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| Social Connect and Responsibility Report-5 | | |
| Department: B.E AIML | | **Course Code:21AIK65** |
| Semester: 6 | **Section: B** | **Group No:** |
| Student Name: Yash Tawde | | **USN: 1NH21AI122** |
| Faculty Mentors: | | |
| Module 5: Food Walk | | |
| Activity Planned:  The activity involves exploring the city's culinary practices, understanding the food lore associated with the region, and identifying indigenous materials used in cooking. Participants will document these aspects through a photoblog or documentary. | | |
| Location of activity execution:  Aarogya Ahaara, HSR Layout | | |
| Date and timings of execution:  June 16, 2024, from 9:00 AM to 12:00 PM | | |
| Summary of Activity:  The food walk was conducted on June 16, 2024, at Aarogya Ahaara, a significant restaurant in HSR Layout known for its adherence to hygienic practices while maintaining traditional culinary culture. The event aimed to immerse participants in the rich culinary heritage of Karnataka by exploring the city's culinary practices, understanding the food lore, and identifying indigenous materials used in cooking.  Participants gathered at Aarogya Ahaara, where they were introduced to the objectives of the food walk. The session began with an overview of Karnataka's culinary practices, highlighting the blend of traditional and modern cooking techniques influencedby the region's cultural heritage and geographic diversity. The session emphasized the significance of food in the cultural and social fabric of Karnataka, and how culinary practices reflect the region's history, traditions, and values.  At Aarogya Ahaara, participants observed traditional cooking methods such as slow cooking, fermentation, and the use of wood-fired ovens. These methods enhance the flavor and nutritional value of the food, preserving the authentic taste of Karnataka. The restaurant's chefs demonstrated these techniques, explaining the importance of each method in creating traditional dishes.  The restaurant is renowned for its traditional Karnataka dishes. Participants had the opportunity to sample and learn about popular dishes like Bisi Bele Bath, Ragi Mudde, Akki Roti, and Mysore Pak. These dishes reflect the cultural diversity and historical influences on the region's cuisine. The chefs provided insights into the ingredients and preparation methods of each dish, highlighting the unique flavors and textures.  The visit provided insights into various culinary techniques used by the chefs at Aarogya Ahaara. Techniques such as spice blending, marination, and the use of clay pots were observed, showcasing the culinary artistry of the region. The chefs demonstrated how these techniques contribute to the unique flavors and textures of Karnataka cuisine.  Food lore encompasses the stories, traditions, and cultural beliefs associated with food. Karnataka's food lore is rich and varied, with each dish carrying its own history and significance. Participants learned about the cultural significance of various dishes, understanding how food plays a central role in festivals, rituals, and everyday life in Karnataka. For example, Ragi Mudde is a staple food that symbolizes health and sustenance, while Mysore Pak is a beloved sweet prepared during festive occasions.  The food walk provided insights into the historical origins of various culinary practices and dishes. Participants discovered how historical events, trade routes, and migrations have influenced Karnataka's cuisine, introducing new ingredients and cooking methods. For instance, the use of jaggery and coconut in sweets is a result of trade with coastal regions. Local chefs and food historians shared fascinating stories and legends associated with traditional dishes. These narratives add depth to the culinary experience, connecting food to Karnataka's heritage and identity. One such legend is about the origin of Bisi Bele Bath, a one-pot meal that was said to have been created in the royal kitchens of Mysore.  Indigenous materials play a crucial role in defining Karnataka's cuisine. The use of locally sourced ingredients ensures the authenticity and sustainability of the culinary practices. Participants observed the use of fresh and dried spices such as black pepper, cardamom, curry leaves, and tamarind, which impart distinctive flavors and aromas to the dishes. The chefs at Aarogya Ahaara demonstrated the process of making traditional spice blends like rasam powder and sambar powder.  The use of native vegetables and fruits was highlighted during the food walk. Ingredients such as drumsticks, jackfruit, brinjal, and regional varieties of greens are commonly used in cooking, reflecting the agricultural diversity of Karnataka. These ingredients are often grown organically and sourced from local farms, ensuring freshness and sustainability.  Traditional cooking utensils made from indigenous materials, such as clay pots, stone grinders, and iron skillets, were observed. These utensils enhance the cooking process, contributing to the unique taste and texture of the dishes. The chefs explained how the use of a traditional iron skillet can add essential minerals to the food.  Aarogya Ahaara is known for its stringent adherence to hygienic practices while maintaining traditional cooking methods. The restaurant follows strict cleanliness and sanitation protocols. The kitchen and dining areas are kept spotless, and all utensils and cooking surfaces are thoroughly cleaned. Chefs and staff members adhere to personal hygiene standards, wearing clean uniforms and using sanitized cooking tools. Safe food handling practices are implemented to ensure the safety and quality of the food served. The restaurant sources its ingredients from trusted suppliers, ensuring that only high-quality, fresh produce is used.  Participants conducted self-study and case studies on the applications of Karnataka's culinary practices. They examined case studies of iconic restaurants in Karnataka, including Aarogya Ahaara, highlighting their contributions to preserving and promoting traditional cuisine. These restaurants serve as cultural landmarks, offering authentic culinary experiences and educating the public about the region's food heritage.  The study of indigenous ingredients revealed their nutritional and medicinal properties. Participants explored how local spices, herbs, and vegetables contribute to a balanced diet and overall well-being. For example, curry leaves are known for their digestive and anti-inflammatory properties, while millet-based dishes provide essential nutrients and are gluten-free.  The integration of traditional culinary practices into modern cooking was analyzed. Participants observed how contemporary chefs are reinventing traditional dishes, incorporating innovative techniques while preserving the essence of the cuisine. For instance, fusion dishes that combine traditional Karnataka flavors with international culinary styles are becoming popular.  The food walk to Aarogya Ahaara was an enriching experience, offering participants a deep understanding of Karnataka's culinary heritage. The exploration of culinary practices, food lore, indigenous materials, and hygienic practices provided valuable insights into the region's food culture. By documenting these practices, the report contributes to the preservation and promotion of Karnataka's culinary traditions.  Participants planned to create a documentary or photoblog to document the food walk, capturing the various culinary techniques, interviews with chefs, and the cultural significance of the dishes. This documentation will serve as an educational tool, promoting awareness and appreciation of Karnataka's rich culinary heritage.  The food walk concluded with a group discussion, where participants shared their experiences, insights, and reflections. The event not only enhanced their knowledge but also inspired them to explore and appreciate the diverse culinary traditions of their region. The participants left with a renewed sense of pride in their cultural heritage and a commitment to preserving and promoting traditional culinary practices.  Overall, the food walk provided a comprehensive and immersive learning experience. It emphasized the importance of food in cultural identity and heritage, highlighting the interconnectedness of culinary practices, history, and community. The activity also fostered a sense of curiosity and exploration, encouraging participants to delve deeper into the culinary traditions of their region and share their knowledge with others.  The participants planned to organize similar food walks and culinary workshops on campus to educate their peers about the rich culinary heritage of Karnataka. By sharing their experiences and insights, they hoped to inspire others to appreciate and preserve traditional culinary practices. The food walk was a memorable and enriching experience for all participants, providing a unique opportunity to connect with their cultural roots and explore the diverse culinary traditions of their region. | | |
| GEO tagged photos: (minimum 6 pics with group and individual) | | |

**Student Signature Faculty Mentor Signature**