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## Pahari Cuisine: Traditional Foods Of Uttarakhand

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### ABSTRACT:

Uttarakhand's indigenous cuisine, known as Pahari, is a reflection of the area's diverse geography, rich cultural legacy, and sustainable way of life. With origins in the Garhwal and Kumaon regions, this cuisine places a strong emphasis on using locally grown pulses like bhatt (black soybean) and grains like mandua (finger millet) and jhangora (barnyard millet). Simple yet nourishing preparations that are tailored to the mountainous terrain and chilly environment are demonstrated by dishes like Kafuli, Chainsoo, Aloo ke Gutke, and Phanu. This study examines the components, preparation methods, and cultural significance of Pahari food while emphasizing how modernization has affected customary eating habits. With possible relevance in current nutritional discussions, the project intends to record and promote this lesser-known culinary legacy as a sustainable and health-conscious food system.

**KEY WORDS-** Pahari cuisine, Traditional food of Uttarakhand, Indigenous food practices Uttarakhand

### INTRODUCTION-

Uttarakhand is a state located in northern India. Due to its religious significance and several Hindu temples and pilgrimage sites scattered throughout the state, it is often referred to as the "Devbhumi" (meaning "Land of the Gods"). Religious tourism is a significant component of the state's tourism. Uttarakhand is well-known for its natural Himalayan environment, The tourism business also provides significant employment in the state, including employment as guides, in the hotel industry, and in travel companies (BHATT.ARVIND 2023). Uttarakhand's traditional cuisine, known as Pahari, reflects the state's climate, cultural heritage, and hilly land. The northern Indian state of Uttarakhand is renowned for its stunning scenery, which includes river valleys, rough hills, and thick forests. Over the course of centuries, the region's natural surroundings, regional foods, and the people's straightforward yet delicious cooking methods have all influenced the region's food. Essential Elements of Pahari Food: Freshness and Simplicity Known for its simplicity, the cuisine uses herbs, vegetables, and grains that are cultivated nearby. The fresh components, which frequently come from the local environment, include forest products, wild herbs, and livestock that is raised nearby.

## POPULAR DISHES OF PAHARI CUISINE:

1. **Aloo Ke Ghutke:** This is a signature Pahari dish, where mashed potatoes are stuffed into wheat flour dough, rolled into dumplings, and then steamed or fried. The result is a delicious, soft, and hearty snack.
2. **Chainsoo:** A popular lentil-based dish made with black gram dal, *chainsoo* is cooked with a variety of spices like cumin, coriander, and ginger, resulting in a flavorful, thick gravy.
3. **Jholi:** A type of curry often made with meat, *jholi* is a tangy and spicy stew, commonly prepared with goat meat and served with rice or traditional bread.
4. **Bhaang Ki Chutney:** This is a traditional chutney made from hemp seeds (bhang), which are roasted and ground along with garlic, green chilies, and spices, giving it a unique and aromatic flavor.
5. **Kumauni Roti:** A popular bread from the Kumaon region of Uttarakhand, this flatbread is made with buckwheat flour and is typically served with dals and vegetable dishes.
6. **Phaadi:** A type of bread made from the wheat or buckwheat flour dough, *phaadi* is typically served with curry and is a staple in many households of Uttarakhand.
7. **Bal Mithai:** A sweet dessert that is popular in the Kumaon region, it is made from roasted khoya (dried milk), sugar, and coated with sugar balls, giving it a crunchy texture on the outside and soft inside.
8. **Singori:** A sweet wrapped in the leaves of the *maali* plant, *singori* is made from khoya, sugar, and cardamom, and is a traditional dessert from the region.

## REVIEW OF LITERATURE-

1) **Kaushal Deepak, Juyal Deepak, Dabral P. Amar, Ayush, Thapliyal Anuj** states looks at Uttarakhand's potential to improve tourism by promoting regional cuisines, which can enhance visitors' experiences and serve as a driving force behind their choice to travel Uttarakhand.

2) **Walia and Kukreti (2023)** investigated the role that food plays in boosting and expanding tourism in Uttarakhand and sampled some of the state's most well-known cuisines. As varied as the state itself, Uttarakhand's cuisine offers a variety of specialties. There are numerous tourism destinations in every state. Uttarakhand offers a variety of distinctive scenery and attractions that are not only delicious but also brimming with health advantages. The caliber of the local cuisine may have an impact on a decision to stay or go.

3) **Joshi, Barker, and Zechariah (2023)**, each of the following factors has a separate score of 1 to 9: availability, price, quality, reference from others, environmental concern, brand, advertisement, awareness, and personal experience. This particular openness is a significant issue that needs to be taken into account first.

4) **Baruah (2016)** in India, there is a growing interest among tourists in ethnic foods. Authentic preparation and presentation can be a commendation to quality cuisine that reflects the area's socio-cultural life.

5) **Sahin (2015)** Depending on the tastes of the visitor, local ingredients might be used to make real cuisine; expectations range from exotic to nostalgic cuisine.

6) **Stone (2017)** The way that tourists experience the cuisine is closely related to the effectiveness of the service as well as the friendliness and demeanor of the staff.

7) **Shah, Shende (2017)** Being a major factor in travelers' decision to visit a certain destination, food tourism is significant to the travel industry.

## OBJECTIVES OF THE STUDY-

- To observe the traditional food-related practices of Uttarakhand's Pahari people.
- To determine the essential components and cooking techniques of the Pahari cuisines.
- To investigate the cultural and seasonal importance of traditional cuisine.
- To evaluate the nutritional and environmental benefits of Pahari food.

## RESEARCH METHODOLOGY-

Researching Uttarakhand's Pahari (traditional) food requires a methodical and organized approach. To ensure thorough data collection, analysis, and interpretation of Uttarakhand's food, culture, and culinary traditions, the study process can be broken down into multiple stages. A recommended research methodology is provided below:

## RESEARCH DESIGN

- **Type of Research:** Descriptive and qualitative research.
- **Approach:**
  - **Exploratory:** To explore new facets of Pahari cuisine not well documented in existing studies.
  - **Ethnographic:** To understand the food traditions in the context of the culture and lifestyle of the people of Uttarakhand

## DATA COLLECTION METHODS- SECONDARY DATA:

- Review of cookbooks, online recipes, and culinary blogs that document Uttarakhand's cuisine.
- Historical records and cultural references that mention food practices

## RESEARCH GAP-

Despite the cultural, nutritional, and ecological significance of Pahari cuisine—especially that of the Kumaoni and Garhwali regions of Uttarakhand—it is still underrepresented in research papers and culinary studies. Himalayan food systems are mainly undiscovered in the majority of current study on Indian regional cuisines, which tends to concentrate on more well-known culinary traditions like Punjabi, South Indian, or Mughlai cuisines.

- Systematic research on the Pahari region's traditional cooking methods and indigenous ingredients is noticeably lacking on:
- The part food plays in the seasonal, religious, and cultural customs of the hill residents of Uttarakhand.
- the impact of migration, modernity, and climate change on traditional eating patterns. the sustainability and health advantages of the region's typical millet-based and foraged diets.

By offering a thorough grasp of Pahari cuisine as a type of intangible cultural legacy and a sustainable food system, this study seeks to close these gaps.

## LIMITATIONS-

- 1) **Access to Remote Areas:** Due to logistical or geographic limitations, it may be challenging to reach some areas of Uttarakhand.
- 2) **Language Barriers:** Since many participants may speak regional dialects, translation services may be necessary.
- 3) **Changes in Tradition:** Some traditional eating practices may have changed or decreased as a result of modernity, which could compromise the reliability of the data.

## CONCLUSION-

The traditions, morals, and sustainable living methods of the hill people can be observed in Pahari cuisine, which is deeply based in Uttarakhand's varied topography and cultural diversity. This study has demonstrated the close ties between regional agriculture, seasonal cycles, and social customs and the traditional meals of the Kumaoni and Garhwali regions.

Pahari cuisine is still mainly ignored and little documented in mainstream food studies, despite its nutritional richness and ecological significance. The preservation of this culinary legacy is seriously threatened by the increasing impact of modernization, migration, and shifting dietary habits.

These ancient food systems urgently need to be revitalized and promoted through legislative assistance, culinary tourism, public awareness campaigns, and scholarly research. In addition to aiding in cultural preservation, acknowledging Pahari cuisine as an essential component of India's intangible cultural heritage will help create more locally based and sustainable eating habits in the future.

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