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Explore Delicacies in India with Punjabi, Mughlai and Kashmiri recipes! by [Preeti](#)

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We the Indians are known to the world because of our genuine and honest nature and our specialty to serve our guest in the best possible manner. And when you roam across in this country this fact which we know, becomes the reality, and we can experience this to the highest level on our own, as well. We are also famous for our immense love and huge attraction for the food items and recipes in all. We can certainly boast of the largest and wealthiest collection of the food items in the world given our cultural diversity and still a multilingual unity in it.

All these points are known and are the facts but still make sense once again as we are going to discuss the recipes that have become the characteristics of the specific regions on the India. Thus, resulting in the improved and much more delicious Taste of India! In this article, we are going to have a glance at the recipes from Punjab region, which is known, as of the warriors, Mughlai culture, which was our past, and the vintage Kashmiri food, as well. All the recipes from these regions will give us the unforgettable experience of the tasty and nourishing food foe sure!

When we talk about the Punjab in the context of the food items and the recipes, what immediately flash in mind are Lassi and Sarson da Saag and Makkai di Roti. These Punjabi recipes have become the trademarks in the Punjabi food and are well known items. Apart from all these items like Aloo Baingan, Aloo Capsicum, Aloo Gobi, Aloo Matar are the few recipes which are mostly made up of the main content being Aloo and are huge attractions for the localites as well as for the visitors. All these recipes thus make the claim of Punjab much stronger in the world of Food recipes.

Mughlai food is not the present but is our past tense and is a cultural gift we have received from the Mughals who ruled our country for massive period of 700 Years. The Mughlai food is prominently known for plenty of non-vegetarian items it has and hence is the treat for the hardcore food lovers. Mughlai recipes like Mughlai Kabab, Mughlai Chicken and Mutton items and the other non-veg items are famous in India and are the true contributors to the Indian Food Taste!

Kashmiri food items and the recipes are the best described as the Vintage recipes collection for their deliciously memorable taste and flavor. The key factor or the traditional feature of these recipes is the saffron and the prolific use of the Kashmiri chilies. Also, the food gravies are mainly preferred. The Kashmiri recipes like Mutton Rogan Josh, Firun, Dum Aloo, Kashmiri Biryani, Kahwa, and Kashmiri Pulaw are widely known for their features and are the favorites of the visitors, as well. Also, use of the Kesar in the Kashmiri Sweet recipes is the unique merit of the Kashmiri food and is duly preserved by the Kashmiri Cooks.

Though the regions and the tastes are different, one thing unites them together which is enjoyable food experience they all offer!

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