



Nepalese foods and traditions are unique because Nepal was closed to the outside world for centuries. Due to this, the Nepalese food had a minimum influence by foreign ingredients. Only after 1950 A.D, Nepal opened its borders for the outside world and thus, the Nepalese food got influenced by the Indian, Tibetan and Chinese cooking traditions.

Thankfully, the indigenous Newars of **Kathmandu valley** Once a lake, Kathmandu valley is the union of three Newar sister cities namely Kathmandu, Lalitpur and Bhaktapur . Surrounded by hills on all the sides, Kathmandu valley has always remained the center of Nepalese civilization and current modern urbanization of Nepal. The Newar community is the ethnic inhabitants of this valley with evidential history of 2000 years. All the 3 cities have an integral role in the development of cultural and traditional heritage as well as national economy. have preserved their authentic cuisines that have been left uninfluenced. One such cuisine is the

Samay Baji

Samay Baaji, Newari Food which is a set of dishes representing the five elements (Space, Earth, Water, Fire and Metal) and labeled as the pure food of the gods. It is served with Aila or Thwon, the common liquors that Newars make at home. What makes this traditional dish so popular is the range of varieties on offer.

This particular cuisine reminds of an old Newari song that goes, 'Laa Chaku Wayka Samay Baji, Walla Walla Pulu

