

Bhatbaan





Assamese cuisine is high in protein and vitamins, low in fat. Mustard oil is used sparsely in most of the items. Some of the items are cooked absolutely without oil.

Chillies are a hot favourite of the region. People customarily consume raw chillies. Chilli powder is not used in cooking at all.

Spices are used to a minimum. The taste, flavour and aroma is derived from the cooking process such as use of bamboo sleeves, leaves and herbs and slow cooking over charcoal or wood-fire.

Flavours of the Valley

Bamboo shoot is another hot favourite and is consumed round the year in different combinations. There is no concept of vegetarianism as such but almost all the non-vegetarian items are cooked in a combination of vegetables and herbs.

The ecosystem of the region supports the growth of a wide variety of plants and herbs. The people of the region consume wild herbs in different combinations. Rice is the staple diet of the region.

Vegetarian Platter

অসমীয়া নিৰামিষ এসাঁজ

VEGETARIAN PLATTER

₹ 295.00

Age old Assamese vegetarian recipe presented in a contemporary style. It is a complete meal. The platter consists of Rice, Khar, Dal, veg fries, Salad, stirfried vegetable, Tenga, Pitika and Dessert.

Vegetarian side dishes of the valley

জালুকীয়া কচু থোৰৰ তৰকাৰী

JALUKIA KOSU THOR

₹ 100.00

Thick curry of tender kosu leaves seasoned with black pepper.

কলডিলৰ ভাজি

KOLDIL BHAJI– Banana flower (dry preparation)

₹ 125.00

পচলা

POSOLA– Tender banana tree trunk– Assamese delicacy.

₹ 100.00

বৰ দিয়া ঢেকীয়া টেঙা আঞ্জা

BOR DIYA DHEKIYA TENGA AANJA

₹ 100.00

Traditional sour curry cooked with fiddlehead fern and lentil dumplings.

বৰ দিয়া নৰসিংহ পাতৰ আঞ্জা

BOR DIYA NARASINGHA PATOR AANJA

₹ 100.00

Curry leaves cooked with local spices and lentil dumplings. All greens served are grown in IORA's organic kitchen garden.

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Taxes as applicable

Non-Vegetarian Platters

মাছেৰে এসাঁজ

FISH PLATTER

Three varieties of fish preparation served with Rice, Khar, Dal, batter fried vegetables, salad and dessert, It is a complete meal.

₹ 495.00

হাঁহ-কোমোৰাৰ চুঙা ভাত

HANH KUMURA ARU SUNGA BHAAT

Duck meat cooked with local vegetables and served with sticky rice cooked in a bamboo sleeve over charcoal fire. Its a Delicacy.

₹ 425.00

তৰা পাতত দিয়া কুকুৰা

TORA PATOT DIA KUKURA (FROM THE MISING TRIBE)

Chicken wrapped in Wild cardamom leaves and cooked over charcoal fire, served with rice and black lentil and fries.

₹ 425.00

মাটি দাইল আৰু কুকুৰা আঞ্জা

MATIDAL ARU KUKURA ANJA (MISING SPECIALITY).

Black lentil cooked with chicken and served with rice and fries.

₹ 425.00

Non-Vegetarian Platters

বাঁহৰ চুঙাত দিয়া বাঁহ গাজ আৰু কুকুৰা

BAHOR SUNGAT DIA BAH GAJ ARU KUKURA

₹ 425.00

Country chicken and bamboo shoot cooked in a bamboo sleeve over charcoal fire and served with Rice, Dal, vegetables and pickle.

বাঁহৰ চুঙাত দিয়া গাহৰি মাংস

আৰু বাঁহ গাজ

BAHOR SUNGAT DIA BAH GAJ

ARU GAHORI

₹ 450.00

Pork and bamboo shoot cooked in a bamboo sleeve over charcoal fire and served with Joha rice, Dal, vegetables and pickle

তৰা পাতত দিয়া গাহৰি

TORA PATOT DIA GAHORI

(FROM THE MISING TRIBE)

₹ 450.00

Pork wrapped in wild cardamom leaves and cooked over charcoal fire and served with Rice and black lentil and fries.

লাই শাক আৰু গাহৰি আঞ্জা

LAI SAK AND GAHORI ANJA.

₹ 450.00

Pork cooked with local bok choy, served with Rice and fries.

Taxes as applicable

Non-Vegetarian Side dishes

You can order the item of your choice to compliment the platters.

বেঙেনা পোৰা আৰু হাঁহ কণিৰ পিটিকা

**BENGENA PURA ARU HANH
KONIR PITIKA**

₹ 150.00

Charcoal grilled egg plant and duck egg
mashed together with seasonings.

হাঁহৰ আঞ্জা

TRADITIONAL DUCK CURRY

₹ 265.00

Bite size pieces of duck meat cooked
in a traditional way.

ঘৰুৱা মাংসৰ আঞ্জা

HOME STYLE MUTTON CURRY

₹ 295.00

Mutton cooked in conventional way.

ৰঙালাও দিয়া জালুকীয়া মাংস

RONGALAU DIA JALUKIA MANSO

₹ 295.00

Mutton cooked with red pumpkin and
black pepper.

Non-Vegetarian Side dishes

You can order the item of your choice to compliment the platters.

ঘৰুৱা কুকুৰাৰ আঞ্জা

HOME STYLE CHICKEN CURRY

Home style country chicken.

₹ 275.00

ঘৰুৱা কুকুৰাৰ আঞ্জা

HOME STYLE FARM FRESH CHICKEN CURRY

₹ 225.00

কুকুৰাৰ গাজ টেঙা

KUKURA GAJ TENGA

Chicken cooked with bamboo shoot.

₹ 275.00

অমিতা দিয়া জালুকীয়া কুকুৰা মাংস

OMITA DIA JALUKIA KUKURA

Chicken cooked with black pepper and raw papaya.

₹ 275.00

পচলা কুকুৰা

POSOLA KUKURA

Chicken cooked with tender banana tree trunk.

₹ 275.00

তিল কুকুৰা

TIL KUKURA

₹ 275.00

কলডিল আৰু কুকুৰা

KOLDIL ARU KUKURA

Chicken cooked with banana flower

₹ 300.00

গাহৰি পোৰা

GAHORI PURA

Pork grilled over fire.

₹ 350.00

গাহৰি গাজ টেঙা

GAHORI GAJ TENGA

₹ 350.00

Taxes as applicable

Non-Vegetarian Side dishes

You can order the item of your choice to compliment the platters.

মাছৰ টেঙা আঞ্জা

MASOR TENGA ANJA

Traditional sour curry with fish.
An Assamese signature dish.

₹ 250.00

পাতত দিয়া মাছ

PATOT DIA MAS

Pieces of fish wrapped in a
leaf with spices and steamed
or grilled over charcoal fire.

₹ 250.00

জালুকীয়া কচু থোৰ আৰু মাছ

JALUKIA KOSU THOR ARU MAAS

Fresh water fish cooked with tender kosu
leaves and seasoned with black pepper.

₹ 250.00

সৰু মাছৰ ঢেকীয়া আঞ্জা

SARU MASOR DHEKIYA TENGA

Small fresh water fish sour curry cooked
with fiddlehead fern.

₹ 250.00

চুঙাত দিয়া আঁৰি মাছ

SUNGAT DIYA AARI MASS

Fresh water fish cooked in a bamboo
sleeve over charcoal fire.

₹ 375.00

Fisherman's Fare
Fresh Catch of the day (Items subject to availability)

থলুৱা মাছৰ পিটিকা

MASOR PITIKA

₹ 225.00

Fresh water fish roasted in charcoal fire,
deboned and mashed with onion,
chilli and lemon juice

বৰিয়লা মাছৰ ভাজি

BORIOLA FRY (Aspodiparia)

₹ 350.00

Deep fried small fresh water fish

আঁৰি মাছ

AARI MAAS (River cat fish)

Choice of preparation-

₹ 375.00

- Patot diya (cooked in banana leaf wrap),
- Bahor sungat diya (cooked in bamboo sleeve),
- Jaluk jul (spicy black pepper gravy).

থলুৱা ৰৌ

FRESH ROU MAAS (Rahu)

Choice of preparation-

₹ 250.00

- Tenga (sour gravy)
- Patot diya (cooked in banana leaf wrap)

Taxes as applicable

Fisherman's Fare
Fresh Catch of the day (Items subject to availability)

মিছা মাছ

MISA MAAS (Fresh water shrimp)

₹ 350.00

- Khutura saak aru kon bilahi diya,
- Misa masor tenga (fresh water shrimps)
- Cooked with garden greens and cherry tomato)

পাভ মাছ

PABHO (Indian butter cat fish)

₹ 375.00

Preparation-
bhapot diya sorioh maas
(steamed with mustard paste)

চিতল মাছ

CHITAL MAAS (Humped feather back)

₹ 450.00

As per your choice



Khar is an alkaline liquid substance, processed from the trunk and root of a particular variety of Banana tree, in Assam. The meaning of Khar is alkali. It is added in small quantities while cooking and is consumed in many forms with different combinations of vegetables, fish etc. In an Assamese platter, Khar is always the first item to be served.



Kosu paat (*Colocasia esculenta*) is Taro leaf, belonging to the Arum Family.



Koldil is Banana Flower.



Outenga (*Dillenia indica*) is also known as elephant apple.



Dhekia is fiddlehead fern. (*Adiantum Capillus -Veneris*)



Norosingha (*Murraya koenigii*) is curry leaf.



Tora paat is wild Cardamom leaf.



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