

Regional State Autonomous Professional Educational Institution
«The Belgorod College of Foodservice Industry»

INDIAN CUISINE

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Geographical information about the country



- The Republic of India, Asia's second-largest country after China, occupies the largest part of the South Asian subcontinent, which it shares with Pakistan, Nepal, Bhutan, and Bangladesh. India's total area is 3.3 million square kilometers
Official languages - Hindi; English
- From 2600 to 2000 BC, India functioned almost as an Autonomous political and cultural arena, which gave rise to a distinctive tradition that was associated primarily with Hinduism. Other religions, notably Buddhism and Jainism, originated in India and throughout the centuries residents of the subcontinent developed a rich intellectual life in such fields as mathematics, astronomy, architecture, literature, music, and the fine arts.
- Throughout its history, India was intermittently disturbed by incursions from beyond. By the 13th century much of the subcontinent was under Muslim rule.
- British rule began in 1858 and ended in 1947. The subcontinent was divided along religious lines into two separate countries—India with the majority of Hindus and Pakistan with the majority of Muslims; the Eastern part of Pakistan later separated to form Bangladesh.
- India doesn't have a particular national dress, being a multi-cultural nation. However kurtas-sherwanis and dhoti-pajamas for men, and sarees salwar kameez for women can be considered the generic traditional wear.

General characteristics of the cuisine



- Indian cuisine is considered one of the most diverse cuisines in the world. Extensive immigration and the intermingling of cultures over the millennia have brought many dietary and cultural influences. In many cases, food is a marker of religious and social identity, with different taboos and preferences. In India, it is forbidden to eat beef, because the cow is a sacred animal. Vegetarians make up 20-42% of India's population, while less than 30% eat meat.
- The main products of Indian cuisine are: a variety of vegetables; fruits; dairy products; refined oil; yogurts; homemade cheeses; lamb; poultry; rice; wheat bread. Frequently used products: basmati - favorite rice of Indians; panir-homemade cheese; naan-bread. The preparation uses a large number of spices and their various combinations. Main spices: anise, cumin, coriander, ginger, red pepper, nutmeg, cinnamon, Basil, mint, turmeric.
- The Vedas divide all Indian dishes into three categories (the division comes from the three States of material nature: ignorance, passion and goodness). Ignorant food - very spicy, overcooked, served cold or too hot. Passionate food - very spicy, in which many aphrodisiacs. Blissful food-dishes in which everything is in moderation. They should not be a lot of sharpness, they are not cold or very hot, not lean and not very fat. Vedic cuisine believes that it is the blissful dishes that are energetically balanced.

General characteristics of the cuisine



- Indian cooks are masters in cooking rice and vegetable dishes, so the main cooking methods are stewing, frying and baking. As for meat and fish dishes, Indian cuisine is famous for a large number of marinade recipes that allow the meat to acquire a special taste and delicate texture. Traditionally, Indian dishes are served on a special tray called "Thali" or on the leaves of a banana palm. Usually a bowl of cold water is served with a dish to wash down spicy food.
- Almost all kinds of dishes are eaten with the right hand, without the use of conventional Cutlery. Before eating and in between serving different dishes, it is customary to wash your hands in a bowl with warm water and lemon juice. It is not customary to talk while eating. After a hearty lunch, the Indians chewing "pan". (Betel leaves are wrapped with various fillings that disinfect and clean the oral cavity).
- Indian holidays: kite Festival (14 January), Pongal (harvest Festival-15 January), independence Day (15 August), Diwali (lights Festival – 29 October), Sunny new year (14 April), Mahatma Gandhi's birthday (2 October) and so on.



Traditional Indian dishes

Papadam



The dough for Papadam is made from lentil flour or a mixture of lentil and rice flour. Add various spices and herbs. Papadam is prepared by frying thinly rolled flat cakes on both sides in hot oil. Then it is cooled on a special grid or with absorbent paper.

Chapati



Chapati-bread from wheat flour, like thin lavash. Chapati is cooked first in a dry pan and then baked over an open fire. In this case, the cake swells from the steam to such an extent that it becomes round like a ball. Eat chapati, by ripping pieces of-their dip in sauces and use these slices as a spoonful of, seizing they pieces of various dishes.

Traditional Indian dishes

Dhal



Dhal is a traditional vegetarian Indian spicy mashed soup made from boiled beans. Often added to taste curry powder, coconut milk, lemon juice, tomatoes, garlic and fried onions. Dal is traditionally served with warm tortillas.

Rasam



Rasam is a vegetable soup, most popular in South India. The main components in its preparation are tamarind juice or tomato pods chili or black pepper. In most cases, lentils are also added.

Traditional Indian dishes

The chicken tandoori



For dishes poultry, whole or in parts, marinated in yogurt with spices, and then baked in a tandoor at 300-500 degrees for 12-15 minutes. The meat takes on a characteristic red color. In the traditional version, the dish is quite spicy, but in many restaurants, focused on Western visitors, the sharpness of the dish is significantly reduced.

Biryani



The rice is washed. Cook for about 20 minutes. Cook cauliflower, carrots and green beans. Add turmeric. In the pan put 3 tablespoons of ghee. (This is butter, melted and processed in a special way). Put chopped vegetables, garlic, green onions, fresh coriander and fresh mint. Add 4 tablespoons of yogurt and 2 tablespoons of tomato paste, add boiled rice, stir

Traditional Indian dishes

Firni



Firni is a sweet dish made from milk and rice flour, sometimes cornmeal. It has the consistency of thick jelly, usually used cold. The dish gives the aroma of nuts, cardamom, rose water. The dish is decorated with saffron, almond petals or ground pistachios

Kulfi



Pour the milk into a saucepan, add the cardamom pods and let the milk boil. Boil milk for 2 hours. Add sugar and cook for 5 minutes, strain. Add pistachios, mix well. Cool and pour into shape. Put the kulfi in the freezer. In an hour to get and beat with a mixer. After still times to freeze. Before serving dip the mold with kulfi in hot water, put on a dish and sprinkle with chopped pistachios.

Traditional Indian dishes

Lassi



Lassi is a traditional cold beverage from South Asia. The simplest version of lassi is a well-whipped mixture of Dahi (yogurt), water, salt and spices. From spices prefer roasted ground cumin seeds. Lassi make sweet. To do this, dahi mixed with mango, bananas, strawberries, lemon or chocolate and rose water and add honey or sugar. Fruits are first crushed with honey, and only then poured with a mixture of ice and Dahi.

Masala tea



Cardamom, black pepper, ginger should be filled with water, put on fire. The mixture should boil for 10 minutes. Then add milk, sugar and bring to a boil. Remove from heat, add black tea and leave for 2-3 minutes.



- But look at this bus! There's no room!
- India's first rule: «There's a place Everywhere»