

Bhoomi Dinner: Flavours of the Mountains

1st October, Private Dining Hall, IIC -main

Mountain ecosystems are homes of rich biodiversity, cultural diversity and resilient communities. Unfortunately, fossil fuel led development is contributing to Climate Change, a phenomenon which is makings. these ecosystems and communities particularly vulnerable. However, in the face of these threats, the hardy mountain people are evolving creative strategies to ensure the sustainability of their economies through agroecology, traditional crafts and indigenous knowledge. It is to honour this spirit that we have curated tonight's dinner, which gives but glimpses of the phenomenal and diverse culinary cultures, based on local biodiversity, of our hill and mountain compatriots. From the complex flavours of saffron and jakhia to the bold texture of purple rice and buckwheat or the subtle and soft taste of Himalayan yam and iskus, we have worked to include a number of mountain delicacies. As we raise a "toast" to salute the resilience of mountain people across the world, let us "listen to the mountains" and adopt ways, which will contribute to lessen their burden by making ecological choices in food.

Navrang dal

The little known but remarkable legume of the Himalayas

Pahadi aloo ke gutke

A mountain potato delicacy from the hills

Methi chaman

A Kashmiri dish made with cottage cheese

Herbed iskus

Chayote sautéed in herbs

Dessert

Amaranth pudding

Apricot -honey ice-cream

Chakao Amubi

Manipuri Purple rice pudding

**Mahila Anna Swaraj, A Navdanya initiative to ensure Food Safety & Food Sovereignty in Women's Hands*

Raita & chutney

Ladaki apricot chutney

Muli -til chutney of Uttarakhand

Coriander & onion chutney

Rice & roti basket

Bharwa roti of Ladakhi Barley satttu

Sikkimese Sel

Rice flour roti

Saffron rice, a flavor from Kashmir

Garwhali steamed Bhaat

Main course

Gethth phaanu

Famed dish of Uttarakhal, slow cooked indigenous horse gram

Lengda bhaji

A wild plant specialty of our hills

Thechwani

Pahari mooli (white radish) and potatoes toasted and powdered with jakhia seeds

Beverages

Seabuckthorn squash

*Prepared by *MAS Ladakh*

Rhododendron squash

Prepared by MAS Himachal Pradesh

Soups

Garwhali bathua seed soup

Chenopodium, native to the Hills rich in Vitamin A, Potassium and Calcium

Appetizers

Ramgarhia pator

Arbi leaves sourced from Navdanya Agroecological Farm

Mountain yam and amaranth cutlet

Buckwheat crepe with salsa

Salad

Bhel of roasted safed bhaat sourced from Tehri

Ratalu chaat

Sour and salty sautéed Yam from Doon Valley

Contributory payment-inclusive of taxes: Rs 900/-; RSVP: navdanya@gmail.com;

011-26968077; www.navdanya.org/site; @Navdanya_Navdanya