ORIGIN AND FOUNDATION OF INDIAN HOTELS

In India, development of the Hotel industry is closely linked to travel. In India travel was mainly on animals and for rest during their strategic points. Dharamsalas, Sarais, temples and other religious place were provided by rich people such as the kings and other rich landlords. Usually free accommodation and food were given for travellers.

Musafir Khanas and Sarais were made in the Sindh province during the Mughal invasion. Delhi has always been traditionally hospitable and we can find the evidence of this in the innumerable Sarais and rest houses of this ancient city. These were built for the comfort of travellers.

Development during the later stages

- The Sarais developed into inns and western style hotels with the evident of British in important cities like Calcutta and Bombay
- **TAJ MAHAL HOTEL**: J R D Tata constructed this hotel in Bombay in the year 1903. It was the first hotel of international standards and reputes, built by an Indian for Indians. This marked the birth of the Taj group of hotels, which later on becoming one of India’s leading hotel chain.
- **OBEROI GROUP**: Rai Bahadur Mohan Singh Oberoi took over The Clarke’s hotel in Shimla in year 1934. He was the founder of EIHL (East India Hotels Ltd) at Calcutta. Many hotels were added to the EIHL chain in later years.
- **THE INDIA TOURISM DEVELOPMENT CORPORATION LIMITED (ITDC)** is an Hospitality, retail and Education company owned by Government of India, under Ministry of Tourism. Established in 1966, it owns over 17 properties under the Ashok Group of Hotels brand, across India.
- **WELCOME GROUP**: It is the hospitality division of ITC (Indian Tobacco Company) which entered into hotel business in the year 1975 with opening of Hotel Chola in madras.
LEELA GROUP: found in the year 1988, by Capt. Krishnan Nair, currently with six
deluxe hotels, located in Mumbai, Bangalore, Kovalam, Udaipur, Goa and Gurgaon.

CULINARY HISTORY

Cooking is defined as chemical process, the mixing of ingredients, the application and
withdrawal of heat, decision making, technical knowledge and manipulative skills.

HISTORICAL CUISINES

Haute Cuisine
Marie-Antoine Careme, a major chef, was born during this phase. He played a significant role "in
refining the French cuisine. He created mother sauces that formed the basis of his cooking style.
These included espagnole, veloute, and béchamel sauces. Soufflés were also first made during
this time.

Major characteristics of the cuisine at this time were elaborately laid-out banquets with elegant
presentation and bright colors; multiple courses served all at once; heavy flavours and thick
sauces; meals ending with a dessert. The commonly used ingredients were mustard, honey,
vinegar, aged cheese, spiced wine, salted beef, smoked pork, bacon and sausages, brined and
dried ham, food preservation using salt or honey, whale, dolphin, porpoise, and poultry. Major
herbs included tansy, rue, pennyroyal, and hyssop, which are not used anymore in current form
of cooking. Spices like pepper, cinnamon, cloves, nutmeg, and mace were.

Bourgeois Cuisine
However, George Auguste Escoffier’s culinary work was missing a lot of the regional character of
foods and cooking that was found in the provinces of France. Gastro Tourism and the Guide
Michelin or Le Guide Michelin, which is a series of annual guide books published by Michelin for
over a dozen countries, helped bring people of France and the world to the countryside of
France during the 20th century and beyond, to experience the taste and smells of this rich
bourgeois and peasant cuisine of France. During the middle ages, Banquets, common amongst
the monarchy, featured multiple courses that were prepared and served all at once.
Kitchen ingredients varied regionally and seasonally. The spring, summer, and fall saw abundance of fresh produce while winter was scarcer. To survive the winter, items were often preserved by salt, sugar, honey, spices, smoking, brine wash, fermenting, or use of bacteria (cheese, bread and vinegar cultures). And so it was that these commodities were valued.

**Continental cuisine**

Continental cuisine or alternatively Western cuisine is a generalized term collectively referring to the cuisines of Europe and other Western countries. European cuisine includes that of Europe and to some extent Russia, as well as non-indigenous cuisines of North America, Australasia, Oceania, and Latin America. The term is used by East Asians to contrast with Asian styles of cooking. This is analogous to Westerners referring collectively to the cuisines of Asian countries as Asian cuisine. When used by Westerners, the term may refer more specifically to cuisine in Europe; in this context, a synonym is European cuisine, especially in British English.

The cuisines of Western countries are diverse by themselves, although there are a common characteristic that distinguishes Western cooking from cuisines of Asian countries [2] and others. Compared with traditional cooking of Asian countries, for example, meat is more prominent and substantial in serving-size [3] Steak in particular is a common dish across the West. Similarly to some Asian cuisines, Western cuisines also put substantial emphasis on sauces as condiments, seasonings, or accompaniments (in part due to the difficulty of seasonings penetrating the often larger pieces of meat used in Western cooking). Many dairy products are utilized in the cooking process, except in nouvelle cuisine. Wheat-flour bread has long been the most common sources of starch in this cuisine, along with pasta, dumplings and pastries, although the potato has become a major starch plant in the diet of Europeans and their Diaspora since the European colonization of the Americas.

Restaurants advertised to be specializing in generic Western cuisine in Asia tend to have menus containing a mixture of dishes mainly from France, the English-speaking world, and Germany. Since the early 1990s dishes from Italy and Spain have become more prominent on these restaurants’ menus.
**Provencal cuisine**

According to the great writers on Provencal cuisine, there are three foundations to the cooking of Provence: olive oil, garlic, and the aromatic herbs, such as herbs de Provence or aromatic condiments such as pissalat, a puree of anchovies blended with olive oil. Jean-Noël Escudier, the author of an important book on Provencal food, *La veritable cuisine Provencal et nicoise*, said that the king of Provence is the olive tree, the essential element to Provencal cuisine. There is no good cuisine without good oil and there is no Provencal cuisine without garlic. Chanot-Bullier, the author of a sub regional cookbook on Provencal cuisine, *Vieii receto du cousino prouvenqalo*, divided the cuisine of Provence into four regions: The first she called the region of Marseillaises, Martegalle, and Aixoise (or Marsiheso, Martegalo, and Sestiano in the Provencal language). This is an area of fish stews and soups, bouillabaisse being the most famous. All kinds of shellfish are important too. One Provencal version of allioli called rouille is a famous accompaniment to many fish dishes. The meat of this region is prepared in a variety of ways with daube being the most popular; the meat is slowly cooked in red wine and stock along with black olives. The nearby hills of Aix provide an abundance of rabbit and small birds which are favourites for the cooks. The vegetables dishes are often cooked as tian. The desserts have a certain Arab feeling to them, such as the baked maniclo, made of leavened dough, sugar, and orange flower water or the cacho-dent, baked fingers of flour and sugar dough made with eggs, ground almond, and orange flower water.

Chanot-Bullier called the second of Provencal cuisines that of Arlesiennes and Camarguaises-Comtadines (Arlatenco-Camarguenco-Countadino). In this region, vegetables play a role above all. In the Comtat-Venaissin, a typically excellent plate is le tian, made in many different ways although tian d’epinards is quite famous. (A tian is a vegetable dish cooked in an earthenware pan called by the same name.) After spinach and Swiss chard, the most common vegetables are eggplant, cardoon, and zucchini, although artichokes are popular too.

The third cuisine was of Toulonnaise and Varoise (Toulounenco-Varesco). This is the cuisine of the Cote d’Azur, the kingdom of coquillages, shellfish, eaten raw or cooked in fancy sauces. She includes lojienade, the famous paste of black olives, anchovies, tuna and capers, as being a part of this cuisine.
Fourth is the cuisine of Nice (Nigarda), where it is typical to see the use of pasta. Nice has been part of France only since 1860 and has historically been more closely associated with Italy than with France. For five hundred years, Nice—except for a brief period during the Napoleonic era—belonged to the House of Savoy whose dominions included Savoy, Sardinia, and the Piedmont. Nice's culinary traditions are closely tied with that of the Italians, especially the Genoese, and for that reason pasta has played a role in the cuisine of Nice since the thirteenth century. Eilatoujjje is very famous here.

Provencal cooks are very particular about how a dish is prepared. They are fussy about ingredients, especially the olive, the king of Provencal cuisine, and about methods of cooking that can appear baroque to the outsider. The origin of the culinary baroque, a voluptuous, almost Rubenesque cooking style, seems to be rooted in the age of Louis XIV. The baroque philosophical sensibility of the Provencal cook is captured in a well-known story concerning an imaginary dish called olives Provencal. A green olive is stuffed into a thrush. The thrush is stuffed into a chicken which is stuffed into a goat that in turn is stuffed into a pig which is stuffed into a pony which is stuffed into a cow. The stuffed cow is roasted on a spit for a long time, nearly a day. When it is done, you discard the cow, pony, pig, goat, chicken, and thrush, remove the olive, and eat it. This is not a story about prolificacy; it is a story about the proper way to eat an olive.

Much of the writing about Provencal food is very misleading when it comes to the historic roots of the cuisine. During the Middle Ages cabbage was virtually the major source of food for the Provencal masses. But in the contemporary cookbooks cabbage is hardly mentioned and we read instead about tomatoes, zucchini, and potatoes as if these New World foods have had a long history in Province. It seems likely they became popular in the cuisine only recently, perhaps around the end of the nineteenth century.

Nouvelle cuisine (French for "new cuisine") is an approach to cooking and food presentation used in French cuisine. Contrasted with haute cuisine, nouvelle cuisine is characterized by lighter, more delicate dishes, without heavy sauces and overcooked vegetables, and an increased emphasis on presentation.
History

The term *nouvelle cuisine* has been used many times in the history of French cuisine. In the 1740s for example, the work of Vincent La Chapelle, François Marin and Menon was described as *nouvelle cuisine*, and in the 1880s and 1890s even the cooking of Georges Auguste Escoffier was described with the term. The modern usage can be attributed to authors Henri Gault and Christian Millau, who in the 1960s used *nouvelle cuisine* to describe the cooking of Paul Bocuse, Jean and Pierre Troisgros, Michel Guérard, Roger Vergé and Raymond Oliver, many of whom were once students of Fernand Point.

The style Gault and Millau wrote about was a reaction to the French *haute cuisine* placed into "orthodoxy" by Escoffier. Calling for greater simplicity and elegance in creating dishes, *nouvelle cuisine* is also called *cuisine minceur*, ("thin cooking"), because it is in general less fattening than *haute cuisine*. It has been speculated that the outbreak of World War II was a significant contributor to *nouvelle cuisine*’s creation – the short supply of animal protein during the German occupation made it a natural development.

The "formula"

Gault and Millau "discovered the formula" contained in ten characteristics of this new style of cooking. The first characteristic was a rejection of excessive complication in cooking. Second, the cooking times for most fish, seafood, game birds, veal, green vegetables and pâtés was greatly reduced in an attempt to preserve the natural flavors. Steaming was an important trend from this characteristic. The third characteristic was that the cuisine was made with the freshest possible ingredients. Fourth, large menus were abandoned in favor of shorter menus. Fifth, strong marinades for meat and game ceased to be used. Sixth, they stopped using heavy sauces such as *espagnole* and *béchamel* thickened with flour based roux, in favor of seasoning their dishes with fresh herbs, quality butter, lemon juice, and vinegar. Seventh, they used regional dishes for inspiration instead of *haute cuisine* dishes. Eighth, new techniques were embraced and modern equipment was often used, Bocuse even used microwave ovens. Ninth, the chefs paid close attention to the dietary needs of their guests through their dishes. Tenth and finally, the chefs were extremely inventive and created new combinations and pairings.

Abandonment
There is a standing debate as to whether *nouvelle cuisine* has been abandoned. Much of what it stood for – particularly its preference for fresh flavors lightly presented – has been assimilated into mainstream restaurant cooking. By the mid-1980s some food writers stated that the style of cuisine had reached exhaustion and many chefs began returning to the haute cuisine style of cooking, although much of the lighter presentations and new techniques remained.

While nouvelle cuisine was once considered a radical departure from the *haute cuisine*, which was strictly based on the canon of Escoffier and Marie-Antoine Carême, it no longer has the same sense of radicalism. It has been supplanted, in this respect, by the postmodern cuisine or molecular gastronomy of such chefs as Ferran Adrià, Heston Blumenthal and Homaro Cantu.

**CHINESE CUISINE**

*Chinese cookery is almost 1000 year BC old. It is very complicated and widely accepted.*

Chinese cuisine is divided into five regions.

1. Cantonese- based on changing habits as traveller from all around used to come here. This place had various types of delicacies.
2. Hunan- (on river banks) main preparation was out of rice and fish.
3. Fukein. Delicacies, bamboo shoots, capsicum, mushrooms were widely used.
4. Szechwan – hot and spicy food. Ginger, garlic, chillies are the common ingredients used for Szechwan preparation.
   
   Szechwan sauce- garlic +ginger+vinegar+oil
5. Shantung- commercial place prefers the changing taste of the people.

**FESTIVE COOKING**

India is a cosmopolitan country and enjoys different religions living together. The country is also the background of various cultures. All the religious beliefs celebrate their own festivals. Indian culinary is associated with Indian festival. Each particular religion has their distinct dish to mark the celebration. The Indian food is influenced by varied religious beliefs and the festival cuisine depends on the popular faiths. Indian Festive Foods have become popular in the other countries too.
India celebrates its religious festivals almost all the year round. These festivals offer a great opportunity to enjoy the traditional delicacies. These dishes are cooked using the traditional recipes. Moreover, these traditional recipes have been passed on from generations to generations. Each festival brings ceremonious food. In addition to that, these special recipes provide a great opportunity to discover and taste the delicacies of Indians. Major festivals of India such as Diwali, Holi, Eid or Christmas prepare sweets which receive attraction among the Indian Festive Foods.

Every festival in India has a different approach towards food, for example Holi offers an opportunity to enjoy some of the best sweet delicacies. Among the Indian Festive Foods, a wide diversity in cooking is experienced. **Diwali** is one of the grand festivals celebrated all over the country. It is one of the major Hindu festivals and is celebrated for five days. Besides being a bright festival, Diwali, this festival also follows the custom of offering sweets to the deities who are worshipped and sharing those as blessings. Diwali Delicacies include sweets which are prepared traditionally. The dish also includes food such as delicious rawa laddoos to ghathia and other mouth watering delights.

**Ramzan Eid** Delicacies is enjoyed by the Muslim community as well as by the other communities. This is one of the Indian Festive Foods that provide marvellous dishes. The EID delicacies include Mutton Korma, Badami Ghosht, Badami Phirni, Sheer Korma or Seviyan.

Other Indian Festive Foods comprise of Durga Puja Delicacies, Navratri Delicacies, Holi Delicacies. All these are major Hindu festivals and special emphasis is laid on the sweets. Pongal Delicacies and Onam Delicacies reflect the taste of southern part of India. **DURGA PUJA** is an important Hindu Festival celebrated all over India with different rituals and festivities especially in eastern India. The festival is manifested by fasting, feasting and worship Goddess. Women prepare delicious delicacies and present before...
the Goddess, then share among friends and relatives. On the festive occasion of Durga Puja following dishes prepared include Rasgulla, Misti Doi, Alur Dom, Luchi, Labra etc.

**NAVRATRI**, the festival of nine nights is dedicated to Goddess Durga and her nine forms. According to the Hindu calendar, Navratri begins from the first day of the bright fortnight of Ashwin which usually coincides with the end of the rainy season. Dishes prepared include Sobudana Puri, Guajarati Kadhi, Vrat ke chawal, Aval kesari, Singhare ka Halwa etc.

**HOLI** – the festival of color is marked as the opening festival in Hindu calendar, falls on the full moon day in the month of PHALGUN. People enjoy themselves playing with several colours and celebrate the whole day. Holi is also famous for the variety of sweets that are offered to the visitors that come to apply colors and enjoy the sweets offered by the host. Dishes prepared include Gujia, Puran Poli, Papri, Dahi Bhalle, Malpua, Saffron Syrup, and Thandai.

**PONGAL** the harvest festival of Tamil Nadu and offers to main dishes such as `Sweet Pongal` and `Salt Pongal` along with other dishes of rice and `Avial`, which is a concoction of vegetables.

The grand feast of **ONAM** is served in a special manner. `Onasadhya`, is an impressive spread of delicacies which is served in Banana leafs, which may go up to 21 courses. Other delicacies such as curries, ‘Pappadams’ (round crisp flour cakes), ‘Achaars’ (pickles) and ‘Payasams’ and ‘Prathamans’ as desserts as well as fruits are also served as a part of the dish. The culinary delights include special courses which are strictly vegetarian. Specific ingredients and vegetables are used that vary from one region to another.
**INDIAN CULINARY TERMS**

**YAKNI / AKNI:** It is a flavour liquid mostly obtained from mutton stock and can be used in various rice dishes and preparations. Eg: yakni pulao
Ingredients: cardamom, cloves, cinnamon, pepper corns
The basic things in stock which are called triple “C” (cardamom, cloves, cinnamon), along is added pepper corn, roughly cut vegetables like onions, carrots etc which can be boiled along with the chicken and mutton bones to get the exact flavour which can be useful to prepare number of dishes, gravies and sauces.

**AMRITI:** it is a sweet items or desserts mostly prepared in the region of Maharashtra.

**BAFFAD:** it is a curry, with meat and radish, originated from goa.

**TEMPERING / BAGHAR / THADKA:** it is done after the dish has been prepared. Onions and few spices are fried in fat or ghee and can be added to a particular dish when it crackles.

**BALUSHAHI:** it is a round ball made of dough slightly flattened at the centre and later on it can be dipped in sugar solution.

**BHAJJIA:** slices of vegetables dipped in gram flour batter and it is fried till it becomes crispy.

**BHATURAS:** it is slightly fermented bread, which is fried. Generally it is served with chole and basically its origin is from Punjab and north. it is bigger in shape made using refined flour. We can keep dough till three hours.

**BHEL PURI:** it is a crisp fried thin round of any particular dough, which can be mixed with puff rice, chopped onions, different kinds of lentils and can be served with varieties of chutneys.

**BIRYANI:** it is a rich preparation of rice. Parboiled rice is put in layers with rich meat products as well as vegetable products and can be baked or cooked with sufficient amount of heat.

**BONDA:** mashed potatoes seasoned and formed into balls and dipped in batter and later on deep fried.
**BHURTA**: vegetable boiled or roasted in charcoal, peeled, mashed and sautéed with a little chopped onions.

**CHAPPATHI / PHULKA**: it is a whole wheat flour bread, made of unfermented dough. It is usually round in shape and thin.

**CHIWDA**: it is a mixture of nuts (peanuts), fried and pressed rice along with fried lentils and spices.

**COCUM**: it is a sour fruit, which is dried along with the fish and can be used in various curries. It is acidic in taste.

**CURRY POWDER**: it is the mixture of various spices. Eg. Coriander seeds, turmeric, cumin, chillies and other lentils which are roasted and grinded together to make it in a powdered form.

**DAHI BHALLA**: it is prepared from the ground lentils, made into fried balls and is added to the beaten curd or yoghurt along with seasonings.

**DHANSAK**: literal meaning rice & vegetables, a Parsi speciality. It is plain fried rice served with a curry rightly called wide mouthed as it contains an innumerable variety of ingredients - meat, lentils, vegetables, leafy vegetables, nuts and variety of spices.

**DOODH PAK**: sweet dish made of rice, sugar and milk.

**DO PYAZ**: literally means twice onion. Ground and fried onion added to meat along with other spices. Hence it is called as do pyaz.

**DOSA**: it is a type of savoury pancake made with fermented batter of ground lentils and rice, cooked on a griddle.

**DUM**: a process of cooking with heat both from above and below the container.

**DUM PHUKTA**: a dry, rich meat dish prepared by cooking meat in a pressurised steam.

**GARAM MASALA**: a mixture of cloves, cinnamon, cardamom, cumin and pepper.
GAUJAS: it is a fancy sweet dish prepared made of dough fried and dipped in sugar syrup.

GHEE: clarified butter or vegetable shortening processed to resemble clarified butter.

GULAB JAMUN: khoa or mawa (milk evaporated to remove all moisture) is kneaded and flavoured and made into balls, which are fried till golden brown and dropped immediately into hot sugar syrup.

GUSTABA: large meat balls (kofta) in a gravy or curd, mixed with ground poppy seeds, nuts and onion and lightly spiced.

HING: asafoetida, a strong flavouring agent. It also acts as a tempering agent.

HALWA: it is a sweet dish made of lentils, semolina or wheat or different vegetables such as beetroot, carrot and pumpkin with butter, milk and sugar.

IDLI: it is a savoury dish made of a fermented batter of grounded rice and lentils, steamed in moulds. It is a speciality of south India. Accompaniments sambar and chutney.

JAGGERY: it is a refined and solidified molasses (end product of sugar cane).

JALEBI: it is a golden coloured, crisp, sweet filled with sugar syrup, found in ring shape.

KABAB: a savoury barbecue done on iron rod

KHEEMA: it is a minced meat obtained from any parts of the meat

KALIA: a Bengali vegetable or fish dish with yoghurt and spices.

KESARI: a south Indian sweet dish made of vermicelli or semolina.

KHEER: it is a pudding like preparation basically with milk and other ingredients such as milk, rice or carrots.

KHORMA: rich, thickened brown curry of chicken/mutton/vegetables; poppy seeds and desiccated coconut are added along with other condiments for thickening. The meat itself is made tender by marinating in curd before cooking.
KHOA: milk is boiled down till all moisture is removed, used as a base for large no. of Indian sweets.

KABARGA: type of Kashmiri meat preparation

KHICHDI: it is a mixture of rice and lentils which can be boiled together with proper seasoning and spices. It can be finished off with tempering.

KOFTA: it is a minced meat balls or mixture of different vegetables which can be made in proper shapes and deep fry. It can be later put up in any gravy

LADDOO: it is a sweet ball made of gram or lentil flour, rice or semolina.

LASSI: beverage made of beaten yoghurt with water, sugar or salt which can be added later on.

LOOCHI: Bengali version of puri.
MACHER JAL: a special Bengali fish curry, where the fish is first fried and then curried. Mustard oil is used for the cooking of macher jhal.

MARINATE: it is a mixture of curd, yoghurt, vinegar, lemon which is used to tenderise any meat products.

MOILEE: fish or prawns cooked in coconut milk and is slightly spiced

MUTANJAN: Kashmiri speciality. Rice preparation with spices and sweetened mutton.

MULLIGATAWNY CURRY: chicken or mutton curry flavoured with mulligatawny soup.

NAAN: Indian bread made of lightly leavened(fermented) dough, which is baked in tandoor.

NEERA: a non-fermented drink obtained from coconut palm.

NIGELLA SEEDS: kalonji seeds, black onion seeds

PACHADI: seasoned yoghurt with different vegetables. It is a south Indian speciality.
PANCHPHORON: it is a Bengali combination of cumin seeds, fennel seeds, kalonji, fenugreek seeds, mustard seeds

PANI PURI: a puff dough fried and eaten with tamarind, along with boiled vegetables and sprouted gram.

PANIR: cottage cheese made by curdling milk with lemon juice, curd etc, and the whey is removed by straining and hanging in a muslin cloth.

PHIRNEE: rice flour and milk with sugar flavoured sweet preparation

PAYASAM: milk sweet made with vermicelli, sago and sugar

PULAO: rice cooked with vegetables or meat by absorption method

POORIES: deep fried Indian bread, round in shaped and puffed

RABRI: concentrated and thickened milk

ROGANJOSH: kashmiri meat preparation, well fried and spiced curry

VADA: round savoury fried, made out of urad dal batter

LEMON RICE: rice dish with yellow colour rice, flavoured with lime juice and salt

ZARDA: a sweet pulao served at the end of the meal