


Chapter 23

Preserving Traditional Cuisines and Methods in the Culinary World: Empowering the Community

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ABSTRACT

Globally, food preparations and its consumption, including its service, has transformed into a new science (culinary science in catering studies) and tradition (culinary tourism), which is evolving to transform not only communities, but a whole country or region at large. Due to the fusion of cultures, particularly the Western culture into the local cultures or tradition, many local cultures are influenced, both positively and negatively – thereby affecting, or dominating the host or local culture. This leads to compromise of the host food/culinary culture by adopting, or at least incorporating the foreign or dominant food culture, leading to influence of the foreign food culture into the local/traditional culture. Therefore, the main purpose of this research is to identify the threats faced by the local or traditional recipes; present the strategies needed to preserve the local recipes for future generations in addition to tourism potentials; and how they are used to help transform the immediate communities at large.

INTRODUCTION

Food is a part of culture and tradition of any community or society, which includes its recipes for their dishes, methods of preparations, mode of service, as well as its mode of eating or consumption. Eventually, the result of which is, the loss of the authenticity of the local or traditional recipes; introducing new methods of preparations; use of foreign culinary tool or utensils; new and mixed forms of food

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service and its consumption, and so on. Due to these challenges of adulterating and incorporating new cultures creating new food culture in the locality, there is a continuous loss of the food authenticity and originality of those recipes, methods of preparations, etc, which many visitors and locals want to have a taste of the place or community. It has now become a trend in tourism that, a large segment of tourists prefer to have the taste of the local traditional dishes at the destinations, just to have the taste of the authenticity of the local recipes as a form of enjoyment. It is therefore important to protect, preserve, and to promote the local dishes and their recipes, not only for tourism purposes, but for transmitting the local food culture to coming generations. Throughout history, food has transcended its basic and central role as a ‘sustenance’, and eventually evolved into intricate ‘tapestry’ of identity, traditions, and as a culture of people. As a result, the profound connections between culture and food is noticeable in diverse array of cultural cuisines around the globe (Sen, 2023; Singh et al., 2024a; Singh et al., 2024b; Singh & Bathla, 2023; Sharma & Singh, 2024a; Singh & Singh, 2024; Singh & Hassan, 2024a; Singh, 2024a; Singh, 2024b; Singh & Kumar, 2022; Singh & Hassan, 2024b, Singh & Kumar, 2021; Sharma & Singh, 2024b; Ansari & Singh, 2023; Ansari et al., 2023; Ambardar & Singh, 2017; Ambardar et al., 2022; Francis et al., 2024; Ansari & Singh, 2024; Singh & Ansari, 2024; Singh & Kumar, 2024; Singh & Supina, 2024; Sharma & Singh, 2024c; Supina & Singh, 2024). Similarly, food, in many cultures, is intertwined and entwined with seasons, rituals, festivities, and life events (SHAKA TRIBE, 2023). Similarly, food defines and perpetuates the people’s culture Food is one thing found as a way for learning about other people’s culture. Each cuisine reflects geographical, historical, and socio-economic factors of a region – making it a ‘rich tapestry’ of flavours and traditions of the people (Sen, 2023). For instance, in Italy, food is not only about life sustenance, but also about tradition, past, family, and community (*slo* FOOD BANK, 2023). Therefore, food is part of the identity of people that presents a lot of meanings.

Traditional cuisines or dishes are meals, dishes, or cultural foods made fresh, ingredients that are locally sourced, employing traditional cooking methods and preparations, passed down from generation to generation. They tend to be more nutritive, healthier, and much tasty than modern processed foods (*slo* FOOD BANK, 2023). Many cultures or communities have their own specific dishes peculiar and unique to them that give them a sense of pride as well as sense of belonging. For instance, Hamzeh Hammadeen, in July 2024, led an impactful culinary event to present and represent his culture to Auburn community in the US. With the theme of the event as: “From the Desert to the Plains: Jordanian Culinary Experience”, during a night show (Hammadeen, 2024; Singh et al., 2024a; Singh et al., 2024b; Singh & Bathla, 2023; Sharma & Singh, 2024a; Singh & Singh, 2024; Singh & Hassan, 2024a; Singh, 2024a; Singh, 2024b; Singh & Kumar, 2022; Singh & Hassan, 2024b, Singh & Kumar, 2021; Sharma & Singh, 2024b; Ansari & Singh, 2023; Ansari et al., 2023; Ambardar & Singh, 2017; Ambardar et al., 2022; Francis et al., 2024; Ansari & Singh, 2024; Singh & Ansari, 2024; Singh & Kumar, 2024; Singh & Supina, 2024; Sharma & Singh, 2024c; Supina & Singh, 2024). Similarly, SHAKA TRIBE (2023) highlights that culinary traditions present, and as well represent rich tapestry of globally diverse cultures in our accelerated globalised world. Therefore, each recipe or dish, ingredient, as well as their cooking techniques convey a unique narrative of the community’s present, past, and futures – including their values and the environment, SHAKA TRIBE further highlights. Food sustains cultural identities of its peoples, however, it is now becoming more difficult than ever to preserve age-old culinary traditions of a community (SHAKA TRIBE, 2023). In order to keep and preserve traditional cuisines and its dining etiquette alive, it is therefore important to educate the current generation and pass down the practices to coming generations (*slo* FOOD BANK, 2023). This is to enable their traditional dishes through the preservation of their recipes, cooking tools/utensils, and techniques of the meals’ preparations. As a conceptual approach, this research looks at how

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