



## **30 HOURS ADD-ON COURSE**

**on**

**A Historical Overview of Bengali Food & Cuisine with Special  
References to Women in the Kitchen**

**Open to all History Honours students**

**Organized by**

**DEPARTMENT OF HISTORY**

**HAZI A. K. KHAN COLLEGE**

**Session: 2020-2021**

## **BASIC DETAILS OF THE 30 HOURS ADD-ON COURSE**

1.	Course Title	<b>A Historical Overview of Bengali Food &amp; Cuisine</b>
2.	Pre-requisite	All Under-Graduate students of History Honours
3.	Course Objective	Cooking is a basic life skill, which everybody should know. The Course intends to break the stereotype that household chores especially cooking Should be done by women and to create interest among all students irrespective of their genders.
4.	Course Outcome	After completing this course students will be familiar with the- <ul style="list-style-type: none"> <li>• Food habits of Bengali during ancient and medieval period</li> <li>• Different types of Bengali foods and cuisine</li> <li>• Influence of Islamic and European culture on food habits</li> <li>• New trends in food culture</li> </ul>
5.	Course Commencement Date	
6.	Course Fee	NIL
7.	Intake Capacity	All Under-Graduate students of History Honours
8.	Course Duration	One Class (Lecture): 1 Hour 30 Lectures= 30 Hours Final Assessment on the Last day.
9.	Learning Resources	Details given in page no. 3
10.	Lesson Plan	Details given in page no. 3-4
11.	Assessment process	Students will be graded on Course-end Assessment, and Attendance
12.	Course Coordinator	Dr. Piyali Dan, Assistant Professor of History, Hazi A.K. Khan College
13.	Course Certificate Format	Format given in Page no. 6

***No Course Fee***

## DETAILED SYLLABUS OF THE ADD-ON COURSE

### **Module I: Bengali Food in Ancient & Medieval Period: Textual References [5 hours]**

*Charayapada; MangalKavyas : Manasamangal, Chandimangal, Annadamangal, Brihaddharma Purana, Naishadhacharita, Prayscittaprakarana*

### **Module II: Characteristics of Bengali Cuisine [ 6 hours]**

Cooking Medium and spices, instruments and utensils, Common Bengali recipe styles: Ombol, Achar, Bora, Bhaja, Bhapa, Bhate, Chorchori, Ghonto, Dalna, Dolma, Jhal, Jhol, Kalia, Kofta, Kosha, Paturi, Pora, Chhenchki, Chhyanchra, Shukto, Torkari, Posto

### **Module III: Culinary Influences: introduction of various foods, spices, vegetables and cooking style [8 hours]**

Islamic influence, European cuisine, Chinese cuisine, Different cookbooks of colonial era: Pakrajeswar, Pakpranali, Cafes, Dhabas, Restaurant, Fast Food, Street Food, Online App, influence of mass media and social media

### **Module IV: Women in the Cooking: Journey from Home maker to Successful Business women [7 hours]**

Woman's place is in the kitchen from Ancient Times to modern times- *Amish* and *Niramish Henshel* (Non-Veg and Veg Kitchen) in Bengali family, widows and Bengali *Henshel*, Western influence in Bengali Culture and Rannar Thakur, Women in Cooking Business, Cookbooks written by women: Prajnasundari Devi, Kiranlekha Roy, Binapani Mitra, Purnima Tagore, Bela Dey, Sadhana Mukhapadhyay, Supriya Devi, Shukla Mukherjee

### **Module V: Transition in Food Culture [4 hours]**

Fusion of Bengali and Non-Bengali Food Habits, Transition from *Khadya Rasik* Bengali to Health-(Un)Conscious Bengali



## LEARNING RESOURCES- ESSENTIAL READINGS

Sl.No.	Book	Author
1.	<i>The Food Industries of British India. New Delhi: Oxford University Press.</i>	K.T. Achaya
2.	<i>Life and Food in Bengal. New Delhi: Penguin Books</i>	Chitrita Banerji
3.	‘Adarsha Paribarar Adarsha Randhanpranali’, in <i>Paribarik Probondha: Bangali Paribarar Sandarva Bichar. Kolkata: Gangchil.</i>	Pradip Basu
4.	<i>Se Kal ar E Kal. Calcutta: Bangiya Sahitya Parishad.</i>	Rajnarayan Basu
5.	<i>Pak Pranali. Kolkata: Ananda Publishers.</i>	Bipradas Mukhopadhyay
6.	<i>Hajar Bacharer Bangali Sanskriti. Dhaka: Abosar Publications.</i>	Ghulam Murshid
7.	<i>Pratham Pratishruti</i>	Ashapura Devi
8.	<i>Amish O Nirmaish Ahar</i>	Pragnasundari Devi
9.	<i>Barndra Randhan</i>	Kiranlekha Roy
10.	<i>Chheleder Tiffin</i>	Binapani Mitra
11.	<i>Thakurbarir Ranna</i>	Purnima Thakur
12.	<i>Benudir Rannabanna</i>	Supriya Devi
13.	<i>Ranir Rannaghar</i>	Shukla Mukherjee
14.	<i>Ranna Banna</i>	Bela Dey
15.	<i>Sera Bangali Ranna</i>	Bela Dey

## LESSON PLAN

LECTURES	CONTENTS
LECTURE 1 (1 hour)	Introduction to Bengali Food Culture
LECTURE 2 (1 hour)	<i>Charyapada and Bengali Food culture</i>
LECTURE 3-5 (3 hours)	Food habits reflected in other contemporary texts
LECTURE 4 (1 hour)	Bengali kitchen: cooking medium and spices
LECTURE 5 (1 hour)	Instruments and utensils used in Bengali kitchen

<b>LECTURE 6 (1 hour)</b>	Common Bengali recipe styles & their elaborative descriptions Part I
<b>LECTURE 7 (1 hour)</b>	Common Bengali recipe styles & their elaborative descriptions Part II
<b>LECTURE 8 (1 hour)</b>	Common Bengali recipe styles & their elaborative descriptions Part III
<b>LECTURE 9 (1 hour)</b>	Common Bengali recipe styles & their elaborative descriptions Part IV
<b>LECTURE 10 (1 hour)</b>	Islamic influence
<b>LECTURE 11 (1 hour)</b>	European cuisine
<b>LECTURE 12 (1 hour)</b>	Chinese cuisine
<b>LECTURE 13 (1 hour)</b>	Restaurant culture
<b>LECTURE 14 (1 hour)</b>	Fast Food, Street Food
<b>LECTURE 15 (1 hour)</b>	Influence of mass media: different programmes on cooking
<b>LECTURE 16 &amp; 17 (2 hours)</b>	Influence of social media: facebook, youtube
<b>LECTURE 18 &amp; 19 (2 hours)</b>	changing food culture reflected in cookbooks
<b>LECTURE 20 &amp; 21 (2 hours)</b>	Women's Place in Kitchen from Ancient to Modern Times
<b>LECTURE 22 (1 hour)</b>	<i>Amish</i> and <i>Niramish Henshel</i> : Reflection in Bengali Literature
<b>LECTURE 23 (1 hour)</b>	widows and Bengali <i>Henshel</i>
<b>LECTURE 24 (1 hour)</b>	Western influence in Bengali Culture and Rannar Thakur
<b>LECTURE 25 (1 hour)</b>	Women in Cooking Business
<b>LECTURE 26 (1 hour)</b>	Cookbooks written by women
<b>LECTURE 27 &amp; 28 (2 hours)</b>	Fusion of Bengali and Non-Bengali Food Habits
<b>LECTURE 29 &amp; 30 (2 hours)</b>	Transition from Khadyarasik to health (un) conscious Bengali

## **EVALUATION PROCESS FOR THE ADD-ON COURSE**

The Evaluation will be done through 2 components –

- i) C1- Course-end Assessment [Total Marks:20]
- ii) C2 - Attendance [Total Marks: 5]

At the end of the Course, there will be a Course-end Assessment. Attendance Component Marks will be calculated based on the actual Attendance Percentage of the Students during the classes of the Course.



## MODEL CERTIFICATE



HAZI A. K. KHAN COLLEGE

### CERTIFICATE OF ACHIEVEMENT

This certificate is awarded to.....of.....Semester , Registration No.....Session.....from Department of History who has successfully completed Add-on course on 'A Historical Overview of Bengali Food & Cuisine with Special References to Women in Kitchen' offered by the Department of History for 30 hours of duration .

We appreciate your presence and wish you all the best for your future.

.....  
PRINCIPAL  
HAZI A. K. KHAN COLLEGE

.....  
IQAC COORDINATOR  
HAZI A. K. KHAN COLLEGE

.....  
COURSE COORDINATOR  
DEPARTMENT OF HISTORY  
HAZI A. K. KHAN COLLEGE