

# EK BHARAT SHRESHTHA BHARAT ACTIVITIES BY INDIATOURISM (WEST & CENTRAL REGION) FOR THE MONTH OF MAY 2020

## INDIATOURISM MUMBAI AND IHM-GOA JOINTLY ORGANISED A WEBINAR ON "CUISINES OF GOA" UNDER EK BHARAT SHRESHTHA BHARAT INITIATIVE.

India Tourism Mumbai along with Institute of Hotel Management, Goa organized a webinar on Cuisines of Goa presented by Ms. Lisa Norton e Dias, HOD-1, IHM-Goa, the webinar showcased the wide range of cuisines of Goa.

Culinary traditions in Goa are regionally divided into Hindu, Muslim and Latin catholic. Hindu's are mainly fish and rice eating. Muslims are pilaf eaters. Latin catholic cook their food in olive oil and are mainly beef, sea food and pork eaters. The intermingling of Arabian, Portuguese and native cultures is reflected in the cuisine of Goa, which is a unique blend of richness and simplicity- the constantly recurring notes being struck by the fish and the coconut. **503** participants registered for the webinar.

<h3>Goan Sweets</h3> <ul style="list-style-type: none"><li>• <b>Fios de ovos</b> – A sweetened coconut preparation garnished with strands of egg yolks which are poached in sugar syrup.</li><li>• <b>Bolo de sans rival</b> – A cashewnut cake</li><li>• <b>Bebinca</b> – A multi-layered baked sweet traditionally eaten all year round</li><li>• <b>Patoleo or patoli</b> – A dish of ground rice and coconut spread on turmeric leaves stuffed with dal, jaggery, &amp; coconut</li><li>• <b>Dodol</b> – Sweet preparation of goan dark jaggery and coconut milk and a thickening of rice flour</li><li>• <b>Doce de grão</b> – A sweet prepared half riped coconut and boiled channa dal, sugar and ghee flavoured with cardamom</li></ul>   	<div></div> <p>होटल प्रबंध, खान-पान प्रौद्योगिकी एवं अनुप्रयुक्त पोषण विज्ञान संस्थान, पर्वरी - गोवा <b>Institute of Hotel Management Catering Technology and Applied Nutrition</b> Porvorim – Goa भारत पर्यटन - मुंबई के सहयोग में In association with India Tourism - Mumbai</p> <p>श्रीमती लिजा नॉर्टन ई डायस, विभागाध्यक्ष-1 ट्रास "गोवन कुजिन" पर आयोजित वेबिनार में भाग लेने के लिए आपको आमंत्रित करता है। कृपया अपनी समस्याएँ <a href="mailto:lisanorton@rediffmail.com">lisanorton@rediffmail.com</a> पर भेजें</p> <p>Invites you to Join in for the Webinar on "Cuisines of Goa" - by Ms. Lisa Norton e Dias, HOD - I Please submit your questions at <a href="mailto:lisanorton@rediffmail.com">lisanorton@rediffmail.com</a></p> <p>दिनांक/Date : 28<sup>th</sup> मई/May, 2020 समय/Time : दोपहर के 12:00 बजे/12.00 Noon</p> 
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