

REPORT ON COOKERY SKILLS (with special reference to local and traditional food items)



A spread representing Assamese cuisine. It shows sauteed greens, *khar*, fish, teal chicken (sesame chicken), Chicken curry, Fish curry, Tupula Bhaat, Dal Fry (mosur), Aloo bhaji, Pokora, Chutney, Kaskol Fry, Pickle (Aam Achar), *pitika* and the [kaji](#) lemon wedge, in traditional bell metal utensils. There is no sweet dessert and the meal ends with [betel nut chewing](#)

Abstract: The study of food habits helps us to understand a particular culture of a particular community. In this regard, a cookery activity was conducted in Basic Training Centre, Ravanapara, majuli district, among the D.El.Ed trainee of 1st Semester.



In this spread representing Xaj (Rice wine), Apong (saimod) traditional wine of missing Community in traditional bell metal bowl (baan bati), Brown Rice, Boil potatoes, Teel Chicken, Boil Chicken, betel nut etc.

