

Exploring the Flavours of Konkani Cuisine: Study on Regional Variations

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Abstract: *Konkan is known as the heaven in the world of Maharashtra, it's miles like a stunning thin strip on the west coast of India, which has a great tradition, way of life and culture. But there's one very critical component that adds lots of heft to this regions recognition like no other- the cuisine. The cuisine of Konkan has its personal specific flavours and tastes. The experience of Konkan is incomplete without tasting of meals. In the history of cuisines, Konkani Cuisine is one the most delicious cuisines you may stumble upon in India. The Konkani are an adaptable lot and have tailored a lot of meals conduct and cooking patterns from different states. And now with lifestyle modifications, Konkani meals has similarly evolved. However, most of the restaurants serving this cuisine do no longer do justice to the traditional and richness involved in real Konkani meals. However, modern-day adaptations have been inevitable as the labour, traditional methods, equipment and ingredients involved in cooking all through earlier duration is difficult to keep nowadays. In this studies we will be studying about variations that have taken place in the cuisine this is been served at restaurants and the people of Mumbai (Mumbaikars) fondness of that cuisine*

Keywords: Konkani Cuisine, adaptable popularity, food habits, ingredients, variations

I. INTRODUCTION

Overview of Konkani Cuisine:

Konkani Cuisine is one the most appetizing cuisines you may come across in India. Konkani were firstly Aryans who developed their personal dialect known as ShauraseniPrakrit – out of which developed the present-day Konkani. Many of them got here down to Goa, western Maharashtra, and Karnataka, which these days is acknowledged as the Konkani belt, through the sea route. As they are neighbors and share their boundaries with each other, These three cuisines share quite a few similarities. Konkani food is in most cases influenced by the traditions and traditions of Maharashtra, Karnataka, and Goa. Seafood like prawns, crabs and fish, coconut, and neighborhood spices are some of the primary substances used in their delicacies. Although Konkani meals are predominantly non-vegetarian, the vegetarian dishes are equally delicious.

Konkani Cuisine has usually remained what is harvested from the ground. Coconut, rice, lentils, onions, potatoes, and crimson chilies make up the list of elements that are interlaced into our culinary lore. Konkani cuisine boasts innumerable recipes for vegetables, legumes, veggies, and grains in infinite combinations that call for a little embellishment with coconut.

Objectives:

To discover the prominent dishes of Konkani cuisine.

To know the variations taking place between the traditional Konkani cuisine and the Konkani cuisine served in Mumbai.

Food Customs of Konkani:

Konkani delicacies are an important phase of the Konkani tradition, which is why it is vital to have the best out at festivals. Deep-fried ingredients are also common at festival times, and many notable foods like rice, and to an extent of vegetables, fish and coconut are also common at festival times. It is a typical and aesthetic style of serving Konkani cuisine on a „tvaata“ or plate where serving food on a thali is not just about ladling out dishes some communities strictly observe Vedic traditions, which even define the order of courses.

Rice is staple food of Konkani:

Humid climate, excessive rainfall, moist air, and alluvial soil, this type of climate of Konkan is perfect for the development of rice. Therefore rice is the staple food in the rural areas of the coastal Konkan region but is additionally popular in all city areas. Rice cultivation covers 30% of the land in India. Wherever there is a controlled and ordinary water supply, rice can be grown comfortably and in abundance.

Significance of Coconut and fish in Konkani Cuisine:

Konkanis live near the coast, fish obviously forms a very vital part of Konkani cuisine. Fish is called the „Fruit of the Sea. Seafood clams, Mussels, Oysters, Crabs, Lobsters, Prawns, and Squids are also considered as fish. There is little fishing activity during the time of Monsoon period, fishing during this point of time can harm the fish as they lay eggs during that point of time. Fishing season starts from the day of Narali Poornima in the month of Shraavan and lasts until the end of May.

Konkani food is extremely impacted by way of fish preparation technique and marinating procedures followed by Konkanis, the fish taste much better. There are different other dishes that are made from other meats as well. In expansion to these, there is an incredibly wide assortment of vegetarian dishes as well. Numerous of these dishes tend to have coconut in them as well. For the most part of the year, Konkani meals are centered around fresh catch from the sea. But during monsoon season when there is no practice of fishing as fish lay their eggs, the Konkanis stock dried fish that has been preserved by applying salt and dried below the sun in open space. The dried fish is commonly fried and eaten with dal and rice, or cooked in kanji, a Konkani-style curry made with coconut. Kokum is added to fish dishes as a souring agent and to cross down the pungent smell of fish and it also enhances the flavor. Certain types of dry fish are cooked with vegetables like bottle gourd and ivy gourd, to temper the strong smells. The Konkanis tend to eat more vegetarian food during the monsoon season, especially in the fasting month of Shraavan.

Coconut milk is added to various curries and thick gravies. Sweets are prepared by mixing coconut with Coconut plants that thrive in Konkan and it is one of the major products, used in large quantities in Konkani food dishes. The sweet coconut water quenches thirst and the sweet inner part of the coconut is used by the here, almost in every dish that they prepare. The Vegetarians generally cook non-spicy, coconut-rich food whereas the non-vegetarians use a spicy vatan (a wet masala coarsely ground on a big flat stone called pat) of red chilly and coconut, and it ought in their fish curries, usals (whole lentils, frequently sprouted) and bhajis (vegetables). Coconuts are used as grated, dry grated, fried, coconut paste, and coconut milk sugar or jaggery.

Masalas in Konkani Cuisine:

Sukke:- dry preparation of a dish where coconut is added, and then roasted red chilies, tamarind, and urad dal roasted in a little oil grounded to a coarse paste seasoned with mustard and curry leaves.

Sagle:- referred to as whole. Coconut, roasted red chilies, tamarind roasted coriander seeds, and methi seeds are added together to a coarse paste. seasoned with mustard, or mustard and curry leaves **IN COCONUT OIL.**

Ghashi:- a gravy of coconut, roasted red chilies, and tamarind that is together grounded to a paste.

Koddel:- spicy preparation of coconut, roasted red chilies, and tamarind seasoned with a lot of garlic in coconut oil.

Humman: spicy gravy of coconut, roasted red chilies, and tamarind ground to a smooth paste which has to be boiled well. Drizzled with sparkling coconut oil and asafoetida. (hingauddak) It is not seasoned.

Bendhi:- spicy gravy that is ground finely with less coconut and extra roasted crimson chilies and tamarind. Seasoning of a lot of garlic in coconut oil.

Ambatta:- Coconut, roasted red chilies, and tamarind are ground together to a coarse paste seasoned with onions in coconut oil.

Bhuthi:- onions are used in the seasoning along with mustard. Masala is of coconut, and roasted crimson chilies and tamarind is ground to a fine paste.

Kismoori:- is of two types. One is with grated coconut, green chilies, and onions 12 minced, salt and coconut oil. This is brought to the fried karathe or sooran just earlier than serving. The second variety of Kismoori is coconut, roasted crimson chilies, ginger and tamarind grounded to a smooth paste.

Assortment of Spices Used in Konkani Cuisine:

1. **Teppal:-** popular „Konkani spice, is extensively found in the Konkan locale are the fruits of the plant. The tree bears fruits in the Monsoon. They are dried and when dried, they open up and the black-colored seeds can be seen. These

seeds are discarded and solely the outer layer of the fruit is stored, used in Fish preparations and a few vegetarian dishes, with a coconut masala. This has a strong woody aroma, so it no longer be ground with coconut and if it is ground via mistake, the dish receives a very strong and biting taste.

2. Turmeric:-

3. Cinnamon:

4 Bay leaf or TejPatta:-

5 KhusKhus or Poppy Seeds:-

6 Coriander Seeds and Leaves:

7. Asafoetida:-

8. Chillies:

Types of Souring Agents Used in the Preparation of Konkani Dishes

Kokum:- A purple berry also known as mangosteen, This is the fruit of *Garcinia indica*, a tropical plant belonging to the mangosteen family. Its outer layer is sun-dried to make aamsul or kokum. In the Konkani region, As a souring agent, it is used as an alternative to tamarind in curries and other dishes from Konkani dishes .

Bimbal/Bilimbi: Bilimbi (bimbal in Konkani) timber grows in most residence backyards which bears fruits. Bimbal is bitter in taste. They are used as a souring agent in most curries like Patrodo, Sukke, and Gravy-based total curries.

Ambade:- Hog plum in English. Ambade(hog plums/ amtekayi/ ambazhanga) trees are commonly found in Konkani. There are two types of ambades sour and sweet. . Ambade used both as a souring agent and to make pickles in Konkani.

Carambola: Star fruit is a blessing of Mother Nature to mankind. Used in a similar way as Bilimbi fruit; that is to make pickles and chutneys or for consuming uncooked with salt. The juice of Carambola is sieved and given to little youngsters struggling from acute bloodlessness and phlegm.

Green Mango:- Raw mango or „Kairi“ as it's known isn't just used for pickling. Chunks of uncooked mango in the gravy are introduced lending a sour tang to the dish. In Konkani, yummy coconut primarily based curry is primarily made using raw mangoes.

Tamarind: The tamarind tree is a leguminous tree native to tropical Africa however grown considerably in India and also in the Konkani locale. Konkani Curries are normally a combination of clean-grated coconut, roasted redchilies, and tamarind. As the tamarind ages, it turns from reddish brown to black. The extract of this pod – which tastes like sour-tasting fruit, is used as a souring agent in many Konkani recipes that range from rice dishes, cooked vegetables, chutneys, and lentils to seafood like crab.

Sweets of Konkani:

Indori:- made of roasted rice, coconut and jaggery dessert. Melted jaggery and coconut is combined with the rice powder and the hot combination is pressed into little brass or bronze molds (gindal in Konkani).

Shakarpaale:- wheat is for use in select delicacies. The hulled wheat is used in different forms- milled flour, semolina, pounded grains for various dishes often on the sweeter side. Shakarpaale, the most popular version of this sweet is a deep-fried one made with refined flour and is crispy in texture. The other one is that made of semolina, not deep-fried, and has a crumbly texture

Madgane:- pronounced (mud-ga-nee.). Konkani sweet dish made of chana dal (Bengal gram dal) and jaggery with the richness of coconut milk. Some cashew nuts are put for extra texture, Flavored with exotic and aromatic crushed cardamom powder.

Research Methodology:

To complete this article exploratory research have taken place and referred to various research article, websites, periodicals, magazines, online interviews, etc

Review Literature:

Chef Ananda Solomon, executive chef, Vivanta by Taj-President, and corporate chef – of Taj Premium Hotels, in this article also added his perspective on Konkani cuisine. Though seafood has been famous in Konkani delicacies there are different ingredients used such as beef mutton and chicken rice have been traditionally or anciently used in Konkani cuisine in addition the essential course meals would have a variety of fish meat chicken and rice-based dishes. He said that there are various typical parts such as desserts drinks and appetizers that are involved in Konkani cuisine indeed the people who try Konkani delicacies will know that through its records it has managed to bound a large diversification of

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ingredients in the Konkan. Konkani cuisine is a tribute to the coconut-rich cuisine of the western coastal locale. It has 25 coconuts in almost every dish.

(Sheela Nagarkatti, 2019) mentioned the food of the Konkan locale. The migration of communities from the north to the south of the country illustrates how Konkani cuisine adapts to the local climate and available resources. There are coconuts all year round. Cheppe Coconut Kheer means unsweet kheer. The rice is cooked with coconut milk and turmeric leaves and served hot with ghee. This is usually accompanied by Alli upkari, which only means 5 leafy green vegetables without added salt. Phodyos are fried dough sticks. Vegetables such as raw plantain, yam, ripe banana, bitter gourd, sweet potato, etc. are cut into small pieces and added with spice powder, salt, hing, and rice flour. When fried, they become the most delicious fried dough sticks. Each vegetable fritter retains its natural flavor and has a crispy edge. The sumptuous lunch ends with Patolis, which is a mixture of coconut jaggery covered with rice/wheat flour paste and wrapped in turmeric leaves. Then steam the leaves. Chtirapur Saraswat' 's cuisine is colorful, with a long and colorful history.

(Prabha Kamath, 2019) shared about the Konkani cuisine in her book. She says that „Prabha's Kitchen“ is a book of a compilation of ordinary Konkani cuisine, which has attracted Konkani human beings for many years. Eating habits are a unique section of their lifestyle and have continually been the pillars of their daily lives. Generations separated from the frequent family, creating a vacuum for Konkani's food and traditions. Therefore, the author of this book tried to consolidate the small print of the usual Konkani spread in this book. The reason for this book is to print Konkani cuisine. These recipes are veg and are standard recipes of the Konkani community in Kerala. This book may help fulfill the nostalgia and craving for real Konkani cuisine. It can no longer only assist younger humans in Konkani, but also help others discover Konkani's recipes. This book is a non-stop consolidation of the efforts to enlarge the Konkani diaspora and the efforts of the outdoor world who desire to explore the taste of Konkani. This book is an attempt to reveal all the forgotten Konkani old receipts. The authenticity of Konkani food is expressed in this book, which is a wonderful series of achieving recipes.

(Sanjeev Kapoor, 2011) expressed his thoughts on Konkani cuisine in “Konkan Cuisine - aromas from the coastal line”. He proclaims that India is a country that combines a variety of cuisines. If people travel from the north to the south and from the east to the west, they will encounter a lot of delicious foods. They have their own merits, but they are pleasantly different from each other. The food from the west coast of India Konkan area is the most popular food. He said that, in recent years, Konkan cuisine has become one of the most popular cuisines, and many specialty restaurants that attract special crowds have fully displayed it. Although Konkan food is largely synonymous with fish, the variety of vegetarian dishes is equally impressive. The Konkan locale has the most delightful and peppery fish and other seafood dishes. The Konkani language spoken by the local people in the area has different dialects and different accents that make this belt unique. Konkan cuisine is as diverse as Konkani's spoken language. When one traverses the entire locale, he will not only feel the taste of the dishes but also find the differences in the names of the dishes. Chef Kapoor also expressed his views on the unique flavors of kokum and triphal making the delicacies of Konkan region unique. As in the world, locally grown crops play a key role in giving dishes uniqueness. In addition to kokum and triphal, coconuts are also the main crops, so 26 they are used in large quantities. Kokum is a sweet and sour fruit with dry skin that adds a mild sourness to Konkani curry. Solkadhi is a famous drink with good advantages of using kokum. Contrastingly, Triphal is tremendously used in the food preparation of Goa, Malvani, and Mangalore regions. Triphala is found in the Konkan region mostly. When added to fish gravy and beans, it can enhance the flavor of dishes. It can be used in fresh and dried form. There are a variety of red peppers in this location, which vary in spiciness and color. That crimson chillies are used in masalas in Konkan. These chillies give a bright color to the curries. Coconut oil is used in food preparation. Although coconut is abundant in Konkan, it is also a peanut oil that is widely used as a cooking medium. However, in Karnataka, coconut oil is also used to add special flavor to certain dishes. Of course, a taste must be cultivated to enjoy the taste of coconut oil. Some people like it, but if anyone doesn't like it, then other oil can be used.

II. CONCLUSION

Most people find that the traditional Konkani cuisine and the Konkani cuisine offered by Mumbai restaurants have changed. Interviewees said that Konkani dishes served in Mumbai restaurants are slightly different from traditional

Konkani dishes. Most interviewees are not sure about their preferences for these changes. Some people say that they haven't noticed any changes between the traditional Konkani dishes and Konkani dish served in Mumbai's restaurant. Konkani cuisine and its delicacies are delicious. Konkani cuisine has become one of the most popular cuisines, and many specialty restaurants that attract special groups of people have fully displayed it. Some people accept the changes in cooking, some don't.

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