

Annotated Podcast Guide

02:37: “I first got interest [...] watching my mom cooking. When I turned 16, I set a goal for myself to learn how to cook properly and started to learn from my mom and grandma also”

This notion of learning from family relates to the concept of nature vs. nurture. As Jani learned from her parents, almost nature-like, she will most likely go on to nurture her kids on how to cook as well, a cycle of family cooking. The idea of nature vs. nurture from a more biological anthropology perspective can be seen in Fuentes’ article, “[The Extended Evolutionary Synthesis, Ethnography, and the Human Niche](#)”.

03:33: “Most probably [...] main ingredients I mostly get from India only [...] veggies I bought from Patel Brothers like that”

[Patel Brothers](#) is the largest Indian supermarket chain in the United States. It sells a variety of South Asian food and utilities, such as sweets, snacks, and cooking equipment. One of its slogans is, “Celebrating our Food and Our Culture”, which is evident through the store’s appearance and customer base. To learn more about Indian grocery stores and their cultural messages, Mankekar’s article ““[India Shopping': Indian Grocery Stores and Transnational Configurations of Belonging](#)” is a great read.

04:05: “[...] I can make South Indian sweets. I’m from Andhra Pradesh”

Andhra Pradesh is one of 28 states in India, located in Southern India. It is home to a majority of the Telugu population in India (alongside Telangana, another Indian state) and is often the

homeplace of many Telugu immigrants. The term Telugu refers to a specific type of Indian that is usually born in this area, and is the language and culture Jani embraces. You can learn more about India's states on the [National Portal of India](#).

04:19: “All the spices and tamarind, [...] specifically in India, those are very good product-wise and quality-wise. That’s why I can choose from India”

Jani getting some of her ingredients from India, and them being great quality-wise, is a clear example of globalization. This phenomenon of globalization in an ever-advancing world can be seen in Watson's chapter, “[McDonald's in Hong Kong: Consumerism, Dietary Change, and the Rise of a Children's Culture](#)”.

04:45: “When I cook these meals, I usually cook by myself, in my own kitchen. But sometimes my family or friends help out when they’re free. And Abhi and Cherri also helping, [not] so much”

The fact that Jani mainly cooks meals in her house, and by herself, is evidence of gender roles in society. Gender roles in society often play an important part in cooking and Indian culture. Chapter five of Ray's “[The Migrants Table: Meals And Memories In](#)” explores Indian gender roles as they relate to food. Just as a reference, Abhi and Cherri are Jani's two children.

05:30: “Cooking for the others make[s] me really happy. Because it started as a passion. Making food for others, uh who [I] can receive their reviews- make[s] me feel positive, and proud also”

The idea of getting positivity from others after cooking meals for them relates to the idea of the gift of reciprocity. Reciprocity means gaining something in return, and in this case, the reciprocity of cooking food is often responded to by positive reviews and comments about her cooking. On a larger scale, this can be especially highlighted by the short ethnographic film [“Ongka’s Big Moka”](#), which follows various gift-giving efforts between Papua New Guinea tribes through pigs and money.

07:17: “If you have an interest to learn about [...] making paneer butter masala, I will tell you the whole procedure”

While this also relates to the idea of nature vs. nurture explained above in her teaching a family recipe, it also goes to show the importance of recipes in terms of cooking and cuisine. Even though Jani doesn’t own a cookbook, cookbooks contain recipes for dishes similar to what Jani details. Appadurai’s [“How to Make a National Cuisine: Cookbooks in Contemporary India”](#) explores how cuisine is more complex than we think, and that cookbooks have played an important part in history for shaping these said cuisines.

07:30: “In paneer butter masala, main ingredients are paneer, butter, onion, tomato, green chilis, cashews, a whole garam masala- like cloves, cardamom, cinnamon sticks, [stuff] like that”

Some of the ingredients that Jani mentions throughout her recipe are not common in American culture. To learn more about common Indian ingredients and some of the terms she uses (and I later), such as “garam masala”, you can read [here](#).

13:16: “As Michael Pollan states, this really was kind of, the perfect meal. But in some ways, it wasn’t”

This is a reference to Pollan’s “[The Omnivore’s Dilemma](#)”, in which he attempts to make his own food via ingredients he forages, hunts, and cooks. In his last chapter, he details his perfect meal: “And in truth, there was much about my personally hunted, gathered, and grown meal that tended more toward the ridiculousness than the sublime” (Pollan 391). While I did not go to the extent Pollan did to cook his perfect meal, I would still consider mine somewhat of a perfect meal. But even though I did cook my meal from scratch, much more lies behind questions such as where my vegetables were grown.

14:30: “If you have any questions, or want to see the final recipe [product] of our paneer butter masala, feel free to reach out at dmalladi35@gmail.com”

For convenience, here is a picture of the paneer butter masala I cooked, alongside the roti:



Works Cited

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