

---

---

## Indigenous Fermented Food and Beverages: A Potential for Economic Development of the High Altitude Societies in Uttarakhand

B. Roy, C. Prakash Kala, Nehal A. Farooquee and B.S. Majila

*G.B. Pant Institute of Himalayan Environment and Development, Kosi-Katarmal,  
Almora 263 643, Uttarakhand, India*

**KEYWORDS** High Altitude. Bhotiya Community. Traditions. Fermented Food. Beverages. Conservation

**ABSTRACT** The high altitude Himalayan region is characterized by diverse ethnic groups, which have developed their own cultures based on available natural resources, giving rise to a cultural diversity on par with the high level of biological diversity found in the region. Amongst the highlanders of Himalaya making and use of fermented food and beverages using local food crops and other biological resources is very common. Traditionally, Bhotiya tribal community of Uttarakhand State in Western Himalaya use to make two types of beverages such as *jann* (local beer), and *daru* (alcoholic drink) and also prepare fermented food locally called as *sez*. The traditional catalyzing agent used in the preparation of fermented foods and beverages is called *balam* in Kumaon and *balma* in Garhwal region of Uttarakhand, which is not prepared by all villagers in the society. This paper tries to document the various ingredients used in making indigenous beverages and the recipes for making them along with the linkages involved in the marginalisation of this practice and eco-friendly knowledge systems of the remote Himalayan region.

---

[Home](#)

[Back](#)

---