



पसा पुचऱ गुथि, यूक रीडिंग

Pasa Puchah Guthi, UK Reading

Estd: 2009 Reading, UK

www.ppgukreading.org

Newah Culinary Heritage webinar conducted by PPGUK Reading

7th Feb 2021, Reading (Zoom-online):

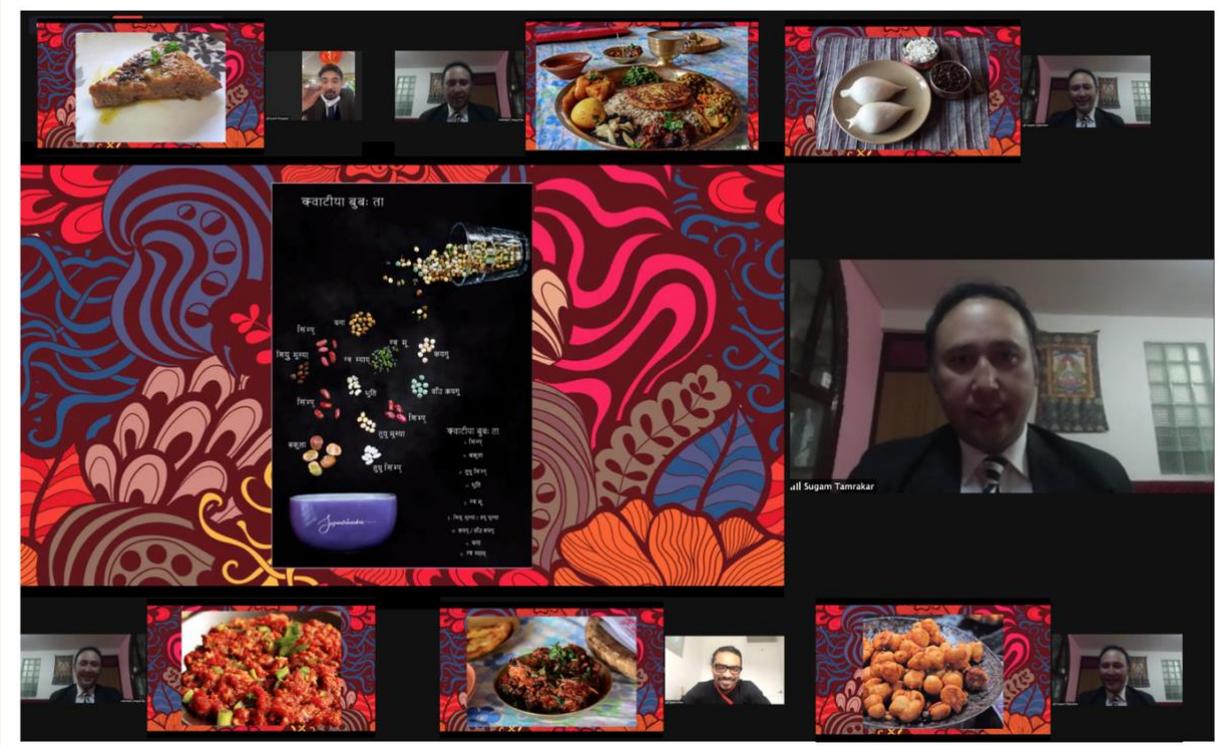
A. Intro:

Pasa Puchah Guthi UK, Reading in collaboration with Khanlhaa-Banlhaa has successfully conducted a webinar about Newah Culinary Heritage on 7th Feb 2021. The webinar had the presence of over 25 participants in zoom and more watching LIVE through the official Facebook page of PPG UK Reading.



B. Main points of welcome and introduction

The program was hosted by Mr Sudhanshu Malla, Joint Secretary of PPGUK Reading with the support of Mr Ojesh Singh, PPG UK BOT President. The program began with welcoming words by Miss Janaki Kayastha welcoming all participants and thanking Mr Sugam Tamrakar and all of the participants, PPGUK Reading President, and Mr Ojesh Singh highlighting the importance of food in Newari society in Nepal Bhasa. Shortly after that Mr Tamrakar started the presentation.



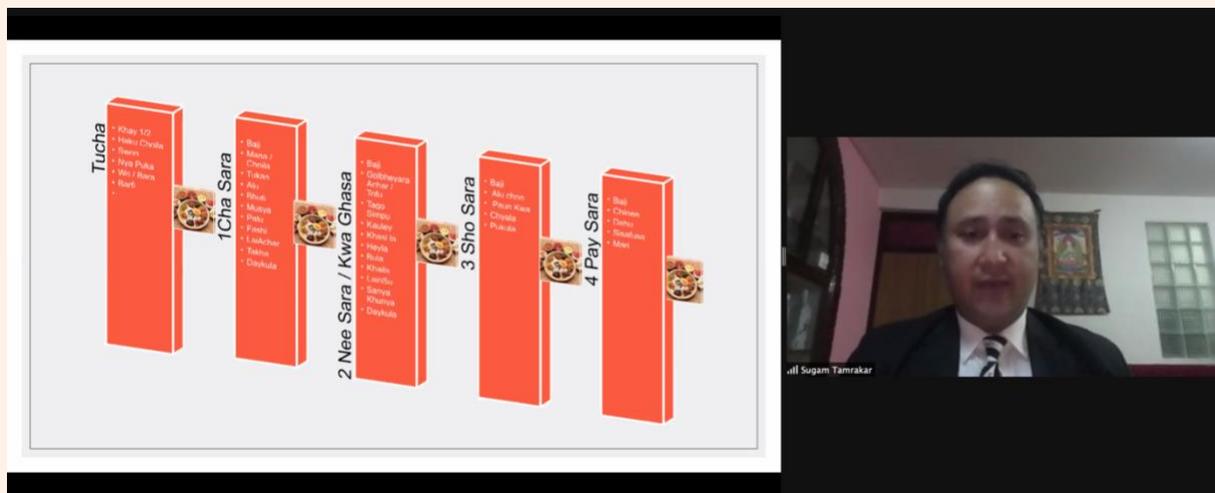
C. Intro of the presenter

Guthi had the presence of special guest and presenter Mr Sugam Tamrakar who clarified and reminded the participants about the importance and procedure of many typical Newah foods. Mr Tamrakar is a senior lecturer at AITM School of Hotel management under IMI University Switzerland. He has undertaken his studies both in the UK and US. He has a passion for Newah authentic food and has a depth of knowledge in Newah Culinary Heritage.

D. Main points of presentation/talk

Initially, slides of the typical Newah foods were shared and their recipes were explained. We realised Newah foods are not only of big variety but also prepared with regards to dietary importance. Our ancestors in Newah Civilization must have realised the health benefits of each bit of the dishes. For instance, it realised that *Kwati*, collection of various beans is to be taken during the 10th month of Nepal Sambat i.e. just before starting of winter months. It is consumed to keep our body both warm and nutritious throughout the winter.

Mr Tamarakar shared the knowledge and importance of our culinary heritage including *Sisafusa, Jujudhau, Salicha, Choila, Yomari, Palu, haku musya, achar, bhuti, tho, Gwara mari, cohi, Hilasha, Khewo, Chaamari, Sapu micha, Khha go, Kwati and many more*. To watch the saved video of the LIVE stream please visit: <https://www.facebook.com/ppgukreading/>



Likewise, Mr Tamrakar explained how a typical Newah feast takes places. He highlighted that it is mainly up to the host, background, occasion and availability of the material but a typical Newah feast would consist of following five phases:

1. *Tucha*
2. *Cha Sara*
3. *Nee Sara/ Kwa Ghasa*



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4. *Sho Sara*

5. *Pay Sara*

F. Activities after talk i.e. interactions/ Q&A

Followed by the presentation, there was a Q & A session where many participants actively participated with their curious questions and comments. To name a few, Mr Sushil Prajapati (BOT General Secretary) Marilena Frisone (Newah culture enthusiast, an active member & contributor) and many more. Question from Facebook LIVE and zoom chat were also shared with Mr Tamarakar. Some participants shared the myth about the origin of a certain dish and a quick discussion was held.

E. Highlight of the event and wrap up

Starting with importance and recipes of *choila*, *Yomari*, *Sapu micha*, *Kwati* etc. and finally the explanation of five-course in the feast, it was very eye-opening, clarifying any misunderstanding and amazing presentation; thank you Mr Sugam Tamrakar.

F. How and where was it broadcasted

As mentioned before, the programme took place via Zoom and was broadcasted LIVE and is available from the official Facebook page of PPGUK Guthi.

Finally, the webinar ended with short words from Miss Janaki Kayastha thanking Mr Tamrakar and all of the participants with a hopeful message to save our culture. The ending remarks were made by Mr Sudhanshu Malla, again thanking Mr Tamrakar and everyone for being very attentive and interactive participants. We, Pasa Puchah Guthi UK, on behalf of all the participants and viewers are grateful to you.

G. What next?

Pasa Puchah Guthi, Reading is planning to organise a series of webinars in coming future to keep up to date please visit www.ppgukreading.org and follow us in our Facebook and Instagram.

Janaki Kayastha

President,

PPGUK Reading