

## Regional Specials May 2019

### Awadh (Lucknow)

#### APPETISERS

##### Bade ki Boti - £8.50

Beef sirloin piccata marinated and roasted over charcoal served with pickled radish and mint chutney

#### MAINS

##### Nihari - £13.50

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

##### Awadhi Murg Korma - £12.50

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

##### Mung Dal - £7

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

#### DESSERT

##### Alphonso Mango - £6.50

Considered to be the best mangoes in the world, available only during its short month-long season served with a scoop of vanilla ice cream

All prices inclusive of VAT and exclusive of 10% optional service charge. All dishes may contain traces of 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 Mogul 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.