**Kashmiri cuisine**

**Kashmiri cuisine** ([Kashmiri](https://en.wikipedia.org/wiki/Kashmiri_language): कॉशुर खयॊन / kashmiri; *Kashur khyon*; [Urdu](https://en.wikipedia.org/wiki/Urdu_language): کشمیری پکوان‎) is the cuisine of the [Kashmir Valley](https://en.wikipedia.org/wiki/Kashmir_Valley) region. Rice is the staple food of Kashmiris and has been so since ancient times.[[1]](https://en.wikipedia.org/wiki/Kashmiri_cuisine#cite_note-1) Meat, along with rice, is the most popular food item in Kashmir.[[2]](https://en.wikipedia.org/wiki/Kashmiri_cuisine#cite_note-2) Kashmiris consume meat voraciously.[[3]](https://en.wikipedia.org/wiki/Kashmiri_cuisine#cite_note-3) Despite being Brahmin, some [Kashmiri Pandits](https://en.wikipedia.org/wiki/Kashmiri_Pandit) are meat eaters.[[4]](https://en.wikipedia.org/wiki/Kashmiri_cuisine#cite_note-4)

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[*Rogan josh*](https://en.wikipedia.org/wiki/Rogan_josh)

Some noted Kashmiri dishes include:

* "Qabargaah" (Kashmiri Muslims commonly refer to this dish as Tabakhmaaz)
* [Shab Deg](https://en.wikipedia.org/wiki/Shab_Deg): dish cooked with turnip and meat, left to simmer overnight.[[5]](https://en.wikipedia.org/wiki/Kashmiri_cuisine#cite_note-5)
* *Dum Olav/Dun Aloo:* cooked with yoghurt, ginger powder, fennel and other hot spices.
* *Aab Gosht*
* *Goshtaba*
* *Lyodur Tschaman*
* *Matschgand*, lamb meatballs in a gravy tempered with red chillies.
* *Modur Pulaav*
* *Mujh Gaad*, a dish of radishes with a choice of fish.
* [*Rogan Josh*](https://en.wikipedia.org/wiki/Rogan_josh), a lamb based dish, cooked in a gravy seasoned with liberal amounts of Kashmiri chillies (in the form a dry powder), ginger (also powdered), [asafoetida](https://en.wikipedia.org/wiki/Asafoetida%22%20%5Co%20%22Asafoetida) and bay leaves among other ingredients. Due to the absence of onions, yoghurt is used as a thickener, and also to reduce the heat and marry the spices in the gravy.
* [*Yakhni*](https://en.wikipedia.org/wiki/Yakhni), a yoghurt-based mutton gravy without [turmeric](https://en.wikipedia.org/wiki/Turmeric) or chilli powder. The dish is primarily flavoured with bay leaves, cloves and cardamom seeds. This is a mild, subtle dish eaten with rice often accompanied with a more spicy side dish.
* *Harissa* is a popular meat preparation made for breakfast, it is slow cooked for many hours, with spices and hand stirred.

**Other foods**[[edit](https://en.wikipedia.org/w/index.php?title=Kashmiri_cuisine&action=edit&section=2" \o "Edit section: Other foods)]

The Kashmir Valley is noted for its bakery tradition. On the picturesque [Dal Lake](https://en.wikipedia.org/wiki/Dal_Lake) in Kashmir or in downtown Srinagar, bakery shops are elaborately laid out. Bakers sell various kinds of breads with a golden brown crusts topped with sesame and poppy seeds. *tsot* and *tsochvoru*are small round breads topped with poppy and sesame seeds, which are crisp and flaky, *sheermal*, *baqerkhani* (puff pastry), *lavas*(unleavened bread) and *kulcha* are also popular. *Girdas* and *lavas* are served with butter.

Kashmiri [bakerkhani](https://en.wikipedia.org/wiki/Bakarkhani%22%20%5Co%20%22Bakarkhani) has a special place in Kashmiri cuisine. It is similar to a round naan in appearance, but crisp and layered, and sprinkled with sesame seeds.[[6]](https://en.wikipedia.org/wiki/Kashmiri_cuisine#cite_note-6) It is typically consumed hot during breakfast.[[7]](https://en.wikipedia.org/wiki/Kashmiri_cuisine#cite_note-7)

**Wazwan**[[edit](https://en.wikipedia.org/w/index.php?title=Kashmiri_cuisine&action=edit&section=3" \o "Edit section: Wazwan)]

*Main article: [Wazwan](https://en.wikipedia.org/wiki/Wazwan%22%20%5Co%20%22Wazwan)*



A complete *[Wazwan](https://en.wikipedia.org/wiki/Wazwan%22%20%5Co%20%22Wazwan)*

A [Wazwan](https://en.wikipedia.org/wiki/Wazwan%22%20%5Co%20%22Wazwan) is a multi-course meal in the Kashmiri Muslim tradition and treated with great respect. Its preparation is considered an art. Almost all the dishes are meat-based (lamb, chicken, fish, but never Beef). It is considered a sacrilege to serve any dishes based around pulses or lentils during this feast. The traditional number of courses for the wazwan is thirty-six, though there can be fewer. The preparation is traditionally done by a *vasta waza*, or head chef, with the assistance of a court of wazas, or chefs.

[Wazwan](https://en.wikipedia.org/wiki/Wazwan) is regarded by the Kashmiri Muslims as a core element of their culture and identity. Guests are grouped into fours for the serving of the wazwan. The meal begins with a ritual washing of hands, as a jug and basin called the *[tash-t-nari](https://en.wikipedia.org/w/index.php?title=Tash-t-nari&action=edit&redlink=1" \o "Tash-t-nari (page does not exist))* is passed among the guests. A large serving dish piled high with heaps of [rice](https://en.wikipedia.org/wiki/Rice), decorated and quartered by four [seekh kabab](https://en.wikipedia.org/wiki/Seekh_kabab%22%20%5Co%20%22Seekh%20kabab), four pieces of [meth maaz](https://en.wikipedia.org/w/index.php?title=Meth_maaz&action=edit&redlink=1), two [tabak maaz](https://en.wikipedia.org/wiki/Tabak_maaz%22%20%5Co%20%22Tabak%20maaz), sides of [barbecued ribs](https://en.wikipedia.org/wiki/Barbecued_ribs), and one [safed kokur](https://en.wikipedia.org/w/index.php?title=Safed_kokur&action=edit&redlink=1" \o "Safed kokur (page does not exist)), one [zafrani kokur](https://en.wikipedia.org/w/index.php?title=Zafrani_kokur&action=edit&redlink=1" \o "Zafrani kokur (page does not exist)), along with other dishes. The meal is accompanied by yoghurt garnished with Kashmiri saffron, salads, Kashmiri pickles and dips. Kashmiri Wazwan is generally prepared in marriages and other special functions. The culinary art is learnt through heredity and is rarely passed to outside blood relations. That has made certain waza/cook families very prominent. The wazas remain in great demand during the marriage season from May–October.

Beverages[[edit](https://en.wikipedia.org/w/index.php?title=Kashmiri_cuisine&action=edit&section=4" \o "Edit section: Beverages)]

**Kashmiri Chai, Noon Chai, or Sheer Chai**[[edit](https://en.wikipedia.org/w/index.php?title=Kashmiri_cuisine&action=edit&section=5" \o "Edit section: Kashmiri Chai, Noon Chai, or Sheer Chai)]

Kashmiris are heavy tea drinkers. The word "noon" in Kashmiri language means salt. The most popular drink is a pinkish colored salted tea called "[noon chai](https://en.wikipedia.org/wiki/Noon_Chai)."[[8]](https://en.wikipedia.org/wiki/Kashmiri_cuisine#cite_note-8) It is made with black tea, milk, salt and [bicarbonate of soda](https://en.wikipedia.org/wiki/Bicarbonate_of_soda). The particular color of the tea is a result of its unique method of preparation and the addition of soda. The [Kashmiri Pandits](https://en.wikipedia.org/wiki/Kashmiri_Pandits) more commonly refer to this chai as "Sheer Chai." The [Kashmiri Muslims](https://en.wikipedia.org/wiki/Kashmiri_Muslims) refer to it as "Noon Chai" or "Namkeen Chai" both meaning salty tea.

Noon Chai or Sheer Chai is a common breakfast tea in Kashmiri households and is taken with breads like [baqerkhani](https://en.wikipedia.org/wiki/Baqerkhani%22%20%5Co%20%22Baqerkhani) brought fresh from *Qandur*, or bakers. Often, this tea is served in large [samovars](https://en.wikipedia.org/wiki/Samovar).

**Kahwah**[[edit](https://en.wikipedia.org/w/index.php?title=Kashmiri_cuisine&action=edit&section=6)]

At marriage feasts, festivals, and religious places, it is customary to serve *[kahwah](https://en.wikipedia.org/wiki/Kahwah%22%20%5Co%20%22Kahwah)* - a [green tea](https://en.wikipedia.org/wiki/Green_tea) made with [saffron](https://en.wikipedia.org/wiki/Saffron), spices, and almonds or walnuts. Over 20 varieties of Kahwah are prepared in different households. Some people also put milk in kahwah (half milk and half kahwah). This chai is also known as "Maugal Chai" by some Kashmiri Pandits from the smaller villages of Kashmir. Kashmiri Muslims and Kashmiri Pandits from the cities of Kashmir refer to it as *[Kahwah](https://en.wikipedia.org/wiki/Kahwah%22%20%5Co%20%22Kahwah)* or *Qahwah*.