CHAPTER-III
ANTHROPOLOGY AND FOOD
Food is an integral part of any culture. Cultural heritage is stronger than economic and social circumstances and has influenced human society in many ways including food habits. Food habits are the features of the society and integrated into its structure and social values. Food habits and dietary pattern are influenced by a multitude of physiological, social, psychological, cultural, personal and environmental factors. In India, food habits are also influenced by heavy pressure of population, traditional methods of agriculture and livestock raising. They are the products of the present environment and past history. Food also reflects pleasure and delight and those food patterns and customs that have become meaningful to a group, are carefully held and not quickly changed.

Food, the most essential requirement for the survival of man has been prepared in different ways in different parts depending on tradition, culture and climatic conditions. These foods are known by the name traditional foods, which are based on solid foundation of culture, custom, natural environment and are eaten by people for a long time. These
traditional foods have been developed over the ages. In this context, India has a rich treasure of traditional foods and each region has its own traditional preparation of foods during festivals, ritual celebration and for different conditions. The nutritional compositions of these foods vary among households due to variation in ingredients and methods of preparation. This also depends upon one's economic condition. Hence the standardization of these traditional foods becomes important to assess their nutrient composition. Standardization process involves fixing up of the quality and quantity of ingredients used and the method of preparation of particular food item. This also helps in controlling the cost and quality of the recipe.

The study of traditional food is important in community nutrition as it helps in development of new products based on traditional foods for modern food markets, especially when the high nutritive values of these traditional foods are realized. The scientific study and promotion of these foods become important in order to preserve the cultural heritage and to improve the nutritional status.

The knowledge of traditional foods, their importance and mode of preparation is transmitted from generation to
generation through the word of mouth. The rapid changes in society either due to urbanization, industrialization, education, modernization, social or scientific developments the traditional food preparations during festivals are undergoing changes. The heritage of traditional food carried from one generation to other may disappear and the knowledge and practices regarding traditional food treasure with older individuals may vanish in course of time if not understood by the younger generation. Traditional foods in India have a rich heritage of multi-dimensional culture. These foods have been developed over years through trial and error and known for their wholesomeness. Many studies are conducted all over the world to know the traditional foods and their nutrient composition.

Traditional Festival Foods in India:

Festivals form an essential aspect of any culture. Many festivals are celebrated in India. Festivals in India have both religious and social significance. Depending upon the significance of the festival, foods are prepared. During the celebration, typical food is prepared in each festival. A detailed picture of festival and festival food of Karnataka has been reported by Azer (1977), Anon (1988 and 1990). During
“Dasara” Goddess Chamundeshwari was worshipped and foods like Dosa, Vade and Kajjaya were prepared. During “Ugadi” a New Year day for Hindus a sweet dish called obbattu was prepared. A virtual of eating Bevu Bella (a mixture of neem flower, Jaggery, mango (raw) and other dry fruits was common. During Deepavali foods such as Hulianna,(curd rice) Vada, Idli, Kichadi, Kajjaya, Payasa, Obbattu were reported to be prepared. Kadabu was reported to be the special dish for Ganesh festival. Tambbittu, a sweet dish was prepared during Gowri and Maramma festival in Bangalore district. Panaka a sweet drink, Kosambari and Rasayana were prepared during Ramanavami and Shivaratri on the eve of Karahunnime and Mannettina amavasya (full moon day and new moon day festivals respectively) day models of oxen were prepared and worshipped on these occasions many sweet dishes were reported to be prepared in villages of north Karnataka (Hosmath, 1981) Godihuggi, Roasted madli and Gulladaki laddu were reported to be other festive foods (Reddy, 1996).

Muralidharan (1988), reported that during the harvest festival onam, the Keralites prepared a grand feast consisting of fried banana chips (both salty and sweet) steamed ripe banana a sweet dish.
During Ugadi, sweet wheat cake with pulse and sugar, vegetarian curry and a sort of milk curd were found to be prepared in Andhra Pradesh. A paste of tamarind, neem flowers, sugar and salt was reported to be eaten (Christian, 1982; Reddy, 1989 & Devdas, 1999).

On festival occasions nutrient dense foods based on pulses, vegetables and deserts were reported to be consumed in addenchatron village in Tamil Nadu (Devdas and Parvathi 1986), pongal, a sweet dish is prepared from rice to celebrate new year day and offered to Sun God as nivedanum (Ramakrishna, 1988), Achaya, 1994 and Devdas, 1999), Jursital is a maithiia Brahmin festival of eating powdered pulps in Maithia of Bihar (Maitra, 1982). Sattu was reported to be the special food made from seven types of grain flours such as rice, pea, gram, maize, barley, wheat and black gram. A cake made of leaf of an indigenous plant Ticora was a compulsory food item on the day. Basia was another food prepared from Sun dried rice, curd, sugar and bari (a preparation made from pulse with ripe, white pumpkin).

West Bengal is known for traditional sweetmeats. During pous Sankranti, Pitha or rice cake was reported to be prepared (Sinha, 1988). During Vijaya Dashmi, every family was found
to prepare Nara, Sweet meat made from coconut and molasses.

Traditional foods vary among the countries depending upon their culture, food habits and region. Several studies have indicated that even within a country the traditional foods differ from region to region. Devdas (1999) reported the regional differences in traditional foods within the country. Bisibelebath, Vangibhath, Obbattu, Chakkali Badam feast, Adai, Dosa, Methi Paratha, Sattu, Happala (Papad). Jamun, Puliyogare, Cheeroti were the traditional foods of Karnataka. Traditional foods such as Adirasam, Needai, Idiappam, Kolaputtu, Kambumave, Pakolukatai, Pongal, Choladosai, Kanjeevaram Idli, Omapadi, Panuyaram were Common in Tamil Nadu, Narangachar, Nellikkai achar, Koiupperi, Sorkarperi, Adpradhamam, Aviyal, Adapradha, Achappam were the traditional foods of Kerala, Gaiti, Pakodi, Navullukaram, Kobrikaram, Putharekaiu, Gongur Chatani were the traditional foods of Andhra Pradesh.

Different cultures show their own special characteristics in the history of anthropology. Either before the emergence of anthropology as a social science in nineteenth century or after that till today one of important dimensions in describing
societies and cultures has been describing the food culture in them.

To understand the meaning of the term “food culture”, let me start some conceptual definitions about both parts of the term. The term food culture consists of two parts and it is helpful if we first define each part separately.

Oxford Dictionary (1997) has described food as “any nutritious substance that people or animals eat or drink or those plants absorb to maintain life and growth”.

Encyclopedia Britannica also has described food as “material consisting essentially of protein, carbohydrate and fat used in the body of an organism to sustain growth repair and vital processes and to furnish energy”.

In biology dictionary, food has been described as “what is fed upon; that which goes to support life by being received within and assimilate by the organism of an animal or a plant, nutriments; aliments especially, what is eaten by animals for nourishment”.

In these definitions and in many other definitions of food, two characteristics are common. First, food consists of the other organism, it means food only can be from the other animals or plant, second, food is necessary for life. Based on
these characteristic, we can claim that eating food is the most universal characteristic not only among human beings but also among all other kinds of animals and all types of life.

The second part of the term "food culture" is culture. Finding a clear definition for culture is not as easy as for food; although there are number of definitions for culture, but even till today to defining culture is crucial. Various definitions of culture reflect different perspectives. Let us see some of these definitions.

Tylor (1871), defined culture or civilization is "that complex whole which includes knowledge belief, art, morals, law, custom, and any other capabilities and habits acquired by man as a member of society". "Culture is manifested in human artifacts and activities such as music, literature, lifestyle, food, painting and sculpture, theatre and film" (Williams, 1976).

"Culture should be regarded as the set of distinctive spiritual, material, intellectual and emotional features of society or a social group and that is encompasses, in addition to art and literature, lifestyles, ways of living together, value systems, traditions and beliefs" (UNESCO, 2002).
However as I said, to eat food is universal characteristic of animals, but human beings is the only animal who has food culture, like many other aspects of culture, food culture also varies from a culture to other culture and each people have a special and unique food culture.

Almost all foods are of plant or animal origin, although there are some exceptions for example, an important part of human diet, water, is an inorganic substance. Many plants or plant’s parts are eaten as food. There are around 2000 plants species which are cultivated as food. Seeds of plants are a good source of food for animals including humans. In fact, the majority of food consumed by human beings is seed-based foods. Edible seeds include cereals (such as maize, wheat, or rice) legumes (such as beans, peas and lentils) and nuts, fruits are the ripe ovaries of plants, including the seeds within. Many plants have evolved fruits that are attractive as a food source to animals including human beings, and make up a significant part of the diets of most cultures. Some botanical fruits, such as tomatoes, pumpkins and eggplants, are eaten.

Vegetables are the other type of plant matter that is commonly eaten as food. These include root vegetables (such as potatoes and carrots), leafy vegetables (such as spinach and
lettuce), stem vegetables (such as bamboo shoots and asparagus), and inflorescence vegetables (such as globe artichokes and broccoli). Many herbs and spices are highly flavorful vegetables (McGee, 2004).

Animals can be used for food either directly or indirectly by the products they produce. Meat is an example of a direct product taken from an animal (mammals – fishes – birds and even reptiles) which comes from either muscle systems or from organs.

Food products produced by animals include milk produced by mammals, which is drunk or processed into dairy produced such as cheese or butter. In addition, birds and other animals lay eggs, which are often eaten and bees produce honey, a popular sweetener in many cultures. In some cultures, blood is consumed in the form of blood sausage, as a thickener for sauces, a curd salted form for times of food scarcity and others use blood in stews such as civet (Davidson, 2006).

While some food can be eaten raw, many foods undergo some form of preparation for reasons of safety, palatability or flavor. At the simplest level this may involve washing, cutting, trimming or adding other foods or ingredients, such as spices.
It may also involve mixing, heating or cooling, pressure cooking, fermentation or combination with other food. In a home, food preparation takes place in a kitchen (Mead, 1970).

Encyclopedia Britannica has defined “cooking is the art of preparing food for eating by the application of heat. It encompasses a vast range of methods, tools and combinations of ingredients to alter the flavor or digestibility of food” (Encyclopedia Britannica 2006).

Cuisine is a specific set of traditions and practices, often associated with a specific culture. Cuisine also can be described as the foods and methods of preparation traditional to a region or a population. It is a process of selecting, measuring and combination of ingredients in an ordered procedure in an effort to achieve the desired result. Factors affecting the final outcome include the variability of ingredients ambient conditions, tools and the skill of the individual doing the actual cooking.

The major factors influence a cuisine is climate, which in large measure determines the native raw materials that are available to the cook; economic conditions, which regulate trade in delicacies and imported foodstuffs; and religious or laws under which certain foods are required or prohibited.
The term food habits or eating habits refer to why and how people eat, which foods they eat and with whom they eat, as well as the way people obtain, store, use and discard food. This type of variation is seen in all cultures. Individual, social, cultural, religious, economic, environmental and political factors influence people’s eating habits. Every culture has both acceptable and unacceptable foods. Though this is not determined by whether or not something is edible. For example, alligators exist in many parts of the world, but they are unacceptable as food by many persons.

Likewise, horses, turtles, and dogs are eaten and even considered delicious in many cultures, though they are unacceptable food sources in other cultures as well. There are also rules concerning with whom it is appropriate to eat (Rodriguer 2001). Rules of commensuality have been practiced in all cultures.

The step between cooking and eating calls as food serving. The serving of food involves important role divisions, etiquettes and cultural forms. It is very much influenced by the approved social hierarchy. It consists of place of eating, type of eating, types of service, patterns of eating etiquette, dishes style, spooning, slicing, curving etc. (Encyclopedia of food and culture: 2006)
Because of its centrality in our lives, food becomes a perfect vehicle for our ceremonies. Food is an important part of most feast and festivals, religious observance and spiritual rites for many different faiths. Feast is a day or period of time to commemorate, ritually celebrate or anticipate events or seasons that give meaning and cohesiveness to an individual and to the religious, political or socio economic community.

Festival on the other hand is a period of celebration often centered on a religious feast day or a holiday and finally a fast is a period of food abstinence mostly by religious centrality. Observing fast is an auspicious activity both in Hinduism and Islam. This is also due to the renunciation of food to their either departed souls or to their family gods and goddesses.

The concepts of feast, festival and fast are closely interconnected. A feast day, for instance, is often the centre of prolonged festivities. In such cases, the religious rituals and perhaps, fasting are components of a larger festival event that frequently includes feasting. In the sense of excessive eating or drinking” (Encyclopedia of food and culture, 2006)

Food is the most essential requirement for the survival of man. Food occupies a very significant place in all human societies of the world. Without food no human society
survives. As a result of this all societies of the world have made sufficient arrangements in getting food stuffs either by the cultivation of the land or by way of importing the required quantity of food from outside the economy. Food has been classified into several categories. Depending upon the nature and composition of the society, for example in hunting and gathering societies raw food was the order of the day, whereas in modern society cooked food play a dominant role. Food is also associated with one's economic position as well. Foods can be categorized differently such as food during crisis, famine, floods and so on. (Food can also be grouped into two categories- Food which produces heat and food which produces cold).

Food items are cultural items. Depending upon the religious pretext foods are being prepared and served in the society. Food and consumption of food differs from person to person, and also from region to region. Children who are under-aged depend mainly on liquid and light food, whereas the youths and adults need highly nutritious and heavy food. Agriculturists also require such food which cannot be digested easily. This is because of the fact that they require sufficient time for the cultivation of land. As a result they cannot stop the cultivation every now and then to take food. Wrestlers and
body builders also require highly nutritious and heavy food. Preparation of food is also a skilled activity and it requires lot of concentration and knowledge of the food items. Foods prepared in an agricultural family vary from the food preparation in non-agricultural families. Food is being prepared in plenty in agricultural families whereas the same is being prepared in a limited quantity at non-agricultural families. In agricultural families food is prepared timely which should not affect their working schedule. Where as in non-agricultural families and other families where people go out to work prepare food according to their convenience and according to their convenient time. Women folk play a very vital role in preparing food. As per Hindu culture women are meant for kitchen and the preparation of the food and the serving the same, whereas in bulk preparations usually the men folk prepares and serves the food. On an average the foods can be classified into several categories such as 1) Daily food 2) common food 3) occasional food, 4) festive food and 5) Food in times of crisis (like famine, floods and earthquake). Daily food also varies according to one's taste and liking. For example, Chapati, Rice and Dal in Central Karnataka, Rotti and Dal (Saru) in North Karnataka, Mudde, Rice (Anna) and Dal (Saru) in South Karnataka are commonly found and used.
Different Bakery Products

Coconut Biscuits
Groundnut Biscuits
Cornflakes Biscuits
Non Khatai
Masala Biscuits

Rage Muffins
Navane Muffins
Cup-Cakes
Decorated Cake
Fruit Cake
Common foods are common in many respects. Occasional food will be bit different from daily and common foods. With regard to festive foods are concerned, the type of food which is prepared depends upon different festivals. Festivals which are of both social and religious significance. The festival naturally blends people by some sort of sentiment events also. The type of food prepared also blends people in its own way.

(a) Food and Occupation

(b) Food and Economic and Political Status and

(c) Food and Health

(a) Basically India is an agrarian society wherein more than 80% of the people directly or indirectly depended upon agriculture. Agriculture is a way of life. Since time immemorial our peasants are not happy about several factors which has affected their cultivation like good yield, remunerative price, and proper storage of agricultural products and so on. Yet they don't get themselves away from agriculture and agricultural activities. They went on trying to work more and more and also harder and harder. To do this they require lot of stamina energy and good health. In order to have this they have to eat good, healthy, hygienic and
Special Pizza

&

Bun

Denish

Pastry

Burger Bun

Doughnuts

Colour

Pastry

Different Bakery Products
nutritious food, which will in turn enable them to work for a longer period of time. People who are well off economically, socially and politically are always users of extra ingredients which are of much cultural value and this itself indicates that they are different from the common man in food habits.

Since the present study has been confined only to Bakery products, it is required to know something about the preparation of several bakery items and their preservation. A variety of products such as Bread, Cakes, biscuits, pizza doughnuts, vegetable puffs, khari, and etc, which are used beyond the barriers of age have their own special ways of preparation and preservation. The following are some of the bakery items and the necessary ingredients used in the preparation of the same.

1. **Butter Biscuit** :

   **Ingredients:**

   - Maida 200 gms
   - Sugar 120 gms
   - Vanaspati 100 gms
   - Baking Soda 1/5 tsp
   - Cardamum & nut mug A pinch for flavour
   - Curds 3 tsp

%6
Method of Preparation:

1. Cream vanaspati and sugar until it is light and fluffy
2. Add soda, flavour and curd mix well
3. Add sieved flour and make a soft and stiff dough
4. Shape the non khatai and place it on greased baking sheet one inch apart
5. Bake at 300° F for about 20 minutes

Nutrients (in 100 gms)

<table>
<thead>
<tr>
<th>Energy</th>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrates</th>
<th>Minerals</th>
</tr>
</thead>
<tbody>
<tr>
<td>547 calories</td>
<td>6.0 gms</td>
<td>31 gms</td>
<td>267 gms</td>
<td>0.3 gms</td>
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2. Corn Fakes Biscuits

Ingredients:

- Foxtail millet flour 75 gms
- Maida 75 grams
- Baking powder ¼ tsp
- Vanaspati 120 grams
- Sugar 90 grams
- Egg ½
- Vanilla A few drops
- Corn flakes 50 grams
Method of Preparation:

1. Sieve the flour and baking powder twice.
2. Cream vanaspati and sugar until it is light and fluffy.
3. Beat the egg with vanilla slightly and add to the creamed mixture.
4. Fold in flour to the above mixture and mix it with the help of a fork.
5. Wet the hands with water and divide the mixture into small pieces.
6. Coat the corn flakes arrange them on a baking sheet on inch apart.
7. Bake at 350° F for 15 to 20 minutes.

3. Milk Bread

Ingredients:

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flour</td>
<td>1000 gms</td>
</tr>
<tr>
<td>Water</td>
<td>500 ml</td>
</tr>
<tr>
<td>Milk</td>
<td>100 ml</td>
</tr>
<tr>
<td>Yeast</td>
<td>20 gms</td>
</tr>
<tr>
<td>Sugar</td>
<td>200 gms</td>
</tr>
<tr>
<td>Salt</td>
<td>15 gms</td>
</tr>
<tr>
<td>Fat</td>
<td>100 gms</td>
</tr>
</tbody>
</table>
Method of Preparation:

1. Disintegrate yeast in lukewarm water (200 ml) with 5 gms of sugar and keep it apart
2. Dissolve salt and sugar in the remaining water
3. Sieve flour twice
4. Add salt and sugar water to the flour and mix roughly
5. Then add the ferment and milk. Mix well and knead to a soft and smooth dough
6. Knead in fat and rest the dough till it double its size (1 to 2 hrs.)
7. Shape it for bun or bread and again ferment till it double its size
8. Bake at 400° F for 30 minutes

Nutrients (in 100 gms)

<table>
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<th>Energy</th>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrates</th>
<th>Minerals</th>
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<tbody>
<tr>
<td>306 Calories</td>
<td>6.7 gms</td>
<td>8.5 grs</td>
<td>55 gms</td>
<td>0.4 gms</td>
</tr>
</tbody>
</table>
4. Coconut Biscuit (Meting Movements)

Ingredients:

- Maida 150 gms
- Baking Powder 1/4 tsp
- Vanaspati 120 gms
- Sugar 90 gms
- Eggs 1/2
- Vanilla a few drops
- Coconut powder 50 gms

Method of preparation:

1. Sieve the flour and baking powder twice
2. Cream vanaspati and sugar until it is light and fluffy
3. Beat the egg with vanilla slightly and add to the creamed mixture
4. Fold in maida to the above mixture and mix it with the help of a fork
5. Wet the hands with water and divide the mixture into small pieces
6. Coat the pieces with coconut powder and arrange them on a baking sheet on inch apart
7. Bake at 350° F for 15 to 20 minutes

Nutrients (in 100 gms)

<table>
<thead>
<tr>
<th>Energy</th>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrates</th>
<th>Minerals</th>
</tr>
</thead>
<tbody>
<tr>
<td>550 Calories</td>
<td>6.2 gms</td>
<td>42 gms</td>
<td>57 gms</td>
<td>0.5 gms</td>
</tr>
</tbody>
</table>
5. Chilly Biscuits:

**Ingredients:**

- Flour 150 gms
- Vanaspati 75 gms
- Sugar 10 gms
- Salt 5 gms
- Baking powder 3/4 tsp
- Green masala 20 gms
  (Green masala, green chillies, curry leaves, ginger, coriander leaves)
- Curd 2 to 3 table spoon

**Method of preparation**

1. Sieve the maida with baking powder and salt twice
2. Rub in fat and then add sugar
3. Mix the chilly mixture and knead it to a soft dough
4. If required add little curd and make a dough
5. Place it on a baking sheet little apart
6. Bake at 350° F for 15 minutes

**Nutrients (in 100 gms)**

<table>
<thead>
<tr>
<th>Energy</th>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrates</th>
<th>Minerals</th>
</tr>
</thead>
<tbody>
<tr>
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<td>7.1 gms</td>
<td>34 gms</td>
<td>51 gms</td>
<td>0.4 gms</td>
</tr>
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</table>
6. Doughnuts

**Ingredients:**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maida</td>
<td>1000 gms</td>
</tr>
<tr>
<td>Vanaspati</td>
<td>100 gms</td>
</tr>
<tr>
<td>Sugar</td>
<td>100 gms</td>
</tr>
<tr>
<td>Water</td>
<td>450 ml.</td>
</tr>
<tr>
<td>Baking Powder</td>
<td>1, ¼ Tea spoon (15 gms)</td>
</tr>
<tr>
<td>Yeast</td>
<td>300 gms</td>
</tr>
<tr>
<td>Egg</td>
<td>4 Nos</td>
</tr>
<tr>
<td>Milk Powder</td>
<td>40 gms</td>
</tr>
<tr>
<td>Salt</td>
<td>15 gms</td>
</tr>
<tr>
<td>Oil</td>
<td>100 gms (for frying)</td>
</tr>
<tr>
<td>Sugar powder or syrup of sugar balls</td>
<td>100 gms</td>
</tr>
</tbody>
</table>

**Methods of preparation:**

1. Sieve maida, milk powder and baking powder twice
2. Rub sieved maida in fat with finger gently
3. Add sugar and mix well
4. Add lightly beaten egg and milk to form a soft dough
5. Turn on the slab and knead lightly until smooth
6. Roll about ¼ of an inch thick cut with doughnut cutter
7. Fry in hot until golden brown colour
8. Fried Doughnut coat with sugar powder of sugar balls

**Nutrients (in 100 gms)**

<table>
<thead>
<tr>
<th>Energy</th>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrates</th>
<th>Minerals</th>
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</thead>
<tbody>
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<td>12 gms</td>
<td>100 gms</td>
<td>60 gms</td>
<td>0.6 gms</td>
</tr>
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</table>
7. Khara Biscuits (Salt Biscuits/Puffs)

**Ingredients:**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maida</td>
<td>500 grams</td>
</tr>
<tr>
<td>Salt</td>
<td>15 grams</td>
</tr>
<tr>
<td>Vanspati</td>
<td>300 grams</td>
</tr>
<tr>
<td>Ice cold water</td>
<td>275 ml.</td>
</tr>
<tr>
<td>Vanaspati</td>
<td>20 grams for kneading</td>
</tr>
</tbody>
</table>

**Method of Preparation:**

1. Sieve the Maida.

2. Dissolve salt in water and filter through Muslin cloth.

3. Make dough with Maida and salt water.

4. Knead in 20 grams fat and knead to a smooth dough.

5. Rest the dough under dry cloth for 20 minutes.

6. Roll the dough into a thin rectangular sheet.

7. Spread Vanaspati (lily) evenly on the rolled dough. Cut the rolled sheet into stripes in such a fashion that the next strip should be broader than the previous one.

8. Roll the smallest strip (by stretching and folding). Again place it on the next bigger one and roll it similarly. So that we will get one big bundle which has to be kept in cool place.
9. After one hour roll the dough it 1/8 " thickness and cut into desired sizes.

10. Arrange all the khari biscuits on watered baking trays and give a water wash.

11. Bake at 400°F for 15° minutes.

12. After cooling arrange all the khari biscuits on trays closely and dry up (200°F till they are crisp)

**Nutrients (in 100 gms)**

<table>
<thead>
<tr>
<th>Energy</th>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrates</th>
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</thead>
<tbody>
<tr>
<td>630 Calories</td>
<td>5.2 gms</td>
<td>45.0 gms</td>
<td>53 gms</td>
</tr>
</tbody>
</table>
9. Nutring Biscuit :

**Ingredients :**

- Maida 240 gms
- Vanaspati 120 gms
- Almond flavour Few drops
- Sugar 120 gms
- Eggs 2 Nos.
- Milk to mix
- Peanut (piece) 50 gms

**Method of preparation:**

1. Sieve the flour twice
2. Rub vanaspati in the flour till you feel that maida is in the form of bread crumb consistency
3. Mix in sugar and yellow of the egg
4. Add milk and knead it to soft and smooth dough
5. Roll the dough to 1/8 thickness and cut with medium size dough-cutter
6. Coat with egg white and topped spread peanut pieces on top and arrange it on the baking trays.
7. Bake at 350’ F for about 10 to 15 min

**Nutrients (in 100 gms)**

<table>
<thead>
<tr>
<th>Energy</th>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrates</th>
<th>Minerals</th>
</tr>
</thead>
<tbody>
<tr>
<td>517 Calories</td>
<td>9.6 gms</td>
<td>28 gms</td>
<td>56 gms</td>
<td>0.7 gms</td>
</tr>
</tbody>
</table>
10. Peanut Biscuit (Groundnut Biscuit)

**Ingredients:**

- Maida 250 gms
- Margarine 150 gms
- Sugar 100 gms
- Pea nut (Powder) 50 gms
- Egg ½
- Vanilla Few drops

**Method of Preparation:**

1. Cream fat and sugar
2. Add beaten egg with essence
3. Sieve maida twice
4. Fold the flour into above cream
5. Knead to a smooth dough and add milk if needed
6. Roll the dough into 1/8" thickness and spread peanut on top and cut with fancy biscuit cutter
7. Placed on a greased baking tray and bake at 350° F for 10 to 15 minutes

**Nutrients (in 100 gms)**

<table>
<thead>
<tr>
<th>Energy</th>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrates</th>
<th>Minerals</th>
</tr>
</thead>
<tbody>
<tr>
<td>556 calories</td>
<td>8.2 gms</td>
<td>34 gms</td>
<td>56 gms</td>
<td>0.5 gms</td>
</tr>
</tbody>
</table>
11. Almond Biscuit

Ingredients:

Maida 150 gms
Fat 120 gms
Sugar 120 gms
Egg 1 No
Baking Powder ¼ tea spoon
Vanilla few drops
Almond flavour few drops
Almond / cashewnuts 25 Nos.

Method of Preparation:

1. Cream fat and sugar thoroughly
2. Beat egg with vanilla and, almond essence soda
3. Sieve the maida and mix the maida to the above mixture
4. Keep the mixture in the refrigerator for 1 hour
5. Make small balls and keep half blended almonds on each of the balls and press lightly
6. Bake at 375° F for about 12 to 15 minutes

Nutrients (in 100 gms)

<table>
<thead>
<tr>
<th>Energy</th>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrates</th>
<th>Minerals</th>
</tr>
</thead>
<tbody>
<tr>
<td>556 calories</td>
<td>8.2 gms</td>
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<td>56 gms</td>
<td>0.5 gms</td>
</tr>
</tbody>
</table>
12. Pizza base

**Ingredients:**

- Foxtail millet flour 300 g
- Maida 700 g
- Fat 140 g
- Salt 15 g
- Yeast 25 g
- Sugar 25 g
- Milk powder 25 g
- Corn flour 200 g
- Water 500 ml
- Oil 30 ml.

**Filling:**

- Cheese 1 Kg.
- Ginger & 100 g
- Garlic paste 100 g
- Tomato sauce 100 g
- Chilli sauce 100 g
- Onions 1 kg
- Salt for taste
- Capsicum 1 kg
- Pepper powder 100 g
Method of Preparation:

1. Sieve maida and corn flour twice

2. Disintegrate yeast in luck warm water with little sugar

3. Dissolve salt in the remaining water and mix with flour roughly.

4. Knead to smooth and soft dough.

5. Knead in vanaspathi.

6. Rest the dough for 40 minutes.

7. Roll the dough to 1/8th of inch thickness and line the greased and dusted trays and duck with a fork.

8. Rest it for 15 to 20 minutes to have a good body to the pizza.

9. Bake the Pizza at 400o F for 15 minutes half bake.

10. Then spread the entire fillings one by one.

11. Scattered the greeted cheese on it.

12. Finally bake 10-15 mts. under 300 o F heat.


Nutrients (in 100 gms)

<table>
<thead>
<tr>
<th>Energy</th>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrates</th>
<th>Minerals</th>
</tr>
</thead>
<tbody>
<tr>
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<td>14.0 gms</td>
<td>20.0 gms</td>
<td>59 gms</td>
<td>1.4 gms</td>
</tr>
</tbody>
</table>
The above mentioned products can be preserved. If they are hygienically prepared.

1) Biscuits can be preserved for a period of three months

2) Cakes like sponge cake, coconut cake can be preserved for a period of 10–15 days.

3) Bread can be preserved for a period of 10 days with preservation upto 15 days.

4) Doughnuts can be preserved for a period of one month

5) Fruit cake can be preserved for a period of one month.

6) Pizza can be preserved for a period of one month under refrigeration.