

GUJRATI CUISINES

Gujarati cuisine refers to the cuisine of the people from the state of Gujarat in the Northwest Region of India. It is all vegetarian, due to Hinduism and Jainism. The typical Gujarati Thali consists of Rotli (a flat bread made from wheat flour), daal or kadhi, rice, and sabzi/shaak (a dish made up of different combinations of vegetables and spices, which may be stir fried, spicy or sweet). Cuisine varies in taste and heat, depending on a given family's tastes. Everything vegetarian, energy-efficient, environment-friendly, and highly nutritious with many subtle tastes. Many Gujarati dishes have a blend of sweetness. Dishes are not too sweet, but some are a bit sweeter than in other parts of India.

Gujarati cuisine is in many ways unique from other culinary traditions of India. It is one of the few cultures where a majority of people are vegetarians. This vegetarianism may have originally sprung from religious ideologies and beliefs of the region.

Gujarati cuisine is a blend of exquisite flavours and textures. A wide range of foods are cooked in Gujarati homes, and a variety of typical traditional recipes come from different regions of Gujarat.

In short, Gujarati meal is a great deal more than the ordinary rotli, daal, bhaat ane shaak!

Staples include salad, homemade pickles, Khichdi (rice and lentil or rice and mung bean daal), and chhaas (buttermilk). Main dishes are based on steamed vegetables and dals that are added to a vaghaar, which is a mixture of spices sterilised in hot oil that is adjusted for the digestive qualities of the main ingredient. Salt, sugar, lemon, lime, and tomato are used frequently to prevent dehydration in an area where temperatures reach 50C (120F) under the shade. It is common to add a little sugar or jaggery to some of the sabzi/shaak and daal. The sweet flavour of these dishes is believed to neutralize the slightly salty taste of the water.

The cuisine changes with the seasonal availability of vegetables and, in knowledgeable families, the spices also change depending on the season. Garam Masala and its constituent spices are used less in summer. Regular fasting, with diets limited to milk and dried fruits, and nuts, are commonplace.

In modern times, some Gujaratis have become increasingly fond of very spicy and fried dishes. There are many chefs who have come up with ultimate fusion of Western and Gujarati food.

A very healthy meal popular in the villages near Saurashtra during the cold winters consists of thick Rotis called as Bhakhri made up of Bajra flours, garlic chutney, onion pieces and lots of Buttermilk. It is a good source of heat which suits the poor villagers working on their fields in the cold days very well.

Sweets made from such ingredients as local sugar cane, jaggery, milk, almonds, and pistachios were originally served at weddings and family occasions as an instant energy booster for relations travelling long distances to attend. They are now being enjoyed every day by those with sedentary occupations.

GUJRATI THALI

Lilva Pulao(Surti Papdi, Avarekalu), Mathri (a crispy snack, store bought), Vatana Bateta no Rotlo (Greenpeas and Potato roti), Lachko dal, a beverage/dipping sauce called Komal and Sukhdi(Wheat flour, Cardamom, ghee)for dessert!

Gujarat is known for its traditional food the world wide over. Gujaratis are great gastronomes and enjoy food. The state provides immense variety in everything, be it tourism, shopping or food. The diversity you will find in the Gujarati cuisine is simply outstanding. So much of variation in just one state is an unusual phenomenon. The taste, preparation and type of food depend mainly on region, climate, location and lifestyle. So, one can say that Gujaratis strongly believe in 'Variety is the spice of life'. The South, North and Saurashtra region of Gujarat presents a completely different platter, which is delectable in its own way.

The food served in the South of Gujarat is influenced by the cuisine of Maharashtra. There is considerably less use of sugar in the dishes. In South Gujarat, people usually consume Jowar, whereas in Saurashtra and North Gujarat, the diet comprises mainly of Bajra and Maize. In Baroda, you will find a blend of all tastes due to its location. In earlier times, wheat was consumed only by the elite and by the middle class during the festive season.

With changing time, things have changed. Today, wheat forms an integral part of the Gujarati platter and is used in a number of ways.

The Gujarati Thali is absolutely a treat for your taste buds. Apart from the taste, it is so attractive in appearance, that just a glimpse of it will bring water to your mouth. It contains all the four major components, namely Cereal, Pulses, Vegetables, Rice and supplements like pickle, chutney, papad, buttermilk and salad. There is ample use of ginger, garlic, green chilies and jaggery in various dishes. Sugar is also used at times. It is a completely delectable platter that cannot be resisted at any cost. However, the staple diet in Gujarat is Tuver Dal served with rice. There is an entire array of food items prepared in the state.

SWEETS

✘ Basundi	✘ Doodh Pak	✘ Gajar Halwa
✘ Ghoogra	✘ Gol Papdi	✘ Gulab Jamun
✘ Jalebi	✘ Kansar	✘ Kopra Pak
✘ Ladoo	✘ Lapsi	✘ Magas
✘ Mawa Ghari	✘ Mohan - Thal	✘ Moong Dal Sheera
✘ Puran Puri	✘ Sheera (Sooji)	✘ Sheera (Weat Flour)
✘ Shrikhand		

SNACKS

✘ Bajri Wada	✘ Batata Wada	✘ Bhajias
✘ Bhatata Bhajias	✘ Chana Dal Wada	✘ Dal Wada
✘ Dhokla	✘ Farsi Puri	✘ Gandhias
✘ Gota	✘ Green Chilie Bhajias	✘ Green Peas
✘ Handvo	✘ Kachori	✘ Khandvi
✘ Leeva Ni-Kachori	✘ Makai Chevda	✘ Muthias
✘ Patra	✘ Ratalu Puri	✘ Sev-Khamani
✘ Sev-USal	✘ Suri Oondhyu	

PULSES

✘ Kadhi	✘ Mixed Dal	✘ Moong Dal
✘ Plain Dal	✘ Tuver Dal	

VEGETABLES

✘ Batata Suki Bhaji	✘ Cabbage Peas
✘ Cualiflower-Green Peas	✘ Methi Mutter