

Food prepared during Diwali



Vocabulary

Irrevocably: in a way that is impossible to change
Eg: Certain things were now irrevocably part of their daily life.

Entwined: closely connected or unable to be separated

Psyche: the mind, or the deepest thoughts, feelings, or beliefs of a person or group

Indispensable: too important not to have; necessary

From scratch(idiom): from the beginning, without using anything that already exists

Introduction

Festivals are an opportunity to unite people from different backgrounds in celebration. In India, food is **irrevocably entwined** with every festival celebrated in the country. **Diwali**, especially, is a festival of fun, frolics and feasts. The first thing that comes to mind when you think of Diwali food is sweets . Indian sweetmeats, known as "mithai" are a cross between snack, dessert and confectionery. One thing that captures the Indian culinary **psyche**, is mithai. Little morsels are nibbled throughout the day, on their own, with masala chai(tea) or as part of a meal alongside savory items.

Popular ingredients like condensed milk, lentils, semolina, chickpea flour and vegetables like carrots and pumpkins are used to make popular sweets like *laddoos*, *barfis* and *halwas*.To which cashew nuts, almonds, pistachios, chirongi nuts or raisins are added, mildly spiced and fragrant with sweet spices like cardamom, cinnamon, cloves or nutmeg. They're further blinged up with saffron and rose.