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Indigenous Khuskhus Kurdai of Latyayan Community Documentation & Validation

Home Science

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ABSTRACT

Traditional knowledge is a legacy of our ancestors. Some of it, though widely beneficial, remains confined to a particular community. Latyayan community (LC) flourished in western Vidarbha. Latyayan Community Women (LCW) initiated many nutritious recipes like Peeth Pohe, Kodale, Khuskhus Kurdai (KKK) etc. The study was undertaken for identification, documentation and validation of indigenous KKK of Latyayans. 50 LCW & 50 Non LCW (NLCW) aged 30-65 years were interviewed. Information about characteristics, preparation, storage etc. was obtained from contemporary & elderly LCWs. Documentation of recipe was done. Nutritional and health validation of indigenous knowledge about KKK was done. Existence of KKK was known to all (100%) LCW. Only 02 (4%) NLCW knew about KKK suggesting that KKK was indigenous to Latyayan community. Acceptability of KKK was 100% each for appearance, 100% & 96% for taste, 100% each for crispiness, 100% & 98% for flavor and 100% each for convenience of serving; among LCW & NLCW respondents respectively. Shelf life of KKK was stated to be of one year by LCW, while NLCW were unaware & hence unable to comment. Khuskhus is highly rich in calcium & manganese; rich in magnesium, phosphorus, copper & iron and low in cholesterol and sodium. KKK combines nutritional & health benefits of Khuskhus & wheat satva. KKK is an indigenous food item. Khuskhus makes the Kurdai crispy, imparts nutty taste & does away with the need to fry. Dissemination of knowledge about Latyayan KKK in society will enable many more to reap its benefits.

Traditional knowledge is a legacy of our ancestors. Some of it, though widely beneficial, remains confined to a particular community. Lack of proper documentation and dissemination of traditional knowledge; coupled with urbanization and migration, has put it on the brink of extinction [1.] Many traditional foods are craving to be revived for nutritional and health benefits, on a wider scale, in the society.

Focused identification, documentation and nutritional & health validation of traditional foods will give them sustained presence / existence in the society and thus, conserve heritage [2].

Latyayan Community originally resided in Lat Pradesh, now in Gujarat. A section of it migrated for money lending business & farming. They settled initially in small pockets in Buldhana region of western Vidarbha[3]. The Latyayan community women (LCW) had culinary skills. They intiated many nutritional recipes like Peeth-Pohe; Green Gram Khichadi; Kodale; Dhapode; Hative Khichadi; Khuskhus Kurdai etc; unique to them.

Khuskhus (Poppy seeds) Kurdai (KKK) provides duel benefits of khuskhus and kurdai. Kurdai is a delicious snack akin to papad, but made from extract of soaked wheat (Gavhacha cheek) and hence is nutritious [4]. Khuskhus, though a poppy product, is without narcotic opium. It is a very good source of calcium and manganese and a good source of dietary fiber; thiamine; magnesium; phosphorus; copper and iron [5, 6.] It is low in cholesterol and sodium [7.] Consequently, it gives nutritional and health benefits. The present study, therefore, was undertaken for identification, documentation and validation of indigenous KKK.

OBJECTIVES:

- To identify traditional KKK in Latyayan community
- To document KKK
- Validity assessment of KKK

METHODS & MATERIAL:

The author has parental Latyayan origin and was aware about existence of KKK. 50 Latyayan (n1 = 50) & 50 Non Latyayan (n2 = 50) Community Women(NLCW) aged 30-65 years were interviewed for the study. Detail information about characteristics, preparation, storage, shelf life, etc. was obtained through interactions with contemporary and elderly ladies of Latyayan community.

Documentation of recipe was done as under -

1) KKK is to be prepared during hot sunny days.
2) Soak 1 Kg. Wheat (the older the better) in tap water, for 3 days; changing the water twice a day.
3) On 4th day, drain & rinse soaked wheat. Add the wheat to food processor / mixer bowl. Grind coarsely adding little water at a time, till the milky extract separates out.
4) Strain the whole thing with a large strainer, squeezing as much starch as possible. Repeat till no starch is left in the wheat.
5) Strain the extract through thin, fresh & clean muslin cloth.
6) Keep the extract untouched & covered overnight.
7) A layer of thin yellowish watery liquid separates out from the dense white cheek (satva) settled at the bottom. Discard the supernatant water.
8) Add 650 gms washed khuskhus to the satva & mix well. In a deep and thick bottom vessel, boil water equal in quantity with the extract (satva).
9) Add 20 gm salt & 20 ml oil to the boiling water.
10) When the water comes to a rolling boil, add the satva to it slowly with one hand & stir constantly with a wooden spatula by the other hand, taking care that no lumps are formed.
11) Cook till the satva becomes translucent.
12) Cover & cook for a few minutes more; stirring in between
13) Put sufficient quantity in Kurdai moulder (sacha) having reasonably large sized holes in its plate. Make spirals (Kurdai) on thick food grade plastic sheets.
14) Sun day completely over two days, turning upside down once a day for effective drying on both sides. (After sunset, bring kurdai indoors)
15) Store the completely dried kurdaies in air tight containers taking care of minimum breakage.
16) KKK are ready to serve & eat. They should not be fried.



Fig 01: Dried KKK

Nutritional and health validation of indigenous knowledge about KKK was done. Parameters like taste, storage, shelf life, convenience, nutritional quality and health benefits were considered.

RESULTS AND DISCUSSION:

Existence of KKK was known to all (100%) Latyayan Community Women. Only 02 (4%) Non Latyayan Community Women knew about KKK suggesting that KKK was indigenous to Latyayan

Community. KKK prepared for the study, as per the mentioned recipe guidelines, were tested & approved by respondents, thereby confirming the authenticity of the documented recipe.

The process of validation of KKK was done by compliance assessment.

Table 1 – Acceptability of KKK

S.No.	Characteristics of KKK	Acceptability			
		Latyayan (n1 = 50)		Non Latyayan (n2 = 50)	
		No.	%	No.	%
1	Appearance	50	100	50	100
2	Taste	50	100	48	96
3	Crispiness	50	100	50	100
4	Flavour	50	100	49	98
5	Convenience of serving	50	100	50	100

Fig. 02 - Acceptability of KKK.

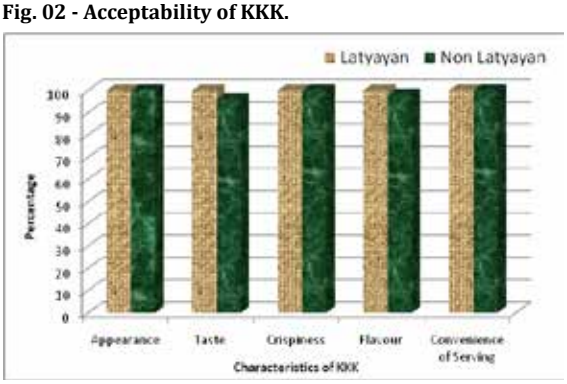


Table 1 reveals that acceptability of KKK was 100% each for appearance, 100% & 96% for taste; 100% each for crispiness; 100% & 98% for flavour and 100% each for convenience of serving; among Latyayan & Non-Latyayan respondents respectively.

The need to store KKK in dry air tight containers was stated by all (100%) LCW & NLCW respondents. Shelf life of KKK was stated to be of 1 year duration by LCW while NLCW were unaware & hence unable to comment.

Nutritional quality of KKK is undoubtedly superior to only wheat Kurdai because KKK combines nutritional benefits of wheat extract & khuskhus. Khuskhus is known to be highly rich in calcium & manganese & a good source of other micronutrients like magnesium, phosphorous, copper, iron etc. and it is low in cholesterol & sodium [5, 6]. KKK combines wheat extract and khuskhus in significant quantity & thereby offers all the benefits of khuskhus in addition to those of wheat extract.

KKK is to be consumed as it is, without frying; thereby eliminating the hazards of trans fat formed by deep frying. Khuskhus Kurdai is a nutritious healthy food item.

CONCLUSIONS:

- KKK is an indigenous food item.
- Khuskhus makes the kurdai crispy, imparts a nutty taste and does away with the need to fry.
- Khuskhus in KKK enhances the nutritional quality by supplementing vital micronutrients without cholesterol & sodium.
- Knowledge related to KKK, if appropriately disseminated in the society at large, will enable larger section of population to reap its benefits.

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