

## Summary

This thesis is the social history of colonial food practices in India and of the contribution that cookbooks and household magazines made by opening the new ways to understand the culinary practices, gender, and class between 1850 and 1925. This approach locates the thesis within the increasingly important historical literature of 'foodways'-practices associated with food and eating-within the colonial context. It departs from the other scholarships which maintains that colonizers (British) and colonized (Indians) were consuming completely different diet from colonized and that's why cookbooks were being produced abundantly in nineteenth century to advise memsahibs on how to food suitable for British. Other than this, it also contests the assumption that cookbooks were only the prescriptive texts published for British women to assist them in foreign land. Instead, it argues that British in India used to consume British diet but they also ate some local and hybrid cuisines. Moreover, it also sees cookbooks and the magazines as a tool used by British and then Indians as well, to disseminate their ideologies in India. This research studies cookbooks and magazines published by British and Indians in nineteenth century and analyzes the text critically to see the aim and impact of these publications. The study of the cookbooks and magazines reveals that these were not only the recipe books and advisory magazines but they represented the ideas and knowledge of the specific groups present in colonial India. British authors of cookbooks disseminated the imperial ideas about Indians to the British community present in India. These cookbooks portrayed Indian servants as unhygienic, filthy, and uncivilized and assigned women the duty to set example of healthy and civilized environment for them. This research also studies that how this culinary literature was defining the roles of women in Indian space. Later, Indian magazines also started producing the magazines that linked women to domestic sphere in order to protect its culture form foreign impact. In this process, food practices were shaping the lives of different groups of people. There can be no concrete statement about the dietary practices of the British and Indian communities as it varied according to their social status as well.