

BBC

75+ TRIPLE-TESTED RECIPES

eat in \* eat out \* eat away

MARCH 2014  
₹ 100

# Good Food

India

*the fab veggie issue!*

- \* SPICY BEAN TOSTADAS
- \* JACKFRUIT CURRY
- \* LEMONY MUSHROOM PULAO
- \* ZUCCHINI LASAGNE

Brilliant veg pies in a jiffy

True-blue Saraswat menu for 4

Delish new ways with tomatoes



## EAT OUT

Find your perfect thali

Vicky Ratnani's Ziti18



## EAT AWAY

Eat like a Gujarati

Postcard from Kolkata



## MASTERCLASS

Gordon Ramsay's step-by-step mille-feuille p 109



MA17140301



# the great veggie reboot



Nothing says spring like veggies. You're probably polishing off greens by the carton and enjoying sun-ripened tomatoes out of hand. In other words, it's the perfect time for our veggie issue. This special meat-free edition celebrates and upgrades what great veg cooking is about in 2014 — the best possible ingredients cooked with a wow factor and consumed with gusto.

Our line-up is anything but ascetic. It's mind-bendingly delicious. Because we believe when you harness the enormous creative potential of veggies, you make dishes that meat would wish to be part of. March's bounty of produce proves you can never have too much of a good thing. Here are our delicious ways to put it all to use:

**Super veggies** The behemoths of the Indian market — pumpkins, lemons, lotus stems and jackfruits are all in here. Curry them, sauté them, make a sauce with them and see how these super veggies notch up meal after meal. Assemble picnic dip jars in flavours like *kasundi* and caramelised onion, ferment a batch of purple carrots for *kanji*, and show off with knockout banana desserts. And why go to a gourmet store to buy preserved lemons? Give them a shot at home. You'll be instantly addicted to their intense bursts of salty-citrusy flavour.

**Tomatoes by the bushel** Aren't tomatoes the happiest fruit? (Yup, technically they are fruits, not veggies.) We heart these pert beauties packed with cancer-fighting lycopene.

They add dimension to salads, colour to curries and pucker and punch to just about everything. Capture the juicy deliciousness of this pantry staple in eye-popping tarts, crunchy gratins, saucy pastas and more. As our recipes show you, tomatoes can go solo or play beautifully with others. We also zoom in on the vast plethora of tomato varieties. Don't know your Alicante from your Tigerella? Turn to **p 72**

**Saraswat on your plate** The brightly flavoured, coastal-accented dishes of the Chitrapur Saraswat community represent a remarkable convergence of Malvani, Goan, Konkan and Mangalorean influences. This month, chef-turned-home cook Akshata Karkaria reconnects with her Amchi heritage, one veggie dish at a time. Rare and unique, her home-style recipes — a legacy from her granny — are worth their weight in gold. I've fallen hard for the sweet and sour accents of the *tendli upkari* and the pineapple *sasam*. Looking for a restaurant that serves this cuisine? Head to Way Down South in Pune, featured in Off the Eaten Track this month.

**Pies gone savoury** Dining trends come and go but the veggie pie endures. And with good reason. It's a delicious antidote to the meat fatigue of winter and a great one-dish option for dinner parties. The versatility of this beloved classic means you can keep it classic — or not. Try our feisty mushroom and aubergine pizza pie or transform a humble aloo sabzi into a magnificent masala potato pie. Actually, you can substitute *any* seasonal ingredient. My only rule: choose whatever looks (and smells) best.

Fresh, crisp and vibrant, the season's best offerings brighten our easy yet elegant dishes. They're immensely flavourful and unerringly memorable.

Go on. Make magic on the plate.

*Sona Bahadur*

Sona Bahadur, editor

**TOTALLY TOMATOES**  
*The crown jewels of the pantry belong in more than just ketchup. P 64*



**JAR POWER**  
*These picnic dip jars are fast, fab and so much fun. P 12*



**WHAT A FEAST!**

*I love the layers of colour and flavour in Saraswat cooking. P 54*



**LET THEM EAT PIE**  
*Impress your guests with these rave-worthy veggie pies. P 46*



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**MAKE OUR COVER RECIPE!**

## Tomato, thyme and double cheese tart

Serves 4 ■ 1 hour 30 minutes

■ **EASY** ✓

*Get a double hit of gruyère from this tart – it's in the pastry as well as the filling.*

**cherry tomatoes** 450g, a mix of red and yellow (try Trikaya available at gourmet stores)

**olive oil** 2 tbsp

**salt** 1/4 tsp

**pepper** a pinch

**dijon mustard** 2 tsp (try Roland available at gourmet stores)

**gruyère** 100g, grated (try Le Superbe available at gourmet stores)

**thyme** 3 sprigs, leaves picked

### THE PASTRY

**all-purpose flour (maida)** 300g

**butter** 150g, chilled and diced

**gruyère** 75g, grated

**cayenne pepper** or **chilli powder** a large pinch (try ASA available at Foodhall outlets nationwide)

**salt** 1/2 tsp

**pepper** 1/4 tsp

**water** 10 tbsp, chilled

■ Preheat the oven to 190°C. Halve the tomatoes, put on a

baking tray, drizzle lightly with oil and season with salt and pepper. Cook for 10 minutes, then cool.

■ To make the pastry, sift the flour into a large bowl, add the butter and rub it in with your fingertips until the mixture resembles fine breadcrumbs. Stir in the cheese and cayenne, season with salt and pepper, then add cold water to bring together into a dough. Wrap in cling-film and rest in the refrigerator for 15 minutes.

■ Roll out the pastry and line a 30cmx20cm rectangular tart tin. Fill with parchment paper and beans and bake blind for about 15 minutes. Take out the paper and cook for another 5-10 minutes. Cool.

■ Mix the mustard and cheese and spread on the tart. Place the tomatoes on top and sprinkle with thyme and seasoning. Bake for 25-30 minutes. Let it cool for 10 minutes. To demould, run a sharp knife from below the tart and carefully slide it across the entire tart. Lift and place it on a plate. Serve warm.

■ **PER SERVING** 514 kcals, protein 14.2g, carbs 39.8g, fat 33g, sat fat 19.1g, fibre 3.6g, salt 1g

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## PRO vs PUNTER

Feel like the average diner doesn't always agree with professional reviews? Become our punter in the 'Pro vs Punter' section and review a restaurant along with a seasoned pro. To apply, write to us at [bbcgoodfood@wmm.co.in](mailto:bbcgoodfood@wmm.co.in).

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**ZINIO COPY**

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## Out & about

JUST A FEW GOOD PLACES TO EAT FEATURED THIS MONTH



### THE BBC GOOD FOOD LEGACY

- \* BBC Good Food is the UK's largest selling food magazine with a readership of over 1.1 million.
- \* [bbcgoodfood.com](http://bbcgoodfood.com) is the UK's most popular recipe site attracting 3.7 million unique users per month.
- \* The hugely successful iPhone & iPad apps have had over 70,000 downloads till date.

# Over to you

For top restaurant, recipe and travel tips, we ask you, our readers, to keep us in the know

## Write to us!

We love hearing from you. Email us your feedback, your favourite recipes and your comments at [bbcgoodfood@wmm.co.in](mailto:bbcgoodfood@wmm.co.in). Let's be in touch!



## Banana and poppy seed loaf

Serves 8-10 ■ 1 hour 15 minutes + cooling ■ **EASY** ✓

*Use up overripe bananas in this light and super-quick sponge cake topped with cream cheese frosting.*

**butter** 175g, softened + extra for greasing  
**self-raising flour** 175g (try Blue Bird available at gourmet stores)  
**soft brown sugar** 175g (try Tate & Lyle available at gourmet stores)  
**yoghurt** 75g, beaten  
**buttermilk** 75ml  
**baking powder** 1 tsp  
**baking soda** 1 tsp  
**bananas** 3, very ripe, mashed  
**vinegar** 1 tbsp  
**poppy seeds** 2 tbsp + extra to decorate

### THE ICING

**cream cheese** 200g (try Kraft available at gourmet stores)  
**icing sugar** 2 tbsp, sifted (try Blue Bird available at gourmet stores)

■ Heat the oven to 180°C. Butter and line a 900g loaf tin.  
 ■ Beat together all the cake ingredients in a large bowl. Pour into the loaf tin and bake in the centre of the oven for about 1 hour or until a skewer comes out clean. Turn out onto a cooling rack, and leave to cool.  
 ■ To make the icing, mix the cream cheese and the icing sugar and spread on top of the loaf. Decorate with poppy seeds.  
 ■ **PER SERVING** 380.6 kcal, protein 3.24g, carbs 43.16g, fat 22.42g, sat fat 13.65g, fibre 1.27g, salt 0.3g

## FOOD NATION MANGALORE



**Good Food** reader **Jenifer Fernandes** lists her favourite eateries in Mangalore

✳ **BREAKFAST** For a traditional breakfast, head to **Hotel Saptagiri International** (+91 824 248 1672), home to the most delicious buns. Served with sambar and chutney, this crispy breakfast delicacy is made of wheat flour and banana, sprinkled with cumin seeds and deep-fried to a golden brown. Meal for two, ₹100.

✳ **LUNCH** **Madhuvan's Village Restaurant** ([madhuvansvillage.com](http://madhuvansvillage.com)) in Yeyyadi is famous for Mangalorean staples such as the Chicken Ghee Roast, Pomfret Tandoori and crab *sukka* (roasted crab with coconut). Meal for two, ₹700. Spicy *goli bhajiye* (deep-fried dumplings) served with fresh coconut chutney make for a tasty snack. These can be found at most traditional Mangalorean restaurants and street stalls as well.

✳ **DINNER** **Aroma** (+91 824 249 7101) warrants a visit just for its signature prawn biryani. Meal for two, ₹1,000. A trip to Mangalore is incomplete if you do not visit **Ideal Ice Cream Parlour** (+91 824 245 5515). Gudbud, its frozen treat, is what gelato is to Italy. The Ghee Cake from **Cochin Bakery** (+91 824 243 5149) and the Fried Ice Cream from **Sanadige** (+91 824 424 5678) are also worth trying.



### HOW YOU PIMPED IT



This Banana and poppy seed loaf is an easy-to-make sponge cake. It is a light treat, and the aroma of banana makes it a very refreshing one. The cream cheese icing imparts a slightly salty flavour to the loaf, though it can be substituted with whipped cream. I served the cake warm with a drizzle of maple syrup and coffee-flavoured ice cream.

**Mona Sehgal** is the director of a Delhi-based renewable energy company and a cooking enthusiast.

### JOIN OUR TASTE TEAM

Our Taste Team comprises readers and home cooks who try our recipes and give us feedback on what they liked and what they would do differently. Write to us at [bbcgoodfood@wmm.co.in](mailto:bbcgoodfood@wmm.co.in) to join us.

33.3%  
Tomato soup



16.7%  
Spaghetti in tomato sauce



## GoodFood INSIDERS' POLL

What would you make with a batch of fresh tomatoes?

16.7%  
Tomato tart with double cheese crust



33.3%  
Tomato rasam



Dear editor,

I stared at the delectable

'doughsants' on the cover of your

February issue for a good 20 seconds.

Since my birthday and Valentine's Day fall in

February, I wanted to experiment with sweet treats

for both occasions. I tried the black velvet cake and

the chocolate fondants from the February issue and

loved them. I tried the classic Tub Tim Grob too.

It was savoured by everyone. Also, a jar of chunky

peanut butter I made from the magazine sits atop

my shelf to quell midnight cravings. You make food

fabulous, Good Food!

— Nikeeta Jagallo, Pune

LETTER  
OF THE  
MONTH

The winner of the letter of the month for this issue wins a Grand Celebration Hamper worth ₹ 4,900 from Godrej Nature's Basket. The hamper comprises goodies such as Valor's 70 per cent dark mint chocolate, Guylian's milk broken nuts, Ferrero Rocher chocolates, Galaxy Jewels' chocolates, Planters' whole honey roasted cashews, Pure Heaven's red grape juice, Waterthins' poppy cracked pepper twists, Poco Loco's smoky Texas salsa dip, Mission's chilli and lime corn chips, Jacobsens' assorted choco cookies and Lindt pistachio chocolate. To write in to the magazine, email us at [bbcgoodfood@wfm.co.in](mailto:bbcgoodfood@wfm.co.in) with your contact details.

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## READER RECIPE OF THE MONTH



Good Food reader  
Varsha Parikh  
shares her  
favourite  
recipe

### Zucchini stuffed with feta and minty tomatoes

Makes 8 ■ 1 hour 15 minutes ■ EASY ✓

- Salt 2 long thinly sliced zucchinis and keep aside for 45 minutes. Squeeze out the excess water and pat dry with a paper towel. Grill the zucchini slices for 3-4 minutes on each side till lightly browned.
- For the topping, heat 1 tsp olive oil in a pan, add 2 crushed garlic cloves and sauté for 30 seconds. Add 2 finely chopped tomatoes and 1 tsp chopped mint to the mixture. Season well with a pinch of salt and 1/2 tsp pepper and simmer for 10 minutes until thickened.
- Cut 50g feta into sticks, then place



them over the zucchini slices at one of its ends. Wrap the zucchini over the feta to create a roll. Arrange the rolls in a baking tray and put 1 tsp of the mixture atop each roll. Sprinkle 1/2 tsp oregano over the rolls. Bake for about 15 minutes at 160°C, then serve hot.

The winner of the Reader Recipe of the Month wins a special gift hamper worth ₹ 2,000 from Dalmia Continental Pvt Ltd (DCPL), a leading company of premium wellness foods. The hamper contains an array of products from DCPL's Leonardo brand, such as extra virgin olive oil, olive pomace oil, whole wheat pasta, premium pasta, premium pickle in olive oil, pimento stuffed olives, black sliced olives and two recipe booklets.



# In this issue



## AKSHATA KARKARIA

Akshata Karkaria is a chef-turned-home cook. She completed a Grand Diplome in cuisine and pastry from Le Cordon Bleu in the United Kingdom. Karkaria trained at Indigo in Mumbai and then worked at Olive Bar & Kitchen as their head pastry chef. She has served as a culinary consultant with Chamiers and Amethyst, two restaurants in Chennai, and helped set up the Anokhi Cafe in Jaipur. Karkaria developed the Chitrapur Saraswat menu in Entertaining on **p 54** exclusively for *Good Food India*.

## GORDON RAMSAY

Gordon Ramsay is a Scottish celebrity chef, restaurateur and TV show host. One of the most recognised faces of the culinary world, he received the OBE in 2006 and currently holds around a dozen Michelin stars across his restaurants in the United Kingdom, United States, France, Qatar and Italy. Ramsay has written several bestselling books such as *Hell's Kitchen*, *Gordon Ramsay's Great British Pub Food* and his autobiography, *Roasting in Hell's Kitchen*. In this issue, he shows you how to assemble the perfect Strawberry and white chocolate mille feuille in Masterclass on **p 109**.



## VICKY RATNANI

Vicky Ratnani is a chef, television anchor, cookbook author and culinary consultant based in Mumbai. A graduate of the Institute of Hotel Management in Mumbai, Ratnani is currently corporate chef of fine dining at Dish Hospitality, a company that owns and manages a number of restaurants across India, including the popular Aurus and Nido in Mumbai. In this issue, Ratnani shares his recipe for Ziti 18 in Signature Dish on **p 93**.



## ANEESH BHASIN

Aneesh Bhasin is an award-winning lifestyle photographer, oenophile and writer based in Mumbai. He is the co-founder of India's first wine-centric smartphone app and consumer platform, Indian Wine List, and is also a partner at Four Wise Men, a brand that specialises in producing small batches of wine from the vineyards in Nashik. In this issue, he lists his pick of New Zealand wines in Wine Guide on **p 113**.

## BHANU HAJRATWALA

Bhanu Hajratwala is a home cook who specialises in Gujarati cuisine. She was raised in a traditional Gujarati family in the Fiji Islands and now resides in California. Hajratwala has compiled cookbooks and conducted cookery classes for community organisations in the United States, New Zealand, India and Australia. She shares home-style recipes from her book, *Gujarati Kitchen*, in Eat Like a Local on **p 98**.



# Get to know us

Our five easy-to-navigate sections enable you to find exactly what you are looking for. Here's what you can expect to see in every issue of Good Food India:



## \* First Bite

Our opening section is the perfect appetiser for the pages that follow. First Bite brings you the month's freshest food buzz — new launches, events, great bargains, supermarket sweeps, health tips on food and more. **P 12**



## \* Eat In

The largest section of the magazine, Eat In is packed with fabulous recipes with little tips and tricks that are perfect for the home cook. Each recipe is triple-tested by us so you get it right the very first time you make it. We've got everything covered — from easy everyday dinners and show-off menus for the weekend to modern veggie dishes and kid-friendly recipes bursting with flavour. **P 31**



## \* Eat Out

This section stands out for its uniquely positioned restaurant reviews and features that are authoritative, objective and reliable. In Off The Eaten Track, we revisit a classic café or restaurant and walk you through its heritage. **P 81**



## \* Eat Away

Our seasoned travel journalists and food experts arm you with insider information and recipes from the world's most exciting food destinations. Eat Like A Local brings easy, authentic menus from around the world while our Postcards tell you where to eat while travelling. **P 97**



## \* Masterclass

Learn to cook like a pro in our Masterclass section. Pick up cooking lessons directly from culinary masters in India and abroad. We also feature nifty kitchen gadgets that sharpen your kitchen skills and our easy wine guide is perfect for wine lovers. **P 108**

# How to get the best from Good Food India

## Why you can cook our recipes with confidence

All the recipes in Good Food are tested thoroughly, so they'll work the first time for you at home. Most of our recipes are developed in the Good Food test kitchen by our cookery team or come from food writers and chefs. We aim to make our recipes as practical as possible, keeping ingredient lists to a minimum and avoiding lengthy preparations.

## How we triple test our recipes

**1** The first time is by the recipe writer, who tests the recipe in a domestic kitchen.

**2** Next, a member of the cookery team makes the recipe in the Good Food India kitchen.

**3** The recipe is then tested at our photo shoot. Some recipes are tested a fourth time at home by individual members of the Good Food editorial team – we're all keen cooks and often can't resist trying out a recipe we particularly love, as soon as we've discovered it.

Testing our recipes three times or more may seem over-cautious, but mistakes can be costly, so we think it makes sense to ensure you get the right result every time.

## What our symbols mean

**EASY** Recipes everyone can make, even beginners. These dishes are usually quick, often on the table within 20 minutes.

**MODERATELY EASY** These require a bit more skill – for example making and rolling out pastry.

### A LITTLE EFFORT

Recipes aimed at experienced cooks who cook for pleasure and like a challenge.

**CAN BE FROZEN** Unless otherwise stated, freeze for up to three months. Defrost thoroughly and heat until piping hot.

**VEGETARIAN**  Meat-free dishes.

**JAIN**  Suitable for Jain cooking.

## Over to you

Have a family recipe to share or think you could add to our recipes? Email us at [bbcgoodfood@wmm.co.in](mailto:bbcgoodfood@wmm.co.in) and let us know. We're always on the look out for new places and food stories and would love to hear about great places to eat in your hometown.

## LOOK OUT FOR THESE HIGHLIGHTS



Those recipes marked with this stamp are the simplest and require very little effort.



Recipes that can be made under 20 minutes. Perfect for hectic weekdays.



Show-off recipes when you fancy a challenge. These recipes require a little effort.



For a list of stores that stock gourmet ingredients, turn to p 153

## THE GOOD FOOD INDIA PROMISE

We hope you enjoy our lively mix of recipes, restaurant reviews and travel features. We attempt to make them fun to read, but we are also serious about eating well and doing it sustainably. Here's what you can expect from this and every issue:

**TRIPLE-TESTED RECIPES** All our recipes are tested at least three times. For great results, we recommend you use standard level measuring spoons, and don't mix imperial and metric measures.

**EASY RECIPES** Most of Good Food's recipes are quick and simple to follow and can be made using easily available ingredients.

**THE ODD CHALLENGE** Weekends are perfect for elaborate meals and entertaining. We've included a smattering of show-off recipes for those who enjoy a good challenge.

**GOOD VALUE** Look out for our recipes that aim to make the most of your budget – 7 meals for ₹ 700. We also use full packs, cans and jars where we can, to avoid waste, but if that's not possible we aim to suggest ways of using up leftovers.

**SEASONAL EATING** We love using seasonal ingredients in our recipes because they give the food a distinct flavour and add seasonal freshness.

**HEALTHY EATING** We reckon the 80% sensible, 20% indulgent way of eating is best which is why we support our recipes with nutritional info. We'll also tell you how to give popular recipes a healthy makeover.

**PROVENANCE MATTERS** Where possible, we use humanely reared meats, free-range chickens and eggs, sustainably sourced fish and unrefined sugar.

**INTERNATIONAL SAVVY** Sometimes, recipes call for ingredients that aren't available locally and can't be brought to India without notching up air / sea miles. It's your choice whether or not you use them.

**CHEAP EATS AND SMART TREATS** Hole-in-the-wall eateries and fine dining restaurants – there's room for both in Good Food's Eat Out pages.

**LOCAL KNOWLEDGE** The Eat Away section arms you with insider info and recipes from the world's most exciting food destinations written by on-the-ground food journalists.



# Thai Magic

New Delhi got a true taste of Thai food at *Good Food India's* live masterclass with Master Chef Yenjai Suthiwaja in association with Kotak Mahindra Bank and Godrej Nature's Basket

Words PRIYANKA HOSANGADI Photographs SHEIKH MALIK

After Chinese, Thai is the second most popular Asian cuisine among Indian diners, and it isn't difficult to see why. With its bold flavours that combine the best of sweet, sour, salty, bitter and spicy, Thai food has struck a chord with the Indian palate. At *Good Food India's* recent live masterclass in New Delhi, Master Chef Yenjai Suthiwaja of Neung Roi at the Radisson Blu Plaza Delhi showed enthusiastic customers of Kotak Mahindra Bank's 'Silk' programme how easy it is to make impressive yet easy Thai dishes at home. The event was held in January at the Godrej Nature's Basket outlet in Defence Colony.

The 90 minute-long masterclass began with Tod Man Khao Pod, or corn fritters with sweet chilli sauce. Chef Suthiwaja dipped corn kernels in a batter of tempura flour, julienned kaffir lime leaves, turmeric powder, red curry paste, sugar and Golden Mountain seasoning. Served hot and crisp with a sweet chilli sauce, this simple veggie starter was a hit with the participants.

Next up was the sweet and sour Yam Som-o, a pomelo salad with a palm sugar and tamarind dressing. Chef Suthiwaja made

the sweet and tangy dressing by reducing a mixture of tamarind pulp, palm sugar, sugar and salt. While the sauce cooled, she prepared the salad by mixing pomelo segments with crispy fried onions, sliced baby onions, chopped red chilli, kaffir lime leaves and roasted coconut. The salad was then tossed with the tamarind dressing and served garnished with some more fried onions. The participants loved the different textures and flavours. They saw that they could replace the pomelo segments with grapefruit. She also demonstrated two popular non-vegetarian recipes — Massaman Kea, or lamb curry with potato and onions, as well as fish cakes with long beans served with a cucumber relish.

The masterclass ended on a sweet note with a traditional Thai dessert, Tub Tim Krob, or blanched water chestnuts in chilled coconut jasmine syrup. Chef Suthiwaja made the masterclass more interesting by explaining the finer nuances of cooking Thai food to the participants at each step. She also emphasised the importance of presentation and decoration of the dishes. The participants left with these easy Thai recipes and goodie bags from Godrej Nature's Basket.



# first bite Picnic dip jars

From an Asian edamame and chilli to a Mediterranean-inspired roasted bell pepper, dip your way through these perky mixes guaranteed to notch up your snacking



Roasted pepper  
and almond dip

Cucumber  
and dill dip

Pea guacamole dip

## SKINNY DIPPING

Stylish finger food doesn't have to be fattening or involve hours of fiddly preparation. These vice-free yet appetising dips are ready in a matter of minutes and make for a clever addition to a picnic basket too. Dunk in crudité's – think batons of raw radish, carrot and cucumber, celery and bell pepper sticks or crisp chicory leaves – and down as many as you like (recipes overleaf).

# Dipping Point

Venture beyond hung curd. Smother your crudités with these inventive, easy-to-prepare dips instead

## Pea guacamole dip

Serves 4 ■ 10 minutes ■ EASY ✓

Recipe JANINE RATCLIFFE

■ Whizz **400g blanched green peas** and **6-8 tbsp hung curd** in a food processor until it attains a smooth consistency. Stir in a **small bunch of chopped coriander**, **1 very finely chopped red onion**, **1 finely chopped red chilli**, the **juice of 2 limes**, **1/2 tsp salt** and **1 tsp ground cumin**. Mix well, then spoon the dip into a glass jar and fill the jar with **assorted crudités** or **chips**.

■ *PER SERVING 113.25 kcals, protein 9.71g, carbs 18.36g, fat 0.51g, sat fat 0.07g, fibre 5.61g, salt none*

## Roasted pepper and almond dip

Serves 4 ■ 10 minutes ■ EASY ✓

Recipe JANINE RATCLIFFE

■ Whizz **400g drained roasted red peppers from a jar**, **2 crushed garlic cloves**, **150g peeled and blanched almonds**, **1 tsp smoked paprika**, **1/2 tsp salt** and **1 tsp ground cumin** in a food processor with **4-6 tbsp olive oil** from the red pepper jar to achieve a dipping consistency. Mix well, then spoon the dip into a glass jar and fill the jar with **assorted crudités** or **pita chips**.

■ *PER SERVING 392 kcals, protein 8.83g, carbs 12.84g, fat 36.15g, sat fat 3.96g, fibre 5.39g, salt none*

## Edamame and chilli dip

Serves 4 ■ 15 minutes ■ EASY ✓

Recipe LUCY NETHERTON

■ Cook **150g podded edamame beans** in a pan of **boiling salted water** for 4 minutes. Rinse under cold running water and drain. Blitz with **75g hung curd**, **1/2 chopped fresh red chilli**, **juice of 1/2 a lime**, **1/2 tsp salt** and **1/2 crushed garlic clove** until smooth. Fold in **1/2 finely chopped red onion** and a **handful of**

**chopped coriander**. Mix well, then spoon the dip into a glass jar and fill the jar with **assorted crudités** or **rice crackers**.

■ *PER SERVING 71 kcals, protein 6g, carbs 6g, fat 3g, sat fat 1g, fibre 2g, salt 0.04g*

## Cucumber and dill dip

Serves 4 ■ 10 minutes ■ EASY ✓

Recipe AMIT PAMNANI

■ Peel and grate **1 cucumber**. Squeeze tightly till all the juice is extracted. Add this cucumber to **1 cup hung curd** and mix well. Add **1/4 tsp salt**, a **squeeze of lemon** and a **handful of chopped dill**. Then spoon the dip into a glass jar and fill the jar with **assorted crudités** or **chips**.

■ *PER SERVING 56 kcals, protein 10.13g, carbs 4.58g, fat 0.03g, sat fat none, fibre 0.14g, salt 0.2g*

## Kasundi and caramelised onion dip

Serves 4 ■ 15 minutes ■ EASY ✓

Recipe AMIT PAMNANI

■ Thinly slice **1 onion**. Heat a pan with **1 tbsp olive oil** and sauté the onion until golden brown. Keep aside. Whisk together **1/2 cup curd** with **2 tsp kasundi (Bengali mustard sauce)**, **2 tsp honey**, a **pinch each of salt and chilli powder**. Chop the caramelised onions and add to the kasundi-curd mix. Add **2 tsp lemon juice**, spoon the dip into a jar and fill with **assorted crudités** or **chips**.

■ *PER SERVING 78 kcals, protein 1.51g, carbs 5.96g, fat 5.54g, sat fat 1.24g, fibre 0.48g, salt 0.1g*



Edamame and chilli dip

## THE JURY'S OUT

### Guinness

#### THE CASE FOR

A few glugs of this delightfully smooth Irish stout and I was sold. Call me quirky but I'd prefer to pour mine as a chilled drink to accompany a full breakfast – a perfectly refreshing way to start a day. This dark toasted lager with a rich creamy head seems like a better version of a cappuccino, just right for a coffee fiend like me. While Guinness may be rather unusually flavoured, being experimental with tipples never did anybody any harm. For those who gripe about the stout being a tad flat, its frothiness and strong caramel-like taste undoubtedly make up for the customary fizz one otherwise associates with beer. Now where's my glass?

- KHORSHED DEBOO

#### THE CASE AGAINST

Yes, I know this is an iconic stout with a history of over 250 years. And yes, there's no denying its light and dark shades are gorgeous at first pour. But those "chocolatey" flavours – they taste plain burnt and bitter to me. I've heard that Guinness is an acquired taste, but after several attempts to like it, it still hasn't grown on me. Just a few sips leave my palate feeling terribly dry. The creamy head doesn't do much for me either. I much prefer the caramel-malty sweetness of red ale, or the fresh, citrus-like zing of fresh wheat beer. Here's a tip for fellow sceptics: instead of emptying your glass into the nearest flowerpot, pour the stuff into your pies and stews instead. There, it works magic.

- SHREYA GUPTA



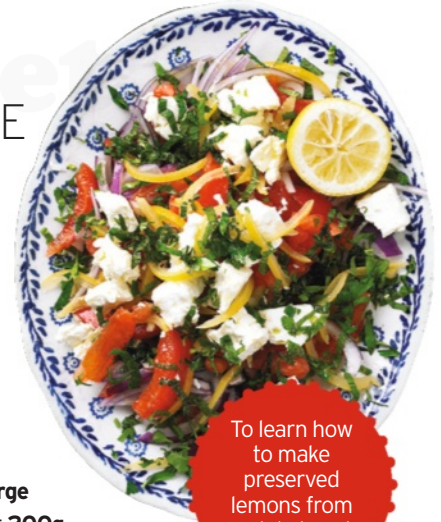
## CUPBOARD LOVE PRESERVED LEMONS

### How to use up...

#### \* Preserved lemon and tomato salad with feta

Remove the pulp and rind from **1 preserved lemon** and cut into strips. Chop **4 deseeded tomatoes** into thick strips. Mix the lemon and tomatoes with **1 large thinly sliced onion**. Crumble over **200g feta**, drizzle with **2 tbsp olive oil** and **2 tbsp lemon juice**, and scatter over a **handful each of chopped parsley and mint**. Toss and serve with **warm, crusty bread**.

\* **Vegetable couscous with chickpeas and preserved lemons** Bring **2l vegetable stock** to a simmer in a pan. Add **3 tbsp harissa paste**, **3 chopped carrots**, **2 chopped potatoes**, **2 wedged red onions**, **1/2 chopped pumpkin** and **4 sliced leeks**, bring back to the boil, then reduce the heat and simmer for 15 minutes. Add **12 halved dried figs** and cook for 5 minutes more. Meanwhile, put **200g couscous** and **200g boiled and drained chickpeas** into a bowl, add **25g butter**, and season with **salt**. Pour **350ml boiling water** over the couscous, cover with cling-film, leave aside for 10 minutes, then fluff up with a fork. In a separate bowl, combine **1 finely diced red onion**, **3 sliced spring onions**, **2 tbsp harissa**, **50ml olive oil**, **200g boiled chickpeas**, **2 tbsp lemon juice** and a **small bunch of chopped coriander**, then mix into the couscous. Ladle over the vegetables and broth, add **2 tbsp preserved lemons** and some **chopped mint**. Try Al Fez available at gourmet stores, ₹ 295 for 140g.



To learn how to make preserved lemons from scratch, turn to p 150

Photograph PETER CASSIDY

## SUPERMARKET SWEEP

Pop into Foodhall for a satisfying weeknight meal



TOTAL COST  
₹ 394

### Halloumi with baby potatoes, broad beans and mint

Serves 2 ■ 20 minutes ■ EASY ✓

Boil **6 baby potatoes** (₹ 10) with a **small bunch of mint sprigs** (₹ 3) and a **pinch of salt** for 10-12 minutes. Drain and slice thinly, discarding the mint. Dry-fry **100g sliced Lemnos halloumi** (₹ 645/180g) in a hot pan until golden. Whisk **1 tsp olive oil**, **1 tsp Colavita red wine vinegar** (₹ 5), **2 tsp lemon juice** (₹ 1) and season with **salt** and **pepper**. Toss **2 shredded lettuce leaves** (₹ 50/250g), **1/2 diced cucumber** (₹ 10/250g) and the potatoes in the dressing, add the halloumi and **150g cooked broad beans** (₹ 60/kg). Scatter with chopped mint, add a squeeze of lemon and serve.



Recipe ANNA GLOVER  
Photograph DAVID MUNNS

## FRESH ON THE SHELVES

What's new in supermarkets this month?

### WHOLE FOODS GLUTEN-FREE CHAPATI FLOUR

₹ 170 for 1kg

Since gluten is what gives wheat flour its characteristic elasticity (and helps chapatis fluff up, as a result), we weren't sure how well Whole Foods' gluten-free flour would fare. In place of wheat, the flour is made of a mixture of jowar, arrowroot, soybean, sago or *sabudana*, rice flour and xanthan gum, which is used as a thickener. The stickiness of the *sabudana* helps the flour bind easily with a little warm water. Our chapatis were perfectly round with light brown spots. With a high protein content of 15.6g per 100g and no sugar, this is a great, albeit pricey, gluten-free option.



### GREEN'S THE ORIGINAL PANCAKE SHAKE

₹ 425 for 200g

Green's, a popular Australian brand, makes it possible to dream of pancakes for breakfast and dish them up with no effort. (Of course, this convenience comes at a steep price.) All you need to do is to add water to the plastic jar that contains the dry pancake mix,

shake vigorously and pour the viscous batter on a greased pan. We got five thick yet fluffy pancakes. You can add more water to the batter if you prefer thinner, less dense pancakes. While the saturated fat content is negligible, we were alarmed by the sodium level – 375mg per 100g.

### NORDIC KANDIE MAGIC

₹ 1,850 onwards for a box

If you can forgive the slightly amateurish presentation of these 'luxury marzipan delicacies' from Estonia in the European Union, you might find yourself appreciating the grainy texture of the marzipan, made of high-quality Mamra almonds, which

are considered nutritionally superior to other varieties.

Each marzipan sweet is individually packed to protect its fragile exterior of flavoured chocolate. We anticipate that these unabashedly sweet treats are likely to be a hit with children.



## COCKTAIL OF THE MONTH

### Snake Charmer

Makes 1 ■ 10 minutes

■ EASY ▼

Recipe [imlistreet.com](http://imlistreet.com)

Cut **1 passion fruit** in half and squeeze into a cocktail shaker. Add **40ml spiced rum, 10ml Malibu, 10ml coconut cream, 20ml milk, 20ml double cream, 10ml apple juice, 1 tbsp mango purée** and **1 tsp sugar syrup** and shake well. Pour into a hurricane glass, top with **crushed ice** and a **dash of passion fruit liqueur**.



Photograph SAM STOWELL

## THE HISTORY OF PIZZA

- \* The first ever history of Rome – written in the 3rd Century BC – referred to a 'flat round of dough dressed with olive oil, herbs and honey baked on stone'.
- \* Flatbreads popped up in Italy sometime during the 18th Century, when street vendors would sell very plain versions of today's typical pizza (no tomato, no cheese) to poor people all over Naples.
- \* Legend has it that in the 1880s, Queen Margherita developed a taste for Naples' street food and asked a local pizzeria to bring her a selection of their pizzas. The mozzarella, basil and tomato topping (made to represent the colours of the Italian flag) was her favourite and now bears her name.
- \* It wasn't until after World War II that pizza became popular in America and the rest of Europe. Soldiers posted in Italy had developed a taste for it and got their fix back home from Italian immigrants who knew how to make it.
- \* Nowadays pizza is second only to hamburgers as America's favourite food. The nation eats around 350 slices every second!



Words CHARLOTTE MORGAN  
Photograph DAVID MUNNS

## CULINARY CONNECTIONS



Sharing your table with a stranger? Yes, we've warmed up to that idea – it's been doing the rounds at eateries across Mumbai. But for those tired of restaurant fare,

yet willing to break bread with someone unfamiliar, there are plenty more options. We're particularly taken with MealTango ([mealtango.com](http://mealtango.com)), where you can sample home-cooked delicacies right at your host's table. The project spans 20 cities across the world including Mumbai, London, Dubai and Osaka. Sign up on the easy-to-navigate website and you could be eating spicy *kathal* (jackfruit) masala at a Kayastha home, *vonn* (Goan coconut kheer) in Pune or a traditional vegetarian Hungarian meal in Budapest. Launched in September last year by Pune-based husband-wife duo Saket Khanna and Neeta Valecha, MealTango follows close on the heels of initiatives such as Traveling Spoon ([travelingspoon.com](http://travelingspoon.com)), Once Upon My Kitchen ([onceuponmykitchen.com](http://onceuponmykitchen.com)) and Gypsy Kitchen ([facebook.com/pages/GypsyKitchen](https://www.facebook.com/pages/GypsyKitchen)), all of which pay tribute to regional *ghar ka khana* and the humble home cook. About time, too!

## CHEAT SHEET GRANA PADANO

■ The first 'Grana' cheese was produced nearly a thousand years ago, in 1135, in Lombardy, Italy. The Benedictine monks who farmed the land around the Po Valley in northern Italy needed a way to preserve the milk they didn't drink right away: their solution was a long-ripened hard cheese, named 'grana' due to the grainy structure that was different from all other cheeses.

■ Grana Padano rose to fame as a highly esteemed ingredient at Renaissance banquets. Wheels of the cheese were also used as local currency, given as gifts at Christmas, and even accepted by banks as assurance for a loan.

■ Grana Padano cheese is matured between nine to over 24 months. This variance in maturity leads to differences in the flavour and texture of the cheese. There are three different vintages: Grana Padano (aged between nine to 16 months), Grana Padano (over 16 months) and Grana Padano 'oltre 16 mesi' (over 20 months). Only wheels that meet the highest standards receive the PDO fire-brand and only those which are tested by technicians from the Consortium for the protection of Grana Padano Cheese a second time receive the 'riserva' branding.



Words DAVIDE OLDANI  
Photograph GARETH MORGANS

## TABLE HOPPING Get your first taste of the hottest new restaurants on the block



### THE HUNGRY MONKEY, NEW DELHI

The Hungry Monkey serves 'modern European fare with a Californian twist'. While the mains are fairly conventional (think pastas, risottos and burgers), the appetisers are impressive – there's Mini shrimp cocktail éclairs, Calamari 'Fritti' with wasabi aioli, Warm Caprese profiteroles and Zucchini fries. They also encourage diners to 'Instagram' their food, with the aim to build a visual menu on the photo-sharing platform.

B6/6, DDA Market, Safdarjung Enclave.  
Tel: +91 11 4604 9801



### HE SAID SHE SAID, MUMBAI

Pegged as the country's first shot bar and café, He Said She Said makes its debut in Mumbai. There are almost 40 shots on offer – classified as layered, creamy, chocolatey, spicy and Mumbai specials. Some even feature ice cream that's made in-house. The concoctions here are quirkily named: the I Clove You is a blend of whiskey and clove, while the Masala Chai is a vodka-based shot flavoured with tea. Bar bites comprise tandoori dishes, sliders and pizzas. *Remi BizCourt, Behind Fun Republic, Veera Desai Road, Andheri (W). Tel: +91 22 3093 2030/ ext: 356*



### CAFÉ DELHI HEIGHTS, NEW DELHI

The Gurgaon outpost of Café Delhi Heights finds favour among patrons for its Italian, Indian and Lebanese grub. The café has now opened its doors in the environs of the DLF Promenade Mall. Comfort food arrives in the form of small plates, burgers, pizzas, noodles and barbecued dishes. Known for its signature Juicy Lucy Burger, the café also offers a hearty American breakfast and a repertoire of fresh juices.

R-308, Second Floor, DLF Promenade Mall, Vasant Kunj. Tel: +91 11 4109 9797

need to know  
news, trends, shopping

# trends we like *paper trail*

These quirky paper napkins will add oodles of style to your cocktail party and make short work of the clean up too!

Compiled and styled by SHREYA GUPTA Photograph MIHIR HARDIKAR



1. **True Vino Wine Stain napkins**, available at [fabfurnish.com](http://fabfurnish.com) for ₹ 220
2. **Newspaper Print paper napkins**, available at [houseproud.in](http://houseproud.in) for ₹ 220
3. **Happy Hour paper napkins**, available at Party Basket for ₹ 250
4. **You Need A Refill paper napkins**, available at Party Basket for ₹ 250
5. **Colourful Cocktails paper napkins**, available at [houseproud.in](http://houseproud.in) for ₹ 210
6. **True Vino Pick Me cocktail napkins**, available at [fabfurnish.com](http://fabfurnish.com) for ₹ 220

ON TEST

# Thousand Island salad dressing

Overwhelmed by the huge variety of TI salad dressings in the market? We test seven popular brands to find which one's dressed to thrill

Words KAINAZ CONTRACTOR Photographs SHREYA GUPTA Products courtesy FOODHALL



**GOLDYNA**  
₹ 299/250ml

The only brand with the right consistency for a salad dressing, Australian product Goldyna impresses us instantly. It has finely chopped gherkins, capers and chillies that enliven the mayonnaise and lend a tart bite when mixed with greens. Its lovely vinegar flavour makes this a winning combination with chips as well as a good dipping sauce for treats such as potato wedges or vegetable tempura.



**REMIA** ₹ 175/250ml

This Dutch import is perfect for those who like their salad dressing to have a punchy vinegar base. That's not to say that Remia's doesn't possess the usual tinge of sweetness we expect from Thousand Island dressing but the vinegar certainly dominates. The visible slivers of dehydrated onion and chilli offer some flavour to the mayonnaise base. But be generous with the dressing. As per the serving suggestion we add 20g to our salad but this isn't nearly enough to make an impression.



**INA PAARMAN'S KITCHEN**  
₹ 350/300ml

We expectantly search for spicy and sweet flavours in this dressing. What we get is a smooth condiment that is light orange in colour but isn't particularly bursting with flavour. The South African brand suggests using it as a dip for chips, but we feel it's a tad too sweet for that, unless you pair it with vinegar or chilli-flavoured chips. We recommend using it to dress tofu or mixed leaf salads. Make sure to perk it up with other ingredients to balance out the sweetness.



**CREMICA** ₹ 80/350g

One taste of Cremica's affordable dressing is all you need to realise it is made and marketed for the Indian market. It's a vegetarian dressing, they've traded in sweet for spicy, and the light orange colour of Thousand Island is replaced with a darker and viscous dressing that appears to be only distantly related to mayonnaise. Use this in bolder Indian salads where the strong hit of red chilli purée will be appreciated.



**DR OETKER FUN FOODS** ₹ 89/260g

Pleasantly tart with just the right amount of sweetness, this Indian brand surprises us with its smooth finish and non-synthetic taste (given the generous amounts of additives mentioned on the label). The diced onion and cucumber in the dressing offer a nice bite when tossed in potato salad or used as a dip. We suggest you keep this affordable dressing on standby in your refrigerator: it's sure to come in handy.



**AMERICAN GARDEN** ₹ 250/267ml

A suitable and well-priced option, American Garden's dressing has a wonderfully smooth texture. Gherkins add depth to the rich, creamy tomato-based mayonnaise. We love the bite that comes from the gherkin relish. The dressing is a tad sweeter than we'd like but that's nothing an additional splash of vinegar can't fix. For those looking for an affordable brand among the most crowd-pleasing of mayo-based salad dressings, look no further!

**PRAISE** ₹ 375/330ml

Praise's vegetarian Thousand Island is one of the most expensive brands we test but sadly this doesn't translate into a tasty dressing. In fact, it is the most synthetic of them all. It doesn't achieve a good balance in flavours and leans towards vinegary. The fact that it is almost unnaturally baby pink in colour isn't too comforting either. The Australian import claims to be 99 per cent fat-free, but we'd prefer a tastier, fat-filled version any day.



**DID YOU KNOW?**

Thousand Island is a creamy classic dressing that's made with mayonnaise, lemon juice, paprika, Worcestershire sauce, mustard, vinegar, cream and ketchup. It's arguably the most popular of mayonnaise-based salad dressings. Thousand Island typically contains finely chopped ingredients such as pickles, onions, olives and pimento, and makes for a fine accompaniment to crisp lettuce salads, seafood cocktails and crudités. It's also wildly popular as a sandwich spread. The perfect TI should be sweet and creamy, with a slightly tangy edge.

# BARGAINHUNTER

Good Food tracks down this month's top foodie meals and deals

All prices  
PER HEAD  
excluding taxes  
and travel

## \* ₹ 231-A-HEAD DINNER PARTY FOR 4!



\* Orzo, feta and pepper salad (p 40) ₹ 384

\* Lemony mushroom pulao (p 34) ₹ 325

\* Banana and burnt butter pudding (p 80) ₹ 213

Total ₹ 922  
(₹ 231 per head)

## \* ₹ 899 UNLIMITED SANGRIA OFFER AT MONKEY BAR, BENGALURU



Bengaluru gastropub Monkey Bar is famous for its burgers, gourmet breakfast and potent cocktails. They run a packed house every night. To steer clear of the crowds, we suggest you get here during the day, and settle into one of their quirky booth-style settees with a drink. If you need more urging, here it is: the popular watering hole has just introduced an unlimited sangria offer on weekdays. Sip your way through the Bloody Red, White Lady and Pink Devil, made with full-bodied red, white and rosé wines respectively. Their sangrias are studded with chopped fresh fruit and blended with a dash of soda. We can raise a glass to that. Tel: +91 80 4111 6878; Monday – Friday, 12 pm – 7 pm.

## \* ₹ BEER-SLIDER OFFER AT CAFÉ SUNDANCE, MUMBAI



We've enjoyed many an evening tucking into Sundance's signature turtle burgers and incredibly affordable alcohol before it underwent a makeover in 2012. While neither find mention on its revamped menu, we like their latest beer-slider offer for ₹ 150. Ward off weekday blues with a pint of Kingfisher and your choice of slider: options include Tenderloin cubed steak with black pepper jus and cheddar and Slow-roasted pork belly with star anise barbeque sauce and roasted garlic. Vegetarians can opt for the Soy mince Bolognese-style slider with tomato salsa and horseradish aioli. Tel: +91 22 2202 6212; Daily 4 pm – 7 pm.

## \* ₹ 529 UNLIMITED BUFFET LUNCH AT COPPER CHIMNEY, CHENNAI



A lazy afternoon is best spent tucking into a hearty meal. Copper Chimney encourages you to do just that, with their value-for-money lunch buffet. This 42-year-old restaurant chain serves up authentic north Indian fare. The meal begins with tomato or chicken soup, followed by a variety of chaats and tandoori kebabs, along with mains such as Achari murgh, chicken biryani, Kashmiri pulao and dal makhani. The elaborate spread also includes accompaniments like tandoori and roomali rotis, naan, lachcha parathas and stuffed kulchas. Round off your afternoon with gulab jamuns, ice cream and rabdi. Tel: +91 44 2254 1700; Daily 12 pm – 3 pm.

# The healthy ingredient

# PUMPKIN

Gourd gracious! Turns out that the humble pumpkin is chock-full of nutrients

Words MADHURI RUIA

**W**hether it's the kind that is used to make a Jack O' Lantern at Halloween or the sort that was used for Cinderella's carriage, pumpkin is a much loved fruit. It is treated as a vegetable and finds use in a variety of cuisines across the world: in pumpkin sabzi cooked with tamarind juice, in creamy pumpkin purée, in raitas, koftas, cheesecakes and pies, and most recently, in coffee shop lattes.

## PACKED WITH GOODNESS

Pumpkins come in all shapes and sizes. Giant pumpkins range from 4-6kg to a whopping 25kg. They are usually yellow or orange, although there are some species that are white, pale to dark green and red. Although tough, the outer rind is smooth, with light ridges defining the surface. In the hollow centre of the fruit lie hundreds of white pumpkin seeds enmeshed in a fibrous web. (These are a valuable source of Omega-3 'good fats', quality protein and a host of other vitamins.) A strong and sturdy stalk at the top of the pumpkin holds its contents together.

As is befitting of a fruit with such an elaborate structure, pumpkin boasts impressive nutrition stats. A regular intake of just a 100g four to five times a week can go a long way towards fortifying your health. A 100g contains just 20 calories, making it a great choice for those looking to lose weight. Its fibre content helps in regulating cholesterol levels. Besides, pumpkin is a storehouse of anti-ageing and immunity-bolstering



## GOOD TO KNOW

**Avoid choosing pumpkins with shiny skin, because this indicates that they have been picked early and are not ripe enough to cook with. Those with a dull finish are optimally ripe.**

antioxidants such as vitamins C, E and A. In particular, it is one of the most concentrated sources of vitamin A, with 100g providing you as much as 100 per cent of the recommended dietary allowance (RDA) of the nutrient. Vitamin A promotes good vision and skin health, and also maintains the mucous membranes that line and protect the body. There's more. Pumpkins are also a great source of the B-complex group of vitamins such as folates, niacin, vitamin B-6 (pyridoxine), thiamin and pantothenic acid as well as copper, calcium, potassium and phosphorus, all of which build immunity and provide energy to the body.

## PICK THE RIGHT KIND

Smaller-sized pumpkins are best for cooking. Choose ones that are plump, well hydrated and free of blemishes and soft spots. Avoid choosing pumpkins with shiny skin, because this indicates that they have been picked early and are not ripe enough. Those with a dull finish are optimally ripe and best to cook with. Pumpkins are versatile and combine well with other food groups, such as yoghurt in a raita or salad, or milk in halwa. They add heft to vegetable, meat and poultry dishes as well. For added nutrition, cook pumpkin with a dollop of ground pumpkin seed butter, or toss a few pumpkin seeds into a salad for your everyday dose of healthy fats.

**NUTRITION AT A GLANCE**

Amount per 100g (boiled, drained, without salt)

| Nutrient           | Amount  | % daily value |
|--------------------|---------|---------------|
| Calories           | 20      | 1%            |
| Total fat          | none    | none          |
| Total carbohydrate | 5g      | 2%            |
| Dietary fibre      | 1g      | 4%            |
| Protein            | 0.7g    | 1%            |
| Sodium             | 6mg     | 6%            |
| Vitamin A          | 4992 IU | 100%          |
| Vitamin C          | 4.7mg   | 8%            |
| Vitamin E          | 0.8mg   | 4%            |
| Riboflavin         | 0.1mg   | 5%            |
| Calcium            | 15mg    | 1%            |
| Potassium          | 230mg   | 7%            |
| Manganese          | 0.1mg   | 4%            |
| Omega 3            | 2mg     |               |

(Information courtesy: nutritiondata.com)

Just 100g of pumpkin provides as much as 100 per cent of the daily recommended allowance of vitamin A, which promotes sharp vision and healthy skin.

**Pumpkin, orange and barley salad**

Serves 6 ■ 1 hour 20 minutes ■ EASY



Recipe JAMES MARTIN

■ Boil **175g pearl barley** for 20-25 minutes until just tender but with a little bite. Drain well. Meanwhile, preheat the oven to 200°C. Toss **1kg peeled, thinly wedged pumpkin** with **1 tbsp oil, 2 tbsp orange zest** and **seasoning**. Spread over a baking sheet and roast for 40 minutes until golden and tender, turning halfway. Set aside.

■ Mix **100ml orange juice, 4 tbsp red wine vinegar** and **2 tbsp oil** with the pearl barley and plenty of seasoning. Stir in **1/2 thinly sliced red onion, a small bunch of chopped mint** and **a small bunch of flat-leaf parsley**, then layer on a platter with the

pumpkin, **2 handfuls of arugula** and some more mint and parsley leaves.

■ *PER SERVING 226 kcals, protein 5g, carbs 40g, fat 6g, sat fat 1g, fibre 3g, salt 0.03g*

**Sicilian spicy pumpkin**

Serves 4 ■ 20 minutes ■ EASY

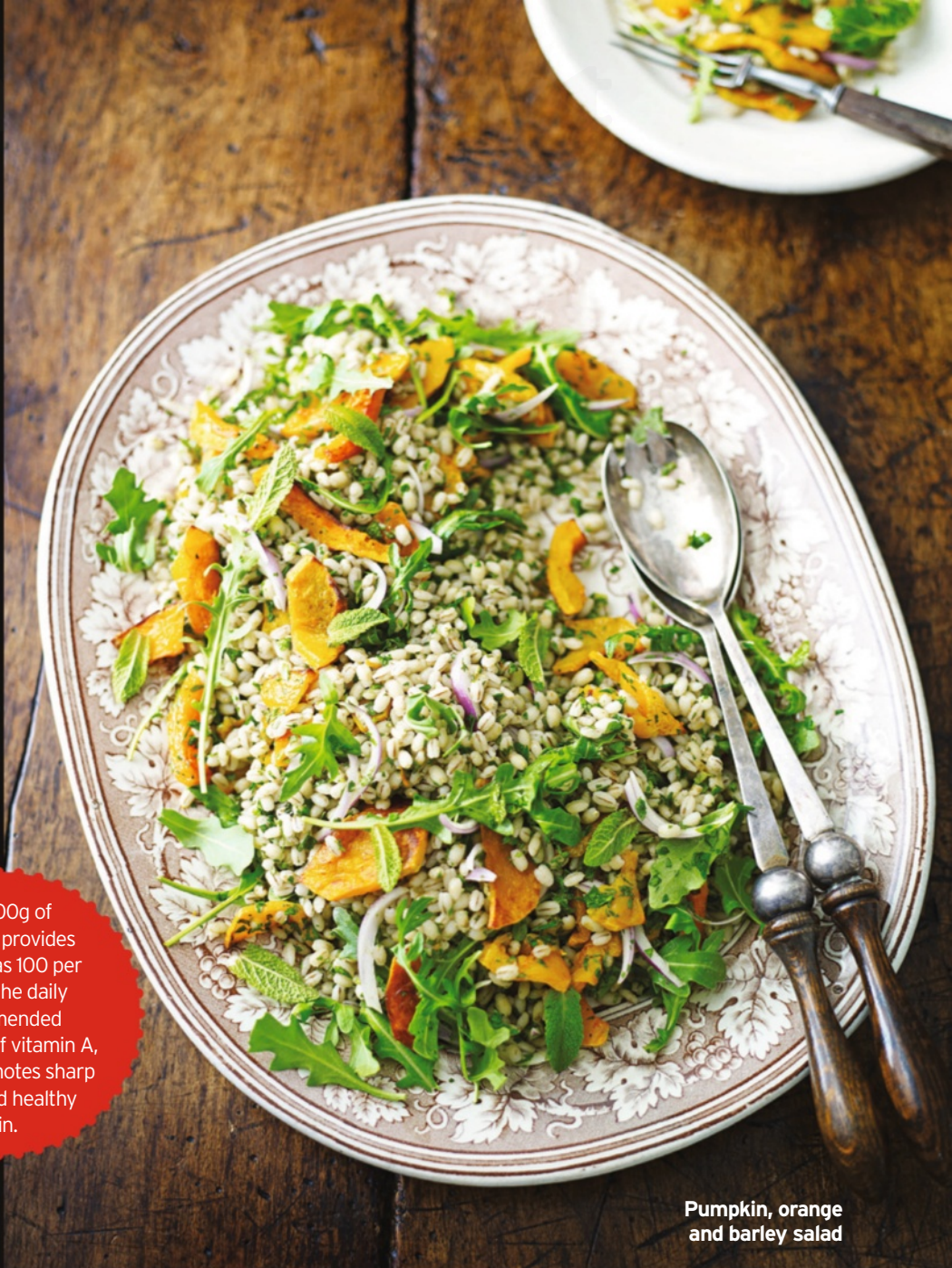
Recipe URSULA FERRIGNO

■ Cut the flesh of **1kg pumpkin** into long, half-moon-shaped slices roughly 1cm thick. Heat **5 tbsp olive oil** in a large shallow pan and fry the pumpkin with **1 peeled, whole garlic clove** for

about 3 minutes, discarding the garlic as soon as it colours. When all the pumpkin slices are fried, return them to the pan, draining off any excess oil. Remove from the heat.

■ Dredge the pumpkin slices with **1 tbsp granulated sugar** and a **pinch of cinnamon**. Mix well, then sprinkle with **125ml white wine vinegar, a handful of mint** and a **pinch of pepper**. Cover with a lid, and leave to infuse for at least 15 minutes before serving warm or cold.

■ *PER SERVING 175 kcals, protein 2g, carbs 10g, fat 14g, sat fat 2g, fibre 3g, salt 0.02g*



**Pumpkin, orange and barley salad**

**GoodFood** investigates

# SOY

Despite being hailed as a cheap source of protein, soy is one of the most divisive foods of our time. *BBC Good Food* delves into the nutritional pros and cons of the bean

Words SUMANA MUKHERJEE

**F**ew foods divide us today like soy does. Be it in the West, or in India, the debate over soy is one that polarises aware consumers, clinical nutritionists, research scientists and creative chefs alike. Is it good for you? Does it really fight everything from obesity to osteoporosis? What about those who say it plays havoc with the hormones? But, then again, the Chinese and the Japanese have been thriving on tofu and miso for centuries.

Before analysing soy as a food, it's interesting to note that soybean is a relatively recent commercial crop in India. Though some indigenous varieties of soy grow in the Himalayan foothills and in the North East (and are naturally a part of the local diet), experiments to introduce the protein-rich legume as a mainstream food flopped miserably, despite a staunch champion in none other than Mohandas Karamchand Gandhi. Introduced to soybean by his associate Vinoba Bhave's father, Gandhi ate it served whole and steamed with chapatis, *bhakris* or rice at his ashram in Maganwadi, Wardha, and extolled its virtues over a whole year (1935-36) in his periodical, *Harijan*. But it was only

in the 1960s that the acreage under soybean expanded rapidly following a tie-up between the Indian government and the United States Agency for International Development (USAID) to set up agricultural colleges.

Academics point to two major reasons for the renewed enthusiasm for soybean: one, the Green Revolution had helped increase crop production significantly (the local black soybean was a low-yield variety), and two, research had determined that 80 per cent of India's children were suffering from "protein malnutrition". With the protein-rich soybean a familiar crop for American agronomists, it was only a matter of time until US varieties were brought over for trials on Indian soil.

## WONDER BEAN

In the current kharif season, India — now one of the top five soybean-producing countries in the world — is projected to notch up 1,079kg of soybean per hectare over some 120.327 lakh hectares. Of this, about 80 per cent will be processed for oil, according to Dr Vineet Kumar, senior scientist at the Directorate of Soybean Research (DSR), Indore. Oil extraction from soybean results in the by-product of

defatted soymeal, which is further processed into nuggets and granules. Another 10 per cent will be retained by farmers. Only about five to seven per cent of the total production is used directly as food.

Let's consider why soybean is important enough to be controversial. The reason is simple: the protein content of soybean, around 40 per cent, is far higher than that of other legumes (except the genus *Lupinus*, the seeds of which, called lupin beans, are brined and served as finger food across Europe and South America). This makes it an excellent, inexpensive addition to the vegetarian diet, especially in lieu of dairy, egg and meat proteins. Taken in combination with cereals such as rice and wheat — the way Indians eat dal, in fact — its protein quality improves by as much as 30 per cent, according to an academic paper published by food engineer Dr Nawab Ali, of the Indian Council of Agricultural Research (ICAR) in New Delhi. Besides, soybeans contain high concentrations of potassium, calcium, magnesium and phosphorus, besides minor minerals, iron and water- and oil-soluble vitamins. Moreover, soybeans are high in fibre, low in

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saturated fat, contain no cholesterol and have generous doses (0.3 per cent of the seed) of the disease-fighting nutrient isoflavone. Isoflavones (which act as phytoestrogens once ingested by mammals) faintly simulate the functions of the human hormone oestrogen (working against breast cancer, alleviating post-menopausal

though certain pockets of the country — most notably around Muzaffarnagar in Uttar Pradesh, Almora in Uttarakhand and the Himalayan foothills — do use soybeans as a dal. In Uttarakhand, the black soybean (locally called *bhatt*) is soaked overnight and simmered over a slow fire with onions, whole cumin and coriander, cumin and

for at least 20 minutes, which is how it is recommended for use in India, has much the same effect.) Moreover, fermented soy is usually consumed in small portions, which minimises the anti-nutritional properties of the bean. However, the appeal of fermented soy products in India is limited to a few urban centres.

## **“So why aren’t we polishing off soybeans like we do other legumes, such as chickpeas or our vast variety of dals? For one, soybean takes ages to cook, up to a couple of hours even after soaking”**

depression) and promote antioxidant activity (by reducing cardiovascular diseases).

So why aren’t we polishing off soybeans like we do other legumes, such as chickpeas or our vast variety of dals? For one, soybean takes ages to cook, up to a couple of hours even after overnight soaking. There can be no compromise on this, as boiling is the only way to rid the raw bean of its anti-nutritional elements (the naturally occurring compounds that interfere with the absorption of nutrients). Two, its natural aroma and flavour can be a bit repulsive. Three, it has a higher flatulence factor than many other beans and lentils. Minor as these irritants may sound, together they are enough to discourage consumption of soybeans,

chilli powders into *bhatt ki churkani*.

Contrast these food habits with, say, those in Japan or China, traditional bastions of soy. They make a delicacy of edamame, young soybeans that are usually steamed lightly, seasoned and served as a bar snack. Most of the soy consumed in Eastern and Southeast Asia, however, is fermented as tofu, miso, tempeh (an Indonesian dish made by deep-frying fermented soybeans) or *natto*, a traditional Japanese breakfast speciality. Fermenting tamps down several of the more off-putting properties of the bean. For instance, it breaks down the trypsin inhibitors, which block the absorption of soy proteins by the body, and neutralises the phytic acid content by producing phytase. (Boiling soybeans

## **PROCESS IS THE ANSWER**

India may not be the predominantly vegetarian country it was perceived to be a few decades ago, but poverty and malnutrition levels are worrying enough for the government to continue to push soybean into the daily diet at the population level. Simultaneously, the aware urban consumer who spurns animal products finds a vegan alternative in soybean. As far apart as these demographic classes may be, their goal is the same: to tap valuable nutrients in a convenient way.

Enter, processing. Soybean is primarily regarded as an oilseed in India — it accounts for nearly 20 per cent of the total oil production in the country, second only to mustard — but the extraction process, says DSR’s Dr Kumar, removes the anti-nutritional factors that cast a question mark over the consumption of soybean and its products. While whole beans are used to make full-fat soy flour and dairy substitutes, fully or partially defatted soymeal — the by-product of oil extraction — is earmarked for baked products, texturised soy proteins, protein isolates and concentrates, according to ICAR’s Dr Ali.

Besides soy flour, which is commonly mixed with wholewheat flour (*atta*) in a 1:9 ratio, Indian markets — especially urban markets — are increasingly warming up to soy milk. Made by grinding water-soaked soybeans, soy milk is lactose-free, cholesterol-free, low in fat and rich in polyunsaturated fatty acids. When coagulated with food-grade chemicals such as citric acid, it produces tofu, the perfect vegan paneer substitute. Soy has also found some popularity in faux meat products, such as soy sausages and soy bacon.

## **EATING SOY: HOW MUCH IS TOO MUCH?**

- \* As with all foods, whole is nutritionally better than processed. And fermented soy is universally acknowledged to be the best way to consume it.
- \* If opting for processed soy, buy as close to the packaging date as possible.
- \* For the general population, including young adults, a maximum of six servings of soy is recommended per week. A single serving is equal to 1/2 cup soaked soybeans or tofu or tempeh or 1 cup soy milk.
- \* According to the USFDA, incorporating 25g of soy protein into a healthy daily diet fights coronary disease.
- \* The American Cancer Society states that breast cancer survivors and those in treatment for breast cancer should consume only moderate amounts of soy protein, as excessive amounts may interfere with the treatment.
- \* Pregnant women should avoid any unproven soy supplements.

Most of the soy consumed in India, however, is in the form of granules and nuggets, says New Delhi-based clinical nutritionist Ishi Khosla. In a column in *The Indian Express* a few years ago, she wrote, “Soy nuggets are manufactured from the leftovers after soy oil extraction. Exposure to high temperature and loss of essential fatty acids and fat-soluble vitamins and minerals deplete the nuggets of nutritional value.”

### THE HEALTH IMPACT

From being hailed as a super food a few years ago, soy now receives a more measured reception. Part of the reason, of course, is continued research into the effects of exposure to soy and its products. The very fact that it is still a “new” food indicates that there may be areas of its impact that require further research.

The principal soy-related health worries centre around cancers, heart trouble and thyroid issues, as well as its impact on hormones. “Scientists have identified several potential anti-cancer substances in soybeans, particularly the isoflavones/phytoestrogens, including one called genistein,” says Khosla. “But there are concerns about cancers that grow when exposed to oestrogen — such as those in the breast, colon and prostate — since phytoestrogens weakly mimic oestrogen. A high soy intake in childhood and adolescence seems to reduce the risk of hormone-related cancers (including breast cancer in pre-menopausal women), but similar soy intake in adults doesn’t have quite the same effect.” Although this is Khosla’s view, there is not enough research to prove or disprove this finding.

As far as the heart is concerned, research indicates that soy protein, when included in a low-fat, low-cholesterol diet, may lower total blood cholesterol and LDL or ‘bad’ cholesterol, without adversely affecting the ‘good’ cholesterol, says Khosla. Besides, its plant proteins, isoflavones, Omega 6 and Omega

3 fatty acids are also said to protect against osteoporosis, obesity and diabetes (soy has an exceptionally low glycaemic index and is also very filling).

Khosla, however, doesn’t buy the popular myth that soy phytoestrogens can eliminate hot flushes in menopausal women. “There’s some evidence that the phytoestrogens may help preserve a woman’s bone density after menopause, but more research is needed to confirm or refute this,” she states. There are also concerns that phytoestrogens exacerbate gynaecomastia (enlargement of male breast tissue), but there is not enough evidence to support this.

### THE UPSIDE

All things considered, soy seems much better and certainly not much worse than many of the foods we eat today, be it Washington apples with a hefty carbon footprint or coconut milk in tetrapacks. Sure, there may be a few drawbacks but there are lots of positives. So why does soy continue to be a bogeyman among foods?

It’s important to appreciate that much of the anti-soy propaganda originates in the US, where 90 per cent of the crop is genetically modified. India has not yet approved genetic modification of its food crops, so, while scientists may be seeking to improve soy varieties — Dr Kumar, for instance, is very proud of a DSR effort that seeks to eliminate the Kunitz trypsin inhibitor, a major anti-nutritional factor of soy — there is no tinkering with plant DNA.

That said, do watch out for imported products (an “enriched soy beverage”, for instance), which may contain soy protein isolate (SPI), the protein component isolated from genetically modified soybeans through a highly chemical process. The same vigilance should also apply to locally processed soy foods with long expiration dates; chances are their longevity is enhanced with additives.



need to know

# lotus stem & root

Fibrous and crunchy, lotus stems are an ancient delicacy beloved among cultures around the world

Words VIKRAM DOCTOR Photograph BHARAT BHIRANGI



**W**e have words for people who eat a particular type of food, describing

them as vegetarian or carnivorous or the more recondite ichthyophagous (fish-eaters). But lotuses must be among the few specific food items that boast a term for those who eat them — the *lotophagi* that Ulysses encountered in the Greek epic; who lived in a land where lotus plants produced abundant, narcotic food, letting them live their lives in a happy daze.

It is an idyllic image: “Branches they bore of that enchanted stem/ Laden with flower and fruit,” wrote Tennyson in his poem *The Lotos-Eaters*. It is rather sad to learn that most scholars of food and the Classics dismiss the possibility that it was actually lotuses they ate, not least because no part of the plant has mind-altering properties. The lotus-eaters that Ulysses dragged his men away from becoming were more likely to have consumed the fruit and fermented liquor of date palms or jujube trees.

However, it is easy to understand why it was felt that lotuses might have these captivating qualities. There is something magical about the way they grow in stagnant, stinking water, serenely covering the muck with their flat leaves and symmetrical, upraised blooms. Buddhists and Hindus consider them sacred for this reason, while the ancient Egyptians saw how the flowers opened and closed with the day, and made it a symbol of their

sun god, Ra. “The lotus was central to mythology,” writes anthropologist Jack Goody in *The Culture of Flowers*, and this is why it is the earliest identifiable flower represented in various cultures.

From Africa across Asia, people have known the lotus, *Nelumbo nucifera*, for centuries, and that nearly always meant they were eating it. Most parts of the plant are edible, from the starchy roots and stems, which can be eaten as a vegetable or dried and made into flour; the tender young leaves; the flower stamens that can be made into tea, and the ivory coloured seeds

***“In many years of eating undhiyu I have never come across lotus root in it, but I can see why it would do well, since the dish gets its charm from contrasting textures”***

contained in pods that look like shower-heads, which can be eaten fresh, or dried and then boiled and mashed into a paste, or roasted till they explode into a puffy white popped form called *makhana* in India.

This is food that renews itself endlessly and needs no special cultivation. Lotuses grow in ponds where they do not compete with land-based crops, while also providing ornamental value and supplying the needs of many rituals where lotus flowers are sacred offerings (not to mention its political uses in India).

Lotus is one of our most ancient foods. KT Achaya, the pioneering Indian food historian, noted in *Indian Food: A Historical Companion*, that ceramic representations of the lotus have been found at Harappa, and that “vegetables start in the Rigveda with the lotus stem and cucumber, followed in the later Vedas by lotus roots...”

Lotus stems and roots are still the parts of the plant that are most commonly eaten. The roots are sausage-shaped and the stems are long and tubular, but both have air tunnels running through them, giving them an attractive latticed structure when sliced. Both need much cleaning to remove the mud. Ye Shengtao, a Chinese writer

and journalist, who wrote about how lotus roots were inextricably linked to memories of his village home, recalled, “it was as if the countryfolk consider lotus roots to be precious delicacies or an important element in an early morning scene in a painting...” They would be washed repeatedly until the “white jade” of the roots was revealed.

When cleaned so thoroughly, and if the roots are young, they can be eaten directly. “Passers-by come to a halt: young ladies dressed in red select a length; old grandfathers buy a couple of pieces. And thus it is that

their delicate, sweetly refreshing taste reaches every household,” wrote Ye Shengtao. Most lotus roots and stems in India are probably cooked. However, like their fellow aquatic vegetable, water chestnuts, they retain some crispness when cooked whole, which makes them good fried as chips (brief boiling is needed first, unless they are very fresh) or added to stir-fries. The taste, as cookbook author and food historian Yamuna Devi describes it in her book *Lord Krishna’s Cuisine: The Art of Indian Vegetarian Cooking*, is elusive, “with hints of asparagus, artichokes and cucumbers.”

Lotus root, though, is appreciated for its texture rather than taste. It is no surprise that the Chinese, with their love for contrasting textures in a dish, use it liberally. However, I was interested to learn, in British food writer Holly Chase’s 1997 paper on lotus presented at the Oxford Symposium on Food devoted to food from the waters, that it is also used in Gujarati *undhiyu*, a quintessential winter dish made of seasonal specialities such as raw banana, purple yam and *papdi* beans. In many years of eating *undhiyu* I have never come across lotus root in it, but I can see why it would do well, since this dish

also gets a lot of its charm from the contrasting textures of the vegetables cooked together.

Lotus root’s texture is particularly interesting because it manages to match firmness with an underlying creaminess. This is used well in Sindhi and Kashmiri recipes, the two Indian cuisines that make the most of lotus root, cooking it with greens or other roots. It also features in Awadhi food, in the seasonal special Kamal Kakdi ke Kebab served at ITC’s Dum Pukht restaurants. The roots are roasted and then coarsely ground to achieve a texture akin to the best *keema*, which when lightly spiced, shaped into balls and cooked, just melt in the mouth. It is a dish that makes you wonder if those Classical scholars weren’t wrong. Made this way, lotus roots seem mind-altering enough to make *lotophagi* of us all.

## Bhee matar patata (Sindhi lotus stem, peas and potato curry)

Serves 4 ■ 45 minutes ■ EASY

Recipe AMIT PAMNANI

- Wash and cut **250g bhee (lotus stems)** into 2-inch pieces. Place in a pressure cooker with enough water to cover. Add **1 tbsp oil** and **2 tbsp milk**.
- Close the lid, cook for 10 minutes and simmer for 5 minutes, then switch off the flame and let it cool. Drain and keep aside. In the same cooker, heat **3 tbsp oil**. Add **3 chopped onions** and **2 chopped green chillies** and sauté until light brown. Add **1 tbsp ginger-garlic paste** and sauté for 3-4 minutes. Add **1/2 tsp each of turmeric powder and chilli powder** and **1 tbsp coriander powder**. Sauté for a minute. Add **4 chopped tomatoes** and cook for a minute.
- Add **2 large peeled and cubed potatoes**, the bhee and **50g green peas** to the tomatoes. Add **1/2 tsp salt**, close the lid and cook for 10 minutes. Switch off the flame and leave to cool. Sprinkle over **1 tsp garam masala** and **chopped coriander**. Serve hot with rice or chapatis.

drink up  
night out

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# Beer factor

Why swig your beer straight up when you can crack open a cold one and create these headily frothy cocktails?

Recipes and photograph THE BEER CAFÉ, GURGAON



## Michelada

Serves 1 ■ 10 minutes ■ EASY ✓

■ Mix **2 dashes of Tabasco sauce**, **2 dashes of soya sauce**, a dash of **Worcestershire sauce** and a dash of **Habanero sauce** together in a salt-rimmed pilsner glass. Add **10ml lime juice** and a pinch of **freshly crushed pepper**. Pour in **60ml beer**, then stir well and top it up with more beer, until the glass is filled. Garnish with a **lemon slice**.

## Rocket Fuel

Serves 1 ■ 10 minutes ■ EASY ✓

■ Shake **30ml vodka** and **10ml lime juice** together in a tumbler filled with **ice cubes**. Strain well and pour into a chilled pilsner glass. Top it up with **300ml ale** or until the glass is filled. Garnish with a **lemon wedge**.

## Monaco

Serves 1 ■ 5 minutes ■ EASY ✓

■ Pour a **splash of grenadine** and **60ml lemonade** in a chilled tall glass. Stir well, then top it up with **140ml lager**.

## Balty Morzo

Serves 1 ■ 10 minutes ■ EASY ✓

■ Mix **45ml cranberry juice**, **15ml Cointreau**, **10ml lime juice** and a dash of **sugar syrup** in a tumbler along with **ice cubes** and shake well. Strain the mixture into a chilled tall glass and top it up with a **pint of chilled pilsner**.

## Shandy

Serves 1 ■ 5 minutes ■ EASY ✓

■ Pour **30ml lime** or **orange soda** in a cocktail glass and top it up with **90ml lager**. Serve chilled.

Rocket Fuel

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# What's on

This month's best food news on multimedia

## ON THE PLATE THE URBAN COOK

A long, hectic workday can sap even the most eager cook of the motivation to step into the kitchen. *The Urban Cook* aims to provide some much-needed inspiration, in the form of easy, one-pot meals that require minimal effort, as well as more elaborate family meals for leisurely Sunday cooking. Chef Sabyasachi Gorai, the Executive Chef of Olive Bar & Kitchen, teaches you how to make cooking simpler, with his easy-to-follow recipes and handy tips on preparation and storage. Try his recipe for cheese poppers, a guaranteed family favourite.

**The Urban Cook airs on weekends at 8.30 pm and through the week at 10 pm on Zee Khana Khazana**



## Cheese poppers

Serves 2 ■ 20 minutes ■ **EASY** ✓

- Mix **150g grated cheddar** and **50g cream cheese** in a large mixing bowl. Add **3 finely chopped garlic cloves** along with **2 sprigs of thyme**, **3 sprigs of parsley** and a **pinch of baking soda**. Season well.
- Stir in **100ml milk** to make a soft dough. Make small round dumplings and brush them with some **butter**. Coat the dumplings using a **handful of panko crumbs**.
- Heat **100ml oil** in a deep frying pan and fry the dumplings until golden brown. Garnish with **parsley sprigs** and serve hot.



## YOUTUBE PICK OF THE MONTH

### MAANGCHI

Recently, we watched a few of Maangchi's wildly popular videos on her YouTube channel. Emily Kim, who goes by the moniker Maangchi, is a Manhattan-based YouTube sensation, who has won herself a sizeable Internet following for her



Oi-sobagi or spicy stuffed cucumber

food videos that demystify Korean cooking. Most of the recipes are snappy and use readily available ingredients. (We are keen to try the 'emergency kimchi' recipe that swaps Napa cabbage for the commonly available kind.) The videos are often overlaid with amusing exclamations such as "Yummy yummy fresh kimchi smell!" If you can forgive this peculiarly Korean obsession with cuteness, you will begin to appreciate why Maangchi's simple cooking style has endeared her to viewers from across the globe.

**Visit [youtube.com/user/maangchi](https://youtube.com/user/maangchi) or [maangchi.com](https://maangchi.com)**

## MEDIA MUST-HAVES

### BLOG: THUG KITCHEN

If you thought food blogging was all about genteel narrative and picture-perfect photography, be prepared for a rude shock. True to its name, *Thug Kitchen* swaps niceties for unabashed profanity and a brazen, in-your-face style that will take you by surprise. This vegetarian blog packs a punch with frill-free recipes such as Bean & Beer Chilli and Roasted Tomato Soup. Written by a Los Angeles-based blogger who prefers to stay anonymous, the blog is the winner of *Saveur's* Best New Blog award in 2013.

### INSTAGRAM: @JULIESKITCHEN

If there is one reason you should follow Los Angeles-based food blogger Julie Lee's Instagram feed, it is for her elaborate and artistic food collages made using a combination of fruits and vegetables. As pretty as paintings, these collages provide a welcome break from the close-up food shots that tend to swamp our feed.

### APP: SWEET 'N' SPICY

Struck by a sudden craving for Sindhi *kokis* (thick, ghee-dabbed parathas) or Andhra *gongura* pickle but don't know where to begin? Download this app (free on iOS and Android), which is a great primer on Indian food. It is loaded with over 3,000 recipes divided according to dietary preferences (vegetarian, vegan, low-calorie etc) and also regions. You can swap cooking tips and recipes in the Community section.

# books & cooks

The lowdown on this month's most delicious reads

Words KHORSHED DEBOO



## Vicky Goes Veg by Vicky Ratnani

"If you ever called vegetarian food boring, you've probably never met Vicky" says the inside flap of this book. Judging by the success of the celebrity chef's show *Vicky Goes Veg* on NDTV GoodTimes, there are few home cooks who haven't spent hours with Ratnani, at least on celluloid. This tome joins a league of cookbooks that lend an Indian twist to global food, with dishes such as Cucumber and Tendli Carpaccio and Sweet Potato Fries with Amla Aioli. His Eggplant and Bok Choy in Sambal, a fiery one-pot, is already our firm favourite. And the Frappetino we tried was very similar to the iced chai latte that coffee chains churn out.

Available from Harper Collins for ₹ 799



## Pure & Special by Vidhu Mittal

Veteran cookery teacher Vidhu Mittal's love for vegetarian recipes, especially those from her home state of Uttar Pradesh, is packed within every one of these polished pages. Barring a few misfits like vada pav and Corn Florentine, we like that there is a definite skew towards dishes made with seasonal produce – think Bajra Bathua Paratha and Kamal Kakdi Pulao. The book makes a great gift for the novice cook, with its nifty tips, glossary of the most basic produce, and practical techniques – right from boiling lotus stem to preparing *khoya*. The Spinach Pulao we made was fragrant with cardamom, clove and peppercorns.

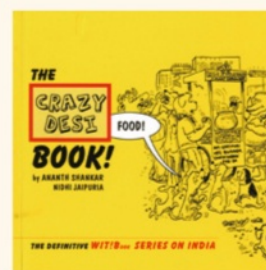
Available from Roli Books for ₹ 1,295



## #BestKeptSecrets compiled by Perzen Patel

This e-book contains 11 regional recipes, crowd-sourced by Mumbai-based food blogger Perzen Patel, better known as Bawi Bride. The 'food stories' contributed by fellow bloggers and shortlisted through votes online, include anecdotes such as how a newlywed Sindhi bride impressed her Punjabi in-laws with a humble potato dish, or why an old Mangalorean granny would sneak pork's blood into a sorpotel. Patel intends this to be an ongoing project, and we're sold on the idea. Hopefully the next edition will display a wider variety of recipes and crisper editing.

Available for free download via [bawibride.com/go/download-bestkeptsecrets](http://bawibride.com/go/download-bestkeptsecrets)



## The Crazy Desi Food Book by Ananth Shankar and Nidhi Jaipuria

The *Crazy Desi Food Book* is a part of a cartoon book series featuring animals that portray a desi way of life. This edition lays out 'food situations' in alphabetical order and claims to be a social satire on Indian dining patterns. We love when culinary tomes include doodles on their pages but this one falls far short of expectations. The large helping of scatological humour doesn't help, and most jokes seem like a forced attempt at wordplay. Sample this: 'Indians believe in food and fate. Both make them fatalist.'

Available from [wagsinthebags.com](http://wagsinthebags.com) for ₹ 300



## Stuffed by Dan Whalen

With trendspotters' predictions about hybrid mash-ups in food seeming

spot on, Boston-based food blogger and chef Dan Whalen releases his debut book at just the right time. The book centres on stuffing comfort foods to create completely novel, often outlandish dishes. There's also a pig-out scale for each recipe to suit your level of gluttony. Recipes we can't wait to try include Vietnamese Pork Stuffed Grilled Squid, Chicken Tikka Masala Ravioli and Cherry Pie Stuffed Chocolate Cake.

Available from Page Street Publishing for ₹ 1,299

You can buy this month's books online at [flipkart.com](http://flipkart.com) and [amazon.in](http://amazon.in)

Try this recipe!

## Stir-fried yellow squash spaghetti with parmesan and ginger

Serves 2 ■ 30 minutes ■ EASY ✓

■ Peel 1 medium-sized yellow squash to resemble spaghetti and add a pinch of salt to it. Heat a pan, pour in 1 tbsp olive oil, then add 1 tbsp butter, a sprig of thyme, 4 chopped green chillies, 1 tsp grated ginger and the squash. Mix well. Add a few basil leaves very quickly in a hot pan, otherwise you will stew the squash. Garnish with 1 tbsp shaved parmesan and 2 sage leaves.



# eat in

49 pages of veggie delights, from a traditional Chitrapur Saraswat menu and inspired tomato dishes to decadent banana desserts



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bell pepper salad, p 40

# 7 meals for ₹700

A week's worth of stylish, value-for-money veggie meals

## INGREDIENTS CHECKLIST

### STORE CUPBOARD

- oil
- butter
- onions
- garlic cloves
- fresh red chillies
- noodles
- tomato purée
- soy sauce
- sweet chilli sauce
- ginger
- basmati rice
- wild rice
- lemons
- urad dal
- chana dal
- mustard seeds
- fenugreek seeds
- asafoetida
- curry leaves
- green chillies
- turmeric
- jaggery
- sesame seeds
- red onion
- cumin powder
- red radishes
- self-raising flour
- brown basmati rice
- bay leaves
- almonds

### SHOPPING BASKET

- pumpkin 250g
- crème fraîche 2 tbsp
- broccoli 40g
- baby corn 40g
- bell peppers 70g
- button mushrooms 75g
- chives a small bunch
- light soft cheese with garlic and herbs 1 1/2 tbsp
- tamarind paste 1/4 tbsp
- jackfruit 75g
- coriander a bunch
- chipotle paste 1/2 tbsp
- kidney beans 200g
- corn tortillas 2
- English mustard powder 1 1/2 tsp
- mature cheddar 100g
- sage 10 leaves
- buttermilk 150ml
- dried cranberries 25g
- thyme a large sprig
- flat-leaf parsley a handful
- orange 1/4

₹ 696  
TOTAL FOR  
7 MEALS\*

\*Recipe costings are based on the amounts of ingredients used, eg 125g butter is costed at half the price of a 250g pack. The store cupboard ingredients are not included in the costing; we assume that these are consumed daily and do not need to be specially purchased.



## MONDAY Pumpkin soup with chilli and crème fraîche

Serves 2 ■ 1 hour 5 minutes

■ EASY ✓

*Subtlety is key while preparing this soup – add just enough chilli to know it's there. Chillies vary in heat, even within the same batch. If they are fiercely hot, add just a couple. Barely a hint of spice? Throw in a few more.*

**pumpkin** 250g, peeled, deseeded and chopped into 1 1/2-inch cubes  
**olive oil** 1/2 tbsp  
**butter** 1/4 tbsp  
**onion** 1/2, diced  
**garlic clove** 1/4, thinly sliced  
**fresh red chilli** 1, deseeded and finely chopped  
**vegetable stock** 1 1/2 cups, hot  
**crème fraîche** 2 tbsp (try President available at gourmet stores)  
**salt** 1 tsp  
**pepper** to season

■ Preheat the oven to 200°C. Toss the cubed pumpkin in a roasting tin with half the olive oil. Roast for 30 minutes until golden and soft, turning once during cooking.

■ While the pumpkin cooks, melt the butter with the remaining oil in a saucepan, then add the onion, garlic and 3/4 of the chilli. Cover and cook over a very low flame for 15-20 minutes until the onions are completely soft.

■ Tip the pumpkin into the pan, add the stock and 1 tbsp crème fraîche, then whizz with a stick blender until smooth. For a really silky soup, put the soup into a liquidiser and blitz it in batches. Return to the pan, gently reheat, then season to taste. Serve the soup in bowls with swirls of the remaining crème fraîche and a scattering of the remaining chopped chilli.

■ PER SERVING 264 kcals, protein 5g, carbs 28g, fat 15g, sat fat 7g, fibre 6g, salt 0.6g

## TUESDAY

### Noodles with stir-fried chilli vegetables

Serves 2 ■ 20 minutes ■ EASY ■

*This stir-fry has a mild, sweet chilli flavour. For a spicier kick, add a chopped red chilli.*

**noodles** 125g (try Ching's Secret available at gourmet stores)

**tomato purée** 1 tbsp

**soy sauce** 2 tbsp (try Kikkoman available at gourmet stores)

**sweet chilli sauce** 2 tbsp (try Blue Dragon available at gourmet stores)

**sunflower oil** 1/2 tbsp

**ginger** a small piece, grated

**mixed vegetables** (use chopped broccoli, baby corn and bell peppers) 150g

■ Bring a pan of water to the boil. Add the noodles, bring back to the boil and

cook for 3 minutes, then drain well. Mix the tomato purée, soy and chilli sauces in a bowl with 75ml of warm water.

■ Meanwhile, heat the oil in a wok, add the grated ginger and vegetables and stir-fry for 2 minutes. Add the drained noodles and sauce and cook for a further 2-3 minutes until everything is piping hot.

■ **PER SERVING** 304 kcals, protein 10g, carbs 51g, fat 8g, sat fat 1g, fibre 3g, salt 2.2g



WEDNESDAY

## Lemony mushroom pulao

Serves 1 ■ 40 minutes ■ EASY ✓

*If you're yearning for a lighter alternative to risotto, this low-fat mushroom pulao is just the ticket.*

**vegetable stock** 150ml + 25ml extra if required

**onion** 1/2, sliced

**button** or **fresh shiitake mushrooms** 75g, sliced

**garlic clove** 1/2, crushed

**basmati and wild rice** 25g each

**lemon** 1/2, zested and juiced

**salt** 1/2 tsp

**pepper** a pinch

**chives** a small bunch, chopped

**light soft cheese with garlic and**

**herbs** 1 1/2 tbsp (try American Bagel Factory available at gourmet stores)

■ Put 1 tbsp of the stock in a non-stick pan, then cook the onion for 5 minutes until softened – add a splash more stock if it begins to dry out. Add the

mushrooms and garlic and cook for 2 minutes more.

■ Add the rice, lemon zest and juice to the pan, mixing well. Pour in the remaining stock, season, then bring to the boil. Turn down the heat, cover and simmer for 25-30 minutes until the rice is tender. Stir through half of the chives and soft cheese, then serve topped with the remaining chives and soft cheese.

■ **PER SERVING** 249 kcals, protein 12g, carbs 44g, fat 4g, sat fat 2g, fibre 2g, salt 0.62g



THURSDAY

## Andhra jackfruit curry

Serves 1 ■ 45 minutes ■ EASY V

*In this Andhra-style dry curry, jackfruit is mixed with spices and cooked in its own juices. It is an ideal side to sambar and steamed rice.*

oil 1/2 tbsp  
 urad dal 1/2 tsp  
 chana dal 1/2 tsp  
 mustard seeds 1/2 tsp  
 fenugreek (methi) seeds 1/4 tsp  
 asafoetida (hing) a small pinch  
 dried red chilli 1/2  
 curry leaves 1-2  
 green chilli 1/2  
 turmeric 1/4 tsp  
 salt a pinch  
 tamarind paste 1/4 tbsp  
 jaggery 1/4 tbsp  
 raw jackfruit 75g, peeled and coarsely chopped  
 sesame seeds 1/4 tsp, toasted  
 lemon juice 1/4 tbsp  
 coriander 1/2 tbsp, chopped  
 steamed rice and sambar to serve

■ Heat the oil in a pan. Add the urad dal, chana dal, mustard and fenugreek seeds, asafoetida and red chilli. Once they splutter, add the curry leaves, green chilli, turmeric, salt, tamarind paste, jaggery and chopped jackfruit.

■ Mix well, then cover the pan with a lid and let it simmer for 25-30 minutes until the jackfruit is cooked. Add the sesame seeds, lemon juice and chopped coriander. Serve hot with steamed rice and sambar.

■ PER SERVING 199 kcals, protein 3.08g, carbs 27.34g, fat 9.31g, sat fat 0.75g, fibre 3.11g, salt 0.4g

Recipe AMIT PAMNANI Photograph PRATEEKSH MEHRA Styling input SHREYA GUPTA





## FRIDAY Spicy bean tostadas with pickled onions and radish salad

Serves 2 ■ 30 minutes ■ EASY ✓

*Tex-Mex goes healthy with these corn tortillas topped with chipotle, kidney beans, pickled red onions and lime.*

**red onion** 1, 1/2 thinly sliced and 1/2 finely chopped

**lime** 1, 1/2 juiced and 1/2 cut into wedges

**salt and pepper** a large pinch each

**sunflower oil** 2 tbsp

**garlic clove** 1, finely chopped

**cumin powder** 1 tsp

**tomato purée** 1/2 tbsp

**chipotle paste** 1/2 tbsp

**kidney beans** 200g, boiled and drained

**corn tortillas** 2 (try Lady Liberty available at gourmet stores)

**red radishes** 75g, thinly sliced

**coriander** a handful, roughly chopped

■ Preheat the oven to 220°C. Put the sliced onion, lime juice and seasoning in a bowl, and set aside.

■ Heat 1 tbsp of the oil in a pan and fry the chopped onion and garlic until tender. Stir in the cumin and fry for 1 minute more. Add the tomato purée, chipotle paste and beans, stir, then tip in 1 cup of water. Simmer for 5 minutes, season, then mash to a purée.

■ Meanwhile, brush the tortillas with the remaining oil and place on a baking sheet. Bake for 6 minutes until crisp, then spread with the bean mixture. Mix the radishes and coriander with the pickled onions, then spoon on top. Serve with the lime wedges.

■ PER SERVING 244 kcals, protein 8g, carbs 34g, fat 5g, sat fat 2g, fibre 6g, salt 0.7g



**SATURDAY**  
**Cheddar and sage  
scones**

Makes 8 ■ 45 minutes ■ **EASY** ✓

*If you'd like scones with a sharp savoury punch, try a cheese like Stilton – its bold flavours will really shine through.*

**self-raising flour** 225g + extra for dusting (try Blue Bird available at gourmet stores)

**English mustard powder** 1½ tsp (try Colman's available at gourmet stores)

**salt and black pepper** a pinch each

**butter** 50g, chilled and cubed

**mature cheddar** 100g, grated

**sage** 10 leaves, 2 finely chopped and the rest whole

**buttermilk** 150ml

**oil** 1 tbsp, for greasing

■ Preheat the oven to 220°C. Mix the flour, mustard powder, ½ tsp salt and a grinding of black pepper in a bowl.

Rub in the butter until the mixture resembles fine crumbs. Stir in half of the cheese and all the chopped sage.

■ Make a well in the centre of the flour mix and pour in all but ½ tbsp of the buttermilk. Working quickly, stir well until the mixture forms a soft, spongy dough. Tip onto a lightly floured

surface and knead briefly until smooth. Roll out to a 3cm-thick square. Cut into quarters, then halve each quarter diagonally, so you have 8 triangles. Place the scones on a greased and floured baking tray, brush with the remaining buttermilk, sprinkle over the remaining cheese and top each with a sage leaf.

■ Bake for 12-14 minutes until they are well risen, golden and sound hollow when tapped on the bottom. Eat while still warm, spread with butter.

■ **PER SCONE** 207 kcals, protein 7g, carbs 21g, fat 11g, sat fat 6g, fibre 1g, salt 0.6g





## SUNDAY Brown rice with almonds

Serves 2 ■ 1 hour 15 minutes ■ EASY ■ V

*This delicious dish tastes as good cold as it is hot. If you are going to serve it as a salad, make it using olive oil, then drizzle over the dressing. If you use butter, it will turn hard when the dish is cold.*

**butter** or **olive oil** 1 tbsp  
**onion** 1/4 large, chopped  
**brown basmati rice** 125g  
**dried cranberries** 25g (try Ocean Spray available at gourmet stores)  
**salt** 1/2 tsp + extra to taste  
**pepper** 1/4 tsp  
**vegetable stock** 250ml  
**bay leaf** 1  
**thyme** a large sprig  
**flat-leaf parsley** a handful, chopped  
**flaked almonds** 25g, toasted  
**orange** 1/4, zest only, finely grated

### TO SERVE COLD

**olive oil** a drizzle  
**lemon juice** 1/2 tsp

■ Preheat the oven to 180°C. Heat the butter or oil (depending on whether you're serving it warm or cold) in a casserole dish and gently cook the onion for 5-7 minutes or until it starts to turn golden. Add the rice and cranberries, and stir a few times until coated. Season well with salt and pepper and pour over the stock.

■ Float the bay leaf and thyme on top of the stock, and put a circle of parchment paper on top of it. Cover with a lid and put in the oven for 45 minutes until the rice is tender. Stir through the parsley, almonds and orange zest. Serve hot, or leave to go cold and serve as a salad, dressed with olive oil and lemon juice.

■ *PER SERVING* 457 kcals, protein 10g, carbs 82g, fat 10g, sat fat 1g, fibre 4g, salt 0.4g

FOR A LIST  
OF STORES  
THAT STOCK  
GOURMET  
INGREDIENTS,  
TURN TO P 117

# Packed with goodness

Treat yourself to a well-deserved lunch break with these healthy treats

## Chunky Mediterranean tomato soup

Serves 1 ■ 35 minutes ■ EASY ✓

Recipe SARA BUENFELD

■ Heat a large non-stick pan, add **1/2 tbsp olive oil**, tip in **50g mixed chopped vegetables (use bell peppers, aubergine, onions and zucchini)** and **1/2 tbsp chopped garlic cloves**, and cook, stirring over a high flame for about 5 minutes, until they start to soften. Tip in a **small handful of basil leaves, 100g chopped tomatoes, 1/2 vegetable stock cube** and **100ml water**, then blitz with a hand blender till smooth.

■ Add a further **50g diced mixed vegetables**, cover the pan and cook for 10-12 minutes more until the vegetables are tender. Meanwhile, beat **50g ricotta** with a **handful of snipped**

**chives** and a **few torn basil leaves**.

Spread the mix over **2 slices of rye bread**. Ladle the soup into bowls. Serve with the herby ricotta bread.

■ *PER SERVING 212 kcals, protein 11g, carbs 24g, fat 7g, sat fat 4g, fibre 6g, salt 1.5g*

## Quinoa, pumpkin and broccoli salad

Serves 4 ■ 20 minutes ■ EASY ✓

Recipe SARA BUENFELD

■ Heat **2 tsp rapeseed oil** in a wok, add **1 halved, sliced red onion** and **2 sliced garlic cloves**. Fry for 5 minutes until softened, then lift out with a slotted spoon. Add **175g cubed pumpkin**, stir until it starts to colour, then add **140g boiled broccoli florets**. Sprinkle in **3 tbsp water** and **1 tbsp thyme**, cover the pan with a lid, and steam for 5

minutes until the vegetables are tender.

■ Meanwhile, tip **250g cooked quinoa** into a bowl and fluff it up. Add **2 tbsp chopped parsley, 25g dried cranberries, a handful of pumpkin seeds**, the cooked onion and garlic and **1 tbsp balsamic vinegar**. Mix well then toss through with **50g crumbled feta**.

■ *PER SERVING 475 kcals, protein 17g, carbs 64g, fat 17g, sat fat 5g, fibre 10g, salt 1.8g*

## Toasted cumin flatbreads

Makes 4 ■ 20 minutes ■ EASY ✓

Recipe REBECCA SMITH

■ Heat the grill to medium and dust a baking sheet with a little flour. Mix **200g all-purpose flour (maida)** and **1 tbsp toasted cumin seeds** in a bowl, then season. Stir in **150ml yoghurt** and **25ml water**, then mix well to form a soft dough. Divide into four equal pieces, then shape into circles about 1/2-cm thick. Dust lightly with flour. Grill on the baking sheet for 2-3 minutes on each side until golden and puffed. Eat with a spicy dip (see recipes on p 28).

■ *PER SERVING 200 kcals, protein 5g, carbs 47g, fat 2g, sat fat none, fibre 1g, salt 0.08g*

## Pear, blue cheese and walnut open-faced sandwiches

Serves 1 ■ 10 minutes ■ EASY ✓

Recipe SARA BUENFELD

■ Toast **2 large slices of wholegrain bread** and top with **25g sliced blue cheese, 1 small sliced pear, a big handful of watercress** and **2 chopped walnut halves**.

■ *PER SERVING 320 kcals, protein 11g, carbs 26g, fat 19g, sat fat 7g, fibre 7g, salt 0.9g*

Chunky Mediterranean tomato soup



# Ready in 30

These ready-in-a-flash meals are a surefire way to impress

## Orzo, feta and bell pepper salad

Serves 4 ■ 20 minutes ■ **EASY** 

*This fresh pasta salad makes a vibrant addition to any picnic, barbecue or buffet. You could use any small pasta shape if orzo is unavailable.*

**red onion** 1, peeled, halved and finely sliced

**salt** 1/4 tsp

**pepper** a pinch

**red wine vinegar** 2 tbsp (try Cirio available at gourmet stores)

**olive oil** 3 tbsp

**orzo** 250g (try Barilla available at gourmet stores)

**roasted red peppers** 3, sliced (try Jamie Oliver available at gourmet stores)

**feta** 200g, crumbled (try Lemnos available at gourmet stores)

**pine nuts** 2 tbsp, toasted

**mint** a small bunch, leaves chopped

■ To make the dressing, put the onion in a bowl, season well and toss with the vinegar and oil. Leave for 15 minutes to marinate and soften.

■ Meanwhile, cook the orzo in salted boiling water until just tender, then drain and rinse under cold water. Drain again. Toss with the dressing then gently mix through the rest of the ingredients and serve.

■ **PER SERVING** 492 kcal, protein 16.7g, carbs 52.9g, fat 25.3g, sat fat 8.4g, fibre 3.7g, salt 2.01g



## Pesto, pea and bean risotto

Serves 4 ■ 30 minutes ■ EASY ■ V

*You're sure to love this green side of risotto – made even better with a dash of pesto!*

**butter** 3 tbsp

**olive oil** 1 tbsp

**onion** 1, peeled and finely chopped

**mixed vegetables (use peas, broad beans and French beans)** 200g

**vegetable stock** 800ml, simmering

**arborio rice** 300g (try De Cecco available at gourmet stores)

**white wine** 100ml

**pesto** 2-3 tbsp (try Sacla available at gourmet stores)

**salt** and **white pepper** a large pinch each + extra to taste

**basil leaves** a handful

**parmesan** 1 tbsp, grated

■ Melt 1 tbsp butter with the olive oil in a wide, shallow pan and add the onion. Cook until softened, but don't brown.

■ Meanwhile, blanch the vegetables in simmering vegetable stock for 3-4 minutes and remove, put in a bowl and add 1 tbsp butter. Tip the arborio rice in with the onion and stir for a minute until it starts to look translucent.

Add the white wine and stir until it evaporates. Pour in enough stock to just cover the rice and gently simmer, stirring now and again. Do not add all the stock in one go. As the stock evaporates and the rice swells, add more stock and stir until all the stock is used or until the rice is just tender; this will take about 15-17 minutes.

■ Once the rice is cooked but still retains a hint of bite, stir in the remaining butter until the risotto is creamy, then stir in the pesto. Season to taste. Spoon the vegetables over the risotto and finish with basil leaves and grated parmesan.

■ **PER SERVING** 414 kcal, protein 10.5g, carbs 67.1g, fat 12.5g, sat fat 4.7g, fibre 4g, salt 2.27g





## French beans with tahini

Serves 4 ■ 15 minutes ■ EASY ✓

*This super-healthy salad is bursting with flavours and textures. Add more veggies to make it a really substantial meal.*

**tahini paste** 4 tbsp (try Al Fez available at gourmet stores)

**Greek yoghurt** 3 tbsp (try Himalya Fresh available at gourmet stores)

**lemon** 1/2, zested and juiced

**garlic clove** 1, crushed

**mint** a small bunch, chopped

**salt** 1/4 tsp + extra to taste

**pepper** a pinch

**French beans** 300g

**shallots** or **Madras onions** 2, finely chopped

**nigella seeds (kalonji)** 2 tsp

■ Put the tahini in a bowl and stir in the yoghurt. Add the lemon juice and half of the zest as well as the garlic and mint. Season and add 2-3 tbsp of boiling water to make a dressing of



spoonable consistency. Cook the beans in simmering water for 3 minutes until al dente. Tip into a bowl and add the shallots and half of the nigella seeds. Spoon over the tahini dressing and sprinkle with the remaining seeds and zest.

■ PER SERVING 126 kcals, protein 5.4g, carbs 3.2g, fat 10.8g, sat fat 2.1g, fibre 31g, salt 0.1g

## Quick zucchini lasagne

Serves 2 ■ 30 minutes + baking

■ EASY ✓

*This makes a great last-minute dinner. For an added bite, you could use some sliced zucchini instead of grating it all.*

**olive oil** 2 tbsp

**zucchini** 2 1/2 large, grated and squeezed

**garlic clove** 1, crushed

**chilli flakes** a pinch (try Keya available at gourmet stores)

**ricotta** 100g (try Impero available at gourmet stores)

**parmesan** 4 tbsp, grated

**salt** and **pepper** a pinch each

**tomato pasta sauce** 300ml (try Prego available at gourmet stores)

**lasagne** 6 sheets, parboiled (try Colavita available at gourmet stores)

■ Preheat the oven to 190°C. Heat the olive oil in a pan. Cook the zucchini, garlic and chilli flakes until soft. Put the mixture in a strainer for the excess water to drain away, then put the mixture back in the pan. Add the ricotta and 2 tbsp of parmesan, season and mix well. Put a layer of the mix in the bottom of a small dish. Add 1/4 of the sauce then cover with two sheets of lasagne. Repeat twice, ending with lasagne. Spoon over the last 1/4 of the sauce and sprinkle over the parmesan. Bake for 20-30 minutes until bubbling.

■ PER SERVING 573 kcals, protein 25.4g, carbs 57.8g, fat 28.3g, sat fat 9.2g, fibre 5.2g, salt 2.39g



**TASTE TEAM COMMENT**

This is the first time I tried my hand at lasagne and my family simply loved it. I added a twist to the dish by mixing in chicken *keema* and homemade tomato sauce. I will definitely be making this again, soon!

Swapna Telang is a Mumbai-based homemaker who blogs at [swapnacookings.blogspot.com](http://swapnacookings.blogspot.com).





## Melting brie and mushroom crêpes

Serves 2 ■ 20 minutes ■ EASY ✓

*Add some chunky pieces of ham to the brie and mushrooms filling if you prefer non-vegetarian crêpes.*

**butter** 1 tbsp + extra for greasing  
**mixed mushrooms** 250g, sliced (use button and oyster mushrooms)

**salt** and **pepper** a pinch each  
**garlic clove** 1, crushed  
**crème fraîche** 6 tbsp (try President available at gourmet stores)  
**flat-leaf parsley** a small bunch, chopped  
**savoury crêpes** 4 (see box)  
**brie** 100g, sliced (try Castello available at gourmet stores)  
**parmesan** 2-3 tbsp, grated  
**green salad** to serve

■ Heat 1 tbsp butter in a pan and fry the mushrooms with the seasoning until tender. Add the garlic halfway through cooking. Stir in 2 tbsp of the crème fraîche and the parsley. Divide the mushrooms between the crêpes, top with the brie and fold up. Put in a buttered baking dish and dot the rest of the crème fraîche on top. Scatter over the parmesan and grill until

golden and bubbling at 220°C for 5 minutes. Serve with a green salad.

■ **PER SERVING** 671 kcal, protein 27.1g, carbs 29.6g, fat 49.2g, sat fat 24.7g, fibre 3.7g, salt 1.9g

### To make the savoury crêpes (makes 4)

Whisk **8 tbsp flour**, **2 tbsp oil**, **1/2 tsp baking powder**, **1/4 tsp salt**, a **pinch of pepper** and **3/4 cup milk** to a smooth consistency. Let it rest for 2 hours. Heat a non-stick pan on a medium flame. Add 1 tsp oil and rub it with a tissue. Pour the batter, 1/4 cup at a time, and swirl it around till a thin crêpe is formed. Cook for 30 seconds and flip it over and cook for 10-15 seconds. Remove from the pan and fill with your choice of stuffing.



## Butter-braised peas, lettuce and mint

Serves 2 ■ 15 minutes ■ EASY 

*Cooked lettuce? You better believe it! Work your magic with this super-fresh and healthy side dish.*



**vegetable stock** 150ml

**butter** 25g

**peas** 140g, shelled

**capers** 1 tbsp, rinsed (try Lindsay available at gourmet stores)

**lettuce** 1 medium, outer leaves removed and halved lengthways

**iceberg lettuce** 1/2, thinly shredded

**mint leaves** 10 large, finely shredded

**salt** 1/4 tsp

**pepper** a pinch

**pea shoots** a small handful (try Trikeya Agriculture available at gourmet stores) to garnish

**sliced bread** or **toast** to serve

■ In a large frying pan, bring the stock to a simmer. Whisk in the butter, then add the peas and capers and cook for 5 minutes. Add the lettuce leaves and mint, then cook gently until just wilted. Season well, remove from the heat, garnish with the pea shoots and serve with bread or toast.

■ *PER SERVING* 88 kcals, protein 3g, carbs 6g, fat 6g, sat fat 4g, fibre 2g, salt 0.44g

# life of pie

Whether stuffed with cheese, encased in shortcrust pastry or layered with crisp filo, there is a homemade pie and tart to suit everyone



**Mushroom and aubergine  
pizza pie** (recipe on p 52)



Recipe: JANE FORBY/Photograph: PHILLIP WEBB Styling: LUIS PEARL Food styling: JANE FORBY

Butter pie with  
apples and cheese  
(recipe on p 52)



## Leek and cheddar crumble tart

Serves 6-8 ■ 1 hour 25 minutes + chilling ■ **MODERATELY EASY** ✓

*This make-ahead lunchtime tart is perfect for picnics. The recipe uses regular cheddar, but you can use a sharper cheddar or blue cheese for an added burst of flavour.*

**butter** 50g, cubed  
**leeks** 400g, trimmed and sliced  
**cream** 75ml  
**milk** 75ml  
**dijon mustard** 1 tsp (try Roland available at gourmet stores)  
**cheddar** 50g, grated  
**cornflour** 2 tbsp  
**salt** 1/4 tsp  
**pepper** a pinch

### THE TOPPING

**cheddar** 25g, grated  
**fresh white breadcrumbs** 40g

**hazelnuts** or **almonds** 25g, roughly chopped

**parsley** 1 tbsp, chopped

### THE SHORTCRUST PASTRY

**all-purpose flour (maida)** 450g  
**butter** 200g, chilled and cubed  
**salt** a pinch  
**water** 8 tbsp, chilled

■ To make the shortcrust pastry, sift the flour into a large bowl, add the butter and rub it in with your fingertips until the mixture resembles fine breadcrumbs. Stir in the salt, then add the water and mix to a firm dough. Knead the dough briefly and gently on a floured surface. Wrap in cling-film and chill in the refrigerator while preparing the filling.

■ Meanwhile, melt the butter in a large pan and once it begins to foam, add the leeks, cover and cook on a low heat for 20 minutes until soft. Leave to cool.

■ Preheat the oven to 200°C. Roll out

the chilled pastry to 1/2-cm thickness and use to line a 23cm loose-bottomed tart tin. Prick the base with a fork, and line with parchment paper and baking beans. Bake blind for 12 minutes, then remove the beans and parchment. Return to the oven for a further 5 minutes until pale golden. Reduce the oven to 180°C.

■ Now mix together the cream, milk, mustard, cheddar, cornflour and some seasoning. Evenly cover the base of the pastry case with the leeks, then pour in the cream mixture. Bake for 25 minutes.

■ To make the topping, combine all the ingredients. Remove the tart from the oven, let it cool for 10 minutes then slowly push the tart from the bottom so as to get it out of the mould. Place it back on the baking tray and sprinkle the topping over. Bake for a further 15 minutes until golden brown.

■ **PER SERVING** 522 kcals, protein 13g, carbs 38g, fat 36g, sat fat 14g, fibre 4g, salt 1.3g

## Spinach, cheese and onion rice torte

Serves 6 ■ 1 hour 40 minutes + chilling

■ **EASY** ✓

*Arborio rice, commonly used in risotto, gives this pie a creamy texture and binds the spinach and cheese filling together beautifully. Serve this hearty pie warm or cold with heaps of crisp coleslaw or salad.*

**olive oil** 2 tbsp  
**onion** 1 large, finely chopped  
**garlic cloves** 2, finely chopped  
**chilli flakes** a pinch  
**spinach** 400g, blanched and finely chopped  
**zucchini** 300g, cubed  
**arborio rice** 100g (try De Cecco available at gourmet stores)  
**cheddar** 100g, grated  
**milk** 150ml + 2 tbsp for basting  
**dijon mustard** 1 tbsp (try Roland available at gourmet stores)  
**salt** 1/4 tsp  
**pepper** a pinch  
**cornflour** 3 tbsp

**shortcrust pastry** 500g (see recipe on p 76)

**white sesame seeds** 2 tsp

■ Heat the oil in a frying pan and gently cook the onion for about 5 minutes until softened. Stir in the garlic and chilli flakes, and cook for 1 minute more. Tip into a bowl, add the spinach, zucchini, rice and cheese, and toss together. Mix the milk with mustard, salt, pepper and cornflour. Add to the spinach mixture and mix well. Preheat the oven to 200°C. Put a baking tray in the oven to preheat.

■ Cut the pastry dough in half and roll a piece out on a lightly floured work surface until you have a sheet that measures 32cmx17cm. Place in a 30cmx15cm tin and prick it well all over the base. Roll out the remaining piece of pastry to the same size and keep aside.

■ Spoon the spinach mixture into the pastry base. Brush the edges of the pastry with some of the milk. Lay the other sheet of pastry over the top and press down gently to seal. Brush the top with a little more milk and sprinkle with the sesame seeds.

■ Place the tin on the preheated baking tray and bake for 10 minutes, then reduce the temperature to 160°C and bake for a further 30 minutes until the pastry is golden. Leave to cool for 10 minutes. Remove the torte carefully from the baking dish by pushing a flat slicer from one end and slowly sliding it around the entire dish, then lift and place on a plate before cutting into squares.

■ **PER SERVING** 631 kcal, protein 18g, carbs 55g, fat 38g, sat fat 13g, fibre 6g, salt 1.9g





## Tomato, thyme and double cheese tart

Serves 4 ■ 1 hour 30 minutes ■ EASY ✓

Get a double hit of gruyère from this tart – it's in the pastry as well as the filling.

**cherry tomatoes** 450g, a mix of red and yellow (try Tirikaya available at gourmet stores)

**olive oil** 2 tbsp

**salt** 1/4 tsp

**pepper** a pinch

**dijon mustard** 2 tsp (try Roland available at gourmet stores)

**gruyère** 100g, grated (try Le Superbe available at gourmet stores)

**thyme** 3 sprigs, leaves picked

### THE PASTRY

**all-purpose flour (maida)** 300g

**butter** 150g, chilled and diced

**gruyère** 75g, grated

**cayenne pepper** or **chilli powder** a large pinch (try ASA available at Foodhall outlets nationwide)

**salt** 1/2 tsp

**pepper** 1/4 tsp

**water** 10 tbsp, chilled

■ Preheat the oven to 190°C. Halve the tomatoes, put on a baking tray, drizzle lightly with oil and season with salt and pepper. Cook for 10 minutes, then cool.

■ To make the pastry, sift the flour into a large bowl, add the butter and rub it in with your fingertips until the mixture resembles fine breadcrumbs. Stir in the cheese and cayenne, season with salt and pepper, then add cold water to bring together into a dough. Wrap in cling-film and rest in the refrigerator for 15 minutes.

■ Roll out the pastry and line a 30cmx20cm rectangular tart tin. Fill with parchment paper and beans and

bake blind for 15 minutes. Take out the paper and cook for another 5-10 minutes. Cool.

■ Mix the mustard and cheese and spread on the tart. Place the tomatoes on top and sprinkle with thyme and seasoning. Bake for 25-30 minutes. Let it cool for 10 minutes. To demould, run a sharp knife from below the tart and carefully slide it across the entire tart. Lift and place it on a plate. Serve warm.

■ PER SERVING 514 kcals, protein 14.2g, carbs 39.8g, fat 33g, sat fat 19.1g, fibre 3.6g, salt 1g

## Indian potato pie

Serves 6 ■ 1 hour 35 minutes ■ EASY ✓

*This impressive vegetarian pie with spiced potatoes is really versatile – it tastes great hot, warm or cold, so you can make it well ahead.*

**potatoes** 400g, sliced

**sweet potatoes** 250g, sliced

**onion** 1, chopped

**olive oil** 1 tbsp

**cumin seeds** 1 tsp

**garlic cloves** 2, crushed

**fresh red chilli** 1, finely chopped

**ginger** a thumb-size piece, grated

**cumin, coriander** and **garam masala**

**powders** 1 tsp each

**chilli flakes** a pinch

**green peas** 100g

**lemon** 1, juiced + wedges to serve

**coriander** a small bunch, chopped

**salt** 1/2 tsp + 1 tbsp for boiling potatoes

**filo pastry** 275g (try Jus Rol available at gourmet stores)

**butter** 25g, melted

**poppy seeds** 1/2 tsp

■ Put the potatoes in a large saucepan of cold, salted water and bring to the boil. Turn down, add sweet potatoes and simmer for 15 minutes until tender. Drain, then tip into a mixing bowl.

■ Fry the onion in oil until soft, add the cumin seeds and fry for 1 minute, then stir in the garlic, chilli and ginger with the spice powders and the chilli flakes. Cook for 2-3 minutes, then stir into the potatoes with the peas, lemon juice and coriander. Season with salt to taste.

■ Preheat the oven to 190°C. Halve the filo sheets and use two-thirds to line a 22cm loose-bottomed cake tin with a little overhang, brushing each one with melted butter. Spoon in the filling and press down lightly. Cover with the remaining filo pastry, fold up the sides and scrunch the edges.

■ Poke slits in the top of the pastry and brush with more butter. Sprinkle with the poppy seeds. Bake for 40-45 minutes until golden brown. Remove from the mould by pushing the pie from the bottom of the mould and placing it on a plate. Serve with lemon wedges.

■ *PER SERVING* 350 kcals, protein 8g, carbs 64g, fat 8g, sat fat 3g, fibre 6g, salt 0.46g



## Mushroom and aubergine pizza pie

Serves 6 ■ 1 hour 35 minutes + rising

■ MODERATELY EASY ▽

*Pop your favourite pizza toppings in a homemade pie for a filling Sunday lunch.*

**butter** 4 tbsp mixed with 2 crushed  
**garlic cloves** + 1 tsp extra for greasing  
**olive oil** 2 tbsp  
**aubergine** 1 large, cut into thin rounds  
**salt** 1/4 tsp  
**pepper** a pinch  
**button** or **shiitake mushrooms** 200g, sliced  
**basil leaves** a small bunch, torn  
**tomato pasta sauce** 140g (try Jamie Oliver available at gourmet stores)  
**fresh mozzarella** 150g balls, sliced

### THE PIZZA PIE DOUGH

**strong white bread flour** 300g + extra for dusting (try Delverde available at gourmet stores)  
**dried active yeast** 1 tsp (try Red Star available at gourmet stores)  
**sugar** 1 tsp  
**salt** 1/4 tsp  
**water** 225ml, warmed  
**olive oil** 1 tbsp  
**semolina** for dusting

■ To make the dough, put the flour, yeast, sugar and salt into a large bowl. Stir in the warm water and the oil and knead into a dough. You should end up with a wettish dough that is rough and lumpy. Scrape down the sides of the bowl and cover with a tea towel.

If your kitchen is cool keep it out, but if it's warm, put it in the bottom of the refrigerator. Leave the dough to rise for at least 2 hours or until doubled in size.

■ Heat 1 tbsp of the garlic butter mix and 1 tbsp olive oil in a large frying pan, then cook the aubergine rounds for 1-2 minutes on each side, until golden. Repeat until all the aubergine rounds are fried. Remove and season with salt and pepper, then set aside. In the same pan, fry the mushrooms until soft, then remove and set aside in a strainer to remove any excess water.

■ When ready to cook, bring the dough to room temperature. Heat the oven to 220°C. Dust 1 sheet of parchment paper with semolina. Dust the work surface with flour, then knead the dough on the floured surface, incorporating enough flour to keep the dough from being sticky.

■ Lightly butter an 18cm round cake tin, about 4-cm deep. Roll out two-thirds of the dough on a lightly floured work surface, to a sheet that is slightly larger than the diameter of the tin. Line the tin and press the dough into the corners. Leave the sides hanging over.

■ Layer the ingredients, starting with half the aubergine, basil, pasta sauce, mozzarella and mushrooms. Repeat with the remaining ingredients, pushing down well. Roll out the remaining dough to form a lid and put it on top. Pinch together the lid and the sides, twisting them together to form a crusty edge.

■ Heat the oven to 200°C. Bake the pie for 30 minutes. Cool for 10 minutes, then carefully place a dinner plate on top of the mould and invert the mould so the pie gets demoulded on the plate. Now, slowly slide the pie into a semolina-dusted baking tray and brush the top with 1 tbsp garlic butter, then bake for 20 minutes more. Brush again with the last of the garlic butter before serving.

■ PER SERVING 510 kcal, protein 23g, carbs 53g, fat 25g, sat fat 14g, fibre 6g, salt 2.46g

## Butter pie with apples and cheese

Serves 10 ■ 2 hours ■ MODERATELY EASY ▽

*The homely butter pie is a British working class staple made with onions and potatoes. This hearty version includes apples and cheddar, and is great with pickled cabbage or beets.*

**potatoes** 800g, sliced into 5mm rounds

**unsalted butter** 50g + 25g extra (optional) (try Lurpak available at gourmet stores)

**onions** 2 large, halved and thinly sliced  
**salt** 1/4 tsp  
**pepper** a pinch  
**thyme** 2-3 sprigs  
**apples** 2  
**lemon juice** a splash  
**shortcrust pastry** 500g (see recipe on p 76)

**all-purpose flour (maida)** for dusting  
**cheddar** 175g, grated or crumbled  
**pickled cabbage** or **beets** to serve

■ Bring a pan of salted water to the boil, add the potatoes, bring to a boil and simmer for 8 minutes until just tender but not falling apart. Drain and leave in the colander.

■ Meanwhile, heat the butter in a wide pan. Stir in the onions, salt, pepper and thyme. Cover and cook for 8 minutes until translucent and turning golden. Peel and slice the apples, toss with the lemon juice, then cook with the onions in the now uncovered pan for 5 minutes, stirring often. Mix in the potatoes, then leave to cool. Remove the thyme sprigs.

■ Cut just under two-thirds of the pastry from the block of chilled dough, squash into a round, then roll out on a flour-dusted surface until large enough to line a deep 23-cm loose-bottomed tart tin, leaving a little excess overhanging. Fill the pastry case with layers of the potato and apple mix, and all but 1 tbsp of the cheese. Dot with the rest of the butter, if using, and season generously. Preheat the oven to 190°C and put a baking tray in the oven to heat up.

■ Shape the remaining pastry into a round, then roll out until just large enough to cover the top of the pie. Press the edges together. Trim the pie by pressing your thumb against the rim of the tin all the way around. Cut slits to allow steam to escape. Slide the pie onto the hot baking sheet and cook for 1 hour, scattering with the remaining cheese with 10 minutes to go, until the pastry and cheese are golden. Let the pie cool for around 10-15 minutes, then remove from the mould by gently pushing the pie from the bottom of the mould and place it on a plate.

Serve warm or eat cold with pickled cabbage or beets on the side.

■ **PER SERVING** 429 kcal, protein 9g, carbs 39g, fat 26g, sat fat 12g, fibre 4g, salt 0.9g

## Mushroom, beer and blue cheese pie

Serves 4 ■ 1 hour 10 minutes ■ **EASY** ✓

*This British pastry favourite is packed with fresh mushrooms, strong ale and deep-flavoured cheese. This recipe uses cooked chestnuts for a nutty flavour but the pie tastes just as scrummy without it.*

**onion** 1, chopped

**thyme** 1 tbsp + extra for garnish

**butter** 50g

**button mushrooms** 400g, sliced

**all-purpose flour (maida)** 25g

**stout** or **lager** 200ml (try Guinness or Kingfisher available at speciality wine shops)

**vegetable stock** 200ml

**chestnuts** 200g, peeled, roasted and quartered (available at gourmet stores such as Foodhall)

**salt** 1/2 tsp

**pepper** a pinch

**blue cheese** 50g (try Castello available at gourmet stores)

**milk** 4 tbsp for basting

### THE SHORTCRUST PASTRY

**all-purpose flour (maida)** 225g

**butter** 100g, chilled and cubed

**salt** a pinch

**water** 4 tbsp, chilled

■ To make the shortcrust pastry, sift the flour into a large bowl, add the butter and rub it in with your fingertips until the mixture resembles fine breadcrumbs. Stir in the salt, then add the water and mix to a firm dough. Knead the dough briefly and gently on a floured surface. Wrap in cling-film and chill in the refrigerator for 45-60 minutes while preparing the filling.

■ In the meantime, fry the onion along with the thyme leaves in half the butter until soft. Add the sliced mushrooms with the remaining butter and fry

quickly. Stir in the flour, then gradually stir in the beer, vegetable stock and cooked chestnuts. Season with salt and pepper and simmer until thickened for about 7-8 minutes. Divide between four 12cm individual pie dishes.

■ Take the dough out of the refrigerator and roll into the largest 1/2-cm thick sheet of dough. Crumble the cheese over the pastry sheet. Fold

in half and re-roll out to seal in cheese. Cut pastry lids to fit the pie dishes with the filling, then crimp edges and decorate tops with pastry trimmings. Brush the tops of the pies with some milk, add more thyme and bake for 25-30 minutes at 200°C until golden.

■ **PER SERVING** 704.75 kcal, protein 16.6g, carbs 70.51g, fat 39.85g, sat fat 22.37g, fibre 3.51g, salt 0.8g



# *a Saraswat* **FEAST**

Goa's Chitrapur Saraswat cuisine displays influences from the many regions the community has come to call home. Get a real taste of this little-known cuisine

Recipes AKSHATA KARKARIA Photographs PRATEEKSH MEHRA  
Styling inputs SHREYA GUPTA Props courtesy HOMETOWN and SANCTUM



**Sasam** (recipe on p 62)



**Tendli and kajubi upkari**  
(recipe on p 60)



**Kairas**  
(recipe on p 60)





*“Chitrapur Saraswats, or Amchis as they are colloquially known, are a small sect of Konkani-speaking Hindu Brahmins. The community, often referred to as the offspring of Saraswati, the goddess of learning, traces its lineage to Kashmiri Pandits, who inhabited the area around the Saraswati river basin in Kashmir. To flee from persecution by Muslim rulers in the medieval period, our ancestors were forced to migrate towards the west coast, specifically Kanara in Karnataka, and Goa.*

*Though coastal flavours have had an unmistakable bearing on the food, vegetable dishes form the mainstay of the cuisine. You may see traces of Malvani, Goan, Konkani and Mangalorean influences, yet it is unlike any other cuisine. Chances*

*of sampling it outside a Saraswat home are rare. Copies of its flagship recipe book, Rasachandrika, are hard to find, and recipes continue to be passed from generation to generation.*

*Tamarind, red chilli, coconut, coriander seeds and urad dal form the basis of most of our preparations. Coupled with ingredients such as haldi leaves, jackfruit and Madras cucumber, each dish boasts a distinctive and unusual flavour. Vegetables range from a basic upkari, with jaggery and a tempering of mustard seeds, asafoetida and red chilli, to a bhutti or sukke, which has a ground paste as its base.*

*My grandmother, along with Neela pachi, Nini pachi (my grand-aunts), akka Jaya (my aunt) and my mother would share their precious kitchen secrets with me. To this day, I turn to my grandmother’s coconut scraper, appe (or appam) pan and antique pastry cutter as much as I do to all their cooking tips. I hope you enjoy these time-tested family recipes that I have always longed to share.”*

- Akshata Karkaria, qualified chef and home cook

## MENU FOR 4

- \* Beetroot sukke
- .....
- \* Tendli bhutti
- .....
- \* Pumpkin phodyo
- .....
- \* Tendli and kajubi upkari
- .....
- \* Kairas
- .....
- \* Sasam
- .....
- \* Doddak
- .....
- \* Jackfruit muluk

### Beetroot sukke (spiced beetroot)

Serves 4 ■ 30 minutes ■ EASY

*My mother’s aunt, Shalini pachi, once brought beetroot sukke home. My little son, instantly averse to its pink colour, refused to eat it. But when we heated the sukke, his nose decided otherwise. Since then, both my kids eat it every Saturday.*

**dried red chillies** 2-3  
**coriander seeds** 1 tsp  
**urad dal** 1 tsp  
**fenugreek seeds** 1/4 tsp  
**coconut** 2 tbsp, grated  
**tamarind** 15g  
**jaggery** 2 tsp  
**ghee** 1 tsp  
**asafoetida (hing)** a pinch  
**onion** 1 large, finely chopped  
**beetroot** 200g, cooked, peeled and diced  
**salt** to taste

■ Dry-roast the red chillies, coriander seeds, urad dal and fenugreek seeds and blend with the coconut, tamarind and jaggery. Heat the ghee in a pan and add a pinch of asafoetida. Add the onion and fry until golden-brown. Pour in the ground masala and sauté for a minute until the spices release their aroma. Add the beetroot and sauté for a few minutes. Season and serve hot.

■ PER SERVING 106 kcal, protein 1.55g, carbs 15.24g, fat 4.7g, sat fat 2.95g, fibre 2.15g, salt 0.6g





## Pumpkin phodyo (fried pumpkin with asafoetida)

Serves 4 ■ 25 minutes + standing

■ EASY ✓ ✓

*My grandmother prepared phodyo for Sunday lunches using pumpkin. Crisp and caramelised on the outside, tender on the inside, these should be eaten piping hot and fresh off the fryer. She would also sometimes make it with suran (yam) and tell me it was fried fish, which I believed for the longest time!*

**pumpkin** 750g  
**oil** 4-5 tbsp for frying + 1 tsp for greasing  
**asafoetida (hing)** 1/2 tsp  
**red chilli powder** 1 tsp  
**salt** to taste  
**jaggery** 2 tsp, powdered  
**oil** 1 tsp  
**rice flour** 1 tbsp

## Tendli bhutti (ivy gourd with coconut and tamarind)

Serves 4 ■ 25 minutes ■ EASY ✓

*Sulochana pachi, my mother's aunt, rustled up the perfect tendli bhutti. This was my favourite dish as a child; in fact I still lick the masala off the grinder!*

**urad dal** 1 tsp  
**coriander seeds** 1 tsp  
**red chillies** 3  
**jaggery** 3 tsp  
**tamarind** 10g  
**coconut** 60g, grated  
**onion** 1 large, finely chopped

**ghee** 1 tbsp  
**tendli** 200g, sliced into fine roundels  
**salt** to taste

■ Roast the dry ingredients together and grind along with the jaggery, tamarind and coconut to make a masala paste. Keep aside.  
 ■ Fry the onion in ghee until red. Add the tendli and cook on a low flame, stirring frequently. Stir in the masala, add salt and cook for a few more minutes before serving.  
 ■ **PER SERVING** 89.5 kcals, protein 1.01g, carbs 10.34g, fat 5.13g, sat fat 4.43g, fibre 2.21g, salt 0.5g

■ Cut the pumpkin into 2-inch squares, about 1cm thick. Rub the pieces with a mixture of 1 tsp oil, asafoetida, chilli powder, salt and jaggery. Leave aside to marinade for 20 minutes.

■ Heat 3-4 tbsp of oil in a non-stick pan. Sprinkle rice flour over the pumpkin and fry in hot oil, for about 2-3 minutes on each side until crisp on the outside but cooked on the inside. Once one side is crisp, cover the pan with a lid and cook for 1 minute. Then remove the lid and cook for 2 more minutes. Serve hot.

■ **PER SERVING** 198.5 kcals, protein 2.28g, carbs 16.13g, fat 15.08g, sat fat 1.06g, fibre 1.25g, salt 0.5g





## Tendli and kajubi upkari (ivy gourd with cashewnuts)

Serves 4 ■ 30 minutes ■ EASY

*Every time we ate this dish, my grandfather would recount how a Chitrapur Saraswat boy went to Dharwad to meet a potential match. He was welcomed with an Amchi feast, which included tendli and kajubi upkari. He was thrilled to see several cashews in the dish, and instantly agreed to the marriage. But the cashews grew fewer with every meal since.*

**oil** 3 tsp  
**mustard seeds** 1 tsp  
**red chilli** 2, slit slightly  
**asafoetida (hing)** 1 tsp  
**curry leaves** a large bunch  
**tendli** 600g, cut into thin strips  
**cashewnuts** 6 tbsp, halved  
**jaggery** 2 tbsp  
**salt** to taste

■ Heat the oil. Add the mustard seeds. Once they splutter, add the red chilli, hing and curry leaves. Add the tendli and cashews and mix well for a minute.

■ Stir in the jaggery and salt and cover with a lid. Cook for 10 minutes. Remove the lid and stir-fry for a few minutes. Serve hot with chapatis or puris.

■ **PER SERVING** 182 kcals, protein 3.75g, carbs 15.15g, fat 10.84g, sat fat 1.82g, fibre 0.65g, salt 1.2g

## Kairas (bell pepper and potato in a coconut curry)

Serves 4 ■ 40 minutes ■ EASY

*Nini pachi, my father's aunt, made an excellent kairas. The dry masala was ground and kept ready, and my cousin took a bottle back every time she visited Mumbai. Neela pachi next door cooks kairas too, and sends me a bowlful of the sweet and spicy curry every time she makes it.*



### THE PASTE

**oil** 1 tbsp  
**fenugreek seeds** 1/2 tsp  
**red chillies** 5  
**mustard seeds** 1 tsp  
**urad dal** 1 tbsp  
**chana dal** 1 tbsp  
**coriander seeds** 3 tbsp  
**cumin seeds** 1 tsp  
**sesame seeds** 2 tbsp  
**dried coconut** 60g

### THE VEGETABLES

**tamarind** 15g, soaked in 4 tbsp water  
**green bell peppers** 150g, diced  
**potatoes** 2, peeled and diced  
**green chilli** 1  
**peanuts** 75g, soaked and peeled  
**cashewnuts** 50g, browned in 1 tsp ghee  
**salt** to taste

### THE TEMPERING

**ghee** 1 tbsp  
**asafoetida (hing)** 1/2 tsp  
**mustard seeds** 1 tsp



**Doddak**  
(recipe overleaf)

**fenugreek seeds** 1/2 tsp  
**curry leaves** a bunch

■ Boil the diced potatoes in a saucepan until just cooked through and keep aside. To make the paste, heat the oil in a non-stick pan and roast all the ingredients except the dried coconut. Grind this roasted mixture together with the dried coconut.

■ For the tempering, heat the ghee in a pan and add all the spices. Add the green pepper and cashewnuts and stir-fry for a few minutes. Add the potatoes, peanuts and the ground paste, and stir. Add the tamarind water, green chilli and 3 cups of water and cook for a few more minutes until all the ingredients are cooked through. Add salt, mix well and serve hot with puri or chapati.

■ **PER SERVING** 281.67 kcals, protein 8.57g, carbs 23.65g, fat 18.35g, sat fat 6.25g, fibre 6.41g, salt 0.4g

## Sasam (pineapple relish)

Serves 4 ■ 20 minutes + refrigeration

■ **EASY**  

Sasam resembles a chunky chutney or salsa. The pungent mustard coupled with the sweetness of pineapple lends it a distinct flavour. This recipe calls for pineapple and sultanas, but Madras cucumber works just as well. Green grapes make for a delicious addition when in season.

**pineapple** 1/2 medium-sized, diced  
**jaggery** 1 tbsp, crushed  
**salt** to taste  
**sultanas** 25g, chopped  
**coconut** 30g, grated  
**red chillies** 1-2, finely chopped  
**mustard seeds** a pinch  
**tamarind** 1 tsp  
**yellow mustard powder** 1/2 tsp

■ Rub the pineapple with the jaggery and salt and keep aside. Grind all the remaining ingredients together. Combine the fruit and the ground mixture. Serve chilled.

■ **PER SERVING** 82.75 kcals, protein 0.81g, carbs 15.13g, fat 2.58g, sat fat 2.22g, fibre 1.75g, salt 0.2g

## Doddak (savoury buttermilk pancake)

Serves 4 ■ 20 minutes ■ **EASY**  

Doddak, a savoury pancake, makes for a healthy snack when eaten with vegetables. Magge or Madras cucumber adds an interesting texture to an otherwise soft pancake. I like to make mini ones using an uttapam pan or even my grandmother's old appe skillet (a pan with small, round depressions); you can also use a non-stick pan.

**Madras cucumber** 1/2, grated  
**coconut** 50g, grated  
**jaggery** 3 tsp  
**semolina** 175g, roasted  
**green chilli** 1, finely chopped  
**coriander leaves** a handful, finely chopped  
**salt** to taste  
**buttermilk** 1 cup  
**ghee** 2 tbsp

■ Mix all the ingredients together except the buttermilk. Add the buttermilk to the batter, a little at a time, until you attain the desired dropping consistency.

■ Heat the ghee on a griddle. Put a dollop of the batter in the centre of the pan and pat down carefully to make a circle. Fry for about 2-3 minutes, then turn over, cover, and cook for 2-3 minutes further. Serve with any chilli-based chutney.

■ **PER SERVING** 353 kcals, protein 7.71g, carbs 42.59g, fat 16.31g, sat fat 10.15g, fibre 1.81g, salt 0.5g



### TASTE TEAM COMMENT

I hadn't heard about *doddak* before, but after reading the recipe I thought they would be simple to make. While mixing all the ingredients was easy, getting the right consistency for these savoury pancakes was slightly tricky. I also added two finely chopped red chillies, which lent pungency and a bright red colour to the dish. I then added some toasted white sesame seeds for texture. The result was great! I served the *doddak* with a sweet chilli-mango pickle.

Anish Thimmana is a Bengaluru-based engineer and blogs at [anishtimanna.wordpress.com](http://anishtimanna.wordpress.com).

## Jackfruit muluk (deep-fried jackfruit fritters)

Serves 4 ■ 30 minutes

■ **MODERATELY EASY**  

Akka Jaya, my father's sister, lives on a farm in Bengaluru. With each visit comes loads of goodies – home-grown avocados and passion fruit, freshly made coconut khadi (with home-grown roses), besan ladoos, and lastly, muluk! While I used to despise the idea of eating strong-smelling jackfruit, my tastes have transformed over time. If you are fond of it, you can make a coulis of the leftover jackfruit as a dip for the hot crispy dumplings.

**oil** for deep-frying + 1 tsp for the dough  
**jackfruit** 1 cup, roughly blended  
**semolina** 3/4 cup, roasted  
**rice flour** 1/4 cup  
**coconut** 1/3 cup, grated  
**jaggery** 1/4 cup  
**salt** a pinch  
**cardamoms** 3-4, roasted and ground

■ Heat some oil in a pan for deep-frying. Mix all the ingredients together with 1 tsp oil to make a soft dough. It will look slightly loose but should hold together when you shape it. Shape the dough into balls, each about 1-1/2 inch in diameter, and fry in the oil until reddish-brown.

■ They can be stored for a few days and can be heated for a couple of minutes in the oven before consuming, but are best served hot.

■ **PER SERVING** 429.25 kcals, protein 6.01g, carbs 65.45g, fat 16.5g, sat fat 3.21g, fibre 2.73g, salt 1g



Jackfruit muluk

# RED ALERT

Ripened by the summer sun and oozing goodness, tomatoes are veritable flavour bombs. Achtung, baby!



**Classic tomato sauce  
with pizza knots**  
(recipe on p 70)



**Vegetable and  
cheesy rice bake**  
(recipe overleaf)



## Vegetable and cheesy rice bake

Serves 4 ■ 1 hour 20 minutes

■ EASY ✓

*Use arborio rice with melty cheddar and parmesan as a topping for this vegetarian cottage pie-style bake with aubergines and zucchini.*

**onion** 1, chopped  
**olive oil** 1 tbsp  
**zucchini** 1, halved and sliced  
**aubergine** 1, diced into 1cmx1cm cubes  
**fresh tomatoes** 450g, chopped  
**salt** 1/2 tsp + extra to taste  
**pepper** a large pinch  
**arborio rice** 200g (try De Cecco available at gourmet stores)  
**cheddar** 140g, grated  
**parmesan** 1 tbsp for sprinkling

■ Sweat the onion in the oil for 5 minutes until soft and lightly golden. Add the zucchini and aubergine and fry until golden brown. Add the tomatoes and some seasoning, then cover and simmer for 30 minutes, uncovering for the final 15 minutes if using fresh tomatoes. Preheat the oven to 200°C.

■ Meanwhile, cook the rice in a large pot of salted boiling water for 12-15 minutes, or until tender. Drain and mix with 2/3 of the cheddar cheese.

■ Put the zucchini and tomato mix in an ovenproof dish. Spoon the rice mixture over and smoothen it. Sprinkle over the rest of the cheddar and parmesan cheese. Bake for 30 minutes until bubbling and golden.

■ **PER SERVING** 443 kcals, protein 20g, carbs 48g, fat 19g, sat fat 9g, fibre 6g, salt 0.8g

## Crunchy baked tomato and onion gratin

Serves 6 ■ 1 hour 20 minutes

■ EASY ✓

*Simplicity is key for this rustic, slow-cooked vegetarian bake. Make sure you serve with plenty of bread to mop up the juices.*

**olive oil** 4 tbsp  
**onions** 3, thinly sliced  
**garlic cloves** 3, thinly sliced  
**mixed tomatoes (cherry, heirloom and regular)** 1.2kg  
**fresh thyme** or **oregano** 8 sprigs, or a mixture, stripped + a few extra  
**golden caster sugar** 1 tbsp (try Tate & Lyle available at gourmet stores)  
**fresh white breadcrumbs** 50-85g  
**salt** 1/4 tsp + extra to taste  
**pepper** a large pinch

■ Preheat the oven to 180°C. Heat half the oil in a pan and gently cook the onions and garlic for 8-10 minutes until really soft and sticky but not browned. Put the onions, tomatoes (halve the large ones), herbs, sugar and breadcrumbs in a baking dish, season well and toss together.

■ Drizzle with the remaining oil, scatter with a few more herb sprigs and bake for 45 minutes until light golden on top.

■ **PER SERVING** 189 kcals, protein 4g, carbs 24g, fat 8g, sat fat 1g, fibre 3g, salt 0.3g

## Tomato tarts with roasted garlic and goat's cheese

Makes 4 ■ 1 hour 25 minutes + chilling

■ MODERATELY EASY ✓

*Use juicy cherry tomatoes to make these elegant little tarts. If you're preparing these for lunch, roast the garlic the night before and lunch will be ready in no time.*

**garlic bulbs** 3 whole

**olive oil** 2 tbsp

**salt** 1/2 tsp + extra to taste

**pepper** 1/2 tsp + extra to taste

**puff pastry** 375g (available at your local bakery or try Jus Rol available at gourmet stores)

**dijon mustard** 2 tbsp mixed with 1 tsp **honey**

**cherry tomatoes** 325g, halved

**goat's cheese** 150g (try President available at gourmet stores)

**basil leaves** a handful

■ Preheat the oven to 190°C. Slice the tops off the garlic bulbs and place on a sheet of foil. Drizzle over 1 tbsp of the oil, 1/8 tsp each of salt and pepper and wrap into a parcel. Roast for 50 minutes or until soft, then leave to cool – this can be done the day before.

■ Use a sharp knife to cut the pastry into quarters. Roll out each piece and cut into a 14cm diameter circle. Use a saucer as a guide if you don't have a cutter. Pop the circles on a baking tray and score a 1cm border around the edge of each, being careful not to cut all the way through. Avoiding the border, prick the pastry all over with a fork, then chill for 30 minutes.

■ Increase the oven temperature to 200°C. When the garlic is cool enough to handle, squeeze the flesh from the bulbs into a bowl. Add the mustard-honey mixture, the remaining oil and 1/8 tsp each of salt and pepper. Mash to a paste. Spread over the pastry, leaving the border clear, then top with the tomato halves, skin-side down, and the remaining salt and pepper.

■ Crumble the goat's cheese over the pastry and bake for 25-30 minutes until the pastry is golden and crisp, and the tomatoes start to shrivel. Remove from the tray and allow the tarts to reach room temperature. Scatter over the basil before serving.

■ PER TART 591 kcal, protein 18g, carbs 40g, fat 40g, sat fat 19g, fibre 2g, salt 1.8g



## Harissa roasted tomatoes with couscous

Serves 8 ■ 1 hour 10 minutes ■ EASY



*Flavour versatile couscous with mint, parsley and almonds, then serve with chilli-spiced roasted tomatoes and a garlic yoghurt sauce.*

**plum tomatoes** 12, halved

**harissa** 3 tbsp (try Al Fez available at gourmet stores)

**olive oil** 3 tbsp

**salt** 1/2 tsp

**pepper** 1/4 tsp

**onions** 3, very thinly sliced

**Greek yoghurt** 4 tbsp (try Himalya Fresh available at gourmet stores)

**tahini** 1 tbsp (try Al Fez available at gourmet stores)

**garlic clove** 1, crushed

**couscous** 200g (try Tipiak available at gourmet stores)

**mint** a small handful, roughly chopped

**parsley** a small handful, roughly chopped

**almonds** 50g, toasted and chopped

**chickpeas** 400g, boiled and drained

■ Preheat the oven to 200°C. Toss the tomatoes in harissa and 2 tbsp of the oil. Season and spread in a roasting tin, cut-side up, and bake for 40-45 minutes.

■ Heat the remaining oil in a large frying pan. Tip in the onions and sizzle for a couple of minutes. Turn down the

heat, season and cook for 15 minutes or until golden and caramelised. In a bowl, mix the yoghurt, tahini and garlic with some seasoning. Set aside.

■ Tip the couscous into a large bowl. Pour over 400ml boiling water. Cover with cling-film and leave to stand for 10 minutes or until all the water has been absorbed. Fork through the herbs, almonds, chickpeas and half the onions. Top with the tomatoes and the remaining onions, and serve with a dollop of the yoghurt sauce.

■ PER SERVING 472 kcals, protein 16g, carbs 53g, fat 21g, sat fat 3g, fibre 8g, salt 0.5g





## Spaghetti with fresh tomato sauce

Serves 2 ■ 15 minutes ■ EASY ■ V

*Bashing tomatoes, chilli, sugar and shallots together in a mortar and pestle helps to bring out the flavours for a delicious no-cook pasta sauce. Make it more indulgent with fresh mozzarella.*

**spaghetti** or **linguine** 200g (try Barilla available at gourmet stores)

**fresh red chilli** 1, deseeded and finely chopped

**shallots** or **Madras onions** 2, finely chopped

**extra virgin olive oil** 1 tbsp

**lemon** 1, zested

**red wine vinegar** 1 tbsp (try Cirio available at gourmet stores)

**caster sugar** 2 tsp (try Tate & Lyle available at gourmet stores)

**tomatoes** 300g, diced

**sea salt** a good pinch

**black pepper** a good pinch, freshly ground

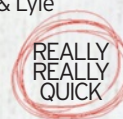
**fresh mozzarella** 125g, torn into pieces (try Impero available at gourmet stores)

**basil leaves** a handful, torn

■ Cook the pasta following packet instructions. Meanwhile, put the chilli, shallots, oil, lemon zest, vinegar, sugar and tomatoes into a big mortar. If the mortar isn't big enough, put it all in a bowl and just use the pestle in that. Add sea salt and black pepper and bash everything together.

■ Drain the pasta and toss together with the tomato mixture and mozzarella. Scatter over the basil leaves and serve immediately.

■ **PER SERVING** 598 kcals, protein 25g, carbs 78g, fat 21g, sat fat 10g, fibre 5g, salt 0.7g





## Parmesan-baked ricotta with tomato, olive and basil salad

Serves 6 ■ 50 minutes ■ EASY ✓

*This refreshing recipe is extremely simple to make – the ricotta can be baked up to a day ahead and the salad dressing made in advance.*

**ricotta** 750g (try Impero available at gourmet stores)

**cream** 100ml

**cornflour** 2 tbsp

**parmesan** 100g, finely grated

**salt** and **pepper** a large pinch each + extra to taste

**tomatoes** 4 large

**black olives** a handful, stones removed

**olive oil** 2 tbsp

**extra virgin olive oil** 1 tbsp

**red wine vinegar** 1 tbsp (try Cirio available at gourmet stores)

**caster sugar** 1/4 tsp (try Tate & Lyle available at gourmet stores)

**garlic clove** 1, crushed

**basil leaves** a small bunch

■ Preheat the oven to 200°C. Beat the ricotta and cream together, fold in most of the parmesan, then season to taste. Fold in the cornflour. Line a 900g loaf tin with parchment, then scoop the ricotta into the tin. Level the top, scatter with the remaining parmesan, then bake for 35 minutes or until set and golden. Let it cool, then turn it out. ■ Slice the tomatoes fairly thickly, then very roughly chop the olives. Whisk the olive oils, vinegar, sugar, garlic, olives and seasoning together. Just before you serve, roughly chop a few of the basil leaves and stir most into the dressing.

■ To serve, slice the ricotta and put onto plates. Toss the tomatoes with most of the basil and a little dressing. Serve alongside the ricotta, drizzle the dressing over and scatter with the remaining basil.

■ **PER SERVING** 354 kcals, protein 21g, carbs 6g, fat 28g, sat fat 13g, fibre 1g, salt 0.82g

## Classic tomato sauce with pizza knots

Serves 6-8 ■ 50 minutes + proving

■ A LITTLE EFFORT ✓

*You can also use this sauce as a base on pizza or with pasta. It keeps well in the freezer, so make a couple of batches if you have lots of tomatoes.*

**tomatoes** 1kg

**olive oil** 4 tbsp

**garlic cloves** 2, peeled and very finely sliced

**parsley** a handful

**sugar** 1/2 tsp

**salt** 1/2 tsp

**pepper** 1/4 tsp

**basil leaves** a handful

### THE PIZZA KNOTS

**strong bread flour** 500g + extra for dusting (try Delverde available at gourmet stores)

**yeast** 1 tsp

**salt** a large pinch

**olive oil** 1 tbsp

**butter** 40g, melted and mixed with

**garlic clove** 1, crushed

■ To make the dough for the pizza knots, put the flour, yeast, salt, olive oil and 300ml warm water in a bowl and mix (use a stand mixer if you have one). Knead, in the mixer or by hand, until the dough is smooth. Try not to add

any extra flour – if the dough is sticky, oil the work surface. Cover and leave to rise until doubled in size, about an hour.

■ To make the sauce, cut a cross in the base of all the tomatoes and put them in a bowl. Pour over boiling water, leave for a minute, then drain. Peel the tomatoes then chop them roughly.

■ Heat the oil and add the garlic, then cook for 30 seconds. Tip most of the tomatoes into the pan, keeping back a cupful. Add the parsley, sugar and lots of seasoning, then cook until it is thick and fragrant. How long this takes will depend on the size of your pan and how watery the tomatoes are. Once cooked, stir in the basil. Add the reserved tomatoes.

■ When the dough has risen, halve it and flatten one half into a rectangle about 1cm thick on a floured surface. Cut this into strips 1cm wide and 15cm long. Dust the strips as you work, tying each one into a knot, stretch them out first if you need to. Lay on an oiled baking sheet and cover with oiled cling-film, then leave to rise for 1 hour. Repeat with the remaining dough.

■ Heat the oven to 200°C. Bake the knots for 15-20 minutes, until they are browned but still soft, then brush with the butter. Serve with hot tomato sauce with a swirl of olive oil in the bowl.

■ **PER SERVING** 428 kcals, protein 12g, carbs 64.2g, fat 12.1g, sat fat 4.5g, fibre 3.4g, salt 0.6g



Recipe: JANE HORNBY Photograph: MYLES NEW/SHUTTING RACHEL LUKES Food styling: LIZZIE HARRIS

# Know your tomatoes

From bite-sized to delightfully misshapen, tomatoes come in a variety of colours and sizes to suit every taste. Get to know these ruddy beauties

**D**o you know your San Marzano from your Pomodoro? With over 7,500 varieties grown worldwide, you'd have to be a keen cultivator to be able to name more than a handful. From plain ol' desi tomatoes to the more commonplace cherry tomatoes, we're seeing growers everywhere experimenting with more heirloom varieties and exotic kinds like the Green Zebra and the Orange Plum. Get to know the various tomato varieties and learn how to pick the right kind for your cooking.

## YELLOW OR GOLDEN TOMATOES

Yellow tomatoes are usually sweeter than their red cousins, so they're a great option for kids who find other tomatoes too acidic. Don't waste them on cooking — when you add other ingredients, their glorious colour will be tainted. Instead, save these for salads or use to make a really pretty salsa.

### ■ GOLDEN MONARCHS

Sunny yellow in colour, Golden Monarchs are prized for their sweet and tangy taste, which works brilliantly in robust tomato salsa and fresh salads.

### ■ ORANGE PLUMS

Rich in vitamin C and A, these orange, plum-shaped tomatoes have a sweet burst of flavour and are best eaten raw, or cooked to make chutney.

### ■ ORANGE BABY PLUMS

These baby tomatoes from the Orange Plum family hold within their lovely golden skin small bursts of sweet tomato flesh. They make for a perfect snack, straight off the vine.

### ■ YELLOW CHERRY TOMATOES

Like most cherry tomatoes, the yellow ones are sold on the vine and in clusters. They turn orange when completely ripe and are eaten raw in salads or on their own.

## RED TOMATOES

These are normally very juicy as they have plenty of seeds. They're used in cooking to make tomato pasta sauces, curries and summery stews, and are perfect for simmering into a flavour-packed tomato sauce.

### ■ SAN MARZANO

These long Italian plum tomatoes are held in high regard for their sweet and firm flesh, which isn't very acidic. Since they have a short growing season, most San Marzano tomatoes are sold canned, and are used to making pasta and pizza sauces.

### ■ BEEFSTEAK

One of the largest varieties of tomatoes, the Beefsteak is bright red and has a ridged appearance. The round Beefsteak variety is ideal for adding to sandwiches and burgers, as one thick slice will fill the bun.

### ■ ALICANTE

This classic, medium-sized tomato has a firm flesh and is more commonly used in light cooking. It comes from the same family as our desi tomatoes.

### ■ POMODORINO

These sweet, egg-shaped Italian tomatoes are ideal for tossing in light pastas or roasting to make sundried tomatoes.

## GREEN TOMATOES

Not necessarily under-ripe tomatoes, there are plenty of actual green varieties out there. To check whether they're ripe, give a gentle squeeze — they should feel firm but not rock hard, and smell fruity rather than grassy. They have a zingy flavour and make great chutneys.

### ■ GREEN ZEBRA

This green variety of tomatoes is the direct result of hybrid experimentation. Its striking dark green skin with yellow stripes (a natural indication that it is ripe) and sweet and tangy flavour lends itself beautifully to fresh salads.

## STRIPED OR TIGER TOMATOES

These are not ideal for cooking. Just slice across the equator of the tomato — rather than from end to end — to best showcase the variegated striping. They make for a stunning salad.

### ■ BLACK KRIM

This heirloom variety from Russia is a dark maroon counterpart of the heftier Beefsteak. It has a firm skin but juicy flesh that is favoured for its rich and salty flavour.

### ■ TIGERELLA

This red-yellow striped tomato has a refreshing tangy taste that is best used in fresh relishes and tomato salads with extra virgin olive oil and seasoning.

### ■ BLACK ZEBRA CHERRY

These tomatoes with black and yellow stripes really stand out in the shopping basket. They grow slightly bigger than your average cherry tomato and are very hardy. Enjoy their complex and sweet flavour in raw preparations or in a striking black salsa.

**WHERE TO FIND:** Try *Trikaya Agriculture* or *Offering products available at supermarkets and gourmet stores.*

## Desi Varieties

According to the Indian Institute of Horticultural Research, India has over 7,500 varieties of tomatoes. Though the varieties differ, their appearance and taste remain largely uniform. The desi tomatoes come closest to the Alicante tomato and the raw green kind that is used in curries and chutney. Most of the varieties now grown here are hybrids developed to suit diverse weather conditions across the country. Some of the commonly grown varieties of tomato include Arka Abha, Arka Alok, Angurlata, Pant Bahar and Ratna.

Golden Monarch



Beefsteak



San Marzano



Alicante



Orange plum



Black Zebra  
cherry



Black Krim



Tigerella



Pomodorino



Yellow cherry



Green Zebra



Orange  
baby plum



# GO BANANAS

Seeking banana nirvana? These decadent showstoppers are just the ticket



**Banoffee trifles** (recipe on p 78)



Sticky banana and maple cake (recipe on p 78)



## Banana and walnut chikki kulfi

Serves 6 ■ 30 minutes + freezing

■ EASY  

*This unusual twist on kulfi with chikki lends a crunch to a creamy favourite. Use ready-to-eat chikki to save time.*

**milk** 220ml  
**condensed milk** 100ml (try Nestlé available at grocery stores)  
**saffron** a pinch  
**sugar** 30g  
**corn flour** 1 tbsp  
**banana** 1, chopped

### THE CHIKKI

**sugar** 5 tbsp  
**walnuts** 10, roughly chopped  
**butter** 1 tbsp

■ To make the chikki, heat the sugar in a heavy-bottomed saucepan on a slow flame until it melts and begins to caramelize. Add the walnuts and mix well.

■ Add the butter and mix further. Pour the mixture onto an oiled steel plate. Let it cool and then crush coarsely.

■ For the kulfi base, boil 200ml milk and condensed milk together on a slow flame in a pan. Add the saffron and sugar and mix well.

■ Dissolve corn flour with 20ml milk and stir into the milk mixture until it thickens. Switch off the flame and let it cool.

■ Mix the chopped banana and the crushed walnut chikki into the cooled kulfi base. Reserve some crushed chikki aside for garnish.

■ Pour the kulfis into moulds and freeze to set. After an hour, insert wooden skewers into the moulds and position them in the centre of the kulfis. Continue freezing for 5-6 hours or overnight.

■ Demould by rubbing the moulds between your palms. Garnish with the remaining crushed chikki.

■ **PER SERVING** 244 kcals, protein 3g, carbs 19.86g, fat 16.8g, sat fat 5.43g, fibre 6g, salt 1.4g

## Mango and banana smoothie

Serves 4 ■ 5 minutes ■ EASY  

*Cool down with a fresh and fruity smoothie. You could even use fresh peaches instead of mangoes.*

**mango** 1 medium  
**banana** 1  
**orange juice** 500ml  
**ice cubes** 4



■ Cut the mango down either side of the flat stone, then peel and cut the flesh into chunks. Peel and chop the banana. Put all the ingredients into a food processor or blender, then process until smooth and thick. Refrigerate and consume on the same day.

■ **PER SERVING** 107 kcals, protein 1g, carbs 26g, fat 1g, sat fat none, fibre 2g, salt 0.04g





Recipe SARA BUENFELD Photograph LIS PARSONS



Recipe JANE HORNBY Photograph GARETH MORGANS

## Banoffee trifles

Serves 4 ■ 10 minutes + chilling

■ EASY ✓

*A trifle cheating will still impress your friends with this made-in-moments banoffee pud.*

**mixed fruit juice** 6 tbsp  
**rum** or **brandy** 2 tbsp  
**bananas** 2



**Madeira cake** 8 slices  
**chocolate sauce** 2 tbsp (try Hershey's available at gourmet stores)  
**dulce de leche** 4 heaped tbsp  
**mascarpone** 225g (try Zanetti available at gourmet stores)  
**custard** 250ml, chilled  
**dark chocolate** 4 tbsp, grated, to garnish (try Morde or Valrhona available at gourmet stores)

■ In a large bowl, stir the fruit juice with the rum or brandy. Slice the bananas into the fruit juice mixture and toss together. Sandwich the slices of Madeira cake with the chocolate sauce, dice it into squares and pile in the bottom of 4 glasses. Top with the bananas and rum mixture then add a heaped spoonful of dulce de leche to make another layer.

■ Next, beat the mascarpone and custard together until smooth, then spoon on top of the mixture. Chill until ready to serve for up to 2 hours. Scatter shavings of dark chocolate on top of the trifles before serving.

■ **PER SERVING** 325 kcals, protein 18g, carbs 87g, fat 23g, sat fat 4g, fibre 1.8g, salt 0.9g

## Sticky banana and maple cake

Makes 8 ■ 1 hour 35 minutes

■ MODERATELY EASY

*This teatime treat is sticky, indulgent and completely moreish!*

**butter** 100g, softened + extra to grease  
**maple syrup** 8 tbsp + extra to serve (try American Garden available at gourmet stores)  
**bananas** 3 small, ripe + 1, overripe  
**light muscovado sugar** 200g (try Mawana available at gourmet stores)  
**buttermilk** 100ml  
**vanilla pods** 2, seeds scraped  
**self-raising flour** 200g (try Blue Bird available at gourmet stores)  
**almonds** 100g, ground  
**soda bicarbonate** 1 tbsp

**Greek yoghurt** 300g (try Himalya Fresh available at gourmet stores)  
**vinegar** 1 1/2 tbsp

■ Heat the oven to 160°C, butter a 20cm square cake tin and line the base with parchment paper. Pour in half the syrup, swirling to coat the bottom. Halve the 3 ripe bananas lengthways and lay, cut-side down, in the tin.

■ Beat together the butter, sugar, buttermilk, 100g yoghurt, vinegar, vanilla and overripe banana with an electric whisk. Fold in the flour, ground almonds and soda bicarbonate, then stir in the remaining yoghurt. Carefully spoon into the tin without dislodging the bananas.

■ Bake for 45 minutes-1 hour until a skewer poked in comes out with only moist crumbs. Poke all over with the skewer, about halfway into the cake, then pour over the remaining maple syrup. Let it soak in for a few minutes, then turn out of the tin upside-down, drizzling the banana-studded top with more syrup. Slice and serve warm.

■ **PER SERVING** 484.38 kcals, protein 5.75g, carbs 72.67g, fat 20.62g, sat fat 9.61g, fibre 2.91g, salt 0.2g

## Banana and poppy seed loaf

Serves 8-10 ■ 1 hour 15 minutes + cooling ■ **EASY**

*Use up overripe bananas in this light and super-quick sponge cake topped with cream cheese frosting.*

**self-raising flour** 175g (try Blue Bird available at gourmet stores)

**soft brown sugar** 175g (try Tate & Lyle available at gourmet stores)

**butter** 175g, softened

**yoghurt** 75g, beaten

**buttermilk** 75ml

**baking powder** 1 tsp

**baking soda** 1 tsp

**bananas** 3, very ripe, mashed

**vinegar** 1 tbsp

**poppy seeds** 2 tbsp + extra to decorate

### THE ICING

**cream cheese** 200g (try Kraft available at gourmet stores)

**icing sugar** 2 tbsp, sifted (try Blue Bird available at gourmet stores)

- Heat the oven to 180°C. Butter and line a 900g loaf tin.
- Beat together all the cake ingredients in a large bowl. Pour into the loaf tin and bake in the centre of the oven for about 1 hour or until a skewer

comes out clean. Turn out onto a cooling rack, and leave to cool.

■ To make the icing, mix the cream cheese and the icing sugar and spread on top of the loaf. Decorate with poppy seeds.

■ **PER SERVING** 380.6 kcals, protein 3.24g, carbs 43.16g, fat 22.42g, sat fat 13.65g, fibre 1.27g, salt 0.3g





## Banana and burnt butter pudding

Serves 6 ■ 1 hour 15 minutes ■ EASY

*Burnt butter or the more stylish-sounding *beurre noisette* in French cooking is what gives this pudding its distinctive flavour.*

**butter** 140g  
**bananas** 3 large  
**golden or maple syrup** 6 tbsp + extra for pouring  
**self-raising flour** 150g (try Blue Bird available at gourmet stores)

**baking powder** 1 tsp  
**salt** a pinch  
**golden caster sugar** 100g (try Tate & Lyle available at gourmet stores)  
**buttermilk** 100ml  
**lemon** 1, zested

■ Melt the butter in a pan and then keep heating until it browns. To obtain a nutty colour, stop cooking as soon as it turns deep gold and the residual heat will do the rest. Cool the browned butter.

■ Slice 2 bananas. Cut the other banana into cubes. Liberally butter 6 x 175ml pudding basins with the browned butter and put 1 tbsp golden syrup and 2 tsp browned butter into each. Put the banana slices in the base of each basin.

■ Sift the flour and baking powder into a bowl and add a pinch of salt and the sugar. Add the buttermilk and lemon zest followed by the browned butter and cubed banana. Divide the mixture between the basins and cover each with a pleated piece of foil tied on with string.

■ Three basins will fit in each layer of a reasonably sized metal or bamboo steamer. Steam for 45 minutes or until risen and firm to the touch. Swap the layers half way through. Turn out to serve with more golden or maple syrup and cream.

■ *PER SERVING* 438kcal, protein 1.6g, carbs 66.63g, fat 19.64g, sat fat 12.27g, fibre 2.19g, salt 0.3g

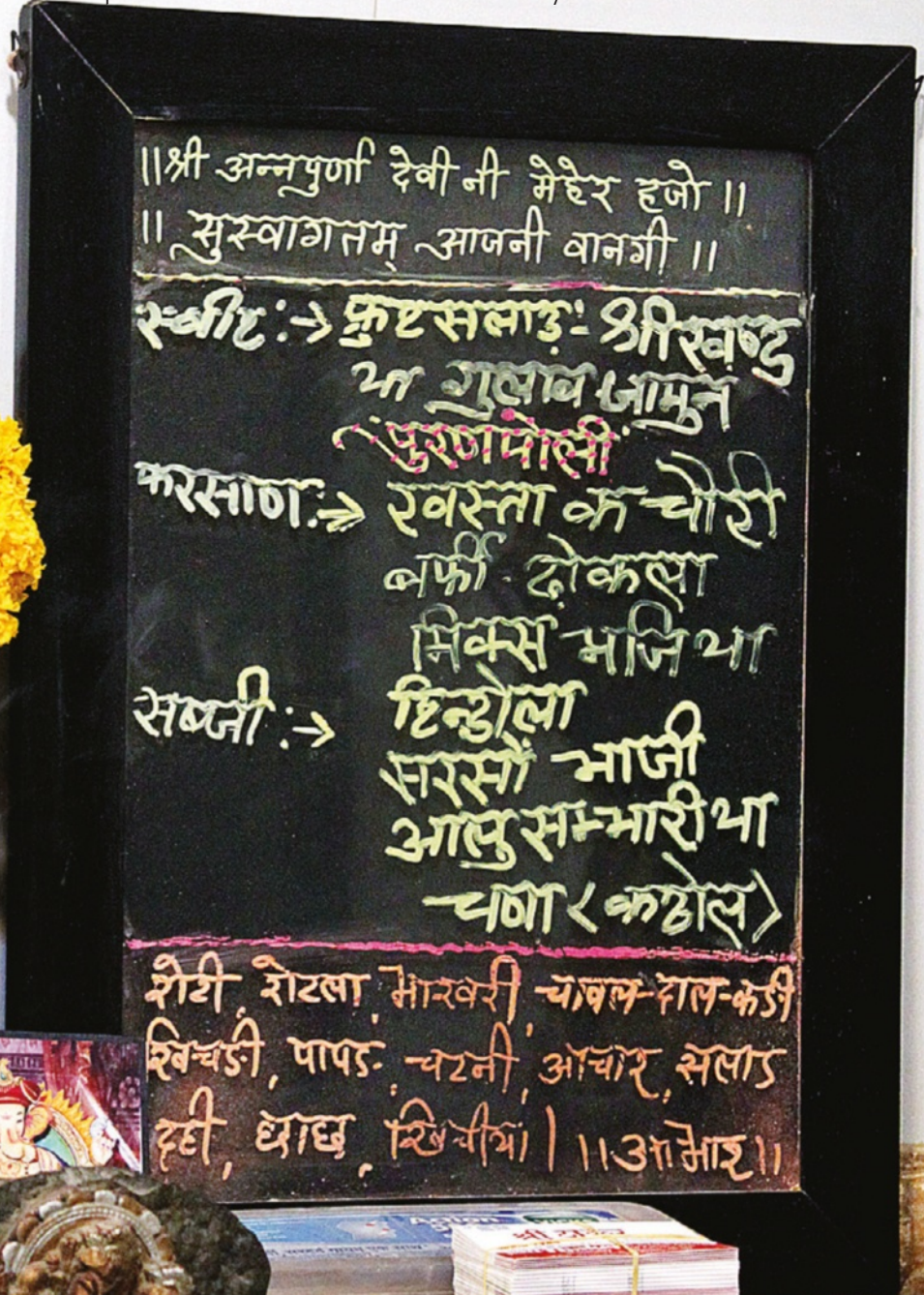
# eat out

Six Gujarati thalis reviewed and Chitrapur Saraswat cuisine at Way Down South

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॥ શ્રી અન્નપૂર્ણા દેવી ની મેહેર હજો ॥  
॥ સુસ્વાગતમ્ આજની વાનગી ॥

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ખા ગુલાબ જામુન  
પુરણાપોલી

કરસાણ :-> રવસ્તા વા ચોરી  
બર્ફી દોકલા  
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સાબજી :-> દિન્ડોલા  
સરસોં માજી  
આલુ સમ્ભારીયા  
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# Thali ho!

Can't stop drooling over the Gujarati thali? We put six to our taste test

**HOW WE DID IT** At its best, a thali meal is a carefully designed symphony of flavours and textures, with each individual element adding its distinct note to the harmonious whole. Usually, it includes steamed or fried snacks called *farsaan*, a variety of pickles and condiments, three or four types of vegetable dishes, a sweet dal, *kadhi*, different kinds of breads such as rotis, *bhakris*, *rotlas* and puris, and *khichdi*. Although each region of India has its own version of the thali meal, the Gujarati thali, with its combination of sweet and spicy flavours, is popular across the country. Our selection features six restaurants that offer their individual takes on the Gujarati thali. These include popular chains with outposts in several cities, local institutions and hole-in-the-wall eateries that are beloved for their authentic offerings.

## RAJDHANI Bengaluru

A 'thali meter' on the website of this national chain proclaims that 95,77,912 thalis have been sold till date and that up to 22,464 delicacies have been served as part of 72 rotating menus. With a pan-India presence in almost 37 locations, Khandani Rajdhani (better known simply as Rajdhani) has spread the gospel of vegetarian Gujarati and Rajasthani thalis across the country.

Many of these branches are situated in malls, like the one we visit in the Forum Value Mall in Whitefield. Located in the food court, there is not much that's noteworthy about the ambience. However, the service is attentive and efficient. The pace is just right, with the servers coming in at regular intervals to serve seconds. Rajdhani also wins bonus points for cleanliness.

### THE THALI

After the welcome drink of *jaljeera*, accompaniments such as a salad made of black chana, chopped onions and tomatoes, and green and sweet chutneys are served. Other than the deep-fried potato roll, both the other *farsaans* of the day are a letdown. The garlic *dhokla* is too pungent and isn't as spongy as it should be. The other *farsaan* is a tomato *pattice* made of a

halved tomato that has been scooped out, stuffed with a green pea mixture; batter-fried and then dipped in sev. Unfortunately, the snack has neither texture nor flavour and the batter coating simply falls off the tomato when we try to eat it. The Gujarati thali at Rajdhani also features a few Rajasthani items that have become perennials. One of these is the dal *baati churma*. It consists of *baati* or balls made of wheat flour fried in ghee, crushed and served

**Below: The service at Rajdhani is warm and attentive. Facing page: The sumptuous thali meal**



with dal and *churma*, or a *baati* that has been crumbled and mixed with jaggery. The dish presents a good mix of sweet, spice and crunch, but be warned that it is heavy enough to dissuade you from a second helping. The four vegetable preparations change every day but the categories remain the same: a potato-based dish, a paneer preparation, a green vegetable dish and a dish made of *gatta* or gram flour dumplings, usually in a yoghurt-based curry. On the day we visit, the paneer dish is *kofta* in a green spinach gravy. The dish has well balanced flavours and the paneer is soft. The Surti *undhiyu*, a seasonal special typically made of winter vegetables, is tough to like. Instead of vegetables traditionally used in *undhiyu* such as raw banana, yam and *papdi* beans, this version features a random mix of vegetables floating in oil along with *muthia* (steamed dumplings made of *besan*) that are very hard.

The cauliflower pea sabzi is flavourful, as is the Jodhpuri *gatta*. From the standard trio of spicy dal, sweet dal and *kadhi*, we are unimpressed by the spicy dal as it lacks seasoning. The sweet dal fares much better. The yoghurt-based *kadhi* lives up to expectations with just the right balance of sweet and sour flavours. The breads include *phulkas*, *rotlas* (small, thick rotis smeared with white butter and jaggery) and a fried masala puri. The *reshmi* paratha and cabbage *thepla* listed on the menu are missing.



The *khichdi* is just the way it should be — mushy and enhanced with a little ghee. Carrot *halwa*, the seasonal dessert, is generously sprinkled with cashews, but the nuts seem to be past their use-by date, which mars the flavour of the sweet dish. The vermicelli kheer is watery, lacking richness and character. Of the desserts, the saving grace is the *malpua*, served hot off the kadai. Having dined at several outlets of Rajdhani, we can say that in comparison to those meals, this particular one seems quite lackluster.

### ■ WHAT TO DRINK

The welcome drink changes on a daily basis. In keeping with their philosophy to keep the menu seasonal with some local influences, we are served rasam in a clay *kulhad* (a traditional cup without handles). It would have been welcoming, but this rasam tastes nothing like the original and is quite unpalatable. The *chaas*, a part of the thali, is the perfect foil for the heavy food. We ask for multiple repeats.

### ■ INSIDER TIP

The price of the thali differs significantly from location to location. In Bengaluru, the same lunch thali costs ₹ 395 in UB City while it costs ₹ 340 in Forum Value Mall. They have a birthday offer valid during weekends, whereby with prior confirmation, the person celebrating is offered a free thali and a 25 per cent discount on the entire bill. This is applicable for one week before and after the birthday, but the restaurant requires age proof.

### ■ DETAILS

Level 3, Transit Second, The Forum Value Mall, Whitefield Road, Bengaluru. Tel: +91 80 2593 9309. Timings: 12 pm – 3 pm, 7 pm – 11 pm. ₹ 340 per thali including taxes. Prices vary according to locations and specials on offer.

**Quality: 6/10**  
**Choice: 7/10**  
**Atmosphere: 5/10**  
**Value: 7/10**  
**Total: 25/40**

- Nandita Iyer



**Above: Shree Thaker Bhojanalay witnesses a steady stream of patrons daily. Facing page, clockwise from top: The home-style, unpretentious environs of Thaker's; The thali includes a mind-boggling variety of dishes; Thaker's also offers catering services for weddings; Mukhvaas is offered to diners on their way out**

## SHREE THAKER BHOJANALAY

Mumbai

Serving up authentic thalis since 1945, Shree Thaker Bhojanalay is a landmark on the city's culinary map. Thaker's has been showered with accolades in recent years — evidence is up on the walls for all to see as they make their way up the staircase — but has stayed true to its resolve of serving no-nonsense food with no frillery.

The eatery is functionally appointed. On the day we visit, some refurbishing work is underway, but diners are oblivious: everyone is too busy tucking in. The waitstaff ensure service is brisk and efficient — no table is left waiting for a second helping or the next course; servers appear almost in anticipation of every refill.

The food is homely, the environs even more so. Throughout our meal, we are urged to eat more, to try everything, and, as we frantically record the contents of our plate for the purpose of this review, we are even encouraged to attend to our phones later. Dining at Thaker's is akin to a meal at a generous, albeit strict, relative's. If you don't know better than to finish the food on your thali, there are notices up on the wall to chide you for wasting.

### ■ THE THALI

As soon as we are seated, the expanse of our thalis is quickly dotted with condiments and sides (pickle, sliced green chillies, *kachumber*, *mooli* salad, shredded raw papaya, curd, green chutney, a particularly good *lasan*, or garlic chutney, papad, crunchy *khichiya* papad made with rice flour, and an addictive, very spicy papad *churi* mixture). These are all prelude to the *puranpoli* — at Thaker's, the flaky flatbread is a small roundel encasing a heavenly *tur dal* and jaggery mixture — placed down with pride and more than a drizzle of ghee. This is one of the best versions we've had, yet we can't manage more than a few rich morsels.

Next comes the *farsaan*. Deep-fried *makai* (corn) rolls and *methi na gota* (tiny fried dumplings made with gram flour and fenugreek) make for a rather ordinary start to our meal. But the dahi vada truly shines. The bite-sized vadas are cloud-soft, the dahi thick and cold, and the sticky-sweet tamarind chutney ladled over is pitch perfect. We ask for seconds, then thirds, although we still have most of the thali to get through.

The sabzis of the day include a hearty aloo *raswala*, or potato curry; a simple cauliflower gravy dish, its sweetness balanced by the tart tomato gravy; *mag nu shaak*, a spicy moong preparation; and a very fine *chauli ni bhaaji*, a creamy saag made with seasonal amaranth leaves. We can't resist additional helpings of the greens. There is dal and *kadhi*, each in a spicy or sweet variant. While we don't always share the Gujarati fondness for sugar in savoury dishes (we find the sweet *kadhi* too saccharine for our taste), the balance of flavours in the sweet dal has us slurping it up appreciatively. These are served with piping hot *phulkas* (*rotlis*), thicker *rotlas* of *bajra* and *jowar*, and crisp *bhakri*, all slathered in ghee. The *bajra* flatbreads are delicious, though the lighter *phulkas* are the more sensible option.

When the masala *khichdi* arrives, we wish we'd shown more restraint earlier. Simmered to a wholesome, porridge-like consistency, this is



Gujarati comfort food at its best. Our server ladles on an alarming quantity of ghee and reminds us it is customary to eat it with the spicy *kadhi*, though it's sublime on its own. My companion opts for plain white rice, served with *lachko dal* and of course, ghee. Our feeble protests are met with good-natured admonishment: "You won't enjoy it otherwise." The plain *tur dal*, traditionally free of spices, is thick and slightly sweet. Regulars insist this is one of the star preparations at Thaker's.

Finally, we sample the desserts: the gulab jamun is fresh, but staid compared to the nuanced *shrikhand*. Thaker's version of this iconic dish is rich with character: the thickened yoghurt is tangy and fragrant with cardamom and saffron. Spooning up greedy mouthfuls, we ignore the "fruit salad" smothered in custard. As we trundle out, we are proffered a tray of *mukhvaas* (mouth fresheners).

#### ■ WHAT TO DRINK

We are served a tall glass of creamy, chilled *chaas* with the thali, but find it too bland to warrant a refill.

#### ■ INSIDER TIP

During the late winter months, Thaker's offers 1kg takeaway *undhiyu* packs for ₹ 700. The seasonal speciality is part of the thali offering on Mondays, Thursdays and weekends. In the summer, the eatery serves a famed *aamras*. Whenever you visit, don't schedule any appointments for a few hours after your meal. You'll be in a ghee-induced stupor.

#### ■ DETAILS

31, Dadiseth Agiary Lane, Opposite GT High School, Kalbadevi, Mumbai. Tel: +91 22 2201 1232. Timings: Daily lunch 11.30 am – 3.30 pm, dinner 7 pm – 10.30 pm (closed for dinner on Sundays). Unlimited thali Monday – Saturday ₹ 300; Sundays and festivals ₹ 400.

**Quality: 8/10**

**Choice: 7/10**

**Atmosphere: 7/10**

**Value: 8/10**

**Total: 30/40**

- Amrita Gupta

**From top: The all-you-can-eat thali at Panchavati Gaurav; A board listing the eatery's offerings. Facing page, clockwise from top: The restaurant is known for its affordable tiffin parcels; Accompaniments include pickles, chutneys and green chillies; Neatly laid-out tables at Panchavati Gaurav; Ladlefuls of sweet dal or kadhi when eaten with rice, make for a homely meal**



| PANCHAVATI GAURAV<br>MUMBAI |      |
|-----------------------------|------|
| THALI,                      | 370. |
| CHILDREN THALI,             | 280. |
| MINI PARCEL,                | 230. |
| HALF PARCEL,                | 500. |
| SPECIAL PARCEL,             | 950. |
| SUNDAY SPECIAL              |      |
| THALI,                      | 400. |
| CHILDREN THALI              | 290. |
| THANKS FOR VISIT.           |      |

## PANCHAVATI GAURAV

Mumbai

Lodged in a bustling street adjoining the well-known Bombay Hospital, Panchavati Gaurav is not difficult to locate. This is the flagship eatery of the 32-year-old thali institution — now a nationwide chain with outposts in unusual locations such as Raipur and Jabalpur. It finds favour with staff from the neighbouring hospital, government office employees from down the lane, large families and single diners alike. A swing door leads us into a large, air-conditioned space minus frills or flounce. The auspicious words '*shubh labh*' (good luck and prosperity) are etched at the entrance. Mirrors with a wood-panelled skirting line the walls; sheer white curtains and crimson upholstery complete the décor. We are greeted by a whiff of rotis being puffed up on a griddle, and a convivial manager who promptly directs us to

our table. No sooner have we settled down than an army of waiters arrives with the food. You simply start eating — there is no time for leisurely banter. Surprisingly, the eatery has a somewhat hushed atmosphere despite being almost full. We didn't anticipate this; a thali joint is usually associated with the clangour of vessels, loud patrons and scuttling waiters. Here, the waitstaff, operating with clockwork precision, has a rather surreptitious system of making sure your thali is always full. They signal to each other through hand gestures — no words are exchanged — indicating which dish needs to be replenished at a table. Although hospitable, the service veers towards hasty, and one is under duress to wolf down the food. While the types of *farsaan* and sweets change daily, the vegetables are repeated only once in a fortnight.

#### ■ THE THALI

First up, *farsaan*. The cumin-flecked green pea kachoris make for a crunchy start and taste downright delicious, especially when paired with the fiery *lasan* (garlic) chutney, rather than the standard-issue tamarind one. My companion finds the dahi vadas, sprinkled with chilli powder and coriander, soft, and the thick curd perfectly chilled.

Our enthusiasm about the prospect of sampling four traditional vegetable preparations is momentary. We plough our way through the greasy cauliflower sabzi, while the aloo *bhaaji*, of soggy, overcooked potatoes in a spicy gravy, sadly reminds us of the insipid fare served at the office canteen. The

French beans taste fresh, albeit a bit bland. The perfectly risen, piping hot puris do little to salvage the vegetables — we are happier using them to mop up the *pudina* chutney. It is the humble *moong-matki* preparation that wins us over, its flavour elevated by the nutty crunch of halved *singdana* (peanuts). We eat this with saucer-sized wheat rotis, dusted with just the right amount of flour.

By now the waiters almost foist food upon us, cajoling us into smearing some more ghee on our rotis. The *puranpoli*, unlike the soft, thin one we're accustomed to, is small and round, fattened with a chunky filling of *tur* dal and warm, gooey jaggery. A textural treat, the

pleasantly smoky flatbread is delicious enough to be savoured on its own or with a generous drizzle of ghee. We suggest you don't let them sit for too long, though, as they tend to become tough to bite in to. We are offered a choice between steamed rice and masala *bhaat* (rice), and opt for the latter. Pour two ladlefuls of the sweet dal and a tablespoon of ghee over the aromatic *bhaat* and you have a simple, homely dish laden with goodness. The *kadhi*, however, lacks its characteristic tartness and is devoid of the *vaghaar* of cumin seeds and curry leaves. Our meal culminates with fruit salad — diced apple, *chikoo* and pineapple doused in a gloop of custard with a chalky aftertaste. We compensate for this unpleasant dessert with more *puranpolis*, certainly the most triumphant morsels of our thali.

#### ■ WHAT TO DRINK

While the food on the menu varies daily, the drinks remain unchanged. The rather commonplace *chaas*, studded with bits of coriander, is



nothing to write home about. However, the ice-cold *jaljeera* is a refreshingly tangy blend of lemon water peppered with cumin and black salt, which we merrily gulp down. Since the latter is pegged as a 'welcome drink', we are perplexed that it is brought after we begin eating. The cooling beverage is not overly sweet and definitely slakes our thirst. A litre of bottled mineral water also comes with the thali.

#### ■ INSIDER TIP

Panchavati Gaurav offers a daily 'tiffin parcel', reasonably priced at ₹ 100, a filling meal for one. Sealed in a rectangular disposable plastic box, the meal — akin to a mini thali — comprises two types of vegetables, five *phulkas*, dal, rice, two types of prasad and the customary accompaniments of mango pickle and chutneys. Our only quibble is that they do not offer delivery service; one is expected to collect the tiffin from the eatery.

#### ■ DETAILS

7, Chemox House, Barrack Road, Near Bombay Hospital, Mumbai. Tel: +91



22 2208 4877. Daily 11 am – 4 pm, 7 pm – 11 pm. Unlimited thali Monday – Saturday ₹ 370 per person, Sunday ₹ 400 per person.

**Quality: 7/10**  
**Choice: 6/10**  
**Atmosphere: 8/10**  
**Value: 7/10**  
**Total: 28/40**

- Khorshed Deboo



Shree Delhi Gujarati Samaj's fuss-free entrance



The thali makes for a filling meal



Farsaan includes dhokla, khandvi and kachori served with chutneys



The dining hall is almost always packed with patrons

# SHREE DELHI GUJARATI SAMAJ

New Delhi

The strictly spartan Gujarati Samaj is located in the leafy environs of the Governor's house near Delhi University. The Samaj offers reasonable accommodation for travellers, and the crowd mainly consists of Gujarati-speaking tourists. However, when we call to ask for directions, the friendly telephone operator informs us that outsiders are welcome as well. He also informs us that lunch is served from noon until the food runs out. When we walk in at 3 pm, we are asked to hurry up with our meal but we are surprised to see two very large groups of diners welcomed after us.

There's no better way to describe the Gujarati Samaj dining hall than to

say that it has the exact feel of a college hostel, down to the dodgy hygiene. The filthy rag that is used to wipe tables is off-putting. On the plus side, however, we appreciate the can-do attitude of the service staff who manfully attempt to answer our questions about the food. The best part of the meal is that the waiters really do know how to pace service: they appear just as we are finishing one helping and considering another. The portly gent at the counter merely asks if we would like the ₹ 60 or ₹ 90 thali. Our query about the difference between the two is met with silence, and we opt for the ₹ 90 version.

## THE THALI

It stands to reason that the value for money thali is the main draw at Gujarati Samaj. The flip side is that most of the items on the thali seem to have been made with economic viability in mind rather than taste. The accompaniments include a salad made of coarsely chopped onions, carrots and radish and a mixed pickle of no particular distinction. A small bowl of sweet red chilli chutney is placed on the table along with a glass of *chaas* and three types of *farsaan*. Snacks include a Bhavnagri chilli filled with a mixture of cumin and coriander seeds, turmeric and asafoetida, coated with *besan* batter and deep-fried. It did not set our palates on fire, as the Bhavnagri chilli is not the incendiary kind. We are also served *pakodas* flecked with *methi* leaves without a drop of excess oil and a rather ordinary *khandvi*. We are lucky to visit on a day when *undhiyu* is on offer. It is spectacular and easily the highlight of the thali. It features a mix of vegetables such as peas, beans, aubergines, turnips and capsicum cooked almost to mushiness but not quite, in a clinging sauce that adds a mild savoury note to the vegetables. The vegetables complement each other perfectly, and the overall flavour is enhanced by the masala. The gravy dish has *gathia* (deep-fried, savoury snacks made of gram flour) in a thin, spicy curry that is a little too oily. The other vegetable dish of baby potatoes

in a fiery red gravy doesn't quite make the grade either. It seems to have no hint of onion, yoghurt or anything else. It also seems to not have been cooked sufficiently, because the potatoes have not absorbed the spices while the gravy has none of the trademark viscosity that comes from potato starch.

At Gujarati Samaj, *tur dal* is served at lunch while *kadhi* is available in the evening. The *tur dal* is expertly made: besides the ideal thickness, it also has the perfect balance of sweet and sour flavours, with a mustard seed tempering to add a touch of spice. Puris are the bread of choice, followed by steaming hot rice towards the end of the meal. By the time we arrive, they have run out of desserts so we are forced to choose between *gajar ka hakwa* and *besan ki barfi*. There is only one way to describe both desserts: inedible. The *besan ki barfi* seems to have become mouldy with age, while the *hakwa* is nothing but grated carrots dunked in sugar syrup.

■ **WHAT TO DRINK**

*Chaas* is served everyday as part of both lunch and dinner. It tastes as authentic as anything you'd drink in Gujarat. But by the time our glass reaches the table, the water is floating on top while the buttermilk has settled at the bottom. We are not offered any cutlery to mix it up either.

■ **INSIDER TIP**

Bring along a tea towel to wipe the thalis before food is piled on them, as no napkins are offered.

■ **DETAILS**

2, Raj Niwas Marg, Civil Lines, New Delhi. Tel: +91 11 2398 1796/7/8. Timings: 12 pm – 3 pm, 7 pm – 10 pm. (Enquire about timings before visiting since they stop serving meals once the food has run out.) ₹ 60 or ₹ 90 per thali.

**Quality: 6/10**  
**Choice: 5/10**  
**Atmosphere: 4/10**  
**Value: 8/10**  
**Total: 23/40**

- Marryam H Reshii



The vegetables on the thali menu change daily



The service at Sasumaa is perfectly paced



Hungry diners tucking into their thalis

Sasumaa offers smaller thalis for children

|                                  |       |
|----------------------------------|-------|
| TIFFIN                           | 280/- |
| PACK TIFFIN                      | 300/- |
| Rate Including VAT               |       |
| GUJARATI THALI                   | 190/- |
| CHILD (4 to 10 Yrs.)             | 120/- |
| Rate Including VAT & Service Tax |       |



It isn't unusual to see restaurants that claim to serve mum's cooking but it isn't everyday that you come across one dedicated to mothers-in-law. "The *sasumaa* treats her son-in-law with the same enthusiasm all her life. Similarly, you can expect the same hospitality at our restaurant every time you dine here," says the manager, explaining the philosophy of the decade-old Surat institution. An elaborate yet indecipherable mural that supposedly depicts the way a thali is arranged graces one wall of the restaurant, which has the purely practical air of a marriage hall. Tables covered with plastic sheets are placed close to one another. It's clear that patrons don't come to Sasumaa to soak in the ambience. The diners that rapidly fill up the restaurant during lunch waste no time dawdling, and the prompt and attentive servers methodically fill up their plates. To the restaurant's credit, the service is perfectly paced — you don't feel hurried to gulp down your food, yet second helpings become available at a moment's notice.



**Left, from top: The various elements of the thali at Sasumaa; Thalis at Sasumaa are fast-selling, amounting to almost 500 a day Facing page, clockwise from top: Vishalla's environs offer an insight into the traditional kitchenware of Gujarat; The food is served on leaf platters; The restaurant recreates the rural setting of a Gujarati village**

tangy, yoghurt-based gravy thickened with *besan* is not only authentic but also flavourful, especially when mopped up with the crumbly and mildly sweet 'biscuit' *bhakris*. The Jain *khichdi* is only available for dinner, so we pair the hot *phulkas* smeared with ghee with the staple sweet dal. The dal is better balanced than the viscous *kadhi*, which is sweet enough to be considered dessert. The desserts themselves are almost an afterthought: the watery *anjeer basundi* betrays neither pulp nor seeds of the fruit while the pineapple *sheera*, which we are told is made of fresh fruit, is dry and lacking fragrance. After our meal, we are told that Sasumaa dishes out as many as 500 thalis a day, with numbers going up to a 1,000 in some months. Although it's clear that there is no dearth of customers, with the waiting line snaking into the glass-enclosed outdoor section, the restaurant seems to have compromised on authenticity in its quest to please the popular palate.

**WHAT TO DRINK**

A glass of *chaas* is the standard-issue accompaniment to the thali. It is of just the right consistency but disappointingly bland, sorely lacking salt and *jeera* powder or chopped green chillies for heat. There are no other drinks except for mineral water.

**INSIDER TIP**

Thali staples such as *khichdi* and seasonal specialties such as *undhiyu* are only served at night, so make sure you visit for dinner if you would like to try a complete Gujarati thali.

**DETAILS**

Mangaldeep Complex, Opposite RTO Office, Banita Visharam Ground, Surat. Tel: +91 261 246 0666. Timings: Daily 11 am – 3 pm, 7 pm – 10.30 pm. Unlimited thali ₹ 190 per person.

**Quality: 5/10**  
**Choice: 5/10**  
**Atmosphere: 4/10**  
**Value: 6/10**  
**Total: 20/40**

- Vidya Balachander

**THE THALI**

"The *farsaan* is always placed on the left side because it is considered the heart of the thali," explains the manager. Although we love the rationale behind the practice, Sasumaa's version of the frequently fried snacks beloved to Gujaratis sadly leave us cold. After having feasted on spongy nylon *dhoklas* at nondescript *farsaan* shops in Surat, the restaurant's dry iteration of the fermented and steamed snack comes up lacking. The second *farsaan* is a mini samosa, inexplicably filled with wilted cabbage and mushy, overcooked noodles, presumably a nod to popular local demand for 'Chindian' dishes. Taken aback, we find ourselves fondly wishing for the crescent-shaped Gujarati *ghughra* instead, filled with season-appropriate green peas. The saving grace of the snacks is a small plate of

*papdi* chaat, featuring a balanced mix of crunchy, deep-fried puris, boiled *kabuli* chana, green and sweet chutneys and yoghurt, topped with sev. You could put it down to our partiality to chaat, but we gladly ask for seconds.

Like most other Gujarati thalis, this one also includes four vegetable preparations: a potato-based gravy dish, a paneer dish (billed as a Punjabi *sabzi*), one made of pulses and one seasonal green vegetable dish. The potatoes in a tomato gravy may satiate a starch craving, but offer little else in terms of flavour. The green vegetable dish features *bhindi* tossed with *besan*, but it lacks seasoning. The Punjabi paneer dish also channels the restaurant's fondness for 'Chindian' flavours — it reminds us of the paneer capsicum dishes that populate the Chinese section of the menus at Udipi restaurants. But the *moong* dish with a

# VISHALLA

Ahmedabad

Ask anyone in Ahmedabad about must dos in the city and it is extremely likely that dinner at Vishalla – The Village will feature somewhere on top of the list. What makes it such an iconic landmark? Way back in 1978, the proprietor, Surendra Patel, created this resort that offers traditional Gujarati thalis in a rural setting. Hence, Vishalla is the precursor to properties such as Chokhi Dhani in Jaipur. The restaurant offers an excellent introduction to the architecture and culture of rural Gujarat. To recreate an authentic atmosphere, the restaurant



features mud-plastered walls, charpoys (which are called *khatlas* in Gujarati), and entertainment programmes that include Gujarati folk dances such as *garba* and *dandiya*, music concerts, puppet shows, pottery demonstrations and magic shows. The meal itself largely focuses on seasonal vegetables and milk products cooked in regional styles.

Although the restaurant's website states that Vishalla serves 'a sampling of the typical Indian platter', the Gujarati influence on the meal is undeniable. The quintessential Gujarati thali usually comprises of one or two *farsaan* (steamed or fried snacks), three vegetable preparations (that usually include one potato-based curry called *batata nu shaak* and two seasonal

vegetables), a pulse dish (locally called *kathor* or *kathol*, it is usually made of dried beans, chickpeas or lentils and is not the same as the dal), a Gujarati dal or *kadhi*, rice or *khichdi*, a variety of traditional flatbreads, accompaniments such as pickles, relishes, chutneys and salads, and one or two sweets.

Like any other Indian cuisine, the Gujarati *thali* also features regional

## eat out restaurant spy

variations. In Surat and other cities along the Tapi river estuary, coconut, yams such as *rattalu* (or sweet potato), green vegetables and beans such as *papdi* are commonly used ingredients because this is a relatively fertile area of Gujarat with plentiful produce. In the arid regions of Saurashtra and the Kathiawad Peninsula, which forms the western bulkhead of Gujarat, the local cuisine makes generous use of onion, garlic and green chillies. The pungency of the cuisine makes up for the lack of greens in this region. In Kutch, which many pastoral communities call home, milk products such as yoghurt, ghee and fresh white butter are integral to the thali. Much of the food in Central Gujarat, including the *tur dal* and vegetable dishes, are sweetened using jaggery (or sugar) — this is said to be a response to the hard, and often saline, water of the region. Steamed *farsaan*, vegetables and dal are usually tempered with a *vaghaar* of cumin seeds, fenugreek and other local spices, since this is considered to have a sterilising impact on the food. Typically, the thali is a mix of colours, textures and tastes — you will find items that are sweet, sour and bitter and have different textures such as smooth and coarse.

### ■ THE THALI

Instead of the more common metal thali, the food is served on a leaf platter at Vishalla. The seating is on the ground in front of a low wooden platform, although you could ask for a table and chair if you have difficulty sitting on the floor. You could also opt to sit on low stools called *bajots* if you find it difficult to sit cross-legged, or ask for knee supports. Waiters, dressed in loose-fitting kurtas, dhotis and turbans, bring earthen bowls filled with accompaniments such as pickled amla (Indian gooseberry), chopped onions, garlic and coriander chutneys, assorted pickles including one made of shredded *amba haldi* (mango ginger) and *pappayu cheen* (shredded dry papaya lightly fried with salt, turmeric and spices). Dollops of white butter are placed besides each platter.



The *farsaan* includes *methi gota* or fried dumplings made of fenugreek leaves and *khaman dhokla*, which has the characteristic spongy texture of the popular, lightly spiced snack. The vegetables of the day included *batata nu raswala shaak* (potatoes in a tomato gravy), and *kobiz shaak* (a dry cauliflower preparation spiced with ginger and chillies). The vegetable preparations also include *undhiyu*, the mixed vegetable delicacy that is a local favourite in the late winter season, when a variety of seasonal vegetables are available. The *undhiyu* typically includes small brinjals, *papdi* beans and yam, although there are regional variations. Vishalla's version has an abundance of brinjals and assorted vegetables along with *muthia*, steamed or fried dumplings made of *besan* and flavoured with *methi*, or fenugreek leaves. Although satisfying, we would have liked a few more *muthias* in the *undhiyu*.

The *kathol* is *adad ni dal* (split *urad* dal in a semi-dry gravy made of onions and tomatoes), which is subtly spiced and expertly made. The highlight of our meal is the breads. The *methi thepla*

**From top: The in-house cafe at Vishalla stocks packets of farsaan; The thatched roof and old-style lamps add to the rural charm**

is as soft and thin as it should be, with the pronounced flavour of fenugreek, and the *bhakri* is crisp and thick with a flaky, biscuit-like mouthfeel and a soft centre. We also like the light and flavourful *khichdi* and the *kadhi*, which has the perfect blend of sweet, sour and spicy flavours. The sweets include a crisp, sweet and syrupy jalebi and rich *sheera*, both of which are satisfying. The waiters are prompt with refills, although we have to call their attention a few times.

### ■ WHAT TO DRINK

We are welcomed with *nimbu paani*, which is sweet and refreshing. An earthen glass of *chaas* is also placed alongside and constantly refilled. We are also offered a digestive drink called Hajma Hajam before we leave — this sweet-sour drink is laden with cumin, lemon juice and spices.

### ■ INSIDER TIP

Arrive early at Vishalla to explore the complex, which offers attractions such as thatched huts, a handicraft shop and ornate wooden bird feeders called *chabutras* located in different places. Don't miss the chai served with a sprig of mint and the *farsaan* at the in-house café, which has a thatched roof, charpoy and rustic tables. The highlight is the Veechar Utensils Museum, which has a standout collection of traditional vessels used for cooking and milking livestock, nutcrackers, containers and chests, most of which belong to the personal collection of the owner, Surendra Patel. It isn't uncommon to see peacocks and other birds drop by to the ornate pool for a drink of water.

### ■ DETAILS

Opposite Vasna Toll Naka, Ahmedabad. Tel: +91 79 266 02422. Timings: Daily lunch 11 am – 5 pm, snacks 4 pm – 11 pm, dinner 7.30 pm – 11 pm. ₹ 548 per thali; ₹ 251 per thali for children.

**Quality: 7/10**  
**Choice: 9/10**  
**Atmosphere: 10/10**  
**Value: 7/10**  
**Total: 33/40**

- Anil Mulchandani

Helmed by Chef Vicky Ratnani, Nido (which means 'nest' in Italian) is an all-day European fine dining establishment in Mumbai. The restaurant has a carved wooden bar, monochromatic yet mismatched chairs, vintage tiles and French windows. Its offerings include a buttery Chilean sea bass, flatbreads with toppings like herbal hummus and prosciutto and duck, a range of small plates, pastas and risottos, and an extensive high tea menu.



# Signature dish

## Nido

Chef Vicky Ratnani shares his recipe for this seasonal pasta with asparagus

### Ziti 18

Serves 2 ■ 1 hour 45 minutes

■ MODERATELY EASY ✓

*Ziti is a tubular pasta, but unlike penne, it has a smooth surface and isn't cut on the diagonal. It holds pasta sauce better than spaghetti and other noodle-like pasta shapes.*

**ziti or penne pasta** 100g (try La Molisana available at gourmet stores)

**water** 1l

**salt** a pinch

#### THE SAUCE

**asparagus** 3-5

**onions** 1 tsp, finely chopped

**leeks** 1 tsp, finely chopped

**celery** 1/2 tsp, finely chopped

**olive oil** 1 tsp

**butter** 2 tsp

**garlic cloves** 1 tsp, roasted and puréed

**green chillies** 1/2 tsp, chopped

**butter beans (vaal)** 2 tsp, cooked

**goat's cheese** 1 tsp (try President available at gourmet stores)

**salt and pepper** to season



#### THE PARMESAN STOCK

**parmesan rind** 100g

**onions** 1, peeled and halved

**bay leaf** 1

**garlic cloves** 2, peeled and bashed

**rosemary** 1 sprig

**water** 550ml

#### THE GARNISH

**zucchini** 1, ribbioned

**asparagus spears** 4

**parmesan** 3-4 slices, shaved

**truffle oil** a few drops (try Roland available at gourmet stores)

#### INGREDIENT

**TIP** Make sure to never discard the rind of parmesan cheese. You'll love the concentrated umami-like flavouring it brings to vegetable and meat stocks.

■ Cook the pasta for 9 minutes in boiling salted water, until al dente. Drain and set aside.

■ Discard the tough woody bases of the asparagus. Use the middle portions to make a purée by blanching them in boiling salted water for 30-40 seconds. Drain, reserving a few tablespoons of the boiling water, and place them in ice-cold water to stop the cooking process. Using a hand blender, blend into a smooth purée using some of the reserved water and keep aside.

■ To make the parmesan stock, bring the parmesan rind, onions, bay leaf, garlic, rosemary and water to a gentle simmer for 45 minutes. Strain and keep aside.

■ To make the sauce, sweat the onions, leeks and celery in the olive oil and butter. Add the roasted garlic purée, green chilli and butter beans. Add the parmesan stock and goat's cheese along with the asparagus purée. Season, then add the cooked pasta to the sauce and toss well.

■ To make the zucchini ribbons for the garnish, cut off the top and tail of a zucchini. Using a mandolin, slice the zucchini lengthwise into ribbons, each about 2cm thick. Season to taste and pan-sear them quickly or roast for 6 minutes in a very hot oven.

■ Serve the pasta in a large plate or a pasta bowl. Garnish with the zucchini ribbons, asparagus spears and shaved parmesan. Drizzle with truffle oil and serve hot.

# Dosa Days

## Way Down South

Going beyond the limited definition of the regular Udipi, Way Down South in Pune offers a taste of the little represented cuisine of the Chitrapur Saraswat community

Words B SHANKARNARAYAN Photographs CHANDANA PUTTALINGAIAH

In the 1950s, the popularity of all-vegetarian Udipi (commonly referred to as Udipi) cuisine, once the preserve of the temple town in Karnataka, began to spread to other parts of India. However, Udipi eateries soon became synonymous with popular staples such as idli, dosa and sambar. The traditional (and complex) cuisines of Andhra Pradesh, Karnataka and Tamil Nadu, were sadly left struggling for representation on these menus. Even to this day, it isn't easy to find *puliogare* (tamarind rice) or *adais* (thick dosas made of a variety of dals) among the offerings at Udipi restaurants.

Happily, every once in a while, you come across a restaurant that dares to go beyond the popular definition of an Udipi. Way Down South is one such eatery. Located a few 100 metres from the Baner exit of the Pune bypass of the Mumbai-Chennai NH4, this 48-seater serves a medley of vegetarian dishes from the southern states. A no-frills eatery with functional furniture and simple decor, Way Down South seems like just another standard-issue restaurant situated in the busy suburb of Baner. However, the clever and carefully crafted menu that combines traditional Udipi favourites with lesser known south Indian regional specialities, is the calling card that distinguishes it from other eateries.

For Nilima Kalambi, the 55-year-old owner of the restaurant, Way Down South marks the culmination of a long journey that started in 1986 with Chowpatty, a restaurant serving chaat



The Davangere *benne* dosa is the hottest selling item on the menu

in Bengaluru. Over the years, she has dabbled in several fields, from running a school bus service in Pune to taking up a three-month course in bartending and restaurant management in New Zealand. In 2010, she returned to Pune after an eight year innings in New Zealand to set up Way Down South. Surprisingly, the name had little to do with what was on offer. "It had more to do with my moving away from way down south (New Zealand) than with the cuisine," she confesses.

When the restaurant opened in January 2011, it started with a menu that played safe with standard Udipi fare such as idli, sambar and uttapam. Kalambi's brother-in-law, a restaurateur in Bengaluru, sent his cook to train her staff. However, the restaurant needed a USP, a genuine differentiator to make it stand apart from the competition. Her husband Vivek suggested adding items from their native Chitrapur Saraswat cuisine, and unearthed some of his

be mistaken for a roti but has the sumptuous consistency of a rava dosa. The batter for this thick, slightly sweet dosa with a crisp exterior is made of grated cucumber and semolina, spiced with finely chopped ginger, chillies and coriander. The unfermented batter is spread on a griddle like a dosa and lightly fried. Best eaten hot, its wholesome and unusual flavour is usually relished on its own, without the usual accompaniments of chutney and sambar. The crisp Gava Pitti Pollo, made of an unfermented wheat flour and rava batter, is spread on the griddle and cooked with a sprinkling of spring onions and chillies. Once fully done, a generous handful of grated coconut is added. The sparing use of oil allows the sweet flavour of the coconut to come through and balances the heat from the green chillies. The Surnolli, a fluffy pancake with just a hint of jaggery, is a breakfast speciality that can be eaten with chutney and sambar. It is made

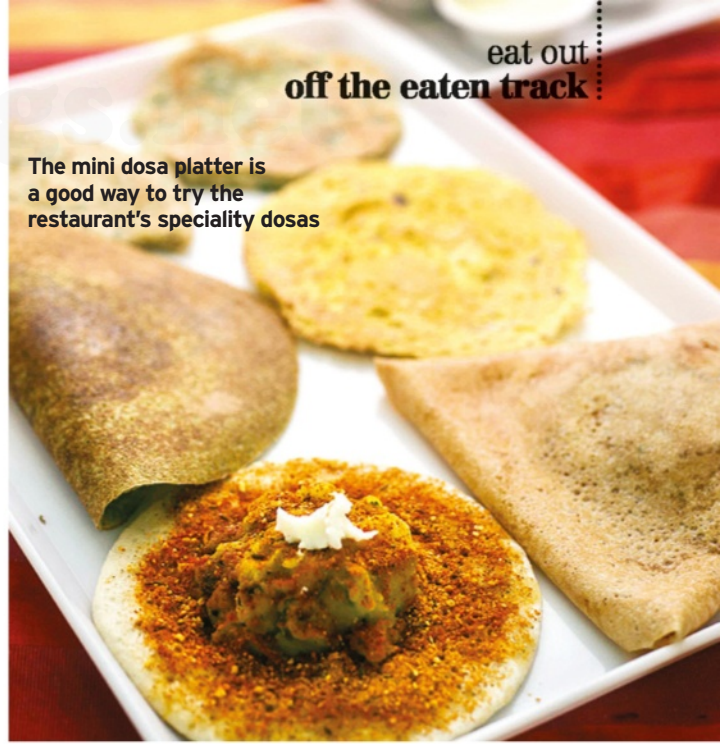
***"Typically eaten for breakfast, the doddak is a Konkani favourite that could be mistaken for a roti but has the sumptuous consistency of a rava dosa"***

mother's traditional recipes. Unique to the close-knit community scattered across parts of Karnataka, Maharashtra and Goa, Chitrapur Saraswat cuisine makes maximum use of locally available ingredients like coconut, rice and tender bamboo shoots. Turmeric leaves are not just used to steam crescent-shaped *pattolis* made of rice flour, coconut and jaggery but also used in making *narla kheeri*, or coconut *payasam*, to accompany *puranpolis*. Together, the couple re-engineered the menu, adding as many as 17 speciality dosas, of which more than half are Chitrapur Saraswat *pollos* (pancakes), presented on the menu with their original Konkani names.

Of these, the *doddak* is the most unusual (recipe on p 92). Typically eaten for breakfast, the *doddak* is a Konkani favourite that could

of rice ground with fresh coconut and *poha* soaked in buttermilk or yoghurt. The batter is allowed to ferment overnight and then poured evenly on the griddle without spreading it too thin, which gives it its characteristic plumpness.

The hottest selling dosa on offer is the Davangere *benne* dosa. The story behind the dosa is little known — milch cows in the Karnataka town of Davangere were renowned for their high quality of milk, which in turn produced excellent white butter, or *benne*. Local dosa makers adopted white butter as their cooking medium. Voila, the Davanagere *benne* dosa was born. Way Down South follows the Karnataka tradition of serving two dosas per plate with blobs of white butter seeping through the honeycomb pores on the crisp side. Soft and fluffy



The mini dosa platter is a good way to try the restaurant's speciality dosas



Patrons tuck into the mini meals



The frill-free exteriors of the restaurant

## eat out off the eaten track

on one side and golden brown on the other, this is a cracker of a dosa, with the full flavour of white butter.

The other south Indian states also find representation on the menu, with their unique pancake varieties. Of Andhra origin, the Chitlampodi dosa is generously slathered with a special chutney made of red chillies, garlic and sugar cooked into a paste and blended with yoghurt. The *adai* dosa, a speciality from Palakkad on the Tamil Nadu-Karnataka border, is made from a fermented batter of rice and mixed dals. Spread thin and cooked to a crisp, the *adai* owes its terracotta hue to *masoor dal* and whole red Byadgi chillies. Way Down South also serves the classic Kerala combination of *appam* and stew but with a twist: instead of the more common stew, you have *avial* as an accompaniment for your *appams*. *Avial* is a hard-to-find Kerala speciality made of mixed vegetables cut into juliennes and cooked in a buttermilk and coconut gravy and finished with a generous spoonful of coconut oil. The *avial* is made in small quantities and once it runs out, it is replaced by generic vegetable korma. The dosa canon at Way Down South is completed by *pesarattu* from Andhra Pradesh, made of skin-on, split green moong and rice, soaked in water for a few hours, drained and ground along with julienned ginger, salt and green chillies. The result is a thin, chewy dosa that is not just delicious but nutritious as well, loaded with protein and fibre.

The best way to get a taste of all of the restaurant's signature dosas is to order a mini dosa platter that offers a sampling of six dosas of your choice. The word mini might be a misnomer here, since the platter can easily satiate a group of four people. It is a great way to try new flavours. The restaurant also serves the popular 'gunpowder' mix of red chillies and dals blended with oil as an accompaniment.

If you want to explore south Indian cuisine beyond dosas, tucked away in the mini meal section are other interesting options. Weekday specials



Nilima Kalambi runs a tight ship at Way Down South

include *puliogare* or tamarind rice, *pongal*, a Tamil Nadu favourite made of rice and moong dal flavoured with whole peppercorns and cashews, and *bisi bele bhaat* from Karnataka, complete with a glass of *sambharam* or buttermilk seasoned with ginger, curry leaves and mustard seeds. The rasam with chopped tomatoes, garlic, jeera and a mix of coarsely ground spices is also well worth trying.

How does the restaurant manage to keep up its impressive standards? Unlike the one-batter-for-all policy followed by most restaurants, Kalambi is particular about the batters and masalas used in the restaurant. She uses *kolam* or *kanni rice* from Karnataka for the dosas, and all the masala mixes are homemade. Since most cooks are unfamiliar with Chitrapur Saraswat cuisine, she has employed one from Kundapur in Karnataka to make the speciality dosas. In addition, she also spends time in the kitchen refining, perfecting and demonstrating the traditional recipes.

For Kalambi, with her husband sailing the high seas in the Merchant Navy and both her sons pursuing higher education in other cities, running the restaurant is a full-time preoccupation. She personally oversees every task, including getting the masalas ground, supervising the purchases and ensuring that the quality of the food remains consistent. "Getting the cooks to write down standard recipes for others to follow is impossible because they all work on an *andaaz* basis," she says. "A handful of this, a capful of that, a sprinkling of salt

For a taste of south Indian food beyond dosas, try the mini meals



### WHAT WE LIKE

The *adai* dosa is the perfect evening snack and our pick of the dosas – high in protein, it is not just nutritious but also flavourful and visually appealing.

### Top 5 things to try

- \* Davangere Benne Dosa
- \* Adai Dosa
- \* Bisi Bele Bhaat
- \* Doddak
- \* Surnolli

and it's done."

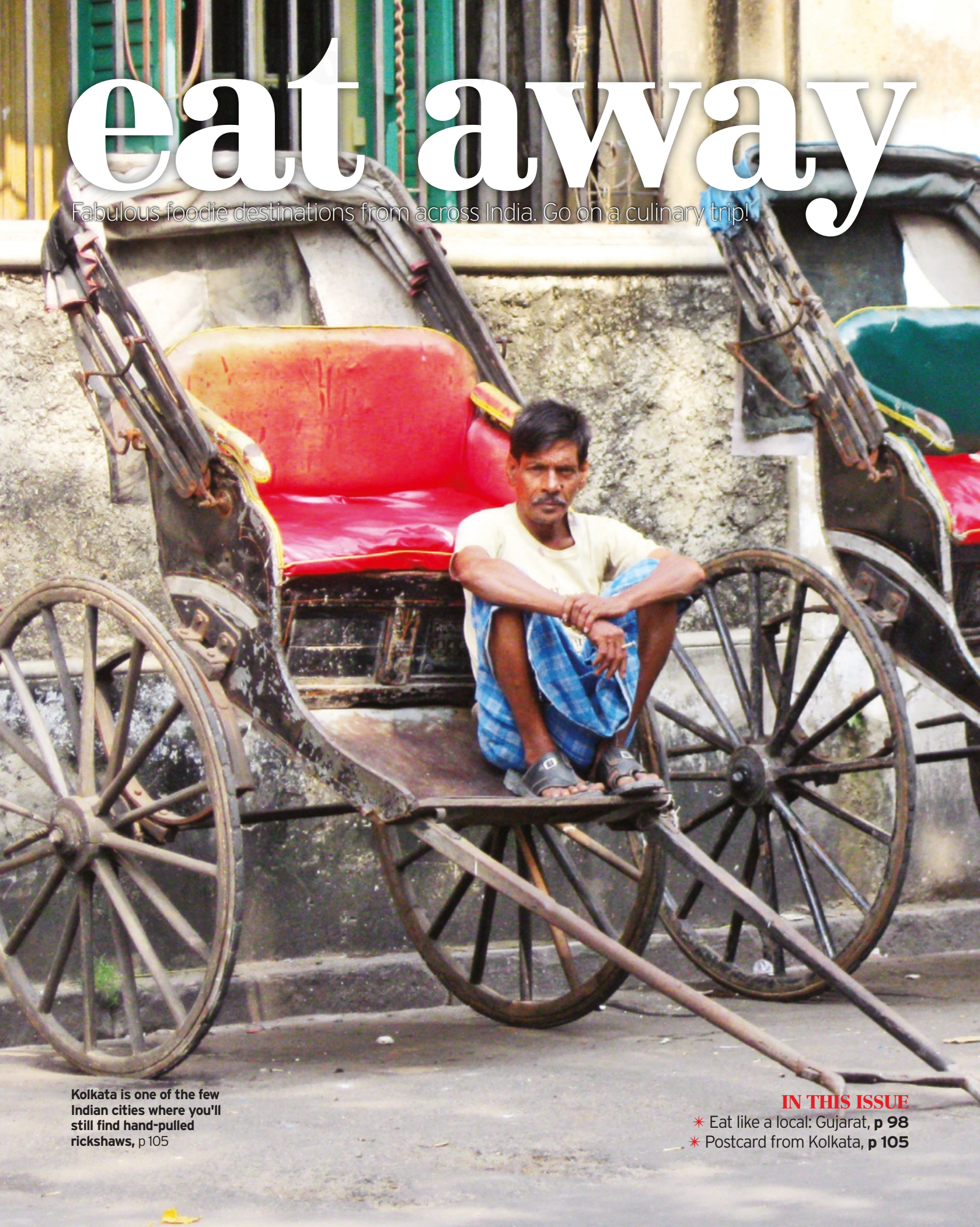
All this hard work has paid off. Way Down South's endeavour to stay true to south Indian cuisine has earned it several fans in Pune. "Our favourite for genuine south Indian tiffin and meals was the iconic Madras Café on Fergusson College Road," says Sudhir Apte, a 65-year-old patron of the restaurant who moved to Baner three years ago. "After it closed in the 1960s, we were left with no option but to make do with Maharashtrian versions of south Indian dishes. At long last, we have found a worthy successor to Madras Café." To make up for the lost years, Apte and his wife dine at Way Down South at least thrice a month.

Soon, Kalambi plans to expand her repertoire of Chitrapur Saraswat cuisine with dishes such as pineapple *sasam* (a tangy and spicy accompaniment made of fresh pineapple) and *keerla* (or tender bamboo shoot) curry. If you haven't visited Way Down South yet, you'll have even more reason to do so now.

**Sai Krupa Apartments,  
Near D Mart, Mhalunge Baner,  
Pune. Tel: +91 20 4677 9131.  
Timings: Daily 8 am - 4 pm;  
5.30 pm - 10 pm.**

# eat away

Fabulous foodie destinations from across India. Go on a culinary trip!



Kolkata is one of the few Indian cities where you'll still find hand-pulled rickshaws, p 105

## IN THIS ISSUE

- \* Eat like a local: Gujarat, p 98
- \* Postcard from Kolkata, p 105

# eat like a local

# GUJARAT

Gujarat is a culinary powerhouse. Get a taste of its sweet, salty and spicy cuisine with this real-deal menu

Words and recipes adapted from GUJARATI KITCHEN - FAMILY RECIPES FOR THE GLOBAL PALATE by BHANU HAJRATWALA, published by WESTLAND

“**S**urat nu Jaman ane Kashi nu Maran”: the food of Surat is like dying in the holy city of Kashi. This popular saying praises the cuisine from the district of Surat in Gujarat. Gujaratis use a variety of vegetables, legumes and lentils in their cooking. A typical Gujarati meal often features several kinds of breads, apart from *rotli* and *rotla*, such as *bhakri* (crisp flatbread), *phulia* (puffed fried bread) and *thepla* (spicy pan-fried flatbread). Chutneys are also essential components of a meal, be it a sweet date and tamarind chutney, paired with appetisers or *dhana ni* chutney, made with fresh coriander, which goes well with starters and vegetarian dishes.

Mithai or sweets are an important part of a Gujarati meal, though most, such as *ghughra* (sweet dumplings) or *mohanthal* (gram flour fudge) contain loads of ghee. You can substitute vegetable oil for peanut oil, use oil in place of ghee wherever possible, jaggery instead of sugar, and so on, without compromising the taste too much. In general, however, Gujarati food is usually considered healthy. It differs from other Indian food in that it does not use cream, paneer or coconut milk in curries.

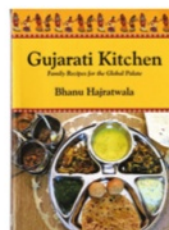
*Mukhvaas* is very popular among Gujaratis, and fennel seeds or *valyari* is a common mouth freshener offered in most homes after a meal. Gujaratis

are also notorious for morning and afternoon teas and snacks. *Naankhataai* (Surti shortbread) *khari makhania* (salty butter biscuits) and *jeera mithawali puri* (cumin-flavoured biscuits) are traditional snacks usually served with masala chai.

Seasons play a major part in deciding what food is eaten. There is always the right food for the right season. On a hot day, kachumber goes well as a side dish. *Jeera mithawali chaas* (salty buttermilk spiced with cumin), sugarcane juice, and *thandi kadhi* (spicy yoghurt gravy served cold) are cooling summer drinks. On a cold day, dal *dhokhali* (spiced flour dumplings in *tur dal*) makes for a warm lunch. In winter, *khichdi* cannot be served without *garam kadhi* (spicy yoghurt gravy served hot) and in summer, with *thandi kadhi*.

Food and festivals are very special in most Gujarati households. On Diwali, *ghughra* is often prepared to serve as a snack. A special Diwali dinner would include *malpua* (sweet fried bread) along with *sev no doodh pak* (a warm sweet made of vermicelli, sweetened milk and spices). On Makar Sankranti, Gujaratis celebrate by making *tal na laadwa* (sesame seed balls).

These recipes are our family favourites, and some are generations old. Many have never been written down before. I hope you enjoy them as much as our family does.



**Gujarati Kitchen - Family Recipes for the Global Palate is available from flipkart.com for ₹ 395**

## EASY MENU FOR 4

- \* Thepla
- \* Dal dhokhali
- \* Doodhi na muthia
- \* Garam kadhi
- \* Vagharelo masala bhat
- \* Mohanthal

## Thepla

Makes 15-16 ■ 1 hour ■ EASY ✓

This is a very popular bread in Saurashtra, particularly with the Jain community. Theplas are ideal for travelling, vacations, and picnics, as they stay well for several days. Serve hot or at room temperature with plain yoghurt or pickle.

**wholewheat flour (atta)** 1 cup + extra for rolling  
**gram flour (besan)** 1/4 cup  
**barley flour (jowar)** 1/4 cup  
**salt** 1 1/4 tsp  
**sesame seeds** 1 tsp  
**chilli powder** 3/4 tsp  
**fresh masala** 1 tsp (recipe on p 136)  
**ghee** 2 tbsp  
**fenugreeek leaves (methi)** 1/2 cup, finely chopped  
**plain yoghurt or water** 1/2 cup  
**oil** 2 tsp + 1/2 cup extra

■ Mix all the flours, salt, sesame seeds, chilli powder and the masala together in a bowl or an electric dough maker. Rub in some ghee along with the chopped methi.

■ Add yoghurt or water and knead to make a smooth, pliable dough. You may need more or less yoghurt depending on its water content. Smoothen the dough with 2 tsp oil and let it rest, covered, for 15-20 minutes.

■ Divide the dough into two equal



Doodhi na muthia

Photograph BHARAT BHIRANG



eat away  
Gujarat

Kite-flying competitions are an integral part of Makar Sankranti

Photograph © BHASKAR MALLICK/DEMOTIX/CORBIS



Women of the Gujjar tribe traditionally prefer colourful attire

Photograph © BHASKAR KRISHNAMURTHY/ROBERT HARDING WORLD IMAGERY/CORBIS



Dal dhokhali

Photograph BHARAT BHIRANG



Fried sev pairs well with ponkh

Photograph SHREYA GUPTA

## MINI GUIDE TO GUJARAT

### EAT

■ Established in 1830, **Thakar Moti Harji Mithaiwala** (+91 261 242 6386) in Surat is famed for their *ghari* – a *mawa*-based sweet that is rolled out like a thick pancake, fried in pure ghee, folded, glazed with more ghee and garnished with chopped nuts.

■ Visit **Dotivala Bakers and Confectioners** (+91 261 247 5027) in Surat for melt-in-the-mouth *batasas* (colloquially known as *makhania*s because of their high butter content). The century-old bakery is also famous for its teatime treats – flaky *khari*, jam puffs and wine biscuits.

■ Visit **Toran Dining Hall** (+91 79 2754 2197) in Ahmedabad for the reasonably priced, unlimited Gujarati thali and hospitable service.

■ Head to the 36-year-old **Vishalla Restaurant** ([vishalla.com](http://vishalla.com)) in Ahmedabad to experience a rustic, wholesome Gujarati meal in mud-plastered environs illuminated with oil lamps. Musicians belt out folk tunes, and the food is served on plates made of leaves. The eatery specialises in *thandai* and lassi made using fresh cow's milk (see p 123 for our review).

### STAY

■ In Ahmedabad, stay at **The House of MG** ([houseofmg.com](http://houseofmg.com)), the city's plush boutique hotel. A 90-year-old restored home that once belonged to philanthropist Mangaldas Giridhas, the hotel has an ornate Baroque-style facade, stained glass panels, mosaic flooring, labyrinthine passages and vast courtyards. Dine at the rooftop eatery **Agashiye**, offering authentic vegetarian Gujarati fare served in *kansa* (copper) thalis. Don't miss their hand-churned ice cream.

■ Moderately priced, **The Gateway Hotel** ([thegatewayhotels.com/girforest](http://thegatewayhotels.com/girforest)) is located on the

(continued on p 134)

portions. Roll each portion into a 15-inch log. Divide each log into 1-inch portions and shape into balls.

■ Flatten each ball into a round patty. Dip in flour and roll into a 6-8-inch disc.

■ Place a thepla on a moderately hot griddle. Smear the top with 1/2 tsp oil and cook for 15-20 seconds. Using a flat spoon, flip the thepla over, smear with 1/2 tsp oil and cook for another 20-30 seconds. Flip once again and cook for a further 20-30 seconds. Remove from the griddle and repeat with the remaining discs. Serve hot with any curry, plain yoghurt or pickle.

**turmeric powder** 1/4 tsp  
**carom seeds (ajwain)** 1 tsp  
**salt** 1 tsp  
**ghee** 1 tbsp  
**water** 1/3 cup + 1 tbsp extra  
**oil** 1 tsp, for greasing

### THE TEMPERING

**ghee** 1 tbsp, melted  
**dried red chillies** 2  
**fenugreek seeds** 1/4 tsp  
**mustard seeds** 1/4 tsp  
**cumin seeds** 1/4 tsp  
**asafoetida (hing)** a pinch

■ To make the dal, place it in a medium, covered pan, along with the chopped tomatoes, sweet potato, aubergine, salt and 2 cups of water. Bring to a boil and cook, covered, on moderate-low heat for about 30 minutes or until the dal is completely soft. Remove from the heat. (If using a pressure cooker, add 3 cups of water and cook for only 10 minutes.)

■ Mix with a handheld or electric mixer until the dal and vegetables are well blended and smooth.

■ Stir in the fresh masala and turmeric, chilli, coriander and cumin powders. Add the lemon juice, sugar or jaggery and 3 cups of water. Mix well then add the peanuts. Add the kokum and coconut, if using, along with the chillies and curry leaves and set aside.

■ For the dhokhali, combine the flour, chilli and turmeric powders, carom seeds and salt in a medium bowl. Mix well, then rub in the ghee. Add water and knead well to make a pliable dough. Divide the dough into three equal portions.

■ Lightly oil a rolling board and a rolling pin. Roll one portion of the dough thinly into a large circle, about 10-12 inches in diameter. Cut into strips in two directions, creating diamond shapes about 1 1/2-inches-wide.

■ Transfer the dhokhali to a tray and set aside. Repeat the process with the remaining portions of the dough.

■ Bring the dal to a boil, lower the heat and let it simmer. Carefully add the pieces of dhokhali into the simmering dal. Stir gently, but frequently. Once the

## Dal dhokhali

Serves 4 ■ 1 hour + soaking

■ MODERATELY EASY ▼

*This is a wholesome meal in itself. It is delicious on cold days and is very popular all over Gujarat. One can cook the dhokhali in leftover dal, thus making another meal.*

### THE DAL

**split pigeon peas (tur dal)** 1/2 cup, husked and soaked overnight, washed and drained

**tomato** 1/2 large, chopped

**sweet potato** a 2-inch piece, peeled and halved

**aubergine** a 1-inch slice

**salt** 1/2 tsp

**water** 2 cups + 3 cups extra

**fresh masala** 1 tsp (recipe on p 136)

**turmeric powder** 1/2 tsp

**chilli powder** 3/4 tsp

**coriander powder** 3/4 tsp

**cumin powder** 1/2 tsp

**lemon juice** 1 1/2 tsp

**sugar** 1 1/2 tsp or **jaggery** 2 tbsp, grated

**peanuts** 1 tbsp, peeled and skinned

**kokum** 2 (optional)

**fresh coconut** 1/2 tsp, grated (optional)

**green chillies** 3, halved lengthwise

**curry leaves** 10-12

### THE DHOKHALI

**wholewheat flour (atta)** 1 cup

**chilli powder** 1/2 tsp



Vagharelo masala bhat

Photograph BHARAT BHIRANGI



eat away  
Gujarat

The Shree Swaminarayan temple at Bhuj

Photograph © Christopher Boke, iStockphoto.com



Ponkh is a winter speciality

Photograph SHREYA GUPTA



Theplas

Photograph MARTIN THOMPSON



**Cheese Icho at  
Jani Farsan in Surat**

Photograph SHREYA GUPTA

outskirts of the Gir forest and is within close proximity of the Gir National Park and Wildlife Sanctuary and the Shakarbagh Zoo in Junagadh.

## DO

- The annual desert festival, **Rann Utsav** (rannutsav.com) is spread across several locations in Kutch and highlights the rich cultural heritage of the region. Dates extend from mid-December to end-March, and festival attendees can opt for premium tents or cottages on rent. The *utsav* includes camel safaris, visits to local artisans, folk music and dance performances, wildlife tours and birdwatching trails.
- The city of **Junagadh** is the ideal pit stop for those interested in architectural history and ancient culture. A few attractions include the Uparkot Fort built by Chandragupta Maurya in 319 BC, overlooking the picturesque Girnar Hills, the Durbar Hall Museum, and the Mahabat Maqbara, a mausoleum that is a classic example of Indo-Saracenic architecture, with Gothic-style columns and French windows.
- Guided tours are arranged at the **Gir National Park and Wildlife Sanctuary**, the only remaining habitat of the Asiatic lion. You can also spot other animals like Nilgai, hyenas, Chittal-spotted deer and four-horned Chousingha antelopes. The best time to visit the sanctuary is between November and June.
- Plan a day-long trip to the district of **Patan** in north Gujarat to get a glimpse of the more than 100 *derasars* (Jain temples) and the remains of the Old City which served as the capital of Gujarat during the medieval period. Patan is also known for its Patola saris, hand-woven silk fabric dyed with vegetable colours.
- If you happen to be in the city from mid-December to late-February, make sure to visit **Sardar Bridge** over the river Tapti in Surat. It's the unofficial wholesale market for *ponkh*, or immature jowar grains, which are harvested during the cooler months.

(continued on p 136)

last dhokhali is added, raise the heat and allow to boil for about 5 minutes. Stir often.

■ The consistency of the dal may vary. To make it thicker, boil for a longer time. For a thinner variation, add 1/2 cup of water or more as desired. Remove from the heat and sprinkle with the tempering. Serve hot.

## Doodhi na muthia

Serves 4-6 ■ 45 minutes + steaming

■ EASY ✓

*This is a very typical Gujarati dish. It can be fried or steamed and pan-fried or tempered. It goes well with soupy lentils, especially on a cold day.*

- bottle gourd (lauki)** 2 cups, peeled, grated and squeezed
- onion** 1 small, peeled, grated and squeezed
- salt** 1 1/2 tsp
- gram flour (besan)** 2 cups
- wholewheat flour (atta)** 3/4 cup
- fresh masala** 1 tbsp (recipe on p 136)
- garam masala** 1 tsp (recipe on p 136)
- chilli powder** 1 tsp
- sesame seeds** 1 tsp
- oil** 1 tbsp
- baking soda** 1/4 tsp
- coriander** 1/4 cup, chopped
- citric acid** 1/4 tsp

### THE TEMPERING

- oil** 1/4 cup
- mustard seeds** 1/2 tsp
- sesame seeds** 1 tsp
- onion** 1 halved and sliced
- coriander** 1 tbsp, chopped
- lemon juice** 1 tbsp

■ To make the muthia, combine the bottle gourd, onion, salt, flours, masalas, chilli powder, sesame seeds, oil, baking soda, coriander and citric acid in a large bowl. Mix well and form into a dough.

■ Pat the dough into two large log-shaped rolls. Steam for 45 minutes on moderate heat then remove and let them cool. Cut each steamed roll into 1/2-inch slices.

■ To make the tempering, put the oil in

a skillet on moderate heat. While the oil is hot, add the mustard seeds and allow them to splutter. Add the sesame seeds and onions and sauté until the onion turns translucent. Add the muthia and cook for 3-5 minutes, stirring frequently. Garnish with coriander leaves and lemon juice.

## Garam kadhi

Serves 4-6 ■ 1 hour ■ EASY ✓

*This typical Gujarati kadhi was once reserved exclusively for royalty. There are countless stories in Gujarati literature about kings sitting on their swings and sipping garam kadhi. It is usually paired with khichdi but can also be served as a hot pre-dinner drink.*

### THE KADHI MASALA

- curry leaves** 25-30
- mint leaves** 10-12
- green chillies** 4-6, de-capped
- garlic cloves** 4-6, peeled
- yellow turmeric** a 1-inch piece or
- turmeric powder** 1/2 tsp
- mango ginger (ambahalder)** a 2-inch piece
- pigeon peas (tur ilva)** 1 tbsp
- gram flour (besan)** 2 tbsp
- water** 1/2 cup
- sugar** 2 tsp

### THE KADHI

- plain yoghurt** 2 cups
- water** 2 cups
- salt** 1 1/2 tsp

### THE TEMPERING

- ghee** 2 tbsp, melted
- cloves** 8
- mustard seeds** 1/2 tsp
- cumin seeds** 1/2 tsp
- curry leaves** 8
- coriander leaves** 1 tbsp, chopped

■ To make the kadhi masala, grind all the ingredients together in a small blender and keep aside.

■ To make the kadhi, mix the yoghurt, water, salt and the prepared masala together in a medium-sized pan and blend well using a handheld or electric mixer.

■ Bring the kadhi to a boil over medium heat stirring constantly to prevent the yoghurt and water from separating. Simmer for 10-15 minutes, then remove from the heat.

■ For the tempering, heat the ghee over medium heat in a small covered pot, then add cloves and mustard seeds and allow them to splutter. Add the cumin seeds and curry leaves. Remove from the heat, add to the kadhi, and cover immediately. Garnish with coriander leaves and serve hot with khichdi.

## Vagharelo masala bhat

Serves 4 ■ 30 minutes ■ EASY

*This is a popular lunch dish and is cooling on hot days when served with chaas or plain yoghurt. You can add spices to temper leftover rice to make this dish.*

**ghee** 1/2 cup, melted  
**mustard seeds** 2 tsp  
**cumin seeds** 2 tsp  
**curry leaves** 15-16  
**onions** 2 small, peeled, halved, and sliced lengthwise  
**long-grain rice** 2 cups, washed and drained  
**water** 4 cups  
**fresh masala** 1 tbsp (recipe on p 136)  
**salt** 1 tbsp  
**turmeric powder** 1 tsp

■ Heat the ghee in a covered pot on medium heat. Add the mustard seeds and allow them to splutter. Add the cumin seeds and let them turn brown. Add the curry leaves and onions and cook until translucent. Tip in the rice and stir for 2-3 minutes. Stir constantly until all the water evaporates.

■ Stir in the water, fresh masala, salt and turmeric powder. Mix well. Bring to the boil, then turn the heat to low. Cook with the lid ajar for 15-20 minutes until the water has evaporated.

## Mohanthal

Makes 12 ■ 1 hour 30 minutes + standing + cooling ■ EASY

*"Mohan" refers to Lord Krishna and "Thal" means thali or plate. Mohanthal is offered to Lord Krishna at festivals such as Janmashtami and is a favourite at weddings. It can also be served as a snack with chai.*

### THE GRANULES

**gram flour (besan)** 1 1/2 cups  
**ghee** 1 1/2 tbsp, melted + 1 tsp for greasing + 1/2 cups extra  
**whole milk** 5-6 tbsp  
**whole cardamom seeds** 1/2 tsp  
**whole milk powder** 4 tbsp

### THE SYRUP

**sugar** 1 cup  
**water** 1/2 cup  
**saffron** a pinch

### THE FUDGE

**nutmeg powder** a pinch  
**green cardamom powder** 1/4 tsp  
**almonds** 1 tbsp, slivered  
**pistachios** 1 tbsp, slivered

■ Prepare the granules about 2-4 hours earlier and set them aside. Place the gram flour in a large bowl. Sprinkle 1 1/2 tbsp ghee and rub in evenly, then add the milk and moisten evenly. Make 4 balls, chill for 20 minutes, press, and sift each ball through a large sieve into granules. Mix in the cardamom seeds and set aside.

■ Grease a 9x9-inch pan with 1 tsp ghee and set aside. In a large saucepan, heat 1/2 cup of ghee and add the prepared granules. Cook on a medium-low heat, stirring continuously until light pink, for about 20-25 minutes. Remove from the heat, add the milk powder and mix thoroughly. Set aside.

■ For the syrup, dissolve the sugar in water in a large saucepan. Bring to a boil over medium heat. Add the saffron and continue to boil for 15-20 minutes until one string syrup is formed. To test the consistency of the syrup, place a few drops of the syrup on a



Photograph BHARAT BHIRANGI

Mohanthal

plate. Pinch the syrup between the tips of your thumb and index finger and gently move the fingertips apart. If the syrup is done, one string of syrup will be visible between the fingertips. Remove from the heat.

■ To make the fudge, add a string of syrup to the granule mixture gradually. Continue to stir (not on heat) for 10 minutes until the mixture begins to thicken and solidify, like cake batter. Pour this mixture into the greased pan and gently tap the pan so that it spreads evenly. Sprinkle ground nutmeg and cardamom, then sprinkle over the almonds and pistachios and gently press them in. Cool for 1-2 hours.

■ Cut into 1 1/4-inch squares to yield 12 pieces. Store in a covered container, layering the pieces with wax paper in between.

Stalks of jowar are threshed to make *ponkh*



Photograph SHREYA GUPTA

The tender, green, slightly sweet *ponkh* is considered a delicacy and partaking in it is a cause for celebration. Here, farmers bring freshly harvested stalks of jowar, which are first roasted on a charcoal fire, then threshed by large groups of workers and finally cleaned and prepared for sale. Traditionally, *ponkh* is eaten with a sprinkling of peppery sev and sweet sugar balls for a contrast of tastes and textures.

## LOCAL KNOWLEDGE

■ **Parle Point** in Surat is delightful for a street food trail. Jani Farsan (+91 261 205 3021) is known for its deliciously fluffy *khaman* – a gram flour-based snack. The shop is popular for *locho*, a steamed preparation comprising chana dal and urad dal, tempered with asafoetida and green chillies, and speckled with yellow sev. Jani Farsan also adds a layer of grated cheese over the *locho*, besides specialising in bizarre varieties such as Desi Pizza Locho and Chocolate Roll Locho. Shree Balaji Janta Ice Cream (+91 261 225 2590) offers adventurous eaters flavours such as chilli, garlic or coriander.

## MUST-BUY

- **GATHIYA** Crisp deep-fried snacks made from gram flour dough.
- **MOHANTHAL** This barfi-like sweet made with gram flour, milk and slivered nuts is popular as prasad across Gujarat.
- **ROGAN TEXTILES** The endangered art of free-hand textile painting is practised only in the Nironha village near Bhuj.

## TYPICAL GUJARATI MASALAS

### Dhana jeeru masala

Makes 1 1/2 cups ■ 1 hour ■ EASY ✓ J

*This combination of coriander seeds and cumin seeds is used in most savoury vegetarian recipes. If you plan to cook several dishes over a period of time, you may wish to pre-mix this masala and store it.*

Preheat the oven to 150°C. Mix **1 cup coriander seeds** and **1/2 cup cumin seeds** in a shallow oven pan. Heat for 20 minutes. If you are not using an oven, roast them in a frying pan on the stove over moderate heat for 5-10 minutes, tossing continuously. Allow to cool completely. Grind until medium-fine then store in an airtight container. The masala will keep well for several weeks.

### Garam masala

Makes 3 cups ■ 1 hour ■ EASY ✓ J

*Unique to almost every family, garam masala is used in lamb, chicken and some vegetarian dishes. This is my mother-in-law's recipe. Once you cook with hand-ground garam masala, you will never want to use a store-bought one again.*

Preheat the oven to 150°C. Combine **1/2 cup coriander seeds**, **1/4 cup green cardamom seeds**, **1 tsp cumin seeds**, **1/4 cup**

**cloves**, **1/8 cup black peppercorns**, **8 whole star anise**, **10 cinnamon sticks**, **6 dry bay leaves** and **2 whole nutmeg** together in a shallow oven pan and heat for 20 minutes. If you are not using an oven, roast the ingredients in a frying pan on the stove on moderate heat for 5-10 minutes, tossing continuously. Allow to cool completely. Grind finely then store in an airtight container. It will stay well for several weeks.

### Fresh masala

Makes 6 cups ■ 1 hour ■ EASY ✓

*This masala can be used for all dishes except seafood. Make sure to peel the ginger, garlic and turmeric and to de-cap the chillies before weighing. The masala will keep well in the refrigerator for 6-8 weeks, and for longer in the freezer.*

Dice **450g ginger** and **225g fresh turmeric**, cutting across fibres, to 1/4-inch thickness. Grind the ginger and turmeric along with **225g peeled garlic cloves**, **225g green or red chillies**, **1/2 cup oil** and **1/2 cup lemon juice** together finely in a food processor, then transfer to a medium bowl. If using turmeric powder instead of fresh turmeric, mix it in at this stage. Store in an airtight jar in the refrigerator.

## MENU DECODER

- \* **DEBRA** Kathiawari flatbreads made with wheat flour, green chillies, spinach, yoghurt and sugar, usually eaten with mango or lime pickle.
- \* **DOODH PAK** A milk-based semi-solid sweet comprising rice, ghee and slivered nuts, flavoured with saffron and cardamom.
- \* **GHUGHRA** Half-moon shaped, deep-fried snacks that are either sweet (with a dry coconut and cardamom filling) or savoury (stuffed with green peas, desiccated coconut and spices).
- \* **MUTHIA** Spicy, steamed dumplings comprising wholewheat flour, gram flour (besan), fenugreek and spices, served as an appetiser.



Photograph KAREN ANAND

# Postcard from **Kolkata**

From its fresh produce to its iconic mishti, the City of Joy surprises Karen Anand with its vegetarian delights

Words KAREN ANAND

**T**o my mind, one of the greatest regional Indian cuisines is Bengali. Executed with much care to detail, it is served course-wise and is as sophisticated as French cuisine. In a traditional Bengali meal, bitter leaves and gourds are always served first, followed by rice, dal, chutney, fish, mutton and then dessert.

On a recent visit to the city of Kali and Durga, I hire a guide from a company called Calcutta Walks ([calcuttawalks.com](http://calcuttawalks.com)) and off we go to explore the by-lanes and bystanders of north Kolkata. We begin our journey at Maniktala market, in the heart of the traditional north, and are soon

roused by the freshness of the produce. I rediscover the Gondhoraj *lebu*, the most fragrant lime that India has to offer. Unlike regular lime or *nimboo*, this fantastic green citrus fruit fills the air with a heady fragrance and can be compared to the Thai *makroot*, from which we also get the kaffir lime leaf.

I also spot small, ugly bottles of *kasundi*, a deliciously tart mustard paste that used to only be available in reused rum bottles. The best *kasundi*, I was once told, was made by widows, who were meted out particularly unfair treatment in Bengal. They were not allowed to leave the house, so their contribution to the household was usually restricted to the kitchen, creating a unique and highly proficient class of home cooks. Today, *kasundi* is made commercially and is available in supermarkets. I also come across bags of the famous Bengali five-spice mix, *panch phoran*, which adds life to so



**Food writer, entrepreneur and gourmet, Karen Anand has journeyed across the world writing about gastronomy.**

many vegetarian dishes. Bengalis love their vegetables almost as much as fish, and we see piles of maroon banana flowers, baby brinjals, bitter gourd, wax gourd, baby cauliflower and greens.

Next, we stop at Girish Chandra Dey & Nakur Chandra Nandy, a reputed mithai shop near Beadon Street ([girishnakur.com](http://girishnakur.com)). Many well-to-do families send their drivers all the way to these rather shabby shops, from fashionable addresses in the south of the city, just for a box or two of their fresh sandesh. The squalor and simplicity is overwhelming. Once I get past the pot-bellied babu at the entrance, I discover what all the fuss is about. Sandesh is considered one of the healthier Indian sweets since it is made with *chhena*, a curd cheese similar to paneer, as opposed to *maswa*, *khoya* or ghee. We sample many. *Nolen gur* (a date palm syrup which rivals maple syrup) is another Bengali wonder ingredient used to make certain kinds of sandesh in winter. It is pure nectar.

My next stop is Nobin Chandra Das in Bagbazar, for their *rossogolla* (Tel: +91 33 6547 20710). True to its reputation, it melts in the mouth and the syrup is light, not overly sweetened. We also try *madhuparka*, a dense sweet yoghurt flavoured with honey. If you're not sure about venturing to north Kolkata, which is quite some distance away, a very convenient address for all traditional Bengali sweets is Mithai, near Park Circus (Tel: +91 33



Photograph SONIA BAHADUR



**Clockwise from top: Cycle rickshaw-pullers abound in north Kolkata; Mochar ghonto, a traditional banana flower preparation; Nolen gur, or date palm jaggery syrup, is a winter treat**

2287 3590). They also happily pack everything for you to take on a flight.

At dinner that evening, I meet the very charming Gaurav Jalan, who has many businesses including tea estates. He introduces me to some new teas. I try the light and fragrant teas from Jungpana and Lingia estates in Darjeeling and Assam's Doomni estate. In January, Doomni is going to start selling a very special white tea — highly prized because less than 60 kg is produced in Assam every year. The teas are available at tea merchants like Star Tea Company (Tel: +91 33 2246 2630) and Mahabodhi Tea House (Tel: +91 33 2242 5339).

The next day, we drive through colonial Kolkata, worlds apart from the by-lanes and cycle rickshaw-pullers

**From top:  
Bengali  
restaurant  
Jhaal Farezi  
is located in  
a charming  
bungalow;  
portly old  
Ambassadors  
cabs on the  
city's streets**

of the north. Here is crumbling proof that the city was once the capital of British India, until 1911. The regal Governor's mansion, St Paul's Cathedral, St John's Church, Victoria Memorial, Dalhousie Square, the vast expanse of parks around Chowringhee, all bear testament to this history.

Our first stop is New Market. Today, like many buildings in the city, it is a shadow of its past glory. I always visit J Johnson, a nondescript store selling mainly imported items, for a small wheel of smoky, crumbly, local cheese called Bandel (Tel: +91

for tea at Flurys ([flurysindia.com](http://flurysindia.com)). The tearoom is very much an iconic Kolkata landmark. The Viennese coffee is excellent; the rum balls and asparagus sandwiches, memorable.

Now I am ready for my fix of *paturi* and *posto*. Over the years, I have visited several exceedingly good restaurants serving Bengali food in this city: fine dining at Sonar Tori, about an hour-and-a-half away from the city, situated on the Ganga ([residency.gangakutir.com](http://residency.gangakutir.com)); Bhojohari Manna, which has several branches in the city and whose food is as close to home-style fare

**“Once I get past the pot-bellied babu at the entrance, I discover what all the fuss is about. Sandesh is considered one of the healthier Indian sweets since it is made with *chhena*, a curd cheese similar to paneer, as opposed to *mawa*, *khoya* or *ghee*. We sample many”**

33 4007 3856). Bandel is a town on the banks of the river Hooghly and cheese making began there during the time of the Portuguese. Shaun Kenworthy, an old friend and chef who has lived in Kolkata for many years, introduced me to this cheese some years ago. However, my favourite is still Kalimpong cheese, a sort of gouda-meets-emmenthal in flavour and texture (and much cheaper than both!). It's often difficult to get even at Johnson's since they produce such small quantities of it.

I also make sure to pay a visit to Nahoum & Sons (Tel: +91 33 6526 9936), the old cake shop in the centre of the market started by Nahoum Israel Mordecai, a Baghdadi Jew, in 1902. It does brisk business in macaroons and fruitcake. We drive by the lovely Oberoi Grand onto Park Street and stop

as you can get ([bhojoharimanna.com](http://bhojoharimanna.com)); Aaheli, at The Peerless Inn on Chowringhee, which serves up consistently good traditional food ([peerlesshotels.com](http://peerlesshotels.com)); and the newest entrant, Jhaal Farezi, showcasing all the cuisines of the city in a charming, centrally located bungalow on Circus Avenue ([jhaalfarezi.in](http://jhaalfarezi.in)). On this trip, however, I visit Guchhi at the Hyatt Regency and Oh! Calcutta.

Oh! Calcutta (Tel: +91 33 2283 7161) is now a successful chain across the country. Anjan Chatterjee, the founder and driving force behind many fine-dining restaurants in the country (including Mainland China), has done a fabulous job of this menu.

Rarely do five star hotels replicate the level of authenticity you often find in small, local standalone restaurants. So I am very pleasantly surprised when a simple terracotta thali is placed in front of me at Guchhi, the traditional Indian restaurant at the Hyatt Regency Kolkata ([kolkata.regency.hyatt.com](http://kolkata.regency.hyatt.com)). There is no menu; you are served whatever is in season. I try several dishes served with utterly crispy fine



Photograph SONA BAHADUR



Photograph SONA BAHADUR



Photograph SONA BAHADUR



Photograph SONA BAHADUR



Photograph KAREN ANAND



Photograph KAREN ANAND

juliennes of aloo *bhaja*. The potato adds a really sophisticated touch to the meal; I've rarely had anything more divine. I also had a sublime aloo *posto* with ridge gourd mixed in with the potatoes, a simple yellow masoor dal with just a tempering of cumin (how refreshing to have a light, home-style dal in a restaurant!), fragrant Gobindobhog rice and perfect *mishti doi* to end.

The other fine dining experience not to be missed is at the hands of executive chef Sujan Mukherjee, who helms the kitchen at the Taj Bengal ([tajhotels.com](http://tajhotels.com)). Although the Indian restaurant Sonargaon predominately serves Northwest Frontier cuisine, they also serve a Bengali tiffin and a Bengali thali. The tiffin comes in a

**Clockwise, from top: Victoria Memorial is a Kolkata landmark; Rossogollas from Nobin Chandra Das; Customers queue up for mishti; The thali at Sonar Tori**

sleek steel casing and contains the tastiest of all Bengali vegetarian items, *chorchori*. It's made with sweet potato, spinach, white radish and red pumpkin, with a tempering in mustard oil of *panch phoran* and green chilli. Chef Mukherjee explains that to make a *chorchori* really special, one should broil or roast the *panch phoran*, then grind it to a powder and sprinkle on top of the dish, along with crisp-roasted crumbled *vadi*. *Vadi* is most often made with *moong* and *masoor* dal, and is either fried dry or used as a base for a vegetarian curry. Other fabulous vegetarian dishes in the thali include *cholar* dal, freshly fried *luchi* and *mochar ghonto*, or banana flower *bhaaji*.

In fact, there is a huge variety of vegetables in Bengali cuisine. Apart from banana flower, jackfruit, too, is often cooked in Bengali homes. Fried *bhaja* is made with everything from potato to brinjal. These are very much part of a traditional Bengali high tea,

a tradition which is sadly dying today. I partake of one on this visit, and sit down to railway cutlets made with beetroot, carrot, potato, raisins and nuts, dipped in *kasundi*. This is the first trip to Kolkata where I sample so many of its vegetarian offerings and am astounded that I don't miss fish, meat or fowl at all!

On my way to the airport, I stop for a quick lunch at art collector and dealer Surajit "Bomti" Iyengar's home. Bomti conducts heritage tours, gastronomic walks and also organises home-style cookery demos in his home. These are a must-do if you are in the city (Tel: +91 98313 14990). The meal I eat here — a superb aloo *posto*, *baigan bhaja*, and *doi maach* — only reaffirms my sentiment that Bengali food is the finest regional food in the country.

**MENU DECODER**

- JHAL** spicy
- JHOL** a broth-like curry
- PATURI** wrapped in a banana leaf
- BHAPA** steamed
- MISHTI** sweet
- SHORSHE** ground mustard paste
- POSTO** poppy seed paste

# masterclass

## COOK LIKE A PRO

Smart ways to improve your kitchen skills

Words KAINAZ CONTRACTOR Photograph SHREYA GUPTA

### In this section

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- \* Wines from New Zealand p113
- \* DIY preserved lemons p115

**GoodFood  
APPROVED**

### INDUCTION COOKTOP

If you're a weekend cook, or cooking just for one, is it really worth the hassle of setting up a gas connection when you can get a plug-and-play stove? What's more, induction cooktops are compact enough to fit nicely on even the tiniest kitchen counter — a definite plus for most city homes!

If you already own a conventional gas range, an induction cooktop still makes a handy addition to your kitchen. It's portable enough to carry along on cookouts and potlucks, and will bail you out when you have guests at home and need an extra burner that heats up immediately.

Prestige's cooktop even has a power setting that allows you to monitor the amount of energy consumed by the gadget. It is thoughtful additions such as these that make this a keeper in the kitchen. We were pleased to note the Indian menu power functions, which have temperature and time specifications for some common Indian preparations such as idli and chapati.

We don't deny we fumbled through a couple of unguided attempts before finally mastering this kitchen essential. But after a bit of trial and error (and a few repeated glances at the user manual), we were soon operating our electric cooktop like seasoned users.

**Try Prestige available at cookware stores for ₹ 4,795.**



# GORDON RAMSAY'S Masterclass

Celebrity chef Gordon Ramsay guides you step-by-step on how to prepare a spectacular strawberry mille-feuille

Recipe GORDON RAMSAY Photographs MYLES NEW



**EXCLUSIVE  
STEP-BY-STEP  
RECIPE**

## Strawberry and white chocolate mille-feuille

Serves 6 ■ 1 hour ■ MODERATELY EASY  

*Literally meaning a thousand leaves, mille-feuille is a delicate French pastry made of many, many puff pastry sheets interspersed with alternating layers of pastry cream. This delicious combination of basil and fruits is one that never fails to surprise – it's not an obvious marriage of ingredients, but one that's simple and exceptionally good. A hint of basil also goes beautifully with raspberries, nectarines and peaches, particularly white ones.*

- all-purpose flour (maida)** 1 tsp, for dusting
- caster sugar** 3 tbsp + 1 1/2 tbsp extra for dusting
- puff pastry** 350g (available at your local bakery or try Jus Rol available at gourmet stores)
- double cream** 300ml (available at your local dairy)
- vanilla pod** 1
- strawberries** 600g
- basil** a small bunch, leaves picked with a few of the smaller leaves kept aside for the salad
- lemon** 1/2, zest only
- good-quality white chocolate** 50g, very finely grated (try Valrhona available at gourmet stores)
- PER SERVING 602 kcals, protein 6g, carbs 43g, fat 47g, sat fat 25g, fibre 2g, salt 0.66g

*“When I trained in Paris, I fell in love with picture-perfect pâtisserie desserts like this and spent my days off learning to master them. Mille-feuille was my favourite and this version, with my addition of basil and a little white chocolate, is the finest way I know to showcase strawberries”*





**1** Preheat the oven to 200°C. On a lightly floured surface dusted with 1/2 tbsp caster sugar, roll out the pastry to a rectangle slightly larger than 28cmx30cm. Line a large baking sheet with baking parchment and dust with 1/2 tbsp more sugar. Use the rolling pin to lift the pastry onto the baking parchment.



**2** Scatter 1/2 tbsp more caster sugar over the pastry and cover with another sheet of baking parchment. Lay another heavy baking sheet on top (see tip 1 on facing page) and bake for 25-30 minutes or until the pastry is golden and crisp, then set aside to cool.



**3** To make the filling, tip the cream into a bowl with 3 tbsp of sugar, and the vanilla seeds (see 'using a vanilla pod' on facing page). Whisk until the cream just holds its shape and set aside. Hull and quarter the strawberries and set a few aside for the salad, then cut the rest into 3-4 chunks. Finely shred the basil, then fold through the cream with the chopped strawberries and lemon zest. Chill until needed.



**4** When the puff pastry has cooled completely trim the edges to form a neat 28cmx30cm rectangle. Cut into 3 equal rectangles – to get them precisely the same size, cut one then lay it on the rest of the pastry and use it as a guide to the next rectangle, then repeat.



**5** To assemble the mille-feuille, lay down one rectangle of pastry, add half of the cream and strawberry mix and flatten with the back of a spoon. Place the second pastry layer on top and gently press down. Finely sprinkle over half of the grated white chocolate and top with the remaining cream mix. Place the final layer of pastry on and press down gently so that the filling just starts to bulge over the edges.



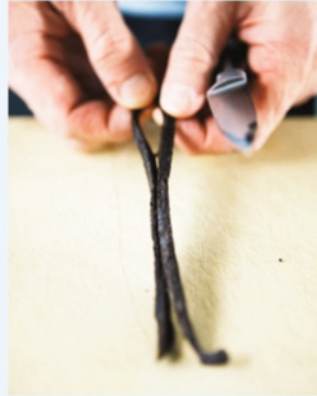
**6** Use a palette knife to smooth the filling along the sides so that it is level with the edges of pastry and fills any gaps. Add a smear of filling across cut pastry edges to help the grated chocolate to stick. Add the grated chocolate on top. The easiest way to get grated chocolate to stick to the sides is to help it on with a palette knife. Mix the reserved strawberries and the small basil leaves to make a simple salad and serve with the mille-feuille.

# Secrets from Gordon's kitchen

## USING A VANILLA POD



**1** Lay the vanilla pod on a board and use the back of a small knife to flatten it slightly.



**2** Cut the vanilla pod in half lengthways using the tip of the knife.



**3** Use the back of the knife to firmly scrape out the seeds along the length of the pod.



**4** Push the seeds off the side of the knife. Don't throw the pod away (see tip 3, below).

## PLATE UP LIKE A PROFESSIONAL



**1** Carefully slice the mille-feuille into six equal pieces.



**2** As you slice, hold the mille-feuille together by placing a finger at either side of the blade.



**3** Place a piece of mille-feuille on the side of each plate.



**4** Spoon a small pile of strawberry salad on the opposite side of the plate and serve.

## MY TIPS FOR SUCCESS

**1.** To keep the pastry flat you need quite heavy, buckle-proof baking sheets. If your sheets are thinner and flexible, weigh the top one down with an empty ceramic oven dish to get the same effect.

**2.** Vanilla pods are expensive and can vary in quality. A sign of

freshness is a plump, soft, sticky pod. Avoid dry and brittle ones.

**3.** Never throw away empty vanilla pods as they have lots of flavour. Make vanilla sugar for other desserts by keeping the empty pods in a jar of caster sugar or infuse them into syrups or custards.

**4.** When whipped, cream should have the consistency of soft meringues with floppy peaks.

A good tip if you don't want to over whip is to add 2 tbsp of milk to each 300ml of cream, before beating.

**5.** The mille-feuille can be assembled up to 2 hours ahead

and kept in a cool place. You could also prepare the pastry rectangles and cream mix the night before. However, don't add the basil to the cream until just before assembly, and keep the pastry well wrapped in cling-film.



Aneesh Bhasin is a connoisseur of wine and the co-founder of Indian Wine List, India's first and only smartphone app and consumer app dedicated to wine. Bhasin's interest in wine was sparked by a photography assignment that took him to various vineyards across the country. He won a silver award at the IPA (International Photography Awards) in 2012 and has shot in over 30 countries.

# EASY WINE GUIDE

## New Zealand wines

Wine expert and entrepreneur Aneesh Bhasin urges you to give New Zealand tipples a try

In the last couple of decades, New Zealand, a young winemaking country, has earned a reputation in the wine world especially for its Sauvignon Blancs and Pinot Noirs. Increasingly, Riesling and Pinot Gris are also starting to make their presence felt in a big way.

New Zealand boasts the world's most southerly vineyards. It has 10 vast wine-producing areas spanning 16,000km on both the North and South Islands that the country is divided into. While North Island has a few important wine regions such as Hawke's Bay and Gisborne, regions from South Island such as Marlborough and Central Otago are responsible for much of New Zealand's fame in the wine world.

### GEOGRAPHY IS KEY

Marlborough has emerged as the greatest wine region of New Zealand. Once you get used to a Sauvignon Blanc from this region, you can pick it out of a selection just by its distinct nose, typically saturated with passion fruit, capsicum and slightly herbaceous notes. Although most Sauvignon Blancs from New Zealand are young and un-oaked, reserve styles are also beginning to grow in popularity.

Lots of sunshine and moderate temperature variation is the key to the fruity intensity and strong varietal expression of wines from Marlborough. The climate and alluvial soil that allows for easy drainage helps lengthen ripening times and keep acid levels high. Southern valleys also have more clay in the soil, which helps the second best known wine from New Zealand, Pinot Noir.

Pinot Noir finds a natural home in Central Otago, which is widely considered the world's most southerly wine region, and also the highest in New Zealand. The cool, dry climate with ample sunshine and a long growing season promotes full varietal expression and works very well for Pinot Noir as well as other aromatic varieties such as Riesling and Pinot Gris. The Pinot Noirs from this region are usually elegant with soft tannins, plenty of fruit such as cherries and some herby and spicy undertones. The next most planted grape in Central Otago is Chardonnay. Unfortunately, these wines are not available in India.

### THE PERFECT BALANCE

Not a single vineyard in New Zealand is more than a 120km from the ocean, so long days of sunshine are balanced by cool sea breezes. The extensive coastline offers the country the advantage of a wide range of climatic conditions, thus enabling the cultivation of warmer-style Bordeaux blends in Hawke's Bay and cooler climate white wines in Marlborough.

In general, what distinguishes wines from New Zealand is a good balance of fruity sweetness and acidity, which makes the Pinot Noirs and Sauvignon Blancs from here particularly easy to pair with food. The price points of these wines might seem higher than the average at first, but the quality justifies the premium you pay for it. Although there may not be an extensive choice available in India, you won't be disappointed with your pick. Here is my list of the wines you must try:

### WINE TIP

When it comes to red wines, it is an excellent habit to let them breathe for at least 20 minutes in a decanter, an open vessel or wine glasses. This will let the wine open up more and express its flavours and complexities.

### Cloudy Bay Sauvignon Blanc 2012

(₹ 4,000, available at Godrej Nature's Basket outlets)

Cloudy Bay is one of the better-known wineries from New Zealand, which belongs to the Moët-Hennessy group. Their vineyards are located all over Marlborough, taking advantage of several microclimates. This Sauvignon Blanc has lots of minerals on the nose with lime zest and some chalky aromas. It is similar on the palate, with plenty of lime, mineral notes and sweet herbs on the finish.

**It is a good wine to pair with salads that feature an olive oil or yoghurt dressing. Also pairs well with risotto.**

### Saint Clair Sauvignon Blanc 2012

(₹ 3,414, available from the The Wine Park, Mumbai. Call +91 22 2851 6621 for details. Also available by the glass at Indigo Deli outlets for ₹ 700)

With the label's wine maker, Matt Thomson, winning the best New Zealand wine maker award three years in a row, Saint Clair has built a very good reputation for its wines. This award-winning Sauvignon Blanc has a nose dominated by gooseberry with slight guava and earthy aromas. It has a lot of fruit on the palate, marked by some pineapple, and it is balanced by crisp acidity.

**It pairs well with vegetarian lasagne and also makes for a good aperitif.**

### Villa Maria Riesling 2011

(₹ 2,360, available at Godrej Nature's Basket outlets)

Villa Maria is New Zealand's most award-winning, family-owned winery. Despite

the popular demand for their wines and their large-scale production, the winery still has a keen eye on quality. This Riesling doesn't have a very expressive nose, with hints of flint and petrol along with some lime. The palate is dominated by notes of lime, green apple and apricot. It has a light to medium body, with a crisp finish.

**It pairs well with grilled cottage cheese and bell peppers.**

**Kim Crawford Sauvignon Blanc 2011**

(₹ 3,265, available at Godrej Nature's Basket outlets)

This widely available brand happens to be from one of the country's youngest wineries. It has a very expressive nose with lots of lychees, grapefruit and freshly cut grass. The palate is consistent with the nose, with herbaceous flavours followed by grapefruit and pineapple with capsicum spice on the finish. This wine showcases an excellent balance of fruit and spice.

**Pair it with firm cheeses, pastas in white sauce and risotto. It also pairs well with asparagus quiche.**

**Villa Maria Merlot Cabernet Sauvignon 2011**

(₹ 2,304, available at Godrej Nature's Basket outlets)

This wine comes from Villa Maria's vineyards in Hawke's Bay, not Marlborough. It boasts dark cherries on the nose with a hint of eucalyptus and cigar box aromas. The palate has notes of red fruit, tobacco and slight spice and oakiness on the finish. Its freshness and excellent acidity make it a complex yet approachable, easy-drinking wine.

**It pairs well with tomato-based pastas and curries.**

**Sileni Pinot Noir 2011**

(₹ 1,797, available from Fine Wines n More, Mumbai. Call +91 98205 96345 for details)

This producer from New Zealand is particular well known for its red wines grown in Hawke's Bay. Sileni Estates

came out with its first vintage in 1998 and has a winemaking team that has worked all over the world, including Bordeaux, Burgundy, Chile and Alsace. With the climate of the region falling somewhere between Burgundy and Bordeaux, the Pinot Noir has a fresh and vibrant nose with lots of cherries and hints of black pepper spice. The palate has cherries and raspberries with notes of tobacco and earthy notes. It has a very elegant body with soft tannins and a dry finish.

**Pair with a mushroom pizza.**

**Forrest Estate Late Harvest Riesling 2007**

(₹ 3,588, available from Fine Wines n More, Mumbai. Call +91 98205 96345 for details)

This is an 'Auslese style' (German for specific late harvest wines made of very ripe, hand picked grapes) wine with intense apricot, orange peel, tangelo (a citrus fruit that is a hybrid of tangerine and pomelo) flavours with a hint of allspice. It has a very delicate sweetness, with fresh, intense acidity. A lovely mineral character adds to the wine's complexity. It is perfect before or after a meal but best cellared to allow an even greater complexity and good acidity to come through. This is one of the few late harvest Rieslings from New Zealand.

**Pair it with chocolate, cheese and nuts.**

**Brancott Estate Sauvignon Blanc 2011**

(₹ 2,200, available at major wine stores. Also on the wine lists of most five-star hotels)

The Brancott winery is credited with planting the first Sauvignon Blanc grapes in Marlborough. From the stable of Pernod Ricard, it is the most widely available New Zealand wine in India along with Cloudy Bay. True to its geography, it boasts notes of passion fruit, orange and other tropical fruits. It is a fruit forward wine with a dry finish and pleasant acidity.

**It pairs well with salads and light mildly spiced pasta dishes.**



# Zestfest

These lemons add an intense citrus flavour to Moroccan dishes. They can also add punch to Indian curries and salads!

Recipe JANINE RATCLIFFE Photograph GARETH MORGANS

See p 15 for tips on how to use preserved lemons

## Preserved lemons

Makes 1l ■ 30 minutes + preserving

■ EASY ✓

**coarse sea salt** 250g (try Roland available at gourmet stores)

**lemons** 12, 6 juiced, 6 quartered but still joined at the bottom

**star anise** 3

**bay leaves** 3

**black peppercorns** 8

■ Pack a little salt into each quartered lemon and squash back into shape. Wedge them into a large sterilised jar, layering with salt, bay leaves, peppercorns and star anise as you go.

■ Pour over the lemon juice (if there's not enough liquid to fill, top with water) then seal. Give the jar a turn every few days to redistribute the salt and leave for 4-6 weeks. These will keep for up to a year if stored in a cool place or refrigerated.

■ **PER SERVING** 24 kcal, protein 2g, carbs 7g, fat 1g, sat fat none, fibre 4g, salt 2g

**TIP:** To sterilise the jar, wash in hot soapy water, rinse and place in the oven at 140°C for 15 minutes.



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\* VEGETARIAN \* READY UNDER 30 MINUTES \* LOW FAT

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# Shop talk

Where to find everything from pumpkin to poppy seeds

## BENGALURU

### Foodhall

1, MG Mall, 4th floor,  
Trinity Circle, Opposite Vivanta  
by Taj, Ulsoor  
Tel: +91 80 2208 6533

### Foodworld Gourmet

No 88, Shariff Bhatia Towers,  
MG Road  
Tel: +91 80 4147 4789

### Nature's Basket

755, 80 Foot Road, 4th Block, Next to  
Costa Coffee, Koramangala  
Tel: +91 80 4131 7401

## CHENNAI

### Amma Nana

Chamiers Road, opp Park Sheraton  
Hotel, Nandanam  
Tel: +91 44 2435 0596

### Mercado

64, Rukmani Road, Kalakshetra  
Colony, Besant Nagar  
Tel: +91 44 2817 3965

### Nuts 'n' Spices

75, MG Road,  
Nungambakkam  
Tel: +91 44 2826 8180, 4203 9351

## HYDERABAD

### Nature's Basket

Urmila Towers, Road No. 10,  
Opp. Rainbow Hospital, Banjara Hills  
Tel: +91 40 2335 5399

## NEW DELHI

### A- Mart

A-1, Mahipalpur Extension, NH-8  
Tel: +91 11 2678 9999

### Ahuja Vegetable Store

Shop 37, INA Market  
Tel: +91 11 2464 4116

### Allied Fruits and Florists

58-B, Khan Market, Lodhi Road  
Tel: +91 11 2464 2509

### Ashok General Store

113, Main Market, Opposite Dilli Haat,  
INA Market  
Tel: +91 11 2461 7561

### Dubden Green

4-A, Near Electric Sub Station,  
Shahpur Jat  
Tel: +91 11 3290 5310,  
+91 98101 31343

### Flanders Dairy - The Cheese Ball

31 Meharchand Market, Lodhi Road  
Tel: +91 11 2465 3789

### Foodhall

DLF Promenade, 1st floor, Vasant Kunj  
Tel: +91 11 4532 9620

### Fortune Gourmet

144/9, Ground floor, Kishangarh,  
Vasant Kunj  
Tel: +91 11 6564 2270/ 98688 99956

### Gogia's

280, Main Road, INA Market  
Tel: +91 11 2462 4809/ 2464 4618

### INA Market

Aurobindo Marg, INA Colony, Opposite  
Dilli Haat

### Le Marche

58, Basant Lok, Vasant Vihar,  
Near Priya Cinema  
Tel: +91 11 4323 2100/4166 9111

### Master's Bakers

G-33, Usha Chambers, Community  
Centre, Ashok Vihar  
Tel: +91 11 2741 9061/ 2743 0734

### Modern Bazaar

18-B, Community Centre, Basant Lok,  
Vasant Vihar  
Tel: +91 11 4166 9777

### Nature's Basket

- Ground floor, D /15,  
Between BP Petrol Pump  
and Defence Colony flyover  
Tel: +91 11 4669 8777
- 46, Basant Lok, Vasant Vihar,  
Ground floor & basement  
Tel: +91 11 4057 1919

### Palkit Impex

C-82, Basement, Shivalik,  
Malviya Nagar  
Tel: +91 11 2667 3437

### Passion Cheese

Select Citywalk Mall,  
District Centre, Saket  
Tel: +91 11 4059 9916

### Piggo

9 Jor Bagh Market  
Tel: +91 11 2461 1723/ 2462 6930

### Steak House

13/8 Jor Bagh Market  
Tel: +91 11 2461 1008/ 2461 1129

### The French Farmer

Tel: Call Roger Langbour  
+91 98101 66196, +91 11 2635 9701

### Yamato Ya - The Japanese Store

B-6/9, Safdarjung Enclave,  
Near Deer Park  
Tel: +91 11 4165 0164

## GURGAON

### Foodhall

Level 4, Gurgaon Central Mall,  
MG Road  
Tel: +91 124 430 9970

### Kim's Mart

DT Mega Mall, LG 36, Gurgaon  
Tel: +91 124 256 2189

### Nature's Basket

S-201, 2nd floor,  
Ambience Mall, NH-8  
Tel: +91 124 466 5753

## KOLKATA

### Afraa Deli

City Centre, Salt Lake  
Tel: +91 33 2358 1111

### Gourmet Gallery

27/9C, Chandi Ghosh Road,  
Regent Park  
Tel: +91 33 2381 8510

## MUMBAI

### Country of Origin

Maneesha Building, 69/A, Napean Sea  
Road, Malabar Hill  
Tel: +91 22 2364 2221

### Dolce Vita

Ground floor, Grand Galleria, High  
Street Phoenix, Phoenix Mills,  
Lower Parel  
Tel: +91 22 2496 4307

### Food Bazaar

Infinity Mall, Raheja Classic,  
New Link Road, Andheri (W)  
Tel: +91 22 6758 3090

### Foodhall

Palladium, High Street Phoenix,  
Senapati Bapat Marg, Lower Parel  
Tel: +91 22 3026 4581

### Garden Fresh

391/7, Circle House, Bhaudaji Road,  
Kings Circle, Matunga  
Tel: +91 22 2403 5345

### Gourmet West

Westside, Army and Navy Building,  
148 MG Road, Kala Ghoda  
Tel: +91 22 6636 0499

### Hypercity

Ground floor, Malad (W)  
Tel: +91 22 4050 1300

### Lallu & brothers

Shop 1&2, Pali Market,  
Pali Hill Road, Pali Hill,  
Bandra (W)  
Tel: +91 22 2640 9295

### Nature's Basket

- 227, Samarth Vaibhav Building,  
Adarsh Nagar, Lokhandwala,  
Andheri (W)  
Tel: +91 22 2630 0766
- Plot no. 29, 56 Hill Road,  
Bandra (W)  
Tel: +91 22 2642 5050
- Opp. Mahalaxmi Temple,  
Warden Road, Mahalaxmi  
Tel: +91 22 2352 6775

### Patel Stores

Near Mehboob Studio,  
Krishnachandra Marg, Bandra (W)  
Tel: +91 22 2655 8909

### Party Basket

1st floor, Ram Nimi Building,  
Mandlik Road, Colaba  
Tel: +91 22 2283 3248

### Ratna Stores

Haware Parekh, Sion-Trombay Road,  
Opp. Union Park, Chembur  
Tel: +91 22 2520 3389

### Regal Plus

1, Lourdes Haven,  
10/A, Pali Naka,  
Bandra (W)

Tel: +91 22 2604 1204/ 2604 1208/  
2646 5070

### Reliance Fresh

- Crystal Paradise Mall, Link Road,  
Andheri (W)  
Tel: +91 22 2674 3750
- Framroze Court, Phalke Road,  
Dadar (E)  
Tel: +91 22 2415 5017

### Santé

Shop 1, Sahina Apartments,  
Pali Market,  
Bandra (W)  
Tel: +91 22 4006 0020

### Saria Stove Depot

26, Lohar Chawl, Kalbadevi  
Tel: +91 22 2208 2314

### Spencer's Hyper Market

1406A/28A, Malad (W)  
Tel: +91 22 4268 6130

### Tutto Bene Delicatessen

Spencer's Hyper Market,  
Ground floor,  
Inorbit Mall, Malad (W)  
Tel: +91 98234 85988

## PUNE

### Dorabjee & Co Pvt Ltd

B-1, Moledina Road, Camp Cantonment  
Tel: +91 20 2605 2883

### Foodhall

1st floor, Phoenix Market City,  
Viman Nagar  
Tel: +91 20 3095 0360

### Nature's Basket

- Mansur Ali Tower,  
3, Galaxy Society,  
Max Mueller Lane,  
Dhole Patil Road  
Tel: +91 20 2616 0540
- Shop No. 155/1A, Kumar Crystal  
Aundh  
Tel: +91 20 2588 9530

### Providore

GF 104, Anand Park, Baner  
Road, Aundh  
Tel: +91 20 6560 1551

### Tutto Bene Delicatessen

- Shop 1, Princeton Flair,  
Lane 8, Koregaon Park  
Tel: +91 20 6607 7193
- G 14 Sacred World Mall, Wanowrie  
Tel: +91 20 2680 6933

### Gourmet Websites

**Farm2kitchen** farm2kitchen.com

**Foodesto** foodesto.com

**Gourmet Company** gourmetco.in

**Houseproud** houseproud.in

**Local Banya** localbanya.com

**Olive Tree Trading**  
olivetreetrading.com

**Pesca Fresh** pescafresh.com

**The Gourmet Box** thegourmetbox.in

**Zansaar** zansaar.com

# wicked!

Make the most of seasonal purple carrots with this springtime *kanji*. An end-of-winter ritual

Recipe and styling input SAEK KORANNE-KHANDEKAR Photograph BHARAT BHIRANGI

## Kanji

Serves 8 ■ 5 minutes + resting

■ EASY ▼

Purple carrots or kaali gaajar are most commonly found in the north of India during the winter months. Most homes use these carrots in kanji, a fermented drink, to preserve them and to mark

the end of winter. Traditionally, a clay pot or barni was the vessel of choice for fermenting the drink. If you cannot find purple carrots you can use five red carrots and two beets instead.

**purple carrots** 7, cut into batons  
**yellow mustard seeds** 2 tbsp, coarsely ground

**Kashmiri chilli powder** 1 1/2 tsp  
**pink salt** 1 tbsp + extra to taste  
**water** 2.5l

REALLY  
REALLY  
EASY

■ Mix all the ingredients and place them in a glazed clay pot (barni) or a similar mud or clay vessel. Seal the mouth of the vessel with a clean muslin cloth or cheesecloth and secure with string. Leave to rest in a sunny spot for 4-5 days, stirring occasionally.

■ To serve, ladle a little of the purple liquid into a glass and plonk in a few pieces of pickled carrot. Enjoy at room temperature or chilled on a warm summer day.

■ PER SERVING 32.25 kcals, protein 1.16g, carbs 5.25g, fat 0.92g, sat fat none, fibre 1.85g, salt 0.9g





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