



OUTSIDE MOUTH IS YUMMY & INSIDE MOUTH GOES TO TUMMY



Prof. Dr. Dhrubo Jyoti Sen

Department of Pharmaceutical Chemistry, Shri Sarvajanic Pharmacy College, Gujarat Technological University, Arvind Baug, Mehsana-384001, Gujarat, India.

*Corresponding Author: Prof. Dr. Dhrubo Jyoti Sen

Department of Pharmaceutical Chemistry, Shri Sarvajanic Pharmacy College, Gujarat Technological University, Arvind Baug, Mehsana-384001, Gujarat, India.

Article Received on 24/10/2017

Article Revised on 14/11/2017

Article Accepted on 05/12/2017

ABSTRACT

Strategy changes when people wore hats and gloves, nobody would dream of eating on the street; then white gloves went out of style and suddenly, eating just about anything in the street became ok.....and this becomes due to mouthwatering phuchka; the street stalwart hankering crowd puller recipe. Add Mint, Coriander leaves, Green chili, Mango powder, Salt, Black Salt and Asafoetida (Hing) in a grinder jar. Add 5 tsp water and grind it to a fine paste. Now add 4 cups of water in the mint mixture and mix well. Gol Gappe ka Pani (Pani from pani Puri) is ready to serve with gol gappa. Though it is being served in most of all shopping mall and hotels in most hygienic way but it is really much charming to take in roadside stall in open sky by enjoying the beauty of road & nature.

KEYWORDS: Panipuri, Phuchka, Golgappa, Imli pani

INTRODUCTION

Phuchka or Panipuri is a common street snack in several regions of the Indian subcontinent. It consists of a round, hollow puri, fried crisp and filled with a mixture of flavored water (commonly known as *imli pani*), tamarind chutney, chili, *chaat masala*, potato, onion and chickpeas. Panipuri has various names, depending on the region. *Pani Puri* is used in Maharashtra, Gujarat, Madhya Pradesh, Karnataka, Tamil Nadu and even in parts of Nepal; *Phuchka* in West Bengal and Assam; *Gol Gappe* in almost all of North India, except

Haryana, *Pakodi* in Gujarat; *Paani ke Patashe* in Haryana; *Patashi* in Rajasthan and Uttar Pradesh; *Gup Chup* in Odisha, South Jharkhand, Chhatisgarh, Hyderabad and Telangana; *Phulki* in eastern parts of Uttar Pradesh and some regions of Nepal; *Tikki* in only in Hoshangabad in Madhya Pradesh; *Padaka* in Aligarh, UP; *Water Balls* (The English persons perhaps had no idea what to call these so they simply translated *panipuri* to water balls.) The funniest name of *panipuri* so far!^[1]



Figure-1: Open space roadside panipuri stall.

Phuchka differs from *panipuri* in terms of content and taste. It uses a mixture of boiled gram and mashed potatoes as the filling and is tangy rather than sweetish while the water is sour and spicy. Street food in Kolkata epitomizes the neighborhood culture. Having something at the nearest roadside vendor is not only about eating and fulfilling ones gastronomic urges, but it is also a means of having food with family, friends and sometimes even strangers. Street foods that are in vogue are *phuchka*, *jhal muri*, *papri chat*, *muri makha*, vegetable chop and *beguni*, but *phuchka* ranks above all. Someone from any place won't find it a pain to travel all the way to another place (for the uninitiated in place's geography) just to confront his friends that the *phuchka wala* at his area is better than theirs.

Carefully stuff the *puri* with chickpeas and potatoes from the plate. Dip the whole thing into the spicy mint water and make sure some gets in through the hole. Then quickly pop it into the mouth and eat. The calorie count and nutritional content of two popular snacks. 1 plate (6 pieces, 475 calories) (12.5 gm fat) = Gardening for 84 minutes. Each 2.5ounce helping of *panipuris* has about 4 grams of fat, mostly from the frying oil. Of the fat, 2 grams are saturated. You eat 6% of a 65gram fat DV (daily value) and 10% of a 20gram saturated fat DV with each serving. Most people are surprised to know that *panipuri* can be a source of high fat calories, after all the main ingredient is just "*meetha/ teekha pani*"?^[2]



Figure-2: *Panipuri* served with *chutney*.

Panipuri is usually made with a mixture of boiled and mashed potato, *boondi*, boiled *moong* or *chana*, a spicy/tangy *chutney* and a sweet *chutney* usually made of tamarind and jaggery and, of course, the *puris*. No points for guessing that the *puris* are deepfried and so are the *boondi*, the main contributors to the high fat content of this meal. Apart from this, the other main ingredients are primarily starchy. Only the *moong* and the *chana*

contribute to some amount of protein, though we do not really end up eating them in sufficient quantities to contribute to enough protein intake. What's more, this is not a food of high satiety value; you generally tend to overeat, without realizing you may end up consuming 1,000calories and still not feel full.....taking one after one!^[3]



Figure-3: The hollow bread is punctured, opened and filled with vegetable mixture and sauce.

Table-1: Values.

Nutrients	1 piece per Serving (Panipudi)	6 pieces per serving (Panipudi)	1 plate per serving (Phuchka)	2 plates per serving (Phuchka)	Nutrients	1 piece per serving (Panipudi)	6 pieces per serving (Panipudi)	1 plate per serving (Phuchka)	2 plates per serving (Phuchka)
Calories	36	216	5g	10g	Sodium	40mg	240mg	1mg	2mg
Total fat	2g	12	1g	2g	Potassium	0mg	0mg		
Saturated	1g	3	0g	0g	Total carbohydrates	4g	24g	3g	5g
Polyunsaturated	0g	0g	0g	0g	Dietary fibers	0g	1g	0g	0g
Monounsaturated	0g	0g	0g	0g	Sugars	1g	6g	0g	0g
Trans	0g	0g	0g	0g	Protein	1g	3g	5g	10g
Cholesterol	0mg	0mg	1mg	2mg	Iron	0%	0%	0%	0%
Vitamin A	0%	0%	0%	0%	Calcium	0%	0%	0%	0%
Vitamin C	36	0%	0%	0%					

Now, by “street food”, I don’t mean what one can get in the big or even the small restaurants, roadside food is that what you get from the makeshift stalls on the foot path of whole of country. There are also other names for it in the different states of India. Some call it *Panipuri*, some *golgappa*. But if you ask any Indian he/she will say *phuchka* is definitely different from *golgappa* or *panipuri*. The difference may be obscure, probably it’s only the colloquial term that varies, but there is a little difference in one of the ingredients that significantly differentiates *phuchka* from all its synonyms. The vendors in Bengal use *gandhoraj lebu* (a typical lemon produced in suburbs of Bengal) to flavor the filling and the tamarind water of *phuchka*. And this is where all the difference is. Kolkata street food is such a rage, that there are places in different part of India and even abroad holding “Calcutta street food festival”. During 1970-1980s it was sold 10 pieces in one rupee, during 1980-1990 it became 10 pieces in 2 rupees, during 1990-2000 it became 3 pieces in rupees 5, during 2000-2010 it became 4 pieces in 10 rupees and after 2010 it is being

sold 5 pieces in 10 rupees. Though here in Bangalore there are places where you get *panipuri* that almost tastes like those back in Kolkata, but are highly priced. Talking about *phuchka*, I can’t leave the *phuchkwalas*, people who sell the *phuchka*. They are mostly from Bihar/Jharkhand and you just can’t beat them with their style of the *phuchka* preparation.^[4]

Preparation

Cooking time: 8-10min, **Preparation time:** 12min (makes 20 *phuchka*)

Ingredients

Phuchka balls: 20; Potato (*Alu*): 2 large; Whole Bengal gram (*Chola* or chickpeas); 2 tablespoon, soaked green chilli (*Kacha Lanka*): 4 chopped finely; Cumin (*Jeera*): 1 teaspoon, roasted and then grinded; Lemon juice (*Pati lebu ras*): 1 teaspoon; Cilantro (*Dhane pata*): Chopped to 2 tablespoon; Tamarind pulp (*Tetul*): 4 tablespoon; White and black Salt to taste.

Method



Figure-4: Making of *phuchka*.

Boil the potatoes with the skin on, peel off after boiling and mash properly so that no lumps remain. Add soaked Bengal gram green chili, cumin powder, lemon juice, one tablespoon of cilantro to the mashed potato and mix well. Take the tamarind pulp in a big bowl and add 2 cups of water to it with salt and the rest of the cilantro, mix well.

Add 2 tablespoon of the tamarind water to the mashed potatoes and keep the rest aside. Break just the upper part of one *phuchka* ball and put in one teaspoon of the filling, fill the other balls also similarly. Serve with the rest of the tamarind water.^[5]

Step 1

Take boiled *chana* in a bowl. Add boiled potatoes and mash them together with your hand. Take the tamarind pulp in a deep bowl.

Step 2

Add salt, black salt, roasted cumin powder, red chili powder and mix well. Add four cups of water and mix. Add ice cubes and mix properly.

Step 3

Make a little hole in the *puris*, put the potato-*chana* mixture in it, dip in the stirred prepared water and serve immediately.

CONCLUSION

For the filling: Soak the peas in water overnight, and then drain. Put the peas in a pot with the turmeric and baking soda and add enough water to just cover the peas. Bring the mixture to a boil, and then reduce to a simmer and cook until the peas are soft. Sprinkle with salt, black

pepper and red chili powder. Let the peas cool to room temperature. Mix the peas with the cilantro and potatoes and a generous amount of *chaat masala* in a bowl. Your filling is ready.

For the *pani*: Mix the lemon juice, tamarind, *masala*, sugar, cumin powder, mint powder, sprinkle of chili powder and salt in a bowl with 4 cups tap water. Pour the *pani* into a glass jar and refrigerate.

For the *puri*: Mix together the *sooji*, wheat flour and salt in a bowl. Add enough water to make a soft dough. Cover and let it sit for about 30 minutes. Meanwhile, pour 1 inch of oil into a large deep skillet or wok. Heat the oil over medium heat until a deep-fry thermometer registers 350 degrees F. Roll the dough into approximately 1 1/4-inch-diameter discs. Slip the discs into the hot oil one at a time, working in batches, flipping them with a slotted spoon as they puff up until light brown. Drain on a paper-towel-lined-tray and let cool. They will continue to crisp as they cool.



Figure-5: Enjoying *phuchka* or *panipuri*.

For serving: To serve, put 6 to 8 *puris* on each plate with separate bowls of filling and *pani* on the side. Provide a small spoon. Lightly tap the top of a *puri* with the tip of the spoon handle to break and make a small hole wide enough to fill it. Fill the *puri* halfway with some filling, then spoon the *pani* into it and pop it into your mouth. Repeat with the remaining *puri*, filling and *pani*. Enjoy the delicacy of the *panipuri*.

REFERENCES

1. <http://bengalicuisine.net/2009/prepare-phuchka-golgappa-at-home/>.
2. <https://www.tarladalal.com/glossary-pani-puri-masala-1910i>.
3. <http://www.cookingchanneltv.com/recipes/pani-puri-2126507>.
4. <http://foodviva.com/snacks-recipes/pani-puri/>.
5. http://nishamadhulika.com/snacks/pani_poori_gol_gappa.html.