

India



Learning objective

- To know about the different types of food eaten in India

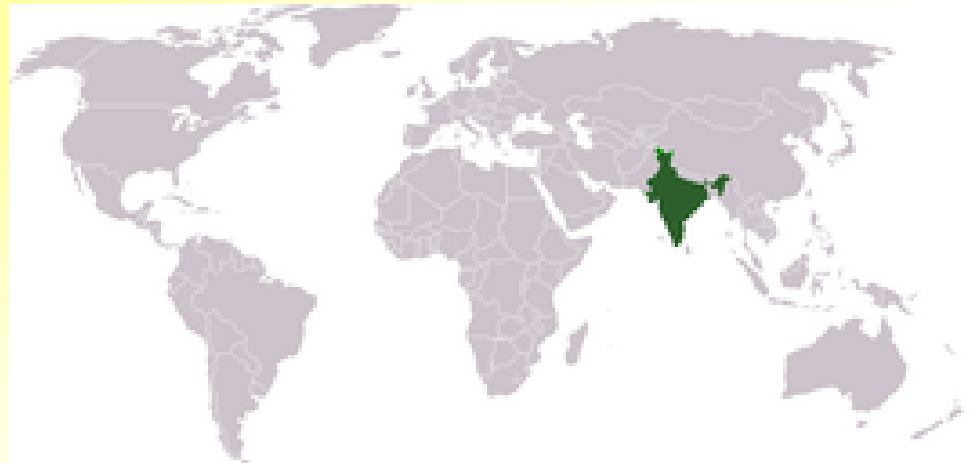




Gutturals	Hindi	Punjabi	Bengali	Gujarati
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India is in...





Indian food



- Indian food is often eaten with the hands
- There are rules!
- It is impolite to allow the food to pass the first joint of the fingers.
- The fingers should never touch the mouth directly.
- Only the right hand may be used in eating.





Indian food



- Most Indian meals include a kind of flatbread
- It is traditionally used to scoop or roll vegetables or rice.
- A spoon is provided for soup, but the bread may even be used to eat that! Meat, if served, may be eaten with a knife and fork, but it will more often be served pre-cut, so it may be easily managed by the fingers.

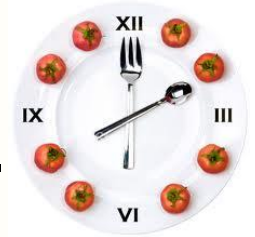




Indian food



- Indians usually eat their largest meal at midday
- Preferring to end with a light evening meal.
- People either bring their midday meal to work or use a lunch packing service called "**tiffin**" that delivers traditional hot meals to their workplace. If possible, many Indians like to come home for the midday meal.





Punjabi food



The most famous Punjabi contribution to Indian food is the tandoori style of cooking.



This method uses large earthen ovens that are heated to high temperatures using coal fires. This method gives food a distinctive flavour and seals in the aroma of the item.



Many people in Punjab eat some meat. They eat many **chicken** and **lamb** dishes that are coated in spicy onion and mustard or sweet cream sauces.



Milk products such as yoghurt lassis and fresh cheeses are also an important part of the Punjabi diet, as are pulses and wheat.





Gujarati food



Gujarati food is mainly **vegetarian**. One of the most popular is millet, with wheat as a secondary grain. Other products include peanuts, sesame, and many types of vegetables. Pulses are very important source of protein, whether as a side dish or made into soups called dahls.



Gujarati food is usually served as a "thali" meal, meaning that all items are served at once on a large plate.





Maharashtrian food



Maharashtrians enjoy eating meat and fish with their meals. Fish may be stuffed or lightly fried, and meat is braised and spiced with sweet and sour ingredients. Peanuts and cashew nuts are widely used, as is the distinctive kokum berry, a sweet deep purple item with a slightly tangy taste.

On the coast, people eat crab, prawns, and shellfish.



Maharashtrians also eat fried rice-flour balls called "vada" (now eaten throughout the country) and a type of thin pancake called amboli made of semolina, urad dal, and fermented rice.





Bengali food



Bengal is known for its fish and its sweets. Located on the eastern coast of India, fish has become a staple of the Bengali diet. It may be sauted in yoghurt or marinated in Bengal's famous spice mixture. This region uses five basic spices, known collectively as "pachphoron".

They are: aniseed, cumin seed, black cumin seed, mustard, and fenugreek. Even the oil that is used is mustard oil.

Many sweets eaten all over India originated in Bengal. Most are milk or cottage cheese based, including rasgolla, gulab jamun, and sondesh. Bengali sweets are often served with a sticky sweet syrup, and may even be found ending a traditional Gujarati or Goan meal!





Kerela, Karnataka food



- *The South:*

Kerela food, from southern India, is traditionally served on a large banana leaf. The method is still used for feasts today.



- The staple food of southern India is rice.
- Different preparations of the grain may even be eaten for breakfast.
- The other staple is the coconut. Coconut is made into chutney, served as a refreshing desert, and incorporated into vegetable or fish dishes as a flavoring.





Curry



- The main spices found in most **curry** powders of the Indian subcontinent are coriander, cumin, and turmeric.
- They usually contain a meat such as chicken, beef, prawn or sometimes they only contain vegetables.
- Curries can be mild, medium or hot.
- The sauce of a curry usually contains yogurt, cream, coconut milk, coconut cream, legume purée, tomato purée, sautéed crushed onion or broth.





Naan Bread



- Naan is a generic word for any kind of bread.
- Typically, it is served hot and brushed with [ghee](#) or [butter](#). It can be used to scoop other foods or served stuffed with a filling.





Chutney



- Chutney is a popular sauce served with Indian dishes.
- Chutneys include foods such as [tomato relish](#), a ground [peanut garnish](#) or a [yogurt](#), [cucumber](#) and [mint](#) dip.
- In India, chutneys can be either made alongside pickles that are matured in the sun for up to two weeks and kept up to a year
- Chutneys used to be made at home now they have been commercialised (sold in shops).





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Papadom



- A **papadum** is a thin, crisp, disc-shaped food from the [Indian subcontinent](#);
- It is usually based on a seasoned dough usually made from peeled [black gram](#) flour (urad flour), fried or cooked with dry heat.
- Flours made from other sources such as [lentils](#), [chickpeas](#), [rice](#), [tapioca](#), or [potato](#) can be used.
- Papadoms are typically served as an accompaniment to a meal in India.





Samosa



- A **samosa**, **sambusa**, or **samboksa** is a fried or baked dish with a savoury filling, such as spiced [potatoes](#), [onions](#), [peas](#), [lentils](#), [macaroni](#), [noodles](#), cheese, minced lamb or minced [beef](#).
- There size and consistency may vary, but typically it is distinctly triangular or [tetrahedral](#) in shape
- Indian samosas are usually vegetarian, and often accompanied by a [mint chutney](#).





Bombay Alloo



- **Bombay potatoes**, (sometimes called **Bombay aloo** is an [Indian](#) dry dish prepared using potatoes that are cubed, boiled and then fried, and is flavoured with various spices.
- Some of the spices include cumin, curry, garlic, [garam masala](#), turmeric, mustard seeds, chili powder salt and pepper.
- Onion, tomatoes and tomato sauce are sometimes used as ingredients.^[1]
- Bombay potatoes can also be served as a [side dish](#),^[2] rather than as a main course.





Peppermint Tea



- [India](#) is the second largest producer of tea in the world after [China](#)
- Indians are the world's largest consumer of tea.
- Tea is also mixed with traditional herbs.
- A number of renowned teas, such as [Assam](#) and [Darjeeling](#), also grow exclusively in India.

