

# Malappuram cuisine - the magical mix

Malappuram, the coastal region in North Kerala, India, has been significantly shaped by the influence of Arab culinary traditions. Dating back to the historic Gulf migration, the infusion of Arab flavours, techniques, and ingredients has enriched Malappuram cuisine, creating a unique fusion that delights the senses and tantalises taste buds.

The historical connection between Kerala and the Arabian Peninsula dates back centuries, with Muslim traders introducing spices and culinary practices to the Malabar coast. Over time, these influences have merged with local ingredients and traditions, giving rise to a vibrant culinary fusion that celebrates diversity and heritage.

Malappuram's culinary evolution continues to be shaped by global trends

and local innovations. While Arab-inspired dishes like shawarma and mandi have gained popularity, traditional Malabar cuisine remains deeply rooted in local ingredients and flavours. As chefs and home cooks experiment with new techniques and ingredients, the culinary landscape continues to evolve, reflecting the dynamic nature of cultural exchange.

## ABUNDANCE OF SALADS AND SAUCES



Arabian salads like fattoush, tabbouleh, and an extended variant of malfouf salad have found their place in Malabar's culinary landscape. These refreshing salads, along with flavorful sauces such as Salatra Hara, Shatta, Tahini, and Tourn (garlic sauce), complement rice and grilled dishes perfectly, adding depth and complexity to the dining experience.

## SEAFOOD EXTRAVAGANZA

Given its coastal location, seafood reigns supreme in Malappuram cuisine. Fresh prawns, crabs, and an array of fish varieties take centre stage, both in local recipes and festive occasions. While traditional preparations highlight the delicate flavors of the sea, festive gatherings often feature grilled and barbecued seafood, showcasing



a harmonious blend of Arab-inspired techniques with local seafood treasures.

## CELEBRATING WITH WHOLE ANIMAL ROASTS

In keeping with Arab Bedouin traditions, Malappuram's festive occasions like Eid al-Fitr and Eid al-Adha are marked by the ritualistic butchering and preparation of whole animals, typically lamb or goat. Whether roasted or grilled, these communal feasts bring together family, friends, and the less fortunate, embodying the spirit of generosity and community inherent in both Arab and Malabar cultures.



## ALISA: A TIME-HONOURED PORRIDGE

A dish with deep roots in Arab culture, Alisa, a porridge made of wheat, meat, and cinnamon, holds a special place in Malappuram's culinary traditions, particularly during the holy month of Ramadan. This hearty and nourishing dish, reminiscent of the Levantine hareesi, serves as a comforting staple that symbolises shared heritage and communal bonds.

## SULAIMANI: A DIGESTIVE DELIGHT

Drawing inspiration from Arab traditions, Malappuram's beverage culture embraces the aromatic allure of spiced teas like Sulaimani. Infused with warming spices and a hint of citrus, this digestive tea serves as the perfect post-meal indulgence, offering a soothing blend of flavours and a touch of hospitality. The culinary inspiration of Arab cuisine in Malappuram is a testament to the rich tapestry of flavours and traditions that define the region's gastronomic identity. From grilled meats to hearty porridges, sweet indulgences to aromatic beverages, each dish tells a story of cultural exchange and culinary innovation. As Malappuram continues to embrace its Arab influences while staying true to its roots, the dining experience remains a journey of discovery and delight, inviting food lovers to savour the best of both worlds.

# INDIA'S CULINARY RENAISSANCE IN 2025

From protein-packed snacks to mindful eating, India's dietary habits are evolving towards wellness

The Indian dietary landscape is poised for a revolution, one filled with vibrant flavours that dance toward health and wellness. Gone are the days of mindless munching on fried snacks; the spotlight now shines on protein-packed and fibre-rich offerings that facilitate a healthier lifestyle.

Culinary wizards and nutrition experts alike herald



the rise of anti-inflammatory diets, enticing us with a symphony of fruits, nuts, and legumes that promise not just sustenance but a support system for our bodies. Snack time is receiving a makeover, transforming from the usual calorie-laden culprits to wholesome alternatives—think roasted makhanas and nuts strutting down our plates, replacing old bad habits.

## SIPPING HERBAL WELLNESS DAIRY

And yes, herbal teas are not just a winter indulgence anymore; they've become a trendy staple year-round. Brewing up comfort and health, these divine infusions are making a strong case for gut health and digestion, and it's a trend poised to peak in the years ahead. Let's not forget that sugar and salt are doing the cha-cha out of our diets. Cleansing our plates of these culprits, the mantra for 2025 is "calorie restriction without malnutrition." It's a user-friendly approach to eating mindfully, spotlighting fresh fruits, vibrant salads, and comforting soups, while opting for natural sweeteners like jaggery, honey, and dates.



## NOURISH WITH NUTRIENT RICHNESS

Emerging paradigms also show that an anti-inflammatory diet isn't just a buzzword; it's essential. Forget the clichés of fast food and embrace a rainbow of nutrient-dense ingredients that help combat chronic conditions like diabetes. Think omega-3-rich walnuts and omega-6 packed flaxseeds—a

delicious way to fend off inflammation while indulging your taste buds!

More than just dietary changes, this culinary evolution embraces mindful eating habits. The rising awareness of non-communicable diseases (NCDs) is altering how we perceive food. Annual health check-ups aren't merely a record-keeping activity but a proactive measure towards combatting lifestyle diseases that decimate our vitality.

## A FLAVOURFUL FUTURE AHEAD

Let's gird ourselves for a transformation—not just in how we eat, but in how we think about nourishment. It's not merely about consuming less; it's about consuming better. Armed with knowledge and a taste for health, India is poised to set the table for a fresher, healthier, and richly flavourful future. When it comes to food, we're ready to embrace the change. Here's to a culinary renaissance—may the forks be ever in your favour!



## PROTEIN POWER, FIBRE FORWARD

In the realm of protein, the landscape is crystal clear. Protein and fibre are the dynamic duo—central to our diet for enhanced gut health and better overall vitality. The narrative is evolving as we become increasingly aware of our dietary choices, leaning into plant-based options that complement but don't completely overshadow traditional non-vegetarian foods. The protein punch is too hearty to ignore, echoing the sentiments of health aficionados celebrating balanced meals.



# The Rise of continental food in the Indian market

demand for quick-service options, with many opting for Continental snacks and meals.

**KEY TRENDS:**  
**FUSION CUISINE:** Blending Indian flavors with Continental techniques has gained popularity, creating unique and innovative dishes.

**HEALTHIER OPTIONS:** Growing health consciousness has led to a demand for lighter and healthier Continental dishes, such as salads, grilled items, and vegetarian options.

**FINE DINING:** High-end restaurants are offering sophisticated and refined Continental cuisine, catering to discerning diners.

**HOME DELIVERY AND ONLINE ORDERING:** The rise of food delivery platforms has made Continental food more accessible and convenient.

The Continental food industry in India is poised for continued growth, driven by evolving consumer preferences, technological advancements, and a growing economy.

**CHALLENGES:**  
**MAINTAINING AUTHENTICITY:** Replicating authentic Continental flavors and techniques can be challenging.

**SOURCING QUALITY INGREDIENTS:** Access to high-quality ingredients, especially imported ones, can be a challenge.

**COMPETITION:** The market is competitive, with numerous players offering a wide range of cuisines.



## Painting exhibition

'I promise to heal the earth' – An interactive painting exhibition will be on display.  
**Venue:** Loja de Arte, Big Foot, Loutolim  
**Date:** March 9 to 22  
**Time:** 9.30 am to 6 pm

## Intercollegiate Fest – Anantara 2025

Get ready for Anantara 2025, an exhilarating intercollegiate festival celebrating creativity, intellect, and athleticism. Organized by VVM's Shree Damodar College of Commerce and Economics, this grand event brings together students from various institutions to compete in 15 exciting contests, including Nritya Tandav, Ratna Anvesana, Prasnauthari, Paridhanam, and Bahuyuddham. Expect a day filled with electrifying performances, mind-bending challenges, and a vibrant showcase of talent, passion, and camaraderie.

**Venue:** Ravindra Bhavan, Margao  
**Date:** March 12  
**Time:** All day



**RISE OF THE MIDDLE CLASS:** The expanding middle class with increasing disposable incomes has fueled demand for diverse culinary experiences.

**GLOBALIZATION AND TRAVEL:** Increased travel and exposure to international cuisines have broadened palates and created a demand for authentic Continental flavors.

**URBANIZATION:** Urbanization has led to a rise in fast-casual dining and cafes, offering convenient access to Continental dishes.

**CHANGING LIFESTYLES:** Busy lifestyles have increased the

## Herald Gaming Console

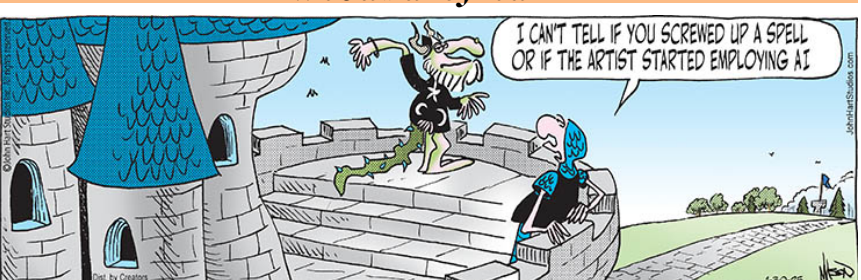
### Dilbert



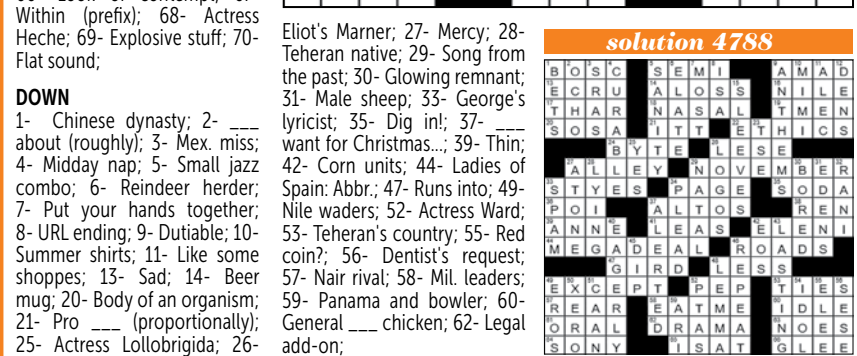
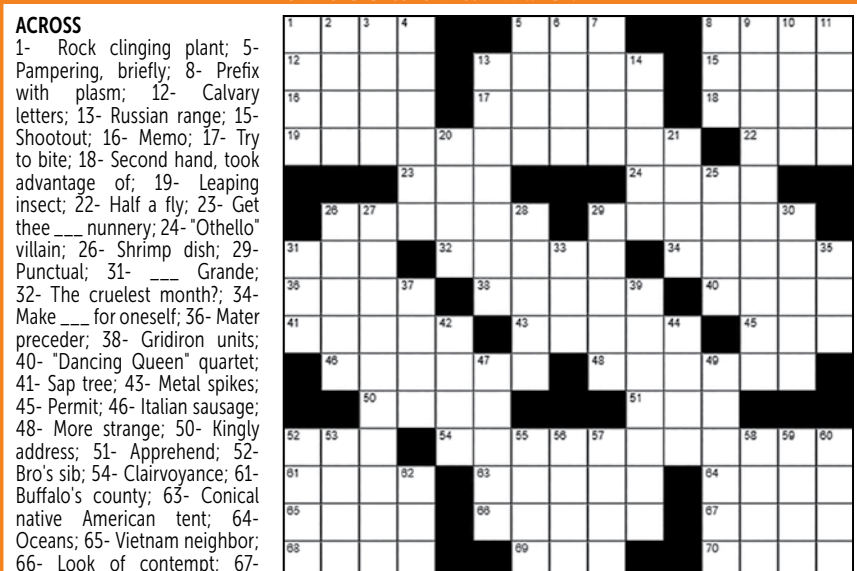
### Garfield



### Wizard of id



### crossword 4789



### sudoku 4789



### Instructions for Sudoku

9 x 9 letter: To solve a Sudoku puzzle, every number from 1 to 9 must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes

### solution 4788

