

Learning of Culinary Practices of Kerala State by Migrated Students from Haryana.

Traditional cuisine is an expression of cultural identity. Using food for cultural assimilation is an excellent experiment. Migrated students from Haryana got an opportunity to learn culinary practices of Kerala during their stay at JNV Trivandrum. They had excellent hands on experience learning a few Kerala dishes like Banana fry (Pazham pori or Ethakka appam) and Banana chips. Both are made from special type of plantain available in Kerala called Ethakka. Migrated students of IX A class were taught to make banana fry on 13/03/2018. Plantain is dipped in dough of maida flour, sugar and baking soda. Then fried in coconut oil. Migrated students of IX B class were taught to make the famous Kerala banana chips on 14/03/2018. They were taught to slice the banana. The sliced banana deep fried in coconut oil with salt sprinkled on it makes banana chips. The Vidyalaya mess staff guided the students.

Uzhunnu Vada(Medu Vada) was also made by migrated students. Black gram was soaked in water and kept for one hour and then grinded into smooth paste. Some ginger, green chillies, shallots and curry leaves were chopped finely. This was added to the ground paste. Uzhunnu vada was shaped round and a hole was made using finger. Then it was put in oil and fried. Migrated students enjoyed cooking of all these items and promised to make them back home.

