

# **An Exploratory Study on Indigenous Foods among the Tribals of North Eastern Region**

## ***A Report***



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## **FOREWORD**

Indigenous foods comprises of wide range of vegetables, legumes, fruits and non-vegetarian foods. In each state, the processing method of these foods is somewhat different based on the culture, variability in the materials used in the food, climate and overall knowledge of preparation. Indigenous foods consumed by people of north east are very simple and prepared by method of boiling, steaming, stewing, frying, roasting, fermentation, etc. The foods used in the dietary system were found to be nutritionally rich and culturally important in various festivals and ceremonies.

The cuisines included in the dietary of tribal people are not only nutritious but has a blend of integral components such as health, food security, culture, ethics, economy and ecological sustainability. In this context, there was a need to identify the indigenous foods of North East India so that the indigenous foods and ethnic cooking processes can be documented into a handy document for preserving the culture and to use for improving the nutritional status of women and children. Hence, An Exploratory Study on Indigenous Foods among the Tribals of North Eastern Region was carried out by the Regional Centre, Guwahati of the National Institute of Public Cooperation and Child Development.

I hope that the recommendations of the study will provide valuable inputs for promoting and preserving the indigenous food and preparation methods of the north eastern states.

The present study is the outcome of the efforts of Regional Centre, Guwahati. I extend my thanks to Dr. Sanghamitra Barik, Joint Director (CS & PC) and Regional Director (i/c), RC (G), Dr Ritu Geu Goswami, Assistant Director, Mrs Kashmiri Boruah, Research Assistant and the Research Investigators from Arunachal Pradesh, Assam, Manipur and Mizoram for carrying out the study.

**(Tripti Gurha)**  
**Director**

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## **Executive Summary**

North Eastern Region is the easternmost region of India. The region is naturally beautiful and comprises of eight states popularly known as the seven sisters (Arunachal Pradesh, Assam, Manipur, Meghalaya, Mizoram, Nagaland and Tripura) and one brother (Sikkim). Most of the tribes or tribal communities are concentrated in the hilly states of Arunachal Pradesh, Nagaland, Manipur, Mizoram, Meghalaya and Sikkim. Many others are staying in the plains. However, it is heartening to see that the tribes as well as non-tribes of the states are staying together in harmony sharing the indigenous food habits, cuisines and cultures which are distinct in many ways. The traditional foods processed and prepared by women of North Eastern region are intimately connected to their sociocultural, ecological, spiritual life and health. The processing and preparation of ethnic foods not only demonstrate the creativity and treasure of food heritage of tribal women but also their incremental learning to sustain the life and ecosystem as a whole. Tribal cuisines comprises of wide range of vegetables, legumes, fruits and non-vegetarian foods. In each state, the processing method of these foods is somewhat different based on the culture, variability in the materials used in the food, climate and overall knowledge of the processing and preparation. Indigenous foods consumed by people of north east are very simple and prepared by method of boiling, steaming, stewing, frying, roasting, fermentation, etc.

Indigenous methods of food preparations and the type of food consumed, which has long been a part of their intangible heritage, are found to be nutritious and balanced in macro and micro-nutrients. Many studies have reported that all tribals are culturally very rich and have unique foods habits, cooking processes, indigenous cuisines, etc. Studying the eating habits and the methods of preparation of food among the tribals is important to conserve the cultural heritage in terms of food. The indigenous preparations of cuisines which were very traditional and have come down from generations are still prevalent among the tribals. The food cuisines are prepared by using foods available in and around them and by using simple methods of cooking. The food cuisines were very nutritious and healthy. The indigenous foods and method of preparation helps to preserve the nutrients which indirectly help in increasing body's immunity to maintain good health among children, adolescents, adults and in old age. In view of the above, NIPCCD, Regional Centre, Guwahati undertook An Exploratory Study on Indigenous Foods among the Tribals of North Eastern Region.

Among the eight states of North East, four states viz. Assam, Arunachal, Manipur and Mizoram are selected since this region has the highest number of Tribals.

## **Objectives**

The objectives of the study were:

- to identify the indigenous foods of North East India; and
- to document the indigenous foods and ethnic cooking processes into a handy document for preserving the culture and to use for improving the nutritional status of women and children.

## **Methodology**

The states of Arunachal Pradesh, Assam, Manipur and Mizoram were selected based on the number of tribes ranging from 22 to 28. The respondents of the study were the women head of the family. The respondents were selected belonging to different tribes. Efforts were made to include representations from different indigenous tribes of the states hence the field investigators contacted the AWWs, Village Leaders, Gaon Burhas, Women Groups, etc. Data for the study was collected through personal interview schedule. Beforehand the respondent was selected by contacting the CDPOs, AWWs, Gaon Burhas, Women Groups, etc. Questionnaire for collection of the indigenous foods was used. Photographs of different indigenous food and cooking processes were also collected.

## **Findings**

The staple food of the tribes of north east is rice. All the three meals viz. breakfast, lunch and dinner most tribes prefer to take rice. Apart from fresh fish or meat, dry meat and fish are cooked which is enjoyed by all age groups. Green leafy vegetables are included in every day meals. In most of the indigenous foods one or more types of green leafy vegetables, herbs, microgreens, etc. are used to enhance the flavour and taste of the food. Herbs are very nutritious and their inclusion in regular diet enhances the immunity to body. Many delicacies are prepared with bamboo shoot and alkali. They prepare fish with bamboo shoot and green leafy vegetables. Dry fish is prepared with chillies, onion, garlic and tomato. Another delicacy mentioned was dry fish prepared with alkali. The indigenous foods are prepared mostly by using the method of boiling. Dry fish is relished by all the tribal population of north-eastern region. Dry fish is cooked by putting it in boiling water with white gourd, garlic and ginger and adding alkali to it. They do not use turmeric in the cuisines prepared with alkali.

Among meat, all tribes prefer pork and mutton more than other meats like chicken, pigeon, duck, etc. The tribes of north east also included fresh chutnies which are prepared with herbs and spices and condiments. The different types of indigenous foods of the tribes of Arunachal Pradesh, Assam, Manipur and Mizoram are documented in this study.

### ***In the context of documentation of indigenous foods***

Arunachal Pradesh which is called as land of rising sun has the highest diversity of mammals and birds in India. About one-third of habitat area is within the Himalayan biodiversity. The state is rich in wild and indigenous plants, animals, birds, etc along with many medicinal plants. For the present study, a total of 94 indigenous foods were collected from 13 tribes of Arunachal Pradesh. The tribes included were Adi, Galo, Apatani, Nyishi, Nocte, Khamti, Wancho, Tangsa, Monpa, Idu Mishmi, Miji and Ramo.

Assam is a state in northeastern India, south of the eastern Himalayas along the Brahmaputra and Barak River valleys. Assamese cuisine is a style of cooking that is a confluence of cooking habits of the 'Hills' that favours fermentation and drying as forms of preservation and those from the 'Plains' that provide fresh vegetables and an abundance of fish and meat and the main ingredient i.e. rice. For the present study, 89 indigenous foods were collected from eight tribes of Assam. The tribes included are Bodo, Missing, Adivasi, Rabha, Tiwa, Karbi, Dimasa and Singpho.

Manipur is a multi-ethnic state located at the easternmost part of India. Diversity in tradition and culture among different communities in Manipur has resulted in a large variety of traditional food products. The people depend mainly upon the natural resources of the habitat for their food. They collect the seasonal vegetables and food items and processed and stored for year long consumption during lean season. Fermentation and sun drying are the basic method for processing of the food items. Preparation of food is simple, in most cases, meat, fish or vegetables are cooked only with salt, chilly and indigenous species or meat cooked with some vegetables. Rice is consumed as the main food by all tribes of Manipur. Their important diet consists of rice, meat, fish and vegetables. Fruits of different kinds are also consumed. For the present study, 89 indigenous foods were collected from 27 tribes of Manipur. The tribes included are Gangte, Hmar, Kuki, Mizo, Paite, Simte, Suhte, Vaiphei, Zou, Aimol, Anal, Chiru, Chothe, Inpui, Kharam, Kom, Lamkang, Mao, Maram, Mate, Meitei, Monsang, Moyon, Poumai, Rongmei, Tangkhul and Zeme.

Mizoram located in the Northeast of India shares similar cuisine with the other part of the northeast region. The food tends to be a unique mixture of North Indian and Chinese elements. Rice is the staple food of Mizoram. The tribes of Mizoram share the same cuisine but sometimes the dietary pattern varies from region to region due to the availability of the food. Mizo clung on to their tribal cuisine. Various stews of roots, shoots and leaves, boiled vegetable, chutney eaten with hearty accompaniments of meat and rice still dominate the two main meals of the day viz. a late breakfast and an early dinner eaten just before sundown. Spices are rarely used as compared to other part of India. Ginger, turmeric, garlic and onion are traditionally used as seasoning in meat preparation and in stirred fried dishes. Fruits both sweet and sour are added to the daily diet. Inclusions of indigenous medicinal plants in dietary for treatment of disease are still prevalent in both rural and urban areas. For the present study, 81 indigenous foods were collected from 14 tribes of Mizoram. The tribes included are Tlau, Hualhnam, Khiangte, Pawi, Paite, Lai, Pang, Hmar, Renthlei, Ralte, Chawngthu, Hualngo, Chhakchhuak and Lusei.

### ***In the context of ethnic food processing and cooking methods***

Food is cooked to make the food more digestible and palatable. A variety of dishes can be prepared using the same ingredient but different methods. Food processing is the set of methods and techniques used to transform raw ingredients into food for consumption.

The study documented a total of 353 indigenous foods. Out of the total, 161 recipes were cooked by using the method of boiling, steaming (17), stewing (25), roasting (33), grilling (07), frying (38) and combination of cooking methods (19). About six indigenous foods used the method of drying, smoking (03), grinding (03), preservation (01), fermentation (22) and combination of processing methods (01). Thirteen indigenous foods were either consumed in raw form or prepared with the combination of cooking and processing methods.

### ***Recommendations***

1. The study could document about 353 Indigenous foods. The processing and preparation of ethnic foods demonstrated the creativity and treasure of food heritage of tribals, hence the document should be disseminated and preserved for future use.
  2. The present study brought to light the use of wild vegetables. Hence efforts should be made to preserve the biodiversity of north eastern states.
  3. It was observed that the tribal communities used different green leafy vegetables and herbs in the preparation of indigenous foods. The English names of many vegetables and herbs could not be found. Efforts should be made to conduct research studies in collaboration with department of Botany of the states so that the English names of the traditional vegetables and herbs can be documented.
  4. The study also found use of plants for therapeutic use. Hence, intensive study may be conducted to preserve the plants having medicinal benefits.
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# CHAPTER I

## Introduction

### 1.1 Background

North Eastern Region is the easternmost region of India. The region is naturally beautiful and comprises of eight states popularly known as the seven sisters (Arunachal Pradesh, Assam, Manipur, Meghalaya, Mizoram, Nagaland and Tripura) and one brother (Sikkim). The population of North-East India is formed of several racial stocks, principally, the Mongoloids, the Indo-Aryans, the Australoids or Austric and the Dravidians, the last being a very minor group represented by immigrant population (Dikshit *et. al.* 2014).

Most of the tribes or tribal communities are concentrated in the hilly states of Arunachal Pradesh, Nagaland, Manipur, Mizoram, Meghalaya and Sikkim. Many others are staying in the plains. However, it is heartening to see that the tribes as well as non-tribes of the states are staying together in harmony sharing the indigenous food habits, cuisines and cultures which are distinct in many ways. The traditional foods processed and prepared by women of North Eastern region are intimately connected to their sociocultural, ecological, spiritual life and health. The processing and preparation of ethnic foods not only demonstrate the creativity and treasure of food heritage of tribal women but also their incremental learning to sustain the life and ecosystem as a whole.

Tribal cuisines comprises of wide range of vegetables, legumes, fruits and non-vegetarian foods. In each state, the processing method of these foods is somewhat different based on the culture, variability in the materials used in the food, climate and overall knowledge of the processing and preparation. Indigenous foods consumed by people of north east are very simple and prepared by method of boiling, steaming, stewing, frying, roasting, fermentation, etc. Tribal cooking methods are little bit different from non-tribal people. Tribal prefer cooking with less oil whereas non-tribals prefer oil. The foods used in the dietary system were found to be nutritionally rich and culturally important in various festivals and ceremonies (Singh, *et. al.* 2007). Culinary practices of the region are culturally distinctive, expressing both identity and difference (Saikia. 2013).

Keeping in view the importance of indigenous foods which are not only nutritious, but has a blend of integral components such as health, food security, culture, ethics, economy and ecological sustainability there is a need to understand the Indigenous Foods among the Tribals of North Eastern Region.

## 1.2. Rationale for the Present Study

Indigenous methods of food preparations and the type of food consumed, which has long been a part of their intangible heritage, are found to be nutritious and balanced in macro and micro-nutrients. Many studies have reported that all tribals are culturally very rich and have unique foods habits, cooking processes, indigenous cuisines, etc. Studying the eating habits and the methods of preparation of food among the tribals is important to conserve the cultural heritage in terms of food. The indigenous preparations of cuisines which were very traditional and have come down from generations are still prevalent among the tribals. The food cuisines are prepared by using foods available in and around them and by using simple methods of cooking. The food cuisines were very nutritious and healthy. The indigenous foods and method of preparation helps to preserve the nutrients which indirectly help in increasing body's immunity to maintain good health among children, adolescents, adults and in old age. In view of the above, it is proposed to undertake An Exploratory Study on Indigenous Foods among the Tribals of North Eastern Region.

Among the eight states of North East, four states viz. Assam, Arunachal, Manipur and Mizoram are selected since this region has the highest number of Tribals. Table 1 depicts the number of tribes in the states of north east.

**Table 1: State-wise number of tribes**

Sl. No.	States	Number of Tribes*
1.	Arunachal Pradesh	24
2.	Assam	23
3.	Manipur	28
4.	Mizoram	22
5.	Meghalaya	13
6.	Nagaland	13
7.	Tripura	19
8.	Sikkim	03



*\*Sengupta, S. (1994)*

## 1.3. Objectives

The objectives of the study were:

- to identify the indigenous foods of North East India; and
- to document the indigenous foods and ethnic cooking processes into a handy document for preserving the culture and to use for improving the nutritional status of women and children.

#### 1.4. Review of Literature

Researchers have conducted many studies on indigenous food of north eastern region. Some of the research studies conducted earlier are reported below.

A study conducted by Singh *et al.* (2007) on Cultural significance and diversities of ethnic foods of Northeast India mentioned that the traditional foods processed and prepared by women of North-eastern region are intimately connected to their socio-cultural, ecological, spiritual life and health. The processing and preparation of ethnic foods not only demonstrate the creativity and treasure of food heritage of tribal women but also their incremental learning to sustain the life and ecosystem as a whole. The ethnic foods made of local soybean, bamboo shoot, tree bean, *lai patta* (leafy mustard) and *rai* (*Brassica juncea*) from different selected tribes of Northeast India.

Deori *et al.* (2007) conducted a study on Ethnobotany of Sujen, a local Rice beer of Deori tribes of Assam and reported that Sujen is a popular local rice beer has a very important role in the socio-cultural life. Sujen is often consumed during festive occasion and celebration. The plant species used in the presentation of Mod pitha which is natural starter for brewing Sujen.

Bhardwaj *et al* (2009) in a study on Nutritionally rich wild vegetables of Tribal Communities of Northeast India stated that Northeast India is one of the mega biodiversity centres with a wide range of bio-cultural diversity. Tribal communities have been using different wild species for food and medicinal purposes since time immemorial. These wild species on the basis of their relative importance in food and nutrition security. Composition studies showed that some species such as *poi* (*Basella rubra*), *dhekia* (*Diplazium esculentum*), *oyik* (*Pouzolzia bennettiana*) and *gaam oying* (*Glochidion multiloculare*) are richer in minerals and energy compared with common vegetables such as spinach, amaranth and cabbage.

Bora *et.al* (2012) in a study on Poka, a Traditional Rice Wine of the Galo Tribe of Arunachal Pradesh mentioned that Poka is a traditional rice wine which plays an important role in the socio-cultural life of the Galo tribe of Arunachal Pradesh. It is consumed during most of the festive occasions and celebrations.

Kar *et. al.* (2013) in the study on Wild Edible plant resources used by the Mizos of Mizoram stated that wild edible plant resources of Mizo people have great importance in their day-to-day life and often use for therapeutic purpose. A total of 279 plant species belonging to 100 families are in use and 35 species are sold in the local market markets of Mizoram.

Saikia (2013) reviewed Food-Habits in Pre-Colonial Assam and found that food habits of its people facilitate the understanding of the varied cultures. Culinary practices of the region are culturally distinctive, expressing both identity and difference. Food procurement and its preservation are conditioned by the climate, varying seasons, community size, economic condition, infrastructure and technological knowledge. Traditional norms, religious belief and societal values also influence consumption pattern. At an advanced stage of social development, taste becomes an important indicator of food-habit.

Nongdam and Tikendra (2014) studied Nutritional Facts of Bamboo Shoots and their usage as important traditional foods of northeast India and mentioned that bamboo shoots are considered as one of the most useful health foods because of their rich contents of proteins, carbohydrates, vitamins, fibres, and minerals and very low fat. Though bamboo shoots provide lot of health benefits, their consumption is confined mostly to Asian countries. The different ethnic communities of Northeast include fresh or fermented bamboo shoots as most preferred traditional food items. Some of the important bamboo based traditional foods are *ushoi*, *soibum*, *rep*, *mesu*, *eup*, *ekhung*, *hiring*.

Ahmed and Ganguly (2014) reviewed Traditional and Highly Popular Semi-Fermented Fish Products of North-East India and reported that in North Eastern states of India, the solid semi-fermented fish products are hugely in demand by the consumers because of its characteristics taste and flavor. The present review widely portrays the quality aspects and point popular characteristics of the processed semi-fermented fish product which directs to its huge popularity among the fish consuming population there.

Lalthanpuii *et. al.* (2015) conducted a study on Traditional food processing techniques of the Mizo people of Northeast India stated that is the basic method of preserving indigenous foods by using traditional knowledge and indigenous techniques from the available resources such as fire or sun. The study concluded that traditionally processed foods of Mizos have a significant impact on health of the community.

Kim (2015) studied Nutritional Composition of Shithu, a Traditional Fermented Food of Manipur stated that Shithu is an indigenous traditional fermented food prepared from seeds of *Sesamum indicum* (L). This fermented food has been consumed in different recipes over a long period of time by locals. It is either consumed directly or used as a flavouring agent in vegetable items or as addition to make the vegetable items soft and tasty. This fermented food is mainly prepared by women and the knowledge is passes down from generation to generation in words. The nutrition value such as carbohydrate, soluble protein, total free amino acids, reducing sugar, total phenol, flavonoid etc. and some trace elements like calcium, magnesium, iron, zinc and manganese.

Dasa *et. al.* (2016) in a study on Diversity of traditional and fermented foods of the Seven Sister states of India and their nutritional and nutraceutical potential reported that the Seven Sister states of northeast India are characterized by diverse population with different ethnic backgrounds. Indigenous and fermented foods are an intrinsic part of diet of these ethnic tribes. Wild fruits and vegetables have more nutritional value than cultivated fruits and contribute to sustainable food production and security. Fermented products are region-specific and have their own unique substrates and preparation methods. Soybeans, bamboo shoots, and locally available vegetables are commonly fermented by most tribes. Fermented alcoholic beverages prepared in this region are unique and bear deep attachment with socio-cultural lives of local people. These products serve as a source of income to many rural people, who prepare them at home and market them locally.

Baro (2016) in a study on food habits and traditional knowledge system of Bodos of Assam mentioned that food tradition of the Bodos has deep relationship with the culture, social and economic development. The traditional preparation, preservation of food is also being changed with the change of technologies but it could be best if it can be demonstrated scientifically in the modern world so that people get to know about them.

Narzary *et. al.* (2016) in a study on indigenous fermented foods and beverages of Kokrajhar, Assam reported that the Kokrajhar district of Assam has rich cultural diversity and ethnic groups. Each ethnic group has its own method of fermenting food materials for the purpose of preservation, taste, and nutritional enhancement and has been carrying this tradition from time immemorial. Due to impact of globalization, these lesser-known fermented foods and beverages are at the risk of extinction and its documentation is a very essential part before its further application in food processing industry. Fermented foods and alcoholic beverages along with its sociocultural significance of the region.

A study on Fermented bamboo shoots by Thakur *et. al.* (2016) reported that bamboo shoots contribute to traditional delicacy of majority of Asian countries. Various traditional foods are prepared from fermented bamboo shoots by fermentation process. Fermentation produces various aroma component, acid, bacteria and polysaccharides which contribute to the development of some characteristic properties such as taste, visual appearance, texture, shelf life and safety. Fermented bamboo shoot products are one of the most suitable traditional foods with immense health benefits for human consumption.

Mahanta (2016) studied nutritional analysis of the traditional food habit of Moran Community of Tinsukia District, Assam and found that the traditional food habit of Moran community has lot of diversity in food. The nutritional status of the population is good and the preparation processes of the foods are very healthy and balancing which symbolize the strong, active and healthy characteristic of the people. The herbal folklore of Moran community is very rich.

Das and Singh (2017) in a study on Medicinal value of Indigenous foods consumed by the Bodo people mentioned that indigenous food varieties are mostly consumed by Bodo people. The dietary habits of the community mostly depend on the local sources of variety of vegetables and non-vegetarian food items. The study reported that people of this community prefer ethnic foods which comprises of various wild edible plant, animal and insects which have medicinal value and cures various diseases and ailments.

In a survey conducted by Gangte *et.al.* (2017) on Wild Edible Plants used by the Zou Tribe in Manipur found that 84 species belonging to 36 families of wild edible plants used by the Zou tribe. The nutritional aspects of less familiar wild edible plants but they are used as food and medicine in the day-to-day life of this communities.

A Case study conducted on Soibam and Ayam (2018) on the traditional fermented foods of Meiteis of Manipur reported the fermented foods and beverages of the indigenous people of Manipur along with its socio cultural aspects in very important. It was observed that the indigenous Meiteis of Manipur have their traditional fermented foods on daily basis and an indispensable component in many rituals.

Rahman *et. al.* (2018) in study on Entomophagy practiced among the Tiwa community of Morigaon district, Assam stated that many edible insects are important dietary components among Tiwas. Nutritional value of the insects consumed was also determined and it was found that they were rich in nutrients especially in proteins, suggesting their use as good nutritional supplements of balanced diet

Saikia (2018) in a Study of Traditional Food of Sonowal Kacharis of Brahmaputra Valley of Assam mentioned that the Sonowal Kachari, an ethnic tribe from Assam has a distinctive style of food and diet. They mostly eat naturally available vegetables, roots, leaves, herbs, fruits, fish, animals and insects. These foods have preventive, therapeutic, and remedial medicinal values. These foods helped the tribe to survive in adverse environmental conditions. With modernization some changes are seen in food habits but a trend for revival is also seen in recent years.

Singh *et. al.* (2018) studied Process Foods of the Ethnic Tribes of Western Hills of Manipur and stated that Manipur is inhabited by tribal people mostly of Zeliangrong tribe and to some extent by Kuki tribe. The seasonal food produce were processed to enhance nutritive value, flavour and above all shelf life to consume in the lean season. The most common method of processing is sun drying and natural fermentation and boiling in the plain water. The process food includes plant-based products, alcoholic beverage and animal-based process food. These traditional foods were considered rich in nutritional values and have healing properties.

Mochahary (2019) studied Traditional Culture of Bodos and Its Changes and mentioned that the traditional food is the symbol of identity of a culture. Rice is the main food for Bodos. The consumption of traditional drinks rice-beer Zumai or Zow, dried fish and meat known as Na-gwran and Bedor- gwran, Napham, locally prepared alkali potash which they call Kharoi, etc are liked by one and all. One of the special dishes of Bodos is Ondla khari that is prepared with rice powder, chicken and bamboo shoot.

A study on Traditional food system and diet intake pattern of The Boro Kachari Tribe of Assam by Gogoi (2019) mentioned that traditional food include varieties of pulses, vegetables, fruits, roots and tubers, both for consumption and business. The Boro women folk prepare a number of traditional mouth-watering delicious cuisines with more than 82 leafy green vegetables and root & tubers. The tribe also consumed 11 species of edible insects or their products.

Sarmah *et.al* (2019) mentioned that people round the Globe have their local traditional food. The taste of the local traditional food differs according to social and cultural structure. The source of ingredients of every local traditional food is the nature and they prepare them according to their tradition and custom. The North-East of India consists of variety of castes and creeds, and every caste has their own traditional food and a special traditional way of preparation.

Das *et. al.* (2020) in a study on Nutrient Composition of Some Regional Recipes of Assam mentioned that north eastern state of India has a typical food habit distinct from the rest of the country. It was found that the regional recipes of Assam are rich in calcium, iron, carotene/retinol and vitamin C.

Das *et.al* (2020) studied Meat based ethnic foods of Rabha tribe and found that the ingredients used in various meat based ethnic foods of tribe have lot of significance. Foods are prepared with various ingredients including herbs like lemon leaf, coriander, bay leaf, curry leaf, roselle leaf, etc. The main ingredient was meat of animals like fish, crab, snail, pig and chicken. The study concluded that it is the need of hour to promote the ethnic foods for commercial production which will create employment opportunity for the tribal local youths.

Talukdar and Deka (2020) studied Chemical Analysis of Traditional Food Additive *Dokhora Khar* Derived from Water Hyacinth (*Eichhornia crassipes*) stated that water hyacinth is used by the people of Assam as a traditional food additive and as an antacid. It is usually prepared from the aqueous extract of water hyacinth ash. It is very popular in lower Assam. Apart from its use as a food additive in preparing palatable dishes, it is also used for the cure of ailments arising from stomach acidity and indigestion.

Shrivastava *et. al.* (2020) in a study on Ethnic Fermented Foods and Beverages of Arunachal Pradesh mentioned about different types of traditionally prepared ethnic fermented foods and beverages by various ethnic groups of people in Arunachal Pradesh. Some of these foods have been used by specific local tribal community. The fermented foods from plant-based products such as bamboo shoot, leafy vegetables and fermented food items made from soybean, while fermented foods of animal origin include food made from milk and fermented food made from meat/fish, etc.. A few new products like *lukter*, *pehak* and *churasabji* are also new fermented products by different tribes.

Goswami (2020) analysed Traditional Rice Beer of Tiwa Community and concluded that rice-beer is popular among the tribal people of Assam bearing cultural and religious and traditional significance. Traditional rice beer of Tiwas is known as Zu which is essential part of several tribal communities of Assam. It is a common belief of the Tiwas that rice-beer has a special property against some ailments of people. Rice cake or *Bakhor* can be prepared from nineteen plant species which have been identified.

## **1.5. Methodology**

### **1.5.1. Selection of States**

The states of Arunachal Pradesh, Assam, Manipur and Mizoram were selected based on the number of tribes ranging from 22 to 28. (Table 1)

### **1.5.2 Selection of Respondents:**

The respondents of the study were the women head of the family. The respondents were selected belonging to different tribes. Efforts were made to include representations from different indigenous tribes of the states hence the field investigator contacted the AWWs, Village Leaders, Gaon Burhas, Women Groups, etc.

### **1.5.3. Methods of Data Collection:**

Data for the study was collected through personal interview schedule. Beforehand the respondent was selected by contacting the CDPOs, AWWs, Gaon Burhas, Women Groups, etc.

### **1.5.4. Tools of Data Collection:**

Questionnaire for collection of the indigenous foods was used. Photographs of different indigenous food and cooking processes were also collected.

## CHAPTER II

### Indigenous Foods of the Tribes

The staple food of the tribes of north east is rice. All the three meals viz. breakfast, lunch and dinner most tribes prefer to take rice. A study conducted by Marak (2007) reported that staple food of Garos, a tribe of Meghalaya was rice. Along with rice, all tribal groups included non-vegetarian foods, green leafy vegetables and other vegetables. A study conducted by Saikia (2012) on food pattern of tea tribes found majority of people prefer non-vegetarian food. Fish and meat are a part of the meals cooked in various ways.

Apart from fresh fish or meat, dry meat and fish are cooked which is enjoyed by all age groups. Green leafy vegetables are included in every day meals. In most of the indigenous foods one or more types of green leafy vegetables, herbs, microgreens, etc. are used to enhance the flavour and taste of the food. Herbs are very nutritious and their inclusion in regular diet enhances the immunity to body.

Many delicacies are prepared with bamboo shoot and alkali. They prepare fish with bamboo shoot and green leafy vegetables. Dry fish is prepared with chillies, onion, garlic and tomato. Another delicacy mentioned was dry fish prepared with alkali. The indigenous foods are prepared mostly by using the method of boiling. Dry fish is relished by all the tribal population of north-eastern region. Dry fish is cooked by putting it in boiling water with white gourd, garlic and ginger and adding alkali to it. They do not use turmeric in the cuisines prepared with alkali. Marak (2010) in a study of *jaguanakam* (dry fish) mentioned that inclusion of the dry fish lies in gastronomic appreciation and habitual consumption.

Among meat all tribes prefer pork and mutton more than other meats like chicken, pigeon, duck, etc. The tribes of north east also included fresh chutnies which are prepared with herbs and spices and condiments. The different types of indigenous foods of the tribes of Arunachal Pradesh, Assam, Manipur and Mizoram are documented in this chapter.

Arunachal Pradesh which is located between 26.28° N and 29.30° N latitude and 91.20° E and 97.30° E longitude is called as land of rising sun. It borders the states of Assam and Nagaland. Arunachal Pradesh has the highest diversity of mammals and birds in India. About one-third of habitat area is within the Himalayan biodiversity. The state is rich in wild and indigenous plants, animals, birds, etc along with many medicinal plants.

For the present study, a total of 94 indigenous foods were collected from 13 tribes of Arunachal Pradesh. The tribes included were Adi, Galo, Apatani, Nyishi, Nocte, Khamti, Wancho, Tangsa, Monpa, Idu Mishmi, Miji and Ramo.



# ARUNACHAL PRADESH



## 2.1. Indigenous foods of Arunachal Pradesh

**2.1.1. Name of the Indigenous Food:** Obunoing (Boiled mixed green leaves)



**Tribe:** Adi

**Ingredients used:** Locally available green leafy vegetables (16-17 varieties)

**Cooking/ Processing Method:** Boiling

**Procedure:** Cleaning the green leafy vegetables and keeping the leaves as such. Minimum water is boiled in a pan. The green leafy vegetables are added to the boiling water till cooked. Salt is added according to taste.

**2.1.2. Name of the Indigenous Food:** Engo (Dry fish with bamboo shoot boil)



**Tribe:** Adi

**Ingredients used:** Dry fish, dry bamboo shoot, salt, chilli, water

**Cooking/ Processing Method:** Boiling

**Procedure:** Add water in a vessel and boil. Add salt, dry bamboo shoot, chilli and boil for few minutes. Add dry fish and cook for 20 minutes. Serve hot with rice.

**2.1.3. Name of the Indigenous Food:** Rockpuh with taake (Boiled egg with ginger wrapped in packing leaf)



**Tribe:** Adi

**Ingredients used:** Egg and Ginger

**Cooking/ Processing Method:** Boiling

**Procedure:** Boil egg and remove the shell. Add grated ginger with the egg and wrap it nicely with a packing leaf like a pouch packing.

**2.1.4. Name of the Indigenous Food:** Atting (Rice cake wrapped in packing leaf)



**Tribe:** Adi

**Ingredients used:** Rice flour

**Cooking/ Processing Method:** Boiling

**Procedure:** Prepare a thick batter with water and rice powder. Place the batter in the center of a packing leaf and then wrap it like packets. Boil water in a pan and put the packets in boiling water and cook for 20 minutes. Serve hot with chutney or tea.

**2.1.5. Name of the Indigenous Food:** Laaixaak boil (Boiled mustard plant leaves)



**Tribe:** Adi

**Ingredients used:** Mustard leaves boil (boiled laaixaak)

**Cooking/ Processing Method:** Boiling

**Procedure:** Cleaning the mustard leaves and tie into small bunches. The tied bunches of mustard leaves are added to the boiling water till cooked. Salt is added according to taste.

**2.1.6. Name of the Indigenous Food:** Dorap Domui (Vegetable chutney)



**Tribe:** Adi

**Ingredients used:** Brinjal (Bayom), garlic sprout (Birlap), cherry tomato (tungpulu), chilli (mirsi), coriander leaf (ori), prickly ash (Onger) and salt.

**Cooking/ Processing Method:** Roasting

**Procedure:** Clean and wash the ingredients. Roast the brinjal and mash well. Chop finely chopped garlic sprout, cherry tomato, chilli, coriander leaves, prickly ash leaves and add to the mashed brinjal. Add salt according to taste.

**2.1.7. Name of the Indigenous Food:** Akaden (Smoked pork with bamboo shoot boil)



**Tribe:** Adi

**Ingredients used:** Onger, chilli, salt, roasted pork and bamboo shoot

**Cooking/ Processing Method:** Boiling

**Procedure:** Boil water in a kadhai. Add salt and bamboo shoot in the boiling water. Now add roasted pork, chilli, chopped Onger leaves and salt and boil for an hour. Serve hot with rice.

**2.1.8. Name of the Indigenous Food:** Boiled tara angen/Ximolualoo boil (Boiled root of cassava)



**Tribe:** Adi

**Ingredients used:** Boiled Tara Angen (root of cassava/ximolu)

**Cooking/ Processing Method:** Boiling

**Procedure:** Peel the outer layer of the taraangen and wash it nicely. Add taraangen, salt and water and cook in a pressure cooker till 2 whistles. Serve hot with rice.

**2.1.9. Name of the Indigenous Food:** Situ angen grilled/Kath alupura (Purple yam grilled)



**Tribe:** Adi

**Ingredients used:** Situ Angen (Purple Yam)

**Cooking/ Processing Method:** Grilling

**Procedure:** Clean the yam with the skin. Grill in charcoal for 15 minutes. Peel the outer skin with a knife and clean the over charred portion and serve as such.

**2.1.10. Name of the Indigenous Food:** Boiled pumpkin (Tapa boil)



**Tribe:** Adi

**Ingredients used:** Pumpkin

**Cooking/ Processing Method:** Boiling

**Procedure:** Wash the pumpkin with the skin and cut into big pieces. Add pumpkin, salt and water and cook in a pressure cooker till 2 whistles. Serve hot with rice.

**2.1.11. Name of the Indigenous Food:** Boiled Rice (Bhat)



**Tribe:** Adi

**Ingredients used:** Rice

**Cooking/ Processing Method:** Boiling

**Procedure:** The rice is washed thoroughly with water. Boil water in a vessel and add rice. Stir at frequent interval till rice is cooked. Strain 80 per cent of the water and keep the rice covered for 10 minutes. Open the lid and pack the rice in packing leaf (akkam) and fold it nicely to a packet. Serve hot.

**2.1.12.Name of the Indigenous Food:** Poro apong (Local rice beer)



**Tribe:** Adi

**Ingredients used:** Bora rice

**Cooking Method:** Fermentation

**Procedure:** Wash rice thoroughly and cook in a cooker. Spread the cooked rice in a bamboo platter (dola) to cool and dry. Starter culture (siae - herbal medicinal cake for apong) is added with the dried rice and mixed properly. The mixture is put in an airtight vessel for 2-3 days (in summer) for fermentation. The clear liquor (apong) formed in the vessel is strained in a wooden jar and ready to serve with roasted pork or chicken.

**2.1.13. Name of the Indigenous Food:** Bamboo tenga (Fermented bamboo shoot)



**Tribe:** Galo name fermented bamboo shoot as Iku, Apatani as Hikhu and Nocte as Mehsi

**Ingredients used:** Bamboo shoot

**Cooking/ Processing Method:** Fermentation

**Procedure:** Fresh bamboo shoots are peeled, cleaned and chopped into small pieces and kept in a large bamboo basket covered with packing leaves. The chopped bamboo shoots are kept for 15 days to ferment. The fermented bamboo shoots can be stored up to a year. It is consumed most frequently as boiled curry with meat and fish. Pickle and chutneys are also prepared.

**2.1.14. Name of the Indigenous Food:** Xukan bamboo temga (Fermented dried bamboo shoot)



**Tribe:** Galo name fermented dried bamboo shoot as Hiyip, Apatani as Hyi and Nyshi as Hiyup

**Ingredients used:** Bamboo Shoot

**Cooking/ Processing Method:** Drying

**Procedure:** Fresh bamboo shoots are peeled, cleaned and chopped into small pieces and kept in a large bamboo basket covered with packing leaves. The chopped bamboo shoots are kept for 15 days to ferment. The fermented bamboo shoots is sun dried and kept in dried containers and used in different dishes.

**2.1.15. Name of the Indigenous Food:** Chinduechin/ Chinduachin/ Sudoapi (Cooked rice)



**Tribe:** Nyishi call cooked as Chinduechin, Galo as Chinduachin and Apatani as Sudoapi

**Ingredients used:** Rice

**Cooking/ Processing Method:** Grilling

**Procedure:** One of the unique styles among the tribes of Arunachal is cooking of rice in hollow cylindrical bamboo. Rice is cleaned, washed and stuffed in bamboo tubes. The filled in bamboo tubes is placed in fireplace. With constant monitoring for 20-25 minute the rice is cooked

**2.1.16. Name of the Indigenous Food:** Iti/ Yata (Rice powder cake)



**Tribe:** Galo name it as Iti and Apatani as Yata

**Ingredients used:** Rice

**Cooking/ Processing Method:** Steaming

**Procedure:** Glutinous rice is soaked overnight. Next day the water is drain out. The soft rice is grinded to fine powder. A paste is form using water and sugar (as per taste). Then the paste (2 tablespoon) is placed in cleaned packing leaf and packed properly. The packed leaf is steamed for 10-15 min.

**2.1.17. Name of the Indigenous Food:** Piinam amiin (Rice with pork blood)



**Tribe:** Galo

**Ingredients used:** Pork Blood, glutinous rice

**Cooking/ Processing Method:** Grilling

**Procedure:** Glutinous rice is soaked in water, drained and pounded to fine powder. Pork blood is cleaned and mixed with the pounded rice and stuffed in bamboo tube. The filled in bamboo tubes is placed in fireplace. With constant monitoring for 20-25 minute the rice is cooked. The rice cake is taken out of the burnt bamboo tubes and cut into pieces.

**2.1.18. Name of the Indigenous Food:** Agyaa/ Peha/ Peruyaan/ Pihyenam (Fermented soyabean)



**Tribe:** Fermented soyabean is called as Agyaa by Galo, Peha by Nyishi, Peruyaan by Apatani and Pihyenam by Nocte

**Ingredients used:** Soyabean

**Cooking/ Processing Method:** Boiling and Fermentation

**Procedure:** Soyabeans are cooked for around 2 hours in water. After draining the water, the beans are wrapped in packing leaves and allowed to ferment for 7-10 days under ambient temperature. Fermented soyabeans is one of the main delicacies enjoyed as chutney by the tribe. Fermented soyabean is sun dried to increase its shelf life.

**2.1.19. Name of the Indigenous Food:** Amin/ Khash (Rice Porridge)



**Tribe:** Galo tribe called as Amin and Khash by the Nyishis

**Ingredients used:** Rice, Meat (chicken/pork/mithun/beef), chili, ginger and garlic

**Cooking/ Processing Method:** Boiling

**Procedure:** Rice porridge with meat is one of the famous delicacies among the tribe of Arunachal Pradesh. The glutinous rice is soaked for one hour. Water is boiled in a pot and any kind of meat (chicken/pork/mithun/beef) is added to the boiled water along with chili, grated ginger and garlic. The water of the soaked rice is drained and dried properly. The rice is pounded to granules and added to the boiled water. Rice along with the meat is stirred continuously for 10-15 minutes so that it becomes a soft porridge.

**2.1.20. Name of the Indigenous Food:** Amiin (Rice porridge with pork blood)



**Tribe:** Galo tribe called as Amin and Khash by the Nyishis

**Ingredients used:** Rice, Pork blood, meat (chicken/ pork/ mithun/ beef), chili, ginger and garlic

**Cooking/ Processing Method:** Boiling

**Procedure:** Glutinous rice is soaked for one hour. The water of the soaked rice is drained and dried properly. The rice is pounded to granules and kept aside. Water is boiled in a pot and pork blood along with any kind of meat, chilli, grated ginger and garlic is added. The pounded rice is now added to the boiled water. Rice, meat and pork blood is stirred continuously for 10-15 minutes so that it becomes a soft porridge.

**2.1.21. Name of the Indigenous Food:** Tayin/ Hoopsii (Wild mushroom with mustard leaves)



**Tribe:** All Tribes

**Ingredients used:** Wild Mushroom, mustard leaves

**Cooking/ Processing Method:** Boiling

**Procedure:** Clean mushroom and mustard leaves. Boil both in a pan till cooked. Bland boiled vegetable is one the most common forms of eating among the tribes of Arunachal Pradesh.

**2.1.22. Name of the Indigenous Food:** Sudu paroyo (Chicken and egg curry)



**Tribe:** Apatani

**Ingredients used:** Chicken, Egg, Ginger, Garlic, Tomato, Salt to taste

**Cooking/ Processing Method:** Roasting

**Procedure:** Chicken is cooked in a pan under firewood with water, garlic ginger paste and tomato. When the chicken is cooked, egg is added and stirred till the egg mixes well with the cooked chicken. Add salt to taste.

**2.1.23. Name of the Indigenous Food:** Munheou (Wild mushroom boil curry)



**Tribe:** Khamti

**Ingredients used:** Wild Mushroom

**Cooking/ Processing Method:** Boiling

**Procedure:** Clean and cut wild mushroom and boil in sufficient water till cooked. The wild vegetable consumed in the form of chutney or boiled curry by adding salt.

**2.1.24. Name of the Indigenous Food:** Maiche zaan (Pork sausages)



**Tribe:** Wancho

**Ingredients used:** Fresh blood of pork, ginger and garlic paste, pork fat, pork organ meat, dry yam leaves, shezwan seeds, chillies and salt

**Cooking/ Processing Method:** Boiling and Drying

**Procedure:** The fresh blood of pork is mixed with ginger and garlic paste, pork fat, pork organ meat, dry yam leaves, shezwan seeds and chillies and salt together. This mixture is stuffed in pork intestine. The ends of the intestine are tied properly. Water is boiled in a pan and the tied intestine is submerged in the boiled water and cooked for 30 minutes. The cooked intestine is hung above the fire rack for drying and at least a week. The cooked and dried intestine is cut into pieces and eaten as such. Sometimes it is cooked with vegetables.

**2.1.25. Name of the Indigenous Food:** Ngui/ Mui ramnam (Smoked fish)



**Tribe:** Khamti

**Ingredients used:** Smoked fish, dried bamboo shoot

**Cooking/ Processing Method:** Boiling

**Procedure:** Water is boiled in a pan. Smoked fish, dried bamboo shoot and salt is added and boiled till the fish becomes soft.

**2.1.26. Name of the Indigenous Food:** Ngui (Boiled fish)



**Tribe:** All Tribes

**Ingredients used:** Fish, fermented bamboo shoot, coriander or any local herbs

**Cooking/ Processing Method:** Boiling

**Procedure:** Water is boiled in a pan. Fermented bamboo shoot, fish, salt is added till the fish is cooked. The cooked curry is garnished with coriander or any local herbs.

**2.1.27. Name of the Indigenous Food:** Tomato piila (Tomato chutney)



**Tribe:** Apatani

**Ingredients used:** Tomato, green chillies, ginger, garlic, local herbs (shezwan seeds) and local soda (made out of ashes of banana peel).

**Cooking/ Processing Method:** Roasting

**Procedure:** Tomato is roasted and skin is peeled. The peeled tomato is mixed with green chillies, ginger and garlic, local herbs (shezwan seeds) and mashed properly. Local soda *piilaala* (made out of ashes of banana peel) is added in the end and thin consistency tomato chutney is prepared.

**2.1.28. Name of the Indigenous Food:** Saebedin (Roasted/Smoked mithun)



**Tribe:** Nyishi

**Ingredients used:** Meat of Mithun

**Cooking/ Processing Method:** Roasting, Smoking, Boiling, Frying

**Procedure:** The meat of the mithun is cleaned and prepared in different ways viz. roasting, smoking, boiling and frying. Mithun (*bon frontalis*) being the state animal is one of the most popular meat among the tribes.

**2.1.29. Name of the Indigenous Food:** Horeyanga (Boiled european black nightshade)



**Tribe:** All Tribes

**Ingredients used:** European black nightshade (*Solanumnigrum*)

**Cooking/ Processing Method:** Boiling

**Procedure:** The wild vegetable (European black nightshade) is boiled in water and taken in the form of curry. Used as an antiseptic in cough, vomiting, skin disease, fever and to regulate Blood Pressure.

**2.1.30. Name of the Indigenous Food:** Oyin/ Poto (Boiled east indian glory bower)



**Tribe:** All Tribes

**Ingredients used:** East Indian glory bower (*Clerodendrumcolebrookianum*)

**Cooking/ Processing Method:** Boiling

**Procedure:** The wild vegetable (East Indian glory bower) is boiled in water and taken in the form of curry. It is believed to have benefits of lowering blood pressure.

**2.1.31. Name of the Indigenous Food:** Oyik/Osik/ Tabu-chukeer (Graceful pouzolz's bush boil)



**Tribe:** Galo

**Ingredients used:** Graceful pouzolz's bush (*Pouzolziahirta*)

**Cooking/ Processing Method:** Boiling

**Procedure:** The green leafy vegetable is boiled in water and any kind of meat. Used as an appetizer and is effective for acidity and gastritis. It is also given to lactating mothers.

**2.1.32. Name of the Indigenous Food:** Shangko hittuk (Chicken boiled with bamboo shoot)



**Tribe:** Adi

**Ingredients used:** Bamboo shoot and chicken

**Cooking/ Processing Method:** Boiling

**Procedure:** Water is boiled in a pan. Bamboo shoot either fresh/ dried is added to the boiling water along with chicken. It is cooked till chicken is soft and taken with rice.

**2.1.33. Name of the Indigenous Food:** Papuk (Banana blossom chutney)



**Tribe:** Galo

**Ingredients used:** Banana blossom and any kind of meat

**Cooking/ Processing Method:** Roasting

**Procedure:** Banana blossom is cleaned and chopped and mixed with meat. Salt and spices (required ingredients) and wrapped in packing leaf. The leaf with the ingredients is inserted into bamboo tubes and placed in fire. The bamboo tube is rotated off and on till the food is cooked.

**2.1.34. Name of the Indigenous Food:** Eshinbaanam/ Pahiibyanu (Roasted liver)



**Tribe:** Called as Eshinbaanam by Nyishi tribe and Pahiibyanu by Apatani.

**Ingredients used:** Liver of meat

**Cooking/ Processing Method:** Roasting

**Procedure:** The liver of any meat is cleaned and cut into small pieces. The pieces are roasted in fire. Served with local drinks as a starter in any celebrations.

**2.1.35. Name of the Indigenous Food:** Kope/ Byako/ Byak (Boiled dutch eggplant)



**Tribe:** Called as Kope by Galo, Byako by Apatani and byak by Nyishi tribes

**Ingredients used:** Dutch eggplant (*Solanum khasianum*), green chillies, ginger, garlic, local herbs, etc.

**Cooking/ Processing Method:** Boiling

**Procedure:** Dutch eggplant is cleaned and boiled in water green chillies, ginger, garlic, local herbs, etc till it softens. The plant is available abundantly in Arunachal Pradesh and is consumed among all the tribes. It is consumed either as boiled dish or in the form of chutney

**2.1.36. Name of the Indigenous Food:** Pikey pila (Fermented bamboo shoot with pork fat)



**Tribe:** Apatani from lower Subansiri district.

**Ingredients used:** Pila (indigenous salty ash water), hulyi (fermented pork fat), fermented bamboo shoot, vegetables like beans and any fresh or dried meat.

**Cooking/ Processing Method:** Boiling

**Procedure:** Water is boiled in a pan. Indigenous salty ash water, fermented pork fat, fermented bamboo shoot, fresh or died meat and vegetables like beans are boiled together till the dish is cooked.

**2.1.37. Name of the Indigenous Food:** Yarmii (Chilli flakes)



**Tribe:** Apatani

**Ingredients used:** Dry bamboo shoots, Black sesame, dry chilli, paracress flower

**Cooking/ Processing Method:** Drying

**Procedure:** Roast bamboo shoots, dry chilli, paracress flower and black sesame seeds and keep it separately. Grind all ingredients to make a coarse powder. The powder is used in many dishes and consumed as chutney.

**2.1.38. Name of the Indigenous Food:** Palu (Silkworm fry)



**Tribe:** All Tribes

**Ingredients used:** Silkworm, tomato, onion, bay leaves, salt to taste

**Cooking/ Processing Method:** Frying

**Procedure:** Heat little oil. Add chopped tomato, onions, bay leaves, silkworm and fry for some time till silkworms are cooked. Silkworms are also eaten by roasting as well as a dish cooked with some vegetables.

**2.1.39. Name of the Indigenous Food:** Subu ere (Boiled mithun)



**Tribe:** Apatani

**Ingredients used:** Organ meat of Mithun (*bosfrontalis*), ginger, garlic, salt to taste.

**Cooking/ Processing Method:** Boiling

**Procedure:** Water is heated in a pot. Add the organ meat of Mithun (*bosfrontalis*) with ginger garlic paste to the boiling water. Add salt to taste.

**2.1.40. Name of the Indigenous Food:** Wongam tok (Chicken cooked in stone)



**Tribe:** Tangsa

**Ingredients used:** Chicken, garlic, green chillies, changyeong (local pepper), meikhei (dried fermented bamboo shoot), salt.

**Cooking/ Processing Method:** Grilling

**Procedure:** Mince the chicken and mixed with chopped garlic, green chillies, changyeong (local pepper), meikhei (dried fermented bamboo shoot) and salt and place in a packing leaf/ banana leaf and tie like a packet. Heat the charcoal so that it becomes red. Place the packet in the hot charcoal and cook for 30 minutes. The meat is cooked and served.

**2.1.41. Name of the Indigenous Food:** Tassey (Sago flour)



**Tribe:** Nysihi

**Ingredients used:** Stem of Rangbang (Sago palm) tree.

**Cooking/ Processing Method:** Roasting

**Procedure:** The stem of Rangbang (Sago palm) tree is cleaned and peeled. The peeled stem is cut into pieces and roasted to flour. It is consumed as roasted flour, roti, etc. The soft dough prepared is small balls is sometimes fried and consumed as snacks either as sweet or as salty.

**2.1.42. Name of the Indigenous Food:** Parennam / Rongsinnam Ngui (Smoked fish)



**Tribe:** All tribes

**Ingredients used:** Fresh fish

**Cooking/ Processing Method:** Smoking and Preservation

**Procedure:** Any varieties of fresh fish are cleaned and hang in fire rack. When the fish dries off completely it is preserved for used in lean periods and consumed as chutney or added in boil vegetables.

**2.1.43. Name of the Indigenous Food:** Khapse (Sweet biscuit)



**Tribe:** Monpa

**Ingredients used:** Amaranthus seeds, milk, sugar, oil

**Cooking/ Processing Method:** Drying, Roasting and Frying

**Procedure:** The grains of Budangmo (Amaranthus seeds) are dried, roasted and made into flour. Soft dough is prepared by mixing the amaranthus seeds flour with milk, sugar and little oil. The dough is rolled to ¼ inch and cut into diagonal strips. Twist the strip by pulling the other two ends of the pieces. Deep fry the strips and serve with butter and tea /coffee. (With time the amaranthus flour is replaced with regular flour).

**2.1.44. Name of the Indigenous Food:** Dhinko/ Shangko/ Dinsen (Dried mithun meat)



**Tribe:** All tribes of Arunachal

**Ingredients used:** Mithun meat

**Cooking/ Processing Method:** Smoking

**Procedure:** The Mithun meat is washed and cut in long and thick strips. It is inserted to sticks and let dry above fireplace until dried properly. The dried mithun meat is prepared with bamboo shoot boil or dry fried and served with local beverages.

**2.1.45. Name of the Indigenous Food:** Bok-pei / Zan (Boiled corn)



**Tribe:** Monpa

**Ingredients used:** Corn flour

**Cooking/ Processing Method:** Boiling

**Procedure:** Corn is grinded to powder. Add the ground corn flour to boiled water. Stir continuously to form soft dough. It is consumed with vegetables, meat along with the addition of fermented cheese or soyabeans as condiment.

**2.1.46. Name of the Indigenous Food:** Chanta (Roasted rice)



**Tribe:** Apatani

**Ingredients used:** Rice

**Cooking/ Processing Method:** Roasting

**Procedure:** Freshly harvested rice is boiled in a pan for 5-10 min. Drain out the water and roast the rice till the rice is dried. The roasted grains are pounded and dehusked and served with local beverages..

**2.1.47. Name of the Indigenous Food:** Kakung (Roasted corn)



**Tribe:** Monpa

**Ingredients used:** Corn

**Cooking Method:** Roasting

**Procedure:** Fresh and tender corn is roasted and then flattened in a wooden pounder. It is consumed as snacks

**2.1.48. Name of the Indigenous Food:** Chhurpi/ Churkam (Fermented yak milk)



**Tribe:** Monpa

**Ingredients used:** Yak milk

**Cooking/ Processing Method:** Fermentation

**Procedure:** Prepare curd with fresh yak milk. The curd is churned and the buttermilk which is formed is coagulated. The coagulated milk is sieved by use of a clean cloth and pressed by hand for around 1 hour so that no whey water is left. The solid portion is kneaded to form a soft and smooth consistency. This consistency is really necessary for maintaining its sensorial properties. The soft dough is shaped by pressing in between the fingers onto a clean cloth to give a unique size and shape of traditional chhurpi. Fresh chhurpiis sun dried for 5–7 days to form hard chhurpi which can be preserved for months. It is used as masticatory as chewing gum.

**2.1.49. Name of the Indigenous Food:** Nau-shaa (Fried buffalo meat)



**Tribe:** Khamti

**Ingredients used:** Buffalo meat, onion, garlic, makat (shezwan pepper leaves), pichimkim (basil), Mustard oil, green chillies, bamboo shoots, coriander leaves and salt.

**Cooking / Processing Method:** Frying

**Procedure:** Wash and mince buffalo meat. Chop garlic, green chillies, makat and pichimkim, slice onion. Add mustard oil in a heated frying pan. Fry onions till brown and add chopped spices, bamboo shoots and fry for a minute. Add minced meat and allow cooking in its own juice. Remove from heat and garnish with coriander leaves. Served when hot with steamed rice.

**2.1.50. Name of the Indigenous Food:** Kasye (Fried pork organ meat)



**Tribe:** Idu Mishmi

**Ingredients used:** Pork organ meat and blood, chili, ginger, garlic, coriander and salt.

**Cooking/ Processing Method:** Frying

**Procedure:** Raw blood of pig is boiled in a pan. In a frying pan heat oil and fry masala like chili, ginger and garlic paste. Add organ meat and fry properly. Then add the mixture to boiled blood.

**2.1.51. Name of the Indigenous Food:** Kubung (Smoked wild rat)



**Tribe:** Adi

**Ingredients used:** Wild rats

**Cooking/ Processing Method:** Grilling

**Procedure:** Clean and wash the wild rat and cut from the centre and spread as shown in picture. Spread salt and place over fireplace until dried and cooked. Hunting is an old practice followed among the tribal population.

**2.1.52. Name of the Indigenous Food:** Khiri ashoot (Boiled mushroom)



**Tribe:** Tangsa

**Ingredients used:** Wild mushroom, chilli, ginger, garlic, corriander

**Cooking/ Processing Method:** Boiling

**Procedure:** Clean and boil the mushroom in a sauce pan. Roast green chilies and pound with ginger, garlic and add chopped coriander. Add the pounded mixture to the soft boiled mushroom. Add salt to taste.

**2.1.53. Name of the Indigenous Food:** Eeo/Hittuk (Fresh bamboo shoot)



**Tribe:** All the tribes

**Ingredients used:** Fresh Bamboo shoots

**Cooking/ Processing Method:** Boiling

**Procedure:** Peel the hard covers of bamboo shoots and chop it into long, thin strips. Boil it in a pan for 10-15 min or pressure cook. Add salt accordingly. The boiled bamboo shoots are eaten as such or a mixture of chilies, garlic and ginger paste is added to enhance the taste. Bamboo shoot is the mainstay of any kitchen in Arunachal.

**2.1.54. Name of the Indigenous Food:** Sawak/ Charap (Sugar palm tree porridge)



**Tribe:** Nyishi

**Ingredients used:** Sugar Palm tree flour (Tasseey)

**Cooking/ Processing Method:** Boiling

**Procedure:** Mix the powdered Tasseey with cold water and prepare a consistent mixture. Boil water in sauce pan. Add boiling water to Tasseey mixture and stir continuously. Once the mixture thickens, serve in plate with meat or vegetables dish.

**2.1.55. Name of the Indigenous Food:** Sakap (Fried sugar palm tree)



**Tribe:** Nyishi

**Ingredients used:** Tasse powder, sugar and oil

**Cooking Method:** Roasting and Frying

**Procedure:** Heat a pan/ tawa. Spread the finely powdered Tasse on the preheated pan into the shape of a pancake. Flip the pancake to cook in both sides. Fold the pancake and cook evenly on both sides. Sugar and oil can be added to enhance the taste. Included as snacks in breakfast and best served with red tea.

**2.1.56. Name of the Indigenous Food:** Khoulam (Bamboo rice)



**Tribe:** Khamti

**Ingredients used:** Sticky Rice and water

**Cooking/ Processing Method:** Roasting

**Procedure:** The rice is soaked overnight and filled into bamboo tubes allowing enough space for expansion. A little water is poured in and the bamboo is sealed with packing leaf. The rice filled tubes is then placed on an open fire. Bamboo rice can be eaten by simply pulling back the soft bamboo or sliced by cutting the bamboo into pieces. It has unique flavor and offers a clean, convenient, hygienic way of packaging cooked rice that can be carried easily. The variety of bamboo used is known locally as khaulam-ba. It is soft bamboo with a thin membrane that coats the rice during cooking allowing the cooked rice to be removed easily in one cylindrical piece.

**2.1.57. Name of the Indigenous Food:** Pojug (Mashed corn)



**Tribe:** Ramo

**Ingredients used:** Corn

**Cooking/ Processing Method:** Boiling

**Procedure:** Corn is pounded into a fine powder. Corn powder is mixed with water and paste to a thick consistency. The thick batter is wrapped in Banana leaves. The packed banana leaf is boiled in water for 10-12 minutes and served as breakfast item. It is usually eaten as a breakfast item by the Ramo tribe of Mechuka valley of Shi Yomi district Arunachal Pradesh.

**2.1.58. Name of the Indigenous Food:** Momo



**Tribe:** Monpa

**Ingredients used:** All-purpose flour, meat (chicken/pork/yak), ginger, garlic, onion, cabbage, chilli and salt.

**Cooking/ Processing Method:** Steaming

**Procedure:** Minced meat and mixed with chopped cabbage and onion. Make a paste of garlic, ginger and chilli. Mix the paste with the minced meat and keep aside. Make dough and divide into small balls. Roll each ball of dough to thin layer and stuffed with the minced eat. Fold from one side of the roll to the other and bind it. Steam for 10-15 minutes and served hot with chilli chutney. Momos are very popular among Indians and the Monpas prepare them on a regular basis. They are often served with soup and hot Chamin (chutney) or meat.

**2.1.59. Name of the Indigenous Food:** Thukpa



**Tribe:** Monpa

**Ingredients used:** All-purpose flour, meat (chicken/pork/yak), ginger, garlic, onion, cabbage, carrot, chilli and local herbs.

**Cooking/ Processing Method:** Boiling

**Procedure:** Cook the noodles in boiling water with a pinch of salt and few drops of oil till it gets cooked. Drain the excess water and keep it aside. In another pan boil meat and add chopped vegetables tomato and cook it for couple of minutes. Now add in the spice (mountain pepper) and give it a mix. Allow it to boil and simmer for another 10 minutes. Add the noodles and cook it for a minute. Finally sprinkle the chopped coriander leaves and cabbage and carrot. Serve it hot.

**2.1.60. Name of the Indigenous Food:** Tongtop (Steamed sticky rice)



**Tribe:** Khamti

**Ingredients used:** Sticky rice, raisins, cashew nut, coconut and jaggery

**Cooking/ Processing Method:** Steaming

**Procedure:** Soaked rice for an hour and grind to fine powder. Grind cashew, coconut and raisins and mixed with jaggery and mix all together with rice powder and make a thick paste with water. Fold the banana leaf in triangle and pour the thick mixture and pack it well so that paste does not leak out of the leaves. Steam for 15 minutes and unfold and serve as a snack.

**2.1.61. Name of the Indigenous Food:** Chambai (Fried sticky rice cake)



**Tribe:** Idumishmi

**Ingredients used:** Sticky Rice, sesame seeds, ginger and salt.

**Cooking/ Processing Method:** Frying, Roasting and Steaming

**Procedure:** Cook sticky rice in a pan. Roast sesame seeds and ground the seeds. Heat oil in a pan and add sesame powder with pounded ginger for 2-3 minutes. Add cooked rice to the mixture and serve it by making a round shape like a cake.

**2.1.62. Name of the Indigenous Food:** Tami akke (Boiled millet)



**Tribe:** Ramo

**Ingredients used:** Millet

**Cooking/ Processing Method:** Boiling

**Procedure:** Millet is prepared and consumed by tribal population just like the way rice is cooked.

**2.1.63. Name of the Indigenous Food:** Anu-nu (Chicken/Fish fried rice)



**Tribe:** Idu-Mishmi

**Ingredients used:** Local rice, Fish/chicken, dry bamboo shoot, grounded dry chilies, oil and salt

**Cooking/ Processing Method:** Boiling and Frying

**Procedure:** Boil the rice. Deep fry the fish/chicken until golden brown. Mix dry bamboo shoots and grounded chilies in pan with water. Put boiled rice in a tray and add the fish/chicken, then add the liquid of dry bamboo shoot and chilies. Add salt and serve.

**2.1.64. Name of the Indigenous Food:** To doh (Spiced yam)



**Tribe:** Nocte

**Ingredients used:** Yam, ginger, garlic, Sesame seeds, coriander and salt

**Cooking/ Processing Method:** Boiling

**Procedure:** Boil the yams until they are soft and tender. Peel off the skin and cut them into pieces. To this add salt, ginger garlic paste, sesame seeds and chopped coriander leaves.

**2.1.65. Name of the Indigenous Food:** Lukter/ Yamter/ Dakter (Smoked meat shreds)



**Tribe:** All the tribes

**Ingredients used:** Dry red chilies, shredded or pounded smoked meat (chicken/pork/mithun/beef) and salt.

**Cooking/ Processing Method:** Roasting

**Procedure:** Roast the dried chilies in a pan and grind it. Shred the smoked meat and mix with chili flakes. Add salt to taste

**2.1.66. Name of the Indigenous Food:** Jogen O (Boiled hill gynura)



**Tribe:** All the tribes of Arunachal Pradesh

**Ingredients used:** Hill gynura leaves

**Cooking/ Processing Method:** Boiling

**Procedure:** Chopped the leafy vegetables into fine pieces and boil in a pan. Add chili and salt as required and stir properly. Cooked for 10 min and serve with rice.

**2.1.67. Name of the Indigenous Food:** Hokka pada (Steamed fern)



**Tribe:** All the tribes

**Ingredients used:** Fern, Green chilies, chopped onion and Tomato (according to personal choice) and salt

**Cooking/ Processing Method:** Boiling

**Procedure:** Clean and wash the ferns. Boil water in pan and add the fern and boil for 2-3 minutes. Add salt to it. Take out the fern and add chopped chilies, tomato and onion. Serve with hot rice. The ferns can be fried also.

**2.1.68. Name of the Indigenous Food:** Baak/ Sunpero/ Kopirpimik/ Misangbyako/ Paitebakey (Boiled turkey berry)



**Tribe:** All the tribes of Arunachal

**Ingredients used:** Turkey berry

**Cooking/ Processing Method:** Boiling

**Procedure:** Clean the turkey berry and wash properly. Boil it for 7-10 minutes. The boiled berries are eaten as such or along with the meal or pounded with chili.

**2.1. 69. Name of the Indigenous Food:** Tallar (Raw local chives)



**Tribe:** All the tribes of Arunachal

**Ingredients used:** Tallar

**Cooking/ Processing Method:** Chopping and Grinding

**Procedure:** Local chives are usually chopped and used in garnishing different dishes. It is sometimes grinded to prepare as chutney along with chili, ginger and garlic.

**2.1.70. Name of the Indigenous Food:** Tapyo (Herbal local salt)



**Tribe:** Apatani

**Ingredients used:** Leaves of *Clerodendroncolebrookianum* / *Eleusine coracana*/  
*Phragmiteskarka*, Rice starch and Pila

**Cooking/ Processing Method:** Drying

**Procedure:** The parts of plants viz., papaya trunk or banana leaves are semi dried and burnt ash. The cold water is poured slowly over the ash and extract liquid is called pila. A layer of rice starch is allowed to set in a flat, dry pan along with leaves of selected plant over a low flame. Pila is then poured over this base and allowed to cook until the water is completely evaporated and ash remains which is grey-black in colour unlike rock salt. Many years ago, availability of salt was scarce in Arunachal and as such a group of indigenous from Apatani tribe started preparing this valuable herbal, iodine rich, alkaline substance similar to salt.

**2.1.71. Name of the Indigenous Food:** Libi-chura (Fermented soybean)



**Tribe:** Monpa

**Ingredients used:** Soybean

**Cooking/ Processing Method:** Fermentation

**Procedure:** First boil soybean until cooked. Let it ferment for 10-15 days. Using mortar pestle beat the fermented soybean and keeps it for sun drying. Before it is completely dried make a ball shape of it and sundry again. The skins of soybean are removed for better consumption

**2.1.72. Name of the Indigenous Food:** Phak paa (Fish curry)



**Tribe:** Khamti

**Ingredients used:** Fish, Sichuan leaves, ginger, garlic, chilli and salt

**Cooking/ Processing Method:** Boiling

**Procedure:** Boil fish in a pan. When it is half cooked add to it the paste of ginger, garlic and chilli. To this add Sichuan leaves and boil until cooked. This recipe is one of the most common delicacies with the use of Sichuan leaves is prepared and consumed by Khamti tribe.

**2.1.73. Name of the Indigenous Food:** Asumbi (Cereal and Chicken Porridge)



**Tribe:** Idu-Mishimi

**Ingredients used:** Rice/corn grains/ dahlia, chicken, bamboo shoot, chilli and salt

**Cooking/ Processing Method:** Boiling

**Procedure:** Boil water in a pan and add salt, grounded grains and chicken pieces. Cook for 15 in and then add bamboo shoot and chillies. Cook without covering the pan until tender. Serve hot. It is a khichdi like dish usually consumed as a starter and mostly enjoyed with local beverages during festivals or feasts

**2.1.74. Name of the Indigenous Food:** Paa ping (smoked fish) and Nga mu ping (smoked pork)



**Tribe:** Khamti

**Ingredients used:** Fish and Pork

**Cooking/ Processing Method:** Smoking

**Procedure:** Fish is cleaned and bamboo sticks are inserted from tail to head and kept above fire place to cook from the smoke. Similarly pork is washed, cut into pieces and kept above fire place to cook.

**2.1.75. Name of the Indigenous Food:** Khagi/Yer (Sichuan pepper)



**Tribe:** Monpa

**Ingredients used:** Sichuan Pepper

**Cooking/ Processing Method:** Drying

**Procedure:** The raw and fresh form is plucked and sun dried properly. It is available either as such or also in the powder form. Usually added as spices to any curry or prepared as chutney with tomato and chilli.

**2.1.76. Name of the Indigenous Food:** Phak naam pikoi (Banana blossom soup)



**Tribe:** Khamti

**Ingredients used:** Banana blossom, Thai coriander, chilli and salt

**Cooking/ Processing Method:** Boiling

**Procedure:** Clean and wash banana blossom and chop into fine small pieces. Boil water in an apan and put the chopped banana blossom. Boil for 10-15 min and add chopped chillies and thai coriander. Serve hot. It is said to provide energy in sickness.

**2.1.77. Name of the Indigenous Food:** Phak naam mun (Tender cane curry)



**Tribe:** Khamti

**Ingredients used:** Tender cane

**Cooking/ Processing Method:** Boiling

**Procedure:** Tender cane is peeled and washed properly. Chop into small pieces. Boil water in a pan and to this add tender cane. Add chilli and salt according to taste. Garnish with coriander leaves or any local available herbs.

**2.1.78. Name of the Indigenous Food:** Phaktam nga ngo (beef chutney)



**Tribe:** Khamti

**Ingredients used:** Beef, ginger, garlic, green chillies.

**Cooking/ Processing Method:** Frying

**Procedure:** Wash beef and chopped or split into fine pieces. Heat oil in a pan and deep fry the meat. Take out the meat and keep aside. Make a paste of ginger, garlic and chilli and fry in a pan. Add the fried beef meat to it and add salt to taste. This delicacy is served best with local beverage in festival and feasts

**2.1.79. Name of the Indigenous Food:** Phak pukut kho (Boiled fern)



**Tribe:** Khamti

**Ingredients used:** Edible fern

**Cooking/ Processing Method:** Boiling

**Procedure:** Clean and wash fern. Boil in a pan with chilli and salt. Fern is wildly grown and available in state and consumed as a vegetable curry by the tribal population

**2.1.80. Name of the Indigenous Food:** Nga Kai sen (Fried chicken)



**Tribe:** Khamti

**Ingredients used:** Chicken, Sichuan leaves, chilli, oil and salt

**Cooking/ Processing Method:** Frying

**Procedure:** Heat oil in a pan and fry chicken until cooked. Add chopped Sichuan leaves chillis and salt. Serve with meal or as chutney with local beverage.

**2.1.81. Name of the Indigenous Food:** Phak no sen (Tender bamboo shoot)



**Tribe:** Khamti

**Ingredients used:** Tender bamboo shoot, Thai coriander, chilli and salt

**Cooking/ Processing Method:** Boiling and Frying

**Procedure:** Boil tender bamboo shoot and drain out the water. Heat little oil in a pan and add chopped chillies to it. Add boiled tender bamboo shoot and salt.

**2.1.82. Name of the Indigenous Food:** Lui-mom / Ri-mom (Dried riverweed)



**Tribe:** Monpa

**Ingredients used:** Algae

**Cooking/ Processing Method:** Drying

**Procedure:** After collecting algae from the river, it is spread flat in a tray and kept in sun for drying. The algae is washed using a sieve until froth is removed. It is added in any curry or in chutney.

**2.1.83. Name of the Indigenous Food:** Mom-rang (Fish mint rhizome)



**Tribe:** Monpa

**Ingredients used:** Fish mint rhizome, chilli, salt

**Cooking/ Processing Method:** Raw

**Procedure:** Clean and wash Mom-rang properly and cut it to a fine desirable length. Add salt and chilli (raw or flakes) and serve as side dish along with meal. Fish mint is traditionally believed and used for the treatment of cold and fever.

**2.1.84. Name of the Indigenous Food:** Mixed Kakung (Mixed corn)



**Tribe:** Monpa

**Ingredients used:** Corn, soybean, ginger, sugar and salt.

**Cooking/ Processing Method:** Roasting

**Procedure:** Fresh and tender corn and soybean is roasted and then flattened in wooden pounder separately. To this grated ginger with sugar and salt to taste is added and mixed all the ingredients.

**2.1.85. Name of the Indigenous Food:** Churpi-mom (Yalk milk)



**Tribe:** Monpa

**Ingredients used:** Churpi

**Cooking/ Processing Method:** Boiling

**Procedure:** Heat little oil in a pan and fry churpi for 3-5 minutes and add water to it. Add chopped onion and chilli and salt. The churpi is like paneer and prepared from yak milk.

**2.1.86. Name of the Indigenous Food:** Tago (Snowflake tree flower bud)



**Tribe:** Nyishi

**Ingredients used:** Tago

**Cooking/ Processing Method:** Boiling or Blanching

**Procedure:** The flower bud is eaten as raw or after boiling. The bud is blanched and mashed with chilli, ginger, garlic and served as chutney. Also to this dry fish is added.

**2.1.87. Name of the Indigenous Food:** Baak Amiin (Rice balls)



**Tribe:** Galo

**Ingredients used:** Rice, baak (turkey berry), sesame, Chilli and salt.

**Cooking/ Processing Method:** Boiling

**Procedure:** Baak is cleaned, washed and boiled with chilli. After it is cooked, mashed it using a mortar pestle and mixed with cooked rice. Add salt according to taste and served as a side dish.

**2.1.88. Name of the Indigenous Food:** Apiin (skin of mithun meat)



**Tribe:** Nyishi

**Ingredients used:** Skin of mithun meat

**Cooking/ Processing Method:** Boiling

**Procedure:** The skin of mithun meat is cleaned and washed properly and boiled till it becomes soft. It is also consumed by roasting in fire.

**2.1.89. Name of the Indigenous Food:** Bali (Red rice)



**Tribe:** Galo

**Ingredients used:** Red rice

**Cooking/ Processing Method:** Boiling

**Procedure:** Red rice is little hard then other rice hence more water is required in cooking. The rice is cooked by boiling.

**2.1.90. Name of the Indigenous Food:** Keyar-kechar O' (Mixed vegetable)



**Tribe:** Galo

**Ingredients used:** Wild green leafy vegetables (rare, oyik, orin, marsa, jogen, onyor, etc) and meat

**Cooking/ Processing Method:** Boiling

**Procedure:** Boil water in apan and add washed meat to it. After it is cooked, add wild leafy vegetables and cook for 5 min more. Add salt and 1 tbsp dried bamboo shoot and cook for another 5 min.

**2.1.91. Name of the Indigenous Food:** Poka / Opo (kala apong in general)



**Tribe:** Galo, Adi

**Ingredients used:** Rice, husk, starter culture

**Cooking/ Processing Method:** Fermentation

**Procedure:** Boil rice till it becomes soft and cool it by spreading on bamboo mats. Meanwhile burn rice husk burning in heap and mixed with boil rice. Add to it starter culture and mix properly. Transfer the whole material to a pot and let it ferment (4-6 days for summer and 7-9 days for winter). The fermented mixture is placed in conical shape basket with a filter at the bottom. Hot water is poured form top slowly drop by drop and liquid is collected through the bottom. The liquid collected is black in colour (kala apong).

**2.1.92. Name of the Indigenous Food:** Sui Ja (Butter Tea)



**Tribe:** Monpa

**Ingredients used:** Water, organic black tea leaves, salt, yak butter, milk.

**Cooking/ Processing Method:** Boiling

**Procedure:** Add a handful of the tea in water and boil till it turns almost black. Add salt. Tea is then strained through a horse-hair or reed colander into a wooden butter churn. Add large lump of butter and churn to semi thick consistency. The tea is transferred to copper pots that sit on a brazier to keep warm. Butter tea has a high calorie count, hence consumed by inhabitants of cold places.

**2.1.93. Name of the Indigenous Food:** Ara/ Rakshi (Fermented drink)



**Tribe:** Monpa, Miji, Mishmi

**Ingredients used:** Grains (finger millet, rice, barley), starter culture

**Cooking/ Processing Method:** Fermentation

**Procedure:** Cook grains till it becomes soft. Then cool it by spreading on *charang* (bamboo mats). After it is cooled, add to it starter culture and mix properly. Let it ferment for 1 week in summer or 2 weeks in winter. After fermentation, water is added to fermented stock and a large vessel containing fermented material is kept on fire. A small metallic container is kept inside the large vessel above a triplet stand to collect the distillate. A wide vessel containing cold water is kept above the large vessel as condenser whose water is changed at frequent intervals. The drink prepared in this method has good alcoholic aroma and a very effective ethanol taste.

**2.1.94. Name of the Indigenous Food:** Nyongring / Pona / Apong (Rice beer)



**Tribe:** All the tribes of Arunachal Pradesh

**Ingredients used:** Rice, starter culture

**Cooking/ Processing Method:** Fermentation

**Procedure:** Boil Rice till it becomes soft. Then cool it by spreading on bamboo mats. After it is cooled, add to it starter culture and mix properly. Transfer the whole material to a pot and let it ferment (4-6 days for summer and 7-9 days for winter). Warm water is added to the mixture according to the quantity and Liquid will be extracted using muslin cloth and serve the drink as Apong.



# ASSAM



Assam is a state in northeastern India, south of the eastern Himalayas along the Brahmaputra and Barak River valleys. The state is bordered by Bhutan and Arunachal Pradesh to the north; Nagaland and Manipur to the east; Meghalaya, Tripura, Mizoram and Bangladesh to the south and West Bengal connecting to the rest of India. Assam is the meeting ground of diverse cultures. The people of the enchanting state of Assam are an intermixture of various racial stocks such as Mongoloid, Indo-Burmese, Indo-Iranian and Aryan. The traditional way of cooking and the cuisine of Assam are very similar to other South-East Asian countries like Thailand, Burma (Myanmar) and others. The state has a large number of tribes, each unique in its tradition, culture, dress and exotic way of life.

Assamese cuisine is a style of cooking that is a confluence of cooking habits of the 'Hills' that favours fermentation and drying as forms of preservation and those from the 'Plains' that provide fresh vegetables and an abundance of fish and meat and the main ingredient i.e. rice. Accompaniments include fermented bamboo shoot pickle or *Khorisa*, *Kahudi/ Panitenga* and *Kharoli* which is fermented mustard paste, *Butor Guri* or Whole Black Chana Powder, *Tilor* Sesame Chutney, Lentil Chutney etc. The cuisine is characterized by very little use of spices, little cooking over fire and strong flavors mainly due to the use of locally available exotic fruits and vegetables that are either fresh, dried or fermented. Fish is widely used in the forms of Curry, Fry, Mash and *Maas Pura* cooked over fire. Meat includes Mutton, Chicken, Duck, Pigeon and Pork amongst a few communities. Preparations are rarely elaborate. (The practice of *bhuna*, the gentle frying of spices before the addition of the main ingredients so common in Indian cooking, is absent in the cuisine of Assam).

The preferred oil for cooking is dominantly the pungent mustard oil. A traditional Assamese meal begins with a "*khar*", a class of dishes named after the main ingredient, and ends with a "*tenga*", a sour dish. The food is usually served in bell metal utensils which are believed to be good for health and boosting up immunity.

Diverse tribes like Bodo, Kachari, Karbi, Miri, Mishimi, Rabha, etc co-exist in Assam and most of the tribes have their own languages though Assamese is the principal language of the state. The quintessential symbols are the Asomiya "Gamucha", "Jaapi", "Tamul paan" and "Xorai". Traditional attire worn by women called the "Mekhela Chador" and Assamese jewellery also form an integral part of the Assamese culture.

For the present study, 89 indigenous foods were collected from eight tribes of Assam. The tribes included are Bodo, Missing, Adivasi, Rabha, Tiwa, Karbi, Dimasa and Singpho.

## 2.2. Indigenous foods of Assam

### 2.2.1. Name of the Indigenous Food: Wngkam (Local rice)



**Tribe:** Bodo

**Ingredients used:** Local Rice

**Cooking/ Processing Method:** Steaming

**Procedure:** Put a saucepan in fire and pour water to boil. Now add washed rice to the boiling water. When rice is cooked the water is strained out from the pan. The rice is then stirred well so that it doesn't sticks to each other.

### 2.2.2. Name of the Indigenous Food: Mwitajwngnaa (Fish with roselle leaves)



**Tribe:** Bodo

**Ingredients used:** Fish, roselle leaves, tomato, onion, ginger garlic paste, chilli

**Cooking/ Processing Method:** Boiling

**Procedure:** Clean and wash the fish and cut into pieces. Marinate it with salt, turmeric, ginger garlic paste and keep it aside for 15 min. Wash and clean the roselle leaves and chop the leaves. Heat a kadhai and pour water. Now add chopped ginger, onion chillies and tomato and let it boil. After boiling mash the tomato and add chopped roselle leaves. After giving it a boil add the fish pieces and cover the lid. When the curry thickens serve with rice.

**2.2.3. Name of the Indigenous Food:** Ondlajwng dao (Chicken with rice powder)



**Tribe:** Bodo

**Ingredients used:** local chicken (dao), rice powder (ondlajwng), onion, chilli, ginger garlic paste, salt, alkali (Kharei), coriander powder,

**Cooking/ Processing Method:** Boiling

**Procedure:** Clean and wash the chicken pieces and keep aside. Heat a kadhai and pour little mustard oil. Now add chopped onion, chilli, turmeric (little or optional) and salt. Add the chicken pieces and fry for around 10 minutes. When oil separates from chicken pieces add water and boil for around 15 minutes. When chicken is almost done sprinkle rice flour in batches and stir the mixture with a wooden stirrer (Sagong) continuously in low. When the consistency becomes little thick, add 2 tsp of alkali (kharei) in the mixture and stir well. After about 15 minutes add roughly ground ginger garlic paste, salt, and cumin powder and mix it well for another 5 to 10 minutes. Serve it hot with rice.

**2.2.4. Name of the Indigenous Food:** Tallirmwikunbatwn (Plantain flower chutney)



**Tribe:** Bodo

**Ingredients used:** Plantain flower, onion, chilli, mustard oil.

**Cooking/ Processing Method:** Steaming

**Procedure:** Clean the outer layer of the plantain flower and wash it nicely. Now in a pressure cooker pour water, salt and the plantain flower and cook till 3-4 whistles. After cooling take out the cooked plantain flower and mash it. Add chopped onion, chilli and few drops of mustard water and mash to soft dough. Make it in ball shape and serve with rice.

**2.2.5. Name of the Indigenous Food:** Sobaijwng samojwng (River snail with black lentils)



**Tribe:** Bodo

**Ingredients used:** River snail (samok), Black lentil (sobai), mustard oil, alkali (kharei), turmeric, salt, coriander leaves (gongerdungia), ginger garlic paste, cumin powder.

**Cooking/ Processing Method:** Boiling

**Procedure:** Keep the river snails in a bucket filled with water for 2 days so that the internal dirt and wastes come out from the snail. Now cut the front and tail of the snails. Rub lemon in the outer skin of the snails and rinse with water for 5-6 times. Add washed black lentils with little water, salt and cook till it becomes complete soft in a pressure cooker. After it is done mix it nicely with a wooden stirrer (sagong) and keep it aside. Now heat a kadhai and pour little oil. Add the snails and salt and fry for 10 mins. Add the cooked black lentils to the kadhai and cook it for 15mins. If the consistency becomes thick add warm water and give it a boil. Now add 2 tsp of alkali (kharei) and mix it well. Now add little turmeric, salt to taste, ginger garlic paste and cumin powder and cook for another 10 minutes. Finally add chopped coriander leaves and mix it well. Serve hot with rice.



**2.2.6. Name of the Indigenous Food:** Na saonai batwn (Roasted fish chutney)



**Tribe:** Bodo

**Ingredients used:** Fresh river fish, salt, chilli

**Cooking/ Processing Method:** Roasting

**Procedure:** Clean and wash fish pieces. Marinate the fish with turmeric, salt and ginger garlic paste (optional). In a bamboo skewer (thousie), insert the fish pieces and keep it near the fire flame to roast. After the fish is done mash it roughly and add chopped chilli, onion, coriander leaves (optional) and salt. Mix everything well and serve with rice.

**2.2.7. Name of the Indigenous Food:** Omagwranwieonai (Pork fry)



**Tribe:** Bodo

**Ingredients used:** Pork, potato, mustard oil and salt and turmeric

**Cooking/ Processing Method:** Frying

**Procedure:** Wash and clean the pork in water and put in the pressure cooker with water. Cook it till 4-5 whistles. Now heat a kadhai and add the pork pieces and fry it without oil. After some time the pork pieces will ooze out its oil. Now add diced potato, salt, ginger garlic paste and turmeric. Fry till all ingredients are cooked and serve hot.

**2.2.8. Name of the Indigenous Food:** Na gwanbatwn (Fermented fish chutney)



**Tribe:** Bodo

**Ingredients used:** fermented fish, Naga dhania (coriander leaves), onion, chilli, turmeric, salt, tomato, red chilli, black pepper

**Cooking/ Processing Method:** Frying

**Procedure:** Wash and clean the dry fish with lukewarm water. Heat oil in a kadai and add finely chopped onion, chilli, garlic, ginger, tomato and stir it nicely along with salt and turmeric. Add the fermented fish and mix all the ingredients. When the fermented fish becomes soft, add black pepper powder, red chilli powder and sprinkle water over the mixture. Mix everything well till it is fully cooked. Lastly add chopped coriander leaves and serve hot.

**2.2.9. Name of the Indigenous Food:** Hangswnidaodwi (Fiddle head fern with duck egg)



**Tribe:** Bodo

**Ingredients used:** Fiddle head fern, duck egg, onion, chilli, salt, turmeric, mustard oil

**Cooking/ Processing Method:** Frying

**Procedure:** Heat a kadai and add mustard oil. When it is smoking hot add chopped onion, chilli and sauté for 1 min. Add roughly torn ferns and add salt to taste and turmeric and stir it nicely. When the ferns are cooked break the egg over the sabji and mix it properly for another 2 mins with the sabji. The sabji is ready to serve hot with rice

**2.2.10. Name of the Indigenous Food:** Jowbedwi (Rice beer)



**Tribe:** Bodo

**Ingredients used:** Wngkam (Local rice), yeast cake (emao)

**Cooking/ Processing Method:** Fermentation

**Procedure:** Wash and clean the local rice. Cook rice in a cooker. After cooling spread rice in banana leaves to maintain a room temperature. Now add crushed yeast cake (emao) powder in rice and mix it well for 10-15 mins. Keep the rice mixture in an earthen vessel (maldang) or plastic container and cover it tightly and keep it in a closed dark room for 3-6 months for fermentation. After fermentation is done brew is extracted out in a vessel with the help of a round wooden sieve (jantha). The brew is served as such in a bamboo glass with smoked pork or chicken. To make the wine taste sweet, Bora rice is used during festivals.

**2.2.11.Name of the Indigenous Food:** Na ki eonai (Fish organ fry)



**Tribe:** Bodo

**Ingredients used:** fish organs, dry chilli, ginger , onion, garlic, mustard oil, salt and turmeric.

**Cooking/ Processing Method:** Frying

**Procedure:** Wash and clean nicely the organs with clean water. Now heat a kadai and pour oil. Add onions, chilli and ginger garlic paste and sauté it. Add salt and turmeric and chilli and fry them nicely. When the ingredients are fried, add the fish organs and fry till excess oil oozes out. Serve with hot rice.

**2.2.12. Name of the Indigenous Food:** Tasoatingarwnabwtyagwran (Tender taro with dry fish chutney)



**Tribe:** Bodo

**Ingredients used:** Taro, nagadhania, onion, garlic, chilli, dry fish, mustard oil

**Cooking/ Processing Method:** Frying

**Procedure:** Clean and wash the taro nicely. Remove the outer fiber and wash it with clean water and chop into 2-3 cm long pieces. Heat a pan and pour oil. Now add chopped onion, chilli garlic paste and sauté it. After that add taro and cook until it becomes soft. Add salt and turmeric and mix it nicely.

**2.2.13. Name of the Indigenous Food:** Aapin (Rice)



**Tribe:** Missing

**Ingredients used:** Local rice

**Cooking/ Processing Method:** Steaming

**Procedure:** Put a saucepan in fire and pour water to boil. Add washed rice to the boiling water. When rice is cooked strain the excess water and stir well so that there is no lump formation.

**2.2.14. Name of the Indigenous Food:** Ekadindokledidoperret (Pork with black lentils)



**Tribe:** Missing

**Ingredients used:** Black lentil, Pork, ginger garlic paste, turmeric, salt, onion

**Cooking/ Processing Method:** Boiling

**Procedure:** Wash the black lentils and soak for 4-6 hours. Put a cooker over the stove and add lentils, water, salt and ginger garlic paste. Cook it for 2-3 whistles till it becomes soft. Heat little oil and add pork and fry till the pork pieces ooze out its oil. Add chopped onion, bay leaf, ginger onion paste, salt and turmeric to it and stir well. When the pork is cooked add the cooked lentils in the kadai. Stir all ingredients and boil it for another 20 minutes. Serve hot.

**2.2.15. Name of the Indigenous Food:** Pitang oying (Chicken with rice flour )



**Tribe: Missing:** Missing

**Ingredients used:** Local Chicken, Rice Flour, Ginger garlic paste, onion, coriander Leaves, spices, mustard oil, jaiphal

**Cooking/ Processing Method:** Frying and Boiling

**Procedure:** Marinate the chicken with ginger-garlic paste and salt. Heat a kadai and pour oil. Now, add onion and fry the chicken. Now add salt and turmeric and stir nicely. Add the spices, tied ginger leaves and jaiphal powder for flavor and taste. Cook with water till it become soft. When the curry is boiling, simmer the stove, and add rice flour and keep stirring the curry to prevent any lumps. Let it boil for some time till it become medium thick. The pitangoying is ready to serve with rice.

**2.2.16. Name of the Indigenous Food:** Po:ro among (Rice beer)



**Tribe:** Missing

**Ingredients used:** Bora rice, herbal yeast cake (A:popkusere), wild fiddle head ferns, ashes

**Cooking/ Processing Method:** Fermentation

**Procedure:** Rice is washed and cooked well till the rice becomes soft. On the other side, burn dry hay straws and husk on a non-wet surface. When the hay and husk are burned nicely the ashes are mixed well with the cooked rice. After mixing well the cooling it down the whole mixture is strained nicely and all the rough particles are separated out. Again the ashes and cooked rice is rubbed nicely so that the ashes are nicely mixed with the cooked rice. Now, the yeast cakes (A:popkusere) are broken and made into powdered form then again it is mixed nicely to the mixture. After mixing the rice mixture well, it is stored in a plastic packet covering with wild fiddle head ferns. The mixture is wrapped in a plastic packet and sealed tightly so that no moisture is left inside. This is kept for 14 days. After 14 days the mixed is filtered using a steel big funnel type container (tasuk). At the bottom a bundle of hay straw is kept. Over the hay straw a small muslin cloth is kept and then the ash-rice mixture is poured. The mixture is black in colour. Water is poured slowly over the mixture. The filtered brew is strained for 3 times so that the colour of the liquor becomes light red. It is served in bell metal bowl with smoked pork or chicken.



**2.2.17. Name of the Indigenous Food:** Namsing (Fermented fish)



**Tribe:** Missing

**Ingredients used:** Namsing, rice, ginger garlic paste, turmeric, salt to taste, onion

**Cooking/ Processing Method:** Drying, Fermentation and Frying

**Procedure:** Wash and clean the fresh fishes. Marinate the fishes with turmeric and salt. Now in a wooden sieve (saloni) place the fishes one after another without overlapping. Put the sieve above the fire for about 2-3 days to dry till the fishes becomes hard in texture. Now put tender pumpkin leaves, diced black colocasia stems and dried fishes in a wooden mortar and pestle (urol) and grind them roughly. Now in a bamboo tube, put the mixture inside and over the paste put some turmeric powder to prevent it from insects. Seal it tightly with hay straw and keep it in for few days.

**Namsing chutney:** Heat a pan and pour little oil. Now add chopped onion, chilli, ginger, garlic, salt, turmeric, and stir it nicely. Then add namsing and fry for some time. Add leftover rice to it and again fry for sometimes. Serve hot with poitabhaat (fermented rice).



**2.2.18. Name of the Indigenous Food:** Puthioggodokledidookang (Small river fish with fiddle head ferns)



**Tribe:** Missing

**Ingredients used:** Fiddle head fern, elephant apple, small fish (puthioggo), chilli, tomato, ginger garlic, salt and turmeric

**Cooking/ Processing Method:** Boiling

**Procedure:** Heat a kadai and pour water in it. Let it boil and then add chopped onion, chilli, crushed ginger garlic paste and chopped tomatoes. Now add crushed and roughly grinded diced pieces of elephant apple and roughly chopped wild fiddle head ferns and cover the lid to boil nicely. After boiling for some time add salt, crushed black pepper and turmeric. When the curry is boiling add the small fishes and cover with a lid. Boil for another 20 mins and serve hot with rice.

**2.2.19. Name of the Indigenous Food:** Egadindokledidoekung (Pork with bamboo shoot)



**Tribe:** Missing

**Ingredients used:** Pork (Egadin), fresh bamboo shoot (ekung), tomato, chilli, ginger garlic, salt and turmeric, ripe elephant apple

**Cooking/ Processing Method:** Boiling

**Procedure:** Heat a pressure cooker and add water. Now add washed and cleaned pork pieces in it. Cook for 2-3 whistles. Heat a kadai, add half boiled pork pieces and sauté in the kadai. When the meat oozes out its own oil then add chopped bamboo shoots and fry for some time. Now add chopped tomatoes, dry chilli powder and water for boiling. After sometime add ginger garlic paste, salt, turmeric and roughly grinded elephant apple pieces and again cover the lid. After cooking for another 5 mins the curry is ready to serve.

**2.2.20. Name of the Indigenous Food:** Nogin apong (Rice beer)



**Tribe:** Missing

**Ingredients used:** Rice, yeast cake (A popkusere)

**Cooking/ Processing Method:** Fermentation

**Procedure:** clean and wash the rice. Cook the rice in a pressure cooker. Cool the rice by spreading in a big banana leaf. Add crushed yeast cake (a popkusere) powder in rice and mix it well. Keep the rice mixture in a wooden container and cover it tightly and keep it in a closed dark room for 2-3 days for fermentation. After completion of the fermentation period, brew is extracted out in a vessel with the help of a steel sieve. The beer is served as such with smoked pork or chicken.

**2.2.21. Name of the Indigenous Food:** Khichdi.



**Tribe:** Adivasi

**Ingredients used:** Red gram dal, rice, potato, cabbage, onion, chilli, panchpuran, turmeric, cumin powder, coriander powder, chilli powder, ghee

**Cooking/ Processing Method:** Boiling

**Procedure:** Clean and wash red gram dal and rice. Peel the skin of potato and clean the outer layer of cabbage and wash. Roughly chop the vegetables. Heat the kadhai and add mustard oil. Add chopped onion, chilli, turmeric, cumin powder, coriander powder, chilli powder and salt to taste and sauté. Now add chopped potato, cabbage, rice and dal. Stir all together for 10 minutes. After stirring add water generously and cover with a lid to cook properly for another 20-25 minutes. When the consistency becomes soft and thick, add ghee over the kadhai and mix it well. Serve hot.

**2.2.22. Name of the Indigenous Food:** Kundurisabji (Ivy gourd bhaji)



**Tribe:** Adivasi

**Ingredients used:** Ivy Gourd (Kunduri), onion, chilli mustard oil, salt, turmeric

**Cooking/ Processing Method:** Frying

**Procedure:** Wash and clean the gourds and chop them in circular shape. Heat a khadai and pour mustard oil in it. Now add chopped onions, chilli and sauté. Add chopped ivy gourds and mix all well. Add turmeric and salt to taste. Cook until it becomes soft. Serve hot with rice or khichdi.

**2.2.23. Name of the Indigenous Food:** Machri tion (Fish curry)



**Tribe:** Adivasi

**Ingredients used:** Fish (machri), onion, chilli, panchpuran, turmeric, cumin powder, coriander powder, chilli powder, fresh coriander leaves

**Cooking/ Processing Method:** Boiling

**Procedure:** Clean and wash the fish and marinate the fish pieces with salt and turmeric. Heat a kadhai and add mustard oil. Now add panchpuran, chopped onion, tomato, chilli, cumin powder, coriander powder, red chilli powder and sauté till the oil oozes out from the masalas. Now add the fish pieces and fold it delicately with the spices for about 5 minutes. Now add water generously and cover the lid to cook. After 5 min stir delicately and again cover the lid for another 15 min. When the curry becomes medium thick consistency, add freshly chopped dhanian in the curry. Serve hot with rice.

**2.2.24. Name of the Indigenous Food:** Kochu jhur (Taro root curry)



**Tribe:** Adivasi

**Ingredients used:** Taro root, potato, mustard oil, onion, chilli, turmeric, cumin powder, coriander powder, chilli powder, black pepper salt

**Cooking/ Processing Method:** Boiling

**Procedure:** Wash and peel the outer layer of yam and potato. Dice the taro and potato in big cubes. Heat mustard oil and add chopped onion, turmeric, salt, spices and sauté. Add taro and potato and mix with the spices. Add water. When the consistency becomes little thick, remove it from the kadhai. Serve hot.

**2.2.25. Name of the Indigenous Food:** Mangshosabji (Chicken gravy)



**Tribe:** Adivasi

**Ingredients used:** Chicken, potato, mustard oil, onion, chilli, turmeric, ginger garlic, cumin powder, coriander powder, chilli powder, salt, bay leaf, fresh coriander leaves

**Cooking/ Processing Method:** Frying

**Procedure:** Wash and clean the chicken pieces. Heat a kadhai and add mustard oil. Now, add panchpuran and bay leaves. Add chopped onion, ginger garlic paste, turmeric, salt, cumin powder, coriander powder, red chilli powder and sauté. Mix it well. Now add chicken and potato and mix it well with the spices. After cooking for 10-15 mins, add water and again mix well. When the curry becomes thick and the chicken is cooked, add freshly chopped coriander leaves. Serve hot.

**2.2.26. Name of the Indigenous Food:** Puisaag (Malabar spinach sabji)



**Tribe:** Adivasi

**Ingredients used:** Puisaag, onion, mustard oil, chilli, turmeric, salt, cumin powder, coriander powder

**Cooking/ Processing Method:** Frying

**Procedure:** Wash and clean the leafy vegetable and chop the leaves finely. Heat mustard oil and add panchpuran, chopped onion, chopped ginger garlic, chilli, turmeric and salt to taste and sauté. Now add chopped leaves and fry with all the ingredients. Cook until it becomes soft and serve hot with rice.

**2.2.27. Name of the Indigenous Food:** Sukti (Green leafy powder curry)



**Tribe:** Adivasi

**Ingredients used:** Locally available green leafy powder (sukti), mustard oil, onion, tomato (bilati), chilli, turmeric, cumin powder, coriander powder, chilli powder, salt, panchphuran

**Cooking/ Processing Method:** Boiling

**Procedure:** Wash and clean the locally available green leafy vegetables. Pat dry the leaves and spread on a clean wooden sieve (Chalni) and sundry so that no moisture remains. Grind them to powder and store in a dry container. Heat mustard oil, add panchpuran and all ingredients and sauté it. Now add rice starch (bhaater maar) and boil for 15 minutes. Add the leafy powder in batches to the curry slowly so that it does not form lumps. Keep in low flame. Boil for few minutes till done and serve with rice. The dish is included in place of dal.

**2.2.28. Name of the Indigenous Food:** Haari (Local rice beer)



**Tribe:** Adivasi

**Ingredients used:** Rice, herbal yeast cake (haaridawai)

**Cooking/ Processing Method:** Fermentation

**Procedure:** Wash and clean the local rice and cook it. Cool the cooked by spreading in a big plate. Add crushed yeast cake powder in rice and mix it well. Keep the rice mixture in a plastic container and cover it tightly and keep it in a closed dark room for 3 days for fermentation. After fermentation is done brew is extracted out in a vessel with the help of a plastic sieve. The brew is served by diluting with water.

**2.2.29. Name of the Indigenous Food:** Soyabean kola tion (Soyabean and raw banana sabji )



**Tribe:** Adivasi

**Ingredients used:** Raw banana (Kola), Soyabean, potato, mustard oil, onion, chilli, turmeric, cumin powder, coriander powder, chilli powder, salt

**Cooking Method:** Frying

**Procedure:** Wash and peel the outer layer of raw banana and potato. Dice the banana and potato in cubes. Wash and soak the soyabean in water and squeeze it after 15mins. Heat mustard oil and add panchpuran and add chopped onion, ginger garlic paste, turmeric, salt, cumin powder, coriander powder, red chilli powder and sauté. Add soyabean, raw banana and potato and mix it well with the spices. After cooking for 15 minutes, add water and again mix well. When the consistency becomes thick and dry remove it from the kadhahi. Serve hot with rice or roti.

**2.2.30. Name of the Indigenous Food:** Saolor pitha (Rice flour pakora)



**Tribe:** Adivasi

**Ingredients used:** Rice powder, mustard oil, sugar, baking soda, mustard oil.

**Cooking/ Processing Method:** Frying

**Procedure:** Heat a kadhai. Add water generously and let it boil. When it is fully boiled, add sugar, pinch of salt, soda, and rice flour in small batches and stir continuously so that it does not form any lump. Now mix it well until the consistency becomes thick. Remove it from the kadhai in a bowl and knead it to make it a dough consistency. Now heat another kadhai and add mustard oil. Make small balls from the dough and pour in the hot oil keeping the flame in medium heat to cook till golden brown. Serve hot as a snack item.

**2.2.31. Name of the Indigenous Food:** Rice (Mai)



**Tribe:** Rabha

**Ingredients used:** local rice

**Cooking/ Processing Method:** Steaming

**Procedure:** Put a saucepan in fire and pour water to boil. Now add washed rice to the boiling water. When the rice becomes cooked the water is strained out from the pan. The rice is then stirred well so that it doesn't stick to each other.

**2.2.32. Name of the Indigenous Food:** Gajtengaarumasortengaanja (Bamboo shoot with fish curry)



**Tribe:** Rabha

**Ingredients used:** Fish (mas), Fresh bamboo shoot (gajtenga), ginger, garlic, King chilli (Bhootjolokia), Coriander leave (man dhania),

**Cooking/ Processing Method:** Boiling

**Procedure:** Wash and clean fish pieces. Heat a pan and pour sufficient water and boil. Add finely chopped fresh bamboo shoot, chopped king chilli and 1 tsp ginger garlic paste. Add turmeric and salt to taste and cook with a lid. Add the fish pieces to the boiling curry and again boil for 15-20 min. When the curry thickens, add chopped coriander leaves. It is ready to serve with rice.

**2.3.33. Name of the Indigenous Food:** Matimahkhae di murgimangkho (Chicken with black lentils)



**Tribe:** Rabha

**Ingredients used:** Black lentils (matimah), Chicken (murgimangkho), khar (banana alkali), black pepper, ginger paste, salt to taste, mustard oil

**Cooking/ Processing Method:** Boiling

**Procedure:** Wash and clean the chicken and black lentils separately. Soak the black lentils for half an hour before cooking. Add lentils, water, 1 tbsp alkali and salt and pressure cook to 3 whistles. Heat mustard oil and add the chicken pieces, salt to taste and turmeric and fry to pleasant aroma. When the meat is half done add the black lentils in the kadhai and boil. Add ginger paste and crushed pepper powder and boil for another 5-7 mins. Serve hot with rice.

**2.2.34. Name of the Indigenous Food:** Bhedailotakekurasatney (Crab with herbal leaves chutney)



**Tribe:** Rabha

**Ingredients used:** Medium sized Crab (Kekura), Stink vine (bhedailota), lawn marsh pennywort (xoru-manimuni), mint(podina), chilli, garlic, ginger, salt

**Cooking/ Processing Method:** Roasting

**Procedure:** Wash and clean the crab and herbal leaves. Roast the crab in wood fire. Grind the herbal leaves with ginger, garlic and chilli in a grinding stone (hilpota). Keep it in a bowl. When the crab is done remove from the charcoal and clean it nicely. Remove the extremities of the crab and take the body part only. Remove the shell and take out the flesh part from the body and mix it with the mixture. Add few drops of chilli oil (bhootjolokiatel), salt to taste and few drops of lemon juice into the mixture and mix the paste nicely. The dish is said to be beneficial for stomach upset.

**2.2.35. Name of the Indigenous Food:** Pulupokabhaja (Silk worm fry)



**Tribe:** Rabha

**Ingredients used:** Silk worm (polupuk), mustard oil, salt, turmeric

**Cooking/ Processing Method:** Frying

**Procedure:** Clean and wash the worms in lukewarm water and remove the unwanted wings and antennas from the worms. Now heat a pan and pour oil. Add the worms, salt to taste, and turmeric and fry it till it changes its colour to light brown. Serve hot with rice or with local wine. The outer shell of the worms can also be removed before frying and eaten like that. In both the processes the worms can be eaten. The taste is similar with that of prawns.

**2.2.36. Name of the Indigenous Food:** Khorikatdiagahori (Roasted pork in bamboo skewer)



**Tribe:** Rabha

**Ingredients used:** Pork (Gahori), salt

**Cooking/ Processing Method:** Roasting

**Procedure:** Wash and clean the pork pieces. Now, in a pressure cooker add salt to taste and pork pieces and boil it until 3-4 whistles. Now remove the pieces from water and keep it in a plate. In a bamboo skewer, insert the pieces and roast the pork in wood fire. When it is done it is served hot as chutney mixed with chopped onion and chillies or as a snack with local wine.

**2.2.37. Name of the Indigenous Food:** Kesa mod/Jonga mod (Rice beer)



**Tribe:** Rabha

**Ingredients used:** Local rice (mai), herbal yeast cake (bakhar)

**Cooking/ Processing Method:** Fermentation

**Procedure:** Wash and clean the local rice. Cook rice in a saucepan. In a wooden plate (dola), place a big clean banana leaf spread the cook rice to cool down and maintain a room temperature. Now, add crushed yeast cake powder (Bakhar) in rice and mix it well. Keep the rice mixture in an aluminium container and place a dry banana leaf over the rice. Cover it tightly and keep it in a closed dark room for 3 days for fermentation. After fermentation is done brew is extracted out in a vessel with the help of a wooden extractor which is called as *Ruhi*. The ruhi is diluted with water which is known as kesa mod. It is served with roasted pork or chicken.

**2.2.38. Name of the Indigenous Food:** Para mai (Local rice)



**Tribe:** Tiwa

**Ingredients used:** local rice

**Cooking/ Processing Method:** Steaming

**Procedure:** Put a saucepan in fire and pour water to boil. Add washed rice to the boiling water. When the rice becomes cooked, water is strained out from the pan. The rice is then stirred well so that it doesn't sticks to each other.

**2.2.39. Name of the Indigenous Food:** Sopaiwangkuri wamisamkardi sakar (Pork with black lentil curry)



**Tribe:** Tiwa

**Ingredients used:** Pork (Wamisam), black lentil (sopai), rice flour (wangkuri), Banana alkali (khardi), ginger garlic paste, salt

**Cooking / Processing Method:** Boiling

**Procedure:** Clean the pork and black lentils separately. Soak the black lentils in water for half an hour before cooking. Add lentils in a pressure cooker with water, 1 tbsp alkali and salt and boil it until 3 whistles. Heat a kadhahi and add pork. When the oil oozes out from pork, add salt, turmeric and ginger garlic paste fry to a pleasant flavor. When the meat is cooked, add the black lentils in the kadhahi and boil. Now, sprinkle roasted rice flour in the curry and stir it continuously in low flame and boil for another 5-7 mins. Serve hot with rice.

**2.2.40. Name of the Indigenous Food:** Thakungthajohkha:ngasakar (Small fish with taro root curry)



**Tribe:** Tiwa

**Ingredients used:** Small fish (johkha:nga), taro root (Thakungtha), mustard oil, ginger garlic paste, chilli, pepper powder, salt to taste and turmeric

**Cooking/ Processing Method:** Boiling

**Procedure:** Clean and wash the small fishes and taro (small size) separately. Marinate the fish with turmeric and salt. Heat a pan and shallow fry the fishes. In a pressure cooker, add taro in water and cook till it becomes soft. Remove the outer skin of taro. Now heat a kadai, pour little mustard oil in it and add chopped onion, ginger garlic paste, chillies, turmeric and salt and sauté it. Add the taro and mix well. Add water and boil it for 5-7 minutes by covering. Add the fish pieces and black pepper powder in the curry and mix well. Crush some taro pieces in the gravy to give thick texture and cook 10 minutes. Serve hot.

**2.2.41. Name of the Indigenous Food:** Suawamisam (Roasted pork)



**Tribe:** Tiwa

**Ingredients used:** Pork (wamisam), salt

**Cooking/ Processing Method:** Roasting

**Procedure:** Wash and clean the pork pieces. Add water, salt, and pork pieces and pressure cook to 3-4 whistles. Remove the pieces from water and keep it in a plate. In a bamboo skewer, insert the pieces and roast the pork in wood fire. When it is done it is served hot as chutney mixed with chopped onion and chillies or served as such as a snack with local wine.

**2.2.42. Name of the Indigenous Food:** Lai wangkuriwamisamsakar (Pork with herbal leaves curry)



**Tribe:** Tiwa

**Ingredients used:** lawn marshpennywort (xorumanimunilaa), Indian patchouli (xuklotilaa), Indian fig leaves (domorulaa), Fish mint (mousundorilaa), pork, rice flour, salt, chilli, ginger garlic paste, black pepper, alkali (kharde)

**Cooking/ Processing Method:** Boiling

**Procedure:** Wash and clean the pork pieces and herbal leaves in water separately. Now, in a pressure cooker, add water, salt to taste and pork pieces and boil it until 3-4 whistles. Heat a kadai. Now add the pork pieces from the cooker (strain out the water) and fry till the pork pieces ooze out its oil. Now, pour water and cover the lid to boil. Add chopped herbal leaves, 1 tsp banana alkali and salt to taste and mix everything well. Cover the lid and cook it for another 5-7 minutes. Now add rice flour keeping the stove in simmer and stir it continuously. Add black pepper powder and chilli powder and let it boil for 7 minutes. When the consistency becomes medium thick, serve hot with rice.



**2.2.43. Name of the Indigenous Food:** Sanjalawangkuri ngasakar (Fish curry with rice flour and *Phlogacanthusthysiformis*)



**Tribe:** Tiwa

**Ingredients used:** Fish (Nga), Rice flour (wangkuri), *Phlogacanthusthysiformis* (Sanjala), Banana alkali (kharde), salt, pepper powder, chilli powder

**Cooking/ Processing Method:** Boiling

**Procedure:** Wash and clean the leaves and fish pieces separately. Add the fish pieces to boiling water. Add salt, alkali (kharde), chilli powder and pepper powder in the water and stir it gently. Cover the lid and let it boil. When done, add rice flour and stir it continuously keeping the gas in simmer. Add dried flower and stir for 5 minutes. Cover the lid to boil. When the curry thickens and becomes red like the colour of the flower the dish is cooked. Serve hot with rice. The flower and leaf is beneficial for its medicinal properties like it is anti-fungal, anti-inflammatory, anti-bacterial and good for liver function.

**2.2.44. Name of the Indigenous Food:** Letha xingkuru (Eri worm fry)



**Tribe:** Tiwa

**Ingredients used:** Mustard oil, salt, Eriworm (Letha Xingkuru)

**Cooking/ Processing Method:** Frying

**Procedure:** Clean and wash the worms in lukewarm water. Heat oil and add the worms, salt, and turmeric and fry to golden brown. Serve hot with rice or with local wine. The taste is similar with that of prawns.

**2.2.45. Name of the Indigenous Food:** Thakungluthi pilahithaku thisakar (Tender colocasia stem with fermented fish)



**Tribe:** Tiwa

**Ingredients used:** Tender colocasia stem (Thakungluthi), tomato, fermented fish (thakuthi), ginger, garlic, mustard oil, chilli, black pepper powder, salt, turmeric

**Cooking/ Processing Method:** Boiling

**Procedure:** Clean and wash the colocasia stem and cut into 3 inches long. Boil water on a cooker and add chopped stems and salt and cook till 2-3 whistles. Heat mustard oil and add chopped onion, chilli, tomato, ginger garlic paste and fry till it becomes soft. Add turmeric powder and sauté it. Add fermented fish and fry for 5-7 minutes. Strain out the stems from cooker and add to the cooked dish and mix well. Add salt and black pepper powder and fry till done.

**2.2.46. Name of the Indigenous Food:** Lai wangkuritumisamsakar (Chicken with herbal leaves)



**Tribe:** Tiwa

**Ingredients used:** Lawn marshpennywort (xorumanimunilaai), Indian patchouli (xuklotilaai), Indian fig leaves (domorulaai), Fish mint (mousundorilaai), Chicken (tumisam), rice flour, mustard oil, salt, chilli, ginger garlic paste, black pepper powder, alkali (kharde)

**Cooking/ Processing Method:** Boiling

**Procedure:** Wash and clean the chicken pieces and herbal leaves separately. Cook Chicken with salt to 3-4 whistles. Heat little oil and add chicken and fry to a pleasant aroma. Add water, chopped herbal leaves, 1 tsp banana alkali and salt and cook till done. Add rice flour keeping the stove in simmer and stir it continuously. Add black pepper powder and chilli powder and let it boil for 7 minutes. When the consistency of the curry becomes little thick serve with hot rice

**2.2.47. Name of the Indigenous Food:** Suptiwamisam (Pork with dried jute leaves)



**Tribe:** Tiwa

**Ingredients used:** Pork (wamisam), supti (dried jute leaves), onion, mustard oil, ginger, garlic, chilli, black pepper powder

**Cooking/ Processing Method:** Frying

**Procedure:** Wash and clean the pork pieces. Cook the pork in a pressure cooker. Heat oil and add chopped onion, chillies and crushed ginger garlic paste and fry to golden brown. Add pork pieces along with salt and turmeric, pepper powder and fry together. Add dried jute leaves to pork when it becomes soft and cook for another 5 minute. Add little water and cover the lid. When consistency becomes little dry serve it hot with rice. Jute leaves are beneficial for diabetic patients and good for children suffering from helminths.

**2.2.48. Name of the Indigenous Food:** Khetangsuptilaphlangsakar (Jute plant leaves with dried fermented fish)



**Tribe:** Tiwa

**Ingredients used:** Dried jute leaves(khetangsupti), laphlang(fermented fish), mustard oil, onion, chilli, ginger garlic paste, turmeric , salt to taste.

**Cooking/ Processing Method:** Boiling

**Procedure:** Heat mustard oil and add chopped onion, chopped chilli, ginger garlic paste, salt and turmeric and sauté it. Add fermented fish and mix all well. Fry till the fish becomes soft. Pour 2 cups of water to the dish and boil till cooked. Add dried jute leaves and again let it boil for 7-10 minutes so that the mixture thickens. Beneficial for patients having problems blood pressure, improves hormonal imbalances, prevents ageing, etc.

**2.2.49. Name of the Indigenous Food:** Khojongthakungluthilaphlangsakar (Black variety tender colacasia stems with fermented fish)



**Tribe:** Tiwa

**Ingredients used:** Tender colacasia stem black variety (khojongthakung), laphlang (fermented fish), tomato (pilahi), ginger garlic paste, mustard oil, chilli, black pepper powder, salt to taste.

**Cooking/ Processing Method:** Boiling

**Procedure:** Wash the colacasia stem and remove the thin outer layer of the stems and cut it into 3 inches long. Now heat a pressure cooker and pour water. Add chopped stems and salt to taste. Cook it till 2-3 whistles. Now, heat a kadai and pour little mustard oil. Add chopped onion, chilli, tomato and ginger garlic paste and fry it till becomes soft. Add fermented fish and fry it for 5-7minutes so that everything mixes well. Now strain out the stems from cooker and add in the kadai and mix everything well. Add salt to taste and black pepper powder and fry it till it mixes well. Serve hot with rice.

**2.2.50. Name of the Indigenous Food:** Rice (Aan)



**Tribe:** Karbi

**Ingredients used:** local rice (Sang)

**Cooking/ Processing Method:** Steaming

**Procedure:** Put a saucepan in fire and pour water to boil. Now add nicely washed rice to the boiling water. When the rice becomes cooked the water is strained out from the pan. The rice is then stirred well so that it doesn't sticks to each other.

**2.2.51. Name of the Indigenous Food:** Pohonzu (Rice beer)



**Tribe:** Tiwa

**Ingredients used:** Rice (Para mai), yeast cake (pakhar),

**Cooking/ Processing Method:** Fermentation

**Procedure:** Wash and clean the local rice and cook in a saucepan. Place a big clean banana leave in a wooden plate (dola) and spread the cooked rice to cool down and maintain a room temperature. Now, add crushed yeast cake powder (Pakhar) in rice and mix it well. Keep the rice mixture in an aluminium container and place a dry banana leaf over the rice. Cover it tightly and keep it in a closed dark room for 3 days for fermentation. After 3-4 days when the fermentation is done add little water to the fermented rice and again keep it covered for another 2-3 days. The fermented rice with the zu is also served known as *zulangpho* (left bowl in the picture). After that the brew is extracted out in a vessel with the help of a wooden extractor and the liquor is known as *salimaineyzuorpohonzu*. Thezu is served with roasted pork or chicken.

**2.2.52. Name of the Indigenous Food:** Hansrongkeseng (Rosella flower chutney)



**Tribe:** Karbi

**Ingredients used:** Rosella flower (Hansrong), chilli (birik), sesame powder (Nempo), salt (engthi)

**Cooking/ Processing Method:** Boiling

**Procedure:** Clean and wash the ingredients. Boil water and add roselle leaves and flower with chopped chillies, salt and cover the lid. Cook till all water evaporates. Add sesame powder and mix well. Serve the chutney hot with rice. Roselle plant helps in reduction of high blood pressure.

**2.2.53. Name of the Indigenous Food:** Menthukeseng (Dry fish chutney)



**Tribe:** Karbi

**Ingredients used:** Dry Fish (menthu), onion (harsungkear), ginger (Hansu), garlic (Harsunkelok), chilli, mustard oil (hanjangangthu)

**Cooking/ Processing Method:** Frying

**Procedure:** Pour lukewarm water in a bowl and put the dry fish pieces and wash them nicely. Keep it aside. Now heat a kadai. Pour mustard oil in it. Add chopped onion, ginger garlic paste, chillies and fresh turmeric paste, sauté it. Mix all ingredients and add fish pieces and fry it nicely till it becomes a paste. Add fresh coriander leaves (optional). Serve hot with rice.

**2.2.54. Name of the Indigenous Food:** Engki oak (Silkworm fry)



**Tribe:** Karbi

**Ingredients used:** Mustard oil, salt (engthi), Silkworm (Engki oak)

**Cooking/ Processing Method:** Frying

**Procedure:** Clean and wash the worms. Heat a pan and boil water. Now add the worms to boil. After the worms are cooked drain the worms and keep it aside. Now, heat a pan and pour mustard oil. Add the worms, salt to taste and turmeric and fry it to light brown. Serve hot with rice or with local wine. The taste is similar with that of prawns.

**2.2.55. Name of the Indigenous Food:** Phakokmynpokiop (Pork boil with sesame powder)



**Tribe:** Karbi

**Ingredients used:** Pork (Phakok), sesame powder (nempo), hamthu leaf, ginger, garlic, chilli (birik), black pepper(ahombirik), onion (harsunkear), salt (engthi)

**Cooking/ Processing Method:** Boiling

**Procedure:** Wash and clean the pork with clean water. Now, heat a kadai and add the pork pieces. When the oil oozes out from pork add salt to taste, chillies and ginger garlic paste and fry it until the raw smell goes out. When the meat is cooked, add the black sesame powder in the kadhai and stir, Pour water and let it cook for 10-15 minutes. Serve hot with rice.

**2.2.56. Name of the Indigenous Food:** Kangmoi (Boiled dal with alkali)



**Tribe:** Karbi

**Ingredients used:** Masoor dal (daliakear), alkali (phelo), hamthu leaf, salt, sesame powder (nempo), papaya (nemsopi)

**Cooking/ Processing Method:** Boiling

**Procedure:** Wash the dal. Heat a cooker and pour water. Add dal, diced papaya, and sesame powder, salt, 1 tbsp of banana stem alkali and hand crushed hamthu leaves and close the lid. Cook till 3-4 whistles. Serve hot with rice.

**2.2.57. Name of the Indigenous Food:** Ki-uop (Boiled vegetables)



**Tribe:** Karbi

**Ingredients used:** Vegetable Mustard leaves (hamjangervo), Bitter brinjal (hippikheho), sesame powder (mynpo), salt.

**Cooking/ Processing Method:** Boiling

**Procedure:** Clean and wash the vegetables. Heat a pan and pour water and add salt. Add all the vegetables and cover the lid. Cook till done. Remove the vegetables from the pan and sprinkle sesame powder over it. Serve hot with rice.

**2.2.58. Name of the Indigenous Food:** Hendruhan (Colacasia sabji)



**Tribe:** Karbi

**Ingredients used:** Colacasia leaves (hendru), ginger, garlic, chillies (birik), fresh turmeric (tharmint), sesame powder (nempo), jujube (bogori)

**Cooking/ Processing Method:** Boiling

**Procedure:** Clean and wash the vegetables. Remove the leaves and stems of colacasia. Remove the outer skin of stems and chop it in 2 inches size. Heat a kadhai and add the colacacia leaves and stems with little water. Cover the lid. After few minutes without stirring add ginger garlic paste, chillies, salt and fresh turmeric paste and cover the lid and simmer the flame (slow cooking method). When the vegetables are cooked and no water remains, add grounded jujube paste to the kadhai and mix well. Cook it for another 5 minute and serve the chutney with rice.

**2.2.59. Name of the Indigenous Food:** Hippikehokkithi (Brinjal roast chutney)



**Tribe:** Karbi

**Ingredients used:** Bitter brinjal (hippikahok), sesame powder (nempo), chilli (birik), onion (harsungkear)

**Cooking/ Processing Method:** Roasting

**Procedure:** Clean and wash the vegetables. Roast the bitter brinjal in firewood till it is soft. Peel off the outer skin and mash the brinjal in a bowl. Add chopped onion and chillies. Then add sesame powder, salt and mix everything well. Serve the chutney with hot rice.

**2.2.60. Name of the Indigenous Food:** Dongkekhangarnu (Fiddlehead fern dry fry)



**Tribe:** Karbi

**Ingredients used:** Fiddlehead fern (dongkek), Potato (phuroiathe), onion (harsun), mustard oil, salt and turmeric

**Cooking/ Processing Method:** Frying

**Procedure:** Heat a kadhai. Pour mustard oil and heat the kadhai. Add chopped onions, chilli, potato and chopped ferns. Add salt, turmeric and mix everything well. Cook everything till it is completely cooked. Serve hot.

**2.2.61. Name of the Indigenous Food:** Langokkiphi (Fish roast)



**Tribe:** Karbi

**Ingredients used:** Local Fish

**Cooking/ Processing Method:** Roasting

**Procedure:** Clean and wash the fish. Marinate the fish with turmeric and salt. In a bamboo skewer, insert the pieces and roast the fish in wood fire. When it is completely roasted and cooked well it is served hot as a snack or with lunch or dinner.



**2.2.62. Name of the Indigenous Food:** Phondokanasabaraingba (Fish roast in bamboo tube)



**Tribe:** Dimasa

**Ingredients used:** Small fish (Nasa), onion (samphrangkajao), garlic (samphrangufu), salt( Sam) , chilli (Morsai)

**Cooking/ Processing Method:** Roasting

**Procedure:** Clean and wash the fishes. Marinate the fishes with salt, grounded chilli, onion and garlic. Add few drops of mustard oil and mix it well. Now cut a tender bamboo tube in such a way that one side of the tube remains open and other side remains closed due to its joint. Wash and clean a tender bamboo tube and inside also with clean water. Add all the marinated ingredients inside the tube and cover the open end of the tube tightly with banana leaf and tie it nicely with the banana jute. Keep it inside the fire chamber and flip it at an interval so that the bamboo tube doesn't get burn. After 30 minutes remove it from heat and serve it hot with rice. It is also a traditional delicacy served during festivals.



**2.2.63. Name of the Indigenous Food:** Thailu Balaihanasaguduba (Fish roast in banana leaf)



**Tribe:** Dimasa

**Ingredients used:** Small fish (Nasa), onion (samphrangkajao), garlic (samphrangufu), salt (Sam), chilli (Morsai)

**Cooking/ Processing Method:** Steaming

**Procedure:** Clean and wash the fishes. Marinate the fish with salt, chopped onion, grounded chilli and garlic. Clean and wash the banana leaf (Thailu) and roast it slightly in fire so that the leaf doesn't get torn. Add the ingredients in the back side of banana leaf and wrap it nicely by folding the leaf. Now in a kadai/tawa keep the pouch of fish and cover the lid tightly so that the heat inside couldn't goes away. Cook in simmer in the fire chamber. Keep it for half an hour and flip it at an interval so that it cooks well from all the side. When the banana leaf looks dry it is cooked. Serve it hot with rice.

**2.2.64. Name of the Indigenous Food:** Youngmayaoba (Silkworm fry)



**Tribe:** Dimasa

**Ingredients used:** Mustard oil, salt, silkworm (Youngma), chilli, turmeric, onion

**Cooking/ Processing Method:** Frying

**Procedure:** Clean and wash the worms in lukewarm water. Now heat a pan and pour oil. Add chopped onions, chillies and sauté it. Now add the worms, salt and turmeric and fry until it changes its colour to little brown. Serve hot with rice or with local wine. The taste is similar with that of prawns.

**2.2.65. Name of the Indigenous Food:** Na yaoba (Fish fry)



**Tribe:** Dimasa

**Ingredients used:** Fish (Na), onion (samphrangkajao), salt( Sam), mustard oil(Thaojiaba), turmeric (suludi)

**Cooking/ Processing Method:** Frying

**Procedure:** Remove the scales and dirt from inside the fishes (local variety) and wash it with clean water. Now, marinate the fish with salt and turmeric. Heat a kadai. Add mustard oil and keep until reaches its smoking point. Now add the fishes one by one and fry it till it cooks well. Serve hot.

**2.2.66. Name of the Indigenous Food:** Daonoh on malangba (Chicken curry with rice flour)



**Tribe:** Dimasa

**Ingredients used:** Chicken(daono), fresh rice powder(hon), onion (samphrangkajao), garlic (samphrangufu), salt( Sam) , chilli (Morsai), turmeric(suludi), ginger (hajing), cumin powder(buduri), mustard oil (thaojiaba)

**Cooking/ Processing Method:** Boiling

**Procedure:** Clean and wash the chicken pieces and keep aside. Heat a kadhai and pour mustard oil. Now add chopped onion, chilli, turmeric, grounded ginger-garlic paste and sauté it. Now add the chicken pieces and fry it until the pieces becomes soft. Now add cumin powder and fry everything for another 5 minutes. Add water in generous amount and let it boil for around 15 minutes. After the water boils sprinkle the rice flour and stir the mixture keeping the flame in low. Add the rice flour in batches. Now keep stirring to give a good mix and the consistency becomes little thick. Serve it hot with rice.

**2.2.67. Name of the Indigenous Food:** Makham (Cooked rice)



**Tribe:** Dimasa

**Ingredients used:** local rice (mairong)

**Cooking/ Processing Method:** Steaming

**Procedure:** Put a saucepan in fire and pour water to boil. Add washed rice to the boiling water. Cover it with a banana leaf and on top of it cover with a lid. When the rice becomes cooked properly the water is strained out from the pan. The rice is then stirred well so that it doesn't sticks with each other.

**2.2.68. Name of the Indigenous Food:** Naphlam saoklijiba (Dry fish chutney)



**Tribe:** Dimasa

**Ingredients used:** Dry fish (naphlam), pahandabalai (leaf), onion, garlic, chilli (small variety)

**Cooking/ Processing Method:** Roasting

**Procedure:** Wash and clean the dry fish with lukewarm water. Now, remove it out from the water and let it dry. Roast the fishes in wood fire. Again roast the onion, chillies, garlic in the fire. Now grind all the ingredients in pestal and mortar and make a thin paste out of it. Now add pahanda leaves, salt and mustard oil. Serve it with rice.

**2.2.69. Name of the Indigenous Food:** Magong yaoba (Chicken fry)



**Tribe:** Dimasa

**Ingredients used:** Chicken(daono), fresh rice powder(hon), onion (samphrangkajao), garlic (samphrangufu), salt( Sam) , chilli (Morsai), turmeric (suludi), ginger (hajing), cumin powder(buduri), mustard oil (thaojiaba)

**Cooking/ Processing Method:** Frying

**Procedure:** Clean and wash the chicken pieces and keep aside. Heat a kadhai and pour mustard oil. Add chopped onion, chilli, turmeric, grounded ginger-garlic paste and sauté it. Now add the chicken pieces and fry it until the pieces becomes soft in slow cooking. Now, add cumin powder and fry everything for another 5 minutes. Add little water and simmer for 15 minutes. Serve it hot with rice.

**2.2.70. Name of the Indigenous Food:** Modru (Leafy vegetables dry boil)



**Tribe:** Dimasa

**Ingredients used:** Sesame(sibling), red vine spinach leaves (miphraibalai), durum (durun), mustard leaves (yaolaisak), vegetable mustard leaf (laibalai), mismaibalai (leaves), salt and chilli, coriander leaves

**Cooking/ Processing Method:** Boiling

**Procedure:** Wash and clean all the ingredients. Roughly chop all the ingredients. Heat a pan. Now add all the ingredients and simmer the gas. Cover the lid to cook it in steam (slow cooking method). Stir the ingredients at an interval of time. After all the ingredients are cooked properly add sesame powder, chopped coriander leaves and again mix them well. Serve hot with rice.

**2.2.71. Name of the Indigenous Food:** Khari samlai (Boiled vegetables with alkali)



**Tribe:** Dimasa

**Ingredients used:** Dry fish, Yam (thaphlei), banana stem alkali (khari), colocasia leaf (thakungsa), brinjal(phanthao), beans, bottle guard (khaphluhaba), chilli, ginger garlic, salt, coriander leaves.

**Cooking/ Processing Method:** Boiling

**Procedure:** Wash and clean all the ingredients. Heat a vessel with water and boil. Roughly chop all the ingredients and add to water with 1 tsp alkali and salt and cover the lid. Cook till the ingredients are half done add the leafy vegetables, chillies along with dry fish and boil again for 15 minutes. Add crushed ginger garlic paste, grounded black pepper and stir well. Cook till done with a lid. Add chopped coriander in the end. Serve hot.

**2.2.72. Name of the Indigenous Food:** Na kedeba bidi songba (Fish curry)



**Tribe:** Dimasa

**Ingredients used:** Fish(Na), onion (samphrangkajao), garlic (samphrangufu), salt( Sam) , chilli (Morsai), potato(thatai), tomato (didithai), turmeric(suludi), ginger (hajing), cumin powder(buduri), mustard oil (thaojiaba)

**Cooking/ Processing Method:** Frying

**Procedure:** Clean the fishes and marinate with salt and turmeric. Heat oil and fry the fishes to light brown and keep aside. Heat little mustard oil, add cumin seeds, chopped onion, chopped tomato, ginger garlic paste, turmeric and sauté it along with diced potato pieces, cumin powder, salt and fry it. When potato is cooked, add fried fishes and water till medium thick consistency. Add chopped coriander leaves (optional) in the end. Serve hot with rice.

**2.2.73. Name of the Indigenous Food:** Maiju hanger judima (Red rice beer)



**Tribe:** Dimasa

**Ingredients used:** Red rice (maiju hanger mairung), xumai (yeast cake)

**Cooking/ Processing Method:** Fermentation

**Procedure:** Mix of thembra powder (local herbs) with rice flour (ratio of 1:15) and knead into dough along with water. Cover the dough with powdered yeast cake. Dry in sun for 4-5 days to make starter cake *Xumai*. Now cook red white rice to light brown. Mix powdered xumai with cooked rice in a in big vessel and cover the lid. Keep it in a dark room undisturbed for 3 days. The fermented rice is ready to serve as *Zukap*. The liquor which is then extracted out from the zukap is the rice beer *Judima*. It is served with roasted chicken, fish or pork.

**2.2.74. Name of the Indigenous Food:** Judima (White rice beer)



**Tribe:** Dimasa

**Ingredients used:** Rice mix of sticky rice (maijumairung) and non-sticky variety rice, xumai (yeast cake)

**Cooking/ Processing Method:** Fermentation

**Procedure:** Mix of thembra powder (local herbs) with rice flour (ratio of 1:15) and knead into dough along with water. Cover the dough with powdered yeast cake. Dry in sun for 4-5 days to make starter cake *Xumai*. Now cook sticky rice to light brown. Mix powdered xumai with cooked rice in a in big vessel and cover the lid. Keep it in a dark room undisturbed for 3 days. The fermented rice is ready to serve as *Zukap*. The liquor which is then extracted out from the zukap is the rice beer *Judima*. It is served with roasted chicken, fish or pork.

**2.2.75. Name of the Indigenous Food:** Wasan ki-ei (Roasted Pork with herbs)



**Tribe:** Singpho

**Ingredients used:** Pork (Wa-san), Natangban leaf, bankhao ban leaf, coriander leaf (khepanji), salt (jum), chilli (eimpik), dry bamboo shoot (mikhisumban), khasanglap leaf, ginger (sinam), garlic (sikou), koupaat (*Pyrrhium pubinerve*)

**Cooking/ Processing Method:** Roasting

**Procedure:** Wash and clean the pork pieces. Cut them in small cubes. Marinate the pork with salt, ginger garlic paste, dry bamboo shoot, chilli and all the herbal leaves. Now nicely wrap the mixture in a kou-paat and keep it in the charcoal flame to cook nicely. Fold it at an interval so that it cooks well from all the side. Serve it hot with rice.

**2.2.76. Name of the Indigenous Food:** Udi-gbou (Mashed Boiled egg)



**Tribe:** Singpho

**Ingredients used:** Egg (udi), coriander leaf (khepanji), salt (jum), chilli (eimpik), ginger (sinam), garlic (sikou)

**Cooking/ Processing Method:** Boiling

**Procedure:** Boil the eggs in water. Cook for about 7minutes. Now, cut the egg into pieces and add chopped coriander leaves, chilli, salt, ginger and garlic. Mash it roughly and serve as such with rice.

**2.2.77. Name of the Indigenous Food:** Badam cithu (Mashed ground nut)



**Tribe:** Singpho

**Ingredients used:** Groundnut (Badam), Sutuilap leaf (uriam paat), salt (jum), chilli (eimpik), Masanglap leaf (scented leaf), ginger (sinam), garlic (sikou)

**Cooking/ Processing Method:** Frying

**Procedure:** Heat a khadi. Fry the groundnut and then remove the outer skin. Now in a mortar and pastel add all the raw ingredients along with the fried ground nut and ground it roughly. Serve as a side dish with main course.

**2.2.78. Name of the Indigenous Food:** Sat makkai (Rice wrapped in packing leaf)



**Tribe:** Singpho

**Ingredients used:** Rice (unggu), kupaat (louf)

**Cooking/ Processing Method:** Boiling

**Procedure:** Put a saucepan in fire and pour water to boil. Now add nicely washed rice to the boiling water. When the rice becomes cooked the water is strained out from the pan. The rice is then stirred well so that it doesn't sticks to each other. Now, wrap the rice in kupaat and make a pouch out of it to keep the rice warm and flavourful for long time. It is served as such with the other items in the platter.

**2.2.79. Name of the Indigenous Food:** Nae-si (Boiled taro root)



**Tribe:** Singpho

**Ingredients used:** Taro root (nai), vegetable mustard leaf (Singkhangmikhi), natangban leaf, bankhao ban leaf, coriander leaf (khepanji), salt(jum), chilli (eimpik), ginger (sinam), garlic (sikou)

**Cooking/ Processing Method:** Boiling

**Procedure:** Wash and clean all the ingredients nicely. Remove the outer skin of the taro and dice in medium size. Heat a saucepan and pour water to boil. Add taro root and salt to taste. Discard the froth from the boiling water when the taros cooked well. Now add ginger garlic paste, chopped chillies and all the herbal leaves and boil for another 5-6 minutes. When the broth is little reduced add coriander leaves and serve hot with rice.

**2.2.80. Name of the Indigenous Food:** Fresbin gbou (French bean sabji)



**Tribe:** Singpho

**Ingredients used:** French bean(fresbin), yangchikou leaf, coriander leaf (khepanji), salt(jum), chilli (eimpik), ginger (sinam), garlic (sikou)

**Cooking/ Processing Method:** Boiling

**Procedure:** Wash and clean the French bean and chop it. Heat a pan and add water to boil. Now add the French bean and salt in the boiling water. When the beans are completely cooked remove the beans from water and squeeze out the water. Now, add the herbal leaves, salt, roughly grounded ginger garlic, chopped chillies and mix everything well. Serve hot with rice.

**2.2.81. Name of the Indigenous Food:** Jobora sipa (Mixed leafy vegetables)



**Tribe:** Singpho

**Ingredients used:** salt (jhum), Chilli (eimpik), Fern (Gusunsi), khoumou (lefafu), Sumpai klelep leaf, ngasibingpa (manimuni), Aduilap paat, Curry leaves(narahingho), Vegetable mustard flower (Chingkhangpu), bamboo shoot (Mikhingsumban), Dry fish (ngasan skho)

**Cooking/ Processing Method:** Boiling

**Procedure:** Wash and cleans the ingredients in clean water and chop the herbal leaves roughly. Now heat a kadhai. Add the chopped leafy vegetables and all other ingredients along with dry fish. Simmer the flame and cover the lid. Cook it in lower flame. When it is cooked well serve hot.

**2.2.82. Name of the Indigenous Food:** Nong-si sithu (Bean seeds chutney)



**Tribe:** Singpho

**Ingredients used:** Bean seeds (nong-si), koupaat, coriander leaf (khepanji), salt (jum), chilli (eimpik), ginger (sinam), garlic (sikou)

**Cooking/ Processing Method:** Boiling

**Procedure:** Heat a kadhai and pour water to boil. Now add the seeds. When it is cooked well remove from the water and peel off the skin from the beans. Now wrap the seeds in kou-paat for 3-4 days to dry above the *dhua saang* (wooden chamber above the clay stove) and to ferment. Now make a paste with other ingredients and finally add chopped coriander leaves.

**2.2.83. Name of the Indigenous Food:** Mu-uk-si sithu (Tomato chhutney)



**Tribe:** Singpho

**Ingredients used:** Tomato (mu-uk), coriander leaf (khepanji), salt (jum), chilli (eimpik), ginger (sinam), garlic (sikou), onion(yang-skou), dry fish(ngasan skho)

**Cooking/ Processing Method:** Roasting

**Procedure:** Clean and wash all the ingredients. Now roast tomatoes, chilli, and dry fish in charcoal flame. Now finely chop onion, ginger garlic and coriander leaves. Peel off the roasted skin and mash them in a bowl with the chopped ingredients and salt to taste. Serve with rice.

**2.2.84. Name of the Indigenous Food:** Narahinho nga-san si (Fish with curry leaves curry)



**Tribe:** Singpho

**Ingredients used:** Nga san (fish), onion (yang-skou), coriander leaf (khepanji), salt (jum), chilli (eimpik), ginger (sinam), garlic (sikou), mustard oil (naman)

**Cooking/ Processing Method:** Boiling

**Procedure:** Clean all the ingredients with water. Now, make a paste from the curry leaves. Heat a kadhai and pour little mustard oil. Add chopped onion, chillies, ginger garlic paste and sauté it. Add the fish pieces and salt to taste and shallow fry them. When the raw flavor is out from the fishes add the curry leave paste and water to boil nicely. Finally add chopped coriander leaves and serve hot.

**2.2.85. Name of the Indigenous Food:** Een-sinsi (Boiled vegetables)



**Tribe:** Singpho

**Ingredients used:** knol khol (oul kobi), potato (glanai), french bean (fresbin), vegetable mustard leaf (Singkhangmikhi), natangban leaf, bankhao ban leaf, coriander leaf (khepanji), salt(jum), chilli (eimpik), ginger (sinam), garlic (sikou)

**Cooking/ Processing Method:** Boiling

**Procedure:** Wash and clean the ingredients. Dice knol-khol, papaya, potato and beans in medium size. Boil water and add chopped onion, chillies, ginger garlic paste and diced ingredients. Add roughly chopped leaves and salt to taste. Cover the lid and keep the flame in medium heat. When it is boiled completely and water reduced to 1/3<sup>rd</sup>, add chopped coriander leaves and serve hot with rice.

**2.2.86. Name of the Indigenous Food:** Pasa (Boiled potato curry)



**Tribe:** Singpho

**Ingredients used:** Potato (glanai), natangban leaf, masanglap leaf, bankhao ban leaf, coriander leaf (khepanji), salt (jum), chilli (eimpik), ginger (sinam), garlic (sikou), fish (nga-san), sutuilap leaf (uriam paat)

**Cooking/ Processing Method:** Boiling and Roasting

**Procedure:** Wash and clean the ingredients. Roast the fresh fish and chilli in charcoal flame. Cook whole potatoes in water and peel off the skin and mash it with the roasted fish (remove the bones) and chilli to a paste. Finely chop all the leaves and make a rough paste of ginger, garlic, chilli. Grind the leaves with little water. Strain out the juices out of the grinded leaves with a strainer discarding the residual part. Dilute it with little water and whisk it. Now add the juices in mashed potato and fish mixture.add finely chopped coriander leaves and serve with rice.

**2.2.87. Name of the Indigenous Food:** Singkhang muku (Tender vegetable mustard)



**Tribe:** Singpho

**Ingredients used:** Bamboo shoot (mikhisumban), tender vegetable mustard (Singkhang muku), salt (jum), chilli (eimpik), ginger (sinam), garlic (sikou), onion (yang-skou)

**Cooking/ Processing Method:** Boiling

**Procedure:** Wash and clean the tender vegetable mustard leaves. Heat a pan and add water to boil. Now add the leaves and salt in the boiling water. When cooked well squeeze out the excess water and add bamboo shoot, salt to taste, roughly grounded ginger garlic, chopped onion, chillies and mix everything well. Serve hot with rice.

**2.2.88. Name of the Indigenous Food:** Oou san si (Chicken curry)



**Tribe:** Singpho

**Ingredients used:** Oou-san(chicken), Indian olive leaves (jolphai laap), onion (yang-skou), natangban leaf, masanglap leaf, bankhao ban leaf, coriander leaf (khepanji), salt (jum), chilli (eimpik), ginger (sinam), garlic (sikou)

**Cooking/ Processing Method:** Boiling

**Procedure:** Wash and clean all the ingredients nicely with clean water. Marinate the chicken with all the ingredients. Now, heat a kadhai and add the marinated chicken in the kadhai and add very little water and cover the lid keeping the flame in simmer. When the chicken oozes out its water add fresh bamboo shoot and let it cook in simmer. Now add finely chopped coriander leaves at last and serve hot with rice.

**2.2.89. Name of the Indigenous Food:** Singhangmikhi ngasan si (fish curry with laaisak tenga)



**Tribe:** Singpho

**Ingredients used:** Fish (nga-san), natangban leaf, masanglap leaf, bankhao ban leaf, coriander leaf (khepanji), salt (jum), chilli (eimpik), ginger (sinam), garlic (sikou), Singhangmikhi ( *laaisaak tenga* )

**Cooking/ Processing Method:** Boiling

**Procedure:** Clean and store the old vegetable mustard leaves. Now sundry leaves for 2-3 days. After drying clean it with water. Now heat a kadhai and add water to boil. Add dry broken rice (khundu saul) and cook till it become a paste like consistency and let it cool. After that take a big bowl and pour the paste and add the dry leaves. Mix them well so that the leaves are loaded the rice paste. Now in a glass container put those leaves so that no space remains inside the glass jar. Keep it under the sun for 3-4 days. When the leaves becomes tender and a sour juice is oozed out it is ready to cook which is also known as *laaisaak tenga*. Now heat a kadhai and add water. Add all the ingredients and let it boil. When it is boiled, add the fresh fish pieces to cook nicely. At last add chopped coriander leaves and serve hot.





# MANIPUR



Manipur is a multi-ethnic state located at the easternmost part of India. It comprises of an area of 22,327 km<sup>2</sup> with a population of about 2.7 million (2011 India's census) and is administratively divided into 16 districts. It is bounded by the Indian states of Nagaland to the north, Mizoram to the south and Assam to the west. It also borders two regions of Myanmar, Sagaing Region to the east and Chin State to the south. Manipur consists of two geographical regions: the hill and the plain (valley). The hill region occupies about 90 per cent (20,089 sq km) of the land while the plain region constitutes just about 10 per cent (2,238 sq km). The plain region is home to about 62 per cent of the total population, the rest, about 38 per cent, live in the hill region.

The ethnic tribal people of North East India, particularly Manipur have been living in the forest ecosystem and follow their own socio-cultural pattern, tradition and typical food habits. The state is rich in both cultural and biological diversity, having populated by diverse ethnic, linguistic and religious groups including 33 indigenous tribes. The recognized tribes who made their home in Manipur for years now are Aimol, Anal, Chiru, Chothe, Gangte, Inpui, Hmar, Kharam, Khoibu, Koirao, Kom, Lamkang, Liangmai, Mao, Maram, Maring, Mate, Monsang, Moyon, Paite, Poumai, Purum, Ralte, Rongmei (Kabui), Simte, Suhte, Tangkhul, Tarao, Thadou, Thangal, Vaiphei, Zeme and Zou. All the tribes generally communicate in their own dialects among the same ethnic groups while communication between different groups is carried out in Meitei or Manipuri language, the official language of Manipur. Despite the socio-political and linguistic differences among them, all the ethnic tribes originate from the same Mongoloid group having similarities in preparation of food, cultural and traditional domains.

Diversity in tradition and culture among different communities in Manipur has resulted in a large variety of traditional food products. The traditional foods of tribal people are very simple and they are used in festivals and rituals (Bareh, 2001). These traditional foods are not only rich in nutrients but are also used for curing of several diseases (Singh and Sureja, 2006). The people depend mainly upon the natural resources of the habitat for their food. They utilised the rich traditional knowledge to prepare beverages, boiled foods, fermented foods and nutritionally rich traditional foods from various indigenous crop plants, forest, products and meat of wild and domestic animals. These foods are an essential part of their social and cultural life. They collect the seasonal vegetables and food items and processed and stored for yearlong consumption during lean season. Fermentation and sun drying are the basic method for processing of the food items. Preparation of food is simple, in most cases, meat, fish or vegetables are cooked only with salt, chilly and indigenous species or meat cooked with some vegetables. Rice is consumed as the main food by all tribes of Manipur. Their important diet consists of rice, meat, fish and vegetables. Fruits of different kinds are also consumed.

For the present study, 89 indigenous foods were collected from 27 tribes of Manipur. The tribes included are Gangte, Hmar, Kuki, Mizo, Paite, Simte, Suhte, Vaiphei, Zou, Aimol, Anal, Chiru, Chothe, Inpui, Kharam, Kom, Lamkang, Mao, Maram, Mate, Meitei, Monsang, Moyon, Poumai, Rongmei, Tangkhul and Zeme.

## 2.3. Indigenous foods of Manipur

### 2.3.1. Name of the Indigenous Food: Tingngekpok (Viagra plant porridge)



**Tribe:** Gangte

**Ingredients used:** *Calamus erectus* (tingngek), rice, Szechuan pepper leaves, smoked beef, salt.

**Cooking/ Processing method:** Boiling with Stewing

**Procedure:** Remove the hard outer covering of the *Calamus erectus* and take the stem pith. Cut the stem pith into one inches each and boil in a pot of water for about 15 minutes. Drain the water and keep it aside. Wash the rice, smoked beef and Szechuan pepper leaves. Take a pot of water, add the rice and the smoked beef in the water and boil the water. When rice is cooked, add the *Calamus erectus* that is kept aside along with Szechuan pepper leaves and salt. Simmer the flame and stir occasionally to avoid burnt. Remain heated till the Szechuan pepper leaves are cooked.

### 2.3.2. Name of the Indigenous Food: Thingthupikan (Sauted *Dysoxylumgobara*)



**Tribe:** Gangte

**Ingredients used:** Thingthupi (*Dysoxylumgobara*), oil, turmeric, onion, salt.

**Cooking/ Processing method:** Boiling and Sautéing

**Procedure:** Wash *Dysoxylumgobara* and cut it into finger length. Boil *Dysoxylumgobara* for about half an hour. Strain *Dysoxylumgobara* and keep aside. Heat oil and add onion, turmeric and *Dysoxylumgobara* and sauté it for about 5-10 minutes. The discarded water is also sometimes used as soup.

**2.3.3. Name of the Indigenous Food:** Changkuongchehtuimol (Boiled Indian pennywort)



**Tribe:** Gangte

**Ingredients used:** Indian pennywort

**Cooking/ Processing method:** Boiling

**Procedure:** Remove the roots of Indian pennywort and cut at each runner. Wash it thoroughly. Take water in a pot and boil Indian pennywort for about 10 minutes and serve hot along with salt and chilly according to preferences. It's also used as lactogogues for mothers.

**2.3.4. Name of the Indigenous Food:** Zawngtra le purunzung sathu hmarchadeng (Perkia, *Alliumhookeri* with fermented fats chutney).



**Tribe:** Hmar

**Ingredients used:** Stink Beans/perkia (zawngtrah) spring onion (purunzung), Dried Red Chilli, Fermented Pork (sathu), Ash water, Salt, Water

**Cooking/ Processing method:** Boiling

**Procedure:** Clean spring onion roots. Put it in a bowl of water, and roll it between the flats of the hands. Cut the roots about half inches in length. Put it aside in a bowl. Roast dried red chilli over fire and grind it in a mortar and pastel to flakes. Add a tablespoon of fermented pork. Add one-tbsp of ash water (soda optional). Mix it well in little amount of warm water till it foams. Add it to the bowl of spring onion roots. Clean whole stink beans with its peeler. With a knife, cut the side strings. Cut the stink beans into half-inch. Boil water and put the cut stink beans. Stir it and boil it for about two-minute or to your preference. Take it out and add it to the bowl of spring onion roots. Add Salt. Mix it well.

**2.3.5. Name of the Indigenous Food:** Umdawng ngathu chialhme (Salted bottle gourd with fermented fish)



**Tribe:** Hmar

**Ingredients used:** Bottle Gourd (Umdawng), Dried Fish or Smoked Fish (NgathuTrawl) or Fermented Fish (Ngathu), Dried Red Chilli (Hmarcha Trawl), Garlic (Purunvar), Dried Lomba Leaves (Lengmaser), Salt (Chi).

**Cooking/ Processing method:** Boiling

**Procedure:** Clean and chop the bottle gourd into two inches. Put into a cooking pot with water to the level of the chopped bottle gourd. Clean and soak the dried/smoked/fermented fish and roast and pound it and add to the cooked bottle gourd. Add salt. Pound garlic and add to the dish. Add dried red chilli and cook with a lid stirring occasionally. Cut the flowers of the dried lomba leaves and soak in water for some minutes. Squeeze the flowers and add to the cooking pot, and stir. Continue cooking for another minute or two till done.

**2.3.6. Name of the Indigenous Food:** Dolzik ngathu chialhme (Salted young taro leaves with fermented fish)



**Tribe:** Hmar

**Ingredients used:** Young Taro Leaves (Dolzik), Garlic (Purunvar), Fermented Fish (Ngathu), Green Chilli (HmarchaHring), Water (Tui), Salt (Machi or Chi).

**Cooking/ Processing method:** Stewing

**Procedure:** Clean and break the young taro leaves and stem with hands into four parts. Boil the leaves and stem stirring occasionally and dispose the water, twice. Add water again to the cooking pot. Add fermented fish. Peel garlic. Pound the garlic along with washed green chilli in a mortar and pastel. Add the mixture to the cooking pot. Add Salt. Stir occasionally. When done with right amount of gravy serve hot with rice.

**2.3.7. Name of the Indigenous Food:** Bawng kerawt ( Roasted cow limb)



**Tribe:** Hmar

**Ingredients used:** Bawngke (cow leg), sathu, dry red chilly, ash water, salt.

**Cooking/ Processing method:** Grilling

**Procedure:** Take the cow limbs, grill on the fire and remove the limbs hair. After removing all the hair grill it again till all the parts of the limbs turn black. Remove all black portions using knife. Cut the limbs into 2-3 pieces. Pressure cook to 7 whistles. Take a pot and boil the red chillies in water till they become tender. Drain the chillies and mashed the chillies using mortar and pestle. Open the lid of the pressure, separate the meat from the bones and take out the bones from the pressure cooker. Cut the meat into bite size each. Add mashed chillies, ash water, fermented fats and salt into the pressure cooker and mix well.

**2.3.8. Name of the Indigenous Food:** Ahsasizoupok (Country chicken porridge)



**Tribe:** Kuki

**Ingredients used:** Country chicken, sizou (*Eurya Acuminata*), rice, ginger, turmeric, salt,

**Cooking/ Processing method:** Boiling

**Procedure:** Cut the country chicken into large piece about two inches each, wash it and keep it aside. Take *Eurya Acumination* and separate each leaves from its midrib, wash it and keep it aside. Wash the rice and pour it into a pot. To the pot of rice add water to it and boil. When rice becomes soft add *Eurya Acumination*, ginger, turmeric, salt and country chicken. Remain heated till the chicken and the *Eurya Acumination* are perfectly cooked. Mix it thoroughly and stir occasionally to prevent from burnt.

**2.3.9. Name of the Indigenous Food:** Ngagopmalchameh (Dry fish chutney)



**Tribe:** Kuki

**Ingredients used:** Ngagop (dry fish), green and red chillies, salt.

**Cooking / Processing method:** Roasting

**Procedure:** Heat the flame and Roast the dry fish using a pan. Grind the roasted dry fish and keep it aside. Roast the chillies using the same pan till the chillies become tender. Mash the chillies thoroughly. Mix the grinded fish, mashed chillies and salt. It is included as an appetiser.

**2.3.10. Name of the Indigenous Food:** Bawngsatohanphui meh ( Beef with *Clerodendrumcolebrookianum* curry)



**Tribe:** Kuki

**Ingredients used:** Bawngsa (beef), Anphui (*Clerodendrumcolebrookianum*), ginger, garlic, salt.

**Cooking/ Processing method:** Boiling

**Procedure:** Chop the beef into two inches size and wash it. Take water in a pot, add the beef and boil it. Wash the ginger and garlic, mashed it and add it into the pot of beef. Boil the beef till they are tenderly cooked. Add anphui (*Clerodendrumcolebrookianum*) and cook it till the anphui are tender. Add salt to taste.

**2.3.11. Name of the Indigenous Food:** Gotoimalchameh (Bamboo shoot chutney)



**Tribe:** Kuki

**Ingredients used:** Gotoi (bamboo shoot), green chillies, fermented fish, Lomba leaves, salt.

**Cooking/ Processing method:** Boiling

**Procedure:** Clean the bamboo shoot and cut into thin slice (C-shape) about two inches. Wash thoroughly. Take water in a pot and boil the bamboo shoot till cooked. Drain the water, take the bamboo shoot in a bowl and keep it aside. Roast green chillies and mash it. Roast the fermented fish and mash it. Add mashed chillies, fermented fish, salt and lomba leaves into the bowl of bamboo shoot and mix it well.

**2.3.12. Name of the Indigenous Food:** Aidulehkhanguhathubai (*Ammonumdealbatum* with climbing wattle mixed with fermented fats)



**Tribe:** Mizo

**Ingredients used:** Aidu (*Ammonumdealbatum*), khanghu (climbing wattle), sathu (fermented fats), brinjal, salt.

**Cooking/ Processing method:** Stewing

**Procedure:** Peel out one to two layers of Aidu. Cut the Aidu in half, wash it and keep it aside. Take only the soft part of the Khanghu, wash it and keep it aside. Cut the brinjal into four pieces, wash it and keep it aside. Take water in a pot, add Aidu, khanghu, brinjal, sathu, salt and heat it on flame. When the water boils, simmer the flame and remain heated till all the ingredients are cooked. Stir occasionally.

**2.3.13. Name of the Indigenous Food:** Baibing, samtrok, anthurpolh (*Alocasiamacrorrhizos* mix with *Solanumtorvum*, *Hibiscussabdariffa*)



**Tribe:** Mizo

**Ingredients used:** Baibing (*Alocasiamacrorrhizos*), samtrok (*Solanumtorvum*), anthur (*Hibiscussabdariffa*), dry red chilli, salt.

**Cooking/ Processing method:** Boiling

**Procedure:** Remove the foliage of baibing and take the inner portion, wash it and keep it aside. Wash anthur and keep it aside. Cut each samtrok into half and wash it. Take water in a pot, add Baibing, samtrok, dry red chilli and boil it for about 20 minutes. Add anthur and salt, simmer it for 5 minutes and off the flame.

**2.3.14. Name of the Indigenous Food:** Pasithaksik meh (*Schizophyllumcommune* chutney)



**Tribe:** Paite

**Ingredients used:** Pasi (*Schizophyllum commune*), phulunteh (*Allium hookerii* leaves), dry chillies, salt.

**Cooking/ Processing method:** Boiling

**Procedure:** Wash Pasi two to three times with water. Take water in a pot and boil pasi and the dry chillies till cooked and drain the water. Wash clean the *Allium hookeri* leaves and cut it into one inches size. Add it into the pot. Pick out all the chillies from the pot and mashed it and add it back to the pot. Add salt to taste and mix well.

**2.3.15. Name of the Indigenous Food:** Nga-saankamalhuan (Fish with mustard greens)



**Tribe:** Paite

**Ingredients used:** Smoked fish (Nga-sa), mustard greens(Ankam) and salt.

**Cooking/ Processing method:** Boiling

**Procedure:** Clean the mustard leaves. Wash the mustard leaves and smoked fish. Boil water in a pot with smoked fish. Cook for about 15 minutes. Cut the mustard leaves in halves each and add into the pot. Add salt and cook for 5 more minutes.

**2.3.16. Name of the Indigenous Food:** Singzual-ngathusohbol (Szechuan pepper leaves mix with fermented fish)



**Tribe:** Paite

**Ingredients used:** Singzual (Szechuan pepper leaves), ngathu (fermented fish), chilli flakes, salt

**Cooking/ Processing method:** Boiling

**Procedure:** Wash the ingredients. Cut the Szechuan pepper leaves in about 3 inches each. Boil water. Add the Szechuan pepper leaves in boiling water. When the Szechuan pepper leaves are cooked, turn off the flame and add salt, fermented fish and chilli flakes.

**2.3.17. Name of the Indigenous Food:** Buhmanhuan (Sticky rice)



**Tribe:** Paite

**Ingredients used:** Sticky rice (Buhman), sipi (linn seeds), salt, oil

**Cooking/ Processing method:** Boiling

**Procedure:** Wash sticky rice in water. Put the sticky rice in a pot, add water, add a little oil and stir it thoroughly and cook the rice. Roast linn seeds in a pan and keep it aside to cool. Using mortar and pestle pound the linn seeds into powder and add salt. When the rice is cooked, cool it down. Then take some rice and mix it well with the powdered linn seeds using hands. Continue the process till all the rice is mixed with the powdered linn seeds. Served as snacks with tea.

**2.3.18. Name of the Indigenous food:** Dolhou sathutangal meh (Dry taro leaves with fermented fats)



**Tribe:** Simte

**Ingredients used:** Dried Taro Leaves (Dolhou), Fermented Pork (Sathu), Dried Red Chilli, Baking Soda (tangal), Salt (Chi).

**Cooking/ Processing method:** Boiling

**Procedure:** Tear the dried taro leaves with your fingers and soak it in water for about five minutes. Squeeze it with your hands for excess water. Clean again twice with water, squeezing off excess water. Boil water in a cooking pot. Halve the dried red chilli and add to the boiling water. Add a teaspoonful of fermented pork. Lower the flame of the gas stove. Add about one-third teaspoon baking soda. Add dried taro leaves and stir. Cook till there is only a small amount of gravy (or one's desired amount), stirring occasionally. Serve hot or cold.

**2.3.19. Name of the Indigenous food:** Annjangkhatohpasikhawmhuan (Black nightshade with culantro)



**Tribe:** Simte

**Ingredients used:** Black Nightshade (*SolanumIndicum*), Culantro (*Eryngiumtoetidum*), salt.

**Cooking/ Processing method:** Boiling

**Procedure:** Take black nightshade, cilantro and wash clean with water. Take water in a pot and boil it on flame. Add *Solanumindicum* and salt into the pot and boil it for five minutes. When the five minutes are over, chop the *Eryngiumtoetidum* and add into the pot and turn off the flame. Consumed as side dish and also used as lactogogues.

**2.3.20. Name of the Indigenous food:** Theibuhfaithuktegoi (Sour pomegranate mashed)



**Tribe:** Suhte

**Ingredients used:** Sourpomegranate (theibuhfaithuk), chillyflakes, salt

**Cooking/ Processing method:** Peeling and Mashing

**Procedure:** Take the seeds of the pomegranate from its fruit in a mortar. Add salt, chilli flakes and mashed the pomegranate using pestle to extract the juice out from seeds. Mix well, pour into a bowl and served. It is included after meal.

**2.3.21. Name of the Indigenous food:** Ankamtohalbai (Mustard leaves with colocassia curry)



**Tribe:** Suhte

**Ingredients used:** Colocassia (bal), mustard leaves (ankam), smoked beef (Saho), onion and salt

**Cooking/ Processing method:** Boiling

**Procedure:** Remove the skin of the colocassia, chop it in cubes, wash it and keep it aside. Wash the mustard leaves and cut it into half and keep it aside. Take a pot. Add water, smoked beef and colocassia into the pot and heat till the colocassia are cooked. Then, add mustard leaves, onion and salt. Remain heated the mustard leaves are cooked.

**2.3.22. Name of the Indigenous food:** Dolngek-singzualbai (Colocassia petiole & *Zanthroxylumbudranga* curry)



**Tribe:** Suhte

**Ingredients used:** Colocassia petiole (dolngek), *Zanthroxylumbudranga* (singzual), brinjal, *SolanunIndica* (samphokngat), dry meat, dry/green chilli, beans, *Allium hookerri* leaves (phulunteh), *Elsholtziacommunis* (lengmasel) & salt.

**Cooking/ Processing method:** Boiling

**Procedure:** Wash all the ingredients. Cut the brinjal into four pieces. Cut *SolanunIndica* into two pieces. Cut *Zanthroxylumbudranga* into 10 cm each. Cut the beans and *Allium hookerri* into 5 cm each. Inside a pot, boil the meat, brinjal, *SolanunIndica* and *Znthroxylumbudranga* in water until they are partially cooked. Then, add colocassia petiole *Allium hookerri*. Remain heated till cooked.

**2.3.23. Name of the Indigenous food:** Tanghou (Rice cake)



**Tribe:** Suhte

**Ingredients used:** Buhman (sticky rice)

**Cooking/ Processing method:** Steaming

**Procedure:** Raw sticky rice are grinded into fine powder. The powder is mixed with water and made it in dough. The dough is then place in clean banana leaves, wrapped it up using the banana leaves. Steam the wrapped dough for about 10-15 minutes. It is included as snacks.

**2.3.24. Name of the Indigenous food:** Gotoibongsahoupok (Bamboo shoot with smoked beef porridge)



**Tribe:** Vaiphei

**Ingredients used:** Bamboo shoot, smoked beef, mustard greens, rice, ash water, salt.

**Cooking/ Processing method:** Stewing

**Procedure:** Remove the hard outer covering of the Bamboo shoot. Cut the base of the bamboo shoot into thin slice of C-shape and the top portion horizontally into two inches it and wash it twice. Take water in a pot and boil the bamboo shoot till cooked. Take the Bamboos hoot out in a bowl, discard the water and keep it aside. Wash the rice. Take water in a pot, add rice, smoked beef and boil the water till the rice becomes soft. Clean the mustard greens and wash it. When the rice becomes soft add mustard greens, ash water and salt into the pot. Stir occasionally and remain heated till the mustard greens are cooked.

**2.3.25. Name of the Indigenous food:** Ai meh (Crab dish)



**Tribe:** Vaiphei

**Ingredients used:** Crab, cilantro, turmeric, ginger, salt.

**Cooking/ Processing method:** Boiling

**Procedure:** Wash the crab thoroughly. Take water in a pot, add the crab, turmeric, ginger, salt and boil it for 1 hour. Add cilantro and turn off the flame.

**2.3.26. Name of the Indigenous food:** Bal, Mongloksahoubai (Colocassia, *Ficusrumphi* with smoked beef)



**Tribe:** Vaiphei

**Ingredients used:** Colocassia, Monglok (*Ficusrumphi*), smoked beef, salt,

**Cooking/ Processing method:** Stewing

**Procedure:** Peel the skin of the colocassia and cut into big dice and wash it. Wash Monglok and keep it aside. Wash the smoked beef. Take water in a pot, add smoked beef, colocassia and heat it on a flame. Stew it for 20 minutes. Add Monglok and salt and stew it for another 10 minutes. Stir occasionally and turn off the flame.

**2.3.27. Name of the Indigenous food:** Behiangsathu meh ( Pегion pea with fermented fats )



**Tribe:** Zou

**Ingredients used:** Behiang (*Cajanuscajan* or pегion pea), bawngthu (fermented cow fats), dry chilly, ash water and salt.

**Cooking/ Processing method:** Boiling

**Procedure:** Break both ends of the pigeon pea and the side strings. Wash and boil the cleaned pigeon pea along with the dry chilly, stirring occasionally, for about 5 minutes. Take out the boiled pigeon pea and keep it aside. Remove stems of the dry chilly and mashed it in a Mortal and Pastel. Add fermented cow fats, mashed chilly and salt to the bowl of pigeon pea and mix it thoroughly till the mixture produce foam.

**2.3.28. Name of the indigenous food:** Manta ngathutangal meh (Eggplant with fermented fish)



**Tribe:** Zou

**Ingredients used:** Eggplant (Manta), Fermented Fish, green chilli, tangal (ash water), Water, Salt

**Cooking/ Processing method:** Boiling

**Procedure:** Boil water in a cooking pot. Roast 2-3 fermented fish over fire. Pound it in a Mortar and Pastel. Add it to the cooking pot. Pound a fresh green chilli in a mortal and pastel. Add it to the cooking pot. After a minute, lower the gas flame. Add ash water and let it foam. Wash eggplant. Slice cut directly to the cooking pot (make sure to look out for worms in the eggplant and not add it too!) Cook and stir occasionally (do not cover with a lid). Add salt. Mash some of the sliced eggplant with cooking spoon to make thicker gravy. Switch off the gas stove when you think the gravy has the right amount.

**2.3.29. Name of the Indigenous food:** Saptheitehngathu meh (Passion fruit leaves with fermented fish)



**Tribe:** Zou

**Ingredients used:** Passion fruit leaves, dried red chilli, fermented fish, salt.

**Cooking/ Processing method:** Boiling

**Procedure:** Pluck and wash the tender leaves of the passion fruit. Boil it in a pot of water. Take out the boiled leaves in a bowl. Keep the soup aside. Roast dried red chilli over fire. Roast fermented fish over fire. In a mortar and pestle, pound the roasted dried red chilli and roasted fermented fish with salt. Add the mixture to the bowl of passion fruit leaves. With a clean hand (or using gloves), properly mix it and served. One can also drink the medicinal bitter soup to treat various ailments such as lowering blood pressure, nervous disorders, bronchial conditions, arthritis, asthma, insomnia, gastrointestinal disorders, etc.

**2.3.30. Name of the Indigenous food:** Bal tohsingzualhuan (Colocassia with Szechuan pepper leaves)



**Tribe:** Zou

**Ingredients used:** Colocassia (bal), Szechuan pepper leaves (singzual), smoked beef, two dry chilly, salt.

**Cooking/ Processing method:** Boiling

**Procedure:** Remove the skin of the colocassia, cut it into cubes and wash it. Take two smoked beef, wash it and cut it into small cubes. Heat water in a pot and add colocassia, smoked beef and the dry chilly. Boil till the colocassia are perfectly cooked. Wash Szechuan pepper leaves and add to the cooked colocassia. Add salt to taste. Remain heated till the Szechuan leaves are cooked and stir occasionally to turn the water milky with the colocassia.

**2.3.31. Name of the Indigenous food:** Khoivajualbai (Bee larvae mixed vegies)



**Tribe:** Aimol

**Ingredients used:** Bee larvae (khoivajual), pumpkin leaves, pumpkin, ginger, salt.

**Cooking/ Processing method:** Boiling

**Procedure:** Wash and clean all the ingredients. Chop the pumpkin into finger size dices. Chopped the pumpkin leaves. Take a pot with water and boil the bee larvae till they become tender. Then add pumpkin and ginger into the pot and cooked for about 20 minutes. Add the pumpkin leaves and salt into the pot and cooked for 10 more minutes.

**2.3.32. Name of the Indigenous food:** Savun meh (Cow skin chutney)



**Tribe:** Aimol

**Ingredients used:** Cow skin, jontalem (Leucaenaleucocephala), chillies, fermented cow fats, salt

**Cooking/ Processing method:** Boiling

**Procedure:** Wash and chop Jontalem and keep it aside. Clean and chop the skin of a cow and boil in a pot till the skin becomes tender. When it is cooked the skin and the broth are separated. Take the skin in a bowl and add the chopped jontalem, chillies flakes, fermented cow fats and salt. The mixture are stirred continuously till the fermented cow fats forms bubbles in the mixture.

**2.3.33. Name of the Indigenous food:** Bae saung (Steamed green beans)



**Tribe:** Aimol

**Ingredients used:** Green Beans

**Cooking/ Processing g method:** Steaming

**Procedure:** Clean and wash the beans and keep it in a plate. When rice is cooked in a pot, place the plate of the green beans over the pot. The beans will be cooked by the steam from the rice.

**2.3.34. Name of the Indigenous food:** An nchampa (Stewed vegetables)



**Tribe:** Anal

**Ingredients used:** Pumpkin leaves, local beans, snake beans, xanthoxylem leaves, bitter eggplant, potatoes, tomatoes, chillies, fermented fish.

**Cooking method:** Stewing

**Procedure:** String the pumpkin leaves and the beans, and chopped them. Wash all the ingredients except fermented fish. Peel the skin of the potatoes and chopped the potatoes, xanthoxylem leaves, tomatoes and chillies. Take water in a pot and heat it on flame. Add potatoes, tomatoes and fermented fish and boil it till the potatoes become tender. Then add all the chopped ingredients, whole bitter egg plants and salt to taste. Stir to mix well. Stew it for about 6 to 10 minutes and turn off the flame.

**2.3.35. Name of the Indigenous food:** Punungsa (Beef Innards curry)



**Tribe:** Anal

**Ingredients used:** Beef innards, ginger garlic paste, coriander, tomatoes, salt, chillies.

**Cooking/ Processing method:** Boiling

**Procedure:** Wash thoroughly the innards of the beef. Chop the innards, tomatoes, coriander and chillies. Take a pot and add the innards of the beef into the pot and heat on a flame. The moisture content of the innards oozed out and stir occasionally to prevent from burnt. When the moisture content of the innards all dried out, add ginger garlic paste, tomatoes, chillies and salt into the pot. Stir it to mix it well. Add water into the pot and boil till the innards of the beef are perfectly cooked. Then add coriander leaves and turn off the flame.

**2.3.36. Name of the Indigenous food:** Tampo kha bupal (Bitter egg-plant porridge)



**Tribe:** Anal

**Ingredients used:** Bitter egg-plant (*solanumtorvum*), rice, lomba, salt.

**Cooking/ Processing method:** Stewing

**Procedure:** Wash the rice, bitter egg-plant and lomba. Take water in a pot, add rice and heat in on a flame. When the rice becomes soft, add bitter eggplant, lomba and salt. Stir it occasionally to prevent from burnt. Turn off the flame after 5 minutes.

**2.3.37. Name of the Indigenous food:** Chokpui me (Solanumtorvum with taro stem and leaves)



**Tribe:** Chiru

**Ingredients used:** Mantakha (Solanumtorvum), taro stem and leaves, fermented soya bean, brinjal, salt, green chillies.

**Cooking/ Processing method:** Boiling

**Procedure:** Wash all the ingredients. Boil water in a pot. Add solanumtorvum, brinjal, fermented soya bean, green chillies and cooked for 20 minutes. Then, add taro stem and leaves, salt and cooked for 10 more minutes. Stir well the mixture and turn off the flame.

**2.3.38. Name of the Indigenous food:** Lingkhangahnten (Climbing wattle porridge)



**Tribe:** Chiru

**Ingredients used:** Rice, Lingkhang (climbing wattle), salt.

**Cooking/ Processing method:** Stewing

**Procedure:** Wash the rice and climbing wattle. Heat water in a pot, add rice and remain till the rice becomes soft. While heating the rice, cut the climbing wattle in finger size and add to the pot when the rice becomes soft. Add salt and cook till the wattle becomes tender. Stir continuously to mix well and turn off the flame.

**2.3.39. Name of the Indigenous food:** Toithur marcha (Bamboo shoot with fermented fats)



**Tribe:** Chiru

**Ingredients used:** Bamboo shoot, green chillies, fermented fats, lomba leaves, ash water, salt.

**Cooking/ Processing method:** Boiling

**Procedure:** Remove the hard outer covering of the bamboo shoot. Cut the bamboo shoot into bite size pieces and wash it. Boil water and cook the bamboo shoot and add ash water. When the bamboo shoot is cooked, discard and drain the water. Take the bamboo shoot in a bowl. Roast the green chillies in flame and mashed it. Chopped the lomba leaves into fine pieces and add to the bowl of cooked bamboo shoot. Add mashed green chillies, fermented fats, ash water and salt to the bowl of cooked bamboo shoot and mixed well.

**2.3.40. Name of the Indigenous food:** Zongchak pol (Perkia chutney)



**Tribe:** Chothe

**Ingredients used:** Parkia (zongchak), green chillies, basil leaves, chillies, fermented fish.

**Cooking/ Processing method:** Boiling

**Procedure:** The skin of the parkia are removed and then stringed. The parkia are then chopped into small pieces. The parkia is put to boiling water for few minutes and taken out and cooled. The basil leaves, green chillies and fermented fish are roasted in flame and are then mashed to paste using mortar and pestle. Salt is added to the mashed dish. The paste is then added to the parkia that is left for cooling and is mixed well.

**2.3.41. Name of the Indigenous food:** Apah (Mushroom soup)



**Tribe:** Chothe

**Ingredients used:** Wild Mushroom (*termitomycesmicrocarpus*), roselle leaves (*Hibiscus sabdariffa*), salt.

**Cooking/ Processing method:** Boiling

**Procedure:** Clean and wash the mushroom and the roselle leaves. Take a pot of water and boil the mushroom for about 30 minutes. Then add the roselle leaves and salt to the pot of mushroom and boil for about 5 minutes and turn off the flame.

**2.3.42. Name of the Indigenous food:** Ar-maeanruol (Chicken porridge)



**Tribe:** Chothe

**Ingredients used:** Rice, chicken pieces, chopped pumpkin leaves, ginger, garlic, spices, Salt.

**Cooking/ Processing method:** Stewing

**Procedure:** Wash the ingredients. Make ginger garlic paste. Heat water in a pot and add rice. When rice becomes soft, add chicken pieces, ginger garlic paste, spices and salt. Stir occasionally. After 30 minutes add pumpkin leaves and remain heated for 10 more minutes. Stir well, turn off the flame and serve.

**2.3.43. Name of the Indigenous food:** Think kung aan (Boiled river snail)



**Tribe:** Inpui

**Ingredients used:** River snail, sawtooth coriander, salt.

**Cooking/ Processing method:** Boiling

**Procedure:** Discard the dead snails. Remove the tip of the snail to make a hole. The river snails are washed thoroughly with water. Take water in a pot, add the snails in the pot and boil in high flame till the snails are cooked. Add salt to taste. When the snails are cooked, turn off the flame and add the sawtooth coriander. Let it sit for about 5 minutes and is ready to serve.

**2.3.44. Name of the Indigenous food:** Aancham an (Mustard porridge)



**Tribe:** Inpui

**Ingredients used:** Rice, mustard greens, salt.

**Cooking/ Processing method:** Stewing

**Procedure:** Wash the rice and the mustard greens. Take water in a pot, heat it on flame and add the rice. Stew the rice till it becomes soft. Then add the mustard green, tear the mustard leaves in halves when adding into the pot. Add salt, stir it continuously and remain heated till the mustard greens are cooked. Stir the porridge continuously for about a minute and turn off the flame.

**2.3.45. Name of the Indigenous food:** Bachak kajaonu (Fried corn)



**Tribe:** Inpui

**Ingredients used:** Corn, salt and oil

**Cooking/ Processing method:** Frying

**Procedure:** Remove the corn from the cob. Heat oil in a pan and add the corn and salt. Heat in low flame and stir it occasionally. Turn off the flame after 10 minutes. The dish is included as snacks.

**2.3.46. Name of the Indigenous food:** Marcha dong achar (Green chilly pickle)



**Tribe:** Kharam

**Ingredients used:** Green chillies, mustard seeds, lemon juice, mustard oil, salt.

**Cooking/ Processing method:** Frying

**Procedure:** Grind the mustard seeds and keep it aside. Take a pan, grease it with oil and heat it on a flame. Fry the green chillies in the oil. Take a bowl and pour the grinded mustard seeds. Add lemon juice, mustard oil, salt and mix it thoroughly to make sure there is no lump. Then add the fried chillies and mix it thoroughly and is ready to serve.

**2.3.47. Name of the Indigenous food:** Thanbausingju (Lotus root salad)



**Tribe:** Kharam

**Ingredients used:** Lotus roots, roasted fermented fish, dry red chillies, roasted ground perilla seeds, salt.

**Cooking/ Processing method:** Peeling

**Procedure:** Wash the lotus roots and cut it into thin slices and keep it aside in a bowl. Mash the roasted fermented fish, dry red chillies and salt together. Add the mashed mixture and the ground perilla seeds into the bowl of the lotus roots. Mix well and serve.

**2.3.48. Name of the Indigenous food:** Marmong curry (Banyan fig curry)



**Tribe:** Kom

**Ingredients used:** Marmong (Banyan fig, khongnangtarung), colocassia, dry fish, dry chillies and salt.

**Cooking/ Processing method:** Boiling

**Procedure:** Wash all the ingredients. Remove the skin of the colocassia and cut it into dices and add into a pot. On the same pot add water and boil the colocassia for about 20 minutes on high flame. Add dry fish, dry chillies and salt into the pot and remain heated. After 10 minutes add monglok, lower the flame and remain heated in low flame. After 5 minutes, stir the mixture thoroughly and turn off the flame.

**2.3.49. Name of the Indigenous food:** Tegnou enmat (Winged beans chutney)



**Tribe:** Kom

**Ingredients used:** Winged beans, green chillies, fermented fish, salt.

**Cooking/ Processing method:** Chopping and Roasting

**Procedure:** Wash winged beans and green chillies. Stringed the winged beans and chopped it into 1 cm each and keep it in a bowl. Roast the green chillies, fermented fish and mashed it. Add the mashed mixture and salt into the bowl of winged beans. Mix it thoroughly and served.

**2.3.50. Name of the Indigenous food:** Vok khu ann (Pig trotters curry)



**Tribe:** Lamkang

**Ingredients used:** Pig trotters, grinded chilly, ginger garlic paste, oil, salt.

**Cooking/ Processing method:** Boiling and Stewing

**Procedure:** Clean thoroughly the pig trotters and chopped into desired sizes. Take oil in a pan and heat it on a flame. Add ginger garlic paste, grinded chilli to heated oil and stir continuously. Then, add chopped pig trotters and salt. Remain heated till the trotters become tender.

**2.3.51. Name of the Indigenous food:** Lang ngi tsun kro reisunu ava rudei mahui & mdi (Silk worm with shredded bamboo shoot and juice)



**Tribe:** Lamkang

**Ingredients used:** Silk worm, shredded fermented bamboo shoot, fermented bamboo shoot juice, chillies, salt.

**Cooking/ Processing method:** Stewing

**Procedure:** Wash the silk worm and chillies. Make chilli paste. Take a pot, add all the ingredients into it and cook it in low flame. Cook till all the water dries up. When all the water dries up, turn off the flame and serve.

**2.3.52. Name of the Indigenous food:** Pudina me (Veggies chutney)



**Tribe:** Lamkang

**Ingredients used:** Fish mint leaves, tomatoes, red chillies, onion, salt.

**Cooking/ Processing method:** Roasting

**Procedure:** The tomatoes and chillies are roasted on flame and remove the skin of the tomatoes. Chopped the fish mint leaves and onion. The tomatoes and the chillies are then mashed using mortar and pestle. The chopped fish mint leaves and onion are added into the mortar and are mashed along with the tomatoes and chillies. Add salt to taste and mix well.

**2.3.53. Name of the Indigenous food:** Kabakjan ga tasang gan (Pork with axone)



**Tribe:** Liangmai

**Ingredients used:** Smoked pork, Black sesame seeds, Axone (fermented soya beans), garlic, ginger, Red chilli powder, Salt.

**Cooking/ Processing method:** Roasting

**Procedure:** Roast the diced smoked pork in a pan till there is enough oil coming out to cook the rest of the ingredients. Add salt, garlic, red chilli powder and cook till the meat is almost ready. In a separate pan, roast black sesame seeds and roughly pound them. Now add the sesame seeds and axone to the meat and cook for about 10-15 minutes. Garnish with a bit of roughly pounded ginger and serve.

**2.3.54. Name of the Indigenous food:** Kabakjan kakibo ga charapy siu gan (Smoked pork stew with kidney beans)



**Tribe:** Liangmai

**Ingredients used:** Smoked pork, ginger garlic paste, kidney beans, fermented bamboo shoot, tomatoes, coriander, chillies, oil, salt.

**Cooking/ Processing method:** Frying and Boiling.

**Procedure:** Heat oil in a pot. Add smoked pork, kidney beans, fermented bamboo shoot, ginger garlic paste, chillies, tomatoes and salt. Fry all the ingredients for about 5 minutes and add water into the pot. Boil it in high flame for about an hour till the added water reduced to half portion and the kidney beans are properly cooked. Turn off the flame and add coriander for garnishing.

**2.3.55. Name of the Indigenous food:** So ye shokhokha (Duck with bitter eggplant).



**Tribe:** Mao

**Ingredients used:** Chopped Duck (Hupi), shokhokha (bitter eggplant), culantro, ginger, garlic, chillies, salt, local spices, oil.

**Cooking/ Processing method:** Boiling and Stewing

**Procedure:** Wash the ingredients. Make ginger-garlic-chillies paste. Heat oil in a pot, add the paste, chopped hupi so, shokhokha, salt and local spices. When the water content of the hupi dries, add water till half portion of the pot. Bring the water to boil till all the water dried out. Add culantro and turn off the flame.

**2.3.56. Name of the Indigenous food:** Kopfiipro ye liboshiikoshiitu (Allium chinense with passion fruit chutney)



**Tribe:** Mao

**Ingredients used:** Kopfiipro (allium chinense), liboshii (passion fruit), green chillies, salt.

**Cooking/ Processing method:** Roasting and Mashing

**Procedure:** Wash the ingredients. Roast the green chillies and mashed it using mortar and pestle. Chopped the kopfiipro into 2 cm each and add into the mortar and pestle. Add liboshii seeds and salt and mashed all the ingredients together and mix well. Serve and enjoy the taste.

**2.3.57. Name of the Indigenous food:** Otusu koshiito (Beef chutney)



**Tribe:** Mao

**Ingredients used:** Dried beef, Kopfiipro (allium), shokhokakhrie (tree tomato), chilli flakes, salt.

**Cooking/ Processing method:** Roasting.

**Procedure:** Shred the dried beef into fine pieces and keep it aside. Chopped the kopfiipro into 2-3 cm each and keep it aside. Roast the tree tomato and mashed into paste in mortar and pestle. Add the chopped kopfiipro and mashed it. Then, add the shredded dried beef, salt and chilli flakes and mix well.

**2.3.58. Name of the Indigenous food:** Stii lire (Local bread)



**Tribe:** Maram

**Ingredients used:** Sticky rice, sugar/salt

**Cooking/ Processing method:** Roasting

**Procedure:** Pound sticky rice into powder. Add sugar/salt according to taste to the powdered sticky rice. Add water to the rice and stir it continuously to make batter. Heat non sticky pan on flame and pour the batter into the pan when the pan is hot. When the batter changes its colour from white to light brown, flip it and wait it till it changes the colour to light brown and turn off the flame

**2.3.59. Name of the Indigenous food:** Dziichu/toktui (Rice beer)



**Tribe:** Maram

**Ingredients used:** Rice, yeast

**Cooking/ Processing method:** Fermentation

**Procedure:** The rice is pounded into fine pieces. Add hot water and yeast to the rice. The mixture is then transferred into earthen pot and let it ferment for about 5-6 days. After the 6<sup>th</sup> day, the earthen pot is opened and the rice beer is consumed.

**2.3.60. Name of the Indigenous food:** Otusoro ovosu khidzii kihru (Beef bone with pork soup)



**Tribe:** Maram

**Ingredients used:** Beef bones, pork, bamboo shoot, green chilli, ginger, salt

**Cooking/ Processing method:** Boiling

**Procedure:** Wash beef bones and pork. Heat water in a pan and add the beef bones and pork. Wash the bamboo shoot, shredded into fine pieces and add into the pot. Add green chilli, chopped ginger and salt. Bring it to boil for 1 hour and turn off the flame.

**2.3.61. Name of the Indigenous food:** Savunsathu me (Cow skin with fermented fats)



**Tribe:** Mate

**Ingredients used:** Dry cow skin, fermented fats, red chillies, lomba leaves, ash water, salt, oil.

**Cooking/ Processing method:** Frying

**Procedure:** Take the dry cow skin and fry it using oil till it becomes crispy and keep it in a bowl. Roast the red chillies in a pan and mash it using mortar and pestle. To the bowl of fried cow skin, add the mashed chillies, lomba leaves, ash water, salt and fermented fats. Stir the mixture well till the fermented fat becomes foamy.

**2.3.62. Name of the Indigenous food:** Sagiljap (Sausage)



**Tribe:** Mate

**Ingredients used:** Pork intestine, pork blood, onion, cabbage, pork fats, green chillies, chilli flakes, ginger, salt.

**Cooking/ Processing method:** Boiling and Grilling.

**Procedure:** Clean the intestine of the pork. Chop finely the onion, cabbage, chillies and ginger. Make a mixture by mixing the chopped onion, cabbage, chillies, ginger with the pork blood, pork fats, chilli flakes and salt. Stuff the mixture in the pork intestine. Boil the stuffed pork intestine water. When the stuffed pork intestine is cooked, removed it from the pot and cool it down. Then, the stuffed intestine is cut into palm size length each. The palm size length stuffed intestine is then grilled in hot flame. After grilling, it is then cut into bite size or 2 cm length each (according to preferences) and served.

**2.3.63. Name of the Indigenous food:** Ngaatoibathongba (Mashed fish curry)



**Tribe:** Meitei

**Ingredients used:** Rohu, Mustard oil, Bay leaves, Chopped nakuppi (chives), Onion, Ginger garlic paste, Hing powder, Marumarang (assortment of spices roasted and grounded together), Whole jeera , Turmeric, Chilli powder, Red chilli, Besan, Jeerapowder, Salt, Potato, Tomato, Peas (shelled), Chopped coriander.

**Cooking/ Processing method:** Frying and Boiling

**Procedure:** In a thick bottomed pan, heat the oil till smoking and add bay leaves, half of the nakuppi, onion and cook till onion becomes translucent. Add half of the ginger garlic paste, hing powder, whole jeera, tomato, stir and cook till the tomatoes become pulpy. Add the cleaned and drained fish pieces. Gently flip over the contents of the pan and add salt. Cook on medium heat for some time. Cook till the liquid that comes out from the fish dries up. Now move the fish pieces to one side of the pan and add the potatoes, cover with the fish and cook for 2 minutes. In a bowl, mash the steamed red chillies, and mix it with chilli powder, turmeric, remaining ginger garlic paste, marumarang, besan, water and add to the fish. Add the shelled peas and cook till gravy becomes almost thick. In another pan, heat oil till smoking and add the remaining nakuppi, cook till it turns golden brown and add to the fish, simmer for 2 mins or till gravy becomes thick. Add jeera powder and stir gently. Turn off the flame, garnished with chopped coriander and serve.

**2.3.64. Name of the Indigenous food:** Khechri (Kitcherie)



**Tribe:** Meitei

**Ingredients used:** Toor dal, turmeric powder, chilli powder, salt, green chilli, chives, rice, ghee, jackfruit seeds, bamboo sprouts/shoots, heiribob, bay leaves, phakpai (polygonum), machal (mix spices), coriander leaves.

**Cooking/ Processing method:** Boiling and Frying.

**Procedure:** Soak the rice in water for 15 minutes and drain out the water. Add ghee to soaked rice and mix well and let it sit for about 5 minutes. Heat water in a pot and add split toor dal, turmeric powder, chilli powder, salt, green chilli, chives and mix it well. Heat a pot and add the soaked rice into the pot. Add chopped jackfruit seeds, bamboo sprouts, heiribob and heat mixture till the rice is perfectly cooked. Heat pure ghee in a pan and add bay leaves, chives, phakpai (polygonum), machal (mix spices), stir it till the chives change to dark green. Add the fried khichri, phakpai and coriander to the mixture, mix well and serve.

**2.3.65. Name of the Indigenous food:** Ooti (White peas with bamboo shoot)



**Tribe:** Meitei

**Ingredients used:** White peas, bamboo shoot, green chillies, heiribob (citrus latipes), oil, bay leaves, chives, ginger, red chilli, baking soda, salt.

**Cooking/ Processing method:** Boiling and Frying

**Procedure:** Soaked white peas and the bamboo shoot. Pressure cook white peas, bamboo shoot, green chillies and heiribob together till 5 whistles. Heat oil in a pan and add bay leaves, chives, ginger, red chilli into the pan, stir it occasionally and cook for about 2-3 minutes. Then, add the cooked peas with baking soda, salt and mix well. Cook till medium thick consistency is attained.

**2.3.66. Name of the Indigenous food:** Chagempomba (Porridge)



**Tribe:** Meitei

**Ingredients used:** Mustard leaves, ginger, ekaithabi (water mimosa), fox nut (thangjing), spinach, loklei (butterfly ginger lily), yendang (cycaspectinata), kengoi (lysinachiaovovata), pakhon (dill), yongchak (stink beans), green peas.

**Cooking/ Processing method:** Boiling and Stewing.

**Procedure:** Wash mustard leaves, spinach, yendang, kengoi, pakhon, ginger and ekaithabi and chop them. Add turmeric, salt, red chilli powder, mustard oil and mix well along with rice. Cook in a pressure cooker with sufficient water. Add green peas, dry hawaijar, heiribob, chillies, dry fish and again cook the mixture. Heat oil and add fox nut, ginger, garlic, chives, bay leaves, machal spices and stir for 2-3 minutes. Then, add the pressurised mixture into the pan. Add pakhon to it, heat it for about 6-7 minutes till done.

**2.3.67. Name of the Indigenous food:** Innthor cha (Roselle tea)



**Tribe:** Monsang

**Ingredients used:** Dry roselle, sugar/salt

**Cooking/ Processing method:** Boiling

**Procedure:** Take the dry roselle in a pot of water and boil it. The water changes its colour to red/pinkish colour. Add salt/sugar according to taste.

**2.3.68. Name of the Indigenous food:** Eromba (Fermented fish chutney)



**Tribe:** Meitei

**Ingredients used:** Ngari (fermented fish), tomatoes, potatoes, any locally available or seasonal vegetables like colocassia, ladies finger, banana flower, banana stem, bamboo shoot, etc, Green chillies/King chilli/Red chillies, Onions (chopped), Garlic (optional), Coriander leaves ( chopped ), Warm water.

**Cooking/ Processing method:** Boiling

**Procedure:** Clean your dry fish well and keep them aside. In a small closed container, take chillies and dry fish and keep them aside. In another vessel, take tomatoes, potatoes & garlic pods (if using). Keep the containers in a pressure cooker and boil for 3-4 whistles. Now, take the boiled green chillies and dry fish in a bowl, mash well using your hand and keep aside. In another bowl, mash the boiled potatoes and tomatoes along with garlic. Add chopped onions, salt and mix well. (Note: The potato should be coarsely mashed i.e. not a very smooth mash). Now add the fish and chilly mash to it and mix them together nicely. Add chopped coriander leaves and mix. Add little warm water to it for a slightly loose consistency.



**2.3. 69. Name of the Indigenous food:** Singju (Fermented fish chutney)



**Tribe:** Meitei

**Ingredients used:** Shredded fresh green papaya, snow pea leaves, dried yellow pea, ground sesame seeds, red chilli powder, whole dried red chilli, fermented fish, roasted anchovies (optional), chameleon plant or houttuynia (toningkok in manipuri) and vietnamese mint for garnishing, salt.

**Cooking method:** Roasting

**Procedure:** Roast the dried yellow pea and keep aside to cool it down. Once cool down, grind it with 2 or 3 whole red chillies and fermented fish or Anchovies. Take the shredded green papaya and snow pea leaves in a salad bowl. Put the ground mixture of yellow pea, red chilli and fish in it. Add the sesame powder and salt in it. Mix them thoroughly with gloved hand (slightly squeeze while mixing this salad in order to have even taste). Once mixed well, Garnish with the chameleon plant and vietnamese mint.

**2.3.70. Name of the Indigenous food:** Changphong buh (Bamboo rice)



**Tribe:** Monsang

**Ingredients used:** Rice

**Cooking/ Processing method:** Boiling

**Procedure:** Take a bamboo and wash it thoroughly. Wash the rice and drain the water. Pour the rice into the bamboo. Cover the end of the bamboo and heat it on a flame. Heat for about 20 minutes and take it out from the flame. Remove the rice from the bamboo by breaking the bamboo. Serve the bamboo rice in a plate/bowl.

**2.3.71. Name of the Indigenous food:** Mee abelum thangshii (Plantain stem chutney)



**Tribe:** Monsang

**Ingredients used:** Plantain stem, Ngari (fermented fish), green chilies/dry chili flakes, soaked dry peas, salt to taste, for garnishing add coriander leaves, onion, vietnamese coriander

**Cooking/ Processing method:** Boiling and Mashing

**Procedure:** Cook soaked peas, plantain stem, chilies in pressure cooker till 3-4 whistles. Release the pressure immediately and transfer the contents into a large plate. Leave aside to cool. Now, make a paste of ngari, chilies and salt and add to the plate. Mash together and mix well adding a cup of water. Serve garnished with onion and the herbs.

**2.3.72. Name of the Indigenous food:** Usiih (Dry frog)



**Tribe:** Moyon

**Ingredients used:** Usiih (dry frog), dry king chilly, dry meat (beef), ginger, garlic, salt, local aromatic herbs.

**Cooking/ Processing method:** Roasting

**Procedure:** Re-roast usiih (dry frog), dry king chilly and dry meat and pound into powder. Mash the garlic and add the mashed garlic and salt into the pounded powder. Mix well and garnished with aromatic herbs (mint leaves/lomba leaves)

**2.3.73. Name of the Indigenous food:** Niimbuw (Job's tears)



**Tribe:** Moyon

**Ingredients used:** Niimbuw (Job's tears/ adlay millets), milk, sugar.

**Cooking/ Processing method:** Boiling

**Procedure:** Take the millets into a pot. Add milk and sugar to it. Heat on a flame and make it boil. Stir occasionally. Turn off the flame when the millets become tender.

**2.3.74. Name of the Indigenous food:** Samcho chutney (Bitter pea eggplant chutney)



**Tribe:** Moyon

**Ingredients used:** Samcho (bitter pea eggplant), raw king chilly, ginger, garlic, dry fish, salt.

**Cooking/ Processing method:** Grinding

**Procedure:** Wash the ingredients and grind them using a mortar and pestle. Mash it well, add salt and mix well. Served as raw chutney.

**2.3.75. Name of the Indigenous food:** Bei Yaovu Khavu (Stew colocassia with mustard leaves)



**Tribe:** Poumai

**Ingredients used:** Colocassia, mustard leaves, salt

**Cooking/ Processing method:** Stewing

**Procedure:** Peel the skin of colocassia, chopped and wash it. Add to 2-3 cups of water and cook till its tender. Once it is cooked, add the chopped mustard leaves, salt and cook together for two to three minutes. Mash them well together to obtain a thick consistency.

**2.3.76. Name of the Indigenous food:** Khaovu thrii (Stewed mix vegetables)



**Tribe:** Poumai

**Ingredients used:** Pumpkin leaves, pumpkin, beans, smoked beef, brinjal, salt.

**Cooking/ Processing method:** Stewing

**Procedure:** Wash all the ingredients. Take a pot of water and heat on a flame. Cut the pumpkin, brinjal and smoked beef into dices and add into the pot of water. Cook for about 20 minutes. Remove the strings of the pumpkin leaves and chopped into 4 cm each and add into the pot. Take the beans and remove the strings from both side and snap it into three pieces each, then add into the pot. Add salt to it and stir it to mix all the ingredients thoroughly. Remain heated on flame for about 5 more minutes and turn off the flame.

**2.3.77. Name of the Indigenous food:** Voh sou khaovuh (Pork curry)



**Tribe:** Poumai

**Ingredients used:** Pork, sawtooth coriander (culantro), red chillies, ginger, garlic, onion, salt.

**Cooking/ Processing method:** Boiling

**Procedure:** Wash the ingredients. Heat a pot, add ginger, garlic onion salt and pork into it. Stir the pork occasionally to prevent from burnt. After 5 minutes add water into the pot and bring it to boil in low flame till the pork becomes tender. Add cilantro in the pot and turn off the flame after 3 minutes.

**2.3.78. Name of the Indigenous food:** Vohsou khavu (Pork curry)



**Tribe:** Purum

**Ingredients used:** Chopped Pork, culantro, ginger garlic paste, salt, chillies.

**Cooking/ Processing method:** Boiling

**Procedure:** Wash and clean the pork, culantro and chillies. Take a pot, add the pork and heat on a flame. Let the water from the pork oozed out and stir occasionally to prevent from burnt. When the water that oozed out dried, add water into the pot. Add ginger garlic paste, salt, chillies and culantro. Heat till the pork becomes tender and perfectly cooked.

**2.3.79. Name of the Indigenous food:** Tuirek but (Boiled fish)



**Tribe:** Purum

**Ingredients used:** Fish, salt, chillies, coriander leaves.

**Cooking/ Processing method:** Boiling

**Procedure:** Clean the fish and remove the fish innards. Wash the coriander leaves and chopped them into fine pieces. Take water in a pot and heat it on a flame. Into the pot add the fish, chillies and salt. Remain heated for about 30 minutes and add coriander leaves and turn off the flame.

**2.3.80. Name of the Indigenous food:** Chimu (Mashed gooseberry)



**Tribe:** Purum

**Ingredients used:** Gooseberry, green chillies/chilli flakes, salt.

**Cooking/ Processing method:** Grinding

**Procedure:** Wash and clean the gooseberry. Grind the gooseberry and green chillies using mortar and pestle. Take out the seeds of the gooseberry while mashing. Add salt, mix well and serve.

**2.3.81. Name of the Indigenous food:** Guaireithoi and guaireikanggan (Smoked beef innards and bitter round brinjal curry)



**Tribe:** Rongmei

**Ingredients used:** Smoked beef innards, bitter round brinjal, potatoes, garlic, ginger, local herbs/spices, green chillies, coriander culantros.

**Cooking/ Processing method:** Boiling

**Procedure:** Heat a pot of water, add onion, potatoes, green chillies and bring it to boil. Then add smoked beef, bitter round brinjal and salt. Add garlic, ginger and local herbs. Stir occasionally. Crush some of the bitter brinjal and potatoes. When the meat becomes tender, add coriander and culantros. Turn off the flame and served.

**2.3.82. Name of the Indigenous food:** Guakjankang and matarthugaun (Smoked pork and matar curry)



**Tribe:** Rongmei

**Ingredients used:** Smoked pork, wild edible mushroom, tomatoes, green peas, garlic, ginger, coriander, culantros.

**Cooking/ Processing method:** Boiling

**Procedure:** Wash and clean all the ingredients. Take a pot of water and heat it. Add onion, green chillies, smoked pork and bring it to boil. Then add wild edible mushrooms, tomatoes, garlic, salt, green peas. When the mushrooms and the smoked pork become tender, add coriander/culantros and turn off the flame.

**2.3.83. Name of the Indigenous food:** Thaokhumeichamphut (Boiled solanumtorvum)



**Tribe:** Rongmei

**Ingredients used:** Thaokhumei (Solanumtorvum)

**Cooking/ Processing method:** Boiling

**Procedure:** Washed solanumtorvum. Heat water in a pot and add solanumtorvum. Remain heated for five minutes and turn off the flame.

**2.3.84. Name of the Indigenous food:** Hoksa with korphungla (Pork with river snail)



**Tribe:** Tangkhul

**Ingredients used:** Pork, river snail, curry leaves, chilli powder, ginger, garlic, salt, turmeric, oil.

**Cooking/ Processing method:** Boiling

**Procedure:** Wash and clean the ingredients river snail, pork, curry leaves, ginger, garlic. Make garlic ginger paste using mortar and pestle and keep aside the garlic ginger paste. Take oil in a pot and heat it on a flame. Add garlic ginger paste, turmeric, pork and cook it till the water content of the pork is dried out. Then, add river snail, chilli powder, water and salt into the pot and boil till the water content reduces to half portion. Add curry leaves and turn off the flame.

**2.3.85. Name of the Indigenous food:** Khamkhuithei (Sumac mix)



**Tribe:** Tangkhul

**Ingredients used:** Sumac, chilly, salt.

**Cooking/ Processing method:** Pounding

**Procedure:** The sumac is pounded with chilli and salt and consumed as it is. Sometimes, grated jaggery is added according to taste.

**2.3.86. Name of the Indigenous food:** Hao-har broth (Local chicken broth)



**Tribe:** Tangkhul

**Ingredients used:** Hao-har (local chicken, sawtooth coriander (cilantro), chives, red chillies, salt.

**Cooking/ Processing method:** Boiling

**Procedure:** Take the chicken and chopped according to desired size and wash clean. Take a pot of water, add the chicken and heat it on a flame. Add salt, red chillies and Cook till the chicken is tender. Then, add cilantro, chives and turn off the flame.

**2.3.87. Name of the Indigenous food:** Kebeu tam (Ginger greens chutney)



**Tribe:** Zeme

**Ingredients used:** Crab, fresh ginger greens, ginger, dry meat, green chillies, salt.

**Cooking/ Processing method:** Roasting

**Procedure:** Wash and clean the crab and roast it on a pan. Crushed into coarse pieces using mortar and pestle and keep it aside in a bowl. Cut the dry meat and add into the bowl. Mash the ginger, green chillies and add salt. Chop the ginger greens and add into the bowl. Add the mashed ginger and green chillies into the bowl, mix well and serve.

**2.3.88. Name of the Indigenous food:** Kebakji nai gechuihia (Pork with bamboo shoot)



**Tribe:** Zeme

**Ingredients used:** Pork, bamboo shoot, ginger garlic paste, chillies, turmeric, salt.

**Cooking/ Processing method:** Boiling

**Procedure:** Wash the ingredients. Chop the pork into bite size. Take a pot and heat it on a flame. Add pork fats into the pot and let the oil ooze out from the fats till it is enough to fry the other ingredients. Then add the remaining pork, bamboo shoot, ginger garlic paste, chillies, turmeric and salt into the pot. Mix it well and add water into the pot and boil it. Remain boiling till the water all dried up. Stir occasionally to prevent from burnt.

**2.3.89. Name of the Indigenous food:** Teupi gi (Local beans curry)



**Tribe:** Zeme

**Ingredients used:** Local beans, garlic, ginger, onion, oil, turmeric, salt.

**Cooking / Processing method:** Boiling

**Procedure:** Wash the beans and cook in a pressure cooker with water. Let it whistle for about 5 times. Let the air from the pressure cooker pass out. Heat oil in a pot and add ginger, garlic, onion and turmeric. Then, add the cooked beans with its broth and cook for about 10 minutes and turn off the flame.





# MIZORAM



Mizoram located in the Northeast of India shares similar cuisine with the other part of the northeast region. The food tends to be a unique mixture of North Indian and Chinese elements. Rice is the staple food of Mizoram. The tribes of Mizoram share the same cuisine but sometimes the dietary pattern varies from region to region due to the availability of the food. Mizo clung on to their tribal cuisine. Various stews of roots, shoots and leaves, boiled vegetable, chutney eaten with hearty accompaniments of meat and rice still dominate the two main meals of the day viz. a late breakfast and an early dinner eaten just before sundown.

Common leaves and herbs are used to add extra flavor in Mizo dish such as chingiit (Machinga Patta), bahkhawr (culantro), lengserlomba (Elsholtziablanda). Fermented pork fat and alkali are used to add extra flavour in the popular dish 'bai 'made from different stewed vegetables without which no meal is completed in the Mizo household. Spices are rarely used as compared to other part of India. Ginger, turmeric, garlic and onion are traditionally used as seasoning in meat preparation and in stirred fried dishes.

Mizo's loves to add non- vegetarian item in every meal. The non-vegetarian items mostly included are meat, fats of meats, the offal and mostly everything of pork, beef and fish. Dog meat is traditionally consumed by male on special occasion with alcohol.

As for lunch sticky rice, sticky rice cakes, corn, non-vegetarian porridge, tuberous plant like taro, sweet potato and yam are the indigenous food. Milk tea is common in every household and is accompanied with jaggery rather than sugar.

Fruits both sweet and sour are added to the daily diet. Sour fruits are paired with salt and chilli flakes for enhance the taste. Inclusions of indigenous medicinal plants in dietary for treatment of disease are still prevalent in both rural and urban areas.

Food preservation method is used to preserve various fruits, vegetables as well as non-vegetarian items. Mizo's also ferment leaves and soyabeans to make the food available throughout the year. Smoking is traditional method used to preserve foods such as pork, beef and fish. Banana leaves and callicarpaarborea leaves are traditionally used to pack and preserve food. Conventional crops do not meet the requirements of the people. Traditional recipes from wild edible vegetables are still trending among local people during the available season.

For the present study, indigenous foods were collected from 14 tribes of Mizoram. The tribes included are Tlau, Hualhnam, Kiangte, Pawi, Paite, Lai, Pang, Hmar, Renthlei, Ralte, Chawngthu, Hualngo, Chhakchhuak and Lusei.

## 2.4. Indigenous foods of Mizoram

### 2.4.1. Name of the Indigenous Food: Rawtuai bai (Bamboo shoot)



**Tribe:** Lusei, Tlau, Hualhnam, Khiangte, Pawi, Paite, Lai, Pang, Hmar, Renthlei, Ralte, Chawngthu, Hualngo

**Ingredients Used:** Bamboo Shoot, Fermented Pork Fat, Green Chili, Soda (Sodium Bicarbonate), and Salt

**Cooking/ Processing Method:** Stewing

**Procedure:** Sheath of the bamboo shoots are peeled and cut into large pieces, cooked in a pot with little water and a spoon of soda in a closed lid at high heat till it absorbed almost all the water. Hot water is then added along with a smidgen of fermented pork fat, salt, slit green chilli and stirred continuously at high heat with open lid for a few minute.

### 2.4.2. Name of the Indigenous Food: Bawngsa rep bai (Smoked beef stew)



**Tribe:** Lusei, Tlau, Hualhnam, Khiangte, Pawi, Paite, Lai, Pang, Hmar, Renthlei, Ralte, Chawngthu, Hualngo

**Ingredients Used:** Smoked beef, Red Eye Chili, Culantro, Lomba, Garlic, Onion, and Salt

**Cooking/ Processing Method:** Stewing

**Procedure:** Smoked beef cut into large pieces are cooked at high heat with water just to cover the meat till they are tender. Slit red chilli, culantro, lomba, crushed garlic, onion, and a little salt are added to the pot and cooked at a medium heat.

**2.4.3. Name of the Indigenous Food:** Chhawhchhi hlum (Sesame rice roll)



**Tribe:** Lusei, Tlau, Hualhnam, Khiangte, Pawi, Paite, Lai, Pang, Hmar, Renthlei, Ralte, Chawngthu, Hualngo

**Ingredients Used:** Rice, Sesame Seeds and Salt

**Cooking/ Processing Method:** Boiling

**Procedure:** Rice is cooked in a pressure cooker. The cooked rice is cooled down and mixed with roasted sesame seeds and salt to form a rice ball. Consumed by children as a substitute when children refuse to eat dinner or breakfast.

**2.4.4. Name of the Indigenous Food:** Thing antram tlak (Portuguese cabbage)



**Tribe:** Lusei, Tlau, Hualhnam, Khiangte, Pawi, Paite, Lai, Pang, Hmar, Renthlei, Ralte, Chawngthu, Hualngo

**Ingredients Used:** Pork Broth, Mustard Leaves

**Cooking/ Processing Method:** Boiling

**Procedure:** The broth of pork is boiled in open vessels at high heat, when it reaches its boiling point; Portuguese cabbage is added to the pot and cooked in medium heat till tender. Traditionally it is eaten on a Sunday morning as pork is considered a Sunday morning main dish.

**2.4.5. Name of the Indigenous Food:** Behlawi rah bawl (Cowpea salad)



**Tribe:** Lusei, Tlau, Hualhnam, Khiangte, Pawi, Paite, Lai, Pang, Hmar, Renthlei, Ralte, Chawngthu, Hualngo

**Ingredients Used:** Cowpea, Soda (Sodium Bicarbonate), Chilli Flakes, Fermented Pork Fat and Salt

**Cooking/ Processing Method:** Frying

**Procedure:** Cut the cowpeas cut into ½ inch. Add soda (sodium bicarbonate), chilli flakes, fermented pork fat and salt with a bit of hot water to form a paste and stir till cooked.

**2.4.6. Name of the Indigenous Food:** Tomato rawt (Cherry tomato chutney)



**Tribe:** Lusei, Tlau, Hualhnam, Khiangte, Pawi, Paite, Lai, Pang, Hmar, Renthlei, Ralte, Chawngthu, Hualngo

**Ingredients Used:** Cherry Tomato, Onion, Green Chilli and Salt

**Cooking/ Processing Method:** Grilling

**Procedure:** Cherry tomato and green chilli are grilled in an open fire and crushed with mortar and pestle to form a puree, and combined with finely chopped onions and salt. The dish is hot.

**2.4.7. Name of the Indigenous Food:** Maite chhum (Boiled zucchini)



**Tribe:** Lusei, Tlau, Hualhnam, Khiangte, Pawi, Paite, Lai, Pang, Hmar, Renthlei, Ralte, Chawngthu, Hualngo

**Ingredients Used:** Zucchini

**Cooking/ Processing Method:** Steaming

**Procedure:** Zucchini is cut into large pieces and then placed in a steamer and steamed until tender. It is introduced as a weaning food in the form of puree.

**2.4.8. Name of the Indigenous Food:** Sangha tuikan (Roe fish curry)



**Tribe:** Lusei, Tlau, Hualhnam, Khiangte, Pawi, Paite, Lai, Pang, Hmar, Renthlei, Ralte, Chawngthu, Hualngo

**Ingredients Used:** Roe, Garlic, Turmeric Powder, Ginger, Cooking Oil and Salt.

**Cooking/ Processing Method:** Frying

**Procedure:** Oil is heated in a skillet at high heat, when it reaches its smoking point turmeric powder is added to hot oil along with roe fish, slit garlic and salt, stirred to combine and cooked at medium heat for few minutes.

**2.4.9. Name of the Indigenous Food:** Bawngsa chek (Beef offal)



**Tribe:** Lusei, Tlau, Hualhnam, Khiangte, Pawi, Paite, Lai, Pang, Hmar, Renthlei, Ralte, Chawngthu, Hualngo

**Ingredients Used:** Beef Offal, Culantro, Garlic, Green Chilli, Onion, Turmeric Powder, Vegetable Oil and Salt

**Cooking/ Processing Method:** Stewing

**Procedure:** Beef offal is cleaned thoroughly, cut and cooked in a pressure cooker at high heat until it absorbs almost all the water. Turmeric powder and slit green chilli is added and stirred to combine, then seasoned with coriander, crushed ginger garlic, salt and little water and stir for a few minutes.

**2.4.10. Name of the Indigenous Food:** Vawk kawchung (Pork offal)



**Tribe:** Lusei, Tlau, Hualhnam, Khiangte, Pawi, Paite, Lai, Pang, Hmar, Renthlei, Ralte, Chawngthu, Hualngo

**Ingredients Used:** Pork offal, Onion leaves, Garlic, Ginger and Salt

**Cooking/ Processing Method:** Boiling

**Procedure:** The pork offal (mostly the blood and fats) are smashed and mixed with crushed culantro, ginger, and garlic to fill in the small intestines which is cleaned thoroughly with hot water and then cooked in closed vessels with water just to cover it and seasoned with culantro, ginger, garlic and onion leaves.

**2.4.11. Name of the Indigenous Food:** Saisu bai (Stewed plantain stalk)



**Tribe:** Lusei, Tlau, Hualhnam, Khiangte, Pawi, Paite, Lai, Pang, Hmar, Renthlei, Ralte, Chawngthu, Hualngo

**Ingredients Used:** Plantain Stalk, bird eye chilli, fermented pork fat, soda, salt

**Cooking/ Processing Method:** Stewing

**Procedure:** Plantain Stalk cut into cubes is cooked in a vessels filled with water with just to cover the stalk with bird eye chilli, fermented pork fat, soda and salt, at high heat and stirred till slightly tender.

**2.4.12. Name of the Indigenous Food:** Sapthei hnah buhchhiar (Passion fruit leaves)



**Tribe:** Lusei, Tlau, Hualhnam, Khiangte, Pawi, Paite, Lai, Pang, Hmar, Renthlei, Ralte, Chawngthu, Hualngo

**Ingredients Used:** Passion Fruit Leaves, soda, rice and salt

**Cooking/ Processing Method:** Boiling

**Procedure:** Rice is cooked with water covering 2/3 of the vessels and when the rice puffed soda, salt and passion fruit leaves are added and stirred frequently over medium heat until cooked.

**2.4.13. Name of the Indigenous Food:** Vaimin rawh (Roasted corn)



**Tribe:** Lusei, Tlau, Hualhnam, Khiangte, Pawi, Paite, Lai, Pang, Hmar, Renthlei, Ralte, Chawngthu, Hualngo

**Ingredients Used:** Corn

**Cooking/ Processing Method:** Roasting

**Procedure:** Corn husk and strings are removed from the corn. The corn is roasted in an open flame. The corn is moved at around every 30 seconds so that it gets roasted evenly. Included as snacks.

**2.4.14. Name of the Indigenous Food:** Thingthupui tlak (Dysoxylumexelsum)



**Tribe:** Lusei, Tlau, Hualhnam, Khiangte, Pawi, Paite, Lai, Pang, Hmar, Renthlei, Ralte, Chawngthu, Hualngo

**Ingredients Used:** Dysoxylumexelsum

**Cooking/ Processing Method:**Boiling

**Procedure:** Dysoxylumexelsumis cooked in an open pan with water just to cover half the vegetables and cooked till it absorbs almost the water. The cooked Dysoxylumexelsumcan be mixed with chilli flakes and salt for taste.

**2.4.15. Name of the Indigenous Food:** Tuikep (Mussels)



**Tribe:** Lusei, Tlau, Hualhnam, Khiangte, Pawi, Paite, Lai, Pang, Hmar, Renthlei, Ralte, Chawngthu, Hualngo

**Ingredients Used:** Mussels

**Cooking/ Processing Method:** Boiling

**Procedure:** Mussels is cooked in water at high heat, and is usually consumed without any seasoning so as to get the Unami flavor of the mussels, seasoning such as chili can be added for taste.

**2.4.16. Name of the Indigenous Food:** Vawk lu bawl (Pig head chutney)



**Tribe:** Lusei, Tlau, Hualhnam, Khiangte, Pawi, Paite, Lai, Pang, Hmar, Renthlei, Ralte, Chawngthu, Hualngo

**Ingredients Used:** Pig Head, Sesame seeds, Onion, Coriander, Garlic, Ginger and Salt

**Cooking/ Processing Method:** Boiling

**Procedure:** Pig head is boiled till cooked and cut into small pieces and mixed with thinly sliced onions, crushed ginger, sesame seeds, garlic and salt.

**2.4.17. Name of the Indigenous Food:** Sawhthing mo thar bawl (Baby ginger chutney)



**Tribe:** Lusei, Tlau, Hualhnam, Khiangte, Pawi, Paite, Lai, Pang, Hmar, Renthlei, Ralte, Chawngthu, Hualngo

**Ingredients Used:** Fermented Pork Fat, Soda and Salt

**Cooking/ Processing Method:** Grinding

**Procedure:** Baby ginger is grinded and then mixed with fermented pork fat, soda and salt. Consumed by lactating mother to increase breast milk production.

**2.4.18. Name of the Indigenous Food:** Vawk Vun bawl (Pig skin)



**Tribe:** Lusei, Tlau, Hualhnam, Khiangte, Pawi, Paite, Lai, Pang, Hmar, Renthlei, Ralte, Chawngthu, Hualngo

**Ingredients Used:** Rice, Pig Skin, Fermented Pork Fat, Salt and Soda

**Cooking/ Processing Method:** Boiling

**Procedure:** Pork skin is cooked with water at high temperature till tender. The water is then drained and mixed with fermented pork fat, cooked rice, salt and soda.

**2.4.19. Name of the Indigenous Food:** Chakawk tauh (Edible fern salad)



**Tribe:** Lusei, Tlau, Hualhnam, Khiangte, Pawi, Paite, Lai, Pang, Hmar, Renthlei, Ralte, Chawngthu, Hualngo

**Ingredients Used:** Edible fern, Tomato, Badam, Onion and Salt

**Cooking/ Processing Method:**Boiling

**Procedure:** Edible fern is added in a vessel with boiled water until barely wilted, water is drained and combined and tossed with thinly sliced onions, crushed badam, chopped tomatoes and salt.

**2.4.20. Name of the Indigenous Food:** Hmarchhate rawt (Bird eye chilli chutney)



**Tribe:** Lusei, Tlau, Hualhnam, Khiangte, Pawi, Paite, Lai, Pang, Hmar, Renthlei, Ralte, Chawngthu, Hualngo

**Ingredients Used:** Bird Eye Chilli, Garlic and Salt

**Cooking/ Processing Method:** Pounding

**Procedure:** Bird eye chili is crushed with garlic and salt with a mortar and pestle. Mostly consumed by adults and liked by adolescents due to the spicy flavour.

**2.4.21. Name of the Indigenous Food:** Samtawk kan (Mock tomato)



**Tribe:** Lusei, Tlau, Hualhnam, Khiangte, Pawi, Paite, Lai, Pang, Hmar, Renthlei, Ralte, Chawngthu, Hualngo

**Ingredients Used:** Mock Tomato, Cooking oil, Onion and Salt

**Cooking/ Processing Method:** Frying

**Procedure:** Sliced onions are added to hot oil in a skillet. When the onion turned brown the half cut mock tomato is added with salt and stirred occasionally until golden brown over medium heat

**2.4.22. Name of the indigenous food:** Pelh bai (Garcinialanceifolia)



**Tribe:** Lusei, Tlau, Hualhnam, Khiangte, Pawi, Paite, Lai, Pang, Hmar, Renthlei, Ralte, Chawngthu, Hualngo

**Ingredients used:** Garcinialanceifolia, Rice, Soda and Salt

**Cooking/ Processing Method:** Boiling

**Procedure:** Rice is cooked with water covering 2/3 of the vessels and when the rice puffed soda, salt, green chilli and Garcinialanceifolia leaves are added and stirred frequently over medium heat until cooked. Preferred by infants as it is soft and easy to digest.

**2.4.23. Name of the Indigenous Food:** Bawrhsaiabe (Lady finger)



**Tribe:** Lusei, Tlau, Hualhnam, Khiangte, Pawi, Paite, Lai, Pang, Hmar, Renthlei, Ralte, Chawngthu, Hualngo

**Ingredients Used:** Lady's finder

**Cooking/ Processing Method:** Steaming

**Procedure:** Lady's finger is steamed in a steamer until done.

**2.4.24. Name of the Indigenous Food:** Sangha lu chhum (Boiled fish head)



**Tribe:** Lusei, Tlau, Hualhnam, Khiangte, Pawi, Paite, Lai, Pang, Hmar, Renthlei, Ralte, Chawngthu, Hualngo

**Ingredients Used:** Fish head, Tomato, Onion, ginger and Salt

**Cooking/ Processing Method:** Boiling

**Procedure:** Fish head is cooked in a closed vessel with water just to cover the fish head with sliced onions, tomatoes, ginger and salt until tender.

**2.4.25. Name of the Indigenous Food:** Tram um kan (Fermented mustard leaves)



**Tribe:** Lusei, Tlau, Hualhnam, Khiangte, Pawi, Paite, Lai, Pang, Hmar, Renthlei, Ralte, Chawngthu, Hualngo

**Ingredients Used:** Fermented Mustard Leaves, Onion, cooking oil and Salt

**Cooking/ Processing Method:** Fermentation

**Procedure:** Hot oil is added to fermented mustard leaves to puff which gives a crispy texture and mixed with thinly sliced onion and salt. Consumed by all ages but mostly preferred by adults and old age.

**2.4.26. Name of the Indigenous Food:** Iskut chhum (Chayote Boil)



**Tribe:** Lusei, Tlau, Hualhnam, Khiangte, Pawi, Paite, Lai, Pang, Hmar, Renthlei, Ralte, Chawngthu, Hualngo

**Ingredients Used:** Chayote

**Cooking/ Processing Method:** Steaming

**Procedure:** Chayote Squash is cut into wedges and steamed in a steamer until tender. Sometimes squash is boiled, mashed and puree is prepared and given to children as complementary food.

**2.4.27. Name of the Indigenous Food:** Arsa thin bawl (Chicken liver chutney)



**Tribe:** Lusei, Tlau, Hualhnam, Khiangte, Pawi, Paite, Lai, Pang, Hmar, Renthlei, Ralte, Chawngthu, Hualngo

**Ingredients Used:** Chicken Liver, Bird Eye Chilli, Culantro, Onion, Garlic, Ginger and Salt

**Cooking/ Processing Method:** Boiling

**Procedure:** Chicken liver is cooked and crushed to form a paste. It is then combined and stirred in a circular motion with crushed bird eye chilli, crushed garlic, crushed ginger, chopped onion, culantro and salt.

**2.4.28. Name of the Indigenous Food:** Pa khawi kan (Stir fried oyster mushroom)



**Tribe:** Lusei, Tlau, Hualhnam, Khiangte, Pawi, Paite, Lai, Pang, Hmar, Renthlei, Ralte, Chawngthu, Hualngo

**Ingredients Used:** Tomato, Garlic, Ginger, Turmeric Powder, Oil and Salt

**Cooking/ Processing Method:** Frying

**Procedure:** Oil is heated in a skillet over high heat, turmeric powder is added to hot oil along with oyster mushroom, sliced onions, salt, crushed garlic and ginger, and it is stirred frequently and cooked over medium heat.

**2.4.29. Name of the Indigenous Food:** Tumbu bai (Stewed banana flower)



**Tribe:** Lusei, Tlau, Hualhnam, Khiangte, Pawi, Paite, Lai, Pang, Hmar, Renthlei, Ralte, Chawngthu, Hualngo

**IngredientsUsed:** Banana Flower, tomato, green chili, culantro, crab, onion, garlic and salt.

**Cooking/ Processing Method:** Stewing

**Procedure:** The outer cover of banana flower is removed, then it is blanched in a vessel with about 2-3 spoon of salt. The water is drained and the banana flower is washed with water, then added to a vessel of boiled crabs leg with water, along with slit chilli, cilantro, sliced tomatoes, onions and garlic and stirred at high heat for a few minutes

**2.4.30. Name of the Indigenous Food:** Ankasa (Toothache plant salad)



**Tribe:** Lusei, Tlau, Hualhnam, Khiangte, Pawi, Paite, Lai, Pang, Hmar, Renthlei, Ralte, Chawngthu, Hualngo

**Ingredients Used:** Toothache plant and Onion

**Cooking/ Processing Method:** Boiling

**Procedure:** Toothache plant is added in a vessel with boiled water until barely wilted; water is drained and then mixed with sliced onions. Consumed as healing medicines as the Mizos beloved that it calm the stomach. Can be eaten with meals as side dish and mixed with chilli flakes, badam and tomatoes.

**2.4.31. Name of the Indigenous food:** Aidu chum (Boiled amomumdealbatum)



**Tribe:** Hmar

**Ingredients used:** Amomumdealbatum

**Cooking/ Processing Method:** Boiling

**Procedure:** The outer covering of amomumdealbatum is removed. The tender part is then boiled with water in a pot with a close lid and cooked till cooked.

**2.4.32. Name of the Indigenous food:** Aium (Fermented crab)



**Tribe:** Lusei

**Ingredients used:** sesame seeds, crab and salt.

**Cooking/ Processing Method:** Fermentation

**Procedure:** cooked crab is crush in tiny pieces and mixed with sesame seed and salt. It is ten wrapped in banana leaves and set in the sun for 3-4 days for fermentation

**2.4.33. Name of the Indigenous food:** Kurtai (Jaggery)



**Tribe:** Lusei

**Ingredients used:** Sugarcane juice

**Cooking/ Processing Method:** Boiling

**Procedure:** Sugarcane juice is extracted and then filtered and boiled in shallow iron pans till it solidifies give jaggery blocks.

**2.4.34. Name of the Indigenous food:** Phuihnamchhum (Boiled glory bower)



**Tribe:** Pang

**Ingredients used:** Glory bower

**Cooking/ Processing Method:** Boiling

**Procedure:** Glory bower is clean and wash.it is then added to boiling water and cooked till the leaves become tender. Consumed by all ages with the broth as medicinal plant and boiled vegetables in the main meals of the day.

**2.4.35. Name of the Indigenous food:** Changelvaipa den (Colocasia stem chutney)



**Tribe:** Hualngo

**Ingredients used:** fermented fish, brinjal, potato, green chili, onion, Colocasia stem, ajinomoto and salt.

**Cooking/ Processing Method:** Roasting

**Procedure:** Add finely chopped brinjal, potato, chili pepper, onion and colocasia stem, crushed fermented fish, salt and Ajino Moto in bamboo stem. Block the bamboo tube with banana leaves and cook in fire.

**2.4.36. Name of the Indigenous food:** Changkha (Boiled bitter guard)



**Tribe:** Renthlei

**Ingredients used:** Bitter guard

**Cooking/ Processing Method:** Steaming

**Procedure:** Washed bitter guard is steamed in a steamer and cooked till tender. The dish is given to lactating mothers to increase breast milk.

**2.4.37. Name of the Indigenous food:** Chakai chum (Boiled crab)



**Tribe:** Pang

**Ingredients used:** Crab

**Cooking/ Processing Method:** Boiling

**Procedure:** Crab is cooked in a pot with water just to cover the crab and cooked for about 20-30 minutes.

**2.4.38. Name of the Indigenous food:** Chhingitbai (Stewed machingapatta)



**Tribe:** Paihte

**Ingredients used:** Machingapatta, fermented fish, bird eye chili, brinjal, soda (sodium bicarbonate) and salt.

**Cooking/ Processing Method:** Stewing

**Procedure:** Clean machingapatta, cut brinjal, slit fermented fish and bird eye chili is added in an open pot with water along with salt and soda and cooked. When the stew reaches its boiling point it is stirred constantly for better taste.

**2.4.39. Name of the Indigenous food:** Chhengkawlkan (Braised peri winkle)



**Tribe:** Ralte

**Ingredients used:** Peri winkle, onion, turmeric powder, oil and salt

**Cooking/ Processing Method:** Frying

**Procedure:** Thinly sliced onion is added in hot oil with turmeric powder along with peri winkle and salt, it is then lightly fried, water is added and cooked in a closed pan. A thin bamboo stick is used to dislodge the flesh from the shell.

**2.4.40. Name of the Indigenous food:** Bekang (Fermented soybean)



**Tribe:** Chhakchhuak

**Ingredients used:** Cow pea leaves, rice, soda (sodium bicarbonate) and salt.

**Cooking/ Processing Method:** Boiling

**Procedure:** Rice is added in a pot filled with water and bring it to boil, cowpea leaves is added along with soda and salt to seasoned it and stirred till the leaves becomes tender.

**2.4.41. Name of the Indigenous food:** Buarpuichempai (Chinese windmill palm)



**Tribe:** Lusei

**Ingredients used:** Chinese windmill palm

**Cooking/ Processing Method:** Boiling

**Procedure:** cleaned Chinese windmill palm is cooked with water in closed vessel and cooked till tender.

**2.4.42. Name of the Indigenous food:** Behloi bai (Cowpea leaves porridge)



**Tribe:** Chhakchhuak

**Ingredients used:** cow pea leaves, rice, soda (sodium bicarbonate) and salt.

**Cooking/ Processing Method:** Boiling

**Procedure:** Rice is added in a pot filled with water and bring it to boil, cowpea leaves is added along with soda and salt to seasoned it and stirred till the leaves becomes tender.

**2.4.43. Name of the Indigenous food:** Balbai (Stewed colosacia/taro root)



**Tribe:** Hualngo

**Ingredients used:** taro roots, chicken pieces, red chili, cilantro, garlic, ajinomoto and salt.

**Cooking/ Processing Method:** Stewing

**Procedure:** chopped taro root, red chili and chicken along with ajinomoto and salt is added in a pot with water just to cover the vegetables and bring to boil, crushed garlic and strand of culantro is added and cooked.

**2.4.44. Name of the Indigenous food:** Bean kan (Fried beans)



**Tribe:** Tlau

**Ingredients used:** French beans, onion, turmeric powder, oil and salt.

**Cooking/ Processing Method:** Frying

**Procedure:** Heat in an open pan, thinly sliced onion is then added when the oil reaches its smoking point, turmeric powder and sliced beans is added and stir till tender

**2.4.45. Name of the Indigenous food:** Berulbai (Stewed snake guard)



**Tribe:** Hualhnam

**Ingredients used:** snake guard, chili pepper, culantro, fermented pork fat, ajinomoto and salt.

**Cooking/ Processing Method:** Stewing

**Procedure:** Chopped snake guard, slit chili pepper, strand of culantro, fermented pork fat, ajinomoto and salt and add to an open pot filled with water up to the vegetables and bring to boil, it is then stirred constantly till cooked.

**2.4.46. Name of the Indigenous food:** Bawkbawnbai (Stewed brinjal)



**Tribe:** Pang

**Ingredients used:** Brinjal, French beans, chili pepper, fermented pork fat and soda (sodium bicarbonate)

**Cooking / Processing Method:** Stewing

**Procedure:** Cut brinjal, French beans and chili pepper, fermented pork fat, soda and salt is added in an open pot with water and bring to boil, the stewed is then stirred till cooked.

**2.4.47. Name of the Indigenous food:** Hruizik (Heart of palm)



**Tribe:** Ralte

**Ingredients used:** Heart of palm

**Cooking/ Processing Method:** Boiling

**Procedure:** cut heart of palm is cooked with water covering half the food and cooked in a pot with a closed lid and cooked till tender.

**2.4.48. Name of the Indigenous food:** Hmarchhapui bawl (Chili pepper chutney)



**Tribe:** Khiangte

**Ingredients used:** fermented pork fat, soda, chili pepper and salt.

**Cooking/ Processing Method:** Roasting

**Procedure:** Roast green chili and crush with mortar and pestle and add to fermented pork fat and salt along with little hot water. Mix well and enjoyed as chutney.

**2.4.49. Name of the Indigenous food:** Kelchabet (Chaff flower)



**Tribe:** Chawngthu

**Ingredients used:** Chaff flower

**Cooking/ Processing Method:** Boiling

**Procedure:** Clean chaff flower leaves and add to boiling water. Cover and cook for 15-20 minutes. The broth is consumed as medicinal plants believed to cure renal problems.

**2.5.50. Name of the Indigenous food:** Kaikuang (Fried prawns)



**Tribe:** Paihte

**Ingredients used:** prawns, salt

**Cooking/ Processing Method:** Frying

**Procedure:** Clean prawns is added to hot oil in an open pan and heated till it changes its color. A pinch of salt is added for taste.

**2.4.51. Name of the Indigenous food:** Khuai no chum (Boiled larva)



**Tribe:** Renthlei

**Ingredients used:** Larvae

**Cooking/ Processing Method:** Boiling

**Procedure:** Clean larva is cooked in water till tender. Add salt to taste.

**2.4.52. Name of the Indigenous food:** Maipawl chum (Cooked ash guard)



**Tribe:** Paihte

**Ingredients used:** Ash guard, turkey berry

**Cooking/ Processing Method:** Boiling

**Procedure:** Ash guard is halved, deseeded and sliced into big pieces and boiled with water in a pot with closed lid and cooked till tender.

**2.4.53. Name of the Indigenous food:** Maikan (Braised pumpkin)



**Tribe:** Lusei

**Ingredients used:** Pumpkin, salt, oil and onion.

**Cooking/ Processing Method:** Frying

**Procedure:** Pumpkin is cut into cubes. Heat oil and add thinly sliced onion and pumpkin cubes. Stir and add little water and salt. Cook till done.

**2.4.54. Name of the indigenous food:** Purunzungkan (Weleh onion root)



**Tribe:** Pang

**Ingredients used:** Weleh onion root, tomato, onion and salt.

**Cooking/ Processing Method:** Frying

**Procedure:** Heat oil and add sliced onion, sliced tomato and clean weleh onion root and cook till tender.

**2.4.55. Name of the Indigenous food:** Pangbal (Papioca/Tabioca)



**Tribe:** Hmar

**Ingredients used:** Papioca/tabioca

**Cooking/ Processing Method:** Boiling

**Procedure:** Chop papioca into large pieces and cooked in a closed vessel with water until tender.

**2.4.56. Name of the Indigenous food:** Mai an bai (Stewed pumpkin leaves)



**Tribe:** Hualngo

**Ingredients used:** Pumpkin leaves, snake guard, red chili, onion and spiny guard

**Cooking/ Processing Method:** Stewing

**Procedure:** Cut snake guard, onion, red chili and spiny guard and pumpkin leaves is added over boiling water in a vessel and cooked till tender.

**2.4.57. Name of the Indigenous food:** Bepui chum (Boiled kidney beans)



**Tribe:** Kiangte

**Ingredients used:** Kidney beans

**Cooking/ Processing Method:** Boiling

**Procedure:** Kidney beans is cooked in a closed vessel with water double the amount of beans and cooked till tender.

**2.4.58. Name of the Indigenous food:** Berulbai (Stewed climbing wattle)



**Tribe:** Tlau

**Ingredients used:** Climbing wattle, potato, green chili, soda, salt.

**Cooking/ Processing Method:** Stewing

**Procedure:** Clean climbing wattle, potato and chili are cut into pieces. Boil water in a pan. Add soda and salt to the boiling water along with the vegetables and cook till the potato become soft.

**2.4.59. Name of the Indigenous Food:** Saum (Fermented pork fat)



**Tribe:** Lusei, Tlau, Hualhnam, Khiangte, Pawi, Paite, Lai, Pang, Hmar, Renthlei, Ralte, Chawngthu, Hualngo

**Ingredients Used:** Pork

**Cooking/ Processing Method:** Fermentation

**Procedure:** Fats of pigs are mainly collected from the inner abdominal portion, cooked and chopped into pieces and are placed in a special container called ‘sa-um bur’ which is prepared from the dried fruit of the plant ùm (bottle guard). The container is placed over the fireplace, approximately after three days or even longer.

**2.4.60. Name of the Indigenous Food:** Nghathu rawt (Fermented fish chutney)



**Tribe:** Lusei, Tlau, Hualhnam, Khiangte, Pawi, Paite, Lai, Pang, Hmar, Renthlei, Ralte, Chawngthu, Hualngo

**Ingredients Used:** Red Eye Chilli, Fermented Fish and Salt.

**Cooking/ Processing Method:** Fermentation

**Procedure:** Dry fish, salt and red eye chilli are pounded with mortal and pastels to form a paste and stirred to combine.

**2.4.61. Name of the Indigenous Food:** Hmarcha muh (Chilli flakes)



**Tribe:** Lusei, Tlau, Hualhnam, Khiangte, Pawi, Paite, Lai, Pang, Hmar, Renthlei, Ralte, Chawngthu, Hualngo

**Ingredients Used:** Red Eye Chilli

**Cooking/ Processing Method:** Roasting

**Procedure:** Chilli stems are pluck and removed. The remaining portion is dry roast in a thick-bottomed pan over a low flame, till their colour turn brown. The roasted dry red chillies are then cool to room temperature and traditionally crushed with hands.

**2.4.62. Name of the Indigenous Food:** Hmarcha um (Fermented red eye chilli)



**Tribe:** Lusei, Tlau, Hualhnam, Khiangte, Pawi, Paite, Lai, Pang, Hmar, Renthlei, Ralte, Chawngthu, Hualngo

**Ingredients Used:** Red Eye Chilli, Cooking Oil

**Cooking/ Processing Method:** Fermentation

**Procedure:** The stem of red eye chilli is plucked and removed. Then put in a glass jar, cooking oil is added just to cover the chilli and placed in the sun for about a week to get fermented.

**2.4.63. Name of the Indigenous Food:** Ulawng (Tadpole curry)



**Tribe:** Lusei, Tlau, Hualhnam, Khiangte, Pawi, Paite, Lai, Pang, Hmar, Renthlei, Ralte, Chawngthu, Hualngo

**Ingredients Used:** Tadpole, Turmeric Powder, garlic, onion, ginger and salt

**Cooking/ Processing Method:** Frying and Boiling

**Procedure:** Cleaned tadpole is added to hot oil in a pan along with turmeric powder and onion, then stir fry. Add little water to the pan and boil for a few minutes until cooked.

**2.4.64. Name of the Indigenous Food:** Uisa (Stewed dog meat)



**Tribe:** Lusei, Tlau, Hualhnam, Khiangte, Pawi, Paite, Lai, Pang, Hmar, Renthlei, Ralte, Chawngthu, Hualngo

**Ingredients Used:** Glory Bower, Ginger, Onion, Garlic, Green Chilli, Salt and Spices

**Cooking/ Processing Method:** Stewing

**Procedure:** Clean dog meat and blanch. Stew the meat with glory bower and seasoned with ginger, onion, garlic and spices. It is traditionally consumed by male adult with alcohol on special occasion.

**2.4.65. Name of the Indigenous Food:** Fanghma hmin (Ripe cumcumber)



**Tribe:** Lusei, Tlau, Hualhnam, Khiangte, Pawi, Paite, Lai, Pang, Hmar, Renthlei, Ralte, Chawngthu, Hualngo

**Ingredients Used:** Ripe Cucumber

**Cooking/ Processing Method:** Peeling

**Procedure:** The outer cover of the ripe cucumber is peeled and then cut into small cubes.

**2.4.66. Name of the Indigenous Food:** Sawhchiar (Meat porridge)



**Tribe:** Lusei, Tlau, Hualhnam, Khiangte, Pawi, Paite, Lai, Pang, Hmar, Renthlei, Ralte, Chawngthu, Hualngo

**Ingredients Used:** Rice, Turmeric powder, Pork, Ajinomoto, Salt, Onion And Chilli Flakes

**Cooking / Processing Method:** Boiling

**Procedure:** First chopped beef meat is fried in skillet with turmeric power, onion and garlic. Then in an open vessels rice is cooked when the rice started to gelatinized it is stirred continually and the fried pork and salt is added to the vessels to combine and continuously stirred for a few minutes. This is an important food item in any Mizo feast and it might be safe to say that feasts are incomplete without it.

**2.4.67. Name of the Indigenous Food:** Baibing (Alocasiafornicata)



**Tribe:** Lusei, Tlau, Hualhnam, Khiangte, Pawi, Paite, Lai, Pang, Hmar, Renthlei, Ralte, Chawngthu, Hualngo

**Ingredients Used:** Alocasia fornicate, Red Eye Chilli and Snake Guard

**Cooking/ Processing Method:** Boiling

**Procedure:** The sheath of Alocasiafornicateis removed. It is then cooked in a vessel with water just to cover it with red eye chilli and slit snake guard and cooked till slightly tilted.

**2.4.68. Name of the Indigenous Food:** Tawkte pickle (Turkey berry pickle)



**Tribe:** Lusei, Tlau, Hualhnam, Khiangte, Pawi, Paite, Lai, Pang, Hmar, Renthlei, Ralte, Chawngthu, Hualngo

**Ingredients Used:** Turkey Berry, Garlic, Ginger, Vegetable Oil and Vinegar

**Cooking/ Processing Method:** Preservation

**Procedure:** In a glass jar turkey berry, crushed ginger, crushed garlic is added. Then cooking oil and salt is added to preserve the food. Consumed as pickle

**2.4.69. Name of the Indigenous Food:** Lamkhuang mu (Jackfruit seeds)



**Tribe:** Lusei, Tlau, Hualhnam, Khiangte, Pawi, Paite, Lai, Pang, Hmar, Renthlei, Ralte, Chawngthu, Hualngo

**Ingredients Used:** Jackfruit seeds

**Cooking/ Processing Method:** Boiling

**Procedure:** The seeds of jack foods are cooked in a vessel with little water and cooked till the water is almost drained

**2.4.70. Name of the Indigenous Food:** Zufang (Rice beer)



**Tribe:** Lusei, Tlau, Hualhnam, Khiangte, Pawi, Paite, Lai, Pang, Hmar, Renthlei, Ralte, Chawngthu, Hualngo

**Ingredients Used:** Sticky rice

**Cooking/ Processing Method:** Fermentation

**Procedure:** Rice (traditionally sticky rice) is cooked. The cooked rice is then taken out of the vessel and let it cooled and is separated. Yeast is sprinkled to the rice and then put in a pot with a closed lid and covered with a cloth so that moisture does not enter and ferment in the sun for about 3- 5 days. After 3-5 days water is then added to the fermented rice and again ferment for 2-3 days. The rice water is then removed from the rice with a cleaned cloth and is ready to drink.

**2.4.71. Name of the Indigenous Food:** Balung (Maggots)



**Tribe:** Lusei, Tlau, Hualhnam, Khiangte, Pawi, Paite, Lai, Pang, Hmar, Renthlei, Ralte, Chawngthu, Hualngo

**Ingredients Used:** Maggots

**Cooking/ Processing Method:** Boiling

**Procedure:** Traditionally maggots are taken from alocasia stems. Maggots are then cleaned and added to boiled water in a vessel and cooked

**2.4.72. Name of the Indigenous Food:** Sunhlu candy (Gooseberry candy)



**Tribe:** Lusei, Tlau, Hualhnam, Khiangte, Pawi, Paite, Lai, Pang, Hmar, Renthlei, Ralte, Chawngthu, Hualngo

**Ingredients Used:** Gooseberry

**Cooking/ Processing Method:** Boiling

**Procedure:** Refined sugar is melted in a vessel with a bit of water then gooseberry is added to the vessels and stirred to combined for approximately 10-15 minutes.

**2.4.73. Name of the Indigenous Food:** Vawksa rep (Smoked pork)



**Tribe:** Lusei, Tlau, Hualhnam, Khiangte, Pawi, Paite, Lai, Pang, Hmar, Renthlei, Ralte, Chawngthu, Hualngo

**Ingredients Used:** Pork

**Cooking/ Processing Method:** Smoking

**Procedure:** Fresh pork is cut into appropriate size. Thick bamboos made into sticks pointed at one end were then employed to skewer the cut meat. The skewered meat was then placed over a fire in such a manner that the flame does not reach the meat and only the smoke and heat from the fire directly affect the meat.

**2.4.74. Name of the Indigenous Food:** Bawnghnute artui hel chawhpawlh (Traditional energy drink)



**Tribe:** Lusei, Tlau, Hualhnam, Khiangte, Pawi, Paite, Lai, Pang, Hmar, Renthlei, Ralte, Chawngthu, Hualngo

**Ingredients Used:** Raw Egg, Raw Milk and Raw Honey

**Cooking / Processing Method:** Mixing and Stirring

**Procedure:** Raw egg is cracked and mixed with raw milk and raw honey and stirred to combine. Traditionally the dish is consumed to boost performance.

**2.4.75. Name of the Indigenous Food:** Sawhthing par (Ginger flower)



**Tribe:** Lusei, Tlau, Hualhnam, Khiangte, Pawi, Paite, Lai, Pang, Hmar, Renthlei, Ralte, Chawngthu, Hualngo

**Ingredients Used:** Ginger Flower, fermented pork fat, green chilli and salt

**Cooking/ Processing Method:** Stewing

**Procedure:** Add ginger flower in a vessel with water just to cover it along with soda, fermented pork fat, green chilli and salt. Heated at high heat, when it reaches its boiling point, it is then stirred continuously till cooked.

**2.4.76. Name of the Indigenous Food:** Inthur cha (Roselle water)



**Tribe:** Lusei, Tlau, Hualhnam, Khiangte, Pawi, Paite, Lai, Pang, Hmar, Renthlei, Ralte, Chawngthu, Hualngo

**Ingredients Used:** Roselle leaves

**Cooking/ Processing Method:** Boiling

**Procedure:** Roselle leaves are added to boiling water in a vessel and cooked for about 5 minutes, the leaves are then drained and the water is stored. Consumed by all age groups as medicinal plants, it is believed to help in the treatment of urinary tract infection.

**2.4.77. Name of the Indigenous Food:** Uithinthang (Houttuyniacordata)



**Tribe:** Lusei, Tlau, Hualhnam, Khiangte, Pawi, Paite, Lai, Pang, Hmar, Renthlei, Ralte, Chawngthu, Hualngo

**Ingredients Used:** Houttuyniacordata

**Cooking/ Processing Method:** Boiling

**Procedure:** Cook Houttuyniacordata in water for about 5 minutes. The dish is used as healing food and believed to play an important role in the treatment of covid-19.

**2.4.78. Name of the Indigenous Food:** Telhawng (Arisaemaspeciosum)



**Tribe:** Lusei, Tlau, Hualhnam, Khiangte, Pawi, Paite, Lai, Pang, Hmar, Renthlei, Ralte, Chawngthu, Hualngo

**Ingredients used:** Arisaemaspeciosum, Alkaline Solution, Chilli Flakes, Fermented Pork Fat and Salt

**Cooking/ Processing Method:** Boiling

**Procedure:** The corms are stacked under shade for few days (15-20 days). The corm is cleaned and the outermost thin is peeled off and chop them into small pieces and crushed and boiled for about 72 hours. Intermittently change the water after 3-4 hours and again boiled with traditionally made alkali solution “Chingal” for 3-4 hours, alkali solution is discarded and again treated the plant materials with mixture of citrus juice ripened tamarind fruit pulp for 30-45 minute and repeated 4-5 times it is then mixed with fermented pork-fat, chilli flakes and salt

**2.4.79. Name of the Indigenous Food:** Zawngtrah mu (Stink bean seeds)



**Tribe:** Lusei, Tlau, Hualhnam, Khiangte, Pawi, Paite, Lai, Pang, Hmar, Renthlei, Ralte, Chawngthu, Hualngo

**Ingredients Used:** Stink Bean Seeds, Soda, Red Eye Chilli Fermented Pork Fat and Salt

**Cooking / Processing Method:** Emulsification

**Procedure:** Fermented pork fat and soda is mixed with a bit of hot water and stirred continuously forming a paste. Slit stink bean seeds, salt and crushed red chilli is then added to the paste.

**2.4.80. Name of the Indigenous Food:** Mizo aieng (Turmeric)



**Tribe:** Lusei, Tlau, Hualhnam, Khiangte, Pawi, Paite, Lai, Pang, Hmar, Renthlei, Ralte, Chawngthu, Hualngo

**Ingredients Used:** Turmeric

**Cooking / Processing Method:** Drying

**Procedure:** The outermost cover is thinly peeled, cut into pieces and dried in the sun until the pieces are completely dry. The dry turmeric is then traditionally crushed with a mortar and pestle to turn the dried turmeric into powder. The turmeric powder is sieved through a fine mesh strainer. It is believed that the locally grown turmeric powder has a potential benefit in healing the gastro intestinal discomfort.

**2.4.81. Name of the Indigenous Food:** Maitamrawk (Spiny guard)



**Tribe:** Lusei, Tlau, Hualhnam, Khiangte, Pawi, Paite, Lai, Pang, Hmar, Renthlei, Ralte, Chawngthu, Hualngo

**Ingredients Used:** Spiny Guard, Cooking Oil, Onion and Salt

**Cooking / Processing Method:** Sautéing

**Procedure:** Sliced onions are added to hot oil in a skillet. When the onion turned brown spiny guard cut into wedges is added with salt. Stirred occasionally until golden brown over medium heat



## CHAPTER III

### **Ethnic Methods of Cooking and Food Processing**

Food is cooked to make the food more digestible and palatable. Cooking makes food more attractive in appearance and, therefore, more appetizing (Chavan, 2021). A variety of dishes can be prepared using the same ingredient but different methods. When different foods are combined together in one dish and right cooking method is used, it provides a balanced meal.

Food processing is the set of methods and techniques used to transform raw ingredients into food or to transform food into other forms for consumption by humans or animals either in the home or by the food processing industry (Ross, 2010). Some of the food processing methods are removal of unwanted outer layers, such as potato peeling or the skinning of peaches, chopping or slicing e.g. diced carrots, mincing and marinating, liquefaction, such as to produce fruit juice, fermentation, emulsification, cooking, such as boiling, broiling, frying, steaming or grilling, deep frying, baking, mixing, addition of gas such as air entrainment for bread or gasification of soft drinks, proofing, spray drying, pasteurization, packaging, etc.

The food ways of a community are determined by the food ideology of the people. Doshi (1995) mentioned the food ways include customary patterns of activities associated with acquisition preparation, serving, consumption, and storing of food. Tribal people have different food habits and hence their practices related to consumption of food, preparation of the customary items, selection of foods and consumption differs under different circumstances.

The study documented a total of 353 indigenous foods. Out of the total, 161 recipes were cooked by using the method of boiling, steaming (17), stewing (25), roasting (33), grilling (07), frying (38) and combination of cooking methods (19). About six indigenous foods used the method of drying, smoking (03), grinding (03), preservation (01), fermentation (22) and combination of processing methods (01). Thirteen indigenous foods were either consumed in raw form or prepared with the combination of cooking and processing methods.

#### **3.1. Cooking Methods**

Cooking methods are classified into two categories i.e. moist heat and dry heat. Moist-heat methods are those in which the heat is conducted to the food product by water/liquid or steam. Dry-heat methods are those in which the heat is conducted without moisture. In dry heat the foods are prepared by using hot air, hot metal, radiation or hot fat. The moist heat cooking methods are boiling, steaming, braising, stewing, poaching whereas the dry heat cooking methods are baking, roasting, grilling, frying, microwave, solar, etc.

The study found that the tribe's of the studied states used moist heat as well as dry heat methods of cooking. Although there several methods of cooking and food processing, in this chapter only the ethic methods of cooking and food processing methods used by the tribes is elaborated.

### 3.1.1. Moist Heat Methods

#### Boiling

The temperature of the liquid determines the method of boiling. To boil means to cook in a liquid that is bubbling rapidly and is greatly agitated. Water boils at 212°F (100°C) at sea level. No matter how high the burner is turned, the temperature of the liquid will go no higher. Boiling is generally reserved for vegetables and certain starch products. Boiling period should be short in cooking protein foods (meats and fish) as long time of bubbling would break up delicate products. The method of boiling was used mostly in cooking the foods among the tribes of north east. In almost 161 recipes the method of boiling was used. Foods were boiled either in open pan or covered with a lid.



#### Steaming

To steam means to cook foods by exposing them directly to steam. When food is to be cooked in large quantity, steam cookers or large pans are used. Steaming can also be done on a rack above boiling water. It was observed that, many indigenous foods were prepared by tightly wrapping the food in packing leaf and then steamed covering with a lid. Steamed food is nutritious as nutrients are not leached out and food is cooked very rapidly.



It also retains the colour and flavour of the food. A total of 17 dish were prepared with the method of steaming like rice, momos, rice cakes, etc.



## Stewing

To stew means to cook pieces of meat or fish or vegetables using fairly large amounts of liquids. The food items are normally cut into small cubes. The tough or hard foods such as meat, vegetables are cooked by this method. Small amount of liquid is taken just to cover the food. The liquid is first boiled and then move at simmering point and food is added and cooked slowly till done. In stewing, nutrients flavour and taste of the food item is transferred to the liquid. About 25 indigenous foods were prepared with stewing.



Chicken porridge

Colocassia with smoked beef

Taro leaves with fermented fish

### 3.1.2. Dry Heat Methods

#### Roasting

To roast means to cook foods by surrounding them with dry heat or hot dry air. Non vegetarian items are mostly roasted. In roasting, uncovered cooking is essential. If food is covered in roasting, it will hold steam, changing the process from dry to moist heat cooking. In north east, 33 dishes were prepared with the method of roasting and it was observed that roasting was done using sticks, bamboo pipes, racks, etc. Most tribes also used charcoal in roasting. Special clay rocks or roasting bricks are used for roasting meat, poultry and fish (Tull, 1983). The meat is placed in one half of the brick with little or no additional fat added to it, the lid is placed on top, and the brick is put into a cold oven.



## Grilling

Grilling, Griddling and Pan-broiling are all dry heat methods of cooking that use heat from below. Grilling is done on an open grid over a heat source viz. charcoal, electric element, gas, etc. The food items have to be moved over the grill to cook the food uniformly. The present study collected about seven dishes cooked with the method of grilling.



## Frying

Frying means to cook in fat. When food is cooked submerged in fat, it is called deep frying. Food cooked in moderate amount of fat in a pan is known as shallow frying. Shallow-frying is normally done over lower heat. About 38 dishes were cooked by using the method of frying. Both deep frying and shallow frying methods were used. It was observed that in most cooking, mustard oil was used as a medium for frying.



**Deep frying**

**Shallow frying**

### 3.2. Food Processing Methods

Before cooking any kind of food, the food has to be processed. Hence food processing may be defined as the transformation of agricultural products into food. Processing of foods sometimes termed as preliminary treatment of foods. Clean food is hygienic and palatable. Food should be washed to remove surface dirt. Each food needs to be handled carefully to ensure removal of adhering dirt without damaging its form and structure, and causing loss of nutrients (Mudambi et. al., 1989). Processing of foods makes the food edible, makes it safer by removing microorganisms, increases shelf life, improves nutritional quality, etc. There are several food processing methods viz. peeling off the outer layers of the raw materials, chopping, grinding, slicing, mincing, fermentation, pickling, preservation, emulsification, cooking, smoking, mixing, pasteurization, packaging, drying, cooling, freezing, etc. The most frequently used processing methods in this study of indigenous foods are discussed in this chapter.

#### Drying

Drying can be done by two processes viz. natural drying and mechanical dehydration or artificial drying based on source of energy. Natural drying takes place under the influence of sunlight and wind and is of three types viz. sun, solar and shade drying. Six recipes are included where drying was used for its preparation. In north east only sun drying was found to dry the food products.



#### Smoking

Smoking involves using smoke, drying, and/or heating to develop desirable sensory properties and prolong the shelf life of pretreated meat products. Wood smoke contains hundreds of compounds, mainly phenols, aldehydes, ketones, acids, and hydrocarbons. These impart smoky color and flavor and act as antimicrobials or antioxidants. Smoking is usually used for meat products. In north east, it was observed that in traditional families, they have a fireplace on the floor and temperature, density, humidity, and flow rate of the smoke are adjusted manually by the women who is cooking the food. In modern smokehouses, the smoke is produced in separate generators and the process parameters are controlled automatically (Fidel, 2014). In the study, three recipes are documented where smoking was used to cook the food.



## Grinding

The method of grinding/pounding is used to make the food into smaller sizes or to mash the food. Spices are grinded and added to foods to enhance the flavor and taste of the cooked foods. It was observed that grinding/pounding was used in preparation of chutney. About three indigenous foods are reported using the method of grinding.



## Preservation & Fermentation

Food preservation can be defined as a process by which certain foods like fruits and vegetables are prevented from getting spoilt for a long period of time (Triveni, 2010). It is a process of preserving food in an edible and antimicrobial liquid. Pickles are preserved foods. Pickling is categorized into two groups i.e. fermentation and thermal pickling. The preservation of foods helps in using the foods in times of scarcity. Methods of food Preservation will play an even more important role in feeding people all over the world (Sabarwal, 1999). In fermentation, the bacteria present in a liquid produces organic agents which would act as preservation agents. It was found that in all the studied states, the method of fermentation was used in preparation of traditional rice beers. Along with beer, fish was fermented which was used in almost all dishes. Altogether 23 dishes are documented using the methods of preservation and fermentation.



Fermented Red Eye Chilli



Fermented Mustard Leaves



Top: Basket with soybean kept for fermentation

Bottom: Cooking of pigs feed

## CHAPTER IV

### Conclusion and Recommendation

The present study on Indigenous Foods among the Tribals of North Eastern Region was carried out to identify the indigenous foods of North East India and to document the indigenous foods and ethnic cooking processes into a handy document for preserving the culture and to use for improving the nutritional status of women and children. In this chapter the study is concluded giving the details of the foods collected from the tribes of the north eastern region.

#### *In the context of documentation of indigenous foods*

North Eastern Region is the easternmost region of India. The region is naturally beautiful and comprises of eight states popularly known as the seven sisters (Arunachal Pradesh, Assam, Manipur, Meghalaya, Mizoram, Nagaland and Tripura) and one brother (Sikkim). Tribal cuisines comprises of wide range of vegetables, legumes, fruits and non-vegetarian foods. In each state, the processing method of these foods is somewhat different based on the culture, variability in the materials used in the food, climate and overall knowledge of the processing and preparation. Indigenous methods of food preparations and the type of food consumed, which has long been a part of their intangible heritage, are found to be nutritious and balanced in macro and micro-nutrients. The indigenous preparations of cuisines which were very traditional and have come down from generations are still prevalent among the tribals. The food cuisines are prepared by using foods available in and around them and by using simple methods of cooking.

Among the eight states of North East, four states viz. Assam, Arunachal, Manipur and Mizoram are selected since this region has the highest number of Tribals. The study found that the staple food of the tribes of north east is rice. All the three meals viz. breakfast, lunch and dinner most tribes prefer to take rice. Along with rice, all tribal groups included non-vegetarian foods, green leafy vegetables and other vegetables. Apart from fresh fish or meat, dry meat and fish are cooked which is enjoyed by all age groups. Green leafy vegetables are included in every day meals. In most of the indigenous foods one or more types of green leafy vegetables, herbs, microgreens, etc. are used to enhance the flavour and taste of the food. Herbs are very nutritious and their inclusion in regular diet enhances the immunity to body.

The study found that many delicacies were prepared with bamboo shoot and alkali. They prepare fish with bamboo shoot and green leafy vegetables. Dry fish is prepared with chillies, onion, garlic and tomato. Another delicacy mentioned was dry fish prepared with alkali. The indigenous foods are prepared mostly by using the method of boiling. Dry fish is relished by all the tribal population of north-eastern region. Dry fish is cooked by putting it in boiling water with white gourd, garlic and ginger and adding alkali to it. They do not use turmeric in the cuisines prepared with alkali. Among meat all tribes prefer

pork and mutton more than other meats like chicken, pigeon, duck, etc. The tribes of north east also included fresh chutnies which are prepared with herbs and spices and condiments.

Arunachal Pradesh also called as land of rising sun has the highest diversity of mammals and birds in India. In this study, a total of 94 indigenous foods were collected from 12 tribes of Arunachal Pradesh. The tribes included were Adi, Galo, Apatani, Nyishi, Nocte, Khamti, Wancho, Tangsa, Monpa, Idu Mishmi, and Ramo.

Assam is Gateway to the north eastern region. For the present study, 89 indigenous foods were collected from nine tribes of Assam. The tribes included were Bodo, Missing, Adivasi, Rabha, Tiwa, Karbi, Dimasa and Tai Phike.

Manipur is a multi-ethnic state located at the easternmost part of India. The people depend mainly upon the natural resources of the habitat for their food. They utilised the rich traditional knowledge to prepare beverages, boiled foods, fermented foods and nutritionally rich traditional foods from various indigenous crop plants, forest, products and meat of wild and domestic animals. These foods are an essential part of their social and cultural life. They collect the seasonal vegetables and food items and processed and stored for yearlong consumption during lean season. Fermentation and sun drying are the basic method for processing of the food items. Preparation of food is simple, in most cases, meat, fish or vegetables are cooked only with salt, chilly and indigenous species or meat cooked with some vegetables. The present study collected 89 indigenous foods from 27 tribes of Manipur. The tribes included were Gangte, Hmar, Kuki, Mizo, Paite, Simte, Suhte, Vaiphei, Zou, Aimol, Anal, Chiru, Chothe, Inpui, Kharam, Kom, Lamkang, Mao, Maram, Mate, Meitei, Monsang, Moyon, Poumai, Rongmei, Tangkhul and Zeme.

Mizoram located in the Northeast of India shares similar cuisine with the other part of the northeast region. The food tends to be a unique mixture of North Indian and Chinese elements. Mizo clung on to their tribal cuisine. Various stews of roots, shoots and leaves, boiled vegetable, chutney eaten with hearty accompaniments of meat and rice still dominate the two main meals of the day. Common leaves and herbs are used to add extra flavor in Mizo dish. Fermented pork fat and alkali are used to add extra flavour in the popular dish 'bai' made from different stewed vegetables without which no meal is completed in the Mizo household. Fruits both sweet and sour are added to the daily diet. Food preservation method is used to preserve various fruits, vegetables as well as non-vegetarian items. Smoking is traditional method used to preserve foods such as pork, beef and fish. Banana leaves and callicarpaarborea leaves are traditionally used to pack and preserve food. Traditional recipes from wild edible vegetables are still trending among local people during the available season. The study collected 81 indigenous foods from 14 tribes of Mizoram. The tribes included were Tlau, Hualhnam, Khiangte, Pawi, Paite, Lai, Pang, Hmar, Renthlei, Ralte, Chawngthu, Hualngo, Chhakchhuak and Lusei.

### ***In the context of ethnic food processing and cooking methods***

Tribal cooking methods are little bit different from non-tribal people. Tribal prefer cooking with less oil whereas non-tribals prefer oil. The importance of indigenous foods which are not only nutritious, but have a blend of integral components such as health, food security, culture, ethics, economy and ecological sustainability. Indigenous foods consumed by people of north east are very simple and prepared by method of boiling, steaming, stewing, frying, roasting, fermentation, etc.

Food is cooked to make the food more digestible and palatable. A variety of dishes can be prepared using the same ingredient but different methods. When different foods are combined together in one dish and right cooking method is used, it provides a balanced meal. On the other hand, food processing is the set of methods and techniques used to transform raw ingredients into food or to transform food into other forms for consumption by humans. Tribal people have different food habits and hence their practices related to consumption of food, preparation of the customary items, selection of foods and consumption differs under different circumstances.

Cooking methods are classified into two categories i.e. moist heat and dry heat. The study found that the tribe's of the studied states used moist heat as well as dry heat methods of cooking. Most of the tribal indigenous foods were prepared by using the method of boiling, steaming, stewing, roasting, grilling, frying, etc. Although, there are several methods of cooking and food processing, the study documented only the ethnic methods of cooking and food processing methods used by the tribes.

The method of boiling was used mostly in cooking the foods among the tribes of north east. In almost 161 recipes the method of boiling was used. Foods were boiled either in open pan or covered with a lid. When any food is cooked by exposing the food directly to the steam, it is known as steaming. A total of 17 indigenous foods were prepared with the method of steaming. Many indigenous foods were prepared by using the method of stewing. Stewing means to cook food using fairly large amounts of liquids or water. In this present study, about 25 indigenous foods were collected which were prepared using the method of stewing. To roast means to cook foods by surrounding them with dry heat or hot dry air. In north east, many recipes were prepared using the method of roasting. A total of 33 dishes are documented which were prepared with the method of roasting and it was observed that roasting was done using sticks, bamboo pipes, racks, etc. Most tribes also used charcoal in roasting. Grilling, Griddling and Pan-broiling are all dry heat methods of cooking that use heat from below. The present study collected about seven dishes cooked with the method of grilling. Frying means to cook in fat. When food is cooked submerged in fat, it is called deep frying. Food cooked in moderate amount of fat in a pan is known as shallow frying. About 38 dishes were cooked by using the method of frying. Both deep frying and shallow frying methods were used. It was observed that in most cooking, mustard oil was used as a medium for frying. Thirteen indigenous foods were either consumed in raw form or prepared with the combination of cooking and processing methods.

Before cooking any kind of food, the food has to be processed. Processing of foods sometimes termed as preliminary treatment of foods. There are several food processing methods viz. peeling off the outer layers of the raw materials, chopping, grinding, slicing, mincing, fermentation, pickling, preservation, emulsification, cooking, smoking, mixing, pasteurization, packaging, drying, cooling, freezing, etc. The most frequently used processing methods in this study of indigenous foods were drying, smoking, grinding and fermentation. The study found that natural drying was most prevalent method of food processing. Six recipes are included where drying was used for its preparation. Smoking involves using smoke, drying, and/or heating to develop desirable sensory properties and prolong the shelf life of pretreated meat products. In the study, three recipes are documented where smoking was used to cook the food. The method of grinding/pounding is used to make the food into smaller sizes or to mash the food. Spices are grinded and added to foods to enhance the flavor and taste of the cooked foods. It was observed that grinding/pounding was used in preparation of chutney. About three indigenous foods are reported using the method of grinding. In north eastern preservation and fermentation methods are used as in some seasons foods are produced in plenty. The preservation of foods helps in using the foods in times of scarcity. It was found that in all the studied states, the method of fermentation was used in preparation of traditional rice beers. Along with beer, fish was fermented which was used in almost all dishes. Altogether 23 dishes are documented using the methods of preservation and fermentation.

### **Recommendations**

- The study could document about 353 Indigenous foods. The processing and preparation of ethnic foods demonstrated the creativity and treasure of food heritage of tribals, hence the document should be disseminated and preserved for future use.
- The present study brought to light the use of wild vegetables. Hence efforts should be made to preserve the biodiversity.
- It was observed that the tribal communities used different green leafy vegetables and herbs in the preparation of indigenous foods. The English names of many vegetables and herbs could not be found. Efforts should be made to conduct research studies in collaboration with department of botany of the states so that the English names of the traditional vegetables and herbs can be documented.
- The study also found use of plants for therapeutic use. Hence, intensive study may be conducted to preserve the plants having medicinal benefits.

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