

## Mouth-Watering Traditional Cuisines of India: A Study of Cultural Geography

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### Abstract

India is a country with diversities. There is a proverb 'east or west my country is the best'. Apart from celebrating numerous festivals we have also plenty of mouth-watering cuisines. Every nook and corner of the country has unique and delicious cuisines. The main objective of this research paper is to know the state wise various cuisines available in India and find out the main reasons of real variations of traditional cuisines of India. The whole study is based on secondary sources of data. The study reveals that Indian cuisines are greatly influenced by availability of local spices, variations of climatic conditions, variations of soil, tradition and food habits and culture etc. The result of the study shows that the cuisines of North India are quite different from the south in terms of method of cooking style and taste. The findings also shows that many of Indian Cuisines are occupied Geographical Index (G.I.) and also heavily influenced by religious taboos. In the context of India the myth "every 2 kilometer the language and food habits are different" is truly acceptable.

**Key words:** Cuisines, Taste, Geographical Index, Diversity, Health

### Introduction

After the green revolution of India (1960 decades) the country India becomes self-sufficient in cereals and food-grains production. There is a great demand of food for feeding up the 121.01 crores of people. There is a proverb-Health is wealth. Each of the Indian foods have a great nutritional value and energetic. The food is one of the basic needs to the human beings for the normal growth, development of the body and energy for works. The human body is just like a machine. Like an engine burning up fuel in order to generate required energy, likewise human body uses the consumed foods, in order to generate the driving force to keep the heart pumping, the lungs breathing, limbs functioning and healthy

living. India is a country of rich in diversity. Apart from the celebrating numerous festivals we have also produce numerous mouth-watering cuisines. The Indian cuisine consists of a wide variety of regional and traditional cuisines native to the Indian sub-continent. The Indian cooking method is also varying from one place to another region. The Indian cuisines primarily influenced by locally available spices, herbs, vegetables, fruits and also the diversity of soil types, climate and culture, ethnic groups and socio-economic condition and geographical location (proximity to sea, desert or mountain). Indian cuisines are also influenced by religion and cultural choices and traditions. The cuisines reflect the culture of a specific society. From the royalty of Tundee Kabab of Lucknow and Spicy

Biryani of Hyderabad every food items has remarkable taste. The peoples of India have taken healthy breakfast in the morning. The North Indian peoples prefer Roti, Parathas, Puri with pickles, curd and also drink the tea or coffee, while the South Indian peoples are generally prefer Idli and Dosa with Sambhar. The Lunch is also different in North India, it consists of Roti and vegetables and South Indian Peoples are preferred Rice-vegetables. The Paan (betel leaves, spices) and Raita are preferred after the lunch and dinner for digestion. The Indian families are often together at evening time to take tea with some snacks. Dinner meal is considered the main meals of the day because the head of family are busy with their own professional works and in supper time the whole family members come together. The different religion has also followed the taboos in the food such as- Hindu religious beliefs are not take the beef (cow red meat), they believed that cow slaughter is a great sin, while Muslims are not take the pork (pig red meat) because it is strictly banned in their religion, the Vaishnava peoples are not eat the garlic and onions because they are advised against it in the Bhagvad Gita, on the other hand Jains followers are not prefer to eat the potatoes and other vegetables. The historical incidents such as foreign invasions, the trade relations with other countries and colonialism have also played a significant role for introducing so many mouth-watering various food items in India. Kumar (2012) insisted that coarse cereals, pulses and oilseeds as they are the major source of nutrition and staple food of a major part of the rural India they are easily cultivated in rain-fed areas and even in drought. But now they are considered as poor man's food. Green revolution has totally neglected the coarse cereals and pulses affecting the food and specially the nutritional security of the country. The study also reveals that food security does not mean to provide rice and wheat and just to satisfy the hunger of the people but it means to provide a balanced diet, rich in calcium, protein and vitamin and other essential nutrients. This

balanced diet can be ensured by giving emphasis to cultivators of coarse cereals, pulses and oilseeds simultaneously with rice and wheat.

Mohammad (1995) argued that food security as a scenario where no child, women and man should go to bed with empty stomach and no human beings physical and mental capabilities should be suffered by malnutrition. He is also of the opinion that, the concept of food security should not be treated within the boundaries of the country but it should be treated at global levels, because no country can become self-sufficient in basic and non-basic food items on its own.

### **Objectives of the Research**

The principal objectives are-

- To know the state wise various mouth watering traditional cuisines of India.
- To find out the major causes of real differentiations of various cuisines of India.

### **Database and Research Methodology**

The whole study is based on Secondary sources of data. The data have been obtained from the Ministry of Tourism and Culture, Government of India, State Tourism Ministry, various Research paper, articles, Books, Newspaper reports, various Government and NGO reports etc. After the collection of data, the geographical method (cause and effect Analysis) has been applied.

### **Result and Discussion: State wise various mouthwatering traditional cuisines of India**

Every nook and corner of the country India has unique cuisines. There is great differentiation of traditional cuisines of all the state of India. These are

**Jammu and Kashmir:** The major traditional cuisines of this state are- Dum Aloo, Yakhni, Wazwan, Rogan josh, Seekh Kabab, Kashmiri Polao etc. The state of Jammu and Kashmir comes under the cool climatic region. The traditional food item of this state is very much favorable with climatic condition. The famous

cuisines rogan josh is consumed by most of the people for residing in cold climatic region.

**Himachal Pradesh:**The main traditional cuisines of this state are- Dham, Aktori, Sidu, Madra, Razma Chawal etc. The Himachal Pradesh state is mountainous region, on the foot hills of mountainous region rice is cultivated. The dish Razma-rice is very famous cuisines of this state.

**Punjab:**The major traditional cuisines of this state are- Sarson Da Saag-Makki di Rooti, Chole Bhaturey, Lassi, Channa Masala, Amritsari Naan, Butter Chicken, Palak Paneer etc. The Punjab is traditionally agriculture state; the people of this state have good physique, energetic and active. They are taken milk related products at their food items.

**Haryana:**The main traditional cuisines of this state are- kadhi chawal, GazarMethiki Sabzi, Dahi-Vada, Matar Paneer, Mithi Chawal, Lassi, Dahi etc. The peoples of Haryana are engaged in agricultural sector, the peoples are taken Dahi-Roti, Dahi-Vada because this region is comes under with warm climate with dry winter.

**Uttarakhand:**The main traditional cuisines of this state are- KaafuliBaadi, Sabzi-RotiArsa, Bhaangki Chutney, Singhal, Rajma Chawal, AlsiDaal etc. This state is comes under the polar climatic region. This state is a mountainous, so it is less developed in agricultural sectors.

**Uttar Pradesh:**The main traditional cuisines of this state are-Arharki Dal and Roti, Mutton kofta, Teheri, Moradabadi Biryani, Sahi-Paneer, Chicken Qorma, Shami Kabab, Nihari, Vaouri-Chokha, Gazar ka Halwa, Tondey Kabab, Khasta Kachori, Son Papdi, Raabdi, Petha, Cham-Cham, Pedas, Ghewar, Sahi-Tukda, Haleem, Shermaal, Sikanji,Maakarkhoni etc. This state has come under the warm climate with dry winter. Uttar Pradesh is the largest population state. This state is the highest producer of wheat. So, most of the people are taken Roti or Paratha in the lunch and dinner time.

**Rajasthan:**The main traditional cuisines of this state are- Bazraki Roti, Leheshunki chutney, Panchmeelki Sabzi, Kichdi, DaalBatiChurma, BikeneriBhujia, Lal Mass, Sahi gate, Haldiki sabzi, Dal waliKachouri, Imarti etc. The state came under the desert climatic condition

(Western part), jowar and bazra are the main crops of this state. So, the people of this state are adopted to this type of food habits.

**Gujarat:**The main traditional cuisines of this state are- Dhokhla, Fafda, Kakhra, Pani-Puri, Gujrati Khidi, Khandvi, Handva, Basundi, Kedis,Gujrati Thali, Gujrati Kadhi etc. Gujrat is the only state where the climatic characteristics is very much different such as semi-arid, steppe climate, warm climate with dry winter and tropical savanna climate.So, the peoples are adopted this types of food items.

**Madhya Pradesh:**The main traditional dishes of this state are-Bhuttekikees, Poha, Jalebi, Dal Bafla, Palak puri, BhoplaiGoshtQourma, MawaBatiSoyabeanki sabzi, Rajma Chawal etc. This state is characterized by warm climate with dry winter. Soyabean and maize are mostly produced in this state. So, most of the cuisines of this state are made from these items.

**Andhra Pradesh:**The main traditional cuisines of this state are- KhandiPoudi, GonguraPachadi, Ullava, Charu, Pasarattu, Royyala, Veppudu, GultiVankayaKooru, Idli-Sambhar etc. This state is comes under the tropical savanna climatic region. Rice is the main crops of this state. So, the people of this state are taken Idli-Dhosa and Sambhar.

**Jharkhand:**The important traditional cuisines of this state are- Pittha, Handia, Rugra, Mittha Khaja, Til Barfi, AllooChokha, Bamboo shoot, Chilka Roti, Mutton Gost etc. This state comes under the Tropical Savana climatic condition (winter dry). Most of the part of this state are covered by forest. So, the peoples are taken forest products such as bamboo shoots etc.

**Chhattisgarh:**The main traditional cuisines of this state are- Khurma, Bafauri, Sabadanakikichdi, Bara, Dubki kadi, Bhajja, Tilguur, Kusli, Muthiakhaja, Mal pua, Chila, Aamat etc. This state is characterized by Tropical savanna climate with winter dry. The cuisines of this state are influenced by cultural tradition, climatic condition.

**Bihar:**The main cuisines of this state are- Liitichokha, Daalpeetha, Bhelpuri, Sattu, Dahi-Jalebi, Malpua, Kadhai chicken, Dahi-chuda, Vakka, AalooBhujia, Morii, Saag etc. In this

state rice is the main crop. The climate of this state is warm in summer and winter is dry. The Litti-Chokha, DaalPetha, DahiChuda are eaten by the people because of its cultural tradition.

**West Bengal:**The main traditional cuisines of this state are-Shorshebatallish, LuchiBundiya, Pulao abd desi murgirmangsoo,Aalur Dom, Maach-Vaat, BaigunVajja, Macherjhool, MacherrGhontoo, Kathal mete chingri, DaabChingri, DatarChorchori, PatharManngso, Misti Doi, Sondesh, Rosogolla, Chomchom, Suktoo, Tomato tok etc. The peoples of Bengali are very much fond of cooking. The climate of this state is warm and tropical savanna. Rice is the main staple food of this state because of large scale of production and climatic condition. The Bengali Rosogolla is countrywide famous.

**Odisha:**The main traditional cuisines of this state are- Kichede, Dalma, Chhenapoda, Gupchup, Polao, Ghee Rice, Saag, Dhaniyaki chutney, Uppma, Abadha, PhalaRasgulla etc. The state of Odisha is a coastal location. The climate of this state is Tropical Savana. The traditional cuisines of this state are greatly influenced by climatic factors. The most famous dish of this state is Uppma.

**Maharashtra:**The main traditional cuisines of this state are- Pav-Bhaji, BhePuri, Vada Pav, Pohe, PurahPoli, Paasta, Maharashtra Thali, SabudanaKichdi etc. The climate of this state is characterized by tropical savanna with dry winter. The people of Maharashtra are very much fond of taken fast food.

**Goa:**The main traditional cuisines of this state are- Prawan curry, Pomfret, Fried Fish, Mushroom Tondak, Dodol, feeni etc. Goa is one of the smallest state of India. The climate of this state is characterized by Tropical rainforest type. Feeni is one of the most popular drinks of Goa Peoples.

**Telengana:**The main traditional cuisines of this state are- Polaou, JorraRotte, Mirchi ka Salan, Andhra Dhosa, Uppma, Hyderabad Biryani, Iddli-Sambhar, Maleeda etc. The Telengana is one of he most newly state of South India. The climate of this state is characterized by Tropical Savana. Hydreabadi Biryani is one of the most important dishes of Telengana.

**Karnataka:**The most important cuisines of this state are- Masala Dhosa, Ragi-Roti, Curd Rice, Kotte Kadabu, Coconut chutney, Idli-Vada-Sambhar, Mixed sabzi, Mushroom curry, Karnataka Thali etc. The cuisines of this state are greatly influenced by climatic condition, cultural and tradition, locally available materials etc.

**Kerala:**The main traditional cuisines of this state are- Sadya, Tanga Rasam, Avial, Appam, Puttu, Banana chips, Jack-fruits chips, Idiyappam, Payasam, Tapioca and fish curry etc. The climate of this state is characterized by tropical rainforest type. Kerala is the largest producer of coconut. The coconut oil is used in cooking. The banana chips are the most important notable products of this state.

**Tamilnadu:**The main dishes of this state are- Idli-Dhosa-Sambhar, Rasam, Tamilnadu Thali, Ven Pongal, Coconut chutney, Dal Payasam, Fish Veppudi etc. The Tamilnadu is coastal region state. This state is characterized by Tropical Savana climate (summer dry). The cuisines of this state are greatly affected by climatic condition, cultural tradition and locally available materials.

**Assam:**The main traditional cuisines of this state are-Egg Potato, Curry Fish, Fried Rice, TilPitha, Coconut laddu, Assamese Thali, Baboo shot fry, Tomato ki chutney, Jackfruit vegetable with Daal, Duck-meat curry etc. The state Assam is located in the North-Eastern part of India. The climate of this state is characterized by warm climate with dry winter. The notable dishes likeTilPitha, Bamboo Shoot fry are of this state are affected by cultural tradition.

**Sikkim:**The main traditional dishes of this state are-Momo, Thukpa, Phagshpa, Sha Phaley, Gundruk, Sinki, Kineapakku, MohiRakshi, churpi etc. The state Sikkim is characterized by cold humid winters, shortest summer in Northern side and warm climate with dry winter in southern side. The momosndThukpa are the most important dishes of this state.

**Meghalaya:**The main traditional dishes of this state are- Jadoh, Doh-khiliexhNakham, Bitchi, Pumaloi, Doh-Neiiong, Pudoh, MiniSonga,

Pukhlein, SakinGata, Ki Kpu, Tunh-Rymbai, Baboo Shoots etc. The climate of this state is characterized by warm climate with dry winter. The cuisines of this state are greatly influenced by climatic condition, locally available herbs and spices and culture and tradition of this state.

**Tripura:**The main cuisines of this state are- Chakhwi, Mui, Rice Tomato ombal, Kothalerchakoi, PanchPhoronTorkari, Awan Babgai, Mui Borok, Mosdengserma, WahanMosdeng etc. The Tripura state is a similar language and culture of Bengali. The climate of this state is characterized by tropical savanna climate (dry winter) and warm climate with dry winter. The cuisines of this state are largely affected by cultural tradition.

**Manipur:**The major traditional cuisines of this state are- Chamthong or Kangshoi, Eromba, SoibumSoidon(Bamboo Shoots), Nga-Thongba, Alu Kangmet, Chhahao Kheer Singju, Bora, Kanghau, ChagemPomba etc. The climate of this state is characterized by warm climate with dry winter. The important dishes of this state are characterized by climatic condition, locally available materials, cultural and tradition.

**Mizoram:**The main dishes of this state are-Bai, KoatPitha, Vawksa Rep, Bamboo Shoot fry, PanchPhoranTarka, Misa MaachPoora, Mizo vawksa, Chhum Han etc. This state is covered by mountain and forest; climate is characterized by warm climate with dry winter. The cuisines of this state are greatly influenced by cultural tradition and locally available herbs and shrubs.

**Arunachal Pradesh:** The main important traditional state are- rice, bamboo ki shoot, pika pila, lukter, pehak, apong (Rice beer), Marua, Chura-sabji, Momo, Thukpa etc. The Arunachal Pradesh is the least population state of India. The climate of this state is characterized by cold humid winters, shortest summer. The cuisines of this state are greatly influenced by climatic condition, locally available materials etc.

### Major Findings of the Study

- The results of the study shows that traditional cuisines of North India are quite difference from the South India in terms of method of cooking style, use

of different spices and its delicious taste.

- The climatic factor, soil and locally available resources, culture and tradition are greatly influenced the regional variation of cuisines of India.
- Many of the Indian cuisines are occupied Geographical Index(G.I.) for its delicious, marvelous taste.
- The study also provoked that dinner is the main food of the whole day Indian family system because head of the family are remain busy with their profession.
- The Indian cuisines are also heavily influenced by religion taboos (Vegetarian and Non-Vegetarian).

### Conclusion

Each state of India has a distinct variety of cuisines because of differential climatic condition, dietary habits. The cuisines reflect the socio-economic status of the region and cultural and traditional theme of the region and the native notable major agricultural products. Indian cuisines are also heavily influenced by its native spices. Each of the Indians cuisines has potential nutrition that keeps remain people healthy. The globalization has changed the dietary habits in the metropolitan cities of India. In the context of India the myth “every 2 kilometer the language and food habits are change” is truly acceptable.

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