

# Ancient Indian Cookery

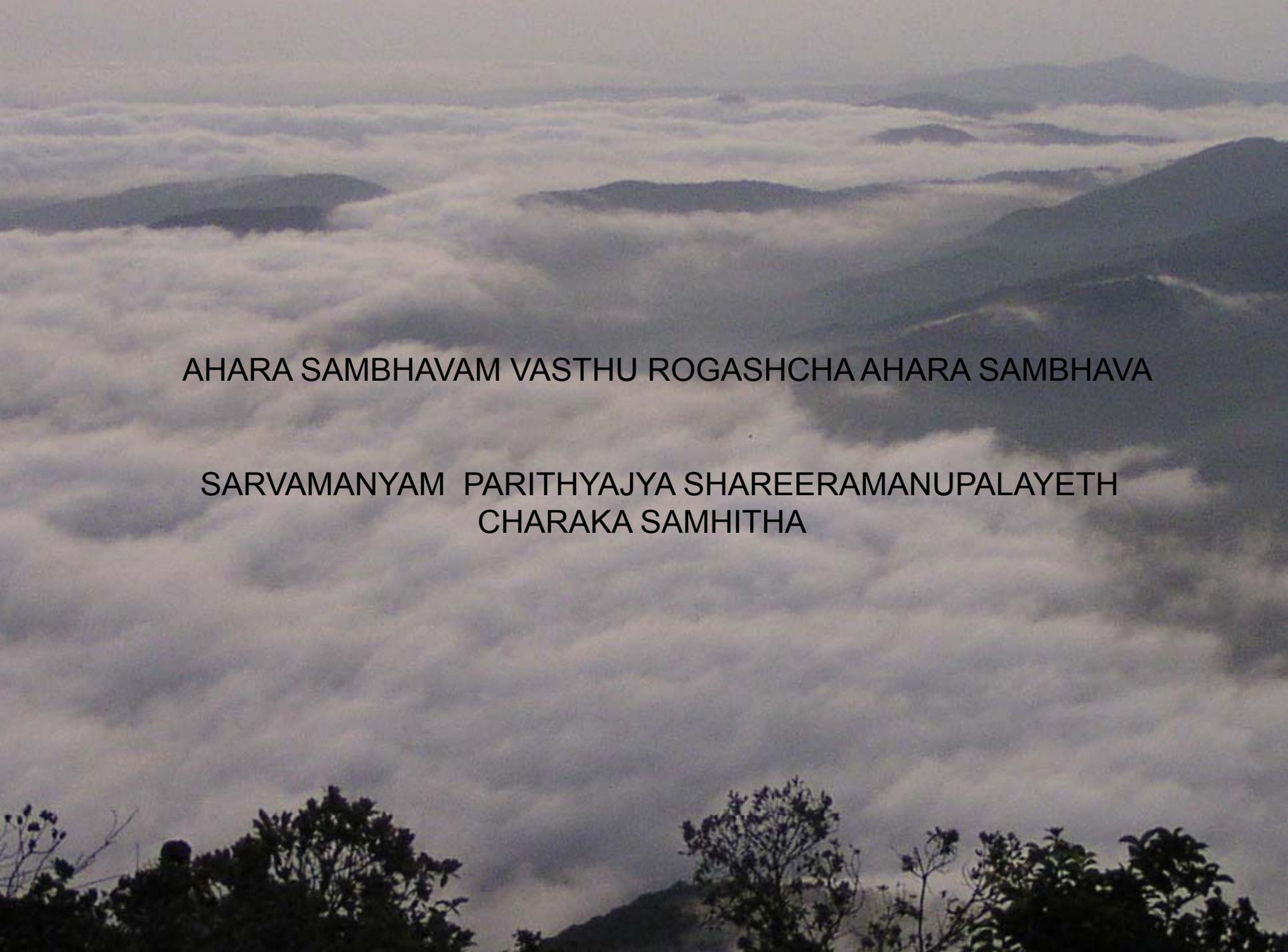
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Nala and Bheema - celebrated cooks





“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



















## People's oral Wisdom



# Codified texts on Indian cookery

Texts on medical wisdom	Texts on General literature
Exclusive Texts on Cookery	Contemporary modern compilation

# Cookery traditions of India

- SOOPA SHASTRA-1508 AD
- BHOJANA KUTHOOHALA-1670 AD
- SHIVA TATVA RATHNAKARA-1700 AD

# Mangarasa's SOOPA SHASTRA

- 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<sup>TH</sup> 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





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*nrea hispida* (Kottanoora)

positifolia (Kavala)





NO  
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250

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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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