



BALTI FARM

FARM TO TABLE

A SEVEN-COURSE CHEF'S TASTING EXPERIENCE

ABOUT THE BALTI FARM



Between the Karakoram and the Himalayas, along the banks of the Shyok River, lies Turtuk, a small village of orchards, fields, and a distinctly Balti way of life. Once part of the historic Baltistan region, the village came under Pakistani administration after the Partition of 1947, before becoming part of India during the 1971 Indo-Pakistani War.

Its history is still deeply present in everyday life. The Balti people of Turtuk have retained their language, traditions, farming practices, and a cuisine shaped by the landscape around them. Food here is closely tied to the seasons, the harvest, and the people who prepare it.

The Balti Farm's Chef's Tasting Experience brings this tradition to the table through seven courses, prepared by the people of our village with produce plucked from the surrounding orchards and fields. The menu follows the seasons and draws from the flavours and recipes that belong to Turtuk.

Created for those who wish to experience the village through its food, it is an intimate introduction to the land, its people, and the culinary traditions of Baltistan.

CHONMAGRAMGRIM



Chonma Gram Grim, a traditional summer salad from Baltistan, made with the fresh produce of the season. Crisp apples, tomatoes and cucumber are combined with walnuts and yak cheese, bringing together contrasting textures and flavours in a simple preparation.

The sweetness and acidity of the apple and tomato are balanced by the richness of the yak cheese, while cucumber and walnuts add freshness and crunch. Traditionally enjoyed during the warmer months, the salad reflects the abundance of summer produce in the valley.

Taste Notes : Sour · Fresh · Crunchy

BA-LEH



Ba-leh, a traditional Balti noodle soup, particularly comforting during the colder months. Hand-rolled noodles are served in a warm, aromatic broth with potatoes, peas and chuffa, a dry cottage cheese traditionally used in Balti cooking.

Cumin, coriander and garam masala bring warmth to the broth, while winter thyme adds a gentle herbal note. The noodles make it hearty, while the combination of vegetables, spices and chuffa gives the soup its distinctive depth and character.

Served hot, Ba-leh is a dish closely tied to winter in Baltistan, when warm, nourishing bowls like this are part of the rhythm of everyday cooking.

Taste Notes : Flavourful · Comforting · Warming

OOSAA | CHULI



Oosaa is a traditional mulberry juice made from berries harvested during Turtuk's short summer season. The mulberries are pressed to retain their deep colour and naturally sweet, slightly tart flavour. Mulberries have long been grown in the valley and enjoyed fresh or preserved for the months ahead, making *Oosaa* a simple way of capturing the fruit at its seasonal best.

Chuli is a traditional apricot juice made from apricots grown in the family orchards of Turtuk. The fruit is pressed to bring out its natural sweetness and gentle acidity, with a soft, fragrant character that is distinctly associated with the apricot harvest. Like *Oosaa*, *Chuli* is prepared according to the season, when the fruit is naturally available.

Taste Notes : Sweet · Fresh

MOSKOT



Moskot is made with buckwheat, a seed traditionally grown across the Himalayan region and an important part of local cooking. The buckwheat batter is cooked into light, soft pancakes and served with a rich walnut sauce.

Toasted walnuts give the sauce its earthy depth, balanced with onions and chillies that bring a gentle sweetness and spice. Served cold, *Moskot* is a dish with an important place in local food traditions and is often prepared for auspicious occasions.

Taste Notes : Creamy · Mild · Nutty

PRAKU



Praku, a traditional Balti pasta, made by shaping small pieces of dough by hand with the thumb. Each piece has its own rustic form and texture, reflecting the simple, hands-on way the dish has traditionally been prepared.

The pasta is served hot in a rich walnut sauce, made with toasted walnuts for a gentle sweetness and earthy depth. Soft, hand-shaped pasta and the smooth, creamy sauce make Praku a comforting dish that celebrates the simplicity of Balti home cooking.

Taste Notes : Smooth · Creamy · Mild · Nutty

KISIRNAGRANG-THUR



Kisirnagrang-Thur, a traditional Balti dish of buckwheat pancakes served with a herbed curd. The pancakes have a naturally earthy, nutty flavour, while the cool curd brings a fresh sourness and the fragrance of local herbs.

The combination is simple and hearty, with the buckwheat and curd offering a balance of texture and flavour that is familiar in Balti cooking. Served semi-cold, it is a refreshing preparation that is especially suited to the warmer months.

Taste Notes : Sour · Earthy · Herbal

PHADING



Phading, a traditional Balti dessert made with boiled and roasted apricots, apricot kernels and fresh basil. Roasting the apricots deepens their natural sweetness, while the kernels add a gentle nuttiness and a delicate crunch.

Fresh basil brings a light aromatic note to the dish, balancing the richness of the apricots and creating a simple combination of sweet, nutty and herbal flavours.

Served as the final course, Phading brings together ingredients that are closely tied to the orchards and cooking traditions of Turtuk.

Taste Notes : Sweet



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INR 4,000 | PER PERSON

Prices are subject to 18% government taxes

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Condé Nast
Traveller

TRAVEL+
LEISURE

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