

NEWSLETTER

#5 | APR 2024

Nacho Tourism

unlock vibrant Nacho

Dear readers,

As the warmth of summer envelops Nacho, we invite you to embark on a culinary journey through the heart of this vibrant community. In this edition, we

we delve into the rich tapestry of Nacho cuisine, where each dish is a testament to tradition, flavor, and cultural heritage. Join us as we explore the unique flavors and culinary delights that define the gastronomic landscape of Nacho.

- **Shri Penga Tato**, DC, Upper Subansiri District &
Chairman, Destination Management Committee - Nacho

DESTINATION SPOTLIGHT

Mithun - State animal

The Mithun, revered as the state animal of Nagaland and Arunachal Pradesh, gracefully wanders the verdant landscapes of Northeast India, particularly in regions like Nacho, Arunachal Pradesh. Symbolizing strength, resilience, and cultural heritage, this magnificent creature holds a vital place in traditional livelihoods, enriching the tapestry of the region's natural and cultural heritage.



FLAVORS OF NACHO: DISCOVERING THE CULINARY LEGACY OF ARUNACHAL PRADESH

Nacho, steeped in its own culinary narrative intricately woven with the threads of its geography, climate, and cultural diversity. Its rugged landscapes and remote essence have birthed a cuisine exuding authenticity and resilience. Influenced by Tibetan, Central Asian, and Indian culinary traditions, it presents a tantalizing fusion of flavors, each infused with the essence of its heritage.

Rice and maize, nurtured by the fertile lands, serve as cornerstones of sustenance alongside an array of locally sourced vegetables and pulses. Nacho's culinary scene gracefully accommodates diverse dietary preferences, harmonizing Buddhist and indigenous culinary practices, offering a symphony of vegetarian, chicken, and mutton delicacies.

Join us as we embark on a gastronomic odyssey through Nacho, unraveling its vibrant tapestry of flavors and iconic dishes that epitomize its rich culinary heritage.



Local Pickle

A cherished staple of Nacho's culinary repertoire, local pickle embodies the region's love for preserving flavors. Crafted from an assortment of indigenous ingredients, including seasonal vegetables and aromatic spices, each jar brims with tangy and piquant notes, adding a burst of flavor to any meal.

Bamboo Shoots

Revered for their earthy taste and nutritional richness, bamboo shoots hold a prominent place in Nacho's gastronomy. Harvested from the lush forests that blanket the region, these tender shoots are transformed into delectable dishes, offering a delightful blend of crunchiness and subtle sweetness, complementing both traditional and contemporary recipes.



Pehak

A traditional delicacy cherished by locals, Pehak showcases the culinary prowess of Nacho's inhabitants. Prepared by fermenting soybeans or other legumes with indigenous herbs and spices, this savory condiment boasts a robust umami flavor profile, enhancing the taste of various dishes and adding depth to the dining experience.



Lukter

An emblem of Nacho's rich cultural heritage, Lukter is a traditional dish that celebrates communal dining and camaraderie. Consisting of meat, typically pork or beef, cooked with aromatic herbs and spices, this hearty stew exudes warmth and comfort, offering a savory indulgence that resonates with both locals and visitors alike.



Ette/Etting

Reflecting the region's agricultural abundance, Ette/Etting showcases the versatility of locally grown grains, particularly barley or buckwheat. Prepared by pounding the grains into a coarse flour and then cooking it with water or milk, this wholesome dish boasts a rustic charm and nutty flavor, making it a beloved comfort food among Nacho's inhabitants.



Amchee

A culinary gem cherished for its simplicity and robust flavors, Amchee embodies the essence of Nacho's gastronomic tradition. Smoky and flavorful, Amchee delights with smoked or dried meat, marinated in indigenous spices, offering a taste of Nacho's tradition.

