

Food in Sangams



Left to right: A women's group from Ledo village with traditional food; at the Vikalp Sangam held in Leh.



Above: 'Phaktsa Markhu', a sweet made from wheat flour, dried cheese, and local butter and sugar; at the Ladakh Vikalp Sangam.

At each of the Vikalp Sangams, local food has been offered by the hosts, as part of the effort to demonstrate and encourage diversity of local knowledge and cultures. At Timbaktu, the first Sangam had a delicious variety of millet-based dishes and drinks. In Tamil Nadu there was Chukku Malli (a drink of coffee, ginger and coriander), and steaming Pongal (a boiled rice dish), among others. In Ladakh, several foods impossible to get in Leh's restaurants but still eaten in many villages, were given to participants, including Tapu (buckwheat flour with walnut) and Khambir (a bread of a local variety of whole wheat). In Maharashtra, there were diverse millet and pulse-based dishes and spicy chutneys such as Thecha (a chutney made from chillies). This journey of diversity will continue in future Sangams as well.



Above: Bhakris made from Makka (corn), Bajra (pearl millet), Jowar (sorghum), Urad (black gram) and Moong (green gram); and a variety of chutneys of flax, chilly, tomatoes and yogurt; at the Vikalp Sangam held at Wardha, Maharashtra.