

# Tastes and disgust in India

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India in terms of culinary for a very long fascinated Europeans richness and intensity of flavors. The secret of Indian cuisine lies primarily in the addition of various spices, which even the simplest of meals can bring out the depth of flavor and turn them into true works of art. Spices from the Middle Ages were one of the most important goods exported from India, and not constantly increasing demand of Western societies has become one of the reasons for the expansion of European countries on the Indian subcontinent from the early sixteenth century.

As centuries ago, and now Indian cuisine fascinates foreign tourists and enjoys great fame among them. With some surprise some, listening to different to believe what they are and not throw too greedily on the street specialties that are famous for their spicy flavor. These warnings are usually treated with some disdain, but as it can later be seen, most of them are fully justified. The first encounter with Indian cuisine usually brings some disappointment and the only memory that is left is horrible burning sensation in the stomach, which for a long time can we effectively discourage Indian delicacies. In a society where almost half suffer chronic poverty and are living in substandard conditions, the basic principles of hygiene, hot spices act as disinfectants and their intense flavor and horrified not only by what it is here, but also to how this is done. In most cases, traveling to India so we are condemned to. street food. It is sold on almost every street corner by the small traders who prepare a place for them, mixing the dough with one hand and then frying them, and the other hungry cows and other animals. Some argue that such food is even safer because the fat kills all germs, but you must be really hungry to be forced to eat something in the clouds of exhaust, among the sounds of speeding cars, ignoring the flies billowing everywhere. It is no wonder that most tourists who come to India as early as the first few days Nabawi is upset stomach. In deciding to purchase food at a street stall, be sure to wear your own plate and cutlery. If you forget about it, we may be doomed to eat straight from the foil bag or a dirty newspaper, in which the seller has called us subservient meal, at best, get it on banana leaf. The hardest thing to get used to eating with your fingers using only the right hand (left hand is considered unclean). At the time of eating street outside the specialties we have all the time to look at your feet, a moment of inattention may be over in cow manure and a puddle of unknown origin, which effectively can we pick up the remains of appetite. Not wishing to provoke such a danger can join one of the many tiny restaurants (although the name may sound restaurants too loudly, given that sometimes it is just a few chairs set next to the booth). When choosing a table should be guided by that in which the spot on the ceiling fan is efficient, otherwise instead enjoy their meal all the time we wiped the sweat from his brow and thinking how to escape fast from here. At the time of eating is all the time to smile and head imply intensive us the waiter that everything tastes very. Choosing to eat in the street should be avoided far too early, otherwise we risk that some more religious the owner refused to different types of prayer before hanging in the background image of the deity and atoning rituals required leave us for a long time to themselves. Such a nice atmosphere compensates for the inconvenience when there is too great movement restaurants owner willingly enter an appearance in conversation with guests, but you will have to be prepared that most of them can be over the worst thrown at Muslims. However, nothing can match the long moments spent in such premises in the Indian glass of tea, when a sense of blissful carefree observed ongoing outdoor life, reading books or supplements neglected in recent times daily travel. Such moments allow you to draw a real satisfaction that came to India. The country is a paradise for vegetarians, and difficult life will be a person accustomed to regular eating meat. Hindus on religious grounds completely reduced their consumption of beef. Cows regarded as a symbol of fertility and sensitive concerns are surrounded in India since ancient times a special reverence and treated with extraordinary respect. So better to see them strolling the streets freely, responding with stoic calm in noisy vehicles racing at breakneck speed (sometimes hard to get rid of the impression that the driver be more inclined to pass an ordinary passerby than a cow) than at home plate. The only salvation for the fierce carnivores is a trip to the Muslim quarter, where restaurants certainly can get a piece of beef. Before you hungry after several days of vegetarian diets throw the meat we must remember that it can be greasy, and very strongly flavored. The best solution would be complete renunciation of the flesh for a time and replacing it with other dishes. Particularly worthy of command is rice, which in India is in the hundreds of varieties. Depending on the region and the inventiveness of people use this simple component can be used in various ways and form the foundation of a very sophisticated dishes. One of these is Thalia. Initially, the name used to identify a specific vessel-like appearance of the tray with depressions in the shape of the cups. Today it means a dish consisting of rice, a special Indian bread called, various more or less spicy sauces and marinades, and vegetables, or sweet and sour milk, which neutralizes the savory taste of foods consumed. Served on a large plate in unlimited quantities, Thalia looks well, changing the whole range of bright colors and great variety of delicious flavors. For almost every meal is served strong aromatic tea, with the addition of large amounts of fat cow's milk, the taste most associated with India. Little cappuccino-like appearance, it has a similar effect to it - warm on cold evenings and stimulates the hot summer days. Served in tall, but often not very clean glasses, flavored, fragrant blend of cinnamon, cardamom and pepper, it has become an integral part of India's culinary landscape. Most tourists every time they come to this wonderful country, I immediately ordered the Indian tea and the popular drink in many regions is what you miss most after your return. Roasted in the house, however, already losing its deep flavor and fragrance, in no way recalling the Indian. Drink tea just about anywhere, anytime, day or night, railway stations and bazaars usually they spread it to small vendors in the special while calling loudly. Careful footsteps on the curved path and full of dangers of the Indian culinary tradition is one of the greatest adventures in the life of every traveler. Wealth of culinary experience gained from the trip to India can not be compared with any books or even the most comprehensive guides. Her knowledge will provide us not only a lot of unforgettable experiences, but also allows us a deeper understanding of the great tradition and culture of this wonderful country.