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# FINER

## News & Views

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# FOOD CRAFT

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# Chairman Message

## Season's Greetings

**T**he North East Indian food culture is different from the rest of the World, not only in taste but also in cooking methods. It reflects a perfect blend of various culture and ages. Just like other parts of the world, the food in North East has also been influenced by various civilizations, which have contributed their share in its overall development and present form of food style.

North Eastern cuisine is a mixture of different indigenous styles, with considerable regional variation and some external influences. Although it is known for its limited use of spices, North Eastern Cuisines has strong flavours from its use of endemic herbs, fruits, and vegetables served fresh, dried or fermented. The North Eastern food is also heavily influenced by religious and cultural choices and traditions. The cuisines of all states of the North East India are almost similar more inclined towards non vegetarian food. The region's cuisine involves simple cooking processes, mostly barbecuing, steaming, boiling or fermenting. *Bhuna*, the gentle frying of spices before the addition of the main ingredients, generally common in Indian cooking, is absent in the cuisine of North East

The food industry in North East India has evolved with the changing lifestyles of the young Indian population. The sheer variety of gastronomic preferences across the regions, hereditary or acquired, has brought about different modules in the food culture of the Region. Many of the traditional dishes have been adapted to suit the emerging food culture of restaurants.

The industry is poised for huge growth, increasing its contribution to Indian food trade every year. In Northeast, the food sector has emerged as a high-growth and high-profit sector due to its immense potential for value addition, particularly within the food processing industry. Also with emerging new restaurants and 5star hotels, the industry has also been contributing towards the empowerment generation and economic development of the Region.

While the last few years have seen the North East Indian Foodservices market take giant leaps in terms of exploring cuisines from not only India but all corners of the world, recent trends suggest a parallel increased interest in the Indian cuisine, even beyond the traditionally popular North & South Indian variants in North East. Today North East Indian cuisine is widely accepted as one of the most broad-ranging and interesting cuisines in India and some parts of the world. The regional diversity and variation in soil and climatic conditions make North East an agriculturally-rich country, and nowhere does this manifest itself better than in the spread and strength of regional cuisines. Restaurant operators today are not only dipping into these cuisines to present local favourites in an organized and hygienic setup, but are also innovating to come up with delicious twists.

The North East Indian food will not only continue to be relevant in India, but will thrive and reach new pinnacles of innovation and rediscovery in the years to come. It's only a matter of time before the Region takes to the cuisines the way the rest of the country seems to have.

Warm Regards,

**R.S. Joshi**  
Chairman  
FINER





## PLANTATION DRIVE BY **FINER & EARLY BIRDS**

FINER, adding to the spirit of being a responsible organization towards environment and its sustainability, and in order to reinstate the importance of a sustainable development and safeguarding environment, had signed an MOU with Early Birds, an Environment NGO. FINER, as an initiative during its various meetings and interaction has in principle decided to do away with bouquets for felicitations. In place of the bouquet, a certificate is given to each dignitary stating that a sapling will be planted in the individual's name.

FINER in association with Early Bird has planted several Saplings in and around the City.

Plantations done in four areas Chandmari Flyover U Turn, Silpukhuri Kali Mandir Campus, ICSW campus, Rupnagar and near Rly line behind Alankar Hotel ,Chandmari, Guwahati, Assam.



Ms. Indrani Chaudhury, Dy. Director General, FINER (Right) with Shri Sudhanshu Pandey, Joint Secretary, Ministry of Commerce and Industry, Government of India.



From Left : Ms Indrani Chaudhury, Deputy Director General, FINER, Shri Govindas Konthoujam, Hon'ble Minister, Department of Commerce & Industries, Govt of Manipur, Dr. Gulshan Sharma, Director General, ICSI, Secretary, Commerce & Industries, Govt of Manipur

## NORTH EAST ASEAN BUSINESS SUMMIT & EXPO

ON 7<sup>TH</sup> & 8<sup>TH</sup> APRIL 2016 AT IMPHAL, MANIPUR

The North East ASEAN Business Summit & EXPO held from 7th to 9th April, 2016 at Imphal, Manipur was organized by the Government of Manipur in association with Ministry of External Affairs, Government of India, Ministry of Commerce & Industry, Government of India, Ministry of DoNER, Government of India, Ministry of Skill Development & Entrepreneurship, Government of India, and Ministry of MSME, Government of India.

Government of Manipur alongwith with ICSI and FINER had also organized a panel discussion on NE - ASEAN Service Industry Deliberations, which was chaired by Mr Sudhanshu Pandey, Joint Secretary, Ministry of Commerce and Industry, Govt of India.

The primary goal of this conference was to bring together ASEAN and NE India, leaders in an open dialogue, under one roof to discuss the potential of Services Sector in the region.

Other speakers in the session: Prof Amar Yumnam, Manipur University, Prof S.K. Srivastava-VC NEHU, Ms Limabenla Jamir-Founder Director-NE India Intl Model UN, Prof M P Lama-Prof of South Asian Economics-JNU, Dr K Palin-MD-Shija Hospitals, Dr Ajayati Chanana-President-Confederation for wellness and Medical Tourism, Dr D Singh CM & MD-Babina Healthcare and Hospitality, Mr Anil Bhandari, Chairman, Smart Concepts (Hospital & HR), Mr Amrik S. Parmar, MD, Indigify Ltd, Mr P.K Dong, Ex Regional Director-Europe, Ministry of Tourism, Indrani Chaudhury, Deputy Director General, FINER and Dr Gulshan Sharma, Director General, ICSI.

A Roadmap was also released by Shri Govindass Konthoujam, Hon'ble Minister Dept of Commerce and Industries, Govt of Manipur.





## Seminar on **“WAY AHEAD: OPPORTUNITIES FOR SME AND MID-CORPORATES”**

6th of May, 2016



FINER in association with Affinity Global Services Pvt. Ltd and Guinness Corporate Advisors Pvt. Ltd had organized an awareness Seminar on “Way Ahead: Opportunities for SME and Mid-Corporates” on 6th of May at Hotel Taj Vivanta, Guwahati.

The main topics of discussion were the General Industrial Scenario corresponding to the SME Sector with special reference to the Region and the opportunities way forward. The Seminar aimed at giving insights to the Emerging Corporates, looking to Grow and Expand their business, the possible avenues to create visibility about their business in the eyes of various stake holders – customers, suppliers, banks, regulators and employees.

Prominent speakers from Corporates, Financial Institutions, Banks, Stock Exchanges, Merchant Banker also graced the Seminar.



# Assamese Meal

Shri Jayanta Sen  
Guwahati



Typically, an Assamese meal consists of many things as bhat (rice) with dal (lentils), masor jool (fishcurry), with mangxô (meat curry) or xaak and bhaji (herbs and vegetables).

Rice is one of the main dishes of Assam, and a variety of different rices are grown and eaten in different ways: roasted, grounded, boiled or just soaked.

Fish curries made of rôu, illish, or sitôl are the most popular. Fowl such as ducks and pigeon are used in dishes while pork, chicken and mutton dishes are mainly popular among the younger generation.

Another favourite combination is luchi (fried flatbread), a curry which can be vegetarian or non-vegetarian, and asar (pickle).



The two main characteristics of a traditional meal in Assam are khar (named after its main ingredient) and the sour dish tenga. Khorika is the smoked or fired meat eaten with the meal. The various meats more commonly taken include pork, fowl, duck and goose, fish, goat, beef (among Muslim and Christian communities) and pigeon; these being often involved with religious ceremonies. Other kinds of meat include grasshoppers, locusts, silkworms, snails, eels, wild fowl and other birds, deer meat and so on.

Khorisa (fermented bamboo shoots) are used at times to flavour curries while they can also be preserved and made into pickles. Koldil (banana flower) and squash can be cooked into sabji's.

Many households still continue to brew their traditional drinks; variously known as Laupani, Xaaj, Paniyo, Jou, Joumai, Hor and so on. During the time of the traditional festivities, guests are offered these drinks. Declining then is considered socially offensive.

The food is often served in bell metal dishes and platters like Knahi, Maihang and so on

### Glossary of Assamese Cooking Terms:

**KHAR :** A pulpy lentil ,vegetable curry made with the alkaline filtrate of ash obtained from burning the dried fiber of a plantain tree.

**TENGA :** A delicately flavored sour broth usually made with fish,tomatoes, and souring agents.

**KORISA:** Fermented bamboo shoots

**PITIKA :**Mashed vegetables or fish , seasoned with mustard oil and spices.

**DAIL:** Lentils cooked and tempered with spices

**XAAK:** Green leafy vegetables

**POITABHAT:** Parboiled rice left to ferment overnight and served the next day mixed with mustard oil , salt and bamboo shoot pickle .

**BHAPOT DIYA :** Fish or vegetables steamed with oil and spices.

**PATOT DIYA :** Fish or vegetables wrapped with banana leaves and roasted into pitika .

**PITIKA :** Mashed fish or vegetables

**SOBJI :**Vegetables, usually flavored with whole spices. Can be dry, wet or in curry form.

**BOR :** Small fritters made by dipping various ingredients in a lentil and rice powder batter and deep fried

**BHAJA :** Anything dry or deep fried

**JOLA :** Literally anything that is hot and spicy

**POORA:** Literally translated means burnt but it refers to food prepared by grilling or roasting.

**JHOOL :** A light curry seasoned with delicate spices.

**TORKARI :** A general term often used in Assam for "curry."

**PITHA :** Typical Assamese snack, prepared from powdered sticky rice called Bora saul.

**JOLPAN:** Snacks items served in festivals or any special occasion.

**PAAN:** Betel leaf stuffed served with betel nut and quick lime paste.Paan is eaten usually after a meal .





# ECO FRIENDLY PROCESSING AND PACKAGING IN FOOD PROCESSING



*Mr. S. Bhattacharjee*  
*NERAMAC Ltd, Guwahati*



**F**ood processing sector has emerged as an important segment of the Indian economy in terms of its contribution to GDP, employment & investment. During fiscal 2014-15, the sector constituted as much as 9.0% and 10.1% of GDP in manufacturing and agriculture sector, respectively. Food processing industries sector has grown at 7.1% during this period. The Ministry of Food Processing Industries (MoFPI), Govt. of India is implementing various schemes for providing impetus to the development of food processing sector. NABARD has earmarked a "Food Processing Fund" of approximately Rs 2000 Cr at a concessional rate of interest for establishing

food parks and food processing units in the designated food parks notified by MoFPI. Besides food, nutrition, health & wellness industry has also been on growth spree. Presently, processed food industry is at a junction to leapfrog into the higher growth trajectory. Global food investors too are tracking the development on this front considering the potential of the Indian food industry. In the north east, Mission on Integrated Development of Horticulture (MIDH) is in practice for long resulting to increase in production, productivity manifold. But it's estimated that more than 40% of produces are wasted due to lack of post harvest facility & that a very negligible amount of it is processed in



the region. Loss of nutritional value & monetary loss on that count is huge. Curbing the post-harvest loss of fruits & agricultural produce & getting people to give up junk food for greens will make them healthy besides being a money-spinner for the farmers & producers.

NE Region is blessed with vast natural resources & immense opportunities for trade & commerce both in fresh & processed form. NE region being home to diverse exotic variety of fruits, vegetables, medicinal plants and other crops could immerse as major centre of food processing industry. The region would also be able to carve a niche in the organic food market once the naturally grown organic production, certification and marketing can be done in an institutionalized manner with better post harvest technology, supply chain, branding and certification of produce with appropriate aggregation model for marketing of produces. Govt. of India is making efforts to promote startup companies & develop entrepreneurship particularly in the north east to make a favorable change in the entrepreneurial scenario. In the north east, large losses from farm to plate are attributed to poor handling, distribution, storage, and purchase/ consumption behavior. Huge resources that could otherwise be spent on more productive activities go into producing & transporting goods that only go to waste. Losses at almost every stage of the food chain can be reduced by using appropriate processing & packaging. Packaging is an essential part of a long-term incremental development process to reduce losses that will have to employ a blend of technologies and processors. Environmentally friendly processing & packaging isn't an optional item now. It's increasingly a mandate, due to corporate standards, consumer tastes, and or government policies. Many food companies are transitioning to eco-friendly packaging as a way to preserve the environment and appeal to environmentally conscious customers. The options available in eco-friendly packaging and the benefits companies can reap by going green make it an easy, smart transition so as to create solutions, combining sustainability with shelf appeal, freshness, safety, and cost-efficiency. Conservation and waste reduction are becoming ever more

integrated into everyday life.

For many companies, adapting to this rapid sea change while optimizing for cost & performance may appear daunting. But, mostly the brand owners see environmentally friendly packaging as an immediate opportunity. Consumer demands for natural & less processed food & drink, are forcing companies to remove artificial ingredients. ECO - is the new reality. Drought, worries about food waste, and other natural phenomena not only affect the worldwide food and drink supply, but influence preparation and production. Of late, there is an increase in health awareness, & we foresee more of start-ups springing up; it is expected that Make in India initiative will gain more momentum and the industry tomorrow will see an opportunity to invest in different areas of functional foods, aging populations, clinical & supplement. Industry also foresees a growth with regulatory compliance, on-going media attacks and eroding consumer confidence along with new challenge of increased enforcement activity by regulatory authority. Mostly consumers are equating clean label to higher quality & for which they are willing to pay a premium.

Research has thrown up a plethora of studies showing the link between product demand, good people management practices and business success. As we know, Food & beverage market is growing at a breakneck pace. Consumers continue to demand functional food & beverage products that are efficacious, lifestyle friendly, and created with the highest quality inputs & ingredients. Food Processing thus can emerge as an engine for economic growth & prosperity for all of us. Future of horticulture development through processing & value addition has to be technically based & knowledge driven. With the growing demand of organic food market on one side & the region producing naturally organic products complemented with GI (Geographical Indication) tag for more than dozen horticultural crops & naturally available packaging, one can see the light of the day in bringing up eco friendly processing & packaging in bringing up the horticulture economy.



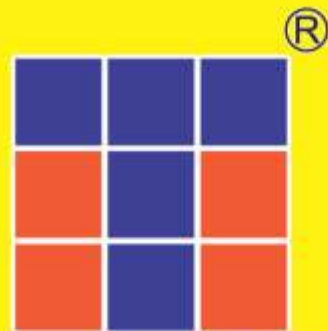


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# KEEPING TRADITIONS ALIVE

**Aarhi Bezbaruah**  
Paradise "Parampara"

**I**f there has been one thing that has been constant about the dining scene in Guwahati, it has been "Paradise". In a constantly evolving city with changing eating habits, Paradise has stood the test of time and quality for the last 35 years.

It has also been firmly rooted in Assamese Culture. The founders of the Restaurant have always believed in taking Assam to the world and they continue doing so. It is probably one of the first and till today the most consistent Assamese Eatery there is in Guwahati that has never in its more than three decades of existence compromised on taste and quality!

Any old timer in the city knows that Paradise is Synonymous with good food, good ambience and having a lovely time! Now it has been upgraded to cater to all age groups and to satisfy every craving a foodie can have!

Spread over two floors, the ground floor is the same evergreen Paradise that has worked to please its clientele for more than thirty years. It has an old school charm to it and added to this the yummy traditional Assamese thaali that is its trademark; you will be coming back again and again.

On the first floor is the beautifully done up Parampara, which is a more upscale version of the ground floor. The gorgeously done up place in its ethic décor will keep you floored. The food, with its traditional Thaali serving a wide and creative range of dishes but not only limited to Assamese Cuisine, is a perfect place for warm friendly lunches and Dinners with your friends and Family.

Paradise keeps alive the spirit of the assamese host. The two types of thaalis the restaurant is proud to serve - the vyanjan and the parampara thaali - signify our cultural food habits. The vyanjan thaali represents the fare regular assamese households partake in. it is a wholesome meal full of love care and assamese aesthetic. The parampara represents the beautiful way in which

traditionally meals were served to guests in bell metal dishes. Paradise has conceptualized our traditional food into a comprehensive thaali which includes khar (an appetizing alkaline dish), dal, aloo pitika (potato mash), fish tenga (tangy curry) along with our delicacies like duck and pigeon curry. Our signature dishes amlokhi soup (gooseberry), fish/chicken bamboo hollow and steamed fish in banana leaf are a must try.

Paradise, has been a front runner in Assam in the business of bakery and sweets. The founder of Paradise, was the inventor of the delicious Apsoch and his son and granddaughters have worked hard to keep the legacy going. There is no other place in the city that one will find Apsoch and softer and tastier sweets. Its new enterprise- a lovely little place called Munchies (a sweet and savouries corner) has heart warming-ly soft, wonderful mithais and baked goods. The signature Apsoch, Roasted roti and Kamala Bhog are to die for. They also provide Snack boxes on Bulk order for meetings, events and weddings.

Paradise is an establishment that has been worked on with love and a vision to bring Assamese food to the forefront and make it a wonderful delicious dining experience. All in all it is a one of a kind place in Guwahati that definitely merits a visit and once you have been here you will keep coming back for more.





# Delicacies of Mizoram

Mizoram is known for its traditional and cultural heritage and unique cuisine. The Mizoram cuisine offers mainly non-vegetarian delicacies. The staple food of the Mizo people is primarily rice. The most commonly used medium of cooking is mustard oil. The Mizos do not like to eat oily food and they prefer to cook most of the dishes with little oil. Steamed rice is eaten with all these dishes. Mizo food is simple and healthy. Most meat and vegetables are eaten boiled or steamed.

Spices are not used in too many dishes. Ginger, garlic, onions and chillies are used widely to impart flavour. Other than these local herbs are used for unique tangy flavors. One of the main specialties of the food of Mizoram is that it is very different from the food available in other parts of the country of India other than the north-east.

However, the food in Mizoram is quite similar to the food in the other north-eastern states of India. The cuisine of the north-eastern states of the country including Mizoram has an identity of its own.

Some of the most demanded delicacies of Mizoram are made with ingredients like bamboo shoots and ducks. Some of the special dishes - Smoked Pork (Vawksa Rep) - Chunks of pork smoked in an open fire, giving it a distinct smoky taste. Bamboo shoots and a local herb called "Anthur" are added which enhance the flavor, "Chicken with sticky rice" (Arsa Buhchiar) - A whole chicken is flash roasted in an open fire and then cooked with sticky rice and local herbs into a wholesome and tasty porridge, Vegetables Stew (Bai) An assortment of fresh vegetables are boiled with local herbs and condiments to make this unique Mizo dish. 'Bai' is made from Vegetables.

Very little oil is used for cooking and desserts are not part of a Mizo meal. After dinner fresh fruits are eaten. Black tea with lumps of jaggery is consumed as an after dinner treat. Through a series of events that will be held at the ants store café they hope to create a space for discourse on the northeast region, through book readings, film screenings, musical evenings, food festivals, etc.



Information provided in this article has been collated from the internet

# MISHING FOOD

**M**ising food is basically eco- friendly. The main food habits of Misings found in the field work are: pork, dried fish(namshing), bamboo shoot (ikhu), rice beer (apong), various green spinach, herb etc. But now a-days their food habits are similar with non- tribal neighbours. The preparation and preservation methods of Mising food and drink are quite interesting. As their food is nature based and they can preserve some food for a long period (maybe more than one) and



Chef Faruk Ahmed

they can take such type of food during flood. For example: drybamboo shoot, wet bamboo shoot, Namshing (dried fish) are preserve for more than one year and it is taken mainly in flood prone areas of Assam. They prepare food with less oil and less spicy also. But there is difference in the food habits among the Misings who are living in rural, town and city area. The impact of globalization has tremendous effect on new economy and culture in their world. The concept of market is also different. As there are regular, weekly markets and people prefer to buy food items from market. In city and town areas still weekly market is there where the traditional food items are available even which are not possible to find out in city or town. For example, while preparing traditional rice beer (apong) raw material yeast cake (apok) is very essential element which is available in the market. According to them now a days the plants and herbs are not available as flood ruins it every year so it has become difficult to prepare. Even they prefer food like Maggie, semolina, rooti, bread, chips which are available in near by market or restaurants. Now they offer tea (with snacks) instead of rice beer (apong) to their guest which is a new trend in their social life. Due to natural changes and with the inter mixture of various group of people in society food habit is changing tremendously. Now-a-days, people are using oil extensively where as 80% people used to boil food earlier. In the course of field work (near the bank of Subansiri) it was observed that Mising people are living with non-Misings, Deuri, Chutia, Muslim people and cultural mixing is happening rapidly as a result non- Mising people have also adopted the food of Mising people and they are also fond of rice beer (apong), dried fish (namshing) and many more cuisines

## Mishing food- A few recipes

### Tora Pator Bhaat

Recipe : Serve for 4

Ingredients

- ❖ Local Joha Rice/ or Bora saul( sticky rice) :500gm
- ❖ Tora Pat ( Laser Ekom) : 5pc

#### Method

Soak Joha rice or Bora Rice for an hour, drain water and place 100 gm of rice in each 5 pc of leaves. Wrap these properly and tie up with threads. Take one pot half fill with water add bit salt and put all the wrapped rice in the boiling water. Cook for 20-25 minutes. Take out the rice and drain water . serve hot.

These recipes inspired to create something fusion, one can add some different flavor can be added cubes of boneless chicken to make it different. So many innovative presentation can be done. One can try this recipe with black rice.

### Mati Dal Kukura

Recipe : serve for 4

Ingredients

- ❖ Local Country chicken : 500gm
- ❖ Broken Black Lentil : 250gm





- ❖ Slice onion 50gm
- ❖ Fresh zeera Paste 10gm
- ❖ Fresh Dhania Paste 10gm
- ❖ Turmeric powder 5 gm
- ❖ Green Chilly Chopped to taste
- ❖ Salt to taste

#### **Method**

Cut chicken in to small cubes, marinate with salt turmeric powder and boiled for 20 minutes cooke until or unless waters of the chicken get dry. Keep it separate. Take a por boil the black dal .Take another pan add mustard oil add onion ginger garlic add boiled chicken add boiled black dal add spices and slow cooked for another 10 minutes. Served with chopped coriander leaves.

#### **Potot Dia Ghahori ( Pork )**

Raw pork Cubes Marinated with Crushed local pungent garlic ( Talab) 8 gm, Crushed ginger 8 g , , 10 gm bamboo shoot, slice onion 100gm, Salt, Boot Jolokia Pickle ( King Chilly) a few drop, local crushed black pepper powder 5gm, Mustard oil 20ml , mixed all together. Wrapped with Tora Pat and cooked in open charcoal fire. Serve hot.



### **Goroi Masor Pitiks (Mashed Roasted Fish)**

Goroi Fish	
(Snake head fish, In Malayalam it is called viral)	750gm
Chopped Ginger	10 gm
Chopped Onion	100gm
Chopped Coriander	5gm
Salt	to taste
Mustard Oil	40ml
Local Lemon	1pc

#### **Method**

Take a whole fish wash it properly, rub some salt and turmeric, Roast in open charcoal fire. Keep it for half and hour. slowly take out the flesh add rest of the ingredient with dash of lemon juice and sprinkle coriander leaves.. Serve with rice.

Local Alcohol -Apon(type of herbs found in jungle, mixed with cooked rice and keep it for three days .When get fermented add water keep it for one hour and strain with muslin cloth.

### **Hukan Masor Pitika( Dry Fish Pickle)**

As Mishing people leaves in the river side they used to get lots of fish. They used to dry those under sunlight which is called "Hukan Maas". They used to make powder with the dry small fish add some chopped onion, chopped coriander leaves, local garlic, lemon juice and mustard oil.

The interesting thing is like they used keep the fish powder inside the bamboo sleeves for 15 days to get distant flavor.

### **Mach Pura (Bar-B-Qued Fish)**

Local Ari or Borali fish (Boneless)	500 gm
Bamboo shoots	10gm
Grushed Local Garlic (Talab)	15gm
Ginger grushed	10gm
Lemon juice	10ml
Freshly Crushed local Black pepper	5gm
Mustard Oil	40ml

#### **Method**

Cut in to cubes and marinate with rest of the ingredients. Skew with bamboo stick and split roast with open charcoal fire. Serve with pudina & dhania pat chutney, lemon juice. This is Mishing version of smoked or barbeque.



### **Hukan Masor Lagot Dekhia Haak ( Small dry Fish with Seasonal green)**

Small dry fish	150 gm
Dhekia leaves	2 bunch
Green chili	2 nos
Black pepper	1 pinch
Thekaera water	2 tbs
Mustard oil	2 tbs
Garlic	8 cloves
Salt	to taste

#### **Method :**

Clean and wash the leaves heat the pan or kerahi add oil, garlic add roughly chopped leaves add salt and stirfried the leaves. Add green chilli , garlic and dry fish. Add salt to taste add thekra water (Sour water) ,keep stirring .finish with black pepper powder. serve with rice.





# Meghalaya Food

The main Meghalaya food comprises of rice along with fish or meat preparations. In fact, rice is the staple food of the people of Meghalaya.

To begin with the food of Meghalaya, the food crops of Meghalaya are rice and maize. Many fruits, which form an important part of the food in Meghalaya, are grown there. Among the important fruits grown in Meghalaya are oranges, guava, pineapples, bananas, lemon, etc. The food and fruits grown in Meghalaya largely influence the eating habits of the people of Meghalaya.

In this context, it can be said that the people of Meghalaya have a very liberal food habit. Ranging from rice and maize, food at Meghalaya comprises of millet, tapioca, etc. Besides, the people of Meghalaya rear goats, pig, ducks, fowls and consume their meat. Furthermore, the inhabitants also eat the meat of bison, deer, wild pigs, etc. Fish, crabs, eels, prawns, dry fishes also form a major part of the food in Meghalaya.

Moreover, the people of Meghalaya practice 'jhum' cultivation; and the yields from these jhum fields form an integral item in the food of Meghalaya.

A characteristic habit of the people of Meghalaya is chewing Betel leaf and unripe betel nut. In fact, after eating the main course of food, people in Meghalaya prefer having betel leaf, along with dried tobacco and lime.

In Meghalaya, a special kind of beer is prepared from fermented rice. The rice beer is prepared by fermenting the rice, and then distilling it. The use of rice-beer is most prevalent during the various religious ceremonies.

Thus, it is evident that the Meghalayan food is a typical Meghalaya cuisine with its own innovations and delicacies.



Information provided in this article has been collated from the internet





# FOOD CRAFT









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# The Taste of Arunachal Pradesh

Cuisines of Arunachal Pradesh vary as per the region, as there is a lot of tribal influence in the food of Arunachal Pradesh. Non vegetarian is a preferred choice here and the food is cooked with minimum spices thus making it bland. However, edible herbs are used to make the food tasty. The cuisines are nutritious. Organic vegetables, herbs and fermented bamboo shoots are the integral ingredients of tribal cuisines.

Rice is the staple food of the state and people have it with meat, fish and vegetables. Rice is prepared in different ways. Dung Po and Kholam are the two different processes of cooking rice. Fish is used to make curry, soup or it is consumed in fried form. Pasa is a fish soup prepared from fresh raw fish. Ngatok is an authentic fish curry prepared here.

Apang or rice beer is a popular alcoholic drink in Arunachal Pradesh, which is made from fermented rice or millet. Other than this you may also savour delicious Chinese cuisine as well here that is also very popular in Arunachal Pradesh.

The ethnic cuisine of Arunachal Pradesh with great nutrients value is simple to cook and scrumptious to consume. The incredible feature of tribal gastronomy is that they avoid using any kind of oil or other dry or packed Indian spices. The tribal cuisines are nutritious and healthy as they regularly use herbs with medicinal properties and indigenous fresh spices which are not found in rest of India except in some part of the hilly areas of the North East excluding Assam, Tripura and Sikkim. Maybe because of this reason the tribal's are very cautious of what they eat while coming to the plain areas. Organic vegetables, curative herbs and fermented bamboo shoots with couple of fresh scented leaves are the integral ingredients of tribal food habits.

*Kholam* is also another popular and unique process of cooking rice. In this method a bamboo tube is used instead of metal utensils. The rice is filled with water in a custom made bamboo tube measuring 21/2 feet in height than it is left beside the traditional hearth with enough heat to cook it. Before eating the rice the outer layer of the bamboo tube is delicately incised.

*Wungwut Ngam* (Chicken with rice powder) is a delicious method of preparing chicken with some portion of rice powder. The required amount of rice is fried without any oil till brown and then it is grinded to powder. The rice powder is poured in the half cooked chicken with all the indigenous ingredients than it is left to boil. *Boiler chickens are avoided for any kind of ethnic dishes.*

The most extraordinary tribal cuisine is a soup called *PASA*, it is fish soup prepared from fresh raw fish. The head and tail portion is chopped off. The remaining red meat is minced and a paste is prepared. All the ingredients like garlic, ginger, chilly, makat, pee chim khim, phoi hom (indigenous scented spice leaves) are grinded to make a paste. The paste of the fresh raw fish and spices are mixed and flavored with the juice of ooriam (Khumpatt) leaves which gives tint greenish color to the soup. It is said that during war time, tribal soldiers used to prepare this soup instead of cooking food that would have revealed their hideouts.

*Ngatok* is an ethnic fish curry and the preparing method is incredible. The fish are sliced into small pieces and marinated with the indigenous spices. Thereafter, a medium sized stone is extremely heated than it is kept amidst the marinated fish and wrapped in a particular leaf than it is covered by the charcoal or ashes and left to be cooked.

The simple tribal recipes are endless; the aforementioned are the most common cooking method across the state. But if one desires to taste the various tribal delicacies than one has to travel across the state because every major tribes of the state has many sub-tribes and each sub-tribe has different food habits and lifestyle.



Information provided in this article has been collated from the internet



# The food of MANIPUR

If one needed to explain Manipuri food in one word, it would be healthy. The ingredients of Manipuri cuisines is mainly chilli and pepper thus making it devoid of any other form of masalas, thus rendering food organic and very healthy. They also do not use oil which is indeed a very positive effect on the body.

Manipuri primarily cook vegetables with fish being their complimentary food besides the vegetables. Usage of less oil has been in vogue since the olden times and one visiting the Manipur rural areas are sure to experience this taste of oil-less food.

Ngri is a type of fermented fish which carries a very strong smell and is loved immensely by the locals. This item is used in a lot of dishes prepared here.

The staple food of Manipur consists of rice, a lot of leafy vegetables and fish. They love vegetables so much that one can see vegetables growing in their own houses. The cuisines also tend to be very seasonal since the people here grow the food in their own households itself. The taste of the Manipuri cuisine is very much different from the rest of the Indian mainland cuisines owing to the extravagant use of local herbs and other aromatic spices in its preparation.

## Herbs of Manipur

Herbs and spices form a very important part of Manipuri cuisine. Since they primary have their food boiled, thus it is only these herbs and aroma giving spices that do the wonder of giving the food it required essence. The herbs are grown by the people in their own households. They do believe in growing their own vegetables and herbs and having food from their own garden. Some of the inevitable herbs used in Manipuri cuisines are as follows:

- ❖ Awaa phadigom (Mexican coriander)
- Mayang-ton (Lemon Basil)
- Toning-khok (Chameleon plant)
- Mukthruhi
- Phakpai (Vietnamese coriander)
- Chantruk (Wavy Bittercress)

Khanghuman  
Nungshi hidak (Mint)  
Maroi napaakpi (Hooker chives)  
Maroi naakuppi (Chinese chives)  
Takhel-manao  
Lomakha-mapan  
Leipung-khankha  
Yaipan  
Kang-hu mapaan



## Cuisines of Manipur

The Manipuris make their food mainly steamed and boiled rather than frying it. The Manipuri platter mainly consists of rice, vegetables, salad, a curry of fish and meat. The food definitely is tasty, but the aroma is more than heavenly. The people here are lovers of both vegetarian and non vegetarian dishes.

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**Mentioned below are some of the cuisines made in Manipur:**

### **Chamthong or Kangshoi**

This is a boiled dish prepared with seasonal vegetables cut along with onions, maroi, cloves, ginger, garlic and salt. These vegetables are boiled and then topped with Ngari and served hot. Soupy in nature, this dish is served with rice.

### **Eromba**

Eromba is a very popular dish, not only in Manipur but also in the other nearby states. The dish is prepared by boiling a lot of vegetables along with dried fish. The smell it emits once the dish is ready is terrific. The dish once readied is garnished with coriander leaves and Maroi.

### **Kang-ngou or kaang-hou**

This is however a fried dish which is prepared by using various local herbs and spices.

### **A-nganba**

Another of its traditional boiled dishes, A-nganba is a dish where the used vegetables are bit different from the regular items. The vegetables used here are French beans, pumpkin, carrots, peas, etc amongst others.

### **Morok Metpa**

A very tasty and delicious chutney made with green and dried chillies and then the coarse paste is boiled with Ngari and then mashed with salt.

### **Sana thongba**

A vegetarian dish prepared by the use of paneer in its ethnic Manipuri style.

### **Singju**

Singju is a very delicious type of local salad where there is no vegetable one will not find. It consists of onions, cabbage leaves, ginger, coriander, lotus stems, sinju pan and many other seasonal vegetables which is finely mixed with Ngari.

### **Mangal ooti**

A type of local popular Manipuri dish wherein the main components are yellow peas and ushoi.

### **Paknam**

It is a type of fish cake.

Nga-thongba

Another fish curry prepared with the usage of local herbs and spices.







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