

FOOD

KAR - Garos have their own of style of cooking. They cut the banana plant and let it dry; once it has been dried, they burned it and filter the ash and use the water for cooking, which they called it 'kar' or 'karchi'. Now they used easily available at Pharmacy called **SODIUM BICARBONATE**.

KAPA - They used kar or karchi in kapa. eg Bandal kapa (cow intestine)

BE·EN

- MEAT

WAK BE·EN

- PORK

MATCHU BE·EN

- BEEF

DO·O BE·EN

- CHICKEN

DO·BOK BE·EN

- MUTTON

NA·TOK

- FISH

DO·CHI/ DO·BITCHI

- EGG

NA·KAM - DRY FISH

CURRIES:

(PURA - RICE FLOUR)

**GOMINDA WAK - PUMPKIN WITH
PORK**

**GEDA WAK PURA - BANANA PLANT
WITH PORK AND
RICE FLOUR**

**ME·A MESENG WAK PURA - FERMENTED
BAMBOO,PORK
WITH RICE FLOUR**

**ME·A DAL WAK - BAMBOO SHOOT,
PORK WITH LENTILS.**

**LAISAK WAK PURA - SPINACH LEAVES,
PORK WITH RICE FLOUR**

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|----------------------------|---|
| KALAI DO·O | - CHICKEN WITH LENTILS. |
| BANDAL KAPA | - COW'S INTESTINE |
| DO·BOK BIBIK KAPA | - GOAT'S INTESTINE |
| WAK BIBIK KAPA | - PIG'S INTESTINE |
| SOBOK BARING BELATI | |
| NA·TOK | - BANANA FLOWER, TOMATO WITH FISH. |
| NA·KAM BITCHI | - DRY FISH CURRY |

ANGNA MI ON·BO - GIVE ME A RICE

**MAI BIJAK DONGA? - WHAT CURRY DO
YOU HAVE?**

**GIMIK BADITA ONG·JOK? - TOTAL HOW
MUCH IT COST?**

GIMIK GONG RITCHASA KOLGRIK -.....