Indian Cuisine
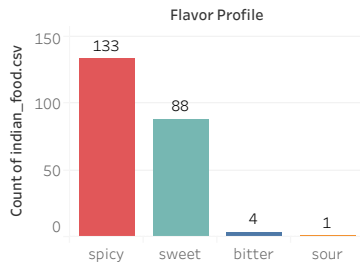
Category of Diet

Diet

|	
non vegetarian	29
vegetarian	226

Regarding the diet, 226 (88.63 %) of the Indian foods are for vegetarians while 29 (11.37 %) are for non vegetarians

## Food ranking by Flavor profile

Flavor Profile

The flavour profile of the indian foods followed this decreasing order; spicy (133) > sweet (88) > bitter (4) > sour (1). This entails that majority of the Indian foods are spicy

## Category of Courses
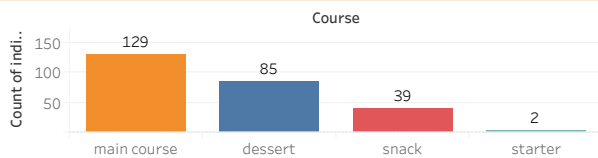
Course

For the course meal, the four main courses which accompany Indian foods are main course, dessert, snack and starter. Based on ranking, the main course (50.59%) was the highest, followed by dessert (33.33%), snack (15.29 %) and starter (2 %). This entails that main course is mostly served along side most indian meal, while the starter is the least served.

## Course by average preparation time
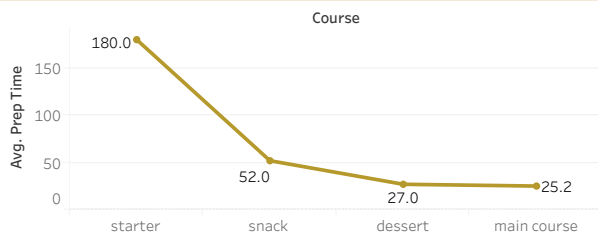
Course

The average preparation time for the courses ranged between 25 mins to 180 minutes (1 hour 20 minutes). The course with the highest average preparation time is starter (180 minutes), followed by snack (52 minutes), desert (27 minutes) and main course (25.2 minutes). The least preparation time for main course may further explain why it is mostly served during meals while the highest preparation time for starter may substantiate the reason it is least served during meals.

Diet by region
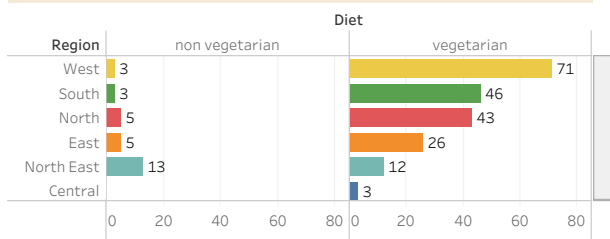
Diet

Based on diet by region, the North East has the highest (13) number of food for non vegetarians while the West and South regions have the least (3) number of food for non vegetarian, respectively. On the other hand, the West and central regions have the highest (71) and least number of food (3) for vegetarians. On the whole, this implies that meals meant for vegetarians, are found mostly in the West, while meals for non vegetarians, can be found in the North East.

Course by Region
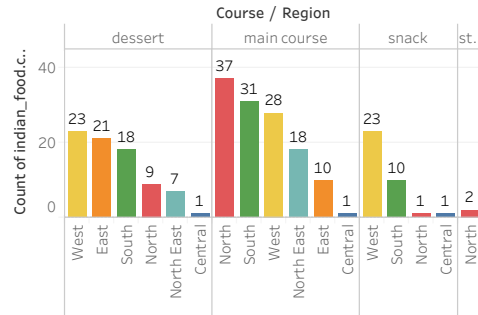
Course / Region

Regarding course by region, the dessert is predominant in the West, the main course is predominant in the North, snack is consumed highly in the West while starter is only consumed in the northern region. This gives insights regarding people's preferences on course based on various regions in the country.

Course by average cooking time

Course

The average cooking time for each course ranges from 29 minutes to 44 minutes. Dessert has the highest cooking time (44 minutes) while snack has the least cooking time (29 minutes).

Flavour profile by Region

Flavor Profile / Region
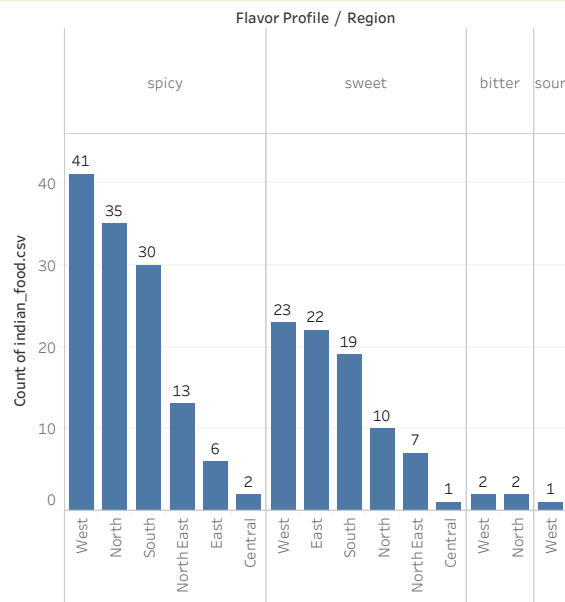
According to the flavour profile by region, spicy flavour is mostly used in the west for cooking, sweet flavour is mostly used in the west as well , the bitter flavour is used in the west and north regions only, while the sour flavour is predominant in the west alone. This entails that the west region has blends of spicy, sweet, bitter and sour flavours in their foods