



Hyderabad Society of North Texas

.... *Bringing Hyderabad Community Together In The Dallas/Fort Worth Metroplex*

Shaam-e-Hyderabad

Sunday, October 12, 2014



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Hyderabad Society of North Texas
SHAAM-E-HYDERABAD

Editorial

Success breeds success always



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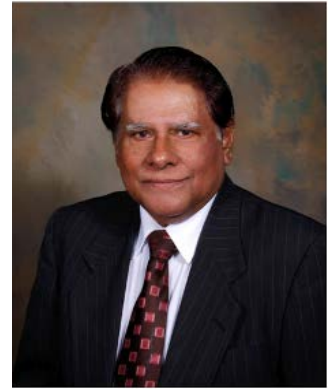
It is a saying we have heard before, and we don't have to look any further than our own Hyderabad Society of North Texas, to know that this proverb is true.

Much of the success of HSNT owes to the highly committed and hard working past and present HSNT members and the support from the local businesses. All the current board members, including the President of this association, Mr. Ayaz Qureshi, put in a lot of hours of planning and commitment to keep the hyderabadi memories alive. All the board members, in spite of their work schedules and personal life commitments, succeed to bring the perfect gatherings for our community. This in return attracts success when our younger generation is more talented and dedicated than their predecessors. They not only adhere to the tehzeeb that illuminates where we come from but also promote it in the society.

To sum it all we are thankful to all the past and present HSNT board members, the presidents, and the local businesses without whose support, it would be difficult to keep the flame of Hyderabadi success burning.

-Rahat Arifuddin.

This free publication has been made possible with the generous support of our Sponsors, Advertisers and via the article contributions from readers like you. Thank You.



Dr. Basheer Ahmed

Dr. M. Basheer Ahmed is a native of Hyderabad, India. He immigrated to the United States in 1968. He obtained his medical degree from Dow Medical College in Karachi, Pakistan, and completed postgraduate psychiatric studies at Glasgow University in Scotland. He is a fellow of Royal College of Psychiatrists (London). He is board certified by the American Board of Psychiatry and a distinguished Life Fellow of the American Psychiatric Association.

Dr. Ahmed has held faculty positions at the Albert Einstein College of Medicine in New York City, NY; Wright State University in Dayton, Ohio; and was professor of Psychiatry at Southwestern Medical School in Dallas, Texas. In 1985, Ahmed established a private practice in Fort Worth, Texas. He is the past president of the Tarrant Chapter of Texas Psychiatrist Society. He is the past president of Islamic Association of Tarrant County, past president of the Islamic Medical Association of North America. He is the former member of Board of Directors, Islamic Social Service Association of North America. He is a member of Board of Directors of the Multi Cultural Alliance of North Texas and a member of Board of Regents of Islamic Medical Association of North America.

He is the founder and past President of Institute of Medieval and Post- Medieval Studies of North Texas which promotes the educational programs on Muslim contributions towards world civilizations. He is the Founder and executive director of **Muslim Community Center for Human Services (MCCHS)** which provides free medical and social services (for victims of domestic violence and child abuse) to indigent residents of North Texas.

In 2014, he founded an organization **Institute of Quranic knowledge and intrafaith Religious Acceptance (IQRA)**. The major goal of the organization is to promote mutual understanding and harmonious relationship among Muslim sects.

He edited three books on “Muslim contribution towards civilization”, “Islamic intellectual heritage and its impact on the west” and “Domestic violence cross cultural perspective”.

Dr. Basheer Ahmed has been recognized in “Who’s Who in the World, 2000-2010” issue and “Who’s Who in America, 1996-2008” issue. He was honored with the 2008 Humanitarian Award from the Tarrant County Medical Society. He also received the Dallas Peacemaker of the year award from Dallas peace center in December 2012.

Dr. Ahmed says that two great personalities of Hyderabad were the source of inspiration for him, his maternal uncle, **Dr. S. A. Mannan**, a well known physician and his aunt, **Prof. Zeenat Sajeda** of Osmania University.

His wife is Dr. Shakila Ahmed, a radiologist and he has two children, his son Sameer Ahmed, an attorney in McAllen Texas and daughter Araj Ahmed, an attorney in Washington, D.C.



President's Message

It is time again to celebrate our Hyderabad community.

Hyderabad Society of North Texas which is also known as HSNT was established in 1992 by a well-known community leader and physician, Dr. Basheer Ahmed and has been a non-profit organization since 2006.

HSNT helps the Hyderabadis from North Texas to get together to have fun, reminisce and to keep our Hyderabad culture alive.

It gives an opportunity for our children to have awareness of our Hyderabad roots, traditions, and culture and feel a sense of pride in it.

Most of us have high regards for all that Hyderabad has to offer such as the excellent education provided by such schools and universities like the Osmania University, Rosary Convent, Little Flower, Saint Paul, All Saints, Mahubia, and many more. This strong educational background helped us establish in the United States and we are also able to pass this importance of education to our new generations.

We are blessed to have experienced the humility, the soft spoken language, the tehzeeb or mannerisms, and the delicious cuisine that the people from the City of Pearls try to hang on to. We hope to pass on the delicious and variety of Hyderabad recipes to our children and hope they get to incorporate these in their lives and enjoy all the flavors that we did.

This year HSNT held a picnic during the spring season at the Grapevine lake. We enjoyed outdoor activities, games, delicious food, and music by the lake. People of all ages attended this outdoor picnic.

The second event of the year is a formal evening dinner which usually takes place in October with numerous forms of entertainment such as music, songs, comedy in our Hyderabad lingo and of course, Hyderabad cuisine. We get to see traditional sarees, sherwanis and Hyderabad jewelry also.

These events would not be possible if not for the behind the scenes hard work of the HSNT members. Each and everyone of them give their best to contribute toward these events to make them colorful and enjoyable.

We are grateful and thankful to all the local businesses who support us with advertisements and articles for this magazine.

Although we share so much similarity with each other, we hope to retain this commonality and add our very own Hyderabad uniqueness, passed on to us by our elders, in this great melting pot.

Hyderabad Society of North Texas is a non-profit, non-religious and non-political organization.

The views and the opinions expressed in this magazine are those of the individual authors, advertisers and contributors, and should not be constructed as the views and opinions of Hyderabad Society of north Texas or its volunteers.

*Heartfelt congratulations to the KSI family for their dedication in preserving
& promoting the Hyderabad culture in Dallas!*

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Prince Muffakham Jah Message



To
The Members
Hyderabad Society of North Texas.

It is good to know that the Hyderabad Society of North Texas is making commendable efforts in passing on the legacy of rich cultural values and Hyderabad traditions to the modern generation by organizing Socio Cultural events in Dallas. I believe there are many such values that are relevant in contemporary life; values that serve to soften and to enrich the harsher aspects of an increasingly materialistic and competitive world.

The concern and commitment of the HSNT in promoting Hyderabad 'tahzeeb', in keeping alive the Urdu language and in felicitating the 'Hyderabad' achievers for their worthwhile accomplishments in Texas are deserving of appreciation.

It is with pleasure that I extend my compliments to the Board members for their dedicated efforts in realizing the objectives of the Society and for bringing out a magazine showcasing the activities of the vibrant 'Hyderabad' Community in North Texas this year.

With my best wishes that you may all flourish, enjoy ever greater successes and attain your own individual goals.

- Muffakham Jah





Traditional Hyderabad Shadi

Dr. Urussa Jabbar

Rishta or Nizbath

Weddings were arranged by match makers called mushata.

This process could take up to one year. Families do not meet or see each other at all.

All communication between the bride's and groom's families were solely via the match maker. If all went well, then just prior to the wedding, the groom's family, without the groom, would go to see the girl. In the 1940s and 1950s, the groom did not see the bride until the wedding ceremony or Nikah.

Only after the Nikah and close to the Rukhsati, the bride and groom see each other for the first time via a mirror (not directly). The groom would read a Quran surah at that time and blow on the bride's forehead.

In the 1950s and 60s, marriages were still arranged but the girl and the boy got to see or look at each other for a few moments/briefly without any verbal interaction for the most part. Another trend in the 1960s was more marriages consisted of women who graduated from universities.

In the 1970s and 80s, as university education became more prevalent among women, the trend toward the tabooed "love marriages" started but remained uncommon.

Ceremonial sitting or Naubath

The wedding house would be decorated with lights similar to Christmas lights and daily sittings of musicians, drum beaters, sarangi players would take place at the front gate. These sittings last for three or four days, and all day long. The Naubath sitting trend has faded away for the most part.

Manje or Manjha

Lasts for up to 5 to 7 days. The bride would wear a yellow khada dupatta. Her relatives would visit her daily bringing chiksa, haldi, sandal wood powder, and mehendi and apply them onto her. She would also receive daily garlands. By the end of the 7 days, the bride, along with dulhan ka kamra or room, would be quite aromatic.

Sanchak

The groom's family, without the groom, come to give the future bride her wedding outfits, the wedding jewelry sets, and accessories in large fancy trays along with other bari items such as dry or fresh fruits, paan, sugar, supari, coconut, chickni, and lots of mithai. The girl wears a yellow or orange khada dupatta and is seated on a wooden chauki.

Mehendi

The bride's unmarried sisters (saali), and young cousins go the groom's house. There they apply mehendi to the groom's fifth finger and hold on to the finger in a fun ceremony. They release his finger only when he gives them bargained upon money. This is a fun interaction between the groom and the bride's sisters. The groom receives his wedding outfit and gifts.

Shaadi

The groom arrives on a horse or a car decorated with fresh flowers with a large musical band. There are often fireworks. The barath goes through many neighborhoods to arrive at the wedding hall. The groom's friends dance in front of the car or horse. It takes two or more hours for the barath to reach the wedding hall.

He is stopped at the gate until he pays a dhangana which is money paid prior to entry. This trend has faded away for the most part.

The bride and groom sit separately on a masnath which is usually a velvety red seating with gold thread designs.

The bride wears a kurtanni which is a twin layered shirt with a churidaar pajama and a very long du-

patta wrapped around her body called khada dupatta. The color is usually red or pink. The groom wears a golden sherwani and white churidaar pajama with a turban-like dastaar over his head. Sera, or vertical strings of flowers, cover his face. The meher amount is discussed/debated upon during Nikah.

After the Nikah, misri, and badam, dry dates are thrown over the bride, groom, and the crowd. The children and alike rush to pick these up. The groom's mother puts a kaali pauth ka lacha and nath on the bride and prior to its application, she approximates this black bead necklace to the necks of seven suhagans. Paan with supari is given to the seven suhagans/married women also.

Jewelry

The bride wears:

- Jadao necklace or jadawi lacha (choker studded with diamonds, rubies, emeralds, pearls)
- Sath Lada (seven strands of pearls with emeralds or rubies)
- Kade or gold bangles
- Gold zanjeer or chandan haar
- Tika on her forehead
- Jhoomar or fan shaped jewelry for the side of her head
- Gold kamar patta for around the waist
- Paayal or pazeab along with silver toe rings

Food

Food includes two or more types of biryani: One is called sufaida which is a kacchi yakhni biryani layered with eggs, and the other biryani is called zarda which is yellowish in color and pakki yakhni. Mirchi ka salan or baghare baigan, khorma and sheermaal, luqmi with kabob, dum ka murg, and several types of desserts such as khoobani ka mitha, double ka mitha, kheer, and gajar halwa are provided at the wedding as well.

After the wedding night, the girl's family retrieves her. She spends the day at her parent's house without the groom and then in the evening, she joins the groom for the Valima ceremony.

Valima

The bride wears a green saree or sharara (shirt and long skirt).

There is a garland ceremony. The bride's sister symbolically taps the groom's shoulders with green decorated sticks or chadi. This trend also has faded away for the most part.

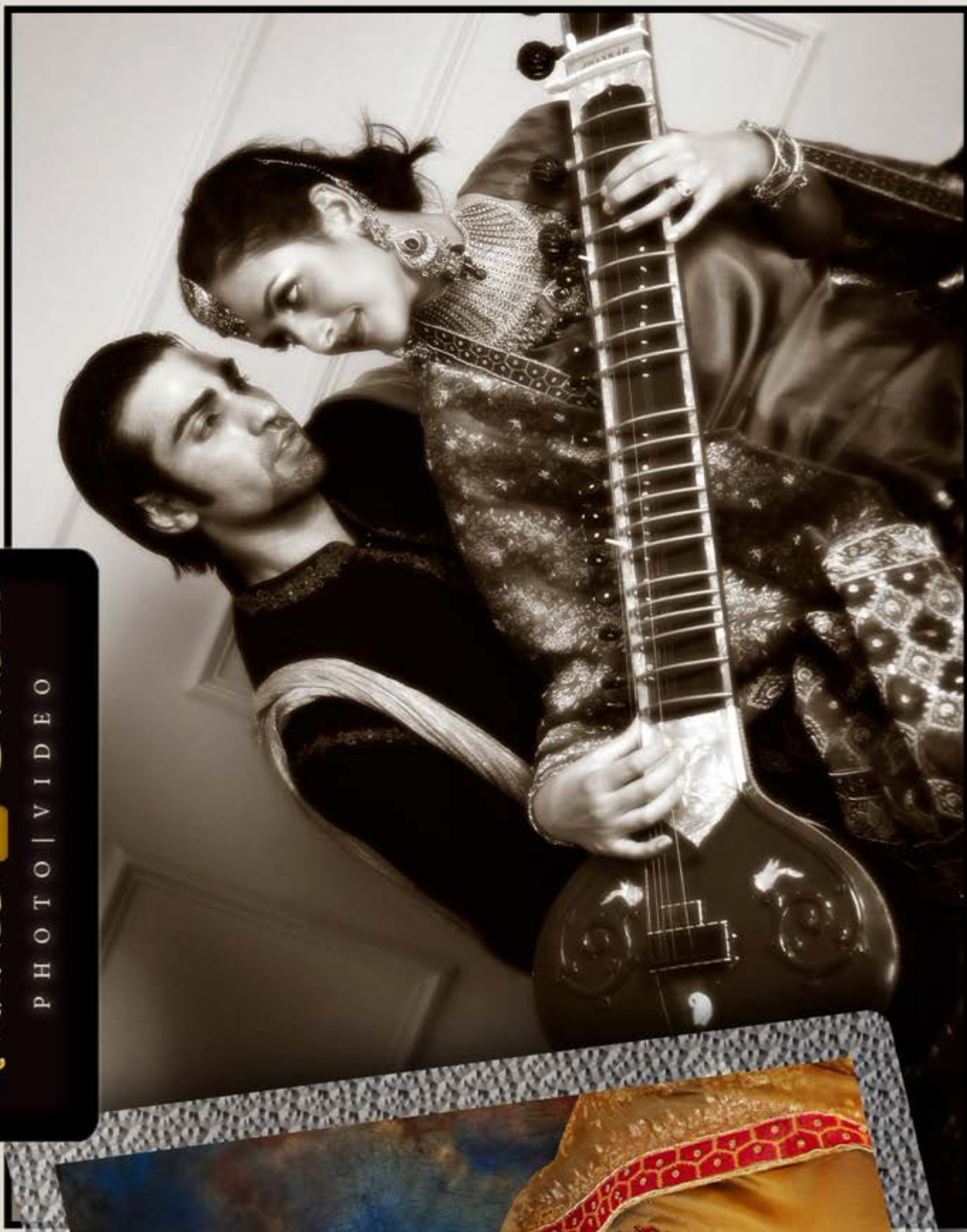
Overall, the traditional Hyderabad shaadi is an amazing experience full of colorful, family-oriented ceremonies and events which engages everyone who attends.



Photo



Video



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HANIA ALAIIDROOS, M.D.

Family Medicine

Dr. Hania Alaidroos is the chief of family medicine at the Medical City Dallas Hospital. She is board certified in family medicine and was a chief resident at Methodist Hospitals of Dallas during her residency training. Dr. Alaidroos practices at Arbor Green Family Medicine, a state-of-the-art facility located conveniently on Preston Road in North Dallas. The office has been designed to offer executive-level medicine. Every effort is made to meet this high standard with a fantastic staff, on-site blood draw/lab, X-ray facility, and close follow-up on all patients. When the need arises, the office refers to some of the best specialists in Dallas, with whom care is continued in a comprehensive manner.

Dr. Alaidroos offers full-range family medicine including women's health, pediatrics, geriatrics, annual physicals/preventative medicine, and management of chronic health conditions. Other areas of interest include dermatology and minor emergency. She is also senior aviation medical examiner for the FAA. Dr. Alaidroos lives by one of her favorite sayings: "This office is about the patient, and not the doctor."

Education

M.D., Dow Medical College; Residency, UT Southwestern Family Practice Program, Methodist Hospitals of Dallas

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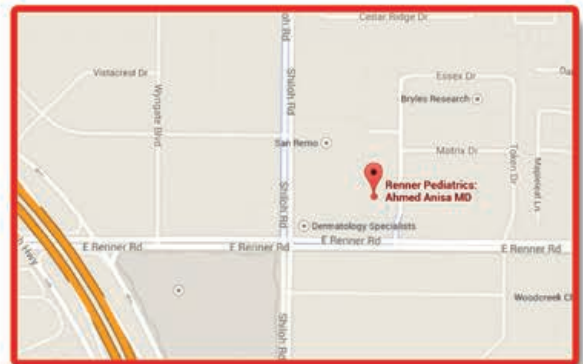
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Don't Rely Solely **on 'Uncle Sam's' Help for Retirement**

Shawkat Mohammed
Agent, New York Life Insurance
Member Million Dollar Round Table

Twenty years ago, retirement was a time to look forward to and savor. But, today, we live in uncertain times. So, for most working adults, retirement has become very complex—requiring years of planning, a well-thought-out strategy, and a phase to be put off as much as possible.

We're living more years in retirement

Why? Company-sponsored pensions have all but become extinct. Thanks to medical advances and healthier lifestyles, people are living longer. In the early 20th century, life expectancy was 47.3 years vs. today's life span of nearly 79 years.¹ According to data from the Social Security Administration, a man who lives to 65 will live on average to age 84, while women of the same age should live to age 86.2 Or course, this is good news; but we need to be prepared for it.

The truth about Social Security

And if you believe that Social Security will be there to support you, think again. For retirees in 2013, if you retire at the full age of 66, your maximum monthly benefit is \$2,533—³not enough for many of you to live comfortably.

While there are no easy solutions, life insurance can guarantee⁴ the protection of your loved ones and also supplement your retirement savings⁵ if the death benefit is no longer needed.

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In addition to the death benefit protection, the cash value of permanent life insurance can also be used to supplement your retirement income.

As such, it can be a vital piece of the complex puzzle of retirement planning.

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PHOTO GALLERY

HSNT Picnic 2014





Khada Duppatta

Khada Duppatta (upright stole) is the traditional wedding dress of Hyderabad Muslim brides. It is an elaborate wedding ensemble comprising a kurta (tunic), chooridaar (extra-long slim pants that gather at the ankles), and a 6-yard dupatta (stole or veil).

History

Early in the 17th century, Turkish and Persian craftsmen were invited to India by Mughal Empress Noor Jehan to craft a noble dress, that became particular only for family members of Mughal noble ladies. The art of dupatta crafting remain particular to Mughal descendants. Later when Mughal governor Nizam-ul-Mulk declared his autonomy over Hyderabad Deccan Suba, the begums of Nizam's family modified the creative style of Mughals to form Khara Dupatta. Which was later practiced by general residents of Hyderabad.

The Ensemble

Sometimes the kurta is worn with a long, lightweight sleeveless overcoat or a shorter koti, a bolero-like waistcoat. The bride wears a matching ghoonghat (veil) over the head. The dupatta is usually made of net material and embroidered with zardozi work. The border of the dupatta has masala or a ribbon border with embroidered golden motifs.

The Accompanying Jewellery

Tika - a medallion of uncut diamonds worn on the forehead and suspended by a string of pearls.

Jhoomar - a fan shaped ornament worn on the side of the head.

Nath - a nose ring with a large ruby bead flanked by two pearls.

Jadawi lachcha or Guluband - a choker studded with uncut diamonds and precious stones.

Karan phool - earrings that match the Chintaak and consist of a flower motif covering the ear lobe and a bell shaped ornament that is suspended from the flower. The weight of precious stones and gold in the Karan phool is held up by sahare or supports made of strands of pearls that are fastened into the hair with a clip.

Satlada - necklace of seven strands of pearls set with emeralds, diamonds or rubies.

Ranihaar - a long strand of pearls with a wide pendant.

Jugni - necklace with several strands of pearls with a central pendant.

Gulser- Necklace of black beads with golden shapes of moon and stars usually given by the groom's side.

Goate - Shellac bangles studded with rhinestones and worn with gold colored glass bangles called sonabai.

Payal – anklets.

Challae or Bhijwae- toe rings.

Gintiyen - earrings

... Khada Duppatta

Wearing style

The dupatta is draped with the very top part of the middle of the dupatta tucked into the back of the chooridaar. The dupatta is folded accordion pleats at both ends, which are held in place on the left shoulder with a brooch. The free ends of the dupatta are worn under the right shoulder and over the inside of the right elbow



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Sweet Hyderabadi Urdu

Rahat Arifuddin

Hyderabadi Urdu is spoken typically in the city of Hyderabad and also by the people belonging to the city. It is also known as Deccani Urdu from its former name Hyderabad Deccan. It contains loan words from Indian languages like Marathi, Telugu, Kannada, and Foreign languages like Arabic, Turkish, and Persian.

When Emperor Aurangzeb invaded and occupied the region, he introduced the “Camp” or “Lashkari” language to the region. This was mainly used to communicate with the natives. In short period of time, it became more refined with Persian and Arabic influence along with the regional languages within the Historic State of Hyderabad.

Hyderabadi language has its own distinct sound and flavor. Though Urdu is the preferred language of the elite, it is hard to keep Deccani out of Hyderabad. People of other cities or state or country have to tell their native place, but Hyderabad get identified without informing because of the sweetness and uniqueness of this language. Spend enough time in Irani cafes and a trip to Laad Bazaar and in no time you will learn this Sweet Hyderabadi Urdu.

Some popular Hyderabadi words and their meanings –

- Kaiku – Why
- Hao – Yes
- Kaiku ki – Wonder why
- Mere ku – My
- Uney – He/She
- Hona – Want
- Nakko – No
- Haula – foolish
- Miyan – Fellow
- Petabe – Socks
- Kachcha – wet
- Kunjee – Keys
- Bhairi – Slap



... Sweet Hyderabad Urdu

The word “ich” is often added after a noun or verb to express the confidence of the action. In orthodox Urdu “hi” would be used.

There is no way I could end this without a couple of Hyderabad Jokaan –

1) Do Hyderabad pheku baataan karrein...

Pheku1 : “Mere ghar kay rooma itte bade hain,
hamare bawa ku phone ghumana padta ,
amma ku khali chai poochne kay wastey.”

Pheku 2 : “Uttttaich ??!!
hamare makaan kay rooma itte bade hain,
bawa amma ku chai kay waste phone ghumaye toh,
amma ku roaming girta !!.”

2) Amma beta baataan karrein...

Mom: Kaiku rora?

Son: Teacher maari merku

Mom: Kaiku maari

Son: Mai usku MURGI bola

Mom: Kaiku

Son: Kaiku boletu, har exam mein ANDA deri merku.

Different varieties of Mummy

AALSI MUMMY: Ek baat tumku kitti baar batana

DHAMKANE WALI MUMMY: Aane do tumare bava ku,sab boldetiu

ITIHAS PASAND MUMMY: Jab mein tumare umar ki thi ghar ki poori zimmedari mere pe thi

CONFUSED MUMMY: Mein insan hun ki machine

SELFISH MUMMY: Lunch me roti tumare liye diye the ya tumare dosto k liye

SHAKI MUMMY:10 out of 10,pakka cheating kare hunge tum

HAMARI MUMMY: Ye phone ku abb tu choddta ya mein aake eik lagaun





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*Congratulations on
Shaam-e-Hyderabad*

October 2014

Shakila Ahmed, M.D.

Basheer Ahmed, M.D.

10 Homeplace Ct. Arlington, TX 76016

817 907 6080; mbahmed05@yahoo.com

Hyderabad Society of North Texas

Shaam-e-Hyderabad 2014



Best Wishes & Compliments

From

Nikkat

&

Muhammad Hameed



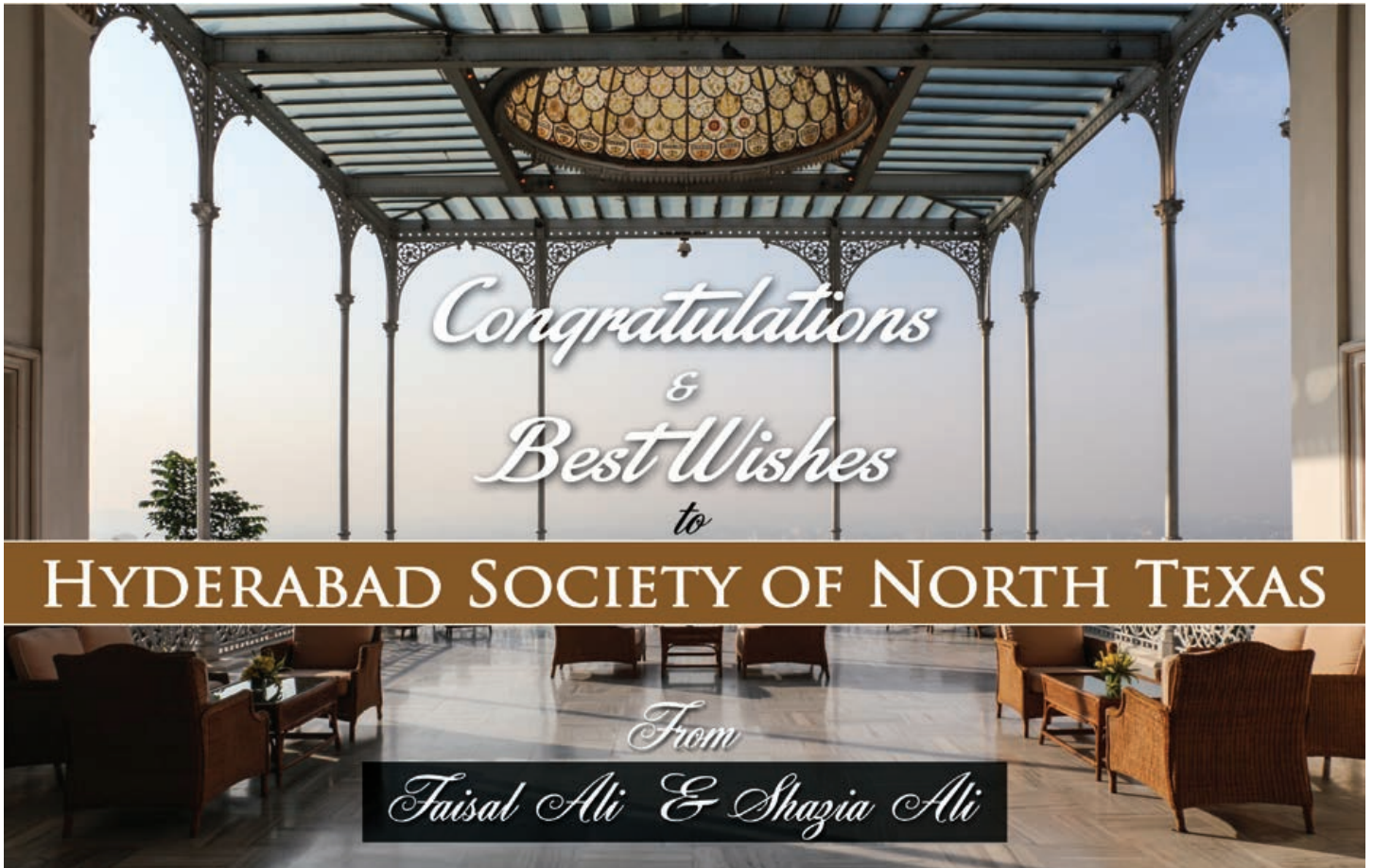
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Asia & Mir Hadi Ali



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Hyderabadi Patients in Al-Shifa Clinic

Basheer Ahmed, M.D

One of the services the clinic provides is to offer medical help to the visitors from South Asia. Many elderly relatives who visit their families in USA suffer from minor medical problems such as high blood pressure, diabetes, arthritis etc. Consulting private physician is sometime very expensive and therefore some of these patients come to our clinic for medical help.

During the last few years we have seen some very interesting elderly Hyderabadi patients and our physicians (mostly Pakistanis) had difficulty in understanding their Urdu language and occasionally they need an interpreter to understand the complains of the patients so that they can make a proper assessment and give appropriate medications. I am giving few examples of the typical Hyderabadi language they use and the difficulty the physicians face in understanding their Urdu language.

Dr : Aap America kab aye?

Pt. : Main parson ayi

Dr. : Aapko yahan aakar teen din huwe hain?

Pt. : Nai bawa munne ki paidaish pe ayi thi teen mahine pehle.

Dr. : Aapko kya takleef hai?

Pt. : Mereku pet me maror hai aur khatte dakaraan aare. Khana nahi pachra aur moo kasala hogaya.

Dr. : Aapko yeh takleef kab se hai?

Pt. : Parson chule pe se bagona utha ke rakhi to meri naf tal gayi uske baad se maror shuru ho gayi. Mere masoode bhi phul gaye aur ankhan bhi peele hore. Aisa malum hora jaisa irqan ho gaya. Bete mereko achi dawa dedo.

After the interpretation in Hyderabadi by a Hyderabadi volunteer, the doctor diagnoses her of having acidity due to overeating of Hyderbadi nihari (zaban aur paaye). He treated her with Zantac with positive results.

Shaher-e-Husn Hyderabad

Salman Farshori

In unchi pheli hui imaarton ke beech, yahan kabhi ek shaher hua karta tha.
Ye anjaani bheed main lipti hui sadkon par kabhi sukoon hua karta tha.

Mandiron ki ghantiyon, aur azaan ki awazon par ankh khula karti thi,
Bade hi sabr se mere shaher ki subah, meri shaam se mila karti thi.

Ye shaher ki har gali mujhe pehchanti thi, mere saath chalti thi, main ek mod par thaheer gaya,
shaher mujhse agay nikal gaya, Wo jo Is shaher main ek khuloos tha, adab tha, saleeqa tha,
mohabbat thi, junoon tha, ghuroor tha, apna ek lehja tha, sab apne thay, maano ek sapna tha..

aaj bhi is bhaag dod ki zindagi ka kohra kabhi hat'ta hai to door dhoondla sa mera
bachpan wala shaher nazar aajata hai.....

Wo log kahan gaye, wo chehre kidhar gaye,
Ae shaher-e- Husn hyderabad tujhko... kiski nazar lagee.

We congratulate

*the Hyderabad Association of Northern Texas
for keeping the flame alive of our Hyderabad Tahzeeb .*

*Organizing an event like this does not come easy,
It takes months of planning and a great cooperation among organizing
members to achieve a successful program like this.*

*The Deccani tahzeeb with its peculiarity of glamorous mannerism
is an entity by itself,*

*just by a simple Adab people ask if we are from Hyderabad,
the khulose and love we show towards one and other
and towards another human being is a class of its own.*

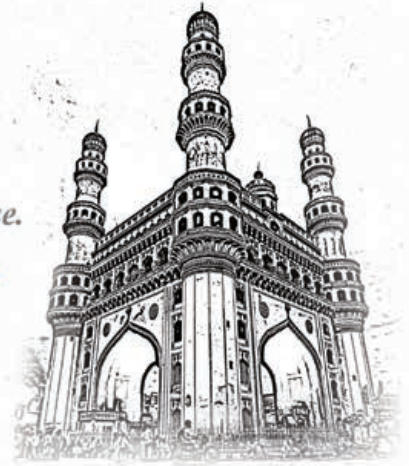
*The only way we can keep this tahzeeb alive and to teach the
next generation about our glorious past is by conducting affairs like these.*

Once again congratulations on keeping the flame of tahzeeb alive.

*Sunehray khaab is chaman may sajae rakhna
Khushboo e Deccan her mulk may bassae rakhna*

Pervaiz Baig

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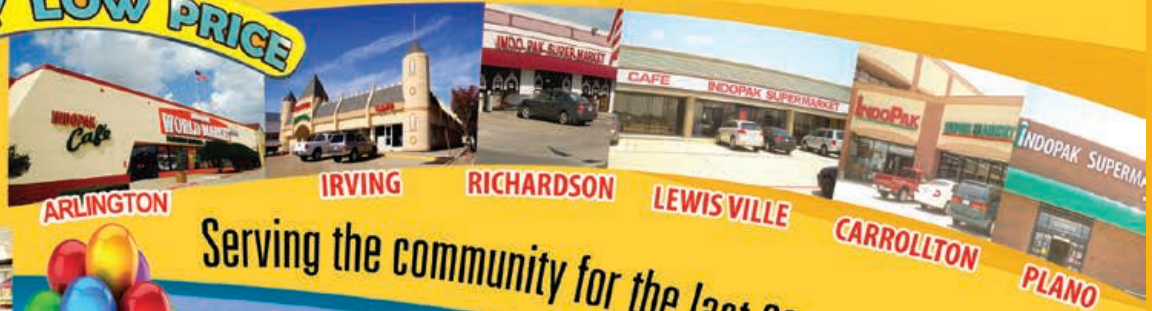
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Hyderabadi Menu Suggestions

Rahat Arifuddin

Breakfast

1. Khichree
Khatta
Kheema
Tamatar ki chutney
Achaar
Papad
2. Paratha
Mitthi Dal
Kheema
Khageena

Lunch

1. Palak Gosht
Bhinda ka Khatta
Shami/Shikampur
Deewani Handi
Rice
Roti
2. Khubuli
Mirchon ka salan
Raita
Shami kabab

Dinner

1. Baghara Khana
Dalcha
Dum ka Chicken
Karahi Gosht
Gulab Jamun
Kheer
2. Gosht ki Biryani
Bagare Baigan
Chicken ka khorma
Lukhmi
Raita
Salad
Double ka Meetha

Food Combinations in Hyderabad

Dr. Asia Ali

Naashte Ke Combinations.

1. Khichri , Qeema, khageena, til ki chutney ya imli ka khatta, Paparh aur Achar.
2. Nehari paya aur zabaan ki, Bheje ka salan, parathe aur Kulche.
3. Methi daal, qeema, Omlette, Aloo ka salan.
4. Khari daal aur Khageena.



Dopeher Aur Raat Ka Khana Combination

1. Khatti daal, Chaawal aur tala ghosth aur achaar.
2. Khatti daal, chaawal aur Shami ya shikum pur.
3. Tamatey ki Chutney aur palak ghosth achaar.
4. Dahi ki curry aur tala ghosth
5. Khatti curry aur pasande
6. Bhindi ka khatta salan aur chicken tali huey aur cutlets
7. Baghara khana dalchaa aur Aaloo methi ghosth
8. Baghara khana dalchaa aur Ganwar ki phalley ghosth
9. Biryani , baigun ka salan, qorma, roti, dum kabab, lokmi, dahi ki chutney
10. Haleem, Qorma, Roti, Baghara Khana , Tomatey ki chutney.

Mittha

1. Qurbani ka meetha
2. Double ka meetha
3. Kaddu ki kheer
4. Puran puri
5. Badam ke halwa
6. Hub ke lawz
7. Andoan ke lawz
8. Suji ki kheer
9. Mazafir (sewaiyaan)
10. Gajar ka halwa
11. Kaddu ka halwa

Hyderabadi Cuisine

Majeed Unissa Hussaini

Dum Ki Raan (Goat Leg Roast)

Here are two recipes for Dum Ki Raan (Goat Leg Roast)

Recipe - 1

- Let the butcher break bones from the joints of a goat leg.
- In a pan put a little oil (1/2 cup)
- Heat the oil and place the goat leg with salt (according to taste)
- Turn the leg when one side is fried and fry the other side.
- When both sides are done add two small whole onions fried in to the pan.
- Also add two tomatoes also fried to the pan of leg
- Add one tea spoon black whole pepper, two bay leaves.
- Add 4 cups of water and cook on low heat until water evaporates. Leave a little gravy.
- Your pot roast is ready.

Recipe - 2

Ingredients:

Leg of goat 1
Yogurt 1 cup
Paste of green papaya 1 tbsp.
Paste of roasted almonds, poppy seeds, coconut 4 tbsp.
Salt
Chilly turmeric powder 1 tbsp. or according to taste
Ginger garlic paste 2 tbsp.
Garam Masala 1 tbsp.
Cardamom Powder ½ tsp.
Chopped cilantro
Green chilly 4 chopped
Large onion fried

Method:

Apply green papaya and salt to meat and leave it over night in the fridge or 4 hours before cooking.

Mix all the ingredients with meat and bake in 400 degree oven until done.



Hyderabadi Dessert

Dr. Asia Ali

Andoan kay Lowz

Ingredients:

Eggs 12
Sugar 1 1/4 lb
Shortening 2 1/2 cups
khowwa 1lb or 2 cups milk powder
Ground Almonds 1/2 lb.
Saffron 1/2 tsp

15 servings

Method:

Separate egg whites from yolks. Beat egg white until stiff; add yolks and beat again. Add all remaining ingredients and mix well. Lightly grease a brownie pan and dust with flour; pour in egg mixture and bake at 350 degrees until top is brown. Pierce center with toothpick, if toothpick comes out clean remove from oven. Garnish with sliced almonds and raisins. Cut into 2" diamond shapes.

Badam Ki Jaali

Ingredients:

Almonds 1 lb
Sugar 2 lbs.
Rose water 1tbsp
Waraq (silver paper)

20 to 25 Jaali

Method:

Soak almonds in hot water and remove skin. Grind with as little water as possible, to make a fine paste. Grind sugar into fine powder. Mix sugar and almonds; cook on low heat until it is thick dough. It must be white, do not cook too long. When cool, add rose water and knead into smooth dough. Divide into egg size portions; roll each to 1/8" thickness, sprinkle icing sugar on board and rolling pin to make rolling easier. Using a saucer, cut into perfect circle. Lightly dab water over entire surface and place a waraq on top. Cut snowflake designs on another circle and gently place over waraq, so that waraq shows through the design. Repeat until all the dough is finished. Place badam ki jaali on wax paper and bake at 250 degrees for 1 minute. Do not allow it to get brown.

Khajoor

Ingredients:

Wheat flour 5 cups
Farina (rawa) 1/4 lb.
Sugar 13 oz.
Khowwa 2 cups
Poppy seeds 1/2 oz.
Shortening 1 cup
Currants 1 cup
Chopped Almonds ... 1 1/2 cups
Chopped Pistachios ... 1/2 cup
Baking Powder 1/2 tsp.
Egg 1

6 to 7 dozen khajoor

Method:

Add enough water to sugar to make thick syrup. Mix all ingredients, except egg, shortening and baking soda. Gradually add to syrup to make a stiff dough. Leave covered overnight. Add baking soda and egg; knead until dough is very soft. Divide dough into 4 or 5 portions to make rolling easier. Roll each portion to 1/4" thickness; cut into 3" long diamond shapes. Heat shortening and fry on low heat until brown.

FACT:

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