

# SOUTH ASIAN FOOD GLOSSARY

## Acknowledgement

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Foods are organized into food group categories and listed alphabetically.

<b>FOOD</b>	<b>DESCRIPTION</b>	<b>Cooking Method</b>
<b><u>Grains &amp; Starches</u></b>		
Bajra/Bajre ki Roti	Bread made from millet flour. Can contain herbs or spices. May contain ghee (clarified butter).	Pan-Fried
Bathura	Deep fried leavened roti/dough made from refined flour	Fried
Dhalia	Cracked wheat often cooked in sweetened milk (similar to porridge or oatmeal)	Cooked in pan
Dhokla	Steamed bread made with chick pea flour or lentils Steamed dish made from lentils and/or rice	Steamed
Dosa	Pan fried crepe made from fermented rice-lentil batter, semolina or whole wheat flour May be stuffed with vegetables (breakfast dish, but can be eaten anytime)	Pan-fried
Iddiyappam (Also see String Hoppers)	Steamed noodles made from rice flour, may have added sugar and coconut (breakfast dish)	Steamed
Idli	Steamed rice cakes made from fermented rice, lentils (urad-daal) batter (breakfast dish, but can be eaten anytime)	Steamed

<b>FOOD</b>	<b>DESCRIPTION</b>	<b>Cooking Method</b>
Kachori	Deep fried stuffed puri using urad dal/potato and spices	Deep Fried
Lucchi	A Bengali form of puri. A puffed, deep fried bread made with white flour	Deep Fried
Makki ki roti	Bread/roti made from unleavened corn flour	Baked on stove
Naan	Fermented bread dough made from flour, yogurt, and egg (optional) Leavened roti baked in oven	Baked in oven (may have added fat)
Paratha – Stuffed	Pan fried roti stuffed with meat or vegetables Can be stuffed with aloo (potato), keema (ground meat), dal (lentils)	Pan-Fried
Paratha - Plain	Pan fried roti/bread	Pan-Fried
Puri	Deep fried roti/bread	Deep Fried
Puttu	Rice flour and grated coconut (breakfast dish) Steamed rice cake	Steamed
Roti/Chapati - white flour	Flat bread – staple in South Asia (made from unleavened bread dough).	Baked on stove (may have added fat)
Roti/Chapati - whole grain flour	Flat bread made with whole grain flour.	Baked on stove (may have added fat)

FOOD	DESCRIPTION	Cooking Method
String Hoppers (Also see Iddiyappam)	Steamed rice flour noodles Eaten in a variety of ways with curries, or as a sweet dish with sugar cane sugar and coconut. Also eaten with “sodhi” – seasoned coconut milk.	Steamed
Thepla	Unleavened flatbread, similar to a chapati, baked on a griddle. This Gujarati variation has fenugreek leaves mixed into the dough, chickpea flour may be substituted for part of the flour.	Baked on stove
Uppuma	Dish made with semolina and spices, may or may not contain vegetables. Many varieties/types.	Pan cooked
<b><u>Fruits</u></b>		
Aam	Mango	Fresh or Canned Pulp or Pickled condiment in oil (Achaar)
Amrood or Jaam	Guava	Fresh or Canned
Anaar	Pomegranate	Fresh
Ananis	Pineapple	Fresh or Canned or Juice
Lychee or Lichee	Lychee	Fresh Or Juice (usually with added sugar)

<b>FOOD</b>	<b>DESCRIPTION</b>	<b>Cooking Method</b>
Aam Ka Rus	Mango Juice	Usually with added sugar
Citaphal	Custard apple	Fresh
Papaya or Papita	Papaya	Fresh
<b><u>Milk &amp; Alternatives</u></b>		
Chai (doodh pati)	Tea made with mainly milk instead of water. Usually with added table sugar.	Boiled on stove
Chutney, mint	Condiment made with fresh mint leaves and yogurt	Blender
Dahi beray Dahi belay Dahi phulki	Yogurt with potatoes and chick pea flour patties. May contain tomatoes, onions, mint.	Flour patties are fried.
Lassi	Yogurt drink (diluted with water), with added sugar or salt. May be made from butter milk	Uncooked
Paneer	Un-ripened cheese that is similar to pressed Ricotta cheese, except that the curd is drier and has no salt added. Made from curdled milk.	Boiled
Raita	Yogurt with grated vegetables such as cucumber, tomato, onion etc.	Uncooked

<b>FOOD</b>	<b>DESCRIPTION</b>	<b>Cooking Method</b>
<b><u>Rice</u></b>		
Biryani (chicken, beef, mutton or shrimp)	Rice with meat, potatoes and many different spices. Oil added during cooking.	Boiled rice
Kichri/kichdi	Lentils (orange coloured lentils known as masoor, yellow moong, toor dal) and rice cooked together. Made with moong dal, masoor dal and uradh dal. Used in religious festivals OR during illnesses, especially stomach/digestion related. Vegetables may be added occasionally.	Boiled rice
Meat pilau	Rice with meat. Oil added during cooking.	Boiled rice
Vegetable pilau	Rice with vegetables like potatoes, carrots or peas Oil added during cooking.	Boiled rice
Zarda	Sweet rice made with food colour, raisins and almonds Oil or Ghee (clarified butter) added during cooking.	Boiled rice Added sugar Contains ghee
<b><u>Other Choices - Sweets/Desserts</u></b>		
Barfi	Fudge like dessert made from thickened milk or cream, coconut and sugar	Boiled milk Added sugar Contains ghee
Gajar ka halwa	Made from carrots and sugar (gajar = carrot)	Added sugar Contains ghee

<b>FOOD</b>	<b>DESCRIPTION</b>	<b>Cooking Method</b>
Gulabjaman	Fried ball made from milk and soaked in sugar syrup	Deep fried Added sugar Contains ghee
Jilebi/Jalebi	Fried black lentil flour dipped in sugar batter	Deep fried Added sugar Contains ghee
Kulfi	Indian ice cream made with boiled/reduced milk. It comes in many flavors - mango, elaichi (cardamom), kesar (saffron) etc.	Boiled milk Added sugar Contains ghee
Ladoo	Fried ball of chick pea flour and sugar	Deep fried Added sugar Contains ghee
Rasgulla	Milk based balls in sugar syrup	Boiled milk Added sugar Contains ghee
Rasmalai	Balls of curdled milk/cheese soaked in sweetened milk (often baked)	Boiled milk Added sugar Contains ghee
Rice Kheer	Rice pudding Made by reducing milk with other ingredients like rice or vermicelli	Boiled milk Added sugar
Sevia	Sweet vermicelli. Often in a milk based sweet sauce.	Boiled milk Added sugar
Shahi Tukray	Bread pudding made with cream, sugar or condensed milk and dried fruit.	Bread is usually fried or deep fried. High in sugar.

<b>FOOD</b>	<b>DESCRIPTION</b>	<b>Cooking Method</b>
Shandesh	Coagulated milk based dessert includes paneer	Boiled milk Added sugar
Suji ka Halwa	Made from semolina, sugar and ghee (butter or margarine) with nuts and raisins	Added sugar Contains ghee
<b><u>Other Choices – Snacks</u></b>		
Bhel Puri	Puffed rice, deep fried noodles, boiled potatoes etc. served with tamarind sauce etc	Fried
Cake rusk	Dry toast in the form of cake. Usually served with tea.	May be fried or baked Added sugar
Chevra or Chiura	Snack mix made of peanuts, fried rice, potato crisps etc	Some ingredients are fried
Gathia	Fried gram flour snack	Fried
Gol Gappay Or Pani Puri	Semolina and white flour hollow balls that are deep fried. Served with water containing tamarind sauce and spices. Also served with mixture of chopped potatoes and chickpeas. The water and potato mixture is placed inside the deep fried balls.	Deep fried.
Mathri/Mathi	Fried salty snack made with semolina and flour	Fried
Meat Samosas	Meat in pastry shells – deep fried	Deep fried
Papad Or Papadum	Chips like snack made of rice or legume flour. Baked or fried.	Fried

<b>FOOD</b>	<b>DESCRIPTION</b>	<b>Cooking Method</b>
Sev	Vermicelli type fried snack made from rice or lentil flour	Fried
Vegetable Pakora	Deep fried fritters made of vegetables and chick pea flour	Deep fried
Vegetable Samosas	Vegetables such as peas and potatoes in pastry shells	Deep fried
Vegetable/potato patty	Patty made from vegetables and/or potatoes. Potato patties are more common.	Pan-Fried
<b><u>Vegetables</u></b> – Eaten with rice or roti/chapati		
Baingan Or Baingan ka Bharta	Egg plant Roasted egg plant with skin removed.	Curry with added oils
Bhindi	Okra (Lady's Finger)	Curry with added oils
Ghia	White squash	Curry with added oils
Kadhu	Pumpkin or Ash Gourd	Curry with added oils
Karela	Bitter gourd	Curry with added oils
Methi	Fenugreek (Fresh Leaves)	Curry with added oils

<b>FOOD</b>	<b>DESCRIPTION</b>	<b>Cooking Method</b>
Saag	Mustard Greens	Curry with added oils
Tinda	Indian round gourd	Curry with added oils
Tindora	Coccinia grandis, also called tindora, parval, kowai, kovai, tindla, gentleman's toes, or ivy gourd	Curry with added oils
Turia	Ridge gourd	Curry with added oils
<b><u>Legumes and Lentils</u></b> – Eaten with rice or roti/chapati		
Channa Dal	Gram dal. Made from splitting a chickpea in half.	Curry with added oils
Channa or Cholay or Kabuli cholay	Chick peas often in a tomato/onion base	Curry with added oils
Dal (any kind)	Legumes/lentils	Curry with added oils
Kala Channa	Black chick peas	Curry with added oils
Masoor or Masar Dal	Brown or pink lentils. The whole lentil is greenish-brown, but the skinned and split lentil is pink/salmon colour. Turns yellow when cooked.	Curry with added oils
Moong Dal	Skinned and split mung beans. Yellow in colour.	Curry with added oils

<b>FOOD</b>	<b>DESCRIPTION</b>	<b>Cooking Method</b>
Rajmah or Lobia or Choray	Kidney beans in tomato based sauce	Curry with added oils
Rasam	Light lentil soup made from red gram dal and tomatoes and spices. Served with rice.	Curry with added oils
Rongi	Black eyed peas	Curry with added oils
Sambhar	Toor dal made with vegetables Eaten with rice, idlis or dosas.	Curry with added oils
Toor Dal	Tan colour whole lentil, but often used skinned and split (yellow colour).	Curry with added oils
Urad Dal	Black lentil, also used in skinned/split format (white).	Curry with added oils
<b><u>Curries</u></b> Eaten with rice or roti/chapatti. Curry also referred to as Salan or Shorba		
Khadi	Curry made from yogurt, spices and vegetables	On stove with added oils
Malai Kofta	Cheese (paneer) and vegetable (potatoes) fritters in a cream sauce (milk/yogurt/cream/paneer)	Deep fried fritters  On stove with added oils
Meat curry with other vegetables	Meat and vegetables such as spinach, turnip etc.	On stove with added oils

FOOD	DESCRIPTION	Cooking Method
Meat curry with peas	Meat and peas in spicy sauce	On stove with added oils
Meat curry with potatoes (Aloo Gosht)	Meat and potatoes in spicy sauce	On stove with added oils
Meat only curry – any kind of meat	Meat in spicy sauce. Sauce can be dry or gravy.	On stove with added oils
Mixed vegetable bhaji	Vegetables such as peas, carrots, potatoes etc. in a dry curry Bhaji = Generic name for cooked vegetables (also known as bharta).	On stove with added oils
Potato bhaji	A dry potato curry. Bhaji = Generic name for cooked vegetables (also known as bharta). Usually dry.	On stove with added oils
Vegetable only curry	Curry made from a vegetable only. e.g., saag (mustard greens).	On stove with added oils

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