



BIHAR BHAWAN

MONTHLY NEWSLETTER BULLETIN
(GOVT. OF BIHAR)

04

RELISH THE RUSTIC AND RARE TASTE OF BIHAR

High on flavours, unique with ingredients and cooking methods, Bihari cuisine is a brilliant showcase of how unusual components come together

Ruchika Gang

ruchika.gang@biharbhawan.com

What's the first thing that comes to your mind when you think of Bihari cuisine? The delicious litti-chikha, right? However, chef Nishant Choudhary shares, "Let's not overstate Bihari cuisine as only litti-chikha. Bihari cuisine is unique, and just from its historic relevance but due to its diverse nature, I call it 'food for the soul' since it satisfies all your five senses. Every dish has its style. 'Got tempted to try out more? Well, bringing authentic Bihari cuisine to your doorstep, the Bihar Bhawan centre is now live on the food delivery portal. 'Bihar Bhawan is the first State House in the NCR to tie up with a food aggregator app. Dishes that are ordered must include bhuna mas, sarson wali machhi, litti-chikha and chicken curry," says Raj Srivastava, custom manager of the Bhawan.

Bihari cuisine consists of traditional dishes both in the vegetarian and non-vegetarian categories. One can savor a variety of breads, appetizers, side-dishes, but food variety of traditional delicacies and desserts. Nevertheless, litti-chikha remains on the top of the list for foodies across India. So what exactly is litti-chikha, you ask? "The litti is a ball made of dough (whole flour) and stuffed with sattu (gram) and then roasted (on open fire) while chikha is a blend of eggplants, potatoes, tomatoes and a whole lot of spices. It is not cooked like a regular sabzi, rather it is a roasted vegetable mix. Traditionally, it's roasted over a cow dung (or coal or wood fire). We use coal in our centers," shares Raghuendra Singh, head chef of the Bhawan.

There is even a dedicated festival to this dish known as 'Litti-Chikha Mela'. "It's a unique five-day fair where people gather to make and eat only one kind of the respective, litti-chikha. Residents from all over the town of Bihar and nearby villages turn up in large numbers for this mela," adds Singh. Sattu is another popular drink from the state known for its health benefits. "We fill litti with roasted sattu, we have sattu ke paranthas, sattu drinks and much more. They are high in dietary fibre and serve as a good source of proteins. You can eat it as much, almost guilt-free," adds Srivastava.

For non-vegetarians, Bihari feast is a gastronomer's haven. From mutton-biryani, chicken-biryani, mutton-fish curry, bhuna mutton, fish fry, champaran handi meat, Bihari fish-biryani, prawns curry, patiya machhi there are options galore.

Traditionally originated in Middle Eastern cuisine, kebabs is the most loved dish among non-vegetarians. Bihari variant of kebabs comprise juicy chunks of chicken or meat marinated in

fragrant and peppery seed paste. It is then barbecued till it turns golden. They are served hot with a squeeze of lemon juice on top," says Singh. Champaran handi meat is a popular dish from the Champaran district. "Handi meat gained popularity due to its unique cooking method and ingredients. Entire mixture of mutton, onion, gram and other ingredients are mixed with mustard oil and placed into an earthen pot over a steady heated charcoal," says Choudhary. Bihari fish-curry, especially the rosha variety, with mustard paste, is another finger-licking delight. "The secret lies in the ingredients, which include mustard seeds, garlic, ginger, cumin, and chili roasted lightly before grinding. As the region of Mithila has a pisciculture tradition, machhi that has become the trademark cuisine of that region. Rohu, moin, bhuiar, singhi, patiya are typical varieties of fish cultivated in Mithila. Fish-curry, dried fish, fish-egg pickles, fish-pickles are some traditional delicacies of the region. Patiya machhi, another delicacy, is made with fresh, small fishes from ponds and rivers," says Srivastava.

Bihar has a rare tradition of enjoying not-so-popular poultry products like fowl, quail and partridge. "Such birds are kept in the household for eggs and meat. These birds are locally known as katar and bhar. They are not farmed and not natural products. The recipe is almost identical to mutton curry and is served with rice, better known as Bageri Bhat (rice)," says Singh.



Mutton Champaran

Ingredients:
• Onion - 500gms
• Ginger and garlic - 100gms
• Mustard oil - 100gms
• Cumin - 2 inches
• Clove - 5nos
• Green cardamom - 5 nos
• Black cardamom - 2 nos
• Black pepper - 10nos
• Bay leaf - 2nos

Method:
• Take a pot and add all the ingredients mentioned in the list except ghee.
• Mix everything together and let it cook for 4 hours, so that the mutton becomes tender and soaks up all the spices.
• Take a clay pot and add ghee.
• Transfer the marinated mutton into that pot and seal it with whole wheat flour dough.
• Cook for 4 minutes on high flame and then lower the heat and let it cook for 45 minutes.
• Garnish it with coriander and serve it hot.

By chef Nishant Choudhary

INSIDE THIS ISSUE

DAGMARA HYDEL
POWER PROJECT

RTPS AT BIHAR SADAN,
DWARKA

GANDHI JAYANTI

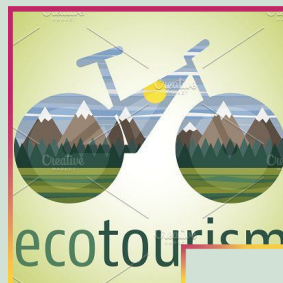
POEM BY A YOUNG IPS
OFFICER

MORE GOOD NEWS IN THE ISSUE:

Shubham
Kumar UPSC
AIR-1

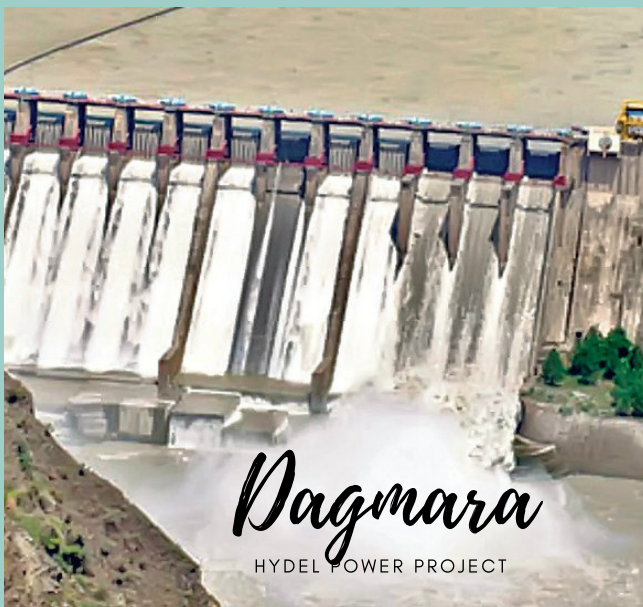
Bihar theme state
at tourism
investors meet
2021

Ropeway
at
Mandar
Parvat





FROM THE DESK OF THE RESIDENT COMMISSIONER



Committed towards the service of the state of Bihar, we at Bihar Bhawan, New Delhi have intensified our outreach program to connect with the diaspora of Bihar residing in the national capital. This month, the Bihar Bhawan Canteen is listed on the popular online food aggregator app Zomato. It has certainly gained immense love and appreciation by many connoisseurs of food, food bloggers & curators, media persons, social media influencers and particularly the diaspora of Bihar who miss the taste of the state in this city. Our seniors, colleagues and social media users are extending support to this initiative. We express profound gratitude to all of them.

In this edition of e-Newsletter, we are amplifying the work of Bihar Tourism, Health, Education, Art & Culture and several other sectors. A new RTPS center is inaugurated at Bihar Sadan, Dwarka to facilitate the diaspora in Delhi-NCR.

We constantly receive updates from the districts in Bihar. Gratitude to all the respected DMs and SDMs who help us propagate the measures/welfare works/initiatives and achieve a common goal of development of the state. We encourage more stakeholders come forward from different districts, panchayats and wards where something exemplary has taken place and require amplification. Thanking you!



PALKA SAHNI (IAS)

Resident Commissioner
Bihar Bhawan

Hon'ble Chief Minister Shri Nitish Kumar on Tuesday inaugurated the ropeway at Mandar hills in Banka, developed by the state tourism for worth over ₹9 crore.



"It is over 700- metres high and atop the hill, there are many shrines. Pilgrims have been interested in visiting the temples. However, it's difficult for senior citizens to travel that far. It used to take more than an hour to reach the top. I too couldn't go there during my last visit to Banka." Hon'ble CM.

New Bihar Beckons

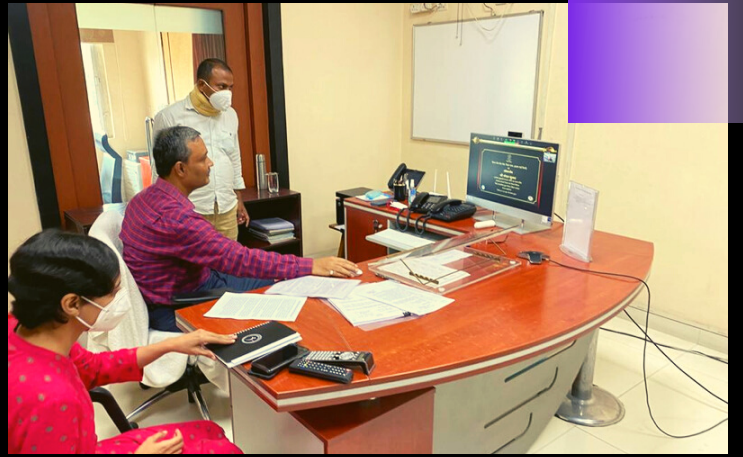
Besides, a pathway would be developed too around Mandar hill for Parikrama. "Special care would be taken to keep intact the archaeological structures and antiquities available in the area,"



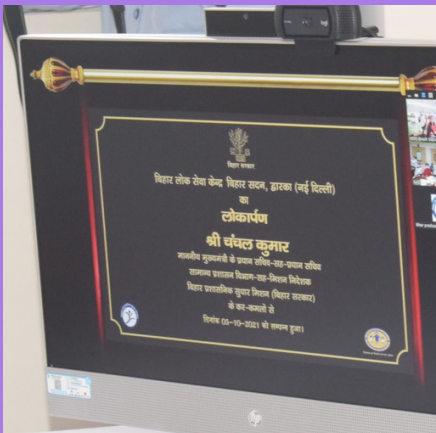
Hon'ble Minister for Water Resources Department, Bihar, Shri Sanjay Kumar Jha presenting a new and progressive Bihar during a jet-ski ride at Odhni Lake at Banka



Shri Chanchal Kumar, Principal Secretary to the Hon'ble Chief Minister Inaugurated the RTPS Center at Bihar Sadan, Dwarka Sec-19, New Delhi on 5th October, 2021.



It will facilitate the diaspora of Bihar in availing several imp e-services like income certificate, caste certificate etc.



Applicants can also apply for & avail 'CM Medical Relief Fund' for treatment in CGHS hospitals outside Bihar through a single window system at this Centre. CM Medical relief paid to more than 5600 patients through single window system at RTPS Bihar Bhawan.

Lok Sewa Kendra, Bihar Sadan will be developed in Kiosk model for the Diaspora. People can use it free of cost to access and apply for the various e-services of Bihar government, including land mutation.



GAD, Govt. of Bihar
@gadbihar

दिल्ली NCR में रहने वाले बिहारियों को लोक सेवाओं की बेहतर सुविधा के लिए बिहार सदन, नई दिल्ली में नए लोक सेवा केन्द्र का लोकार्पण मुख्यमंत्री के प्रधान सचिव श्री चंचल कुमार के द्वारा दिनांक-05.10.2021 को किया गया।

bit.ly/2YmyHrm

#GADBIHAR
#Bihar_Sadan

Translate Tweet

Palka Sahni
@palka2015

Ensuring services availability through online e-seva portal in a transparent and accessible manner within the stipulated time-frame for the Bihari diaspora will be the prime objective RTPS center at #Bihar Sadan @chanchal001 @biharfoundation

GAD, Govt. of Bihar @gadbihar · 22h

दिल्ली NCR में रहने वाले बिहारियों को लोक सेवाओं की बेहतर सुविधा के लिए बिहार सदन, नई दिल्ली में नए लोक सेवा केन्द्र का लोकार्पण मुख्यमंत्री के प्रधान सचिव श्री चंचल कुमार के द्वारा दिनांक-05.10.2021 को किया गया।

bit.ly/2YmyHrm

#GADBIHAR
#Bihar_Sadan

Hon'ble Resident Commissioner with the team at Bihar Sadan.



Bihari recipe and cuisine variations have a unique aura and enchanting enigma that connect people. They are rare and strikingly different from other food types you can get in distant parts of the the country.

Bihari culinary has the distinction for catering to some of the special dishes like Ahuna Champaran Mutton, Litti Chokha, Mutton Tash, Bihari Kebab, Ghughni, Chicken curry and scores of traditional regional dishes.



Besides main course and snacks in the Bihar Bhawan Canteen's menu, there is a wide range of Bihari delicacies in the form of traditional desserts that can stay fresh and stored for a longer period. Soon the foodlovers can order sweets like Silao ka Khaja, Barh ki Laayi, Anarsa, Belgrami and other Bihari delicacies from Bihar Bhawan Canteen on Zomato.



A milange for several cultural influences, Bihar Bhawan's gastronomy is a vivid representation of 3 regional cuisines- Magahi, Maithili & Bhojpuri. It is majorly determined by the style of cooking in Bengal and Uttar Pradesh, and what catches our fancy is its distinct taste.

We believe this initiative of Bihar Bhawan Canteen-Zomato will be quintessential in many forms as the diaspora in the national capital can relish their favorite Bihari food at their doorsteps.





Ankita Aman

@ankita__a

It's a real homely (Bihari) food, away from home in Delhi from Bihar Bhawan Canteen. 🍴
 thank you! for conveying this through your video @ZeeBiharNews
 thanks @zomato for delivering in just span of mins. #biharifood #cuisinesofBihar #biharifishcurry #sarsonwalimachi आप भी आनंद लें। 🍴



Order Review

So So good to have. Ordering twice in just a week. If you feel price is high, just have it once..you must say it's worth ordering. Great taste. Good packaging. Great portion for 1. Just excellent!

5 days ago

2 helpful votes, 1 comment

Helpful

Comment

Share

THE NEW
INDIAN EXPRESS

Bihar Bhawan ties up with Zomato to deliver 'litti chokha', other state delicacies across Delhi

By Rajesh Kumar Thakur | Express News Service | Published: 15th September 2021 02:12 PM



*Sometimes you might look for new ingredients, #spices and taste to bring fresh experience on your plate. The fantastic chefs of #Bihar Bhawan Canteen are now preparing the *Sarso wali Machhali*, an immensely popular Fish curry with mustard-based gravy giving distinctive Bihari flavour of non-vegetarian.*

We have curated some special recipes in both vegetarian & non vegetarian segments. It embraces several authentic and distinctive flavours from Bihar that can completely bowl you over.

Now you can order and enjoy the culinary delight of Bihar's speciality spicy Litti-Chokha, succulent Bhuna Mutton, Chicken Curry and scores of vegetarian culinary delight at Bihar Bhawan Canteen.

Authentic Bihari food with a wide range of vegetarian and non vegetarian options. The spices used in traditional combinations is a delight for the palate. A must try.

6 months ago

3 helpful votes

https://www.instagram.com/p/CThXrIIBCsa/?utm_medium=share_sheet

Bihar bhawan canteen



7 Bihar nominated as 'theme state' at 6th NTIM in New Delhi



Eco Tourism

"Bihar has immense opportunity in travel and tourism. We have created Ramayan circuit, Buddha Circuit, Gandhi circuit, Sufi circuit and many more circuits in Bihar. Recently Hon'ble Chief Minister of Bihar inaugurated Ropeway at Mandar Hills at Banka. Earlier it was covered in 1 hour which is now covered in 3 mins. Bihar has many fresh water lakes. Rajgir also has a new ropeway. Rajgir also has Zoo Safari, Nature Safari and a beautiful Glass bridge. The land of Buddha Bodh Gaya is a sacred place for all of us. The Valmiki Tiger Reserve is a wonder of Bihar. Bihar is trying to promote state cuisine to all the plates of India under 'Har Thali Mein Bihari Vyanjan' campaign. I request the investors to come and invest in Bihar. The land of Mahavir, Sita and Buddha welcomes all of you.," said, Hon'ble Tourism Minister of Bihar Shri Narayan Prasad at NTIM Inauguration Day.

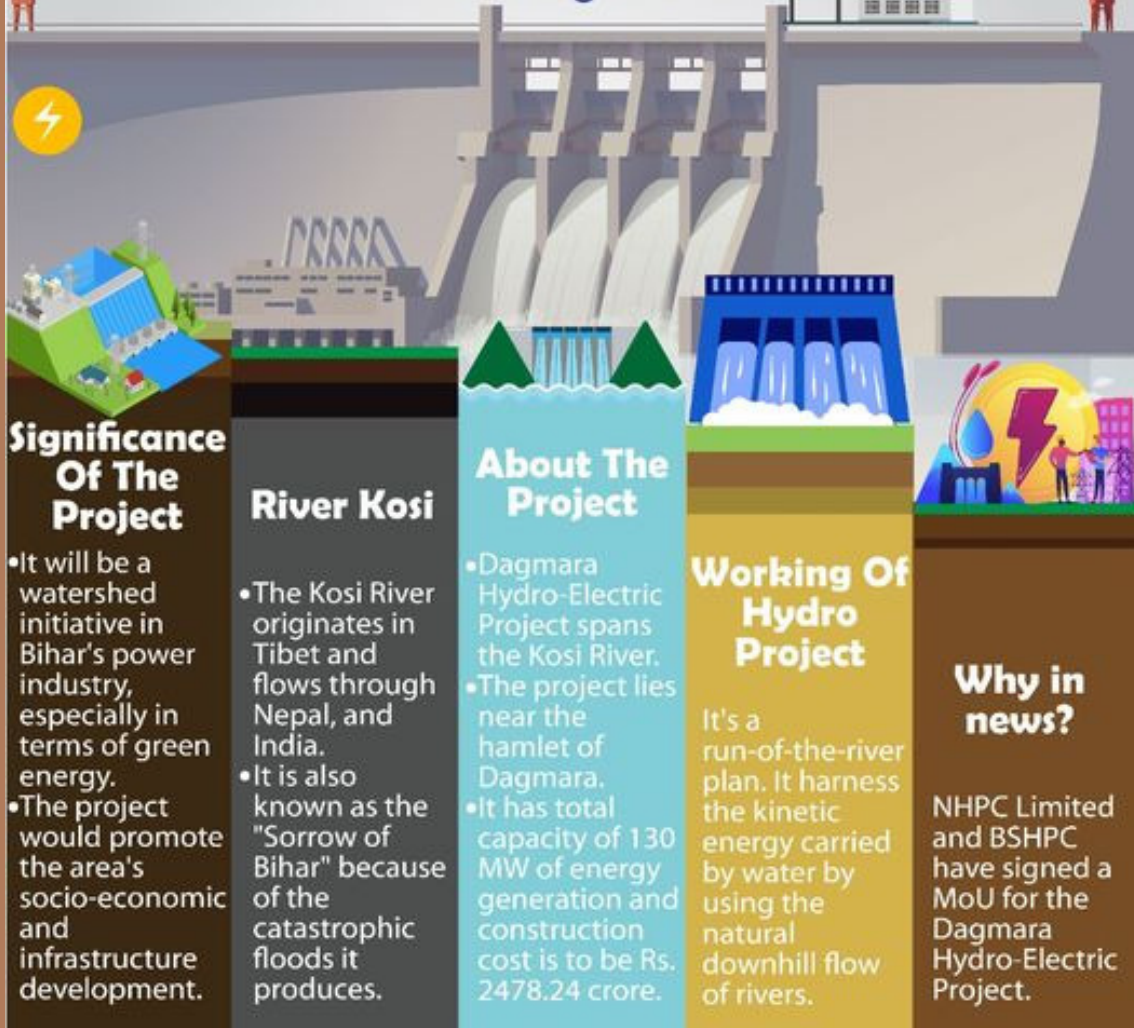


HON'BLE MINISTER FOR BIHAR TOURISM SHRI NARAYAN PRASAD LAUNCHING THE 'TOURISM INVESTMENT POTENTIAL IN INDIA' KNOWLEDGE PAPER IN NEW DELHI



PROGRESSIVE BIHAR

Dagmara Hydro-Electric Project



A bilateral agreement was signed between the NHPC and the Bihar State Hydroelectric Power Corporation for next 40 years

In this project, concrete barrage, earth dam and power house are to be constructed whose length would be 945 meters, 5750 meters and 283.20 meters respectively.

"Kosi for long has been known as 'sorrow of Bihar', but Dagmara project will convert it into a river of opportunities."

भारत की माटी

किसी मोक्ष की आस नहीं
हर भवसागर की चिंता से दूर
नहीं मिले निर्वाण कभी
रह जाएं मुक्ति के मार्ग अपूर्ण

हे भारत की माटी
स्वीकार करना अस्थि कण मेरा
अनंत तक रचू बसू मैं
चिर काल रहू यहां

हे भारत की वायु उन्मुक्त
मेरी स्वतंत्र दृष्टि समेट लेना
फैला देना स्वात तक

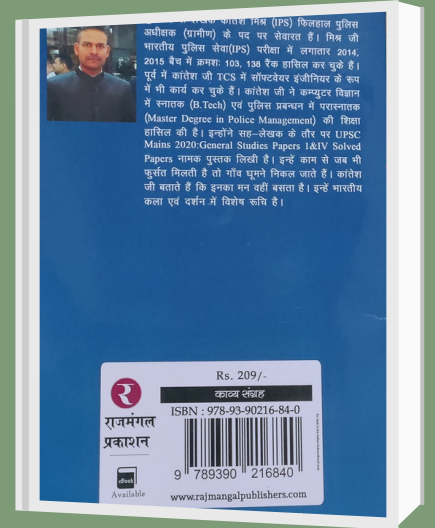
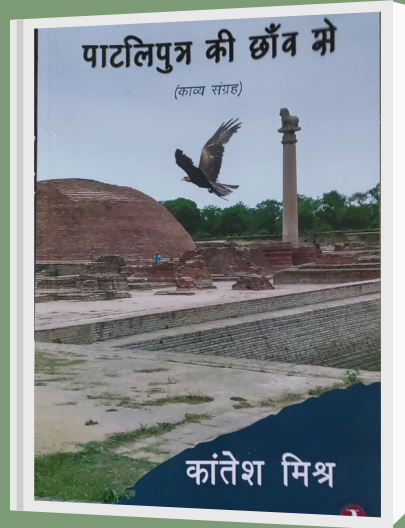
हे भारत के जल निर्मल
स्थान देना अपने प्रवाह में
करूं हिमालय से सागर की अंश्वर यात्रा,

हे भारत के व्योम वृहद
छायां में रखना सहे सदा
इन्द्रधनुष के एक टुकड़े में बना रहू

हे भारत के वन विशाल
जड़ों से जोड़ लेना किसी अंश को मेरे
नित नए दिन, कर सकूं सूर्य को प्रणाम

ओ मेरे देश के कण कण
आभार तेरा क्षण क्षण
इसी माटी में जनम लिया
लौटूं मैं एक दिन तुम्हीं तक

लेखक: कांतेश मिश्र



युवा हिन्दी लेखक कांतेश मिश्र (IPS) फ़िलहाल पुलिस अधीक्षक (ग्रामीण) के पद पर सेवारत हैं। मिश्र जी भारतीय पुलिस सेवा (IPS) परीक्षा में लगातार 2014, 2015 बैच में क्रमशः 103, 138 रैंक हासिल कर चुके हैं। पूर्व में कांतेश जी TCS में सॉफ्टवेयर इंजीनियर के रूप में भी कार्य कर चुके हैं। कांतेश जी ने कम्प्यूटर विज्ञान में स्नातक (B.Tech) एवं पुलिस प्रबन्धन में परास्नातक (Master Degree in Police Management) की शिक्षा हासिल की है। इन्होंने सह-लेखक के तौर पर UPSC Mains 2020: General Studies Papers 1-IV Solved Papers नामक पुस्तक लिखी है। इन्हें काम से जब भी फ़ुर्सत मिलती है तो गाँव घूमने निकल जाते हैं। कांतेश जी बताते हैं कि इनका मन वहीं बसता है। इन्हें भारतीय कला एवं दर्शन में विशेष रुचि है।

Congratulations!

AIR-1



BRAINCHILD OF DEDICATED BUREAUCRATS AT NACS MENTORED OVER 25 SUCCESSFUL UPSC CANDIDATES INCLUDING AIR-1



Of the 761 successful candidates in the UPSC, more than 25 including the topper were mentored under the Interview Guidance Program conducted by the National Association of Civil Servants (NACS) for those who qualify in the main examination.

The Interview Guidance Program was conducted at Bihar Bhawan & Niwas by both serving and retired Bihar and Jharkhand domiciled civil servants free of cost for UPSC aspirants who qualify in the main examination.

Sl No	Roll No	Name	Rank
1	1519294	Shubham Kumar	1
2	0845280	Sandeep Kumar	186
3	4104034	Shubham Mohanka	196
4	6414021	Altamash Ghazi	282
5	0868529	Sumit Kumar Pandey	337
6	6001651	Anamika	348
7	4120620	Saurabh Singh	411
8	1414831	Amit Ranjan	431
9	4118833	Ritesh Singh	451
10	1522523	Rashmi Rani	457
11	6619268	Pooja Kumari	472
12	840542	Sunny	500
13	1525595	Jaya Sneha	527
14	830131	Akshay Ranjumes	547
15	1540677	Vikas Kumar	603
16	6300774	Rajhans Kumar Singh	619
17	1503199	Vivekananda Shukla	632
18	6314486	Dhawalendu	663
19	0865489	Kumar Saumya	746

More than 1000 officers are associated with the NACS established by IAS officers living in Bihar and Jharkhand and are committed to help the candidates succeed

Established in 2014 by eight officers of the civil services under the guidance of BK Prasad, the NACS conducts regular classes to guide aspirants.



The organization's USP is that the faculty members are all civil servants who passed the civil services exams in the recent past. And, more importantly, the training is provided free of cost.

During natural calamities like pandemics or floods in Bihar, NACS members make sure to reach out to the affected people. With senior bureaucrats as active members of the group, the response is prompt and issues get resolved fast.

MARGDARSHAN

Gandhi Jayanti



Bihar Bhawan, New Delhi celebrated the Gandhi Jayanti on 2nd October, 2021 with great fervor, geity and unity. On this occasion, a program was organized that saw particiaption of the children in various cultural events like fancy dress competition, Quiz on Mahatma Gandhi, Musical Chair and several other genres.

The cultural program was graced by the Resident Commissioner Smt. Palka Sahni and other government officials.

The children also received Certificate of Participation by the Resident Commissioner.

