

TRADITIONAL FERMENTED FOODS



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Delhi -110092

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Website: www.oceanpublishinghouse.com

Cover Design By: Mr. Souvik Tewari

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First Edition; 2020

E-Book ISBN: 9 78-93-86330-41-3

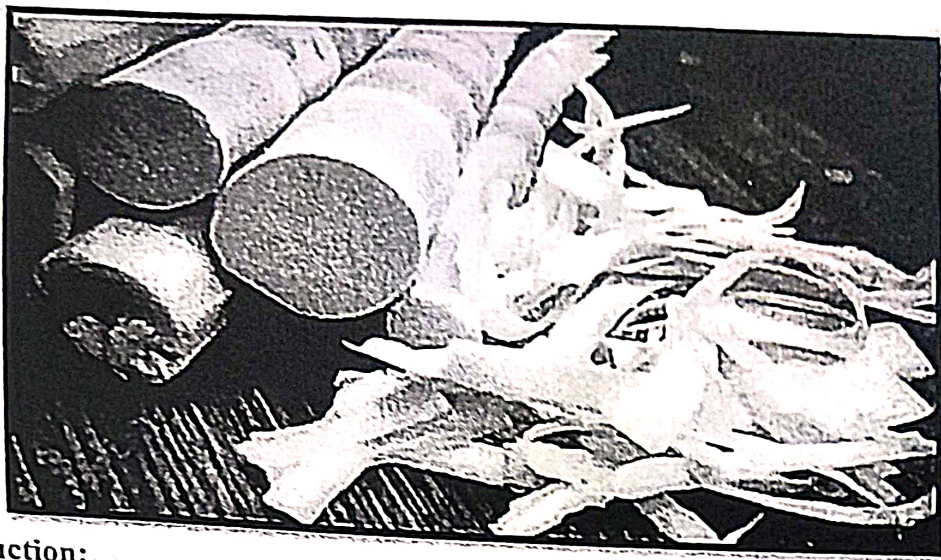
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Price: Rs. 550/-

Printed by: Balaji Offset, Delhi -110053

FERMENTED BAMBOO SHOOTS: KARADI/ SOIBUM

Shweta Parida



Introduction:

Karadi/ Soibum is a fermented tender bamboo shoot, which is named as well as consumed in western Odisha and northeast states of India respectively. Bamboo shoots contribute to traditional delicacy of majority of Asian countries like China, Japan, US, North East India, Thailand, Nepal, Bhutan, Korea, Malaysia and Indonesia. They are taken either fresh at the time of harvesting season or dried, fermented or pickled forms during offseason. It is made from tender shoots of *Dendrocalamushamiltonii*, *Dendrocalamusgiganteus*, *Bambusatulda*, *Bambusabalcooa*, and *Bambusa pallid* and is widely utilized in preparation of special delicacies. The bamboo shoots are the integral constituents of many of the popular traditional cuisines. In Odisha the new sprouts of bamboo culms (*Karadis*) are procured from forest by local inhabitants to prepare pickle and food beverages. The fresh young shoots are sliced and fried to prepare the dish. It is also added to other dishes made from tomato and lady's finger to enhance the taste. Since the shoots are available only during rains, the villagers convert the young shoots to very small pieces like noodles, dry it and store for the rest part of the year. The dried shoots are called *Hendua*. *Henduais* added to a number of dishes prepared from vegetables and fish to have a special flavour. The demand for *karadiis* so much in particular zones that large quantities of young sprouts are removed from forests, leading to absence of new shoots and depletion of bamboo stock.