

Traditional Forgotten Recipes Contest 2022

TRADITIONAL RECIPE COMPETITION 2022

Date : 22nd December, 2022

Time : 2Pm Onwards

Phone : +91 99253 20793



Venue : SATTVIK MAHOTSAV

NEXT TO ANDHJAN MANDAL (BPA), 132FT RING ROAD,
VASTRAPUR, AHMEDABAD

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SRISTI.ORG



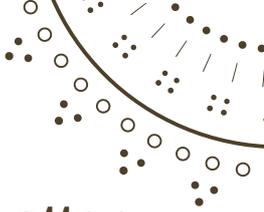
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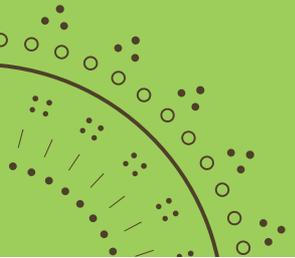
Background



- **Sristi organises the Traditional Forgotten Recipes Contest to revive recipes that have been part of our life from generation to generation. Generally, in our day-to-day life we do not consume any other food grains other than wheat, rice or corn. This recipe contest is organised by Sristi to encourage the food formulations that use minor millets or vegetables mostly grown or available in tribal and dry regions of India.**

To participate in this contest, send a WhatsApp message on **M-9925320793** or write down in a sheet of paper before **December 15, 2022**. The message should contain the name of the recipe, ingredients & method of preparation. Please also send your full name, address and phone number.

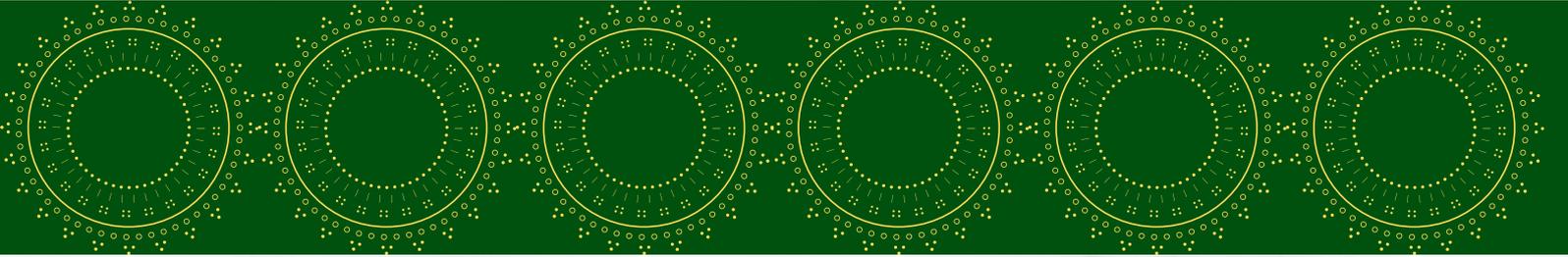
*The participation for this contest is free of cost.

- **Please remember that the recipe should be unique and in the category of forgotten recipes.**
 - **You can even come and drop the recipe personally at our office. We hope you will encourage and everyone in your friend circle to participate in this unique contest.**
 - **All participants will receive a participation certificate. The three best contestants will receive a shield too along with the participation certificate.**
- 



Why is the Forgotten Recipes Contest organised?

- The Traditional Forgotten Recipes Competition is organised by Sristi. With the changing modern times, the minor millets and uncommon vegetables have almost disappeared from our kitchens. Hence, this contest is organised to revive this part of tradition in city life. We aim to encourage use of grains or vegetation that grow on its own in a home, field.



- These grains/vegetations should grow on their own and should not be available easily in the market. The recipes entered in this contest should use such ingredients as described above For eg: Mordi Bhaaji curry, Cheel leaves curry, Nala leaves curry, Umra, Goondi flowers curry, Khati ambli flowers curry, Chutney, Kadhi, Dodi Muthiya, Arni flowers Kadhi etc. Such ingredients or recipes are gradually disappearing from our daily life.



Rules for Participants

- 1) One participant can send more than one recipe but it has to be exquisite.
- 2) The recipes in this contest cannot contain artificial essence or colour.
- 3) The health benefits and traditional significance of the recipes should be mentioned along with the recipe.
- 4) It is expected that the recipes should use minimum amount of oil, sugar and ghee.
- 5) The contestants have to prepare the recipe at home and get it at the venue. The recipes should be completely vegetarian.
- 6) The organisation will not pay/reimburse for the transport of the contestant to or from the venue of the competition.
- 7) A full copy of all the details of the recipe sent for the competition should be carried to the venue and kept at the table.
- 8) All participants will receive a participation certificate. The three best contestants will receive a shield too along with the participation certificate.
- 9) Any documentation or publication of the recipe will also mention the contestant/participant's names too.
- 10) All the rights to change/modify any rules of the competition are held with the Sristi organisation.

You can send your entries on WhatsApp M-9925320793 until 15 December, 2022. You can also give handwritten or copy of the recipe at the SRISTI office.

Venue of the Competition

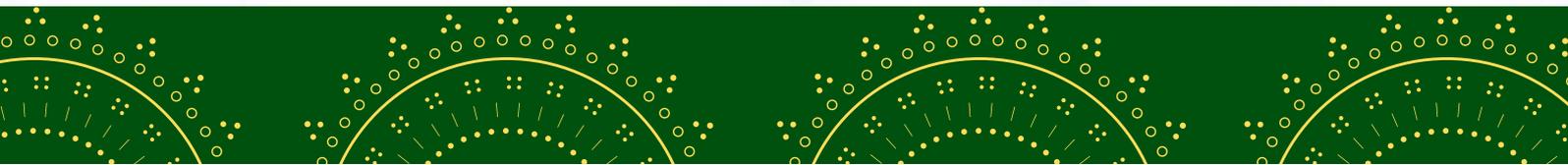
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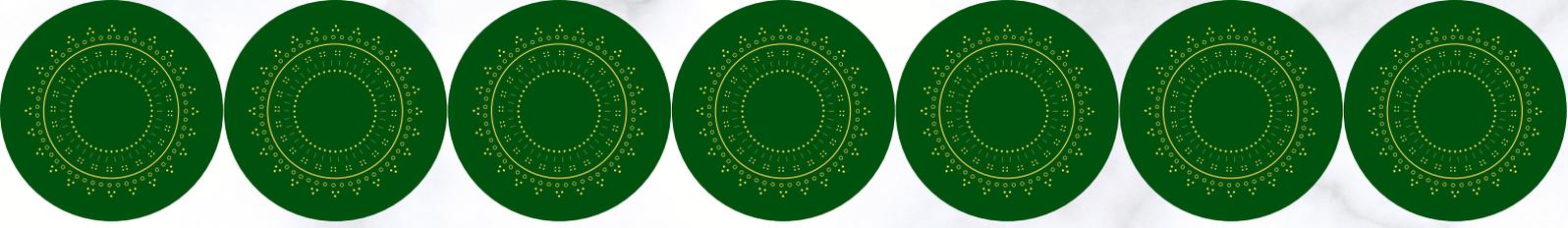
 079- 27912792 / 27913293, (M) 99253 20793,

 www.sristi.org

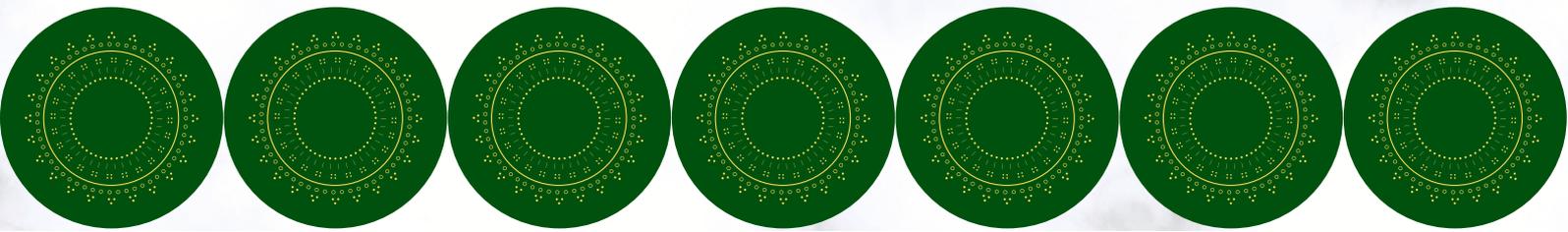
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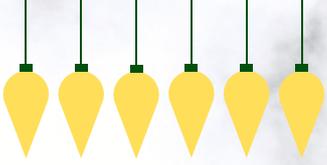
A GLIMPSE OF FORGOTTEN DISHES





HONOURING THOSE LADIES WHO MADE THE SPECIAL DISH





Group Picture



MEDIA COVERAGE

અમદાવાદમાં વિસરાતી વાનગીઓની રસસભર સ્પર્ધા



૩૮ બહેનો અને બે ભાઈઓએ અવનવી ૧૨૮ વાનગીઓનો રસથાળ રજૂ કર્યો

(નટવરલાલ ભાતિયા દ્વારા)

અમદાવાદ તા.૨૪ અમદાવાદ સૃષ્ટિ સંસ્થા ખાતે નિષ્પાંત.ફૂડ સાયન્સ ના મહાનુભવોની ઉપસ્થિતિમાં વિસરાતી વાનગી સ્પર્ધા યોજાય. ૧૮થી ૭૦ વર્ષીય ૪૦ બહેનોએ ઉત્સાહ ભેર ભાગ લીધો હતો. અમદાવાદ શહેરમાંથી જાગૃત ૪૦ બહેનોએ વાનગી હરીફાઈમાં ભાગ લેવા માટે પોતાની નોંધણી કરાવી હતી. આ બહેનો પોતાના ઘરેથી વાનગીઓ બનાવી-લાવીને આ હરીફાઈમાં ભાગ લીધો હતો. સ્વાદ, પોષણ, પરંપરા અને

આ વાનગીઓનું સુશોભન પણ અનોખું હતું. આ હરીફાઈના ૭૭ તરીકે એમ.એસ. યુનિ. વડોદરાના ફૂડ સાયન્સ વિભાગના ડો. સ્વાતિ ધૃવ, આણંદ કૃષિ યુનિ.ના ફૂડ સાયન્સ વિભાગના ડો. અમી રાવાની અને ડો. ગાયત્રી બોડેબા ઉપસ્થિત રહી સ્પર્ધકોની વાનગીઓનું મૂલ્યાંકન કર્યું હતું. ૪૦ બહેનોની કુલ ૧૨૮ વાનગીઓ આ હરીફાઈમાં પ્રદર્શિત થઈ હતી. આ વાનગીઓ માત્ર સ્વાદની રીતે વિશિષ્ટ નહોતી, પરંતુ પદાર્થોની વિવિધતા અને વિસરાતા વારસાનું સંયોજન હતું. ૧૮ વર્ષની

પણ ઉપસ્થિત રહ્યા હતા.

૪૦ સ્પર્ધકોમાં બે પુરુષોએ પણ ભાગ લીધો હતો, જેમાંથી એક પુરુષ સ્પર્ધક વિજેતા પણ થયો હતો. પ્રથમ ત્રણ વિજેતાના નામ (૧) નિરાલી પંચાલ, કારેલાનો ઘેઘો, આદુ કપુરીપાનનો શીરો, મલ્ટીગ્રેન ખીચું તથા (૨) પલક શેઠ બરફી ચુરમા, આમલા જીવન, ભરતીયું, ખોરો, દહીં રતાણુ તેમજ (૩) હિતાર્થ પટેલ, પીપલા, પર્વેયા, બીલી, અજમો, આંબલી અને તુલસીના પાનના પાત્રા રહ્યા

Tradition meets innovation

True, the much-loved Sattvik Food Fest gave us a miss this year too owing to the pandemic... But SRISTI offered a sliver of the sumptuous organic fest with this super interesting 'Visrati vanagi ni harifai' where Amdavadi women cooked up a traditional storm. Mirror reports – fare and square!

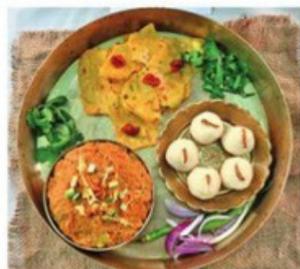
Disha Kumar | feedback@ahmedabadmirror.com | TWEETS @ahmedabadmirror



SEJAL AGARWAL

DISH: JAAVUU

This is something my nani used to prepare. It is healthy and easy to eat, for both kids and the elderly, since it doesn't involve much of chewing. Moong, chokha and wheat were the main ingredients. I have also made 'Laad ke laddoo' made of rava, ghee and sugar. It can be stored for six months.



PICS: NILKANTH DAVE

SHWETA GAJJAR

DISHES: MAKAI PAKA, VEGAN HUMMUS, KANDMOOR TIKKI

My first dish is 'Makai paka', an East African dish, made using coconut curry and corn cubes. My second dish is a healthy 'Kandmoor tikki' stuffed with peas and shingoda with fresh coconut, served with vegan hummus. Other dish is 'Khaajoor aadu', where tyhe dates are stuffed with ginger; it is like a mouth freshener.



DHARMENDRA PANDYA

DISH: MAHOODE KA SAATHA, KANTHADA & HARE MATTAR KI SUBZI

I have presented three dishes – 'Mahoode ka saatha', 'Kanthada' and 'Hare mattar ki subzi'. I used kanthada to prepare the pooris that go with the subzi. Another is a jaggery dish, jaggery is good for health, but sometimes when eaten in summer, it may cause health issues to certain people. To tackle this, I have filled this block of jaggery with kesuda powder.



ALAK SHETH,

**MEMAKER
DISHES: BORO, BARFI CHURMA**

Joking is my hobby and I love it. The dish I've presented today 'Boro'. It is made of coarse oat grains and buttermilk, is very healthy, transferable and long lasting. In olden times, people used to cook boro frequently, especially the Kathiawad region. Another dish is 'Barfi churma', my grandmother's recipe. The other dish is called 'Ratadu sandwich'.



WINNERS WERE ANNOUNCED LATER IN THE EVENING: Nirali Panchal, Palak Sheth, and Hitarath Patel

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