



## PAHARI CULINARY & CUISINE

Pahari cuisine is earthy and seasonal, shaped by altitude and local produce. Staples include **rice, maize, millets** and **rajma**. Dishes like **madra (yogurt-based curry)**, **siddu (steamed wheat bread)** and **khatta meat** and **chha gosht** are household favourites. In Kashmir, **Kadam, maaz** and **namke chai (salty pink tea)** are widely consumed. **Ghee, mustard oil** and **homemade dry spices** add warmth to every cuisine of Pahari areas India. Hill communities prefer **sun-dried vegetables** and **fermented pickles** to survive harsh winters. **Butter tea (gur-gur chai)** and **jaggery sweets** are traditional in Himachal Pradesh and regions of Nepal. Food here is not just sustenance its culture, identity and hospitality served from heart to heart.