THE EXPLORATION OF THE DIVERSITY AND ETHNIC CONNOTATIONS OF THE TRADITIONAL BREAD AND BAKERY OF KASHMIR PROVINCE, JAMMU & KASHMIR (INDIA)

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Abstract

Kashmir is famed for its exquisiteness, magnificence and natural panorama all through the globe and portrays anthropological, topographical, civilizing and ecological miscellany. This paper enumerates on the indigenous knowledge on the bread and bakery of Jhelum valley, which are used by its Hindu inhabitants, commonly known as Pandits. The ingredients and mode of preparation of various home-grown breads like Tomlae Choet, Chhira Choet, Garie Choet, Makai Choet, Vushki Choet and other bakery like Tailvaro, Katlam, Kulche, Khatai, Lavas, Ghave Choet, Girda is given, which are unknown to the scientific community. Moreover, the preparation of cereal and legume based delicacies with ethnic and religious connotation like Yaij, Roth, Garie Pur, Shakkar Para, Moonghe Vaer, Laed is also documented. All these victuals are portrayed as regards to the nature of the item for consumption, method of preparation, requisite ingredients and ethnic value. This practice is customary amongst local people and unfamiliar to the scientific society, hence official recognition of their traditional facts is mandatory.

Keywords: Kashmir, traditional bakery, home-grown breads, ethnic implications