



Tabletop Solutions
Food Service Consultants

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India



Photo From: <http://img.food.com/img/recipes/42/28/48/large/picapYqVU.jpg>

Meals:

- **Breakfast:** is a more substantial meal in the morning that consists of some type of bread/pastry and chutney in the South, and flatbread with some form of curry in the North. Tea is an extremely common beverage in both the North and the South during breakfast.
- **Lunch:** is either a small or substantial meal depending on the relative wealth of the individual. Lunch in India usually consists of a meat or vegetable component served upon a bed of rice. Yogurt is also very common throughout the country, either eaten with the meal or as a dessert.
- **Dinner:** is very similar to the lunch meal, but is commonly a much lighter meal. Curry is the most common form of Dinner throughout the country, and yogurt is commonly served alongside the meal or after the main course is finished.
- **Tiffin:** is a light, mid-afternoon snack centered around tea. Tiffin is particularly common among children and usually includes fruit.

- [Additional Information on Indian Meals](#)

Frequently Used Foods:

- **Fruits and Vegetables:** apple, apricot, banana, Asian pear, betel nut, calamondin, star fruit, guava, citron, coconut, cucumber, date, fig, prune, kumquat, lemon, lime, mango, pear, soursop, papaya, tomato, pineapple, garlic, green chili pepper, onion, red pepper, squash, eggplant, potato, cauliflower, spinach, carrot, pea, okra, cabbage, mushroom, chickpea [More Common Indian Fruits](#)
- **Protein:** lamb, goat, chicken, fish, eggs, pork, shrimp
- **Spices:** Turmeric, ginger, coriander, cumin, mustard seed, curry, tamarind, cinnamon, asafetida, cardamom, red chili powder, salt, carom seed, clove, nigella, nutmeg, saffron, vindaloo.
- **Oils/Misc:** Peanut oil, vegetable oil, mustard oil, rice, lentil, coconut milk, bread

Ten Regional Favorite Dishes With Links to Interesting Recipes:

- **Chicken Makhani:** ([recipe](#)) ([images](#))
- **Tandoori Murghi:** ([recipe](#)) ([images](#))
- **Lamb Rogan Josh:** ([recipe](#)) ([images](#))
- **Malai Kofta:** ([recipe](#)) ([images](#))
- **Samosa:** ([recipe](#)) ([images](#))
- **Chicken Kebab with Cilantro Chutney:** ([recipe](#)) ([images](#))
- **Fish Curry:** ([recipe](#)) ([images](#))
- **Gulab Jamun:** ([recipe](#)) ([images](#))
- **Modak:** ([recipe](#)) ([images](#))
- **Chickpea Curry:** ([recipe](#)) ([images](#))

Religion: Roughly 81% of all Indian citizens are Hindu, 14% are Muslim, and 2% are Christian.

National Holidays and Dietary Requirements:

- Because an overwhelming portion of the population identifies with Hinduism, beef and beef products are not commonly found throughout India and are not in most Indian diets.
- **Republic Day:** This national holiday honors the date on which the national Constitution of India was instituted, January 26th, 1950. Today, This day is celebrated all over the country, highlighted by the Delhi Republic Day parade. [Republic Day Video](#)
- **Independence Day:** Observed annually on August 15th, the Indian Independence Day honors the anniversary of the end of British government rule over India in 1947. Parades, processions, pageants, and a speech from India's prime minister all highlight this national holiday.
- **Gandhi Jayanti:** Celebrated on October 2nd annually, this holiday honors Mahatma Gandhi, known throughout India as the "Father of the Nation". Prayer meetings, commemorative ceremonies, and representations of non-violence are shown throughout the country. In 2007, the UN adopted the idea of Gandhi Jayanti and declared it International Day of Non-Violence. [Additional Information on Gandhi Jayanti](#)

Etiquette: Though Indian cuisine uses an array of utensils for cooking and eating, Indians typically do not use utensils when they are eating, and instead use things like flatbread to scoop food.

Hands must be thoroughly washed before any meal, with particular attention paid to the fingernails.

Communal dishes are very common in India, especially when dining in someone's home as a guest.

Food History: Indian cuisine reflects over 5000 years of interaction with the Indian subcontinent. This has created an array of flavor that is unparalleled by any other country. Buddhism, North Indian dynasties, Central Asian influence, and British colonialism have all shaped the ingredients and methods that Indians use when cooking. This unique cuisine is now internationally renowned, not only for its amazing blend of spices, but also for its delicate yet powerful flavor. [More Information on Indian Food History](#)

Additional Information and Acknowledgements:

<http://neoindian.org/2010/04/23/a-foreigners-guide-to-traditional-indian-dining-etiquette/>

<http://www.menumagazine.co.uk/book/curryhistory.html>

<http://publicholidays.in/>