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This article is part of the series of regional onIndian kitchen Kitchen northern India Bhojpuri Awadhi Kumauni Kashmiri Mughlai Punjabi Rajasthan Uttar Pradesh South Indian Chettinad Hyderabad Karnataka Kerala Mangalorean Mangalorean Catholic Saraswat Tamil Telangana Telugu Udupi East India Bengali Bihari Jharkhand hates Maithili West India Goa Marathi Parsi gujarati Malvani & Khodakni Sindhi northeast India Arunachalese Assamese Meghalayan Mizoram Manipuri Nagas Sikkimese Tripuri Other Anglo-Indian fast food Singapore Jain Indian Indian Indonesian Indian Chinese (Stvik) Malaysian Indian Nepali ingredients, types of courses Second foods sweet bread Drinks Snacks Spices Seasonings preparation, cooking Handi Karahi Tava Tandoor Uruli Other See also History Etiquette Indian chefs Cookbook: cuisine of India related cuisines Nepalese cuisine of Sri Lanka cuisine Bangladeshi cuisine Pakistani cuisine of Bhutan Tibetan cuisine kitchen Afghani cuisine Á India Portal food portalvte Maharashtra Ian or Marathi The kitchen is the kitchen of the Marathi people from the Indian state of Maharashtra. It has distinctive attributes, while sharing a lot with other Indian cuisines Traditionally, Maharashtrans have considered their food to be more austere than others Maharashtran cuisine includes delicate and spicy dishes. Wheat, rice, Jowar, Bajri, vegetables, lentils and fruits are dietary staples. Peanuts and cashews are often served with vegetables. Meat has traditionally been poorly used or just the shaft until recently, due to economic conditions and culture. The urban population in metropolitan City State was influenced by cuisines from other parts of India and abroad. For example, the dishes Udupi idli and dosa, as well as Chinese and Western dishes, such as pizza, are very popular in home cooking and restaurants. Dishes include distinctly Maharashtran UKdiche Modak, Aluchi Patal Bhaji, Kande Pohe and Thalipeeth. Meals and dishes Staple Regions and Districts of Maharashtra See also normal: Thali since © occupy a large area with distinct geographical differences and Food Availability, The Marathi people from different regions have produced a varied cuisine. The diversity extends to the family level, because every family © uses its unique combination of spices and ingredients. Most Maharashtrans Avenue are not to eat meat, fish and eggs, however, the staple diet for most people is mostly lacto-vegetarian. Many communities like Brahmins, or Varkari Sect Members Only Follow The lacto-vegetarian diet The traditional Staple Food On Desh (The Deccan) is usually Bhakri, spicy cooked vegetables, dal and rice. However, North Maharashtrans and Urbanites Prefer Roti or Chapati, which is a normal wheat bread. In the coastal Konkan region, rice is the traditional staple food. Wet Coconut and coconut milk are used in many dishes Marathi indigenous community in Mumbai and Konkan North have their own distinct cuisine [note 1] in South Konkan, near Malvan, independently developed more Kitchens called Malvani cuisine, which is mostly not -vegetariani. Komdbi Vade, seafood and baked preparations are more popular in the Vidarbha region, Little Coconut is used in preparations every day, but coconut and peanuts are used in dry dishes such as spicy Savjis and participates © meat of mutton and chicken dishes. Dishes Maharashtran lacto-vegetarians are based on five main classes of ingredients that include grains, legumes, vegetables, dairy and spices [1] Grains Grains Jwari (Sorghum bicolor) Grain Bajri (Pearl Millet) Dishes Staple in the kitchen are based on a variety of buns and rice. Flatbreads Can Be made from wheat, such as the traditional Trigonale Ghadichi Polia à ~ à º [2] or the round window which is more Chapati In urban areas Bhakri is an unhancum bread made using cereals such as RAGI or Millet, Bajra or Bajri or Jwari Á € à, ~ "and Bhakri is part of meals a day in rural rural areas Millets traditionally, the basic cereals of the interior decree plateau were millet, JwariÁ € [5] [6] and Bajri. [7] [8] These crops grow well in this arid region and subject to sanctility. In the region of Konkan coastal migliore called RAGI is used for bhakri. [9] [10] The flake meal of the poor rural was traditionally simple as Bajra Bhakri accompanied by his own raw onion, a dry chutney or a gram flour prepared called Jhunka. [11] [12] Jhunka with Bhakri has now become a popular food Maharashtra road. [13] Growing wheat Urbanization of the Maharashtra region has increased wheat popularity. [14] Wheat is used to make focaccia called Chapati, trigonal Ghadadi polia, [2] fried version called pure or thick paratha. The wheat is also used in many stuffed buns, such as the Puran poles, Gul Poli (with Sesame and Jaggery filling), [15] and Satorya (with sugar and khoya (powdered milk)). Wheat Maharashtran dough Maharashtran house wheat are also made with vegetable padding like peas, potatoes and grams from. [16] One of the ancient sought after bread was sends. [17] As with rice, focaccia accompany a meal based on vegetables or dairy products. Rice rice is the basic food in rural areas of the coastal Konkan region, but it is also popular in all urban areas. [5] Local varieties such as fragrant ambememohar have been popular in the western part of the Maharashtra. Varan Bhat at home Maharashtran in most cases, rice is boiled alone and becomes part of a meal that includes other elements. A popular dish is Bhaat Varan where steamed rice is mixed with normal that is prepared with pigeon peas, lemon juice, salt and clarified butter. [18] [19] Khichdi is a popular rice dish based on rice, mung and spices. For special occasions, a plate called rice masalebhat, spices and vegetables is popular. [20] Dairy Milk is important as a basic food. [21] Both cow milk and water buffalo milk are popular. Milk is mainly used to drink, to add to tea or coffee or do homemade dashes (yogurt). Traditionally, yogurt is made every day with the yogurt of the day before the bacterial culture to start fermenting milk. Dahi is used as a condiment for various salad dishes or Koshimbir, to prepare kadhi, to prepare culture serum (taak) or as a side dish in a thali. [22] Dairy is used in a drink called Matha mixing it with spices. [23] It can also be used in curry preparations. [24] Milk is also the ingredient prerequisite for butter and ghee (clarified butter). Common vegetables used vegetables as seen on a market trolley in Pune. Top row from left, sweet potatoes, awala, winter radish: central row from lid hook, bhendi, extreme right carrots; Row at the bottom, Punta Aloo, a popular leaf vegetable until recently, canned or frozen foods was not widely available in India. Therefore, the vegetables used in a meal widely depended on seasonal availability. In the Maharashtra, Spring (Marcha May) is the season of cabbage, onions, potatoes, Okra, Guar and Rounds, [25] Shevgyachya Shenga, Dudhi, Marrow and Padwal. During the monsoon season (Junea September) green leafy vegetables, such as Aloo (Marathi: à € œååå), or pumpkins such as Karle, Dodka and aubergines become available. Chilli, carrots, tomatoes, cauliflower, green beans and peas become available in the most fresh atmosphere in February. [26] Carbon roasted young sorghum panicles (Jwari) is a popular element during winter picnics to farms. [27] Vegetables are typically used in bhajis manufacture (Indian stew). Some bhajis are made with a single vegetable, while others are made with combination. Bhajjis can be "dry", how to shake frying or "wet" as in the known curry. For example, Greek hay leaves can be used with or mung potatoes to make a dry bhhaji mixed with besan flour and serum to make curry preparation. [28] bhaji requires the use of enjoy masala, consisting of a combination of onion, garlic, ginger, red chilli, peppers, turmeric and mustard mustard Depending on the castes of a specific family or religious tradition, onions and garlic can be excluded. For example, a number of indego communities from many parts of India refrain from eating onions and garlic everything during Chaturmas, which will be equivalent to the monsoon season in principle. [31] Green leafy vegetables as a hay Greek, amaranth, beet, radish, dill, colocasia, spinach, ambadi, sorrel (chuka in marathi), chakwat, cartamo (kardai in marathi) and tandulja are or jumped in a pan (pale BhaajiÁ €) or rendered in a soup (Patal bhaajiÁ €) [32] with the pet and gram flour. [33] [34] [35] Many vegetables are used in salad preparations called Koshimbirs or Raita. [36] [37] [38] Most of these have Dahi (yogurt) like the other main ingredient. Popular koshimbirs include ravanelli, cucumber and tomato-onion combinations. [39] Many Raita require first boiling or vegetable toasting, as in the case of aubergines. Popular Raita include those based on carrots, aubergines, pumpkin, dudhi and beets respectively. The sprouted mung bean legumes together with green vegetables, another popular food class is a variety of beans, both whole or divided. Split beans are called from and transformed into aHETS (thin lentil soup), or added to vegetables like Dudhi. From they can be cooked with rice to make Khichadi. Whole beans are cooked as it is or more popularly soaked in water until sprouted. Unlike Chinese cuisine, beans can grow only for a day or two. Curry made of germinated grains are called usal and constitute an important source of protein. [40] Maharashtran green leafy vegetables include peas, chickpeas, mung beans, matki, urd, bean, beans with eye, kulthi [41] and toor (also called pigeon peas). [42] Toors and chickpeas above are staples. [5] [43] The urid bean is the base for one of the most common types of Papadam [44] '. They are preferred cooking oils, peanut oil and grease oils are used [45] and sunflower oil cotton seed oil even. [46] Clarified butter (ghee called) is often used for its distinct flavor: It is served with Puran Poli, Varan Bhaat, Chapati and many other dishes. Homemade fresh butter is usually served with bhakri. Spices and aromatic herbs depending on the region, religion and caste, Maharashtran food can be mild or very spicy. Common spices include assafetide, turmeric, mustard seeds, coriander, cumin, dried bay leaves and powder pepper. The ingredients used above all for Kala or black mixture Masala Spices include cinnamon, cloves, black pepper, cardamom and nutmeg. [47] Other mixtures of popular kitchen spices include Masala enjoys and Kolhapuri Masala. [48] Common herbs to flavor detach or to garnish a plate include curry leaves and coriander leaves. Many common curry recipes require garlic, onion, ginger and green chilli. The ingredients that give harsh flavor to food include yogurt, tomatoes, tamarind glue, lemon, and amsul skin. [49] or unripe mangoes. [50] [51] meat and poultry Maharashtran non veg Thali chicken and goat are the most popular sources for meat in the Maharashtran cuisine. The eggs are very popular and coming exclusively from chicken sources. Beef and pork are also consumed by some sectors of the Maharashtran society. [52] However, these are not part of the traditional Maharashtran cuisine. Seafood Bangda or Indian mackerel fish is a bow for many coastal communities Konkan and is popular in other parts of the state too. [53] Most recipes are based on marine fish, shrimp and crabs. A distinguished male dishes of dishes mainly fish is popular. popular fish variety include bombay duck, [54] Pomfret, Bangda, Rawas, Surmai (curis). Fish-based recipes are prepared in different ways, such as curry, pan, or steaming in banana leaves. [55] Miscellaneous ingredients Other ingredients are oily seeds such as linen, karale, [56] [57] of coconut, peanuts, almonds and cashews. Peanut powder and integer fruits are used in many preparations including. Chutney, Koshimbir and Bhaaji. Extensive walnuts and cashews) are used for sweet dishes. Linen and seeds Kalale are used in dry chutney manufacture. [58] Traditionally, save sugar base was used as a sweetener agent, but it was largely replaced by refined cane sugar. Fruit As the mango are used in many preparations, including pickles, jams, soft drinks and desserts. The bananas and jackfruits are also used in many dishes. Typical menu of urban men typically have chapati wheat and pure rice as main staples. Traditional rural families would have millet in the form of bhakri in the plain Deccan and rice on the coast as their respective metal points. [59] Misal Pam Typical breakfast products include Masca, Pohic, UPMA, SHEERA, Sabudana Khichadi and Thalipeeth. In some families left-handed rice from the previous night is fried with onions, turmeric seeds and mustard for breakfast, making Phodnicha Bhat. Typical Western elements for breakfast like cereals, sliced breads and eggs, as well as the elements of South Indians as Idli and Dosa are also popular. Tea or coffee is served with breakfast. Urban lunch and dinner menu a maharashtrian vegetarian meal with a variety of vegetarian lunch objects and dinner dishes in urban areas bring a combination of: wheat piadina as a round chapati or ghadadi poles (chapati triangular layers) boiled rice salad or koshimbir based of onions, tomatoes or cucumbers Papad or Related Snacks such as Sandge, Kurdaya and Sabudana Papdya [60] dry or fresh chutney, mango or lemon Sottaceti AAMTI or Soup Varan on the basis of Toor from, other Dals or Kadhi. When usal is part of the menu, the AAMTI can be omitted. Vegetables with seasonal availability-based sauce, such as aubergines, okra, potatoes, cauliflower or green leafy leafy legumes as usal spinach based on whole or unsprouted legumes in addition to bread, rice, and chutney, other objects can be replaced. The families eating meat, fish and poultry can combine vegetarian and non-vegetarian dishes, with rice and chapati remaining clips. Vegetable or non-vegetable elements are essentially sauces for bread or mixing with rice. Traditional dinner articles are arranged circular. With salt positioned at 12 o'clock, pickles, Koshimbir and condiments are held counterclockwise of salt. Vegetable preparations are arranged clockwise with a sequence of curry leaf vegetables, dried vegetables, sprouted curry state (use it) and from. Rice is always on the periphery rather than in the center. [52] Rural lunch and dinner menu a typical Maharashtran simple meal with bhaji, bhakari, raw onion and brine in the coastal area Konkan, boiled rice and bhakri rice, nachni bhakri is the bow, with a combination of vegetables and non-vegetable dishes Described in the lunch menu and dinner. In other areas of the Maharashtra such as Desh, Khandesh, Marathwada and Vidarbha, the traditional brace was Bhakri with a combination of from, and vegetables. The bhakri is always replaced by chapatis based on wheat. [14] The methods and equipment Maharashtran kitchen stove is the cooking method most commonly used. The traditional three-stone Chulha has been largely replaced by kerosene or gas stoves. A stove can be used for cooking in many different ways: a maharashtrian kitchen in the rural part of the Maharashtra in 2011. Phodani one often translated as "recovery", is a cooking technique and garnish where spices as mustard seeds, cumin seeds , turmeric and sometimes other ingredients such as chopped ginger and garlic are briefly fried in oil or clarified butter to free the essential oils from cells and improve their flavors so. Other ingredients such as vegetables and meat are then added to the pan. [61] [62] Phodani can be the first step to make a bhaji, aocci or curry. It can also be The last step, as part of a side dish. Simmering is, most curry and bhaajis boil for meat or vegetables for cooking frying to this is used to make pancakes like bhaji onion or sweet fried dumplings (karanji) pan pan This is characterized by the use of the minimum cooking oil or fat (compared to a shallow frying or deep frying), typically using enough oil to lubricate the pan. This method is used for cooking delicate items such as fish. TAWA Á € à ~ "This is usually a concave metal pan used on an open stove to make scones not localized as Ghadichi Poli, Chapatis or Bhakris. Steaming Á € à ~ " This method is mainly used for specialties such as UKADICHE Modak, or Aluchya Wadya. Roasting Á € ~ "Vangyache Bharit involves eggplant roasting on the open fire before crush and add other ingredients. [63] Pressure Cooking Á € ~ " This technique is widely used to shorten the cooking time for lentils, meat and rice. Other methods of food preparation include cooking cooking "cooking is rarely used at home. The rolls of bread or pay used in popular street foods like VadApav are cooked by commercial bakers. Drying of the sun - papad, a popular snack and related products and called Papdya Kurdaya, are dried in the sun after having rolled, the dried products keep for several months. [64] Fermentation Á € ~ " This is mainly useful for dahi (yogurt) or homemade butter milk enriched with cream. [65] [66] [67] special dishes a number of dishes are made for religious occasions, dine or as objects of restaurant or street food, [68] Meat and poultry A Thali of Kolhapur, Maharashtra with red (Tambda Rassa) and White (Pandhara Rass) to serve with meat dishes are prepared in a variety of ways: Taambda Rassa is a hot curry with spicy sauce red from Kolhapur. [18] Pandhara Rassa is also a goat curry from Kolhapur with white sauce in coconut-milk. [69] POPATI (AaAÁ A ¥ Á A

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