

# Lesser-Known Recipes of Chhattisgarh-Odisha Border

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**Abstract:** Traditional foods are foods and dishes that are passed on through generations or which have been consumed for many generations. Traditional foods and dishes are traditional in nature and may have a historic precedent in a national dish, regional cuisine or local cuisine. There are classic recipes that fall into oblivion and disappear forever, but if consumed massively, they become part of the typical cuisine of a place. The present study aims to document such lesser known traditional recipes of Chhattisgarh and Odisha border. In the present study 20 lesser recipes are incorporated, documented and analysed for the nutritive value.

**Keywords:** lesser-known recipe, traditional foods, Chhattisgarh, nutritive value.

## 1. Introduction

Food culture of any state is mostly associated with the festivals celebrated in respected areas.



Fig. 1.

Gouri-Goura, Surti, Hareli, Pola and Teeja are the main festivals of this area. Major festivals started with rainy season popularly known as 'Savan'. Hareli festival a mark of greenery. As Chhattisgarh is a land of farmers, most of the festivals and other practices are linked with farming. All farmers worship farm equipment and cows on the occasion of Hareli [1].

The cuisine of Chhattisgarh is influenced by its neighbouring state Andhra Pradesh, Odisha and Jharkhand and their Food cuisine [2]. Rice is a staple food of Chhattisgarh, most of the recipes are made from rice, rice flour, puffed rice and other products. The cooking process of all recipes is very simple and easy to cook [3]. Approximately 80% of the state population

lives in rural areas [4], as a result, traditional heritage is still alive and the food habits are majorly unchanged. The food culture of Chhattisgarh is predominantly vegetarian and it utilizes the available natural resources to fulfil the nutritional needs. Chhattisgarhi cuisine has a wide range of delicious dishes which are nutritious but few are deficient in protein due to excess consumption of cereal(rice). More than 100 varieties of leaves and nearly 25 varieties of tubers and roots are consumed here as vegetables [5], [6]. Traditional food of Chhattisgarh ie. Basi, Bore, Chila, Fara, Bafauri, Dehrouri, Batkar, Angakar Roti, Iddhar, Arsa, Chousela, Thethari, Khurmi and Kusli, "Chapada chutney", Kadaknath Chicken are known to everyone but many recipes are still unknown to mass.

Several traditional recipes of Chhattisgarh are lost in the local kitchen. The reason behind this could be a lot, but the present generation who are facing several health issues, particularly after covid-19 are deprived of all recipes as those recipes were healthy and no one from the older generation has passed it to a new generation. Some traditional recipes could not survive due to their long- and tedious-time-taking cooking process.it can be said that long cooking time was one of the factors. The present study aims to explores the rice and non-rice-based traditional recipes of Chhattisgarh cuisine which are now lesser known to people and even less consumed due to ignorance.

Arisa Pitha, Kendu Kheer, Mung Shijha, Neem Phul Tarkari, Letha, Machha Patra Poda, Kadali Manja, Manda Peetha, Kulthi Pudi, Dehrori, Kasha Pani, Kakara Pitha are few recipes included in the study.

## 2. Methodology

More than 20 recipes are documented and prepared under the guidance of person who told about the detail about the particular recipe. Out of 20 recipes we are addressing only 4 recipes and their nutritive value in this paper.

### A. Arisa Pitha

Arisa Pitha is a traditional pancake of Odisha, but it was also consumed in Odisha -Chhattisgarh border areas. A pancake made of rice flour especially prepared during the occasion of Manabasa Lakshmi Puja in the month of Margashirsh. The Pitha, is dried and hard pancake, sweet is in taste. Now a days this is not commonly prepared and consumed due to its time

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taking cooking.



Fig. 2.

#### Ingredients:

- 2 cups rice flour
- 1 cup jaggery
- cooking oil for frying
- 2 tablespoon sesame seeds/til
- Grated Coconut as per requirement

#### Cooking method:

- Soak the rice in water for about 3 hours.
- Wash it with water and then drain all the water.
- Keep the rice in room temperature to dry for about 10 minutes. Then grind it to make a powder of it by using a mixer/grinder.
- Heat ½ cup of water in a pan and add the jiggery and make a thick syrup.
- Slowly add rice powder, til and grated coconut to the syrup and stir continuously to form a batter. Knead the mixture until soft dough is ready, keep it aside.
- Heat the oil in a pan, lower the flame, make flat ball of the above dough and deep fry to get golden brown colour. Pitha is ready to serve.
- Nutritive value of Pitha shows that it is high calorie food. The high calorie could be one of the reasons of less consumption of this traditional food.

#### B. Mung Shijha

A sweet dish made of mung dal and milk is rich source of protein and minerals.

#### Ingredients:

- 1/2 Cup Fine whole Mung (coarsely grinded)
- 3 tbsp jaggery
- 1 tsp Ghee/oil
- 1/2cup Water
- 1/2 tsp Salt
- 50 ml Milk

#### Method:

- Boil 1/2-cup water with 1/2 tsp salt, 1 tsp ghee, and 3 tbsp jaggery/sugar until it dissolved. Turn the heat to low and slowly add green gram rava to the water. add milk and stir well, try to avoid lumps. Add cardamom and pepper powder(optional), and mix well. Transfer to plate and allow to cool, garnish with coconut.

- The nutritive value of product shows the amount of protein, but due to its savory and sweet taste it became unpopular among new generation.



Fig. 3.

Table 1  
Nutritive value

Ingredients	Energy	Protein	Fat	Carbohydrates	Amount
Green gram	347	24	1.2	63	100
Jaggary	191.5	-	-	49	50
Milk	33.5	1.6	2.1	2.2	50
<b>Total</b>	<b>572</b>	<b>25.6</b>	<b>3.3</b>	<b>114.2</b>	<b>200</b>

#### C. Manda Peetha



Fig. 4.

#### Ingredients:

- 2 cups of crushed rice (chaulachuna)
- 3 cups of milk
- 1 cup of carrot halwa¾
- 1 cup jiggery
- 5-6 small cardamom ,1 teaspoon black pepper powder, salt to taste (luna), 2 tbs Coconut powder, 2 Almonds, 2 Chewnuts,3 tbs Khoa and 2 Raisins

#### Method:

- *For Stuffing:* Mix finely grated coconut and sugar in a heated frying pan. Add cardamom and black pepper powder and mix thoroughly.
- *Pitha:* take a heavy bottom pan, heat milk. Add salt to the milk. Once milk starts boiling add crushed rice to the boiling milk. Stir it continuously and boil further until you get a thick dough.
- Keep the dough in room temperature and knead it by adding one spoon oil to make it softer. From 8 to 10 balls by rolling them with the help of palms. Flatten

each ball and place the stuffing in it. Close the flattened balls after putting the stuffing and carefully give them a rounded shape again. Steam the stuffed balls for 3-4 minutes in a steamer. Put them on a sizzler plate and serve hot.

**D. Kasha Pani**

A traditional remedy for the healing of viral fever. Made of giloy, bark of kusum tree, adusa, gunchi and water.

*Ingredients:*

- Giloy, bark of kusum tree, adusa, gunchi and water.

*Method:*

- Take 500ml water add all herbs and boil it. When the water become three fourth of original, switch off the flame and allow it to cool. Filter the water. Use the filtered water as medicine. This drink was commonly consumed by the people in earlier days but after covid-19 it became popular. We all know that the stem of Giloy is considered highly effective because of its high nutritional content and the alkaloids, glycosides, steroids, and other compounds found in it, but the root and leaves also can be used. These compounds present in Giloy have effective against various disorders, such as diabetes, cancer, neurological problems, fever, etc.

Table 2  
Nutritive value

Ingredient	Kcal	Protein	Fat	Carbohydrate	Amount
Giloy	292	4.13	3.12	61	100
Gunchi	160	5	6	8	100
Kusum Tree	60	0.5	-	14.3	100
Skin	-	-	-	-	-
Adusa	23	0.8	0.35	5	100
<b>Total</b>	<b>544</b>	<b>10.43</b>	<b>9.47</b>	<b>88.3</b>	<b>400</b>

**3. Analysis and Interpretation**

In view of food culture in border areas of Chhattisgarh, it has been observed that there is an impact of neighboring state on food habits of residents. Most of the foods consumed by Chhattisgarhi and odias are same. it is found that rice is staple food in border areas of Chhattisgarh, influenced by Odisha cuisine. The recipes included in above study are tends to be a time consuming, hence these were out of the kitchen.

**4. Conclusion**

Chhattisgarh state is famous for its uniqueness of cuisine. Most of the recipes are simple and easy to cook. Impact of modernization and urbanization can be seen on cooking techniques and food habits of local Chhattisgarhi. There are several recipes which are healthy and nutritious, but due to poor documentation and less known to common people they are far from the population. It is time to document and promote such healthy recipes that follow sustainable eco system, for the better health of next generation.

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