

## **Tikka, parathas, and chai. The profile of South Asian foods in the Australian Women's Weekly *Women's Weekly Food* October 2025**

I have written elsewhere of the construction of South Asian cuisines (India, Sri Lanka, Pakistan and Bangladesh) in Australia through cookery books, newspapers and magazines across the twentieth century. The *Australian Women's Weekly* (AWW) played a significant part in this.

The AWW now has a site on the internet which can reach millions instantly - *Women's Weekly Food* . What I wondered do South Asian cuisines look like to them. I limited my search to Indian cuisines as a quick look showed it to be by far the most published.

Take a trip to India with these unbelievably mouth-watering dishes.

We've delved deep into the world of warming spices and earthy flavours to find some truly gorgeous recipes, and many of these dishes will be ready and on the table before a takeaway could even arrive.

I typed 'Indian' into the search bar on the site. There were 220 recipes. I scrolled through them to build the profile of Indian cuisines on the site.

### **Spices**

At the core of Indian cuisines are spices as is the case here: garlic, ginger, coriander, cumin, turmeric, pepper, and garam masala (comprised of cinnamon, cardamom, clove, cumin, coriander, black pepper, nutmeg and turmeric). All the dishes on the site have some combination of these. Some are used whole, some are ground, some are in curry powders and pastes. In the latter there are both general and specific pastes - korma, tandoori, and tikka.

### **Chilli (fresh or powder)**

This is an area where there often has been reticence from the recipe-maker, substituting cayenne at times, or making them optional. No such reticence from the AWW with several of the recipes calling for fresh chillies or chilli powder.

### **Meats**

Chicken is the most frequently used – boosted by multiple recipes for butter chicken and for chicken tikka. Lamb is next. Beef is called for in a handful of recipes. Pork has six recipes.

### **Fish**

There are nine recipes for fish. There are five recipes for prawns.

### **Vegetables**

A wide variety of vegetables is used either singly or with other vegetable or some meat. Most will be familiar: pumpkin, tomatoes, silver beet/spinach, capsicums, broccoli, kumara, potato, brussels sprouts, chickpea and eggplant. Okra is likely to be new.

### **Kritcheree**

An Anglo Indian breakfast dish.

### **Dhals**

There are several recipes for dhals – red or yellow usually.

**Paneer**

This fetta-like ingredient is called for in a few recipes always in combination of other ingredients.

**Breads**

There are recipes for naan, chapatis, roti, parathas, and dosa.

**Methods**

The majority are generic curries. In addition there are recipes for tandooris, keemas, koftas, baltis, tikkas, biryanis, pilafs, pulaos, bhaji, and fritters (pakoras), dansaks, do-piazza, rogan josh, masals. This is a major step away from calling all Indian dishes 'curry'.

**Soup**

Not traditionally a dish in the cuisine but with a few recipes here. Mulligatawny.

**Accompaniments**

There are recipes for the side dishes so essential to an Indian meal – sambals, chutneys, raitas, yoghurt, koshumbirs, pappadums, kachumber, relish. kasaundi

**Nuts**

Almond, macadamia, pistachios and peanut are incorporated into dishes.

**Eggs****Rice**

Pilafs, pulao, turmeric, cauliflower, coconut are all on the site.

**Pastries**

Samosas, curry puffs are positioned as a light snack.

**Desserts / Sweets**

This remains an unexplored area apart from Gulab Jamun and Kulfi.

**Drinks**

There are recipes for chais and lassis.

**Kedgeree**

A sneak in from Anglo-Indian cuisine.

**Coconuts**

Used for its milk and flesh.

**Regionality**

Indian cuisines are regionally specific. Constructions of Indian cuisines often fail in this regard, creating a whole-of-India cuisine with nods to one or two cities particularly Madras and Bombay/ Mumbai. The AWW while largely whole-of-India has two dishes with regional specificity: Goan and Keralan.