

Sattvik: Savouring the sweet & sour

A cultural milieu to revive the forgotten tastes and hence the forgotten ties!



The Ninth Annual Traditional Food Festival- *Sattvik*, was organized by SRISTI at IIM, Ahmedabad campus during December 16 to 18, 2011 with the support of the Honey Bee Network including GIAN, NIF and IIMA.

Sattvik aims to conserve agrobiodiversity and create demand for traditional crops sparsely cultivated. It also tries to bring lesser known but nutrient-rich food to the urban people, helping them to adopt healthier food habits and lifestyles. SRISTI also



launched some healthy food products under the brand name SRISTI natural.

Over three days, more than 45,000 people visited the festival. A wide variety of exotic recipes such as *parathas* from leaves of *Saijan* (*Saragva*), multigrain pizzas, nutritious products of Amla, Aloe vera, Cactus fruits, *Qahwah* (Kashmiri tea), *Mahua* ice cream, *Brahmi khakhra* and biscuits, different kinds of *Undhiyon*, *Surati Ponk*, *Samo ki Idli*, *Kodri*, *Bunty*, *Jowar*, *Bajra* and *Makai ki Roti* were available.

Similarly, representatives of the Brokpa tribe from Arunachal Pradesh brought handloom bags and handicrafts made of yak hair. Recipes from Assam, Rajasthan, Bihar, Jharkhand and many other regions were offered to all those who wanted to learn new ways of combining taste, diversity, nutrition, and aesthetics. '*Jail na Bhajjiya*', prepared by the inmates of Sabarmati Central Jail tantalised the taste-buds and earned a good reputation as well.

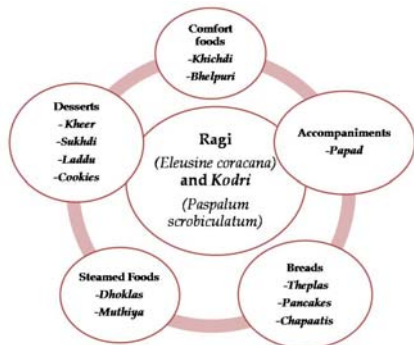
Around 300 varieties of different traditional dishes made out of 450 ingredients were served during the three day festival. Like every year, the *Vanagi Harifai - Sattvik* recipe competition was held one day prior to the food festival. The pre-event had more than 105 food items were prepared by the participants. The winning recipe was the *panchratna* soup made of eight leafy vegetables and *tripach laddu* made from *ragi*, fenugreek, gram flour, *sonth* (dried ginger powder), *gond* (edible gum) prepared by Smt. Usha Jani. Other recipes were chocolate fudge cake made from wheat and *ragi* flours, *chikki* made from flax seeds, boiled *dahi wada* made from *kodri* seeds and stuffed with vegetables, multigrain basket chat, seven grain sweet *paratha*, *ragi* date *halvasan*, *jowar* and maize *khandvi*.

Jyotsana Sinha, who runs an NGO, introduced various dishes from Bihar like *litti chokha*, *makhana*, *ghughni chooda*, *pittha chokha*, traditional Bihari sweets (*sattu laddu*), etc. Many liked the



traditional *Amritsari Kadhi* too. This rare variety was presented together by Pooja Sharma from Uttar Pradesh who runs Savera – a NGO working for children and Prabhakaran, a business man from Madhya Pradesh. "It takes almost eight hours to cook this traditional *kadhi* which





contains almost 15 types of spices and eight different vegetables,” the duo informed.



Dorris Salam and her team from MS University Baroda offered traditional Manipuri food items viz. *pakanam*, *utti* and *chakaou* which contained endemic lichens, nutritive mushrooms and other herbs found particularly in Manipur. Sanjan Toppo and three other friends brought delicacies like *arsa peetha*, *dhuska*, etc. from Jharkhand.

There were a lot of activities for children, including a quiz and competitions highlighting their creativity and knowledge on biodiversity. Children also tried their hand at pottery making. Among other things, there was an exhibition of innovations organized by National Innovation Foundation (NIF).



Windmill for salt manufacturing

Another attraction for the visitors was a low cost windmill and the salt produced by using it. This windmill was originally made by using bamboo by Mehtar Hussain and Mushtaq Ahmed from Assam. The same was redesigned for the use of salt farmers of Gujarat to pump up underground saline water with the help of Chaudhary Fabricators. A team of four students from Delft University of Technology, the Netherlands also worked with GIAN West to make some improvements.

When did you confess to your children last that you did not know the answer to their question?