

N.S.S. Training College Changanacherry

Thukpa- A Traditional Noodle Soup of Himachal Pradesh

Thukpa is one among the popular noodle soups in India. Himachali food, which is an interesting mix of Punjabi and Tibetan cuisine has made an indelible mark in the history of Indian food and culture. A noodle soup of Tibetan origin, Thukpa can be prepared in both vegetarian and non-vegetarian ways. A number of fresh vegetables such as tomato, onions, spring onions, string beans, carrot, and chopped cabbage can be added to the noodles, with or without meat or chicken. This is a spicy dish cooked with ginger garlic paste, chilli and sauces added as per preference.

Himachal Pradesh is a state that has remained largely influenced by Western culture and it is a multi- religious practicing, multicultural and multilingual state. Thukpa, Thenthuk, Dham, Sidu, Madra, Kullu Trout, Anardana Chicken are the seven famous dishes in Himachal.

“Thuk” means Heart so it is a heart-warming dish. It is a watery noodle dish, which comes with assorted vegetables and derives its main flavor from the minced meat that’s added into it along with ginger and garlic. The Veg Thukpa is a warm, nutrient-rich one-pot meal. The noodle soup is packed with some amazing health benefits. Onions contain vitamins, minerals and phytochemicals, and regular consumption of onions helps boost the digestive system.