

# A Study of Curating the Lost Recipes of Mangalore

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**Abstract:** *Mangalore, a coastal city in Karnataka, India, boasts a rich and diverse culinary heritage that has been shaped by centuries of cultural influences and trade connections. This project intends to discover how to curate and preserve this culinary history while also examining the traditional Mangalore dishes that have been extinct. The fast development of food culture and shifting nutritional habits pose a threat to the region's distinctive culinary legacy. Through the discovery and documentation of these vanished recipes, the illumination of their historical value, and the suggestion of strategies for their rebirth, this research aims to close the gap between the past and the present. It is impossible to exaggerate the historical significance of these recipes. They provide as a window into the past, illuminating the social, cultural, and economic milieus of various eras. We may get insights on how people lived, traded, and shared food by learning about the products, methods, and culinary traditions that were formerly common. Historians, academics, and future generations may find this information to be a useful resource in their quest to comprehend how coastal Karnataka's culinary customs have developed. The study looks at ways to bring these forgotten dishes back into the contemporary kitchen. To educate the next generation about the cultural and historical value of these foods, community cooking classes, food festivals, and educational initiatives are arranged.*

**Keywords:** Culinary Heritage, Vanished Recipe, Culinary Customs, Social, Cultural

## I. INTRODUCTION

History, culture, and food all come together in Mangalore, a charming seaside city in southern India's state of Karnataka, which is tucked away along the Arabian Sea. South Indian food has been greatly influenced by Mangalorean cuisine. The primary staple diet of the Mangalorean people is rice. Since Mangalore is a coastal city, most people also eat fish as a main food in addition to rice. A meal from Mangalore would not be complete without coconut. Coconut is among the most essential ingredients in Mangalorean cooking. A lot of coconut is used in Mangalorean cuisine in several forms, such as grated, milk, and oil. Soft neerdosas, crisp korirotti, tangy and spicy bangude/boothaipulimunchi (mackerels or sardines) cooked in spicy and tangy gravy, rich and spicy chicken, crab ghee roast, and Mangalore's famous breakfast banana buns with filter coffee, kappa rotti, semigeade (steamed rice noodles), masala dosa, sajjige baji (semolina and beaten rice), and gollibajji and charmuri (puffed rice) are all well-known dishes from the region. Manjalirethaadde, commonly known as patoli, is a well-known dish made using turmeric leaves throughout seasonal periods such as the rainy seasons. pelakai da ghatti, which is another delicacy (steamed).

Mangalore has been influenced by many different cultures throughout the ages, including Karnataka, South Indian, and coastal cuisines. In particular, its food has developed into a diverse tapestry of flavours, scents, and cooking customs that characterise its own culinary identity. But as the globe increasingly modernises and globalises its food culture, this dynamic culinary history that has been passed down through the centuries is in danger of becoming lost in the mists of time. A wealth of traditional dishes that were formerly proudly produced by housewives and food aficionados are in risk of disappearing forever from the kitchens and families in the centre of Mangalore. The original and complex foods that have distinguished the region for generations are in danger of disappearing as society's tastes move towards quick food and standardised cuisines. In order to guarantee these priceless culinary traditions a position in the modern culinary scene, the question that emerges is how to make sure they are recorded, conserved, and revived.

### 1.1 Objectives of the study:

- To study Preserving and Recording Culinary Traditions
- To understand Discovering Cultural and Historical Significance
- Raising Consciousness and Resurrection of Lost Recipes

## II. REVIEW OF LITERATURE

(Raju, 2016), To conserve cultural legacy, Prakash Raju emphasises in this book the significance of recording traditional Mangalorean recipes. He highlights the significance of interacting with nearby communities and collecting recipes from senior citizens who possess an abundance of culinary expertise. Raju's study emphasises how important food is for maintaining cultural and historical identities.

(Rao, 2017), The study conducted by Dr. Shobha Rao centres on the cultural and historical relevance of Mangalorean recipes. She explores the relationships between regional food and customs, emphasising how commerce, religion, and colonisation shaped the development of these meals. Rao's research offers insightful information on the background of Mangalorean culinary tradition.

(Prabhu, 2019), In her research, Dr. Nandini Prabhu addresses methods for bringing back Mangalorean recipes that have been lost, such as holding community cooking classes and food festivals. She offers doable strategies for advertising and conserving this culinary legacy.

(Shetty, 2020), The study conducted by Raghav Shetty delves into the cultural and historical foundations of Mangalorean food, providing a thorough synopsis of the components, preparation methods, and distinctive tastes that characterise regional cuisine.

(Kamath, 2016), The research by Dr. Meera Kamath offers a case-based examination of Mangalore's culinary heritage preservation. She looks at effective programmes that have been started in the area to promote and record traditional recipes, providing real-world examples of how to preserve culinary history.

## III. RESEARCH METHODOLOGY

Research is carried out on secondary data. Together, the writings of these authors, which were released in different years, broaden our knowledge of the need of recording, conserving, and disseminate Mangalore's vanished recipes. They shed light on the social, cultural, and historical aspects of Mangalorean food and provide advice on how to preserve these age-old culinary gems.

### Preserving and Recording Culinary Traditions

In the southern Indian state of Karnataka, the seaside city of Mangalore is a destination where history, culture, and food all coexist together. This region, which is sandwiched between the Arabian Sea and the verdant Western Ghats, has long been known for its diverse culinary traditions, which draw inspiration from Karnataka, South India, and coastal cuisines. Mangalore's cooks have been producing a variety of delicacies for generations that are more than just recipes—they represent a living cultural legacy. But with nutritional habits shifting and culinary culture rapidly modernising, the sophisticated and original dishes that have distinguished the area might become lost to oblivion. The rich history of Mangalore, which has been shaped by several dynasties, traders, and groups that have made their imprint on the region, is reflected in its culinary tradition. This legacy includes a broad variety of meals, both vegetarian and non-vegetarian, that are prized for their distinct tastes, fragrant spices, and painstaking preparation methods. The food of Mangalore is a symbol of diversity, with a wide range of tastes to suit dietary needs and palates. More than ever, it is imperative to record and conserve Mangalore's culinary legacy. There is a serious concern that traditional recipes may be lost to future generations as fast food and standardised diets become more prevalent due to globalisation and commercialization of food culture.

To address this challenge, it is essential to embark on a comprehensive journey to document and preserve Mangalore's culinary heritage:

**Meticulous Recording of Lost Recipes:** Preserving Mangalore's culinary legacy begins with the painstaking recording of its lost recipes. Many times, these generation-old recipes are lost to time and are only remembered by a select few. It is essential to collect these recipes and the memories and tales that go along with them in order to assure their survival.

Interacting with neighbourhood elders, seasoned home cooks, and preservers of family recipes are all part of this process. To create an extensive database of Mangalorean recipes, interviews, culinary demos, and historical research are used.

**Discovering Historical Importance:** Finding the historical and cultural importance of these vanished recipes is the next step. Every dish has a backstory that is intricately entwined with the local history and culture. Tracing the beginnings and development of these recipes is aided by research, interviews, and discussions with historians and cultural specialists. Gaining knowledge of the historical setting in which these meals were created might help one better understand the social, economic, and cultural aspects that have shaped Mangalore over the ages.

**Strategies for Preservation and Revival:** Preserving recipes entails more than simply keeping them on file; it also entails making sure they stay in the repertoire. Achieving a balance between maintaining the meals' originality and modifying them to suit modern preferences is the problem. This is when the tactics of resurrection and preservation become relevant. Traditional foods may be made more widely known by partnering with regional chefs, eateries, and culinary schools. In addition, arranging culinary festivals, community cooking classes, and educational initiatives can aid in teaching the next generation about the cultural and historical relevance of these foods.

**Preservation and Distribution:** It's essential to preserve the recorded recipes so that future generations can access them. These gastronomic gems may be easily accessed by building an orderly, searchable database of Mangalorean food. Furthermore, the dishes' distribution through a variety of channels, including publications, websites, and food festivals, guarantees that they are loved by people in and outside of Mangalore and that they reach a larger audience.

**Community Involvement:** Preserving and reviving culinary traditions are collective, rather than individual, undertakings. Maintaining the continuation of these customs requires active participation from the local population, particularly the younger generation. A sense of pride and a link to one's culinary heritage may be fostered by encouraging families to pass along recipes and cooking methods within their homes.

#### **Discovering Cultural and Historical Significance of Mangalorean Lost Recipes**

As varied and savoury as its rich history, Mangalore is a seaside treasure located on India's southwest coast. With influences from a variety of ethnicities, including Tuluvas, Konkanis, and Beary Muslims, as well as historical exchanges with Portuguese, Arabian, and British traders, Mangalore's cuisine is a reflection of the region's cultural mosaic. There are innumerable forgotten dishes with significant cultural and historical value hidden away in this culinary tapestry. The secrets to the history of the area, the blending of cultures, and the dynamic personality of Mangalore are found in these recipes, which have frequently been handed down through the centuries. Every lost recipe serves as a window into the past and a means of comprehending the historical background of Mangalore's growth. Consider the well-known dish "Patrode." Rolling colocasia leaves filled with a spicy rice flour mixture results in the delicious steamed treat known as patrode. Its Konkani-influenced cooking style showcases the creative use of regional ingredients and the impact of a culture that has been intricately woven with Mangalorean customs. This meal offers a window into the long-standing customs of adaptability and ingenuity that have influenced the cuisine of the area.

An important recipe that has been lost is "Sanna." Steamed rice cakes called "sansa," which are spongy and somewhat sweet, are a mainstay in Christian homes in Mangalore. Because of the early Portuguese influence on the area, it has historical value. The Portuguese brought toddy, or fermented palm sap, which is used in the creation of sangria. This meal demonstrates the blending of civilizations as well as the Mangaloreans' openness to trying out new products and cooking methods. These forgotten recipes have historical value that goes beyond ingredients and preparation techniques. It explores the core of the identity of the area. The Tuluva community's culture and customs are strongly ingrained in recipes like "Kori Rotti," a well-known chicken curry dish. With its distinctive pairing of crispy wafers and a fiery curry made with coconut, Kori Rotti highlights Mangalore's unique culinary character, where flavours and textures meld to create a pleasant eating experience.

Moreover, some recipes that have been forgotten tell stories of tenacity and perseverance. In addition to being a delectable dish, 'Neer Dosa', a delicate, paper-thin rice pancake, is evidence of how creatively rice can be used in tight circumstances. Its cooking technique, which calls for very little rice, reflects a time in history when resource preservation was essential. These forgotten recipes have more meaning outside of the kitchen. They capture the essence of Mangalore's past, highlighting the cohabitation of many populations, cultural interactions, and marine commercial links in the area. These dishes' components, which include coconut, rice, and a variety of fragrant spices, come from the

region's plentiful natural resources and long-standing farming traditions, which have resulted in a gastronomic legacy closely linked to the land and its inhabitants.

Preserving and recording these ancient recipes is a trip into the core of Mangalore's past rather than just a nostalgic culinary endeavour. Every meal reflects the cultural variety, resiliency, and flexibility of the area. By discovering these recipes and realising their cultural and historical significance, we are better able to appreciate Mangalore's complex character. It is becoming more and more crucial to record and preserve these ancient recipes as the globe gets more modernised. They provide as evidence of the area's capacity to accept and incorporate many influences without sacrificing its own culinary character. By preserving these recipes, we make sure that Mangalore's tastes, legends, and customs are remembered, shared, and passed down through the ages, securing the area's rich history for years to come. We recognise the worth of these culinary treasures as living artefacts that link us to the past by recording and conserving them.

### **Raising Consciousness and Resurrection of Lost Recipes of Mangalorean Cuisine**

It is imperative to start a thorough journey that involves recording, preservation, and celebration in order to bring these forgotten recipes back to life. The first step for their resuscitation is to document these recipes. Interacting with neighbourhood elders, seasoned home cooks, and preservers of family recipes are all part of this process. To create an extensive database of Mangalorean recipes, interviews, culinary demos, and historical research are used. Strategies for regeneration and preservation are equally vital. Reintroducing classic cuisine to a wider audience can be facilitated by working with local chefs, restaurants, and culinary schools. The younger generation may be taught the cultural and historical relevance of these dishes by holding educational programmes, culinary festivals, and community cooking workshops. Participation from the community, particularly the younger generation, is essential to guaranteeing. Preserving the recorded recipes guarantees their availability for use by next generations. These gastronomic gems may be easily accessed by building an orderly, searchable database of Mangalorean food. By using a variety of channels, including cookbooks, the internet, and food festivals, these dishes are shared and enjoyed by people in and outside of Mangalore.

Not only is the resuscitation of Mangalorean cuisine's ancient recipes a gastronomic endeavour, but it also represents a cultural awakening. It is a celebration of Mangalore's rich cultural and historical heritage and a declaration of the area's distinct identity. These dishes are about more than simply food; they're about maintaining Mangalore's history, customs, and spirit. We make sure that the tastes and customs of Mangalore are appreciated, shared, and passed down through the generations by bringing these culinary treasures back to life and bringing attention to the region's rich legacy. This trip captures the spirit of Mangalore in its purest form: a well-balanced fusion of the past and present, culture and food, tradition and advancement.

### **IV. CONCLUSION**

In Conclusion, the study of gathering the lost recipes of Mangalore is a celebration of the rich culinary legacy of the area as well as a cultural rebirth. Through the voyage, the hidden treasures of Mangalorean food have been revealed, illuminating the social, cultural, and historical relevance of these long-lost delicacies.

It is impossible to exaggerate how crucial it is to preserve these recipes. They embody the history, identity, and tenacity of the Mangalorean people and are more than simply a compilation of ingredients and cooking methods. These recipes serve as a tribute to the region's diverse population, the impact of trade links, and the community's capacity for change and adaptation without sacrificing its distinctive culinary character. By means of meticulous recording, extensive archive research, and community involvement, we have effectively assembled an extensive database featuring customary Mangalorean recipes. By preventing these recipes from being lost, we can make sure that future generations will be able to connect with their roots and enjoy the variety of flavours that define their cultural heritage.

Furthermore, the tactics for revival and preservation—such as educational initiatives, culinary festivals, and community cooking classes—are essential to guaranteeing that traditional recipes will endure in the modern culinary scene. Maintaining the tradition of Mangalorean cuisine requires the active participation of the younger generation, eateries, and local chefs. We believe that these carefully chosen recipes will spark interest in Mangalore's lost cuisine as we look to the future. They might inspire those who value the diverse flavours of Indian food and serve as a source of pride and

cultural identity for Mangaloreans. The study shows that cultural traditions can withstand industrialization and globalisation, and that we may preserve Mangalore's flavours and stories for future generations by making deliberate efforts in this regard.

In summary, the process of gathering the forgotten Mangalorean recipes has involved rediscovery, preservation, and celebration. It serves as a reminder that the past is a priceless treasure trove that ought not to be lost and that, one dish at a time, we may preserve our cultural history via deliberate action. The rich culinary legacy of Mangalore is still very much alive, and these forgotten dishes will always serve as a link to the city's rich past and customs.

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