

RICE AND BREADS

Rice

Plain rice - with a little salt

Jeera rice - with salt and cumin seeds

*Pilau rice - yellow boiled rice with mixed vegetables
and cashew nuts*

Mutter rice - peas and cumin seeds

*Fried rice - boiled rice then cooked with onions
and spices*

Khichri - long grain rice slow cooked with tuver daal

*Moong khichri - long grain rice slow cooked with
moong daal*

*Veg briyani - boiled and mixed with a range of
spiced vegetables*

*Chicken briyani - boiled and then mixed with
slow cooked spiced chicken*

*Lamb briyani - boiled and them mixed with
slow cooked spiced lamb*



Breads

Chapattis - thinly rolled and cooked on a tava

*Bhakri - thicker chapatti seasoned with cumin
and salt, cooked on a tava with a little oil*

*Tepla - a thicker chapatti season with spices
and Fenugereek leaves cooked on a tava with a little oil.*

Plain naan - hand rolled bread cooked in a tandoor

Garlic and coriander naan - hand rolled cooked



in a tandoor

Herby naan – soft flat bread with a sprinkle of mixed herbs



Bhatura – hand rolled breads fried season with salt and coriander

Puris – miniature chapattis rolled and fried

Spicy puris – same as above but with a little spice

