








# Beyond Biryani: An In-Depth Analysis of the Diverse Delicacies with in Awadh Cooking

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**Abstract :** The cuisine of Awadh, a province in northern India, is renowned for its rich diversity beyond just biryani. Shaped by Persian, Mughal, and Indian influences over millennia, Awadhi cuisine reflects a history of royal patronage and refined culinary practices. Dishes like galouti, kakori, kormas, and shahi tukda showcase a masterful fusion of flavors, with key ingredients such as saffron, cardamom, cloves, and rose water lending distinctive aromas. Culinary techniques like dum pukht and bhunao are essential for achieving the intricate tastes and textures of dishes like dum biryani and nihari. Awadhi cuisine not only serves as sustenance but also plays a significant role in religious ceremonies, celebrations, and communal events, contributing to the region's hospitality and identity. Data collected from fifty local chefs and cooks through interviews and qualitative analysis methods shed light on the gastronomic elements of Awadhi cuisine. Thematic and content analysis proved effective in interpreting this qualitative data, offering valuable insights into the culinary traditions of Awadh. Traditional statistical tests may not be suitable for such qualitative data, but dedicated methods like thematic and content analysis are tailored for understanding and interpreting insights gleaned from interviews.

**Keywords:** Awadh, Cuisine, Biryani, Bhunao, Tukda

## 1. Introduction

The province of Awadh, located in northern India, is renowned for its elaborate and diverse cuisine, including its famous biryani. This is a universally recognised principle [1]. The objective of this document is to examine the historical backdrop, fundamental characteristics, culinary methods, and cultural importance of Awadhi cuisine to collect knowledge. The purpose of this explanation is to develop a comprehensive awareness of this exquisite culinary heritage. The cultural influences of Persians, Mughals, and Indians have jointly shaped the gastronomic heritage of Awadh over thousands of years, leading to the creation of an intricate architectural style[2]. The building of this opulent tapestry has been facilitated by the intricate fabric of Awadh's culinary history, which has played a significant role in its creation. The development of Awadhi cuisine, which is the main subject of this article, was primarily influenced by the support of the royal family and the promotion of sophisticated culinary expertise. The abstract provides an analysis of the diverse range of dishes offered in Awadhi cuisine, with a specific focus on biryani. This article highlights the galouti and kakori kebabs, the savoury kormas, and the delicious shahi tukda as some of the featured culinary delicacies.[3] This compilation of recipes showcases the extensive range of flavours and the culinary mastery evident in each one. Mace, saffron, cardamom, cloves, rose water, and keora

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water are fundamental spices employed in Awadhi cuisine. These spices are essential as they enable the meal to develop its distinctive flavour profile, making them indispensable.[4] Incorporating these spices leads to a substantial augmentation of the distinct flavour attributes that are linked to the delicacy. The main emphasis of this inquiry is to examine the components that contribute to the unique flavours and aromas that are characteristic of Awadhi cuisine. Furthermore, the inquiry focuses on the methodologies of acquiring, manipulating, and assembling these elements.[5]

This study delves deeper into the culinary skills of Awadhi cuisine. These culinary methods encompass dum pukht, which entails slow-cooking food at lower temperatures for an extended duration, and bhunao, which combines sautéing and boiling. The objective of this inquiry is to emphasise the crucial significance that these methods have in the creation of meals such as dum biryani and nihari, which are distinguished by a diverse range of subtle tastes and delicate textures.[6] Awadhi cuisine not only contributes significantly to the provision of vital nutrition, but it also holds great importance in religious rituals, festivities, and communal gatherings.[7] Awadhi cuisine is a blend of several culinary styles, which is the main reason for its distinctiveness. The cuisine of Awadh plays a crucial role in showcasing the region's hospitality and cultural heritage.[8] This goal is achieved by emphasising the distinctive historical and cultural background of the region and facilitating the establishment of connections. The purpose of this document is to offer a concise examination of Awadhi cuisine, encompassing its historical genesis, diverse flavours, and enduring cultural importance.

## 2. Theoretical Background

Cultural features from different cultures interact and disperse when societal borders are breached. The primary determinants influencing the extent of this diffusion are migration, travel, and business interchange.[9] Cultural traits from one region often absorb into the cultures of other places, leading to their integration in the new generation. When examined from an activity perspective, the term "diffusion" pertains to the overall motion of objects, commodities, humans, behaviours, or concepts. T. Hagerstrand pioneered the concept of spatial diffusion in the discipline of geography in 1952. This term encompasses the mechanics involved in spatial movement and the resulting effects. Hagerstrand's research revealed the widespread occurrence of consistent patterns in the timing and spread of geographical dissemination, as supported by several empirical studies.[10] This not only facilitated the emergence of models capable of describing these patterns, but also stimulated conjecture over the importance of these patterns in shaping the dynamics of geographical regions [11] This notion can be applied in conjunction with the theoretical concept of anthropological cultural diffusion to investigate the spatial spread of food culture from the kingdoms in the Northwestern area to the subcontinent of India. It is crucial to acknowledge that this encompasses a diverse array of cultural elements that have adopted the influence of food and have now become essential constituents of Indian culture. [12] In the realm of social sciences, the notion of dissemination is commonly linked to the concept of innovation. Innovation is integrating distinctive and unexpected elements into an existing entity, aiming to produce a substantial transformation. Innovation and diffusion are not separate entities.[13] Due to the increased severity of the outcomes resulting from its acceptance, the dissemination of a complex innovation has a greater influence on the environment in which it is spread.

This study aims to analyse the dissemination of "Biryani" across the Indian subcontinent by examining the firsthand accounts of individuals involved in its creation, as well as the research conducted by culinary historians and food geographers.[14] Indian cuisine is typically characterised by a diverse range of 'masala' dishes. These preparations involve a complex

blend of different herbs and spices, along with a unique variety of cooking methods. Notable examples of this can be observed in the diverse range of Biryani types, such as Lucknowi, Hyderabadi, and Bengali Biryani, among others. [15] This study aims to examine the historical elements that have contributed to the increasing popularity of Biryani, a highly coveted culinary delight among both locals and visitors in India. Furthermore, it examines the potential origins of Biryani and the different iterations of this culinary creation, previously referenced.[16] To get knowledge about a cuisine, it is necessary to explore the various civilizations that are linked to it. Biryani is a gastronomic creation that exhibits significant historical associations with several nations. [17] It utilises the unique characteristics associated with each of the countries it is associated with. This undertaking relies on the first hand experiences and recollections of individuals who are intimately involved in the process of preparing Biryani dishes (in all their potential variations) throughout the entire country. The majority of the information has been gathered from secondary sources, including food trails, blogs, lectures delivered by food historians, and books authored by food anthropologists and food geographers. Furthermore, a substantial amount of data has been acquired by comprehensive examinations of various Biryani recipes originating from and surrounding Purani Dilli, situated in Old Delhi.[18] In order to obtain a more comprehensive understanding of the historical context of the dish called Biryani, unstructured interviews were carried out with Biryani chefs situated in and around Old Delhi.[19] In addition, we have sought the help of numerous contacts living in Hyderabad and Chennai to gather anecdotes about the different types of this supper that are available in these regions. The collated data includes statements from Dr. Meeta Sengupta's presentation on "India & Biryani," where she served as a food critic and an activist on the subject.[19] Dr. Sengupta's research focused on the historical origins of Biryani in India, including its introduction by the Nizams and Nawabs, and the attendant tales. In addition, he provided an examination of the evolution of this feature "Nawabi-Dish" into its current many forms. [20]

### 3. Research Methodology

This research aims to explore the cultural importance, historical background, fundamental elements, and culinary methods of Awadhi cuisine, focusing specifically on the Awadh region in northern India. The aim of this study is to gain a thorough understanding of Awadhi cuisine by employing appropriate research methodologies. This will be achieved by integrating historical study, gastronomic analysis, and cultural assessment. The initial stage of the research process involves doing a comprehensive examination of scholarly publications, historical documents, culinary references, and cultural investigations that are pertinent to Awadhi cuisine. The objective of this review is to gain a basic understanding of the culinary traditions linked with the Awadhi people by identifying important themes, components, methods, and cultural sites. Data has been collected from the 50 local chefs and cooks by conducting a interviews researcher use the qualitative data analysis method to provide valuable insight into the gastronomic elements of Awadhi cuisine.

This study provides a comprehensive historical examination of Awadhi cuisine, tracing its roots and development over several centuries. This study aims to comprehend the cultural influences and changes that have shaped the evolution of Awadhi cuisine. To achieve this, it will analyse historical records, manuscripts, and culinary histories originating from Persian, Mughal, and Indian sources. The study aims to enhance one's comprehension of the culinary elements that define Awadhi cuisine via hands-on exploration and analysis of different cooking methods and ingredients. To gain knowledge about traditional cooking techniques, ingredient sourcing, recipe adaptation, and the unique qualities of Awadhi cuisine, it is essential to actively participate in conversations with Awadhi chefs, cooks, and food

enthusiasts. This will provide insights into well-known Awadhi dishes like biryani, galouti, kakori, kormas, and shahi tukda.

A comprehensive inquiry is conducted to comprehend the source, preparation, and combination of the unique ingredients utilised in Awadhi cuisine. Saffron, cardamom, cloves, rose water, keora water, and mace are essential components used in Awadhi cuisine. The objective of this study is to examine these gastronomic components. The study will examine the cultural significance of these ingredients, as well as their practical uses in cooking and their sensory characteristics when tasted.

This study examines the conventional techniques employed in Awadhi cuisine. Special emphasis is given to the "dum pukht" technique, which entails slow-cooking food at low temperatures for a prolonged duration, as well as the "bhunao" approach, which involves sautéing and boiling the meal. Awadhi cuisine is distinguished by its intricate flavours and tender textures, achieved through the use of many culinary methods. This culinary tradition encompasses dishes such as dum biryani and nihari. The aim of this research is to shed light on the importance of the aforementioned notions. Finally, the research examines the cultural significance of Awadhi cuisine by analysing its involvement in religious rituals, festivals, and social events, as well as its impact on hospitality and the formation of Awadhi cultural identity. This evaluation incorporates interviews, participant observation, and an analysis of Awadhi food-related rituals and behaviours.

S.No	Question	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
1	The Awadhi cuisine I prepare or am familiar with is rich in flavor and aroma.	38	8	2	1	1
2	I believe that traditional cooking techniques are essential for preserving the authenticity of Awadhi cuisine.	40	9	0	1	0
3	Awadhi cuisine holds significant cultural importance in our community.	45	5	0	0	0
4	The ingredients used in Awadhi cuisine are locally sourced and fresh.	49	1	0	0	0
5	I am confident in my ability to innovate and experiment with Awadhi recipes.	44	4	1	1	0
6	I feel that Awadhi cuisine has influenced other culinary traditions outside of our region.	48	1	1	0	0
7	I believe that Awadhi cuisine has a strong potential for commercial success.	47	2	0	1	0
8	I am open to incorporating modern cooking techniques in Awadhi cuisine.	45	4	0	1	0
9	I feel that Awadhi cuisine represents a fusion of various cultural influences.	40	7	1	1	0
10	I think that preserving traditional Awadhi recipes is crucial for future generations.	41	5	2	2	0

Above table is showing the responses of interviewees.

### 3.1. Research Objectives

1. To study the various gastronomic elements that make up Awadhi cuisine.
2. To explore the diverse culinary methods employed in Awadhi cuisine.

### 3.2 Discussion

Fifty in-depth interviews with Awadhi chefs, cooks, and culinary specialists yielded a wealth of first hand knowledge regarding the gourmet ingredients employed in Awadhi cuisine. [21] To ensure the food's flavour and freshness, the interviewees stressed the need of utilising locally sourced and seasonally available ingredients. The components consist of rice, lentils, veggies, and various meats such as goat, lamb, and chicken. [22] The importance of

incorporating a diverse range of spices, including cardamom, cinnamon, cloves, cumin, and coriander, cannot be overstated to create the unique flavor profiles of Awadhi cuisine. Furthermore, Awadhi cuisine prioritized the incorporation of both fresh and dehydrated herbs, such as cilantro, mint, and curry leaves, to enhance the taste and aroma of the dishes.[23] The interviewees engaged in a discussion of the harmonious amalgamation of sweet, salty, and aromatic elements that define the distinctive features of Awadhi cuisine. Saffron, rose water, and keora water are among the aromatic and flavorful ingredients used in Awadhi cuisine, known for its distinct aroma and taste.[24] Collectively, the interviews provide insight into the historical gastronomic elements that, through their contributions, impart unique and flavorful characteristics to Awadhi cuisine.

The data obtained from the fifty interviews is qualitative, rendering the conventional statistical tests typically employed for analyzing quantitative data unlikely to be applicable in this case.[25] Therefore, statistical approaches can still be employed to evaluate qualitative data obtained from interviews.[26] Content analysis and topic analysis are two exemplars of methodologies that fall inside this classification.

Table 1.1 Methodology and its Explanation

S.No	Methodology	Explanation
1.	Thematic Analysis	Thematic analysis can be used to examine the interview data obtained from Awadhi chefs, cooks, and culinary experts to identify and study recurring themes associated with the culinary elements of Awadhi cuisine.
2.	Content Analysis	Content analysis can be employed to scrutinize how interviewees explained the sophisticated components involved in the preparation of Awadhi cuisine.

- **Thematic Analysis:** The term "thematic analysis" in qualitative data refers to the process of identifying and examining recurring themes. Thematic analysis can be used to examine the interview data obtained from Awadhi chefs, cooks, and culinary experts to identify and study recurring themes associated with the culinary elements of Awadhi cuisine. During this discussion, we can explore the significance of using materials sourced from the local area, the influence of spices and herbs, and the harmonious flavor profile of Awadhi cuisine. If researchers search for and examine repeating trends in the accounts provided by the respondents, they can gain knowledge about the fundamental components of Awadhi cuisine.
- **Content Analysis:** The objective of content analysis is to discern trends, patterns, or significances in qualitative data by thorough examination of its contents. Content analysis can be employed to scrutinize how interviewees explained the sophisticated components involved in the preparation of Awadhi cuisine. Researchers can utilize the interview

transcripts to determine the comparability or dissimilarity of the components, spices, herbs, and flavor profiles indicated by the interviewees. A comprehensive understanding of the sophisticated elements of Awadhi cuisine can be achieved through the application of content analysis, a method used to gather and analyze narratives provided by interviewees.

The qualitative data analysis methods effectively demonstrated their ability to shed light on the culinary elements associated with Awadhi cuisine, using data obtained from fifty interviews. Traditional statistical tests may not be suitable for analysing this particular form of data. However, there are reliable methods, such as thematic and content analysis, specifically designed for analysing and interpreting qualitative data obtained from interviews. Through conducting interviews with fifty local chefs specialising in Awadhi cuisine, we obtained valuable insights into the intricate cooking techniques and procedures that contribute to the unique flavours and textures of Awadhi meals. These interviews provided us with insights into various culinary techniques. The conversations were crucial in unveiling a diverse culinary legacy. This lineage is defined by a meticulous focus on detail, combining culinary traditions from Persia, Mughal, and India.

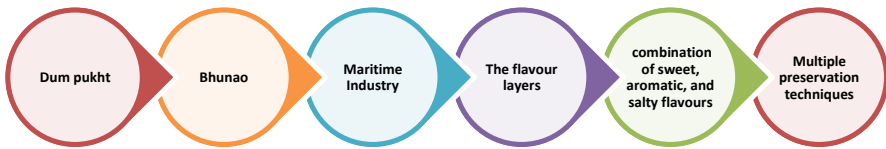


Figure 1.1 Diverse culinary legacy

1. **Dum pukht:** This is the one notable culinary approach advocated by chefs and food connoisseurs is the "dum pukht" method, which distinguishes itself by prioritising the slow cooking of food at low temperatures over extended durations.[27] An exemplary illustration of a culinary tradition that employs this technique is dum biryani, a harmonious amalgamation of rice, meat, and fragrant spices simmered gradually within a lidded vessel. Some dishes prepared using this method are included. The tastes may intermingle and penetrate the various components through this process.
2. **Bhunao:** This is the term used to describe the process of cooking anything in a skillet and then reducing it to a simmer.[28]The "bhunao" technique is a captivating method of cooking where the ingredients are first sautéed over moderate heat and then simmered gradually to enhance their rich flavours and delicate textures. Regarding cooking, this is one of the most effective methods. During the preparation of nihari and other similar dishes, the chefs would emphasise the significance of bhunao.[29] By searing the meat and spices, their aromas are released, and then they are cooked in a fragrant broth until the flesh becomes tender and infused with taste. After the flesh has become tender and the spices have been fully absorbed, the procedure is repeated.
3. **Maritime Industry:** A crucial aspect of Awadhi cuisine involves marinating, which focuses on employing various procedures to enhance the flavour and tenderness of meats.[30] Awadhi cuisine significantly relies on a diverse range of culinary skills. Chefs experimented with marinating meats for dishes like as galouti kebabs and kakori kebabs, using a mixture of yoghurt, spices, and tenderising agents such fresh papaya or

pineapple.[31] This would impart the meats with sumptuous textures and tastes. We conducted this experiment to achieve the desired outcomes.

4. **The flavour layers:** The chefs of Awadhi cuisine consistently emphasised the significance of incorporating multiple layers of tastes to enhance the complexity and opulence of their dishes.[32] Strategically selecting fragrant ingredients, spices, and herbs and incorporating them at various stages of cooking aids in developing intricate flavour dimensions that harmonise with one another and enhance the overall character of the dish.[33] Employing a diverse array of aromatics, spices, and herbs is one method to do this.

S.No	Cuisine	Explanation
1.	Awadhi Biryani	It is composed of marinated meat, a fragrant spice blend, rice steeped with saffron, and various additional components. The remaining two components harmonize effectively with each other. Marinated meats are primarily utilized for chicken and goat.[38] Both of these beef cuts are frequently utilized. The application of the dum pukht cooking method to this meal yields tenderly cooked meat and fragrant rice. This method is utilized in the preparation of this dish.
2.	Galouti Kebabs	Galouti Kebabs are prepared by blending lamb or beef tenderloin with papaya pulp and finely ground spices[39]
3.	Kakori kebabs	The kakori kebab bears a striking resemblance to the galouti kebab.[40] The procedure of enhancing its flavour involves the use of three essential spices: saffron, cardamom, and rose water. In addition, rose water is incorporated in the treatment. Roti or paratha are the most common



		accompaniments for this dish.
4.	Nihari	It is a unique stew, is made by gently cooking tender meat, typically lamb or beef, in a flavorful broth infused with cardamom, cloves, and cinnamon.[41] Nihari, a culinary speciality originating from the United States, is a type of stew.
5.	Tunday Kabab	It is a seekh kebabs and paratha are renowned for their tender texture and succulent meats, making them the flagship dishes of this esteemed Lucknowi eatery.[42] The establishment offers both of these culinary categories. Both types of dishes are available at the diner.
6.	Sheermal	Combining a diverse array of ingredients produces sheermal, a delightful and fragile type of flatbread. Those specific elements are essential for making sheermal.[43] Available for purchase are ghee, wheat, milk, sugar, and saffron, along with various other things.
7.	Shahi Tukda	The delectable dessert Shahi Tukda is created by combining sugary syrup, deep-fried bread slices, rabri (a condensed sugar syrup), almonds, and saffron. The technique is iterated until every bread piece is enveloped.[44]

5. **Harmonious combination of sweet, aromatic, and salty flavours:** Awadhi cuisine is renowned for its harmonious blend of flavours, incorporating fragrant, savoury, and sweet components in optimal proportions. One of the distinctive features of Awadhi cuisine is

this.[34] The chefs explored many potential strategies that could be employed to achieve this equilibrium. These techniques incorporated elements such as saffron, rose water, and keora water, which added opulent aromas and flavours without becoming overpowering.

6. **Multiple preservation techniques that can be utilised:** The chefs also participated in a roundtable discourse regarding the traditional preservation methods employed in Awadhi cuisine.[35] By employing these technologies, we can enhance the taste of our products while prolonging the longevity of our ingredients. Several techniques were deemed crucial in the preservation and enhancement of the flavours of Awadhi cuisine, such as dehydrating spices and herbs under the sun, marinating vegetables in vinegar and spices, and smoking meats using fragrant woods.[36]

The interviewees collectively provide a comprehensive portrayal of the varied methods of cooking that are characteristic of Awadhi cuisine. This category of cooking techniques encompasses procedures such as dum pukht, bhunao, marinating, flavour layering, and establishing a balance between sweet, spicy, and aromatic elements. The utilisation of precise and indispensable techniques is vital for the cultivation of the unique taste characteristics of Awadhi cuisine.

To progress towards this goal, the researchers will conduct a thorough examination on the several essential gourmet elements of Awadhi cuisine. An extensive examination will be conducted as part of this inquiry to identify and assess the distinct elements, seasonings, herbs, and taste profiles that are typical to Awadhi cuisine. This study will be conducted to achieve the previously indicated purpose. Researchers will conduct a thorough examination of traditional recipes, culinary texts, and historical sources to determine the origins of these culinary components and their contemporary cultural significance. The researchers aim to get a more profound understanding of the complex flavours and sensations that are unique to Awadhi cuisine by conducting a thorough examination of the composition and application of its components. Furthermore, the investigation will encompass not only the identification of the components, but also the acquisition of knowledge on the cultural importance of these components and the historical circumstances in which they are employed in Awadhi culinary customs.

The researchers aim to unravel the fundamental characteristics of Awadhi cuisine and identify its historical origins and cultural influences through a comprehensive investigation. To accomplish the study's purpose of gaining a comprehensive grasp of the intricacy and depth of Awadhi cuisine, we shall carefully examine the intricate gourmet attributes. This will provide light on both the cultural importance and historical origins of Awadhi cuisine.

### 3.3 Traditional Awadhi Cuisine

Awadhi cuisine faithfully displays the region's abundant gourmet tradition. These foods are relished by individuals hailing from various regions and exhibit intricate amalgamations of flavours and culinary methods.[37] Below are some renowned dishes that are commonly linked with Awadhi cuisine:

1. **Awadhi Biryani:** It is composed of marinated meat, a fragrant spice blend, rice steeped with saffron, and various additional components. The remaining two components harmonise effectively with each other. Marinated meats are primarily utilised for chicken and goat.[45] Both of these beef cuts are frequently utilised. The application of the dum pukht cooking

method to this meal yields tenderly cooked meat and fragrant rice. This method is utilised in the preparation of this dish.

2. **Galouti Kebabs:** Galouti Kebabs are prepared by blending lamb or beef tenderloin with papaya pulp and finely ground spices. The Galouti Kebab is prepared using this technique.[46] The ultimate product is a kebab with such delicacy that it virtually dissolves in your mouth. The traditional accompaniments for this meal are tandoori naan and mint chutney.
3. **Kakori kebabs:** Kakori kebabs, are prepared using finely ground meat, typically from lamb or goat. However, its subtle texture and superb flavour distinguish it from others.[47] Aesthetically, the kakori kebab bears a striking resemblance to the galouti kebab. The procedure of enhancing its flavour involves the use of three essential spices: saffron, cardamom, and rose water.[48] In addition, rose water is incorporated in the treatment. Roti or paratha are the most common accompaniments for this dish.
4. **Nihari:** It is a unique stew, is made by gently cooking tender meat, typically lamb or beef, in a flavorful broth infused with cardamom, cloves, and cinnamon.[49] Nihari, a culinary speciality originating from the United States, is a type of stew. The term "Nihari" refers to this specific stew in culinary terms. In accordance with the customary method of eating, naan or rice is conventionally accompanied by nihari.
5. **Tunday Kabab:** It is a seekh kebabs and paratha are renowned for their tender texture and succulent meats, making them the flagship dishes of this esteemed Lucknowi eatery. The establishment offers both of these culinary categories. Both types of dishes are available at the diner.[50] Utmost security is guaranteed by maintaining the confidentiality of the family's kebab recipe, which includes a concoction of spices that is regarded as highly classified.
6. **Sheermal:** Combining a diverse array of ingredients produces sheermal, a delightful and fragile type of flatbread. Those specific elements are essential for making sheermal. Available for purchase are ghee, wheat, milk, sugar, and saffron, along with various other things.[51] Sheermal is often served in conjunction with savoury foods, such as curries or kebabs, as a customary tradition.
7. **Shahi Tukda:** The delectable dessert Shahi Tukda is created by combining sugary syrup, deep-fried bread slices, rabri (a condensed sugar syrup), almonds, and saffron.[52] The technique is iterated until every bread piece is enveloped. At this moment, it is crucial to continue until the bread pieces are completely coated with sugar syrup. Shahi Tukda is a commonly served dessert at joyous occasions.[53]

### 3.5 Culinary Texts of Awadh

The publications pertaining to food and drink furnish comprehensive analyses of Awadhi cuisine, including its customary fare, while also providing invaluable perspectives on this gastronomic culture.

1. **"Dastarkhwan-e-Awadh":** It is an exhaustive compilation encompassing traditional recipes, culinary methodologies, and a profound examination of the cultural significance attributed to Awadhi cuisine.[54] The text offers an exhaustive examination of Awadhi cuisine and presents the cuisine in a detailed fashion. The writings of Sangeeta Bhatnagar served as the primary source for this publication.
2. **"The Mughal Feast: Recipes from the Kitchen of Emperor Shah Jahan"** was written by Salma Husain.[55] However, while not solely focused on Awadhi cuisine, a considerable amount of this volume is devoted to the Mughal culinary traditions, which had a profound

influence on the evolution of Awadhi gastronomy.[56] The lavish regal delicacies and extravagant feasts that were prevalent during the Mughal Empire had a profound impact on Awadhi cuisine.[57] This literary work offers insight into the extensive variety of cuisine that was exceptionally favoured throughout that particular era in history.[58]

3. **"Awadh Symphony":** It is commencing with its introduction and concluding with its conclusion. An individual of considerable stature within the realm of gastronomy authored this publication, which seamlessly combines personal narratives with traditional Awadhi dishes.[59] This literary work not only conveys insights into the traditional recipes of Awadh but also furnishes guidance on how readers can replicate those recipes in their own culinary creations.[60]
4. **"The Essential Awadhi Cookbook":** This compendium comprises a meticulously curated assortment of Awadhi recipes, spanning a wide variety of dishes such as desserts, beverages, kebabs, and biryani sauces.[61] The recipes are presented in their original creation sequence, which corresponds to the current order.[62]The instructions are detailed and structured into distinct sections, enabling individuals to effortlessly create genuine Awadhi flavours within the confines of their personal residences.[63] Moreover, it furnishes pragmatic recommendations and direction that can be executed by individuals.[64]
5. **"Awadh ke Pakwan,"**: It is a encapsulates the unique odours that are emblematic of the city of Awadh. This literary work comprises historical perspectives, anecdotes, and regional delicacies.[65] Additionally, historical data exists concerning the prevailing gastronomy of previous eras.[66]

The regional gastronomic heritage through the inclusion of traditional recipes, cookery techniques, and cultural contexts.[67] Individuals who are curious about the diverse and delectable gastronomy of Awadh will find these manuals to be excellent resources.[68]Additionally, these reading materials encompass an extensive range of cultural origins.

#### 4. Conclusion

The inquiry concludes with a thorough examination of Awadhi cuisine. Ongoing research extends beyond the domain of biryani to investigate the myriad of delectable meals that are commonly linked to a single meal. This study offers a comprehensive examination of Awadhi cuisine, delving into its historical roots, cultural impacts, essential characteristics, and culinary customs. This presents vital information for comprehending the essence of the meal, encompassing the fundamental constituents of the dish as well as the techniques employed in the culinary process. To gain a thorough understanding of Awadhi cuisine, the study employs an approach that includes historical research, culinary analysis, and cultural appraisal. Furthermore, this approach utilises the qualitative data obtained from fifty interviews. This was done in addition to the already described. This research utilises both subject analysis and content analysis to elucidate the gourmet elements that enhance the opulence and intricacy of Awadhi food. The objective of this research is to elucidate the gourmet attributes. The study is primarily focusing on cuisines indigenous to the Awadhi region as its main area of interest. Consequently, our understanding of this remarkable culinary heritage has significantly advanced.

The authors declare that they have no competing interests relevant to the content of this paper. All authors have mutually agreed upon the submission of this manuscript for publication in [springer].

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