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## **INDIAN FOOD CULTURE A VIEW**

Indian food is different from rest of the world not only in taste but also in cooking methods. It reflects a perfect blend of various cultures and ages. Just like Indian culture, food in India has also been influenced by various civilizations, which have contributed their share in its overall development and the present form.

Foods of India are better known for its spiciness. Throughout India, be it North India or South India, spices are used generously in food. But one must not forget that every single spice used in Indian dishes carries some or the other nutritional as well as medicinal properties.

### North Indian Food



Food in the north India, to begin with, Kashmiri cuisines reflect strong Central Asian influences. In Kashmir, mostly all the dishes are prepared around the main course of rice found abundantly in the beautiful valley. Another delicious item cooked here is the 'Saag' that is prepared with a green leafy vegetable known as the 'Hak'.

But on the other hand states like the Punjab, Haryana and Uttar Pradesh show high consumption of chapatis as staple food. Again,

these chapatis are prepared with a variety of flours such as wheat, rice, maida, besan etc. Besides chapatis other closely related breads baked in these regions include Tandoori, Rumaali and Naan etc. However in the northern region impact of Mughlai food is quite obvious.

### West Indian Food

In western India, the desert cuisine is famous for its unique taste and varieties of food. Rajasthan and Gujarat are the states that represent the desseert flavor of Indian food. Here an immense variety of dals and acharas (pickles/preserves) is used that simply substitutes the relative lack of fresh vegetables in these areas.

In the states like Maharashtra, the food is usually a mix of both north as well as south cooking styles. Here people use both the rice and the wheat with same interest. Along the coastline of Mumbai a wide variety of fishes is available. Some of the delicious preparations include dishes like the Bombay Prawn and Pomfret.

In Goa, that is further down towards south, one can notice Portuguese influence in the cooking style as well as in the dishes. Some of the major dishes of this regiun are the sweet and sour Vindaloo, duck baffad, sorpotel and egg molie etc.

### East Indian Food

In the eastern India, the Bengali and Assamese styles of cooking are noticeable. The staple food of Bengalis is the yummy combination of rice and fish. Usually the



Bengalis love eating varieties of fishes. A special way of preparing the delicacy known as 'Hilsa' is by wrapping it in the pumpkin leaf and then cooking it. Another unusual ingredient that is commonly used in the Bengali cooking is the 'Bamboo Shoot'. Various sweets prepared in this region, by using milk include the 'Roshogollas', 'Sandesh', 'Cham-cham' and many more.

## ANDHRA RECIPES

Andhra food recipes are known for its spicy flavour. Andhra cooking is rich in spices. Some of the famous Andhra cuisines include biryani, pickles and chutneys and desserts. Every state of India has its own specialty. Food from Andhra Pradesh is famous for the rich seasoning and lots of variety. One can get vegetarian as well as non-vegetarian food. Though the taste changes from place to place because of the influence of other states, the main features of Andhra food are: -

### Staple food

- Rice is the staple food of Andhra Pradesh because rice is produce here in large quantity. Idli, dosa, vada and uttapam are made of rice and are mostly consumed with rice for daily diet. There are

varieties in these also like there are sada dosa, masala dosa, rava dosa, Rava idli, masala idle etc.

- There are many varieties of rice, which are cooked with spices, vegetables and meat.
- Pesarattu has the feeling of upma eaten with chutney.
- Tamarind rice is very popular.

### Vegetarian and non vegetarian

- The Andhra food is basically vegetarian, which is eaten on a banana leaf.
- In the coastal region fish is eaten with rice.
- They make use of all the vegetables but brinjal, potatoes and tomatoes are quite popular.

### Spicy

- A lot of spices are produced in south region and hence Andhra food is rich in spices.
- They make use of cinnamon and black pepper.

- They are seasoned with a lot of herbs and the curry is served hot.

### Hydrabadi

- Hydrabadi biryani is the specialty of hydrabad, which is seasoned with vegetable and meat.
- It uses black pepper a lot.
- One can find the influence of Indian and mughal taste in the Andhra food. A lot of variety is available in biryani.
- Kababs, keema and their types are also very popular.

### Pickles and chutneys

- They are famous for some instant and preserved pickles.
- The chutneys (sauces) of chilly, ginger, coconut and other vegetables are very popular.
- They are served with all the meals.

- They are very tasty, aromatic and spicy.

## Desserts

- Kheer and savayin are very famous which are specially made during the month of ramzaan.
- Sweets made up of milk are widely eaten.
- Special sweets of almond, eggs, apricot, mangoes and other fruits are equally popular.

## South Indian Food

In the southern India, the states make great use of spices, fishes and coconuts, as most of them have coastal kitchens. In the foods of Tamil Nadu use of tamarind is frequently made in order to impart sourness to the dishes. It simply distinguishes the Tamil Food from other cuisines.

The cooking style of Andhra Pradesh is supposed to make excessive use of chilies, which is obviously to improve the taste of the dishes.

In Kerala, some of the delicious dishes are the lamb stew and appams, Malabar fried prawns, Idlis, Dosas, fish molie and

rice puttu. Another famous item of this region is the sweetened coconut milk. Yet another dish is Puttu, which is glutinous rice powder steamed like a pudding in a bamboo shoot.

## BENGALI RECIPES



Bengali cooking is famous for sweets made from cottage cheese. Sandesh, Rosogolla, chandar payesh are few of the very popular recipes. Mishti Doi (sweetened curd) and Patali gur confectionery (date palm jaggery) are mouth watering. Every district in Bengal has a special sweet recipe of its own . Langcha and Mihidana Sitabhog of Bardhaman, Sharbhaja of Krishnanagar, Chanabora of Murshidabad and so on. Luchi, Bengali Fish Curry, Cholar Dal and Aloo Posto

to Gurer Payesh and Chum Chum are any food lovers first choice.

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## GOAN RECIPES



Fish and rice are the staple Goan food and the main occupation is tourism – over a million people visit the beaches of Goa each year. Goa combines old Portuguese architecture, and a distinct Portuguese flavour to the lifestyle, with a history that abounds with Indian mythology.

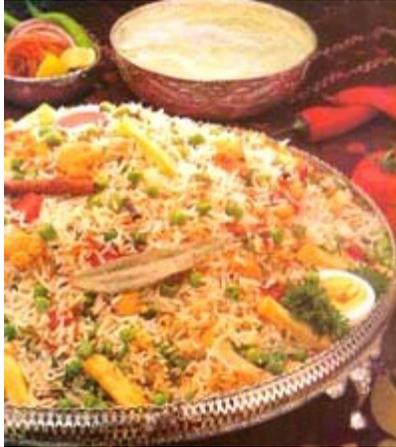
Christmas, New Year, the Mardi Gras-like carnival, the Holi (Shimgo) parades, all add to the year round festivities. Thousands of people gather to view the body of St. Francis Xavier once every five years at the Basilica of Bom Jesus. Portuguese, Gomantak and other cuisines have all blended into the local cuisine and sorpotals, bebincas washed down with cashew fenis are a must with every visitor.

### *GUJARATI FOOD RECIPE*



Gujarati cuisine has special place all over India. Gujarati cooking consists of dal, bhaat( rice), vegetables, chapatis, kachumbar( mixed vegetables salad), papad and curd. Gujarati food is nourishing and balanced. Snacks like dhokla, khandvi, sweets like basundi are famous for its taste.

### Hyderabadi Recipes



Hyderabadi recipes are very spicy and aromatic. Try out your hand at Hyderabadi cooking

Here is a small collection of Hyderabadi recipes. Hyderabadi cuisine is known for its biryani, korma, kebabs and keema. In Hyderabadi cooking a name is given to a dish according to the way it is cooked like Dum Pukht biryani or the spices used like Zafrani Pulao. Relish some of these mouth watering recipes...

## MAHARASHTRIAN RECIPES



Maharashtrian or Marathi food consist large variety of vegetables, fish and coconuts. Maharashtrarian food is rich in ginger, garlic and lots of spices. Tomatoes, brinjals and other vegetables stuffed with masala fillings and cooked in oil till soft are very popular in Maharashtra. Cooking is mainly done in groundnut oil but it is made sure that the oil is minimum.

Bharwan Baingan, Kohlapuri Rassa, Puran Poli, Aamti, Bombay Chiwda are some of the popular recipes.

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## RAJASTHANI FOOD RECIPE



The ancient princely state of Rajasthan gave rise to a royal cuisine. The Rajas who went on hunting expeditions ate the meat or the fowl that they brought back. Even today, Rajasthani princely feasts flaunt meat cuisines that are incomparable. In contrast are the vegetarian Rajasthanis. Their food cooked in pure ghee is famous for its mouth-watering aroma. Rajasthan's tastiest curries are based on the use of pulses or gram flour. Dry fruits, spices and yogurt

are used in many delicacies. Rajasthan can also boast of a vast array of savouries and sun-dried snacks. Be it dal baati and churma or missi roti , one always ends up licking his fingers. Your tummy will scream "No more !" But you won't stop !!!

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