



Traditional food and food habits in the Gaddi shepherd family of Chamba

Vivek

Resource Person, Institute of Hotel & Tourism Management, Maharshi Dayanand University, Rohtak, Haryana, India

Abstract

The variation of clothing style, architecture of houses food and food habits in the tribal of Himachal Pradesh due to environmental, cultural, anthropological and topographical diversity. The physical environment variations in availability of raw material clubbed with the time tested traditional knowledge and cultural wisdom have made the Gaddis of Himachal Pradesh to developed, formulate and perpetuate the consumption of wide range of traditional foods like Mahani, Gurani, Chinai, Dal, Cheena, Lugri, Khumani, Bhaat, Piddha, and Gota and also having different food habits due to its work force with seasonal transhuman like Nuhari, Dufari, Sanja and prayer before eating.

Keywords: gaddi, traditional, food, food habits

Introduction

Content

Himachal Pradesh having number of tribal communities' different races and cultural diversity. People of *Gaddi* shepherd have due various traditional food processing technologies preparing the meal or menu from locally available raw material depend upon the agro climate conditions socio cultural ethos, (2) cultural ethnic preference(3) and religion. (4) However this traditional food and beverages has been limited to consume at house hold level. These traditional knowledge of food forming processes for the production of meal products has been transferred one generation to others. The papers deals with the knowledge of traditional food and beverage processed and consume in different meals (Food habits of *Gaddi* shepherd family of Chambha) on the basis of substance used, for the formational of food product and beverage can be broadly classified as (i) Milk and its food product (ii) Agricultural and its food products (iii) Forest and its food products (iv) Animal flesh (Non-Vegetarian).

Milk and its food product

Milk based food constitute important part of traditional meal of *Gaddi* shepherd family because livestock are an integral part of an agriculture production system. The meal products are prepared from the milk of rearing Sheep, Goat, Yak and Churu (Hybrid of Cow and Yak). The menu diet of *Gaddi* is healthy and staple consisting of milk, Ghee and milk products. The milk product is also taken as Mahani (preparation out of buttermilk) and *Gurani* (mixture of gur and milk).

Agricultural and its food products

The main food crops in menu diet consist of Maize, Wheat, Rice, Potatoes, Barely and Dals with vegetables. Rice mainly used food as *Lungadi* or *Piddha* made from rice water obtain after boiling rice and *bhaat* traditional cooked rice also called as *pucca* food. Rice in not grown in tribal areas and instead

there of *chinai* (*Penicum miliceum*) is taken as a substitute not only in everyday used but also in marriage where people cannot afford rice. The poha and pratha made of maze and wheat flour. There staple diet is maize is taken in the form of bread with ether dal, available vegetable, with a paste of salt and chilli in taken in the form of chattni. Barley and wheat are used in the form of chapaties ether single and mixed with *kodra* and maize. *Madra* an eatable dish is prepared from rajma. Beverages mainly consist of tea of *Gur*, *Gota* (mixture of bhang and milk) and Sur (mixture of Akht, Bhootkes and seeds of Jau) Sur preparation by Gaddi has been granted license by government.

Forest and its food products

Resoures for forest products as a food like those of Allubukhara, Walnut, Pears and Apple. Fruits like apple are most coveted in Gaddi society mainly Khumani in the hilly areas. Main recipes which obtained with the help of forest product are *Aid ka Saag* (prepared from scorpion grass or bichhu ghash conducive to health) and pindari (the crushing of kodra: special shrub mixed with wheat water flour). Other important dish which prepared from kodra flavors + lime juice + boiled rice and are crushed to mixed with the Jungal herbs *Dhara* and *Dhalli* than boiled with water used after 5 and 4 days. The drink is considered to be highly nutritious.

Animal flesh (Non-vegetarian)

The majority of the peoples are non vegetarian. Meat is taken in the diet mostly in winter mainly prefer the flesh Cock, Sheep and Goat. Jackal, cat and dogs are considered bad and forbidden to eat. Cow meat is totally forbidden due to considered as sacred entity. Prohibited days for eating flesh are Monday and Tuesday of the week to taboo their food habits in vacations of specific god and goddess.

Conclusion

Large number of traditional food and beverage are prepared in

Gaddi tribal areas of Chambha and are unique to these specific areas. Some of the traditional food still forms staple diet of sizeable population of district. The people take their meal mostly thrice a day, the morning meal is called *Nuhari*, mid-day meal is *dufari* and evening meal is the *sanja*. *Gaddis* pray before every bit of meal eating. Research shows the shift in eating habits among *Gaddi* tribal as some food with low social marker have practical disappeared and new elements such as spices, tomato, packed salt, cardamom and vegetable have appeared. These change in eating habit due to usual shift associated with higher income.

References

1. Barnett JA, Payne RW, Yarrow D. Yeats: Characteristics and Identification, (Combrige University Press, Cambrige), 1983.
2. Basappa SC. Investigations on Chhang from finger millet (*Eleusine coracena* Gaertn.) and its commercial prospects, Indian Food Ind. 2002; 21(1):46-53.
3. Belz, Melissa Malouf. Spirit of Place and the Evolution of the Vernacular House in Kinnaur, Himachal Pradesh, India, 2012. <http://krex.k-state.edu/dspace/handle/2097/15049>.
4. Brstrom G. Principals of Food Science, Food Microbiology and Biochemistry, (Macmillan, New York), 1968.
5. Caputi A, Ueda M, Brown T. Spectrophotometric determination of ethanol in wine, Am J Enol Vitic. 1968; 19(3):160-165.
6. Harrigan WF, McCane ME. Laboratory Methods in Food and dairy Microbiology, (Academic Press, London), 1976.
7. Kalayananda MK, Jeya GS, Raj EE. Yeast of coconut and palmyrah palm wines of Shri Lanka, J Food Sci. Technol. 1981; 18:256-257.
8. Kanwar SS, Gupta MK, Chhaya Katoch, Promila Kanwa. Cereal Based Traditional Alcoholic Beverages of Lahaul and Spiti Area of Himachal Pradesh. Indian Journal of Traditional Knowledge. 2011; 10(2):251-57.
9. Kapoor, Anju, Promila Kanwar, Neetu Sharma. Handicrafts Heritage of Gaddi Tribe of Himachal Pradesh. Indian Journal of Traditional Knowledge. 2008; 7(1):62-66.
10. Lodder J. The Yeaste: A Taxonomic Study, (North Holland Publishing Company, Amsterdam, London), 1970.
11. Moss MO, Mouchene SF, Murphy OM. Ting-a fermented maize meal product of southern Africa, Proc Institute food Sci. Technol. 1984; 17:139-148.
12. Mukherjee N. Participatory Rural Appraisal Methodology and Applications, (Concept Publishing Company, New Delhi), 1994.
13. Muyanja BK, Naruhus JA, Langsrud T. Isolation, characterization and identification of lactic acid bacteria from Bushera: A Uganada traditional fermented beverage, Int. J Food Micro.
14. Sharma, Shubhangna, Rita Rani, Meenakshi Samkaria. Prevalence of Aneamia and Malnutrition among Gaddi Girls of Chamba and Kangra District of Himachal Pradesh. 2007; 5(2):139-42.
15. Steinkraus KH. Handbook of Indigenous Fermented Foods, (Marcel Dekker, New York), 1995.
16. Tamang JP, Sarkar PK, Hesseltine CW. Traditional fermented foods and beverages of Darjelling and Sikkim- A review, J Sci. Food Agric. 1988; 44:375-385.
17. Tamang JP, Thapa S, Rai B. Indigenous fermented food and beverages of Darjeeling hills and Sikkim: Process and product characterizations, J Hill Res. 1996; 9(2):401-411.
18. Wood JB. Microbiology of Fermented Foods, (Blaclie Academic Press, Glesgow, UK), 1988.
19. Woolfe M, Yas AE, Woolfe J. Some traditional processed foods of South America, Proc. Institute Food Sci. Technol. 1984; 17:131-138.