

REPORT FOR ACTIVITY UNDER EK BHARAT SHRESHTHA BHARAT, ORGANISED BY INSTITUTE OF HOTEL MANAGEMENT,
SHILLONG
FOR THE MONTH JULY, 2023

Sr. No	Activities by the Ministry	Month of Activity	Proposed Activity	Details of the Activity	Paired States involved	No. of Participants / Attendees	Any other relevant information
1	Write up on the on the topic “History of Awadhi Cuisine”.	For the Month of JULY 2023	Ek Bharat Shrestha Bharat	As part of the Observance of Ek Bharat Shrestha Bharat, the Institute of Hotel Management Catering Technology and Applied Nutrition, Shillong, has organised a write-up for the month of July 2023 on the topic “History of Awadhi Cuisine”. The write-up was among the students of the 5th Semester of 3-year Bachelor of Science in Hospitality and Hotel Administration course. This event was held to spread awareness and have knowledge of the Awadh Cuisine. Certificates were distributed for the participants.	Uttar Pradesh	30	

Ms. Linda Konghay
(FACULTY)



Awadhi cuisine

Awadhi cuisine is a cuisine native to the Awadh region in Northern India. The cooking patterns of Lucknow are similar to those of Central Asia, the middle East, and Northern and western India with the cuisine comprising both vegetarian and non vegetarian dishes. The Awadh region has been influenced by Mughal cooking techniques, and the cuisine of Lucknow bears similarities to those of Central Asia, Kashmir, Punjab and Hyderabad. The city is also known for its Nawabi foods.



Name - Toiba M. P. Dah
Semester - 5th Semester

AWADHI CUISINE

As the name suggest, Awadhi cuisine is native to the region of Awadh in North India. This region had come under the Mughals in the 16th century. The Awadhi cuisine attained its distinctive flavour under the patronage of the Nawabs of Awadh. Flavours of Awadhi cuisine were inspired by the Mughlai, Kashmiri and Hydrabadi cuisine and most of its cooking style requires 'dum pukht'.



AWADHI CUISINE
5th





HISTORY OF AWADHI CUISINE

Awadhi cuisine is a blend of various flavors and spices. It is known for its rich and aromatic dishes. The cuisine has a long history and is deeply rooted in the culture of the region. The use of saffron and cardamom is a characteristic feature of this cuisine. The dishes are often prepared with a variety of meats and vegetables. The history of Awadhi cuisine is closely linked to the history of the region. The cuisine has evolved over time, incorporating influences from different cultures. The use of fresh ingredients and traditional cooking methods is what makes this cuisine so unique. The dishes are not only delicious but also healthy. The history of Awadhi cuisine is a testament to the rich cultural heritage of the region. The cuisine has become a symbol of pride for the people of the region. The use of traditional recipes and ingredients is what makes this cuisine so special. The dishes are often prepared in a traditional style, using clay pots and slow cooking. The history of Awadhi cuisine is a story of tradition and innovation. The cuisine has remained popular over the years, and it continues to be a source of pride for the people of the region. The use of fresh ingredients and traditional cooking methods is what makes this cuisine so unique. The dishes are not only delicious but also healthy. The history of Awadhi cuisine is a testament to the rich cultural heritage of the region. The cuisine has become a symbol of pride for the people of the region. The use of traditional recipes and ingredients is what makes this cuisine so special. The dishes are often prepared in a traditional style, using clay pots and slow cooking. The history of Awadhi cuisine is a story of tradition and innovation. The cuisine has remained popular over the years, and it continues to be a source of pride for the people of the region.

History Of Awadhi Cuisine

Awadhi cuisine comes from the city of Awadh, which is a part of Uttar Pradesh in India. The cuisine is known for its rich and aromatic dishes. The use of saffron and cardamom is a characteristic feature of this cuisine. The dishes are often prepared with a variety of meats and vegetables. The history of Awadhi cuisine is closely linked to the history of the region. The cuisine has evolved over time, incorporating influences from different cultures. The use of fresh ingredients and traditional cooking methods is what makes this cuisine so unique. The dishes are not only delicious but also healthy. The history of Awadhi cuisine is a testament to the rich cultural heritage of the region. The cuisine has become a symbol of pride for the people of the region. The use of traditional recipes and ingredients is what makes this cuisine so special. The dishes are often prepared in a traditional style, using clay pots and slow cooking. The history of Awadhi cuisine is a story of tradition and innovation. The cuisine has remained popular over the years, and it continues to be a source of pride for the people of the region.

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