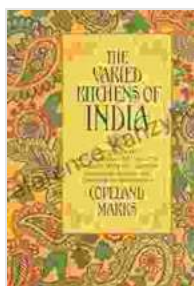


Cuisines of the Anglo Indians, Bengalis, Jews, and Kashmiris of Calcutta

Calcutta, a vibrant metropolis in eastern India, boasts a rich and diverse culinary heritage. The city's food culture is a tapestry of flavors and influences, reflecting the diverse communities that have called Calcutta home over the centuries.



The Varied Kitchens of India: Cuisines of the Anglo-Indians of Calcutta, Bengalis, Jews of Calcutta, Kashmiris, Parsis, and Tibetans of Darjeeling

by Amanda Matthews

★★★★☆ 4.5 out of 5

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Among these communities, the Anglo Indians, Bengalis, Jews, and Kashmiris have played a significant role in shaping the city's unique gastronomic identity. Each community has brought its own culinary traditions and techniques, contributing to the vibrant tapestry of flavors that characterize Calcutta's cuisine.

Anglo Indian Cuisine

The Anglo Indians, a community of mixed Indian and British descent, have a distinct culinary tradition that blends elements of both cultures. Anglo Indian dishes often feature a combination of spices, herbs, and flavors, reflecting the diverse influences that have shaped their history.

Some of the most popular Anglo Indian dishes include:

- **Chicken Chettinad:** A spicy chicken dish cooked in a flavorful blend of spices and coconut milk.
- **Mulligatawny Soup:** A hearty soup made with a combination of vegetables, lentils, and spices.
- **Vindaloo:** A fiery curry dish made with meat, potatoes, and a spicy blend of spices.
- **Calcutta Biryani:** A flavorful rice dish cooked with meat, vegetables, and spices, and layered with saffron-infused rice.
- **Anglo Indian Pickles:** A variety of pickles made with a combination of fruits, vegetables, and spices.

Bengali Cuisine

Bengali cuisine is known for its delicate flavors and use of fresh, local ingredients. The dishes often feature a combination of fish, vegetables, and spices, and are often cooked with mustard oil or coconut milk.

Some of the most popular Bengali dishes include:

- **Hilsa Curry:** A flavorful curry made with hilsa fish, a popular fish found in the Ganges River.

- **Macher Jhol:** A fish curry made with a blend of spices and vegetables.
- **Shukto:** A vegetable dish made with a combination of vegetables, such as pumpkin, eggplant, and bitter gourd.
- **Cholar Dal:** A lentil dish made with a blend of spices and vegetables.
- **Roshogolla:** A popular sweet dish made from chenna (cottage cheese) balls cooked in a syrup.

Jewish Cuisine

The Jewish community of Calcutta has also contributed to the city's culinary heritage. Jewish cuisine in Calcutta is a blend of traditional Jewish dishes and local influences, resulting in a unique and flavorful style of cooking.

Some of the most popular Jewish dishes in Calcutta include:

- **Baghdadi Jewish Pulao:** A flavorful rice dish made with meat, vegetables, and spices.
- **Jewish Kababs:** Minced meat kababs seasoned with a blend of spices.
- **Cholent:** A slow-cooked stew made with meat, beans, and vegetables.
- **Kreplach:** Meat-filled dumplings served in a flavorful broth.
- **Hamantaschen:** Triangular-shaped cookies filled with a variety of fillings, such as fruit, poppy seeds, or nuts.

Kashmiri Cuisine

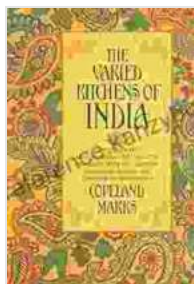
The Kashmiri community in Calcutta has introduced its own unique culinary traditions to the city. Kashmiri cuisine is known for its rich flavors and use of

spices, often featuring a combination of meat, vegetables, and fruits.

Some of the most popular Kashmiri dishes in Calcutta include:

- **Rogan Josh:** A flavorful meat dish made with a blend of spices, yogurt, and tomatoes.
- **Dum Aloo:** A potato dish made with a blend of spices and cooked in a yogurt-based sauce.
- **Kashmiri Pulao:** A flavorful rice dish made with a combination of meat, vegetables, and spices.
- **Modur Pulao:** A sweet rice dish made with a combination of fruits, nuts, and spices.
- **Kashmiri Kahwa:** A traditional tea made with a blend of spices, such as cinnamon, cardamom, and cloves.

The culinary traditions of the Anglo Indians, Bengalis, Jews, and Kashmiris have all played a significant role in shaping the diverse food culture of Calcutta. The city's cuisine is a testament to the rich cultural heritage of its people, and a vibrant reflection of the diverse influences that have shaped its history. Whether you're exploring the bustling streets of Park Street or sampling the delicacies of New Market, Calcutta's culinary delights are sure to tantalize your taste buds and leave you craving for more.



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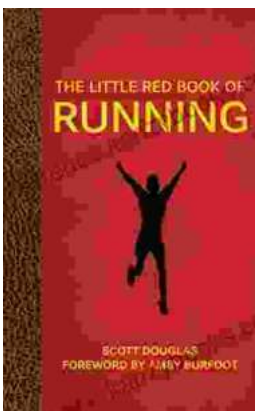
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