

Exploring the Culinary Traditions of India - An Investigation in Cultural Geography

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Abstract: *India is a varied country with a rich cultural heritage. A proverb states, "East or west, my country is the best." We have a large choice of scrumptious cuisine in addition to many events. Every nook and cranny of the country has its own cuisine. The main aims of this research work are to identify the various Indian cuisines by state and to uncover the core causes of regional variances in Indian food in general. The entire study is built on secondary data sources.*

The study's findings show that the cuisines of North and South India are quite different in terms of good flavour and cooking method. The study also demonstrates that religious taboos and the geographic index (G.I.) have a significant influence on various Indian cuisines. The idea that "every two kilometers the language and eating habits change" happens in India is actually true.

Keywords: Cuisines, Taste, Geographical Index, Diversification, Religious Taboos and Health.

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