

## FESTIVAL & FOOD OF HIMACHAL PRADESH

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### Abstract

It is an essential feature of local tourism promotion for a destination. The central functions of the tourism industry are to provide food experiences. Himachal Pradesh is also known for, the most delicious ethnic food of India. It is rich and varied, during festivals traditional foods are mostly cooked with the traditional cooking methods. Dham is a traditional festive meal, it is prepared with only lentil & dairy products served on plates of leaves, which is cooked only by botis. The people of these areas used locally grown grains such as millets, buckwheat and barley. In areas with a pastoral tradition, milk and its products are mostly used in cooking. The traditional cooking methods and knowledge handed down to the generation to generation. The traditional fermented pickles, viz. brinjal, lingri, peach, pear, plum, tomato, radish, carrot, chilli, garlic, mushroom, etc., have been consumed as a regular food. In fact, the madra has become a cuisine technique. Almost every district of Himachal Pradesh has its own unique madra being served in dhams.

The purpose of this paper is to explore and un touch recipe of Himachal Pradesh in front of general people and tourist.

**Keywords:** Culinary Tourism, Food, Festival, Promotion, destination.

### Introduction

The state of Himachal Pradesh is famous for their friendly and warm culture, colorful dresses & regional food etc. Culinary tourism is an element of regional agricultural and economic growth. It is an essential feature of local tourism promotion for a destination. The central functions of the tourism industry are to provide food experiences. The relationship between food and tourism seems paradoxical. Culinary Tourism is related to food and eating experiences that occur when people travel. Tourism in Himachal Pradesh has been recognized as one of the most important sectors of the economy growth for future.

There are number of local & international fairs/ festivals celebrated like dussehra of Kullu' region. Lavi Fair held in Rampur, in Upper Shimla area on the River banks of Satluj has international craze and fame happens in November. The Ice Skating carnival of Shimla held in the month of December, it is the Asia's only Natural Ice Skating rink .

Apart from natural beauty, Himachal Pradesh is also known for, the most delicious ethnic food of India. It is rich and varied, during festivals traditional foods are mostly cooked with the traditional cooking methods. Dham is a traditional festive meal, It is prepared with only lentil & dairy products served on plates of leaves, which is cooked only by botis. The famous Himachali dishes are sidu ,Babru (kachori) ,patande (chilla), patrode, Aktori, Bhey, Nashashta(Sira), Ghainda, Chhachha( Raw Mango Chutney) etc.

In the end of meal usually sweet rice, kheer and jalebi are served. Traditional foods are based on cereals. The daily meal of Himachal Pradesh is usually rice, lentil broth, dish of vegetables and Indian Bread. In areas with a pastoral tradition, milk and its products are mostly used in cooking. The traditional cooking methods and knowledge handed down to the generation to generation. In fact, the madra has become a cuisine technique. Almost every district of Himachal Pradesh has its own unique madra being served in dhams.

The traditional fermented pickles, viz. brinjal, lingri, beedana, peach, pear, plum, tomato, dheu, radish, carrot, chilli, garlic, mushroom, etc., have been consumed as a regular food.

### Objective

- To explore the traditional festive food of Himachal Pradesh and their recipe.

### Good and Relevant Literature :

- **Neetu, S. Anand,S (2012).Found that** Ethnic food of Himachal Pradesh is rich and varied, while relying heavily on local ingredients. It can be a healthy choice with a balance diet of steamed rice or roti, lots of vegetables, dal, yogurt and saag .
- **Nivedita S., Shweta H., Anupama G.(2013). Mentioned that** Fermented foods which are more prevalent in Himachal as popular dishes are not only for taste but also serve as very important digestive aids to impart immense health benefits to human beings directly or indirectly.

- **Siddhartha Sharma,(2013)** **Founded that** Food is one of the basic necessities for the survival of human beings. Anthropologists have long been interested in food, food ways and nutrition. Food anthropology as a discipline is to investigate the ways in which food, food production, food consumption and food rituals are associated with socio-cultural norms, behavior, social conventions and individuals and group ways of living. In this study main focus on ,food practices followed during festivals, food practices at the time of child birth, food practices at the time of menstruation and food practices at the time of death at Kinnaur region of Himachal Pradesh.
- **Monika, Savitri, Anila K., Kunzes Angmo & T. C. Bhala ,(2016)****Mentioned that** In Himachal Pradesh, a variety of pickles are prepared from local fruits and vegetables. The preparation of most of the pickles involves fermentation of fruits and vegetables that are available in ample amount during a particular season. In Himachal Pradesh, pickle production is mainly carried out by rural women using their indigenous knowledge.
- **Prashant K. Gautam & Parikshit Sharma,(2017)****Mentioned that** The study concludes with a view to that Food tours play an important role in the development of tourist's interest for a place. The agencies coordinating the tourism inflow to a place must keep in view this resource in order to promote and develop food tourism in any specific destination of Himachal Pradesh.
- **Arvind K. (2017)****Founded that** it is quite clear that Himachal Pradesh has numerous local cuisines which are unique in themselves. They are integral part of Himachali culture and must be included in menu of different catering centres across the state and abroad also. The Dept. of Tourism, Himachal Pradesh must play an active role in promotion of local cuisines not only for cultural tourism development but also for conservation of ancestral recipes of different cuisines of Himachal Pradesh. Similar responsibilities should be exhibited by local hotel owners, restaurant owners, travel agents and local residents themselves.
- **Anju K., Promila K. (2017)****Founded that** The knowledge of Traditional Foods and their method of cooking can be vital for health as well as for the local population. The tapping of Traditional Knowledge in cooking and the preparation of food in combination with modern techniques may also be very well utilized to prevent the junk food habits. The traditional recipes prepared by the local people are generally associated either with festivals .
- **Monica T. , Beenu T., Rattan S. T. , Vikas K., Ankit G. (2018)****Founded that** The cuisine is developed keeping in mind not only the geographical and climatic conditions of the state but also according to the traditional methods under natural conditions mostly from the staple ingredients of himachal Pradesh
- **Gulshan K.,Sampy, D. (2019)****Mentioned that** Ethnic food also served as nutritional supplement. But due to modernization in food habit, old traditional preparations are on the verge of disappearance. Thus an effort had been made to explore some of the recipes from endless list of dishes prepared in the district Hamirpur .
- **Ranit B.(2019)****Founded that** Himachali dham is not just a feast but a conglomeration of distinct flavors presented in one complete form. The bounty of Himachali cuisine is attracting tourists from domestic and international levels. The traditional preparation is untouched by the outside influence; however, the modernization is slowly and gradually peeping inside the fort and corrupting it.

### Methodology

As the aim , to explore the traditional festive foods of Himachal Pradesh and their recipe. The data has been collected from the secondary source such as published and unpublished articles, journals, books and websites. An informal discussion with Himachal families has been conducted for gather more information about festive food those they are prepared on festivals, recipe and cooking style.

### Festivals of Himachal Pradesh

#### 1. Kullu Dussehra

Kullu Dussehra is one of the most significant festivals in Himachal Pradesh celebrated. In Himachal Pradesh, a grand fair is organised every year in the month of October. This grand celebration has been a ritual ever since. The Nati dance, traditional to the valley, is performed with folk music as the Kullu Brahmins perform rituals and traditional bites are served.

#### 2. Losar

Losar has its roots in Tibetan Buddhism when the lamas decided upon a date to celebrate an agrarian event. People make special cakes (Kapse) and alcoholic beverages (Chang).

### **3. Halda**

Celebrated on the auspicious occasion of Magha Purnima, Halda, It is a 2-day grand carnival celebrated in the secluded region of Lahaul valley. It is dedicated to Shiskar Apa, the Goddess of wealth.

### **4. Sazo Festival**

It is one of the beautiful festivals of Himachal Pradesh, Sazo rooted in the strong belief that during this time, the deities ascend back to heaven for some time. Their departure is considered a huge event. They take baths in the hot springs or in the Satluj river, aiming at cleansing their souls and bodies of every sin. The celebration ends with traditional music and dance performances.

### **5. Doongri Fair**

The day is marked as the birthday of Hadimba, Bheem's wife thus is also known as Hadimba Devi's fair. A vast fair is organised every year in respect of their beloved deity, Hadimba Devi. This extravagant fair is organised on Basant Panchami, the day that marks the arrival of the spring season.

### **Traditional Food :-**

#### **1. Channa Madra**

##### **Ingredients of Channa Madra**

- 250 Gram ghee
- 250 Gram kabuli chana-boiled
- 4 cardamoms
- 5 cloves
- 1/3 tsp black cardamom, powdered
- 1/3 tsp clove, powdered
- 1/2 tsp turmeric
- 3/4 tsp cumin powder
- 1/2 tsp salt
- 3 tsp raisins
- 500 Gram yogurt

##### **How to Make Channa Madra**

1. Heat the ghee in a pan.
2. Add cardamoms, cloves, black cardamom, clove powder, turmeric, cumin and kabuli channas and mix well.
3. Then add the salt, raisins and yogurt and cook on low flame for 20 minutes.
4. Serve hot with rotis.

#### **2. Gahat Ka Shorba**

##### **Ingredients of Gahat Ka Shorba**

- 400 gms gahat (horsegram)
- 3 gms jakhya (local mustard of Uttarakhand)
- 1 gm asafoetida
- 15 gms coriander root
- 1 gm cumin
- 25 gms onion
- 2 gms coriander seed

- 5 gms garlic
- 5 gms ginger
- 2 gms salt
- 1 gm peppercorn

#### **How to Make Gahat Ka Shorba**

1. Heat oil add cumin, coriander seed, chopped ginger garlic, and onion sauté it
2. Then add asafoetida, when it starts releasing flavor add roughly chopped tomato and coriander root
3. Sauté it and add water and gahat, cook it on a slow flame till it is mushy
4. Strain it and adjust seasoning, serve hot.

#### **3. Auriya Kaddu**

##### **Ingredients of Auriya Kaddu**

- 8 cups chopped pumpkin
- 2 tablespoons mustard oil
- 1 tablespoon panch phorun ( combination of 5 whole spices - available at any Indian store)
- Pinch of asofetida (hing)
- 2 bay leaves
- 2-3 whole chili
- 1 teaspoon turmeric (haldi)
- 1 teaspoon coriander powder (dhaniya)
- 1 teaspoon amchur (dry mango powder)
- 1 cup chopped cilantro
- Grind together:
- 30 grams black mustard seeds (rai)
- 3 tablespoons water

##### **How to Make Auriya Kaddu**

1. Heat mustard oil.
2. Add the panch phorun and asofetida.
3. Add 2-3 whole chili and fry.
4. Add the chopped pumpkin and mix well.
5. Cook for about 15 minutes until the pumpkin is soft.
6. Add turmeric and salt to taste.
7. Cook for a few minutes and then add the dry mango powder.
8. Mash the pumpkin and take off the heat.
9. Let the pumpkin dish cool.
10. Add the ground mustard mixture and mix well.
11. Serve warmed.

#### 4.Khatta Recipe

##### Ingredients

- 4 tablespoons coriander powder
- 8 tablespoon besan
- 1 teaspoon chili powder
- 6 tablespoons of amchor
- 2 teaspoons turmeric powder
- 1 bunch of cilantro
- $\frac{1}{2}$  teaspoon of hing
- $\frac{1}{2}$  teaspoon fenugreek seeds
- 1 large stick of cinnamon
- 2 black cardamom pods
- 10 cips of water
- Salt to taste

##### For the Boondi:

- 1 cup of besan
- $\frac{1}{4}$  teaspoon turmeric
- 1 teaspoon coriander powder
- Chili powde to taste
- $\frac{1}{4}$  cup water

##### How to Make Khatta

###### • For the Boondies:

1. In a bowl whisk together all the ingredients for the boondi with water.
2. Heat 5-6 cups of mustard oil for frying.
3. Sieve the boondi batter through a sieve with rounded holes and fry the boondi till crisp but do not brown.
4. Set aside.

###### • For the Khatta Gravy:

1. Heat 4 tablespoons of mustard oil.
2. Add 1/2 teaspoon methi seeds, dalchini, moti eilachi and 1/2 teaspoon of hing (asafetida).
3. Combine and add the coriander powder, besan, chili powder, turmeric, amchur powder, salt and mix well.
4. Add 10 cups of water and stir very well smoothing out any bumps and bubbles.
5. Boil for 15 minutes. Add the boondi and boil for 5 minutes.
6. Take the pot off the fire and set aside as the mixture will thicken.
7. Garnish with chopped cilantro. Serve hot with white rice.

##### Conclusion

The food of Himachal is like the people of Himachal - simple, earthy and inextricably linked to the land. In Himachal, the emphasis is on food that is wholesome, fresh and prepared with little or no fuss at all. Food always evolves out of a certain cultural context. The simpler the culture or civilization, so is the cuisine which is uncomplicated. Himachal with its essentially agrarian culture has retained simplicity in its cuisine. As the Indian likes to eat sweet dish in all festivals and happy moments, the people of Himachal also like to eat sweet dishes in festival occasion.

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