

Diet

The diet of Indians during the time of the story varied by regions, which is the same as it is today. Flat breads are a staple in northern India while rice tended to be a staple in southern India. A high proportion of the citizens are Buddhists, Jains, and Hindus and most have traditionally been vegetarians. Muslims never ate pork and Hindus never ate beef, further advancing the cause of the plant diet (although some Indians do eat meat). The culinary arts reached an advanced state very early in the subcontinent, primarily due to the prolific use of herbs and spices. Besides bread, rice, and a wide range of herbs, staple foods have been lentils, spinach, and eggplant.

Indian cuisine is very hard to make. The recipe below is one of the few less challenging dishes.

Healthy recipe

Palak bhaji (spicy fried spinach) (serves 4-8)

Ingredients

1 lb. fresh spinach, stems removed
1 tbsp. butter
1 tbsp. olive oil
1 onion, chopped
2 cloves garlic, diced
1 tsp. ginger, grated
½ tsp. cumin, ground
1 tsp. cumin seeds
1 bunch cilantro, stems removed & diced
½ teaspoon turmeric, ground
¼ teaspoon chili powder
Salt, to taste
1/4 cup water

Directions

1. Wash the spinach
2. Heat the oil and butter in a saucepan over medium heat (do not burn the butter)
3. Add the cumin seeds and saute for 30 seconds
4. Add the onion and saute until golden, about 2 minutes
5. Add the garlic and ginger and saute for about 1 minute
6. Add the ground cumin, cilantro, turmeric, chili powder, and salt
7. Quickly add the spinach, stirring rapidly to coat with the mixture
8. Lower the heat to medium and add about ¼ cup water
9. Stir, cover with lid, and cook for about 5 minutes
10. Serve with boiled basmati rice