



The Harvest Thali

reviving our cherished traditions

On Saturday, October 26th 2024
we gather at the Knife Factory, Brooklyn
for

MAHARASHTRIAN FINE DINING

Chutneyverse hosts:

21-courses revived and refined
bite-sized stories
by Chef Anup Joshi

Harvesting our inner light at the pre-Diwali
traditional *pangat* style communal gathering.

We celebrate the end of a year that began with
Indra\Sun God with sowing the seeds on Sankrant
in January. And continue our quest o Padwa,
followed by Shivratri, Holi, Guru Purnima, Shravan,
Ganesh Chaturthi, Pitru Paksha, Durga Puja and
finally, culminates at Diwali and Laxmi Puja.



Diwali marks the final auspicious celebration in the Vedic Sidereal calendar of Indian festivities.

As an agrarian nation, India's festivals are intricately woven into the rhythms of nature, reflecting our relationship with the celestial bodies that illuminate our lives and enrich our experiences.



Ultimately, it is the ebb and flow of cosmic tides that render life on Earth a wondrous and mystical journey. Thus, Indian cosmology is deeply intertwined with the natural cycles that govern existence.

Our wise ancestors have, over the centuries, cultivated a profound engagement with the material world, especially food, which is expressed through rituals, communion, and service. Bhakti, Sangha and Seva.

At Chutneyverse, our mission is to channel creativity into every gathering, inviting people to explore the vast realm of possibilities where the divine can be experienced in small bites, allowing us to digest the extensive pantheon of Indic wisdom that can elevate us.

It is this sacred wisdom that we honor and aspire to bring to the table with each themed dinner. This is how we harvest the light within, throughout the year, from seed to sprout to yield, together we celebrate spirit and flesh alike, in acknowledgment of our inherent mystical nature and culinary co-creations.



TWO LEFT - HANDED MAHARASHTRIANS

COLLABORATING
WITH ANUP JOSHI



CHIEF CULINARY OFFICER
GREEN TOP FARMS
AWARD WINNING CHEF
FATHER OF TWO
AND
RESIDENT OF QUEENS



“I present this dinner as a work of art, not because I believe that I am some great artist, but because I think it meets the criteria for art, as all cooking does.

Art takes materials from the world around us and transforms them in ways that vigorously engage our senses. Some art challenges preconceived notions of beauty and pushes us to find it in unexpected places.

I expect you to find beauty in tonight’s meal in the same way that I have found it over the years in the food of some of my ancestors.

It may not conform to conventional standards of fine dining, but I would argue there is no greater connection between your soul and your food than when you are licking it off of your fingertips.” - Anup

“I use my left hand and I am considered a pariah according to Indian cultural norms but I don't care.”



HOW TO EAT WITH YOUR FINGERS

only use one hand to put food in your mouth. The other one is for touching everything else



Assess wet foods and dry foods. Dry foods can absorb and pick up wet foods, use them wisely



Use your thumb, pointer, and middle fingers to pinch off small pieces of bread to scoop with. It will take practice but this is an important step

Eat bread first, then finish with rice(s)

smash rice(s) & wet foods with your finger tips. mix well



slurp the bite with forward thumb motions



Licking your fingers is encouraged

RAW AND COOKED FOOD ON BANANA LEAF



MENU



Peanut Thecha

flash fried with red chilies and garlic

Thecha is a fiery, garlicky condiment that preserves fresh chilies and is meant to make you sweat.

Proceed with caution.

Contains peanuts

Green Chutney

cilantro, mint, coconut and green chilies

A bright serving of fresh herbs and sweetness to offer some balance to the fire

Contains tree nuts(coconut)

Daikon Pickle

fermented with mustard

This is a typical Indian pickle made with a slightly different ingredient. This technique with mustard preserves fresh fruits and vegetables and provides a boost to your gut.

Broccoli Koshimbir

dressed with healing spices

If cooked broccoli is a superfood, raw broccoli is ironman.

Let's incorporate some spices to keep you warm.

Pumpkin Bhorta

charred and minced with ginger, onion and green chilies

As tonight's fire is fading, let's roast off a hearty gourd for tomorrow's meal. When we wake up, it's ready to go!

Tomato Pachadi

stewed with garlic, chilies and curry leaves

This sweet, sour, and spicy condiment is meant to complement the dishes to come and also be eaten on its own. Taste, enjoy, don't be shy to ask for more.

Papad

lentil crisp

Lentils are an important source of protein. These discs are cooked quickly at a high temperature as needed, and provide a nice textural contrast.

Tondli Chi Bhaji

ivy gourd pan-roasted with turmeric and jaggery

This small squash has a great texture and color. You can use your bread or just your fingers to pick it up and savor it.



Kakadicha Korda

grated cucumbers sauteed with mustard seeds and finished with gram flour

Cucumbers are high in fiber, antioxidants, electrolytes, vitamins and minerals. I love the sour flavor from the cucumber contrasted with the richness of the besan.

Contains dairy

Dudhi

bottle gourd steamed with coconut

This time we are allowing some water to be released, but we want the coconut to help absorb some of it.

Mutki Usal

sprouted moth beans sauteed with Kala masala from Sholapur

The process of sprouting lentils requires little effort but provides maximum nutrition. They'll steam quickly and be finished with this dark spice blend.

Dal Methi

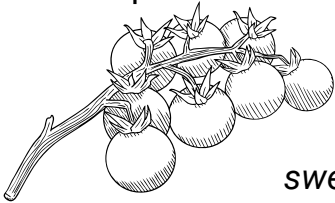
yellow lentils finished with fresh fenugreek

No meal is complete without a dal or two or five. This one is finished with fresh fenugreek leaves, another superfood that is good for your brain while reducing inflammation.

Tomato Saar

spicy coconut broth finished with kokum

This runny, spicy broth is the wettest of the group. You can dip with bread or sip on it's own, but save some to eat with your rice.



Shrikhand

sweet thickened yogurt with mango

When you accumulate too much yogurt, just hang it and blend it with fresh or canned mango pulp. With some warm bread, it's divine..

Contains dairy

Chapati

freshly rolled bread

Fresh bread is a privilege, not a right. Use it sparingly to maximize your vegetable intake. 2-3 will get you through,

Contains wheat



Sol Kadhi

buttermilk seasoned with cilantro and kokum
This byproduct of milk processing gets a sweet and savory treatment, and is meant to hydrate and keep you cool on a hot day.

Contains dairy

Masale Bhat

ceremonial style basmati rice slow cooked with a mix of spices

Revel in the richness of the rice and the spices on your tongue. Mix it with a little yogurt and slurp the spicy whey off your fingertips.

Plain Rice

steamed basmati rice

Use this dry, sticky element to sop up what's on our leaf. This will be the last major thing you eat and will sit on top of everything in your stomach. Take it easy here, less is more.

Ghee & Curd

A2 Cow's ghee & house made yogurt

INDIAN COOKING AS A SYSTEM



“ When I was 10 years old, on my second trip to India, I watched my grandmother process raw buffalo milk. She pasteurized the raw milk gently so the cream rose to the top and she skimmed that off to eventually churn for butter.

Most of the remaining milk would be set aside until it was cool enough to be mixed with yesterday’s yogurt to make today’s yogurt. The rest was left for tea and coffee.

She’d skim off the cream and reserve it in a pail until she had enough to churn into butter. That fresh butter would accumulate and before it went sour she’d clarify it into ghee. The milk solids on the bottom would be scraped up with chickpea flour as the base for ladoos.

The fresh buttermilk would be thickened with chickpea flour and seasoned with mustard seeds and curry leaves to make kadhi, a sour curry. This process, refined over centuries, is just one chapter in the story of humanity.”

-Anup

The Magical Banana Leaf

Eating on a banana leaf is a time-honored, nostalgic ritual that blends nature with nourishment. The leaves, rich in antioxidants, infuse meals with their healing properties, supporting the body's natural defenses. Their innate antibacterial and antiviral qualities offer a pure, protective surface, keeping food fresh and safe, especially in warm climates.

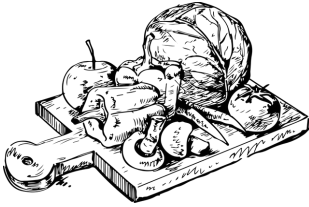


This sacred practice also fosters mindfulness, inviting a deeper connection with nature. Each meal becomes a balance of body, spirit, and earth, promoting better digestion and portion control. Beyond its health benefits, using banana leaves aligns with ancient wisdom, reducing plastic waste and honoring sustainable living in harmony with the planet.

Technologies of Regeneration



Much remains to be accomplished in reviving our cherished traditions.



Over the past 200 years, the Industrial Age has transformed countless natural states of being, yielding to the pressures of mechanization. From the seeds we sow to the water we drink, our urban environments are inundated with alterations and impurities that strain our systems, weigh on our minds, and ultimately impact the collective we refer to as society.

As we stand on the precipice of a new era dominated by automation and artificial intelligence, it is the timeless, tactile experiences that foster our connection to what is real, touchable, and tangible.

Nutrition, clean eating habits, connection, and community are integral to our food absorption and vital for the well-being of our society, influencing the future of humanity itself.

Thus, Harvest Thali aspires to redirect our focus toward the refined wisdom of ages past, offering a gateway to something greater than what is currently available. In our fragmented existence, we seek regeneration, a return to holistic practices that nourish both body and spirit.

Simplicity through Complexity



2 large seedless cucumbers, grated, do not peel
3 tbl vegetable oil
1 tsp mustard seeds
pinch hing
1 small green chilies, sliced fine
1/2 tsp turmeric
1/4 tsp red chili powder
salt to taste
1 tbl yogurt
1/4 cup besan, toasted dry

- In a small sauce pot, heat up vegetable oil over medium heat.
- Add mustard seeds and hing.
- When mustard seeds pop add green chilies, then turmeric and chili powder, then add the cucumber, season with salt, and saute 2-3 minutes on high heat.
- Add yogurt and simmer, then sprinkle besan over cucumbers and mix gently.
- Be careful here not to clump the besan, and cook until desired consistency.

You'll eat this with bread later, the drier it is the more concentrated the flavor but you don't want it too thick.

'Kakadi cha korda' - as a phrase translated from Marathi means cucumber dried/dehydrated

This cherished family recipe is a symphony of health and flavor.

The refreshing cucumber provides a natural source of electrolytes, while gram flour delivers a dose of protein. Mustard seeds add a boost of antioxidants, and the fiery chili brings a vibrant hit of vitamin C. The creamy yogurt, rich with beneficial microbes, nurtures the gut.

Our Wealth is Material and Spiritual



The story of Goddess Lakshmi and Diwali is closely linked to themes of prosperity and well-being. She is the goddess of wealth, and is associated with Diwali through the Samudra Manthan, or churning of the ocean.

During this cosmic event, the gods and demons churned the ocean to obtain the nectar of immortality, and Lakshmi emerged among the divine treasures.

To honor Lakshmi, people clean and decorate their homes with lights, flowers, and rangoli, inviting her blessings.

On Diwali, families perform Lakshmi Puja in the evening, lighting oil lamps (diyas) to dispel darkness and ignorance, welcoming prosperity and happiness. Thus, Diwali serves as a tribute to Goddess Lakshmi, emphasizing the importance of both material and spiritual wealth.

CULTIVATING CONNECTIONS

Harvest Thali is a co-creation

by

Anup Joshi and Shraddha Borawake

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been able to pull off this heartfelt endeavor.

with Gratitude Anup Joshi and Shraddha Borawake

We celebrate the end of a year that began with Indra\Sun God and sowing the seeds in honor of of Makar Sankrant in January.

And continued our devotional quest on Padwa, followed by Shivratri,

welcoming spring in holi

in July on Guru Purnima started a series of important festivals

from celebrating Shiva in Shravan, to Ganesh Chaturthi, Pitru Paksha, Durga Puja and finally, Laxmi Puja in diwali.

WE THANK YOU

FOR CELEBRATING THIS HARVEST WITH US

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