

**Impact of Foreign Invasion on Indian Food With in-  
depth Study of Western Region of Maharashtra**

**1757-1857**

**A Thesis Submitted to**

**Tilak Maharashtra Vidyapeeth, Pune**

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**Submitted By**

**MRS. SHEFALI V. JOSHI**

**Under the Guidance**

**DR. SHEELA PATWARDHAN**

**March – 2017**

## **CERTIFICATE**

This is to certify that the thesis entitled ‘ Impact of foreign invasion on Indian food with in-depth study of western region of Maharashtra [1757-1857] which is being submitted herewith the award of the degree of Ph. D. in History-Interdisciplinary to Tilak Maharashtra Vidyapeeth , Pune, is the result of original research work completed by Mrs. Shefali Joshi under my supervision and guidance. To the best of my knowledge and belief the work incorporated in this thesis has not formed basis for the award of any degree or similar title of this or any other university or examining body.

Place

Research Guide

Date

Dr. Sheela Patwardhan

## **RESEARCHER'S DECLARATION**

I, hereby declare that the thesis entitled 'Impact of foreign invasion on Indian food with in depth study of western region of Maharashtra [1757-1857] completed and written by me. It has not previously formed the basis for the award of any Degree or other similar Title of this or any other university or examining body.

Place

Research Student

Date

Mrs. Shefali Joshi

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## CHAPTER 1

### 1. INTRODUCTION

India, a country in south Asia, customarily delimited by ranges of Himalayas and Indus River. In history, a land of the British Empire, chiefly comprising the modern day Pakistan, Bangladesh, Nepal and Burma. India has been called universe, not country as any other country has such diversity of climate and soil, race and languages, religion, tribe, cast, class, customs and most importantly cuisine. From ancient times, foreign travelers have marveled at the country's agriculture bounty. Plants indigenous to India include lentils (urad, mung, masoor) millet, aubergines, many tubers, pumpkins, melons, gourds, mangoes, jackfruits, ginger, tamarind, turmeric and black and long pepper. Today the food stuff is still central to the diet of an Indians.

If Ayurveda provided a cookery basis for Indian diet, over period various influences have been placed on this base. India has welcomed a countless diversity of settlers; everyone fetched with them their own cuisine. The food we eat nowadays is result of India's long history of thousands years.

The first European arrived off the Malabar Coast, when Portuguese voyager Vasco de Gama opened the sea routes to Indies. Later Babur, the first great Mughal, invaded India from the north. The two occasions were to have great impact on India's culinary culture.

The thesis is made in two distinct parts for simplification on the basis of India as whole and specifically western Maharashtra during 1757 to 1857.

This thesis discusses how Asian, Persian and European style of cuisine and elements were carried to India, where over the next many centuries they related with Indian food to produce the Indian cookery we know today. The variety in the cuisine of India has originated on the basis of foreign invasion. According to history it is proven that Indian

cooking styles are an amalgamation of various cultures and traditions as well beliefs. Even ancient India was invaded by different invaders right from Aryans.

The thesis presents result of analysis of relation between foreign invasions and Indian food. The significant idea is to see how and what was the impact of foreign invasions on Indian food. Here the effects of invasions are seen in two major folds.

One on India as whole and secondly with further emphasize on western Maharashtra that too specifically during period 1757 to 1857. This region was chosen as it is closer to my area of study and thought can give justice to it. This period is linked to research so as to give frame work to treasure which is really vast otherwise.

In the olden days foreign flavors got mingled with Indian cookery while trading with Greeks, Romans and Egyptians. They contributed to the use of many of important herbs and spices which are used in Indian food at present. From the times of the Indus valley civilization in the third millennium BCE, it was the center of a gigantic linkage of land and ocean ways that were a channel for plants, ingredients, dishes and gastronomic practices from and to Afghanistan, Persia, central Asia, Africa, china, Southeast Asia. Later, Europeans brought plants from western hemisphere and elsewhere which included tomatoes, pineapples, cashews, potatoes, chilies. Without these ingredients it is unimaginable to think about Indian Food.

In light of this diversity, it is interesting to see what makes Indian food recognizably Indian and how it came to be that way.

Indian culinary influences by Indian invasion of Alexander, The Great for e.g. saffron was started to be cultivated. People from Mediterranean gave Indians taste of spices like fennel and fenugreek.

Second great influence on Indian food is of Arab invasion. Even before Islam was found as religion, these traders were dealing with Indians with trade of spices and silk. Their relation with Indians introduced them with spices like asafetida and dry nuts like Pistachio.

Mughal invasions contributed to the growth of Mughlai cuisine in our country. Use of dry fruits in the meat preparation and various cooking styles such as *Dumpokht* and tandoor is gift of Mongols to India.

Europeans had great contribution to Indian food with introduction of many new ingredients. Goa for many years remained under Portugal rule. Meat such as pork, duck and use of vinegar as souring agent emphasizes Portugal influence on Indian food. Vindaloo takes you to Goa but this spicy meat Curry is not Goan at all. It has its roots in Portuguese cuisine and originally came from famous Portuguese dish 'Carnede Vinha D'alhos'.

Indian food was introduced to great variety in colonial period. The British raj introduced many western cooking styles signifying English influence. In that period Indian cuisine became flexible and diverse. Along with food, British brought various beverages like tea and beer. They influenced Indian kitchen with Christian hues. They did not only change what people of India ate but the way they ate as well. They made changes in Indian dining with introduction of Dining tables and cutlery.

By the time India became free country British influence had contributed and created change in every regional cuisine.

In the second half of the thesis it is elaborated with further study as what is the impact of foreign invasion specifically in Western Maharashtra in period during 1757 to 1857. Many of the present days Western Maharashtrian food items would not be possible without its origin found in that period.

## 1.1 Statement of Problem

The aim of my research thesis is to study impact of foreign invasion on Indian food with in depth study of Western Maharashtra (1757-1857)

The purpose of these qualitative studies is to explore

- Who were all the invaders in India?
- Is there any impact of foreign invasion on Indian food?
- If yes, what exactly is its influence on Indian Food?
- What was the extent of these impacts on Western Maharashtra specifically in the period 1757 to 1857?
- If we could do comparison between impact of earlier invasion and impact of invasion during (1757-1857).

As a researcher there are many sub questions which comes to my mind during the exploration. They are as follows –

- Whether these influences had its glimpses in modern food habits of India and logically in that context in Western Maharashtra. It is necessary to start with argument that there is impact of foreign invasion on Indian food which resulted in background for a modern society's eating habits.

- Now if we think the foreign invaders in India and in that relation in western Maharashtra in the period 1757 to 1857 changed food habits of people resulting in modern day's diet, we must explore following things.
- What was the original food of India before all these foreign contributions?
- What was the way of life and food habits of People of Western Maharashtra before 1757?
- What was the role of changing social scenario in this transformation of food during that period in Western Maharashtra?

Hence above all it is necessary to explore entire journey from early invasions to modern times chronologically and qualitatively.

## **1.2 Objectives of Study**

A variety of literature in the form of stories, biographies, numerous other forms were created related to politics and social scenario during and before the period of 1757 to 1857. This process of documentation is still continued. But very few have focused on food aspect. This research has attempted to study Impact of foreign invasion on Indian food with in-depth study of Western Maharashtra (1757-1857) in larger picture of two aspects

- History
- Food

This research was initiated with the following objectives

- To confirm if history and food are complimentary to each other on certain issues. If history and food shares any common places and if yes, what are the contribution of history of invasions on Indian food and in that context food of



## Western Maharashtra (1757-1857)

- To examine and study the participation of foreigners in developing today's Indian cuisine.
- To view foreign invasion and British rule from historically different angle which is many times ignored or given less importance.
- To try to understand the role of British impact specifically on Western Maharashtra especially in the period during 1757 to 1857 as that is the period which is considered as British settlement period.
- To investigate and collect significant references on the basis of authentic resources to prove the validity of hypothesis of this research thesis.
- Indian food had changed drastically and rapidly in last two centuries. It will be interesting to see whether origin of this change had beginning in period of our research.

### **1.3 Significance of Study**

For this research critical study of impact of foreign invasions has been given thought Within depth focus on Western Maharashtra in period 1757 to 1857.

It has been observed that few historians have shown interest in influences on Indian food and with reference to that food of Western Maharashtra.

As a hotel management professor it has always been observed that, many of my colleagues who have been dealing with Indian food production for long years are not aware of food sources. In spite of being stalwarts of food industry, they are negligent about the origin of food ingredients and some of the cooking techniques. They are absolutely ignorant about this aspect of our glorious history and roots of our most common ingredients like chilies, potatoes and tomatoes. Without these ingredients Indian food today is unimaginable.

While discussing these issues with teachers of other hotel management colleges, chefs in the hotels and experts from food industry, surprisingly it was found that they do not have enough knowledge about sources of ingredients used in Indian cuisine. As hotel management lecturer researcher had keen interest in ingredients, recipes and cooking techniques. Researcher's interest lies in knowing roots of sources of food and techniques used in kitchen. It will be interesting to know about the history of such things and will give in- depth knowledge of it.

Very good example of this is our famous Maharashtrian food of *Vada Pav* and *Missal* of Western Maharashtra has so many ingredients like Tomatoes, Potatoes, Chilies, *Pav* from outside. It was brought by Portuguese people to India.

People are unaware of the fact that most popular ingredients in Maharashtrian cuisine and some of the must ingredients in fasting food like potato is not from India but introduced by outsiders. It was seen with suspicious eyes initially but British made vegetables like potato and tomato popular in India as well as Western Maharashtra during our mentioned research period.

Therefore researcher thought it was necessary to collect and compile correct and authentic information about food ingredients used in Indian food preparation and their sources. Researcher thought proper research on "Impact of foreign invasion on Indian food with in depth study of Western Maharashtra (1757 to 1857)" will help to wipe out the misconceptions about this subject and throw some light.

In the opinion of researcher since no consolidated information about this subject is available; this research should be presented before society.

While presenting this thesis honest attempt has been made to collect correct information. Sincere efforts has been made to consolidate information about 'Impact of foreign invasion on Indian food with in depth study of Western Maharashtra (1757to 1857)' it

will also be useful for students of History as well as Hotel Management. It also will be informative for those people who are interested in food as well as researchers those who want to do further work on related subject.

### 1.4 Type of Research

There could be various types of research. Types of research from different viewpoints are as follows-

Types of Research Type

Application	Objectives	Types of Information Sought
Pure Research	Exploratory Research	
Applied Research	Descriptive Research	
	Correlation Research	
	Explanatory Research	

The type which researcher has adopted is Historical Qualitative research. It is based on information sought from Literature review. It is based on systematic collection and objective evaluation of data related to past occurrences in order to test hypothesis concerning causes, effects or trends of these events that may help to explain present events and anticipate future event (Gay 1996)

- It is based on descriptive study
- It allows following strategy
- Describe facts
- Find out new
- Largest efforts are given on data collection
- It satisfies curiosity

This is a History Interdisciplinary research. Interdisciplinary research is type of study or research that draws from two or more disciplines in order to gain better developed perspective or discover something new. This research involves a considerable amount of research in both the fields.

In this case researcher feels that interdisciplinary research was easy to apply because these fields have natural overlap and things in common.

Since considerable amount of research involves historical study, it has a different way of collecting or analyzing data. Researcher therefore has switched to Qualitative method like personal interviews with experts who involve in-depth interviews with individuals to gain knowledge and different perspective on a specific question or event. Researcher has many ways of examining and relating their study.

### **Quantitative Research**

This uses number to test hypothesis and make predictions by using measured amounts and ultimately describes an event by using figures. By using numbers, the researcher has the opportunity to use advanced and powerful statistical tests to ensure that the results have statistical relationship and not just a fluke observation.

When using Quantitative research, the researcher must define what they are measuring.

### **Qualitative Research**

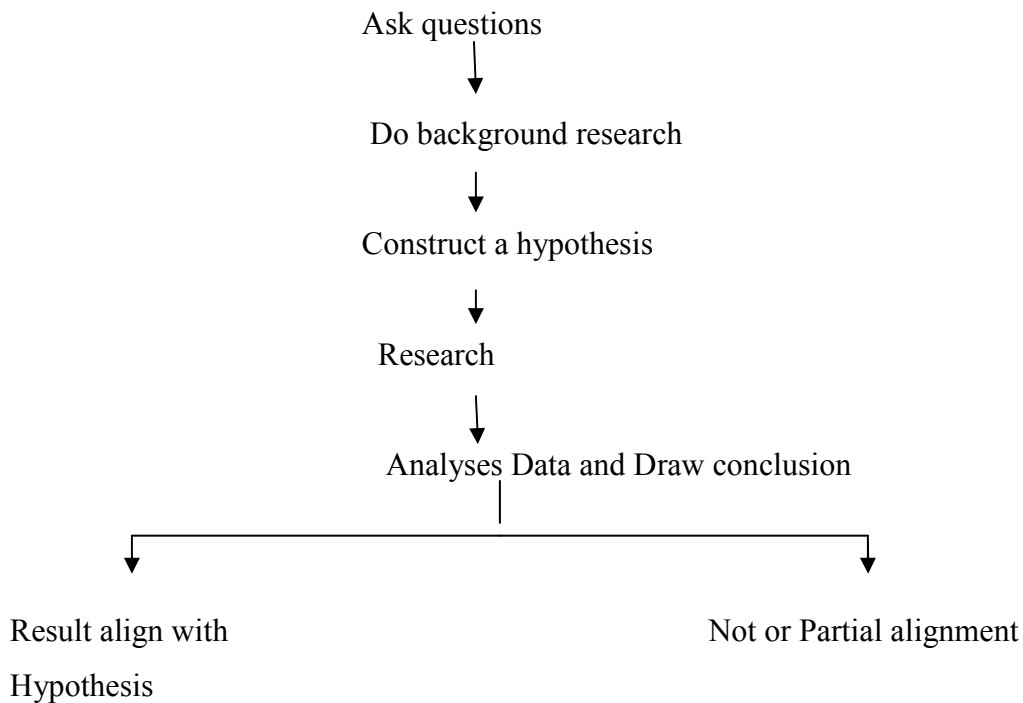
It describes the kind and quality of a subject, while interpreting and attempting an event. By using narrative descriptions, the purpose of qualitative research is to give someone a mental picture of what is researcher seeing. Due to nature of Qualitative research, it is difficult to use statistical procedures to measure kinds and qualities. This research typically focuses on a few individuals or just a single person.

Descriptive research mainly based on secondary data study.

Research design is generally based on a social constructive perspective. Research questions based on prior research experience. Data collection involves interview, observation or and archival data.

#### Overview of method

Qualitative researcher is concerned with making inference based on perspective. So It is extremely important to get as much data as possible for later analysis. Interviews are designed to generate perspectives about ideas, opinions and experiences.



**In this thesis Qualitative type of research study has been undertaken.**

## **1.5 Scientific Research Methodology**

Since history is social science, all established research methodologies are useful for history research. For research on this topic explanatory and analytical method is used to generate narrative interpretations. There are many primary as well as secondary sources which are used.

This being research on the historical subject, it will not be done by experimentation. It will be totally depending on documentation and referential evidences. Unfortunately, no book is available that would give precise and consolidated information about this subject. While making researches on the other subjects, invariably many references came across that were giving correct and authentic information about impact on foreign invasion on Indian food and western Maharashtra food in 1757 to 1857.

It is necessary to refer authentic references, list of accounts, correspondence, and letters and duly published work by great historians.

Today Internet facility and websites have made possible to view any part of the world and information. It is also easier to refer views, documents by using this. Depending on these scripts and also considering their authenticity, finally all these information shall be compiled in a systematic format in accordance with the historical events and happenings. Many well-known food historians' opinions and suggestions are also taken in consideration.

While compiling all these it should be decided to consider certain basic formality that any references, initially, not to trust immediately.

Information evaluation is the process of evaluating the qualities of an information source such as validity, reliability and relevance to the subject was under investigation .Literature review was evaluated on the basis of following points

1 When was the source written and produced?

2 Where was it produced?

3 By whom was it produced?

4 From What preexisting material was it produced?

5 In what original form was it produced?

6 What is the evidential value of its content?

Sometimes, defined statements can be referred in the books written or edited by veteran historians but supporting references are not given. In such cases instead of trusting the authenticity of the writer or editor, it is necessary to find out the correct information from other sources. If those also not found then such statements should not be accepted only as their opinions and not as authentic evidence.

Also a basic principle should strictly followed that 'The evidences should never be collected suitable to any basic guesses instead 'Basic guess should always be made depending upon the collected evidences'.

This research shall take care of narrating correct information considering all facts and restrictions and shall also narrate consolidated information about the research subject which is not yet put forward to people. The purpose was not to gather quantitative data but rather, to provide a check on reliability of our qualitative data. Scientific method is a continuous process begins with observation.

The old names of the cities such as Bombay (Mumbai), Calcutta, (Kolkata), Madras (Chennai) etc. have been retained to interrelate to the period of study. Chronological

approach has been taken while preparing this research thesis which can give certain flow to explain the things.

### **1.6 Limitation of Study**

Findings of this research is limited to following points

- The in-depth study is focused on time period 1757 to 1857.
- The in- depth study concentrates on the Indian food with specific reference to Western region of Maharashtra and not any other region.

### **1.7 The Research Hypothesis**

A unique gastronomy emerged as a result of amalgamation between rulers and subjects included various interesting food preparations. The thesis highlights role and representation of foreign invasion in Indian food. While discussing about original Indian food, influences of various foreign invasions on ingredients which are unique and distinctive. It advances two central interrelated hypotheses as:

**H1** Before British rule all foreign invasions had major influences on Indian food which could be seen in two folds. First layer is many of the new ingredients were introduced to Indians by them and second is these influences concluded into beautiful collaboration resulting in fusion cooking of India which became major contribution and part in Indian gastronomy.

**H2** Even though British rule influenced India's food in some aspect, it did not leave very strong footprint as earlier invaders. The effect was amazing reverse scenario where influence of natives reflected in ruler's culinary palate majorly than Visa Vis.

**H3** Impact of foreign invasion definitely was displayed in Western Maharashtra during 1757 to 1857. Its influence on food was at slow pace than other social aspects.



It mainly reflected in few people of progressive upper class and some communities as parses than common people of Maharashtra.

**H4**we cannot deny the fact that it sowed the seed of beginning for change in coming years in food and food habits of Maharashtrian people.

### **1.8 Review of Literature**

In this literature review, researcher has found signified literature discussing impact of foreign invasion on Indian food with in depth study of western region of Maharashtra (1757-1857)

Researcher is grateful to some of the authors like great food historian K.T. Achaya for his wonderful contribution in the field of food history.

Topic of the thesis is broadly related to areas of foreign invasion on India with special focus on its impact on Indian food. It is also closely connected with in depth study of its influence on Western Maharashtra during 1757 to 1857.

It is the common observation that area of History and Food is inter linked.

There are large numbers of text books and advanced theoretical literature published by well-known historians, all over the world .A detailed bibliography has been given at the end of the thesis, but some of the important works have been noted here.

1. Collin Taylor Sen, Feast and Fast – A history of food in India, Reaktion, London,2015. She is a food historian based in Chicago, specializes in cuisine of Indian Subcontinent. In this book she writes about what makes Indian food so unique and how it became that way.

2. K.T.Achaya, A historical dictionary of Indian Food, Oxford University Press, 1998.K.T. Achaya is well known Food historian and done scientific research in the areas

of oilseeds and nutrition as well. This book traces the gastronomic history and food ethos of our country.

3. K.T.Achaya, Indian food - A historical companion, Oxford University, 1994. This Book chronologically describes details of history of Indian food, beginning with Prehistoric times to British India.

4. M .S. Randhawa, History of Agriculture in India (vol. III), ICAR, New Delhi, 1983. This book explains the history of Agriculture in India.

There are seminar's papers, conference research papers published by many other scholars. There are various related research papers contributed by renowned experts and published specially on the topic of Indian food which has evolved lot of attention and interest worldwide. Complete list of sources of data used is given in bibliography. Literature both published and unpublished which is available in Marathi, English about research topics, journals, reviews and few dissertations of earlier researchers have been consulted. In addition to that opinions and suggestions are taken on different aspects of Indian food of eminent scholars such as

1. Mr. Stewart Gordon (American Historian on Maratha History) Even though expert of Maratha History, doing research currently on grain movement and Maharashtrian food. (He had visited Tilak Maharashtra Vidyapeeth on 12th January 2017.)

2. Dr. B. D. Kulkarni is a Dean Board of Moral & Social Sciences, Tilak Maharashtra Vidyapeeth, Pune. He is a veteran historian and has deep knowledge about Indian history & Politics.

3. Ms. Mohsina Mukadam (Head of Department, History, Ruia College, and Mumbai- Expert on British food history) she writes series of articles on food history in Marathi Newspaper Loksatta. (Telephonic interview taken on 29th January 2017)

4. Chef Devvrat Jategaonker (well-known Indian chef in a reputed five star hotel and Celebrity chef of many T.V. cookery shows. ) (Interview date 22nd December 2016)

To collect information from these eminent personalities interview method was used. A critical review of the research oriented work both on impact of foreign invasion on Indian food and impact of East India Company people on food habits of western Maharashtra has been undertaken.

### **1.9 Chapterisation**

The following is the general understanding of the contents that are to be discussed in brief to understand the work of study. The structure of thesis is divided into two major sections for simplification and better understanding which are as follows –

1. Impact of foreign invasion on Indian Food
2. Mainly on Western Maharashtra in the period 1757-1857

- Chapter 1  
Introduction
- Chapter 2  
Historical Background of Indian Food
- Chapter 3  
General scenario of Western Maharashtra Before 1757
- Chapter 4  
Western Maharashtra after British Rule
- Chapter 5  
Impact of British Rule on Food
- Chapter 6  
Conclusion

## **Chapter 1**

### **Introduction**

This chapter encompasses of the study's basic introduction related to research topic namely impact of foreign invasion on Indian food with in depth research of western region of Maharashtra (1757-1857), research background, scope and other related concepts to the research aim, research objectives, research questions and limitations of the research. An analysis is done of experts' opinions by eminent authors on impact of foreign invasion on Indian food and western region food habits and influences on that by foreign rulers specifically in 1757 to 1857.

Researcher has examined in detail, some of the traces that the westerners left upon. When researcher started her study several years ago on this subject, she had thought to make an attempt to trace the history of how India enriched her cuisine as a result of the contacts with foreigners, who come over again repetitively, made India their home.

## **Chapter 2**

### **Historic Background of Indian Food**

Elaborates the details like what was the food of early Indians and who all were the invaders in India. What was the impact of all these invasions on Indian food .The complex nature of Indian cuisine makes it difficult to trace the traits left by the foreigners in this in remote past, in a diverse and culturally rich country like India of the eminent times. Many foreign invaders included many exotic ingredients which were completely different and new. New techniques of cooking and new ideas seeped in Indian subcontinent. These invaders had many unusual things than natives. It mentions how India well accustomed to these new ingredients. It relates how these invaders solve these confusions and later cooperated with unity. This positive amalgamation led to platform of today's Indian cuisine.

### **Chapter 3**

#### **General Scenario of Western Maharashtra Before 1757**

This chapter states and explains what the condition in all over India was before our research period with aspect to Economic, Political, Social and Cultural conditions.

Next to that, this chapter focuses on Western Maharashtra prior to 1757 in the following context:

- Agriculture
- Village scene
- Food items
- Eating habits
- Utensils used
- Food related to festivals and special occasions
- Common food ingredients and sources.

In addition to these, this study also discusses about the way of life and a food habit followed by Western Maharashtra prior to 1757. It gives us basic idea of general scenario about Western Maharashtra before arrival of British.

### **Chapter 4**

#### **Western Maharashtra after British Rule**

This chapter explains about the turning point in food history in our research period with specific reference to concepts related to research. It discusses concepts like Mechanization, Urbanization, Commercialization of agriculture .In addition to this, research focuses on new ideas like human rights, equality and liberty, western education etc. In this chapter, some of the effects of British rule on food and food habits are explained. Effect of some of the above mentioned aspects are quite oblivious. Some effects are very dominant, some are not very dominant. I have taken those factors which are dominant and influencing. After becoming the reason for some revolutionary changes in the Indians, the new waves found their way touching Indian cuisine. They added new dimensions to already interesting Indian Dishes and cuisine.

## **Chapter 5**

### **Impact of British Rule on Indian Food**

This chapter in detail discusses about changes on food of Western Maharashtra during 1757 to 1857 because of British invasion. In this chapter I have presented a study of changes with respect to food in Western Maharashtra. This chapter fully describes second section of thesis i.e. Invasion's impact on food of Western Maharashtra. (1757-1857) it was in this period that Indians absorbed the new ingredients; saw the addition of many British habits. It was the beginning of sophistication in Indian cuisine. It was the beginning of her interest towards western influences. It also explains the role of Anglo Indian cuisine. The outside force takes long time to react on social life of people specially food habits. Since man's habits are difficult to change it takes substantial time to accept new things. Food habits are last to get changed. This could be an opening of a wide study of all factors of Indian Food. This period sees the beginning of revolutionary changes in world of gastronomy. On basis of these changes future modern food habits are developed.

## **Chapter 6**

### **Conclusion**

The subject is very interesting. This research is just an attempt to represent significant idea that any cultural interaction in history, when it comes in contact with foreigners becomes unique exchange of fascinating aspects especially in food.

Conclusion and recommendations will also be attained with the gathered data which could be understood for future studies for understanding about impact of foreign invasion on Indian food with in depth study of Western region of Maharashtra (1757-1857) this could be done with better strategies and various methods that could provide insights for the future researchers, academicians and their work with relevant data.

In addition to these, this also entails bibliography in which it lists down all importance requiring those mentioned in the text.

## Chapter 2

### 2. Historic Background of Indian Food

#### 2.1 Why were foreigners attracted to India?

India is such Asian country which is famous for its diversity, may it be cultural, religious or geographical. It has got varied environment, climate and soil condition. In the north it is snow peaked Himalaya, to the south its Kanyakumari. Melting of snow from Himalayan ranges and good rains feed the rivers throughout the country. India's great agricultural regions are northern and eastern plains. South of India is called as rice bowl because of its cultivation of rice. There is India's most Productive region & center of Indian history called as Malabar Coast. This was known for its spice trade where European put their foot for first time. Its good climatic conditions, availability of food and production of crops, over all affluence attracted foreigners from central Asia, Arabia and Mesopotamia to Indus Valley. Many came for trade as it had wealthy commercial society.

#### 2.2 Who all were the invaders?

Aryans are considered outsiders. Even though facing debate whether Aryans are invaders or not, Still Aryans form the basis of Indian way of life. Some significant characteristics of Indian social systems were formed by Aryans.

Very unique rituals, food habits, agriculture is contribution of Aryans to Indian civilization. They are believed to come from Khyber Valley in small groups. These people raised cattle and sheep for meat and dairy products like yoghurt, clarified butter etc. That also is called as age of rituals (1700-1100 BCE).

- **Alexander and the Greeks**

The Greeks beginning with Alexander, The Great invaded India many times. There was trading relationship always with India and Greece for silk, spice and gold. In 327 BC

Alexander began his victory and invaded Punjab. He defeated king Ambhi, ruler of Taxila.

- **The Arab Invasion**

The increase in Islam in Arabia gave rise to expansion of Islamic political power. In early 8th century Arabs invaded India from North West region. Mohamad Bin Qasim was a general of Umayyad Caliphate who invaded in AD 712. .

Arabs were attracted by prosperity of India. However the reason for invasion of Sindh was to avenge the plunder of Arabs ships by pirates of Debol. Mohammad Bin Qusim arrived in A.D. 712 and attacked King Dahir who was defeated and killed by him. He conquered the major portion of Sindh up to lower Punjab. Many Arabs settled down in Sindh and married local women. The Arab influence continued for long time.

- **The Turkish invasion**

With the death of Harshvardhana, an era of feudalism rose in India. There was a lot of political struggle in the north India and everyone was too full capturing unimportant territories than to take sign of the hostile invasion of the Turks. The Turkish attack in India took place about the 11th century with the Mahmud of Ghazni invading the country all the means from Afghanistan. He gained his victory against the Hindushahi kings of Peshawar. The next targets were the Muslim rulers of Multan. Mahmud of Ghazni plundered India 17times in a small period of around 25 years and ransacked India off its treasure and possessions. The areas around Gujarat and Kannauj were rich and prosperous and were looted mercilessly by Mahmud. This prosperity assisted him combine his grip and control over northern India. He made many palaces and mosques with the looted wealth in Ghazni located in central Asia. After plundering India many times, he finally died in Ghazni in 1030 A.D.



All these invasions had great impact on India in all areas of society. Persian language started gaining popularity in India. It had impact on culture, food, dressing and architecture. Spread of Islam was result of all these invasions. The Turkish conquest of India had its impact in various fields. Turkish invasion resulted in converting many by force or by willingness to Islam.

### Turkish Invasion in India



(Photo: [www.shubhojyoti.com](http://www.shubhojyoti.com))

- **The Khilji**

The Khilji dynasty was a Muslim dynasty of Turkish origin; it was founded by Jalal Ud Din Khilji and ruled the Delhi Sultanate of India. Even though of Turkish origin, they had adopted Afghan habits and customs.

- **The Tughlaqs**

It was a Muslim dynasty of Turkish origin which ruled the Delhi Sultanate. The peak of the dynasty was under Muhammad ibn Tughlaq during 1330-35.

- **The Syiid Lodhi**

The Lodhi dynasty was the Afghan Pashtun dynasty that ruled the Delhi Sultanate from 1451 to 1526. It was founded by Bahlul Khan Lodhi and replaced by Syiid Lodhi. Lodhi's reign finally ended by Babur, founder of the Mughal Empire.

- **Mughals**

Mughal emperors were a branch of the Timurid Dynasty from the 16th century to the 18th century which ruled India. The last emperor was in power till 1857 and finally lost control with the establishment of British Raj.

They were of Turko – Mongol origin founded by Babur, followed by his son Humayun. It was under Akbar's successors, Jahangir (1605-1627) and Shahjahan (1627-1658) that Mughal power and wealth reached its zenith. Shahjahan was the wealthiest of all the emperors. Painting, poetry and architecture all prospered. In this ambience of prosperity humongous money was spent on royal Kitchens. Jahangir introduced varieties of recipes to the royal kitchen. Babur also contributed a lot to luxury.

Babur had written ' Enjoy the luxuries of life, Babur, for the world is not going to be had second time'<sup>1</sup>

Because of these invasions, the Muslim from western Asia brought the Mughlai cuisine to India which has become face of Indian cuisine on the world map. During the Mughal dynasty, these dishes were prepared for Mughal emperors for elegant dining with dry fruits and nuts. The hospitality of sharing of food with others in Mughal society helped to absorb its flavors in Indian Cuisine. They brought rich aromatic hues to already colorful palate of Indian food. Mughlai cuisine was combination of Middle Eastern and Indian spices, ingredients and techniques.

### Mughal Map



Photo: [mughalempireworldhistory.weebly.com/maps.htm](http://mughalempireworldhistory.weebly.com/maps.htm))

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1 Quoted in Salma Husain, The Emperor's Table; The Art of Mughal Cuisine, New Delhi, 008 Pg.29

## European settlements

- **The Portuguese**

Portuguese under leadership of Vasco De Gama landed in Calicut on 17th May 1498. The arrival of Pedro Alvarez in India in 1500 AD and second trip of Vasco De Gama in 1502 led to the establishment of trade stations at Calicut, Cochin, Canoe. Cochin was early capital of Portuguese in India.<sup>2</sup>

In 1505 Francisco de Almeida first Portuguese Governor was appointed who defeated the combined alliance of the sultans of Gujrat and Bijapur. In 1509 Alfonso De Albuquerque became governor. In 1515 Alfonso De Albuquerque died at Goa leaving the Portuguese as strongest naval power in India. In 1529-1538 Nino De Cunha Governor transferred capital from Cochin to Goa. During 1542-1545 Martin Alphonso D'Souza proved important Governor contributing lot to India.

- **Portuguese Decline**

Portuguese settlements in India were Diu, Daman, Salsette, Chaul and Bombay. Till 1595 Portuguese monopoly remain of the Indian Ocean. In 1661, the King of Portugal gave Bombay as dowry to Charles II of England when he married Catherine Braganza, sister of Portuguese king. In 1739 Maratha captured Salsette.

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<sup>2</sup> Sardesai, Hindustancha arvachin itihās, Ganesh Mahadeo and co., Mumbai, 1923 reprint (Marathi) pg.123

- **Dutch**

Dutch undertook many voyages to India from 1596 and formed the Dutch East Company in 1602. This was done by them to get direct entry to markets of south East Asia. Dutch India consisted of the settlement and trading post of the Dutch East India Company in India. It is only used as a geographical definition, as there has never been a political authority ruling all Dutch India. Dutch presence in India continued from 1605 to 1825. Merchants of the Dutch East India Company first established them in Dutch Coromandel, notably Pulicat, as they were looking to textiles to exchange with the spices they traded in East Indies. In the second half of the eighteenth century the Dutch lost their influence more and more. In India Cochin was major trading center but Dutch had no significant impact on Indian Food.

- **English**

English East India Company was formed in 1600. The formal British rule in India commenced in 1757, after the Battle of Plassey. There after British company transformed from a commercial trading company to a political entity which rule India.

Before 1619 English had established factories at Surat, Agra, Ahmadabad and Baroach. In 1668 Bombay was transferred to the East India, Bombay replaced Surat as chief settlement of the English on the west coast in 1687 and it became headquarters of the company on the west coast. On South eastern coast, English established a factory at Masulipatam in 1611.

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3 P .J .Marshall, East India Fortune, Oxford Press, 1976 Pg.27

In 1639 Francis Day obtained the lease of Madras. In Bengal in 1651 factories were set up at Hugli. In 1667 Aurangzeb gave the English a firman for trade in Bengal. In 1686 retaliation took place between English and Mughals. After the conclusion of peace between the company and the Mughals. In 1698 Azimud-Daula granted Zamindari of 3 villages of Sultanate, Lealileat and Govindpur. Later these grew into the city of Calcutta. In 1700 the English factories in Bengal placed under separate control of President. In 1702 two combined underneath the title of “The United Company of Merchants of England trading to the East Indies”<sup>4</sup>

Indian cuisine was introduced to splendid assortment during the colonial period. The British introduced European cooking style to India displaying British Influence on Indian food. British brought diversity and flexibility to Indian gastronomy. They contributed not only to the food but many beverages as well. British influences introduced Christian religion on Indian food. Anglo Indian food is major contribution of British Influence. Its reflections are still present in today’s society. Word ‘Curry’ is totally a significant gift of British to Indian cuisine.

- **French**

Colbert, minister of Louis XIV, created the company called Indus Orientals in 1664 financed by the state. The first French Factory in India was established by Francois Canon at Surat in 1668 and 1669 another at Masulipatam. In 1672 De La Haye seized San thorn but had to surrender it to the Dutch after his defeat by a combined force of Sultan of Calcutta and Dutch. In 1673 foundation of Pondicherry was laid.

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4 P .J .Marshal, East Indian Fortunes, Oxford Press, London, 1976Pg.

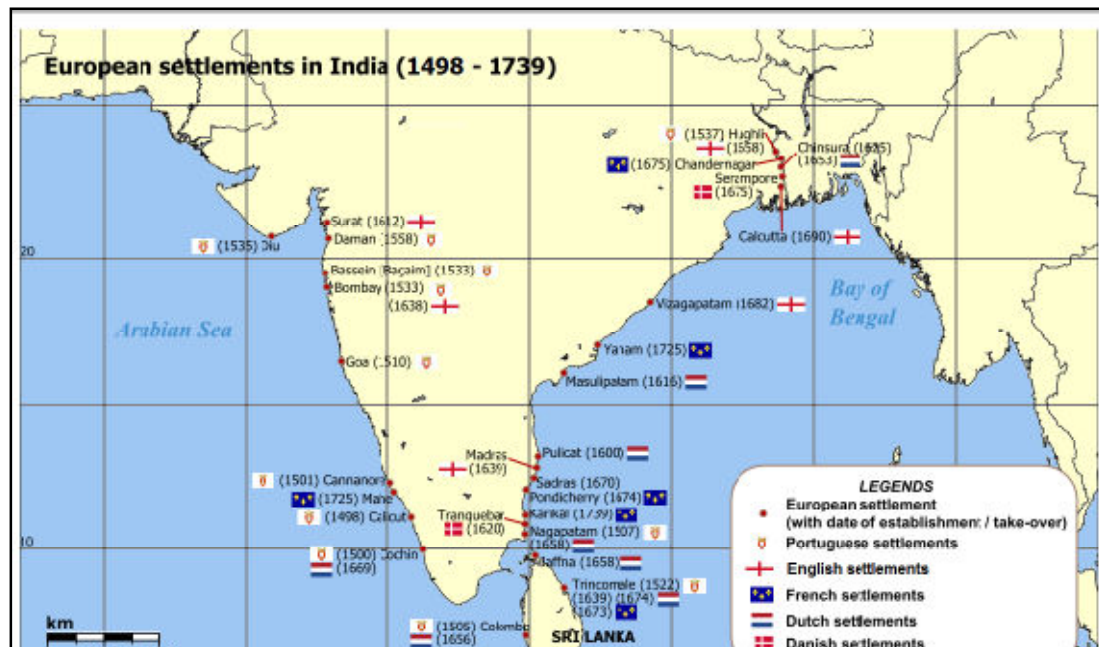
In 1674 Nawab Saista Khan granted a site to the French. In 1701 Pondicherry was made the headquarters of the French settlement. Unmarked contrast with Pondicherry they lost this influence in other places. The French in India declined between 1706 and 1720.

Objects of The French, were however, purely commercial. After 1742 political motives began to overshadow the desires for commercial gain with the arrival of Dupleix as French governor of India (1742) resulting in Anglo French conflict by which French was defeated.

Once we have seen who all the invaders were, we have to understand what exotic things they gifted to Indian gastronomy. But before that we see what are foreigners' contributions and it is necessary to study what are native plants and food sources found in India before the invasions.

- **European settlements**

(Photo: Colleen Taylor Sen, Feasts and Fasts-A History of Food in India, Pg.210)





### 2.3 What Was Indian Eating Pre History?

It is very difficult to decide which plants and which animals are original from the subcontinent and which are foreign. Similarly it is complicated in terms of people to decide who natives were and who non-natives were. The descendants of aboriginals are called as Munda.<sup>5</sup>

The aboriginals use to gather food by hunting or they ate plant products as fruits, berries, nuts, tubers. They started settling from about 10,000 BC and to domesticate cattle, sheep and goats. Plants indigenous to India include lentils (such as mung, urad and masur dal), millet, aubergines, many tubers, pumpkins, melons and gourd, mangoes, jackfruit, citrus fruit, ginger, turmeric, tamarind and black and long pepper. India is also the home of domesticated chicken. Today these food stuffs are still central to the diet of a great many Indians.

Later they started developing wheat, barley, grapes, red lentils, peas, linseed and dates. Rice also was cultivated. 'Cereals were ground in to flour and mixed with pulse flour to make what may have been the ancestors of such typical South Indian foods as Idli, Vadai, and Dosa.'<sup>6</sup>

The food of the Indus valley people included Buffalo's milk which was great for preparing Clarified butter and yogurt. The food also was richened by game, pigs, and wild boar and deer. Sea food also was plenty.

Bread was staple of the Indus Valley diet. More than 200 varieties are listed in Ancient Mesopotamian variety existed in the Indus Civilization. A collection of Mesopotamian recipes from about 1600 BCE indicates that unleavened dough made from flour and water was rolled out and then stuck on the very hot surface of a clay oven, called a tinuru, with an opening on the bottom to add fuel and let in air just like modern Indian tandoor.<sup>7</sup>

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5 Coleen, Taylor Sen: Feasts and Fasts A History of Food in India. (Replika Press) P.37

6 Dorian Fuller, 'towards a long term Macro-Geography of Cultural Substances: Food and Sacrifice Traditions in east, west and south Asia'. (2009) .pg. 32

7 Jean Bottero, The oldest Cuisine in the World: Cooking in Mesopotamia (Chicago, 2004) pg. 18



Common people probably ate a simple diet of wheat or barley with lentils, a few vegetables and occasionally a little wheat or fish, just as they do in India today. Main sweeteners used were fruits Mango or Jamun and Honey. Cooking medium was butter, clarified ghee, oils derived from mustard, linseed and mainly sesame.

The second B.C saw presence of Indo Aryans which put foundation of Indian traditions. It is clear that Aryan followed Harappa civilization but Harappa civilization prominently was Urban where as Aryan civilization was founded on platform of Agriculture and philosophy. “Rice was raised in the rainy season and harvested on the onset of winter, dhal, lentils, beans and peas were harvested in spring; and Barley, wheat, linseed and hemp were sown in winter and reaped early next summer.”<sup>8</sup>

Although Wheat and rice was cultivated and stored in Indus valley there is no mention of it in Rigveda. Barley was the principle grain. Barley seeds were eaten in many forms, parched, fermented or fried. Barley seeds were grounded and eaten.

### **Barley**



(Photo: <http://www.thecanadianencyclopedia.ca/en/article/barley/>)

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<sup>8</sup> K.T.Achaya, Indian food - A historical companion, Oxford University, 1994, p33

### 2.3.1 Food Resources Mentioned in Upanishads Are

- Food Grains

- Wheat
- Millet
- Sesame
- Rice
- Barley
- Lentil

- Vegetables

- Pumpkin
- Gourds
- Lotus Root
- Lotus Stem
- Bitter Gourd
- Bottle Gourd

- Fruits

- Indian fig
- Coconut
- Banana
- Dates
- Mango
- Bilva
- Jack Fruit

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Source Om Prakash, Food and Drinks in Ancient India, Munhi Ram Manohar Lal,  
Delhi 1961

- Spices and condiments
- Ginger
- Turmeric
- Garlic
- Salt and black salt
- Cardamom
- Pepper – long and black
- Nutmeg

Oil seeds included mustard seeds, sesame and linseed. Seeds were ground in a large mortar and pestle driven by an ox, a device still used in Indian Villages. Like later travelers, the Greeks were fascinated by what they saw in India, and painted somewhat idealistic picture of Indian society.

The Greek ambassador Megasthenes (350-290 BC) recorded his observations in a work called Indika. All though the originals were lost, passages have survived in the works of the Greek geographer Strabo and the Greco- Roman historian Arrian. Megasthenes was by the country's prosperity. "India has many huge mountains which abound in fruit trees of every kind and many vast plains of great fertility....intersected by a multitude of rivers. The greater part of the soil, moreover, is under irrigation and consequently bears two crops in the course of the year. It seems at the same time with animals of all sorts"

Wheat was sowed in winter and summer, rice and millet in summer. Fruit grew spontaneously and vegetables thrived on riverbanks and in mashes. Because of this prosperity famine never visited India nor there any scarcity of Food. Megasthenes was particularly amazed by 'tall reeds which are sweet both by nature and by concoction' – Sugarcane, still unknown in Europe.

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Source Om Prakash, Food and Drinks in Ancient India, Munshi Ram Manohar Lal, Delhi 1961

## LONG PEPPER



(Photo:[http://www.savoryspiceshop.com/content/mercury\\_modules/cart/items/2/8/6/2869/pepper-long-1.jpg](http://www.savoryspiceshop.com/content/mercury_modules/cart/items/2/8/6/2869/pepper-long-1.jpg).)

The first reference to long pepper comes from ancient Indian textbooks of Ayurveda. It was used for medicinal and dietary purposes. It was dried and used. It was popularly used before introduction of chilly. Its popularity faded as chilies came in use.

### 2.3.2 Food Preparations in Vedic India

To begin with, barley was the major grain eaten by the Aryans. Later Rice becomes the major staple, and is eaten after boiling with water or milk, or along with curds, honey or meat (*mamsaudana*).

Barley was fried and consumed in the form of cakes dipped in ghee, or as sweet cakes called as *Apupa* fashioned out of the flour, boiled in water or in ghee, and then dipped in honey. The modern Bengali sweets *Pua* and *Malpua* preserve both the name and the essentials of this preparation. Barley was also parched to give *lajah*, which was powdered and the flour mixed with water, ghee, milk or curds (to give *karambha*) or even with some juice. Rice which was first mentioned slightly later but dominates the Aryan food system, was cooked with water, milk or sesame seed with milk, perhaps a forerunner of the later *Khichidi* made from rice and lentil. Boiled rice was eaten as such or with accompanied by curds, ghee, sesame seeds, moong, beans or meat preparation. Parched rice was also a regular food item either soaked in milk or with some seasonings.

*Chipita* was the modern version of *Chivda*. A dish of several cereals cooked together, was appropriately called *Chitranna*. In Yajurveda and Rigveda three pulses like blackgram, green gram and red gram are regularly used. Rice becomes major staple and eaten along with curds, honey or meat, rice cakes are termed as *Pishtakas*. Sweet fried *Apupas* shaped like figs are popular, made with rice flour or barely. *Kulthi* or chickpeas is extracted to gain soup, the *Vataka* is made of soaked, ground and fermented lentil and fried. Barley and wheat are less popular than rice, wheat cakes were famous.<sup>9</sup>

Later new pulses are found in literature are peas, Chana. Pulses are eaten as soups or *Vadas* or *Papadas*.

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9 Om Prakash, Food and Drinks in Ancient India, Munshi Ram Manohar Lal, Delhi, 1961

Since cattle were important part of Vedic culture it has many references of milk specially cows later buffalo and goat. Milk was curdled with a starter and curd rice was common food. Mention of paneer ripened cheese, clarified butter were very popular. Buttermilk was extensively used and there is a mention of *Shikarini* which is modern day *Shrikhand*. Sugared and spiced curd called *Rasala* was a popular food item.

Though several fruits and vegetables are mentioned before Aryan, many fruits are mentioned late in Yajurveda. Fruits like dates, bilva and ber are mentioned. Mango, Indian gooseberry date back about 1000BC. Vegetables found in Rigveda are lotus stems, cucumber followed in the later Veda's by lotus roots, bottle gourd, the Singhada, two other aquatic plants, the bitter gourd and several flavoring materials. The Indian fig and Jamun are found, radish and ginger were munched after a heavy meal. Onion and garlic were avoided by many people.

Furthermore around 400BC new fruits as coconut, banana, jackfruit, grapes and several citrus fruits were found. In Ramayana also many vegetables like Suran, bottle gourd and bamboo leaves are found.

In Atharvaveda mention of sesame and sesame oil is found. Mustard seeds and its oil also mentioned in Buddhist literature. The safflower oil also found in Buddhist notes along with castor seeds, Ingudi, Neem, linseed etc. salt was rare commodity. Most common commodity was mustard, turmeric and long pepper. Aryans probably had no significant place for spices in their meals. By Buddhist era ginger, cumin, cloves were common. Period of Epics mentions coriander, cardamom, nutmeg.

The earliest sweetening agent was honey. It was used to sweeten *Apupas*, by Buddhist time's place of honey was pushed behind, to be taken by Jaggary. Sugarcane not mentioned in Rigveda but found evidences in Atharvaveda. Jaggary was important ingredient in many of sweet preparations. There is record of *Modaka* recipe that time. By Buddhist time more sophisticated sweets like *Mandaka* (modern day *Mande*) *Gualavaniya* probably modern day *Gul papadi*.

Mention of rice *Kheer* as *Payasa* also found. Main beverage was water. Aryan preferred many fruit juices. Arthashastra records beverages like buttermilk, soured gruel.

'The Ramayana and Mahabharata reflect the lives of Kshatriya Princes who consumed rich dishes of meat. Rama and Laxmana while in exile in the Dandakaranya forest hunted animals for the pot, a favorite dish of Sita was rice cooked with deer meat, vegetables and spices called *mamsabhutadana*.<sup>10</sup>

Many of hymns in Rig Veda mentions stimulating liquid which results in hallucination was called as Soma offered to Indra God.

Intoxicating liquor by fermenting barley or rice was made which was very famous. In Vedas it is called as Sura which is defamed by society. It was alcohol which was not offered to God.

Al Biruni, in the middle of the 11th century, records his observations more carefully 'Applies in particular Brahmins, because they are guardians of the religion, and because is forbids them to give way to their lust. It is allowed to kill animals only by strangulation, but only certain animals, others being excluded..... those which are forbidden are cows, horses, asses, camels, elephants, tame poultry, crows, all kinds of eggs and wine. The last is allowed to Sudra; he may drink it, but dare not sell it.'<sup>11</sup>

Because of Arthashastra by Kautilya, many of travelers, Buddhist and Jain texts, much information is known in Asoka's times. There is description about flowing rivers, abounds of fruits, highly fertile land. Greek traveler Megasthenus was especially surprised by 'tall reeds which are sweet both by nature and concoction' Sugar cane was not grown in Europe.

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10. Aroon Kumar Ghosh, The changing Indian civilization, South Asia Books, Minarva Publications, Calcutta 1976, Vol. 2, P322.

11. E. C. Sachau, Al Biruni's India, Trench, Trubner and Co. Ltd., London, 1910,

**Some common food preparation made in Vedic India are compiled as**

- **Payodana** - Curd rice with ghee
- **Kshiaudana** - (Modern *Kheer*) - Rice with sugar
- **Odana** - Porridge made from rice and other grains
- **Mamsaudana** - Kind of meat pilaf
- **Yavagu** - Salty or sweet porridge flavored with black pepper and ghee.
- **Rayata** – Raita
- **Vataka** – *Vada*
- **Kanjika** – *Kanji*
- **Kulmasha** - A thick porridge made from Jaggery and lentils
- **Modaka** - Sweet made from rice flour (modern day *Modaks*)
- **Sikharani** - Sweet made with sugar, yogurt (Modern day *Shrikhand*)
- **Parpatas** – Papad
- **Suhali** - Made with wheat flour and sugar (modern days Balushahi)
- **Purana** - Made with Jaggery, moogdal (current day *Puran Poli*)
- **Sevika** - Present day Sev.
- **Ghrtapura** – Ghevara
- **Khajjalla** – Khaja
- **Apupas** - Sweet fried cakes of rice or barley (Appam)
- **Manda** – porridge made by frying rice with long pepper and ground ginger and then boiling in water.

Ghee is considered as virtual panacea. It features in many Ayurveda recipes as cooking medium as a flavoring.

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Above table is derived and compiled from P.T. Srinivas Iyenagar, Life in Ancient India (1912), Asian Educational Services, New Delhi, 1982 and. Om Prakash, Food and Drinks in Ancient India, Munshi Ram Manohar Lal, Delhi, 1961



**The Vedic times mentions some of the beverages which were common.**

- Water
- Fruit Juices
- Milk
- Butter Milk
- Kanji
- Toddy
- Soma
- Sura

Many of Hindu literature include Sugarcane Juice, Wine made from Grapes and Palm, Coconut, Date.<sup>12</sup>

Public taverns and drinking areas are frequently described in Sanskrit literature, as *Shaundikas* and *Panabhumis*. Among *Kshatriyas* drinking was the accepted norm. Every village had at least one tavern, identifiable by the flag that it flew. They were often furnished and decorated in style, and contained several courtyards, rooms filled with seats and couches and also the counters where perfumes, garlands, flowers could be bought. The customers ate salt with their drinks to encourage thirst.<sup>13</sup>

Ancient Indian medical authority takes a view of drinking which strikes one as being thoroughly balanced and modern. It is told to be avoided in the summer and rainy season when the digestion is weak.

Visitors to India down the ages testify to the prevalence of drinking mostly among the nobility and to the sobriety of the general population. Thus Al-Masudi in AD 947 says “The Indians abstain from drinking wine, and censor those who consume it, not because their religion forbids it, its clouding their reason and depriving them of its powers.” Meal would be ended with chewing *Tambula* (Beetle leaf), fragrant toothpicks or cigars.

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12. Kamath, Social Life in Medieval Karnataka, 1980, Pg. 14.

13. K.T.Achaya, Indian food - A historical companion, Oxford University, 1994, pg. 60

### 2.3.3 Ideas and concepts related to India's food in Ancient times

According to great Indian Epic Mahabharata

"You are what you eat"

That means the food you eat decides who you are. Rather I would say you eat according to your temperament.

According to Bhagwat Geeta Food is divided into

**Tamasic** Food - Which is cold, stale and highly spiced. This results the eater in dull and Slothful personality. E.g. - Pork beef Strong Brews.

**Satvika** food - This food is savory, Nutritive and is agreeable. Results the eater in calmness and spirituality e.g. - Milk and its products, Jaggery, Honey, Fruits etc.

**Rajasic** Food – It includes bitter, Sour, Salty, Pungent and Dry Food. This result eater in restlessness and stimulation.

Food is also divided as per two basic qualities or guna which is taken as per season.

**Hot food**

**Cold food**

Mango is considered as Hot food and Milk is considered as Cold food.

There are concepts like

**Abojya**- Inedible food

**Abhakshya** - Forbidden food.

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As Ms. Colleen Taylor Sen notes in Feasts and Fasts

“It was considered improper to eat early in the morning, late in the evening or between meals or to eat too much. A person should wash before and after eating, wear at least two garments, remove his hat and shoes, sit on the floor facing east and dine in privacy without talking. Before eating, a house holder should offer some food to gods and

to children, old men, newlywed girls, sick people and pregnant women. He should also set aside food for dogs, outcast ,people who are ill, birds, insects .Rules of etiquettes forbid one from cracking one's joints or striking one's nails, tapping one 'seating bowls, drinking water from cupped hands, splashing water or throwing pieces of food at other dinners.<sup>14</sup>

There were some common cooking customs as follows which were strictly followed -

- Not to eat from any other person's plate.
- Food is eaten only with right hand.
- Enter the kitchen only after taking bath.
- Eat with peaceful mind.
- Eat at one place sitting quietly and chews slowly after earlier food is digested.
- Give food to needy.
- Walk slowly per 100 steps after Meal so as to digest food.
- Do not eat cold kind of food after sun sets and have dinner at least 2 hours before sleeping.

There were strict norms for what to be eaten and what to be avoided. Some restrictions were base on cleanliness and purity. Stale and left over food was to be avoided. Food polluted by sweat and saliva was to be avoided. Food which looks inedible and made or served by unwell person should not be eaten. Food brought from someone's house which had death recently should be avoided.

Concepts of pollution are intimately woven into cooking and eating practices. It would be unthinkable for a cook or housewife to taste any dish during the course of its preparation. Water must never be sipped from a tumbler, but poured into water from above, because one's own saliva is Polluting. Water used for rinsing the mouth must be thrown out, never swallowed. All lower castes could receive cooked food or water from a Brahmin, but higher castes would not receive cooked food from lower castes.

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14 Collin Taylor Sen, Feast and Fast A History of Food in India, 2015, Reaktion Books. Pg. 130-131

### 2.3.4 Literature Found on Food

There is not much literature found on food as in Indian context, much is written on Ayurveda and food but not on details of food. It is always written about food and its medicinal qualities. Not much is found on food ingredients and recipes. Attitude of Indian's towards food was basic and simple. Ingredients and unrefined supplies are mentioned in cooking texts, sometime for curing patients or sometimes for philosophical aspects. Indian texts had always written about gastronomy but not focused any time on culinary. One will find rules about eating and feeding but not about recipes and ingredients. Raw material is mentioned in food text but it is with regards to season ability or its qualities. Hindu culinary practices stayed oral in their mode of transmission.

There are few great people who have contributed in Indian food writing the details are as follows:-

#### **1. Manasolassa,**

One of the first non-medical culinary texts was *Manasolassa*, a composition in Sanskrit by King Somesvara III (ruled 1126- 38) He was the eighth King of the Western Chalukya dynasty which controlled southwest India. It includes present day Karnataka, Goa and parts of Maharashtra, Kerala and Andhra Pradesh. The *Manasolassa* (it means 'delight' or 'refresher of the mind')

The book was written detailing about entertainment for ruler, which has 1 Volume dedicated to food and recipes of royal kitchen. Chapter on *Annabhoga* (means enjoyment of food) describes detailed recipes about twenty pages and close to hundred dishes, many of which exist today, especially in southern and western India.

Somesvara, like most Indian rulers, was a Kshatriya, which meant that he did not have to confirm to the vegetarian diet. Meat especially game, was considered inappropriate food for royalty, hence there are recipes related for game birds, deer and wild boar. Chicken and beef are missing. Common spice is asafetida; others are ginger, turmeric, coriander, cumin, cardamom and sometimes camphor. For sourness citrus fruits, pomegranate, yogurt or tamarind was used.

It mentions as per Ayurveda principles that food should be eaten as per season and all six taste should be included in a dish and meal. Dishes were shallow fried or deep fried or cooked in liquid. Staple food was rice.

Savories and sweets were popular and many eaten still today. *Manasollasa* includes

- **Mandakas** – similar to modern parathas, Disc of white flour were fried to make bread.
- **Polikas**– modern puranpoli, a sweet paratha stuffed with lentils and sugar.
- **Udumbara**– Dough mixed with sugar, milk, ghee, black pepper and ground cardamom shaped into little balls that were fried in ghee.
- **Purika**– Lentil or chickpea flour mixed with asafetida, salt, sugar, ground black pepper, ground cardamom and water ground to paste formed into round disc and deep fried to make purika. Modern day's papadi.
- **Vatika** – A fermented paste of ground urad dal and black pepper was shaped into balls and deep fried. This was soaked in milk or yogurt. Modern day Dahi wada.
- **Dhosika**– Modern day Dosa. Crepes made from a paste of ground urad dal, black eyed peas flavored with asafetida, cumin, salt and ginger.

There are many varieties of meat preparations described. He writes about 35 varieties of fish along with their size and appearance. Large fish were cut into pieces and small fish were cooked whole. Salads of raw mango, plantain, jack fruit in a sesame and black mustard seed dressing. Many sweet dishes are mentioned, one of which is

- **Sikharani**- Drained spiced yogurt. Modern day's *Shrikhand*.

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Source Arundhati P, Translation, Royal life in Manasollasa (Sudeep Prakashan)  
Delhi

## **2. *Shirapattarapnakara***

It is written in 1700 AD in Sanskrit language. It is written by King Basavaraja. This literature notes down preparation and service of food. It notes down recipes of that time. It mentions food taken by common people and rulers are different.<sup>15</sup>

## **3. *Lilavati***

It is written by Nemichandra in 1170. The language of the book is Sanskrit. In this book recipes from royal kitchen are mentioned along with royal food.<sup>16</sup>

## **4. *Supa Shastra* (The Science of Cooking)**

Its author Mangarasa III, was the Jain ruler of Kallhalli, a small state in Karnataka that was the part of Vijayanagar Empire. It is written in Kannada. All the recipes are vegetarian, few uses onion and garlic. Flavorings are coriander, cumin, mustard, fenugreek or more aromatic cardamom, camphor, nutmeg, musk. Recipes used are breads, *Vatakas* (Vadas), and sweet dishes. It also mentions many drinks made from milk and its products. Some drinks are made from fruits and flowers. There are some rice preparations like Khichari, *Kanjika* (porridge) there are many preparations from aubergins, plantains, Jack fruits, pumpkins. One chapter is especially for Indian gooseberry and Bamboo shoots.<sup>17</sup>

## **5. *Lokopakara* (means for the benefit of the people)**

It describes more down to earth cuisine. It is written in Kannada in about 1025 by Chavundaraya II, a Jain poet and scholar at the court of Jaisimha II (ruled 1015- 42) One of the western Chalukya Kings. The chapter ‘Supa shastra’ or ‘The art and Science of cooking’ gives almost fifty seven recipes without onion and garlic, Vegetarian. Many are for sweets and snacks. Some food items mentioned are Laddus, *Shikharini* (*Shrikand*), *Sandage* (mixture of rice, urad dal, sesame seeds, barley, and turmeric, asaphoetida ground and formed into balls and sundried.) It describes various ways of preservation of food. It mentions economical ways of cooking seasonal food. For preservation Jaggery, yogurt, lemon juice, salt is used.

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15 K.T.Achaya, Historical Companion of Indian Food, Oxford Press, 1994 pg. 154

16 Collin Taylor Sen, Feast and Fast A History of Food in India, 2015, Reaktion Books.pg 164-165

17 Collin Taylor Sen, Feast and Fast A History of Food in India, 2015, Reaktion Books.pg 168-169

## 6. *Ksemakutuhalam* (Diet and Wellbeing)

It is written in Sanskrit around 1550. Its author is Ksemasarma, poet and scholar at the court of King Vikramsena, probably Rajput ruler perhaps in Ujjain. Author seems to be Brahmin and focuses on healthy properties of food. *Ksemakutuhalam* consists of different chapters based on royal kitchen and its equipment, qualities of head chef and good physician. It also mentions healthy diet and recipes.<sup>18</sup>

Many of the meat or vegetables dishes are flavored with water infused with asaphoetida. Many recipes include mixture of spices called vesavara. (Mixture of asaphoetida, ginger, cumin, black pepper, turmeric, coriander) Sesame is most common oil used.

He instructs that cooking should be done on low flame. The best cooking pots are made of clay. It gives many healthy qualities. Rich men and Kings use gold and silver vessels. He says Ghee has to be stored in wooden or iron pots. Rich people keep Swans, peacock, deer to test for poison. King's daily diet consists of rice, dal, ghee, pappadums, meat with vegetables, boiled milk cooked with rice and sweet juice. The king should eat after a gap of 3 to 4 hours.

For service, a large plate is placed on a platform in front of the diner, who sits on the floor. Cooked rice is placed in the middle of the plate and dal, vegetables, meat, fish to the right, whereas pickle to the left.

Unusual Recipe from *Maasolassa* redirected

### Barbecued Rat

The black rat that lives in field is fried in hot oil till fur is removed. The rat is then washed with hot water. The stomach is then split open and the inner part cooked with amla and salt. The rat of rat is then put on iron skewer and fried till charred. When the rat is well cooked, it is sprinkled with salt, Cumin and dried Ginger. (Arundhati P, Translation Royal life in Manasollassa, Sudip Prakashan, Delhi.

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18 Collin Taylor Sen, *Feast and Fast - A History of Food in India*, 2015, Reaktion Books.pg 170

### 2.3.5 Utensils

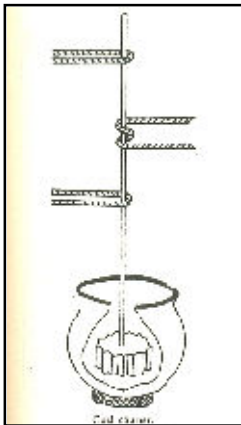
The food to be cooked required some utensils. Every house old had certain requirements to prepare food. There are evidences of use of following things.

- **Ukha** - Square pot for boiling
- **Curd Churner** - For Churning Curd
- **Ulukhala** - A Wooden Mortar
- **Shurpa** - Tray of Bamboo
- **Kumbha** - A Pot to fill liquid
- **Patra** - A Vessel
- **Dhriti** - Milk Bag

Utensils in Harappa Civilization were made of Clay, terracotta, earthenware. In Aryan times they were made up of copper or Iron. Large utensils were the grinding stone (gravan), mortar and pestle, roasting pit (shula) and leather storage bags for water, liquor and curds.<sup>19</sup>

Many vessels found made up of metal like pan for making dough, frying spoon, water pot, kitchen knives, water bucket, drinking cups, plates, mortar and pestle. Ladles, goblets, strainers, sauce pans were common.

#### Curd Churner



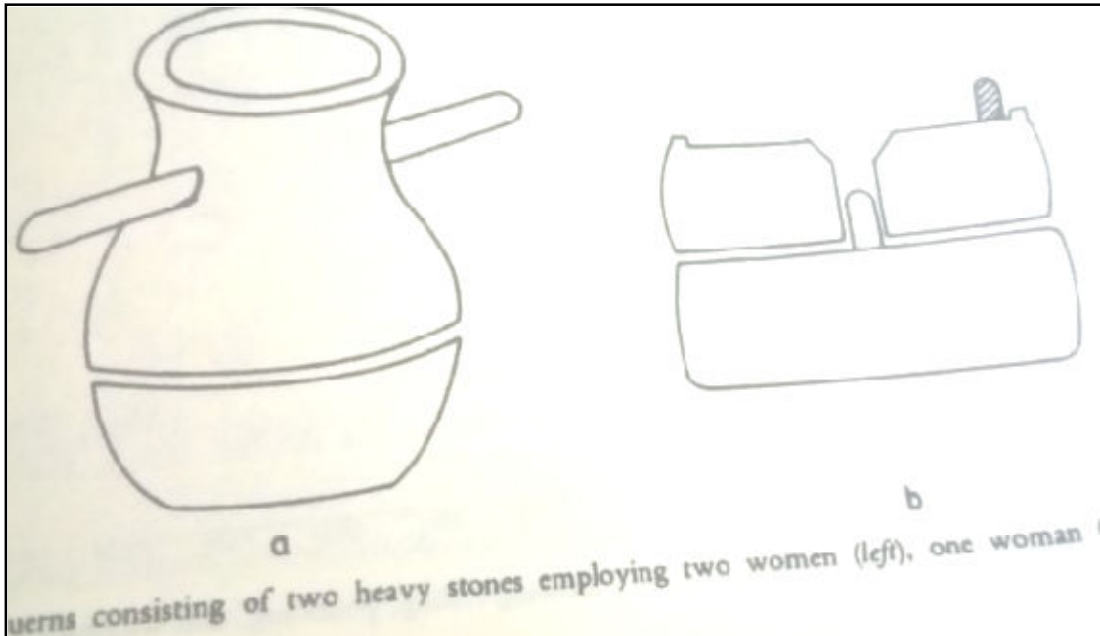
(Photo K.T.Achaya, Indian Food-A Historical Companion, p g 103)

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19 P.T.S. Iyengar, Life in ancient India, Asian Educational Services, New Delhi. Pg. - 28 F & Pg. 47 F.



## Grinding Stone in Ancient India



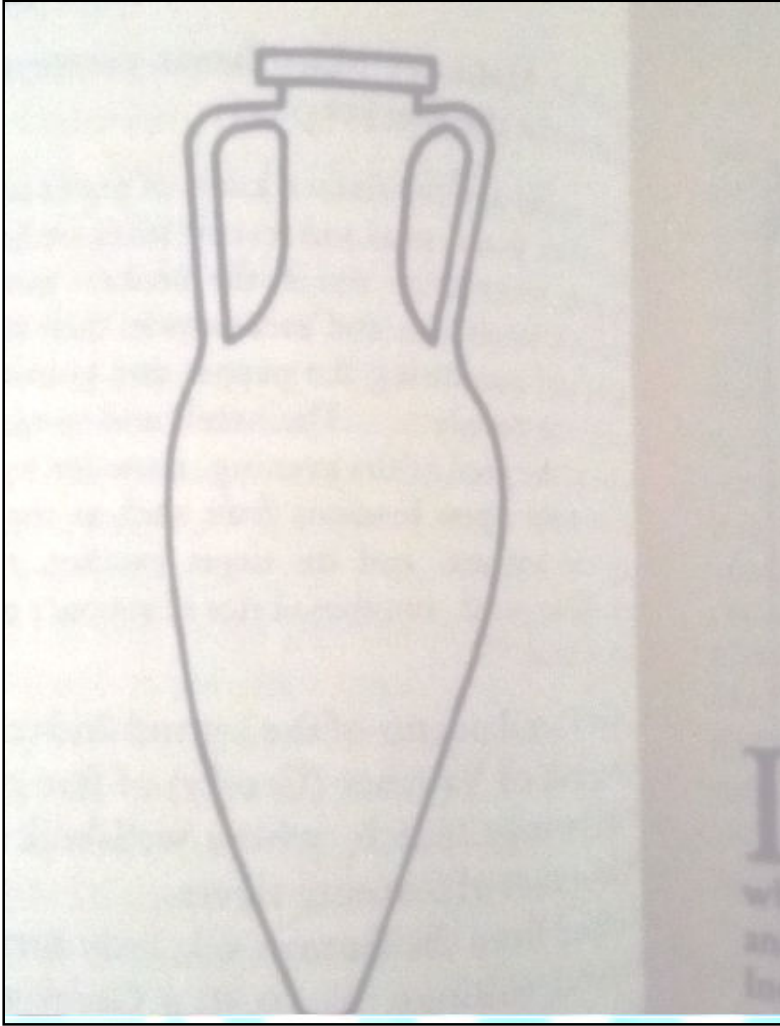
(Photo: K.T.Achaya, Indian food - A historical companion, Oxford University, 1994 p.99)

Saddle querns for grinding grain or spices go back roughly thousands of years back. Simple unit with slight inward or outward curvature were paired with muller which progressed from simple rounded pebble to dressed concave or convex stones.

The Indus valley has two types. One was more or less flat and with it went a cylindrical muller rolled with both hands, a common pairing even today. The other had small circular depression and was used for crushing grains, rather than grinding them, with a rounded stone held in one hand. A later type consisted of a solid cylindrical stone, on which revolved a heavy domed stone worked by two women making use of a pole passing through two holes opposite each other.

After pounding paddy, the chaff was removed by winnowing in a shurpa, the winnowing tray that is still in use.

## Wine Pot in Ancient India



(Photo: K.T.Achaya, Indian food - A historical companion, Oxford University, 1994Pg.52)

## 2.4 Muslim Invasion

India is famous for its diversity, Variety and Complex nature. This diversity reflects not only in religion, cast, and social life but also in Indian food. So much diversity in Indian food is because of various factors such as –

- Different geographical conditions
- Varying Climate
- Mixture of Cultures
- Different religions
- Cast, Seat and Social groups
- Various foreign Invasions.

So much of variety & color is part of Indian Cuisine, is a result and reflection of foreign Invasions. Many ingredients, and cooking techniques and preparations are the result of consolidation of different influences, cultural backgrounds and beliefs. Invasion always is a common feature of Indian History. They influenced both the food habits& ingredients.

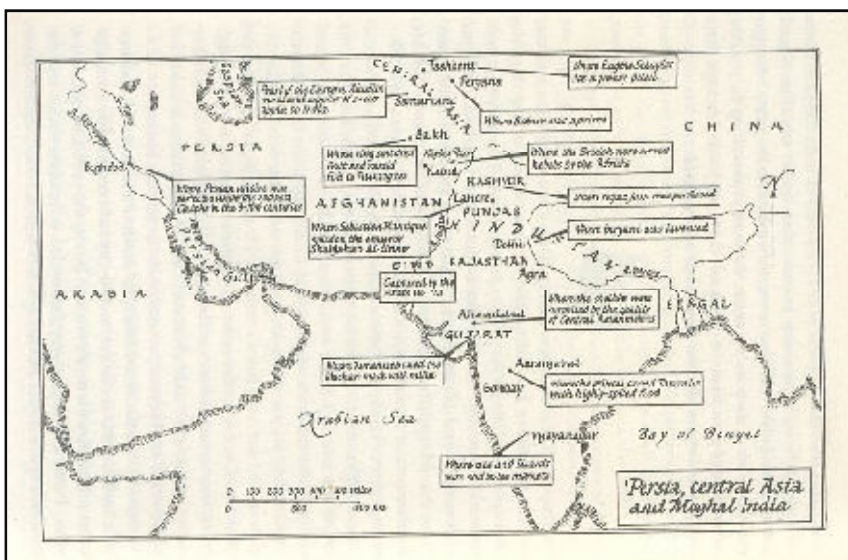
Significant role was played by these conquering of territories. These invasions has created Composite Culture in India which gets linked with religion, social life, literature, dressing as well as cooking styles of country & food. Culinary revolution is the Crucial Impact of foreign Invasion.

History is the witness that today's Indian flavors are the end result of journey of various foreign influences while trading with Greeks, Romans, and Egyptians. They got very significant herbs & Spices which are used in Indian food at present. The beginning of these impacts on Indian Subcontinent can be traced from the time Alexander; The Great put his foot in India. It was Mediterranean People who gave the taste of Saffron to Indians apart from fenugreek and fennel. In spite of diversity in climate, soil, seasons, cast, culture and geographical conditions, without all these contributions Indian food today would have been impossible.

The impact also goes back to the period when many Arabs started trading with various Indian kings like Kerala Malabar Kind. Pistachio and Asafetida are the two gifts by them to Indian food. From Taimur to Babur many Muslims invaded Hindustan. In this period Muslim's from Turkey, Persia, Afghanistan had settle in North India and Deccan .Muslim monocratic group of people governed over the farmers, village artisans and workers. Many of these people adapted to Islam by strength or by motivation. In the urban commercial and trading centers, many Hindu and Muslim groups bloomed. Influence of these communities still evident in Indian cuisine. Present day Maharashtra and Gujarat still use method of dissolving asafetida in water and using it in cooking. All this was even before the emergence of Islam. Growth of Mughlai Cuisine in the country is the byproduct of Islamic presence in India. There are many changes in Indian cuisine because of Muslim Influence. They contributed to the food scenario in many ways. The contributions are as follows

1. Use of many fresh & dry fruits in cooking especially non vegetarian preparations
2. Use of dairy products in Indian cookery for enrichment of dish
3. They brought richness to simple Hindu food & ambience.
4. Many additions to food like *Jallebi* which are present till Date
5. They introduced sharing of food in fellowship

### Map of Persia, Central Asia and Mughal India



(Photo: Collingham, Curry, Vintage, 2015, p.126)

Between 8<sup>th</sup> and 12<sup>th</sup> centuries many Islamic invaders came to India in search of wealth and for conversions. Significant Muslim invader raided India from about 1000 AD was Mahmud Gazani. Ghaznavid rulers although Turkish in origin were influenced by Persia in their way of life. They were followed by Ghorids. By 1225 Islamic rule was spread in north India. Thereafter for more than 300 years they held their rule called as Delhi Sultanate including

- Sultan of Slave dynasty (1206-90),
- The Khiljis (1290-1320)
- Tughlaques (1321-98)
- Syyids (1414-51)
- Lodhi's (1451-1526)

Chroniclers of Sultanate were Amir Khusrau (1253-1325 AD) and the Moroccan Traveler. Ibn Battuta (1325- to 1354) Ibn Battuta was judge to Mohammad Tughlaq and wrote his observation in his Tahqiq-i-Hind (History of India).

With these Sultanates Picture of food Scene in India became more lavish & grand. It became matter of Prestige.<sup>21</sup>

In Mughal times meals consisted of bread, roasted meat, samosas, sherbets. Muslim aristocratic meals were rich and varied. They use to have wine during meals. Biryani and kebabs were very common. Description of the imperial cuisine is given in Ain-i-Akbari (a detailed chronicle of Akbar's court by his prime minister Abu'l Fazl Mubarak Alami) The royal kitchen was department of state reporting directly to the prime minister. Its huge staff included a head cook, a treasure, a storekeeper, clerks, tasters and more than 400 cooks from all over India and Persia.

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20. K. M. Ashraf, Life and Conditions of the People of Hindustan (1935),  
Munshiram Manoharlal, New Delhi, 1970, PP 118-19, PP 158-63.

21. H. A. R. Gibb (Trans) Ibn Battuta, Travels in Asia and Africa 1325-1354.  
Routledge and Kegan Paul Ltd., (London), 195. PP (185-217).

### **Recipe of Shulla from Ain – I – Akbari**

10 seers meat (1 seer = approximately 1kg 2 ¼ lb)

3 ½ seers rice

2 seers ghee

1 seer chickpeas

2 seers onions

½ seer salt

¼ seer ginger

2 dam garlic (1 dam = 20 g ¾ oz.)

1 dam each round pepper, cinnamon, cardamoms and cloves.

### **Reconstructed directions**

Melt the ghee in a pot and fry the meat, onions and Garlic for five minutes over a medium heat. Add some water, salt, chickpeas and cinnamon. Simmer for few minutes.

Stir in the other spices, and then add the rice and some more water. Simmer till the rice is cooked.

(As given in Collin Taylor Sen, *Feast and Fast a History of Food in India*, 2015, Reaktion Books.)

In Ain-I Akbari, Ab'ul – Fazl lists three categories of dish. The first vegetarian dishes, called *sufiyana*, meant for emperor's days of abstinence from meat. They Included *Khushka* rice, *Khichari*, *Dalia*, *Zard biranj*, rice pudding flavored with Saffron and various kinds of halwa.

Dishes in the second category were made with meat, served with rice or other grains. They include *qabuli*, *qima pulao*, rice and meat, *shulla*, *Sambusa*.

The third category, meat dishes, included *yakhani*, a meat stock, *musamman*, *dopiazza*, *dampukta*, *qaliya*, (from a Persian word meaning frying or roasting), and various kinds of *kabab*. The names of the dishes reflect the diverse culinary influences.

## Scene from Akbar's Court – luxurious dining scene



(Photo: [https://s.yimg.com/ny/api/res/1.2/\\_8l8nDLNpezracKELFl.TA--/YXBwaWQ9aGlnaGxhbmRlcjtzbt0xO3c9NjM0O2g9MzYz/http://media.zenfs.com/en-IN/homerun/thebetterindia.com/6dca3842cb4c24515181f1bc46ee9d41](https://s.yimg.com/ny/api/res/1.2/_8l8nDLNpezracKELFl.TA--/YXBwaWQ9aGlnaGxhbmRlcjtzbt0xO3c9NjM0O2g9MzYz/http://media.zenfs.com/en-IN/homerun/thebetterindia.com/6dca3842cb4c24515181f1bc46ee9d41))

### **The Jesuit priest Antonio Monserrate described the meals at Akbar's court**

'His table is very sumptuous, generally consisting of more than forty courses served in great dishes. These are brought into the royal dining hall covered and wrapped in Linen cloth, for fear of poison. They are carried by youths to the door of the dining hall. Other servants walking ahead and the master of the household following. Hence they are taken over by eunuchs, who hand them to the serving girls who wait on the Royal table. He is accustomed to dine in private, except on the occasion of public Banquet'.<sup>22</sup>

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22 J.S. Hoyland, trans., The Commentary of Father Monserrat, SJ, on his Journey to the Court of Akbar [1591] (London) from an excerpt at [www.columbia.edu](http://www.columbia.edu).

The Oxford Companion to Food describes Mughal food as ‘a blend of Persian and Hindu kitchen practices’ featuring such dishes as pilaf, biryani, kebabs, kormas, koftas, tandoor dishes and samosas, and cream, almonds and rose water as Ingredients. Related are dishes containing the words Shahi, Akber and the like in their names. The term Mughal, relates to meat based dishes linked with Muslim Cuisine of north India.’

#### **2.4.1 Many new dishes were included in Indian cuisine was by Muslims.**

A wide range of interesting dishes added new hues to already varied Indian Palate.

They are listed as follows-

- **Sherbet** - A drink made from fruit Juice or extracts of flowers or herbs combined with Sugar and Water.<sup>23</sup>The Muslim advent in the second millennium AD brought in new types of sweet sherbets often colored and flavored with essences like rose, kevda, herbs.
- **Sambuska or Samosa** - Triangular Pastry filled mainly with minced meat and dry nuts and deep fried. In about AD 1300 Amir Khusraudescribes, among foods from Muslim aristocracy in Delhi’, the samosa, prepared from meat, ghee, onion, etc<sup>24</sup>.
- **Halwa** – An Arabic word, which when first used in English denoted a Turkish confection of ground sesame seeds and honey. In India it denotes sweet made of wheat, vermicelli, fruits, vegetables or nuts.
- **Falooda** – The *Falooda* was a blend of milk or cream with the straining of boiled wheat, gelatinous seed granules and sometimes fruit Juices.

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23 Food Dishes and the Catering Profession in Pre-Mughal India

(April -1985) P. P. - 117-74.

24 Jensen, Man’s Food, The Gerrad Press, Champaign, Illinois, 1953, p.4



- **Halim** - A dish of Middle Eastern origin is a Porridge of Grain and Meat. It is made up of spicy mix of kheema and broken wheat. It was very famous with Muslim rulers.
- **Kulfi** – It was included in Indian food by Mughals. The word originates from metal cone in which it is prepared. Made up from thicken milk with nuts and saffron.
- **Sabuniya** - Today's firni - Rice Pudding with dry nuts and saffron.
- **Jalebi** - Spirals of tried fermented batter soaked in Sugar Syrup. They fried and crispy steeped in very thick syrup. The word Jalebi word is derived from Arabic word Zalabiya.
- **Biryani** - It is meat rice preparation very much has Muslim influence. Heavily spiced dish even has references in Ain-i-Akabari.
- **Shorba**– Soup
- **Kheema** - Minced Meat preparation.
- **Naan** - Baked Bread. A Muslim bread prepared with leavened refined Flour and oven baked. In Mughal rule it was famous food eaten at morning times.
- **Yakhni** - Meat Stew.
- **Kofta - Meat Balls preparation used with spicy gravy.**
- **Shirmal** - It means washed with milk in Persian. It is an unleavened bread made from a dough of white flour and sugar, baked in tandoor and sprinkled with milk and saffron.
- **Harissa - Meat and cracked wheat**
- **Doi pyaza - A meat dish with large quantity of onions.**
- **Qaliya - Highly spiced meat with thick gravy.**
- **Burani** - A vegetable dish with yoghurt often made with aubergins.

#### 2.4.2 Literature Found on Food during Delhi Sultanate.

In 1401, Dilawar Khan became Sultan of Malwa, His successor was Ghiyath Khan. He was very much interested in food, art, sports. To document his life he ordered to Write a book called Ni'matnama, or Book of Delights. It was written between 1495 and 1505. Many recipes are recorded in that.

##### Illustration from Ni'matnama



(Photo: Collin Taylor Sen, *Fast and Feast, A History of Food in India* Pg 166)

Much of culinary history of Akbar's time is noted in his chronicle, Abul Fazal. Many recipes in *Ain-i-Akbari* called for onion and ginger but very less garlic. In his kitchen there was no or very less use of local spices like Mustard Seeds, Sesame Seeds, Curry leaves, Tamarind, and Long Pepper.

“Also missing are red Chilies from the new world, since they had not reached north India by Akbar's time, although a reference to them can be found in a South Indian Poem written in the first half of Sixteenth Century.”<sup>25</sup>

They introduced Mughal techniques as Dum Pukht style of cooking in this style big Pots of meat and vegetables were sealed with dough and placed on hot coals. In this way food gets cooked slowly and softly. Nabobs had taken this style of cooking from street to Palace.

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25. Lizzie Collingham, *Curry*, Vintage, 2005, pg no. 72

Islamic Food had influences of Quran and Sunnah instructed by Prophet Muhammad. Pork is forbidden. Meat by way of Halal was allowed. Alcohol was restricted. They believed that food should be treated with care and should not be wasted. They also believed in charity and distribution of food to needy. They had great faith in fasting in Ramzan.

Coffee has reached India by early seventeenth Century, may be introduced by early Arab traders. Muslim saint Baba Budan got coffee seeds from Mecca. Akbar's son Jahangir (ruled 1605-27) and grandson Shajhan (ruled 1627-58) preserved & slightly extended Akbar's empire. These entire Mughal emperors helped and encouraged growing of fruit gardens and new techniques lived grafting.

Mughal Empire was at its peak at a time but its decline began during Mughal Emperor Aurangzeb's time and accelerated after his death. There are many reasons historian says for his fall but few of the valid reasons were poor transportation and communications system. Second main reason was the territory governors had complete autonomy. On top of all these the most significant factor was the military victories of the Hindu Marathas under leadership of Shivaji Raje Bhosale (1627-80).

Last hammer to Mughal emperor occurred in 1738 when Persian Ruler Nadir Shah invaded India. But his empire was disintegrated too fast in 1747. By this time other foreigners were keeping eye on Indian subcontinent. The Portuguese, the Dutch, the French, British gathered at the realm of declining Mughals. By the early 19th century the Mughals Empire had ceased as an effective political Organization, although it existed in name until 1857, when it was replaced by the British Rule.

Even though Muslim and Hindu community were living in harmony, especially Akbar's time. There was some significant difference between Hindu and Muslim dietary habits. Since spread of Buddhist and Jain religion, Indian Society was influenced by vegetarianism. Attitude towards meat eating was changing. Muslim influences started to show in society on all the aspects, may it be art, literature, Architectures, Dressing and off course Food.

### 2.4.3 Basic Differences observed in Muslim and Hindu food habits

are as follows

#### SR Hindu Food Muslim Food

1 Hindu religion since Ashoka's time vegetarianism was and is part of Indian ethos.

Muslims were generally meat consumers. They enjoyed their meat to fullest.

2 With Hindu's, beef eating was and is taboo keeping in mind medicinal, philosophical and spiritual reasons. Cows are considered as scared and is Godly.

Eating beef was allowed for Muslims.

3 Not much use of fruits and dry nuts in food preparations of Hindu food is observed.

Use of lots of fruits and dry nuts in food preparation was very common with Muslims.

4 Hindus always ate solemnly in privacy. They prefer company of person and always ate in peace.

Muslims always liked to eat food in company of fellow mates. They always believed in sharing food.

5 Hindu Food was in compare simple and approach to food was as per philosophies of Ayurveda.

Muslim food was very heavy and rich.

They prefer elaborate dining with variety of meat dishes and sweets.

6

With Hindus food as well as even ambience and surroundings were minimalistic and simple

Not only food but even ambience also was rich and lavish in Muslim rule.

7

Hindu ate as per principles of Ayurveda. He kept in mind his body type. He considered climatic and geographical conditions while taking food. He believed that food had three basic qualities as *Rajasic* , *Tamsic* and *Satvic*.

Muslim rulers like Babur always missed their home land and carried their Turkish, Persian and Afghan food habits. They brought some of their ingredients here, adopted some of native food and created some fusion cuisine as Mughlai cuisine.

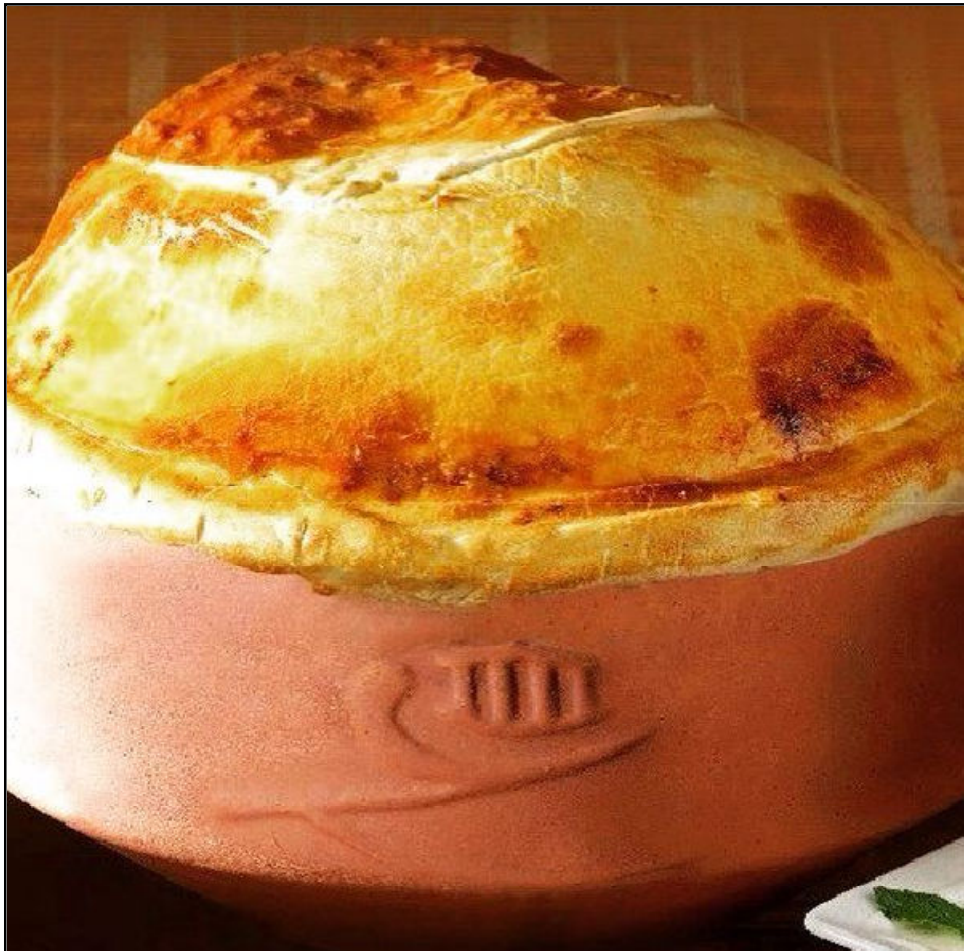
8 Hindu kitchen was untouched by any other influences.

Amalgamation of many culinary influences reflected Muslim cuisine namely Central Asian, Persian and

53

Hindustani.

## Dum Pukht



(Photo: <https://s-media-cache-ak0.pinimg.com/564x/b8/94/e0/b894e032fd6b8263d4090b5b19d775bd.jpg>.)

*Dumpukht* is a cooking technique associated with slow cooking in which meat and vegetables are cooked over a very low flame, generally in sealed containers. The technique may be based on Persian cooking methods introduced to India. Dum means to breath in and pukth to cook. It uses heavy bottom pan in which food is tightly sealed. There are two main aspects bhuno or ‘roasting’ and ‘maturing’ of a prepared dish. If cooking dough is spread over the container, like a lid, to seal the food. This is known as purdah (veil), on cooking it becomes bread which absorbs flavors of dish and to be eaten together. At 1700, the Mughal Empire covered 3.2 million sq. Km and had a population

of 150 million. However, its decline began under Aurangzeb and accelerated after his death. Poor transportation and communications made control of such huge territory difficult, and the regional governors had considerable autonomy. Another factor was the military victory of the Hindu Marathas under the leadership of Shivaji Raje and his successors.

Last hammer to Mughal rule occurred in 1738 When Persian Ruler Nadir Shah invaded India. But his empire was disintegrated too fast in 1741.

By this time other foreigners were keeping eye on Indian subcontinent. The Portuguese, the Dutch, the French and British gathered at the rule of dealing Mughals.

By the early nineteenth Century the Mughal Empire had ceased as an effective political organization, although it existed in name until 1857, when it was replaced by the British Crown. The Portuguese conquests of the fifteenth and sixteenth centuries constitute a remarkable chapter in the history of empire. In 1510 the Portuguese seized Goa from Sultan of Bijapur and made it the capital of Estado da India. This was Europe's first base on the Indian subcontinent. In 1580 Emperor Akbar granted the Portuguese a charter to settle in a village on the banks of the Hugli River. It became meeting place for vessels from other parts of India, China, Malaka. By 1670 at least 20,000 Portuguese were living there.

By far the most important Portuguese contribution to Indian cuisine was the so called Columbian Exchange. The far-flung trading posts of the Portuguese and Spanish empires (Portugal was united with Spain between 1580 and 1640) became the hubs of a global exchange of fruit, vegetables, nuts and other plants.

To India, the Portuguese introduced potatoes, chilies, okra, papayas, pineapple, cashews, peanuts, maize, custard apple, guavas and tobacco. The new plants were not all integrated into Indian cuisine at the same time.

## **2.5 European Inputs on Indian Food**

In today's time Chilly - very much linked with India and Indian foods. Indian Cuisine cannot be imagined without the use of chilly now a days. But it is a surprising fact that Indian meal was prepared without use of Chili and Indians had not seen it before the Portuguese arrived in India at the beginning of the fifteenth century.

What a powerful impact on Indian food of foreign invasion. European traders, the Portuguese, The Dutch, The French and The Danes came in India during 17th century and 18th century. .Between middle of the 16th century and the middle of the 18<sup>th</sup> century India's external trade gradually extended.

This was due to trading activities of the various European companies which came to India during this period. The geographical discoveries of the last quarter of 15<sup>th</sup> century deeply affected the commercial relations of the different centuries of the world and produced far reaching consequences.

### **2.5.1 The Portuguese**

The discovery of a new all sea routes from Europe to India via Cape of Good Hope by Vasco De Gama, had repercussion on the world. They were not individual merchants but represented their own countries and tried to establish and safeguard their maritime trade on the strength of their commercial motives turned into territorial ambitions.

Portuguese under leadership of Vasco De Gama landed in Calicut on 17th May 1498. The arrival of Pedro Alvarez in India in 1500 AD and second trip of Vasco De Gama in 1502 led to the establishment of trade stations at Calicut, Cochin, Canoe. Cochin was early capital of Portuguese in India. This period is explained as follows-

In 1505 Francisco de Almeida first Portuguese Governor was appointed who defeated the combined alliance of the sultans of Gujarat and Bijapur. In 1509 Alfonso De Albuquerque became governor. In 1515 Alfonso De Albuquerque died at Goa leaving the Portuguese as strongest naval power in India. During 1529-1538 Nino De Cunha



Governor transferred capital from Cochin to Goa and during 1542-1545 Martin Alfonso Dsouza proved important Governor.

### **Portuguese Gentleman in India**



(Photo: Collin Taylor Sen, Feast and Fast A History of Food in India, 2015, Reaktion Books.)

### **Portuguese Decline**

Portuguese settlements in India were at Diu, Daman, Salsette, Chaul and Bombay. Till 1595 Portuguese monopolies remain of the Indian Ocean. In 1661, the King of Portugal gave Bombay as dowry to Charles II of England when he married Catherine Braganza, sister of Portuguese king. In 1739 Maratha captured Salsette. For centuries European had sought a sea route to the Indian sub-continent. Spices were a great luxury, valued not only for their taste but also for medicinal properties. People used it to show off their wealth. Until fifteenth century spice trade were controlled by Arab traders who shipped them across the Persian Gulf to Alexandria. From here Venetian merchants transported them across the Mediterranean. Later Portuguese realized the need for searching spice route. Portuguese ruler King Joao II made reaching Asia most important thing.

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\* Source Subramanyam, Portuguese Empire, 1997.

Christopher Columbus started voyage to find out India, came across new continent. In 1498 the Portuguese explorer Vasco Da Gama rounded the Cape of Good Hope to reach Calicut on India's Malabar Coast. It was thriving coast where Arabs, Hindus, Chinese traded spices, cloth and other goods for years. In 1501 King of Cochin allowed Vasco De Gama to buy spices.

These Portuguese conquests of fifteenth and century constitute a remarkable chapter in history of empire. In 1510 the Portuguese seized Goa from the sultan of Bijapur and made it capital of Estado da India. This was first European base and the last to be relinquished, in 1961. British and Dutch never shown any interest in native traditions and had interest only in wealth. But Portuguese people were always interested in native and forcefully converted them into Christians. They never allowed Indians to follow their customs but they started coping unconsciously Indian habits like chewing pan, wearing Indian outfits. They also hired Indian cooks.

Goa was gate post to many plant varieties brought in with commercial purpose by Portugal and Spanish from new world. One example is chiku and cashew tree. The Mango tree was grafted to make world famous varieties like Alphanso and Pairi.

It was mainly catholic monks who gave birth to Christianity to Goa, introduced Christian food as well.

Many food historians like Collin Sen believes that Portuguese got cheese in India as Hindu Taboo on purposefully curdling of Milk by use of external ingredients.

The Significant contribution of Portuguese to Indian and world cuisine was the so called Columbian exchange all scattered trading post of Portuguese and Spanish empires became the Centre of global exchange of fruits, nuts, Vegetables and other Plants.

Chilly is one gift to Indian subcontinent from new world. Before 1500, two kinds of hot Pepper were used in India. One was known as long Pepper – Pippali, second was Black, Round Pepper – Gol Mirch.

## Chilly



(Photo <http://sagarbiotech.tradeindia.com/chilly-seeds.html>)

## Tobacco

As Sir M.S. Randhawa puts it along with some good resources Europeans gifted India some things like Tobacco. It started cultivating in before or at the 17th century in India from Andhra Pradesh. In Akbar's last reign it became popular. But it grew more in Aurangzeb's Period. In Letters Received by East India Company from its Servants in East, contains the reference of this crops states Randhawa in his book History of Agriculture in India.

### 2.5.2 Food items introduced to India by Portuguese were

- **Custard Apple** - This is new world gift to India from Portuguese. It came into India from West Indies by way of Cape of Good Hope.
- **Tapioca** - The plant came to India about 1800. It may have numerous entry points.
- **Tobacco** - Tobacco was presented to Indians by Portuguese.
- **Cocoa** - Cacao word comes from Maya language of South America. It was brought to India by Europeans.
- **Guava** - Origin of guava was in South American Region Peru.
- **Maize** - Very primitive form of maize in India was always found. But new world species was introduced by Portuguese.
- **Peanuts** - Ground nut plant is very old one and originated in South America.
- **Cashew Nuts** - The name Caju, which the Portuguese brought to India and this is still used in Indian Language. This was later anglicized to Cashew. From this Strong distilled drink Feni is derived.
- **Potatoes** - It was first found between regions of Peru between 5000 to 2000 BC. Introduced to Indians by Portuguese. It is allowed to eat it in the fast.
- **Chilies** - Before Europeans references are not found of chilies. There are references only of Long Pepper and black pepper. The chili must have arrived India primarily. The chilly was enthusiastically established in India. It proved to

be multipurpose product for Indian Cuisine. This is a typical instance of novel produce highly meeting native needs.

- **Vinegar** - It is a souring agent mainly used by Portuguese. It has a distinct room in Goan cuisine established by Portuguese monks. It is used in Goan specialty like sorpotel or Vindaloo.. It was present in India but not very popular.
- **Okra** - Ladies finger is gift of Europeans as well.
- **Papaya** - Its origin lies with Central America. The word Papita was initially used by Indians.
- **Pineapple**- The growth of pineapple is recognized to the Indians by South America. There was no proof of occurrence of the pineapple in India prior to Columbus. *Ain-i-Akbari* comments observing Pineapple in Delhi in 1590.
- **Tomato** - Tomatoes are either originated in Mexico or Peru. It was grown mainly for European population as Indians looked at it with suspicion. It was mainly grown for European population. It was first adopted in Italy. Its acceptance was slow in England. It came to India indirectly by way of Europeans around 18th Century.

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Source - History of Agriculture in India (vol. III) M .S. Randhawa, Indian national science Academy,

The way these ingredients got mingled with Indian Cuisine, Similarly Portuguese also had adopted Indian ways by 1583 according to Dutchman who arrived in Goa, named Jan Huygham Van Linscoten. He was surprised to discover the wives of the Portuguese eating Indian food. "A typical meal was Boiled Rice with thin water soup poured over it, Salt Fish, Mango Pickle and or Meat Sauce. These were dishes strange to a Sixteenth European whose staple diet was wheat bread and roast Meat. Not only did the Portuguese in India eat unfamiliar food, they ate it with their hands in the Indian Manner."<sup>19</sup>

Even though Portuguese men adopted Indian ways of life and accepted Indian wives, like majority of emigrants they were missing their homeland. To fulfill these urge to eat the food of their country they introduced various Portuguese dishes to Indian food.

Goan cuisine has amalgamation of various food items and techniques from both these worlds.

Spice was introduced to them by many other Europeans. New world has provided them with Turkeys, Potatoes, Chilies, Tomatoes, Maize. A stew of chicken bubbled with cloves, cinnamon, black pepper, Saffron and little vinegar and thickened with ground almonds was typical Portuguese fare during the sixteenth Century.

As they were missing their home land's food, the top food item was Wheat bread made of Wheat. Apart from food these wheat bread had religious significance with so many Catholic Missionaries population, wheat bread was one religious requirement. But ingredients required for making bread like yeast was missing. After many experiments they started making Wheat bread with fermented alcoholic beverages as today. Here you can say the new era of bakery started in India which was new to Indian Cookery.

Portuguese bakers started introducing confectionery to Indians. They started teaching Indians new bakery products and sweet made up of egg custard and pastries .These kind of sweets were new to Indians.

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<sup>19</sup> Linschon, The Voyage, I, Pg. 207-8

As Indians were introduced and taught Portuguese style of food. Over time Goan cooks started substituting readily available Indian ingredients, like coconut milk was replaced for almond milk. Sugar was substituted for Jaggery. Butter was replaced by Ghee. Result was fusion cookery of both countries. Portuguese food found specific and unique Indian flavors.

In contrast to strong Indian ethos of vegetarianism, Goan Indians started to eat meat and pork in abundances as their ruler was mainly a meat eater and their favorite was beef and pork. Mass conversion in Goan society led Indians to relish and have large amount of meat. In fact pork and meat was imagined as prestigious food as it was food of rulers. Another famous dish across the world related to Goan cuisine is Vindaloo. It is a dish of the Portuguese culture and adopted it in Indian meal. It is a perfect example of fusion cuisine of those times. In the absence of Vinegar, Goans used coconut toddy, Tamarind and garlic with Indian spices as black pepper, cinnamon, cloves and lots of chilies. This resulted in hot Indianised Portugal Goan curry.

The three visits of Vasco da Gama to Kerala commencing in AD 1498 established Portuguese presence in Kozikode, Kochi and Kannur. In about AD 1512 Albuquerque took over Goa and developed it into thriving metropolitan, a center for Catholic cultural center. After about AD 1650 the Portuguese presence diminished giving a way to Dutch, French and British impact. By then twenty thousand Portuguese settled in India influencing local practices in that area.

The Portuguese influence was quite significant. Principally they adopted into Portuguese language many Indian words for new food items that they encountered, which in turn frequently passed into the English Language. Next they were active in getting new world plants from Mexico and South America of possible commercial value in their eastern dominions. Often in the process, native American- Indian names for these plants were absorbed into Portuguese – Spanish and then into English and even Indian languages. Finally the Portuguese had impact for long time in Goa and Bengal. First the Indian words brought to India were terms for food material used in the other countries. The nut

brought from Brazil in many Indian languages became caju and cashew in English. While pineapple crossed the seas as ananas, which entered several Indian languages. Both guava and avocado reached India byway of Portuguese –Spanish languages.

Interaction in Goa between the existing Saraswat food and strong Portuguese presence soon gave rise to striking and distinctive cuisine. The curries of the neighboring East Indians, a small but distinctive community that speaks Marathi also felt Portuguese Influence. It reflected in use of vinegar for cooking pork and fish, in the stuffing of roast suckling pigs, and in the delicate salted tongue relish that uses vinegar, jaggery, lime juice, saltpeter and salt<sup>29</sup>

In Bengal, the Portuguese presence first stimulated the preparation of sweet fruit preserves. A more lasting effect was by way of creating a demand for cottage cheese. Which gave Bengal novel raw material called chenna . This became base of many Bengali sweets.

In Goa the interesting food style was developed with fusion of native Saraswat Hindu food habits and Portuguese food culture. Vinegar as essentially European material even though known in India was not used much as souring agent. Tamarind and kokum was used as common souring agents. So chilies of various varieties and Pork is variedly used in goan cuisine is definitely Portuguese influence but use of coconut extract is Hindu influence.

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29 K.T. Achaya, A Historical Dictionary of Indian Food, Oxford University Press, 1998 Pg. 42



### 2.5.3 List of food which is the result of Portuguese invasion.

- **BIBINCA**

It is concoction of egg yolk, flour and thin coconut milk which is made in layers and baked repeatedly.

- **CALDOVERDE**

It is a popular Portuguese soup included in goan cuisine made up of potato, onion and garlic. This is accompanied by sausages.

- **SORPOTEL**

It is a curry of the blood, meat, liver and fat of pork with both tamarind juice and vinegar.

- **VINDALOO**

Famous meat preparation from Goa region. Derived from Portuguese *Carne de vinha d'alhos* originally made from wine and garlic. Later substituted with red chilies and vinegar.

- **CHICKEN XACUTI**

It is shallow fried chicken curry commonly seen in Goan catholic style of cooking. This is made with special spice mix made from poppy seeds and coconut.

- **DOLDOL**

It is soft Jaggery fudge.

- **PAO**

A bread of Portuguese origin. Related to quarter of full loaf.

- **BALCHAO**

Spicy seafood dish made either with prawns or fish using tangy sauce made up of tomatoes, chilies and vinegar.

The Goan dishes are found to be amalgamation of Europe, Asia and America. With Portuguese cooking techniques (marinating and cooking in vinegar), with Indian ingredients like coconut and new world food items as chilies.

Chilies become popular in India and it became significant culinary legacy. Almost all fish and vegetables, meat dishes all contain chilies. Many of them were adaptations of Portuguese dishes. Thus, a Portuguese Sorpotel of pork meat and blood, vinegar and spices were added to it to make it more Indianised. Introduction of new world ingredients discoveries made Indian cooks to experiment with sea food adding spices and chilies and souring agents like Vinegar, tamarind.

One example of beautiful amalgamation of Portuguese influence on Indian cuisine can be explained with the help of dish - **Vindaloo**.

### **Ingredients**

Pork (**Portuguese influence**)

Chilies (**new world ingredients**)

Black Pepper, tamarind (**Indian elements**)

Result is beautiful **fusion** of very exotic dish famous in Indian Goan Cuisine. But new food brought by them like potatoes and tomatoes could not become India's favorite immediately and viewed with suspicion immediately. It was British and their cooks who introduced and taught Indians the use of them. Cashew became famous to be used in gravies and to make alcoholic drink called Feni.

Introduction of **new world ingredients like chilly, potato, and cashew** is the gift of Portugal to India. Inclusion of meat like pork, duck is very much Portuguese habit which imparted new dimensions to Indian culinary .Putting vinegar in food is definitely a Portuguese influence. Introduction of baking and confectionary gave rise to Indian Goan sweets such as Bibinca and Doldol etc. Goan bread Pao is Portuguese character in Goan Indian food.

In spite of this beautiful amalgamation there were basic differences in Portuguese cuisine and Indian. They are observed as follows –

#### **Sr. Indian Food Portuguese**

##### **1 Indians got to know about chilies from Portuguese.**

Portuguese were aware of south American origin chilies.

2 Typical Indian souring agents were tamarind and Kokum.

Souring agent commonly used were Vinegar.

3 Indians ate separately, keeping women eating separately after men finished their Meals.

Portuguese ate all together, men and women.

4 Indians preferred their Rice

Portuguese loved their pao (breads)

5 Indians made their desserts with high quality products like ghee.

Portuguese made their desserts mainly with egg custard.

6 Many Indians were Vegetarian.

Hindus were forbidden to have beef were as Muslims were not allowed to have pork.

Portuguese cooking was powerfully meat based. Lamb, pork, beef were favorite meats.

#### **2.5.4 The Dutch**

1605 to 1825. Traders of the Dutch East India Company first became well-known in Dutch Coromandel, notably Pulicat, as they were looking at textiles to exchange with the spices they traded in East Indies.

In the second half of the eighteenth century the Dutch lost their influence more and more. In India Cochin was major trading center but Dutch as non-significant impact on Indian Food.

### **2.5.5 The French**

French East India Company was founded by Louis XIV in 1664 to get close access to spice trade.

French colony was called Establishments François dans l'Inde. The possessions were originally acquired by the French East India Company beginning second half of the century. It included Pondicherry, Karikal and Yangan. French India also included several subsidiary trading stations in other towns to which they were attached. Colbert, minister of Louis XIV, created the company i.e. an Indus Orientals in 1664 financed by the state. The first French Factory in India was established by François Canon at Surat in 1668 and 1669 another at Masulipatam.

In 1672 De La Haye seized San thorn but had to surrender it to the Dutch after his defeat by a combined force the Sultan of Calcutta and Dutch. In 1673 foundation of Pondicherry was laid. In 1674 Nawab Saista Khan gifted a site to the French. In 1701 Pondicherry was made the headquarters of the French settlement. In marked contrast with Pondicherry they lost this influence in other places. The French in India declined between 1706 and 1720. Objects of The French, were however, purely commercial.

After 1742 political motives began to overshadow the desires for commercial gain with the arrival of Dupleix as French governor of India (1742) Resulting in Anglo French conflict by which French were defeated. Pondicherry was main hub of activity.

They could have impact on Pondicherry but none other cities .Pondicherry food map shows items like Ragout, meat stew, Meen puyabaiisse (Fish bouillabaisse is a Mediterranean fish stew) .Fruit cakes for Christmas.<sup>30</sup>

### **2.5.6 The English**

English East India Company was formed in 1600. The formal British rule in India commenced in 1757, after the Battle of Plassey. Thereafter British company transformed from a commercial trading company to a political entity which rule India

Before 1619 English had established factories at Surat, Agra, Ahmadabad and Baroach .In 1668 Bombay was transferred to the East India Bombay replaced Surat as chief settlement of the English on the west coast in 1687 and it became headquarters of the company on the west coast.

On South eastern coast, English established a factory at Masulipatam in 1611.In 1639Francis Day obtained the lease of Madras. In 1633 factories at Hariharpuran, Orissa were set. In Bengal in 1651 factories were set up at Hugali. In 1667 Aurangzeb gave the English a fireman for trade in Bengal. In 1686 retaliation took place English and Mughal.

After the conclusion of peace between the company and the Moghul In 1690, Job Charnoka established an English factory in 1691 In 1698 Azimush Shan granted Zamidan of 3 villages of Sultanate, lealileat and Govindpur. Later these grew into the city of Calcutta .In 1700 the English factories in Bengal placed under separate control of President .In 1702 two amalgamated under the title of “The United Company of Merchants of England trading to the East Indies”

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30 Lourdes Tirouvanziam-Louis, The Ponditury Kitchen, Traditional recipes from Indo-French Territory, Chennai, 2012

## **Chapter 3**

### **3. To understand general background of western Maharashtra before 1757**

Here we finish with one phase of Journey. Journey is not over so far, we have finished one mile stone where we study the impact of foreign invasion on Indian food, over all from prehistory. It continues in second section. Now we will have in depth study of this impact on western region of Maharashtra. (1757-1857)

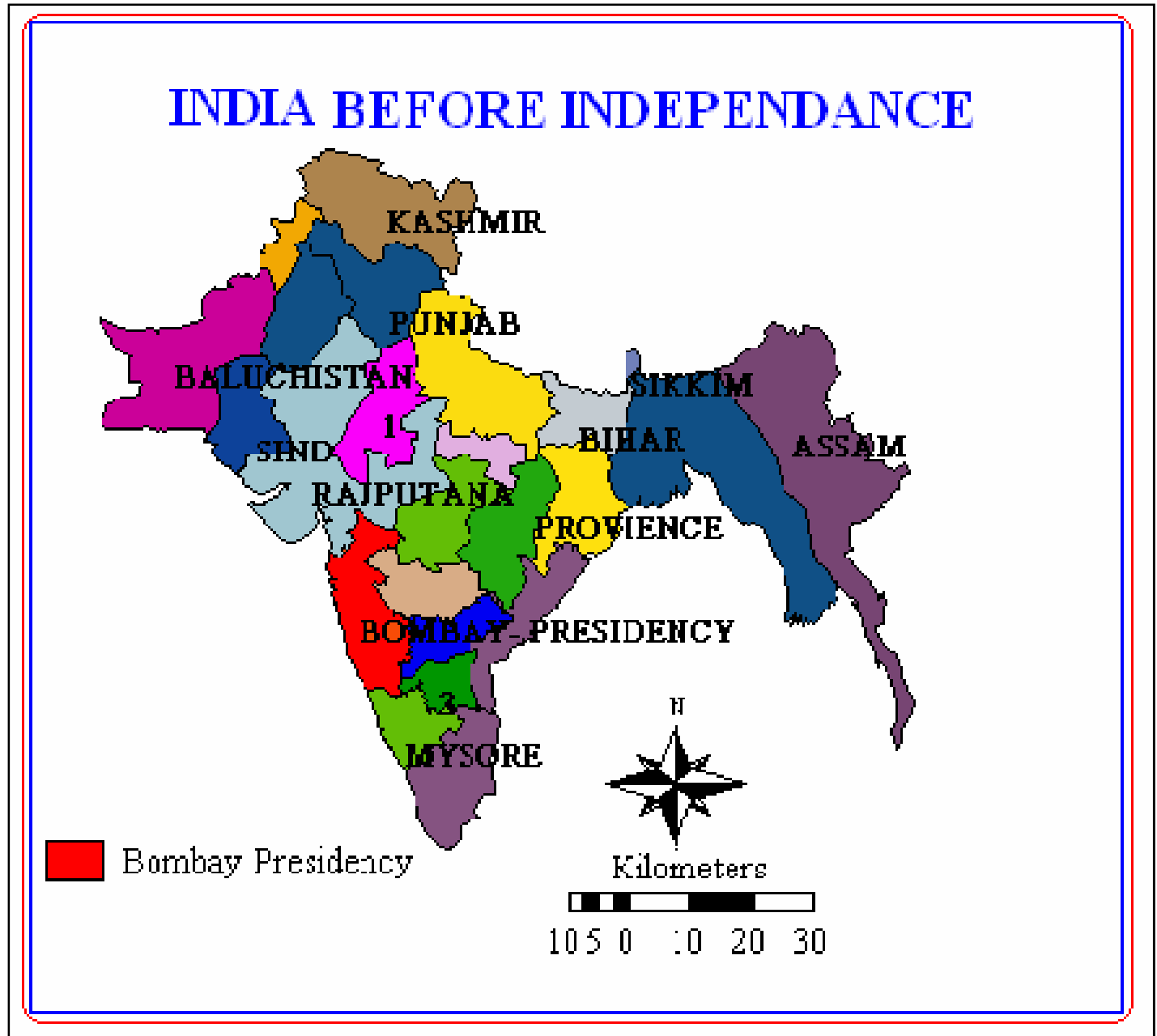
Historical method to any research field is interrogative aspect and attempts to seek the response to the questions 'WHY' and 'HOW' though it is grounded on chronological events and facts. The central theme of the study in history is the casual order of the various chronological events to prove the predetermined goals. It takes into account economical, social, political and cultural aspects of history and regards as a whole, rather than narration of events dealing with any particular aspects.

It could be understood that practical understanding of the present would require general understanding of the past.

To have in depth study we have to understand western region of Maharashtra during our period of research and general scenario at the time.

The present study concentrates on the area of western Maharashtra i.e. mostly the districts of Pune, Satara, Sangli, Solapur, Kolhapur, Bombay and Konkan in the present state of Maharashtra. The geographical map could be referred in this regard.

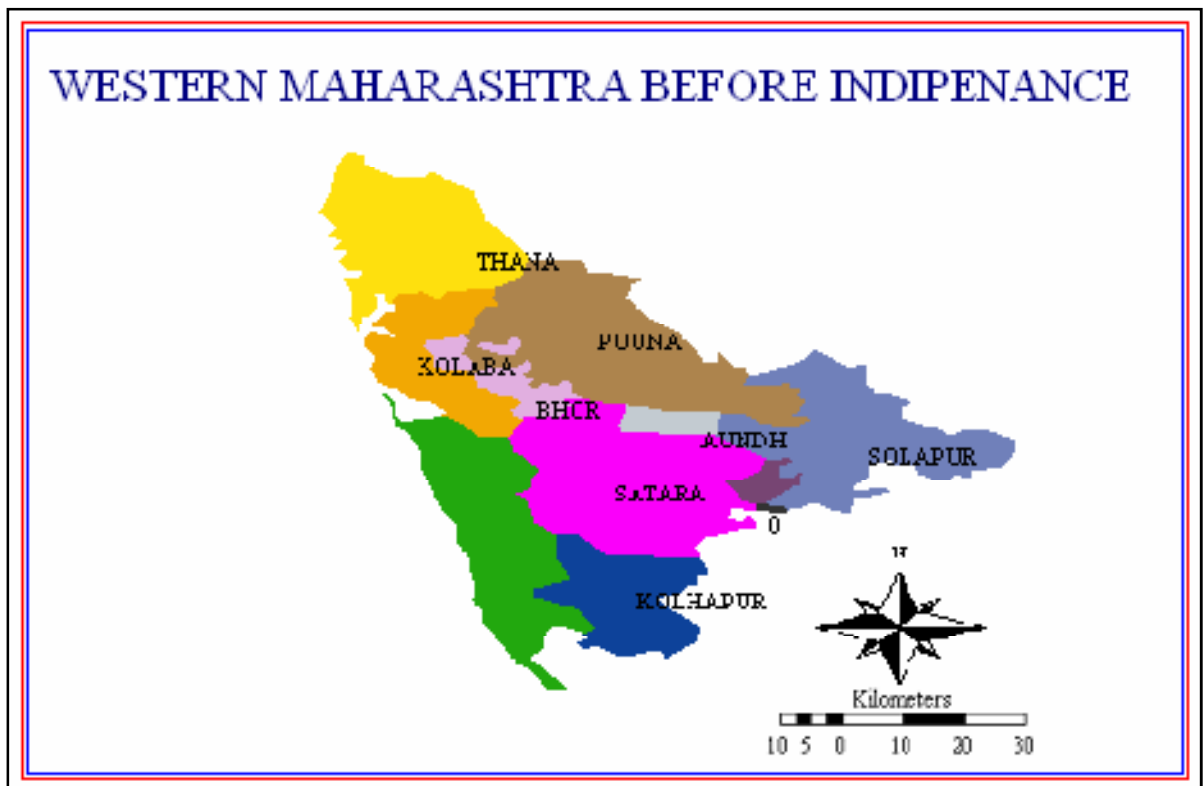
Map of India before Independence



(Photo <http://shodhganga.inflibnet.ac.in/handle/10603/3226>)

## Map of western Maharashtra

(Photo: <http://shodhganga.inflibnet.ac.in/handle/10603/3226>)



Maharashtra came in existence in 1960. During British days the area of study was under the administration of Bombay Presidency which included the area of western Maharashtra, North Karnataka, Part of Gujrat and also the North West part of India which is presently in Pakistan. The study mainly concentrates on the area of Western



Maharashtra of then Bombay Presidency and especially two center of attractions Bombay and Pune.

The present study deal with period from 1757-1857. The period of British rule starting in India with Battle of Plassey is considered because it was the settlement period of British. The western Maharashtra could remain independent from foreign rule till 1818 when Peshwas were defeated by British in Pune.

To understand our subject we have to study general background with respect to following factors in pre British period. –

- Economical
- Political
- Social
- Cultural
- Agricultural
- Village scene

### **3.1 Economical**

From the resources available it could be seen that the rural standard of living was lower than urban. Main occupation of Maharashtra was agriculture. Along with those cattle raising and breeding sheep was one occupation. Agriculture was done by Marathas. Sheep breeding was mainly done by Dhangars. First type of people i.e. farmers were put up at one place second type of people were used to roam from one place to another. Utensils, equipment, cloths etc. basic necessities were provided to them by Black smiths (Lohar), Carpenter (Sutar), Weaver (Koshti) etc. cast .They are called as balutedars.<sup>31</sup> All these occupation was based on cast and Hereditary for centuries to go. Trading,

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31 Marathi sahitya sanskruti Marathi, Bombay (Marathi)

Imports, exports or other occupations were very basic and limited. Economical condition was very basic and limited but self-sufficient. Many of the farmers were soldiers also. This practice was developed by Shivaji Maharaj and continued in the following period. In the same period Maharashtra was warming up to Europeans. They had established there bases in west coast of Maharashtra. Internal trades were for tamarind, raw sugar, jaggery, turmeric, sesame, spice, coconuts, rice, pulses, wheat, opium, onions.

### **Rise of Bombay**

As mentioned earlier society was self-reliant and key to this closed system was rise of Bombay as trading center. British moved their activities from port of Surat to Bombay. Along with Calcutta, Madras, at Bombay British administration appointed Governor, Because of this Bombay became major activity hub.

British attracted many wealthy Indian merchants. Since then many Parse, Gujrati community people settled here. Earlier it was mainly sleepy land of Koli and Agri natives. Because of many cosmopolitan people it became the melting pot of Maharashtra.<sup>32</sup>

### **3.2 Political**

It should be noted that the geographical area of Maharashtra of pre – independence and present is different. New center of political power rose in the form of the peshwas. Prime minister of Maratha Kingdom at Pune in western Maharashtra gave Pune lot of significance. Descendent of Shivaji had power seat at Satara, besides Pune, Nagpur, Kolhapur, Sawantwadi.

Battle of Plassey to company rule in India Balaji Bajirao known as Nanasahab Peshwa managed to extend the Maratha territories into Northwest, East central, India. He contributed to development of city of Pune reigned till 1761. Peshwa period is mentioned below-

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32 Acharya, Balkrishna Bapu, Shingane Moro Vinayak, Mumbaicha Vritant, (1889Reprint) Marathi Sahitya Sanskruti (Marathi), Bombay, 1980 p 24-25

### **3 Social**

The main population was Hindu. Muslims were minority and mainly limited to those regions once ruled by Muslim rulers such as Khandesh, Dualatabad, Ahmadnagar, Janjira and west coast. There is no exact data available as there is no proper documentation. Hindu society was more conservative. They were busy in more rituals and ceremonial functions, patronized by Peshwa and Marathas. Pune was center of activity. Society was burdened by caste discrimination and untouchability.

#### **3.4 Cultural**

Since villages were self-sufficient and not much trade and exchange use to happen, people were less aware of outside world. Art and literature had taken back seat. There was not so much of instability on economic and political front that there was not much scope of growth for art and literature. It was Peshwas who had promoted some performing arts and built some temples and palaces<sup>33</sup>

#### **3.5 Agricultural**

Agriculture was main occupation of people. Land was in moderate condition for cultivation. Cultivation depended on monsoon. Not much import or trade was possible as grains or produce were limited. The region was always frequented with series of minor famines. Rice and millet were the main crops apart from ragi<sup>34</sup>

#### **3.6 Village scene**

Rural population was self-sufficient and united. They use to live in harmony in spite of cast systems. Family was given importance. To serve the society there were balutedars who were paid as per their convenience and harvest. They were mainly

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33 Above table is compiled from sriram sathe, peshawe, Atharva Print, Pune, 2014

34 Bhave V. K., Peshawe Kalin Maharashtra, New Delhi, 1976 (Marathi) p.45

Goldsmith, Blacksmith, Shepard, Preacher, Tailor, Weaver etc. They made villages self reliant and self-independent.

The needs of villagers were limited and they had no relations with outsiders or foreigners hence exchange was limited. There were weekly bazaars for buying and selling food or other things.

### **3.7 Food Items**

In this area majorly lived Maratha people and Kunabi cast. Maratha mainly were Kshatriya (warriors) and Kunbi giving services to villagers. Standard diet of these people were flat unleavened bread of millet, pulses and vegetables. Use of wheat was less. Eating meat was limited mainly during festival time. The staple diet was simple which included vegetables or grounded chick pea preparation with unleavened bread. Food basically was austere.

**Pulses included are mainly as follows with Marathi equivalence.**

- Red Gram - Tur
- Horse Gram - Kulath
- Lentil - Masur
- Green Gram - Mung
- Lentil - Masur
- Chick Pea - Chana
- Cow pea – Chawali

**Grains with Marathi equivalence**

- Barley - Jau
- Rice - Tandul
- Sarghum - Jowar
- Finger Millet – Ragi

Use of Wheat was very limited.

Millets was ground into flour or prepared as bread and made into porridge.

### **Vegetables with Marathi equivalence**

- Pumpkin - Bhopla
- Snake Gourd - Padval
- Cucumber - Kakadi
- Bitter Gourd - Karle
- Egg Plant – Vangi

Green Leafy vegetables like Chukka, Chakawat, Kardai also was common.

### **Fruits with Marathi equivalence**

- Jamoon - Jambhul
- Bel - Bel
- Jack Fruit - Phanas
- Mango - Ambe
- Coconut - Naral
- Bananas – Kele

### **Common Spices used were**

- Ginger - Ale
- Mustard - Mohari
- Turmeric - Halad
- Cumin - Jeera
- Round Pepper – Miri

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\* Source- M.S. Randhawa, A History of Agriculture in India, VOL (1757-1947)  
ICAR, New Delhi, 1983

*Gur* or Jaggary use to be made from sugar cane. Use of Sugar was minimum.

Common Beverages were mainly water, sugar cane juice and Buttermilk. Guest used to be given water with *Gur* or Jaggary to welcome them. Common sweets were *Gulawani*, *Puranpoli*, *Modak*, *Chirote*, *Narali Bhat*.

Chilly was introduced by end of seventeenth century. With Marathas it got popular immediately. Many scholars that time use to give credit to Maratha's brave and hot temperament to hot food they eat. Hot chilly juice they say was the reason of angry nature.

Food was and still is more austere than other region of India. Meal normally used to be *Bhakri*, raw onions, dry chutany and *Junaka* (Chick Pea preparations)

Food preparations were based on cast. Brahmins never had meat and use to avoid onions and garlic. Dairy products were common like Curd, Buttermilk and Milk. Beef and pork were taboo for Hindus.

### **Cooking methods**

Cooking methods commonly used were

- Tempering
- Boiling
- Deep Frying
- Pan frying
- Sautéing
- Steaming
- Roasting

### **Meal Times**

Main meal of the day use to be by 9.30 to 10.30 A.M. Proper lunch in the middle of the day was practice mainly by upper classes. Majority working people dined early evening. Poor ate when there was time; affluent farmers generally ate 3 times a day. These meals consisted breakfast at early hours, lunch and supper before it gets dark.

Products like Dashmi and Ambil were eaten. Breakfast was normally eaten by children and woman.

Food was eaten seating on ground either on banana leaves or dry Sal leaves or metal. Food was not to be taken from low cast people .Concept of cleanliness and hygiene was interlinked .Housewives were not to enter kitchen without taking bath .They were not to eat or taste while cooking. It was advised to rinse mouth before or after eating food. All lower class cast could receive food from upper cast but they never accepted food from lower cast. Domestic cooking area was considered of high purity.

Various pulses like mung, urad, chana was parched and it was equal to lower or upper-class in terms of purity. There was much restriction on *Kaccha* food and *Pukka* food interms of purity. Portions of food were reserved for dogs, insects, serpents, Brahmins etc. It was customary for house owner to feed guest, children, aged and pregnant woman before he eats himself. Only the right hand was used for eating left-hand was for doing other things like lifting glass etc. Prayer was common practice before you start food.

They believed eating with fingers stimulates basic five elements and helps to secret digestive juices. Nerve ending on fingertips stimulates digestion. People had belief that, you become more aware of texture, aromas and taste. Seating on the floor and eating allowed flexibility and repeated bending improved blood circulation. They never used knives or forks.

### **3.8 Food found in early Marathi Literature**

In Marathi literature we can find many references of various food and many food habits found at that time. All these food habits were related to mind, body and spiritual aspects of man. Dnyaneshwari is a description of Bhagavad Gita written by the Marathi saint and poet Dnyaneshwar in the 13th Century. This commentary has been praised for its aesthetic as well scholarly value. The original name of the work is *Bhavarth Deepika*, popularly known as Dnyaneshwari. His words were recorded by Sacchidananda.

In these three faiths are explained which are *Rajas*, *Tamas* and *Sattvic*. He says only *Sattvic* faith should be preserved and *Rajas* and *Tamas* should be rejected. According to Geeta three types of diet were explained. One should keep in touch with those things which increase *Sattvic* faith and adopt a diet which will increase the *Sattvic* nature. Even otherwise there is no means more effective than diet for moulding one's nature. A person gets afflicted by wind, phlegm or bile according to the food he eats. What one eats, accordingly the different chemicals support the feelings in the mind. The state of the mind depends upon the chemicals therefore a *Sattvic* diet makes the *Sattvic* quality grow. Any other diet would lead to growth of the *Rajas* and *Tamasic* natures. The cook has to prepare food according to the taste of the eater and the eater is a slave to the three attributes. If by good fortune an individual is inclined towards *Sattvic* attribute then his tendency is to eat sweet food. *Sattvic* food items are by nature juicy, sweet and properly cooked. They are soft to touch. They melt on the tongue and are tasty. One feels satiated by eating even a little quantity of these items. Also the effects are also sweet. It increases life force of the eater. Growth of physical and mental strength is achieved by such diet. Thus the effect of this *Sattvic* diet is great and is useful to the body from outside to inside. A *Rajas* person loves food items which may not be digestible but are bitter like poison, burning like lime but sour and salty. That food is very hot and sharp. It is also dry and hard. *Rajas* person madly surrenders himself to the taste buds. In this way *Rajasi* food leads to only sorrow. About the *Tamasic* person it is mentioned in Dyaneshwari as He eats rotten, leftover food. Similarly, he eats in the afternoon or next day that is cooked in the morning. *Tamasic* person does not like well-cooked and fresh food. He gets strong desire for eating and drinking those things which are prohibited by the Shastras. \*These were Indian ethos of food mentioned in Dyaneshwari based on Bhagwat Geeta. Attitude about food is observed during 13th century as explained in Dyaneshwari.

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\*Source Dyaneshwari –Leela Gole, Snehal Prakashan, Pune, Oct, 1994.

Refer appendix for the same.



A great spiritual text Dasbodh was written in 17th century by Marathi saint SamarthaRamdas. It is written in local Marathi language which explains religious life and teachings of Ramdas swami. It also highlights the social life of that time. In Dasbodh there are many food references mentioned by Ramdas swami which gives idea of what people were eating that times. He mentions *Dahi Vada* (fried black gram dumplings soaked in curds.) To be offered to god Hanuman. He writes about *Kandyache Bharit* (onion preparation) and *Rodage* (Indian thick bread) \*

Another great work is Leela Charitra which is biography of Bhagwan ShriChakradhar Swami, the guru of Mahanubhava sect. It is written in 13th century by his follower Mahim Bhat. In this book he mentions many food items like *Dahibhat* (curdrice) being offered to Sarvadnya (Swami) There is also mention of food items like *Bhakri*( Indian Bread), *Mande*( Sweet Bread) , *Kheer*( milk preparation ), *Poli* (Indian Bread)being given to him as alms. In this book many vegetables of that time were noted as *Tandulja*, *Takvad* (*chakvat*), onion, *Mainmula* etc. It also mentions some sweets like Laddu which are still favorite.

List of food items which are accepted by followers of Chakradhar Swami

Muktabai	Kandamulachi Arogana (Root vegetables preparation)
Dados	Dahibhat (Curd Rice) Varan Bhat (Dal Rice)
Indrabhat	Laddu (Sweet Preparation)
Umaisa	Sakharbhat (Sweet Rice Preparation)
Abaisa	Poori and Ghee (Fried Indian Bread with clarified butter)
Samkosa	Dahivada (Vada soaked in spiced curds)

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\*Dasbodh ,Translation,K.V.Belsare,Krishnabhag,Mumbai

\*\* Leela Charitra, Mahim Bhat, publisher V.B.Kolate, Maharashtra Rajya Sahitya – Sanskruti Mandal, Mumbai

Refer appendix for the same.

**3.9 Utensils used in 18th and 19th Century Maharashtra**  
**Vessels for water**



(Photo : Raja Dinkar Kelkar Museum, Pune)

## Various grinders



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(Photo : Raja Dinkar Kelkar Museum, Pune)

## Utensils used in 18th and 19th Century Maharashtra



(Photo : Raja Dinkar Kelkar Museum, Pune)

**Plates used in Maharashtra in 18th Century**



(Photo : Raja Dinkar Kelkar Museum, Pune)

## Vegetable Cutter



(Photo : Raja Dinkar Kelkar Museum, Pune)

## Chapter 4

### 4. Western Maharashtra after British Rule

#### 4.1 Arrival of British.

In 1599, John Midenhall, Merchant of London came to India for trading. On 31<sup>st</sup> December 1600 Queen Elizabeth granted charter to 'The governor and company of merchants of London trading into the East Indies' The company sent Captain Hawkins to Jahajir's court to seek permission for the English to open a factory at Surat in 1609. In 1612 Jahangir permitted the English to establish a factory at Surat after the defeat of the Portuguese fleet by English under Captain Best at Swally in 1612 near Surat. In 1618 Sir Thomas Roe, Royal ambassador came to India for getting Emperor's permission to trade and erect factories with in empire.

##### 4.1.1 English settlement

Before 1619, English had established factories at Surat, Agra, and Ahmedabad and Bharoch. In 1668 Bombay was transformed to East India Company and replaced Surat as the chief settlement of the English on the west coast in 1687 and it became head quarters of the company on the West Coast.

On South Eastern coast, English established a factory at Masulipatam in 1611. In 1639 Francis Day obtained the lease of Madras. On North East Coast in 1633 factories were established at Hariharpur, Orrissa. In 1651 they settled in Hugli in Bengal. In 1667 Aurangzeb gave the English a firman for trade in Bengal. In 1686 retaliation between English and Mughal took place.

After the conclusion of peace between the company and Mughals in 1690, Job Charnock established an English factory in 1691. In 1700 the English factories in Bengal placed under separate control of President. In 1702 two companies amalgamated under the title of 'The united company of merchants of England Trading to the East Indies.'<sup>35</sup>

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35 Lawrence James, Raj; THE Making and Unmaking of British India, St. Martin's Griffin, August 12th 2000

#### **4.1.2 Battle of Plassey**

Two major events occurred in Indian history i.e. Battle of Plassey happened in 1757 and Battle of Buxar in 1765. Since then, the British East India Company adopted threefold strategy of ideological, military and colonial administrative apparatus to expand and consolidate the British Indian Empire.

British rule had great impact on economic, political and social scenario.

#### **4.2 Economic Impact**

The industrial revolution has helped the English merchants accumulate a lot of capital from countries of Asia, Africa, and America. They now invest this wealth in setting up industries and trade in India. The bulk manufacture of merchandises through machines that we witness today was founded through the Industrial revolution which occurred first in England during late 18th century. This led to enormous upsurge in the productivity of finished goods. There was one class who were concerned in having more raw materials from India as well as sending their completed things back. Between 1793 and 1813, these British manufacturers launched a campaign against the company, its trade monopoly liked. With this India became commercial colony of Industrial England.

The main aim of British was to transform India into a consumer of British goods. As a result, textile, metal work, glass and paper industries were soon out of work. The markets were now captured and monopolized by Britain by means of war and colonization. The new colonial power regarded the Muslims as potential threat to their political power as it were the Muslims from whom they had snatched the power. The Muslims were naturally hostile towards the alien rule and showed their apathy to the new administration. The Hindus on other hand welcomed new masters and reoriented themselves with the blessing and sympathy of the ruling class.

The rights earlier relished by Muslims in terms of property rights etc. were reserved and trade services were made limited to them. The Hindus specially the Brahmins eagerly work together with the new leaders and become governing in various circle of life.



From the resources available it could be seen that the rural standard of living was lower than urban standard of living. The traditional systems of *Balutedari* prevailed almost all over the area which assured a minimal subsistence to *balutedars* on the country, the *Zamindars*, *Deshmukh* and *Deshpande*, *Inamdars* were enjoying a luxury life and were regarded as rural aristocrats.

The needs of people were limited and the village economy was almost closed from the outside world. They were considered as little republic and were nearly.

Independent of any foreign relations as there was little scope for exchange. The old systems of Village economy based on self-sufficiency and self-government continued even after the entry of the British traders and the East India Company. Famines i.e. shortage of food occurred frequently in the 17th Century and due to absence of welfare, state and economic backwardness, the standard of living of common man was detracting to lowest level.

Rule of British played significant role in change and development of India. It has tremendous impact on mind of Indian people as well as their lifestyle and eating habits. There was no one who escaped from British influence. India always had been land of agriculture and predominant population staying in villages. Hence there was drastic impact on villages and agriculture as well.

### **4.3 Turning points in Indian food history because of British rule relates to the following points.**

#### **4.3.1 Merchantisation**

So far economy was limited and self-sufficient. Production depended on craftsman and not imports or exports. Extra production was not there for export and no outside contact for much trading. With British rule and rise of Bombay there was significant shift in economy. Trade of cotton and opium became important. Merchantisation played major role in reviving the economy of Maharashtra. P.J. Marshall argues the British regime did not make any sharp break with the traditional economy and control was largely left in the hands of regional ruler.

### **4.3.2 Commercialization of agriculture**

Agriculture was the major source of occupation with most farmers inheriting the farms. Develop irrigation systems were started to be built up. By force the growth of cash crop like cotton, sugarcane, coffee and tea was encouraged. Raw material required for Industry like oilseed, Jute was grown. They had various motives to introduce commercial crops. British traders had full command over opium market. Indians were coerced to produce Indigo. It was sold under conditions dictated by British officers. Cultivation of Indigo was compulsory to grow 3/20th part of their land. Cultivation of Indigo used to leave the land in bad state and infertile for some period. This made farmers not very eager to grow it.

Since they were focusing on cash crop and commercialization ownership of land was getting transformed. The result of all this was many idle laborers without land. To make the situations worst there were many people who found their own profit. They were various merchants, traders and middleman. The effect of all this was reduction in grain production. Since there was increase in production of cash crops production of grain decreased. Scarcity of food stock led to famine. Scarcity of grain production made workers to face lot of toil.

### **4.3.3 Famine**

Famine in Deccan was worst of its kind. Almost one million people died. There are many well preserved documents which show evidence of famine. Relief was provided by ruler, Peshwa Madhavrao II. Export of grain was not allowed. Sevier famines had taken place, one was grain famine and one was money famine.

Money was drained from the peasant to the landlord, making it impossible for the peasant to procure food. Money which should have been made available to producers of food via public works projects and jobs was instead diverted to other uses. It is also pointed out that the famines in British India were not caused by the lack of food in a particular area. It was instead caused due to an absence of political and social structure. The famines were product of uneven rainfall and administrative policies.

There was practice of Rack Renting; landlords use to sell of leases to the highest bidder. Rack Renting forced renters to bid more than they could pay. Levies of war, free trade of policies, the expansion of agricultural and neglect of agricultural investment.

The economy was based on export of cash crop as opium, Indigo, Cotton, Jute, and Rice and wheat .Export crops displaced millions of acres that could have been used for domestic cultivation and increased the vulnerability of Indians to the food crisis.

#### **4.3.4 Urbanization**

So far majority of population was staying in rural area. Urbanization was very slow. After British gained power they raised first textile mill in Bombay 1854. Bombay became major center of activities as major British administration and trade happened. Many communities settled in Bombay making it city from sleepy land of Agri and Kolies. Second city developed in Western Maharashtra by British is Pune. They established their military base after the battle of Karkee. They developed cantonment for British army officer, created many services in cantonment. Slowly and steadily rural population started to shift from villages to cities. Population of cities started to grow.

#### **4.3.5 Development of transport and communication**

Before the British came to India, there was no proper means of transport; neither there was good means of communication. Transport was with the help of carts run by camel, bullocks or other animals. There was need of good and fast transport as Britishers wanted to transport raw material producing areas with port of exports. They needed railways to carry raw material and bringing them to port.

Railways were useful for them. It was beneficial as it made trade of commodities very easy and convenient. It was profitable to connect internal markets with port. On top of that the material like rail engines, coaches and capital came from Britain. Although the railway network were set up for benefit of British trade. It played significant role in India. It gave new energy in mind of Indian people.

The new network brought people of India closer. It gave new ideas to people. Food ingredients from one end of nation began travelling to another end.

So far because of lack of proper transportation food of Maharashtra was region bound. Railways triggered minds of natives and united India but these networks were the reason of draining off significant resources from villages of India. This led India to poverty as well. All this influenced people's mind and their food sources as well as food habits. People and land of Bombay acted important reason for development of entrepreneur's and industrial sectors not only in western Maharashtra but India. Railway did not directly change eating habits neither they created new food but they spread and transported regional food to all over India.

#### **4.3.6 Modernization**

British really opened Indian minds. Before British rule India was under the spell of castism, old rituals, traditional set up. It was closed society like there was DO NOT DISTURB board put outside.

After British rule, Indians were attracted to many new ideas which took them to modernization. These ideas were Freedom, equality, upliftment of woman, human rights etc. Native Indians were attracted to new horizon of science and technology from west.

These new modernized ideas spread and encouraged by many people in Indian society. Various reform movements took place in Indian Society, in Maharashtra especially western region of Maharashtra.

#### **4.3.7 Equality**

Modern ideas pushed natives towards liberty, equality not only in minds of Indians but also in their mind set. Their life style, eating habits also took modern approach. These kinds of modern ideas like equality and unity criticized many old traditional systems like castism and practice of untouchability. Earlier upper cast in western Maharashtra consider taboo to eat with lower cast. They never use to eat food given or cooked by them. These modern ideas changed mind of Indian people along with their approach to many things in life. They awakened the sleeping society with understanding of status that allowed being equal in societal position, rights and opportunities. These ideas were new to native Indians. Awareness began with social equality in certain respects including civil rights, freedom of speech and property rights.

#### **4.3.8 Social reform**

In beginning of 19th century a great movement started in Maharashtra, It was a mixed result of Indian reformation of traditions and western education. Impact of Foreign education was evident on the few of educated people of Bombay and Maharashtra.

During this period Mass movement was carried by other leaders inspired by many Indian social reformists.

In the 19th century Maharashtra, reformists tried to examine critically their social system and religious beliefs and gave priority to social reform as against political freedom.

Foremost among the reformist were Acharya Balshastri Jambhekar, who condemned the evil customs of sati and female infanticide. Gopal Deshmukh who through his *Shatpatre* attacked orthodox Brahmins opposing religious reforms. Jyotirao Phule who revolted against the unjust cast systems and untouchability. During that period social reform brought social awakening in Maharashtra. It gave jolt to the dead society and pushed Maharashtra on a progressive Path. One prominent name was Jyotirao who was born in Satara in present day western India. Jyotirao was put in local Scottish high school and he completed his English schooling in 1847. He realized that lower cast and women were being exploited. He fought against injustice.

Supported widow marriage and started a home for upper class and lower class widows. His wife Savitribai Phule started first school for girls in India. He tried to eradicate untouchability. He opened his house to lower cast and always supported them.

#### **4.3.9 Western Education**

Before British rule, education was imparted through a chain of elementary school like pathshala and madarasa. The education was not considered to be up to date because of Vedas; the basis of such education did not kept pace with the world.

Introduction of western education in India was led by East India Company and Christian Missionaries. Charles Grant is considered as the father of modern education in India, Medium of English had started and Persian was abolished. All these were beginning of new modern era. It was the beginning of print culture.

Thomas Macaulay played significant role in foundation of western education in India. He was renowned educationist and great supporter of European education. He gave one proposal to government which is called Macaulay proposal. By his recommendation Education department was established and University of Bombay was established in 1857. Many reformers like Raja Ram Mohan Roy absorbed the western concepts of freedom, equality and democracy. They learnt new concepts of modern technology and humanities. It made them aware about human rights.

Indians who had taken western education started copying habits of rulers. Within that group cast barrier were erased. Social mobility was increased. But these changes occurred in few significant ones and not with the common population. It had concepts such as untouchability and superstition.

Even though British did not get many new ingredients or new cooking techniques, they brought many changes in Indian society. These changes got revolution in the society which touched all areas of life including food and food habits. So far Indian society's food culture was based on Ayurveda and old traditions based on cast and religion. New concepts like liberty, equality and social reforms gave birth to new trends in Indian Gastronomy. Along with touching all areas of society, it created new waves in food habits.

They have left behind some permanent imprints in the socio-economic, political and cultural lives of Indian. Food and food habits being major component of culture, It was also affected with this. There could be less direct contribution by British in food scenario but during that period changes had begun. It acted as platform based on which today's food culture had risen. Changes percolated slowly which in next century rolled down at very fast pace.

## Chapter 5

### 6. IMPACT OF BRITISH RULE ON FOOD

On the eve of all these, silent invasion started crawling slowly in Western Maharashtrian homes as well as kitchens. There was no major revolution suddenly in food but changes crept in at slow and steady pace. 1757 to 1857 is the period of grass root changes. This is considered as culmination point in all aspects. Changes happen rapidly on the foundation of this period.

Many new spices were added to Indian cookery at that time. Varieties of significant spices such as nutmeg, cinnamon, and cloves were popularized by British. Many additions as soup, salads were introduced by British. They influenced Indian food as well as Indian food habits. So far Indian food was based on Native Indian resources and ancient Indian traditions. Indian cuisine was added with many new hues in this period. In this period many different cooking styles were displayed influencing Indian food.

This period show cased flexibility and diversity to Western Maharashtra food. They brought many food ingredients as well as beverages. British got tea as well as beverages like whisky, Gin, pale ale beer. They got Christian religion to their colonies. Bread was considered as sign of Christianity. On top of that they got concept of curry which was more watered down than original native dish.

They introduced various bakery and confectionary products such as bread, puddings and sandwiches.

By the time India had taste of freedom, each state and each religion's food was displaying British influence. Similarly Western Maharashtra was observing effects of British contribution to their food. In addition to this, British influence displayed significant change in Indian kitchen as well. So far normal practice of eating food was sitting on kitchen floor cross legged. There was big change as kitchen floor was being replaced by Dining tables, use of metal or Porcelain replaced use of Banana leaf. With them India

was introduced to the world of cutlery and flat ware, silver ware, crockery. Till this date its influence are observed on Indian food with the use of knife and forks.

It was observed as whatever changes happened; it in majority affected the upper class or the higher class of Indian society. Wealthy and more westernized families made adaptations in their eating habits or food. Their kitchen added at least some British products.

The lower class or the villagers did not get affected much. Their food habits remain the same, with more or less difference till date it is unaffected by foreign changes. In spite of so much of difference in religion, cooking styles and class between ruler and subjects, there was space for little maneuvering to happen. But with great difficulty, there was birth of entire new cuisine called as Anglo-Indian cuisine with dishes like mutton chops, mulligatawny soups, etc.

In spite of initial adoption of Indian food there was resistance to Indian food. To have food from their motherland, many Britishers got English products like Ham, Wine, Cheese, Beer, etc. on company's ships. These products were provided to British in Maharashtra and India.

At battle of Plassey, the British defeated the Mughals and took permission to collect tax in return of their tax they provided security and order. They appointed name sake rulers in Bengal, Bihar and, Orissa. They strengthened their control over the West coast. In late 18th century the British government established a separate administration and civil service to run India.

They appointed governors 'in Madras and Bombay and governor general in Calcutta. Because of this Bombay became the major activity center for British people. Indeed, Surat's heyday was virtually at an end when Covington visited. Attacks by Marathas on the town meant that the British moved their center of their West coast operations to Bombay. They are followed by many wealthy Indian merchants<sup>36</sup>. Since then Mumbai had become the power center of British activities, because of many cosmopolitan people coming there. It became a melting pot of Western region of Maharashtra.

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36 Dahake, Marthi Sahitya Sanskriti Popular Prakashan, Pune, (Marathi)



## 5.1 Bombay – Significant Trading Center

Island that came to constitute Bombay were home to communities of the Marathi people specially Koli and Agris for decades. The island came under the control of successive indigenous empires before being led by Portuguese and subsequently by the British East India Company. Bombay was reshaped by the British with large scale civil engineering projects, and emerged as a significant trading town of that time.

Bombay of Kolis and Agari grew into a leading commercial center of British during the 19th century on the basis of Textile mills and overseas trade. It was developed by British. Then the migrants from Gujarat came for Industrial amalgamation consisting of Paresis, Guajarati Hindus, and Muslim earning their wealth on extensive Arabian trade.

Initially like Portuguese, British merchants lived much like Natives. They spoke native language, took Indian Mistress, married Indian ladies, and wore Indian clothes and an Indian Food. The food at the British settlements, prepared by Indian, Portugal and British cooks was luxurious. It was similar to those of Mughal meals and their local representatives. It included rice, *Pulaos*, *Biryanies*, *Dumpokht* chicken, *Khicheri* and various chutneys. Along with that they drank Shiraz wine and English Beer or Arracks.

First English Settlers found highly spiced food much more similar to English cooking as in Middle Ages English cooking was still heavy with Cumin, Pepper, Nutmeg and Cinnamon, Cloves. The Indian *Dumpokht* Chicken was much similar to English stuffed chicken. Even they use to eat digestive after meals like Indian *Paan*.

After arrival, British opened taverns where they sold wines, arracks, rum and some food. Punch was popular drink. Word derived from Hindi 'Panch' as this included five ingredients. It was made up of Sugar, Lime Juice, Spices, Rose water and Arrack. It was observed that early settlers drank too much and ate excessively. They ate huge amount of meat and food, so much so that they use to have stomach upset.

But by early nineteenth century, Indianized habits among British people were rare. Company employees were not allowed to wear local costumes. They were prevented to mingle with natives. To take part in local celebrations were not permitted. Indian food was no longer common except taverns. British married English girls and changed Indian mistresses. These new brides were not bold enough to experiment with native food and customs.

“The Englishwoman fought against eating Indian food for more than one reason. Highly spiced food often upset her poor digestion and through ignorance she regarded Indian food of natives as hot and unpalatable. French cuisine was considered fashionable and cooked in wine was last word in good taste.”<sup>37</sup>

During the period English were in India, the children born to British men and Indian women began to form a new community. These formed small but distinct community called Anglo Indian. After the Indian mutiny of 1857 inter marriage declined and then English women also started coming from England. There was no need to marry Indian women. So basically major formation of community lies in period in 1757 to 1857. It could be termed to refer to those people during colonial period who were of British decent but born and raised in India. Their parent could be working for colonial administration and army.

At the same time a population of people started growing of Indian or mixed British Indian origin living in England, both through intermarriage between British and Indians and through the migration of Anglo Indians from India to Britain.

Anglo Indian may be a small community but very distinct and has their own unique culture and norms. Their dressing, food, language and over all culture is different from native population.

Major population was staying in Bombay during that time. Large number of them also settled in Madras and Bengal.

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37 Eleanor Bobb, The Raj Cookbook, Delhi, 1981, Pg.10

### A typical Anglo Indian Family



(Photo: freedom-69-anglo-indian-culture-a-european-indian-hybrid)

The major community in Maharashtra is found in Mumbai, Goa and Pune.

#### 5.1.1 British settlement in Pune during the period

For British soldiers, East India Company had created settlement in cantonment. There were all facilities and shops. One English captain Runnel had described Pune at 1785. He writes ‘Pune was as prosperous as it was in 1757.’<sup>38</sup>

In many documents of that time it was mentioned a presence of Many British officers. In 1792 captain Moor had visited Pune. Many Europeans visited Poona that time. At Sangam first lawyer Sir Charles Mallet selected place for Residency where many Residents stayed. He was very popular with Poona people. He use to mingle with locals and was reason to spread European Art and Culture in Poona. He had friendly relations with Peshwas.

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38 Dr. Suresh Deshpande .Peshwekalin Pune translation of Poona Bygone Days (2007), Diamond Book Depot, Pune pg. 56

Dr. Caruso and Dr. Finland became very popular in field of Medicine. Sir Barry was Resident in Poona at 1803. That time Peshwe invited Sir Barry and Sir Valencia for Gala Banquet. To describe that Sir Valencia writes ‘Food was Brahmin style and served on Banana leaves. There were items like chutney, pickle, Papaddam, salad. Right side of Banana leaf was 7 types of Vegetables. Rice, many sweet items were served. In bowls Indian curries were served. One precaution we had taken was to carry Spoons and forks.’<sup>39</sup>

He also mentions that in spite of Peshwe giving us company, he maintained his purity by not eating with us and sitting separately. That means even though contact with Peshwe had established there was not much change in food and food habits of them.

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39 Dr. Suresh Deshpande .Peshwekalin pune translation of Poona Bygone Days (2007), Diamond Book Depot, Pune pg.

## **5.2 Food of British Settlement**

### **5.2.1 Anglo Indian Food**

Original the word Anglo Indian referred to British people residing in India. Later descendent of wedded children of Indian wives and British officers were called as Anglo Indian .Certain vacancies were kept exclusively for these people in government jobs. That is how settled in Bombay as it was major rail joint. These Anglo Indian communities adapted to English ways of life in terms of speaking, dresses and food habits. A unique cuisine was evolved which was amalgamation of food from India, Portugal and England. Many Anglo Indian preparations were created those times in Goa and Bombay.

### **5.2.2 British impact that time on Indian food and in that context Western Maharashtra, in my opinion observed or affected in three ways**

1. British introduced some of the food ingredients which later became part of our food culture. Many vegetables like cauliflower and orange carrots were introduced by English cooks in India. New world food like Tomato, Potato which was introduced by Portuguese and was made popular by British people.

2. Another impact resulted in fusion food like Anglo Indian cuisine which mainly became popular in Mumbai and Goa because of Anglo Indian community. Dishes with the amalgamation of food items and cooking techniques from England, Portugal and India are the unique character of this food. Curry, Jalfrezi, Kedgerree are some popular dishes of dishes of Anglo Indian food.

3. The third fold impact was based on reverse influence. Influence of subject food on rulers culinary habits. Mango chutney, use of some spices, curry powder in English food is reflection of that. So far it is always seen as ruler had influence on subject's habits and living but this is one strong case were Indian food had changed British food culture.

Curries were no longer acceptable dishes at Dinner time but they were still part of lunch menu. Big gala dinners were part of British social life in India. At that dinner big joints of meat cooked bland in English style was common. However curries, Kedgeriee and mulligatawny soup was common. Anglo Indian Food among British was getting famous. In India these English wives started getting accommodated with Indian way of life. They started training their Indian servants and cooks. They taught them English menu and recipes.

#### **5.2.2.1 First Impact of British Influence (Addition of New Ingredients)**

##### **Some vegetables made familiar to natives by British.**

- **Cauliflower** - This vegetable was introduced to Indians at around 1850. Now extensively used.
- **Caper** - Caper sauce is a popular accompaniment to baked fish in the west, practice which continued in colonial India.
- **Capsicum** - The comparatively sweet bell pepper or capsicum, one type of chilly Family was introduced by British. It came to India from Mexico by Portuguese and made popular by British and cooked as vegetables.
- **Orange Carrot** - Introduced by British people.
- **Potato** - Potato in India was introduced by Portuguese and first accepted only by Europeans, then by Muslim. But with rapid general acceptance, the potato is now grown all over the country. It invaded the Indian kitchen.
- **Bread fruit** - Native to South Pacific was introduced into India perhaps in Colonial times.
- **Tomato** - It is originated in Mexico or Central America. It was mainly grown in India for Colonial population. It came indirectly to India, Via England at around 1850. It took very long time to become popular.

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Source 1 Collingham Lizzie, Curry, Vintage, 2006.

2 K.T .Achaya, A Historical Dictionary of Indian Food, Oxford Uni. Press, 1998.

3. above table compiled from M.S. Randhawa, A History of Agriculture in India, VOL (1757-1947) ICAR, New Delhi, 1983

### **Some Beverages made acquainted by British**

- **Fool Rack** – Arrack (Indian alcohol) spiced with rose water, lemon juice, sugar.
- **Punch** - The English name for this cocktail is resulting from Hindi word panch, meaning five ingredients namely arrack, sugar, spices, lime juice and water.
- **Tea** – Tea is the most significant gift by British to Natives. It confounds the myth that the British acquired their love of tea from their Indian subjects. In fact it was British who introduced tea to the Indians. Although they barely changed the way Indians eat, the British radically altered what they eat and drink. European vegetables could not gain popularity but beverages got much popularity.
- **Gin** - As early as 1825, British generals began to add their daily doses of therapeutic Quinine syrup and gin into beverage with addition of lime and sugar.
- **Pale Ale Beer** - In 18th century the British seafarers and colonists in India missed their beer. Beer was imported by British from almost beginning of their stay. In India Porter was famed. But when the beer was transferred to India.

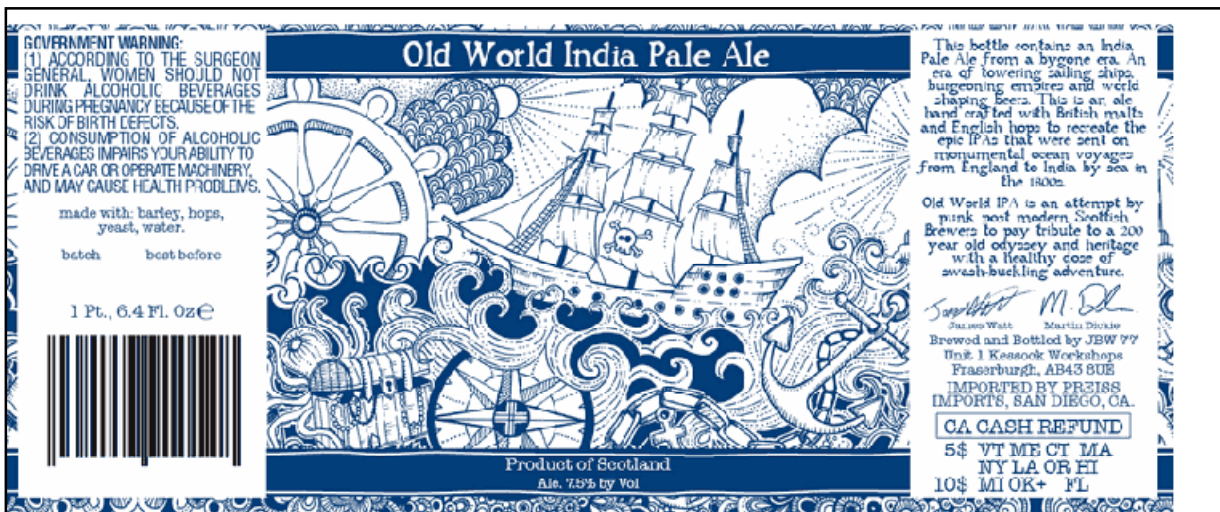
It turned acrid because of heat and less shelf life in those times. At that point Bow brewery from East England originated with what we now call as Indian Pale Ale. It was intended to be robust with solid content as alcohol and Hops. Also he added extra sugar and grain. It was a gigantic hit with transactions 5 times during 1775 to 1800, especially in Bombay.

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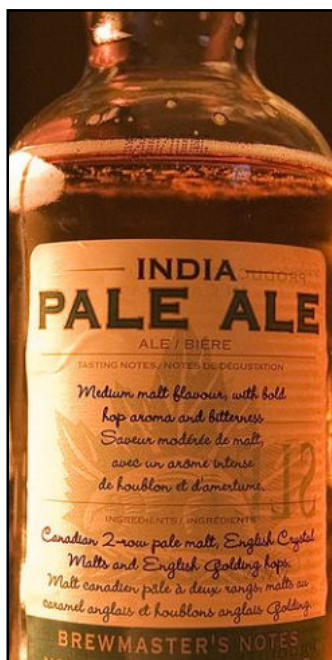
\* Source 1 Collingham Lizzie, Curry, Vintage, 2006

2 K.T .Achaya, A Historical Dictionary of Indian Food, Oxford Uni. Press, 1998

## Photo of Pale Ale Beer



(Photo: <https://rednole9399.files.wordpress.com/2012/03/beer-label.png>)



(Photo: [https://beerinindia.files.wordpress.com/2015/06/800pxjohn\\_sleeman\\_india\\_pale\\_ale.jpg](https://beerinindia.files.wordpress.com/2015/06/800pxjohn_sleeman_india_pale_ale.jpg))



### **5.2.2.2 Second Impact of British Influence (Fusion Cooking - Anglo Indian Food)**

Anglo Indian cuisine is separate category on its own. Unique identity of their own type of food as they were living in India, its spices and hot climate. Anglo Indian food is combination of European invasion. Indian cooks of those times innovated new dishes with spices and other things. They gave Indian zing to otherwise mild dishes. Thus soup is flavored with cumin and red chilies. To roast meat, pepper, cloves and cinnamon is added. To croquettes, turmeric and garam masala is added. It is a direct reflection of hybrid heritage. In this cuisine basic ingredients remain same. It displays significance of both worlds where curry is given equal importance to roast. Anglo Indian cuisine was popular in English Clubs. Roasts, stews, bakes, sandwiches, white bread was gift from them .One example is Ding Ding curry. Meat marinated in Indian spices, vinegar and left in the sun to dry.

There was rigid demarcation between natives and rulers but In spite of this ranking both the cultures had influences on each other. They left mark on each other's food habits and food as well. The best example is curry. The word curry was not applied to Indian dishes separately as such. They were known by the dish as such like Rogan Josh, Murg Mussallam etc.

Another Indian contribution to British legacy is a very popular breakfast dish Kedgerree. Kedgerree is anglicized version of Indian Khichadi with some added ingredients. These ingredients are anchovies and hard boiled eggs. This never became popular in India but in Briton it is still the most famous breakfast item. This could be one of best example of reverse impact.

#### **Kedgerree**

It is a dish consisting of boiled rice, fish, hard-boiled egg, and butter. It could be eaten hot and cold. It is originated from Indian rice dish Khichadi. It is believed that the dish was brought to England by returning British colonials who had enjoyed it in India. It was introduced as breakfast dish, still present today.

It is a part of the Anglo-Indian cuisine. The dish was first listed in 1790 in the recipe book of Stephan Malcolm. The National Trust for Scotland's book *The Scottish Kitchen* by Christopher Trotter notes the Malcolm's recipe for Scottish regiments looking for taste of India.

### **Ingredients for Kedgree**

Eggs

Basmati Rice (Indian rice variety)

Ginger

Onion

Garlic

Curry Powder

Mustard

Tomatoes

Lemon

Coriander

Chilly

Smoked haddock (fish)

### **Method**

1. Boil egg. Poach fish with bay leaf. Flake it.
2. Cook rice. Melt Butter .Add ginger, onion and garlic. Add curry powder and mustard seeds. Add chopped tomatoes, lemon juice.
3. Add fish, cooked rice. Add eggs, coriander and chilly. Mix well.

Indian ingredients like curry powder, coriander, mustard show their presence in anglicized dish. This shows the reverse effect of impact of invasion on Indian food giving rise to fusion food called Anglo Indian Cuisine. Presence of tomato also shows new world addition.

One more influence of British is our National soup Mulligatawny soup. It is thick soup in which meat, boiled rice, curry powder is added. Coconut milk, a very old Indian ingredient is the key element in that. Mulligatawny soup is very popular part of Indian

food in London till date. It is also called as pepper water. It is famous British soup originated from Indian cuisine.

### **Mulligatawny soup**



(Photo: [www.thedomesticman.com](http://www.thedomesticman.com))

One kind of impact is fusion cuisine. Use of mixed ingredients is reflection of fusion. This dish is derived as National soup of India.

#### **Ingredients**

Butter

Onion

Garlic

Carrots

Curry powder

Tomato puree

Rice boiled

Freshly ground black pepper

Meat boiled

Coconut Milk

#### **Method:**

- Melt butter. Add onion, garlic, carrot.
- Add curry powder, water, tomato powder.
- Simmer add rice and curry powder Add meat and fresh pepper powder.
- Add coconut milk .Serve Hot.

### **Worstershire Sauce**

One more reverse impact on rulers of subject is Wostershire Sauce. It is a famous British accompaniment to many English roast dishes. It is derived from original Indian recipe. It was brought back to England in beginning of nineteenth century.

### **Piccalilli**

Piccalilli is very common accompaniment in England. This is again a beautiful example of reverse impact. It is modification of Indian chutney with addition of Mustard paste.

British were fond of tea and black tea was mass drink in England. They introduced tea drinking mainly to cream of the top class Indians. Although they barely changed the way they ate, they definitely changed the things what they drink.

Another major inclusion to India from Briton is beer. A famous beverage in England and in India by British was beer specially porter and Pale Ale. Even though it was initially imported, in 1830 first brewery was set up in Himachal Pradesh which is running till date. Many vegetables originally grown by British but was soon got familiarized with Indian cuisine. These vegetables are mainly cauliflower, orange carrots, cabbage.

Another contribution was mainly what is called as club food which was fusion of English and Indian food, e.g. Masala omelets, most famous breakfast dish in India till date. It was originated by Indian cooks working in newly found clubs in India for entertainment of British people. Byculla club was founded in 1813 along with Madras club. Indians were not allowed in those clubs. Bar became popular with its drinks as Whisky, soda and beer. Many other things were brought by British. One of them is

### **Biscuit**

This is not a traditional Indian food item. Biscuits were first imported into India from Britain in about 1847 and imports touched a peak figure of about 2200 tons annually before the second world war.<sup>40</sup>

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40 K.T.Achaya, Indian food - A historical companion, Oxford University, 1994

## Biscuit



(Photo <https://in.pinterest.com/pin/382946774535547046>)

## Byculla Soufflé

This concoction of the Byculla club in Bombay is said to embody four liquors. These were stirred into warm gelatin solution. This was folded gently into thick, beaten up double cream, along with some eggs whisked with a little sugar and the whole was served in bowls topped with macaroon crumbs.

## Cakes

Western baked sweet confections in India date only from colonial times, but the term is rather loosely applied in translations of historical literature into English to roasted rather baked items.

As mentioned earlier Anglo Indian cuisine was distinctive culinary segment and result of beautiful fusion of both English tradition and Indian food culture.

Some of the items which are part of Anglo Indian Food

- **Kedgerie** - An Anglo-Indian twist to *Khicharee* with fish and hardboiled egg.
- **Foogath** - Dry vegetables with curry leaves and coconut.
- **Meat Cutlets** - Mutton cutlet with Indian spices.
- **Masala Chop** - Mutton chop marinated and cooked with Indian spices
- **Mulligatawny Soup** - It is an English soup originated in India
- **Country Captain Chicken** - It is curried chicken with rice. Very famous dak bungalow recipe.

Anglo Indian cuisine is cuisine that developed during the British Raj in India as the British wives interacted with their Indian cooks. These natives use to bring local ingredients for their memsahib's, but separately from these materials, there are some other ingredients carried by British in western region of Maharashtra during that time.<sup>41</sup>

The 1832 select committee, investigating the sale of British goods in India, found that Indians had developed a taste for wines, brandy, beer and champagne.

Tomas Williamson's had written handbook to Indian life as 'Guide to gentleman' intended for the civil, military or naval services of Honorable East India Company in 1810. He mentions the use of plates, soup plates, bowls, glass, for Madera and various cutleries. That could be the start of fine dining in India. He also mentioned Khansama (Butler) changing plates after every course.

The dinner was lavish with significant role concentrated on Anglo Indian Life. It was on their dinner tables that the British in India most extravagantly displayed their wealth and status. It was mentioned as "no part of the table cloth remains uncovered"<sup>42</sup> with all these extravagance it was such a great wastage of food and loss because of leftover.

Meat consumption was increasing. Anglo Indians gained reputation of eating immense amount of meat, in comparison to vegetarian Indians. They had at time chicken, veal, turkey, roasted joints of lamb, beef. Accompaniments would be rice and curry.

On top of that they started the system of Tiffin i.e. afternoon snacks. This Tiffin use to be again heavy affair with lot of food on table. Supper was again heavily loaded dishes on table with majority of untouched.<sup>43</sup>

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41 [https://en.wikipedia.org/wiki/World\\_war](https://en.wikipedia.org/wiki/World_war)

42 Shade, A narrative, Pg.27

43 Collingham Lizzie, Curry, Vintage, 2006, Pg. 110

## Curry

What the British in India ate for breakfast, lunch and dinner was curry and rice. But this kind of curry was no were close to its Indian counterpart. This version of curry is British gift to India. People of India called dish by its name where as English categorized it as curry itself. British has picked this from Portuguese people who copied from Tamil word Karil. English changed the word 'Caril or Caree into 'Curry'<sup>44</sup> and generalized it as anything spicy, saucy dish. Anglo Indian food was resulted out of different combinations and changes in taste to suite the rulers. They use to tone down the spices to suite their palates. They reduced the heaviness of curry to adjust it to their needs. Basic ingredients remain the same in every British curry as coriander, ginger and peppercorns.

In India there were so many invaders that influenced the social life or food of India. But with British or with Anglo-Indian food, it became pan-Indian cuisine. For e.g.Mughlai cuisine never got combined with Maharashtrian cuisine. But British food preparation definitely got added with Maharashtrian cuisine. Fish curries, kedgerree (khichari mixed with fish, eggs, and onions.)

Similarly British in Maharashtra developed fondness for some of the Maharashtrian cuisine. Babelon were small fish which the populaces of Bombay preserved with asafetida and then hung to dry in the sun. Fried those until they were golden brown and then crumbled over the food which they trade in to the British. A solid salty taste which the British much-loved. They christened this zest as Bombay duck as the fish wereknown to swim close to the surface of water. British living at Bombay were recognized as the 'Ducks' due to their fondness for this delicacy.<sup>45</sup>

This cuisine got familiar in the western region of Maharashtra because of the Dak bungalows placed across the region and foundation of Hill stations such as Mahabaleshwer and Matheran.

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43 Collingham Lizzie, Curry, Vintage, 2006, pp 110

44 Terry, Indian cookery, Oxford, 1997

45 Davin Burton, The Raj at the Table, Oxford University, P 105

## **Dak banglow food**

Many English officers required to travel a lot for work. They had to take halt at various places in a long Journey. They use to arrange accommodation at various dakbungalows. In 1840 at many locations set up of network was formed where dak banglows were built for provision of shelter and food. There were many dak bungalows even in Maharashtra western region.

They use to get their meals by cook boat and specially arrangement for tea. They use to arrange for milk and eggs from locals. Chicken was commonly available meat .One of these dak bungalows gave birth to one classic Anglo Indian recipe Country Chicken. It was accompanied by Indian bread.

The British remolded Indian food as per their taste and palate and discovered separate segment of Indian cookery which his called Anglo –Indian cuisine. Even though it was popular in parts of western Maharashtra between those periods mainly in British parts. It could not change the old Indian habit of austere food in Western Maharashtra. Rest of the population absorbed some hues of it but the simple palate remained not changed mostly. But never the less change has begun like all areas of life with new technique and food ingredients.

So far spice mixes or masala to be made by the cook or masalchi or house wife fresh. With Indian pickle and spice mixture getting popular, people started making and bottling curry powder.

Manoelyee poojajee of Bombay was one businessman who started cashing on British popularity with curry early 18th century. That could be start of bottling spice mixes in Maharashtra.<sup>46</sup>

Indian people use to add tamarind for sourness but British started using lemon juice in curry as they never liked tamarind much.

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46 Lizzie Collingham, Curry, Vintage, 2006 p.141



### **5.2.2.3 Third impact of British Influence (rulers absorbing flavors of subjects.)**

As Indians had taken few ingredients from rulers there is theory that Rulers also have taken many things from there subject and it has become part of British food culture.

#### **Mango Chutney**

Sliced mangoes spiced with sugar and vinegar became famous with British population. It was bottled also in our India and preserved. It was exported as well.



#### **Picadilli Indian**

Indian Pickle

Worstershire Sauce

Sometime in 1830 Lord Marcus Sandys gave one Indian recipe of chutney to one pharmacist Lea and Perrins to modify it. Sandys was delighted with result but chemists did not like it. After keeping it away for some time, opened it to find it very pleasing spicy sauce. By 1845 they had set up a factory in Worstershire and by 1855 were selling over 30000 bottles a year.<sup>47</sup>

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47 Burton, The Raj at The Table. P. 121

## Worstershire Sauce



( Photo: <https://s-media-cacheak0.pinimg.com/236x/e7/a2/dd/e7a2dd17beed08cee9574eb192dd57fa.jpg>)

Many English dishes underwent transformation and became indianized. In meat stews went Indian masalas resulting in not stews not curries but something in between. Anglo Indian used meat like English used it but cooking style was definitely Indian. They used cumin, pepper, and coriander for their meat roasting.

English wives taught their Khansama to make mutton cutlets from leftover but Indian cooks added spices to make Anglo Indian cutlet.

Even though new cuisine was formed for distinct Anglo Indian community settled in India, Not much impact happen on people of entire Maharashtra or western region of Maharashtra. But it was definitely start of future changes to come. Urbanization and western education had opened earlier 'Do Not Disturb' status of society.

### 5.3 Kitchen designs and equipments

English people not only tried to change the food but eating habits and overall household as such. Indian kitchen were not set up for preparation of English dishes. Indian kitchen equipment's were very average as grinding stone, few pots, a kettle and wood fired oven. Cook also was given work table to work on, which he use to ignore.

British included use of dining table to Indian Kitchen. Traditionally Indians were use to seating down on floor and eating food with hand. English brought dining table. Few of the upper class and educated people started adopting this style. Use of cutlery like forks and spoons started showing its sign.

British were of a thought that their subjects are incapable of gaining civil manners and etiquettes. Hence British started teaching them western ways of life. Use of dining table, cutlery and crockery are the signs of that. Upper classes in Maharashtra had fondness for English things like glass chandelier, Glass, furniture. Etc.

#### Dining area with dining table



(Photo<http://gracie-senseandsimplicity.blogspot.in/2011/03/11-elements-of-britishcolonial-decor.html>)

## Introduction of Cutlery



(Photo [http://www.mfordcreech.com/Early\\_British\\_Table\\_Silver\\_II.html](http://www.mfordcreech.com/Early_British_Table_Silver_II.html))

In Biography (Smitichitre) of Laxmibai Tilak written in Marathi, She narrates incidence about her father-in-law in 1857. She mentions that her father-in-law would not let anyone in the house touch lower cast people. Any one was not allowed to eat from the house of lower cast. He was very rigid about rules of purity. That means Maharashtra had not changed much.

British observed that Indians refused to eat with people of other religion specially Muslims, or lower cast people. As some of the regions of Maharashtra became powerhouses of English rulers. Problem started arising of dinning together. Indians were use to eating in their own company, sharing and eating together with other cast people or religion was a taboo. But for British it was way of making friendship with their subjects. Some of the religions like Muslims were ready to bend in as long as no pork was served. Parsee people settled in Maharashtra were inclined to British habits of food and dinning. They adopted dining tables, ate with spoons and forks, etc. they became wealthy with the link found with Britishers, majority of factories and businesses were owned by them.

#### **5.4 Parse connection**

British kept themselves away from their subject rather they mingled with selected few. Parses of Bombay were one of those people who adopted change first. In 1640 Dorabji Nanabhoy first parse to settle in Mumbai. By 1681 large part of parse community settled in Mumbai. They copied English manners and behavior.

Jamsedjee Jeebhoy was the famous name in ship building. First cotton mill was built-in Mumbai in 1853. Parse community was most anglicized from that time. During Raj they had bend toward Anglo Indian culture and cuisine, they worked as chief broker for English. In 1843 Jamseth Jeebhoy was given Knighthood. On that occasion, he said ‘they, my children’s children, shall be taught fidelity to British crown is their first duty loyalty their first virtue’. 48 They copied English manners and behavior.

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48 Delfine Menant, Les Parsis Vol II Translated M. M .Murzban , Madras, 1917,p.139

## 5.5 New Educated Class

Hindu community was quick to learn English, specially the higher classes. Yet the Hindu upper casts Brahmins were facing problems because of their habit of mingling around with westerner. Orthodox Brahmins were said to be taking a purifying bath after any contact with Europeans who polluted them by eating beef, by the service of cooks of various diverse castes and by permitting themselves to be touched by people of men and women of even lesser casts. As the member of community started to take English education their ideas about untouchability, castism started changing. Some members of the Indian middle classes especially in city like Pune started criticizing behavior of modern educated people.

Educated people who were working for British revolted against ritualistic ideas and concepts in Maharashtra. They were influenced by western ideas of social reform, liberty from freedom. They felt old ideas in Indian tradition as castism, untouchability are hurdles in progress of Indian society.

Many modern western educated young students felt taboo of meat eating is making India weak to fight British. These young English educated people with their new ideas of modern philosophy and liberty felt if we have to have freedom from British, we have to mend our old ways. We have to uplift the down trodden neglected sector of society. They felt change can happen by changing diet which was making them weak.

Change they felt was necessary to uplift the society. Many people that time who were travelling to England for higher education had taste of English diet and they became accustomed to that. In that time many social reformers were born. One prominent name was Jyotirao who was born in Satara in present day western India. Jyotirao was put in local Scottish high school and he completed his English schooling in 1847. He realized that lower cast and women were being exploited. He fought against injustice. Supported widow marriage and started a home for upper class and lower class widows. His wife

Savitribai Phule started first school for girls in India. He tried to eradicate untouchability. He opened his house to lower cast and always supported them.

## 5.6 Segment of Tea

It is absolutely wrong that British possessed their affinity for tea from their subjects. Its British who made tea familiar to Indians.

They could not change the way and what Natives eat about they definitely transformed beverage scene. Earlier Indians would drink Milk or Buttermilk every day. Their English masters gave them taste of Tea to them. In India it was drunk for its medicinal properties, for cough and cold.

The transformation of mass population into tea drinking nation was strong effort of British. Even though High level and widely spread tea campaign resulted in later part.

Tea Association was established in 1832. They established this habit in Indians. For much period India was bordered by tea drinking nations like China and India, India never acquired taste for tea. East India Company got tea with them which were very expensive.

Tea loving British were forced to carry their own supplies of tea leaves when they travelled into the Indian country side as, it was impossible to buy tea there.<sup>49</sup>

Governor – General William Bentinck appointed a tea committee in Feb 1834 to look into the idea that India might be a good place to set up the company's own Tea production under the latest efficient means of agricultural production.<sup>50</sup>

In spite of tea cultivation in India for many years Indians never had tea; it was meant for and related to British. In the cities, some of them had influenced by flavor of tea. When in 1831 in Bombay first textile Industry came in, British Tea Board began to ponder about giving workers break were they can distribute tea as a promotion.

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49 Kaye, The Golden Calm, Oxford, 1998, p.120.

50 Griffith's, The History, p.38

Later decades Tea Board thought that if they acquire the taste of tea, they can host them to their friends and relatives so the tea breaks began.

This is how tea arrived in Indian society. As they did with any foreign resource, they transformed tea also as per their taste and liking. They supplemented it with more milk and loads of sugar along with some spices.

Now tea has become so much as Indian equation that, they relate tea with Home and contentment. Today's time everyone drinks tea and it has become significant slice of Indians lives.

According to Indians tea was not part of Ayurveda so it does not relate to Indian ethos of typical food. It could be had for fast as it does not relate to rules of purity. Tea and its related to all products like china ware linked with cast disruption down and social separation. Later decade these tea houses formed active places to form friendship between people of different cast, class, community.

By late 19th century increasing number of People of urban areas especially Bombay found the need to eat outside their houses. Many people started roaming and moving away from home for work and study. Steadily a novel social culture developed in urban and then slowly rural areas which repressed cast preconceptions.

Changes in consumption practices and food habits, rise of public eating places were predominantly started in Bombay may be due to increasing industries.

One can always feel that seed for all this growth and change lies in our research period as that is seen as culmination point of our traditional food habits and beginning of new era which has changed our gastronomy. Needless to say everyone consume cup of tea everyday which could be seen as representation of transformed food and drinking habits in modern days.



## **CHAPTER 6**

### **CONCLUSION**

The present chapter deals with summary of all earlier chapters in the study and draw conclusions based on earlier findings. It throws light on various aspect of our research. This chapter climaxes result after the analytical study of entire research. This chapter marks the restraint of all frame works and permits one to consider broader aspects, make new links and helps to elaborate significance of our findings.

The subject of our research is ‘Impact of Foreign Invasion on Indian Food With in depth Study of Western Region of Maharashtra (1757-1857) with respect to two main aspects i.e. History and Food. This research was initiated with many aims as to confirm if History and food are complimentary to each other on certain issues if history and food shares any common places and if yes, what are the contribution of history of invasions on Indian food and in that context food of western Maharashtra( 1757-1857)

This study also tried to examine participation of foreigners in developing today’s Indian cuisine. This research help us to try to understand the role of British impact specifically on western Maharashtra especially in the period during 1757 to 1857 as that is the period which is considered as British settlement period .Indian food had changed drastically and rapidly in last two centuries. This study assisted us to see whether beginning of these changes had roots in period of our research.

Through this research one can find answers to all questions like

- Who were all the invaders in India?
- Is there any impact of foreign invasion on Indian food?
- If yes, what exactly is its influence on Indian Food?
- What was the extent these impact on western Maharashtra specifically in the period 1757 to 1857?
- If we could do comparison between impact of earlier invasion and impact of invasion during ( 1757-1857)

For this thesis researcher has divided the research work in two parts for better understanding and comparison study. One section explains Indian food from ancient India to India before 1757. Second section emphasizes on Western Maharashtra in 1757 to 1857. Major hypothesis considered are

- Before British rule all foreign invasions had major influences on Indian food which could be seen in two folds. First layer is many of the new ingredients were introduced to Indians by them and second is these influences resulted in to beautiful collaboration resulting in fusion cooking of India which became major contribution and part in Indian gastronomy. Even though British rule influenced India, the effect was reverse scenario where influence of natives reflected in ruler's culinary palate majorly than Vis a Vis.
- Impact of foreign invasion definitely was displayed in western Maharashtra during 1757 to 1857. Its influence on food was at slow pace than other social aspects. It mainly reflected in few people of progressive upper class and some communities as parses than common people of Maharashtra. But we can't deny the fact that it sowed the seed of beginning of change in years to come in food and food habits of Maharashtra.

Many scholars disagree that political change or events do not have any impact or influence on food of the region. My main argument is along with many other aspects foreign invasion definitely have influence on food as well; Minor or Major. Food is integral part of society which is ruled by political power. It is been observed that in India rulers always had impact on their subjects.

The FIRST CHAPTER deals with Introduction and research background of studies. It explains about Research Methodology, Objectives of research and Scope of Research. It also states limitation of our study.

SECOND CHAPTER gives us complete historical background about Indian Food till 1757. Second chapter also elaborates the details like what was the food of early Indians

and who all were the invaders in India? What was the impact of all these invasions on Indian food? The complex nature of Indian cuisine makes it difficult to trace the traits left by the foreigners in this at remote past. In a diverse and culturally rich country like India of the eminent times, many foreign invaders included many exotic ingredients which were completely different. New techniques of cooking and fresh concepts seeped in the Indian subcontinent. These invaders had many unusual things than natives. It mentions how India well-adjusted to these new ingredients. It relates how these invaders solve these confusions and later collaborated with unity. This encouraging unification led to platform of today's Indian cuisine. It talks about why were foreigners attracted to India? Who were all these foreigners?

This chapter also explains What Was Indian Eating Pre History? The aboriginals use to gather food by hunting or they ate plant products as fruits, berries, nuts, tubers. They started settling from about 10,000 BC and to domesticated cattle, sheep and goats. Plants indigenous to India include lentils such as mung, urad and masur dal), millet, aubergines many tubers, pumpkins, melons and gourd, mangoes, jackfruit, citrus fruit, ginger, turmeric, tamarind and black and long pepper. Later they started developing wheat, barley, grapes, red lentils, peas, linseed and dates. Rice also was cultivated. 'Cereals were ground in to flour and mixed with pulse flour to make what may have been the ancestors of such typical South Indian foods as Idli, Vadai, and Dosa.'<sup>51</sup>

The second B.C saw presence of Indo Aryans which put foundation of Indian traditions. Barley was the principle grain of Aryans. "Rice was raised in the rainy season and harvested on the onset of winter, dhal, lentils, beans and peas were harvested in spring; and Barley, wheat, linseed and hemp were sown in winter and reaped early next summer"<sup>52</sup>

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51 Dorian Fuller, 'towards a long term Macro-Geography of Cultural Substances: Food and Sacrifice Traditions in east, west and south Asia'. (2009).p.29

52 K.T.Achaya, Indian food - A historical companion, Oxford University, 1994

Cattle were important part of Vedic culture it has many references of milk especially from cow and then from Buffalo and goat. Vegetables found in Rigveda are lotus stems, cucumber, lotus roots, bottle gourd, the singhada, aquatic plants, the bitter gourd and several flavoring materials. The Indian fig and jamun are found, radish and ginger were munched after a heavy meal. Onion and garlic were avoided by many people. Furthermore around 400BC new fruits as coconut, banana, jackfruit, grapes and several citrus fruits were found. Sesame seeds and oil is very common. Lot of spices like turmeric, long pepper and sweetening agents were used. Many present day food varieties like *Shrikhand* and *Gharge* were made.

Food was considered as not pleasure but emphasis was on spiritual and medicinal aspects. Food culture for many centuries based on principles of Ayurveda. Food and food habits were mainly based on principles of purity and cast. Brahmins were not supposed to have Meat and rules of untouchability were strictly followed. Cast system was significant platform for food culture. Customs and traditions linked with food were rigidly obeyed for many centuries.

Later part of the chapter explains about the major turning point of Indian food because of Muslim invasions. Invasion always is a common feature of Indian History. They influenced both the food habits & ingredients. Significant role was played by these invasions as these created composite culture in India which touched all the social areas as religion, social, literature as well as cooking styles and many food preparations and ingredients.

Impact of Muslim Invasion on Indian food was major revolution in Indian gastronomy. Many spices like Asaphoetida were familiarized by Arab Conquest and techniques like *Dum Pokht* was introduced by Mughals. Many cooking techniques and food items like *Tandiir*, *Qurma*, *Nan*, *Halwa* and *samosa* was Muslim influence in Indian food. *Biryani* the famous face of Indian food is the gift of muslims to India.

There are many changes in Indian cuisine because of Muslim Influence. They contributed to the food stuff set-up in many ways. The influences are as follows

- Use of many fresh & dry fruits in cooking especially non vegetarian preparations.
- Use of dairy products in Indian cookery for enrichment of dish
- They brought richness to simple Hindu food & ambience .Food and food culture became more elaborate and lavish.
- Many additions to food like *Jallebi*, *Sharbat*, *Biryani* which are present till date.
- They introduced sharing of food in fellowship.
- They introduced many new cooking styles to Indian Cuisine. Muslim methods as *Dum Pukht* style of cooking was major contribution. In this style large containers of meat and vegetables were sealed with dough and placed on hot coals. In this way food gets cooked slowly and softly.Nababs had taken this style of cooking from street to Palace. Now it has become Indian Signature in the world cuisine.

This chapter also exposes elementary difference observed in Muslim rulers food habits and Indians is as follows.

- Muslims were generally meat eaters. They enjoyed their meat to fullest whereas in Hindu religion since Ashoka's time vegetarianism was and is part of Indian ethos.
- Eating beef was allowed for Muslims with Hindu's beef eating was and is taboo keeping in mind medicinal philosophical and spiritual reasons. Cows are considered as scared and are godly.
- Use of lots of fruits and dry nuts in food preparation was very common with Muslims. Not much use of fruits in food preparations of Hindu food.

- Muslims always liked to eat food in company of fellow mates. They always believed in sharing food. Hindus always ate solemnly in privacy. They prefer company of self and always ate in silence.
- Muslim food was very heavy and rich. They prefer elaborate dining with variety of meat dishes and sweets.
- Not only food but even ambience also was rich and lavish in Muslim rule. With Hindus food as well as even ambience and surroundings were minimalistic and simple.
- Muslim rulers like Babur always missed their home land and carried their Turkish, Persian and Afghan. They brought some of their ingredients here, adopted some of native food and created some fusion cuisine as Mughlai cuisine.
- Hindu ate as per principles of Ayurveda. He kept in mind his body type. He considered climatic and geographical conditions while taking food. He believed that food had three basic qualities as *Rajasic*, *Tamsic* and *Satvic*. He ate accordingly.
- Amalgamation of many culinary influences reflected Muslim cuisine namely Central Asian, Persian and Hindustani Hindu kitchen was untouched by another influences.
- Muslims ate as per their economic differences but food was not based on cast. Hindu society had four basic cast as Brahmin, Kashtriya, Vaishya and Shudra. Their food was based on which cast they belong to. It was different in as per their religious principles which were structured on various sects, cast and social groups. E.g. Brahmins were not allowed to eat meat.

- Marinating meat in curd was Persian cooking technique used in Muslim food. Dum pukht cooking style was very much Persian. Hindus never adapted to these cooking technique.
- Use of dry nuts in meat preparation and Qima was Persian habit. Use of nuts in savory meat preparations was not common.
- Muslim food was heavily influenced by significant use of onion and garlic. As for Hindus even though onion was found from Vedic times in India, its use was very negligible or rare. They consider it food which produces passion. They preferred use of Asafetida and other spices.
- Muslim favored Salty food. Their liking was towards savory meat preparations. Hindus had liking for high quality sweet preparations.
- Muslim bread preparations were normally baked. They added clarified butter to dough before baking. Hindu's bread preparation was mostly fried or shallow fried. They fried their bread in clarified butter instead of adding it in dough.

As Mughal had left permanent foot print on Indian Food scenario, after their decline it was Portuguese invaders who have totally changed Indian's palates. It is not an exaggeration if I say that Indian Food could not be similar the way it is today without Portuguese impact and contribution. Many ingredients like chilly and Potato was Portuguese introduction of new South American gift to India. Not only chilly but Portuguese introduced many new Vegetables and fruits to India's already colorful platter making it more diverse and complex.

## **New Ingredients brought by Portuguese**

- Custard Apple
- Tobacco
- Guava
- Peanuts
- Potatoes
- Papaya
- Tapioca
- Cocoa
- Maize
- Cashew Nuts
- Chilies
- Tomato

There was basic difference in Portuguese cuisine and Indian cuisine.

1. **Portuguese** were aware of South American origin chilies.

**Indians** got know about chilies from Indians.

2. **Portuguese** commonly used vinegar as souring agent.

**Indian** souring agents were tamarind, Kokum.

3. **Portuguese** ate all together, men and women.

**Indians** ate separately keeping women eating separately after men finished their meals.

4. **Portuguese** loved their pao (breads)

**Indians** preferred their Rice.

5. **Portuguese** made their desserts mainly with egg custard.

**Indians** made their desserts with high quality products like ghee.



6. **Portuguese** cooking was strongly meat based. Lamb, pork, beef were favorite meats. Many **Indians** were Vegetarian. Hindus were forbidden to have beef whereas Muslims were not allowed to have pork.

In Goa, where their presence was dominant and they attributed interesting food style with fusion of native Saraswats, their own cooking style and new ingredients. A beautiful amalgamation was result of food culture of Goa and cuisine of Portuguese.

Goan cuisine has become now significant part of Indian Gastronomy and it has become the face of Indian food in the world. Exotic dishes like Vindaloo, Balchao, Sorpotel and Bibinka is reflection of beautiful fusion of Portuguese Invasion.

With end of chapter two we finish one phase of our Journey. We have finished one mile stone where we study the impact of foreign invasion on Indian food over all from prehistory. It continues in second section. Now we begin the search of Invasion's impact on western region of Maharashtra. (1757-1857) with questions like why and how? To have in depth study, we have to understand western region of Maharashtra during our period of research and general scenario at the time.

CHAPTER THREE deals with study of general background with respect to following factors in pre Colonial period. –

- Economical
- Political
- Social
- Cultural
- Agricultural
- Village scene

In terms of economical background, majority of people were staying in villages. Villages were self-reliant with Balutedar system to cater to needs of people. All those occupation was based on cast and Hereditary for centuries to go. Trading, imports, export or other occupation was very basic and limited. Economic condition was very limited but self-sufficient.

The main population was Hindu with minor Muslims and others. Hindu society was more conservative. They were busy in more rituals and ceremonial functions, patronized by Peshwa and Marathas. Pune was center of activity. Society was burdened by caste discrimination, untouchability. Rice and millet were the main crops apart from ragi. Standard diet of these people was flat unleavened bread of millet, pulses and vegetables. Food was and still is more austere than other region of India. Food preparation was based on Cast.

After the understanding of Pre British Maharashtra, **CHAPTER FOUR** discusses changes happened in Western Maharashtra after the arrival of British and their political rule. Rule of British played significant role in change and development of India. It has tremendous impact on mind of Indian people as well as their lifestyle and eating habits.

There was no one who escaped from British influence. India always had been land of agriculture and predominant population staying in villages. Hence there was drastic impact on villages and agriculture as well.

Turning point in Indian food history because of British rule relates to the following points.

- Merchantisation
- Commercialization of agriculture
- Famine
- Urbanization
- Development of transport and communication
- Modernization
- Equality
- Social reform
- Western Education

Western Maharashtra started seeing many changes in society in respect to thinking and attitude towards many things.

**CHAPTER FIVE** discusses introduction of British era and influences of changing scenario in various ingredients, cooking styles and food habits. In that period flexibility and diversity was introduced to cuisine. Some of the influences were absorbed, some were resisted and others were discarded. While we have extensive accounts of how Raj ate, we have very little information of what majority Indians ate during that time

- They introduced many varieties of European and American vegetables to India. Cabbage, Cauliflower, orange carrots were introduced by them. Potato and tomato was brought by Portuguese but was made familiar to natives by British people. Even then there was slow acceptance to these vegetables. The cooking technique used was typical Indian and to suit the Indian Palate.
- 1757-1857 periods were significant for grass root of changes to take place in future. It was considered as culmination point. It is observed as even though the changes happening in the society was at slow pace, it was the beginning of new wave of further revolution to come in western Maharashtra in food culture specially in city like Bombay. In the next century impact was seen more profoundly which was based on the foundation of this period.
- It hardly changed what people of Maharashtra ate but introduction of western education; print culture moved the 'Do Not Disturb' status of closed society.

Habits were mainly copied by new elite whose mind was opening up as the result of British influences. Within that social group caste barrier were getting erased. Social mobility was increasing. For mass population company raj got few significant changes. British could not change village scene, cast system, position of untouchables and eating habits majorly. But as researcher mention earlier change had begun with new ideas as equality, social reform, liberty which changed social life of people .These new waves changed the outlook of common man.

- British could not change the way people of Maharashtra eat but they definitely changed what they drink. Tea was major introduction by British. It was wrong conception that British acquired the taste from natives. Tea Board was established in 1832 which majorly made tea popular by marketing campaigning Mumbai and other cities later. Tea was considered as medicinal remedy for cold. Milk was major drink and tea was associate with English people.
- British introduced major use of cutlery and flatware to natives. Even though majority was still eating with hands, one can see it as emergence of Fine Dinning started from that period.

In India beginning of Railway in 1853 played significant role .It mainly helped formational awakening of country. It brought people closer. The railways did not created new cuisine but it became major channel to spread regional food later as the network grew.

- Not Maharashtrian but few communities like parses had more impact than other communities. They adopted English food, English habits and the way they eat.

British had clubs in Mumbai and other city meant only for them. They introduced club food as roast, puddings, sandwiches and bakes which is still part of today's club menu. They introduced Dak Bungalows, Rest houses that could be the start of Hotel and restaurant culture here. Otherwise Hindus or Muslims were never motivated to eat out or there were not many public places to dine.

- East Indian merchants prepared bottled masalas for curry during that time which was meant for their use as Indians believed in making their own spice mixes but it could be the start of preserved spice powders which is so common today.
- Tiffin was light snacks carried for English men now has become major part of Bombay so much so that Prince Charles came to visit those Tiffinwallahs.

British impact during that time was seen in India and in Western Maharashtra like previous invaders observed in two folds:

- British introduced or made popular some of the food resources which later became part of our culture, many vegetables like cauliflower, orange carrots, cabbage were introduced by English. New world food like Tomato, Potato which was introduced by Portuguese was made popular by British.
- Another impact resulted in fusion food like Anglo-Indian cuisine which mainly became popular in Mumbai because of Anglo-Indian community staying there. It became one distinct part of Indian cuisine. An exotic amalgamation of English tradition and Indian spices gave unique character to this food.

In this thesis while doing comparative study it is observed as Impact of British on Indian and specifically Maharashtrian food is really minimalistic and slow paced in contrast to earlier invaders who invaded India. Even then it was beginning of change and this period was platform of further rapid changes to come. They may not had introduced many food items or cooking techniques like Portuguese or Muslims but they definitely changed the mind set of people and shook Indian food ethos which was based so far only on principals of Ayurveda.

- But it was amusing to note that India had far greater impact on British palate than Brits had on our food. This is the third and most interesting fold that is reverse impact on ruler of subjects. Popularity of Curry had risen in our research period. So much as British declares that Curry is their favorite Dish. England has many curry houses which are popular. England now also organizes food festivals of Anglo Indian Food. Dishes like Kedgerree, Mulligatawnysoup; Mango Chutney has become integral part of their food culture from 18th century.

The past of Indian Independence has come a full circle.

As mentioned in Daily Mail News Paper ‘It is definitely a substance of pride that the East India Company that governed us for 100 years is possessed by an Indian today. Mumbai-born businessperson Sanjeev Mehta bought major stake in the company with a whopping \$15 million in 2010, and became the honored possessor of the company. These company sales Indian spices along with other things to British people.’

This is a true reverse effect indeed.



Photo <http://www.altgaze.com/?p=2465>

Thus study indicates that both the hypothesis have been proved correct through entire analysis present in the study. It also fulfills the objectives selected for the purpose of the study.

#### **Suggestions for Research in future-**

It would be admitted that any research in the interrelated field of History and food especially like present one can never be a complete and perfect one. In fact it arises with many possibilities of further research in the related fields of the study. The present study is no exception. It has various related areas which needs scholarly investigations. As it

stated in the study earlier the history of the region and of the nation has never been uniform.

**For Students -**

There seems to be much scope for the deep study in this area.

The following recommendations are offered for related research for further study. These are targeted for future students by research where they could focus on

- Other states
- Different period

Further research could be helpful for students of History as well as Culinary.

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### Interview

- Interview of Ms. Mohsina Mukadam (H.O.D. Ruhia Collage, Mumbai – Food Historian)
  - Interview of Dr. B.D. Kulkarni (Dean Board of Moral & Social Sciences, T.M.V, Pune.
  - Interview of Mr. Stewart Gordon (Expert on Maratha History but having research on Maratha Food and grain movement)
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## APPENDIX I

### Interview

#### 1. Mohsina Mukadam

##### Food Historian

She is famous food historian and associate professor in Ruia College, Mumbai. She has done PhD on Indian Food in colonial India. She writes articles on food in Marathi newspaper Loksatta. Interview has been taken on 29th Feb 2017. During Interview she gave her precious inputs on Impact of foreign invasion on Indian food and especially during Company Raj. She instructed to take comparative study approach between earlier invaders in India and British. Her expertise on the topic really gave some valuable inputs to my research.

##### Questionnaire

- Is there any impact of foreign invasion on Indian food?
- If yes, what exactly is its influence on Indian Food?
- What was the extent of these impact on western Maharashtra specifically in the period 1757 to 1857?
- If we could do comparison between impact of earlier invasion and impact of invasion during ( 1757-1857).
- Whether these influences had its glimpses in modern food habits of India and logically in that context in western Maharashtra ?
- What was the original food of India before all these foreign contributions?
- What was the way of life and food habits of People of western Maharashtra before 1757?
- What was the role of changing social scenario in this transformation of food during that period in western Maharashtra?

During the interview it was observed as she feels if comparative study could be done then Muslim and Portuguese invasion had greater impact than British. With relation to British it was more a case of reverse scenario than Vis – a – Vis. She feels if British had impact, it was more on upper class and on some communities like parases which was more

influenced by them. Food and Food habits of common people remained same and not changed much, which is the case even today.

## **2. Dr. B. D. Kulkarni**

### **Historian**

Dr. B. D. Kulkarni is a Dean of Economics & Social Science, Tilak Maharashtra Vidyapeeth, Pune. He is a veteran historian and has deep knowledge about Indian history & Politics. During interview he gave guidance about food references found in Marathi literature of the pre British period. He mentioned about food & food habits found in old literature, namely '*Leela Charitra*' and '*Dnyaneshwari*'. There are some references found which were very much helpful for my thesis.

## **3. Mr. Stewart Gordon**

### **Maratha Historian**

A popular American Historian, Scholar of Maratha History and specializes in Asian History and World History. He had visited Tilak Maharashtra University on 12h Jan 2017. He is the senior research fellow in University Of Michigan. Presently he is doing research and planning to write book on Food of Maharashtra. During Interview he spoke about Maharashtrian Food and grain Movement.

### **Questionnaire**

- What was the food of Maharashtra before British rule?
- What grains and vegetables were more commonly used by Marathas before British Period?
- What was the impact of British on food of Maharashtra?

He mentioned that food of Maharashtrians were more basic and simple. It was austere in nature than people of north. Grains used were millet, sorghum and Ragi. Common Vegetables were Bottle gourd, Snake gourd and pumpkins etc. He feels British did not have much impact and did not contribute much to natives in terms of food.

He commented that more than anything impact was on social scenario which changed mind set of people and made them more progressive.

#### 4. Chef Dvevrat Jategaonker

##### Expert - Indian Food

He is well-known Chef and conducts various T.V. shows like Maharashtra Ruchiras, Amhi sare Khavaiyye . He has won first and only Silver Culinary Olympics 2012, Germany. He also writes food article for Loksatta newspaper, Khave Tynchya Desha. Interview was taken on 14 th January 2017. During interview he voiced his opinion on various ingredients used in Maharashtra Cuisine and its sources, His valuable and expert comments added value to my area of study.

#### APPENDIX II

Few early books which explain very interesting journey of the Indian Food.

##### *Manasollasa*

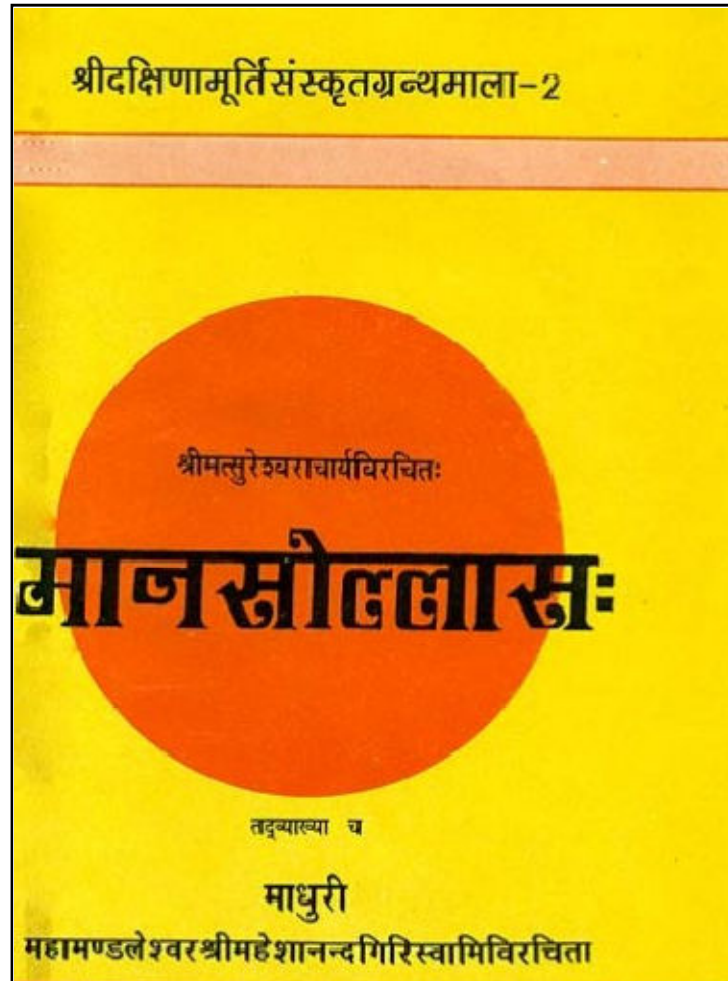


Photo <http://www.exoticindiaart.com/book/details/manasollasa>

This book was written in 12th century in Sanskrit by Raja Someshvara of Chalukya Dynasty. It has got many volumes which explain Kings life style and Vol III describes entire chapter on Food and Entertainment .

### Ain I Akbari

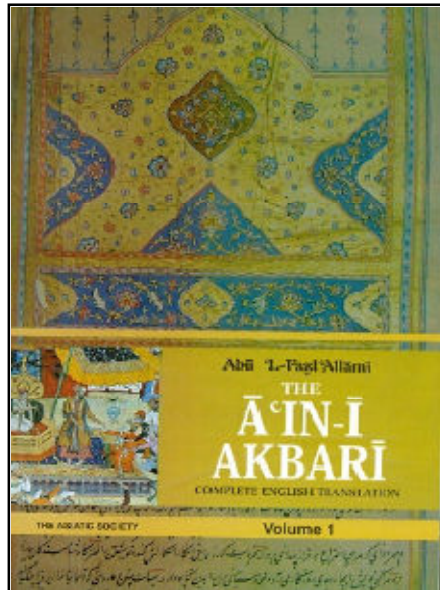


Photo <http://bookvistas.com/bookdetails.aspx?bookId=8642>

This book is gazetteer of Mughal Emperor Akbar written in Persian. It was written by his Vazir Abu Fazal. It mentions Akbar's administrative policies and Vol I describes trade and details of fruits and vegetables, meal and Akbar's food habits as well.



Photo [https://en.wikipedia.org/wiki/The\\_Art\\_of\\_Cookery\\_made\\_Plain\\_and\\_Easy](https://en.wikipedia.org/wiki/The_Art_of_Cookery_made_Plain_and_Easy)

One of the first systematic cook book published in England in 1747. This book became very popular with English speaking genre and had Dishes with Indian origin.

### APPENDIX III

**Some Marathi literature which explains the food and food habits of Pre British Period.**

**सार्थ श्रीदासबोध - दशक अठरावा - समास पहिला**

वेंकटेशीं महिमा किती । भले उभ्या अन्न खाती । वडे धिरडीं स्वाद घेती । आतळस  
आपालांचा ॥८ ॥

धन्य तूं वो बनशंकरी । उदंड शाखांचिया हारी । विवरविवरो भोजन करी । ऐसा केंचा  
॥९॥

धन्य भीम गोलांगुळा । कोरडवड्यांच्या उदंड माळा । दहि वडे खातां सकळां । समाधान  
होये ॥१०॥

धन्य तूं गा खंडेराया । भंडारें होये पिवळी काया । कांदेभरीत रोटगे खाया । सिध्द होती  
॥११॥

**ज्ञानेश्वरी - अध्याय तेरावा**

कटवम्ललवणात्युष्णतीक्ष्णरुक्षविदाहिनः ।

आहारा राजसस्येष्टा दुःखशोकामयप्रदाः ॥९॥

यातयामं गतरसं प्रति पर्युषितं च यत् ।

उच्छिष्टमपि चामेध्यं भोजनं तामसप्रियम् ॥१०॥

## सार्थ लीळाचरित्र -

२०१. वीद्यावंता भेटी - पान १५० (पूर्वार्ध )

...सर्वज्ञे म्हणीतलें:" काय गा हांसीत असा डखलेया? " "जी जी गोसावीं जेयासी मानव केला: तेहीं दोघीएकी सीमुरी मेळवीलीया असति: तेयांचेया खांदावरि हाती घालुनि: हातीं सुणेयांचा जवटु: उळि: कांदा: गाजर: बोर: माइणीचीं मुळें ऐसें मागत असति जी:" सर्वज्ञे म्हणीतलें: " ते त्यांची लीळा कीं गा: ऐसें न म्हणजे कीं गा डखलेया : पुरखीं क्षोभू उपजैल. मां कें रीगिजैल?" मग बाइसीं पुसिलें: " बाबा: हे कवण?"सर्वज्ञे म्हणीतलें:.....

५१०. राणाइसां भीक्षावीधी नीरोपणें- पान ३०९ (पूर्वार्ध )

.....गोसावीं नाथोबातों म्हणीतलें: "मंडळींका: यातें भीक्षेसि नेया गा:" गोसावीं श्रीकरें तयांसि झोळी दीधलीकीं नाहीं ऐसें नेणिजे: मीरेगावांसि भीक्षेसि गेली: तेयांसि भीक्षेसि मांडे: पोळी: ढीडरें: भाकरी: दीवसें: वर्णभातु: खीरि: साकवतीया: भीक्षा करुनि गोसावीयांपासि आले: गोसावीयांसि दृष्टभूत झोळी केली: गोसावी डावा श्रीकरु खाली घालौनि ऐसी उचलली: मग अवळोकिली: मग सर्वज्ञ म्हणीतले: " बाइ: इतुकीं अने काइ एकी घरीं नीफजति?"...

५६६. ब्राम्हणाचा दधिभातु आरोगणें- पान ८०३ ( पूर्वार्ध)

उदियांचा पुजाअवस्वरु जालेयाअनंतरें माहालष्मीचीया पुढील टेकिं गोसावीयांसि आसन  
असे: ब्राम्हणु एकु गोसावीयांचेया दरीसनासि आला: गोसावीयांसि दंडवत घातलें: श्रीचरणां  
लागले : गोसावीयांते वीनवीलें: "जी जी: मी गोसावीयांसि दधिभातु आणीन: " गोसावीं  
वीनवणी स्वीकारिली : नौगावा गेले: दधिभातुघेऊनि आलें: गोसावीयांसि दधिभाताची  
आरोगण दीधली:।।

१०५. ताकवताची (चाकवत )भाजी रांधवणे - पान ४२३ (उत्तरार्ध)

एकु दीं गोसावीयांलागौनि कोणें नेणों कोवळा ताकवतु आणिला: मग तोगोसावीं निसीला  
:गोसावी तीं ठाणे मोडीति : स्रवज्जं म्हणीतलें: बाइ आधण ठेवा : हींगु लावा : "बाइसीं  
आधण ठेविलें: हींगु घातला: आधार तापलें: मग गोसावी ताकवतु घातला : बाइसीं मीठ  
घातलें : सर्वज्ज म्हणीतलें: बाइ : आणि मीठ घाला: पुर्ण लोण करा : " मग बाइसीं  
आणीत मीठ घातलें: आणि बाइसीं दाखविले: "बाबा : सांडला:" सर्वज्ज म्हणीतलें " बाइ:  
नावेक सीजों देया:" मग नावेक सीजला: मग उतरिला : मग गोसावी उतरिता तेल घातले:  
मग गोसावी सींहस्तळीवरि बीजें केले: तेथ गोसावीयांसी आसन जालें: गोसावीं तेथचि  
भाजी आणविली : "बाइ : एथचि भाजी आणी : "बाइसीं भाजी आणिली : मग सर्वज्ज  
म्हणीतलें : कां गा : ताटांत काढिजति नां? "जी जी: "....

९४.नाथोबाकरवि तांदुळजा खुडवणें - पान ४१५ (उत्तरार्ध)

गोसावीयांसि उदेयाचा पूजाअवस्वरु जालेयानंतरें गुंफे दक्षिण सेत : तेउतें गोसावी वीहरणां  
बीजें केलें: सरीसैं नाथीबाई असति : तवं तेथ बर्वे कोंवळा तांदुळाचा असे : सर्वज्ज

म्हणीतलें : " मंडळाकार : हा तांदुळजा घेण्यात गा:" नाथोबायें तांदुळजा खुडिला:गोसावी  
गुंफे बीजें केलें : नाथोबायें तांदुळाचे बाइसांहातीं दीधला: बाइसीं बरवा रांधिला :  
गोसावीयांसि पूजावस्वरु जालना: मग बाइसीं गोसावीयांसि ताट केले: गोसावीयांसि तो  
तांदुळजा रुचला ऐसें नाथोबायें देखिलें: मग एरीं दीं न पुसत आणिला : बाइसाचा हातीं  
दीधला : बाइसीं बरवा रांधिला : मग गोसावीयांचा ताटीं ओळगवीला : सर्वज्ञ म्हणीतलें: "  
बाइ: हा तांदुळाचे कैचा ?" बाबा : हा नाथोनि आणिला: " तेही तेथ उभे असति: "हा  
फेडा:" सर्वज्ञ म्हणीतलें : मंडळिका : हा तांदुळजा कमाइ एथोनि आणविला?" "ना जी:"  
"तरि कणें आणवीला?" "जी जी: हा मीयांचि आणिला: "सर्वज्ञ म्हणीतलें "हा गा: एथचा  
व्यापारु तो एथ पुसपुसों कीजे की:॥ यांवरि गोसावीं कीर्तिकठियाचा दृष्टांत निरुपणला:  
....

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APPENDIX IV

Loksatta dated 4th Feb 2017



## Maps & Tables

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