

Tribal Culture Influence on Telangana Cuisine

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Abstract:- As a telangana is a newly formed state (2 July 2014) earlier it is under the state of the Andhra Pradesh. Telangana and Andhra Pradesh has many things common when compared with Andhra and telangana cuisine this cuisine is more on mellower side or we can say that telangana peoples will not use the spicy of the red Guntur chilly. in India many foods came from tribal communities which are famous with their cooking methods and flavors. Telangana state is mixed with different tribal community propels like banjara, koya, yerukala, pradhan gond.

Telangana cuisine is famous for their roti which is made from spicy and tangy curries which came from the banjara community. Tribal community plays a main role in the telangana food consumption. Preserved food and pickles are contribute by koya tribal, Fried delicacies by banjara, More rice consumption is by yerukala as a part of meal and this habit is came from this community. This paper focus on the tribal culture influence on the telangana cuisine

Key Words:- Telangana Cuisine, Tribal Communities, Food Habits of Different Tribal Community.

I. INTRODUCTION

As we know that Telangana is a newly formed state in 2014 June 2 whereas before 2014 it is known as Andhrapradesh. This Andhrapradesh cuisine has following different cuisine telangana cuisine, Costa Andhra, rayalaseema and Hyderabad cuisine. There are many tribal communities who follow this cuisine. Some of the communities are as follows Banjara, Koya, Yerukula, Gond and Pradhan. All this community peoples have great influence on their own cuisine. each tribal community has special and famous method of cooking which new technology can't be replace this method of cooking.

II. OBJECTIVE

This research gives the idea about tribal community cuisines. This research also states that how the tribal cultures has influence on telanganacuisine.

III. LITERATURE REVIEW

Telangana region people are simple eaters. They eat more food which contains of millets and cereals as they grow this crop more and rich food. The food of this region are dry and spicy as they believe that to keep their body cool this

spicy food compliments the hot weather conditions. Before the states reconstitution Maharashtra and Karnataka where the parts of this region and the influence of this states still can be seen some parts of the telangana. Muslims has ruled this region from long time. Other than the area of the Hyderabad other areas are dry and has the high temperature of 45degrees C in summer. Due to this there is no much cultivation and drought conditions are commonly seen.

IV. TRIBAL CULTURE IN AND AROUND TELANGANA

As I mentioned before that telangana is a mixed of different tribal culture. This tribal has settled in the telangana from centuries ago. They all have the different life style. Their standard of living might have changed but their culture and food habits are not changed. this tribal propels follows bread as their diet and lots of chilly because it is difficult to grow vegetables and other crops in this dry region. Those Indian breads which is followed as diets are made of jowar, Bajra these are easily available materials. this breads are prepared in their own vessels which are made by clay or mud.

V. TRIBAL COMMUNITY FOOD HABITS:

➤ *Banjara tribal:*

This banjara tribal are also known as the lambda. this tribe has spread all over the India. Basically this tribe has came from the Rajasthan. As per the telangana record this banjata tribe has the population of 20,46,117 in 2011. this banjara tribe has the great posses of skills in dance forms ,arts, rangoli and tattoo. the women of this tribe has great skills of embroidery which involves stiching of mirrors.

➤ *Geographical location:*

Basically they came from Rajasthan and settled in the mid of andhrapradesh and telangana.

➤ *Historical background:*

Lambadi [or] Guar bhai are also called as Banjara. Banjari is language spoken by this tribe and it belongs to indo-Aryan group of language. this language does not have any native script. This language also has various names like Lambadi, banjara, banjari etc.

➤ *Staple Diet:*

Bakra boti, mamsom solai, jowar roti and other roties prepared from various spices in unique vessels which is made by mud.

➤ **Festivals:**

One of the most important festival for the banjara tribe is teej. This festival is celebrated by the unmarried girls pray for their good groom. This festival comes in the month of August. They soak seeds in the bamboo bowls and watered them 3 times in a day for 9 days which says thick growth of sprouts is said to be good omen.

➤ **Commonly used ingredients:**

As Telangana is a dry land it is difficult to grow vegetables and rice in most of the regions. So the Banjara tribe people use the spices which are available in abundance and close to them namely cinnamon, cloves, pepper, etc.

VI. CONCLUSION

The Telangana cuisine is very unique as the cooking method used by the tribal where simple and can be replicated in the modern world. The ingredients used by the tribal are available in the large quantity because of which we are able to prepare the dishes.

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