

Event: Ek Bharat Shreshtha Bharat Poster Presentation-Cuisines of Uttarakhand

Date: 18-08-2021

Objective: To equip the students to enhance understanding and bonding between the states and thereby strengthening the unity and integrity of India through the poster presentation on the cuisine of Uttarakhand.

Participants: Students of First Year and Second Year MCA

Highlights: The poster presentation focused on the cuisine of the state Uttarakhand. This activity briefed about varieties of foods prepared according to different regions of Uttarakhand. The cuisines of Uttarakhand is simple yet incredible which not only satisfies the taste buds but also boost the immunity power of the body. The participants prepared the posters on varieties of famous dishes like Gahat soup, Meetha Bhat, Rasmi Baadi, Urad daal pakora, Chudkaani, Singori, Phaanu, Thichodi, Gulgula, etc, a mixture of spicy and sweet dishes. The participants were generous enough to contribute to the event.

Outcome: Through this innovative measure, the students showcased the knowledge of cuisines of Uttarakhand according to different regions.

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Kandalee ka saag is very popular dish in Uttarakhand especially amongst the tourists who visit the state. It is very healthy dish, that includes the leafy vegetables and Major local spices. It has rich source of vitamin A.

Uttarakhand traditional sweet dish prepared from Pahari red rice. Meetha bhat is also prepared in various auspicious events marriages festivals in both Garhwale & Kumaon regions of Uttarakhand.



MEETHA BHAT




CHACHANDU

Chachandu is a famous traditional cuisine of Uttarakhand made with buttermilk & Jhangora (Barnyard millet). It's very easy to cook, easy to digest and very healthy. It is also written as chhanchindu, chachandu, chhanchindu.


Rachana K Y
Anju S M
Lavanya S A
Pooja C

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GAHAT KE PARANTHE

THIS IS A FAMOUS DAL RECIPE OF THE KUMAON REGION OF UTTARAKHAND. GAHAT IS ALSO KNOWN AS KULFI. IN ENGLISH IT IS CALLED AS HORSE GRAM.




PAHADI HALWA

PAHADI HALWA IS A TOTALLY DIFFERENT PREPARATION THAN THE REGULAR SUJI KA HALWA PREPARED IN NORTH INDIA. THE YOGURT GIVES IT A LITTLE TANGY FLAVOR AND THE CRUST GIVES IT A BITE. I LOVED IT WHEN I FIRST TRIED IT AT A KUMAONI FRIEND'S HOUSE AND SO WILL YOU.



RASMI BADI

GAHAT RASMI BADI RECIPE IS AN AUTHENTIC CURRY FROM THE REGIONS OF UTTARANCHAL. STEAMED KOFTAS ARE PREPARED USING GAHAT (HULSI/HORSE GRAM) DAL AND LATER COOKED WITH TOMATO ONION-BASED CURRY. THIS CURRY IS SUCH A SIMPLY DELICIOUS WAY TO SNEAK IN SUCH A HEALTHY PULSE IN OUR DAILY ROUTINE.



RUS/THHATWANI

RUS/THHATWANI IS ANOTHER CREATION COMING STRAIGHT FROM KUMAON'S KITCHEN. IT IS FREQUENTLY EATEN IN KUMAON REGION IN WINTERS WITH STEAMED RICE AND BHANG KI CHATNI. IT IS USUALLY MADE IN IRON KADAI. THIS DELICACY IS BEST SERVED WITH STEAMING HOT RICE, PREPARED BY MIXED LENTILS' STOCK AND RICE PASTE.

TEAM MEMBERS -BHOOMIKA S
HERMAIN K S
MISBA RAFIA KHANUM
NEHA KOUSER

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Sani Hui Mooli



Wow! mouth waters the moment you have a flavor of this refreshing and tempting mixture of radish, lemon, curd and paste of bhaj seeds. It is usually eaten during winter seasons. In radish, the leaves are the most nutritious part of the plant! And they aren't bitter, either. They are the significant source of calcium, iron, magnesium and folate, as well as vitamins A, C, K and other nutrients.

Urad Daal Pakora



Urad Daal Pakora are spicy pakoras prepared using different daal (Pulses). This dal is one of the richest sources of proteins and Vitamin B. Urad dal is also good for women as it has iron, folic acid, calcium, magnesium, potassium which makes it a healthy pulse.

Mixed Bhaddu Daal



Mixed Bhaddu Daal is a mix daal made in Bhaddu. Bhaddu is a heavy bottom and narrow neck pot made of mix alloy. To prepare this dish dal is soaked overnight in Bhaddu with water. Later different spices are added to it before putting it to cook in simmer.

Dainy Jose
Emilin Meria James

Harsha P C
Neha SreeshKumar

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KAFULI/KAPPA

A delicious dish that is best enjoyed in the winter season, kafuli is made by using Spinach, lai and fenugreek seeds. The vegetables are cooked in an iron Kadhai (utensil) and then served with steaming Rice.



CHUDKAANI

The delectable dish is prepared in the kitchen of Kumaon Region in Uttarakhand. The local lentil of Bhatt is soaked overnight and cooked with powdered spices and prepared as soupy dish served with Rice.

AMRUTHA MB
HARSHITHA M
MAHIMA I
VIJAYLAKSHMI