



QUANTITY FOOD
PRODUCTION
OPERATIONS

PUNJABI

PUNJAB History



PUNJAB GETS ITS NAME FROM THE FIVE RIVERS ASSOCIATED WITH IT



THE NAME APPEARS IN THE GREAT HINDU EPIC. MAHABHARTA , WHERE IT IS REFERRED TO AS A PAANCHNADA MEANING THE LAND OF FIVE RIVER.



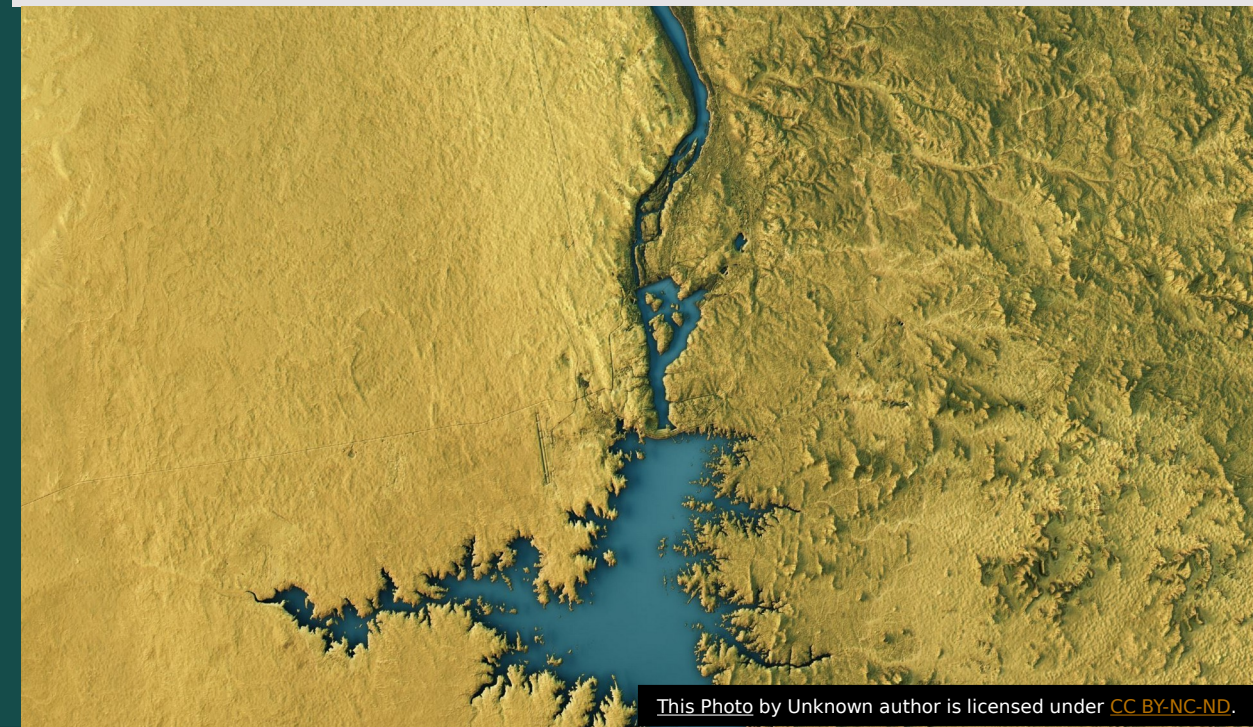
PUNJAB WAS DIVIDED INTO TWO PROVINCES NAMELY LOHRE AND MULTAN BECAUSE OF THE FERTILE LAND

GEOGRAPHY

- Located in the satlej river basin on the northern plains of india
- The fertile land here is watered by the rivers
- Eventually flow into pakistan and then the ariban sea
- The capital of punjab Chandigarh, which also the capital of haryana
- Famous for sports , textiles cloth



Sutlej River



Special ingredients used in Punjab

- Mustared leaves
- Cumin
- Coriender
- Turmeric
- Garam Masala
- Wheat
- **Singhara [fish]**





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Special food of Punjab

**Butter
Chicken**

**Chole
Bhature**

Paratha

**Dal
Makhani**

**Amritsar
i Fish**

**Sarson
da
Saag.**

**Makke
di Roti**



Factor Affecting Eating Habits

- ❑ Much like the rich and vibrant culture of Punjab, the food too is a brilliant amalgamation of rustic style of Tandoor cooking paired with delicacies made with fresh produce like saags, meat curries, creamy dals and tandoori meat recipes and breads
- ❑ Interestingly, this cuisine uses a lot of white butter, ghee and butter to make the dishes delicious. No wonder, Punjabis love dairy products and this can be seen in the eating habits where parathas are paired with curd or lassi or even thalis are served with heaps of raita or buttermilk



Staple food of PUNJAB

- The indigenous Punjab Basmati rice has been the pride of the region being grown since time immemorial
- The practice of multi-cropping is quite common in Punjab which also grows sugarcane, bajra (pearl millet), jowar (great millet), barley, potatoes, vegetables and fruits among others. Cattle primarily used for agriculture and dairy farming in the region form the major source of dairy products starting from ghee, butter, clarified butter, curd, paneer (cottage cheese) to a wide variety of sweet dishes. Thus the staple foods grown locally including the dairy products form an integral part of the local diet



Staple food of PUNJAB

- Traditionally, ghee, butter, clarified butter, paneer and sunflower oil are used to cook various Punjabi dishes. However, nowadays ghee, cream and butter are liberally used in restaurants to prepare Punjabi dishes while the more health-conscious households have mostly switched to sunflower oil or other refined oils.
- Fermented foods like pickles are also used to prepare many Punjabi cuisines. One of the famous ones is Acha Gosht made of chicken and pickles. Again pickles, particularly the ones made of mango, are popularly complemented in many Punjabi dishes like the stuffed parathas, especially in the rural areas of the Punjab region.





Festivals

- **Lohri - Winter Harvest Festival**
- **Baisakhi - Harvest Festival Of Punjab**
- **Hola Mohalla - Soak In Spiritual Vibes**
- **Karwa Chauth - Celebrate The Marital Bond**
- **Basant Panchmi - Marks The Onset Of Spring**
- **Teeyan - Marks The Arrival Of Monsoon**
- **Tikka - Celebrating Sibling-hood**



Punjabi menu

- HARA BHARA KEBABE
- MUTAR PULAV
- ACHARI MURGH
- MALAI KOFTA CURRY
- PHIRNI



