

INDIAN ZING restaurant

Maharashtrian Fiesta

(17th to 26th AUG'10)

Maharashtra, the second largest state in the Indian Union with a population of 96 million is located in Central India on the West coast with its capital, Mumbai (previously Bombay.) The capital attracts people from all over India, making it a vibrant and exciting city. The state is a rugged land of coastal hills with heavy monsoons while the hills to the east offer hot and rocky yet fertile plains. Like the land, the people are hardy farmers, great scholars, administrators, artists and famed warriors.

Before the advent of the East India Company and after the fall of the great Moghul Empire, the Maratha confederacy expanded towards the Punjab and the south to embrace major chunks of the peninsula.

Maharashtrian food has also absorbed large influences from the whole of the sub-continent. The Imperial Maratha Army controlled the largest chunk of the Indian landmass. From the Afghan border they learnt the basics of the gentle roast. Cuttack in the east provided the use of mustard. Maratha control of Hyderabad also had a great culinary benefit introducing the sophisticated cuisine of the Nizam. A hardy, earthy and simple people absorbing cultures and cuisines from all over their empire and yet essentially retaining their real roots - Marathi cuisine is a simple yet healthy and flavoursome affair.

Some of the simple dishes that we are showcasing in this food fest are:

Kothimbir wadi

Braised coriander and green vegetable patty served with tangy tamarind relish and fresh green herbs relish

Zunka and fenugreek leaves

Traditional farmer's lunch made of thickened gram flour & fenugreek leaves

🍲 Fish and Aubergine kalwan

A seasonal fish broth with aubergine, Indian spices and freshly pounded herbs

Here at Indian Zing's Maharashtra Food Festival, we will try our best to showcase the unique style of the cuisine in its most authentic and vibrant form - most of the spices and pulses imported from the state itself. Though due to unavailability of certain fresh fish and vegetables we might use local ingredients that would be similar in taste and texture.

We do hope that you enjoy the flavours of Maharashtra ...

Maharashtrian Food Fiesta

Appetiser

Kokum Sherbat £5.00 (300ml)

Tangy tropical fruit extract similar to plum served chilled.

Solkadhi £6.00 (300ml)

A refreshing beverage of kokum extract (a tropical fruit) and coconut milk flavoured with ginger, pepper and coriander tempered with mustard seeds.

Piyush £5.00 (300ml)

A yoghurt drink with saffron and nuts.

Pannha. (300ml)

Tangy Raw Mango sweetened with Jaggery flavoured with Cardamom

Starters

Kothimbir wadi £5.50

Braised coriander and green vegetable patty served with tangy tamarind relish and fresh green herbs relish.

Jawla, Methi and Dal wadi £7.00

Shrimps, fresh fenugreek and whole lentils Patty seared on a griddle, served with cress, roasted tomato and onion relish.

🍗 Chicken Suke £6.50

Chicken braised in roasted spices and onions, Served with rice pancake.

🍗 Kheema Chop £7.00

Lean lamb minced with fresh herbs and spices stuffed in mashed potato and griddled and served with onion and tomato relish.

Main

Alu ani Val phadphade £9.50

Lotus leaves simmered in thin peanut sauce with sprouted beans.

🍗 Lobster lonvas £18.00

Lobster seared in East Indian sun-dried bottled masala. Served with green beans.

🍗 Fish and Aubergine kalwan £10.50

A seasonal fish broth with aubergine, Indian spice and freshly pounded herbs.

🍗 Chicken Sagoti £8.90

Free range chicken simmered in gravy of roasted coriander seeds and ground black pepper finished off with coconut milk.

Chicken Dhurandar £8.90

Free range chicken in a subtle curry with pineapple and raw mango.

Lamb Pandhra Rassa £10.50

Lamb simmered in almond and coconut milk caramelised and finished with sesame seeds, fresh herbs and spices.

🍗 Dhangar Lamb Curry £10.50

A robust 'shepherd's broth' lamb curry made with meat on the bone, finished off with fresh herbs and spices with seasonal root vegetables.

Vegetables

ف Chana tendli bhaji £5.50

Whole brown lentils steamed, sautéed with tendli (a tropical vegetable) tempered with mustard seeds and fresh coconut.

ف Moongache Shirale £5.50

A classic dish from the Pathare Prabhu community in Mumbai made with green sprouted beans in a delicate sauce of gram flour and virgin extract of coconut milk, finished with onion and tomato masala.

Batatyachi bhaji £4.50

New potato, peanuts and coriander tempered with mustard seeds and curry leaves.

ف Zing's Zunka £6.00

Traditional farmer's lunch made of thickened gram flour & fenugreek leaves and tempering of mustard seeds, turmeric, curry leaves.

Rice and bread

Masale Bhatt (Rice with roasted spices and vegetables) **£4.00**

Naralee Bhatt (Coconut rice) **£3.50**

Dahi Phodni bhatt (Tempered yoghurt, green chopped chillies) **£3.50**

Bhaakri (Bajra) (Millet bread) **£3.00**

Desserts

Dudhi Halwa £6.00

Bottle gourd poached in caramelised milk, pine water and cardamom, garnished with pistachio and raisins .Served with vanilla ice cream.

Shrikhand with berries £6.50

Hung yoghurt flavoured with roasted cardamom & saffron served with seasonal berries.

ف Spicy

ف Very Spicy