

Major traditional Bengali Cuisines and Dishes among the peoples of Malda district of West Bengal (India): A Study of Cuisines Geography

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Abstract: Bengali cuisines and recipes are very much renowned in countrywide for its deliciousness and complexity. West Bengal is famously known as the land of maach (fish) and bhaat (rice). The Bengali cuisine is a beautiful assortment of spicy and sweet flavours. The “**Panch Phoron**” is generously use while preparing most of the dishes. The main objective of this research paper is to know the various mouth-watering traditional cuisines and recipes of Malda district of West Bengal, to find out the famous hotels and restaurants in Malda district of West Bengal. The entire study is based on secondary sources of data. Malda district of West Bengal has been selected as the study area. The results of the study shows that Malda district of West Bengal is famous for tourism and its attracts the tourist for tasty Bengali cuisines and dishes. Their study reveals that most of the cuisines of Malda district of West Bengal are very rich in flavours and healthy to consume. Cuisines in Malda district of West Bengal are better known for their spicy and rich, better known for different parts of West Bengal. The results of their study shows that there are various famous hotels and restaurants are found in the district which promotes the tourism and cuisines. Recently globalization, Western culture and Modernization have changed the dietary habits in metropolitan cities areas in West Bengal.

KeyWords: Food, Cuisines, Recipes, Dishes, Rice, Gourmet

Introduction:

“Laughter is brightest in the place where food is good.”- Irish Proverb

Bengalis are one of the greatest food lovers in India. In West Bengal no food is complete without fish. They love fish so much as fish is an important part of their meal. Bengali cuisines and recipes are very much renowned in countrywide for its deliciousness and complexity. It has very well developed over centuries, as the region has gone through various regimes and invasions. Bengali cuisine is a unique blend of flavours, incorporating a wide range of ingredients and spices. It has been heavily influenced by its neighbours such as Indian, Chinese, Persian and Turkish cultures as well as by the native traditions of the Bengali people. The rule of Nawabs has deeply influenced Bengali food which is a combination of subtle and fiery flavours. A Bengalis cuisine offers a combination of both vegetarian and non-vegetarian dishes.

West Bengal is famously known as the land of maach (fish) and bhaat (rice). The Bengali cuisine is a beautiful assortment of spicy and sweet flavours. The “**Panch Phoron**” is generously use

while preparing most of the dishes. It is blend of five spices nigella, fenugreek, cumin, mustard seed and aniseed. The peoples of Bengali are very much fond of cooking. The climate of this state is warm and tropical savanna. Rice is the main staple food of this state because of large scale of production and climatic condition. The Bengali Rosogolla is countrywide famous.

Table 1.1 Major Geographical Indication (G.I.) Food in India

Name of State	Major Geographical Indication (G.I.) Food
West Bengal	Banglaar Rosogolla, Darjelling Tea, Malda Fazli Mango, Joynagar Moa, Mihidana Bardhaman, Gobindobhog Rice, Sita Bhog
Uttar Pradesh	Agra Peetha, Lucknow Tunde Kabab,
Telangana	Hydreabadi Biriyani, Hydreabadi Haleem
Rajasthan	Bikaneri Bhujia,
Maharashtra	Bada Paav
Jammu and Kashmir	Roogan Josh
Andhra Pradesh	Bandar Laddu, Tirupati Laddu
Karnataka	Dharwad Pedha
Madhya Pradesh	Ratlami Sev
Himachal Pradesh	Kangra Tea

Source: World Food Travel Association, 2022

Review of Literature: The review highlights the distinction areas covered by the many researchers and academicians which may be helpful to understand the issues relating to the present study and it also helps to find out the research gap. The basic sources of literature review of my study areas are- published research papers, articles in the journal of national and international repute, books, Government reports, Research agencies reports etc.

Vishu Antani and Santosh Mahapatra (2022) examined the present historical review of diversity of Indian cuisines and its evolution. Their study reveals that Indian cuisines are greatly influenced by religious scriptures, invasion of Mughal, religious taboos, use of various spices and ingredients, cooking style and methods etc. The cultures are also affecting the culinary preferences and foods habits. **Areful Hoque and Mohammad Taufique (2019)** observed that every nook and corner of the country India has unique and plenty of mouth-watering cuisines. Their study reveals that Indian cuisines are greatly influenced by availability of local spices, climatic condition, food habits and prevailing of cultures etc. Many of Indian dishes are occupied Geographical Indication (G.I.). Moreover, it is evident from the study that north Indian cuisines and dishes are different from south India in the aspects of cooking style and taste. **Surjeet Kumar and Ishan Bakshi (2021)** insisted that Indian cuisines are worldwide famous for their taste, different flavours and diversity. Their study reveals that foreign tourists are satisfied with their food experience and have positive perception about Indian cuisines. The roots of Indian cuisines are deeply imbedded into Indian history because over a passage of time, each region has developed a unique set of dishes using a wide range of spices unique ingredients combined with

unique cooking styles. **Anupam Jain, Rakhi and Ganesh Bagler (2015)** observed that Indian is home to number of regional cuisines that showcase its culinary diversity. Their study reveals that spices and dairy emerged as the most significant ingredient materials are responsible the biased pattern of food pairing. **Namarata Divya and Ananya (2016)** insisted that Indian cuisines contain a wide variety of traditional and regional cuisines which are indigenous to India. Their study reveals that an Indian cuisine is heavily influenced by geographical location, climate, soil types, locally available spices, herbs, vegetables etc. Indian cuisine varies region to region. The cuisines reflect the culture of Indian people. Each state of India has its own special and famous cuisines, which is not famous only in that particular region or nor only in India but also in foreign country.

Objectives of the Study:

1. To know the various mouth watering traditional cuisines and recipes of Malda district of West Bengal.
2. To find out the famous hotels and restaurants in Malda district of West Bengal.

Database and Research Methodology:

The current research work is analytical, descriptive and empirical type of research work. The entire study is based on secondary sources of data. The secondary data has been collected from Department of tourism, Malda district, Government of West Bengal, West Bengal Tourism Development Corporation Limited (WBTDCL) Annual Report, District Statistical Handbook, Malda Collectorate, Menu Book of various hotels and restaurants, Books, Research Paper, Journals, Newspaper, Researchgate, Google Scholar etc.

A Geographical Profile of the study area:

Malda district of West Bengal has been selected as research study area. Malda district is entirely located in North Bengal, it is also known as “**Gateway of North Bengal**”. It lies in North Bengal on lower Indo-Gangetic plain. The latitudinal range of Malda lies between 24°40'20" North and 25°32'08" North, and the longitudinal range is 87°45'50" East and 88°28'10" East. For administrative purpose the district has been divided into 15 Community Development Block and two sub-division namely Malda Sadar and Chanchal Sadar. The district is very much famous for Mango Production, Litchi production, Jute Production and Sericulture activity (Raw Silk production), school educational sectors. This district is also known as “**Valley of Mango**”. Majority of the male population of this district are migrants labour, agricultural labour and Hawkers due none availability of any large scale, medium scale industries, majority of female population in rural are engaged in bidi making household industries. According to 2011 Census of India still 86.14 per cent population are belong to rural area.

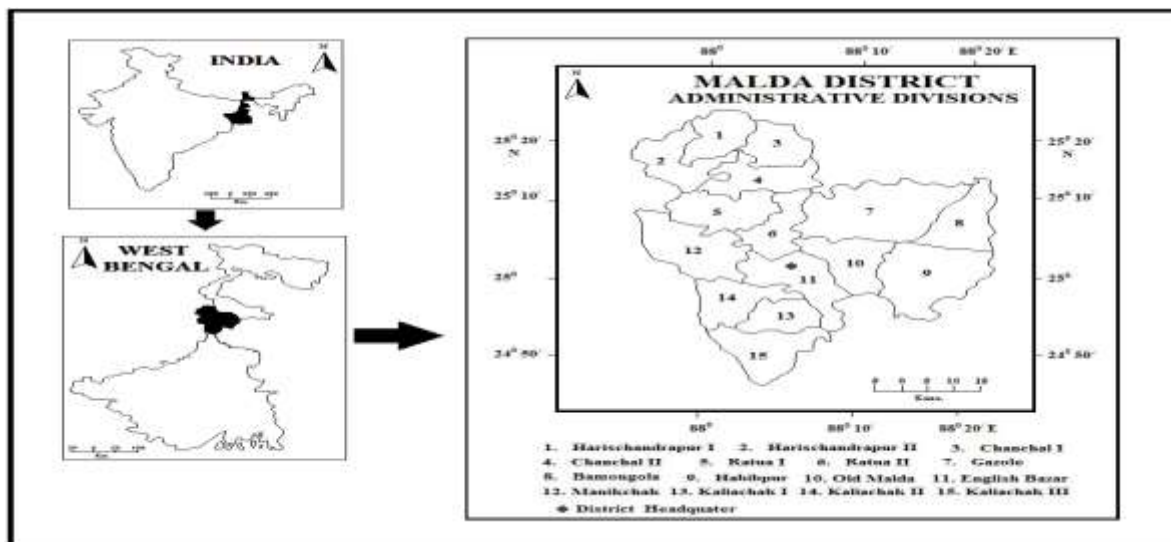


Figure 1: Location map of the Study Area

Result and Discussion:

Table 1.2 : Major traditional cuisines of Malda district, West Bengal

Major traditional Cuisines and Dishes	Festival Cuisines and Dishes
Bengali Special Mutton / Chicken Bir iyani	Payesh
Bengali Mutton / Chicken Kosa	Misti Doi
Bengali Katla Macher Kalia	Rosogolla
Chitthol Macher Muiittha	Sandeesh
Aloo Posto	Rossh Kodom
Elish Vapa	Kansat
Sorshe Elish / Hilsa	Shor Bhaja
Chingri Malai Kaari	Gokul-Puli Pitha
Daab Chingri	Chamcham
Bhetki Macher Paturi	Chanar Jilipi
Macher Diimer Toak	Koraishutir Kochuri
Shukto	Phulkopi Aloo Singara
Shona Mung Daal	Raas Malai
Jhuri Aaloo Bhaja	Beguni
Dimer Devil	Piyaji
Luchi Aloor Dom	Luchi Bundiya
Laoo Chingri	Chicken Pakoda
Bhapa Aloo Sidhho	Jhal Muri
Beigun Bhaja	Labda
Kochi Pathar Mangsoo	Mihidana
Dhatar Chorchori	Pati Sapata

<p>Macher Matha diye Aloor Jhal Macher Matha diye Mong Daal Muri Ghonto Lau Patai Pabda Paturi Calutta Dum Biriyani Bengali Basanti Pulao Jalpai Toak Aam Shotto Bengali Pulao Koi Macher Ganga-Jamuna Mixed Fried Rice Paanta Bhat Begun Bharta Potel Bharta Kolaier Roti Masala Mochar Ghonto Dhokar Dalna Pui Saakher Chorchori Lao Ghonto Sobzi diye Macher Jhol Tengra Macher Jhal Posto Bora Bengali Kichdi Aloo Potol Posto Aam Pora Shorbot Chicken Rezala Elish Macher Matha diye Kochur Saak Pach Misali Saak Ghonoto Laal Saak Bhaja Miti Kumdo diye Puii Saak Ammaer Kasundi Acchar Shutki Mach Bata Loitta Shutki Bhuna Aaloo Bodir Jhal Lao Bodi Desi Murgir Jhol Aalo diye Haser Mangso Jhinga Aloo Poosto</p>	<p>Vaja Pitha Chittoi Pitha Ross Pitha Monng Samli Pitha Tisi Pitha Samai Taaler Boda Sewai</p>
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Source: Ministry of Tourism, Government of West Bengal, 2022

Table 1.3 Famous Hotels / Restaurants / Dhabas in Malda district, West Bengali

Sl .No.	Famous Hotels / Restaurants / Dhabas	Place
1.	BM Grand Hotel and Resorts	Englishbazar
2.	Pardesi Dhaba	Englishbazar

3.	Hari Om Hotel and Restaurants	Englishbazar
4.	Raj Hotel	Englishbazar
5.	Mayaban Hotels and Restaurants	Englishbazar
6.	Tammaana Hotel and Biryani	Sujapur Kaliachak
7.	Sugar and Salt	Kaliachak
8.	Babu Bhai Hotel	Kaliachak
9.	Aahar Restaurants	Englishbazar
10.	Hotel Mango Leaf	Chanchal
11.	Saffron Family Hotel and Restaurants	Kaliachak
12.	Swadesi Dhaba	Kaliachak
13.	Royal Biryani House	Kaliachak
14.	Zaika Hotels	Kaliachak
15.	Rasoi Resturents	Kaliachak

Source: Ministry of Tourism, Government of West Bengal, 2022

Major Findings of the Study:

1. In Most of Bengali cuisines and spices in Malda district of West Bengal are used fresh ingredients in food preparation and food items are visually attractive and colourful.
2. Most of the Bengali cuisines in Malda district of West Bengal are very tasty and richly flavours and food items are healthy and safe to consume.
3. In Bengali dishes menu has lots of variety in Malda district of West Bengal.
4. Malda district of West Bengal is famous for tourism and its attracts the tourist for tasty Bengali cuisines and dishes.

Conclusion:

The cuisines of Bengal are as rich a distinct as the state itself. Apart from the celebrating numerous Bengali festivals, have also producing numerous mouth-watering cuisines. The cuisine reflects the culture of Bengali society. Each of the Bengali cuisines and dishes has potential nutrition that keeps remain people healthy and happy. Cuisines in Malda district of West Bengal are better known for their spicy and rich, better known for different parts of West Bengal. Recently globalization, Western culture and Modernization have changed the dietary habits in metropolitan cities areas in West Bengal. Last but the not the least the various mouth watering traditional cuisines and recipes are reflects the culture of Bengali society.

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