



The heart of  
Incredible India



**Cuisines from the heart of India!**



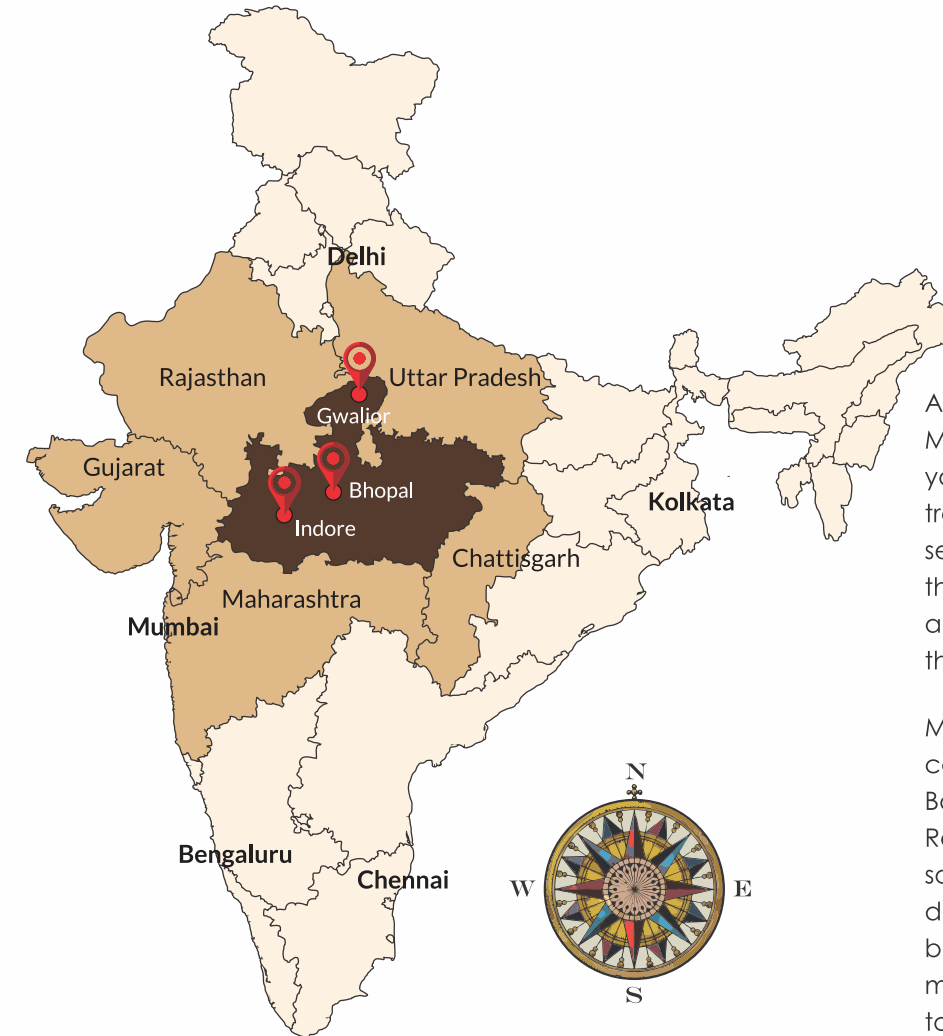


Madhya Pradesh is home not only to various monuments, forts, temples and lively bazaars, it also offers a huge variety of cuisines. These cuisines are a perfect combination of exquisite taste and essence which also vary with the changing seasons of the state.

Madhya Pradesh has always been well known for its distinctive cuisine but just like other facets of the state, it has also remained largely unexplored. It is time that cuisines from lesser known regions of the state (such as Baghelkhand, Bundelkhand, Malwa and Sailana) now take centre stage and mark their presence on the global culinary map.



# Flavours from the heart of India.



As you travel the length and breadth of Madhya Pradesh, you'll encounter sights that you've never seen before, experiences that will transform into stories but most importantly, you'll set out on a gastronomical journey. Sampling the local cuisine of a destination is as important an experience as taking in the local sights. One that will leave you wanting more.

Madhya Pradesh's cuisine is a reflection of its central location in the Indian sub-continent. Bound by the states of Uttar Pradesh and Rajasthan in the north, Maharashtra to the south, Gujarat to the west, the state has a distinct culture and language, though its cuisine borrows some elements from its neighbours, yet managing to retain its own set of treats unique to certain places.





In Madhya Pradesh, every region has its own distinctive flavour but some dishes are popular across the state. A much-loved breakfast staple is poha, a mildly spiced dish made with flattened rice flakes, onions, potatoes and peanuts. Locals eat this dish with the universal favourite sweet – **Jalebi**.

**Dal Bafli** is relished across the state. It is served as a thali (set meal served on a special platter/ plate) with crunchy wheat balls that are either cooked or baked, along with spicy dal (cooked lentils) that is dipped in ghee (clarified butter), curry, and pickles. Made with grated corn, roasted in ghee and cooked in milk with spices, bhutte ke kees is a unique speciality of Madhya Pradesh. Although, it is really popular in Indore, it is now available in almost every corner of the state.



The huge influence of Mughlai method of cooking can be seen in the **Bhopali Gosht Korma** which is a perfect example of Nawabi (local rulers) cuisine. It is made by cooking mutton chunks slowly in a rich, spicy gravy. Typically eaten with rice or roti (flattened, unleavened bread), the mutton is said to literally melt in the mouth.



Deliciously soft yet crisp at the same time, **kebabs** are a fine mixture of tender lamb mince and roasted spices and seasoning cooked to perfection.

Madhya Pradesh can easily be called the land of Indian desserts. The winter sweet "**Gajak**" (made of roasted sesame or peanuts and cashew, with jaggery and ghee) has found global popularity and is a must-carry-back-home item for all tourists.

The **mawa-bati** is a delicious combination of cottage cheese, dry fruits and nuts, deep-fried till brown and lightly soaked in sugar syrup. Other popular sweets include Malpua, Kopra Pak, and Imarti.



A local favourite throughout Madhya Pradesh – **namkeen** (a common term for salted savouries) is enjoyed in every corner of the state. However, sev is one form of namkeen that remains a constant favourite.

A noodle-shaped snack made from chickpea flour paste, sev is seasoned with spices, sieved and deep-fried in oil. It is of varied thickness and is consumed as a stand-alone snack or as a garnish on poha, mixtures or chaats (savory, street side snack). like bhelpuri and sevpuri. Each region has its flavour variants—from Ratlamisev to finer Ujjainisev.







### Indore

All culinary journeys in Madhya Pradesh begin in Indore, the imperial city of the Holkars. Chhappan Dukaan, a precinct of 56 shops, mostly food joints, is Indore's street food centre. By night, the Sarafa Bazar comes alive as jewellery shops down their shutters and food stalls reclaim the streets. Locals and tourists alike feast a variety of vegetarian street-inspired dishes such as bhutte ka kees (a dish made with grated corn), shikanji (a sweet, creamy drink served with nuts), piping hot jalebis and the ubiquitous samosa and kachori (stuffed and deep fried dumpling).



### Bhopal

The capital of Madhya Pradesh is popularly referred to as "Meat Lovers Paradise". Specialties from Bhopal include the Achari Gosht (meat in a pickle inspired gravy), Seekh Kebab (made of minced lamb) the Keema Pulav, Chicken or Mutton pilaf (rice based dishes) Bhopali cuisine is an amalgamation of Hindu and Muslim culinary practices which offers a unique flavour to each dish. Paya soup, Bun Kebab, Nalli Nihari are classic examples.

Bhopal is also famous for its 'Sulaimani Chai', a tea which is sweet and salty served with dollops of cream. No meal in Bhopal is complete without the Bhopali Paan, a refreshing concoction of betel leaves, served with betelnut and spices.



### Gwalior

The Guptas, Scindias, Mughals and British ruled Gwalior over the centuries. The cuisine of Gwalior has imbibed some elements from all of these cultures. A bite of the delicious Gwalia kebab is a feast for the taste buds. Other must try dishes here include the tempting Rogan Josh (lamb cooked in a rich gravy) and the Gwalior Biryani which is served across the city.

## At a glance

### Where to go and what to eat in Madhya Pradesh Cities

#### INDORE

Indore is one of the biggest cities in Madhya Pradesh with a rich history and legacy. It has been declared the cleanest city in India. It is located at distance of about 200 km from the capital city of Bhopal and is well connected by air, rail and road.

**Where to go:** Sarafa Bazaar, Chappan Dukan, Rajwada

**What to eat:** Traditional sweets, Poha-Jalebi, Khopra Pattice, Daal-Bafla, Garadu

#### BHOPAL

Bhopal is the capital city of Madhya Pradesh and is known throughout the country for its lakes and greenery. It is also well connected by air, rail and road

#### Breakfast:

##### Itwara Road:

Kalyan Singh's Swad Bhandar: (Poha-Jalebi)

Jamal Bhai's Chai Ki Dukaan: (Bhopali Sulaimani Chai)

Raju Tea Stall

#### Lunch:

##### M P Nagar:

Hakeem Hotel: (Tikkas, Kebab)

Bapu Ki Kutiya: (North-Indian Thali)

Manohar Dairy: (Vegetarian Thali)

#### Evening Snacks:

##### 7 No. Market:

Sagar Gaire: (Continent - Soup, Sandwiches, Pasta)

Hamidia: (Chaat, Sweets)

Chowki Talaiya: Bun kebab, Meat Stew, Varki Samosa

#### Ibrahimpura:

Hotel Jameel: (Sheermal, Fried Chicken)

**Desserts:** Shahi Tukra, Barfi Rasmalai Dona, Bhopali Paan

#### GWALIOR

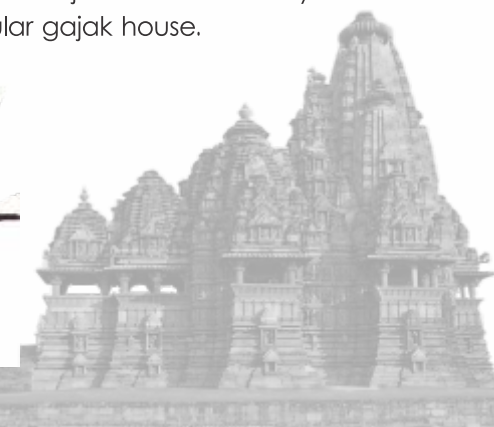
Gwalior is a major and the northern-most city in Madhya Pradesh. It is famous for its forts, palaces and temples. Located at a distance of about 400 kms from the capital, it is well connected by air, road and rail.

**Breakfast at:** SS Kachoriwala, Bahadoorake Ladoo & Aggarwal Poha Bhandaar

**Chaat around town:** Lambi Pani Poori and Karela Chaat

**Indulge your sweet tooth:** Petha Gilori at Panchhiraj, Paneer Jalebi at Jodhpur Mishtaan Bhandaar and Morena Gajak at Daulat Ram Gajak Bhandaar

If there is one thing you must take back from Gwalior, it has to be a box of Morena gajak. The neighbouring district of Morena produces some of the finest gajak in the country. Head to Daulat Ram Gajak Bhandar in Nayi Sadak, Gwalior's most popular gajak house.







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