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

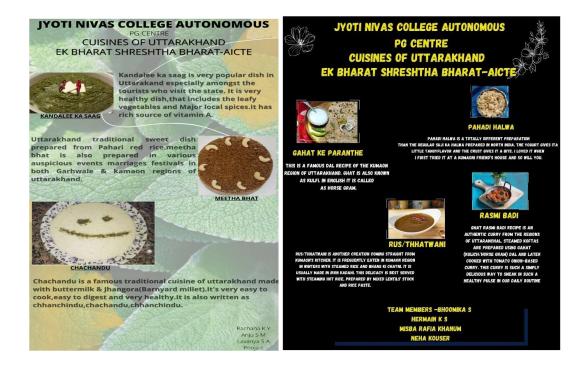
Date: 18-08-2021

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.



JYOTI NIVAS COLLEGE AUTONOMOUS **PG CENTRE CUISINE OF UTTARAKHAND** EK BHARAT SHRESHTHA BHARAT - AICTE Sani Hui Mooli



Wowl mouth waters the moment you have a flavor of this refreshing and tempting mixture of radish, lemon, curd and paste of bhang 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 be

Dainy Jose Emilin Meria James

Harsha P C Neha SreeshKumar

JYOTI NIVAS COLLEGE AUTONOMOUS PG CENTRE **CUISINE OF UTTARAKHAND** EK BHARAT SHRESHTHA BHARAT- AICTE



KAFULUKAPPA
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.

ANRUHAM ME
HARSHITHA M
MAHIMA I
NIJAYLAKSHMI