

Ziya is all about select indulgences made the old-school way with love, care, time, superfoods, nuts and nothing artificial

True Heritage recipes



In a world dominated by cloud kitchens and instant food, Ziya stands out for its authenticity and unique approach to ethnic indulgences. “We’re not a cloud kitchen,” says Kinjal Dharod, of Ziya’s mother-daughter duo Rashmi-Kinjal. “Our food is prepared at home in a hygienic environment, with love and care. You can’t order it online, and it’s not available in ready-to-go boxes. Everything’s made based on pre-orders only.”

Ziya (which means glow and splendor) is a labor of love, dedicated to reviving ethnic recipes passed down through generations. “We’re passionate about traditional dietary practices that promote healthy living, and our authentic meals have always been appreciated by family and friends,” Kinjal shares. Their customers place orders via WhatsApp and once ready, either pick it up themselves or get it picked up through services such as Dunzo.

BACK TO BASICS

The venture was created to cater to those who crave these forgotten delicacies but may not know where to find them. “Many ancestral recipes were never written down, only passed on verbally by elders. At Ziya, we preserve these culinary traditions.” Kinjal also emphasizes the elaborate nature of the cooking process—sourcing ingredients, meticulous preparation, and the love and dedication required to make these dishes. “In today’s fast-paced world, time and effort are rare luxuries.”

Ziya’s most notable creation is Granny’s Elixir, a signature offering made with 45 ingredients, including five premium nuts such as pistachio, almonds, walnuts; seven superfoods;

nine medicinal plants, and 15 Ayurvedic herbs such as Indian Winter Cherry, Himalayan Marsh Orchid, Morning Glory and spices such as mace, nutmeg and garden cress seed. “It’s an age-old recipe with immense health benefits,” says Kinjal. Another popular option is the Royal Mélange, featuring five exquisite nuts and three superfoods. “It boasts a rich flavor and aroma, along with unique health benefits.” Both sweets are priced equally and are available individually or as an assorted gourmet box.

FUTURE HOLDS MORE

In future, the duo is keen to work on many more treasured recipes which are equally healthy but may have to be refined to be more palatable for the new generation. “Unlike our elders, people will not eat anything (as a regular diet), even if it has benefits unless it is also appealing to their taste buds,” says Kinjal.

Their gourmet sweets are crafted using pure *desi ghee*, milk and *khoya* with no artificial additives, sweeteners, or food coloring. As a not-for-profit initiative, 100% of Ziya’s proceeds go towards supporting a cause. ■ MANJU

Meal for two: A 16-bite-size sweet box is Rs 2,000, and a 9-bite-size box is Rs 750.

Financial District (address is shared with the customer after the order is placed)

Tel: 63033 68886

Timings: 11 am to 6 pm