

# A Culinary Journey Through Time: Exploring the Five Seasons of Old Delhi

Nestled in the heart of modern India, Old Delhi stands as a testament to the country's rich history and vibrant culture. Beyond its iconic landmarks and grand monuments, this ancient city holds a culinary secret that has tantalized taste buds for centuries - the Five Seasons.

In Old Delhi, the concept of seasons transcends the familiar four. Here, the culinary calendar is divided into five distinct periods, each marked by a unique set of flavors, ingredients, and culinary traditions.



## Korma, Kheer and Klismet: Five Seasons in Old Delhi

by Pamela Timms

★★★★☆ 4.6 out of 5

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## 1. Basant (Spring)



As spring approaches, Delhi's streets burst into a kaleidoscope of colors. Basant, the season of renewal, is celebrated with hearty meals that warm the body and nourish the soul.

Must-try dishes:

- **Gajar ka Halwa** - A sweet pudding made with grated carrots, milk, and spices.
- **Malpua** - Fried pancakes soaked in sugar syrup.
- **Aam Panna** - A refreshing drink made from raw mangoes.

## 2. Garmi (Summer)

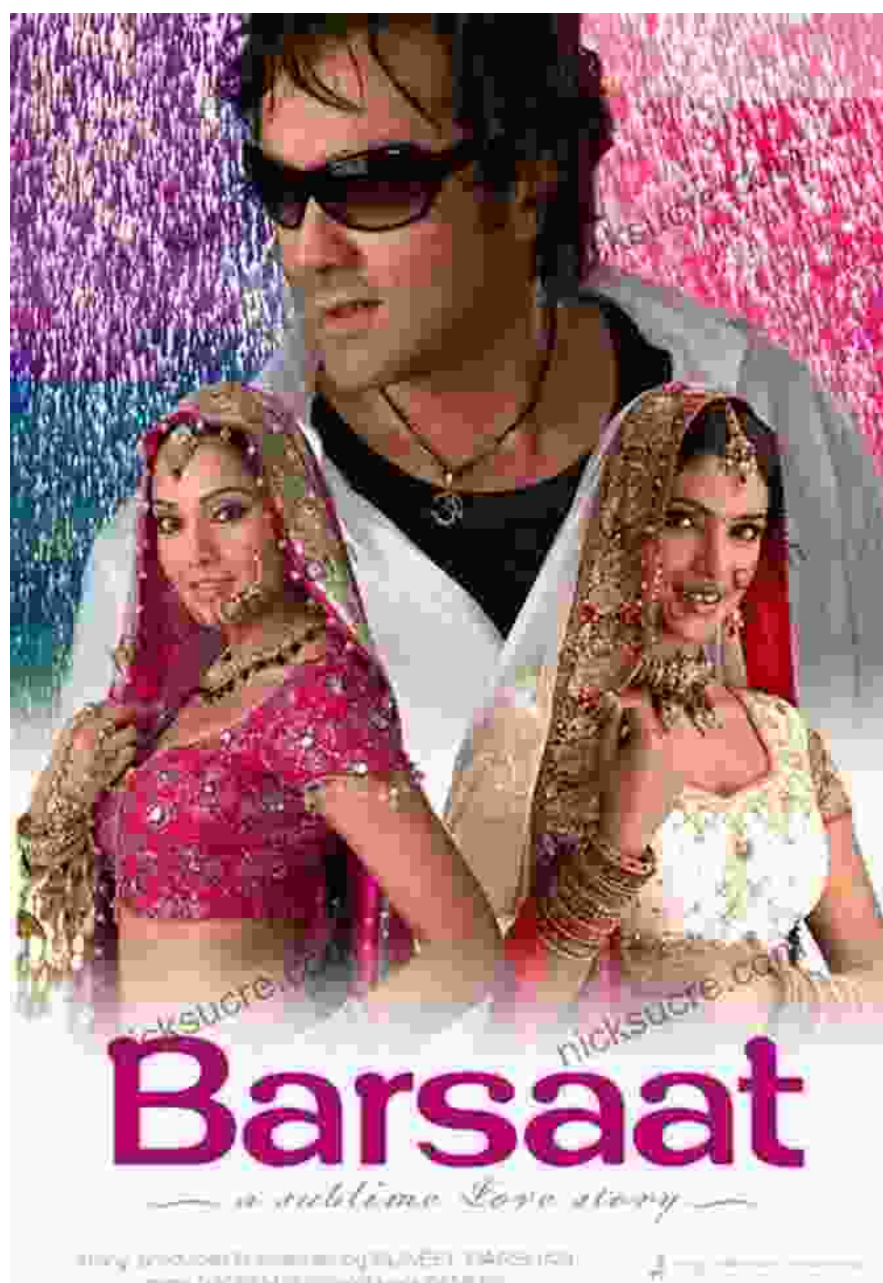


As the mercury rises, the cuisine of Old Delhi adapts to beat the heat. Garmi, the season of summer, is characterized by cooling dishes and refreshing beverages.

Must-try dishes:

- **Kachori Aloo Sabzi** - A deep-fried pastry filled with a spiced potato filling.
- **Dahi Bhalla** - Lentil dumplings soaked in a spiced yogurt sauce.
- li>**Lassi** - A creamy yogurt-based drink.

### 3. Barsaat (Monsoon)



Monsoon season brings a welcomed respite from the intense heat. Barsaat, the season of rains, offers dishes that balance the humid conditions.

Must-try dishes:

- **Pakorras** - Vegetables or meat coated in batter and deep-fried.
- **Chole Bhature** - Spicy chickpeas served with fluffy fried bread.
- **Kadhi** - A yogurt-based curry with pakoras or vegetables.

#### 4. Sarad (Autumn)



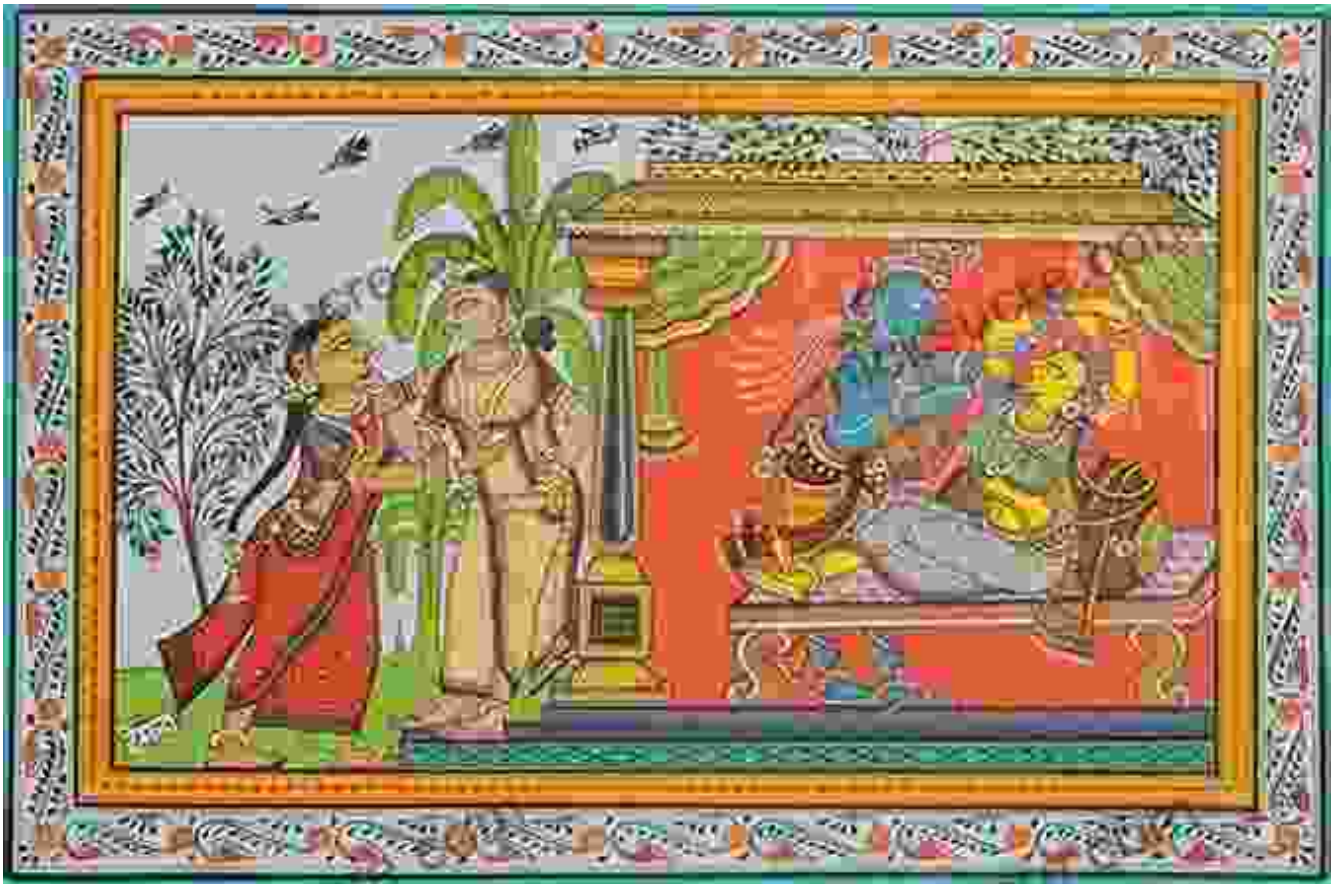
As autumn descends, the culinary landscape of Old Delhi transforms once again. Sarad, the season of festivals, is celebrated with an array of sweets and savory dishes.



Must-try dishes:

- **Rasgulla** - Sweet dumplings made from semolina and soaked in sugar syrup.
- **Samosa** - A triangular pastry filled with potatoes, peas, and spices.
- **Biryani** - A rice dish flavored with meat, vegetables, and spices.

## 5. Hemant (Winter)



Winter brings a cozy ambiance to Old Delhi's streets. Hemant, the season of warmth, is a time for comforting and nourishing meals.

Must-try dishes:

- **Nihari** - A meat stew flavored with spices and herbs.
- **Shawarma** - Grilled meat wrapped in a flatbread.
- **Kulfi** - A traditional Indian ice cream.

## Experience the Five Seasons through a Heritage Walk

To fully immerse yourself in the culinary tapestry of Old Delhi, embark on a heritage walk. These guided tours take you through the vibrant streets, introducing you to the hidden gems where the Five Seasons come to life.

Follow your expert guide as they share fascinating stories about the history, culture, and culinary traditions of each season. Sample authentic delicacies from local vendors, savoring the unique flavors that have defined the cuisine of Old Delhi for centuries.

Exploring the Five Seasons of Old Delhi is a journey through time and taste. Each season offers a distinct culinary experience, showcasing the rich heritage and cultural diversity of this ancient city.

Whether you embark on a heritage walk or simply wander through the bustling streets, the Five Seasons will guide you through a gastronomic adventure unlike any other. Discover the hidden flavors, indulge in culinary delights, and create memories that will last a lifetime.

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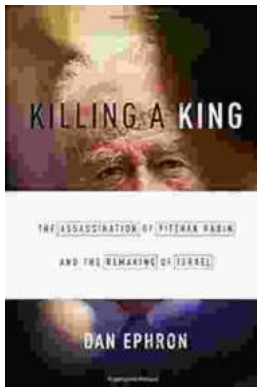
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