



Research Paper

Cultural Food Tradition in Kashmir

Asma Saghir khan¹, Nazish Zulfiqar², Madiha Ali Asghar³

¹Lecturer for Food and Nutrition, Department of Home Economics Mirpur University of Science and Technology MUST

²Lecturer for Food and Nutrition, Department of Home Economics Mirpur University of Science and Technology MUST

³BS Food and Nutrition Scholar, Department of Home Economics Mirpur University of Science and Technology MUST

ABSTRACT

Kashmir, also known as the Vale of Kashmir, is located in northeast Pakistan and is one of the most beautiful and breath-taking valleys in the country. The valley, which is situated in the Himalayan mountain range, is known for its diverse culture and history. The Jhelum River, one of Pakistan's five major rivers, originates here. Before the Indian Subcontinent was partitioned, Kashmir was one of the princely states. Various traditional dinners are depicted and their ingredients are detailed in this article. Some of the famous cuisines are Rogan Josh, Dum Olav, Modur Pulao, Goshtaba, Yakhni Lamb Curry, Lyader Tschaman, Kashmiri Muji Gaad, Kahva, Shab Deg, Matschgand, Butter Tea, Thenthuk, Sheermal, Nadir Monji, Kashmiri beverages including pink tea.

Received 02 August, 2022; Revised 14 August, 2022; Accepted 16 August, 2022 © The author(s) 2022. Published with open access at www.questjournals.org

I. CULTURAL FOOD TRADITION IN KASHMIR

Kashmir, also known as the Vale of Kashmir, is located in northeast Pakistan and is one of the most beautiful and breath-taking valleys in the country. The valley, which is situated in the Himalayan mountain range, is known for its diverse culture and history. The Jhelum River, one of Pakistan's five major rivers, originates here. Before the Indian Subcontinent was partitioned, Kashmir was one of the princely states. Northern Indian, Northern Pakistani, and Aksai Chin cultural influences can all be found in Kashmir. Kashmir is renowned for its cultural legacy because it is home to a wide range of religions. (Dar, 2016). It unites Hindus, Sikhs, Muslims, and Buddhists who enhance Kashmir's beauty by assimilating their different cultures and implementing meaningful improvements in their lives.

Origin

The Kashmiri people are an Indo-Greek ethnolinguistic group according to their demographic background. The Kashmiris are residents of Pakistan's Upper Punjab and Potohar regions, where they live in communities. Kashmiris reside throughout India, although the areas of Jammu Division's Valley of Kashmir, Doda, Kishtwar, and Ramban Thasils have the densest populations. The language, which is heavily inspired by Sanskrit, is spoken by both Kashmiri Muslims and Kashmiri Hindus. When you visit to other sections of Kashmir, though, you will notice a difference in language. Their writing script is in the Arabic script (Masoodi, 2016).

Wazwan and its culture, according to historians, are heavily impacted by Central Asian and Persian culture. Kashmiri identity is influenced by a variety of factors, including dance, music, food, carpet making, and Koshur Sufiana. The majority of Kashmiri culture is practised by people in the Kashmir valley and Dodab in the Chenab region. The valley is known for its traditional boats and houseboats, as well as handicrafts and poetry.

Cuisines

Kashmir is a foodie's dream, and not just because of the beauty. A food excursion to Kashmiri cuisine is a must-do experience that will take you on a varied and savory journey of a lifetime.

The recipes will not only have Mughal and Arab influences, but many will also reflect the signature of a Kashmiri pandit. Furthermore, Ladakhi cuisine is generally comprised of boiled or steamed items. It's nutrient-dense and delicious.

Because of the excellent combination of vegetarian and non-vegetarian meals, food from Kashmir is a scrumptious experience that will have your salivation. Take a peek at some of the most popular dishes in Jammu & Kashmir.

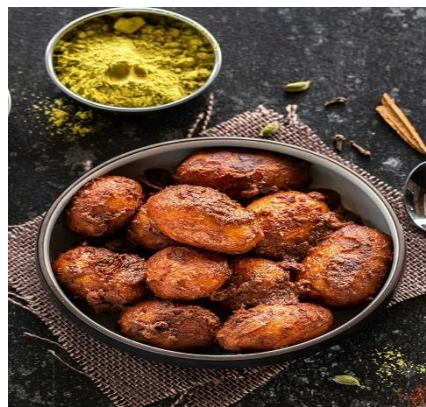
Rogan Josh

When it comes to Kashmiri cuisine, Rogan Josh has to be the first thing that springs to mind. Thanks to its wonderful signature dish, Kashmiri cuisine has created a reputation for itself in the culinary world. Rogan Josh is a fragrant lamb curry blended with spices, yoghurt, and caramelized onions. It's a healthy, low-fat dish that goes well with rice or naan bread. You won't be able to eat just one helping of one of Kashmir's tastiest meals if you're not a vegetarian.



Dum Olav

No, you didn't order Dum Aloo at the last restaurant you visited. If you want to taste actual original Kashmiri cuisine, travel to Kashmir and taste Dum Aloo in Kashmiri Style. The young potatoes are cooked with yoghurt, ginger paste, fennel, and spicy spices. This simple dish's aroma alone would be enough to tempt you. The ideal way to eat it is with roti or naan bread.



Modur Pulao

The pulao your mother makes for you in the tiffin is not the same as Modur Pulao. This meal is made with milk, saffron, ghee, and cinnamon. That isn't the case at all! The rice is then covered with a variety of dried fruits such almonds, cashews, and raisins. It has a slight sweetness to it due to the sugar content. The major ingredient is saffron, which is farmed in Kashmir. Saffron's brilliant golden colour adds a lot of visual interest to rice. For rice lovers, this Kashmiri Food is a must-try Kashmiri delicacy. Without a doubt, this is Jammu & Kashmir's most popular traditional dish.



Goshtaba

Kashmiris eat a lot of meat, just as Kashmiri pandits. As a result, Kashmiri cuisine is rich in nonvegetarian meals. Goshtaba is a royal-flavored classic delicacy that began as a feast for royalty. As a result, it is only prepared on royal occasions in the Kashmir home. It's basically minced mutton balls cooked with a variety of spices in a yoghurt gravy. Its delectable flavours may tempt you to eat more than one dish.



Yakhni Lamb Curry

Yakhni Lamb Curry is no exception to the use of yoghurt in Kashmiri cuisine. In Kashmiri traditional cuisine, it is a well-known name. In a sauce made with yoghurt, mawal flowers, onion paste, and dry mint leaves, the lamb is cooked. The aroma of black and green cardamoms, as well as fennel, will make you feel hungry right away. To taste this authentic Kashmiri dish, serve with rice. It also comes in a vegetarian version. Al Yakhni is the vegetarian variant of the dish, which uses bottle gourd or lauki as the major component.



Lyadur Tschaman

You're mistaken if you think Kashmiri cuisine doesn't have adequate vegetarian options. Kashmiri cottage cheese cooked in a thick creamy gravy is known as Lyadur Tschaman. Cottage cheese and gravy are both yellow in Kashmir. Almost every home has a version of this dish. Even non-vegetarians will find this traditional treat irresistible. It is without a doubt Kashmir's most popular vegetarian dish.



Kashmiri Muji Gaad

During the month of December, this popular Kashmiri dish is eaten at special occasions and festivities. Fish fried with radish or nadur is the main ingredient in this dish. The blend of vegetarian and non-vegetarian components, as well as the inclusion of hot spices and herbs, give it a distinct flavour. Serve the meal one hour after it has been prepared to let it settle. Serve the Muji Gaad Fish Radish Recipe over rice and haakh.



Kahva

In Kashmir, it is usual to consume Kahva tea. Kahva is a well-known beverage throughout the country and is one of the most famous foods in Jammu and Kashmir's food culture. Kahva is a herbal green tea with almonds and walnuts that has been steeped with saffron. When there is a feast or festival, kahva is consumed. Because Kahva is made in every household, there are 20 varieties. Some people also like to add milk to it. It's also known as Maugal Chai in some villages and locales. It's a Jammu and Kashmir's traditional cuisine.



Shab Deg

Shab Deg is a long-forgotten Kashmiri delicacy whose name alone conjures up recollections. Anyone from Kashmir who reads this will understand what I mean. Shab Deg is an overnight meat meal that takes patience and rich ingredients. Deg denotes a large cooking pot, whereas Shab denotes the night. A rooster is cooked overnight with turnips and spices, and the vessel is wrapped in dough to bring out the flavours. It's a unique dish that's ideal for large groups or entertaining guests.



Matschgand

When visiting Kashmir, Matschgand is a dish that should not be missed. This classic dish from Kashmiri cuisine will tantalise your taste senses. It's a meat-based dish with a crimson gravy that's hot. Nuts and dried fruits are usually included to enhance the already delicious flavour of the dish. This Kashmiri cuisine is available in a number of locations around Kashmir.



Butter Tea

Butter tea, which originated in Tibet, is one of Kashmir's most well-known and renowned delicacies. To prepare this delectable treat, butter and salt are added to the tea. It's one of the most distinctive Kashmir wazwan dishes, with some locals adding yak meat for added flavor and texture.



Khambir

Khambir is a native bread in the shape of a pan that is traditionally served with butter tea. Kashmiri Traditional Food is a must-try for adventurous travellers looking for a unique experience. Khambir, a brown bread with a thick crust, is offered for breakfast. It's made using local whole wheat and leaves customers wanting more.



Thenthuk

Kashmiri cuisine has been influenced by the boiling, warming, and very nourishing meals from Leh-Ladakh. Thenthuk is a Kashmiri dish that originated in the Leh-Ladakh region of Jammu and Kashmir and has subsequently spread throughout the state. This Leh noodle soup is made with irregular bits of noodles and local wheat flour dough. Chunks of mutton or yak meat are added to increase the flavour and taste of Thenthuk. It's preferable to eat Thenthuk around lunch or dinner because it's very fulfilling.



Sheermal

Sheermal is a delectable Kashmiri delicacy that you must try throughout your culinary adventure. This flatbread with saffron taste melts in your mouth and leaves you speechless. Sheermal is an easy-to-make Kashmiri delicacy that is sweet and crunchy. While you're in Kashmir, try your hand at this recipe. Take advantage of the one-of-a-kind flavor that can only be learned by cooking alongside the locals.



Nadir Monji

Nadir Monji is a delicious Kashmiri meal that is ideal for fried and spicy food lovers. A famous snack is Nadir Monji, a traditional Kashmiri delicacy made from Lotus stems. To make this dish, a gramme flour and spice mixture is put to the Lotus stem before it is deep-fried. Nadir Monji, served with a mint dip, can satisfy your hunger while touring Dal Lake. Around Dal Lake, this Kashmiri delicacy is commonly accessible.



Kashmiri beverages

Kashmiri drinks are just as popular and tasty as the cuisine. Kawah is one of Kashmir's most well-known beverages (green tea). Traditionally, kawah drinks are provided at religious festivals and weddings. Kawah is frequently eaten after meals because it is considered a digestive drink. The Kashmiri Chai has to be the most common and popular beverage in Kashmir. This tea is made with cardamom, cloves, almonds, and cinnamon. Outside of the Kashmir Valley, some varieties of Kashmiri chai are brewed with milk and dry fruits, despite the fact that the original Kashmiri tea is spice-infused water.



REFERENCES

- [1]. Rather, S. A., Masoodi, F. A., & Akhter, R. (2016). Ethnic meat products of Kashmiri wazwan: a review. *Journal of Ethnic Foods*, 3(4), 246-250.
- [2]. Dar, M. R. (2016). Traditional food and dress of Kashmir during medieval and modern times. *International Journal of Research in Social Sciences*, 6(11), 530-543.