

SPOTLIGHT **TELANGANA**

IF YOU LOVE FOOD AND ARE LOOKING FOR SOMETHING THAT IS A BURST OF FLAVOUR AND PACKS A PUNCH YOUR GO-TO CUISINE IS WHAT TELANGANA OFFERS

Also as mentioned tasty chutneys from Telangana can't be missed out. Some popular ones are Vankaya pachadi, dosakaya pachadi, gongora pachadi, etc. The cuisine also celebrates its tradition of some unique non-veg pickles such as Mamsam, Kodi and prawn," says Varun MB, Executive Chef, Novotel Hyderabad Airport. Mahesh Padala, Executive Chef, The Westin Hyderabad Mindspace adds, "Two varieties of chillies are cultivated in the region i.e. Hindpur chilli and Guntur sannam which are spicier compared to Bird's eye chilli (Mizoram & Manipur), Byadagi (Karnataka), Ellachipur sannam (Maharashtra), Jwala (Gujarat), Kanthari white (Kerala and Tamil Nadu), Kashmiri chilli (Himachal Pradesh, Jammu & Kashmir) and G.T. Sannam (Madhya Pradesh). Varieties of tamarinds available include PKM, Urigam,

Hasanur, Tumkur Prathisthan, DTS and Yogeshwari. Urigam type of Tamarindus Indica is preferred in the preparation of sambar and rasam in this region's cuisine."

In spite of being under occupation by foreign rulers for more than 600 years, the cooking practices, culinary traditions and customs were hardly altered and are intact. Farm to plate is what Telangana cuisine is all about. Freshness is the key, locally available and sourced ingredients are the foundation of the dish. Only method of processing applied to the ingredients which go into the forming of the sauce is 'Dhanchudu' literally meaning pounding whether the ingredient is in the dry or fresh form.

Chef Thimma Reddy, Executive Chef, The Park Hyderabad, says, "Cooking techniques like slow cooking, locally sourced ingredients, less handling of ingredients, gravies are thin and not paste like and more on the watery side. Ingredients in a dish are well balanced, never dominating." If you love food and are looking for something that is a burst of flavour and packs a punch your goto cuisine is what Telangana offers. So get set to take your taste buds on a gastronomically vibrant journey like no other.



NATU KODI KURA

(COURTESY NOVOTEL HYDERABAD AIRPORT)

INGREDIENTS

For the spice paste

- 1 tbsp coriander seeds
- 2 tbsp poppy seeds
- 1/2 tsp coconut, finely grated
- 2 tsp Guntur chili powder
- 2 tsp turmeric powder
- 6-7 cloves of garlic
- 6-7 ginger slices
- 1 tsp salt
- Water, a little bit

For the chicken

- 7-8 pieces of country style chicken
- 3 tbsp refined oil
- 1 tsp chili powder
- 1/2 tsp turmeric powder
- Salt

For the base

- 3-4 tbsp refined oil
- Few curry leaves
- 4 green chillies
- 1 onion, finely chopped
- 1 1/2 cup of water
- 1 tsp garam masala
- Salt, to taste

METHOD

For the spice paste

- Dry roast coriander seeds, poppy seeds, coconut, chili powder, turmeric powder, garlic, ginger and salt.
- In a mortar and pestle grind the roasted spices with a little water. Keep aside.

For the chicken

- In a pressure cooker sear the chicken pieces in oil.
- Add chilli powder and turmeric.
- Add a little water and let it cook for 4-5 whistles.

For the base

- In a wok/ kadhai add oil, green chillies, curry leaves, onions. Saute till onions are light brown.
- Now add the pressure cooked chicken, the Andhra spice paste. Saute for 3-4 minutes.
- Add water, garam masala, salt. Let it simmer.
- Garnish with some coriander leaves.