

Some Interesting Facts: 8-Indian-Food-facts-you-might-not-know

Indian food is incredibly diverse, with each of the 28 regions having its own particular ingredients, spices and cooking methods. In the north, the cuisine is less spicy, and commonly features red and green chillies, saffron, ghee (or clarified butter) and yoghurt.

2. Black pepper, tamarind and coconut are widely used in the hotter dishes of the south. Mustard is a common ingredient in eastern cooking, and fish dishes are also more popular here. Westernndia, meanwhile, is a cosmopolitan region, with a little of everything on offer.



3. Indian food covers six different tastes: sweet, sour, salty, spicy, bitter and sharp. Dishes attempt to balance each of these flavours.

4. Curry is synonymous with Indian food, but most people don't know what it actually is. It's a blend of spices called garam masala, and most typically contains tamarind, cinnamon, black pepper, cloves, cardamom and cumin, the amounts of which can differ from dish to dish. A cook's reputation rests on their ability to add the spices in perfect proportions, to flavour the food without overpowering any other ingredient.

5. Rice is the country's staple ingredient, and is eaten every single day. Popular types of Indian rice include basmati, ponni, which is often used in breakfast foods, and patna, a long-grain rice similar to basmati.

Chicken Tikka Masala and rice



6. One in seven curries sold is a chicken tikka masala, making it the most popular Indian dish. This hugely popular curry features chunks of chicken marinated in spices, with a sweet, rich tomato sauce.

7. However, this much-loved Indian dish it has been mentioned that this particular dish originated in the 1970.

8. Naan bread is most often associated with Indian cuisine. However the first Naan bread was made in Persia around 1300 AD. Typically, naans are served hot and brushed with ghee or butter.

They can be used to scoop up other foods like an edible spoon, or served stuffed with a filling. Keema naans are stuffed with minced meat, usually lamb, mutton or goat, while peshwari naans are filled with a sweet mixture of nuts and raisins.