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## daalbhaat and climatic environment in Nepal

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In the Himalayan landlocked country, Nepal, the climatic environment and natural resources are diversified in accordance with its altitude. These diversities are impacted on culture of food in Nepal.

Nepalese people have daal bhaat as their daily food twice in a day. Daal means beans soup and bhaat means rice or grain. Besides them, they usually have tarkaarii (dish of vegetables or meat) and acaar (a sort of chutney). There are many differences in daal bhaat among Nepalese people because there are a lot of diversities in resources and climatic environment. Some people make fermented foods and others dried food to preserve as well.

In this report, I will show how diversified the Nepalese climatic environment is by examining daal bhaat.

Keywords: Nepal, Daal bhaat, fermentation, climatic environment