

A Unique Odyssey of Parsi Cuisine: from Persia to Mumbai

Dr. Rukshana Billimoria

Principal

Anjuman-I-Islam's Institute of Hospitality Management, Mumbai, India

Abstract: *This research delves into the distinctive Parsi cuisine, an authentic culinary tradition rooted in the fusion of Persian and Indian influences. The Parsi community, originally hailing from Persia, migrated to the Indian subcontinent, particularly in Mumbai, where they settled and developed a rich gastronomic heritage that reflects their historical journey. This cuisine combines the flavours, ingredients, and culinary techniques of both Persian and Indian origins, creating a unique and delicious tapestry of dishes.*

The study primarily focuses on the city of Mumbai, which is fortunate to host a variety of authentic Parsi restaurants and cafes, such as the well-known establishments like Kyani and Co, Britannia and Co, and Café Universal. While these venues have gained recognition for their Parsi offerings, this research endeavours to explore the intricate journey of Parsi cuisine from Iran to India. To achieve this, the study draws insights from various articles, journals, blogs, websites, and also incorporates the researcher's perspective, who, being of Iranian descent, was born and raised in Mumbai, maintaining a direct connection to the Persian roots that enrich this unique culinary tradition.

Keywords: Zoroastrian, Parsi cuisine, Persian influence, Flavours, Technique, Parsi restaurant.

BIBLIOGRAPHY

- [1]. Singh, V., Asia, S., & Raghvan, A. (2015, August 1). Circuits of Authenticity: Parsi food, Identity and Globalisation in 21st century Bombay. academia.edu. https://www.academia.edu/19912977/Circuits_of_Authenticity_Parsi_Food_Identity_and_Globalisation_in_21st_Century_Bombay
- [2]. Banerjee, K. (2016, August 12). The melting pot: The evolution of Parsi cuisine. hindustantimes.com. <https://www.hindustantimes.com/more-lifestyle/the-melting-pot-the-evolution-of-parsi-cuisine/story-T7uFW6pKAJ36olwTGh8B3L.html>
- [3]. (2019, August 31). Parsi food in Mumbai - Best Parsi cafe in Mumbai. Indiachronicles.com. <https://indiachronicles.com/7956-parsi-food-in-mumbai-best-parsi-cafe-in-mumbai.html>
- [4]. (2015, July 29). Learn about a history of Parsi cuisine over a lavish lunch. Thedailypao.com. <https://www.thedailypao.com/learn-about-the-history-of-parsi-food-over-a-lavish-lunch/>
- [5]. Prabhu, V. (2016, May 17). An introduction to Parsi cuisine. Theculturetrip.com. <https://theculturetrip.com/asia/india/articles/parsi-cuisine-an-introduction/>
- [6]. (2012, February 10). Parsi food and why it's truly unique. Petspiceladle.com. <https://www.perispiceladle.com/2012/02/10/parsi-food-and-why-it-is-truly-unique/>
- [7]. Minwalla, S. (n.d.). The hearty delights of Parsi food in Mumbai. Outlookindia.com. <https://www.outlookindia.com/outlooktraveller/explore/story/36269/thus-ate-zarathustra-the-hearty-delights-of-parsi-food-in-mumbai>
- [8]. Chatterjee, P. (2017, June 17). Parsi food is more than Dhansak. Livemint.com. <https://www.google.com/amp/s/www.livemint.com/Leisure/nHlqtlYtrytZeNP51gy2gK/Parsi-food-is-more-than-dhansak.html%3ffacet=amp>
- [9]. Mitra, S. (2021, January 1). Exploring the culture of Parsi cafes in Mumbai, India. epicureandculture.com. <https://www.google.com/amp/s/epicureandculture.com/parsi-cafes-in-mumbai/>
- [10]. <https://libguides.usc.edu/writingguide/researchdesigns>

