

Project Report
on

**“Analytical Study on Traditional Cooking Techniques and Its
Relation with Health Aspects Along with Trends in Indian
Hotel Industry”**

Submitted to

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G. S. College of Commerce and Economics, Nagpur

(An Autonomous Institution)

Affiliated to

Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur

In partial fulfilment for the award of the degree of

Master of Business Administration

Submitted by

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Under the Guidance of

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“A” Grade Autonomous Institution**



Academic Year 2021-22

CERTIFICATE

This is to certify that **“Ishani Kiran Damle”** has submitted the project report titled **“Analytical Study on Traditional Cooking Techniques and Its Relation with Health Aspects Along with Trends in Indian Hotel Industry”** , towards partial fulfillment of **MASTER OF BUSINESS ADMINISTRATION** degree examination. This has not been submitted for any other examination and does not form part of any other course undergone by the candidate.

It is further certified that he/she has ingeniously completed his/her project as prescribed by **DMSR- G. S. COLLEGE OF COMMERCE & ECONOMICS, NAGPUR** (NAAC Re-accredited “A” Grade Autonomous Institution) affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur.

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Place: - Nagpur

Date: -

DECLARATION

I here-by declare that the project with title **“Analytical Study on Traditional Cooking Techniques and Its Relation with Health Aspects Along with Trends in Indian Hotel Industry”** has been completed by me in partial fulfillment of MASTER OF BUSINESS ADMINISTRATION degree examination as prescribed by **DMSR - G. S. COLLEGE OF COMMERCE & ECONOMICS, NAGPUR** (NAAC Re-accredited “A” Grade Autonomous Institution) affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur and this has not been submitted for any other examination and does not form the part of any other course undertaken by me.

Ishani Kiran Damle

Place: Nagpur

Date:

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With immense pride and sense of gratitude, I take this golden opportunity to express my sincere regards to **Dr. N.Y. Khandait, Principal, G. S. College of Commerce & Economics, Nagpur.**

I am extremely thankful to my Project Guide “Dr. Archana Dadhe” for her guideline throughout the project. I tender my sincere regards to Co-Ordinator, “Dr. Sonali Gadekar” for giving me guidance, suggestions and invaluable encouragement which helped me in the completion of the project.

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Ishani Kiran Damle

Place: Nagpur

Date:

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CHAPTER 1
INTRODUCTION

INTRODUCTION

The service sector is significant to world economic growth. It is prospering and generating employment opportunities, specifically in the countries open to trade contributing to GDP. Per capita income exhibits a positive association with service industry output. In the United States, the service industry accounts for a major share of employment output and national economic output.

The quality of service is a valuable measure of productivity. It comes to fruition when companies endeavor to provide higher quality service to the customers to gain fine customer satisfaction. Another important element is the labor force since the tertiary sector is personnel intensive to a great extent.

Therefore, the labor or technical professional elements have great importance in the tertiary sector, similar to the importance of raw materials and machinery in the manufacturing industry.

The tertiary sector producing intangible economic goods doesn't hold inventory, unlike the primary economic sector producing raw materials and the secondary sector representing the manufacturing entities producing finished goods.

Examples of the tertiary sector include private entities providing services like retail sales to government entities providing public protection.

WHAT IS SERVICE SECTOR?

The service sector spans companies and businesses engaged in offering services to customers, other businesses, and even governments. Every time you go to the doctor and receive an exam or stay in a hotel, you're utilizing a service. The service sector is also known as the tertiary sector.

HOW THE SERVICE SECTOR WORKS?

Companies in the service sector are concerned with producing services rather than goods.

This industry spans across many sub-industries, including:

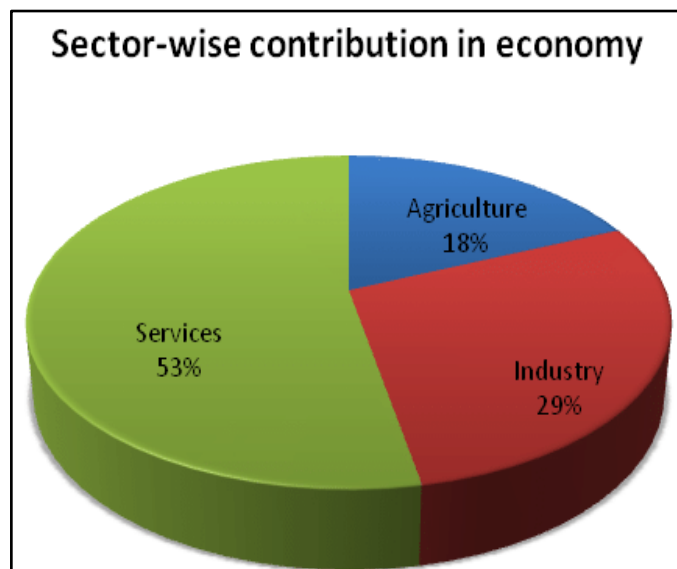
- Logistics
- Retail
- Transportation
- Food
- Hospitality
- Real estate
- Technology
- Education
- Computer services
- Health
- Utilities
- Social work
- Communications
- Recreation
- Media

The growth in the service sector is driven by consumer demand. That means the service sector may be impacted by broader economic conditions as well as seasonal factors. However, given that the service sector is so vast, these factors impact different subsectors differently.

CONTRIBUTION OF SERVICE SECTOR TO GDP –

GDP or Gross Domestic Product is basically the total monetary output of a country in a specific time period, usually a year. To put it simply, it's the final value of all the goods and services produced in the country in a year. It's one of the most efficient ways to track down the economic wellbeing of the country. It acts as a report card for the country's growth, allowing us, the citizens, to make a sounder judgement about the government.

The service sector is the biggest sector of India with the Gross Value Added at current prices as 96.54 lakh crore in 2020-21. Today the service sector accounts for almost 54% of Indian GVA of 179.15 lakh crores. The industry sector lags behind it with 25.92% contribution and the agriculture sector is at the third place with 20.19% contribution.



The services sector is not only the dominant sector in India's GDP, but has also attracted significant foreign investment, has contributed significantly to export and has provided large-scale employment. India's services sector covers a wide variety of activities such as trade, hotel and restaurants, transport, storage and communication, financing, insurance, real estate, business services, community, social and personal services, and services associated with construction.

HOSPITALITY INDUSTRY

The hospitality industry is a broad group of businesses that provide services to customers. It's focused on the satisfaction of customers and providing specific experiences for them. The hospitality industry is unique because it relies so heavily on discretionary income and free time.

Think about your last vacation. You didn't necessarily need to go on the trip, but you did because you had both the free time and the extra money. In this lesson, we'll look at different areas of the hospitality industry, its strong focus on customers, and levels of service provided, as well as economics of the industry.

AREAS OF THE HOSPITALITY INDUSTRY

The multibillion-dollar hospitality industry has three primary areas. The first area is **accommodations**, which includes hotels, motels, bed and breakfasts, and other lodging businesses. The next area is **food and beverage**.

This area comprises restaurants, fast food chains, and other establishments that provide food and beverages. Food and beverage providers might be located in hotels or be standalone facilities. The last area of the hospitality industry is **travel and tourism**, which includes airlines, trains, and cruise ships.

HISTORY OF HOSPITALITY INDUSTRY

The idea of hospitality is what lies in the centre of the tourism industry. The term Hospitality has been derived from a French word “**Hospice**” which means “**Taking care of the travellers**”. In Old times, locals used to let the travellers rest on kitchen floors or other extra spaces during their journey. There were no purpose-built resting facilities for tourists until monasteries decided to build one. This gave birth to lodging services. In the late 1700s, Inns came into being. Inns were nothing but a shelter by the road where travellers can stop to take rest and get some food.

They would also take care of traveller’s horses while they rest. This is the time when the seeds of the modern hospitality facility were planted.

INDULGENCE OF LUXURY INTO THE EVOLUTION OF HOSPITALITY INDUSTRY

In the early 1800s, “Inns” were the only lodging facility available for the tourists. A lot of Inns were established prior 19th century. But lodging was not just about bedding and resting facility anymore.

They started providing food and drinks to the travellers. And soon the element of luxury started to blend in. This gave birth to hotels.

HEALTHCARE INDUSTRY

The health care industry, or medical industry, is a sector within the economic system that provides goods and services to treat patients with curative, preventive, rehabilitative, and palliative care. The modern health care sector is divided into many sub-sectors, and depends on interdisciplinary teams of trained professionals and paraprofessionals to meet health needs of individuals and populations.

The health care industry is one of the world's largest and fastest-growing industries. Consuming over 10 percent of gross domestic product of most developed nations, health care can form an enormous part of a country's economy.

The healthcare industry (also called the medical industry or health economy) is an aggregation and integration of sectors within the economic system that provides goods and services to treat patients with curative, preventive, rehabilitative, and palliative care. It includes the generation and commercialization of goods and services lending themselves to maintaining and re-establishing health.

The modern healthcare industry includes three essential branches which are services, products, and finance and may be divided into many sectors and categories and depends on the interdisciplinary teams of trained professionals and paraprofessionals to meet health needs of individuals and populations.

HEALTHCARE INDUSTRY SECTORS -

The healthcare industry provides a variety of services to support the healthcare needs of a community or individuals. A universally agreed-upon classification of sectors does not exist, but the key sectors of the healthcare industry can be broadly classified into four sectors called ‘Health care services and facilities’, ‘Medical devices, equipment, and hospital supplies manufacturers’, medical insurance, medical services and managed care’ and ‘Pharmaceuticals & Related Segments’.

The healthcare industry provides a variety of services to support the healthcare needs of a community or individuals. The healthcare industry classifies the different products it offers by sector. Hospitals and healthcare systems are continually changing their service offerings and responding to various internal and external forces including reimbursement issues, advances in technology, and shifts in the populations they serve.

A universally agreed-upon classification of sectors does not exist, so a non-exhaustive but the inclusive and simplified classification of broad sectors will be used in this exploration.

The key sectors of the healthcare industry can be broadly classified into the following four sub-segments:

1. Health care services and facilities
2. Medical devices, equipment, and hospital supplies manufacturers
3. Medical insurance, medical services, and managed care
4. Pharmaceuticals & Related Segments.

THE HEALTH CARE INDUSTRY GROWTH RATE

Health care industry growth proves that medical services are highly essential to society. It may not be as glamorous as other industries, such as entertainment or sports, but the health care field is consistently necessary to the well-being of the US and global population.

The ongoing COVID-19 pandemic – which has transformed the world as we know it – especially highlights the importance of medical care. While other industries slowed down or came to a halt during the pandemic, the demand for health care services has increased even more because of it, according to the World Health Organization (WHO).

TRADITIONAL COOKING TECHNIQUES

IN INDIA

Cooking techniques are the methods of preparing and cooking food. One of the first phases of learning how to cook is understanding and learning different methods and techniques so that they can be applied to the preparation of food.

Different cultures treat their foods differently. Although the base techniques might be similar across the world, but each culture and the regional history lends its own twist to the cooking style in that particular region, thus making the flavours truly unique and local.

Many Indian cooking techniques have been used throughout the country for centuries and form the bedrock of its cuisine, giving Indian food its unique and delicious identity.

BHUNAO COOKING –

At the heart of all the incredible cooking techniques used in India lies the technique called “**bhunao**”. It is one of the ancient cooking methods in India. This method involves stir-frying and sautéing of base ingredients like onions, garlic, ginger, tomatoes and spices, or proteins like chicken and meat, in fat, usually vegetable oil, seed oil or clarified butter.

Unlike stir-frying which uses high temperature, bhunao involves moderating the temperature between medium and high to sauté the vegetables thus helping them lose moisture gradually and to caramelize, helping them intensify their flavour as they cook.

The ingredients / masalas are cooked well beyond the point where they lose moisture until the oil leaves the masala i.e., the fat separates from the base ingredients and rises to the surface. Separation of fat from the masala is a clear hallmark of a successful bhunao process.

The browning of the masala or protein is another outcome of the bhunao technique which adds a distinct colour and flavour to all Indian curries. As we now know, this browning is the result of the Maillard reaction which involves a reaction between amino acids and sugars present in the food upon the application of heat.

DUM PUKHT COOKING –

This traditional Indian cooking technique involves slow cooking in a sealed vessel, usually a **handi**. The Dum Pukht style of cooking is a valuable contribution of Awadhi cuisine, which hails from Lucknow, the Awadh region of India. The basic requirement to cook a dum

pukht recipe is to use a heavy bottom pan which is wider at the base and narrow at the mouth, which is covered with a lid and sealed shut, traditionally with dough.

Heat is applied from the bottom as well as the top, and the food in the pan simmers, steams, and cooks slowly sometimes for hours. This process allows the food to assimilate all the flavours from different ingredients as it cooks in its own juices.

Dum which translates to ‘breath’ and Pukht to the ‘process of cooking’ literally means that the food being cooked in this style essentially has no interaction with outside air until the seal of dough is broken open. The biryanis and meat recipes cooked in dum pukht style are served in the handi that they are cooked in, with the seal intact. As the seal is broken, the aroma of the spices and ingredients that has been cooking away for hours, wafts out to reveal a highly aromatic dish.

CHOWNK OR TADKA -

The famous Tadka aka Baghar, Vagharne, Chownk or Phodni is the most common way to elevate any Indian dish and add deeper tasting notes to it. Tadka is essentially tempering of whole spices and condiments on high heat in oil or ghee. The region, culture and history of cuisine determines the popular usage of particular spices and the timing of tadka in a recipe. Certain recipes require the tadka mixture to be added on top of the dish while some other recipes are cooked in the tadka or tempering prepared initially.

Tadka is also a very dramatic display of cooking as you get to see the spices and masalas dancing away in the hot oil in the pan, which eventually sizzle as they are added to the main dish. Tadka or chownk, is the best way to augment the natural aroma and flavour present in the spices.

It is the innate nature of the oil and heat that unlocks the flavours present in the spices thus making the final dish more fragrant and flavourful. In Awadhi cuisine ‘Ghee durust karna’ is a fine example of the vital role tempering plays in Indian cooking.

BHAPA COOKING –

Bhaap, in English translates to steam, and this is the one of the healthiest forms of cooking known to the human race. In India, various recipes cooked using bhapa cooking can be experienced across the country. Essentially, this cooking technique requires indirect application of heat on ingredients, keeping them moist and the nutrients intact.

The **banana leaf** is one of the most popular mediums used in India to wrap the ingredients and condiments before being left in the steamer to cook through.

ACHAR -

Achar or achar aka pickling might be a common form of processing food across the world but a classic Indian achar prepared the old-fashioned way has a distinction to outshine its counterparts. Historians have found scriptures with mention of various achar recipes dating back to the 15th century in India.

This is a form of cooking that doesn’t essentially use heat, but it uses various other natural preservation techniques and ingredients to soften, flavour and mature food. There are three prevalent mediums of preservation - vinegar, salt and oil.

The tangy and spicy raw mango achar is by far the most popular achar in India.

In summers when there's a bounty of raw mangoes, these are cut into small pieces, mixed with spices and mustard oil and stuffed in large ceramic jars known as '**martabans**' with the mouth covered using a cloth, and left in the Sun for a few days to pickle.

There are other quintessentially Indian winter vegetable acharas as well that have also found a large fanfare across the world. Apart from these, one must also experience the sweet and sour lemon pickle and green chillies pickle to understand the pickling tradition of India.

BALCHAO COOKING –

This technique of using pickled sea food to cook curries was brought to India by Portuguese during colonization. Preparing a Balchao requires whole spices like cumin, red pepper, sugar and vinegar. Fish, prawns or pork is left in this mixture for a few days to ferment.

The whole mixture is later reduced to make a dry preparation which is eaten either with rice or bread. The resultant dish is spicy, sweet and acidic in taste.

This process of fermenting food makes balchao a healthy cooking technique, as it leads to the production of antioxidants, prebiotics and probiotics in the food. These are gastrointestinal enzymes that are considered beneficial for gut health.

TANDOORI COOKING -

A popular way of cooking in the North of India, it essentially involves cooking marinated food in a tandoor or clay oven over a wood charcoal fire.

Variations of this cooking technique are found in Turkey, Central Asia, Afghanistan, and all the way down till North India.

Food is either skewered (long metallic skewers) and placed vertically in the tandoor to cook quickly as in the case of chicken, meat, and vegetables, or slapped onto the hot internal walls till cooked as in the case of breads such as the tandoori naans, rotis, and parathas, among others.

The most popular foods cooked in this style are meat, both boneless and bone-in, paneer, vegetables and kebabs. These ingredients are usually marinated with a masala mixture marinade often including garlic, ginger, and other spices hours (or even overnight) before being transferred to the tandoor (clay oven) to cook.

The loaded skewers are placed directly inside the cylindrical oven with one end resting on the burning charcoal. The result is a succulent and juicy tandoori dish.

The tandoori chicken, tandoori tikka, tandoori kebabs and tandoori paneer tikka are some recipes that should not be missed if you happen to chance upon them. Tandoori naan is the most popular Indian bread that is cooked inside a tandoor.

TALNA -

The Indian cooking technique of talna refers to both deep frying and shallow frying techniques. In India, a shallow kadhai or chatti which is narrow at the bottom and wider at the surface is filled up with a fat, usually vegetable oil, seed oil or often ghee (clarified butter) to fry vegetables, desserts, and other delicacies.

The wok used here is essentially heavy at the bottom and traditionally made up of iron, which ensures uniform frying of food. This popular cooking technique is used extensively in Indian cooking in all cuisines across the country.

One must partake in pakodas, cutlets, kebabs, vadas, and poori to enjoy the Indian talna technique used to cook unmistakable crispy recipes with diverse flavors.

SEKNA -

Dry roasting of unprocessed or semi processed food directly on fire or in a skillet is referred to as sekna – literally translated to ‘applying dry heat’. This ancient cooking technique is an important part of Indian cuisine and has been used every day for hundreds of years in most Indian households to cook unleavened bread like chapati and to dry roast spices to bring out their flavour.

Dry roasting of masalas on a tawa or kadhai is a popular use of the sekna technique to extract the maximum flavour from whole spices before they are ground into a powder. Papads, which are lentil flatbreads are also roasted the same way in fire or on a griddle to be served alongside khichdi and other Indian delicacies.

UBALNA -

To put it simply, ubalna means boiling ingredients in water or another liquid medium. This cooking technique constitutes a large part of the Indian cooking tradition. The preparation of many Indian recipes involves boiling, either in water or in water-based and masala infused gravies.

Largely, this technique is used to semi-process raw ingredients, in order to further prepare them for techniques like tadka or talna.

For instance, dal or rice is boiled in water either after a tempering or before the tadka is poured over them to result in a fully prepared recipe like Dal Tadka or Yakhni Pulao.

BENEFITS OF TRADITIONAL WAY OF COOKING

- **Adds to the flavor**

The customary method of cooking on mud chulha or clay oven includes the usage of earthen pots that naturally adds flavour to the dish. As per specialists, food prepared in earthen pots is nutrient-rich because they help keep up the moisture and the aroma of the prepared food. Besides this, whatever you bake or cook like pizza in a wood fire oven, the taste is different. If you wish, then you can search on the internet about the items that can be cooked in a wood fire oven besides pizza and you will get hundreds of recipes. Also, the cooking is naturally healthy.

- **Keeps the nutrient intact**

The most amazing aspect of cooking on a mud chulha or clay oven is the fire isn't too harsh, and in this way, the food prepared even in aluminium never loses its moisture and nutrients. The slow cooking process keeps every mineral intact.

- **Smoky touch**

If you have at any point gotten the opportunity to eat food made in the clay oven or mud chulha, then it has a smoky flavour because of the utilisation of cow dung cakes and wood sticks. It ultimately upgrades the general food experience. If specialists are to be believed, then there are villages in India, where individuals still prefer food made on mud chulha as it is more flavoursome.

- **Cleanses the space**

While modern individuals think that it's a polluting agent, it is believed that the utilisation of clay oven or mud chulha in the open yard for cooking alongside cow dung cake cleanses the house and air. Additionally, it keeps the house free from mosquitoes and bugs.

- **Spiritual connection**

People in India believe that food prepared in the traditional way and on mud chulha removes the negative energies of the house and invites the divinities with all positivity. Consequently, any person who enters there gets the advantage of that environment.

Food prepared on mud chulha or clay oven is healthy in every way. The only thing that one needs to deal with is to utilise cow dung cake instead of wood or coal, as the last two are not useful for the respiratory system of the human body. So, next time when you visit your ancestral house, do attempt this method of cooking and feel the bliss.

In rural parts of India, people used to store water in earthen pots than normal containers. Also, they have been following the old traditional technique for cooking in earthen pots. Indeed, even individuals living in the urban areas today began to cook in earthen pots because of its health advantages.

INDIAN FOOD HABBITS

Link - <https://allabouteve.co.in/>

Article name - Traditional Indian Eating Habits That Are Worth Their Salt Even Today

Article by - Team AllAboutEve

Date -February 17, 2020

Indians share a special bond with food. From what we eat to how it's prepared, and the way it's consumed, there are many things that make Indian food unique and healthy. India's eating habits are recognised throughout the world, but not many know the benefits of our traditional practices. Even we don't appreciate our ancient customs for the very real health advantages they can bring to our lives.

Here are eight traditional Indian eating habits that the world can learn from us and we, as urban Indians, should adopt in our daily lives.

1. Eating with Hands

It is believed in Ayurveda that each finger is an extension of the five elements – air, water, space, fire, and earth. Eating food with fingers stimulates these five elements and helps in secretion of digestive juices in the stomach. Also, feeling your food makes you more conscious of its taste, textures, and aromas. This is one of the most common Indian eating habits, and rightfully so. The benefits of eating with hands are many, and elders in most families still swear by this tradition. Of course, your hands need to be sparkling clean before you start eating.

2. Using Homemade Spices

Most Westerners who cook their meat with only salt and pepper will never know the wonderful things haldi and garam masala can do to its flavour. Nothing can compare to the taste and aroma of fresh homemade spices sprinkled on top. These spices can take a dish up several notches, whether it's in terms of their flavour or appearance. The best part is that they are even good for your immunity and overall health.

3. Consuming Ghee

Ghee has a bad rep for its high saturated fat content. But research has shown that it is actually good for the heart. And that's not the only trick it has up its sleeve. Ghee improves

4. Eating Pickled Fruits and Vegetables

Pickles can be a good source of antioxidants, if consumed in moderation. The benefits of pickles are plenty since they're made from fruits and vegetables. That's why the antioxidants in them are preserved as it is.

digestion and helps to lose weight. It also comes in handy for hair and skin care.

5. Eating A Lot of Curd

Indians serve curd with almost every meal. Consuming its good bacteria is beneficial for digestive health and preventing heart burns.

And that's only one of the several benefits of curd. You can have curd as raita or lassi with your meals. Try curd with your next meal and see what a significant improvement it has on your digestion.

6. Going Easy on The Non-Veg Food

While western breakfast has ham and bacon as staples, in India, breakfast is almost always vegetarian. Parathas to idli sambar, and thepla to aalu torkari, there are a lot of options to choose from. Apart from the occasional eggs, even a hurried breakfast is mostly vegetarian in this country, like poha or a tomato cucumber sandwich. And when it comes to dinner, even diehard fans of meat and chicken share the same love for homemade dal–sabzi and roti. Non-vegetarian food, except chicken and fish, can be too heavy on the stomach at night.

Going easy on the meat at night keeps cholesterol and fat intake in check.

7. Serving Food on A Banana Leaf

Serving food on a banana leaf is a centuries-old tradition in southern India, especially in Kerala. Banana leaves contain large amounts of polyphenols, which is a natural antioxidant. Placing hot food on it stimulates the nutrients that enrich the meal. Also, if you have large parties, serving food on banana leaves instead of plastic plates is good for the environment.

8. Eating While Sitting on The Floor

If you sit on a chair while eating, your blood will naturally flow to the legs making digestion harder. On the other hand, sitting on the floor makes digestion easier.

The upper body moves back and forth while picking up the food, which helps in the movement of abdomen muscles. Also, the sukhasan pose (sitting cross legged) relaxes the mind.

Traditional Indian cooking utensils that are back in trend

By - _Allo Innoware

Date - February 25, 2021

Link - <https://alloinnoware.com/blogs/food-recipes-blogs>

With the beginning of the new decade, there have been a lot of developments in the kitchen and cooking field. Every day and every effort strive to make it easier for us to cook and enjoy our time in the kitchen.

With this technological advancement, there also comes the realization that there are a few things, especially in the kitchen and cooking field, that our ancestors had figured out. Their methods and equipment were efficient and effective, perhaps sometimes a little more than ours are.

That is partly the reason why retro and vintage are so adored by people. Antiques are priceless, and many old tricks and things are implemented in the kitchen today. So let's take a look at the traditional Indian cooking utensils that should be back in trend.

1. Mortar and Pestle –

All of us have that one memory of watching our grandmothers cook our favorite dishes using the spices crushed by a stone sil batta or a mortar and pestle. Those truly were the happy days of life. The food was just something else, which no matter how much we try today, we can barely recreate it.

They did not do anything special. It's just their simplicity that enhanced the cooking.

The use of mortar and pestle in crushing the spices releases their flavour so much better than your machine blender grinding them to a fine paste. A mortar and pestle will provide that antique and classic look to your kitchen as well as enhance your cooking and its flavours so much. This is one traditional cookware that just needs to come back in trend!

2. Brass and iron utensils -

There are many branded and designer utensils and cookware available today that claim to use “so-and-so technology” to make your cooking better. But the truth is the traditional handmade cookware and utensils made of pure iron and brass bring a divine taste into your cooking.

There have been many instances where people have tried this and accounted for better results. You can do this too. There are some retailers available who provide traditional handmade utensils. You can take your pick from that.

3. Glass containers and jars -

To store pickles and jams, glass was the top contender in ancient times. And when it comes to storing food, the properties of glass go way beyond that. Glass utensils and **glass containers for food storage with lids** are now back in the trend and helping a lot of kitchens keep their food safe from chemicals.

They are **microwavable glass containers**, so you reheat your leftovers in them as well as bake your favourite dishes in them So get yourself some **glass containers with lids** today itself.

4. Ceramic jars -

Ceramics were very common in ancient times. They were the safest and most widely available kitchenware. We claim to have progressed so much and have added so many new items into our kitchenware inventory that this beautiful piece is utterly absent in most kitchens now. It really needs to come back because it is safe, pretty, convenient, and multipurpose.

Yes, it is very heavy, which is considered an inconvenience by most people, but this heaviness is just the reason our ancestors never visited the gym and yet managed to live way healthier lives than we do today.

5. Copper pots –

Copper pots have always been a major part of traditional cooking. They do not have any harmful effects on the food cooked in them, and they are easy to maintain and add a nice feel to the kitchen. You can definitely add some copper pots and utensils to your kitchen.

OBJECTIVES OF STUDY

There are a lot of traditional cooking techniques which are used by today's hotel industry and it is observed that they are called as the new trend in practices. The main objective of my study is to understand the trends in hotel cooking techniques and establishing relation between them and how it impacts on the health of public.

The overall objectives are as follows –

- To study the overall trend in hotel industry related to cooking.
- To study some other old traditions in hotel industry culture which are now in trend.
- To understand the traditional cooking techniques of India.
- To relate the new trends and traditional techniques.
- To understand the impact of traditional practices on health.
- To conduct a survey on how people are reacting to the traditional cooking trends and are they aware about impact of traditional cooking techniques on their health.

SCOPE OF STUDY

This study is specifically for the “Hospitality Sector” for the financial year 2021-2022. Hospitality is the relationship between a guest and a host, wherein the host receives the guest with some amount of goodwill, including the reception and entertainment of guests, visitors, or strangers. Louis, chevalier de Jaucourt describes hospitality in the Encyclopédie as the virtue of a great soul that cares for the whole universe through the ties of humanity.

Hospitality is also the way people treat others, that is, the service of welcoming receiving guests for example in hotels. Hospitality plays a fundamental role to augment or decrease the volume of sales of an organization.

This study focuses on how hotels use traditional cooking techniques and what are the advantages of it. It also defines how they help to deal with current health problems. The traditional cooking can help in reducing the risk of many health diseases.

In order to study all these factors, research is conducted on how people react to the adoption of traditional cooking techniques, are they really concerned about ill effects of some malpractices in hotel kitchen and its impacts.

NEED OF STUDY

We all know that Hospitality management is a broad field that involves overseeing the day-to-day administrative, operational and commercial activities of businesses in the hospitality industry. As opposed to the more narrowly focused “hotel management”, hospitality management is an umbrella term that covers various industries such as food and beverage, travel and accommodation and event management. The departments under a hospitality manager’s stewardship may range from maintenance and housekeeping to spa services, concierge, reception and many more.

This study is to provide an introduction to traditional cooking techniques and analyzing their relation with healthcare.

It purely aims to develop a relation between traditional kitchen practices and the current trends in cooking and food market.

In my degree specialization of healthcare management and hospitality management, I have learnt about trend in F&B department in hotel and growing awareness in general public for health. By conducting this study, I will be able to gain more knowledge and establish a proper relation between them.

LIMITATION OF THE STUDY

Every research has its limitations. These limitations can appear due to constraints on methodology or research design. Needless to say, this may impact the whole study or research paper. Most researchers prefer to not discuss their study limitations because they think it may decrease the value of their paper in the eyes of the audience.

During conducting my research, I was facing the following limitations –

- Limited number of respondents.
- Time limitation for completing the project.
- The data obtained in some cases may be based.
- Difficulties in communicating with different cities while conducting the survey.
- The information obtained from the consumer based on questionnaire was assumed to be factual.
- Since the survey is based on sampling method it does not disclose the character of entire population.

CHAPTER 2

REVIEW OF RELATED LITERATURE

REVIEW OF RELATED LITERATURE

Literature 1

TRADITIONAL FOODS OF INDIA

- **Date** - January 2019

DOI:10.13140/RG.2.2.18647.11684

- **Authors:**

T. Krishnakumar

ICAR-Central Tuber Crops Research Institute, Trivandrum, Kerala

- **Link -**

https://www.researchgate.net/publication/330533824_TRADITIONAL_FOODS_OF_INDIA

The nutritional importance of traditional foods needs to be recognized and popularized. Traditional food products are socially, culturally, and economically important. Traditional foods play an important role in ensuring food security and hold a tremendous potential in combating malnutrition to a significant extent. It is essential that the knowledge of their production is not lost.

The wealth of knowledge on traditional products needs to be further expanded in collaboration with small-scale food processors.

As a land that has experienced extensive immigration and intermingling through many millennia, India's cuisine has benefited from numerous food influences.

The diverse climate in the region, ranging from deep tropical to alpine, has also helped considerably broaden the set of ingredients readily available to the many schools of

cooking in India. In many cases, food has become a marker of religious and social identity, with varying taboos and preferences (for instance, a segment of the Jain population will not consume any roots or subterranean vegetables).

One strong influence over Indian foods is the longstanding vegetarianism within sections of India's Hindu, Buddhist and Jain communities. People who follow a strict vegetarian diet make up 20–42% of the population in India, while less than 30% are regular meat-eaters.

Literature 2

Traditional methods of food habits and dietary preparations in Ayurveda—the Indian system of medicine

- **Authors -**

- Dhanya S.,
- Ramesh N V &
- Abhayakumar Mishra

Journal of Ethnic Foods **volume 6**,
Article number: 14 (2019)

- **Link -** <https://journalofethnicfoods.biomedcentral.com/articles/10.1186/s42779-019-0016-4>

Ayurveda (the science of life) is one of the branches of Vedas. It is regarded as upaveda of Atharva Veda. It is a stream of knowledge coming down from generation to generation since eternity parallel to Vedic literature which is why its emergence has been said to be from the creator (Brahman) himself prior to the creation. It is taken as eternal because nobody knows when it was not there.

In Ayurveda, food is considered to affect the mind as well as the body. By understanding how to prepare foods best suited to our minds and bodies, we can utilize nutrition as a source of healing. Food is the most essential to sustain a good life and the same food if consumed inappropriately becomes the root cause of many diseases.

So, proper knowledge about food and its importance should be known by all human beings to have better benefits from it.

Ayurveda believes that ahara articles are composed of five mahabhutas and respective bhutagnis digest their own ingredients during the process of digestion and metabolism but only when they are stimulated by antaragni. Traditional wisdom about the processing of food, its preservation techniques, and their therapeutic effects has been

established for many generations in India.

Classical Ayurveda texts cover an array of themes on food ranging from the diversity of natural sources, their properties in relation to seasons and places and to their specific function both in physiological and pathological states.

Foods and drinks with desirable smell, taste and touch and having been taken according to the prescribed method are said as vital strength by the experts on the basis of observing their results directly because the condition of internal fire depends on their fuel. They produce energy in mind, the constitution of dhatus, strength, complexion and clarity of sense organs, if properly taken; otherwise, they become harmful.

CHAPTER 3

RESEARCH METHODOLOGY

RESEARCH METHODOLOGY

HYPOTHESIS

In Statistics, a hypothesis is defined as a formal statement, which gives the explanation about the relationship between the two or more variables of the specified population. It helps the researcher to translate the given problem to a clear explanation for the outcome of the study. It clearly explains and predicts the expected outcome.

A hypothesis is used in an experiment to define the relationship between two variables. The purpose of a hypothesis is to find the answer to a question. A formalized hypothesis will force us to think about what results we should look for in an experiment.

The first variable is called the **independent variable**. This is the part of the experiment that can be changed and tested. The **independent variable** happens first and can be considered the cause of any changes in the outcome. The outcome is called the dependent variable. The independent variable in our previous example is not studying for a test. The dependent variable that you are using to measure outcome is your test score.

It indicates the types of experimental design and directs the study of the research process.

- 1) **(H0) Null Hypothesis:** The response received implies that the society is not aware about traditional cooking trends and its impact on their health.

- 2) **(H1) Alternative Hypothesis:** The response received implies that the people are aware about traditional cooking trends and its impact on their health.

RESEARCH

A research design is a step-by-step approach used by a researcher to conduct a scientific study. It includes various methods and techniques to conduct research so that a research problem can be handled efficiently.

A researcher has a series of questions that he needs to find answers by conducting research. Research method provides a logical sequence to conduct experiments so that all questions can be assessed in proper order.

An impactful research design makes sure the least bias in the data collected and increases trust in analysed research information. A research design which leaves the least margin of errors can be considered the best research design.

DESCRIPTIVE DESIGN

This type of research design is used to describe the characteristics of a population or phenomena being researched. This study provides the answer to “what” and does not provide the answers to “how”, “when”, and “why”. Descriptive research does not require an internal validity to describe the characteristics of a population. This type of research is used to calculate frequencies, averages, and statistic of data.

ADVANTAGES OF USING DESCRIPTIVE RESEARCH DESIGN

- This approach gathers a large amount of data for the study.
- With the help of this study rich data can be yielded for future references.
- A more focused study can be developed by using the limitations of the study as a useful tool.
- The descriptive design gives a general overview of the study which is helpful to determine useful pointers for which variables are worth studying.

DISADVANTAGES OF USING DESCRIPTIVE RESEARCH DESIGN

- This study entirely depends on the instrumentation for observation and measurement.
- The outcome of a descriptive design can't be used to disprove a hypothesis.
- Outcomes of descriptive designs can't be replicated as outcomes of this design is collected using the observational method.

This study is Descriptive research which is **quantitative in nature** as it attempts to collect information and statistically analyze it. Descriptive research is a powerful research tool that permits a researcher to collect data and describe the demographics of the same with the help of statistical analysis. Thus, it is a quantitative research method.

SOURCE OF DATA

Data is the backbone of any data analysis work which is carried on in the research process. Data analysis and interpretation work purely on the collection of various data from the sources.

Data is called the unorganized statistical facts and figures that are collected from the respective sources. The researcher or analysts do the work of data collection for gathering information. The sources of data can be different depending on the need for the data for the research work.

The type of data also impacts the collection of data. All data is categorized into forms: primary and secondary data. Both types of data are gathered from different sources of data. The sources are reliable and are widely used for gathering specific information about the research work.

Types of Data

A) Primary data

- Primary data means first-hand information collected by an investigator.
- It is collected for the first time.
- It is original and more reliable.
- For example, the population census conducted by the government of India after every ten years is primary data.

Methods of Collecting Primary Data

- Direct personal investigation
- Indirect oral investigation
- Information through correspondents
- Telephonic interview
- Mailed questionnaire
- The questionnaire filled by enumerators

B) Secondary data

- Secondary data refers to second-hand information.
- It is not originally collected and rather obtained from already published or unpublished sources.
- For example, the address of a person taken from the telephone directory or the phone number of a company taken from Just Dial are secondary data.

Methods of Collecting Primary Data

- Collecting information available on the internet
- Collecting data available in government and non-government agencies
- Accessing public libraries.
- Using data from educational institutions
- Using sources of commercial information.

For my research I collected the data by following methods -

- Primary data - questionnaire related to “how people are reacting to the traditional cooking trends”
 - **Sampling Methodology:** - The sampling methodology used is convenient sampling.
 - **Sampling Size** – a survey was conducted via providing an online questionnaire to 100 respondents.

- Secondary data – online websites, literature reviews and official websites of restaurants.

SAMPLING PLAN

Sampling unit –

The sampling unit is the entity to which we have to follow during the whole research study. In the context of the project study, the sampling unit primarily consist of individuals.

Sampling size –

It plays an important role in the research. Samples are representatives of the whole population. This refers to the number of items to be selected from the universe to constitute a sample. In the context of the project study, 100 respondents are chosen keeping in view the above constraints. Attempts have been made to see that samples are chosen from different strata.

Sampling method –

There are various methods of sampling in the context of my project study I have selected non probability sampling method. And under that, I have taken convenience sampling. Under this I prepared a simple questionnaire to collect the information.

CHAPTER 4

DATA COLLECTION

DATA COLLECTION

Data collection method is done basically in three ways: Observation method, survey method, and questionnaire. And in the context of my project study, I have selected questionnaire method to collect the data.

Questionnaire is as an instrument for research, which consists of a list of questions, along with the choice of answers, printed or typed in a sequence on a form used for acquiring specific information from the respondents.

In general, questionnaires are delivered to the persons concerned either by post or mail, requesting them to answer the questions and return it.

Informants are expected to read and understand the questions and reply in the space provided in the questionnaire itself.

The questionnaire is prepared in such a way that it translates the required information into a series of questions, that informants can and will answer.

CHAPTER 5

ANALYSIS AND INTERPRETATION OF DATA

ANALYSIS AND INTERPRETATION OF DATA

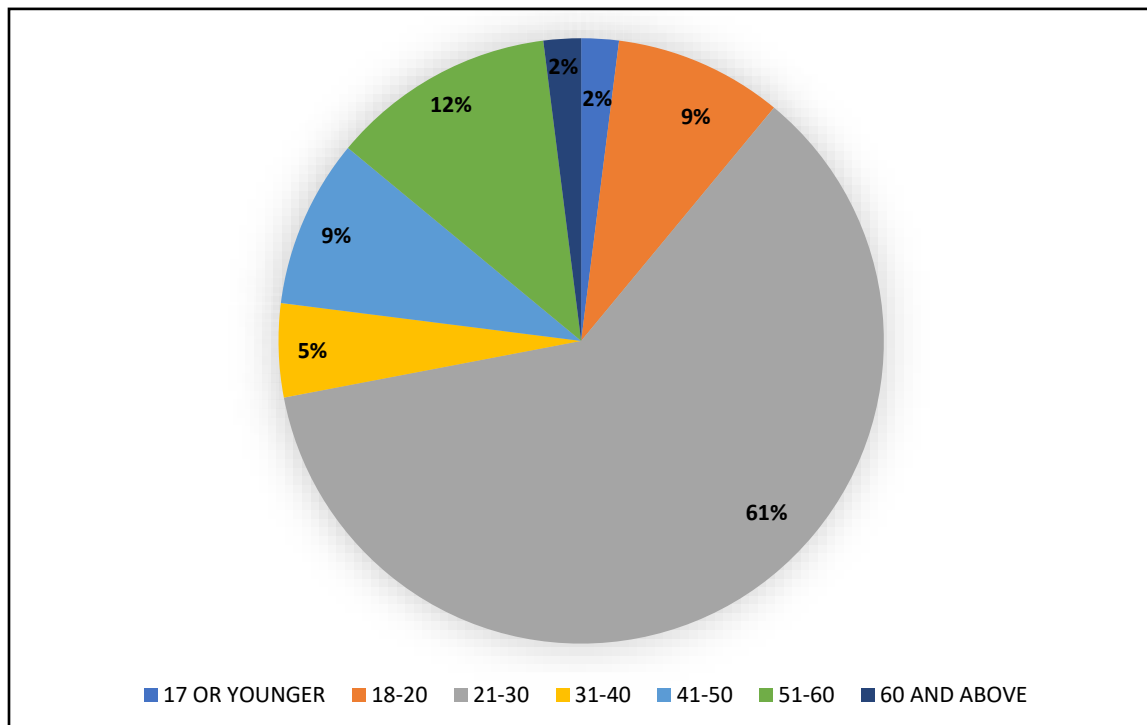
Primary Data

- Age

AGE	NO.
17 OR YOUNGER	2
18-20	9
21-30	61
31-40	5
41-50	9
51-60	12
60 AND ABOVE	2
TOTAL RESPONDENTS	100

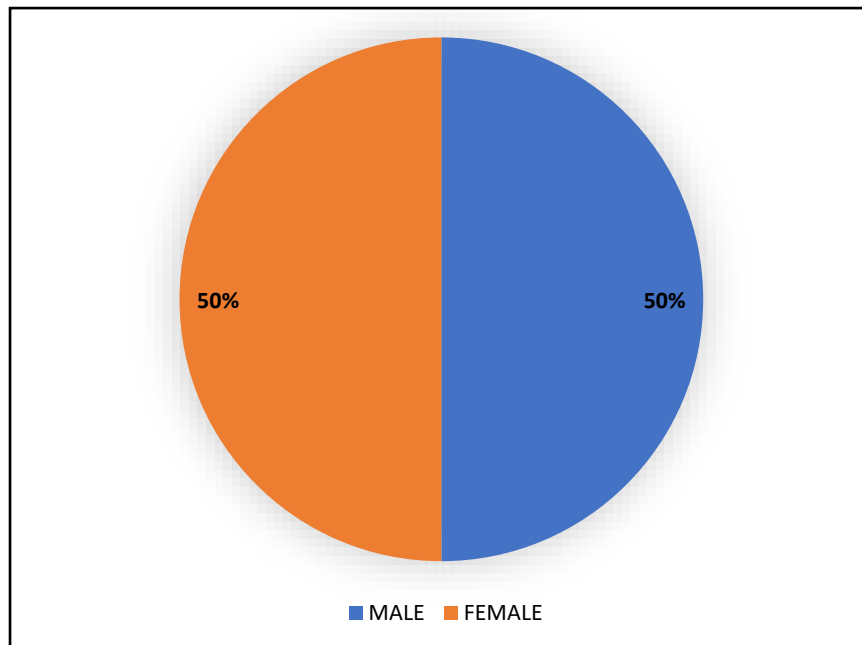
Interpretation –

The Maximum Respondents Are Between the Age Group Of 21-30 Years.



- Gender

GENDER	NO.
MALE	50
FEMALE	50
OTHERS	0
TOTAL RESPONDENTS	100

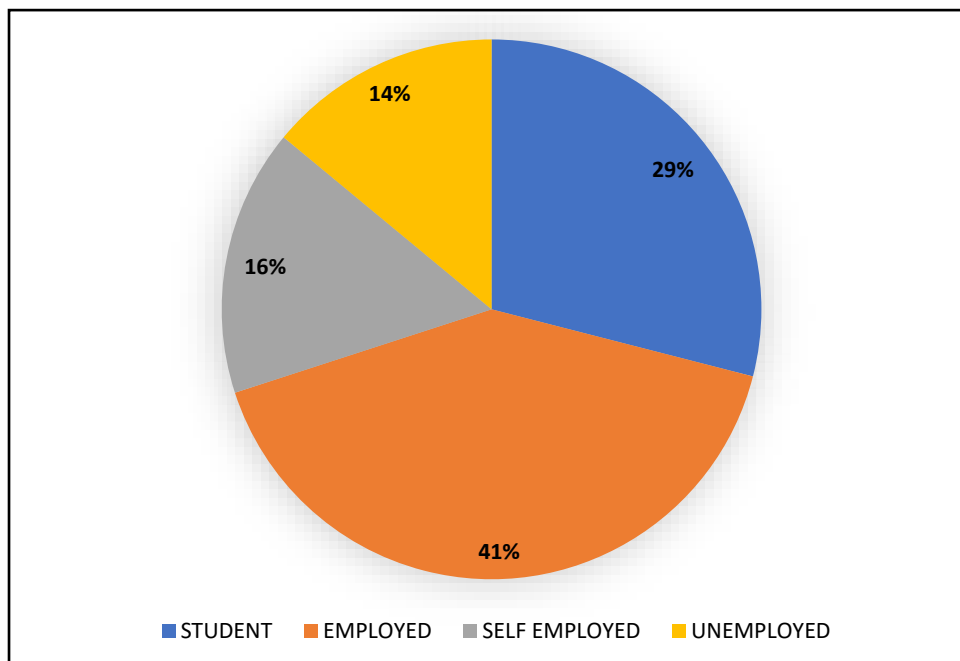


Interpretation –

Amongst The Total Respondents,
50% were Females And 50 % were Males.

- Occupation

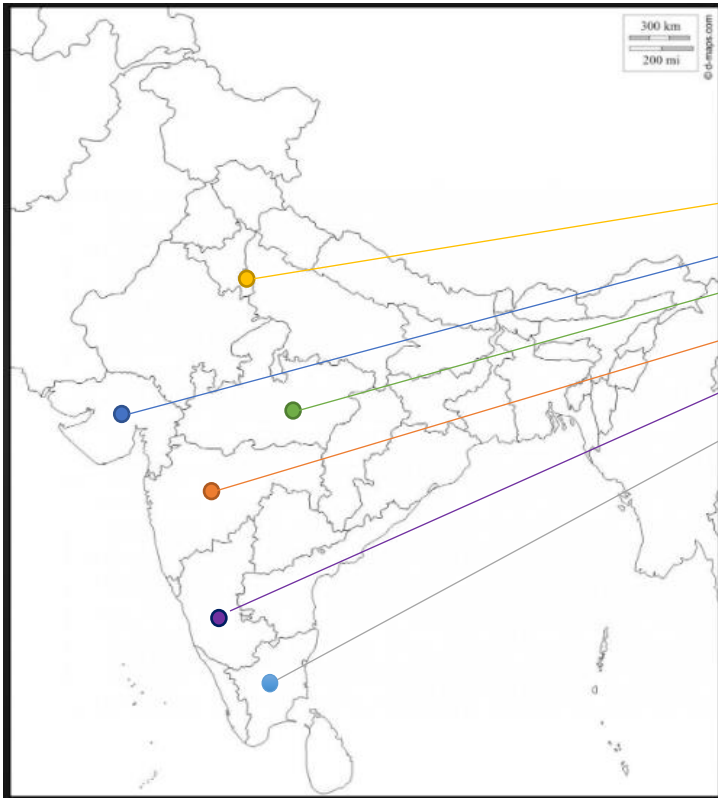
OCCUPATION	NO.
STUDENT	29
EMPLOYED	41
SELF EMPLOYED	16
UNEMPLOYED	14
TOTAL RESPONDENTS	100



Interpretation –

Amongst The Total Respondents,
The majority was of employed class with a weightage of 41%,
Followed by self-employed class of 16%,
Unemployed class of 14% and
Students class with 29%

- Location



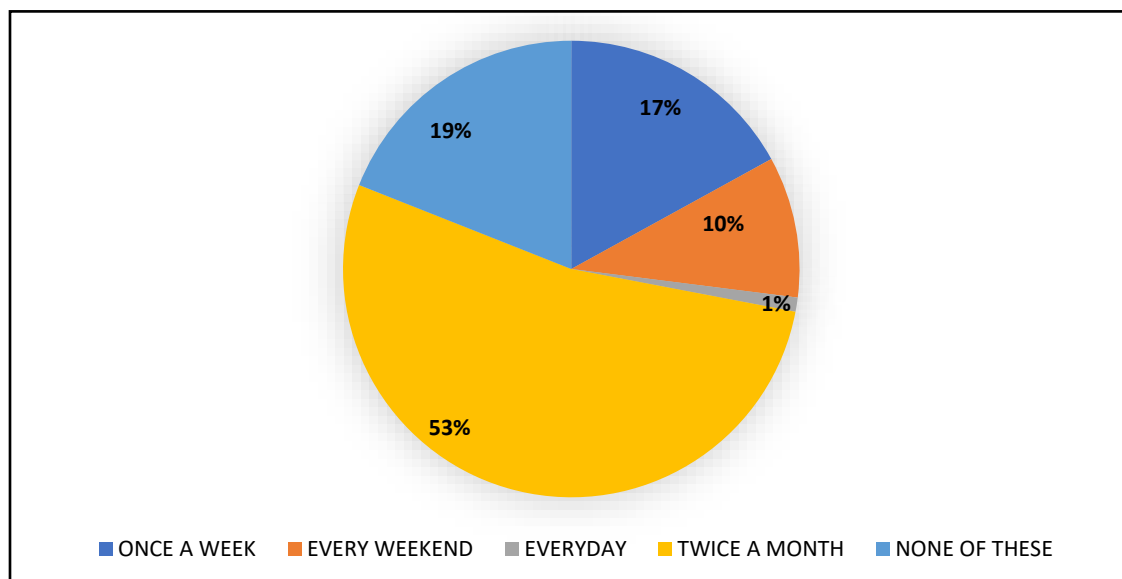
STATE	NO.
DELHI	3
GUJRAT	2
MADHYA PRADESH	1
MAHARASHTRA	90
KARNATAKA	1
TAMIL NADU	3
TOTAL RESPONSES	100

Interpretation –

Amongst The Total Respondents,
The majority was located in Maharashtra and rest were from Delhi, Gujrat,
Karnataka, Madhya Pradesh, Tamil Nadu.

Q. How often do you visit hotels?

HOTEL VISITS	NO.
ONCE A WEEK	17
EVERY WEEKEND	10
EVERYDAY	1
TWICE A MONTH	53
NONE OF THESE	19
TOTAL RESPONSES	100

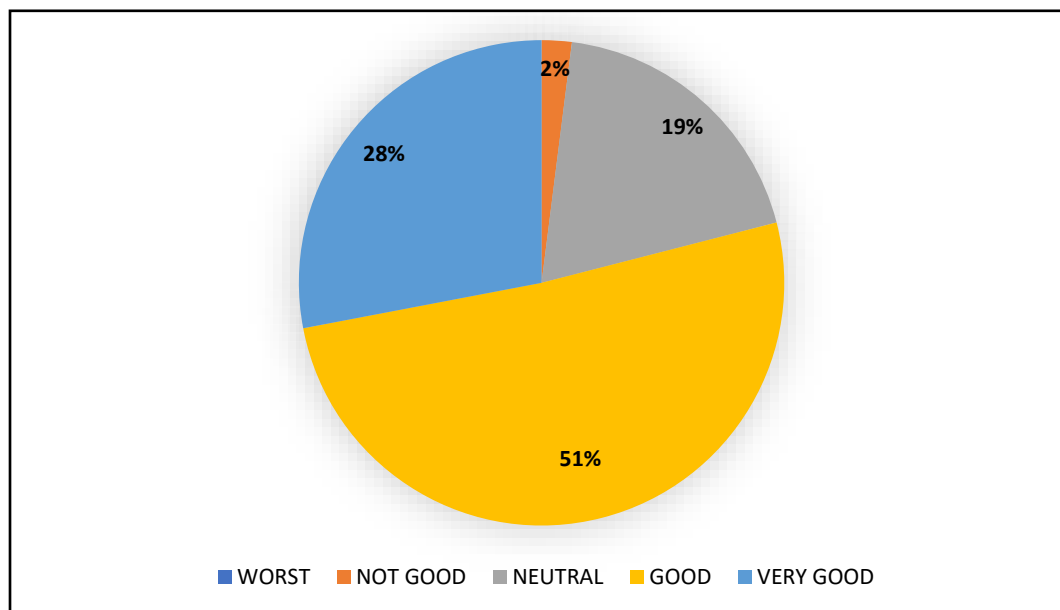


Interpretation –

Amongst the Total Respondents,
Most prefer to visit hotel ‘twice a month’, and the least prefer ‘every day’.
17% prefer ‘once a week’ and 10 % prefer to visit hotels ‘every weekend’.

Q. How will you rate Indian Hotel Industry?

RATING	NO.
WORST	0
NOT GOOD	2
NEUTRAL	19
GOOD	51
VERY GOOD	28
TOTAL RESPONSES	100

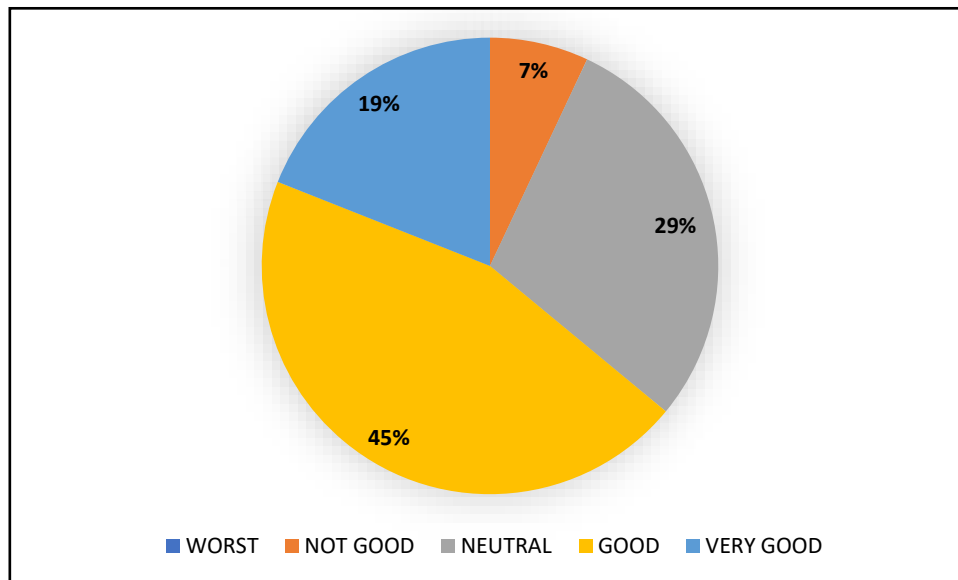


Interpretation –

Amongst the Total Respondents, Majority i.e., 51% rated the hotel industry with 'good' remark and 28% rated hotel industry with 'very good' remark. 19% voted with 'neutral' remark whereas only 2% voted with 'not good' remark.

Q. How will you rate the food preparation in Indian hotel Industry?

FOOD PREPARATION	NO.
WORST	0
NOT GOOD	7
NEUTRAL	29
GOOD	45
VERY GOOD	19
TOTAL RESPONSES	100

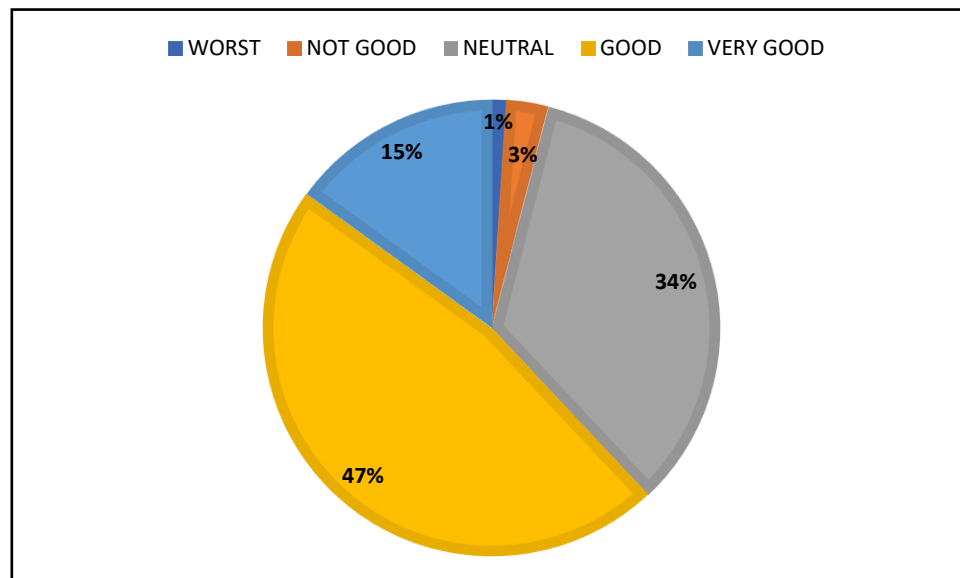


Interpretation –

Amongst the Total Respondents, 45% voted for 'good' remark and 29% voted for 'neutral' remark to the preparation techniques of Indian hotel Industry. 19% voted for 'worst' remark and only 7% voted for 'not good' remark.

Q. How they rate the serving techniques in Indian hotel Industry?

SERVING TECH.	NO.
WORST	1
NOT GOOD	3
NEUTRAL	34
GOOD	47
VERY GOOD	15
TOTAL RESPONSES	100

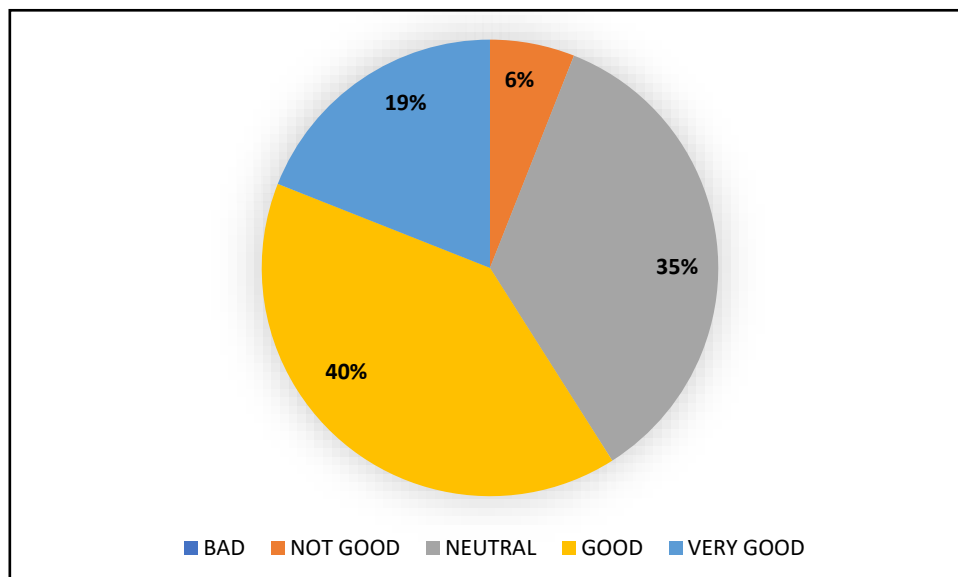


Interpretation –

Amongst the Total Respondents, 47% voted the serving techniques in Indian hotel industry with ‘good’ remark and 34% voted with ‘neutral’ remark. Also 15% voted for ‘very good’ remark and 3% voted for ‘not good’ remark. Only 1% voted the serving techniques with ‘worst’ remark.

Q. How will you rate the Preparation techniques in Indian hotel Industry?

PREPARATION TECHNIQUES	NO.
BAD	0
NOT GOOD	6
NEUTRAL	35
GOOD	40
VERY GOOD	19
TOTAL RESPONSES	100

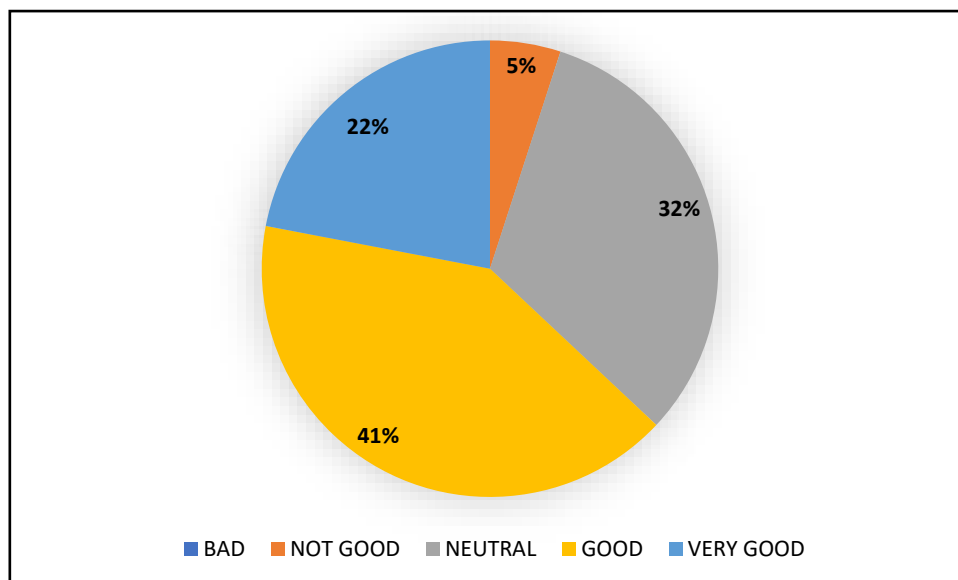


Interpretation –

Amongst the Total Respondents, 40% voted the preparation techniques in Indian hotel industry with ‘good’ remark and 35% voted with ‘neutral’ remark. Also 19% voted for ‘very good’ remark and 6% voted for ‘not good’ remark.

Q. How will you rate the behavior of hotel staff in Indian hotel Industry?

RATING	NO.
BAD	0
NOT GOOD	5
NEUTRAL	32
GOOD	41
VERY GOOD	22
TOTAL RESPONSES	100

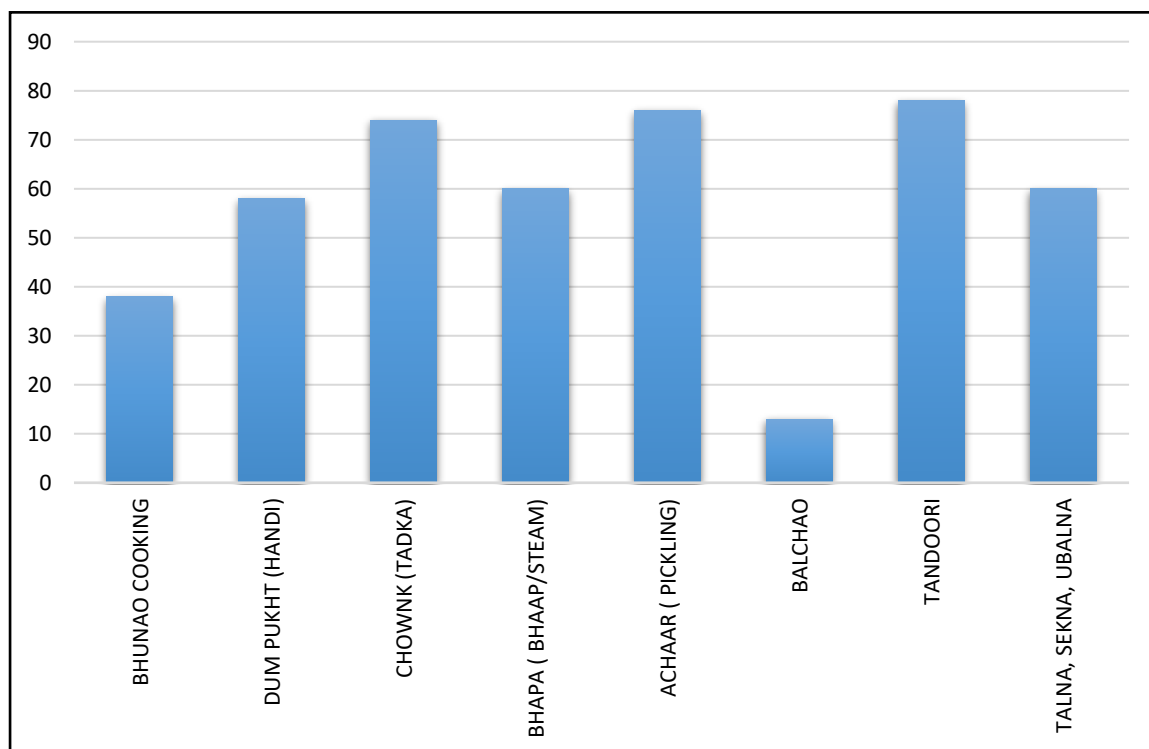


Interpretation –

Amongst the Total Respondents, 41% voted the preparation techniques in Indian hotel industry with 'good' remark and 32% voted with 'neutral' remark. Also 22% voted for 'very good' remark and 5% voted for 'not good' remark.

Q. Are you aware about any of these traditional cooking techniques?

COOKING TECHNIQUES	NO.
BHUNAO COOKING	38
DUM PUKHT (HANDI)	58
CHOWNK (TADKA)	74
BHAPA (BHAAP / STEAM)	60
ACHAAR (PICKLING)	76
BALCHAO	13
TANDOORI	78
TALNA, SEKNA, UBALNA	60
TOTAL RESPONDENTS	100

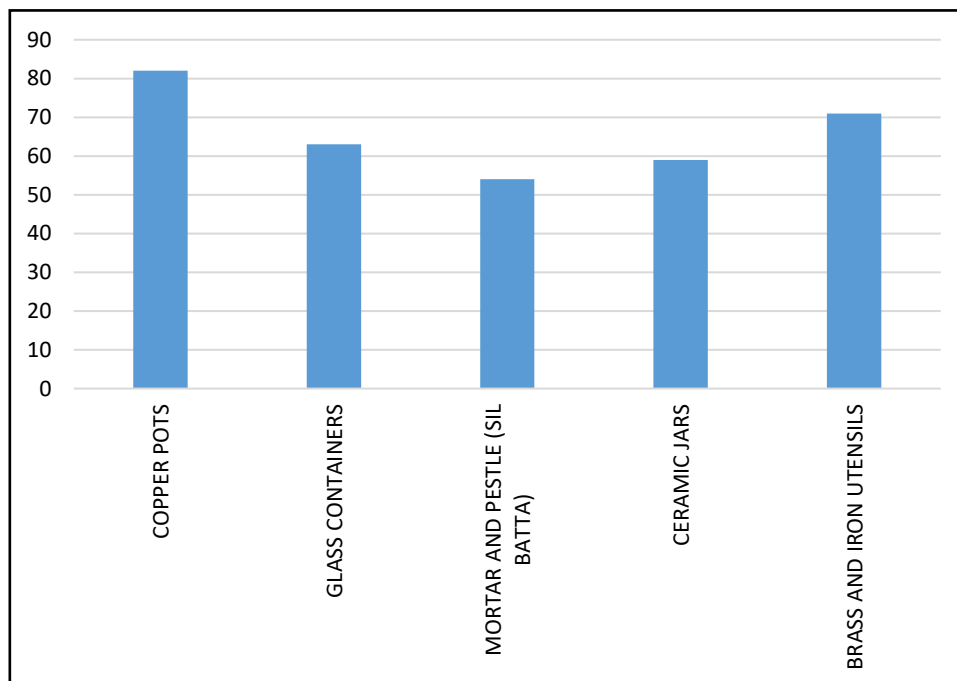


Interpretation –

Amongst the Total Respondents,
The most famous cooking techniques know are ‘Tandoori’, ‘Achaar’,
‘Chownk’, with a contribution of 70% and above. The obscure cooking
technique is ‘Alcho’.

Q. Are you aware about any of these traditional utensils?

TRADITIONAL UTENSILS	NO.
COPPER POTS	82
GLASS CONTAINERS	63
MORTAR AND PESTLE (SIL BATTI)	54
CERAMIC JARS	59
BRASS AND IRON UTENSILS	71
TOTAL RESPONDENTS	100

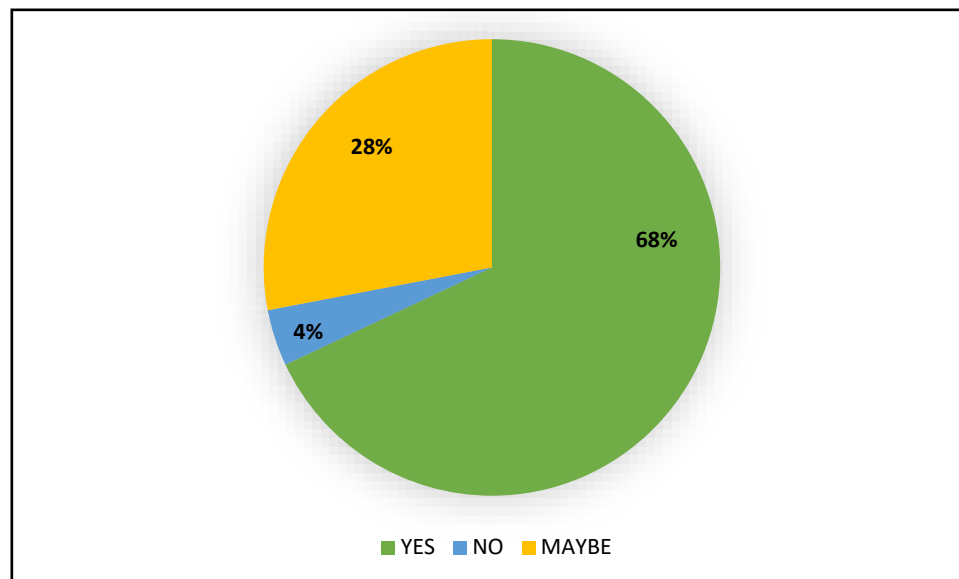


Interpretation –

Amongst the Total Respondents,
The most famous traditional cooking utensils know are ‘Copper pots’, ‘Brass & iron utensils’, ‘Glass containers’, with a contribution of 60% and above.
The obscure cooking technique is ‘Mortar & Batta’.

Q. Do you think these techniques are back in trend?

OPTIONS	NO.
YES	68
NO	4
MAYBE	28
TOTAL RESPONSES	100

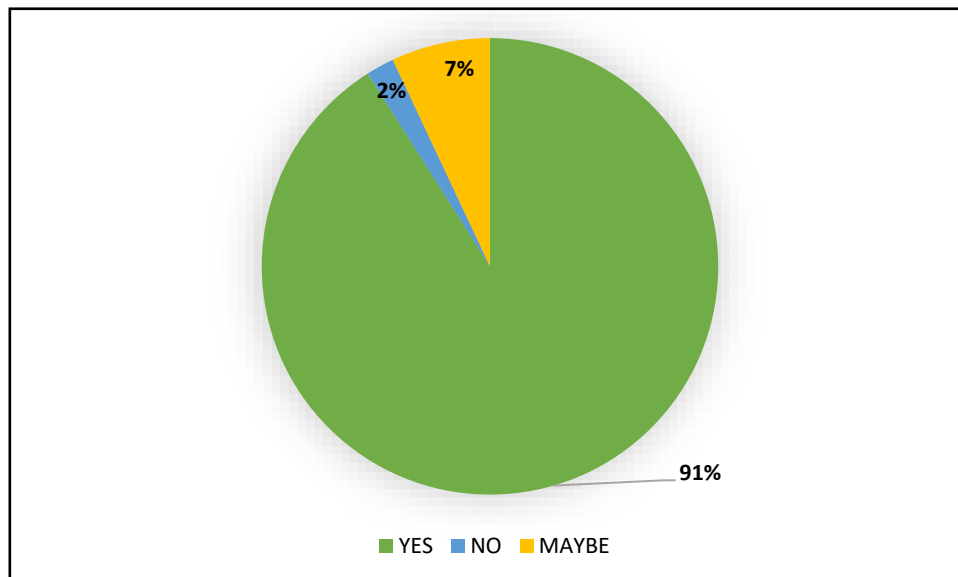


Interpretation –

Amongst the Total Respondents, 68% are positive about these traditional techniques coming back in trend. Simultaneously, 4% are not in favor of the statement. But, 28% think that 'maybe' the traditional cooking techniques are back in trend.

Q. Do you think these practices are good for your health?

GOOD FOR HEALTH	NO.
YES	91
NO	2
MAYBE	7
TOTAL RESPONSES	100

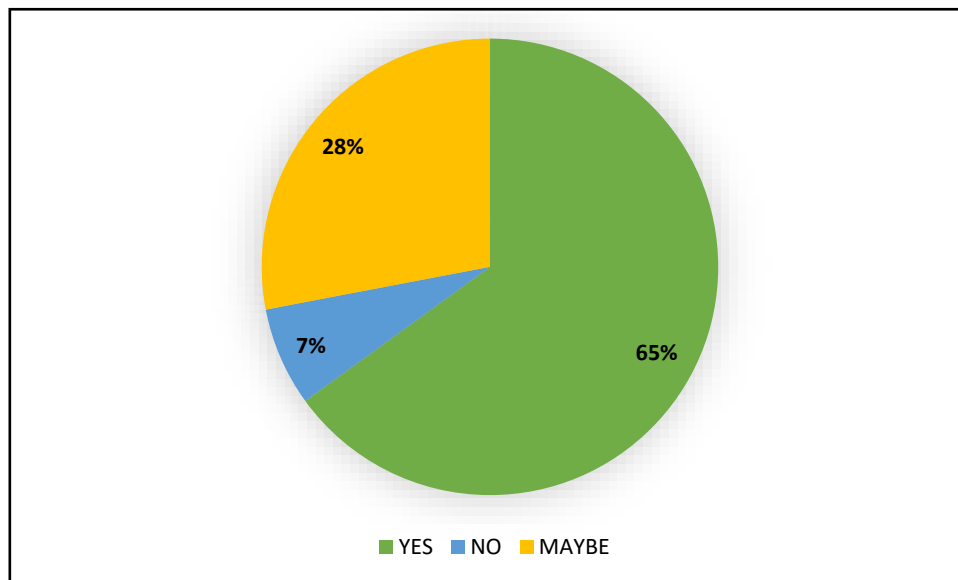


Interpretation –

Amongst the Total Respondents, 91% are positive about the health benefits of these traditional techniques. Simultaneously, 2% are not in favor of the statement. But, 7% think that 'maybe' the traditional cooking techniques are good for health.

Q. Do you think people will appreciate these traditional practices in hotel industry?

PEOPLE'S APPRECIATION	NO.
YES	65
NO	7
MAYBE	28
TOTAL RESPONSES	100

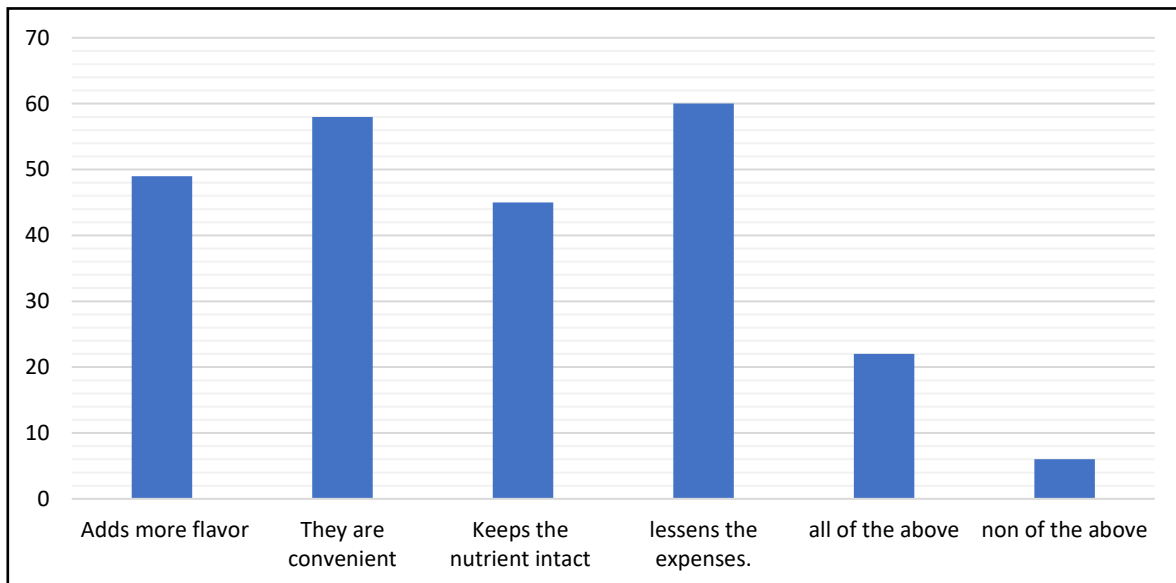


Interpretation –

Amongst the Total Respondents, 65% are thinking that these traditional practices will be appreciated by general public, 7% are not in favor of the statement. But, 28% think that 'maybe' these traditional practices will be appreciated by general public.

Q. According to you, what are the benefits of traditional cooking techniques?

BENEFITS OF TECHNIQUES	NO.
ADDS MORE FLAVOR	49
THEY ARE CONVENIENT	58
KEEPS THE NUTRIENT INTACT	45
LESSENS THE EXPENSES.	60
ALL OF THE ABOVE	22
NON-OF THE ABOVE	6
TOTAL RESPONDENTS	100



Interpretation –

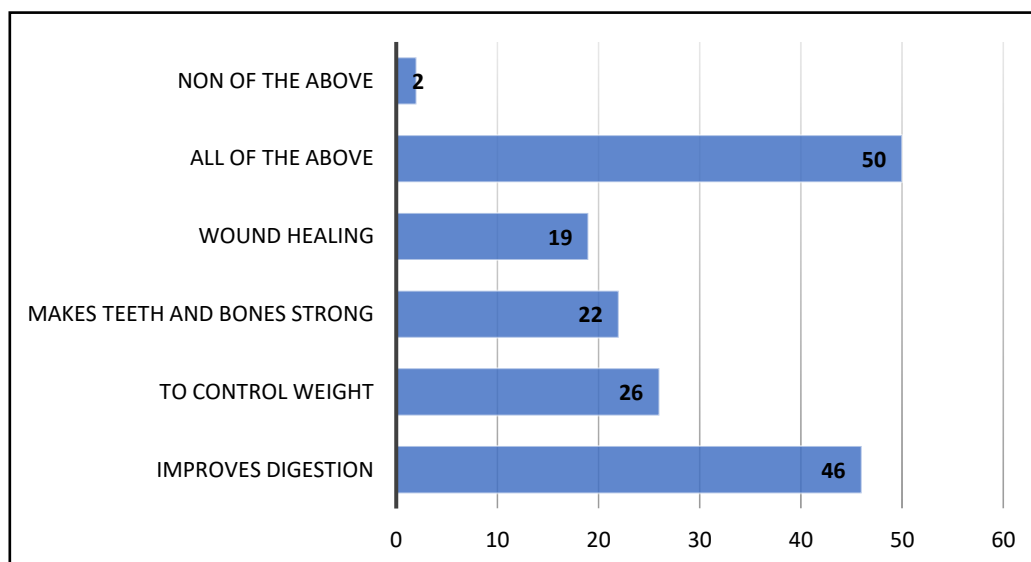
Amongst the Total Respondents, Majority (50% and above) believes that the 3 major benefits of using traditional cooking techniques are –

- Adds more flavor to the food
- They are convenient to prepare
- Lessens the expenses.

Whereas, 22% respondents think that all the given options are the benefits of traditional cooking techniques.

Q. According to you, health benefits of traditional cooking are –

BENEFITS	NO.
IMPROVES DIGESTION	46
TO CONTROL WEIGHT	26
MAKES TEETH AND BONES STRONG	22
WOUND HEALING	19
ALL OF THE ABOVE	50
NON-OF THE ABOVE	2

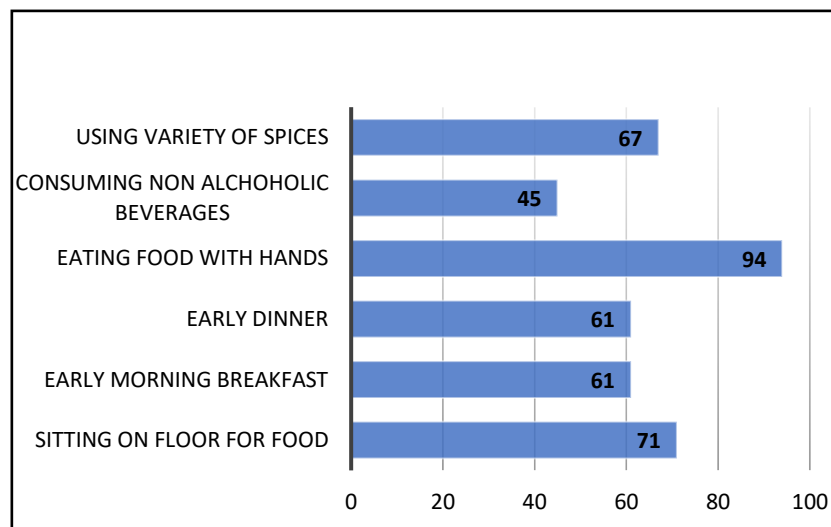


Interpretation –

Amongst the Total Respondents, 50% believe that ‘all of the above’ are the benefits of traditional cooking, whereas, the most common and known benefit is ‘improves digestion’ followed by ‘to control weight’.

Q. How many of the given food habits do you follow?

FOOD HABITS	NO.
SITTING ON FLOOR FOR FOOD	71
EARLY MORNING BREAKFAST	61
EARLY DINNER	61
EATING FOOD WITH HANDS	94
CONSUMING NON ALCOHOLIC BEVERAGES	45
USING VARIETY OF SPICES	67
TOTAL RESPONDENTS	100



Interpretation –

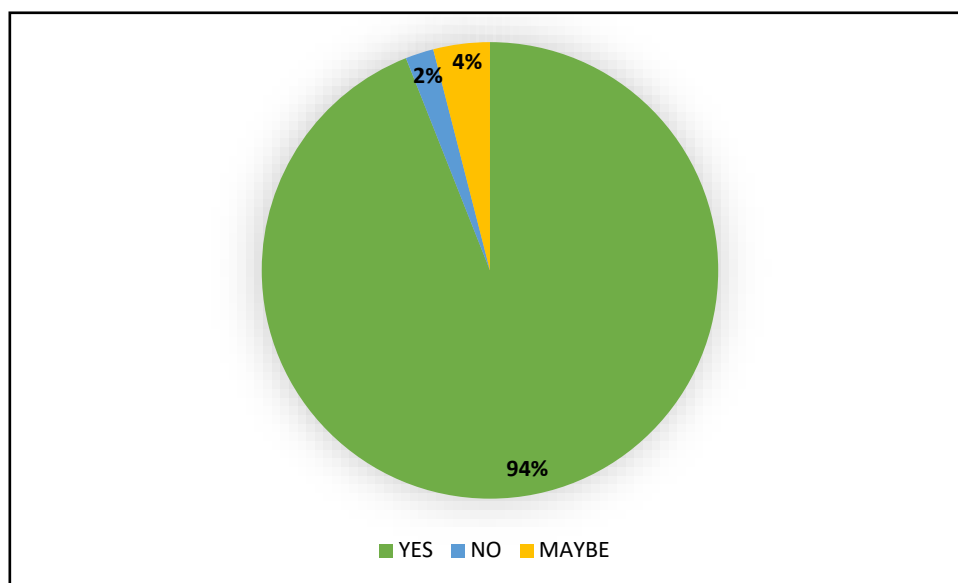
Amongst the Total Respondents,
The most common food habit, followed by 94%, is ‘eating food with hands.
Similarly,

- Sitting on the floor for food
- Early morning breakfast
- Early dinner,

are some other food habits which are also followed by 60% (approx.) of the respondents.

Q. Was the survey informative to you?

INFORMATIVE	NO.
YES	94
NO	2
MAYBE	4
TOTAL RESPONSES	100



Interpretation –

Amongst the Total Respondents,
94% found my survey informative and 2% were already knowing
the information my survey had.

Secondary Data

BENEFITS OF TRADITIONAL COOKING TECHNIQUES

Link - <https://Beautyharmonylife.Com/>

Article - Why Traditional Way of Cooking And Serving Food Is Beneficial?

Posted On 08 Dec 2021

By: Snow White

- **Adds aroma and taste to food**

The earthen pots are made of clay that has natural alkaline. The presence of alkaline accordingly connects with the acids in the food while preparing and balance pH.

It will give better food as well as spreads a decent fragrance, encouraging you to taste the delectably good food. It is additionally loaded with different minerals like iron, phosphorus, calcium, and magnesium.

- **Good for your heart**

If you truly want to avoid an excessive amount of oil, then the good decision will be to cook in earthen pots. Modern cooking equipment uses oil in excess, which might lead to weight gain, paving the way to heart illnesses.

But when you pick to cook in earthen pots, it will require less amount of oil. However, it takes a long time to warm, and will be a slow cooking process, which consequently helps in holding the natural moisture and oils in the food.

- **Keeps up the nutritive value of food**

When it comes to cooking in earthen pots, it allows the heat and moisture to circulate properly and equally during the cooking process. Do you know why?

This is because the mud pots are permeable and permit the heat and moisture to flow equally, making the food more nutritive than other utensils.

Even meats prepared in clay pots are supposed to be more delicious and exceptionally flavourful.

- **Best for milk products**

It is profoundly recommended to drink your tea or espresso in an earthen pot, which is 100% healthy for your body. Further, it also gives a wonderful smell and taste to the milk items.

BENEFITS OF TRADITIONAL FOOD HABITS

Link - <https://rapidleaks.com/>

Article - Benefits Of Indian Traditional Food Habits

Article By -Neeru Agarwal

(AUGUST 27, 2018)

1.Sitting on the floor while eating:

It's time to revive the ancient culture with no dining tables and fine cutlery. Sitting on the floor for meals can be your escape from those lifestyle diseases.

Sitting in padmasan or sukhasan on the floor is a posture known to massage the abdominal muscles and boost circulation in the below abdomen region.

Start your meal by chanting religious mantras and unleash the power of good health.

2. Early morning breakfast:

Start the day early with exercise and meditation. And have a fulfilling and nourishing rich breakfast early in the morning.

One of the less known nutrition tip is to eat within 15 minutes of waking up to lose that unwanted weight. Skipping breakfast negatively affects your metabolism.

3. Early Dinner:

Jainism preaches on dinner before sunset. It may sound bit impractical but that's what even the nutritionists are prescribing these days. The secret to good health is giving ample time to the body for digestion before you go to bed. It also helps in preventing fat deposition.

Eat early and sleep timely for the perfect sleep with sweet dreams.

4. Not talking while eating:

Nice steaming hot is in front of you and hunger inside. How does it feel when you get some urgent call exactly on that very moment? Huh, can't help it! Remember, setting the priority for food is a great measure towards good health. The benefits are vast. You savor your food fully when it is warm.

When talking fails to seek your attention, the salivation and chewing get it. Another significant reason is that the fear of choking on food is eliminated.

6. Using a Variety of Spices:

Indian kitchen is a hub of maximum variety of spices. Different cultures use a different mix of these herbs and spices to create their cultural flavor in their local dishes. There are many spices like Garam Masala which are a mix of several spices. These spices are rich sources of antioxidants, the immunity builder. Many of these spices act as healer with their medicinal properties. No wonder, Indian kitchen has been the 'Dadi maa ka pitara' for health and fitness.

6. Eating food with hands:

People are refraining even from picking pizza pieces with their fingers. Indian tradition teaches us to eat hot roti / chapatti / paratha dipped properly and even mashed with the richness of gravy.

And, the final finishing touch of this charismatic style is to lick those fingers for cleanup. When food is eaten with fingers, it induces warmth and sensitivity towards the texture of food. The mudra so created activates the senses striking for balance of 'prana' energy.

It successfully engages all the five senses completely with food. It also helps in release of digestive juices and absorption of nutrients.

7. Consuming Non-Alcoholic Beverages and Yoghurt:

The Indian culture has a range of non-alcoholic beverages to replace the alcohol. Usually you will find 3-4 options for non-alcoholic beverages in restaurants in the world. Indian restaurants are happy to offer to a variety of options – Chai (Tea), masala tea, green tea, coffee, chhas (buttermilk), masala chhas, lassi, jaljeera, sherbets, masala doodh, nimbu paani, flavoured sodas, shakes and more.

Also, the Indian cultures encourage consumption of yogurt. It can be in the form of raita (curd with lot of fresh vegetables and herbs) or auspicious 'dahi-chini' yogurt with sugar or honey, plain curd, buttermilk or some other creative ways. It is excellent for digestive health. Ignorance of healthy and traditional food habits is posing threat to health of people worldwide.

TRADITIONAL COOKING METHODS – SUBCONTINENT’S PRIDE

According to - <https://lareeadda.com>

(February 18, 2022)

The kitchen has always been their sacred space of experimentation, and a place to carry the weight of generational cooking traditions – Also, not only do these methods ensure maximum flavour, but they’ve also proven time and time again that they work most effectively and efficiently. This is the partial reason why they’ve become a tradition and have been endured throughout history.

The subcontinent has an extensively rich history of preserved cooking methods, starting with one of the most basic of all — *Bhunao cooking*; a technique that involves sautéing and stir-frying base ingredients such as chopped onions, tomatoes, ginger, and garlic in either fat or vegetable oils. Another 4000-year-old cooking treasure is the process of salting food and curing it in brines to preserve it for longer journeys – This is where the famous Indian Pickles aka *Achaar* come from.

This other traditional cooking technique would probably have you watering by the mouth (you have been forewarned!). It’s the *Tadka* – A method that involves a range of spices, fried at high temperature, and later this spicy & fiery mixture is added on top of an ongoing dish, while some recipes are even cooked alongside it.

One final technique that we’d love to mention in our brief list of traditional cooking methods, and that you must absolutely know about is *Tandoori cooking*.

Hypothesis Testing

1) **(H0) Null Hypothesis:** The response received implies that the society is not aware about traditional cooking trends and its impact on their health.

2) **(H1) Alternative Hypothesis:** The response received implies that the society is aware about traditional cooking trends and its impact on their health.

Among all the 100 respondents, 53% respondents visited hotels twice a month and rest either visited every weekend or once a week. Amongst them, 51% rated Indian hotel Industry in the category of 'Good'. This decision was made on sub categories like -

- The food preparation techniques
- The food serving techniques
- The training of hotel staff, etc.

Also, when asked about 'Traditional cooking techniques' and Traditional cooking utensils'; nearly 75% respondents are aware about them. Also, there are few benefits of using traditional methods and utensils, which are known by them. 91% respondents are truly aware that these techniques have certain health benefits. Approx. 75% people follow traditional food habits in combination with these techniques. When asked about acceptance of these techniques by Indians, 65% were positive and 68% respondents think that these techniques are back in trend. While 28%, of total 100, are still not sure whether they are in trend or not. This survey proved to be informative for about 94% of respondents.

Therefore, **the null hypothesis is rejected and the alternate hypothesis is accepted.** The response received implies that the society is aware about traditional cooking trends and its impact on their health.

CHAPTER 6

FINDINGS & CONCLUSION

FINDINGS & CONCLUSION

Indian Hotel Industry is Returning to Century-Old Cooking Techniques and Traditional Ingredients.

The advent of new kinds of health issues and the recent pandemic have directed our attention back to the long-lost legacy of traditional Indian cuisine. With this, people also started realizing the need to reinvent our diets and consume food that is good for the body and the soul. The current concept of Indian gastronomy is often misrepresented in the modern context through fusion food. Traditional Indian food is largely based on Ayurveda.

It is simple, balanced and nutrient-dense. These gems have been forgotten through time especially due to heavy western influence.

In these modern times, there is a dire need to sensitize people to the benefits of traditional Indian cuisine, its techniques and principles which are lost in the crowded marketplace and consumerism.

Significance of Ingredients in Indian Cuisine:

The ingredients used in preparing traditional Indian cuisine are sourced organically, farm-fresh and filled with necessary vitamins, minerals and healthy fats that help boost immunity naturally.

The core spices used in Indian kitchens are also known for their versatility, as they provide unique flavours to different dishes only by changing the cooking technique and style.

Multifaceted Indian Culture and Traditional Cooking Techniques:

The multi-cultural dimension of India provides a vast canvas of traditional recipes and culinary expertise. Every region of India has its own inherent cuisine and distinctive flavours originating from a century-old unique cooking technique.

- **Dum Pukht** – Slow cooking Technique: Dum means to ‘breathe in’, it is a slow cooking method conducted by closing a round, heavy-bottomed pot with a lid and slow cooking the food over a low flame. In this technique, the food cooks in its own steam and the slow-roasting enables each of the spices and herbs to release their flavour into the dish.
- **Tadka or Baghar** – Tempering Technique: The process of tempering involves the blooming of spices in hot ghee to enhance the flavour of dishes. Every region of India includes different items of tadka, but the most common are whole mustard, cumin seeds, asafoetida, chilli, and garlic.
- **Bhaap** – Steaming Technique: It is a technique in which the food is steam-cooked over a low flame with a closed lid. It is considered one of the healthiest ways of cooking food while keeping its rich nutrients intact.
- **Bhunao** – Sautéing Technique: This cooking technique requires constant stirring over medium to high heat, but the goal is to create a thick, spiced paste, which can be thinned into a gravy. It starts with heating ghee in a frying pan and then adding meat or vegetables, along with spices.
- **Dhuanaar** – Smoking: In this North Indian technique, a small bowl with a piece of lit charcoal is placed inside of a larger vessel on top of the cooking food. A small amount of ghee is poured over the coal and then the whole space is covered with a lid to trap the smoke inside and infuse the food with a smoky flavour.

- **Talina Or Talna** – Deep-Frying: Whilst frying is a technique used in every culinary practice, Talna is a frying method that is often used in Indian cuisine to prevent food from burning and to ensure the cooked food is as flavoursome as possible.
- **Tandoori** – Roasting/Baking: A tandoor is a North Indian clay oven that is used to cook naan or marinated meat using hot charcoal fire. The food cooked in a tandoor oven is roasted and smokey.

Impact of Indian Traditional Cooking Methods on International Cuisine:

The versatility and simplicity of Indian traditional cooking techniques can be seen making its mark in most international cuisines.

The interaction of various Indian diaspora communities with the native cultures has resulted in the creation of many fusion cuisines, which offer a flavorful and balanced blend of Indian and other international cuisines such as Indo-Chinese cuisine, Indian Thai cuisine, Malaysian Indian cuisine, and so on. With evolving times, today, the Indian catering industry is also set to embrace the new Indian fusion trend.

Fusion cuisines or food mash-ups combine contrasting culinary traditions or techniques into a single dish, and this is one of the fastest-growing food trends around the world. It allows for experimentation and freedom in exploring a contrast of flavours and textures. One of the biggest advantages of Fusion cuisine is that it provides scope for innovations and creativeness.

Thus, it becomes an ideal platform for chefs to showcase their culinary expertise combined with unique ideas. This has further given a rise to modern cooking techniques that

have started gaining popularity amongst the customers such as sand cooking using an Earthenware pot, reinvention of forbidden dishes with twists and more.

Traditional Indian Cooking Utensils that are back in Trend:

Considering the wide variety of Indian cuisine and its uniqueness, the utensils play a significant role in enhancing the flavour of the food with different cooking methods.

- **Stones (Mortar and Pestle):** These are generally used in grinding the ingredients. Stones do not get heated up, unlike blenders and mixers that use stainless steel, and end up getting heated, which is not only unhealthy but also results in a loss in taste.
- **Clay:** The use of a clay pot in cooking is one of the most ancient kitchen pieces of equipment. In this, a slow and constant heat gets transferred to the whole cookware making it easy to heat uniformly. Clay pots add nutrients to the food like Calcium, Phosphorous, Iron, Magnesium and Sulfur. They are alkaline in nature, which neutralizes the acid element involved in the food that we consume.
- **Cast Iron:** It is a very good conductor of heat because of which it serves a great purpose in transferring heat very efficiently and uniformly during the cooking process.

Demand Drivers for Traditional Cuisine in the Indian Catering Industry:

Amidst the evolving customer preferences, the Indian catering industry is also experiencing demand from the customers to provide **Local, no wastage menus** which is driving the need for traditional dishes.

While another strong reason for the demand for traditional food is its scanty use in our daily lives in its original form, which brings in the greatness of **authentic recipes** for events.

The cultures of contemporary Indian cuisine, including the politics, food processes, production, and consumption, are simultaneously changing and exhilarating. Innovation and

increased attention to Indian cuisine further promise to be an **exciting area for creativity and critical research in the future.**

Health Aspect of the New Trend

A] Reduces risk of Cancer

The traditional Indian eating pattern is rich in a wide variety of grains, pulses, fruits, vegetables, nuts, seeds, and spices. Typical meals consist of dal (a legume dish) and rice, with vegetables, salad, and fruit. This plant-based way of eating has been shown to be protective against many diseases, including cancer.

Rates of cancer are lower in India than in the United States, although it cannot be said for certain that this is related to diet. Many components of the Indian diet have been shown to lower disease risk. Beans are one of the American Institute of Cancer Research's Foods that Fight Cancer. They are high in anti-cancer nutrients such as fiber, folate, and phytochemicals such as flavonoids, inositol, and sterols. Whole grains such as rice are also **cancer preventative** due to the presence of fiber and polyphenols.

Indian foods are also traditionally very high in spices, which play a role in disease prevention due to the high dose of antioxidants per serving. Turmeric, used frequently in Indian cooking, has proven anti-inflammatory effects. Turmeric may **reduce the risk of inflammatory diseases** such as cancer, cardiovascular disease, and diabetes.

Indian food also often includes chili peppers, rich in antioxidants such as beta-carotene and vitamin C. Research is also ongoing into the link between cancer and capsaicin, the active ingredient in chili peppers that gives it its heat. Studies have found that capsaicin slows lung cancer cell growth in mice, however, this has yet to be proven in human studies.

B] Benefits of Spices, Salt, Grains, Oils.

- **The human body requires variety in food**

A variety of foods and nutrients is needed for trillions of cells in the human body. Indian cuisine includes a variety of spices, where every spice has many health benefits. Eat local and seasonal vegetables and fruits at the right time for **good health and strong immunity**.

- **Indian food has a lot of grains**

Bajra, nachni, jowar along with different rice grains are grown in abundance in India. It is disappointing that in the age of low-carb diets, consumption of rice is denied for weight loss. Luke highlights the fact that even diabetics can eat hand-pounded rice. There are also a variety of pulses in Indian food. Combinations like dal rice and rajma rice have been popular in Indian since ages. These combinations are perfect **protein meals with all the essential amino acids**.

- **Indian thalis**

In the traditional Indian thali, each bowl in the thali has a small size. It includes 2-3 varieties of dal, sabzi, some rice or roti or both. The thali also includes a small amount of sweet dish. This thali makes for a complete meal, including all **essential nutrients in the right proportion**. But thalis served in restaurants today have much larger portion size. It is

probably because of the western culture of supersizing that the portion size in traditional Indian thalis has increased here.

- **Indian oils**

A variety of cooking oils are available in India. From mustard oil and peanut oil to coconut oil and groundnut oil, many healthy varieties of cooking oil are present in India. But the way they were processed in earlier times was much **healthier** than they are processed today.

- **Indian salt**

Black salt, pink salt and rock salt were native to India. But we slowly moved to the more refined version of salt, which is probably the reason why Indian food became unhealthier too. So, it is probably the ingredients which changed Indian food.

- **The magic of Indian curry**

The Indian curry, if cooked with the right ingredients and proper amounts of oil, is **good for immunity**. It can help in **reducing inflammation** - which is the root cause of diseases like diabetes, high blood pressure and heart diseases. Prepared with curry leaves, tomato, onion, black pepper, garlic, turmeric and various other spices, the Indian curry has many health benefits.

- **Wheat**

We came under the influence that wheat causes inflammation. However, it is totally dependent how the wheat is processed. Unprocessed, hand-ground wheat does not give bloating or digestive issues. Avoid consumption of bread as they are prepared with harmful chemicals which can wreak havoc with your gut health.

- **Pickles and chutneys**

Pickles, when made with the right quality of salt (rock salt) and oil, it is one of the best probiotic foods that you can have. Made with ground leafy greens and seeds, the traditional Indian chutney is very nutritious. An Indian diet is more of unrefined and fibre-rich carbohydrates. Moreover, our body's constitution and tropical weather conditions call for a more energy-rich diet. Studies link the Indian diet to a reduced risk of Alzheimer's disease, which is assumed due to the low consumption of meat and emphasis on vegetables.

C] Benefits of Indian Food Habits

When it comes to healthy eating habits, Indians are right there on the top of the list. Owing to the unique culinary traditions and rich cultural choices, Indian food is really diverse. Though there is a wide range of cooking styles, which vary from region to region, there are still certain food-preparation styles and eating habits that are common throughout the country. Spices, vegetables, fruits and herbs hold a significant place in everyday eating habits. You will be surprised to know that the Indian cookery has a history of almost 5,000 years. With different ethnic, cultural and regional groups interacting with each other in the region, Indian cuisine is a true blend of flavor and nutrition.

There are **three main meals** in the Indian culture, so the meal timing is similar to western cultures. In India, most people eat a morning meal, a mid-day meal and an evening meal with occasional indulgences of healthy snacks. The evening meal is generally the biggest meal of the day, followed by the mid-day meal. Green tea is more apt to be served with evening meals than alcohol, which is not heavily consumed in India.

Family is central to Indian cultural values. Meals are most often eaten with family members. Everyone gathers around the table or relaxes on floor mats while eating chutney and curries on a big banana leaf. Women traditionally do most of the food preparation for the household. Meals are served when the majority of family members are home and prefer to eat.

Cutlery is not traditionally used to eat food in the Indian culture. Food is meant to be a whole sensory experience, so an eating habit in the traditional Indian culture is to consume Indian foods such as curry, rice and naan bread by picking it up **using the hands**. Bread is often used to scoop up the curry sauce and rice, and it is then dipped into traditional soups such as daal, a lentil-based soup. Indian people wash their hands meticulously before and after eating. The right hand is preferred over the left hand when eating or handling food. The left hand is considered less hygienic because it is used more for such tasks as removing shoes and toileting.

A high-vegetable diet with no beef and generally no pork comes from the Hindu religion. Habits of how and when food is eaten are based on social traditions, and most families form their particular habits around a combination of cultural and family traditions.

PHOTO GIUDE

PHOTO GIUDE

- COPPER UTENSILS –



- SIL BATTA –



- **WOODEN UTENSILS –**



- **CLAY UTENSILS-**



- **GLASS UTENSILS –**



- **CERAMIC JARS –**



Some INCREDIBLE CUISINES in India

India is not only diversified in languages, apparels, living standards. India is incredibly diverse in cuisines. Starting from north to south, let us see us of the important trending cuisines in India-

J & K CUISINES IN TREND –

The beautiful valley of Kashmir reflects a rich influence of Persian, Central Asian and Afghan food in its cuisine. In Kashmiri cuisine, spices like cardamom, cinnamon, fennel, and cloves are used, making the food delectable and aromatic.

The highlight of the Kashmiri cuisine is Wazwan, is considered a mandate in every celebration, be it weddings or any other significant events.

In Jammu, the dishes of Dogra cuisine are quite popular. This region is famous for rajma chawal, with rajma (kidney beans) being a local crop.

A variety of spices along with **condiments** and **Curd, mustard oil, saffron or kesar.**

Two different styles of cooking that exist in Kashmir are:

- **Kashmiri Pandits**
- **Muslims**

These styles not only differ in

the style, but also in the ingredients, recipies and courses.

A few differences exist because of the locally produced crops. On one hand the **Kashmiri Pandits do not prefer much onion and garlic** in their food, while contrary to this, the **Muslims do.** The **Muslims avoid** the use of **asafoetida (hing) and curds**, whereas the **Kasmiri Pandits** use them often. However, the Hindu Brahmins or *Kashmiri Pandits* also cook non-vegetarian food for themselves, but they prefer **mutton** or **lamb meat** instead of chicken or beef.



RAJASTHANI CUISINES IN TREND –

Rajasthani cuisine has been considerably influenced by the and aesthetics of its royalty, the Rajputs. Traditionally, the state has been known as Rajputana, as the Rajputs held sway over it for several centuries. The Rajputs made lasting contributions to the food and eating habits of the region, especially its non-vegetarian fare. The food of the royals was deeply connected to their lavish lifestyle.

The quintessential dish of the Rajasthani cuisine is perhaps the dal baati and churma. Rajsthani cuisine is marked by a delightful array of desserts such as different kinds of laddoos, a variety of *halwas* and puddings.



BENGALI CUISINES IN TREND –

Bengali is often typified as a ‘**Maache-Bhaate-Bangali**’ where Maach means fish and Bhaat means boiled rice in Bengali.

It is quite similar to the present-day service à la russe style of French cuisine.

Generally, a Bengali meal starts with a ‘**Shukto**’ (a bitter preparation) followed by ‘**Shak**’ (leafy vegetables), Dal (pulses), variety of vegetables, fish/mutton/chicken Or egg curry, chutney (sweet-sour saucy item) and ends with sweet dish like curd and other traditional sweets like **sandesh or rosogolla**.



Mishti doi is a sweetened yoghurt dish that is served at the end of supper and serves as a sweet dish. Though served all around the country now, it was initially made famous by Bengal.

The simplest of meals gain an exquisite identity on adding ‘**panch phoron**’ which includes a combination of five spices - cumin, nigella, fenureek, aniseed and mustard seed.

GUJRATI CUISINES IN TREND –

While Gujarat is known for its mouth-watering vegetarian options, something that every visitor looks forward to sampling in Gujarat is the royal **Gujarati thali** and its majestic cousin, **Kathiawadi thali**. In the last couple of years, the number of restaurants serving authentic Kathiawadi food is on the rise.



“**Surat Nu Jaman Ane Kashi Nu Maran**” a popular saying in Gujarati which means dining at Surat and dying at Varanasi, is the way to heaven. One of the thrills of traveling to Gujarat is its multi cuisine. Perhaps the best way to know a state is to cut to the heart of the extraordinary culture of Gujarat is by exploring its cuisine.

GUJRATI CUISINES IN TREND –

It offers a vast variety of delectable and exotic vegetarian and non-vegetarian dishes that are prepared with varied traditional culinary styles, particularly the tandoori style.

The exotic and appetizing tandoor items and various other mouth-watering and finger licking dishes having rich, spicy and buttery flavour savoured with Punjabi Basmati rice of varied forms and special Punjabi breads like Tandoori Roti and Naan have not only made the gastronomists crave for more but has also garnered the cuisine much fame outside the Punjab region taking it to places around the globe like Canada and the UK.



Various traditional cooking styles are applied with the villagers still using some of the conventional cooking infrastructures like the Punjabi bhathi which is similar to a masonry oven. The Punjabi **bhathi** is constructed with bricks or mud and clay and covered with a metal at the top. Punjab with its rich cultivating lands has traditionally been an agrarian society since the time of the ancient Harappan Civilization. The land in the Indian Punjab is ideal for growing wheat and is called the ‘Granary of India’ or ‘**India's bread-basket**’.

MAHARASHTRIAN CUISINES IN TREND –

Maharashtrian cuisine is one of the most wholesome and underrated cuisines of the Indian subcontinent. The territory of Maharashtra can be divided into the following regional formations: Konkan, Desh, Khandesh, Marathwada and Vidarbha. However, it is similarities rather than differences that impart the Maharashtrian cuisine a distinct flavour of its own.

In Marathi culture, food is considered equivalent to God – “**anna he poornabrahma.**” The traditional way of setting a platter is known as **Taat Vadhany.**



Modak is one of the most famous sweet found in Maharashtra and is Ganpati's favourite.

To the left of the salt are served accompaniments to the main meal such as a lemon wedge, chatni, salad etc., and to its right are served the vegetables and the main course or curry, followed by papad and bhakris. Rice is always served in an evenly shaped mound, garnished with ghee.

TAMIL NADU CUISINES IN TREND –

Tamil Nādu one of the best food getaways in India. The popular cuisine of Tamil Nadu perfectly connects with its people and is incredibly dipped with the right amount and quantity of spices along with all other ingredients. Idli, Sambar, Dosa, Uttapam, and Vada are just a few names whenever it comes to popular South Indian food.

Whereas, there are some other equally popular traditional foods of Tamil Nadu are payasam, biryani, chicken chettinad, rasam, mutton curry coconut chutney, parotta, curd rice, upma, lemon rice and seafood of the coastal areas of Tamil Nadu.

Chillies, Tamarind, Cardamom, Coriander, Pepper, Curry Leaves, Cloves, and Mint are some important spices that are the special secret behind the incredible aroma and some fixed ingredients used in almost every delicacy includes coconut oil, curry leaves, and drumsticks. Along with the main course, the snacks in Tamil Nādu are Murukku, Banana Chips, Bonda, Appalam, and Green Gram Sprouts (Moong). The state also bids an extensive range of tea, coffee, banana and coconut.



What famous celebrities and chefs talk about Indian Cuisines?

Tom Cruise

Tom Cruise loves spicy Indian food and his often visit to Indian restaurants proof his love for Indian delicacies. Cruise reportedly enjoys curry meals, especially chicken tikka at an Indian restaurant.

(Photograph: Twitter)



Lady Gaga

"Just love to eat Indian food. I go for curry whenever I can. I could eat it every day, but I get hot because I like it spicy. Afterwards, I just sweat, but it's nice to have a little glow on your face. I want to eat so much and just go into an Indian food coma."

(Photograph: Twitter)



Rujuta Diwekar

Traditional foods are always associated with a particular culture or region and are frequently passed down from generation to generation. Such foods are a powerhouse of nutrients and free of processed components. Though our fast-paced life may force us to go for processed foods, it is always a good idea to take time out to try all that is traditional.

(Photograph: Twitter)



Sanjeev Kapoor

When someone says ‘Indian food,’ the first thing that comes to mind is either a sizzling hot tandoori, a nice kabab or an aromatic biryani. Certain traditions of cooking or techniques, created and later upgraded by Indians are also some of the very savored and legendary dishes of all time.

(Photograph: Twitter)



Chef Dayashankar Sharma

With over three decades of culinary experience under his belt, his creative cooking was recognized by the Michelin Guide in 2018, and his restaurant was also listed within the prestigious Michelin Guide 2019 and 2020.

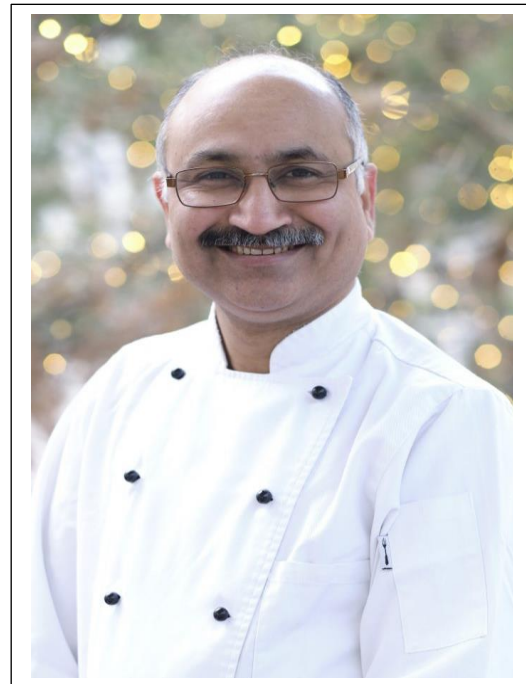
He says, “**From Bhojpura Kalan to London,** it was a big change for me.

Coming from a small village in Rajasthan to London, now — and being awarded with all these accolades — was indeed a challenging journey, but filled with opportunities to be able to introduce Indian flavours globally.

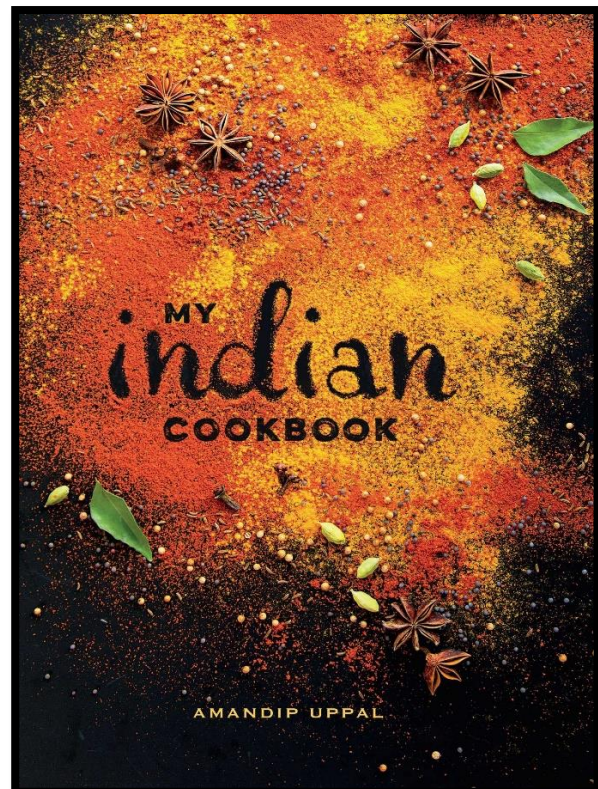
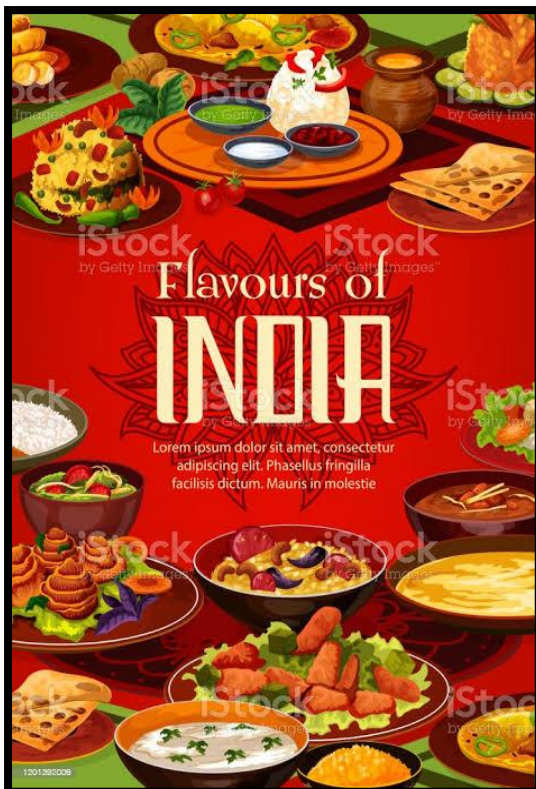
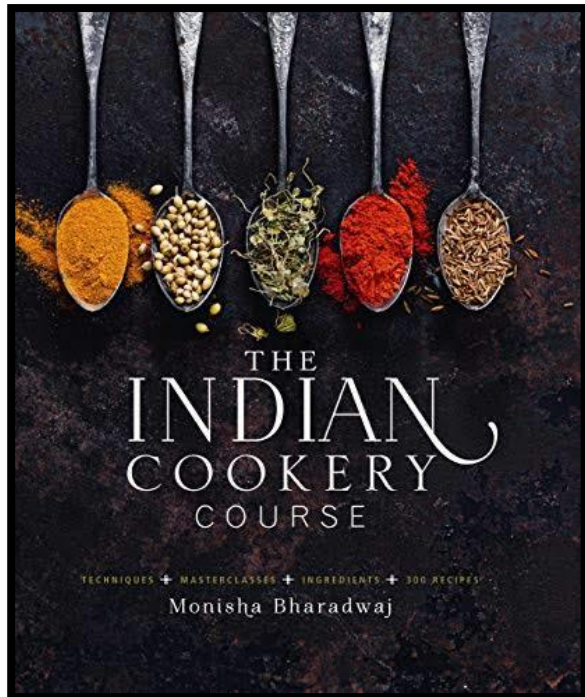
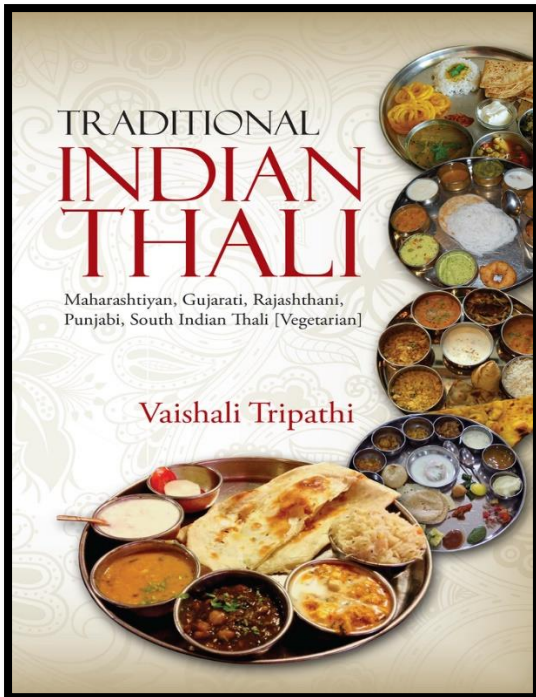
There were many hardships coming out of my small village and going to a completely foreign place with hardly any money in hand, where you know no one. I might be a little biased here, but **the cuisine which inspires me the most** is Indian

cuisine. We boast of an enormous vocabulary of ingredients and spices.

Different ways of cooking, dishes inspired by religious practices and the culture of India’s diverse gastronomic population only adds excitement to the diners. Even in my restaurant, the whole concept revolves around India’s culture, regional cuisines, recipes and cooking techniques passed down through generations.”



RELATED NEWS ARTICLES AND BOOKS





4 THE WEB CULINAIRES

The Internet has thrown up a new breed of INDIAN FOOD INVENTORS who are creating a stir with their innovative dishes and sense of adventure. Bazaar follows their trail.

Crazily, knows no boundaries and when it comes to love of food, it's definitely not limited to glistening kitchens or comprehensive cookbooks. It is a new-found meaning in Indian food connoisseurs who add colour to their quotidian cooking and share their gourmet passions online. Food blogging has allowed epicureans to revisit childhood food reminiscences, swap culinary adventures, ferret secrets from quaint kitchens and culinary schools, and make marvellous discoveries of dishes. An anthology of such food recipes has metamorphosed into an occasion that reflects their local culture, apart from being an interactive dialogue on scrumptious delicacies. Carapulating its creators into a neo-didacticism, unfold this Craigslist of new Indian food inventors, who have left their readers hankering for more.

Pooja Dhangra is 15 Patisserie; www.blogle15.com
"It's my love for macarons and cupcakes that made me think of opening Le 15 Patisserie"

and writing my blog," says Dhangra, who has a fancy Le Cordon Bleu degree. Playing with different Indian flavours like kaldi and paneer, she blends these with the likes of passion fruit and raspberry in an effort to "combine the French and Indian traditions" in her bakes. With a technique that is very French, her blog features details of how to temper chocolate, craft cupcakes, and an interesting recipe for gluten-free macarons. She can also keep a tab on her baking schedule, for who wants to master them. Overall, a must-visit for those looking to show their panache with their Indian-French desserts on the menu.

Manika Basu's Quick Indian Cooking; www.quickindiancooking.com
"I would rather eat a toe nail than make a samosa from scratch," says Manika Basu, who is committed to the concept of quick Indian cooking. Based in England, she started her blog in an effort to convey to people that Indian food wasn't as cumbersome as was popularly considered. So, reverse the easy

basics of creating delectable Indian dishes her portal. Basu's efforts also recently culminated in her debut cookbook *Mis Maa's*, that showcases ways to make cooking fun, interspersed with anecdotes on how she juggles her "work, goddess status, and social life". In it, she reads everything from what kalamkari is, to her mother's tips on using mayonnaise as a natural hair conditioner.

Maria's Wolf's What's for Lunch, Honey?; www.whatsforlunchhoney.net
Wolf had initially conceptualised her blog as a space where she would just share her recipes, but it was long before food blogging took over her life completely. Selected in 2009 by Times Online UK, as one of the world's top 50 food blogs, *What's for Lunch, Honey?* focuses on how to use organic and local products in dishes. Wolf is also food photographer, writer and stylist, so apart from recipes, she prepares for each incredible photograph. "It's not just about recipes. When readers visit my blog, I want them to

AUTHENTIC DIET

Power of traditional food

INDIAN CUISINE SATISFIES YOUR APPETITE WITH MANY HEALTH BENEFITS



Indian diet is known for its inclusion of many spices, pulses and rice, not forgetting its variety of flavours and colours which are what make this cuisine so unique. Being generally low in fat, high in vegetables, fruit and lean meat, our diet has many health benefits.

Cooking process
Indian food is, perhaps, the most dazzling array of fresh vegetables and fruits cooked in a multitude of ways that help retain their freshness and nutrients. A lot of cooking processes tend to cause vegetables and nutrients to lose their health benefits, but not Indian cooking. Also, the meals include carbohydrates, proteins, fats and fibres — all of which are elements that you need for a balanced diet.

Spices
Indian cooking uses spices like turmeric, ginger, garlic and green chillies — which have medicinal and healing properties. So, when people think of Indian food as being spicy, what they do not realise is the spices used to make the dishes are actually good for the body and don't just taste nice.

Thalis
In the traditional thali, each bowl in the plate has a small size. The thali includes 2-3 varieties of dal, curry, rice/roti, besides a small quantity of sweet dish which makes for a complete meal with all the essential nutrients in the right proportion.

The magic of curry
The Indian curry, when cooked with the right ingredients and proper amount of ghee/oil, is the best diet ever. It helps you in re-

ducing inflammation which is the root cause of diseases like diabetes, high blood pressure and heart diseases. Basic ingredients used in curry are curry leaves, tomato, onion, black pepper, garlic, turmeric and other spices.

Plenty of grains
Bajra, machli, and jowar, along with wheat and rice grains, are grown in abundance in India. In the age of low-carb diets, consumption of rice is denied for weight loss, but the fact is that even diabetics can eat hand-pounded rice. There are also a variety of pulses and combinations of dal-rice and rajma-rice, which are popular in India since ages. These combinations are perfect protein meals with all the essential amino acids.

Pickles & chutneys
Pickles, when made with the rock salt and oil, it is one of the best probiotic foods that you can have. The traditional Indian chutney made out of pulses and greens is considered very nutritious. Indian food has always been nourishing, wholesome and healthy. Cook your food with organic and traditional ingredients, and there is probably no food as healthy as Indian food.

— Nikisha Uddagiri

Authenticity is his recipe for success

India House's Chander Sood has cultivated a taste here for traditional fare from his native land

By MARY CLEGG

Chander Sood is a man who has spent the past 15 years in London, but his heart is still in India. He is the founder and CEO of India House, a restaurant chain that has grown from a single outlet in London to a multi-brand presence across the UK. Sood's journey is a testament to his passion for authentic Indian cuisine and his ability to adapt it to the tastes of a foreign market.

Sood's story is one of perseverance and innovation. He started India House in London in 2000, and it has since become a household name. His success is attributed to his commitment to authenticity and his focus on quality ingredients. He has managed to create a unique dining experience that resonates with both Indian and non-Indian customers alike.

His restaurant chain has expanded to include various cuisines, but he remains true to his roots. He believes in the power of food to bring people together and create a sense of community. His story is an inspiration for anyone looking to start their own business and make a difference in their industry.

Chander Sood
Founder, India House Restaurants and CEO, India House Group

'Rewoking' the past

Chefs have a unique part to play in making food more environmentally sustainable, socially just, and delicious. They connect producers and consumers, understand where food comes from, and are adept at blending tradition, culture and age-old know-how in their cuisine to pave the way for culinary sustainability, writes Madhubala Datta

As the world's population grows, the demand for food increases. However, the way we produce and consume food is becoming increasingly unsustainable. Chefs are stepping up to the challenge by using locally sourced ingredients, reducing food waste, and promoting sustainable farming practices. This not only benefits the environment but also supports local farmers and ensures the quality of the food.

Chefs are also playing a role in educating consumers about the importance of sustainable food. By sharing their knowledge and experiences, they are helping to create a more conscious and responsible food culture. This is a win-win situation for everyone involved.

Madhubala Datta
Author of 'The Art of Sustainable Cooking'

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&
ANNEXURE

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ANNEXURE

‘Traditional Cooking Techniques and Food Habits’

1.Name –

2.Age –

- 17 Or Younger
- 21 To 30
- 31 To 40
- 41 To 50
- 51 To 60
- 60 and Above

3.Place of Residence -

4.State –

5.Occupation –

- Student
- Employed
- Self Employed
- Unemployed

6.Monthly Income

- 15,000 And Below
- 15000-30000
- 30000-60000
- 60000 And Above

7.Gender

- Male
- Female
- Others

8.How often do you go out in hotels?

- Once a week
- Twice a month
- Every weekend
- Everyday
- None of the above

9.How will you rate Indian Hotel Industry?

- Worst
- Not good
- Neutral
- Good
- Very good

10.How will you rate the food preparation in Indian hotel Industry?

- Worst
- Not good
- Neutral
- Good
- Very good

11.How will you rate the serving techniques in Indian hotel Industry?

- Worst
- Not good
- Neutral
- Good
- Very good

12.How will you rate the Preparation techniques in Indian hotel Industry?

- Worst
- Not good
- Neutral
- Good
- Very good

13.How will you rate the behavior of hotel staff in Indian hotel Industry?

- Worst
- Not good
- Neutral
- Good
- Very good

14.Are you aware about any of these traditional cooking techniques?

- Bhunao cooking
- Dum pukht (handi)
- Chownk (tadka)
- Bhapa (bhaap / steam)
- Achaar (pickling method)
- Balchao
- Tandoori
- Talna, Sekna, Ubalna.

15. Are you aware about any of these traditional utensils?

- Copper pots
- Glass containers and jars
- Mortar and pestle (sil batta)
- Ceramic jars
- Brass and iron utensils.

16. Do you think these techniques are back in trend?

- Yes
- No
- Maybe

17. Do you think these practices are good for your health?

- Yes
- No
- Maybe

18. Do you think people will appreciate these traditional practices in hotel industry?

- Yes
- No
- Maybe

19. According to you, what are the benefits of traditional cooking techniques?

- Adds more flavor
- They are convenient
- Keeps the nutrient intact
- lessens the expenses.

20. According to you, health benefits of traditional cooking are –

- Improves digestions
- High calcium can make teeth and bone strong
- Better for wound healing
- To control weight
- None of the above
- All of the above

21. how many of the given food habits do you follow?

- Sitting on the floor for food
- Early morning breakfast
- Early dinner
- Eating food with hands
- Consuming nonalcoholic beverages
- Using variety of spices

22. Was the survey informative to you?

- Yes
- No
- Maybe