

# ASIAN INDIAN



**Traditional Asian  
Indian Cuisine Around  
the Neighborhoods of  
Chicago:**

**Taj Mahal**

1512 W. Taylor Street

**Gaylord Fine  
Indian Cuisine**

100 E. Walton Street

**Jaipur**

847 West Randolph  
Street

## TRADITIONAL ASIAN INDIAN CUISINE

- ◆ Use a variety of spices, including cumin, turmeric, chili powder, ginger, and garlic
- ◆ Typically prepare a variety of *dals* (lentils), *beans*, and *chaval* (rice) dishes.
- ◆ Hindus generally don't eat beef, Muslims avoid pork for religious reasons and second-generation Asian Indians are more likely to ignore these religious taboos.
- ◆ Indian cuisine is largely dependent on the region of India from which a sub community traces its roots.

## TRADITIONAL ASIAN INDIAN DISHES

- ◆ *Tandoori*, clay-baked chicken or fish marinated in yogurt and spices, popular North Indian dish.
- ◆ *Biryani*, flavored rice with vegetables and meats, served on festive occasions; often accompanied by *raita*, a cooling yogurt sauce.
- ◆ *Naans*, *rotis*, and *parathas*, variety of unleavened breads
- ◆ *Halva* and *burfi*, "sweetmeats" often eaten at the end of a festive meal
- ◆ *Green chutneys*, made of mint or coriander accompany a variety of savory fritters like samosas.
- ◆ Popular Southern Indian dishes include *masala*, *dosai* (crepes filled with spiced potatoes), *oridlis*, and *steamed rice cakes*





## DEMOGRAPHICS

- ◆ Countries include India, Pakistan and Bangladesh
- ◆ India most populated country of the region and 2<sup>nd</sup> most populated country in the world:
  - ◆ 1.252 billion people (2015)
  - ◆ 79.8% of population practice Hinduism (2015)
  - ◆ 14% Muslim
- ◆ 3.1 million people in United States (1% of population)
  - ◆ 51% consider themselves Hindus
  - ◆ 188,328 in Illinois (1.47% of state population)
  - ◆ 171,901 in Chicago-Elgin-Naperville (1.8 of state population%)



## HEALTH CONCERNS AMONG ASIAN INDIAN POPULATION

### Men

- ◆ Coronary Heart Disease
- ◆ Type II Diabetes
- ◆ Low HDL
- ◆ Hypertriglyceridemia

### Women

- ◆ Coronary Artery Diseases
  - ◆ 3x higher than U.S.
- ◆ Breast Cancer
  - ◆ 1 in 8 women
- ◆ Osteoporosis

## HOLI FESTIVAL

- ◆ Holi is a festival celebrated amongst Asian Indians that represents the end of winter, the victory of good over evil, and commemorates the burning of the demoness Holika.
- ◆ It is also known as the festival of colors!
- ◆ Holi occurs the day after the last full moon day in February or March (This year it was March 23rd)

