

Indian Food: Easier Way to Win Over Taste Buds and Made For Occasions

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The body comprises of several sensations. One of the most active senses is the taste bud. They give us the sensation of taste. Food is one of the essential intakes of the body. Food contains the essential supplements, which the body requires to work efficiently. They are vitamins and minerals and other vital components.

Different types of food have different advantages. It is always advisable to eat healthy food to maintain optimum functioning of the body. Any unhealthy food will do you no good and adversely affect the body.

Food comprises one of the main components of social gathering. In fact any type of social gathering is incomplete without appropriate rations. When two clients meet for business purpose then the food is more formal type. Wedding and other big social gathering calls for a sea of food of all types. The food has variety and is made by experts. The food differs from everyday meals and special care is taken to prepare the delicacies.

Sweets form a core of the entire meal. Sweets represent the friendship and goodwill among individuals. It is a custom to end the course of the meal with a sweet tooth. Generally sweets are associated with auspicious and happy occasions. A meal without sweets is unimaginable. There are loads and loads of sweets to choose from. They are made from different ingredients and are unique in their own respect.

Malai Roll, Gulab Jamun, carrot barfi are a hit among a section of the population. Traditional Bengali meals sweets like pantua, Gujiya and the famous rosogolla really provide the sweetest tooth. They are exchanged in social gatherings. The visitors like to present them to the hosts as a mark of affection and gratitude.

For non-vegetarians, celebration demands the consumption of chicken, fish and other flesh related food items. Innumerable delicacies can be made from the above raw materials. The meals can be spicy or they can be simple yet enthralling for the taste buds. The success of the meals depends solely on the dedication of the chefs.

Platters like chicken biryani with chicken gosh can surely make the mouth water. Among fishes Beekti fish curry is a winner and one of the most popular dishes. Seafood is also very popular among Indian dishes. Fishes from the vast seas are cooked to perfection with some steaming rice.

India is a country, which provides variety to the food around. There are both provisions for vegetarian and non-vegetarian food. Vegetarian food consists of Masala aloo Gobi, chana, ghoogni. Popular South Indian dishes like plain and Masala dosa can lend some necessary alterations to your taste buds. Some individuals simply gorge on mattar kachori and ghugni to satisfy their hunger. The platter is cheap and can be found in roadside food joints too.

About the Author

There are various online cooking classes, which helps you to take [home chef class](#). You can cook your [quick and easy](#) meals by copy pasting the recipes from the net. The recipes add a different [taste](#) to your taste buds.

Source: <http://www.nancyyang.com>