

Slow Food Udaipur Network & Shikshantar Andolan

THE MAGIC OF MEWAR: **Cookbook of Traditional Mewari Recipes**



Compiled by

Anshul Agarwal and Vidhi Jain

Thanks to Mrs. Usha Bhandari, Mrs. Julie Jain, Ms. Uma Sargara, Mrs. Guddi Prajapat and to all of our grandmothers for sharing these recipes.

Table of Contents

1. Googri
2. Rajgira Pakoda
3. Makki ka Dhokla
4. Sindoori Chutney
5. Saajiya
6. Raab
7. Makki ki Ghaat
8. Aam ki Gutli ki Sabzi
9. Dandi Chandloi ki Sabzi
10. Haldi ki Sabzi
11. Rabori ki Sabzi
12. Pakodi Sabzi
13. Methi ki Sabzi
14. Besan Ghatte ki Sabzi
15. Lilva Pullav
16. Sama Khichdi
17. Makki ki Paniya
18. Kheech
19. Jaajheriya
20. Lilva ki Chakki



Traditional Rajasthani craft of Molela Terracotta

Ingredients

250gm whole wheat (dehusked) or
maize (dehusked)
250gm Black-gram
2 medium sized onions diced
1tsp ground garlic
1tbsp green chillies finely chopped
1tsp mustard seeds
1tsp cumin seeds
Pinch of asafetida
1tbsp oil
Fresh coriander
Fresh curry leaves
1½ litre water

(Whole Grain Savoury)

Googri

🕒 45 minutes

Pre-Preparation

Soak whole wheat / maize and black gram overnight.

Method

1. Take a medium sized vessel on medium heat
2. Add oil, add curry leaves, cumin, mustard seeds, asafetida to it add let it crackle.
3. Add garlic, green chili, onion, fry until onion gets caramelized.
4. Add salt, gram and whole wheat to it stir it nicely.
5. Add water to it and cook for 45 minutes till it gets cook.
6. Garnish with coriander leaves and serve hot.



Ingredients

½ kg Rajgira flour
2tbsp green chillies, finely
chopped
2tbsp tomato, finely chopped
1 ½ tbsp red chili powder
1 ½ tbsp rock salt
1tsp fennel
1tsp cumin seeds
1tsp asafetida
Fresh coriander, finely chopped
Fresh mint leaves, finely chopped
2 cups water
Oil for frying

(Amaranth)

Rajgira Pakoda

🕒 30 minutes

Method

1. Take a vessel and add rajgira flour.
2. Add all the ingredients in it and make very smooth paste like consistency.
3. Take a frying pan, add oil in it let it heat for few minutes.
4. With the help of fingers put a batter like pakoda, let it fry till it gets golden brown colour .
5. Take out serve it with coriander or tamarind dip.





*Traditional water "piyau" offered in
the spirit of gift culture*

Ingredients

½ kg Finely ground Maize flour

Water

Papar khar (sodium benzoate), to taste

3 tbsp ginger garlic paste

2 tbsp red chili powder

½ tbsp finely chopped green chilies

2 tsp coriander powder

1 tsp turmeric powder

1 tbsp split Bengal gram

2 tsp sesame seeds

2 tbsp vegetable oil

2 handfuls of fenugreek leaves

2 tsp carom seeds

Note:

TDhokla can be eaten with urad ki dal, yogurt or jaggery

(Maize Dumplings)

Makki ka Dhokla

🕒 90 minutes

Method

1. Boil 2 cups water in a steamer and 1 liter water in a large pot.
2. Add Papar khaar to the pot.
3. In a large mixing bowl, add maize flour and all the other ingredients.
4. Add the Papar khar water to the mixing bowl, as needed.
5. Make hand sized dumpling balls and press them a little to make them oval. Then make a donut-shaped hole through the ball with your finger.
6. Add the dumplings to the steamer and let them steam for 30-35 minutes.
7. Serve with drops of sesame oil.



Ingredients

Take 4-5 tender stems from Aloe Vera (with orange flowers)

Garlic

Green chillies

Coriander

Cumin seeds

Salt

Ghee

Lemon in the end

(Aloe Vera stem chutney)

Sindoori Chutney

🕒 25 minutes

Method

1. Blend the aloe vera stems, coriander, garlic, green-chillies, cumin seeds into a thick paste.
2. Add 2 teaspoons of ghee to a pan
3. Cook the paste for 5-10 minutes
4. Add salt and lemon to taste



Ingredients

½ kg finely ground Maize flour

1 litre Water

Papad khaar (sodium benzoate) to
taste

1½ tbsp red chili powder

Salt, to taste

2 tbsp vegetable oil

2 tsp cumin seeds

Jaggery for garnish

Note:

*Quantity of papad khaar must stay
more than salt*

(Maize flour cookie dough)

Saajiya

🕒 25 minutes

Method

1. Heat the oil in a large pot, over medium heat. Add cumin seeds and let them crackle.
2. Add the water, add red chili powder, salt, and papad khaar. Cover and bring to a boil.
3. Gradually add flour while stirring continuously in order to avoid lumps. Mix it properly until it is fine in texture. Cover, cook for 45 minutes.
4. Serve on a plate with oil and jaggery garnish.



"Gavri" - Tribal ritual performance

Ingredients

1 litre buttermilk

250g soaked desi red rice

Salt, to taste

Crushed and roasted Cumin seeds,
to taste as garnish

(Red Rice Malt Soup)

Raab

🕒 60 minutes

Method

1. Soak the rice for at least 1 ½ hours.
2. Take a large pot, and add a few drops of Ghee, let it melt, then add the buttermilk, stirring it continuously as you add.
3. Let it boil, then add the rice, stirring it every 5-10 minutes
4. After about 1 ½ hours, check that the rice is getting soft, then turn off the flame, and serve hot, with roasted cumin seeds



Ingredients

1tbsp coriander-cumin powder

500gm maize porridge

1litre of water

1tsp ghee (clarified butter)

Salt to taste

1Tbsp cumin seeds

1 cup green peas (optional)

Note:

*TDhokla can be eaten with urad ki dal,
yogurt or jaggery*

(Maize Porridge)

Makki ki Ghaat

🕒 45 minutes

Method

1. Wash the ghaat fully 2-3 times.
2. In a medium size pot add 1tsp ghee and cumin. Let it crackle.
3. Add peas and water and bring to boiling temperature.
4. Add ghaat in it and stir it very nicely.
5. Cook it for around 45 minutes.
6. Stir it every 5 minutes to get a nice smooth, creamy consistency.
7. Drizzle with drops of ghee. Serve with yogurt.





Traditional chulah for cooking

(Mango seed)

Aam Ki Gutli ki Sabzi

🕒 35 minutes

Ingredients

250g Chopped and dried mango seeds

1 Tsp Chopped green chillies

1 Tbsp finely chopped onions

1Tbsp dried mango powder

1Tsp red chili

1tsp coriander powder

½ tsp turmeric powder

Salt, as per tasted

Fresh squeezed lemon

1 tbsp vegetable oil

½ cup water

½ tsp cumin seeds

½ tsp fennel seeds

½ tsp asafoetida

Coriander for garnish

Pre-Preparation

Dry out the mango seed for at least 10 days, chop them very finely, and then dry them again, in the sun.

Method

1. Heat oil in a medium sized frying pan, over medium heat. Add cumin seeds, fennel seeds, and asafoetida, let them crackle.
2. Add green chillies and onions, let them fry for a few minutes until onions get caramelized.
3. Add all the remaining spices to the pan, then add water, and let it simmer for a few minutes
4. Cook until the seeds become soft and easy to bite
5. Garnish with coriander, sprinkle with lemon if desired, and serve hot.





Ingredients

2 tbsp Cumin seeds
½ kg Dandi Chandloi
1 ½ tsp red chili powder
1 ½ tsp coriander powder
1 tsp turmeric powder
2 tbsp ginger garlic paste
1 tsp Garam Masala (Curry spices)
1 medium onion, finely chopped
2 tsp green chilies, finely chopped
Salt, to taste
Coriander, for garnish
2 tbsp vegetable oil
½ cup water

(Wild Greens)

Dandi Chandloi ki Sabzi

🕒 35 minutes

Method

1. Heat the oil in a medium pot over medium heat, add cumin seeds and cook until they crackle
2. Add ginger garlic paste and onion, cook until onions are caramelized
3. Add all the spices, water, and Dandi Chandloi, cover and cook for 15-20 minutes
4. Garnish with coriander and serve hot

Ingredients

250g fresh turmeric, finely
chopped

1 tbsp finely chopped green chilies

1 medium onion, finely chopped

½ tbsp red chili powder

1 tsp garlic

1 tbsp coriander powder

Salt to taste

Dried mango powder or lemon
juice for sourness

Pinch of asafoetida

(Fresh Turmeric)

Haldi ki Sabzi

🕒 45 minutes

Method

1. Heat the oil in a medium pot, over medium heat. Add cumin, asafoetida, and let it crackle.
2. Add garlic, green chilies, onion, and cook until onion becomes caramelized
3. Add red chili, coriander powder, a few drops of water, and let it cook
4. Add turmeric, salt, dried mango powder (or lemon juice) and cook for 15-20 minutes
5. Garnish with coriander and serve hot





Kavaad story box

Ingredients

1/2 kg maize flour

1 litre of buttermilk

2tbsp red chilli powder

Salt to taste

Papad khaar(sodium benzoate) to
taste

1 ½ tbsp oil

2tsp cumin seeds

(Maize pasta)

Rabari ki Sabzi

🕒 25 minutes

Method

1. Take a medium sized pot put it on a medium flame. Add oil to it.
2. Add cumin seed to it and let it crackle.
3. Add butter-milk, red chili powder, salt, papad khaar to it.
4. Cook it till it gets boiled.
5. Add maize flour to it and stir it continuously for avoiding of lumps.
6. Cover with lid and cook for about 45 minutes.
7. Spread plastic in sun. Make small balls and with the help of machine place one by one press machine and flatten it make it round. Spread in sun for a few days.
8. Let them dry in sun for almost 2 days. Crack it into pieces and store to make sabji.
9. Add 2 tea spoons of oil (sweet) or ghee in a pan or kadhai
10. Once the oil gets warm - add Cumin seeds and heeng
11. Once hot add 1 tea spoon of chilli powder , one tea spoon coriander powder and half and tea spoon of turmeric powder and half tea spoon salt
12. Add one cup water and the spices cook for about 5-7 minutes
13. Through in two handfuls of Rabodi and let that also cook for 10 minutes - till soft
14. Once cooked turn the flame off and garnish with fresh chopped coriander. It's ready to eat with chapaati or rice.

Ingredients

250gm gram flour (besan)

1cup water

1Tbsp green chillis, finely chopped

2Tbsp onions, finely chopped

1 ½ tsp red chilli powder

Salt to taste

1tsp garam masala

1tsp cumin seeds

1 Handful of coriander leaves,
freshly chopped

1 ½ cups of curd

Oil for frying and sabji

Pakodi ki Subzi

🕒 45 minutes

Method

1. Take a mixing bowl. Add besan in it and add onion, green chilli, red chilli, coriander, garam masala(curry powder), salt in it.
2. Add water in it to make a very smooth batter. Take a deep medium size pot. Add oil and heat for deep frying.
3. Take the batter from fingers and put in the oil for making pakodis.
4. Fry it until gets golden brown colour.
5. Now take another small pot on medium heat.
6. Add 1Tbsp in it. Now add cumin seeds and let it crackle.
7. Add green chilli, onion, and cook until onions get caramalised.
8. Add all spices, salt as per taste add one 1 glass of water and cook it for about 5minutes.
9. Add curd in it stir it cook it for another 10 minutes. Garnish with coriander and serve hot.

Ingredients

¼ cup fenugreek seeds (methi)
seeds, soaked for 2 hours and
drained
2tbsp oil
½ tsp cumin seeds
¼ tsp asafetida (hing)
2 whole dry kashmiri red chillies
2 cloves
1 small stick cinnamon
powder(dalchini)
1 cup chopped jaggery (gur)
1tsp chilli powder
1tbsp coriander-cumin powder
1tbsp raisins
1tsp dried mango powder (amchur)

(Fenugreek Seeds)

Methi ki Sabzi

🕒 30 minutes

Method

1. Heat the oil in a pressure cooker, add the cumin seeds, asafetida, red chillies, cloves, and cinnamon and saute on a medium flame for a few seconds.
2. Add the soaked and drained fenugreek seeds, 1 cup of water, jaggery, sugar, chilli powder, coriander-cumin seeds powder, raisins, dried mango powder and salt. Mix well and pressure cook for 1 whistle.
3. Allow the steam to escape before opening the lid.
4. Switch on the flame and cook on medium flame for 5-7 minutes.
5. Serve it with roti or khakra.

***"We know our doctor. We know our accountant.
But why don't we know our farmer?"***



Local Farmers' Market in Udaipur

Ingredients

For Ghatta

250gm gram flour (Besan)

1tbsp red chillies

½ fennel seeds

½ tsp asafetida

½ tsp carom seeds

½ tsp turmeric powder

½ tsp garam masala

1 or 2 cups of water, for kneading

For Gravy

1tbsp vegetable oil

1tsp cumin seeds

1tsp mustard seeds

Pinch of asafetida

½ tbsp of chopped onions

½ green chillies

1tsp red chilli powder

1tsp coriander powder

1 cup of curd

1-2 cups of water

Besan Ghatta ki Sabzi

🕒 60 minutes

Method

1. Take a mixing bowl and add besan, spices, water, oil and knead a dough.
2. Boil water in a vessel, make cigar shape rolls, put them in boiling water and cook for 10-15 minutes
3. Cut the rolls in small round shapes. Take a kadhai (pot) add oil in it. Add cumin, mustard, asafetida, let it crackle. Now add onion, green chilli, spices and cook it nicely.
4. Add curd and ghattas, water and cook for 10 minutes.





*Hariyali Amavasya Mela celebrated in
the monsoon season*

Ingredients

250gm lilva (pigeon peas)
5 cups Rice
11 cups water
2 cups of sliced onions
1tbsp green chillies, finely
chopped
1 cup diced tomatoes
1tbsp ginger-garlic paste
1tbsp red chilli powder
1tbsp coriander powder
½ tsp Garam masala
1tsp cumin seeds
1tsp mustard seeds
4 whole bay leaves
Pinch of asafoetida
3 tbsp ghee or cold pressed peanut
or sesame oil
Salt to taste
Coriander for garnish

(Pigeon Peas Rice Pilaf)

Lilva Pulav

🕒 35 minutes

Method

1. Take a deep vessel on medium heat .Add oil in it and add cumin seeds, mustard-seeds, asafetida, bay leaf and let it crackle.
2. Add garlic , onions, green-chillies and sauté until the onions gets caramalised
3. Add tomatoes and add all the spices, pigeon peas and cook for 5 minutes.
4. Add rice and water, salt and cover the lid and cook until rice is cooked.
5. Garnish with coriander and serve hot.





Ingredients

- ½ kg Sama (little millet) washed thoroughly
 - 500ml Water
 - 2 tsp finely chopped green chilies
 - 2 tsp red chili powder
 - 2 tsp cumin seeds
 - 2 tbsp diced tomatoes
 - 2 small potatoes, diced
 - 2 tbsp roasted peanuts
 - 1 tbsp vegetable oil
 - Rock Salt, to taste
 - Coriander for garnish
-

Note:

- For a modern touch, you can drizzle it with cashew paste
- We have also made a fusion Millet Risotto with Tomato-Basil Sauce with this Jungle rice

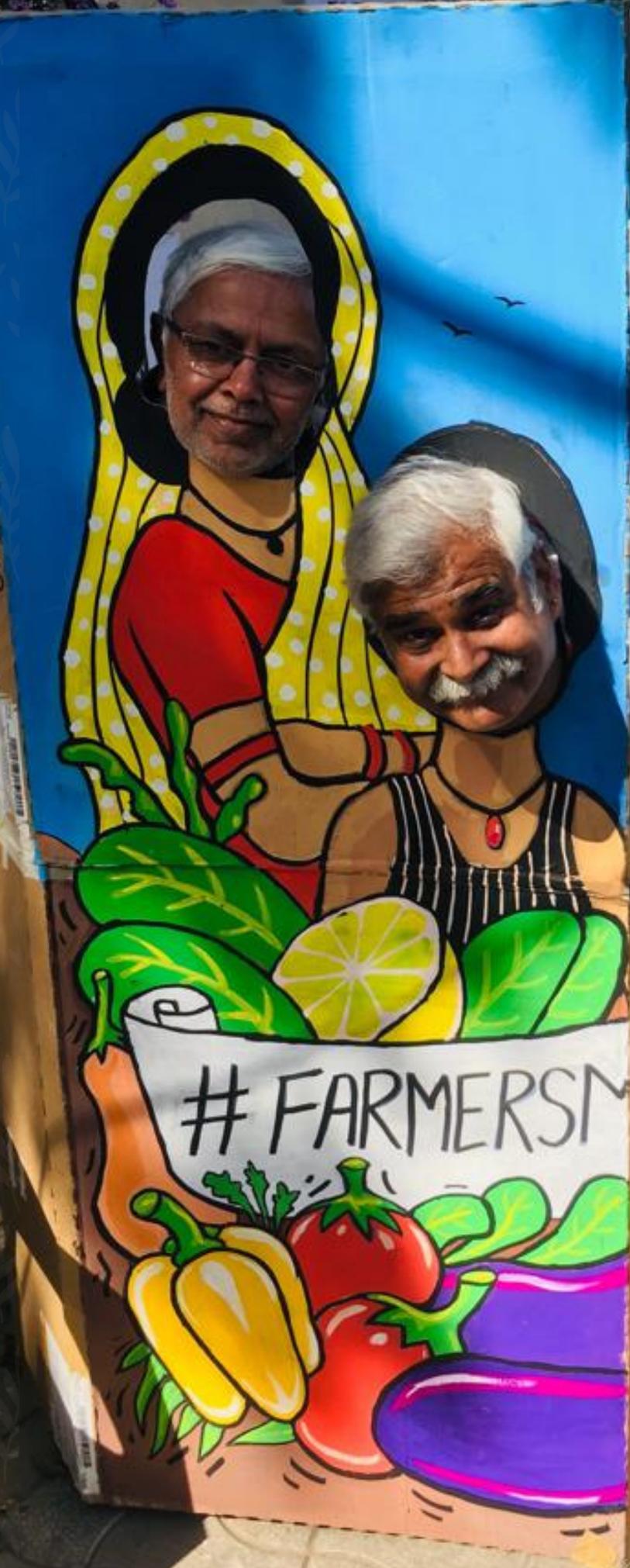
(Little Millet)

Sama Khichdi

🕒 45 minutes

Method

1. In a medium sized pot, heat the oil, add cumin seeds, heat until it crackles.
2. Add chopped green chilies, fry for a few minutes, add tomatoes, and cook for a few more minutes.
3. Add potatoes, peanuts, red chili powder, and Himalayan salt to the pot.
4. Wash the sama millet and add it to the pot. Stir it. Add water, cover and cook for about 25 minutes.
5. Garnish with coriander and serve hot





Ingredients

500gm maize flour
1 or 2 cups water (for kneading)
2 tsp carom seeds
2 tbsp oil
2 tsp cumin seeds
1 tbsp red chilli powder
1 tbsp turmeric powder
1 tsp garam masala
Salt to taste

(Maize bread)

Makki ki Paniya

🕒 45 minutes

Method

1. Take a mixing bowl add all the ingredients and knead a dough for it.
2. Make ball size balls and flatten them into pancakes.
3. Cover it khakra leaves and put it on the charcoals and bake them for about 40-45 minutes.
4. Remove the leaves and serve hot.



*Kathputli: Rajasthani
wooden puppets*

Ingredients

½ kg De-husked Wheat

1 liter milk

½ Kg Sugar

Some Raisins and almonds to
garnish

Cardamom for seasoning

A few petals of saffron for
seasoning

Note:

*This can also be made with jaggery. Just
cook in jaggery instead of milk and
sugar.*

(Sweet Wheat-Milk Pudding)

Kheech

🕒 60 minutes

Method

1. Soak the dehusked wheat overnight
2. Boil in water for 20 minutes till soft
3. Drain out the water
4. Mix in milk and cook for 10 minutes
5. Add sugar
6. Nuts and cardamom and saffron and boil
for a few minutes.
7. Serve hot or cold.

Ingredients

1 tbsp Ghee

½ kg fresh corn

500ml full cream milk
(unskimmed)

250g sugar

Cashews, almonds, and raisins for
garnishing

Note:

The same recipe can be followed using fresh pigeon peas in place of the corn.

(Sweet Corn Milk Pudding)

Jaajheriya

🕒 60 minutes

Method

1. Remove the raw corn kernels from the cob.
2. Grind the kernels coarsely
3. In a medium pot add the ghee over medium heat, and let it melt.
4. Add the ground kernels to the pot, and stir continuously until the mixture no longer sticks to the pot turns brown in color.
5. Add milk and sugar, stir continuously as it cooks for 15-20 minutes
6. Turn off the flame, garnish with dried nuts and fruits





Ingredients

½ kg Pigeon peas

300gm sugar

300gm ghee (clarified butter)

Almonds, cashews, raisins for
decoration

(Sweet Pigeon Peas)

Lilva Chakki

🕒 60 minutes

Method

1. Take the pigeon peas, grind them and make a paste of it.
2. Take a medium size vessel put it on a medium flame.
3. Add ghee into the vessel and add the paste and stir continuously.
4. Stir the paste continuously till it changes colour or the ghee rises to the top.
5. Add sugar in it and stir it.
6. Cook until all the moisture gets reduced.
7. Now take a baking or flat tray, apply some ghee on the tray.
8. Flatten the mixture on the tray equally from all the sides.
9. Cut the pieces as you want., decorate by putting almond or other nuts on each piece.
10. Cover it with a lid and let it set for 1 day.

Compiled by
Anshul Agarwal and Vidhi Jain

Shikshantar Sansthan
21 Fatehpura
Udaipur, Rajasthan 313004
Tel: 91-294-245-1303
www.shikshantar.org