

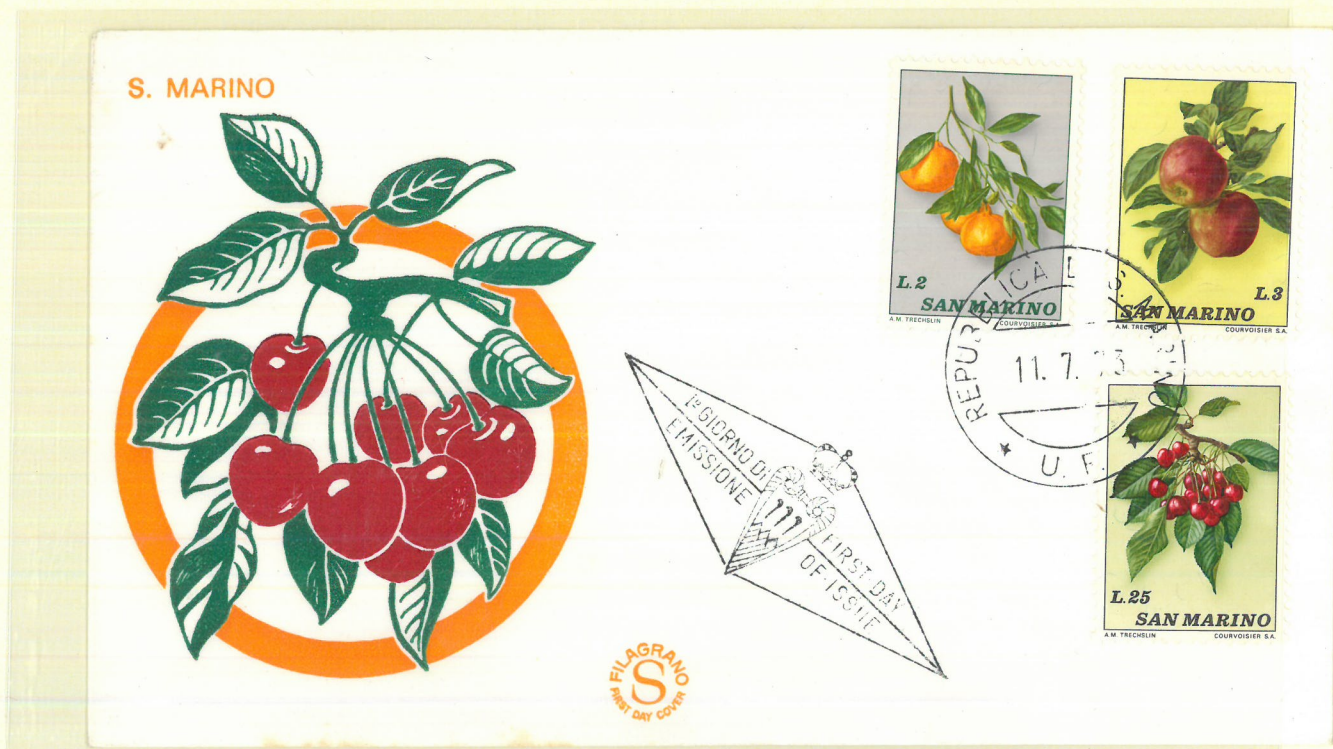
Gastronomy

Gastronomy is the study of the relationship between food and culture, the art of preparing and serving rich or delicate and appetizing food, the cooking styles of particular regions, and the science of good eating. One who is well versed in gastronomy is called a gastronome, while a gastronomist is one who unites theory and practice in the study of gastronomy. Practical gastronomy is associated with the practice and study of the preparation, production, and service of the various foods and beverages, from countries around the world. Theoretical gastronomy supports practical gastronomy. It is related with a system and process approach, focused on recipes, techniques and cookery books. Food gastronomy is connected with food and beverages and their genesis. Technical gastronomy underpins practical gastronomy, introducing a rigorous approach to evaluation of gastronomic topics

Food is any substance consumed to provide nutritional support for an organism. Food is usually of plant or animal origin, and contains essential nutrients, such as carbohydrates, fats, proteins, vitamins, or minerals. The substance is ingested by an organism and assimilated by the organism's cells to provide energy, maintain life, or stimulate growth.

Humans secured food through two methods: hunting and gathering and agriculture, which gave modern humans a mainly omnivorous diet. Worldwide, humanity has created numerous cuisines and culinary arts, including a wide array of ingredients, herbs, spices, techniques, and dishes.

This exhibit displays on beverages, break fast, main course meal, fruits and sweets



Gastronomy

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Bibliography: A historical companion
Indian foods.
by K.T. Acharya

2. Beverages

Coffee is a beverage brewed from the roasted and ground seeds of the tropical evergreen coffee plant of African origin. The two commonly grown are arabica and robusta. Coffee plants are now cultivated in over 70 countries. It is consumed round the clock.



South Indian filter coffee is a drink made by mixing frothed and boiled milk with the infusion obtained by percolation brewing of finely ground coffee powder in a traditional Indian filter. The drink known as Kaapi, is the South Indian phonetic rendering of "coffee". The drink is also referred to as Madras filter coffee, Madras kaapi, Mysore filter coffee. Outside India the term "filter coffee" may refer to drip brew coffee,.

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The Idli, Kadubu, dosai, appam and Vadai of southern India, have each had a long history. The idli is mentioned in the writing of Shivakotyacharya's Vaddaradhane a Kannada work of AD 920, as one of the eighteen items served to a brahmachari.



The above cover depicts Poha, Jalebi, Dhokla, Idli, Dosa, Vada Pav, Chhole Bhature and Golgappa.

Idli is made from ground rice, mixed with ground urad dal, salt.

Poha is (Puffed rice) both sweet and salt dishes are made of it.

Jalebi is made of Maida and sugar.

Dosa is made of ground rice and urdal dal.

Vada is made of Urdal dal and

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Bread is a staple food prepared from a dough of flour and water, usually by baking. It has been a prominent food in large parts of the world and is one of the oldest man-made foods, having been of significant importance since the dawn of agriculture.



The first cover depicting the bread “preventing of bread waste”

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The two tasty dishes of the region namely: Milk soup with pasta strips and plums; milk based soups of Stajerska and Prekmurje regions of Slovenia. The other dish depicted on the cover is Egg Strukljli. There are many varieties of this dish.

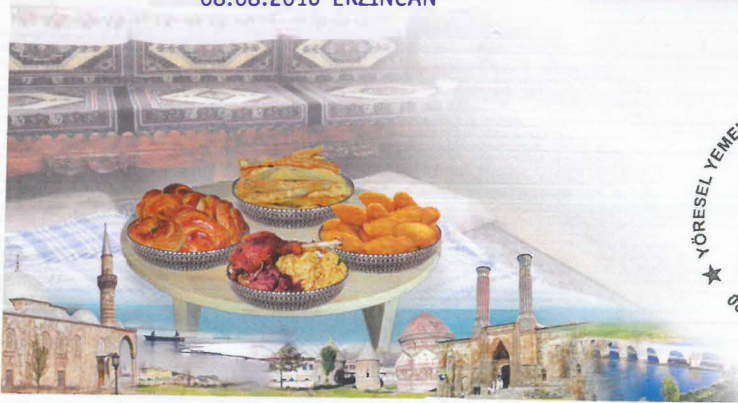


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Turkish cuisine is largely the heritage of Ottoman cuisine, which can be described as a fusion and refinement of Central Asian, Middle Eastern, Eastern European and Balkan cuisines. Turkish cuisine has in turn influenced those and other neighbouring cuisines, including those of Southeast Europe , Central Europe, and Western Europe. The Ottomans fused various culinary traditions of their realm with influences from Levantine cuisines, along with traditional Turkic elements from Central Asia (such as yogurt and mantı), creating a vast array of specialities.



Yöresel Yemeklerimiz
Doğu Anadolu Bölgesi
Our Local Dishes
Eastern Anatolia Region
08.08.2016 ERZİNCAN



Local dishes of Eastern Anatolia region.

Gastronomy

Turkish cuisine varies across the country. The cooking of Istanbul, Bursa, Izmir, and rest of the Asia Minor region inherits many elements of Ottoman court cuisine, with a lighter use of spices, a preference for rice over bulgur, koftes and a wider availability of vegetable stews (trl), eggplant, stuffed dolmas and fish. The cuisine of the Black Sea Region uses fish extensively, especially the Black Sea anchovy (hamsi) and includes maize dishes. The cuisine of the southeast (e.g. Urfa, Gaziantep, and Adana) is famous for its variety of kebabs, mezes and dough-based desserts such as baklava, biyet, kadayıf, and knefe.



Local dishes of Central Anatolia.

Gastronomy



Traditional food of Spain

Gastronomy

Ptt / FDC



YÖRESEL YEMEKLERİMİZ / KARADENİZ
OUR LOCAL DISHES / KARADENİZ
16.08.2012 ANKARA



Local dishes of Karadeniz.

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World Food Day is an international day celebrated every year around the world on 16 October in honor of the date of the founding of the Food and Agriculture Organization of the United Nations in 1945.

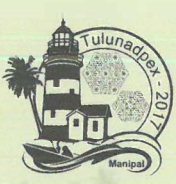


First cover depicting the local dishes Croatia

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Traditional Tulu Nadu cuisine: Top to bottom: Pelakai Gatti, Pathrode, Manjol Eiretha Gatti, Moode, Neer Tella, Otte Shemige, Golibaje, Guliyappa, Pundi Gatti, Bangude puli Munchi, Kori Roti, Koyyol Sukkha.

ವಿಶೇಷ ಲಕ್ಷಣ ವಿಶೇಷ ಆವರಣ SPECIAL COVER



ತುಳುನಾಡ್ ಪೆಕ್ಸ್
ತುಲುನಾಡಪೆಕ್ಸ್ 2017
Tulunadpex

ಪ್ರಾದೇಶಿಕ ಮಟ್ಟದ ಅಂಚೆ ಚೀಟಿ ಹಾಗೂ ನಾಣ್ಯ ಪ್ರದರ್ಶನ
ಕ್ಷೇತ್ರೀಯ ಸ್ಟರ್ ಫಿಲೇಟಲಿ ಎಂ ಮುಡ್ರಾ ವಿಷಯಕ ಪ್ರದರ್ಶನಿ
Regional Level Philatelic & Numismatic Exhibition



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19-08-2017



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Turmeric is a flowering plant, *Curcuma longa* of the ginger family, Zingiberaceae, the roots of which are used in cooking.



Spices of India - Turmeric

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Fruits contain many vitamins and minerals that are good for your health. These include vitamins A (beta-carotene), C and E, magnesium, zinc, phosphorous and folic acid. Folic acid may reduce blood levels of homocysteine, a substance that may be a risk factor for coronary heart disease.

विशेष आवरण - SPECIAL COVER
इलाहाबाद डाक टिकट प्रदर्शनी 2015
Allahabad Philatelic Exhibition 2015



इलाहाबादी अमरुद
Allahabad's Guava



इलाहाबाद - 211001 - ALLAHABAD
10-01-2015

Allahabad Guava, cancellation

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Market Feast brims with garden fresh fruit and vegetables, succulent sea food, quality meats and delectable gourmet treats.



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Strawberries were cultivated in France about 200 years ago. Sweden is catering to supply of strawberries for its own use upto 90%. It is most picked wild fruit in the country



