Ancient Indian Cookery

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Nala and Bheema - celebrated cooks
“Royal cooks appointed in palaces” - Vagbhata
AHARA SAMBHAVAM VASTHU ROGASHCHA AHARA SAMBHAVA
SARVAMANYAM PARITHYAJYA SHAREERAMANUPALAYETH
CHARAKA SAMHITHA
FOOD SERVED TO PETS BEFORE IT IS CONSUMED
gavedhuka dhanya- Vedic food grain

Bamboo rice
People’s oral Wisdom
## Codified texts on Indian cookery

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<th>Texts on medical wisdom</th>
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<td>Exclusive Texts on Cookery</td>
<td>Contemporary modern compilation</td>
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Cookery traditions of India

- SOOPA SHA STRA-1508 AD

- BHOJANA KUTHOOHALA-1670 AD

- SHIVA TATVA RATHNAKARA-1700 AD
Mangarasa’s SOOPA SHA ASTRA

- Six chapters with 358 verses on cookery
- Food is for nourishing the Body
- Food is for the bhoga of IHA and PARA
- Nine plant parts are the exclusive source
- Tree, shrub, grass, creeper, tuber, stalk, leaf, flower, fruit are the plant consumables.
- An exclusive text of vegetarianism
First chapter on starchy Foods

- nine types of Rotis (sweets)
- Ten types of vataka (Wada like milk, curd, iddali, kadubu, dosa)
- Preparation of Soji
- Chandra manadala, peeyoosha and Jengoda some more types of sweets
PANAKADHYAYA

- ALL DIARY PRODUCTS LIKE BUTTER FROM MILK, RASALA, MATHULUNGA SIDDHA DADHI AND LASSI
- ALL TYPES OF OILS
- FRUIT JUICES LIKE JAMUN, KADALI, AMRA AND ALOE JUICE
- RAIN WATER AND OTHER TYPES OF WATER
OGARA(ODANADHYAYA)

• EIGHT TYPES OF COOKED RICE (PONGAL)
• 9 TYPES OF PAYASA
• 24 TYPES OF BATH (MIXED RICE) LIKE PICKLE, NIMBU, TAMARIND AND CURD AS WELL AS BUTTER MILK RICE.
COOKING OF VEGETABLES

- 20 TYPES OF BRINJALS AND COOKING METHODS
- PROCESSING OF BRINJAL AND VANGI BATH
LEAFY VEGETABLES

- TENDER BAMBOO
- GOOSEBERRY PROCESSING IN JAGGERY, SUGAR AND AMALAKA POOGA
- BITTER GOURD, RADISH, MILK WADA, THAIR WADA AND PATRAWADA

USE OF ASFOETIDA, GARLIC, ONION IS CONSPICUOUS ALTHOUGH THE AUTHOR IS A JAIN PRINCE!
KADALEE PANCHAKA

• EXCEPT LEAF ALL OTHER PARTS OF KADALEE IS CONSUMED AS FOOD AND PROCESSED

• 4\textsuperscript{TH} CHAPTER ALSO DESCRIBES ABOUT KITCHEN, VESSELS IN IT, COOK AND POISONING WOMAN WHO WAS EMPLOYED TO KILL ENIMIES
VEGETABLES

• ALL VALLEE PHALAS
• JACK FRUIT AND JACK FRUIT PROCESSED 16 ITEMS
• KADALEE PROCESSED 8 ITEMS

BANANA FLOWERS IN 20 ITEMS
Popositifolia (Kavala)
MAHASHEER FISHES
BHOJANA KUTHOOHALA

• RAGHUNATHA BHATTA – BRAHMIN AUTHOR PATRONAISED BY DEEPA BAI
• EIGHT EXCLUSIVE CHAPTERS IN SANSKRIT
• DHANYA, SHUKA, SHALI, GODHUMA, YAVA, VIDALA, MASHADI SAKALA
• USE OF CHILLES
• JALA PRAKARA, SIDDHANNA, MAMSA, BHOJANA VIDHI
SHIVA TATVA RATHNAKARA

• FOUR CHAPTERS ON COOKERY IN AN ENCYCLOPEDIA (SANSKRIT WORK)
• VEGETABLES AND FRUITS OF THE ERA
• QUALITIES OF THE NONVEGETARIAN ITEMS
• MANY TEXTUAL PRACTICES ARE STILL ALIVE IN FOLK!
THANK YOU
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