**Food >>Meals**

**Photo-1**

**Healthy and wholesome local ingredients….**

**Photo-2**

**Traditional cooking methods on wood fire…**

**Photo 3**

**Local Konkani village recipes made out**

**of rice and coconut (Panagi)….**

**Photo 4**

**Local appetizer made from Kokum**

**and coconut milk (Solkadhi) very tasty….**

**Photo 5**

**Raw cashew curry, very flavorful….**

**Photo 6**

**A traditional sea-food thali**

**fish lovers delight……..**

**Photo 7**

**The Malwani vegetarian thali**

**rich, wholesome and very tasty…**

**Photo 8**

**Accompanied by some local desserts…**

**homemade amras from homemade mango pulp**

**Photo-9**

**The local mouthwatering recipes like Modak**

**which are so delightful that they**

**seem to be sent by the Gods…..**