



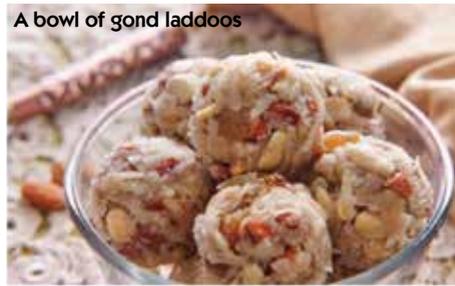
Nolen gur is often used to make sandesh, a bengali sweet

always head to a particular sweet shop which has the best dodha, a heavy nut-based and spice-laced milk sweet that is a seasonal delight. It looks as rich as chocolate and is chewy and enjoyable. The other winter mithai that travels a lot out of Delhi and Punjab is the pinni. This, too, is a fortifying dal-based sweet with gum resin and nuts-very warming during cold months. In Maharashtra, gond or edible gum crystal laddoos are popular winter foods as they're extremely beneficial for the bones.

Deep-fried edible gum crystals are combined with roasted wheat flour, powdered sugar and cardamom powder, set aside to cool and shaped into delectable laddoos!



India has a variety of mithais, or sweets, that are best savoured during winter



A bowl of gond laddoos

## Cultural Calendar - December 2019

**4**  
Wednesday  
9.00 am - 5.00 pm

### International Hindi Seminar

Organized by Swami Vivekananda Cultural Centre  
In collaboration with University of Kelaniya  
Venue: Board Room, K 14, Humanities Faculty,  
University of Kelaniya  
(Registration at the venue from 8.00 a.m. onwards)

**Friday Maitree**  
**Film screening – Tara Rum Pum**  
(Hindi with English subtitles/duration:2 hrs 36 mins)

Director: Siddharth Anand  
Cast: Saif Ali Khan and Rani Mukerji  
Venue: SVCC Auditorium

**6**  
Friday  
3.00 pm

**13**  
Friday  
6.00 pm

### Rishta – “The connectedness”

A dance performance based on Kathak  
by Nritya Nipun Theekshana Liyanage & his disciples  
Venue: SVCC Auditorium

**Food & Fun fiesta**  
by Students and Teachers of SVCC  
Venue:SVCC

**14**  
Saturday  
10.00 am - 1.00 pm

**20**  
Friday  
6.00 pm

### Brihadeeswara - form to formless Bharatha Natyam Recital

“Kalaimamani” Bala Devi Chandrashekar  
Venue: SVCC Auditorium

Programmes subject to change  
Admission to all programmes are on first-come-first-serve basis, except 4<sup>th</sup>  
**Entry Free. All are cordially invited**

UNIE ARTS, 011 2330195



# Sanskarika

Newsletter of the Swami Vivekananda Cultural Centre Dec 2019



# A DELICIOUS INDIAN WINTER

*from the iconic sarson da saag and makki di roti in north India to paunk in west India and haleem across all its regions, dig into some of the signature winter delicacies the country has to offer*

Source: by Sanjeev Kapoor | India Perspectives | Vol 31 | Issue 5 & 6 | 2017



A steaming bowl of wholesome sarson da saag, accompanied by makki di roti

Although India experiences winter in varied forms across its vast landscape, it is nevertheless a season where you might want nothing more than to curl up on a cosy couch with a plateful of piping hot food. And there is no dearth of delicious culinary delights across the country that will help you keep warm through the season - from north to south and from east to west, you'll find and

array of traditional Indian dishes that can warm you up. Here are some of my favourites:

### SARSON DA SAAG AND MAKKI DI ROTI

This dish is the pride of Punjab. My childhood memories dwell on the steaming hot bowls of sarson da saag with their pats of butter struggling hard not to melt. Fresh mustard



Paunk

greens tossed well with different spices accompanied by makki di roti topped with a dash of ghee and a salad of ivory-white crunchy radish... This meal is hearty and satisfying. The leafy greens are as fresh as they get and besides the delightful taste, the dish is also extremely nutritious. The ghee does add some calories, but a whole lot of goodness and health benefits are guaranteed.

### PAYA SOUP

This delicious winter breakfast dish is prepared by cooking lamb trotters with select spices and ghee till the fat from the meat is completely melted and lends its brilliant flavour to the paya soup. While the recipe differs from region to region, the core flavour and warmth of this bone broth carries everywhere the mark of a classic Indian winter delicacy. A traditional paya soup is loaded with calcium, vitamins and minerals, and is meant to warm the body naturally. The best paya soups are served early in



Paya Soup

the morning along the narrow bylanes of khao galis (food streets) across the country.

### PAUNK

This winter specialty from Gujarat is nothing but young tender jowar or sorghum grains separated from their

stalks much before the crop is ready for harvesting. The stalks are roasted over charcoal and then beaten till the grains fall off the soft shell. These tender jade-coloured kernels burst between your teeth with their subtle sweet flavour when eaten fresh, but are mostly accompanied with spicy pepper, garlic or lemon sev. Panuk as an ingredient has plenty of heat and is followed up with glasses of thin chaas (buttermilk) to counter its warming effect on your body!

### NOLEN GUR

Sweet, earthy and like liquid gold - that just about sums up Kolkata's

nolen gur, or date palm jaggery. It may not sound like a novelty item, but the way the sweet makers of Bengal have used it over the years has certainly made it one in India. Enclosed between sandesh, roshogulla and other Bengali sweets or drizzled over ice cream, nolen gur is a matter of pride for several Bengali food fanatics. The process of making it is a tedious one, and is carried out only during winter. By the onset of the season, clean earthen pots are tied to date palm trees to collect the sap, which is then boiled in metal pots to create nolen gur. These days, however, it is not difficult to find this delicious winter

A traditional Hyderabadi haleem is a delicious mix of minced meat, usually mutton, broken wheat, lentils, select spices and plenty of ghee



Haleem

dish in packaged bottles and tubes all round the year!

Sweet, earthy and like liquid gold, that just about sums up Kolkata's nolen gur, or date palm jaggery

### HALEEM

This one-pot meal is the perfect warm and fuzzy dish to savour on a chilly day. A traditional Hyderabadi haleem is a delicious mix of minced meat (usually mutton), broken wheat, lentils, select spices and plenty of ghee. The mixture is slow cooked for hours till all the flavours of the ingredients come together to create an unforgettable mouthful. Garnished with fried onions and lemon wedges, haleem is served piping hot.

### MITHAL MAGIC

When I'm in Delhi during winter, I