

# "ROMANCING THE CHILLY"

Sunita Gogate  
Sunil Jalihal



mirchi  
mirch  
mirapakaya  
mensinkai  
milagai  
lajiao  
chile  
prig  
mirchi  
mirch  
mirapakaya  
mensinkai  
milagai  
lajiao  
chile  
prig  
mirchi  
mirch  
mirapakaya  
mensinkai  
milagai  
lajiao  
chile  
prig  
mirapakaya  
mensinkai  
milagai  
lajiao  
chile  
prig  
mirchi  
mirch

## “ROMANCING THE CHILLY”



## “ROMANCING THE CHILLY”

Chilly the “spice” that travelled from the new world (Mexico) to the old world, during the European voyages to discover the trade route to pepper and other spices. The voyages changed the course of the political world and dominated world trade for many centuries.

The spice or fruit! that's known by its Spanish name chile, but is popularly known as a “pepper” in the Americas and “chilly” in Asia! It's the spice that arrived in India and China, the largest consumers of this wonder fruit, during the 15th century AD, but is vociferously defended as being part of the local folklore of these ancient cultures for over 2000 years! The fruit that has changed palates around the world and got Europeans, Americans and others to spice up their cuisines! The journeys of the chilly over a few centuries and the cuisines that it has influenced are as rich as history itself.

In their book “Chillies & Chutneys”, the authors Sunita Gogate and Sunil Jalihal, take readers through a fascinating journey of the chilly across the globe and its huge influence on Indian cuisine and culture. They chronicle the history and journey of the chilly over the last few centuries and its journeys from the farm to the plate.

The book documents a number of forgotten recipes of Indian cuisine that add spice and character to Indian meals - the chutneys - wet & dry and royal masalas from across the length and breadth of the country. Each recipe is carefully chosen to ignite the interest of connoisseurs, foodies and novices. It covers all aspects of its ingredients, methods of preparation, garnishing and serving, suggests easy variants and the origins and history of the recipe. Gourmet tips and health benefits of each recipe are meticulously covered to bring a smile to the faces of the users of the book.



## “ROMANCING THE CHILLY”

### CHILLY STORY

The chilly traveled to India with the Portuguese who brought the Chilly from their American conquests to the shores of India. It rapidly spread to many parts of India and replaced the peppercorn that had thus far added spice to Indian cuisine. This journey is chronicled with interesting anecdotes and traces of food history.

The authors trace how the chilly arrived in India on the coasts of modern day Goa and quickly spread through the sub-continent. The evolution of many regional cuisines of the sub-continent were influenced by this wonder spice and created the wonders of Indian Cuisine.

### CHILLING EFFECTS

Capsacin, the “spice” in the chilly is a chemical that can kill and maim! The oils and oleoresins contained in the chilly impart the ripe chilly its distinctive and rich colour. The “spiciness” of the chilly is measured on the Scoville Index, named after a Scottish gentleman who invented the scale. Chillies from around the world range from 1000 to 890,000 units on the Scoville Index.

Read about the sweet chilly that has just a touch of capsacin and the chilly from Assam that is reputed to take people into the “other world of ghosts” and after life! The capsacin in the chilly is used in pain relief balms and in bombs by the Indian army and the red colour is used for soft cosmetics by the French! Read about all these and more chilly applications in the Chilling Effects of this wonder spice.



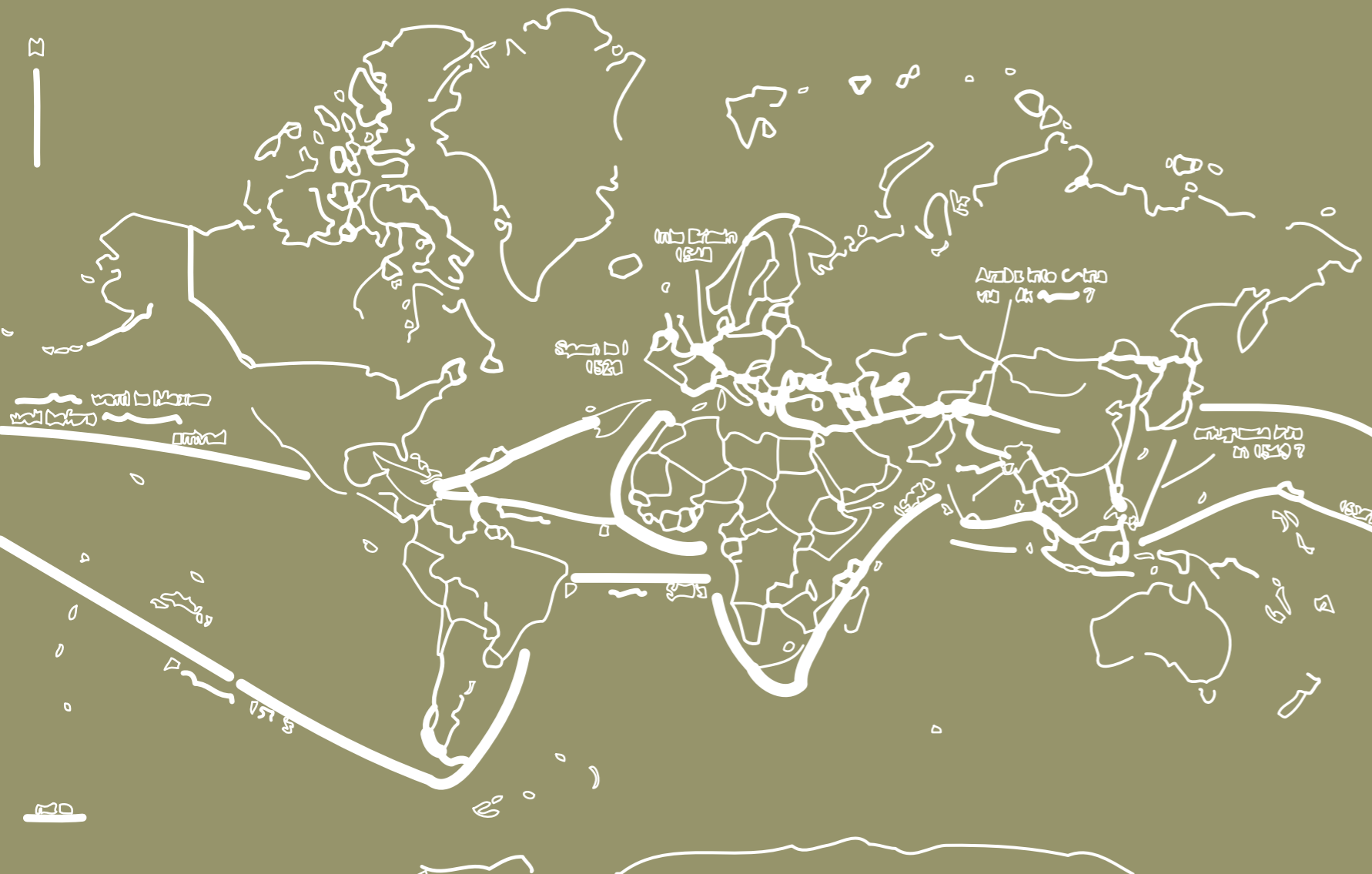
## “ROMANCING THE CHILLY”

### CHILLIES OF THE WORLD

Chillies have had their own genetic journeys around the world, as new hybrids were produced by each region of the world, retaining, enhancing or reducing the capsaicin content or the red colour of the chilly. Each district in India has its own variants of the chilly, grown for specific applications such as making chilly bhajjis, extracting colour or adding spice to biryanis.

The authors take their readers through a visual journey of various types of chillies from across Mexico, Thailand, China, especially focusing on various types of chillies from India. Learn about Guntur chillies, Kaddi chillies of Byadgi, the Naga Chillies from Assam and the Habaneros, Jalapenos and Pimentos of Mexico. Learn how chillies are sown, grown, harvested, dried and packed.

## “ROMANCING THE CHILLY”



### CHILLING PLACES OF THE WORLD

The authors take readers through fun and Believe it Or Not journey of Chilling Stories and Places around the world. Learn about the Chilly Doctor who has invented a sweet chilly and recommends that children take chillies to school. Journey through Byadgi, Karnataka, Guntur in Andhra Pradesh, Jorhat in Assam all the way through Guadalupe Mexico and parts of Thailand.

### CHILLING FACTS

Trade in Chillies around the world has created many interesting stories, trivia and its rich share of unbelievable facts and figures. Mirch Masala and other movies that have revolved around the chilly, the Chutney Mary restaurant in Chelsea, London and other chilling facts that will give readers their own stories to tell their guests as they dish out recipes from this book.



# CHILLIES & CHUTNEYS

This section of the book, indeed the purpose of the book itself, carefully documents more than 50 traditional recipes of chutneys and masalas. The recipes are presented in an easy to use format that help the users of the book to cook up their very own chutneys, understand how they are prepared, garnished and served and how they can create their own easy variants. Want to convert the basic recipe into a gourmet, signature dish? Suggested gourmet ingredients (use the Guntur chilly to get added flavour!) help the reader do exactly that.

With the increased interest in organic food and the healing and medicinal properties of food around the world the authors point out the health benefits of the main ingredients of each recipe and suggest the right season to prepare and eat the chutneys.

Emphasis on bringing the five basic tastes into each recipe, suggesting the important elements that make a good chutney great! and the key to the basics of a tadka or a tempering will make readers excellent gourmet chefs.

Surprise your friends and guests with a Ridge Gourd peel Chutney, Niger Seeds chutney powder and a Green Tomato Chutney. Tastefully presented visuals and pictures of the finished products and their ingredients inspire readers to get their chutneys perfectly right!

# GREEN TOMATO CHUTNEY

A spicy tangy chutney with the nutty taste of sesame seeds

## Ingredients

1. Green tomatoes 250 gms
2. Green chillies 10-12
3. ½ cup sesame seeds
4. ½ cup chopped coriander leaves
5. 4 tbsp. Oil
6. ½ tsp. Asafoetida
7. ½ tsp. Mustard seeds

## Preparation

1. Roast the sesame seeds and set aside
2. Dice tomatoes and chillies
3. Prepare tadka
4. Add chillies and green tomatoes and cook for a few minutes without lid, the green tomatoes do not sweat as much as the red tomatoes
5. Allow this cooked mixture to cool
6. In a chutney blender coarsely grind the roasted sesame seeds, add the cooked tomato mixture, salt, coriander and blend together using pulsar button. Try and keep the chutney a coarse blend. This adds texture to this spicy – tangy chutney.

## Garnishing & Serving

Serve chilled (20 degrees) with fresh coriander and dry chilly tadka. Eat with idlies and dosas. Kids love this chutney in their sandwiches; make these sandwiches with brown bread.

## Easy Variants

Adjust the quantity of chillies to suit your palate. Add a little bit of sugar if you prefer the sweet, sour and spicy taste. Use red tomatoes and red chillies for the red tomato chutney.

## History/Classics

Brought in by the British, tomatoes came to the Indian sub-continent @ 1850. Initially slow in its acceptance, over time it became an important vegetable in Indian cuisine for its sourness. Originating in Mexico, tomatoes reached Europe in the 16th century and spread to other parts of the world. Sesame, *Sesamum Indicum* is native to India and has been a part of rituals and cuisine since Vedic times.

## Health & Gourmet Tips

Green chillies are a rich source of anti-oxidants. Tomatoes are a rich source of antioxidants and prevent cancer of the oesophagus, stomach and colon. Use your local variety of a spicy chilly such as Lavangi or Guntur chillies for a spicier chutney.





# KHARDA

Farmer's daily meal, chilly adventure for city folks!

## Ingredients

1. 125 gms. Green chillies (The lavangi mirchis from Kolhapur are good for this)
2. 1 tbsp. Salt
3. 8-10 garlic pods
4. 1 tsp. lime juice
5. ½ tsp. Fried methi seeds powdered
6. 2 tsp. Oil for tadka

## Preparation

1. Grind coarsely salt, green chillies and garlic. (This chutney tastes best when the chillies, garlic and salt are pounded in a mortar and pestle.)
2. Prepare tadka with mustard seeds, add the ground chatni, add a tsp. of lime and sauté the chutney for a few minutes
3. Add the fenugreek seeds powder and mix well.
4. Store in an airtight container. This chutney is good for 8-10 days.

## Garnishing & Serving

Serve with bhakri and top off the kharda with some peanut oil. Try a raw onion and lemon with this and get all the energy to sweat it out in your garden!

## Easy Variants

Add more lime and salt to the Kharda and pickle it in a bottle. This will give you your own bottled, chilly pickle.

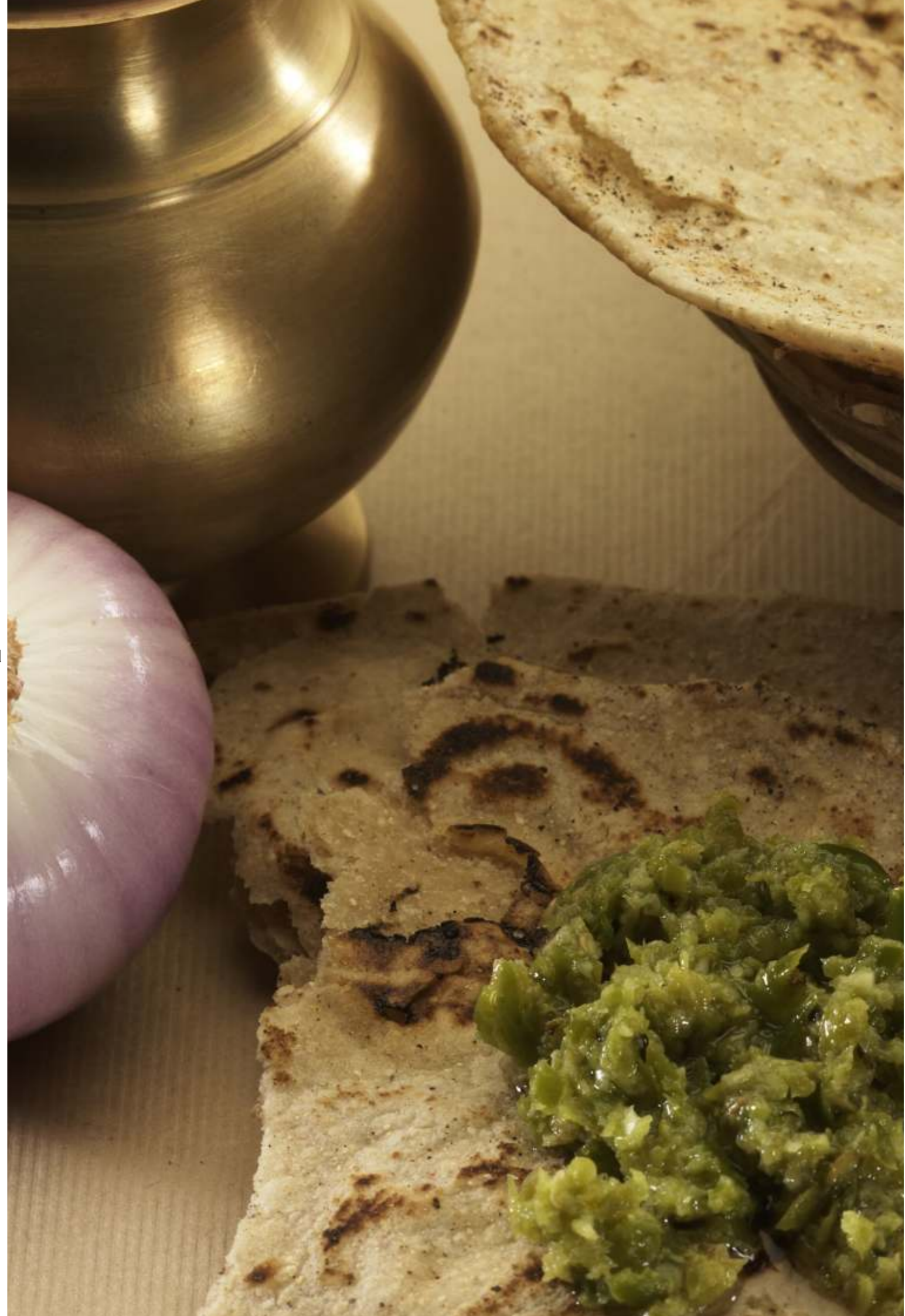
## History/Classics

Kharda is served everyday with bhakri. Farmers from many parts of the Deccan Plateau, carry a bhakri+kharda meal when they set off to work in their fields. Considered to be a poor man's dish and is eaten traditionally with a "smashed" raw onion.

## Health & Gourmet Tips

A great coolant! for those who have to work long hours in the hot sun. Kharda makes you sweat and release all the heat in your body. Garlic is a marvel of nature that helps fight bacteria, viruses and even cancer. Great for the heart. Onions prevent clotting of the arteries and raise the "good cholesterol" levels.

Use Kolhapuri Lavangi chillies or any other locally available hot chillies to make the best kharda.



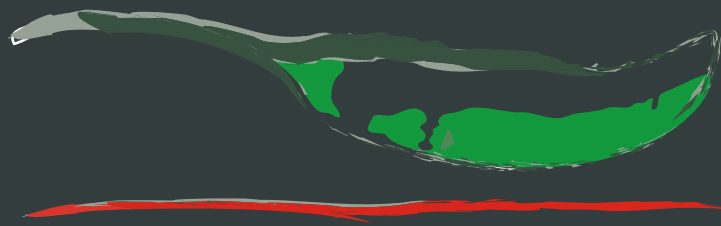
## About the **AUTHORS**

### **Sunita Gogate**

Sunita is a veteran of the Indian and International School systems having worked with the SSC and IB systems for many years. She is now a stay at home mom and loves experimenting with recipes and enjoys cooking food from all over the world. She is interested in travelling and trying cuisines from all over the world, hosting parties and cooking exotic food. She lives in Raleigh, North Carolina, USA with her husband Shrikant and children Pranav and Mihika.

### **Sunil Jalihal**

An IT professional who worked for Wipro, Siemens, Hewlett-Packard before becoming a technology entrepreneur, Sunil has keen interests in organic food, green technologies, heritage and history. His work and vacations have taken him to various parts of the world, where his foodie instincts have had him indulge in culinary adventures with exotic local foods of many regions. He is currently working on a new technology venture in the mobile technology space while putting this book together and supporting various green initiatives. He lives in Pune, India with his wife Padmaja and daughters Smriti and Kriti.



## “ROMANCING THE CHILLY”

Sunita Gogate - [ssgsunita@hotmail.com](mailto:ssgsunita@hotmail.com)  
Sunil Jalihal - [sunil\\_jalihal@yahoo.co.in](mailto:sunil_jalihal@yahoo.co.in)