

SOCIAL CONNECT AND RESPONSIBILITY

BSCK307

MODULE 5

FOOD WALK

BHOOMIKA CM

3rd Semester

ISE

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Food Walk

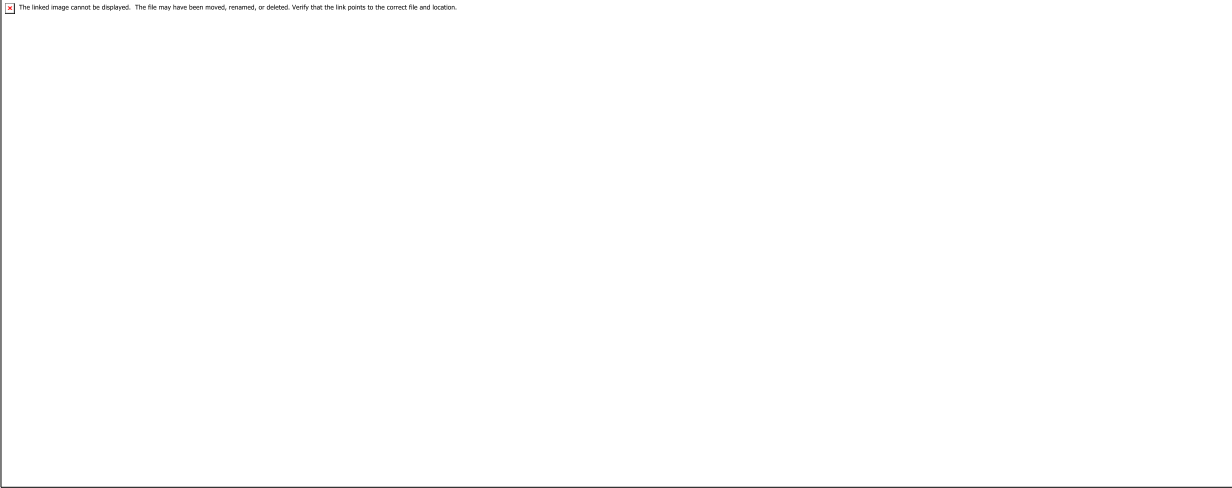
Introduction

No-fire cooking, a delightful culinary journey, offers a plethora of benefits that not only tantalize our taste buds but also contribute significantly to our environment and overall well-being. From promoting sustainability by reducing energy consumption and emissions to preserving the essential nutrients in our meals, this flameless approach revolutionizes the way we approach food. No -fire cooking, also known as flameless cooking is a method of preparing food without using any heat source. This can be done using a variety of techniques, such as marinating, curing, pickling, and fermenting.

There are many benefits to cooking without fire. First, it is more sustainable. Flameless cooking methods consume less energy and produce fewer emissions, which is beneficial for the environment. Second, no-fire cooking can help preserve the nutrients in food. When food is cooked at high temperatures, some of its nutrients can be destroyed. However, flameless cooking methods typically use lower which helps preserve the nutritional value of the food. Third, no-fire cooking can be a more convenient and fun way to prepare food. Many no-fire dishes can be made in advance and stored, saving time in the kitchen. Additionally, no-fire cooking can be a great way to experiment with new .



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Objectives

Exploring the topic of "without fire" can encompass various objectives depending on the context. Here are some ideas:

- 1. Understanding Alternative Cooking Methods** : Investigate techniques like steaming, sous-vide, or solar cooking that don't require traditional fire-based cooking.
- 2. Studying Survival Skills** : Examine survival techniques that do not rely on fire for warmth, cooking, or signalling such as using thermal insulation or finding edible plants.
- 3. Exploring Historical Contexts** : how ancient cultures thrived without fire for certain periods or in specific environments, and the innovations they developed.
- 4. Investigating Energy Sources** : Explore alternative energy sources for heating and cooking, such as electricity, solar power, or chemical reactions.
- 5. Environmental Impact** : Study the ecological implications of reducing or eliminating fire use in certain areas, including effects on air quality and wildlife.

6. Cultural Practices : Research cultural practices and rituals that traditionally do not involve fire, highlighting their significance and meaning.

7. Innovative Materials : Explore advancements in materials science that provide alternatives to fire for various applications, such as heating and lighting.

8. Psychological and Social Aspects : Examine the social dynamics and psychological impacts of gathering around fire versus alternative settings without fire.

These objectives can lead to a rich exploration of the topic across multiple disciplines, from anthropology to environmental science.

Ingredients

1. **Grated coconut** - 1 cup (fresh or desiccated)
2. **grated** - 3/4 cup (or to taste)
3. **Chopped nuts** (like almonds, cashews, or pistachios) - 1/4 cup
4. **Cardamom powder** - 1/2 teaspoon
5. **Milk powder** - 1 cup (optional, for richness)
6. **Ghee** - 1 tablespoon (for greasing)

Instructions

1. **Mix Ingredients:** In a large bowl, combine grated coconut and cardamom powder. If using, add milk powder for extra richness.
2. **Knead:** Mix everything well until the jiggery melts slightly from the moisture in the coconut, making it easier to form.
3. **Shape:** Grease your hands with ghee and take small portions of the mixture. Shape them into small balls or patties.

4. **Set:** Place the shaped sweets on a plate and let them sit for a while to.



Description

1. Origin: A popular street food from the Indian subcontinent, particularly in India and Pakistan

2. Components:

puti Crisp, hollow, and fried dough balls made from semolina or wheat flour

Pani: Spicy and tangy water, typically flavoured with tamarind, mint, coriander, and various spices.

Filling Often includes a mixture of mashed potatoes, chickpeas or lentils, seasoned with spices

3. Serving Style

Served in small portions, usually 6-8 puris per serving

The puris are filled with the spicy pani just before eating to maintain their crispness

4. Taste:

A delightful combination of them-a-spicy tangy and slightly soveel with a crunchy nocturn from the puri

5. Variations:

Can include different fillings like sprouted beans or dahi (yogurt) for a richer taste.

6. Popularity: Commonly enjoyed at roadside stalls, at parties, and during festivals.

7. Cultural Significance: Often considered a fun and social food, enjoyed by people of all ages

8. Preparation: The preparation involves making the puris, creating the pani, and preparing the filling, making it a labor of love for street venders and home cooks alike.



Conclusion :



Pani Puri, a beloved Indian street food, offers a burst of flavors and textures without requiring fire. This refreshing snack has become an integral part of Indian cuisine.

The key benefits of Pani Puri include its refreshing and hydrating qualities, customizable fillings and flavors, affordability, nutritious ingredients, and emotional connection and nostalgia. Interestingly, Pani Puri boasts impressive statistics: over 100 million servings daily in India, 50+ regional variations across India, and 70% of Indians enjoying it at least once a week. Some fun facts about Pani Puri include its 19th-century origin, the meaning of 'Pani' (water) and 'Puri' (bread), and unique fillings like fruits and chocolate. Beyond its individual appeal, Pani Puri fosters social bonding, supports local vendors and street food culture, and represents Indian street food iconically. Environmentally, Pani Puri benefits from requiring no cooking, generating minimal waste, and promoting sustainable food practices. Innovative variations include vegan and gluten-free options, fusion flavors, and modern twists. In conclusion, Pani Puri's simplicity, taste, and cultural significance make it a timeless favorite.

