

## Regional Specials February 2024

### Awadh (Lucknow)

#### APPETISERS

##### Shami Kabab - £8.50

Ground lamb kababs stuffed with chopped mint, chillies and onion served with mint chutney

##### Dahi ke Kabab - £7 v,d

Crisp yoghurt-based kababs flavoured with ginger, cardamom and chillies served with coriander chutney

#### MAINS

##### Nihari - £16.50

Our version of this famous stew, Welsh lamb shank simmered in a flavoursome sauce made using home ground spices, ginger, and lime

##### Awadhi Murg Korma - £13.50 d,n

Diced chicken breast cooked in a rich cashew nut and cream sauce with saffron and aromatic spices

##### Navrattan Korma - £10.50 v,d,n

Navrattan means '9 gems'. Our version is made with fresh vegetables, dry fruits and nuts simmered in a creamy saffron flavoured sauce

##### Masoor Dal - £7.50 V

Red lentils tempered with cumin seeds, onion, garlic, tomatoes and chillies

#### DESSERT

##### Moong Dal Halva - £6.50 v,d,n

Roasted 'Moong' lentil pudding served warm topped with nuts

V-Vegan, v-vegetarian, d-contains dairy, n- contains nuts

## Awadh (Lucknow)

Once known as Lakshmanpur, Awadh is claimed to be among the most ancient of Hindu States, now in the Indian state of Uttar Pradesh. Today it is known as Lucknow.

Authentic dishes ranging from kormas to kulchas, roomali rotis to parathas and flavourful biryani are famous all over the world, thanks to the Nawabs of Awadh. The art of cooking food over a slow fire, or 'Dum' style of cooking originated from this region. This process involves sealing ingredients in large pot called 'handi' and is placed over slow fire, allowing the ingredients to simmer in their own juices.



Awadh style of cooking is deeply influenced by the Mughal style and it closely resembles the cuisine of Kashmir and Hyderabad. The richness of Awadh cuisine lies in its ingredients and also the diverse cooking methods. Some dishes are flavourful due to the use of rich ingredients such as cream and ghee, while others taste equally good prepared with mustard oil.

Kababs such as Shami kabab, Gilawat ka Kabab, Kakori kabab are famous all over the world. Nihari is a meat stew usually eaten with a kulcha (bread) for breakfast. Lucknavi Biryani is one of the most famous of all. The term Biryani derives from the Persian word "Biryan", which means "roasted before cooking." Biryani is a mixture of basmati rice, meat, vegetables, yogurt, and spices. Kulfis (ice cream) and various rice, fruit, vegetable puddings are enjoyed as desserts during summer and halwas in winter.