

VISVESVARAYA TECHNOLOGICAL UNIVERSITY

Jnana Sangama, Belagavi- 590018



Social Connect and Responsibilities (BSCK307)

Report On: Activity-5

“Food Walk”

*Submitted in partial fulfilment of the requirements for the **Third Semester** degree of **Bachelor of Engineering in Computer Science Engineering** of Visvesvaraya Technological University, Belagavi*

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OBJECTIVES

The primary objective of a food walk is to give participants an opportunity to sample and learn about the local cuisine and culinary culture. Food walks are often led by local experts or food enthusiasts who are knowledgeable about the area's culinary history, ingredients, and preparation techniques. They may also provide information about the cultural and social significance of the foods and the role they play in the local community.

Another objective of a food walk is to promote local businesses and support the local economy. Food walks often feature small, independent establishments that may not be well-known to visitors. By showcasing these businesses, food walks can help promote them to a wider audience and increase their visibility and customer base.

food walk is to provide participants with a unique and memorable culinary experience while promoting local businesses and exploring the cultural and social significance of food in the local community.

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INTRODUCTION



Hyderabadi biryani, a culinary masterpiece renowned for its aromatic flavors and exquisite blend of spices, holds a special place in the heart of Indian cuisine. Originating from the city of Hyderabad, located in the southern state of Telangana, this iconic dish is a testament to the rich culinary heritage and cultural diversity of the region. Hyderabadi biryani is characterized by its unique cooking technique, which involves layering fragrant basmati rice with marinated meat, onions, herbs, and spices, and slow-cooking the ingredients to perfection in a sealed pot or dum.

The result is a tantalizing fusion of flavors, where each grain of rice is infused with the essence of the spices and the tender, succulent meat. Whether enjoyed at lavish feasts or humble home kitchens, Hyderabadi biryani continues to captivate food enthusiasts around the world with its irresistible aroma, tantalizing taste, and rich culinary history.

Hyderabadi biryani is traditionally prepared using basmati rice, which is known for its long grains and delicate fragrance. The meat used in Hyderabadi biryani is typically either chicken, goat, or lamb, although variations with beef and seafood are also popular. The meat is marinated in a flavorful mixture of yogurt, spices, and herbs, which may include saffron, cardamom, cloves, cinnamon, ginger, garlic, and mint. Hyderabadi biryani, a culinary masterpiece renowned for its aromatic flavors and exquisite blend of spices, holds a special place in the heart of Indian cuisine. Originating from the city of Hyderabad, located in the southern state of Telangana, this iconic dish is a testament to the rich culinary heritage and cultural diversity of the region.

CITY'S CULINARY PRACTICES

Hyderabadi biryani, a popular rice dish in India, has evolved over time due to changes in ingredients, cooking methods, and cultural influences. Here are some differences between cooking Hyderabadi biryani in the past and present:

- ❖ **Cooking utensils:** In the past, Hyderabadi biryani was cooked in large, heavy-bottomed copper pots over wood-fired stoves, which required a lot of skill and experience. Nowadays, modern kitchen appliances like gas stoves, pressure cookers, and electric rice cookers are used to make the dish.
- ❖ **Ingredients:** The basic ingredients for Hyderabadi biryani have remained the same, which include long-grain Basmati rice, meat (usually chicken or lamb), spices, and herbs. However, in the past, ingredients were sourced locally, and the recipe varied depending on the availability of ingredients. Today, Hyderabadi biryani is prepared using a wider range of spices and ingredients from different parts of the world.
- ❖ **Spice blends:** Traditional Hyderabadi biryani used a blend of spices, which included whole and ground spices such as cinnamon, cardamom, cloves, bay leaves, and black pepper. Today, spice blends for biryani are readily available in grocery stores, and these blends may contain a variety of spices, including nutmeg, mace, and saffron.
- ❖ **Cooking techniques:** In the past, the meat was cooked separately and layered with rice, which was then sealed and cooked on low heat for several hours, allowing the flavours to meld together. Today, the meat is often cooked with the rice in a pressure cooker, reducing cooking time and simplifying the process.
- ❖ **Serving style:** Hyderabadi biryani was traditionally served on a large platter, with the meat and rice layered together, and garnished with fried onions and boiled eggs. Today, individual servings are more common, with the meat and rice served separately, and garnished with a variety of accompaniments, including raita (yogurt dip), chutney, and salad. Whether it's the spicy tangri kebabs sizzling on street corners or the decadent double ka Metha served at weddings, Hyderabad offers a culinary adventure like no other. Families gather around the dining table, friends share stories over plates of biryani, and vendors line the streets, serving up this beloved dish to hungry patrons.

FOOD LORE



Royal Origins: Hyderabad biryani is said to have originated in the royal kitchens of the Nizams, the rulers of the historic Hyderabad state. It was created to satisfy the royal appetite for a flavorful and aromatic dish that showcased the richness of Indian spices and ingredients. Over time, Hyderabad biryani evolved from a royal delicacy to a beloved staple of the city's culinary landscape.

Blend of Culinary Influences: The recipe for Hyderabad biryani reflects the diverse culinary influences that have shaped Hyderabad's gastronomic heritage. It combines elements of Mughlai cuisine, characterized by its rich and indulgent flavors, with the aromatic spices and ingredients native to the Deccan region. The result is a harmonious blend of Persian, Turkish, and South Indian culinary traditions.

Dum Pukht Cooking Technique: One of the hallmarks of Hyderabad biryani is its distinctive cooking method known as "dum pukht." In this technique, marinated meat and partially cooked rice are layered in a heavy-bottomed pot and sealed with dough or a tight-fitting lid. The pot is then placed over a low flame or in a preheated oven, allowing the ingredients to cook slowly in their own juices and absorb the flavors of the spices and herbs.

Varieties and Specializations: Over the years, Hyderabad biryani has given rise to several regional variations and specialized preparations. The most famous varieties include the Kacchi Biryani, where raw meat is layered with partially cooked rice and cooked together, and the Pakki Biryani, where the meat and rice are cooked separately before being combined. Each variety has its own unique flavor profile and cooking technique, adding to the diversity of Hyderabad's biryani offerings.

INDIGENOUS MATERIALS OF THAT REGION USED IN COOKING

Ingredients of Hyderabad Biryani:

Hyderabad biryani is a popular dish from the city of Hyderabad in India. The dish is made using a combination of spices, meat (usually chicken or lamb), and basmati rice. While I cannot give a comprehensive list of all the ingredients used in Hyderabad biryani, here are some common indigenous materials used in the dish:

Basmati Rice: Basmati rice is a long-grain, aromatic rice that is commonly used in Indian cuisine, including biryanis.

Meat: Hyderabad biryani is typically made using chicken or lamb meat.

Spices: The dish is seasoned with a variety of spices, including cinnamon, cloves, cardamom, bay leaves, cumin, coriander, and black pepper.

Saffron: Saffron is a highly prized spice that is often used in biryanis for its unique flavor and bright yellow colour.

Yogurt: Yogurt is used in the marinade for the meat, which helps to tenderize it and infuse it with flavor.

Fried onions: Fried onions are used as a garnish on top of the biryani and add a sweet, caramelized flavor to the dish.

Ghee: Ghee, or clarified butter, is used in the recipe to add richness and depth of flavor.

LEGACY OF A FAMOUS DISH IN THE HYDERABAD



The legacy of a famous dish in Hyderabad, such as the iconic Hyderabadi biryani, transcends mere culinary delight; it embodies the essence of the city's rich history, cultural diversity, and culinary excellence. Here's how the legacy of Hyderabadi biryani unfolds in the vibrant tapestry of Hyderabad's gastronomic heritage:

Historical Significance: Hyderabadi biryani traces its roots back to the royal kitchens of the Nizams, the rulers of the historic Hyderabad state. Originating as a royal delicacy, the dish was crafted to showcase the opulence and sophistication of the Nizami court. Over time, Hyderabadi biryani evolved from a symbol of aristocratic indulgence to a beloved staple of Hyderabad's culinary landscape.

Cultural Icon: Today, Hyderabadi biryani stands as a cultural icon of Hyderabad, revered by locals and celebrated by food enthusiasts worldwide. It embodies the spirit of Hyderabad's diverse cultural heritage, blending the influences of Mughal, Persian, and South Indian culinary traditions into a harmonious and flavorful dish. From lavish weddings to humble street stalls, Hyderabadi biryani is an integral part of Hyderabad's cultural fabric, symbolizing hospitality, togetherness, and shared joy.

Gastronomic Excellence: The legacy of Hyderabadi biryani lies in its gastronomic excellence, characterized by its fragrant aroma, tender meat, and delicate blend of spices.

DESCRIPTION OF THE ACTIVITY

During the food walk, the guide provides information about the ingredients, preparation methods, and cultural significance of each dish, as well as interesting anecdotes and stories about the food and the people who make and eat it. Participants can also ask questions and engage in discussions with the guide and other group members.

Food walks are a fun and delicious way to explore a new city or neighborhood, meet new people, and learn about the local food culture. They are suitable for all ages and dietary preferences, and can be customized to accommodate specific needs and interests.

CONCLUSION

Food walks can be a delightful way to explore a new city or neighborhood, or even to rediscover familiar places. They offer an opportunity to taste a variety of local flavors, learn about the history and culture of a place, and connect with the people who make and enjoy the food.

Food walks can also be a great way to support local businesses and to learn about sustainable and ethical food practices. By visiting small, independent vendors, we can help to keep local food cultures alive and thriving, and by seeking out eco-friendly options, we can help to reduce our impact on the environment.

Overall, food walks are a fun and engaging way to experience a new place and to deepen our connection with food and the people who create it. Whether we're exploring a new city or rediscovering our own hometown, a food walk can be a satisfying and enriching experience.

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Activity in the subject of Social Connect And Responsibility



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