

February 2012

### **Beyond The Biryani: Namaaste Kitchen and Salaam Namaste's Regional Food Year Begins In Hyderabad**

Leading Indian restaurants, Salaam Namaste and Namaaste Kitchen, are to bring the flavours and diversity of India's many and varied regional cuisines to London during a year long food festival. Their 2012 Regional Food Fair starts its journey in February in Hyderabad, at the crossroads of north and south India.

"The idea of our festival is to challenge perceptions of what 'Indian food' means. We want to open our guests' eyes to some of the truly thrilling taste sensations that can be found across India, but are sometimes almost impossible to find on UK menus," comments the restaurants' founder, Sabbir Karim. "We want to share these discoveries with our diners."

Hyderabad is the perfect place to start the journey of discovery. From the 18<sup>th</sup> Century onwards, under Nizam rule, Hyderabad was known for the spectacular way its aristocracy entertained. This legacy lives on in its rich cuisine, a very precise and distinctive cuisine enlivened by the powerful flavours of tamarind, coconut, peanut and sesame, by local herbs and spices and long, slow-cooking methods. The Hyderabadi biryani is probably its best known manifestation outside of India, a dish that appears on Namaaste Kitchen and Salaam Namaaste's festival menu as Hyderabadi Murg Ki Pakki Biryani, layers of long grain basmati rice and chicken cooked 'on dum' (steamed over coals and sealed with a layer of dough). Something a little different for intrepid eaters is 'Chakna', a dish of goat's 'tripe' and meat cooked with flour and spices eaten by Hyderabadi Muslims. Also not to be missed is 'Baghara Baigun', baby aubergines stuffed with a spice paste, coconut, peanuts, cumin and tamarind.

The Hyderabadi menu is just the beginning. In the coming months, guests can revisit the restaurants to discover the cuisines of Lucknow, Mumbai, Goa

and Bangladesh.

### **Starters**

Patthar Ka Gosht

*Marinated meat cooked on a hot stone.*

Reshmi Chicken Kebab

*Grilled skewers of spicy corn-fed chicken mince with cream, coconut, butter & milk*

Lukhmi

*A delicious savoury patty with a Welsh lamb mince filling*

Chakna

*A well-balanced blend of goat intestine & meat cooked with flour & selected spices.*

### **Mains**

Hyderabadi Murg ki Pakki Biryani

*A historic creation from the kitchens of the Nizam: layers of long grain basmati rice & chicken finely marinated with spices & cooked on dum*

Hyderabadi Malai Chicken Tikka

*Corn-fed chicken marinated with freshly roasted ground spice, brown onion, yoghurt and egg white, baked to perfection in the tandoor.*

Baghara Baigun

*Stuffed baby Aubergines, with freshly roasted spices ground to a fine paste with coconut, peanuts, cumin, ginger and tamarind, then fried and cooked in delicious rich gravy.*

Khatti Machli

*Grilled sea bream finished with tomato-tamarind sauce*

Mirchi ka Salan

*Green pepper curry, a popular chilli and peanut, coconut curry of Hyderabad. The ideal accompaniment to Hyderabadi biryani.*

Hyderabadi Bhindi Gosht

*Diced Welsh lamb cooked with okra*

Rogoni Roti

*Cinnamon, cumin seed and ajwain flavoured flat bread finished with glazed ghee & sliced onions, green chillies, green peas.*

**Dessert**

Khubani ka Meetha

*Apricot Pudding*

For further information about *Namaaste Kitchen* please visit

[www.namaastekitchen.co.uk](http://www.namaastekitchen.co.uk)

For information about *Salaam Namaste*, please see [www.salaam-](http://www.salaam-namaste.co.uk)

[namaste.co.uk](http://www.salaam-namaste.co.uk)

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