

## **Role of Different Delicious Dishes in Tamil Culture and Heritage**

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### **Varieties of Tamil Cuisines**

Tamil cuisine is generally famous for its different dishes and also for spices. Tamil Nadu cuisine is of wide range of mouthwatering dishes and offers good choices for both vegetarian and non-vegetarian varieties. This cuisine is famous for curries like Sambar, rasam or perhaps kuzhambu (the tamarind curry which should become acquired with sizzling warm rice). You can find accompaniments which are by using it for instance kootu (avocado dependent dish), poriyal (assortment of vegetables) and also apalam (crispy wafers). The general opinion for breakfast is dosa (the crispy crepe) or idlis (steamed hemp scallops), on a daily basis, which is often consumed with sambar or in combination with a selection of chutneys (pickles). The demand for eating in places, India, that serve these dishes is higher than normal. Under the Tamil cuisine comes the Chettinad food, which can be pointed out simply by its spices and also beef. The food dishes in Tamil Nadu are actually hot and spicy, that is carefully prepared along with elegant use of acrylics, peas and also tamarind. The original approach to serve South Indian food is on a banana leaf with specific culinary aspects. Tamil Nadu provides its visitors with a variety of delicacies, both vegetarian as well as non-veg, though most food cultivated in Tamil Nadu are of grain, rice, lentils and vegetables. Tamil Nadu does not use fried foods, but rather uses the techniques of roasting and baking. One of the most common ingredients in sambar is curried vegetable presented as soup. Fine desserts also are prepared, like mysorepak (chick pea dish) and creamy payasam (milky rice dish). However, each place has its own unique way of presenting the Tamil culture.

Rice has been the staple diet of the Tamilian. Thanjavur is regarded as the 'granary of the south' usually parboiled rice is consumed due to its nutritive value. Rice predominates in all dishes of the Tamilian and preparations of rice for all meal of the day. Lentils too are consumed extensively as accompaniment to the rice preparation. Being on the seacoast – seafood and coconut is also available in plenty. While tamarind is used for adding tang, peppercorn, and chili, both red and green are used to make the food hot. To neutralize the effect of the chili and soothe the stomach, curd is used in a variety of dishes. Other spices like mustard, cumin, garlic, etc. are used for tempering and seasoning. The Tamils believes that the ideal food should cater to the six variety of tastes- Bitterness, acidity, sweetness, saltiness, sourness and astringent taste. Meals served on banana leaves, consisted of rice, with flavorings or plain topped ghee. Sambar, meat

curries, vegetables are added separately for the rice. Side dishes include Poriyals, (seasoned vegetables) Varayil (fried crisp), Pachidi (salad form or raita) along with Appalam and Vathals- followed by Payasam. The second course is rice and rasam (dal water). The third course is curd rice with pickles. Curd is supposed to be cooling for the body system. Rasam is religiously made in 'Iyya Chombu' or lead vessel to right flavors. Breakfast and afternoon snacks called 'Tiffin' include Idli, Dosai, Vada, Pongal, Upma, etc. Dosai is made in different kinds with variations and is accompanied by coconut chutney, sambar and Muluga podi. Tamil Nadu is renowned for its filter coffee made in a special way with coffee decoction. Eating and Serving Styles Eating with your hands is considered important in Indian etiquette because a person eating with his hands knows the exact temperature of food before the morsel hits his mouth thus preventing blisters in mouth due to consumption of hot food . A universal aspect of presentation is to sit down on a mat or low stool with the thali, a large plate with samplings of different vegetable dishes accompanied by breads such as roti, chapathi, naan, puri and rice. In Tamil Nadu, a cleaned banana leaf is often used as a hygienic and visually interesting alternative to plates. Traces of Magnesium and Zinc present on the plantain leaf is said to have health benefits too. In addition the plantain leaves are completely biodegradable

Muslims celebrate 2 major festivals in a grand fashion- Ramzan and Bakhrud. During the month of Ramdhan (in Arabic calendar), the Muslims have a custom of fasting for 30 days. In the process of fasting, they consume food only twice a day- before sunrise and after sunset, in between which there is absolutely no consumption of any food item or water. The food taken before sunrise must be filling and heavy, which may include staple dishes like rice, meats and other foods rich in carbohydrates and proteins. This is done to prevent loss of energy when no other food is consumed throughout the day. The food consumed after sunset, starts with water to prevent complete dehydration and provides a protective coating in the stomach. Water is followed by dates, sweets, crispy or spicy dish and porridge (made of rice, milk, coconut milk, cardamom, cinnamon). During the festival of Ramzan, the most famous and delicious dish called biryani is prepared and consumed by all.

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