

A Cycle of Food Transition in Shoba Narayan's Monsoon Dairy: A Memoir with Recipes

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Abstract: *Food is not only about taste or flavor it's all about horticulture, about biology, about man's bond with nature, about the atmosphere, about country building, social battles, companions and adversaries, Alliances, wars, religion and so forth. It is about memory and custom and, now and again, even about sex. This paper shows difference between the food and man using postmodern theory. The paper is the view of the author Shoba Narayan according to his work Monsoon Dairy: A Memoir with Recipes. This paper shows the variation of food in America and in India and also dealt with the health benefits of Indian food as it is mentioned in the author's work. People started realizing the food benefits and coming back to their tradition. Food has numerous capacities, not the slightest of them social. There is no rhyme or reason why smart dieting ought not to be agreeable. This paper may act as an awareness for both modern and postmodern people. It also aims in giving out the reason why they are preferring their traditional food from their food habits.*

Keywords: Food, postmodernism, health benefits, traditional food.

Introduction

“If more of us valued food and cheer and song above hoarded gold, it would be a merrier world.”

— J.R.R. Tolkien

Shoba Narayan has written four books. She has been a journalist and columnist for 30 years, working for a number of national and international publications. Travel, food, wine, relationships, culture, spirituality and women are the content that she has dealt with.

Shoba Narayan is an honor winning creator and feature writer. She studied in Columbia Journalism School where she was awarded a Pulitzer Fellowship.

Other than composing, she adores watching fowls, visits eateries and appreciates contraptions. She cherishes crafted by Carl Jung and is keen on move, physical medicines and all-encompassing wellbeing. She will likely be fit in having sound food and to lose her stand by normally as opposed to leaning toward exercise centers.

In writer's first conventional book, she managed the subjects of family, culture and character. In clear and friendly writing, Shoba Narayan depicts her outsider life which is so grievous from the briny fields of South India to the high accelerations of New York and Boston. From the electrifying rush of being another worker of turning into an anguished mother looking with hyphenated personalities, Narayan portrays his migrant existence with cleverness and understanding. She says why she longed for America, later chose to back to India.

Food in Literature

Food gives energizes body to work, let it to grow and repair it when it is worse. The process can be affected based on the kind of food you consume. Body functions and the food that put up with it is substantially composite.

Eating is an important human activity, this is necessary for endurance and indistinguishably associated with social capacity. Dietary patterns and customs, the decision of banqueting associates have various explanations for, which advances a comprehension of human culture. Food is a momentous topic in writing by and about ladies and in youngsters' writing.

Post Modernism in literature means it questions basic assumptions of thought and work of the Western world. Here, Shoba Narayan shows the postmodern period changes between food and man. Food differences based on the different religions. In this paper we will look into the food habits that the author had in her home and the food she had in Boston, she also shows the differences between them. Along with her view the health benefits of Indian food is given in detail because the author has mentioned few recipes. She compares the food in post modernism way by thinking over into her mom's and grandma's cooking. Numerous Indian plans are incorporated yet some are unpredictable and tedious originating from their beginnings as food safeguarding

methods, much like a book on discharging or smoking may be in a western form of her work. Man's way of eating food in modern period is related to post- modern period in the work of ShobaNarayan's "A Monsoon Diary: The Memoir with Recipes". Looking into the necessity of food, and its process. This paper answers to the following questions

1. What are the health benefits of Indian foods?
2. Difference between Indian foods and American foods.

Medical advantages of Indian Food

Indian food is the significant trademark for its assorted variety. On the planet Indian food is one of the most nutritious food in light of the assortments of nourishments, flavors and dishes that are local to India But today, Indian food is considered as unfortunate since it is being interrelated to great sugar and great carb food which is the purpose behind elevated cholesterol. Conventional Indian food, then again, isn't just sound, but on the other hand is amazingly scrumptious with a ton of medical advantages. Indian food bolsters resistance, irritation, mind work and a few different capacities in the human body. Scopes of nourishments and supplements are essential for lots of cells in the human body. Indian cooking is acclaimed for assortment of flavors, which has numerous medical advantages. To have a sound life we have to have multiplicities of flavors, vegetables in our normal eating routine and furthermore we have to have neighborhood and occasional vegetables and natural products at the perfect time. It likewise builds invulnerability.

Here we will discuss about Indian food, its ingredients and their health benefits. Each benefits are learned only when we experience in our daily life. Now a days we have foods only based on its appearance and taste but we have forgotten to think about their health benefits. We have been ignorant that healthy foods are tasty too. Shoba Narayan period's foods and current century foods are compared here.

Shoba Narayan started talking about the Rasam, its ingredients and its health benefits. Shoba's mother says that an Indian girl must know to prepare Rasam which is the stepping stone for Cooking. Grandma is her role model, an expert in cooking especially Rasam. She explained that Rasam is prepared from health benefited tamarind juice. Rasam, is a medication of wellbeing. Here are a portion of its advantages,

1. Digestion
2. Vitamins and follow minerals
3. Relief from gas and tooting
4. Immunity builds (blend of turmeric and pepper and cumin).
5. Good wellspring of proteins if lentils are added to

"Ghee" is almost Indian people's favorite ingredient. Shoba Narayan's favorite one is also Ghee from her childhood. One of Ayurveda's most precious foods, ghee has unbelievable remedial properties. Beyond our kitchens, ghee finds a fashionable space in beauty and hair care rites too.

1. Helps You Keep Warm from Within
2. For Congested Nose
3. Good Cause of Energy
4. Cause of Good Fat
5. for Intestinal Health
6. Keeps Constipation a bay
7. Good for Heart
8. Great for Skin

"Upma is a dish for dinner which is simple to make and easy to like, and it is the regular dish being prepared in India especially in South India. Dosa and Upma are two of the most favorite South Indian dishes that are made from semolina or suji. Any person who is in diet can prefer these dishes as it is very good for digestion especially 'suji', which will result in weight loss, if they add in the daily diet. Some of the benefits are as follows:

The health benefits of yoghurt rice are

1. Good for digestion
2. Stronger immunity
3. Beautiful and healthy skin
4. Reduces high blood pressure
5. Prevents Vaginal Infections
6. Good for the bones.

Shoba Narayan gives out medicinal purpose for ingredients like Betel leaves, turmeric, Asafetida, Curry leaves etc. Some of the Indian ingredients are not only used for kitchen purpose but also used for medicinal purpose in the name of Ayurveda. In the Case of Betel leaves everyone thinks off that it gives out only color to our tongue. But it has the benefits like

1. Reduces Gastric Pain

2. Improves Digestion
3. Increases Hunger
4. Promotes Oral Health
5. Relieves Cough
6. Treats Respiratory Problems.

Turmeric the word we know only from kitchen part, but it is mainly used as medicine for cooking. The unknown benefits are

1. Pain relief
2. Improving liver function
3. Possibly reducing the risk of cancer
4. Good for Digestion

There are also a number of ingredients with good health benefits. We make use of them to cook our food without knowing their benefits.

Indian food offers a bigger number of advantages than to fulfill the hunger

At the point when we consider Indian food, the words that rings a bell are Hot, zesty oily, greasy, overwhelming and we likely likewise feel that they are delectable, energizing, assortment, colorful flavors, and a top choice. Whatever picture that strikes a chord when somebody specifies Indian cooking, thinks what enter our thoughts is bona fide flavors that is utilized in Indian food which is significant for our wellbeing. We have one, however five motivation behind why.

1. Indian food incorporates practically the most amazing exhibit of new vegetables and natural products. The newness and supplements of vegetables are held in the diverse technique for cooking on the opposite side a great deal of cooking forms will in general reason vegetables and supplements to lose their medical advantages, however not Indian cooking. Along these lines, we appreciate Indian food's medical advantages in extraordinary manner than the first structure.
2. Traditional Indian food nearly utilizes new fixings in making dishes without any preparation, which implies the food which are less additive and more advantageous. By preparing Indian food in the bona fide manner, suppers without required supplements are given.
3. The medicinal and healing properties filled flavors like garlic, turmeric, ginger, green chillies, and garlic are utilized in Indian cooking. So when people think about spicy food they are not understanding that dish is enriched not only with taste, but it is also good for body.
4. Traditional Indian meals is a balanced diet which include carbohydrates, proteins, fats and fibers.
5. Finally, yogurts are final touch to the spicy Indian meal and food is also prepared in yogurts. It is fermented milk which keeps the stomach related tract solid. Great microbes is contained and furthermore stuffed with calcium, which implies consuming this food helps to avoid gaining excess fat.

Indian food vs American food

In world the Indian food is more different than other food. There are more than 100 different cuisines and the differences in food lie with the same place as we move from one home to another. The food ranges from south's Idly-sambar to North's Chicken butter masala from West's Dhokla to East's Fish curry along with number of different dishes in between.

American's morning meal is at McDonalds. Its cheap food that all people can afford. People cannot prepare a good meal as they don't have time and also they can't prefer organic which is too expensive.

Indian food's specialties are as follows:

The different rice grains like Bojra, nachni, jowar are grown more in India. The diabetic people can have a hand-pounded rice. Variety of pulses is also available in India.

In traditional thali, varieties of dal, fried vegetables, some rice and roti take place. Sweet dish is also added to thali. This thali is a highly nutrients filled meal. But now thalis have more proportion because of Western culture. In Shoba Narayan's marriage it's a vegetarian feast with variety of south Indian foods. Numerous assortments of oils like mustard, nut, coconut oil, and numerous assortments of cooking oils are accessible in India. Yet, the manner in which they prepared in antiquated occasions was a lot more beneficial than they process today. Variety of Salts are local to India. Be that as it may, we gradually moved to refined unadulterated salts which is the purpose behind unhealthier Indian food. In these manners the fixings changed the Indian Food.

The Indian curry and Pickles when made with appropriate fixings, oils and with right nature of salt then it is useful for invulnerability. Particularly Indian curry helps in diminishing irritation which is the root for the reason for maladies like diabetes, hypertension and heart sicknesses. The principle idea here is to tell that Indian food has consistently been supporting, healthy and sound when the food is prepared with normal and customary fixings.

Indian recipes have individual story behind their invention. Shoba Narayan has depicted the stories for each recipe in her book. According to that ingredients are added to the recipes.

American food's specialties are as follows:

America [US] is a nation of immigrants. Corn, potatoes, tomatoes, avocados, peppers, and chocolate are the native foods of America. It is harder to find the invented food in United States. American food is simple to define, it is a food from any part of the earth which tastes good.

In both countries the food is followed based on their climate and culture. For example in India the north Indian people eat more wheat items than rice items it's because their climate is very hot and if they eat wheat they can overcome the heat. The word 'WHEAT' have 'HEAT'. In south Indian people eat more rice items because the climate is not up to the level of north India so they prefer spicy dishes with rice to overcome the cold climate. The word 'RICE' have 'ICE'. But in Post modernism we people don't realize it and we just prefer food for our taste. Even in India we have food variation based on culture and tradition when we compare it to the American foods which varies a lot.

The American people prefer pizzas, burger etc. It suits them as they don't give any work to body, it is all a technology based work. They have the habit of drinking hot drinks to get away from the cold climate. But we Indians look into their drinking habit and follow it as a style and make as our culture to drink whenever a function or party occurs. Not only food style even the dressing habit got changed.

In India food dishes vary for each morning, afternoon, evening and night. Each dish is allotted to a time when it should be cooked. But that is not seen in American food routine, they eat what they like to eat. In India proper concern is given to prepare food. For instance Shoba Narayan's grandma cook VatraKuzambu, the process takes a week time to prepare vatra. Even though it takes a long time to prepare a particular dish Indian people don't lose their interest to cook and eat it. Similarly Vadams also take the same time as making of Vatrals.

In postmodern period Indians are away from their tradition of food, because their concentration and motives are only on their money and to get promotion in their jobs and life. In olden day's people used to cook healthy foods for their dinner and breakfast. But now people depend on time saving food, they eat bread and jam for breakfast and Maggi, noodles, chat items for their dinner. Because they are trying to save time from cooking. When compared to Indian traditional foods with those of American's.

In India, zest is the lord; the more blazing the zest, the better. Indian food in America, in any case, while flavor is utilized, it is utilized to an a lot lesser degree in both amount and warmth.

Genuine Indian Cuisine is progressively favored as it normally readies a dish with numerous fixings and it takes more time to cook it. Lot of love goes for meal. For this we can't say that authentic Indian cuisine is not available in States though available it is less in number, because it takes more time for preparation. In India much more percentage is vegetarian because of varying reasons like culture. But in states no such drop backs so non vegetarians are more.

Though we have number of variations in cuisine and food, some foods are familiar in both the countries. Because the people get adapted to the taste. Both Indian food and American food are the best to their countries. If those foods are preferred in their traditional aspect it is good for all.

Conclusion

Transition of food in current century is in way of cycle where everyone rewinding their food habits to the traditional. Decide the food which you are going to have from today, whether the nutrients filled food or food to fill the appetite. Everyone have spoiled their life in focusing their lifestyle and tasty food. Later, they realized everything once they started paying in hospitals than they paid in their reputed restaurants. People's food habits works as a cycle where they again started thinking about the health benefits of food like Shoba Narayan who realized the value of Indian food and its benefits once she migrated to America. When she is back to India she started cooking her traditional food in traditional method. An awareness can be created for the current century youngsters who are not aware about the value of food.

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