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# Documentation of the traditional foods in Kurnool district of Andhra Pradesh

**Prashant, Sangeetha V and Chaithra NR**

**Abstract**
Traditional foods are those that have been prepared from locally available components and are transferred from generation to generation. Traditional knowledge has been created in India over many generations. Recently they have lost their significance despite being healthy and having better self-life. Looking at the importance of the above-mentioned issues, the study was conducted in the Kurnool district of Andhra Pradesh to document the traditional foods. Exploratory research study was adopted for the documentation and descriptive research for the validation of traditional foods. Two different talukas consisting of 90 respondents constituted the sample size. Documentation of traditional foods consumed by the respondents in the study area was done through in-depth discussion with respondents. Documentation includes the information on name of the tradition food, ingredients required to prepare it, procedure for preparation as well as their nutritive value. Results revealed that infants were given the nutri rich easily palatable foods which included sangati (ragi and rice malt), pulagam (foxtail millet rice), mutagi (jowar) and jowar drink. For pregnant women, foods rich 66 in energy and in improving immunity were given. Some of traditional foods were prepared specifically on the occasions of festivals, these included ugadi pachidi, athirasam and bobbitlu, and these are the nutri dense foods as they are prepared from the cereals and pulses, which are rich source of calories and protiens.

**Keywords:** Traditional foods, Sangati

## Introduction
Traditional foods are those that have been prepared from locally available components and are transferred from generation to generation. Traditional knowledge has been created in India over many generations about food processing, its conservation methods, and its therapeutic impacts. Food systems have many biological functions in the human body through nutritional elements. Traditional Indian foods are known as "functional foods" because they have functional elements such as antioxidants (spices, fruits and vegetables), body-healing chemicals, dietary fibers (whole grains and vegetables), essential vitamins and nutrients. The presence of functional components leads to enhanced immunity, reduced non-communicable diseases, better skeletal health and maintenance of other physiological processes. The value of traditional foods is further improved by sprouting, malting, and fermenting.

Traditional foods and their importance are mentioned in the Indian literature namely Ramayana, Bhagavad-Gita, and Manusmriti, it also mentions that every culture has a unique food belief system. In India, Traditional foods are components of one's culture and are a mirror of cultural diversity. Traditional foods are healthy and nutritionally dense.

Research and documentation of traditional foods are imperative as they are the intangible cultural heritage of the society. They depict the evolution of society, by studying them one can unveil the old agricultural practices, rituals, and festivals. Studies help us to understand their nutritive value and vibrancy in their taste and flavor.

Fast and junk foods have become part and partial of the metropolitan diet system which satisfies the immediate appetite but poses a threat to health in the long run leading to many lifestyle diseases. Alarming dietary changes from traditional foods and healthy diets towards increased intake of processed foods and diets have taken place, manifesting in the dramatic emergence of obesity, and associated non-communicable diseases (NCD). Traditional foods are the best solution for these emerging lifestyle diseases and act as pathways to healthy and sustainable lifestyles. Until very recently, studies were confined to family kitchens, but now all the efforts are made to use these traditional foods from an entrepreneurial purview.

Looking at the importance of the above-mentioned issues, this topic was selected to study the dietary behavior and prevalence of health and nutritional problems among rural farm women and how it affects their health and nutritional security.

## Methodology

Traditional foods are operationalized as foods and dishes that are prepared by using locally available ingredients and are passed through generations or which have been consumed by many generations in the locality. Documentation was done through collecting primary data and in-depth interviews using open-ended questions and focus group discussions of respondents. The documented traditional foods are classified into various food groups such as cereals-based, pulses-based, fruits and vegetables based traditional foods. The nutritional evaluation of these food items was done from the available literature and Indian food composition tables by Longvah, (2017) [9] and the dietetics book.

## Results

**Table 1.0:** Documentation of traditional foods

| Name of the Food | Ingredients | Method of preparation | Nutrient value and other descriptions |
|---|---|---|---|
| *Pakam pappu* (Groundnut laddu) | Ground nuts, Jaggery, Ghee, cardamom powder | Groundnut seeds are roasted till they become crunchy and light, proportionate amount of the jaggery syrup is prepared and cardamom powder is added to it. By using jaggery as binding agent laddu or chikki is prepared | 1 serving gives 658calories energy, 24g carbohydrates, 52g fat, and 16g protein. It is easy to prepare and has better keeping quality. |
| *Ragi sangati* finger millet and rice | Ragi, rice, and salt | Sangati is prepared by using ragi and rice. Initially rice is cooked until 80 percent of cooking is done, later ragi flour and salt are added and cooked for 5 minutes more.it is usually served with *kodi pulusu* (mutton curry) | 1 serving contains Carbohydrates 44g, Dietary Fibre 8g, Fat 2g, it is rich source of Iron but it is protein deficit. It is used as an infant food as it is easily digestible |
| *Jonna roti, sajja roti* (*jowar or bajra rotis*) | Sorghum or bajra flour, sesame seeds, salt and water | Sorghum or pearl millet flour is mixed with water and pinch of salt is added to it. Then the dough is kneaded until required texture is obtained. Small balls are prepared by using the dough, these balls are pressed to make rotis which are cooked on the tava. Rotis are consumed fresh if not they are dried and can be stored for two to three weeks if not kept in closed conditions | 1 roti contain Carbohydrates 38 g Dietary Fibre 3 g Sugar1 g Fat1.5 g Protein3.5 g and it also contains a good amount of iron and calcium. it is the best remedy for the diabetic patients |
| *Barugula laddu* (*puffed rice laddus*) | Puffed Rice, Jaggery, Cardamom and Ghee | Initially, jaggery syrup of suitable consistency is prepared, cardamom powder is added, then puffed rice is added little by little and mixed thoroughly, by applying ghee on the palms the required size laddus are prepared | Medium-sized laddu contains 20 grams of carbohydrates, and 10 grams of protein. It is usually prepared for the purpose of the This particular snack is also available for purchase at local kirana stores. |
| *Uggani* (*Puffed rice*) | Puffed Rice Ginger Green chilies Cumin seeds Curry leaves Asafetida (Hing) Lime juice Mustard seeds Oil, Peanuts, | First, puffed rice is soaked in water for 1 minute and water is drained out. oil is heated in a pan, mustard seeds, cumin seeds, urad dal, chopped green chilies, chopped ginger, onions, curry leaves, a pinch of asafetida, turmeric powder, salt, and sliced tomatoes are added to it, then soaked puff rice, roasted peanuts (optional), roasted chana dal powder, chopped coriander is added. | 1 serving contains Carbohydrates 58 g Dietary fiber 6 g Sugar 4 g Fat 1 g Protein10g Uggani Bajji is served primarily as breakfast but eaten as a snack food too. It is spicy and is one of the ethnic and authentic dishes of Rayalaseema and Eastern Karnataka. |
| *Korralu annam* (*foxtail millet*) | Fox tail millet, oil, Ghee, ginger, green chilies paste, cumin seeds, mustard, seeds, coconut, salt, buttermilk | Foxtail millet is washed and soaked for 2 hours. Boiled with 2 cups of water and 2 drops of oil. Then it is cooled on a wide plate. Ghee, ginger, green chilies paste, cumin seeds, and mustard seeds are fried and added to it. Freshly grated coconut and salt is mixed with it, it is served along with the buttermilk. Sometimes only foxtail millet is cooked without the addition of any spices. | It is an excellent source of energy from carbohydrates. It is a food rich in dietary fiber and minerals such as copper and iron, It is considered as a highly nutritious food by the local people. It is preferably served to the adults |
| *Papadm* (*papad*) | Cereal (jowar, ragi, rice, wheat) flour. Cumin seeds, poppy seeds and Salt | Whole grains are soaked for 7 days, water is changed in between, wash and drain the grains and prepare the fine barter. Add the ingredients for taste and flavor and leave the batter overnight, poor one teaspoon of the barter on a steel plate then spread the plate on boiling water till the water from the batter evaporates, the plate is turned and cooked for one minute, now immersed in cold water and remove the papad, dry at room temperature | 100 grams of papad contains Carbohydrates 59 g Dietary Fiber18 g Fat 3 g Protein 25 g Sodium and Potassium. The storage capacity of these papads is 3 to 4 weeks. It is consumed daily as side dishes during lunch and dinner. |
| *Pela Vadiyalu* (*puffed rice and tapioca*) | puffed rice,Sabudana Green Chilies, Carom Seeds and Salt | Soak the Sabudana in water for about 2 hours. Boil the sabudana in the water in which it was soaked till you get a translucent and thick mix. Stir constantly. Add the carom seeds to it and mix well, turn off the heat and set aside. Now put the 1/2 the puffed rice into a large vessel containing water and mix well. The puffed rice will start to absorb water and disintegrate a bit Add the rest of the puffed rice and another cup of water. Mix well and let it sit for about 10 minutes. In the meantime, chop the green chilli to very small pieces. Add the green chilli pieces and salt to the soaked puffed rice and also add the cooked sabudana to the puffed rice and mix well. Spread a thick plastic sheet in the sun. Make small balls of puffed rice | It is a good source of energy from carbohydrates. It is a food rich in dietary fibre and minerals. The storability of these vadiyalu is excellent. As they can be stored for months together |

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| | | mix, Sun dry till they are completely dried | |
| *Dal papad* (*Pulse papad*) | Black gram or green gram or horse gram dhal flour, pepper, garlic, asafoetida, oil, red chilli powder, cumin seeds and salts | Stiff dough is prepared by addition of dhal flour, other ingredients and required amount of water. Rest the dough overnight, dough is kneaded then small balls of equal size are made and rolled to make papad, aftermath they are sun dried | Papads are rich source of carbohydrates and protein. papads are consumed as snacks food during the evening time or as side dish during lunch and dinner |
| *Kajjikayalu* (*Wheat*) | Maida, ghee, enough water to knead dough, salt, oil, dry coconut, rava, sugar, cardamom | Knead the dough by adding ghee, filling is made by using coconut powder, sugar/ jaggery, Bengal gram powder, dry fruits, cardamom powder, poppy seeds. The filling is kept inside the dough and fry on medium heat until it turns golden colour and become crunchy. | 1 kajjakayalu gives 29g carbohydrates, 3g protein, 3mg sodium, 85mg potassium, 1g fiber, 13g sugar, 2.1% calcium, 7.9% iron. It is prepared during the ceremonies. |
| *Oligalu or babbitlu* (*Bengal gram*) | Maida jaggery, split Bengal gram dal, cardamom powder, ghee | Soak split Bengal gram, prepare dough with maida. Add a pinch of salt and make a soft dough and keep it aside. Boil the soaked Bengal gram till they become light soft. Drain the water. Grind the boiled Bengal gram with jaggery in a mixer. Heat till it becomes thick. Add cardamom powder to this mix. Now make the dough into small balls in equal proportions. Balls are pressed and made flat then they are fried on a pan with lots of ghee. | 1 babbitlu contains 219 calories, 56g carbs, 16g fat, 9g protein. This sweet is prepared during the festive times. |
| *Atthirasalu* (*Rice four*) | Rice flour, jaggery, cardamom powder, sesame, ghee and oil | Soak rice overnight and strain water, dry it on a cloth and later blend into fine rice powder. Make jaggery syrup and add sesame seeds, ghee and mix it. Add rice flour and keep stirring it, allow it to rest for some time. Divide dough into small portion and press with hand on polythene sheet and deep fry in oil. | 1 Atthirasalu contains carbohydrates 20g, fat 5g, and protein 3g. Atthirasalu is prepared during the festive times |
| *Alasanda vadalu* (*cow pea*) | Cowpea, green chillies, ginger garlic paste, onions, cumin seeds, salt, curry leaves, oil | Soak cow pea, after soaking, wash and strain water. Then blend them into coarse paste and add finely chopped onions, green chillies. To it, add salt, cumin seeds, curry leaves, ginger garlic paste and mix it thoroughly. Later, make small fritters and deep fry them in hot oil. | 1 serving contains 54 calories, 3.1g protein 7.9g carbohydrates 2g fiber and 1.2g fat Alasanda vadalu are eaten as side dishes |
| *Ulavacharu* (*horse gram rassam*) | Horse gram, oil, mustard seeds, cumin seeds, and pepper, green chillies, dry red chillies, curry leaves, tamarind juice and salt. | Soak and boil horse gram and separate the water and grind horse gram into paste. Heat oil in a pan and add mustard seeds, cumin seeds, pepper corns, green chillies, and dry red chillies, curry leaves and mix it. To it add horse gram boiled water, tamarind juice, salt, horse gram paste and boil for 10 minutes. | 1 cup contains 295 calories, 49g carbs, 3g fat and 18g protein. ulavacharu is consumed with rice.it is prepared and consumed more by agriculture labours |
| *Nuvvulu untalu* (*sesame laddu*) | Sesame seeds, jaggery, ghee | Fry the sesame seeds, make jaggery syrup, add the ghee and sesame seeds to the jaggery syrup and make small balls. | 1untalu gives 80 calories energy, 25g carbohydrates, 45g fata and 19g protein. It has better keeping quality. It is consumed by girls in puberty stage |
| *Pachipulusu* (*Groundnut*) | Thick tamarind juice, red chilli powder, sugar, salt, turmeric, roasted peanut powder, oil, cumin, mustard, curry leaves | Add water to tamarind juice. Grind peanut powder, sugar, red chilli powder, turmeric and salt to a fine paste. So that everything get mixed well. Add this paste to tamarind water. | 1 serving contains Calories(g) 582 Protein(g) 26 Fat(g) 48.7 Carbohydrate(g)20.6 Calcium(mg) 76 Phosphorus(mg) 401 Iron(mg) 2.2 Thiamine (mg) 0.32 Riboflavine(B2)(mg) 0.13. |
| *Thotakurra ginjulu* (*amaranthus*) | Popped grains of amaranthus, jaggery, cardamom powder, ghee | Initially jaggery syrup of suitable consistency is prepared, cardamom powder is added, then popped amaranthus is added little by little and mixed thoroughly, by pasting ghee on the palms the required sized laddus are prepared | amaranthus grain is having 12% water, 65% carbohydrates (including 7% dietary fiber), 14% protein, and 7% fat. amaranthus is particularly rich in manganese (59%), phosphorus (80%), magnesium (70%, iron (59%), and selenium (34%). |
| *Avise ginjalu podi* (*flax seeds*) | Flax Seeds Red Chillies Salt Garlic, Cloves | Dry roast flax seeds/avise ginjalu. Roast the flax seeds in pan, they will crackle immediately. Once they stop crackling keep them aside. Dry roast red chillies separately, Allow them to cool. Add salt and grind it to make fine powder. Add garlic (do not remove the outer layer of garlic) cloves and again grind it. Flax Seeds Powder is used with rice and roti as Supplement | 1 serving of flax seeds podi contains carbohydrates 29g, fibre 27g, protein 18g, sugar 1.6g, potassium 8.3mg, saturated fat 37 gram. Keeping quality is very good, it can be stored for 3 to4 weeks |
| *Chenig injulu* | Groundnut seeds, or | Roast the ground nuts in pan, dry roast red chillies | 2 table spoon of chutney contains |

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| *podi*,(*ground nut chutney*) *nuvvulu podi* (*sesamum chutney*) | sesamum seeds, red chillies or chilli powder, salt and clove | separately.<br>Allow them to cool. Add salt and grind it to make fine powder. Add garlic (do not remove the outer layer of garlic) cloves and again grind it. Same procedure can be | Carbohydrates 3g Dietary Fibre 1 g Fat 5 g<br>Saturated 2 g<br>Protein 2 g |
| | | fallowed with sesame seeds Ground nut chutney is used with rice and roti as supplement | Sodium 148 mg<br>Potassium 78 mg<br>It is consumed daily<br>as side dish during the lunch and dinner |
| *Ugadi pachidi* (*fruit juice*) | Neem flower jaggery lemon tamarind red chilli powder mustard seeds Salt to taste, oil mango | First add, the raw mango pieces to the tamarind water and bring it to boil. Boil it till mango pieces are tender Now, to this add jaggery and let it cook till it melts and blends into the mixture then remove from heat and keep aside Now in a pan, heat oil and add mustard seeds, let them splutter, add neem flower and fry till light brown. Now add chilli powder and salt mix well. Take neem flower and add it to the tamarind and mango juice | 1 cup of pachidi contains 10g of carbohydrates, 14 mg of sodium, 12 mg of potassium, 10g of sugar, 1.6% of vitamin A, 3.3% of vitamin C, iron and calcium 0.9%. it is prepared during the festival time and shared among the different families |
| *Tamarind chutney* | Tamarind, salt, red chillies, cumin and water | Tamarind seeds are separated from the fruit, then it is washed.<br>Initially Grinding of tamarind is done without addition of any condiments. After few minutes of grinding red chillies, salt and cumin seeds are added and ground until medium soft texture is obtained | one table spoon of chutney contains Sodium 31mg, Potassium 23mg, Carbohydrates 4.9g Dietary Fiber 0.3g, Sugars 4.2g, Protein 0.1g<br>It has very good keeping quality |
| *Mutagi* (*jowar ball*) | Jowar or bajra flour, ghee, tamarind chutney | Soft jowar rotis are prepared, then all over the surface ghee and tamarind chutney is pasted and made into small balls which fits in to children hand | Mutagi is rich source of carbohydrates dietary fibre and also contains good amount of iron and calcium. It is infant food |
| *Jonnalu drink* (*jowar drink*) | Jowar grains Salt Curd Butter milk | Wash and soak the jowar in water for a day. Then shade dry the jowar. Grind it in a mixer to a coarse grain. This is more like rava, can be stored and used when required. Take required amount of rava and add 2 times its water and boil.<br>Butter milk or Milk can be added to this for drinking. | 1cup of jonnalu drink gives 57.6 calories of energy. It contains 11.91 grams of carbohydrates, 1.7 grams of protein and 0.39 grams of fat. It is good for diabetic patients |

**Discussion and Conclusion**

Foods were classified into cereals based korralu *annam* (fox tail millet), *thotakurra ginjalu* (amarantus seeds), rava *pindi laddu*, *uggani* (puffed rice), *appadalu*, jowar and bajra rotis, *korrali pindi laddu* (foxtail millet), *sangati* (rice, ragi) and *burrugula laddu*. Pulses based *cheniginjalu podi* (Bengal gram), *nuvvulu podi* (sesamum), *chenniginjalu* and *nuvvulu laddu* (Pulses), *sanagalu* (Ground nut), *bobbatlu*, *pakam pappu* (groud nut), *alasanda vadalu* (black gram), Ulavacharu (horse gram). Vegetables and fruits based *gongura* (mesta), *karindi* (cucumber, carrot), tamarind halva, tamarind chutney, *pachhipulusu* (tamarind), *ugadi pachidi*. The maximum number of traditional foods were documented in the category of cereals followed by pulses. Most of the traditional foods were prepared from cereals and pulses as their keeping quality is better than that of fruits and vegetables. Traditional foods prepared from fruits were to be consumed within a day or two. All the traditional foods were prepared from home produced ingredients, and very limited types were prepared from the purchased ingredients. All the traditional foods were having a rationale behind their consumption as they contained functional components such as body-healing chemicals, dietary fibres, antioxidants, and probiotics. These foods helped in balancing blood sugar levels, to manage weight, and to increase the immunity of the body. In the study area, infants were given the nutri rich easily palatable foods which included sangati (ragi and rice malt), pulagam (foxtail millet rice), mutagi (jowar) and jowar drink. For pregnant women, foods rich in energy and in improving immunity were given. Some of traditional foods were prepared specifically on the occasions of festivals, these included ugadi pachidi, athirasam and bobbitlu, and these are the nutri dense foods as they are prepared from cereals and pulses, which are rich sources of calories and proteins. Inamdar (2005) [7] studied the nutrition composition of traditional foods prepared during festive times and reported that they were rich sources of protein, iron, fat, carbohydrates, and energy. The nutritional importance of traditional was reported by Sarkar *et al* (2015) [11] that traditional processing methods such as fermentation, cooking and soaking may assist in eliminating anti-nutritional variables and many traditional Indian grain products may contain greater levels of resistant starch due to greater ratios of whole grain components and less intensive processing. The traditional food items documented in the present study were among the most consumed traditionally main and side dishes by the rural people of the Kurnool district. The qualitative data revealed that jowar and rice were the staple food for the people in Kurnool district. Jowar in the form of roti and rice in the form of cooked and puffed were commonly consumed. Meals consisted of freshly prepared jowar roti or dried jowar roti with other vegetables like tomato, ladies' finger, brinjal, cucurbits, roti with vegetables chutney and rice with vegetables curry. Less availability of GLVs and roots and tubers were reported as the terrain and other climate factors were not convenient for their cultivation. Similar food consumption pattern was reported in their study on oraon tribal community of Jharkhand. The nutritional evaluation of these food items from the available literature and Indian food composition tables reveals that they are a good source of balanced nutrition. Hence, they were given to children, girls at the time of puberty, and to pregnant women. In order to have balanced nutrition at the right stage. Several scientists have argued that traditional foods are healthier products and excellent sources of micronutrients. Such statements were, however, hardly described by scientific literature (Albayrak & Gunes, 2010; Inamdar *et al*., 2005; Salehi, Kuhnlein,

Shahbazi, & Kimiagar, 2005) [1, 8, 10]. Azar and Aminpour (1996) [3] studied the nutritional quality of rural traditional foods, he reported that traditional foods are energy and protein rich

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