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# AN ANALYSIS OF THE PERCEIVED FOOD HERITAGE OF HARYANA : THE STUDY OF SPICY CHUTNEYS

Ashish Dahiya\*  
Shelley Duggal\*\*  
Sunil Kumar\*\*\*

## Abstract

Food is considered to be an important cultural marker of identity in societies. It is a reflection of various aspects like social relations, cultural symbolism, ideology etc. Truly, food is an intangible heritage and reflects the significance of being part of people's life. Food and thus cuisine are changeable. The change may be due to various reasons like globalization, influence of other cuisines and many other reasons. Despite Indian food has gained significant attention by the researchers and practitioners across the world culinary, the state of Haryana is yet to have documentation of its food heritage. This is vast, simple yet tasty. Thus this paper attempts to investigate on one of the popular food types i.e. the spicy sauces (Chutneys) popularly prepared and consumed in Haryanvi homes on two perspectives i.e. to identify the perceived food heritage of Haryana about chutneys and to understand their relative use in eating habits of the people. The Delphi technique was employed with two different groups of respondents i.e. practicing chefs and academic chefs, fifty respondents were selected from each group with 30 per group agreed to participate. During the Delphi process respondents were asked to a.) List chutneys they perceive to constitute food heritage of Haryana b.) Rank the importance of chutneys in selection to food heritage and their pattern of usability in eating c.) Determine if

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\*Director & Associate Professor in Hotel & Tourism Management, M.D. University Rohtak  
Mail : ashish@mdurohtak.ac.in

\*\*Faculty in Department of English & Foreign Languages, M.D. University Rohtak.  
Visiting Faculty & Ph.D Candidate, Institute of Hotel & Tourism Management, M.D. University,  
Rohtak  
E-mail : duggal2000@yahoo.com

\*\*\*Project Fellow & Ph.D Candidate, Institute of Hotel & Tourism Management, M.D.  
University, Rohtak  
E-mail : skihm86@yahoo.com

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