

Punjab CM asks youth to adopt traditional food culture

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CHANDIGARH: The Punjab Chief Minister Parkash Singh Badal today called upon the younger generation to develop a habit of taking traditional food which had far more nutritional value than the modern food and asked them to shun the fast food culture of Pizza, Noodles, Burgers and Pastas.

Addressing a gathering after inaugurating "Bebe di Rasoi – 2009, a traditional food festival jointly organized by Chandigarh Press Club in collaboration with Kheti Virasat Mission (KVM) and Millets Network of India (MINI). He said that the concept of Bebe di Rasoi would offer an opportunity to the younger generations to have a feel of rich taste of our traditional food which had now become a matter of the past with the passage of time. "Now, it is a high time to revive the culture of traditional Food – 'The wisdom of our Grandmothers' i.e. Bebe di Rasoi", said Mr. Badal. He observed naturally grown and seasonal foods have always been intricately woven in our food culture, but unfortunately we have almost lost this.

Appreciating the initiative of Chandigarh Press Club and KVM for organizing this function, Mr. Badal said that such traditional food festivals should be organized from time to time to apprise our children especially with urban background about the rich nutritional value of traditional food like Makki Di Roti- Sarson Da Saag, Lassi, Bajre di Roti, Kheer and Makhan. He hoped that such food festivals would also help our younger generations to desist from taking up junk food like pizza, burger and noodles etc. because even the medical and nutritional experts have also recommended not taking junk food if you want to stay health and fit.

He said that such food festivals offered a great opportunity for people from different cultural background to enjoy the traditional delicacies that are cooked using the traditional recipes. These traditional recipes have been passed on from generations to generations.

He asked the management of the Chandigarh Press Club to open a restaurant of traditional food here to popularize it amongst the people especially urbanites. He also asked the media to play pro-active role in popularizing the culture of traditional food in the society, besides bringing awareness amongst the masses about the importance of organic farming and also urged the them to consume vegetables produced by way of organic farming.

Later Badal visited the different stalls which had displayed roti of Bajra and Jwaar; Bajra Raabri, Bhoot piney of Bahra, Jwaar, Wheat and Corn, Moth-Bajra khichheri, Maal Pury, Kheer of Kanganni and several millet dishes from Andhra Pradesh and Orisa at the Bebe Di Rasoi. He also tasted few of them and appreciated the zeal behind organizing this mega event.

Mr. Badal was accompanied his Additional Principal Secretary and Director Public Relations Gaggandip Singh Brar.

Earlier the president of the Chandigarh Press Club Sarbjit Pandher welcomed the Chief Minister and its Secretary General Naveen Grewal gave a brief account about the Bebe di Rasoi. Umendra Dutt, Executive Director Kheti Virasat Mission also dwelled on the concept of traditional food and its significance in the society.