EK BHARAT
SHRESHTHA BHARAT

Ministry of Tourism
Government of India

JANUARY 2020
Culture of Jammu and Kashmir is a comprehensive mingling of customs and practices of its distinct regions Jammu and Kashmir. Apart from its demographical variations, specific cultural diversions of its elements are what make the culture of Jammu and Kashmir remarkable.

Music, dance, cuisine, lifestyle, festivals, all these only highlights the diversities prevalent in these provinces. Unity is restored when a common thread of cultural tradition binds them together, thus, making it a part of Jammu and Kashmir as a whole.

Culture of Jammu and Kashmir is, therefore, an interesting reflection of color, zest, harmony, and concord which makes Jammu and Kashmir stand apart with its distinct features of age-old traditions, and deep ethnicity. The Jammu and Kashmir have an unparalleled treasure of cultural and natural heritage. The cultural heritage wealth of the in the form of, tangible and intangible, is enormous and all the three Divisions are known for their unique cultural assets.

Institute of Hotel Management Catering Technology and Applied Nutrition- Chennai with the help of the Ministry of Tourism, Government of India is promoting the tangible and intangible culture and tradition of the Kashmir under the banner

**EK BHARAT SHRESHTHA BHARAT.**
The first ruler of Kashmir was Gonanda. Gonanda was killed in a battle along with his son and at the time of the commencement of the Mahabharat war, Gonanda II was ruling over Kashmir. Ashoka founded the old city of Srinagar known now as «Pandrethan». After the death of Ashoka, his son Jaluka ascended the throne of Kashmir, and the latter was succeeded by his son King Damodar II. The valley for over two hundred years was ruled by Indo-Greek Kings before the start of the «Turushka» rule in the state.

Khemgupta ascended the throne of Kashmir in 950 and paved the way for the establishment of Muslim rule in Kashmir. Then Kashmir was ruled by Muslim and Mughal respectively. The Mughal rulers never came alone but were always accompanied by hundreds of Nobles, Amirs and Umrah, Princes and Army Generals.

Then came the Afghan Rule and the Dogra Period, The greatest service of the first Dogra ruler is the foundation that he laid for the modern Jammu and Kashmir State. At the same time, Kashmiri on the Pakistan side opened a front against Hari Singh. Islamization in Kashmir took place during the 13th to 15th centuries and led to the eventual decline of the Kashmir Shaivism in Kashmir. However, the achievements of the previous civilizations were not lost.

In the Rajatarangini, a history of Kashmir written by Kalhana in the mid-12th century, it is stated that the valley of Kashmir was formerly a lake. According to Hindu mythology, the lake was drained by the great rishi or sage, Kashyapa, son of Marichi, son of Brahma, by cutting the gap in the hills at Baramula. When Kashmir had been drained, Kashyapa asked Brahmins to settle there. Cashmere is an archaic spelling of Kashmir, and in some countries, it is still spelled this way.
Kalhana's Rajatarangini, all the 8000 Sanskrit verses of which were completed by 1150 CE, chronicles the history of Kashmir's dynasties from mythical times to the 12th century. It relies upon traditional sources like Nilmata Purana, inscriptions, coins, monuments, and Kalhana's observations borne out of political experiences of his family. During the reign of Muslim kings in Kashmir, three supplements to Rajatarangini were written by Jonaraja, Srivara, and Prajyabhatta and Suka, which end with Akbar's conquest of Kashmir in 1586 CE. The text was translated into Persian by Muslim scholars such as Nizam Uddin, Farishta, and Abul Fazl.

Baharistan-i-Shahi and Haidar Mailk's Tarikh-i-Kashmir are the most important texts on the history of Kashmir during the Sultanate period. Both the texts were written in Persian and used Rajatarangini and Persian histories as their sources.

The culture of Jammu and Kashmir is a comprehensive mingling of customs and practices of its three distinct regions, Kashmir, Jammu and Ladakh. Apart from its demographical variations, specific cultural diversions of its elements are what make the culture of Jammu and Kashmir remarkable. Music, dance, cuisine, lifestyle, festivals all these only highlight the diversities prevalent in these provinces. Unity is restored when a common thread of cultural tradition binds them together thus making it a part of Jammu and Kashmir as a whole. Culture of Jammu and Kashmir is therefore an interesting reflection of color, zest, harmony and concord which makes Jammu and Kashmir to stand apart with its distinct features of age old tradition and deep ethnicity.
Jammu & Kashmir has a rich tradition of music, dance and drama. The folk music and dance of the state is the lifeline of the Kashmiris. There are various dance forms performed according to the occasion – various seasons, harvest, weddings and religious festivals. One of the popular dance forms of the state is the Mask Dance, performed during the Hemis festival in Ladakh by the Lamas of the Hemis monastery.

The dancers, representing divine or mythological figures, wear colourful brocade robes and heavy masks as they perform ceremonial dances around the monastery courtyard.

Marriage ceremonies in the state are marked by the Hafiza dance where young Kashmiri boys celebrate the harvest season with Bacha Nagma dance. Other famous folk dances of Jammu and Kashmir are Ruf, Wuegi-Nachun, Roul and Dogri. Among folk music, the most famous is the Rabab and the common musical instruments are Dukra, Sitar and Nagara.

As far as forms of music in Kashmir is concerned there are three distinct forms, viz. Sufi, Ghazals and Choral Music. Wanawun is another form of music that is sung and played during wedding ceremonies in Kashmir.

The paradise on earth, Jammu and Kashmir is home to a rich cultural heritage, besides a panoramic landscape that leaves many a visitor spellbound. This culture and tradition is reflected in the several fairs and festivals in Jammu and Kashmir that are widely celebrated across the state with much zeal and gaiety. We at Indian Holiday take you on tours to Jammu and Kashmir that provide you with an exclusive opportunity to be a part of these memorable celebrations.

Almost all the major Hindu festivals in India are celebrated with equal enthusiasm in the state of Jammu and Kashmir. Some of such prominent fairs and festivals in Jammu and Kashmir include Lohri, Holi, Navratri, Baisakhi or New Year Day, Guru Ravi Das's Birthday,
Tihar and Samkrant. People from across Jammu and Kashmir gather in large numbers during the time of these festivals. Interestingly, all Hindu, Muslim or Sikh fairs and festivals are religiously observed in the entire state of Jammu and Kashmir.

**FAIRS AND FESTIVALS IN JAMMU AND KASHMIR**

- Amarnath Yatra Kashmir
- Bahu Mela Jammu
- Baisakhi Festival Jammu
- Chaitre Chandesh Jammu
- Jhiri Mela Jammu
- Kheer Bhawani Srinagar
- Lohri Festival Jammu
- Mansar Food and Craft Mela
- Purmandal Mela Jammu
- Winter Sports Kashmir

**FAIRS AND FESTIVALS IN LEH LADAKH**

- Chemrey Angchok
- Dak Thok Tsechu
- Dosmochey Festival Leh
- Galdan Namchot
- Hemis Festival Ladakh
- KarshaGustor Zanskar
- Korzok Gustor
- Losar Celebrations

**WHY VISIT JAMMU & KASHMIR**

For summer & winter vacation, pilgrimage tours, Skiing, Trekking, Mountaineering, Mountain biking, Motor biking, Jeep Safari, Wildlife Expedition, Culture, Traditions, Food, Art & Architecture, Honeymoon, High Mountain passes, Alpine lakes and Meadows.
On descending to surface level, the picture transformed into one of vibrant vitality, of effervescent streams, flower decked meadows, gaily dressed ladakhis, serene Lamas, High-flying eagles and Feet floated mountain sheep.

**TEMPERATURE**

- **Summer** (March – June)
  - 19°C to 30°C
- **Monsoon** (July – September)
  - 15°C to 25°C
- **Winter** (October – February)
  - 40°C to 12°C

**RELIGIOUS SITES**

**HINDU MYTHOLOGICAL SITES**

- **Drupati Kund**: Legendary “Drupati Kund” a sacred pond for Hindus (75 kms from Kargil) on Kargil – Srinager National Highway ia a great attraction for domestic tourists and pilgrims.

- **Bhembat**: 5 kms ahead of Drass there is famous place related to Hindu mythology where a rock sculpture is believed to be the solidified body of Bhim.

**Budhist Sites & Monuments**

- **Stagsboo Drass**: 2 kms before Drass proper there are images of carving on stone blocks representing Maitreya and Avalokiteshvare prominently.

**LIFESTYLE**

Jammu and Kashmir is one of those states that has become famous for its many sided culture. The three regions namely Jammu, Kashmir and Ladakh have different people with their diverse culture and traditions. Jammu is dominated by Hindu(439,824),(935,994), Kashmir has major Muslim population and in Ladakh, most people follow Buddhism. But one thing that is common to people all regions is the love, affection, and tolerance they have for each other.

Even tourists are considered as a part of the family. If you ask a locale about a place to stay, you will probably end up enjoying your vacation in his home, and if you like something worn by a locale and ask him where he bought it from, he will probably offer the
same thing to you. That is how simple people of Jammu and Kashmir are, far away from artificial feelings, and deception of life. The lifestyle of people is totally different from that of adjoining states. The food they eat, the dresses they wear, the language they speak is all different and unique. Though Ladakh region shows a strong resemblance to Tibet in all things

**DRESS OF MEN AND WOMEN IN JAMMU & KASHMIR**

The female section in Jammu and Kashmir attire themselves with beautiful jeweler like earrings, necklaces, nose rings, bangles, earrings and colorful dresses where the men section feel comfortable in the ethnic wear which is skullcaps, churidar, pyjamas, shalwars, and gurgabi. Phiran is woolen attire decorated with the colorful patches of floral motifs and lot of embroidery work done on it. The dress code of the people of Jammu and Kashmir reflects The Land of Lamas - Ladakh

- Customs and Festivals
- Traditional Kashmiri Jewelry
- Soft Spoken Words
- A True Holiday Destination

**POPULAR TOURIST DESTINATIONS IN JAMMU & KASHMIR**

**PAHALGAM**

Not far from the hustle and bustle of Srinagar is a pristine little hill-town called Pahalgam. The area holds a rich cover of vegetation, the dominant forest consisting of conifers which account for over 90%. There are many species of rare, endangered and protected species to be found among the vegetation here. Wildlife enthusiasts are bound to spot some Hangul, Musk deer, Serow, Brown bear, Leopard, Rhesus macaque, Grey langur, Wild bears.
GULMARG

Legendary beauty, prime location and proximity to Srinagar make Gulmarg a premier hillstation in the region. Originally called "Gaurimarg" by shepherds, its present name was given in the 16th century by the Mughal Sultan Yusuf Shah, who was inspired by the sight of its grassy slopes emblazoned with wild flowers. But Gulmarg is not merely a mountain resort of flowery beauty- it also boasts of the highest green golf course in the world - at an altitude of 2,650 meters.

VAISHNO DEVI

The holy shrines of the Hindu Mother Goddess located in these hills have made this place very famous. Every year, thousands of pilgrims, trek their way up the steep slopes, to offer prayer to their goddess. The shrine complex itself is built on a steep outcrop, and makes for quite the twinkling sight at night.

The Holy Cave of the Mother is situated at an altitude of 5200 ft. The Yatris have to undertake a trek of nearly 12 km from the base camp at Katra. At the culmination of their pilgrimage, the yatiris are blessed with the Darshans of the Mother Goddess inside the Sanctum Sanctorum- the Holy Cave. These Darshans are in the shape of three natural rock formations called the Pindies. There are no statues or idols inside the Cave.

SONAMARG

Situated at an altitude of 2730 metres, Sonamarg (that translates as 'Meadow of Gold') is backed by snowy mountains that stand tall against a cornflower blue sky. The Sindh River that meanders through the valley abounds with Trout, and angling is a favourite activity in this area.
**DAL LAKE**

Dal is a lake in Srinagar, Indian Administered Kashmir. The urban lake, which is the second largest in the union territory, is integral to tourism and recreation in Kashmir and is named the “Lake of Flowers" Jewel in the crown of Kashmir or "Srinagar's Jewel". The lake is also an important source for commercial operations in fishing and water plant harvesting. The shore line of the lake, about 15.5 kilometers (9.6 mi), is encompassed by a boulevard lined with Mughal era gardens, parks, houseboats and hotels.

**KUPWARA**

Kupwara is a small district located in the state of Jammu and Kashmir and situated at a distance of 90 Kms from the state capital, Srinagar. Blessed with nature's finest views, the thriving meadows, alpine mountains, and the gushing clear water make Kupwara a must-visit destination in Kashmir. This city epitomizes the beauty of Kashmir.

Kupwara is the backward frontier District of Kashmir Valley, full of scenic beauty. Dense forests and rich wild life make it significant from tourism and wildlife point of view. The north west part of the District is bound by line of actual control (L.O.C)) while the southern portion is bound by the District Baramulla. There are three bad pocket areas, namely, Machil, Keran and Karnah located near L.O.C which remain land locked for more than six months in a year. There are some other areas located at barbed distances and remain cut off from District Headquarter for a considerable time, like Kumkadi, Lashdat, Jumgund, Kethanwali and Budnambil.

Best time to visit: April to October
HEMIS

One of the many unexplored destinations in Jammu and Kashmir, Hemis is a small village which is located at a distance of 40 Kms southeast of Leh. Like every other region of Jammu and Kashmir, Hemis also epitomizes natural beauty. Hemis is popularly known for its magnificent monasteries and national park. It is a must visit in Kashmir in summers if you are a wildlife lover.

Hemis is tucked on a mountain on the west bank of the serene River Indus. The monastery belongs to Dugpa Kargyutpa order or Red Sect of Buddhism and is said to be enriched with a large number of Thangkas or paintings, which are exhibited during the one of the famous festivals in Ladakh, Hemis Festival. During the Hemis Tsechu held in the year of the Monkey of the Tibetan Calendar, one can see the sacred applique work along with tapestry wrought with pearls depicting the image of Guru Padmasambhava.

PULWAMA

Famously named as the “Rice Bowl Of Kashmir”, this quaint village in Jammu and Kashmir is a great place to witness the nature's real beauty of the state. Situated at a distance of 40 km from Srinagar, this place has many tourist sites for the first time travelers to explore. This multi-hued city offers amiable weather, pleasant odor saffron fields, and malleable citizens. One cannot have enough of the saffron fields and the rich culture in Pulwama.

NISHAT GARDEN

This garden was established in the year 1616 by the well-known Emperor Jehangir especially for his wife, Nur Jahan. After some time, another garden named Faiz Baksh was added to this one. You'll find a canal inside the garden that has been embellished with polished stones at the boundaries. This canal at the center of the garden is considered to be the focal point here.
LADAKH

Ladakh, the land of jagged peaks and barren landscape is alluring and awe-inspiring. Hidden behind this harsh and forbidding façade is an ancient civilization and captivating people. Beyond the old frontiers lies the land of wilderness with its unaltered character and overwhelming natural beauty beckoning the more intense and adventurous of travelers. This awesome wildness and magic belongs to that great land of towering mountains and Buddhist simplicity-Ladakh. The largest of the 10 provinces of Jammu and Kashmir, Ladakh is bordered by the Karakoram chain of mountains in the north and the Himalayas in the south. With the great Indus flowing right through Ladakh, the province is divided into Leh, the capital, Nubra, Zanskar, lower Ladakh and Rupshu. The many distinctive features of Ladakh are its uplands, craggy, barren cliffs and plateaus. Governed by a climate that provides about 50mm of rainfall each year, Ladakh is cold and dry. One, therefore, will be faced with a long and bitter winter of frozen landscape but yet very beautiful, and a short, hot summer when the precious glaciers melt.

LEH

Leh is one of the best and safe places to visit in Kashmir in summers. The lofty mountains, the alpine lakes, and the quaint settings enable Leh one of the best places to visit. This place is every bikers dreamland. Clad in the beauty and love of nature, Leh offers breathtaking views, leaving no visitor disappointed.

Leh has a cold desert climate with long, cold winters from late November to early March, with minimum temperatures well below freezing for most of the winter. The city gets occasional snowfall during winter.

The weather in the remaining months is generally fine and warm during the day. Average annual rainfall is only 102 mm (4.02 inches). In 2010 the city experienced flash floods which killed more than 100 people. 12 inches of snowfall is nearly equal to one inch of rainfall in water volume.
In Ladakh, you never know what surprise nature has in store for you. Pangong Lake, situated at a height of almost 4,350m, is the world's highest saltwater lake. Its water, which seems to be dyed in blue, stand in stark contrast to the arid mountains surrounding it. Extending to almost 160km, one-third of the Pangong Lake lies in India and the other two-thirds in China.

Pangong Lake, one of the most famous lakes in Leh Ladakh, derives its name from the Tibetan word, “Pangong Tso”, which means “high grassland lake”. You could spend hours in contemplation here, and still not have enough of its beauty. Pangong Lake is also known to change colors, appearing blue, green and red at different times. If you have decided to go on a trip to Ladakh anytime soon, don't forget to visit the Pangong Lake. The beauty which awaits you there cannot be described in words. It has to be seen, felt and absorbed within yourself.

Lamayuru is on the Leh – Srinagar Highway, and can be visited from Leh (if you fly in) or on your way from Srinagar if you drive to Leh.

Lamayuru monastery is situated at a distance of 127 KM from Leh at a height of 3,510 meters. Lamayuru can easily be covered in a day return trip from Leh. Lamayuru is known for its monastery, and for its “lunar” landscape – quaintly promoted as a “Moonscape” for tourists.

The landscape is certainly incredible with its spectacularly odd geological formations, though this is not unique to Lamayuru. Lamayuru monastery is ancient, built into the 'moonscape'. It has some beautiful frescoes and frightening masks. Visitors can also see the glassed in meditation cave of the Lama Naropa. Lamayuru is a part of the Dri-Gungpa sector in western Ladakh.

Lamayuru was founded in the 11th century by Mahasiddacarya Naropa. Lamayuru has the appearance of a cave monastery with moonlike landscape. Lamayuru consisting of 5 buildings, the structure is in ruins today.
The annual festival known as Yuru Kabgyat is the major attraction of the monastery. Mask dance by the lamas are the highlight of the festival. Another important ritual followed during the festival is the burning of effigies. It stands for destruction of the ego in every individual. Besides its monastery, Lamayuru also attracts tourists for its landscape quite similar to the lunar terrain.

**NUBRA**

Major attraction of Nubra is the highest motorable road Khardungla pass (18,380ft.) majestic peaks and glaciers enchanting valleys and villages. Diskit and Samstanling Gonpa, Panamik hot spring, double humped camel safari, river rafting, trekking and Sunbathe in the sand dunes at Hunder are also a great source of attraction for the tourists. This valley is popularly known as Ldumra or the valley of orchard/flowers. It is situated in the North of Ladakh, between Karakoram and Ladakh ranges of Himalayas. Nubra lies at average altitude about 10,000 feet above sea level.

The climate, of the areas being soft, soil is much fertile and the vegetation of the area is comparatively thicker than those of the other areas of Ladakh. Shrubs, bushes and trees grow in abundance wherever there is any source of water. Due to this reason Nubra has acquired its right name-Ldumra. Shayok and Siachan rivers forms fairly large drain in Nubra. Nubra is a broad valley with lofty mountains on its all sides. Valley assumes greater attractions at the site where both the rivers meet. The formation of Central part of Nubra also takes place there. Diskit is the Sub-Division HQ. of Nubra. Diskit Gonpa is also situated at a height of about 200 mtrs. Above the village, on the spur of rocky mountain and at the most commanding point having clear view of the entire central part of Nubra. Samstanling Gonpa is situated on the North, facing Diskit Gonpa. This Gonpa is equally important and recreationally it assumes greater importance for being situated at a commanding scenic view point at the foot hills of Karakoram ranges up above Tegar and Sumoor villages, amidst plenty of water and high vegetation.

Major village via Kardong, Khalsar, Tirit, Sumoor, Tegar Pinchemik, Tirisha and Panamik all fall along the traditional silk route. The caravans travelling Central Asia and Kashmir through Nubra valley used to stay at those villages. Panamik was the most important place for haltage of Caravan. It served
as last major village where the Caravans landed the facility of feed back, before they negotiate Saseer and Karakoram passes towards Central Asia. The famous hot spring of Panamik also served them as a source for bath, drinking water and therapeutic purpose. Panamik has still got charms and potentiality to serve as a host to travellers. All areas around it including Iantsa Gonpa and Murgi waterfall across it combined with scenic view strengthens its beauty and hospitality.

ZANSKAR

Two small, turquoise, high altitude lakes with camping sites, and views of the surrounding permafrost mountains are the highlights of the Penzi La pass, which is 160 Km from Kargil and at an altitude of 4,401 to 4,450 meters, the highest point on the Kargil – Zanskar road. This pass is more of a table land and, unlike the Zojila, has plenty of flat spaces and things to see, the Drang-Drung, for instance. Kishtwar is behind the mountains of the right. Zanskar being half way through the pass, some 35 km, after Rangdum. It is spread over more than 5,000 Sq.Km. Zanskar remains cut off from the rest of the world for more than eight months a year due to blockade of the Penzi La. Besides there are no air service. Today Zanskar is one of the least interfered with microcosms of Ladakh and one of the last surviving cultural settlers of Tibet. Put simply, systems such as polyandry, which are more or less extinct in Leh town and in the more advanced villages of Leh district, still survive in some pockets of Zanskar. In 1999 around a quarter of Zanskar still practiced polyandry. By then several shops and spring up in Padum and you could actually by things with money

SURU VALLEY

Sankoo:- At a distance of 40kms from Kargil town Suru Valley is a beautiful destination with green land scape and dense plantation and is also the base for four days trek to Shargole via Rusilla and Sapi and three days pleasure trek to Drass via Umballa. Famous for nearby Bamiyan Type Rock statue.

Purtikchey:- At a distance of 60kms from Kargil is an ancient village and a view point for famous NUN peak (7135m)
Damsna:– A beautiful picnic spot and a well-established Fishery Unit is situated at a distance of 65 kms from Kargil. It is also the take off point for river rafting.

Tai Suru/Panikhar:–
At a distance of 70kms from Kargil on Padum Zanskar road is the base for adventure activities like mountaineering, rock climbing, river rafting and trekking.

Tangole:– 77kms from the Kargil town is the base camp for Mountaineering Expedition to Nun-Kun Massif.

Parkachik:– Parkachik is famous for Parkachik Glacier, Picnic Spot and adventure activities like rock climbing, Trekking and Mountaineering.

Rangdum:– At a distance of 130kms from Kargil on Padum road is an ideal camping place in the Himalayan wilderness and perfect isolation. The main attraction here is an imposing 18thcentury monastery perched picturesquely on a top of a hillock like an ancient fort. Rangdum is also serves a base for different Trekking routes.

DRASS

Drass has become an important halting place for travellers going to Leh and Kargil. There is a Tourist compex with Tourist Office and Accommodation blocks. There are a number of Hotels and tea stalls are in Drass. One can have superb views of War Time Hill features like Tiger Hill and Tololing from here.

Goashan:– A beautiful picnic spot which is also famous for the horse polo ground.

Drass valley possess many splendors of nature, some of its features got fame and were much focused in the Electronic Media during the Kargil Conflict of 1999. The war time topographies of Tololing, Tiger Hill and Mushko valley are places of attraction.
The state of Jammu and Kashmir is not just a paradise for the tourist but also for the lovers of good food. The state offers a variety of exotic recipes bearing a distinct seal of the state. Secret behind the mind-blowing cuisine of the state lies in the books of history which speaks of the invasion of Kashmir by Timur in the 15th century AD. This resulted in the migration of hundreds of skilled cooks from Samarkand to cater to the royal tongue. The descendants of these cooks gifted the state the unsurpassable tradition of Wazwan, the delectable aromatic banquet of Kashmir. Wazwan consists of 36 course meal, essentially, meat based prepared by wazas (cooks) under the supervision of Vasta Waza, the master chef.

Various tribes and sections of society have added their own flavor to Kashmiri food. The style of preparation of Kashmiri Brahmins or Pandits and Kashmiri Muslims are radically different. Brahmins use generous quantities of curd along with asafetida and ginger in their food, excluding egg, onions and garlic.

Potato, cottage cheese and a variety of vegetables are used to make interesting combinations of vegetarian Kashmiri food preparations. Both fresh and dried vegetables are used for cooking. These are some delicious vegetarian dishes from Jammu and Kashmir:

Rice is a staple diet in Kashmir. It is grown in the lake shores and river banks. Popular rice preparations of Kashmir are:

Kulcha is popular bread made of wheat eaten in Kashmir.

Kashmiri desserts include gulab jamun, sevaiyaan, phirni and barfi among others.

Beverages are an integral part of Kashmiri culture and hospitality. Kashmiris welcome their guests with hot sheer tea and kahwah. They are made in special kettles known as samovars.

You can relish the traditional cuisine when you tour Jammu and Kashmir. IndianHoliday.com has all the tour details for this north Indian state.
Muslims use onions, garlic and egg liberally in their food preparations. Saffron and Kashmiri chilies are common spices in the cuisine of Jammu and Kashmir.

Meat - Mutton (specially), fish and chicken are essential ingredients in Kashmiri food. Meat is prepared in a number of ways and is usually mixed with vegetables and spices such as cinnamon, saffron, cardamom, cloves and so on.

The Brahmins and Muslims in Kashmir prepare similar meat dishes giving their own unique twist to them. Some of the popular Kashmiri meat preparations are:

### MUTTON ROGAN JOSH - INGREDIENTS

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mutton = 500gms</td>
<td></td>
</tr>
<tr>
<td>Mustard oil = 100ml</td>
<td></td>
</tr>
<tr>
<td>Asafoetida = a pinch</td>
<td></td>
</tr>
<tr>
<td>Cumin seeds = 5g</td>
<td></td>
</tr>
<tr>
<td>Cinnamon sticks = 2</td>
<td></td>
</tr>
<tr>
<td>Peppercorns = 5 nos</td>
<td></td>
</tr>
<tr>
<td>Black cardamom = 3g</td>
<td></td>
</tr>
<tr>
<td>Red chilli = 3 nos</td>
<td></td>
</tr>
<tr>
<td>Powdered fennel seeds = 15g</td>
<td></td>
</tr>
<tr>
<td>Ginger powder = 5g</td>
<td></td>
</tr>
<tr>
<td>Coriander powder = 15g</td>
<td></td>
</tr>
<tr>
<td>Hung curd = 150g</td>
<td></td>
</tr>
<tr>
<td>Saffron = 2g</td>
<td></td>
</tr>
<tr>
<td>Garam masala powder = 3g</td>
<td></td>
</tr>
<tr>
<td>Grated khoya = 50g</td>
<td></td>
</tr>
<tr>
<td>Almonds (blanched &amp; peeled, crushed to paste) = 15g</td>
<td></td>
</tr>
<tr>
<td>Kewra = 2ml</td>
<td></td>
</tr>
<tr>
<td>Salt = 8g</td>
<td></td>
</tr>
<tr>
<td>Red chilli powder = 5g</td>
<td></td>
</tr>
<tr>
<td>Water = 200ml</td>
<td></td>
</tr>
<tr>
<td>For Garnishing</td>
<td></td>
</tr>
<tr>
<td>Coriander leaves = 2 sprigs</td>
<td></td>
</tr>
<tr>
<td>Red chilli = 2 nos</td>
<td></td>
</tr>
</tbody>
</table>

**Method:**

1. Take a large-bottomed pan, heat mustard oil in it on medium flame.
2. Then add asafoetida (heeng), cumin seeds, cinnamon, cardamoms, cloves, peppercorns and whole red chillies.
3. Sauté all the spices in the pan on low flame. Now add mutton pieces and cook on medium flame for 10 minutes. Now add some water and cook it covering with a lid.
4. When the mutton pieces are soft and cooked half way, add all ground spices & garam masala powder along with saffron and mix well. Cook covered for 2-3 minutes.
5. Now add salt along with whisked hung yogurt and cook for about 3 minutes.
6. Now add the grated khoya, almond paste and kewra water.
7. Cook the commodity until the mutton is tender.
8. Garnish it with fresh coriander leaves and red chillis. Serve hot with naan or rice.
**GUSHTABA - INGREDIENTS**

- Boneless meat (from the leg of the lamb) = 1kg
- Meat fat = 200ml
- Mustard oil = 200ml
- Milk = 400ml
- Curd = 200ml
- Water = 800ml
- Green cardamom = 5 nos
- Bay leaves = 2 nos
- Cloves = 2 nos
- Brown cardamom = 3 nos
- Cinnamon stick = 1 nos
- Dry Ginger powder = 5g
- Fennel powder = 15g
- Dried mint = 10g
- Asafoetida = 5g
- Salt = To taste

**Method:**

- Pound the boneless meat on a smooth stone with a wooden mallet. Add the meat fat and pound it well.
- Add black cardamom powder, dry ginger powder and salt & keep on pounding till you get the smooth pulp out of it.
- Make round balls 2 to 3 inches in diameter and leave it covered with a wey cloth. Keep them separate from each other.
- Heat oil in a large vessel add a little salt and asafoetida to it.
- Beat curd in a jug, add to the oil and keep on stirring till it really mixes well.
- Add water and rest of the whole and powdered spices and milk together and bring the gravy to boil.
- Add meat balls one by one to the boiling gravy.
- Cook for one hour on medium flame, & simmer for about 15 minutes.
- Garnish with mint and serve with boiled rice.

**PANEER CHAMAN - INGREDIENTS**

- Paneer (cottage cheese) = 1kg
- Mustard / refined oil = 200ml
- Ginger powder = 10g
- Fennel powder = 15g
- Turmeric powder = 5g
- Cumin powder = 10g
- Bay leaves = 2 nos
- Brown cardamom = 2 nos
- Green cardamom = 2 nos
- Cloves = 2 nos
- Boiled milk = 200ml
- Water = 800ml
- Salt = to taste

**Method:**

- Cut paneer into 2 inch long and one inch thick pieces. Heat oil in a non-stick frying pan.
- Fry paneer on each side, 2 to 3 pieces at a time.
- In a separate pot, add a Tbsp of oil & Add cloves, bay leaf, salt, stir well.
- Add water and the rest of the spices, bring to boil.
- Add fried paneer into the boiling gravy and cook for 5 minutes. Cook at low flame for another 5 minutes.
- Coarsely grind black and green cardamom and leave aside. Add 1/2 cup milk to the gravy & mix well
- Finish with sprinkling cardamom powder to the curry. Serve with rice, naan or chapatti.
MURGH REZALA - INGREDIENTS

- Boneless chicken cubes = 1kg
- White onions = 300g
- Ginger = 20g
- Garlic = 20g
- Green cardamoms = 12 nos
- White pepper, powdered = 5g
- Coconut (Desiccated) = 20g
- Cashew nuts = 50g
- Curd = 250g
- Khoya = 150g
- Ghee = 250ml
- Kewra jal = 5ml
- Mitha ittar = 5ml
- Silver leaves = 2 nos
- Salt = To taste the curry.
- Serve with rice, naan or chapatti.

METHOD

- Wash and clean chicken pieces. Blanch in a pan of boiling water, remove the scum, drain and keep aside.
- Extract the juice of ginger and garlic and keep aside.
- Grind onions, cashew nuts and coconut separately to a fine paste.
- Take a heavy bottomed pan place the chicken, pour enough water to cover, add salt, green cardamoms and bring to boil, then simmer.
- When the chicken is half cooked, add the ground onions and the ginger-garlic juice. Cook until the commodity is dry.
- Then add ghee and then the beaten curd to fry till the meat is dry.
- Add the nut paste and coconut and cook for 2 to 3 minutes, taking care that the masala does not burn.
- Then add white pepper and 1 cup of water, or enough for a thick gravy. Simmer for a while.
- Remove from fire add kewra jal, mitha ittr and mashed khoya. Mix well. Finally add the cream.
- Serve hot garnished with silver leaf.

AL YAKHNI - INGREDIENTS

- Mustard oil = 15ml + Plus for frying
- Bottle gourd (peeled and cut into pieces) = 500ml
- Cloves = 2-3 nos
- Black Cardamom = 1-2 nos
- Cinnamon stick = 1 nos
- Cumin seed = 5g
- Fresh curd (Whisked with 1 tsp Maida) = 200ml
- Fennel powder = 10g
- Ginger powder = 7g
- Shahi Zeera = 2.5g
- Salt = to taste

Method

- Take a pan & Heat mustard oil for frying.
- Once the oil is hot, fry the bottle gourd until golden brown thoroughly. Drain on a plate lined with kitchen tissue.
- Heat 1 tbsp oil in another pan.
- Once the oil is hot, add cloves, black cardamom and cinnamon stick and let them crackle for a few seconds.
- Add cumin seeds and let them crackle for a few seconds. Add curd along with a cup of water and bring it to a boil.
- Add fennel powder, ginger powder, crushed shahi zeera and salt to taste. Bring the curry to a boil.
- Add the fried bottle gourd.
- Cover the pan and simmer for 10-12 minutes.
- Add more water if required.
- Serve hot with steamed rice.
**KAHWA - INGREDIENTS**

- Green tea powder = 20g
- Water = 1ltr
- Cinnamon = 2 stick
- Green cardamom = 4nos
- Saffron = 5 strand
- Sugar = 100g

**Method:**
- To prepare this tea, add water in a saucepan and add cinnamon, green cardamom, saffron strands to it. Bring them to a boil.
- Add the green tea powder and sugar to it and simmer for a few minutes.
- Now, strain the tea to cups and serve hot

**NADRU CUTLET - INGREDIENTS**

- Nadru (lotus stem) = 2 to 3 stems
- Oil for Deep frying
- Salt as per taste
- Green chilli = 3-4 nos
- Chopped Coriander = 30g
- Ginger powder = 7.5g
- Turmeric = 7.5g
- Garam masala = 15g
- Egg = 1 nos
- Coriander roots = 5g

**Method:**
- Wash lotus stem in running water and cut them in medium slices & boil them till tender.
- Add all the ingredients (except egg) in mixer and mash them.
- In a bowl, beat egg and add the contents of mixer in the bowl containing egg.
- Mix all the ingredients well and set aside for about 10 mins.
- Take a big pan, heat oil in it for frying.
- Shape the mixture into round tikkis and deep fry tikkis on low heat till they become crispy and colour becomes golden brown.
- Transfer the crispy tikkis on plate lined with tissue cloth and serve them hot

**RISTA - INGREDIENTS**

- Minced mutton = 700g
- Turmeric = 5g
- Ground red chilli = 180g
- Clove = 3 nos
- Black cardamom = 3 nos
- Cinnamon stick = 1 nos
- Green cardamom = 4 nos
- Onion shallot (crushed to paste) = 5g
- Saffron = 5g
- Ghee = 60ml
- Salt = 5g
- Ani seed = 5g

**Method:**
- Mince the meat with a wooden mallet and shape into balls. Boil in a pan with water enough to cover all the mince balls.
- Cook for 10 mins till the mince balls rise to the surface of the water. Add turmeric, chili paste, cloves, cinnamon, black and green cardamom, fried shallot paste and saffron water to the same water in which we boiled the meat balls.
- Cook for 4-5 minutes till gravy thickens. Add salt to taste.
- Blend the gravy to smoothen up.
- Heat ghee in a separate pan, add to the mince gravy and close with a tight lid for 2 minutes.
- Garnish with anise seed and serve hot
LAHABI KEBAB - INGREDIENTS

- Minced lamb = 1kg
- Garam masala powder = 10g
- Ginger paste = 10g
- Chilli powder = 20g
- Mint leaves = 5 sprigs
- Nutmeg powder = 5g
- Onion = 2 nos
- Garlic paste = 10g
- Salt = as required
- Eggs = 5 nos
- Refined oil as required

**Method:**
- To make this main dish recipe, wash and mince the lamb well and wash the minced lamb under running water.
- Keep the mince lamb in a strainer to drain the water completely.
- Take a grinder and the minced lamb along with garlic and ginger paste, nutmeg powder, 1 finely chopped onion, garam masala powder, salt, eggs, chilli powder and grind it to make a thick and coarse paste. This paste is your kabab mix.
- Then, add 1 finely chopped onion along with the chopped mint leaves to the kebab mix.
- Take out almond sized ball from the kebab mix and flatten it to make a round flat shape.
- Now, place a non-stick pan over medium flame and add oil in it. Once the oil is hot enough, put the kebabs in it and fry them until crisp.
- Once done, transfer the kebabs to a tissue paper lined Plate to drain off excess oil.
- Serve hot with mint chutney or tomato ketchup to enjoy!

HAAK - INGREDIENTS

- Haak = 500g
- Water = 100ml
- Mustard oil = 45-60ml
- Chopped garlic = 5g
- Heeng = 2g
- Whole red chillies = 5-6 nos
- Brown cardamom = 2-3 nos
- Dry ginger powder = 2.5g
- Saunf = 5g
- Salt = to taste

**Method:**
- Take a deep vessel, heat the mustard oil in it to smoking point. Add the garlic, heeng, red chillies and cardamom and give it a stir.
- Now add the haak.
- Mix well and cook till it reduces a little.
- Pour in the water, cover and cook for another 10-15 minutes. Haak is ready to serve.