

SINDHI CUISINE: A STUDY OF EVOLUTION AND EATING HABITS

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ABSTRACT

Background: *Cuisine introduces a pleasant, explanatory, and incredible story of the interaction among history, culture and food. It includes all the elements of time: past, present, and future. Throughout history, food has played a critical and defining part in individual's culture and overall development of diaspora. Objective:* *To study common Sindhi food items consumed and to identify the food habits of Sindhi's. Methodology:* *The data was collected from 100 Sindhi's from Bhopal city. Results:* *Various Sindhi Cuisine items were identified during the study which gave a new insight of common food items. Food habits of Sindhi community was also found to be very well distributed throughout the day covering all food groups. Conclusion:* *Sindhi's has a unique culture and food habits, the use of ingredients and cooking style adopted from their Pakistani culture which still prevails due to the cultural values. There is also other culture influence on their food. There is a need to preserve their authentic recipes and a has a big scope for study.*

Key Words: *Cuisine, Diaspora, Eating habits, Evolution, Culture*

INTRODUCTION

Sindhi food refers to the food of Sindhi diaspora they belong to Sindh, Pakistan. After partition they moved to different countries of the world including India and spread their taste across. In India, they settled in each corner of the country. They have a different language and culture. The Sindhi diaspora includes both vegetarian and non-vegetarians. Food has always been an important part of their daily rites and rituals. Sindhis (culture, food, Language) has suffered from foreign take-over for long time. The outsiders during their rule tried to impose their language, culture, religious beliefs and politics in Sindh (Khemani, 2009).

The Sindhi Hindus who came to India after partition still carries the same recipe. They have their particular diet habits the routine meals includes wheat based flat breads, rice with gravy and a dry dish. They pay responsiveness to retained basic flavours. They are fond of both, eating and cooking hence keep on experimenting new dishes at home's kitchen. Many of them are doing business of homemade papads, pickles, & wadis as they have mastered the techniques from their ancestors. In the present scenario Bhopal and Gujrat has many such shops where you can easily find these homemade delicacies. Like others; food is an inseparable part of their celebrations, weddings and festivals. Ukhareemooree jo saath, is performed by breaking pieces of turmeric into a wooden pot and Dukhi jo saath, is another ritual where both bride and groom grind the wheat grains by putting it into a stone grinder, the purpose is to demonstrate and pledge, that the couple will stay united through the years. They are mainly business community who indulges in utensils and garments selling.

But despite this long domination Sindhis have retained their language, culture, simplicity and tried to regain their freedom again. Sindhi language has continued to remain pure and alive. Sindhi scholars, writers, poets, students and other have geared up all their energies together for prosperity of their language. Overall, Sindhi cuisine is influenced by Indian and Arab food that is why you'll find a lot of similarities especially in the cooking methods, spices and aromatic features resembles a lot.

The evolution of Sindhi food mainly depends upon the factors like:

Surroundings and climate (before partition): Like most of regions, history of Sindhi cuisine is closely related with geographical location of Sindh. Traditionally which were located near river Indus the place had lush green farms and a lot of seafood. Because of the proximity to the river these food items were naturally available. Lotus found in abundance around the river so they started using its stems as a source of food, nowadays they use it in many vegetables and snacks etc. Turnip was another ingredient which is mainly eaten by Sindhi Muslims community, Sindhi Hindu's were sharing the common geographical area with them therefore included turnip in their cuisine and started eating it as a vegetable dish (Makhijani,2017).

Foreign /Regional Influences (before partition): Due to various invasions, foreign traders and settlers over the years since independence had given rise to new cooking styles and ingredients. They brought their favourite dishes and cooking style to India during their era, like Mughals included meat into biryani and kormas at that time which is also an important part of Sindhi cuisine now. They cook mutton and other non-vegetarian dishes very frequently in their kitchens. Other than these foreigners Gujrati, Kutchi, Punjabi flavours are also seeped into unique Sindhi cuisine as Sindhi Diaspora is located all around the country today (Bhatia, 2018).

Geographical mapping (India): India is bestowed with freshly natural resources in abundance. Food grains, vegetables, fruits, Spices, dairy products and pulses, all are available in India that too of premium quality. This has inspired Sindhi diaspora, to experiment and include new spices or replacing one ingredient with another.

The significance of the study is to find out the common dishes consumed and their eating habits. The Sindhi diaspora of Bhopal has been considered to achieve these objectives.

"The essential Sindhi cookbook" by Rajsinghani, A. - The Sindhi community traces its roots to the Harappan civilization and claims a continuity of tradition and lifestyle that is unique in the Indian subcontinent. Sindhi food has absorbed elements from various other cuisines, especially Mughlai and Punjabi, it has always retained its own special blend of flavours and fragrances.

While reading different articles and books on Sindhi culture and food, the author found many famous recipes which are originally from Sindhi families of that time (before partition) but today, these dishes are the inseparable part of their cooking and eating habits (in India). The motive behind this study is to share their food habits, foreign food influences with others. There are many dishes which are not yet included in secondary data source, keeping in view this scope the author wants to contribute some new recipes which he had collected during his research through interviewing and visiting Sindhi families and markets in Bhopal.

Objectives:

- To study common Sindhi food items consumed.
- To identify the food habits of Sindhi's.

METHODOLOGY

Both the primary and secondary methods of data collection were used to achieve the objectives of the study; primary data was collected by visiting and interacting personally with 100 Sindhi's from IHM Bhopal students, fortune signature residential society and Bairagarh, Bhopal. A convenience sampling was done to collect data where 67 male and 33 female of different age group participated.

Questionnaire method was used to collect the sample. A structured questionnaire was formed and distributed amongst the people under different age groups. The questions were formed by taking into consideration different demographics like males, females, youngsters, adults, vegetarians & non-vegetarians (samples) etc. Secondary data was collected from various sources already available with print media and electronic media and the information so collected was taken into account for the study. Various food blogs and e-magazines were used to study the culture and food of Sindhi's.

Table 1: List of common dishes consumed

SNACKS	BREADS	RICE	VEGETABLES	NON-VEG	SWEETS	DALS
Patata jo pakoro	Dhodamakka	Bhath	Seyal bhaji	Sindhi biriyani	Atte jaladoo	Tiddali Dal
Saana pakoro	Dal paratha	Sai dal jo khichdi	Satabhaajyun	Methivarimachi	Kanav prasad	Sai Dal
Bread pakora	Bhusdi	Saag/Sareh chawal	Bheepatata	Seyalanda	Sata	
Keema tikki	Lolo	Juar jo bhath	Dhass karela	Thoomvarimachi	Mohanthal	Khadaoordhki dal
Koki papad	Atte jo chillo	Tairi	Vangipatata	Seyalmurgh	karachi halwa	Maakhni Dal
Beehtikki	Moong dal ka paratha	Varun waarachaanwaran	Khumbuyndaagmein	kaleji	Tosho	Dal Basar
Mirchipakoro	Poha (bread)	Bhuga chawal	Masalewarakathal	Machibasarlaag me	Chohey	Chane ki dal
Chole samosa	Meethi Bread	Mirani khichdi	Phoolpatasha	Aani ji bhaaji	Satpuda	
Keema masala	Guar Paratha	Tayari vegan patata	Kunehjabeeh	Seyalghosh	Lai	
Dal jo chillo	Stuffed paratha	Piley chawal	Vaishnu bhaji	Keema	Son halwa	
Kathalpakoro	Besani	Patri khichdi	Seyalbheepatata	Pallamachi	Baat Jo Seero	
Beeh kabab	Bhori		Sindhi kadi	Thummacchi	Kheerni	
Andeykitikki	Ghyarsi dodo bhaji		Matki	Bhuna ghosh	Sayun	
Batanpapdi	Chawal jo dodo		Guaarpatata	Magaj	Praghree	
Seyalmani	Koki		Seyalkathal	Seyalmacchi	Kanao	
Arbi jo chaap			Taryalarbi		Singar Ji mithai	

SNACKS	BREADS	RICE	VEGETABLES	NON-VEG	SWEETS	DALS
Kathal kabab			Bheepalak		Gheeyar	
Aloo chaap			Swanjhra curry		Faluda	
Arbichaat			Gobhichanadal		Kuti	
			Sai bhaji			
			Petho			
			Varyunpatata			
			Seyalpatata			
			Ghogru ji bhajhi			
			Vangipatata			
			Masalewarabhee			
			Palli			
			Degbhat			
			Ubhaaryalphota			
			Singhyizpatata			

To achieve the second objective a questionnaire was made to identify frequently cooked dishes and their preferred dishes from the above list (Table 1) of collected dishes. Sindhi's are vegetarians and non-vegetarians both, they include variety of vegetables, dals, fish and mutton in their food platter. Papads and pickles are also inseparable part of their platter. Sindhi's have a huge number of dishes as their breakfast, on an average they have breakfast of Lolis, Kokis, Seyalmani, bread Cholle, dal pakwan. Dal pakwan is a hot selling dish in Sindhi dominated areas in Bhopal. It is made up of crispy flat bread with a spread dal over it. Most of the sindhis have heavy lunch and heavy dinner. Their main-course dishes include, variety of vegetables & non-veg like, sai bhaji, tidali dal, sai dal, behpatata, khumbyou, sindhi biryani, sindhikadhi, seyalmurgh, aani ji bhaji etc. Apart from these meals they take evening snacks too, which is full of calories like: Sanaa pakora, BheeTikki, Andekitikki, Keema tikki etc. It was also observed that they have some specific sweet dishes associated with traditions and festivals. On Holi they make Geeyar just like jalebi, Diwali they make tahiri and Lai. Apart from these, other dishes are included in charts and table.

The below results were obtained from questionnaire asked from 100 people

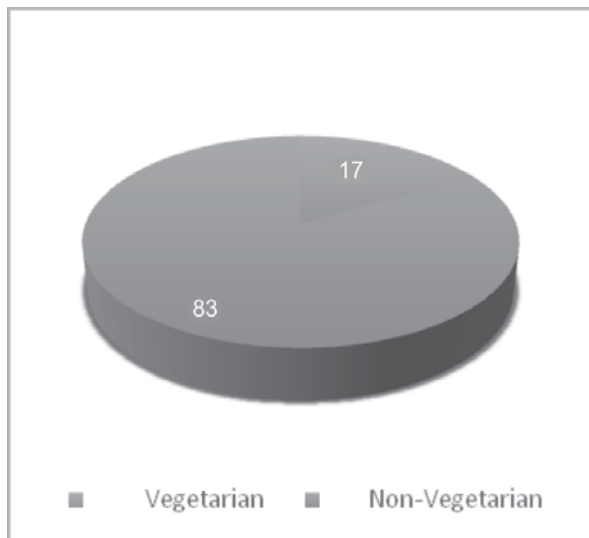


Figure 1: Favourite food

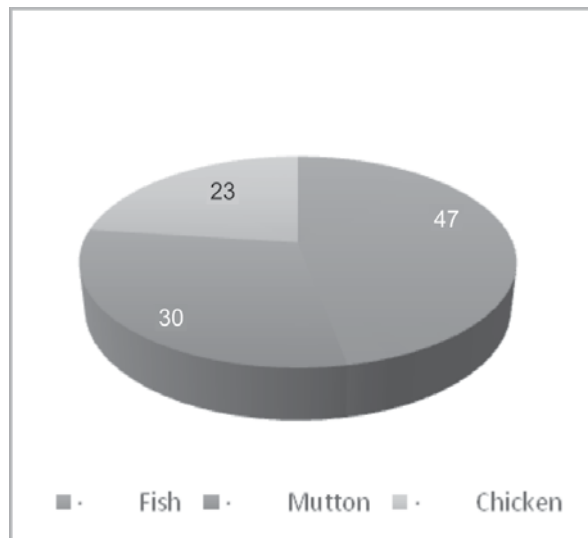


Figure 2: Favourite non- veg food

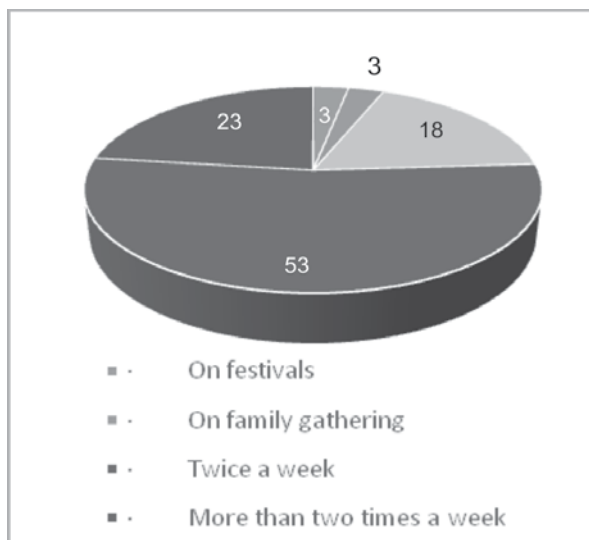


Figure 3: Frequency to eat non-veg dishes

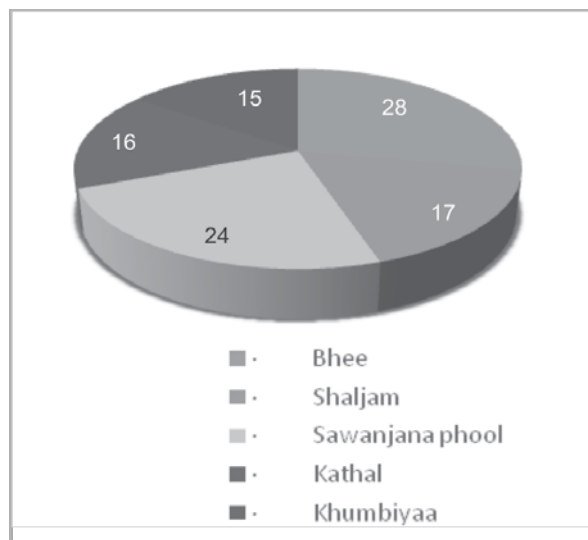


Figure 4: Preferable seasonal vegetable

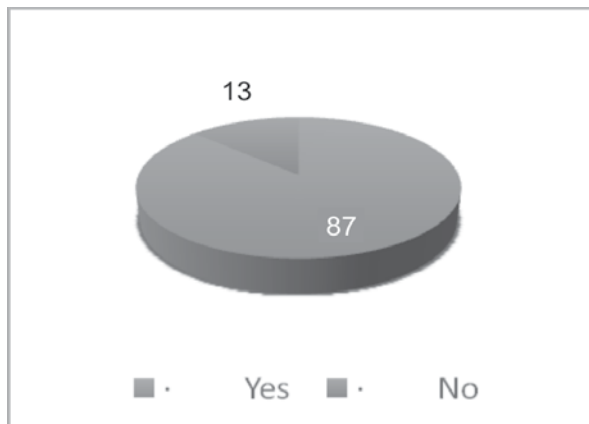


Figure 5: Eat papad with meal

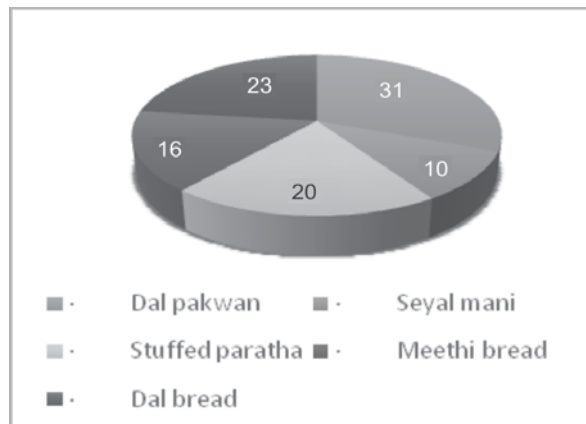


Figure 6: Favourite breakfast dishes at home

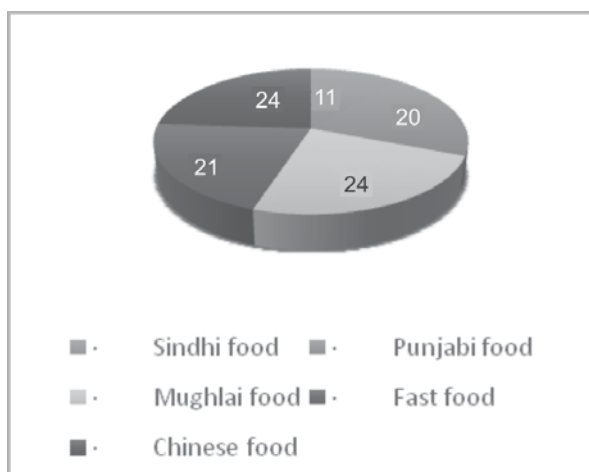


Figure 7: Preferable food at a restaurant

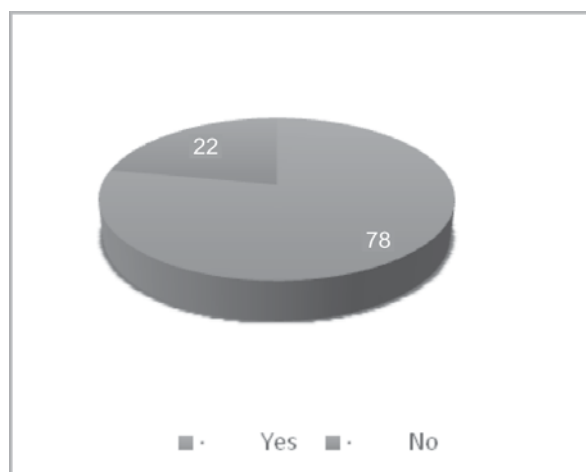


Figure 8: Cook Non-Sindhi food frequently at home

83 % Sindhis prefer to eat non veg dishes (Figure 1) fish is the favorite non veg meal for 47 % sindhis(Figure 2). 53% of the sindhis prefer to eat non veg dishes twice a week (Figure 3). It is inferred from the data collected that they prefer to eat vegetables like Bhee,Saljam,swajan phool, kathal(Figure 4) and 87% of them like to eat papad dailywhich they make at home (Figure 5) presented top five breakfast dishes,from which it is concluded that 20 % sindhis eat Dal pakwan in their breakfast (Figure 6). When having food in the restaurent sindhis like to eat punjabi, mughlai, fast food, chinese food (Figure 7) where mughlai non veg is their favorite. And 78% of sindhis at home also cook other regional food very frequently (Figure 8).

This research was done to make people aware about sindhi food history, their evolution, eating habits as sindhi is a scattered community.Very less people are aware about their food and cultural heritage. Wheras other mentioned objectives were achieved by the help of questionnaire. The author segreated the food into different categories: Breakfast, Maincourse,Sweet dishes. Which is

represented in tabular form in paper (Table1).The questionnaire's outcome is presented in the form of pie chart.

CONCLUSION

The author through this study wants to make people aware about Sindhi's, their culture, food evolution, the eating and cooking pattern etc. Sindhi food in India is a blend of many other Indian communities and foreign communities. This was revealed in this study.

Sindhi's have a deep culture and heritage which they are preserving and flourishing since long time, from partition to their rehabilitation in India, they always have a fear of losing their food and language because of many invasions. It is also known from the study that they include a lot of seasonal vegetable in their meal because of their nutritional value. Making people aware with their dishes will help in spreading their food and make people to explore different tastes. The increasing foreign fast food culture has a strong influence on the young generation. They like to eat pizza, burger or some other cuisine, that has demand is not only for restaurant food but at home also. The author also found the fusion of another regional food.

The government should establish Sindhi food points where more people can know about Sindhi food and culture. Government should also come forward to organise Sindhi's fair and food workshops because they have a much to share about their food and culture. There is a need to preserve these recipes. There is a lot more to know and share about the Sindhi food and culture. This paper was just a step towards exploring Sindhi food and culture in Bhopal.

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