

EMBASSY OF INDIA
KINSHASA

A Write-up on Indian Cuisine

Indian cuisine encompasses a wide variety of regional and traditional cuisines native to India. Given the range of diversity in soil type, climate, culture, ethnic group and occupations, these cuisines vary significantly from each other and use locally available spices, herbs, vegetables and fruits. Indian food is also heavily influenced by religious and cultural choices and traditions. There has also been Middle Eastern and Central Asian influence on North Indian cuisine from the years of Mughal rule. Indian cuisine has been and is still evolving, as a result of the nation's cultural interactions with other societies

Indian cuisine reflects a 8,000-year history of various groups and cultures interacting with the subcontinent, leading to diversity of flavours and regional cuisines found in modern-day India. Later, trade with British and Portuguese influence added to the already diverse Indian cuisine.

Staple foods of Indian cuisine include pearl millet (*bājra*), rice, whole-wheat flour (*aṭṭa*), and a variety of lentils, such as *masoor* (most often red lentils), *toor* (pigeon peas), *urad* (black gram), and *mong* (mung beans). Lentils may be used whole, dehusked—for example, *dhuli moong* or *dhuli urad*—or split. Split lentils, or *dal*, are used extensively. Some pulses, such as *channa* or *cholae* (chickpeas), *rajma* (kidney beans), and *lobiya* (black-eyed peas) are very common, especially in the northern regions. *Channa* and *moong* are also processed into flour (*besan*).

The most important and frequently used spices and flavourings in Indian cuisine are whole or powdered chilli pepper (*mirch*, introduced by the Portuguese from Mexico in the 16th century), blackmustard seed (*sarso*), cardamom (*elaichi*), cumin (*jeera*), turmeric (*haldi*), asafoetida (*hing*), ginger (*adrak*), coriander (*dhania*), and garlic (*lasoon*). One popular spice mix is *garam masala*, a powder that typically includes five or more dried spices, especially cardamom, cinnamon (*dalchini*), and clove. Each culinary region has a distinctive *garam masala* blend

Kerala

A full-course Sadya is the ceremonial meal of Kerala eaten usually on celebrations (like Onam, Vishu etc.) and is served on a plantain leaf. Traditional Kerala food is vegetarian, with regional exceptions such as the food of the Malabar area. It includes Kerala Sadhya, which is an elaborate banquet prepared for festivals and ceremonies. Contemporary Kerala food also includes Non-vegetarian dishes. A full-course Sadya, which consists of rice with about twenty different accompaniments and desserts is the ceremonial meal of Kerala.

To give taste of Indian food, specifically to Congolese brothers and sisters, Embassy of India, Kinshasa, is celebrating Indian Food Festival in Kinshasa from **25 to 29 January, 2017**. A team of Indian Chefs from India is travelling to Kinshasa for the event. You can enjoy Indian Buffet at the following Indian Restaurants :

- i) **Restaurant L'Olive Verte** situated at 40, Blvd du 30 Juin, Ex Fleur du sel, C/Gombe
 - On 25 January 2017 – **Invitation by card only.**

- ii) **Spice Restaurant** situated at 436, Croissement des Avenues, hut-Congo et Travailleur, Kinshasa/Gombe.
 - On 27 January 2017 – Indian Buffet (from 1200 hrs to 1500 hrs **and** 1900 hrs to 2200 hrs) @ USD 15/- per person (**open for all**) (Include Indian Food (+) one soft drink)

- iii) **Fusion Restaurant** situated at Avenue Colonel Ebeya 34, Gombe, Kinshasa
 - On 29 January 2017 – Indian Buffet (from 1200 hrs to 1500 hrs **and** 1900 to 2200 hrs.) @ USD 15/- per person(**open for all**) (include Indian Food (+) one soft drink)
