

# *India Fest 2017*

## *Unity in Diversity*

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# Editorial - Making the Vivid Happen !

Think of a country that inspired poets with its stunning beauty; muse of storytellers throughout history; divine delicacies and dialects that differ from region to region, home to multitude of religions, the land of Yoga and Ayurveda, thousand-year-old tradition of fine arts and classical and folk music and dances, and so on.... And you think of India!

There is no one national language though a whole lot of us converse in Hindi. No matter whether it's a celebration of Diwali, Eid, Christmas or any other eve... the festivals are just an expressive way to celebrate glorious heritage and culture. It depicts a fascinating picture of India's religious unity where people of different communities and religions are seen celebrating the same festival as others. The Indian diaspora spread around the world has not only embraced its host countries' cultures but has been able to retain the Indian traditions. It is the feeling that we belong, for some it's a sense of joy and shared emotion. The Culinary diversity is also one of the cherished treasures. There is not similarity but simply staggering range of flavors between the different cuisines of North and South or East and West. Ethnic dresses and fashion culture not only varies by state but also by different religions, and communities within the state. Indian people love to celebrate, to dance and to sing in any joyous occasion. With thousands of customs and traditions, there's never a lack of excitement, awe, and intrigue.

What better place to showcase all this and more to our mid-south crowd than at India Fest. While other events come and go, thanks to a dedicated group of volunteers and a supportive community, India Fest remains popular as anything held this time of year. In the spirit of giving back to the community, the Fest has become a community tradition and celebration where more people meet each other, dig on new kind of foods, music and dance. One day Fest is an easy yet engaging way to get a taste of our diverse melting pot community and promote the culture specific to India.

There is storytelling through decor, not just visual image. There is not just sound - but dancing, singing, music. There is not just any food - but an array of authentic Indian food prepared by local chefs that will likely get added to your dietary repertoire. Wander through the bazaar glittering with saris, Indian dresses and gleaming jewelries. Inhale the aroma of Indian spices and treat your taste buds. Witness Classical, Folk and Bollywood dances that showcase the extraordinary diversity of Indian music and dances. See the beautiful bright colored costumes, hear a variety of languages, and enjoy the melody and beats of India's many music. Be enthralled with a visual feast and find out far more than you can imagine: India is calling!

We dedicate this take home souvenir book to our mid south community that has allowed diverse cultures to coexists and grow together.

With Thanks,

*Maya Nair*



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**Welcome to India Fest 2017**

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# SHELBY COUNTY GOVERNMENT



## PROCLAMATION

By The Mayor

**WHEREAS:** India Association of Memphis is a non-profit organization structured for cultural, educational, literary, civic, social and charitable purposes, organizes activities to foster a closer association amongst people with similar beliefs, and ideals; and

**WHEREAS:** India Fest, initiated in 2003, is an annual cultural celebration of India that has grown in popularity over the years and has attracted over 10,000 people annual, highlighting the history, food, and rich cultural heritage of India with the Shelby County community; and

**WHEREAS:** Each year, India Fest has a theme, and this year's Fest will define diversity through "Unity in Diversity" with colorful décor exhibiting the traditions of different states, a cultural extravaganza, a variety of cuisines, children's activities, music, fun, and more.

**NOW, THEREFORE,** I, Mark H. Luttrell, Jr., Mayor of Shelby County, Tennessee, do hereby proclaim this day of November 4th of 2017 in honor of

## India Fest

and I encourage all citizens to participate and enjoy the cuisines, performances, and shopping as part of this wonderful celebration of Indian culture.



In witness whereof, I have hereunto set my hand and caused the seal of Shelby County to be affixed this 4th day of November of 2017.

Mark H. Luttrell, Jr.  
Mayor of Shelby County



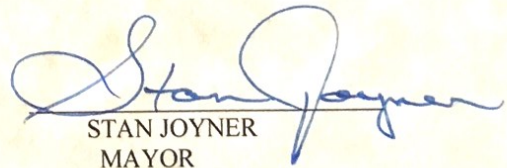
*Office of the Mayor*  
TOWN OF COLLIERVILLE, TENNESSEE



# *Proclamation*

- Whereas, The Town of Collierville takes great pride in its cultural diversity and invites people from all over the world to make Collierville their home; and
- Whereas, India Fest, originated in 2003, is the annual celebration bringing people together to celebrate Indian culture, food, art and music. Since its inception, India Fest has grown to an annual attendance of over 10,000; and
- Whereas, The India Association of Memphis, Inc. (IAM) is a nonprofit organization, serving the socio-cultural needs of more than 2,500 families of Indian origin who are residents of Collierville and the Shelby County area; and
- Whereas, India Fest is a great opportunity for everyone to explore the rich and diverse culture of India, from the Bazaar section which is a cornucopia of Indian food, art, fashion, language and literature to the talent showcase exhibiting Indian dance and music performed by local artists.

Now therefore, I, Stan Joyner, Mayor of the Town of Collierville, Tennessee, do hereby encourage all citizens to participate in "India Fest 2017" on Saturday, November 4, 2107, from 10:00 am to 8:00 pm at Agricenter International to taste the varied cuisines, experience the art, and connect with the people and resources particular to the Indian culture.

  
STAN JOYNER  
MAYOR

IN WITNESS  
MY HAND  
TOWN OF COLLIERVILLE  
TENNESSEE  
JANUARY 1, 2017



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# Note from the President

Hello Everyone!

The 15th Annual India Fest brings to you the essence of 'Unity in Diversity' - a much used and universally known phrase which encompasses wisdom, empathy and resilience in every walk of life. This is our way to appreciate the diverse Memphis community that we live in and the mutual respect we share towards each other.

What could better signify this than our majestic center pieces of Elephants? Although being a foreigner to North America, elephants have caught the attention of everyone and have permeated to almost every crib, toy store and children's book. They have brought joy and enchantment to many faces and have become a part of this cultural in a way that there is nothing foreign left about them! They are, in a way, true symbol of happiness brought in by embracing diversity.



Following the traditions of India Fest - Nov 4, 2017 will be yet another busy day filled with fun, color and mouthwatering food. With over 400 talented cultural participants, 50 plus vendors, Youth activities, Bollywood workshops, cuisines from all across India and glittering shopping stalls, there will be something for everyone walking in. So, kids and adults, put on your comfortable shoes and get ready to travel through the labyrinth of this fest, to experience India through all your senses!

None of this would have been possible without the generous support of our Corporate, Small business and Individual sponsors who have put their faith in us to bring such a large event to the Memphis community every year. It's through their help, we are able to keep our costs down and pass on the benefits to the community. Special thanks to the dedicated team of volunteers, and their supportive families, who have lent tremendous amount of their time and effort in planning and successful execution of this event. I would also like to thank regional organizations in helping us showcase the diversity of India through décor and food by bringing the best of their region to this one platform.

In the end, a big thank you to all the visitors for gracing us with their presence. Looking at your happy and energetic faces, makes all our efforts worthwhile. We forget the hardships of months of meticulous planning in the hustle and bustle of another successful day! So, thank you for being part of India Fest and giving us an opportunity to serve the ever growing diverse community in the greater Memphis area. We hope this has enriched the community experience and made it a joyous year for every participant!

Thank you,

*Swati Kirti*

President, IAM, 2017





# Glimpses of India Fest 2016





# Note from Chairperson

Namaskar!

It is October as I write this message sitting beside the beach of Cancun, listening to the soothing ocean waves and watching the sunset. I have to admit it has been a long and glorious summer. A good summer, the kind of summer that makes you forget that there is any other season. And the kind of summer that make me want to smack anyone who solemnly intones, "Winter is coming!" (That's a Game of Thrones joke if anyone missed it.)

After six months of planning and preparation, it is again time for the annual India Fest. It is the time when decorative props get pulled out of the attic and dusted; it is the time when choreographers start contemplating which song their group will dance to and what costumes they will wear; it is the time when Indian food vendors start squabbling about which spot would be best for them this year. The season of India Fest is in the air, and excitement is mounting. This year, we celebrate the 15<sup>th</sup> India Fest in Memphis on the 4<sup>th</sup> of November, at our usual location - Agricenter. It gives me immense pleasure to welcome each one of you to this amazing annual India Fest.



The theme for this year is "Unity in Diversity," a theme that defines the rich and diverse culture of India, exhibits the traditions of the different states, and the variety of their cuisines. There are educational opportunities to kids' through several interactive activities, a plethora of mesmerizing Indian cultural performances, and a whole lot more. It is a fun-filled family orientated event with something to explore for all age groups; you definitely don't want to miss the fun.

Now at this point, I would like to take the opportunity to thank our major corporate sponsors, especially FedEx, Syntel, HCL, Mphasis, TATA Consultancy Services, Methodist Healthcare, Regional One Health, International Paper, Autozone, Suntrust and Service Master for supporting the festival over the last several years. Without their generous and continuous support, the festival would not have achieved the grandeur, glory and success it is known for today. I am grateful to all city officials, community leaders and local businesses for their incredible support.

And how can I forget our volunteers? They are precious, invaluable, and the backbone of the association. They have spent hours on end to bring this festival to life.

"You make a living by what you get. You make a life by what you give" ~Winston Churchill.

I convey my heartfelt thanks to all the wonderful volunteers for their time, commitment and support to make a difference.

The beauty of India Fest lies in the fact that diverse Indian communities get together to put on a show as a nation, something that is rarely seen in larger cities. This is my sixth consecutive year serving in some capacity or other in the India Association of Memphis and it's been an honor to serve the community. At times it was a wild ride, yet there were moments of happiness with a great sense of achievement and triumphs. I made new friends throughout this wonderful journey of community service, had a great time and learned much.

Last, but not least, thanks to my kids Nikita and Rohan, and my husband Sri for being so patient. Staying away from home during the preparation of India fest, at times they would show their unhappiness for not being there for them, especially during the evenings but in the end, I guess they realize it's worth the effort.

Once again, Welcome aboard! Come with your family and friends and enjoy the fest. Take home some lovely memories of this festival and do share your experience on Memphis India Fest Facebook page.

See you at the India Fest on November 4th!!

*Manjit Kaur*



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# Spotlight on Sponsors

"It takes a village" is a saying that rings true with our India Fest event each year. And what a big village it is! We have many people to thank for supporting us: artists, regional community organizations, our Festival Donors who are the lifeblood of the festival; and our Festival Volunteers, who help keep things running smoothly. While ticket sales help cover a portion of the costs, India Fest depends on the generous support of individuals and corporate sponsors to help bring this event to fruition.

During the hustle and bustle of the fest, visitors may tend to forget to look at the business booths. But we realize how fortunate we are to have such an incredible community of sponsors. Without them the festival wouldn't be where it is today. Humongous Thank you's to those who have given such amazing support over the years.

So – a huge shout out is in order to our sponsors who made sure India Fest 2017 is made possible! To let them know how very much appreciated they are, we've got some photos to share from last years visits and if you happen to cross paths with anyone, be sure to say thanks. We hope you take a few minutes to check out our fabulous sponsors!

## Glimpses of India Fest 2016 Sponsors & City Officials

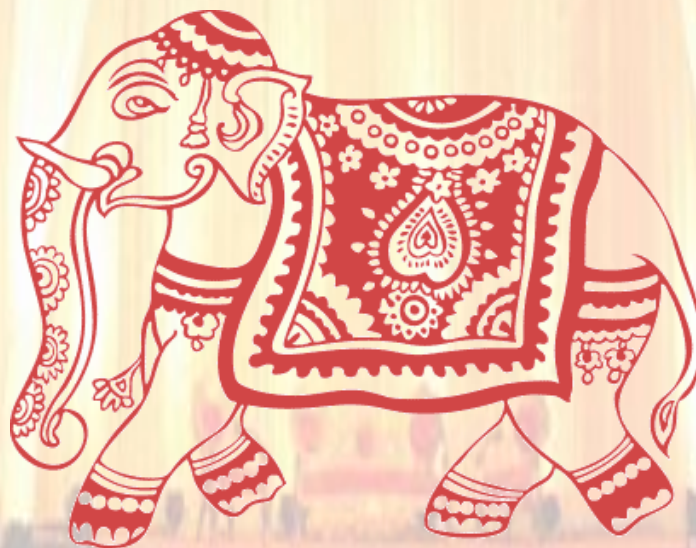


# Fest Décor Concept

**This India Fest, our Creative Décor team has chosen to let you encounter the Majestic Elephants from India.**

**The elephants hold a special significance in India of having transported royalty over the centuries. There are festivals where elephants are the center of attraction. In the northern part of India, there is an Elephant festival held every year. This opulent festival begins with an enthralling parade of magnificent elephants adorned with colorful patterns, embroidered garments and gold and silver ornaments. Elephants were the mode of transport for the kings and are still considered to be a symbol of Rajput royalty today. While in the southern part of India, the mega-festival of Thrissur Pooram, famous in Kerala for its parade of elephants and drummers is a visual feast for the eyes. A collection of over 50 elephants are decorated with nettippattams (decorative golden headdress) and painted in strikingly crafted colors.**

**We will be making an effort to showcase ornately dressed royal elephants. Be ready to be mesmerized !**





# Making of IndiaFest 2017

**INTENTION:** Create a family friendly event by joining our broader community and celebrating all the ways we can when we come together as one. The fest is a good get-together for the community who needs this sort of thing to come together, to process, to touch base and showcase our culture, and seeing the familiar faces of people we see once or twice a year.



**CHALLENGE:** Shoestring Budget and Declining Resources. There were times we honestly didn't think we could all pull it off. But here we are today in the nuts and bolts planning stage of India Fest gearing up to the final push.

**CREW:** We are a good mix of engineers, architects, doctors, artists, scientists, chartered accountants, lawyers and parents who keep trying their hands at yet to be discovered skills. We come together from many different states, countries, cultures, and backgrounds to serve those who attend. We are a group that's obsessed with details. Our team is left and right brained with a bit of insanity and craziness that doesn't hurt either. If we may say so ourselves, we are a nice bunch and do good work! The theme of 'Unity in Diversity' very much stands true here.

## WHAT WE DO ?

Our duties are simple and enjoyable: It's mostly holding things vertical, carrying crates and cables, maybe building a prop like Taj Mahal or Golden Chariot for decor or using forklift if you're comfortable using that. Creating colorful ambience is a challenge where we get to test our skills in carpentry, carving, painting, interior design and of course the hot gluing skills!

We work to finalize sponsors and partnerships and build up our financial resource for the fest, negotiate contracts, work with our community partners, make posters, sell tickets, promote the event, schedule performances, work with performers, set up the stalls, coordinate with parking and patrolling, track the arrival of guests to the festival, organize lines, scan guests tickets, manage logistical details; coordinate equipment, technology, stage changes, lighting, patrol and perform "rounds" as required and report any security concerns. We are also challenged to think creatively when it comes to promoting the fest. Apart from the 'word of mouth' tweeting and buzzing, we have also been reaching out through the traditional media like TV, magazines, and radio. It might not be listed on every festival guide but everyone knows about it and everyone wants to come.

On the fest day, there is a lot of last minute scrambling to get things in place, sometimes things may not go as planned and may be inevitable and completely outside of your control. At times like these we have to think on our feet and react quickly. It takes nerves not to crumble and quickly come up with a new plan of action. On the plus side, there is no time to worry about it and the adrenalin often kicks in. We really must "Keep Calm and Carry On."

After the event, we also become the 'Leave No Trace' crew where destruction is the fun part! This is where we showing off our awesome cleaning skills; making sure this event doesn't dirtify the place. Yes, we grab a pair of gloves and a garbage bag and leave it better than we found. Then brag about how many pieces we picked to find the coolest score!

Now, you get the picture...right!





# Meet the Crew Behind

**Leadership Team:** Swati Kirti, Ramki Padmanabhan, Anantha Prasad, Anil Menothuparambil, Manjit Kaur and Anil Nair

**Creative Décor:** Manjit Kaur, Swetha Kumar, Aparna Bhatla, Nikita Dhalvalikar, Tanu Sareen, Jyoti Jha, Vishal Chedda, Maya Nair, Vidya Venkat, Rashmi Pathak, Poonam Kuhar

**VIP:** Manjit Kaur, Anil Nair & Vijay Kalaga

**Business Development:** Anil Nair, Vijay Kalaga, Anil Menothuparambil and Manjit Kaur

**Vendor Business Booths:** Anith Larson and Anil Menothuparambil

**Marketing:** Huzefa Mamoola, Simanti Chatterjee & Richa Kabra

**Culturals:** Chandni Sood, Roopa Ranganathan, Sridevi Shanmugham, Shruthi Arab, Ruhi Mahajan

**Youth Corner:** Rashmi Prakash, Sanjana Kosuri, Divya Dwarampudi, Kriti Bomb, Arun Goli, Megha Krishnan, Shwetha Ganesh, Keerthana Raja, Surabhi Singh, Ashwin Sivalingam, Aayushi Shah, Anurag Epparla, Abhishek Menothu, Gautham Nair

**Volunteer Experience:** Arijit Basu & Darshan Sampat

**Operations:** Parmil Bansal, Ravi Yarramsetty, Manish Shrivastava, Darshan Sampat, Gopi, Arijit Basu, Ananth Gupta, Sunil Menothu, Sourav Roy, Anith Larson, Vishal Chedda, Abhishek Ghosh, Arpit Roy Chowdhuri, Ipshita Roy Chowdhuri, Subbarao Malireddi, Sunil Menothu, Jagadeesh Janjanam, Sunil Kumar Kakkar, Howard, Eric Yang, Gaurav Shukla, Somya Shukla, Ram Parikshan Kumar, Rakesh Sood, Raja Ravi Varma

**Ticketing:** Milind Ganoo, Vijay Surpuriya, & Deepak

**Finance:** Ramki Padmanabhan & Anil Menothuparambil

**Media & Photography:** Shakti Pratap Singh Chauhan, Aditya Kumar Dash, Balakrishnan Ramachandran, Krishna Kumar, Prateek Chhabra, Kamlakar Bhundere, Kathik Kumar, Tulasidhar Vasa, Srinivas Kundurthi, Maya Nair & Veena Neelakantan

**Helping Hands:** Himali Varshney, Rebecca Ann Johnson, Niju Joy, Hari Maradana, Karthik S. Kumaaravel, Swati Patil, Bala M. Mandla, Harichand Nair.



Leadership Team



Culturals



V.I.P



Check out some of our team photo moments from this year. We missed many of our volunteers who could not attend the team photo shoot due to their busy schedule and other commitments.



Anantha



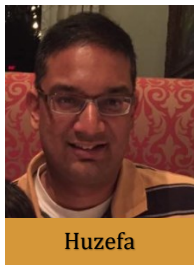
Simanti



Vijay



Ramki



Huzefa



Darshan



Anil M



Marketing



Youth Corner



Photography & Media



Track



Operations



Creative Decor





## Team India Fest 2017

**Sitting - Left to Right– Arun, Abhishek, Nikita, Tanu, Poonam, Manjit, Shakti**

**Standing - Left to Right – Bala, Anant, Anil N, Arpit, Parmil, Eric, Maya, Sourav, Shweta, Arijit, Chandni, Raghu, Ipshita, Richa, Vijayji, Ruchi, Tulasidhar, Sridevi, Sanjana, Joy**





## State Exhibits

India is a vast country and the people from different parts of the country share a culture that is unique yet diverse in terms of traditions. While it would be presumably difficult for us to showcase all of India in one day, we have made an attempt to present it within the constraints of space and time that we have here.

These exhibits on the entrance is an effort by our local regional organizations that gives you a glimpse into the broad regions of the country, and we sincerely hope you will find them educational and entertaining. As you view the exhibits from region to region, you will notice how some concepts repeat themselves, albeit with subtle variations.





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# India Fest

## 2017












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# State Exhibits



**Tamil Nadu**  
**by Mid South Tamil**  
**Sangam**

Out of the 29 states in India, Tamil Nadu is a state in South India, which inherits an extraordinary cultural legacy expressed in language, literature, music, dance, theatre, cuisine, costumes, celebrations, philosophy, traditions, rituals, etc.

Tamil is the official language of Tamil Nadu and is considered one of the classical languages of the world. There are a number of classical literatures written in Tamil language. Tolkappiyam, Silappathikaram, Manimegalai and Thirukkural are to name a few. The classical dance form of Tamil Nadu is Bharathanatyam, formal attire for Tamil Nadu is silk saree and dothi.

We would like to showcase unity in diversity in the form of bommai kolu, which is a doll and figurine display, a customary ritual in Tamil Nadu. Bommai kolu is an exhibition of various dolls which will be arranged in odd numbered rows and columns (padis). Dolls are displayed with depictions from the puranas, court life, royal procession, weddings, everyday scenes, etc.



**Punjab**  
**By Punjabi Heritage**  
**Foundation**

Punjab (Northwest Region of India) is known as the land of five rivers, composed of two Persian words, 'Panj' means five and 'Aab' Means water. Punjabi culture and traditions are one of the oldest, distinguished and the most ancient ones in the world. It demonstrates a rich history of well-developed ancient civilizations. The culture of Punjabi's shows its diversity and rich cultural heritage including different fields like philosophy, poetry, spirituality, education, artistry, music, cuisine, science, technology, architecture, traditions, values and its history.

The unique dances of Punjab like Bhangra and Giddha, their colorful festivals such as Lohri, Baisakhi, Teej, and harvest festivals represent the vibrant and diverse culture of Punjab known for its grandeur and glory. Grand Punjabi weddings displays the uniqueness and richness of its culture. Punjab booth will showcase different aspects of Punjab through several artifacts in a very simple manner.



**Kerala**  
**By Malayalee Association**  
**of Memphis**

Kerala, land of coconuts in Malayalam, is a southern state of India. Today it is the home of a diverse population of Keralites also known as Malayalees. Diversity in religion, tradition and culture are very much a part of the everyday life in Kerala. Majority of Malayalees are Hindu with many of other faiths such as Muslims and Christians thriving peacefully together.

This year to commemorate the India Fest theme of Unity in Diversity, we showcase one of the unifying features in Kerala: Kerala backwaters and its natural beauty. Kerala backwaters is a network of five large lakes linked by canals, both manmade and naturally fed by 38 rivers spanning 900km. The backwaters were formed by the action of waves and shore currents creating low barrier islands across the mouths of many rivers flowing down from the Western Ghats range.

# State Exhibits



**Andhra Pradesh &  
Telangana  
By Telugu Association**

Andhra Pradesh and Telangana States which has its roots from Ancient South Indian Traditions is considered to have a high ethnic value divided into various categories as per religious priorities and geographic location.

The decoration theme presents the rich culture showing the paintings of woman wearing traditional sarees, exquisite silver filigree and flowers.



**Bihar  
by Bihari Association**

"Bihar is the land of ancient history. It is famous for Bodhi tree (located in Gaya district), under which Gautam Buddha, the spiritual leader meditated and attained Enlightenment. Buddha discovered the ultimate truth, and preached world peace & harmony. We have portrayed "Buddha & Bodhi Tree" in our decor.

Another portrayal is of Chhatt, which is one of the major festivals of Bihar. Chhatt festival is about purity and devotion to Sun God, who is the source of life & energy. The rituals of this festival are rigorous and are observed over a period of four days. They include holy bathing, fasting & abstaining from drinking water, standing in water for long periods of time, and offering prayers (arghya) and oblation to the setting and rising sun."



**Maharashtra  
By Memphis Marathi  
Mandal**

Located in the West region, *Maharashtra* is the third largest state of India by size and the second largest by population. Maharashtra is diverse in its riches. It has been reflected through its, forts, caves, palaces known for its rich history, its Saints, philosophers, music, handicrafts and its festivals with all their colorful rituals and traditions, all of which amalgamate together to give a true reflection of Maharashtrian culture.

Maharashtra is famous for its caves, and rock-cut architecture as in Ajanta Ellora Caves that is also one of the UNESCO as World Heritage Site.

This year, MMM will display the theme of **Unity, Hope, Peace, Harmony!!**



# The Youth Corner

## GAMES

- MANCALA
- PING PONG
- CHESS
- BEAN BAG TOSS

## NEARBY

- HENNA (IN CORNER)
- BOUNCY CASTLE
- KARATE (THEATER)
- DANCE WORKSHOP (THEATER)

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favorites !



## STATE CUISINES

**Marathi Mandal**  
**Malayalee Association of**  
**Memphis**  
**Gujarati Association**  
**Mid South Tamil Sangam**  
**Telugu Association of**  
**Memphis**

## VARIETY CUISINES

**India Palace**  
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**Sai Gruha India Mart**  
**Gouri Sasipalli**  
**Vinayak Deo**  
**Esther Manoharan**  
**Veera Mohan Reddy**  
**Frankie & More**

## PREMIUM CUISINES

**Bombay House Inc**  
**Apna Bazar**  
**Hyderabad House**  
**Curry Bowl**





India is one of the much loved countries by gourmet foodies world over. Whether you are vacationing up North of India or enjoying backwaters of the South, you will witness strikingly diverse flavors. Food from one state can be totally foreign to a person from another state. However, the use of a number of different spices to create the unique flavor and aroma is a similarity in Indian cuisine.

Let's take a cuisine-focused look at some of the recipes from different regions of India. We thank our regional communities who contributed their traditional recipes and helped us bring this recipes to you. Try your hand at these Indian recipes and enjoy !



## Ras Pua

Recipe contributed by Smt. Poonam Kumar (For Bihar Association)



This Bihari recipe is traditionally served on Holi but can be enjoyed during other special occasions including Diwali! I hope your family enjoys it as much as ours!

### Ingredients:

- 1 cup all-purpose flour (maida)
- 1/2 cup shredded coconut
- 1 cup milk
- 1 tablespoon sugar
- 1 teaspoon fennel seed (saunf)
- 1/2 teaspoon cardamom (elaichi) powder
- 1/4 cup raisins
- pinch of baking soda
- oil for frying

### For syrup:

- 1 cup sugar
- 1 cup water
- 1 teaspoon Rosewater

### Instructions:

Mix all eight ingredients and set aside for 2 to 4 hours. Fry 2 to 3 inch diameter Pua in a shallow pan. Set Pua aside on large tray lined with paper towel.

Mix syrup by boiling sugar and water. Leave on low heat for 2 to 3 minutes after sugar has dissolved. Then add rosewater. Pour the syrup on top of the Pua. Let them sit for 2 to 3 hours. Serve at room temperature and enjoy!

## Bisi Bele Bath

Recipe contributed by Pushpa Sanjay (For Kannada Sangha)



A delicious complete meal of rice, lentils and vegetables popular from the Karnataka cuisine.

### INGREDIENTS (1 cup = 250 ml)

#### For the rice:

- 1 cup regular rice (I used sona masuri rice)
- ¼ cup raw peanuts (moongphali)
- ¼ teaspoon rock salt (sendha namak)
- 2.5 cups water for cooking the rice.

#### For the dal:

- ¾ cup arhar dal (tuvar dal or pigeon pea lentils)
- ½ teaspoon turmeric powder (haldi)
- 2 cups water

#### For the vegetables:

- 1 medium carrot
- 18 to 20 french beans
- ½ cup peas (matar)
- 3 to 4 small brinjals (baingan or aubergine)
- 1 medium onion OR 3 to 4 shallots
- 1 medium tomato OR 80 to 100 grams tomatoes
- 1 tablespoon tightly packed seedless tamarind soaked in ½ or ⅔ cup water
- 2 to 2.5 cups water for cooking the vegetables
- 1 cup water added later
- 3 tablespoon bisi bele bath masala dissolved in 1 cup water
- ¼ teaspoon rock salt for cooking the vegetables
- 1 teaspoon rock salt added later or add as required
- 2 tablespoon unsweetened desiccated coconut

#### For tempering:

- 3 to 4 tablespoon ghee or oil
- 1 or 2 marathi moggu (optional)
- 1 teaspoon mustard (rai or sarson)
- 2 to 3 dry byadagi/bedgi chilies OR dry red chilies (sookhi lal mirch)
- 12 to 15 curry leaves (kadi patta)
- ¼ teaspoon asafoetida (hing)

18 to 20 cashews (kaju)

### HOW TO MAKE RECIPE

#### Cooking the rice:

Rinse the rice and peanuts first. Add 2.5 cups water. Soak both rice and peanuts for 20 to 25 mins. Add salt. Keep on the stove top and cook the rice. If required, then you can add some more water while cooking the rice.

Bring to a boil and then lower the flame. Simmer till the rice grains are cooked well. The peanuts would also cook well. Cover and keep aside.

#### Preparing the lentils and veggies:

Soak 1 tbsp tightly packed tamarind in 1/2 or 2/3 cup warm water for 25 to 30 mins. Later squeeze and extract the tamarind pulp.

Add rinsed tuvar dal/pigeon pea lentils, turmeric powder and 2 to 2.5 cups water and pressure cook for 8 to 9 whistles or till the dal is cooked soft. Once the pressure settles down on its own, mash the dal and keep aside.

In another pan, take the chopped veggies and 1/4 tsp salt. Pour 2 cups water and stir. Cover and allow the veggies to cook till they are cooked and still retain their shape.

#### Mixing:

Now in the cooker with the mashed dal, add the cooked rice and peanuts.

Then add the cooked vegetables along with its stock. Stir lightly.

Add 1 cup water. Add tamarind pulp. Mix everything well taking care the rice grains do not break.

Now in another pan or bowl, take the 3 tbsp bisi bele bath masala and 1 cup water.

Stir very well. The masala tend to stick to the back of the spoon while stirring, so scrape it off and add to the mixture.

Now add this bisi bele bath + water mixture in the cooker. Add desiccated coconut. Add 1 tsp salt or as required. Stir well.

Keep the cooker without the lid on the stove top and simmer on a low flame for about 20 to 25 mins. Add more water if required. Keep on stirring often. The raw aroma of the tamarind has to go away and all the flavors should be blended well. Cover and keep aside once done.

#### Tempering:

In an another pan or the tadka/tempering pan, heat ghee or oil first. Crackle the mustard seeds and then temper the curry leaves, marathi moggu, dry red chilies, cashews and asafoetida till the dry red chilies change color and the cashews turn a light golden. Don't burn the spices.

Pour this tempering in the prepared bisi bele bath. Stir and cover the cooker with its lid for about 5 mins, so that the tempering flavors infuse in the bisi bele bath.

Serve with potato or banana chips/wafers or fried papads. Top with some ghee if you prefer.



# 10 Fun Facts About India



India is the world's largest, oldest, continuous civilization and also the world's **largest democracy!**



India never invaded any country in her last **1000** years of history.



India is the **largest English speaking nation** in the world.

About **50%** of the residents in India are under 25 years of age.

India has the second largest number of **Scientist and Engineers** in the World.



India is home to the **highest bridge in the world - The Baily Bridge**. It is located in the Ladakh valley between the Dras and Suru rivers in the **Himalayan mountains** which was built by the Indian Army in the year 1982.



The number system was invented in India and the **Zero digit was invented by Aryabhatta**, an ancient Indian mathematician.



The celebrated **game of Chess** (Shataranja or AshtaPada) was invented in India.



Varanasi, also known as Benaras, is known as **"the Ancient City"** when Lord Buddha visited the region in 500 B.C., and even today remains the oldest, continuously inhabited city in the world today.

Yoga, the well known spiritual and physical exercise, has its origins in India and has existed for over **5,000 years**





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