

General Knowledge Project

FOOD HABITS OF UTTARAKHAND

Kafuli



Kafuli is a famous nutritious food of Uttarakhand that all locals swear by. It is basically primarily prepared of Spinach and fenugreek leaves, which even the doctors, prescribe. It is an exotic dish, prepared in an iron kadhai, and complemented by hot steaming rice.

Bhang Ki Chutney



It simply enhances the taste of every other cuisine and its fresh aroma and tangy taste will linger in your mouth long after you have consumed it. It is basically prepared of Hemp Seeds which provides it the characteristic aroma.

Garhwal ka Fannah



This heavenly Uttarakhand food is a staple of Mussoorie and is good enough to satiate both your eyes and stomach. Since it is so divine in its taste and aroma, Garhwal Ka Fannah has become a must food item in the menu card for every occasion that takes place in Uttarakhand.

Phaanu



Phaanu is a dish which is famous mostly in the Garhwal region of Uttarakhand. It is rather complicated to prepare since it is made by mixing lentils of different varieties that are soaked in water overnight. It is a kind of soupy dish, served mostly with rice. The unique flavour of Phaanu will definitely be a treat for your taste buds!

Baadi



Baadi is a famous Uttarakhand food that has mesmerised the locals and tourists since a long time, mainly by its lingering aroma and tangy taste. This dish is as simple as the people of Uttarakhand. It is bequeathed with all the essential nutrients that are hard to find in one dish altogether. It is abundant in Vitamin B12 and Vitamin A among others.

Jhangora Ki Kheer



This is one famous sweet dish of Uttarakhand. Jhangora is basically a type of millet which is the main ingredient of this dessert. Jhangor Ki Kheer has an unforgettable taste and is a must-try after a heavy meal of the Garhwali cuisines. Its rich texture and the goodness of milk will leave you asking for more.

Gulgula



It is a sweet local snack made of jaggery which traces its origin to the Garhwal region. This is a very common dish you will find in the State since it uses extremely basic ingredients that are available in the immediate vicinity of the local people. Gulgula has eventually found its place in the delicious desserts in many parts of Northern India.

Arsa



Arsa is the most famous dessert in the Uttarakhand region. It has come to occupy a permanent place in every household in the State. This sweet dish is high on the taste meter and low on the calorie meter which makes it so hugely popular. No festival or occasion in Uttarakhand is complete without the magnanimous presence of Arsa.

Singori



Singori also called Singodi / Singauri is a widely known sweet dish in Uttarakhand that's made with Khoa, a dairy product of thickened milk which is wrapped in a Maalu leaf. It is a cone-shaped sweet savoury that's available in Almora the Kumaon region of Uttarakhand.

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