

CUISINES OF THE NORTHEAST REGION



2026

Northeast India's cuisine is a vibrant blend of bold flavors and rich traditions, influenced by the diverse food heritages of its many communities. From fresh herbs and fermented delights to smoky meats and flavorful chutneys, each community brings its own unique flavor to the table. Using local ingredients like bamboo shoots, wild greens, and aromatic spices, the region offers an exciting variety of flavors: earthy, tangy, spicy, and deeply comforting, creating a truly unforgettable culinary journey.

उत्तर-पूर्वी परिषद्
उत्तर-पूर्वी क्षेत्र विकास मंत्रालय
भारत सरकार
नॉग्रिम हिल्स, शिलॉंग - 793003, मेघालय



NORTH EASTERN COUNCIL
Ministry of Development of North East Region
Government of India
Nongrim Hills, Shillong-793003,
Meghalaya

Website: <https://necouncil.gov.in>



ARUNACHAL PRADESH

Fusion of chicken curry and local herbs

Local Kheer: Black Rice with milk and dry fruits

Sun Mon Tue Wed Thu Fri Sat

2026

जनवरी
JANUARY

Gazetted Holidays

January 26 | Republic Day

Restricted Holidays

January 01 | New Year's Day

January 03 | Hazrat Ali's Birthday

January 14 | Makar Sankranti

January 14 | Magha Bihu / Pongal

January 23 | Sri Panchami, Basant Panchami

The additional restricted holidays also be observed as per the recommendation of CGEWC, Shillong

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ASSAM

Assamese thali with khar, aloo pitika, and joha rice, thali for the soul, thali for the heart

Pitha a bite of home, sweet and rooted in tradition

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2026
फ़रवरी
FEBRUARY

Restricted Holidays

February 01 | Guru Ravi Das's Birthday
 February 12 | Birthday of Swami Dayananda Saraswati
 February 15 | Maha Shivratri
 February 19 | Shiva ji Jayanti

The additional restricted holidays also be observed as per the recommendation of CGEWC, Shillong

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MANIPUR

Chakluk (thali) with fish curry, fresh vegetables, and tangy pickles served on a banana leaf

Singju: a vibrant salad of fresh vegetables, herbs, and spices, bursting with flavor

Sun Mon Tue Wed Thu Fri Sat

2026

मार्च
MARCH

Gazetted Holidays

March 04 | Holi
March 21 | Id-ul-Fitr
March 31 | Mahavir Jayanti

Restricted Holidays

March 03 | Holika Dahan
March 03 | Dolyatra
March 19 | Chaitra Suktadi / Gudi Padava /
Ugadi / Cheti Chand
March 20 | Jamat-Ul-Vida
March 26 | Ram Navami

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MEGHALAYA

Phan, Tungtap, and a platter of fresh herbs showcasing traditional flavors

Putharo and Dohsniang Neilong, traditional delicacies

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अप्रैल
APRIL

Gazetted Holidays
April 03 | Good Friday

Restricted Holidays
April 05 | Easter Sunday
April 14 | Vaisakhi / Visu / Meshadi (Tamil New Year's Day)
April 15 | Vaisakhadi (Bengal) / Bahag Bihu (Assam)

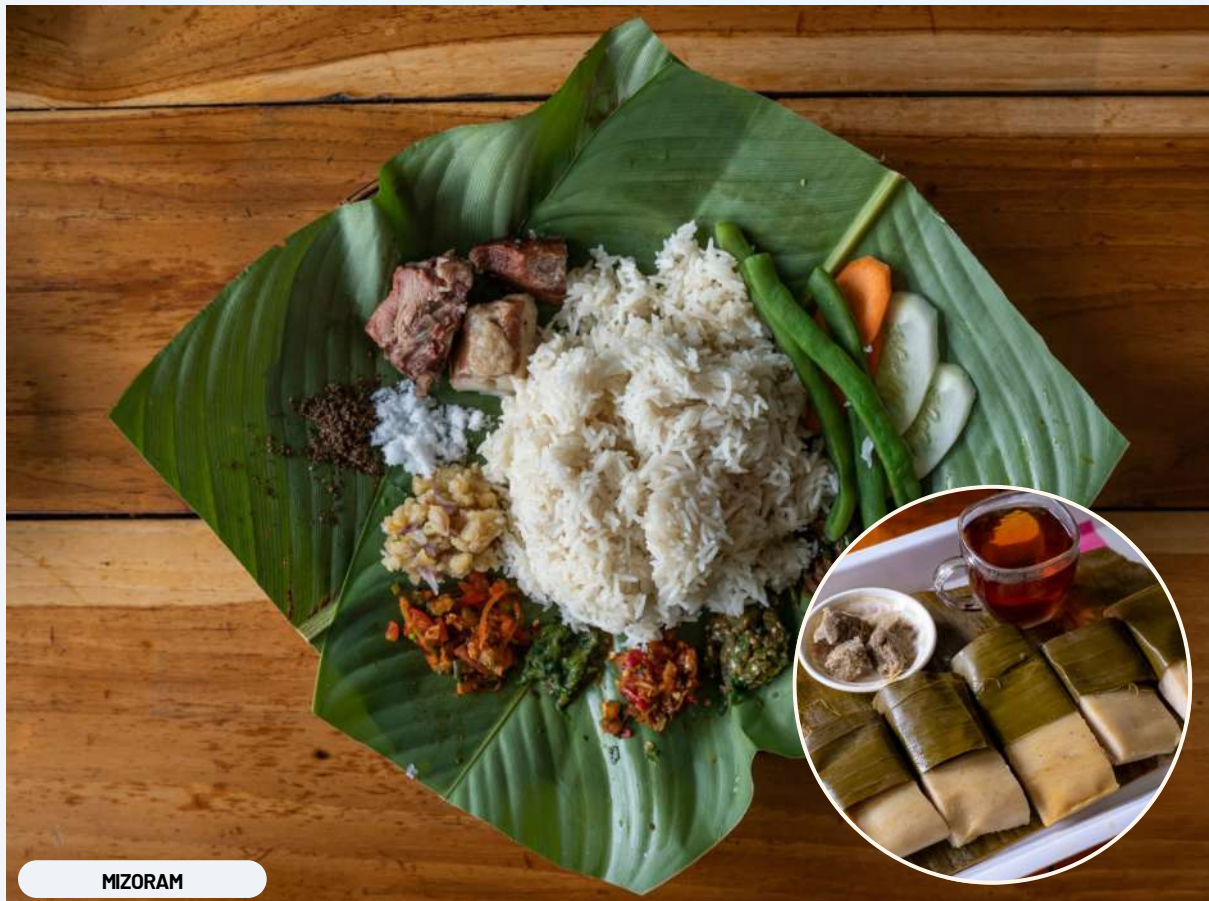
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MIZORAM

Typical traditional dish of cooked rice, vawksarep (smoked pork) and assorted vegetables

Chhangban, a traditional sticky bun, soft and flavorful

Sun Mon Tue Wed Thu Fri Sat

2026

**मई
MAY**

Gazetted Holidays

May 01 | Buddha Purnima
May 27 | Id-ul-Zuha (Bakrid)

Restricted Holidays

May 09 | Birthday of Guru Rabindranath Tagore

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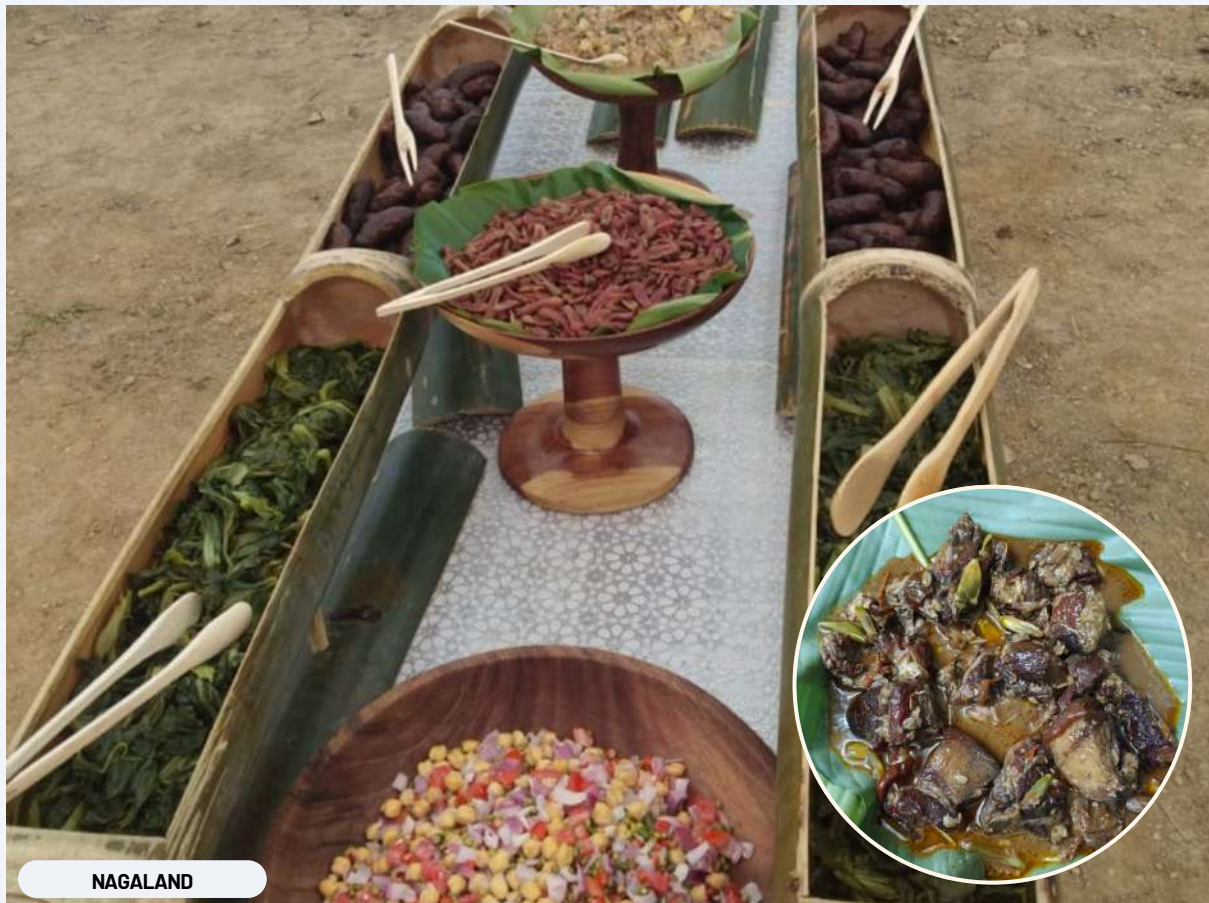
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NAGALAND

Fresh salad, shrimps and green veggies served in bowls carved from a giant bamboo, a true traditional feast

Pork with Axone, a flavorful delicacy with fermented soybean

Sun Mon Tue Wed Thu Fri Sat

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जून
JUNE

Gazetted Holidays
June 26 | Muharram

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SIKKIM

Zhero and khapse, traditional delicacies

Sel Roti, a traditional rice-based delicacy

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जुलाई
JULY

Restricted Holidays
July 16 | Rath Yatra

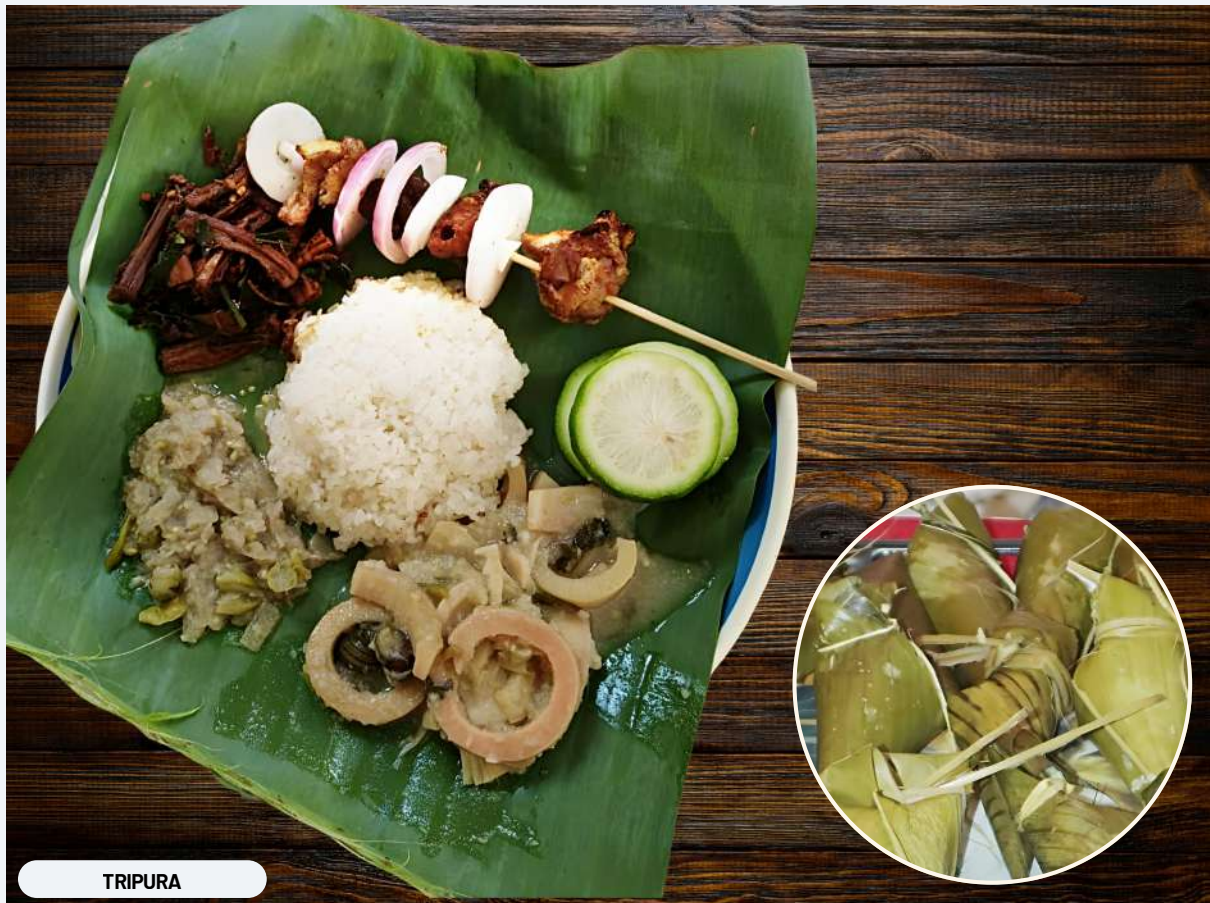
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TRIPURA

Mai, Muya Bai Kakamuk Awandru, Laiphang Awandru, Chatang, and Tok Bahan Hangjak

Awang Bangwi, a signature dish showcasing culinary heritage

Sun Mon Tue Wed Thu Fri Sat

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अगस्त
AUGUST

Gazetted Holidays

August 15 | Independence Day
August 26 | Milad-un-Nabi or Id e-Milad
(Birthday of Prophet Mohammad)

Restricted Holidays

August 15 | Parsi New Year's day / Nauraj
August 26 | Onam or Thiru Onam Day
August 28 | Raksha Bandhan

The additional restricted holidays also be observed as per the recommendation of CGEWC, Shillong

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ASSAM | ARUNACHAL PRADESH

Khar: Where Assam begins its meal and its story

A bowl of bamboo shoot & chicken bliss

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सितंबर

SEPTEMBER

Gazetted Holidays

September 04 | Janmashtami (Vaishnva)

Restricted Holidays

September 14 | Ganesh Chaturthi / Vinayak Chaturthi

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MIZORAM | MANIPUR

Pumpkin leaf stew with beans, chillies, and bamboo shoots, a traditional Mizo delicacy

Chagempomba: Manipur's comfort in a bowl

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अक्टूबर
OCTOBER

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Gazetted Holidays

October 02 | Mahatma Gandhi's Birthday
October 19 | Dussehra (Mahashvami)
October 20 | Dussehra (Vijay Dashmi) / (Mahanavmi)

Restricted Holidays

October 18 | Dussehra (Saptami)
October 20 | Dussehra (Mahanavmi)
October 28 | Maharishi Valmiki's Birthday
October 29 | Karaka Chaturthi (Karwa Chauth)

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MEGHALAYA | NAGALAND

Jadoh Stem, a traditional platter of Meghalaya

A Naga feast on a plate—local rice, pork, veggies, sausage & chutney. Pure tradition, pure flavour

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नवंबर
NOVEMBER

Gazetted Holidays

November 08 | Diwali (Deepavali)
November 24 | Guru Nanak's Birthday

Restricted Holidays

November 08 | Naraka Chaturdasi
November 09 | Govardhan Puja
November 11 | Bhai Duj
November 15 | Pratihara Shashthi or Surya Shashthi (Chhat Puja)
November 24 | Guru Teg Bahadur's Martyrdom Day

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SIKKIM | TRIPURA

Khuri, a traditional dish of Sikkim

Bangwi's subtle warmth and Mosdeng's bold richness from Tripura

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दिसंबर
DECEMBER

Gazetted Holidays
December 25 | Christmas Day

Restricted Holidays
December 23 | Hazrat Ali's Birthday
December 24 | Christmas Eve

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