

**EK BHARAT SHRESHTHA BHARAT ACTIVITIES BY IHM-GOA
JUNE 2020**

SR. NO	ACTIVITIES BY IHM-GOA	MONTH OF ACTIVITY	PROPOSED ACTIVITY	DETAILS OF THE ACTIVITY	PAIRED STATE	NO. OF PARTICIPANTS	ANY OTHER RELEVANT INFORMATION
1	Webinar organized	28.05.2020	Ek Bharat ShreshtaBharat, Branding During the webinar	IHM Goa in association with India Tourism - Mumbai organized a webinar on 'Cuisines Of GOA'.	Jharkhand	308 registered for the webinar	<p>A power point presentation showcasing the history of Goa and types of cuisine.</p> <p>Introduction to Goan ingredients and the method of preparingGoandishes was explained in detail.</p> <p>At the end of the webinar, queries of participants were answered by the host.</p>

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होटल प्रबंध, खान-पान प्रौद्योगिकी एवं अनुप्रयुक्त पोषण विज्ञान संस्थान, परवरी - गोवा
Institute of Hotel Management Catering Technology and Applied Nutrition
Porvorim - Goa
भारत पर्यटन - मुंबई के सहयोग में
In association with India Tourism - Mumbai

WEBINAR

ON

'CUISINES OF GOA'

दिनांक/Date : 28th मई/May, 2020
समय/Time : दोपहर के 12:00 बजे/12.00 Noon



LIZA NORTON E DIAS , HOD-1



Sea food

The coastal and fresh waters of goa abound in a vast variety of sea food ranging from the kingfish or surmai , rawas , mullets baby sharks, ray fish ,mackerel ,sardines, prawns of all sizes ,clams, mussels ,lobsters and oysters. In the monsoon season a lot of dried sea food is consumed.

Different types of fish have different preparations, as well as different parts of fish are used in recipes

Fish is usually sold in ganthons or vante in markets.

Chonnak,mullet,perch white prawns black rock crabs kalandur comes from river beds ,khazan, manos ,streams and ponds.

Sweet water fish is also available from lakes



Goan Fish Thali



Goan Sweets

- **Fios de ovos** – A sweetened coconut preparation garnished with strands of egg yolks which are poached in sugar syrup.
- **Bolo de sans rival**- A cashewnut cake
- **Bebinca** – A multi-layered baked sweet traditionally eaten all year round
- **Patoleo or patoli** – A dish of ground rice and coconut spread on turmeric leaves stuffed with, dal, jaggery, & coconut
- **Dodol**- Sweet preparation of goan dark jaggery and coconut milk and a thickening of rice flour
- **Doce de grão**- A sweet prepared half ripened coconut and boiled channa dal , sugar and ghee flavoured with cardamom



