

## Concept Note

### CULINARY HERITAGE OF INDIA

India is a country with rich cultural heritage and is known for this the world over. This diversity of culture can be seen in its enormous cuisine. Indian cuisine in true sense is an amalgamation of the cultures, traditions and influences of different ethnic communities absorbed and imbibed over the centuries.

We consider food as an auspicious entity to preserve culture and connect people other than satisfying hunger and perform body functions.

The traditional food of India has been widely appreciated for its fabulous use of herbs and spices. Indian cuisine is known for its large assortment of dishes that vary from east to west and from north to south. In the last few decades, as a result of globalisation, a lot of Indians have travelled to different parts of the world and vice versa there has been a massive influx of people of different nationalities in India. This has resulted in Indianisation of various international cuisines. Nowadays, in big metro cities one can find specialised food joints of international cuisines. There is a need to revive our traditional cuisines and promote it, to ensure it is not lost.

Traditional foods are originally unadulterated and were designed to individual needs and are an important source of many nutrients. These recipes are formulated in a way which provides both, a balanced diet and required amount of nutrition according to climate, region, season, age and gender as well as rich taste. Traditional foods provide a link to our past and culture and serves as a reminder of our rich food culture, particularly for young generation, as with the changing eating habits, lack of awareness about nutritional value of traditional food, and in absence of standard recipes, over time we have witnessed the loss of many traditional recipes and cuisines.

We aspire to promote by putting in efforts to recognize, revive and restore the hidden culinary gems spread across the length and breadth of the country at large.

Feast, Flavour and Fusion of India is an event being organised by FSSAI to celebrate the culinary heritage of India. This event highlights some of the most loved traditional recipes of India from various zones of the country. The program schedule is as follows:

**Date: 29<sup>th</sup> September 2016**

**Theme: Feast, Flavour and Fusion of India: An event celebrating the Culinary Heritage of India**

## Programme

**Date:** 29<sup>th</sup> September 2016

**Theme: Feast, Flavour and Fusion of India:An event celebrating the Culinary Heritage of India**

**Chief Guest:** Shri Narendra Kumar Sinha,Secretary, Ministry of Culture and Tourism

## Programme

<b>Time</b>	<b>Event</b>	<b>Participants</b>
<b>18:30 to 18:35</b>	Welcome Address	CEO,FSSAI
<b>18: 35 to 18:40</b>	Movie on culinary heritage of India	FSSAI
<b>18:40 to 19:15</b>	Panel Discussion on Culinary Heritage of India	Moderator: RituMarya Speakers: Chef HarpalSokhi (Celebrity Chef) Chef DN Sharma (TAJ) Chef JP Singh (ITC) PayalKohli, Zee India
<b>19:15 to 19:20</b>	Book Release	Secretary, Ministry of Culture and Tourism Chairperson- Codex Chairperson- CAC Asia CP, FSSAI CEO, FSSAI
<b>19:20- 19:25</b>	Special Address	Secretary, Ministry of Culture and Tourism
<b>19:25 to 19:30</b>	Vote of Thanks	CP, FSSAI
<b>19:30 Onwards</b>	Dinner	Fusion of all zones of India