

INDIAN
RECIPES

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2491
INDIAN COOKERY

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"LOCAL"

FOR

YOUNG HOUSE-KEEPERS.



SECOND EDITION REVISED & ENLARGED

Containing Numerous Recipes both useful and Original.

B O M B A Y.

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BY

NAVROJI FRAMJI

1887.

PREFACE TO THE SECOND EDITION.

In bringing out a Second Edition of this book, the Author^{ess} takes the opportunity of thanking both the local press and the public for their favorable reviews and kind reception of the first edition. The work has been carefully revised, and much enlarged; without however increasing the price. The Author^{ess} has striven to make it as perfect as possible, so that should any lady have, on an emergency, to do for herself, she will find that, with an Oil-Stove and this book for a Guide, she can not only pull through a trying time, but manage quite satisfactorily.

Bombay, 1887.

PREFACE

THE Recipes contained in this little work, are the collection of many years, gathered in many parts of the Presidency. They were originally noted down as an aid to the authoress herself, for the simple reason, that all the books treating on the subject procurable, with one exception, are guides to English Kitchens, and hence of very little use practically to Indian Mistresses. The exception referred to is Dr. Riddel's "Indian Domestic Economy," a book which contains a large amount of valuable information, and a great number of useful recipes. But the greater part of the recipes gives details of dishes never seen on local tables, though some have the same names—the ingredients are different, and the mode of preparation far too troublesome to be adopted, in lieu of our more expeditious methods, while at the same time our modes have both simplicity and economy to recommend them. The writer is painfully aware of the shortcomings of this work. She hopes however it will be an aid to young housekeepers, inexperienced in such matters, helping them to eke out means, perhaps not too abundant. Every recipe, with few exceptions, obtained from reliable sources, is the result of personal experience, they are written in plain language, detailing each step in the process of preparing each dish, so that no person, however ignorant she may be in such matters, will find any difficulty both in comprehending the directions and acting upon them.

Bombay, 1883.

DOMESTIC ECONOMY.

“Housewifery is woman’s home-management. Every housewife may not be able to procure the finest and more expensive kinds of food, but she has it greatly in her power to make the most of what which she does procure. Very humble fare by skill and attention may be dressed in such a manner, as to rival the most expensive dishes in both taste and nutritiousness.” Note for instance, the homely fare of our native country women. Dishes of pulse and vegetables prepared artistically, and mixed with a due proportion of seasoning, form a tempting repast, agreeable both to the organs of scent and taste, resulting in health, satisfaction and vigour. While our far more costly food, if carelessly prepared, is disagreeable both to sight and palate.

The knowledge of theoretical, if not practical Domestic Economy, is a necessity for women. The home arrangements go on more smoothly, if there is a head capable of directing her servants,—while the latter admire a mistress, who has the ability to govern and rule, as well as train her domestics to greater perfection, by teaching them more improved methods. This is especially valuable to a cook. A young lad, knowing little, soon becomes under the training of a good mistress, a competent valuable servant, repaying for the service done him by faithful service in return. In many a home such may be found, who in cases of emergency or sickness do a great deal of extra work, not only without grumbling, but with the greatest cheerfulness, identifying themselves with the interest of the family at all times.

Servants are necessary to comfort everywhere, but in India they are a necessity,—a cook especially. The heat of the climate, and the position of the kitchen, make it impossible for a housewife to visit it often. But it requires to be visited at short intervals, just to see that the place is swept and clean, the table and cooking utensils well scoured, and the water chatties and their contents clean and wholesome.

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The kitchen utensils being made of copper, it is necessary to have them tinned at least once a month, if this is neglected they quickly corrode, and when in that state, any food, cooked in them is poisonous and causes severe illness—often indeed proving fatal. Food having a large amount of acid, ought on no account to be allowed to remain in a copper “dechsie,” as acids are corrodents and will soon destroy the “kulli,” and the vessel then becomes useless for cooking purposes until retinned.

About the bazar, it is necessary to prevent disappointment as well as to ensure punctuality, that the orders for all that is required, for the day's consumption be given over-night, as, often after 8 A. M., nothing but the refuse of meat is procurable. It would be well for the mistress to visit the market occasionally, just to see what can be had. A servant has orders to bring a certain kind of fruit, vegetable or fish, which does not happen to be in season, and in consequence he has to pay an exorbitant price, surprisingly high to the Madam, as that article was very plentiful a few days before. Hence her disappointment. A visit to Crawford's sometimes would prevent both mistakes and wrong orders.

Bombay is regarded as a most expensive place to live in, and in many respects it is so indeed. But in the matter of provisions, no town in the Presidency can be better off. There is so much variety in the market, and so much to be had that is really good and cheap for the money, and there is not that knocking about for each thing you require, as in other places.

At the present day here in Bombay, work and labour are looked upon as commendable and desirable, and eagerly sought for by many young women. A young girl can learn many useful lessons I hope from these pages, which she will not regret acquiring, as the knowledge of domestic routine is a necessity to good housewifery.

Now when so much time and attention is given to the acquirement of intellectual knowledge, it may not be amiss to quote the advice a dear motherly Scotch woman gave to a minister's daughter, for we cannot deny, that in every household, no matter

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however well managed, there comes a time when the cook leaves through one cause or another, and the home is thrown into confusion.

"My dear" said she, "there's many a thing that Hannah the servant, could do well enough, may be better than you could, for that matter; but you should do them yourself, notwithstanding. Every woman should take pleasure in these household cares. If they are irksome at first, they winna be so when you are used to them; and, my dear it may help you through many an hour of trouble and weariness, to be able to turn your hand to these things. There is great comfort in it sometimes.

"I ken books are fine things to keep folks from thinking for a time; but the trouble that is put away that way comes back on one again; and its only when folk are doing their duty that the Lord gives them abiding comfort. There have been days in my life when my heart must have broken, or my brain grown crazed, if I hadna needed to do this or do that, to go here and to go there. And trouble or no trouble, it is what you ought to know and do in your father's house."

I dare say my young readers would like to know if the ministers daughter followed this good advice, I am happy to say she did and we are told it in these words.

"So Graeme submitted to her friend's judgement, and conscientiously tried to become wise in all household matters, keeping track of pieces of beef and bags of flour, of breakfasts, dinners and suppers in a way that excited admiration, and sometimes other feelings, in the mind of the capable Hannah."

And others you may be sure beside the humble servant girl admired the young lady, for say what we will, the cleverness that children and husbands best appreciate, is that which gives them comfortable meals and a clean bright home; and the influence of this spreads far and near.

In the beautiful picture of a good wife and virtuous woman, in the last Chapter of Proverbs, we find her excellencies brightened her own home, and although she dealt largely in merchandise, the com-

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fort of her household, in every little matter, was well looked after. "She is not afraid of the snow for her household, for all her household are clothed with scarlet" "She looketh well to the ways of her household, and eateth not the bread of idleness." "Her children arise up and call her blessed, her husband also, and he praiseth her."

Should this humble attempt be an aid to any, the labour bestowed on it will not be in vain.

