

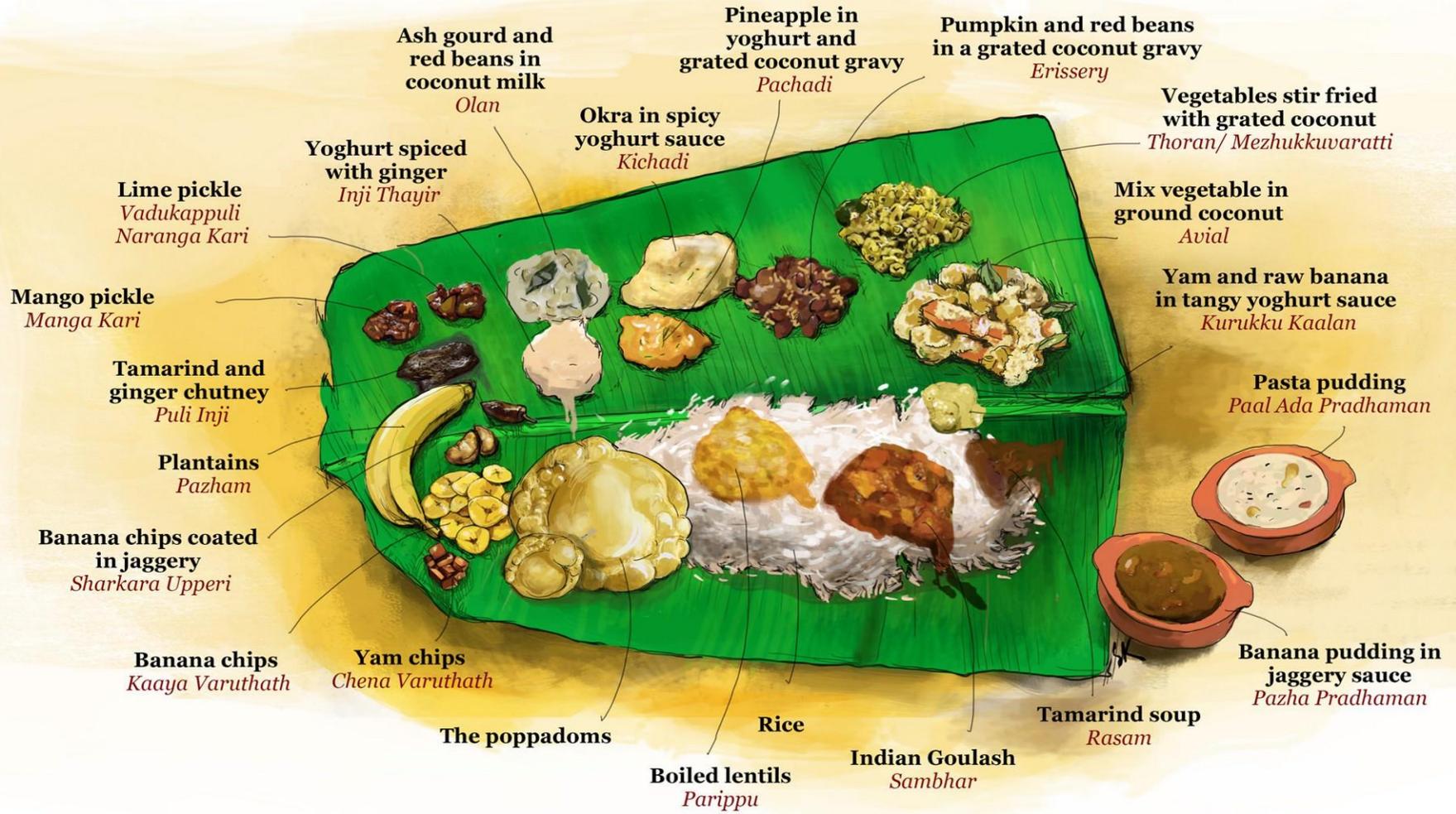
Traditional dining etiquette of Karnataka

By Students of
DPS Bangalore South

Eevathu nanna jothe
oota maduvira?

Would you join me for
lunch today?





Ash gourd and red beans in coconut milk
Olan

Pineapple in yoghurt and grated coconut gravy
Pachadi

Pumpkin and red beans in a grated coconut gravy
Erissery

Vegetables stir fried with grated coconut
Thoran/ Mezhukkuwaratti

Yoghurt spiced with ginger
Inji Thayir

Okra in spicy yoghurt sauce
Kichadi

Mix vegetable in ground coconut
Avial

Lime pickle
Vadukappuli Naranga Kari

Yam and raw banana in tangy yoghurt sauce
Kurukku Kaalan

Mango pickle
Manga Kari

Pasta pudding
Paal Ada Pradhaman

Tamarind and ginger chutney
Puli Inji

Plantains
Pazham

Banana chips coated in jaggery
Sharkara Upperi

Banana chips
Kaaya Varuthath

Yam chips
Chena Varuthath

The poppadoms

Rice

Tamarind soup
Rasam

Banana pudding in jaggery sauce
Pazha Pradhaman

Boiled lentils
Parippu

Indian Goulash
Sambhar



No Forks, Spoons or Plates.

Food is usually served on Plantain Leaves. You have to use your hands, as it is not really possible to use a knife on a leaf.



Once you receive your leaf, sprinkle a little water, and clean it. The narrow end would be towards your left.



They start by serving the snacks, salt and other items you would need during the meal first. Banana, banana chips, jaggery coated banana chips, different types of pickles, stir fries and other items would be served. The aim is to add all the different kinds of tastes. SO you have sour, hot, sweet, sweet-sour, etc. You can munch on the chips till the rice arrives.



Rice is served, in a small quantity in the beginning, It is not frowned upon to ask for more, but refrain. Think about the capacity of leaf. Not only that, there will be a second and third helping later on.



The first item served is "Parippu" , or green gram lentil soup, which is accompanied by a spoonful of ghee(clarified butter). Mash the Papad, and chomp it down. Yumm.



Next comes Sambhar. This is also a lentil soup of sorts, which has a tangy-spicy flavour. You can have it with rice. I don't like it much, so skip skip skip.



It is followed by "Kaalana", which is basically a curry made of curd. (curd curry, sounds good, eh) I love this, highly recommended.



This is followed by Rasam. Rasam is a spicy soup, which is extremely good for digestion, bit on the spicy, tangy side.



This is then followed by desserts. You can ask them to serve it in your glass, or ask for an extra. Some pro people drink it off from their leaf, which I am in complete awe for, I haven't mastered that art.



The last item is the Buttermilk, which is good for digestion, and beats the sweetness of the dessert.



If in the middle of the meal, you desire for something that has already been served, or the round has been done for that dish, politely ask for a second helping. You will be most probably entertained.



After you are done with the meal, fold your leaf along the mid.





Thumba dhanyavadagalu
Uta ruciy Agittu!

Thank you very much
It was delicious!



Why is food traditionally served on a banana leaf?

Eating on a banana leaf is one of the most **eco-friendly**, completely recyclable food serving arrangements. It decomposes quickly and unlike a metal or porcelain plate, it requires very little washing with water. Plastic plates pollute the environment and are hazardous to animal and aquatic life.

It makes all the food on it more colorful and relishable! Ghee and oil do not stick to the banana leaf and so enjoying their flavors is easier. It adds a nice aroma to the food and improves the taste of some foods like rasam.

When hot rice is put on a banana leaf it swelters. The rice absorbs the chlorophyll in the leaf and a flavor is produced. When hot food is served on the leaf, the polyphenols (EGCC) in it are activated and get absorbed into the food and finally into our system. This was yet another reason that food was always cooked fresh and eaten piping hot on a banana leaf.

Eating on a banana leaf is healthy. The antioxidants (polyphenols) in banana leaf are reported to help fight cancer. Another research says the leaf contains polyphenol oxidase that helps fight Parkinson's disease. Banana leaves are also used in some ayurvedic medicinal preparations. By eating hot food on a banana leaf, one can get a lot of that good stuff though the leaf is hard to digest for human when eaten as-is.

It is waterproof. South Indian foods involve a lot of liquids and many other bio materials that don't fit in easily. The leaves can be quite big and is great to present the diverse food stuffs in a South Indian menu. Most plates are not suitable in this respect. Since the leaf can hold a large quantity of food, it requires less number of trips for serving and thus it is easy when you are serving parties of thousands of people.

Banana leaf meal etiquette also dictates that, after partaking the meal, the guest must fold the banana leaf inwards as a sign of gratefulness to the host, even when the host is the owner of an eatery. However, when meals are served at funerals, the leaf is folded outwards as a sign of condolence to the family of the departed. Due to this, folding the leaf outwards is considered rude in any other circumstance. Remember, always fold it towards you!

References

<https://www.quora.com/What-are-the-traditional-dining-etiquette-of-South-Indians>

<http://www.iskconhighertaste.com/served-on-a-banana/>

