

MAPLE

**Flavors of
Uttarakhand**

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.





Welcome to MAPLE's curated e-recipe book, where we celebrate the wholesome and vibrant flavors of **Uttarakhand** cuisine. This collection is crafted to inspire both seasoned chefs and passionate home cooks, featuring traditional mountain recipes that capture the authentic taste of the Himalayan region.

At MAPLE, we believe that great cooking starts with the right tools. Our premium cookware and kitchen appliances are designed to elevate your culinary journey, helping you create delicious Uttarakhand dishes with ease and confidence.



Aloo Ke Gutke is also a must-have during Uttarakhand traditional festivals and Pahadi meals.

ALOO KE GUTKE

(Pahadi Spiced Potatoes)

Ingredients

- Potatoes – 4 medium (boiled & cubed)
- Mustard oil – 2 tbsp
- Cumin seeds – 1 tsp
- Jakhya seeds – 1 tsp (authentic Uttarakhand tempering seed; optional but recommended)
- Garlic – 3-4 cloves (crushed)
- Green chilies – 2 (slit)
- Turmeric powder – 1/2 tsp
- Red chili powder – 1/2 tsp
- Coriander powder – 1 tsp
- Salt – to taste
- Coriander leaves – a handful (chopped)
- Lemon juice – 1 tsp (optional)

🕒 Prep Time: 10 Minutes

🔥 Cook Time: 15 Minutes

🍴 Serves: 3-4

Aloo Ke Gutke

Instruction

1. Prepare the Potatoes
 - Boil the potatoes until just tender (not mushy).
 - Peel and cut into medium cubes.
2. Heat the Oil
 - Heat mustard oil in a pan until it becomes lightly smoky—this reduces bitterness.
 - Lower the heat.
3. Tempering
 - Add cumin seeds and let them splutter.
 - Add jakhya seeds (they crackle quickly; be careful).
 - Add crushed garlic and green chilies. Sauté for a few seconds.
4. Add Spices
 - Add turmeric, red chili powder, and coriander powder.
 - Mix for 10–15 seconds on low flame.
5. Cook the Potatoes
 - Add the boiled potato cubes.
 - Mix well to coat them with the spices.
 - Cook on medium flame for 5–7 minutes, allowing the potatoes to crisp slightly.
6. Finish
 - Add salt to taste.
 - Turn off the flame and sprinkle chopped coriander.
 - Add lemon juice if desired.

Enjoy your flavorful and authentic Aloo Ke Gutke!



Kafuli

(Traditional Uttarakhand Spinach & Fenugreek Curry)

A nutritious and iconic Uttarakhand dish made with leafy greens, slow-cooked to a creamy texture. Rich, earthy, and comforting Kafuli is a Himalayan classic served with steamed rice or mandua roti.

Ingredients

- Spinach – 2 cups (washed & chopped)
- Fenugreek leaves – 1 cup (optional but authentic)
- Green chilies – 2 (chopped)
- Garlic – 5–6 cloves (crushed)
- Ginger – 1-inch piece (grated)
- Cumin seeds – 1 tsp
- Mustard oil – 1 tbsp
- Rice flour – 1 tbsp (for thickening)
- Curd – 1/4 cup (whisked)
- Turmeric powder – 1/2 tsp
- Salt – to taste
- Water – 1/2 to 1 cup (as needed)

🕒 Prep Time: 15 Minutes

🔥 Cook Time: 20 Minutes

🍴 Serves: 3–4

Kafuli

Instruction



1. Blanch the Greens

- Boil water in a pot.
- Add chopped spinach and fenugreek leaves.
- Cook for 2–3 minutes until soft.
- Drain and let cool slightly.

2. Blend

- Add the blanched greens, green chilies, and a little water to a blender.
- Blend into a smooth paste.

3. Prepare the Base

- Heat mustard oil in a pan.
- Add cumin seeds and let them splutter.
- Add crushed garlic and grated ginger; sauté for a few seconds.

4. Add the Green Paste

- Pour the blended greens into the pan.
- Add turmeric and salt.
- Mix well and cook for 3–4 minutes.

5. Thicken the Kafuli

- Mix rice flour with 2–3 tbsp water to make a slurry.
- Add it to the pan and stir continuously.
- Let it simmer for 5–6 minutes until it thickens.

6. Add Curd

- Lower the flame completely.
- Add whisked curd slowly while stirring to prevent curdling.
- Cook on low heat for another 2–3 minutes.

7. Serve

- Adjust consistency with water if needed.
- Turn off the heat.

Enjoy your creamy and nutritious Kafuli!

Jhangore Ki Kheer

A comforting and festive sweet dish from Uttarakhand, made using barnyard millet simmered in milk until creamy. Light, nutritious, and naturally gluten-free



🕒 Prep Time: 10 Minutes

🔥 Cook Time: 25-30 Minutes

🍴 Serves: 3-4

Ingredients

- Jhangora (Barnyard millet) – 1/2 cup
- Milk – 1 litre
- Sugar or jaggery – 1/3 cup (adjust to taste)
- Ghee – 1 tsp
- Cardamom powder – 1/2 tsp
- Cashews – 6-8 (chopped)
- Almonds – 6-8 (sliced)
- Raisins – 1 tbsp
- Saffron strands – a few (optional)

Jhangore Ki Kheer

Instruction

1. Wash the Millet
 - Rinse jhangora 2–3 times until water runs clear.
 - Soak it in water for 15 minutes.
2. Heat Milk
 - In a heavy pot, bring milk to a gentle boil.
 - Reduce heat and let it simmer.
3. Add Jhangora
 - Drain the soaked millet.
 - Add it to the simmering milk.
 - Cook on low flame, stirring occasionally to prevent sticking.
4. Add Sweetener
 - Once the mixture thickens, add sugar or jaggery.
 - Stir until fully dissolved.
5. Flavoring
 - Add cardamom powder, saffron, and ghee.
 - Mix well.
6. Add Dry Fruits
 - Stir in chopped cashews, almonds, and raisins.
 - Cook for another 3–4 minutes.
7. Finish
 - Adjust consistency (thick or slightly runny) as you prefer.
 - Turn off heat and let it rest for a few minutes.

Enjoy your rich and comforting Jhangore Ki Kheer!

Gahat (Kulath) Ki Dal

A hearty and earthy lentil dish made from horse gram, known for its warmth and nutritional richness. This Pahadi-style dal is a winter favorite across Uttarakhand, often enjoyed with steamed rice or mandua roti.

Ingredients

- Gahat (Horse gram/Kulath) – 1 cup
- Water – 3–4 cups
- Turmeric powder – 1/2 tsp
- Salt – to taste
- For Tempering:
 - Mustard oil – 1 tbsp
 - Garlic – 6–7 cloves (crushed)
 - Ginger – 1-inch (grated)
 - Green chilies – 2 (slit)
 - Cumin seeds – 1 tsp
 - Jakhya seeds – 1/2 tsp (optional but authentic)
 - Red chili powder – 1/2 tsp
 - Coriander powder – 1 tsp
 - Asafoetida (hing) – a pinch
 - Coriander leaves – for garnish



🕒 Prep Time: 10 Minutes

🔥 Cook Time: 25–30 Minutes

🍴 Serves: 3–4

Instruction

1. Wash and Boil the Dal

- Rinse gahat dal thoroughly.
- Add to a pressure cooker with 3–4 cups water, turmeric, and salt.
- Pressure cook for 4–5 whistles until soft.

2. Prepare Tempering

- Heat mustard oil until lightly smoky.
- Reduce flame and add cumin seeds and jakhya seeds.
- Add garlic, ginger, and green chilies; sauté until aromatic.
- Add hing, coriander powder, and red chili powder.
- Mix for a few seconds.

3. Combine

- Pour the boiled dal into the tempering mixture.
- Stir well and let it simmer for 5–7 minutes on medium flame.

4. Adjust

- Add water if you want a thinner consistency.
- Check salt and adjust as needed.

5. Garnish

- Top with chopped coriander leaves.

Enjoy your warm and rustic Gahat (Kulath) Ki Dal!



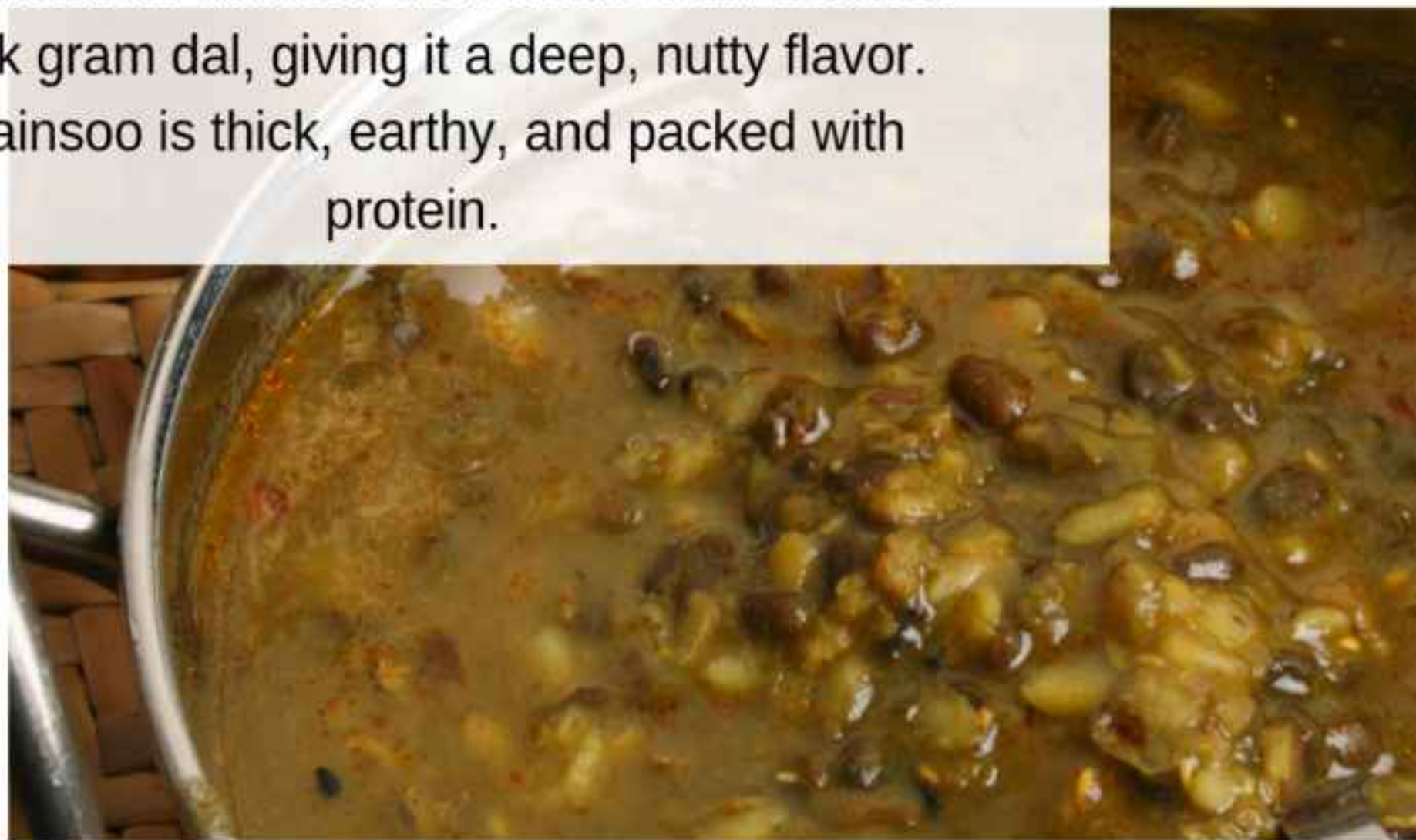
🕒 **Prep Time: 10 Minutes**

🔥 **Cook Time: 20-25 Minutes**

🍴 **Serves: 3-4**

Chainsoo

A traditional Kumaoni dish made from roasted black gram dal, giving it a deep, nutty flavor. Chainsoo is thick, earthy, and packed with protein.



Ingredients

- Black gram dal (Urad dal, whole) – 1 cup
- Water – 2-3 cups
- Mustard oil – 1 tbsp
- Cumin seeds – 1 tsp
- Jakhya seeds – 1/2 tsp (optional but authentic)
- Garlic – 6-7 cloves (crushed)
- Green chilies – 2 (chopped)
- Ginger – 1-inch (grated)
- Turmeric powder – 1/4 tsp
- Red chili powder – 1/2 tsp
- Coriander powder – 1 tsp
- Salt – to taste
- Coriander leaves – for garnish

Instruction

1. Dry Roast the Dal

- Heat a pan on low flame.
- Add whole black gram dal and roast until dark brown and aromatic.
- Stir constantly to avoid burning.

2. Grind the Dal

- Allow the roasted dal to cool.
- Grind it into a coarse powder (not too fine).

3. Cook the Dal

- Add the dal powder to a pot with 2–3 cups water.
- Stir well to avoid lumps.
- Add salt and turmeric.
- Cook on medium flame for 10–12 minutes until it thickens.

4. Prepare Tempering

- Heat mustard oil until lightly smoky.
- Add cumin seeds and jakhya seeds.
- Add crushed garlic, ginger, and green chilies.
- Sauté until golden and aromatic.
- Add red chili powder and coriander powder.
- Mix for a few seconds.

5. Combine

- Pour the tempering into the cooked dal.
- Stir well and let it simmer for 5 minutes.

6. Finish

- Adjust thickness by adding water if needed.
- Garnish with chopped coriander.

Enjoy your smoky, nutty, and comforting Chainsoo!

Phaanu

A comforting and protein-rich dish from Garhwal, Phaanu is made by mixing soaked lentils and slow-cooking them to creamy perfection. It has a warm, earthy flavor and is best enjoyed with steamed rice.

Ingredients

- For Cooking:
- Water – 3-4 cups
- Turmeric powder – 1/2 tsp
- Salt – to taste
- For Tempering:
- Mustard oil – 1 tbsp
- Cumin seeds – 1 tsp
- Jakhya seeds – 1/2 tsp (optional but authentic)
- Garlic – 6-7 cloves (crushed)
- Ginger – 1-inch (grated)
- Green chilies – 2 (slit)
- Red chili powder – 1/2 tsp
- Coriander powder – 1 tsp
- Asafoetida (hing) – a pinch
- Cilantro (coriander leaves) – for garnish

🕒 Prep Time: 10 Minutes
(plus overnight soaking)

🔥 Cook Time: 25-30
Minutes

🍽️ Serves: 3-4

Phaanu

Instruction

1. Soak the Lentils
 - Combine all dals in a bowl.
 - Rinse well and soak overnight for proper softening.
2. Boil the Lentils
 - Drain the soaked dals.
 - Add them to a pressure cooker with 3–4 cups water, turmeric, and salt.
 - Pressure cook for 4–5 whistles until soft.
 - Mash lightly for a smoother texture (optional).
3. Prepare the Tempering
 - Heat mustard oil until lightly smoky.
 - Add cumin seeds and jakhya seeds.
 - Add crushed garlic, ginger, and green chilies.
 - Sauté until fragrant.
 - Add hing, coriander powder, and red chili powder.
 - Mix for a few seconds.
4. Combine
 - Add the tempering to the cooked dal mixture.
 - Stir well and simmer for 5–7 minutes for the flavors to blend.
5. Adjust
 - Add water to adjust thickness as desired (Phaanu is usually medium-thick).
 - Check salt and adjust accordingly.
6. Garnish
 - Finish with fresh chopped coriander.

A vibrant green chutney, Bhang Ki Chutney, is served in a traditional terracotta bowl. The chutney is thick and textured, topped with finely chopped green herbs and small, light-colored seeds. The bowl is placed on a matching terracotta base with decorative patterns.

Bhang Ki Chutney

A tangy, nutty, and aromatic chutney made from roasted hemp seeds—one of Uttarakhand's most iconic and traditional condiments. Perfect with dal, roti, rice, pakoras, or any Pahadi meal.

Ingredients

- Bhang (hemp) seeds – 3 tbsp
- Green chilies – 2-3
- Garlic – 2-3 cloves
- Coriander leaves – 1 small bunch
- Mint leaves – 2-3 tbsp (optional)
- Curd – 2 tbsp (optional for creaminess)
- Lemon juice – 1-2 tsp
- Salt – to taste
- Water – as needed

🕒 Prep Time: 5 Minutes

🔥 Cook Time: 5 Minutes

🍴 Serves: 3-4

Bhang Ki Chutney

Instruction

1. Roast the Hemp Seeds
 - Heat a pan on low flame.
 - Add bhang (hemp) seeds and roast until they begin to crackle.
 - Remove from heat and let cool.
2. Grind the Mixture
 - In a mortar-pestle or mixer, add:
 - Roasted hemp seeds
 - Green chilies
 - Garlic
 - Salt
 - Grind to a coarse paste.
3. Add Herbs
 - Add coriander leaves and mint leaves (if using).
 - Grind again to a smooth or slightly coarse texture.
4. Add Sourness
 - Mix in lemon juice.
 - Add curd for creaminess (optional).
5. Adjust Consistency
 - Add 1-2 tbsp water if needed to make a thick chutney.

Enjoy your tangy, nutty, and refreshing Bhang Ki Chutney!

Mandua Ki Roti



Ingredients

- Mandua atta (finger millet flour) – 2 cups
- Wheat flour – 1/2 cup (optional, helps with binding)
- Warm water – as needed
- Salt – a pinch
- Ghee – for serving

A wholesome, earthy, and highly nutritious flatbread made from finger millet. Rich in iron and calcium, Mandua Ki Roti is a staple in Uttarakhand's mountain households, often served with ghee, chutney, or hot curries.

🕒 Prep Time: 10 Minutes

🔥 Cook Time: 10 Minutes

🍴 Serves: 4–5 rotis

Mandua Ki Roti

Instruction

1. Prepare the Dough

- In a mixing bowl, combine mandua flour, wheat flour (optional), and salt.
- Add warm water gradually.
- Knead gently into a soft dough.
- Let it rest for 5 minutes.

2. Shape the Rotis

- Divide dough into small balls.
- Dust with mandua flour and roll gently.
- Mandua dough is delicate—press lightly while rolling.

3. Cook

- Heat a tawa.
- Place the roti on it and cook until bubbles appear.
- Flip and cook the other side until brown spots form.
- Apply a little ghee if desired.

4. Serve

- Serve hot with:
 - Ghee
 - Aloo Ke Gutke
 - Kafuli
 - Chutney
 - Dal

Enjoy your soft, earthy, and nutritious Mandua Ki Roti!

DUBUK

A smooth, thick, and comforting Pahadi dish made by slow-cooking lentil paste. Dubuk has a creamy texture and warm flavor—perfect for cold Himalayan weather, usually served with steamed rice.



Ingredients

- Bhatt dal (black soybeans) or Gahat dal (horse gram) – 1 cup
- Water – 3-4 cups
- Turmeric powder – 1/2 tsp
- Salt – to taste
- For Tempering:
 - Mustard oil – 1 tbsp
 - Cumin seeds – 1 tsp
 - Jakhya seeds – 1/2 tsp (optional but authentic)
 - Garlic – 5-6 cloves (crushed)
 - Green chilies – 2 (slit)
 - Asafoetida (hing) – a pinch
 - Red chili powder – 1/2 tsp

Dubuk

Instruction

1. Soak the Dal

- Wash the dal thoroughly.
- Soak for 2–3 hours (or overnight for easier grinding).

2. Make a Paste

- Drain the soaked dal.
- Grind into a smooth paste using a little water.
- Ensure there are no coarse bits.

3. Cook the Dubuk

- Add the dal paste to a pot and pour in 3–4 cups of water gradually.
- Mix well to avoid lumps.
- Add turmeric and salt.
- Cook on low flame, stirring often.
- Let it simmer for 12–15 minutes until thick and creamy.

4. Prepare Tempering

- Heat mustard oil until lightly smoky.
- Add cumin and jakhya seeds.
- Add crushed garlic and green chilies; sauté until golden.
- Add hing and red chili powder.
- Mix briefly.

5. Combine

- Pour the tempering into the simmering Dubuk.
- Stir well and cook for 2–3 more minutes.

6. Finish

- Adjust thickness by adding water if needed.
- Serve hot.

Arsa



Ingredients

- Rice – 1 cup
- Jaggery – 3/4 cup
- Water – 1/4 cup (for jaggery syrup)
- Sesame seeds – 1-2 tbsp (optional)
- Oil or ghee – for deep frying
- A pinch of cardamom powder (optional)

🕒 **Prep Time: 15 Minutes**

🔥 **Cook Time: 20 Minutes**

🍽️ **Serves: 12-15 pieces**

Arsa

Instruction

1. Soak the Rice
 1. Wash the rice and soak it for 3–4 hours.
 2. Drain completely.
2. Grind the Rice
 1. Grind the soaked rice into a slightly coarse paste without adding water.
 2. Keep aside.
3. Prepare Jaggery Syrup
 1. Heat jaggery with 1/4 cup water until it melts.
 2. Strain to remove impurities.
 3. Let it cool slightly.
4. Make the Dough
 1. Add the jaggery syrup to the rice paste.
 2. Mix to form a thick, smooth, dough-like batter.
 3. Add sesame seeds or cardamom if using.
 4. Rest for 10 minutes.
5. Shape the Arsa
 1. Wet your hands.
 2. Take small portions and shape into round, slightly flat discs.
6. Fry
 1. Heat oil or ghee on medium flame.
 2. Fry Arsa until golden brown on both sides.
 3. Avoid high heat to prevent burning.
7. Cool
 1. Remove and allow to cool—they get firmer as they rest.

Enjoy your soft, sweet, and traditional Arsa!

MAPLE™

Thank You for Cooking with Us!

We hope you loved exploring the vibrant flavors of Uttarakhand through these thoughtfully curated recipes. Each dish reflects the rich culinary traditions of the hills, and we're delighted to share this taste of the mountains with you.

Cooking is more than just a daily task—it's a way to create memories, share warmth, and honor age-old traditions. With our cookware and appliances, we aim to make your cooking journey smoother, more enjoyable, and filled with creativity. The right tools can truly transform your kitchen into a space of inspiration 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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