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Appendix - I

Glossary of Mizo Terms

Term	Definition
<i>A misa</i>	Parts of animals includes the head, trotters, and offal
<i>A ruhkaw</i>	Beef or mithun bones containing the bone marrow
<i>Aium</i>	Fermented crab paste with sesame seeds
<i>Al</i>	Salty
<i>Arsa kan</i>	Roasted chicken
<i>Bai</i>	Mizo stew
<i>Bâwl</i>	Mizo style salad/chutney
<i>Bekang um</i>	Fermented soyabean
<i>Buh</i>	Rice
<i>Buhban</i>	Sticky rice/glutinous rice
<i>Buhchiar</i>	A variety of rice porridge
<i>Buhfai</i>	Cleaned rice
<i>Buhfai tham</i>	Handful of rice
<i>Buhhâwp</i>	A variety of rice porridge
<i>Chakai</i>	Crab
<i>Chaw</i>	Food, rice
<i>Chaw bêl</i>	Rice pot

<i>Chaw chhûn</i>	Midday meal
<i>Chaw fûn</i>	Packed meal
<i>Chaw thlengpui</i>	Big wooden plate
<i>Chawhma</i>	Forenoon
<i>Chawhmeh</i>	Any dishes eaten with rice
<i>Chawhnu</i>	Afternoon
<i>Chawṭani</i>	Chilli-based side dish/chutney
<i>Chawṭhing</i>	Leftover rice
<i>Chhang Ruai</i>	Bread feast
<i>Chhangban</i>	Sticky rice bread
<i>Chhiah</i>	Tax
<i>Chhium</i>	Fermented sesame seed
<i>Chhûrbura/ Chhûra</i>	Name of a character in a Mizo Folktale
<i>Chi</i>	Salt
<i>Chibai</i>	Hello/handshake
<i>Chikhur</i>	Salt spring
<i>Chingal</i>	Filtrated ash water
<i>Dangpuithu</i>	A type of shrimp paste
<i>Dekchi</i>	A large pot
<i>Dên</i>	act of mashing or pounding
<i>Fatu</i>	Local chef

<i>Fatu</i>	Local Chefs/Cooks
<i>Fur rawl</i>	Kharif crops
<i>Hâng</i>	Umami taste/plain taste
<i>Hiar</i>	Minty/sting
<i>Hmarcha</i>	Chilli
<i>Hmarchate</i>	Bird's eye chilli
<i>Hmui</i>	Smoky/charred/toasty
<i>Hnahkhar</i>	Mallotus tetracoccus
<i>Hnahkiah</i>	Callicarpa arborea
<i>Hnatlang</i>	Communal work
<i>Huai</i>	Spirit
<i>Khâ</i>	Bitter
<i>Khawkhawm</i>	Village grouping
<i>Khuangchawi</i>	One of the stages in the traditional feast of merit
<i>Khuhhriang</i>	Wooden bowl
<i>Kohhran</i>	Church
<i>Krismas</i>	Christmas
<i>Kristian</i>	Christian
<i>Kumthar</i>	New Year
<i>Kurtai</i>	Jaggery
<i>Kût</i>	Festival

<i>Leipui</i>	Subsidiary jhum
<i>Lengkhawm</i>	Congregational singing
<i>Lo</i>	Farm/Jhum
<i>Mau fian</i>	Bamboo spoons
<i>Mitthikhua</i>	Village of the dead
<i>Nghapih</i>	Pungent paste made from fermented shrimp or fish
<i>Nûl</i>	Riverside farm
<i>Pathian</i>	God
<i>Phak</i>	Astringent taste/dry
<i>Pho ro</i>	Drying
<i>Pi</i>	Madam/Missus.
<i>Pialral</i>	Paradise
<i>Pu</i>	Mister
<i>Puithiam</i>	Village priest
<i>Rambuai</i>	Insurgency
<i>Rim teng</i>	odour off-putting
<i>Ruai</i>	Feast
<i>Ruai Theh Ni</i>	Feast Day
<i>Sa rêp</i>	Smoked meat
<i>Sachek</i>	Soup prepared from the tripe, chitterlings, and small intestines of beef, goat, or mithun

<i>Sadawt</i>	Clan priest
<i>Sakhua</i>	Indigenous religion/religion
<i>Sanpiau</i>	Rice boiled into congee or porridge
<i>Sap</i>	British/Non-Mizo foreigner
<i>Saum</i>	Fermented pork fat
<i>Sawhchiar</i>	A variety of rice porridge
<i>Sazu theipui hnah</i>	Ficus hirta
<i>Serh</i>	Sacred
<i>Sial</i>	Mithun
<i>Ṭam</i>	Famine
<i>Tapchhak</i>	Hearth
<i>Thak</i>	Spicy/hot
<i>Ṭhal rawl</i>	Rabi crops
<i>Thangchhuah</i>	Social status
<i>Thawhlawm</i>	Contribution
<i>Thingpui</i>	Tea
<i>Thingpui ruai</i>	Feast of tea
<i>Thingpui sen hang</i>	Unsweetened black tea
<i>Thlai rêp</i>	Sun-Dried Vegetables
<i>Thlangra</i>	Winnowing tray
<i>Thlum</i>	Sweet

<i>Thûr</i>	Sour
<i>Tlawmngaihna</i>	Altruism/ a traditional moral code
<i>Tûkṭhuan</i>	Morning meal
<i>Tûkṭhuan</i>	Morning meal
<i>Tungrung</i>	Fermented soya bean dish
<i>Ui sa</i>	Dog meat
<i>Urlawk ni</i>	Christmas eve
<i>Vai</i>	Non-Mizo Indian
<i>Vailenlai</i>	British period
<i>Vaipaden</i>	Cooking vegetables in a bamboo tube
<i>Vaiza</i>	Largeleaf rosemallow/hibiscus macrophyllus
<i>Vawk kawchhung</i>	Pork offal/innards
<i>Vawksa</i>	Pork
<i>Vawksa chhum</i>	Boiled pork
<i>Vawksa rêp</i>	Smoked pork
<i>Zaikhawm/Lengkhawm</i>	Gather to sing indigenous songs
<i>Zanriah</i>	Dinner
<i>Zo ar</i>	Country chicken
<i>Zo hnahthlak</i>	Zo ethnic group
<i>Zu</i>	Rice beer

Appendix - II

Glossary of vegetables and wild edible plants used in Mizos cooking

Sl.No	Local Name (Mizo)	Common Name	Scientific Name
1.	Aidu	Java cardamom	<i>Amomum dealbatum</i>
2.	Aieng	Turmeric	<i>Curcuma longa</i>
3.	Âlu	Potato	<i>Solanum tuberosum</i>
4.	Anbawng	Knotgrass	<i>Polygonum barbatum</i>
5.	Anhling	Black nightshade leaf	<i>Solanum nigrum</i>
6.	Ankasa	Toothache plant	<i>Spilanthes</i>
7.	Ankhapui	Green milkweed climber	<i>Dregea volubilis</i>
8.	Anţam	Mustard greens	<i>Brassica juncea</i>
9.	Anthur	Roselle leaf	<i>Hibiscus sabdariffa</i>
10.	Archangkawm	Indian trumpet flower	<i>Oroxylum indicum</i>
11.	Awmpawng	Sponge gourd / Chinese okra	<i>Luffa acutangula</i>
12.	Bachhim	Air-potato yam	<i>Dioscorea bulbifera</i>
13.	Baibing		<i>Alocasia fornicata</i>
14.	Bakkhate	Slender carpetweed/Bitter cumin leaf	<i>Glinus oppositifolius</i>
15.	Bahra	Yam	<i>Dioscorea spp.</i>
16.	Bahkhawr	Culantro/Wild coriander	<i>Eryngium foetidum</i>

17.	Bâl	Taro	<i>Colocasia esculentum</i>
18.	Bawkbawn	Brinjal/Eggplant	<i>Solanum melongena</i>
19.	Bawrhsaiabe	Okra/Lady's finger	<i>Abelmoschus esculentus</i>
20.	Behlawi	Cowpea	<i>Vigna sinensis</i>
21.	Behliang	Pigeon pea	<i>Cajanas cajan</i>
22.	Bekang	Soyabean	<i>Glycine max</i>
23.	Bean	French bean	<i>Phaseolus vulgaris</i>
24.	Bepui	Hyacinth bean/Indian bean	<i>Lablab purpureus</i>
25.	Bepui thla nei/Bepuipawr	Winged bean	<i>Psophocarpus tetragonolobus</i>
26.	Berul	Snake gourd	<i>Trichosanthes cucumerina</i>
27.	Bete	Rice bean	<i>Vigna umbellata</i>
28.	Buarpui chempai	Windmill palm	<i>Trachycarpus fortunei</i>
29.	Buh	Rice	<i>Oryza sativa</i>
30.	Buhban	Glutinous rice/Sticky rice	<i>Oryza sativa var. glutinosa</i>
31.	Buh tun	Millet	<i>Pennisetum glaucum</i>
32.	Bul-uih	Radish	<i>Raphanus sativus</i>
33.	Bul-bawk/Bulbial	Kohlrabi/Turnip	<i>Brassica rapa subsp. rapa</i>

34.	Carrot	Carrot	<i>Daucus carota</i>
35.	Chakawk	Fiddlehead fern	<i>Matteuccia struthiopteris</i>
36.	Changkha	Bitter gourd	<i>Momordica charantia</i>
37.	Changkhat/Kharek	Small bitter gourd	<i>Momordica charantia</i>
38.	Chana/Motor chana	Peas/Gardenpea	<i>Pisum sativum</i>
39.	Chingit	Indian prickly ash/ Szechuan pepper leaf	<i>Zanthoxylum rhetsa</i>
40.	Chhawhchhi/Chhibung	Sesame seed	<i>Sesamum indicum</i>
41.	Chhipui	Perilla seed	<i>Perilla frutescens</i>
42.	Dailuah/Dal	Lentil	<i>Lens culinaris.</i>
43.	Dawl	Taro leaf	<i>Colocasia esculenta</i>
44.	Fanghma	Cucumber	<i>Cucumis sativus</i>
45.	Fangra	Sword bean	<i>Canavalia gladiata</i>
46.	Hmarchapui	Chili pepper	<i>Capsicum annuum</i>
47.	Hmarchate	Bird eye chilli	<i>Capsicum frutescens</i>
48.	Hruizik	Edible cane	<i>Calamus erectus</i>
49.	Iskut	Chayote/squash	<i>Sechium edule</i>
50.	Kawhtebel	Snowflake aralia	<i>Trevesia palmata</i>
51.	Khanghû	Climbing wattle	<i>Senegalia pennata</i>
52.	Khatual	Chirata	<i>Swertia chirayita</i>
53.	Kâwl bahra	Sweet potato	<i>Ipomea batatas</i>

54.	Lambak/Darbengbur	Asiatic pennywort	<i>Centella asiatica</i>
55.	Lêngser	Comb mint (Lomba in Manipur)	<i>Elsholtzia griffithii</i>
56.	Lenhling (hling neilo)	Slender amaranth/green amaranth	<i>Amaranthus viridis</i>
57.	Mai	Pumpkin	<i>Cucurbita</i>
58.	Maitamtawk	Spine gourd	<i>Momordica dioica</i>
59.	Maipawl	Winter melon/Ash Gourd	<i>Benincasa hispida</i>
60.	Maian	Pumpkin leaf	<i>Cucurbita maxima</i>
61.	Mautuai	Bamboo shoot	<i>Bambusa vulgaris</i>
62.	Mim	Job's tears	<i>Coix lacryma-jobi</i>
63.	Pâ	Mushroom	<i>Pleurotus spp.</i>
64.	Pasi	Splitgill mushroom	<i>Schizophyllum commune</i>
65.	Pa uithin	Corrugated-cap milky	<i>Lactifluus corrugis</i>
66.	Pangbal	Tapioca/Cassava	<i>Manihot esculenta</i>
67.	Parbawr	Cauliflower	<i>Brassica oleracea</i>
68.	Pardi	Parsley	<i>Petroselinum crispum</i>
69.	Parhlawm/Broccoli	Broccoli	<i>Brassica oleracea</i> var. <i>italica</i>
70.	Pelh	Melinjo	<i>Gnetum gnemon</i>
71.	Phuihnam	East Indian glory bower	<i>Clerodendrum glandulosum</i>

72.	Purunsen	Onion	<i>Allium cepa</i>
73.	Purunvar	Garlic	<i>Allium sativum</i>
74.	Rawtuai/Rawnâl tuai	Bamboo shoot	<i>Dendrocalamus longispathus</i>
75.	Rêngan	Coffee senna/Stinking weed	<i>Senna obtusifolia</i>
76.	Run hmui	American basil/Lemon basil	<i>Ocimum Americanum</i>
77.	Saisu	Plantain pith/Banana stem	<i>Ensete superbum</i>
78.	Satinrem	African eggplant	<i>Solanum macrocarpon</i>
79.	Sap bawkbawn/Tomato	Tomato	<i>Solanum lycopersicum</i>
80.	Sap hmarcha	King chilli/Ghost pepper	<i>Capsicum chinense</i>
81.	Sapthei hnah	Passionfruit leaf	<i>Passiflora edulis</i>
82.	Samṭawk	Bitter tomato/Scarlet eggplant	<i>Solanum indicum</i>
83.	Sawhthing	Ginger	<i>Zingiber officinale</i>
84.	Sihneh	Tapering leaf eurya	<i>Eurya symplocina</i>
85.	Telhawng	Elephant foot yam	<i>Amorphophallus paeoniifolius</i>
86.	Ṭawkte/Samṭawkte	Bitter berry	<i>Solanum indicum</i>
87.	Ṭawkpui	Turkey berry	<i>Solanum torvum</i>
88.	Thingthupui		<i>Dysoxylum excelsum</i>

89.	Thinghmarcha	Black pepper	<i>Piper nigrum</i>
90.	Tumbu	Banana flower	<i>Musa balbisiana</i>
91.	Uithinthang	Fish mint/chameleon plant	<i>Houttuynia cordata</i>
92.	Um ei	Bottle gourd/Calabash	<i>Lagenaria vulgaris</i>
93.	Vaimim	Corn/maize	<i>Zea mays</i>
94.	Zawngtah	Stinky bean	<i>Parkia roxburghii</i>
95.	Zawngtahte/Zapan zawngtah	River tamarind	<i>Leucaena leucocephala.</i>
96.	Zema thingthupui	Asparagus	<i>Asparagus officinalis</i>
97.	Zikhlum	Cabbage	<i>Brassica oleracea</i>
98.	Zo-purun	Garlic chives	<i>Allium tuberosum</i>