

A CULINARY JOURNEY THROUGH ASSAM: A TASTE OF THE BRAHMAPUTRA VALLEY

ASSAMESE CUISINE, A VIBRANT TAPESTRY OF FLAVORS, REFLECTS THE RICH CULTURAL HERITAGE AND DIVERSE GEOGRAPHY OF ASSAM, A STATE NESTLED IN THE NORTHEASTERN CORNER OF INDIA. INFLUENCED BY ITS NEIGHBORING STATES, YET DISTINCT IN ITS CHARACTER, ASSAMESE FOOD IS A DELIGHTFUL EXPLORATION OF FRESH INGREDIENTS, SUBTLE SPICES, AND UNIQUE COOKING TECHNIQUES. IT'S A CUISINE THAT CELEBRATES THE BOUNTY OF NATURE, FROM THE FERTILE PLAINS WATERED BY THE MIGHTY BRAHMAPUTRA TO THE LUSH HILLSIDES DOTTED WITH TEA GARDENS.

A SYMPHONY OF FLAVORS:

ASSAMESE FOOD IS CHARACTERIZED BY ITS USE OF MINIMAL OIL AND SPICES. THE EMPHASIS IS ON BRINGING OUT THE NATURAL FLAVORS OF THE INGREDIENTS, ALLOWING THEM TO SHINE THROUGH. FISH, A STAPLE IN THE ASSAMESE DIET, IS PREPARED IN COUNTLESS WAYS – STEAMED, FRIED, CURRIED, OR SMOKED. *MAASOR TENGA*, A TANGY FISH CURRY, IS A QUINTESSENTIAL ASSAMESE DISH, ITS SOURNESS DERIVED FROM *TENGA* (A LOCAL SOURING AGENT LIKE TOMATOES, MANGOSTEEN, OR ELEPHANT APPLE). *PITIKA*, MASHED VEGETABLES OR FISH SEASONED WITH MUSTARD OIL, ONIONS, AND CHILIES, IS ANOTHER COMMON AND COMFORTING PREPARATION.

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WHILE FISH REIGNS SUPREME, OTHER MEATS LIKE CHICKEN, DUCK, AND PORK ARE ALSO INTEGRAL TO ASSAMESE CUISINE. *MANGSOT DIA MANGKHO*, A FLAVORFUL PORK DISH COOKED WITH BAMBOO SHOOTS, IS A DELICACY. *HAHOR MANGKHO*, DUCK MEAT COOKED WITH ASH GOURD, IS ANOTHER UNIQUE PREPARATION. VEGETARIAN DISHES ARE EQUALLY IMPORTANT, SHOWCASING THE ABUNDANCE OF FRESH VEGETABLES AND HERBS. *XAAK*, LEAFY GREENS COOKED WITH VARIOUS INGREDIENTS, ARE A STAPLE. *BORA*, A TYPE OF RICE CAKE, AND *PITHA*, TRADITIONAL RICE FLOUR CAKES, ARE POPULAR SNACKS AND DESSERTS.

THE MAGIC OF KHAR:

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FAMILY AND FRIENDS, SHARING STORIES AND LAUGHTER OVER A DELICIOUS MEAL FROM THE HUMBLE PITIKA TO THE ELABORATE THALI, ASSAMESE FOOD OFFERS A CULINARY JOURNEY THAT IS BOTH SATISFYING AND ENRICHING.

EXPLORING FURTHER:

TO TRULY EXPERIENCE ASSAMESE CUISINE, ONE MUST VENTURE BEYOND THE POPULAR RESTAURANTS AND EXPLORE THE LOCAL MARKETS AND HOMES. ENGAGE WITH THE PEOPLE, LEARN ABOUT THEIR CULINARY TRADITIONS, AND SAVOR THE AUTHENTIC FLAVORS OF ASSAM. IT'S AN EXPERIENCE THAT WILL TANTALIZE YOUR TASTE BUDS AND LEAVE YOU WITH A DEEPER APPRECIATION FOR THIS VIBRANT AND UNIQUE CULINARY HERITAGE.







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ASSAMESE FOOD IS MORE THAN JUST SUSTENANCE; IT'S A REFLECTION OF THE STATE'S CULTURE AND TRADITIONS. IT'S A CUISINE THAT IS BEST ENJOYED IN THE COMPANY OF FAMILY AND FRIENDS, SHARING STORIES AND LAUGHTER OVER A DELICIOUS MEAL. FROM THE HUMBLE *PITIKA* TO THE ELABORATE *THALI*, ASSAMESE FOOD OFFERS A CULINARY JOURNEY THAT IS BOTH SATISFYING AND ENRICHING.

EXPLORING FURTHER:

TO TRULY EXPERIENCE ASSAMESE CUISINE, ONE MUST VENTURE BEYOND THE POPULAR RESTAURANTS AND EXPLORE THE LOCAL MARKETS AND HOMES. ENGAGE WITH THE PEOPLE, LEARN ABOUT THEIR CULINARY TRADITIONS, AND SAVOR THE AUTHENTIC FLAVORS OF ASSAM. IT'S AN EXPERIENCE THAT WILL TANTALIZE YOUR TASTE BUDS AND LEAVE YOU WITH A DEEPER APPRECIATION FOR THIS VIBRANT AND UNIQUE CULINARY HERITAGE.





ASSAMESE VILLAGE FOOD @ON_MY_PLATEEE





A CULINARY JOURNEY THROUGH ASSAM: A TASTE OF THE BRAHMAPUTRA VALLEY

ASSAMESE CUISINE, A VIBRANT TAPESTRY OF FLAVORS, REFLECTS THE RICH CULTURAL HERITAGE AND DIVERSE GEOGRAPHY OF ASSAM, A STATE NESTLED IN THE NORTHEASTERN CORNER OF INDIA. INFLUENCED BY ITS NEIGHBORING STATES, YET DISTINCT IN ITS CHARACTER, ASSAMESE FOOD IS A DELIGHTFUL EXPLORATION OF FRESH INGREDIENTS, SUBTLE SPICES, AND UNIQUE COOKING TECHNIQUES. IT'S A CUISINE THAT CELEBRATES THE BOUNTY OF NATURE, FROM THE FERTILE PLAINS WATERED BY THE MIGHTY BRAHMAPUTRA TO THE LUSH HILLSIDES DOTTED WITH TEA GARDENS.

A SYMPHONY OF FLAVORS:

ASSAMESE FOOD IS CHARACTERIZED BY ITS USE OF MINIMAL OIL AND SPICES. THE EMPHASIS IS ON BRINGING OUT THE NATURAL FLAVORS OF THE INGREDIENTS, ALLOWING THEM TO SHINE THROUGH. FISH, A STAPLE IN THE ASSAMESE DIET, IS PREPARED IN COUNTLESS WAYS – STEAMED, FRIED, CURRIED, OR SMOKED. *MAASOR TENGA*, A TANGY FISH CURRY, IS A QUINTESSENTIAL ASSAMESE DISH, ITS SOURNESS DERIVED FROM *TENGA* (A LOCAL SOURING AGENT LIKE TOMATOES, MANGOSTEEN, OR ELEPHANT

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Tenga (a local souring agent like tomatoes, mangosteen, or elephant apple). *Pitika*, mashed vegetables or fish seasoned with mustard oil, onions, and chilies, is another common and comforting preparation.

BEYOND FISH:

While fish reigns supreme, other meats like chicken, duck, and pork are also integral to Assamese cuisine. *Mangsot dia Mangkho*, a flavorful pork dish cooked with bamboo shoots, is a delicacy. *Hahor Mangkho*, duck meat cooked with ash gourd, is another unique preparation. Vegetarian dishes are equally important, showcasing the abundance of fresh vegetables and herbs. *Xaak*, leafy greens cooked with various ingredients, are a staple. *Bora*, a type of rice cake, and *Pitha*, traditional rice flour cakes, are popular snacks and desserts.

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Khar, a unique alkaline preparation made from banana peels or other plant parts, is a distinctive element of Assamese cuisine. It lends a unique flavor and is believed to have digestive properties. *Khar* is used in various dishes, adding a subtle bitterness that balances the other flavors.

A CULINARY CALENDAR:

Assamese cuisine is deeply connected to the agricultural cycle and seasonal availability of ingredients. During the *Bihu* festivals, special dishes are prepared, reflecting the festive spirit. *Til Pitha* and *Ghila Pitha*, made with rice flour and sesame seeds, are quintessential *Bihu* delicacies.

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EXPLORING FURTHER:

To truly experience Assamese cuisine, one must venture beyond the popular restaurants and explore the local markets and homes. Engage with the people, learn about their culinary traditions, and savor the authentic flavors of Assam. It's an experience that will tantalize your taste buds and leave you with a deeper appreciation for this vibrant and unique culinary heritage.





ASSAMESE VILLAGE FOOD @ON_MY_PLATEEE





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ASSAMESE VILLAGE FOOD @ON_MY_PLATEEE





A CULINARY JOURNEY THROUGH ASSAM: A TASTE OF THE BRAHMAPUTRA VALLEY

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ASSAMESE FOOD IS CHARACTERIZED BY ITS USE OF MINIMAL OIL AND SPICES. THE EMPHASIS IS ON BRINGING OUT THE NATURAL FLAVORS OF THE INGREDIENTS, ALLOWING THEM TO SHINE THROUGH. FISH, A STAPLE IN THE ASSAMESE DIET, IS PREPARED IN COUNTLESS WAYS – STEAMED, FRIED, CURRIED, OR SMOKED. *MAASOR TENGA*, A TANGY FISH CURRY, IS A QUINTESSENTIAL ASSAMESE DISH, ITS SOURNESS DERIVED FROM *TENGA* (A LOCAL SOURING AGENT LIKE TOMATOES, MANGOSTEEN, OR ELEPHANT

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ASSAMESE VILLAGE FOOD @ON_MY_PLATEEE





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ASSAMESE VILLAGE FOOD @ON_MY_PLATEEE





A CULINARY JOURNEY THROUGH ASSAM: A TASTE OF THE BRAHMAPUTRA VALLEY

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Tenga (a local souring agent like tomatoes, mangosteen, or elephant apple). *Pitika*, mashed vegetables or fish seasoned with mustard oil, onions, and chilies, is another common and comforting preparation.

BEYOND FISH:

While fish reigns supreme, other meats like chicken, duck, and pork are also integral to Assamese cuisine. *Mangsot dia Mangkho*, a flavorful pork dish cooked with bamboo shoots, is a delicacy. *Hahor Mangkho*, duck meat cooked with ash gourd, is another unique preparation. Vegetarian dishes are equally important, showcasing the abundance of fresh vegetables and herbs. *Xaak*, leafy greens cooked with various ingredients, are a staple. *Bora*, a type of rice cake, and *Pitha*, traditional rice flour cakes, are popular snacks and desserts.

THE MAGIC OF KHAR:

Khar, a unique alkaline preparation made from banana peels or other plant parts, is a distinctive element of Assamese cuisine. It lends a unique flavor and is believed to have digestive properties. *Khar* is used in various dishes, adding a subtle bitterness that balances the other flavors.

A CULINARY CALENDAR:

Assamese cuisine is deeply connected to the agricultural cycle and seasonal availability of ingredients. During the *Bihu* festivals, special dishes are prepared, reflecting the festive spirit. *Til Pitha* and *Ghila Pitha*, made with rice flour and sesame seeds, are quintessential *Bihu* delicacies.

A TASTE OF TRADITION:

Assamese food is more than just sustenance; it's a reflection of the state's culture and traditions. It's a cuisine that is best enjoyed in the company of family and friends, sharing stories and laughter over a delicious meal. From the humble *Pitika* to the elaborate *Thali*, Assamese food offers a culinary journey that is both satisfying and enriching.

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To truly experience Assamese cuisine, one must venture beyond the popular restaurants and explore the local markets and homes. Engage with the people, learn about their culinary traditions, and savor the authentic flavors of Assam. It's an experience that will tantalize your taste buds and leave you with a deeper appreciation for this vibrant and unique culinary heritage.





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ASSAMESE VILLAGE FOOD @ON_MY_PLATEEE





A CULINARY JOURNEY THROUGH ASSAM: A TASTE OF THE BRAHMAPUTRA VALLEY

ASSAMESE CUISINE, A VIBRANT TAPESTRY OF FLAVORS, REFLECTS THE RICH CULTURAL HERITAGE AND DIVERSE GEOGRAPHY OF ASSAM, A STATE NESTLED IN THE NORTHEASTERN CORNER OF INDIA. INFLUENCED BY ITS NEIGHBORING STATES, YET DISTINCT IN ITS CHARACTER, ASSAMESE FOOD IS A DELIGHTFUL EXPLORATION OF FRESH INGREDIENTS, SUBTLE SPICES, AND UNIQUE COOKING TECHNIQUES. IT'S A CUISINE THAT CELEBRATES THE BOUNTY OF NATURE, FROM THE FERTILE PLAINS WATERED BY THE MIGHTY BRAHMAPUTRA TO THE LUSH HILLSIDES DOTTED WITH TEA GARDENS.

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THE MAGIC OF KHAR:

KHAR, A UNIQUE ALKALINE PREPARATION MADE FROM BANANA PEELS OR OTHER PLANT PARTS, IS A DISTINCTIVE ELEMENT OF ASSAMESE CUISINE. IT LENDS A UNIQUE FLAVOR AND IS BELIEVED TO HAVE DIGESTIVE PROPERTIES. *KHAR* IS USED IN VARIOUS DISHES, ADDING A SUBTLE BITTERNESS THAT BALANCES THE OTHER FLAVORS.

A CULINARY CALENDAR:

ASSAMESE CUISINE IS DEEPLY CONNECTED TO THE AGRICULTURAL CYCLE AND SEASONAL AVAILABILITY OF INGREDIENTS. DURING THE *BIHU* FESTIVALS, SPECIAL DISHES ARE PREPARED, REFLECTING THE FESTIVE SPIRIT. *TIL PITHA* AND *GHILA PITHA*, MADE WITH RICE FLOUR AND SESAME SEEDS, ARE QUINTESSENTIAL *BIHU* DELICACIES.

A TASTE OF TRADITION:

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EXPLORING FURTHER:

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ASSAMESE VILLAGE FOOD @ON_MY_PLATEEE





A CULINARY JOURNEY THROUGH ASSAM: A TASTE OF THE BRAHMAPUTRA VALLEY

ASSAMESE CUISINE, A VIBRANT TAPESTRY OF FLAVORS, REFLECTS THE RICH CULTURAL HERITAGE AND DIVERSE GEOGRAPHY OF ASSAM, A STATE NESTLED IN THE NORTHEASTERN CORNER OF INDIA. INFLUENCED BY ITS NEIGHBORING STATES, YET DISTINCT IN ITS CHARACTER, ASSAMESE FOOD IS A DELIGHTFUL EXPLORATION OF FRESH INGREDIENTS, SUBTLE SPICES, AND UNIQUE COOKING TECHNIQUES. IT'S A CUISINE THAT CELEBRATES THE BOUNTY OF NATURE, FROM THE FERTILE PLAINS WATERED BY THE MIGHTY BRAHMAPUTRA TO THE LUSH HILLSIDES DOTTED WITH TEA GARDENS.

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ASSAMESE FOOD IS CHARACTERIZED BY ITS USE OF MINIMAL OIL AND SPICES. THE EMPHASIS IS ON BRINGING OUT THE NATURAL FLAVORS OF THE INGREDIENTS, ALLOWING THEM TO SHINE THROUGH. FISH, A STAPLE IN THE ASSAMESE DIET, IS PREPARED IN COUNTLESS WAYS – STEAMED, FRIED, CURRIED, OR SMOKED. *MAASOR TENGA*, A TANGY FISH CURRY, IS A QUINTESSENTIAL ASSAMESE DISH, ITS SOURNESS DERIVED FROM *TENGA* (A LOCAL SOURING AGENT LIKE TOMATOES, MANGOSTEEN, OR ELEPHANT

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Tenga (a local souring agent like tomatoes, mangosteen, or elephant apple). *Pitika*, mashed vegetables or fish seasoned with mustard oil, onions, and chilies, is another common and comforting preparation.

BEYOND FISH:

While fish reigns supreme, other meats like chicken, duck, and pork are also integral to Assamese cuisine. *Mangsot dia Mangkho*, a flavorful pork dish cooked with bamboo shoots, is a delicacy. *Hahor Mangkho*, duck meat cooked with ash gourd, is another unique preparation. Vegetarian dishes are equally important, showcasing the abundance of fresh vegetables and herbs. *Xaak*, leafy greens cooked with various ingredients, are a staple. *Bora*, a type of rice cake, and *Pitha*, traditional rice flour cakes, are popular snacks and desserts.

THE MAGIC OF KHAR:

Khar, a unique alkaline preparation made from banana peels or other plant parts, is a distinctive element of Assamese cuisine. It lends a unique flavor and is believed to have digestive properties. *Khar* is used in various dishes, adding a subtle bitterness that balances the other flavors.

A CULINARY CALENDAR:

Assamese cuisine is deeply connected to the agricultural cycle and seasonal availability of ingredients. During the *Bihu* festivals, special dishes are prepared, reflecting the festive spirit. *Til Pitha* and *Ghila Pitha*, made with rice flour and sesame seeds, are quintessential *Bihu* delicacies.

A TASTE OF TRADITION:

Assamese food is more than just sustenance; it's a reflection of the state's culture and traditions. It's a cuisine that is best enjoyed in the company of family and friends, sharing stories and laughter over a delicious meal. From the humble *Pitika* to the elaborate *Thali*, Assamese food offers a culinary journey that is both satisfying and enriching.

EXPLORING FURTHER:

To truly experience Assamese cuisine, one must venture beyond the popular restaurants and explore the local markets and homes. Engage with the people, learn about their culinary traditions, and savor the authentic flavors of Assam. It's an experience that will tantalize your taste buds and leave you with a deeper appreciation for this vibrant and unique culinary heritage.





ASSAMESE VILLAGE FOOD @ON_MY_PLATEEE





A CULINARY JOURNEY THROUGH ASSAM: A TASTE OF THE BRAHMAPUTRA VALLEY

ASSAMESE CUISINE, A VIBRANT TAPESTRY OF FLAVORS, REFLECTS THE RICH CULTURAL HERITAGE AND DIVERSE GEOGRAPHY OF ASSAM, A STATE NESTLED IN THE NORTHEASTERN CORNER OF INDIA. INFLUENCED BY ITS NEIGHBORING STATES, YET DISTINCT IN ITS CHARACTER, ASSAMESE FOOD IS A DELIGHTFUL EXPLORATION OF FRESH INGREDIENTS, SUBTLE SPICES, AND UNIQUE COOKING TECHNIQUES. IT'S A CUISINE THAT CELEBRATES THE BOUNTY OF NATURE, FROM THE FERTILE PLAINS WATERED BY THE MIGHTY BRAHMAPUTRA TO THE LUSH HILLSIDES DOTTED WITH TEA GARDENS.

A SYMPHONY OF FLAVORS:

ASSAMESE FOOD IS CHARACTERIZED BY ITS USE OF MINIMAL OIL AND SPICES. THE EMPHASIS IS ON BRINGING OUT THE NATURAL FLAVORS OF THE INGREDIENTS, ALLOWING THEM TO SHINE THROUGH. FISH, A STAPLE IN THE ASSAMESE DIET, IS PREPARED IN COUNTLESS WAYS – STEAMED, FRIED, CURRIED, OR SMOKED. *MAASOR TENGA*, A TANGY FISH CURRY, IS A QUINTESSENTIAL ASSAMESE DISH, ITS SOURNESS DERIVED FROM

Tenga (a local souring agent like tomatoes, mangosteen, or elephant apple). *Pitika*, mashed vegetables or fish seasoned with mustard oil, onions, and chilies, is another common and comforting preparation.

BEYOND FISH:

While fish reigns supreme, other meats like chicken, duck, and pork are also integral to Assamese cuisine. *Mangsot dia Mangkho*, a flavorful pork dish cooked with bamboo shoots, is a delicacy. *Hahor Mangkho*, duck meat cooked with ash gourd, is another unique preparation. Vegetarian dishes are equally important, showcasing the abundance of fresh vegetables and herbs. *Xaak*, leafy greens cooked with various ingredients, are a staple. *Bora*, a type of rice cake, and *Pitha*, traditional rice flour cakes, are popular snacks and desserts.

THE MAGIC OF KHAR:

Khar, a unique alkaline preparation made from banana peels or other plant parts, is a distinctive element of Assamese cuisine. It lends a unique flavor and is believed to have digestive properties. *Khar* is used in various dishes, adding a subtle bitterness that balances the other flavors.

A CULINARY CALENDAR:

Assamese cuisine is deeply connected to the agricultural cycle and seasonal availability of ingredients. During the *Bihu* festivals, special dishes are prepared, reflecting the festive spirit. *Til Pitha* and *Ghila Pitha*, made with rice flour and sesame seeds, are quintessential *Bihu* delicacies.

A TASTE OF TRADITION:

Assamese food is more than just sustenance; it's a reflection of the state's culture and traditions. It's a cuisine that is best enjoyed in the company of family and friends, sharing stories and laughter over a delicious meal. From the humble *Pitika* to the elaborate *Thali*, Assamese food offers a culinary journey that is both satisfying and enriching.

EXPLORING FURTHER:

To truly experience Assamese cuisine, one must venture beyond the popular restaurants and explore the local markets and homes. Engage with the people, learn about their culinary traditions, and savor the authentic flavors of Assam. It's an experience that will tantalize your taste buds and leave you with a deeper appreciation for this vibrant and unique culinary heritage.





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ASSAMESE VILLAGE FOOD @ON_MY_PLATEEE





A CULINARY JOURNEY THROUGH ASSAM: A TASTE OF THE BRAHMAPUTRA VALLEY

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ASSAMESE CUISINE, A VIBRANT TAPESTRY OF FLAVORS, REFLECTS THE RICH CULTURAL HERITAGE AND DIVERSE GEOGRAPHY OF ASSAM, A STATE NESTLED IN THE NORTHEASTERN CORNER OF INDIA. INFLUENCED BY ITS NEIGHBORING STATES, YET DISTINCT IN ITS CHARACTER, ASSAMESE FOOD IS A DELIGHTFUL EXPLORATION OF FRESH INGREDIENTS, SUBTLE SPICES, AND UNIQUE COOKING TECHNIQUES. IT'S A CUISINE THAT CELEBRATES THE BOUNTY OF NATURE, FROM THE FERTILE PLAINS WATERED BY THE MIGHTY BRAHMAPUTRA TO THE LUSH HILLSIDES DOTTED WITH TEA GARDENS.

A SYMPHONY OF FLAVORS:

ASSAMESE FOOD IS CHARACTERIZED BY ITS USE OF MINIMAL OIL AND SPICES. THE EMPHASIS IS ON BRINGING OUT THE NATURAL FLAVORS OF THE INGREDIENTS, ALLOWING THEM TO SHINE THROUGH. FISH, A STAPLE IN THE ASSAMESE DIET, IS PREPARED IN COUNTLESS WAYS – STEAMED, FRIED, CURRIED, OR SMOKED. *MAASOR TENGA*, A TANGY FISH CURRY, IS A QUINTESSENTIAL ASSAMESE DISH, ITS SOURNESS DERIVED FROM *TENGA* (A LOCAL SOURING AGENT LIKE TOMATOES, MANGOSTEEN, OR ELEPHANT

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THE MAGIC OF KHAR:

KHAR, A UNIQUE ALKALINE PREPARATION MADE FROM BANANA PEELS OR OTHER PLANT PARTS, IS A DISTINCTIVE ELEMENT OF ASSAMESE CUISINE. IT LENDS A UNIQUE FLAVOR AND IS BELIEVED TO HAVE DIGESTIVE PROPERTIES. *KHAR* IS USED IN VARIOUS DISHES, ADDING A SUBTLE BITTERNESS THAT BALANCES THE OTHER FLAVORS.

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EXPLORING FURTHER:

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Tenga (a local souring agent like tomatoes, mangosteen, or elephant apple). *Pitika*, mashed vegetables or fish seasoned with mustard oil, onions, and chilies, is another common and comforting preparation.

BEYOND FISH:

While fish reigns supreme, other meats like chicken, duck, and pork are also integral to Assamese cuisine. *Mangsot dia Mangkho*, a flavorful pork dish cooked with bamboo shoots, is a delicacy. *Hahor Mangkho*, duck meat cooked with ash gourd, is another unique preparation. Vegetarian dishes are equally important, showcasing the abundance of fresh vegetables and herbs. *Xaak*, leafy greens cooked with various ingredients, are a staple. *Bora*, a type of rice cake, and *Pitha*, traditional rice flour cakes, are popular snacks and desserts.

THE MAGIC OF KHAR:

Khar, a unique alkaline preparation made from banana peels or other plant parts, is a distinctive element of Assamese cuisine. It lends a unique flavor and is believed to have digestive properties. *Khar* is used in various dishes, adding a subtle bitterness that balances the other flavors.

A CULINARY CALENDAR:

Assamese cuisine is deeply connected to the agricultural cycle and seasonal availability of ingredients. During the *Bihu* festivals, special dishes are prepared, reflecting the festive spirit. *Til Pitha* and *Ghila Pitha*, made with rice flour and sesame seeds, are quintessential *Bihu* delicacies.

A TASTE OF TRADITION:

Assamese food is more than just sustenance; it's a reflection of the state's culture and traditions. It's a cuisine that is best enjoyed in the company of family and friends, sharing stories and laughter over a delicious meal. From the humble *Pitika* to the elaborate *Thali*, Assamese food offers a culinary journey that is both satisfying and enriching.

EXPLORING FURTHER:

To truly experience Assamese cuisine, one must venture beyond the popular restaurants and explore the local markets and homes. Engage with the people, learn about their culinary traditions, and savor the authentic flavors of Assam. It's an experience that will tantalize your taste buds and leave you with a deeper appreciation for this vibrant and unique culinary heritage.



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ASSAMESE CUISINE, A VIBRANT TAPESTRY OF FLAVORS, REFLECTS THE RICH CULTURAL HERITAGE AND DIVERSE GEOGRAPHY OF ASSAM, A STATE NESTLED IN THE NORTHEASTERN CORNER OF INDIA. INFLUENCED BY ITS NEIGHBORING STATES, YET DISTINCT IN ITS CHARACTER, ASSAMESE FOOD IS A DELIGHTFUL EXPLORATION OF FRESH INGREDIENTS, SUBTLE SPICES, AND UNIQUE COOKING TECHNIQUES. IT'S A CUISINE THAT CELEBRATES THE BOUNTY OF NATURE, FROM THE FERTILE PLAINS WATERED BY THE MIGHTY BRAHMAPUTRA TO THE LUSH HILLSIDES DOTTED WITH TEA GARDENS.

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THE MAGIC OF KHAR:

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A CULINARY CALENDAR:

ASSAMESE CUISINE IS DEEPLY CONNECTED TO THE AGRICULTURAL CYCLE AND SEASONAL AVAILABILITY OF INGREDIENTS. DURING THE *BIHU* FESTIVALS, SPECIAL DISHES ARE PREPARED, REFLECTING THE FESTIVE SPIRIT. *TIL PITHA* AND *GHILA PITHA*, MADE WITH RICE FLOUR AND SESAME SEEDS, ARE QUINTESSENTIAL *BIHU* DELICACIES.

A TASTE OF TRADITION:

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EXPLORING FURTHER:

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ASSAMESE VILLAGE FOOD @ON_MY_PLATEEE





A CULINARY JOURNEY THROUGH ASSAM: A TASTE OF THE BRAHMAPUTRA VALLEY

ASSAMESE CUISINE, A VIBRANT TAPESTRY OF FLAVORS, REFLECTS THE RICH CULTURAL HERITAGE AND DIVERSE GEOGRAPHY OF ASSAM, A STATE NESTLED IN THE NORTHEASTERN CORNER OF INDIA. INFLUENCED BY ITS NEIGHBORING STATES, YET DISTINCT IN ITS CHARACTER, ASSAMESE FOOD IS A DELIGHTFUL EXPLORATION OF FRESH INGREDIENTS, SUBTLE SPICES, AND UNIQUE COOKING TECHNIQUES. IT'S A CUISINE THAT CELEBRATES THE BOUNTY OF NATURE, FROM THE FERTILE PLAINS WATERED BY THE MIGHTY BRAHMAPUTRA TO THE LUSH HILLSIDES DOTTED WITH TEA GARDENS.

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Tenga (a local souring agent like tomatoes, mangosteen, or elephant apple). *Pitika*, mashed vegetables or fish seasoned with mustard oil, onions, and chilies, is another common and comforting preparation.

BEYOND FISH:

While fish reigns supreme, other meats like chicken, duck, and pork are also integral to Assamese cuisine. *Mangsot dia Mangkho*, a flavorful pork dish cooked with bamboo shoots, is a delicacy. *Hahor Mangkho*, duck meat cooked with ash gourd, is another unique preparation. Vegetarian dishes are equally important, showcasing the abundance of fresh vegetables and herbs. *Xaak*, leafy greens cooked with various ingredients, are a staple. *Bora*, a type of rice cake, and *Pitha*, traditional rice flour cakes, are popular snacks and desserts.

THE MAGIC OF KHAR:

Khar, a unique alkaline preparation made from banana peels or other plant parts, is a distinctive element of Assamese cuisine. It lends a unique flavor and is believed to have digestive properties. *Khar* is used in various dishes, adding a subtle bitterness that balances the other flavors.

A CULINARY CALENDAR:

Assamese cuisine is deeply connected to the agricultural cycle and seasonal availability of ingredients. During the *Bihu* festivals, special dishes are prepared, reflecting the festive spirit. *Til Pitha* and *Ghila Pitha*, made with rice flour and sesame seeds, are quintessential *Bihu* delicacies.

A TASTE OF TRADITION:

Assamese food is more than just sustenance; it's a reflection of the state's culture and traditions. It's a cuisine that is best enjoyed in the company of family and friends, sharing stories and laughter over a delicious meal. From the humble *Pitika* to the elaborate *Thali*, Assamese food offers a culinary journey that is both satisfying and enriching.

EXPLORING FURTHER:

To truly experience Assamese cuisine, one must venture beyond the popular restaurants and explore the local markets and homes. Engage with the people, learn about their culinary traditions, and savor the authentic flavors of Assam. It's an experience that will tantalize your taste buds and leave you with a deeper appreciation for this vibrant and unique culinary heritage.





ASSAMESE VILLAGE FOOD @ON_MY_PLATEEE





A CULINARY JOURNEY THROUGH ASSAM: A TASTE OF THE BRAHMAPUTRA VALLEY

ASSAMESE CUISINE, A VIBRANT TAPESTRY OF FLAVORS, REFLECTS THE RICH CULTURAL HERITAGE AND DIVERSE GEOGRAPHY OF ASSAM, A STATE NESTLED IN THE NORTHEASTERN CORNER OF INDIA. INFLUENCED BY ITS NEIGHBORING STATES, YET DISTINCT IN ITS CHARACTER, ASSAMESE FOOD IS A DELIGHTFUL EXPLORATION OF FRESH INGREDIENTS, SUBTLE SPICES, AND UNIQUE COOKING TECHNIQUES. IT'S A CUISINE THAT CELEBRATES THE BOUNTY OF NATURE, FROM THE FERTILE PLAINS WATERED BY THE MIGHTY BRAHMAPUTRA TO THE LUSH HILLSIDES DOTTED WITH TEA GARDENS.

A SYMPHONY OF FLAVORS:

ASSAMESE FOOD IS CHARACTERIZED BY ITS USE OF MINIMAL OIL AND SPICES. THE EMPHASIS IS ON BRINGING OUT THE NATURAL FLAVORS OF THE INGREDIENTS, ALLOWING THEM TO SHINE THROUGH. FISH, A STAPLE IN THE ASSAMESE DIET, IS PREPARED IN COUNTLESS WAYS – STEAMED, FRIED, CURRIED, OR SMOKED. *MAASOR TENGA*, A TANGY FISH CURRY, IS A QUINTESSENTIAL ASSAMESE DISH, ITS SOURNESS DERIVED FROM

Tenga (a local souring agent like tomatoes, mangosteen, or elephant apple). *Pitika*, mashed vegetables or fish seasoned with mustard oil, onions, and chilies, is another common and comforting preparation.

BEYOND FISH:

While fish reigns supreme, other meats like chicken, duck, and pork are also integral to Assamese cuisine. *Mangsot dia Mangkho*, a flavorful pork dish cooked with bamboo shoots, is a delicacy. *Hahor Mangkho*, duck meat cooked with ash gourd, is another unique preparation. Vegetarian dishes are equally important, showcasing the abundance of fresh vegetables and herbs. *Xaak*, leafy greens cooked with various ingredients, are a staple. *Bora*, a type of rice cake, and *Pitha*, traditional rice flour cakes, are popular snacks and desserts.

THE MAGIC OF KHAR:

Khar, a unique alkaline preparation made from banana peels or other plant parts, is a distinctive element of Assamese cuisine. It lends a unique flavor and is believed to have digestive properties. *Khar* is used in various dishes, adding a subtle bitterness that balances the other flavors.

A CULINARY CALENDAR:

Assamese cuisine is deeply connected to the agricultural cycle and seasonal availability of ingredients. During the *Bihu* festivals, special dishes are prepared, reflecting the festive spirit. *Til Pitha* and *Ghila Pitha*, made with rice flour and sesame seeds, are quintessential *Bihu* delicacies.

A TASTE OF TRADITION:

Assamese food is more than just sustenance; it's a reflection of the state's culture and traditions. It's a cuisine that is best enjoyed in the company of family and friends, sharing stories and laughter over a delicious meal. From the humble *Pitika* to the elaborate *Thali*, Assamese food offers a culinary journey that is both satisfying and enriching.

EXPLORING FURTHER:

To truly experience Assamese cuisine, one must venture beyond the popular restaurants and explore the local markets and homes. Engage with the people, learn about their culinary traditions, and savor the authentic flavors of Assam. It's an experience that will tantalize your taste buds and leave you with a deeper appreciation for this vibrant and unique culinary heritage.





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ASSAMESE VILLAGE FOOD @ON_MY_PLATEEE





A CULINARY JOURNEY THROUGH ASSAM: A TASTE OF THE BRAHMAPUTRA VALLEY

ASSAMESE CUISINE, A VIBRANT TAPESTRY OF FLAVORS, REFLECTS THE RICH CULTURAL HERITAGE AND DIVERSE GEOGRAPHY OF ASSAM, A STATE NESTLED IN THE NORTHEASTERN CORNER OF INDIA. INFLUENCED BY ITS NEIGHBORING STATES, YET DISTINCT IN ITS CHARACTER, ASSAMESE FOOD IS A DELIGHTFUL EXPLORATION OF FRESH INGREDIENTS, SUBTLE SPICES, AND UNIQUE COOKING TECHNIQUES. IT'S A CUISINE THAT CELEBRATES THE BOUNTY OF NATURE, FROM THE FERTILE PLAINS WATERED BY THE MIGHTY BRAHMAPUTRA TO THE LUSH HILLSIDES DOTTED WITH TEA GARDENS.

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ASSAMESE CUISINE, A VIBRANT TAPESTRY OF FLAVORS, REFLECTS THE RICH CULTURAL HERITAGE AND DIVERSE GEOGRAPHY OF ASSAM, A STATE NESTLED IN THE NORTHEASTERN CORNER OF INDIA. INFLUENCED BY ITS NEIGHBORING STATES, YET DISTINCT IN ITS CHARACTER, ASSAMESE FOOD IS A DELIGHTFUL EXPLORATION OF FRESH INGREDIENTS, SUBTLE SPICES, AND UNIQUE COOKING TECHNIQUES. IT'S A CUISINE THAT CELEBRATES THE BOUNTY OF NATURE, FROM THE FERTILE PLAINS WATERED BY THE MIGHTY BRAHMAPUTRA TO THE LUSH HILLSIDES DOTTED WITH TEA GARDENS.

A SYMPHONY OF FLAVORS:

ASSAMESE FOOD IS CHARACTERIZED BY ITS USE OF MINIMAL OIL AND SPICES. THE EMPHASIS IS ON BRINGING OUT THE NATURAL FLAVORS OF THE INGREDIENTS, ALLOWING THEM TO SHINE THROUGH. FISH, A STAPLE IN THE ASSAMESE DIET, IS PREPARED IN COUNTLESS WAYS – STEAMED, FRIED, CURRIED, OR SMOKED. *MAASOR TENGA*, A TANGY FISH CURRY, IS A QUINTESSENTIAL ASSAMESE DISH, ITS SOURNESS DERIVED FROM *TENGA* (A LOCAL SOURING AGENT LIKE TOMATOES, MANGOSTEEN, OR ELEPHANT

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THE MAGIC OF KHAR:

KHAR, A UNIQUE ALKALINE PREPARATION MADE FROM BANANA PEELS OR OTHER PLANT PARTS, IS A DISTINCTIVE ELEMENT OF ASSAMESE CUISINE. IT LENDS A UNIQUE FLAVOR AND IS BELIEVED TO HAVE DIGESTIVE PROPERTIES. *KHAR* IS USED IN VARIOUS DISHES, ADDING A SUBTLE BITTERNESS THAT BALANCES THE OTHER FLAVORS.

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EXPLORING FURTHER:

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Tenga (a local souring agent like tomatoes, mangosteen, or elephant apple). *Pitika*, mashed vegetables or fish seasoned with mustard oil, onions, and chilies, is another common and comforting preparation.

BEYOND FISH:

While fish reigns supreme, other meats like chicken, duck, and pork are also integral to Assamese cuisine. *Mangsot dia Mangkho*, a flavorful pork dish cooked with bamboo shoots, is a delicacy. *Hahor Mangkho*, duck meat cooked with ash gourd, is another unique preparation. Vegetarian dishes are equally important, showcasing the abundance of fresh vegetables and herbs. *Xaak*, leafy greens cooked with various ingredients, are a staple. *Bora*, a type of rice cake, and *Pitha*, traditional rice flour cakes, are popular snacks and desserts.

THE MAGIC OF KHAR:

Khar, a unique alkaline preparation made from banana peels or other plant parts, is a distinctive element of Assamese cuisine. It lends a unique flavor and is believed to have digestive properties. *Khar* is used in various dishes, adding a subtle bitterness that balances the other flavors.

A CULINARY CALENDAR:

Assamese cuisine is deeply connected to the agricultural cycle and seasonal availability of ingredients. During the *Bihu* festivals, special dishes are prepared, reflecting the festive spirit. *Til Pitha* and *Ghila Pitha*, made with rice flour and sesame seeds, are quintessential *Bihu* delicacies.

A TASTE OF TRADITION:

Assamese food is more than just sustenance; it's a reflection of the state's culture and traditions. It's a cuisine that is best enjoyed in the company of family and friends, sharing stories and laughter over a delicious meal. From the humble *Pitika* to the elaborate *Thali*, Assamese food offers a culinary journey that is both satisfying and enriching.

EXPLORING FURTHER:

To truly experience Assamese cuisine, one must venture beyond the popular restaurants and explore the local markets and homes. Engage with the people, learn about their culinary traditions, and savor the authentic flavors of Assam. It's an experience that will tantalize your taste buds and leave you with a deeper appreciation for this vibrant and unique culinary heritage.





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ASSAMESE CUISINE, A VIBRANT TAPESTRY OF FLAVORS, REFLECTS THE RICH CULTURAL HERITAGE AND DIVERSE GEOGRAPHY OF ASSAM, A STATE NESTLED IN THE NORTHEASTERN CORNER OF INDIA. INFLUENCED BY ITS NEIGHBORING STATES, YET DISTINCT IN ITS CHARACTER, ASSAMESE FOOD IS A DELIGHTFUL EXPLORATION OF FRESH INGREDIENTS, SUBTLE SPICES, AND UNIQUE COOKING TECHNIQUES. IT'S A CUISINE THAT CELEBRATES THE BOUNTY OF NATURE, FROM THE FERTILE PLAINS WATERED BY THE MIGHTY BRAHMAPUTRA TO THE LUSH HILLSIDES DOTTED WITH TEA GARDENS.

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ASSAMESE VILLAGE FOOD @ON_MY_PLATEEE





A CULINARY JOURNEY THROUGH ASSAM: A TASTE OF THE BRAHMAPUTRA VALLEY

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A SYMPHONY OF FLAVORS:

ASSAMESE FOOD IS CHARACTERIZED BY ITS USE OF MINIMAL OIL AND SPICES. THE EMPHASIS IS ON BRINGING OUT THE NATURAL FLAVORS OF THE INGREDIENTS, ALLOWING THEM TO SHINE THROUGH. FISH, A STAPLE IN THE ASSAMESE DIET, IS PREPARED IN COUNTLESS WAYS – STEAMED, FRIED, CURRIED, OR SMOKED. *MAASOR TENGA*, A TANGY FISH CURRY, IS A QUINTESSENTIAL ASSAMESE DISH, ITS SOURNESS DERIVED FROM *TENGA* (A LOCAL SOURING AGENT LIKE TOMATOES, MANGOSTEEN, OR ELEPHANT

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Tenga (a local souring agent like tomatoes, mangosteen, or elephant apple). *Pitika*, mashed vegetables or fish seasoned with mustard oil, onions, and chilies, is another common and comforting preparation.

BEYOND FISH:

While fish reigns supreme, other meats like chicken, duck, and pork are also integral to Assamese cuisine. *Mangsot dia Mangkho*, a flavorful pork dish cooked with bamboo shoots, is a delicacy. *Hahor Mangkho*, duck meat cooked with ash gourd, is another unique preparation. Vegetarian dishes are equally important, showcasing the abundance of fresh vegetables and herbs. *Xaak*, leafy greens cooked with various ingredients, are a staple. *Bora*, a type of rice cake, and *Pitha*, traditional rice flour cakes, are popular snacks and desserts.

THE MAGIC OF KHAR:

Khar, a unique alkaline preparation made from banana peels or other plant parts, is a distinctive element of Assamese cuisine. It lends a unique flavor and is believed to have digestive properties. *Khar* is used in various dishes, adding a subtle bitterness that balances the other flavors.

A CULINARY CALENDAR:

Assamese cuisine is deeply connected to the agricultural cycle and seasonal availability of ingredients. During the *Bihu* festivals, special dishes are prepared, reflecting the festive spirit. *Til Pitha* and *Ghila Pitha*, made with rice flour and sesame seeds, are quintessential *Bihu* delicacies.

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Assamese food is more than just sustenance; it's a reflection of the state's culture and traditions. It's a cuisine that is best enjoyed in the company of family and friends, sharing stories and laughter over a delicious meal. From the humble *Pitika* to the elaborate *Thali*, Assamese food offers a culinary journey that is both satisfying and enriching.

EXPLORING FURTHER:

To truly experience Assamese cuisine, one must venture beyond the popular restaurants and explore the local markets and homes. Engage with the people, learn about their culinary traditions, and savor the authentic flavors of Assam. It's an experience that will tantalize your taste buds and leave you with a deeper appreciation for this vibrant and unique culinary heritage.





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A TASTE OF TRADITION:

ASSAMESE FOOD IS MORE THAN JUST SUSTENANCE; IT'S A REFLECTION OF THE STATE'S CULTURE AND TRADITIONS. IT'S A CUISINE THAT IS BEST ENJOYED IN THE COMPANY OF FAMILY AND FRIENDS, SHARING STORIES AND LAUGHTER OVER A DELICIOUS MEAL. FROM THE HUMBLE *PITIKA* TO THE ELABORATE *THALI*, ASSAMESE FOOD OFFERS A CULINARY JOURNEY THAT IS BOTH SATISFYING AND ENRICHING.

EXPLORING FURTHER:

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ASSAMESE VILLAGE FOOD @ON_MY_PLATEEE





A CULINARY JOURNEY THROUGH ASSAM: A TASTE OF THE BRAHMAPUTRA VALLEY

ASSAMESE CUISINE, A VIBRANT TAPESTRY OF FLAVORS, REFLECTS THE RICH CULTURAL HERITAGE AND DIVERSE GEOGRAPHY OF ASSAM, A STATE NESTLED IN THE NORTHEASTERN CORNER OF INDIA. INFLUENCED BY ITS NEIGHBORING STATES, YET DISTINCT IN ITS CHARACTER, ASSAMESE FOOD IS A DELIGHTFUL EXPLORATION OF FRESH INGREDIENTS, SUBTLE SPICES, AND UNIQUE COOKING TECHNIQUES. IT'S A CUISINE THAT CELEBRATES THE BOUNTY OF NATURE, FROM THE FERTILE PLAINS WATERED BY THE MIGHTY BRAHMAPUTRA TO THE LUSH HILLSIDES DOTTED WITH TEA GARDENS.

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ASSAMESE FOOD IS CHARACTERIZED BY ITS USE OF MINIMAL OIL AND SPICES. THE EMPHASIS IS ON BRINGING OUT THE NATURAL FLAVORS OF THE INGREDIENTS, ALLOWING THEM TO SHINE THROUGH. FISH, A STAPLE IN THE ASSAMESE DIET, IS PREPARED IN COUNTLESS WAYS – STEAMED, FRIED, CURRIED, OR SMOKED. *MAASOR TENGA*, A TANGY FISH CURRY, IS A QUINTESSENTIAL ASSAMESE DISH, ITS SOURNESS DERIVED FROM *TENGA* (A LOCAL SOURING AGENT LIKE TOMATOES, MANGOSTEEN, OR ELEPHANT

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BEYOND FISH:

While fish reigns supreme, other meats like chicken, duck, and pork are also integral to Assamese cuisine. *Mangsot dia Mangkho*, a flavorful pork dish cooked with bamboo shoots, is a delicacy. *Hahor Mangkho*, duck meat cooked with ash gourd, is another unique preparation. Vegetarian dishes are equally important, showcasing the abundance of fresh vegetables and herbs. *Xaak*, leafy greens cooked with various ingredients, are a staple. *Bora*, a type of rice cake, and *Pitha*, traditional rice flour cakes, are popular snacks and desserts.

THE MAGIC OF KHAR:

Khar, a unique alkaline preparation made from banana peels or other plant parts, is a distinctive element of Assamese cuisine. It lends a unique flavor and is believed to have digestive properties. *Khar* is used in various dishes, adding a subtle bitterness that balances the other flavors.

A CULINARY CALENDAR:

Assamese cuisine is deeply connected to the agricultural cycle and seasonal availability of ingredients. During the *Bihu* festivals, special dishes are prepared, reflecting the festive spirit. *Til Pitha* and *Ghila Pitha*, made with rice flour and sesame seeds, are quintessential *Bihu* delicacies.

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Assamese food is more than just sustenance; it's a reflection of the state's culture and traditions. It's a cuisine that is best enjoyed in the company of family and friends, sharing stories and laughter over a delicious meal. From the humble *Pitika* to the elaborate *Thali*, Assamese food offers a culinary journey that is both satisfying and enriching.

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To truly experience Assamese cuisine, one must venture beyond the popular restaurants and explore the local markets and homes. Engage with the people, learn about their culinary traditions, and savor the authentic flavors of Assam. It's an experience that will tantalize your taste buds and leave you with a deeper appreciation for this vibrant and unique culinary heritage.





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ASSAMESE VILLAGE FOOD @ON_MY_PLATEEE





A CULINARY JOURNEY THROUGH ASSAM: A TASTE OF THE BRAHMAPUTRA VALLEY

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ASSAMESE FOOD IS CHARACTERIZED BY ITS USE OF MINIMAL OIL AND SPICES. THE EMPHASIS IS ON BRINGING OUT THE NATURAL FLAVORS OF THE INGREDIENTS, ALLOWING THEM TO SHINE THROUGH. FISH, A STAPLE IN THE ASSAMESE DIET, IS PREPARED IN COUNTLESS WAYS – STEAMED, FRIED, CURRIED, OR SMOKED. *MAASOR TENGA*, A TANGY FISH CURRY, IS A QUINTESSENTIAL ASSAMESE DISH, ITS SOURNESS DERIVED FROM

Tenga (a local souring agent like tomatoes, mangosteen, or elephant apple). *Pitika*, mashed vegetables or fish seasoned with mustard oil, onions, and chilies, is another common and comforting preparation.

BEYOND FISH:

While fish reigns supreme, other meats like chicken, duck, and pork are also integral to Assamese cuisine. *Mangsot dia Mangkho*, a flavorful pork dish cooked with bamboo shoots, is a delicacy. *Hahor Mangkho*, duck meat cooked with ash gourd, is another unique preparation. Vegetarian dishes are equally important, showcasing the abundance of fresh vegetables and herbs. *Xaak*, leafy greens cooked with various ingredients, are a staple. *Bora*, a type of rice cake, and *Pitha*, traditional rice flour cakes, are popular snacks and desserts.

THE MAGIC OF KHAR:

Khar, a unique alkaline preparation made from banana peels or other plant parts, is a distinctive element of Assamese cuisine. It lends a unique flavor and is believed to have digestive properties. *Khar* is used in various dishes, adding a subtle bitterness that balances the other flavors.

A CULINARY CALENDAR:

Assamese cuisine is deeply connected to the agricultural cycle and seasonal availability of ingredients. During the *Bihu* festivals, special dishes are prepared, reflecting the festive spirit. *Til Pitha* and *Ghila Pitha*, made with rice flour and sesame seeds, are quintessential *Bihu* delicacies.

A TASTE OF TRADITION:

Assamese food is more than just sustenance; it's a reflection of the state's culture and traditions. It's a cuisine that is best enjoyed in the company of family and friends, sharing stories and laughter over a delicious meal. From the humble *Pitika* to the elaborate *Thali*, Assamese food offers a culinary journey that is both satisfying and enriching.

EXPLORING FURTHER:

To truly experience Assamese cuisine, one must venture beyond the popular restaurants and explore the local markets and homes. Engage with the people, learn about their culinary traditions, and savor the authentic flavors of Assam. It's an experience that will tantalize your taste buds and leave you with a deeper appreciation for this vibrant and unique culinary heritage.





ASSAMESE VILLAGE FOOD @ON_MY_PLATEEE





A CULINARY JOURNEY THROUGH ASSAM: A TASTE OF THE BRAHMAPUTRA VALLEY

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ASSAMESE VILLAGE FOOD @ON_MY_PLATEEE





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ASSAMESE CUISINE, A VIBRANT TAPESTRY OF FLAVORS, REFLECTS THE RICH CULTURAL HERITAGE AND DIVERSE GEOGRAPHY OF ASSAM, A STATE NESTLED IN THE NORTHEASTERN CORNER OF INDIA. INFLUENCED BY ITS NEIGHBORING STATES, YET DISTINCT IN ITS CHARACTER, ASSAMESE FOOD IS A DELIGHTFUL EXPLORATION OF FRESH INGREDIENTS, SUBTLE SPICES, AND UNIQUE COOKING TECHNIQUES. IT'S A CUISINE THAT CELEBRATES THE BOUNTY OF NATURE, FROM THE FERTILE PLAINS WATERED BY THE MIGHTY BRAHMAPUTRA TO THE LUSH HILLSIDES DOTTED WITH TEA GARDENS.

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WHILE FISH REIGNS SUPREME, OTHER MEATS LIKE CHICKEN, DUCK, AND PORK ARE ALSO INTEGRAL TO ASSAMESE CUISINE. *MANGSOT DIA MANGKHO*, A FLAVORFUL PORK DISH COOKED WITH BAMBOO SHOOTS, IS A DELICACY. *HAHOR MANGKHO*, DUCK MEAT COOKED WITH ASH GOURD, IS ANOTHER UNIQUE PREPARATION. VEGETARIAN DISHES ARE EQUALLY IMPORTANT, SHOWCASING THE ABUNDANCE OF FRESH VEGETABLES AND HERBS. *XAAK*, LEAFY GREENS COOKED WITH VARIOUS INGREDIENTS, ARE A STAPLE. *BORA*, A TYPE OF RICE CAKE, AND *PITHA*, TRADITIONAL RICE FLOUR CAKES, ARE POPULAR SNACKS AND DESSERTS.

THE MAGIC OF KHAR:

KHAR, A UNIQUE ALKALINE PREPARATION MADE FROM BANANA PEELS OR OTHER PLANT PARTS, IS A DISTINCTIVE ELEMENT OF ASSAMESE CUISINE. IT LENDS A UNIQUE FLAVOR AND IS BELIEVED TO HAVE DIGESTIVE PROPERTIES. *KHAR* IS USED IN VARIOUS DISHES, ADDING A SUBTLE BITTERNESS THAT BALANCES THE OTHER FLAVORS.

A CULINARY CALENDAR:

ASSAMESE CUISINE IS DEEPLY CONNECTED TO THE AGRICULTURAL CYCLE AND SEASONAL AVAILABILITY OF INGREDIENTS. DURING THE *BIHU* FESTIVALS, SPECIAL DISHES ARE PREPARED, REFLECTING THE FESTIVE SPIRIT. *TIL PITHA* AND *GHILA PITHA*, MADE WITH RICE FLOUR AND SESAME SEEDS, ARE QUINTESSENTIAL *BIHU* DELICACIES.

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ASSAMESE VILLAGE FOOD @ON_MY_PLATEEE





A CULINARY JOURNEY THROUGH ASSAM: A TASTE OF THE BRAHMAPUTRA VALLEY

ASSAMESE CUISINE, A VIBRANT TAPESTRY OF FLAVORS, REFLECTS THE RICH CULTURAL HERITAGE AND DIVERSE GEOGRAPHY OF ASSAM, A STATE NESTLED IN THE NORTHEASTERN CORNER OF INDIA. INFLUENCED BY ITS NEIGHBORING STATES, YET DISTINCT IN ITS CHARACTER, ASSAMESE FOOD IS A DELIGHTFUL EXPLORATION OF FRESH INGREDIENTS, SUBTLE SPICES, AND UNIQUE COOKING TECHNIQUES. IT'S A CUISINE THAT CELEBRATES THE BOUNTY OF NATURE, FROM THE FERTILE PLAINS WATERED BY THE MIGHTY BRAHMAPUTRA TO THE LUSH HILLSIDES DOTTED WITH TEA GARDENS.

A SYMPHONY OF FLAVORS:

ASSAMESE FOOD IS CHARACTERIZED BY ITS USE OF MINIMAL OIL AND SPICES. THE EMPHASIS IS ON BRINGING OUT THE NATURAL FLAVORS OF THE INGREDIENTS, ALLOWING THEM TO SHINE THROUGH. FISH, A STAPLE IN THE ASSAMESE DIET, IS PREPARED IN COUNTLESS WAYS – STEAMED, FRIED, CURRIED, OR SMOKED. *MAASOR TENGA*, A TANGY FISH CURRY, IS A QUINTESSENTIAL ASSAMESE DISH, ITS SOURNESS DERIVED FROM *TENGA* (A LOCAL SOURING AGENT LIKE TOMATOES, MANGOSTEEN, OR ELEPHANT

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Tenga (a local souring agent like tomatoes, mangosteen, or elephant apple). *Pitika*, mashed vegetables or fish seasoned with mustard oil, onions, and chilies, is another common and comforting preparation.

BEYOND FISH:

While fish reigns supreme, other meats like chicken, duck, and pork are also integral to Assamese cuisine. *Mangsot dia Mangkho*, a flavorful pork dish cooked with bamboo shoots, is a delicacy. *Hahor Mangkho*, duck meat cooked with ash gourd, is another unique preparation. Vegetarian dishes are equally important, showcasing the abundance of fresh vegetables and herbs. *Xaak*, leafy greens cooked with various ingredients, are a staple. *Bora*, a type of rice cake, and *Pitha*, traditional rice flour cakes, are popular snacks and desserts.

THE MAGIC OF KHAR:

Khar, a unique alkaline preparation made from banana peels or other plant parts, is a distinctive element of Assamese cuisine. It lends a unique flavor and is believed to have digestive properties. *Khar* is used in various dishes, adding a subtle bitterness that balances the other flavors.

A CULINARY CALENDAR:

Assamese cuisine is deeply connected to the agricultural cycle and seasonal availability of ingredients. During the *Bihu* festivals, special dishes are prepared, reflecting the festive spirit. *Til Pitha* and *Ghila Pitha*, made with rice flour and sesame seeds, are quintessential *Bihu* delicacies.

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Assamese food is more than just sustenance; it's a reflection of the state's culture and traditions. It's a cuisine that is best enjoyed in the company of family and friends, sharing stories and laughter over a delicious meal. From the humble *Pitika* to the elaborate *Thali*, Assamese food offers a culinary journey that is both satisfying and enriching.

EXPLORING FURTHER:

To truly experience Assamese cuisine, one must venture beyond the popular restaurants and explore the local markets and homes. Engage with the people, learn about their culinary traditions, and savor the authentic flavors of Assam. It's an experience that will tantalize your taste buds and leave you with a deeper appreciation for this vibrant and unique culinary heritage.





ASSAMESE VILLAGE FOOD @ON_MY_PLATEEE





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ASSAMESE VILLAGE FOOD @ON_MY_PLATEEE





A CULINARY JOURNEY THROUGH ASSAM: A TASTE OF THE BRAHMAPUTRA VALLEY

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Tenga (a local souring agent like tomatoes, mangosteen, or elephant apple). *Pitika*, mashed vegetables or fish seasoned with mustard oil, onions, and chilies, is another common and comforting preparation.

BEYOND FISH:

While fish reigns supreme, other meats like chicken, duck, and pork are also integral to Assamese cuisine. *Mangsot dia Mangkho*, a flavorful pork dish cooked with bamboo shoots, is a delicacy. *Hahor Mangkho*, duck meat cooked with ash gourd, is another unique preparation. Vegetarian dishes are equally important, showcasing the abundance of fresh vegetables and herbs. *Xaak*, leafy greens cooked with various ingredients, are a staple. *Bora*, a type of rice cake, and *Pitha*, traditional rice flour cakes, are popular snacks and desserts.

THE MAGIC OF KHAR:

Khar, a unique alkaline preparation made from banana peels or other plant parts, is a distinctive element of Assamese cuisine. It lends a unique flavor and is believed to have digestive properties. *Khar* is used in various dishes, adding a subtle bitterness that balances the other flavors.

A CULINARY CALENDAR:

Assamese cuisine is deeply connected to the agricultural cycle and seasonal availability of ingredients. During the *Bihu* festivals, special dishes are prepared, reflecting the festive spirit. *Til Pitha* and *Ghila Pitha*, made with rice flour and sesame seeds, are quintessential *Bihu* delicacies.

A TASTE OF TRADITION:

Assamese food is more than just sustenance; it's a reflection of the state's culture and traditions. It's a cuisine that is best enjoyed in the company of family and friends, sharing stories and laughter over a delicious meal. From the humble *Pitika* to the elaborate *Thali*, Assamese food offers a culinary journey that is both satisfying and enriching.

EXPLORING FURTHER:

To truly experience Assamese cuisine, one must venture beyond the popular restaurants and explore the local markets and homes. Engage with the people, learn about their culinary traditions, and savor the authentic flavors of Assam. It's an experience that will tantalize your taste buds and leave you with a deeper appreciation for this vibrant and unique culinary heritage.





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ASSAMESE CUISINE IS DEEPLY CONNECTED TO THE AGRICULTURAL CYCLE AND SEASONAL AVAILABILITY OF INGREDIENTS. DURING THE *BIHU* FESTIVALS, SPECIAL DISHES ARE PREPARED, REFLECTING THE FESTIVE SPIRIT. *TIL PITHA* AND *GHILA PITHA*, MADE WITH RICE FLOUR AND SESAME SEEDS, ARE QUINTESSENTIAL *BIHU* DELICACIES.

A TASTE OF TRADITION:

ASSAMESE FOOD IS MORE THAN JUST SUSTENANCE; IT'S A REFLECTION OF THE STATE'S CULTURE AND TRADITIONS. IT'S A CUISINE THAT IS BEST ENJOYED IN THE COMPANY OF FAMILY AND FRIENDS, SHARING STORIES AND LAUGHTER OVER A DELICIOUS MEAL. FROM THE HUMBLE *PITIKA* TO THE ELABORATE *THALI*, ASSAMESE FOOD OFFERS A CULINARY JOURNEY THAT IS BOTH SATISFYING AND ENRICHING.

EXPLORING FURTHER:

TO TRULY EXPERIENCE ASSAMESE CUISINE, ONE MUST VENTURE BEYOND THE POPULAR RESTAURANTS AND EXPLORE THE LOCAL MARKETS AND HOMES. ENGAGE WITH THE PEOPLE, LEARN ABOUT THEIR CULINARY TRADITIONS, AND SAVOR THE AUTHENTIC FLAVORS OF ASSAM. IT'S AN EXPERIENCE THAT WILL TANTALIZE YOUR TASTE BUDS AND LEAVE YOU WITH A DEEPER APPRECIATION FOR THIS VIBRANT AND UNIQUE CULINARY HERITAGE.





ASSAMESE VILLAGE FOOD @ON_MY_PLATEEE





A CULINARY JOURNEY THROUGH ASSAM: A TASTE OF THE BRAHMAPUTRA VALLEY

ASSAMESE CUISINE, A VIBRANT TAPESTRY OF FLAVORS, REFLECTS THE RICH CULTURAL HERITAGE AND DIVERSE GEOGRAPHY OF ASSAM, A STATE NESTLED IN THE NORTHEASTERN CORNER OF INDIA. INFLUENCED BY ITS NEIGHBORING STATES, YET DISTINCT IN ITS CHARACTER, ASSAMESE FOOD IS A DELIGHTFUL EXPLORATION OF FRESH INGREDIENTS, SUBTLE SPICES, AND UNIQUE COOKING TECHNIQUES. IT'S A CUISINE THAT CELEBRATES THE BOUNTY OF NATURE, FROM THE FERTILE PLAINS WATERED BY THE MIGHTY BRAHMAPUTRA TO THE LUSH HILLSIDES DOTTED WITH TEA GARDENS.

A SYMPHONY OF FLAVORS:

ASSAMESE FOOD IS CHARACTERIZED BY ITS USE OF MINIMAL OIL AND SPICES. THE EMPHASIS IS ON BRINGING OUT THE NATURAL FLAVORS OF THE INGREDIENTS, ALLOWING THEM TO SHINE THROUGH. FISH, A STAPLE IN THE ASSAMESE DIET, IS PREPARED IN COUNTLESS WAYS – STEAMED, FRIED, CURRIED, OR SMOKED. *MAASOR TENGA*, A TANGY FISH CURRY, IS A QUINTESSENTIAL ASSAMESE DISH, ITS SOURNESS DERIVED FROM *TENGA* (A LOCAL SOURING AGENT LIKE TOMATOES, MANGOSTEEN, OR ELEPHANT

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Tenga (a local souring agent like tomatoes, mangosteen, or elephant apple). *Pitika*, mashed vegetables or fish seasoned with mustard oil, onions, and chilies, is another common and comforting preparation.

BEYOND FISH:

While fish reigns supreme, other meats like chicken, duck, and pork are also integral to Assamese cuisine. *Mangsot dia Mangkho*, a flavorful pork dish cooked with bamboo shoots, is a delicacy. *Hahor Mangkho*, duck meat cooked with ash gourd, is another unique preparation. Vegetarian dishes are equally important, showcasing the abundance of fresh vegetables and herbs. *Xaak*, leafy greens cooked with various ingredients, are a staple. *Bora*, a type of rice cake, and *Pitha*, traditional rice flour cakes, are popular snacks and desserts.

THE MAGIC OF KHAR:

Khar, a unique alkaline preparation made from banana peels or other plant parts, is a distinctive element of Assamese cuisine. It lends a unique flavor and is believed to have digestive properties. *Khar* is used in various dishes, adding a subtle bitterness that balances the other flavors.

A CULINARY CALENDAR:

Assamese cuisine is deeply connected to the agricultural cycle and seasonal availability of ingredients. During the *Bihu* festivals, special dishes are prepared, reflecting the festive spirit. *Til Pitha* and *Ghila Pitha*, made with rice flour and sesame seeds, are quintessential *Bihu* delicacies.

A TASTE OF TRADITION:

Assamese food is more than just sustenance; it's a reflection of the state's culture and traditions. It's a cuisine that is best enjoyed in the company of family and friends, sharing stories and laughter over a delicious meal. From the humble *Pitika* to the elaborate *Thali*, Assamese food offers a culinary journey that is both satisfying and enriching.

EXPLORING FURTHER:

To truly experience Assamese cuisine, one must venture beyond the popular restaurants and explore the local markets and homes. Engage with the people, learn about their culinary traditions, and savor the authentic flavors of Assam. It's an experience that will tantalize your taste buds and leave you with a deeper appreciation for this vibrant and unique culinary heritage.





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Tenga (a local souring agent like tomatoes, mangosteen, or elephant apple). *Pitika*, mashed vegetables or fish seasoned with mustard oil, onions, and chilies, is another common and comforting preparation.

BEYOND FISH:

While fish reigns supreme, other meats like chicken, duck, and pork are also integral to Assamese cuisine. *Mangsot dia Mangkho*, a flavorful pork dish cooked with bamboo shoots, is a delicacy. *Hahor Mangkho*, duck meat cooked with ash gourd, is another unique preparation. Vegetarian dishes are equally important, showcasing the abundance of fresh vegetables and herbs. *Xaak*, leafy greens cooked with various ingredients, are a staple. *Bora*, a type of rice cake, and *Pitha*, traditional rice flour cakes, are popular snacks and desserts.

THE MAGIC OF KHAR:

Khar, a unique alkaline preparation made from banana peels or other plant parts, is a distinctive element of Assamese cuisine. It lends a unique flavor and is believed to have digestive properties. *Khar* is used in various dishes, adding a subtle bitterness that balances the other flavors.

A CULINARY CALENDAR:

Assamese cuisine is deeply connected to the agricultural cycle and seasonal availability of ingredients. During the *Bihu* festivals, special dishes are prepared, reflecting the festive spirit. *Til Pitha* and *Ghila Pitha*, made with rice flour and sesame seeds, are quintessential *Bihu* delicacies.

A TASTE OF TRADITION:

Assamese food is more than just sustenance; it's a reflection of the state's culture and traditions. It's a cuisine that is best enjoyed in the company of family and friends, sharing stories and laughter over a delicious meal. From the humble *Pitika* to the elaborate *Thali*, Assamese food offers a culinary journey that is both satisfying and enriching.

EXPLORING FURTHER:

To truly experience Assamese cuisine, one must venture beyond the popular restaurants and explore the local markets and homes. Engage with the people, learn about their culinary traditions, and savor the authentic flavors of Assam. It's an experience that will tantalize your taste buds and leave you with a deeper appreciation for this vibrant and unique culinary heritage.





ASSAMESE VILLAGE FOOD @ON_MY_PLATEEE





A CULINARY JOURNEY THROUGH ASSAM: A TASTE OF THE BRAHMAPUTRA VALLEY

ASSAMESE CUISINE, A VIBRANT TAPESTRY OF FLAVORS, REFLECTS THE RICH CULTURAL HERITAGE AND DIVERSE GEOGRAPHY OF ASSAM, A STATE NESTLED IN THE NORTHEASTERN CORNER OF INDIA. INFLUENCED BY ITS NEIGHBORING STATES, YET DISTINCT IN ITS CHARACTER, ASSAMESE FOOD IS A DELIGHTFUL EXPLORATION OF FRESH INGREDIENTS, SUBTLE SPICES, AND UNIQUE COOKING TECHNIQUES. IT'S A CUISINE THAT CELEBRATES THE BOUNTY OF NATURE, FROM THE FERTILE PLAINS WATERED BY THE MIGHTY BRAHMAPUTRA TO THE LUSH HILLSIDES DOTTED WITH TEA GARDENS.

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ASSAMESE VILLAGE FOOD @ON_MY_PLATEEE





A CULINARY JOURNEY THROUGH ASSAM: A TASTE OF THE BRAHMAPUTRA VALLEY

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ASSAMESE FOOD IS CHARACTERIZED BY ITS USE OF MINIMAL OIL AND SPICES. THE EMPHASIS IS ON BRINGING OUT THE NATURAL FLAVORS OF THE INGREDIENTS, ALLOWING THEM TO SHINE THROUGH. FISH, A STAPLE IN THE ASSAMESE DIET, IS PREPARED IN COUNTLESS WAYS – STEAMED, FRIED, CURRIED, OR SMOKED. *MAASOR TENGA*, A TANGY FISH CURRY, IS A QUINTESSENTIAL ASSAMESE DISH, ITS SOURNESS DERIVED FROM *TENGA* (A LOCAL SOURING AGENT LIKE TOMATOES, MANGOSTEEN, OR ELEPHANT

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ASSAMESE VILLAGE FOOD @ON_MY_PLATEEE





A CULINARY JOURNEY THROUGH ASSAM: A TASTE OF THE BRAHMAPUTRA VALLEY

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Tenga (a local souring agent like tomatoes, mangosteen, or elephant apple). *Pitika*, mashed vegetables or fish seasoned with mustard oil, onions, and chilies, is another common and comforting preparation.

BEYOND FISH:

While fish reigns supreme, other meats like chicken, duck, and pork are also integral to Assamese cuisine. *Mangsot dia Mangkho*, a flavorful pork dish cooked with bamboo shoots, is a delicacy. *Hahor Mangkho*, duck meat cooked with ash gourd, is another unique preparation. Vegetarian dishes are equally important, showcasing the abundance of fresh vegetables and herbs. *Xaak*, leafy greens cooked with various ingredients, are a staple. *Bora*, a type of rice cake, and *Pitha*, traditional rice flour cakes, are popular snacks and desserts.

THE MAGIC OF KHAR:

Khar, a unique alkaline preparation made from banana peels or other plant parts, is a distinctive element of Assamese cuisine. It lends a unique flavor and is believed to have digestive properties. *Khar* is used in various dishes, adding a subtle bitterness that balances the other flavors.

A CULINARY CALENDAR:

Assamese cuisine is deeply connected to the agricultural cycle and seasonal availability of ingredients. During the *Bihu* festivals, special dishes are prepared, reflecting the festive spirit. *Til Pitha* and *Ghila Pitha*, made with rice flour and sesame seeds, are quintessential *Bihu* delicacies.

A TASTE OF TRADITION:

Assamese food is more than just sustenance; it's a reflection of the state's culture and traditions. It's a cuisine that is best enjoyed in the company of family and friends, sharing stories and laughter over a delicious meal. From the humble *Pitika* to the elaborate *Thali*, Assamese food offers a culinary journey that is both satisfying and enriching.

EXPLORING FURTHER:

To truly experience Assamese cuisine, one must venture beyond the popular restaurants and explore the local markets and homes. Engage with the people, learn about their culinary traditions, and savor the authentic flavors of Assam. It's an experience that will tantalize your taste buds and leave you with a deeper appreciation for this vibrant and unique culinary heritage.





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ASSAMESE VILLAGE FOOD @ON_MY_PLATEEE





A CULINARY JOURNEY THROUGH ASSAM: A TASTE OF THE BRAHMAPUTRA VALLEY

ASSAMESE CUISINE, A VIBRANT TAPESTRY OF FLAVORS, REFLECTS THE RICH CULTURAL HERITAGE AND DIVERSE GEOGRAPHY OF ASSAM, A STATE NESTLED IN THE NORTHEASTERN CORNER OF INDIA. INFLUENCED BY ITS NEIGHBORING STATES, YET DISTINCT IN ITS CHARACTER, ASSAMESE FOOD IS A DELIGHTFUL EXPLORATION OF FRESH INGREDIENTS, SUBTLE SPICES, AND UNIQUE COOKING TECHNIQUES. IT'S A CUISINE THAT CELEBRATES THE BOUNTY OF NATURE, FROM THE FERTILE PLAINS WATERED BY THE MIGHTY BRAHMAPUTRA TO THE LUSH HILLSIDES DOTTED WITH TEA GARDENS.

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A CULINARY CALENDAR:

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ASSAMESE VILLAGE FOOD @ON_MY_PLATEEE





A CULINARY JOURNEY THROUGH ASSAM: A TASTE OF THE BRAHMAPUTRA VALLEY

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Tenga (a local souring agent like tomatoes, mangosteen, or elephant apple). *Pitika*, mashed vegetables or fish seasoned with mustard oil, onions, and chilies, is another common and comforting preparation.

BEYOND FISH:

While fish reigns supreme, other meats like chicken, duck, and pork are also integral to Assamese cuisine. *Mangsot dia Mangkho*, a flavorful pork dish cooked with bamboo shoots, is a delicacy. *Hahor Mangkho*, duck meat cooked with ash gourd, is another unique preparation. Vegetarian dishes are equally important, showcasing the abundance of fresh vegetables and herbs. *Xaak*, leafy greens cooked with various ingredients, are a staple. *Bora*, a type of rice cake, and *Pitha*, traditional rice flour cakes, are popular snacks and desserts.

THE MAGIC OF KHAR:

Khar, a unique alkaline preparation made from banana peels or other plant parts, is a distinctive element of Assamese cuisine. It lends a unique flavor and is believed to have digestive properties. *Khar* is used in various dishes, adding a subtle bitterness that balances the other flavors.

A CULINARY CALENDAR:

Assamese cuisine is deeply connected to the agricultural cycle and seasonal availability of ingredients. During the *Bihu* festivals, special dishes are prepared, reflecting the festive spirit. *Til Pitha* and *Ghila Pitha*, made with rice flour and sesame seeds, are quintessential *Bihu* delicacies.

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Assamese food is more than just sustenance; it's a reflection of the state's culture and traditions. It's a cuisine that is best enjoyed in the company of family and friends, sharing stories and laughter over a delicious meal. From the humble *Pitika* to the elaborate *Thali*, Assamese food offers a culinary journey that is both satisfying and enriching.

EXPLORING FURTHER:

To truly experience Assamese cuisine, one must venture beyond the popular restaurants and explore the local markets and homes. Engage with the people, learn about their culinary traditions, and savor the authentic flavors of Assam. It's an experience that will tantalize your taste buds and leave you with a deeper appreciation for this vibrant and unique culinary heritage.





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A TASTE OF TRADITION:

ASSAMESE FOOD IS MORE THAN JUST SUSTENANCE; IT'S A REFLECTION OF THE STATE'S CULTURE AND TRADITIONS. IT'S A CUISINE THAT IS BEST ENJOYED IN THE COMPANY OF FAMILY AND FRIENDS, SHARING STORIES AND LAUGHTER OVER A DELICIOUS MEAL. FROM THE HUMBLE *PITIKA* TO THE ELABORATE *THALI*, ASSAMESE FOOD OFFERS A CULINARY JOURNEY THAT IS BOTH SATISFYING AND ENRICHING.

EXPLORING FURTHER:

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ASSAMESE VILLAGE FOOD @ON_MY_PLATEEE





A CULINARY JOURNEY THROUGH ASSAM: A TASTE OF THE BRAHMAPUTRA VALLEY

ASSAMESE CUISINE, A VIBRANT TAPESTRY OF FLAVORS, REFLECTS THE RICH CULTURAL HERITAGE AND DIVERSE GEOGRAPHY OF ASSAM, A STATE NESTLED IN THE NORTHEASTERN CORNER OF INDIA. INFLUENCED BY ITS NEIGHBORING STATES, YET DISTINCT IN ITS CHARACTER, ASSAMESE FOOD IS A DELIGHTFUL EXPLORATION OF FRESH INGREDIENTS, SUBTLE SPICES, AND UNIQUE COOKING TECHNIQUES. IT'S A CUISINE THAT CELEBRATES THE BOUNTY OF NATURE, FROM THE FERTILE PLAINS WATERED BY THE MIGHTY BRAHMAPUTRA TO THE LUSH HILLSIDES DOTTED WITH TEA GARDENS.

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BEYOND FISH:

While fish reigns supreme, other meats like chicken, duck, and pork are also integral to Assamese cuisine. *Mangsot dia Mangkho*, a flavorful pork dish cooked with bamboo shoots, is a delicacy. *Hahor Mangkho*, duck meat cooked with ash gourd, is another unique preparation. Vegetarian dishes are equally important, showcasing the abundance of fresh vegetables and herbs. *Xaak*, leafy greens cooked with various ingredients, are a staple. *Bora*, a type of rice cake, and *Pitha*, traditional rice flour cakes, are popular snacks and desserts.

THE MAGIC OF KHAR:

Khar, a unique alkaline preparation made from banana peels or other plant parts, is a distinctive element of Assamese cuisine. It lends a unique flavor and is believed to have digestive properties. *Khar* is used in various dishes, adding a subtle bitterness that balances the other flavors.

A CULINARY CALENDAR:

Assamese cuisine is deeply connected to the agricultural cycle and seasonal availability of ingredients. During the *Bihu* festivals, special dishes are prepared, reflecting the festive spirit. *Til Pitha* and *Ghila Pitha*, made with rice flour and sesame seeds, are quintessential *Bihu* delicacies.

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To truly experience Assamese cuisine, one must venture beyond the popular restaurants and explore the local markets and homes. Engage with the people, learn about their culinary traditions, and savor the authentic flavors of Assam. It's an experience that will tantalize your taste buds and leave you with a deeper appreciation for this vibrant and unique culinary heritage.





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ASSAMESE VILLAGE FOOD @ON_MY_PLATEEE





A CULINARY JOURNEY THROUGH ASSAM: A TASTE OF THE BRAHMAPUTRA VALLEY

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ASSAMESE FOOD IS CHARACTERIZED BY ITS USE OF MINIMAL OIL AND SPICES. THE EMPHASIS IS ON BRINGING OUT THE NATURAL FLAVORS OF THE INGREDIENTS, ALLOWING THEM TO SHINE THROUGH. FISH, A STAPLE IN THE ASSAMESE DIET, IS PREPARED IN COUNTLESS WAYS – STEAMED, FRIED, CURRIED, OR SMOKED. *MAASOR TENGA*, A TANGY FISH CURRY, IS A QUINTESSENTIAL ASSAMESE DISH, ITS SOURNESS DERIVED FROM

Tenga (a local souring agent like tomatoes, mangosteen, or elephant apple). *Pitika*, mashed vegetables or fish seasoned with mustard oil, onions, and chilies, is another common and comforting preparation.

BEYOND FISH:

While fish reigns supreme, other meats like chicken, duck, and pork are also integral to Assamese cuisine. *Mangsot dia Mangkho*, a flavorful pork dish cooked with bamboo shoots, is a delicacy. *Hahor Mangkho*, duck meat cooked with ash gourd, is another unique preparation. Vegetarian dishes are equally important, showcasing the abundance of fresh vegetables and herbs. *Xaak*, leafy greens cooked with various ingredients, are a staple. *Bora*, a type of rice cake, and *Pitha*, traditional rice flour cakes, are popular snacks and desserts.

THE MAGIC OF KHAR:

Khar, a unique alkaline preparation made from banana peels or other plant parts, is a distinctive element of Assamese cuisine. It lends a unique flavor and is believed to have digestive properties. *Khar* is used in various dishes, adding a subtle bitterness that balances the other flavors.

A CULINARY CALENDAR:

Assamese cuisine is deeply connected to the agricultural cycle and seasonal availability of ingredients. During the *Bihu* festivals, special dishes are prepared, reflecting the festive spirit. *Til Pitha* and *Ghila Pitha*, made with rice flour and sesame seeds, are quintessential *Bihu* delicacies.

A TASTE OF TRADITION:

Assamese food is more than just sustenance; it's a reflection of the state's culture and traditions. It's a cuisine that is best enjoyed in the company of family and friends, sharing stories and laughter over a delicious meal. From the humble *Pitika* to the elaborate *Thali*, Assamese food offers a culinary journey that is both satisfying and enriching.

EXPLORING FURTHER:

To truly experience Assamese cuisine, one must venture beyond the popular restaurants and explore the local markets and homes. Engage with the people, learn about their culinary traditions, and savor the authentic flavors of Assam. It's an experience that will tantalize your taste buds and leave you with a deeper appreciation for this vibrant and unique culinary heritage.





ASSAMESE VILLAGE FOOD @ON_MY_PLATEEE





A CULINARY JOURNEY THROUGH ASSAM: A TASTE OF THE BRAHMAPUTRA VALLEY

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ASSAMESE VILLAGE FOOD @ON_MY_PLATEEE





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ASSAMESE CUISINE, A VIBRANT TAPESTRY OF FLAVORS, REFLECTS THE RICH CULTURAL HERITAGE AND DIVERSE GEOGRAPHY OF ASSAM, A STATE NESTLED IN THE NORTHEASTERN CORNER OF INDIA. INFLUENCED BY ITS NEIGHBORING STATES, YET DISTINCT IN ITS CHARACTER, ASSAMESE FOOD IS A DELIGHTFUL EXPLORATION OF FRESH INGREDIENTS, SUBTLE SPICES, AND UNIQUE COOKING TECHNIQUES. IT'S A CUISINE THAT CELEBRATES THE BOUNTY OF NATURE, FROM THE FERTILE PLAINS WATERED BY THE MIGHTY BRAHMAPUTRA TO THE LUSH HILLSIDES DOTTED WITH TEA GARDENS.

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A CULINARY CALENDAR:

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ASSAMESE VILLAGE FOOD @ON_MY_PLATEEE





A CULINARY JOURNEY THROUGH ASSAM: A TASTE OF THE BRAHMAPUTRA VALLEY

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A SYMPHONY OF FLAVORS:

ASSAMESE FOOD IS CHARACTERIZED BY ITS USE OF MINIMAL OIL AND SPICES. THE EMPHASIS IS ON BRINGING OUT THE NATURAL FLAVORS OF THE INGREDIENTS, ALLOWING THEM TO SHINE THROUGH. FISH, A STAPLE IN THE ASSAMESE DIET, IS PREPARED IN COUNTLESS WAYS – STEAMED, FRIED, CURRIED, OR SMOKED. *MAASOR TENGA*, A TANGY FISH CURRY, IS A QUINTESSENTIAL ASSAMESE DISH, ITS SOURNESS DERIVED FROM *TENGA* (A LOCAL SOURING AGENT LIKE TOMATOES, MANGOSTEEN, OR ELEPHANT

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Tenga (a local souring agent like tomatoes, mangosteen, or elephant apple). *Pitika*, mashed vegetables or fish seasoned with mustard oil, onions, and chilies, is another common and comforting preparation.

BEYOND FISH:

While fish reigns supreme, other meats like chicken, duck, and pork are also integral to Assamese cuisine. *Mangsot dia Mangkho*, a flavorful pork dish cooked with bamboo shoots, is a delicacy. *Hahor Mangkho*, duck meat cooked with ash gourd, is another unique preparation. Vegetarian dishes are equally important, showcasing the abundance of fresh vegetables and herbs. *Xaak*, leafy greens cooked with various ingredients, are a staple. *Bora*, a type of rice cake, and *Pitha*, traditional rice flour cakes, are popular snacks and desserts.

THE MAGIC OF KHAR:

Khar, a unique alkaline preparation made from banana peels or other plant parts, is a distinctive element of Assamese cuisine. It lends a unique flavor and is believed to have digestive properties. *Khar* is used in various dishes, adding a subtle bitterness that balances the other flavors.

A CULINARY CALENDAR:

Assamese cuisine is deeply connected to the agricultural cycle and seasonal availability of ingredients. During the *Bihu* festivals, special dishes are prepared, reflecting the festive spirit. *Til Pitha* and *Ghila Pitha*, made with rice flour and sesame seeds, are quintessential *Bihu* delicacies.

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Assamese food is more than just sustenance; it's a reflection of the state's culture and traditions. It's a cuisine that is best enjoyed in the company of family and friends, sharing stories and laughter over a delicious meal. From the humble *Pitika* to the elaborate *Thali*, Assamese food offers a culinary journey that is both satisfying and enriching.

EXPLORING FURTHER:

To truly experience Assamese cuisine, one must venture beyond the popular restaurants and explore the local markets and homes. Engage with the people, learn about their culinary traditions, and savor the authentic flavors of Assam. It's an experience that will tantalize your taste buds and leave you with a deeper appreciation for this vibrant and unique culinary heritage.



ASSAMESE VILLAGE FOOD @ON_MY_PLATEEE





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ASSAMESE VILLAGE FOOD @ON_MY_PLATEEE





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ASSAMESE VILLAGE FOOD @ON_MY_PLATEEE





A CULINARY JOURNEY THROUGH ASSAM: A TASTE OF THE BRAHMAPUTRA VALLEY

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Tenga (a local souring agent like tomatoes, mangosteen, or elephant apple). *Pitika*, mashed vegetables or fish seasoned with mustard oil, onions, and chilies, is another common and comforting preparation.

BEYOND FISH:

While fish reigns supreme, other meats like chicken, duck, and pork are also integral to Assamese cuisine. *Mangsot dia Mangkho*, a flavorful pork dish cooked with bamboo shoots, is a delicacy. *Hahor Mangkho*, duck meat cooked with ash gourd, is another unique preparation. Vegetarian dishes are equally important, showcasing the abundance of fresh vegetables and herbs. *Xaak*, leafy greens cooked with various ingredients, are a staple. *Bora*, a type of rice cake, and *Pitha*, traditional rice flour cakes, are popular snacks and desserts.

THE MAGIC OF KHAR:

Khar, a unique alkaline preparation made from banana peels or other plant parts, is a distinctive element of Assamese cuisine. It lends a unique flavor and is believed to have digestive properties. *Khar* is used in various dishes, adding a subtle bitterness that balances the other flavors.

A CULINARY CALENDAR:

Assamese cuisine is deeply connected to the agricultural cycle and seasonal availability of ingredients. During the *Bihu* festivals, special dishes are prepared, reflecting the festive spirit. *Til Pitha* and *Ghila Pitha*, made with rice flour and sesame seeds, are quintessential *Bihu* delicacies.

A TASTE OF TRADITION:

Assamese food is more than just sustenance; it's a reflection of the state's culture and traditions. It's a cuisine that is best enjoyed in the company of family and friends, sharing stories and laughter over a delicious meal. From the humble *Pitika* to the elaborate *Thali*, Assamese food offers a culinary journey that is both satisfying and enriching.

EXPLORING FURTHER:

To truly experience Assamese cuisine, one must venture beyond the popular restaurants and explore the local markets and homes. Engage with the people, learn about their culinary traditions, and savor the authentic flavors of Assam. It's an experience that will tantalize your taste buds and leave you with a deeper appreciation for this vibrant and unique culinary heritage.



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TO TRULY EXPERIENCE ASSAMESE CUISINE, ONE MUST VENTURE BEYOND THE POPULAR RESTAURANTS AND EXPLORE THE LOCAL MARKETS AND HOMES. ENGAGE WITH THE PEOPLE, LEARN ABOUT THEIR CULINARY TRADITIONS, AND SAVOR THE AUTHENTIC FLAVORS OF ASSAM. IT'S AN EXPERIENCE THAT WILL TANTALIZE YOUR TASTE BUDS AND LEAVE YOU WITH A DEEPER APPRECIATION FOR THIS VIBRANT AND UNIQUE CULINARY HERITAGE.





ASSAMESE VILLAGE FOOD @ON_MY_PLATEEE





A CULINARY JOURNEY THROUGH ASSAM: A TASTE OF THE BRAHMAPUTRA VALLEY

ASSAMESE CUISINE, A VIBRANT TAPESTRY OF FLAVORS, REFLECTS THE RICH CULTURAL HERITAGE AND DIVERSE GEOGRAPHY OF ASSAM, A STATE NESTLED IN THE NORTHEASTERN CORNER OF INDIA. INFLUENCED BY ITS NEIGHBORING STATES, YET DISTINCT IN ITS CHARACTER, ASSAMESE FOOD IS A DELIGHTFUL EXPLORATION OF FRESH INGREDIENTS, SUBTLE SPICES, AND UNIQUE COOKING TECHNIQUES. IT'S A CUISINE THAT CELEBRATES THE BOUNTY OF NATURE, FROM THE FERTILE PLAINS WATERED BY THE MIGHTY BRAHMAPUTRA TO THE LUSH HILLSIDES DOTTED WITH TEA GARDENS.

A SYMPHONY OF FLAVORS:

ASSAMESE FOOD IS CHARACTERIZED BY ITS USE OF MINIMAL OIL AND SPICES. THE EMPHASIS IS ON BRINGING OUT THE NATURAL FLAVORS OF THE INGREDIENTS, ALLOWING THEM TO SHINE THROUGH. FISH, A STAPLE IN THE ASSAMESE DIET, IS PREPARED IN COUNTLESS WAYS – STEAMED, FRIED, CURRIED, OR SMOKED. *MAASOR TENGA*, A TANGY FISH CURRY, IS A QUINTESSENTIAL ASSAMESE DISH, ITS SOURNESS DERIVED FROM *TENGA* (A LOCAL SOURING AGENT LIKE TOMATOES, MANGOSTEEN, OR ELEPHANT

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THE MAGIC OF KHAR:

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BEYOND FISH:

While fish reigns supreme, other meats like chicken, duck, and pork are also integral to Assamese cuisine. *Mangsot dia Mangkho*, a flavorful pork dish cooked with bamboo shoots, is a delicacy. *Hahor Mangkho*, duck meat cooked with ash gourd, is another unique preparation. Vegetarian dishes are equally important, showcasing the abundance of fresh vegetables and herbs. *Xaak*, leafy greens cooked with various ingredients, are a staple. *Bora*, a type of rice cake, and *Pitha*, traditional rice flour cakes, are popular snacks and desserts.

THE MAGIC OF KHAR:

Khar, a unique alkaline preparation made from banana peels or other plant parts, is a distinctive element of Assamese cuisine. It lends a unique flavor and is believed to have digestive properties. *Khar* is used in various dishes, adding a subtle bitterness that balances the other flavors.

A CULINARY CALENDAR:

Assamese cuisine is deeply connected to the agricultural cycle and seasonal availability of ingredients. During the *Bihu* festivals, special dishes are prepared, reflecting the festive spirit. *Til Pitha* and *Ghila Pitha*, made with rice flour and sesame seeds, are quintessential *Bihu* delicacies.

A TASTE OF TRADITION:

Assamese food is more than just sustenance; it's a reflection of the state's culture and traditions. It's a cuisine that is best enjoyed in the company of family and friends, sharing stories and laughter over a delicious meal. From the humble *Pitika* to the elaborate *Thali*, Assamese food offers a culinary journey that is both satisfying and enriching.

EXPLORING FURTHER:

To truly experience Assamese cuisine, one must venture beyond the popular restaurants and explore the local markets and homes. Engage with the people, learn about their culinary traditions, and savor the authentic flavors of Assam. It's an experience that will tantalize your taste buds and leave you with a deeper appreciation for this vibrant and unique culinary heritage.





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A CULINARY CALENDAR:

Assamese cuisine is deeply connected to the agricultural cycle and seasonal availability of ingredients. During the *Bihu* festivals, special dishes are prepared, reflecting the festive spirit. *Til Pitha* and *Ghila Pitha*, made with rice flour and sesame seeds, are quintessential *Bihu* delicacies.

A TASTE OF TRADITION:

Assamese food is more than just sustenance; it's a reflection of the state's culture and traditions. It's a cuisine that is best enjoyed in the company of family and friends, sharing stories and laughter over a delicious meal. From the humble *Pitika* to the elaborate *Thali*, Assamese food offers a culinary journey that is both satisfying and enriching.

EXPLORING FURTHER:

To truly experience Assamese cuisine, one must venture beyond the popular restaurants and explore the local markets and homes. Engage with the people, learn about their culinary traditions, and savor the authentic flavors of Assam. It's an experience that will tantalize your taste buds and leave you with a deeper appreciation for this vibrant and unique culinary heritage.



ASSAMESE VILLAGE FOOD @ON_MY_PLATEEE





A CULINARY JOURNEY THROUGH ASSAM: A TASTE OF THE BRAHMAPUTRA VALLEY

ASSAMESE CUISINE, A VIBRANT TAPESTRY OF FLAVORS, REFLECTS THE RICH CULTURAL HERITAGE AND DIVERSE GEOGRAPHY OF ASSAM, A STATE NESTLED IN THE NORTHEASTERN CORNER OF INDIA. INFLUENCED BY ITS NEIGHBORING STATES, YET DISTINCT IN ITS CHARACTER, ASSAMESE FOOD IS A DELIGHTFUL EXPLORATION OF FRESH INGREDIENTS, SUBTLE SPICES, AND UNIQUE COOKING TECHNIQUES. IT'S A CUISINE THAT CELEBRATES THE BOUNTY OF NATURE, FROM THE FERTILE PLAINS WATERED BY THE MIGHTY BRAHMAPUTRA TO THE LUSH HILLSIDES DOTTED WITH TEA GARDENS.

A SYMPHONY OF FLAVORS:

ASSAMESE FOOD IS CHARACTERIZED BY ITS USE OF MINIMAL OIL AND SPICES. THE EMPHASIS IS ON BRINGING OUT THE NATURAL FLAVORS OF THE INGREDIENTS, ALLOWING THEM TO SHINE THROUGH. FISH, A STAPLE IN THE ASSAMESE DIET, IS PREPARED IN COUNTLESS WAYS – STEAMED, FRIED, CURRIED, OR SMOKED. *MAASOR TENGA*, A TANGY FISH CURRY, IS A QUINTESSENTIAL ASSAMESE DISH, ITS SOURNESS DERIVED FROM *TENGA* (A LOCAL SOURING AGENT LIKE TOMATOES, MANGOSTEEN, OR ELEPHANT

APPLE). *PITIKA*, MASHED VEGETABLES OR FISH SEASONED WITH MUSTARD OIL, ONIONS, AND CHILIES, IS ANOTHER COMMON AND COMFORTING PREPARATION.

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A CULINARY CALENDAR:

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ASSAMESE VILLAGE FOOD @ON_MY_PLATEEE





A CULINARY JOURNEY THROUGH ASSAM: A TASTE OF THE BRAHMAPUTRA VALLEY

ASSAMESE CUISINE, A VIBRANT TAPESTRY OF FLAVORS, REFLECTS THE RICH CULTURAL HERITAGE AND DIVERSE GEOGRAPHY OF ASSAM, A STATE NESTLED IN THE NORTHEASTERN CORNER OF INDIA. INFLUENCED BY ITS NEIGHBORING STATES, YET DISTINCT IN ITS CHARACTER, ASSAMESE FOOD IS A DELIGHTFUL EXPLORATION OF FRESH INGREDIENTS, SUBTLE SPICES, AND UNIQUE COOKING TECHNIQUES. IT'S A CUISINE THAT CELEBRATES THE BOUNTY OF NATURE, FROM THE FERTILE PLAINS WATERED BY THE MIGHTY BRAHMAPUTRA TO THE LUSH HILLSIDES DOTTED WITH TEA GARDENS.

A SYMPHONY OF FLAVORS:

ASSAMESE FOOD IS CHARACTERIZED BY ITS USE OF MINIMAL OIL AND SPICES. THE EMPHASIS IS ON BRINGING OUT THE NATURAL FLAVORS OF THE INGREDIENTS, ALLOWING THEM TO SHINE THROUGH. FISH, A STAPLE IN THE ASSAMESE DIET, IS PREPARED IN COUNTLESS WAYS – STEAMED, FRIED, CURRIED, OR SMOKED. *MAASOR TENGA*, A TANGY FISH CURRY, IS A QUINTESSENTIAL ASSAMESE DISH, ITS SOURNESS DERIVED FROM

Tenga (a local souring agent like tomatoes, mangosteen, or elephant apple). *Pitika*, mashed vegetables or fish seasoned with mustard oil, onions, and chilies, is another common and comforting preparation.

BEYOND FISH:

While fish reigns supreme, other meats like chicken, duck, and pork are also integral to Assamese cuisine. *Mangsot dia Mangkho*, a flavorful pork dish cooked with bamboo shoots, is a delicacy. *Hahor Mangkho*, duck meat cooked with ash gourd, is another unique preparation. Vegetarian dishes are equally important, showcasing the abundance of fresh vegetables and herbs. *Xaak*, leafy greens cooked with various ingredients, are a staple. *Bora*, a type of rice cake, and *Pitha*, traditional rice flour cakes, are popular snacks and desserts.

THE MAGIC OF KHAR:

Khar, a unique alkaline preparation made from banana peels or other plant parts, is a distinctive element of Assamese cuisine. It lends a unique flavor and is believed to have digestive properties. *Khar* is used in various dishes, adding a subtle bitterness that balances the other flavors.

A CULINARY CALENDAR:

Assamese cuisine is deeply connected to the agricultural cycle and seasonal availability of ingredients. During the *Bihu* festivals, special dishes are prepared, reflecting the festive spirit. *Til Pitha* and *Ghila Pitha*, made with rice flour and sesame seeds, are quintessential *Bihu* delicacies.

A TASTE OF TRADITION:

Assamese food is more than just sustenance; it's a reflection of the state's culture and traditions. It's a cuisine that is best enjoyed in the company of family and friends, sharing stories and laughter over a delicious meal. From the humble *Pitika* to the elaborate *Thali*, Assamese food offers a culinary journey that is both satisfying and enriching.

EXPLORING FURTHER:

To truly experience Assamese cuisine, one must venture beyond the popular restaurants and explore the local markets and homes. Engage with the people, learn about their culinary traditions, and savor the authentic flavors of Assam. It's an experience that will tantalize your taste buds and leave you with a deeper appreciation for this vibrant and unique culinary heritage.





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ASSAMESE VILLAGE FOOD @ON_MY_PLATEEE





A CULINARY JOURNEY THROUGH ASSAM: A TASTE OF THE BRAHMAPUTRA VALLEY

ASSAMESE CUISINE, A VIBRANT TAPESTRY OF FLAVORS, REFLECTS THE RICH CULTURAL HERITAGE AND DIVERSE GEOGRAPHY OF ASSAM, A STATE NESTLED IN THE NORTHEASTERN CORNER OF INDIA. INFLUENCED BY ITS NEIGHBORING STATES, YET DISTINCT IN ITS CHARACTER, ASSAMESE FOOD IS A DELIGHTFUL EXPLORATION OF FRESH INGREDIENTS, SUBTLE SPICES, AND UNIQUE COOKING TECHNIQUES. IT'S A CUISINE THAT CELEBRATES THE BOUNTY OF NATURE, FROM THE FERTILE PLAINS WATERED BY THE MIGHTY BRAHMAPUTRA TO THE LUSH HILLSIDES DOTTED WITH TEA GARDENS.

A SYMPHONY OF FLAVORS:

ASSAMESE FOOD IS CHARACTERIZED BY ITS USE OF MINIMAL OIL AND SPICES. THE EMPHASIS IS ON BRINGING OUT THE NATURAL FLAVORS OF THE INGREDIENTS, ALLOWING THEM TO SHINE THROUGH. FISH, A STAPLE IN THE ASSAMESE DIET, IS PREPARED IN COUNTLESS WAYS – STEAMED, FRIED, CURRIED, OR SMOKED. *MAASOR TENGA*, A TANGY FISH CURRY, IS A QUINTESSENTIAL ASSAMESE DISH, ITS SOURNESS DERIVED FROM *TENGA* (A LOCAL SOURING AGENT LIKE TOMATOES, MANGOSTEEN, OR ELEPHANT

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Tenga (a local souring agent like tomatoes, mangosteen, or elephant apple). *Pitika*, mashed vegetables or fish seasoned with mustard oil, onions, and chilies, is another common and comforting preparation.

BEYOND FISH:

While fish reigns supreme, other meats like chicken, duck, and pork are also integral to Assamese cuisine. *Mangsot dia Mangkho*, a flavorful pork dish cooked with bamboo shoots, is a delicacy. *Hahor Mangkho*, duck meat cooked with ash gourd, is another unique preparation. Vegetarian dishes are equally important, showcasing the abundance of fresh vegetables and herbs. *Xaak*, leafy greens cooked with various ingredients, are a staple. *Bora*, a type of rice cake, and *Pitha*, traditional rice flour cakes, are popular snacks and desserts.

THE MAGIC OF KHAR:

Khar, a unique alkaline preparation made from banana peels or other plant parts, is a distinctive element of Assamese cuisine. It lends a unique flavor and is believed to have digestive properties. *Khar* is used in various dishes, adding a subtle bitterness that balances the other flavors.

A CULINARY CALENDAR:

Assamese cuisine is deeply connected to the agricultural cycle and seasonal availability of ingredients. During the *Bihu* festivals, special dishes are prepared, reflecting the festive spirit. *Til Pitha* and *Ghila Pitha*, made with rice flour and sesame seeds, are quintessential *Bihu* delicacies.

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Assamese food is more than just sustenance; it's a reflection of the state's culture and traditions. It's a cuisine that is best enjoyed in the company of family and friends, sharing stories and laughter over a delicious meal. From the humble *Pitika* to the elaborate *Thali*, Assamese food offers a culinary journey that is both satisfying and enriching.

EXPLORING FURTHER:

To truly experience Assamese cuisine, one must venture beyond the popular restaurants and explore the local markets and homes. Engage with the people, learn about their culinary traditions, and savor the authentic flavors of Assam. It's an experience that will tantalize your taste buds and leave you with a deeper appreciation for this vibrant and unique culinary heritage.





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TO TRULY EXPERIENCE ASSAMESE CUISINE, ONE MUST VENTURE BEYOND THE POPULAR RESTAURANTS AND EXPLORE THE LOCAL MARKETS AND HOMES. ENGAGE WITH THE PEOPLE, LEARN ABOUT THEIR CULINARY TRADITIONS, AND SAVOR THE AUTHENTIC FLAVORS OF ASSAM. IT'S AN EXPERIENCE THAT WILL TANTALIZE YOUR TASTE BUDS AND LEAVE YOU WITH A DEEPER APPRECIATION FOR THIS VIBRANT AND UNIQUE CULINARY HERITAGE.



ASSAMESE VILLAGE FOOD @ON_MY_PLATEEE





A CULINARY JOURNEY THROUGH ASSAM: A TASTE OF THE BRAHMAPUTRA VALLEY

ASSAMESE CUISINE, A VIBRANT TAPESTRY OF FLAVORS, REFLECTS THE RICH CULTURAL HERITAGE AND DIVERSE GEOGRAPHY OF ASSAM, A STATE NESTLED IN THE NORTHEASTERN CORNER OF INDIA. INFLUENCED BY ITS NEIGHBORING STATES, YET DISTINCT IN ITS CHARACTER, ASSAMESE FOOD IS A DELIGHTFUL EXPLORATION OF FRESH INGREDIENTS, SUBTLE SPICES, AND UNIQUE COOKING TECHNIQUES. IT'S A CUISINE THAT CELEBRATES THE BOUNTY OF NATURE, FROM THE FERTILE PLAINS WATERED BY THE MIGHTY BRAHMAPUTRA TO THE LUSH HILLSIDES DOTTED WITH TEA GARDENS.

A SYMPHONY OF FLAVORS:

ASSAMESE FOOD IS CHARACTERIZED BY ITS USE OF MINIMAL OIL AND SPICES. THE EMPHASIS IS ON BRINGING OUT THE NATURAL FLAVORS OF THE INGREDIENTS, ALLOWING THEM TO SHINE THROUGH. FISH, A STAPLE IN THE ASSAMESE DIET, IS PREPARED IN COUNTLESS WAYS – STEAMED, FRIED, CURRIED, OR SMOKED. *MAASOR TENGA*, A TANGY FISH CURRY, IS A QUINTESSENTIAL ASSAMESE DISH, ITS SOURNESS DERIVED FROM *TENGA* (A LOCAL SOURING AGENT LIKE TOMATOES, MANGOSTEEN, OR ELEPHANT

APPLE). *PITIKA*, MASHED VEGETABLES OR FISH SEASONED WITH MUSTARD OIL, ONIONS, AND CHILIES, IS ANOTHER COMMON AND COMFORTING PREPARATION.

BEYOND FISH:

WHILE FISH REIGNS SUPREME, OTHER MEATS LIKE CHICKEN, DUCK, AND PORK ARE ALSO INTEGRAL TO ASSAMESE CUISINE. *MANGSOT DIA MANGKHO*, A FLAVORFUL PORK DISH COOKED WITH BAMBOO SHOOTS, IS A DELICACY. *HAHOR MANGKHO*, DUCK MEAT COOKED WITH ASH GOURD, IS ANOTHER UNIQUE PREPARATION. VEGETARIAN DISHES ARE EQUALLY IMPORTANT, SHOWCASING THE ABUNDANCE OF FRESH VEGETABLES AND HERBS. *XAAK*, LEAFY GREENS COOKED WITH VARIOUS INGREDIENTS, ARE A STAPLE. *BORA*, A TYPE OF RICE CAKE, AND *PITHA*, TRADITIONAL RICE FLOUR CAKES, ARE POPULAR SNACKS AND DESSERTS.

THE MAGIC OF KHAR:

KHAR, A UNIQUE ALKALINE PREPARATION MADE FROM BANANA PEELS OR OTHER PLANT PARTS, IS A DISTINCTIVE ELEMENT OF ASSAMESE CUISINE. IT LENDS A UNIQUE FLAVOR AND IS BELIEVED TO HAVE DIGESTIVE PROPERTIES. *KHAR* IS USED IN VARIOUS DISHES, ADDING A SUBTLE BITTERNESS THAT BALANCES THE OTHER FLAVORS.

A CULINARY CALENDAR:

ASSAMESE CUISINE IS DEEPLY CONNECTED TO THE AGRICULTURAL CYCLE AND SEASONAL AVAILABILITY OF INGREDIENTS. DURING THE *BIHU* FESTIVALS, SPECIAL DISHES ARE PREPARED, REFLECTING THE FESTIVE SPIRIT. *TIL PITHA* AND *GHILA PITHA*, MADE WITH RICE FLOUR AND SESAME SEEDS, ARE QUINTESSENTIAL *BIHU* DELICACIES.

A TASTE OF TRADITION:

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