

## THE SHORT HISTORY OF INDIAN CUISINE (СТИСЛА ІСТОРІЯ ІНДІЙСЬКОЇ КУХНІ)

Ткачова А.С., гр. ТХ-18

Науковий керівник – ст. викл. І.І. Ков'ях

Харківський державний університет харчування та торгівлі

*Мова йде про історію індійської кухні, її походження, про використання спецій та особливих інгредієнтів.*

Indian cuisine consists of a wide variety of regional and traditional cuisines native to the Indian subcontinent. Given the range of diversity in soil type, climate, culture, ethnic groups, and occupations, these cuisines vary substantially from each other and use locally available spices, herbs, vegetables, and fruits. Indian food is also heavily influenced by religion, in particular Hinduism, cultural choices and traditions. The cuisine is also influenced by centuries of Islamic rule, particularly the Mughal rule.

Indian cuisine has shaped the history of international relations; the spice trade between India and Europe was the primary catalyst for Europe's Age of Discovery. Spices were bought from India and traded around Europe and Asia. Indian cuisine reflects an 8,000-year history of various groups and cultures interacting with the Indian subcontinent, leading to diversity of flavours and regional cuisines found in modern-day India. Later, trade with British and Portuguese influence added to the already diverse Indian cuisine.

Early diet in India mainly consisted of legumes, vegetables, fruits, grains, dairy products, and honey. Staple foods eaten today include a variety of lentils (dal), whole-wheat flour, rice, and pearl millet which has been cultivated in the Indian subcontinent since 6200 BCE. Over time, segments of the population embraced vegetarianism, while an equitable climate permitted a variety of fruits, vegetables, and grains to be grown throughout the year. Consumption of beef is taboo, due to cows being considered sacred in Hinduism. Beef is generally not eaten by Hindus in India except for Kerala, parts of southern Tamil Nadu and the north east.

The most important and frequently used spices in Indian cuisine are whole or powdered chili pepper, black mustard seed, cardamom, cumin, turmeric, asafetida, ginger, coriander and garlic. One popular spice mix is garam masala, a powder that typically includes seven dried spices in a particular ratio, including black cardamom, cinnamon, clove, cumin, black peppercorns, coriander seeds and anise star. Sweet dishes are often seasoned with cardamom, saffron, nutmeg, and rose petal essences.