

**ACTION PLAN BY MINISTRY OF TOURISM GOVERNMENT OF INDIA  
UNDER EK BHARAT SHRESHTHA BHART ACTIVITIES  
DURING April 2022**

<b>Sr. No</b>	<b>Activities by India Tourism Offices / CIHMs / IITTM</b>	<b>Month of Activity</b>	<b>Proposed Activity</b>	<b>Details of the Activity</b>	<b>Paired States involved</b>	<b>No. of Participants / Attendees</b>	<b>Any other relevant information</b>
01	IHM Gurdaspur	April 2022	Essay writing Competition	An essay writing competition was conducted with the topic of " <u>Gastronomical culture of Andhra Pradesh</u> ", For IHM students	Andhra Pradesh	12 Students Participants	

## **GASTRONOMICAL CULTURE OF ANDHRA PRADESH ....**

*“ Andhra Pradesh and its cuisine is like classical music raga. Sometimes spicy flavours of its rich cuisine and some times sweetness of its rich culture...”*

Andhra Pradesh is a state in the Southeastern coastal region of India. It was once a major Buddhist pilgrimage sight in the country. A group of people named Andhras was mentioned in Sanskrit text such as Aitareya Brahmana.

Andhra Pradesh is known for its spicy food all around the country. The inspiration behind such delicious and mouth watering food lies in the opulent culture of state, where exotic food is being prepared in the kitchen of nawabs since the year of its origin. The Andhra cuisine comprises watering non-vegetarian dishes.

### **GASTRONOMY MEANS:-**

#### **Essay On:**

#### **GASTRONOMICAL CULTURE OF ANDHRA PRADESH**

*“Food is not rational. Food is culture, habit, craving and identity.”*

The Krishna-Godavari basin, the inhabitants of Andhra & Telangana and the gastronomical culture based on millet and hardy grains such as sorghum, jowar, and corn, with complementary use of whole legumes such as country beans, and hyacinth beans have featured on the psychological and political map of India, ever since. The varied regional cuisine and the rich cultural heritage, distinctively shows the influence of the royalty of various dynasties that have ruled over the region. The Maurayas, the Satavanas, the Vakatakas, the Chalukyas, the Rashtrakutas, the Kakatiyas, the Musunuri Nayaks, the Delhi Sultanate, the Bahamanis, the Vijayanagar Empire, the Qutb Shahis, the Moghuls and the Asaf Jahi Dynasties and the golden age of the Kakatiyas have made Deccan the food capital of the South.

The Andhra Cuisine is an amalgamation of hot, spicy, tangy and sweet flavours. One of the important features is to use plenty of spices and chillies to induce strong flavours and impart an intense character to the food. Chillies are the key and star ingredient of the region. The use of spices are an evident part of balancing the flavour profile and to guard the stomach against the rough heat and work up on the appetite. Generally, freshly grated coconut or coconut milk balances out the pungency imparted by the spices.

The Andhra region being a semi-arid terrain, the use of millets are in surplus and the level of pungency and spicy in foods is high here. These cereals are used to make variety of breads or roti such as Jawar roti, Sajje roti, Corn roti, Jawar gatka, etc. Adding onto it, factors like agriculture, eating practices and preferences played a major role in the transformation of the cuisine. The coastal regions on the other hand have a high affinity for rice. The local cuisine is majorly influenced by the neighboring states of Maharashtra, Karnataka and Chhattisgarh.

The Mughal tenure has left a great impact on the region's culture and prominent food. The Hyderabad Cuisine has a Mughlai touch, which is famous all over the world in these days. Game

## **GASTRONOMICAL CULTURE OF ANDHRA PRADESH**

By Sanket Tiwari

Andhra Pradesh is renowned for its hot and fiery cooking alongside its rich social legacy. The cooking of Andhra Pradesh incorporates both the first Andhra food and the Hyderabad food, having a Mughlai impact. Out of these two cooking styles, the previous one is more sweltering and spicier. The conventional indulgences of Andhra are totally delectable having a liberal utilization of flavors.

Generally, Andhra food is eaten on a banana leaf by individuals sitting on mats or little raised wooden seats. A little water is sprinkled around the banana leaf, portraying that food can now be served. Rice is served alongside a little ghee. Every supper that is snacks, lunch, supper, and so on, have their own forte. The dietary patterns are very differed as there is a combination of Hindu and Muslim styles of eating.

Alongside the rice a dry curry is served. This dinner comprises of almost five kinds of dishes. However, an ordinary Andhra feast is described by the popular hot pickles, chutneys, powders and so forth. Curd is filled in as a cooling component, that gives a reprieve from the hot flavors. The cooking of Hyderabad is renowned for its non-vegan arrangements. These dishes have an imperial touch, ready with colorful flavors and preparing. The different sorts of Biryanis are the significant fascination of this food. It is an arrangement of rice and meat, having rich fiery flavor. Another famous non-veggie lover dish is 'Kababs', which is meat pieces or minced meat cooked in a wide range of styles, for example, 'Boti Jhammi', 'Kalmi', 'Shikampur', 'Sheek', 'Lagan-ke-Kababs', 'Dum-ke-kababs'). 'Kormas' is one more planning which is either meat or vegetables cooked in rich with smooth sauce and 'Lukhmi', a baked good.

The Nizami Dastarkhwan included Kebas, Kormas and innumerable assortments of grilled and curried meats. The fascinating melt-in-the-mouth Shikampuri Kebab with a recording of yogurt, and the Boti Kebabs or delicious bits of meat marinated in select flavors, are winning hearts in the locale right up 'til the present time. Patthar-ka-Gosht or sheep simmered on a piece of stone is a notable Hyderabad delicacy which is accepted to have had its beginnings in age-old methods of planning meat in the Middle East.

A conversation of Andhra cooking is inadequate without investigating its illustrious cuisine. What really befitting accolade could a state at any point pay to its food, than having it as a piece of its illustrious badge? The banner of the Asaf Jahi administration comprises a yellow foundation with a white circle at the middle. It is accepted that the white circle addresses a kulcha (a kind of Indian flatbread). The legend goes that Mir Qamar-ud-Din Siddiqi or Asaf Jah I, the Mughal emissary of Deccan under Aurangzeb, when visited the sufi holy person Nizamuddin Aulia and imparted a feast to him. At the point when Asaf Jah couldn't complete his portion of food, he pressed the excess kulchas in a yellow piece of fabric. Throughout the supper, the holy person prophesized that Asaf Jah I and his relatives would administer over the Deccan for seven ages and their treats will manage our sense of taste till days of yore!