



FIRST FOOD

**BUSINESS
OF TASTE**



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CORPORATE CHEF, HABITAT WORLD

INGREDIENT: *Jakhiya*
Cleome viscosa

WHY USE: The spice provides a strong flavor to the food which is very different from other spices like cumin, carom and fennel that are used for the same purpose

WHERE TO BUY: Uttarakhand. We have not been able to find a trader in Delhi so we ask our cooks from the state to get it when they go home

WHAT TO PAY: We get it free through the cooks

KHATTA MEETHA KADDU

INGREDIENTS

Pumpkin: 1 kg
Jakhiya: 10 g
Chopped coriander: 15 g
Salt to taste
Sugar: 10 g
Tomatoes chopped: 200 g
Red chilli powder: 5 g
Garam masala powder: 10 g
Turmeric powder: 5 g
Refined oil: 100 ml
Ginger chopped: 5 g
Dry mango powder (amchoor): 5 g
Green chillies chopped: 10 g

METHOD

Wash pumpkin and cut into cubes. In a heavy bottomed pan, heat ghee, add jakhiya and let it crackle. Then add chopped ginger, green chillies and tomatoes, sauté till tomatoes become soft. Add the pumpkin and sauté again till pumpkin and tomatoes are mixed evenly. Sprinkle some water and cover the pan and cook under slow flame. Add masalas and mix with a wooden spoon ensuring masala gets mixed evenly. Sprinkle sugar and amchoor powder, cover again and cook under slow flame for about 5 minutes. Garnish with fresh chopped coriander and serve hot.

JAKHIYA PULAO

INGREDIENTS

Basmati rice: 500 g
Jakhiya: 10 g
Chopped coriander: 20 g
Sliced onions: 100 g
Red chilli powder: 10 g
Desi ghee: 150 ml
Bay leaf: 2 g
Salt to taste

METHOD

Wash rice under running water and soak for 30 minutes. In a heavy bottomed pan, heat ghee, add bay leaf, then add jakhiya and let it crackle. Then add sliced onions and sauté till golden in color. Drain excess water from soaked rice and pour the rice in the sautéed onion mixture. Add red chilli powder and salt. Add enough water to cover the rice and cook till water is absorbed and put it on dum for some time till rice is cooked. Remove from flame, garnish with fresh chopped coriander and serve hot.