Cutlery

Cutlery

The usage of spoons and forks is prevalent in the urban areas of North India and food like curry or vegetables is generally not touched with hands. When flatbreads such as chapati, roti, or naan are served with the meal, it is acceptable to use pieces of them to gather food and sop up gravies and curries.

In South India, it is considered ill mannered to let your food stain the outside of your fingers or palm while eating and food is to be eaten only with the tip of the fingers.

When eating with hands it is necessary to make sure that one's drinking glass should not become messy.

 Traditional Indian cutlery does not recognize the use of forks and knives while eating, limiting their use to the kitchen only. Spoons were made of wood in ancient times, evolving into metallic spoons during the advent of the use of the thali, the traditional dish on which Indian food is served. Additionally, spoons (usually two used in a clasping motion) and forks are commonly used to distribute foods from a communal dish, as it is considered rude to touch the foods of others.

Use right hand for eating

Contamination with saliva

Contamination with saliva

The concept of 'enjalu' (in Karnataka) is a common belief in India. It can refer to the food item or the utensils or serving dishes, that has come in contact with someone's mouth, or saliva or the plate while eating - something that directly or indirectly came in contact with your saliva. It can also refer to leftover food.

It is considered extremely rude and unhygienic to offer someone food contaminated with saliva. It is, however, not uncommon in India for spouses, or extremely close friends or family, to offer each other such contaminated food and is not considered disrespectful under such circumstances.

Don't, for example, take a bite out of a chapatti and pass it on. When drinking out of a cup or bottle to be shared with others, don't let it touch your lips, but rather pour it directly into your mouth. This custom also protects you from things like hepatitis.

The glass <u>should not</u> touch the mouth

Meat

Meat

The cow is considered a sacred animal by Hindus and hence beef is not readily available in most restaurants in India. However Beef is eaten by some people in the Northeast, West Bengal (in Muslim majorities) and Kerala. It is also available in North Eastern states where the culture and weather patterns are very distinct from the rest of India.

Muslims in India do not eat pork due to the teachings of Islam, and Indian Hindus also do not eat pork in general. However, some Indian Hindus consume pork. For example, in Goa, pork vindaloo is a popular dish, and the Kodagu district of Karnataka is known for its spicy pork curries. It is believed that there is a high incidence of disease and parasites in pigs. The consumption of pork is considered unhygienic. The Indians who consume pork could be of Christian faith, or it could be a part of their local culture and cuisine, or it is simply a personal choice.

Indian Hindus consider cows to be holy

References

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