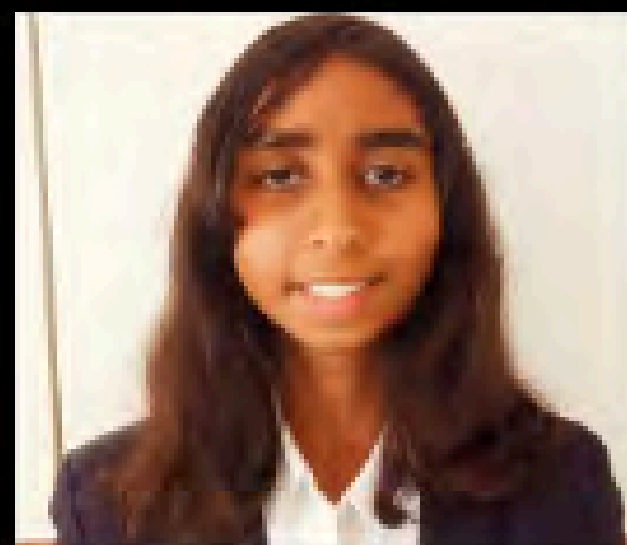


**GROUP 2:
FOOD , COOKING
&
CULTURE**

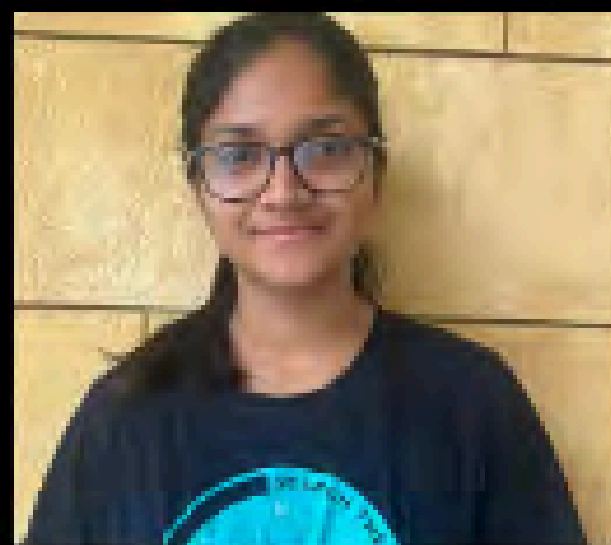


Kirtana Venkatesh, Farhin Semim, Mrityunjay Rajawat, Riya Ahuja, Arshia Agicha

Meet our Team!



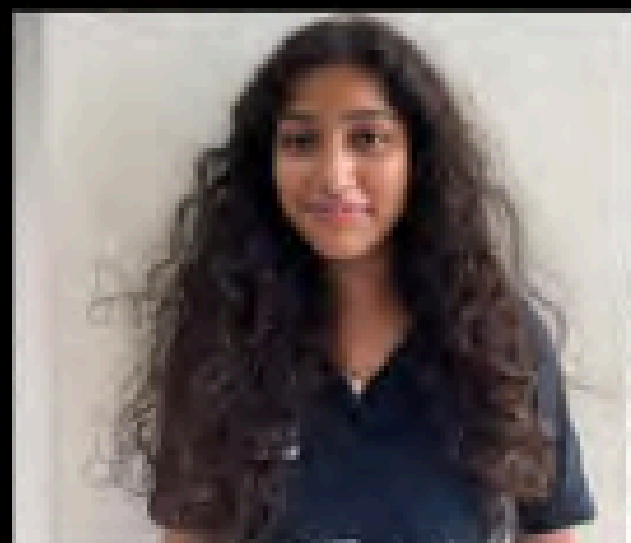
Kirtana Venkatesh



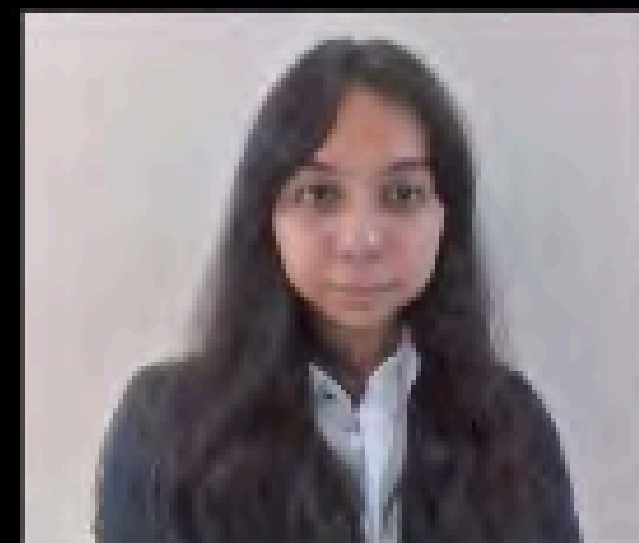
Farhin Semim



Mrityunjay Rajawat



Riya Ahuja



Arshia Agicha

Food, Cooking and Culture of India

India's rich culinary heritage is a tapestry of diverse regional specialties, united by the masterful use of aromatic spices and time-honored cooking techniques. From the tandoor-baked breads of the north to the coconut-infused curries of the south, each dish tells a story of cultural traditions and celebrates the country's vibrant flavors.



Spice Up Your Life: The Foundations of Indian Cuisine

Spice Blends

Complex masalas for depth of flavor.

Cooking Techniques

Slow simmering, rapid sautéing, and more.

Regional Diversity

A myriad of cuisines with distinct flavors.

From Tandoor to Thali: Iconic Dishes and Regional Specialties

North India:

- **Butter Chicken:** A creamy, tomato-based curry with tender pieces of chicken.
- **Tandoori Chicken:** Marinated chicken cooked in a tandoor oven, resulting in a smoky and flavorful dish.
- **Naan:** A leavened flatbread, often served with butter or garlic.

South India:

- **Idli Sambar:** Steamed rice cakes served with a lentil-based broth.
- **Dosa:** A thin, crispy crepe made from fermented batter, often served with sambar and chutney.
- **Vada:** A deep-fried savory donut, often served with sambar and chutney.



East India:

- **Fish Curry:** A spicy fish curry, often made with mustard seeds, turmeric, and chili peppers.
- **Mishti Doi:** A sweet, creamy yogurt dessert.
- **Rosogolla:** A spongy, sweet cheese ball soaked in a light syrup.

West India:

- **Dhokla:** A savory steamed cake made from chickpea flour.
- **Thepla:** A flatbread made from wheat flour, often flavored with spices and vegetables.
- **Undhiyu:** A mixed vegetable dish, often made with seasonal vegetables like eggplant, potatoes, and beans.



Cooking as Culture: The Role of Food in Indian Society

- **Spiritual:** Food holds deep religious significance.
- **Family:** Cooking and sharing meals are integral to family life.
- **Community:** Communal meals foster unity.
- **Cultural Identity:** Diverse cuisines express regional identities.

Passing Down the Masala: Preserving Generational Recipes

- **Heirloom Recipes:** Family recipes passed down through generations.
- **Oral Histories:** Storytelling preserves culinary knowledge.
- **Community Kitchens:** Shared spaces for culinary wisdom and cultural identity.



Flavors of Tradition:
A Culinary Journey
Through India's Rich
Culture



Regional Diversity

India's culinary landscape is incredibly diverse. Every region boasts its own specialties, influenced by geography, climate, and culture. From the rich curries of the North to the spicy seafood of the South, every dish tells a story.



Festivals and Food

Food plays a pivotal role in Indian festivals. Celebrations like Diwali and Eid feature special dishes that symbolize unity and joy. These culinary traditions not only bring people together but also preserve cultural heritage.





Street Food Delights

Indian **street food** is a vibrant aspect of its culinary culture. From **pani puri** to **vada pav**, these quick bites offer a **flavors** taste of local life and **flavors**. Exploring street food is a must for any food lover visiting India.


Sustainable Practices

In recent years, there has been a shift towards **sustainable cooking** in India. Emphasizing **local ingredients** and **traditional methods**, chefs are reviving ancient practices that honor the land and promote **sustainability**.



Conclusion: A Flavorful Legacy

India's culinary journey is a rich tapestry of tradition, innovation, and community. Each dish is a reflection of the country's heritage and the stories of its people. Embrace the flavors and let them inspire your own culinary adventures.



FOOD COOKING AND CULTURE

- KHYATI PRIYA JAIN
- (21BEC2194)
- VIT Vellore

- Food is an integral part of every human culture
- Human cultures over the ages experiment, innovate and develop sophisticated cuisines
- Indian food is as diverse as India. Indian cuisines use numerous ingredients , deploy a wide range of food preparation styles, cooking techniques and culinary presentation.
- The term “Indian food” denotes a mélange of flavors from different parts of the country and showcases centuries of cultural exchange with the far corners of the world.



North India

- A Northern Indian meal might consist of many selections of baked bread and grain products. A few ingredients in Northern India are made with dairy products, such as yogurt, milk, paneer, ghee, (butter). In addition, gravies decorate food and are usually dairy based. Sometimes some meals have nuts, spices and herbs added.
- Some other meals might have flat breads such as, naan, paratha, and tandoor. The flatbread family is frequently found in North India. Regularly used as a side dish, flat bread plays a large role in Indian society. North India is one of the four areas that have made fine dining in India so unique.



South India

- Southern India does not use fried foods, but rather roasted or baked. Rice and coconut products may be found also on a typical Indian plate. One of the most general is sambar which is curried vegetable soup.
- However, each place has its own unique way of creating the correct dish. Fine desserts also are created throughout Southern India. Desserts like mysore pak and creamy payasam (milky rice dish).



East India

- Eastern India is famous for its delectable desserts, which are very sweet, such as chumchums, rasagolla, kheeri, and chhena pona (Indian sweets).
- These sweets, now popular in North India, originated in Bengal and Orissa. Besides sweets, east India is also famous for its Posta (poppy seeds).
- Eastern India uses a simpler way of preparing and serving a meal. Steaming and frying are typical ways that basic foods are cooked. Varying in regions, meat is one of the popular food material in East India.



ABOUT FOOD AND CULTURE OF KERALA

The southwestern Indian state of Kerala is home to a diverse range of culinary and cultural influences influenced by centuries of trade, the production of spices, and the blending of local and foreign elements. An insightful viewpoint on the significance of food in world history, trade, and identity can be gained from Kerala's cuisine and cultural manifestations.



MAJOR FLAVORS AND INGREDIENTS FROM KERALA

Known as the "Land of Spices," Kerala is the origin of cardamom, pepper, cloves, cinnamon, and turmeric, which were traded as far back as ancient Greece and Rome before reaching the Arab world and Europe. These flavors give the food depth and a richness of history in addition to heat and scent.

Coconut is added to almost every dish in Kerala to enhance the flavour of each dish.

The traditional "sadya" eaten on a banana leaf incorporates many types of rice, giving the meal a unique taste and sensory experience.

FOOD AS A CULTURAL SYMBOL IN KERALA

A lavish vegetarian feast (sadya) on banana leaves marks the Onam holiday, which honors the harvest season. With more than 24 dishes, this traditional meal emphasizes the value of sharing, ritual, and seasonality while serving as a microcosm of Kerala's culinary culture. Locals congregate in Kerala's "toddy" shops, which are distinctive cultural gathering places, to sip this natural palm wine while enjoying spicily prepared seafood. This casual, social atmosphere demonstrates how food and drink foster ties within the community.

CULINARY INFLUENCES AND TRADE

The maritime commerce turned Kerala's coast into a melting pot. Middle Eastern foods include "pathiri," a flatbread made of rice, and "aleesa," a porridge made of wheat and meat. Vinegar was brought by Portuguese traders and became a staple of Kerala's "pork vindaloo." Dishes like "appam," a delicate, lacy rice pancake, and "stew," a light coconut milk curry, were introduced by the Syrian Christian minority, fusing regional ingredients with flavors from around the world. The cuisine of this group reflects an intriguing but little-known fusion of European and Indian tastes.

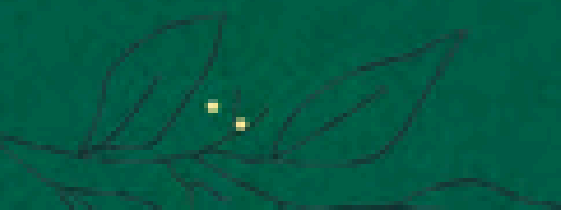
KERALA'S INFLUENCE ON GLOBAL CUISINES

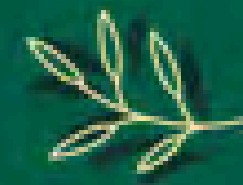
Global food landscapes are enhanced by the cuisine that Malayali communities bring with them. Kerala-inspired eateries may be found in places all over the world, and they gently influence people's perceptions of Indian food to go beyond preconceptions. Kerala's flavors are becoming more and more popular worldwide as rice, coconut, and spices become commonplace in the gourmet and health food industries. The versatility of the cuisine is demonstrated by modern chefs who use dishes like Kerala parathas and "puttu," which is steamed rice with coconut log.

Thank you!



Savoring Jammu: A Culinary Journey Through the Valley's Flavors





Introduction to Jammu's Cuisine



Signature Dishes of Jammu

Welcome to Jammu's culinary journey!

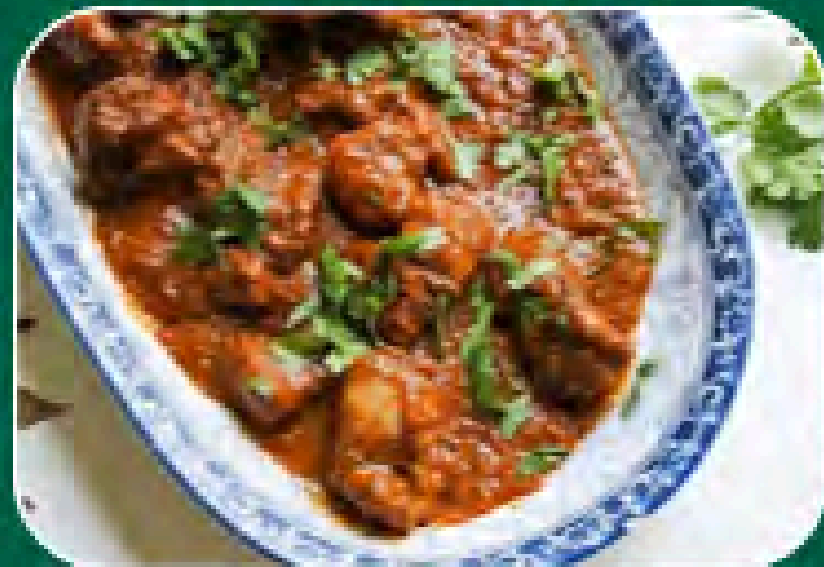
Kaladi, a traditional Indian cheese, is renowned for its unique flavor and texture. This delicacy is primarily made from fresh cow's milk, which is transformed into a soft, creamy cheese. The preparation involves a meticulous process of curdling the milk, followed by pressing it into a round shape and then frying it until it achieves a golden-brown crust. The exterior is crispy, while the interior remains soft and rich, offering a delightful contrast in textures.

The combination of its golden-brown crust and the melt-in-your-mouth filling creates a satisfying contrast that leaves a lasting impression.

The taste of Kaladi is mildly tangy, complemented by a hint of saltiness, making it a versatile dish that can be enjoyed on its own or seasoned with a blend of spices that enhance its flavor profile, such as chutneys or pickles, making it a must-try for anyone seeking to explore the rich gastronomic heritage of the region.



Signature Dishes of Jammu



Discover the signature dishes that represent Jammu's culinary heritage.

Rogan Josh, a signature dish from the culinary heritage of Jammu, is a rich and aromatic lamb curry that captivates the senses with its vibrant flavors and enticing aroma. This dish is characterized by its tender pieces of meat, slow-cooked to perfection in a blend of spices that include cardamom, cinnamon, and Kashmiri red chili, which not only imparts a beautiful red hue but also a unique depth of flavor. The use of yogurt in the preparation adds a creamy texture, balancing the spices and enhancing the overall taste experience. Rogan Josh is not just a meal; it is a celebration of the region's rich cultural tapestry, making it a must-try for anyone looking to explore the diverse and delectable world of Indian cuisine. Indulging in this dish is an invitation to savor the warmth and hospitality of Jammu, where every bite tells a story of tradition and culinary artistry.



Conclusion: A Flavorful Journey



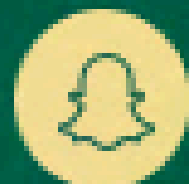
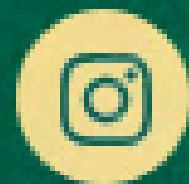
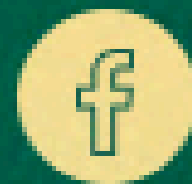
As we conclude our culinary journey, it's clear that Jammu's flavors are a celebration of culture and tradition. Each dish reflects the valley's rich history and the warmth of its people. We invite you to experience these delights firsthand and create your own culinary memories.





Thanks!

Do you have any questions?
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"THE CULINARY CULTURE OF KERALA"

"Exploring the Flavors, Cooking Techniques
and Traditions of
God's Own Country"

Kerala

- Kerala, known as "God's Own Country," is a state on the southwestern coast of India
- Famed for its lush landscapes, backwaters, and rich traditions, Kerala's culture is deeply intertwined with its cuisine
- The cuisine reflects influences from coastal geography, indigenous traditions, and trade connections with Arabs, Chinese, Portuguese, and Dutch, creating a unique food heritage.



Kerala as the Spice Capital of India

- Kerala has a centuries-old history as a major global spice hub, especially known for black pepper, cardamom, cinnamon, clove, and nutmeg
- Spice trade routes attracted merchants from around the world, influencing Kerala's culture and cuisine
- Spices are integral to Kerala dishes, adding aroma, depth, and heat to a variety of meals



Slide 4: Key Ingredients in Kerala Cuisine

- Coconut: A core ingredient, used in grated, milk, or oil forms in nearly every dish for its distinctive flavor and texture
- Rice: The staple grain, served as main dishes, porridges, and even desserts
- Seafood: With a long coastline, Kerala has a rich tradition of seafood dishes, including fish, prawns, and crabs
- Tamarind and Curry Leaves: Essential for tangy flavor and aroma in curries
- Bananas: Used in various forms, from curries to chips to desserts



Unique Cooking Techniques of Kerala

Kerala Sadhya -



Popular Dishes of Kerala

- Appam and Stew: Appam is a rice pancake with a soft center and crispy edges, paired with a mild, creamy vegetable or meat stew
- Karimeen Pollichathu: Pearl spot fish marinated in spices, wrapped in banana leaf, and grilled
- Puttu and Kadala Curry: Cylindrical steamed rice cake served with black chickpea curry
- Pazham Pori: Ripe banana fritters, a popular tea-time snack



Festivals and Food in Kerala



Popular Desserts of Kerala



Influence of Religion on Kerala's



Global Influence of Kerala Cuisine

- Kerala's spices and dishes have found global popularity, contributing to international cuisine through the Indian diaspora
- Influences seen in fusion dishes, spice exports, and international Kerala-inspired restaurants

Kerala spice packaging with international branding,
Kerala-inspired restaurants



Conclusion

Thank you