

MAPLE

Flavors of
Arunachal Pradesh
COOKBOOK

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Introduction

For close to fifty years, at Group Welkin, we have been adding value to clients across every conceivable industry and business entity. We have become a corporate gifting staple for hundreds of discerning organizations, who count on us as their one stop solution provider. Over the past fifteen years, our flagship brand, Maple, has touched the lives of over two million homes and families, with our boutique Kitchenware and Household appliances.



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Welcome to MAPLE's curated e-recipe book, where we celebrate the rich and diverse flavors of **Arunachal Pradesh** cuisine. This collection is designed to inspire both seasoned chefs and enthusiastic home cooks, showcasing traditional recipes that highlight the unique tastes of this region.

At MAPLE, we understand that great cooking begins with the right tools. Our high-quality cookware and kitchen appliances are crafted to support your culinary adventures, making every meal a delight.



A warm,
comforting noodle
soup popular in
Arunachal Pradesh
and across the
eastern Himalayan
belt

THUKPA

(Spicy Rice Flour Pancakes)

Ingredients

- Noodles – 1 cup (use Hakka noodles or any thin noodles)
- Onion – 1 medium (sliced)
- Tomato – 1 large (chopped)
- Garlic – 4–5 cloves (minced)
- Ginger – 1-inch piece (grated)
- Green chili – 1 (chopped, optional)
- Carrot – 1 (julienned)
- Cabbage – 1/2 cup (shredded)
- Bell pepper – 1 small (sliced thin)
- French beans – 5–6 (chopped)
- Spring onions – 2 stalks (chopped)
- Soy sauce – 1 tbsp
- Salt – to taste
- Pepper – to taste
- Oil – 1 tbsp
- Water/Vegetable broth – 4 cups
- Lemon juice – 1 tsp (optional, for zing)

 **Prep Time:** 15 Minutes

 **Cook Time:** 25 Minutes

 **Serves:** 3–4

Thukpa

Instruction

1. Boil the noodles
2. Cook noodles as per packet instructions. Drain, rinse with cold water, and set aside.
3. Sauté aromatics
4. Heat oil in a deep pan or wok. Add garlic, ginger, and green chili. Sauté for a minute until fragrant.
5. Add vegetables
6. Toss in onions and sauté till soft. Then add carrots, beans, bell peppers, and cabbage. Stir-fry for 3–4 minutes (keep them a little crunchy).
7. Add tomato & seasoning
8. Add chopped tomatoes and cook until soft. Then add salt, pepper, soy sauce, and 1/2 tsp turmeric (optional). Stir well.
9. Add broth or water
10. Pour in 4 cups of water or veggie broth. Bring to a boil, then simmer for 7–10 minutes so flavors meld.
11. Assemble the Thukpa
12. In a bowl, add a serving of cooked noodles. Pour the hot veggie soup over it. Garnish with spring onions and a squeeze of lemon juice.

Optional Add-ons

1. Add crushed black pepper or chili oil for extra heat.
2. Garnish with fresh coriander or a little chhurpi (local cheese) if available.



Zan (Millet Porridge)

A warming, thick porridge made from millet flour — simple, wholesome, and traditionally eaten with veggies or spicy chutneys.

Ingredients

- Millet flour (finger millet/ragi or foxtail millet) – 1/2 cup
- Water – 2 to 2.5 cups (adjust for desired thickness)
- Salt – to taste
- Butter or ghee – 1 tsp (optional, traditional)
- Green chili chutney or sautéed veggies – for serving (optional but delicious)

🕒 **Prep Time:** 5 Minutes

🔥 **Cook Time:** 10 Minutes

🍽️ **Serves:** 2

Zan (Millet Porridge)

Instruction

1. Heat water
2. In a saucepan, bring 2 cups of water to a light boil. Add a pinch of salt.
3. Make a slurry
4. In a separate bowl, mix the millet flour with a few tablespoons of cold water to make a smooth slurry (this prevents lumps).
5. Cook the porridge
6. Slowly pour the slurry into the boiling water while stirring continuously to avoid lumps. Keep the heat on low-medium.
7. Simmer and stir
8. Cook the mixture for 5–7 minutes, stirring continuously until it thickens into a smooth, doughy porridge.
9. Add fat (optional)
10. Add a small spoon of butter or ghee for richness, or keep it plain for a traditional, clean flavor.
11. Serve hot
12. Serve immediately with sautéed greens, boiled veggies, fermented chutneys, or a spicy side like pehak or chili-garlic chutney.

Pehak (Fermented Soybean Chutney)

Fermented soybeans mashed with chili and garlic — funky, spicy, and full of umami.



🕒 Prep Time: 10 minutes (excluding fermentation)

🗓️ Fermentation Time: 2-3 days

🍴 Serves: 3-4 (as a side)

Ingredients

- Soybeans – 1/2 cup
- Green chilies – 2-4 (adjust to taste)
- Garlic – 3-5 cloves
- Salt – to taste
- Mustard oil – 1 tsp (optional, for flavor)
- Bamboo leaf or banana leaf – for traditional fermentation (optional)

Pehak (Fermented Soybean Chutney)

Instruction

Step 1: Ferment the soybeans

- Soak soybeans overnight in water.
- Boil the soaked soybeans until soft (around 30–40 mins). Drain.
- Wrap and ferment: Traditionally, the boiled soybeans are wrapped in banana or bamboo leaves and left at room temperature (in a warm, dry place) for 2–3 days to ferment. If you don't have leaves, keep them in a clean covered bowl or jar (don't seal airtight — just loosely cover).

🌶️ Step 2: Make the chutney

- Once fermented (they'll have a strong, tangy smell), mash the soybeans using a mortar and pestle or blender.
- Add green chilies, garlic, and salt, and grind/mash everything into a coarse paste.
- Mix in a teaspoon of mustard oil (optional but gives it a great kick and aroma).

🍽️ Serving Suggestions

- Serve with hot steamed rice and plain boiled veggies.
- Often eaten alongside dishes like Zan, boiled potatoes, or leafy greens.
- Can be stored in the fridge for 2–3 days.

Note on Fermentation

- Fermented soybean has a strong smell — it's normal! If you're new to fermented flavors, start with a small amount and pair it with something mild like rice or plain dal.

Chura Sabji (Fermented Cheese Curry)

A cozy stew of veggies cooked with fermented yak or cow milk cheese — earthy, tangy, and warming.



Ingredients

- Chura (fermented yak or cow cheese) – 1/2 cup (crumbled or mashed)
- Potatoes – 1 medium (peeled and cubed)
- Spinach or mustard greens – 1 cup (roughly chopped)
- Green chilies – 2 (slit or chopped)
- Garlic – 4-5 cloves (crushed)
- Salt – to taste
- Water – 1.5 to 2 cups
- Mustard oil or neutral oil – 1 tbsp

🕒 **Prep Time:** 10 Minutes

🔥 **Cook Time:** 15-20 Minutes

🍴 **Serves:** 2-3

Instruction

1. Heat oil in a pan. Add the crushed garlic and green chilies. Sauté until fragrant.
2. Add potatoes and cook for 3–4 minutes, just to lightly brown the edges.
3. Pour water and bring it to a gentle boil. Add salt.
4. Add the greens (spinach or mustard leaves) and simmer until the potatoes are cooked through and the greens are tender.
5. Add chura (fermented cheese) and stir well. Let it simmer for 3–5 minutes until the cheese melts into the broth and the stew thickens slightly.
6. Adjust seasoning and serve hot with steamed rice or millet rotis.

Notes:

- If you can't find chura, you can use fermented paneer or a mix of feta and sour cream for a similar flavor.
- Some versions include bamboo shoot or even radish along with the potatoes.
- Traditionally made over a wood fire — it tastes amazing when slow-cooked!

- 🕒 **Prep Time: 10 minutes**
- 🔥 **Cook Time: 15-20 minutes**
- 🍴 **Serves: 2-3**

Lukter – Veg Style

A fiery side dish made with dry-fried tofu or soy chunks, paired with crushed chili and fermented flavors.



Ingredients

- Firm tofu – 1 cup (cubed)
(Or substitute with soy chunks – boil and squeeze water out)
- Dry red chilies – 4-6 (adjust to taste)
- Salt – to taste
- Fermented soybean (pehak or akhuni) – 1-2 tsp (optional, for authenticity)
- Garlic – 4-5 cloves
- Mustard oil – 1 tbsp
- Spring onion greens – for garnish (optional)

Lukter – Veg Style

Instruction

Prep tofu

- Press and cube the tofu. Lightly pan-fry in a dry or lightly oiled pan until golden and slightly crisp on the outside. Set aside.

(If using soy chunks, boil them, squeeze out water, then dry roast similarly.)

Roast chilies & garlic

- In a pan (or over open flame if you want it smoky), dry-roast red chilies and garlic until lightly charred. Cool slightly.

Make chili-garlic paste

- Pound the roasted chilies and garlic in a mortar and pestle (or blend coarsely) with a pinch of salt. Add fermented soybean if using, and mash it in.

Combine

- In a bowl, mix the crispy tofu with the chili-garlic paste. Drizzle a bit of mustard oil over for aroma. Toss everything well.

Serve

- Garnish with chopped spring onions or coriander if you like. Serve with steamed rice or alongside boiled veggies and chutney.

🌶️ Flavor Notes:

- Lukter is meant to be punchy and intense — salty, smoky, and spicy.
- Mustard oil gives it that sharp edge. If you don't have fermented soy, you can still make a delicious version with just chili and garlic.



Pumpkin & Bamboo Shoot Curry (Arunachali Style)

A wholesome, subtly spiced dish made with soft pumpkin and tangy bamboo shoots, a regional favorite.

🕒 Prep Time: 10 minutes

🔥 Cook Time: 20-25 minutes

🍴 Serves: 3-4

Pumpkin & Bamboo Shoot Curry (Arunachali Style)

Instruction

- Heat oil in a pan. Add crushed garlic and green chilies. Sauté until fragrant.
- Add pumpkin cubes. Stir and cook for 3–4 minutes.
- Add bamboo shoots and turmeric (if using). Stir everything together.
- Pour in water just enough to cover the pumpkin. Add salt. Cover and let it simmer on low-medium heat.
- Cook covered for about 15–20 minutes or until the pumpkin is soft and slightly mushy, and the bamboo shoot has released its flavor.
- Mash lightly (optional): Once done, you can mash a few pumpkin pieces to make the curry thicker.
- Garnish with fresh coriander and serve hot with rice.

Notes:

- Fermented bamboo shoots add a natural tang and umami flavor — but if you're using fresh ones, soak and boil them first to remove bitterness.
- You can also add a few
- beans or potatoes if you like a chunkier curry.
- Mustard oil adds that earthy, smoky touch — worth using if you have it!

Ingredients

- Pumpkin – 2 cups (peeled and cubed)
- Fermented bamboo shoots – 1/2 cup (or fresh if you have)
- Green chilies – 2–3 (slit or chopped)
- Garlic – 4–5 cloves (crushed)
- Mustard oil or neutral oil – 1 tbsp
- Salt – to taste
- Water – 1 to 1.5 cups
- Turmeric powder – 1/4 tsp (optional)
- Chopped coriander – for garnish (optional)



Buckwheat Pancakes (Khura)

Soft and spongy pancakes made from buckwheat flour — warm, rustic, and soul-satisfying.

Ingredients

- Buckwheat flour (kuttu atta) – 1 cup
- Water – 1 cup (adjust as needed)
- Salt – a pinch
- Baking soda – 1/4 tsp (optional, for fluffiness)
- Ghee or butter – for cooking
- Milk or buttermilk – optional, can replace water for richness

🕒 **Prep Time:** 10 minutes

🔥 **Cook Time:** 15–20 minutes

🍴 **Serves:** 4–5 small pancakes

Buckwheat Pancakes

Instruction

Make the batter

- In a bowl, mix buckwheat flour, a pinch of salt, and baking soda (if using).
- Gradually add water (or buttermilk/milk) and whisk to make a smooth, pourable batter (like dosa or pancake batter). Let it rest for 5–10 minutes.

Heat a pan or griddle

- Grease lightly with ghee or butter. Keep the heat on medium-low.

Cook the pancake

- Pour a ladleful of batter into the center. Don't spread it too thin — Khura is usually thick and soft.
- Cook covered for 1–2 minutes, then flip and cook the other side until both sides are golden brown and cooked through.

Serve hot

- Traditionally served with butter tea, fermented cheese, or a spicy chutney like pehak or roasted chili-tomato chutney.

Cook Time

20 - 35 Minutes

Tips:

- Khura is traditionally made without sweeteners, but you can add a bit of jaggery or honey if you want a dessert version.
- Great for gluten-free diets!
- For a twist, mix in grated carrots, chopped herbs, or onions to make it savory.

Dhoksa (Fermented Soy Cake with Veggies)

Ingredients

For the Soy Cake (if making at home):

- Soybeans – 1 cup (soaked overnight)
- Water – as needed for blending
- Salt – a pinch
- Banana leaf / muslin cloth – for shaping and fermenting

For the Curry:

- Fermented soy cake (dhoksa) – about 1 cup (cut into cubes or broken chunks)
- Potato – 1 (cubed)
- Spinach / local greens – 1 cup (roughly chopped)
- Green chilies – 2 (slit or chopped)
- Garlic – 5–6 cloves (crushed)
- Salt – to taste
- Water – about 2 cups
- Mustard oil or neutral oil – 1 tbsp



🕒 Prep Time: 15 minutes
(excluding fermentation)

🔥 Cook Time: 20 minutes

🍴 Serves: 2–3

Dhoksa (Fermented Soy Cake with Veggies)

Instruction

Step 1: Make Fermented Soy Cake (Optional)

(Skip if you already have fermented soybean paste or cake — or use akhuni as a shortcut)

- Grind soaked soybeans into a thick, coarse paste with just enough water.
- Wrap the paste in banana leaf or a muslin cloth. Tie it up like a bundle.
- Ferment at room temp for 2–3 days until it smells tangy and has a firm texture.
- Slice or crumble before using.

Step 2: Make the Dhoksa Curry

- Heat oil in a pan. Add crushed garlic and green chilies. Sauté until golden and fragrant.
- Add potatoes and cook for a few minutes until lightly golden.
- Add dhoksa pieces and sauté gently for a minute or two (don't stir too hard or they'll break up too much).
- Pour water, add salt, and let it simmer for 10–15 minutes until the potatoes are soft.
- Add greens and let them wilt into the curry. Simmer for another 2–3 minutes.
- Optional: Slightly mash some dhoksa pieces into the curry to make it thicker and richer.
- Serve hot with rice and a side of chili chutney or boiled veggies.

Tips & Notes:

- The flavor is funky, earthy, and deeply savory — if you're into fermented foods, this will be your jam.
- Can sub Naga akhuni or fermented tofu if you can't make dhoksa from scratch.
- Use seasonal local greens — fiddlehead ferns, mustard leaves, or spinach work well.

AKHUNI WITH VEGETABLES

It's a fermented soybean paste with a powerful umami hit — salty, tangy, smoky, and straight-up addictive if you're into fermented flavors.



Ingredients

- Potatoes – 2 (cubed)
- French beans or bamboo shoot – 1 cup (sliced)
- Akhuni – 2-3 tbsp (mashed)
- Green chilies – 2-3
- Garlic – 5 cloves (crushed)
- Mustard oil – 1 tbsp
- Salt – to taste
- Water – as needed

Akhuni with Vegetables

Instruction

- Heat mustard oil, sauté garlic and green chilies.
- Add potatoes and beans, cook for 3–4 mins.
- Add mashed akhuni, mix well.
- Add a little water, cover, and simmer till veggies are soft and everything is infused with flavor.
- Serve with rice or buckwheat rotis (Khura).

Chhurpi with Spinach



Ingredients

- Chhurpi (fermented yak/cow cheese) – 1/2 cup
- (Use soft chhurpi for meltier texture, or hard chhurpi sliced thin)
- Spinach (or mustard greens) – 2 cups (washed and chopped)
- Garlic – 4-5 cloves (crushed or finely chopped)
- Green chilies – 2 (slit or chopped)
- Salt – to taste
- Mustard oil or ghee – 1 tbsp
- Water – 1/4 cup (if needed)

 **Prep Time: 10 mins**

 **Cook Time: 10-15 mins**

 **Serves: 2-3**

Chhurpi with Spinach

Instruction

1. Prep the chhurpi
 - If using hard chhurpi, soak it in warm water for 10–15 mins to soften slightly. If using soft chhurpi, mash or crumble it.
2. Heat oil in a pan. Add crushed garlic and green chilies. Sauté until golden and fragrant.
3. Add spinach and stir-fry for 2–3 minutes, until wilted and glossy.
4. Add chhurpi and mix well. If it's soft, it will melt slightly and coat the spinach. If hard, let it soften and warm through.
5. Add a splash of water if needed. Simmer for 2–3 more minutes until everything comes together.
6. Season with salt and serve hot with steamed rice or buckwheat flatbread (Khura).

Tips & Variations:

- No chhurpi? Try a combo of crumbled paneer + a pinch of salt + yogurt or feta cheese for a shortcut.
- Add other veggies like radish leaves, ferns, or potato cubes.
- A dollop of ghee at the end makes it extra comforting.



MAPLE™

Thank You for Cooking with Us!

We hope you enjoyed exploring the flavors of Arunachal Pradesh through these carefully curated recipes. Each dish is a testament to the rich culinary heritage of the region, and we're delighted to share them with you.

Cooking is not just about preparing food; it's about creating memories, sharing love, and celebrating traditions. With our cookware and appliances, we aim to make your cooking experience even more enjoyable and efficient. We believe that the right tools can transform your kitchen into a place of creativity and joy.

Stay Connected

We'd love to hear about your cooking adventures! Share your experiences, photos, and feedback with us on social media. Don't forget to tag us at @mapleideas and use the hashtag #CookingWithmaple

Happy cooking, and may your meals always be filled with flavor and love!

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