

# **Introducing India**

**Unit-III(Unity in Diversity)**

**Foods & Drinks**

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# Foods of India

The traditional Indian palate has evolved over centuries and has its roots in the ancient Ayurvedic way of life, a more than 6000-year-old healthcare system that places a specific focus on 'Ahara' (diet) and 'Anna' (food) as a means of good life, health, and wellbeing. Religious beliefs, traditions, and rituals are all major elements in shaping people's eating habits.



# History of Indian Food

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- The early people of India are said to have arrived from beyond the Indian subcontinent and were hunter-gatherers who ate fruit, nuts, tubers, and animal flesh. They began to reside in or near rock shelters around 10000 BCE and domesticate dogs, cattle, sheep, and goats. By 20000 BCE, they had expanded throughout a large area, including present-day Maharashtra, Andhra Pradesh, Kerala, and Tamil Nadu. Their main food sources throughout the Neolithic era (2800–1200 BCE) were two pulses and two millets. Cereals were pounded into flour and combined with pulse flour to create what may have been the origins of popular South Indian meals like idli, vadai, and dosa.
- Following the Harappan or Indus Valley Civilisation (3000 - 1500 BCE), dietary options grew more sophisticated. The Indus Valley Civilisation was a prosperous trade community. Bread was a common food in the Indus Valley. The Indo-Aryans arrived in the second millennium BCE, sowing the seeds of cow devotion. Milk from cows and buffaloes, as well as its byproducts, were key components of the Vedic Indian diet. Buddhism and Jainism (renunciant tradition and vegetarianism) thrived throughout the Maurya dynasty.

# Have a Lunch with Indian Thali

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# Khichri

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Iban Batuta, a Moroccan adventurer, wrote about in his travelogue in the fourteenth century, making it one of India's oldest known foods.



# Bisi Bele Bhat

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This dish, featuring rice mixed with lentils (and sometimes vegetables) is thought to have originated in the royal kitchen of Mysore Palace. This dish is a most popular and favourite in Karnataka.



# Biryani

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It is enormously popular dish comes to India via Persia and Central Asia; and brought here by Mughals. There are many versions of it, two of them are Biryani from Lucknow style and Biryani from Hyderabad style.



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# Pulou

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Pulou is another food or recipe we have taken from Persia, sometimes confused with biriyani.



# Steamed Rice

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Steamed rice is plain rice cooked in water without any spices and served with dal or any curry. It is most one of the basic food item cooked for meals in almost all Indian households and many other communities around the world. A lot of people want rice almost every day for lunch. For them, rice with dal or curry makes a complete and satisfying meal having easy digestion power.



# Bakkala Bhaat

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This is a simple curd rice and its preparation is vigorously debated, because all states of south have their own versions.

In addition to this, there are plenty of other dishes of rice, e.g. jeera rice, ghee rice etc.



# Indian Roti/Parathas/Bread items

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Another versatile dish is roti or bread. The main breads of India known as roti, phulka or chapatti –that are usually made from wheat. Rotis are made from bajra, jowar, ragi and even corn.

# Roomali Roti

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The name literally means ‘handkerchief’ –like roti, this is a thin roti as handkerchief.



# Thepla

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This is a Gujrati dish of bread, where leafy vegetables are mixed with a spicy dough before being rolled into roti form and shallow fry.



# Stuffed Parathas

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It originates in Punjab, the flatbreads are made from wheat flour and can be stuffed with meat, cauliflower or raddish-with plenty of items.



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# Bajra Roti

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It also originates in Gujrat and known as rotla, this is a thick, nutritious simple flatbread made from bajra.



# Bhakari

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It is a Maharasthrian dish, specially made with jowar or shorgun.



# Local/Street foods in India

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# Street Food

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A trip to India would not be complete without mentioning its incredible street food. Every state has its own variety of delicious street food, and many of these dishes are the result of either a long-standing custom or tradition or a brilliant innovation.

# Pani Puri

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Pani puri is the most popular Indian street food and is loved by everyone whether kids or adults.



# Pav Bhaji

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The street food of Mumbai has become famous everywhere. Vada pav, which used to be a cheap food for mill workers returning home at midnight, has become a delicacy. It is a potato dumpling , squashed inside a pav (bread) and eaten with chili and spicy chutneys.

There is another treat. It is a mix of sprouts served in a curry style and eaten with pav.



# Jhal Muri/Bhelpuri

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This popular snack is much relished in West Bengal. It is made of puffed rice, sprouts, peanuts and chopped up onion and green chili, it is seasoned with mustered oil and lemon juice and served in paper cones.

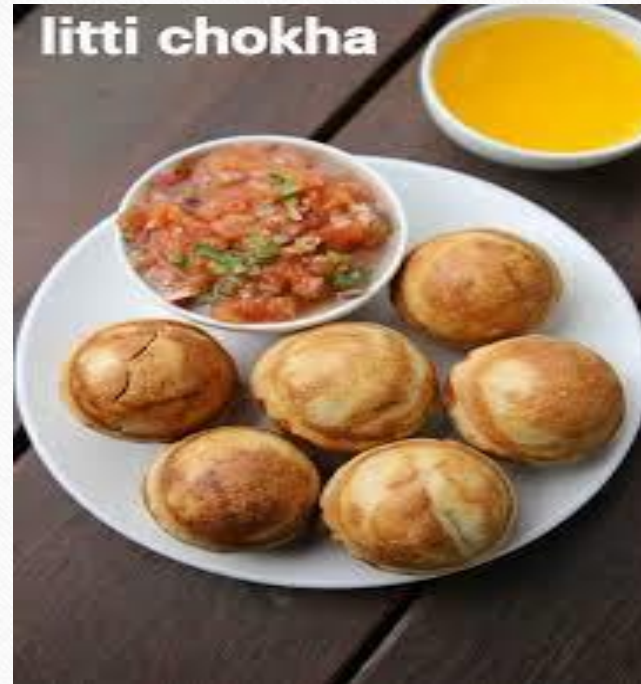
Bhel puri is known by everyone. It is puffed rice with onions, potatoes, and sweet and spicy chutneys. It is found in many street corners of Maharashtra.



# Litti Chokha

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Litti are baked balls made of wheat flour filled with gram flour or chickpea flour. It is a Bihari dish. Litty is eaten with chokha, which is a mix of spicy vegetables.



# Momo

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This is type of steamed dumpling that came to India via Tibet. It is popular in North and East India



# Dal Bati Churma

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The famous dish of Rajasthan is made of bati (wheat dumplings) which are crushed and eaten with a yummy dal. There is a sweet powder made of jaggery and wheat to enrich the taste. It's all topped off with a dollop of ghee.



# Dosa

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Dosas and Idlis are eaten very often in Tamil Nadu-whether it is for breakfast, lunch or dinner. It is made of a batter of rice and pulses. Dosas are crispy pancakes. There is a debate about its origin. People from Udupi believe it was originated here.



# Dhokla

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Dhokla is a savoury sponge dish that is native to the Indian state of Gujrat and parts of adjacent states and is popular throughout the country. It is made with a fermented batter that is steamed to a cake like consistency. It is vegetarian, rich in protein, and gluten-free because it is made from rice and lentils. Dhokla is essential comfort food for any Gujrati.



# Idli

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Dosas and Idlis are eaten very often in Tamil Nadu-whether it is for breakfast, lunch or dinner. It is made of a batter of rice and pulses. It is made of a batter of rice and pulses. It is soft and springy.



# Indian Sweets

Indian sweets are known as *Mithai*. There are a diverse array of sugar-laden treats often based on dairy, gram flour, nuts, or jaggery, tailored for festivals and special occasions. Gulab Jamun, Kaju Barfi, Jalebi, Modak, Rasogolla are some of the renowned Indian sweets.



# Firni

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Firni is a sweet desert made with ground rice, rice flour or cornflour cooked in milk. It is eaten in chilled and traditionally served in a clay bowls. It is flavored with aromatic spices, such as cardamom, saffron and rose water and garnished with nuts like almonds and pistachios along with rose petals. It is often prepared for occasions and festivals for Eid or Ramadan.



# Laddu

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**Laddu** or **laddoo** is a spherical sweet from the [Indian subcontinent](#) made of various ingredients and [sugar syrup](#) or [jaggery](#). It has been described as "perhaps the most universal and ancient of [Indian sweets](#)."

There are various types of Laddus, namely, Motichur Laddu, Besan Laddu, Til Laddu, Rava Laddu etc. The origins of the word "laddu" come from a Sanskrit term meaning "small ball". Historically, around the 3rd-4th century, Indian physicians like Sushruta used *ladduka* as medicinal balls of jaggery, sesame, and peanuts coated in honey to deliver treatments and act as antiseptics.



# Jalebi

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The famous sweet Jalebi comes from the Middle East, where it is called Zobia even now. In India, this yummy, swirly, sugar-soaked piece of heaven has cousins like the imarti in eastern states and the jangiri in the south.



# Indian Snacks

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# Chaat Food

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*Chaat* is an umbrella term for a wide range of roadside foods that usually feature some kind of fried [dough](#) with various ingredients that typically create a spicy, tangy, or salty flavour, though some *chaat* are sweet.

**chaat**, a traditional [savory](#) snack sold by street vendors in [India](#) that originated in the country's northern region and is now popular throughout [South Asia](#) and at Indian [restaurants](#) worldwide.



# Rock & Roll

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Indian snack recipe of bread roll has a crispy outside texture encased with a tangy savory potato stuffing inside. The potato stuffing is filled inside a bread slice, rolled and then deep fried.

If deep frying is not your thing, then you can opt to bake or air fry them. They will still be delicious if not very crispy like the deep fried bread roll.



# Indian Drinks & Beverages



**Flavor Catalystz**

## TYPES OF DRINKS & BEVERAGES

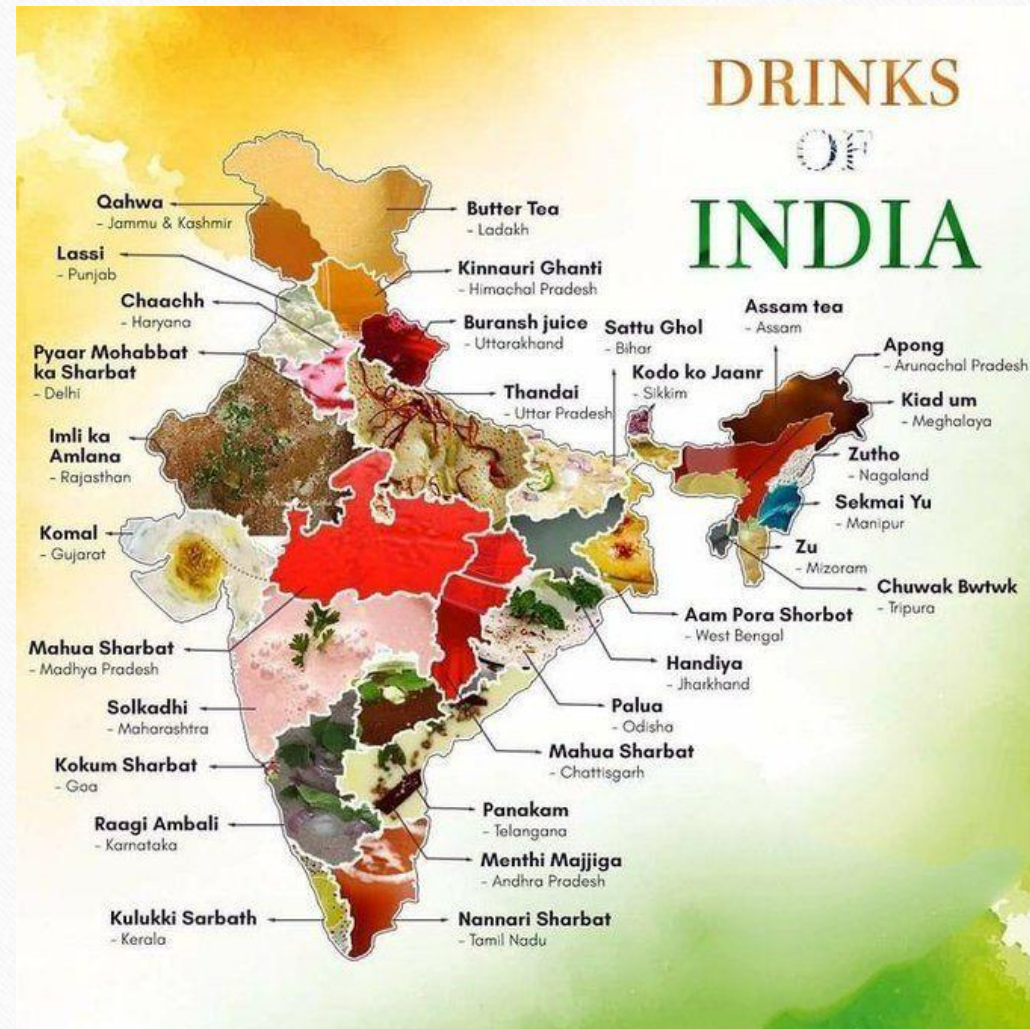
From Traditional to Functional & Modern Drinks

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## Drinks of India

Walk into any Indian home at 7 in the morning and you'll find at least two things happening at once — someone's boiling chai on the gas, and someone else is asking for something cold from the fridge. That's India's relationship with beverages in a nutshell. We don't just drink to survive. We drink to celebrate, to cool down, to wake up, to heal, to gather.



# Summer Drinks

Indian summer drinks are refreshing, hydrating, and packed with traditional cooling ingredients. The most popular options include yogurt-based coolers (Lassi and Chaas), raw mango quenchers (Aam Panna), spiced digestive tonics (Jaljeera), and citrus refreshers (Nimbu Pani and Shikanji).



# Aam Panna

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Aam panna isn't just a delicious summer drink — it's genuinely protective against heat exhaustion. It consists of raw mango, water, black salt, cumin, mint. The combination of electrolytes (from black salt) and the cooling effect of raw mango pulp makes it one of the most functional traditional Indian beverages.



# Mango Lassi

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*Mango lassi* is one of the most popular lassi varieties, consisting of yogurt (dahi) and fresh mango. It commonly includes cardamom, water, and sugar. The ingredients are combined until the drink is creamy and frothy. Mango lassi should always be served well-chilled. Among numerous types of lassis, this sweet mango version is the most common variety on the menus of Indian restaurants outside the country.



# Namkeen Lassi

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Punjabis love lassis. There are plenty of lassis available in Punjab. :Lassi is thick buttermilk. But the lassi that one can get in Punjab is different from anywhere else in India. That is because, it is made from the thickest, purest, tastiest milk. There is lots of cream in it. People have it sweet, salty (namkeen) or just plain.



# Nimbu Pani/Shikanji

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Nimbu Pani is the ultimate Indian summer drink. The foundation is simple: lemon, water, salt and black pepper. In practice, shikanji varies dramatically by region. Delhi's shikanji adds kala namak and chaat masala. Rajasthan's version gets a pinch of roasted jeera. Punjab adds ginger.



# Bhang Lsassi

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It should be noted that bhang lassi is a potent beverage and that there are several claims that its consumption can lead to psychosis and hallucinations, or cause psychosis-like symptoms. It is highly recommended to purchase it only from licensed shops. Bhang lassi is a variety that is laced with cannabis. It is a traditional drink prepared by crushing cannabis plant into a paste (bhang) that is then combined with dahi and usually spices and nuts. Bhang lassi comes in many variations, and it became especially popular during the 1970s. It is traditionally associated with Rajasthan and Uttar Pradesh.



# Thandai

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*Thandai* is a North Indian milk-based beverage that incorporates nuts, seeds, and various spices. The preparation starts with a thick paste that is usually made with a different combination of nuts and spices such as cashews, almonds, cardamom, peppercorns, poppy seeds, and fennel seeds.



# Jal Jeera

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*Jal jeera* is a refreshing and thirst-quenching non-alcoholic drink that hails from India. The drink is quite versatile, but it usually includes a combination of herbs and spices such as cumin seeds, fresh coriander leaves, mint, salt, and pepper.

It is typically enjoyed before, during, or after meals, and it is sometimes offered as a welcome drink. Jal jeera is often said to have beneficial health effects, primarily to boost digestion.



# Meethi Lassi

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As the name suggests, this lassi variety is sweetened. Along with sugar, it incorporates yogurt (curd) and usually some fruit or flavourings such as saffron or cardamom. Sweet lassi is often enjoyed after a meal or simply as a refreshing drink that is especially popular during warm summer days. Lassi is traditionally prepared in clay pots. It is often topped with a dollop of thick cream (malai), and sweet varieties are commonly garnished with slivered nuts.



# Tea

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India is the world's second-largest tea producer, and tea is not a single product here. It's dozens of products, each tied to a region, a ritual, and a community.

Darjeeling produces the muscatel first flush that gets exported at premium prices worldwide. Nilgiris produces bright, fragrant teas suited for iced formats



# Assam Chai

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*Assam* is a type of Indian black tea made from the leaves of *Camellia sinensis* var. *assamica*. This tea is only produced in the north-eastern Indian state of Assam. In the past, Assam tea was mainly thought of as a mass-produced black tea, but artisanal-produced high-quality teas are becoming more prominent. Assam tea is distinguished for its strong earthy and malty flavor, though the final character largely depends on the harvesting cycle.



# Indian Filter Coffee

India was historically a tea country. *Indian filter coffee* is a preparation technique in which coffee is brewed with the use of an Indian coffee filter. This filter consists of two chambers—the upper one with a perforated bottom used to hold ground coffee and the bottom one in which brewed coffee is slowly dripped. Sometimes, the combination of coffee and warm milk is continuously poured from one vessel to another until it is aerated and becomes frothy. In India, coffee is mainly cultivated and associated with South India, namely Karnataka, Tamil Nadu, Andhra Pradesh, and Kerala.



# Gin & Tonic

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A simple highball cocktail made with gin and tonic water poured over ice, then garnished with a lime wheel is called *Gin and Tonic*. In the early 19th century, the cocktail was introduced to India by British officers. Malaria was a persistent problem in India, so the officers used the cocktail to prevent and treat the disease with the tonic's quinine. Due to its bitterness and sour notes, this cocktail is hugely popular worldwide, especially during the summer months.



# Haldi Doodh

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*Haldi doodh* or *turmeric milk* is an Indian beverage that is especially popular during the cold winter months. The basic version is prepared by simply combining turmeric with heated milk, but it can be elevated with the addition of spices such as cardamom, black pepper, ginger, cloves, and allspice, along with ingredients such as honey and coconut oil.

Haldi doodh has numerous health benefits – it boosts immunity, detoxifies the liver, improves digestion, promotes weight loss, and helps to relieve muscle pain.

