**Web App Outline: "Ancient Indian Cooking and Recipes"**

**1. Home Page**

* **Title**: *Journey Through Ancient Indian Culinary Traditions*
* **Hero Image**: An artistic representation of a traditional Indian kitchen, complete with clay pots, grinding stones, and firewood stoves.
* **Quick Navigation**: Links to key sections:
  + Cooking Methods
  + Recipes
  + Healthy Eating Practices

**2. Section: Cooking Methods**

**a. Overview**

* Introduction to traditional cooking techniques used in ancient India.
* Highlight the connection between food preparation and its impact on health and sustainability.

**b. Methods**

* **Bhojanapaka**: Cooking on an open flame using wood.
  + Tools: Clay pots, iron griddles, and banana leaves.
* **Pounding and Grinding**:
  + Tools: Stone grinders (chakki), pestle & mortar (sil-batta).
* **Steaming**:
  + Techniques: Using leaves (e.g., banana, turmeric) as a natural wrap.
* **Fermentation**:
  + Examples: Idli, Dosa batter.
* **Slow Cooking**:
  + Emphasis on preserving nutrients and enhancing flavors.
* **Tandoor Cooking**:
  + Clay oven baking for rotis and naans.
* **Sun Drying**:
  + Preservation techniques for spices and lentils.

**Interactive Elements**

* Visuals/animations showing the ancient tools and techniques in action.
* Timeline slider for the evolution of cooking methods.

**3. Section: Recipes**

* Dedicated space for popular ancient Indian recipes.
* Each recipe page includes:
  + Ingredients
  + Step-by-step instructions (with modern equivalents for ease).
  + Historical context about the dish.

**Featured Recipes**

1. **Idli-Sambar**
   * Origin: South India
   * Highlights: Fermentation and steaming techniques.
2. **Khichdi**
   * Origin: Pan-Indian
   * Highlights: One-pot healthy meal.
3. **Puran Poli**
   * Origin: Western India
   * Highlights: Sweet, stuffed flatbread.
4. **Dosa**
   * Origin: South India
   * Highlights: Fermentation for a crisp and nutritious crepe.
5. **Pitha**
   * Origin: Eastern India
   * Highlights: Steamed or fried, sweet or savory dumplings.

**Interactive Features**

* Filter recipes by region, cooking method, or dietary needs.
* Videos showing preparation techniques.

**4. Section: Healthy Eating Practices**

**a. Ayurvedic Principles**

* Importance of balancing the six tastes (*Rasa*): Sweet, sour, salty, bitter, pungent, astringent.
* Seasonal eating (*Ritucharya*): Tailoring diet to the time of year.
* Importance of *Sattvic* food: Pure, fresh, and nutritious food.

**b. Dining Etiquette**

* Eating with hands for sensory connection.
* Sitting cross-legged during meals for better digestion.

**c. Connection Between Food and Health**

* Fermented foods for gut health.
* Spices like turmeric, ginger, and cumin for immunity.
* Minimal processing to retain nutrients.

**5. Section: About Ancient Kitchens**

* Showcase a 3D model or interactive image of a traditional Indian kitchen.
* Highlight key tools (e.g., grinding stones, clay pots) with clickable info.

**6. Additional Features**

* **Blog Section**: Articles on related topics like "The Role of Spices in Ancient India" or "How to Incorporate Ancient Practices Today."
* **Interactive Map**: Explore regional cuisines of ancient India.
* **Quiz/Game**: Test knowledge of ancient Indian cooking methods.

**7. Tech Features**

* **Responsive Design**: Optimized for mobile and desktop users.
* **Search Functionality**: Quickly find recipes or practices.
* **Language Support**: Content in multiple Indian languages to cater to diverse audiences.