



KIPLING INDIA TRAVELS

CULINARY JOURNEYS TO INDIA - "Awadhi & Mughlai Cuisines"

Duration

06 Nights/07 Days

Highlights

Awadhi cuisine of Lucknow & Mughlai cuisine of Old Delhi.

Best time to travel

Mid September to March.

General Introduction:

India Cuisine is famous and relished all over the world and enjoys the reputation at par with other cuisines of the world. The Culinary Journey of Indian cuisine is a science, which has developed over thousands of years. The Classic range of regional cuisines reflects the great size of India and its unparalleled cultural heritage. The Indian cuisine in both vegetarian and non Vegetarian Indian food, has an unmatched charm because of the extravagant spices used in Indian cuisine, thus India is better understood as "HOME OF THE SPICES". The art of preparing authentic Indian food does not involve an overdose of spices, but the delicacy and mixing of right spices in right quantities.



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Day 01 Arrive Lucknow

Upon arrival in Lucknow, meet and assist and then transfer to your hotel. After lunch, we embark upon a city tour of Lucknow. Driving Past *Sadat Ali Tomb*, driving past '*Chatar Manzil*' - a part of this palace was built by a *French architect, Claude Martin* (as this palace has restricted entry we can see it from outside from within the car) we enter the gateway of world's most unique architecture, '*Asifi Imambara*'. This monument was built as a relief measure for a devastating famine, in order to provide employment to the subjects of the state by Nawab Asif-ud-Daula'. This is the world's biggest hall that is devoid of any pillar support, wood, iron beams or concrete walls. Salute the "Nawab" (Prince) lying in peace inside and proceed to see his noble work. Also see the '*Rumi Darwaza*' or the Turkish Gate and the *Asfi Mosque*.

Tongas (horse driven passenger carriages) wait to welcome you on board when you come out of this grand complex. On the bumpy ride of this transport system of yesteryears we reach the *Husainabad Complex* - The *Clock Tower* is the highest Clock Tower in Asia and in some ways superior to its counterpart, 'Big Ben'. Today the clock stands motionless but has witnessed all times, the good, the bad and the ugly. Now enter the Babylon of East, The *Husainabad Imambara* - known for its beauty and pieces of décor. This was built in 1840 by Mohammad Ali Shah and is still considered to be a sacred address by the natives. The beautiful chandeliers, silver seat, sandalwood décor and calligraphy on the walls all are so creative. Admire each one and bow down to the Nawab and his Mother sleeping inside.

Back to Hotel. [This evening we have scheduled an interactive session on Awadhi cuisine.](#)



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Awadhi cuisine hails from the city of Nawabs. Most of the dishes and cooking style of Lucknow is inspired by the Mughals, who had spent some time in Persia after their defeat in the third battle of Panipat. What the Mughals introduced was Mughlai cooking, adapted from the Persian way of cooking. Awadhi cuisine includes both vegetarian and non-vegetarian delights prepared in exotic spices and often garnished with dry fruits. This cuisine was introduced by the deputies of the Mughal Emperor, namely, the Nawabs of Awadh, who were inhabitants of Persia (modern day Iran) and were used to a particular diet which comprised of grains, fruits, dry fruits and vegetables that were available in that country, apart from meat in various forms. The Mughlai style of cooking was further refined by the Nawabs by adding exotic flavours of saffron and dry fruits.

This orientation session will deal through the Indian style of cooking and how Awadhi cuisine evolved with times to retain its high position in gastronomy. Enjoy your evening drinks with some Awadhi starters and drink snacks during this talk by an expert.

Later a **special sit-down Awadhi Dinner** at our hotel's Awadhi Specialty restaurant, **Oudhyana**. Here we will be served some exotic Awadhi preparations on our table, and we will have along with us a food curator to explain about each dish. Enjoy this Chef's special dinner and also understand the nuances that go in to make Awadhi food so very distinctive and unique from its first cousins, Mughalai and Hyderabad.

Overnight at our hotel.

Day 02 Lucknow

Breakfast at hotel and post breakfast, we visit the architectural marvel of age, *La Martiniere School* which was designed by the *Frenchman Major-General Claude Martin* as a palatial home. Even to this day, Claude martin is a revered personality in the city of Lucknow.

Later we visit *Dilkusha Palace & Gardens* - This palace was built by a European architect for the Nawab - Sadat Ali Khan. The Nawab only saw this building on its completion and the first words that came to his lips were "Dil Khush Hua" meaning "My Heart is Pleased", thus it was aptly named "Dilkusha". The palace and gardens were used as a country house and hunting lodge by the Nawab and his begums. Light game consisting of deer and bears were kept in the surrounding woods for the Begums to indulge in some hunting themselves. Part of the palace was also used as a Maternity Home for the wives of the Nawabs.

We will now reach the *Lucknow Residency* a place where speechless walls are known to speak the gruesome tale of the 1857 mutiny. The sprawling British campus witnessed nothing less than 3000 deaths to keep the Union Jack flying. Yet the British could not defend their domain and the buildings were lost to the high spirited and enthusiastic Indians who fought till their last breath. The trees, bullet sprinkled walls, unusable canons, worn out firearms all cry aloud with the burden



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of deaths that were witnessed here. We also visit the graveyard to pay our homage to named and unnamed soldiers who gave up their lives in the defense of The Residency.

Now we board our coach and after a short orientation about the way we wish in Lucknow and how to meet and greet the Royals of Avadh We will reach the **residence of the Nawab**, to be welcomed by none other than the Nawab himself for an exclusive Awadhi lunch. We will be introduced to the Nawab and served chilled '*Sherbet*' - a soft beverage in his decked up family museum. We settle down to be guided to cook a dish or two, under an expert supervision, we will have a hands-on cooking experience on this casual workshop. We learn serving this unique cuisine on a floor level setting called *Dastarkhwan*. End this dinner with a betel leaf preparation '*Pan*' and thank Nawab Sahib and his family in vernacular style, '*Shukriya*'. (Thank you).

Back to hotel for wash and change. We will then leave at 1900 hrs.

When in Lucknow, how can the talk about the food be left behind. After a walk down this lane we will take a **Culinary Walk** down the lane adjacent to Akbari Gate. Tasting the best of meat dishes from the Awadhi menu from the places, where they actually originated from and have still been able to thrive on their own in the era of MacDonalD and KFC. You will experience the concept of food loyalty and the real taste of the original **Tunday Kebabs, Raheem's Nihari and Mobeen's Pasanda** Kebabs. To take this tour, you need to be a foodie with closed eyes, so that your taste buds work to their best of abilities. Try all of these, while a culinary curator (Walk Leader) explains the history and the recipe of each of these.

Back to hotel and overnight at hotel. O/N in hotel.

Day 03 Lucknow

Breakfast at hotel and post breakfast we will visit *The State Museum* passing through the *Prince of Wales Zoological Gardens* that is also known as The Banarsi Bagh. The State Museum is a rich collection of artifacts from early and the medieval ages, including some Buddhist relics and a mummified body from Egypt. The Awadh gallery and a few statues from the era of Raj too are a must see here.

We will now visit *Dhobi Ghat* to see the colourful Chikan Embroidered clothes hanging after the wash, we will get to see the washer-men at work and observe the hanging clothes that are sun-dried after having gone through the hands of women artisans and just before they deck-up that fancy and glittering showrooms.

We will now visit a **Chikan Workshop** and see the artisans embroidering some garments that deck up the classy showrooms and emporia of the city. We have an option to buy a few from here or pick-up some ethnic stuff for **this evening's Royal Dinner**.



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This noon, we will enjoy a typical vegetarian **Rastogi Meal at lunch**, Rastogi's are the business class hindus, primarily selling the Chikan Embroidered Garments. They tend to have a brunch after they open their shops at about noon hours. This brunch includes a crisp fried hollow bread, called 'khasta', deep fried variety of bread called 'Poori', 'Lassi' - Sweet whipped yogurt topped with saffron flavoured cream, served in earthen cups. We would also do a short cooking session and learn to make a dish here, before we settle down to enjoy our lunch.

We will then move to '**Chowk**' the oldest market place of Lucknow to shop for the unique crafts of this Nawabi City. We walk in the by-lane of Chowk called 'Gol Darwaza' - a place that was once a seat of numerous '**Kothas**' (a small entertainment studios where nautch girls performed in the evenings) now is a market place that is known to house the best of handicrafts. Here we have an option of a **Heritage Walk**, walking down the lanes and by-lanes of this age-old bazaar, seeing some great pieces of embroidery, **Itar** (perfumes), **warag** (edible silver foils). We also see the locals move up and down the lane and bargain to get the best deals, while we shop.

Back to hotel and after a wash and change, today we will visit Khajoorgaon Palace for a **cooking session with the members of the Royal Family**, who would teach us a dish each, setting our dinner menu for tonight. We will be served the authentic Awadhi home cooked meal here.

This workshop will take us through a **step-by-step Awadhi cooking**, we will be divided in small groups and each groups its own workstation. Each workstation will be headed by an expert who will teach us, his/her own signature dish. We will now together churn out our own dinner that will be served to us later. It's like eating your cake and having it too.

Our dinner today is an exclusive home cooked Awadhi meal that will be prepared in the Royal Kitchen of **Khajoorgaon**. Also enjoy a classical **court dance from Awadh**, '**Kathak**' and understand the steps and hand movements that make this dance so very special all this over drinks, followed by a well laid dinner in the palace.

Back to hotel and overnight at hotel.

Day 04 **Fly to Delhi**

After breakfast, transfer to airport to board your flight to Delhi. Or if we take an evening flight to Delhi then we can also do a **Village cuisine**. This is altogether a different experience, where we will cook in traditional village's way and the cuisine had by village folks is totally different and in no way resembles the Awadhi cuisine. Or we can also do this on Day 01 for lunch, if our incoming train/flight is an early morning flight. This would be about 4-5 hrs programme. Not so much hands-on but quite exciting to see the food being cooked in a traditional, organic way. This way of cooking only exists in the countryside and that too is being fast overtaken by modern means of cooking.

Upon arrival in Delhi, meet and assist and transfer to your hotel.



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Day 05 Delhi

After breakfast, proceed to visit Old Delhi where you will see the Red Fort, an elegant citadel in red sandstone and then take a rickshaw ride through the famous bazaars and narrow lanes of Chandni Chowk. During your trip you can visit the famous Karim's Restaurant (www.karimhoteldelhi.com) famous for its kebabs and curries and also visit the famous spice market. Later proceed for Lunch at the famous Indian Restaurant called "Chor Bizzare" - (www.chorbizarre.com). They have a branch in London as well. Return back to hotel. Evening cooking session at one of the specialty restaurant.

Day 06 Delhi

Today you will visit some of the famous and historical monuments of New Delhi - exploring the ancient Qutab Minar a 12th century Tower of Victor, the Tomb of Humayn, a white marble and red sandstone garden tomb, India Gate and the Parliament House. We will arrange lunch at a very famous and International restaurant called "The Bukhara" at Hotel Maurya Sheraton. The romance of the rugged North West Frontier comes alive at this authentic, award winning restaurant making it a landmark dining destination in New Delhi. A key feature on the itinerary of practically every visitor to New Delhi, Bukhara recreates the charm of the traditional clay oven or tandoor with its delicious menu of succulent tandoor - cooked kebabs, vegetables and breads.

In the evening we can have a talk on the India spices and cuisines.

Day 07 Final departure

Final departure transfer to airport to board your flight for home.

*** END OF OUR SERVICES ***

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