

Culinary Travels / INDIA /

By Wendy Pashman, March 2018



SHI CHAT BHAR PRICE LIST

PAANI PURI
DAHI PURI
AALOO TIKKI
TAMATAR CHAT
CHURA MATAR
PALAK PATTA CHAT
SAMOSA CHAT
DAHI BHALLA
BHALLA PAPDI
PAPDI CHAT
GULAB JAMUN
KULFI FALUDA
COLD DRINK
WATER BOTTLE
GAJAR HALWA
PLAIN SAMOSA



Mini Travel Stress Release

Jet lag? Our solution is heading out ASAP for street food at Chandi Chowk, New Delhi's oldest street market. We discovered this street bakery vendor and after weighing, sampled delicious Nan Khatai, crispy eggless biscuits (still warm from the little charcoal fire). Yum!



Breakfast of Kachauri

Deep ghee fried breads made into a bowl and filled with a divine mixture of long simmered sabzi (vegetables) spiced with chili, ginger, cumin and tumeric~ we enjoyed this Benares delicacy in the narrow lane behind the River Ganges Ghat.



Leaf Plates!

The crispy flakey kachauri gets stacked up on these throw away environmentally friendly leaf plates. Here I am enjoying a hearty stack which is not hard to do while standing in the lane and watching the early morning rush of kids going to school, families going to work and the occasional cow wandering by.

Jalebi Love

A typical Benares breakfast also includes a bag of delicious jalebis deep fried in ghee. The flour mixture is squiggled into pretzel shapes and later submerged in sugary syrup. In the early morning, before the streets fill up with motorcycles and people going to work, we enjoyed marvelous jalebis freshly fried.



Ask The Locals

Calcutta is a treasure trove of multicultural food communities. We took a street food tour while visiting a Synagogue, Mosque, Zoroastrian Temple, Buddhist Temple, and Chinese Temple. Calcutta has India's only Chinatown and here I am asking our guide for food recommendations. We later feasted on Hakka Noodles and Gobi Manchurian.





Pop Up Calcutta

With our guide, Ramanuj, we sat down on some plastic chairs and immediately a plate of delicious flakey pea samosas appeared. We later sampled a signature Calcutta treat of warm grilled bread, with spicy pepper and butter. Will we be able to re-create this special and simple grilled bread in Chicago? Stand by!

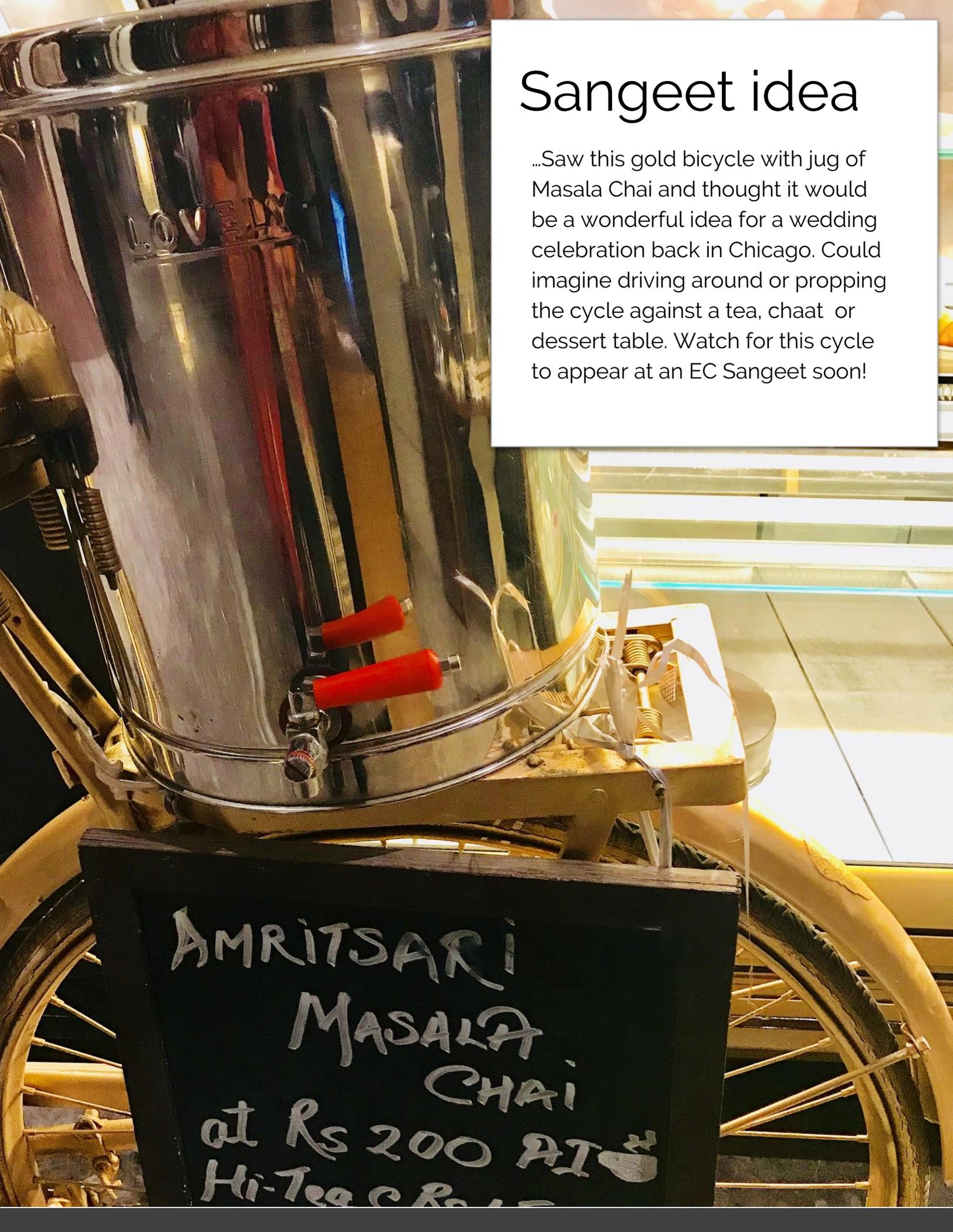


Chai Please

Some Masala Chai is just what one wants along with a dry snack of Chivda (puffed snacks with spices). On every corner there's a Chaiwallah doing a big business serving to small recyclable clay pots. How about that recycled newspaper snack wrapper!

Sangeet idea

...Saw this gold bicycle with jug of Masala Chai and thought it would be a wonderful idea for a wedding celebration back in Chicago. Could imagine driving around or propping the cycle against a tea, chaat or dessert table. Watch for this cycle to appear at an EC Sangeet soon!



AMRITSARI
MASALA
CHAI
at Rs 200 AI*
Hi-Tea c R...



Speaking of Chaat....

After a day of sari shopping we found the wonderful Kashi Chat Bhandar. We feasted on the pictured Tamatar Chaat Banarsi Style as well as Aloo tikki and Samosas. We filled those crispy pani puris with the tamatar chaat and were very happy sampling this local street food delicacy.



Mustard Please!

We enjoyed all things mustard in Calcutta at the Ballygunge Place East Restaurant. Bengali style fish steamed in banana leaves with mustard gravy was a new taste treat. Shrimp Curry Bengali style was enjoyed right out of a fresh coconut bowl. Mustard is mythic!





Spice Market

On the sidewalk in Calcutta we saw (and smelled) every manner of vibrantly colored spice. This street vendor created and weighed a custom masala (mixture) for one client as we watched. His wife cooked rice and we wished we could stay for lunch.



Fresh to Pickle

Red carrots, a specialty of the season, are used for a dynamic red halwa. A great variety of vegetables are pickled and available in the markets. My new favorite from this Thatheri Market street vendor is the seasonal Augustia Flower Pickle with a hint of mustard.



Amazing Langar

We were so lucky to experience the Langar in Amritsar, spiritual home of the Sikhs. The langar is a free daily lunch for 100,000+ people that is prepared and served by volunteers. The dish station shows the immensity of the guest count!





Working Together

The charity displayed at the Golden Temple in Amritsar is an inspiration! Hundreds of people pull together to make sure thousands can eat. The volunteers produce 200,000 flatbreads per day and tons of lentil curry. You can feel the love in the food. Certainly this culinary experience in Amritsar is one not to be missed. Until next time! Wendy

