

# INFLUENCE OF FOOD FLAVOUR

Through the ages man ambiances has influenced has eating having but it is the excitement & share pleasure of eating that has inspired the orientation of many great dishes. Cooking is the most difficult of all arts. At it simplest it brings one the flavour of a freshly baked chapatti / delay the aroma & flavour of a good tart but at a height of excellence it results in the creation of great dishes from knowledge & techniques involved teen ages.

Indian food, just as food as on the other part of the world has been an influenced by its geography & needs to be religion & custom, economics & agriculture.

The impact of the concept of non violence found in Buddhism & Jainism resulting in distinct & unique vegetarian cuisine. Whether in Punjab where only vegetable food is prepared in most home, where Gujarat & Sourashtra where the majority of the population is vegetables or among Brahmins of south, the vegetable repertoire in extension. While the many varieties of Indian food as there are dialects in a country there is certain uniformity in diversity. All Indian food is spicy, the quantum / quantity & nature of spices varies from region to region. Strange as a machine, all the spices such as cloves, cinnamon, nut meg, pepper are growth in the south of India, and there is a more generous use of these spices of the cuisine of the north. It may be attributed influence of the Mughal rule during the 16<sup>th</sup> to 19<sup>th</sup> century ending. During which more expensive, rare & rich commodities such as cardamom, cloves, cinnamon, nut meg, nuts, milk & milk products began to be use generously in north Indian cooking. In all, Indian food the meal is built around one / more than one cereals – rice in south India / west Bengal, wheat in north India & wheat / millets in addition to rice in west India. Food is eaten using the fingers & there is no such this as successive courses as found in western meal pattern & same plate & thali / leaf is used for entire meal. Through out India with the staple cereals (rice / roti), is served with one dal / pulse dish, two vegetables, curd / curd preparation, pickles, papads & in the case of non vegetable meat / chicken / fish as accompaniments. The cooking medium varies; ghee is used more profoundly in the north varied by mustard oil in Bengal, til / sesame oil in Andhra & Tamilnadu, coconut oil in Kerala & west coasts & peanut oil in west India. Ghee however the pride of place through out in all Indian cuisine. Milk sweets are popular & served for festival, anniversaries etc have an auspicious dish in all region & pan (betel leaves) are generally eaten after meals.

Regional cuisine is influenced by the staple food available in the area. North India is with plenty of pasture land available & there is the abundant of milk from cattle's. Punjabi food is thus basically wheat bread chapattis, stuffed parathas, rotis served with milk & milk products in curd / cottage cheese, sometimes corn bread replaces wheat chapattis. Dal (lentil) in one form of other is used in plenty while spinach & mustard leaves are favourite leafy vegetables. More of the so call English vegetables are used in north as they can be grown there in winter month. Though white radish is hot favourite, peas (green) parks high in popularity while bhujias of cauliflower, cabbage etc are mixed with potatoes are featured on the daily menu. Wheat bread stuffed potatoes, peas; cauliflower & grated white radish are common. Served with their raw form without dressing. Whole onions & green chilies are must for all main meals & sometimes a whole tomato & strips of radish find their way into the menu. The tandori chicken. Different kebabs, naans & tandori roti link with Punjabi food & popularly universally by commercial food outlets are recipes adopted from the cookery of nomadic tribes who came over to India a long time ago looking for pasture land.

Sweet dishes such as halwais, kheers, made of vegetables like carrot, beet roots, gourds, pumpkins cooked with milk, ghee & sugar are unique to Punjabi & perhaps out come of the excellent versatile carrot grown in the region, the halwa / gajar ka halwa in considered supreme.

Has an other parts of India, pickles are necessary to accompaniment food but the flavour is quite distinct. Mustard oil is used as preservatives with fennel, mustard, fenugreek, sometimes and kalonji or onion seeds. Neighboring states /emigrants from others stats have often influence cuisine of a state. Rogan Josh, Mutton Korma, Mutton Kofta etc are either the influence of the Mughal / people of Kashmir.

Snacks of a broad range are integral part of Indian food. Its region has own specialty with some snacks common to many parts of India as desired. Thus, the Suji Halua of Punjabi become the shirah, the singara of Bengali is the samosa of the Punjabi, some sweets like laddoo, jilebies, haluas, are found through out India. There is the lavish use of gram flour, butter milk & milk in the vegetarian food of utter Pradesh where the staple with rice & serve sparingly. The non vegetable of food of Lucknow however in typical of Mughal emperors influence with spices, nuts, cream, butter milk, mawa, curd & saffron, which is reflection of the glory that once, was.

It is some of the forward states of India that can truly baste of the haute cuisine(classical) of our country encourage by royalty – Nawbabs & Maharaja's & reflecting the influence that prevail in the palaces, along with their gracious living. The dishes were rich in taste & ingredients. The food of the former state of Rampur is one such example, so is a food of former Hyderabad state both being ruled by the Nawbabs, get India some great dishes such as Mussallam Run, Shaag Gosth, Paya, Nahari, Halim, Dum ka murgh, varieties of kebabs, Bagara Baigan, Mirch ka salan, Tomato Kut. Double ka meetha etc. great care was taken in the presentation of food as in a preparation. Some influences of French & continental cooking can also be seen in few dishes. Such grand cuisine is found in many other states such as Bharatpur, Bikaner, Palanerpur, Junagar, Mysore etc indicating the patronage of rulers in the involvement of variety & flavours in that cuisine.

The common foods in Rajasthan is simple mostly Bajra Ki Roti, Jowar Ki Roti with saag / Muli Bhaji, Lassi & pickle as a perched / dry land yields little vegetations & Rajasthani was try to many romance. In the places of Jaipur one of the most elite city, one find a rich non – vegetable cuisine using a meat as Rajputs whether master in the art of shikar. Their cuisine itself has been influenced by Mughal.

The neighboring state of Gujarat is essential vegetarian. Here again the present food is bajra & jawar. Roti eaten with locally grown vegetable such as brinjals, gourds, a variety of beans, fenugreek leaves, dal & milk. Papad is the great favourite & every house prepares its own varieties. The more organized Gujarati normally eat really thin chapatti / delightfully light puri with shag (vegetables). In Gujarat as well as Maharashtra is served along with main meal & eaten with puris. When rice is brought to the table in Gujarat it is an indication that the meal is almost over. There is a blend of both the sweet & spicy in Gujarati & Maharasthian food. Kolapur jaggery is used to sweeten the vegetables & dals but a lot more ghee is used in Gujarati food than Maharashtra. Milk, sweet such as Basundi, Dudhpak, and Srikhand are served on festive occasions. Many sweets made of wheat such as ladoos, are also common. The service of Farsan (Gujarati snacks item) such as buttala bara (aloo bara), Dal bara, Bhaja, Khandvi, Dhokla etc along with main meal in distinguishing feature. Breakfast is usually light & sev / gatia, masala puri, thepla etc are taken with milk / tea. Sometimes jellabi & milk is a break fast. Dinner could be Dhakari & vegetable or a baked dish of oondu (mix vegetable dish with plantain), milk or a khichdi & besan bori.

India has a coastline of over 300 kms. The Indian ocean & Bay of Bengal, Arabian Sea, river & lakes & 100 of seas, rivers food specialty. These have become so much part of diet of people of this area that would consider no meal complete without at least two varieties of fish.

The flavours of the food of the Bengal come from luscious country side. The extension of paddy hills, river & lakes, the master term for palm trees have made bengalee food interstive & varied. Bengalis are artist & artistic music, poem, poetry, culture but also in their food. To the Bengali the preparation of food is a ritual. Even the purchase of commodity of cooking is turned into a fine art. Fish is selected for its flavour & freshness, hilshaah is the hot favourite & rohu / carp is second. Vegetables are loved for freshness, juiciness & texture. Even then the art of cutting fish & vegetables are well planned. With Bengal rich paddy leaves rice milled from short ground par boil Bengal grain is staple food, generally served plain boiled. Refine flour rather than whole meal flour is huge to prepare Luchi – a thin delicate Puri & Dhakai parathas served occasionally. Many of the indigenous are used their Sukhto, Bhajja, Dalna, Chorchori, Jhal etc. Maccher Jhol, Doi maach & Sarse Bata Maach are some of the most popular fish dishes.

In Bengal it is plenty because of good pasture land & fertile food. The delicious milk sweet's of Bengal, popular not only has all over India but many parted of India today the reflected the abundant availability in region. Cow's milk is used to milk sweet & buffalo milk is used rich sweet curd. Milk has short life of Bengal because hot & human climate so rich sweet milk cuisine in Bengal. The average Bengalese is not milk drinker & even children after body are given milk inform of rice kheer / payesh rather than grain

Goa is a coastal state relevance in his fish dishes but also famous pork vindaloo, sorpotel, balchou, Goan food is the beautiful blend of states Portuguese heritage, with sway pumps & miles of sea coast, the cuisine of Goa favors ground rice, coconut & fish. The Goan has first meal at 9 or 10 am. Eating rice conji, with little pickle / Kalchi kort (yesterday's curry) & ends the day with rice & fish curry. Breakfast among average Goans are justy with toddy leaven bread. Lunch is generally fish curry & boiled rice, partially milled par boiled rice & vegetables are not very important. Sometimes pork vindaloo is served with rice & fish. Rice flour sweets / snacks are served at teatime & dinner follows more / less same pattern as lunch. It is only the festive occasion Chicken Xacutti, roast sparkling pig. Feni a liquer of cashew fruit grown abundant in Goa / else palm toddy is a most popular drink & consumed in plenty.

Influenced by Buddhism & Jainism in Tamilnadu in 10<sup>th</sup> century A.D., the Tamils were predominantly Hindu. Though the food is basically very simple no where in the world such a variety of vegetable dishes as in

Tamilnadu. Idly, uttapam, rassam popularized all over India by the south Indian restaurant, despite this there is even large population in non vegetable in Tamilnadu. Infact the word curry is of Tamil origin (it means fish / meat in a group) although the Brahmin of Tamilnadu curry is dry vegetable dish. The variety however in non vegetable dishes is limited. Not only religion but agriculture has influenced the cuisine of Tamilnadu. Rice is the main staple where there is abundant of water with plenty of paddy fields, sugar canes & bananas these predominant in the cuisine. In dry areas where only millet like ragi & festivals have influenced in Tamilnadu more than in other parts the evolution of infinite variety of dishes.

Karnataka – the culinary scene in Karnataka is very closed that of Tamilnadu excepting in coastal areas Mangalore, Belgaue where fish dishes prepare. The spices vary some what but basically the every dish is same. The samba bhat of Tamilnadu becomes the Bisi Bele Huliyananna of Mysore & festival of Karnataka.

Andhra Pradesh is the rice bowl of India & staple food in that state serve plain or else flavour in some mouth watering Biryani. The vegetable food of Andhra Pradesh is very similar to chitranna (til rice, lime rice, tamarind rice) are popular in all this states. Shamber, rassam, dry vegetable preparation, idly, dhosas etc are also common. Andhra chilies are known for their pungency & are commercially crop of the state. Avakkai (a hot mango pickle) is a necessary accompaniment to the food. Ghee is served with hot rice & samber is also used as a baghar (tempering of food). til is the cooking medium & for making pickles. Andhra is also famous for its Gongura Pachadi – form of cooked green chutney served with hot boiled rice & ghee. Leg fish is used more than sea fishes in Andhra dishes.

Kerala has three distinct cuisines apart from variation within the king. There are Syrian Christian, Muslim & Hindu cuisine. Dhosas, sambars, vegetable kuttu, vadas etc have all in brought to kerala by Brahmin in Tamilnadu who migrated from kerala. The Chakiyar – one of the sub coast of Nabudri Brahmins have the authentic kerala Hindu cuisine & still prepares the food in the temples according to the Shastras codes & conducts. For e.g. the shastra rasas / the seeks flavour – sweet, sour, pungent, salty, bitter & astringent must be present in the meal. So, should food requiring the different texture for biting, drinking, relishing & chewing. Dishes like errusserry, pachadi, thoran etc are typical. The better known dish avail is really & innovation. A variety of pyasam made of milk, sugar & roasted gram, coconut milk, molasses are served as sweet just prior to eating curd & rice.

Boiled, hard boiled & hard pounded rice is a staple although more & more polished rice is eating today. All the other dishes are accompaniment with rice. The Syrian Christian cuisine has a variety of non vegetable food influenced by their ancestors, Dutch, Portuguese as well as British missionaries. Meen Vevichathu, a red chilly curry with fish & balanced with Kudam Puli which is the fleshier version of cocum found in konkan area is used in most fish dishes. It not only the balances the hot sour & salty flavour & also acts as antiseptic & anti-allergy. Coconut oil is used as cooking medium, especially for fish, avail etc. coconut milk is used to thicken the gravy.