



TREASURES FROM THE EAST

Forgotten recipes from
Odisha, Jharkhand and West Bengal

TREASURES FROM THE EAST

Forgotten recipes from
Odisha, Jharkhand and West Bengal



Treasures from the East - Forgotten recipes from Jharkhand, Odisha and West Bengal

May 2020

Cooked by *Anshuman Das, Welthungerhilfe*

Garnished by *Pavel Paul*

Tasted by *Pooja Chowdhary, Welthungerhilfe*



Harvested from *Aruna Tirkey of Ajam Emba, Sayantani Mahapatra's blog Homemaker's Diary, Malini Mukherjee, Punam Sing, Puspa Francis, Parvati Murmu, Priya Kashyap, Anil Kujur, Abhishek Mukherjee, Nilwish Lakda, Jharna Nag, Gouri Banerjee, Rina Das, Sumita Patra and traditional food designers from the villages of Jharkhand, Odisha and West Bengal.*

Served by *Bhoomi Ka - An initiative supported by Welthungerhilfe and the German Federal Ministry for Economic Cooperation and Development and organized by Centre for World Solidarity, Development Research Communication and Services Centre and Living Farms.*

Catered by *DRCSC, Kolkata*

No copyright – cook and call us over!



The Menu Card

5 Words to begin with

7 The Starter

Jarul Ful Pakoda | Goyna Bori | Machh-er Bawra

11 The Main Attraction

*Sakam Pitha | Thor Kofta | Shaagri | Mandia Anda | Thor-
rice | Zila Sode | Lath | Bounsa Bhaja | Chakor Zor |
Kalmi aur Poi Shaag ka Shago KariRrecokh | Mocha-r Paturi
| Rice Nutri-balls | Ol-er Dalna | Thorer Ghanta | Mahua
Roti | Chuno Machh-er Chorchori | Neem Phool ka Bhaji |
Basi Pakhala | Kochu Pata-r Paturi | Sanai Flower Bharta
| Gandri Saga Khuda | Roasted Field Crab | Chingri Meen
Chorchori | Zil Pitha | Shukto | Choddo Shaak*

38 The Supporter

*Futkal Chutney | Mandia Peja | Roselle leaf Chutney | Ant
Egg Chutney | Roselle tea | Palash Flower Sherbet*

45 The Sweet End

*Dumbu | Chitrakut | Podo pitha | Gondli Kheer | Dhaknesar
| Rasputuka*

Abbreviation

kg – kilogram, g – gram, tbsps – tablespoons, tsp – teaspoon,
ml – milliliter, mins – minutes.



Words to begin with

Food is fun.

Food is also many other expressible and inexpressible phenomena. Food is culture – culture that describes the history of a community and their coexistence with a particular ecology. Thus, food is also linked with the surrounding biodiversity – the flora, the fauna. Some forgotten, some we do not know as food – some cooking methods which are fun. Some, we call weed – but is there anything called weed, really? That's why food is so diverse across the globe. Food habits are particularly diverse in India, as the people and associated traditions, culture and folklores changes every fifty kilometers. Food is our way of life!

History of mankind is also often the history of hunting and gathering, collecting-growing-storing food; many wars have also been fought over cultivable land and cattle. The art of cooking often brings back that memory. It is these stories and a spoonful of love which makes the food flavorful and tasty.

The moment we miss out on all these elements, food becomes impersonal and monotonous; and it loses its connection with nature, people and most importantly - memories.

Nowadays, when we talk so much about what one 'should' eat – this collection tries to bring in the traditional essence of cooking food to bring back respect to food, its grower and the chef. Don't stay ignorant to such galore of flavors around us; explore the tasteful scrumptious treasures from the East.

Anshuman Das
Welthungerhilfe

P.S. – We have collected these recipes from rural kitchens and promoted the focused crops and ingredients while developing the BhoomiKa initiative. I tried all of these recipes that are mentioned here and can assure you that each time I remember the experience, I go back to green layers of mountains, celebration of colours in deep spring forest or the oscillation of a canoe on a river.



The Starter



Jarul Ful Pakoda

Jharkhand | Vegetarian

Crop in focus: *Jarul Flower* – the bright purple flower of *Lagerstroemia speciosa* that adds up into the energy of the scorching sun in summer.

100g Jarul flower | 100g gram flour, 50g rice flour | 1 chopped medium sized onion, few coriander leaves, green chilies | 1tsp black pepper powder | 1tsp cumin powder | 1tbsp of crushed ginger | Groundnut oil to fry | Salt to taste

Boil Jarul flowers for 2-3 mins in the water. Once the petals losses colour, strain the water. In a separate vessel, add boiled Jarul flowers, rice and gram flour, onion, coriander leaves, chilies, salt and crushed ginger, cumin powder, black pepper powder and water. Mix all the ingredients and prepare a thick batter. Heat another pan, add groundnut oil. Take small portion of the batter with the help of spoon, deep fry the fitters until its cooked and both sides turn golden.

Goyna Bori

West Bengal | Vegetarian

Crop in focus: Black Gram (*urad*) – one of the most common pulses in India, a store house of calcium, iron, magnesium, copper, manganese and especially potassium.

1 cup black gram lentils or *urad* (skinned) | ½tsp salt | 1/3 cup poppy seeds | A few drops of cooking oil to grease the plates

Wash and soak the lentils overnight or for at least 6 hours. Drain and grind them into a fine paste without any water. Put the paste in a big bowl, add salt and start beating until it becomes fluffy. The consistency should be light enough that a spoonful of it floats in a bowl of water. Now pour the mixture into a piping bag or simply make cones using a polythene bag. Grease 2-3 steel plates with oil and sprinkle poppy seeds to cover the surface completely. Make patterns (of your choice) by pressing the cone or a piping bag. Once done, dry them in the sun for a day. Next day if it is still moist, dry them again for a couple of hours. Store them in an airtight container. To fry, heat some oil in a pan and deep fry them till lightly browned on each side. The crunchy dish can be served with a meal or relished as a snack.



Machh-er Bawra

West Bengal | Non-vegetarian

Ingredients in focus: Mixed fish fries – in rainy season, when the ponds are flooded, villages collect small fish fries from streams with handmade bamboo nets

250g small and mixed varieties of fish (cleaned and washed) | 3 onions chopped | 20g black mustard paste | 1-2 green chillies | 1 tomato | Mustard oil | A pinch of turmeric powder | 5 tablespoon of grated coconut | 50g gram flour | Ash/bottle gourd leaves | A little amount of Ajwain | Salt to taste

Fry the fishes in oil and set aside. Fry onion until light brown, add chillies and tomato. Add the fried fish to it. Cook for 2 minutes. Add the mustard paste and salt to taste. Cook for 5 mins. Add grated coconut and set aside. Take bottle gourd leaves, steam it lightly. Wrap 5 tablespoons of cooked fish in the leaf, dip in the batter made of gram flour, a pinch of salt and ajwain. Deep fry in mustard oil – serve it hot.



Main Attraction

Sakam Pitha

Jharkhand | Vegetarian

Crop in Focus: *Madua* – Finger Millet, most commonly used millet in India, also known as Ragi. Ragi contains high amount of calcium, potassium and dietary fibre

250g of chopped beans, carrot, bottle gourd, potato, green chili, onions | Mustard oil | Cumin Powder, coriander powder, turmeric powder 1tbsp each | 250g rice flour | 150g madua flour | 1tsp of ginger garlic paste | *Shal* leaves | Salt to taste

In an earthen pot, heat 2-3 tablespoon of mustard oil. Add chilies, onion and let it cook. Add all the vegetables, salt to taste, stir well and cover the lid. After 5 to 7 mins add turmeric, cumin powder and coriander powder, stir and cover. Now add water and let it cook for 10 mins. Once the vegetables are cooked, remove the pot from fire. Add rice and Madua flour in the cooked vegetables and mix well.

Heat another vessel, take one *shal* leaf, pour the paste on the leaves and spread well, take another leaf and cover it, secure it with small twigs. Now put the leaves inside the pot - cook it for 5 to 10 mins or till the leaf gets burnt from both the sides.

Serve hot and crisp Sakam Pitha with a coriander chutney/sauce.



Thor Kofta

West Bengal | Vegetarian

Crops in focus: Banana stem - every part of the banana plant is packed with nutrition and health benefits. Banana stem is rich in Vitamin B6, iron and potassium. It is effective in treating cholesterol and high blood pressure.

Vegetables - 200g banana stem and 100 g chopped carrots, beans and tomatoes | Cumin, chilli, dry mango, coriander, turmeric powder 1tbsp each | 1tbsp cardamom-clove-cinnamon powder | 100g gram flour | 1-2 green chillies | 10~12 Cashew | 100g ginger, onion | Oil to fry | Salt and sugar to taste

Chop the vegetables finely. Make a mix of gram flour, powdered spices and green chillies. Add the chopped vegetables (except tomatoes) into the mix and shape them into small - medium sized kofta balls. Keep it aside. Heat oil and fry the balls till brown. Make a gravy separately using onions, tomatoes, ground cashews, salt and sugar to taste. Add the kofta balls into the gravy and coat the spices well. Allow it to cook adding small amount of water. Add cardamom, clove, cinnamon powder and garnish with coriander.





Shaagri

Jharkhand | Vegetarian

Crop in focus: Bathua Shaag
- *Chenopodium album*, often considered weed, but full of antioxidants, Vitamin C and A. Bathua seeds are rich in amino acid.

100g Rice | 50g split Black Gram (Urad) | Bathua leaves | Groundnut Oil | Crushed ginger | 2tbsp Cumin | Chopped chilies | Salt to taste

Soak rice and split black gram in water for 2 hours and make a thin batter. Add salt, cumin, chilies, ginger to the batter – mix it well. Add few Bhatua leaves to the batter and mix well. Now, heat a pan and grease the surface with oil; pour 2 spoons of the paste and spread over the pan. Add few more leaves. Cook both sides, each for 3 mins, till it becomes crispy. Serve while hot.




Mandia Anda

Odisha | Vegetarian

Crop in focus: Madua – Finger millet is an excellent source of natural calcium which helps in strengthening bones for growing children and aging people.

100g Madua flour | 50g Rice | 50g Jaggery | Salt to taste

Boil the water and put the rice when the water is boiling. Add jaggery to the boiled rice. Mix the madua flour separately, in room temperature water. Add madua mix to the boiling water and keep stirring still the water gets soaked and mix becomes dry. Cool it and make round shaped cakes. Ready to be served with some chutney/sauce.



Thor-rice

West Bengal | Vegetarian

Crops in focus: Aromatic rice and banana stem. Once there were 30,000 rice varieties in India – we lost most of them. *Basmati* and *Gobindobhog* rule the aromatic rice world. West Bengal is a mine of small grain aromatic traditional rice varieties. Here, we are recommending *Rand-hunipagol*, one of the most aromatic rice varieties you will find.

Rice – *Radhunipagal*, a handful | 200g Banana stem | Chillies (green and dry red) | 2tbsp mustard oil | 2tbsp ginger | 2 Bay leaves | 2 cardamom | Ghee | 1tbsp cumin, turmeric, coriander powder each

Grate the banana stem and keep aside. Heat ghee in a wok and tamper with 2 dry red chillies, cumin seeds, 2 green chillies and small cardamoms. Stir lightly until fragrant. Add the washed handful of rice onto the spice mix and stir again. Add salt and sugar to taste and stir again. Now add a little quantity of water and cover the wok. Allow to cook over medium heat for 8 to 10 mins. Stir and remove from heat. Garnish with onion, cucumber and tomato rings. Sprinkle chopped coriander leaves on top. Serve hot.

Zila Sode

Jharkhand | Non-vegetarian

Crop in focus: Hand pound traditional rice. Hand pound rice is considered healthier as they possess more vitamin and fiber in their outer bran layers.

2tbsp mustard oil | 2tbsp red chilli paste, garlic paste, ginger paste, turmeric paste each | 1tbsp cinnamon paste | 2tbsp finely chopped onion | 500g Rice | 100g country chicken



Add mustard oil in hot pan. Add finely chopped onion and sauté for 3 mins; add all the pastes, sauté for another 4 mins. Let the mixture cook properly. Add finely chopped chicken pieces and mix it well. Add salt as per taste. Cover the lid and let it cook properly for 2 mins. Remove the lid, add rice and mix it properly. Add water to it and let it cook for 20 mins or till the rice has been cooked.



Lath

Jharkhand | Non-vegetarian

Ingredient in focus: Country chicken. Country chickens are all native domesticated fowl - they spend a majority of their time in the great outdoors, running around and scratching the dirt for worms. This means that they deal with the normal issues of growing up, which manifests into the taste and texture of these birds. Their meat has a deep, complex flavour, and they have lower fat content and a higher muscle mass

500g chicken pieces | 2tbsp Red chilli paste | 1 chopped onions | 1tbsp garlic paste and turmeric paste each | 1tbsp each of cinnamon paste, cumin paste, coriander paste | Mustard oil | Young Shal leaves | Salt to taste

Take a Shal leaf, rub mustard oil over the leaf keep the chicken pieces on it. Add turmeric paste till it gets mixed properly with chicken. Add cumin paste, coriander paste and cinnamon paste mix it well. Add chopped onions and garlic paste, red chilli paste and salt to taste. Wrap this with at least 4 to 5 leaves. Secure the wrap with twigs or a wire. Lit the fire and roast until both sides of the leaves are burnt and smoked. Pull out the stuff and serve it hot.

Bounsa Bhaja

Odisha | Vegetarian

Crop in focus: Bamboo shoot. Bamboo shoots are low in calories, high in dietary fiber, and rich in minerals like potassium, calcium, manganese, zinc, chromium, copper, iron.

250g minced bamboo shoot | 1tbsp fenugreek seeds | 1tbsp cumin Seeds | 1tbsp mustard seeds | 2 onion | 4 dry red chillies | 30ml vegetable oil | A few sprigs of coriander leaves | Salt to taste

Scale off the hard exterior of the bamboo shoot. Wash the shoot and cut it into small pieces. Boil the pieces of the shoot in water and drain. Heat oil in a pan and add cumin, fenugreek and mustard seeds. Put red chillies into the pan and add chopped onion and sauté till brown. Now, put the bamboo shoot into the pan and cook it on medium heat. When the bamboo shoot dries up, add 2tbsp of water and stir well. Garnish with coriander leaves and serve hot.





Chakor Zor

Jharkhand | Vegetarian

Crop in focus: Chakor Saag - Cassia tora, often considered as weed, acts as a liver stimulant, mild laxative and heart tonic. The herb helps the body in maintaining the normal level of cholesterol.

Chakor saag | 2~3 Chilies | 2tbsp garlic paste, ginger paste | 2 onions and tomato, chopped | Starch of hand pound rice | Mustard oil | Salt to taste

Heat 5tsp mustard oil in an earthen pot. Add chilies, ginger paste and garlic paste, stirring constantly for about 3 mins. Add chopped onions and saute until the mixture turns light brown. Add salt, tomatoes and allow it to cook for 5 mins. Add starch into the pot and let it cook for 2 mins. Add Chakor saag. Cook for another 5 mins, add salt as per taste. Your Chakor saag soup is now ready!





Kalmi aur poi shaag ka Shago kari recokh

Jharkhand | Vegetarian

Crop in focus: *Kalmi Shaag* – Water Spinach and *Poi Shaag* – Malabar Spinach. All dark green leafy vegetables are packed with nutrition - Vitamin A, Vitamin C, iron, and calcium.

100g Poi saag | 150g Kalmi saag | 2 Collacassia leaves | ½ cup Mustard oil | 1tbsp Cumin (whole) | 1tbsp cumin powder, coriander powder each | 1tbsp Ginger-garlic paste | 1tbsp red Chili powder paste | 200g Chickpea flour | 100g Rice flour | Salt to taste

Clean and chop the Poi and Kolmi saag. Mix the chickpea flour, rice flour, coriander powder, cumin powder and cumin (whole), ginger-garlic paste, along with salt and chilli (as per taste). Spread this mixture on the collacassia leaves, carefully. Then fold the leaves and tie them into packets. Take a steamer and add 1.5 litre water into it. Place the leaves, folded in packets on the steamer trays and cook it for about 20 mins till cooked. Let it cool.

Cut them into small square pieces and fry them on medium flame for 5 mins or until the pieces turn pale brown. Serve the pieces of Shaago kari recokh.



Mocha-r Paturi

West Bengal | Vegetarian

Crop in focus: Plantain flower. Banana flowers are called banana hearts for a reason! They help in handling infections, menstrual bleeding, diabetes and Anemia.

1 Plantain flower | 3tsp of brown mustard seed paste | Mustard oil | 1tbsp turmeric powder | 1tbsp dry mango powder | Banana leaf | Cotton thread to tie | Salt, sugar to taste

Chop Plantain flower into small pieces. Dip it in turmeric water for 2 hours, boil it and later drain the water. Add salt, sugar, mustard seed, few drops of oil and dry mango powder – mix well.

Clean the banana leaf and cut into small pieces, steam it. Place some plantain mixture on the leaf, wrap it and tight it by a cotton yarn. Fry this in low flame. Serve hot – open the banana leaf cover to discover this wonder.





Rice nutri balls

Jharkhand | Vegetarian

Crop in focus: Hand pound brown rice. Brown, red and other coloured rice varieties contain fiber and antioxidants that make them better for weight loss.

250g of chopped carrots, cabbage, spinach, beans, peas | 4-5 cloves of garlic | Coriander leaves | 2tsp ginger paste | 2 onions | 1 cup brown rice, soaked overnight | 2-3tbsp of madua flour | 2 Lemons | Salt and jaggery to taste

Add 4-5 cloves of garlic, 2-3 chili, 1tsp jaggery, salt to taste and lemon juice to a bunch of coriander leaves. Grind them together, your chutney is ready.

For the main dish, mash all veggies; add chopped garlic, ginger, onions, add salt and one lemon to the preparation. Add 2tsp of madua flour to bind the preparation. Now secure them into small balls. In a separate bowl, add 2tbsp of madua flour, add half lemon and 1tsp jaggery to prepare a thin paste. Roll the balls to coat them with the paste, now again coat the balls with soaked brown rice. Steam the ball for 15 mins. Serve it while it's hot with chutney.



Ol-er Dalna

West Bengal | Vegetarian

Crops in focus: Elephant Foot Yam. Elephant foot yam is a wild crop rich in minerals and carbohydrate. It can be stored for long – often considered as food for disasters.

2tbsp tomato puree | 250g elephant foot yam | 3 Potatoes | 1tbsp cumin powder and coriander powder each | 1 medium sized onion, chopped | 2tsp ginger and garlic paste | 1tsp lemon juice | Coriander leaves | 4~5tsp mustard oil | A few cardamom, cashews and raisins | 1tbsp ghee | Salt to taste

Boil the yam and potato pieces. Put aside. Make a mixture of chopped onions and garlic. Fry slightly. Add a small quantity of sugar and salt to taste and mix/fry thoroughly over low heat. Add turmeric, cumin, coriander powder and tomato puree. Add little quantity of water and pour in all the boiled yam and potato pieces. Add ghee and garnish with coriander, sliced tomatoes, cashew and raisins before serving.



Thorer Ghanta

West Bengal | Vegetarian

Crops in focus: Banana stem - it improves metabolism, and contains very few calories – meaning that it can be consumed without guilt pangs!

250g banana stem | 2 medium sized potatoes | Oil | 1tsp crushed ginger | 2 chopped onion | 2 bay leaves, cardamoms | Chillies (green and dry red) | Ghee | Salt and sugar to taste

Boil the chopped pieces of banana stem. Heat oil in a wok and temper with bay leaves, onion, dry red chillies and cardamoms. Fry the spice mix for a few minutes before adding the potatoes. Fry the potatoes in the spice mix. Add ginger paste, and fresh green chillies. Add salt, sugar to taste and a dollop of Ghee to finish the dish.




Mahua Roti

Jharkhand | Vegetarian

Crops in focus: Mahua – *Madhuka indica* is integral part of tribal culture and food system in India. The flower is eaten raw, cooked as sweet, dried and made *chapati*. Oil from Mahua seed is also a good source of fat as used as cooking oil.

100g dry mahua flour | 200g sorghum flour | 2 tablespoon cooking oil |
Salt to taste | Ajawain | Jaggery



Clean mahua flowers, soak them in water for an hour and grind them to a coarse paste. Add sorghum flour, ajawain to this paste and knead it to a medium-soft dough. Add a little oil to make it soft. Divide the dough into balls, hand-mould them into a thick roti (similar to bhakhar in Maharashtra). Roast on a medium flame. Apply a thin coat of water on the upper surface to prevent it from cracking. Turn the sides to roast it thoroughly. Serve hot with curry.

Chuno Machh-er chorchori

West Bengal | Non-Vegetarian

Ingredient in focus: Small mixed fish fries. Indigenous small fishes, such as *Amblypharyngodon mola* have been found to be particularly rich in micronutrients and highly nutritious as they can be eaten whole including the heads, organs and bones.

250g small and mixed varieties of fish (cleaned and washed)
| 3 finely chopped onions | 20g mustard paste | 1-2 green chillies | 1 tomato | Coriander leaves for garnishing | 10tbsp mustard oil | A pinch of turmeric powder | Salt to taste

Fry fishes in oil and set aside. Fry the finely chopped onions until light brown, add chillies and tomato. Now add the fishes. Cook for 2 mins. Add the mustard paste and salt to taste. Cook for 5 mins, and garnish with coriander leaves. And serve with hot steamed rice.





Neem phool ka bhaji

Jharkhand | Vegetarian

Crops in focus: Neem – Neem is a wonder tree. Neem flower is considered to be an antiseptic that can cleanse your system. It is also known to cure skin impurities when applied on the skin.

250g Dry neem flowers | 3~4 Red chillies | 2 finely chopped onions | 3~4 pods of Garlic | 5tbsp mustard oil | Salt to taste

Heat oil in a clay pot, add red chillies and finely chopped onions and garlic. Add the dried neem flower to the pot. Saute till it becomes soft. Neem phool bhaji is ready to with steamed rice.



Basi Pakhala

Odisha | Vegetarian

Crops in focus: Rice. *Basi* or stale rice has high D-lactic acid content in it and due to fermentation, this induces sleep. Best, if traditional hand pound variety is used.

Cooked Rice | Water | Curd

Steam the rice and let it cool. Mix the rice with cold water and add some curd to it. Store the container in a cool place to ease the process of fermentation. Usually, the fermentation process takes overnight. Once, it is ready for consumption, add salt it. It can be enjoyed with any accompaniment but preferably with *machha bhaja* (fish fries).



Kochu pata-r Paturi

West Bengal | Vegetarian

Crop in focus: Taro. Taro leaves are a low calorie green leafy vegetable that's high in potassium, folate, and Vitamins C and A.

250g black gram | 10 taro leaves | 50ml mustard oil | 2tsp turmeric powder | 2tsp cumin powder | 20g mustard seeds paste | 2 medium sized onion finely chopped | 2tbsp crushed ginger | 2tbsp garlic paste | 4 green chillies | 2tbsp tamarind pulp | Salt to taste

Soak Black gram in water overnight and later grind it into a paste. Add turmeric powder, cumin powder and salt. Mix well. Wash the taro leaves and pat them dry. Cut each leaf into two halves. Spread the mix over the back side of a leaf (half portion) and cover with the other half. Apply the paste again on the back side and place another half over it, making a layer. Fold the sides slightly and roll it tightly. Repeat the procedure for the rest of leaves and make three rolls. Cut them into one-inch pieces. Take a frying pan, heat some mustard oil and fry the rolled pieces until light brown and set aside. Heat a splash of oil in the pan, add chopped onions, garlic and ginger pastes, tamarind pulp and green chillies. Stir it until it looks a bit brown. Add some water and the fried taro leaf roll pieces into it. Boil for 2mins. The dish is ready.





Sanai Flower Bharta

Odisha | Vegetarian

Crop in focus:
Sunnhemp. Sunnhemp is a source of green manure, fodder and lignified fiber obtained from its stem. It is used a leguminous cover crop.

100g fresh/dry Sanai flower | 5 cloves garlic | 2 green chillies | 1 tomato | Salt to taste

Wash the Sanai flower and boil it for 10 mins. Make sure the water quantity is just enough to cook the flowers. Roast the tomato on a gas or charcoal (or firewood) grill. Remove the skin and mash it up in the boiled Sanai. Add chopped garlic, green chillies, salt to taste and a few drops of mustard oil. Mix well and serve it with rice and dal.



Gandri Saga Khuda

Odisha | Vegetarian

Crop in focus: *Olox scandens* is a wild forest plant. It has a good amount of iron and can help for reducing headache.

500g Gandri Saga | 250g Khuda/broken rice | 2tsp cumin seeds | 2tsp fenugreek seeds | 2tsp mustard seeds | 50ml edible oil | 4 dry red chillies | 3 medium sized onions | Salt to taste

Heat oil in a pan and add cumin, fenugreek, mustard seeds and dry red chillies. Add chopped onion to the pan and fry them until golden brown. Keep aside. In another pot, heat water and add Khuda/ Broken rice and boil it. Add Gandri Saga while the rice is half boiled. Then add previously prepared fried onion into the pot. Add salt to taste and cook till the moisture evaporates. Serve hot, garnished with coriander leaves.



Roasted field crab

Jharkhand | Non-vegetarian

Ingredient in focus: Field crab. Rich in vitamins and minerals, crab meat is also low in fat and contains Omega-3 polyunsaturated acids. Helps provide protection from heart disease and aids brain development.

100g Crabs | Mustard oil | 3 cloves of garlic | 1 Tender Sal leaf | Salt to taste

Clean the crabs and break it in to small pieces. Smash the garlic. Mix garlic, mustard oil, crabs and salt. Wrap this in a tender sal leaf. Roast it on fire wood till the leaf started burning. Your authentic *desi* dish is ready!





Chingri Meen Chorchori

West Bengal | Non-vegetarian

Ingredient in focus: Shrimp fries and seasonal vegetables. Collecting shrimp fries are an important livelihood for women in coastal region, though it also has potential negative impact on the ecology. Shrimp is very nutritious. It is fairly low in calories and provides a high amount of protein and healthy fats, in addition to a variety of vitamins and minerals, especially iodine

100g Shrimp fries | 2tsp mix of fenugreek, black cumin, fennel, cumin and celery seed (called *paanch-forong* in Bengal) | 1-2 green chillies | Mustard oil | A pinch of turmeric powder | Seasonal vegetables - eggplant, pumpkin and Indian spinach | Salt and sugar to taste

Fry the shrimp with a pinch of salt and turmeric and set aside. Heat oil in the pan, add the mix of seeds, green chillies and sauté. Add the chopped vegetables, turmeric and fry till the vegetables becomes soft. Add the fried shrimps. Stir to mix well with the vegetable. Add salt and sugar to taste. Serve hot with rice.

Zil Pitha

Jharkhand | *Non-vegetarian*

Crop and ingredient in focus: Desi chicken and hand pound rice

500g minced chicken | 1tbsp each of Cinnamon, Black pepper, Cumin paste | 2tbsp each of turmeric and coriander paste | 6tbsp Mustard oil | 1kg rice flour | Finely chopped onion | Finely chopped garlic | Finely chopped ginger | Red chilli paste | Salt to taste

Pour mustard oil in a pan, add chopped onion, garlic, ginger and sauté. Add cumin, coriander, cinnamon, black pepper and sauté them on low flame till the onion becomes golden. Gradually add water and cover it until the water is little soaked. Add the chicken pieces, chilli paste and water. Cook it for 10 min and set it aside. Now, separate the gravy from chicken. In another pan, put the separated gravy, add rice flour and knead the mixture well. Now use 2 Sal leaf and grease it with mustard oil on both leaves. Paste the rice preparation on the leaf as showed. Add the cooked chicken pieces on the rice paste. Now cover it with other leaf and secure it with small twigs. Heat up another big pot/vessel. Add the leaves over it, cook each side for 10 mins until the leaves are totally smoked and burnt. Now unpack the leaves and serve your Zil Pitha.



Shukto

West Bengal | Vegetarian

Crop in focus: Bitter Gourd. An excellent source of dietary fiber, it also contains twice the calcium of spinach, beta-carotene of broccoli, and the potassium of a banana.

Bittergourd cut in thin stripes | Eggplant cut in long wedges | Plantain peeled and chopped in long wedges | Papaya cut in thin stripes | Broad Beans, Drumstick, Radish are optional | Lentil dumpling – Bodi in Bengal | Ginger, Bay leaf, Mustard seeds, cumin seeds | Mustard seeds, Poppyseeds paste with water | Salt to taste

Heat oil in a deep pan and fry the lentil dumpling till it changes colour. Keep aside. Fry the bitter gourd pieces till lightly brown and keep aside. Sauté all vegetables with salt and grated ginger, till soft. Keep on cooking on low flame till a lightly fried aroma comes through. Add mustard-poppy seed paste, and a cup of water and boil till the juice thickens. Add the fried bittergourd pieces. Add little amount of milk and fried dumpling and again cook for a couple of minutes. Add a teaspoon of ghee at the end and serve hot with steamed rice.



Choddo Shaak

West Bengal | Vegetarian

Crop in focus: 14 types of leafy vegetables, mostly uncultivated. Just before Diwali, women in rural Bengal collect these wild edible vegetables from field, wasteland, forest as ritual – the idea is to get mixed medicinal benefit from all of these. This especially helps for ailments during season change.

14 types of wild leafy vegetable in equal portion | Garlic | Mustard Oil
| Salt to taste

Wash the leaves, and chop. Mix the leaves in equal portion. Heat mustard oil on a pan and few cloves of garlic. Sauté it – add salt to taste.

–

Few suggested uncultivated leafy vegetables for this preparation:

Helentha or Buffalo spinach, *Enhydra fluctuans*; Water spinach, *Ipomoea aquatica*; Fern, *Diplazium esculentum*; Ivy gourd, *Coccinia grandis*; *Bathua* or Lamb's quarters, *Chenopodium album*; Gima, *Glinus oppositifolius*; Taro leaf; *Nunia*, *Portulaca oleracea*; Indian Pennywort, *Centella asiatica*; Amaranthus; Waterklawer, *Marsellia quadrifolia*; Brahmi or Water hyssop, *Bacopa monnieri*; Neem; Elephant foot yam leaf, *Amorphophallus campalunatus*; Kalkasunde, *Senna Occidentalis* (caesalpaneaceae) etc.



The Supporter




Futkal Chutney

Jharkhand | Vegetarian

Crop in focus: *Futkal Shaag* – also known as *Pakar* in Jharkhand. This is an edible plant grow naturally in forest. The young leaves are dried and used as sour ingredient in any preparation.

6~7 Green Chillies | 50g Garlic | 25g Ginger |
250g Futkal | Salt to taste



Soak Futkal in water for about 30 mins. Grind ginger and garlic into a paste, on a stone grinder or separately. Now add the green chillies, ginger, garlic and soaked futkal. Grind till it becomes a paste. Add salt and mix thoroughly. Serve it as a side accompaniment, with any dish of your choice.



Mandia Peja

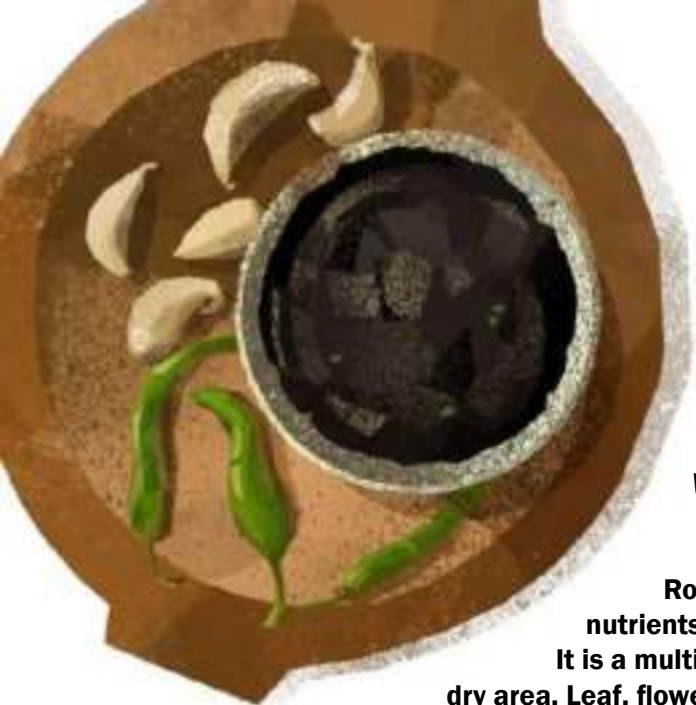
Odisha | Vegetarian

Crop in focus: *Madua* – Finger Millet. Finger millet contains about 5–8% protein, 1–2% ether extractives, 65–75% carbohydrates, 15–20% dietary fiber and 2.5–3.5% minerals. It has the highest calcium content among all cereals (344 mg/100 g).

100g Madua flour | 50g Rice | 500ml Water | Salt to taste

Mix the Madua flour in room temperature water and keep aside for one night. Boil water and add the rice when the water becomes hot, heat it till the rice is cooked and add the Madua to it. Heat it for 5 to 10 mins and keep stirring. Drink it after cooling – may add jaggery or salt to taste.





Roselle leaf Chutney

West Bengal | Vegetarian

Crop in focus: Roselle.

Roselle is a good source of nutrients, vitamins and minerals.

It is a multipurpose natural plant of dry area. Leaf, flower, oil from the seeds are edible. Stems can be used to make rope.

1 kg Roselle leaves | 100g Garlic | 100g Green chillies | 2tsp Mustard oil | Sugar and salt to taste

Wash and clean the Roselle leaves by cutting the main vein. Mix green chillies and garlic with the leaves and make a paste. Heat a pan. Pour in the mustard oil. Add the paste when the oil is hot. Cook slowly and continue stirring until it reduces by one-third. Add sugar and salt to taste, stir over a very low heat for 10 minutes until the sugar is dissolved. The sweet-tangy dish is ready.



Ant Egg Chutney

Odisha | Non-vegetarian

Ingredient in focus: Ant eggs are a high source of protein. It is rich in minerals such as calcium, phosphorus, iron, sodium, potassium, Vitamin B1, Vitamin B2 and Niacin. Red ant eggs also contain acetic acid, so can be used as a supplement for lemon juice or vinegar.

100g red ant eggs | 1 medium sized tomatoes | Few coriander leaves
| 10 cloves of garlic | 2tbsp ginger | Few green chilies | A pinch of sugar | Salt to taste

To make the chutney, first crush and dry all the ants and eggs, then grind them with a mortar and pestle. Add tomatoes, coriander, garlic, ginger, chili, salt, and a bit of sugar to create a smooth, orange paste. You might also cook the paste further with oil and chopped onions.

Roselle tea

Jharkhand | Vegetarian

Crop in focus: Roselle. Roselle is packed with Antioxidants. It is also a safe and natural way to lower blood pressure. Roselle sepals are separated and dried in shade – so that the colour remains.

2tsp of dried roselle sepals | Sugar to taste |
Salt, black paper powder to taste | Water

Boil water. Add dried roselles for one cup water. Let it soak for few minutes. Strain the water, add sugar or salt and black paper – drink it like tea.



Palash Flower Sherbet

Jharkhand | Vegetarian

Crop in focus: *Palash* – flame of forest has always enchanted poets with its vibrant colour. But it also has astringent, anti-diarrheal, antioxidative, anti-inflammatory properties.

2tbsp of dry Palash flowers | Jaggery to taste |
1tsp fennel seeds, cumin seeds | Pepper powder
and lemon juice to taste

Soak all ingredients in 5 glasses of water for 4 to 6 hours till the flowers lose colour. Stir well, strain and serve chilled. To improve taste, add lemon juice, black salt, cumin powder, pepper powder or fresh mint leaves before serving.





The Sweet End



Dumbu

Jharkhand | Vegetarian

Crop in focus: Hand pound *Desi* rice. Rice is the most important staple in India – which is closely linked with many rituals, traditions and festivals in India. This is also the main commodity for many farmers.

500g rice Flour | 2tbsp groundnut oil | 500g palm sugar | 1tsp salt | 5tbsp grated coconut | Water

In an earthen pot, add 1 litre water and boil it for 5 mins, add sugar and salt; stir well. Add crushed coconut and let it cook for 1 min. Add the rice flour in the pot, mix until the water is soaked. Add oil and mix it with the rice flour properly. Transfer the paste in another earthen container. Put the earthen pot on fire adding water. Make a base above water using wooden stick and leaves. Make balls of the paste - fill the balls with a tablespoon of desiccated coconut and secure the balls.

Add all the stuffed balls in the earthen pot and cover it with leaves.

Cook for another 15 mins - your sweet ball of happiness is ready.



Chitrakut

West Bengal | Vegetarian

Crop in focus: Sweet Potato. Sweet potatoes are a great source of fiber, vitamins, and minerals. They contain fiber and antioxidants that promote growth of good gut bacteria and contribute to a healthy gut. They are wonder cover crop/live mulching crop.

5 medium sized sweet potato | 50g semolina | 5tbsp *Khoya* – Dried milk | Few cashews | Peanut oil to fry | Sugar

Peel the sweet potato, boil and mash. Grind cashews, khoya and mix with mashed sweet potato. Make the shape you want to – generally a rectangle. Heat oil and fry the rectangle pieces of sweet potato mash in low flame. Prepare sugar syrup and soak the fried pieces for 10 to 15 mins. Take them out and serve.





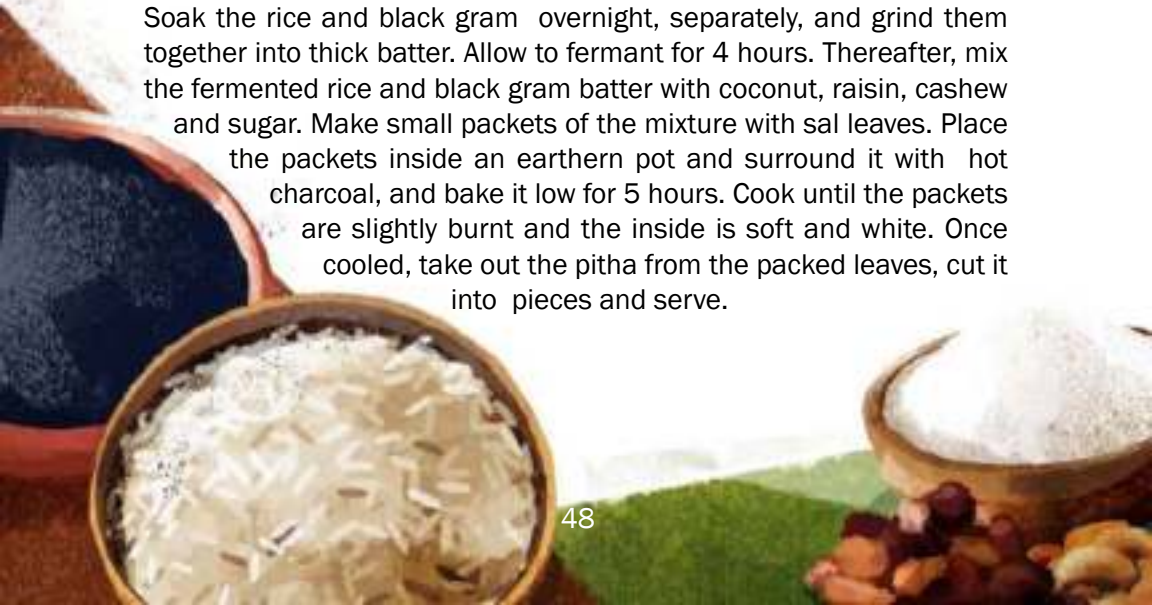
Podo pitha

Odisha | Vegetarian

Crop in focus: Black Gram. *Podo pitha* is a real slow food – it takes long to cook. Cooking on low heat allows the food to maintain its nutrients and dangerous chemicals are not produced. Slow cooking also preserves the freshness and flavors of meals nicely.

100g rice | 100g black gram | 10tbsp grated coconut | Few raisin and cashew | Sugar

Soak the rice and black gram overnight, separately, and grind them together into thick batter. Allow to ferment for 4 hours. Thereafter, mix the fermented rice and black gram batter with coconut, raisin, cashew and sugar. Make small packets of the mixture with sal leaves. Place the packets inside an earthen pot and surround it with hot charcoal, and bake it low for 5 hours. Cook until the packets are slightly burnt and the inside is soft and white. Once cooled, take out the pitha from the packed leaves, cut it into pieces and serve.





Gondli Kheer

Jharkhand | Vegetarian

Crop in focus: *Gondli* – Little millet, often called poor man’s rice in Jharkhand. Little millet is high in fat, comprising majorly of the healthy polyunsaturated fatty acids (PUFA). The flavonoids present in the little millet act as antioxidants and play many roles in the body’s immune defence system.

250g Gondli | 1 litre milk | 150g sugar | 2tbsp ghee |
Dry fruits for garnishing | 2 cups water

Soak Gondli in water for 10 minutes. Heat the pan. Add ghee and soaked Gondli. Stir for 5-7 mins. Add water, cover the pan, and cook for 5 mins on a low heat. Add milk and cook for 20 mins on medium heat. Add sugar and cook slowly for another 10 mins. Garnish with dry fruits and serve after cooling it.

Dhaknesar

Jharkhand | Vegetarian

Crop in focus: Hand pound

rice. Eastern region rice is grown in the basins of Ganga and Mahanadi rivers and has the highest intensity of rice cultivation in the country. This region receives heavy rainfall and rice is grown mainly under rainfed conditions



500ml milk | 4-5 cardamom powder | 20g Almonds | 100g palm Sugar | | 200g cashew | 200g rice flour | Salt to taste

Chop almonds and cashew. Heat an earthen pot and boil the milk for 7 to 8 mins. Add chopped nuts and cardamom powder. Add palm sugar, a pinch of salt and stir. Bring to boil and keep it aside. In a separate bowl, prepare a batter with 200g rice flour and water. Leave the batter for 1 hour. In a separate earthen vessel (you can use idli maker), grease the surface with little oil, heat the vessel, pour the batter in each section and cover the lid. Cook each side for 3 to 4 mins or till it turns brownish. Now dip the dumplings in the milk and cover the lid for 10 mins. Now serve it hot, your delicious Dhaknesar is ready to relish.



Rasputuka

Jharkhand | Vegetarian

Crop in focus: Mahua - Mahua flowers contains good amount of Vitamin C which is responsible for its antioxidant activity. Mahua flower contains carotene which is a precursor of Vitamin A. Flowers also contain good amount of minerals like Calcium and Phosphorus.



500g Mahua Flower | 50g Sesame seeds | 100g Groundnut | 50g Horse Gram | Salt to taste

Soak the mahua flowers in water for 4 hours. After 4 hours, boil the flowers for 15 mins and strain out the water. Fry the sesame seeds, groundnuts and horse gram. Grind all ingredients together along with salt. Roll the mixture into laddoos. Scrumptious rasputuka is ready to be served.



Transforming Food Systems

Bhoomi Ka links all stakeholders involved in the safe food value chain, thereby ensuring the consumption of clean, green, and fair food for which the farmers get a fair price. It promotes value chain for vegetables, fruits, cereals, oilseeds, and pulses. Bhoomi Ka also connects you to the farmer who grows the food for you, and provides you with assistance if you wish to create your own food garden.

In its pilot phase, it also organised cooking competition in rural and urban areas, supported food entrepreneurs and food designers to start their own business like café, school canteens, and street food corners with an idea to resurrect our richness in traditional food, indigenous crops. The recipe book is a small showcase of our journey.

www.bhoomika.com



[facebook.com/BhoomiKaEco/](https://www.facebook.com/BhoomiKaEco/)



bhoomikatfs@gmail.com



[@bhoomika.eco](https://www.instagram.com/bhoomika.eco)

