CHAPTER - III
INDIAN AND INTERNATIONAL CUISINE

3.1. INDIAN CUISINE

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3.2. INTERNATIONAL CUISINE
3.1 INDIAN CUISINE

3.1.1. INTRODUCTION:

India is the land of vivid landscape, untamed oceans, lush green forest, twinkling skyline, golden sand dunes and various landforms which make this the most extraordinary country that the sun visits on his rounds. As a country, India is huge and is the world's second most populated country with almost a fifth of the world's population living on the Indian subcontinent which includes Pakistan, Bangladesh, Nepal, Sri Lanka and Bhutan. The people's spiritual beliefs vary as well; they are Buddhist, Hindu, Jain, Jewish, Moslem, Sikh, and Zoroastrian (Shulman, 2002).

Vegetarians make up 20-30 percent of the population, partly because of the Hindu and Buddhist traditions and partly because of economic sense. They realize that milk giving animals are more valuable alive than dead. The animals strong enough to plow the fields to grow produce are also valued. The cow has always been sacred to the Hindus and Sikhs. Muslims and Jews may be experts in meat preparation, but do not consume pork. Spices that are usually prepared with meat, such as onion and garlic are not used by strict vegetarians such as Brahmins and Jains. The Parsees, from Persia, gave up beef as a respectful gesture to the Hindu ruler, who gave them asylum. Pulses (peas, beans, and lentils) are a vital source of protein and are a good source of energy. With the large vegetarian population, India has become the largest producer of pulses in the world.

India's cuisine is as rich and diverse as its people. It is distinguished by its sophisticated use of spices and herbs. In India, food, culture, religion, and regional festivals are all closely related. Food is an integral part of India's culture, with cuisines differing according to community, region, and state. Indian cuisine is characterized by a great variety of foods, spices, and cooking techniques. Furthermore, each religion, region, and caste has left its own influence on Indian food. The specialty of Indian cuisine is lie between two dietary extremes vegetarianism and non-vegetarianism. But the adherence to vegetarianism or 'Satwik Diet' was not restricted to the Brahmins from Northern India orthodox Brahminical values and hence vegetarianism made its way beyond South. A vegetarian diet for them meant that their minds would be pure to conduct the
necessary rituals. However not all Brahmins are vegetarian. A classical example would be the Kashmiri Brahmins who continued to pride themselves on their mutton dishes. There are also the Brahmins of Bengal who eat fish. Thus vegetarianism became more linked with the cuisines of South India rather than the North.

Here many recipes first emerged when India was predominantly inhabited by Vedic Hindus. Later, Mughals, Christians, British, Buddhists, Portuguese, and others had their influence. Muslims infiltration into the subcontinent caused a Gastronomic revolution. In fact it created a marriage between non-vegetarian fare of the Middle East and the rich gravies that were indigenous to India, creating what is known as mughlai cuisine. The Mughal emperors were fascinated to this style of cooking. Lavish dishes were prepared especially during the reigns of Jehangir and Shahjahan. In miniature paintings of this period it can be seen that the vessels used in court banquets included ones of silver, jade and Chinese porcelains.

Hindus and Muslims prepare their food differently. The Muslims and the Hindus usually take their meals individually. The Muslims stress on brotherhood spilled into the dietary arena as communal eating was the norm. Although the Mughals didn’t sustain for long, their food habit has been continued till today. India’s culinary tradition is constantly changing in relation to vegetarianism and non-vegetarianism where by adherence to a specific food habit, becomes a powerful symbol of cast, ethnic group and religious orientation.

Tea is a staple beverage throughout India; the finest varieties are grown in Darjeeling and Assam. It is generally prepared as masala chai, a boiled mixture of milk and spices like cardamom, cinnamon, cloves etc. The less popular coffee is largely confined to South India. One of the finest varieties of coffee arabica is grown around Mysore in Karnataka, and is marketed under the trade name "Mysore Nuggets". Other beverages include nimbu pani (lemonade), lassi, chaash, jaljeera and green coconut water. India also has many indigenous alcoholic beverages, like palm wine, Indian beer and fenny.
3.1.2. HISTORY:

Rice is the most cultivated cereal in the world and it originated in India 5000 years ago before spreading through the east and west (Kiple & Ornelas, 2000). Around 7000 BC, brinjal, sesame seeds and humped cattle had been domesticated in the Indus Valley. By 3000 BC, mustard, cardamom, turmeric and black pepper were harvested in India. (Achaya K. T. 2001).

Among the food grains found in excavations in Mohenjo-Daro and Harappa were barley, wheat, oats, rice, amaranths, mustard, coconut, peas, chickpeas, masoor, mung and horse gram, besides these were dates, pomegranates and perhaps bananas. Bones of numerous animals attest to extensive meat eating, and fish hooks and bones of both river and sea fish have been found in abundance. Cooking and dining vessels were made of clay, shell, bronze and copper. Alcohol was brewed, and apparently even distilled.

Since ancient times, spices have been the foundation of Indian cooking. Black pepper has long been India’s most valuable commodity. Before the 1st millennium BC, popular spices were mustard, turmeric, black pepper, ginger and "asafetida" which has an onion flavor when cooked (Kiple & Ornelas, 2000).

In Vedic period, a normal diet consisted of fruit, vegetables, grain, meat, fish, dairy products and honey. Over time, the influence of the longstanding and widespread practice of vegetarianism in Indian society has been found. According to the traditional Indian medical system Ayurveda, food is satvic, rajasic or tamasic depending on its character and effect upon the body and the mind.

Over the centuries Indian cuisine has been influenced by traders such as the Arabs and Chinese, and invaders such as the, Mongols, Persians, Turks, and Portuguese and British.

Islamic rule introduced rich thick gravies, Pulao, Biryani and non-vegetarian food such as Kebabs, resulting in Mughlai cuisine, as well as such fruits as apricots, melons, peaches and plums. The Nizams of Hyderabad meanwhile developed and perfected their own style of cooking with the most notable dish being the Biryani, often considered by many food lovers to be the finest of the main dishes in India. During this period the Portuguese introduced foods such as potatoes, tomatoes, squash and chilies. In the last century, the Indian fast food industry has been developed rapidly.
3.1.3. FOOD HABITS OF INDIA:

Cuisine of India varies from region to region. The taste, colour, texture, appearance and aroma of the same delicacy change in every few kilometre. India has ancient cultural heritage, which is dependent on religion, geography and socio-economic conditions. Traditionally, Indian cooking has been handed down through the generations by demonstrations and word of mouth. India is the second largest consumer of rice in the world, second to China.

Muslim cooking is based on meat. Since their well-known Mughlai dishes were evolved, those have soon developed into an important culinary art in Indian cuisine. Their influence was strongest in North and Central India. Extreme South, the Mughlai influence was slight, where cooking is mainly vegetarian. The regional dishes from different parts of India were influenced by religion, availability of ingredients, geographical conditions, climate and old traditions and customs. The preparation of many dishes has been handed down from one generation to another generation like from mother to daughter in home, father to son working in maharaja’s kitchen or those works as khanshamas and halwais in catering establishment. It is the knowledge of our ancestors that has been handed down from one generation to another.

The cooking habits of India vary not only within the religious communities but also from area to area. Regional cooking is influenced by the staple food of the area, like, in the north wheat grows abundantly, the food is drier and the gravies are thicker. In the south where rice is the staple diet and gravies are thinner. The food of the north is strongly influenced by Muslim tribes, and often inspired by Persian culture. Here, tandoori ovens that originated in Persia are used to bake breads and roast meats (Shulman, 2002). Each region has unique blends for chosen items, with the heat intensity increasing as one travels further south in India (Merchant, 1990).

The heart of Indian cooking is Masala, the combination of Indian herbs and spices, which gives its food individuality. The combination of spices is endless and each cook follows his own taste and regional preference. The common spices are turmeric, ginger, garlic, onions, coriander powder, cumin powder, etc. Fresh herbs used are mint leaves, coriander leaves, curry leaves, etc. Acidic ingredients used are lemon juice, tamarind, curd etc.
The people staying in the Coastal areas eat fish because it is cheap, delicious and plentiful. Some of the popular fishes eaten are Pomfret, Rohu, Bombay duck, Carps, Bekti, Surmai, Indian Salmon, etc. People of central India and north India prefer meat rather than fish because fishes are not available abundantly and animal husbandry is common due to the huge plateau, hill area or plain land.

Indian breads are prepared with different methods of cooking. Such as Puris, Kachoris, Bahturas, Parathas, Bakharkhani, Naans, Tandori Rotis, Kulchas etc. No Indian meal is complete without Dal and there are varieties of Dal such as Moong, Chana, Urad, Arhar, Masoor, and Rajma. Indian vegetables are onion, brinjals, potatoes, cauliflower, cabbage, ladies finger, carrots, beans etc. The methods of cooking are frying and boiling. Traditional method used Spit roasting. Tandoor is also popular in North and Punjabi cuisine. Different types of Kulcha, Naan, Tandori rotis and the kebabs are cooked in Tandoor. The cooking mediums used in various regions of India are pure ghee (Clarified Butter), Vanaspati (Hydrogenated Oil), Mustard Oil, Sunflower Oil, Sesame seed Oil, Coconut Oil, Peanut Oil etc. People of the Kerala prefer coconut oil as cooking medium because coconuts are available in plenty on the huge coastal line, same way people of eastern India prefer mustard oil because it is grown abundantly here.

Indian cooking is based on three major factors:

a) The choice of ingredients  
b) Their proportionate quantities  
c) Their cooking styles

Several customs are associated with the manner of food consumption. Traditionally, meals are eaten while seated either on the floor or on very low stools or cushions. Food is most often eaten without utensils, using instead the fingers of the right hand. India’s six tastes of sweet, sour, salty, bitter, pungent and astringent balance the meal.

3.1.4. COOKING STYLES OF INDIA:

1) Handi, Kadhai and Tawa Cooking:

These three cooking styles are popular in many parts of India especially in Northern India. Though Handi cooking is common in most of India, it has carved a permanent position in the Northern
States. *Handi* come in different shape and sizes, but there are features common to all: a thick bottom to ensure that the food does not stick and consequently burn. Coarsely grounded spices are used in the kadhai dishes. Popular Kadhai dishes are *Kadhai Murgh* and *Kadhai Gosht* which are popular in north India. *Tawa* dishes are also famous for *kebab*.

2) **Dum Pukht Cooking:**

The cooking style, Dum Pukht is not only popular in North India but also throughout India. In *Avadh*, what is today the Lucknow, district of the state of Uttar Pradesh, the innovative *Dum Pukht* was started to prepare during the reign of benevolent *Nawab “Asaf-ud-ullah”*. Dumpukht, literally cooking of the steam has been described as the “Maturing of a Prepared Dish”. *Dumpukht* originated in Persia, where a prepared dish was sealed and buried in hot sand to mature. In India *Dumpukht* was born a little over 200 years ago. To feed his starving subjects during the famine of 1874, *Nawab Asaf-ud-ullah* decided to provide jobs by building the “*Bara Imambara*”. The monument was built by day and destroyed at night. During it’s built and destroys stages, huge quantities of food were cooked sealed in *Degs* (Gigantic Handis) and then kept warm in massive double walled *Bukhari* or ovens. As a result the prepared food would get steamed in the gentle heat of the *Bukhari*. One day the *Nawab* decided to sample the food, he relished and adopted the *Bukhari* for the royal banquets. His chefs used exotic spices and herbs to impart subtle flavours and aromas, before putting the delicacies on *Dum*. Dishes prepared for the humble *Awadhis* became delicacies fit for their sovereign.”

3) **Tandoor:**

North India’s traditional clay oven is probably the most versatile kitchen equipment in the whole world. One cannot make a descent bread or popular kebab without it. It would be no overstatement to say that it is the *Tandoor*, which has helped to popularise Indian cuisine around the globe. The traditional *Tandoor* is clay oven, fired by charcoal. Until recently, the variation was an Iron *Tandoor*, used largely for making *Kebabs*. During the last decade we have seen the gas and electric *Tandoor*. It is not possible to achieve the flavour or aroma without this clay oven. Here temperature plays an important role in the *Tandoori* cooking. Thus a small fire is lit and the temperature is allowed to rise gradually. This is done to prevent any cracks from developing in the *Tandoor*. If we
lit a big fire, the sudden variation in temperature would leave cracks in the clay and the oven will become ineffective. In the conventional ovens (gas and electric) different ingredients cooked at various temperatures. Similarly in the tandoor two different foods require specific temperatures to cook. Of course one cannot get it correct to the degree but from experience one can get it almost right. To control the temperature one need a convex lid for the top and iron disc for the little opening at the bottom. If the temperature is too high, the charcoal is moved to one side with the help of a skewer. If the temperature is low then both openings are shut off. For the trainee, the only way to find out if the temperature is right is to try and stick a Naan or Roti to the side, if it falls off it means the temperature is low and if it gets stuck it means the tandoor is not. To maintain an even temperature in tandoor it is important that the charcoal be evenly spread at bottom.

3.1.5. INDIAN SPICES & MASALAS:

Masala is an aromatic element of Indian cookery, composed of one or more herbs or spices, combined together. The masalas also add consistency, colour and aroma to dishes. Most ingredients used in masalas contain volatile oil, therefore to retain those followings are important:

1. Use spices as fresh as possible.
2. Cook dishes covered.

Classification of Masala:

Indian masala can be classified into two major parts

1. Dry Masala
2. Wet Masala → Single (only Wet)
          → Mixed (both Wet and Dry)

Depending on colour the wet masala/Gravies can be Red, Green, White, Yellow or Brown.
Tempering or Tarka:

Besides these masalas some tempering is also done and is added to enhance the flavour and appearance of a dish at the final stage of cooking.

Garam Masala

The spices or Masalas are the base of Indian cooking and the blending of these spices to make a garam masala or ‘hot spices’ is the essence of it. The proportions of spices can be varied from region to region, and from season to season. There are many varieties of the Garam Masalas in Indian Cuisine. Some Garam masalas are chilly hot (rich of Cloves and Pepper), and others may be only aromatic base (Cardamom, Cinnamon, Mace, Nutmeg, etc). Powdered Garam Masala is always used at the end of cooking, sprinkled over cooked food to give flavour at the time of consuming. All the fresh spices are broiled or sun dried before they are ground into a fine powder. And blend well.

GRAVIES:

a) Makhani gravy  
b) Kadhai gravy  
c) White gravy (Shahi gravy)  
d) Yellow gravy  
e) Brown gravy  
f) Green gravy (With or without Spinach) etc.
3.1.6. INDIAN REGIONAL CUISINE

3.1.6.1. MUGHAL/ MUGHLAI CUISINE

Introduction:

The most popular and refined of all regional styles of cooking is the cooking of North India, which is called Mughlai Food. Mughal cooking is known for its delicate flavoring and super silky sauces. Ingredients such as Curd, Cream. Fruits and Nut Butters are often incorporated into the food to improve the quality of the sauce. The dishes are generally flavored with mild but highly fragrance spices such as cardamom, cinnamon, clove, star anise, mace, nut meg, bay leaf etc. There is also an extensive use of saffron in Pulaos and Biriyani.

Mughal Royal Banquet:

In the court of the Nawab had in its menu mostly on aromatic Basmati rice Pulao cooked with Spices, Vegetables, Fruits and nuts. Mutton or Lamb preparation e.g.--Mutton Do pyaza i.e. brown gravy with lots of onions. Poultry items cooked in tomato, cream and butter gravy. Samossa, kebabs, salads are served as snack items. The accompaniments are saffron rice, Pulao and various kinds of breads like Rumali Roti, Tandoori Roti, Lachha paratha, Kulcha etc.

The Uniqueness:

The Mughal influences in the cuisine are Chicken Makhni, Rumali Roti, Zarda Pulao (Saffron with more spices), and Biriyani. Most of the sweets are milk based prepared out of Khoa and Mawa. Mughal believes in retaining nutrition in the food at the same time making it more palatable. By this concept dumpukht has developed. The important ingredients are Lamb, Poultry, Cream, Butter. Spices, Milk and Dry Fruits. The gravies are exotically and delicately spiced. The combination of Hindu and Muslim culture in eating habit has formed the basis of Mughlai cooking tradition.
Special Mughlai Dishes:

- Tandoori Murgh, Tandoori Pamfret, Tandoori Lobster.
- Reshmi Kebab, Shikampuri Kebab, Kastoori Kebab, Malai Seekh Kebab etc.
- Paneer Tikka, Chicken Tikka.
- Ghost Elaichi Pasanda.
- Mutton Do Pyazza.
- Subz Gosht.
- Murgh Navrattan Korma.
- Zarda Pulao.
- Chicken Makhani.
- Rumali Roti.
- Tandoori Roti, Naan, Kulcha etc.
- Mughlai Biriyani.
- Lachha Paratha.

Avadhi Cuisine:

Since time immemorial, royalty has been the patron of art, culture and cuisine. Royal kitchens have nurtured the talents of great chefs. Creativity was not just encouraged but demanded. It was a never-ending competition to create the ultimate dish for the jaded palate. Chefs in royal kitchens were a pampered lot and innovation and creativity were handsomely rewarded. The stately kitchens of India abound with legends of exotic foods including a dish that had live birds flying out of it when uncovered. Any wonder then that these kitchens spawned a range of dishes that are today so closely identified with their place of origin. To go into a description of the variety of foods associated with these kitchens would require more space than one article. So far now, let us just look at the variety of kebabs that emerged from these kitchens.

Perhaps the most famous cuisine was that of the Nawabs of Avadh. The very word conjures up images of affluence and opulence where the culinary arts were at their most evolved. The highest recommendation a chef could have was that he belongs to Avadh or Lucknow, as it is now known. This was the birthplace of some of the finest foods in the land. The Nawabs of Avadh were an indulgent lot and have always craved the best foods even when old and toothless. This led to the innovation of one of the most celebrated kebabs of the day, the Shahi Gilawat ka Kebab, reputed to be so tender that even a toothless person could eat it without difficulty. It is also said to contain over a hundred aromatic and digestive spices that were supposed to ensure one’s continued health and well-being.
3.1.6. 2. **PUNJABI CUISINE**

**Introduction**

Punjabi cuisine was born with the partition of India where millions of people took shelter in or around Delhi and Punjab. Punjabi cuisine can be non-vegetarian or completely vegetarian. The level of spices can vary from minimal to very prevalent. Some of the best Punjabi foods are based on good milk, ghee, butter and freshly harvested wheat. Punjabi refugees have brought with them the culture and the cuisine. Items like stuffed Parathas, stuffed vegetables, Chana Bhatura, Sarson ka Saag, Makke ki Roti are very popular. Within the state itself, there are different preferences. People in the area of Amritsar prefer stuffed parathas and milk products. There are certain dishes which are exclusive to Punjab, such as Mah Di Dal and Saron Da Saag (Sarson Ka Saag).

Wheat is the staple grain, while rice in the form of Pulao and Biriyani are also taken during any special occasion. Milk is also available in plenty, hence sweets like Kheer, Rasmalai, and the use of paneer, cream or cheese is used in abundant in cooking. Punjabis use lots of Desi ghee in season, vegetables and fruits are available in plenty. Cauliflower, carrot, radish, green peas, and fruits like apples and cherries are available in winter.

Tandoori food inherited from Mughlai is now a part of Punjabi cuisine. The famous items are Tandoori chicken, Tikka kebab with Naan or Tandoori Roti is now considered as a distinct part of the Punjabi cuisine. The Punjabi breads are generally flat breads; only a few varieties are raised breads. The breads may be made of different types of flour and can be made in various ways:

1. Baked in the tandoor like naan, tandoori roti, kulcha, lachha paratha
2. Dry baked on the tava (griddle) like phulka or chapati, jowar ki roti, baajre ki roti and the very famous makke ki roti and Missi Roti(these are also smeared with ghee or white butter)
3. Shallow fried like paratha, aloo or mooli paratha
4. Deep fried like puri and bhatoora (a fermented dough)
Characteristics:

1. Wheat is the staple food.
2. *Raita* is served as an accompaniment to rice,
3. Vegetable curries are popular. Use of paneer in vegetable dishes is common.
4. *Dal* or pulses are other favourite items of Punjabi cuisine. *Rajma, Dal Makhni, Dal maharani, Dal Punjrattani, Dal Amritsari* are examples of certain delicacy.
5. Varieties of pickles specially pickle vegetables, like carrot, turnip, cauliflower and chutneys are often served with the meals.
6. Desserts are mainly made out of milk.
7. Punjabis uses ghee or mustard oil for cooking.
8. Non vegetarian specialties include lamb, poultry etc
9. Roti or Naan is an usual accompaniment for any meat item.

Special Punjabi Dishes:

1. *Dal makhani* (*ma di dal*)
2. *Dal maharani*
3. *Dal amritsari*
4. *Dal Punjrattani*
5. *Lobiya* (*black eyed bean*)
7. *Punjabi pindi chholey* (*Whole Bengal gram*)
8. *Punj ratani dal* (*mixtures of 5 lentils*)
9. *Saron* (*sarson*) *da saag te makki di roti*
10. *Machhi Amritsari*
11. *Chana Bhatura.*
12. *Tandoori Murg*
14. *Kheer*
15. *Gulab Jamun*
16. *Samosa*
17. *Plain or Stuffed Parathas*
18. *Dal Amritsari*
3.1.6. 3. GOAN CUISINE

Introduction:

Goa is India’s smallest state in terms of area. It is located on the Western coast of the Indian peninsula, and is bounded by the state of Maharashtra to the north and Karnataka to the east and south. The Arabian Sea makes up the state’s west coast. The ancestors of the present Goans were not the original inhabitants of Goa. They came from other parts of India. The original inhabitants of Goa were Dravidians, who now a days are called “Kunbis”. Internationally renowned for its beaches, Goa is visited by hundreds of thousands of foreign and domestic tourists each year.

The most popular celebrations in Goa are Christmas, Ganesh Chaturthi, New Year’s Day, the Shigmo festival and the Carnival. However, since the 1960s, the celebrations of the Shigmo and carnival have shifted to the urban centres, and in recent times these festivals are seen more as a means of attracting tourists. Celebrations for all festivals usually last for a few days and include parties and balls.

Food habits:

Goan cuisine has an influence of mainly two religions, the Christians and the Hindus. Being coastal region rice and fish are very popular. Goa is renowned for its rich variety of fish dishes cooked with elaborate recipes. The people of Goa cultivate the abundant fields surrounding in and around Goa. So rice is cheap and forms the staple diet. Apart from rice, as cereal wheat is also consumed but mainly in the form of breads baked in ovens. Chapattis are also available but restricted to the Hindu community. Meat like pork, beef, chicken and lamb are widely consumed. Pork dishes such as Vindaloo, Xacuti and Sorpotel are cooked for major occasions among the Catholics. Rice is consumed in both the meals.

The Goans uses the same ingredients but the aroma, flavour, taste, texture and colour may vary from region to region. The Christians use vinegar while the Hindus prefer the tamarind and Cocum as the souring agents. Coconut and coconut oil is widely used in Goan cooking along with chilli peppers, spices and vinegar giving the food a unique flavour. The Goans from the northern part of
the state grind their Masalas and coconut separately whereas the southern part prefers to grind them together and pour it through muslin cloth. In general, food is chilly hot.

A rich egg-based multi-layered sweet dish known as bebinca is a favourite at Christmas. The most popular alcoholic beverage in Goa is fenny; Cashew fenny is made from the fermentation of the fruit of the cashew tree, while coconut fenny is made from the sap of toddy palms.

**Characteristics:**

1. The food consumed is very spicy and sour with lots of red chillies.
2. Cocum is commonly used by the Hindus and vinegar by the Christians as souring agent.
3. Pasta is consumed mainly by the Christian community.
4. Masalas are grinded into a very fine paste.
5. Goans in general doesn't like sweet items.
6. Many dishes are consumed by pickling.
7. Seafood items are very common.

**Special Goan Dishes:**

1. Goan prawn masala
2. Goan Fish Curry
3. Prawn Balchao
4. Prawn Kismur
5. Chicken Cafreal
6. Vindaloo
7. Sorpotel
8. Galina Xacutti

**Sweet Dishes of Goa:**

1. Bibinca
2. Dodol
3. Ale Belle
3.1.6. 4. MAHARASHTRIAN CUISINE:

Maharashtrian cuisine kept its authenticity from a long time. Maharashtrian cuisine covers a wide range from being extremely mild to very spicy dishes. Wheat, rice, jowar, vegetables, lentils and fruit form important components of Maharashtrian diet.

The staple dishes of Maharashtrian cuisine are based on bread and rice:

- **Poli or chapati**: unleavened bread made of wheat flour, more common in urban areas.
- **Bhakri**: bread made of all kinds of flours, mainly jowar and bajra, form part of daily food in rural areas.
- **Rice**: is eaten throughout Maharashtra and is a large part of the daily meal, although Maharashtrians are not totally dependent on rice alone. Normally meals contain some form of bread, some bhaji (vegetables) and some rice with dal.

Some popular Maharashtrian dishes are:

- **Pohay**: pohay or pohe is a snack made from a type of rice flake called puffed-rice. Normally chopped chillies, onions, potatoes and green peas are added to it. It is most likely served with tea.
- **Upma or sanja or upreet**: This snack is similar to the south Indian upma, but this is essentially porridge made of coarse wheat flour perked up with spices.
- **Suralichya paat-wadyaa**: These are rolls of besan flour stuffed with a garnishing of coconut kernel, coriander leaves and masala which are subsequently fried in oil.
- **Vada pav**: This is the most popular Maharashtrian snacks consisting of a fried mashed potato (vada) mixture eaten between two pieces of bread (pav).
- **Matar-usal-pav**: It is another simple dish made from green peas in a curry made of onion, green chillies and sometimes garlic. Its eaten with a western style leavened bun or pav.
- **Misal-pav**: This is made from a mix of lentils, topped with batata-bajji, pohay, sabudana khichadi, chivda. Also sometimes eaten with yogurt. Bread is a must.
- **Pav bhaji**
- **Sabudanyachi Khichadi**
- **Thalpeet**: It’s made of various flours and is the South-Indian Dosa version in Marathi.
- **Zunka-Bhakar**: Made up basan and Bhakri.
- **Kothimbir vadi**: Patties made of Coriander and flour.
- **Khichadi**: Made up rice and *dal* with mustard seeds and onions to add flavor.

Maharashtrian cuisine has been broadly divided into five regions. They are:

1. **Vidharbha** (North east of Maharashtra)
2. **Maratha Wada** (East of Maharashtra, below Vidharbha)
3. **Kolhapur** (south east of Maharashtra)
4. **Konkan** (south west of Maharashtra)
5. **Western Ghats** (along with the western coastline)

**Vidharbha**: It includes Nagpur and adjoining areas. The people of this area generally prefer mildly spiced food. Orange is very popular in this area. Another typical food of this area is the roasted Jowar, which is consumed with curd and red tangy chutney like Tomato cheddar.

**Maratha Wada**: The people of this region show a preference towards very spicy food with lots of chilly and garlic. A variety of pickles and chutney are very popular here. The food in this region has a similarity as they are of Kolhapur region, as both tend to a spicy food. The people of this region follow the principle of original ingredients being fresh and they never like to keep masalas prepared before.

**Kolhapur**: The people of this region show a preference for heavy spiced food with lots of chillies. The inhabitants of this region are mostly non-vegetarian. Hence, meat cookery is highly developed. This region has some famous mutton preparations like kolhapuri mutton or dry mutton preparation known as sukha mutton. Another famous dish is Ravan Pithla, which is equal amount of besan and chilli powder.

**Konkan**: This includes the southern tip of western coast. Hence the food has an influence of the adjoining state Karnataka. As coconut is available in plenty, hence coconut plays an important role in the cuisine. Almost all gravies and pounded masalas contain either fresh or dried coconut. Cocum is widely used in this region, which gives tangy taste and deep pink colour. Quite a
number of fish preparations are popular in this region. Alfanso mangos are very popular in this area. Rice is the staple food and wheat is rarely used.

**Western Ghats:** The Western Ghats consists of the north western coastline along the Arabian Sea. The prominent cities of this region are Mumbai, Nasik, Pune etc. The people of this region prefer spicy food. Most food like *dal, bhaji*, are always given a tempering with hot oil with spices like cumin seeds, mustard seeds, and curry leaves. Quite a number of snacks item like *Vada pao, Paobhaji, Batata vada, Bhel puri* are commonly consumed. Fish and other seafood also have a place in cookery of this region. Dried fish are delicately prepared and served. Fish may be taken either in a curry or marinated and then deep-fried.

**Certain Speciality Dishes:**

1. *Puran Poli*
2. *Tomato Chessar*
3. *Ravan ka Pithla*
4. *Kohlapuri Mutton*
5. *Masala Bhat*
6. *Amti*
7. *Sukha Mutton*

**Vegetable and lentil preparations**

- *Batatyachi Bhaji (Potato preparations)*
- *Bharli Vangi (Stuffed Aubergines/Eggplant)*
- *Dalimbya (Beans)*
- *Farasbichi Bhaji (French beans)*
- *Palkachi Takatli Bhaji (Spinach cooked in buttermilk)*
- *Kelphulachi/Fansachi Bhaji (Jackfruit preparation)*
- *Walache Birdha*

**Soups and consommés**

Unlike western eating habits where soups are consumed before the main course is eaten, soups are consumed along with the main course. Some popular soups are:

- *Sol - kadhi*
- *Tomato Saar*
• Kokum Saar
• Varan
• Amati
• Kadhi

Meat preparations

• Mutton Kolhapuri Taambda Rasa (Red curry)
• Mutton Kolhapuri Pandhra Rasa (White curry)
• Varhadi Rasa

Pickles and condiments

• Ambyacha lonche (mango pickle)
• Limbacha lonche (lemon pickle)
• Awlyacha lonche (amla pickle)
• Mohoricha lonche (mustard pickle)
• Dangar
• Papad
• Thecha

Sweets

• Puran Poli: is one of the most popular sweet items in the Maharashtrian cuisine. It is made from jaggery (molasses), yellow gram (chana) dal, plain flour, cardamom powder and ghee (clarified butter).
• Modak: is a Maharashtrian sweet typically steamed (ukdiche modak). Modak is almost exclusively prepared during the Ganesha festival around August,
• Karanji: is a deep fried dumpling with a filling of grated coconut sweetened with jaggery and flavoured with powdered cardamom. It is also known as kanola.
• Kheer: is prepared by cooking shevaya (rice or semolina vermicelli) in milk. The preparation is sweetened with jaggery or sugar, flavoured with powdered cardamom seeds and finally garnished with chopped nuts.
• Jalebi: Called Jilbi in Maharashtra.
• Shrikhand: An improvised version with mango pulp is known as amrakhand.
• Basundi: Sweetened dense milk dessert.
• Gulachi poli is similar to puran poli but this does not include chana daal. It is made up of grated jaggery, cardamom powder and nutmeg powder.
• Aamrus: Pulp/Thick Juice made of mangoes, with little bit sugar if needed and milk at times.
• Shikran: An instant sweet dish made from banana, milk and sugar.
3.1.6. 5. GUJARATI CUISINE:

It is predominantly vegetarian. The typical Gujarati Thali consists of Roti, Daal or Kadhi, rice and sabzi/shaak (dish made up of different combinations of vegetables and spices which may be stir fried, curry like or even dry boiled). Gujarati cuisine brings into our mind Dhoklas, kandvis, Oondhiya, Doodhpaak, Patrani Machhi, and quite a number of popular items. Though most of the Gujaratis are purely vegetarian, some Muslim community like ‘Bohri community’ from Surat have contributed a large part in Gujarati cuisine. Most of the Gujaratis are Jain by religion that does not even touch onion and garlic. The use of millets, jaggery, tamarind and vegetables are plenty. The Bohris are the oldest Muslim community in Gujarat who are famous for their non-vegetarian soup. The speciality of their serving food is in a ‘Thal’ or a large plate. Parsis are another Gujarati speaking minority who have come from Iran, and hence their cuisine is the combination of Persia and English cuisine.

The typical Gujarati vegetarian menu consists of Indian bread made with millets, which is a staple food in Gujarat. It is usually made plain or in combination with methi or spinach and baked on an iron griddle called Thepla or Dhebra. The abundant use of grains, pulses, and vegetables are always seen in the menu. The Gujarati cuisine has unique combination of all taste like sweet, sour, bitter or sweet n sour. The use of jaggery or cocum is in plenty. The vast use of jaggery is there because sugarcane is grown abundantly. One of the important flavours used is a combination of garlic and red chilly whole and pounded together or even can be consumed as chutney.

Characteristics:

1. The snacks like Dhokla, Khandvi, and Kachooris are very famous in Gujarati cuisine.
2. The snacks are known as “Farsons” in Gujarat. Small titbits include Gattia, Papri, and Sew.
3. Distinctive to Gujarati cuisine are certain rotis and fried snacks (farson and nasto). Farsan consists of items that can be eaten as a snack or as a part of a major meal.
4. The fluffy dhokla is a mixture of rice and besan that is fermented with curd and then steamed and Khaman is a coarser version.
5. There are numerous types of Vadgas. Khandvi is a tender, rolled up pan cake made from besan batter rolled out extremely thin and sprinkled with mustard seeds and green coriander sprigs.
6. Sweets made from local sugar cane Jaggery, Milk, Almonds, Pistachios origin served at weddings and family occasions

**Explanation of Certain Dishes:**

**Methi Thepla:** Dough made from whole wheat flour, or besan, or bajra flour, methi leaves and spinach rolled as thin as possible and baked on griddle.

**Dhokla:** Batter made from chana dal, curd, and spice, fermented and then steamed and then tempered with mustard seeds and curry leaves and garnished with grated coconut.

**Khandvi:** Small rolled pancake made with batter of besan, curd, and ginger, green chillies etc and served with chutney.

**Keemasali:** A spicy lamb minced topped with Sali or straw potatoes.

**Oondhiya:** It is a delicacy blend of stuffed vegetable cooked in oil. Potatoes, sweet potatoes, bananas, brinjals etc stuffed with the mixture of coconut green chilli, lime, sugar, garlic, coriander leaves, etc. are cooked together in a slow fire.

**Doodhpak:** Rice cooked in cardamom-flavoured milk, served hot or cold, garnished with nuts.

**Mohan Thaal:** Mohanthaal is a halwa of besan.

3.1.6.6. HYDERABADI CUISINE

**Introduction:**

A 400-year history is behind the culinary delights of Hyderabadi food. It evolved in the kitchens of the Nizams, who elevated food to a sublime art form. Hyderabadi cuisine is inspired by the Mughlai cuisine. This style of cooking is here since the Asaf Jahi period. Thus, the Hyderabadi cuisine is a perfect amalgamation of the typical Mughlai flavors with a blend of rich spices. The magnificent delicacy of Hyderabadi cuisine included Mughal specialities of the Deccan, and excellent continental food especially French to suite the palate of foreign guest. The Nizams were mainly Muslim, Arabs, Persians and Afghans. They bought with them their own spices and their cuisine. It also had an influence of Lucknavi food. Traditional utensils made of copper, brass,
Earthen pots are used for cooking. All types of cooking involve the direct use of fire. There is a saying in Hyderabad, cooking patiently or *ithmenaan se* is the key; slow-cooking is the hallmark of Hyderabadi cuisine.

Hyderabadi cuisine combines the very best of Muslim foods—Kebab, Pilaffs, Korma and Yoghurt dishes—with the pungent and creamy flavourings of the mustard seeds, *kabab chini*, cinnamon, curry leaves, hot chillies, peanuts, tamarind and coconut milk. A sauce of roasted and ground sesame seeds, which is in the Middle East, might appear under green chilli and tamarind paste to become the mouth-watering *teel ka chutney*. Dried beans and lamb that are often stewed together in Persian cookery are picked up here with tamarind, cumin seeds, red chillies, and curry leaves to become the delectable Dalcha of Hyderabad.

**Characteristics:**

Hyderabadi cuisine is known for its rich taste and delicacy that is difficult to find elsewhere in India. Rich food is consumed from breakfast to dinner. The food is usually chilly hot with *rogan* floating on top of the gravy. To cut down the spiciness either curd or tamarind is used. Rice is the staple food of Hyderabadi cuisine. Wheat is also equally consumed. Ingredients like cashew nuts, peanuts, dry coconut, sunflower seeds, sesame, cumin, coriander seeds are often found in the recipe. In the Muslim community meat is consumed for all the meal. Very good quality meat is used for Hyderabadi cuisine.

**Some Important Dishes:**

*Nahari*: It is a soup made with tongue of lamb and milk.

*Halim*: Pounded wheat with well-cooked mutton pieces.

*Kichdi*: Mixture of rice, lentil and ghee.

*Bagada Baigan*: Brinjal cooked in gravy of coconut milk, tamarind pulp, and sesame seed paste.

*Hyderabadi Murgh Korma*: Murgh cooked in white coloured korma gravy.


*Mirchi Ka Salan*: Long chillies cooked into the Hyderabadi white paste.
Double ka metha:  Deep fried bread, put into the sugar syrup topped with Rabri.
Phirni:  Rice flour, Milk, Sugar cooked together.
Gille Firdouse:  Grated bottle gourd cooked into the cardamom flavoured thickened milk.

3.1.6.7. SOUTH INDIAN CUISINE

Main Regions and Characteristics:

**Karnataka:**  The Cuisine of Karnataka comprises of diverse vegetarian and non-vegetarian cuisines. The varieties’ influence can be found in the food habits of many regions and communities from the three neighboring South Indian states, as well as the state of Maharashtra to its north. Some typical dishes include Bisibele Bhat, Saaru, Vangi Bhat, Khara Bhat, Kesari bhat, Akki Rotti, Dosa, Ragi mudde. The famous Masala Dosa traces its origin to Udupi. Plain and Rave Idli or pancake, Masala Dosa and Maddur Vade are popular in South Karnataka. Coorg district is famous for spicy varieties of pork curries while coastal Karnataka boasts of many tasty sea food specialities. Popular sweets are Mysore Pak, Dharwad Pedha, Phen, and Chiroti.

**Tamil Nadu:**  Tamil cuisine is one of the oldest culinary heritages of the world. It is characterized by its aroma and flavor, achieved by a blend and combination of spices like tamarind, coconut, coriander, cumin, nutmeg, curry leaves, pepper, ginger, garlic, chilly, cardamom, cinnamon, cloves etc. It concentrates on its grain and lentils. Vegetables and milk products too are essential accompaniments. Rice and vegetables constitute the staple food of the Tamil Cuisine. Rice is the staple food of most of the Tamil people. It is usually served with accompanying items like, sambar, curry, rasam, and thayir (curd) or moru (buttermilk). Snacks include, dosa, idli, vada, uttapam etc. coffee is a popular beverage. Another popular beverage is strongly brewed tea.

**Kerala:**  The culinary skills of the different communities of Kerala make the dishes distinct in taste and in variety. Almost every dish that is prepared in the Kerala style has coconut and spices added to it. Here most of the people follow general nature of Madras cuisine; but the large community of Syrian, Christians and Muslims have added to its wealth of cooking. This region is best known for its seafood dishes. The Muslims cooking has an Arabian influence because of the early trade carried on. The main spices used are coriander, turmeric, garlic, cumin, cardamom, cinnamon, cloves, green and red chillies, etc. The vegetarian food includes Sambar, Rasam, Olan.
Kaan, pachedi, Kichadi, Aviyal, Thoran, etc. The non-vegetarian cuisines include Pathiri (pastry), a sort of pancake made of rice flour, and Biryani which is a dish of rice cooked along with meat, onions, chillies and other spices. Meen pollichathu, fish molee are seafood delicacies. The main food item is served with rice and at the end of each meal the dessert, Payassam, is served. It is prepared from milk, coconut extract, sugar, cashews, dry grapes, etc. Paal payasam, Parippu payasam are the specialty.

Andhra Pradesh: Cuisine is basically vegetarian and has a Buddhist influence. The Mughal came down from the North and have left mark on the Hyderabadi cuisine. Rice is the staple food. Andhra Pradesh is also the largest producer of chili peppers. Hence Andhra specializes in the making of pickles. A full Andhra vegetarian meal generally consists of: Rice, 2-3 vegetable curries, pickle - avakaai (spicy mango pickle), Pappu (lentils), Sambaar, Rasam (a lighter version of Sambaar without vegetables), Pulihora (tamarind rice), and Majjiga pulusu (a kind of Sambaar with buttermilk), Curd and Payasam is a very common sweet. Non-vegetarian menus would include: Chepala pulusu (fish soup), Kodi Kura (chicken curry), Pottelu mamsam (mutton/lamb curry) etc.

Characteristics:

People are mainly vegetarian. South Indians are well known rice eater and their food are very simple. The practice is to cook the food in oil rather than in ghee. Fruits form the essential part of the South Indian cuisine and an important substitute of sweets except at festival time, where sweets are a required part of the auspicious fare.

The South Indian Papad has a different flavour and seasoning, unlike the North Indian variety, and are not spiced. Amongst the snacks like Idly, Dhosas and Vadass are outstanding. Idly is a mixture of ground Lentils and rice fermented and steamed in a mould. Dhosa the same batter much thinner and then shallow fried over a griddle like pancakes, it can be made crisp and paper thin and with or without filing. The common filling used is potato bhaji. Badas are more popular like Methi Bada, Parippu Bada. Another specialty is Uttapams, (Appams of the Syrian Christians). It is like American hot cakes.
Along the coastal regions coconuts are used in plenty almost in all preparations. The accompaniment beverage is always coffee made out of roasted coffee beans, freshly ground, percolated. It is said a South Indian never refuses an offer of coffee. Sea and river foods are the specialty of coastal regions. Non-veg Mulligatawny curry is mostly prepared of chicken and mutton. Minced form of beef is widely appreciated by Christians.

**Some Important Dishes:**

- **Dosa:** Crepes made from a fermented batter of rice and urad dal.
- **Idli:** Steamed rice-cakes, prepared from a fermented batter rice and urad dal.
- **Upma:** Prepared from wheat (rava), onion, green chillies, and certain spices.
- **Thayer sadam:** Boiled rice with curd
- **Payasam:** Variant of the North Indian kheer. Generally served after meal. This is made out of Vermicelli, rice and lentils boiled in milk or coconut milk and sweetened with sugar or jaggery.
- **Sambhar:** It is a thick stew of lentils with vegetables and seasoned with exotic spices
- **Rassam:** Rassam is a spicy clean soup, which have gained popularity. Sambhar can be served as an accompaniment for any meals/snacks like Idly, Dhosa, Vada, and Uttapam.
- **Pachedi:** Counter part of North Indian Raita is called Pachedi.

### 3.1.6. 8. NORTH EASTERN CUISINE

#### Main Regions and Characteristics

#### 3.1.6. 8.1. ASSAM:

The word ‘Assam’ is derived from the Sanskrit word ‘Asom’ (Ahom) meaning peerless. ‘Assam’ is in fact peerless, judged by her exquisite beauty, cultural richness and human wealth. Assam is situated in the heart of India’s North-East region. The Arunachal hills emerge along its northern boundary and bend sharply at its north-eastern border. Nagaland and Manipur touch the eastern
boundary and the Mizoram hills abruptly rise from its southern extreme. Bangladesh lies in the west sharing Assam's western border with Meghalaya and Tripura.

The majority of the people here are non-vegetarian even the Brahmins who are invariably vegetarians in almost all other regions of India are non-vegetarians here. The Yogini-tantra a work of the sixteenth century gives a long list of fishes, animals and birds that could be offered to god, goddesses and manes in worship. Animals suitable for offering were goat, deer, musk-deer, whisk-dear, tortoise, hare, wild boar and fish those having scales. But in practice, all kinds of fishes excluding only a few varieties were taken and relished by the people. The upper caste Hindus like Brahmins and Kayasthas who migrated to Assam were probably vegetarians initially, but later turned to non-vegetarians after they came in contact with indigenous people who were invariably non-vegetarian. Rice is the main staple food of Assam. Different types of paddies are grown here. Rice is not only used in two principle meals but other preparations for break-fast and snacks, like muri (puffed rice), akhai (parched paddy free from husks), chira (pressed rice) are also used. The early Assamese literature provides numerous references to the use of pounded or powdered rice for the preparation of cakes (pitha). Sweets are also very famous like, ksira (condensed milk), paramanna (rice boiled in milk and sugar), modaka, pitha (sweet cake) etc. Luchi, puri, jelphi etc. are also used in Breakfast.

Assamese cuisine is a mixture of different indigenous as well as external influences with lot of regional variations. It is characterized by the use of simple ingredients which are at times very flavorful and at times very pungent. Fermented food is very widely used, giving it a very distinct flavour. Preparations are rarely elaborate. Assamese Cuisine is a harmonious blend of alkaline (khar) and acids (tenga). The menu is an assortment of khars, tenga, ombals, dals, bhats, curries, vegetarian and non-vegetarian and sweets. The flavour of bamboo and banana leaves, the sour taste of olives, lemon, sour tomato

3.1.6. 8.2. SIKKIM:

The charming little state of Sikkim lies in the eastern end of the mighty Himalayas flanked by Bhutan, Nepal and Tibet on its east, west and northern boarders respectively. Sikkim lies nestled under the protective shadow of its guardian deity, Mt. Khangchendzonga (8598 mts), the third highest mountain in the world. The area of Sikkim is 7,096 sq. Kms and measures approximately
about 110 kms from north to south and about 64 kms from the east to the west. The elevation ranges from 224 mts to over 8590 mts above sea level which gives Sikkim its unmatched range of flora and fauna. The magnificent mountain peaks, the dense foothill forests, the frothing rivers and the lush paddy fields make this 22nd state of India a hotbed of bio-diversity not found anywhere else.

In Sikkim, people take two principle meals a day. Rice and maze are the staple food of the people here. Maze is crushed and boiled and taken with rice. Various traditional fermented foods and beverages are very common. Beef eating is common amongst the Bhutias. People are here mainly non-vegetarians and beef eating is common and even Nepali Hindus taken Beef. Hindus avoid pork. The poor Lepcha people take Millet and Buck wheat. Their favourite vegetables are cabbage, cauliflower, tomato, bean, cucumber and pumpkin. The farmers, as other take ‘chi’ in the morning before they go to the field where they take their lunch, usually comprises of rice or maje and vegetables. In the evening the women prepare sour Buckwheat bread (Ka-hru-khu) or sweet bread (Ka-hert-khu) or boiled Indian corn (Kung Chum).

_Gyako_, a kind of stew is the specialty dish prepared here, which is finished and served in a special container also called _Gyako_. Different types of dishes made out of all kinds of meat and vegetables, prepared and arranged on _Gyako_ serving dish covered with _Gyako_ sauce containing cooked liquor and traditional herbs and spices. In the _Gyako_ container the fire of charcoal is placed and that fire does the final cooking slowly. It is portioned directly from that _Gyako_ container.

Tea is taken frequently with salt or sugar and sometimes with butter. Drinking of liquor is quite common among all the communities. ‘Rake’ and ‘Chhang’ are the local brews prepared from rice and millet respectively and served in a bamboo mug. ‘Rake’ is white in colour and in its inherent quality is similar to beer. ‘Chhang’ the Household brew of Sikkim is prepared by pouring boiling water in fermented millet grains packed in cylinder like wooden cases. Before taking the liquor the Sikkimise sprinkle a few dropping the air appease the spirit. Among the delicacies, ‘_Chau-chau_’, which is the counter part of Tibetan ‘Chowmein’, is taken in all festivals. Other delicacies are ‘_Momo_’, ‘_Thukpa_’, ‘_Sael_’, ‘_Roti_’ etc.
3.1.6. 8.3. MANIPUR:

Manipur literally means ‘The Land of Jewels’ is a veritable paradise on earth where Mother Nature has been extra generous in her bounty. The state spans across over 22,327 sq. Kms and shares an international boundary with Myanmar and lies South of Nagaland, North of Mizoram and East of Assam. An oval shaped valley surrounded by blue green hills rich in art and tradition has inspired description such as the ‘Switzerland of the east’ with its cascading rapids, tripping rivers, carpets of flowers, exotic blooms and lazy lakes.

Rice is the staple food of Manipur. Manipur produce variety of rice which has the unique flavour and taste. Manipur produce a unique variety of rice which is purple in colour, it is used for preparing kheer. Mustard oil is the cooking medium of Manipur. Here majority of the people love chilly, fermented fish (ngari). Manipuri dishes have a delicacy ranging from the traditional cuisine to its effect of Thai cuisine and other Indian Cuisine. Fish dishes to other vegetarian items forms the part of every festive occasions or feasts. Traditional cuisine like the fish curry (rohu, shareng, porong, Elisha), dal like arhar, moong, rajmah, lentil, ooti (pea preparation), chagempomba (herbs, chickpeas, green chillies etc.), Sana (paneer milk preparation) etc are very popular here.

Manipuri soups blend with certain vegetables and fermented fish are also popular. Highly spiced chutney of bamboo shoots, brinjal, French beans, cabbages, pulse, and tomato are prepared with fermented fish (ngari), popularly known as ‘Iromba’. Another blend of vegetables like cabbage, raw papaya, lotus roots, seasoning, fermented fish, besan and crushed sesame seeds added in small quantities known as ‘Singju’ is widely eaten all over the state. Here majority of the people are fond of eating leafy vegetables, like mustard leaf (hangam) is one of the best leafy vegetables cooked with hawaijar (fermented soya bean) and one boiled vegetable like pumpkin, bottle guard, bean, and served as a separate boil item, called Champhut in Manipur. In the rural area people take rice with potato chutney & dry fish cooked in clay pot which have unique flavour, called Chaobi chaphu. Evening time specialty is Singju which is somewhat similar with vegetable salad. It is uncooked fresh vegetable cut into thin slice and mixed together. Sweet course like Kheer, the scented black rice or chakhao kheer, Modhujan (gourd cooked in milk), Thanbou heingan (lotus root boiled in sugar) etc.
Serving of food is started with rice then champhut (boil item). Different type of dal, Ironba, Ooti (rice and green vegetable cooked with soda, green in colour). Chana (cottage cheese) and pakora and ended with tamarind or lemon cooked with sugar syrup. Chutney of mustard seed and shuktani which is bitter in taste also served in between. The traditional Manipuri fine dining is a literally 'sit-down' affair with banana-leaf plates.

In most of the tribal communities produce home brand alcoholic drink made from rice. It is generally called YU. There are two types of Yu. One is undistilled which is popularly known as atingba. It is little thicker in consistency and milky in colour. Whereas, another type is contain more alcoholic percentage. It undergoes the distillation process and is crystal clear. Sekmai Yu is a little thicker in consistency and colour is crystal clear, the alcoholic percentage is too high.

### 3.1.6. 8.4. ARUNACHAL PRADESH:

Arunachal Pradesh is a thinly populated hilly area lying on the north-east extremity of India comprising roughly 83,573 square kilometers. This state is known to be rich in flora, fauna, power and mineral potential. Previously this region was known as the North East Frontier Agency (NEFA) and constituted a part of the state of Assam. Arunachal Pradesh became an independent state on 20th February 1987. Bordered by China on the north, Myanmar on the east, Assam on the south, and Bhutan on the west, Arunachal Pradesh is a meagrely populated state in the mountains of India’s far northeast. Considering the state’s location relative to the Himalayas, it is not surprising that Arunachal Pradesh’s terrain is full of deep valleys rising to steep mountains. Carving into this majestic terrain are the state’s major river the Brahmaputra (or the Siang) and its tributaries. It is bounded by independent countries on the three sides and by Assam and Nagaland in the south. The long international border comprises of Bhutan on its west (160 km), the Tibet region of China on its northern and north east border (1080 km) and Myanmar (formerly Burma (440km) on the eastern border.

Food habits of the Arunchalese differ because of the tribal influence. The Nishi generally take in boiled food; even meat is either boiled or dried. Apatanis, Chuki and Nishi tribals are also quite fond of pickles. The Monpas are quite fond of Momos and butter tea also makes an essential part of their cuisine.
The food in Arunachal Pradesh is non-spicy and generally bland. Dishes are seasoned with bamboo shoots and local herbs. While they eat plenty of leafy vegetables and maize, they are basically meat eaters who also have lots of fish and eggs.

Cuisine of Arunachal Pradesh is mainly concerned with a large collection of non-vegetarian dishes. There are plenty of restaurants serving a large range of delicious food for the tourists. The natives of the Arunachal Pradesh are mainly the tribal people. Major communities are Adi, Nishi, Galong, Apatani, Tagin etc. They have an ancient culture and tradition that support a colourful festivity for the people. The people of these tribes have different food and drink that make themselves for the celebration and festivity.

In the Adi communities, there is custom to make roti. Rice is powder and water is added then blended in big leaf (Ekkam) and boil to cook. This has sticky taste (Etting). Soybeans (paron) keep it dry then it becomes more tasty (Ronsing). Sumptuous: boil fine smaller grained rice or millet like grain boil with dry fish (Engo Amin) or smoked meat (Mene Amin) till sticky. One of the most popular appetizers is boiled egg, smashed together (Rokpi Takang). Fern like leaf roasted and add cooked fish and mashed together (Engo Takang). Spinach blanched in boiling water (Puttu Oying). The most famous drink made of millet is Apong, made from fermented rice or millet. Millet/Rice cooked, get it in normal temperature then add yeast powder is added and kept in tight container for 3-5 days for fermenting. Some examples are Millet beer (Mirung Apong), Rice beer (Noggin Apong). Men as well as women both enjoy this drink.

People of Apatani community prefer steamed bamboo chicken which is prepared by mixing boneless chicken with egg, butter, seasoning, fill it inside the bamboo cane and steamed it in fire (Paro Sudu), smoked pork/fish (smoked pork or fish is cooked with bamboo shot ), Pikke- it is prepared with fresh bamboo shoot and pork cooked with acidic salt (Tapyo / Pilla).

3.16.8.5. MEGHALAYA:

The state is approximately 22,429 square kms in area lies between the latitudes 25.10-26.50 N and the longitudes of 85.49 0 - 92.52 E. It is bounded by Assam in the north and the east and the plains of Bangladesh in the south and west. The State is divided into three hilly regions - the Garo Hills
(Western Meghalaya), the Khasi Hills (Central Meghalaya) and the Jaintia Hills (Eastern Meghalaya).

The Meghalayan cuisine is famous for meat, particularly pork. Jadoh - a spicy dish of rice and pork is eaten almost any time. Besides, the local pork delicacies cooked Khasi-style; Shillong is also famous for authentic Chinese food. Kyat, the local brew made from rice, adds punch to all the local celebrations. The fare in Meghalaya is heavily leaning in favour of meat, particularly pork. Jadoh.

The home of three Mongoloid tribes (Garo, Khasi and Jaintia), Meghalaya has a unique cuisine of its own, different from other states in the north east of India. Rice is the staple food of the people of Meghalaya. The common food of the people is rice with meat and fish preparations. Besides rice, they also eat millet and maize with a number of vegetables and roots. They relish meat of goats, pigs, fowls, ducks and cows. They observe food taboos, for example certain clans do not take pork. The popular dishes are Jadoh, Ki Kpu, Tung-toh, and pickled bamboo shoots. Like the other tribes in the north-east, they ferment rice beer, which is a must in all the religious rites and ceremonial occasions.

Fruits form an important part of the Meghalaya cuisine. Among the important fruits grown in Meghalaya are oranges, guava, pineapples, bananas, lemon, etc. The food and fruits grown in Meghalaya largely influence the eating habits of the people of Meghalaya. Besides these, people here nurture goats, pig, ducks, and fowls and consume their meat. Furthermore, the inhabitants also eat the meat of bison, deer, wild pigs, etc. Fish, crabs, eels, prawns; dry fishes also form a major part of the food in Meghalaya. Moreover, the people of Meghalaya practice 'jhum' cultivation; and the yields from these jhum fields form an integral item in the cuisine of Meghalaya.

The Garo food is simple to cook with small variations that bring in a rich flavour. One of the important ingredients in preparing 'Nakham Bitchi' (a hot spicy soup) is the special dry fish (Nakham). Preserved fish or meat is widely used in a variety of cooking methods. Fish or meat is preserved either by drying in the sun or smoked over the fire. In Meghalaya, meat is prepared by boiling it with yam, gourd or pumpkin and a lot of chillies.
Khasi food is different from the Garo food. The Khasi food includes a variety of rice preparations, such as 'Jadoh' (red hill rice prepared with pork), 'Jastem' (rice prepared with gravy of pork, ginger, onions and turmeric), etc.

Jaintia food includes items made from mushrooms. Many exquisite dishes are prepared with the help of locally available mushrooms, known as Tit Tung. Mushrooms are cooked with black sesame seeds and pork and this dish forms one of the most favourite dishes in Meghalaya. Here people are habituated chewing Betel leaf and unripe betel nut. After eating the main course they prefer having betel leaf, along with dried tobacco and lime. In Meghalaya, a special kind of beer is prepared from fermented rice. The local made beer is prepared by fermenting the rice, and then distilling it. The use of rice-beer is most prevalent during the various religious ceremonies.

Popular dishes of Meghalaya:-

- **Myllem chicken** - Chicken is prepared with different condiments, especially the small round Khasi peppers.
- **Dohkhlieh** - It is a special kind of pork salad, made from boiled pork, onions and chillies.
- **Dohneiiong** - Pork is cooked with black sesame seeds.
- **Tungrymbai** - It is prepared with fermented soybeans.
- **Pumaloi** - It is a typical Khasi recipe prepared with powdered rice.
- **Pukhlein** - This dish is prepared with the help of powdered rice and jaggery.
- **Pudoh** - This item is prepared from powdered rice, with stuffed pork and then it is steamed.
- **Putharao** - It is a preparation of steamed powdered rice.
- **Jadoh** - Red hill rice cooked with pork.
- **Jastem** - It is plain hill rice cooked with pork gravy, onions, ginger and turmeric. Yellow in colour.
- **Kyat**: This drink is specially made from fermented rice which has a different taste and flavour.
- **Nakham**: Dry fish. The fresh fish is dried under the sun or over the fire.

- **Nakham Bitchi**: The Meghalaya Nakham Bitchi is prepared with dry fish. Lots of chilly and other spices are used to enhance the taste of the soup. This hot soup is very popular among the tribal population of Meghalaya.

- **Tit Tung**: Mushrooms are cooked with black sesame seeds and pork and this dish forms the most favorite dish in Meghalaya.
3.1.6. 8.6. **MIZORAM:**

Mizoram is one of the seven north-eastern states of India and is enclosed by Myanmar, Bangladesh, Manipur, Assam, and Tripura. In the local language, Mizoram means "Land of the Highlanders". The Mizo Hills, which dominate the state's topography, rise to more than 6560 ft near the Myanmar border. Aizawl, the state capital, is 4000 ft above sea level.

The people of Mizoram are basically non-vegetarian and love meat. The food is not spicy and is cooked in such a way that the nutritive value is actually retained. The locally made wine is a great favourite. "Zu" (tea) is a popular drink. Both men and women are fond of smoking. The cuisine of Mizoram is different from the rest of the country. The authentic Mizo cuisine is a blend of Chinese and north Indian cuisines. The delicious dishes are served on fresh green banana leaves. The usual meal is less spicy and plain in taste, retaining the nutritive value of the food. The popular dish is Bai, eaten with rice. It is made from boiling spinach with pork and bamboo shoot. The locally made wine is their favorite beverage. Sawchair made of rice cooked with pork or chicken is also a tasty dish.

Food in Mizoram is one of the main attractions for the tourists who plan to visit this Indian state on a vacation. The Mizoram cuisine offers mainly non-vegetarian delicacies. The people who belong to this place do eat vegetables, but they prefer to add some non-vegetarian ingredients to each and every dish they prepare. The staple food of these people is primarily rice. One of the most popular non-vegetarian items of the people of the state is fish. The most commonly used medium of cooking is mustard oil. The Mizos do not like to eat oily food and they prefer to cook most of the dishes with little oil.

Some of the most demanded delicacies of Mizoram are made with ingredients like bamboo shoots and ducks. Some very well known Mizo dishes are Misa Mach Poora, Panch Phoron Taarkari, which is actually a grilled preparation of shrimps, Dal with Eggs, Poora Mach and Koat Pitha. Mizos too are meat eaters and love to cook meat in the most nutritious manner without much of spices and oil. Locally brewed wine is delicious while "Zu" a type of tea is popular.
Popular dishes of Mizoram:

- **Koat Pitha (Banana pitha):** Mix with jaggery and mashed bananas. Fold the rice flour gradually into the banana jaggery mixture. Heat the oil and spoon the batter into the hot oil on medium heat. When the pithas turn golden brown drain them on brown paper.

- **Poora Mach:** Rub fillets of sole fish with oil and marinate the fish. Wrap the fish in an aluminum foil and cook on a barbecue. If cooked on an open charcoal fire, wrap it in a banana leaf and tie up the fish inside the banana leaf till cooked and ready to be served. Serve hot with steamed rice.

- **Misa Mach Poora:** Grilled shrimps

- **Poora Haah (Roasted duck):** Remove the giblets, clean, wash and chop them fine. Clean and wash the duck, do not cut it but keep it whole. Mix the salt in the lime juice and rub it all over and inside of the duck. Bread crumbs; mix it with the potato cubes. Beat the egg well and fold it into the mixture. Add the cleaned giblets into the mixture and stir well. Rub the remaining oil all over the duck and stuff the mixture and truss well. Roast the duck over open charcoal fire or in a hot oven for half an hour or till it is done.

- **Bamboo Shoot Fry:** Fry with baking soda, Fenugreek seeds, Dry red chillies

- **Mizoram Laksa Stock:** Boil tamarind water. Put spice paste and daun kesom (Polygonum), Add salt and sugar. Simmer. Serve the stock with laksa noodles and garnish with shredded cucumber, lettuce, pineapple, big onions and chillies. Garnish with mint leaves, finely sliced ginger buds and shrimp paste (har koe).

3.1.6.8.7. **TRIPURI CUISINE:**

The large Bengali community in Tripura makes for a non-vegetarian favoured cuisine, with fish being an integral part of the menu. Most of the household here serves authentic Bengali delicacies. Consisting of the Bengali community, people of Tripura love fish. Various cuisines of fish are prepared for any celebrations in Tripuri household.

3.1.6.8.8. **NAGALAND CUISINE:**

Nagaland is largely a mountainous state. The Naga Hills rise from the Brahmaputra in Assam Rivers such as the Doyang and Diphu to the north, the Barak river in the southwest and the Chindwin river of Burma in the southeast, dissect the entire state. The food of Nagaland mainly
comprises of plain rice, cooked vegetables and meat. The local indigenous tribal communities of Nagaland are non-vegetarians who relish meats of all the animals. Dogs, spiders, pork, beef, crabs, cats, chicken and even elephants are eaten with great enthusiasm. The native population of Naga tribes loves to add spices and chilies in their daily diet. They usually do not throw any part of the animal. The intestines and skins of the animals are considered to be a delicious dish among the native population of the state. Important foods are Fish Fried Rice, Poora Haah (roasted duck), Thukpa noodles soup etc. Some of the varieties of indigenous drinks of Nagaland are made of fermented rice like: Dzutse, Zutho and Ruhi.

3.1.6. 9. ORIYA CUISINE:

Cuisine of Orissa is easy, simple and delicious. Food preparations in the state are almost the same as that of its neighbouring states West Bengal due to the proximity and similar geographical condition. A chef (Kitchen Head) is known as ‘Nana’ or ‘Bhaina’, an acceptable and respectable member in the family. He is very careful throughout the process to prepare the delicate food in time. The dishes are standardized and menu is predetermined either a la carte, Table d’hôte.

Orissa food habit is mainly controlled by Jagannath cult. Lord is worshipped like a person observes his daily routine. In Jagannath temple food (Mahaprasad) is taken with all eagerness and anxiety. Food tastes excellent being flavoured with emotion and sentiments of others. Not a single grain of rice is allowed to fall on the ground. It is taken on banana leaf. The dried grains are treated as Nirmalya, which is a must at death bed with water.

Kitchen of Jagannath temple is supposed to be the greatest hotel serving maximum number of meals with many more varieties. There are around 752 chulis (fire), 600 Suaras (Cooks) are busy with 50-60 Mahasuara (Head cooks) leading their own team. The sauras are paid pauna for their works. It serves around 50,000 meals and more than 1 lakh meals in Kartik masa and ceremonial occasions. The ingredients like brinjal, yam, radish, banana, coconut, pumkin, colacassia, sweet potato etc are used. The foods are mostly finished with Nadi (an urad dal mix batter fry, deshi ghee, coriander leaves and jeera (cumin). The food is cooked in more than 7 containers kept one top of the other. The masala used are – peppercorn, cumin, coriander, cinnamon, cloves, small &
big cardamom, nutmeg, bay leaf, turmeric, fennel, sugar, asafetida, sultana, camphor, mustard, ghee & salt.

The foods available are:-

- Sada anna, Ghee anna, khichdi, mistanna, anna rasaballli, kanika, zeera rice, lemon rice.
- Mitha Dali, Muga dali, sola dali, gota sola dali, kancha mooga dali, sadha dali.
- Sadha Dalma, masala Dalma, Ada hingu Dalma.
- Saga, Sadha saga, mahura, sima vai, madhurachi, dahi baigan, gota baigan, potal rasa, paneer rasa, deshi aloo rasa.
- Oau khata, kakhara khata, tetuli khata, khajura khata.
- Sweet- khiri, fruit salad, Rasabali, kheera, rabiri, sarapuli, chena poda.

The food while taken, the person feels themselves very lucky and thankful. They will seat on the floor. The Prasad is of two types Sankhudi Bhoga and Sukhila Bhoga. Prasad can be taken at any time. The demand is more on the festive season, fasting days, and kartik masa for Habissa (celebrating months for widows). Food is prepared with all hygienic principal possible. Among non vegetarians delicacies made of prawns, crabs, fish, chicken and eggs are very popular. The most popular is fish of both salt water and fresh water.

Rice is the staple food for the people of Orissa. Vegetables which are grown in plenty also form an integral part of the meal in the state. A large number of people are vegetarian because of their deep religious belief. But a significant proportion of people relish fish and other sea food delicacies like prawns, crabs and lobsters as these are found in plenty in the vast coastline of the state. Oriya food is spicy and has less calorific value as it is cooked with little or no oil. Curd and grated coconut use in the diet of the people. 'Pancha-phutana' a magic mix of cumin, mustard, fennel, fenugreek and kala zeera is used for tempering vegetables and dals. It is not only the seafood which is traditionally cooked in curd and coconut milk but also yams, brinjals and pumpkins, ladies finger are liberally used in curd with mustard seeds are very popular, eg. Dahi baigana.

Small cakes or 'pithas' which are both sweet and savoury are extremely popular in Orissa. Chhenapoda pitha, the caramelised custard-like dessert is popular not only with the locals but also with the tourists. Among snacks bada, aloochop with ghugni and pitha made of urad dal and rice batter are very popular.
3.1.6. 9. INDIAN FAST FOOD

Introduction:

The concept of fast foods in India should not be considered a modern one. The concept has been prevalent when one can recall the so called “Dhabas” and “Udipi” as popularly called all over the country. Among the famous outlets of fast foods prevalence and still existing are the chatwallas of Delhi, the Bhelpuriwalla of Bombay, the “Nizams” of Calcutta and Dosawallas of South are favourite all over the country.

The fast food complexes prevalent in our country are of various types’ viz. Snack bars, Mobile vans, booths, ice cream parlours, vending machines, tea shops, coffee shops etc., in addition to restaurants, café, cafeteria and kiosks, many other establishments provide food and beverage to the general public.

‘Nirulas’ in Delhi were the pioneers in Fast food industry in India and since then they have expanded considerably. Many other Indian chairs have been set up and among them ‘Gazebo’ open house has done well in Bombay. Pizza king started by the McDowell is spreading fast. Other world famous foreign chains e.g. Nathans, Mc Donald’s, Wimpy Kentucky chicken etc.

Important Indian Fast Food Service Outlets:

1. Snack Bar
2. Mobile catering vans
3. Udipi restaurants
4. Indian Fast Food restaurants
5. Take away and Restaurants

Today Indian Fast Foods outlets are flowing even though the prices are not very economical. Although it can be seen that if the food is sold at economical prices and served fast the turnover will naturally increase and may even become twice thereby leading to increase in profit margin. It can be observed that there has been a remarkable growth in Indian Fast Food establishments in the last two decades. Many new chains have come up and doing good business. The central kitchen is now being used successfully by a number of fast food units where bulk food products are
processed and then dispatched to individual kitchens for final preparation. It cut down labour cost by 20% to 25% while the food cost remains the same.

The menu usually features items like Idli, Vada, a variety of Dosas, and Uttappams, Upma, Batata Vada, Samosas, Kachoris, Puri Bhaji, Parathas, Alu Chole etc. They also serve mini-meals in the form of Veg-pulao or Biriyani and Thali meals. Hot and cold beverages are also sold besides a variety of sweets and ice-creams. The food is quick to serve easy to eat, filling, and economically. There are handcrafts and kiosks in public places like parks, beaches etc. all over the country where Bhel Puri, Chaat, Kulfi etc. are very popular items. Besides these establishments in Indian fast foods, the latest establishments in Indian Fast Foods, the latest development are restaurants where mini meals both vegetarian and non vegetarian are served over self service counters in exchange for coupons bought at the cash counter. The set up in these outlets is of the Cafeteria or snack bar.

3.1.6. 10. INDIAN SNACKS:

A snack is a simple dish, which is eaten invariably between meals. It can be wholesome, nourishing, delectable and easily prepared and stored. Snacks are useful if one has no time for a regular lunch. Children are often in need of extra food to help them maintain their high rate of activity; snacks are often called “Finger Food” eaten without much ado as at lunch or dinner. Snacks add variety to the usual meal consumed. They give a good amount of contribution towards varied textures and flavours in-between meals.

Characteristics of Snacks:

1. Nourishing and contributes their share of needed nutrients during the day.
2. They are eaten generally between meals.
3. They are a major media of entertainment e.g. clubs, bars.
4. They are very popular among children and contribute to major diet.

Indian snacks are mainly vegetarian. Nonveg snacks like Murgh Pakora, Kheema Samosa, etc., are recent innovations. There is even Kheema Dosai. The number of non-vegetarian snacks, however still remains small. Region wise, they find greater favor in the more ‘carnivorous’ North. The Kheema Dosai is surely the ‘creation’ of some upcountry chef. Ajwain is the pre-eminent spice in North Indian vegetarian snacks. Southern snacks owe their popularity to the vast number of Udippi
restaurants around the country. Udippi is established snacks bars at every street corner making these eateries the mainstay of almost every metropolitan city. They provided excellent value for money with their cheap snacks. So successful were they that other Indians came to believe that Dosai, Vadai, Idli, Uppamma and Bonda was all there was to South Indian cuisine. An amazing aspect of the Southern snacks Idli the variety one can make with rice flour as a base. These snacks owe their popularity to the fact that besides being tasty and wholesome, the issue of spices and fat is restricted to the minimum. The lack of both is, however, made up by their abundance in the accompaniments like Sambhar, chutneys, and Mulagaposi. Surprisingly, almost all Indian snacks are either shallow fried or deep fried.

North Indian Snacks: Samosa, Kachori, Bedai, Stuffed Paratha Dahi, Pakoras, Golgappe, Tikki, Kathi Rolls, Kebabs, Gulab Jamun, Balushai, Sonpapdi etc.

South Indian Snacks: Idli Sambhar, Dosa Sambhar, Vada Sambhar, Upma, Murukhu, Sevai, Halva, Laddoo, Mysore Pak etc.

East Indian Snacks: Singhara, Nimki, Aloo Chop, Beguni, Pyazi, Jhalmuri, Rassogolla, Sandesh, Mishti Doi etc.

West Indian Snacks: Khaman Dhokla, Missal, Ussal, Batata Wada, Bhaji, Pav Bhaji, Pani Puri, Bhel Puri, Sev Puri etc.

Most of these snacks are also breakfast items. They are nutritious and filling. Normally savoury snacks are considered as breakfast items.

3.1.6. 10. KEBAB:

We usually associate kebabs with the advent of the Mughals into India. This is not strictly true. Although the word kebab is derived from the Persian (‘aab’ means water and kum means less- it is a dish cooked with less water), the kebab in many forms was already a well-established tradition in India.

The Rajputs, for example, made suley or smoked kebabs long before the Muslim invasion. Hunting being a popular sport of Maharajas, game meat was a favourite. This meat was often cooked over an open fire in the forest. Meat that was not consumed immediately was pickled and preserved for another day. The origin of the kebabs was probably a hunk of freshly killed meat smoked or
cooked over a simple wooden fire with a little salt and may be some chilli powder added to it. The subtle addition of flavours, textures and tastes was an art form that evolved over a period of time. Most of the Maharajas were adept at cooking and evolved elaborate recipes using the finest ingredients. The late Maharaja of Sailana was a legendary cook and has even published a book of his recipes. Not all kebabs are made of meat. From the state of Kishengarh of Rajasathan comes the Dahi ke Kebab, made with yoghurt and chickpea flour flavoured with saffron.

The Moguls brought with them their local culture and their cuisine. Ingredients used dried fruit, fragrances such as rose and kewda and nuts. These ingredients were brought from Turkey, Persia and Afghanistan and soon adopted to the local cuisine. As a various conquests continued and alliances formed, whether due to marriage or war, these influences slowly found their way around the country. Here they mingled with the local ingredients and formed a kind of fusion cuisine particular to that part of the country.

One of the best examples of this is the cuisine of the Nizams of Hyderabad. Here meat was blended with fiery spices of Andhra Pradesh to create what is truly one of the greatest dishes of India. The Hyderabadi likes his meat in large chunks and heavily spiced, unlike the delicate kebabs of Lucknow (Avadh), where the meat is ground so fine that a child can eat it. Also the subtle fragrances and flavor used in Avadhi Cuisine are not being found here. Meats are spiced with fiery chilies tempering this fire is the sourness of raw mangoes, tamarind, lemon and yoghurt. Hyderabadi Patthar gosht, a tongue-searing kebab so named because it is cooked on a heated stone, can today be found in the galis around the Charminar. Another kebab is made of minced meat baked and then presented covered in a silver varq to resemble a sweet meat. Still another kebab is cooked and then smoked with a live coal to give its unusual smoky flavour.

Moving back to the North, we have the princely states of Kashmir and Patialla, both of which have contributed greatly to the popularity of the kebab. The robust cuisine of Punjab has spawned a Tandoori revolution that is still going strong all over the world. Kashmiri Muslim cuisine on the other hand though almost entirely based on lamb is characterized by its use of delicate flavours such as saffron, cardamom and yoghurt. Kashmiri Tabbak Maas, a kebab made of tender ribs of lamb is a gourmet delight.
3.1.6. 11. INDIAN BREADS

Roti or bread may be the most basic of all foods. Simplify things; roti is nothing more than grain, water, salt, kneaded and baked. Yet there is a lot to the art of baking breads. The variety is infinite and each bread has its own individuality. And none more than Indian Breads, which are mostly unleavened and can be baked, Shallow fried or deep-fried. Again each variety may be eaten plain or stuffed. In Northern and Central India, wheat is the more popular grain and consequently people eat roti in preference to rice. Though maize (makki), millet (bajra), lentils (dals) and even rice are used to make some form of roti, it is atta (whole wheat flour), which is the basic ingredient for making Indian breads. The methods of making Indian breads are as varied as there are varieties.

“Roti” the most basic food of India is a fascinating subject. “Roti” in fact, has become a generic name for bread in India. Until more than a thousand years of blending foreign culture with its own, India has developed a unique range of breads made of whole-wheat flour. These are called by distinctive names such as “Chapatti”, “Phulka”, “Paratha”, or “Puri”, etc. Breads made of other kinds of grains have descriptive names only, thus we have ‘makai ki roti, ‘jowar ki roti’, ‘ bajre ki roti’, etc. These breads have regional popularity. Breads are popular in all parts of the country except Southern and North Eastern states.

Some Popular Indian bread:

<table>
<thead>
<tr>
<th>Bread Name</th>
<th>Alternate Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chapatti</td>
<td>Sheer Mal</td>
</tr>
<tr>
<td>Parathas</td>
<td>Baaquarkhani</td>
</tr>
<tr>
<td>Puris</td>
<td>Khasta Roti</td>
</tr>
<tr>
<td>Makkai ki roti</td>
<td>Rumali Roti</td>
</tr>
<tr>
<td>Besan ki Roti</td>
<td>Pao</td>
</tr>
<tr>
<td>Double Roti</td>
<td>Dosai</td>
</tr>
<tr>
<td>Dal Dhokla</td>
<td>Naan</td>
</tr>
<tr>
<td>Khamn</td>
<td>Khurme Naan</td>
</tr>
<tr>
<td>Kathi Rolls</td>
<td>Paneer Naan</td>
</tr>
<tr>
<td>Dhakai Parathas</td>
<td>Roghini Naan</td>
</tr>
<tr>
<td>Luchi</td>
<td>Badami Naan</td>
</tr>
<tr>
<td>Baati</td>
<td>Kulcha</td>
</tr>
</tbody>
</table>
Methods of Cooking:

1. **Deep frying** : Puris, Bedai, and Kachoris etc.
2. **Shallow Frying** : Parathas
3. **Baking** : Pao, Double Roti, etc.
4. **Tandoor** : Naan, Tandori Rotis etc.
5. **Steaming** : Khaman, Dhoklas etc.
6. **Broiling** : Phulkas, Chapattis etc.

3.1.6. **12. INDIAN SWEETS**

"Meetha" or "Mithai" are the two most acceptable words for Indian confectionary items. They make a very important part of the meal and can either be eaten before the meals, during the meals or after the meals, depending upon the local traditions.

Hindus believe the only way to Nirvana is through Puja, the act of daily worship. This spirituality is the basis for Indian sweets or mithai, for it is the mithai which is offered by a devotee to please the chosen God or Goddess. In the Bhagwath Purana, Lord Krishna describes mithai as the Food of the Gods. To the Hindus, the center of the sea of Nectar is the most sacred abode. It is where they crave to reside. This Nectar or the Amrit is prepared from five ingredients: honey, milk, desi-ghee (clarified butter), sugar and water. With the addition of Tulsi it is used to bathe the idol or object of worship during Puja. These five ingredients are intrinsic to all Indian sweets and there is a specific reason for using each one of them. Blended with fruits, vegetables, aromatic spices, dry fruits, nuts and essences, they help create an astounding variety of exotic sweet dishes. What distinguishes Indian desserts from the sweets of other lands is that they are not prepared to satisfy a sweet-tooth alone. They are in fact, intended to provide nourishment. Besides, in this land of rich traditions, to offer sweets is the ultimate act of friendship, a sign of love and affection. There is a mistaken belief that, like the traditional vegetarian snacks, mithai too can only be made by the Halwais or professional confectioner. Nothing could be further from the truth. Indian desserts are as simple or difficult to make as any other desserts. In fact like Western confections, exact quantities of ingredients are an imperative for Mithai making. A salient feature of preparing Indian Sweets is
the use of reduced milk. Each dessert requires a level of reduction on which there can be no compromise. Just as North Indian vegetarian snacks are inconceivable without ajwain, Mithai shares a unique relationship with green cardamom powder. The other essential is Kewra, Vetiver, which is sprinkled on the dessert at the time of service.

**Characteristics of Indian Confectionary:**

Indian confections are very rich most of the time with a distinct taste and flavor. The most common ingredient being Khoya and Milk, the richness is not heavy. Nuts, cardamom, etc. are also used frequently in Indian Confectionary items.

**Various Regional Confectionary Items:**

**East**
- Rasamalai, Rasagollas, Sandesh, Mishti Doi, etc.

**North**
- Sohan Halva, Gulabjamun, Kalejam, Imarti, Kheer, Jalwas, etc.

**West**
- Puran Poli, Shrikhand, Gaujas, Besan Laddoo, Chiroti, Karanjia, etc.

**South**
- Payasam, Coconut Barfi, Manoharam, Mysore Pak, Ladoos, etc.

3.1.6. 13 **INDIAN CULINARY TERMS:**

<table>
<thead>
<tr>
<th>Term</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Akhni or Yakhni</td>
<td>Vegetable or Meat stock</td>
</tr>
<tr>
<td>Appam</td>
<td>A circular pancake of fermented batter of rice, grated coconut, a delicacy of Tamil Nadu and Kerala.</td>
</tr>
<tr>
<td>Baffad</td>
<td>A curry of meat and radish from Goa</td>
</tr>
<tr>
<td>Balushai</td>
<td>A round ball made of dough, slightly flattened at the centre, fried and dipped in sugar syrup.</td>
</tr>
<tr>
<td>Barfi</td>
<td>A fudge-like sweet</td>
</tr>
<tr>
<td>Basundi</td>
<td>Milk sweet</td>
</tr>
<tr>
<td>Bhaji</td>
<td>vegetable preparations.</td>
</tr>
<tr>
<td>Item</td>
<td>Description</td>
</tr>
<tr>
<td>------------</td>
<td>--------------------------------------------------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td><strong>Bhel puri</strong></td>
<td>Crisp fried thin rounds of dough mixed with puffed rice, fried lentil, and chopped onions, herbs and chutney.</td>
</tr>
<tr>
<td><strong>Bhujia</strong></td>
<td>A north Indian vegetable preparation</td>
</tr>
<tr>
<td><strong>Bhurta</strong></td>
<td>Vegetable boiled or roasted in charcoal, peeled, mashed and sautéed with a little chopped onions and chillies.</td>
</tr>
<tr>
<td><strong>Baghar</strong></td>
<td>Tempering done after the dish has been prepared. Onions and a few spices are fried in a spoonful of fat and added to the cooked dish to add flavour.</td>
</tr>
<tr>
<td><strong>Bonda</strong></td>
<td>Mashed potatoes, seasoned and forms into balls, dipped in batter and deep fried - a south Indian snack.</td>
</tr>
<tr>
<td><strong>Biryani</strong></td>
<td>A rich preparation of rice. Parboiled rice is put in layers with a rich meat or vegetable curry and the whole is baked (Dum) till cooked.</td>
</tr>
<tr>
<td><strong>Bhaturas</strong></td>
<td>Slightly leavened bread baked on a grid and then fried. Generally served with chhole, a dish prepared out of whole chickpeas.</td>
</tr>
<tr>
<td><strong>Baked hilsa</strong></td>
<td>An oily fish considered a delicacy. Smoked slightly - all bones removed and baked with, tomato sauce, salad oil mustard etc.</td>
</tr>
<tr>
<td><strong>Chapati or phulka</strong></td>
<td>Wheat bread made of unfermented dough, round in shape and paper-thin.</td>
</tr>
<tr>
<td><strong>Cocum</strong></td>
<td>A sour fruit dried and used chiefly with fish.</td>
</tr>
<tr>
<td><strong>Dahi bhalla</strong></td>
<td>Ground lentil, made into fried balls and then steeped and seasoned beaten yoghurt.</td>
</tr>
<tr>
<td><strong>Dhansak</strong></td>
<td>Literally meaning “rice and vegetables”, a Parsi speciality. It is plain fried rice served with a curry and contains an innumerable variety of ingredients-meat, lentils, vegetables, leafy vegetables, nuts and a variety of spices.</td>
</tr>
<tr>
<td><strong>Dhokla</strong></td>
<td>Mixture of rice flour and besan flour is fermented overnight with curd and steamed in slabs and garnished with coconut shreds, coriander leaves and mustard.</td>
</tr>
<tr>
<td><strong>Doodh pak</strong></td>
<td>Sweetmeat made of rice and milk</td>
</tr>
</tbody>
</table>
Do pyazza  Literally “twice onion”. Ground and fried onion added to meat along with other spices. Hence DO (twice) and PYAZ (onion).

Dosa  A type of savory pancake made with fermented batter of ground lentil and rice. Cooked on a griddle. A specialty of South India.

Dum  A process of cooking with heat from above as well as below.

Dum phukht  The Parisian word dumpukht literally means air-cooked.

Falooda  A rich drink made from the mixture of straining of boiled wheat/sago granules, fruit juices and cream.

Gaujas  A fancy sweetmeat made of dough fried and dipped in sugar syrup.

Gulab jamun  Khowa or mawa (milk evaporated to remove all moisture) is kneaded and flavored and made into balls which are fried till golden brown and dropped immediately into hot sugar syrup.

Gustaba  Large meat balls (kofta) cooked in gravy of curd, mixed with ground poppy seeds, nuts, and onions, and lightly spiced.

Halwa  A sweet dish made from lentils, semolina, wheat or vegetables such as carrot, beet root and pumpkins with butter, milk and sugar.

Idli  A fermented batter of ground lentil (urad dal) and rice steamed in moulds. A specialty of South India.

Jalebi  A golden-colour, crisp sweet filled with sugar syrup, formed in rings.

Kebabs  A savoury barbecue done in iron rods.

Kalai  A Bengali vegetable or fish dish with spices and yoghurt.

Kesari  A South Indian sweet dish made of vermicelli or semolina.

Keema  Minced meat

Kheer  A pudding likes preparation of milk with other ingredients such as rice or carrot.

Khoa  Milk is boiled down till all moisture is removed. Used as a base for a large number of Indian sweets.
Khorma  Rich, thickened curry of chicken, mutton and vegetables. Poppy seeds and desiccated coconut are added with other condiments of thickening. The meat itself is made tender by marinating in curd before cooking.

Khichdi  Mixture of rice and lentils.

Kofta  Minced meat balls.

Laddoo  A sweet ball made of gram or lentil flour, rice or semolina.

Lasssi  A beverage made of beaten yoghurt diluted with water; sugar or salt may be added.

Loochi  Bengali version of poori

Machher jhal  a special Bengali fish curry where the fish is first fried and then curried. Mustard oil is the cooking medium used. Mackerels make excellent jhal.

Masala  Indian condiments and spices.

Moilee  Fish or prawn cooked in plenty of coconut milk- lightly spiced.

Murg mussallam  A spicy chicken preparation.

Mutanjan  Spiced rice with mutton sweetened with sugar. It’s a specialty of Kashmir.

Mulligatawny curry  Chicken or mutton curry with a flavour popularised in the west Mulligatawny soup.

Mysore paak  A sweet crumbly confection of roasted besan cooked in moderately thick sugar syrup, and finished with ghee.

Nan  Indian bread made of slightly leavened dough baked on the wall of tandoor.

Neera  A non-fermented drink obtained from the coconut palm.

Nargisi Kofta curry  Minced meat, mixed with spices and egg, covers a hardboiled egg and it is fried and dipped in spicy curry.

Pachedi:  Seasoned yoghurt with vegetable – served in south India
Pakora: Slices of vegetables dipped in gram flour butter and fried crisp.

Pani Puri: A puff of dough fried and eaten with tamarind water and mashed potato.

Panir: Cottage cheese made by curdling milk with lemon juice, curd etc., and the whey removed by straining or hanging in a muslin bag.

Pao: A sort of bun baked in four sections (hence the name, meaning a quarter) that can be broken apart. It is believed to be of Portuguese origin.

Paratha: Fried bread made of unleavened wheat flour.

Payasam: A smooth Indian Milk pudding made from cereal (such as rice and vermicelli) or pulses and sugar.

Phirni: A creamy milk pudding made of rice flour.

Pulao: A rice dish. Rice is fried in fat and cooked in stock and water.

Puri: Deep-fried round wheat bread. About 5 cm. or 2 inches diameter and puffed.

Prawn Malaicurry: Prawn cooked in spiced cream and coconut milk and baked in a coconut.

Quabarga: A type of meat kebab.

Rabri: Sweet, thickened milk.

Raita: Vegetable, raw or parboiled, mixed with beaten and seasoned yoghurt.

Rasam: A spicy soup made of lentils and tomatoes, hot and sharp; served sometimes as an appetizer. A speciality of South India.

Reshmi Chapaties: Unleavened bread resembling tortillas, but as thin as silk, and about 20-25 cm. or 8-10 inches in diameter. Baked over an upturned dome-like iron vessel over the coal.

Rogan josh: A red curry with a thin gravy made from the leg of mutton cut with bones into fairly large pieces. The distant flavor is that of saffron and nutmeg. Saffron is added just before
removing from the fire the red colour is obtained by the addition of saltpeter and rattan jog, a red colour bark.

**Rista:** A minced meatball curry, a specialty of Kashmir.

**Rasgulla:** Small Chena Balls cooked in boiling sugar syrup.

**Sambar:** A preparation of lentils with one or more types of vegetables – served as a necessary accompaniment to rice in South Indian vegetarian.

**Samosha:** A thin pastry cone filled with boiled or spiced vegetables or minced meat and deep-fried.

**Shammi Kebab:** Cutlets made with minced meat and lentil.

**Shrikhand:** A sweet-sour concoction of yoghurt with liquid removed by straining and sweetened with sugar and flavoured with saffron and nuts.

**Shukto**

It consists of diced fried vegetables, some bitter (bitter gourd), some pungent (white Radish), some starch (Potato or sweet potato) and some soft vegetables like brinjals and green banana and drumsticks etc. A lunchtime delicacy of Bengal.

**Seekh Kebab:** Minced meat and spices ground together bound with egg and fixed on to a skewer and grilled.

**Sandesh:** Sweetened milk condensed to solid forms by slow cooking and flavoured.

**Tandoor Chicken / Fish:** Spiced meat or fish barbequed in a specially designed tandoor oven.

**Toddy:** An alcoholic drink obtained from a variety of palm.

**Uppma:** A savoury South Indian dish made out of semolina and lentils.

**Vark:** Thin foil of silver or gold which is edible.

**Vindaloo:** A sharp and hot curry made of pork, prawn, chicken or mutton. Originated in Goa.

**Yellow Rice:** Rice flavoured and coloured with saffron or turmeric.

**Zarda:** A sweet pulao served at the end of a meal.
3. 2. INTERNATIONAL CUISINE:

EUROPE

3. 2. 1. FRANCE

Now-a-days the most popular Cuisine of the world is Continental Cuisine and Continental Cuisine is mostly synonymous with French Cuisine. French people invented the real essence of modern cooking. Base of the modern cooking like mother sauces (Bechamel sauce, Veloute sauce, Espagnole sauce, Sauce de tomate, Hollandaise sauce, Mayonnaise sauce) are invented by French people. The real flavours of France have their roots in regional cuisine evolving around pleasant lifestyles of crafting goods such as cheeses, breads, pastries and wines. Bread has always been a staple in France. Meat, fish and vegetables are widely eaten as well. There are officially more than 22 regions in France many with their own dialects and all with their distinctive cuisines, cheeses and wines (Loomis, 1996). All of these French cuisines rely on techniques that bring out the essence of their foods.

The French haute cuisine is the foundation of fine cooking everywhere. French sauces enrich, enhance and complement foods transforming them into memorable dishes. The foundation of these sauces is often made with meat, bones and aromatics. The northern and western area of France encompasses land bordering on Belgium, Germany, the English Channel and the Atlantic Coast. The three regions nearest to Belgium are Champagne, Picardy and Le Nord, and most of their land is used for growing wheat and other cereals. In Picardy the main crop is sugar beet. Le Nord is responsible for establishing the potato as the most popular vegetable in France; it has always been Le Nord’s staple. Champagne is world famous for wine.

Alsace is a region that has been part of Germany a number of times through the centuries. Its cuisine demonstrates the refinements of French cuisine with the robustness of German food. Their breads are uniquely different than most of the other areas of France; they are heavier and made with rye and fruits. The most important cheese of the area is Munster or Muenster. Normandy area is known for its nutritious earthy dishes. Inhabitants here make a lot of fish dishes based in cream and butter, potatoes and onions with various cheeses. The fisherman of Normandy supplies the region as well as the rest of France with their catches. Brittany is the westernmost region.
Inhabitants here are best known as the originators of crepes and creperies. Fish and shellfish are abundant in the area, especially oysters and lobsters.

The Loire Valley's cuisine is pure classic French. Poached salmon, fresh goat cheese, and white asparagus all originated in this area. Other important crops include wheat, millet, beets, melons, pears, raspberries and mushrooms. Fishing and hunting are popular pastimes in the Loire Valley and a lot of the seasonal game such as duck, pheasant, deer and quail are commonly seen on their tables at their main meal. Orleans is the easternmost part of the Loire Valley and is the vinegar capital of France. Their wines are red and white.

The Bordeaux area produces fine wines, meats, vegetables and dairy products. But it was the wine of the area that brought the region wealth; it is the largest fine wine making region in the world. This area has mastered the blending of Cabernet and Merlot over the centuries. The area has a very unique climate and terrain that is the envy of winemakers around the world. The most famous districts for red wine here are the Medoc, Saint-Emilion, and Pomerol and the Sauternes district is famed for sweet white. There are more than 9,000 chateaux, and 13,000 wine growers in 57 appellations in the Bordeaux region (Fadiman & Aaron, 1975). Food in Dordogne is most often rich and rustic with foie gras and truffles.

Central France includes the regions of Burgundy and Lyons and is considered the gastronomic heart of France. The city of Dijon is renowned for its mustard. The city of Lyons is known for its rotisserie restaurants, roasting meats and poultry. Nearer to the Alps, this area is famous for all kinds of local sausage. The Province area starts at the Mediterranean and follows the eastern part of the Alps north. Fruit trees, rice, vegetables and cattle are all in abundance here. Local herbs from Province are world famous and found in notable dishes such as ratatouille. Salad Nicoise and popular delicious beignets were developed here as well.

The Southwest area of France goes from the Mediterranean to the Atlantic. This area is called cowboy country by the French. Bull-meat stew and fish soups are staples in their cuisine. Similar to their Spanish neighbors, this area salt-cures meat. Wines in this area are often spicy and tannic reds or fruity Rosés and their after-dinner drink of choice is Armagnac. Finally, in the city of lights, Paris, the best of all French foods are made in their world famous restaurants and the finest
regional foods are found in their specialty stores. The city is full of cafés and tea salons, bakeries and patisseries, wine stores and bars, bistros and brasseries, fine restaurants and cooking schools.

4.2.2. SPAIN

Spain’s history played an important role in the development of their food. For 700 years, the Muslims from Northwest Africa occupied Spain and brought their methods of cooking and food treasures with them. They brought and planted rice, figs, almonds, citrus fruits, peaches and bananas. Spices that came from the East such as cumin and aniseed are still used today. Peppers, tomatoes and chocolate came via the Americas. Main flavorings in today’s cuisine are garlic, paprika, olives and olive oil with the center of the plate being seafood, sausage or stewed meat (Rozin, 1992). Spanish food is not too spicy, but it is colorful. Foods are often seasoned and coloured with precious saffron. Paella, a main dish with rice, chicken, seafood and saffron is the country’s most famous dish (Wilkes & Watt, 2002). There are more than seven culinary regions in Spain.

The northern coast’s specialty is shellfish and seafood. Beef and veal are plentiful as well. Staple food is bread made with corn and rye. The northern interior’s farms produce white asparagus, baby artichokes, peas, beans and potatoes. Trout here is often cooked with ham. Riojo, Spain’s most famous red wine comes form this region. The central plains are most famous for the production of Manchego cheese. Madrid is in the center of this region and is quite an international city with many international restaurants and numerous tapas bars. The southeast region is home of the Valencia orange and is landscaped with large citrus groves. This region takes claim for the origin of paella. The coastline is lined with olive trees. Gazpacho, the Spanish international soup was born in this area.

3.2.3. PORTUGAL

Portugal is a country of soups, stews and casseroles. Whatever they find in the garden, market or pantry add into the pot along with Portugal’s primary basic ingredients of tomatoes, olive oil, onion and an excess of garlic. The cuisine shares elements with all its Mediterranean neighbors’
style with a love for fish, soups and sweets. Fortified wines such as Port and Madeira are world renowned from Portugal. Port was originally exported from the northern port of Oporto hence its name. Madeira was popular in England and the New World in the 18th and 19th century and comes from the island of Madeira. Many spices were imported in the 15th century when Portuguese sailors sailed to India, Asia and the Americas. Coffee and beans come to Portugal from Africa and fruits and vegetables from the New World. The northern part of the country cooks more rustic pork dishes with heavy breads of corn and rye; stews and soups are very popular. Wheat is the predominant crop grown in the southern area. Bread is eaten on its own or mixed into their main dishes here. Olive trees are widely grown in the south. Coffee is taken seriously in Portugal and served throughout the day. It is often drunk as breakfast alone or with bread.

3.2.4. GREAT BRITAIN

The countries of Great Britain have distinct cultures and histories with foods rooted in farming traditions. Great Britain is an island including the countries of England, Scotland and Wales, originally inhabited by local tribes.

For centuries, meat has been the center of Britain's plate. Beef is the first choice of Scotland while Wales chooses lamb. Roasting is the preferred method of cooking meat and is usually served with Yorkshire pudding. Great Britain's cooks use all the animal parts including the ears, head, tail, feet, and even blood. Another method popularized in Great Britain is pie pastry filled with meats.

Throughout all countries of Great Britain, game is abundant including venison, guinea fowl, hare and various game birds. Fish is an important element in their diet. A great variety of shellfish and fish, such as turbot, sole and salmon come from the deep seas around them. Also freshwater fish such as carp, trout, and salmon are consumed abundantly. Britain's original fast food is battered fish and chips all of the British Isles take pride in their various baked goods including scones, oatcakes, tea cakes, and griddle and yeast breads. Rich puddings are very popular in England and spread into Europe and the US. Britain is also renowned for its cheeses.

Britain is a nation of tea drinkers. Tea came to England from China by way of Holland (Kiple & Ornelas, 2000). It was once a luxury and became a cheap source of energy after the 18th century for the entire population. It is consumed throughout the day with snacks, breads and main meals.
3.2.5. IRELAND

Once the main food of Ireland, potatoes are still the primary starch in all traditional dishes such as Irish stew, potato cakes, potato pancakes and potato bread. Before the potatoes’ entry into the Irish cuisine in the 18th century, dairy products and cereals such as barley, oats, rye and wheat were their staples.

Ireland is always rich in fish and salmon is always revered in Irish folklore. Throughout the countryside, many different types of fish soups are famous. ‘Tea’ is so important here that they consider this welcome treat both food and a beverage. Tea time can refer to just the beverage tea or with cakes or scones, or it could be a more substantial meal with sandwiches or sausages and beans. It was in the latter half of the 19th century that tea, especially strong black tea, became available to the general public and gained its popularity. Breakfast is most often porridge or soda bread, while lunch is soup or a sandwich. Like their neighbours in Great Britain, dinner is the main meal of the day with meat, potatoes and sometimes vegetables. Favourite dishes are ham and French fries, bacon and cabbage casserole, as well as bacon, eggs and potato cakes.

3.2.6. GERMANY

Noteworthy items range from hamburgers to hotdogs with sauerkraut, to pretzels to desserts, such as cookies, donuts, cheesecake, strudel and torte (Hafner, 1991); all of them are originally from Germany. It doesn’t stop there either, there are side dishes, like applesauce, potato salad, and pickles as well, that originally came from Germany. During the cold northern winters their knowledge of preserving meats, fruits and vegetables is valuable. They preserved foods by salting, drying, curing, smoking and preserving in vinegar. They turned every bit of the pig into both ham and sausage. The cabbage was made into sauerkraut; fruits were dried and fish was steeped in brine.

All meats, pork, beef, veal, and lamb are loved by all and served in large portions while using all parts of the animals. Fresh and saltwater fish are also consumed; favorites are lobsters, oysters, herring, and smoked fish. Potatoes and dumplings are signature German dishes, whether boiled or steamed they are eaten as a main course or side dish. Soups are served each day. Game meat in the
form of venison, wild boar, hare, pheasant, partridges and goose are eaten widely with sweet sauces. Cakes, Tortes, pastries, coffee cakes, strudels, and dark breads are eaten on a daily basis here in Germany.

3.2.7. SWITZERLAND

More than half of this country, positioned in the center of Europe, is covered with high mountain ranges, therefore farming is not prolific. Products from their animals such as cheese and milk are very important to their cuisine. The cheeses of Switzerland are legendary, especially Gruyere. Fondue is the national dish of Switzerland and is gaining popularity today for the second time in the US (Shulman, 2002). The Swiss are great makers of and large consumers of chocolate.

Aside from cheese and chocolate, the Swiss could claim fame to a favorite 'healthy' breakfast cereal, granola. Another cereal, muesli, was first created by a Swiss doctor and consisted of oatmeal, nuts and dried fruit. They would soak the oats overnight, and then they added the nuts, fruit, milk and honey in the morning. Aside from the continental breakfast, Muesli is still the most popular breakfast of Switzerland. Lunch is their main meal of the day, usually consisting of three courses. Dinner is lighter and most often just soup and bread.

3.2.8. AUSTRIA

Similar to its neighbor, Switzerland, Austria is a small country, in the center of Europe. They shared their recipes as their empire spread throughout Europe and gathered recipes then made them their own with technique changes and different seasonings. Vienna is famous for its coffee houses which serve cakes, pastries and strudels. Sachertorte, their most famous rich chocolate cake, is so revered that most consider it to be a national treasure. The strudel, a wafer-thin pastry filled with all different kinds of fruit, poppy seed or meat is another famous specialty of Austria.

Popular foods of Austria are dumplings, noodles, smoked ham are found everywhere in Austria. In most of the country, they are used to eating a continental breakfast. Their midday meal is the main meal of the day and dinner the light meal of the day.
3.2.9. **BELGIUM**

Belgium is known for its outstanding meats and fresh vegetables. The country's *brussel sprouts* and *Belgian endive* are known throughout the world. There are many excellent cooks, pastry chefs and vegetables gardeners in Belgium. They produce some of the best *chocolate* and *cheese* in the region. *Waterzooi* is a specialty stew made with a choice of fish, shellfish or chicken and served with potatoes, bread and butter (Albyn & Webb, 1993).

3.2.10. **ITALY**

There are 20 regional areas in Italy, each with its own culinary heritage. All may use similar products such as pasta, but their techniques and sauces differ (Bishop et al., 2003). The north’s favorite ingredient choices are butter, *polenta*, and rice while in the south it is tomato, salt pork and olive oil. There are hundreds of different types of *pastas* with each region having their own specialties. There are just as many toppings which together produce an enormous variety of dishes. Generally the northern regional choices are flat pastas, while the southern regional choices are more varied shaped pasta.

In the Alpine region of *Trenturo Alto*, apples are used in everything, both savory and sweet. Baking and cooking techniques are more Germanic than Italian. The strongest agricultural areas are *Lombardy* and *Veneto*. *Polenta* is the staple of choice here. This area includes *Venice*. Fish and shellfish are abundant and are found in appetizers, pasta and main courses. The *Emilia-Romagria* region has the richest cuisine with the *Parmigiano Reggiano* cheese being their most renowned product. *Tuscany, Umbria* and *Marche* produce the world’s greatest olive oils and meats. *Black truffles* are important in Umbrian cuisine. The northern area is *Lazio* with *Rome* in the center of the region. It is a pastoral region with lamb as the all important meat. The food in this area tends to be more salty than in the other regions of Italy.

The southern cuisines are simpler than most of the richer northern ones. Most of the southern dishes are tomato based garlic-rich often seasoned with the Italian chili pepper, *peperoncino*. The most notable culinary town is *Villa Santa Maria* which is known as the ‘village of cooks’. Chefs are highly regarded and many cooks train at its culinary institute. *Pizzas* are at their best in the
southern region of *Campania*. In the *Puglia* area, onion replaces garlic. Southern coast are two islands, *Sicily* and *Sardinia*, where strong cuisine influences come from Greeks, Romans, Arabs, Norman and Spanish. The most notable influence still today comes from the Arabs. They planted citrus trees and brought the art of *sherbet making* to the island along with their *sweet nut pastries*. Sicilian cuisine is abundant in seafood dishes with tuna and swordfish being the most prized. Sardinia has more pastoral dishes made from lamb, vegetables, cheese and bread.

3. 2. 11. *GREECE*

Since ancient times food and family are the pillars of Greek life. All meals start with something to whet the appetite whether it is as simple as *olives* and *cheese* or a complete spread of a variety of *mezedes*. Greece is abundant with olive and lemon trees, various *wild herbs & greens*, goats, sheep and the large seafood bounty from the Mediterranean Sea. Each holiday meal has many traditional dishes specific to that day. Easter is celebrated with a lamb, *egg bread*, *cheese filled savory and sweet pastries*, and Christmas with a turkey, *pita*, and nut filled desserts. The New Year’s bread has a hidden coin to pass on luck to the receiver. For weddings a *powdered sugared butter cookie* is eaten by all the guests and at funerals anise flavored barley, called ‘*paximathia*’ meaning twice baked cookie bar, are served to all in attendance.

Olives have always been the most important crop in Greece; they are the third largest olive oil producer in the world with dozens of varieties. There are very few Greek dishes that are not seasoned with olive oil. Olive trees are seen throughout Greece in abundance, with the southern regions producing the bulk for exportation.

The next fundamental item is wine. The third fundamental food element in their culture is bread. A great variety of decorative, sculptured, flat and olive breads have changed little since bread was worshipped in ancient days in the form of Demeter, the goddess of family.
3.2.12. **HUNGARY**

They produce fabulous fruit and vegetables and raise the plumpest chicken, ducks and geese. They have some of the best carp, crayfish, pike, perch and other fresh water fish from Lake Balston. In the western part of Hungary, along the shore thousands of acres of vineyards produce most of the best wines in the country. The northern rolling countryside of Tokaj is where famous dessert wines have been made for over a thousand years. European nobles and wine connoisseurs have all appreciated them over the years. The most famous of these wines, Tokaj Aszu, is not fortified, instead it is naturally fermented; it is also known as a health tonic and a fabulous aperitif.

The most common seasonings are the trio of paprika, onion and garlic (Rozin, 1992). Onions, tomatoes and sour cream are also found often in their recipes of such items as stuffed cabbage, fish soups and cottage cheese noodles. They cook most of their proteins in the ‘trio’ and it is considered a necessity for goulash. This famous national dish is either a stew or a soup cooked in a large iron caldron (Albyn & Webb, 1993). Paprika is a spicy powder made from dried red peppers. Paprika in Hungary is not just a garnish as it is elsewhere; it is an integral element to their cuisine.

3.2.13. **POLAND**

The main foods of Poland are freshwater fish, ham, pork, sour cream, dark breads, mushrooms, cucumbers, sauerkraut, noodles, dumplings, buckwheat, game and rich cakes. Potatoes and cabbage are served at almost all meals. Cucumber salad with sour cream is the most popular salad. Mushroom hunts used to be a favorite family past time. Wild mushrooms are still a common ingredient in many recipes.

The national dish is ‘bigos’, made with a number of meats, mushrooms and brined cabbage (Albyn & Webb, 1993). Before the main course herring is often served, prepared in a number of different ways. Polish dumplings are world renowned, especially, the ‘pierogi’ noodle dough stuffed with meat or potato mixture then boiled (Cook, 1995). Cooks from Poland are experts with smoked meats; an example of this is their kielbasa sausage, which is very popular around the world today.
Their alcoholic drink specialties are clear vodka, flavored vodka, mulled beer, spiced honey wine, and liqueurs that are often used as desserts.

**Scandinavian Cuisine**

The Scandinavian Peninsula is known for its preserved foods and the ‘smorgasbord’, a feast of hors d’oeuvres.

### 3. 2. 14. DENMARK

Denmark’s food is noted as plain and nutritious and includes many preserved foods (Albyn & Webb, 1993). Strong Germanic influences show in the Danish people’s love for pork and thick gravies. Danish pork is in the form of bacon, roasts and sausages and is world renowned.

Open sandwich cafes are prolific, serving a great variety of this most popular item. Eel is very popular and has been for centuries; it is one of the best sellers at the cafes. Potatoes are a strong staple in their diet. A popular preparation is boiling, peeling and sprinkling with dill and then covering with white sauce. Endive and Kale is also served with white sauce. Rice Pudding served with cherries and strawberries as well as caramel covered potatoes are the Danes’ favorite desserts served on special occasions. The most consumed items are herring as the preferred fish, pork as the preferred meat, and soups with peas. Ultimately, the one most consumed item is the open-faced sandwich.

### 3. 2. 15. NETHERLANDS (HOLLAND)

The Dutch are world renowned for their cheeses, especially their *Edam* and *Gouda* which is outstanding when fresh. Other popular street market food is delicious, tiny, puffy pancakes sprinkled with powdered sugar called ‘*poffertjes*’. (Kleiman, 1997).

Breakfast is usually an impressive spread of breads, cheeses and meats. The midday meal is likely to be eaten on the run from one of the food stalls on the street, or small sandwiches, or a hearty
stew or soup. A very popular soup as a meal is ‘erwtensoep,’ a thick pea soup cooked with ham or sausage. Another is "hutspot," a potato-based "hotchpotch," or stews, often served with "klapstuk," a lean beef (Zibart, 2001). Fresh seafood is served fried, pickled or baked; the most popular items are herring, mussels, oysters and sole.

Africa and the Middle East

3. 2. 16. REGIONAL AFRICAN CUISINES

Africa is the second largest continent in the world and is a land of great contrasts geographically. There are food changes with the landscape changes from deserts, to tropical rain forests and grassy plateaus. African cuisine combines traditional fruits and vegetables, exotic game and fish from the oceans that surrounds her. The prime characteristic of Native American meals is the use of starch as a focus; accompanied by a stew containing meat or vegetables, or both. Cassava and yams are main root vegetables. Steamed greens, mixtures of hot spices with root vegetables, stew with and without meat, particularly chicken all are popular in Africa.

The continent of Africa is separated regionally by cuisines, North, East, West, Central and South Africa; the cuisine of North Africa is included in the Middle East section. The east includes Tanzania, Kenya, Somalia, Ethiopia, Uganda, Mozambique, and Madagascar, an island off the east coast of Africa. The West includes Cameroon, Nigeria, Ghana, Ivory Coast, Sierra Leone/Liberia, Guinea, Senegal, Burkina Faso, and Mali/Mauritania. The central area incorporates Zambia/Zaire, Sudan, Chad, Niger and Central African Republic. The country of South Africa is with the surrounding countries of Lesotho, Zimbabwe, Botswana, Namibia, and Angola which make up the Southern Region.

Eastern African Region

For the people of Tanzania protein-rich grains, legumes and lentils and at times small amounts of spiced meat is their daily meal. Coffee, cloves, cashews and tea are the primary exported items. Fish is vital to their diet and is used in sauces, soups and stews; fish is also popular fried or grilled.
In Kenya coffee is loved for its aroma and often combined with another country’s coffee to add to their fragrance. “Ugali” is the national dish of Kenya (Albyn & Webb, 1993). It is veggies in beef broth poured on top of cornmeal mush; for celebrations chunks of meat are added. Ethiopia is varied with valleys and plateaus for farming millet, sorghum, barley, wheat, sugar cane and veggies. The people of Ethiopia have a world famous style of cooking. Their most important export crop here is coffee. Bread is made out of millet called teff. This bread is baked on a griddle or in a skillet formed into pancake-like bread and served on top of their fiery hot stews. The national dish is one of these stews called “doro wat” which is made from chicken and eggs (Albyn & Webb, 1993).

The Island of Madagascar is the fourth largest island in the world; it is located in the Indian Ocean off the east coast of Africa. Vanilla is the star export of this country; two thirds of the world’s vanilla comes from here. Over one half of the farmlands grow rice. Many of the soups and stews reflect the influence France has had on Madagascar’s cooking.

Southern African Region

South Africa was dominated for centuries by the Europeans. This certainly is reflected in their society and cuisine. Because of the trading ports a fusion of East Asian cooking styles and ingredients from Malay and India is also reflected in many dishes (Coetzee, 1981). The national dish of South Africa is ‘Bobotje’ and uses curry which demonstrates an influence from India (Albyn & Webb, 1993). Turmeric is used to create a popular sweet/savory yellow rice side dish. The preserving process using pickling spices and curry seasonings which came from Malaysia via Dutch spice ships years ago is still very popular today.

In Zimbabwe, The staple grain here is corn and is seen at most all meals. The national food is made from corn flour and called ‘sadza’ which is a cornmeal cake which has stews poured on top (Albyn & Webb, 1993). Fresh and dried fish from lakes and rivers are their favorite protein. They consume a thick porridge most mornings made with soured milk and wild greens. In the cities, the native Zimbabweans have adopted the English habit of drinking tea everyday. In Namibia the one important feature noted is that they enjoy ostrich eggs instead of their homeland favorite chicken eggs. Fishing not only provides for the locals but has become an export industry. Millet is the
country’s staple crop farmed by the Ovambo tribe people and is the main ingredient in the thick porridge that is eaten daily.

**Central African Region**

Central African Republic is exactly that, in the center of Africa. Banana growing rain forests are to the south and high plateaus cover most of the rest of the country. Staples grown here are millet and cassava which are found at every meal. Catches from fishing and hunting provide their primary source of proteins.

The Sudanese grow grains, vegetables and fruits along with nuts and legumes. Fish is a favorite protein of dwellers near the Nile and its tributaries. The northern Sudanese are Sunni Muslim, while in the south their beliefs are more of the African native tradition. The country Chad exports dried and smoked fish, as well as peanuts. Sugar cane, originally brought in by the French, has created sweet lovers of all the inhabitants of Chad.

**Western African Region**

Nigeria is one of the strongest economies of Africa because it is the sixth leading producer of oil. Agriculture is strong here as well with over 70 percent of the population involved in the farming industry. Palms are an important staple; they make use of every bit of the palm for making palm oil, and wine. A number of types of livestock such as donkeys, goats, pigs and sheep are raised as well here.

Cameroon is a country that is a major exporter of cocoa. The vegetable side dish, ‘fufu’ is the national dish of Ghana (Albyn & Webb, 1993). It is made from plantain, yam or sweet potato. First it is cooked, then mashed and seasoned; then formed into balls and served in a soup or stew or as a side for meats.

The Ivory Coast exports a tremendous amount of food, coffee and cocoa. The fishing industry is mostly for export as well, since the natives traditionally do not like saltwater fish. They are producers of large crops of peanuts and peanut oil. French influences on the city cuisine are evident.
North African Region

Most of the foods are eaten with the hands, so flat bread has an important role scooping up the savory items. The art of the preservation of foods is an integral part of the nomadic tribes. Mutton is dried; butter is clarified; lemons are salted; tomatoes are dried, canned and frozen; figs and dates are dried; Breakfast throughout the area is substantial and served with a powerful sweetened cup of coffee or mint tea. The morning table could have porridge, fruit and nut mixtures, pudding, bean soup and even couscous. The next meal is late in the afternoon and then dinner, which is the lightest. Popular desserts are fruit, fresh and dried, pastries, halva and baklava. Eating habits are changed for festivals, holidays and hosting guests. Islamic followers have a saying, ‘you open the door to a stranger and you offer hospitality for 3 days before you ask the reason for the visit’. A hand washing ritual and blessings always precede the meal (C. Manuelian, personal conversation, August 10, 2004).

3. 2. 17. THE MIDDLE EASTERN CUISINE

The cuisines and cultures of the Middle Eastern countries blend so much with Central Asia that it becomes difficult to decide which countries to include. Iran, Iraq, Turkey and Afghanistan are often included in the Central Asian region, but are included in the Middle East for this project because of their cuisine similarities and influences. Greece and the Balkan Peninsula, included in Europe are often grouped with the Middle East because of their cooking techniques, seasonings and pastries, which they have exchanged over the years with the Middle East.

The long standing tradition of yogurt and spit roasted meats from Caucasus is strong throughout the Middle East today. The main herbs used are dill, parsley and mint even thought the single most predominant spice is cinnamon. Lemon has always been the predominating flavor, while the tomato has become more popular. The Middle Eastern cuisine has four distinctive flavor partners – tomatoes and cinnamon, lemon and dill, lemon and parsley, garlic and mint (Rozin, 1992).

Religion plays a major role in Middle Eastern cuisine. Most of the countries listed in this region practice Muslim and are Arab nations, in North Africa, on the shores of the Mediterranean and on
the Arabian Peninsula. Sweet pastries take center stage for dessert instead of fruit as in the rest of the Middle East. Flat bread and strong coffee is also popular here.

3. 2. 18. TURKEY

Turkey is part of two Continents, Europe and Asia. Turkish culture is influenced by both regions. There are contrasts of flavors of salty and sweet, sweet and sour as well as temperature contrast of hot and cool with toppings of thick yogurt on hot dishes. Turkish coffee and sweets are world famous yet tea is the national beverage. Turks only consume their coffee on special occasions because of the expense. The most popular Turkish dish is the original Turkish shish kabob and rice pilaf. Favorite vegetables are cucumber, eggplant, green peppers, okra and tomatoes. The excess of the summer production of fruits and vegetables are dried or pickled. The bulk of the world’s supply of hazelnuts is grown here in Turkey.

Bread is served with every meal and used as a utensil. Stale bread is used as a thickener for soups and stews. Lamb is the primary meat and all parts of the animal are used. Eggplant is the number one vegetable used; it originally came to Turkey from India. Throughout Turkey creamy yogurt and a variety of cheeses are used in many dishes. Fruit, fresh and dried is often cooked with meats, vegetables and grains.

3. 2. 19. RUSSIAN CUISINE

Russia is almost one-sixth of the earth’s surface, stretching over two continents, from the marshes of St. Petersburg to the frozen Siberian tundra; it is the largest country in the world. More than two thirds of its residents live in the major cities of Moscow and St. Petersburg; both are in the European area of Russia. Russians have a general love for bread, blintz made from buckwheat flour, potatoes, grain porridges, and soups. Dill is the national herb of Russian and can be found in almost everyone’s garden. They seem to use sour cream and garlic on everything as well. No matter where in Russia, there are pickled tomatoes and cucumbers along with dried mushrooms as the staples in every kitchen.
Nutritious soups, dumplings, pies and potatoes are consumed. *Kasha* is the most popular cooked grain and is served savory or sweet. Fish is the most popular protein and salmon is the filling for a Russian signature pastry dish with mushrooms, eggs, and rice. The most popular Russian soup was originally a Ukrainian dish, *borscht*, and is now made throughout the country many different ways (Albyn & Webb, 1993). For special occasions when beef is used, *beef stroganoff* is the choice when the need is to be extravagant. It is necessary to mention the world renowned delicacy of *caviar*. This salted *roe* or eggs of sturgeon are served as an appetizer. The best, as well as the most expensive caviar in the world comes from Russia. Depending on which fish the caviar comes from, it comes in various colors; the most expensive is the black caviar.

**Asian Cuisine**

3.2.20. **PAKISTAN, AFGHANISTAN AND TURKMENISTAN**

The Pakistani cuisine in the regions of Punjab, Sindh and Muhaj is strongly influenced by India with similar techniques and spices because of the 5000 year history of being the subcontinent to India. In the north, the Pakistani Pashtuns and Baluchese cooks have always showed influences from Afghan-Iranian cooking. Pork is forbidden in the Muslim community and beef is forbidden by the Hindus. Because of this, lamb and mutton have always been the most popular meats used. Rice and wheat are the main staples in the Hindus’ and Muslim’s diet. Most popular flat breads are Roti, naan and Paratha. Lentils and garden vegetables are used at most meals; the meals of the wealthy include eggs, fruits and meats. Pakistan and their neighbors use clarified butter to cook with. All the countries in the region use similar seasonings.

Flat bread is part of most meals of these countries in Central Asia and different specific flat bread distinguishes each region. Most of these unleavened breads are cooked over an open fire or on the walls of ovens. They are often dipped in tea or yogurt or served with meat. In Pakistan, the bread is made with apricots and sprouted wheat. In Afghanistan, it is yeasted bread and made from yogurt and wheat. And in Turkmenistan, the breads are made from sourdough.

Afghanistan cuisine is mainly influenced by that of Persia, India and Mongolia. Afghani naan, rice pilaf, aushok, and kebabs are just a few of its specialties. A very popular item sambosa is similar
to those in India; they are crispy triangle purses of fried pastries filled with ground beef and chickpeas. Another favorite meal is Mantu which is steamed dumplings of beef, eggplant, butternut squash, topped with yogurt and keema, a light meat sauce. Desserts are usually consumed with choi, an Afghani black tea. In Turkmenistan, national favorite dish is Marcão, a baked rabbit with a beer sauce. Its cuisine and culture is strongly influenced by their northern neighbor, Russia.

3. 2. 21. SRILANKA

Ayurveda is a philosophy of healthy living that has found its way into Sri Lankan cooking. There are even ayurvedic hotels, where each guest is assigned a villa, a medical doctor and cook. Breakfast in Srilanka is often batter of rice flour cooked in special hemispherical pans to make appa or hoppers. At lunch time they prefer boiled rice, curries, vegetables, fish or meat. Roti stuffed with fresh chillies, onions and cooked eggs griddle cooked meat or fish also popular. Dessert is prepared which may be a battercake cut and deep fried in coconut oil.

3. 2. 22. CHINA

Chinese cuisine is recognized today as second popular cuisine after the continental cuisine. Traditional medicine in China links food for specific medical needs, as well as for the general maintenance of good health. China is the world’s largest producer of carrots, cucumbers, pears, rice, sweet potatoes and watermelon. Poultry, pork and beef, in that order, are the meats of choice in Chinese cuisine. Fishing is important to the inhabitants’ diet whenever there is water nearby. Still today, most cooks in China use a lot of corn starch and ajino motto (monosodium glutamate), even though their use has declined elsewhere.

The wok and cleaver is in every kitchen, and soy sauce is the main seasoning throughout the country. China’s national primary essences are made up of soy sauce, rice wine and gingerroot. In Peking or Beijing, they add msg, garlic and sesame to that. Szechwan emphasizes the balance with sweet, sour and hot along with the noted three primary essences. In Canton they add black bean and garlic to the three basic Chinese national essences of soy, rice wine, and gingerroot (Rozin, 1992).
Chinese cuisine varies from region to region. There are four major cuisines and five regions. The northern plains includes the provinces of Inner Mongolia, Honan, Shantung, Shansi (Shanxi), Shensi (Shenxi), as well as Hopei where the city of Beijing, known in the past as Peking. The fertile east, watered by the Yangtze River, includes Anhwei, Chekiang and Kiangsu provinces. The south is famous for the Cantonese cooking of the Guangdong province and includes Fukien and Kwangtu provinces. The central region includes Szechwan, Hunan and Yunnan provinces. Lastly, the western province of Xingjiang is most influenced by Central Asia. There also have been independent colonies that are now under the Chinese jurisdiction, such as Macao in the south, the islands of Hong Kong and Taiwan and in the west, Tibet.

The eastern region has an abundance of seafood because of the Yangtze River. Common ingredients in this region's cuisine are oil, sugar, sweet bean paste and rice wine. Buddhist tradition influences their specialties as well. The predominant Shanghai method of slow cooking uses a thick, dark soy sauce and rice mixture until it is reduced; then it is poured over the main ingredient. The cuisine is known for delicate balancing and pairing of the right vegetable with the right protein, to bring out their natural sweetness. The southern region includes the most famous of the food areas, Canton. Long, warm, wet days throughout the year create the perfect environment for cultivating almost everything. The coast provides ample seafood; the groves are filled with fruits. Cooking methods and recipes here are sophisticated and varied; they also have a love for deep-frying. Their foods are not highly seasoned, but are harmoniously blended. Primary sauces and seasonings are soy, oyster, and chili sauce, very hot mustard, vinegars, sesame oil, white pepper and black beans. The best shark fin and birds nest soup is said to be found in Fukien province.

The mountainous central or 'spicy' region includes Szechwan, Hunan and Yunnan provinces; steamy heat and spicy foods fill the restaurants here. Even before chili pepper was introduced in the 17th century, their foods were spicy (Kiple and Ornelas, 2000). The area's signature five-spice powder is an aromatic mixture of star anise, cinnamon, cloves, fennel seeds and peppercorns. It is believed that the blend was created because of the ancient belief in the five elements of wood, metal, water, fire and earth. The spiciness of the food tells of locally grown chili and the inclinations of the local palate. This area did receive outside influences because of silk trade during medieval times.
Even though the three provinces have similarities, there are differences. Szechwan cooking is not just hot; it is also sweet, salty and vinegary. Hot and sour soup, crispy duck, twice cooked pork, chicken with peanuts and "mo po" tofu are all specialties of the area and are found in most every Chinese restaurant around the world. Pickled veggies, broad beans and pastes are frequently used. Yunnan is less spicy than Szechwan, but similar. Their cuisine is influenced by their Tibetan neighbors and its proximity to India. Dairy products such as yogurt and curry spice blends are popular. Hunan region is called 'the land of fish and rice.' Hunan cooking is centered on rice, fish, cabbage, noodles, pork, radish and mountain foods.

The Western province of Xingjian's foods have more in common with Central Asia than within the rest of China. Wheat, instead of rice, is the main staple in the form of flat breads, dumplings and noodles. Lamb and mutton are skewered and rubbed with spice mixture of cumin, black peppercorn and cayenne then served with mint seasoned yogurt. This is the most popular street food in the province and clearly demonstrates the Central Asian influence.

Most of the people in Tibet live at high elevations. Many nomads here are herders of sheep, yaks, and goats. The grain of barley truly separates Tibet from the rest of Asia. Yak milk is a primary stable and is used for butter, cheese and yogurt. Yogurt is also made from the milk of cattle and goat. Historically, the national Tibetan meal is tsampa, which is a kind of dough made with roasted barley flour, yak butter and water (Shulman, 2002). Juema was the favorite Tibetan snack which is made from butter, tea and salt. Tibetans have lived on beef, mutton and milk products for high heat energy, which is helpful for people living in the area of high attitude in order to withstand the coldness there. Traditional Tibetan food includes qingke wine which is a barley beer, buttered tea, sheep blood soup, lamb and yak meat. Black tea is used for their sweet tea of choice with milk and sugar. More recently, Tibetans have taken to the Chinese cuisine in all the cities, but the traditional meals are still found in the rural areas.

3. 2. 23. JAPANESE CUISINE

Four separate islands located off the coast of eastern Asia make up the country of Japan. Worldwide, they are known for their artistic presentation of food. Japanese cuisine has developed
over the past with strong influences from both China and Korea. But it is in the last 300 years all the influences have come together to form what nowadays is known as Japanese cuisine. Japan’s true flavor principle essences are soy sauce, sake and sugar (Rozin, 1992). Some form of seafood is at every meal, even if it is only bonito tuna flakes to flavor broth. Seaweed is the base for soup stock and is used to wrap or garnish foods. Tofu and miso are the secondary protein sources after fish. Aside from rice, they eat a great deal of noodles made from either wheat called udon or buckwheat called soba.

With all Japanese cooking, strict requirements of harmony, beauty, and freshness are adhered to. The Japanese precisely cut everything into bite sized pieces that cook fast and are easy to pick up with chopsticks. Stir-frying is the method most often used, which helps foods to retain their natural flavors. The Japanese eat with chopsticks and drink soup directly from the bowl. A main course, such as grilled fish and a salad is complimented with rice, soup, pickles and tea. The Japanese are very particular about their rice which is their primary staple. Other popular item is Tempura.

3.2.24. KOREAN CUISINE

Korea is surrounded on four sides by water, so it is only natural that seafood and rice are staple foods. Due to its geographical situation, the markets overflow with fish, shrimp, crabs, clams, oysters, squid, and octopus. They are prepared and eaten in numerous ways including dried, pickled, crushed into paste or sauce, stewed, steamed, and grilled. Fish is even stirred into common breakfast porridge. Food is flavored with various combinations of garlic, ginger, soy sauce (sweeter than its neighbors), rice vinegar, sesame oil, dried anchovies and one of the many delicious spice pastes called changes or jangs that creates flavors similar to miso (Shulman, 2002). The country is divided geographically and by their choice in meat; northerners eat more pork, while southerners prefer beef. That does not prevent the cooks from mixing meat, fish, chicken, and pork; they often do.

The Korean cooks follow the tradition of the balance of five colors (red, green, yellow, white, and black) and of the five flavors (salt, sweet, sour, hot and bitter). They use vinegars to sour, ginger to bitter, chili pepper or mustard to heat, beet sugar, honey and sweet potatoes to sweeten and the
salty is provided by soy sauce, salty bean paste, or preserved fish or vegetables. Similar to the Japanese, the Koreans eat a medium-grain ‘sticky’ rice (as distinguished from long-grain and short-grain, or glutinous, varieties). Both grain and rice are often made into noodles, and play a central role in Korean cooking. Great varieties of soups are made and are often native buckwheat noodle-based. Kimchi is the most famous of these side dishes. Kimchi is the name given to any one of hundreds of spicy pickled dishes. It is the start of nearly every meal, and its production is an ancient and revered art. The most famous kind of Kimchi is made with Napa cabbage; Koreans also make Kimchi from radishes, fish, squid, cucumber, eggplant, radish greens, even fruit.

Southeast Asia

This region includes Myanmar (formally Burma), Thailand, Cambodia, Laos, and Vietnam, heading south from the southern border of China and stretches east to India and Bangladesh. The island countries of Indonesia, Malaysia and the Philippines are also included in this regional cuisine. Each of these countries has their own identity or essences that are identified in their food. In Vietnam, there are traces of French flavor and style that remain from centuries of occupation. In Malaysia and Indonesia, the prevalence of Islam has virtually eliminated pork from their diet. Spanish and American influences enhance Filipino food.

Indonesia, Malaysia and Singapore adapted to India’s style of eating with their hands while Thailand uses the west’s utensils of a spoon, knife, and fork. Vietnam is the only country that adapted to China’s way of eating with chopsticks. Desserts are most often fresh fruit, unless it is a holidays or special occasion. The only exception is seen in the Philippines and Singapore where they consume more of the western style of dessert.

3. 2. 25. THAI CUISINE

Sharing a peninsula with Myanmar, Cambodia, Laos, and Vietnam, Thailand is a very small country in Southeast Asia. Thailand’s food is influenced by both India and China, yet it has maintained its own distinct identity. In the southern area their preference is for long-grain rice, while in the northern area they prefer short-grain sticky rice. Rice and a cucumber salad are
usually served with meals to cool one’s mouth because of the heat from the spicy dishes. Desserts are made from black or white sweet rice with fruit and/or coconut.

Other distinct Thai spices and produce are chili, coconut milk, galangal, lemongrass, palm sugar, and tamarind. Basil or Thai basil, black pepper, cumin, garlic, ginger, green onion, shallots, and turmeric are listed as ingredients in most Thai cookbooks (Poladimontri & Lew, 2002). Beer is the beverage of choice for most Thai, and rice whiskey is the favorite liquor, tasting similar to rum. Ideal Thai cuisine uses all of our five-flavor senses (salty, sweet, sour spicy and bitter), in perfect balance to enhance one’s health.

3. 2. 26. MYANMAR

Myanmar was ruled by the British for 200 years, and was one of the richest countries in Southeast Asia. After becoming independent, it became one of the poorest. There is a strong vegetarian tradition since 95% of the people are Buddhist. Fish is the most popular protein.

Myanmar’s main essences are onion, gingerroot, garlic, turmeric and chili (Shulman, 2002). Other traditional ingredients include ghee, shrimp paste, coconut milk, rice, chickpea flour, rice flour pancakes, and lime. Mohingha is the national dish, which is a creamy fish curry with rice vermicelli and a multitude of garnishes (Albyn & Webb, 1993). Fritters are popular as well, and are made with beans, peas or other vegetables. As opposed to the common five balance flavors of Asia, the Burmese have identified six – sweet, acid, salty, spicy, astringent and bitter. Aroma, color and texture are also important elements to their meals.

Australia

3. 2. 27. AUSTRALIAN CUISINE

Modern Australian food is a true fusion cuisine. Food through the day is eaten in the western fashion by most, a hearty breakfast, followed by a light lunch and the evening dinner is the main
meal. Meat has always been abundant in Australia and modern chefs use native animals for steak and preserved meats. Emu, kangaroo, venison and more recently camel are widely seen on restaurant menus and at ‘babies’. The roots of the Australian ‘barbie’ (barbeque) come from the bush tucker. This was when the 19th century immigrants worked in the outback; they were often paid in slabs of mutton, kangaroo, emu or wild goat. They cooked them over the open fire and adopted other eating habits from the bush people.

There are no regional cuisines here, only local specialties. Sydney is known for their great seafood especially porgy, oysters, and yellow fin tuna. Olive groves are seen in the surrounding areas of the city. Macadamia nuts were once only from Greenland, and were known as bush nuts. They are now grown and available on the entire continent. Queensland is known for reef seafood such as red emperor, coral trout, pearl perch, mud crabs and Moreton bay bugs (flathead lobster). High quality mangoes are abundant here as well. From the northern territory come kangaroo, crocodile, and buffalo as well as Barramundi fish. The island of Tasmania is considered the seafood capital of Australia with its great deep-water fish such as blue grenadier, deep sea crabs, rock lobster, scallops and trivially. The dairy industry produces high quality, classic European cheeses along with goat and a number of specialty Australian cheeses.

3.2.28. NEW ZEALAND

The continuation of migration from Europe and a new wave from Southeast Asia, solidified today’s cuisine of New Zealand. As in Australia, beef and lamb is plentiful, and of high quality here. Popular ingredients are beef, fish, mussels, clams, oysters, venison, cheese, Kumara and kiwi. New Zealanders export peaches, apples, apricots and strawberries as well. Seafood is also an important industry in New Zealand, especially oysters.

New World wines from New Zealand are a growing export industry, and their recent productions are well respected. Big and vibrant reds like Cabernet Sauvignon and Shiraz along with wonderful Pinot Noir, mostly grown on the North Island, are developing quite a quality reputation around the world. The South Island produces crisp, clean Sauvignon Blancs and Chardonnays. There is a growing trend of using screw caps for both the value wines as well as the prestige wines; and all the bottles are labeled according to the grape variety and are easily identifiable.
**Latin America**

3. 2. 29. **MEXICO**

The cuisine of Mexico is the oldest known indigenous one in the western hemisphere (Kennedy, 1972). Corn is considered a gift from the gods, and to this day many believe it to be sacred food. For centuries, corn along with other staples was spread throughout the world with the explorers. The Mexican’s great donations to the culinary world are vanilla, avocado, corn, tomato and chocolate. In the northern region cattle and goats are raised; cheese is produced, and wheat is grown. In the central area fruits, vegetables, legumes are grown; goat, pig and fowl are raised. In the southern region, there are tropical fruits, vegetables and seafood in a style derived from the ancient Aztec and Mayan cultures, with its variety of dried peppers. Mexican cooks are famous for savory herbed stews and sauces. Flavors from the orient are blended with the cuisine of Mexico’s Pacific Coast (Shulman, 2002). Seafood, garnished with tomatoes and herbs, followed by rich coffee is the basic meal here. One of the oldest recipes known from Mexico is their flat bread, or what is known as corn flour tortillas.

3. 2. 30. **UNITED STATES OF AMERICA**

**Northeast**

The Northeast is known for seafood, maple syrup, fruits, vegetables; the prominent livestock here are chicken and dairy cows. Maryland, along with her neighbor Delaware, has as its most valuable farm product, chicken, and also produces milk, apples and tomatoes. Maryland is more famous for its blue crabs from Chesapeake Bay than anything else. New Hampshire’s most important farm product is milk, and it is evident by the abundance of cows that live in this state. This state also is a large producer of maple syrup, potatoes and apples. New Jersey is known as the Garden State because of the number of farms and orchards. New Jersey is the top producing state for quality blueberries and tomatoes. New York produces an abundance of dairy products, cattle, vegetables, and fruit.
Pennsylvania is the leading producer of mushrooms in the U.S. today. Other important farm products are buckwheat, cattle, corn, fruits and vegetables. Rhode Island is known for its commercial fishing and tuna catches. Vermont produces more maple syrup than any other state in the country and well known for cheddar cheese.

North & South
The northern Midwest region is known for its wheat, corn, fruit and production of cheese, while the southern Midwest is better known for its livestock, such as cattle or pigs. The most famous regional cuisine here is Tex-Mex.

Illinois has fertile soil and plenty of rainfall, so it has been able to grow many crops, i.e. – corn, wheat, asparagus, pumpkins and apples. Indiana leads in the production of eggs Indiana supplies most of US’s peppermint and spearmint. Farms also grow wheat, potatoes, and apples as well as raise hogs and chickens. Iowa’s top crop is corn. Aside from growing apples and corn, the farmers here also raise cattle, hogs, turkey and chickens. Kansas produces more wheat today than any other state. Michigan’s cherry orchards along the lake produced the first tart cherries for cherry pie filling. This state is also the first to produce dry beans. The first portable meal called “pasties” was brought to Michigan by the mining families from England. It was a meat, veggie or cream-filled half moon pastry dough. The Kellogg brothers created wheat flakes, grape nuts and corn flakes in that order and they were all a huge success.

Missouri’s most important crops include black walnuts, apples and corn. It also produces dairy products and raise cattle, hogs and turkeys. Peanut butter was first made by a physician here and at the World’s Fair in 1904 where ice cream cones and hot dogs on buns were first introduced. Nebraska’s nickname is the cornhusker state. It is well known for growing corn along with wheat, oats and potatoes. Ohio is second to California for growing hothouse tomatoes. Farmers here also farm wheat, cucumbers and apples. A Greek restaurateur created Cincinnati chili by adding Mediterranean spices and serving it over pasta. Ohio is attributed with popularizing oatmeal by processing it to make a cereal for humans whereas before it was mostly given to horses. Oklahoma’s two major cash crops are beef and durum wheat. Oklahoma also grows peanuts and peaches. South Dakota is a major producer of cattle and hogs. The farmers’ most important crops are wheat, corn and sunflower seeds. Texas is the top state for raising cattle with important crops
of rice, peanuts, pecans and citrus fruits. Texas grows more blue corn than any other state in the
U.S. Commercial fishers bring in shrimp, crabs and fish. The state food is chili with tomatoes and
ground beef with the basic ingredient being hot chili peppers.

Southeast
The Southeast’s strongest crops are peaches, peanuts and all types of citrus. Hogs, chicken and
turkey are raised throughout this region. The most renowned cuisine in the area is Cajun.
*Florida*’s warm weather and rainfall enables the farmers to grow many fruits and vegetables, but it
is mostly known as the number one producer of citrus fruits including oranges, grapefruits, lemons
and limes. The most unique citrus is the key lime, believed to have been brought here by
Columbus and grown only on the Florida Keys. *Georgia*’s peaches and peanuts are world
renowned. Farmers also produce chickens, eggs, apples, cabbage, corn, grapes and pecans.
*Kentucky*’s farms predominately grow corn, dairy products and soybeans along with smaller crops
of apples, peaches and popcorn. Kentucky Fried Chicken was founded by Colonel Sanders.
*Louisiana*’s food history is tied into the French and Spanish settlers with Creole and Cajun
cuisines. Tabasco hot sauce was developed using hot peppers that originally came from Tabasco,
Mexico. *Mississippi*’s Gulf of Mexico shoreline keeps the fishing industry strong with catches of
shrimp, oysters and red snapper.

*North Carolina*’s barbeque is chopped slow cooked pork over hickory fire, with a vinegar-based
sauce in eastern area of the state and tomato-based sauce in the western. It is extremely popular
with natives and vacationers alike. *South Carolina*’s farming area is the leading producer of
peaches and corn for the fresh market. *Virginia* is most famous for its ham; it is cured, smoked and
aged for a unique flavor. Oysters and crabs are the biggest catches on the Atlantic coast. Popular
crops include potatoes, sweet potatoes, peanuts and apples. *West Virginia* is famous for their
pumpkin pies and other sweet and savory dishes made from pumpkins

West – North & South
The west has a few distinctive cuisines – Californian Spa Cuisine with its perceived light, fresh
and healthy foods, Southwestern with its Native American influences (Greer, 1983). *California*
grows a great variety of fruits, nuts and vegetables with top production in grapes, almonds, lemons, lettuce, and tomatoes. Colorado farmers raise cattle, as well as buffalo, for their meat. They grow wheat, potatoes and apples. Montana has four times as many beef cattle as there are people. It leads the nation in sheep and cattle-raising, and also grows sweet black cherries, wheat and potatoes. Citizens here are known to hunt and consume deer, moose and elk.

Nevada raises cattle and sheep, and is one of the driest states in the region. Nowadays with the help of irrigation they grow potatoes, onions and wheat. Nevadans have a strange habit of adding lemon to their pasta sauce and make a number of desserts with potatoes. Oregon grows almost all the hazelnuts produced in the U.S. Oregon leads the nation in the production of winter pears, blackberries, and boysenberries as well. Other products brought to market are potatoes, carrots, watermelons, cranberries, cheeses and fish. Washington is number one in the nation in growing apples.
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