



# biryani

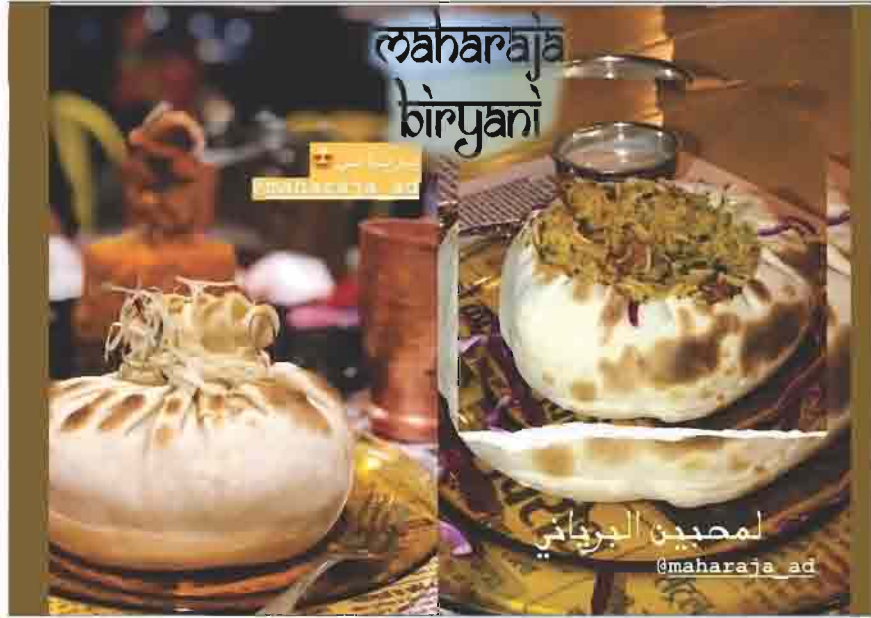
The word “biryani” comes from the Persian word “birian” which means “fried before cooking.” One could conclude that the biryani originated in Iran (modern day Persia).

Another interesting story traces the origins of the dish to Mumtaz Mahal (1593-1631), Shah Jahan's queen who inspired the Taj Mahal.



## hyderabadi biryani evolution

Hyderabadi biryani is a form of biryani, from Hyderabad, India. It is prepared in the form of kachay gosht ki biryani and dum ki biryani . Hyderabad biryani is generally believed to originate in the kitchens of the Nizam of Hyderabad. Hyderabad biryani originated as a blend of Mughlai and Iranian cuisine in the

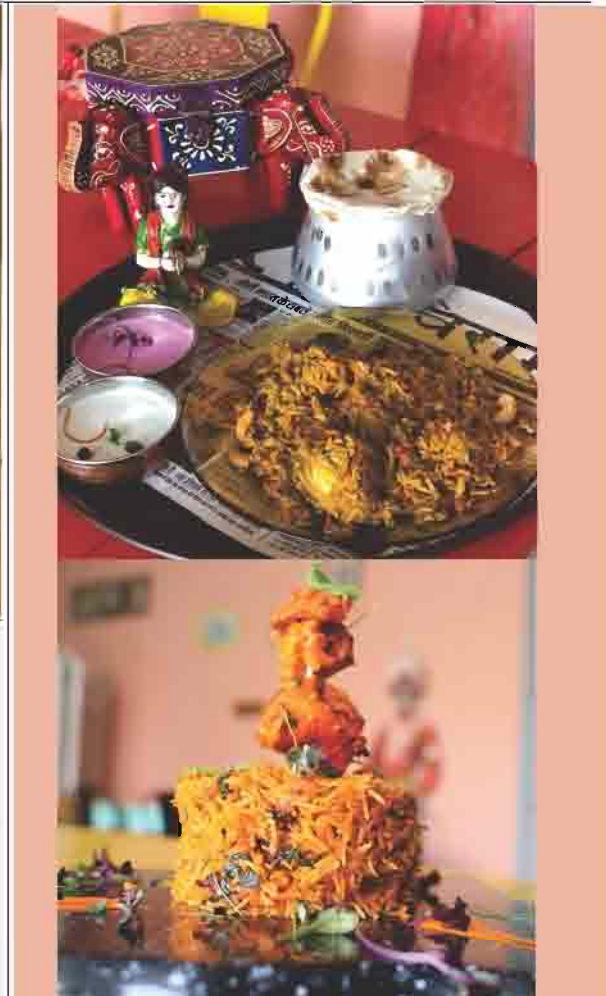


## vegetarianism in india

Vegetarianism has its roots in the civilizations of ancient India and ancient Greece. Vegetarianism is the theory and practice of voluntary non-consumption of the flesh of any animal (including sea animals), with or without also

eschewing other animal derivatives (such as dairy products or eggs).[The earliest records of vegetarianism as a concept and practice amongst a significant number of people concern ancient India and the ancient Greek

civilizations in southern Italy and Greece. In both instances, the diet was closely connected with the idea of nonviolence toward animals (called ahimsa in India), and was promoted by religious groups and philosophers



# लखन टोपाइड



## the butter chicken

Butter chicken (Hindi: मुर्गी मक्खनी) is a dish, originating from the Indian subcontinent, of chicken in a mildly spiced tomato sauce .The dish has its roots in Moti Mahal Daryaganj. It was developed by three Indians, Kundan Lal Jaggi, Kundan Lal Gujral and Thakur Dass all Punjabi Hindu

restaurateurs who were the founders of Moti Mahal restaurant in Delhi, India. The dish was created by the three partners at their restaurant in Delhi in the 1950s.The dish was made "By Chance" by mixing the leftover chicken in a tomato gravy, rich in butter and cream.



## chicken tikka masala

Chicken tikka masala is a dish of chunks of roasted marinated chicken (chicken tikka) in a spiced curry sauce. The sauce is usually creamy and orange-coloured. There are different claims to its place of origin, with some tracing its origins to the South Asian community in Britain, particularly Bangladeshi chefs who began serving the dish in Indian restaurants during the

1960s or 1970s,<sup>[1][2]</sup> while others claim that it was either invented in 1971 by a Pakistani chef in Glasgow, Scotland, or trace its origins further back to the Punjab region of the Indian subcontinent. It is among the United Kingdom's most popular dishes, leading a government minister, Robin Cook, to claim in 2001 that it was "a true British national dish"



## fishing in india



Fishing in India is a major industry in its coastal states, employing over 14 million people. In 2016-17, the country exported 11,34,948 metric tonnes of seafood worth US\$ 5.78 billion (₹37,870.90 crore), frozen shrimp being the top item of export.According to the Food and Agriculture Organization (FAO) of the United Nations, fish production has increased more than tenfold since 1947 and doubled between 1990 and 2010. India has 8,129 kilometres (5,051 mi) of marine coastline, 3,827 fishing villages and 1,914 traditional fish landing centers. India's fresh water resources consist of 195,210 kilometres (121,300 mi) of rivers and canals, 2.9 million hectares of minor and major reservoirs, 2.4 million hectares of ponds and lakes, and about 0.8 million hectares of flood plain wetlands and water bodies.As of 2010, the marine and freshwater resources offered a combined sustainable catch fishing potential of over 4 million metric tonnes of fish. In addition, India's water and natural resources offer a tenfold growth potential in aquaculture (farm fishing) from 2010 harvest levels of 3.9 million metric tonnes of fish, if India were to adopt fishing knowledge, regulatory reforms and sustainability policies.

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## origin of paneer

The word paneer is of Persian origin. The Turkish word peynir, the Persian word panir, the Azerbaijani word pendir, and the Armenian word panir (պանիր), all derived from paneer, refer to any type of cheese.The origin of paneer itself is debated. Vedic Indian, Afghan-Iranian and Portuguese-Bengali origins have been proposed for paneer. Vedic literature refers to a substance that is interpreted by some authors, such as Sanjeev Kapoor, as a form of paneer.According to Arthur Berriedale Keith, a kind of cheese is "perhaps referred to" in Rigveda 6.48.18.However, Otto Schrader believes that the Rigveda only mentions "a skin of sour milk, not cheese in the proper sense". K. T. Achaya mentions that acidulation of milk was a taboo in the ancient Indo-Aryan culture, pointing out that the legends about Krishna make several references to milk, butter, ghee and dahi (yogurt), but do not

mention sour milk cheese. Based on texts such as Charaka Samhita, BN Mathur wrote that the earliest evidence of a heat-acid coagulated milk product in India can be traced to 75-300 CE, in the Kushan - Satavahana era.Sunil Kumar et al. interpret this product as the present-day paneer. According to them, paneer is indigenous to north-western part of South Asia, and was introduced in India by Afghan and Iranian travelers. D.R. Ghodekar of India's National Dairy Research Institute also believed that paneer was introduced into India by Afghan and Iranian invaders. According to writers such as K.T. Achaya, Andrea S. Wiley and Pat Chapman, the Portuguese introduced the technique of "breaking" milk with acid to Bengal in the 17th century. Thus, Indian acid-set cheeses such as paneer and chhena were first prepared in Bengal, under Portuguese influence.