

“Bundelkh and Cuisine in Present Instances; Referring From Ancient to Current Scenario”

(Ajay Kumar Singh, Head of Department, IHM, Bhopal

Chandrakant Divakar, Assistant Professor, Jagran Lakecity University, Bhopal)

Abstract: -

Chandel Rajput ruled the dynasty of Chandela's Jejakabhukt, known as Bundelkhand, starting from Nanuka, Vakpati to Hammira for about 500 years, from the 9th century to the 13th century. This is Ghazni. Central India is known for its artistically sculpted temples, which have been one of the main attractions since an era of eroticism. Study reflects another real reason: The ruler king made a tradition of building at least ten temples during his time, a country of worries, history, landscapes and preparing food, but their dishes became very archaic as the time drove.

The cuisine of the Bundelkhand region is rather rich and of varied quality because of the variety of ingredients such as the use of pure ghee, mustard oil, combinations of herbs and spices, the use of large quantities of cloves, star-anise and cinnamon, extreme hot and cold weather conditions and the culture of the people of this region. Since most non-vegetarian dishes have been prepared from game meats, vegetarian dishes are also made from the ingredients from the local rivers and ponds.

In order to attract international food lovers / tourists, these dishes can be re - introduced by the hotels that serve the hospitality industry in the region of Bundelkhand, although few of them have already started these dishes in the menu of their hotels and restaurants. Moreover, this research paper will focus on this cuisine's extinct dishes.

Key words: Chandela, Cuisine, Bundelkhand, Extinct -dishes, ingredients, nanuka.

Overview

The Jejakabhukti individuals like the delicately cooked dishes of different tastes, texture, appearance and flavors, which include the variety of vegetarian and non - vegetarian dishes.

The main uses of the main ingredients are cloves, whole red chilies as the area is in the warm climate, so that their cuisine tends to be spicy, the use of species such as patthar phool, star anise, Shahi jeera, bay leaves, coriander seeds are also used in large quantities, since these peculiar flavoring ingredients play a vital role in the formation of a thick gravy. Rest assured, once you taste the many mouth-watering dishes, it will be difficult for you to stop your hands and satisfy your heart. Maybe many who didn't visit Bundelkhand didn't hear.

The region's staple diet is wheat as it grows locally. There are numerous ingredients, but lotus root (Kamal kakdi), known locally as MURAR & water chestnut, is the main ingredient in this area, which is used to prepare numerous dishes where the shell of the green tender water chestnut is removed and a signature vegetarian dish is made (paniphal curry).

The cooking method varies between stewing, roasting, broiling, braising and frying. The Rajput liked non-vegetarian dishes, i.e. mutton, fish and games (particularly hunted). They were cooked in desi ghee and flavored with herbs and spices, and preferred cooking in a "dum" style. This area is covered by its adjacent area, which had some influence on Uttar Pradesh cooking style. Some of the region's popular dishes are also discussed.

Bundelkhand is a group of small districts in Uttar Pradesh and Madhya Pradesh. Although it is located in the heart of India, it is one of the most ignored areas in the country.

One of my people's biggest problems is the lack of efficient use of resources. We have many well - connected rivers such as Betwa, Ken with Yamuna and Narmada boundaries. Even my hometown of Lalitpur is surrounded by nine dams, but every year there is a heavy water shortage. Once rich in forests and vast agricultural lands, there is now very little vegetation due to lack of water conservation schemes. Infertile land is also one of the main causes. Only 45 percent of the Bundelkhand crop area has access to irrigation, which is also the primary source of groundwater.

Since 2003, they have been facing drought almost every year, leading to enormous crop destruction. In other years, we have faced either heavy floods or late monsoon. Since the majority of farmers are already poor and grow crops by taking loans, their inability to pay back forces them to take drastic action.

Both the central government and the state government provide enormous relief packages annually, but in vain. The central government announced 7266 crore for development in 2015, but not even 10 percent is actually used.

Local politicians take advantage of illiteracy of farmers in elections. Votes are never casted on the basis of development but caste, creed or religion. Many governments came and went, but bundelkhand is still “backward”.

Farmers are dying of debts, land is being excessively exploited, even rainfall, increasing poverty and literacy, zero industrial growth, government ignorance, corruption has created such a deep web that cannot be easily resolved. The only way to revive the glory of Bundelkhand is through proper ground planning, increased industrial development and massive water conservation methods.

There is high food availability in three districts of Jalaun, Lalitpur and Hamirpur. Due to the good coverage of canals, high fertilizer consumption and high yield, the availability of food grains and calories in these districts is higher. There is also a high availability of livestock that has made these districts a high food supply area. Despite the drought, the availability of live stocks is high, as livestock farming is an integral part of the rural economy.

In recent years, significant progress has been made in improving live stocks through breeding, the removal of unwanted animals and the upgrading of indigenous cattle with improved bulls of well - tried India breeds and the distribution of seeds of improved fodder varieties.

The Jhansi and Banda district have moderate food availability. While the availability of food grain and calories is low, the availability of livestock is high due to drought and migration. It is often said that UP Bundelkhand has more cattle than human population.

People from Jhansi and Banda migrate due to drought after selling their livestock to people who still live, which is why the availability of livestock per capita is higher. It is also possible that UP Bundelkhand has a high population of livestock due to Hindu reverence for cows and buffalos.

District Banda's agricultural development is not in line with the standard and hilly weather patterns of the district Jhansi does not allow large - scale agriculture and land cultivation under improved agricultural practices. That is why there is moderate food availability. Mahoba and Chitrakoot offer little food.

Although the available calories for consumption are higher (due to the inclusion of onions, potatoes, oilseeds and sugar), the low availability of food grains and livestock has led these districts to fall into the low food availability category.

These districts have also been cursed by droughts for the past few years, which is the main reason why these study districts have low food availability. But at the aggregate level, the data shows that UP Bundelkhand's availability of food grains is good for the most part.

This is due to the NFSM (National Food Security Mission), which aimed to increase production (especially for pulses suitable for dry land farming) by expanding the area and creating employment opportunities and strengthening the economy at the farm level in order to restore farmers ' confidence.

History

Jejakabhukti's Chandela was a royal dynasty in Central India. Between the 9th and 13th centuries, they ruled more of the Bundelkhand region, previously called Jejakabhukti. Initially, the Chandelas ruled as Kanauji Gurjara-Pratiharas feudators. The Chandela ruler' Yashovarman' became virtually independent in the 10th century. Although he continued to recognize the sovereignty of Pratihara. Their power rose and also declined due to battles with neighboring dynasties, especially the Malwa Paramaras and the Tripuri Kalachuris. The Chandelas have faced raids by northern Muslim dynasties, including the Ghazni and the Ghurids, since the 11th century onwards. The power of Chandela ended in the early 13th century after the invasions of Chahamanas and Ghurids.

The Chandelas have been recognized for their art and architecture, especially the temples in their original capital, Khajuraho. They also built several temples famous for their carvings. Besides that, there are many palaces and forts. Including Ajay-garh Kalinjar's fortresses, their later capital Mahoba. It's all about Chandela's royal dynasty.

Mythical legends do not know the origin of the Chandelas. The records and classical texts, such as Balabhadra-vilasa and Prabodha-Chandrodaya, suggest that the Chandelas belonged to the legendary lunar dynasty (Chandravansha). Furthermore, a Khajuraho inscription also shows that the first king of the dynasty, Nanuka, was a descendant of sage Chandratreya and Atri's son. However, one of the inscriptions gives a slightly different account, in which Chandratreya is referred to as Indu's son, also known as Moon and Atri's grandson.

The gravestone of Baghari and the inscribed of Ajaygarh contain similar mythical accounts. Among the Chandelas ancestors, the Balabhadra-vilasa also names Atri. Another inscription in Khajuraho tells us about King Dhanga Chandela as a member of the Yadavas Vrishniclan (who also claimed to be part of the Lunar dynasty).

The later medieval texts then describe the Chandelas among the 36 clans of Rajput. These include Mahoba-Khanda, Varna Ratnakar, Prithviraj Raso and Kumarapala-charita. There are many legendary stories that the old generation has told young people to keep the legacy of the dynasty alive in this era in several parts of the country.

Culinary Excellence

Bundelkhand's land has a teacher's chronicle. It stands out among everyone, be it cultural heritage, art & crafts, hand loom, culture or delicacies. In addition to the culinary delicacy, we cover some of the region's authentic and unsung cuisines.

Starting the grand feast with the year's old Budelkhandi traditional dish called Bara, it's made from split black lentil dumplings, soaked in buttermilk, tempered with mustard seeds and served with crushed sugar. One can still find this dish in clay jars in some of the villages. The credit of protecting and restoring the year-old traditional cuisine goes to the homemakers, who kept it alive. The other cuisine that needs special mention here is Maida, made from the small pieces of gram meal fried in oil and cooked in thin tomato-based gravy. If you don't like too much spicy food, you can always choose a light meal called Maheri that's a bit like khichdi. The platter is light yet filling!

For non-veg lovers, Bundelkhand offers some un-matched traditional cuisines including Bundeli Gosht, Kadaknath Murgha, and Keeme Ki Tikki. Interestingly, Kadaknath Murgha is also known

as 'Kali Masi' because of its dark colour. It is one of the varieties of chicken, mainly found in the areas of the Madhya Pradesh.

When it comes to Bundelkhandi desserts, you can have endless options. Ras Kheer and Lapsi are one of the most delicious sweet dishes to shoot! Anarsa is a traditional dish that needs special attention, a deep fried sweet dish made from rice flour and jaggery (gud).

Inspired by the indigenous tribes of Madhya Pradesh, Orchha, Jhansi and Datia, the food is a tribal cuisine experiences and their traditional style of preparation; use of raw materials and extensive consumption of different types of millets make it distinguishable from the cuisine of other regions. Bundelkhandi cuisine traces its roots back to the Jain food; the specialty of the cuisine is its unique amalgam of wheat and milk with local culinary products. I started with the Bara (black split Lentil dumplings, soaked in buttermilk, tempered with mustard seeds, served with crushed sugar).

The dumplings are not too soggy, but soft enough and the milk of the butter is calming. I didn't like the crushed sugar confusing the platter, so I decided not to use it.

The vegetarian thali had much more options than the non-vegetarian one. The Bhate ka Bharta, roasted aubergine mash, onions, tomatoes, pounded spices, finished on 'Sil-Batta' (the traditional grinder) was the definition of 'simple is charming'. There was not a trace of oil in the dish, yet it was perfectly cooked and adequately mixed with spices.

The Maheri -slow cooked broken wheat with buttermilk was a bit like khichdi. It was light yet filling. The Keeme ki Tikki which is grounded minced lamb and gram lentils cakes went so well with the gooseberry chutney that was on the table. Again, this is a gridled preparation, so less oil. The Bundeli gosht and shikaar gosht tasted similar but the chef explained that people of Bundelkhand call the later 'shikaar' even now because traditionally, it was hunted meat cooked with freshly pounded spices.

The meal's catch was Kadaknath Murgha. The Kadaknath is an Indian chicken race located in the Madhya Pradesh area, where the meat is black. It's not surprising that the black meat turns you off, but I would prefer the shikaar any day.

There was a mixture of different rotis in the bread basket - Jowar ki roti (sorghum flour flat bread), bajre ki roti (millet flour bread), adrainsi struggle (deep - fried flat bread made from specific proportions of wheat flour and gram flour and some spices), and tikkad (thick whole wheat bread).

There are also other accompaniments on the table, such as Sannata Raita (spiced and tempered yoghurt), Launji (tomato relish), Mattha Mirch (dried chilies, soaked in butter milk and deep fried), and Nainu (fresh homemade white butter). Dessert isn't lavish and rich but the Magadh ke Ladoo -Indian sweet made from flour and fudge milk -is a good way to end the fascinating spread. Post meal, you don't feel heavy or sedate like you do with a lot of others. Bundelkhand has mastered the art of creating a light yet satisfying spread. -The Bundelkhandi Food Festival is on at Masala Art, Taj Diplomatic Enclave, till today; lunch and dinner

Few of the Chandela's popular dishes can be included in the menus of every house, dhaba, restaurant, hotel and even Indian cuisine. Some of the region's popular dishes are -

- **AWANRIYA:** A dish made from pureed amla (Indian gooseberry) mixed with gram meal baked like kadhi, tempered with asafetida, red chili powder and ghee.
- **PAPREE:** It's served as a gram flour snack, garam masala; ajwain and deep fried and looks like a papad.
- **MAHERI:**Coarsely ground maize is cooked with buttermilk.
- **THADE BHATE:** Small brinjals which are stuffed with mixture of spices, ginger, garlic, onion & condiments ground together & then cooked in enough oil specialty is no water is used as it has enough thick gravy.
- **MURAR KE KEBAB:**Lotus root stems are cooked with Bengal gram, whole spices & ground together on stone, flatten into tikki shape & deep fried, served with chutney.
- **BARA:**It literally resembles with dahi Vada, Vada is made from deskinning black gram, but curd is not beaten properly, garnished with powdered red chillies, crushed broiled cumin seeds& served with green coriander / tamarind chutney.
- **BAFORI KI SABJEE:** This dish is steamed magodi of moong dal, prepared in gravy.
- **SEETA PHAL KA RAITA:**Yellow pumpkins boiled, passed through the grater mixed with curd tempered with asafoetida, red chilli powder.

- DOBRI: It is a sweet dish made from Mahua, milk, charoli nuts & other dry fruits.
- MURGH CHANDELA: Chicken is cut in required cuts & marinated with all whole spices, ginger, garlic, green chilies & curd, cooked with pure desi ghee.
- GOSHT BUNDELA: Mutton is marinated with all whole spices, ground ginger, garlic, green chilies & onion, cooked in mustard oil.
- CHIRONJI KA HALWA: charoli nuts are ground & cooked with desi ghee & sweetened.

Objective

The aim of this research is

- Exploring cuisine opportunities.
- Introducing the Chandela dynasty's local culture through cuisine.
- Knowing the original cuisine of bundelkhand.
- Bundelkhand cuisine has its own role in central India, which can be introduced in gourmet cuisine at international level.

Methodology:

In these areas, such as Khajuraho, Chhatarpur, Mahoba, Jhansi, Damoh, Hamirpur and other Bundelkhand areas, a thorough visit was made.

Some help of the electronic media was also taken in this survey.

Though, the interviews conducted to a good number of People, still majority of the locals and the staff members of hotel were unavailable. Because of the number of tourist is huge now, that is why it cannot be reached to one and all. It was very difficult to approach the executives of the hotels as most of them were busy. Despite prior appointments, they were inaccessible at times being engaged elsewhere.

The respondents due to non-availability of time could not discuss many aspects of the topic in depth. Many respondents were just not interested in interacting as they considered it to be a waste of time, a non-lucrative approach. This negative approach was quite impairing.

Conclusion:

The cultures of the central state Madhya Pradesh are different from the rest of the country. In addition to this, the cuisine of the Bundelkhand region has no exception. People have not visited this central state, might not have heard about this cuisine. Many small tribes reside in this state and they are not fully exposed to the modern world. Due to this reason, the specialty remained in their lands and among them. Festivals were some of the prominent occasions when the best of dishes were made and served among them.

Excellence in the cooking methodologies was at par in that era. There were recipes which were prepared brilliantly and had wonderful combinations of the spices and several other ingredients as well. Introducing these excellent dining dishes in the modern way will help people to perceive the extended knowledge about the dynasty and their disremembered taste of the various cuisines.

Reference:

- Harihar Vitthal Trivedi (1991). Inscriptions of the Paramaras, Chandelas, Kachchapaghatas, and two minor dynasties. Archaeological Survey of India. OCLC 863257691.
- Om Prakash Misra (2003). Archaeological Excavations in Central India: Madhya Pradesh and Chhattisgarh. Mittal Publications. ISBN 978-81-7099-874-7.
- Peter Jackson (2003). The Delhi Sultanate: A Political and Military History. Cambridge University Press. ISBN 978-0-521-54329-3.
- R. K. Dikshit (1976). The Chandelas of Jejakabhukti. Abhinav. ISBN 9788170170464.
- Sushil Kumar Sullerey (2004). Chandela Art. Aakar Books. ISBN 978-81-87879-32-9.
- Sisirkumar Mitra (1977). The Early Rulers of Khajurāho. Motilal Banarsidass. ISBN 9788120819979.