

Pahārī Roots[®]

Fresh Local Produce

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From the Hills of Northeast India

About Us



FROM NORTHEAST TO YOUR PANTRY

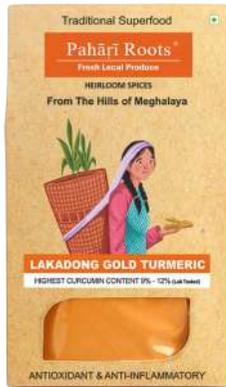


At **Pahari Roots** our mission is to offer the rich treasure of ingredients grown in North East India to pantries all across the world.

We are a team of women from Meghalaya set with a goal to uplift our local farmers and to bring to every conscious consumer, the gift of pure food from the hills: organic, rich in culture and full of flavour!



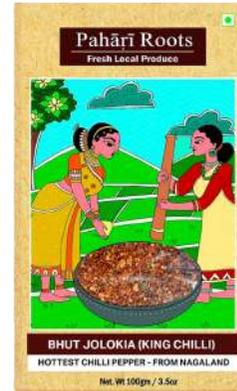
Indigenous Spices from North east India*



Lakadong Turmeric Powder

Lakadong Turmeric is the world's finest turmeric as it contains 7% – 12% curcumin (healing property) compared to 1-3% in other varieties. Pahari Roots variety of Lakadong Turmeric is lab tested for 8 - 12% curcumin, plus it is free from pesticides and chemicals and is directly sourced from the farmers of Meghalaya.

50g	100g	200g	1kg
170	310	480	1500



Bhut Jolokia Ghost Pepper Powder

Made from the globally popular Hottest Chilli in India a.k.a Ghost Pepper! It is Oven-Dried & Hand-pound, & sourced straight from its origin Nagaland, India. This incredible chilli powder has a Scoville value of over 1 million SHU.

*The Bhut Jolokia was awarded the Guinness World Record – Hottest chilli in the world, 2007.

50g
370



Perilla Seeds

Perilla Seeds are the next superfood as they have twice the omega-3 fatty acids as chia seeds & its the secret to korean skincare! Omega 3 is more beneficial than omega 6, plus, the omega-3 to omega-6 ratio in perilla seeds is the highest in any seed (6: 1) . Perilla seeds have a delicious nutty flavour and are perfect to elevate the flavours of dips, salads, soups, stir fry, sauces and root vegetables.

50g	100g	200g
110	190	360



Indian Sichuan Peppercorn

A must have spice for most Chinese and Asian inspired cuisines and is also widely used in south Indian meals. This spice has a peppery flavour with a lemon-like component and leaves a tingling sensation on the tongue that is slightly less powerful than Szechuan pepper corn from China.

50g	100g
160	320

Our Other High-Quality Spices*

	50g	100g	200g
Ginger Powder	100	180	360
Black Peppercorn	100	190	360
Black Pepper Powder	110	190	360
Birds Eye Chilli Powder	100	190	370
Bhut Jolokia Powder	370	-	-
Bay Leaf	70 (40g)	-	-
Cinnamon Stick	100	-	-
Cinnamon Powder	90	160	300
Bay Leaf Powder	80	120	-
Stone Flower Spice	200	-	-
Black Cardamom Whole	110	250	-
Black Cardamom Powder	200	-	-
Alu Muri Masala	90	150	300
Bhut Jolokia Whole	300	-	-

*Available in bulk packing

Pickles

Made from organically grown vegetables & fruits

SKU Size

200g

MRP

210



Mango Pickle



Chilli Pickle



Mixed Pickle



Soshang Pickle



Sohphie Pickle



Bamboo Shoot Pickle

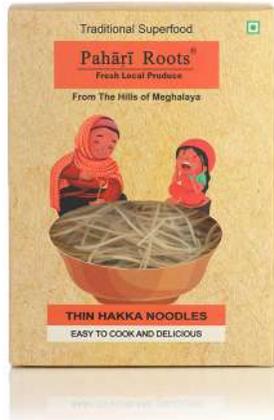


Jackfruit Pickle

Our pickles are made in small batches to ensure an authentic home-made taste.

All our pickles are made using traditional a north-eastern recipe and are preserved using mustard oil and locally sourced spices.

Indigenous Noodles and Rice



Special Hand-made Thin Noodles

Our time crafted handmade noodles are thinner, lighter and easy to digest. Our noodles cook easily and absorb flavours quickly and do not require a skilled cook to whip up authentic style Hakka Noodles and Chow Mein at home.

SKU Size	300g
MRP	160

Rice:

The north east of India is traditionally a rice-growing region and is home to a large number of rare indigenous varieties of rice. At Pahari Roots we have sourced the popular, heritage variety of White Sticky Rice, Black Sticky Rice and Red Rice. We also have the unique Komal Saul Magic Rice from the fields of Assam and the famous forbidden Black Rice from the hills of Manipur. Our desi rice have a sweet aroma, distinct flavour and are loaded with immense nutritional benefits.



	500g	1kg
White Sticky Rice - Meghalaya	225	450
Black Sticky Rice - Manipur	275	550
Red Rice - Meghalaya/Assam	175	350
Joha Rice - Assam	200	400
Komal Saul - Assam Magic Rice	250	500

Raw Honey and Lakadong Turmeric Blend



Raw Honey:

Our Raw honey is derived from the rare Apis Cerana Bees and research has proved that honey derived from this species of bees are known to be unique, organic, and pure.

The Raw Wild Forest Honey is derived from green and luscious hills of Meghalaya and has medicinal properties.

The Mandarin Honey is sourced from the Mandarin Orchards in Meghalaya. Our honey is lab tested and is free of artificial additives, colouring agents or preservatives.

Raw Wild Forest Honey

Raw Mandarin Honey

SKU Size	230g
MRP	500

SKU Size	230g
MRP	550

Lakadong Turmeric Blend:

Our Desi Haldi Doodh or Trending Turmeric Latte, turmeric mix has always been a part of our Indian culture. Our perfect Turmeric blend is a mix of Lakadong Gold Turmeric Powder, Ginger Powder, Black Pepper powder and Cinnamon Powder. The mix is made as per the ancient ayurvedic principles to help unlock the healing properties of these spices.

SKU Size	100g
MRP	350



Lakadong Turmeric Blend

Canned/ Ready-to-cook Vegetables & Fruits



Jackfruit in Brine

Many people are turning vegan, and Raw Green Jackfruit is one of the best substitutes for meat! This vegetable-cum-fruit has a very delicious chewy texture and can easily take on the flavour of any seasoning, which makes it versatile to use in a variety of cuisines. A whole Raw Jackfruit from the market is often difficult to cut and separate and doesn't last long, but we Pahari Roots have our Jackfruit pre-cut and stored in a salt brine preserve solution making it easy for you to use and easy to store in your pantry for upto 6 months!. You can use it to make delicious Jackfruit Curry, Kathal ki Sabji, Poriyal, Baked Jackfruit Chunks, Tender pulled Jackfruit Bao etc.

SKU Size	850g
MRP	410



Bamboo Shoot in Brine

Bamboo shoots have immense potential as a vital health food, as they are packed with high levels of proteins, essential amino acids, carbohydrates, minerals, and vitamins. Notably, freshly gathered bamboo shoots are rich in thiamine, niacin, vitamin A, vitamin B6, and vitamin E.

Sourced from Meghalaya, our Fresh Bamboo Shoots feature a sweet, earthy, acidic, and crunchy profile. Enjoy them raw, cooked, as a pickle, or chutney, or in a stir fry or curry and if you want a local flair, mix them with some perilla seeds or black sesame.

SKU Size	200g
MRP	210

Fruits in syrup (850g)	Pineapple slices	Pineapple tidbits	Pear Halves
MRP	350	350	300

Our Teas

From the pristine Tea Gardens spanning the foothills of Meghalaya



Rich Black Tea

Grown in the foothills of Meghalaya, this bold & exquisite tea has a taste that is reminiscent of Darjeeling and Assam teas combined.

Flavour: This has a pleasantly brisk taste with subtle fruity & cocoa notes running through every brew.

Grade: TGBOP (Tippy Golden Broken Orange Pekoe)

50g 190



Green Tea

This fine variety is a guilt-free drink option, made for you to enjoy every day. An anti-oxidant and helps with metabolism. It is made by carefully roasting whole green tea leaves, which are then rolled into coils in Japanese style.

Flavour: Gives a beautifully light, toasted cup of tea, with delicate hints of fresh-cut grass, which is the perfect infusion to relax your senses.

Grade: TGFOP (Tippy Golden Flowery Orange Pekoe)

50g 200



Black Wine Tea

This celebratory tea is perfect for those who love both tea & wine. These fine cut of leaves give a natural wine-like flavour that allows for it to be enjoyed as a cold infusion - with no additives or sweeteners. It pairs beautifully with meals, much like a chilled Riesling or crisp Sancerre wine.

Flavour: Light floral notes, soft citrus & deep cocoa notes with a rich malty sweetness.

Grade: TGFOP (Tippy Golden Flowery Orange Pekoe)

50g 220



Luxury Black Tea

As the name suggests, this tea is made by selecting only the finest top-most leaves of the tea shrub, which are then carefully coiled and sun-dried with their golden tips intact, to give you the richest & most luxurious tea drinking experience.

Flavour: The resulting tea is pleasantly brisk & mellow, with notes of honeysuckle, tropical fruity undertones & a creamy mouth feel with a subtle floral aroma.

Grade: SFTGFOP1 (Super Finest Tippy Golden Broken Flowery Orange Pekoe)

50g 470

Fruit Jams

SKU Size	220g
MRP	210



Sohiong Jam



Pineapple Jam



Mixed Fruit Jam



Plum Jam

Contact Us:

If you would like some more information on our products or have any queries you can reach us at contact@pahariroots.co.in or (91) 9324367256 or 9819344722

For Bulk Orders, wholesale, hampers, restaurant and foodservice inquiries please email us at contact@pahariroots.co.in or call at 9892820228

Address 1: 212 Kanwal Corporation, DN Nagar, Andheri West, Mumbai 400053

Address 2: Na Risa, Risa Colony, Shillong, East Khasi Hills, Meghalaya 793003