

## **CHAPTER IV**

### **RECIPE OF CURRY AND TRADITIONAL KNOWLEDGE SYSTEM**

#### **4.1 Introduction**

The traditional habit of preparing curry recipes in the Bodo community did not form in a day. They assembled the knowledge of cuisine from the ecological materials. With the identification of food materials from ecology, they learned the cooking methods. Mixing ingredients in required proportion and adding ingredients in time of need is a practice of the community. They have a unique type of cooking recipe that may internationally drain to the globe.

Bodo is one of the North-East Indian exciting tribes and cultures. Their flavours and dishes are as unique with the naturally available materials of the area as their colorful way of life. Most of their dishes use simple and flavourful fresh ingredients like bamboo shoots, banlu fagla (a kind of large highly pungent chilli), kharong khandai bibar, khiphi bendwng (sting vine), maisundri (fish mint), thaso (taro), and local greens. Though most dishes consist of meat, it is interesting to note how these are very light appetizing and enjoyable. The dishes are prepared with a little mustard oil to intensify the flavour.

Bodo food habit is being dependent on food commodities available in the ecology. Food commodities of the area encourage cuisine, preservation, presentation, and traditional knowledge of the Bodo community. Cultural conversation of this particular community relates to the food habit they practiced for them.

By religion, Bodos have remained as 'Semi-Hindu, at least from the British period. The neighbouring caste Hindu treats them as 'Bad Hindus'. The Simon Commission also reported Bodos as 'Bad Hindu'. Food habit of the community has sole relation with religion and customs of their community. Their food habit is peculiar to other communities having a different type of traditional knowledge in preparation of recipes. It tries to approach the traditional technological knowledge in regards to food preparation of the particular community the Bodos. They prescribe food materials that are used by the neighbouring North East Indian Hindu community. Besides pork eating habit is an additional habit of meat-eating in the community.

They have been living in the naturally endowed fertile land of the North-East Indian Assam. As autochthones of the region, they have been playing the role of preserver of various flora and fauna found in the forests of the region. They have remained as extreme lovers of nature and very tender fully handling the forest resources so that their food habit does not

lead to the destruction of natural resources and their beauty. They follow natural rules on plucking, collecting food commodities from nature. Too much collection of everything from nature is believed to be a sin for a collector in the society.

Eating odd seasonal vegetables creates health problems among the people they believe. Blending vegetable food with sour and bitter are prohibited itself in the society. They avoid alkali with sour vegetables but sometimes use sour leaves to minimize more alkali in curry though it is believed to be harmful. Bodos have been very familiar with the various flora and fauna available in the forests of the region. They are also accustomed to the nature of various species, their growth and dietic utilities. Also, they know the delicious qualities of these species and their medical usefulness. Hence the Bodos have been very careful in selecting natural species for their food and giving a shape to their food habit.

Among the many dietic items of the Bodo food habit, rice has remained the most favourite food of the Bodos. The dietary mechanism of the community is observed with variation among the professionals and cultivators due to their working pattern and life style. The cultivation season comprises three meals a day among the cultivators and rests afford two meals a day. Besides the principal food, they eat light edible things. Homemade and naturally available food materials like khazi, phitha, phithai, saurai, are eaten fits and starts. Then only other supplementary and complementary food items come into question. Among these wngkhri (curry), ronja (salad), bathwn (chutney), eonai (fried), etc. comes to appear among the other food items. Bodos like green vegetables very much. They always use to take fresh green vegetables which keep them always healthy and handsome. Among other common dietic plants mentioned may be potato, radish, cabbage, carrot, salgom, pumpkin, gourds, etc.

Besides these, Bodos use to take a few peculiar plant and tender leaves as a diet to which other neighbouring caste and communities are not accustomed. The most particular dietic plants are mwitha, the scientific name of which is *Hibiscus sabdariffa*. It is a radish herb medium in size and growth. It has a sour taste and the Bodos like it to take as Bathwn (chutney). In most times, they take it with small fish; emphou (eri moth), and pork whenever latter is available. They find it very delicious and have remained the single most highly consumed item peculiar to ethnic Bodo people. It has two other varieties. One is mwitha bangal (*Hibiscus urcatus*), which varies altogether in size, color, and taste. It is not a herb but tall in size with short branches. It has a bitter taste and better can be consumed with meat and big fish. Of course, many items this also consumed as semi-fried food item as eonai (wet fry). The other is mwitha phathw (*Hibiscus canafinus*), which is in reality a jute plant. Ordinarily, it is not considered worth as a food item but at many items when the two former varieties are not available, or just for the sake of taking a different taste, Bodos use to take

this as a food item. Otherwise, it is a jute plant, tall in size resembling almost in all aspects with the mwitha bangal, from which also by many Bodo families jute fibbers are strewn off. It is worth mentioning that the other species of mwitha are also consumed as substitutes to those. These are mwitha gufur, white in color that is semi climber with weak stems and invisible small thorns having sour taste and mwitha gwja the deep red colored mwitha also of same sour taste.

Another peculiar dietic plant consumed by the Bodo people is Lapha. It is a small mint plant, bright green in colour. It has a normal delicious taste, but a few other varieties have a mild sour taste. Among the other varieties, one is called Gongar Lapha which is spinach-like in size. Another variety is called Lapha Gaorao which has bigger leaves and has a less favourable taste. When it is prepared with kharwi (alkaline) a delicious taste is tasted. It is specially called Lapha Gwbab or alkaline lapha.

Among other prepared food items peculiar to the Bodo only is Onla Khari. Basically, it is prepared with rice powder applying khardwi/kharwi<sup>125</sup> in it. It is normally not taken singly but a favourite dish is prepared with chicken which is called 'onla jwng dao' (Onla curry with chicken). It is a delicious curry with thaigir (wood apple fish, emphou (eri moth), pork, etc. Especially during the summer, pumpkin leave is cut into ginned pieces and added to it. In winter, also dried jute leaf (corchorus olitorious) the narzi is added to it, which is called onla narzi. In the month of February and March dry jute leafs, barsigi (basikha) bibar, sefali bibar are added to onla and consumed to protect allergy for the whole of year.

Among other peculiar diets prepared are drumstick leaves, bombra (Xanthium stramonium) leaves and arum leaves. These leaves are cut into grinned size and by adding little khardwi sloppy tasty curries are prepared. At many times, small fishes or eri moths are added whenever available. Other neighbouring communities have never been accustomed to these peculiar techniques of preparing such food items. Among the meats taken, pork (oma bedor) has remained the single most favourite food item for the Bodos,

The neighbouring communities, till two decades ago, were not used to take pork nor they had any eagerness or idea about rearing pigs in the household. Still, Bodos form the single community domesticating pig in their household. Of course, very recently, neighbouring communities like Rajbangsis are indulging in pig rearing. Pork is so to say, is the single most favourite meat item for the Bodos. They love to take it as fried and curry both. As pigs are nasty in character and habits, they are kept a little away from the household, under the trees or sheds popularly called oma gondra (pigsty/sheds).

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<sup>125</sup> Khardwi and kharwi are the same nomenclature for alkaline that is generally prepared from banana plant. The plant of banana is splited into small pieces then dried in hot sunny light and it is burnt into ashes. The ash powder is sprinkled water to preserve in kho or pot. Preservation is done after it is wet so as not to blow away with wind.

As to bring them up, ophry<sup>126</sup> is required for feeding them; the profession is hated by the neighbouring communities. But as the Bodos use to take jau (rice beer) as usual drinks, they find it no difficulty in bringing up pigs without much extra effort and labour.

Nevertheless, Bodos have some food habits peculiar to their ethnicity and only when these are served, the guests in Bodo families feel satisfied. Among these are Jau (rice beer), Onla Dau (chicken with onla curry), sobai khardwi (lentil with Chicken), and Oma bedor (pork) besides plain rice. napham is another peculiar food item of Bodos, which is prepared from dried fish leaving it for rotting.

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#### **4.2 Why do they Pay Attention in Cooking Curry?**

In Bodo society cooking is a serious business of women only. They cook for their male and other family members to fulfil their hunger in a time of requirements. Women of the community feel happy after the reception of guests offering delicacy food. They prefer to cook their best curries for their guests. They enjoy cooking the best curries for their family members and are always happy to feed the best of their curries. They welcome their believed deities and guests by offering varieties of food items before they consume.

They are careful in selecting vegetables to cook for their diet. They prefer starchy foods, wild vegetables, and fish and meats in abundance. Their dishes are full of vegetables that are acquired from the ecology and environment where they reside. Besides the insects, aquatic insects, rodents, are not reduced from their food recipes. They do not prefer all kinds of vegetables at all times. On a dark night, they do not prefer to prepare bitter and sour curries. Bitter foods are not at all provided to the guests. Preparation of the bitter curry on the days of their holy days is not allowed as they have a belief that the bitterness cuts off the relation.

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<sup>126</sup> Abandoned materials remained after extraction of rice beer the jumay.

The preparation itself is knowledge and this knowledge is shared by social gatherings, community works by oral expression, or practicing events. The preparation of food comes out of offering to deities on whom they have deep faith. Offerings to deities are the means of eating among themselves after they offer. Bodos have rites, rituals, festivals and the socially recognized corporal occupations. Those are deeply related to food groundwork and traditional skills practiced in society.

They in their different cultural communications recall the traditional bits of knowledge such as respect for food items, raw food materials, and food plants are their embedded traditions. Bodo community women are well-trained cooks with their inherited knowledge from the ancestors they surrounded in a lifetime. There are a number of examples of the woman cook prevalent in some legends of their community. They themselves believe to be the descendent of the great king of ancient Pragjyotishpur Bana Raja.

Chitrlekha, a girl mate of princess Usha, the beautiful daughter of the king was a well-equipped cook. Ananta Kandali a poet of the sixteenth century has mentioned it in his Kumar Harana Kavya. The cooking recipes were learnt from those days traditionally. It can be taken into account from many sources. The girl child of the community is always entrenched with their mothers or other women members in the family. They may acquire the knowledge of cooking from elders in the family.

Most of the food materials consumed by the community people are from medicinal herbs. These are originally used for the purpose of healing the unavoidable part of the then gradually it became food material of the entire the community. The ritual food gwkhaw Janai is a ritual food for example to overcome diverse diseases of the year to come.

### **4.3 Recipe of Curry and its Types**

The ancient literature of Assam mentions the preparation of non-vegetable recipes besides that of vegetable curries. Ancient Assamese people were used to curry to keep themselves healthy, strong and is taking put up with all sorts of weather one to conditions in the area. The earlier works of literature make mention of twenty-five and fifty kinds of special dishes (vyanjana) prepared with vegetables, pulses, fish and meat. Bhaben Narzy in his book *Boro Kacharir Samaj aru Sanskriti* has mentioned six types of recipes. These are (a) Eufamnai (fry), (b) Fram fram (dry cooked curry), (c) stheb stheb (keeping a little water), (d) Job job (fish or meat curry cooked keeping little water in it) gravy, (e) Lao lao (cooked keeping a little water), (f) Menai (roasted).

The recipe of curry in the observation of the researcher has been divided according to its preparation method, shape, taste may be divided into the following types. 1. Lao lao bidwi dwnnanwi songnai 2. Latha latha songnai 3. Job job bidwi ese dwnnanwi songnai 4. Sithwb sithwb songnai, 5. Runai, 6. Mwidru, 7. Gwran eonai, 8. Menai 9. Saonai, 10. Hangnai 11. Hasungao saonai, 12. Bathwn, 13. Denai Bathwn, 14. Bidwi

#### **4.3.1 Lao Lao bidwi dwnnanwi songnai**

Lao lao bidwi dwnnanwi songnai is a recipe that is prepared in liquid form of curry. The curry is added with more water to prepare it. A curry which has surplus added water in the time of cooking and which keeps more of it till the time of serving is called the lao alao curry in the Bodo community. The food materials are blended with water and it becomes delicious after cooking.

It is a kind of curry prepared by keeping water in the curry. The cooking method needs surplus water. This cooking method is done by adding more water in cooking. Vegetables are mixed with water. Vegetable those are prepared as Lao Lao bidwi dwnnanwi songnai wngkhri are Maisundri (Fish mint/houttuynia), Manimuni phisa (Hydrocotyle sibthorpioides), Manimuni gidir (Asiatic pennywort scientific name is Centella Asiatica), Daushrem the Indian chestnut vine scientifically known as Tetra stigma leucostaphylum, Curry leaf *Murraya keonigii*, khumbra, usumwi, bwigri mwigong are cooked as lao lao bidwi dwnnanwi songnai wngkhri. Besides the above kunduli the ivy gourd scientifically known as coccinia grandees, jwgwnar the pumpkin (*Cucurbita moschata*), thaso the taro (*colocasia esculenta*), tha ganda the yam (*diocorea alata*), potato Ol Kobi, olodor the stink lily (*amorphophallus paeoniifolius*), mwitha the Roselle (*hibiscus sabdariffa*) fathw (jute leaf), lai mwigong the vegetable mustard (*brassica juncea*) are preferable vegetable to make this type of curry.

#### **Jingkha jwng najwng**

The jingkha is a in wide range cultivated. It is of two seasonal varieties. These are ashu jingkha and maisali jingkha. The name of the jingkha is added with the pre words Ashu and maisali to means the seasonal jingkha varieties. These are prepared as curry in the winter and rainy seasons. The ridges of the jingkha are peeled and chopped into finger-shaped. The vegetable is washed and strained in a pot. The recipe is simple and plain one, adding little oil to half fried fish which is added in the curry. To prepare the curry first of all fish is fried in little oil heating in a pan. The fry is completed within a very short moment. To fry the fish one is to heat the mustard oil. The fist is fried in medium heat and stirred so that it do not stick to the pan. The fish in the pan is lifted and kept aside. Then the jingkha vegetable is

added to the pan and stirred. The pot is covered so as to steam the vegetable. A sufficient amount of water is added and boiled again. While the curry is boiled in top sizzling point then the half fried fish is added in it and let it boil again. Add two pieces of ginger leaves to it. Add a little salt to taste. After a few minutes of boiling the jingka jwng na jwng curry is ready to serve.

### **Jukham na fisa wngkhri**

Ingredients:

1. Jukham the maize
2. Small fish
3. Salt to taste
4. Turmeric powder
5. Chili pepper
6. Ginger paste
7. Garlic cloves or paste
8. A little mustard oil

The curry is prepared from maize or the jukham as called in vernacular language. For cooking this curry first of all one has to separate the young corn of the maize from its fruit then grind the corn in a grinder. Ground maize is added to water and thus made the pulp into a smooth texture by passing through a cloth or a strainer and kept aside in a pot. Small fishes are fricee by heating little mustard oil within few seconds and kept aside. Boil the jukham and add turmeric powder, chili pepper ginger paste, and garlic paste and stir in the materials immediately. Add fish in it and boil the curry till it softens to be ready. Then add salt to taste. Then the curry is ready after a few minutes.

### **Jwgwnar wngkhri**

Jwgwnar (pumpkin) is a vegetable which is used with other edibles of can be eatern sithout frying and heating. It is sliced in a large shape and cooked in a pan by adding salt and turmeric. The curry of jwgwnar is mostly prepared vegetables in the community. It is prepared to add more water as Lao Lao curry.

### **Khardwi wngkhri**

Khardwi wngkhri is known as alkaline curry. This curry is prepared with mixed vegetables gathered from the field. Preparation of this curry needs the mixed vegetables of lapha, thunthini, buthua, and other vegetables available. It is added with alkaline and salt to

taste. Vegetables that alkaline added curry is called the khardwi wngkhri or kharwi wngkhri such as khumbra kharwi, mwiduful kharwi wngkhri etc.

### **Khesari Dali wngkhri**

The khesari dali is also known as khala dali in the vernacular language. This pulse variety is prepared by adding alkaline to soften and blend with water. The preparation of khesari dali needs boil water and pour the dali in it. A little alkaline and salt to taste is added in it. Then it is boiled till it become soft after it is mixed with water. After a few minutes of boiling the khesari dali wngkhri is ready to serve.

### **Lao wngkhri (Bottle gourd curry)**

The Lao wngkhri is prepared from the Lao the bottle gourd. It is a vegetable recipe and can be prepared as non-vegetable recipes with fish, meat or crab. The piecing of vegetables depends on the delicacy of curry. The lao is sliced to prepare the curry. It is cooked heating oil and frying before adding water to it. While the lao is steamed and softened half fried fish or meat is added for nonvegetable item. It is boiled adding salt to taste and turmeric powder. It is ready to serve after boiling with sufficient heat on ingredients.

### **Laphajwng nathur gwran (lapha with dry prawn)**

Lapha is unique community famous leafy vegetable. This vegetable is cultivated in every cultivating family. It is a highly valued vegetable in the community.<sup>127</sup>It has gel in it and it makes the curry tasty with its gel. The preparation of lapha<sup>128</sup> with dry prawn is simple and process is a combination of expertise and traditional knowledge. The preparation of lapha curry has many steps from the plucking till cooking and covering. At the time of plucking no iron made knife or equipment is to be used. The only fingers (without touching the nail) are used for plucking lapha. For another purposes curry preparation however cutting can be done by using knife or cutters. Lapha and prawn needs the following ingredients

1. Lapha tender leaf as per family members,
2. Nathur dry prawn
3. Salt to taste
4. Turmeric powder
5. A little mustard oil

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<sup>128128</sup> It is known as Chinese Mellow and the scientific name for the vegetable is *Malva Verticillata*.



Method of preparation: Heat the pan on oven. Pour a little mustard oil on it then heat again till the bubble of the oil is finished. Pour the prawn on heating oil and stir the fishes immediately and sprinkle a little salt and turmeric powder on it. Let the water of the prawn be dried in frying pan. Then lift the prawn from the pan and keep aside. Then pour the lapha in the heating pan and stir with ladle. Cover the pot for a while and let the vegetable be steamed and soften. When the vegetable is become soft, pour a little water on it and cover the pan and heat again. When the vegetable is blended with water in boiling then pour the prawn in cooking. Add a little salt to taste. Cover the pot again and let it bubble by boiling. When the fish is cooked then lift the pan and it is ready to serve. It is worth mentioning that turmeric powder avoided in cooking this curry. In modern day curry preparation turmeric powder is added to remove probable germs of vegetable.

### **Laphajwng na wngkhris**

Ingredients: - 1. Na, (fish), 2. Lapha (cluster mallow), and 3. Salt to taste, Lapha (Cluster mallow) vegetable is washed cleanly. Cleaned lapha is plucked into short pieces and it is given on pan and sprinkles a little salt to taste. Then it is covered to steam the vegetable without water. Add a little water on lapha to boil. While the water is dried add sufficient amount water on it. Cover the pan and heat again to cook. Pour the small fish on it and let it boil again. After a few minutes the lapha jwng na wngkhri is ready to serve.<sup>129</sup>

### **Lapha Saikho jwng najwng**

Ingredients: (i). Lapha Saikho vegetable (ii) Small fish (iii) Salt (iv) Turmeric powder (iv) Mustard oil. Heat the pan for a few seconds to dry up the water on the pan. Pour a little Mustard Oil on a pan and fry the small fish to make it tight or reduce its germs. Lift it after a few seconds. Add the Laphasaikho and stir the vegetable for on the curry. Again boil it till the fish is cooked and would ready to eat. This curry is basically made in the month of February March. It is a fantastic sour curry before the mangoes on the mango grove, curry of advance spring time season. The vegetable is cooked in deep water by boiling. When the vegetables are boiled with sufficient heat on the boiling curry add the fried fish in it. Then after a while the curry of lapha saikho jwng najwng is ready to serve.

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<sup>129</sup> Basanti Basumatary. 43 years, Asstt. Teacher, Narayanpur, Baksa.16/7/2014

## **Maisundri jwng Na phisa wngkhri**

Maisundri the fish mint scientifically known as fish mint (*houltuynia cordata*) is a small herb available in the area is used as curry and now-a-days it is used as a spice. This small plant has medicinal value and all parts of it is used. Extracted juice of the maisundri is good for stomach pain and other stomach problems. Its basic use is in chutney. But preparation rural Bodo people prepare it as curry adding more water and small fish. The vegetable is first cut into small pieces and washed. Keep aside to strain the water of the vegetable in a khirkha for a while. Take a little small fish washing it cleanly. Heat the pan to dry the water of the pan completely. Pour a little mustard oil in it. Fry the fish in the heated oil slightly within a few seconds and keep aside. Pour the vegetable into the pan and stir it immediately. Cover the pan to make smooth the vegetable with water vapour. After evaporation of the vegetable stir again it and add water as much as need. Boil the vegetable till it bubbles and blends with water. When the boiling is in the highest bubbling then adds the fried small fish in it. Then add turmeric powder and salt to taste. And boil again to ready the fish. Lift the curry after the fish of the curry is ready.

The curry is eaten in the month of jethw and Bwisag month of the Bangla calendar. It relieves dysentery, stomach problem, digestion problem and keeps the navel cool.

## **Mula wngkhri**

The mula is a kind of root vegetable available in the winter season as seasonal vegetable. The sliced mula is fried first then is added salt, turmeric and water to make wngkhri. This vegetable is consumed to get relief from piles problem.

## **Musur dali wngkhri**

The musur dal is traditionally crushed pulse milled in jahat, -a stone grinder. This dal curry is prepared adding water, musur, salt to taste and turmeric powder. The method of curry is employed by frying musur pulse and adding salt, turmeric powder, garlic, ginger paste. Then water is added as per need of the consumer members. The boiling of all ingredients is blended in soft curry. It is ready to serve after a few minutes of cooking.

## **Mwitha jwng khangkhrai**

Ingredients: crab meat, mwitha (*Hibiscus sabdariffa*), salt to taste, mustard oil, green chili, pepper two to three pieces, ginger and garlic paste. The Khangkhrai (crab)

mwitha (hibiscus sabdariffa) curry is prepared lao lao with excessive water. First of all the crab should be washed cleanly then unnecessary particle of the crabs are to be removed. The crab is to be separated into meat and cell with its intestine. Keep the cream of the crab into a pot. The meat part of the crab should be grinded in Thopsi or uwal. The meat is kept on a clean cloth or sieve to strain the juice of the creamy part for cooking.

The Cream and gravy crab juice is mixed in a pot. Take some mwitha and chop it. Heat a little mustard oil on a pan. Add two to three pieces of green chilli on heating oil and move it by stirring. Then is the crab mixture poured on oil and stir with ladle for a few minutes then add salt to taste. Some ginger and garlic paste are added on it. Given the mwitha the chopped sour leaves on it. Lal the water of the sour leaves be heated until it is dried up. A little water is added on it again. After a few minutes the curry will be ready to serve. This can be made either gravy or curry, it depends on the preparation. While more water is added then it become mwitha wngkhri and when it is watered less than it is called mwitha bathwn.<sup>130</sup> This curry contains more water in it so it is mwitha khangkhrai wngkhri.

### **Mwitha na wngkhri**

The recipe of mwitha na wngkhri is prepared with the ingredients mwitha, na the fish, salt to taste. This simple curry recipe starts with the fry of fish in little mustard oil. The mwitha vegetable is fingered by removing its sticks on leaves. The recipe is non vegetable curry with fish. Basically, the community people use small or medium size fish for the curry. The fish for the curry is cleanly washed and kept aside. The ingredients mwitha the hibiscus sabdariffa, salt to taste, chili pepper is taken to prepare the curry.

The fish is fried in a little heating oil in a pan and lifted aside. Add the chili pepper in pan then the mwitha is added in it to steam. Cover the pot to steam. The mwitha is stirred and after a few minutes of heating add water to boil. While the water is sizzled and blended with water then add the fish and salt in it and boil again. After a while the fish is blended with vegetable. It is ready to serve with meal.

### **Mwitha oma bedor**

This curry is mostly prepared in the Bodo families of the undivided Kokrajhar district. The chopped oma bedor or pork is fried in dry mode till it become brown in frying. Add garlic, ginger paste, and salt to taste in it and stir it. Then add the chopped mwitha in it. Stir the curry and cover it again to steam the mwitha. While the mwitha is mixed with

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<sup>130</sup>Protiva Brahma. Female, 53 years, Asst. Teacher, Khagrabari High School, Roumari, Chirang, Assam.

pork then add some water in the curry. Covering the pot boil the curry heating more on the pan. After a few minutes (about 40 minutes) the curry of mwitha oma bedor is ready to serve.

### **Podina jwng, embu phanthao na phisa**

Ingredients: - Podina (mint), mustard oil, onion, ginger, garlic, and punch puron (five mixtures of spices). Chopped small tomato is fried in mustard oil adding salt turmeric powder in it. Let the small tomato be steamed soft and add podina<sup>131</sup> on the frying tomato. A little water is in it and boiled. While the boiling is in high sizzling speed the small fish is added in it and boil again till it is ready. After a few minutes of cooking, it is ready to serve<sup>132</sup>

### **Rohar dali wngkhri**

This curry is prepared adding water, salt to taste and alkali as alkaline curry. Preparation of recipe is simple. Heat the pan and pour the rahar (pigeon pea) pulse in it adding alkali and salt to taste. Stir the pulse and add the sufficient amount of water in it. The pulse is sizzled for some time then it is softened and blended with ingredients. It is ready to serve after a while.

### **Sobaijwng dao wngkhri**

Sobaijwng dao jwng is one of the mouthwatering curries among the community. This delicacy curry is served for their guests. A good portion of chicken is selected to cook the curry. The black dal or urad bean seeds are fried in pan then it is crushed. The meat of chicken is fried in a pan heating mustard oil. Ginger paste, turmeric, chili pepper, garlic paste are added in the frying meat and it is kept aside. The crushed black dal is poured in the pan and stirred with ladle then water is added in it. The curry boils in high speed then it is stirred to absorb the pulse with water. While the pulse is blended the fried meat is added in it to boil again. The meat added sobai jwng dao curry will blend and the meat is soft in boiling. Add leaves of khasithara a spice leaf to good scent the curry. The recipe of curry sobai jwng dao wngkhri is thus ready to serve.

### **Sobai jwng khusia gwran**

The recipe of sobai jwng khusia gwran is a delicacy curry of the community. This dried khusia (eel fish) is prepared with sobai the black pulse adding alkali in it is very delicious curry.

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<sup>131</sup> Podina is called the same name in vernacular language podina. In English it is known as Mint and scientific name for the plant is *Mentha arvensis*.

<sup>132</sup> Champa Basumatary. Female 38 years, house wife, Laogaon, Baksa. Date-14/7/2014

### **Sukhajwng na wngkhri**

Sukha is a kind of sour leaf generally cultivated in winter season and lasts till March. To prepare this curry sukha vegetable is fried in pan till it is steamed into soft then water is added and boiled. Fish for the curry is added at the time of boiling in high speed. Salt to taste is added in it. This is a sour tasted curry which helps to keep the health in balanced in hot sunburn.

### **4.3.2 Latha latha songnai**

Latha latha songnai is a recipe that is slightly after water is added and smoothly blended with materials. This type of curry is paste like with less gravy. This type of curry shape is seen in onla the rice powder curry. The following are the some latha latha songnai wngkhri.

### **Basikha/Barsigi bibar jwng onla (wngkhri)**

Ingredients: - (i) Barsigi/basikha bibar(*Phlogacanthus thyrsoformis*),(ii) on gundwi (Rice powder), (iii) Kharwi (alkali), and (iv) Salt to taste

Keep sufficient amount of mairong engkhur (broken rice) in water for marinating a few minutes. Keep it for a few minutes on a strainer pot to drain water from the rice. Then grind it in ouwal the traditional wooden grinder to make it onla the rice powder. A sufficient amount of water is boiled in a pan. Add fresh or dried barsigi bibar in the boiling curry. Salt and alkali are added to taste. Let onla, barsigi bibar and water be blended for a few minutes. The onla jwng barsigi bibar is ready to serve after blending of the ingredients. This curry is prepared basically in the month of Phagun of Bangla calendar or in the month of March/April to prevent from various skin diseases. But this bitter added curry is not prepared on the day of Thursday as the day is observed as Gurubarai or guru's day and on any special worshipping days. They believe that if the bitter added curry is prepared in the home gods and deities will not present on the day subsequently.<sup>133</sup> Besides it is not cooked at night. They think that the consumption of bitter tasted curries are harmful or health at night.

### **Kharong khandai bibar onla** Kharong khandai (*Oroxylum indicum* L vent.)

Ingredients: - Kharong bibar (Kharong flower scientifically known as *Oroxylum indicum* L vent.), On gundwi (rice powder), Songkhri nangjase (Salt to taste). Alkali to need

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Method of preparing Kharong khandai bibar onla is like other onla wngkhri. The kharong bibar is fried with alkali and kept aside on a pot. Then pour water on a pan as needed for the family members and heat the pan to boil the water till fizz. Add alkali and salt to taste in it. When the water of the pan boils then intersperse the on gundwi on the boiling water and move the curry with the help of ladle or khadou. Add the Kharong bibar the kharong flower on it and cover the pot. After blending all materials and boiling a few minutes the curry is ready to serve. The kharong khandai curry is not prepared at night for it is a bitter tasted curry.

### **Khoma bibar onla (a kind of itching plant's flower)**

The khoma bibar is a kind of flower. Its plant and leaves have strong power with leaves. The flower of the plant is prepared with the onla to make it tasty. The plucking of khoma bibar needs be careful. Leaf of the plant has stinging fibre that itches on body while it touches. So the women wear polythene bags like gloves on hands before plucking the flower. Sometimes they paste mustard oil on their hands before plucking flowers. The recipe of khoma bibar onla needs the rice powder, alkali, salt to taste, khoma bibar, and cloves of garlic paste. At the very beginning the water for onla is boiled adding salt to taste and garlic paste. The water in the pan will sizzle after a few minutes. Add the khoma bibar then the rice powder sprinkling in it and stir it frequently in slow mode. Let the pot be covered and boil it again to make it softer and more blended. After a few minutes the khoma bibar with onla khari is ready to serve.

### **Khumbra gwan onla (dry white guord with onla)**

Ingredients: - (i) Mustard oil, (ii) Khumbra gwan (dry white guord) approximately, (iii) Onla gundwi (rice powder), (iv) Salt to taste, (v)Turmeric powder, (vi) Coriander leaf, (vii) Cloves of garlic, (ix) A little alkali, and (x) A piece of ginger

Heat the pan on oven. Pour a little mustard oil in it. Let the bubbles of the oil be removed in heating. Then give the Khumbra gwan the dry white guord in it and stir it. Add a little salt to taste and turmeric powder in it. Then keep the white guord fry aside. Pour according to the need of the family members to have the curry. Add a little alkali in it. Then boil the water till it sizzles. Give the Khumbra the white guord on the boiling water. Add chilli pepper, garlic, and ginger pastes in it. Then add the rice powder on boiling curry and stir slowly again and again for a few minutes. Then add the khumbra gwan the dry white guord fry in it. After a few minutes of boiling when the curry is cooked it is ready to serve. This is prepared when no cultivated vegetable is available in the family. Preserved vegetables are used to prepare the curry in the off-vegetable season.

## **Khunthai Onla**

The khunthai onla is a bitter tasted onla for its bitter ingredient khunthai a kind of small bitter tasted fruit. For the preparation of this curry a sufficient amount of water is to be boiled. The boiling water is added with salt and alkali to taste. While the boiling water is sizzled the rice powder is sprinkled with fingers and stirred smoothly to blend the mixture. The khunthai bitter fruits are added in it and boiled again to become delicacy curry. The khunthai onla is ready to serve after a while. This curry is a remedy of worm as they belief traditionally.

## **Mula gwan onla wngkhri**

Ingredients: - Mula gwan (dried radish) , On gundwi (rice powder), Songkhri (salt to taste), Kharwi (alkali)

Heat the pan and give the dried radish the mula gwan in it. Fry the dry radish for a few minutes and add a little alkali in it. Stir the material and salt is added to taste for the whole curry to be prepared. Pour water in it as much as needed for the family. Boil the water till it bubbles. While boiling properly the on gundwi the rice powder be added by sprinkling with finger and another hand is enthused the curry with khadou. After a few minutes of boiling and merging of the elements, the curry of mula gwan onla is ready to serve.

## **Narjiwng oma bedor wngkhri**

The narzi jwng oma bedor preparation of curry needs the ingredients narzi the dry jute leaves; salt to taste and the pork the oma bedor. Jute leave is soaked to reduce its bitterness and to remove the dust in it. It is washed thrice or fourth times with clean water. While the narzi washed water remains clean it is assumed to be ready for preparation. Diced pork is fried adding salt to taste and keeps it aside. Fry the Narji for a few minutes on the same pot to add its flavour. Then fried Narji will be added with fried pork and add a little alkali on it and stir it again and again and cover the pot. Add water as needed for the curry. After a few minutes, the Narzi oma bedor is ready to serve.

Another recipe for Narzi gwan arw oma bedor is mentioned below. ingredients to crush: zabrang 6-7 seeds dried jute leaves: 100-gram peppercorns 5-6 crushed ginger: a small piece, garlic: of medium size, green chili pepper, salt to taste, gonger dundia (the coriander) 40gm kharwi (alkali) 1 1/2 tbsp pork (preferably with fat) 500 gm cut into small pieces.

**Method:** Remove the fat from the pork. Boil the pork and jute leave separately. Add kharwi (alkali) and a little salt to the boiling jute leaves. Make a paste of all the other ingredients

and add some of it to the boiling leaves do not stir too much as it will get gooey. Once the level of the boiling water is reduced keep the jute leaves aside. In another pan fry the pork fat and the remaining paste. Now add the boiled pork and jute leave and stir very gently until done. After a few minutes, it will be ready to serve. After putting off the fire the curry is kept for a while and serves with rice.

### **Nathur Gwran Onla**

The nathur gwran is to mean the dry prawn in vernacular language. The mixture of nathur and onla wngkhri is named nathur onla wngkhri. The preparation process is the same as onla preparation. The addition of nathur in the time of sizzling is made to blend it.

### **Onla emphwu wngkhri**

It is a delicious curry among the Bodos. The curry needs rice powder made from rice. Traditionally the rice powder was made from scented rice jwsa in Bodo term. Before preparing rice powder the rice should be deep into the water for two to three hours. Then it is ground into owal or dingkhi the traditional wooden grinder. The dust of the rice or ground rice is kept aside in another pot. Then emphwu the silkworm is boiled. Then emphwu (silkworm) is separated into two pieces. Pour a little mustard oil into the heating pan and fry the emphwu adding turmeric powder and salt to taste. Keep the fried emphwu aside. Mix the rice powder with water and stir it with a spare to move the onla gundwi (rice powder) and the water for a few minutes.

When water is mixed with rice powder completely then pour it to the heating mustard oil. The curry is then boiled for a few minutes. After a few minutes of sizzle, the ingredients ginger, garlic, and chilli paste are added, and stir the curry with khadou (a wooden stick) slowly. Pour the fried emphwu in the curry. After a few minutes of sizzling, it is ready to serve.

### **Onla Fakhri wngkhri**

The name onla Fakhri may be called spotty onla in English. It has spotty colour with green vegetables in the same onla flavor. The recipe of onla Fakhri is just differing from general onla. First of all on Gundwi or rice powder is ground in owal or dingkhi made of wood for grinding rice into powder. Pour a sufficient amount of water into a pan according to the needs of the family. Boil water adding chopped lwnthi mwigong a kind of creeper with a slightly bitter taste. Add salt, alkali, and paste the garlic and ginger in it. Mix the rice powder with a little hot water in it. Pour the mixed rice powder into the pan and boil it again. Stir the curry from time to time and cover it. While the onla is fully cooked test the taste by giving



two to three drops on the fire. The curry juice will bubble more time if the salt is all right or if the salt is less than the fire will put off with the curry soup. This is called onla Fakhri the lwnthi mwigong added spotty curry with green vegetables. There is a belief extend among the people that if the leaf of this plant is consumed during the season of affliction from smallpox then he or she gets relief from the suffering of the pox. So, it is named onla Fakhri. The added green vegetables may vary with the seasonal vegetables available in the locality.

### **Onla Kharwi Wngkhri**

Onla kharwi is a curry famous among the Bodos. Onla is prepared with rice powder. Onla is added with kharwi the alkali. In some places, it is called onla kharwi. The curry is also prepared without alkali. This curry has been culturally recognized for various uses in social functions. Every member of a Bodo family is fond of onla or onla kharwi. This type of curry is prepared in Hathasuni the feasting ceremony of traditional Bodo marriage. The bride of newly married is allowed to cook food and serve among the gathering people. In the traditional Bodo marriage bride is taught to cook onla kharwi and through the distribution of this curry, henceforth, she is recognized as the bridegroom's family member and their relatives.

The Bodo marriage contains the onla kharwi in its system of marriage has a deep connection with this curry in the tradition. The bride offers a meal to the bridegroom at a function. People to make this curry seasonally delicious and health beneficial it is prepared with different edible herbs, flowers, leaves, stems, seeds, and other non-vegetable elements of its ingredients. According to the seasons and materials found in nature, the preparation of onla wngkhri is of various types. The preparation of Onla Wngkhri is made by every household woman on different occasions.

The curry is tough to prepare but its ingredients are easily available in almost all households. So, this curry is prepared frequently in some families. Preparation of onla needs soak the rice in water for half an hour or so, to grind the rice for its powder then it should be kept in an open pot for few minutes to dry the wet. Then the wet rice is ground in owal or dingkhi. The rice powder is kept in a pot aside.

Boil a sufficient amount of water in a pan and add salt, alkali, and paste of garlic and ginger on it. The proportion of salt and alkali is added to taste the curry. Boil the salt and alkali added to water for a few minutes. When the water sizzles with heat then take a khadou on and stir the water slowly and slowly then sprinkle the rice powder on it. Observe that the onla or rice powder should be in liquid form. The meat is fried with mustard oil by adding salt, turmeric powder. When the onla is boiled for few minutes then add the fried meat on the onla and cook again till the meat is got cooked. Then add some chopped Khasithara (long

coriander leaf) and lift the curry to serve.

### **Onla Khasi Dao Bedor**

The onla Khasi dao bedor is a curry recipe of the community that is prepared with a chicken variety that is available in Bodo families. The chicken meat is fried with mustard oil adding the ingredients ginger paste, chili, and salt to taste. The fried meat is kept aside then a sufficient amount of water is boiled in a pan. The already gathered rice powder is sprinkled to blend with hot water to make onla curry. While the sizzling of curry is on top then the meat is poured in it. After boiling the curry for a few minutes the onla dao khasi becomes ready to serve.

### **Onla mewai dao wngkhri**

Ingredients: - 1. Auwa mewai (young bamboo shoot), 2. Chicken, 3. Garlic, 4. Ginger, 5. Alkali, 6. Salt to taste, 7. Khasithara, 8. Mustard oil.

Dao bedor (Chicken) and the mewai the two separate ingredients are fried separately and kept aside. Then spices garlic, ginger paste, and salt are added to water and boil for few minutes till it bubbles. Add a little alkali to the boiling mixture. When the water boils fully with more heating then the on gundwi or rice powder is sprinkled in the boiling water. The rice powder adding curry is stirred gently. Add the fried dao bedor the fried chicken and mewai the bamboo shoot in it and boil again.

After a few minutes, the meat and auwa mewai are added to the curry and cooked a few more minutes. If mewai is softening with blended curry then Khasithara the long coriander leaf is added to it. After a few minutes of boiling, it is ready to be lifted and served.

### **Onla Thaigir**

The recipe of onla thaigir needs the ingredients thaigir, onla, salt to taste, and turmeric powder. The thaigir wood apple is chopped into a finger shape. It is fried in deep oil and keeps aside. A little garlic and ginger paste are fried lightly in oil. Then the rice powder is mixed in water and poured into a pan for boiling. While the curry is boiling in high volume thaigir is added to it and boils again till it is ready to serve. After a while, the curry of onla thaigir is ready to serve.

### **Thaisuri bibar onla wngkhri**

Ingredients: - (i) On gundwi, (ii) Thaisuri bibar (hog plum flower), (iii) Salt to taste, (iv) Turmeric powder, (v) Ginger paste, (vi) Garlic cloves , (vii) Khasithara the chopped coriander leaf.

Boil a sufficient amount of water for the onla wngkhri. While the water is sizzled sprinkle the on gundwi (rice powder) in it. Then stir the curry gently to blend the rice powder with water. Within the sizzling turmeric powder and salt to taste are added to it. The thaisuri bibar (hog plum flower) is added to it. After a few minutes of boiling the chopped khasithara (coriander leaf) is added to it. The onla jwng thaisuri bibar is ready to serve. The thaisuri has a sour taste so Bodos do not mix alkali directly on the sour curry. Curry is beneficial to stomach disease. It protects the stomach from infections and keeps it cool to fight dysentery.

### **4.3.3 Job job bidwi ese dwnnanwi songnai**

Job job bidwi ese dwnnanwi songnai wngkhri is prepared with less water than that of lao lao bidwi dwnnanwi songnai. It differs in its volume water added in curries. Job job is less watered and the lao lao states the more water added to the curry. The recipe is different in the preparation and ingredients used. The taste of curry is also different from preparation method.

### **Awua mewai jwng magur na**

The curry magur na with auwa mewai is a traditional food rarely prepared. It is a valuable recipe. It is prepared with a bamboo shoot by boiling. This curry is consumed to recover smallpox or large pox diseases by drying up scar marks of the body. For curry spices like ginger, curry Patta oil and salt added. Mustard seed is used instead of oil for the medicinal purpose of the curry.

### **Dao jwng Lao wngkhri**

This curry is delicious in the month of Aghon Hindu calendar. The recipe is added with the ingredients lao (bottle gourd), diced chicken, ginger paste, garlic cloves, turmeric powder, and salt to taste. Heat the pan and add a little mustard oil to it. Fry the diced chicken in the pan and stir it. Add turmeric powder, ginger paste, garlic cloves, and salt to taste in it. Let the ingredients blend smoothly. After stirring a few minutes add the sliced bottle gourd in it. Cover the pot to steam the curry. While the water in curry is dried, pour water in it. Boil it till it is soft with a little water. The curry of dao jwng lao is cooked keeping a little gravy in it. It is served with the meal.

### **Khaseo bedor jwng Mwiduful**

The khaseo is to mean the tortoise in English. The recipe of curry was prepared with the khaseo solom the part of its meat. But with the restriction of the wildlife protection act consumption of this recipe is abolished in society.

### **Khumbra gwranjwng Khangkhrai**

Khumbra (white guard) Chop the khumbra bwrai (matured white guard) in small pieces. Heat a little mustard oil and fry the crab in the pan till it becomes brown and adds the khumbra in it. Stir the ingredients and boil the vegetable till it is blended. Turmeric powder and salt to taste are added to it. It is stirred to blend the salt and turmeric powder. A little water is poured on it as needed. Then heat the broth again till it boils to yellowish-brown. After a few minutes chopped coriander leaves is sprinkled on it. The white guard has a slightly sour taste and the crab has oily fats blending both produces tasty curry. It is ready to serve.

### **Mwitha jwng oma bedor**

Mwitha jwng oma bedor curry needs diced pork, mwitha leaves the rosella (hibiscus sabdariffa), salt to taste, and little turmeric powder. Mwitha leaves are chopped into pieces. Wash the diced pork and keep it on a sieve and strain the water from the meat. Heat the pan and pour the little mustard oil in it. Add the pork to the boiling oil pan and stir it for a while till it becomes brown. Sprinkle a little salt to taste and turmeric powder on the frying meat. The pan is covered for a few minutes to steam the meat in the pan. Lifts the cover and stirred again. Mwitha is added to the steamed pork fry. The meat and mwitha are stirred to blend and covered till they become soft and mixed. After a few minutes water is poured as per need and boiled. The curry of oma bedor mwitha is ready to boil after a while. Earlier Bodos did not use turmeric powder with the sour mwitha leaf as it reduces the delicacy of curry. This curry is prepared to reduce the fats of the pork in curry.

### **Samo ladaijwng singri mwigong**

Samo Ladai (round-shaped snail) is a largely shaped snail generally consumed by the Bodo people. Simple processes are employed to make it edible before cooking. The first and foremost process of the samo ladai preparation needs to remove samo dakhwn from its cell. It is processed with dumbru bilai then washed with water and keeps the meat of the samo ladai on a pot to drain water. Heat the pan for a few minutes; pour a little mustard oil in it then heat it again. Pour the meat on the pan when the bubbling of heating oil calms down. Then the leaves of Singri Mwikhi are added to it and stir again. The pot is covered to steam

the leafy vegetable. Turmeric powder and salt to taste are added to it. A sufficient amount of water for the family is added. After a few minutes of cooking, it is ready to serve.

### **Sibru mwigong dao bedor**

The sibru mwigong is an arum like plant that is cooked with chicken. This vegetable is fruitful to heal fever, and helpful for liver functioning. Bodos have a belief that any child whose illness is inside his body comes out and recovered after taking this curry.

### **Thaso athing**

The large arum plant root means thaso athing in vernacular language. This root vegetable is a delicacy curry prepared among the community. The arum root is cleaned after it is brought from the garden. The root vegetable is pieced into short pieces after removing its skin of vegetable then it is fried in a hot pan. The fried vegetable is added with hot water to get free from itching and cook. Add a small piece of thaikha to it. Add a little dry fish to it and cook. The curry is added chili pepper, black pepper, and then it is ready after a while. The curry may be added with singri mwikhi, mwitha, dwusrem the sour leaves instead of thaikha. They believe that adding ginger in it increases the itching power in the curry.

### **Thaso bedor wngkhri**

Thaso bedor the bulb of arum is unpeeled and cleanly washed and boiled with water. A sufficient amount of meat is diced and half fried in mustard oil adding salt and turmeric powder. The arum is boiled in deep adding the half-fried meat, water, and then one or two small pieces dried thaikha/ thekhra a kind of sour fruit is added in it. It reduces the itching. Besides the black pepper, chilli pepper and salt to taste are added in it. The curry is prepared with alkali instead of sour to cut the itching power of the arum. The variety of arum depends on the addition of alkali or sour ingredients.

### **Thaso bibar oma bedor**

The thaso bibar oma bedor is a kind of curry prepared with pork and arum flower. The thaso bibar is operated by removing its unnecessary parts and then washed in water. The pork is fried in a pan adding chilli pepper, garlic paste, and salt to taste. Then the arum flower is added to it. A little sour leaf or thaikha is added to it. After cooking for a while the curry of thaso bibar oma bedor is ready to serve. This recipe is prepared to add alkali instead of sour vegetable in it. No sour and alkali are added together in the curry. Ginger and other spices are restricted as they may increase the hotness of curry.

## **Thaso bisong na gwran**

Thaso bisong that means the arum young shoot. It comes out of its plant. This vegetable is not consumed in the rainy season as the rainwater or water increases its itching power. The thaso bisong is cut into small pieces and then washed and drained water for a while. Then the amount is put in a pan and cooked. It is steamed with the covering the pot. Water and salt to taste are added after a while and cooked. Fish for the curry is added in the time of sizzle. Chilli, zabrang seeds are added to the paste to reduce their itching power. The thaso bisong na is ready after a while.

### **4.3.4 Sithwb sithwb songnai**

The sithwb sithwb songnai is a recipe that is prepared with water. Water is added almost at the end of the cooking which should completely mix with food materials. It becomes a paste of ingredients after the cooking process is done.

## **Daodwi jwng jwgwnar bibar (pumpkin flower)**

Pumpkin flower is a good wet fry tasty curry with egg. The preparation of this curry needs to be fried with a little oil. While the flower of pumpkin is dried then a little water is added and is boiled to condensed form. Egg yolk is added to the frying and salt is added to taste, then stirred and dried and lifted for service.

## **Daodwi jwng mula bibar**

The egg and radish flower fry is a recipe flower tasty with hot steamed rice. Its preparation is made with chopped radish flower. The radish flower is fried in a little oil then egg yolk is added in it and salt to taste is added. It is ready after stirring water. It is served after the amojt of water is almost dried out.

## **Gwmbri Bathwn**

The preparation of Gwmbri bathwn is very easy. Firstly few Gwmbri fruits peeled their skin, and boiled it with water for a few minutes till it bubbles. Then it is fried in oil. Then salt added salt and turmericis is also mixed, then after few minutes of cooking it will be ready to serve.

## **Khangkhrai jwng mwitha banggal**

Ingredients: - Mwitha bangal, Salt to taste, Crab meat.

Mwitha bangal is a kind of mwitha having sour and bitter taste. It has with green

leaves. Originally the taste of the mwitha bangal is bitter. The curry needs the crab to remove all unnecessary parts of the cell to prepare. The cell of the crab is cleaned with water and is pieced the meat of the crab removing its cell. Preparation of this curry needs heat the pan and add the pieced crab meat in it and add salt and chili. When the frying crab is become brown, mwitha bangal is added to it and blended. Heat again and pour a little water in it after a while and boil till it is ready to serve. Then lift the curry after it is ready. They eat this curry to keep their stomach cool and to keep themselves from Amai nangnai disease. They have a belief that brain development grows fast in eating crab cream.

### **Mudwmful or mwithru Bibar jwng Na gwrn**

Ingredients:- (i) Mwiduful or mwithru bibar (Papaya flower), (ii) Smoked fish or dry fish, (iii) Salt to taste, (iv) a little alkali, (v) pieces of green chilly

The preparation of papaya flower with dry fish is an alkaline curry having a bitter taste. Mwiduful bibar is cooked adding alkali, dry fish, and salt to taste. This curry is bitter and served as a side dish. This curry is helpful in allergic diseases.

### **Nathur zunai with mwitha Bathwn**

Nathur zunai (small prawn) is fried at till it turns full red and then the mwitha is added and covered to steams that it becomes soft. The covering pot. Lifted and added water and salt, chilli. The mwitha will be ready after a few minutes. This curry is tasty in the hot summer season on of the area.

### **Samo ladajwng thaisum**

Ingredients: - Samo Ladai, Thaisum (cucumber), Salt to taste, Turmeric powder, 2/3 pieces of chilly.

Method of preparation: Meat of the freshwater snail be boiled adding salt on it and keep aside. Fry the samo ladai meat. Dry the meat by frying. Then give the diced cucumber to the fried meat of the samo ladai meat. Stir the curry from time to time to blend the curry with the meat. After a while, the turmeric is added to the fried meat of the snail. Then pour water as much as needed. Then boil it again until it is ready to serve.

### **Thaler foslajwng oma bedor (banana trunk with pork)**

This curry was used in early periods in traditional Boro society as a funeral feast or other ritual. Foshla oma bedor was used in the Saori Commit working in the society. The banana plant is diced into wheel shapes. The round-shaped fosla should keep on the pot and not be wash again as it reduces the real taste. Meat is fried with mustard oil adding onion,

turmeric, salt, bay leaf, chilly then the thalir fosla is added on the frying pan mixing with meat. Water of fosla is reduced and water is perered again and cooked. After stirring and covering the pot it will get cooked. Then it becomes ready to serve. This curry is presented on the day of ritual and community feasting.

### **Thaso bithuri gswm (elephant ear bud/ colocasia)**

Boil the rondwi on a pot by giving heat. When the rondwi is boiled with bubbles then put the Thaso Bithuri the arum buds on the pan and stirs for a few minutes. The frying Thaso bithuri is covered with a covering pot. Boiling the rondwi water adds salt, turmeric, chilli powder, and a black piper mixer. The ingredients are mixed with water by heating properly. The chilli and black piper is added adequately to reduce the itching of thaso. The boiled water is added to it. The covering pot is removed from time to time and stirred thaso. Nafam or dry fish is added to it and boiled till blended. Give some mwitha (sour leaf) as needed. While the water of the curry is dried up after boiling a few minutes it is ready to serve. The cook pays more interest in the addition of black piper, chili, and hot water on curry.

### **Thaso bithuri thaigir**

The thaigir thaso bithuri is a kind of gravy curry prepared with wood apple and black arum bud (colocasia). To cook this curry thaigir has to be diced in small pieces and fried it with less oil. The thaso bithuri is poured and stirred in to blend the curry. After covering, steaming, and adding water it is boiled. Black piper, chili, and salt etc. are added to taste. Then after a few whiles, the curry will be ready to serve.

### **4.3.5 Rudopnai wngkhri**

The rudopnai wngkhri is a kind of boiled curry adding fish or meat with other ingredients. The rudopnai wngkhri may be added with alkali. It may be called rudopnai which is prepered with fish or meat bowing down with the vegetable ingredients. All ingredients' flavours are mixed with it. It creates beautiful flavoured curry and it becomes very fastly.

The boiling curry or rudopnai wngkhri is delicious with the extracted juice of the vegetable and the ingredients used. These curries are beneficial to health specially to get relief from illness, stomach problems, skin problems' or other problems. Wild and homestead vegetables are consumed by adding non-vegetable items to it or it is prepared without it.



### **Basikha bibarjwng na rudopnai**

The basikha bibar is a kind of bitter tasted small red flower. The recipe of basikha bibar jwng na rudopnai is prepared with the ingredients basikha bibar, fish small, alkali, ginger paste, chilli pepper, and salt to taste. It is prepared with the help of boiling water and adding the basikha bibar to it. The fresh fishes are added while the sizzling point is in the highest mode. Then ingredients like alkali, salt and a little chilli pepper may be added to make it a delicacy curry. After a while, the rudopnai of basikha bibar jwng na is ready to serve.

### **Dundia na rudopnai**

This curry of rudopnai is prepared with dundia the coriander leaves. Dundia is added in boiling water after this the grounded chilli pepper, ginger, and zabrang seeds are added. It is boiled at a high temperature, then fish is added to it and then boiled again. After a while, the curry of dundia na rudopnai is ready to serve.

### **Haijeng bilai jwng na mawa rudopnai**

This curry is basically prepared in the month of April, May, and June while the particular ginger leaf germinates. Newly flooded freshwater fishes are very tasty with the ginger leaf boil. Preparation of this curry needs the ingredients of ginger leaf the haijeng bilai, small freshwater mawa fish, salt to taste, green chilli powder or paste, and black pepier. The method of the preparation of the curry starts with boiling water. Boil a sufficient amount of water in a pot till it bubbles with a sizzling sound. Then add a ginger leaf, the pounded spices, and salt. Pour the fish into the boiling water. Boil the curry till the fish are cooked. The fish boiled is ready after a few minutes. Then the curry is served alongside a meal. This curry is eaten to get rid of body pain after a day's hard work. It keeps the body warm, free from cold and pneumonia kind of illness.

### **Khamrenga na rudopnai**

Khamrenga the term is used to mean the star fruit. This curry is taken with thuri, bami, or nasrai na. The fish is cleansed and washed. Have an amount of star fruit and remove the ridges of the fruit and chop it. Boil the khamrenga in a pan adding salt. Add the fish in it while the sizzling comes in curry. Then boil for a few minutes then it is ready to serve. This curry helps to cure Amai nangnai, the jaundice disease.

### **Khifi bendwng (Stink vine) na rudopnai**

The khifi bendwng local name is known stink vine. Young shoots or leaves of khifi bendwng fish added curry are boiled together adding salt to taste till it is ready to serve. it is served with the staple meal. The curry is consumed to get early recovery from weakness, nerve, and stomach problems.

### **Maisundri jwng na rudopnai**

This leafy vegetable which is tender and soft is generally known as fish mint. It is edible in raw form and also as an ingredient of chutney. But the curry adding surplus water is a delicacy with fish in the month of April or May. It keeps the stomach cool and strong to digest. The recipe is made by putting vegetables in the hot pan to steam and boil it with fish together. Salt to taste is added to it and it is ready to serve.

### **Manimuni jwng na rudopnai**

Manimuni is a small land herb that has medicinal values. This herbal medicinal plant is boiled with fish without adding oil or alkali in it.

### **Narzi jwng na rudopnai**

Narzi, the dry jute leaf has great ritualistic value in the community. It is prepared as curry with fish. Narzi is washed clean and it is boiled with water. While the boil of narzi is in high sizzling fish are added in it and after boiling a few minutes it is ready to serve.

### **Nwrsing jwng na gwrn rudopnai**

Nwrsing which is sometimes known as nerswn in some Bodo dialects is curry patta. This leaf of nwrsing is boiled in water and the fish is added to it and served after a few minutes of boiling.

### **Phosothia/ poisotia jwng na rudopnai**

The preparation of phosothia jwng na rudopnai recipe may apply the ingredients as mentioned below

(i) Phosothia/poisotia bilai gwrlwi (phosothia young leaf/ buds), (ii) A few small fish well cleaned, (iii) Salt to taste, (iv) Haldwi gundwi (turmeric powder)

The method of preparation is given below 1. Chop the phosothia and wash it in clean, 2. Wash the small fresh fish, 3. Heat the pan to boil water for a few minutes 4. Add the banlu

(chili paste), Haijeng denai (ginger paste), haldwi gundwi (turmeric powder), and salt to taste  
5. Add the chopped phosothia bilai gwrlwi (young phosothia leaf). Stir once a while to mix the ingredients and cover the pot and boil until all the ingredients are well blended and sizzle,  
6. Add the fish to the boiling curry for 10 to 15 minutes covering the pot. This curry is taken in the early part of the rainy season.

The poisotia or phosothia is used as curry both in vegetarian and non-vegetarian items. A folk belief extends is current among common people which states that, if the curry is consumed; scars from the wounded get relieved. The extracted from its leaves can also be used for curing some skin diseases. The curry has medicinal values. Bodo people consume this curry to heal the scar after cut and bruises. This curry relieves from pain and discomfort due to sticking of any fishbone etc. in the neck.

### **Sefali bibar jwng bwthia na rudopnai**

Sefali bibar with small fish boiling is another delicious recipe of the community. This curry is finished with a boil of sefali flower mixing chili, ginger, and adding salt to taste. The small fishes are added to the very hot boiling curry. This type of boiling curry is prepared without oil. It is prepared by adding alkali on it. This curry is very tasty with bwthia na the loach fish. The process of sefali bibar jwng na bwthia rudopnai begins with the boiling of sefali bibar with a sufficient amount of water in it. While the sizzling water is in the top position the bwthia na is added to it. It is worth mention that if the fish is medium or large then it may be fried in little oil for a few seconds or just add oil and lift after taking the cover pan out. The curry is boiled for a few minutes till it is edible. It is prepared with fish. Then the curry of Sefali bibar jwng bwthia na rudopnai is ready to serve.

### **Soleng jwng nasrai rudopnai**

This is a boiled curry made from young tender leaves of soleng and nasrai a kind of fish. The soleng is a small plant available in the jungle mostly in the month of April and May. The nasrai is half fried in little mustard oil just to reduce its gel and keep aside. Then the chopped vegetable is added to it and stir. While the vegetable is steamed in soft add water to it. The curry is consumed to relieve jaundice only. Its use is rare in most of the family.

### **Singri mwikhi na phisa rudopnai or johol**

For the preparation of this curry small fish is washed clean and keep it on sieves for a while to drain the water in the fish. Heat the pan for a while to dry the pan. Pour a little mustard oil and heat to dry the bubble of the oil. Add the fish, stir it and lift the fish immediately after adding turmeric and salt. Pour the Singri into the same heating pan. Let it

be softened by heating. Water the curry as per members of consumers for the curry. After boiling a few minutes add the fish to sizzling curry and cover till it is cooked. Before lifting the curry salt, garlic and ginger will be added to it. Then keep for few minutes and it is ready to serve. This curry can be consumed throughout the year as it is available round the year. It relieves the stomach problem, keeps the mental condition cool.

### **Thaikha na rudopnai**

The thaikha na rudopnai is prepared on hot days. Thaikha is a kind of sour fruit rounded with its fiber like a wood apple. The fruit has no clove but is fully covered and multi seeds in it. Its seeds are tasty in raw while ripen. It is preserved making it small splits of flat finger size. The thaikha na recipe is a kind of boiling thaikha and fish food together adding salt to taste. it is served with a meal on a hot sunny day. This curry is not served at the night or with supper.

### **Thaigir jwng na rudopnai (wood apple)**

Ingredients: 1. Na (fish), 2. Thaigir (wood apple/ dillenia indica lin), 3. Dundia (coriander leaf), 4. Salt to taste, 5. Turmeric, 6. Mustard oil.

Dice the fish into medium pieces. Those pieces of fish are to be fried in a little oil of mustard seeds and lift it from the pan. The Thaigir fruits are chopped into small pieces. Heat the pan and pour a little oil on the pan and fry the thaigir to yellow colour then a little water is to be mixed on the pan and stir the curry slowly. Add water to it. When the water the thaigir is added curry is boiled fully. The add the half fried fish on it. Add turmeric powder and salt to taste. Again cook it till the fishes are ready with softness. Add coriander leaf to delicious scent. Then the dish of Thaigir and fish is ready. The Thaigir fruit is sour in taste and it is prepared with all kinds of freshwater fish.

This curry is especially tastier with the fish thuri na the white strip spiny eel (macrognathus aral), Bami na the spiny eel/tire track spiny eel (Mastacembalus armatus), nasrai the Assamese snakehead (Channa Stewartii), sol na the striped snakehead/banded snakehead (channa Striatus), Gwrina green snakehead (channa Puctatus), and other local varieties of fishes.

### **Usumwi jwng na mawa rudopnai**

Usumwi or jari is a kind of small soil herb available infertile land. This species of vegetable is used to prepare curry with small fish the mawa na (rasbora of rasbora bonensis variety) available in the wetland of the area in the rainy season. Spilentes is the scientific name for the usumwi or jari vegetable. This vegetable is tasty with the newly swam up fresh

fish of the rainy season. To prepare this liquid curry fresh small fish, suitable especially the laupati (silver hatchet), na eleng, mawa na (the Indian carplet) fithikhri (all barb or puntius family fishes), Bwthia na (botia family fishes) and other channa gachua family fish the nasrai an, etc.

It is prepared by young buds of jari plants. The vegetable is plucked and chopped into small pieces. The vegetable is washed in clean water and let it be strained on the sieve. Fry the small fish in little oil to dry up the marmalade within a few seconds and keep aside. Then pour the jari into the same pan to cook. Stir the vegetable and cover for a while and cover it again to soften with water vapour. Then add water to boil the curry. Boil it till it bubbles and becomes soft in vegetables. When it is at a high temperature of boiling then adds the half-fried fish to the curry. Cook the curry till the fish are ready to eat. Then lift the curry and serve. The curry is beneficial to cure illness and boils that occur on the lips and mouth.

### **Thaisuri jwng nasrai**

This recipe is the same as the thaigir jwng na curry preparation. The fruit thaisuri fithai hog plum is necessary for this recipe. This fruit is prepared to get early relief from any stomach problem with highly nutritional valued fish the Nasrai (Assamese snakehead). For the preparation of this curry thaisuri, salt to taste, turmeric powder, and a little mustard oil are necessary. First of all cleaned fish meat is slightly fried with oil adding salt and turmeric. Then it is kept aside from the pan. Then the hog plum is poured on the pan and stirred and a sufficient amount of water is added among the Bodo community. Bodos believe that it protects the stomach from pain, stomach problems and clears germs in the stomach.

Then it is boiled till its juice is extracted and becomes soft. When the boiling curry is at high speed the fish are poured on it and boiled again. When the fish is soft eatable then add some coriander leaf and salt to taste. After a while, the rudopnai curry of thaisuri jwng nasrai is ready to serve.

### **4.3.6 Recipe of runai wngkhri the boiled curry**

Alu runai, Bandha kobi runai, Bhindi runai, Dudali thaso runai, gorsi runai, jukham jwgwnar, khala runai, khangkhrikhola runai, kxanthal begor runai, khumbra, lao, mothor runai, mwiduful runai, phanthao bilathi runai, tha guna runai, thalir runai, thaso runai, thing thing khalai runai, tha swmli runai.

### **Alu runai**

Alu runai means the recipe of boiled potato. The potato is boiled and mashed adding mustard oil, salt to taste and chili pepper then served as a side dish. It is a delicacy with the hot steamed rice in the morning.

### **Bandha Kobi runai**

The bandha Kobi runai is a recipe for cabbage and its boiling. Cabbage is boiled in water. The boiled cabbage leaves are added to salt, mustard oil and mashed together to serve with a meal.

### **Bhindi runai :**

The bhindi means the lady's finger. This vegetable is boiled in a pan adding less water to it. At the time of eating, it is added with salt to taste.

### **Dudali thaso runai**

The dudali thaso is a kind of taro whose stem is boiled and consumed for food. The flat skin of the thaso stem is removed and cut into slices then washed. A pan is heated and poured the thaso thara to boil. While the water of the thaso is dried sufficient amount of water is poured into it. Then it is boiled again. Turmeric powder, salt to taste is added to it. After boiling a few minutes the recipe of dudali thaso runai is ready to serve.

### **Gorsi runai**

The Indian bean is known as the gorsi in the Bodo language. This bean is boiled and consumed with a meal. The gorsi seeds are peeled then their seeds are mashed in mustard oil adding salt to taste then served for food.

### **Jukham runai**

The jukham is a good food of the community. This fruit is known as maize in English. They cultivate it in their own field. It is boiled in water adding salt only. At the time of eating the bark of the jukham is removed. It is a portion of good health-supporting food.

### **Khala runai**

Khala is a pulse cultivated in their field. They consume it as their pulse curry. The green khala is consumed after boiling. It is consumed singly not with meal generally. Boiling khala in water is added with salt to taste only.

### **Khangkhrikhola runai**

The teasle gourd is known as khangkhrikhola in the vernacular language. This vegetable is eaten boiling. After boiling the gourd is added with salt and a little mustard oil and mashed together then served for food.

### **Khanthal begor runai**

The seed of jack fruit is khanthal begor. This recipe is boiled in a little water in a pot then it is known as khanthal begor runai. After boiling the skin of the seed is peeled and added mustard oil and salt to taste. Then it is consumed.

The seed is also prepared by frying on a pan and pounding in wooden mortar the thopsi with chilli pepper, salt, ginger, zabrang, and garlic cloves together.

### **Khumbra runai**

The khumbra runai recipe is prepared from young white gourd vegetables. Cooking this curry is easy. The white gourd, salt to taste, turmeric powder, and ginger leaves are the ingredients to prepare khumbra runai. Recipe of khumbra runai needs the khumbra white gourd to remove its skin, then sliced and washed. The pan is heated to boil the khumbra in the oven. Add the sliced khumbra to the heating pan then cover it. The sliced khumbra is steamed for a few minutes till its water is dried. Then a little water is added to it. Add turmeric powder, salt to taste, and at the end of cooking the leaf of ginger, is added. After a few minutes, the khumbra runai is ready to serve.

### **Lao runai**

Lao runai the bottle gourd fruit vegetable boil is a good curry recipe. The curry is cooked by slicing the bottle of gourd vegetables and boiling it in a hot pan. The vegetable steamed first then dried and add water again for boiling. Add salt to taste, turmeric powder, and leaves of ginger. Then it is ready to serve.

The vegetable may be prepared as fish curry by adding small fish. Lao jwng na runai recipe.

### **Mothor runai**

Mothor runai means pea boiling. The pea is plucked and it is boiled in a pot adding salt. This recipe is prepared to consume itself in leisure time. It provides good taste. Sometimes this recipe is prepared in the field of cultivation and consumed at the spot.

### **Mwiduful runai**

Mwiduful runai recipe is a curry prepared by boiling papaya fruit by peeling its skin. The papaya is chopped into small pieces then it is boiled adding salt to taste and turmeric powder. This curry is good for the health of mothers who have less milk for her baby.

### **Phanthao bilathi runai**

The phanthao bilathi is named for the vegetable tomato. This vegetable is also boiled along with the rice or itself in water. The boiled phanthao bilathi is mashed adding oil, chilli pepper, mustard oil in a pot then served with a meal.

### **Tha guna runai**

Tha guna is a kind of root vegetable that is edible itself after boiling. It is sweet so tha guna is known as sweet potato. It is consumed as a light food.

### **Thalir runai**

Thalir the term is used to mean the banana and runai to boil in English. An oral saying is current in the community that in the lack of rice people eat the boiled banana at the time of famine and starvation. This recipe is now-a-days prepared occasionally in the community.

### **Thaso runai**

Thaso the term in vernacular language is used to mean taro. A special type of taro named dudali thaso is boiled to consume. It is added with mustard oil, salt to taste, chilli pepper, and then mashed together in a pot. Then it is served with the meals.

### **Thing thing khala runai**

It is a small urad bean-like fruit from a creeper plant. This small fruit is smaller than the urad bean, the sobai. It is boiled in water adding salt to taste. The thing thing khala is consumed in leisure time or group. It creates a funny situation in the society.

### **4.3.7 Recipe of mwidru wngkhri**

Mwidru is a form of curry prepared by boiling. Vegetables, fish, or meat are boiled and bubbled till the water is blended with the foodstuffs. When it softens and is blended then it is ready to serve. This curry can be prepared with mixed vegetables. Mwidru wngkhri



is popular in each Bodo family. The curry is named after the vegetable mostly used amongst the vegetable mixture. The only leafy vegetable is used to prepare mwidru wngkhri.

The main vegetable is selected to prepare mwidru then other additional vegetables are added to make the flavor tasty. Suppose lapha the Chinese millow mwidru named after the vegetable so that the lapha is added more than the other vegetables in the curry. Sometimes if no other vegetable is available then the only single vegetable is used to prepare curry then the name of the curry will be called against its name.

They mostly collect vegetable mixture from barren and fertile land nearby fields and prepare this curry. It is delicious with (i) Buthua (white goose foot scientific name is *Chenopodium album*), (ii) Buthua (white goose foot scientific name is *Chenopodium album*), (iii) Khuduna (*Amaranthus viridis*), (iv) khuduna (*Amaranthus spinosus*), (iii) Lai fakhri, (iv) Lai gidir (*Brassica Rapa*), (v) Lai mwigong (*Brassica juncea*), (vi) Lapha (Chinese millow), lai phisa (*Brassica juncea*), (ix) Thunthini (*Drymaria cordata* L), (x) Datha/dunga (*Amaranthus caudatus*) is preferable vegetables for mwidru wngkhri.

### **Besor mwidru wngkhri**

Besor mwidru, the mustard plant green vegetable is plucked from garden and fingered to separate the roots and yellow leaves then washed in clean. The vegetable mwisungkha is added to make it a sweet delicacy in mwidru wngkhri. Then it is poured into a pan and added salt to taste. The vegetable is allowed to steam for a while. When the vegetable is fully steamed and softened a little water is poured on it. It is cooked again and let it blend. After a few minutes of cooking the besor mwidru is ready to serve.

### **Buthua Mwidru wngkhri**

The buthua mwigong (white goosefoot) is a kind of vegetable to make mwidru curry. The recipe of buthua mwidru may be added with lai mwigong, thunthini mwigong and some pieces of lapha to give it flavor. Thunthini vegetable keeps the stomach cool for the whole day. So, a little thunthini is added to the buthua mwigong. After adding the ingredients, the mixed vegetables are poured into the pan and let it be steamed for softening. The steamed vegetable mixture is stirred to mix and again it is covered for boiling. After a few minutes of boiling the buthua mwidru is ready to serve.

### **Khuduna mwidru wngkhri**

This recipe of khuduna mwidru is prepared by adding some pieces of lapha, and lai mwigong. A major portion of the vegetable is from the khuduna so the name of the mwidru is named after khuduna. As the single vegetable mwidru tastes only the single flavour

the little vegetables are added in it. The same steaming by covering, stirring, and adding salt is the process to prepare mwidru curries. It is ready after few minutes of boiling in the pan.

### **Lai and mwidru wngkhri**

Lai mwidru wngkhri is cooked with the vegetable lai and other vegetables like buthua, thunthini, lapha in small portions. The major portion of the vegetable is from lai mwigong. Then it is washed after plucking the vegetables. Then those are added to the pan for heating and steaming for a few minutes. After softening and drying up its own vegetable water then add some water and boil it again. After a few minutes of boiling the lai, mwidru is ready to serve.

### **Lapha mwidru wngkhri**

Lapha is the most known vegetable in the community. Lapha mwidru has a special place in the recipe of curry. The lapha is plucked without using a knife. They believe, if the knife is used in plucking the taste of the curry it becomes thafla taste (slightly bitter like the taste). To make it tasty the thunthini, lai in small proportion then washed and poured in a pan and heated. The vegetables are steamed in the pan. While the water of the vegetable is dried, the needed amount of water is poured into it. It lets the curry be boiled for a few minutes. The mixed vegetables are tasty with soft lapha and vegetable mixture. After a while, it is ready to serve.

### **4.3.8 Recipe of gwrان eonai the dry fry curry**

Gwrان eonai means the dry fry method of cooking without adding water to food materials. The method of frying may be divided into two for its better preparation. These are (i) thao hwnanwi gwrان eonai (dry fry with oil) and (ii) thao gwiwi gwrان eonai (dry fry without oil). Both the oiled and non-oiled fry are mentioned below.

#### **Thao hwnanwi gwrان eonai**

The first one thao hwnanwi gwrان eonai is a recipe for frying that is fried adding mustard oil. The word thao denotes oil. The community people generally use oil extracted from mustard seeds. The early Bodos used the mustard seeds as oil in scarcity of oil.

#### **Thao hwnanwi gwrانwi eonai**

The thao hwnanwi gwrانwi eonai is a method of cooking that all kinds of edible non-vegetable items are used to prepare the curry. The fish of all species are fried by adding oil to the present-day Bodo society. But the process of frying is made without adding water

except for oil. This method of cooking was rare in the Bodo community. Cultural assimilations, globalization, education of people, and the availability of the food materials change in cooking is also arrived among the Bodos. Now a day they are adopting the cooking method of thao hwnanwi na bedor eonai in their recipes.

The following fishes may be prepared gwanwi thao jwng eonai recipe (1) Ari na, (2) Bami na, (3) Barli, (4) Bawish na, (5) Bhangna, (6) Borkho nasrai (7) Bwthia na, (8) Bwdia singra (9) Bwigira / gaura na, (10) Bwthia (11) Bwthia khodro (12) bhwuka / khathla na, (13) Darangi na ,(14) fabua na, (15) Gwri na (spotted snakehead),(16) Ilish, (17) Japani khawi, (18) Khanlina (fwila na), (19) khawi, (20) Khursa na, (21) Khwthi/seni puthi, (22) Khosh na, (23) Mirga (gohera na), (24) Nangdor Bami, (25) Nasrai/Seng(Channa stewartii) na, (26) Pangas/Pankosh (27), (28) Rou, (29) Sal na, (30) Senar na, (31) Singi, (32) Sithol na, (33) Thengwna/Singrana, (34) Shol /Sol (Channa striatus) na, (35)Thuri. The local names for the fishes may be varied with the variation of geographically adopted names.

### **Thao hwnanwi gwanwi mwigong eonai**

The present study has highlighted the thao hwnanwi gwanwi eonai mwigong for it has been observed in society. Thao hwnanwi gwanwi eonai means the dry fry of any material by adding oil. The Vegetables locally available are fried in oil for making it a delicacy food recipe. The fruit vegetables small in size are fried in oil in the dry mode.

### **Banda Kobi**

Banda Kobi is chopped into small pieces then washed and keep aside. Methods (i) heat the pan (ii) add a little oil in it and let it calm the bubbling, (iii) pour the Banda Kobi into the pan and stir it. (iv) Add ingredients turmeric, salt, and cover it again, (v) Cover it again. Lift the vegetable when it gets ready.

### **Banlu eonai**

The banlu eonai recipe needs banlu, a little mustard oil, salt to taste, and turmeric powder. The recipe was well known among the eighty and ninety-decade cultivator families. The drink jumai was used with the banlu eonai as chutney. The Banlu or chili pepper is fried in a frying pan heating the pan, adding a little mustard oil, salt to taste.

### **Gorsi eonai**

Gorsi eonai curry is cooked with gorsi, a little mustard oil, turmeric powder, salt to taste. Method for preparation--heat the pan till the water in the pan dried up. A little mustard oil is poured into it then the oil is heated till its bubbling is calm with heating. Add the gorsi

and stir it to touch the oil all the materials. Cover it for a few minutes to steam. Then add a little turmeric powder and salt to taste in it. And stir it again. Let the pot be covered for steaming the curry materials. After cooking a few minutes the curry of gorsi eonai is ready to serve.

### **Khangsisa eonai**

The khangsisa (long leaf laucas scientific name is *leucasplukenetii* (Roth.) eonai is a beneficial health-supporting curry among the Bodos. It protects the nose from bleeding. A person who has bleeding in the nose can cure by regular consumption of this curry. It will be more beneficial if no oil is added to frying this vegetable. The curry is consumed with oil, turmeric, and salt to taste for better taste with meals. The method of cooking is easy, the mustard oil is heated in a pan for a few minutes till its bubbling stops then pour the washed khangsisa and stir it moving the vegetable. A little salt and turmeric powder is added to it. Then the pot is covered to steam the vegetable for a few minutes. After stirring and covering for a few minutes the khangsisa eonai is ready to serve.

### **Lai mwigiong eonai**

Lai mwigiong is a leafy vegetable that is chopped into small pieces then washed. It is steamed in a hot pan adding salt to taste.

### **Mande/ Khwlwm eonai**

The Mande (*Ipomoea aquatica*) is an aquatic vegetable grown in water body. This vegetable is fried in oil and consumed with meal as side dish.

### **Sibung eonai**

It is an aquatic vegetable acquired from water body or paddy field in rainy season. Its young shoot is edible frying with oil. The vegetable sibung is eaten with meal after fry in oil or without oil.

### **Sim/ dwini besor eonai**

The dwini besor or sim is a vegetable grown in wetland or nearby lake. This small green vegetable is prepared as curry after frying. It is consumed to get menstrual problems in women. Women mostly prefer this vegetable with meal in the month of July till the water in the field is dried where it grows.

The study observes that the vegetable which are fried in oil were also consumed preparing without oil adding little water to the curry to steam in frying.

### **Thao gwiwi gwran eonai**

Thao gwiwi gwran eonai is a method of frying that is systematized without adding oil in frying any food materials. The recipe of thao gwiwi eonai is performed by frying on a pan by steaming in the pot.

### **Banlu gwran eonai**

The recipe of banlu gwran is fried in a pan without adding any oil or salt. The recipe is prepared for its pungent taste. It is fried without oil.

### **Dingkhia (diplazium esculentum)**

Dingkhia shoot is a soft leafy vegetable. This vegetable is of the fern family. The edible fern is known as dingkhia in the vernacular language. The dingkhi eoni recipe is made without adding oil to it. Washed dingkhia is poured into a pan and heated covering its mouth for a few minutes. Then stir it again. It should be kept in mind that too much stirring on dingkhia makes the curry thafla slightly bitter. So cover and let it steam. It is a good method to prepare the curry. When the curry become soft then adds sour leaves to it. It is ready to serve after a few minutes.

### **Emphwu latha eonai**

Emphwu latha the eri moth is fried in a hot pan adding alkali in it. It is a very popular fried item of the community.

### **Gangjema eonai**

The gangjema is an aquatic insect that is eaten by them as chutney. It is prepared by trying the insects.

### **Na gwran eonai**

Na gwran is a dry fish food of the community. It is traditionally preserved this food is fried in a hot pan without adding ingredients. It is eaten with a meal. The dried fish fry is best with the wngkham gwjang the soaked rice in the morning.

### **Sobai bima (yard long bean)**

Sobai bima eonai is a fried item that is fried in a pan adding salt to taste. This vegetable is fried in steaming. To make delicacy and soft covering pot is most important. It

is stirred time to time and after a while it is ready to serve.

#### **4.3.9 Recipe of Menai**

A recipe of Menai has been employed with the help of banana and tharai leaf. It means roasting in general term which is unique to the community the Menai in Bodo terminology. Menai food is covered with leaves or other ingredients to protect the food articles to protect from fire flame, spoilage, and to make it safe from ash. The roasting food is made after wrapping with the plantain, tharai leaf, coated with soil, on food materials and putting it inside the young bamboo tube. Then the Menai food is mashed with ingredients to make it a delicacy. Foodstuff that may be roasted can be wrapped up after it has been added with ingredients. It is a tasty food items in the present-of-day Bodo food culture. Menai may be divided into six types of recipes.

These are- (i) Bedor menai (meat roasting), (ii) Bidwi eba daodwi menai (egg roasting), (iii)emphwu menai (iv) Mosla menai (spice roasting), (v) Mwigong menai (vegetable roasting) and (vi) Na menai (the fish roasting).

#### **Bedor Menai (meat roasting)**

The community people have the habit of hunting in paddy fields or in the jungle for their food as well as entertainment in their leisure time. It gives them enjoyment and scope of social gathering. They take it as sports and entertainment. As such, they roast their foods procured in the sport of hunting place or in the open fields. In such a situation, they prepare their food with the materials they get in the field. Meats of sesa (rabbit), small birds, rats, chicken, turtle, etc. are roasted for their food. A few roasted types of meat are discussed here to show the recipe for roasting.

#### **Dao bibu Menai**

The dao bibu or intestine of chicken is cut with sharp bamboo split and is separated from unnecessary parts. Then it is washed cleanly, and chopped into small pieces. A bundle of dao bibu is made with a piece of plantain leaf. Then it is placed inside a paddy husk or straw fire to heat it. The bundle is moved so as to heat it uniformly. When the banana leaf is burnt or meat is made tight after roasting it becomes ready to serve after adding salt. The community women do not eat this as they have a belief that “dao ni bibu hinjao mansiya janw mwana. Hi dabra khundung joyw.” Women are not given to eat chicken intestine; as the thread breaks in time of weaving.

### **Daosa bedor Menai**

Daosa in Bodo is meant small chicken in English. The daosa bedor or meat of chicken is separated from unnecessary parts then it is wrapped into a bundle with plantain leaf by adding salt to taste. Then it is put inside the fire without touching the fire flame. The fire of paddy straw or husk is good to roast in a plantain leaf. The bundle is moved to make upside-down. The heated bundle is separated from the plantain leaf and kept in a fresh plantain leaf; then mashed with mustard oil. It becomes ready for eating.

### **Enjor bedor Menai**

Enjor the rat meat is acquired by hunting or digging soil where it makes its hole for shelter. The meat of enjor is separated from its skin and other unnecessary parts then are bundled in a banana leaf tightly. Then it is placed inside the straw fire or paddy husk fire to roast. The bundle is moved from time to time for heating. Then the enjor menai, the roasted rat meat and add salt to taste then it will be ready to serve.

### **Farwu bedor menai**

Farwu /phareo bedor means the pigeon meat that is roasted. The meat of pigeon is pieced and washed and kept aside. Then a piece of plantain leaf is heated slightly to make it smooth package able. The meat of farwu is kept in it then makes it bundle wrapping the banana leaf. Place the bundle inside the straw fire or husk fire for a few minutes. Move the bundle from time to time then the farwu bedor will be roasted. The met of farwu is roasted and ready to serve after adding salt to taste.

Sometimes another method is used by mixing oil, turmeric, chili pepper, and salt to taste before roasting. This method has been adopted recently in the community.

### **Bidwi eba daodwi menai (egg roasting)**

Bidwi or egg roasting is a method of recipe that has two folds one is by using plantain leaf and another is topping soil paste on the egg. These are discussed below.

### **Bere bidwi menai**

The bere bidwi menai, the roasted wasp eggs are wrapped with plantain leaf and fastened with the string of leaf then placed inside the fire to roast. After a few minutes, it becomes ready to serve by adding salt and mustard oil.

### **Dao bidwi menai**

Daodwi means the egg of a hen. The eggs are roasted topping soil paste around the

eggs then it is placed inside the paddy husk fire. Heating inside the fire for a few minutes the egg will be ready for eating. Remove the cell of the egg then it will be ready to serve.

### **Handilor bere bidwi menai**

Handilor is a kind of wasp that lays egg in the hive. The egg of handilor bere is consumed by preparing menai method. The eggs of this bere are roasted by fastening inside the plantain leaf. The packaged of hani bere bidwi is roasted in paddy husk fire. Then the burnt plantain leaf is removed and served for consumption.

### **Hangsw bidwi menai**

The hangsw bidwi egg of duck is topped with soil paste around it. Then the topped egg is roasted keeping inside the fire. After keeping inside the fire the duck egg will be ready to serve after removing the upper cell.

### **Hani bere bidwi menai**

The hani bere is a kind of wasp that build their wax inside the soil. It lay eggs in its wax inside the soil. Its eggs are fully grown in the full moon days. Preparation of the egg roasting is made by covering the eggs with a plantain leaf on it and fastened with a string of leaf, the package of bere eggs are roasted inside the husk fire or fire.

### **Jotha bere bidwi menai**

The Jotha bere is a kind of red wasp stinging needle in its back end. The bere build its wax on small trees in the jungle. It lay eggs for their production. The eggs are pulled out from its wax then make a packet with a plantain leaf. Then it is roasted in the paddy husk or straw fire. The egg packet is moved from time to time till it is ready. The jotha bere bidwi is ready after a few minutes. Mwsu salai bere bidwi menai is also similar to eggs that are roasted and served.

### **Mosla menai (spice roasting)**

The spice roasting is made by making a packet with the plantain leaf and roasted in the fire. Turmeric, garlic, chili pepper, etc are roasted for making delicacy chutneys.

### **Emphwu menai**

The community people eat emphwu the insect as their food with meals and without meal. The emphwu may be generally divided in to two large divisions (i) aquatic insect and



(ii) land insects. The aquatic insects are acquired from water bodies while fishing. Most of these are not regular to habituated food materials. They eat these materials as side dishes with the principal meals of the day. A few of the aquatic insects have been culturally known as food material. The insect gangjema is one of the examples of folkloristic value in the Bodo community. The folk song aiyo hai ma ayio haima dwi jobo jobo gangjema is a folk song prevalent among the community. The second one island insects are consumed to have delicacy tastes. They collect these insects to have enjoyments besides eating as food. They set out for catching insects in groups in their leisure time. The investigator has mentioned five types of emphwu menai recipes below.

### **Burbulia menai**

Burbulia is a kind of flying insect that come from land insect swima dongle a kind of soft insect. It lives on green leaves. It comes out of soil holes in dark hours. The insect flies in the month of April may. This insect is roasted and consumed without a meal or with a meal as side dishes.

### **Engkhaori menai**

The engkhaori small aquatic insect is available in the water of the area. The engkhaori creature's meat is separated from wings and legs. Only the meat portion is chosen for menai recipe. Those are wrapped in banana leaf adding salt to taste and put it in the fire. It is moved from time to time for heating all sides of the menai packet. After a few minutes, the mania recipe of engkhaori becomes ready to serve.

### **Guma menai**

Guma is a delicacy recipe with more fats it is very tasty. The cultivators in the paddy field roast it inside their armpits. The guma has many varieties but a few of these are only edible to them. Guma gwthao, godol guma, narzi guma, guma narega guma goyong, etc are consumed by them as menai food. The recipe of guma menai is prepared to add salt and wrapping it with a plantain leaf then placed it to fire for menai recipe. After few minutes of keeping in fire, it is ready. Remove the plantain leaf with the added oil and it is served with a meal or jumai drinks. The menai recipe of other insect gangjema is a delicacy recipe. The aquatic insects Jujema and gandagaeb are also consumed in some areas of the state.

### **Khangkhrai jathi**

The small red crab is a kind of crab that is consumed by preparing menai recipe. The crabs are packed in a plantain leaf and these are prepared as menai khangkhrai jathi

recipe. It is tasty to eat with the hot meal of the day.

### **Mwigong menai**

Some smooth young vegetable leaf, shoots, tubers, flowers are prepared curry preserving its flavor in preparing the mwigong menai recipe. The vegetables are washed, added ingredients, wrapped with leaves, and packaged then heated in the fire for curry preparation. The vegetables like Daushrem, Embu phanthao, Gwmbri, raidwng, Helangsi, Kheradafini, Khwrwi/ khambrenga, Lai are prepared by menai methods. A few numbers of the mwigong menai recipe are discussed below.

### **Daushrem**

The daushrem is a creeper plant with a sour taste. The young shoots are themselves or adding other vegetables to absorb the flavor. It is washed in water then packaged in a plantain leaf adding salt to taste. Then it is placed in the fireplace or inside the fire to heat for preparation. The vegetable will be ready after a few minutes of keeping in fire. Then the plantain leaf is removed and it is served after mashing with oil. The vegetable is also prepared with thaso bisong the young arum shoots to reduce the itching power of the arum shoots.

### **Mwikhun menai**

Biji mwikhun, mwikhun jigab, daodwi mwikhun gwbowr mwikhun, Uri mwikhun, etc are the mwikhun consumed by the community people. The identification of mwikhun is strictly followed by them. The mwikhun or mushroom is always prepared with sour vegetables. The sour leafs mwitha, thekhra sour fruit piece, daushrem, etc. are added to it. To prepare menai curry of mwikhun those are fingered into small pieces. Then the mwikhun is packaged in a plantain leaf then added salt and put it into a fire for heating. The curry of mwikhun menai is ready to serve.

### **Singri mwikhi menai**

The singri mwikhi is a land and water plant that has large and small varieties. The small variety with its sour taste is edible. The vegetable is cooked or prepared by the menai method of the recipe. The singri mwikhi is washed kept in a plantain leaf and packaged for the menai recipe. The packet is put into the fire and heated. After a few minutes of heating and moving the singri mwikhi will be ready. The remove ashes of plantain leaf and add a little salt to the taste. And the singri mwikhi menai is ready to serve.

### **Na menai (the fish roasting)**

The menai is a form of food preparation that is done by covering it with plant leaves coating with mud or other materials on it and putting inside the bamboo tube and then the heat of placed it inside the fire is called in the vernacular language. The menai food materials are small fish, meat, or leafy vegetables. Earlier only the small fish and leafy vegetables were processed in menai. The menai process of curry is made with the help of plantain leaf, tharai leaf, or banana split. The menai na preparation needs the plantain leaf, and the salt and other ingredients are added after it is getting ready. The na or fishes are separated from unused parts, washed cleanly and bundled in a plantain leaf then put inside the fire. Paddy husk or straw fire is better to heat the na menai. The process of na menai can be deployed in two ways one is by adding spices and without adding spices. Spices are added to reduce the scent of the fish smell.

### **Na balabathia menai**

Balabathia na is a fish species of loach variety. It is washed in clean water and placed in a plantain leaf and bundled for menai. The leaf of the banana is wrapped on the fish and then fastened with the split of the banana leaf then placed inside the fire. The bundle is moved from time to time for heating all sides of the fish. All the sides of the heated fish will be ready after a few minutes of heating. The menai na balabathia is ready after adding salt and mash it. Like this, the na menai is prepared with other fishes the na dusumwi na, na eleng, na fithikhri phisa, na khanda, etc.

### **Khanda na menai**

The khanda menai na preparation needs the plantain leaf to wrap the food material. Khanda na is a small and soft variety of fish locally available in the jungle, wetland or rivers. The fish is washed cleanly and bundled in a plantain leaf then put inside the fire. Paddy husk or straw fire is better to heat the na menai. The process of na menai is employed in two ways one is in old form without adding spices and another is adding spices with the food materials. Spices are added to reduce the scent of the fish smell. For a better understanding, a few models of the na menai process are given below.

### **Na mawa menai**

The na mawa menai is performed by adding ingredients like nareng lebu bilai the leaf of a small lemon, chili pepper, turmeric powder, mustard oil salt to taste. And all ingredients are mashed together then bundled in a plantain leaf. The bundle of fish is put inside the fire for heating to make na mawa menai fish curry. The lemon leaf may be added when the fish is spoiling and scented to reduce its fish scent and perfume good scent. The bundle of fish is

lifted while it is roasted fully. Remove the plantain leaf and keep it on a pot and add some coriander leaf in it and mash it together to serve.

### **Nathur junai menai**

Take a few numbers of prawns to prepare menai curry. The nathur or prawn is prepared after removing its hair stings. The prawn is washed and wrapped in a plantain leaf. Then after making the package on prawn in leaf, it is put into the fire for making. After a few minutes lift the bundle and remove the plantain leaf and add some salt then it is ready to serve. to make it more delicacy oil, chili pepper, coriander leaf can be added.

All kinds of fishes are though roast able the community people roast only the small fish which are easily be roasted. Fish egg, fish seeds are also prepared by the recipe of menai.

### **Recipe of hasungao songnai**

The community has a habit of preparation of recipes amid the hasung bamboo tube. Bodos use the hasung in different food preserving and preparing activities in their daily life. Earlier they used hasung the tube of bamboo to drink any liquid food items also. Most of the hilly people living in northeast India use bamboo tubes to fetch water drink water and preserve food materials for the future. In present-day society, it is costly for the people living in the plain areas to prepare food in hasung.

### **Hasungao oma bedor menai**

Hasung the tube has an important role in tribal communities living in North Eastern India. The pork is roasted putting inside the bamboo tube. The pork is mashed with turmeric powder, salt and chili before putting inside the tube. Then the tube covered with banana leaves tightly then burnt putting inside the burning fire for a few minutes till it is ready to serve. When the tube end is bubbled with boiling and is dried after boiling out it will be ready to serve.

### **Hasungao dao bedor saonai**

The chicken meat is cleanly washed in water and kept aside to drain the water of the meat. The meat is mashed with turmeric powder, salt to taste, chili pepper, and a little mustard oil. After mashing the ingredients it is put inside the young bamboo tube then it is burnt in the fire. After a few, while the meat will be boiled in bubbling then it is ready to serve.

### **Hasungao Khusia saonai**

The eel fish is put inside the young bamboo tube and it is burnt to make edible then serve after adding salt and mustard oil. This recipe is rarely prepared in the community.

### **Hasungao dura bedor menai**

The word dura bedor is to means the meat of a turtle. The community people used to eat the meat of turtle burning it putting inside the young bamboo tube. The salt and other ingredients were added after it is burnt in a tube.

### **Hasungao sesa bedor menai**

The meat of the rabbit is also roasted putting in the bamboo tube.

### **Recipe of saonai**

Saonai is a form of burning shaped after burning foodstuff as food. Burning with stick or keeping foodstuff inside the fire are the methods employed. Sometimes the foodstuff is kept on a place then set fire on it with a wooden or straw fire. It blackens the food items by burning them. This method of food preparation is made mostly in the remote villages of the community.

### **Alu saonai**

Saonai is a form of burning shaped after burning foodstuff as food. Burning with stick or keeping foodstuff inside the fire are the methods employed. Sometimes the foodstuff is kept in a place then set fire on it with a wooden or straw fire. It blackens the food items by burning them. This method of food preparation is made mostly in the remote villages of the community.

### **Banlu saonai**

Banlu the chili pepper is burnt to mash with fish, meat, or vegetables. The chili is pierced into a stick and half burnt. It is removed and mashed with mustard oil and consumed with a meal.

### **Daodwi saonai**

Daodwi saonai recipe is an old method of the community people. This method is mostly employed in remote and forest where no means of roasting or boiling is available. The egg or daodwi is topped with soil paste then burnt in the fire. Its soil is removed after it

has been burnt the top of the pasting. It is ready to serve.

### **Enjor bedor saonai**

Enjor the term is used to denote the rat and the bedor saonai is used to mean the meat burning. The rat meats are eaten by the community people. Some of the community people consume this meat found in their hunting. The unnecessary parts of the meat are removed and it is burnt to make it edible. After it has been ready the oil, salt to taste, and chili are mashed and served.

### **Gorsi (Indian bean)**

The Indian bean which is locally known as gorsi is burnt in fire and peeling its bark the ingredients like salt to taste, chili pepper is added and eaten singly.

### **Haldwi (turmeric)**

The local name haldwi or turmeric is burnt to make it edible. Its raw turmeric is strong in scent and no taste is gained without burning. So they burnt it before preparing chutney or bathwn.

### **Khangkhrai saonai**

Khangkhrai is a frequently used water insect that is known as crab in English. The crab burn recipe is well known Bodo recipe. Khangkhrai is burnt and the cell is removed and it is pounded in thopsi. The curry is a kind cultural identity of the community.

### **Khusia saonai**

The small eel fish is called Khusia Bodo language. This is burnt to make it edible. The small eel is burnt and processed as food adding salt, chili pepper, and mustard oil.

### **Mothor (Pea/Pisum sativum)**

The mothor or pea is burnt to consume. This vegetable is burnt in the fireplace to eat it in single or with a meal as a side dish.

### **Nafam saonai**

Nafam is processed and fermented fish food that is burnt in a ladle adding salt and chili. In a time of burning the nafam is added a little water it. Then it is ready to serve.

### **Na saonai**

The term na saonai means the burning fish. The community people burn nasrai, gwri, borkho varieties of fishes to make delicacy. After burning the ashes are removed and the cleaned meat of the fish is mashed with mustard oil, chili pepper, and salt to taste.

### **Phanthao saonai**

The phanthao saonai or brinjal burning in English is a recipe. It is a food cuisine in which brinjal is roasted in fire. Then its skin is removed and soft brinjal is mashed with mustard oil, chili pepper, salt to taste, and if available coriander leaf is added. Then it is ready to serve.

### **Sambram gufur (Garlic)**

Sambram gufur is roasted to reduce its strong scent and normalize its juice. This sambram gufur saonai is added with the fish burning to make delicacy.

### **Tha ganda saonai (yam burning)**

Tha ganda or yam is burnt to eat with chili, salt, and mustard oil. This yam is burnt to make it soft edible food.

### **Tha guna saonai**

Tha guna is also a kind of potato that is eaten raw, boiling, or burning. It is more delicious in burning with a sweet taste.

### **4.3.11 Recipe of hangnai**

The hangnai is the method of heating with the fire flame or without touching fire on food materials. The fish, meat, and vegetables are prepared as hangnai recipes. The following five items of the hangnai recipes are discussed to know the process.

### **Na gwran hangnail**

Na gwran hangnai is a recipe for heating dry fish. The only small dry fish is heated to consume with meals. This recipe is consumed with soaked rice the wngkham dwiswm in the summer season. The fish is spread on a flat pot then the fire is blown with wind or kept over the na gwran then it is moved frequently. After a while, the dry fish is ready to serve.

### **Na gwri hangnail**

Na gwri hangnai mean the heating snakehead fish recipe. The fish heating recipe is made after cleaning the fish scales, clearing intestines, and other unnecessary objects of the fish. The cleaned fish is pierced into an iron stick and placed nearby the fire touching its heat. The fish is moved time to time to reach the heat of the fish in all its parts. The heated fish is removed from the stick and oil, salt to taste, chili pepper, and coriander leaves are added and mashed together then ready to serve.

### **Bedor hangnai**

Bedor hangnai the meat heating is a recipe of the community rarely made by the people. This recipe is practiced by the Bodos of North East India. Meats like chicken, pork, rat meat, etc are heated for food. To heat, the pork is chopped and washed, then pierced with an iron stick. The pork is a delicacy food generally heated and mashed with chili pepper, mustard oil, salt to taste. The mashed heated meat is ready to serve with a meal.

### **Banlu gwran hangnai**

The red dry chili pepper is heated and consumed with meals.

### **Khangkhrai hangnai**

Khangkhrai the crab is heated for food. It is processed with the addition of salt, mustard oil, salt to taste then mashed and it is ready to serve.

### **4.3.12 Recipe of denai bathwn curries**

The researcher has got fifteen numbers of bathwn recipes which are more or less prevalent among the traditional Bodo families living in Assam. All bathwn recipes are consumed by the community people. The researcher has come across seven vegetable bathwn without adding non-vegetable ingredients. Among this vegetable bathwn, two are fruit and root vegetable one each. Another three of them are spices of fruit, leaf, and root one each from the varieties and the rest two are from pulse and seed variety. There are eight numbers of non-vegetable chutneys.

There are four numbers of aquatic insect chutneys. And the rodents, land insects and flying insects have consumed as bathwn the chutneys with their main dishes. Besides they consume some leafy vegetables, tubers, flowers as their chutneys in their side dishes. The discussion is made only the following number of bathwn for its smooth analysis. It seems that the two rahar and sibir bathwn may have been adopted from the neighbouring Hindu community.



### **Alu bathwn**

The recipe of alu bathwn can be prepared in two way. One is by pounding and another is mashing. Alu Bathwn is made of potato after roasting or burning in paddy husk fire. Keep the potatoes inside the fire and cover them in fire without flame. Move the potatoes time to time. When the potatoes are softened it is lifted out and peeled the skin of the potato and kept aside. Take some chili pepper, ginger and salt to taste and pound the mixture in thopsi. Then it is ready to serve.

Another type of recipe can be prepared by mashing with ingredients chili pepper, mustard oil, dundia the coriander leaf and ginger paste. Mashed alu bathwn is prepared with roasted or boiled potato mixing the ingredients chili pepper, ginger paste, garlic paste, coriander leaf, and salt to taste. All ingredients are mashed altogether then it is ready to serve.

### **Banlu bathwn**

Banlu bathwn is the foremost bathwn among the cultivator families. In scarcity of other ingredients only banlu or the chili pepper is grinded for consuming with rice. They consume this chutney without any supporting ingredients. They use to consume bare ingredients at the time of scarcity of food materials for the recipe preparation. The recipe of banlu bathwn is consumed with the domestic drink at the time of cultivation in the paddy field. Earlier they also fried the chili pepper in oil and consumed it with jumai.

### **Burbulia bathwn**

Burbulia is a kind of land insect that is available in the month of Saitra and Bwisag month of Bangla calendar or March and April months of the English calendar. It lives on the leaves of the banyan trees mainly. This insect is roasted and pounded mixing chili and salt for chutney. After pounding it is ready to serve.

### **Dundia bathwn**

Dundia bathwn is prepared with the ingredients dundia the coriander leaf, chili pepper, salt to taste, cloves of garlic, and ginger. All the ingredients are poured in the thopsi then pounded together. Then it will be ready to serve.

### **Engkhaori bathwn**

The Engkhaori bathwn preparation contains the method of frying in dry mode then

the unnecessary particle is removed from the engkhaori meat. Ingredients salt to taste, chili pepper, ginger pieces are added to the engkhaori then it is pounded together. Then it will be ready to serve.

### **Enjor bathwn**

Enjor bathwn is a kind of chutney that is prepared from the roasted rat meat with other ingredients salt, chili pepper, zabrang, ginger, a clove of garlic. The processes for bathwn preparation needs the enjor roast first then remove the unnecessary parts. Only the edible parts of the meat are selected. Then these are pounded with the ingredients mentioned above. Then the bathwn of enjor is ready to serve.

### **Gangjema bathwn**

Gangjema is the most valuable aquatic insect consumed by the community people. It has the highest market price in society. The insect has also literary and culturally famous in the group of people living in Assam. The insect has the special power of flying and diving in water it. It can survive in water and inland at a time. It flies in a distant place in search of food and light. The bathwn of gangjema is minced with the ingredients chili pepper, zabrang, ginger, cloves of garlic, and the gangjema itself. All ingredients are pounded in thopsi and it is ready to serve. This chutney is a delicacy with the wngkham gwjang swmnai or soaked rice in the summer season. it is consumed with hot steamed rice in the winter season.

### **Guma gwthao bathwn**

Guma gwthao is a kind of grasshopper that has heavy fats in it. It migrates to the maisali paddy fields in Aghan month (November, December) of the Bangla calendar. Cultivators have a habit of heating guma gwthao inside the armpit in the time of harvesting paddy. The maisali mai has a huge number of guma gwthao in a paddy field in the season. This insect is mostly available in Assam more or less. They consume it on a large scale to protect paddy from the insect and for its delicacy taste. They believe that consumption of this grasshopper gives strong willpower even in the old age up to ninety to hundred years.

### **Gusengra bathwn**

Gusengra is a kind of land insect that lives inside the hole in the high soil that reach out of water. It is known as a cricket insect in English. The insect has strong legs to jump from one place to another. It has fats in it. It is fried and pounded with chili salt for delicacy

chutney. After it has been pounded it becomes ready to serve.

### **Haijeng bathwn**

Haijeng bathwn is a kind of chutney prepared from ginger. It is called haijeng bathwn since more of the haijeng the ginger is added to it. The chutney is to make the food delicacy for consumption. It has a simple method of preparation that the required portion of haijeng or ginger is to be taken for chutney then less portion of chili pepper is taken and pounded and a little salt is added to taste. The chutney of haijeng or haijeng bathwn is ready.

### **Khangkhrai burahud bathwn**

Khangkhrai burahud bathwn is chutney prepared from crab meat and burahud (a kind of ginger-like scented root) and other ingredients. The burahud, chili, and salt are pounded first to blend with ingredients. The burnt crab meats are separated from the ashes then it is pounded with other ingredients. Then the bathwn of khangkhrai burahud is ready to serve. Crabmeat is not easily digestible. On the contrary, the burahud has a healing value of indigestion. Both burahud and crab are mixed to be eaten as chutney.

### **Maisundri jwng khangkhrai bathwn**

The Maisundri jwng khangkhrai bathwn is delicacy chutney preferred in the summer season. The fresh green maisundri (fish mint) with crab is pounded in thopsi adding salt and chili in it. Crab is roasted first then its meat is brought out from its cell. The cream of the crab is also separated from the cell. Some pieces of green chili are pounded then the meat of the crab, maisundri the fish mint leaf is added to it. A little salt is added to taste and pounded again till it blended in grinding. It will be ready to serve after mixing all the ingredients.

### **Phanthao bathwn**

Phanthao the brinjal bathwn is mashed roasted brinjal with roasted chili, mustard oil, dundia (coriander leaf), and salt to taste. The brinjal and chilies have to roast first then all the ingredients are to be taken jointly and mashed. The recipe of brinjal can be pounded with the same ingredients. Then it will say it a phanthao denai bathwn. Variation of a recipe can be observed in between denai or pounding and siflenai or mashing. It is consumed with the morning and daytime meals.

### **Rahar Dali bathwn**

This is chutney pounded and made from the pigeon pea (*Cajanus cajan*) the locally

known as rahar dali. The bathwn is also pounded adding chilli, salt, jabrang, and haijeng the ginger. The bathwn has medicinal value to cool the stomach and normalize liver function. This chutney is mostly eaten in the month of Fagun and Chaitra month of the Hindu Calendar.

### **Sibing bathwn**

Sibing Bathwn is a delicacy of oily chutney that is eaten with hot steamed rice or wngkham gwjang. This chutney is used by the few families of the community people. The researcher has observed that the consumer of this curry is less in the cultivator families. It may be inherited from the neighbouring Aryan food habits. The sibing bathwn contains sesame, salt, and chili. All ingredients are pounded in thopsi wooden pounding equipment. They have a belief that the chutney can relieve from stone problems in the stomach or any parts of the inner body. It's also a belief among the community that it helps in blacken the hair and cools the head.

### **4.3.13 Bidwi/Jala**

Bidwi is a kind of soup that is mostly liquid food normally served up warm or hot that is made by adding ingredients of vegetables or added meat with vegetables or water. This curry is specially made to drink before principal meal or in any time to get relief from weakness or cold.

### **Aosia bidwi**

The aosia bidwi is specially named after the delivered mother's soup. This soup contains small chicken meat that has no fats. It is cleanly diced and kept aside. Take a piece of banlu bwddwn (a very small chili variety), a little rice corns (five to ten pieces), turmeric powder, and two seeds of black pipers. The water for the soup is boiled for a few minutes adding salt to taste and ground ingredients in it. Diced chicken meat is added while the water is sizzled. And boil the curry for a few more minutes to extract the juice of the meat and ingredients as well. The soup is ready after boiling within a few minutes. This soup is beneficial to mothers who have delivered her baby. It can be given to a mother after three days of her delivery. This soup is given her for mwdwmswranai the body pain.

### **Banlu bidwi**

This soup is prepared from banlu bwddwn, small fat less chicken or chicken legs with some edible plants. The vegetables used in this soup are manimuni phisa, manimuni gidir, sonafuli, rufafuli, haijeng, jaluk, long, elaishi, dalsini, etc. Banlu bidwi is a kind of soup that

is prepared by most of the community families to get rid of cold and cough. It is also a remedy of pneumonia illness.

### **Sobkha bidwi**

This variety of soup is mostly prepared in remote area of Chirang district. It is generally prepared from the ingredients those are available in nature. It needs banlu bwddwn (a kind of very small chilli), haijeng (ginger), jathi jaluk (black peeper), mint, cardamom, songkhri gswm (black salt), and vegetables like manimuni gidir, manimuni fisa. It is now used in commercial purpose to get rid of illness, cold and typhoid. This

In the study of bidwi or soup the researcher has come across the three varieties of soups except the eatable with meal. The consumption of a particular soup sobkha bidwi is seen for healing purposes. All of them are prepared from natural herbs available in the area. Two of these soups are chicken added to have more nutrition in it. These soups of chicken or vegetables are health supporting nutritional valued food among them. Besides these they communally consume some of the soups to get rid of pandemic diseases. Amongst them sirotha<sup>134</sup> bidwi, amor lewa bendwng bidwi<sup>135</sup> saha bilai bidwi

The above-mentioned recipes are divided according to their shape for better understanding. Here a food material can be prepared varieties of recipe types. In preparation of the curry variety shape and taste may also change with its variation of recipes. Acquisition of market commodities instead of organic food materials leads the modern recipes.

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<sup>134</sup> A kind of small herb with bitter taste generally planted in the homesteads of the Bodos.

<sup>135</sup> Known as Giloi or *Tinospora cordifolia* commonly used as gurjo, heart leaved moonseed. en.m. [Wikipedia.org/wiki/Tinospora-cordifolia](https://en.m.wikipedia.org/wiki/Tinospora-cordifolia).