

BBC

80+ TRIPLE-TESTED RECIPES

eat in\*eat out\*eat away

DECEMBER 2013  
₹100

# Good Food

India

## Unlock your party genius!

- \* PUTTANESCA TARTLETS
- \* SMOKED SALMON & DILL WHEELS
- \* ALBONDIGAS
- \* CHOC POTS

**A merry veggie Christmas**

**Authentic Kangra menu for 6**

**Ultimate baked desserts**

**EAT OUT**  
Gastropubs on trial

Chicken Cafreal at Florentine



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Eat like a Venetian

Postcard from Brighton



**MASTERCLASS**  
Sarah Cook's step-by-step gingerbread cottage p 104



MA17131201



Strawberry & white chocolate trifle p 112

ZINIO COPY



# a party in your mouth

I love festive classics. After all, it wouldn't be Christmas without a whole roast bird, mashed potatoes and good ol' plum cake, right? But part of the fun of hosting is trying something different. Happily, there's plenty to surprise and delight if you're looking for new ideas for the party season.

Our December issue is packed with fabulous recipe upgrades, stunning photos and get-ahead tips. So whether you plan to eat in, eat out or eat away, we help you get it right every step of the way.

**A meat-free Christmas** Go veggie this Christmas. Trust me, the idea will be a hit. Our line-up offers simple yet chic options. The Moroccan-inspired carrot and pecan pastilla is a hearty substitute for roast chicken while the shallot tarte tatin adds chic sophistication. Both mains are ultra convenient and can be made ahead. Paired with sides like ginger and sesame brussel sprouts and carrot and sweet potato mash, they will create a memorable spread. What's for dessert? Apple pie and a stunning

DIY gingerbread cottage.

*HOUSE OF CHOC  
Our gingerbread cottage is like a wonderful storybook come to life. P 104*



### PARTY PERFECT

*Melt away a world of hosting worry and stress with our ideas. P 62*

**Entertaining updated** The upside of shorter winter days — longer nights for feasting with family and friends. To ensure your peace of mind amid the holiday hubbub, we've created three wow-factor courses that combine easy elegance with practicality. Our party planners include top bites like puttanesca tartlets, plates to share like smoked salmon and dill wheels, and crowd-pleasers like lamb cutlet tagine. So whether you are cooking for a group or just the two of you, we've got all the tips, tricks and info to make you shine.



**Secrets from the Kangra Valley** This issue features the delicate flavours of Himachal's Kangra region. The home-style recipes, adapted from Divya Sud Qureshi's wonderful new book, *Flavours from the Kangra Valley*, are from the author's own family. Kangra cuisine is a fine example of cooking without onions, ginger and garlic. Instead, you get an alternate flavour palette dominated by *hing*, *saunf*, chilli and dahi. The subtle spicing of dishes like *mahmi* and *kala kaddoo* blew me away when I first tried them. Buy this book.

*DELICIOUS KANGRA  
The kala kaddoo is such a treat, it deserves top billing. P 70*



**Rooty beauties** As with every issue of *Good Food*, we hold fast to our ideal of eating seasonal, fresh veggies. You'll see that beetroots aren't just for salads. From savoury dishes to desserts, get ready to think differently about these striking roots. The beet *chaas* is a fuchsia twist on classic buttermilk, the chops are a nod to the Kolkata street food classic, and the beet brownies are a healthier, prettier version of the original.

There's more. A sprinkling of sea salt sends classic chocolate treats over the top while trifle pud, another Christmas staple, gets a seasonal makeover with fresh strawberries and white chocolate. Drool.

Cherish (and relish) the season. Merry Christmas.

Sona Bahadur, editor

*NO HOLDS BARRED  
Our Restaurant Spy helps you navigate the gastropub scene in style. P 80*



PS: Budding writers, our sister publication *Femina* has just launched Femina Fast Fiction, a novel way to find an audience for your work. Last date for submissions 31st December 2013. Details on [feminafastfiction.com](http://feminafastfiction.com)

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**MAKE  
OUR  
COVER  
RECIPE!**

## Strawberry and white chocolate trifle

Serve 10 ■ 50 minutes + chilling

■ EASY

**strawberry** or **raspberry jelly** 270g (try Bluebird available at gourmet stores)

**raspberry liqueur** 4 tbsp + extra for drizzling (try Marie Brizard available at liquor stores)

**strawberries** 400g small, halved and hulled

**strawberry** or **raspberry Swiss roll** 180g, sliced (available at your local cake shop)

**cornflour** 1 tbsp mixed with 2 tbsp milk

**white chocolate** 100g, roughly chopped (try Morde or Valrhona available at gourmet stores)

**double cream** 600ml (available at your local dairy)

**vanilla extract** 1 tsp

**icing sugar** 5 tbsp (try Bluebird available at gourmet stores)

### THE VANILLA CUSTARD

**vanilla pod** 1

**milk** 250ml

**double cream** 250ml (available at your local dairy)

**egg yolks** 5

**golden caster sugar** 120g (try Tate & Lyle available at gourmet stores)

■ Make the jelly following the packet instructions but replace 4 tbsp of the recommended amount of water with the same amount of raspberry liqueur. Leave until the liquid starts to thicken.

■ Put half the strawberries in the bottom of a wide, slightly shallow trifle dish and pour over the jelly.

Refrigerate to set.

■ Meanwhile, to make the custard, split the vanilla pod in half and scrape the seeds out with a knife. Place the pods and seeds in a medium-sized pan with the milk and cream. Bring to the boil slowly then take off the heat and leave to stand.

■ Lightly whisk the egg yolks and caster sugar until thick. Whisk in the vanilla-infused milk – take the pod out first – then wipe out the pan (to get rid of any milk that has caught on the base) and strain the custard mixture back in. Put it back on a medium flame, stirring until the custard thickens enough to coat the back of a wooden spoon. Don't let it overheat or the egg will curdle. Mix the cornflour and milk, then stir into the custard. Bring to a simmer and stir for a couple of minutes while it thickens. Take off the heat and stir in the white chocolate. Cool.

■ Take the jelly out once set and line the outside of the bowl with Swiss roll slices, making sure the slices are all facing the same way so it looks neat. Put a layer of Swiss roll on top of the jelly. Drizzle more liqueur over the cake. Spoon the custard into the middle and chill for another hour or so.

■ Gently whip the cream with the vanilla extract and enough sugar to sweeten. Spoon the cream over the custard and finish with the rest of the strawberries. Chill for 2-3 hours or overnight before serving.

■ **PER SERVING** 573 kcals, protein 6.2g, carbs 48.1g, fat 37.8g, sat fat 22.2g, fibre 0.6g, salt 0.2g

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## PRO vs PUNTER

Feel like the average diner doesn't always agree with professional reviews?

Become our punter in the 'Pro vs Punter' section and review a restaurant along with a seasoned pro.

To apply, write to us at [bbcgoodfood@wmm.co.in](mailto:bbcgoodfood@wmm.co.in).

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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

## Write to us!

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

**GOOD  
FOOD  
STAR  
RECIPE**



## Kala kaddoo (red pumpkin in burnt walnut and spinach curry)

Serves 6 ■ 50 minutes + pounding

■ EASY  

■ Make the walnut masala by dry-roasting **3 whole walnuts**, then place them directly on the fire using tongs.

■ When the walnuts are aflame, remove from the fire and place on a metal plate until they stop smouldering. Lift them carefully, place in a utensil and pour **7-8 tbsp mustard oil** over them. The oil will act as a lubricant while grinding.

■ Once the walnuts stop giving out smoke, pick them up and pound them slowly using a pestle and mortar, alternating between pounding and circular motions with the pestle to get a smooth paste. This should take about 45 minutes. Use your fingers to check the smoothness of the paste. It shouldn't have any lumps.

■ Peel **2 1/4kg red pumpkin** and cut into 1 1/2-inch cubes. Keep aside. Grind **300g spinach** and strain the juice.

■ Heat **3/4 cup mustard oil** in a

round-bottomed pan. When the oil starts to smoke, remove the pan from the flame and add **3 tsp cumin seeds, 2 1/4 tsp fenugreek powder, 6 tsp coriander powder, 1 1/2 tsp turmeric powder** and a **large pinch of asafoetida**. Put the pan back on the flame. Add the cubed pumpkin, walnut masala and a **pinch of salt**. Fry this mixture for 10-12 minutes.

■ Add the strained spinach juice and cook until it blends with the masala. Remove the pan from the flame and add **1/8kg beaten curd**. Put the pan back on a high flame. Stir the mixture continuously till the contents come to a boil. Cover and cook for 5-7 minutes until the mixture seems emulsified.

Add **3/4 tsp red chilli powder, 3 tsp garam masala** and **6 tsp ghee** before serving. If the curry doesn't look black enough you need to add some more of the burnt walnut paste. Garnish with **freshly chopped coriander** and serve with dal and steamed rice.

■ **PER SERVING** 610.5 kcal, protein 16.8g, carbs 42.93g, fat 44.17g, sat fat 11.02g, fibre 4.87g, salt 0.6g

## FOOD NATION KOLKATA



**Good Food** reader Latika Kharbanda lists her favourite eateries in Kolkata

\* **BREAKFAST** At **Balwant Singh**

**Dhaba** (+91 33 2454 2015) people queue up as early as 6 am for a cup of chai

along with piping hot kachori and aloo sabzi. If you are hungry, the paneer tikka – a not-so-typical breakfast – is a delight. Wash it down with the famous chilled *doodh* cola. Meal for two ₹ 300.

\* **LUNCH** Enjoy a typical Bengali meal at the pocket-friendly **Kasturi Restaurant** (+91 33 6606 4206). Try the famous *Kochu pata chingri bhappa* (prawns steamed in colocasia leaves), *Mutton kosha* (Bengali-style mutton curry) and *Posto bora* (poppy seed fritters) with steamed rice. Meal for two ₹ 500.

\* **DINNER** All of Kolkata swears by the biryani at **Arsalan** (+91 33 2284 8556). The Special biryani comprises aromatic steamed rice, a piece of chicken or mutton, egg and potatoes. Finish off your meal with firni. Meal for two ₹ 500.



## HOW YOU PIMPED IT



I was initially hesitant about using the burnt walnuts, but loved how the walnut masala transformed the otherwise plain pumpkin. The gravy turned out silky smooth. I used a medium sieve so as to include some of the spinach pulp, but the flavour of the spinach

overpowered the remaining ingredients slightly. Next time, I'll use the pulp in another dish and include only the juice.

**Saba Sharma** works with an FMCG company. She is based in Jakarta and is passionate about cooking.

## JOIN OUR TASTE TEAM

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

8.3%  
Plum cake



33.4%  
Strawberry and  
white chocolate trifle



## GoodFood INSIDERS' POLL

Which of these  
desserts would  
you feature on  
your dinner  
party menu?

50%  
Salted caramel  
choc pots



8.3%  
Gingerbread  
cottage



### LETTER OF THE MONTH

Dear Editor,

For years I have come across the proverb, 'too many cooks spoil the broth'. Your anniversary issue defied this completely. It should perhaps be redefined to 'so many cooks add royalty to the broth'. Encountering informative features on renowned chefs such as Jiggs Kalra, Masaharu Morimoto, Alice Waters, Kylie Kwong, Matt Moran and Ananda Solomon among others was like a dream come true. This particular edition of the magazine, brimming with knowledge, is definitely going to be a landmark issue in your archives (as well as mine) for years to come.

— Padma Jagdish, New Delhi

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@wmm.co.in](mailto:bbcgoodfood@wmm.co.in) with your contact details.



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## READER RECIPE OF THE MONTH



Good Food reader  
Revati Victor shares  
her favourite recipe



### Bacon dates

Makes 12 ■ 20 minutes ■ EASY

Preheat the oven to 190°C. Deseed **170g dates** gently without tearing them apart. Stuff each date with an **almond**, then wrap the date with a **bacon slice**. Place them in the oven for 15 minutes. To make the dressing, mix **45g grated blue cheese** with **2 tbsp fresh cream**. Place each bacon-wrapped date on a **lettuce leaf**, close to the stem. Put a dollop of the dressing on each canapé. Serving the warm dates on cold lettuce gives the canapés more depth, but they can be made ahead and served at room temperature as well.

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



# In this issue



## VIVEK MENEZES

Vivek Menezes is a contributing editor at *Conde Nast Traveller* and a columnist for the Goa edition of *The Times of India*. His writings have appeared in *GQ*, *Vogue*, *The Caravan* and *Time Out*. He curates the annual Goa Art and Literary Festival, which he co-founded in 2010. Menezes has served as Jacques Cousteau's personal economic advisor and helped construct Sachin Tendulkar's first official website. He chronicles the history of the famed Chicken Cafreal at Florentine in Goa, on **p 90**.

## SARAH COOK

Sarah Cook is the Deputy Food Editor and Food Stylist of the UK edition of *BBC Good Food* magazine. In 2006, she completed a professional food diploma from the Leiths School of Food and Wine in London. She has also compiled triple-tested recipes from the magazine into a series of books. An ardent baker, she loves whipping up celebratory cakes for friends, and brownies for village carnivals. Cook teaches you step-by-step how to win over your guests at Christmas with a perfectly crafted gingerbread house in Masterclass on **p 104**.



## DIVYA SUD QURESHI

Divya Sud Qureshi has completed a diploma in advertising and mass communication, pursuing animation as a profession. Sud Qureshi now runs her own animation and graphics studio with her husband. The tech-savvy artist has collected and preserved the traditional Kangra recipes passed down to her from her mother, the late Sarita Sud, in her book *Flavours from the Kangra Valley*. We bring you exclusive recipes from the book in our Weekend section on **p 70**.



## ANITA RAO-KASHI

Anita Rao-Kashi is a Bengaluru-based writer. She spent 12 years at *The Times of India*, and following this stint, she chose to freelance for a variety of national and international publications, websites and blogs. She has also worked on travel and food guides for independent publishers. Rao-Kashi enjoys travelling and experimenting with cuisines. She gives you the lowdown on Leipzig in *Eat Away* on **p 99**.

## ASLESH KAMAT

Aslesh Kamat is a photographer based in Goa. He mastered the basics at the School of Visual Art in Goa, where he currently teaches. Kamat conducts workshops and presentations at various photography clubs and is a freelancer for publications such as *Goa Times*, *People*, *My Goa* and *Autobuzz Goa*, among others. He captures the charm of Goa's Florentine in *Off the Eaten Track* on **p 90**.



# 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. We spotlight local produce in season in Need To Know. And our Good Food Investigates pieces delve deep into important food issues to bring you insights that really matter to you. **P 12**



## \* Eat In

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



## \* Eat Out

This section stands out for its uniquely positioned restaurant reviews and features that are authoritative, objective and reliable. In Off The Eaten Track, we revisit a classic cafe or restaurant and walk you through its heritage. **P 79**



## \* Eat Away

Our seasoned travel journalists and food experts arm you with insider information and recipes from the world's most exciting food destinations. Eat Like A Local brings easy, authentic menus from around the world while Budget and Blowout shows you how to get your wallet's worth when travelling. **P 93**



## \* Masterclass

Learn to cook like a pro in our Masterclass section. Pick up cooking lessons directly from culinary masters in India and abroad. We also feature nifty kitchen gadgets that sharpen your kitchen skills and our 10-minute wine guide is perfect for wine lovers. **P 103**

# How to get the best from Good Food India

## Why you can cook our recipes with confidence

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

## How we triple test our recipes

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

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

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

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

## What our symbols mean

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

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

### A LITTLE EFFORT

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

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

**VEGETARIAN**  Meat-free dishes.

**JAIN**  Suitable for Jain cooking.

## Over to you

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

## LOOK OUT FOR THESE HIGHLIGHTS



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



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



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



## THE GOOD FOOD INDIA PROMISE

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

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

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

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

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

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

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

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

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

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

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

**BIG ISSUES** Preaching doesn't come naturally, so we won't tell you what, or what not to eat. Instead, we keep you up-to-date with issues and debates in the food world in our Good Food Investigates feature. We weigh in on the nutritional debate about honey on **p 22**.

For a list of stores that stock gourmet ingredients, turn to **p 111w**

need to know  
live masterclass



# Hola, Spain!

BBC Good Food India's masterclass with Chef Manuel Oliveira Seller of JW Marriott Mumbai showcased stunning Spanish dishes at Godrej Nature's Basket

Words PRIYANKA HOSANGADI Photographs HUSAIN S PATRAWALA

Think Spanish food, and sangria, paella or tapas immediately come to mind. At BBC Good Food India's recent live masterclass, Chef Manuel Oliveira Seller, chef de cuisine of Arola restaurant at JW Marriott Mumbai, showed that there's much more to savour in this cuisine. Though Spanish fare is fairly easy to prepare at home, many imagine it's a cuisine that can only be enjoyed when dining out. Chef Seller showed over 15 participants how to rustle up a stress-free Spanish menu in the comfort of their own kitchens. The event was held in October at Godrej Nature's Basket on Hill Road in Bandra, Mumbai.

Chef Seller began the interactive demonstration with his version of Spain's most famous tapas, Patatas Bravas. The chef asked a participant to help him make the dish. Next on the menu was a simple yet delicious dish of prawns sautéed in garlic with chopped red chillies, garnished with chopped parsley. The participants

devoured the Garlic Prawns and some plan to serve it as an appetiser the next time they entertain at home.

The chef then made two versions of paella – Vegetable Rice and Lobster Rice. For the first, rice was cooked with vegetable stock, sautéed veggies, *pimentón* or Spanish paprika, onion jam, sofrito or a tomato-based sauce and saffron. The Lobster Rice was prepared in a similar manner, using fish stock, king prawns and seared lobster meat. The participants noted with appreciation the contrast the creamy rice provided to the crunchy veggies and seared lobster.

Finally, it was time for the most awaited dish, Crema Catalana, Seller's version of the famous Spanish custard dessert. The chef layered a martini glass with Marie biscuit mousse, citrus-flavoured cream and vanilla ice cream. He then sprinkled sugar over this and caramelised it. The crunch of the burnt sugar offered a delicate counterpoint to the whipped cream and ice cream.

At the end of the masterclass, participants compared notes on how to rustle up a Spanish feast and finally, took home goodie bags from Godrej Nature's Basket.



# first bite sweet like chocolate?

Not quite. A dash of sea salt added to chocolate intensifies its flavour yet tones down the sweetness. Mmm



## SALTY EDGE

Can't decide whether you're in the mood for savoury or sweet? Have both! A generous pinch of fleur de sel or French sea salt to hot chocolate, or a sprinkling of a few salt flakes on dark chocolate truffles is a true treat for the taste buds.

A touch of salt sets off the chocolate and tempers its sweetness, serving up a delicious contrast with every bite. Take your pick of this trendy confection, from the Dark Delight cake at Le 15 Pâtisserie in Mumbai (+91 97692 86544), Salted Caramel macarons at La Bouchée d'Or in Pune (+91 20 2616 0400) or turn overleaf for recipes on making other salted treats at home.

# WorldMags.net

# Opposites attract!

Try our salt-meets-chocolate combo.  
These wow-factor recipes are perfect for the festive season

## Prosecco salami cake

Serves 12 ■ 40 minutes + chilling

■ MODERATELY EASY

■ Cream **200g butter** and **140g golden caster sugar** using an electric whisk until fluffy. Add **4 eggs**, one at a time, and beat well. Mix in **2 tbsp cocoa powder**, **25ml prosecco** and **a large pinch of sea salt**.

■ Put **250g dark chocolate** in a heatproof bowl over a pan of simmering water and turn off the heat. Leave to melt slowly, stirring now and then, until silky smooth. Remove the bowl and leave to cool, for about 5 minutes. Beat the chocolate into the egg mixture until fully incorporated. Fold through **140g crushed shortbread biscuits**, **100g chopped almonds**, **75g chopped macadamia nuts or hazelnuts**, **75g chopped walnuts** and **140g chopped dried fruit (use dried figs, prunes and cranberries)**.

■ Put a double layer of cling-film on a work surface that has been wiped with a damp cloth (this will help the film to stick). Spoon the chocolate mix into the centre of the film – a rough sausage shape about 30-cm-long. Wrap the sausage in the cling-film, pushing against the work surface to make it tight. Once covered, hold the ends of the cling-film and roll the salami to help tighten the wrap. Tie the ends into a knot, then chill for at least 8 hours, preferably overnight. When ready to serve, unwrap and tie loosely with string. Dust generously with **1 tbsp icing sugar**. Place on a board in the middle of the table and cut into thick slices. Serve with warm coffee.

■ PER SERVING 541 kcal, protein 8g, carbs 40g, fat 39g, sat fat 17g, fibre 3g, sugar 34g, salt 0.5g

## Salted caramel choc pots

Serves 4 ■ 35 minutes + chilling

■ EASY

Recipe SARAH COOK

■ Mix **4 tbsp caramel sauce or dulce de leche** with **1/2 tsp sea salt**. Divide between two small glasses and chill. Melt **85g chopped dark chocolate** and **85g chopped milk chocolate** together in a glass bowl set over a pan of barely simmering water. Snap

**1-2 thin grissini (long and thin Italian-style breadsticks)** into short lengths and dip each end into the melted chocolate to coat a little. Place on a wire rack for the chocolate to drip and set, then dip the chocolate ends into **2 tbsp sugar** to coat. Keep in an airtight container lined with parchment paper and chill to set.

Instead of grissini you could use chocolate cigars or even Kit Kat



Salted caramel choc pots

■ Stir **100ml double cream** and **50ml milk** into the remaining melted chocolate until smooth, then scrape into a jug. Slowly pour on top of the caramel, around the edges first. Chill the pots for at least 2 hours, or up to 24 hours. To serve, scatter **a little sea salt** on top of each pot, then add **1-2 sugar-tipped grissini**.

■ PER SERVING 847 kcal, protein 8g, carbs 83g, fat 53g, sat fat 32g, fibre 2g, sugar 79g, salt 1.5g

## Light and dark choc puds

Serves 4 ■ 20-25 minutes ■ EASY

■ Preheat the oven to 200°C. Butter and lightly flour six 150ml ramekins. Melt **100g chopped dark chocolate** along with **100g cubed butter** in a bowl in the microwave for 2-3 minutes on medium, stirring halfway through. Break **3 eggs** into a mixing bowl, add **85g caster sugar** and whisk for about 5 minutes, until the mixture leaves a trail on the top when the whisk blades are lifted. Stir in **50g all-purpose flour (maida)** and the melted chocolate mix.

■ Divide between the ramekins and push **2 squares of milk chocolate** into the centre of each. (At this point you can leave them on the side for up to 2 hours until ready to bake.) Place the ramekins on a tray lined with parchment paper and bake for exactly 12 minutes. Cool for 5 minutes, then turn out onto plates and sprinkle each with **a pinch of sea salt**. Serve warm or at room temperature.

■ PER SERVING 396 kcal, protein 7g, carbs 34g, fat 27g, sat fat 15g, fibre 1g, sugar 24g, salt 0.39g

## THE JURY'S OUT

### Plum cake

#### THE CASE FOR

What's a celebratory confection without alcohol? Whether it's queuing up at the local bakery for a loaf of booze-drenched goodness or, even better, awaiting a homemade one from a friend's hearth, savouring the humble plum cake every Christmas is a ritual. Traditionally, raisins, glacé cherries, dried cranberries, orange peel and dates are macerated in rum or brandy (red wine or Cointreau are popular too), months in advance, allowing the flavours to infuse, resulting in a rich, moist cake. The slight hit of spice – ginger, cinnamon and nutmeg – perfectly complements the booziness. Simply garnished with a sprig of holly, it makes an appearance just once a year. What's not to love?

- KHORSHED DEBOO

#### THE CASE AGAINST

Quite frankly, dessert can't get any stodgier than a plum cake. A Christmas special it may be, but it's just too old-fashioned: dense slices of oversweet pound cake made even sweeter by raisins and tutti frutti. Where's the fluffy airiness that all of us love about the best-made cakes? Admittedly, I consider myself a little impaired when it comes to the appreciation of sweetmeats. I'd rather reach for a savoury treat (any time of year). But I still find plum cakes too staid and one-dimensional. Don't get me wrong. I've got nothing against a little rum in my food (and my glass). But in plum cake? No. It does nothing to make me want to go back for more than just the tiniest bite.

- VIDYA BALACHANDER



## CUPBOARD LOVE MARSHMALLOWS

### How to use up...

- \* **Strawberry marshmallow mousse** Put **250g strawberries** into a pan along with **100ml water** and **25g caster sugar**. Cook the strawberries over a medium flame until soft enough to mash. Take off the heat and squash until pulpy. Add **140g marshmallows**, and stir into the hot strawberries until they dissolve. Leave to cool. Whip **200ml double cream** until it holds its shape. Fold it into the cooled strawberry mix, then spoon into a bowl or separate pots and chill until set. Cut **2 strawberries** into halves and use to decorate.
- \* **Deluxe hot chocolate with marshmallows** Pour **600ml milk**, **140ml double cream** and **100g chopped chocolate** into a pan. Bring gently to the boil, whisking until smooth. Serve in mugs topped with **small marshmallows** and a little **grated dark chocolate**.
- \* **Pretzel popcorn squares** Put **300g marshmallows** in a saucepan and melt, stirring continuously. Stir in **140g popcorn** and **200g roughly chopped pretzels**. Pour into a 23x33cm-baking tray lined with parchment paper, and chill to set. Cut into squares to serve.
- \* **Sweet snowballs** Melt **400g chopped white chocolate** in a bowl over a pan of simmering water. Meanwhile, crush **100g Marie biscuits** and **50g Maltesers** with a rolling pin. Add **50g small marshmallows**, **50g dried cranberries**, **50g crumbled Madeira cake**, the melted chocolate and **3 tbsp golden syrup**. Mix well. Tip **100g desiccated coconut** onto a plate. Roll large spoonfuls of the mixture around the plate to coat in coconut, then shape into balls. Chill for 30 minutes. Sprinkle with **edible glitter** to serve. Try Lolliland available at gourmet stores, ₹ 250 for 200g.



Photograph DAVID MUNNINS

## SUPERMARKET SWEEP

Pop into the supermarket for a satisfying weeknight meal

**Garofalo** linguine + **Sainsbury's Medium Prawns** + **Green Peas** + **Lemon** + **Full-fat cream** = **Pea, prawn and lemon linguine**

**TOTAL COST ₹ 288**

Pea, prawn and lemon linguine Serves 2 ■ 15 minutes ■ EASY

Cook **Garofalo linguine** (₹ 90/200g) according to the packet instructions. Meanwhile, heat a non-stick pan; add **1 tbsp of olive oil** and cook **green peas** (₹ 15/100g), **deveined prawns** (₹ 160/150g), the **juice and zest of 1 lemon** (₹ 3) for 3-4 minutes until the prawns are hot and the peas are tender. Season with salt and pepper, stir in the **full-fat cream** (₹ 20/50ml) and 2 tbsp of the pasta water, then bubble for 1 minute. Drain the linguine and return to the saucepan with the sauce, tossing well to coat. Serve immediately.

Photograph GARETH MORGANS

need to know  
news, trends, shopping

## FARM TO FORK

With the buzz around 'seasonal' and 'locally procured' food, we aren't surprised at the farmers' markets popping up in cities across India. After six editions in Pune, food writer and entrepreneur Karen Anand brings her Farmers' Market to Mumbai on December 1 and to Gurgaon on December 8. The venture brings together purveyors of local, organic fruits and vegetables, cheeses, cold cuts, bakery products and confectionery. A host of wineries, chocolateries and pop-up restaurants will set up shop, along with enterprising homemakers specialising in jams, preserves, breads and sweet treats.

December 1 at The Westin Mumbai Garden City, Goregaon (E), Mumbai. December 8 at The Westin, Gurgaon. 10 am - 7 pm. Entry free. Visit [facebook.com/PuneFarmersMarket](http://facebook.com/PuneFarmersMarket) for details



## HAIL, BLOGGERS!

This October, the Food Bloggers Association of India, a community of over 7,500 food bloggers across India, hosted the first-ever India Food Bloggers Award 2013 (IFBA). *BBC Good Food India* was one of the event partners for the awards, in which winners and finalists were felicitated at an invitation-only evening held at JW Marriott, Mumbai. The awards were a natural extension of *Good Food's* quest to foster culinary creativity, and represented a fruitful partnership between the food blogging community and India's premier food magazine.

The jury comprised eminent figures from the hospitality and media industry including Chef Sanjeev Kapoor, food critic Rashmi Uday Singh, TV presenter Kunal Vijayakar and *BBC Good Food* editor Sona Bahadur. Shortlisted entries were judged on design and content. Winners included Farrukh Shadab Ansari for the recipe blog; Sonal Solanki for the single food shot; Charis Bhagianathan for writing and storytelling; Sandeep Sreedharan for the Facebook blog; Alka Keswani for regional cuisine; Yeshi for the photo blog; Samina Patel for baking; Adarsh Munjal for restaurant review; Kumar Jhuremalani for the group blog; Kalyan Karmakar for food and travel; and Kajal Bhatia as the new blogger. A big hurrah!

## BARKING NEWS

After a great deal of dilly-dallying, Mumbai's first microbrewery is finally ready (and licensed) to brew beer on the premises. The Barking Deer currently offers three handcrafted beers on tap, created by brewer Benjamin Johnson. The Bombay Blonde Ale, a light, refreshing brew, is perfect for those switching from bottled to craft beer for the first time. The Flying Pig Belgian Wit, a darker blend of malted wheat and Pilsner Malt, strikes a balance between a citrusy zing and spicy flavours. Their signature Barking Deer India Pale Ale is loaded with caramel malt and has a bitter aftertaste. We're raising our glasses in the hope that a slew of watering holes will follow suit soon.

*Mathuradas Mill Compound, Senapati Bapat Marg, Lower Parel (W), Mumbai. Tel: +91 22 2614 1740*



From top: (L-R) Sameer Malkani, co-founder of FBAI, judges Rashmi Uday Singh, Kunal Vijayakar, Sona Bahadur and General Manager JW Marriott Mumbai, Pavithran Nambiar; blogger Adarsh Munjal receives an award

## COCKTAIL OF THE MONTH

### Fine Oceanian gimlet

Makes 1 ■ 15 minutes ■ EASY ■

Recipe courtesy  
BEDFORD-STRAND.COM

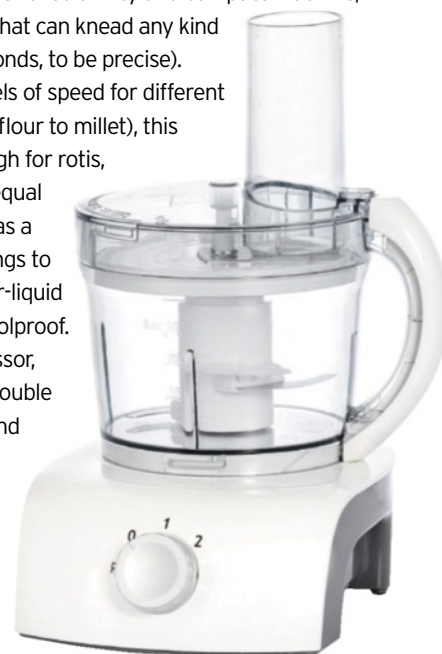
Carefully remove the outer layer of **1 lemongrass stalk** (to use as a straw later). Slice **half a piece of lemongrass** down the middle without cutting it all the way through and put in a cocktail shaker with **30ml sherry, 25ml gin, 10ml sugar syrup** and the **juice of half a lime**. Shake, then double strain into a chilled martini glass and garnish with the lemongrass straw.



Photograph: SAM STOWELL

## OBJECT OF DESIRE

Wouldn't you rather reserve muscle power for rolling your roti into that perfect round, than dispense it on the laborious task of kneading dough? Promising to take the drudgery out of roti making, Softel has launched a nifty and compact machine, called an Atta Kneader, that can knead any kind of flour in a jiffy (30 seconds, to be precise). Equipped with three levels of speed for different flours (from all-purpose flour to millet), this gadget can whip up dough for rotis, *bhaturas* or bread with equal ease. The mixing bowl has a built-in scale with markings to ensure that all your flour-liquid ratios are precise and foolproof. Essentially a food processor, this appliance can also double as a chopper for fruits and vegetables. Available at cookware stores from ₹ 2,395 onwards. For nationwide home delivery, place your orders at softel.in.



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

CHIC



### SALT WATER CAFÉ, MUMBAI

Situated in the buzzing precinct of Churchgate, the second branch of Salt Water Café has replaced its long-standing predecessor Mocha with an elegant all-day eatery. Chef Gresham Fernandes draws inspiration from his time spent at Noma, Copenhagen, with dishes that focus on individual ingredients and presentation; this is evident in the Twice-Cooked Snapper with Kale Purée and Chips and the House Spiced Tenderloin with Garlic Whipped Potatoes and Whiskey Jus.  
82, Nagin Mahal, Veer Nariman Road, Churchgate, Mumbai. Tel: +91 22 6633 6070

COMFORTABLE



### CAFÉ LOTA, NEW DELHI

Nestled within the National Crafts Museum, the al fresco Café Lota draws inspiration from regional food across India, highlighting seasonal, indigenous produce in both traditional and contemporary forms. Choose from Palak Patta Chaat, Amritsari Amaranth Machli aur Shakarkandi (popped amaranth-crusted fish and sweet potato chips) then move on to Parsi Salli Boti and Konkan Fish Curry. End your meal with the Bhatta Doi Cheesecake.  
National Crafts Museum, Bhairon Road, Pragati Maidan, New Delhi. Tel: +91 98118 70442

CHARMING



### CAFÉ OF JOY, BENGALURU

This airy artisanal bakery and café, owned by entrepreneur Joy Basu, has white and lavender interiors and a glass board menu listing the specials. The menu tilts towards German and Austrian bakes such as Kaiser Rolls, Zimt Schnecken (cinnamon rolls) and Bavarian Farmers' Loaf. Meals include Grilled Eggplant with Burrata Cheese and Bratwurst with Skillet Potatoes. The confectionery counter offers treats such as Viennese Sacher Torte, Berry Quark Slice and Apple Streusel.  
No. 8, Siddhapura, Whitefield Main Road, Bengaluru. Tel: +91 98863 29015

# ON TEST Hot chocolate

Hot chocolate is perfect for nippy nights in. We stirred up five mugs to find the best heart warmer

Words AMRITA GUPTA Photographs SHREYA GUPTA Products courtesy FOODHALL



## HINTZ ₹ 250/200g

Hintz's hot chocolate won us over at first sip. Each sachet of this dark powder needs only a quick stir in hot water to release its rich, fragrant aroma. This is hot chocolate for serious chocolate lovers: it's headily dark, veering towards bitter, and has only a smidgen of sweetness to round off the edges. Don't look beyond Hintz if you've found every other hot chocolate on the shelves too saccharine for your liking. The individually packed servings (you get eight in a box) are great to stash in a desk drawer for no-mess pick-me-ups on long working afternoons.

## CADBURY ₹ 120/200g

Good ol' Cadbury hot chocolate is the only local variety we try. It's also the most affordable of the lot, but despite our high hopes for the contents of this tin, it disappoints. The flavour is too mild and nondescript to make any lasting impression. It's best suited to folks who like milky drinks with a tinge of flavour. Enjoy this one as a chilled chocolate drink, jazzed up with oodles of chocolate sauce.



## SWISS MISS ₹ 390/212g

A mug of US-made Swiss Miss hot chocolate hits the spot when you crave premium-quality pampering. We try the dark chocolate variety, but we can vouch that the caramel also works if you want over-the-top sweetness and a thick, creamy consistency (when made with milk, which requires a good stir to get it to dissolve).



## WEIGHT WATCHERS ₹ 450/220g

Indulgent hot chocolate that doesn't go straight to your hips? This comes at a pretty price, though we wouldn't mind shelling out the extra bucks if we could glug down hot chocolate without the guilt. Sounds too good to be true? Well, it is. Weight Watchers promises each serving of this drink racks up only 40 calories and 1.1g of fat. We spooned 3 heaped tsp into hot water to arrive at a drink with a flat, synthetic taste.

## GALAXY ₹ 350/200g

If you adore Galaxy chocolate bars, you will enjoy this hot chocolate. You need about 4 heaped tsp in hot water, so the jar won't last too long if you're hankering for frequent fixes. The well-balanced drink ranks a close second among the varieties we test. A dash of nutmeg or cinnamon powder would add some bite to the subtle chocolate-y flavours, or you could just melt a square of Galaxy into your mug.



Sophisticated cocoa for grown-ups it is not, and with only six sachets in a box, this isn't cheap either. Make this for your kids when slumber is hard to come by. Mix with water for a lighter drink.

## Dredgers

### STAINLESS STEEL DREDGER ₹ 145

If you want your homemade hot chocolate or cappuccino to look like it came from a café, get yourself a dredger. You need a light hand to dispense your cocoa powder or cinnamon powder evenly with this one.

The perforations are a tad larger than they should be, so use one firm tap rather than vigorous shaking when decorating your cuppas. Use for flour or dried herbs instead.



### STAINLESS STEEL ADJUSTABLE DREDGER ₹ 175

We like the control this adjustable dredger offers us. The perforations on the lid are of three sizes, and turning the metal disc above it neatly blocks off the ones you don't want to use. Use the

smallest holes for the best results when you want to sprinkle over fine cocoa powder, either on a mound of whipped cream or the frothy foam in your cup. It is great for dusting cookies and pastries with powdered sugar, too.



### PLASTIC DREDGER ₹ 275

This nifty dredger wins our approval. It comes with three interchangeable lids (studded with holes of different sizes) – a good option if you plan to use the same tool for many powders. The clear calibrated container

shows measurements in ml and oz, so it doubles as a measuring cup. It's also dishwasher-safe. This one's a must-have for cocoa or coffee fiends.



# BARGAINHUNTER

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

All prices  
PER HEAD  
excluding taxes  
and travel

## \* ₹ 251-A-HEAD DINNER PARTY FOR FOUR!



- \* Bang bang chicken salad (p 53) ₹ 288
- \* Pan-fried rawas in herb sauce (p 68) ₹ 347
- \* Salted caramel choc pots (p 24) ₹ 366

Total ₹1,001  
(₹ 251 per head)

## \* ₹1,000 EXECUTIVE LUNCH AT TWO ONE TWO BAR AND GRILL, MUMBAI



We've built up our appetites for many a lunch deal, only to be disappointed by tasteless fare and measly portions. But Two One Two's hearty executive lunch should keep you cheery well into the evening. The four-course lunch includes their popular American Corn Soup that comes with a dollop of jalapeño-flavoured sour cream, followed by a medley of appetisers such as Oven-Roasted Beetroot Carpaccio with Ash-Coated Goat's Cheese, Baby Arugula Salad and Garlic Bread, and Kalamata Olive and Tomato Bruschetta. Mains include a variety

of grills and classic burgers (we've got our eyes on the Tenderloin Burger with Warm Camembert and Mixed Greens). Wrap up your meal with one of the many ice creams on offer.

Tel: +91 22 2490 1994; Monday to Saturday, 11.30 am – 3 pm

## \* ₹ 599 THREE-COURSE SEAFOOD LUNCH AT THE GRILL AND CURRY BOWL, BENGALURU



At The Grill and Curry Bowl, coastal food enthusiasts can choose from four set seafood menus on offer. The Kerala menu comprises Koonthal Ularth (squid roast), Karimeen Porichathu (fried fish in a tangy gravy) and *appams*. Those who opt for the Goan menu can indulge in Fish Jeera Meera and Squid Peri-Peri. While Kane Rawa Fry and Anjal Fish Curry with *neer dosa* appear on the Mangalorean meal, the Andhra offering consists of Royyala Veppudu (prawns fry) and Peethala Kura (crab masala). Tel: +91 80 2202 6666; Daily, 12 noon – 11 pm

## \* ₹ 749 FIVE-COURSE CHRISTMAS LUNCH AT RODEO, NEW DELHI



Think of an expansive Christmas spread, and images of Charles Dickens' classic, *A Christmas Carol*, come to mind — an enormous turkey, mince pies, plum puddings and cherry-checked apples. The closest you can get to

tucking into such a feast might well be at Rodeo, with their special festive lunch. The elaborate five-course meal begins with a salad, followed by a choice of soups. Mains include two vegetarian and two non-vegetarian dishes, served with rice and grilled vegetables. The Roast Turkey with Cranberry Sauce is the mainstay of the meal. Round off your celebratory repast with traditional Plum Pudding with Custard Sauce. Alternatively, go for the Strawberry Soufflé or Apple Pie, and then allow the holiday spirit to take over. Tel: +91 11 2371 3780/81; 25th December, 12 noon – 3 pm



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need to know

# banana blossoms

Tucked under vibrant purple layers, banana flowers demand a bit of patience to get to and cook but their unique earthy flavour is worth the effort

Words NANDITA IYER Photograph BHARAT BHIRANGI



**T**he banana plant is a particularly remarkable one — almost every part of it can be put to use.

The raw fruit called the plantain is edible, so is the ripe fruit. The leaves make eco-friendly dining plates and impart a delicate fragrance when used to steam fish or other food. Banana bark is said to have medicinal value and was traditionally used to treat insomnia, epilepsy and dysentery. But of all these, the most visually distinct part of the banana plant are its blossoms.

More like fruits than delicate flowers, large, oblong banana blossoms are among the heaviest flower species. Their unique design owes itself to the intriguing architecture of the plant. Although the thick stem and fleshy leaves make the banana plant look like a mini tree, it is actually a large herb. As the stem is fibrous and not woody, it is called a false stem or ‘pseudostem’. In the book *Bananas (Tropical Agriculture Series)*, authors Robert H Stover and NW Simmond note, “When a banana plant is mature, the corm (central structure) stops producing new leaves and begins to form a flower spike or inflorescence.” In lay terms, an inflorescence is a cluster of flowers growing together from the same stem. Hence, the large, purple cone that is commonly sold in markets as a banana blossom is in fact a crafty disguise for the actual flowers concealed within.

The banana blossom boasts a sophisticated design. It takes patience and care to peel the dark outer bracts or sheaths that look like petals. These bracts are not used in recipes but

make attractive serving platters. As you expose the inner layers of the inflorescence, you'll find rows of yellowish flowers (both male and female) huddled together in between the bracts. The female flowers that appear in rows closer to the leaves than the male flowers later transform into bananas.

The process of preparing banana flowers for cooking is a painstaking one. First, you have to carefully pull back each purple bract and remove the bunch of flowers from under it. Each flower has a sticky white stigma in the centre that sticks its head out when inspected closely — this is inedible and has to be removed before chopping it up for use. Once chopped, the flowers should be immersed immediately in salted buttermilk to prevent them from discolouring and also to remove some of their natural bitterness. The cut ends of the flowers ooze a sticky sap that stains hands and clothes. You need to rub your hands with edible oil before chopping the flowers and wear an apron to prevent staining. It is also important to select a fresh blossom. The best kind is one where the sheaths are tightly packed together to form a compact, cone-like structure. Sheaths that are loosely falling apart indicate that the blossom is not fresh. Once all the flowers have been stripped off, the hard, central part that remains is the banana heart, which is edible and similar in texture to an artichoke heart.

Despite the elaborate ritual, banana flowers are widely used, not just in regional Indian cuisine but also in several Asian cuisines. The delicate flowers contribute a unique texture and earthy flavour to the dishes they are used in. They are referred to by different regional names, including *vazhai-poo* in Tamil, *mocha* in Bengali, *bale moothi* or *bale hoovu* in Kannada and *arati poo* in Telugu. Thai locals call them *dok kluai* while Sri Lankans refer to them as *kehel muwa*.

Banana blossoms are abundantly used in south Indian cooking. The recipes involve the somewhat time-consuming practice of chopping the

flowers and soaking them in buttermilk. They are then added to soaked and ground chana dal and *tur dal* with spices, flattened into circular *vadais* and deep-fried. These fritters are a popular snack in Chettinad cuisine. Tamil Brahmins combine the chopped and steamed flowers with steamed and ground lentils to make *paruppu usli*, a dry curry served with a thin, *kadhi*-like preparation made with buttermilk called *mor kuzhambu*. Konkanis use it to make a dry side dish called *kelpfulachi bhaji*, in which the flowers are cooked with split yellow moong dal and tempered with chillies, curry leaves and cumin seeds with a garnish of freshly grated coconut. Bengalis mix the chopped and steamed flowers to make a delicately spiced, coconut-flecked curry called *mochar ghonto*, considered a gourmet delight.

Banana blossoms are highly prized in several southeast Asian cuisines as well, including Thai and Vietnamese. They are widely used in stir-fries, and often presented on platters fashioned out of the attractive purple bracts. The blossoms are also tossed with quintessentially Asian accoutrements such as shallots, peanuts, sweet basil and fiery chillies to make a variety of salads in Thailand, Vietnam and Cambodia. In the Maldives, banana blossoms are called *boashi* and are used to make a cooked salad flavoured with dried tuna, which is eaten with rice.

Apart from being a versatile ingredient in cooking, banana blossoms are said to have medicinal properties. The sticky sap that oozes out of the flowers supposedly provides relief when applied on insect bites and stings. According to the book *Edible and Medicinal Flowers* by Margaret Joan Roberts, "In Hawaii, the flowering bracts are boiled in twice the quantity of water with a few ripe banana skins as a hair rinse for scalp problems and oily hair." This concoction can be used as a solution for hair fall and as an all-natural hair rinse.

With so much going for them — and given that bananas are abundant in India — it's a pity that banana

blossoms are losing their traditional place in the kitchen. They may take a bit of effort to prepare but the timeless flavour of these delicate flowers is definitely worth the labour.

## Banana blossom cutlets

Serves 4 ■ 1 hour

■ A LITTLE EFFORT ▣

Recipe AMIT PAMNANI

Heat **1 tbsp oil** in a pan. Add the drained banana flowers from **1 banana blossom** and sauté for a minute. Add **1 tsp ginger-garlic paste, 2 tsp turmeric, 1 tsp chilli powder** and **1 tsp coriander powder**. Cook on a low flame for 5 minutes. Meanwhile, peel **2 boiled potatoes**, add **1 chopped green chilli, chopped coriander, 1 tsp amchoor, 2 tbsp roasted, halved peanuts, 1 tbsp raisins, 50g breadcrumbs, a pinch of salt** and the cooked banana blossom. Mix well to form a dough. Divide the dough into small balls and flatten them between the palms of your hands to form cutlets. Heat **50ml oil** in a wok. While the oil is hot, fry a cutlet to check its consistency. If it breaks, add more breadcrumbs to the dough. Fry the remaining cutlets on a medium flame until golden. Serve with ketchup.

### HOW TO CLEAN BANANA BLOSSOMS

- \* Peel the banana blossom petal by petal, then slit open each flower and discard the membrane and stamen. Put the remaining part of the flower aside.
- \* Continue the process until you reach the creamy core of the banana blossom.
- \* Chop the core and the reserved banana flowers coarsely. Immerse in **water** with **1 tsp turmeric** and **salt** or **buttermilk** to prevent discolouration.

# GoodFood investigates

# HONEY

Honey is universally revered as a miracle elixir but it isn't without its share of controversy. *Good Food* figures what the buzz is about

Words NEETI MEHRA

**A**ncient Hindu rituals performed at the birth of a child involved taking a piece of string, dipping it in a pot of honey and drawing a golden-hued 'aum' on the newborn's tongue. Iranians and Egyptians also held similar beliefs — honey and milk were the first condiments to touch an infant's lips. Although paediatricians today would probably frown upon these practices, they are proof of the position of reverence that honey enjoys across cultures around the world. The golden syrup has always been considered a symbol of wealth and happiness. In Biblical times, the fertile Promised Land was described as "flowing with milk and honey" — a reference to its abundant riches. Honey was also prized throughout the Middle Ages for its medicinal value.

Today, honey has far exceeded the perimeters of piety and prescription. It is drizzled onto several foods including pâtisserie, confectionery and even meats. The range of honey-infused delicacies includes gingerbread, croquets, eggnog, roast lamb, mutton tagine and Virginia ham.

## KEEPING COUNT OF CALORIES

With the health risks of sugar being widely acknowledged, honey is also

increasingly considered a sugar substitute, and is used as a natural sweetener and preservative.

But how good is it for those wanting to lose weight? Dr Simran Saini, nutritionist and weight loss consultant at the Fortis Group of Hospitals in New Delhi, points out that tablespoon for tablespoon, honey contains more calories than refined table sugar. While one tablespoon of white sugar contains 46 calories, a corresponding serving of honey has 64 calories. But since honey has a more concentrated sweetness than sugar, it can be used in smaller quantities. Besides, Saini says, "It has a lower glycemic index [it takes longer to metabolise and therefore causes a slower spike in blood sugar] than table sugar, making it healthier and safer."

But that doesn't mean you can replace sugar with honey

indiscriminately. "Honey is a good replacement for sugar for healthy individuals," says Niti Desai, consultant nutritionist at Cumballa Hill Hospital and Heart Institute in Mumbai. At the same time, she cautions that it should not be considered a miracle sweetener, given its high calorific and sugar content. It is composed primarily of sugar (76-80 per cent), so calorie watchers and diabetics need to be cautious while drenching their breakfast cereal with honey.

## HONEY AND HEALTH

Honey has also held pride of place in the field of medicine for centuries — it finds mention in the Vedas. Two years ago, in an interview with the Centre for Science and Environment (CSE), a New Delhi-based research and advocacy organisation, D Ramanathan,

## WHAT IS SINGLE-ORIGIN HONEY?

Honey is as nuanced in taste and texture as fine wine. The flavour profile of honey depends on the types of plants that are visited by bees in a hive. Single-origin or single-flora honey is derived from nectar that is collected from a single type of plant, while wildflower or multiflora honey is produced from the nectar of several different flowers. There can be great variation even within single-origin honeys: two beehives in the same field can produce honeys with different features. Single-origin honey boasts a complex flavour and colour palette and its characteristics can change from year to year.

director of the Sitaram Ayurveda Pharmacy Limited & Specialty Hospital in Thrissur, asserted that honey is one of the most important medicines used in Ayurveda. "It is used for the treatment of eye diseases, diabetes and obesity [among other ailments] and has both internal and external applications," he said. "It is also used to improve the efficacy or mitigate the side effects of the other medicines it is mixed with."

Most varieties of honey boast antiseptic properties because of the presence of a compound called hydrogen peroxide. Hence, honey is even applied externally on wounds to reduce pain and inflammation. Certain honeys, such as New Zealand's manuka honey, produced by bees that pollinate the manuka bush, are said to have antibacterial qualities as well. Manuka honey is considered beneficial in the treatment of diabetes, high cholesterol and gastrointestinal problems, as it contains an antibacterial compound called methylglyoxal (MG) found in manuka bushes.

Although honey is full of beneficial properties, Desai of Cumballa Hill Hospital and Heart Institute advises against the traditional practice of administering it to infants. It can lead to the development of food allergies, given that a child's digestive and immune systems are not developed enough to assimilate this natural

product that contains pollen. However, it is beneficial for older children.

"Honey helps kids develop a healthy digestion, providing them with antioxidants, natural minerals and instant energy," says Fortis Group's Saini. Fruit salads drizzled with honey, lemonade with honey mixed in it or bread smeared with honey are healthy options for tots.

## BEE STING

In 2010, the CSE conducted a study that showed an alarming presence of antibiotics and potential carcinogens in several Indian and a few imported brands of honey sold commercially in India. In the same year, the European Union also banned the import of Indian honey because it was found to contain heavy metals and other contaminants. (The ban was lifted in 2012.) Acting swiftly, the Food Safety and Standards Authority of India (FSSAI) issued an advisory clarifying that antibiotics and pesticide residues in honey were prohibited in India. It also stated that Indian safety standards, particularly in reference to antibiotics in honey, were similar to the rules in the European Union and the United States and the Codex Alimentarius, a collection of internationally recognised standards and codes of practice relating to food, food production and food safety, set by the United Nations Food and Agricultural Organisation. The advisory also specified maximum limits for heavy metals in honey.

One of the reasons for the presence of antibiotics in honey, as pointed out by the CSE, is the use of the non-indigenous *Apis mellifera*, or Western honeybee, for commercial beekeeping, because it has higher productivity. However, it is not suited to Indian conditions and tends to suffer from disease, which necessitates the use of antibiotics. A possible solution to this problem is for beekeepers to use hardy and disease resistant native species such as *Apis cerana indica* and *Apis dorsata*.

When you can't be sure of the contaminants present in honey, which one do you pick? "Commercial honey producers and



beekeepers may use synthetic drugs and antibiotics to prevent bee disease, or carbolic acid, which is used to extract honey from the hive. Flowers

The global honey industry is also in the midst of a serious crisis. Bee populations around the world have been afflicted by Colony Collapse

began dwindling drastically in 2006. Since then, beekeepers have observed similar occurrences in Belgium, France, the Netherlands, Greece, Italy, Portugal and Spain. The reasons for this disorder have been attributed to viruses, antibiotics, pesticides and even climate change. Although only stray cases have been reported in India so far, this is a calamity that's well worth worrying about.

***“The global honey industry is in the midst of a serious crisis. Bee populations have been afflicted by Colony Collapse Disorder... in which worker bees, the most important soldiers of the hive, abruptly disappear”***

from which the bees collect nectar may have also been sprayed with pesticides,” says Saini. She suggests opting for a brand of honey that has been certified organic by an approved certification body.

Disorder, a phenomenon in which worker bees, the most important soldiers of the hive, abruptly disappear. This syndrome was first identified and given a name when bee populations across North America

In countries like the United States, bee populations have reduced to such an extent that farmers rent bees for pollination, an indication that we need to protect these miracle workers if we want to continue to enjoy this golden elixir to soothe our throats, heal our wounds and pour over our waffles.



## URBAN BEEKEEPING

Keeping a beehive in your garden is not a mere pipe dream. A worldwide trend of beekeeping in one's backyard is gaining ground in Mumbai as well. A simple step towards adopting a greener lifestyle, urban beekeeping assures one of organically produced honey throughout the year. In Mumbai, Under the Mango Tree, a national brand of organic certified, fair trade, single-origin honey that uses the native bee species, *Apis cerana indica* and *Apis dorsata*, has been running an urban beekeeping initiative called Mumbai Bees since 2011. The organisation has set up boxes at the Maharashtra Nature Park in Mumbai, and conducts training sessions from September to June each year.

A little over a dozen students, primarily farm owners, attend these sessions to learn the tricks of the beekeeping trade. “One needs to know how to maintain the beehives for each season,” emphasises Mahadevan, an active beekeeper who heads the course. For instance, in the monsoons, the bees need to be protected from the rain and the boxes kept dry and pest-free. He debunks notions that urban pollution affects the quality of the honey. According to UNAF, the National Union of French Beekeeping, bees in cities are healthier and more productive than their pastoral kin, as they can avoid the pesticides that are used on vegetation. They also have the ability to filter out pollution from the honey they produce.

**For more information on urban beekeeping in Mumbai, write to [mumbaibeesh@underthemangotree.org](mailto:mumbaibeesh@underthemangotree.org).**

Photograph: ERIC BUERMEYER/ISTOCK

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# The healthy ingredient

# Strawberries

Heart-shaped strawberries aren't just dainty edible Valentines, they're a serious superfood packed with nutrients

Words MADHURI RUIA

**T**here are few fruits that match the visual appeal and delicious flavour of strawberries. The luscious and juicy red fruits aren't true berries; in fact, strawberries are not actually true fruits. They belong to the Rosaceae (or rose) family, which apples, pears, quinces, apricots and almonds are also a part of. They are known as accessory fruits or pseudofruits because the edible part of the strawberry does not develop from the ovaries of the plant. Instead, it develops from shoots of the plant, and the 'seeds' that we see on the outside are actually ovaries of the flower with seeds inside them.

## NUTRITION MATTERS

Despite their deceptively delicate appearance, there is no doubt about the nutritional benefit of strawberries. Although easily perishable, the fruit is considered a superfood. Strawberries are choc-full of vitamin C. One cup of strawberries contains 89.4mg of vitamin C, which accounts for as much as 149 per cent of the daily required value of the vitamin, based on a typical diet of 2,000 calories. Vitamin C helps improve the body's immunity, the health of the eye and the cornea and promotes the production of collagen, which prevents wrinkling of the skin.

A rich source of powerful inflammation-fighting phytonutrients (plant-based compounds), strawberries are also a concentrated storehouse of antioxidants, which help prevent disease. They contain phytonutrients such as anthocyanins, flavonols,

ellagitannins and resveratrol, which prevent inflammation of the arteries and reduce low lipodensity (LDL) or harmful cholesterol — this prevents heart disease. Ellagitannins have cancer-preventing properties, and when consumed as part of a balanced diet, can prevent the formation of cancerous tumours. Even though they contain only small amounts of an anti-inflammatory compound called salicylic acid, strawberries have been shown to reduce inflammation in the digestive tract and improve digestion, especially for those who suffer from gastro-intestinal disorders such as irritable bowel syndrome, ulcerative colitis and Crohn's disease.

Regular and frequent intake of strawberries also reduces the risk of type 2 diabetes. This is because strawberries contain micronutrients called polyphenols that have been known to improve glucose metabolism and thereby reduce blood sugar. One cup of strawberries also contains approximately 3g of fibre, which improves bowel function and helps support a weight loss diet.

In addition, strawberries boast the highest concentration of folate among fruits — this nutrient fortifies the

(Continued on p 44)



health of the expectant mother and the foetus, and is also beneficial for women who are preparing for pregnancy. (In fact, folate is considered critical to prevent neural tube defects in foetuses, so it is highly recommended for all women of child-bearing age to have a diet rich in folate.)

Strawberries are also a rich source of potassium, which regulates blood pressure — one serving of the fruit has as much as 153mg of potassium.

What's more, they make for the perfect low-calorie snack: 100g provides just 33 calories. So, a cup of strawberries a day does actually go a long way in promoting health.

#### REAPING THE BENEFITS

In order to experience the full benefits of strawberries, you need to consume at least a cup daily for a few weeks. Since they are available only in the winter months in India, it's best to load up on them while the season lasts.

When shopping for strawberries, choose those that are bright red, firm and fully ripened. Fruits that are yellowish or overripe have lower levels of vitamin C and other phytonutrients. The green leafy calyx that plugs into the fruit at one end preserves its nutrients and flavours by preventing dehydration. So ensure that the calyx is firm, bright green and firmly fixed onto the berry. If you are buying a box of strawberries, check that the lower layers are not dehydrated or mouldy as a result of a lack of air circulation. Remember that medium-sized strawberries are likely to be more flavourful than those that are very large. To store strawberries, keep them in a single layer in a sealed container for a maximum of two days. While they may not get spoilt if you keep them for longer, their nutrient value will definitely suffer.

It is preferable to eat strawberries raw to assimilate all their goodness. Pair with walnuts and almonds for more of a nutritional punch.



Strawberries with lime and pepper syrup

#### Strawberries with lime and pepper syrup

Serves 4 ■ 15 minutes + cooling

■ EASY V J

#### Salmon, strawberry and fennel salad

Serves 4 ■ 15 minutes ■ EASY

■ Whisk together **4 tbsp olive oil**, **2 tbsp white wine vinegar**, **2 tsp wholegrain mustard** and **1 tsp honey** in a bowl and set aside. Put **strips of 200g smoked salmon**, **1 trimmed, cored, halved, finely sliced bulb of fennel**, **50g arugula** and **200g hulled, halved strawberries** into a separate bowl. Drizzle the dressing over the salad and toss gently so everything glistens. Finish with **cracked black pepper** and serve with **crusty rolls**.

■ PER SERVING 198 kcals, protein 14g, carbs 5g, fat 14g, sat fat 2g, fibre 2g, sugar 1g, salt 1.2g

■ Using a vegetable peeler, pare the **zest from 1 lime** in long strips. Shave away any white pith from the back of the zest, then put the zest in a pan. Squeeze the **juice of 2 limes** and add it to the pan with **3 tbsp water**, **100g golden caster sugar**, **1 crushed peppercorn** and **4 whole peppercorns**. Heat gently until the sugar dissolves, boil, then take off the heat. Spread out **450g hulled, halved strawberries** in a serving dish, then pour over the hot syrup and allow to cool. The syrup will become rosy pink. Serve at room temperature with scoops of **vanilla ice cream**.

■ PER SERVING 130 kcals, protein 1g, carbs 31g, fat none, sat fat none, fibre 2g, sugar 31g, salt none

# What's on

This month's best food news on multimedia

## ON THE PLATE

### BACHELOR'S KITCHEN

Having traversed the country looking for culinary inspiration, Aditya Bal returns to the home kitchen with his new show on NDTV Good Times. In *Bachelor's Kitchen*, he tells you how to conjure up nourishing meals using what's readily available in your refrigerator. Get a taste of his fuss-free style with this recipe for seared snapper with sautéed veggies.

***Bachelor's Kitchen* airs on Fridays at 8.30 pm on NDTV Good Times.**



## Seared red snapper and sautéed asparagus and mushroom with pesto

Serves 2 ■ 45 minutes ■ EASY

■ Drizzle **2 tbsp extra virgin olive oil** on **1 halved red snapper fillet**. Rub gently, season with **salt** and **pepper** and keep aside.

■ For the pesto, place **1/2 a bunch of chopped flat-leaf parsley**, **6 chopped garlic cloves**, **1/4 cup grated parmesan** and **100g blanched and peeled almonds** in a blender. Add **a pinch of chilli flakes** and season with **salt** and **pepper**. Pour in **4-5 tsp of extra virgin olive oil** and blend until smooth. Squeeze in the **juice of 1 lemon** and mix.

■ Heat two non-stick frying pans. In one, add **2-3 tsp of extra virgin olive oil**, **10 spears of asparagus chopped at an angle**, **5 halved mushrooms** and **4-5 blanched almonds**. Season with **salt** and **pepper** and cook until soft. Add **2 tsp butter** for added flavour. In the other pan, put **4-5 tsp of extra virgin olive oil** and sear the fish until the skin is crispy and it is cooked through. Add **1 tsp butter** and the **juice of 1/2 a lemon**.

■ To serve, spoon 2 tbsp of pesto on a plate. Place the sautéed asparagus, mushrooms and almonds over the pesto. Season, then place the fish over and squeeze over some lemon juice to finish.



## YOUTUBE PICK OF THE MONTH CHARLIE TROTTER

For food fiends around the world, the void left by legendary Chicago chef and restaurateur Charlie Trotter, who passed away in early November, will be a tough one to fill. Before he shut down his eponymous, two Michelin star restaurant in 2012, Trotter was counted as one of America's most influential chefs. He pioneered the concept of tasting menus and elevated food and wine pairings to a fine art. Luckily for us, it is still possible to be inspired by Trotter's brilliance on YouTube. In this video, filmed at the annual International Chefs Congress held in New York in 2008, Trotter traces the arc of his own creativity through the evolution of one dish — Salmon with Olympia Oysters, Hijiki Seaweed and Ginger-Shiso-Mirin Broth — over nearly two decades on the menu at his restaurant. In its latest iteration, the salmon and seaweed are puréed while the oysters are rolled in salmon skin along with leeks. Visit [youtube.com/watch?v=QvqggAFV1xY](http://youtube.com/watch?v=QvqggAFV1xY)



## MEDIA MUST-HAVES

### BLOG: A SWEET SPOONFUL

Forget fiddly dishes that are too pretty to eat. Seattle-based food blogger and recipe developer Megan Gordon's blog celebrates the ordinary: the beauty of freshly harvested radishes, the lushness of fresh chives from the farmers' market, the wholesomeness of whole grains. Try her quick, nutritious recipes such as Roasted Strawberry and Buttermilk Milkshakes and Seedy Soba Noodle Salad with Parsley Pesto.

### INSTAGRAM: @AIALAHERNANDO

Always wondered how some people make their Instagram food photos look so delectable? Learn some tricks of the trade from food stylist and photographer Aiala Hernando's feed. Her casual style showcases even the simplest of ingredients, such as walnuts, honey, fruit and eggs. Her photo of macarons strewn with rose petals is one of the most evocative ones we have seen lately.



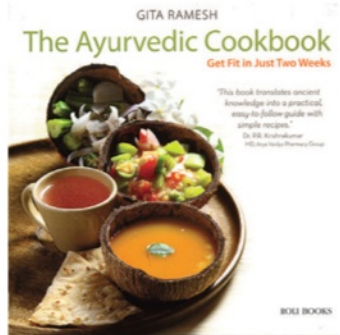
### APP: THE PHOTO COOKBOOK

If you're a fledgling cook who prefers step-by-step instructions, this iOS app functions as a photo-led masterclass, with neat images of the ingredients and detailed steps. Each recipe ends with a picture of the finished dish and serving suggestions as well. This app is the closest you'll get to someone actually hand-holding you through the process, so it's well worth the ₹ 220 you have to pay for it.

# books & cooks

The lowdown on this month's top foodie reads

Words KHORSHED DEBOO



### The Ayurvedic Cookbook by Gita Ramesh

This book is a quick read for those looking to get fit by eating healthy. It focuses on the benefits of following a herbal diet prepared with fresh, seasonal ingredients. The book includes good-for-you vegetarian recipes spanning three sections: salads, soups and mains. The dishes are simple, mildly flavoured and quick to stir up – think sprouted green gram salad, okra soup and raw banana stem thoran. The concluding pages contain a ready reckoner – an 'Ayurvedic way of weight management and healthy living', where the author outlines a two-week diet chart accompanied by recipes.

Available from Roli Books for ₹ 495



### Served with Love by Jeeti Gandhi

While this book will be a boon for parents of fussy eaters, it's a good addition to your bookshelf even if there are no tots at home. The author, a dietician and chef, stresses on the importance of balanced meals for children. The recipes are not accompanied by photographs, but the book is peppered with hand-drawn illustrations. We tried the Egg and Cheese Potatoes – a great side to a chicken casserole or a big salad. If you think nutritious food is all about raw, insipid fare, this book banishes the notion with recipes such as Chicken and Corn Calzone and Pasta with Mushroom-Salami Sauce.

Available from Vakils, Feffer and Simons Pvt Ltd for ₹ 450



### The Incredible Spice Men by Cyrus Todiwala and Tony Singh

Cyrus Todiwala and Tony Singh are British chefs who aim to 'reintroduce Britain to the magic that is spices.' These spices are not alien to people in India, but the book primarily caters to a UK-based audience. You'll find over 80 recipes and quirkily named blends such as Rub-a-Dub and Aunty Peegee's Famous Parsi Masala. The lively typeface and visuals make this a delight to flip through. The Bombay Coronation Chicken we tried required multiple lashings of masala but we're addicted to the Spiced Buttered Rum and intend to down it diligently come winter.

Available from Ebury Publishing for ₹ 1,299



### The Mushroom Hunters by Langdon Cook

Part travelogue, part encyclopedia, Langdon Cook's fascinating account of the subculture of mushroom hunters in the wilderness of North America will engage readers on a quest for gastronomic history. Cook infiltrates the grey market and profiles those who amass and distribute the edible fungi. He expounds on the premise of umami, and finds out why celebrated restaurateurs covet these wild foods.

Available from Random House for ₹ 1,797



### Taste – compiled by Anand Kapoor

This volume is a collection of recipes from seven Michelin star

and celebrity chefs, including Anjum Anand, Frances Atkins, Marcello Tully and Vineet Bhatia. Best described as a coffee table book, the structured menus are appropriate to impress guests over an elaborate meal at home. Once you begin to leaf through the pages it's tough to stop – Salmon with Tomato and Orange Dressing? Sounds good. Chocolate Salty Caramel, Peanut and Sour Cream Ice Cream? Even better. Bring it on!

Available from Om Books for ₹ 1,500

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

Try this recipe!

### Red amaranth in green gram curry

Serves 2 ■ 30 minutes ■ EASY ✓

Cook **100g green gram** in a saucepan with **3 cups of water**. Add **1/4 tsp turmeric powder**, **2 chopped green chillies**, **1 chopped onion** and **1 tsp sliced ginger** and bring to the boil over high heat. Lower the heat and cook, covered for 10 minutes. Remove the lid, add **250g chopped red amaranth** and cook for 5 minutes. Heat **1 tbsp oil** in another saucepan, add **1/2 tsp mustard seeds**. Once they splutter, add **1 tsp cumin seeds** and stir. Add **1 dried red chilli** and **5-6 curry leaves**, stir and pour this into the cooked dish. Serve hot with chapatis or steamed rice.



need to know  
night out

# Chocotini swoon

Dark, milk or white, we've got it covered with these chocolicious cocktails

## Chocolate martini

Makes 2 ■ 15 minutes ■ EASY ■

Recipe XANTHE CLAY

**gin or vodka** 100ml  
**dark chocolate** 25g (try Valrhona or available at gourmet stores)  
**chocolate liqueur** 50ml  
**crushed ice** to serve  
**lemon** 1/4, zested

■ Measure the gin or vodka in a jug. Melt the chocolate and pour into the alcohol, whisking rapidly until smoothly blended. Add the chocolate liqueur.

■ For each cocktail, shake 100ml of the chocolate liquid with crushed ice and strain into a martini glass. Decorate with a curl of lemon zest.

■ *PER SERVING* 263 kcals, protein 0.9g, carbs 11.4g, fat 9.1g, sat fat 2.6g, fibre 0.7g, salt 0.06g

## Mint chocolate martini

Serves 2 ■ 5 minutes ■ EASY ■

Recipe courtesy maryjanesbar.com

**vodka** 25ml  
**crème de cacao blanc** 12 1/2ml  
**crème de menthe** 12 1/2ml (try Monin available at gourmet stores)  
**full-fat milk** 70ml  
**crushed ice** to serve  
**cocoa powder** for dusting  
**mint leaves** 2

■ Pour the vodka, crème de cacao blanc, crème de menthe and the milk into a cocktail shaker, add plenty of ice, then shake well. Strain into a chilled martini glass and garnish with cocoa powder and mint leaves.

■ *PER SERVING* 183 kcals, protein 2.5g, carbs 23.7g, fat 2.4g, sat fat 1.5g, fibre 0.2g, salt none

## Vanilla martini

Serves 6 ■ 10 minutes ■ EASY ■

Recipe JENNIFER JOYCE

**ice** 3 handfuls  
**vodka** 350ml  
**vanilla extract** 1 tsp  
**white chocolate liqueur** 50ml  
**sugar syrup** 100ml  
**vanilla pods** 3, split

lengthways (optional)

■ Put all the ingredients in a jug. Stir really well and strain into martini glasses. Decorate with a strip of vanilla pod if you like.

■ *PER SERVING* 233 kcals, protein none, carbs 17.7g, fat none, sat fat none, fibre none, salt 0.15g



# eat in

46 pages of festive ideas, from veggie Christmas delights and perfect party treats to an authentic Kangra menu



Palda, p 73

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# 7 meals for ₹700

Get a week's worth of stylish, great-value meals

Recipes JANINE RATCLIFFE Photographs SAM STOWELL Styling JENNY IGGLEDDEN Food styling KATE CALDER



## INGREDIENTS CHECKLIST

### STORE CUPBOARD

- onions
- carrots
- olive oil
- cumin seeds
- red lentils
- tomatoes
- vegetable stock
- limes
- rice wine vinegar
- toasted sesame seeds
- sesame oil
- red chillies
- cucumber
- salted peanuts
- garlic cloves
- chilli flakes
- sugar
- lemon
- coriander seeds
- ginger
- turmeric powder
- potatoes
- butter
- chana dal
- red chilli powder
- raw mango powder (amchoor)
- all-purpose flour (maida)

### SHOPPING BASKET

- jalapeño 1
- curd 4 tbsp
- chicken thigh fillets 2
- spring onions 2
- peanut butter 1 tbsp
- snow peas 25g
- spaghetti 75g
- flat-leaf parsley a handful
- pear 1
- French beans 100g
- blue cheese 25g
- walnuts a handful
- pork shoulder steaks 150g
- coconut milk 85ml
- tamarind paste 1/2 tsp
- coriander leaves a handful
- leek 1
- peas 40g
- crème fraîche 40g
- cheddar 30g
- dijon mustard 1/4 tsp
- puff pastry 125g
- tamarind chutney 1/2 tbsp

**₹ 697**  
TOTAL FOR  
7 MEALS\*

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



## MONDAY

### Red lentil, jalapeño and lime soup

Serves 1 ■ 30 minutes ■ EASY ▽

Use store cupboard pulses in this healthy soup that's bursting with zesty flavours. You can also serve the soup with a side of tortilla chips.

- onion** 1/2, roughly chopped
- carrot** 1/2 large, peeled and grated
- jalapeño** 1, chopped
- olive oil** 1/2 tbsp
- cumin seeds** 1/2 tsp
- red lentils (husked, split masoor dal)** 1 1/2 tbsp
- tomatoes** 200g, chopped

- vegetable stock** 250ml
- salt** and **pepper** to season
- lime** 1/2, juiced and zested
- curd** 1 tsp

■ Cook the onion, carrot and jalapeño in the oil until softened then add the cumin. Cook for a minute and tip in the lentils, tomatoes and stock. Simmer for 15-20 minutes until the lentils are soft. Blitz briefly with a stick blender so you have a semi-smooth texture. Stir in the seasoning, lime juice and most of the zest. Garnish with a dollop of curd and some more lime zest.

■ PER SERVING 182 kcals, protein 9.8g, carbs 29.5g, fat 3.1g, sat fat 0.3g, fibre 7.6g, salt 0.9g

## TUESDAY

### Bang bang chicken salad

Serves 1 ■ 30 minutes ■ EASY

*Give plain ol' chicken salad a lift with these Oriental flavours and good-for-you greens.*

**chicken thigh fillets** 2, skinless  
**rice wine vinegar** 1 tbsp (try Cirio available at gourmet stores)  
**spring onion** 1, roughly chopped  
**sesame seeds** 1/2 tsp, toasted and crushed  
**peanut butter** 1 tbsp (try American Garden available at gourmet stores)  
**sesame oil** 1 tsp

#### THE SALAD

**fresh red chilli** 1/2, shredded  
**cucumber** 1/4, cut into batons  
**carrot** 1, julienned  
**spring onion** 1, shredded  
**snow peas** 25g, blanched  
**salted peanuts** 1 tbsp, toasted and chopped

■ Put the chicken in a single layer in a frying pan and add half the rice wine vinegar, spring onions and just enough water to cover. Cover the pan and poach the chicken for 10 minutes. Cool in the liquid then shred the chicken into large pieces (reserve the poaching liquid).

■ Put the sesame seeds and peanut butter in a pan. Heat, adding 5-6 tbsp of the poaching liquid to make it saucy. Stir in the sesame oil.

■ Toss the chicken with all the vegetables and the remaining rice wine vinegar, put the salad in a serving bowl, then drizzle over the peanut sauce. Scatter the chopped peanuts to finish.

■ **PER SERVING** 373 kcals, protein 28.8g, carbs 13.3g, fat 22.7g, sat fat 4.8g, fibre 6.2g, salt 0.6g

**TIP:** If you like seafood, this salad can just as easily be made with prawns instead of chicken.

VEG IT  
With  
strips of  
fried tofu

# WEDNESDAY Spaghetti arrabbiata

Serves 1 ■ 25 minutes ■ EASY ✓

*A simple pasta dish with a hint of spice makes for a satisfying dinner. Serve the leftover spicy sauce the next day with grilled tuna or chicken.*

- olive oil** 1 tbsp
- garlic clove** 1, thinly sliced
- chilli flakes** 1/2 tsp (try Keya available at gourmet stores)
- tomatoes** 200g, chopped
- sugar** 1/2 tsp
- spaghetti** 75g
- flat-leaf parsley** a small handful, chopped
- salt** and **pepper** to season

■ Heat the olive oil in a pan and cook the garlic gently for a few minutes. Add the chilli flakes and cook for a minute, then tip in the tomatoes and sugar. Simmer for 15 minutes until thickened. Cook the spaghetti according to packet instructions, then drain and toss with the sauce. Season well. Sprinkle over parsley and serve.

■ **PER SERVING** 400 kcals, protein 11.6g, carbs 60g, fat 12.8g, sat fat 1.7g, fibre 5.2g, salt 0.2g



### TASTE TEAM COMMENT

A simple, delicious recipe, putting together this spaghetti arrabbiata is a cinch. A perfectly balanced combination of classic Italian flavours, this is a great go-to recipe when you are short on time or ingredients. I added some vegetables, too. Olives and peppers complement the tomato sauce wonderfully. I also added cheese, because what is a pasta recipe without it! Next time, I might add some cream to the sauce to make it richer.

**Bhavna Anil** is a chartered accountant who works in a consulting firm in Chennai



## THURSDAY

### Pear, walnut and French bean salad with blue cheese dressing

Serves 1 ■ 15 minutes ■ EASY V J

Try this creamy and fruity salad – perfect for lunch or a light dinner. You'll love the sharpness the pungent blue cheese lends to the sweet pear.

**red or green-skinned pear** 1 ripe, cored and cut into long wedges

**lemon juice** 1 tsp

**French beans** 100g

**blue cheese** 25g (try Castello available at gourmet stores)

**curd** 2 tbsp

**olive oil** 1 tbsp

**salt** and **pepper** to season

**walnuts** a handful, chopped and toasted



■ Toss the pear in the lemon juice to prevent it from discolouring. Blanch the French beans in boiling water for 2 minutes then refresh in ice-cold water and drain.

■ Mix the blue cheese and curd together with the olive oil, and whisk 1 tbsp of cold water to make a dressing. Season, then spoon over the pears and beans and scatter over walnuts to garnish.

■ **PER SERVING** 339 kcals, protein 10.2g, carbs 11.4g, fat 28.1g, sat fat 9.8g, fibre 6.1g, salt 1g

**TIP:** If you don't like French beans, use a crisp salad leaf like chicory instead. Apples work just as well as a substitute for pears.



FRIDAY  
Pork curry

Serves 1 ■ 1 hour 15 minutes ■ EASY

*This flavourful one-pot dish is best enjoyed with a pile of fluffy rice.*

- coriander seeds** 1 tsp
- cumin seeds** 1/4 tsp
- olive oil** 1 tbsp
- onion** 1/2, halved and sliced
- salt** to taste
- ginger** a small piece, finely grated
- garlic clove** 1, crushed
- turmeric** 1/4 tsp
- pork shoulder steaks** 150g, cut into chunks
- coconut milk** 85ml (try Dabur Hommade available at gourmet stores)
- tamarind paste** 1/2 tsp
- green chilli** 1, finely sliced
- coriander leaves** a handful
- steamed rice** to serve

■ Toast the seeds then grind in a pestle and mortar or spice grinder. Heat the oil in a pan and cook the onion with salt, until soft and golden. Add the ginger, garlic, turmeric and ground spices and fry for 1 minute. Add the pork and cook for 5 minutes.

■ Add the coconut milk, tamarind paste and green chilli, cover and simmer for 45 minutes or until the pork is tender. Scatter over the coriander and serve with steamed rice.

■ PER SERVING 383 kcals, protein 34.2g, carbs 10.3g, fat 23.6g, sat fat 14.8g, fibre 2g, salt 0.5g



REALLY  
REALLY  
QUICK



## SATURDAY Cheddar, potato and leek pot pie

Serves 1 ■ 1 hour ■ EASY ✓

*Store-bought puff pastry makes a great pie topping. Just unroll and cut into strips or pieces. You could even use filo pastry for a lighter variation.*

**potatoes** 185g, peeled and diced  
**leek** 1 large, washed and chopped  
**butter** 1 tsp  
**salt** and **pepper** to season  
**peas** 40g  
**crème fraîche** 40g  
**cheddar** 30g, grated  
**dijon mustard** 1/4 tsp (try Roland available at gourmet stores)  
**vegetable stock** 1/4 cup  
**puff pastry** 125g (available at your

local bakery or try Jus Rol available at gourmet stores)

■ Put the potatoes into a pan of boiling water and cook until just tender, for about 20 minutes. Drain. Heat the oven to 200°C. Cook the leek in the butter until softened. Season and stir in the peas, crème fraîche, cheddar, mustard and the stock, until you have a saucy consistency.

■ Stir in the potatoes then place in a small pie dish. Cut the puff pastry into strips and use it to cover the tops of the pie. Bake for 30 minutes or until the pastry is puffed and golden.

■ **PER SERVING** 631 kcal, protein 23.2g, carbs 60.7g, fat 32.5g, sat fat 18.8g, fibre 7.4g, salt 2g



**TIP:** Add some sliced ham or bacon to the filling for a meaty version.



## SUNDAY Dal pakwan

Serves 1 ■ 35 minutes + soaking and resting ■ EASY ✓

*A favourite for a relaxed Sunday breakfast, this Sindhi staple of lentils and crisp flat bread is best served with some tamarind chutney on the side.*

- chana dal** 1/4 cup, soaked in water for 30 minutes
- turmeric powder** 1/4 tsp
- salt** to taste
- oil** 1 tbsp
- cumin seeds** 1/4 tsp
- green chillies** 1/4 tsp, chopped
- red chilli powder** 1/4 tsp
- raw mango powder (amchoor)** 1/4 tsp
- onions** 1/2 tbsp, finely chopped
- tamarind chutney** 1/2 tbsp

### THE PAKWANS

- all-purpose flour (maida)** 75g
- salt** to taste
- cumin seeds** 1/4 tsp
- oil** 1 1/2 cups for deep-frying + 1/2 tbsp extra for the dough

■ Boil the soaked chana dal with 3/4 cup of water, turmeric and salt in a pressure cooker, for about 20 minutes. Once the dal is cooked, heat the oil in a pan for the tempering. Add cumin seeds, green chillies and red chilli powder. Add the tempering to the dal. Put the dal in a serving bowl, then sprinkle with amchoor, chopped onions and tamarind chutney.

■ Meanwhile, make the pakwan by mixing the flour, salt, cumin seeds and 1/2 tsp oil with water. Knead into a medium-hard dough and let it rest for 10-15 minutes. Divide the dough into 3 balls. Roll each ball into a chapati and prick with a fork.

■ Heat the oil in a wok and deep-fry the rolled pakwans over a low flame. Make sure the pakwans are completely immersed in the oil while frying. Fry until golden and crisp. Serve warm or at room temperature along with dal.

■ PER SERVING 773 kcals, protein 14.7g, carbs 75.73g, fat 45.09g, sat fat 2.61g, fibre 10g, salt 0.8g

FOR A LIST  
OF STORES  
THAT STOCK  
GOURMET  
INGREDIENTS,  
TURN TO P 111

# Lighten up!

Keep it quick and healthy with lunches you can just toss together

## Beetroot, orange and hazelnut salad

Serves 4 ■ 15 minutes ■ EASY ✓

Recipe CASSIE BEST

■ Cook **140g French beans** in boiling water for 2 minutes, drain and run under cold water until cold, then drain well – they should still have a nice crunch. Using a sharp knife, remove the peel of **1 1/2 large oranges** and segment. Layer the orange segments, **125g boiled, thinly wedged beetroot**, the beans, **50g chopped and toasted hazelnuts** and **75g spinach leaves** into a large plastic food container. To make the dressing, mix **1 tbsp white wine vinegar**, **1 tbsp honey** and **2 tbsp extra virgin olive oil** together into a jam jar with some **seasoning**, seal and pack into a box. When you're ready to eat, toss the salad and dressing together.

■ **PER SERVING** 178 kcals, protein 5g, carbs 15g, fat 11g, sat fat 1g, fibre 5g, sugar 14g, salt 0.2g

## Prawn cocktail subs

Serves 2 ■ 10 minutes ■ EASY

Recipe SARAH COOK

■ Mix **50g mayonnaise** and **2 tbsp ketchup** together. Add **1/2 tsp Tabasco sauce**, **salt** and **pepper** to taste, and stir through **200g peeled, boiled or grilled prawns**. Slice **2 bread rolls** as you would for a hot dog, and spoon in the prawns. Mix **1/2 peeled, stoned and chopped avocado** with **1/2 tsp lemon juice**, then mix with **a few lettuce leaves**, **2 tbsp chopped cucumber**, **a handful of watercress** and **1/2 tsp lemon juice**. Serve with the subs.

■ **PER SERVING** 526 kcals, protein 31g, carbs 41g, fat 26g, sat fat 10g, fibre 4g, sugar 8g, salt 1g

Crunchy prawn and noodle salad



## Crunchy prawn and noodle salad

Serves 2 ■ 15 minutes ■ EASY

Recipe CASSIE BEST

■ Cook **100g rice noodles** in boiling water following the packet instructions. Drain and run under cold water until cool, then drain again. Mix the noodles with **2 small julienned carrots**,

**2 thinly sliced spring onions**, **a handful each of coriander and mint** and **140g boiled or grilled prawns**. In a bowl, whisk together **4 tsp soy sauce**, **2 tsp fish sauce**, **4 tsp soft light brown sugar**, **the zest of 1 lime** and **the juice of 2 limes**. Pour it over the noodle salad and toss well to coat.

■ **PER SERVING** 316 kcals, protein 18g, carbs 51g, fat 2g, sat fat none, fibre 4g, sugar 12g, salt 1.9g



# Ready in 30

Serve up dinner in a flash with these fast and fabulous after-work recipes



## Zucchini, potato and cheddar soup

Serves 4 ■ 30 minutes ■ EASY ✓

*This soup, sprinkled with cheddar, is a delicious way to use up a glut of zucchini.*

**potatoes** 250g, unpeeled and roughly chopped

**vegetable stock cube** 1

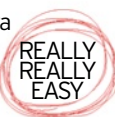
**zucchini** 500g, roughly chopped

**spring onions** a bunch, sliced + an extra handful to serve

**cheddar** 50g, grated + an extra handful to serve

**fresh nutmeg** 3/4 tsp, grated

**salt** and **pepper** to season



■ Put the potatoes in a large pan with about 700ml of water, or just enough to cover them. Crumble in the stock cube. Bring to the boil, then cover and cook for 5 minutes. Add the zucchini, put the lid back on and cook for 5 minutes more. Throw in the spring onions, cover and cook for a final 5 minutes.

■ Remove from the heat, then stir in the cheese and season with half the nutmeg and salt and pepper to taste. Whizz to a thick soup, adding more hot water until you get the desired consistency. Serve scattered with extra grated cheddar, spring onions and the remaining nutmeg.

■ **PER SERVING** 131 kcal, protein 7g, carbs 14g, fat 6g, sat fat 3g, fibre 2g, sugar 3g, salt 1.31g

Recipe: JEMMA MORPHET Photograph: MYLES NEW Styling: CYNTHIA INIONS Food styling: SONJA EDRIDGE

**Duck stir-fry with  
ginger and greens**  
(recipe overleaf)



**VEG IT**  
By using  
mushrooms  
instead of  
duck



## Duck stir-fry with ginger and greens

Serves 4 ■ 15 minutes ■ **EASY**

*This vibrant green stir-fry makes for a wholesome meal. Mix in additional chopped red chillies for a spicier kick.*

**groundnut oil** 3 tsp

**skinless duck breasts** 2, cut into thin strips (available on request at all Godrej Nature's Basket outlets)

**salt** and **pepper** to season

**ginger** 1 tbsp, finely chopped

**fresh red chilli** 1, sliced

**spring onions** 6, sliced

**bok choy** 500g, sliced

**soy sauce** 1 tsp

**honey** 1 tbsp

**oyster sauce** 2 tbsp (try Woh Hup available at gourmet stores)

**cornflour** 1 tsp

■ Heat a wok or kadhai on a high flame and add 2 tsp of oil. Carefully tip in the

duck and stir-fry for 2 minutes. Season with salt and pepper, then remove with a slotted spoon. Add 1 tsp more oil and tip in the ginger, chilli, almost all the spring onions and the bok choy. Cook until the bok choy is just wilted.

■ Drizzle in the soy, honey and oyster sauce. Toss the duck back into the wok and let it sear for a minute. Mix the cornflour with 2 tsp cold water and stir until smooth. Add it to the wok and cook until the sauce thickens and turns glossy. Sprinkle over the remaining spring onions before serving.

■ **PER SERVING** 160 kcals, protein 22g, carbs 8.9g, fat 4.3g, sat fat 0.8g, fibre 1.4g, salt 1.47g

## Beetroot, halloumi and wholegrain salad with herb curd dressing

Serves 2 ■ 30 minutes ■ **EASY** ✓

*The wholegrain salad base imparts a pleasant bite to this dish. For a meatier*

*version, serve it with lamb kebabs and some yoghurt dressing on the side.*

**barley** 150g (try Down To Earth available at gourmet stores)

**cumin seeds** 1 tsp, toasted and crushed

**spring onions** 1/2 bunch, chopped

**lemon** 1, juiced

**olive oil** 2 tbsp

**salt** and **pepper** to season

**halloumi** 150g, sliced (try Lemnos available at gourmet stores)

**full-fat curd** 150ml

**mint** or **coriander** (or a mix of both) a large handful, chopped

**beetroot** 3, boiled and cut into wedges

■ Cook the barley following packet instructions until it is tender but still retains a nutty bite. Drain and toss with the cumin seeds, spring onions, lemon juice, olive oil and season to taste.

■ Grill or fry the halloumi until it turns golden. Mix the curd with the chopped herbs, season to taste, and thin it down with a little water so that it is of a spoonable consistency.

■ Divide the barley between two plates or place on a platter. Add the beetroot and halloumi and drizzle with the yoghurt dressing.

■ **PER SERVING** 870 kcals, protein 38.9g, carbs 71.1g, fat 47.5g, sat fat 23.6g, fibre 1.9g, salt 4.1g

## Broccoli, chicken and noodle salad

Serves 2 ■ 20 minutes ■ **EASY**

*Cut the fuss out of cooking with this speedy, light and healthy midweek salad. You could use any type of noodle or even brown rice, if you prefer.*

**broccoli** 150g, cut into florets

**ramen noodles** 50g (try Clearspring available at gourmet stores)

**edamame beans** 100g, podded (try Trikaya available at select gourmet stores)

**soy sauce** 1 tbsp (try Blue Dragon available at gourmet stores)

**mirin** 2 tbsp (try Mizkan available at gourmet stores)



VEG IT  
With tofu  
instead of  
chicken



**Broccoli, chicken  
and noodle salad**

Recipe: JEWMA MORPHET Photograph: MYLES NEW Styling: CYNTHIA INIONS Food styling: SONJA EDRIE



■ Meanwhile, whizz the herbs, chilli, garlic, lemon zest and almonds together in a small food processor. Add seasoning, 2 tsp of oil, lemon juice and 3-4 tbsp of water to make a sauce of spoonable consistency. Adjust the seasoning.

■ Brush the rawas with 1 tsp of oil and some salt and pepper before cooking in a non-stick frying pan for around 2-3 minutes on each side, depending on thickness, until cooked through. Serve the fish and rice with a drizzle of the sauce.

■ **PER SERVING** 443 kcal, protein 34.6g, carbs 44.9g, fat 15.1g, sat fat 2.1g, fibre 3g, salt 0.4g

## Penne with balsamic chicory and goat's cheese

Serves 2 ■ 25 minutes ■ **EASY** ✓

*This flash-in-a-pan pasta dish is an ideal choice when you are pressed for time. Adding balsamic to the chicory lends a wallop of fruitiness, which complements the tart goat's cheese.*

**olive oil** 4 tsp  
**shallots** or **Madras onions** 8, sliced  
**penne** 150g  
**red chicory** 2 heads, roughly sliced (try Trikaya available at select gourmet stores)  
**balsamic vinegar** 2 tbsp (try Colavita available at gourmet stores)  
**salt** and **pepper** to season  
**goat's cheese** 50g, crumbled (try President available at gourmet stores)  
**flat-leaf parsley** 1/2 cup, roughly chopped

■ Heat 2 tsp of olive oil in a pan and tip in the shallots. Cook for 8-10 minutes until soft and golden, then scoop out from the pan. Boil the pasta following packet instructions.

■ Pour another 2 tsp of olive oil into the pan then add the chicory. Cook for 1-2 minutes until just tender. Pour in the balsamic vinegar and bubble until syrupy. Add in the just-drained pasta and the soft shallots. Give everything a good stir with some seasoning, then scatter over the goat's cheese and parsley.

■ **PER SERVING** 436 kcal, protein 14.1g, carbs 64.9g, fat 14.1g, sat fat 3.9g, fibre 4.5g, salt 0.35g

**toasted sesame oil** 2 tsp (try Clearspring available at gourmet stores)

**ginger** 1/2 tsp, grated  
**spring onions** 2, finely chopped  
**chicken breasts** 2 small, boiled or grilled and shredded  
**salt** and **pepper** to season

■ Boil the broccoli until tender, then rinse and drain in very cold water. If the stems are large, cut them in half lengthways.

■ Cook the noodles following packet instructions, adding the edamame for the last 1 1/2 minutes of cooking. Rinse well in cold water and drain thoroughly.

■ Make a dressing by mixing the soy sauce, mirin, toasted sesame oil, ginger and spring onions. Put the broccoli, noodles, edamame and chicken in a bowl. Pour over the dressing and toss together. Season well and serve.

■ **PER SERVING** 403 kcal, protein 42.4g, carbs 36.9g, fat 10.6g, sat fat 2.3g, fibre 5.6g, salt 2.12g

44 BBC GoodFood

## Pan-fried rawas with herb sauce

Serves 2 ■ 30 minutes ■ **EASY**

*This white fish pairs well with the mild herb sauce and is a hearty meal in itself when served with rice.*

**cumin seeds** 1 tsp  
**olive oil** 4 tsp  
**basmati rice** 100g  
**peas** 75g  
**mint leaves** a small handful  
**coriander leaves** a small handful  
**green chilli** 1, deseeded and roughly chopped  
**garlic clove** 1 small, crushed  
**lemon** 1, juiced and zested  
**almonds** 10, blanched  
**salt** and **pepper** to season  
**rawas fillets** 2

■ Toast the cumin seeds in 1 tsp of oil until fragrant. Add the rice and cook following the packet instructions, adding the peas for the last 1 1/2 minutes of cooking.



## Grilled aubergine satay

Serves 2 ■ 25 minutes ■ EASY V

*These vegetarian kebabs are marinated in soy and turmeric and served with a rich peanut dipping sauce.*

**aubergine** 1 large, peeled and cubed  
**soy sauce** 1 tbsp  
**vegetable oil** 1 tbsp + extra for brushing  
**turmeric powder** 1 tsp  
**sweet chilli sauce** 2 tbsp (try Ong's available at gourmet stores)  
**black pepper** a pinch  
**chunky peanut butter** 3 tbsp (try American Garden available at gourmet stores)  
**hoisin sauce** 2 tbsp (try Woh Hup available at gourmet stores)  
**rice wine vinegar** 2 tbsp (try Cirio available at gourmet stores)  
**coconut milk** 2 tbsp (try Dabur Hommade available at grocery stores)  
**basmati rice** to serve

### THE SALAD

**cucumber** 1 small, cut into chunks  
**red onion** 1 small, quartered  
**mint leaves** a small handful  
**coriander leaves** a small handful  
**salt** and **pepper** to season

■ Toss the aubergine with the soy sauce, oil, turmeric, 1 tbsp of chilli sauce and some black pepper, then thread onto pre-soaked wooden skewers.

■ Heat a griddle or frying pan until medium-hot. Grill the aubergine on all sides, turning after grill marks appear. Keep the heat on medium-low and cook until soft and golden. Brush with a little oil if they start to stick.

■ For the salad, mix together all the ingredients in a bowl, then set aside. In another bowl, mix the remaining chilli sauce, the peanut butter, hoisin sauce, vinegar and coconut milk. Serve the skewers with the salad, sauce and rice.

■ **PER SERVING** 349 kcal, protein 11g, carbs 26g, fat 22g, sat fat 5g, fibre 12g, sugar 22g, salt 2.8g

# 3 DAYS BECOME A WEEK. A WEEK BECOMES A MONTH.

mudra 9477



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MAGAZINE  
INDIA

# Cooking with BEETROOT

Earthy, healthy and inherently sweet, this fuchsia root is making global beet waves



## Beetroot chaas

Serves 8 ■ 20 minutes + chilling

■ EASY ■

*Classic chaas gets a coloured twist with the addition of beetroots. The tempering of chillies and mustard seeds adds a tinge of spice and smoke to this cool, refreshing drink. It's the perfect accompaniment to a fiery meal.*

**beetroot** 1, boiled and peeled  
**curd** 2 cups  
**water** 6 cups  
**oil** 2 tsp  
**mustard seeds** 1 tsp  
**curry leaves** 16-20  
**ginger** 1 tsp, chopped  
**green chillies** 2, chopped  
**salt** to taste

REALLY  
REALLY  
QUICK

■ Purée the boiled beetroot in a mixer until smooth. Whisk the curd and water

together to make the chaas. Add the beetroot purée to the chaas and mix well. Keep aside.

■ Heat the oil in a pan. Add the mustard seeds, curry leaves, ginger and chilli. Let the ingredients splutter for 30 seconds. Add this tempering to the chaas. Chill the chaas for at least an hour before serving.

■ **PER SERVING** 60.75 kcals, protein 3.21g, carbs 5.55g, fat 3.15g, sat fat 1.32g, fibre 0.25g, salt 6.3g

**INGREDIENT TIP:** To make this even quicker, you can use packaged buttermilk for the chaas.



## Beetroot chops

Serves 4 ■ 30 minutes ■ EASY ✓

*The chop is a Kolkata street food classic. Surprise your guests at the very first bite with this eye-popping version that has beetroot within the spicy potato shell. We love the surprise pop of pink inside this tasty tikki.*

**bread slices** 3, soaked in water and squeezed

**green chillies** 2, chopped

**coriander** a handful, chopped

**salt** to taste

**chilli powder** 1/2 tsp

**raw mango powder (amchoor)** 1/2 tsp

**potatoes** 3, boiled, peeled and mashed

**oil** 2 tbsp + 2 tbsp extra for shallow-frying

**cumin seeds** 1/2 tsp

**ginger** 1 tsp, chopped

**carrot** 1, peeled and grated

**beetroot** 1, peeled and grated

**garam masala powder** 1 tsp

**peanuts** 1 tbsp, roasted and crushed

**raisins** 1 tbsp

**coconut** 1 tbsp, grated

**cornflour** 3 tbsp

**water** 6 tbsp

**semolina** 1/2 cup, roasted

■ Mix the sliced bread, green chillies, coriander, salt, chilli powder and

amchoor together with the mashed potatoes.

■ Heat 2 tbsp oil in a pan, add the cumin seeds and let them splutter. Add the ginger and sauté for a minute. Stir in the grated carrot and beetroot, and sauté for 4-5 minutes on a medium flame.

Add the garam masala, peanuts, raisins, coconut and a pinch of salt. Remove from the heat and allow it to cool.

■ Divide the potato mixture into eight parts and shape into roundels. Take each ball of potato and flatten. Place a handful of the beetroot mixture in the centre and roll it into a ball again. Flatten slightly to form tikkis.

■ Mix the cornflour and water together. Dip the tikkis in the cornflour mixture and coat them with semolina.

■ Heat 2 tbsp oil in a non-stick pan. Add the chops and fry on a low flame until golden brown on both sides. Serve with ketchup.

■ PER SERVING 384.75 kcals, protein 6.24g, carbs 56.91g, fat 15.20g, sat fat 1.26g, fibre 4.32g, salt 6.6g

## Beetroot-cured mackerel with wasabi dressing

Serves 4 ■ 20 minutes + overnight marinating ■ EASY

*A beetroot marinade with capers, coriander and fennel makes for a vibrant and utterly delicious fish dish.*

**mackerel fillets** 8, skinless and deboned

**oil** 6-8 tbsp for frying + extra for greasing

**watercress** or **arugula** 100g (try Trikaya available at a gourmet grocer)

### THE MARINADE

**star anise** 10g

**black peppercorns** 11/2 tsp

**coriander seeds** 3 tbsp

**capers** 7

**fennel seeds** 1 tsp

**bay leaves** 3

**thyme** 6 sprigs

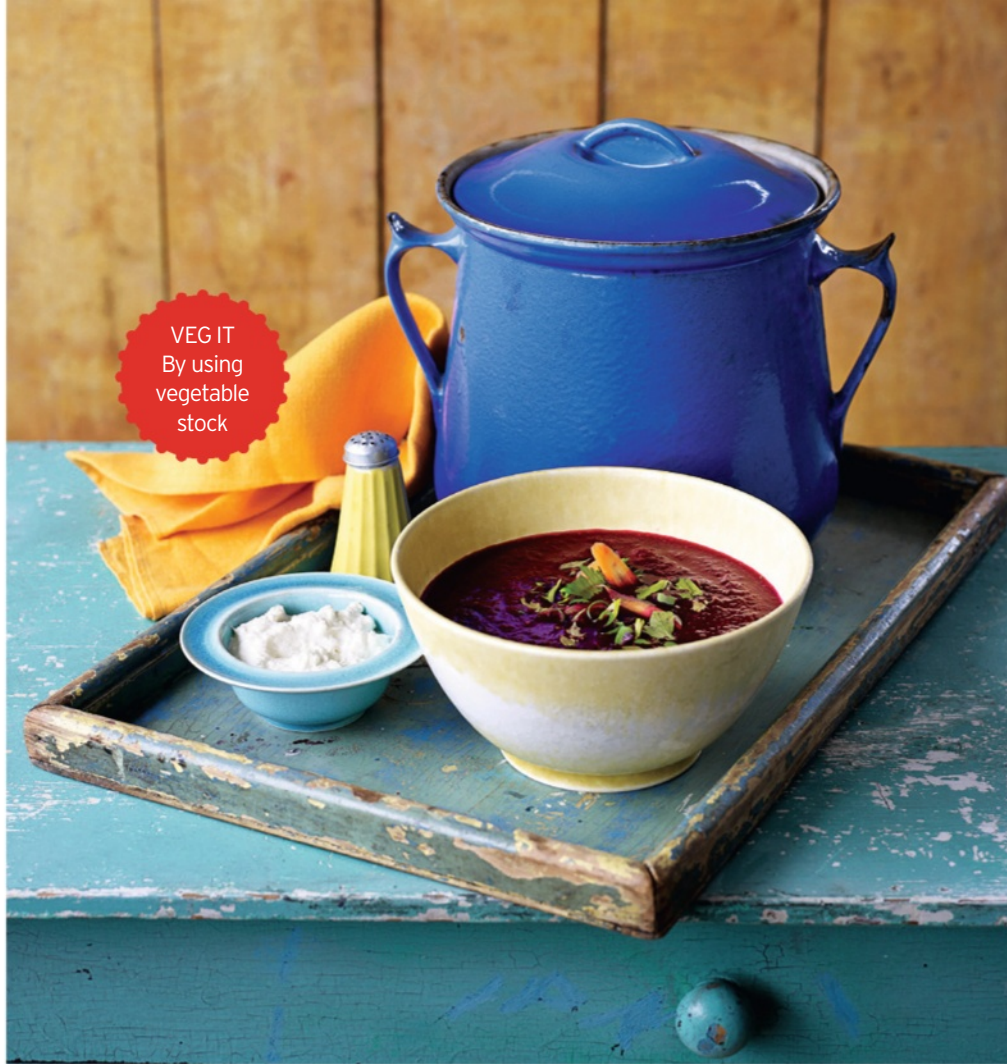
**brown sugar** 150g

**rock salt** 50g

**beetroot** 2 small, peeled and grated







**VEG IT**  
By using  
vegetable  
stock

■ Cook the beetroot in boiling, salted water with the bay leaves for 50-60 minutes until tender. Allow to cool in the water. When cool enough to handle, skin and dice.

■ Fry the onion and garlic in olive oil for 15 minutes or until really soft. Add the red wine vinegar and the diced beetroot. Tip in the hot stock and simmer for 15-20 minutes.

■ Purée the soup, push through a sieve and season. If it's too thick, add a little more water or stock. Chill completely if serving cold.

■ Spoon into serving bowls, and finish with the sliced vegetables and a slug of olive oil. Mix the horseradish with the crème fraîche and serve alongside the soup.

■ *PER SERVING* 166 kcals, protein 7.9g, carbs 14.4g, fat 9g, sat fat 2.7g, fibre 4.1g, sugar none, salt 0.63g

## Beetroot and halloumi sliders with sweet chilli jam

Serves 4 ■ 1 hour 40 minutes ■ **EASY**

*These American-style mini burgers with fresh beetroot and salty halloumi make a pretty pairing with sweet chilli jam.*

**chickpeas** 400g, boiled and drained  
**cumin powder** 1 tsp  
**green chillies** 1-2, finely chopped  
**beetroot** 250g, peeled and grated  
**parsley** 2 tbsp, chopped  
**breadcrumbs** 50g  
**egg** 1  
**salt** and **pepper** to taste  
**olive oil** 1 tbsp  
**halloumi** 4-6 slices, halved (try Lemnos available at gourmet stores)  
**arugula** a handful  
**mini burger buns** 8-12, split and toasted

### THE SWEET CHILLI JAM

**red peppers** 2, deseeded and roughly chopped  
**fresh red chillies** 2-3, roughly chopped  
**ginger** 1/2 tsp, roughly chopped  
**garlic cloves** 2, peeled  
**cherry tomatoes** 100g  
**golden caster sugar** 180g (try Tate &

### THE WASABI DRESSING

**soured cream** or **hung curd** 4 tbsp  
**wasabi paste** 1 tsp  
**chives** a small handful, chopped  
**lemon** 1/2, juiced  
**cottage cheese (paneer)** 100g  
**salt** and **pepper** to season

■ Mix all the ingredients for the marinade together and keep aside.

■ Put the mackerel on a large tray and cover with the marinade mixture on both sides. Leave overnight to marinate.

■ Rinse off the marinade and dry well with kitchen paper. In a pan of oil, fry the fish until cooked, for about 5 minutes on each side.

■ Mix all the ingredients for the wasabi dressing together and season well. Place the mackerel on a plate with some watercress and spoon over the dressing to serve.

■ *PER SERVING* 705 kcals, protein 55.6g, carbs 4.4g, fat 51.6g, sat fat 13.4g, fibre 0.9g, salt 2g

## Beetroot soup

Serves 4 ■ 1 hour 45 minutes ■ **EASY**

*Beetroot soup, or borscht, is a hearty potage of Ukrainian origin. It can be served chilled or warm.*

**beetroot** 500g, raw  
**bay leaves** 3  
**onion** 1, chopped  
**garlic clove** 1, crushed  
**olive oil** 2 tbsp + extra to serve  
**red wine vinegar** 1 tbsp (try Cirio available at gourmet stores)  
**chicken stock** 600ml  
**salt** and **pepper** to season  
**spring onions** 4, thinly sliced  
**celery sticks** 2 with leaves, thinly sliced  
**carrots** 2, small, diagonally sliced  
**horseradish sauce** 2 tbsp (try American Garden available at gourmet stores)  
**crème fraîche** 2 tbsp (try President available at gourmet stores)

Lyle available at gourmet stores)  
**red wine vinegar** 60ml (try Cirio available at gourmet stores)

■ To make the chilli jam, tip the peppers, chillies (with seeds), ginger and garlic into a food processor, then whizz until finely chopped. Scrape into a heavy-bottomed pan with the tomatoes, sugar and vinegar, then bring everything to the boil. Skim off any scum that comes to the surface, then turn the heat down to a simmer and cook for 30-35 minutes, stirring occasionally.

■ Once the jam begins to look sticky,

continue cooking for 10-15 minutes more, stirring frequently so that it doesn't burn. Cool slightly, transfer to a sterilised jar, then leave to cool completely. (The sweet chilli jam keeps well in the refrigerator for up to 3 months.)

■ To make the burger patties, put the chickpeas in a bowl and mash them roughly. Add the cumin powder and chilli and mash again. Add the beetroot, parsley, breadcrumbs and egg and plenty of seasoning. Mix well and form into 8-12 small patties.

■ Heat the oil in a pan and fry the

patties on each side until crisp and brown. Drain on kitchen paper. Fry the halloumi briefly until it starts to brown a little. Put a few arugula leaves on the base of each bun, add a patty and a slice of halloumi followed by a spoonful of chilli jam, then top with the other half of the bun. Pierce the slider with a toothpick to hold it together.

■ **PER SERVING** 635 kcals, protein 19.1g, carbs 69.9g, fat 29.6g, sat fat 12.3g, fibre 6.9g, salt 2.7g



VEG IT  
By  
skipping  
the egg



## Creamy beetroot risotto

Serves 4 ■ 1 hour 35 minutes

■ EASY 

*This vivid dish is the perfect cheat's risotto: it is simply baked in the oven, so there's no need to spend lots of time at the stove stirring.*

**beetroot** 500g, peeled, trimmed and cut into large wedges

**olive oil** 2 tbsp

**salt** and **pepper** to season

**butter** 1 tbsp

**onion** 1, finely chopped

**garlic clove** 1, finely chopped

**arborio rice** 250g, boiled (try De Cecco available at gourmet stores)

**white wine** 150ml

**vegetable stock** 700ml

**parmesan** a handful, grated

**crème fraîche** 4 tbsp (try President available at gourmet stores)

**dill** a handful, chopped

■ Heat the oven to 180°C. Place the beetroot wedges on a baking sheet lined with foil. Toss with 1 tbsp olive oil,

season, then cook for 1 hour until the beets are soft.

■ Meanwhile, heat the remaining olive oil with the butter in an ovenproof pan with a lid. Tip in the onion and garlic, then cook for 3-5 minutes until translucent. Add the rice and stir until well coated with the butter and oil. Pour over the white wine, then let the mixture bubble away for 5 minutes.

■ Stir well, then pour over the stock. Stir again, cover and place in the oven. Cook for 15 minutes until the rice is soft. Remove the beetroots from the oven. Whizz a quarter of them to make a purée, then chop the remainder into small pieces. Stir most of the cheese, the beetroot purée and chopped beetroot through the risotto.

■ Serve with a dollop of crème fraîche and dill, and scatter the remaining cheese on top.

■ PER SERVING 434 kcals, protein 12g, carbs 65g, fat 14g, sat fat 6g, fibre 5g, sugar 14g, salt 0.7g

## Beetroot brownies

Serves 12 ■ 1 hour ■ MODERATELY EASY

*Nutritious beetroot adds sweetness to dark chocolate brownies, but, best of all, its juiciness means you can reduce the amount of fat needed. By swapping butter for healthier rapeseed oil, it can also be dairy-free.*

**beetroot** 500g, washed

**rapeseed oil** 100ml

**dark chocolate** 250g, chopped (try Valrhona available at gourmet stores)

**eggs** 3 large

**golden caster sugar** 200g (try Tate & Lyle available at gourmet stores)

**vanilla extract** 2 tsp

**plain flour** 140g

**cocoa powder** 75g

**baking powder** 1 tsp

**walnuts** 50g, roughly chopped

### THE ICING

**icing sugar** 100g (try Bluebird available at gourmet stores)

**beetroot juice** 1 tbsp

■ Heat the oven to 180°C. Grease and line a 20x30cm cake tin with baking parchment. Boil the beetroots in a pan of boiling salted water for 15-20 minutes or until tender. Drain and leave to cool before peeling.

■ Chop one-third of the cooked beetroots into small cubes and blitz the remainder to a paste in a blender or food processor. Put the paste in a sieve over a bowl to collect 1-2 tbsp juice. Save this for the icing, and mix the oil into the purée.

■ Melt the chocolate slowly in a heatproof bowl over a pan of barely simmering water and leave to cool slightly. Use an electric whisk to beat the eggs, sugar and vanilla together in a large mixing bowl until light, fluffy and tripled in size. Carefully fold the eggs into the beetroot mixture, followed by the melted chocolate. Fold in the flour, cocoa powder and baking powder, then add walnuts and the chopped beetroot.

■ Pour into the prepared tin and bake for 20-25 minutes. The brownies should still be slightly gooey in the middle. Allow to cool. Mix enough reserved beetroot juice with the icing sugar to get a runny icing – dilute with water if needed. Remove brownies from the tin, drizzle with the icing and cut into squares.

■ **PER SERVING** 408 kcals, protein 7g, carbs 50g, fat 20g, sat fat 6g, fibre 3g, sugar 41g, salt 0.4g



#### TASTE TEAM COMMENT

I'm always looking for healthy dessert recipes and this fit the bill perfectly! Beetroots aren't my favourite, so I was curious to see how they would taste here. I substituted the eggs with homemade curd and some flaxseed powder mixed with water. I didn't have rapeseed oil so I used olive oil. The brownies were fantastic! I'm definitely making them again.

**Renuka Nadkarni-Hattangadi** is a public relations professional who loves to experiment in the kitchen.

# The perfect veggie Christmas

Why dedicate Christmas luncheons to roast chicken and glazed ham? This delish line-up will make even the staunchest meat-eaters go cold turkey



**Carrot and pecan pastilla**  
(recipe on p 58)



## Crispy hedgehog spuds with sage

Serves 8 ■ 1 hour ■ EASY ■ V

*A Christmas lunch is incomplete without spuds on the table. These quirkily named, sublime potato roasties will earn you several brownie points.*

**baby potatoes** 2kg small, scrubbed  
**sea salt** a few pinches (try Roland available at gourmet stores)  
**cumin** and **black pepper powder** a few pinches each  
**fresh sage leaves** a handful  
**sunflower oil** 6 tbsp

■ Preheat the oven to 200°C. Make 3-4 deep slashes, lengthwise and widthwise, in each potato, to make a crisscross pattern. Sprinkle over a little sea salt, cumin, pepper and insert a sage leaf into the slits of each hedgehog.

■ Place in a roasting tin, drizzle with oil and roast for 30 minutes. You can

do this up to a day ahead; refrigerate until ready to cook. Increase the temperature to 220°C. Roast for 15-20 minutes until crisp and golden.

■ PER SERVING 251 kcals, protein 4g, carbs 41g, fat 9g, sat fat 3g, fibre 3g, sugar 3g, salt 0.07g



## Carrot and pecan pastilla

Serves 6 ■ 1 hour ■ EASY ✓

*This Moroccan-style pie is traditionally filled with lamb, but the veggie version is just as delicious with sweet carrot and pecans. Make ahead and freeze for ultimate convenience.*

**butter** 11/2 tbsp  
**shallots or Madras onions** 2, finely chopped  
**garlic cloves** 2, crushed  
**ginger** 50g, peeled and grated  
**cumin powder** 1/2 tbsp  
**coriander powder** 1/2 tbsp  
**cinnamon powder** 1 tsp  
**brown sugar** 1 tbsp  
**carrots** 750g, peeled and grated  
**orange** 1, zested and juiced

**pecans or walnuts** 200g, roughly chopped (available at speciality dry fruit or gourmet stores)  
**parsley** a small bunch, finely chopped  
**olive oil** for greasing  
**filo pastry** 250g (try Jus Rol available at gourmet stores)  
**icing sugar** for dusting (try Bluebird available at gourmet stores)  
**Greek yoghurt** 200g, mixed with a little **harissa** to serve (try Himalya available at gourmet stores)

■ Heat 1 tbsp butter in a large frying pan and gently fry the shallots for a couple of minutes until they soften. Add the garlic and ginger and cook for a minute, then add the cumin, coriander and cinnamon powders and sugar. Stir in the carrots and the remaining butter. Add the

orange zest and juice and cook for 10 minutes, or until the carrots are just cooked. Stir in most of the pecans and the parsley.

■ Preheat the oven to 220°C. Put a baking sheet on the middle shelf. Brush a 20-22-cm springform tin with a little olive oil. Push 2-4 pastry sheets into the tin, covering the base and sides. Any extra can hang over the sides.

■ Spoon in the carrot mixture and pat it down. Place the other 2-3 filo sheets on top, scrunching the edges and the overhanging filo around the sides of the tin.

■ Brush the top with a little oil, dust with icing sugar and bake on the heated baking sheet for 25-30 minutes until crisp and golden brown. Turn the oven down to 200°C and cover loosely with foil if the top starts to look too dark. Leave to cool for 5 minutes, then release the pastilla from the tin. Cut into wedges and serve with a spoonful of the yoghurt harissa sauce.

■ PER SERVING 434 kcals, protein 8g, carbs 31.6g, fat 31g, sat fat 5.5g, fibre 8.1g, salt 0.3g

## Carrot and coriander soup

Serves 6 ■ 40 minutes ■ EASY ✓

*Everyone is sure to love this super healthy soup. It's packed with flavour and is low on calories.*

**vegetable oil** 1 tbsp  
**onions** 2, chopped  
**ginger** 1/2 tsp, chopped  
**coriander powder** 1 1/2 tsp  
**potato** 1 large, chopped  
**carrots** 700g, chopped  
**vegetable stock** 1.7l  
**coriander leaves** a handful  
**salt** and **pepper** to season



■ Fry the onions in hot oil for 5 minutes, until soft. Add the ginger and sauté for a minute. Stir in the coriander powder and potato, then cook for 1 minute. Add the carrots and the stock, bring to the boil, then reduce the heat. Cover and cook for 20 minutes until the carrots are tender.

■ Tip into a food processor with half the coriander leaves, then blitz until smooth. Return to the pan, season, then reheat and garnish with the remaining coriander.

■ PER SERVING 123 kcals, protein 3g, carbs 22g, fat 3g, sat fat none, fibre 5g, sugar 13g, salt 0.77g



## Baked carrot and sweet potato mash

Serves 8 ■ 1 hour ■ EASY V

*This sweet and savoury mash is a fitting alternative to plain ol' mashed potatoes. For extra flavour, scatter over some crumbled blue cheese before serving.*

**sweet potatoes** 800g, peeled and chopped into 2 1/2-cm pieces  
**carrots** 500g, cut into 2 1/2-cm pieces  
**full-fat cream** 6 tbsp (available at your local dairy)  
**nutmeg** 1/2 tsp  
**cinnamon powder** 1/4 tsp  
**salt** and **pepper** to season  
**breadcrumbs** a large handful  
**olive oil** 4 tbsp

■ Put the vegetables in a large pan, cover with water and bring to the boil, then put a lid on the pan and cook for 15-20 minutes until very tender. Drain and leave aside for a few minutes. Once completely dry, return to the pan and mash with the cream, nutmeg, cinnamon and plenty of seasoning.

■ Transfer the mash to an ovenproof gratin dish, sprinkle with the breadcrumbs and drizzle with a little olive oil.

■ Bake at 220°C for 25 minutes until the top is golden and crunchy, and the mash is piping hot.

■ PER SERVING 175 kcals, protein 2g, carbs 26g, fat 7g, sat fat 4g, fibre 4g, sugar 10g, salt 0.2g

## Ginger and sesame sprouts

Serves 8 ■ 15 minutes ■ EASY V

*This recipe adds fresh and light Asian flavours to a traditional Christmas side dish, Brussels sprouts.*

**Brussels sprouts** 800g, trimmed and halved  
**sesame oil** 1 tbsp + extra to drizzle  
**ginger** a small piece, shredded

**sesame seeds** 4 tbsp, toasted  
**salt** to season

■ Blanch the sprouts in boiling water and drain well. Heat most of the oil in a wok and add the ginger. Sizzle for a moment, then add the sprouts and stir-fry until hot. Scatter over the sesame seeds and drizzle with a little more oil. Season with salt and serve.

■ PER SERVING 100 kcals, protein 5g, carbs 4g, fat 7g, sat fat 1g, fibre 5g, sugar 3g, salt 0.1g

## Shallot tarte tatin

Serves 4 ■ 1 hour 10 minutes ■ EASY ✓

*This delicious twist on the classic onion tart makes a great light dinner with a big crunchy salad or some garlicky stir-fried vegetables. If you want to make it ahead, it will keep in the refrigerator, ready to bake for a day or two.*

- shallots** or **Madras onions** 500g
- olive oil** 2 tbsp
- butter** 25g
- balsamic vinegar** 2 tbsp (try Colavita available at gourmet stores)
- fresh thyme leaves** 1 tbsp or **dried thyme** 2 tsp
- salt** and **pepper** to season
- puff pastry** 300g (available at your local bakery or try Jus Rol available at gourmet stores)
- cheddar** or **emmental** 100g, grated

■ Put the shallots in a large bowl and pour over boiling water to cover. Leave for 5 minutes, then drain and peel. Cut the shallots in half (some will naturally break into two sections).

■ Heat the oil and butter in a frying pan, add the shallots and gently fry for 10 minutes, until they are softened and lightly browned. Stir in the vinegar, thyme and 1 tbsp water, then cook for a further 5 minutes, stirring occasionally. Season to taste. Remove from the heat and tip into a 20-cm non-stick shallow cake or pie tin. Leave to cool.

■ Preheat the oven to 200°C. Cut the pastry into two halves. Roll out each piece to about 5cm larger than the top of the cake tin. Put one piece of pastry over the shallots. Sprinkle evenly with cheese, then cover with the second piece. Trim the edges of the pastry to a little larger than the tin, then tuck edges of the pastry down the sides of the tin.

■ Bake for 25-30 minutes, until the pastry is crisp and golden. Leave to cool in the tin for 5 minutes, turn out onto a flat plate, cut into wedges and serve warm.

■ PER SERVING 510 kcals, protein 13g, carbs 33g, fat 37g, sat fat 17g, fibre 2g, sugar 6g, salt 1.18g



### TASTE TEAM COMMENT

I used cheddar instead of emmental, which made the pastry base a little heavy. I recommend using the cheese as a topping instead of layering it between two puff pastry sheets. You can replace the shallots with finely sliced red onions, which will still give a sweetish taste to the tart. Thyme can be replaced with oregano and chilli flakes to impart a little zing. If you are using store-bought pastry, I recommend baking the tarte tatin in a square shape and not roll it. Rolling it will not allow the layers to open up properly and the base will not be as crispy as it should be. **Kaveri Goswami** is a Mumbai-based home baker who specialises in desserts.



## Deep-filled apple pie

Serves 8 ■ 1 hour 10 minutes

■ MODERATELY EASY ■

*Warm apple pie is a seasonal delight. This hearty version will easily feed a crowd.*

**sultanas** 200g

**brandy** 5 tbsp

**apples** 5 medium, peeled, cored and finely sliced

**golden caster sugar** 140g (try Tate & Lyle available at gourmet stores)

**cinnamon, nutmeg and allspice powder** 1/4 tsp each

**milk** 4 tbsp

**caster sugar** 1 tsp

**vanilla ice cream or clotted cream** to serve (try The Devon Cream Company available at gourmet stores)

### THE SHORTCRUST PASTRY

**butter** 250g, chilled and cubed

**caster sugar** 125g

**all-purpose flour (maida)** 375g + extra for dusting

**water** 2 tbsp, chilled + extra to bind

■ To make the shortcrust pastry, beat the butter and sugar in a large bowl until just mixed. Now work in the flour with a wooden spoon, a third at a time, until it begins to clump up. Add the water and finish gathering it together with your hands. Gently work the dough into a ball, wrap in cling-film, and chill for 45 minutes.

■ Preheat the oven to 200°C. Tip the sultanas into a bowl with the brandy, microwave on high until warm and plump, then set aside. Take the chilled pastry, cut off 1/3 and set aside. Roll the rest of the pastry out into a large circle, about the thickness of a coin. Use it to line a 23-cm shallow springform cake tin, making sure that it hangs over the rim all the way round. Place in the refrigerator.

■ Tip the apples into the bowl with the sultanas, all but 2 tbsp of the caster sugar

and the spices. Toss everything well to coat the apples. Roll out the rest of the pastry, then cut into a circle, using the base of the tin as a guide. Using your fingers, arrange the apple slices in the cake tin. Cover the apples with the circle of pastry. Mix together the milk and the sugar and brush the pastry lid with the mixture, then fold over the overhanging dough and pinch to seal and brush the sides with the milk mixture. Pierce two slits in the top and scatter over the reserved sugar.

■ Bake for 30-35 minutes until golden. Leave to cool in the tin for a good hour, until the bottom is cool enough to touch. Run a knife around the pie's edge, then open the side of the tin and remove the pie. Serve sliced, with ice cream or clotted cream.

■ **PER SERVING** 646 kcals, protein 8g, carbs 93g, fat 27g, sat fat 11g, fibre 4g, sugar 48g, salt 1g



# Party Planners

Three smart ideas to cover all of your holiday entertaining, from quick fixes to elaborate spreads

Recipes JANINE RATCLIFFE Photographs PETER CASSIDY  
Styling TONY HUTCHINSON Food styling SAL HENLEY

## 1 TOP BITES

Hearty finger food to make ahead



**Double cheese and chive muffins  
with tomato chutney** (recipe on p 64)



**Puttanesca tartlets**  
(recipe overleaf)



Italian sausage rolls

## Double cheese and chive muffins with tomato chutney

Makes 36 ■ 30 minutes ■ EASY

*These fluffy savoury muffins are delicious fresh from the oven or eaten cool after a few hours.*

**self-raising flour** 250g (try Orgran available at gourmet stores)

**baking powder** 1 tsp  
**cheddar** 100g, grated  
**parmesan** 50g  
**salt** and **pepper** to season  
**groundnut oil** 90ml  
**full-fat milk** 100ml  
**buttermilk** 175g  
**egg** 1, beaten  
**chives** 3 tbsp, finely chopped  
**tomato chutney** to serve (try Kitchens of India available at gourmet stores)

■ Preheat the oven to 190°C. Butter 3x12 hole mini muffin tins (or bake them in batches if you only have one tin). Mix the dry ingredients, the cheddar and 3/4 of the parmesan in a large bowl and season to taste.

■ Whisk the oil, milk, buttermilk, egg and chives. Quickly mix the wet ingredients into the dry. Fill the muffin tins until almost full. Scatter over the rest of the parmesan. Bake for 15-20 minutes until puffed and golden. Serve with tomato chutney.

■ PER SERVING 69 kcals, protein 2.3g, carbs 5.3g, fat 4.3g, sat fat 1.5g, fibre 0.3g, salt 0.2g

## Puttanesca tartlets

Makes 40 ■ 50 minutes + chilling

■ EASY ✓

*These petite tartlets are easy to assemble and will disappear quickly at any get-together.*

**pasta sauce** 4-5 tbsp (try Jamie Oliver available at gourmet stores)

**hot chilli sauce** 1 tsp (try Masterfoods available at gourmet stores)

**parmesan** 25g, grated

**black olives** 50g, quartered (try Fragata available at gourmet stores)

**caperberries** 40 (try Roland available at gourmet stores)

**basil leaves** 40 small

### THE SHORTCRUST PASTRY

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

**butter** 100g, chilled and diced

**salt** a pinch

**water** 2-3 tbsp, chilled

■ For the shortcrust pastry, sift the flour, add the butter and rub in with your fingertips until the mixture resembles breadcrumbs. Stir in the salt and water and mix to a firm dough. Knead briefly and gently on a floured surface. Wrap in cling-film and chill for half an hour.

■ Preheat the oven to 190°C. Roll the pastry out onto a flat surface and put on a non-stick baking sheet. Spread a thin layer of the sauces on, going right up to the edge so you cover it

completely. Scatter over the parmesan and the olives. Bake for 20-30 minutes until crisp. Leave till just warm, then cut into 40 bite-sized squares. Top each with a caperberry and a small basil leaf.

■ **PER SERVING** 44 kcals, protein 0.8g, carbs 4g, fat 2.7g, sat fat 0.9g, fibre 0.4g, salt 0.5g

## Hot smoked salmon and dill wheels

Makes 36 ■ 30 minutes + chilling

■ **EASY**

*These tortilla rolls are the perfect finger food – easy to make yet so impressive!*

**goat's cheese** 300g (try President available at gourmet stores)

**dill** 1 tbsp, finely chopped + extra to garnish

**horseradish cream** 1 tbsp (try Masterfoods available at gourmet stores)

**flour tortillas** 6, warmed (try Old El Paso available at gourmet stores)

**smoked salmon** 150g (try John West available at gourmet stores)

■ Mix the cheese, dill and horseradish together. Spread a layer over each tortilla. Divide the salmon between them then roll up into a sausage. Wrap in cling-film and chill until ready to serve. Trim off the ends, then cut each tortilla into 3 lengths. Cut each in half diagonally and stand on the flat ends. Garnish with dill and serve.

■ **PER SERVING** 52 kcals, protein 2.2g, carbs 4.2g, fat 3g, sat fat 1.8g, fibre 0.3g, salt 0.3g

## Italian sausage rolls

Makes 18 ■ 50 minutes

■ **MODERATELY EASY**

*These puff pastry bites make for deliciously buttery festive party nibbles.*

**pork or chicken and herb sausages** 6

**flat-leaf parsley** 1 tbsp, chopped

**chilli flakes** a pinch

**fennel seeds** 1 tsp, crushed + extra for the top

**salt** and **pepper** to season

**puff pastry** 320g (try Jus Rol available at gourmet stores)

**egg** 1, beaten

■ Preheat the oven to 200°C. Skin the sausages then mix with the parsley, chilli and fennel and season well. Divide the mix into two long sausage shapes, the length of the pastry. Cut the pastry in half lengthways and roll a piece

around each sausage. Crimp the edges to seal, glaze with beaten egg and sprinkle over fennel seeds. Cut each into 9 pieces then chill for 15 minutes.

■ Put on a baking sheet and bake for 25-30 minutes until puffed and golden. Serve warm.

■ **PER SERVING** 127 kcals, protein 3.6g, carbs 7.8g, fat 9.1g, sat fat 3.7g, fibre 0.2g, salt 0.6g



Hot smoked salmon and dill wheels

## 2 PLATES TO SHARE

Mix-and-match sharing menus to impress



**Mussels with sherry and chilli; Green peppers with smoky salt** (recipes on p 68)

**VEG IT**  
Add a good pinch of hot smoked paprika instead of the chorizo

Clockwise from top: Albondigas; Little roast potatoes with piquillo pepper mayo; Butter beans with chorizo and spinach (recipes overleaf)

## Mussels with sherry and chilli

Serves 10 ■ 15 minutes ■ EASY

*This flavourful seafood dish makes a fantastic dinner but can easily serve as a stylish party starter. You can add prawns, clams or squid instead of mussels.*

- olive oil** 2 tbsp
- shallots or Madras onions** 2, finely sliced
- red chilli** 1, finely chopped
- garlic cloves** 2, thinly sliced
- sherry** 100ml (available at liquor stores)
- mussels** 2kg, cleaned
- flat-leaf parsley** a small bunch, chopped



■ Heat the olive oil in a very large pan.

Cook the shallots, chilli and garlic on gentle heat for 2-3 minutes. Tip in the sherry and bring to a simmer, then add the mussels and cover. Cook, shaking now and again until all the mussels are open; discard the ones that are not.

Scatter with parsley before serving.

■ *PER SERVING* 182 kcals, protein 24.4g, carbs 5.5g, fat 5.8g, sat fat 1.1g, fibre 0.2g, salt 1.5g

## Green peppers with smoky salt

Serves 10 ■ 10 minutes ■ EASY

*Charred green peppers tossed with paprika pack a smoky punch and are best eaten with crusty or garlic bread.*

- olive oil** 1 1/2 tbsp
- green peppers** or **Bhavnagri**
- chillies** 350g medium
- sea salt flakes** 1 tsp (try Roland available at gourmet stores)
- hot smoked paprika** 1/2 tsp



■ Heat a large non-stick frying pan and add a good splash of olive oil to heat. Toss in the peppers and cook until blistered and charred in places. Lightly crush together the salt and paprika, then sprinkle over the peppers. Toss thoroughly and serve.

■ *PER SERVING* 27 kcals, protein 0.5g, carbs 2.7g, fat 1.6g, sat fat 0.2g, fibre 0.9g, salt 0.6g

## Albondigas

Serves 10 ■ 40 minutes ■ EASY

*Albondigas or Spanish meatballs are a budget-friendly way to feed a crowd. Make these ahead and just gently reheat until piping hot to serve.*

- white bread** 4 slices, crusts discarded, diced
- milk** 6 tbsp
- beef mince** 400g
- pork mince** 400g
- garlic clove** 1, crushed
- parsley** a small bunch, chopped
- egg** 1 small, beaten
- salt** and **pepper** to season
- olive oil** 50ml

### THE TOMATO SAUCE

- garlic cloves** 2, sliced
- white wine** 200ml
- tomatoes** 800g, chopped
- salt** and **pepper** to season

■ Put the bread in a large bowl, tip in the milk and toss until it has all soaked in. Add the mince, garlic, parsley, egg and lots of seasoning. Mix together really well. Roll into small meatballs (you'll make about 32 from this mix). Heat the olive oil in a wide shallow pan and brown the meatballs in batches. Scoop out.

■ To make the sauce, remove most of the oil, reserving 1 tbsp of oil in the pan, then add the sliced garlic and sizzle for a couple of minutes. Tip in the wine and simmer until almost reduced to nothing. Add the tomatoes and seasoning and simmer for about 10 minutes.

■ Return the meatballs to the pan, then simmer for 20 minutes until the sauce is thickened and meatballs cooked through.

■ *PER SERVING* 223 kcals, protein 18.2g, carbs 7.7g, fat 12g, sat fat 4.6g, fibre 1.2g, salt 0.4g

## Butter beans with chorizo and spinach

Serves 10 ■ 30 minutes ■ EASY

*Use store cupboard ingredients to whip up this healthy side dish. Chorizo adds a lovely smoky flavour to this beans-and-greens one pot.*

- olive oil** 2 tbsp
- onion** 1, halved and finely sliced
- chorizo** 100g, diced (try Can Calet available at gourmet stores)
- spinach** 200g, chopped
- butter beans (vaal)** 800g, drained (try Epicure available at gourmet stores)
- chicken stock** 1 cup
- salt** and **pepper** to season

■ Heat the olive oil and cook the onion for 10-15 minutes until it caramelises. Add the chorizo and cook until crisp. Stir in the spinach, butter beans and stock. Season well and cook until the beans are heated through and the spinach is wilted.

■ *PER SERVING* 95 kcals, protein 5.3g, carbs 7.3g, fat 5g, sat fat 1.3g, fibre 3.7g, salt 0.7g

## Little roast potatoes with piquillo pepper mayo

Serves 10 ■ 1 hour 10 minutes

■ EASY

*Let the oven do all the work with this potato roastie! It only requires some quick assembling.*

- potatoes** 2kg, peeled and cut into 4-cm chunks
- olive oil** 3 tbsp
- sea salt flakes** (try Roland available at gourmet stores)



### THE PIQUILLO PEPPER MAYO

- garlic clove** 1
- piquillo peppers** 230g, drained (try Fragata available at gourmet stores)
- mayonnaise** 200ml
- salt** and **pepper** to season

■ To make the piquillo pepper mayo, blend the garlic and peppers in a food processor until smooth. Mix in the mayonnaise, season and chill.

■ Preheat the oven to 220°C. Toss the potatoes in the olive oil and spread over a baking tray. Roast, turning now and again until deep golden and crisp, for 45 minutes - 1 hour. Sprinkle with sea salt and serve with the mayo.

■ *PER SERVING* 319 kcals, protein 5g, carbs 32.6g, fat 19g, sat fat 2.8g, fibre 3.5g, salt 0.3g

# 3 FEED A CROWD

A smart main that makes for hearty party fare

## Lamb cutlet tagine with pomegranate couscous

Serves 8 ■ 2 hours ■ A LITTLE EFFORT

*This spin on the Moroccan classic has all the flavours of a lamb tagine, with the tang of pomegranate and the sweetness of dates.*

### lamb chops 24

oil 6-8 tbsp

salt and pepper to season

pumpkin 1 small, peeled and cut into chunks

red onion 2, cut into wedges

chicken stock 500ml

cherry tomatoes 800g

cinnamon stick 1

medjool dates 16, halved and pitted (try Forest Feast available at gourmet stores)

coriander a large bunch, leaves picked

### THE SPICE PASTE

red onion 1 small, roughly chopped

garlic cloves 2, roughly chopped

ginger a thumb-sized piece, roughly chopped

cumin powder 1 tsp

paprika 2 tsp

mild chilli powder 1 tsp

coriander roots from a large bunch

lemon 1, zested and juiced

olive oil 2 tbsp

### THE POMEGRANATE COUSCOUS

couscous 400g (try Tipiak available at gourmet stores)

butter 100g

salt and pepper to season

chicken stock 400ml, hot

chickpeas 400g, boiled and drained

mint a large bunch, chopped

pine nuts 50g, toasted

pomegranate seeds 100g + an extra handful

■ Preheat the oven to 190°C. Whizz the ingredients for the spice paste together in a food processor until smooth. Heat a non-stick frying pan to very hot. Brush the chops with a

little oil then season well and brown in batches on both sides, for about 5 minutes. Remove and place on a plate. Add the spice paste to the pan and cook for a few minutes until aromatic, for about 5 minutes. Add the pumpkin, onion, stock, tomatoes and cinnamon and stir. Tip into a large baking dish. Place the chops on top, pushing them down into the liquid a bit. Cook uncovered in the oven for 1 hour. Mix in the dates at the last 20 minutes.

■ Put the couscous and butter in a large heatproof dish. Season, then pour over boiling stock to just cover. Cover with cling-film and leave for 10 minutes, fluff with a fork and stir in the remaining ingredients.

■ To serve, put the couscous on a platter. Arrange the chops resting against each other. Spoon over the sauce then scatter with coriander and pomegranate.

■ PER SERVING 860 kcals, protein 39g, carbs 66g, fat 43.8g, sat fat 20.8g, fibre 6g, salt 1g



# Flavours of **KANGRA**

Explore the rich culinary diversity of the Kangra Valley in Himachal Pradesh with these dishes, which make full use of seasonal tubers

Recipes adapted from FLAVOURS FROM THE KANGRA VALLEY Concept and recipes by SARITA SUD and DIVYA SUD QURESHI Published by VED PUBLICATIONS



**Kala kaddoo**  
(recipe on p 74)



*“Kangra food is exotic, yet simple and delicious. These time-tested, treasured family recipes are an introduction to the distinctive traditional cuisine from the foothills of the Himalayas..”*

- Divya Sud Qureshi, *Flavours from the Kangra Valley*



**Beduan roti**  
(recipe on p 74)

*“Bordering the states of Jammu and Kashmir, and Punjab, the Chamba and Kangra districts in Himachal Pradesh have always been home to the Gujjars, a tribe of shepherds who travel across the Dhauladhar ranges with their sheep. Thus, curd and chaas (buttermilk) figure in a host of regional preparations. The cooking can broadly be divided into curd-based, where the curd is cooked in mustard oil and legumes or vegetables are added to it, and amchoor-based, which is simply called khatta (sour). In earlier times, onion, tomato, garlic or ginger weren’t abundant in Kangra; even today, these ingredients are used sparingly. Spices such as coriander, chilli, asafoetida (hing), fennel seeds and garam masala cooked in curd take centre-stage instead.*

*Kangra food is exotic, yet simple and delicious. This cookbook compiles time-tested, treasured recipes from the Sud family and provides readers an introduction*

*to the distinctive traditional cuisine from the foothills of the Himalayas. It gives them an opportunity to learn and try these ancient recipes that have been handed down from one generation to the next.*

*The cookbook is a result of my own culinary journey. I hope that these cherished family recipes will continue to be enjoyed by future generations.”*

– Divya Sud Qureshi



## Lal mooli achaar (red radish pickle)

Serves 6 ■ 30 minutes + resting

■ EASY ▽

*A typical Kangra kitchen is always stocked with an assortment of pickles made with various fruits and vegetables. This pungent red radish pickle is best consumed a few days after it is made.*

**red radish (lal mooli)** 3 medium, cleaned and peeled

**lemon juice** 6 tbsp

**carom seeds** 3/4 tsp

**red chilli powder** 1 1/2 tsp

**salt** 3 tsp

**sugar** 1 1/2 tsp

■ Cut 1/3 of the upper portion of each radish into thin circular slices. Grate the remaining radish. Lightly squeeze out the excess juice of the grated radish with a muslin cloth.

■ Now mix the grated and sliced radish together with the rest of the ingredients. Set aside for 1-2 hours or preferably overnight, and then serve.

■ PER SERVING 11 kJ, protein 0.3g, carbs 2.48g, fat 0.21g, sat fat 0.02g, fibre 0.34g, salt 1.2g

### MENU FOR 6

\* Lal mooli achaar

\* Palda

\* Kala kaddoo

\* Beduan roti

\* Dhanthal

\* Mahni

\* Baree pulav

\* Babroo

## Palda (cauliflower with curd gravy)

Serves 6 ■ 40 minutes ■ EASY **V J**

*Kangra cuisine needs a melange of freshly ground spices. Once the art of blending individual spices has been perfected, one can create numerous dishes, each different from the other, such as the light and wholesome palda.*

**cauliflower** 450g  
**mustard oil** 6 tsp  
**salt** 2 1/4 tsp  
**thick curd** 750g  
**sugar** 1 1/2 tsp  
**coriander leaves** a handful, to garnish

### THE SPICES

**cumin seeds** 1 1/2 tsp  
**coriander powder** 2 1/4 tsp  
**fenugreek powder** 1 1/4 tsp  
**red chilli powder** 3/4 tsp  
**turmeric powder** 1 1/2 tsp  
**asafoetida (hing)** a large pinch

■ Wash and cut the cauliflower into 1 1/2-inch pieces and keep aside. Heat the oil in a round-bottomed pan. When the oil starts smoking, remove the pan from the flame, add the cumin seeds and the remaining spices. Put the pan back on the flame.

■ Add the chopped cauliflower and salt and stir well, then cover the pan with a

lid. When the cauliflower turns tender, remove the pan from the flame. Add the curd and sugar and mix well.

■ Put the pan back on the flame and heat it. Do not boil or overheat the vegetable, as the curry may curdle. Season, then garnish with freshly chopped coriander and serve with dal and steamed rice.

■ **PER SERVING** 169.83 kcals, protein 8.79g, carbs 15.74g, fat 8.39g, sat fat 15.74g, fibre 11.84g, salt 0.9g

**TIP:** The cauliflower can be substituted with potatoes, shelled peas or bottle gourd.



## Kala kaddoo (red pumpkin in burnt walnut and spinach curry)

Serves 6 ■ 50 minutes + pounding

■ EASY  

*Kangra cuisine is a fusion of the basic with the exotic, and kala kaddoo is the perfect example. Delicious, packed with nutrients and full of interesting flavours, this dish with burnt walnut paste turns the humble pumpkin into an irresistible treat.*

- red pumpkin** 2 1/4kg
- spinach** 300g, washed
- mustard oil** 3/4 cup
- salt** to taste
- curd** 5 1/2 cups, beaten
- red chilli powder** 3/4 tsp
- garam masala** 3 tsp
- ghee** 6 tsp
- coriander leaves** a handful, to garnish

### THE WALNUT MASALA

- whole walnuts** 3
- mustard oil** 7-8 tbsp

### THE SPICES

- cumin seeds** 3 tsp
- fenugreek powder** 2 1/4 tsp
- coriander powder** 6 tsp
- turmeric powder** 1 1/2 tsp
- asafoetida (hing)** a large pinch

■ To make the walnut masala, begin by dry-roasting the walnuts, then place them directly on the fire using tongs.

■ When the walnuts are aflame, remove from the fire and place on a metal plate until they stop smouldering. Lift them carefully, place in a utensil and pour 7-8 tbsp of mustard oil over them. The oil will act as a lubricant while grinding.

■ Once the walnuts stop giving out smoke, pick them up and pound them slowly using a pestle and mortar, alternating between pounding and circular motions to get a smooth paste. This should take about 45 minutes.

■ Use your fingers to check the smoothness of the paste. It shouldn't have any lumps.

■ Peel the pumpkin and cut into 1 1/2-inch cubes. Keep aside. Grind the spinach leaves and strain the juice.

■ Heat the oil in a round-bottomed pan. When the oil starts to smoke, remove the pan from the flame and add the cumin seeds and the remaining spices. Put the pan back on the flame. Add the cubed pumpkin, walnut masala and salt to taste. Fry for 10-12 minutes.

■ Add the strained spinach juice and cook until it blends with the masala. Remove the pan from the flame and add the curd. Put the pan back on a high flame. Stir the mixture continuously till the contents come to a boil. Cover and cook for 5-7 minutes until the mixture seems emulsified. Add the red chilli powder, garam masala and ghee before serving. If the curry doesn't look black enough you need to add some more of the burnt walnut paste. Garnish with freshly chopped coriander and serve with dal and steamed rice.

■ PER SERVING 610.5 kcal, protein 16.8g, carbs 42.93g, fat 44.17g, sat fat 11.02g, fibre 4.87g, salt 0.6g

## Beduan roti (Himalayan colocasia-stuffed parathas)

Serves 6 ■ 30 minutes

■ MODERATELY EASY 

*Beduan roti is a variation of a stuffed paratha. It is made of cornmeal and stuffed with colocasia and a mixture of herbs, which impart a unique taste to the paratha. Himalayan colocasia or gandiali is used in Kangra cooking for its distinct earthiness but you can easily use arbi, found in most city markets. In Mumbai, I get my gandiali from the Khar vegetable market.*

- gandiali (Himalayan colocasia) or arbi** 375g, boiled and grated
- fresh dill** 15 tbsp, chopped
- fresh fenugreek** 6 tbsp, chopped
- spring onions** 240g, chopped
- fresh coriander** 1 cup, chopped
- garam masala** 3 tsp
- salt** to taste
- lemon juice** 3 tbsp

### THE SPICES

- fenugreek powder** 3 tsp
- red chilli powder** 3 tsp
- fennel seeds** 3 tsp

### THE MAKKI KI ROTIS

- hot water** 375ml
- cornmeal (makki ka atta)** 1 1/2 cups
- unsalted butter or ghee** 6-8 tbsps + extra as required

■ To make the makki ki rotis, add small quantities of hot water to the cornmeal. Mix lightly with a spatula or your hand. Knead it well to make a thick smooth dough which is not too hard or soggy. You should be able to shape the dough into a ball without it sticking all over your palm. Divide the dough into small balls.

■ The traditional way of making makki ki roti is to make balls of the dough, flattening and shaping with both palms. Using a rolling pin for this kind of dough is almost impossible. Alternatively, you can place a ball of dough on a sheet of greased cling wrap. Flatten it slightly with your palms. Now place another sheet of greased cling wrap on top of the flattened dough and slowly pat it down to flatten it further to a diameter of around 8 inches. Remove the top sheet and very slowly, transfer the pancake onto your palm. Be careful as the dough can break easily. The sheet will peel away easily as you have greased it.

■ To make the stuffing, mix the gandiali with the dill, fenugreek, spring onions, coriander, garam masala, salt and lemon juice. Add the spices and mix well. Take 2 small makki rotis and add 2-3 tbsps of the stuffing between them, then press along the edges with your hands. Make sure that the sides are sealed.

■ Press the rotis with your hands until the stuffing is secure and the stuffed roti is about 1/2-inch-thick. Cook the rotis on a grill on medium heat, then add ghee to make them crisp. Serve the beduan roti with white butter and khoru (spicy chaas).

■ PER SERVING 254 kcal, protein 4.79g, carbs 31.08g, fat 13.54g, sat fat 8.23g, fibre 5.82g, salt 0.4g



**Dhanthal** (recipe overleaf)

## Dhanthal (spicy cauliflower stems)

Serves 6 ■ 30 minutes ■ EASY ✓

*Spicy, nutritious and wholesome with a slight crunch, dhanthal is made with cauliflower stems, and is a delicate way to treat your body to essential fibres.*

**cauliflower** 3x1-inch stems, about 750g  
**mustard oil** 6 tbsp  
**onions** 3, chopped  
**ginger** 6 tsp, finely chopped  
**green chillies** 6 tsp, chopped  
**tomatoes** 3, chopped  
**coriander** 1 1/2 cups, finely chopped  
**salt** to taste

### THE POWDERED SPICES

**coriander powder** 3 tsp  
**cumin powder** 3 tsp  
**fenugreek powder** 3/4 tsp  
**turmeric powder** 3 tsp

■ Soak the cauliflower stems in warm, salted water for 5 minutes. Heat the oil in a round-bottomed pan. When the oil starts to smoke, reduce the flame. Add the onions, ginger and green chillies and sauté until the onions turn golden brown.

■ Mix the powdered spices and cook for a minute. Add the cauliflower stems and cook until they turn golden. Add 6-9 tbsp of water. Add the chopped tomatoes and cover. Cook until all the juices dry up and the pieces are coated with the spices. Season to taste, garnish with coriander and serve.

■ PER SERVING 209 kcals, protein 4.31g, carbs 16.48g, fat 14.89g, sat fat 1.66g, fibre 6.4g, salt 0.4g

## Mahni (sweet and sour black gram curry)

Serves 6 ■ 45 minutes + soaking

■ EASY ✓✓

*Mahni is a dish that's almost synonymous with the Kangra region. Intense and irresistible, this sweet and sour dish is popular in the mountain valley and is an integral part of Himachali wedding or reception menus.*



Mahni

**mustard oil** 100ml  
**black gram (kala chana)** 2 cups, soaked overnight  
**dried mango powder (amchoor)** 6 tsp  
**rice powder** 6 tsp  
**water** 1.5l  
**jaggery** a 6-inch piece  
**green chillies** 8-10  
**salt** to taste

### THE SPICES

**sweet aniseed (meetha saunf)** 6 tsp  
**red chilli powder** 3 tsp  
**turmeric powder** 2 tsp  
**mace** 1/2 tsp  
**nutmeg** a large pinch, grated  
**cloves** 10

■ Heat the mustard oil in a pan until it is smoking hot. Remove the pan from the flame, then add the spices. Add the soaked black gram and cook for 8-10 minutes on a low flame.

■ Add the dried mango powder and cook for another 1-2 minutes. In a separate bowl, mix the rice powder with 500ml water. Add this mix to the black gram. Make sure no lumps form. Stir until it comes to a boil and

the curry begins to thicken.

■ Add the jaggery, green chillies and 1l of water. Stir this mixture well and cook for 15-20 minutes on a low flame. Season to taste and serve hot with dal and plain boiled rice.

■ PER SERVING 211.17 kcals, protein 1.77g, carbs 11.53g, fat 18.06g, sat fat 2.01g, fibre 1.64g, salt 0.4g

**TIP:** Black gram can also be substituted with white radish.

## Baree pulav (lentil fritters cooked in rice)

Serves 6 ■ 50 minutes + soaking

■ EASY ✓

*Kangra cuisine owes its typical taste to the delicate manner in which each dish is spiced, flavoured and garnished. Few cuisines combine spices and condiments to create dishes as aromatic and sumptuous as the baree pulav.*

**basmati rice** 3 cups  
**mustard oil** 3 cups  
**lentil fritters (urad baree or vadis)** 30-35 (see recipe on p 140)  
**onions** 6, finely chopped  
**hot water** 9 cups  
**salt** to taste  
**fried onions** 1 cup, to garnish

### THE WHOLE SPICES

**green cardamoms** 9  
**black cardamoms** 9  
**cloves** 18  
**bay leaves** 6 small  
**cumin seeds** 3 tsp  
**black peppercorns** 24-30

### THE POWDERED SPICES

**coriander powder** 6 tsp  
**fenugreek powder** 3 tsp  
**turmeric powder** 3/4 tsp  
**red chilli powder** 1 1/2 tsp  
**asafoetida (hing)** a large pinch

■ Wash and soak the rice in water for about 30 minutes. Heat the oil in a pan until it smokes. Add the lentil fritters and fry until golden. Remove and set aside. Remove all the oil from



Baree pulav



**wheat flour** 3 cups  
**sugar** 1 1/2 cups  
**milk** 1 1/2 cups  
**water** 2 cups  
**ghee** 12 tbsp

■ Mix the flour, sugar, milk and water together. Keep aside for an hour in order to get a thick, viscous mix. Heat a non-stick frying pan and pour 1/4 cup of the pancake mix onto the hot pan. Using the bottom of a steel katori, spread the mixture instantly from the centre of the pan in neat circular motions, widening the circle as the mixture spreads further. Apply the ghee generously on the edges and flip to cook on the other side until both sides are golden brown. Serve the hot babroos with mango pickle and fresh cream.

■ PER SERVING 698 kcals, protein 10g, carbs 45g, fat 34g, sat fat 19.25g, fibre 8g, salt none

the pan, strain and keep aside. (This oil can be used for any other dishes using mustard oil.) Heat 6 tbsp of this oil in the same pan, add the whole spices and cook on medium heat until the spices release a fragrant aroma. Add the chopped onions and sauté till golden brown. Add the powdered spices and continue to sauté for a minute. Add the fried lentil fritters and 6 cups of hot water. Cover and cook for 10-12 minutes on a low flame till the lentil fritters are soft and cooked. Add the soaked rice, salt and 3 cups of hot water. Avoid excessive stirring to maintain the whole, long grains of rice. ■ Allow the rice and hot water to mix carefully. Bring to a boil, then turn down the heat to create a soft boil. Cover and cook for 10-12 minutes until the rice is cooked, stirring occasionally to prevent the grains from sticking to

the bottom of the pan. A good pulav is done when all the water is absorbed and each grain of rice remains separate. Garnish with fried onions and serve hot with dal and raita.

■ PER SERVING 531.08 kcals, protein 21.26g, carbs 67.28g, fat 25.27g, sat fat 2.97g, fibre 10.82g, salt 0.5g

## Babroo (wheat pancakes)

Serves 6 ■ 25 minutes + standing

■ A LITTLE EFFORT 

*A newlywed daughter-in-law would serve babroos for breakfast to show her cooking abilities. Perhaps one of the most difficult dishes to prepare, babroo makes for an appetising snack. The secret behind making a great babroo is to spread it into a fine film during the cooking process.*

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# eat out

Gastropubs reviewed and Chicken Cafreal at Goa's Florentine



The faithful flock to Florentine in  
Goa for its leisurely pace, p 91

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- \* Gastropubs on trial, p 80
- \* Off the Eaten Track at Florentine, p 90

# Star bars

We size up six popular gastropubs across the country to see which ones offer the best combo of bar bites and booze

**HOW WE DID IT** At most watering holes, food is often relegated to an afterthought – greasy, uninspired fare that soaks up the spirits but does little to whet the taste buds. Gastropubs tilt the scales by extending the panache behind the bar counter right into the kitchen. Our selection includes six bars that could be broadly defined as gastropubs, with a sizeable selection of eats that go far beyond the usual pub grub.

## \* PLAN B LOADED, Bengaluru

On any evening, it's easy to find Plan B Loaded, the second edition of the gastropub that opened its doors in 2010 simply as Plan B. Just follow the 20-somethings: they will lead you up three flights of stairs and right into the busy, buzzy space that is the college crowds' favourite watering hole in this part of town. Divided into two, the semi-outdoors section is the one that attracts most people, including, of course, the smokers. The music is loud but not so much that it inhibits conversation, even though shouting is the only means of communication from one end of the long and wide table to the other if you're part of a large group. And Plan B Loaded is very much a place for large, young groups, with pocket-friendly food and drink, deal days and a casual vibe. It is definitely more pub than gastropub.

### ■ WHAT TO DRINK

The popular seller here is definitely draught beer, available in mugs, pitchers and 'towers'. The beers are categorised, a little oddly, into 'domestic bottle', 'domestic premium bottle'



and 'imported bottle'. Apart from hard liquor and liqueurs, the menu names 17 cocktails. There's no attempt to push these though: the top-listed ones are the regular Bloody Marys and Pina Colodas. We order a Mojito and two of the house specials, Fidel's Passion (white rum, passion fruit juice, grenadine and orange juice) and a Chutney Mary (vodka, guava juice and

### The Mojito at Plan B Loaded arrives in a jar

spices). All of them come in screw-top jars — the latest choice of glassware, apparently — and they're all singularly innocuous, despite the generous splashes of alcohol. The Mojito is a friendly balance of sweet and sour but missing a sharpness that would've given it character; the Fidel's Passion is pallid to look at and insipid to taste and the Chutney Mary a perfect example of why classics should be left well alone. We want to order a spiced rum, orange juice, pineapple juice and Sprite drink, but the borderline-obscene name (Morgan's Organ) puts us off. Interestingly, all the signature cocktails are bunched together at the bottom of the menu, almost as an afterthought.

### ■ THE FOOD

The menu is a smorgasbord of finger food, the kind of stuff you pick up while deep in conversation and eat unthinkingly. Name a crowd pleaser and it's there. We try the Chicken Strips, thin, crumb-fried fillets of chicken served with a 'ranch and BBQ sauce'. The strips are nicely crisped and disappear within minutes. The Coorg Pork, too, goes down well, though some of the pieces are stringier than they ought to be. The Jalapeno Poppers, a fail-safe and foolproof choice, are cheesy and spicy bits of goodness but they come with the same tomato-chilli sauce as the Chicken Strips — as does



The Loaded Blue Cheese Burger is served artistically



Photograph: NITHIN SAGI

## **MONKEY BAR, Bengaluru**

In the year-and-a-half since Monkey Bar has risen from the ashes of Taipan, the beloved old Indo-Chinese restaurant, everybody's been raving about the food, but complaining about how difficult it is to find even standing room on weekends.

A glance at the menu suggests that the 'gastro' part of the description is firmly in place, especially with its large choice of small plates, and nods to fashionable nose-to-tail eating with ingredients such as brain, liver, pork belly and lamb's heart. The décor combines modish exposed brick and distressed wood with dining booths that belong in an international Tex-Mex chain, with the 'we promise we're cool' fallback of a gutted scooter and pop culture posters on the walls.

Still, MoBar — as they like to call it — feels warm, unpretentious and inviting, and we soon feel right at home with fun waiters and merrily proffered food and drink recommendations.

### ■ WHAT TO DRINK

Drink the MoBar specials. All of them if you can, just to see what creative container the next one will come in. The Mangaa, in a dimpled glass jar, is our favourite, with the zing of *aam panna*, sweet lime and mint balanced by vodka and a hit of *jeera*. The Copper Monkey arrives in a copper tumbler like the ones our grandmother may have used, though presumably she wouldn't be glugging the pleasant combination of whiskey, passion fruit juice, mint and lime that it contains. The jug of Monkey Mule is alive with a sharp ginger and coriander seed bite behind the vodka, beer and allspice. All three cocktails we try are fresh and delicious.

### ■ THE FOOD

The Tiger Beef has sweet, sour, salty and slightly bitter notes that sparkle on the tongue, and the tender pieces of meat are all consumed before the flavours end. The Sorpotel Jam Pot

comes with two pillows of warm *pav* and a jar filled with little pieces of braised pork and pork liver infused with chilli and garlic. For once, the vinegar finish doesn't overwhelm the meat. The Chilli Brain's egg batter is disappointingly moist — we believe that when encountering a brain cutlet, the teeth should bite into a crispy, crunchy carapace before sinking into the fatty cloud within. But the chilli and fenugreek chutney served alongside makes the dish sing anyway. The Chubby Mushrooms arrive as a line of button mushroom caps filled with finely diced vegetables, herbs and a rather pasty feta. The Bork, one of their signature dishes, is quite special: double-cooked, crisped pork belly that's dark with soy, and sprinkled with toasted sesame seeds, served over perfectly cooked noodles and black bean-flavoured vegetables, whose crunch works well with the fatty meat. The Cheeseburger has a juicy beef patty (a rarity, given that too many restaurants overwork and then overcook the patty to dense dryness), but not nearly enough cheese. We end with the Flourless Chocolate XS Cake, a gooey, crunchy, crumbly mix of textures that's delicious, but overwhelms the scoop of weak vanilla ice cream alongside.

### ■ INSIDER TIP

Don't leave without trying the off-the-menu Chilli Pork — strips of pork belly with still-crunchy red capsicum, served in a bowl of sweet-sour-salty chilli fire: our favourite dish of the evening.

### ■ DETAILS

14/1, Krishna Manere, Wood Street, Richmond Road, Ashok Nagar, Bengaluru. Tel: +91 80 4111 6878. Timings: Daily noon – 11.30 pm. Cocktails ₹ 250 onwards; small plates ₹ 150 onwards; mains ₹ 300 onwards; desserts ₹ 120 onwards.

**Quality: 9/10**  
**Choice: 8/10**  
**Atmosphere: 7/10**  
**Value: 9/10**  
**Total: 33/40**

- Gautam Raja

everything else we order, including the Stuffed Mushrooms, Spare Ribs and Beef Satay. The Spare Ribs are the most disappointing of the lot. The ribs are inexpertly cut and prepped, the portion is mingy and completely devoid of the sticky-sweet deliciousness of a good rack. Our last request is for a 'Loaded' Blue Cheese Burger. We smell the blue cheese but don't get to taste much of it. The beef patty and the fried onions, served artistically on one half of the bun, though, are appreciated. The burger, incidentally, is the only dish that shows any thought in the presentation. The rest of it is very much in the grab-and-gorge category.

### ■ INSIDER TIP

To facilitate parties, Plan B Loaded offers three-hour packages, including unlimited alcohol and food, for ₹ 1,400 to ₹ 3,000 per head. Food packages minus alcohol are available for ₹ 700 per head.

### ■ DETAILS

13, Rhenius Street, Richmond Town, Bengaluru. Timings: Daily noon – 11 pm. Appetisers ₹ 200 onwards; mains ₹ 255 onwards; cocktails ₹ 265 onwards.

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

- Sumana Mukherjee

**Left: Towers of beer are a popular order among large groups at Plan B Loaded. Facing page (Clockwise from top): The MoBar burger is packed with a beef patty, bacon, Swiss cheese, mayonnaise and vegetables; The walls at Monkey Bar are dotted with pop culture posters; The Copper Monkey is a whiskey cocktail; Seats at the bar fill up quickly on weekends**



## WOODSIDE INN, Mumbai

What is it about Woodside Inn that endears it to patrons of all persuasions? It's a stalwart among SoBo's watering holes — perfect for a quiet after-work drink or a lively brunch. It could be the welcoming, old world charm of wood-paneled walls dotted with prints of old Bombay. Or perhaps it's the easy listening playlists that segue seamlessly across decades, from Bob Dylan to Dave Matthews Band, Aerosmith to Kings of Leon.

We drop in to Woodside Inn early on a weeknight and pick the alcove near the entrance. The service is unobtrusive and prompt, and we are handed the menus and pointed towards the specials as soon as we are seated. The heavy door opens repeatedly to let people in as the night wears on; the waiters easily keep pace and the bartenders keep the libations flowing.

### WHAT TO DRINK

We decide to sip our way through some of the signature Woodside concoctions, though on previous occasions we've been impressed by their potent mojitos (never over-muddled) and dirty martinis. We begin with the Bombay Melon Fizz, a gin and soda concoction served with melon balls and a long strip of cucumber: perfect for sultry afternoons. Our Smoked Bacon Bloody Mary arrives in the now de rigueur mason jar with a peppered rim and a rasher of crisp, smoked bacon over its mouth. (A strategic placement, because every sip is a sensory treat.) It's an over-the-top scorcher, but the bartender remedies this immediately and the second version hits all the right notes — spicy, sour and sweet with just enough of a singeing bite, all strongly laced with vodka. We're sold when we find bits of bacon and pieces of pickled gherkins in our jar, too. The Espresso Martini we try next is like liquid dessert, rich with Baileys and a fresh shot of coffee, but nowhere near as nuanced as the Spiced Rum Mojito — a darker version of the original that's made

The Mojitos are served with a stick of sugarcane



The thin-crust pizzas at Woodside Inn are popular picks



The interiors of Woodside Inn are drenched in old world charm



with Captain Morgan instead of Bacardi and tangerine slices in place of lime. We gnaw happily on the swizzle stick, a chunky stick of sugarcane.

There is a refreshing variety of beers to sample. We're partial to Germany's Erdinger, a light wheat, and Japan's crisp Asahi. The sangrias are popular too, and a big plus is that Woodside's wine list offers most options by the glass.

### THE FOOD

We've started our day with their pancakes-as-big-as-a-plate served with blueberry preserve; and we've lunched on their gloriously light, thin-crust pizzas. But on this visit, we tuck into the bar bites, forcing ourselves not to order the potato skins with wasabi mayo that draw us every time. We get the Baked Goat Cheese Bruschetta, which has a creamy smear of oven-warm cheese and a daub of pickled tomato salsa on crisp roundels of bread. No complaints here, but we do think the salty complexity of goat cheese is best enjoyed cold. Indulging our carb cravings further, we ask for the Butter Garlic Crab Bruschetta, piled high with sweet morsels of crabmeat and diced bell peppers. The Artichoke and Creamed Spinach with Sweet Potato Crisps is a bit of a disappointment. We expected a dip but got a steaming fondue, which would have been fine had the crisps been crisper.

### INSIDER TIP

Woodside Inn organises an Old Mumbai Bicycle tour on the second and fourth Sunday of every month (₹ 1,650 per person). Pedal around the Fort precinct and tuck into a big brunch after.

### DETAILS

Indian Mercantile Mansion, Wodehouse Road, opposite Regal Cinema, Colaba, Mumbai. Tel: +91 22 2287 5752. Timings: Daily 11.30 am – 1.30 am. Cocktails ₹ 375 onwards; starters ₹ 195 onwards; mains ₹ 265 onwards.

**Quality: 9/10**  
**Choice: 8/10**  
**Atmosphere: 8/10**  
**Value: 7/10**  
**Total: 32/40**

- Amrita Gupta

## THE IRISH HOUSE, Pune

Shining brass ship lanterns beckon you towards the entrance of The Irish House, like a greeting after crossing stormy seas, which could well be an appropriate description of the average working person's day. The gritty interiors of exposed brick and unfinished wood complete the impression of a comfortable and unfussy refuge, a place to relax and unwind. Apart from posters with witty quotes extolling the virtues of beer, there are no other notable décor elements. A couple of Kelly green walls and the general air of casualness is the only bow in the direction of Ireland. There is a separate section for quieter dining that also accommodates children, which is a nice touch.

The Irish House has been in Pune for over two years but faced some glitches over licenses at the beginning. They are well over those teething troubles now and the pub is abuzz with people when we visit. Several groups seem to be regulars, including some members of the burgeoning expat population in Pune. Since we are keen to try the cocktails, the bartenders promptly discuss the choices and offer their suggestions.

### WHAT TO DRINK

It is clear that beer is the mainstay of the beverage menu. The Irish House has over 200 beers on offer, of which several are imported. The cocktail list is fairly lengthy as well, and we opt for the signature Barman's Special, a blend of Jameson Irish whiskey, grape and orange juice with a dash of bitters over crushed ice. Well made, it is reminiscent of a Jameson Manhattan with orange bitters, but without the sweetness of the vermouth. The Mandarin Mojito we try next is a refreshing mix of white rum, fresh orange chunks, lime and crushed mint leaves spritzed with soda. It is distinguished by the use of fresh rather than canned orange juice. The Jelly Belly is a lurid, bright blue



**From top: Wooden knick-knacks adorn the nautical blue wall; The roasted Drunken Mushrooms are infused with tequila; The Long Island Iced Tea at The Irish House**



and pleasantly sweet concoction made with white rum, a dash of Malibu coconut liqueur, vodka, grenadine and pineapple. Our classic Bloody Mary has a pleasant colour and presentation but could have done with more tomato pulp and a dash of spice for additional flavour.

### THE FOOD

The food menu has enough depth and variety. The appetisers on offer include ubiquitous bar snacks such as fries, tacos and chicken popcorn but also a nice hummus platter and salads. We quickly plump for the Prawns on a High, as the name seems to reflect the general mood. Infused with smoky

vodka and a spicy harissa sauce, served on crisp toast, the prawns go down exceedingly well, except for being a tad over-salted. Our second starter of Armagh Mushroom Bites is a miniature brioche stuffed with button mushrooms topped with a delicate stalk of chives. The brioche is just warmed and not toasted as described in the menu, and the filling could be more generous, but all in all, this is a tasty platter.

From the mains, we go for a Steak and Kidney Pie, standard pub fare. Sadly, the steak is tough and the kidney not prepared well enough, which renders the dish altogether



unappetising. The side of vegetables is colourful but a tad undercooked and the potato mash could be creamier. The Beer Can Chicken boasts an unusual sauce flavoured with Murphy's Irish stout. Unfortunately, we find the chicken is stringy and chewy. The potato chips on the side are roasted with their skin on, which is a very nice touch. We'd recommend making a meal of the starters instead.

**INSIDER TIP**

Get Nikhil, the bartender, to make his special, competition-level, off-the-menu Basil Martini. With a few leaves of basil muddled to release their flavour into a base of white rum with an equal amount of pineapple juice and a little coconut syrup, this is a cocktail to remember.

**DETAILS**

Shop 58-59, Second Floor, Phoenix Market City, Viman Nagar, Pune. Tel: + 91 20 6689 0888. Timings: Daily 11.30 am – 12.30 am. Appetisers ₹ 275 onwards; mains ₹ 295 onwards; cocktails ₹ 350 onwards.

**Quality: 7/10**  
**Choice: 8/10**  
**Atmosphere: 6/10**  
**Value: 8/10**  
**Total: 29/40**

- Jyotsna Shahane



**THE TAPAS BAR, Chennai**

When it debuted almost a decade ago, Zara – The Tapas Bar, as it was known until it was recently rebranded, was not just Chennai's first gastropub but also a popular nightspot that altered the city's perception of watering holes. The interiors, characterised by black leather

seats and cheery light fittings have remained untouched since, and the vibe has remained the same too.

The Tapas Bar wears multiple hats with ease — it flits effortlessly from being a fairly busy weekday executive lunch spot to a relaxed Sunday brunch venue. Monday nights are slightly quieter with retro music filling the air while EDM holds sway on busy weekends. The gastropub's emphasis on Spanish tapas or small plates has meant there's always room for the odd teetotaler, adding to its appeal as the perfect afterhours hangout.

**WHAT TO DRINK**

It's a tribute to the establishment's innovative mixologists that most diners

don't just order their 'usual' here but instead give the cocktails a go. Vodka-based cocktails are clearly the mainstay of the menu. The vodka martinis are expertly mixed. The Wasabi Martini we try combines wasabi paste with Absolut Blue and lime juice. The wasabi sneaks up on you and adds a serious bite to this cocktail. The Long Grape, a blend of cassis, vodka and sugar, gets an invigorating twist from the fresh grapes used in it. While at The Tapas Bar, don't forget to try the signature sangrias. While the conventional Spanish sangria that is a blend of red or white wine, fresh fruit and orange juice or lemonade is a fail-safe option, you could also try the Mexican sangria with tequila. The tequila tones down the inherent sweetness of the regular sangria. The sangrias also come in large pitchers that typically hold four glasses — perfect group therapy, in our opinion.

**THE FOOD**

Over the years The Tapas Bar's food menu has grown from bar bites to also include filling mains and desserts, but it's the tapas that retains centre stage. There is a small selection of *pinchos*, the quintessential bar snacks from northern Spain, that typically include toppings such as meat or vegetables skewered on to pieces of bread. We recommend the Tomato, Basil and Parmesan Cheese Pincho, which is reminiscent of the Italian bruschetta. Simple and earthy, this is a great pick. Some of the tapas come in hotpots accompanied with



fresh bread, which makes eating them an almost fondue-like experience. The Prawns with Garlic and Olive Oil showcases the freshness and bite of the prawns. Out of the array of deep-fried and grilled tapas, our vote goes to the Chicken Chermoula, grilled chicken coated with a spunky North African marinade made of coriander, parsley, chilli and garlic. From their liquor-infused desserts, we try the Strawberry-infused Vodka Panna Cotta with strawberry purée. Despite the appetising description, we find the panna cotta much too firm for our liking.

#### INSIDER TIP

Don't fret if you can't find your favourite cocktail on the menu — just chat with the waiter or one of the mixologists for your quick fix. The Tapas Bar claims to have a repository of over 2,000 cocktail recipes, so there's likely to be something for every taste.

#### DETAILS

71, Cathedral Road, Chennai. Tel: +91 44 2811 1462. Timings: Weekdays lunch 12.30 pm – 3 pm; dinner 6.30 pm – midnight. Weekends 12.30 pm – midnight. Starters ₹ 185 onwards; mains ₹ 400 onwards; desserts ₹ 150 onwards; cocktails ₹ 355 onwards.

**Quality: 7/10**  
**Choice: 8/10**  
**Atmosphere: 8/10**  
**Value: 6/10**  
**Total: 29/40**

- Ashwin Rajagopalan

**Clockwise from top: Batter-fried calamari makes for ideal bar bites at The Tapas Bar; Turquoise Cottage doubles as a popular gig venue; Seafood Tom Yum soup at Turquoise Cottage.**

**Facing page: (Clockwise from top): The Irish House offers an extensive variety of beers and cocktails; The Tapas Bar changed Chennai's perception of watering holes; Sangrias are a popular choice at The Tapas Bar**



## TURQUOISE COTTAGE, New Delhi

Turquoise Cottage — or TC as it is popularly known among the young crowd — opened in New Delhi as a standalone Thai restaurant in 1997. While the restaurant thrived on the ground floor, the basement doubled as a gastropub that frequently hosted live rock acts.

Even though it has moved locations over the last few years, the current outlet of Turquoise Cottage maintains the original's vibe. Situated in the restaurant block of the buzzing DLF Place mall in Saket, the gastropub has

a casual setting, with brick walls, stone flooring and low arches. The seating includes booths as well as high tables. There is a long, well stocked bar that runs along the length of the restaurant, but the focal point is the stage that comes alive with jam sessions on Wednesdays and musical tributes on Fridays. On the Wednesday that we visit, a couple of solo performances liven up the evening. The service is friendly, prompt and courteous.

#### WHAT TO DRINK

The beverage menu offers an extensive choice of beers, wines and hard liquor. We try a few classic cocktails. The Long Island Iced Tea that the servers recommend is way too strong, and



needs more Coke to balance it. On the other hand, we can hardly taste the vodka in the Caipiroska. The Sex on the Beach, a combination of vodka, peach schnapps, cranberry and orange juice, is perfectly mixed. The Strawberry Daiquiri we try last is made with strawberry crush and served in a sugar-rimmed glass. While it is made well, we would have liked it to be served in a margarita glass instead of a broad whiskey glass.

#### ■ THE FOOD

Even though the music is a big part of the ambience at TC, food is given adequate emphasis as well. The menu leans towards Pan-Asian fare and features plenty of choice in terms of seafood. We start with the California Roll. The pieces of sushi are too large to be had comfortably in one bite and we can barely taste any crabmeat. The signature dish of Silken Tofu with Fresh Coriander and Fragrant Garlic Chips is disappointing. The tofu doesn't seem very fresh, the sauce can certainly do with more seasoning and the garlic

chips are not crisp at all. The Butter Garlic Exotic Mushrooms that we order in place of the tofu are delicious. A mix of button, shiitake and enoki mushrooms are tossed in a light sauce, with a beautifully balanced butter-garlic flavour. We are impressed with the promptness in replacing our dish, and the tofu is removed from our bill without us needing to ask. Although succulent, the BBQ Chicken Wings are not quite what we expect. Strangely, the chef's special barbecue sauce includes sliced onions and capsicum, and we are served a similar sauce with the Oriental BBQ Pork Spare Ribs. The ribs are greasy and have a lot of fat on them. Of the mains, the Water Chestnuts in Black Bean Sauce are crunchy, light and delicious.

#### ■ INSIDER TIP

The weekday power lunches are good value for money. Served between noon and 3.30 pm, the power lunch offer includes a three-course meal for ₹ 349 per head, with more than 30 dishes to choose from.



**From top:**  
**Turquoise Cottage's grungy interiors;**  
**Silken Tofu with Fresh Coriander and Fragrant Garlic Chips**

#### ■ DETAILS

MA 03, Restaurant Block, District Centre, DLF Place Saket, New Delhi. Timings: Daily noon –12.50 am. Tel: +91 11 6672 7255. Appetisers ₹ 245 onwards; mains ₹ 295 onwards; cocktails ₹ 349 onwards.

**Quality: 7/10**  
**Choice: 8/10**  
**Atmosphere: 8/10**  
**Value: 8/10**  
**Total: 31/40**

- Shibani Bawa

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# Cafreal Central

# Florentine

In Goa, the search for Chicken Cafreal begins and ends at Florentine, the pioneering restaurant that put this Goan fried chicken on the global food map

Words VIVEK MENEZES Photographs ASLESH KAMAT



Florentine has come a long way since its beginnings as a shack

**C**aetano D'Costa first encountered Chicken Cafreal in the early '80s. At the time, he was working in the kitchens of the Mandovi Hotel in Panjim, under the tutelage of a senior chef, Caridade Alfonso. D'Costa's parents had a tiny *taverna* in a bylane of Saligao, selling cashew and palm *feni* distilled by a relative. His mother added homemade snacks to go along with drinks, and the little *taverna* immediately became a hit with the motorcycle-pilots of the region who operated a local taxi service on their bikes. They brought their customers in increasing numbers.

In 1985, the then 24-year-old D'Costa left his job at the Mandovi Hotel and the *taverna* turned into Florentine. On its menu was Chicken Cafreal. Today, this richly aromatic, long-marinated fried chicken that's smothered in a spicy, coriander-heavy sauce is ubiquitous on restaurant menus across the state, and widely known across the world as a signature Goan dish. But in fact, until the 1970s, Chicken Cafreal was unknown in Goa.

Chicken Cafreal is a wonderful illustration of the Goan penchant to make instant classics out of new dishes. While storied traditions of the past are as prized as ever, the state's culinary canon remains broadmindedly open to reinterpretation. "I love the way we



Florentine's signature  
Chicken Cafreal



eat out  
off the beaten track

The newly refurbished  
interiors of the restaurant



Old-timers flock to Florentine  
for its laidback charm

## eat out off the eaten track

accept new things, and make them our own,” enthuses Fatima Da Silva Gracias, the state’s best known food historian and author. She points out how *rissóis*, the wildly popular stuffed pillows of dough derived from Portugal, are made in crescent shapes only in Goa, a clear influence of the traditional Hindu *neuri* pastries that are made both savoury and sweet for special occasions. Another newly invented item that has become established in Goa’s culinary repertoire is Panjim city’s favourite snack: the ‘mushroom samosa’.

The first man to serve Cafreal was Gines Viegas, long-time proprietor of what was once Goa’s only standalone restaurant, O’ Coqueiro. A devoted food enthusiast who had travelled across the world, Viegas tried to make a local version of the ‘African chicken’ he’d encountered in Macau (where it is buried under a thick layer of

***“The D’Costas fry the hefty chunks of chicken for far longer than you might imagine, but always under cover. This lends the dish its blackened look, and steeped, piquant taste, but also leaves the meat wonderfully moist and tender”***

satay-style peanut sauce). His own coriander-flecked version became popular with tourists (gangster Charles Sobhraj was a regular too, before being arrested in Viegas’ restaurant). Soon, other eateries began to put their own spin on the dish.

However, it is Florentine in north Goa’s Saligao that can claim the greatest credit for popularising the dish. Most Goans remember their first taste of Chicken Cafreal there. It became a widespread favourite in just a few decades, and in popularising the dish, Caetano D’Costa and his family have changed the face of Goan food in no insignificant way. When I first visited Florentine in 1992, it was still a proudly unlabelled shack (albeit with a restaurant licence). But its Chicken



Cafreal had already earned a reputation across the state.

By then D’Costa had established the routine of personally marinating each piece of chicken in a secret blend of fresh spices, chillies, lime, vinegar, and ground coriander paste. All those hints come to your nostrils when the Cafreal appears on your table, but they in no way prepare you for the first bite. The D’Costas fry the hefty chunks of chicken, with plenty of marinade, for far longer than you might imagine, but always under cover. This lends the

dish its blackened look, and steeped, piquant taste, but also leaves the meat wonderfully moist and tender.

It is a wonderfully addictive dish. I know many people who’ve gorged on Florentine’s Chicken Cafreal for lunch, then gone home (or back to their hotel) to nap, only to wake up craving it again, and return like homing pigeons for dinner. Others pack it in coolers to take back to Mumbai, or even Manchester. “I immediately loved Florentine’s Chicken Cafreal,” says Da Silva Gracias. Her husband would drive to the restaurant several times a month to pick up the dish for dinner. “Unlike some of the versions I have tried before, it has a delicious, tangy gravy that goes really well with the Goan *poe* [a robust, pita-like local bread].”

“That is how this restaurant grew from a four-table little room,” says a visibly proud D’Costa, now 51. “We never ever take shortcuts with the food, and have always remained consistently focused on our local customers. They have been loyal to us from the beginning, and they know that Florentine will remain loyal to them.”

And so, while Florentine’s premises itself have transformed radically from a shack to a multi-storeyed building that includes a paved children’s playground at the rear, its laidback charm and emphasis on fresh ingredients has remained unaltered. As for the staff, several familiar faces from the shack days are still around. D’Costa and his wife personally visit the markets at daybreak to select the day’s offerings: all the seafood on offer is correspondingly fresh and well prepared. The drink of choice is still unlabelled *feni* straight from the distillery.

While D’Costa is less of a fixture at the restaurant than he was in the early days, his philosophy has not budged from the days when he scorned the idea of the simplest signboard on the nearby highway to the beach belt. “Word of mouth,” he used to say. “If my food is good, they will come.” (Directions pointing to Florentine are still sparse; first-timers looking for the restaurant often lose their way, while others happen to chance upon it.)

The place remains packed with locals all year round, even at the height of the monsoons. Despite the fact that visitors to the state now come in unceasing droves, and Florentine is singularly associated with one of the most famous dishes in Goa, D’Costa is uninterested in franchising or expanding the restaurant any further. That’s not Florentine’s style. In a state that has long since lost most of its once-prized, laidback *sussegado* vibe, D’Costa’s restaurant remains an oasis of contentedness and simple Goan food.

**CHOGM Road, Saligao, Goa.**

**Tel: +91 832 227 8122. Tuesday to Sunday, 11.30 am - 3 pm; 6.30 pm - 10.30 pm.**



**Only a smattering of places across the sunshine state can offer the authentic laidback atmosphere and the quality of food that made Goa the global tourism hotspot it is. Florentine, tucked away in the bylanes of sleepy Saligao, consistently delivers on both counts: its Chicken Cafreal mopped up with fresh *poe* justifies its legendary status.**

# eat away

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# eat like a local

# Venice

Italy's canal city heaves with chic restaurants, characterful local bars, vibrant food markets and local specialities galore

Words JONATHAN BUCKLEY, RUSSELL NORMAN and FRANCESCO DA MOSTO

Venice, as any Venetian will tell you, is its own world. Detached from the mainland for the first 1,500 years of its existence, it developed into a city-state that was politically and architecturally unique. Venice's culinary culture is unique, too. With salt marshes in one direction and the open waters of the Adriatic Sea in the other, Venice has a repertoire of fish and seafood that's more extensive than any other Italian city.

On the first settlements in the centre of Venice, cooking started with freshly caught fish from the lagoon waters being grilled over an open fire, and eaten simply with the delicious vegetables that flourished on the islands. As time went on, more ingredients and flavours from the mainland were added, with spices and herbs brought in by traders from the East – the local food came to reflect the city's mercantile spirit and openness to outside influences. But even today, Venetian cuisine is mainly about exploiting the local bounty: fish and seafood from the lagoon, the freshest seasonal vegetables from neighbouring islands and meat and game from the mainland.

This is reflected in the fresh produce found at Venice's Rialto, one of Italy's greatest food markets. However, Venice has a largely disappointing reputation for food, probably because

the vast majority of restaurants churn out crowd-pleasing tourist fodder. It's best to avoid the tourist traps and seek out the authentic back-street *trattorie* and *osterie* (restaurants and taverns) for a true taste of Venetian fare.

The cityscape of Venice – and the absence of cars – makes dining here an unforgettable experience. All over the city there are restaurants on quiet little squares, overlooked by crumbling palazzo, or beside backwater canals. Menus might offer such delicacies as *anguela* (sand smelt, a variety of fish), *baicolo* (young sea bass), *canoco* (mantis prawn), or common shore crabs. Carpaccio, the famous Italian dish made with very thin slices of raw beef, marinated in lemon and olive oil, is also a Venetian creation – the dish was named after Vittore Carpaccio, a Venetian painter who used characteristic red and white tones in his work. Gelato stands are everywhere, and the must-try pudding is tiramisu, a Venetian speciality containing mascarpone, sponge fingers and a dash of alcohol. According to legend, the dessert was named after a Venetian courtesan who ate it to give her energy.

A distinctive feature of the Venetian culinary scene is the *bacaro*, a wine bar, often standing-only. Venice is the birthplace of the bellini, that delicately fizzy cocktail of prosecco (local sparkling wine) and peach

(Continued on p 96)

## EASY MENU FOR 4

- \* Pea risotto
- \* Bigoli in anchovy sauce
- \* Sea bass and seafood Italian one-pot
- \* Sgroppino

## Pea risotto

Serves 4 ■ 1 hour ■ EASY V

*Traditionally known as risi e bisi, this simple risotto makes the most of seasonal peas with a pea purée, pea shoots and boiled peas.*

**butter** 50g  
**onion** 1, finely chopped  
**peas** 300g, boiled  
**hot vegetable stock** 1.7l  
**arborio rice** 350g (try De Cecco available at gourmet stores)  
**white wine** 200ml  
**parmesan** 25g, grated  
**salt** and **pepper** to season  
**pea shoots** 2 handfuls  
**olive oil** to drizzle (optional)

■ Melt the butter in a large pan, add the onion and gently sweat for about 10 minutes until soft. Meanwhile, put 100g of the peas into a food processor with a ladleful of stock and whizz until completely puréed.

■ Stir the rice into the onion, increase the heat to medium and sizzle for



Gondolas at the Grand Canal

Photograph CARLA CAPALBO



Bigoli in anchovy sauce

Photograph LUS PARSONS



Sea bass and seafood  
Italian one-pot



People watching in Piazza San Marco

Photograph CARLA CAPALBO



Seafood at the Rialto market

Photograph CARLA C. APALBO

purée (also named after a Venetian artist, Giovanni Bellini). It was invented around 70 years ago in the iconic Harry's Bar, a stately watering hole near Piazza San Marco that was frequented by the likes of Ernest Hemingway and Orson Welles. Today, though, the bellini is considered a tourist drink. The locals would much rather sip on regional wines such as crisp whites from Friuli, and a local *aperitivo*, called spritz, made with wine, soda and Campari. Most bars offer a range of *cicheti* (Venetian small plates or tapas, pronounced chi-KET-tee) such as *polpette* (beef and garlic meatballs), *carciofini* (artichoke hearts), ricotta-stuffed zucchini flowers and fried razor clams.

## LOCAL KNOWLEDGE

■ You'll be walking pretty much everywhere within Venice, and getting on and off *vaporetti* (waterbuses) so your heels are best left behind. The streets are tiny, winding and often come to a dead end on a canal, so allow extra time for getting lost. There are a few main routes through the city, for example from San Marco to Rialto as well as signs to all the galleries, churches and important buildings, so follow the arrows. Also, look out for signs to shops and restaurants posted on the walls. Most restaurants and bars will tell you which is the closest stop to them on their website, along with a map. Ignore numbers on streets, they mean little unless you are a postman.

■ Venetians eat dinner early – as a rule, don't turn up later than 8.30 pm, unless you're dining at one of the city's more expensive restaurants, which tend to keep longer hours. Shopping for cakes or chocolate, including ones shaped like small Carnevale masks, is something of a local ritual on Sunday mornings.

1 minute. Pour in the wine, then allow to bubble. Stir until completely absorbed. Continue cooking like this, adding a ladleful of stock at a time, and stirring continuously until the rice is tender and has a creamy consistency – this will take 20-30 minutes.

■ Stir in the puréed peas, remaining boiled peas, cheese and some seasoning, then turn off the heat and leave to stand for a few minutes. Give the risotto a final stir, spoon into shallow bowls and top with pea shoots and a drizzle of olive oil, if you like.

## Bigoli in anchovy sauce

Serves 4 ■ 30 minutes ■ EASY

*This pasta dish usually calls for bigoli, the name given to the shape of pasta popular in Venice, which is tubular and usually made by hand. If you can't find it, spaghetti or bucatini make a good substitute.*

Recipe GARY RHODES

**olive oil** 3 tbsp  
**onion** 1 medium, finely sliced  
**garlic clove** 1, peeled and left whole  
**anchovy fillets** 100g (try Epicure available at gourmet stores)  
**bigoli, spaghetti or bucatini** 400g (try Barilla or Delvedere available at gourmet stores)  
**parsley** a bunch, chopped  
**salt and pepper** to season

■ Heat the olive oil in a pan, add the onion and gently fry before adding the garlic. Cook over a low flame for 10 minutes, stirring occasionally. Add the anchovies to the pan and cook for a further 10 minutes, stirring occasionally until they have mashed well with the onions and created a rich sauce.

■ Meanwhile, bring a large pan of salted water to the boil and cook the pasta until al dente. Remove the garlic clove from the sauce, then stir in the parsley. Drain the pasta and add straight into the pan with the sauce, adding a couple of tablespoons of pasta cooking water to loosen.

Mix through and season. Serve immediately.

## Sea bass and seafood Italian one-pot

Serves 4 ■ 1 hour ■ EASY

*This one-pot fish stew with shellfish has all the fresh flavours of the Mediterranean. Serve with plenty of bread for dipping.*

Recipe BARNEY DESMAZERY

**olive oil** 2 tbsp  
**fennel bulb** 1, halved and sliced, fronds kept separate to garnish  
**garlic cloves** 2, sliced  
**red chilli** 1/2, chopped  
**squid** 250g, cleaned and sliced into rings  
**basil** a bunch, leaves and stalks separated, stalks tied together, leaves roughly chopped  
**tomatoes** 400g, chopped  
**white wine** 150ml  
**salt and pepper** to season  
**mussels or clams** 2 large handfuls  
**prawns** 8 large  
**sea bass fillets** 4, about 140g each  
**crusty bread**, to serve

■ Heat the oil in a large saucepan with a tight-fitting lid, then add the fennel, garlic and chilli. Fry until softened, then add the squid, basil stalks, tomatoes and wine. Simmer over a low flame for 35 minutes until the squid is tender and the sauce has thickened slightly, then season to taste.

■ Scatter the mussels and prawns over the sauce, lay the sea bass fillets on top, cover, then turn up the heat and cook for 5 minutes. Serve scattered with the basil leaves and fennel fronds, with crusty bread on the side.

## Sgroppino

Serves 4 ■ 15 minutes + chilling

■ EASY

*This is a classic Venetian dessert-cum-cocktail of lemon ice cream, vodka and prosecco. The sorbet, which means 'that which unties the knot' is served at*



The Grand Canal in Venice

Photograph PETE SEAWARD



Pea risotto

Photograph PHILLIP WEBB

eat away  
Venice



Sgroppino

Photograph PHILLIP WEBB



Preparing carciofini,  
or artichoke hearts

Photograph CARLA CAPALBO

WorldM

## MINI-GUIDE TO VENICE

### EAT

■ **Vini da Gigio** (+39 041 528 5140) is a family-run trattoria, and by Venetian standards, of excellent value. The menu features specialities such as *masorino all buranella* (Burano-style duck) and – as the name suggests – the wine list is remarkable.

■ The artisan ice cream at gelateria **Alaska** (+39 041 715 211) is outstanding. Try the ginger or the artichoke or celery ice cream. €1-2 per cone.

■ **Da Ivo** (+39 041 528 5004) is a small, unpretentious candlelit restaurant with great food including *tagliarelli* with truffles (when in season). Book a table overlooking the canal.

■ The eponymous Marisa at **Dalla Marisa** (+39 041 720 211) is a butcher's daughter so expect to find duck, tripe, beef and pheasant at this tiny trattoria. Booking is essential.

### STAY

■ **Novecento** (novecento.biz) is a boutique hotel close to the Accademia and is stylishly furnished with knick-knacks from Morocco, Japan and Egypt. Breakfast can be eaten in the garden, which often hosts art exhibitions. Look out for special offers on tariffs.

■ Located in Canareggio, **Guesthouse Al Portico** (alportico.com) is a nine-room guesthouse run by American artist Stacy Corson beside her chef husband's restaurant La Colombina. Most rooms are inviting – a terrace with a charming view, prosecco on ice and flowers in your room.

### DO

■ The **Rialto** is one of Italy's great food markets. Look out for produce labelled 'Sant Erasmo' (or 'Rasmo'), grown on the island of that name. You'll also find the best cheese stalls, wine sellers, butchers and bread stalls, plus a scattering of tiny stand-up bars on the periphery, perfect for a glass of wine. The market is open from Monday to Saturday, from 8 am to 1 pm.

■ There's no better place to sample valpolicella, bardolino and soave than **Al Volto** (+39 041 522 8945), a dark little *enoteca* that sells around 100 wines by the glass, and has around 1,000 more by the bottle.

## GETTING THERE

Several international airlines offer flights from India to Venice with one stopover. Turkish Airlines, Qatar Airways and Jet Airways operate from New Delhi, and Emirates, KLM and Air France from Bengaluru, while British Airways, Etihad and Lufthansa operate from Mumbai. Airfare for round trips start at ₹ 34,500.



Every restaurant in Venice has its own version of Sgroppino

Photograph MATT MUNRO

*the end of the meal. Every restaurant in Venice has its own recipe, but it's always creamy, frothy and boozy.*

Recipe XANTHE CLAY

**lemon ice cream** 4 scoops

**prosecco** 4 tbsp (available at wine shops)

**vodka** or **limoncello** 4 tbsp

**caster sugar** 4 tsp

**ice cubes** a handful

**egg whites** 4, beaten until stiff (optional)

**lemon zest** a few strands, to decorate

■ Put glasses in the freezer to chill. In a liquidiser, blend all the ingredients to a thick cream. Fold in the egg whites for extra lightness, if you like.

■ Pour into the cold glasses, scatter with lemon zest, and serve, topped up with more prosecco if you like. Eat with a teaspoon.

## MENU DECODER

\* **PASTA E FAGIOLI** This traditional Italian dish comprises pasta and beans.

\* **SEPIOLINE NERE** Baby cuttlefish cooked in its own ink.

\* **SARDE (PESCE) IN SAOR** Sardines marinated in onion, vinegar, pine nuts and raisins.

\* **CARTIZZE** Local sparkling white prosecco.

## MUST BUY

\* **BACALA** Dried and salted cod, commonly known as salt cod, is soaked and boiled to be used in stews and croquettes.

\* **BURANEI** Sweet 'S-shaped' biscuits made using egg yolks, butter and lemon zest.

\* **CYNAR** This bottle of slightly bitter local digestivo made from artichokes is also used as an aperitif.

# BUDGET and BLOWOUT guide to Leipzig

From Saxon specialities in a historical inn to local beer in a railway station, there's plenty to lap up in Leipzig

Words and photographs ANITA RAO-KASHI



Leipzig, in Saxony, Germany, has been home to several famous composers, from Bach to Wagner. It is a thriving cultural and culinary hotspot, with lively coffee houses, beer bars and restaurants, and a cuisine strongly rooted in history.

## BUDGET

## BLOWOUT

LUNCH



\* **Apels Garten** (Tel: +49 341 960 7777) stands on the site of a 400-year-old conservatory and serves hearty German cuisine. Prix-fixe meals with onion soup, bratwurst, *quarkkeulchen* (German pancakes) start from € 19.50. \* **Zill's Tunnel** (Tel: +49 341 960 2078) dates back to 1785. The 'tunnel' refers to an ancient stone vault in the ceiling. Try Saxon dishes like lentil soup with *blutwurst*, or black pudding (€ 3.60) and *schlachdebladde*, or liver sausage (€ 10.30).



\* Located on the 29th floor, **Panorama Tower Restaurant** (Tel: + 341 710 0590) is Central Germany's highest restaurant, and offers both modern German cuisine and stunning panoramic views. Try the duck sausage with grilled watermelon and sauerkraut (€ 23.90) or indulge in four-course menus from € 40.70.

DINNER



\* **Gosenschenke** (+49 341 566 2360) is a lively place known for its *gose*, a Leipzig top-fermented beer (€ 2.30 for 300ml). Over 110 years old, it is the only *gose*-pub that stands in its original site. Try the Leipziger Spatz, or pork knuckle with sauerkraut (€ 9.50). \* Sample the wide variety of *flammkuchen* (a kind of tarte flambée) with a range of toppings from € 4.90 at **Volkhaus** (Tel: +49 341 212 7222), a lively eatery. Sit outdoors to enjoy the music and the goings-on at the boulevard.



\* **Auerbach's Keller** (Tel: + 49 341 216 100) is a wine bar and restaurant rich with old world charm. It was the scene for Goethe's *Faustus*, a watering hole for Bach, Mendelssohn, Schiller and Wagner, and a regular haunt of Martin Luther's. Try the Black Angus Steak, (€ 25.90) with *allasch*, a local liquor made of caraway (€ 4 for 40ml).

DRINK



\* Known for its groovy jazz and piano boogie nights, **Spizz** (Tel: + 49 341 960 8043), is located in the city's lively market area. Sample beers from € 2.50, *gose* from € 3.50, and the rather unique beer-mixes from € 2.40. \* A railway station converted into a pub, **Bayerischer Bahnhof** (Tel: + 49 341 124 5760) is filled with railway memorabilia: a guard's van, a railway clock, and a railway track for a foot-rail. Try their speciality beers such as Leipziger Gose and Heizer, from € 3 for 330ml.



\* **Mephisto** (Tel: + 49 341 216 100), part of Auerbach's Keller, oozes a dark kind of elegance. Inspired from the Faustian legend, the iconic theme of licking flames is echoed on their logo and menu. Try the Zombie, a mix of rums and fruit juice (€ 9.20), Himbeergeist, a local Schnapps (€ 8.20), or local sparkling wines from € 26.

HOTEL



\* **Weisses Ross** (Tel: +49 341 960 5951), (which translates to White Horse) is a centrally located, cosy European pension, with bright rugs and throw pillows scattered around the rooms. Single rooms from € 28. \* Stylish and contemporary, **Lindner Hotel Leipzig** (+ 49 341 44870) has comfortable rooms that look out over rolling meadows and woods, where you can take a walk or jog. Rooms from € 39.



\* **Hotel Fürstenhof** (Tel: +49 341 1400) is a throwback to the times of German royalty. With its rich marble, gold-rimmed archways, high ceilings, and soaring windows, the hotel is reminiscent of a classic patrician's palace. Sample Saxon cuisine through its various restaurants. Rooms from € 190.

MUST DO



\* Offering stunning views of Leipzig, especially the historic city centre, **Panorama Observation Deck** (Tel: + 341 710 0590) located on the 29th floor is well worth the € 3 admission fee. \* A must-visit is the **Bach Museum** (Tel: +49 341 91370). In a city saturated with references to music maestros, Bach holds a special place. The museum offers a brief glimpse into his life, set to a background score of his music, which plays everywhere, even the toilets! Entry € 8 for adults.



\* An imposing edifice, the **Gewandhaus** (Tel: + 49 341 127 0270) concert hall stands in Augustplatz in the centre of town, and is considered to have one of the finest acoustics in Europe. Mendelssohn, Mozart, Beethoven, Brahms and Wagner all conducted here. Last minute tickets can be bought for € 10 but premium seats start from € 55.



# Postcard from Brighton

Don't be deceived by Brighton's unhurried air; the British seaside town boasts a surprisingly diverse culinary variety

Words and photographs KAREN ANAND

I went to Sussex University back in the day when we read real books, made telephone calls from red booths and hadn't a clue how to use a computer. The most exotic food we ever ate probably came out of Madhur Jaffrey's cookbook. We went to pubs, not bars, and drank tea, not cappuccino. Most of us chose to live in Brighton, the town closest to the university. A little over an hour's drive from Heathrow airport, Brighton is today a mix of traditional England at its best and the new, hip and trendy. It has embraced everything 'alternative' with open arms and is home to fabulous vegetarian restaurants, cutting-edge Indian food and, my benchmark to gauge whether a town is worth its salt, Japanese cuisine. Come summer, the outdoor cafés come alive and it's hard to believe that you are in England.

I spend a week exploring the town as a tourist, something I never did when I was a student. Brighton boasts

the Brighton Marine Palace and Pier, a 19th Century pier that was renovated in 2009. Other attractions include the well-restored Brighton Bandstand that opened in 1884 and old-world hotels like the Victorian Grand Hotel and the Albion. I walk down the Old Steine thoroughfare to the 18th Century Royal Pavilion, a former royal residence built in the Indo-Saracenic style.

Then I head down to the seafront, a lovely ten-minute walk. Every seaside town in Britain has little shops selling sickly sweet batons of candy called 'rock' — and Brighton is no exception. Every bite is as disgusting as it is nostalgic. Brighton still has many quaint old teashops as well. When I was at university, The Mock Turtle (Tel: +44 01273 327 380) was our haunt for tea and a piece of cake. I am surprised to hear that it still exists, albeit with new owners. It still has the same blue-and-white teapots on the shelves, walls and tables. Mandy, the lady of the establishment, bakes all the cakes herself in an old Aga oven, and the prices are very reasonable. The



**Food writer, entrepreneur and gourmet, Karen Anand has journeyed across the world writing about gastronomy.**

walnut cake, jam doughnuts, apple cake and Florentines are famous, but the cupcakes with neon icing are avoidable. You can also order classic British favourites such as Marmite on toast, fish and chips and sardines on toast.

Next, I walk through a maze of delightful old shops and boutiques through the narrow and charming Lanes, passing several pubs on the way. The Cricketers in the Lanes (Tel: +44 1273 329472) still serves an excellent variety of ales, stouts and bitters and reasonable 'pub grub'. This basically means fat, hand-cut chips, pies (if they are genuinely homemade, these can be divine comfort food) and a good Ploughman's Lunch — a variety of British cheeses with pickles, chutneys and crusty bread. The Black Lion and the Shepherd & Dog in Devil's Dyke, The Bell in Ditchling and the Albion are other great Brighton pubs which have stood the test of time.

Next, I pop into Browns (browns-restaurants.com), distinguished by its colonial-style décor, potted palms, leather chairs and lovely waitresses. It was our favourite 'smart' place to eat, which we frequented at the beginning of the month when the bank balance was slightly healthy. Our favourites were the Steak and Guinness Pie and the Sticky Toffee Pudding. Today, while the décor remains the same, the food has acquired a European flavour. They have also opened a brasserie and bar next door. For a mere £ 2.95, you can





try the Afternoon Tea, which includes scones, clotted cream and strawberry jam, a selection of mini cakes and smoked salmon and cucumber sandwiches. The champagne afternoon tea is a real bargain at £ 12.95, but the clincher is the tea with a large Hendrick's gin and tonic.

My niece Jade and I start off in the North Laines (nothing to do with the posh "Lanes"), an area near the station with lovely shops like Madhatters ([madhattersandfriends.co.uk](http://madhattersandfriends.co.uk)), with any kind of hat you could possibly want, a farmers' market, a vegan shoe shop and Infinity Foods, the old natural and organic foods store that has now expanded to halfway down the street. We then stroll across to the old Lanes

**“Every seaside town in Britain has little shops selling sickly sweet batons of candy called ‘rock’— and Brighton is no exception. Every bite is as disgusting as it is nostalgic”**

once again. We end up having tea and pastry specials at the newly opened Julien Plumart ([julienplumart.com](http://julienplumart.com)) on Duke Street, much more French chic than old English tea room, with 24 signature macarons and gorgeous lemon tarts. Continuing on this contemporary note, we visit some more of Jade's favourite places, including Moshimo ([moshibrighton.co.uk](http://moshibrighton.co.uk)). This popular Japanese restaurant in the middle of the Lanes, right next door to the Town Hall, used to be called

Moshi Moshi. The Japanese food here is excellent. They have a very affordable kids' menu, bento boxes and easy-to-order-from set menus.

Being Brighton, there are also many vegetarian and vegan options. At Terre à Terre ([terreaterre.co.uk](http://terreaterre.co.uk)), the food is an eclectic mix from around the world. The afternoon tea is where Terre à

Terre comes alive. We try the almond-rich olive oil lemony castle cake with a soft lemon curd centre and saffron lemon thyme syrup, mini chocolate meringues with cream and old-fashioned ginger parkin with sticky butterscotch drizzle and cream. A pot of tea for two and a slice of cake is a steal at £ 5.50!

So what does one do on glorious sunny days? We head off to East Sussex via the scenic Sussex Downs to pick berries and cherries at a farm called

**Clockwise, from facing page: Royal Pavilion served as the residence of King George IV; A garden lunch in the Sussex countryside; The pier is a famous tourist attraction; Bombay Aloo is a new Indian restaurant in Brighton; Overly sweet candy known as ‘rock’ is sold in this seaside town; Fish and chips is a classic at The Mock Turtle**

Maynards ([maynardsfruit.co.uk](http://maynardsfruit.co.uk)) in the village of Ticehurst. We eat pounds of ripe, juicy red cherries while we only pay for what goes in the punnets! On the way back, we stop for lunch at Bill's ([bills-website.co.uk](http://bills-website.co.uk)) on Cliffe High Street in Lewes. The Brighton branch is located in an old garage. It is an all-day café, restaurant and gourmet food store that focuses on organic produce.

A cross between a farmer's market and a quirky café, it is a visual delight. The food is not quite what it used to be but the ambience is quite stellar.

Before leaving Brighton, I have lunch with my old friend Jeddi at another newish restaurant, The Chilli Pickle ([thechillipickle.com](http://thechillipickle.com)). There are several new Indian restaurants in town (such as Bombay Aloo and Planet India) but we choose The Chilli Pickle because of its quirky décor and its reputation for authentic food. We sit outdoors on tin drums converted into seats next to a pink and white bull. The venison *kathi* roll is outstanding and my lunch thali with a very good dal, aloo sabzi, papad, pickle, bhajia and a Madras-style fish curry, has clean flavours and is very reasonably priced. The rose ice cream (not kulfi) is wonderful and the gulab jamuns taste better than they do in India. Lassi anyone?

So much more than a lazy British seaside town, trendy Brighton has plenty of surprises on offer. Go for the food and much more.

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Smart ways to improve your kitchen skills

Words KAINAZ CONTRACTOR



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- \* New Indian wines p109

### CHARCOAL GRILL

What better way to celebrate the onset of winter than by hosting an outdoor barbecue bash? The slight nip in the air signals that it's the perfect time of year to dust off barbecue sets and wheel them into place. For the uninitiated, choosing the bare essentials for grilling can seem like a daunting task. Enter Weber. We've always stood by their products and their latest creation, the One-Touch Charcoal Grill, will have you showing off your cooking chops in no time. The sleek portable grill has a rust- and peel-resistant porcelain-coated steel bowl and dome that will stay glossy even after months of being tucked away in storage. Housed within the bowl is the steel-plated grill wide enough to accommodate a dozen burger patties or paneer tikkas. But what we love most is its convenient push button cleaning system. No more fussing over scrubbing out messy charcoal soot and scraps. This nifty feature ensures the ash is sifted out of the grill and into an ash catcher within seconds. Another bonus is the built-in thermometer that lets you track heat levels, ensuring that your steaks are always cooked to the right level of doneness and are perfectly smoky yet never charred. If you're looking for a basic grill to get started with barbecuing, this is the one.

Available at cookware stores from ₹ 19,995 onwards. To find suppliers, visit [weberindia.com](http://weberindia.com).



**EXCLUSIVE  
STEP-BY-STEP  
RECIPE**

# Sugar & Spice

Christmas is here and 'tis the season to make an impressive gingerbread cottage. Follow our step-by-step guide and make this a lovely project for the family over the holidays

Recipe SARAH COOK Photographs DAVID MUNNIS

GINGERBREAD COTTAGE TEMPLATE

ROOF



**MAKING YOUR TEMPLATES**

Use tracing paper or parchment paper to copy our three templates, then stick onto card paper and cut out neatly.

END

SIDE



**LEFTOVER DOUGH?**

Re-roll, stamp into gingerbread men, and bake as described in step 4, overleaf.

# Homemade gingerbread cottage

Makes 1 ■ 1 hour 30 minutes

■ A LITTLE EFFORT

*Make the gingerbread cottage over two days, first baking the dough and beginning to assemble it. Then leave everything to dry overnight, so that it's really firm before you start building it.*

**all-purpose flour (maida)** 1kg + a little extra for dusting  
**butter** 300g, chilled and diced  
**ginger powder** 2 tsp  
**bicarbonate of soda** 1 tsp  
**salt** a pinch  
**soft light brown sugar** 450g  
**eggs** 3 large  
**golden syrup** 225g

## THE SPICE MIX

**allspice powder** 1 tsp  
**cinnamon powder** 1 tsp  
**nutmeg powder** 1 tsp  
**mace powder** 1 tsp  
**clove powder** 1/2 tsp  
**coriander powder** 1/2 tsp  
**ginger powder** 1/2 tsp

## TO ASSEMBLE AND DECORATE

**icing sugar** 750g  
**pearl sugar** 400g (try Lars available at gourmet stores)  
**eggs** 2, whites only  
**ready-to-roll fondant icing** 200g + a few ping-pong-sized balls in cling-film (try Vizyon available at gourmetco.in)

## MAKE THE DOUGH

**1.** In a mixer-grinder, combine all the ingredients for the spice mix. Store in a bottle and keep aside. Put about half the flour in a food processor with the butter. Whizz until you can't see any lumps of butter remaining (if you don't have a food processor, rub the butter into *all* of the flour with your fingertips, until it resembles fine crumbs). Tip the buttery flour into your largest mixing bowl and mix in the remaining flour, 2 tbsp of the spice mix (reserve the rest for later use), ginger powder, bicarbonate of soda, salt and sugar.  
**2.** Whisk the eggs with the golden

syrup and stir into the flour mixture with a wooden spoon. Using your hands, knead together into a smooth dough. Chill until ready to bake.

## CUT OUT ALL THE SHAPES

**3.** Preheat the oven to 200°C. Roll out 1/4 of the dough at a time on parchment paper, to the thickness of 2 x 1 1/2 cm-thick coins. Cut around the cottage templates (see p 139) – each time you'll need two of each for one cottage: **roof**, **end** and **side**. Remove the trimmings and lift the gingerbread, on the parchment paper, onto baking trays. Re-roll trimmings if you need to.

## BAKE YOUR GINGERBREAD

**4.** Bake the gingerbread one tray at a time (so it cooks evenly), on a high shelf in the oven for 8-12 minutes, until rich brown and firm to the touch. Give each tray 3-5 minutes to cool, then carefully place the sheets of dough back onto the relevant templates and trim any edges to neaten (see image A). Use a small knife, or heart-shaped cutters, to cut out any **doors** and **windows** you want. If you want to fill your cottage with lights, use the edge of the **side** template to cut out a little door in the back **end** of the cottage.

**5.** For the **roof**, roll out the remaining gingerbread to half the thickness of the walls, about 3/4-cm-thick. Use a 3-4cm cutter to stamp out rounds – to fully cover the roofs, you will need about 75 round biscuit tiles. Bake as above, but for 6-9 minutes. Allow to cool.

## DECORATE YOUR GINGERBREAD

**6.** Sift 250g of the icing sugar into a bowl, slowly pour in the water, stirring in until you have a thick-ish icing. Tip the pearl sugar into a shallow bowl. Dip the round roof tile biscuits into the icing, one by one – covering about a 1/4 of the biscuit in icing (see image B). Dip into the icing sugar to stick, then place on cooling racks and leave to dry.

**7.** Put the egg whites in a large bowl, sift in the remaining icing sugar, then stir to make a thick, smooth icing. Spoon a little into a piping bag with a very small nozzle. Spoon half of the remaining icing into a piping bag that has a slightly larger nozzle. Keep the rest covered in the bowl. Use the small

## LET THERE BE LIGHT

Push a few LED battery tea-candle lights or some fairy lights through the back door – you can use the gingerbread piece you cut away to block the hole, so that all the light stays inside. Be careful if you use fairy lights, however, these emit heat, so don't leave them on for too long.

## Create a winter wonderland

Crush up lots of **Polo mints** by putting them in a large sandwich bag and bashing with a heavy rolling pin. Then mix with equal quantities of **desiccated coconut** and **icing sugar** – you can even add a pinch of **edible glitter**, if you like, for a magical sparkle. Place in a piping bag and pipe little icicles onto a plate and place it around the cottage entrance to create a snowy scene.

piping bag to pipe decorations onto the **end** that is going to be the front of your cottage. Leave to dry.

## START BUILDING

**8.** Arrange the wall biscuits as you are going to assemble them. Use the bag with a medium nozzle to pipe generous snakes of icing along the **side** edges (see image C) and stick the walls together. Pipe extra icing where the walls join each other on the inside of the cottage, and support the sides using the icing balls (see image D).

**9.** To decorate the roof, scrape any excess icing and sugar from the underside of the roof tiles with a small knife, so they can lie flat. Start at the bottom-left of the **roof** and work along in a row. Using the icing in the bowl, spread good-sized blobs on the underside of the top of each tile biscuit to stick (see image E). Let the bottom row overhang the edge of the **roof**. Continue working up, sticking a row at a time, sitting the row above in the gaps of the row below (see image F). You'll need to cut some of the tiles on the edges to fit. Repeat to cover the second **roof**, then leave the completed **roofs** with the half-built cottage for a few hours, or preferably overnight, until set.  
**10.** When ready, remove the supports from the cottage and stick on the **roofs** (see step 8 and image G). This bit can be fiddly, so you may need an extra pair of hands. Shape the icing balls to support the bottoms of the **roofs**. Hold the biscuits on firmly for a few minutes until the icing starts to set (see images H and I). Set again for a few hours, or overnight.

## FINISHING TOUCHES

**11.** To finish decorating, roll marble-sized balls of the ready-to-roll icing and stick them along the top of the **roof** – this is perfect for hiding the join. To make the icicles, start with the nozzle at a 90° angle to the **roof** and squeeze out a pea-sized blob of icing. Keeping the pressure on, pull the nozzle down and then off – the icing will pull away, leaving a pointy trail. Repeat all around the front of the cottage, covering the gap between the **roof** and roof tiles too, if you like.



# Homemade *Vadis*

Impress your guests by making a batch of these popular Indian dried lentil fritters. They keep well and are a tasty addition to curries and pulaos

Recipe SARITA SUD Photograph BHARAT BHIRANGI

## Dried lentil fritters

Makes 100 ■ 15 minutes + soaking and drying ■ **A LITTLE EFFORT** ▼

*To save time, you could dry the vadis in the oven at 100°C for 6 hours, and then let them dry overnight until cooled*

**black split gram (urad dal)** 1kg  
**methi powder** 5 tsp  
**red chilli powder** 5 tsp  
**garam masala** 5 tsp  
**asafoetida (hing)** a pinch  
**white pumpkin** 500g, grated and squeezed to remove water  
**ginger** 150g, grated  
**fresh coriander** a handful, chopped

■ Wash and soak the black split gram overnight. The next morning, wash the dal under running tap water to separate the skins.

■ Grind the dal and beat until it softens. To check the consistency, put a drop in a glass of water. If it rises to the surface, it means the batter is ready.

■ Add the masalas, the grated white pumpkin, ginger and fresh coriander. Shape into balls and place on a thick cotton cloth, then dry the vadis in the sun for about 2 days. The vadis are ready once they are dry and you are able to remove them from the cloth without breaking them.

■ **PER SERVING** 131 kcal, protein 7g, carbs 14g, fat 6g, sat fat 3g, fibre 2g, sugar 3g, salt 1.31g

Use the vadis in Baree pulav, a dish from Kangra in Himachal Pradesh. Recipe on p 102

WHEN SHOULD YOU DRINK YOUR WINE?  
 Dessert wines and sparkling wines can be aged for up to two years because their natural sugar content and high acidity act as preservatives. Reds such as Malbecs also develop with age. But white wines such as Sangiovese Bianco and Viognier are best drunk young.



# 10-MINUTE WINE GUIDE

## New Indian launches

Sommelier Gagan Sharma shares his pick of the latest Indian wines

**Certified by the Court of Master Sommeliers, Gagan Sharma pursued his passion for beverages in Australia. Currently, he works with Wi-Not, a wine and beverage solutions company in India, and travels around the world gaining practical knowledge about wine and spirits.**

If you are tempted to label India a New World winemaking country, you should stop and reconsider. Although it might seem like our country has only recently taken to winemaking, it has in fact been a part of our history for several centuries. Chanakya, the country's first viticulturist and winemaker, produced his first cuvée (or wine made from a blend of several different grapes) as early as 7th Century BC. Much later, under British rule, India became the vinous hub of the region, supplying wine to neighbouring Commonwealth countries. These wines were so respected that in 1883, Calcutta, as it was known then, hosted an international expo awarding wines made in the Commonwealth colonies. Modern day grape growers in India have taken this indigenous culture several steps further by producing wines that are winning accolades the world over. With only three indigenous wines in the 1970s, the country today boasts over a hundred wineries.

It's undoubtedly the most exciting time for wine in India. In the last year, several meticulously crafted and high quality Indian wines were added to retail shelves. With so many new varietals and styles to choose from, it can be challenging to pick the best ones. Grab some of these commendable newbies on your next visit to the wine store:

**Fratelli Vineyards Sangiovese Bianco** (₹ 695, available at Juben Wines, Mumbai)

This wine is Asia's first ever Sangiovese Bianco. It is light bodied with floral and fruity notes backed with refreshing acidity. It's a simple, easy drinking wine. Pair with korma, grilled fish and salads.



**Charosa Viognier** (₹ 750, available at Patel Wines, Mumbai)

This newbie continues India's Viognier fetish. It has a floral nose with hints of sweet lime, marigold, clove and pear. It has a well-rounded texture with a hint of oak. Pair with creamy curries, ravioli and steamed white fish.



**Vallonne Vineyards Malbec** (₹ 1,190, available at Fun-Fair Wines, Mumbai)

It is probably the only Malbec of repute produced in the country. With a deep ruby hue, it boasts complex floral and sweet spice notes, backed with tannins and a round finish. A good accompaniment to lamb stew.



**Chandon Brut Rosé Sparkling** (₹ 1,400, available at Juben Wines, Mumbai)

This style is making news. It boasts an exquisite palate with a light and crisp mouthfeel and bursts of delicate flavours such as red fruits, berries and rhubarb with a gentle, fizzy finish. Pair with sushi, fish, white meat grills or cold cuts.



**KRSMA Cabernet Sauvignon** (₹ 1,500, available at Madhuloka Wines, Bengaluru)

The Californian style Cabernet Sauvignon has notes of sweet oak, plums and toasted vanilla. Its intense tannins make it a good match for pork chops, lamb steak and coq au vin.



**Seagram's Nine Hills Rosé** (₹ 575, available at leading retail stores in Delhi and Mumbai)

A new style from this winery, it has a watermelon hue with notes of strawberries, rhubarb and vanilla. It pairs well with seekh kebabs, prawn dumplings and lightly spiced curries.



**Charosa Tempranillo Reserve** (₹ 1,500, available at Patel Wines, Mumbai)

This Tempranillo marks another first for India. Made in the Spanish style, this earthy wine displays minerality and notes of ripe raspberries, blueberries and plums. Serve with chorizo, paella, tandoori dishes, and Malabar chicken.



**Vallonne Vineyards Vin de Passerillage** (₹ 810 for 375ml, available at Kashmir Wines, Mumbai)

A lush gold in colour, it boasts notes of honey, sweet white fruits, sweet lime and a touch of Indian spice. Pair with apple halwa, malpua, pecan pie or blue cheese.



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\* VEGETARIAN \* READY UNDER 30 MINUTES \* LOW FAT

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# Shop talk

Where to find everything from green gram to gorgonzola

## 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, Mahatma Gandhi Road,  
Nungambakkam  
Tel: +91 44 2826 8180, 4203 9351

## HYDERABAD

### Nature's Basket

Urmila Towers, Road No. 10,  
Opp. Rainbow Hospital, Banjara Hills  
Tel: +91 40 2335 5399

## NEW DELHI

### A- Mart

A-1, Mahipalpur Extension, NH-8  
Tel: +91 11 2678 9999

### Ahuja Vegetable Store

Shop 37, INA Market  
Tel: +91 11 2464 4116

### Allied Fruits and Florists

58-B, Khan Market, Lodhi Road  
Tel: +91 11 2464 2509

### Ashok General Store

113, Main Market, Opposite Dilli Haat,  
INA Market  
Tel: +91 11 2461 7561

### Dubden Green

4-A, Near Electric Sub Station,  
Shahpur Jat  
Tel: +91 11 3290 5310,  
+91 98101 31343

### Flanders Dairy - The Cheese Ball

31 Meharchand Market, Lodhi Road  
Tel: +91 11 2465 3789

### Foodhall

DLF Promenade, 1st floor, Vasant Kunj  
Tel: +91 11 4532 9620

### Fortune Gourmet

144/9, Ground floor, Kishangarh,  
Vasant Kunj  
Tel: +91 11 6564 2270/ 98688 99956

## Gogia's

280, Main road, INA Market  
Tel: +91 11 2462 4809/ 2464 4618

## INA Market

Aurobindo Marg, INA Colony, Opposite  
Dilli Haat

## Le Marche

58, Basant Lok, Vasant Vihar,  
Near Priya Cinema  
Tel: +91 11 4323 2100/4166 9111

## Master's Bakers

G-33, Usha Chambers, Community  
Centre, Ashok Vihar  
Tel: +91 11 2741 9061/ 2743 0734

## Modern Bazaar

18-B, Community Centre, Basant Lok,  
Vasant Vihar  
Tel: +91 11 4166 9777

## Nature's Basket

- Ground floor, D /15,  
Between BP Petrol Pump  
and Defence Colony flyover  
Tel: +91 11 4669 8777

- 46, Basant Lok, Vasant Vihar,  
Ground floor & basement  
Tel: +91 11 4057 1919

## Palkit Impex

C-82, Basement, Shivalik,  
Malviya Nagar  
Tel: +91 11 2667 3437

## Passion Cheese

Select Citywalk Mall,  
District Centre, Saket  
Tel: +91 11 4059 9916

## Piggo

9 Jor Bagh Market  
Tel: +91 11 2461 1723/ 2462 6930

## Steak House

13/8 Jor Bagh Market  
Tel: +91 11 2461 1008/ 2461 1129

## The French Farmer

Tel: Call Roger Langbour  
+91 98101 66196, +91 11 2635 9701

## Yamato Ya - The Japanese Store

B-6/9, Safdarjung Enclave,  
Near Deer Park  
Tel: +91 11 4165 0164

## GURGAON

### Kim's Mart

DT Mega Mall, LG 36, Gurgaon  
Tel: +91 124 256 2189

### Nature's Basket

S-201, 2nd floor,  
Ambience Mall,  
Ambience Island, NH-8  
Tel: +91 124 466 5753

## KOLKATA

### Afraa Deli

City Centre, Salt Lake  
Tel: +91 33 2358 1111

### Gourmet Gallery

27/9C, Chandl Ghosh Road,  
Regent Park  
Tel: +91 33 2381 8510

## MUMBAI

### Country of Origin

Maneesha Building, 69/A, Napean Sea  
Road, Malabar Hill  
Tel: +91 22 2364 2221

### Dolce Vita

Ground floor, Grand Galleria, High  
Street Phoenix, Phoenix Mills,  
Lower Parel  
Tel: +91 22 2496 4307

### Food Bazaar

Infinity Mall, Raheja Classic,  
New Link Road, Andheri (W)  
Tel: +91 22 6758 3090

### Foodhall

Palladium, High Street Phoenix,  
Senapati Bapat Marg, Lower Parel  
Tel: +91 22 3026 4581

### Garden Fresh

391/7, Circle House, Bhaudaji Road,  
Kings Circle, Matunga  
Tel: + 91 22 2403 5345

### Gourmet West

Westside, Army and Navy Building,  
148 MG Road, Kala Ghoda  
Tel: +91 22 6636 0499

### Hypercity

Ground Floor, Malad (W)  
Tel: +91 22 4050 1300

### Lallu & brothers

Shop 1&2, Pali Market,  
Pali Hill Road, Pali Hill,  
Bandra (W)  
Tel: +91 22 2640 9295

### Nature's Basket

- 227, Samarath 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

### Ratna stores

Haware Parekh, Sion-Trombay Road,  
Opposite 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, Dutta Ji  
Salavi Road, Off Veera Desai Road,  
Opp. Janaki Centre, 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, Located in  
Inorbit Mall, Malad (W)  
Tel: +91 98234 85988

## PUNE

### Dorabjee & Co Pvt Ltd

B-1, Moledina Road, Camp Cantonment  
Tel: +91 20 2605 2883

### Nature's Basket

- Mansur Ali Tower,  
3, Galaxy Society,  
Max Mueller Lane,  
Dhole Patil Road  
Tel: +91 20 2616 0540

- Shop No. 155/1A, Kumar Crystal  
Aundh  
Tel: +91 20 2588 9530

### Providore

GF 104, Anand Park, Baner  
Road, Aundh  
Tel: +91 20 6560 1551

### Tutto Bene Delicatessen

- Shop 1, Princeton Flair,  
Lane 8, Koregaon Park  
Tel: +91 20 6607 7193

- G 14 Sacred World Mall, Wanowrie  
Tel: +91 20 2680 6933

### Gourmet Websites

**Farm2Kitchen**  
farm2kitchen.com

**Foodesto**  
foodesto.com

**Gourmet Company**  
gourmetco.in

**Houseproud**  
houseproud.in

**Local Banya**  
localbanya.com

**Olive Tree Trading**  
olivetreetrading.com

**Pesca Fresh**  
pescafresh.com

**Zansaar**  
zansaar.com

# WorldMags.net Strawberries & dreams

Layers of fresh custard, white chocolate, strawberries and a Swiss roll – who doesn't adore trifle?

## Strawberry and white chocolate trifle

Serve 10 ■ 50 minutes + chilling

■ EASY

*Use ready-made custard to save time when you whip up this impressive, indulgent dessert.*

**strawberry or raspberry jelly** 270g (try Bluebird available at gourmet stores)

**raspberry liqueur** 4 tbsp + extra for drizzling (try Marie Brizard available at liquor stores)

**strawberries** 400g small, halved and hulled

**cornflour** 1 tbsp mixed with 2 tbsp **milk**

**strawberry or raspberry Swiss roll** 180g, sliced (available at your local cake shop)

**white chocolate** 100g, roughly chopped (try Morde or Valrhona available at gourmet stores)

**double cream** 600ml (available at your local dairy)

**vanilla extract** 1 tsp

**icing sugar** 12 tbsp (try Bluebird available at gourmet stores)

### THE VANILLA CUSTARD

**vanilla pod** 1

**milk** 200ml

**double cream** 200ml (available at your local dairy)

**egg yolks** 4

**golden caster sugar** 100g (try Tate & Lyle available at gourmet stores)

■ Make the jelly following the packet instructions but replace 4 tbsp of the recommended amount of water with

the same amount of raspberry liqueur. Leave until the liquid starts to thicken.

■ Put half the strawberries in the bottom of a wide, slightly shallow trifle dish and pour over the jelly. Refrigerate to set.

■ Meanwhile, to make the custard, split the vanilla pod in half and scrape the seeds out with a knife. Place the pods and seeds in a medium-sized pan with the milk and cream. Bring to the boil slowly then take off the heat and leave to stand.

■ Lightly whisk the egg yolks and caster sugar until thick. Whisk in the vanilla-infused milk – take the pod out first – then wipe out the pan (to get rid of any milk that has caught on the base) and strain the custard mixture back in. Put it back on a medium flame,

stirring until the custard thickens enough to coat the back of a wooden spoon. Don't let it overheat or the egg will scramble. Add the cornflour mixture to the custard. Bring to a simmer and stir for a couple of minutes while it thickens. Take off the heat and stir in the white chocolate. Cool.

■ Take the jelly out once set and line the outside of the bowl with Swiss roll slices, making sure the slices are all facing the same way so it looks neat. Put a layer of Swiss roll on top of the jelly. Drizzle more liqueur over the cake. Spoon the custard into the middle and chill for another hour or so.

■ Gently whip the cream with the vanilla extract and enough sugar to sweeten. Spoon the cream over the custard and finish with the rest of the strawberries. Chill for 2-3 hours or overnight before serving.

■ PER SERVING 573 kcals, protein 6.2g, carbs 48.1g, fat 37.8g, sat fat 22.2g, fibre 0.6g, salt 0.2g



# 3 DAYS BECOME A WEEK. A WEEK BECOMES A MONTH.

mudra 9477



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# Good Food

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