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*Odisha, known for its rich cultural heritage,
is also renowned for its delectable sweets,
which hold a special place in its culinary tradition.*

*The iconic Rasagola, believed to have originated in Puri, is a soft, syrupy
delight made from chhena (cottage cheese) and sugar syrup, holding
immense cultural and religious significance.*

*Chhena Poda, often called the "Indian cheesecake,"
is a baked dessert made with caramelized sugar and fresh chhena, offering
a unique smoky flavor. Pahala Rasagola, a variant of the classic rasagola,
is famous for its fresh, soft texture and mild sweetness. Other traditional
favorites include Kheer Sagar, Malpua, and Arisa Pitha, often prepared
during festivals and celebrations. These sweets reflect the state's culinary
artistry and its devotion to offering food as a divine tribute.*



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BISWA ODIA PARIWAR



MITHA

1. Puri Khiri Payesh (Kheer)



Some also call it Odia Kheeri Payesh, or Payasam. It is probably most Odia people's comfort dessert. This type of Odia sweets comes from pure A2 milk, sugar/jaggery, roasted dry fruits, and cow ghee. They all go through boiling process together. Some variations include nuts, saffron and cardamom to add flavor.

This sweet also belongs to one of Prasada or religious food offerings in Hinduism. The classical Indian literature telling Krishna's story also mentions this food. Despite being a staple Hindu temple food, this sweet porridge is enjoyable for all and easy to make.

2. Nayagarh Chhena Poda

This is the ultimate sweet that will appear on every list of Odisha famous sweets. The name translates to the burnt cheese. The mixture comes from Chhena (fresh soft cheese) made from from A2 cow milk, green cardamom, semolina, ghee, and sugar. It takes several hours to bake, but turns out to be the best cheese cake of Odisha having caramelized texture crust outside yet tender inside.



There is also the jaggery version which uses sugar cane powder instead of sugar. Cardamom and nuts may also be used as seasoning for the batter. Chhena Poda tastes best regardless of getting served hot or cold during any time of the day. The balance of smokiness and sweetness is truly a chef's grace for simplicity yet classy way of presenting this best Odia traditional dessert.

3. Malpua



People can call it Pua in short. This Odia sweettype also has similar varieties in Bangladesh, Nepal, Bhutan, and some other parts of India. This sweet is a mix of mashed coconut or ripe bananas, thickened milk, and a little rice flour. Some also add cardamoms to the mixture or the dip syrup.

People fry the mixture in a circle form and dip it in sugar syrup. The syrup can also have other flavors like rose water and saffron. The best serving of this sweet is while it is hot. People also love to drip some condensed milk on top.

4. Kendrapada Rasabali

Rasabali at first glance looks similar to Malpua. Instead, its main ingredient is only chhena. This traditional Indian sweet is made of thin donut shape fresh chhena patty deep fried in pro-health rice bran oil.

Then, they soak the fried Chhena in sweetened and thickened milk. Like other Odia sweets, the milk to soak the Chenna is skimmed with cardamoms.



5. Nimapada Chhenna Jhili



Sounding similar to the previous sweets, Chenna Jhili has differences in terms of the ingredients and shape. Though there are many variations, the general ingredients for this Odia sweets are Chhenna, Ghee, sugar, cardamom, and wheat flour. The dough shape is fried in a spiral flat ball shape.

The fried Jhili or Jalebis are then soaked in sugar syrup that gets boiled with saffron, cardamom and nuts as garnish props.

6. Puri Khaja Pheni

Khaja Pheni is a traditional dry sweet dish & a part of Chhapan Bhog of Shri Mandira Puri, Odisha. Pheni is a Layered deep-fried fritter made of wheat flour & soaked in sugar syrup. This is a perfect snack-time favorite or afternoon filler for anyone & everyone.

Ingredients Used: Refine Flour, Rice Flour, Sugar, Edible Oil



7. Pahala Rasagola (Rasgulla)



The word “Rasagola” traces its origin to the state of Odisha in India. It is one of the favorite sweet dishes from the Chhapan Bhog offerings of Shri Jagannath Puri. Unlike other Rasgullas available in the market, Odia Rasagola is known to be a melt in mouth dessert delight. These sweet balls are made of pure chhena skimmed from A2 cow milk & boiled in sugar/jaggery syrup to get that desired level of tenderness in every bite

8. Kora Khai Bhubaneswar :

Offer in Lingaraj Temple



9. Magaja (Dhenkanal)

10. Chhena Muduki



PITHA

Pitha are a group of festive preparations, usually prepared on ritual days as part of an Osa or Brata. Pithas are part of the Mahaprasada and are prepared every day by the Mahasuaras in the Rosasala of the Jagannatha Temple, Puri. They have been prepared in the same method for several millennia in the temple kitchen. Several pithas owe their origin to the state. Some common pithas are:

- **Enduri Pitha (ଏଣ୍ଡୁରି ପିଠା) :**

Prepared on Prathamastami with sweetened jaggery and coconut stuffing using turmeric leaves.



- **Poda Pitha (ପୋଡ଼ା ପିଠା) :**

Semi-burnt rice-based Pitha with coconut that is sweet to taste, offered to Jagannatha in Ratha Jatra.



- **Kakara Pitha (କାକରା ପିଠା) :**

Prepared during most festivals, it consists of deep-fried suji stuffed with rich coconut stuffing.



- **Arisa Pitha (ଆରିସା ପିଠା) :**

Rice-based Pitha topped with sesame seeds, ritually prepared in the month of Margasira during Manabasa Gurubara (Lakshmi Puja). Long ago, two merchants from Odisha named Tapassu and Bhallika devised this dish and offered it to the Buddha himself as a token of respect from their land. Ever since - for some 2,000 years - this ancient pitha has been a delicacy forming part of Odisha's cultural heritage.



- **Manda Pitha (ମଣ୍ଡା ପିଠା) :**

Steamed pitha stuffed with coconut and jaggery mix, prepared in most festivals including Manabasa Gurubara, Kumara Purnima, etc.

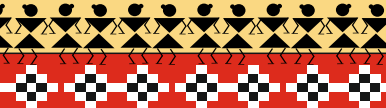
- **Sarsatia Pitha (ସରସତିଆ ପିଠା) :**

Crispy sweet Pitha made using Arua and resin from twigs of the Ganjer tree. Popular in Western Odisha.



- **Chakuli Pitha (ଚକୁଳି ପିଠା) :**

Flat rice pitha resembling pancake, one of the few non-sweet Pithas of Odisha



- **Chitau Pitha (ଚିତଉ ପିଠା) :**

Resembling Chakuli, but with different texture and thickness. Prepared on Chitalagi Amabasya.

- **Chandrakanti Pitha (ଚନ୍ଦ୍ରକାନ୍ତି ପିଠା) :**

Deep-fried Pitha made of green gram and rice flour. Prepared on Dipabali.

- **Gaintha Pitha (ଗଇଁଠା ବା ଗଇଣ୍ଡା ପିଠା) :** Rice flour dough balls soaked in thickened cardamom flavoured milk. Prepared on Bakula Amabasya.



OUR SPECIAL



- **Dalma:** As you savour the opulent flavours of Dalma, prepare your taste buds for a wonderful dining experience. A delicious combination of lentils, veggies and flavorful spices contributes to this traditional dish from the heart of Odisha.

- **Ghuguni:** Ghuguni is simple and healthy as minimum oil is used plus it is a cheap protein.

Make Ghuguni with black gram, dried yellow or white peas. Ghuguni is served as a side dish to any dish from samosa to poori and Jalmuri to pakoda. Ghuguni is served with Roti or Paratha as well as dishes like Aloo Chop.





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