

BBC

65+ TRIPLE-TESTED RECIPES

eat in*eat out*eat away



AUGUST 2014 ₹100

Good Food

India

India!

Fresh ideas for delish days

- * CHANA PINDI TACOS
- * DAL-CHAWAL ARANCINI
- * ANGOOR KI SABZI
- * PANEER TIRAMISU

THE ULTIMATE veggie makeover

KNOCKOUT REGIONAL FOOD

MADHYA PRADESH & RAJASTHAN ON YOUR PLATE



HOT RIGHT NOW!
Indian tacos

ZINIO COPY

Eat out

Eat away

Masterclass



PARATHA JOINTS ON TRIAL



EAT LIKE A KODAVA



GULAB JAMUN BAKED ALASKA



Viva desi!

India. No country on earth has more diverse appetites, and more ways to satisfy them. With its hundreds of ethnicities, natural bounty and inventive cooks, this is definitely a food lover's promised land.

At *Good Food*, we believe that one way to understand more about our Indian heritage, and to experience what it means to be Indian, is through our country's varied (and constantly evolving) cuisine. Our third annual India edition is a step in this direction.

Regional wonders Getting a real taste of a region means travelling there. That's where you'll find the truest expression of its flavours, dining customs and whole ways of thinking about cooking. Nothing more firmly convinced me of this truth than the recent time I spent in

Rajasthan and Madhya Pradesh. An eclectic cuisine flourishes along the Thar Desert in Jaisalmer. While staples like *Ker-sangri* are eaten across Rajasthan, preparations like Angoor ki sabzi and Chana kadhi and are unique to this area. Likewise, though MP shares several dishes with neighboring Rajasthan and Delhi (like *bedmi poori aloo*), it has its own treasure trove of delicacies like Bhutte ka kees. Try these gems.

Taco nirvana While we're suckers for authentic Indian food, we also feel it's time our food got lighter, brighter and much more modern. If you've ever eaten a taco, you'll know why this Mexican icon has earned its spot in the global classics canon. You'll also see why it inspired us to create our über cool cover dish. Our inventive side went quite wild as we went about adding a desi flair to tacos with fillings in flavours like paneer pakora and *ragda* with aloo chaat. Assembling these creations is fun yet rewarding. Give them a shot. You'll love the satisfying textures and bright flavours. Remember, if you're not eating an Indian taco right now, you're missing out on the dish of the moment.

Humble gone haughty We love Vicky Ratnani's new book *Vicky Goes Vég* where he gets radical with local Indian veggies and shows you all kinds of delicious things to do with them. Vibrant, clever and elegant, we bring you six dishes from the book you'll want to make again and again. I'm also excited to present one of my favourites from Masala Library's new menu, the Dal chawal arancini. What an amazing reinterpretation of the Indian staple by Himanshu Saini. And desserts. Yes, desserts. Paneer in puds may seem like a gamble but be assured our showstopper is a sure bet. Scoop out every last bit of that wicked Paneer tiramisu!

Cutting-edge chefs, great regional food, dazzling hybrids – I hope you enjoy our delicious tribute to the motherland. Traditional or not, I guarantee you'll find every dish in this issue memorable.

Unshackle your palate. Happy Independence Day.

Sona Bahadur

Sona Bahadur, editor

TASTE THE DESERT
Bring home the earthy flavours of Jaisalmer. P 74



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The secret to brilliant Indian tacos? Great fillings, of course. P 15



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Paneer makes cutting back on mascarpone a cinch. Really! P 108



EARTHY ACCENTS
I'll eat any laal maat dish but this MP beauty is my fave. P 65



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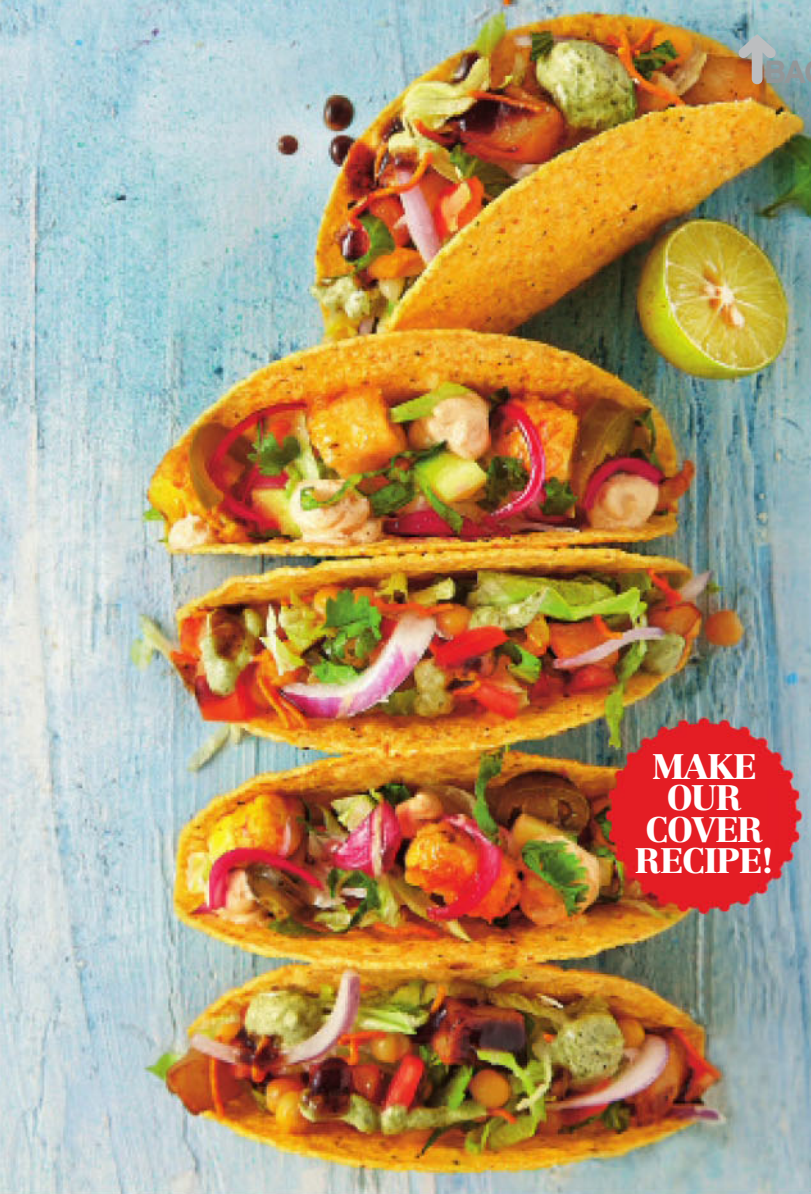
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GoodFood Contents



MAKE
OUR
COVER
RECIPE!

Paneer pakora tacos

Serves 4 ■ 20 minutes ■ EASY ✓

■ Cut **125g paneer** into small cubes. Warm **8 taco shells** and keep aside. Make a batter by mixing **1/2 cup besan**, **1/4 tsp ajwain**, **1/4 tsp cumin seeds**, **a pinch each of turmeric and chilli powders**, **1/4 tsp salt** and **1/4 cup water**.

■ Heat **2 cups** of oil in a kadhai. When the oil is hot, test its temperature by frying a few drops of the batter. If they begin to sizzle immediately, the oil is ready for deep-frying.

■ Immerse the paneer in the batter, then remove each cube with a fork and place in the hot oil, a few at a time. Allow to crisp, then remove and keep aside.

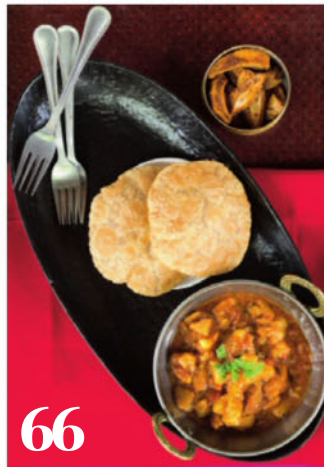
Sprinkle the pakoras with **1/4 tsp chaat masala**.

■ Meanwhile make a salad by combining **1/2 sliced onion**, **2 green chillies**, **1/2 sliced boiled beetroot**, **a handful of coriander leaves**, **1 tsp lemon juice** and **a pinch of chaat masala** together.

■ Mix **2 tsp makhani dip** and **4 tbsp curd** and keep aside.

■ To assemble the tacos, put **a handful of shredded iceberg lettuce** at the bottom of the shell. Layer the salad over the lettuce, then top with 3-4 pakoras. Garnish with **a few kairi and jalapeño slices**. Drizzle with the makhani-curd mixture. Serve immediately.

■ *PER SERVING 397.75 kJ, protein 12.03g, carbs 26.84g, fat 27.81g, sat fat 7.48g, fibre 3.25g, salt 0.3g*



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eat in

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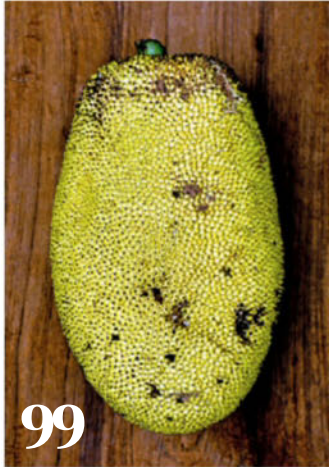
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PRO vs PUNTER

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.

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Dahi ke kebab

Out & about

JUST A FEW GOOD PLACES TO EAT FEATURED THIS MONTH

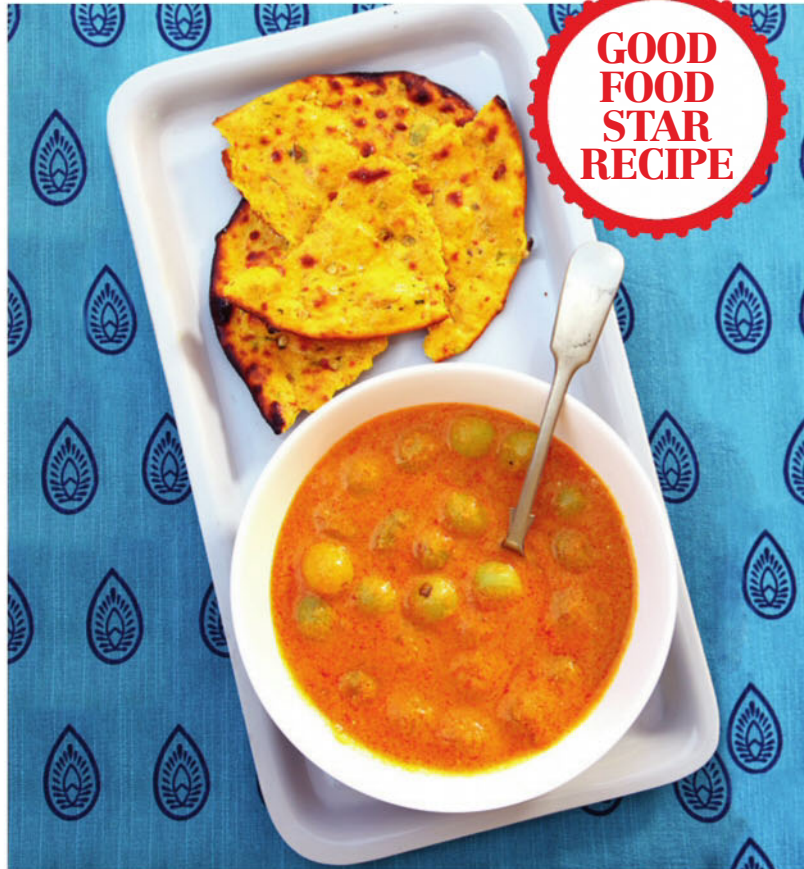


THE BBC GOOD FOOD LEGACY

- * BBC Good Food is the UK's largest selling food magazine with a readership of over 1.1 million.
- * bbcgoodfood.com 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



Angoor ki sabzi

Serves 4 ■ 1 hour ■ EASY ✓

- onions** 2, peeled and quartered
- ginger** a 1-inch piece, peeled
- garlic cloves** 8-10, peeled
- whole green chillies** 3-4
- cashewnuts** 100g
- melon seeds (magaz)** 50g
- oil** 100ml
- bay leaves** 1-2
- red chilli powder** 1/2 tsp
- turmeric powder** 1/2 tsp
- salt** 1 tsp + extra to taste
- dried fenugreek leaves (kasoori methi)** 1 tsp (try MDH available at grocery stores)
- garam masala** 1/2 tsp
- green grapes** 200g
- coriander leaves** 1/4 bunch, chopped
- fresh cream** 2 tbsp

- Put 1 cup of water in a saucepan and add onions, ginger, garlic, green chillies, cashewnuts and melon seeds to it. Cover and bring to a boil. Simmer for 10 minutes until the onions are cooked. Take it off the flame and allow to cool. Once it reaches room temperature, blend in a food processor to make a fine paste.
- Heat the oil in a separate pan. Add the bay leaves, red chilli powder and turmeric powder, mix for 10 seconds, then add the onion paste. Cook for 5-6 minutes.
- Add 1 cup of water and simmer for 20 minutes. Add salt, kasoori methi and garam masala. Stir in the grapes and cook for 5 more minutes. Take off from the flame, then garnish with coriander and a swirl of cream. Serve hot.
- **PER SERVING** 610.75 kJ, protein 11.84g, carbs 55.19g, fat 39.54g, sat fat 23.17g, fibre 10.14g, salt 0.6g

Write to us!

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

FOOD NATION AGRA



Good Food reader Astha Agarwal lists her pick of eateries in Agra

* **BREAKFAST** Head to **Deviram Halwai** (+91 562 3278 064) or **Bhagat Halwai** (+91 94125 61261) for traditional kachoris and *bedhai* – a deep-fried, puff-like bread served with spicy potato bhaji, sweet pumpkin bhaji and raita, followed by crisp golden jalebis and lassi. Meal for two, ₹ 110.

* **LUNCH** **Dasaprakasha** (+91 81713 90066) offers wholesome south Indian fare. The dahi vada and masala or Mysore dosa are must-haves. They refill hot sambar and chutney until you finish eating. Meal for two, ₹ 560.

Ahaar (+91 98970 85000) is your best bet for golgappas and dahi *bhalla*.

* **DINNER** Visit **Pinch of Spice** (+91 562 4009 004) for their delicious malai kofta. The eatery also offers paan-flavoured shots at the end of your meal, free of cost. Meal for two, ₹ 1,200.



HOW YOU PIMPED IT

This dish is an absolute delicacy. I added 2 tbsp of sweet corn kernels along with the *kasoori* methi and replaced store-bought garam masala with a mixture of ground whole green cardamoms, cinnamon, cloves,

star anise, bay leaves and roasted cumin powder. I also threw in some pomegranate seeds along with shredded mint and coriander leaves to make the dish more appetising.

Vidya Jayanth conducts art and storytelling sessions for children in Chennai.

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 to join us.

23.3%
Pakorras



16.7%
Dosa



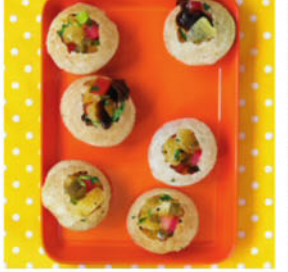
GoodFood INSIDERS' POLL

What is your
all-time
favourite
Indian snack?

10%
Samosas



50%
Golgappas



Dear editor,

After going through several issues of Good Food, I can categorically say that the magazine has mastered the art of providing the readers with budget-friendly menus. The rustic Yellow dal soup with chopped peanuts and coriander on the cover of your July edition bears testimony to this. The line-up of Indian soups in the 'Souper Bowls' feature reiterated that I need not burn a hole in my pocket by visiting restaurants. Instead, I can just add more variety to my home cooking, thanks to your recipes.

- B Ajit, New-Delhi

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 with your contact details.

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READER RECIPE OF THE MONTH



Good Food reader
Aparna Rajesh Kumar
shares her
favourite
recipe

Kaima idli

Serves 2 ■ 45 minutes
+ freezing ■ EASY ■

- Cut 8 idlis into small pieces and freeze them in a ziplock bag. After 5-6 hours, remove them from the freezer and deep-fry.
- Heat 2 tbsp oil in a kadhai and once hot, add 1 tsp fennel seeds and 2 chopped green chillies.
- Sauté for 30 seconds, then add 2 chopped onions and sauté until translucent. Add 2 tsp ginger-garlic paste and sauté further. Add 2 chopped tomatoes, 1/4 chopped red pepper and 1/4 chopped capsicum and sauté until it oozes its water.
- Stir in 1 tsp garam masala, 1 tsp

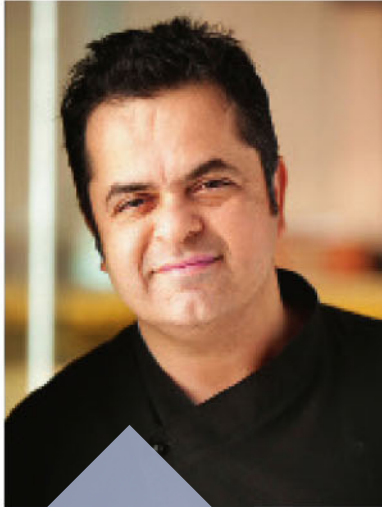
coriander powder, 2 tsp red chilli powder, a pinch of turmeric powder and salt. Sauté until the oil separates. Add the fried idlis and stir well to combine all the ingredients. Turn off the flame and garnish with coriander leaves. Serve with onion raita.



The winner of the Reader Recipe of the Month wins a special gift hamper worth ₹ 2,000 from RR Oomerbhoy, a leading company of fine foods. The hamper comprises selected products from RRO's wide range of edible oils, olives, pasta, vinegars and cheese. Bring Health to your Table!



In this issue



VICKY RATNANI

Vicky Ratnani is a chef, television anchor, cookbook author and culinary consultant based in Mumbai. He graduated from the Institute of Hotel Management in Mumbai and 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 fine dining establishments, Aurus and Nido in Mumbai. Ratnani shares recipes from his latest cookbook, *Vicky Goes Veg*, in Modern Veggie on **p 56**.

KAVERI PONNAPA

Kaveri Ponnapa is a Bengaluru-based author and independent writer. She writes extensively on food, wine, and heritage for several publications. Her book, *The Vanishing Kodavas*, a cultural study of the Kodava people, involved 15 years of research in Coorg. Ponnapa finds herself constantly drawn back to the traditional food of Coorg and writes about her experiences on her blog *The Coorg Table*. In this issue, she takes you on a culinary trip to Coorg in Eat Like a Local on **p 96**.



CONRAD D'SOUZA

Conrad D'Souza is the executive chef of Pali Village Café in Mumbai. D'Souza has considerable experience as a chef, having worked with restaurants like Indigo and Salt Water Grill in Mumbai, and Amaya in London, before joining Pali Village Café in 2010 where his menu is largely inspired by European cuisine. D'Souza shows you step-by-step, how to create the unique Gulab jamun baked Alaska in Masterclass on **p 102**



YADAVENDRA SINGH

Yadavendra Singh is the co-owner of Samode Hotels, an exclusive luxury hotel group with expansive properties in Rajasthan and Bandhavgarh. He has been actively involved in all aspects of the hotel group's functioning, right from design to restoration work and menu planning. Singh is passionate about luxury hospitality and food and loves to experiment in the kitchen. He shares a line-up of classic dishes native to Madhya Pradesh on **p 65**.

BHANWAR LAL

Chef Bhanwar Lal has been working as sous chef at the boutique hotel, Suryagarh, Jaisalmer, since 2009. He began his career with the Taj Group of Hotels and went on to join the ITC Group. He has been credited with introducing traditional Rajasthani food on the menus of hotels in India. At Suryagarh, he is dedicated to serving quality Rajasthani fare. He creates a traditional menu from Jaisalmer in Entertaining on **p 74**.



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 15**



* 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 showoff menus for the weekend to stylish veggie dishes and seasonal recipes bursting with flavour. **P 39**



* Eat Out

This section stands out for its uniquely positioned restaurant reviews that are authoritative, objective and reliable. Signature Dish features a restaurant's distinct, exceptional recipe selected by us. **P 83**



* Eat Like a Local

Our 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 along with a handy travel guide. **P 96**



* 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 cooking skills. **P 102**

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 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.

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.

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.

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 107



↑ BACK TO TOP

A culinary bonanza

Words SHRADDHA UCHIL

Bengaluru was in for a weekend of fun, frolic and great food on June 27th and 28th, when around 300 food lovers made their way to The Taj West End on Race Course Road to celebrate GoodFood Day.

Presented by Axis Bank in association with *BBC Good Food India*, powered by London Dairy, with Radio Indigo as the radio partner, and Cellar Door Hospitality as event consultants, GoodFood Day sparked much enthusiasm for being a first-of-its-kind event in the Garden City.

Inspired by the theme 'try something new', a team of four celebrated chefs rustled up a storm of six exquisite eight-course feasts for the visitors over two days. The formidable line-up of chefs from the Taj Group included Arzooman Irani, Naren Thimmaiah, Sandip Narang, and Uddipan Chakravarthy.

With restaurants Masala Klub, Mynt and Blue Ginger at The Taj West End helming the affair, the menu was bound to be a delightful fusion of Indian, European and Asian cuisines.



VENUE PARTNER



RADIO PARTNER



EVENT CONSULTANT



PARTICIPATING RESTAURANTS



↑ BACK TO TOP

THE FOOD

AROUND THE WORLD IN A DAY

Mynt is known for its authentic Indian, Italian, Lebanese and Mediterranean cuisines. It also has an Anglo-Indian menu that draws inspiration from the British Raj, where the Indian cooks would modify the western dishes by adding spices and other local ingredients.

THE MENU

The Tiropita of Brie and Sweet Potato, which comprised the first course, came complete with a spicy *moutabel* (a Lebanese dip made from aubergine), pomegranate molasses and frisée. The colourful Risotto of Heirloom Tomatoes, Baby Basil and Roasted Garlic was a hit with the guests. The last course — the London Dairy Timeless Chocolate — was a delightful amalgamation of London Dairy Berry Delight Yoghurt and chocolate lava cake.

VIETNAM ON A PLATE

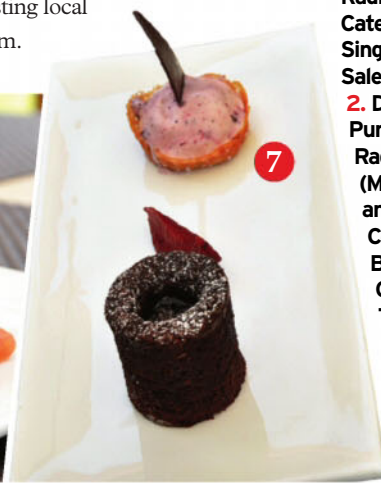
Asian food has always fascinated Indian diners, be it the bold and robust flavours of Thai cooking or the texturally delightful Japanese food. The opportunity to experience Vietnamese cuisine at one of India's best Vietnamese restaurants, Blue Ginger, was welcomed by all.

THE MENU

Both, the Scallop Pho and the Asparagus and Haricot Pho, were interesting takes on the rich and clear broth traditionally prepared with meat. Diners loved the Wok-tossed Lamb with Bird Chilli, Braised Greens and Shoots, which was accompanied by Pandan-flavoured Steamed Sticky Rice and Aged Ginger. The meal was rounded off by the dessert, which had London Dairy ice cream complementing the fruity flavours of Japanese dark cherry compote, mango and passion fruit cheese cake along with coconut cream and a jelly shot.

FLAVOURS OF INDIA

Masala Klub, which is an extension of the “Masala” brand of restaurants, is known for its stylishly crafted Indian fare with a refreshing twist on traditional recipes from north and south India. For this event too, they presented a delectable spread of dishes incorporating interesting local ingredients such as lotus stem and yam.



ABOVE: 1. (L-R) Reema Chopra from RadioCity, Mrs & Mr Gaurav Ramdev, Category Manager (MTR Foods), Vikram Singh, Business Head South India (Ad Sales), BBC Good Food India

2. Diners enjoy their meal 3. Sanjay Purohit and Apurva Purohit (CEO RadioCity) 4. Aslam Gafoor, GM (Marketing), Weber 5. Tiropita of Brie and Sweet Potato 6. Chilled Tomato Confit and Artichoke with Aged Bocconcini 7. London Dairy Timeless Chocolate. FACING PAGE: Chefs Naren Thimmaiah, Sandip Narang, Uddipan Chakravarthy and Arzooman Irani.

THE MENU

The Subz Haleem was a winner with stuffed mushrooms and golden onions, and was paired with *nadru* (lotus stem) chips. The Ambi Paneer was appreciated too. Chef Naren Thimmaiah's Karavalli Mutton Curry was delectable — the finely ground spices, tomato and coconut milk bringing out the flavours of the meat in this southern speciality. The dessert was a marvellous fusion of the East and the West.

PARTICIPATING CHEFS

Chef Arzooman Irani

Currently the executive chef at Taj Vivanta in Bengaluru, Arzooman Irani has worked at the Taj Fisherman's Cove, Chennai, The Taj Green Cove Resort, Kerala, and The Taj Fort Aguada Beach Resort, Goa. He specialises in Mediterranean cuisine, but has picked up a lot of other cooking techniques too.

Chef Naren Thimmaiah

Chef Naren Thimmaiah has been the face of the iconic Karavalli for over a decade. He holds the distinction of participating in the World Gourmet Summit held at Singapore in 2005, which only three other Indian chefs have been invited to since its inception.

Chef Sandip Narang

The executive chef at Taj West End in Bengaluru, Sandip Narang started his culinary training under Hemant Oberoi, grand executive chef of the Taj Group. He has extensively toured the Middle East in 2001 on behalf of the Taj Group, researching the region's food.

Chef Uddipan Chakravarthy

Having worked for a decade-and-a-half at Taj hotels in New Delhi and Hyderabad, executive chef Uddipan Chakravarthy is forever innovating. The accolades and international awards he has received make him one of the most celebrated chefs in the Taj Group.

IN THEIR OWN WORDS

What Bengaluru witnessed was nothing short of a food riot! Guests had a tough time choosing between the three cuisines. Each dish, however different, lent itself well across the courses.

- Chef Naren Thimmaiah

London Dairy is a premium international brand offering an exquisite range of international flavours and healthy lifestyle choices which are sure to delight food connoisseurs. Good Food Day offered London Dairy a unique platform to showcase its creations.

- Paul Thachil, CEO, London Dairy

GoodFood Day Bengaluru was an amazing concept. The guests got to taste the signature dishes of all the chefs involved at one meal, and for the chefs, it was an opportunity to learn from each other.

- Chef Sandip Narang



1. Diners place their orders
2. (L-R) AllanaSons London Dairy's Brand Manager Divya Chhabra and Senior Brand Executive Ipshta Belgaonkar
3. (L-R) Axis Bank's Senior Sales Manager Corporate (South) Praveen Singh, National Sales Head Ravi Dalal, and Area Sales Manager (Bangalore) Bharat Kumar
4. BBC Good Food India's National Sales Head Leena Bhandari and Brand Publisher Nydia Dias
5. Richard Andrew, COO, Rewards 360
6. Salad of Marinated Asparagus, Artichokes and Black Garlic





The Joy of Soya

Celebrity chef Vicky Ratnani demonstrated how home cooks can use Nutrela soya chunks at The Great Food Show

Words PRIYANKA HOSANGADI Photographs LK ART PHOTOGRAPHY

Many people aren't too sure how to cook soya chunks. But they're easy to cook with once you know how. At The Great Food Show held in March in Mumbai, celebrity chef Vicky Ratnani demonstrated their versatility by rustling up his own twists on popular recipes using Nutrela soya chunks.

First up was his version of the popular pasta sauce – Soyognese, or soya bolognese. Chef Ratnani first soaked the soya granules and wild mushrooms in hot water to rehydrate them. They were then strained and the stock was kept aside. He heated olive oil and sautéed onions, garlic, bay leaves, carrots, leeks, celery, spring onions, and red and yellow bell peppers. Then, the soya granules and mushrooms were added to the pan and sautéed for a few minutes. He deglazed the mixture with red wine, added tomato purée, herbs such as thyme, sage and rosemary, and the mushroom stock. This was left to simmer for around half an hour. Chef Ratnani said that this sauce could be served with pasta, egg noodles or even steamed rice. He then tossed al dente pasta with the soyognese, grated parmesan

over it and garnished it with cracked black pepper and shredded basil. This versatile dish turned out to be quite a hit with the audience.

The next recipe, Soya and Potato Balls, makes for a great afternoon snack or party starter. To start with, Chef Ratnani sautéed chopped onions, garlic and capers in olive oil. He then added chopped baked potatoes, red chilli flakes, smoked paprika, oregano, parsley, grated parmesan, cooked Nutrela soya granules, salt and cracked black pepper. In a separate bowl, he soaked bread in some milk and added it to the potato and soya mixture. The mixture was shaped into balls, pan-fried, and served with a Green Mango and Radish Slaw. This tangy delight was made by tossing julienned green mango, radishes and spring onions with a dressing made of lemon juice, salt, pepper, olive oil and chopped herbs. The audience loved the flavours and the fact that it could be easily made at home.



first bite *hola, namaste!*

These desi-inspired versions of Mexican tacos are as trendy as they are delish. What a riot!

Recipes AMIT PAMNANI Photographs MIHIR HARDIKAR
Styling NITIN TANDON

INDIAN TACOS

A Mexican classic made with a folded tortilla and stuffed with savoury fillings like seasoned mince, chicken or beans, the taco has always topped popularity charts. We suggest you give the ready-to-eat kits and food court gunk a miss – instead try our knockout homemade versions to give a fresh Indian spin to these Mexican hotties. We've used *makai* flour to make the shells from scratch and included *chatpata chana pindi*, paneer pakora, and *ragda* patties as fillings. Turn overleaf for recipes.



Tacos gone desi

Jazz up tortilla shells with these funky fillings. Want to go a step further? Make the taco shells from scratch too!

Basic taco shell

Makes 20 ■ 30 minutes + resting

■ A LITTLE EFFORT **V J**

■ Mix **1 cup maize flour, 1 cup all-purpose flour, a pinch of salt, 3/4 cup water** and **2 tbsp oil** to make a stiff dough. You can add spices such as **cumin seeds, chilli powder, shredded curry leaves, coriander leaves** or **asafoetida**. Knead well to form a smooth dough. Wrap in cling-film and allow it to rest for 30 minutes.

■ Meanwhile, preheat the oven to 165°C, removing the metal rack and keeping it cool. Heat a non-stick tava on a low flame. Take the dough and divide it into 20 portions, then roll each portion into a ball. Roll each ball into a very thin roti, having the thickness similar to a papad.

■ Cook them on the tava for 15-20 seconds on each side, then brush with oil. Take the metal rack and place these rotis carefully on top of the rack and drape to get the shape of a taco. Place them slightly apart so that they don't stick to each other. Bake for 5-6 minutes, remove from the metal rack

and let them cool completely. Store in an airtight container.

■ **PER SERVING** 188.5 kcal, protein 2.07g, carbs 33.64g, fat 4.61g, sat fat 0.27g, fibre 0.67g, salt 0.4g

Paneer pakora tacos

Serves 4 ■ 20 minutes ■ EASY **V**

■ Cut **125g paneer** into small cubes. Warm **8 taco shells** and keep aside. Make a batter by mixing **1/2 cup besan, 1/4 tsp ajwain, 1/4 tsp cumin seeds, a pinch each of turmeric and chilli powders, 1/4 tsp salt** and **1/4 cup water**.

■ Heat **2 cups oil** in a kadhai. When the oil is hot, test its temperature by frying a few drops of the batter. If they begin to sizzle immediately, the oil is ready for deep-frying.

■ Immerse the paneer in the batter, then remove each cube with a fork and place in the hot oil, a few at a time. Allow to crisp, then remove and keep aside. Sprinkle the pakoras with **1/4 tsp chaat masala**.

■ Meanwhile make a salad by combining **1/2 sliced onion, 2 green chillies, 1/2 sliced boiled beetroot, a handful of coriander leaves, 1 tsp lemon juice** and a pinch of chaat masala together.

■ Mix **2 tsp makhani dip** and **4 tbsp curd** and keep aside.

(continued on p 28)



Ragda patties tacos and Paneer pakora tacos

■ To assemble the tacos, put a **handful of shredded iceberg lettuce** at the bottom of the shell. Layer the salad over the lettuce, then top with 3-4 pakoras. Garnish with a **few raw mango and jalapeño slices**. Drizzle with the makhani-curd mixture. Serve immediately.

■ *PER SERVING 397.75 kcals, protein 12.03g, carbs 26.84g, fat 27.81g, sat fat 7.48g, fibre 3.25g, salt 0.3g*

Ragda patties tacos

Serves 4 ■ 30 minutes ■ EASY ✓

■ Warm **8 taco shells** and keep aside.

■ Take **100g soaked white watana (white peas)**, add **1 1/2 cups water** and cook in a pressure cooker for 1 whistle or for 10-12 minutes. Drain and put in a saucepan.

■ Add **1/4 tsp each of turmeric powder, chilli powder and salt** to the boiled watana. Let it simmer for 12-15 minutes until the water has reduced and the mixture is dry and appears mashed. Keep warm.

■ Meanwhile, heat **2 cups oil** in a kadhai and deep-fry **2 peeled and diced potatoes** until golden and crisp. Sprinkle a **pinch of chaat masala** on the fried potatoes and keep aside. Mix **2 tbsp mint chutney** and **4 tbsp yoghurt** and keep aside.

■ To assemble, take one taco shell at a time. Put a **handful of shredded romaine lettuce** at the bottom. Top with the warm ragda.

■ Toss the fried potatoes with **4 tbsp tamarind chutney** and place it on top of the ragda. Put **some sliced onions** over the potatoes. Arrange a **few sliced raw mangoes** on top of the onions. Drizzle with the mint and yoghurt mixture. Garnish with a **handful of sev** and a **handful of chopped coriander**. Serve immediately.

■ *PER SERVING 381.75 kcals, protein 8.91g, carbs 50.99g, fat 22.31g, sat fat 2.66g, fibre 11.56g, salt 0.6g*

Chana pindi tacos

Serves 4 ■ 45 minutes + soaking ■ EASY ✓

■ Soak **1 cup kabuli chana** overnight in plenty of water.

■ Boil it in a pressure cooker with **4 cups water, 1 tbsp black salt, 1 tea bag, 1 black cardamom, 1 green cardamom, 3 cloves, 1 cinnamon stick and 1 bay leaf**. Cook for 20 minutes or for 2 whistles until tender.

Drain, reserving the cooking water.
■ Heat **1 tbsp oil** in a pan. Add **1 tbsp ginger-garlic paste, 1/2 tsp chilli powder, 1 tsp coriander powder, 1/2 tsp garam masala powder and 3 tsp chana masala powder** and mix well. Sauté for a couple of minutes, then add the boiled chana and mix well so that the chana is coated with the spices. Add 1/2 cup of the reserved water and simmer for 10 minutes until the chana soaks up all the water.
■ Sprinkle **1/2 tsp amchoor and 1 tsp anardana powder** and mix well. Keep warm until required.
■ Blend **2 tbsp pickle** in a mixer until smooth. Mix the puréed pickle with

8 tbsp curd to form an achari dip. Mix together **1/2 sliced onion, 2 slit green chillies, a handful of chopped coriander, 1/2 boiled and julienned beetroot, 1 tsp lemon juice and salt** to form a salad.

■ To assemble the tacos, put a **handful of shredded romaine lettuce** at the bottom of each shell. Top with the chana pindi followed by the onion salad. Garnish with **1/4 sliced raw mango and 8 sliced jalapeños**. Drizzle the achari dip on each taco and serve immediately.

■ *PER SERVING 158 kcals, protein 8.53g, carbs 31.81g, fat 9.86g, sat fat 1.13g, fibre 14.8g, salt 0.2g*



Chana pindi tacos

THE JURY'S OUT

Malai

THE CASE FOR

As a kid I would always crinkle my nose at the sight of a layer of malai on top of my milk but over the years, I have grown to appreciate its taste. The pale yellow layer of fat that forms when one leaves boiled, non-homogenised milk to stand, has a distinct smell and taste, which does not suit everyone's palate. It takes a little while to grow on you, almost like an acquired taste. However, this is precisely what makes it delicious! A far cry from smooth, fresh cream, the texture of malai is what differentiates it from its refined counterpart. Eat it with sugar, on toasts or make a *rabdi* out of it – it tastes delicious! I am partial to malai-flavoured ice cream too.

- PUJA GANGULI

THE CASE AGAINST

When I think of malai, I only look to thank the person who invented a strainer or discovered a similar mechanism, because to me, malai is simply an interruption in my morning glass of milk. Sure, it is the foundation stone of butter, an ingredient I love most, but by itself, malai fails to entice me. I've tried tricking myself into eating it as an ice cream, layered it with a few Indian sweets, and even mixed it with crunchy cereal, but the oily texture and putrid smell just puts me off. And as someone who needs to watch their weight, a heavy, unappetising and fatty dose of malai is not enabling that goal anytime soon.

- AAKRITI ANAND



CUPBOARD LOVE GARAM MASALA

How to use up...

* Roast cauliflower and hazelnut pulao

Preheat the oven to 200°C. Heat 1 **tblsp oil** in a pan, and cook 1 **chopped onion** for 5 minutes. Add 2 **crushed garlic cloves**, 1 **tblsp grated ginger**, 2 **tblsp garam masala** and 300g **soaked brown basmati rice**, and cook further. Add 700ml **hot vegetable stock** and 3 **curry leaves**, and season. Bring to a boil, cover and simmer for 40 minutes. In a bowl, toss 250g **cauliflower florets** in 2 **tblsp curry powder** and 1 **tsp oil**, season and transfer to a baking sheet. Roast for 40 minutes. Remove the pan from the stove and let it rest for 5 minutes, then stir in the cauliflower, a **handful of chopped coriander** and 100g **chopped toasted hazelnuts**. Serve with yoghurt.

* Aloo tikkis

Toast 1/2 **tblsp each of coriander and cumin seeds** in a pan. Put into a grinder with 2 **tsp amchoor**, 1/2 **tsp black peppercorns** and 1 **tsp dried pomegranate seeds** and whizz to a powder. Cook 500g **chopped potatoes**



until tender, drain and steam-dry, then mash well. Heat 1 **tblsp oil** in a pan and add 1 **finely chopped green chilli**, 1 **finely chopped onion** and 40g **grated ginger** and fry. Tip in the mashed potatoes along with 3 **tblsp besan**, 100g **green peas**, 3 **tblsp lemon juice** and 2 **tsp garam masala**. Mix well. Form balls and then press to make patties. Heat 100ml **oil** in a pan and fry the patties until crisp. Serve hot. Try MDH available at grocery stores, ₹ 275 for 500g



Photograph: STUART OVENDEN

SUPERMARKET SWEEP

Pop into the supermarket for a filling weeknight meal



TOTAL COST
₹ 223



Creamy cheese and tomato macaroni Serves 2 ■ 20 minutes ■ EASY ■

Boil 300g **Barilla elbow pasta** (₹ 190/ 500g). Meanwhile, in a food processor, blitz together 25g **chopped Sacla sun-dried tomatoes** (₹ 240/ 190g) along with its oil, 2 **tblsp crème fraîche** (₹ 30) and 2 **tblsp Dabur Hommade tomato puree** (₹ 20/200g) into a sauce. Drain the pasta, saving some cooking water, then return to the pan with the tomato sauce and 1 **tblsp parmesan** (₹ 42). Mix together until the pasta is coated evenly, then sprinkle over more cheese and serve.

FRESH ON THE SHELVES

What's new in supermarkets this month?



Sanjeev Kapoor's Khazana Spice Blends

₹ 30 for 50g

The Sanjeev Kapoor brand now offers a whole new range of spice mixes such as biryani, pav bhaji, pani puri, and kadhai masalas to name a few. Priced at just ₹ 30 per pack, they are aimed at the mass market. We tried the Biryani Mix and the Pav Bhaji Masala. While the former lent a delicious flavour to the pulao, the latter, we thought, was slightly on the spicier side.

Saamai Adai Mix

₹ 50 for 300g

This popular Chennai-based company specialises in various south Indian snack mixes like idlis, dosas and appams. We tried the adai, which is similar to a dosa or a chilla, and made of millets that are packed with nutrients. It is gluten free and rich in fibre compared to its wheat and rice counterparts. Following the instructions, we added an equal amount of water to the mix along with curry leaves, green chillies and ginger. We were able to make around 12 dosas with this pack and they were at par with the homemade variety.



Cocoacraft Cocoa Butter

₹ 1,002 for 750g

This Indian-made cocoa butter, manufactured in Kerala, is now available in the retail market. Lately, the trend in the West is to cook with cocoa butter instead of vegetable oil.

Cocoa butter is very stable in Indian climatic conditions, and doesn't turn rancid if stored in an airtight container in the refrigerator for three to four years. It is an important ingredient to make chocolates, and is also used to thin chocolates, coat candies or replace butter in cakes for a chocolate flavour. Though expensive as compared to other oils available in the Indian market, its health benefits might just need some more research to convince the Indian consumer to use it on a regular basis.

Fortune Soya Chunks

₹ 35 for 200g

Fortune, known for its cooking oils, has now introduced soya chunks that are versatile enough to be used in curries, pulaos or even stir-fried to make Oriental dishes. Low in fat and high in protein and fibre, they make for a healthy addition to your pantry.



COCKTAIL OF THE MONTH

Blackberry mojito

Serves 1 ■ 10 minutes ■ EASY

Recipe rubysdalston.com

In a tall glass (or milk bottle) muddle together **3 blackberries** and **a handful of fresh mint leaves**. Add **35ml white rum**, **15ml raspberry liqueur**, **25ml lime juice** and **10ml sugar syrup** and stir well. Top with **soda water**, garnish with a **blackberry** and a **sprig of mint**.



Photograph LARA HOLMES

CLEVER TWEAK BROWN BUTTER

Brown butter is just regular butter that is heated (not burnt) until it turns a nutty brown colour. Sweet tarts, muffins, cakes, pancakes, and any number of savoury dishes can be given an extra edge if you brown the butter. The only proviso is that the recipe must use melted butter. When the recipe instructs you to use melted butter, add brown butter instead. It will work beautifully in toffee apple and pecan muffins, ginger madeleines, a quick hollandaise, and blueberry vanilla pancakes.



Photograph SIMON WALTON

Photographs TINKESH ACHHIPALLIA

E-IDEA WE ♥ THE PROTEIN BAKE SHOP

While arguments about the pros and cons of a Paleo diet (akin to what our ancestors in the prehistoric age ate) have been doing the rounds for quite some time, the closest we can get to following such a regime is via Protein Bake Shop's range of healthy treats. Launched in Mumbai in May this year, the creation of Dubai-based nutritionist Rashi Chowdhary steers clear of dairy products, refined flour, sugar and aspartame. Instead, Chowdhary uses ingredients such as dried fruit, 70 per cent dark chocolate and whey protein powder to fortify her range of sweet eats. The Paleo Chocolate Cake, packed with dried dates, banana and antioxidant-rich, unsweetened cocoa powder, and the Paleo Rawnola, a crunchy mix of chia seeds, flaxseeds, coconut flakes, cashewnuts and almonds, are popular picks. Other guilt-free treats include Paleo biscotti, peanut butter slices and almond butter. The Protein Bake Shop delivers across Bengaluru, Chennai, Hyderabad, New Delhi and Mumbai. Visit theproteinbakeshop.com for details.



THREE WAYS WITH SALSA VERDE

Salsa verde is an Italian green sauce – rustic and always uncooked. The ingredients usually include capers, garlic, olive oil, onions or shallots, parsley, and vinegar, all mixed using a mortar and pestle, though some recipes also feature arugula, basil, bread, chives, lemon zest and juice instead of vinegar, mustard or thyme. Here are three ways to rustle up the verdant sauce:

1 To serve with grilled meat, use a large bunch of parsley and red wine vinegar (instead of lemon juice). Stir in any meat juices, plus 1 tsp mustard, just before serving.

2 As a sauce for roast chicken, use mint and arugula instead of basil, and white wine vinegar instead of lemon juice.

3 Lend extra piquancy by throwing in 1 tbsp chopped gherkins along with capers.



Photograph MYLES NEW

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

ELEGANT



THE SAHIB ROOM & KIPLING BAR, MUMBAI

Reminiscent of the era of the British Raj, this plush new dining space has a menu that primarily spans across Awadhi, Hyderabad and Kashmiri fare, with robustly flavoured kebabs and tava-grilled vegetables taking centre stage. The well-stocked Kipling Bar serves up cocktails named after the characters in Rudyard Kipling's legendary tome, *The Jungle Book*. Classic libations are spiked with desi flavours such as *khus*, paan and *patthar phool*. Level 9M, Palladium Hotel, Senapati Bapat Marg, Lower Parel. Tel: +91 22 6162 8422

EXPERIMENTAL



LA BODEGA, NEW DELHI

Joining a slew of eateries in the lively Khan Market, La Bodega is a resto-bar serving up authentic Mexican grub. Gaining inspiration from the street food of Mexico, the menu features a range of handmade tortillas, taquitos (mini tacos), Cochinita Pibil (slow-roasted pork), Duck Tamale steamed in banana leaves, and classic cocktails. Grab a seat on the balcony overlooking the lush green canopy of bougainvillea-laden trees, and end your meal with the popular *très leche*, a delightful milk-soaked sponge cake. 29B, Khan Market, 1st floor. Tel: +91 11 4310 5777

EASYGOING



BLISTERING BARNACLES, BENGALURU

With a menu styled in a comic book avatar, where Tintin, Snowy and Captain Haddock proclaim prices of the dishes via callouts, Blistering Barnacles spells casual from the word go. Besides an all-day breakfast, the eatery serves a mix of continental (think Chateaubriand Supreme, Pork Pepperoni and Wiener Schnitzel), Mexican and Thai fare, along with an ample choice of cocktails. Their rooftop seating is just right for a round of drinks. 54, 3rd Main, 100 Feet Road, Indiranagar. Tel: +91 80 4126 3332

ON TEST Frozen Malabar Parathas

We put five frozen Malabar paratha brands on trial to find out which one tops the list

Words AMIT PAMNANI Photographs SHREYA GUPTA



KAWAN ₹ 125/480g

Kawan is a Malaysian brand that sells parathas globally. The pack contains eight small-sized parathas with a diameter of approximately 10cm each. What we like about these parathas is that they are made out of wheat flour (52 per cent) as compared to most of the other brands we try that primarily contain maida. The best way to cook them is on a preheated *tava* for a few minutes, flipping regularly. It took us close to 8 minutes to get a perfect golden brown colour and flaky texture.

PREMIER ₹ 60/300g

This pack contains five parathas, and each is approximately 13-14cm in diameter. These parathas are solely made of maida. They are packaged raw, and need to be cooked on a hot *tava* for about 3-4 minutes with a teaspoon of oil. They turn golden brown in colour and are perfectly flaky, just like freshly made Malabar parathas. Another plus point – these parathas aren't pre-cooked unlike those from most other brands we try.



VADILAL ₹ 60/300g

Vadilal offers a vast range of frozen food products, from *roomali* rotis and chapatis to a variety of parathas. The instructions on the pack of Malabar parathas we try are very clear and only the *tava* method is recommended. They are made out of wholewheat flour and are largely pre-cooked. We barely take about 2-3 minutes to cook a single paratha. However, the parathas are rather thin and lack a flaky texture. With each paratha packing in about 360 kcals and 16g of fat, these are quite calorie-dense.



SUMERU ₹ 69/300g

This is a Kerala-based brand, leading us to assume that it would probably be the closest to the real thing. The pack comprises five parathas, each approximately 13cm in diameter. We placed the frozen paratha directly on the *tava*, and it took us around four minutes to cook each. After patting the edges slightly, it turned out nice and flaky.



AL KABEER ₹ 80/400g

The pack contains five parathas of roughly the same size as that of Vadilal's parathas, though thinner and less flaky. They are pre-cooked to such an extent that they require only a few minutes of reheating. You can opt to use a teaspoon of oil while heating the parathas. The instructions on the pack discourage cooking them in an oven or a microwave, which we think is a good suggestion as none of the other brands live up to it.



Rolling pins



ITU, POLYPROPYLENE POLYMERS ₹ 92

Made of polypropylene polymers, it is lightweight, unbreakable and has multiple acupressure points on the edges, providing much needed comfort while rolling the dough. Our experience was smooth, effortless and required very less flour for dusting.



NYLON ₹ 1,250 onwards

This is the heaviest of the lot we tested. However, rolling out chapatis was surprisingly a breeze as the main rolling blade rotates on its own, requiring you to put in minimum effort. As it is made out of nylon, the dough doesn't stick to the rolling pin. This makes for a good option for commercial kitchens.



WOODEN ₹ 100 onwards

This old-fashioned, durable rolling pin found in most homes is light, unbreakable and sturdy. Available all over the country at most provision stores, make sure the wood is of good quality. It tends to crack with frequent use, and in the process, ends up using much more flour.



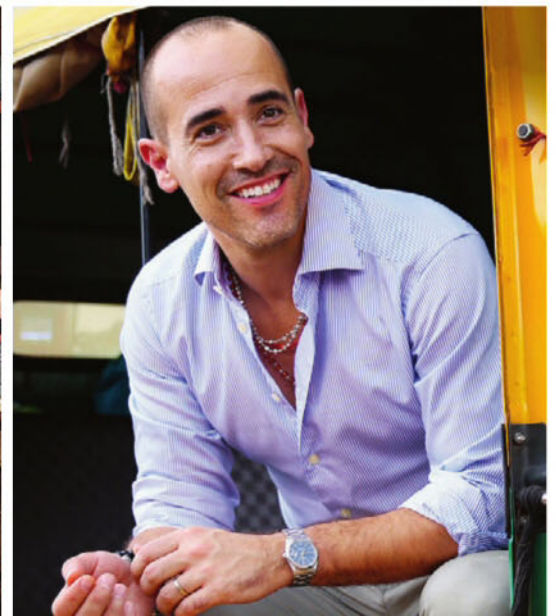
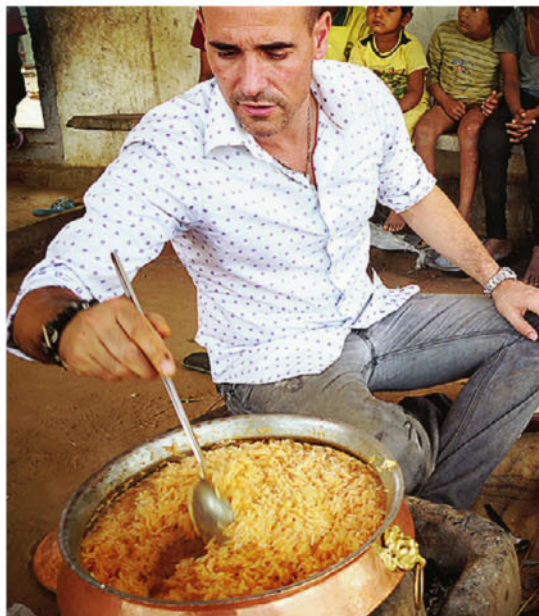
NIVIA, STEEL ₹ 137

Although this is slightly heavier than the polypropylene one, it has thin edges, which makes it painful to use after some time. While rolling, the dough tends to stick to the roller frequently. If you have to make a large number of rotis, you might end up with bruised palms, as it doesn't have a firm grip.

WIN EXCITING GOODIES FROM GOOD FOOD!

Watch Fox Life for a chance to win an exciting gift hamper from *Good Food*

What is the common bond between an Italian and an Indian chef? The love for great food! Watch renowned chefs Vikas Khanna and David Rocco in **Curry On** on Fox Life as they explore the myriad facets of Indian cuisine on two exciting shows. Join Michelin-starred chef Vikas Khanna, as he voyages down the coastal route, from Maharashtra right up to Andhra Pradesh in his show, *Twist of Taste - Coastal Curries*, and amalgamates local flavours with international culinary concepts. On the other show, *David Rocco's Dolce India*, the chef's culinary escapades take him through rural villages, remote vineyards, bustling streets and master chef kitchens as he discovers traditional Indian cooking methods and gives an interesting Indian twist to his Italian recipes. Watch these shows from 4th to 15th August, Monday to Friday, 9pm-10pm and look out for our questions that entitle you to win goodies from *Good Food*.



HOW TO ENTER

To win exciting gift hampers from *Good Food*, watch **Curry On** on Fox Life from Monday to Friday at 9 pm, look out for the questions and log on to [facebook.com/foxlifeindia](https://www.facebook.com/foxlifeindia) to fill in the answers. Competition closes at midnight on Sunday 31st August, 2014.



TUNE IN TO FOX LIFE FROM 4TH TO 15TH AUGUST, MONDAY TO FRIDAY AT 9 PM.

TERMS AND CONDITIONS FOR CLAIMING THE GIFT VOUCHER/ COUPON THROUGH A LUCKY DRAW:

1. The lucky draw is organised by Worldwide Media Pvt. Ltd (WWM) and NGC Network (India), and is binding on all participants to this lucky draw. All applications for participation would be via posting on [facebook.com/foxlifeindia](https://www.facebook.com/foxlifeindia). Only one entry permitted per person. Entries made in bulk or by third parties are prohibited.
 2. Entries received after the closing date of the contest shall not be entertained and won't be returned.
 3. The result declared by WWM and NGC Network (India) is final and no further queries or complaints or questions will be entertained.
 4. There is no cash alternative and the prize is not transferable.
 5. WWM and NGC Network (India) are not responsible for difference or variance in the hamper.

6. WWM and NGC Network (India) reserve the right to change/modify the terms and conditions of this offer or to withdraw this offer at any point in time, if circumstances arise beyond our control.
 7. The participants to this contest, including the winner, agree that the details disclosed in the competition entry form would become the property of WWM and NGC Network (India), and the participants, including the winner, further agree that the details can be used for all purposes (including commercial and promotional use) as WWM and NGC Network (India) deem fit.
 8. The winner will be notified within a month of the closing date of the contest. If WWM or NGC Network (India) cannot contact the winner within one month of the closing date, then WWM and NGC Network (India) would offer the prize to a runner-up, or re-offer the prize in another promotion.
 9. The winner has to collect the prize within one month of being notified/ informed by WWM and

NGC Network (India) of the result. If the winner fails to collect the prize within the time period specified, it would be assumed that he has forfeited his claim to the prize and WWM and NGC Network (India) are then allowed to offer the prize to a runner-up, or re-offer the prize in another promotion.
 10. The winner would need to abide by the terms and conditions of WWM and NGC Network (India).
 11. WWM and NGC Network (India) would not be liable in any manner whatsoever for any loss, damage or injury occurring to the winner, arising from their entry or acceptance of the prize.
 12. This contest is only open to Indian residents aged 18+ years.
 13. Employees of WWM and NGC Network (India) and the other sponsors, and their relatives and business associates are not eligible to take part in this lucky draw.
 14. Anything over and above the agreed offer will be charged extra.

BARGAIN HUNTER

Good Food tracks down this month's top deal

All prices
PER HEAD
excluding taxes
and travel

* ₹ 182-A-HEAD DINNER PARTY FOR FOUR!



* Hing-roasted pumpkin (p 64) ₹ 225

* Egg curry with rice and lentil pulao (p 41) ₹ 289

* Anjeer rabdi (p 81) ₹ 213

Total ₹ 728
(₹ 182 per head)

* HAPPY HOURS AT THE IRISH HOUSE, MUMBAI



The Andheri outlet of The Irish House is the latest addition to the popular chain. Located in Fun Republic, the wooden floors, high ceiling and numerous posters on the brick-exposed walls, create the perfect pub atmosphere. The French windows allow sunlight to flood in during the day, adding to its décor. The menu features old favourites such as Beer Can Chicken and Irish Fish and Chips, along with additions like the Steak 'n' Kidney Pie.

What's more? Don't miss their happy hours, offering buy-one-get-one-free on imported and domestic brands. Cheers! Tel: +91 22 6104 6161; Daily 5 pm – 8 pm

KITCHEN HEIRLOOMS

As mod cons crowd our countertops, we look back at the traditional tools and utensils that held pride of place at our hearth for generations

Words VIDYA BALACHANDER Photographs JOY MANAVATH
Styling SHREYA GUPTA Products courtesy KONKAN BAZAR

flour chakki

Rudimentary versions of the *chakki* (from the Sanskrit word *chakra* or wheel) have been a part of culinary history since Neolithic times. Composed of two circular stones of the same size stacked on top of each other, the domestic *chakki* has a stationary base and a running stone on top that grinds the grain when turned with the help of a wooden peg or stick.

The Indian kitchen of yore looked dramatically different to the ones most of us are familiar with. It was a place where women of the extended family and community congregated to share responsibilities such as chopping vegetables, grinding masalas and preparing dishes we'd find too painstaking or complex to make from scratch today. Thoughtfully designed equipment such as the flour *chakki* (see facing page) and the multipurpose *bonti* (see right) would take the tedium out of these tasks. As the modern Indian kitchen has evolved, the hastened pace of activity has ushered in convenient electrical appliances such as the mixer grinder, and technology-gilded gadgets such as Teflon-coated non-stick pans, elbowing these classic devices out of the way.

While researching this piece, we realised that for many young cooks, these traditional tools are completely unfamiliar contraptions. But the dip in their popularity has little to do with how they were engineered. Take the *bonti*, for instance. It is a multi-utility gadget that combines a variety of functions, including chopping, dicing and grating in one compact body. As food writer Chitrita Banerji notes in an essay called *The Bengali Bonti*, published in academic food journal *Gastronomica*, "To those used to working with a knife, the delicacy with which a rigidly positioned blade cuts seems miraculous: it peels the tiniest potato, trims the tendrils from string beans, chops greens into minute particles and even scales the largest fish." Similarly, cast iron cookware might require some maintenance, but they have a long lifespan and imbue the food that's cooked in them with the nutritive properties of iron.

While accepting that these gadgets may lose out on sheer convenience to modern day equipment, we take a nostalgic look at six traditional pieces of Indian kitchenware that are fast disappearing from our homes – and from memory.



bonti

Known as an *adolee* in Konkani, *aruvalmanai* in Tamil and *bonti* in Bengali, this nifty device epitomises economy of function. It has a sharp, curved blade that is used to dice vegetables, which is crowned with a round, serrated edge that makes easy work of grating coconuts. But its intelligent design demands some dexterity from modern users – the *bonti* is best used sitting down, with one foot resting on it for stability and using both hands to chop or grate.



chakli mould

Although it broadly uses the same principle as the *sevai* maker (see p 29), the traditional wooden *chakli* mould demands significantly more elbow grease (and wrist power). But modern metal versions have made the process simpler. The dough is placed in a lower container lined with an interchangeable, sieve-like plate. The upper container, controlled with a handle, presses down on the lower container, forcing the dough out in the shape of a *chakli*. A plate with star-shaped holes produces the popular, spiky *chakli* while one with smaller holes makes the smooth, noodle cake-like *chaklis*, called *thenkuzhal* in Tamil.



cast iron dosa pan

Crafted out of solid metal, cast iron dosa pans are significantly weightier than non-stick pans. Yet they are genuine heirloom pieces that can last generations provided they are treated with care. Vendors frequently sell these pans pre-seasoned with a layer of oil, which activates the pan's natural non-stick properties and prevents rusting. They are best cleaned with coarse salt particles that absorb excess oil and scrub off leftover food particles.



paniyaram mould

This cast iron pan is used to make *kuzhi paniyaram*, a uniquely south Indian breakfast dish that resembles a puffy, spherical pancake. Also known as *guliappa* in Kannada and *appe* in Konkani, these golden-brown orbs are rarely seen on restaurant menus. They are closely related to Danish pancakes called *ebleskivers*, which are also made in similar moulds. Like all cast iron cookware, these moulds conduct heat better than those made of other metals, thus assuring you of uniformly cooked, crisp *paniyarams*.



idiappam/sevai maker

It's hard not to be struck by the architectural detail of this gadget, which is used to make fresh rice vermicelli or *sevai*. The *sevai nazhi* consists of a three-legged metal stand made of stainless steel or brass. Turning the broad handles lowers the upper plate into the hollow, lower container, which has fine holes on its surface. The downward thrust forces the soft dough through the holes, creating silky strands of fresh *sevai*, which is either made into a savoury dish or sweetened with coconut milk.

The healthy ingredient

METHI

An Indian pantry staple, methi, or fenugreek, has several therapeutic aces up its sleeve

Words MADHURI RUIA Recipes AMIT PAMNANI

Many of us are totally oblivious to the fact that we use methi seeds in our kitchens every day for meals ranging from breakfast to dinner. Packed with flavour, it is a vital ingredient for masalas, curry powders and dried chutneys. Methi seeds, when roasted or ground, are far less bitter. When mixed with other herbs and spices, they give pickles, sambar and Sindhi *kadhi* their to-die-for aroma. When tempered with methi seeds, the flavours of upmas, dals and pulaos are enhanced. Clearly, this pungent, hard, oblong, and golden-yellowish seed is an integral part of Indian cooking across the country.

The methi or fenugreek plant is a legume that grows close to the ground. The plant bears yellow flowers with spiky and small needle-like pods that pop open when ripe to reveal the seeds. Methi leaves are small, have thin stalks and are trifoliate because each stalk bears three leaflets. They are delicious and easy to cook, and taste even better when prepared with lentils like moong or chana dal. Methi aloo or methi *mattar* malai are classic all-time favourites. Dehydrated or *kasoori* methi leaves are equally aromatic and work well as a delicious last-minute garnish over pulaos and curries.

NATURE'S WELLNESS TONIC

Methi seeds are capable of many therapeutic feats, and offer tremendous health benefits especially when used

as a part of a healthy and active lifestyle. Taking 25 to 100 grams of methi seeds daily can regulate blood glucose levels and improve insulin sensitivity especially among diabetics. They contain a gel-like fibre called glucomannan, which bind with bile acids and lower cholesterol in much the same way as statins, cholesterol-lowering drugs. The seeds are also known to enhance the production of breast milk in lactating mothers. This is because they contain the active ingredient galactogues, which stimulates the flow.

Consumed with a glass of water, soaked methi seeds improve digestion because of the mucilage this liquid contains, a thick, gluey substance that protects the lining of the gastrointestinal tract and prevents flatulence and ulcer formation over time. These properties, along with its rich nutrient profile including vitamin B6 and B2, calcium, magnesium and copper, help methi seeds play a critical role in lowering blood pressure, improving blood iron levels and the conditions of the respiratory tract. For a healthy lifestyle, it is advisable to take a teaspoon or two of methi seeds with water daily. You could also take one to two teaspoons of powdered methi seeds with water, or sprout them and sprinkle over salads. However, check with your physician, and restrict or omit the usage of methi seeds if you



are on blood thinning or anticoagulant medication.



GOOD TO KNOW

Methi seeds help in weight management, and should be consumed with water daily.

SELECT AND STORE

Choose seeds that are golden yellow, firm, and free of moulds. Keep them in airtight containers and store in cool, dark places. Powdered or soaked methi seeds must be refrigerated. If you like *kasoori* methi, be sure to select the dark green variety, or pick the fresh leaves. It's best to buy, cook and serve methi leaves immediately. Avoid refrigeration because they are very delicate.

NUTRITION AT A GLANCE

in 100g of methi

| Nutrient | Amount | % daily value |
|---------------|-----------|---------------|
| energy | 323 kcals | |
| fat | 6g | 9% |
| carbohydrates | 58g | 19% |
| fibre | 25g | 100% |
| protein | 23g | 46% |
| sodium | 67mg | 2% |
| potassium | 770mg | 22% |
| vitamin A | | 1% |
| vitamin C | | 5% |
| calcium | | 17% |
| iron | | 186% |
| magnesium | | 47% |

Methi wadis

Serves 4 ■ 45 minutes ■ EASY ✓

■ Make a stiff dough using **1 cup gram flour (besan), 2 cups chopped methi leaves, 1/2 tsp cumin seeds, 1/2 tsp cumin powder, 1 tsp sesame seeds, 1/4 tsp turmeric, 1/2 tsp chilli powder, 4-5 chopped green chillies, 3 chopped garlic cloves, 1/2 tbsp lemon juice, 1 tsp salt and 2-3 tbsp water.**

■ Add **1 tsp oil** to the dough and shape it into a log with 5-6cm diameter. Take water in a large pan and bring to a boil. Put a perforated plate on top of the pan so that it fits perfectly.

■ Put the methi log on the perforated plate and cover it with a tight-fitting lid. You can also do this in a steamer. Let it cook on a slow heat for 25-30 minutes. Insert a skewer into the dough and if it comes out clean, the dough is cooked.

■ Remove the log from the steamer and let it cool for 10-15 minutes. Slice into 2-3cm thick slices.

■ Heat **1 tsp oil** in a non-stick pan and sear the methi wadis on both sides until golden and crisp. Serve warm with fresh green chutney.



Warm methi and moong dal salad

Warm methi and moong dal salad

Serves 2 ■ 30 minutes + soaking

■ EASY ✓

■ Fill a medium-sized saucepan with **2 cups water**. Add **1/4 cup soaked moong dal** and bring to a boil. Simmer for 5 minutes until the dal is just cooked and whole, not mashed. Drain and keep aside.

■ Heat **1 tsp olive oil** in a pan. Add **4 chopped garlic cloves, 4 chopped green chillies** and **1/4 diced red pepper** and sauté for 1-2 minutes. Add the moong dal and mix well.

■ Add **2 cups methi leaves** and sauté for a couple of minutes until the leaves wilt. Remove from the pan and transfer to a mixing bowl.

■ Add **1/4 cup crushed roasted peanuts, 1 sliced spring onion, 2 tbsp flaked almonds, 2 tbsp chopped raw mango, 2 tbsp**

pomegranate kernels, 1 tsp chaat masala, 1 tsp lemon juice, and 1 tsp salt. Mix everything together and serve immediately.

Methi and jowar crackers

Makes 40 ■ 30 minutes ■ EASY ✓ J

■ Preheat the oven to 160°C.

■ Make a stiff dough with **1/2 cup bajra flour, 1/2 cup wholewheat flour, 1/2 tsp jeera, 1/4 tsp hing, 1 tsp salt, 1/2 tsp chilli powder, 1/2 tsp cumin powder, 1/2 tsp coriander powder, 1/4 tsp turmeric powder, 1/2 cup methi leaves, 1 tsp oil and 1/4 cup water.**

■ Roll out the dough into flat thin rotis and cut according to desired shapes.

■ Bake in the oven for 10 minutes, then turn the crackers over and bake for 10 minutes more.

■ Let them cool completely and then store in an airtight container.

↑ [BACK TO TOP](#)



Bhatia attempts a juggling act with the giant Rajapuri mangoes

Vrindavan Farm

The land will yield when you sing tunes to it, believes Gaytri Bhatia whose passion for organic farming practices produces the juiciest, most divine mangoes ever

As told to SONA BAHADUR Photograph RITAM BANERJEE

“**T**he land (Vrindavan Farm), is one of a few in the possession of the Bhatia family for a couple of generations. We presently have about 500 mango trees, including Alphonso, Rajapuri, Batli, Kesar, Totapuri and Sindhu. I cannot pinpoint a date or time to farming. It’s a relationship that’s grown from my youth — planting seeds with my mother in pots and churning compost and worms with my father, into what it is now, and will grow into something different, I imagine, as time goes on.

I graduated with honours from Mount Holyoke College in Massachusetts, followed by a

We’ve ensured regular practices that nurture biodiversity and the removal of unnecessary practices.

About seven of us work the land: indigenous folk from the village we reside in, all rice farmers. We feed the land monsoons through spring. The base of each tree receives feed once every two months. Post monsoon, we start to clear any pests (by hand) that begin their journey up the tree trunks. By October, our irrigation systems are laid out for the trees. Irrigation commences before October ends. Mangoes flower in the winter. The fruit begins to form around February. End of May through end of June is when they are ready for harvest.

Mango harvested too early is much like a roti from a lukewarm

develops a natural powder on its skin to indicate it is entering the ripening stage. That’s when we harvest. Compare a slow brewed chai with the instant stuff; you’ll get what I mean.

We harvest with support from our community. It’s either a game of catch — a harvester on the tree sends fruit to a catcher below — or she or he bags the fruit and sends it down via a rope. Here, we first sift the mangoes for fallen fruit that ends up showing scars when ripe, i.e. where the fruit feels the impact of the fall, it will ripen much faster than the rest of the fruit. The mangoes are laid in hay in crates, then transported by us to Mumbai, a truck load at a time.

In Mumbai, we receive and immediately unpack the mangoes and set them in straw, one fruit at a time, for ripening. Each fruit is hand-turned to allow even ripening. At the beginning of the season, fruit takes more than two weeks to ripen, but in the peak of the summer, we’re looking at less than five days. Finally, we box and dispatch ripe mangoes. Needless to say, we know every mango before you eat it! After their massive delivery, mango trees go into R&R through the monsoons before they repeat the cycle the following year. Some species take every other year off to recoup.

Mango is an interesting crop, a delicate one, susceptible to the weather. We don’t spray trees to avoid pest attacks — a common one being blossom blight — where a virus that thrives in humid conditions burns out the flowers before they fruit, which

“Each mango tells its tale. While the Rajapuri is laden with juice, the Alphonso’s delivery is sophisticated, much sweeter, and smooth”

seven-year stint as an environmental analyst consulting with the US Environmental Protection Agency (EPA). Here, I analysed emissions and discharges of toxic chemicals into air, water and land. I returned to Mumbai in 2008 and spent some time sowing at first, trying various crops. My recent work has been along slower and subtler lines. Amongst farmers, there’s an unwritten saying, the land will yield when you sing tunes to it. So now, I walk the land.

tava! Everyone’s aware of the carbide stories. Appearing in the markets as early as March, fruit pumped on steroids is harvested young and packed with carbide to show up ripe at its destination. But if you translate this fast process to childrearing, you’d end up with a child in a 40-year-old body, with muscles like Elastic Man! In naturally grown fruit, the full flavour and size come from allowing it to relate to the tree that is relating to the five great elements, and takes far longer. Mango

reduces our overall yield. If you're purely into numbers, it's a fool's game we play. But if you're into quality, you'll taste the difference. Another mentionable is our feed, which is geared toward a healthy eco-system. Modern day practices pump urea into the earth as fertiliser, to provide releasable nitrogen, giving you larger fruit. Again, if you prefer size over quality, it's a great practice.

I'm keen to study the intricate web of ecology and as my understanding

trees and shrubs, and continually deepen our understanding of their value. Maintaining more than produce-providing species also creates a home for pests that would otherwise be prone to living within our crop. Biodiversity is the key. The less we mess with things, the better.

I learn best through observation and experience. I've learned from watching indigenous ways, from fellow farmers who toyed with similar combination of variables, and specific questions that

“Maintaining more than produce-providing species also creates a home for pests that would otherwise be prone to living within our crop. Biodiversity is the key. The less we mess with things, the better”

grows, mimic it in farming, hoping to create a self-sustained food forest. I'm not into fast returns. I'm often the first to point out that you may not notice any of my efforts on the land... maybe not until the next generation. While I plant fruit trees, I won't eat much of their fruit. Similarly, these mango trees were planted before my time and I merely care for them now.

Our main water catchment area is not cemented. To most, I'm being unrealistic — how else will I retain water, especially in an area where it can become so dry off-season? However, what the porosity allows is a slow and continuous flow of surface water into the earth, and over a really long time frame, this increases the water table. Simultaneously, pond breathability encourages a larger host of creatures to maintain their relationship with water and land, enriching ecology and the overall health for anything grown on it.

For a healthy ecology, we need to host the entire gamut of local species. For example, we've kept dead bamboo clusters, which do inhibit the growth of the mango trees immediately surrounding it, but simultaneously they host a variety of wildlife, including snakes, birds and critters. Similarly, we maintain indigenous and non-fruiting

get answered through research via the internet. I am impressed with current efforts by small farmers to retain or sophisticate their traditional methods, and by larger figures that now fight for awareness within our race. We need attention at all levels.

It was only a couple years ago that I experienced my first mango season on the land. While the Rajapuri is laden with juice, the Alphonso's delivery is sophisticated, much sweeter, and smooth. The Sindhu delivers much of the Alphonso, and allows this delivery twice in the season. A Kesar can only be told apart from Alphonso in its subtle undertones, whereas a Batli is not as laden in juice, nor is it as sweet as any of the above, but rather contains a quaint combination of flavours, with a firm texture and no fibre. The Totapuri, really, is the only one I've experienced with its tangy, sweet and sour tales.

Our total mango yield is a couple of tonnes, based on the year. Selling our produce is a recent effort; it's only been a couple years. Word-of-mouth is the way we reach consumers. Besides, and we love sharing, which usually ends up with folks returning for more.

We grow other crops besides mangoes. On a much smaller scale, other produce includes fruits — chikoo,

velchi banana, papaya, custard apple, cashew apple, jackfruit, mulberry (though we're waiting for the planted trees to match the quantity of our mangoes); spices including black pepper and turmeric; nuts such as cashews and coconut; herbs like lemongrass, sorrel, moringa, basil, tulsi, mint and oregano. We also grow seasonal vegetables and supply to a handful of families.

Our line of products root from what we grow on the land and include fruit jams, tisanes (herbal teas), and pickles. Our herbal infusions are blends that carry specific health-giving properties (e.g. lemongrass for its antioxidants, moringa for its nutritious and preventative properties, and so on.) These products are available at outlets of Indigo Deli across Mumbai, and at Ambience Mall in Gurgaon.

During my time in the US, 'organic' was hip. Then, I gloated about India, a land where we didn't know the word, only because everything we grew was organic. Today it's quite a different story, knowing only too well the junk food handed to the smallest of farmers to feed their land. The future of our food resembles much of the past. And I don't think we're far off. The one consistent feedback I get, especially from the older generation that eats our mangoes: "This is what we grew up on." With enough of us, consumers, growers, chefs, retailers, doing our bit, we'll get there again for sure."

Vrindavan Farm is located in Vikramgad, Palghar District, Maharashtra. Visit vrindavanfarm.com or [facebook/vrindavanfarm](https://www.facebook.com/vrindavanfarm) or write to vrindavanfarm@gmail.com for details.

HOW ETHICAL ARE VRINDAVAN FARM MANGOES

- * The mangoes are not organic certified but the farming practices do not deploy any chemicals.
- * The feed for the land is a homemade brew of cow dung, cow urine, pulses and jaggery (initiated by Mrs. Madhu Bhatia).
- * All of the farm's water bodies host a bio-sanitiser, a water purification catalyst, (initiated by Mr. Anil Bhatia).



Vikas Khanna is an award winning Michelin starred Indian chef, restaurateur, food writer, filmmaker, humanitarian and the host of the TV show MasterChef India. He is based in New York City.

Kitchen talk

Celebrity chef Vikas Khanna answers readers' cooking queries

How do you add yoghurt to a dish that is cooking over the stove and ensure that it doesn't curdle?

—Terencia Fernandes

Vikas: Use whole milk yoghurt and ensure that the yoghurt is at room temperature and not cold. Reduce the heat to simmer while adding the yoghurt. You can also add one teaspoon of cornstarch, gram flour or flour to every cup of yoghurt and mix well before adding the yoghurt to sauces.

I have been reading a lot about the technique of smoking used while cooking Indian food. What are the steps to be followed, and for how long must one smoke the dish so the smoky flavour is properly infused in it?

— Dhanya Samuel

Vikas: Place the dish to be smoked (for example, curries with poultry or vegetables) in a medium mixing bowl with a tight-fitting lid.

Heat one piece of charcoal on a high flame. Place it in a small steel bowl using tongs. Place the bowl over your sauce or vegetables. Add one tablespoon of clarified butter. When the charcoal begins to smoke, cover the mixing bowl with the lid immediately. Let it rest for 10-15 minutes, until the curry is infused with smoky flavors. Then remove the steel bowl.

Why is it said that eating outside often is not healthy? What is the difference between home-cooked and restaurant food?

—Yogita Uchil

Vikas: Generally, when we are entertaining or eating out, we all tend to eat more than we would normally do during a meal at home. Also, the food in restaurants tends to be richer than home-cooked food. The trick is to strike a balance while ordering at a restaurant. Choose dishes with more nutritious ingredients and avoid items which add extra calories to your meal. Sometimes, I take a walk after a hearty meal. But once in a while, it's good to indulge while eating out.

I've found that whenever I make Punjabi chole, it doesn't taste authentic. What ingredient should I be putting into it so it turns out perfect?

— Shreyoshi Das

Vikas: I face the same issue sometimes. The taste changes due to a difference in the type of water, cooking procedures and spice blends. One ingredient which always works is your devotion and love. It will be your expression of the Punjabi *chole*, inspired by the authentic.

I have tried making pasta using over seven to eight different sauces. But if kept out for some time, the pasta becomes dry and I can never manage to keep it fresh

and saucy. Is there any way to avoid this?

— Shailender S Jaggi

Vikas: After cooking the pasta, toss it with a little olive oil and keep it tightly covered until ready to use. As far as possible, add sauce to the pasta close to the time of serving to retain the freshness of the dish.

A lot of interesting cupcake recipes I found online call for unsalted butter. Can I use salted butter instead or will it alter the taste of the cupcakes drastically?

— Riya Thomas

Vikas: Salted butter already has salt mixed in, which is difficult to estimate. Using unsalted butter gives you a better control over the quantity of salt in your recipe.

Can you suggest the best way to fry brinjals? They soak up a lot of oil, and if you try using less oil, they end up raw in some spots and burnt in others. What do you suggest?

— Aparna Joshi

Vikas: Sprinkle a little salt on the slices of brinjal and let them sit for 20-30 minutes. This will help reduce moisture and the slices will absorb less oil when they are being fried. Wash off the salt before frying and pat dry. Make sure the oil is very hot before adding the brinjal. Vegetable oil is a good choice for frying, in this case.

What is your favourite cooking technique and why?

— Jyoti PM

Vikas: Roasting is one of my favourite techniques. The outside of the vegetable or meat gets a nice brown and caramelised texture while remaining juicy and tender in the inside.



Tomato Puree | Ginger Paste | Ginger Garlic Paste | Lemoneez | Tamarind Paste | Garlic Paste | Coconut Milk

VIKAS KHANNA
Michelin Starred Chef,
Author, TV Judge & Host



Get churning!

Go desi and surprise your guests with these refreshing hand-churned drinks, easy to shake up in a few minutes

Recipes YADAVENDRA SINGH Photograph JOY MANAVATH

Kokum chaas

Serves 4 ■ 10 minutes + soaking

■ EASY ■ V ■ J

- Soak **10-12 kokum** in **100ml water** for 30 minutes.
- Add to a food processor and blend to a pulp. Pass it through a strainer.
- Add this pulp to **500g yoghurt** along with **1 tsp cumin powder, 1/2 tsp salt, 1/4 tsp rock salt, and a handful of ice cubes**. Use a hand-churner to blend until everything combines together.
- Garnish with **a pinch of ground cumin** and serve chilled.

■ *PER SERVING: 86.50 kcals, protein 6.40g, carbs 11.46g, fat 0.15g, sat fat 0g, fibre 0.42g, salt 0.4g*

Kesariya doodh

Serves 4 ■ 45 minutes ■ EASY ■ V ■ J

- Put **8 cups milk** in a wide, non-stick saucepan and simmer until it reduces to half the quantity. Make sure you stir the milk at regular intervals.
- Meanwhile, blanch **1/4 cup almonds** and **1/4 cup pistachios**. Peel the skins and slice them into slivers.
- When the milk is reduced, add **3/4 cup sugar, a pinch of saffron**

and **1/2 tsp crushed cardamom powder** and mix well.

- Add half the quantity of the sliced dried fruits to the milk and simmer for 3-4 minutes. Put the milk in a tall jug and churn carefully until it foams up.
- Pour the milk into steel glasses and garnish with the remaining dried fruits. Serve hot.
- *PER SERVING: 540.25 kcals, protein 19.58g, carbs 65.99g, fat 24.03g, sat fat 10.78g, fibre 2.01g, salt 0.3g*

Makki ki raab

Serves 8 ■ 30 minutes ■ EASY ■ V ■ J

- Churn **2 litres buttermilk, 50g maize flour, 1/2 tsp salt** and **1/2 tsp turmeric** in a big bowl.
- Heat **2 tbsp ghee** and temper it with **1/4 tsp asafoetida** in a large saucepan. To this, add the buttermilk mix.
- Cook for 20-25 minutes and take off the flame.
- Add **1 tsp cumin powder, 1/2 tsp black pepper powder** and **a handful of fresh coriander**.
- Serve hot in winters or chilled in the summers.
- *PER SERVING: 143.88 kcals, protein 10.09g, carbs 17.92g, fat 2.64g, sat fat 1.54g, fibre 3.52g, salt 0.1g*

What's on

This month's best food shows on multimedia

FOODMAD

The favourite foodies from NDTV Good Times, Rocky and Mayur, get back from their highway ventures and dive straight into the city streets with their list of cravings. Whether it's a delicious plate of chaat, or delectable kebabs, they hunt out the best places that serve these treats on their new show, *FoodMAD*. We catch the duo for a quick chat on their food cravings.

Mayur: "Ice cream! Whether it is *golas*, *chuskis*, kulfis or branded varieties, ice cream always brings back fond childhood memories. In New Delhi, my eternal favourite is the classic Hot Chocolate Fudge at Nirula's. In Mumbai, Natural Ice Cream is a treasure trove of seasonal flavours. The recent purple-hued jamun ice cream had me going back for several extra scoops. If you are in Kolkata, you have to try Pabrai's Fresh & Naturelle's *nalén gur* ice cream containing date palm syrup — you haven't lived otherwise! They have some interesting flavours such as rose *sandesh*, *kesaria* rabri malai, and paan. No visit to Bengaluru is complete without indulging in the decadent Death by Chocolate sundae at Corner House."

Rocky: "For me, the queen of all food is biryani. A must-visit is the legendary Karim's at New Delhi who have been serving biryani for over 100 years now. The good folks at Arsalan in Kolkata make a wicked biryani with the best cuts of mutton along with potatoes, a permanent fixture in the Bengal version. The spicy boneless chicken biryani is a bestseller at Bengaluru's Meghana Foods. It is served with Andhra-style condiments and *gongura* chutney. And in Mumbai, Jaffer Bhai is known as the biryani king for its aromatic spread. Truly divine!"

Get into food mode as the 'badshahs of fanatic foodies' return to your television screen with their favourite dishes and a fun-filled mission to deliver the ultimate food fix.

FoodMAD airs every Saturday at 9 pm on NDTV Good Times



CURRY ON

When the diverse flavours and eclectic tastes of Indian cuisine meet European techniques and finesse, the result is bound to be amazing. Exploring that very blend in their own distinct styles are chefs Vikas Khanna and David Rocco on Fox Life. Khanna's journey takes him back to his roots in India, where he rediscovers the coastal flavours of the country in his show, *Twist of Taste – Coastal Curries*.

From Maharashtra to Kerala to Andhra Pradesh, each regional

cuisine inspires him to formulate new culinary concepts. On the other hand, David Rocco ventures into the heart of the Indian subcontinent in his show, *David Rocco's Dolce India*, to get a glimpse of the country's vibrant food culture. From savouring authentic street food in Mumbai to perfecting his own masala recipe with a master chef in New Delhi, Rocco's culinary escapades take him through rustic street food joints and rural villages, as well as renowned kitchens and bustling cities.

Curry On airs at 9pm from Monday to Friday on Fox Life



MEDIA MUST-HAVES

APP: MIXOLOGY

If you have a penchant for discovering cocktails and love creating magic behind the bar, the Mixology app is something you should have on your smartphone. Currently available in all iOS and Android stores, the app not only has a wide range of cocktail and mocktail recipes, but also gives you the lowdown on stocking your liquor cabinet, with information on all the essential bar tools and glassware and even tips and tricks to jazz up your cocktail hour. Their coolest feature is their Random section, where you can find cocktail recipes using any combination of glassware, liquor and mixers.

BLOG: LOVE AND LEMONS

Touted as one of the best blogs of the year, loveandlemons.com by husband-wife duo Jeanine and Jack Donofrio is a visual treat. A health-focused blog, it primarily showcases vegetarian recipes made using local produce. Whether it's a Mango and Zucchini Lettuce Wrap or a Raspberry and Polenta Cake, their innovative recipes will have you constantly going back for more.

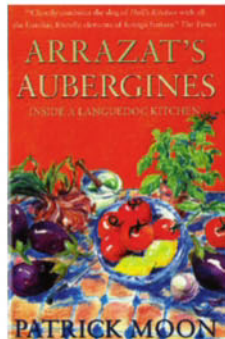
INSTAGRAM: @NATURALNOMAD

Gluten-free and dairy-free dishes have never looked this tempting before. But England-based food blogger Lauren does it with ease as she makes healthy food visually appealing with creative plating. Even a simple bowl of fruit with yoghurt seems hard to resist.

books & cooks

The lowdown on this month's top culinary reads

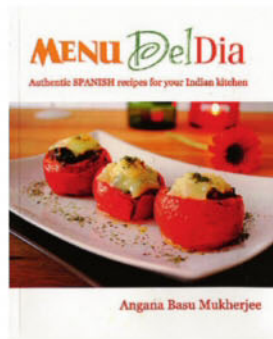
Words KHORSHEDEBOO



Arrazat's Aubergines by Patrick Moon

We would perhaps be in a happy space of our own if we had to work with artisanal cheese makers, honey producers and oyster farmers or pay umpteen visits to vineyards and vegetable farms. In this book, author Patrick Moon does just that. A first-hand narrative of exploring the cuisine of Languedoc in southern France, Moon, intrigued about the opening of the erudite chef Laurent Arrazat's new French eatery, ends up acquainting himself with the inner workings of the restaurant. While the lengthy book does make for pleasant armchair reading, there is little detail of characterisation; people are described in brief, lacklustre terms, without letting the reader explore their quirks.

Available from Matador Books for ₹ 1,030



Menu Del Dia by Angana Basu Mukherjee

At first glance, the mediocre photographs of this Spanish cookbook might put you off, but flip through and you'll realise it goes well beyond paella and patatas bravas. Author Angana Basu Mukherjee, a self-taught cook who resides in Spain has compiled 'authentic Spanish recipes for an Indian kitchen'. The dishes do not call for esoteric grocery lists. While they are quite a mouthful to pronounce, we're glad the author explains each via footnotes – she simplifies traditional terms and provides substitutes too. We tried our hand at the Bizcocho con almendras y avellanas, an addictive nut-based cake with chocolate icing. We used walnuts instead of hazelnuts and added rum for a boozy kick.

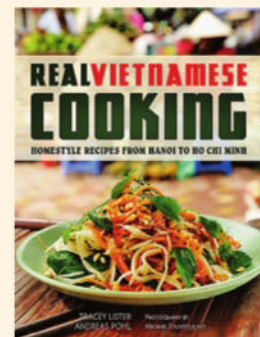
Available from Navnirman Ventures for ₹ 899



Spice Sorcery by Husna Rahaman

Little-known Kutchi (or Cutchi) Memon cuisine, not as popular as its Bohri or Mughlai counterparts, is well documented in interior designer Husna Rahaman's debut cookbook. She weaves a fictional tale about newly-married Razia, who rustles up traditional delicacies to win over her family. Rahaman's writing, bordering on chick-lit, is interspersed with her own zealously guarded family recipes ranging from meaty mains to sweets prepared on special occasions. However, we were surprised to find a recipe on Shahi Murgai (butter chicken), sans any butter! Another major grouse – the book comes without an index.

Available from HarperCollins for ₹ 699



Real Vietnamese Cooking by Tracey Lister and Andreas Pohl

This tome, a compilation of traditional home-style Vietnamese recipes, is a keeper for food and travel fiends. The writing is simple and reflects the authors' love for their cuisine and culture. Most recipes are centred around local produce such as jackfruit, lotus root, mustard leaves, papaya and pomelo. The book has a substantial number of pork- and beef-based recipes too. Informative photo spreads of pantry staples such as dipping sauces, herbs and spices, and short accounts about a third-generation *pho* restaurant, open-air beer gardens and a 78-year-old coffee shop, make for engaging reads. While the fiery Ginger Chicken we made was demolished within minutes (we replaced the annatto oil with sesame oil), our Banana Cake was overly sweet with an unpleasant eggy flavour.

Available from Hardie Grant Books for ₹ 2,178

You can buy this month's books online at flipkart.com and amazon.in

Try this recipe!

Green papaya salad

Serves 2 ■ 15 minutes ■ EASY

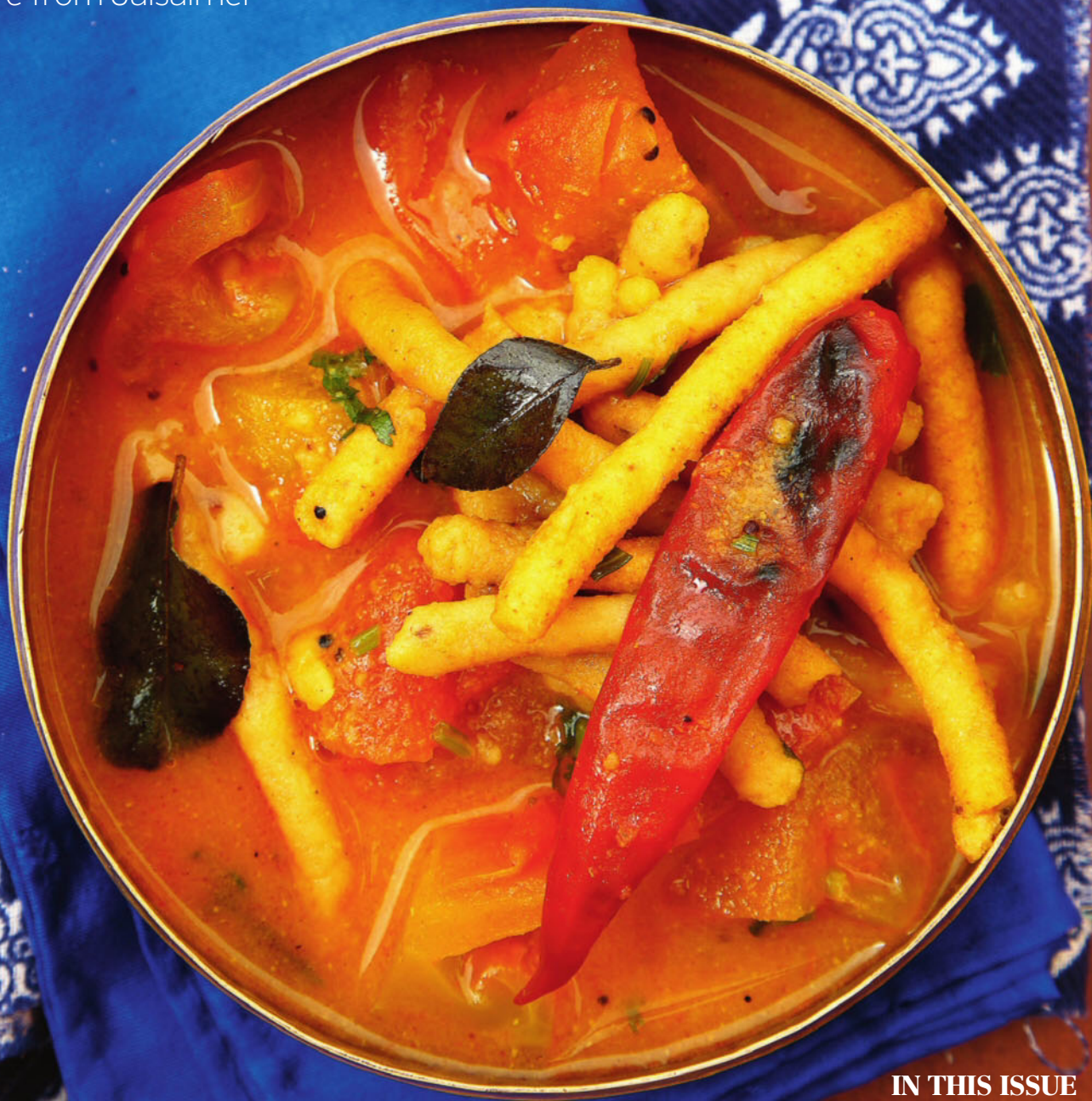
Peel 1 **green papaya**, then cut out the flesh into thin strips. Place in a bowl with a **handful of beansprouts**, **4 thinly sliced shallots**, a **handful of mint leaves** and **40g chopped**

roasted peanuts. To make the dressing, mix **120g sugar** and **100ml lime juice** in a small bowl and stir until the sugar has dissolved. Stir in **60ml fish sauce**, **1 deseeded red chilli**, **sliced lengthwise**, and **2 chopped garlic cloves**. Pour the dressing over the salad and toss gently. Serve sprinkled with **2 tbsp fried shallots**.



eat in

42 pages of recipes from posh desi veggies to vibrant fare from Jaisalmer



Sev tamatar ki sabzi p 76

IN THIS ISSUE

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- * Three lunchbox ideas, p 47
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- * Stylish veggie creations, p 56
- * Authentic fare from Madhya Pradesh, p 65
- * Jaisalmer's robust flavours, p 74

7 meals for ₹700

Get a week's worth of stylish, value-for-money meals from across the globe



INGREDIENTS CHECKLIST

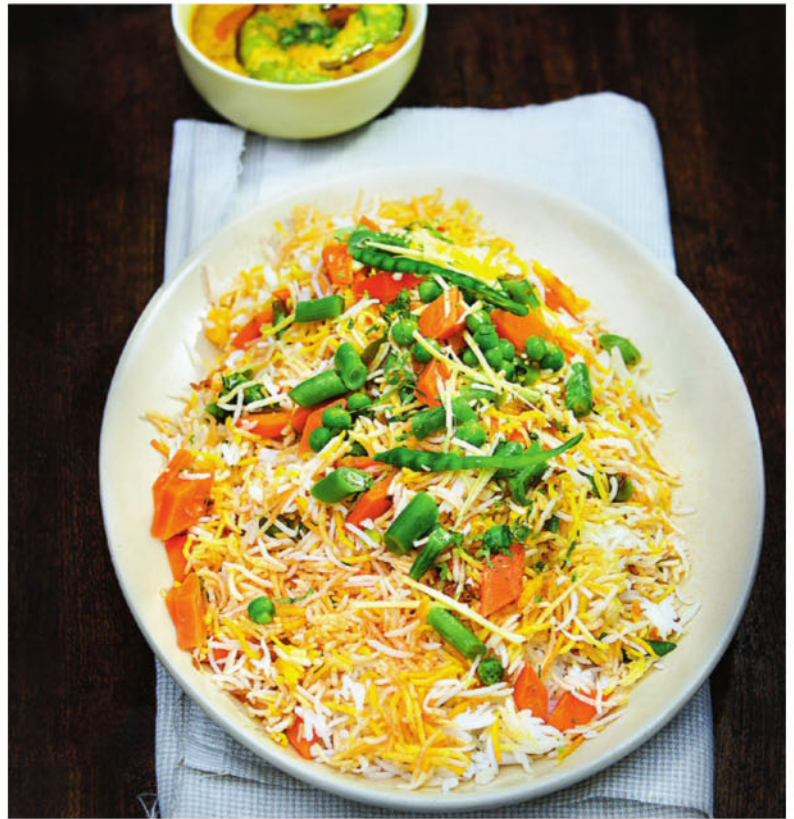
- bay leaf
- green cardamoms
- onions
- ginger-garlic paste
- yellow chilli powder
- mace (javitri)
- cardamom powder
- lemons
- basmati rice
- screwpine (kevrá water)
- sweet ittar
- rosewater
- green chillies
- ginger
- saffron
- wholewheat flour
- mustard seeds
- curry leaves
- red onions
- turmeric powder
- chilli powder
- sugar
- eggs
- split red lentils
- garam masala
- potatoes
- chickpeas
- smoked paprika
- honey
- garlic cloves
- olive oil
- red chillies
- all-purpose flour (maida)
- soy sauce
- chilli flakes
- walnuts
- extra virgin olive oil

SHOPPING BASKET

- carrots
- French beans
- baby corn
- mushrooms
- curd
- cream
- mint leaves
- tomatoes
- coriander leaves
- soya granules
- green peas
- parsley
- tahini
- pumpkin
- harissa
- kale
- zucchini
- spring onions
- rice wine vinegar
- sesame oil
- short pasta (macaroni)
- roasted red peppers from a jar
- parmesan
- basil leaves
- mascarpone

STORE CUPBOARD

- pure ghee
- cloves
- cinnamon sticks
- royal cumin seeds



MONDAY Dum pukht subz biryani

Serves 1 ■ 1 hour MODERATELY
■ EASY ✓

Seasonal vegetables and basmati rice slow-cooked (or cooked dum-style) meld beautifully in a subtly flavoured stock in this dish by dum maestro, Imtiyaz Qureshi.

- carrots** 1/2 small, peeled and diced
- French beans** 5-6, diced
- baby corn** 2, diced
- mushrooms** 2, diced

- pure ghee** 3 tbsp
- cloves** 2
- cinnamon sticks** 1
- royal cumin seeds (shahjeera)** 1/2 tsp
- bay leaf** 1
- green cardamoms** 3
- onion** 1 small, sliced and browned
- ginger-garlic paste** 1 tbsp
- yellow chilli powder** 1/2 tsp
- mace (javitri)** 1/2 tsp
- cardamom powder** 1/2 tsp
- curd** 4 tbsp, beaten
- lemon juice** 1 tbsp + extra for the rice
- salt** to season
- water** 500ml
- basmati rice** 125g, washed and soaked

*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.

₹ 683
TOTAL FOR
7 MEALS*

cream 1 tbsp
screwpine (kevrá water) 1 tsp
sweet ittar a drop
rosewater 1 tsp
mint leaves a handful
green chillies 3-4, slit lengthwise
ginger 1/2 tbsp, julienned
saffron 1/2g, dissolved in water
wholewheat flour dough 50g, for lining the lid

- Blanch the diced vegetables and keep aside.
- Heat 2 tbsp ghee in a handi, add the whole spices and sauté over medium heat until they begin to crackle.
- Add the onions, ginger-garlic paste, yellow chilli powder, mace, cardamom powder and blanched vegetables and sauté lightly. Add the curd, lemon juice and season with salt. Keep aside.
- Boil the water in a pan. Add the rice and cook until 2/3 done. Drain, and reserve 2 tbsp.
- Layer the cooked vegetables with the boiled rice in a flat-bottomed vessel. Add the remaining 1 tbsp ghee and the cream. Sprinkle over the kevrá water, ittar and rosewater.
- Garnish with mint leaves, green chillies, ginger and saffron water. Line the lid with the dough and seal the vessel with more dough. Put the vessel on an iron griddle and cook for 15 minutes. Serve hot.
- PER SERVING 628.5 kcals, protein 14.82g, carbs 117.91g, fat 11.63g, sat fat 4.66g, fibre 10.58g, salt 0.5g

TUESDAY
Egg curry with rice and lentil pulao

Serves 1 ■ 50 minutes + soaking

■ EASY

Try this aromatic tomato-based egg curry served with spiced basmati rice.

THE EGG CURRY

vegetable oil 1 tbsp
mustard seeds 1/2 tsp
curry leaves 4-5
red onion 1 small, chopped
ginger a 1-inch piece, peeled and finely chopped





WEDNESDAY Indian-spiced shepherd's pie

Serves 1 ■ 1 hour ■ EASY ✓

Bulk out your lean lamb or beef mince with soya for a slimmer take on this comforting classic.

soya granules 25g, raw
oil 1 tsp
onion 1/2, chopped
carrots 1/2, diced
garam masala 1 tsp
salt and pepper to season
vegetable stock 50ml, hot
green peas 30g
potatoes 150g, diced into 1-2 cm squares
turmeric powder 1/2 tsp
coriander a bunch, roughly chopped
lemon 1/2, juiced + wedges to serve

■ Place the soya granules along with 1 cup of water in a pan and bring to a boil. Simmer for 3-4 minutes, then drain and rinse. Squeeze the soya granules when cool and keep aside.

■ In a non-stick frying pan, heat the oil, cook the soya granules, onion and carrots, stirring often, until the soya is browned and vegetables soften, for about 8 minutes. Add the garam masala, salt and pepper, and cook for a further 2 minutes until fragrant.

■ Pour in the stock, bring to a boil, add the peas, cook for 2 minutes until the peas soften and most of the liquid has evaporated.

■ Meanwhile, boil the potatoes in a large pan of salted water until just tender, about 8 minutes. Drain well, return to the pan and gently stir in turmeric powder and fresh coriander - try not to break the potatoes.

■ Heat the oven to 200°C. Transfer the soya to a baking dish and top it with the turmeric potatoes. Squeeze over the lemon juice, then bake for 30-35 minutes until the potatoes are golden. Serve immediately with extra lemon wedges on the side.

■ **PER SERVING** 240 kcals, protein 6.3g, carbs 42.16g, fat 5.82g, sat fat 0.86g, fibre 7.63g, salt 0.8g

turmeric powder 1/4 tsp
chilli powder 1/4 tsp
tomatoes 800g, chopped
sugar 1 tsp
salt 1 tsp
eggs 2
coriander a small bunch, chopped

THE RICE AND LENTILS

basmati rice 1/2 cup
split red lentils (masoor) 140g
vegetable oil 1 tbsp
onion 1/2, sliced
ginger a 1-inch piece, peeled and finely chopped
whole green chilli 1, deseeded
bay leaf 1
salt 1 tsp
mango chutney, yoghurt and naan to serve

■ Mix the rice and lentils in a bowl. Cover with cold water and soak for 15 minutes.

■ Meanwhile, for the curry, heat the oil in a wok or a medium saucepan, then toss in the mustard seeds followed by the curry leaves. Once the seeds have stopped spluttering, reduce the heat and add the onions and ginger. Fry over

medium heat for about 10 minutes or until golden.

■ Add turmeric and chilli powders and cook for a few more seconds. Stir in the tomatoes and sugar. Simmer, uncovered, for 10-15 minutes until thickened, season and add a splash of water if required.

■ Meanwhile, boil the eggs for 8 minutes, then cool under running water before peeling and cutting into halves. Add to the curry and cover with a tight-fitting lid for 2-3 minutes.

■ To cook the pulao, heat the oil in a pan and cook the onions, ginger and chillies until softened - about 5 minutes. Drain the rice and lentils and add to the onions along with the bay leaf.

■ Pour over enough water to cover the rice and lentils by a depth of 3cm - about 200ml. Add salt and simmer, covered, until tender and the liquid has been absorbed.

■ Garnish the curry with coriander and fluff up the rice. Serve with mango chutney, yoghurt and naan.

■ **PER SERVING** 782 kcals, protein 30g, carbs 85g, fat 35g, sat fat 6g, fibre 7g, salt 0.6g

THURSDAY

Roast carrots with crisp chickpeas and tahini

Serves 1 ■ 1 hour + roasting ■ EASY ■ V

A lovely combination of mildly sweet carrots, crunchy chickpeas and fragrant tahini - this dish is interesting enough as a main, starter or side.

- chickpeas** 50g, drained and rinsed
- olive oil** 1 tsp + 1 tsp extra for greasing
- cumin** 1/4 tsp
- chilli powder** 1/4 tsp
- smoked paprika** 1/4 tsp (try Ahumado available at gourmet stores)
- salt** a pinch
- carrots** 250g
- runny honey** 1/2 tsp
- parsley** 1 tsp, chopped

THE TAHINI SAUCE

- tahini** 1 tsp (try Al Fez available at gourmet stores)
- garlic clove** 1/2, crushed
- lemon** 1/4, zested and juiced
- olive oil** 1/2 tsp

■ Preheat the oven to 200°C. Put the chickpeas into a bowl with 1 tsp olive oil, cumin, chilli powder, smoked paprika and salt. Mix well, then place into a shallow roasting tin. Bake for 40 minutes, shaking the tin every now and then until the chickpeas are crisp.

■ Meanwhile, peel the carrots and halve them lengthwise, roll them in oil and honey and season well. Place them evenly in a roasting tin, put on a shelf under the chickpeas, then roast for 30 minutes, or until tender.

■ To make the sauce, mix the tahini with the garlic, lemon zest and juice, olive oil and enough water for a smooth and spoonable consistency.

■ Arrange the carrots on a platter, sprinkle over parsley, spoon over some tahini sauce and top with chickpeas.

■ **PER SERVING** 277 kcal, protein 27.7g, carbs 31.4g, fat 31.4g, sat fat 2g, fibre 12.5g, salt 0.6g





FRIDAY
Roasted harissa vegetables with kale and ginger pulao

Serves 1 ■ 55 minutes ■ EASY ■

Oven bake pumpkin, peppers and onions spiked with north African spice and serve with greens and rice.

- pumpkin** 1/4 small, about 175g, peeled and cut into 3cm chunks
- red onion** 1/2, quartered
- red pepper** 1/2, cut into 3cm chunks
- harissa** 1 tsp (try Al Fez available at gourmet stores)
- oil** 1/2 tsp
- salt and pepper** to season
- yoghurt** to serve

THE PULAO

- olive oil** 1/2 tsp
- onion** 1/4, thinly sliced
- garlic clove** 1/2, chopped
- ginger** a 1cm piece, peeled and finely chopped
- red chilli** 1/2, deseeded and sliced
- salt and pepper** to season
- kale or other mixed greens** 50g, chopped
- basmati rice** 50g, washed
- vegetable stock** 110ml

■ Preheat the oven to 200°C. Put the pumpkin, onions and red peppers on a lined baking tray. Toss with harissa, oil, salt and pepper. Roast for 30 minutes or until golden and tender.

■ Meanwhile, for the pulao, heat the olive oil in a saucepan over medium heat. Add the onion, garlic, ginger and red chilli. Season and cook for 5 minutes or until the onion is translucent. Add the kale, rice and stock. Bring to a boil, reduce the heat to low, cover with a lid and cook for 10-12 minutes or until tender. Serve with the roasted vegetables and some yoghurt.

■ **PER SERVING** 371 kcals, protein 10g, carbs 68g, fat 5g, sat fat 1g, fibre 7g, salt 0.5g

SATURDAY

Korean zucchini pancakes

Serves 1 ■ 40 minutes ■ EASY

In this famous Korean recipe, zucchini is coated in a batter of flour and egg and then cooked until browned. It is usually served with soy dipping sauce.

all-purpose flour (maida) 60g

egg 1/4

salt a good pinch

zucchini 125g, julienned or coarsely grated

oil 1/2 tsp + extra 1 tsp

freshly ground black pepper a pinch

spring onion 1, finely sliced

THE DIPPING SAUCE

soy sauce 1 tbsp

rice wine vinegar 1 tbsp (try Blue Dragon available at gourmet stores)

sesame oil 1/2 tsp (try RRO available at gourmet stores)

garlic clove 1/2, crushed

chilli flakes a pinch

■ Place the flour in a bowl and whisk in the egg along with 50-60ml of water and salt to make a thick batter. Leave it to rest for 10 minutes.

■ Make the dipping sauce by mixing all the ingredients together. Keep aside.

■ Add the zucchini to the batter along with 1/2 tsp oil and black pepper, and mix thoroughly.

■ Heat the remaining oil in a frying pan, when it's very hot, ladle in enough mixture to cover the base of the pan completely. Cook until the underneath is set, then slide it out onto a plate and invert it into the pan to cook the other side.

■ Slide out the cooked pancake and keep warm in a low-heat oven while you make more. If you use an average-sized frying pan, you should end up with 2 thick pancakes.

■ Cut the pancakes into wedges and serve with the dipping sauce.

■ **PER SERVING** 312 kcal, protein 31.2g, carbs 50.5g, fat 50.5g, sat fat 1.4g, fibre 1.4g, salt 2.9g





If you want to roast your own peppers, grill them until they are charred, then pop in a food bag to cool before peeling

SUNDAY Walnut and red pepper pasta

Serves 1 ■ 30 minutes ■ EASY ■ V

It's well worth making your own pesto – this one, with sweet red peppers and earthy walnuts, knocks spots off shop-bought jars.

short pasta (use strozzapreti or macaroni) 100g
walnuts 25g
roasted red peppers from a jar 1, roughly chopped (try Jamie Oliver available at gourmet stores)
parmesan 1 tbsp + extra to serve
garlic clove 1/2 small, roughly chopped
basil leaves a large handful + a few extra to serve
extra virgin olive oil 1tsp
salt and pepper to season
mascarpone 2 tbsp (try President available at gourmet stores)

- Cook the pasta following pack instructions.
 - Meanwhile to make the pesto, toast the walnuts in a dry pan for a few minutes. Add half the walnuts to the bowl of a food processor along with the red pepper, parmesan, garlic, basil, oil and seasoning. Whizz to a paste, adding a splash of water from the pasta if it is a little dry.
 - Drain the pasta, reserving a cup of the water. Return the pasta to the pan and set over low heat.
 - Add the pesto, mascarpone and 1 tbsp of the reserved pasta water, and stir until the mascarpone melts. Add a splash more of pasta water if the sauce needs thinning. To serve, crush the remaining walnuts and scatter over the pasta along with basil leaves and parmesan.
- PER SERVING 589 kcals, protein 19g, carbs 56g, fat 33g, sat fat 8g, fibre 1g, salt 0.2g

FOR A LIST
OF STORES
THAT STOCK
GOURMET
INGREDIENTS,
TURN TO P 153

treats to go

Perk up your lunch hour with these easy yet sassy winners

Sweet potato and pea puffs

Makes 8 ■ 35 minutes + baking

■ EASY

Recipe RENUKA PATEL

■ To make the filling, heat **1 tsp oil** in a frying pan. Add **1 tsp cumin seeds** and let them sizzle for a few seconds. Tip in **125g peeled and finely diced sweet potatoes**, **100g peeled and cubed carrots**, **1/2 cup green peas**, **1 finely chopped fresh red chilli**, **1/2 tsp sugar**, **1 tsp garam masala**, **1/4 tsp turmeric powder** and **1/4 tsp salt**.

■ Add **4 tbsp water**. Lower the heat, cover and cook for 8-10 minutes or until the vegetables are tender. Uncover and cook until all the water evaporates. Remove from the heat and stir in **1/2 finely chopped onion**, **a handful each of roughly chopped**

coriander and mint leaves and **1 tsp lime juice**. Let it cool.

■ Heat the oven to 180°C. Roll out **300g puff pastry** on a lightly dusted surface, to a 20cmx40cm rectangle, then cut into 8 equal squares. Spoon a tablespoon of the filling in the centre of each square and brush the edges of the pastry with **egg wash**. Fold over to form a triangle, press the edges together and score with a fork.

■ Place on a baking sheet, brush with some more egg wash, sprinkle with **a handful of sesame seeds** and bake for 20 minutes until well risen and golden brown. Eat warm with chutney or ketchup.

■ PER SERVING 160 kcals, protein 3g, carbs 16g, fat 9g, sat fat 4g, fibre 2g, salt 0.6g

Chickpea and spinach chapati rolls

Serves 4 ■ 20 minutes ■ EASY ✓

■ Heat **1 tbsp oil** in a large pan. Add **2 sliced onions** and **1 thumb-sized piece of grated ginger**. Cook for 5 minutes or

until it becomes soft and translucent. Add **1 tbsp garam masala** and cook for 1 minute. Add **2 thinly sliced tomatoes** along with **400g boiled chickpeas**. Cook for 5 minutes along with **1/2 cup water**. Let the sauce thicken to a coating consistency. Stir in **1/2 bunch spinach**, a handful at a time. Take it off the flame and let the spinach wilt a little. Season.

■ To make the rolls, heat **8 chapatis**. Take one at a time and place a spoonful of the curry in the centre of the chapati along with **a spoonful of yoghurt**. Roll it up and pack.

■ PER SERVING 424 kcals, protein 19g, carbs 64g, fat 12g, sat fat 2g, fibre 7g, salt 1.81g

Pumpkin falafel pockets

Serves 4 ■ 50 minutes ■ EASY ✓

■ Cut **500g pumpkin** into medium-sized wedges. Place in a microwave-safe bowl and cover it with cling-film. Cook on high for 10 minutes or until soft. Allow it to cool.

■ Meanwhile, add **200g boiled chickpeas**, **1 garlic clove**, **1/2 tsp chilli flakes**, **1 tsp cumin powder**, and **a handful of roughly chopped parsley** to a food processor and whizz until the chickpeas are finely chopped but not smooth. Scoop the pumpkin flesh from the skin and add it to the chickpea mix, along with **1/4 cup breadcrumbs** and **1/2 tsp salt**. Give everything a good stir and then shape into 12 small patties with your hands. Put the falafels on a plate and cool for 10 minutes. To finish the falafels, shallow-fry them on a pan with **2 tbsp oil** until crisp and golden on both sides.

■ To make the salad, mix together **a handful of parsley**, **2 coarsely grated carrots** and **1/2 finely sliced red onion**. Crumble **100g feta** on top.

■ To pack, split **4 pita breads** lengthwise and fill each with the falafels and some of the salad.

■ PER SERVING 346 kcals, protein 17g, carbs 54g, fat 8g, sat fat 4g, fibre 9g, salt 1.91g



Sweet potato and pea puffs

Ready in 30

Whip up these delicious recipes in half an hour or less



Neem begun

Serves 1 ■ 10 minutes ■ EASY ■ V ■ J

brinjal 100g, cubed

salt 1/2 tsp + extra to taste

turmeric 1/2 tsp

oil 4 tbsp

baby neem leaves a handful

■ Coat the brinjal with salt and turmeric.

■ In a pan, heat the oil until it reaches its smoking point. Reduce the heat and fry the neem leaves until crisp. Remove and keep aside.

■ Add the brinjal to the same oil and cook until soft. Add a little water, if required, to help it cook through. Once cooked, add the fried neem leaves. Adjust seasoning and serve immediately.

■ PER SERVING 127.75 kcals, protein 0.4g, carbs 1.13g, fat 13.65g, sat fat 0.81g, fibre 0.85g, salt 0.3g

Spicy cauliflower pakoras with coconut yoghurt dip

Serves 4 ■ 25 minutes ■ EASY ■ V

oil 2 cups, for frying

cauliflower 500g, cut into florets

mango chutney to serve

chaat masala a pinch

THE BATTER

gram flour (besan) 140g

salt 1 tbsp

fennel seeds (saunf) 1/2 tsp, crushed

cumin powder 1 tsp

turmeric powder 1 tsp

mustard seeds 1 tsp (optional)





coconut milk 150ml
curry leaves 8-10
ginger a 1-inch piece, finely grated
garlic cloves 2, crushed
green chilli 1, finely sliced
spring onions 2, sliced

THE COCONUT YOGHURT DIP

yoghurt 100g
coconut milk 2 tbsp
mint a handful, roughly torn + extra to garnish

■ For the batter, put the gram flour in a large bowl, add 1 tsp salt then stir in

the fennel seeds, cumin and turmeric powders and mustard seeds. Using a whisk, gradually work in the coconut milk to make a thick batter. Add the ginger, garlic, chilli and spring onions. Tip in the cauliflower florets and mix well to coat.

■ Heat the oil in a medium-deep saucepan. When the oil is hot enough, drop the cauliflower florets into it. Do not fry more than 5-6 florets at a time, or the oil will lose its sizzle.

■ Fry for 5-6 minutes, carefully turning them with a perforated spoon until golden on all sides. Drain, and place on

a kitchen towel to absorb the excess oil.

■ For the dip, mix the yoghurt, coconut and mint, then season with salt.

■ Place the pakoras on a platter, sprinkle with a little chaat masala and reserved mint leaves, if you like. Serve with the dip and mango chutney.

■ *PER SERVING 409.75 kcals, protein 13.05g, carbs 33.39g, fat 26.03g, sat fat 10.59g, fibre 8.42g, salt 1.8g*

Sweet potato and rosemary soup with garlic toasts

Serves 4 ■ 30 minutes ■ EASY ✓

This rustic soup is super quick and inexpensive to make but is full of flavour.

olive oil 2 tsp + extra for brushing
onion 1, chopped
garlic cloves 3
sweet potatoes 750g, peeled and cubed
vegetable stock 1l
rosemary sprigs 2
salt and pepper to season
ciabatta bread 8 slices

■ Heat the oil in a saucepan, then fry the onions until soft. Crush 2 garlic cloves, add to the onion, then fry for 1 minute more. Stir in the sweet potatoes, then cover with the stock and bring to a boil. Strip the leaves from one of the rosemary sprigs, and add to the pan. Simmer for 10 minutes until the potatoes are soft.

■ Meanwhile, heat the oven to 200°C. Place the bread on a baking sheet, then brush with olive oil. Slice the remaining garlic clove in half, then rub the cut side over the bread along with the leaves from the second rosemary sprig. Season, then bake for 10 minutes until crisp and golden.

■ Use a hand blender to roughly purée the soup, adding a cup of hot water if it seems too thick. Season well, then pour into warmed bowls and serve with the toasts.

■ *PER SERVING 458 kcals, protein 20g, carbs 84g, fat 7g, sat fat 1g, fibre 7g, salt 2.49g*

Sweet and sour dal with grilled aubergine

Serves 2 ■ 30 minutes ■ EASY ✓

Spice up dinner with this healthy recipe that's high on fibre and packed with iron.

red lentils 100g, rinsed
turmeric 1 tsp
tamarind paste 1 tbsp
salt 1 tbsp
vegetable oil 2 tbsp
onion 1, thinly sliced, mixed with
garlic clove 1, finely chopped,
ginger a 3cm piece, grated,
curry powder 1 tsp, or
bhuna masala 2 tbsp
aubergine 1, cut into 2cm slices
coriander leaves to garnish

cooked basmati rice and **lime** or
mango chutney to serve

■ Cover the lentils, turmeric and tamarind paste with 500ml water. Add 1/2 tbsp salt and boil for 15 minutes or until very soft. Skim off any foam.

■ Meanwhile, heat 1 tbsp of the oil and cook the onion, garlic, ginger and

curry powder or bhuna masala for 3-4 minutes. Pour in the lentil mixture and cook for another 10 minutes.

■ Meanwhile, heat a griddle pan. Rub the remaining oil over the aubergine. Season with the remaining salt. Grill for 2-3 minutes on each side until cooked through and charred. Garnish with fresh coriander leaves. Serve with basmati rice and chutney if you like.

■ **PER SERVING** 325 kcals, protein 15g, carbs 41g, fat 13g, sat fat 1g, fibre 7g, salt 0.72g



Rigatoni with artichoke, olives and lemon

Serves 2 ■ 30 minutes ■ EASY ✓

This speedy vegetarian pasta dish with fresh flavours of the Mediterranean is delicious and simple enough to become a midweek staple.

rigatoni 150g (try Barilla available at gourmet stores)

olive oil 2 tbsp

garlic clove 1, crushed

artichoke hearts 150g bottle,

drained, halved and grilled (try Ponti available at gourmet stores)

green olives 10, pitted and halved (try Fragata available at gourmet stores)

lemon 1/2, zested and juiced

flat-leaf parsley a small bunch, chopped

salt to taste

pepper a pinch



■ Cook the rigatoni following packet instructions. Drain the pasta, keeping 2-3 tbsp of the cooking water.

■ Gently heat the olive oil in a pan and cook the garlic for a few minutes. Add the artichokes and olives, and stir until heated through. Add the pasta, cooking water, lemon juice and zest, and parsley to the artichoke pan and toss everything together. Season well and serve.

■ **PER SERVING** 416 kcals, protein 10.5g, carbs 41.3g, fat 22.5g, sat fat 2.7g, fibre 3.9g, salt 1.9g

If you have more time, use fresh artichoke hearts and slightly increase the quantity of lemon juice and olives





Sag also

Serves 4 ■ 25 minutes ■ EASY ✓

Nutritious spinach makes the base for this traditional healthy dish, combined with potato and spices.

sunflower oil 2 tbsp
onion 1, finely chopped
garlic cloves 2, sliced
ginger 1 tbsp, chopped
potatoes 500g, peeled and cut into 2cm chunks
red chilli 1 large, halved, deseeded and finely sliced
black mustard seeds 1/2 tsp
cumin seeds 1/2 tsp
turmeric 1/2 tsp
salt 1/2 tsp
spinach leaves 250g, washed

■ Heat the oil in a pan, add the onions, garlic and ginger and fry for about 3 minutes. Stir in the potatoes, chillies, mustard and cumin seeds, turmeric and salt, and continue cooking and stirring for 5 more minutes. Add a splash of water, cover with a lid, and cook for 8-10 minutes.

■ Check whether the potatoes are ready by spearing with the tip of a knife, and if they are, add the spinach and let it wilt into the pan. Take off the heat and serve.

■ PER SERVING 402 kcals, protein 14g, carbs 54g, fat 14g, sat fat 2g, fibre 10g, salt 2.2g



Chana kanghou

Serves 2 ■ 20 minutes + overnight soaking ■ EASY ✓

This traditional Manipuri dish pairs well with dal-chawal or rotis. It is popular as a bar snack too.

kala chana 250g
oil 2 tsp, for frying
bay leaves 2
green or red chillies 2-3, sliced
tomatoes 2, coarsely chopped
onion 1, coarsely chopped
turmeric 1 tsp
salt to taste
coriander leaves to garnish

■ Soak the chana overnight. The next morning, wash, drain and keep aside.

■ Heat the oil in a pan and while it is hot, add bay leaves, chillies, tomatoes and onions, and allow the mixture to splutter. Add turmeric and salt. Stir for 2 minutes and then add the chana.

■ Fry for 10 minutes, making sure that it doesn't get burnt but is well fried and has a crisp texture. Garnish with chopped coriander and serve.

■ *PER SERVING* 535 kcals, protein 22.82g, carbs 86.82g, fat 11.12g, sat fat 0.69g, fibre 27.93g, salt 0.3g



Spicy zucchini pita pockets

Serves 1 ■ 20 minutes ■ EASY ✓

Treat yourself to a solo supper of grilled vegetables, served in bread pockets with broad beans, harissa, hummus and tahini.

zucchini 1, trimmed and thinly sliced lengthways

harissa paste 2 tsp (try Al Fez available at gourmet stores)

olive oil 2 tsp

salt and pepper to season

broad beans a small handful

hummus 2 tbsp (try Al Fez available at

gourmet stores)

spring onion 1, finely sliced

tahini 1 tsp (try Al Fez available at gourmet stores)

garlic clove 1 small, crushed

lemon juice a squeeze

yoghurt 1 tbsp

wholewheat pita 1 large

■ Toss the zucchini slices in the harissa and olive oil, then season. Cook on a hot griddle pan for 2 minutes on each side or until tender. Transfer to a plate and set aside.

■ Cook the broad beans in boiling water for 2 minutes, drain under cold running water, and de-skin them. Discard the skins. Put the broad beans, hummus and spring onions in a bowl and mix well.

■ In another bowl, mix the tahini, garlic, lemon juice and yoghurt. Toast the pita and halve to create 2 pockets. Spoon the hummus mix inside each pocket, followed by the zucchini slices and a drizzle of the yoghurt mixture.

■ *PER SERVING 470 kcal, protein 21g, carbs 48g, fat 21g, sat fat 4g, fibre 12g, salt 1.9g*

TASTE TEAM COMMENT

This healthy and filling dish was highly appreciated by my family. The use of wholewheat pita is a good option as it is high in fibre. However, since I did not have harissa, I used a garlic and peanut chilli sauce to grill the sliced zucchini. I used boiled French beans instead of broad beans and replaced the hummus with a flavourful garlic dip. Madhu Alokjee is a freelance content writer and nutritionist based in New Delhi.



veg with an EDGE

Think veggies are boring? Vicky Ratnani's knockout recipes will make you eat your words. Literally!

Recipes adapted from VICKY GOES VEG by VICKY RATNANI
Photographs SAKINA ZOJWALA

**Pink and black peppered cottage
cheese tournedos** (recipe on p 64)

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Hing-roasted pumpkin
(recipe on p 64)



“Vicky Goes Veg, my latest book, and turning vegetarian for a while, changed my life and attitude towards our local produce. For a chef, especially someone who has worked most of his life overseas, veggies often took a backseat while creating dishes. In this book, I have chosen vegetables that most of us don’t attempt to make regularly at home but have added international flavours (the Middle East, Mediterranean, Latin America and the Orient) and interesting techniques for a delightful twist. The chaat, an all-time-favourite, gets a lip-smacking makeover, the risotto is colourful and inspired by Maharashtrian flavours, and the slow-roasted pumpkin and cottage cheese tournedos are guaranteed to make you relish your veggies like never before. I hope you enjoy these recipes. Happy cooking, and love from my kitchen.”

-Vicky Ratnani, celebrity chef



Sweet potato fries with amla aioli

Serves 2 ■ 25 minutes + chilling

■ EASY ▽

While frying the sweet potato chips, make sure the oil is hot enough. These crunchy chips pair well with the spicy, tangy gooseberry dip.

sweet potato 1 medium-sized, washed and sliced into wafer-thin pieces

THE DIP

eggless mayonnaise 2-3 tbsp (try Fun Foods available at gourmet stores)

garlic cloves 3

onion 1 tbsp, finely chopped

pickled jalapeños 3-4 (try Lindsay available at gourmet stores)

basil 2-3 leaves

amla pickle 1 tbsp

salt and pepper a pinch each

thyme a few sprigs

jalapeño juice (from the bottle)

1 1/2 tsp

THE BATTER

rice flour 4 tbsp + 1 tbsp extra for dredging

cornflour 4 tbsp + 1 tbsp extra for dredging

club soda 80ml

chilli flakes a big pinch

oregano leaves a handful

salt a generous pinch



Stuffed bitter gourd with
onions, broccoli and cheese
(recipe overleaf)

■ Keep the sliced sweet potato in a bowl of chilled water until ready to use.
 ■ To make the dip, blend all the ingredients together, and chill until ready to serve.

■ For the batter, whisk all the ingredients in a stainless steel or glass bowl.

■ Drain the sweet potato and dredge the slices in the rice flour and cornflour mixture. Dunk the slices in the batter and then deep-fry in hot oil. Serve with the amla dip.

■ **PER SERVING** 298.5 kcals, protein 3.33g, carbs 68.51g, fat 1.11g, sat fat 0.17g, fibre 4.54g, salt 3.6g

Stuffed bitter gourd with onions, broccoli and cheese

Serves 4 ■ 40 minutes + soaking and chilling ■ **EASY** ✓

Bitter gourd is a powerhouse of nutritional properties - it has traditionally been used to treat diabetes and is now available in several forms, right from teas and juices to pills. Soak the bitter gourd in salted water to get rid of the excess bitterness.

bitter gourds 8 medium-sized, peeled, halved lengthwise, seeds and flesh scooped and discarded

THE FILLING

onions 2-3 medium-sized, chopped into fine cubes

yellow bell pepper 1/2, chopped into fine cubes

broccoli 1 head, florets and stems chopped into fine cubes

olive oil 4 tbsp

cinnamon powder a pinch

clove powder a pinch

red chilli flakes a pinch

brown sugar 1/2 tsp

balsamic vinegar a dash (try Ponti available at gourmet stores)

salt and pepper to taste

emmental cheese 1/2 cup, cubed (try President available at gourmet stores)

THE SPICE DUST

chickpea flour 5 tbsp

cornflour 5 tbsp

onion powder 1 tbsp

cumin powder 1 tsp

salt 1/2 tsp and **pepper** a pinch to taste

■ Soak the bitter gourd in a bowl of salted water for about 1 hour. Then remove, squeeze out the excess water and pat dry.

■ To make the filling, sweat the onions, bell pepper and broccoli in 1 tbsp olive oil for 2-3 minutes. Add the cinnamon powder, clove powder, red chilli flakes, brown sugar and balsamic vinegar together. Season to taste. Let it cool, then add the emmental cubes to the mixture.

■ Spoon the filling into one half of the bitter gourd and then firmly cover it with the other half. Roll into a sausage shape using cling-film or aluminium foil. Repeat with the remaining bitter gourds. Refrigerate for 40 minutes.

■ Prior to pan-frying, remove the foil or the cling-film, and turn the sausage-shaped rolls in a mixture of chickpea flour, cornflour, onion powder and cumin powder. Pan-fry in 3 tbsp olive oil for 10-12 minutes on a medium heat, covered, until golden brown on all sides. Remove and slice into roundels. Serve hot.

■ **PER SERVING** 882 kcals, protein 31.42g, carbs 89.71g, fat 45.22g, sat fat 14.76g, fibre 14.65g, salt 0.7g

Lentil and charred broccoli chaat

Serves 2 ■ 30 minutes ■ **EASY** ✓

When I first combined chaat masala with balsamic vinegar and honey, it elevated the chaat to another level. You can substitute the broccoli with cauliflower, and use any kind of beans for this dish.

olive oil 1 tbsp

broccoli florets 8, washed

salt and pepper to taste

ripe papaya 100g, peeled and diced into bite-sized chunks

sweet lime 1/2, peeled and cut into crescent-shaped segments

black beans 40g, cooked

baby potatoes 2-3, cooked and quartered

red onion 1/2, chopped

black salt 1/4 tsp

cracked black pepper a pinch

fenugreek (methi) leaves a handful

THE DRESSING

chaat masala 1/2 tsp

Tabasco 1/2 tsp

dried raw mango powder (amchoor) 1/2 tsp

olive oil 1 tbsp

balsamic vinegar 1 tbsp (try Ponti available at gourmet stores)

honey 1 tbsp

■ Splash the olive oil over the broccoli florets. Season well with salt and pepper.

■ Chargrill or roast in a preheated oven for 10 minutes. You can also steam or sauté it, if you like. Once the broccoli is charred, keep it aside.

■ In a bowl, add the papaya, sweet lime, black beans, baby potatoes and red onions. Season with black salt and cracked black pepper. Add the charred broccoli to the bowl and toss well.

■ For the dressing, whisk all the ingredients together and use it to dress the chaat. Transfer to a plate and garnish with fenugreek leaves for an added crunch.

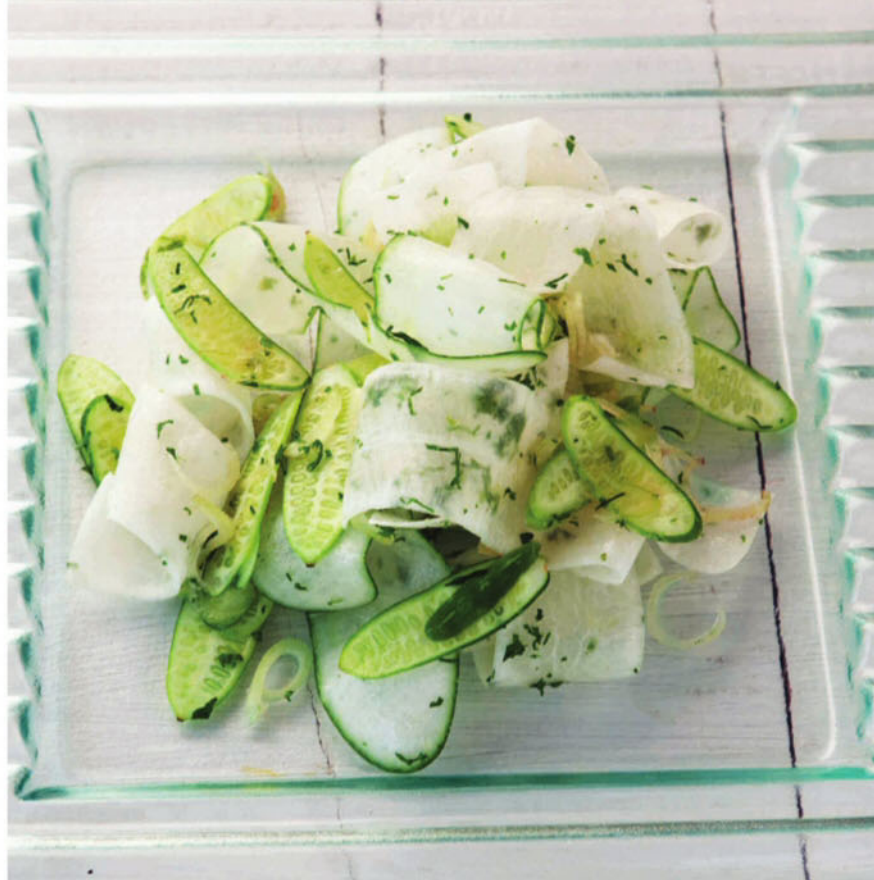
■ **PER SERVING** 331.5 kcals, protein 43.46g, carbs 287.88g, fat 14.46g, sat fat 2.04g, fibre 33.72g, salt 1g



TASTE TEAM COMMENT

The lovely amalgamation of fruits and vegetables makes this salad very refreshing along with the excellent combination of textures. I substituted the black beans with kidney beans and used fresh lime juice with the balsamic vinegar. Using fresh fenugreek leaves as a garnish lent a pleasant flavour. Vrinali Patwardhan is a Mumbai-based chartered accountant who likes to experiment in the kitchen.





Cucumber and tendli carpaccio

Serves 2 ■ 20 minutes + refrigerating

■ EASY ✓

This light dish calls for chunky, homemade pesto to amplify the flavours. Pesto means 'paste' in Italian. If you want to turn up the heat quotient, add some fresh chillies to it.

cucumber 1 medium-sized, peeled and sliced lengthwise into thin ribbons

ivy gourd (tendli) 3, sliced lengthwise into thin ribbons

white radish 1/2 medium-sized, peeled and sliced lengthwise into thin ribbons

THE MARINADE

sugar 1/2 tsp

salt 1/2 tsp

vinegar 1 tsp

dill 1 tsp, chopped

fennel 1/4, sliced

spring onions 2 tsp, sliced

lemon juice 1 tsp

olive oil 2 tsp

THE RED PEPPER AND PEANUT

PESTO

red bell pepper 1/2, roasted and peeled

unsalted skinned toasted peanuts
3 tbsps

ginger 1/2 tsp

green chilli 1/2

olive oil 2-3 tbsps

apple 1/2

jaggery 1 tbsp

apple cider vinegar 1 tbsp (try Ponti available at gourmet stores)

coriander leaves 1/3 cup, chopped

■ To make the marinade, whisk the sugar and salt along with the vinegar, dill, fennel, spring onions and lemon juice. Blend in the olive oil. Apply the marinade over the vegetable ribbons and let it rest in the refrigerator for about 1 hour.

■ For the pesto, whizz all the ingredients together until you achieve an orange coloured pesto.

■ Place the vegetables on a plate, spoon over some pesto and serve.

■ **PER SERVING** 358 kcal, protein 5.23g, carbs 23.52g, fat 28.58g, sat fat 4.01g, fibre 4.58g, salt 0.6g

Green chilli and raw mango risotto

Serves 2 ■ 40 minutes ■ EASY ✓

In Spanish and Italian cooking, sofrito is an aromatic base used to flavour sauces, stews and rice dishes. In India, a sofrito would be a mix of chopped onions, ginger,

garlic and chillies seared in oil or ghee as a base for many curries and sauces. The chopped leeks, celery and spring onions bring out the flavours, textures and colours in the dishes.

leeks 1 tbsps, finely chopped

spring onions 2 tbsps, finely chopped

celery 1 tbsps, finely chopped

butter 10g

olive oil 1 tbsps

green chilli 1, finely chopped

arborio rice 1 cup (try De Cecco available at gourmet stores)

white wine 1/4 cup (optional)

vegetable stock 3 cups

flat-leaf parsley a few sprigs

chives 1 tbsps, chopped

garlic clove 1, chopped

parmesan 20g, grated

blue cheese 20g, grated (try Castello available at gourmet stores)

salt 1/4 tsp and **pepper** a pinch

basil leaves 2-3, torn

THE RADISH AND RAW MANGO SALAD

raw mango 1/2, sliced

radish 1/2, medium-sized, sliced

lemon 1/2, juiced

olive oil 1/2 tbsps

salt and pepper a pinch each, to season

■ In a heavy-bottomed pan, sweat the leeks, spring onions and celery along with butter and oil. Add the green chilli and sauté for 2 minutes.

■ Add the rice and fry along with the vegetables until the grains are evenly coated with the butter and oil. Add the white wine, if using. Ladle the vegetable stock, a little at a time, until the rice absorbs it. Continue to do so until the rice is al dente. You will need about three times the amount of stock to the quantity of rice.

■ Add the parsley, chives, garlic, parmesan and blue cheese. Season with salt and pepper. Garnish with torn basil leaves.

■ To make the salad, mix all the ingredients together and serve with the risotto.

■ **PER SERVING** 481.5 kcal, protein 10.69g, carbs 69.17g, fat 22.83g, sat fat 10.42g, fibre 1.86g, salt 2g

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Pink and black peppered cottage cheese tournedos

Serves 2 ■ 45 minutes ■ EASY ✓

A *tournedo* conventionally refers to a small round thick cut from a fillet of beef. This recipe makes use of cottage cheese to make *tournedo*-like slices, which are then coated in a spinach-and-mustard marinade and served with carrot sauce on the side.

paneer 225g, sliced into 4 thick discs
butter 1 tbsp
olive oil 1 tbsp
pink peppercorns 1 tsp, roasted, toasted and crushed coarsely
black peppercorns (peepili) 3-4 pieces, roasted, toasted and crushed coarsely

THE MARINADE

basil leaves 3
garlic clove 1
chives 1/2 tsp, chopped
cashewnuts 10
lemon 1/2, juiced and zested
spinach 2 tbsp, blanched
kasundi 1 tbsp
salt 1/4 tsp and **pepper** a pinch to taste

THE SAUCE

leeks 70g, finely chopped
carrots 2, finely chopped
ginger a 1-inch piece, finely chopped or minced
butter 10g
white wine 30ml
orange 1/2, juiced
vegetable stock 200ml
salt 1/4 tsp and **pepper** a pinch to taste
cream 1 tbsp
tarragon a few sprigs, chopped

■ To make the marinade, combine the basil, garlic, chives, cashewnuts, lemon juice and zest, spinach and kasundi in a mixer. Season with salt and pepper.

■ For the *tournedos*, rub the sliced paneer with this marinade and then quickly pan-sear in a hot pan with a little butter and oil. Pat the paneer with the crushed pink and black peppercorns. Finish by letting it cook in the oven for 10 minutes at 180°C.



■ Meanwhile, to make the sauce, sweat the leeks, carrots and ginger in the butter for 4-5 minutes. Add white wine, cook for 30 seconds, then add the orange juice and vegetable stock. Bring to a boil, then simmer for 10 minutes. Let it cool slightly. Blend and sieve through a fine strainer.

■ Reheat the sauce just before serving. Add the cream and chopped tarragon. Serve the *tournedos* with the sauce.

■ PER SERVING 644 kcals, protein 27.39g, carbs 28.24g, fat 53.17g, sat fat 28.78g, fibre 5.29g, salt 1.1g

Hing-roasted pumpkin

Serves 2 ■ 25 minutes + baking

■ EASY ✓

This spiced roasted dish is an example of how the humble pumpkin can be transformed into a delicious starter.

pumpkin 500g, unpeeled
garlic 1 head, skin-on
salt a pinch
olive oil 1 tsp
spring onion greens, coriander leaves and orange zest to garnish

THE MARINADE

olive oil 2 tbsp
thyme 1 sprig
wholegrain mustard 1 tsp (try Tracklements available at gourmet stores)
smoked paprika 1/2 tsp (try Ahumado available at gourmet stores)
brown sugar 1/2 tsp (try Tate & Lyle available at gourmet stores)
salt 1/2 tsp

cinnamon powder 1/3 tsp
white pepper 1/2 tsp
asafoetida (hing) a pinch

THE DRESSING

hung yoghurt 2 tbsp
roasted cumin seed powder a large pinch
cardamom powder a large pinch
sumac powder a large pinch (try Al Fez available at gourmet stores)
black salt a large pinch
basil leaves 4-5


■ Preheat the oven to 180°C. Season the garlic with a pinch of salt and olive oil. Wrap in foil and bake for 30 minutes. Meanwhile, cut the pumpkin into 2-cm thick wedges. Do not peel the pumpkin right now – it is easier to peel after it is cooked. Remove the garlic from the oven and let it cool.

■ For the marinade, blend all the ingredients together until you achieve a smoothie-like consistency.

■ In a baking tray, place the pumpkin wedges and pour the marinade all over it. Rub it into the pumpkin. Bake for 30-40 minutes at 180°C. Unwrap the garlic and peel it. Use only 2 cloves for the dressing. The remaining can be refrigerated and used later.

■ To make the dressing, whizz all the ingredients together. Let the pumpkin cool and then peel the pumpkin, arrange on a plate and pour the dressing over it. Garnish with spring onion greens, fresh coriander sprigs and orange zest.

■ PER SERVING 266 kcals, protein 5.23g, carbs 24.56g, fat 18.02g, sat fat 2.73g, fibre 2.27g, salt 1.2g



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from the **Hinterland**

Get a real taste of Madhya Pradesh with this unique line-up of authentic dishes made with vibrant, local produce

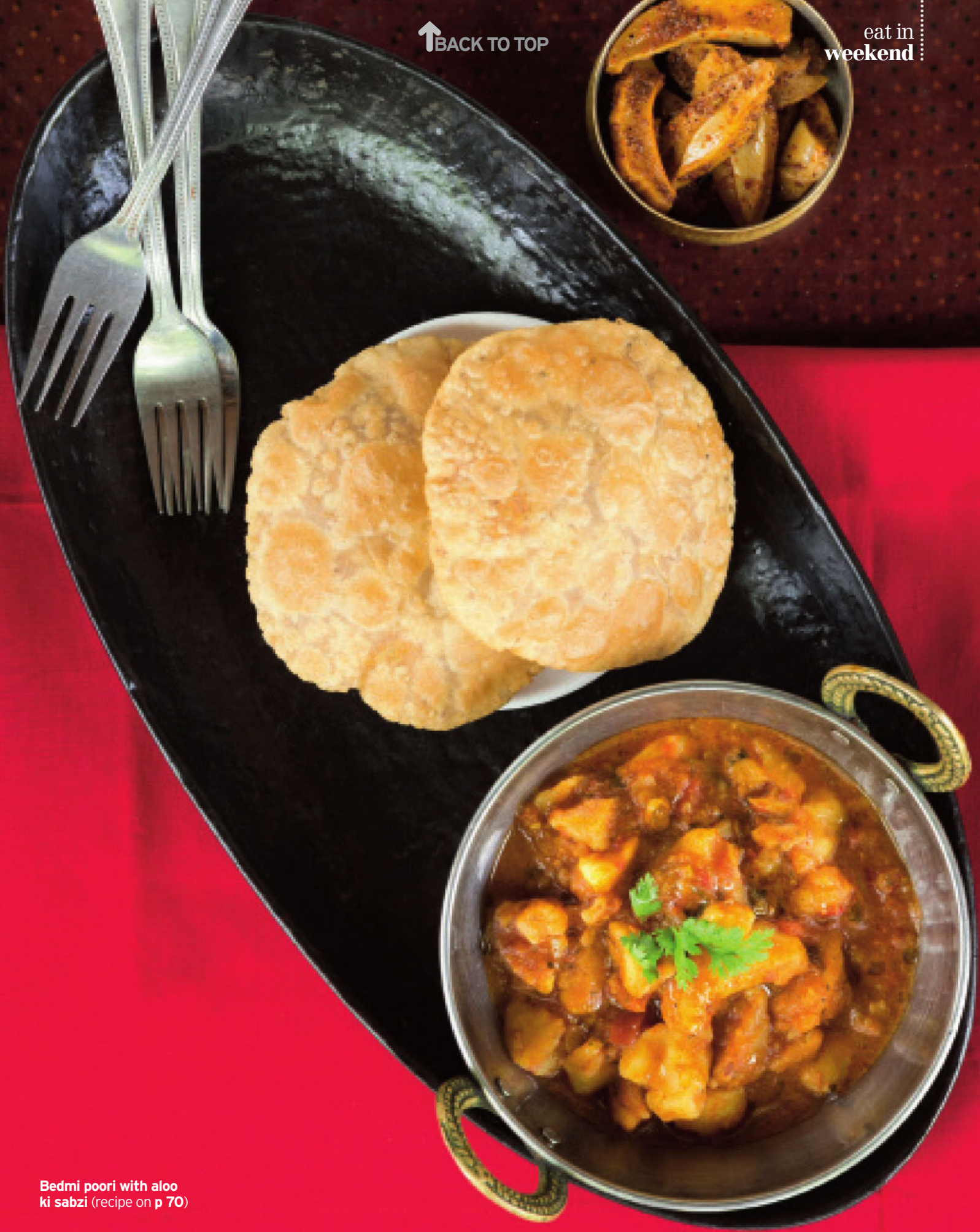
Recipes YADAVENDRA SINGH Photographs JOY MANAVATH Styling SONA BAHADUR



**Laal maat aur
aloo ki sabzi with
Chana dal paratha**
(recipes on p 67)

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**Bedmi poori with aloo
ki sabzi** (recipe on p 70)



“In Madhya Pradesh, the maxim atithi devo bhava (Guest is God) is taken very seriously. Locals go out of their way to treat their guests, indulging them with a rich variety of foods. In fact, it is considered an insult if a guest has any leftover food on the plate after a meal. MP is chiefly a pulse- and grain-eating state. Owing to its vast area, the cuisine varies considerably across regions. Milk- and wheat-based dishes are popular in the northern and western parts, while Indore is famous for its street food. The local bazaar in Indore, known as Sarafa, is transformed into a eating hub at night, with stalls specialising in authentic street fare. With its sizeable Muslim population, the capital city of Bhopal is known for its meat-based delicacies like kormas, biryanis and kebabs along with the famous Bhopali paan, known to have digestive properties. This menu from the kitchen of Samode Safari Lodge in Bandhavgarh brings together some classic vegetarian dishes from the state.”

- Yadavendra Singh, co-owner, Samode Hotels

Laal maat aur aloo ki sabzi

Serves 4 ■ 30 minutes ■ EASY ■ V

This nutritious vegetarian dish cooked in mustard oil features fresh red spinach leaves known as amaranth as the key ingredient.

mustard oil 2 tbsp
asafoetida (hing) a pinch
cumin seeds 1 tsp
mustard seeds 1 tsp
green chillies 2, finely chopped
garlic cloves 5-6, crushed
potatoes 2, medium-sized, peeled and cut into small pieces
red chilli powder 1 tsp
coriander powder 1 tsp
turmeric powder 1/2 tsp
salt 1 tsp + extra to taste
amaranth leaves (laal maat) 500g, washed and roughly chopped
dried raw mango powder (amchoor) 1 tsp

■ In a pan, heat the oil until it reaches its smoking point. Reduce the heat, allow the temperature to decrease slightly. Add the asafoetida, cumin and mustard seeds. Once they begin to crackle, add the green chillies and garlic and sauté for 30 seconds.

■ Add the potatoes, red chilli, coriander and turmeric powders, and salt, along with 3-4 tbsp of water. Cover and cook for 8-10 minutes or until the potatoes are cooked through. Add the chopped amaranth leaves and cook for 3-4 minutes. Stir in the dried mango powder, then switch off the flame. Serve hot.

■ PER SERVING 172.75 kcals, protein 5.57g, carbs 22.08g, fat 8.32g, sat fat 0.83g, fibre 2.43g, salt 0.6g

Chana dal paratha

Serves 4 ■ 1 hour + soaking

■ EASY ■ V

This wholewheat paratha is stuffed with a flavourful Bengal gram mixture consisting of carom seeds, asafoetida and dried raw mango powder.

wholewheat flour (atta) 3 cups
salt 1/4 tsp + extra to taste
oil 1-2 tsp

THE STUFFING

Bengal gram (chana dal) 1 cup, soaked overnight
onion 1, finely chopped
garam masala 1/4 tsp
green chillies 1-2, chopped
asafoetida (hing) 1/2 tsp
carom seeds (ajwain) 1/2 tsp
dried raw mango powder (amchoor) 1/2 tsp
coriander 1/4 bunch, chopped
salt 1 tsp + extra to taste
ghee 8-10 tbsp, for frying

■ To make the dough, in a mixing bowl, add the flour, salt and oil and knead together with 1 cup of water, added at regular intervals. The dough should be soft and pliable. Let it rest for 30 minutes.

■ Meanwhile, for the stuffing, pressure-cook the soaked dal along with 2 cups of water for 1 whistle. Ensure that the dal is not overcooked. Drain and let it cool slightly. Mash it gently with your hands so that it forms a coarse paste.

■ Add the chopped onions, garam masala, green chillies, asafoetida, carom seeds, dried mango powder, coriander and salt to the coarse dal.

■ Divide the dough into 8 portions. Divide the stuffing into an equal number of portions. Take one ball of dough and flatten it slightly using your palms. Place one portion of stuffing in the centre and seal it from all sides.

■ Dust the work surface with flour and using a rolling pin, roll the stuffed ball of dough into the size of a roti.

■ Heat a tawa or a griddle pan. Place the paratha on it and dry-roast on both sides until brown spots begin to appear. Add a spoonful of ghee and fry the parathas until crisp on both sides. Serve hot.

■ PER SERVING 846 kcals, protein 24.98g, carbs 111.69g, fat 35.05g, sat fat 15.77g, fibre 21.34g, salt 0.7g



Bhutte ka kees

Serves 4 ■ 30 minutes ■ EASY ▼

Innate to the streets of Indore, this dish is made with freshly grated corn kernels, desi ghee and coconut. It is gently spiced with green chillies and is eaten as an evening snack.

- fresh corn cobs** 5, husks removed
- ghee** 4 tbsp
- cumin seeds** 1/2 tsp
- asafoetida (hing)** 1/8 tsp
- ginger paste** 2 tsp
- garlic paste** 1 tsp
- green chilli paste** 1/2 tsp
- turmeric powder** 1/2 tsp
- salt** 1 tsp
- milk** 1 cup, warm
- lemon** 1, juiced
- coriander leaves** 1/4 bunch, finely chopped
- grated coconut** 1/2 cup

■ Grate the corn cobs and set aside.

■ In a pan, heat the ghee, then add the cumin seeds and asafoetida and allow it to crackle. Add the ginger, garlic and green chilli pastes to the pan, and sauté until slightly brown.

■ Add the grated corn, turmeric and salt and cook for 1 minute. Add the milk slowly, while stirring continuously. Make sure that the milk is not cold. Bring it to a boil and simmer for 8-10 minutes or until the corn is cooked.

■ Stir continuously, as it might stick to the pan when it begins to thicken. Take it off the flame, add lemon juice and mix well. Garnish with coriander and grated coconut. Serve hot.

■ **PER SERVING** 274.25 kcals, protein 6.14g, carbs 32.27g, fat 16.33g, sat fat 10.38g, fibre 5.30g, salt 0.6g



Palak poori

Serve 4 ■ 40 Minutes ■ EASY V J

These deep-fried spinach pooris flavoured with carom seeds are eaten widely across Indore. They are accompanied by mango chutney and chilli pickle.

spinach 300g, washed
wholewheat flour (atta) 250g
salt 3/4 tsp + extra to taste
oil 1 tbsp + 2 cups extra, for frying
carom seeds (ajwain) 1/4 tsp

■ Bring 2 cups of water to a boil. Add the spinach and let it stand for

30 seconds, then drain and refresh with ice-cold water. Blend in a mixer to make a thick purée and keep aside.

■ Sieve the flour into a bowl. Make a pond in the centre, add salt, 1 tbsp oil, ajwain and 5 tbsp of the spinach purée along with 4-5 tbsp of water. Knead into a hard dough, then cover and keep aside for 20 minutes to rest.

■ Divide the dough into 10-12 portions. Take one ball of dough and roll it out into a poori using a rolling pin.

■ Heat the oil in a deep frying pan and fry the pooris on medium flame, until light brown on both sides. Remove the pooris, drain the oil and place them on a kitchen towel to absorb the excess oil. Serve hot.

■ PER SERVING 377.75 kcals, protein 8.73g, carbs 50.51g, fat 15.88g, sat fat 0.98g, fibre 3.46g, salt 0.5g

Mangodi

Serves 4 ■ 30 Minutes ■ EASY V

These green gram dumplings are cooked in a spicy curry, flavoured with tomatoes, yoghurt and ginger and are usually served with hot rotis.

oil 4 tbsp

green gram dumplings (mangodi)

200g (available at speciality north Indian grocery shops)

yoghurt 1/2 cup

gram flour (besan) 2 tbsp

salt 1 tsp + extra to taste

red chilli powder 1 tsp

coriander powder 1 tbsp

turmeric powder 1/2 tsp

asafoetida (hing) 1/4 tsp

bay leaf 1

cumin seeds 1/2 tsp

dried red chillies 2-3

ginger paste 1/2 tbsp

tomato purée 2 tbsp

garam masala 1/2 tsp

coriander 1/4 bunch, chopped

■ Heat 2 tbsp of oil in a pan. Add the mangodis and sauté until crisp and lightly browned. Drain the excess oil and keep aside.

■ In a bowl, beat together the yoghurt, gram flour, salt, red chilli, coriander and turmeric powders.

■ In another pan, heat the remaining oil. Add the asafoetida, bay leaf, cumin seeds and dried red chillies. Once it crackles, add ginger paste, tomato purée and the yoghurt mixture. Cook until the oil begins to separate.

■ Add the mangodis along with 1 1/2 cups of water and mix well. Cook for 8-10 minutes, until the mangodis are tender. Take it off the heat and add garam masala. Garnish with chopped coriander and serve hot.

■ PER SERVING 337.25 kcals, protein 14.72g, carbs 37.02g, fat 15.05g, sat fat 0.83g, fibre 8.87g, salt 0.6g

Bedmi poori with aloo ki sabzi

Serves 4 ■ 1 hour + soaking

■ A LITTLE EFFORT ▼

This wholesome dish makes for a popular breakfast option. Pooris made from semolina and wholewheat flour are served with potatoes, tempered with cumin seeds and spiked with dried raw mango powder.

wholewheat flour (atta) 250g
semolina (suji) 50g
oil 1 tbsp + 2 cups extra for frying
baking soda 1/4 tsp
salt 3/4 tsp + extra to taste

THE STUFFING

urad dal 1 cup, soaked for 4 hours
oil 1 tbsp
asafoetida (hing) 1/4 tsp
salt 1 tsp + extra to taste
red chilli powder 1/2 tsp
garam masala 1/2 tsp
dried raw mango powder (amchoor) 1/2 tsp
green chillies 2-3, finely chopped
ginger a 1-inch piece, grated
coriander 1/4 bunch, finely chopped

THE SABZI

ghee 1 tsp
cumin seeds 1 tsp
asafoetida (hing) 1/4 tsp
tomato 1, finely chopped
tomato purée 1/2 cup
coriander powder 2 tbsp
turmeric powder 1/2 tsp

red chilli powder 1/2 tsp
potatoes 4-5, boiled and cubed
green chillies 2-3, finely chopped
ginger a 1/2-inch piece, grated
salt 1/2 tsp + extra to taste
dried fenugreek leaves (kasoori methi) 1/2 tsp
coriander 1/4 bunch, finely chopped

■ To make the dough, sieve the flour and semolina together in a bowl. Make a pond in the centre of the flour mixture, add 1 tbsp oil, baking soda and salt to it and mix well. Add water, a little at a time, and knead into a semi-soft dough. Cover and keep aside for 20 minutes.



■ For the stuffing, make a coarse paste using the soaked urad dal. Heat the oil in a pan. Add asafoetida, the dal paste, salt, red chilli, garam masala and dried raw mango powders along with the green chillies, ginger and coriander. Sauté for 3-5 minutes, stirring continuously. Take it off the flame and let it cool.

■ For making the pooris, divide the dough into 10-12 portions and roll them into small balls.

■ Divide the stuffing into an equal number of portions. Take each portion of the dough and flatten it out slightly. Place the stuffing in the centre and seal from all sides. Slightly flatten the stuffed piece using your palms and then roll it out into a thick poori, with a diameter of about 10-12cm. Repeat for the remaining portions.

■ Heat the oil in a deep frying pan. Fry the pooris on a medium heat, until brown on both sides. Remove the pooris, drain the oil and place them on a kitchen towel to absorb the excess oil.

■ To make the sabzi, heat the ghee in another pan. Add cumin seeds and asafoetida and allow them to crackle. Add the tomatoes and tomato purée and sauté for a minute.

■ Add coriander, turmeric and red chilli powders and sauté for 30 seconds more. Add the potatoes along with the green chillies and ginger and mix well. Stir in 1 cup of water and salt. Cover and cook for 5-7 minutes, then remove from the flame. Garnish with dried fenugreek and coriander leaves. Serve hot, along with the bedmi pooris.

■ **PER SERVING** 669.5 kcal, protein 15.14g, carbs 105.36g, fat 21.31g, sat fat 2.02g, fibre 9.49g, salt 1.4g

Dal hara chana bhaji

Serves 4 ■ 45 minutes + soaking

■ **EASY** 

This lentil preparation is made with urad dal and hara chana leaves. The dal is tempered with ghee, asafoetida, cumin and red chilli powder and eaten with chapatis or dal pulao.

dried hara chana leaves 100g, soaked in water for 2-3 hours

ghee 50g

asafoetida (hing) 1/4 tsp

whole cumin 1 tsp

whole red chillies 3-4

bay leaves 2-3

ginger a 1-inch piece, chopped

green chillies 2, chopped

salt 1 tsp + extra to taste

urad dal 200g, skins-on, soaked in water for 30 minutes

lemon 1, juiced

garam masala 1/2 tsp

coriander 1/4 bunch, chopped

THE TEMPERING

ghee 25g

whole cumin seeds 1/2 tsp

asafoetida (hing) 1/4 tsp

red chilli powder 1/2 tsp

■ Drain the hara chana leaves and set aside.

■ Heat the ghee in a pressure cooker. Add the asafoetida, cumin, red chillies and bay leaves and allow them to crackle. Add ginger, green chillies and salt, along with the soaked dal. Sauté for 1 minute and then add 4 cups of water. Cover and pressure-cook the dal for 30 minutes.

■ Take the pressure cooker off the flame, let out the steam and open the lid. Add the hara chana leaves to the dal and heat for 10 more minutes or until cooked through. Take it off the flame. Add lemon juice and garam masala and keep aside.

■ For the tempering, heat the ghee in a small pan. Add whole cumin and asafoetida, and take it off the flame once it begins to crackle. Add red chilli powder and then pour the tempering over the dal. Cover immediately with a lid to seal the flavours in. Garnish with coriander and serve hot.

■ **PER SERVING** 251.25 kcal, protein 4.63g, carbs 16.58g, fat 19.57g, sat fat 11.49g, fibre 3.96g, salt 0.6g

Dal ka pulao

Serves 4 ■ 45 minutes + soaking

■ **EASY** 

Chana dal and basmati rice are slow-cooked with whole garam masala, garlic, asafoetida and turmeric, dum-style. The dish is flavoured with coriander and topped with fried onions.

basmati rice 250g, soaked for 1 hour

ghee 4 tsp

asafoetida (hing) 1/4 tsp

bay leaf 1

cloves 3-4

cumin seeds 1 tsp

cinnamon 2 1/2 sticks

curry leaves 10-12

garlic cloves 4-5, chopped

ginger a 1-inch piece, chopped

green chillies 2, slit lengthwise

tomatoes 100g, chopped

chana dal 50g, soaked for 2 hours, drained

red chilli powder 1 tsp

turmeric powder 1/4 tsp

salt 1 tsp + extra to taste

coriander leaves 2 tbsp, chopped

fried onions 1/2 cup, to garnish

■ Drain the rice and keep it aside.

■ Heat the ghee in a non-stick pan. Add the asafoetida, bay leaf, cloves, cumin seeds and cinnamon to the pan. Once they begin to crackle, add the curry leaves, garlic, ginger and green chillies. Sauté for 30 seconds.

■ Add the tomatoes, chana dal, red chilli and turmeric powders. Sauté for 8-10 minutes or until the tomatoes acquire a paste-like consistency. Stir in the rice along with the salt and stir-fry for 1-2 minutes.

■ Add 500ml of water and bring it to a boil. Reduce the flame, cover it with a lid and cook for 10-12 minutes. Switch off the flame and let the rice remain covered for 10 more minutes.

■ Remove the lid and fluff up the rice with a fork. Garnish with chopped coriander and fried onions. Serve hot with the dal hara chana bhaji.

■ **PER SERVING** 330 kcal, protein 8.45g, carbs 59.04g, fat 6.19g, sat fat 3.08g, fibre 4.02g, salt 0.6g





Lavang latika

Serves 4 ■ 40 minutes ■ A LITTLE
EFFORT **VJ**

Deep-fried, then dipped in sugar syrup, these delicious sweet pastries are made out of wholewheat flour and aromatic spices like cardamom and cloves.

all-purpose flour (maida) 1 cup
ghee 2 tbsp + 1 cup extra for frying
cloves 12

THE SYRUP
sugar 500g
milk 20ml

THE FILLING

khoya 100g
desiccated coconut powder
1/4 cup
cashewnuts 20g, chopped
almonds 20g, chopped
powdered sugar 4 tbsp
green cardamom powder 1 tsp
cloves 1/2 tsp, powdered
saffron a generous pinch

■ In a bowl, mix the flour and 2 tbsp ghee and rub them together. Add 1/4 cup water and knead to form a stiff dough. Cover with a damp cloth and let it rest for 30 minutes.

■ For the syrup, dissolve the sugar in 250ml water and bring it to a boil. Reduce the flame and add the milk to it. When the scum starts to rise on top, carefully remove it using a ladle. Continue removing it until it achieves a one-string consistency. Take off the heat and keep warm.

■ To make the filling, mix all the ingredients together until the mixture achieves a paste-like consistency. If it is too dry, add some milk to moisten it.

■ Divide the dough into 12 equal portions and roll into small nuggets. Roll out on a lightly oiled surface, into small, thin pooris. Damp the edges and place the stuffing in the centre. Fold it like an envelope from all four sides and secure it with a clove.

■ Heat 1 cup of ghee in a deep frying pan, on medium heat. Reduce the heat further and slide the stuffed pouches into the pan. Fry until they turn golden and crisp. Remove the pouches and drain the excess oil. Transfer to the syrup and let them soak for a few minutes. Remove, drain and serve warm.

■ *PER SERVING 1054.5 kcal, protein 13.99g, carbs 175.7g, fat 35.46g, sat fat 16.69g, fibre 3.23g, salt 0.1g*

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Desert spice

These robust dishes from Jaisalmer are packed with local flavour and colour. As the locals would say, *'jeemo sa'*

Recipes BHANWAR LAL
Photographs PRATEEKSH MEHRA
Styling SONA BAHADUR



Ooni chaas
(recipe on p 81)



“Eating together from a common thali is an old custom followed by families across Rajasthan. In Rajasthani, ‘jeemo sa’ means ‘please eat,’ – an expression used by hosts to urge their guests to begin their meal. The cuisine of Jaisalmer is rich and strongly flavoured owing to the use of Mathania chillies, nuts, sesame seeds and vinegar. Sun-dried vegetables, beans, corn, lentils, ker and sangri (wild berries and dried beans respectively) are used liberally. Since Jaisalmer is located in the heart of the Thar Desert, the scarcity of water and short supply of fresh vegetables directly impact cooking practices. As a result, the locals make less use of water and prefer using milk, buttermilk and desi ghee instead. Delicious chutneys and pickles made from local produce such as dried mango, mint, turmeric, tamarind, ginger and garlic are integral to every meal. This selection mostly includes dishes typical to Jaisalmer, though a few, like bajra khichri, are served all over Rajasthan.”

- Bhanwar Lal, sous-chef, Suryagarh Jaisalmer



Sev tamatar ki sabzi

Serves 1 ■ 25 minutes ■ EASY ✓

This delicious recipe comprises a tangy tomato gravy. Crunchy garlic sev is added after the vegetable is prepared.

- oil 2 tbsp
- cumin seeds 1/4 tsp
- onion 1, chopped
- green chillies 2-3, chopped
- garlic cloves 2-3, chopped
- ginger a 1-inch piece, chopped
- tomatoes 2, diced
- red chilli powder 1/4 tsp
- cumin powder 1/4 tsp
- coriander powder 1/2 tsp
- turmeric powder 1/4 tsp
- garam masala 1/4 tsp
- garlic sev (lasooni sev) 25g
- salt 1 tsp + extra to taste

■ Heat the oil in a pan. Add the cumin seeds and allow them to splutter. Add the onions, green chillies, garlic and ginger and sauté for about 2 minutes.

■ Stir in the tomatoes along with red chilli, cumin, coriander, turmeric and garam masala powders. Cook for 4-5 minutes. Add 1/4 cup water and simmer for 5 minutes. Add the sev and season with salt. Take off the flame and serve immediately.


■ PER SERVING 121.5 kJ, protein 1.76g, carbs 8.46g, fat 9.83g, sat fat 0.41g, fibre 1.67g, salt 0.6g

Dahi ke kebab

Serves 4 ■ 30 minutes ■ EASY ✓

These soft and delicious round tikkis made with curd and roasted chana powder are usually served with evening tea.

- hung curd 250g
- cumin powder 1 tsp
- garam masala powder 1/2 tsp
- white pepper powder 1/2 tsp
- onion 1, finely chopped
- ginger a 1-inch piece, finely chopped
- green chillies 3-4, finely chopped

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eat in
entertaining





coriander leaves 1/4 bunch, finely chopped
roasted chana powder 3/4 cup
salt 1 tsp + extra to taste
ghee 150g

- In a bowl, mix the hung curd with the cumin, garam masala and white pepper powders. Add the chopped onion, ginger, green chillies and coriander and mix well.
- In a small pan, dry-roast the chana powder. Add it to the curd mixture and blend well. Season with salt and knead into a soft dough. Divide the mixture equally into small portions and shape into patties.
- Heat the ghee on a griddle. Shallow-fry the patties on both sides until

golden brown. Serve hot with mint chutney and onion rings.
PER SERVING 554.75 kcal, protein 14.28g, carbs 29.26g, fat 42.15g, sat fat 23.12g, fibre 3.59g, salt 0.7g

Hare tamatar ki sabzi

Serves 2 ■ 30 minutes ■ EASY ✓

While red tomatoes commonly feature in Rajasthani food, the green variant is used to make a tangy curry unique to this region. It is served with simple bajra rotis.

oil 2 tbsp
fenugreek seeds 1/4 tsp
cumin seeds 1/4 tsp
garlic paste 1 tsp

green tomatoes 300g, cut into wedges
green chillies 3-4, slit lengthwise
red chilli powder 1/4 tsp
turmeric 1/4 tsp
coriander powder 1/2 tsp
salt 1 tsp + extra to taste
dried raw mango powder (amchoor) 1/4 tsp

- Heat the oil in a pan. Add the fenugreek and cumin seeds and allow them to splutter. Add the garlic paste and sauté for 30 seconds.
- Add the tomatoes and green chillies along with the red chilli, turmeric and coriander powders. Cook for 20 minutes. Season with salt and sprinkle over dried raw mango powder. Serve hot, along with missi roti and chaas.
- **PER SERVING** 164.5 kcal, protein 2.1g, carbs 8.92g, fat 14.54g, sat fat 0.92g, fibre 0.34g, salt 1.2g

Chana kadhi

Serves 4 ■ 1 hour 10 minutes + soaking
 ■ EASY ✓ ✓

This traditional dish made from dried black gram and curd can be mopped up with rotis, parathas or steamed rice.

black gram (kala chana) 50g, soaked overnight
curd 250g
salt 1 tsp + extra to taste
turmeric 1 tsp
red chilli powder 1 tsp
gram flour (besan) 100g
ghee 2 tbsp
asafoetida (hing) 1/2 tsp
mustard seeds 1/4 tsp
fenugreek seeds 1/4 tsp
cumin seeds 1/4 tsp
whole red chillies 4
curry leaves 8-10



- Drain the soaked chana and boil it in a cooker for 2 whistles or until cooked. Keep aside.
- Meanwhile, in a bowl, beat together the curd, salt, turmeric and red chilli powder along with 4 cups of water. Add the gram flour and whisk well.
- Heat the ghee in a pan. Add the asafoetida, mustard, fenugreek and



Bajra khichri
(recipe overleaf)



Chana kadhi



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**GOOD
FOOD
STAR
RECIPE**

whole bajra 250g, soaked for 4 hours
rice 50g
moong dal 50g
salt 1 tsp + extra to taste
ghee 150g

■ Grind the soaked bajra in a mixer to form a coarse paste.
■ In a large pan, bring 1½ litres of water to a boil. Add the rice, moong dal and bajra paste and cook for 1 hour. Add more water if required. Season, then remove from the flame. Top with the ghee and serve hot.

■ *PER SERVING* 610.75 kcals, protein 11.84g, carbs 55.19g, fat 39.54g, sat fat 23.17g, fibre 10.14g, salt 0.6g

Angoor ki sabzi

Serves 4 ■ 1 hour ■ **EASY** ✓

Interestingly enough, fruits are frequently used in curries in Rajasthan – guava (amrood) and grapes (angoor) being the popular ones. They lend a refreshing taste to the dish.

onions 2, peeled and quartered
ginger a 1-inch piece, peeled
garlic cloves 8-10, peeled
whole green chillies 3-4
cashewnuts 100g
melon seeds (magaz) 50g
oil 100ml
bay leaves 1-2
red chilli powder 1/2 tsp
turmeric powder 1/2 tsp
salt 1 tsp + extra to taste
dried fenugreek leaves (kasoori methi) 1 tsp (try MDH available at grocery stores)
garam masala 1/2 tsp
green grapes 200g
coriander leaves 1/4 bunch, chopped
fresh cream 2 tbsp

■ Put 1 cup water in a saucepan and add the onions, ginger, garlic, green chillies, cashewnuts and melon seeds to it. Cover and bring to a boil. Simmer for 10 minutes until the onions are cooked. Take it off the flame and allow to cool. Once it reaches room temperature, blend in a food processor to make a fine paste.

cumin seeds, red chillies and curry leaves. Stir in the boiled chana and curd mixture. Simmer for 45 minutes. Serve hot with steamed rice.

■ *PER SERVING* 289.75 kcals, protein 16.17g, carbs 34.26g, fat 9.67g, sat fat 3.31g, fibre 5.62g, salt 0.7g

Bajra khichri

Serves 4 ■ 1 hour 10 minutes + soaking

■ **EASY** ✓ ✓

Made from coarsely ground bajra, this is a typical winter dish served piping hot with a dollop of ghee. Loaded with iron, it is considered healthy for women, elders and children alike.

■ Heat the oil in a separate pan. Add the bay leaves, red chilli powder and turmeric powder, mix for 10 seconds, then add the onion paste. Cook for about 5-6 minutes.

■ Add 1 cup of water and simmer for 20 minutes. Add salt, kasoori methi and garam masala. Stir in the grapes and cook for 5 more minutes. Take off the flame, then garnish with coriander and a swirl of cream. Serve hot.

■ PER SERVING 504.25 kcals, protein 8.14g, carbs 30.67g, fat 42.57g, sat fat 5.75g, fibre 7.86g, salt 0.8g

Anjeer rabdi

Serves 4 ■ 1 hour 30 minutes ■ EASY

V J

The dried fig lends a unique bite to this rich rabdi, while the cardamom powder makes it fragrant and flavourful.

milk 2l

dried figs (anjeer) 150g, finely chopped

sugar 150g

cardamom powder 1 tsp

■ Pour the milk into a wide saucepan and simmer until it reduces in volume by half. Add the chopped figs and cook for 20-25 minutes.

■ Stir in the sugar and cook further for 10 minutes until thick. Add the cardamom powder. Remove from the flame and serve warm.

■ PER SERVING 542.5 kcals, protein 17.79g, carbs 82.67g, fat 16.96g, sat fat 10.42g, fibre 3.10g, salt 0.3g

Ooni chaas

Serves 4 ■ 20 minutes + cooling

■ EASY V J

An integral part of a Rajasthani meal, ooni chaas (warm buttermilk) is a soothing drink that helps assuage the flavour of the spices used in traditional curries. This fermented milk drink is a favourite during summer – it alleviates stomach upsets and combats dehydration and fatigue too.

curd 500g

salt 1 tbsp + extra to taste

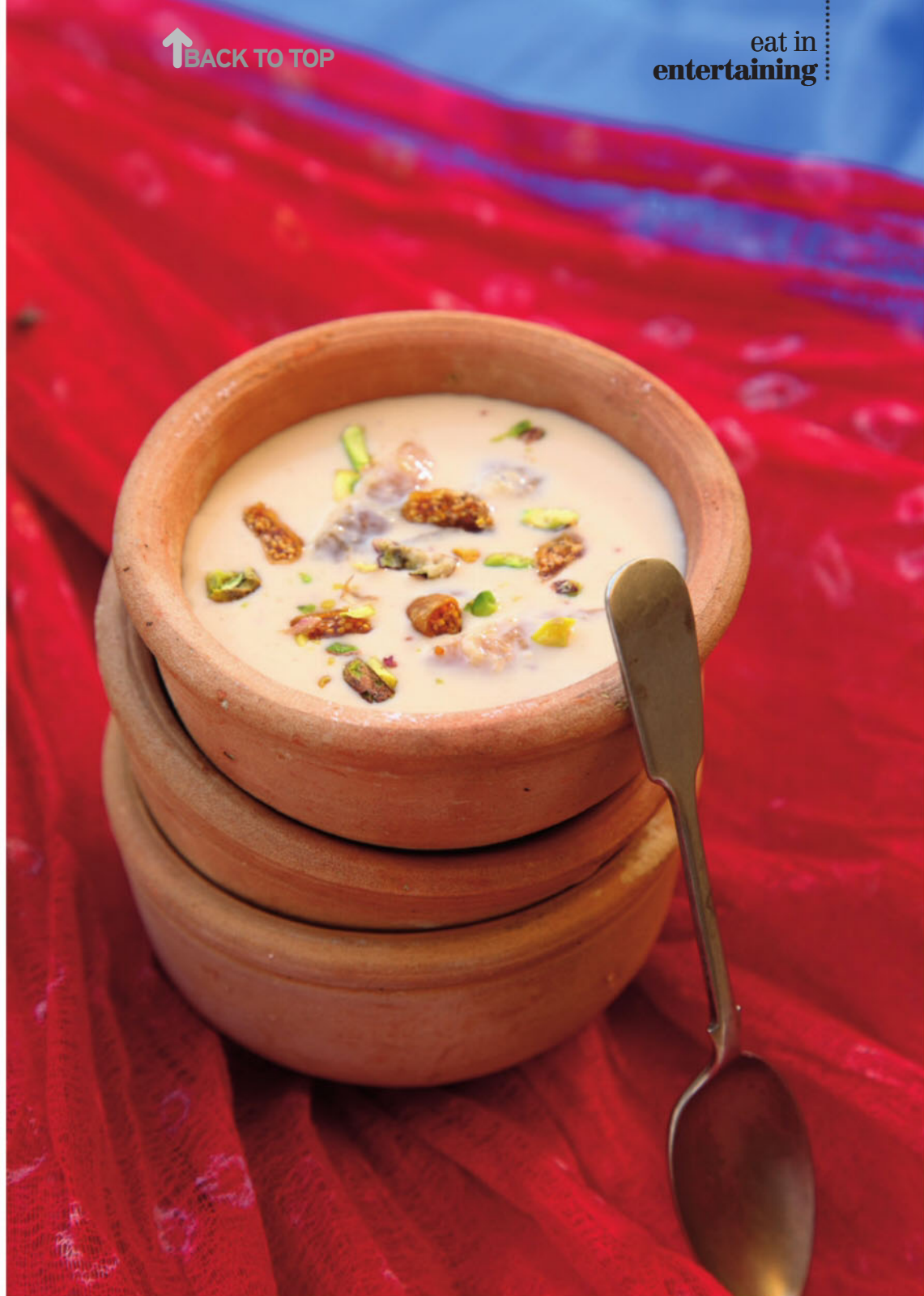
black salt 1/2 tbsp
cumin powder 1 tsp



■ In a deep saucepan, beat the curd with 1 litre of water to form thin buttermilk. Place the pan on the heat and let the buttermilk come to a boil. Remove from the flame and allow to cool completely, for about 2 hours. Don't move the mixture or the pan.

■ Using a ladle, carefully remove and discard the layer of thin liquid formed on top of the mixture. Add salt, black salt and cumin powder to the mixture left behind and whisk well. Refrigerate for 30 minutes and serve cold.

■ PER SERVING 190.75 kcals, protein 16.40g, carbs 22.8g, fat 4.15g, sat fat none, fibre 0.15g, salt 2.8g



eat out & eat away

Seven paratha joints reviewed, plus authentic
Kodava dishes to try at home



Jackfruit is integral to several
sweet preparations in Coorg, p 99

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Dal-chawal arancini, p 94
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down paratha lane

Crispy and flaky, parathas are loved by one and all. We put seven popular paratha menus to the test

HOW WE DID IT Eaten with a dollop of butter or dipped into a bowl of cool yoghurt, parathas are an all-time Indian favourite. The beautiful layered flatbread, crisp and charred on the outside, envelopes a melting sheet of pure decadence. There is no limit to the versatility of the paratha; virtually anything can go into it. Popular stuffings range from aloo, gobi, mooli, paneer and methi to meaty versions like keema and egg. In this feature, we review seven eateries across the country, from roadside dhabas to well-appointed restaurants, known for their irresistible range of parathas.

Rolling out the dough to make parathas at Pt. Kanhaiyalal Durga Prashad

Photograph SAURABH SISODIA

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| Paratha Name | Price (EACH) |
|--------------|--------------|
| आलू पराठा | 45/- |
| दाल पराठा | 45/- |
| मैथी पराठा | 45/- |
| मिक्स पराठा | 45/- |
| गोभी पराठा | 45/- |
| मूली पराठा | 45/- |
| मटर पराठा | 45/- |
| पापड पराठा | 45/- |
| परत पराठा | 45/- |
| गाजर पराठा | 45/- |
| पनीर पराठा | 50/- |
| पौदीना पराठा | 55/- |
| नीबू पराठा | 55/- |
| बादाम पराठा | 60/- |
| किशमिश पराठा | 60/- |
| रबडी पराठा | 60/- |
| रोल पराठा | 60/- |
| मिर्ची पराठा | 60/- |



PT. KANHAIYALAL DURGA PRASHAD

NEW DELHI

Pt. Kanhaiyalal Durga Prashad is the most frequented among the three or four surviving eateries specialising in parathas in this historic lane called Parathewali Gali. The signage proudly proclaims the lineage of the eatery and prominently displays the date of establishment, which is almost a

Clockwise from top left: An array of stuffings for the parathas; The eatery offers over 25 varieties of parathas; Patrons tucking into the wholesome fare; Parathas are fried in a shallow wok-like tava

century and half ago. This was the time when a culinary entrepreneur reached Delhi and set shop here. All the *parathewalas* claim descent from him.

The décor is basic and the walls serve as a picture gallery displaying photographs of celebrities who have visited this outlet. The service is efficient but lacks warmth. Parathas prepared in an assembly line manner are plonked on your plate with an ear turned on the next order being barked.

■ THE PARATHAS

The menu includes a good variety though the same items are encountered

in all the other historic eateries in this lane. All parathas come with a complementary Sitaphal ki Subzee (sweet and sour pumpkin mash), Alu ki Rasedar Tarkari (milder, thick gravy prepared with potatoes sans garlic and onion), two kinds of chutney – tomato and *dhaniya-pudina* (fresh coriander and mint), pickle made in-house, and curd.

The parathas are fried in desi ghee in an exceptionally shallow wok-like *tava*. Much before they reach your table, the seductive aroma makes you drool. We steer clear of the regular aloo, gobi, mooli, methi and dal stuffings that comprise staple domestic breakfast fare and try a few exotic varieties, starting with the Kela Paratha, which is disappointing. The filling lacks a distinct identity. The Nibu Paratha has a nice zing as lemon juice and zest is added to the dough. The Papad Paratha is an interesting concept since papad is almost never paired with parathas. The crunch in the first bite is delightful but the novelty ceases to amuse later on. Solah Parat Ka Paratha literally means ‘16 layers’ and it rekindles memories of triangular flaky bread made at home a generation back. However, the crisp paratha is shallow-fried on a *tava*. The Rabarhi Paratha makes you pine for the *rabdi* itself but doesn’t impress me.

■ WHAT TO DRINK

Most guests, we notice, give the traditional lassi a miss and wash down their fat-rich repast with cola or fruit-flavoured bottled drinks. The lassi, however, lacked the creamy richness that makes this Indian yoghurt shake irresistible in Amritsar and Varanasi.

■ INSIDER TIP

Stick to the regular parathas as they do a better job with that.

■ DETAILS

36, Parathewali Gali, New Delhi.
Timings: Daily, 9 am – 11 pm. Parathas from ₹ 45, drinks from ₹ 20.

Quality: 5.5/10
Choice: 7/10
Atmosphere: 6/10
Value: 7/10
Total: 25.5/40

– Pushpesh Pant

GULSHAN DHABA SONEPAT

Just an hour out of Delhi on the fabled G.T Road, lies a town called Murthal. It has no historical claim to fame unlike the towns that dot this famous road that was once the lifeline of India. Rudyard Kipling aptly called this dusty highway “such a river of life that as nowhere else exists in the world”. Over the 2,500 kilometres that this road ran for, food and rest were on offer from Kabul to Chittagong. The highway still retains its past glory with the bustling dhaba culture open to customers 24 hours. Among the old and popular ones, Gulshan Dhaba stands out. It was started by Shri Takan Dass Kukreja in 1955 as a makeshift eatery and has now grown into a full-fledged, brick and mortar air-conditioned restaurant with open air seating. There are more than 205

items on the menu including south Indian, Chinese and Continental fare. The USP, however, are their parathas and that is what most people come here for. There are more than 13 types of parathas based on the filling and the preferred choice is to have them tandoori-style. There is a small selection of *tava*-fried parathas as well.

■ THE PARATHAS

The Alu Pyaz Paratha is a bestseller and so I order one. It arrives straight out of the tandoor, hot, bulging, and browned to perfection. There is a dollop of fluffy white butter on top and extra serving of curd on the side. The presentation, aroma and taste of the crusty exterior definitely makes for a visual and olfactory high, but as you bite into the stuffing, there is a lingering feeling of something amiss. Perhaps it is very heavily stuffed and the base



of the paratha is a tad too thick and undercooked in an overly hot tandoor. I progress to a Gobhi Paratha followed by a paneer-stuffed one, then opt for a mix of all the earlier ingredients and lastly, a Pyaz Paratha. All of them are robust, fresh and good to look at but that raw, sticky mouthful coupled with the muted regime of salt and spices in the stuffing make it a rather drab experience.

I leave a specific instruction for the kitchen to keep the dough and stuffing lean in the unique Alu Stuffed Misi Paratha that Gulshan takes pride in. This is when the magic happens. The paratha now has a fine balance of baked dough and stuffing. It is finger-licking good and disappears within no time. Gulshan explains that most customers prefer a thick stuffing and that is what they usually serve.

■ WHAT TO DRINK

Tea to keep you awake, or lassi to let



Clockwise from top: Parathas at Gulshan Dhaba are topped with white butter and served with curd; Gulshan Dhaba's rather imposing façade; Warm parathas, straight off the tandoor

you dawdle in a state of somnolent bliss as it pairs well with all the parathas.

■ INSIDER TIP

Try the Misi Paratha with aloo or mixed stuffing. The *besan* dough is raised overnight with a little yeast to make it soft. Do ensure that the kitchen prepares a lean and thin version. Order a dollop of white butter and hot tea to go along with it.

■ DETAILS

G. T Road, Murthal, Sonapat, Haryana. Tel: +91 921 5582 139. Timings: Daily, 24 hours. Parathas from ₹ 42, drinks from ₹ 14.

Quality: 7/10
Choice: 8/10
Atmosphere: 8/10
Value: 7/10
Total: 30/40

– Anoop Negi



RAM BABU AGRA

Mention any leading industrialist, head of an erstwhile princely state or top politico, and Ram Babu has catered to their wedding, reception or party, lugging at least two *tavas* across continents, each one weighing 40 kilos. If you have not been invited to the parties of the cognoscenti, you'll have to visit the humble dhaba in Agra's Belanganj to taste what many consider the finest parathas in the country. It is not the spicing of the parathas, or even the fillings, as much as it is the extreme care that is taken while making these crisp and flaky golden discs redolent of pure ghee. It is also the full set that you buy for a relatively modest amount: one paratha, one *jhol*, a bowl of curried potatoes, a dry vegetable that changes with the season, mixed pickle and a sweet-sour chutney. It is run by

the third generation of a Vaish family, so there are no onions or garlic in the food. Tucking into a paneer paratha with five different accompaniments alters the taste of the paratha with every mouthful. It's the trick that chefs at Michelin-starred restaurants employ too, albeit at the other end of the scale. By the time you read this, it is likely that a full upgradation of the homely but clean outlet will have taken place so that the 80-year-old gets a much deserved facelift. The surroundings are fairly clean and service is excellent: I trust the waiter's recommendations and he understands my request to pace service so that each paratha is served after 10 minutes.

■ THE PARATHAS

While there is no printed menu, there's a painted one hung on the wall. Aloo, gobi and mooli parathas seem too standard for such an iconic

institution. What catches my eye is Papad Paratha. Papads are roasted and crumbled into tiny bits before being filled into parathas. The slightly earthy appeal of black pepper and asafoetida in a sheet of sun-dried dal, which is essentially what papad is, must rank as a stroke of genius. It goes very well with curried potatoes and their tanginess that comes from *amchoor*. It's the crisp flakiness of the exterior combined with the melting softness of the inside that is so attractive. The Mattar Paratha features barely mashed bright green peas that burst with a pop in your mouth. The coarsely pounded cumin and chilli powder are the only discernible spices, kept to a minimum to intentionally play second fiddle to the paratha and the filling. For visual appeal, none of the other parathas come close. The dry vegetable of bottle gourd and chana dal sets off this paratha better than any of the other

accompaniments, though each paratha is served with the entire range and seconds of the accompaniments are freely offered.

The Mawa and Paneer Paratha is my pick of the lot. The soft, almost creamy blend of *mawa* and cottage cheese minced coarsely together are a magical foil to the crisp flakes of the paratha. The tangy sweetness of the *amchoor* and jaggery chutney is the perfect accompaniment. The waiter highly recommends the Mixed Vegetable Paratha, so with a bit of misgiving, I order it, and have to concede that he is right. Far from being a melange of overcooked vegetables as I had feared, each one is barely pre-cooked and is left with its texture intact, so that it is indeed like a pizza where you can see and taste the toppings. Only the Lachcha Paratha is a tiny disappointment because the trademark texture gives way to a topping where the batter has been coiled and flattened.

■ WHAT TO DRINK

Both lassi and *chaas* are offered at extra cost. On the day of my visit, neither was available because of the temporary premises.

■ INSIDER TIP

Do carry an air-tight container if you plan to pack a couple of these beauties along with the pickle and chutney. One paratha is enough for a hearty appetite.

■ DETAILS

6/127, Belanganj, near police chowki, Agra. Tel: +91 94250 66513. Timings: Daily, 11 am – 11 pm. Parathas (served with five accompaniments) from ₹ 120.

Quality: 9/10

Choice: 9/10

Atmosphere: 5/10

Value: 9/10

Total: 32/40

– Marryam H. Reshii

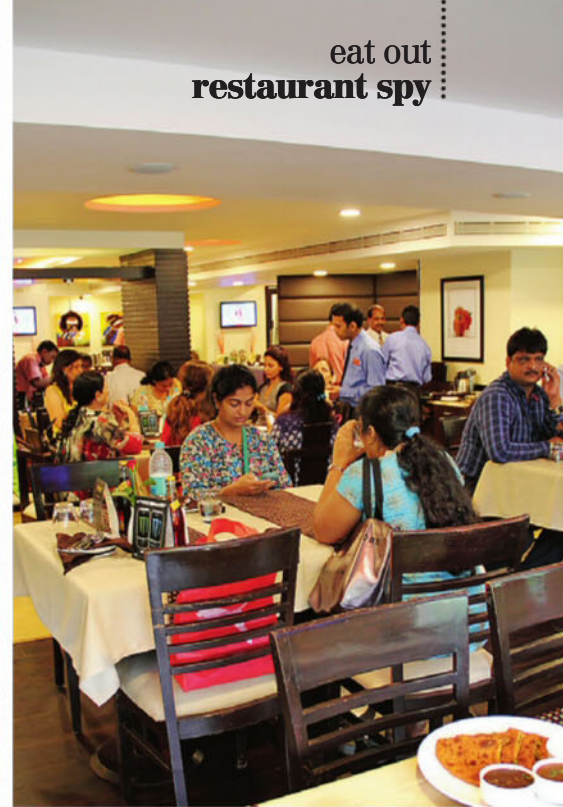


Clockwise from top: Only Parathas basket of assorted mini parathas; The eatery is packed during lunch hours; Accompaniments include chole, raita and black dal along with pickle, onions and lemon wedges Facing page, clockwise from top: The 80-year-old family-run eatery, Ram Babu, recently received a makeover; Patrons enjoying a meal of parathas; Papad Paratha served with vegetables at Ram Babu

ONLY PARATHAS MUMBAI

If your best paratha-eating excursions involved setting foot in grimy dhabas or crowded hole-in-the-wall street corners, as mine have, eating at Only Parathas will be a somewhat surreal experience. We arrive on a weeknight to the Khar outpost of this popular chain, to find a brightly lit, empty restaurant. Here, there are tablecloths and finger bowls, waiters in formal attire, and a playlist that includes Kesha and Taio Cruz.

Incongruous ambience aside, Only Parathas continues to be an exercise in irony. Far from only serving parathas, the crowd-pleasing menu includes offerings as diverse as chaat, “Mediterrian” salad and Kung Pao Paneer. Too many multi-cuisine restaurants have proved dabblers in all kinds of fare and experts in none, but we put our reservations aside and focus on ordering, which, as it turns out, requires all our attention. There are over seven pages, adding up to almost 150 types of parathas to choose from. Combinations, though all-vegetarian, range from the tried-and-tested (aloo with methi) to the atypical (carrot with yellow capsicum).



Our waiter offers suggestions when we ask, but seems happiest to retreat quietly to a corner. Though we have to wait a good 30 minutes or so for the food to arrive, the service is efficient enough and non-intrusive.

■ THE PARATHAS

How to go wrong with cheese and carbs? So we begin with a double-layered Cheese and Garlic Paratha, served prettily in quarters. This is no humble desi flatbread but a gooey, melting calzone, too indulgent for more than a couple of bites, but

delicious enough to warrant a few extra. Next, we try a single-layered paratha with papad and sprouts. Our server tells us that papad parathas are a signature of the restaurant, but this one is a disappointment. Far from the crisp, papad-like paratha we imagined, we get soggy tasteless shreds of papad in our stuffing. In our efforts to sample a few more varieties, we get an assorted basket of “baby-size” premium parathas. Thankfully, these aren’t as thickly rolled out as their full-sized counterparts but are still too oily for our liking. The milder fillings win our vote. The generously stuffed Paneer and Pea Paratha is perfect to mop up the rich dal, and the Mashed Rajma and American Corn Paratha is a quesadilla-style mix of complementing textures. The Tomato and Palak Paratha is a pleasing choice too — the greens retain their colour, and the tomato mixture is tangy.

However, the Mushroom and Spring Onion Paratha we order (in a bid to be adventurous) proves to be a misstep. We can barely detect any mushroom in the filling, and there’s too much onion to manage more than a few bites. The accompaniments on the table include pickled onions, a nondescript mixed vegetable pickle, and some rather shrivelled lemon wedges. We ignore these in favour of the side dishes that come with the parathas: a velvety black dal that is the highlight of our meal (we spoon up an entire bowlful even though we don’t finish our parathas); *kala chana chole* that is overspiced with garam masala but still tasty, and a creamy cucumber raita that balances out all the robust flavours of the meal.

■ **WHAT TO DRINK**

Our vote goes to the refreshing *chaas*, served chilled in a beer mug. We like that it isn’t watered down, has plenty of coriander and a hint of ginger. The lassi is wonderful as well. The eatery



achieves the perfect balance of tangy sweetness, and with its creamy texture, you’ll want to skip the straw. They offer variants such as *namkeen*, pineapple and rose, but we stick to the failsafe Mithi Lassi.

■ **INSIDER TIP**

Meals here are hefty undertakings, heavy on oil and masala. Health-conscious diners can opt for the single-layer parathas, made in the tandoor. These are only offered during lunch and dinnertime. Those with smaller appetites should order the paratha basket.

■ **DETAILS**

Hotel New Castle, 355 Linking Road, Khar (W), Mumbai. Tel: +91 22 6696 4198. Timings: Daily, 11 am – 12 am. Parathas (served with *chole*, black dal and raita) from ₹ 190, drinks from ₹ 100.

Quality: 6/10
Choice: 9/10
Atmosphere: 7/10
Value: 5/10
Total: 27/40

– Amrita Gupta



PARATHA'S
 MUMBAI

Locating Paratha’s (spelt with the awkwardly placed apostrophe) within the sprawling Hiranandani Complex requires a fair bit of scouring around. We’re caught in a terrible downpour the day we decide to visit. Rumbling stomachs, drenched clothes and an adventurous rickshaw ride further elevate our want for piping hot comfort food. Once you get past the gate of the shopping arcade that houses Paratha’s, it is tough to find the eatery amid a meandering maze of corridors. Bookending the farthest corner of a rather grubby food court on the first floor, it shares space with a dozen other joints offering Mughlai, Chinese and south Indian grub.

Clockwise from top left: Only Parathas' chaas is garnished with chopped coriander; Paratha's has a tiny counter located within the confines of a food court; A plate of Cheese Parathas

BACK TO TOP



While the service is prompt, it lacks decorum — the waitstaff of all the eateries within the food court clamour towards you, armed with menu cards, urging you to try their respective fare. We haven't even settled down yet and find this chaos irksome. The seating is unpretentious — grimy tables and wooden benches akin to a roadside dhaba. The all-vegetarian menu offers more than 150 types of parathas, with a handful bordering on plain outrageous — think Soyabean Paneer Paratha or Cabbage Cheese Paratha.

■ THE PARATHAS

We are surprised at how quickly the Aloo Paratha we order reaches our table, followed by the Methi and Garlic Paratha. It is hard to go wrong with the former — alas, Paratha's serves up a rather bland version of the classic, stuffed with overly seasoned mashed potato, minus any spice. However, they do not scrimp on portion sizes — each stainless steel plate is stacked with four halved pieces of steaming hot, non-greasy parathas, accompanied with a rich black dal, chilled *boondi* raita flecked with coriander, and tangy lime

pickle, and this undoubtedly makes for a filling meal. The Methi and Garlic Paratha, on the other hand, is a delightful combination of fresh methi leaves, green chillies and garlic. The flavours are wellbalanced and we are glad the inherent bitterness of the methi is retained, unlike most restaurants where an addition of sugar mars the original taste.

We then proceed to try the Rajma Palak Paratha packed with a mixture of mashed rajma beans and chopped spinach. Owing to an excess of pulses, it doesn't pair well with the dal. Lightly charred at the edges, the Cheese Mushroom Paratha we sample next contains a thin layer of melted cheese and chopped mushrooms, a tad too creamy for our liking. We are somewhat intrigued by the Capsicum Papad Paratha and decide to try it for its novelty factor. The paratha is packed with chopped capsicum and crushed papad, with an excessively peppery hit that we assume comes from the papad, and fails to win our approval. If not eaten quickly, the papad tends to turn soggy. Besides parathas, the eatery also serves a range of Punjabi-style vegetables and rice preparations.

The paratha basket includes six types of mini parathas with the customary sides

■ WHAT TO DRINK

A glass of chilled sweet lassi goes well with the Methi and Garlic Paratha, an ideal counterpoint to the latter's pungency. Other drinks on offer include *chaas* and cold drinks.

■ INSIDER TIP

If you're in a large group and wish to sample a sizeable variety of parathas, ordering the paratha basket is perhaps a good idea. It comprises six variants: aloo, cheese, gobi, methi, mushroom and paneer, along with the staple accompaniments of black dal, *boondi* raita and pickle.

■ DETAILS

196, Galleria Food Court, Hiranandani Complex, Powai, Mumbai. Tel: +91 22 2579 7923. Timings: Daily, 11.30 am – 11.30 pm. Parathas (served with black dal, raita and pickle) from ₹ 100, drinks from ₹ 25.

Quality: 8/10
Choice: 8.5/10
Atmosphere: 6.5/10
Value: 7/10
Total: 30/40

– Khorshed Deboo



BOBBY'S PUNJABI DHABA

BENGALURU

Popularly known as the hole-in-the-wall next to the gurudwara that serves simple and delicious Punjabi food (not to forget the heavenly kheer), I know people working in Ulsoor who've had lunch at this quaint eatery every single day for years now. Having moved from its original hut-like structure, the ambience of the new set-up fails to impress. It is filthy with a mucky tiled floor and bespattered, cobwebbed walls. The service, too, lacks warmth. Our waiter makes this evident when he rolls his eyes at our "bring the buttermilk first, we'll then give you the rest of the order". However, he softens when he sees how much food three misleadingly thin cyclists can indulge in.

The menu at Bobby's Punjabi Dhaba is promisingly small and focussed. But even with just seven main dishes, we're here for parathas, so we order as we sip on our chilli- and jeera-spiked buttermilk served in large steel glasses. These turn out to be the last non-disposable item on our table, as what follows are paper plates, plastic spoons and aluminium takeaway containers. We ask for yoghurt on the side and I'm disappointed to be brought a plastic tub of Britannia dahi. It shatters my romantic notion of fresh dahi being set daily in earthen pots. A bowl of green chillies, pickle, and a plate of sliced onion dusted with spices and salt complete the sides.

THE PARATHAS

Coming to the table all sizzled, dark brown from wholewheat, and flecked with jet black char spots, it's clear that here's an undoing of the great paratha sins of the South: to not oil the dough generously and to not crank the heat enough under it. Each plate palms a great scoop of butter, and tearing into

the first, a pungent puff announces the Muli Paratha. The radish stuffing is evenly distributed, and it retains flavour at the merest suggestion of crunch.

The Alu Paratha is just the way I like it, with no telling where the perfectly spiced potato begins and dough ends. The Paneer Paratha is the weakest as the stuffing is bland. Our table's favourite is the Alu Onion Mix Paratha with the onion still retaining its crunch in the stuffing. The Methi Paratha is thin and although it is flecked with fenugreek leaves, I get less flavour of the herb than I'd like. If not cyclist-hungry, two parathas and a glass of buttermilk make for a substantial and delicious meal.

WHAT TO DRINK

There aren't a lot of choices here, just the buttermilk or *mattha*. We're surprised (and disappointed) that there's no lassi on the menu, and our waiter claims that it fills people up and they can't eat parathas!

Below, from left: Balls of paratha dough ready to be rolled out at Bobby's Punjabi Dhaba; Accompaniments include green chillies, pickle and onions Facing page, clockwise from top left: Alu Paratha topped with melted butter; Preparing a glass of buttermilk; The eatery also offers sweets such as gulab jamuns; Bobby's Punjabi Dhaba's fuss-free interiors

INSIDER TIP

This really is a 'what you see is what you get' sort of place. Even asking for a written bill causes consternation and head-scratching. While the Baigan Da Bartha, spiced and mashed brinjal, is well cooked, the rich Shahi Paneer is plain distracting.

DETAILS

No. 34, St. John's Road, Near Lavanya Theatre, Ulsoor, Bengaluru. Tel: +91 96636 78382. Timings: Daily, 12.30 pm – 3.45 pm, 7.30 pm – 11 pm. Parathas from ₹ 40, drinks from ₹ 40.

Quality: 8/10
Choice: 7/10
Atmosphere: 1/10
Value: 7/10
Total: 23/40

– Gautam Raja



JASSI DE PARATHE

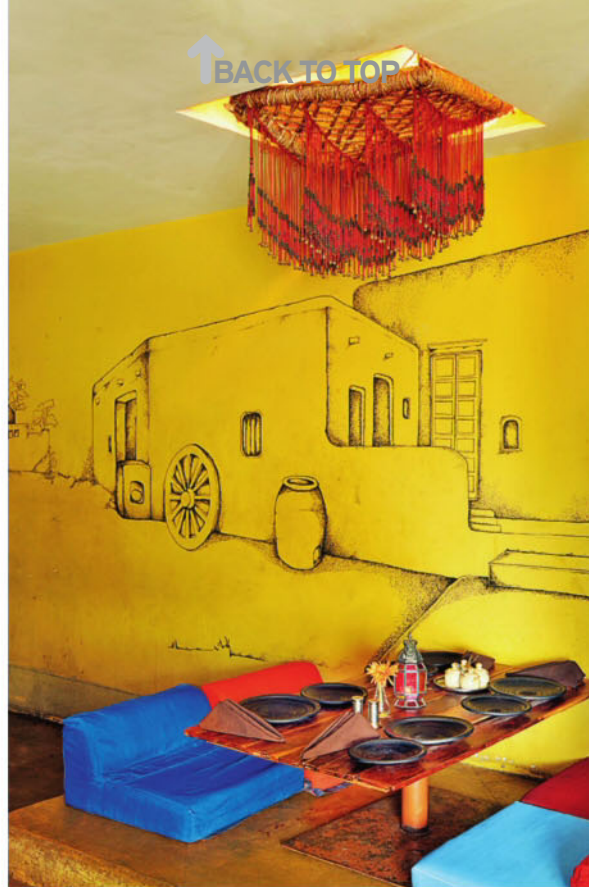
AHMEDABAD

Jassi De Parathe began when a woman named Jasvinder Kaur sold freshly-made stuffed parathas in 2003 from a handcart located in the Satellite area. Her parathas gained immense popularity with young professionals, students and people staying as paying guests in the area, in search of a substantial but inexpensive meal, and soon Jassi De Parathe became iconic. Today, the eatery has three outlets across the city — Vastrapur, Shastri Nagar and Prahlad Nagar. We decide to visit the outpost at Prahlad Nagar Road, a rather popular street dotted with restaurants.

Located on the first floor, Jassi De Parathe catches the eye with a prominent signboard and potted plants on the sill of a large window. The interiors of the restaurant combine rustic elements like cane, stone and mud with low lighting and trendy furniture lending a contemporary look. Drawings of a rural Punjabi house adorn one of the walls and various areas of the restaurant are partitioned with rough-hewn walls. There are a few low seating areas for those who prefer to dine Indian-style, with light filtering through cane screens, albeit with modern furniture. This décor is quite in tandem with its location near Corporate Road, whereas the other two outlets are low on frills.

THE PARATHAS

The paratha menu here is extensive: aloo, gobi, *pyaz*, mooli, *lasan*, paneer, mushroom, chana, *mattar* and rajma to name a few. Within each category, there are combinations of the main stuffing blended with other ingredients like capsicum, paneer, chilli, mushroom and so on. Each plate contains one good-sized and well-stuffed paratha, with curd and fresh white butter on the side. I start with the simple Aloo Paratha, plump with a potato filling and perfectly seasoned. The Paneer



Paratha is a bit bland but the Palak Paneer Paratha is flavoursome with the right mix of spices and spinach. The Kale Channe Da Paratha is stuffed with mashed Bengal gram cooked in typical Punjabi masalas, and the Rajma Paratha, a must-try for rajma lovers, is loaded with roughly mashed red beans, and makes for a meal in itself.

Their signature offerings include Amritsari Paratha, All in One, Palak Pudina Pyaz Tamatar Paratha, Sabji Makai Pudina Da Paratha, Tamatar Pudina Cheese Paratha, among others. I try the All in One, which consists of a stuffing of potato, paneer, cauliflower and garlic, though it fails to impress me as the flavours do not complement each other. It is better to stick to the simple parathas here with a single type of filling.

WHAT TO DRINK

I try the Pudina Jeera da Pani to stimulate my appetite before a fitting Punjabi meal. The *chaas* and lassi are refreshing though I would have preferred the yoghurt-based drinks to be served chilled.

INSIDER TIP

Though the name suggests that this is purely a paratha chain, Jassi de Parathe at Prahladnagar is a restaurant with

Clockwise from top: Hand-drawn murals depicting a rural Punjabi household; Palak Paneer Paratha topped with white butter at Jassi De Parathe; Pudina Jeera Paani makes for a refreshing start to a meal



a considerable list of chaats, raitas, vegetarian kebabs, Punjabi mains and even sweets like kheer. I order Cholley from the menu. Cooked in the classic Punjabi home-style, it pairs well with the aloo and paneer parathas.

DETAILS

107, Safal Pegasus, Anand Nagar Road, Prahlad Nagar, Ahmedabad. Tel: +91 79652 22709. Timings: Daily, 11 am – 3 pm, 7 pm – 11 pm. Parathas from ₹ 95, drinks from ₹ 35.

Quality: 7/10
Choice: 9/10
Atmosphere: 7.5/10
Value: 7/10
Total: 30.5/40

– Anil Mulchandani

Progressive Indian is how one would describe the menu at Mumbai's Masala Library by Jiggs Kalra. It features delicacies from different regions across the country, each with a little twist. Chef Himanshu Saini, currently one of the youngest chefs in the country, manages to add his signature style to the spread. He uses modern techniques to re-interpret Indian food while retaining the authenticity of flavours. This recipe is the perfect example of this balance.



Signature dish

Masala Library by Jiggs Kalra

Himanshu Saini of Masala Library shares his recipe for Dal-Chawal Arancini, a quirky take on the Indian staple

Dal-Chawal Arancini

Serves 6 ■ 45 minutes + soaking and chilling ■ A LITTLE EFFORT ▽

.....

chana dal 50g
tur dal 50g
masoor dal 50g
moong dal 50g
rice 125g
ghee 1 tbsp
cumin seeds 1/2 tsp
onion 1/2, chopped
green chillies 2, chopped
garlic cloves 1 tsp, chopped
turmeric powder 1/2 tsp
coriander powder 1 tsp
red chilli powder 1/2 tsp
tomato 1, chopped
butter 2 tbsp
salt 1 tbsp
parmesan 8 tbsp, grated
coriander a handful, chopped
chaat masala 1 tsp
panko (breadcrumbs) 50g
all-purpose flour (maida) 25g
oil 2 cups, for deep-frying
mint chutney to serve

roasted papad 6, to serve
tomato chutney to serve

THE ACHARI MAYONNAISE
mayonnaise 1/4 cup
mixed pickle 2 tbsp, puréed

■ Mix all the dals in a bowl and soak for 30 minutes. Pressure-cook with 2 cups of water for 1 whistle or 20 minutes.
■ Meanwhile, cook the rice in plenty of water. Drain and keep aside.
■ Heat the ghee in a pan. Add the cumin seeds and let them crackle. Add the onions and green chillies and sauté for 2 minutes. Add the garlic and sauté for 30 seconds. Add the turmeric, coriander and chilli powders and mix well. Add the tomatoes and let it cook for 4-5 minutes. Add the boiled dal to the pan and mix well.
■ Transfer the boiled rice to the above mixture and cook further for 2 minutes.
■ Add butter to the rice and dal mixture and check for seasoning. Remove from the flame and spread evenly in a large tray. Allow it to cool, then add parmesan,



coriander and chaat masala to the mixture. Refrigerate for 30 minutes.

■ Make small balls out of the mixture and coat with panko and flour. Chill them again for 15-20 minutes.

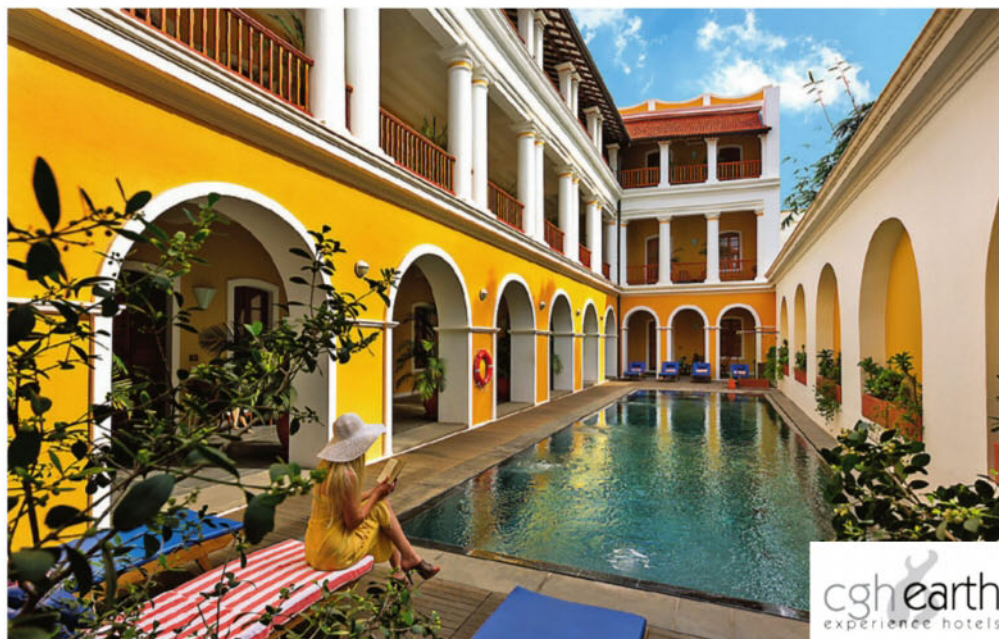
■ Meanwhile, heat the oil in a deep frying pan and fry the balls until golden on all sides.

■ For the achari mayonnaise, mix together both the ingredients until smooth.

■ Serve the arancini with achari mayonnaise, mint chutney, roasted papad and tomato chutney.

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6. WWM is not responsible for difference or variance or deficiency in the service by Palais de Mahé Puducherry and will not have any obligation to respond to any of the complaints of the winner(s). 7. WWM reserves the right to change/modify the terms and conditions of this offer or to withdraw this offer at any point in time, if circumstances arise beyond our control. 8. The participants to this contest, including the winner, agree that the details disclosed in the Competition Entry Form would become the property of WWM and its affiliates, Palais de Mahé Puducherry, and the participants, including the winner, further agree that the details can be used for all purposes (including commercial and promotional use) as WWM and Palais de Mahé Puducherry deem fit. 9. The winner will be notified within a month of the closing date of the contest. If WWM cannot contact the winner within one month of the closing date, then WWM will offer the prize to a runner-up, or re-offer the prize in another promotion. 10. The winner has to collect the prize within one month of being notified/ informed by WWM of the result. If the winner fails to collect the prize within the time period specified, it would be assumed that he has forfeited his claim to the prize and WWM is then allowed to offer the prize to a runner-up, or re-offer the prize in another promotion. 11. The hotel accommodation is valid till 31st October,

2014, subject to availability. Reservation needs to be made in advance and blackout dates may apply. 12. The winner would need to abide by the terms and conditions of Palais de Mahé Puducherry. 13. WWM would not be liable in any manner whatsoever for any loss, damage or injury occurring to the winner, arising from their entry or acceptance of the prize. 14. This contest is only open to Indian residents aged 18+ years. The guest of the winner would also be an Indian resident also aged 18+. 15. Employees of WWM and Palais de Mahé Puducherry and the other sponsors, and their relatives and business associates are not eligible to take part in this lucky draw. 16. Palais de Mahé Puducherry reserves the right to unconditionally modify/ append this offer without prior notice. 17. The offer is valid for a couple only and is not applicable to groups or special discounted rates. 18. The offer does not include consumption of cigarettes and alcohol. 19. The winner will bear the cost of travel from his home town to Chennai airport. Palais de Mahé Puducherry will arrange for two-way airport transfers. 20. The package includes all meals at the in-house restaurant, while alcohol consumption will be charged extra. 21. Anything over and above the agreed offer will be charged extra.

eat like a local COORG

The simplicity and soulfulness of Coorg's Kodava cuisine is nothing short of a culinary revelation. Recreate its exquisite flavours at home with our easy menu

Words and recipes KAVERI PONNAPA Food photographs NITHIN SAGI
Location photographs THE VANISHING KODAVAS (thevanishingkodavas.com) and KAVERI PONNAPA

In Coorg, the violet hills hide their secrets well. Although meat is an essential part of the local cuisine, in forests, on riverbanks, across fields and tangled kitchen gardens, lies a wealth of tender vegetables, shoots, and leafy greens that have been regulars on our table for generations. Foraging and gathering, made fashionable by some of the most famous restaurants in the world, are a much-loved part of our food tradition and every season brings a thrill of anticipation, of looking out for special treats from the land. With early summer comes the round miniature wild mango, to be curried or made into *mange mor pajji* with yoghurt; and monsoon downpours bring spikes of tender bamboo shoot, *baimbale*, fermented and then curried, fried or pickled. A little later, everyone scours the countryside for the several varieties of prized, earth-scented wild mushrooms that spring up, and conversations are all about *akki ottis* (rice rotis), and *kumme* curry (wild mushroom curry).

There's a beautiful serendipity in all of this. Most women of my mother-in-law's generation who lived on coffee plantations never set out on a stroll or a visit to a neighbour without the equivalent of the Russian 'avoska', the 'maybe' or 'perhaps' mesh bag – you

never knew what surprise the season would throw your way: a tender jackfruit just right for cooking; fresh colocasia leaves on an embankment ready to be curried; bracken ferns with their curling tips and exotic flavour, perfect for a stir-fry; or a fistful of sweet rose apples to end a meal.

Coorg women are dedicated gardeners and, in kitchen gardens, ash gourd, ivy gourd, pumpkin and oversized double beans grow in profusion, to be cooked into mild, refreshing curries. They are also experts at jam, pickle and wine making. None of the wild fruits and berries that dot the hillsides escape their attention. Mealtimes are perked up with pickles of wild hog-plums (*ambatte*), sharp-tasting local limes and smoky chutneys of charred local bitter oranges (*kaipuli*). Wild, cape gooseberries and mulberries go straight into preserves and jams.

There are delicious accents at every meal, like a chutney made of toasted sesame seeds (*elle pajji*) at breakfast, or a lunchtime treat of *mudre kanni*, a thick, reddish, sour-sweet extract made from soaked horse gram. Hints of cardamom and pepper that have grown wild on the hillsides for centuries, now cultivated, turn up often, and sourness is a tasting note in almost every dish.

(continued on p 98)

EASY MENU FOR 4

- * Akki ottis
- * Elle pajji
- * Thondekai barthad
- * Kumbala curry
- * Bale muruku



Kaveri Ponnappa is an independent writer and author based in Bengaluru. Her blog, *The Coorg Table*, provides an insight into the cuisine of Coorg through a cultural lens. Her latest book, *The Vanishing Kodavas*, examines the history and the culture of the Kodava people.

Akki ottis

Serves 4 ■ 35 minutes ■ EASY V U

These rice rotis can be adapted to be eaten at breakfast, lunch or dinner. They are versatile, changing their character according to the accompaniments. At breakfast, they can be served with a selection of chutneys, pumpkin or broad bean curry, or pats of freshly churned butter, homemade jams, or wild Coorg honey. At lunch or dinner, they pair perfectly with curries and dry-fries of vegetables and meats. If you have the luxury of a coal or wood fire, akki ottis toasted on embers take on a wonderful flavour.

short grain rice (sona masuri) 1 cup
rice powder 4 tbsps

■ Pressure-cook the rice with 2 1/2 cups of water. Let it cool.

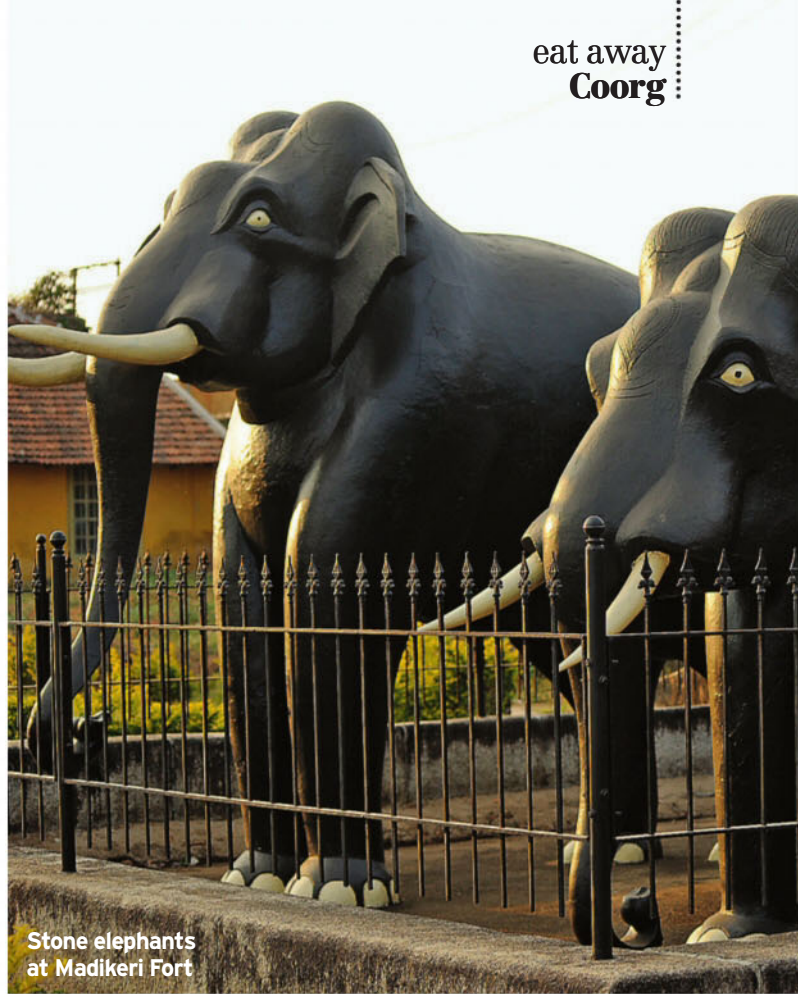
■ Place the cooked rice in a large open platter, and mixing by hand, gradually work in sufficient quantity of rice powder to make a firm dough, which still retains some of the moisture of the cooked rice. Too much rice powder will result in hard, dry ottis. Do not add any water as you knead.

■ Knead, and shape egg-sized rounds of dough into rotis on the palm of your hand moistened with water or use a



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Akki ottis served with toasted sesame seed chutney and traditional Coorg coffee



eat away
Coorg

Stone elephants at Madikeri Fort



Coffee berries dot the hillside plantations in Coorg



Thondekai barthad



Locally produced honey at a store

Kachampuli, the famously tart vinegar is a defining ingredient in both vegetarian and non-vegetarian dishes. Tiny, explosive bird's eye chillies are prized in pickle making and roasted and barbecued meats.

Rice is a treasured grain, appearing at every meal, cooked into *akki ottis*, or a cluster of soft, steamed *puttus*, each unique in shape, taste and texture. It even forms the base for the traditional liquor, *kachana kall*, a clear, heady, saké-like brew. Traditional meals end with fresh fruit or unfussy desserts like jaggery-sweetened *payasas* of rice or *khas-khas*, fritters made from local bananas and maybe, halwas and cheeses made from seasonal fruit. Parcels of sweet jackfruit pulp and *tari* steamed in special leaves (*koovale puttus*) are a favourite. For variety, the colonial encounter has left a sturdy legacy of baking and a penchant for English desserts.

Meals and feasts remain decidedly family- and clan-centric, and the concept of eating Coorg food at a restaurant has not yet come into being. The best way to explore this cuisine is by staying with a family, at one of the dozens of homestays that have opened their doors to visitors, and enjoy the legendary hospitality of Coorg. As they say, there's always room for one more at the table.

LOCAL KNOWLEDGE

From being ruled by the Lingayats followed by the British, to gaining independence and then becoming a part of Karnataka, Coorg has a unique cultural identity despite the multiple influences. The scenic landscape can be enjoyed through elephant rides at the Dubare Forest Reserve, located 15km from Kushalnagar, and even from The Raja's Seat in Madikeri, from where all the erstwhile kings of Coorg would view the sunset.

HOW TO GET THERE

The closest airports to Coorg are at Mangalore (135km) and Bengaluru (260km), reachable from most major cities by air. The closest railhead is at Mysore (130km). Reaching Coorg by bus is the most viable option, with Karnataka State Transport Corporation plying buses from Bengaluru to Madikeri everyday.

chapati press, lined with sheets of plastic, which is much easier.

■ Toast both sides of the otti on a tava, as you would a chapati, and then hold over a direct flame, allowing it to puff up. Serve hot.

Elle pajji

Serves 4 ■ 8 minutes ■ EASY ✓

A popular condiment, this is a creamy and thick chutney made with toasted sesame seeds.

sesame seeds 1/2 cup

onion 1 small, peeled

green chilli 1

coconut 2 pieces (each about 2 inches in size), chopped

tamarind a large marble-sized lump, soaked in water and the pulp extracted

jaggery 2 tbsp, grated (optional)

salt to taste

■ Heat a cast iron tava, or frying pan, and toast the sesame seeds gently, stirring with a wooden spoon, until they begin to crackle. They should just change a shade but should not turn brown. Remove from the heat and allow to cool.

■ Pierce the whole onion with a steel skewer, and hold at the centre of an open gas or other flame, and rotating gently, allow it to char so that black spots appear over the surface in a few places. Repeat the process with the green chilli. Allow both to cool, then chop them roughly.

■ Place all the ingredients in a blender, and grind to a smooth paste, adding a small quantity of water as required. For a slightly sweet taste, add the jaggery.

■ Serve with akki ottis or plain dosas.

Thondekai barthad

Serves 4 ■ 20 minutes ■ EASY ✓

This dish comprises young, tender, stir-fried ivy gourd. While slicing the

gourd, avoid using the ones that are deep red or orange in colour.

ivy gourd 250g

oil 3 tbsp

mustard seeds 1/2 tsp

curry leaves 7-10

onion 1 small, very thinly sliced

green chillies 2, slit lengthwise

salt to taste

grated coconut 3 tbsp (optional)

■ Wash, pat dry and trim the ivy gourds. Slice each into half, lengthwise, and slice once again to get 6 slices from each gourd.

■ Heat the oil in a kadhai, or a round-bottomed vessel. Add the mustard seeds, and once they begin to splutter, add the curry leaves. Tip in the sliced onions and fry until softened but not browned.

■ Add the green chillies, salt and sliced ivy gourd. Raise the heat, then stir-fry for 3 minutes. Lower the flame, cover, and allow it to cook in its own moisture until very tender, for about 10-12 minutes.

■ You can stir in the grated coconut during the last 2 minutes of cooking, or sprinkle over the dish as a garnish. Serve hot.

Kumbala curry

Serves 4 ■ 30 Minutes ■ EASY ✓

In this recipe, tender pumpkin is cooked in a mix of spices and grated coconut. While there are several varieties of pumpkin and squash available, in Coorg, ripe but firm pumpkins with a streaky green skin are commonly used.

pumpkin 500g, deseeded and cubed with skin on

salt to taste

turmeric powder 1 tsp

coriander powder 1 tsp

grated coconut 1 cup

green chillies 4-6 fresh, ground to a very smooth paste

water 4 cups

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eat away
Coorg



Kumbala
curry served
with akki ottis



Wild fruits like jamuns
are very popular

Jackfruit is commonly used to
make sweet steamed parcels



Bale muruku





Kumme curry is made using wild mushrooms



A Kodava lady in traditional attire



Peppercorns have grown in the hillsides for centuries

MINI GUIDE TO COORG EAT

■ A good place to sample local delicacies is the **Taste of Coorg** (+91 94492 55969) in Madikeri, which serves a great *pandi barthadh* (pork dry fry) and *kadambuttu* (rice dumplings). Most small eateries serve up a delicious spread of Kodava cuisine.

DO

■ Madikeri Fort; Gaddige; the Tombs of the Rajahs of Coorg; Nalaknad Palace; Abbe Falls; and Irupu Falls are must-visit sites. Coorg has a dramatic history worth reading about. *The Vanishing Kodavas*, published in 2013, has an engrossing account of the history and culture of Coorg (thevanishingkodavas.com).

SLEEP

■ The best way to enjoy the place is at one of the many homestays in the district, where you can interact with a family, and taste authentic Coorg food. If you choose a resort over a homestay, you will miss out on the Coorg experience entirely.

■ Homestays to choose from include **Gowri Nivas** (Tel: +91 8272 228597), **Honey Pot Homes** (Tel: +91 94481 06100), **Kedakal Estate** (Mysore-Madikeri Road, Kedakal Post, Suntikoppa, Kodagu; Tel: +91 8272 239250), and **Casa Coorg** (Chevur Estate, Next to Coorg Golf Links, Bittangala Village, Virajpet Taluk, Kodagu; Tel: +91 98804 34127).

MUST BUY

- * **COFFEE BEANS** Coorg produces some of the finest coffees in the world, and they are available in almost every little shop across the town.
- * **HONEY** Available in some interesting flavours, this locally produced ingredient will prove to be a worthwhile inclusion in your kitchen closet.
- * **HOMEMADE PRODUCTS** Keep a lookout for traditional pickles, jams and juices on sale.

MENU DECODER

- * **AKKI PODI** Rice powder that is used to make *akki ottis*, to batter-fry fish for a wonderfully crisp finish or as a binder in some sweets.
- * **KACHAMPULI** A tart, dark vinegar, made from the juice of the ripe fruit of the *Garcinia gummi-gutta* tree, it is a relative of *kokum* and *kodampuli*.
- * **PAAPUTTU** Flat, faintly sweet rice cakes steamed with milk and a little grated coconut.
- * **NOOLPUTTU** Soft, steamed rice noodles that resemble *idiappams* in appearance, but are cooked very differently, and taste different too.

THE SEASONING

oil 4 tbsp
mustard seeds 1 tsp
curry leaves 12-14
dried red chillies 4, lightly crushed
garlic pods 6-8, lightly crushed

■ Place the cubed pumpkin in a pan or kadhai, and pour 1 cup of water, or enough to cover the pumpkin by an inch. Add the salt, turmeric and coriander powder, bring to a boil, simmer, and cook until the pumpkin is tender but still firm.

■ Add the coconut and chilli paste and simmer for 3 more minutes. Remove from the flame.

■ Heat the oil in a small pan, and add the mustard seeds. Once they begin to splutter, add the curry leaves, dried red chillies and garlic, stir once or twice, and pour over the curry. Serve with hot ghee and akki ottis.

Bale muruku

Serves 4 ■ 30 minutes ■ EASY ✓

.....
These sweet banana fritters are hugely popular and taste especially delicious when cold. They can be stored for a week upto 10 days.

bananas 3-4 ripe, mashed
jaggery 3 tbsp, powdered or grated
salt to taste
freshly grated coconut 1/2 cup
sesame seeds 1/2 tbsp, roasted
cardamom 1/4 tsp, powdered
all-purpose flour (maida) 1 tbsp
rice powder 4 tbsp
oil 1 cup, for frying

■ Place the mashed bananas in a bowl, add jaggery, salt, coconut, sesame seeds, powdered cardamom, flour and rice powder to make a soft doughy mixture.

■ Heat the oil in a frying pan, drop spoonfuls of the mixture, and deep-fry until brown. Serve hot.

masterclass

COOK LIKE A PRO

Smart ways to improve your kitchen skills

Words AMIT PAMNANI Photograph TINKESH ACHHIPALIA

In this section

- * Chef Conrad D'Souza's Gulab jamun baked Alaska p 148
- * Make Paneer tiramisu at home p 154



GAS OVEN TANDOOR

Home cooks may find it a challenge to replicate perfectly charred paneer tikka like the ones served at restaurants where the marinated tikkas are skewered and placed in a huge clay tandoor set at a very high heat. This process beautifully browns the paneer on the outside while leaving the inside delicate and moist. So here's some good news — a gas oven tandoor is the perfect solution to your tandoori cravings at home. It is a neat, sleek piece of equipment no bigger than a large kadhai. It doesn't need coal and works on gas flame. Moreover, it is non-stick, which means that you don't have to baste your food with excess oil to get that charred effect.

The tandoor is designed in such a way that the flame reaches the cooking chamber directly, and a reflector spreads the heat all around evenly. We tried cooking paneer tikka and tandoori vegetables, and after a few attempts, were able to get the perfect charred finish. The trick is to put on a full flame. The gas oven tandoor cooks food fast though the only drawback is that the food is devoid of the typical smoky flavour. We tried cooking naan, which came out perfectly crisp. Overall, it's an ideal gadget to have in your kitchen when you want to recreate the barbecue effect without having to go outdoors or struggling to light the coal.

Try **WONDERCHEF** designed by **Sanjeev Kapoor**, available at kitchen appliance stores for ₹5,800.

CONRAD D'SOUZA'S Masterclass

Pali Village Café's cutting-edge chef makes a stunning hybrid dessert combining two beloved classics, gulab jamun and baked Alaska

Recipe CONRAD D'SOUZA Photographs CYRUS DALAL



Gulab jamun baked Alaska

Serves 4 ■ 30 minutes + freezing

■ A LITTLE EFFORT

vanilla sponge 175g (20cm in diameter)

vanilla ice cream 250g

gulab jamuns 4



THE COFFEE SYRUP

instant coffee powder 2 tbsp

caster sugar 1 tbsp

THE MERINGUE

eggs 2, whites separated

caster sugar 7 tbsp

**EXCLUSIVE
STEP-BY-STEP
RECIPE**



You can make this dessert even more sophisticated by replacing the vanilla ice cream with Baileys ice cream



1 Slit the sponge cake horizontal into two slices of approximately 1cm thickness.



2 Line a 10cm diameter pudding bowl with cling-film.



3 Mix the instant coffee powder with sugar in a small bowl, add 2 tbsp hot water and stir until the coffee and sugar dissolve.



4 Take 1 slice of the sponge cake and cut out a wedge so that the sponge fits in the cling wrapped bowl perfectly.



5 Cut the second slice of sponge cake into a 10cm round using a cutter or a saucer. This will cover the ice cream in the bowl completely.



6 Place the sponge inside the bowl and press firmly.



7 Brush the inside of the sponge with the coffee mixture.



8 Drain the gulab jamuns of the syrup and wipe them clean with your fingers.



9 Place a spoon of vanilla ice cream in the centre of the sponge in the bowl.

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10 Place the gulab jamuns on top of the ice cream and press slightly so that they are securely placed.



11 Cover the gulab jamuns with the rest of the ice cream, making sure it covers them fully and the bowl is full upto the brim.



12 Cover the ice cream with the 10cm round sponge slice.



13 Brush the top of the sponge with more coffee mixture then transfer the bowl to a freezer and let it set for 30 minutes.



14 Meanwhile, beat the egg whites with an electric beater, gradually add sugar to it until it forms stiff peaks.



15 Remove the bombe from the freezer and de-mould on a board.



16 Put the meringue in a piping bag and pipe it all over the frozen ice cream bombe.



17 Flash the prepared dessert in a very hot oven for 1 minute or until the meringue is brown all over, or use a blowtorch to make it evenly brown.



18 Serve the baked Alaska immediately.

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Shop talk

Where to find everything from manchego to methi

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 Creuset

S30 - B1 Select Citywalk Mall,
Saket District Centre, Saket
Tel: +91 11 4102 9592

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

Pigpo

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, 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,
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,
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

last bite

Meet paneer's sweeter side in this decadent tiramisu. Yumlicious!

Recipe VISHAL KOLHE Photograph MIHIR HARDIKAR Styling NITIN TANDON

Paneer tiramisu

Serves 6 ■ 40 minutes + overnight chilling ■ **EASY**

Instead of regular mascarpone to make tiramisu, try using malai paneer – you definitely won't be able to tell the difference.

eggs 2
sugar 70g
malai paneer 200g
fresh cream 80ml

whipping cream 200g (try Elle & Vire available at gourmet stores)

rum 20ml

sponge fingers 8-9 (try Vincenzi available at gourmet stores)

coffee powder 2-3 tbsps

THE SYRUP

rum 10ml

sugar 20g

coffee powder 1 tbsps

■ To make the syrup, stir the rum, sugar, coffee powder and 30ml of boiling water together until the sugar and coffee have dissolved. Keep aside.

■ Take a medium-sized bowl and beat the eggs and sugar together with an electric beater until the mixture is creamy and smooth.

■ In another bowl, beat the paneer with the electric beater until smooth, making sure to get rid of the crumbly texture. Slowly add the fresh cream to the paneer and fold until mixed together and smooth. Add the beaten egg and sugar mixture to the paneer mixture and continue folding it in.

■ Beat the whipping cream with an electric beater and fold it into the paneer mixture. Add rum to the mixture and fold.

■ To assemble the tiramisu, place the sponge fingers at the bottom of a 17cmx17cm square glass dish. Drizzle the syrup over the sponge fingers.

Pour 3/4 of the paneer tiramisu mixture into the dish on top of the soaked biscuits. Cover and chill for at least 12 hours or overnight.

■ Keep the remaining paneer tiramisu mixture chilled in the refrigerator. Remove the glass dish and dust the top with a layer of coffee powder.

■ Take a piping bag and fill it with the chilled paneer tiramisu mixture. Pipe this mixture on top of the coffee layer in blobs until the entire surface is covered. Dust some more coffee powder over the tiramisu. Serve chilled.

■ **PER SERVING** 285.33 kcal, protein 9.37g, carbs 22.57g, fat 17.72g, sat fat 9.57g, fibre 0.13g, salt 0.1g



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