



Mumbai snacks.....Cooking class
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Lorna Sundberg International Centre
University of Virginia



Mumbai formerly called **Bombay**, is the capital of the Indian state of Maharashtra. Mumbai, the most populous city in India, is one of the most renowned cities in the world, with a population of approximately 14 million. The seven islands that came to constitute Bombay were home to communities of fishing colonies. For centuries, the islands came under the control of successive kingdoms and indigenous empires before being ceded to Portuguese settlers and subsequently to the British East India Company. Mumbai's culture is a blend of traditional festivals, food, music, theatres and Bollywood. The city offers a cosmopolitan and diverse lifestyle with a variety of food, entertainment and night life, available in a form and abundance comparable to that in other world capitals. Mumbai's history as a major trading centre has led to a diverse range of cultures, religions and cuisines coexisting in the city. This unique blend of cultures is due to the migration of people from all over India since the British period. Mumbai residents celebrate both Western and Indian festivals. Diwali, Holi, Eid, Christmas, Navratri, Good Friday, Dussera, Moharram, Ganesh Chaturthi, Durga Puja and Maha Shivratri are some of the popular festivals in the city. Nov to Feb is the best time to visit.



Dr. Eusebio Pires



BOMBAY PAV-BHAJI [curried vegetables with bread]

Most popular snack- a mixture of various vegetables are boiled, mashed and cooked with a spicy masala and served with butter fried pav.

Preparation Time : 15 minutes

Cooking Time : 25 minutes

Servings : 4

INGREDIENTS

Potatoes, boiled and mashed 4 medium

Tomatoes, chopped 4 medium

Onions, chopped 2 medium

Green capsicum, chopped deseeded 1 medium

Cauliflower, grated 1/4 small

Green peas, shelled 1/4 cup

Ginger, chopped 1 inch piece

Garlic 8-10 cloves

Oil 3 tablespoons

Green chillies, chopped 3-4

Pav bhaji masala 1 1/2 tablespoons

Salt to taste

Butter 3 tablespoons

Pav / loaf of bread 8

Fresh coriander leaves, chopped 1/4 cup

Lemons, cut into wedges 2

Shredded cheese (optional)



METHOD

Boil green peas in salted water till soft, drain, mash lightly and set aside. Grind ginger and garlic to a fine paste. Heat oil in a pan and add three fourth quantity of onions. Sauté till light brown. Add green chillies and ginger-garlic paste. Stir-fry for half a minute. Add half the quantity of tomatoes and cook on medium heat for three to four minutes, stirring continuously or till oil separates from the masala. Add capsicum, mashed peas, cauliflower, potatoes and one and half cups of water. Bring it to a boil and simmer for ten minutes, pressing with back of the spoon a few times, till all the vegetables are completely mashed. Add Pav bhaji Masala, salt and remaining tomatoes. Cook on medium heat for few minutes, stirring continuously. Heat half of the butter in a thick-bottomed pan or a tawa. Slice pav horizontally into two and pan fry in butter for half a minute, pressing two or three times or till pav is crisp and light brown. Garnish the bhaji with chopped coriander leaves, remaining butter and serve hot with pav accompanied with remaining chopped onion and lemon wedges and cheese.

KANDA BHAJIA [onion fritter]

Batter fried pakoras.

Preparation Time : 10-15 minutes. Cooking Time : 15-20 minutes

Servings : 4

INGREDIENTS

Onions, sliced 4 large

Salt to taste and oil to deep fry

Gram flour (besan) 1 cup

Red chilli powder 1 teaspoon

Sliced ginger (optional)

Pinch of cumin seeds

METHOD

Slice onions thin and long and these should be done fresh to make the bhajias crisp. Add salt and then press with hand to extract excess water. Moisture in the onions is essential. Heat sufficient oil in a kadai till very hot. Add besan, red chilli powder, cumin, ginger to the onion slices and mix. Add water if only needed if lumps of batter don't form. Drop lumps of onion mixture into the hot oil. If they stick together try to separate them. Drain when golden onto an absorbent paper. Serve hot with chutney or ketchup.



MASALA CHAI [spiced tea]

A refreshing hot drink. Servings : 4

INGREDIENTS

Tea leaves 4-6 teaspoons

Milk: water ratio 1 cup: 2 cups

Sugars

FOR MASALA

Cinnamon 1 inch stick

Green cardamoms 4

1 inch ginger

METHOD

Grind masala ingredients to a fine or use as whole. Boil 2 cups of water in a pan. Add tea leaves, milk, the chai masala and sugar and bring the mixture to a boil again. Boil for a couple of minutes. Strain and serve piping hot with kanda bhajia.



MUMBAI VADA PAV [potato-based burger]

Popular street food of Mumbai. An Indianized veg-burger.

Preparation Time : 15-20 minutes

Cooking Time : 15-20 minutes

Servings : 4

INGREDIENTS

FOR VADA

Potatoes, boiled and peeled 6 large

Oil 1 tablespoon + to deep fry

Asafoetida a pinch, cumin and coriander seeds

Turmeric powder 1/4 teaspoon

Green chilli-garlic paste 1 tablespoon

Salt to taste

Fresh coriander leaves, chopped 1/4 cup

Lemon juice 1 tablespoon

Loaves of bread (pav) 8 small

FOR BATTER

Coarse gram flour (besan) 1 1/4 cups

Salt to taste

Red chilli powder 1/2 teaspoon

Turmeric powder 1/4 teaspoon

Soda bicarbonate a small pinch



METHOD

To make the batter place the gram flour in a bowl. Add salt, red chilli powder, turmeric powder, soda bicarbonate and mix. Add sufficient water and whip to a smooth and thick batter. Set aside for at least fifteen minutes. Place the boiled potatoes in a bowl and mash them with your hands. Heat one tablespoon oil in a pan. Add asafoetida, turmeric powder, green chilli-garlic paste, cumin- coriander seeds and mix. Add potatoes, salt and mix. Set aside to cool. Add coriander leaves, lemon juice and mix mashing the potatoes some more. Divide the mixture into eight equal portions and shape them into balls. Heat sufficient oil in a deep pan. Dip the potato balls in the gram flour batter and deep fry till golden and crisp on the outside. Drain on absorbent paper. Slit each pav, spread some chutney, place a vada and press lightly. Serve immediately.

**Groceries for this class was purchased from Kroger or the Indian bazaar on Rio road.
Email at eusebiopires@gmail.com for any further queries.**