

Personal Project: Study of Haryanvi Cuisine and making a Cookbook

CRITERION A: PLANNING

AI(Personal Interest & Goals): Learning goal for project and explain how a personal interest led to goal

Learning Goal: is to “learn about Haryanvi cuisine (food originating from my paternal home state) while understanding cultural relevance and nutritional value of key ingredients.” I want to learn about all key varieties in Haryanvi cuisine including desserts, curries, accomplishments (papad), dips or chutney, seasonal delicious and staple food. I am looking forward to gaining a thorough understanding of recipes involved, exploring different cooking styles, minimum cooking safety rules, appreciating the importance of various ingredients (taste and nutrition) and learning by cooking tips & tricks, while researching the cultural background (weather, ingredients availability) for these dishes.

Product Goal: A cookbook which consists of Haryanvi cuisines, ingredients needed, recipe, testimonials, photos, health impact of the dish and also importance of local spices for ages of 7 plus. Each cuisine in the book will be given 4 to 5 pages, 1 page will be dedicated for photos, 1 page will be for the history and the importance of cuisine, another page will contain the ingredients and the recipe of the dish and the last 1 to 2 pages will have some testimonials and spices used in the cuisine. This cookbook will not only teach the steps and methods of cooking Hyranvi cuisine but also teach readers about every aspect of the cuisine. Why certain ingredients are used, dish origination, importance of cuisine and improvisation possibility.

Personal connection: Haryana due to its agricultural surpluses has a deep rooted rich culinary tradition and is referred to as “**Land of Rotis**” with the catch phrase “**Desa me desh Haryana, Jit doodh-dahi ka Khana**”. Over the last two decades Haryana has emerged as “**Sports capital of India**” with majority of wrestling & boxing talent in India hailing from this state. While sports culture and support of local administration has played its role, I believe local food played its part, which is under-appreciated. Haryanvi cuisine is dominated by vegetarian dishes with particular importance on dairy products, which makes the diet “*Lacto-Vegetarian*”. Ever since I was three years old, my grandfather used to make me sit on the kitchen counter top while he cooked his signature Malpua. Over the years he stopped cooking Malpua and other Haryanvi cuisine due little appreciation and scarcity of resources. I have passively learned cooking observing him; however, I would usually make fast food stuff like Pav Bhaji, Sandwiches, Pizzas, Burgers, and fries. I have been fascinated by reality cooking shows like “Master Chef” and I used to get excited when participants promoted local cuisines. I also realised that none of the new-age chefs and restaurants prefer traditional Haryanvi cuisines and would generally focus on multi-cuisine or fast-food. Getting an opportunity to enjoy Haryanvi dishes is now a privilege of few and only on select occasions of family get-togethers or weddings.

Map of coming up with personal project idea

Knowledge: Basic
Cooking & designing

Interest: Haryana food
culture & culinary

Skills: Research &
designing

Personal
Project

- Popularise Haryanvi Cuisine
- Features of cooking ingredients and their nutritional values
- Creating comprehensive cookbook

During summer break of 2022, when my grandfather was away, I tried making Malpua to surprise him.

However, due to my lack of knowledge about cooking Haryanvi dishes, only after 15 minutes of cooking, I messed

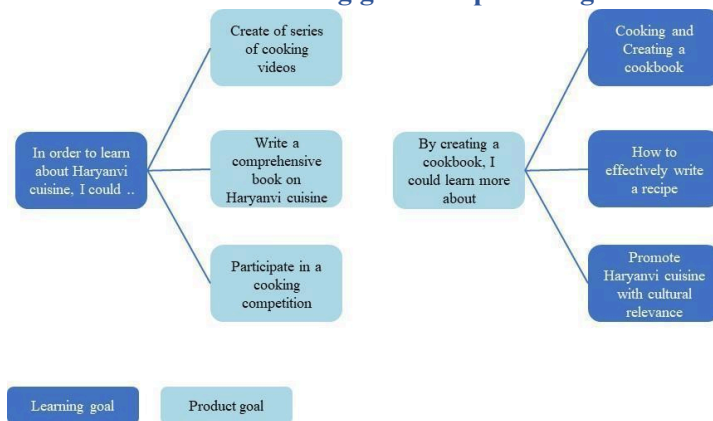
up the recipe. I made a basic rookie mistake in proportion of ghee, flour and water, resulting in runny flour base and negligible milk fat. This incident got me wondering (i) Something needs be done to preserve Haryanvi cuisines; (ii) The cultural relevance of Haryanvi cuisine and its nutritional importance needs to be popularised amongst masses, especially young adults; (iii) World and not only Indians deserve to benefit and enjoy this unique cuisine; and (iv) I have only tried handful of popular Haryanvi dishes despite strong family connect. The last time I had a perfect Malpua was more than 12 months ago, while attending a destination wedding along with my grandparents.

I have a decent prior general knowledge about cooking and related processes. I believe compassion is a very important aspect of cooking, which can make simple recipes with basic ingredients also tasty and nutritious. I have retained cooking related knowledge received from my grandparents and I believe they will have a hugely positive effect on the way I write the content in the book. As part of my community service, once a week (depending on schedule / available time), I serve a rich meal self-cooked at home to 50 needy people (who cannot afford high quality exotic meals). This embraces both my passion for cooking and provides joy in giving. I possess basic design skills learned during my MYP years, specifically an E- story book which I had designed as part of MYP 2 I&S curriculum My report writing skills have significantly improved since

MYP 4 while working on “Design Summative”. Currently as media manager for SpoCo I regularly design pamphlets, brochures, and posters. I am fortunate to have the opportunity by delving into this Personal Project to harness existing knowledge and skills. I would be able to research the historical and cultural relevance of Haryanvi Cuisine, gain firsthand experience of cooking different dishes and finally put together a cookbook summarising recipes along with valuable nutritional information. I am looking forward to pushing the creative barriers and putting together a high-quality cookbook that is meaningful for the target audience.



Connection between learning goal and product goal



Learning becomes a potent innovation trigger when linked to a tangible product goal. Applying knowledge helps translate learnings into real-world product solutions. To meaningfully fulfil achievement of learning goal the product goal must involve gaining in-depth understanding on Haryanvi culinary recipes which will enable creation of a product that is a comprehensive culmination of recipes, ingredients, cooking technique, cultural background, and nutritional guide along

with photos on shortlisted recipes. My product goal will act like a lighthouse in providing direction to achieve my learning goal. It will also act as a guide rail and check point for tangible product outcomes to ensure that I stay on target. I believe it is important to have in-depth knowledge about the topic to be able to create a product which can make a significant impact on the target audience. I aspire to intellectually thrive to achieve my product goal in a way that makes an impact in society. There is a **lack of readily available detailed statistical data** to quantify the decline of traditional Haryanvi cuisine. I assessed this based on various anecdote evidences viz (a) *Lack of representation in culinary spaces*: Limited Haryanvi specialised restaurants or menu as compared to other regional Indian cuisines; (b) Only reference to specific dishes like “Churma” in public domain <become popular recently due to Neeraj Chopra, Indian Javelin Olympic medallist hailing from Haryana>; (c) Discussions with chefs, and cultural commentators have noted the fading presence of traditional Haryanvi dishes in homes and restaurants; (d) General trends involving Green Revolution which has introduced new crops, changing lifestyle, influx of global food chains, convenience of fast food and increasing popularity of certain cuisine like Punjabi, Mughlai, international. My product goal of making a cookbook will help safeguard history and act as a bridge to preserve the recipes. The cookbook will promote culinary traditions across geographies and generations. **My product goal will help achieve:** (a) *Documentation of Recipes and Techniques*: An important step to have a repository which carefully records recipes, ingredients, and cooking methods; (b) *Education purposes*: Give exposure to younger generation about different cooking material, ingredients, relevance of various cooking techniques and cultural context. It will help promote a sense of pride for children from Haryana; (c) *Community engagement*: Capture the essence of regional cooking and will feature local ingredients, thereby supporting local practices and economies; (d) *Conserving cultural heritage*: This is a critical path of my learning goal and one page will be dedicated for each recipe covering “Historical and Cultural relevance”. Young children would be able to appreciate the culture as they connect the dishes with festivals, rituals, and community heritage; (e) Promote healthy eating, facilitate cross-cultural exchange, promote culinary tourism, be a guide for adaption of traditional recipes to modern lifestyles and reinforce importance of sustainable food practices

A2 (Success Criteria): Intended product and develop appropriate success criteria for the product

Success Criteria: Based on the research which was conducted, the success criteria for my product was determined. These success criteria served as guide rails through-out my journey to ensure I stay focussed. The justification and testing table shows why these specifications were made and the evaluation method.

7-8 Strand	Justification	Testing method
Design		
(i) Maintains a constant colour pallet of black and white in the text and the page; (ii) The text should generally be black and the page single colour; (iii) To emphasise certain phrases color of the page and text should change; (iv) Photos should be vibrant and add color to page; (v) Different font sizes should be used to show importance of certain texts; (vi) Headings and important text should be in bold; (vii) Throughout the book only 1 to 2 fonts	Book design in line with cooking themes engages the readers. A simple design ensures visual appeal and enables the reader to focus on content. According to <i>Stained Page News</i> The colour scheme chosen should leave a lasting impact on readers. Differentiation in colours used improves the visual hierarchy and weights of attributes. Standard font consistently applied is a basic hygiene of designing any written book. The colours used for the backgrounds and borders should be calming to the people using the manual. This is very important as most of the situation's cookbooks are referred to provide both guidance and motivation. The overall design of the cookbook should be appealing to the reader and the flow of each dish should be consistent (Historical & Cultural relevance, recipe, ingredients, material). Nutritional content & recipe – this will enable the reader to create a level of familiarity with the recipe	A survey conducted on my target audience seeking feedback on three objective questions [(on a scale of 1 - 8 (8 being the highest)]. Average of the answers would be computed to determine score: 1. Overall rating for cookbook design? 2. Is the design theme selected in line with topic (Haryanvi & cooking) 3. Is the colour scheme used soothing? 4. Is font size appropriate? <u>Levels + Level Descriptors</u> 1 – 2: Average Rating of 1-2 3 – 4: Average Rating of 3-4 5 – 6: Average Rating of 5-6 7 – 8: Average Rating of 7-8
Number of Pages, Recipes details		
(i) Total 45 to 50 pages; (ii) Each recipe is 4 to 5 pages; (iii) There are some pages dedicated to photos while others are dedicated for recipe, instructions and cultural significance; (iv) The size of each page is A4 or 8.5cm x 11cm	<i>Restaurant informer</i> - cookbook should have recipes in detail along with photos without unwarranted detail. Detailed recipes enable cooks with different levels of skills to properly recreate dishes by understanding instructions with correct measurement and right technique. Standard size book - stored in a regular cabinet and handy to use. Restricting number of pages to 3-4 for each dish ensure that complete details are included & not overdoing on history or unwarranted cooking process	I would be doing a self-evaluation for each of 4 descriptors. Two points would be awarded for each descriptor that is completely met <u>Levels + Level Descriptors</u> 1 – 2: 1 descriptor has been met 3 – 4: 2 descriptors have been met 5 – 6: 3 descriptors have been met 7 – 8: All 4 descriptor has been met
Recipe clarity		
(i) Each recipe has a detailed plan of action; (ii) Photos are provided to support the recipe making process and help the audience visualise better. (iii) Cultural and historic context of each recipe is given along with the health benefits	According to <i>48 Hour Books</i> Most of the dishes in Haryanvi cuisine involve a multi-step process and it is important for the reader to know and appreciate these steps. Recipe clarity provides background to users on why steps are performed in a particular order, relevance of ingredients used given cultural relevance of the dish and how traditional recipes have nutritional secrets hidden within them. Usually, the user refers to the cookbook once and then remembers cooking techniques. Therefore important that instructions are clear, specific, and precise	- Average computed based on questionnaire feedback - Are you able to understand the detailed plan for each recipe? - relevant recipe photos shared? - historical, cultural and health benefits provided? <u>Levels + Level Descriptors</u> 1 – 2: Average Rating of 1-2 3 – 4: Average Rating of 3-4 5 – 6: Average Rating of 5-6 7 – 8: Average Rating of 7-8
Ingredient list		
(i) All required ingredients are provided in a well-mannered format before the start of recipe; (ii) The purpose why each is used is provided in detail; (iii) Specifics of ingredient	Ingredients are the most important part of any dish. <i>Creating my Cookbook</i> says the reader should be able to clearly understand the purpose of using different ingredients and the right ratio. Users would include people from different ethnic backgrounds who may not have exposure to ingredients used in Haryanvi recipes and therefore every recipe should list all ingredients, even if similar ingredients are used. Very	An interview would be conducted with a hotelier / experienced chef to seek feedback on various ingredients used, rationale for use of these ingredients along with quantum & ratio of ingredients. This would be done a free flow discussion and chef would be requested to provide an overall

7-8 Strand	Justification	Testing method
quantity needed is provided	precise quantity to be mentioned as even a slight score in the range of 1-8 variation would have impact	
Table of contents		
(i) Has a detailed index of 1 to 2 pages; (ii) All recipes along with a brief description of the recipe is provided in the index; (iii) All recipes in the index are arranged in an alphabetical order; (iv) The pages numbers of all recipes are provided in the index	According to <i>NN Cookbook Basic</i> , yet an extremely important tool for the reader to find recipes. While the book is on Haryana cuisine, each dish is unique in itself with little relation inter-se, therefore it is important that the reader is able to search the relevant dish without the need to scan all the pages. ToC would act as a roadmap for user to quickly locate specific recipes (eg dishes in alphabetical order), get perspective about the dish with the aid of corresponding page number	This being a factual check, I will myself review the achievement. The overall score would depend on number of descriptors met <u>Levels + Level Descriptors</u> 1 – 2: 1 descriptor has been met 3 – 4: 2 descriptors have been met 5 – 6: 3 descriptors have been met 7 – 8: All 4 descriptor has been met
Languages		
(i) The cookbook is available in 2 to 3 different languages; (ii) All grammatical structures are accurate; (iii) High degree of accuracy in the vocabulary; (iv) There is no use of first person	<i>Servicescape</i> - Not easy to use online language conversion tools for books. Books in 2 nd language will go a long way in popularising Haryanvi cuisine. Cookbooks are referred to by people of education background and language skills – should be simple without use of jargons, direct and provide information without any bias. Not fiction novels and instinct to use humorous or sensational words should be curbed.	Similar to Table of Content, I will self-evaluate Languages criteria based on the level of descriptors.
Nutritional value		
(i) The nutritional value of most ingredients used is provided; (ii) The nutritional value of all cuisines is added; (iii) The flavour each ingredient helps to bring out in the cuisine is provided; (iv) Replacements are provided to help recreate the cuisine	Neglected aspect by commercial chefs. According to <i>BDA.uk</i> this is an important differentiator by focussing on the right blend of materials, cooking technique and climatic conditions. This enables the reader to appreciate the cultural depth of Haryanvi cuisine, different materials, their combination and cooking technique. It also enables the reader to make informed choices about calorie, fat, protein, carbohydrate, and vitamin content of each recipe. The gastro impact of using specific spices in certain recipe is explained	Knowledge of different cooking techniques and properties of materials used is crucial to evaluate this criterion. I will be seeking help from an expert to analyse the descriptors <u>Levels + Level Descriptors</u> 1–2: None of the descriptors met 3–4: 2 descriptors met partially 5–6: 3 descriptors met partially 7–8: At least 3 descriptors fully met; 1 partially
Serving size and equipments		
(i) Serving size is mentioned and ratio of ingredients provided to be able to scale up or down the cuisine; (ii) Specific serving size is given, If different equipment is required that is also mentioned; (iii) Alternative equipment is given if some of the equipment is difficult to find	According to <i>The portion Chef</i> it is important that users have flexibility to prepare different serving portions vis-à-vis cookbook listings. All equipment stated may not be readily available with users and it is imperative that they are made aware of alternatives. Certain dishes require specialised equipment without which it is nearly impossible to achieve the right integrity of the dish. It is important that serving sizes for final dish may increase or reduce significantly as compared to ingredients used due to chemical changes during the process	Average would be computed based on feedback received 1. Are ingredients quantity and ratio vs number of servings detailed? 2. All the equipment listed? 3. Are alternatives provided for critical equipment <u>Levels + Level Descriptors</u> 1 – 2: Average Rating of 1-2 3 – 4: Average Rating of 3-4 5 – 6: Average Rating of 5-6 7 – 8: Average Rating of 7-8

A3 (Plan): Clear, detailed plan for achieving the product and its associated success criteria

Delays due to travelling	Phase 1	1.1 Long-term Goals	1.2 Short-term Goal
Lack of time-management/Impractical Deadlines	Phase 2	2.1 Long-term Goals	2.2 Short-term Goal
Delays implied due to the delay of tasks prior			

Action Plan

Goals		Dates	Status	
P l a n & R e s e a r c h	Researching: Finding cuisines, recipes, and ingredients			
	The research where these markets and chefs are located and to schedule an appropriate time slot available for them. I will also ask my grandparents when they are free and schedule a time to meet with them. <i>[SC: Ingredient list]</i>	1/11-15/11 [20/11]		No
	Go to the market and learn about Haryanvi cuisines. Take photos of things that can be added in my cookbook and interview chefs. I will try to talk to local Haryanvi chefs who have been cooking traditional dishes their entire life and try to gain their insight. <i>[SC: Recipe clarity, Nutritional value]</i>	15/11-21/11 [25/11]		Yes
	After coming back from the market, I will interview my grandparents (take voice / physical notes to capture invaluable data). I will organise photos to be used in future and write about the cuisines and dishes in an organised manner <i>[SC: Recipes details, Recipe clarity]</i>	21/11-28/11 [30/11]		Yes
A c t i o n	Cook all recipes and test various ingredients and materials			
	I will go to a market to buy all the required ingredients needed to make the dishes, including certain materials not present in my kitchen. <i>[SC: Recipes details, Equipment needed]</i>	29/11-30/11 [02/12]		No
	After gathering the required materials and ingredients I will start cooking the dishes. I will also ask my grandparents to help me while cooking dishes as they have done it many times and can help me a lot. While cooking each dish a note of ingredients and their ratio with impact on taste will be made. 12-15 dishes will be cooked and then narrowed down to 10 in the final cookbook. The time taken to cook the cuisine will also be noted along with tips that can be given. Photos of the process steps of the cuisine and the actual cuisine will also be taken. <i>[SC: Recipes details]</i>	30/11-1/12 [2/12]		No
	After making the dishes, notes and photos taken in the previous step will be organised per cuisine. Assess viability of recipes, identify improvement areas, and note cooking tips for the audience. Document cooking time, ingredients, and their proportion. I will seek real-life hand-on expert tips from my grandfather on dishes like “Malpua” <i>[SC: Colour pallet, font size, Number of pages]</i>	1/12-2/12 [3/12]		No
	Finalize all cuisines, ingredients and photos			
	Evaluating dishes made on viability of recipe, availability of ingredients and materials, diversity, cooking time and historic significance to Haryana. <i>[SC: Number of Pages, Recipes details, Table to contents]</i>	2/12-4/12 [4/12]		No
	After shortlisting dishes, recipe, ingredients, and materials will be shortlisted considering viability to obtain, impact on the cuisine, cost, and nutritional value. If I feel the recipe is not up to the mark or needs refinement, it will be altered by providing tips for making changes to the recipe itself. If some ingredient or material is out of place it will be replaced. Details of alternative materials and ingredients will also be added in the cookbook. <i>[SC: Recipe clarity, Ingredient list, Nutritional value]</i>	4/12-5/12 [5/12]		No
	The photos taken in earlier steps will be shortlisted. The photos will be added in a folder with the final cuisines and recipes. <i>[SC: Colour pallet, Number of Pages]</i>	5/12-6/12 [6/12]		No
Create a draft one for the cookbook				

Goals	Dates	Status	
First a brief outline of the cookbook will be made, this outline will consist of pages dedicated for each cuisine, the basic text which will go in every page and the basic index. <i>[SC: Number of Pages, Recipes details, Table to contents]</i>	6/12-8/12 [9/12]		No
Following the outline, text and photos will be added without formatting. In dedicated pages photos and recipes will be added, however there will not be much care given to the formatting <i>[SC: Colour pallet, font size, Number of Pages]</i>	8/12-9/12 [10/12]		No
First draft will be a 45-50 pages online version in English (my primary language), without front / back page and limited information on nutritional value of alternative ingredients. Basic formatting in place, however font, text size and layout may be changed in final version <i>[SC: Colour pallet, font size, Number of Pages, Recipes details, serving size and equipment needed]</i>	10/12-12/12 [12/12]		No
Final cookbook (formatting, grammatical structure, overall aesthetics and functionality of Draft)			
Proofreading the book, re-correcting incorrect grammatical structures or spelling mistakes, improving the overall text quality of the cookbook. <i>[SC: Table to contents, Recipe clarity]</i>	12/12-16/12 [16/11]		No
(a) Number of pages adjusted to be within the limit of 45 pages; (b) Layout and text size may change to incorporate more; (c) information into a page or to make the aesthetic of the overall cookbook look better; (d) Final colour theme will be applied throughout the book; (e) Proofreading for grammatical and spelling mistakes; (f) Add Table of Content; (g) All pages will be given final heading and page number; (h) Front and back pages will be added; (i) Short blurb written about the book; (j) Translated into 2 languages and printed <i>[SC: Colour pallet, font size, Table to contents, Languages]</i>	17/12-28/12 [28/12]		No

CRITERION B: APPLYING SKILLS

B1: Explain how the ATL skill(s) was/were applied to help achieve their learning goal

Research Plan: I started my research process in a structured and organised manner which helped me to plan, focus better and guided me to be sharp while collecting data (mainly research papers and books), be disciplined to record interviews (notes) and verify data (corroborating information with other sources). While most of my data came from primary sources and I took the advice of experts in the field it was important to verify the information obtained from them. After each meeting with an expert, I would verify if the information was accurate and only then incorporate it into my notes, as there were certain instances where the information obtained from certain individuals were not accurate or not viable. There were certain aspects such as cultural and historic context which were mainly taken from secondary sources as such data is easy to find and reliable on the internet. Cooking is a skill that requires lots of hand-on-experience and practice. While researching the background of recipes and cooking technique, I realised that a good cookbook can only be created once I have real experience. Maximising my knowledge and understanding about the cuisine will eventually show-up in the quality of my product. Throughout my research I faced a lot of conflicting viewpoints from various experts, due to which I had to customize my research to suit the specific requirements of studying Haryanvi cuisine and maintain consistent accuracy. I recorded all the information shared by different people. These notes consist of individual recipes and tips to make dishes in a specific way. For example, after making each dish I would make several individuals taste my dish and ask for areas they thought which could be improved upon. Most of my notes consist of 6 main individuals, their recipes and techniques - My Grandparents (born and lived in Haryanvi) who have significant first-hand knowledge about traditional cuisines, my father who has cooked Haryanvi cuisines in

Excerpt from Expert Interview - Gopal Maharaj. [English translation of Hindi interview]

How would you describe Haryana food culture?

"In local Haryana day-to-day food dairy products and whole grains are prominent. Milk in all forms ie plain milk, ghee, yoghurt and buttermilk is consumed reflecting the importance of cattle. Haryanvi desserts are usually simple which uses wheat flour as base (eg Churma & Malpau) along with condensed milk/ghee and sugar"

What are the reasons Haryana cuisine has not become popular like Gujarati or South Indian or Maharashtrian?

"While food from Haryana is highly nutritious and easy to cook, it does not have a distinct identity. It usually gets generalised with central India & north India food. Given the simplicity of food this is not promoted by restaurants or hotels or wedding planners. Haryana being a relatively new state (as compared to Punjab) may have also been contributed to north Indian food being referred as Punjabi food"

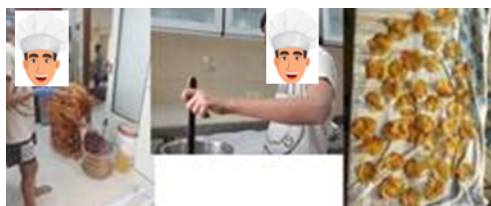
Is Haryanvi food healthy?

Haryanvi desserts are dairy food is rich in carbs (grains), while desserts have ghee. The consumption should therefore be matched with one's lifestyle. Haryanvi food is very effectively for athletics & contact sports like wrestling, boxing, etc"

many festivals, chef (Gopal Maharaj) popular in community for cooking skills & dishes, the book “Assortment of recipes for Haryanvi Cuisine”, popular youtube channel on Haryanvi cuisines and a nutritionist. While my notes consist of remarks from several others, these 6 consist of 85% of my notes

Collaboration skills (Developing relationships & listening actively): My learning goal required me to collaborate with experts in the field and obtain their knowledge while requiring positive criticism to help me improve and make the best version of a cookbook possible. My objective from PP was to learn about my Haryanvi roots, gain general knowledge of Haryana food culture and seek firsthand experience. Authentic knowledge would only be possible due to my collaboration skills with experienced Haryanvi chefs, elderly who have lived in Haryana and cooked regional cuisines for decades. I developed relationships on an interpersonal level with experts in Haryanvi cuisines while listening carefully and actively to any advice they would have to give me to improve my cooking style. Out of the several people who were asked to fill the questionnaire, 29 people responded. The google form aims to ask the audience about their opinion on the overall aesthetics of the cookbook. This will help me release my target audience which is any beginner who wants to get into cooking. If my audience thinks my cookbook looks aesthetically pleasing and can sophisticatedly fit all the data into the given number of pages it will show I have applied creative thinking skills and successfully executed them to my final product. Out of all people who were asked to fill out questionnaire 29 number of people were my target audience and 3 number of people were experts who have years of experience making products such as my cookbook..

Applying all skills in unfamiliar scenarios: Through my journey I learned how to cook 10 new traditional Haryanvi dishes while also learning how to make a cookbook and photograph my cuisines in the most aesthetic format possible. The 10 different dishes which I learned how to make were Malpua, Churma, Tomato ki chutney, Bajra ki Khichdi, Rubri, Khichiya Papad, Kachri ki chutney, Makki ki roti Sarson ka saag, Gatte ki Sabzi and Bajra ki roti. The process of making all these cuisines is a completely different process which I had no idea about. For example, making Khichiya Papad is a very rapid



process where one has to move quickly, on the other hand making Rubri is a very slow process where one can take their time. These were all unfamiliar situations where I had to use various ATL skills to succeed. While making cuisines such as Malpua and Bajra ki Khichdi I had to use my communication skills to seek help from my grandparents as they have been

perfecting these cuisines since generations. My grandparents taught me their family secrets behind making perfect Haryanvi cuisines. This helped me get a better understanding how traditional Haryanvi dishes are made and achieve my learning goal better. While other ATL skills such as **research**

skills helped me learn about recipes, that my family doesn't know much about or gain other perspectives on the traditional Haryanvi cuisines. Using my ATL skills in the kitchen I was also able to make dishes such as Khichiya Papad, Gatte ki Sabzi and Churma as can be seen in the photos. Making Khichiya Papad required me to move extremely fast with high precision and I have never done something like this before which **tested**



of



my skills. It was difficult as the dough we were working with was extremely hot and I often got mild burns on my hand. To solve this problem I wore thick hygiene gloves that gave my hands protection against the heat. This showcased my quick and **spontaneous thinking skills.** Additionally to make the dough a perfect and thin layer a special equipment was needed which I didn't have, due to this all the dough was turning into thick, small and imperfect circles, to solve this problem I quickly went to my Haryanvi neighbours and asked if I could use their equipment,

they said yes and were even willing to help me out teaching me about their expertise in the field. In figure 1 my neighbour is showing me the traditional Haryanvi method to make Khichiya Papad. Due to my **quick use of ATL skills** I was able to learn a lot more about



Haryanvi culture and fulfill my learning goal. Similarly while making another Haryanvi delicacy called Malpua I faced challenges which I could only overcome by applying **analytical skills**. Malpua batter prepared was too thick, making it difficult to retain its identity while cooking. I added some more flour into the batter, which helped thicken the batter resulting in thick and consistent Malpuas.

B2: Explain how the ATL skill(s) was/were applied to help achieve their product goal

ATL Skills used in Product Goal: This is an excerpt from my research plan showcasing how my research was conducted. There were a total of 10 questions made to inquire about the cultural and historical context of Haryanvi cuisines and learn about different recipes and methods to make a certain cuisine. Most of the data obtained to answer my questions was obtained from a reliable website. These research questions did not contain any content related to the format a cookbook should be or how it should look, rather it aimed to obtain content which can be used to achieve my learning goal. The answer to these questions helped me significantly to gain in depth knowledge about Haryanvi cuisines.

RQ: What are the key authentic Haryanvi dishes? (**Factual**): (a) *Source Link & Origin:* [Food of haryana](#); (b) *Purpose:* Webportal about Asia tourism. Page about Haryanvi food; (c) *Value:* Provided a list of Haryanvi dishes. Good starting to shortlist from dishes to consider; (d) *Limitations:* List of only 17 dishes, without providing link to original source to verify completeness or authenticity

RQ: Cultural relevance of food in Haryana? (**Conceptual**) (a) *Source Link & Origin:* [Gastronomy Heritage of Haryana](#) Published in "International journal of business management and scientific research" by "Ramgopal" on October 2017 (b) *Purpose:* The purpose of the research was to highlight the food and eating habits of the people of Haryana their traditions and their regional beliefs; (c) *Value:* Study shows that food culture in Haryana is influenced from Punjab, as it was part of Punjab until 1966. Haryana's food culture has evolved through cultural exchanges with various kingdoms and civilizations; (d) *Limitations:* The study doesn't provided basis for conclusion for Food culture and lifestyle changes

RQ: How has traditional Haryanvi eating culture evolved over time? (**Conceptual**) (a) *Source Link & Origin:* [Food Heritage](#) paper published Academia.edu "Dynamics of Culinary Preferences in Rural Haryana" by Siddhartha Dey, Aman Bharadwaj on November 2023 (b) *Purpose:* Study investigates the significant shift from traditional to fast food consumption patterns in rural Haryana, focusing on the Hisar district; (c) *Value:* Study shows that 89% of population is vegetarian; breakfast is main part of diet; rice is an important part of diet; 96%+ people are fond of curd & buttermilk; and 94% of population uses ghee & butter; (d) *Limitations:* Study was focussed on Hisar district; relies on self-reported data through questionnaires; and does not account for potential temporal and seasonal variations

RQ: What challenges and opportunities exist in preserving and promoting the authentic food heritage of Haryana? (**Debatable**) (a) *Source Link & Origin:* [Cultural Perspective - Haryana Food](#) "Exploring the Food Heritage of Haryana: A Cultural Perspective" by Dr Sunil Kumar and Mr Yaksh Dev on November 2023 (b) *Purpose:* study emphasises the significance of conserving Haryana's food legacy to preserve its cultural relevance and identify obstacles in conserving traditional cuisine; (c) *Value:* Rural customs and agricultural past are fundamental to the state's cuisine culture; Traditional Haryana meals reflects an egalitarian spirit, with a strong tradition of communal meals; (d) *Limitations:* Group interviews conducted with 49 Haryanvi residents; Does not provide reasons for nutritional aspects

RQ: Guidebook for Haryanvi recipes (**Factual**): (a) *Source Link & Origin:* "Assortment of recipes for Haryanvi Cuisine" a book by Dr. Amit Misra published on January 1, 2023 (b) *Purpose:* Recipe book; (c) *Value:* Rich source of information about recipe; (d) *Limitations:* fails to establish cultural authenticity

Primary RQ: (a) Are you aware of three authentic Haryanvi dishes? (**Factual**); (b) Would be interested in knowing the historical and cultural background of a cuisine or dish? (**Conceptual**); (c) Does nutritional content of a dish or cuisine matter to you? (**Conceptual**); (d) Do you prefer cookbooks to have one page per recipe or detailed 4-5 pages? (**Conceptual**)

Formatting (Creative thinking skills): Thinking skills were needed as I constantly tried new format, new text fonts, colours and page layouts to come up with an aesthetically pleasing match to my success criteria. I had to think of ways to fit the content in the given pages while including important parts of a cookbook such as index, front and back page and all 10 cuisines while not making the cookbook repetitive. The application in which the cookbook would be made was also to be decided and needed creative thinking. I also had to apply creative thinking while deciding the page size needed - I was going to use A4. There was another more suitable size which looked more aesthetically pleasing and can sophisticatedly fit information. To test if my audience liked the formatting of the cookbook and to test if they think I was able to successfully use creative thinking skills I made a google form which asked my audience to rate the formatting of the cookbook. Out of

the 29 people who responded to google form, 16 liked formatting while 13 didn't like the formatting. To gain a better understanding I asked them to rate the formatting from a scale of 1 to 5 and also asked them if they think I used my creative thinking skills. The average grade my cookbook got out of 5 was 4.44 showcasing general positive feedback. And out of 29 people 26 said they thought I used creative thinking skills.

Reflection skills: After making my cookbook I had to rely on my reflection skills to be able to enhance and enhance the quality of my cookbook. To do so after making my cookbook I wrote just a 500 word reflection, reflecting on all the positives, negatives and scopes of improvements there are in the cookbook. While doing so I realised about many different aspects I had forgotten about while making the first draft. For example in the first draft of my cookbook the recipes weren't arranged in alphabetical order and the index had no description for each recipe. I also realised some of the recipes written were partially incorrect. I was only able to realize all these aspects after doing self reflection. Due to realising such crucial mistakes and applying my reflection skills I was able to make a much more successful cookbook.

Reflection on Improving My Cookbook

Reflecting on the positives, negatives, and areas for improvement in my cookbook insightful process. It allowed me to step back and evaluate my work with a fresh revealing several overlooked aspects that could significantly enhance the final v initially. I believed my first draft was well-organized and thorough, this reflection realize that there were many areas that needed refinement, from the structure o cookbook to the accuracy of the recipes themselves.

One of the most apparent improvements I identified was the arrangement of the my first draft, the recipes were placed in no particular order, making it difficult to locate specific dishes. I realized that a more systematic approach, such as arrar alphabetically or by category (e.g., appetizers, main courses, desserts), would n cookbook more user-friendly. This simple adjustment could drastically improve t experience by making navigation easier and more intuitive.

Another crucial issue was the index. Initially, my cookbook included a basic inde only the names of the recipes without any descriptions. Through reflection, I rec adding a brief description for each recipe would provide readers with an overvie before they even turned to the corresponding page. A well-structured index with not only makes the cookbook more professional but also enhances accessibility who may be searching for a particular type of dish.

Beyond the structural improvements, I also discovered that some of my recipes inaccuracies. At first, I assumed that my ingredient lists and instructions we or upon reviewing them critically, I noticed errors such as missing ingredients, inco measurements, or unclear cooking instructions. These mistakes, if left uncorrec lead to confusion for anyone attempting to follow my recipes. This realization un the importance of meticulous proofreading and recipe testing to ensure that eve accurately presented.

Reflecting on the negatives and areas for improvement did not overshadow the my cookbook. I acknowledged that I had put significant effort into compiling a di

CRITERION C: REFLECTING

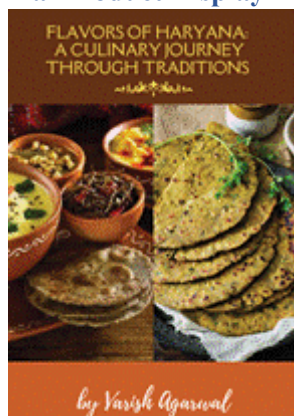
C1: Explain the impact of the project on themselves or their learning

Overall Impact of Personal Project: Prior to starting PP work, I have limited understanding the cooking process and had experience with only a handful of fast-food dishes. I was always eager to understand nuances around Haryanvi cuisine and was keen to expand my knowledge and skill while also learning historic and cultural significance. I now have an in depth understanding and comprehend the relevance, significance and far-reaching impact food plays regional culture evolution, nutritional journey and creation of community/social groups. As part of my PP process, I was able to deepen my knowledge not only about different aspects of cooking, but connect with my Haryana roots by understanding its cultural evolution. I can now relate to some of the stories and experiences which my grandparents have been sharing with me. Throughout this process, I expanded and deepened my knowledge on a topic which is of paramount importance. During the planning & research phase as I studied different dishes alongside their recipes, got familiar with cooking techniques and ingredients and spoke with professionals. I have developed a holistic perspective including health benefits, cultural relevance and social history while enjoying the taste. I was able to successfully apply the

knowledge to create a book to share the ideas, thoughts and learning with the audience. Honestly, I struggled during the initial phase of my personal project journey as my understanding of cooking traditional Haryanvi dishes were limited and had never worked with most of the material and ingredients. Thanks to the timing guidance and push from the project guide and mentor, I was able to get the focus back. I realised I would need to conduct extensive research, perform hard work, and invest a significant amount of my time and effort. I needed to adopt strategies to manage my personal project work, academic work, extra-curricular activities, social life while maintaining a healthy state of mind. I reworked the schedule with performing activities in gaps of 1-2 days to recharge and reset my mind and extensively used the 3 weeks winter break.

ATL	Sub-Skill	Skill Description	Comment
Self-Management	Organization	 Set goals, identify strategies, and take action	Effective planning to ensure goal focus and timely completion of various activities
		 Manage Time	Most difficult give the scope of coverage and number of recipes covered
	Reflective	 Flexible learner	Modify research approach based on limited secondary material
Social – Collaboration		 Work effectively with others	Work with experts (chefs, dietician), family members (grandparents), etc
Communication	Interaction	 Variety of media, speaking & writing techniques	Emails, Telephone calls, Online discussions
	Language	 Take notes & paraphrase	Details notes taken from various discussions and interviews
		 Subject specific language	Cooking related jargons used. Book converted into Spanish
Thinking	Critical	 Analyze	Thorough review of recipes, ingredients, and techniques
	Creative	 Use existing work in new ways	Recipes & ingredients being adapted to current situation
		 Create original works	Original cookbook
Research (Literacy)	Information	 Collect, use & analyze data	Research done on Haryana food culture, different recipes & cooking techniques,
	Media	 Seek multiple perspectives	Different perspectives on nutrition content and recipes
		 Communicate using variety of media & format	Google questionnaire, Online interviews, Emails interviews

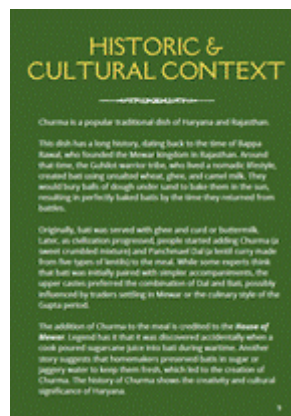
Final Product Display



Cover Page



Recipe page for a dish



Historical & Cultural



Last Page

C2: Evaluate the product based on the success criteria

Design [1-2] (i) There is no color pallet used throughout the book; (ii) The color pallet changes without any specific purpose; (iii) Photos are never colourful and are always taken in black and white spoiling the color theme of the book; (iv) 1 font size is used throughout the book with there being no bold or Italic for heading or sub-headings; (v) A variety of fonts are used and change randomly; [3-4] (i) The cookbook sometimes maintains a colour pallet of black and white for the text and page colour; (ii) The colour the text and page change without any purpose; (iii) Photos are sometimes colourful; (iv) Only 1 to 2 font sizes are used throughout the book; (v) 5 to 6 different fonts are used throughout the book with there being no specific font; [5-6] (i) Usually maintains a color of black and white; (ii) The text is almost every time black while the page is white; (iii) To emphasise certain phrases the author sometime changes the color of the page and text; (iv) Photos are mostly colourful and sometimes add to the color of the page; (v) Only 2 to 3 font sizes are used; (vi) Heading and subheadings are generally in bold; (vii) 3 to 4 fonts used; [7-8] (i) Maintains constant colour pallet of B&W in text and page; (ii) Text should generally be black and the page should generally be white; (iii) To emphasise certain phrases, the page color of and text changes; (iv) Photos should be colourful and add color to page; (v) font sizes vary to show importance of certain texts; (vi) Headings and important text should be bolded; (vii) only 1 to 2 fonts

Number of Pages, Recipes details [1-2] (i) In total there are 10 to 20 pages; (ii) Each recipe has 1 to 2 pages; (iii) All pages of the book are dedicated towards the recipe with no instructions or photos; (iv) The size of the pages is not specified and does not suit a cookbook; [3-4] (i) There are 20 to 35 pages; (ii) Each recipe has 2 to 3 pages; (iii) Most pages are dedicated towards recipe and instruction while there are very few photos (iv) The page is either A4 or 8.5cm x 11cm; [5-6] (i) There are 35 to 45 pages; (ii) Each recipe has 3 to 4 pages; (iii) There are some pages dedicated to photos with the rest are dedicated towards the recipes and instructions; (iv) Each page is either A4 or 8.5cm x 11cm; [7-8] (i) In total has 45 to 50 pages; (ii) Each recipe is 4 to 5 pages; (iii) There are some pages dedicated to photos while others are dedicated for recipe, instructions, and cultural significance; (iv) The size of each page is A4 or 8.5cm x 11cm

Recipe clarity [1-2] (i) All recipe steps are unclear with there being vague steps and gaps in the process; (ii) No photos are provided making is challenging to interpret and visualise the recipe; (iii) There is no cultural and historic context provided and no health benefits are given; [3-4] (i) Recipe steps are somewhat unclear with there being some missing and unclear steps; (ii) Unclear photos are provided for some recipes to support the recipe; (iii) No cultural and historical context is given and there is no health benefits provided; [5-6] (i) Each recipe has a somewhat detailed plan; (ii) There are some photos provided to support the recipe plan; however, the photos are somewhat unclear. (iii) Cultural and context is given along with most recipes, however no health benefits are provided; [7-8] (i) Each recipe has a detailed plan to plan action; (ii) Photos are provided to support the recipe making process and help the audience visualise better. (iii) Cultural and historic context of each recipe is given along with the health benefits

Ingredient list [1-2] (i) Some ingredients are provided not in a appropriate format making it incoherent for the reader; (ii) No purpose of any ingredients are stated; (iii) Quantity of any ingredients are also not provided; [3-4] (i) Provided Some ingredients required are provided in not appropriate provided during or after the recipe; (ii) Ingredients purpose stated briefly; (iii) Inaccurate specific provided; [5-6] (i) Most ingredients required are provided in a well-mannered format before the recipe; (ii) The purpose of most ingredients are provided in a generic manner; (iii) The specific quantity of ingredients needed is provided; [7-8] (i) All required ingredients are provided in a well-mannered format before the start of recipe; (ii) The purpose because each is used is provided in detail; (iii) Specifics of ingredient quantity is provided

Table to contents [1-2] (i) Unclear index in less than 1 page; (ii) Only few in index, with a lot of recipes being missing; (iii) The recipes are no organised at all making it extremely difficult to interpret index; (iv) The pages of the recipes are not included within index [3-4] (i) The somewhat index is unclear and is 1 page; (ii) Most recipes are present in the index, however a few may be missing; (iii) The recipes are not organised well; (iv) No pages of recipes are included within the index [5-6] (i) Has a somewhat detailed index 1 page; (ii) All recipes are present in the index; (iii) The index has all recipes organised in a somewhat organised manner, however is no alphabetical; (iv) The pages of all recipes are present in the index [7-8] (i) Has a detailed index of 1 to 2 pages; (ii) All recipes along with a brief description of the recipe is provided in the index; (iii) All recipes in the index are arranged in an alphabetical order; (iv) The pages numbers of all recipes are provided in the index

Languages [1-2] (i) The cookbook is available in 1 language only; (ii) Some grammatical structures are correct; (iii) The vocabulary used has a poor degree of accuracy making it difficult to interpret. [3-4] (i) The cookbook is available in 1 language; (ii) Most grammatical structures used are accurate; (iii) There is a low degree of accuracy in the vocabulary used [5-6] (i) The cookbook is available in 1 to 2 different languages; (ii) All most all grammatical structures are accurate; (iii) Mediocre degree of accuracy in vocabulary used; (iv) First person is not used in the book [7-8] (i) The cookbook is available in 2 to 3 different languages; (ii) All grammatical structures are accurate; (iii) There is a high degree of accuracy in the vocabulary used; (iv) There is no use of first person

Nutritional value [1-2] (i) No nutritional of separate ingredients is added; (ii) The total nutritional value of a few cuisines is provided; (iii) The purpose of any ingredients used is not given; (iv) There are no alternative ingredients provided making it challenging for citizens with minimal access. [3-4] (i) The nutritional value of a handful of ingredients throughout the cookbook is provided; (ii) The nutritional value of most cuisines is added; (iii) The purpose a few ingredients provided is added; (iv) There are no alternate ingredients provided [5-6] (i) The nutritional value of some ingredients is provided; (ii) The nutritional value of all most all cuisines are added (iii) The flavour most ingredients add to the cuisine is provided; (iv) A handful alternative ingredients and the impact they would have on the cuisine are provided [7-8] (i) The nutritional value of most ingredients used is provided; (ii) The nutritional value of all cuisines is added; (iii) The flavour each ingredient helps to bring out in the cuisine is provided; (iv) Replacements are provided to help recreate the cuisine to those with no access to certain ingredients

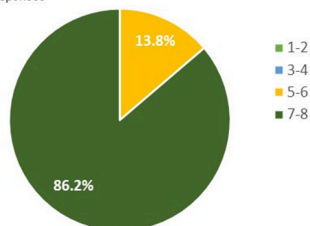
Serving size and equipments [1-2] (i) No serving size of any cuisine is mentioned making is challenging for the reader to recreate the cuisine in the exact quantity they want; (ii) No ingredient ratio is given; (iii) Only some of the required equipment is given; (iv) No alternative equipment are given [3-4] (i) Serving size is mentioned for some cuisines however ratio is not given for any cuisines; (ii) Most equipment for the specific serving size is given; (iii) No alternative equipment is given for equipment which are difficult to find [5-6] (i) Serving size for most cuisines is mentioned, however the ratio of ingredients is only mentioned for some cuisines; (ii) All the required equipment for the specific serving size is given; (iii) Alternative equipment is only given or a few equipment's; [7-8] (i) Serving size and ratio of all ingredients is given to easily be able to scale up or down the cuisine; (ii) The equipment for specific serving size is given, If different equipment is required for different serving size that is also mentioned; (iii) Alternative equipment mentioned in case of difficulty to find original equipment

Justification:

Design: According to me the design of my cookbook was very good and pleasing to the eye. The format was consistent throughout all the pages and cuisines with a constant colour palette used throughout the book

What would you rate the **Design** of my cookbook according to my successes criteria

3 responses



which was pleasing to the eye while also being effective and not too overpowering. The font and text size in the cookbook used was also the same throughout the cookbook, giving the cookbook a professional feel and signifying all the recipes in the book are important. For headings and subheadings different fonts, text size and colours were used to make them stand out and for the readers to be easily able to read the headings. The format in which each recipe was written was also the same and consistent throughout the book helping enhance the overall aesthetic of the cookbook by giving

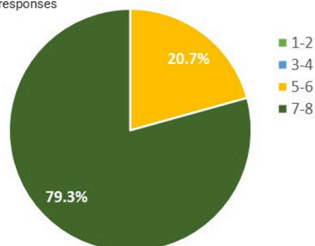
a uniform sense. To understand what my audience thought of the cookbook's design I sent out a google form which 29 of my clients filled out rating for overall aesthetic. 25 out of 29 rated 7-8, whereas others rated 5-6 showcasing positive feedback. One of the audience members who rated the

design said "The design of your product is very sophisticated and seems very professional". After getting feedback from my audience about the design of the cookbook I also went to a professional designer who has 15 years' experience in making posters, flyers, short books and works at a designing company called *Shivam Designing* to obtain feedback. Like many others in my audience, he even rated the design of my cookbook 5 out of 5 saying "The presentation was mast and suits your theme perfectly", "mast" meaning amazing. Based on self-evaluation and all the feedback I got, the design was excellent and met all guidelines.

Number of pages and recipe details: In my opinion the number of pages and recipe details accurately met the requirements for all success criteria and deemed appropriate for the highest band. The number of pages

What would you rate the **Number of Pages, Recipes** details of my cookbook according to my successes criteria

3 responses



were exactly 46 which is perfect for covering 10 recipes in detail. Like mentioned in the success criteria each recipe took exactly 4 pages with the first page showcasing detailed photos, the second page talking about the cultural and historical context, the third page being responsible for mentioning the ingredients, materials needed and nutritional value while the 4th page shows the recipe along with a few more photos. According to me this layout was perfect, mentioning all crucial elements of the recipe and going in depth while also showing photos. The size of each page was also A4, while this is not the ideal page

length used for cookbooks, I feel it suited the format of my cookbook really well and allowed me to bring out details which would not have been possible in the regular size of 8.5cm x 11cm. 23 out of 29 rated 7-8, whereas others rated 5-6 indicating room for improvement. This gave an average rating

of 96%. I also took feedback from my grandfather and he thought the recipe was detailed.

Recipe clarity: After self-evaluation I have concluded that the recipe clarity throughout the cookbook was excellent and well delivered of 7 to 8 bands. For each dish the recipe was given in a more than detailed format while highlighting every key step and procedure along with tips. The recipes for each cuisine had final and process photos to help get a better understanding of the cuisine. The cultural and historical context for each recipe was also provided. This not only helps the readers gain a better understanding of the history behind the cuisine but also helps them re-create the cuisine with ease. There were also at least 2 to 3 first hand photos provided for each recipe to give a visual representation of how the cuisine should look like helping them to reach their final step of creating their own version of the cuisine.

According to me, giving

recipe 1 separate page also signifies that recipe this helps attract the attention of the reader. 26 out of 29 rated 7-8, whereas others rated 5-6 indicating that the recipe clarity of my cookbook met all requirements. The clients said that each recipe had the perfect amount of text written, which helped to

Give me detailed feedback in terms of the taste of food, its cultural and nutritional details shared in the cookbook?

Overall design of the book is very appealing, content is well organised with colorful pages of dishes & dishes(recipe) well planned
Your Name: Sneha Joshi Cultural Background: Designer working in U.S.A.

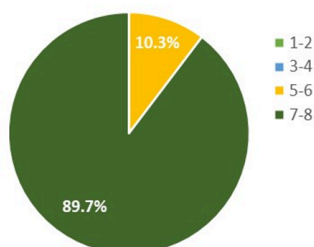
Give me detailed feedback in terms of the taste of food, its cultural and nutritional details shared in the cookbook?

I Very Much like the detail written for every recipe, and I like a lot that you have included the cultural & historical context

Your Name: Anir Gupta Cultural Background: Haryanvi ethnic

What would you rate the **Recipe clarity** of my cookbook according to my successes criteria

3 responses



According to me, giving

Give me detailed feedback in terms of the taste of food, its cultural and nutritional details shared in the cookbook?

Recipe clarity was good with detailed recipe and relevant photos. I was able to replicate "Malpua" in my 1st attempt

Your Name: Arpan Gandhi Cultural Background: Born & Brought up in Mumbai

the

understand in depth and step by step, however there was not too much text overwhelming them and adding unnecessary steps. Some felt that recipe clarity was impacted by lack of enough photos. As a third testing method I asked one of my friends who has never cooked

Ingredient list: The ingredient list which is present in the second page of every recipe according to me only deserves a 5 to 6. Despite there being all necessary ingredients before each recipe in a well-mannered format, and there also being the exact quantity of each ingredient needed mentioned in one consistent measuring unit the purpose for each ingredient was not given. To achieve the highest possible grade, it was necessary that the purpose of each ingredient is given, and although the purpose of most ingredients was either mentioned in the cultural and historical context or the nutritional value or the recipe itself some ingredients were missed out upon. 19 out of 29 rated 5-6, 7 respondents gave 7-8 and 1 gave 3-4. I had received personal feedback from my grandfather who has been

cooking Haryanvi cuisines for the past 65 years. My grandfather said all ingredients were in place. Overall, in my opinion, along with 19 of my audience's opinions, the ingredient list deserved to be 5-6. Some ingredients did not have their purpose mentioned

Table of contents: I feel all 4 strands of my success criteria were met in the table of contents section. The index in my cookbook was 1 page long. The index had alphabetically arranged all recipes making it easier for the reader to find each recipe even without the index. The index also provided the user with a brief description of each recipe. The index additionally had the page number of each recipe accurately mentioned, this makes it way easier for the reader to locate the recipe. 25 out of 29 rated 7-8, whereas others rated 5-6 showcasing extremely positive feedback and reflecting the quality of my table of contents. Respondents said the table of contents was perfectly designed, performed all its tasks in an effective manner and

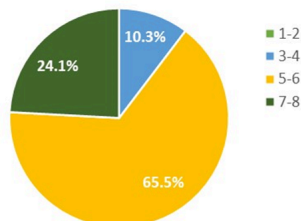
helped them not only get a better understanding of each dish in the cookbook but also help them find the recipe to the dish faster. In addition to this, to rate the table to contents from the perspective of a person who does not know what my cookbook is about, I went to 3 random strangers at a mall and showed them just my table of contents in the cookbook. I then asked them what they think the book is about and would they be willing to buy it and the reasoning. If the strangers were able to answer all the questions with justification and were able to predict what the cookbook was about meant, then ToC deserved to be a 7-8. All 3 strangers were able to guess what the cookbook was about and 2 also said they would be willing to buy the cookbook depending on its cost, showcasing positive feedback from my target audience, strangers, and self-evaluation.

Languages: It deserves 7-8, as it has extremely accurate language with punctuation marks and high quality of text. According to me the language was very easy to understand to a layman with no cooking terms used and sentence structures are very really well done. This helps enhance the clarity of each aspect of the cookbook making it a better overall product. In the cookbook there was no use of first person. This not only helps the cookbook look more professional but also gives the reader more confidence in the recipes of the cookbook. The language in the cookbook was additionally very sophisticated with using a wide range of vocabulary easy to understand. My cookbook was also available in 3 different languages, these languages were English, Hindi and Marathi to over 70% of the Indian population making the cookbook available to all. This helps

re-ignite traditional Haryanvi food all around India by addressing such a big population. All the translations have

What would you rate the **Ingredient list** of my cookbook according to my successes criteria

3 responses

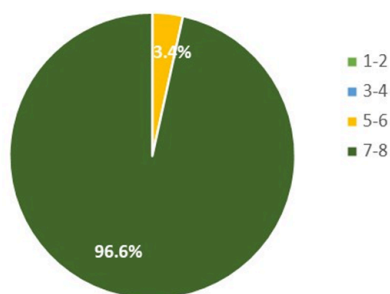


Give me detailed feedback in terms of the taste of food, its cultural and nutritional details shared in the cookbook?

Every dish is masterfully curated & helps appreciate true Haryanvi culture stand out taking me back to my roots
Your Name: Sumesh Agarwal Cultural Background: Banker (Parents from Haryana)

What would you rate the **Table of contents** of my cookbook according to my successes criteria

3 responses

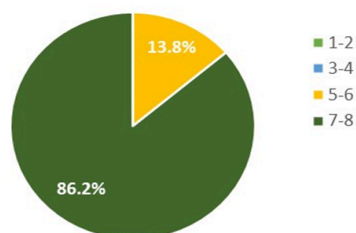


Give me detailed feedback in terms of the taste of food, its cultural and nutritional details shared in the cookbook?

Book is very well organized. The savoury description of each recipe on first page captured my attention!
Your Name: Rhea Fernandes Cultural Background: Catholic Mumbai resident

What would you rate the **Languages** of my cookbook according to my successes criteria

3 responses



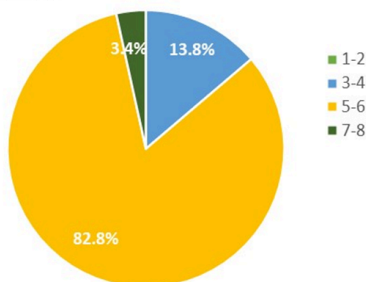
Give me detailed feedback in terms of the taste of food, its cultural and nutritional details shared in the cookbook?

The language used to describe the recipes can be understood very easily. Ingredients are also well described in both English & Hindi
Your Name: Piyush Bansal Cultural Background: C.A. working in Mumbai

been thoroughly checked to ensure that there is a high level of accuracy and quality of language. To check the quality of language in my google form which 29 of my target audience filled, 25 said that the quality of language was extremely good and deserved a 7 to 8. They said they were not able to find any mistakes throughout the cookbook, in addition they also were able to understand every aspect of the cookbook due to a simple yet effective style of grammar used. Despite getting such a high rating from my respondents this data is not fully reliable as most of the audience who filled in google form only speak English. To evaluate the other 2 languages of the product externally I asked my house help who only speaks Hindi and Marathi to look at my product and rate the language used in it. Both my house helpers also said the language deserved to be in the 7 to 8 band.

Nutritional value: For the nutrition value of my cookbook I feel most of my strands were successfully filled, however a few strands were missed hence giving the nutrition value in my cookbook a rating of 5 to 6.

What would you rate the **Nutritional value** of my cookbook according to my successes criteria
3 responses



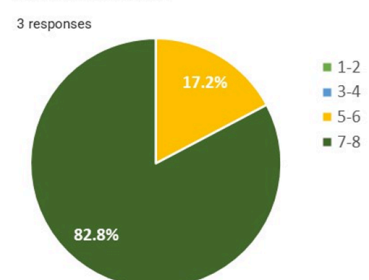
In my cookbook the overall nutritional value of the entire cuisine was provided. The calories of each cuisine were mentioned in the cookbook along with the positive and negative impacts of each recipe on the body. However the nutritional value of all ingredients wasn't provided. While the nutritional value of the main ingredients was provided either in the historical and cultural context, the nutritional value section or the recipe to be in the 7 to 8 band it was necessary that the nutritional value of all ingredients is provided. In addition to this there were no alternate ingredients provided in the cookbook. While making my cookbook I realised that traditional cuisines using alternate ingredients changes the

taste palette of the cuisine completely, hence no alternate ingredients were provided which downgraded the cookbook furthermore. In my google form out of the 29 people who responded 24 agreed with me saying the nutritional value only deserves to be in the 5 to 6 band. Some people also said the nutritional value should be downgraded furthermore

and be in the 3-4 band and only 1 person thought the nutritional value should be in the 7 to 8 band. I had also gone to a professional nutritionist who gives nutritional advice to many big athletes and she said she thought the nutritional value section wasn't the best and didn't match much with my success criteria hence should either be in the 3-4 or 5-6 band. Overall, the majority of my audience and I thought the cookbook deserves to be in the 5 to 6 band while the nutritionist was confused between 3-4 and 5-6 bands

Serving Size and equipment: According to me the size and equipment mentioned in the cookbook are well deserved of a 7 to 8 as they meet all requirements. The serving size of all recipes was mentioned for all recipes. The ratio of all the ingredients needed was also mentioned, this helped the user to easily scale up or down their recipe. Additionally the equipment for each recipe was also clearly mentioned along with substitute equipment which could be needed for different serving sizes. Even my users think this is true as out of the 29 people who responded 24 thought the serving size and equipment met all requirements and deserved to be in the 7-8 while only 5 people thought that the serving size and equipment deserves to be in the 5-6. I asked a professional haryanvi chef to rate my serving size and equipment size. He said he thought the serving size and equipment mentioned in the cookbook were perfect and deserved to be in the highest band.

What would you rate the **Serving size and equipment's** of my cookbook according to my successes criteria
3 responses



Learning Impact: This project had a large overall impact on my learnings and personality. This project required me to embrace cooking in its entirety - to be able to produce an honest product. I have learned to embrace uncertainty and believe in the process rather than focussing on results. The main lesson that I learned was that despite planning, things will not always go well. At the beginning I wanted to include significant facts about nutritional benefits of various ingredients, but soon realised that it is extremely challenging to scientifically establish this with credible data and that would increase my project scope which would be difficult to manage in given timelines. I am generally a socially shy person, but the project required me to reach out to various people, including extended family in my home town. I took this as a challenge, which I believe has helped to become a better **communicator** and I am now able to express myself confidently while listening and appreciating the perspective of others. This experience helped me develop an **open minded** attitude towards things and I have come to appreciate the importance of

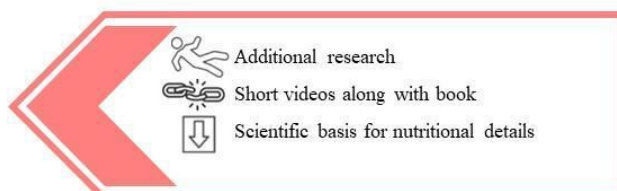
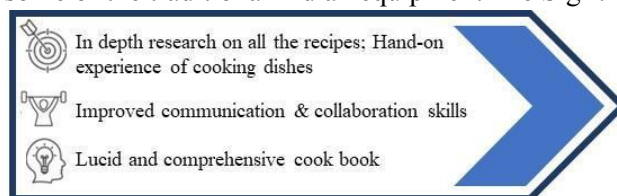
Give me detailed feedback in terms of the taste of food, its cultural and nutritional details shared in the cookbook?

I am extremely happy & excited about people like you taking interest in reviving regional, historic cuisine. It will not only increase awareness about the food, but also beneficial for restaurants. I would run a festival for Haryanvi cuisine, then launch a dedicated menu

Your Name *R. Chopra* Cultural Background *Haryana*

my own culture and history. I now patiently try to evaluate everyone's point of view. The project has helped me become more **knowledgeable** not only about cooking aspects but also about Haryanvi culture. I now have a deeper conceptual understanding of various aspects that make a cuisine stand-out, and use the cultural perspective to relate to Indian history. I also tried using some of the traditional Indian equipment like Sigri.

Challenges and how I faced them: I have developed a **risk-taker** approach, where I am not overly worried about unknown situations and look for newer ideas and innovative strategies (example while making Rabri, I realised that tick bottom pan was not available at home. However instead of giving-up on the dish I decided to work with existing equipment while taking extra efforts to prevent milk burning). The PP project was more challenging than I initially expected. It was extremely difficult to source authentic Haryanvi recipes. There is limited amount of high-quality literature material available on the internet and



no speciality chefs or restaurants offering authentic Haryanvi dishes. Most of the recipes available appear to be generic versions of dishes or a north India version, which combines practices followed by different states and chef's own experience. I was extremely disappointed in the beginning, which impacted timelines. However, eventually I decided to put in extra effort and do a thorough review of literature available online along with more detailed interviews of extended family members (still residing in Haryana). I faced some practical challenges while making dishes like Khichiya papad - while rolling hot rice cake, it would break. I had seen my old neighbour use roti pressing equipment and choose to use the same to solve this problem.

Areas of Improvement: The product has achieved high scores from all relevant stakeholders being audience survey and expert. Improvement areas: (a) *Digital medium vs Physical*: This the most prominent area, whereby the audience suggested having short videos alongside cookbooks to increase reach and appeal.

While it was a conscious decision to have a physical format, to enable time being spent on researching and learning recipes, I take this as feedback; (b) *Better cultural connection between recipes and region*: More time could have been spent on research to establish greater connection. As some of the dishes are also popular in other north India states with variations, details could have been included identifying these differences. Example Gatte is popular both in Haryana and Rajasthan with primary differences in curry base and stuffing in Gatte; (c) *Colour scheme used for the book*: Many of my users thought the color scheme of the cookbook was decent, however it could be improved upon to make the cookbook more pleasing to the reader's eye; (d) *Adding more cooking hacks or tricks*: This feedback I think is subjective and balance needs to be achieved between including important tricks and overcrowding the book with elementary tips.

Impact on Future Thinking and Career Choices: I am **not considering** cooking in my future educational and career-related choices. However, it will also remain my passion. I will look to channelise my interest in cooking / culinary skills to expand my "Meal Distribution" program as my contribution to the community.

Future Developments: (a) *Multiple medium*: E-versions of the books could be considered. The reach can also be improved by making short videos for YouTube and launching a dedicated webpage for easy search for audience; (b) *Scientific basis to establish nutritional aspect*: This is possibly the area with the most impact and value added. Work with food scientist and dieticians to establish chemical / molecular basis of different ingredients, how they react with each other and justification for historically usage in recipes; (c) *Different cuisines*: The scope could be enhanced to cover other local cuisines; (d) *Fusion food* or variation in recipes considering climatic conditions of places outside of Haryana, including commercial application.

I want to take this chance to thank IB for the wonderful opportunity they have provided me to be able to explore my roots and learn about my culture in a way I never could have imagined