



## The cuisine of Chhattisgarh

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### ABSTRACT:

Chhattisgarh is indeed the land of humble people and bowl of rice where as We all believe that the eating and eating of any province depends on the geographical location, climate and crops grown there Human civilization is almost as old as the world of taste. Chhattisgarh is called the rice bowl, which means that paddy is cultivated here the most. Therefore, rice and dishes made from it are the staple food here. Being a rice staple, people of Chhattisgarh cook and eat a lot of dishes made from rice and jaggery. Chhattisgarh is a rainfed and forested province, where paddy, green vegetables and fish are produced in large quantities and these materials are the main food here. According to agricultural scientists of Indira Gandhi National Agricultural University, Raipur, about 1500 species of indigenous paddy are found in Chhattisgarh, whose germ plasm is preserved with them. Apart from paddy, Tiwara, Kulthi, Maize, Masoor, Arhar, Urad and linseed are also produced here, The world of taste changed with the development of civilization. This form of catering being easily accessible, is in a new era, hex-juice is the same but in which the taste is not less than the taste There are five Aham Lokanchal of Central India, Bundelkhand, Baghelkhand, Nimar, Malwa and our own Chhattisgarh. With its own juice specialty. In such a situation, we miss our traditions, Chhattisgarh is probably the most unique in this matter. As soon as we remember Chhattisgarh, many pictures emerge on the psyche table. How many Raj dynasties who ruled here - Nand, Maurya, Vakataka, Nal, Pandu Sharabhapuri, Som, Kalachuri, Nag, Gond and Maratha, left their mark and food and died. Chhattisgarh is famous for its mineral wealth and forest wealth as well as food and drink.

### OBJECTIVE:

Human civilization is almost as old as the world of taste. The world of taste changed with the development of civilization. This form of catering

being easily accessible and nutritious is in a new era today, the hex-juice is the same but in which there is nothing less than a great taste. There are five Aham Lokanchal of Central India, Bundelkhand, Baghelkhand, Nimar, Malwa and our own Chhattisgarh. With its own juice specialty. In such a situation, we miss our traditions, Chhattisgarh is probably the most unique in this matter. The cuisine of Chhattisgarh has very authentic taste and blend of Indian spices which all together gives a traditional taste to food of Chhattisgarh more over Chhattisgarhi dishes are balanced, healthy and delicious. Also, the aroma of traditional beauty makes them unmatched. In this era of modernity, the taste buds coming out of the hearth are giving us an opportunity to enter into a more humble world.

### I. INTRODUCTION

Chhattisgarh the land of most humble people and the bowl of different varieties of rice, a land of very famous rivers Mahanadi, Indravati and etc. Chhattisgarh is a beautiful state of incredible India Chhattisgarh was carved out on November 1, 2000. Let me take you to the cuisine of Chhattisgarh.

Chhattisgarh is famous for its mineral wealth and forest wealth as well as catering. The food and drink of any province depends on its geographical location, climate and the crops that occur there Chhattisgarh is a rainfed and forested province, where paddy, green vegetables and fish are produced in large quantities and these materials are the main food here. From the point of view of food, there are variations in the Surguja-Raigad area in Chhattisgarh, the plain area of Raipur-Bilaspur and the Bastar region. Rice and rice meal are popular all over the place but there is variation in local cuisine and cuisine. Naturally grown or obtained material is prominent in the diet of the tribals of Bastar. Women usually do the work of preparing food. The women of Chhattisgarh are well versed in the preparation of various dishes. In the morning after regular work in villages, stale rice (bhaat) is eaten in wood chutney and goes to work.



Together, the pits take thick rice bread with some greens. Then back in the evening, eat dal bhat which is made. There is a practice of eating rice without even drinking rice water. This is called page travel. In the morning and afternoon, usually eat rice (bhaat) with chutney or sukuti. Food can be divided into many types such as food made on daily basis, food / dish made on Teej festival, food made on child birth and festivals, food made in marriage etc. and food made in marni. The module presents various streams of food and drink in Chhattisgarh.

From Khurmi to Sohari, these are the traditional dishes of Chhattisgarh:- Malpua - Rice is made by crushing and crushing it, Tasmai - Chhattisgarhi is a dish like Tasmai Kheer, Khurmi - Sweet Chhattisgarhi made from a mixture of wheat and rice flour is a popular dish, Papachi - Papachis made of wheat-rice flour can also outperform the balshahi and many more delicious dishes which comes from our incredible Chhattisgarh . as we know Chhattisgarh is famous for its mineral wealth and forest wealth as well as catering. The food and drink of any province depends on its geographical location, climate and the crops that occur there are many lost recipes which is made in inner village part of Chhattisgarh people don't even know about those dishes , Garh Kalewa is a catering site in the Mahant Ghasidas Memorial Museum located in the heart of the city in Raipur, the capital of Chhattisgarh. Only traditional Chhattisgarhi dishes are served here which is taken care by ruler ladies community of Chhattisgarh they serv incredible food and traditional hospitality to customers.



## II. TRADITIONAL CHHATTISGARHI CUISINE

Chhattisgarh is called the rice bowl, which means that paddy is cultivated here the most. Therefore, rice and dishes made from it are the staple food here. Being a rice staple, people of Chhattisgarh

cook and eat a lot of dishes made from rice and jiggery :-

**Tasmai:-** Chhattisgarhi dish like Tasmai Kheer. This dish of milk and rice is specially made for special occasions and happiness.

**Khurmi:-** A sweet dish made of a mixture of wheat and rice flour is a popular nature dish. . Is made at the time of fresh pola.

**Papachi:-** Wheat-rice is a ceremonial dish made of flour. It can also defeat child governance. Sweet papachi, baked in low flame, makes Kurmuri more delicious.

**Anarsa:-** Rice is a delicious form of Chhattisgarhi dish made of flour and jaggery syrup. On special occasions.

**Dehrauri:-** Warm Dehrawi can be called indigenous form of rasgulla in coarse chawls and syrup.

**Fara:-** Fara is made of cooked rice, sweet fara is used in jaggery solution and the second is cooked in steam, which is made more delicious by cooking it.

**Chausela:-** In the Hareli, Pora, Chherchera festivals, the flavor of this dish, which is prepared by frying with the flour of the rice, increases the jaggery and ethos etc.

Some savoury dishes of Chhattisgarhi cuisine:-

**Thathri:-** This salty dish with a long or round shape is made from gram flour.

**Kari:-** kari is a thick sev of gram flour, it is made with salt by adding salt to curry, and without salt, curry makes sweet laddus with jaggery. Curry Gurdu Laddu is made in occasions of sorrow and happiness.

**Sohari:-** Thin and big puri-sorri is made in weddings and banquets.

**Bara:-** This dish made from urad dal has special practice in marriage and marriage.

**Cheela** the most vary vary famous dish of Chhattisgarh which under Chhattisgarhi cuisine :- Nunha cheela is made by adding salt to rice flour and by adding jaggery to the solution, gurha cheela. The taste of both these cheela is enhanced by green chilli and tomato sauce.

Chhattisgarhi dishes are balanced, healthy and delicious. Also, the aroma of traditional beauty makes them unmatched. In this era of modernity, the stove is giving an opportunity to descend into its own and humble world of taste.

**Malpuva** - Rice is made by mixing it with gud. It has special significance among the people of Satnami caste here, therefore Human civilization is almost as old as the world of taste. The world of taste changed with the development of civilization. This form of catering being easily accessible horseshoe is in a new era today, the hex-juice is the same but in which the taste is not less than the taste.



There are five ego locales of Central India, Bundelkhand, Baghelkhand, Nimar, Malwa and our own Chhattisgarh. With its own juice specialty. In such a situation, we miss our traditions, Chhattisgarh is probably the most unique in this matter. The culture of Chhattisgarh has distinctive and rare traditions of catering, which emerge according to every Prahra, Bela, weather and Teej-festival. If the horseshoe of the tribal society is a natural forest, then the horseshoe of the bearers of the district culture is shocked by its variations. Manglik and non-Manglik have a vast range of cuisines; these dishes are roasted, cooked in steam, fried in oil and also prepared by adding different cooking method.

#### Recipe of few dishes from Chhattisgarhi cuisine:-



**Muthia:** Rice flour; sometimes mixed with cooked rice, kneaded by adding salt, making a round shape with a fist, cooked with steam, salted Muthia baked with sesame and pepper.



**Mung vara:** Grind the soaked moong dal, finely chopped green chillies, coriander, kneaded, whisked and salted fried in hot oil.



**Cheela:** Rice flour dissolved in water, roasted with oil in a low flame on a griddle, salted cheela.



**Chila:** Gram flour. Besan is dissolved in water, roasted with oil in a low flame on the griddle, salted cheela.

**Fara:** rice flour; sometimes mixed with cooked rice, salted by kneading it, making finger rolls, steaming, steaming with sesame and chilli, salted fara.



Coriander, Chilli, Tomato, Garlic Sauce: Tomato Chilli, Coriander, Onion, Garlic Mustard Sauce cooked in oil. This chatni is very specie and people of Chhattisgarh love this.

### III. ANALYSIS AND INTERPRETATION

It is found that Chhattisgarhi food or cuisine is very light and health benefited food where as food like bore basi, vara ,chila, aam ki sabji gives lot of cooling effect to human body and also develop our digestive system. In terms of food and drink, there are variations in the Surguja-Raigad area in Chhattisgarh, the plain area of Raipur-Bilaspur and the Bastar region. Rice and rice meal are popular all over the place but there is variation in local cuisines and cuisines. Sour bhaji, is rainy and sometime after that. It grows spontaneously and is also grown. It grows as a shrub and every part of the plant is useful and has lot of benefits. Its leaves are eaten as bhaji in Bastar. Their bhujia is pierced. Its red colored flowers are sour like tomatoes, cooking them together in chutney or vegetable enhances the taste of the vegetable as well as it adds lot of health benefits.

### IV. CONCLUSION:

Like other states, Chhattisgarh also has unique and rare traditions of food and drink. 'Kalewa' changes its form from 'forest produce' to



the district culture prevalent in tribal society. Traditional cuisine is not only a means of changing the taste in festival-festival; they also make us familiar with our heritage. The 'easy world of taste' has also changed over time. It is in our hands to introduce our cultural values to the new generation in a modern environment. Undoubtedly, Chhattisgarh is unmatched in terms of taste compared to other locales of the country. There is a practice of one to one cuisine in the houses on both Mangalik or non-Mangalik occasions. These series of dishes are salty, sweet, roasted, steamed and fried, and apart from them, it is customary to make dishes as well. These foods use the same items that we need in everyday kitchens, Such as flour, jowar, gram, sesame, barley, rice, bran, jaggery, gum etc. These sweets are neither molded by any mold nor are they related to the mathematical temperature of the oven. These sweets are quite polite and simplistic in front of market sweets with flint and colorful aura, even in comparison to nutritious. Taste a taste of these homely sweets made by mummage and labor.

#### **REFERENCES:**

- [1]. Reference are taken from the module of Chhattisgarh khan paan, Pakwan gali of Chhattisgarh web page, images are from Gadh kalewa which serves authentic Chhattisgarhi cuisine.