

# 9

## MEAT, DOMESTIC CHEESE, CURD & PICKLES

In addition to Rice, Vegetables, Legumes, Fish and Poultry products, commonly Mutton, 'Panīr', and Curd are mostly-consumed foodstuffs of Kashmīrīs. Home-made pickled vegetables and fruits, are also eaten generally.

Useful information in respect of Mutton, and for making of Domestic Cheese and Curd at home, as well as, about pickling of Vegetables and Fruits etc., follows.

### A. Dressing and Carving of Meat.

Meat is called 'Neñi' by Kashmīrī Pandiṭs, and 'Māz' or 'Nātā' by Kashmīrī Muslims. In Hindī, it is called 'Māns, and in 'Urḍū', 'Gōshī'.

Apart from Chicken, Fish and Game, Kashmīrīs use only Mutton (Meat of mature Sheep) or Goat's Meat. Meat of healthy, and well-fed Lambs and Kids is preferred.

Use of suitable parts of the animals, cut into pieces of proper size for making different Dishes, is desirable. Cutting, Dressing and Carving of Meat is, so to say, an art.

Therefore, a knowledge of this is necessary to enable one to direct the butcher, while buying Meat for different Dishes. Meat of different parts is sold at the same price in India, unlike in western countries.

### Parts of Sheep or Goat.

(after slaughtering, severing the head and legs, skinning and removing its innards.)

(See Figure)

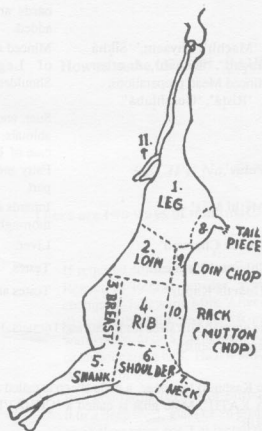
Note : H and K in the text stand for name in 'Hindī' and 'Kashmīrī' respectively.

1. Leg (H. 'Pichhī Rān', K. 'Pāṭim Rān').
2. Loin (H. 'Pushī', K. 'Bokāṭoer').
3. Breast (H. 'Sīnā. K. 'Sīnā').
4. Ribs (H. 'Pasī, K. 'Kān').
5. Shank (H. 'Aglī Rān', K. 'Brūnthiem Rān').
6. Shoulder (H. 'Ḍaṣṭī', K. 'Kaṅgūv').
7. Neck (H. 'Gaṛḍan', K. 'Gaṇḍur').

8. Tail Piece (H. 'Puth', K. 'Laet').

9. & 10. Loin & Mutton Chop, (H. 'Chāṅp', K. 'Chāṅp').

11. Testes (H. 'Kapūrē', K. 'Chhāgael').



The following is a chart showing the particular parts of Sheep or Goat, used for making various, main Kashmiri Meat Dishes, and also gives an idea of the desired size of meat pieces for each dish.

NAME OF DISH	PART MOSTLY USED	SIZE OF PIECES
1. 'Rogān Jōsh'	a. Leg or Shank. b. Shoulder. c. Chops of Rib or Loin, -Lean.	15-20 pieces per kg.
2. 'Yaḳheān'	a. Breast b. Loin Chops. c. Neck. d. Tail portion (Fatty)	15-20 pieces per kg.
3. 'Kabargāh'	Ribs with fatty layer and skin.	25-30 pieces per kg.
4. 'Qāliyá'	Mixed fatty and lean pieces left after selecting meat for other dishes. Some fatty portions of innards and tripe may be added.	30-35 pieces per kg.
5. a. 'Maḥh', 'Shyaem,' 'Sīḳhā Maḥh', 'Kabāb', & other Minced Meat preparations. b. 'Risṭá', 'Goashṭabá'.	Minced or pounded Meat of Leg, Shank and Shoulder for both a. and b.  Suet, and other fats of the animals, added to above in case of b. only.	20-30 and 15-30 pieces respectively, per kg. for 'Maḥh' & 'Shyaem'. For other Dishes according to desired sizes.
6. 'Polāv'	Fatty meat pieces of any part.	25-30 per kg.
7. 'Mēthi Māz'	Innards and Tripe, cleaned thoroughly.	Cut into very small pieces, after boiling.
8. 'Choek Charvan'	Liver.	Diced into about 1/3 " cubes.
9. 'Chhāgael Yaḳheān'	Testes.	Each cut into 4 to 6 parts.
10. 'Goardá Kapūr'	Testes and Kidneys.	Cut into about 1" Pieces.

These are standard sizes for Feasts and Dinners. For daily domestic use, size may be smaller according to the requirement of a family.

Note :- In Kashmiri language, a male sheep is called a 'KATH', an ewe (female sheep) a 'GÁEB', and a lamb a 'CHHIRÁ KATH'. Male goat is called a 'CHHĀVUL', she goat a 'CHHĀVÁEJ', and a kid a 'CHHĀVEJI MOAṄGUR'.

## B. Domestic (Cottage) Cheese (H. 'Panīr', K. 'Chāman').

In a Vegetarian menu, 'Panīr' forms a good source of Protein, besides legumes (Peas, Beans, Lentil and 'Dāls') and Curd, and thus substitutes meats, fish and poultry products, to a good extent.

'Panīr' is available in Indian markets. This is sometimes made from the milk, from which butter has been wholly or partly separated, and so this cheese is somewhat tough, and not soft and creamy as it should be. It is therefore better, and economical too, to make 'Panīr' at home. The process as given under, is easy.

### RECIPE NO. 4.

#### How to make 'PANIR':-

Good cow's or buffalo's milk is brought to boil, and curd, about 1/10th of the volume of milk, or otherwise whey, preserved in a corked bottle from 'Panīr' prepared previously, is added and then mixed slowly with a ladle, till the milk 'Cracks' and the semi-solid curdled Cheese (Casein) separates from the greenish transparent fluid which is called 'Whey'. After covering the Pan with a lid, for a few minutes, remove it from the stove and strain, through a thick coarse cloth, to separate the cheese from whey. Gently press the cheese by hand into a ball while it is inside the cloth. Gather the cloth above the ball and squeeze any whey left. Transfer this semi-hot cheese ball into a suitable round bowl just big enough to hold it. Again press it, from the top, with the palm and fingers into the vessel, to make the cheese into a cake of the shape of this bowl. After letting it cool the 'Panīr' is ready to be cut, with a knife, into suitable cubes or oblong pieces. 'Panīr', thus made, can be preserved for a couple of days in ordinary temperature, without turning sour, or it can be kept for many days in a refrigerator in fresh condition. When curd or whey is not available for cracking the milk a little tartaric acid solution or the juice of a lime can be used instead.

Whole milk yields about 25 percent 'Panīr' by weight.

## C. 'DAHI', (E. Curd or Yogurt, K. 'Zāmuṭ Doaḍ').

Next to 'Panīr', Curd is an important ingredient in cooking of many Vegetarian and Non-vegetarian dishes. 'Dahi', as it is called in 'Hindī', and 'Zāmuṭ Doaḍ' in Kashmirī language, is also taken, generally in its natural form, with Meals. A mixture of 'Dahi' and 'Water', well churned together called 'Matthā' or 'Kachchī Lassī' in Hindī and 'Chhokā Doaḍ', in Kashmirī, when salted or sweetened and conditioned, forms a delicious drink. 'Pakkī Lassī', from which butter has been separated, is also taken as a beverage. It is called 'Chhāchh' in Hindī and 'Gurus' in Kashmirī.

Curd is freely available in any Indian market from 'Halvāyī' shops, but to make good unadulterated, firm and delicious Curd at home, is desirable. In most Indian houses 'Dahi' is always kept for daily use.

#### How to make Curd (H. 'DAHI') at home.

### RECIPE No. 5

#### There are two ways of making Curd:-

1. If required for immediate use, add essence of Rennet or Rennet powder, available from a chemist, to lukewarm Milk. After stirring, cover the pot of this Milk, and keep it undisturbed in a warm place, or on a warm water bath for an hour or an hour and a half. Then it sets, and the Curd is ready for use.
2. Boil good Milk (Cow's or Buffalo's). Transfer it to a deep steel, glass or an enamel dish, or to an earthen-ware pot. Let it cool down to such a

temperature so that one can dip his finger in it conveniently, just without feeling it too hot to tolerate its heat. Then add to it half a table spoon of Curd, as a Curdler, for every litre of Milk. Stir with a spoon and cover the pot, and put it in a warm place or in a warm bath of water, if the outside temperature is low. Otherwise wrap the pot in a cloth, preferably woolen, to help fermentation. Generally we leave the pot overnight, to have Curd ready in the morning for the next day's use.

#### Note:-

If you add ordinary semi-sour Curd for curdling, the resultant Curd will be slightly sour. Although a little sour curd helps digestion, yet, if you want to make sweet Curd, then to do so, take a teaspoon or two of any Curd and add it to a glass of water. Stir well. Let the solid portion of the Curd settle down, and then use, a tablespoon or more of the clear watery top liquid, as the Curdler (Called 'Zāg' in Kashmirī language, and 'Jāman' in Hindī), to the warm Milk kept for making Curd, as per above method.

#### D. Pickles and 'Chātñīs' (H. 'Achār aur Chatni'. K. 'Añchār Ṭā Chetien').

Pickles and 'Chātñīs', in small quantities, lend taste to food and act as appetizers.

In Kashmir various vegetables and fruits are pickled in Mustard oil, Condiments and Spices. They keep for a long time for ready use.

Knol-Khols with their Leaves, Radishes, Carrots, Onions, Green Chillies, Turnips, Cauliflowers, Brinjals and Lotus Roots also Green Almonds, tart Plums, Apricots, and Apples and hard Pears, are main Vegetables and Fruits, which are generally pickled.

#### How to make Pickles, Kashmirī Style:-

#### RECIPE NO. 6.

The above mentioned Vegetables or Fruits are pickled individually, or in desired mixes, after cleaning and paring and cutting into desired pieces if necessary. Before pickling, washing with light potassium permanganate solution again, after thorough washing and cleaning, is a must for all these Vegetables and Fruits. Cut and slice the Vegetables and Fruits into suitable and desired-shaped pieces, after discarding all inedible parts. Knol-khol is cut into pieces after paring of the fibrous skin and generally pickled along with its good Leaves with Stems. Green Chillies, and even Red Chillies before drying, Carrots, Turnips, Cauliflowerrets, Brinjals and Lotus Roots are cut or sliced into desired shaped pieces, but Fruits, except Apples and Pears, are used whole. Apples and Pears are quartered and their inedible homy cores, containing seeds, are removed before pickling.

After dressing as above the Vegetable or the Fruit to be pickled, let its external moisture dry in sun to some extent, while covering it with a thin cloth, to avoid dust and flies to settle on it. If the pickle has to be ready for use within a week or so, then immerse the prepared Vegetable or Fruit in boiling water for a minute and then strain the water, and dry in sun to let the moisture on the surface evaporate.

Before the above process, the following Condiments, Spices and Mustard oil, have to be kept ready, along with a suitable earthenware, glass or plastic jar with a tight lid. The size of the vessel depends upon the quantity of the pickle to be prepared. Empty plastic jars, with screwed lids, of hydrogenated oils, will do well.

**Spices etc. for each kg. of ready dressed material to be pickled.**

1. 'Rāyī', (Mustard Seeds), a little crushed in a mortar or a grinder. 25 gm.
2. 'Mēthī-ḍānā' (Fenugreek Seeds) a little broken by pounding. 10 gm.
3. 'Ḍhaniyā kē Bṭī' (Coriander Seeds) broken somewhat by pounding. 10 gm.
4. 'Lāl Mirch pīsī huyī' (Kashmīrī Red Chilli Powder). 30 gm.
5. 'Kalaunṭī' (Nigella) broken. 10 gm.
6. 'Saunf', pīsī huyī (Aniseed Powder). 10 gm.
7. 'Sōnth' (Dry Ginger Powder). 10 gm.
8. 'Halḍī' (Turmeric Powder). 10 gm.
9. 'Gud' (Brown Sugar) crushed. 25 gm.
10. 'Namak' (Salt). 25 gm.
11. 'Hīng' (Asafoetida) Powdered. 1 gm.
12. 'Garam Masālā'. 10 gm.

Mix the above items 1 to 12, with a cup (about 100 gms) of Mustard oil, and then mix it nicely with the Vegetables or Fruit prepared for pickling. Use a Steel basin or a Glass or an Enameled vessel for mixing. Transfer the mixed things to the glass, earthenware or plastic container, well cleaned and dried before-hand. With a ladle press the ingredients well into the container, so that the oil comes on the top. Screw on the lid well and keep the container in the sun or in a warm place. Fermentation will start and pickle will be ready for use after sometime. Generally within a week, if the Vegetables or Fruits are treated with boiling water, otherwise, within a month or so, depending upon the outside temperature, the pickle will be ready for use. In higher temperature fermentation is rapid. The pickle will be pleasingly sour and tasty, with its peculiar pungent and appetizing aroma. Sometimes Vinegar (H. 'Sirkāh'), an ounce to a kg. of pickles, is added along with 10 to 20 gm. of more Brown Sugar. This enhances its keeping quality and also its flavour.