

Sattvik food aroma suffused with wisdom

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AHMEDABAD: On Saturday, the first day of Sattvik Food Festival-2016, people were relishing the forgotten tastes of traditional India. The festival is organised to revive a taste and ties with traditional food. It will be continue in the city for three days.

The festival is creating awareness about the nutrient-rich food from various areas so that urban people can adopt healthier food habits and lifestyle.

There are 200 varieties of rice in the festival, along with the traditional recipes from northern states like Nagaland, Sikkim, Jammu and Kashmir, and Himachal Pradesh are serving their traditional food for people of the city.

The stall of Himachal Pradesh was full with people who were relishing the traditional food of the state. The stall was named 'Traditional Food of Chamba'. The demand of 'Makki ki roti with Bichoo Buti Saag' and kidney beans were high at the stall.

Balaram Garg, who was serving food to the customers, said, "The kidney bean (Madra) is made in such a way that even if you keep it at room temperature for three days, it will not get spoiled." He added that they were also serving 'Dhaam' which is a 6-course traditional community lunch.

'Bichoo Buti' (Nettle leaves) are grown in the hilly regions. When you pluck them you will get a biting sensation and allergies but it is very good for people who have high blood pressure.

Housewife Sandhya Pancholi, along with her friend Kiran Ambavi, said the food is very delicious. "It is less spicy and healthier. There is no onion or garlic in their dishes. But it is still delicious. I loved the rajma, (kidney bean) its taste is real and natural, unlike the rajma (kidney bean) we eat regularly," Pancholi said.

There was a stall selling 'Ayurvedic Pan'. Dr Raghav Pujara, who had studied naturopathy, said he had a lot of patients who had digestion problems. "The leaf which is used in Ayurvedic Pan is a special leaf known as 'Kalkati Pan'. It is easily chewable and the ingredients used in the pan are not the same as the one we get in the shops. I recommend my patients to have it for digestion," Pujara said.

He added that it was a traditional custom to consume pan after lunch or dinner to ensure good digestion. "Today the whole concept of consuming pan is different. I am trying to spread awareness about the traditional way of making pan," Pujara said. Dhara Joshi, a software engineer, said, "I love eating pan. The ingredients in this pan are different and taste better than the regular ones."

Along with food stall there were creativity stalls, exhibitions of grassroots innovations, and Farmers' Fair of Organic and Eco-friendly Agro Products.

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