

ACKNOWLEDGEMENT

In this age of rapid modernization, age-old cultures are being lost each day. Traditional food culture too suffers from such onslaught. Perhaps the only way to save our indigenous food culture from being lost for eternity is to make proper study on the usefulness and benefits of these indigenous food products so that they can be used in new ways. The traditional foods of the Eastern Himalayas have received worldwide attention and recognition due to the relentless hardwork and dedication of Dr Jyoti Prakash Tamang, my research supervisor. His efforts have brought out the traditional fermented foods of the Himalayas from the narrow confines of domestic consumption to the scientific curiosity and study worldwide. I am eternally thankful to him for initiating me into this novel field, for all the valuable guidance, support and help in my research work and for all the learning experience under him. Words will not be sufficient to express my gratitude to him fully.

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Tadong

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