

HS8.101 Making of Contemporary World

Assignment 1

Q:

Pick up any TWO popular dishes, one in India and one in England. Identify all its ingredients. If the ingredients were not to be found in India/England originally, **how** and **when** did these ingredients reach that country? Who brought them there? In other words, write the story of food that has travelled worldwide.

Word Limit: 800-1000 words

Ans:

Food is essential for living. Today, we eat a variety of dishes, and every dish has its history. Dating back to inception, humans have travelled across the globe in search of various resources, and one person carries his culture, mannerism, art and food. We can study the change in the pattern of eating habits of a society to learn about the impact of other cultures on it, how it is interdependent to other states, and how their ecosystem has changed with time. One such scenario can be studied by taking two different case studies of an Indian dish and a British dish as India and Britain are closely related to each other as India was a British colony for more than 300 years, and there is a tremendous English impact on Indian subcontinent's culture and vice versa. So, we will be discussing the following two dishes:

1. Chhole Bhature
2. Chicken Tikka Masala

CHHOLE BHATURE:

Chhole Bhature is a north Indian dish comprising Chana Masala and Bhature. After originating in the northern part of the Indian subcontinent, It has become a pretty popular dish. Over time, It has become synonymous with north Indian culture, and many variants are served as prasad at temples and gurudwaras. The main ingredients of chhole bhature are chickpeas (channa), maida (refined flour), wheat flour, tomatoes, onions, green chillies, ginger, garlic, salt, turmeric (Haldi), yeast, water, ghee, butter. However, the delicacy of Chana Masala resides in masalas such as cinnamon (dalchini), cardamom (elaichi), black pepper, and asafoetida (heeng).

- India now accounts for 66% of global chickpea produce, but Chickpeas have no Indian origin. The chickpea originated in an area of present-day south-eastern Turkey and adjoining Syria. However, chickpeas then spread to the Mediterranean region around 6000 BC and to India around 3000 BC, along with the Indian Ocean trade.
- Wheat was first produced in the southern Levant in 9600 BCE, with the migration of people towards the Indian subcontinent. Wheat was first cultivated in India in 6500 BCE. The earliest proof of wheat seeds being crushed between simple millstones to make flour dates to 6000 BC. And wheat flour was produced in households using similar apparatuses.
- Maida, also known as refined flour, was first cultivated in India. It is finely milled wheat without any bran, refined and bleached.
- The tomatoes are native to western South America. The tomato arrived in India through Portuguese explorers in the 16th century. It was grown on Indian soil from the 18th century onwards for British officials, and it adapted with time and is now a big part of Indian dishes.
- Onions don't have a specific origin. They have been described as having originated in Iran, the western Indian subcontinent and Chinese by many, and it was brought to India through trade routes.
- Green chillies are American harvest. The Portuguese brought red chillies along with tomatoes in the 16th century.
- Ginger was exported from India, and traders carried it to the Middle East and the Mediterranean region around the 1st century CE. It was primarily grown in the southern part of the country, and it saw a boom during the spice trade.
- Black pepper is another Indian plant grown in south India as back as 2000 BCE, and it also became the most traded spice when trade routes flourished in India.
- Turmeric is an Indian plant known for its medicinal value, and it also has a great value in Ayurveda, Indian medical science.
- Cardamom has its first references in the Ayurvedic literature works of India.^[2]

- Garlic is a Mongolian plant brought to South Asia by the Mongolian invaders when settling in the South Asian region.
 - Asafoetida is another herb brought to India by the Persian invaders around 350-300 BCE after it passed to Iran from the Mediterranean region.
 - Lemons are known to be first grown in Assam in the 18th century.
 - Other milk products, such as butter and ghee, were already produced in abundance in India since its inception.
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CHICKEN TIKKA MASALA:

Chicken tikka masala is one of the most popular dishes in Britain; however, it originated in the Indian subcontinent. It symbolizes the cultural diversities that came to Britain because of colonialism, and it mixed with English culture homogeneously even after being an Indian subcontinent dish. *Thaker, Aruna; Barton, Arlene (2012). Multicultural Handbook of Food, Nutrition and Dietetics. John Wiley & Sons. p. 74* credits its creation to Bangladeshi migrant chefs in the 1960s, after migrating to Britain from what was then East Pakistan (now Bangladesh).

The ingredients of Chicken Tikka Masala served in Britain are a bit different from the Indian one as the dish is also adapted according to people's taste, and Chicken tikka masala is mainly composed of chicken tikka, boneless chicken marinated in spices and yoghurt roasted in an oven, served in a creamy curry spicy sauce. The sauce is the key, usually including tomatoes, cream cheese, coconuts and a masala spice mix. The masala spice mix is prepared using turmeric, paprika, coloured dye, lemon juice, cinnamon, peppers, mint, ginger, garlic, and yoghurt.

- The earliest traces of cream cheese date back to 1583 in England and French Europe around mid 17th century. However, the British started producing large amounts of cream cheese in southwest England in 1754.
 - Coconuts are mainly found in Southern India, Sri Lanka, Malaysia and Indonesia, as the British had a stronghold over Madras presidency. Coconuts came with the colonization era in Britain.
 - Cinnamon was found in Egypt, and a similar spice was found later in China. Cinnamon was a symbol of high respect and was gifted to deities and exchanged between monarchs. However, Cinnamon in Britain came after they captured Ceylon from Dutch in 1796. And India was also a significant producer of cinnamon back then
 - However, by the 18th century, tomatoes were famous in Britain, and before the end of the century, they were household eats. The tomatoes also came to Britain after they ventured towards the American region.
 - Other spices listed in Chhole Bhature were also brought to Britain from trade routes after colonialism in parts of the world.
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Chhole Bhature represents India's dominance in global trade during the medieval period and various invasions on the Indian subcontinent soil because of its avid prosperity. On the other hand, Britain's Chicken Tikka Masala showcases the rapid change in British society after colonialization and the spread of British worldwide.

References:

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