



Influence On The Culinary Culture Of Himachal Among Locals In The Selected Destinations.

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Abstract

The land of Himachal is well-known as "Dev Bhoomi " which is the well-suited name authored for Himachal Pradesh, being the place that is known for divine beings, Goddesses and nearby Gods overseeing the neighbourhood life and customs of individuals in the state. Himachal Pradesh has a rich social legacy and gastronomy which presents the anthropological, cultural, environmental and topographical diversity of the state. The influence on culinary culture reflection is seen in the variations of local destination development, movement of local populations, and architecture of houses, clothing styles, food and food habits, availability of raw materials, environmental conditions, and traditional knowledge of the local people.

This paper is about how the food culture in Himachal Pradesh, especially in Hamirpur and Una districts, has been influenced by various things like history, geography, culture and how rich or poor people are. The paper talks about how the researchers studied it, such as how they chose who to talk to, how they collected information, and how they looked at the information to learn more.

This study will be based on how people eat in Himachal and what food they like. We will be asking 110 people from two different districts about their eating habits, where they like to eat out and how they cook. We will use both new information we collect ourselves and information we get from other sources such as books and websites. We'll use a survey to ask people questions and we can also look at things like diaries and articles to find out more.

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Keywords: Culinary culture, Tradition, Environment, Customs.

1. Introduction:

This research paper investigates the influences on the culinary culture of Himachal Pradesh, with a focus on the districts of Hamirpur, and Una. The research will examine how historical, geographical, cultural, and socioeconomic factors have influenced these distinct culinary practices. This study aims to provide insights into Himachal Pradesh's rich and diverse culinary heritage by analysing traditional recipes, cooking methods, and food preferences.

Himachal Pradesh is a state in northern India that is frequently referred to as the "Land of the Gods" or "Devbhoomi" and is renowned for its extensive tradition, beautiful environment, and colourful customs. Himachal Pradesh, a state in the Western Himalayas, is home to a stunning panorama of snow-capped mountains, verdant valleys, thick forests, and calm rivers. Let's give a quick overview of the tradition, setting, and traditions of this state, which is significant in terms of both culture and ecology.

In the scenic Indian state of Himachal Pradesh, there are two districts with a diverse cultural heritage: Una and Hamirpur. These districts, which are found in the western portion of Himachal Pradesh, are a singular fusion of traditions, a tranquil natural setting, and unique customs that represent the rich legacy of the area. The customs, surroundings, and traditions of Una and Hamirpur are briefly described here:

1.1 Traditions:

The Himachal Pradesh cultural heritage is well-preserved in the Una and Hamirpur districts. Traditional holidays like Diwali, Dussehra, and Holi are joyfully observed and are accompanied by lively folk dances and music. The visit to the Chintapurni temple in Una, which draws worshippers from all across the nation, is one of the most well-known customs. The area is also rich in tradition.

1.2 Environment:

The lush green hills, deep woods, and historic rivers characterize Una and Hamirpur's environment. These districts' natural beauty is enhanced by the Sola Singhi Dhar, a collection of low hills. The area is traversed by rivers including the Swan, Beas, and Palakkad, which not only offer beautiful vistas but also support local agriculture. It has a good environment with cold winters and relatively hot summers, making it a popular vacation spot for those who enjoy the outdoors.

1.3 Customs:

Himachali traditions have a significant influence on the customs of the districts of Una and Hamirpur. The locals have a strong bond with agriculture, and farming-related traditions are an important component of their way of life. On special occasions like weddings and family gatherings, Himachali customs and dress, such as they are prominently displayed, include customs. The locals are friendly and accommodating, embracing visitors with open arms, and it is customary to provide traditional Himachali cuisines like dham (a celebration supper) to visitors.

Una and Hamirpur's natural surroundings are distinguished by their verdant hills, thick woods, and historic rivers. These districts' natural beauty is enhanced by the Sola Singhi Dhar, a collection of low hills. The environment is traversed by rivers like the Swan, Beas, and Palakkad, where customs are clearly on exhibit. The locals are friendly and accommodating, embracing visitors with open arms, and it is customary to provide traditional Himachali cuisines like dham (a celebration supper) to visitors.

1.4 Historical Influence on Culinary Culture:

Himachal's culinary heritage was shaped by historical events and interactions with neighbouring regions. Ancient trade routes and invasions, (Chauhan, 2015), facilitated the exchange of culinary practices, resulting in a fusion of flavours and ingredients. Highlights the impact of Rajput and Mughal influences on regional culinary traditions, which resulted in the incorporation of diverse cooking techniques and spices (Gupta, 2018)

1.5 Geographical Factors and Culinary Diversity:

The diverse geography of Himachal Pradesh, which includes mountains, valleys, and plains, has significantly contributed to variations in culinary practices across districts. The availability of specific ingredients in different regions has influenced local cuisines. The use of various grains, such as buckwheat and barley in Mandi, rice in Hamirpur, and maize in Una, exemplifies the impact of geography on the staple foods of each region (Negi, 2016)

1.6 Cultural Beliefs and Practices:

Cultural beliefs and practices are deeply intertwined with culinary traditions in Himachal Pradesh. Sharma (2017) focuses on the ritualistic aspect of food preparation and consumption that has been passed down through generations during festivals and religious ceremonies. Local customs have a strong influence on food choices, especially when it comes to traditional dishes like Dham in Mandi and Chha Gosht in Hamirpur. (Sharma P. , 2017)

1.7 Socioeconomic Factors and Modernization:

In recent years, socioeconomic changes and modernization have had an impact on Himachal's culinary culture. Works examine how migration from these regions to urban centres has resulted in the adaptation of traditional recipes to fit modern lifestyles (Pathak, Journal of Food and Society). Furthermore, Thakur (2020) demonstrates how the expansion of the tourism industry has resulted in a fusion of cuisines to cater to the diverse palates of tourists. (Thakur V. , 2020)

2. Review of Literature:

(Planning Commission, 2002) Ever since globalization started, more and more food items like cereals, cashew nuts and oil have been brought to our country from other places. The government has made it easy to bring these food items by not requiring special permission. He also made it cheaper to bring these food items by reducing the tax on them. Because of this, we went from bringing in 308,000 tons of these food items in 1990 to 1,620,000 tons in 1999–2000.

(Lane, 2011) The cultural hegemony of French haute cuisine has long shaped the high-end restaurant segment in the United Kingdom and Germany, which has been sustained by a variety of processes, including the influence of the Michelin or Red Guide. This hegemony has traditionally manifested itself in the prevalence of French expatriate chefs, culinary techniques and style, and even restaurant culture.

(Cohen, 2004) In simple words, different countries require a specific plan to showcase their culture and attract visitors. This can help in bringing in wealth for various sectors. India is a country that has been influenced by people from other countries who have come to do business or live there. This has had a big impact on the food in India. For example, the Portuguese were the first to bring potatoes to India, and they are now a very popular vegetable there. The method of cooking and the ingredients used can vary greatly depending on where you are in India. When tourists visit, they often overlook the importance of tasting the local food.

(Tanwar, 2018) Due to culinary culture's influence now, people use plates made of paper instead of plates made of leaves. This is creating a big problem for eco-tourism. People are forgetting how traditional dishes are made and how healthy different foods are because they can easily buy pre-made condiments and fast food. This is because traditional ways of doing things are not that popular anymore, so it is harder to find ingredients and learn old recipes.

(Sengel, 2015) Although many studies look at how tourists behave when they travel, they often forget to study how food affects their experience. Eating is not only essential for survival, but it is also a way of learning about different cultures and making friends with the people living in the places we visit. When tourists eat local food, not only does it fill their stomachs, but they also get to know about the local culture and the people living there. Some tourists want to try the local food, while others don't care that much and see it as a minor part of their trip. Some people also bring their food from home while traveling. Because of these differences, tourists tend to have different experiences with the local food.

(Sharma, 2017) People of Himachal are classified into three groups based on their eating: existential, creative, and felt. An existential eater will usually try a new food during a special meal, but will not eat it again. A creative eater follows a recipe and tries different foods at random, choosing foods that taste good to them. He enjoys exploring different types of food and restaurants.

(Tanwar, 2018) observes that many people around the world prefer to drink Coca-Cola and eat at McDonald's and other international restaurants. When people plan to go on a trip, they often look for information about the place online. They can find out about things to do, places to eat and what the local food is like. When they visit the place, they would like to taste the real local food. For example, in India, they now make and sell a Turkish dessert called Baklava, which is a sweet pastry filled with nuts and dipped in syrup.

(Lane, 2011) When we make food easier to obtain and cheaper for people to buy, we may lose some of the special cooking traditions and methods that are important to some cultures. That's why it's important to learn about and support different food cultures so they can keep growing and getting better (Bessière, 2001) Some words show where or to whom something is, such as "in" or "at". When people move to different places, they may start eating and sitting like the people who live there. They can also buy things from there as souvenirs. The food and drink they tasted may remind them of the place they visited. When they get back home, they'll probably want to come again because they'll remember how much fun it was.

(Thakur, 2003) Regional cuisine is the type of food that comes from different places, such as countries, states, or specific regions. The way people cook and the ingredients used can vary depending on where they live and what foods are available there. This is because different places have different climates and traditions that influence how people cook and eat what they eat. At first, regional cuisine was based on foods that were native to a place and helped the people who lived there grow crops and domesticate animals.

(Quan, 2004) Desi food is really important and has a special place in people's lives. There are a lot of thoughts and pictures about desi food on the sales guarantee of a TV channel. They use this to find out how much money they can make by showing desi food on their channel.

3. Objectives:

Ro1: To examine the changes in the food habits of local residents due to culinary cultural influences.

4. Hypothesis:

H1: There is a change in the food habits of local residents.

5. Research Methodology:

5.1. Research Design

This study employed a quantitative research design to investigate the changes in the food habits of local residents due to culinary cultural influences. This study has been conducted on the two districts of Himachal Pradesh Una and Hamirpur. A total of 110 respondents were selected for the study. The selection criteria included for the age group of respondents has been decided 18 to above for multi-occupation The participants were chosen from diverse backgrounds to ensure a representative sample.

5.2 Sampling Technique: The purposive sampling technique in this study is strategically employed to delve into the intricate layers of culinary culture in Districts Una and Hamirpur, ensuring that the chosen participants bring valuable insights and varied perspectives to the research.

5.3 Study Area:

Una and Hamirpur districts in Himachal Pradesh are known for their diverse geography, ranging from plains to hilly terrains. This geographical diversity often contributes to a rich variety of locally sourced ingredients, impacting the culinary offerings.

Both districts are situated close to rivers, such as the Beas River. This proximity may influence the availability of freshwater resources and contribute to unique fishing practices and aquatic cuisine, shaping the local culinary culture.

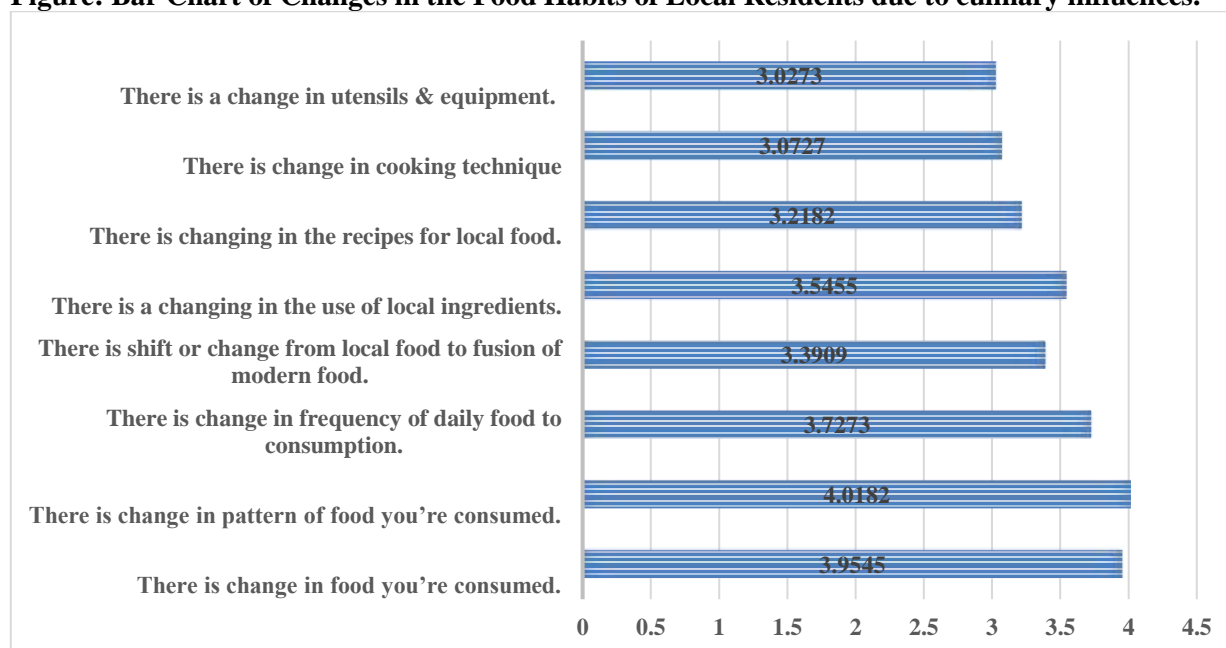
5.4 Statistical analysis:

In this study, variable values are represented as counts and percentages. One sample T-test was used to compare the means of residents in Himachal Pradesh, with a focus on evaluating 8 statements related to changes in the food habits of residents. The scale ranged from "Strongly agree" (assigned a value of 5) to "Agree" (4), "Neutral" (3), "Disagree" (2), and finally "Strongly disagree" (1). Following the collection of responses, a thorough analysis of the hypothesis testing results was conducted. The analysis considered the mean scores, standard deviations, and other relevant statistical measures to provide a comprehensive understanding of changes in the food habits of residents.

Statistical analysis was performed using Microsoft Excel 2019 and IBM SPSS version 25.0. The significance level was set at a P value of 0.05.

T-Test

| Variables | One-Sample Statistics | | | |
|---|-----------------------|--------|----------------|-----------------|
| | N | Mean | Std. Deviation | Std. Error Mean |
| There is change in food you're consumed | 110 | 3.9545 | 1.06991 | 0.10201 |
| There is change in pattern of food you're consumed. | 110 | 4.0182 | 1.02252 | 0.09749 |
| There is change in frequency of daily food to consumption | 110 | 3.7273 | 1.16453 | 0.11103 |
| There is shift or change from local food to fusion of modern food | 110 | 3.3909 | 1.45322 | 0.13856 |
| There is a changing in the use of local ingredients | 110 | 3.5455 | 1.33847 | 0.12762 |
| There is changing in the recipes for local food | 110 | 3.2182 | 1.51677 | 0.14462 |
| There is change in cooking technique. | 110 | 3.0727 | 1.49439 | 0.14248 |
| There is a change in utensils & equipment. | 110 | 3.0273 | 1.62243 | 0.15469 |

Figure: Bar Chart of Changes in the Food Habits of Local Residents due to culinary influences.

N (Sample Size): In this study, we are studying 110 samples in total.

Standard deviation: This tells us how much the numbers in a group differ from each other. It shows us how spread out the numbers are from the average. For example, if we have CHF1, the standard deviation is 1.06991, which means the numbers are spread out quite far from the average.

The data presented in the aforementioned figure offers a comprehensive overview of the average ratings that residents provided on their dietary modifications. Interestingly, "There is a change in the pattern of food you're consumed" has the highest mean score among the statements, with a mean score (\bar{x}) of 4.0182. This suggests that residents of the neighbourhood have a significant belief that there has been a noticeable shift in their overall eating patterns. With a mean score of 3.9545, the statement "There is a change in the food you're consumed" comes in second place and demonstrates the major shift in the types of food people are consuming. The statement "There is a change in the frequency of daily food consumption" ($\bar{x} = 3.7273$) has the third-highest mean score. This suggests that inhabitants believe there has been a significant change in the consistency of their daily food intake. Additionally, the data shows a discernible shift in the utilisation of regional ingredients ($\bar{x} = 3.5455$), indicating a deliberate departure in the selection of ingredients for meal preparation. According to "There is a shift or change from local food to a fusion of modern food" ($\bar{x} = 3.3909$), locals may also be recognising changes to the cooking tools and equipment and the move from traditional local meals to a mix of contemporary culinary features.

The study also shows that respondents think local cuisine recipes have changed ($\bar{x} = 3.2182$), suggesting a changing culinary scene that goes beyond simple ingredient substitutions. Finally, with a mean score of 3.0727, the statement "There is a change in cooking technique" indicates that inhabitants are aware of changes in the techniques used when cooking.

According to the assertions that follow, "There is a change in utensils & equipment" ($\bar{x} = 3.0273$), inhabitants may also be aware of changes to the kitchenware and appliances.

In summary, the thorough examination of the average scores provides an insightful look into the intricate and varied changes in the eating patterns of the community's citizens. Changes have been noted in several areas, such as patterns of consumption, selections of ingredients, frequency of cooking, use of tools and equipment, and a noticeable blend of classic and contemporary cooking components. Together, these results highlight how dynamic local food practices are, presenting a people whose gastronomic preferences are dramatically changing.

| <i>One-Sample Test</i> | | | | | | |
|---|-------|-----|-----------------|-----------------|---|--------|
| Variables | t | df | Sig. (2-tailed) | Mean Difference | 95% Confidence Interval of the Difference | |
| | | | | | Lower | Upper |
| There is change in food you're consumed | 4.456 | 109 | 0 | 0.45455 | 0.2524 | 0.6567 |
| There is change in pattern of food you're consumed. | 5.315 | 109 | 0 | 0.51818 | 0.325 | 0.7114 |

| | | | | | | |
|---|--------|-----|--------|----------|---------|---------|
| There is change in frequency of daily food to consumption | 2.047 | 109 | 0.043 | 0.22727 | 0.0072 | 0.4473 |
| There is shift or change from local food to fusion of modern food | -0.787 | 109 | *0.433 | -0.10909 | -0.3837 | 0.1655 |
| There is a changing in the use of local ingredients | 0.356 | 109 | *.722 | 0.04545 | -0.2075 | 0.2984 |
| There is changing in the recipes for local food | -1.949 | 109 | *.054 | -0.28182 | -0.5684 | 0.0048 |
| There is change in cooking technique. | -2.999 | 109 | 0.003 | -0.42727 | -0.7097 | -0.1449 |
| There is a change in utensils & equipment. | -3.056 | 109 | 0.003 | -0.47273 | -0.7793 | -0.1661 |

A strong pattern among the eight claims under examination is revealed by the examination of t-test statistics regarding changes in the dietary habits of the local populace. The p-values for six of the eight claims are statistically significant, indicating a significant correlation with alterations in the food habits of the local population. These statements include "There is a change in the food you consume" [t (109) = 4.456, (p= .000)], "There is a change in the pattern of the food you consume" [t (109) = 5.315, (p=.000)], "There is a change in the frequency of daily food consumption" [t (109) = 2.047, (p=000)], "There is a change in the recipes for local food" [t (109) = -1.949, (p=.054)], "There is a change in cooking techniques" [t (109) = -2.999, (p=.003)], and "There is change in utensils & equipment" [t (109) = -3.056, (p=.003)],

On the other hand, the claims that failed to produce significant p-values were "There is a shift or change from local food to a fusion of modern food" [t (109) = -787, (p=.433*)], and "There is a change in the use of local ingredients" [t (109) = .356, (p=.722*)]. These outcomes, indicated by p-values higher than the conventional threshold of 0.05, suggest that these specific aspects may not be statistically significant contributors to the observed changes in local residents' food habits.

6. Result:

The examination of t-test statistics in the study of changes in the dietary habits of the local populace reveals a consistent pattern among the eight claims under scrutiny. Notably, six out of the eight claims exhibit statistically significant p-values, indicating a robust correlation with alterations in the food habits of the local population. Statements such as a change in the food consumed, a change in the pattern of food consumption, and a change in the frequency of daily food consumption all demonstrated substantial statistical significance ($p < 0.05$). Additionally, changes in recipes for local food, cooking techniques, and utensils & equipment also displayed significant correlations ($p < 0.05$).

Conversely, two claims failed to produce significant p-values, namely, "There is a shift or change from local food to a fusion of modern food" and "There is a change in the use of local ingredients." With p-values higher than the conventional threshold of 0.05, these aspects may not be statistically significant contributors to the observed changes in local residents' food habits. The findings suggest that while specific elements like changes in food types, patterns, and daily frequency play a pivotal role in shaping dietary habits, the transition to a fusion of modern food and alterations in the use of local ingredients may not have statistically significant impacts on the local culinary landscape.

7. Discussion:

Given these results, **the statistically significant relationships discovered in 6 out of 8 statements support the acceptance of hypothesis HA1**, "There is a change in the food habits of local residents." This suggests that variations in the types of food consumed, patterns of consumption, frequency of daily consumption, recipes utilizing locally grown food, and cooking methods are all significant factors influencing the noted changes in the food habits of the community. The non-significant p-values for the other claims imply that the trend observed may not be significantly influenced by the move toward modern culinary fusion, modifications to the usage of regional components, or adjustments to utensils and equipment.

8. Conclusion:

the findings from this research strongly support the acceptance of hypothesis HA1, which posits that "There is a change in the food habits of local residents." The statistically significant relationships observed in six out of the eight statements underscore the pivotal role of various factors in influencing the noted changes in the community's food habits. Specifically, variations in the types of food consumed, patterns of consumption, frequency of daily consumption, recipes utilizing locally grown food, and cooking methods all emerged as significant contributors to the observed shifts in dietary practices.

These outcomes emphasize the nuanced nature of culinary transformations within the community, highlighting the importance of factors ranging from ingredient choices to cooking techniques. On the other hand, the non-significant p-values associated with the claims related to the move toward modern culinary fusion, modifications to the usage of regional components, and adjustments to utensils and equipment suggest that these particular aspects may not be statistically significant drivers of the observed changes in food habits. In essence, this study provides valuable insights into the multifaceted nature of local culinary adaptations, contributing to a more comprehensive understanding of the factors shaping the evolving food habits within the community.

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