

Gujarati Farsan

Lovelesh

Skill Assistant Professor

Skill Faculty of Management studies and Research, Department of Tourism and Hospitality
Shri Vishwakarma skill university, Haryana.

Bhagyashree Dabi

Research scholar, Lovely Professional University, Punjab

Parveen Chand

Research Scholar, Maharshi Dayanand University, Haryana

Avinash Adhupiya

Maharshi Dayanand University, Haryana

ABSTRACT

A significant number of the farsans are additionally taken as nasta that incorporates khandvi which has stayed one of the well-known Gujarati snacks. Things arranged as nasta are for the most part rotisserie and arranged out of gram flour. Some Gujarati nasta things are dhokla, khakhra, mathis, chakri, fafda and sev. We devour vitality outside of customary suppers, for example, breakfast, lunch, and supper. Be that as it may, on the grounds that there is no reliable meaning of a "nibble," it is indistinct whether those additional eating events speak to extra suppers or bites. The way where an eating event is named (e.g., as a feast or a tidbit) may impact other food decisions an individual makes around the same time and satiety after utilization. Hence, a reasonable qualification among "suppers" and "tidbits" is significant. This audit examines how eating is characterized and the social, ecological, and singular effects on the longing to bite and decision of tidbit. The segment finishes up with a concise conversation of the eating, addresses famous nibble decisions, generally eating frequencies, and the segment qualities of continuous snackers in Gujrat.

Keywords: snack food, satiety, energy density, nutrient density, overweight

Introduction

Research on the traditional "GUJARATI FARSAN" snacks foods consumption, popularity & way of life. Gujarati farsan is a collective term used for a type of snacks in Gujarati cuisine, from the Indian state of Gujarat. Some are fried items which are then dried and can be stored, others are fresh or steamed. Gujarati people more preferred in breakfast. Mostly farsan are made from the besan flour. Like some popular e.g. Fafda, khaman, gathiya, sev.

There some farsan dishes which are export to other country. In out of country Gujarati farsan is a very popular business. In many functions like wedding get to gather etc. Gujarati people preferred farsan more than other dishes.

List of Gujarati farsan

- Sandwich dhokla
- Chorafali
- Chakri
- Mirch pakora
- Khaman

- Aloo pakora
- Khandvi
- Methi vada
- Patras
- Papdi ganthiya
- Mathiya
- Muthiya dhokla
- Aloo sev
- Lasania ganthiya
- Sev(besan sev)
- Surti sev khamni
- Locho
- Tuver lilva kachori
- Mamra na ladoo(puffed rice balls)
- Rice flour khichu
- Sabudana tikki
- Shakarpara
- Batata poha
- Dhebra
- Onion pakoda
- Doodh poha
- Lasania gathiya
- Lasania sev mamra
- Fafda
- Khakhra
- Banana chips

1.2 identify the factors that contribute to the process of research project selection

Popular as breakfast

Nowadays snack are very popular for breakfast as well as starts in every function. Now a day's snacks business is very popular business.

Easy establishment

Anyone can easily start snack business. It requires no qualifications or manpower like other business. It is an easy n profitable business.

Household business

Nowadays many people are making snacks at home for sale. They have made it a home business also and earning good amount. It can be a very successful business for anyone.

Low investment cost

It doesn't need vast investment. It can be start at very low investment. It doesn't need any machinery. So a lower class people also can start snack business and get good amount of money. Many people have started this business and made it a large business.

Business popularity

There are many famous names that have started this business at home basis but now they are very popular for their snacks.

Small name become popular name

This business can be done at very large level also. Many peoples are opening their snack shop in different cities and getting most out of it. They have made their snacks very popular and now their business is very popular.

Home instead mix

Many companies are making packed snacks so that people can make snacks at home. Many companies are exporting packed snacks to other countries. In other countries Indian snacks are very famous and they like it very much so snack companies export their product to other countries. This is very success business.

Worker and process machine based job

In this business we don't need any qualified workers. This business runs on recipes and talent. If the worker knows how to make the snacks they can easily get a job. We can also train the workers and get most out him. For this business we can easily get worked and product weight and packing done by machine.

1.3 Undertake a critical review of key references

I visited farsan some shops like

1)Induben khakhraval

Induben khakhraval food product is a pioneer in manufacturing, exporting and supplying khakhras, papd, snacks, namkeen. The induben khakhraval is known worldwide for its hygienic products.

2)Surat locho shop

Surat locho shop food product is a pioneer in manufacturing locho, khaman, dhokla etc. the maximum selling of the product called locho.

3)Gathiya rath

Gathiya rath food product is a pioneer in manufacturing gathiya, Fafda, jalebi etc. This both product are selling maximum

4)Das khaman house

Das khaman house food product is a pioneer in manufacturing khaman, dhokla, sev khamni etc. This 3 product are selling maximum

1.4 produces on research project specification

I have visited four snack shops personally. In these shops I have seen them working and experience the atmosphere of that shop. In that shops there were so many customers standing in a queue waiting for their turn. There were many types of snacks.

Most of the snacks were hot and some snacks were cold. The shop was big so that their customers can comfortably eat their food there.

In all these shops I met the manager of the shop. They gave me most of the information about their shop. They told me about their product and complementary items also.

Every snack having its appropriate complementary things. They also gave me the information about their workers and about their salary also. They also gave me the information about their work. What kind of work they do and how they do.

They also give me the information about the timings of their shop. On which time they open the shop and close the. How much ingredients they will per day, how much material they need per day these all information was given by the manager.

The manager also gives their daily budget and their target per day. How much snacks they made in one day and how much they sale these all information were provided by them.

They also provide me the information of their yearly turnover and their profit margin. They also give me some other information about their shop.

After these all conversation they show me their shop and kitchen. They also give me some their snack for taste. They gave me their item names and their price. They were also selling some cold drinks with snacks.

The conversation was good with all of them and I have learnt so many things from them.

1.5 produces an appropriate plan and procedures for the agreed research project specification

Visited : farsan mart

Purpose: project on gujarati farsan

Place visited: Gathiya rath, induben khakhrawala, Das khaman house, Surat khaman house

Plan: focus on daily operations, demand of different product, purchase of raw materials, appoint appropriate labor, making daily preferable items.

Procedure: purchase raw materials from local sabji market of wholesale market make a specific number of products measure demand that product make changes according to demand appoint skill labor, who export in making farsan. Make good quality farsan and try to attract customer by making it more delicious

Assessment Criteria	2.1 match recourse efficiently to the research question or hypothesis 2.2 Undertake the proposed research investigation in accordance with the agreed specification and procedures 2.3 record and collect relevant data where appropriate
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2.1 match recourse efficiently to the research question or hypothesis

RESEARCH QUESTION:-

Farsan consumer point of view

- To find out most popular Gujarati farsan according to consumers?
- What is the frequency of consumers to have farsan?
- How much single consumer consume per month?
- What is the preference of consumers?
- Farsan shopkeeper point of view, To find out daily row material cost and daily income?
- Which is the pick business time in a day and whole year?
- How working day for farsan business?

2.2 under take the process research investigation in accordance with the agreed specifications and procedures

Induben khakhrawala:



Making process: Originating from the state of Gujarat, as part of Jain Gujarati cuisine in India, Khakhra's are thin crackers made from mat bean wheat flour and oil. It is usually served during breakfast. Khakhra's are individually hand-made and roasted to provide a delicious, crunchy and healthy snack enjoyed with a selection of pickles and chutneys.

Daily item making: They are made many types of khakhra like

Simple ghee khakhra

Simple ghee spicy khakhra

Math khakhra

Chick peas khakhra

Chinese khakhra

Punjabi spicy khakhra

Low diet simple khakhra

Panipuri khakhra

Fudina khakhra

Garlic khakhra

Pizza khakhra

Chess khakhra

Pav bhaji khakhra

Diet white plain khakhra

Diet methi plain khakhra

Diet masala plain khakhra

Coriander khakhra

Onion khakhra

Popcorn khakhra

Chinese garlic khakhra

Biscuit spicy khakhra

Nylon masala ghee khakhra

Chorafali khakhra

Chat masala khakhra

Chaska maska khakhra

Sandwich khakhra

Jeeradu khakhra

Chana-jor garam khakhra

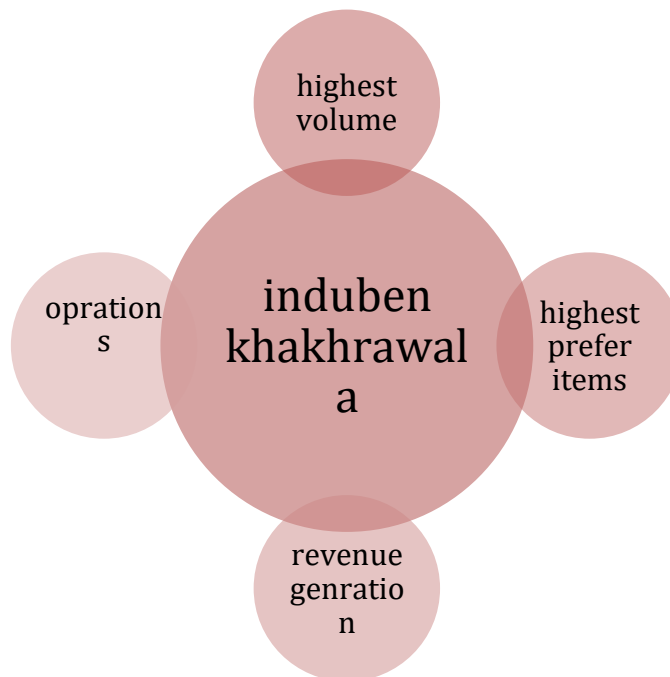
Mathiya khakhra

Sezwn khakhra

Manchurian khakhra

Soya bean khakhra

Nan khakhra(square)



Highest volume: khakhra is a fatless product. It is a mixture of fast food and healthy breakfast. They consult about today's generation so that they try to mix fast food tests in khakhra by making different types of khakhra. Because of this innovation today's generation would like to prefer this type of tasty fatless breakfast.

- E.g. 1) Pani Puri khakhra
2) Pav bhaji Khakhra
3) Chinese khakhra
4) Punjabi khakhra

2) Highest preferred item: Today's generation would like to prefer fast food and they are also concerned about their health so that this kind of manufacturer takes both the things into consideration and add fast food tests into different types of khakhra.

- Pani puri Khakhra
Paybhaji khakhra
Chinese khakhra
Punjabi spicy khakhra

3) Revenue generation: There are various companies who produce the products such that they get the most income by various marketing strategies to promote the product. The sales of their product increases through promotion which in turn raises the revenue and goodwill of the company in the market

4) Operations: The operation set of the company gives various details on the operations about the firm like turnover rate, sales, publicity, raw materials, daily income etc.

- Eg. The biggest khakhra selling firm Induben Khakhrawala
They have established their business in khakhra for more than 10 years.
Their wide variety of khakhra is their specialty.
Their daily business income is estimated to be more than Rs 40,000
They invest mainly Rs.30, 000-35000 on raw materials.
They work around a week i.e. they work for all 7 days.

Their pick business time is mostly in the evening.

Their peak season time is the whole year i.e. jains consume almost during whole year be it their various festivals or on regular basis, the diet doers also rely on khakhra etc.

Gathiya rath: Gathiya is also known as ghati is a deep fried Indian snack made for besan flour. It is a popular tea time snack in Gujarat and north India.



Daily item making: They are made many types of product like

Gathiya and chutney

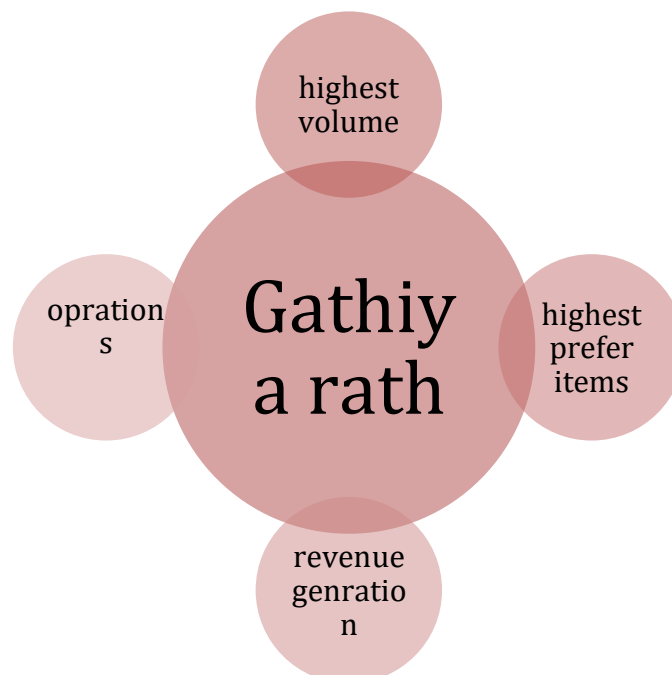
Nylon gathiya

Mari gathiya

Methi gathiya

Fafda and jalebi

Idada(sandwich dhokla)



Highest volume: Gathiya is a fat product. The people of India consider gathiya as heavy food for snacks. The besan flour proportion is highest. The proportionate measurement of black pepper, baking soda, Ajwain (ajmo) and asafetida (hing) are mixed and gathiya is made.

Highest preferred items: There are a variety of items sold such as Idada, jalebi, Fafda and many more but gathiya is sold the highest in gathiya rath shop.

Revenue generation: They produce the products such that they get the most income. The gathiya rath generates a huge amount of revenue through large businesses of mainly gathiya. The originality of taste is enough for their turnover to increase they do not promote on the products but still the it is famous worldwide

Operations: The gathiya rath is very well established and the people have faith in its taste which is irreplaceable by any of them. The Gathiya Rath is also known as “Laxmi Gathiya Rath”

They have established their business in gathiya for more than 10 years.

Their taste of chutney and gathiya is all about gathiya rath.

Their daily business income is estimated to be more then Rs 40,000

They invest mainly Rs5000-10,000 on raw materials.

They work around a week i.e. they work for all 7 days.

Their pick business time is mostly during morning and evening which is mainly snack time.

Their peak season time is the whole year i.e. Festivals like dashera

Das khaman house: khaman is a food common in the Gujarat state of India made from ground chickpea flour gram flour generally eaten as a snack, it is mostly served with roughly chopped onions, sev, fried chilies sprinkled with salt and chutney. Sometimes it is also garnished with scraped coconut.



Daily item making: They are made many types of product like

Khaman

Sandwich dhokla

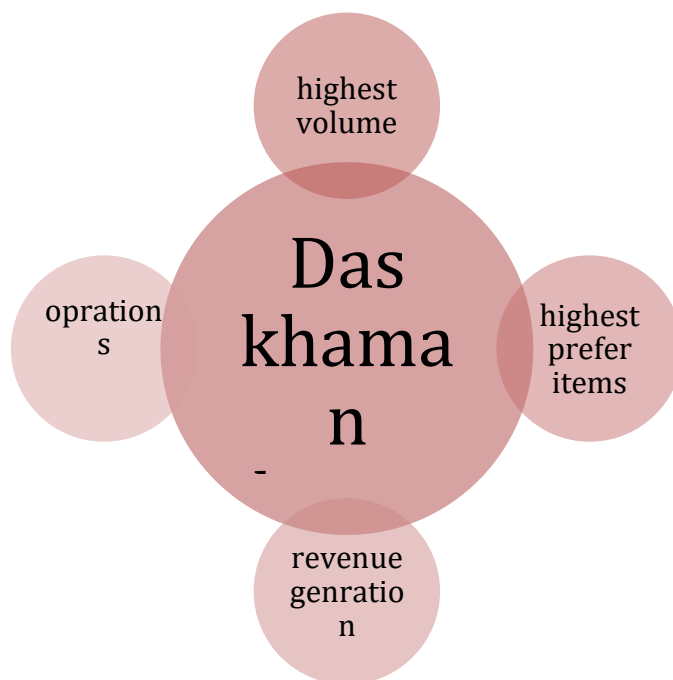
Sev khamni

Idada

Patra

Nylon khaman

Vagarela khaman



Highest volume: The khaman is also considered as heavy as well as healthy food. The volume of besan flour is the highest and appropriate measurement of baking soda, citric acid and also varieties are found in khaman like Wateli Dal Khaman, Nylon Khaman, Vagarela khaman.

Highest preferable item : There are various items like Khaman, Sandwich dhokla, Sev khamani, Idadla, Patra but Khaman is sold on a large scale.

Revenue Generation.: They earn income by almost all the items but mainly revenue is generated through Khaman of all types i.e. Vagarela Khaman, Wateli Dal na khaman, Nylon khaman etc. The khaman is famous all over the world.

Operations: As khaman is considered as a healthy snack it is used almost in all functions like get together, festivals, etc. all age group people like this food.

They have established their business in khaman for more than 10 years.

Their wide variety of khaman is their specialty.

Their daily business income is estimated to be Rs 15,000-20,000

They invest mainly Rs.5000-10,000 on raw materials.

They work around a week i.e. they work for all 7 days.

Their pick business time is mostly in the morning.

Their peak season time is the whole year i.e. Mainly in gujarati family khaman is the food which is consumed during all festivals and also on routine basis as well as in Indian marriages

Surat Locho house: Locho is steamed Gujarati farsan. It is made from gram flour. This dish derives its name from its loose consistency and irregular shape. It is somewhat related to khaman. Unlike khaman it is not served in regular shaped cut pieces it is often seasoned with oil , butter , sev , spices , coriander , onion etc. variety of locho are sold e.g. butter locho , cheese locho , garlic locho etc.



Daily item making: They are made many types of product like

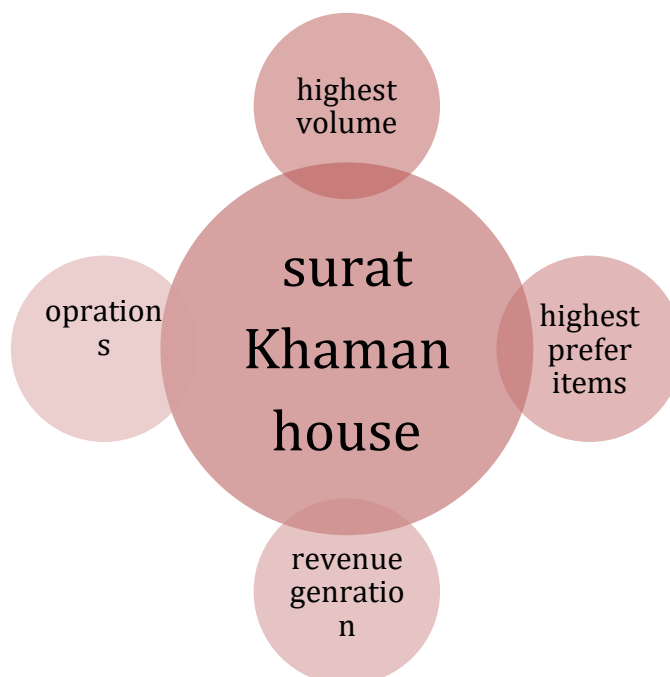
Khaman

Locho

Dhokla

Patra

khandvi



Highest volume: The locho is also considered as heavy as well as healthy food. The volume of besan flour is highest and appropriate measurement of baking soda, citric acid and also varieties are found in cheese locho , garlic locho

Highest preferred items: The various items are sold like khaman, khandvi, Idada, patra ,sandwich dhokla etc. but the highest sale in Surat is locho. Foodie people like youth love this food a lot.

Revenue generation: IN Surat this locho is mostly consumed by college youth. They earn income by almost all the items but mainly revenue is generated through locho of all types i.e. Vagarela Khaman, Wateli Dal na khaman, Nylon khaman etc.

Operations:

They have established their business in khaman for more than 10 years.

Their wide variety of khaman is their specialty.

Their daily business income is estimated to be more than 40,000

They invest mainly Rs.10000-20,000 on raw materials.

They work around a week i.e. they work for all 7 days.

Their pick business time is mostly in the morning.

Their peak season time is the whole year i.e. Mainly in Surti family locho is the food which is consumed during all festivals and also on routine basis as well as in marriages and other function

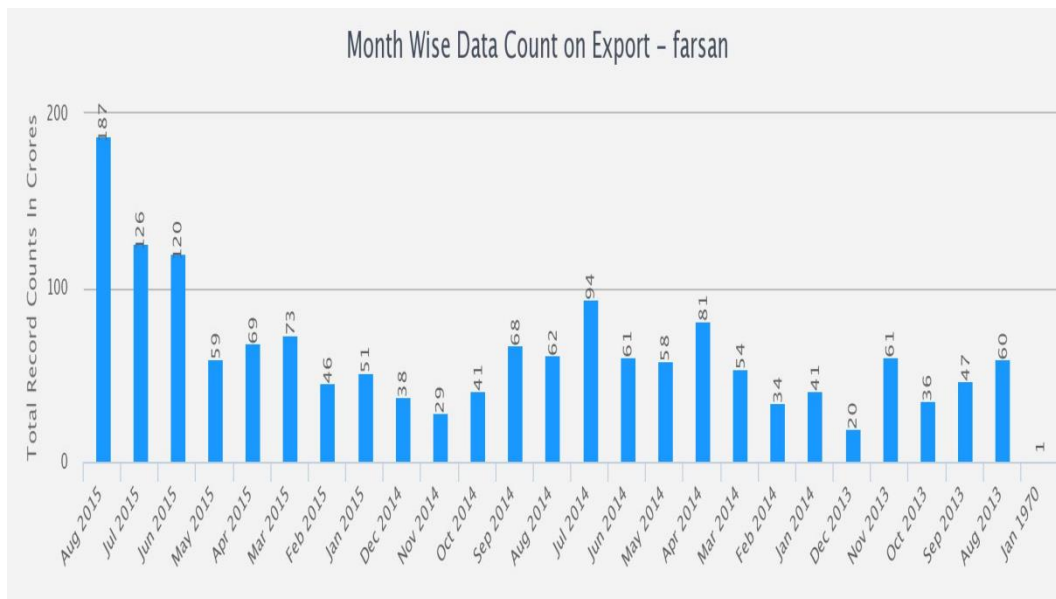
2.3 Record and collect relevant data where appropriate

Snack business is now a very successful business. Nowadays this business has expanded its branches to other countries also. Snacks companies are exporting their snacks to the countries also selling and they are earning good by it.

One of the popular snack makers who export their snacks to other countries is Ahmedabad's Induben khakhrawala. They export their khakhra products to other countries in large quantities. They earn so much by exporting.

Their approximate turnover per year is seventy five lakhs rupees. It includes their cost also. From exporting their product they earn a very good amount.

Indian snacks are very famous in other countries also so they require a large amount of snacks. For fulfill their need India export large amount of snack products and Indian government also get good amount of money.



<p>Assessment Criteria</p>	<p>3.1 Use appropriate research evaluation technique</p> <p>3.2 Interpret and analyses the result in terms of the original research specification</p> <p>3.3 Make recommendation and justify areas for further consideration</p>
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3.1 use appropriate research evaluation techniques

DATA COLLECTION METHOD:-

It is very vital step since the accuracy if data collected is dependent upon the data collection method. Primary data will be collected through questionnaires from farshan consumers and farshan shopkeeper.

DATA COLLECTION INSTRUMENT:-

collecting primary data:

Questionnaire,

Here for the study questionnaires methods is used. The questionnaire is a list of questions to be asked from the respondents. It also contains suitable space where the answer can be recorded.

SAMPLE SIZE:-

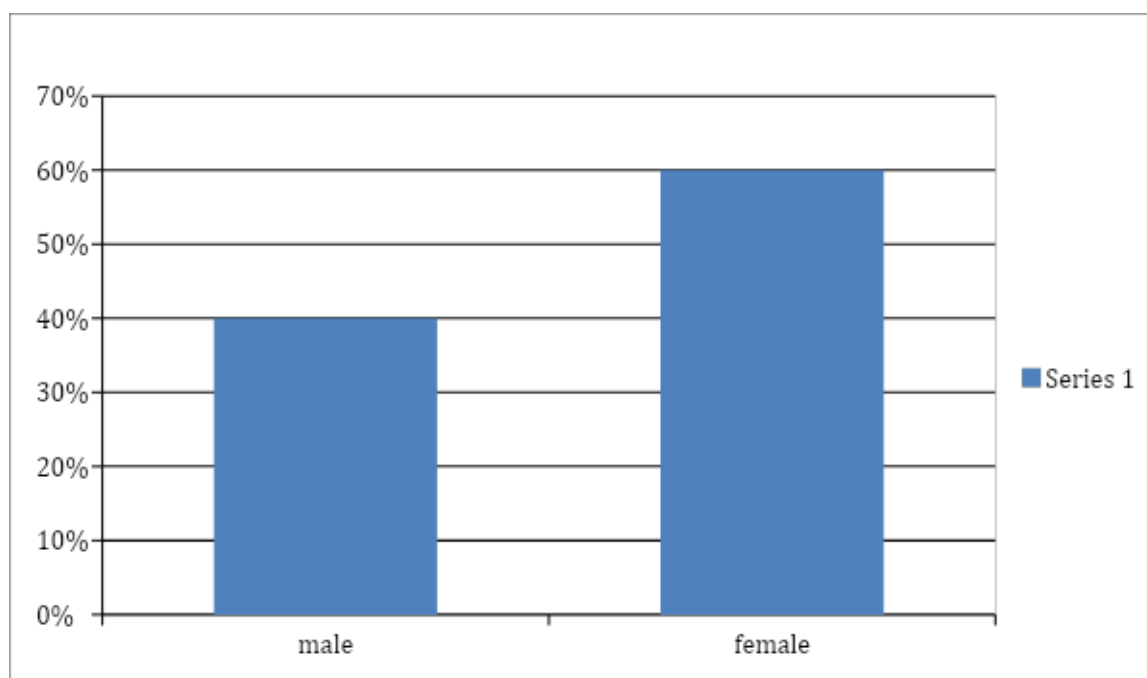
This research has been undertaken with the sample size of 20 for farshan consumers and 4 for famous farshan shopkeepers.

3.2 Interpret and analyses the result in terms of the original research specification

Q-1 personal information

Gender:

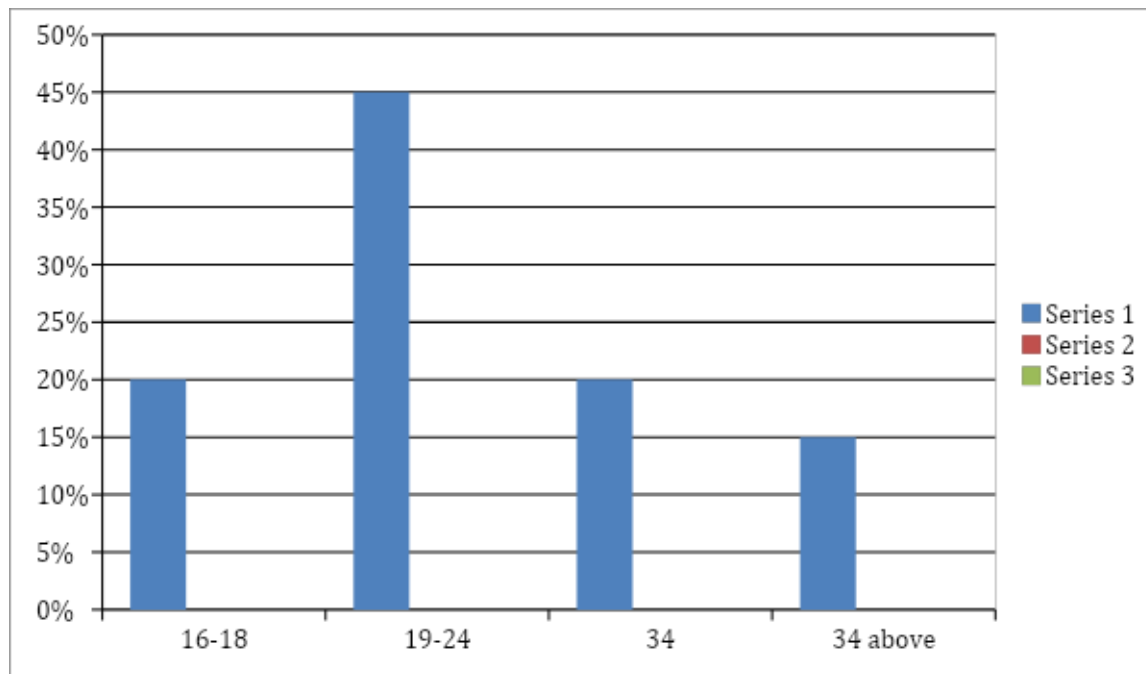
Gender	Percentage (%)
Male	40%
Female	60%
Total	100%



There for the population of male and female ratio are 40% male and 60% female

(B) Age-group

Age group	Perccent
16-18	20%
19-24	45%
34	20%
34 above	15%
Total	100%

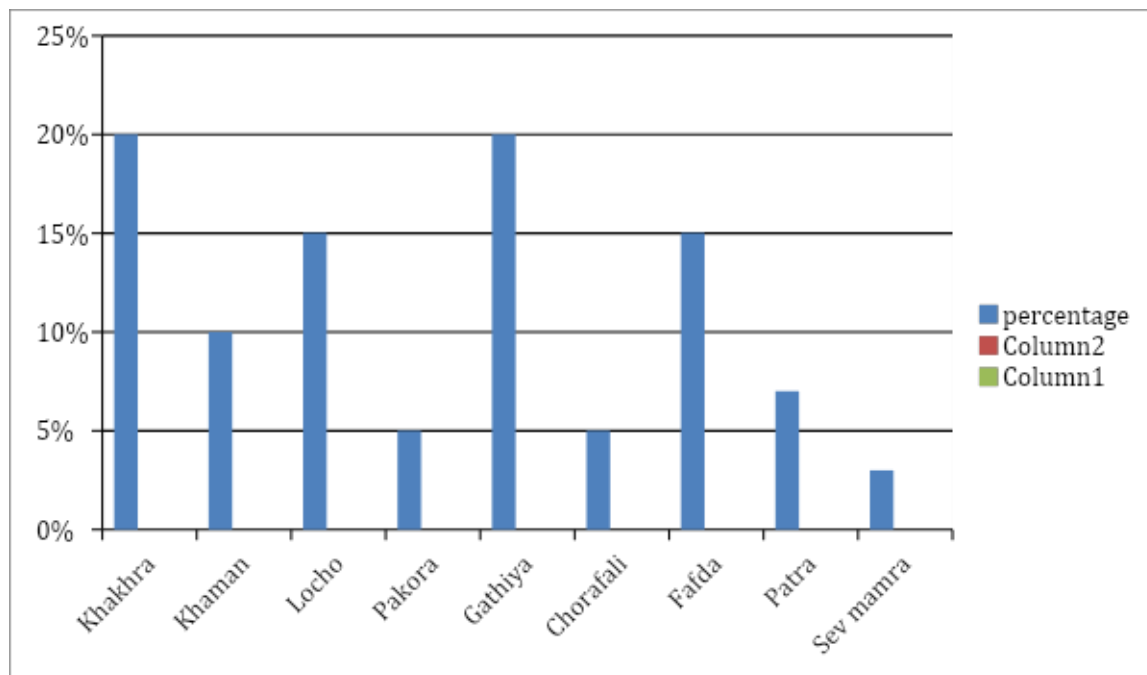


As per the age of people there is the different ratio of farsan eater

The normal people of the growth for farshan are 20% people 16-18 age, 20% people 34 age, and 15% people 34 above the highest ratio eat farsan age is 45% people 19-24 age

Q-2 which gujarati farsan do you like?

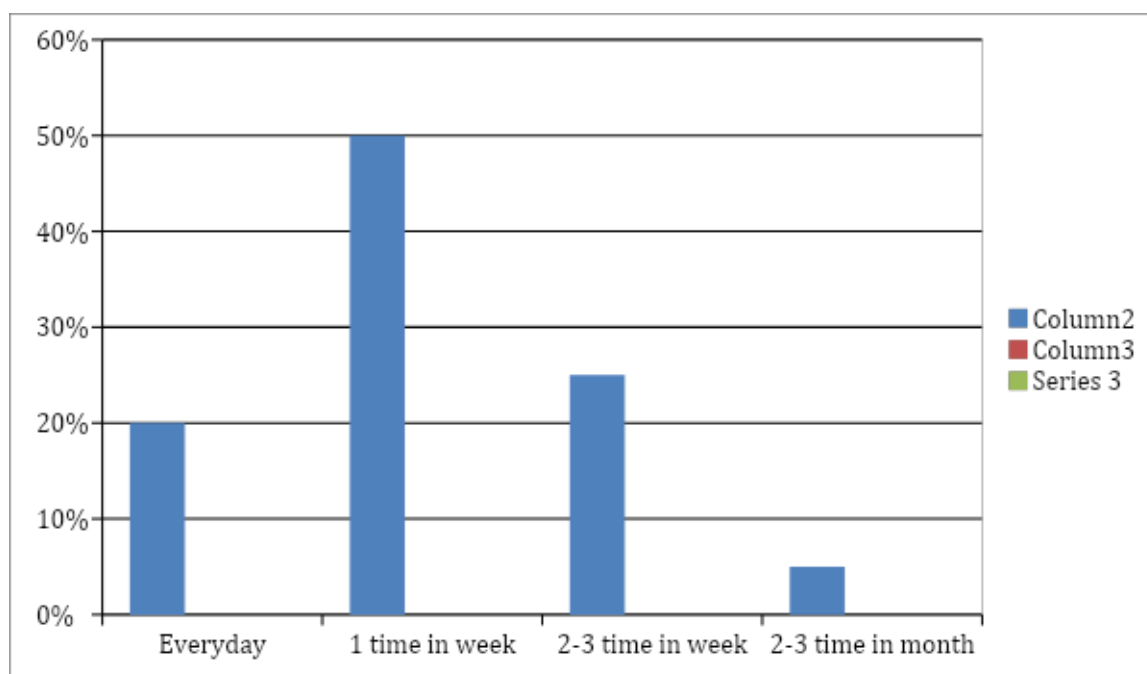
Farsan	Percentage %
Khakhra	20%
Khaman	10%
Locho	15%
Pakora	5%
Gathiya	20%
Chorafali	5%
Fafda	15%
Patra	7%
Sev mamra	3%
Total	100%



There are different types of farsan in that the highest people like farsan is khakhra and gathiya And middle of the time people likes to eat khaman, locho, fafda patra. And average people likr to eat pakora, chorafali, sev mamra

Q-3 how many times you consume your favorite farshan?

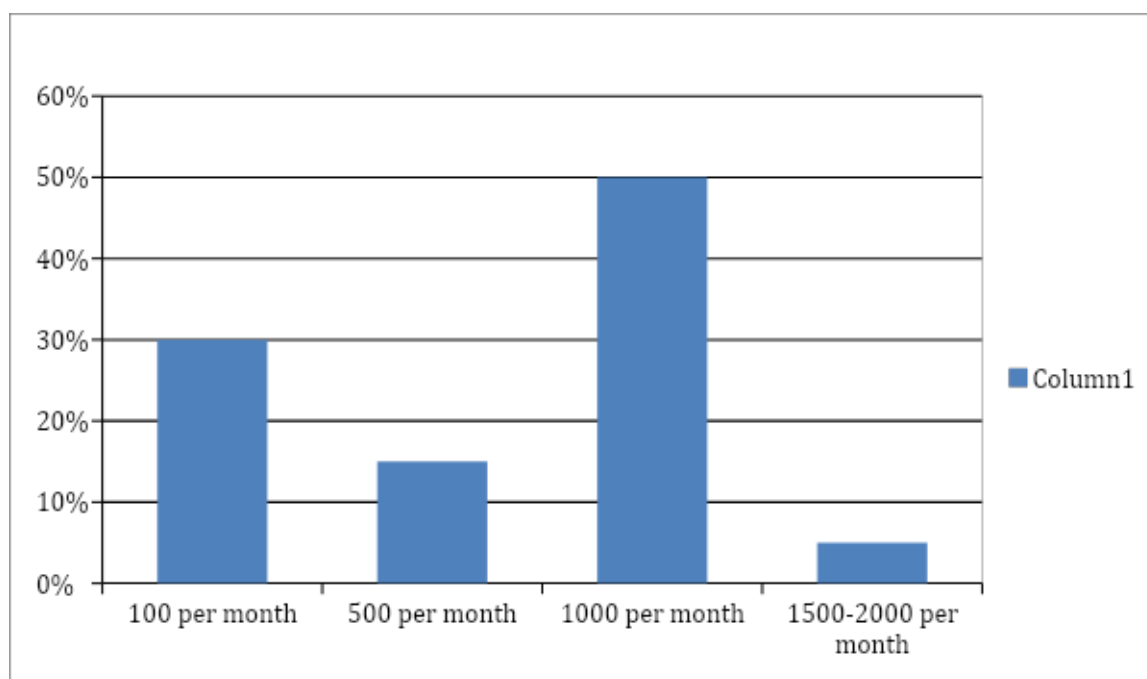
Day	Percentage %
Everyday	20%
1 time in week	50%
2-3 time in week	25%
2-3 time in month	5%
Total	100%



20% of people consume farsan on daily basis
 50% of people consume farsan 1 time in a week
 25% of people consume farsan 2-3 times in a month
 5% of people consume farsan 2-3 times in a week

Q-4 in a month how much you spend on your farsan consumption?

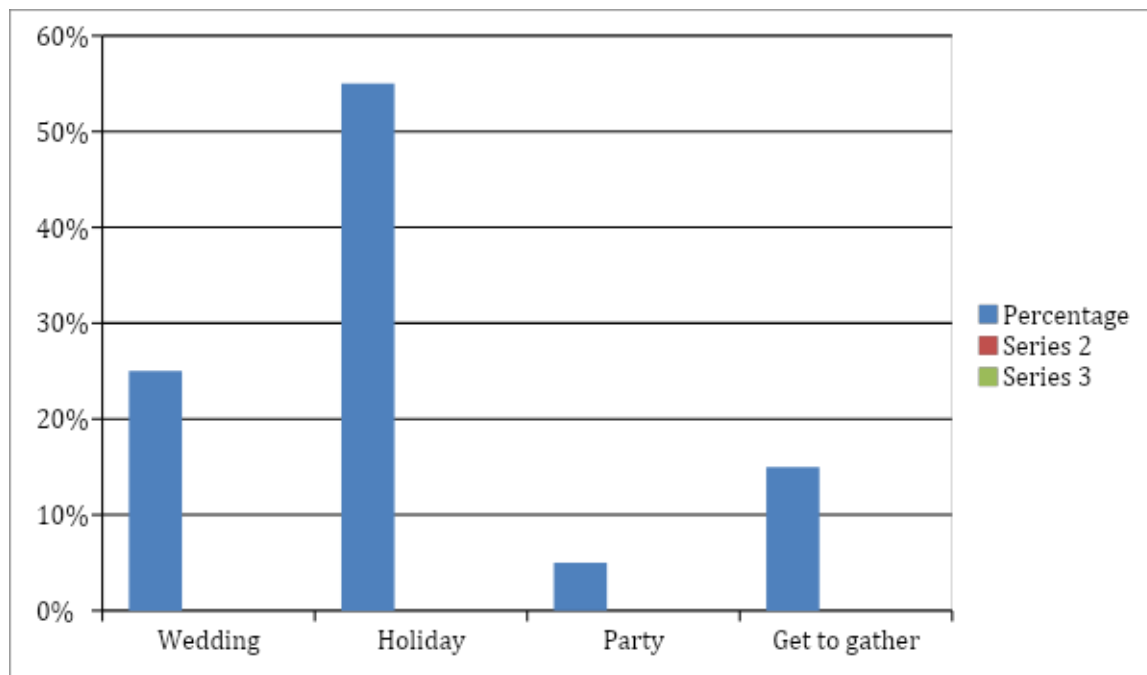
Rs	Percentage %
100 per month	30%
500 per month	15%
1000 per month	50%
1500-2000 per month	5%
Total	100%



30% People are spending money(100 per month) on farshan
 15% People are spending money(500 per month) on farshan
 50% People are spending money(1000 per month) on farshan
 5% People are spending money(1500-2000 per month) on farshan

Q-5 According to you on which occasion and festival people consume more farsan?

Festival	Percentage %
Wedding	25%
Holiday	55%
Party	5%
Get to gather	15%
Total	100%



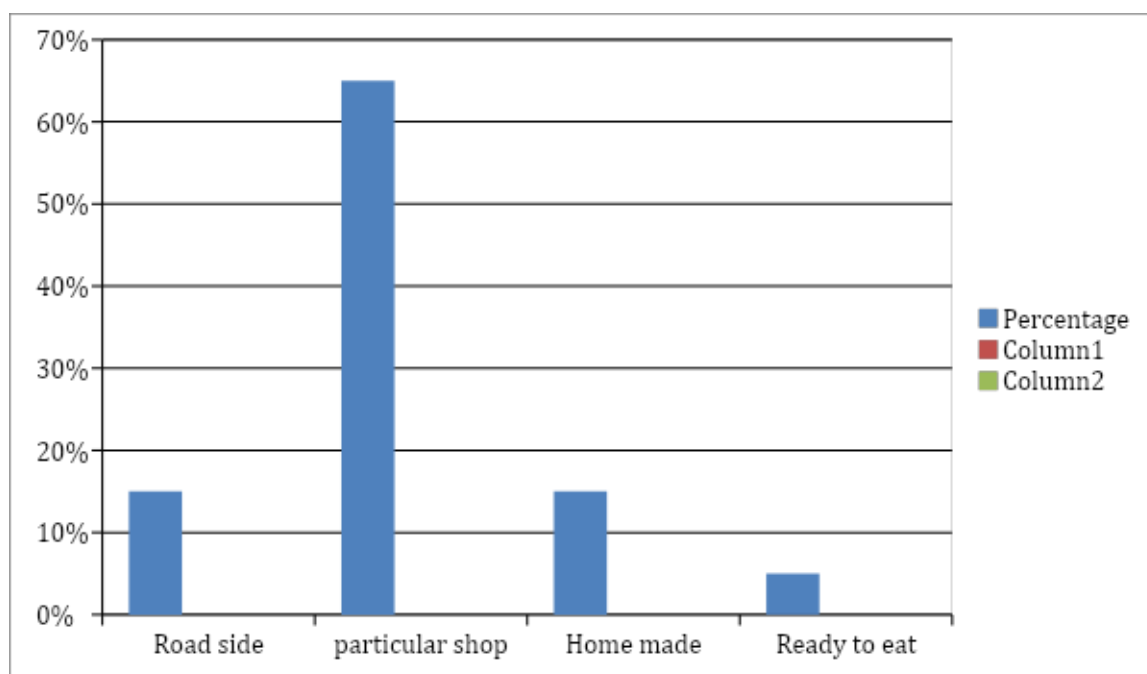
Highest farsan is consumed during holidays

All most similar farsan are been use in wedding and get to gather

Average farsan is consumed during party

Q-6 which kind of stander you prefer for farsan?

Prefer farsan	Percentage %
Road side	15%
Particular shop	65%
Home made	15%
Ready to eat packet	5%
Total	100%



65% people buy farsan from well-known shops like Gathiya Rath, Induben Khakhara, Das Khaman Huse etc.

20% people buy either from local roadside stalls or 15% make these items at home.

5% people are eating instant making farsan

3.3 make recommendation and justify area for further consideration

Good quality farsan and sweet nice, clean and properly maintained good try for farsan lovers. Little expensive but good to eat.

Food taste and quality has deteriorated the attitude of the staff there is also good that treat customer like a softly and professionally

The farsan is serving tasty and delicious snacks like khaman, locho, patra, Fafda, gathiya are the best served here. Preparation was to good quality.

Some common recipes of Farsan.

1) khaman

About of khaman : khaman is a food normal in the Gujarat province of India produced using ground chickpea flour gram flour for the most part eaten as a snacks , it is for the most part presented with generally cleaved onions , sev , seared chilies sprinkled with salt and chutney. Now and then it is additionally embellished with scratched coconut.

Ingredients:

1 cup Besan (Chickpea flour/ Gram flour)

1.5 tablespoon Sooji (Semolina)

1/2 teaspoon Citric acid Or 1 teaspoon Lemon Juice

A pinch of Hing

1 tablespoon Sugar

1 teaspoon Crushed ginger and green chilies (optional)

Salt to taste

3/4 - 1 cup Water (may need to add less for that pouring consistency)

2.5 tablespoon Oil

1.5 teaspoon Eno (fruit Salt)

FOR TEMPERING

1 teaspoon Mustard seeds

10-12 small Curry leaves

1 teaspoon Sugar (optional)

2-3 tablespoon Water (optional)

4-5 small Green Chilies

1 tablespoon Oil

Method

Collect all the fixings

De - seed green chilies and utilizing an engine pestle pound chilies and ginger... to a fine glue

In a major bowl include besan, sooji, hing and sugar. Include oil, lemon juice, newly grounded green bean stew and ginger glue and salt. At last include eno and whisk the hitter until it is very much mixed. Hitter will get breezy and foamy. As appeared in the image hitter ought to be of a thick dropping consistency.

Oil a dish where khaman will be steamed. Skillet ought to nearly be twofold in size as the player will ascend while steaming. In a huge vessel fill water and lay a channi/sifter at the base. Pour hitter in that lubed dish and spot it inside the vessel containing hot bubbling water and over the sifter.

Spread it with a top and steam khaman for around 15-20 minutes. On the off chance that USING A MICROWAVE - Place the readied player in a microwavable bowl and steam for 3-4 minutes. Take it out - Insert a toothpick to check for doneness, on the off chance that the toothpick comes out with some player, at that point return it once more into the microwave for 30 seconds. Permit it to cool and cut into squares.

Khaman is cooked and all puffed up.

Addition a toothpick to check if khaman is appropriately cooked. It should tell the truth. Permit it to chill off for 30 minutes. Supplement a blade around the edges to relax up Khaman. Flip it over onto a plate.

Entirely steamed Khaman is prepared for hardening

Utilizing a sharp blade cut khaman into pieces. Doesn't press the blade down rather cut it the manner in which we cut a cake.

Holding a blade embed the pointy side of the blade first in the Khaman, lift it a little and again cut tenderly, continue rehashing till all the pieces are cut. Along these lines you will get impeccable fleecy pieces.

In container heat oil, include green chilies and let it splutter on a low fire. Try not to sear green chilies on a high fire as they may detonate leaving a wreck. Include curry leaves and when they are fresh, include sugar and water. Blend it well

Pour this hot blend over steamed khaman.

Presented with green chutney

TYPES OF KHAMAN

Nylon khaman: Nylon khaman are much soft than normal khaman. Nylon khaman is more famous in northern Gujarat

Masala khaman: masala khaman are a bit reddish in look because they include chili powder.

Vati dal khaman: this khaman take more time to cook. Mostly this khaman are preferred in southern Gujarat.

2) Khakhra

About of Khakhra :Originating from the state of Gujarat, as part of Jain Gujarati cuisine in India, Khakhra's are thin crackers made from mat bean wheat flour and oil. It is served usually during breakfast. Khakhra's are individually hand-made and roasted to provide a delicious, crunchy and healthy snack enjoyed with a selection of pickles and chutneys.

Ingredients:

Cup whole wheat flour salt to taste

1 ½ tbsp. oil whole wheat for rolling

Method

Combine the flour, salt and 1 tbsp. of oil in a bowl and knead into soft dough using enough water. Keep aside for 15 minutes.

Divide the dough into 4 equal portions and roll out each portion into very thin rounds with help of a little flour.

Cook each khakhra lightly for a few seconds on both sides on a tawa (griddle).

Apply a little oil and cook again on a slow flame until crisp using little pressure with help of a cloth. Remove from the flame and allow cooling.

Store in an air-tight jar.

TYPES OF KHAKHRA

Methi (Fenugreek)

Punjabi Masala

Jeera

Chilly Garlic

Black Pepper

Plain Salted
Spicy Dhaniya
Paprika
Pani Puri
Desi Ghee
Chocolate
Bajra Methi
Ajwain
Kothmir Marcha
Falhari
Kothmir - Marcha
Chat masala
Pudina
Tomato
pavbhaji
Dabeli
Manchurian
Thepla - methi khakhra
chilly chat
Tulsi
Vanila

3) Locho:

About of locho: locho is steamed Gujarati farsan. It is made from gram flour. This dish derives its name from its loose consistency and irregular shape. It is somewhat related to khaman. Unlike khaman it is not served in regular shaped cut pieces it is often seasoned with oil , butter , sev , spices , coriander , onion etc. variety of locho are sold e.g. butter locho , cheese locho , garlic locho etc.

Chana dal – 1 cup
Urad dal- 1/3 cup
Poha – 1/3 cup
Oil – 2-3 tbsp
Green chili – 1-2
Ginger paste – 1 tsp or 1 inch baton (grated)
Asafoetida – 1-2 pinch
Turmeric powder – less than ¼ tsp
Black pepper – ¼ tsp
Red chili powder – ½ tsp
Eno fruit salt – 1 tsp
Salt – 1 tsp (as per taste)

For serving locho:

Green coriander chutney – ½ bowl
Green coriander – ½ bowl
Green chili – 4-5
Lemon - 1 (juice)
Fine sev – 1 bowl

Method

Clean the Chana dal and urad dal. Wash thoroughly and soak in water separately for 5-6 hours. Take out rest of the water from soaked lentils. Wash poha in water 10 minutes before bringing it in use.

Firstly coarsely grind the Chana dal. Take water as per requirement. Take out grind lentil in a big bowl.

Finely grind the urad dal. Add the soaked poha into it as well and grind finely. Take out the urad dal and poha mixture in same bowl and mix all ingredients really well. Add ginger, Asafoetida, turmeric powder, green chili, salt and half the amount of red chili powder. Mix all ingredients nicely. Also add 2 tsp oil in the batter (the consistency of batter should be similar with dhokla batter). If batter appears to be thick add 2-3 tbsp water into it.

For making Surti locho in steam take any steamer or any utensil in which other utensil can be placed. Take 2 cup water in big utensil and place it on flame for heating. Place a wire stand in it for keeping other utensil on it.

Grease the container with oil to be used for making Surti locho. After doing all preparations add eno fruit in the batter and mix. Pour the mixture in container. Pat the container on the surface so that mixture gets even. Sprinkle red chili and black pepper on the top of mixture.

When water and steam starts forming, place the batter filled utensil on the wire stand. Cover the big utensil and cook Surti locho for 20 minutes in steam. Surti locho appears to be puffy and cooked. Insert a knife, if batter doesn't stick to knife then Surti locho is ready.

How to serve Surti Locho

Take out piping hot Surti locho in a plate with help of a spoon. Splatter the Surti locho from center and spread it thinly. Place 1 tsp oil all around, 1 tsp lemon juice, 1-2 tsp chutney, green coriander and 2-3 tbsp sev. Serve green chilly too. Surti locho plate for serving is ready.

4) Gathiya

About of gathiya: Gathiya is also known as ghati is a deep fried Indian snack made for besan flour. It is a popular tea time snack in Gujarat and north India.

Ingredients:

3 cups Besan / Chickpea Flour

1 tsp black paper powder

1 tsp baking soda

Salt to taste

1 cup oil

2 cup water

1 tsp asafetida

Oil to fry

Method:

First take chickpea flour in a mixing bowl. Add salt, soda, pinch of asafetida and black paper powder, oil and water in the flour.

Knead the dough. Make dough soft and place on the frying spoon.

Take a pan and heat oil at medium flame.

Press a flying spoon to make gathiya. When gathiya becomes crispy, take it out to a dish.

And sprinkle black pepper powder and asafetida.

Serve with hot tea, sambharo and chutney.

TYPES OF GATHIYA:

Nylon gathiya

Bhavnagar gathiya

Mari gathiya

Methi gathiya

5) Cholafali:

About of cholafali: This melt in the mouth traditional Gujarati snack taste like papad or chips an typically enjoy during the annual Diwali festival

Ingredients:

1 cup gram flour (besan flour/ chickpea flour)

1/3 cup urad flour

1/8 teaspoon baking soda

1 tablespoon oil + for deep frying salt to taste

1/4 cup water

2 teaspoon chili powder

1 teaspoon black salt

2 teaspoon mango powder(amchur powder)

Method

Boil 1/4 cup water with a pinch of salt and 1 tbs. oil in a small pan until lukewarm or for approx. 1-2 minutes

Sift gram flour, urad flour and baking soda in a large bowl and mix well.

And lukewarm water little by little and knead very stiff dough

Cover it with muslin cloths and keep aside for 10 minutes

Divide the dough into small portions. Grease the wooden board or clean flat surface and place a portion over it. Add a few drops of oil and pound it with a pestle; fold it, add a few drops of oil and pound it again. Repeat the process until it is pliable and it is color turned lighter.

Repeat the above mentioned process for all dough portions in the same bowl and cover with a cloth or plate to prevent from drying.

Take one small lemon sized portion of dough and give it a round shape. Grease it with a little oil and roll it out into a very thin circle. Do not use flour for dusting; the grease dough ball should look semi-transparent.

Transfer it to a plate and cover with a plate or muslin cloth. Repeat the process for all remaining dough portions.

Heat oil over medium flame for deep frying.

While oil is getting ready for deep frying, mix black salt, red chili powder and dry mango powder in a small bowl.

Take one rolled circle, make multiple 2 inch wide strips using a knife and then cut all strips from the center.

When oil is medium hot, place 2-3 strips into it and fry until light brown and crispy. It will take a few seconds to puff up after adding in the oil.

Remove them by using a slotted spoon and drain excess oil. Transfer them to a plate and sprinkle mixed masala over it. Crispy chorafali is now ready for serving. You can store it in an airtight container and consume it within 8-20 days.

6) Fafda:

About of Fafda: The Gujarati Fafda is traditional crunchy snack that is synonymous with Gujarati cuisine. Made of gram flour and other spices, it is a convenient and quick snacking option that can be had at any time of the day or mixed with other dry snacks like puffed rice

Ingredients

1 cup besan

1/4 teaspoon baking soda

1/4 teaspoon Ajwain

1/4 teaspoon pepper, finely ground
1tbs. oil
Salt to taste
1 cup water, or as required
A pinch of asafetida/ hing

Method

Being making the Fafda recipe by adding all the dry ingredients together in a large bowl.
Now add water gradually to the bowl and mix the ingredients well, till everything gets knead into soft dough
Once the dough has been prepared, it still might be sticky. Therefore add oil to it and knead it again for 2-3 min more
Once done divide the dough into 12-15 equal sized portions and make them into small balls.
Roll each of these balls into long and thin strips. Ensure that the rolling is done at a stretch to avoid the dough breaking up or sticking to the rolling pin
Now heat the oil in large deep frying pan and slip each of the long dough strips carefully into the pan
Deep-fry the Fafda dough strips on low flame for 1-2 minutes, turning them till they are browned on both sides. Remove them from the oil once done and serve the Fafda hot
Serve the Fafda along with Gujarati kadhi and papaya salad

7) Patra:

About of patra: Patra is sure to take your taste buds on a roller coaster ride it is sweet, spicy and salty all at the same time. Although patra taste best when deep fried you can also steam and shallow fried them.

Ingredients:

2 ½ cups besan
1tsp. ginger-green chili paste
1/2 turmeric powder
1/2 asafetida
3/4 grated jaggery (gur)
3tbsp. tamarind pulp
1tsp oil
Salt to taste
10 medium size colocasia leaves
1tsp. sesame seeds
2tbsp. grated coconut
2tbsp. finally chopped coriander

Method:

Combine all the ingredients in a bowl, add water and mix thoroughly till the jaggery melts and the mixture becomes smooth. Keep aside.
Wash the colocasia leaves and dry using a kitchen towel. Place the leaves with the vein side facing you on a clean dry surface and remove the veins using a sharp knife.
Place a leaf with the tip facing towards you, apply a little besan mixture and spread it using your fingers to make an even layer. Apply a little besan mixture on another leaf and place it on the first leaf with the tip in the opposite direction.
Apply the besan mixture on it. Repeat the same with the other side. Fold the leaf around 1 from your side. Apply the besan paste on it with your fingers.
Roll it up tightly while applying besan mixture with each fold. Keep aside

When cool, cut into 12mm. (1/2) thick slices. Keep aside. Heat the oil in a kadhai and add the mustard seeds. When the seeds crackle, add the sesame seeds and Asafoetida and sauté on a medium flame for a few seconds, while stirring continuously.

Add the patra pieces, toss gently and sauté on a medium flame for a minute.

Serve immediately garnished with coconut and coriander.

8) Sev mamra

About sev mamra: Sev mamra is an Indian snack. It is a mixture of spicy dry ingredients such as puffed rice (mamra) , savoury noodles (sev) and peanuts. It is very light yet healthy dish

There are many types of sev mamra which are also popular as chavana. There was a time when it's made only at home but nowadays it's made by many snack companies for business.

E.g. Balaji product, real product, Gopal product

Conclusion

The project is about 'GUJARATI FARSAN' I visited different shop like induben khakhrawala, das khaman house, gathiya rath, Surat khaman house, on the basis of the information they provide. I found the method of making, found how many sales per day, found how many purchased raw material and found the reason why it is so famous.

The nourishing significance of conventional snacks should be perceived and promoted. Conventional food items are socially, socially, and financially important. Traditional snacks assume a significant job in guaranteeing food security and hold an enormous potential in battling hunger to a critical degree. It is fundamental that the information on their creation isn't lost. The abundance of information on conventional items should be additionally extended as a team with little scope for food processors.

Assignment on Gujarati Farsan

Discussion Questions

Note: the subsequent questions are written in language appropriate for sharing together with your students.

1. It's been 2 hours since breakfast, and now the grumbling in your stomach is loud enough for the dog to hear! How does one feel when you're hungry? Does one usually get hungry between meals? What does one do when hunger strikes and it's not time for a meal?
2. Dad's cooking up your favorite dinner, but it's getting to take another half-hour before it's able to eat. Does one think you ought to grab a snack? Why or why not?
3. The cafeteria served your absolute favorite lunch, and you're still feeling stuffed when the bus drops you off at reception . But you usually have a snack while doing all of your homework. Does anyone think you ought to have one today? Why or why not?

Activities for Students

Dream Snack Machine

Objectives:

Students will:

- Identify nutritious snacks
- Learn how healthy snacking can enhance personal health

Class Time:

1 hour

Activity:

Your mom picked you up after school and dragged you straight to the mall to travel shoe shopping. She forgot to pack you an after-school snack and you're starving! Luckily, you see vending machines at the mall's entrance. Armed with a dollar in coins, you scan the contents of the snack machine. What does one see? Row after row of chips, candy, and cookies ... oh no! You know these are high-sugar, high-fat snacks that are low in nutrition and won't offer you the energy you would like to survive shoe shopping! you opt to style a Dream Snack Machine to assist kids a bit like you who are on the hunt for a healthy snack. Before you start , inspect the articles at KidsHealth to seek out more about healthy snacking. Now you're able to design your Dream Snack Machine. Grab a replica of the "Dream Snack Machine" handout for the outline of a snack machine. Use art supplies to style what your snack machine will appear as if . How will you let customers know that your snack machine contains healthy snacks? Once the surface of your Dream Snack Machine is finished, you'll have to decide what goes on the inside! Choose four healthy snacks to stock it with. Draw pictures of those snacks in your Dream Snack Machine, then write the snacks' names on the lines provided on the handout. Because of your Dream Snack Machine, healthy snackers' hunger is going to be satisfied!

Extension:

1. Your Dream Snack Machine has become popular in malls, but you don't want to prevent it! you would like to put healthy snacks in schools. you opt to write down a letter to local school officials, asking them to place your Dream Snack Machine in class cafeterias. In your letter, include the subsequent information: • Why your snack machine is best than others that have high-sugar and high-fat snacks • Why do you think that healthy snacks will help kids do better in class?

Quiz with Answer Key

Q.1. Name two reasons why healthy snacking may be a good idea for teenagers .

Any two of the following:

Kids need energy to move, in order that they may have to refuel their bodies quite 3 times each day .

Kids have small stomachs in order that they eat but adults, but they'll get to eat more often than adults.

Kids might get tired and grouchy if they don't have regular snacks.

Q.2. List three healthy snack choices.

Any three of the following: Fruit, nuts, yogurt, vegetables, popcorn, cheese, whole-grain bread (any food that's low in fat and sugar)

Q.3. What does a healthy snack do for your body?

Healthy snacks give your body energy and nutrients.

Q.4. True or false: Foods with whole grains assist you feel full.

Q.5. A calorie may be a unit of energy .

a. fat b. Sugar c. nutrients d. energy

Q.6. True or false: you ought to only eat a snack when you're hungry.

Q.7. Why might a child who's really active need more snacks than a child who plays video games all day?

An active kid burns more calories and might got to refuel more often than a child who's not active.

Q.8. When you're trying to find a healthy snack, you ought to avoid foods that are high in sugar .

a. grains b. sugar c. vitamins

Q.9. Describe what might happen if you don't eat regular meals and snacks.

If you don't eat regular meals and snacks, you could possibly get tired or grouchy. You won't have the energy you would like to remain active or focused in class , and you would possibly be so hungry that you'll eat an excessive amount of , or be tempted to grab unhealthy food at subsequent opportunities.

Q.10. True or false: Calories are bad for you. Calories aren't bad for you. Your body needs calories for energy. But eating too many calories and not burning enough calories through activity can cause weight gain.