

# Regional food

## Cuisine of India

**Hari**  
GHOTRA

### Northern Region

Climate - Hot summers and cold winters

Includes Punjab, Jammu and Kashmir, Uttar Pradesh and Haryana and has a strong Mughal influence.

**Punjab:** Real flare and passion for food and drink!

Mainly agricultural area that is rich in vegetables, lentils, flour, sugar cane as well as dairy produce such as yoghurts, lassi, makan, ghee.

Food tends to be mild using onion and garlic to create thick rich sauces using lots of spices to layer flavour. Garam masala is the key spice mix.

**Kashmir:** Mogul influences, rich in red meats, yoghurt & rice. Known for huge banquets and elaborate dishes such as bryani.

**Typical Dishes:** Rogan Josh.

### Eastern Region

Climate - Wet!!

Abundant in green vegetables, fruit and rice. It is strongly influenced by Chinese and Mongolian cuisine. Also known for sweets & desserts. Coastal regions fish is very popular, inland pork.

**Bengal:** Meals start with a bitter dish, then lentils, veg fish and meat all presented separately. Paan phoran is the spice blend of choice as well as various pastes.

**Typical dishes:** Momos (steamed filled wontons), fish curry.

### Western Region

Climate - Hot and dry

Population are mainly Hindu and vegetarians. The food is spicy with few vegetables available so pickling is very common. Staples include corn, lentils, gram flour and yoghurt.

**Rajasthan:** Red meats are common known for bryanis, dried fruits and nuts with food ranging from spicy to sour.

**Gujarat:** Jaggery is added to sweeten savoury dishes. Lots of different little dishes served together in a thali.

**Goa:** Coastal region that is abundant in coconut, peanuts, lots of seafood and rice. It has huge Portuguese influence and use vinegars in sauces.

**Typical dishes:** Vindaloo, Fish curry, Patia sauce.

### Southern Region

Climate - Hot and humid with lots of rain

Spice garden of India abundant in tamarind, asafoetida, mustard seeds, peppercorns, chilli's & coconut. The main staple rice and is used in different forms. Food is hot & spicy.

**Hydrabad:** Known for raw meat bryanis, dried fruits, nuts and saffron with food balancing spicy to sour flavours.

**Karela:** Coastal region where seafood, fruit, vegetables and coconut are all in abundance. Mainly vegetarian with hot and fiery dishes made through the use of spice pastes.

**Typical dishes:** Idlis, Dosa, Rasam, Sambaar, poppadums.

