

# A Study on Acceptance of Maharashtrian Sweets by the People of Various Religious Communities Residing in Mumbai

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**Abstract:** *Maharashtrian cuisine is deeply intertwined with the culture of the Marathi people, and sweets and desserts are an essential component of this rich culinary tradition. These delectable treats not only reflect the region's unique flavours but also play a vital role in special occasions and festivals. Maharashtra is celebrated for its mouthwatering array of sweets, which are enjoyed during various festivities. Exploring the diverse flavours of these Maharashtrian sweets is a must on any visit to the state. Maharashtrian sweet dishes, or "mithai," hold a special place in the hearts of locals, making every occasion, whether it's Ganesh Chaturthi or a simple family gathering, feel complete. Iconic sweets like Modak, tilladoo, and Shrikhand are integral to these celebrations. Sweets are cherished by individuals of all ages, and some even cater to dietary restrictions, ensuring there's something for everyone at the table. A meal in Maharashtra is typically concluded with the indulgence of these delightful sweet offerings. Maharashtrian sweets are often homemade, with ingredients like jaggery being commonly used. Puran Poli stands out as one of the most beloved desserts in Maharashtra. This rich tradition of crafting sweets at home adds a personal touch to these delectable treats. Sweets in Maharashtra are characterized by their use of jaggery, which imparts a unique sweetness and flavor to the dishes. These delectable creations are enjoyed at the end of a meal, providing a sweet and satisfying conclusion to the dining experience. The desire for sweetness is a universal aspect of human nature, transcending age, ethnicity, and cultural boundaries. Throughout human history, sweet flavors have played a crucial role in nutrition, influencing our eating habits and providing both energy and essential nutrients. Daily desserts often feature a combination of ingredients like water, milk, and fats, creating a delightful conclusion to a meal.*

**Keywords:** lip-smacking, drooling dessert, true essences, mishtan., Maharashtra puran poli, sweets.

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