

Day 3

Date: 26th February 2022

Venue: Online (YouTube)

Link: <https://www.youtube.com/watch?v=yzYU7za7Fsg>

The third day of the event was on 26th February 2022. The topic of the event was 'Cuisine of Maharashtra'. The speaker of the day was **Sahil Parab(D6AD)** who presented detailed information about the Tambda and Pandhra Rassa of Kolhapur, which are among the spiciest dishes of India.

The event began with an introduction of EBSB VESIT. Then the speaker introduced Tambda rassa. One of the most popular and spiciest dishes is the Kolhapuri Tambda Rassa. The name of the dish is derived from the way it looks in Marathi, Tambda means Copper, which is almost red and Rassa refers to Curry. If translated to English, the dish may be referred to as the Copper Red Curry of Kolhapur. This dish is generally prepared with Mutton, but it can be substituted with chicken as well, Depending on preference.

Speaker acquainted the audience with the recipe and ingredients. Mutton should be washed properly and then kept aside after draining the water. Take a pressure cooker and heat 1 tablespoon of oil in it and then add the finely chopped onions which are to be cooked till it turns light golden. Following this add ginger and garlic paste and turmeric powder, mix, and fry well. Then add the cleaned mutton pieces and mix them with the fried masala. Once the mutton is mixed well with the mixture, add salt and enough water so that the pieces are submerged in water. Cover it with the pressure cooker lid and let it cook until the cooker blows 6-8 whistles. Once the mutton is cooked, take the pieces out from the stock and keep them aside. Now heat 1 tablespoon of oil in a separate wok or pan and add cumin seeds, whole garam masala including cinnamon stick, cloves, star anise, bay leaf, black peppercorns and cook it till they start spluttering. It should take about a minute for the whole spices to cook. After this pour, the diced tomatoes into a grinder, add the whole spices, coriander powder, and the onion and coconut fried mixture with a few teaspoons of water, and grind them well. The whole mixture should turn into a smooth paste. Once this mixture is ready, heat 2-3 tablespoons of oil in a frying pan or skillet and add the Masala Paste to it, and toss it with a ladle for some time. Lower the heat to low so that the paste doesn't get burnt and cover it with a lid leaving a little bit of gap for the steam to escape. Let it cook for 7-10 minutes, after which add the Kashmiri Chilli or Degi Mirch powder and keep mixing it till the oil separates from the Masala. Now pour in the mutton stock that was

prepared earlier, then add the mutton pieces and salt as per your taste, cover it, and let it simmer till it comes to a boil.

Then the speaker gave a brief introduction about Pandhra rassa, Pandhra is a non-vegetarian dish originating from Kolhapuri Pandhra means white and pandhra rassa is chicken or mutton cooked in coconut curry. unlike the Tambda rassa, pandhra rassa is less spice and spiced used are different after the giving recipe and ingredients speaker told presented about how to serve this dishes with steamed rice, Chapatis, or Jwarichi Bhakri which is the Marathi style Chapati made with a special kind of flour which we refer to as Jowar in Marathi and Hindi and Maize in English.

Overall, the session covered the Ingredients, recipe, and serving of two famous dishes of Maharashtra, vote of thanks was given by **Nandita Jadia(D8)**.



Speaker- **Sahil Parab (D6AD)**



Maharashtrian Cuisine

EBSB VESIT

Serving

You can serve them with steamed rice, Chapatis, or Jwarichi Bhakri which is the Marathi style Chapati made with a special kind of flour which we refer to as Jowar in Marathi and Hindi and Maize in English.

These dishes are typically served in Maharashtrian homes during occasions or when guests visit. It is quite a rich and spicy form of their cuisine which is easy to make with very easily available ingredients.



