

The Cuisine of Bengal

Regional Specials The Cuisine of Bengal July 2026

APPETISERS

Beetroot Chaap - £8.50 V m

Light batter fried beetroot cutlets spiced with ginger, green chillies and nigella seeds served with coriander chutney and carrot pickle

MAINS

Chingri Malai Curry - £16.50 d, s

Black tiger prawns simmered in a sauce made with coconut milk, onions, tomatoes, and green chillies

Posto Murgi - £15.50

Traditional Bengali chicken curry made with poppy seed paste, ginger, garlic and a home ground spice blend

Masoor Dal - £9 V m

Red lentils tempered with panch poran-five spice blend, onion, garlic, tomatoes, and green chillies

DESSERT

Kesar Rabri Rasmalai - £5/piece d

Soft, spongy cheese dumpling in saffron flavoured thickened milk

V – Vegan, e- egg, g - gluten, d-dairy, s - sulphide, m – mustard

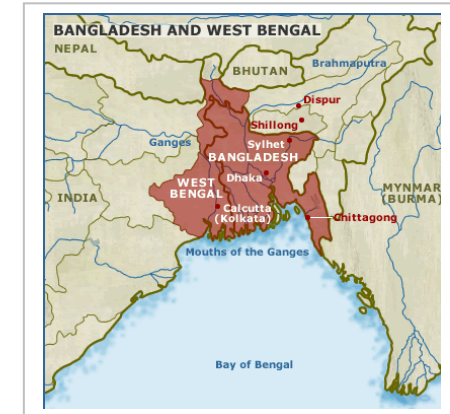
All prices include VAT and exclude a 12.5% optional service charge

All dishes may contain traces of nuts

The region of Bengal is one of the most densely populated regions on earth, with a population density exceeding 900/km². Most of the Bengal region lies in the low-lying Ganges–Brahmaputra River Delta or Ganges Delta, the world's largest delta. In the southern part of the delta lies the Sundarbans-the world's largest mangrove forest and home of the Bengal tiger. Though the population of the region is mostly rural, two megacities, Kolkata and Dhaka, are located in Bengal.

The Bengal region is renowned for its rich literary and cultural heritage as well as its immense contribution to the socio-cultural uplift of Indian society in the form of the Bengal Renaissance, and revolutionary activities during the Indian independence movement.

The food of this region has an emphasis on fish, vegetables and lentils served with rice as a staple diet, Bengali cuisine is known for its subtle (yet sometimes fiery) flavours, and its huge spread of confectioneries and desserts. Fresh sweet water fish is one of its most distinctive features; Bengal's countless rivers, ponds and lakes teem with innumerable varieties of fish such as rohu, hilsa, koi or padma. Prawns, shrimp and crabs also



abound. The use of spices for both fish and vegetable dishes is quite extensive and includes many combinations not found in other parts of India. Examples are the onion flavoured kalonji (nigella or black onion seeds), radhuni (wild celery seeds), and five-spice or panch phoron (a mixture of cumin, fennel, fenugreek, kalonji, and black mustard seeds). The trump card of Bengali cooking probably is the addition of phoron, a combination of whole spices, fried and added at the start or finish of cooking as a flavouring special to each dish. Bengalis share their love of whole black mustard seeds with South Indians, but unique to Bengal is the extensive use of freshly ground mustard paste.