

Step 5: Take a clean saal leaf (saal leaves can easily be purchased at any local bazaar or haat for INR10 a bundle) and apply some mustard oil on the leaf. Take the small portion of dough and flatten it on the saal leaf with the help of another saal leaf

Step 6: Cover the flattened dough with the other saal leaf on top

Step 6: Light the gas burner or mitti chulha and keep the tawa on top. Once the tawa is hot put that covered saal leaves (with the flattened dough inside) on top of that tawa

Vegetarian



SAKAM PITHA

Ingredients

Turmeric powder-1 tsp

Red chilli powder-1/2 tsp

Kashmiri lal mirch powder-
1spoon

Daniya powder-1 tsp

Jeera powder-1 tsp

Tomato-2 medium size

Garam masala-1tsp

Rice flour-According to curry

Salt according to taste

Method

Step 7: Light the gas burner or mitti chulha and keep the tawa on top. Once the tawa is hot put that covered sal leaves (with the flattened dough inside) on top of that tawa

Step 8: Allow to cook for some time flipping it on both sides, till the leaves on both sides get charred and you get the smokey flavour onto the sakam pitha

Step 9: Keep a a steel plate and a heavy thing(grinding stone or heavy pan) on top of the leaves so that the mixture will cook completely

Step 10: Maximum time for cooking 15-20 minutes

Note - vegetables like bottleguard, carrot , beans , etc can be used