

Nawabi Dastarkhwan- Study on Variations and Acceptance of the Cuisine of Lucknow, in Mumbai

Mrs. Sneha Bhandare¹ and Mr. Arsalan Khan²

Lecturer- Food Production¹ and Student²

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

Abstract: Indian cuisine is a rich tapestry of regional and traditional culinary styles, each cherished for its distinctive flavors. Influenced by religion, culture, and centuries of Islamic rule, notably under the Mughals, Indian food boasts a diverse array of influences. Lucknow, often referred to as the "City of Nawabs" or the "Golden City of India," stands as a testament to this culinary heritage. Lucknowi cuisine offers a regal and opulent dining experience, steeped in historical etiquette and luxury. Perfected by skilled khansamas in the royal kitchens, these dishes mirror the lavish lifestyle of the nawabs.

The Awadhi cuisine, rooted in Lucknow's history, plays a pivotal role in shaping Lucknowi culinary traditions. While today, Lucknowi fare can be found on menus across the nation, many contemporary establishments may not fully capture the traditional richness of authentic Lucknowi food. Retaining the true essence of this cuisine proves challenging due to the complexities involved in recreating historical cooking techniques, acquiring specific ingredients, and employing traditional equipment. While remnants of the authentic flavors persist in the old quarters of Lucknow and select pockets across the country, modern adaptations have become inevitable.

This research endeavors to investigate the variations in Lucknowi cuisine as served in Mumbai's restaurants and discern the preferences of diners regarding these adaptations.

Keywords: Lucknowi cuisine, Awadhi cuisine, Variations, Acceptance, Mumbai.

BIBLIOGRAPHY

- [1]. *Nawabs Of Lucknow | District Lucknow , Government of Uttar Pradesh | India.* (n.d.). Lucknow.Nic. <https://lucknow.nic.in/nawabs-of-lucknow/>.
- [2]. Dixit, M. (2020, January 28). *Shodhganga@INFLIBNET: Culinary Tourism and Awadhi Cuisine A study of Culinary Tourism at selected tourist destinations of Uttar Pradesh.* Shodhganga. <https://shodhganga.inflibnet.ac.in/handle/10603/272323>
- [3]. Doshi, P. (n.d.). *Daawat-E-Veg: 10 Street Food Places In Lucknow, You Cannot Miss!* Tripoto. Retrieved May 4, 2021, from <https://www.tripoto.com/lucknow/trips/lip-smacking-vegetarian-street-food-stalls-are-the-reason-why-you-must-travel-to-lucknow-right-now-5be1e9fd9a1b8>
- [4]. Shah, A. (2016, February 5). *Nandbhavan.* Times of India Travel. <https://timesofindia.indiatimes.com/travel/things-to-do/nandbhavan/g47629490.cms>
- [5]. Singh, A. (2018, October 23). *7 Interesting Facts About Lucknow Every Traveller Must Be Aware Of.* <https://www.nativeplanet.com>. <https://www.nativeplanet.com/travel-guide/interesting-facts-about-lucknow-every-traveller-must-know-005317.html>
- [6]. *The Delicate Flavours of Awadh.* (n.d.). INDIAN CULTURE. Retrieved May 4, 2021, from <https://indianculture.gov.in/food-and-culture/distinctive-cuisines/delicate-flavours-awadh#:~:text=The%20Awadhi%20Dum%20Biryani%20is,its%20subtle%20and%20delicate%20flavour>
- [7]. TIMESOFINDIA.COM. (2020, May 20). *From Babur to Bahadur Shah Zafar, this is what the Mughals loved eating.* The Times of India. <https://timesofindia.indiatimes.com/life-style/food-news/from-babur-to-bahadur-shah-zafar-this-is-what-the-mughals-loved-eating/photostory/75476498.cms>
- [8]. Wikipedia contributors. (2021a, April 26). *Lucknow.* Wikipedia. <https://en.m.wikipedia.org/wiki/Lucknow>

- [9]. Kohli, C. S. A. S. (2017, December 9). *Excerpt: The Lucknow Cookbook by Chand Sur and Sunita Kohli*. Hindustan Times. <https://www.hindustantimes.com/books/excerpt-the-lucknow-cookbook-by-chand-sur-and-sunita-kohli/story-boZ4oedEPrBaJEZNg7vVNP.html>
- [10]. Anita. (2019, may 12). *lucknow-food-walk*. Retrieved may 7, 2021, from anitasfeast: <https://www.anitasfeast.com/blog/2019/05/lucknow-food-walk/>
- [11]. AWASTHI, C. S. (2020). GASTRONOMY TOURISM: EXPLORING LOCAL CULTURE THROUGH FOOD IN THE CITY OF LUCKNOW (UTTAR PRADESH). *JOURNAL OF CRITICAL REVIEWS* , 1007,1008.
- [12]. Borthakur, P. (2020, july 18). *AN EXPLORATION OF THE ICONIC DISHES FROM THE LAND OF THE NAWABS*. Retrieved may 4, 2021, from Soda monk: <https://sodamonk.com/an-exploration-of-the-iconic-dishes-from-the-land-of-the-nawabs/>
- [13]. Chevallier, J. (2008). Awadhi Cuisine . *Libraries & the Cultural Record*, 242-244.
- [14]. Grover, N. (2021, february 5). *Best Non-Veg Dishes From Lucknow You Must Try For A Slice Of Royalty*. Retrieved may 4, 2021, from food.ndtv: <https://food.ndtv.com/food-drinks/best-non-veg-dishes-from-lucknow-you-must-try-for-a-slice-of-royalty-2364009>
- [15]. Kapur, A. (2020). *Importance of tangible and intangible heritage of the core*. lucknow: IOP Conference Series: Earth and Environmental Science.
- [16]. Kaushik, K. (2020, july 31). *Eat Like a Local: The Awadhi Delights of Lucknow*. Retrieved may 6, 2021, from outlookindia: <https://www.outlookindia.com/outlooktraveller/explore/story/70727/must-try-dishes-in-lucknow>
- [17]. Navet, R. (n.d.). *Lucknow-Cuisine*. Retrieved 5 6, 2021, from scribd: <https://www.scribd.com/doc/12914129/Lucknow-Cuisine>
- [18]. Ramprasad, T. J. (n.d.). Culinary Tourism and Awadhi Cuisine A study of Culinary Tourism at selected tourist destinations of Uttar Pradesh. *School of Tourism Hospitality and Services Management*.
- [19]. Ranjan, R. (n.d.). *Research Project on Awadhi Cuisine by Rajiv Ranjan*. Retrieved may 6, 2021, from scribd.
- [20]. Sexena, A. N. (2010). The Law of Geographical Indications as a Tool for Economic Development: An application in the Case of Awadhi Cuisine of Uttar Pradesh, India.
- [21]. *The Delicate Flavours of Awadh*. (n.d.). Retrieved may 5, 2021, from INDIAN CULTURE: <https://indianculture.gov.in/food-and-culture/distinctive-cuisines/delicate-flavours-awadh>
- [22]. Bhat, A. (2021a, April 9). *Qualitative Research: Definition, Types, Methods and Examples*. QuestionPro. <https://www.questionpro.com/blog/qualitative-research-methods/>
- [23]. Fleetwood, D. (2020, December 14). *Quantitative Research: Definition, Methods, Types and Examples*. QuestionPro. <https://www.questionpro.com/blog/quantitative-research/>
- [24]. Surendran, A. (2021, April 20). *Quantitative Data: Definition, Types, Analysis and Examples*. QuestionPro. <https://www.questionpro.com/blog/quantitative-data/#:%7E:text=Quantitative%20data%20is%20defined%20as,numerical%20value%20associated%20with%20it.&text=Quantitative%20data%20is%20usually%20collected,specific%20section%20of%20a%20population>.
- [25]. Bhat, A. (2021b, April 15). *Research Design: Definition, Characteristics and Types*. QuestionPro. <https://www.questionpro.com/blog/research-design/>
- [26]. Fleetwood, D. (2021, April 16). *Types of Sampling: Sampling Methods with Examples*. QuestionPro. <https://www.questionpro.com/blog/types-of-sampling-for-social-research/>