

## Punjab Regional Specials September 2023

### APPETISERS

#### Shahi Guinea Fowl Tikka - £9.50

Guinea Fowl marinated with a paste of pistachio, crushed pepper corns, cream and spices; roasted in the tandoor, served with mint chutney

### MAINS

#### Keema Mattar - £14

Home minced lean Welsh lamb leg braised with onion, tomatoes, spices and green peas

#### Sarson da Saag - £9.50

Chopped green mustard leaves braised with ginger, green chillies and maize flour

#### Dal fry - £8

Red and yellow lentils tempered with cumin seeds, onions, ginger, garlic, chillies and fresh tomatoes

#### Amritsari Kulcha - £4.50

Tandoori bread stuffed with crushed potatoes, fresh coriander, pomegranate powder, ginger, green chillies and carom seeds

### DESSERT

#### Gajerela with Kulfi - £6.50

Warm carrot halva with nuts served with Indian milk ice cream

All prices include VAT and exclude an optional 12.5% service charge  
All dishes may contain traces of nuts

## The Punjab Region

Punjab literally means 'land of five rivers' in Persian. As it was divided into two at the time of partition a part of Punjab lies in the north west of India and the other in north east of Pakistan.

Punjab mainly consists of large fertile plains and is India's biggest producer of wheat. Milk and its products in the form of malai (cream), paneer (cottage cheese), butter and curds are used with almost every Punjabi meal.

The most popular form of Indian food served around the world is derived from Punjabi cuisine. The concept of using the tandoor oven in Indian kitchens originated here. Communal tandoors are still used in the villages of Punjab where women gather in the evening to cook bread and share gossip.

It shares several characteristics with the cuisine of Kashmir and other adjacent states. Punjabi cuisine is diverse, and varies regionally. Punjabi food served in the restaurants originated from the 'Dhabas' - roadside restaurants started by Punjabi



people to provide food to truckers. It would not be wrong to say that in India 'Dhabas' were the first restaurants. Tandoori Chicken, Dal Makhani, Karahi Paneer, Chicken Tikka, Lassi, Kheer, Jalebi; are the popular Punjabi dishes found in restaurants all over the world.

Other popular seasonal dishes are; Sarsoon da Saag – prepared with green mustard leaves; Makki di Roti – maize flour bread; and Cholle Bhaturre – chickpeas served with fried bread.