



Culinary Institute
of America

India

Chef Victor Gielisse., CMC

Day 3





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India

The Spice Kitchen

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Daily Objectives

By the end of this class session, you should be able to

- List and identify key spices and spice mixtures used in Indian cooking
- Apply the various techniques used to manipulate the flavors of spices (e.g., tempering)
- Prepare an Indian meal incorporating designated spices and techniques





- Population 1.3 billion
- 29 states and 7 union territories
- The states and territories are further subdivided into districts and so on
- Bangladesh and Pakistan were part of British India Empire 1858 to 1947-



Geography and Climate

The northern civilizations developed on a different timeline than that of the southern civilization, mainly due to both geography and climate.

The Spice Cabinet

Some spice mixtures (masalas) are identified with a specific region of India.



Masala Dabba

Common Spices of India



Ajowan (carraway)



Amchur (Green Mango)



Cardamom



Cinnamon



Tamarind



Turmeric



Cumin seed



Coriander seed

Common Spices of India



Fenugreek



Fennel seed



Saffron



Mace



Nutmeg



Cloves



Black, white & red pepper



Mustard seed



Regional Spice Mixtures

- **North India:** Garam Masala
- **South India:** Sambhar (also the name of a dish)
- **Bengal:** Panch Phoran (the Indian 5-Spice)
- **Madras** (Chennai) Masala
- **Mumbai** Masala
- **Goda** Masala (Maharashtra)
- **Chaat** Masala
- **Xaccuti** Masala (Goa)
- **Tandoori** Masala
- **Kashmiri** Masala
- **Guarjarti** Masala



Flavor Harmonies

Spices work together to create new and interesting flavor combinations.

Spice Techniques

There are a variety of techniques employed to bring out the fragrant aromas and tastes of spices.





Toasting

Cook gently until the spices give off a “whiff” of fragrance.



Popping Spices

Mustard seeds, poppy seeds, sesame seeds, cumin seeds ...



Tempering (Tadka or Chhaunk)

It is best to use *ghee* (Indian cooked butter) to prepare the tadka. **a method widely used in Indian cuisine, in which whole or ground spices are heated in hot oil or ghee and the mixture is added to a dish**



Basic Cooking Techniques





Rotis, Dosas, Naan, and Other Breads of India

Baked, fried, steamed, pan-fried... There are many traditional styles for preparing India's diverse number of breads.



Ghee

Ghee is butter that is cooked not to be confused with the western-style “clarified ” butter.

Traditional Beliefs

- Holy Vedic Scriptures [basis of Hinduism]
 - Categorize commonly used foods
 - Emphasize the connection between foods, moods, fitness, and longevity of life
 - Three major categories of foods depending on the kind mind- altering, mood-provoking, and physiological influences they are believed to exert

Traditional Beliefs

- Food Categories:
 - Sattvic Foods (milk, some milk products, rice, wheat ghee, some vegetables and legumes)
 - Rajasic Foods (some meats, eggs, very bitter, salty, rich, and spicy foods)
 - Tamasic Foods (garlic, pickled and preserved, stale, alcohol, drugs)

Traditional Beliefs

- Ayurveda [code of life and longevity]
 - Classical system of medicine practiced for over 1000 years
 - Based on the belief that “humors” in the body can interact to preserve a homeostatic harmony or cause imbalance
 - Ayurvedic remedies prescribed for various ailments
 - Besides geography and climate religion and philosophy have played an important role in food choices.

Traditional Beliefs

- According to Ayurveda beliefs:
 - Kapha foods (white sugar, millet, buttermilk) are thought to be heavy, dense, mucus-producing and should be avoided by persons with persons with respiratory ailments)
 - Vata foods (gas producing like legumes)

Traditional Beliefs

- Ushna ("Hot") Foods (Black mung beans, cowpeas, ripe eggplant, papaya)
 - Believed to promote digestion
 - Seeta ("Cool") Foods (cereal, such as rice, wheat, mung beans, kidney beans, most fruits and vegetables, milk from most animals except goats, butter and ghee)
 - Impart strength and nourishment

Vegetarianism

- Lacto-ovo vegetarianism widely practiced
- Beef consumption forbidden
- The Sikh faith does not prohibit eating meat, but:
 - Sikh diet in villages is primarily vegetarian
 - Includes wide assortment of lentils and other legumes
 - Includes occasional meat
 - Includes wheat, corn, and buttermilk

Questions?

