



A Study On Traditional Foods And Beverages Of Himachal Pradesh

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Abstract: Himachal Pradesh is a state of diversity. It shows diversity in its culture, anthropology, and topography and environment. It can be seen in their architecture, dressing sense, cuisines and food habits. The people of this state formulate different formulas of foods based on the environmental conditions, availability of raw materials and traditional heritage from people of different regions. Some of the products constitute staple food in rural areas of the state while others are prepared and consumed during marriages, local festivals and special occasions, and form part of the socio-cultural life of hill people. However, the production of these foods and beverages is largely limited to household level. Bhatoaru, siddu, marchu, seera, chilru, manna, aenkadu, sepubari, patande, doo, b aari, doshu, malpude, babroo, bedvin roti, madruh, tchati, chmpu. sura, chhang, kinnauri, angoori, chulli, lugri. arak/am, mk, chukh and pickles (e.g. brinjal, lingri, bidana, peach, pear, plum, tomato, bottle gourd, etc.) made from different fruits and vegetables, etc. are some popular traditional products that are unique to the tribal and rural belts of Himachal Pradesh.

Index Terms - Traditional foods, Traditional beverages, Himachal Pradesh.

1. Introduction

Himachal Pradesh is a state with a diverse mix of people, races, and cultures. Himachal Pradesh inhabitants have created traditional food processing methods for making meals from locally accessible substrates, which are heavily influenced by ethnic preferences, agro-climatic circumstances, socio-cultural ethos, and religion. However, there may be regional difference from one place to the next. For ages, residents in Himachal Pradesh have made and enjoyed a variety of traditional cuisines, which have become an integral part of the hill people's socio-cultural life." However, production of these traditional meals and beverages has been confined to the scale of the home. The knowledge of traditional procedures and technologies used in the creation of these items has been passed down through the ages. Himachal Pradesh native cuisines and beverages are distinct from those found elsewhere.

The study focuses on indigenous knowledge of traditional meals and drinks produced and enjoyed in distinct Himachal Pradesh areas. Himachal Pradesh's traditional.

2. Literature Review-

Filiep Vanhonacker, Valérie Lengard, Margrethe Hersleth, Wim Verbeke,(2010)in “Profiling European traditional food consumers” specified that traditional food is currently undergoing a revival, with increased sales, consumer and regulatory interest. This paper provides cross cultural results from a large pan European consumer sample that provides highly relevant and useful information about the market potentials of the traditional food industry, which mostly consists of small and medium sized enterprises. TFC across Europe are typically middle aged to elderly, health conscious, ethnocentric, food connoisseurs, who are attached to familiarity in their food choices and who very much enjoy cooking.

Varinder Singh Rana1, Dr. Piyush Sharma2, Dr. Arun Singh Thakur3, (2018) in “Potential of Food Tourism in Punjab (India): A study of Amritsar, Jalandhar and Patiala” says that is essential for awareness campaigns aiming at visitor’s research and their opinions, behaviours and expectations of foreign travellers. The tourism research community and practitioners must collaborate on planning initiatives and long-term policy and managerial applications that are aimed at enhancing the attractiveness of India as a destination for food tourism.

Matthew J. Stone1, Joelle Soulard2, Steven Migacz3, and Erik Wolf, (2017) in “Elements of Memorable Food, Drink, and Culinary Tourism Experiences” states that

A single element (a memorable view or a single local food) may have been enough to create a memory.

Nita Mehta (2013) in “Cookbook of Regional Cuisines of India” Cookbook of Regional Cuisines of India has every kind of climate zone within its borders: extremely wet areas drenched with monsoon rain; dry sandy deserts; fertile river-watered plains; balmy hills and valleys; snow-covered mountains; and a very long coastline. Each climate zone has its own flora and fauna, the 'raw material for the regions food, at the basic level. But apart from a varied climate, there is also tremendous diversity in history, culture and tradition, which gets superimposed on the preparation of food, and refines it to a sophisticated art. So in every part of India a region, a state, a city you will find a distinct cuisine that has evolved over centuries, with recipes perfected and passed

down from generation to generation. For this book I have selected a few examples from this great heritage of ours. Come let us take a Taste Exploration Journey around India together.

3. Objective –

1. To explore the Traditional food and beverages of Himachal Pradesh.
2. To study the popularity of the Food and beverages of Himachal Pradesh.
3. To analysis the health benefits of the Food and beverages of the region.

4. Meal & Drinks Classification

Meals & drinks can be generically classified according on the substrate utilised as below:

- (i) Cereal and legume-based food products.
- (ii) Milk based food Products.
- (iii) Vegetables and fruits (mainly pickle) based products.
- (iv) Cereals and fruit-based beverages, and food products.
- (v) Others products.

Cereal and legume-based food products

Cereals and legumes are major sources of the energy and protein for the majority of the population. The cereals like wheat, barley, maize, buckwheat, rice and millet are majorly cultivated in Himachal Pradesh. Traditional foods prepared from major cereals are common in almost all the parts of Himachal Pradesh. Some of them are used as staple foods, while other are used as festive foods. Most of these traditional foods are based on rice, wheat and barley and some are also prepared from other grains. These foods have been a part of staple diet in the rural areas of Himachal (specially the districts of Lahaul Spiti, Kinnaur, Chamba, Shimla, Mandi, Kangra and Kullu). These products being highly nutritious, easily prepared and conveniently preserved are very popular among the rural populations. Following are the popular cereal and legume-based foods prepared and consumed in different parts of Himachal Pradesh.

Table 1: Foods prepared with cereals and legumes

Cereal/Legume	Food Product Name
Rice flour	Aenkadu/Askalu, Patande
Wheat flour	Aet, Baari, Babroo, Bedvin roti, Bhatooru, Chilra, Chhura, Dosha, Gulgule, Marchu/ Potlu/Pole, Mande/Manna/Malpude, Tiskori, Shunali, Siddu/Khobi
Barley Flour	Pinni, Chhangpa, Chilra/Chilte/Iwar, Tchog, Thuktal, Sattu
Black gram	Borhe, Teliye mah, Warri, Sepubari
Buckwheat flour	Aktori, Mangjangkori Marpinni/Marjag

Most typical cuisines created by Himachal Pradesh residents are cereal-based, however other cereal legume/legume-based dishes are also popular.

Bhatooru, marchu, and chilra are indigenous leavened breads or roties that are a staple food in Himachal Pradesh. These are made from wheat/buckwheat flour dough/slurry fermented with malera or treh (which are mostly made up of lactic acid bacteria and yeasts, respectively). Siddu is a traditional fermented steam-cooked oval or disc-shaped meal served in rural parts of Kullu, Shimla, and Lahaul Spiti districts. Aenkadu made with rice flour is a celebratory meal in various parts around the state.

Buckwheat leaves are blended with wheat flour and baked into aktori desserts in the Lahaul Spiti region. Palande (a type of pancake) made from rice flour is a specialty of the Sirmaur region. Sweet delicacies such as gulgule and malpude (babroo) are served during religious and marriage ceremonies in both rural and urban settings. Marchu, poltu, and pole are salted roties deep fried (in mustard oil) in Lahaul Spiti and Kinnaur districts, notably during tribal festivities such as phagli, halda, and marriage rituals; they are also given to family and friends when they visit them. The Madrah of Chamba is one of a kind, and it is prepared for nuptials. Rajmah (kidney beans) are correctly boiled and combined with desi ghee, spices, salt, and beaten curd to make madrah. It's cooked to perfection and served with rice. In Himachal Pradesh, warries are also quite widespread. Black gramme and ash gourd (*Benincasa hispida*) / *Colocasia petioles* are used to make warries. These are spicy, hollow, solid balls that are utilized as a seasoning in vegetable or rice dishes.'

Milk based food products

Milk-based meals, in addition to cereal and legume-based traditional dishes, are an important element of the Himachal Pradesh diet. In Himachal Pradesh, livestock constitute an important part of the agricultural production system. The milk of numerous species of indigenous cattle, buffalo, sheep, goats, and churu is used to make traditional milk-based goods. (Hybrid of cow and yak).

Table 2: Foods prepared by milk and milk products

Milk/ Milk Product	Food Product Name
Milk	Curd, Lassi, Nadu, Tchaku cha
Buttermilk	Churpe/Churpa, Jhol, Kadi/Kadu/Kheeru, Kulu, Rehru

Curd (dahi) is produced and consumed in practically every home in Himachal Pradesh that has cattle. In Lahaul Spiti, it's known, while in Kinnaur, it's known as doyang. Curd is churned, butter is separated, and the remaining buttermilk (chha / boti / bot) is consumed as a refreshing beverage. In the Lahaul valley, buttermilk is boiled, the water is discarded, and the solids are dried to form churpa or churpe. These are hard, dried particles that are utilised in soup preparation. Most sections of the state make kadi/kadu or kheeru, which is a popular meal. It's made by simmering buttermilk or chha with spices and a small amount of

gramme flour (besan). This fonn is used as a transporter for main dishes such as rice or chapatti. Nudu is a ceremonial dish made from wheat flour cooked in milk with a small quantity of salt and served with ghee. Similarly, buttermilk is used to make kulu. It is made with a specific type of black tea that comes in a variety of forms and sizes. A small amount of tea is put to water and allowed to boil for a few minutes. It is combined with butter, a small bit of milk, and salt in traditional dongmo vessels.

Vegetables and fruit-based products

Himachal Pradesh produces a wide variety of temperate fruits and vegetables. Pickles are made from surplus product from a variety of vegetables and fruits.

Table 3: Foods prepared by vegetables and fruits

Vegetable/ Fruit	Product
Bidana fruits, Brinjal, Cauliflower, Galgal, Ghia, Lingari, Peach, Unripe Pear, Unripe Plum, Tomato, Kachnar Flower buds, unripe mango	Pickles
Kachnar, Maslan, Patrodu, Prey Leaves	Pickle and vegetables
Fruiting bodies of Morel, Chhunchhuru, Kanifru, Peeli chhatari, Siun	Vegetables
Potato Yam plant tuber	Vegetable curry

Although pickles are created throughout the country, those made in Himachal Pradesh are unique and distinct. Lingri (fern), bottle gourd, pear, peach, plum, bidrzna, galgal, brinjal, and other vegetables and fruits are prepared and consumed in various areas of the state, particularly in Kullu district. Natural fermentation of fruits and vegetables is used to make them.

These pickles, in addition to being nutritious, serve as culinary accompaniments and appetisers, as well as adding flavour to dishes the meals. Some locally available plants, such as aan/ achhoka, prey, maslam, kachnar, ghandoli, lingri, ling tardi and a few mushroom species.

Beverages based on Cereal and fruit

The manufacture and drinking of traditional alcoholic beverages are pennitted at homescale in some tribal parts of India, notably Himachal Pradesh. In Himachal Pradesh's rural areas, a variety of popular grains and fruit-based fermented alcoholic beverages are created and enjoyed.

Table 4: Beverages prepared by cereals and fruits

Cereals/ fruits	Product
Grapes	Angoori/Kinnauri
Apple, Barley	Ark/ara
Rice/Barley	Chhang/lungri
Apricot	Chulli
Almond apple	Rak
Chhang	Sra
Millet flour	Sura

Sura is a fermented beverage made from millet (Eleusine coracana) that is predominantly created in the Kullu district's Lug valley. It is made through the natural fermentation of finger millet (kodra/kached) flour. The flour is kneaded into a dough and stored in a jar for 10 days. Half-baked roties are formed after 10 days, placed in a container, and water is added. Following two days, dhehli produced from traditional herbs is added, and it is left for 8-10 days to ferment. Sura is drank during local celebrations such as shoeri saja and nuptials in the mral district of Kullu, particularly in the lug valley.

Chhang is an indigenous rice beer produced in the Lahaul and Spiti tribal area. It is a popular traditional alcoholic drink served at weddings and other local events.

It is offered to the deities and exchanged as a significant gift throughout weddings and other auspicious rituals. Chhang is a must-have hospitality beverage for Lahaul Valley tribes, and it is thought to protect against cold throughout the winter months. Chhang is made by solid-state fermenting cooked rice and phab (the traditional inoculum) for 4-5 days.

After 4-5 days, it is filtered, and the filtrate is known as chhang. Sra is the distilled version of chhang. In Sikkim, a similar beverage known as bhaatejaanrs is produced.

Aside from these, a variety of fruit-based fermented beverages prepared from a variety of native fruits are widespread in Himachal Pradesh, particularly in the Kinnaur district.

Chulli, zmgooori / kinnauri, arak/ara, and rak are made by fermenting wild apricot, locally accessible grapes, apple / pear, and wild almond. These beverages have long been a part of Kinnaur's socio-cultural life.

Others products

Ancient meat-based dishes and beverages are scarce; Juma is a popular winter dish in Lahaul Spiti. Wheat flour/millet flour is combined with spices and placed into sheep intestines This is then steam cooked before being served hot with chutney or tchati (mutton soup).

Geri or shakhal is huge mutton pieces cooked in water with spices. It is frequently drank in the winter, particularly at local festivals (phagli or halda).

Traditional communal feasts

During festivities and marriages in several Himachal Pradesh regions (Kullu, Kangra, Mandi, and Chamba), a traditional community meal known as dham is cooked.

Dham is a traditional holiday dinner that is only prepared by botis (a caste of Brahmins who are hereditary chefs). The planning for this extravagant midday dinner begins the night before.

Food is cooked in large brass vessels, and everyone sits in rows on the ground to eat. Courses are served on pattals or leaf plates. In Chamba, rice and rnahrah of rajma (red kidney beans) cooked in yoghurt would be served first, followed by sepubari in Mandi district and mash dal in Kullu.13).

Then there's kadi and a moong dal (green lentil soup). The dham concludes with the mittha (dessert), which is sweet rice lavishly combined with raisins and dry fruit and topped with khatta (sweet and sour sauce).

Conclusion

In Himachal Pradesh's rural as well as tribal areas, a wide variety of traditional dishes and beverages are created. These traditional items are unique to Himachal, and some of the traditional foods are still a staple diet for a sizable portion of the state's population. Some foods and beverages are also produced for special occasions and are an essential element of the state's culture and heritage. The most popular foods and beverages are cereal and legume-based, next by fruit, vegetable, and milk-based goods. Most of these foods and beverages are prepared through fermentation of raw materials available in the region. The popularity of traditional meals in the state is essentially due to raw material availability, geographical barriers, environmental circumstances, and many ethnic and tribal groupings. Traditional starting cultures such as phab (microflora consortium), treh (leftover fermented wheat flour slurry), and malera (leftover fermented wheat flour dough) are used as inocula/starter cultures to initiate fermentation. Many of these traditional meals require nutritional plus nutraceutical analysis.

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