



WORLD GOURMET *Summit*

WGS 20 YEARS



Long Forgotten Recipes by Chef Gurpreet Singh Gehdu

Food has a way of igniting the senses and giving us a deeply satisfying dose of happiness. It never fails to bring people together and fosters family tradition. It is an indicator of cultural identity and fond memories. But even the strongest culinary traditions are sometimes no match for the strokes of time. Be it the lack of ingredients that were once very popular and now difficult to procure, to the loss of life-styles in times of societal change, there are some recipes that have been the pre-cursor to the food of today and are in dire need of a resurrection.

To most people, Indian food means buttery naans from Punjab, south Indian dosas or Bengali fish curries. But there is a whole world of foods from the country's past that is now less ubiquitous but no less delicious than these more common dishes.

Over the years, the Indian diet has undergone a transformation because of changing lifestyles and the easy availability of packaged foods. The result: many dishes that were once prepared regularly at home have been forgotten, replaced by meals that are quick to the table..

Punjabi food goes to the world, but the world rarely comes to Punjab. Hence, the hidden gems of this cuisine remain hidden. The depth and diversity of North-Indian food is incredible and when there is a lot to relish in the culinary diversity the cuisine has to offer.

One of the bright spots of India's colonial legacy is food.

There are fabulous dishes originally cooked up by Portuguese, British and French arrivals using Indian ingredients to substitute for European ones that weren't available in the India of that time. Cilantro replaced parsley, chili powder substituted for paprika and chicken took over from duck.

Anglo-Indian cuisine—born of mixed British and Indian parentage and kitchens—mixes Worcestershire sauce with black pepper, incorporating a bit of both worlds. Punjabi food is as simple as it can get. We stick to basic spices, and ingredients. The real flavours come from the technique of putting them all together, and the slow cooking process. Truth is, the much loved Punjabi cuisine is not about opulence, but about soul.

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