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RICE-BASED TRADITIONAL FOODS OF ODISHA

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Abstract: Rice is the main food of Odisha. It is one of the well-developed states in India and has enriched sources of electricity and steel of India. Rice is the staple food of this region. Traditional foods are those that are specific to the region and prepared and eaten since time immemorial. Traditional foods are generally prepared out of the staple crop grown in that region. The staple food of Odisha is rice. The present paper is an attempt to explore the rice-based traditional food culture of east Odisha and to provide information about different rice-based recipes are consumed here. Irrespective of all the modern changes in food habits, the people of Odisha still preserve their traditional food culture.

Keywords: Rice based food, Traditional

Introduction: Odisha has a rich and highly diverse food, and its various diets are well closely linked to social identity, religion and other cultural influences as well as local agricultural practices and wide range of food availability. Rice is an important cereal crop that provides food for more than half of the world population. Rice is the primary staple of every major Asian meal. Rice is valued as a great emblem of auspiciousness, prosperity, and fertility in Indian culture because of its life sustaining characteristic. It provides instant and fast energy. Brown and red rice are high in fibre, B Vitamins, magnesium, calcium, zinc, iron, selenium and other nutrients. The 'Rice Bowl' of North India, Odisha, has a rich ritual food culture. Rice is the principal crop and diet of the people here.

Traditional foods of Odisha served on disposable plate made of Sal Leaves. Traditional foods of Odisha use less oil and less spicy but of great taste. Mustard oil is used in several dishes. Curries are also garnished with dried raw mango and tamarind. Coconut is also used in several dishes panch phutan is blend of five spices. It contains mustard cumin, fenugreek, aniseed and Kalonsi, garlic and onion are also used, turmeric and red chillies are also commonly used. The food in the region around Puri, Cuttack is greatly influence of by Jagannath temple Kalonji and mustard paste is used mostly and curries tend to be sweeter. The Brahmapur region has influences of South Indian Cuisine and the Telugu people lining there have also invented new Odia dishes. World famous Lord Jagannath Mahaprasad 'Avada' is one of the traditional food of Odisha. And "chhapan bhog" also a regular Odisha traditional meal comprises. Rice, pulses and green leafy vegetables and different Chutnies. Odisha traditional food is high in carbohydrate and some micro and macro nutrients. New rice which is harvested in the month of December is used for pre parathion of number of traditional foods different types of pithas Chakuli, arisha, chhunchi patra, Chitau, Manda, Kakara etc. and Paluo Kanika, Rice Kheer, Khichidi. To enhance the nutritive value of the rice-based food by adding functional ingredients to them to improve their taste texture and flavour as well as to increase their shelf live is the basic objective of value addition to any product. Any product can be studied value added if it is originally grown by the farmer and increased in value "by Labour and creativity. Many alternatives exist for adding value to commodities. Especially farm products are used in India and abroad to prepare value added products. They are Guava papaya,

mangoes and other such fruits to prepare Jam and jelly, Pickles and preserves sauce and Ketch up made up tamato are very popular value addition. Now Testing a product is a very important part of value-added product. Taste, texture, flavour and appearance are all pre checked when it becomes a final product. A food is more nutritious when the level of nutrients is high in relationship to the number of calories the food content by eating healthiest food we can maintain our health and also we can get excellent amount of vitamins, minerals, essential amino acids fibre which are very essential for our body. Some amount of fruits, fresh vegetables whole grains, nuts, olive oil are all needed for excellent health and also well known to most of the people. Traditional foods of Odisha both vegetarian and Non-vegetarian works as calories and protein supporters. Brown rice of Odisha is highly nutritious and used to prepare different types of balance diet and it is medicinally important. According to old age experienced farmers of coastal Odisha. The brown and red rice has different in types which is more nutritious. After one time consumption they can work in their whole day without feeling hungry. Ladoo which is made from roasted rice mixed with sugar eaten by Lactating mother is helpful in producing milk and providing more nutrition to the breast feeding child. In traditional food dried Bengal gram leaves used for iron security Food is an important part of various tradition and cultural significance in the life of the people of Odisha. Among the popular food of Odisha different kind of Pithas prepared form rice powder and gram dal. Another traditional foods of Odisha is 'Pakhala'. It is a rice dish made by adding water to cooked rice. It may then be allowed to ferment overnight it is called Basi Pakhala. Dalma is another traditional foods which made from Dal and Vegetables. It is very nutritious and considered as energy booster. Odia meal is not served by course all the dishes are served at a time after which only eating start. While the main dishes are served on large plate other dishes are placed around it in small plates. Sometimes especially on festive occasion traditional food served on banana leaf. In traditional Odisha food "Kanji" is more nutritious which is prepared from boiled rice. Traditional food of Odisha is different in types according to areas sea foods are eaten on mainly coastal area. Odisha typically eat loads of cooked green leaves of various types. There are various types of traditional sweets are invented in the city of Puri to appease the deity Maha Laxmi about 700 years. However the Bengali people claim that it was invented in nineteenth Century by Calcutta Sweet maker. Roy et al (2007) studied legume based fermented foods of Odisha. The people in Odisha, like many other states in India, have a tradition of relishing a variety of cakes, locally called pitha, especially during various festivals and rituals. Some of these foods are produced from the fermentation of cereal legume batters. These products include chakuli, chhuchi patra pitha; endure pitha, munda pitha, podopitha and chitau. **Mandari and Joshi (2013)** worked on various traditional food consumed by the ethnic khasi tribe of Meghalaya. The results revealed that the food comprised of the main lunch/dinner, dishes, and side dishes consumed with the meals and also the food items taken as snacks. The nutrients content of the vegetarian breakfast and snack items revealed similar nutritive values since most of the snacks were made from rice. The snacks prepared without oil as a cooking medium are rich in calories and carbohydrates, but a minor source of fat, fibre and protein. The overall protein content of Rymbai Ja (Boiled soyabean seed) and Shane Shing (Bengal gram) with black sesame seed was considerably high. Calories and carbohydrates content of all the traditional snacks are high since these snacks are rice based. Traditional snacks where oil has been used as a cooking medium have more fat content. The vegetarian lunch or dinner main dish namely, Janeiiong (Black Sesame rice pulao) and Janeilieh (white Sesame rice pulao) are rich in iron and calcium. Un conventional green leafy vegetables are consumed raw or may be ground aschutney. The consumption of vegetables is very less but some root vegetables like potato, yam, sweet potato are staple in the khasi tribe.

Some of the popular rice dishes in Odisha are khechidi that is cooked with rice, lentils and ghee; polau that has vegetable, dry fruits and spices; sweetrice dish, kanik prepared from dry fruits and ghee; ghee rice, and pakhala that is watered rice served with curd and stir-fried vegetable. Lentils dishes serves as a great accompaniment to rice and some lip-smacking famous. Lentil dishes include the vegetable and spice-laden dalma, plain and simple dali with a spicy tadka and delicious and flavourful besara that has vegetables, lentils amaranthus, mustard paste, and badi as its chiefs' ingredients.

OBJECTIVES OF THE STUDY

Odisha is considered as the “Bowl of Rice” and therefore majority of traditional food items are made of rice. Rice is the staple crop here as well as the chief food items are common for Odisha people. Though rice can meet out of the daily calorie requirement of a person very well. As it is rich in carbohydrates. It is still deficient in a number of essential amino acids and micro nutrients. So all the recipes made out of rice are generally deficient in the above nutrients. In order to prepare balance diet out of rice it is necessary to add certain ingredients for value addition.

1. To explore the traditional foods of Urban, Rural in east Odisha.
2. To calculate their nutritive value in terms of macro and micro nutrients.
3. To find out limiting nutrients of the identified foods.

Selection of samples: Traditional food samples will be selected from different costal areas of Odisha namely cuttuck, Khurda, puri and Jaggatsingpur .

Sample Size: 11 popular foods from different costal areas of Odisha will be selected for the present study.

Rice based Traditional Foods:

Pakhala

Pakhala bhata is a special dish relished by almost every household in Odisha. It is prepared in a unique way and the taste is quite amazing. To make pakhala bhata, cooked rice is soaked in a mixture of sour curd, cumin seeds, mint leaves, coriander leaves and water and left overnight. The same is relished the next day with fried fish, roasted vegetables, potatoes, papad and raw onions, besides being appetising, this kind of fermented rice is quite nutritious and perfect for beating the heat . the dish is so famous that 20th march is celebrated as Pakhala Divas or Pakhala day in the state. On this day locals welcome the summer season with this traditional food of Odisha.

Khichidi

Khichidi is a simple but delectable meal relished widely in odisha. The dish is particularly famous and important as it is a part of the main bhog of puri's shree Jagannath temple. Khichidi is offered to Lord Jagannath every day and the same is also given as prasad to devotees. Prepared with rice, lentils, ghee, chopped vegetables and some light spices, khichidi is a fulfilling and nutritious meal for people of all ages.

Kanika is traditional food of Odisha that locals mostly relish during festivals, pujas and other special occasions. This sweet pulao is also one of the 56 items served to Lord Jagannath in the Chappan bhog. It is prepared with basmati rice, ghee, sugar, cashew nuts, raisins, cinnamon, cardamom and other ingredients and is relished with dalma or mutton curry.

Kheeri

Kherri is a common dessert which is popular in almost all parts of India. In Odisha it is know as ‘khir’ with a slight difference in the way it's prepared. Khiri is associated with the famous Jagannath temple of Puri, where it had been served to the deities as prasad for centuries together. It's an indicator that Khiri existed in Odisha since the time the Jagannath temple was built in the 12th century.

Pitha :

Pitha is a cereal based stemed cake that will tantalize your taste buds just like the other dishes of Odisha, the dish is made in the form of many variants such as podo pitha, chakuli pitha and many more. Being one of the special delicacies of Odisha, they are cooked both on special occasions and as a common dish in Odisha households .

Manda pitha

Manda pitha or rice flour dumpling looks like a twin sister or rasgulla from outside but has a coconut stuffing inside . it also resembles south Indian kozhukkattai and Maharastra's modak. It is usually prepared during monsoons and post monsoons for festivals like Gamha Purnima, manabasa gurubara or kumar Purnima.

Kakera pitha

Kakera pitha of Odisha are deep fried semolina dessert influed with fennel and cardamon. It is one of the most loved desserts in Odisha and is offered in various temples as prasad.

Enduri pitha

The main ingredients of this are grated coconut, jaggery and turmeric leaves. A mixture is made with sauted coconut, jaggery and spices. Dollops of this misture are then put inside the turmeric leaves, which are folded and stemed for around 10 mintuts, enduri pitha is also called haldi patra pitha.

Podo pitha

This is yet another baked caked style odisha dish. It is alternatively called urad dal jaggery cake. The main ingredients of this recipe are jaggery, coconut, bay leaves, rice flour, dry fruits and milk. It is prepared during Odisha's popular Raja festival. This festival takes place for three days which women take a break from their household work and play indoor games.

Chakuli pitha

chakuli pitha is a renowned dish from Odisha that is quite like a Dosa, yet different. It is prepared using a batter made with equal portions of lentils, (urad dal) and rice (soaked ground and fermented for at least 5 hours). Even black lentils (skinless) are used instead of the urad dal at times. The batter is spread on a griddle or pan in a circular shape and cooked on both sides using some mustard oil. Chakuli pitha is softer than that as dosa and is comparatively thicker as well. This gluten free delicacy tastes really well with aloo bhujja, ghuguni or jaggery.

Nutritional values of traditional rice-based food:(Serving 1 cup -100gm.)

Food	Protein	Fat	Carbohydrate	Vitamin	Calcium	Iron	Sodium	Fibre	Calories
Pokhalo	1.1gm	1.3gm	7.5gm	-	-	-	-	-	46kcl
Kanika	1.5gm	10gm	63gm	89.2mg	0.2mg	0.2mg	1.5mg	-	349kcl
Kheeri	5.9gm	8.1gm	30.6gm	174.7mcg	229.3mg	0.3mg	42.1mg	-	235kcl
Manda pitha	2.1gm	6gm	36gm	-	-	-	-	-	211kcl
Kakera pitha	2.1gm	8.4gm	23.6gm	50.6mcg	3.5mg	0.4mg	198.7mg	0.9gm	178kcl
Enduri pitha	11gm	12.9gm	51.952gm	-	77.8mg	1.91mg	-	1.24gm	366.6kcl
Podo pitha	52gm	139gm	403gm	-	-	-	860mg	37gm	1190kcl
Chakuli pitha	2.6gm	1gm	9.5gm	-	-	-	-	2gm	57kcl

Table shows the nutritional values of different rice based traditional food items

Conclusion:

The concept of traditional food culture does not just refer to food types, cooking methods and nutritional values, but also to people's cultural heritage, traditional practices and way of life.

Traditional, foods carry knowledge transferred across generations for making them wholesome for consumption. Traditional food culture can even enrich the present health science but knowing the use of various food modification during ill health. Traditional foods provide a range of health benefits. However, the present generation is less exposed to the health benefits of traditional foods which need to be educated properly.

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