

The Impact of Regional Distinction in Gujarati Cuisine

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Abstract: Gujarati cuisine varies widely in taste and hotness and the zest, depending on the traditional beliefs of the family tastes as well as the geographic region of Gujarat to which they belong. North Gujarat, Kathiawar, Kachchh, Central Gujarat and South Gujarat are the five major regions of Gujarat that contribute their unique touch to Gujarati cuisine. This research project endeavors to explore the more in-depth variety that the region offers. Towards the end, we will discuss the famous local restaurants in the state of Gujarat, which have put the country on the world map of culinary dreams. With so much variety in vegetarian food, the Indian British cookbook writer Madhur Jaffrey has termed Gujarati cuisine as “the haute cuisine of vegetarianism” in ‘Flavors of India’, one of her TV shows about Indian food

Keywords: Gujarati Food, Traditional beliefs, famous restaurants of Gujarat, Vegetarian food

I. INTRODUCTION

Gujarat is situated on the western coastal region of India. Gujarat borders the Pakistan's Sindh province to the northwest, it is surrounded by the Arabian Sea to the south and west, the state of Rajasthan to the northeast, Madhya Pradesh to the east. Gujarat is a peninsular state of India with a large coastline and bordered Maharashtra (a state with heavy coastal influences) towards the south. This ensures that a huge variety of sea food is available to the state and should have been a natural part of the cuisine in Gujarat. Surprisingly that is the not the case. The influence of Jain culture and philosophy over the centuries have ensure that this region grows to be largely vegetarian.

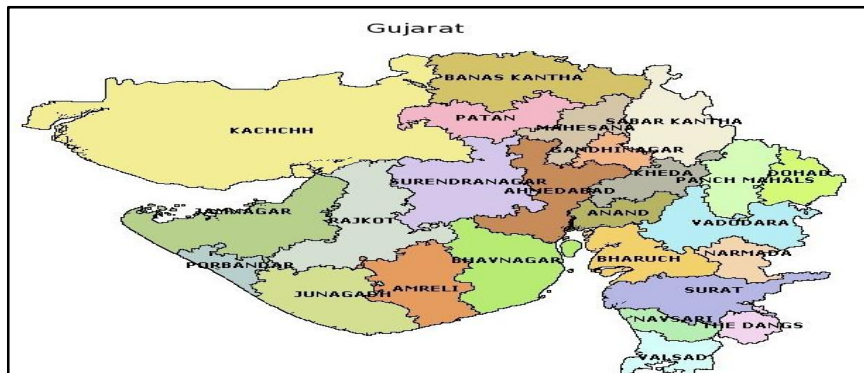


Figure 1 - Gujarat the State (Maps of Gujarat)

Gujarat can be divided into four regions depending on food habits:

- North Gujrat
- South Gujrat
- Saurashtra (Kathiawar)
- Kutch (Kutchi)

The local populace, from all the above regions, usually eat a simple everyday meal which is daal, rice, rotli, shaak. During festive days, additional and more varieties of shaak, sweet dishes and Farsan is prepared.

II. CULTURAL AND HISTORICAL INFLUENCES

‘Jainism’ is majorly practiced in Gujarat. Their customs prohibit the inclusion of vegetables grown below the soil, which means no to onion, garlic and potato or tubers. Additionally, they restrain themselves from eating after sunset.

There is a following of a special sect called the ‘Swaminarayan sect’, which also does not recommend consuming onion and garlic in the diet.



Figure 2 - Swaminarayan Sect

On the hand, the followers of Lord Vishnu, follow the ‘Vaishnav’ diet involves foods that are offered to Lord Krishna. As mentioned in Bhagwad Gita, Lord Krishna consumes only the food which is considered ‘Satvik. Followers of the Sattvic diet primarily consume nutritious foods, including fresh vegetable, fruits and nuts, leading to a number of health benefits. This diet has its origin in the Ayurveda. Again, Sattvik diet is low on spices, and refrains from influence of onion and garlic.

On the other hand, the Bohra Muslims of Gujarat have special and sustainable traditions. Their meals start with a pinch of salt and a dessert which is followed by bread and then the main course. Family members often dine together and often in a single large plate called ‘Thaal’. No grain of rice is wasted, as per the tradition. The Bohri Muslims unlike the Jains, are open to consuming non-vegetarian food, which is a different style of cuisine in itself.



Figure 3 – Udvada / Parsi Food



Figure 4– Bohri Food

Next come the Parsi settlements in Gujarat. The towns of Sanjan, Udvada and Navsari in Gujarat were among the earliest settlements of Parsis in India. Legend says that Parsis actually found Navsari region to be a prototype of the original Sari region of Iran and named it Navsari where ‘nav’ means New. Gujarati Parsi cuisine is a combination of Persian, Gujarati and British cuisines, a fusion of various cultures over the years. Dishes from this region are high on sesame, coconut, garlic, peanuts, mint, lemongrass and local vegetables. Mutton, chicken and fish remain staple non-vegetarian choices. There’s also a unique balance of ‘khattu-mithu’ flavor – a nod to the sweet influence of Gujarati cooking.

Objective

To study the wide variety of flavors and spices in Gujarat as it varies along the various regions in Gujarat.

To know what type of foods famous and popular in all the various parts of Gujarat such as North Gujarat, South Gujarat, Saurashtra (Kathiawar), Kutch (Kutchi)
To understand how this variety makes the food world-famous.

III. LITERATURE REVIEW

(Om J. Lakhani, 2018) The Gujarati cuisine is predominantly lactovegetarian. Lactovegetarians follow the consumption of diet that includes vegetables and Dairy products but devoid of meat, fish, and eggs.

(tEAM, 2018) in their blog says gave a wonderful insight on traditional Gujarati food which is primarily vegetarian and has a high nutritional value. This vegetarianism may have originally sprung from spiritual philosophies and opinions of the region. Gujarat may be a profoundly historic region whose roots are often traced back to the Indus Valley Civilization.

(Rajak, 2020) in his blog said North Gujarat is the home of traditional Gujarati cuisine with the Gujarati Thali being very fashionable. It's a dish consisting of rice, dal, sprouted beans, curry, vegetables, farsan, pickles, chutney and raita. North Gujarati food isn't very oily or spicy. Farsans are available three varieties: Patara, Khaman Dhokla, and Khandvi. Papads, chutneys and pickles accompany every meal and are preferred tons. This region is probably the healthiest and traditional in its cooking with oil and spices utilized in minimum.

(Hada, 2018). This author has shared some wonderful easy-to-make-at-home recipes for Gujarati snacks right from the traditional pakoras and dhokla to the fuss-free savoury namkeen and mathris

(Editorial, n.d.) The people of Gujarat have perfected the art of vegetarian cooking and their cuisine is a delectable and mouthwatering. To taste the excellent vegetarian Gujarati cuisine, is to have a Thali Meal – the ultimate delightful vegetarian fare. The traditional Gujarati Thali is one of the best ways to know the Gujarati Cuisine.

(Om J. Lakhani, 2018) in his book said Farsans' are traditional snacks or appetizers which accompany most meals and also consumed during the midmorning and afternoon period. Food items like 'Dhokla', 'Khaman', 'Kachoris', and 'Samosas' are samples of 'farsans'. These food items are often consumed without portion control and Gujaratis are often hooked in to 'farsans' and 'sweets'. Needless to mention, these food items are often rich in fat and have high salt content. Pickles and papads having high salt content accompany most meals and hence salt intake is usually very high in Gujarati diet.

(Balhara, 2017) Apart from the diet, there are certain other lifestyle practices in Gujarat which may have positive or negative influences on health. For example, Alcohol consumption is legally prohibited in the state of Gujarat. Gujarat ranks third lowest in alcohol consumption with a prevalence of alcohol intake of 11%. Tobacco consumption in Gujarat, however, is very high with more than 50% of men and around 7% of women admitting to using tobacco in some form or the other.

IV. RESEARCH METHODOLOGY

The entirety of the study methodology is derived from Secondary Sources of Information. Data have been collected from the Ministries of Tourism and Culture, Government of India, State Tourism Ministry, Various Research Papers, Articles, Books, Newspaper Reports, Various Government and Non-Government Organization Reports, etc. Following the collection of the data, Geographic Approach of Cause and Effect Analysis was employed.

TYPICAL COOKERY IN GUJARAT

A typical Gujarati meal consists of Indian Breads made from millets – the staple of Gujarat. Roti itself is prepared in several variations from the petal soft phulkas to the bone-dry khakra.

The Shaak changes with the seasonal availability of vegetables. An assorted combination of green leafy vegetables, seasonal healthy vegetables, with a delectable collection of spices makes it very palatable and tasty. The spices used also change depending on the season. Garam Masala and its constituent spices are used less in summer.

Papads include the khechara, which contains wheat, rice, and bajra flours, and is neither fried nor baked, but steamed.

Raitas are made from curd and a combination of vegetables, nuts, dried fruits and chutneys.

Pickles include the distinctive athanu, goondas and chanduo with its sweet-sour flavor, tempered with cardamom and cloves.

Sweets (desserts) made from such ingredients as local sugar cane, jaggery (a solid made from unrefined cane sugar), milk, almonds, and pistachios were originally served at weddings and family occasions as an instant energy booster for relations travelling long distances to attend.

Regular fasting, with diets limited to milk and dried fruits, and nuts, are commonplace. Goodness of milk, yoghurt, buttermilk, coconuts, groundnuts and various other nuts make this meal rich in proteins even with the absence of meat and eggs.

Gujrati snacks are also known as FARSAN. The Farsan consists of many delicacies like DaalDhokli, Dhokla, Fafda, Farsi Falafel, Ganthia, Hahdwoh, Kachori, Khakhra, Khaman, KhamanDhokla, Khandvi, Khichu, LilvaKachori, Muthia, SevKhamani etc

There is a specific dietary rule followed in just this foursome combination. For example, if kadhi is served, then a daal or vaal will also be included. The sweet dish accompanying kadhi will likely be milk or yogurt-based, like doodhpak or shrikhand. In such a meal raita would not be served. Festive meals which serve daal will typically have a wheat-based sweet dish like lapsi or laddoo as the sweet accompaniment. The Parsi and Bohri Muslim community has a distinctive cuisine style in Gujrat with an identity of their own.

THE GUJARATI THALI

The idea behind a thali is to offer all the 6 different flavors of sweet, salt, bitter, sour, astringent and spicy on one single plate. According to Indian food custom, a proper meal should be a perfect balance of all these six flavors.

Gujarati thali is a full plate meal, sourced from local Gujarati preferences in food, and arranged as a platter for lunch or dinner in restaurants and homes, mostly in Gujarat and places with Gujarati diaspora.



Figure 5n Gujarati Thaali

A Gujarati thali typically comprises of

One or two steamed or fried snacks called farsan,

Green vegetable, a tuber or a gourd shaak (shaaks are main courses with vegetables and spices mixed together into a curry or a spicy dry dish),

Kthol (braised pulses like beans, chickpea or dry peas),

One or more yogurt dishes like dahi, kadhi (yogurt and pulses soup),

Raita or sweet shrikhand,

Rice or khichdi,

Daal usually toor dal,

Sweets like halwas, basundi or shrikhand.

Accompaniments include sweet, sour and spicy chutneys, pickles, ghee and a salad of chopped vegetables served raw or may be steamed in spices.

Much detailing goes into creating a balance of tastes and textures - you could have coarse, grainy, granular, smooth, uniform, dry and wet dishes on the same platter. The sweetness, bitterness, sourness and heat of each main course would vary between dishes.

The Gujarati thali typically has more colours than a rainbow – the yellow of turmeric, the whiteness of dairy products, the redness of tomatoes, the green of leafy vegetables, the brown of pulses, and the colours of various spices, relishes and salad vegetables, are harmoniously part of a single thali.

The breads eaten with a thali would include

Thick and coarse bajrarotla,

Thin unleavened wheat rotlis,

Thick and crisp whole wheat flour rotis called bakhris,

Parathas,

Savoury griddle bread called the thepla,

Deep-fried puris, among others.

There are many variations like methithepla or masala puri within these breads. As Gujarati are globe-trotters, with a large Gujarati Diaspora overseas and around India as well as being great travelers, there are many Gujarati farsans, snacks and mini-meals that are designed to travel and keep well – for instance khakras are crisp wafer-like rotis made from wheat, cornflour or lentils that can be carried and eaten with vegetables or accompaniments or dhebras made from a mix of flours can travel better than rotlis.

Gujarati thali prepared in Gujarati households has at least three fresh vegetable dishes, one dry dal or some sprouted pulses dish (ugaadaylamung, for instance), a wet dal, kadhi, kathor (a savory), mithai, poori, rotis, steamed rice, chaash and papad. Kathiawar Thali is a variation of Gujarati Thali.

Basic food, Snacks and Deserts In Gujarati Cuisine

GUJARATI DAL

Known for its spicy, sweet, and sour taste, this dal may seem to be an acquired taste, but once acquired, it's hard to let go of. Thin in consistency, it has no ginger or garlic. The flavors come from green chili, ginger, jaggery, and kokum. The perfect foil to soft Gujarati-style bhaat and ghee-laden phulkas.

KHICHDI

Also known as kitcheri, this dish is a precursor to kedgerree, a dish which was popular among the British in India. Khichdis are made with various lentils and this gives it the variety. It is usually eaten with curd, pickle and papads. The Gujaratikhichadi is prepared simply by mixing arhar or moong dal with rice.

BOHRI BIRIYANI

Bohris belong to the Bohri community of Gujrat. A delicately flavored rice preparation cooked on dum, along with meat, apricots, potatoes and spices. The biryani cooked by Bohri Muslims has its own mix of dried apricots and plums to offset the sharp spicy and sour taste of the rest of the dish.

METHI THEPLA

Indian bread prepared from a dough made from whole wheat flour, bajra, besan, methi, oil. It is rolled thin and then dry – baked. This soft flatbread is part of the main meal, but is often consumed as breakfast or a snack with a hot beverage. Typically made with wheat flour, gram flour, fenugreek leaves, and other spices, the flatbread is liberally dotted with sesame seeds. Gujaratis enjoy their thepla with dahi, chhundo (sweet mango pickle), and red garlic chutney. A smattering of every flavor! Variants use dudhi (bottle gourd) and mooli (radish).

ROTLO

This gluten-free flatbread made from bajra is a Kathiawar legacy and is much loved. The thickly rolled rotlo is traditionally cooked over a cow-dung fire that imparts a smoky flavor. Now, they are cooked on a tava and then roasted on an open flame. Best enjoyed with ringan no olo (Gujarati bainganbharta) and garlic chutney.

JUWAR ROTLA

Prepared with juwar or sorghum flour, this marries well with most Gujarati curries and pickles. High in Calcium content, this gluten-free flat bread is also rich in protein, fiber and iron. Not one of the easiest breads to make, the effort that goes into its preparation, is quite rewarding.

BHAKRI

A bread about 4 inch in diameter, made from a dough of coarse atta, oil, salt – dry baked and smeared with ghee.

KHAKRA

This crispy, crunchy flatbread is from Gujarat in western India. This thin, papad-like snack is most commonly made from a mixture of wheat flour, mat bean, and oil. Flavours such as methi, jeera, pudina and ajwain are common, and new ones like dosa and chaat are gaining popularity. Not very well known is the mungdi, a sweet variant of the khakhra.

DHEBRA

It is made with wheat flour, spinach, green chillies, a pint of yoghurt, salt and sugar to taste. It is eaten with a specially prepared hot and sweet mango pickle. When flavoured with fenugreek leaf it's called methidhebra. Dhebra can be deep fried like a puri or shallow fried it on griddle (tawa) like paratha. People love to carry dhebra while travelling as it tastes very good when stale. they can be enjoyed with a hot cup of tea. Dhebra can be served with green chutney, amchoorkimithi chutney, masala fried harimirsch and pickles.

PURAN POLI / VEDMI

Whole wheat bread filled with sweet pulses and jaggery filling usually made for special occasions. Unlike the Maharashtrianpuranpoli, the Gujarati vedmi is made of toor dal filling.

GUJARATI SNACKS / FARSAN

Nasto and Farsan are fried items. These are distinctive and are not eaten together. Nasto are items of many types that can be kept for long in air-tight tins and can be easily transported. These are mainly made of besan e.g., fafda, sev and ganthia. The chevda consists of beaten rice that has been fried to crispness and mixed with salt, spices, groundnuts, almonds and raisins. A mix of all the above, and in fact of anything crunchy.

Farsan is a collective term used for a type of snacks Gujarati cuisine, from the Indian state of Gujarat. Some are fried items which are then dried and can be stored, others fresh, fried or steamed.

Dhokla

Batter made from chana dal, besan, spices, fermented, steamed and then tempered. It is served with a chutney (tamarind). There are several types of Dhokla such as Khattadhokla, green peasdhokla, Cheese dhokla, Toor dal dhokla etc. Khaman is a similar gram flour-based food that is sometimes confused with dhokla.

Khaman

Similar to the dhokla, but definitely not the same, khaman is made from only gram flour and is usually lighter in colour and softer than the dhokla. The secret is adding more baking soda to the batter to make it fluffier and spongier.

Khandvi

Soft rolled crepes, made of gram flour and tempered with coconut, mustard seeds, and curry leaves, and served with a chutney these melt-in-the-mouth snacks are extremely appetising. The yellow, bite-sized snack is also made in Maharashtra as Dahivadi and SuralichiVadi.

Handavo

This savoury baked cake is made with rice, lentils, and vegetables (often bottle gourd), carrots, and fenugreek leaves. It is spiced with fresh ginger and green chillies and tempered with mustard seeds, sesame seeds and dried red chillies. It works well with a side of spicy pickle or green chutney.

Khichu

This could be the quickest-to-make farsan on this list. A thick porridge-like mixture made from rice flour and seasoned with cumin seeds and green chilli, khichu is served with a splash of groundnut oil and cayenne pepper. The dough can also be used to make rice papads! Khichu can also be made from other flours like wheat, bajri, nachani, and jowar, but the rice-based one is the most popular at street food outlets.

Batatavada

It consists of a potato mash patty coated with chick pea flour, then deep-fried and served hot with savory condiments called chutney. The vada is a sphere, around two or three inches in diameter.

Dabeli

Literally meaning 'pressed' in Gujarati, this Kutchi cousin of the Mumbaiiyavadapav is made by mixing mashed boiled potatoes with a special masala, and encasing the mixture in a ladipav. The KutchiDabeli is garnished with pomegranate pearls and roasted peanuts, and served with a chutney made from tamarind, dates, garlic, and red chillies.

Ganthiya

An extremely popular deepfried snack that is made from chickpea flour, the ganthiya surprises you. It isn't crunchy; it's soft and puffy. The BhavnagriGanthiya has a fairly generous smattering of spicy black peppercorns.

Fafda

The crisp, yellow snack is a festival favourite, especially during Dussehra. The batter, made of gram flour, carom seeds and oil, is rolled out into cylindrical shapes and deep-fried till crisp. Served with deep-fried chillies, papaya sambaro, and besan chutney, it's a much-loved breakfast treat.

Patra

Taro Leaves, coated with Gram Flour, rolled and steamed. Sometimes, the steamed roll is sliced and stir-fried with Mustard Seeds and Grated Coconut. Patra also called Patrode and Patarveliya, this snack involves a thick gram flour and tamarind batter that is spread on colocasia leaves. They are then rolled, steamed, and cut into small roundels. Tempered with sesame seeds and shredded coconut, they are best enjoyed with a sweet-and-spicy chutney.

LiloChevdo

'Lilo' means wet in Gujarati, and this Vadodara snack has a wet feel. Despite that, it's crunchy. Grated potatoes are deep-fried and mixed with chana dal, and lemon juice for a lip-smacking snack.

Muthia

Steamed dumpling made of Gram Flour, Fenugreek, Salt, Turmeric, and Cayenne Pepper. The steamed dumpling can also be stir fried with Mustard Seed.

Kachori

A deep fried dumpling made of flour and filled with a stuffing of Yellow Moong Dal, Black Pepper, Cayenne Pepper, and Ginger.

GUJARATI STREET FOOD

Ponk/Hurda

Ponk, as it is popularly known in Surat, India and surrounding areas is a variety of roasted millet available only in this part of the world. Ponk is usually available only during colder winter months, from November through February. Peak season is December and January. This dry millet is then roasted under charcoal and are beaten out from the soft shelling. The people throng to Surat to eat freshly taken out "ponk", tender Jowar cereal shed by beating the grass that has it like wheat or rice. This is mixed with fresh hot lemon pepper sev fried and it tastes great.

AmiriKhaman / Gujarati SevKhamani

Amirikhaman is nothing but a spicy tea-time snack made of crumbled khamandhoklas tempered with garlic and mixed with pomegranate seeds and coconut. If you have leftover khamandhokla's it would be a bonus as it would make the process quicker and easier to make.

Methi nu Gota

An authentic and traditional gujarati snack recipe made with finely chopped fenugreek leaves and chickpea flour. The recipe is very similar to any deep-fried bhajji or fritters and can be served as either evening snacks or appetizers.



Oondhiyu

A mixed vegetable casserole that is traditionally cooked upside down underground in earthen pots fired from above. This dish is usually made of the vegetables that are available on the South Gujarat coastline during the winter season, including (amongst others) green beans, unripe banana, muthia, and purple yam. These are cooked in a spicy curry that sometimes includes coconut. SurtiOondhiyu is a variant that is served with puri at weddings and banquets. Again it is a mixed vegetable preparation, made with red lentils and seasoned with spices, grated coconut, and palm sugar in a mild sauce. It is garnished with chopped peanuts and toasted grated coconut, and served with rice.

PatraniMachchi

Fish covered with a flavoured spiced coconut chutney, wrapped in singed banana leaves and then steamed.

Dhansak

Dhansak is a popular Indian dish, originating among the Parsi Zoroastrian community. It combines elements of Persian and Gujarati cuisine. Dhansak is made by cooking mutton or goat meat with a mixture of lentils and vegetables. This is served with caramelised white rice, which is rice cooked in water, whole spices, and caramelized onions. The dal cooked with mutton and vegetables served with brown rice, altogether is called dhansak.

The dhansak is flavoured with a spice mixture called "dhansak masala", which is like "garam masala" except that the spices chosen are more aromatic and sweeter rather than pungent. Cinnamon, cardamom, cloves, nutmeg, dried ginger, coriander seed and cumin seed, as well as a pinch of asafetida, are among the spices employed.

Gujarati Kadhi

Gravy prepared with sour curd and besan, simmered and tempered. Gujarati Kadhi is lighter when compared to Punjabi Kadhi.[7] The curd and gram flour is turned into a liquid mixture by mixing with few cups of water. The chopped green chilies chopped ginger and asafoetida are fried in a pan in medium flame. After that the curd paste is mixed and heated for few minutes and stirred. Served hot with Khichdi, naan, chapati or rice.

SevTamatar nu Shaak

SevTamatarSabzi or SevTameta Nu Shak is a must try Dhaba styled recipe. Tomatoes cooked in onion based gravy with a hint of ginger and garlic. SevTameta Nu Shak is an authentic kathyawadi recipe which you would definitely find in a dabha, all across Gujarat.

Gujarati Desserts

Kansar

It is a sweet dessert made by the people of Gujarat. The main ingredients of this dessert are wheat and jaggery. It is a dish made during the wedding ceremonies. It is given by the bride's mother to the groom during wedding ceremony. It is also known as Lapsi. It is a healthy dessert as the top layer consists of ghee and sugar.

GolPapdi

It is a very famous Gujarati dessert, and is made in every home. People make it at any time of the year. Any special occasion is not required to make this sweet. The main ingredients used for making this sweet dish include wheat flour, ghee, and jaggery. This is made especially in winters to increase the body heat.

Ghari

Ghari is a Gujarati sweet dish. It is round in shape with sweet filling inside. It is made during the ChandaniPadva festival. It is available in different flavors such as pistachio, almond, elachi, kesar, etc.

Mohan Thal

It is a traditional sweet dish of Gujarat. It has a rich flavor and melts in the mouth easily. Spice like cardamom gives a rich flavor and taste to the dish. It is healthy as nuts are added to it. People make it during the festive season. The main ingredients of this dish are gram flour (Besan), milk, ghee, sugar, rosewater, cardamom, pistachio, and almonds.

Laganu custard

A Parsi community wedding speciality. To prepare this the milk is boiled along with sugar until it is reduced to half. Powdered nutmeg is added for flavour and when the mixture is cool enough, eggs are beaten into it along with dry fruits. This is then baked in a moderate oven, until the top surface is golden brown and the custard is firm.

Kharakhalwa

This is a famous dessert of the Bohri community in Gujrat. This dessert is a halwa made from a paste of dates that are roasted in ghee and cooked with milk and sugar. This is a very heavy dessert and is consumed in small quantities.

Shrikhand

It is a yoghurt based dessert in which hung yoghurt and powdered sugar is taken in a deep bowl and then mixed thoroughly. Cardamom powder and saffron is added to it for flavour. It is then strained through muslin cloth and then stored in earthenware container which further absorbs the moisture and converts it into a thick creamy texture. It is normally served chilled with poori.

Laapsi

A Gujrati dessert (broken wheat pudding) in which cracked wheat is cooked in water, sweetened with sugar flavoured with cardamom. It is garnished with shaves of almonds and pistachio.

Doodhpak

Thickened milk in which rice is cooked, sweetened with sugar, flavoured with saffron and cardamom powder served with various nuts (blanched almonds sliced, pistachio, Charolietc) and raisins.

Shakkarpara

It is a crispy Indian sweet traditionally made during Holi. It is a deep fat fried sweetened dough, normally cut into diamond shape.

Halvasan

A dessert popular in the Khambhat region in which germinated wheat is cooked in milk, flavoured with saffron, cardamom and nutmeg, and then set on a ghee smeared plate from which it is served cut into various shapes garnished with nuts.

Basundi

Basundi is an Indian dessert mostly in Bihar, Maharashtra, Gujarat and Karnataka. It is a sweetened dense milk made by boiling milk on low heat until the milk is reduced by half.

V. CONCLUSION

The state of Gujarat is rich due to its cultural, historical, social influences, and this reflects in its culinary options. Starting with the concept of the Gujarati Thali, which is grand and elaborate in itself to basic minimal-ingredient sweets like Lapsi and Gol-papdi. While doing this study, we sampled the wide variety of flavors and spices in Gujarat as it varies along the different sub-terrains and climates such as Surat, North Gujarat, Kathiawad and Kutchch. We also saw changes in local food preparations as the landscape and climate changed within Gujarat.

When the weather is cold and moderate, the local preparations become created with winter-specific produce such as millets, jowar, jaggery, etc. and heat-generating spices and chilies. When the region is hot and dry such as Kutchch, there is more emphasis on lighter meals and fresh fruits and milk-based beverages.

As the weather in Kutch, is dry with limited vegetation, Kutch cuisine is very light on vegetables and includes a lot of dairy

North and South Gujarat have similar weather moderate rainfall, with a lot of locally grown produce, hence these regions have more conventional Gujarati cuisine

Kathiawar has dry weather (not the same as Kutch), and has a lot of as millet, peanuts, sugarcane, wheat, and sesame in their meals.

Despite being primarily vegetarian, there is no shortage of variety in meal choices both savory and sweet. A combination of questions in the questionnaire prove that, people understand impact of regional preparations on the food in Gujarat. This has made this state very popular to people across all age groups. Where earlier the under 25 population was more familiar with the mainstream cuisine from cities like Surat and Ahmedabad or conventional snacks like dhokla, jalebi and fafda, there is a rise in people getting interested more authentic and Satvik cuisine from the satellite towns in Gujarat. Quite a few food bloggers and food-shows on the TV/streaming platforms have introduced the idea of experiencing this food right at its roots, by visiting the locals via exchange programs

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