

Chapter 16


Empowering Community Through Reviving the Traditional Indian Recipes

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ABSTRACT

India has vast cultures which bear several community's history, values, beliefs and food. Indian food and culture are rich, diverse and deeply interwoven, inseparable and reflecting the country's rich heritage and diversity. History has developed the sense among the people to how important the documenting our culture and heritage. This chapter will investigate the historical significance of Indian traditional food recipes and their role in cultural heritage, explore the factors that contributes to the loss of culinary traditions, highlight the efforts and initiatives aimed at rediscovering and preserving these culinary treasures. illustrate how the revival of lost recipes can contribute to cultural heritage and empowering community. In broader sense this is an effort to empowering the community through preserving the traditional Indian food recipes. In this study data were collected through documents, which were published on digital platform.

INTRODUCTION

History has discussed about civilization and countless cuisines stories attached with that particular civilization. Every country has own culture of cuisines. Food is very important factor to bind the cultures and traditions together (D' Andrea & D'Ulizia, 2023; Chaudhry, 2021). India has vast cultures which bear several community's history, values, beliefs and food. Indian food and culture are rich, diverse and deeply interwoven, inseparable and reflecting the country's rich heritage and diversity (Singh & Najjar,

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2020). Trade of spices and Indian food were the reasons among the travellers who travelled thousands of years ago in India (Kumar & Pandey, 2021).

Earlier food was consumed only for survival. At the passing of time nature of food changed from eating fruits to hunting meat or fish to use fire for cooking food. Changes in cooking method from traditional to modern methods due to various reasons such as globalization, urbanization, Loss of Agricultural Diversity, Busy Lifestyles, Migration, Generational Changes, Technological Advancements, Media and Advertising (Singh & Najar, 2020). Each culture has its own legacy of the food which were transferred orally from generation to generation. Sometimes entire civilization was wiped out due to any natural calamity or war or other reasons. Next generations only assuming about what had been the method of traditional Indian recipes after wiped out civilizations because there was no documentation of preserving these Indian recipes (Chaudhry, 2021). To understand the various emotions behind the food preparations is a priceless treasure for our future generations. Although various efforts are to be taken by the government, agencies, institutions, Chefs, food lover etc. This chapter will be an effort to Empowering community through reviving the traditional Indian recipes. The objectives of the chapter are

1. To investigate the historical significance of Indian traditional food recipes and their role in cultural heritage.
2. To explore the factors that contribute to the loss of culinary traditions.
3. To highlight the efforts and initiatives aimed at rediscovering and preserving these culinary treasures.
4. To illustrate how the revival of lost recipes can contribute to cultural heritage and empowering community.

Methodology

In this study data were collected through documents, which were published on digital platform. Surveyed ancient religious scriptures, travelogues, research articles, articles written on food cultures and systematically records the available information for this chapter.

Results and discussion

Food plays a pivotal role in cultural heritage, serving as a vital link between past and present and acting as a repository of history, identity, and tradition. Here's an exploration of the multifaceted role of food in cultural heritage

Evolution of Indian traditional food and regional variation

Ancient Roots and Textual Evidence

1. **Vedic Period (1500- 500 BCE):** Ancient texts like the Vedas, Upanishads, Bhagavadgita, Ramayana and Manusmriti mention various foods, belief systems, preparation methods, and dietary habits. Indian traditional foods are classified into three categories such as cooked vegetables, milk, fresh fruits and honey (Antani & Mahapatra, 2022; Sarkar et al., 2015). Traditional recipes are passed down through generations, preserving culinary practices and techniques. This continuity ensures and connects modern Indian society with ancient roots. It also reflects centuries-old traditions.

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