

BBC

70+ TRIPLE-TESTED RECIPES

eat in * eat out * eat away



JULY 2014
₹ 100

Good Food

India

Soul food you'll love!

COMFORT FOOD SPECIAL!

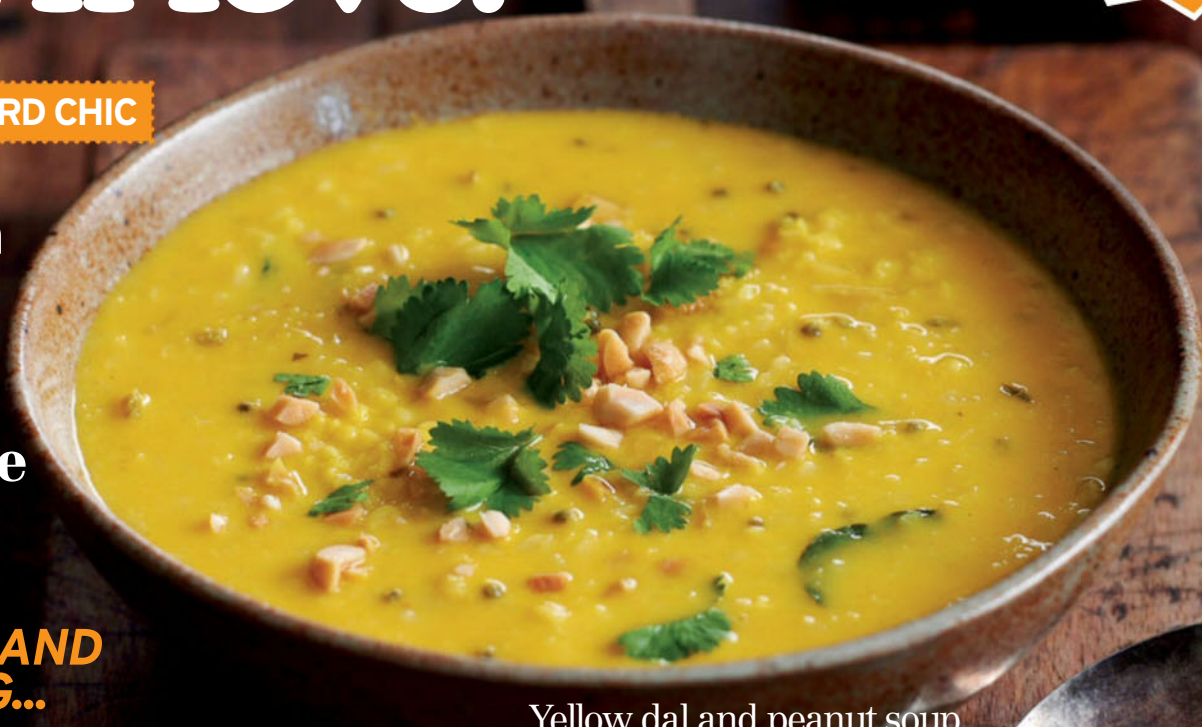
STORECUPBOARD CHIC

6 feel-good soups from your larder

Best-ever easy cheese recipes (p 46)

DELICIOUS AND SATISFYING...

- * Pumpkin mulligatawny
- * Beetroot pachadi
- * Mushroom & halloumi pitas
- * Tarte aux pommes



Yellow dal and peanut soup
recipe on p 58

ZINIO COPY

eat out

Old-style Conti on trial

Pro vs Punter, The Corner Courtyard



eat away

Morocco on your plate

Postcard from London



masterclass

Chef Bhanwar Lal's step-by-step Dal baati churma p 101





Comfortably yum

There's something therapeutic about comfort food. It could be dark and gloomy and raining pigs and dolphins, but a velvety mac 'n' cheese will never fail to make you feel indulged. Warming stews and ghee-laced khichris have comforted generations and truly endured the test of time.

Our July edition is a tribute to these soul warmers. You'll find a combo of true-blue classics as well as clever new tweaks. Traditional or not, you'll love them anyway.

Soups, desi style Every culture in the world has its take on soup — from the white bean *zuppas* of Italy to Russia's borscht. India is no exception. Whether built around veggies or swimming in lentils, a helping of our desi-inspired soups is guaranteed to chase away your blues. The chunky Mulligatawny, an Anglo-Indian classic, makes a meal by itself while the fiery rasam is just the ticket on rainy evenings. For an uber healthy option, try the Palak shorba — all the vitamins and goodness of spinach are retained in the making of this green beauty.

Eggs gone chic Sunny side up, scrambled or poached, eggs are the true heroes of comfort cooking. We show you a wealth of ways to play with this beloved and most versatile ingredient. The Béarnaise eggs with asparagus dippers, for instance, is proof that eggs can be pushed up with a simple sauce of yolks, butter and wine. Want more evidence? Try the shirred (yes, shirred) eggs with spinach and jalapeño, the American version of baked eggs with a heaty edge. Turn to **p 98** for these and other eggy sensations.

The big cheesy There's a reason cheese is so universally loved. It's delicious. What's more, this flavour-making powerhouse can instantly elevate almost any dish from good to mmm. From the ultimate chilli cheese toast to the definitive recipe for baked brie, you will find plenty of inspiration to begin your love affair with cheese here. Want to make a cheesy favourite with a real wow factor? Pull an impressive dinner out of the hat with our Smoky mac 'n' cheese fondue, a hybrid of two beloved classics. Yum.

Pastry love Shaheen Peerbhai a.k.a The Purple Foodie showcases French pastry at its best, from the utterly moreish Tarte aux pommes to the decadent Vanilla cream éclairs with chocolate. Making these beauties at home isn't always a cakewalk. But remember, every great baker's repertoire is built on a mountain of burnt pans. Don't be afraid to taste (and mess up) as you go. I suggest you begin with a simple batch of madeleines, a beloved even of the high priests of pastry in France. It's a lovely experience. And it will make your home smell divine.

Dig into this edition and you'll be fluent in a host of global classics from the perfect pissaladière and clafoutis to foolproof tagine and dukkah. Plus, our special focus on restaurants covering 'Continental' food in Restaurant Spy is sure to delight and induce sizzler cravings.

Have a yummy monsoon. Be as unashamedly cheesy as you like.

Sona Bahadur

Sona Bahadur, editor

GET CRACKING

You have some mean egg dishes to make this month. P 60



DO THE MAC-ARENA

Try our delish twist on the classic mac 'n' cheese. P 49



INSTANT GRATIFICATION

Why do I love the Mulligatawny? Two words: one pot. P 62



OOH LA LA!

There's nothing, um, vanilla about these éclairs. P 68



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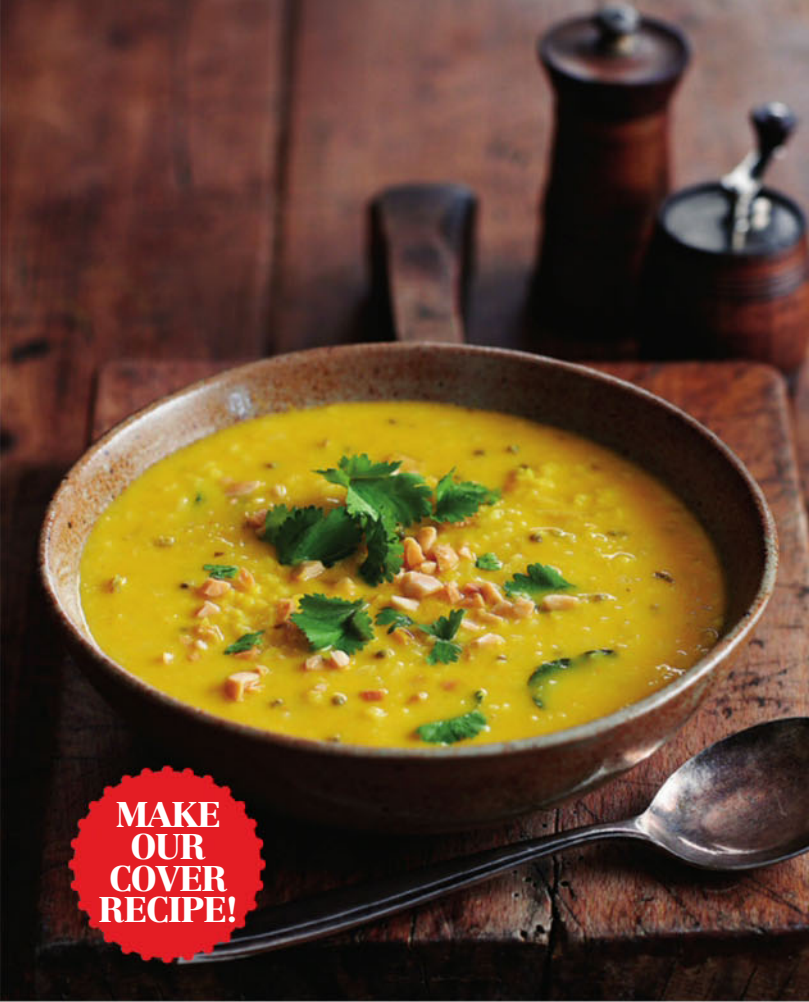
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**MAKE
OUR
COVER
RECIPE!**

Yellow dal and peanut soup with coriander

Serves 6 ■ 45 minutes ■ **EASY** ✓

- moong dal** 300g, washed and drained
- vegetable stock** 1.2l
- coconut milk** 200ml (try Dabur Hommade available at gourmet stores)
- sunflower oil** 2 tbsp
- mustard seeds** 1/2 tsp
- curry leaves** 6
- green chilli** 1, deseeded and finely chopped
- tamarind paste** 2 tsp
- turmeric powder** 1/4 tsp
- brown sugar** 1 tsp
- roasted peanuts** 2 tbsp, chopped
- salt** to taste

TO SERVE

- coriander** 2 tbsp, coarsely chopped
- roasted peanuts** 2 tbsp, coarsely chopped

- Put the moong dal in a pan, cover with the stock and bring to the boil. Reduce the heat and simmer for 30-35 minutes, or until the dal is softened and slightly mushy. Add the coconut milk. The soup should be of a thick but sloppy consistency.
- Meanwhile, heat the oil in a frying pan over a medium-low flame, then add the mustard seeds. Once they begin to crackle, add the curry leaves and chilli. Reduce the heat to low and fry gently for 20 seconds to allow the oil to infuse with the flavours.
- Stir in the tamarind paste, turmeric, sugar and 100ml water. Bring to the boil. Add the peanuts and a little salt and simmer for 2 minutes. Add to the dal and stir.
- Divide among 6 bowls. Sprinkle over the coriander and the coarsely chopped peanuts. Serve immediately.
- *PER SERVING 433 kcals, protein 24g, carbs 41.2g, fat 19.7g, sat fat 9.3g, fibre 3g, salt 0.5g*

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ZINIO COPY

PRO vs PUNTER

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

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Pissaladière with apple, caramelised onion, gruyere and watercress

Out & about

JUST A FEW GOOD PLACES TO EAT FEATURED THIS MONTH



THE BBC GOOD FOOD LEGACY

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

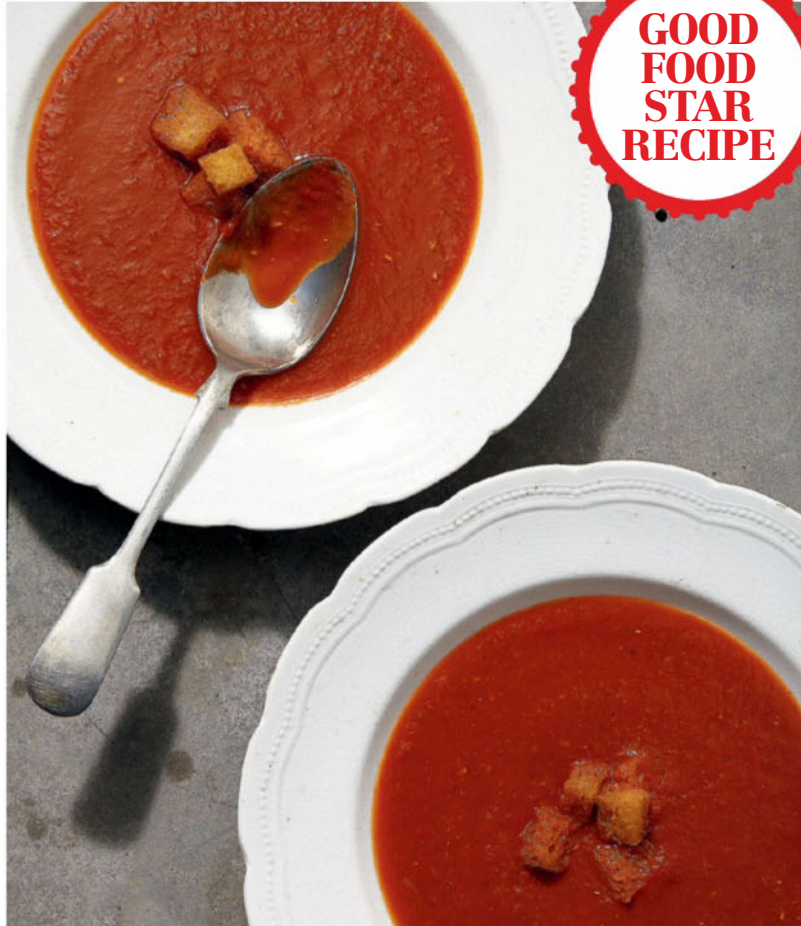
Over to you

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

Write to us!

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

GOOD
FOOD
STAR
RECIPE



Tamatar aur dhania ka shorba

Serves 4 ■ 45 minutes + cooling

■ EASY ✓

- butter** 1 tbsp
- bay leaf** 1
- black peppercorns** 3
- coriander seeds** 1 tbsp
- onion** 1, chopped
- garlic cloves** 2, chopped
- tomatoes** 4, chopped
- coriander stems** 1/2 cup, chopped
- salt** 1 tsp + extra to taste
- coriander leaves** 1/4 bunch, chopped
- bread croutons** a handful, fried

■ Heat the butter in a saucepan. Add the bay leaf, peppercorns and

coriander seeds. Sauté for 1 minute.

■ Add the onions and garlic and cook on a low flame for 4-5 minutes until pink in colour. Add the tomatoes and cook for 5-6 minutes further. Add 3 cups of water along with the coriander stems and salt. Bring to a boil, cover, and cook for 25 minutes on a low flame. Switch off the gas and let the soup cool down.

■ Once cooled, remove the bay leaf and blend the soup in a food processor to a smooth and slightly thin consistency. Return to the pan and heat it. Adjust the consistency if required. Garnish with fresh coriander and fried bread croutons and serve hot.

■ PER SERVING 155 kcls, protein 3.32g, carbs 14.09g, fat 10.44g, sat fat 2.25g, fibre 4.8g, salt 0.7g

FOOD NATION NAGPUR



Good Food reader Jyoti Pakhale lists her pick of eateries in Nagpur

* BREAKFAST Veeraswami at

Mount Road (+91 71225 52314) offers a sumptuous south Indian breakfast of piping hot idli *sambar*, *pakodas*, masala dosa, *upma* and filter coffee. They refill the *sambar* several times at no extra cost. There are standing tables only – they do not have seating. Meal for two, ₹ 200.

* LUNCH Head to **Jagdish Saoji Bhojnalaya** on Subhas Road (+91 94228 22465) to sample typical hot and spicy Saoji fare. The Saoji *payya rasa* (mutton cooked in a thin, fiery red gravy) is a must-have. The eatery has a thali system with unlimited rounds of chapatis and rice. ₹ 250 per person.

* DINNER Barbeque

on Mount Road (+91 94228 12345; closed on Tuesdays) specialises in Punjabi and Mughlai dishes. They serve wonderful mutton seekh kebabs with mint chutney. The mixed kebab platter with tandoori rotis is a meal in itself. The biryanis are also worth trying. Meal for two, ₹ 800.



Photograph SZEFEI/123RF



HOW YOU PIMPED IT

The soup made for a refreshingly light lunch with some crusty bread. Since I wanted to make it healthier, I used olive oil instead of butter. I also tied up the coriander stems in a bunch before adding them to the soup, and

removed them before blending. The leftover soup was served chilled in the evening, in shot glasses with a dash of vodka. It was a complete hit.

Tanushree Bhowmick is a New Delhi-based development professional.

Good Food India is hiring! We've got openings for feature writers and copy editors in our editorial team. A background in food journalism is a plus, but not a prerequisite. If you think we'll like what you're serving, send in your resume along with writing samples to patil@wmm.co.in. The positions are based in Mumbai.



GoodFood INSIDERS' POLL

What is your go-to comfort food on a rainy day?



Dear editor,
The murabba recipes in the June edition were splendid. Mango murabba has been part of our meals for years but the fig and almond one was quite novel. I've added the Gondhoraj panna cotta to my collection of recipes. The surti ghari enriched my limited knowledge of Gujarati desserts, while the line-up of Asian desserts was particularly refreshing. The gingery twist to the lime meringue pie didn't just enhance the taste but gave the pie a rich, coloured crust. Finally, the steamed tofu and mushroom cakes, explained in such easy steps, can get even an amateur to deliver an outstanding dish. I'm hoping to try out more recipes from this issue.

- Sreetama Bhattacharya, Kolkata

LETTER OF THE MONTH

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

Interact with other Good Food readers on Facebook at facebook.com/GoodFoodMagazineIndia or follow us on Twitter at twitter.com/goodfoodmagin



READER RECIPE OF THE MONTH



Good Food reader Rajeswari Vijayanand shares her favourite recipe

Butter corn pasta

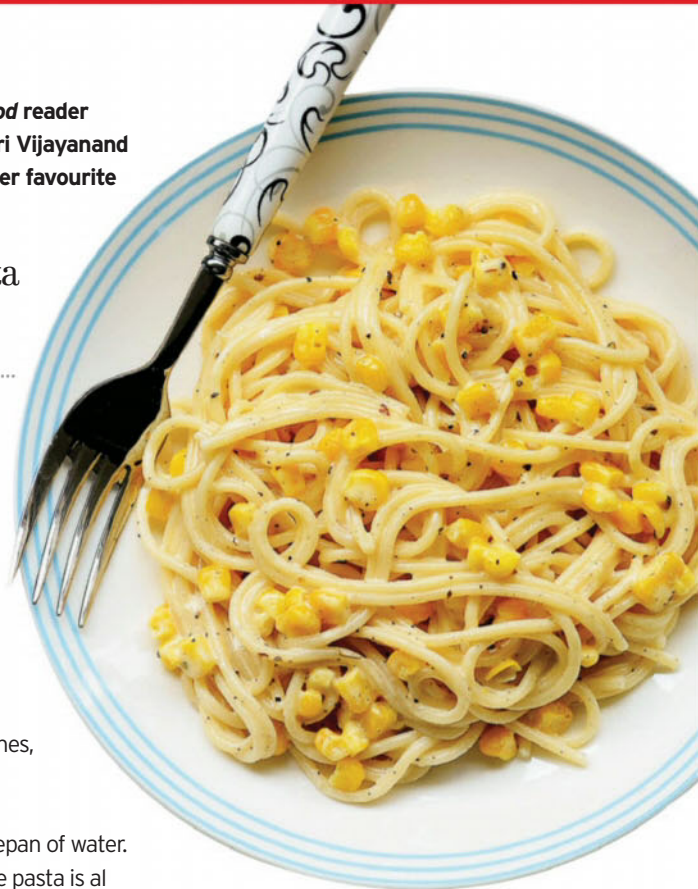
Serves 2 ■ 30 minutes

■ EASY ▼

- pasta (use spaghetti)** 100g
- salt** to taste
- olive oil** 1 tbsp
- corn** 1/2 cup
- butter** 1 tbsp
- cheese spread** 1 tbsp
- milk** 1/4 cup
- crushed black pepper** 1/4 tsp
- mixed dried herbs** 3 pinches, to season

- Boil the pasta in a saucepan of water. Add salt and cook until the pasta is al dente. Drain, wash in cold water and drizzle over some olive oil. Save some water drained from pasta and sprinkle it over to loosen the pasta.
- Cook the corn and keep aside. Heat the butter in a pan on a medium

flame. Add the cooked corn and mix well. Add the cooked pasta and cheese and continue mixing over medium heat. Add the milk and mix well. Add black pepper and dried herbs. Mix well and serve hot.



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



In this issue



VISHAL KADAKIA

The founder of Wine Park and Wine Kart, Mumbai-based Vishal Kadakia is an importer, retailer and distributor of wines. He has a degree in polymers from the University of Massachusetts and relocated to Mumbai in 2005 after living and working in Boston for eight years. Kadakia has completed an intermediate course in wines from Wine Spirit and Education Trust (WSET), London at Johnson & Wales University, Rhode Island, US. In this issue, he shares his pick of eight Pinot Noir wines in Wine Guide on **p 107**.

VARUN INAMDAR

Varun Inamdar is a Mumbai-based chocolatier and the owner of The Chocolate Factory, through which he sells and promotes chocolates. He counts dignitaries such as Barack Obama, Nicholas Sarkozy and Vladimir Putin among his clientele. A post-graduate of the Oberoi Centre of Learning and Development, Inamdar is the co-founder of *Cottage Chef Culinaire*, a YouTube channel on food and travel. He has also worked as a food stylist. In this issue, he weighs the pros and cons of canned foods in *Good Food Investigates* on **p 23**.



RITA BHIMANI

Rita Bhimani is a Kolkata-based corporate communications specialist who runs a PR consultancy company. The author of *Face Up!*, a book on public relations, she is also a professor of media studies. Bhimani writes on food, travel, art and communication etiquette for several publications. She was also involved in conceptualising a gourmet retreat at Ganga Kutir, a riverside boutique hotel at Raichak on the Ganges. In this issue, she gives her verdict on Kolkata's The Corner Courtyard in *Pro vs Punter* on **p 89**.

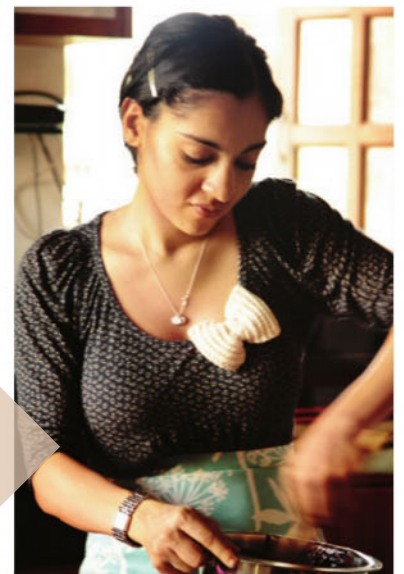


KALPANA SUNDER

Kalpana Sunder is a Chennai-based freelance travel writer and photographer. She has snorkelled along the Great Barrier Reef, snowmobiled in Lapland and floated on the Dead Sea, all in search of a good travel tale. Her work has been featured in publications such as *Hindustan Times*, *The Telegraph*, *National Geographic Traveller India* and *JetWings*. In this issue, she tells you how to Eat Like a Local in Marrakech on **p 93**.

SHAHEEN PEERBHAI

Shaheen Peerbhai is a Paris-based pastry chef who studied French pâtisserie and cuisine at Le Cordon Bleu. She is the recipient of three culinary scholarships from the James Beard Foundation and The Culinary Trust. Peerbhai documents her food and travel adventures and recipes on her popular blog, *purplefoodie.com*. In this issue, she shares her recipes for stylish French pastries in *Showoff*, on **p 67**.



Get to know us

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



* First Bite

Our opening section is the perfect appetiser for the pages that follow. First Bite brings you the month's freshest food buzz — new launches, events, great bargains, supermarket sweeps, health tips on food and more. **P 9**



* Eat In

The largest section of the magazine, Eat In is packed with fabulous recipes with little tips and tricks that are perfect for the home cook. Each recipe is triple-tested by us so you get it right the very first time you make it. We've got everything covered — from easy everyday dinners and show-off menus for the weekend to modern veggie dishes and seasonal recipes bursting with flavour. **P 29**



* Eat Out

This section stands out for its uniquely positioned restaurant reviews and features that are authoritative, objective and reliable. In Pro vs Punter, a seasoned food critic and a *Good Food* reader share their dining experiences. **P 76**



* Eat Away

Our travel journalists and food experts arm you with insider information and recipes from the world's most exciting food destinations. Eat Like A Local brings easy, authentic menus from around the world while Postcard tells you where to eat while travelling. **P 92**



* Masterclass

Learn to cook like a pro in our Masterclass section. Pick up cooking lessons directly from culinary masters in India and abroad. We also feature nifty kitchen gadgets that sharpen your kitchen skills and our easy wine guide is perfect for wine lovers. **P 102**

How to get the best from Good Food India

Why you can cook our recipes with confidence

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

How we triple test our recipes

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

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

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

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

What our symbols mean

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

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

A LITTLE EFFORT

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

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

VEGETARIAN  Meat-free dishes.

JAIN  Suitable for Jain cooking.

Over to you

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

THE GOOD FOOD INDIA PROMISE

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

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

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

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

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

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

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

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

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

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

LOOK OUT FOR THESE HIGHLIGHTS



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



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



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



For a list of stores that stock gourmet ingredients, turn to p 112



Fun Lunchboxes!

Spaghetti Kitchen's Chef Amit Puri in association with Haiko Supermarket, Monini Olive Oil and American Garden showed off some cool lunchbox ideas at *BBC Good Food India's* latest live masterclass

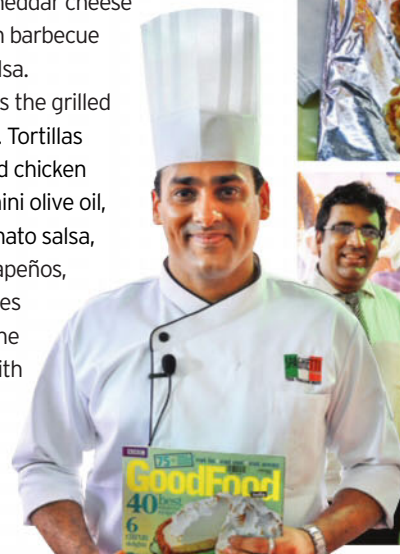
Words PRIYANKA HOSANGADI Photographs HUSAIN S PATRAWALA

With schools reopening after summer vacations, it's back to the battle of figuring out what to pack in junior's lunchbox every day. *BBC Good Food India's* recent live masterclass, a lunchbox recipe special edition, was helmed by Corporate Chef Amit Puri of Pan India Food Solutions, which owns Spaghetti Kitchen, Noodle Bar, Copper Chimney, Bombay Blue, Gelato Italiano and The Coffee Bean and Tea Leaf. At the event, the chef demonstrated four easy, yet stylish recipes that are guaranteed to have kids returning home with empty tiffin boxes. The event was held at Haiko Supermarket in suburban Powai, Mumbai, as part of its 15th anniversary celebrations.

With 25 participants including children watching on, Puri began with his version of an all-time favourite, Vegetable Cutlet and Salsa Roti Wrap. Rotis were stuffed with vegetable cutlets shallow-fried in Monini olive oil, iceberg lettuce, salsa, kidney beans, American Garden jalapeños, tomatoes, onions and grated cheese. This was then grilled and served with American Garden mustard. Next up were the Vegetable and Cheese Tartlets, which the

participants loved because of the contrast of the creamy filling and crunchy tart shells. Boiled vegetables sautéed in Monini olive oil were mixed with white sauce, cream, grated cheese and herbs and filled in tart shells. Next, the chef demonstrated how to make Barbecue Cottage Cheese Tacos. Marinated and grilled paneer batons were stuffed into taco shells, along with lettuce, American Garden jalapeños, tomato, onions and chopped cilantro. This was topped with grated cheddar cheese and American Garden barbecue sauce, and tomato salsa.

The last recipe was the grilled Spiced Chicken Wrap. Tortillas were filled with spiced chicken strips sautéed in Monini olive oil, shredded lettuce, tomato salsa, American Garden jalapeños, sliced onions, tomatoes and grated cheese. The masterclass ended with happy participants leaving with goodie bags and loads of ideas to try out for school mornings.





Mediterranean medley

The annual session of the Indian Olive Association culminated in a dazzling Mediterranean-themed evening

New Delhi got a taste of the Mediterranean at a cocktail reception hosted by VN Dalmia, the President of the Indian Olive Association (IOA), and members of its Executive Council. Held at the Clarion Collection-Qutab in New Delhi, the party featured an elaborate olive bar created by Borges, Del Monte and Leonardo Olives, and delicious gourmet food such as Queen Olive Pakoda and Paneer Olive Shashlik that was prepared with Leonardo olive oil.

The party was held after the IOA's annual session, where celebrated actor Kabir Bedi was the Chief Guest. Ioannis E Raptakis, the Ambassador of Greece; Spain's Ambassador Gustavo de Aristegui; Jorge Roza de Oliveira, Ambassador of Portugal; and Tarek Azouz, the Tunisian Ambassador, were among the guests of honour. VN Dalmia welcomed them with potted olive trees instead of customary flower bouquets. The young olive trees on display, which had been transported from a plantation in Rajasthan, were also a hot topic of conversation at the cocktail reception.

Speaking at the IOA's annual session, Kabir Bedi said, "I fell in love with olive oil during my travels to Italy. I use olive oil for all my cooking – Indian and global, because of its fabulous health properties." As the star of the iconic European television

series, *Sandokan*, and a Knight of the Italian Republic, Bedi has a strong connection with the Mediterranean. In his annual report on the industry, Dalmia said, "India has been the fastest growing olive oil market in the world until March 2013 with a 45% CAGR (compounded annual growth rate) over the last five years." The IOA's Vice President, Rajneesh Bhasin, said, "The total consumption of edible oil in India is more than 15 million tonnes. Olive oil consumption is around 12,000 tonnes and there is huge scope to grow. If Indians take to olive oil in earnest, the demand will be enormous."

The glitterati spotted at the party after the annual session included fashion designer Raghavendra Rathore, actors Nasser Abdullah and Yuri Suri, the Ambassador of Denmark, Freddy Svane and his wife Liza; aesthetician Dr Blossom Kochhar and celebrity make-up artist Samantha Kochhar; artists Blanca Peralta and Jaya Dixit Peralta; Siraj Chaudhry, Chairman of Cargill India; Rajneesh Bhasin, IOA's Vice President and Managing Director of Borges India; Kathak exponent Shovana Narayan and former Austrian ambassador Herbert Traxl; gallerists Shibani and Uday Chawla; Odissi dancer Sharon Lowen; VN Dalmia's daughter and son-in-law Himani and Akash Premsen, and his niece, Archana Dalmia Gujral.



Himani Dalmia and Siraj Chaudhry



Dr Ranjeet Mehta with Shabnam Pareek



Yuri Suri (left) with Nasser Abdullah



Raghavendra Rathore (left) with VN Dalmia



Meat-free marvels

Chef Ajay Chopra whipped up some delicious comfort food using Nutrela soya chunks

Words PRIYANKA HOSANGADI Photographs LK ART PHOTOGRAPHY

The monsoons are finally here and on grey rainy days, only steaming hot comfort food will do. At The Great Food Show held in March this year, Ajay Chopra, the Executive Chef at The Westin Mumbai Garden City, showed enthusiastic participants how to make two wholesome dishes using Nutrela instant soya chunks and granules. Chopra is a celebrity chef, known for his stint as a judge on the popular cooking show, *MasterChef India*. At the session, he focused on soya products, which are the perfect protein replacement for vegetarians. Soya products contain more than twice as much protein as wheat, milk egg and meat, and are easy to digest. Low in fat, they are also ideal for those who are trying to lose weight.

A popular pasta dish sure to sate cravings, Linguini with Ragù Bolognese got a meat-free twist with Nutrela instant soya chunks. The chunks can be prepared in a matter of minutes and added to various dishes. They can even be used as the main ingredient, as Chopra did. He made the ragù, or sauce, by sautéing chopped carrots, celery and onions in olive oil. When the onions turned brown, he added tomato paste, fresh herbs and red wine to the pan. Once the wine evaporated, he mixed in the minced

soya chunks and vegetable stock. Just before serving, Chopra tossed pasta with the sauce, garnished the dish with grated parmesan and drizzled it with extra virgin olive oil. The audience enjoyed the tangy flavour of the dish, and relished the fact that it would be easy to replicate at home.

The second dish to be demonstrated at the session was Chopra's vegetarian take on the popular meat pie – Soya Keema Pie. First, he made the shortcrust pastry dough with flour,

butter and salt, and left it to chill. He then soaked Nutrela soya granules in water until they turned soft. Chopped onion, garlic, green peas, tomatoes and green chillies were cooked with the soya granules. Chopra added spices such as cumin, turmeric and red chilli powder, as well as lemon juice and chopped coriander. While the filling cooled, he rolled out the dough and placed half of it in a pie dish to blind bake. He told the participants that pricking the dough with a fork would ensure it didn't puff up while baking. The soya mixture was added to the dish, covered with the remaining dough and baked in the oven. The crowd loved the fragrant mixture encased within the crumbly biscuit-like dough. At the session, Chopra engaged in banter with the crowd and answered their questions.



first bite *can't top this*

Give your staple of sliced bread a new spin with these savoury toasts

Recipes AMIT PAMNANI Photographs BHARAT BHIRANGI



PILE IT ON

Whoever said toast is ordinary? Humble buttered toast might be a comfort food star, but it's about time for a do-over. We've played around with a variety of savoury toppings, from a fun moong chaat just right for quiet days in, to a stylish broad bean and feta cheese toast that's perfect for parties. There's loads you can do with a slice of toasted bread. You can use any ingredient you fancy, from baked beans, chopped vegetables and molten cheese to bits of caramelised bacon and egg to smoked salmon. Halve them into triangles, cut them into finger-sized bites or simply eat the slices as they are. These open-faced toasts are simple enough to assemble, and they also put leftover bread to good use.

Roasted cherry tomato, feta and basil toast

a toast to toast

Four fresh ways to transform your toast ritual



Pesto chilli toast

Roasted cherry tomato, feta and basil toast

Serves 4 ■ 20 minutes ■ EASY ■

■ Preheat the oven to 180°C. Toss **20 cherry tomatoes** with **1 tbsp extra virgin olive oil, salt and pepper**. Put the tomatoes in a baking dish and bake for 15 minutes until they wilt. Mix together **100g feta** with **1 tsp chilli flakes**. Toast **4 slices of bread** under a grill until golden and crisp. Spoon the feta mixture onto the toast and top with the roasted cherry tomatoes. Sprinkle over **fresh basil leaves** and a dash of extra virgin olive oil.

■ PER SERVING 203.75 kcals, protein 7.23g, carbs 19.47g, fat 11.04g, sat fat 4.63g, fibre 2.18g, salt 0.6g

Mushroom ragout on toast

Serves 4 ■ 20 minutes ■ EASY ■

■ Heat **1 tbsp butter** in a pan. Add **1/2 chopped onion** and sauté until light brown. Add **1 tsp chopped garlic cloves** and **1 tsp chopped thyme** and sauté until the onions turn golden brown. Add **200g quartered mushrooms** and sauté for 3-4 minutes until cooked. Add **1/2 cup cream** to the mushrooms and cook for 5-6 minutes until the mixture is slightly dry. Season with **salt and pepper**. Switch off the gas and sprinkle a **handful of chopped parsley** over the mushrooms. Divide the mushrooms over **4 toasted bread slices**. Cut into desired shapes and serve immediately.

■ PER SERVING 163.25 kcals, protein 5.36g, carbs 19.34g, fat 7.19g, sat fat 4.27g, fibre 1.68g, salt 0.3g

Pesto chilli toast

Serves 4 ■ 20 minutes ■ EASY ■

■ Preheat the oven to 220°C. Mix together **1 cup grated processed cheese, 1/4 diced red, yellow and green peppers** each along with **2 tbsp chopped jalapeño chillies, salt and pepper**. Divide **4 tbsp basil pesto**

among **4 slices of toast**. Apply the cheese mixture evenly over the slices. Bake for 5 minutes until the cheese melts and turns golden brown. Cut into desired shapes and serve.

■ PER SERVING 131.5 kcals, protein 4.47g, carbs 21.47g, fat 4.4g, sat fat 1.6g, fibre 1.35g, salt 0.5g

Moong chaat on toast

Serves 4 ■ 15 minutes ■ EASY ■

■ Heat **1 tsp oil** in a pan. Add **1/2 tsp cumin seeds** and **8-10 curry leaves** and sauté for 20-30 seconds. Add **1 cup sprouted moong, 1/2 tsp chilli powder, 1/4 tsp turmeric powder** and **1/2 tsp coriander powder**. Toss the moong in the pan for 2-3 minutes. Switch off the gas and let the moong remain warm. Meanwhile, spread **4 tbsp green chutney** over **4 slices of toast**.

■ In a bowl, mix together the moong with **1/2 chopped onion, 1 chopped green chilli, a handful of chopped coriander, 1 tsp chaat masala, 2 tbsp tamarind chutney, a pinch of salt** and a squeeze of **lemon juice** and toss well. Divide the mixture and top the bread slices with it. Sprinkle over a **handful of sev**. Cut into desired shapes and serve.

■ PER SERVING 206.75 kcals, protein 9.57g, carbs 36.11g, fat 2.53g, sat fat 0.32g, fibre 5.36g, salt 0.3g



Mushroom ragout on toast



Moong chaat on toast

THE JURY'S OUT

Jelly

THE CASE FOR

Growing up, spotting a wobbly gelatin dessert in the fridge was cause to exult. Summer was here, and picnics and birthday parties were around the corner. Call it what you will, old-fashioned jelly, or Jell-o, was a childhood favourite of mine. And I have no shame in admitting I still have a soft spot for the bright, translucent colours, the simple, fruity sweetness and that marvellous texture. What's not to love? It's a no-brainer to prepare, it perks up anything from custard and pie to ice cream sundaes, and it's the perfect ingredient for fun party shots when spiked with a slug of vodka. There's no better treat, especially on a sweltering day when chewing food is too much of an effort.

- PUJA GANGULI

THE CASE AGAINST

Say jelly and over-sweetened slime is the first thing that pops into my mind. I detested gelatin desserts even as a kid, and the dislike continues today. Ask me to name a single good thing about it and I'll draw a blank. It's not just that it has zero health benefits going for it. It's the weird wobbly texture, that disgustingly synthetic flavour (who are you fooling, calling that stuff strawberry?) and those garish, artificial colours that are just too awful to overlook. And the thought that gelatin is made using animal bones and skins grosses me out. Why would anyone want a spoonful of gloop in their mouths? Jell-o addicts can have all the gunk they want, just keep it away from me!

- PRIYANKA HOSANGADI



CUPBOARD LOVE CARAMEL SAUCE

How to use up...

* **Caramel ripple cheesecake cups** Crush 100g amaretti

biscuits into crumbs and divide among 4 ramekins. In a bowl, beat 400g soft cream cheese with 50g golden caster sugar and 1/4 tsp vanilla essence. Add 4 tbsp caramel

sauce and beat until incorporated but still streaked slightly. Spoon over the biscuits and smooth the top. Add 2 tbsp caramel sauce over and swirl. Refrigerate for at least 2 hours before serving.

* **Nutty caramel chocolate sundaes** Put 100g chopped dark chocolate and 100ml milk in a pan. Put 300g caramel sauce, 85g crunchy peanut butter and 100ml milk in another pan. Gently melt both, stirring, until saucy. Set aside to cool. Stir, then layer the two sauces, 4 crumbled biscuits, 50g roasted chopped peanuts and 6 scoops of vanilla ice cream in 6 bowls and eat immediately.

* **Ice cream bombe** Brush a pudding basin with oil, then line with cling-film. Spoon 500ml vanilla ice cream, 140g crumbled Madeira cake, 1 tsp spice-mix and 4 tbsp rum and whizz in a food processor until nearly smooth. Stir in 100g raisins. Scrape into the basin and smooth the top. Cover with cling-film and freeze overnight. Remove from the freezer 15 minutes before serving. Serve with a mix of 300g caramel sauce warmed with 2 tbsp rum.

Try St. Dalfour, ₹ 325 for 300g



Photograph: GARETH MORGANS

SUPERMARKET SWEEP

Pop into the supermarket for a healthy weeknight meal



Mushroom and rice one-pot Serves 4 ■ 50 minutes ■ EASY ✓

Heat the oven to 190°C. Rinse 200g Radikal Aqua-Mist basmati rice (₹ 210/1kg) under cold water, then drain. Heat 1 tbsp olive oil in a casserole and fry 1 chopped onion (₹ 10/500g) until soft. Stir in 2 tsp chopped rosemary (₹ 2) and 250g quartered mushrooms (₹ 100/500g) and fry. Add the rice, coat it in the oil, then add 2 sliced red bell peppers (₹ 40/250g), 400g chopped tomatoes (₹ 5/250g), 425ml vegetable stock and a dash of pepper. Bring to the boil, stir, cover, then bake for 20-25 minutes. Scatter with parsley (₹ 2).



TOTAL COST
₹ 139

FRESH ON THE SHELVES

What's new in supermarkets this month?

Gits Ready Meals

₹ 79 - ₹ 89/285g

Gits' new ready paneer meals (Paneer Makhani, Palak Paneer, Paneer Tikka Masala and Matar Paneer) are handy to keep in your pantry. All you need to do is immerse the packs into boiling water for 4-5 minutes. The paneer is soft and the gravies full of flavour, but the serving size could be bigger.



Choko La Sweet Memories of India ₹ 1,500

Choko La's chocolate flavoured with Indian spices is a perfect gift for festive occasions. One bar has dried orange peel and crushed black pepper,

the other has fennel seeds, *mishri* and cardamom. The first is easy to like. The second is an acquired taste, but it grows on you quickly.



Pico Bhut Jolokia Hot Sauce

₹ 99/105g

Fans of hot sauce will strike gold with this little bottle. *Bhut jolokia*, a scorcher of a chilli from Nagaland, isn't for the faint-hearted, and neither is this sauce. Its robust kick really perks up even the simplest dishes – we tried a dab over eggs, a few dashes over fried rice, and a tiny drizzle over pizza, and we were hooked. Use it sparingly though.



Nutrela Instant Soya Chunks ₹ 50/180g

Soya is perfect for people looking for a meat-free protein fix. These instant soya chunks cook quickly, they're nutritious and versatile enough to be used in any cuisine. Add to an Indian curry or toss them into a stir-fry along with veggies. The pack says the chunks cook in 2-3 minutes, however we gave it 12-15 minutes so that all the flavours could soak in nicely.



Photographs: TINKESH ACHHIPALIA

COCKTAIL OF THE MONTH

Treacle and espresso martini

Serves 1 ■ 10 minutes ■ EASY ▼

Recipe pinchito.co.uk

■ Rim a chilled martini glass with **cinnamon powder** and **sugar**. Shake **50ml vodka**, **25ml chilled espresso** and **15ml treacle syrup** together with some **ice cubes** and strain into the glass. Add **3 coffee beans** and serve.



Photograph: GARETH MORGANS

CHEAT SHEET PASTA

Gianluigi Peduzzi of Rustichella d'Abruzzo talks to *Good Food* about why small batch-pasta is better

How is artisanal pasta made?

Artisanal pasta is made with high-quality semolina. (Ours is a blend of 70 per cent Italian wheat for the flavour and 30 per cent high-protein wheat from Canada or America.) It is made using traditional bronze dies which let the pasta expand better



during cooking, rather than the more durable Teflon-coated ones preferred by industrial manufacturers. We take around 40 hours to dry our pasta at 45°C, as opposed to the mass-producers' method of 4-6 hours at 85°C. This is why you can discern the characteristics of the grain in every bite.

Which pasta shapes are popular with the Indian audience?

Penne and spaghetti, followed by fettuccine and fusilli. India's pasta consumption is increasing every year. It is currently at about 120,000 tonnes, annually.

Any plans to expand your product range in India?

Soon we will be introducing fregola, tiny balls typical to Sardinia, trofie, eggless spiral-shaped pasta from Liguria, and chittara, which is like square spaghetti. We're also bringing in gluten-free pasta.

Good durum wheat is high in gluten. How does gluten-free pasta work?

Yes, gluten is what holds the starch inside and lets pasta retain its shape. It lends pasta its strength and tenacity. To make gluten-free pasta, we use either rice or cornflour. It is softer, more delicate and needs less cooking time.

What pasta rules do you stick by?

I like my pasta very al dente, with a bit of a bite at the centre. A good rule is to use 1l of water and 2g of salt to cook 100g of pasta. There are some tried-and-tested sauce combinations: penne with arrabiata, spaghetti with pomodoro basilica. But for me, the flavour should come from the pasta, not the sauce. *Rustichella d'Abruzzo pasta is available at Foodhall and Godrej Nature's Basket, from ₹ 425/500g.*

table hopping

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

MUMBAI

TEA TRAILS CASUAL

This tea lounge offers brews from across the globe – from bubbling Taiwanese teas, Japanese sencha and a smoky Lapsang Souchong from China to caffeine-free French tisanes. From closer home, there's *kahwa*, *kullad* chai and herbal blends. They have a novel selection of tea-infused grub such as marbled eggs, tea cookies, Burmese salad and tea-steeped *poha*.

Sky Lobby, The Capital Building, Bandra Kurla Complex. Tel: +91 22 4005 0115

FAT MANS CAFE COSY

Fat Mans Cafe is prettified with doodles, pops of neon and framed caricatures of a rotund, moustached figure we assume is the said Fat Man. The menu offers food that spells comfort – think pizzas, creamy pastas, cheese-laden casseroles, sliders and fries. The café also whips up a hearty breakfast of eggs, pancakes and waffles.

ONGC Building No 3, Near Lilavati Hospital, Bandra (W). Tel: +91 22 2640 2053

NEW DELHI

ARTUSI CHIC

Artusi is a fine dining Italian eatery in the capital. Named after chef and cookbook writer Pellegrino Artusi, the restaurant specialises in handmade pasta and authentic fare from the Emilia-Romagna region of Italy.

M-24, M-Block Market, Greater Kailash II. Tel: +91 11 4906 6666

TOWN HALL CHEERFUL

With its sprawling terrace and two levels of seating, Town Hall is one of the larger eateries in Khan Market. The eclectic menu spans Continental, French, Italian, Japanese and Thai. Sushi rolls and dim sum are the mainstay at Town Hall. Their sushi bar serves up choices such as Rainbow Sui Mai and 'combination sushi' made with tuna and salmon.

60-61, Middle Circle Lane Khan Market. Tel: +91 11 4359 7166

BENGALURU

THE FATTY BAO CHIRPY

From the folks behind Monkey Bar comes The Fatty Bao, an Asian gastropub with a little rooftop bar to boot. Signature offerings include the eponymous *baos* (open-faced stuffed steamed buns), Chasu ramen and Pork belly. Bar bites include Brie tempura, Prawn and sesame toast and Vietnamese sugarcane chicken.

Third Floor, 610, 12th Main Road, Indiranagar. Tel: +91 80 4411 4499

SINGKONG COOL

Singkong, specialising in 'contemporary Asian cuisine', has finally set shop in the Garden City. Besides serving favourites such as dimsum, Momofuku-inspired steamed open buns and Oriental shrimp nests, the restaurant also offers a range of soups, woks and stir-fries.

204, The Piazza, UB City, Vittal Mallya Road. Tel: +91 80 4173 4151



From top: Waffles at Fat Mans Cafe; Pandan leaf-wrapped cottage cheese at Singkong; The interiors of Tea Trails; Comfort food at Town Hall; The bar at Artusi; The Fatty Bao is bright and quirky



ON TEST Cheese spreads

We put five cheese spreads on trial to find out which one comes out tops. Slather away!

Words AMIT PAMNANI Photographs SHREYA GUPTA



AMUL ₹ 72/200g

This cheese spread is an old favourite. It's soft and shiny, like white butter. We like its strong flavour that has a hint of tangy sourness to it. The texture wins our vote too: it's easily spreadable, so you won't mutilate your toast trying to apply the cheese evenly. Add a smattering of green chillies and flash this under the grill for a chilli cheese toast that's hard to beat. This cheese has the least fat content per 100g but the highest number of calories – so restrict to an occasional treat rather than an everyday fix.

GO ₹ 89/200g

Go's cheese spread wins points for its texture: it's as soft as butter right out of the refrigerator, and covers your toast in one smooth swipe. Though the details on the pack mention that it contains cheddar, we can barely detect any, and would have liked there to be a sharper punch. This is more like a mild mayo in flavour, so it's worth perking it up with a few dots of habanero sauce or spicy salsa. Or use it as a dip; there's no need to mix in milk or cream.



D'LECTA ₹ 95/180g

This is the most expensive cheese spread that we test. It is a gorgeous creamy yellow in colour, reminiscent of freshly whipped butter. It is smooth and easily spreadable even when just taken out from the refrigerator. This is no mild spread: it is robust and tangy, with the highest calcium content. Whisk it with a bit of milk or cream and you have a nice dip ready for crudité's. Add some chopped jalapeños and it becomes the perfect topping for your next plate of nachos.

BRITANNIA ₹ 78/180g

Britannia's cheese spread is not as easily spreadable as Amul's or D'lecta's. It's best to take it out of the refrigerator at least 15-20 minutes before use. It has a thick, rich consistency – perfect for rustling up quick, creamy pasta sauces when you've run out of parmesan. But use it sparingly, as it has the highest sodium content among all brands we test, at 400mg per 100g.



MOTHER DAIRY ₹ 75/200g

This creamy cheese spread is denser, and less shiny than its counterparts. You will need to give it a few minutes to reach room temperature once you take it out from the refrigerator so that it's soft and spreadable. It has a mild cheesy flavour, but you can be really generous with it: it had the least amount of calories of all the spreads we test, with 250kcal per 100g.



Stovetop toasters

ALUMINIUM TOASTER ₹ 150

Toasters like this one are most commonly sold at roadside stalls. It's light, cheap and functional.

While it won't win any awards for being well made, the one we try takes 3 minutes to toast bread on a medium flame, and delivers nice, crisp slices that are slightly charred at the edges but soft at the centre. There's no need to apply any butter or oil to the insides of the toaster; the bread won't stick.



CAST IRON TOASTER ₹ 180

Fans of cast iron cookware will like using this toaster. It's the heaviest of the ones we test, and takes around 5 minutes to yield a nice, uniformly crisp piece of toast. It's designed to divide the bread into two so you won't need to slice it yourself. Let us know if you find ones that have more of a vintage look and feel to them – we're still looking.



NON-STICK TOASTER ₹ 380

This non-stick toaster is nicely finished, and will make a handsome addition to your kitchen countertop. It takes around 4 minutes to make a crisp toast that's soft in the middle. We've even cooked eggs in ours – try it! You get a lovely square omelette in just a few minutes. It is more expensive than the others, but it will earn its keep.



BARGAINHUNTER

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

All prices
PER HEAD
excluding taxes
and travel

* ₹ 199 A-HEAD DINNER PARTY FOR FOUR!



- * Chunky pumpkin mulligatawny (p 58) ₹ 254
- * Chipotle bean chilli with baked eggs (p 64) ₹ 219
- * Honey and lavender madeleines (p 73) ₹ 324

Total ₹ 797
(₹ 199 per head)

* ₹750 BOOZY SUNDAY BRUNCH AT BEAN HERE, BENGALURU



The Sunday buffet brunch at the poolside restaurant Bean Here at The Solitaire on Racecourse Road comprises a fine assortment of over 50 dishes spanning Indian, Chinese and Continental fare. Choose from a vast selection of starters, salads and soups, followed by hearty Indian mains, pastas and pizzas. Make sure to sample the Roasted nuts and rum cheesecake and White and dark chocolate mousse with mint sauce from among the 10 desserts on offer. The offer also lets you have unlimited swigs of beer or wine. The restaurant organises magic shows and games to keep the kids busy so that you can enjoy the afternoon. Tel: +91 80 4369 2886; Sunday, 12 pm – 4 pm.

* VFM CORPORATE LUNCH AT TILT ALL DAY, MUMBAI



A good value-for-money lunch can be just what you need on a taxing workday. Tilt All Day, the all-day diner in Lower Parel, has recently launched a corporate lunch menu that includes salads such as Pulled chicken orange salad, Penne poached pear salad and Lamb kibbeh and appetisers like Jalapeño poppers, BBQ chicken wings and Margarita flatbreads. For mains, vegetarians can opt for Eggplant parmigiana, polenta or lasagna, while those who prefer meat can choose from Bourbon chicken, Meat lasagne or Grilled basa. A two-course meal of soup and salad is priced at ₹ 250 or ₹ 350 if you choose an appetiser and main; a three-course meal of an appetiser and a main along with a soup or salad is priced at ₹ 450. Tel: +91 22 2492 7400; Daily 1 pm – 3 pm.

* ₹750 BREAKFAST BUFFET AT CINNAMON, CHENNAI



Located at the upscale Trident, the breakfast buffet at Cinnamon is perfect for those looking for a king-size start to the day. The spread includes a selection of fresh juices, fruits, cereals, salads, cold cuts, savoury pastries and cheeses along with several soups and Oriental dishes. The line-up also features Indian favourites like idli, dosa and *upma*. You can customise your dosas and eggs at one of the many live counters. Freshly brewed tea and coffee is served at the table. The breakfast usually draws in large crowds so we recommend you reserve a table before dropping by. Tel: +91 95432 96374; Monday to Saturday 6 am – 10.30 am.

The healthy ingredient

JAMUN

Jamuns aren't just packed with purple pigment and sharp, sour flavours. They're full of goodness too!

Words MADHURI RUIA Recipes AMIT PAMNANI Photograph RITAM BANERJEE

There's good reason that jamun, or *jambul*, is a childhood favourite in India. With summer arrives the promise of a bounty of mouth-puckering purple berries (*Syzygium cumini*, to be precise), the kind that would inspire kids to indulge in competitions of who could eat the most, the sourest, the fastest. Pulp jamuns stain the mouth, tongue and fingers a vibrant, inky hue that lasts for hours. Many of us harbour memories of picking this fruit right off the tree; today, while there's slim possibility of doing that, they are widely available in markets around India.

Jamuns are best eaten chilled, directly with a dash of salt, black salt or chaat masala. Black salt is a particularly useful addition to jamuns, not just because it enhances the flavour, but also because it rehydrates the body quickly and replenishes the electrolytes that are easily lost in sweltering summers. And who can forget the famed *kala khatta*, which is essentially an Indian version of fruit sorbet that combines jamun pulp and lime juice with sugar and black salt. Jamun pulp can also be cooked on a slow fire with sugar and lime juice to make a tangy jam or then used as a concentrate to whip up an ice cool sherbet even once its short summery season is over.

Of course, not everyone manages to cultivate a taste for jamun. Its unique flavour ranges from a delicious sweetness to a tart sourness, most often with a lingering, astringent aftertaste. In fact, that dry sandpapery mouthfeel

comes from the tannins in jamun (also found in red wine and black tea).

Who would have thought that this beloved little oblong Indian blackberry or black plum could be a nutritional powerhouse? Rest assured that once you acquire a taste for jamun, there's plenty of reason to enjoy this delightful, healing, low calorie berry.

FULL OF GOODNESS

Make the most of the season and have small amounts of jamun every day. Jamuns are a great source of the protective pigment carotene, which helps lower the risk of heart disease and cancer. They are also a good source of vitamin C, which improves immune function; folic acid, responsible for cell regeneration; bone minerals such as calcium and magnesium that also regulate blood pressure; and hydrating electrolytes such as sodium and potassium, which are rapidly lost in hot climates such as ours and need to be replenished quickly to prevent heat stroke. Jamuns contain an astonishing reserve of antioxidants, in the form of plant compounds anthocyanins (which contribute to its deep purple colour).

Foods that provide the power of "purple nutrition" (such as purple cabbage, brinjal, and beetroot) contain special phytonutrients, or plant-based compounds that help promote effective healing and prevent disease-causing inflammation. It also contains



GOOD TO KNOW

Ripe fruits tend to fall off the tree and get squashed on the ground, so they are usually harvested by shaking the branches of the tree.

glucosides, which prevent inflammation and improve overall health and wellbeing.

Jamun is especially well known for its blood sugar-regulating properties. Its seeds contain the glucoside jambolin, which slows down the conversion of starch into sugar, thus helping to balance blood sugar levels. Jamun seeds are used in Ayurvedic medicine primarily to manage blood sugar for diabetics. They are usually powdered and mixed into jamun drinks.

The daily consumption of a handful of jamuns improves digestion. It relieves flatulence because it



strengthens liver and spleen function and is gastro-protective. Jamun is also used to treat anaemic conditions because it is high in both iron and vitamin C (vitamin C improves iron absorption).

PICK THE RIGHT ONES

May, June and July are the peak season months for jamun, just before the monsoon. Jamuns usually thrive in tropical climates and are a fruit crop found in the Gangetic plain and around the Cauvery Delta of Tamil Nadu. Typically, hundreds of jamuns are displayed in heaps, making it difficult to pick the right ones. Because the fleshy, pulpy portion makes up only half of this little berry, and the rest of it is a hard, gritty seed, it is important to handpick the best. For starters, look for the darkest jamuns you can find. They should be plump and shiny, and oblong rather than round. Look for fruits that are not puckered, preferably with their stalks intact. Jamuns that are lighter are often insipid and more astringent.

To store jamuns, refrigerate briefly before rinsing quickly in water. Too much exposure to water could make the fruit soggy and limp and dilute the taste substantially. Next, spread the cleaned jamuns on paper napkins and leave them to dry thoroughly before storing in the refrigerator for 1-2 days in a brown paper bag.

NUTRITION AT A GLANCE

Per 100g of jamun

Nutrient	Amount
energy	60 kcals
carbs	14g
fibre	0.6g
protein	0.99g
fat	0.23g
vitamin C	11.85mg (14%)
iron	1.41mg (11%)
magnesium	35 mg (10%)
water	84g
potassium	55mg
calcium	11.65mg

Information courtesy:
USDA national nutrient database

Jamun raita

Serves 4 ■ 10 minutes ■ EASY ✓ ✓

■ Beat **2 cups of curd** until smooth. Add **1/2 deseeded and chopped tomato, 1/2 deseeded and chopped cucumber, 1 tsp chopped coriander, 1/2 cup pitted and chopped jamuns, 1/4 tsp salt, 1/2 tsp chaat masala, 1/4 tsp red chilli powder, 1/4 tsp roasted cumin powder and 1/4 tsp caster sugar** to the curd. Mix well and serve.

■ PER SERVING 323.25 kcals, protein 26.8g, carbs 41.07g, fat 6.73g, sat fat 0.01g, fibre 1.84g, salt 0.5g

Jamun smoothie

Serves 6 ■ 10 minutes ■ EASY ✓ ✓

■ Put **2 cups pitted jamuns** and **4 cups curd** in a blender, along with **1 tsp salt** and **4 tbsp honey**. Blend it to a smooth purée. Divide **10 ice cubes** among 6 glasses and pour in the jamun smoothie. Garnish with **a few mint sprigs** and serve chilled.

■ PER SERVING 271.5 kcals, protein 18.34g, carbs 41.94g, fat 4.59g, sat fat none, fibre 3.52g, salt 0.6g

Jamun slush

Serves 4 ■ 10 minutes ■ EASY ✓ ✓

■ Blend **1 cup pitted jamuns** along with **1 tsp salt, 1/2 tsp black salt, 1 tsp sugar, 1/2 tsp chaat masala, 3 tbsp lemon juice** and **4 cups crushed ice** in a food processor until the mixture appears slush-like. Divide among 4 glasses and serve immediately.

■ PER SERVING 23.25 kcals, protein 0.72g, carbs 5.34g, fat 0.25g, sat fat none, fibre 2.66g, salt 0.7g

Jamun chutney

Serves 4 ■ 20 minutes ■ EASY ✓ ✓

■ Heat **2 tbsp olive oil** in a pan. Add **1 tsp mustard seeds, 15-20 curry leaves, 1 tsp cumin seeds, 2-3 chopped green chillies** and **2 whole red chillies** and allow them to splutter for 30 seconds.

■ Add **4 cups pitted and chopped jamuns** and sauté for 1 minute. Add **1 tsp turmeric powder, 1 tsp chilli powder** and **2 tsp coriander powder** and mix.

■ Add **8 tbsp tomato purée, 1 tsp salt** and **1 tsp sugar** and cook for 2-3 minutes. Switch off the flame and add **1 tbsp lemon juice**.

■ PER SERVING 178.75 kcals, protein 4.39g, carbs 24.6g, fat 8.33g, sat fat 1.03g, fibre 11.62g, salt 0.6g



Photograph: TINKESH ACHHIPALIA, Styling: SONIA BAHADUR

GoodFood investigates **CANNED FOOD**

Is it really a bad thing to forego freshness for convenience?
Good Food pops the top off the canned food debate

Words VARUN INAMDAR

No matter how much effort goes into preparing an elaborate meal, there are bound to be a few shortcuts up any cook's sleeve. Canned food can often come to the rescue when you're short on time or want to keep a tight rein on budgets. Single folk, students and working professionals will tell you that it's easiest to make do with baked beans, luncheon meat and peaches scooped right out of a tin, preservatives be damned. Some families, too, choose to stock their kitchen shelves with canned meats, sauces, vegetables and soups to shore up for quick trips and empty larder days. My own life in a hostel was all about quick convenience foods, or rustling up some magic straight out of the canisters, as they were originally called.

Like pickling, where food is preserved using salt, oil and spices, canning is a very old technique of preserving food, to keep it edible for a longer duration. Before canning, harvested produce is cleaned, cut and then blanched, a process that softens the tissues of fruits and vegetables and enables compact canning. Canning liquid, usually preservatives like oil, salt brine, vinegar, sugar syrup or fruit

juice, is used to avoid any microbial growth. The food is processed (either by pasteurisation, boiling, drying, vacuum-treating or freezing), before being sealed in an airtight sterilised container. Malvinder Singh, chairman at Agro Dutch Industries based in Punjab, prefers freezing techniques over heat applications: "Freezing ensures optimum colour and quality," he states. Canning can extend the shelf life for three months up to 30 years. In fact, in the early-'70s, cans of food were found at the wreck of a steamboat, *Bertrand*, which sank a century earlier. Tests conducted by the National Food Processors Association, Washington DC, found no traces of microbial growth and claimed that the contents were still safe for human consumption.

THE HISTORY OF CANNING

The scarcity of food in winter meant that, traditionally, battles were fought during the warmer months. In 1795, in the midst of the Napoleonic wars, French brewer Nicholas Appert came up with a novel solution to preserve food. His cheap and effective method of bottling and sealing food in glass jars that could be carted around battlefields would come

to revolutionise the food industry. However, it was Peter Durand, a British merchant, who experimented on a commercial scale and earned a patent from King George III of England in 1810 for preserving food using tin cans. The first commercial canning factory was established in 1813 and produced canned foods for the British Army. India was introduced to this technique in 1885 with Bernardo Francisco da Costa from Goa, the founder of Costa's — the first Indian company to start canning fruits, sweets, spices, fish and meat for export to Portugal.

THE BENEFITS

In many countries, canning is one of the few affordable ways to make seasonal produce last all year round. It's also a good way to make sure extra food doesn't go to waste.

The cooking processes involved before canning make most dietary fibres more soluble and therefore more readily fermented in the colon into gases and physiologically active by-products. Canned foods can be as rich in nutritional content and fibre as their fresh counterparts. Studies conducted at the University of Minnesota, in the early-'90s, reported a slight loss of vitamins in canned foods, due to



improper storage on harvesting and subjection to pasteurisation processes. However, they suggested that prompt handling of food items right after harvest would keep the nutrients intact in the can and would be a better alternative to storing fresh produce after harvest under less than optimal conditions for many days. The University of Illinois conducted a similar study in 1997 and found that canned foods are an excellent alternative to fresh and frozen foods.

THE DOWNSIDE

Even if there is no significant difference in the nutritional content between fresh and canned food, questions have been raised about the safety of including canned food in our diets. With a heightened awareness about the use of additives, preservatives and colour and flavour enhancers, the actual value of canned foods is a subject of a long-standing, contentious debate. For instance, sodium chloride, or salt, is often used while canning. Though salt is an ancient preserving ingredient,

CANNING DOS AND DON'TS

- * Discard all bulging and swollen cans of foods. In case of glass jars, check for bulging lids.
- * Discard all canned foods that show signs of being spoiled by visual checks. Do not taste to verify.
- * Discard tins that emit foams or foul odours.
- * Always store cans in a cool, clean and dry place, but not at freezing temperatures.
- * Consume canned foods within the year or before the expiry date mentioned on the canister.

health purists would suggest limiting intake of dietary sodium to keep blood pressure in check.

Moreover, canning toxicology is a very common phenomenon. In this kind of poisoning, the chemicals of the inner surface of the can start to

“Prompt handling of food items right after harvest keeps the nutrients intact in the can and is a better alternative to fresh produce stored after harvest under less than optimal conditions for many days”

slowly migrate into the food items, causing poisoned food contents over a prolonged time. The Indian National Science Academy released a paper in 2011 which highlighted that metal toxicity can cause chronic degenerative diseases, the symptoms being mental disorders, pain in muscle and joints, gastro-intestinal disorders, vision problems, chronic fatigue, and susceptibility to fungal infections. These are often difficult to diagnose at an early stage.

Bisphenol A is commonly used as a lining to protect food from getting in direct contact with the inner lining of the cans (which would result in metal poisoning) but it isn't without its own share of controversy. Bisphenol A can disrupt the normal functioning of the body's hormones, though most studies indicate that it has no harmful effect at the doses that one is usually exposed to. Also, canned foods that are contaminated due to human touch, improper sterilisation or pasteurisation can have *Clostridium Botulinum* spores thriving on the food items. These spores germinate on the foodstuff and produce a botulism toxin, which can lead to instant poisoning, muscle paralysis, respiratory failure and cardiac arrest.

THE VERDICT

The Government of India set up the Ministry of Food Processing Industries in 1988 to develop and promote food-

processing industries. The ministry extends financial support to set up new units, and upgrade existing canning units. A recent report by NIIR Project Consultancy Services, New Delhi, points out that the Indian canning industry is large and covers various

economically important sectors such as agriculture, horticulture, animal husbandry and fisheries, further fragmented into not only dairy, fruits, vegetables, meats and fish but also into beverages and packaged drinking water. Canned foods are gaining more acceptance in the country. In one of its recent surveys about canned fruits and vegetables in India, Euromaster International calculated an increase in sales by 19 per cent and 15 per cent respectively, and deemed this a trending shift. With rising income levels and the proliferation of retail food stores, these numbers are likely to increase further.

Of course, it is ideal to consume fresh local fruits and that are properly stored at cool temperatures as soon after they have harvested. As in other parts of the world, consumer preference has turned to canned food for a hassle-free meal, as it lets them opt out of tedious time-consuming processes. Shopping for fresh produce can be an expensive exercise, a supermarket offers a variety. However, canned food is best consumed in moderation as an alternative only if fresh food is unavailable.

CAN IT YOURSELF!

- * When attempting canning at home, it's important to use tested recipes and never experiment unless professionally guided. Marisa McClellan, the author of *Food in Jars* and *Preserving by the Pint*, says, "To be safe, only use recipes from reliable sources and bring yourself up to date with the latest canning guidelines before embarking on a preserving project."
- * Never use deteriorating fruits, vegetables or meats for canning.
- * Avoid using fats in canning unless the recipe is tried and tested. They may not store well and might turn rancid.
- * Use acidic mediums such as vinegar, lemon and citric acid when canning. It has been proved that a can of tomato purée with acetic acid remains fresher than the one without, and also keeps botulism in check. But never go overboard, as high-acid preserving aids will ruin the taste and texture in the long run.
- * Avoid using thickeners such as cornstarch, flours, rice, barley and pasta. Thickeners absorb the liquid medium and form a coating on the foodstuff. This obstructs the heat from entering the core of the foodstuff, rendering it cooler in the centre than the surface, which may lead to microbial growth.
- * Low-acid mediums like onion, celery,

not be used in canning. Also, never use metal lids or the canned food to release the acid. Foods at room temperature will be above the boiling point for as long as is specified in the recipe. Never assume the addition of an acid medium like brine solution, citric acid, acetic acid, ascorbic acid or vitamin C is sufficient for canning.



Photograph BROOKE BECKER/IZARF

high on lychees

Lychees have hit the market, and we're taking them straight to the bar! Use plump, sweet-scented ones to make these boozy concoctions



Lychee mojito

Serves 8 ■ 20 minutes ■ EASY ✓

Recipe CHING-HE HUANG

■ Chill 8 tall cocktail glasses in the refrigerator. Put **1 bunch of mint leaves, 2 wedged limes, 125g raspberries, 24 deseeded lychees** and **8 tbsp caster sugar** in a jug. Using a rolling pin, muddle the ingredients together. Add **ice cubes** and pour over **240ml white rum**. Add **1.5l soda** and stir. Pour into glasses and garnish with **a slice of lime, mint leaves** and **orange segments**, if you like.

■ **PER SERVING** 202.75 kcals, protein 0.69g, carbs 35.74g, fat 0.23g, sat fat none, fibre 1.52g, salt none

Mango and lychee bellini

Makes 8 ■ 10 minutes ■ EASY ✓

Recipe JO PRATT

■ Peel and roughly chop **1 large ripe mango** and deseed **8 lychees**. Combine with **2 tbsp of lychee juice** and blend into a smooth purée. Divide the purée into 8 flutes and pour in **a little sparkling wine**. Stir to mix, then slowly top up the glasses with more sparkling wine.

■ **PER SERVING** 303 kcals, protein 1.63g, carbs 45.34g, fat 0.07g, sat fat none, fibre 0.5g, salt none

Sake sangria with lemongrass, lychee and ginger

Serves 4-6 ■ 15 minutes + infusing

■ EASY ✓

Recipe ANGELO SOSA

■ In a jug, combine **480ml sake, 750ml red wine** and **120ml agave nectar** (try Sunny Bio available at gourmet stores). Stir well. Add **2 tbsp sliced ginger, 1 bruised lemongrass stalk, 4 allspice berries, 1 rosemary sprig** and **a bunch of mint leaves**. Let it rest for at least 1 hour, to infuse the flavours into the liquid. Peel and deseed **12 lychees** and add them to the drink. Garnish each glass with **a pinch of salt** and serve chilled.

■ **PER SERVING** 163.38 kcals, protein 0.2g, carbs 23.44g, fat 0.06g, sat fat none, fibre 0.74g, salt none

White Cosmopolitan

Serves 2 ■ 10 minutes ■ EASY ✓

Recipe BARNEY DESMAZERY

■ In a jug, mix **100ml vodka** with **the juice of 1 lime, 200ml lychee juice** and **a splash of Cointreau**. Stir well, pour over **ice cubes** and serve.

■ **PER SERVING** 174.5 kcals, protein 0.25g, carbs 15.37g, fat 0.05g, sat fat none, fibre 0.95g, salt none

Lychee mojito

What's on

This month's best food news on multimedia

ON THE PLATE

MADHUR JAFFREY'S CURRY NATION

The doyenne of Indian cooking is back on our screens. In *Curry Nation*, Madhur Jaffrey is on familiar ground, exploring the long-standing British love affair with curry. She visits restaurants, homes and places of worship around Britain to uncover the myriad exciting ways Indian food has been absorbed into the UK's culinary culture. Try her version of the Kashmiri favourite, sweet saffron rice.



Curry Nation airs from Mondays to Fridays at 8 pm on TLC

Sweet saffron rice

Serves 4 ■ 1 hour + soaking ■ MODERATELY EASY ▼

■ Put **1/2 tsp saffron** in a small, heavy frying pan set over a medium flame. Stir until the threads turn darker. Put **2 tbsp milk** in a cup and crumble in the saffron, then set aside for 3 hours.

■ Wash **200g basmati rice** and soak in **1.2l water** for 30 minutes. Drain and leave in the colander for 20 minutes.

■ Preheat the oven to 150°C. Heat **3 tbsp ghee** in a wide pan over a medium heat. When it's hot, put in **4 cardamom pods** and **1 cinnamon stick**. Wait for them to crackle then add to the rice. Stir gently for about 3 minutes, reducing the heat slightly if it begins to stick.

■ Add **325ml water**, **1/4 tsp yellow food colouring** and **1/2 tsp salt**. Increase the heat back to medium and cook the rice until all the water is absorbed. Pour in the saffron milk.

■ Stir in **15g blanched, slivered almonds**, **1 tbsp sultanas** and **90g caster sugar**. Cover and put the pan in the oven for 30 minutes.

■ Remove the rice from the oven and fluff it up with a fork. Remove the cardamom and cinnamon. Spoon into a warmed serving dish and gently arrange **1 sheet of varq** on the top, if you like. Sprinkle with extra sultanas and almonds.



WEBSITE PICK OF THE MONTH THE WORLD CUP OF FOOD

Whether you're rooting for Spain or your money's on Brazil this FIFA World Cup, Al Jazeera America's project will win fans from all camps. *The World Cup of Food* takes this year's schedule, and pits food from competing countries against each other. Does meat pie from Down Under vanquish Chile's *torta mil hojas*, and will Mexico's mole triumph over Cameroon's *poisson braise*? Stay tuned until the final — winning cuisines are updated every day. Even if you aren't a football fan, it's a riveting peek into the national cuisines of 32 countries. Visit <http://projects.aljazeera.com/2014/world-cup-food/index.html>



MEDIA MUST-HAVES

INSTAGRAM: @HEALTHYLITTLEHIPPIE

If you've been keen on eating healthy, Laura Phongsavath's Instagram feed is all the inspiration you need. A Sydney-based blogger and yoga and Pilates aficionado, she rustles up pre- and post-workout meals, salad lunches and guilt-free desserts to drool over. We can't wait to put the season's peaches into a breakfast bowl just like hers, with yoghurt, rolled oats and a hint of cinnamon.

APP: HIPCASK

The next time you're wondering whether lemon dill chicken would pair well with a Dona Paula Chardonnay, turn to Hipcask. Formerly known as Indian Wine List, this elegantly rebranded app for iOS-enabled devices is a gold mine for wine geeks — there's information about over 1,000 wines produced worldwide — right from Nashik to Bordeaux, along with a list of beers and whiskies too.

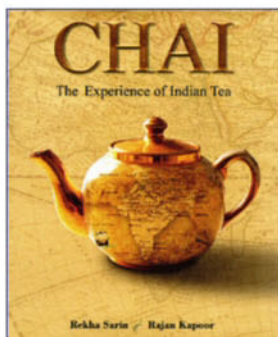
BLOG: BRUNCHTIMEBAKER

There's plenty to love about Layla Atik's cookery blog. Be warned — the visual recipe index will set off serious hunger pangs. Atik describes herself as a "wife, mother, blogger and self-taught photographer and baker" and it shows. The recipes featured here are family-style yet innovative and tend towards the indulgent. Think parathas stuffed with honey and whipped cream and Oreo pancakes.

books & cooks

Check out this month's top culinary reads

Words KHORSHED DEBOO



Chai by Rekha Sarin and Rajan Kapoor

The simple Indian combination of water, milk, sugar and tea leaves has earned its place in the hearts and stomachs of people the world over. This coffee table heavyweight does a comprehensive job of chronicling the history of tea drinking in India. We're intrigued by everything to do with India's much-loved beverage – right from a glimpse into the life of a tea estate manager to the inner workings of a plantation and the world's oldest tea auctioneer. The book is infused with recipes from The Imperial hotel in New Delhi. We brewed the Citrus Delight, an iced tea with pineapple and orange, and will resort to Grandma's Chai for Cough and Cold when a nagging snuffle resurfaces.

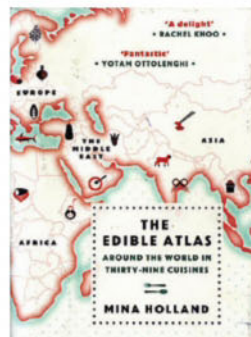
Available from Niyogi Books for ₹ 1,995



Ample Hills Creamery by Brian Smith, Jackie Cuscuna and Lauren Kaelin

Brooklyn-based Ample Hills Creamery won us over with their picture-perfect Instagram feed, and their cookbook is no different. The owners, known for producing handcrafted ice cream, have compiled 60-odd recipes – ingenious flavours like Eggnog, Cotton Candy and Stout and Pretzel included. There's an ice cream for every mood – sluggish, tipsy or heartbroken (we think the Ooey Gooey Butter Cake will make up for even the most acrimonious split). Handy tips explained via doodles and introducing readers to the 'employees' of the shop make it an engaging read. They're modest enough to share their failed experiments too.

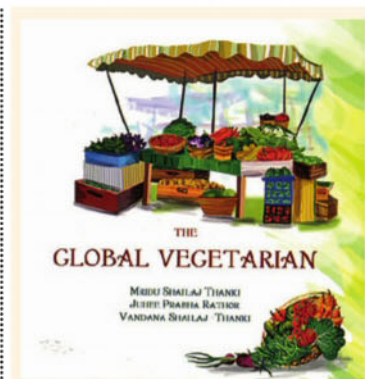
Available from Stuart, Tabori and Chang for ₹ 1,497



The Edible Atlas by Mina Holland

Food writer Mina Holland sets off on an international culinary trip by compressing text and basic recipes from 39 cuisines, continent-wise, into her debut book. Brief yet enlightening, each write-up focuses on eating patterns, larder lists and the local produce of a region. Leafing through, we learn Japanese Kewpie mayonnaise is made with rice vinegar, and that the colloquial greeting in Thai translates into 'have you eaten rice?' However, not all continents get equal attention – Europe hogs the limelight with 17 cuisines, while Africa is relegated to just three. Still, we love the minimally designed, foldable map-like cover and the infographics on grape varietals.

Available from Canongate for ₹ 799



The Global Vegetarian by Mridu Shailaj Thanki, Juhee Prabha Rathor and Vandana Shialaj Thanki

It's unlikely you'll miss meat with the recipes from this book, collated by three London-based friends. It focuses on universally loved dishes meant for the home cook. The selection is diverse – think Bori Bori soup from Paraguay, an Italian cannelloni, and closer home, the Punjabi sweet, *panjiree*. With techniques such as al dente cooking and blind baking explained in simple parlance, it is a nifty aid for amateur cooks. Flip past the introductory pages rife with unattributed statistics (like '40 per cent of India's population is vegetarian'), and turn straight to the recipes. We'd have preferred a bit of personal trivia from the authors' travels to have been thrown in too.

Available from Leadstart Publishing for ₹ 399

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

Try this recipe!

Chai masala sorbet

Serves 1 ■ 30 minutes + chilling ■ EASY ✓

■ Mix 45ml masala tea, 100ml water, 15g sugar, 5g liquid glucose and 8g stabiliser (try agar agar) together and bring to a boil. Remove from the heat and let it rest until it reaches room temperature. Pour into an ice cream machine and churn for about 20 minutes. Remove and freeze in the refrigerator for 30 minutes. Serve frozen.



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eat in

47 pages of recipes from comforting desi soups to posh French desserts

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Stuffed mushrooms and halloumi pitas p 38

7 meals for ₹700

Want to eat well on a budget? Here's how!

Photograph DAVID MUNINS



INGREDIENTS CHECKLIST

STORE CUPBOARD

- olive oil
- sesame seeds
- coriander seeds
- cumin seeds
- sea salt
- all-purpose flour (maida)
- beetroot
- turmeric powder
- coconut
- green chillies
- mustard seeds
- red chillies
- curry leaves
- dried yeast
- onions
- apple
- potatoes
- butter
- garlic cloves
- caster sugar
- sesame oil
- sunflower oil
- spring onions
- ginger
- couscous
- lemons
- extra virgin olive oil
- toasted flaked almonds
- vegetable oil
- tomatoes
- coriander powder
- garam masala
- coconut milk
- cucumber

SHOPPING BASKET

- soft goat's cheese 60g
- blanched hazelnuts 50g
- curd 1/2 cup
- rosemary 1 tsp
- gruyère 80g
- watercress a handful
- dried morels 10g
- mushrooms 70g
- flat-leaf parsley a handful
- parmesan 3 tbsp
- crème fraîche 60g
- sushi rice 140g
- long-stemmed broccoli 250g
- bok choy 90g
- brown miso paste 2 tbsp
- mirin 1 tbsp
- rice wine vinegar 1 tbsp
- soft brown sugar 1 tbsp
- broccoli 150g
- mint a small bunch
- cherry tomatoes 75g
- harissa 3/4 tbsp
- halloumi 250g
- bhuna masala 50g
- yoghurt 150g
- coriander leaves a handful

₹ 695
TOTAL FOR
7 MEALS*



MONDAY Dukkah goat's cheese with flatbreads

Serves 2 ■ 40 minutes ■ EASY ■ V

Dukkah (*which means 'to pound'*) is a dry dip from Egypt. Bread is dunked first into olive oil and then into the dip so that it sticks.

soft goat's cheese 60g (try Lemnos available at gourmet stores)
olive oil 2 tbsp

*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.

THE DUKKAH
hazelnuts 50g, blanched
sesame seeds 35g
coriander seeds 1 tbsp
cumin seeds 1 tsp
sea salt 1/2 tsp (try Roland available at gourmet stores)

THE FLATBREADS
all-purpose flour (maida) 125g
olive oil 2 tbsp + 3 tsp extra for brushing

■ To make the flatbreads, mix the flour with the oil and 50ml warm water, then mix and knead to make a soft, pliable dough. Cover and rest for 15 minutes.
■ Meanwhile, make the dukkah by toasting the hazelnuts followed by the

Recipe LULU GRIMES Photograph PHILLIP WEBB Styling LUCY HARVEY Food styling JENNIFER JOYCE

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eat in
everyday



Beetroot pachadi
(recipe overleaf)

sesame seeds in a hot frying pan. Cool and then tip into a food processor. Add the coriander seeds, cumin seeds and salt, and whizz until roughly ground, being careful not to make a paste. (You will only need half so refrigerate the rest in an airtight container).

■ Divide the dough into 3 pieces and roll each one out to a coin-size thickness. Heat a frying pan and cook the flatbreads for 2-3 minutes on each side until they are browned and slightly puffed up. Brush each flatbread with 1 tsp olive oil. Keep warm.

■ Cut the goat's cheese into 2 pieces, dip into the oil and then gently cover them in the dukkah, pressing it in all over. Halve the flatbreads and serve them with the dukkah-covered goat's cheese.

■ **PER SERVING** 738 kcals, protein 20.2g, carbs 49.2g, fat 51.4g, sat fat 10.6g, fibre 8.6g, salt 1.8g

TUESDAY

Beetroot pachadi

Serves 2 ■ 30 minutes ■ **EASY** ✓

This vibrant dish is made on the occasion of Onam and is often a part of the traditional sadya – a vegetarian Kerala meal served on a banana leaf. The pachadi is best eaten with steamed rice.

- beetroot** 1, washed, peeled and grated
- turmeric powder** 1/4 tsp
- salt** to taste
- coconut** 1, grated + 1 tbsp extra
- green chillies** 4, chopped
- mustard seeds** 1 1/2 tbsp
- cumin seeds** 1 tsp
- curd** 1/2 cup
- oil** 2 tbsp
- red chillies** a handful, to garnish
- curry leaves** 8-10



■ Cook the grated beetroot in a pan with the turmeric powder, salt and 1 cup of water, stirring regularly.

■ Grind the grated coconut, green chillies, 1 tsp mustard seeds and the cumin seeds to a fine paste. In another bowl, mix the curd with a little water.

■ When the beetroot is cooked, add

the ground coconut mix to it, sauté and let it cook until the water dries up completely. Reduce the flame, add the curd to the mix and combine well.

■ Heat the oil, add the remaining mustard seeds and allow them to splutter. Then add the red chillies and curry leaves. Add to the beetroot mixture. Serve with rice.

■ **PER SERVING** 256.55 kcals, protein 6.03g, carbs 7.32g, fat 2.7g, sat fat 1.1g, fibre 4.3g, salt 0.9g

WEDNESDAY

Pissaladière with apple, caramelised onion, gruyère and watercress

Serves 2 ■ 1 hour + rising

■ **A LITTLE EFFORT** ✓

A pissaladière is an open tart with its origins in the south of France. It is traditionally topped with caramelised onions, black olives and anchovies. This version uses apple and watercress.

all-purpose flour (maida) 180g

dried yeast 1 tsp (try Blue Bird available at gourmet stores)

olive oil 1 tbsp + extra to serve

onions 1 1/2, peeled, halved and very finely sliced

rosemary 1 tsp, chopped and mixed with 15ml **olive oil**

sea salt a pinch (try Roland available at gourmet stores)

gruyère 80g, diced (try Le Superbe available at gourmet stores)

watercress or **baby spinach** a handful, woody stems removed

apple 1/2, cut into matchsticks

■ To make the dough, mix 30g of the flour with 50ml warm water and the dried yeast in a bowl. Cover the bowl with cling-film and leave for 2 hours.

■ To make the caramelised onions, put the sliced onions into a pan heated with 1 tbsp of oil. Cook over a moderate flame until caramelised and very soft, adding a tiny splash of water if they get too dried out. This could take up to 15 minutes. Cool, then chop to a rough paste.

■ Uncover the bowl of dough. The

dough will be bubbly and very slightly risen. Transfer it to the bowl of a stand mixer and add the rest of the flour, 100ml warm water, 1 tbsp olive oil and 1 tsp salt. Mix everything with a wooden spoon and then attach the dough hook to the machine and mix on medium speed. The dough will seem quite wet but do not add more flour. Keep mixing until it comes together as a silky textured ball of dough (this could take 10 minutes or more). Put into a clean bowl and leave for about 1 hour until almost doubled in size.

■ Uncover the bowl, then push the dough gently back into itself in a couple of places and shape it into a ball. Cut into 2 pieces and shape each into a rough ball. Lightly dust the countertop with flour and roll out into rounds, each about 1-cm thick.

■ Heat the oven to 220°C and place a heavy baking tray inside to heat up.

■ Spread half the onion across the top of one of the discs in a thin layer. Spoon over some of the rosemary oil and sea salt across the surface and scatter over half the gruyère.

■ Carefully lift the dough directly on top of the hot stone or tray in the oven and bake for about 15 minutes. The top should colour slightly and the base and edges will turn crisp. Repeat with the other bread. Top with watercress and apple and drizzle over a little olive oil before serving.

■ **PER SERVING** 623 kcals, protein 24.1g, carbs 24.1g, fat 23.9g, sat fat 9.6g, fibre 4.6g, salt 3.4g

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Pissaladière with apple,
caramelised onion,
gruyère and watercress

Recipe PAUL MERRETT Photograph CARETH MORGANIS
Styling JENNY GGLDEN Food styling KATY GREENWOOD



THURSDAY Gnocchi with morels

Serves 2 ■ 45 minutes

■ MODERATELY EASY ✓

Try a new way of serving the Italian classic if you'd like a change from pasta.

potatoes 300g, peeled and cut into chunks

salt and **pepper** to season

all-purpose flour (maida) 80g

dried morels 10g

olive oil 1 tbsp

butter 1 tbsp

shallots 2, diced

garlic clove 1, crushed

mushrooms 70g, roughly chopped

flat-leaf parsley a handful, chopped

parmesan 3 tbsp, grated

crème fraîche 60g (try President available at gourmet stores)

■ To make the gnocchi, boil the potatoes in as little water as possible until just tender. Drain thoroughly, and put back in the pan over a low flame for a few minutes to dry out any moisture.

■ Mash the potatoes while they are still warm. Season, then slowly add the flour, kneading gently by folding the edges of the dough into the centre and pressing down lightly before sprinkling in each further addition of flour, until it is soft and 'duvet-like'. Don't overwork it or you will spoil the structure of the dough and end up with gnocchi that is powdery on the outside and pulpy inside.

■ Take little balls of the dough, and roll into long sausages about 2cm in diameter. Then cut each of these into 3-cm pieces. Press each piece of dough against the back of a fork, so that it curves slightly and the prongs leave indentations which will help the gnocchi hold its accompanying sauce.

■ To make the sauce, soak all the morels in boiling water to rehydrate. Heat 1 tbsp olive oil and a large knob of butter in a pan. Cook the shallots and the garlic until just softened. Add

the mushrooms and cook until soft, then add the soaked morels. Cook until heated through.

■ Cook the gnocchi in plenty of lightly salted simmering water for 3-4 minutes. The gnocchi are done 2 minutes after they rise to the surface.

■ In a pan, heat some more olive oil

and butter and add the gnocchi and the mushroom mix. Toss well, add the parsley, parmesan and crème fraîche and toss again. Season well and serve.

■ PER SERVING 516 kcals, protein 15.2g, carbs 58.3g, fat 24.5g, sat fat 13.8g, fibre 4g, salt 0.4g





FRIDAY
Saucy Japanese greens
with sticky sesame rice

Serves 2 ■ 40 minutes ■ EASY ■ V

While this recipe calls for long-stemmed broccoli, you can also use the crisp, vibrant tender-stem kind.

caster sugar 1 tbsp (try Tate & Lyle available at gourmet stores)

salt 1/2 tsp

sushi rice 140g (try Blue Dragon available at gourmet stores)

sesame seeds 1 tbsp, toasted

sesame oil 1 tsp (try Blue Dragon available at gourmet stores)

sunflower oil 1 tbsp

long-stemmed broccoli 250g

bok choy 90g, halved lengthways

spring onions 6, halved lengthways

THE SAUCE

brown miso paste 2 tbsp (try Clearspring available at gourmet stores)

mirin 1 tbsp (try Mizkan available at gourmet stores)

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

soft brown sugar 1 tbsp (try Tate & Lyle available at gourmet stores)

ginger 2 tsp, finely grated

red chilli 1, deseeded and diced

■ To make the sauce, stir together all the ingredients with 1 tbsp water. Set aside.

■ Bring a large pan of water to the boil with the caster sugar and salt. Add the

rice and boil for 15 minutes (or follow packet instructions) until just cooked. Drain well and return to the pan. Sprinkle over the sesame seeds and sesame oil, then cover and set aside.

■ Heat the sunflower oil in a wok until very hot, then toss in the broccoli and stir-fry for 2-3 minutes until almost tender, adding splashes of water occasionally to create steam. Add the bok choy and spring onions, and stir-fry for 30 seconds, then add the sauce and cook for a further 1-2 minutes, stirring constantly.

■ Divide the rice between 2 plates, divide over the stir-fry and serve immediately.

■ PER SERVING 552 kcals, protein 14g, carbs 91g, fat 14g, sat fat 2g, fibre 7g, salt 2.1g



SATURDAY

Halloumi with broccoli tabbouleh and honey harissa dressing

Serves 2 ■ 15 minutes ■ EASY ✓

Couscous makes a great base for a quick salad. Flavour with smoky harissa, honey and herbs, then top with fried cheese slices.

couscous 70g (try Tipiak available at gourmet stores)

broccoli 150g

spring onions 3, finely sliced

cherry tomatoes 75g, quartered

parsley a large bunch, finely chopped

mint a small bunch, finely chopped

lemon 1, juiced and 1/2 zested

extra virgin olive oil 1 tbsp

salt and pepper to season

harissa 3/4 tbsp (try Al Fez available at gourmet stores)

honey 1 tsp

halloumi 250g, cut into 1-cm thick slices (try Lemnos available at gourmet stores)

almonds 1 tbsp, toasted and flaked

■ Put the couscous into a bowl and cover with 1/3 cup boiling water. Cover with cling-film and set aside for 5 minutes.

■ Blanch the broccoli for 2 minutes, then drain well. Cut it into small pieces or blitz in a food processor.

■ Fork the broccoli, spring onions, tomatoes, herbs, lemon zest, the juice of 1/2 a lemon and 1/2 tbsp oil through the couscous. Season and mix well.

■ To make the dressing, combine the harissa, honey, remaining lemon juice, oil, and some seasoning.

■ Heat a non-stick frying pan and cook the halloumi for 1-2 minutes on each side until golden. Divide the couscous between two plates, top with the halloumi slices and dressing, then scatter over the almonds.

■ **PER SERVING** 682 kcals, protein 36g, carbs 32g, fat 44g, sat fat 22g, fibre 5g, salt 4g

SUNDAY Potato curry with lime and cucumber raita

Serves 5 ■ 1 hour 10 minutes ■ EASY ✓

This colourful dish served with refreshing yoghurt is great for a filling midweek dinner. Eat with steamed rice or soft rotis.

vegetable oil 1 tbsp
black mustard seeds 1 tsp
dried red chillies 3
curry leaves 12-15
onions 2, chopped, mixed with
tomatoes 4, chopped or **bhuna masala** 50g
coriander powder, garam masala and turmeric 2 tsp each
potatoes 800g, peeled and cut into

very large chunks
coconut milk 400g (try Dabur Hommade available at gourmet stores)
salt to season
naan to serve

THE RAITA

yoghurt 150g
lime 1, zested and juiced
cucumber 1/2, deseeded and coarsely grated
coriander leaves a small handful, roughly chopped
salt and pepper to season

■ Heat the oil in a pan and fry the mustard seeds, chillies and curry leaves until the seeds begin to crackle. Add the onion-tomato mix or the bhuna masala along with the dry spices

and sauté for 3-4 minutes. Add the potatoes and stir to coat. Pour in the coconut milk with 200ml water. Bring to the boil and simmer for 20-25 minutes, stirring occasionally, until the potatoes are just tender.

■ To make the raita, mix all the ingredients together with some seasoning.

■ If the curry is too thin, scoop out the potatoes with a slotted spoon, then boil the sauce until reduced a little. Stir the potatoes back in to heat through, and season well (this curry needs a good sprinkling of salt). Serve with warmed naan and a dollop of raita.

■ **PER SERVING** 383 kcals, protein 9g, carbs 43g, fat 21g, sat fat 13g, fibre 4g, salt 0.35g

MAKE IT MEATY
This curry is also delicious with spiced lamb chops or slow-roasted spiced lamb leg

FOR A LIST
OF STORES
THAT STOCK
GOURMET
INGREDIENTS,
TURN TO P 112

Ready in 30

Delicious mid-week meals that
come together in a flash



Stuffed mushrooms and halloumi pitas

Serves 4 ■ 15 minutes ■ EASY ✓

If you're cutting down on carbs, ditch the pita bread and serve the filling on plenty of salad leaves instead.

olive oil 2 tbsp
mushrooms 4 large, sliced
salt a pinch
garlic clove 1, crushed
halloumi 1 block, sliced into 12 (try Lemnos available at gourmet stores)
pita breads 4
hummus 4 tbsp (try Al Fez available at gourmet stores)
roasted red peppers 4, torn into pieces (try Jamie Oliver available at gourmet stores)
arugula leaves 2 handfuls
chilli sauce to serve (optional)

■ Heat 1 tbsp oil in a non-stick frying pan. Add the mushrooms with the salt and cook, stirring for a few minutes. Add the garlic and cook until tender. Turn up the heat and boil off any moisture. Keep warm.

■ Heat 1 tbsp oil in a separate pan and fry the halloumi until golden. Warm the pitas in the same pan.

■ Split each pita and spread with hummus, then stuff with the mushrooms, halloumi, peppers and some arugula. Serve with chilli sauce, if you like.

■ **PER SERVING** 488 kcals, protein 24.5g, carbs 47.9g, fat 22.4g, sat fat 11g, fibre 3.4g, salt 3g

Moroccan lentil soup with mint yoghurt

Serves 4 ■ 30 minutes ■ EASY ✓

Try serving this soup scattered with crumbled feta; or make it more substantial by putting a poached egg on top.

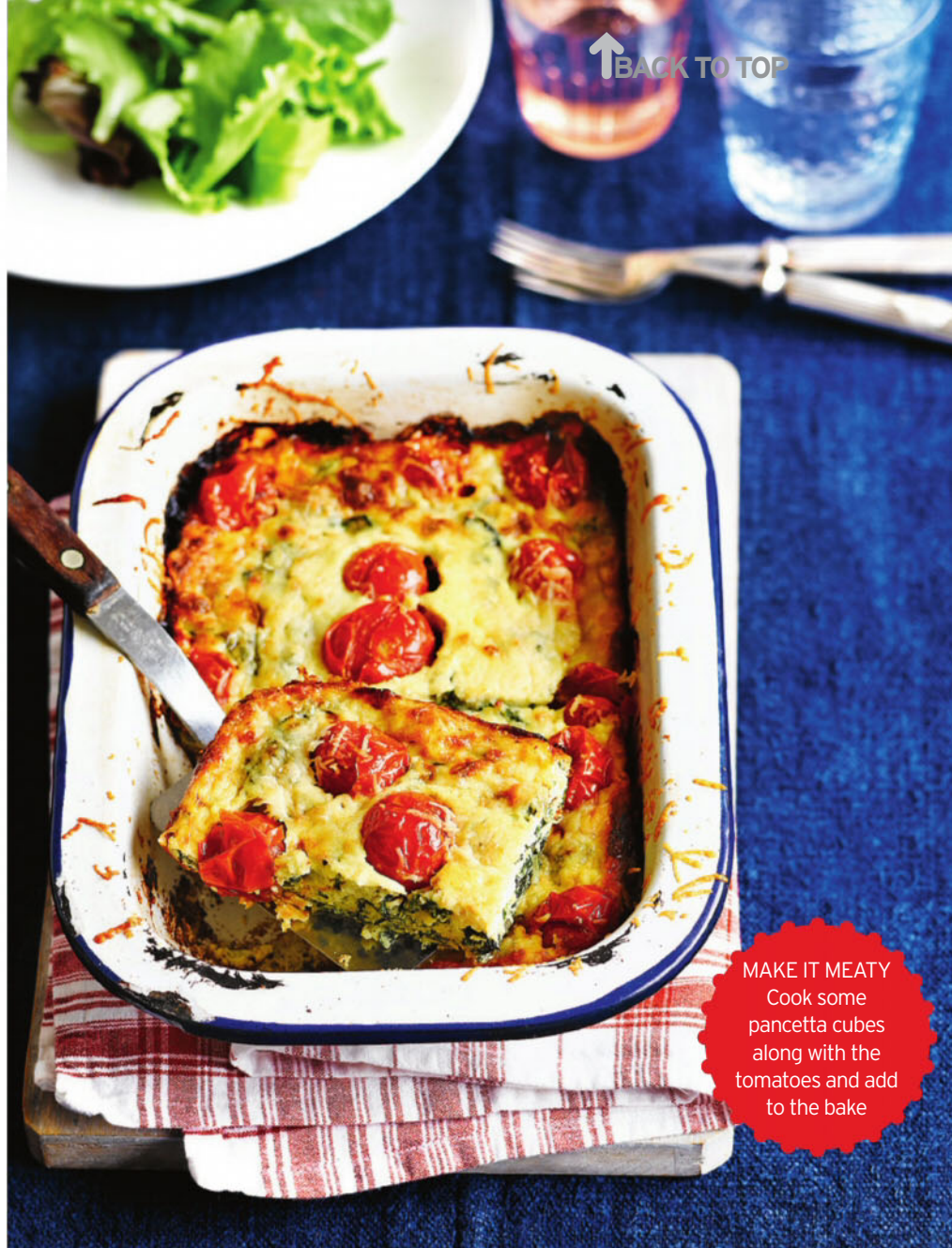
onion 1, chopped
butter 1 tbsp
spice mix (use cinnamon powder, ground ginger, smoked paprika and turmeric) 1/2 tsp each
tomatoes 200g, chopped
tomato purée 1 tbsp
vegetable stock 1l
puy lentils 50g
basmati rice 50g
chickpeas 100g, boiled and drained
yoghurt 150g
mint a handful, chopped
salt and pepper to season

■ Cook the onion in the butter until very soft, then stir in the spice mix. Cook for 1 minute then add the tomatoes, purée, stock and puy lentils. Cover and cook for 10 minutes then add the rice and chickpeas and keep cooking until the rice and lentils are tender. Season with salt and pepper. Stir the yoghurt with the mint and serve with the soup.

■ PER SERVING 386 kcals, protein 20.1g, carbs 57.4g, fat 7.7g, sat fat 3g, fibre 10.4g, salt 1.5g



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MAKE IT MEATY
Cook some pancetta cubes along with the tomatoes and add to the bake

Chard, roast cherry tomato and ricotta bake

Serves 2 ■ 30 minutes ■ EASY

There's nothing like a cheesy, indulgent bake to brighten up a dreary day. We love chard for its gorgeous bitter undertones, but any greens will work just as well.

cherry tomatoes 150g
extra virgin olive oil 2 tbsp
salt and pepper to season
butter 1 tbsp
chard 200g, shredded (try Tri kaya Agriculture available at gourmet stores)
nutmeg a good grating

ricotta 125g (try Impero available at gourmet stores)

eggs 3

parmesan 50g, grated

■ Heat the oven to 220°C. Toss the tomatoes with a little olive oil, season and roast for 10 minutes. Take out but leave the oven on.

■ In the meantime, melt a knob of butter in a frying pan, then fry the chard for 5 minutes or until wilted and tender. Season with the nutmeg, salt and pepper. Press against the pan with a wooden spoon to squeeze out any excess juices and pour them away.

■ Beat the ricotta with the eggs and most of the parmesan. Season, then

stir in the chard. Pour into a 20-cm square buttered baking dish, spoon on the tomatoes and sprinkle the remaining cheese. Bake for 10-15 minutes until just set in the middle. Grill for 2 minutes until golden. Serve with a crisp green salad.

■ PER SERVING 371 kcals, protein 26.7g, carbs 6.4g, fat 26.8g, sat fat 13.2g, fibre 1g, salt 2g

Puy lentils with smoked tofu

Serves 2 ■ 15 minutes ■ EASY

Lentils, like beans and wholegrains, are beneficial as they slowly release their energy, keeping your blood sugar stable. Add shredded cheddar to make it a tad more indulgent.



olive oil 1 tsp

zucchini 1 large, finely diced

tofu 100g, smoked, finely diced (try Mori-Nu available at gourmet stores)

smoked paprika 1/2 tsp (try Ahumado available at gourmet stores)

balsamic vinegar 1 1/2 tbsp (try Ponti available at gourmet stores)

puy lentils 250g, cooked

red onion 1, finely chopped

roasted red pepper from a jar 1

medium, about 85g, sliced (try Jamie Oliver available at gourmet stores)

pea shoots or **arugula leaves** a large handful

■ Heat the oil in a pan and add the zucchini, tofu and smoked paprika. Cook for a few minutes to soften the zucchini. Stir in the balsamic vinegar and allow to sizzle and reduce.

■ Meanwhile, tip the lentils, onion and pepper into a bowl and toss gently to break up any clumps of lentils. Add the tofu and zucchini, and toss again. This will keep for up to 2 days in the refrigerator. Scatter over the pea shoots just before serving.

■ PER SERVING 300 kcals, protein 24g, carbs 38g, fat 6g, sat fat 1g, fibre 12g, salt 1.3g

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Recipe SARA BUENFELD Photograph SAM STOWELL Styling JENNY GLEDEN Food styling SARA BUENFELD

eat in
everyday



Tomato and basil stew

Serves 2 ■ 30 minutes ■ EASY ✓

Serve up a simple healthy dish of fresh tomatoes and basil, with garlic lending a sharp edge. Eat with toasted ciabatta or steamed rice.

ripe cherry tomatoes 200g, half of them halved

olive oil 4 tbsp

garlic clove 1, crushed

smoked paprika a good pinch (try Ahumado available at gourmet stores)

sugar a pinch

basil leaves a large handful

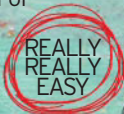
salt and pepper to season

yoghurt 1 tbsp to serve

■ Put the tomatoes in a pan and add a good slug of olive oil. Add the garlic, paprika and sugar and heat slowly.

Cook until the tomatoes begin to pop, then add the basil, stir once and season. Add the yoghurt to the top of the stew and serve.

■ PER SERVING 85 kcals, protein 1.5g, carbs 4.4g, fat 6.9g, sat fat 1.6g, fibre 1.4g, salt 0.1g



Pasta with green olive, lemon and chilli gremolata

Serves 2 ■ 20 minutes ■ **EASY** ✓

Gremolata is an Italian garnish made with chopped garlic, parsley and grated lemon zest, usually served as an accompaniment to chicken or fish.

lemon 1, zested and juiced
garlic clove 1/2, crushed
green olives 10, pitted and chopped

(try Lindsay available at gourmet stores)

red chilli 1, finely chopped
flat-leaf parsley 1/2 a small bunch, chopped

extra virgin olive oil 4 tbsp
salt and pepper to taste
rigatoni 150g (try Barilla available at gourmet stores)

parmesan 1 tbsp to serve (optional)

■ To make the gremolata, mix the lemon juice and zest, garlic, olives, red

chilli and parsley together with the olive oil. Season well and keep aside while you cook the pasta according to packet instructions.

■ When the pasta is cooked, drain, reserving 2 tbsp of the cooking liquid. Tip back into the pan and add the reserved liquid and the gremolata. Stir for 1 minute, then divide between 2 bowls and serve with parmesan.

■ **PER SERVING** 428 kcals, protein 9g, carbs 39.4g, fat 26g, sat fat 3.4g, fibre 1g, salt 0.6g





Superfood salad

Serves 2 ■ 30 minutes ■ EASY ✓

This salad packs in several healthy greens, but you can add some feta for a heartier version.

- bulghar wheat** 3 tbsps (try Tipiak available at gourmet stores)
- dijon mustard** 1 tsp (try Roland available at gourmet stores)
- red wine vinegar** 2 tbsps (try Cirio available at gourmet stores)
- olive oil** 2 tbsps
- broccoli** 200g, cut into small florets and blanched
- avocado** 1 small, peeled and diced
- cucumber** 1/4, deseeded and diced
- edamame beans** or **green peas** 75g, blanched
- spring onions** 4, finely chopped
- parsley leaves** a handful
- mint leaves** a handful
- salad leaves** 2 small punnets, snipped
- salt and pepper** to season
- sunflower seeds** 2 tbsps, toasted

■ Soak the bulghar wheat in boiling water for 20 minutes, then drain and tip into a bowl. In another bowl, whisk the mustard and red wine vinegar together, then whisk in the olive oil.

■ Add the dressing to the bulghar wheat with the broccoli, avocado, cucumber, edamame beans or peas and spring onions, then toss everything together. Add the herbs and salad leaves, season and toss gently. Sprinkle with sunflower seeds and serve.

■ **PER SERVING** 468 kcals, protein 16.4g, carbs 25.5g, fat 32.2g, sat fat 4.8g, fibre 10.3g, salt 0.4g



Griddled aubergines with mozzarella

Serves 4 ■ 25 minutes ■ EASY ✓

Serve these chargrilled aubergine slices with freshly torn buffalo mozzarella. They make a lovely starter or light dinner.

aubergines 2, thickly sliced
olive oil 4 tbsp
fresh mozzarella 1 ball (try Impero available at gourmet stores)
red wine vinegar 4 tbsp (try Cirio available at gourmet stores)
honey 1 tbsp
extra virgin olive oil 1 tbsp
red onions 2 tbsp, finely diced
parsley 1 tbsp, chopped
red chilli 1, finely chopped
salt and pepper to season
toasted pine nuts to garnish

■ Brush the aubergine slices with olive oil and griddle in batches until charred and tender. Arrange on a platter. Tear over the mozzarella.

■ Whisk the red wine vinegar, honey, extra virgin olive oil, red onions, parsley, red chilli and seasoning together. Drizzle all over the salad and scatter with toasted pine nuts.

■ **PER SERVING** 256 kcals, protein 12.5g, carbs 16g, fat 8g, sat fat 2.5g, fibre 2.6g, salt 1g



TASTE TEAM COMMENT

While griddling the aubergines, I applied some grated garlic, salt and olive oil. I also added a few baby tomatoes and zucchini slices for colour and texture. I replaced the parsley in the recipe with Italian basil, used white wine instead of red, and substituted the pepper with oregano.

Kushman Bhatena is a Mumbai-based brand development manager for a media company.

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Cheese, yes please!

Let melting, golden, creamy cheese play a starring role in these easy recipes



Parmigiano reggiano

Ricotta

Mozzarella

Goat's cheese

Feta

Brie

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eat in
modern veggie

Puff pastry can be replaced with filo pastry for a crunchier casing. Brush 4 sheets of filo pastry with butter, then place them over the brie, covering it completely. Bake in the oven at 220°C for 5 minutes, then reduce the temperature to 180°C and cook for 6-8 minutes until golden.

Baked brie in puff pastry
(recipe overleaf)



MAKE IT MEATY
Replace the rice with cooked minced chicken or lamb

Red chilli rellenos with chipotle salsa

Serves 6 ■ 1 hour ■ **EASY** ✓

Stuffed with cheese and deep-fried, chilli rellenos are a popular Mexican snack. Arriba!

- red chillies** 6 large
- olive oil** 2 tbsp
- salt** and **pepper** to season
- red onion** 1, finely chopped
- sliced jalapeño chillies** 2-3 tbsp, chopped (try American Garden available at gourmet stores)
- garlic clove** 1, crushed
- basmati rice** 250g, cooked
- tomatoes** 3, chopped
- coriander** a small bunch, chopped
- mozzarella** 3 balls, roughly grated (try Impero available at gourmet stores)

THE SALSA

- chipotle sauce** 1 tbsp (try Discovery available at gourmet stores)
- red onion** 1/2, finely chopped
- tomato** 1, chopped
- coriander** a handful, chopped
- lime** 1, juiced
- olive oil** 1 tbsp

- Preheat the oven to 200°C. Place the chillies on an oiled baking tray in a single layer. Drizzle with more oil and season well. Bake for 15 minutes, then remove and cool a little.
- While the chillies are in the oven, cook the red onions, jalapeños and garlic in a little oil until softened, then add the rice, tomato and coriander. Cool, then stir in the mozzarella and season.
- Cut a slit down the centre of each chilli, scoop out any seeds and pith and stuff with the rice mix. Return to the oven for 10 minutes until the chillies are soft and the tops are golden.
- To make the salsa, mix all the ingredients together. Spoon over to serve.
- *PER SERVING 320 kcals, protein 15.3g, carbs 22.2g, fat 17.7g, sat fat 9.5g, fibre 4.5g, salt 0.9g*

Baked brie in puff pastry

Serves 4 ■ 1 hour ■ **MODERATELY EASY** ✓

This dish can be made ahead and baked just before serving.

- brie** 300g (try Castello available at gourmet stores)
- puff pastry** 400g (try Jus Rol available at gourmet stores)
- all-purpose flour (maida)** 1 tbsp for dusting
- tomato chutney** 1 tbsp (try Kitchens of India available at gourmet stores)
- milk** 2 tbsp
- salad leaves** dressed in **vinaigrette**, to serve

■ Preheat the oven to 220°C. Take the cheese out of the refrigerator and unwrap it before you start. Cut the pastry in two and roll each piece out on a floured surface. Make one about

1cm bigger than the cheese all the way around and the other slightly thinner and about 3cm bigger than the cheese all the way around.

- Put the smaller pastry sheet onto a baking sheet and place the cheese in the middle. Spread the chutney on top of the cheese. Dampen the pastry around the cheese with water. Place the other sheet on top, smooth down and press the top pastry sheet onto the bottom. Trim around the edges, leaving a 1cm border. Rough the sides of the pastry up. Brush with the milk and score lines in a swirling pattern from the centre of the pastry outwards.
- Bake for 10 minutes and then reduce the temperature to 180°C. Cook for 12-15 minutes or until the pastry is golden and puffed. Leave it to rest for 10 minutes, then cut into quarters and serve with the salad.
- *PER SERVING 363 kcals, protein 6.7g, carbs 33.5g, fat 23.3g, sat fat 9.3g, fibre 2.8g, salt 0.79g*

Smoky mac 'n' cheese fondue

Serves 6 ■ 30 minutes ■ EASY ■

Use good quality smoked cheese for this rich hybrid of two indulgent classics.

tubular pasta (use rigatoni or macaroni) 250g
garlic clove 1, halved
dry white wine 350ml
lemon juice a squeeze



smoked cheese (use scamorza or gouda) 300g, grated
gruyère 300g, grated (try Le Superbe available at gourmet stores)
cornflour 2 tsp
crusty bread and **green salad** to serve

■ Cook the pasta until tender, then drain. Rub an ovenproof shallow cooking pot with the cut side of the garlic. Add the wine and lemon juice to the pot and bring to a simmer, then


add the cheeses and stir until melted.
 ■ Mix the cornflour with 2 tbsp water, stir into the cheese and cook for a couple of minutes, stirring until smooth. Add the pasta then slide under a hot grill until golden and bubbling. Serve immediately with the bread and salad.

■ PER SERVING 514 kcals, protein 28.7g, carbs 23.7g, fat 29.9g, sat fat 29.9g, fibre 1.1g, salt 2.5g





Baked ricotta with lemon dressing

Serves 8 ■ 50 minutes + overnight draining ■ **EASY** 

Rather than plating up a first course, serve this chunk of soft, light ricotta flavoured with a twist of lemon and fresh parsley.

ricotta 750g (try Impero available at gourmet stores)

olive oil 2 tbsp + extra for brushing and finishing

salt 1/4 tsp

pepper a pinch

curly parsley a small bunch, very roughly chopped

capers 2 tbsp, rinsed and drained (try Lindsay available at gourmet stores)

lemon 1, zested and juiced

■ Tip the ricotta into a sieve lined with a clean muslin cloth and leave to drain overnight.

■ Preheat the oven to 200°C. Brush a 1-litre pudding basin with olive oil. Press any excess liquid out of the cheese and

season well. Pack the cheese into the basin and bake for 40 minutes or until the cheese browns around the edges. Tip out onto a plate.

■ Heat 2 tbsp olive oil in a pan and fry the parsley and capers until they are crisp. Add to the lemon juice and zest, along with a slug of olive oil and some seasoning. Spoon over the ricotta. Serve with slices of toasted baguette.

■ **PER SERVING** 191 kcals, protein 9.9g, carbs 2.1g, fat 15.9g, sat fat 7.4g, fibre 0.1g, salt 0.45g

Grilled goat's cheese sliders with red pepper jam

Serves 8 ■ 1 hour ■ EASY ■ V

These mini burgers are perfectly sized to serve as appetisers.

goat's cheese 240g, shaped into 8 small patties
all-purpose flour (maida) 2 tbsp, seasoned
milk 1/4 cup
panko breadcrumbs 50g
groundnut oil 2 cups, for frying
mini burger buns 8, split and toasted
watercress a handful

THE RED PEPPER JAM

red peppers 2, seeded and roughly chopped (try Jamie Oliver available at gourmet stores)

red chillies 2, seeded and roughly chopped

tomatoes 2 small, roughly chopped
ginger a small chunk, peeled and roughly chopped

garlic clove 1, peeled

golden caster sugar 100g (try Tate & Lyle available at gourmet stores)

cider vinegar 3 tbsp (try Ponti available at gourmet stores)

■ To make the jam, put the peppers, chillies, tomatoes, ginger and garlic in a food processor and pulse until finely chopped. Tip everything into a pan and add the sugar and vinegar. Bring to a simmer, then cook for 20-25 minutes, skimming off any impurities that rise to the surface. Keep an eye on the pan to make sure it doesn't burn. The mix should now look jammy – if it doesn't, turn up the heat and give it another

5-10 minutes, then leave to cool.

■ Coat each piece of goat's cheese in flour, then in the milk and finally the breadcrumbs. Repeat the milk and breadcrumb stage so you have a double layer.

■ Heat a 2cm layer of oil in a frying pan and cook the goat's cheese rounds for a few minutes on each side until crisp and golden, then remove and drain on kitchen paper.

■ Put a few watercress leaves in each bun, top with the goat's cheese and finish with a dollop of chilli jam.

■ **PER SERVING** 369 kcals, protein 14.5g, carbs 46.6g, fat 13.9g, sat fat 6.8g, fibre 3.1g, salt 1.2g

This recipe makes more jam than you need, but it will keep in the refrigerator for a couple of weeks



souper bowls

These comforting desi-inspired soups will see you nicely through the rainy days

“Soups aren’t an import from the West. Historically, they’ve been integral to cuisines across the Indian subcontinent. In the north they are known as shorbas and are thick and wholesome, in the south they are served at the start of the meal and are thin and spicy, like rasam. In the north-east, thukpa, a noodle soup inspired from Chinese and Tibetan cuisines is popular, while in the west, dal is often turned into a soup, and can be made into a meal with rice.”

– Amit Pamnani
Associate food editor, BBC Good Food India



Chunky pumpkin mulligatawny
(recipe on p 58)

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eat in
weekend



Recipe PAUL GAYLER Photograph LISA LINDER

Yellow dal and peanut soup
with coriander (recipe on p 58)



Palak shorba

Serves 4 ■ 30 minutes ■ **EASY** ✓

A tempering of cumin seeds and garlic gives this bright green, Continental-style spinach soup an Indian twist. It is healthy, tasty and easy to make – perfect for a weekday dinner.

spinach 500g, washed, stalks removed
butter 1 tbsp
onion 1, chopped
green chilli 1, chopped
garlic cloves 2, 1 chopped and 1 sliced
potato 1, peeled and cut into small cubes
bay leaf 1
black peppercorns 3-4
salt 1 tsp + extra to taste
oil 1 tsp
cumin seeds 1 tsp

■ Heat 3 cups of water in a pan until it begins to boil. Immerse the spinach in the hot water and cook for 30 seconds. Drain and immerse in ice-cold water immediately so that it retains its colour.

Let it remain in the cold water for 10 minutes. Drain and blend to a smooth purée in a mixer. Keep aside.

■ Heat the butter in a pan. Add the chopped onions, green chilli and chopped garlic and sauté for 5 minutes until the onions turn pink in colour. Add the potatoes, bay leaf and peppercorns and mix well. Continue cooking for 3-4 minutes.

■ Add 3 cups of water, cover and cook for 10 minutes until the potatoes are cooked. Remove from the flame and strain the soup, reserving the liquid and the cooked potato mixture.

■ Let the liquid cool for 5-10 minutes. Blend the potato mixture in a mixer until smooth. You can add some of the reserved liquid into the mixer for a smoother consistency. Mix the purée and the reserved liquid together and return to a pan. Once it starts to boil, add the spinach purée and salt and mix well. Let it simmer for 2-3 minutes.

■ To prepare the tempering, heat the oil in a small pan. Add the cumin seeds and sliced garlic and sauté for

10 seconds. Pour it over the soup and serve immediately.

■ *PER SERVING* 86 kcals, protein 4.4g, carbs 9.04g, fat 4.58g, sat fat 1.91g, fibre 3.83g, salt 0.7g

Pepper rasam

Serves 4 ■ 45 minutes ■ **EASY** ✓

Rasam, a staple in south India, has several variations, with every family having its own take on the classic. This version is made more flavoursome with an additional dash of black pepper.

tamarind 1 lemon-sized ball
oil 2 tbsp
mustard seeds 1 tsp
curry leaves 8-10
asafoetida (hing) a pinch
turmeric powder 1/4 tsp
tomato 1, chopped
salt 1 tsp + extra to taste
coriander 1/4 bunch, chopped

THE RASAM POWDER

black peppercorns 1 1/2 tsp
cumin seeds 2 tsp
roasted chana dal 4 tsp
dried red chilli 1
coriander seeds 1 tsp

■ Soak the tamarind in 1 cup of hot water for 20-25 minutes.

■ Meanwhile, to make the rasam powder, dry-roast the ingredients in a non-stick pan for 5 minutes over a low heat. Let it cool and then grind to a fine powder. Keep aside.

■ Heat the oil in a saucepan and add the mustard seeds. Once they begin to crackle, add the curry leaves, asafoetida and turmeric. Add the chopped tomatoes along with 2 cups of water and cook until tender.

■ Strain the tamarind and squeeze to remove as much pulp as possible. Add the tamarind water to the saucepan.

■ Add the rasam powder and salt. Let it simmer for 5 minutes. Serve hot, garnished with chopped coriander.

■ *PER SERVING* 102.25 kcals, protein 2.21g, carbs 7.18g, fat 7.47g, sat fat 0.41g, fibre 1.13g, salt 0.6g

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Amanti

Serves 2 ■ 30 minutes ■ EASY ✓

Amanti is a traditional Maharashtrian dish. While it spells comfort food for many, it is also prepared during festive occasions. It can be eaten as a soup, or as a main with rice.

chana dal 1/4 cup + 3 tbsp extra
oil 2 tbsp
coconut 1/2 cup, sliced
onion 1/2, sliced
garlic cloves 2
coriander 1/4 bunch, chopped
cumin seeds 1/2 tsp
curry leaves 6-8
turmeric powder 1/4 tsp
garam masala 1 tsp
chilli powder 1/2 tsp
salt 1/2 tsp + extra to taste
lemon juice 1 tbsp

■ Boil 1/4 cup chana dal with 1 cup water in a pressure cooker until cooked (approximately 2 whistles or for 15 minutes). The dal should not be

mashed, it should still retain its bite.

Drain and reserve the water.

■ Heat 1 tsp oil in a frying pan. Add the sliced coconut and fry well until dark golden in colour. Remove from the pan and keep aside. In the same pan, heat 1 tbsp oil and fry the onions along with 3 tbsp chana dal and sauté until dark golden-brown.

■ In a food processor, blend the sautéed onions, chana dal and the coconut along with the garlic, a handful of chopped coriander and 1/4 cup of water, to form a smooth paste.

■ In a separate saucepan, heat 1 tsp oil. Add the cumin seeds and allow them to splutter. Add the curry leaves and turmeric and cook for 30 seconds. Stir in the garam masala and chilli powder and mix well. Add the coconut and onion paste to the pan along with 3 tsp water and fry for around 5-6 minutes.

■ Add the reserved dal water, the cooked dal and 1 cup of water and mix well.

■ Season with salt and bring to a boil. Let it simmer for 10 minutes. Garnish

with chopped coriander and lemon juice. Serve hot.

■ PER SERVING 215 kJ, protein 5.55g, carbs 16.93g, fat 14.49g, sat fat 6.32g, fibre 2.54g, salt 0.3g

Subz santre ka shorba

Serves 4 ■ 45 minutes ■ EASY ✓

A lighter version of the traditional shorba, this soup is made with oranges. Bursting with fresh flavours, it also packs in a punch of vitamin C.

oil 6 tbsp

ginger 2 tbsp, julienned + extra to garnish

onions 2, sliced

carrot 1, diced

French beans 12-14, chopped

spring onions 2, sliced

coriander 1/4 bunch + extra to garnish

Malta oranges 6, peeled and segmented

orange juice 500ml

white pepper powder a pinch

cardamom powder a pinch

salt 1/2 tsp + extra to taste

■ In a saucepan, heat 4 tbsp oil and add the ginger. Add the onions and sauté until translucent. Stir in the carrot, French beans, spring onions, coriander stems and segments of 3 oranges along with 3 cups of water. Cook until the carrots and beans are tender, for approximately 12-15 minutes. Remove from the stove. Allow to cool and then purée it in a mixer.

■ In another saucepan, heat the remaining oil and add the purée to it. Simmer for 3-4 minutes.

■ To this, add 150ml of boiling water and cook for 3-4 minutes further. Pour in the orange juice along with the white pepper powder, cardamom powder and salt.

■ Strain through a double strainer, bring to a boil and simmer for 2-3 minutes until you achieve a soupy consistency. Garnish with freshly diced orange segments, chopped coriander and julienned ginger.

■ PER SERVING 378.75 kJ, protein 4.24g, carbs 46.4g, fat 21.05g, sat fat 1.26g, fibre 7.91g, salt 0.3g

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Yellow dal and peanut soup with coriander

Serves 6 ■ 45 minutes ■ EASY ✓

Although this soup is supposed to be rustic and chunky, you may prefer it smoother – simply blitz in a blender. Moong dal is easy to cook as it doesn't need prior soaking.

moong dal 300g, washed and drained
vegetable stock 1.2l
coconut milk 200ml (try Dabur Hommade available at gourmet stores)
sunflower oil 2 tbsp
mustard seeds 1/2 tsp
curry leaves 6
green chilli 1, deseeded and finely chopped
tamarind paste 2 tsp
turmeric powder 1/4 tsp
brown sugar 1 tsp
roasted peanuts 2 tbsp, chopped
salt to taste

TO SERVE

coriander 2 tbsp, coarsely chopped
roasted peanuts 2 tbsp, coarsely chopped

■ Put the moong dal in a pan, cover with the stock and bring to the boil. Reduce the heat and simmer for 30–35 minutes, or until the dal is softened and slightly mushy. Add the coconut milk. The soup should be of a thick but sloppy consistency.

■ Meanwhile, heat the oil in a frying pan over medium-low heat, then add the mustard seeds. Once they begin to crackle, add the curry leaves and chilli. Reduce the flame to low and fry gently for 20 seconds to allow the oil to infuse with the flavours.

■ Stir in the tamarind paste, turmeric, sugar and 100ml water. Bring to the boil. Add the peanuts and a little salt and simmer for 2 minutes. Add to the dal and stir.

■ Divide among 6 bowls. Sprinkle over the coriander and the coarsely chopped peanuts. Serve immediately.

■ PER SERVING 433 kcals, protein 24g, carbs 41.2g, fat 19.7g, sat fat 9.3g, fibre 3g, salt 0.5g

Chunky pumpkin mulligatawny

Serves 12 ■ 1 hour 10 minutes

■ EASY ✓

This spicy soup with basmati rice and apples is full of heft and is both warming and wholesome. Plus, it's low in fat and calories.

olive oil 2 tbsp
onions 2, finely chopped
red apples 2, peeled and finely chopped
celery sticks 6 tbsp, finely chopped
salt a pinch + extra to taste
pumpkin 400g, peeled, deseeded and chopped into small pieces
curry powder 2-3 heaped tbsp (try MDH available at grocery stores)
cinnamon powder 1 tbsp
nigella seeds (kalonji) 1 tbsp
black pepper a good grind
tomatoes 800g, chopped
vegetable stock 1.5l
basmati rice 140g
pepper 1/4 tsp
parsley a handful, chopped
mango chutney 3 tbsp + extra to serve (try Kitchens of India available at gourmet stores) (optional)
yoghurt to serve

■ Heat the oil in a large saucepan. Add the onions, apples and celery with a pinch of salt. Cook for 6-7 minutes, stirring now and then, until softened. Add the pumpkin, curry powder, cinnamon powder, nigella seeds and black pepper. Cook for 2 minutes more, then stir in the tomatoes and stock. Cover with a lid and simmer for 15 minutes.

■ When the vegetables are tender but not mushy, stir in the rice, place the lid back on and simmer for another 12 minutes until the rice is cooked through. Taste and add seasoning if needed. Stir through the parsley and mango chutney, then serve in bowls with yoghurt and extra mango chutney on top, if you like.

■ PER SERVING 212 kcals, protein 6g, carbs 37g, fat 5g, sat fat 1g, fibre 6g, salt 0.5g

Tamatar aur dhania ka shorba

Serves 4 ■ 45 minutes + cooling

■ EASY ✓

This tomato soup contains coriander seeds, stems and leaves. The soup gets its earthiness from the seeds, herby flavour from the stems and a dash of colour from the chopped leaves.

butter 1 tbsp
bay leaf 1
black peppercorns 3
coriander seeds 1 tbsp
onion 1, chopped
garlic cloves 2, chopped
tomatoes 4, chopped
coriander stems 1/2 cup, chopped
salt 1 tsp + extra to taste
coriander leaves 1/4 bunch, chopped
bread croutons a handful, fried



■ Heat the butter in a saucepan. Add the bay leaf, peppercorns and coriander seeds. Sauté for 1 minute.
 ■ Add the onions and garlic and cook on a low flame for 4-5 minutes until pink in colour. Add the tomatoes and cook for 5-6 minutes further.
 ■ Add 3 cups of water along with the coriander stems and salt. Bring to a boil, cover, and cook for 25 minutes on a low flame. Switch off the gas and let the soup cool down.
 ■ Once cooled, remove the bay leaf and blend the soup in a food processor to a smooth and slightly thin consistency. Return to the pan and heat it. Adjust the consistency if required. Garnish with fried bread croutons and fresh coriander, if you like. Serve hot.

■ PER SERVING 155 kcals, protein 3.32g, carbs 14.09g, fat 10.44g, sat fat 2.25g, fibre 4.8g, salt 0.7g

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**GOOD
FOOD
STAR
RECIPE**

Recipe AMIT PAMNANI | Photograph BHARATI BHIRANGI | Styling input SHREYA GUPTA

Tamatar aur dhania ka shorba

Good EGGS

You've tried them boiled, fried, scrambled and poached. Well, we say you can do many other cracking good things with eggs



**Béarnaise eggs with
asparagus dippers**
(recipe on p 64)



**Chipotle bean chili
with baked eggs**
(recipe on p 64)



Falafel Scotch eggs

Makes 8 ■ 1 hour ■ **A LITTLE EFFORT**

While Scotch eggs traditionally include a filling of sausage, these veggie ones are equally delicious. Serve with ketchup mixed with harissa.

- eggs** 9 large
- olive oil** 1 tbsp + extra for rolling
- onions** 2 large, chopped
- garlic cloves** 2, crushed
- cumin powder** 1 tbsp
- coriander powder** 1 tbsp
- chickpeas** 200g, boiled and drained
- coriander leaves** a bunch
- wholewheat breadcrumbs** 200g
- all-purpose flour (maida)** 5 tbsp + extra for dusting
- salt and pepper** to season
- panko** or **dried breadcrumbs** 25g
- sesame seeds** 3 tbsp
- vegetable oil** 2 cups for frying

■ Put 8 eggs in a pan of cold water. Bring to the boil, cook for 5 minutes, then quickly lift out of the pan and plunge into a bowl of cold water. Once cool enough to handle, peel.

■ While the eggs cool, put the oil, onions and garlic in a frying pan. Fry

very gently until really soft and just starting to turn golden. Add the spices and fry for a few minutes more. Tip into a food processor and whizz to a paste, then add the chickpeas and coriander leaves, and pulse until finely chopped but not pasty. Stir in the wholewheat breadcrumbs, flour and the last egg, beaten first with a fork, with a good amount of seasoning.

■ Divide the mixture into 8 portions. Take a portion at a time and flatten between your hands (rub your hands with a little more oil if it's sticking to your fingers). Roll a peeled egg in a little flour, shake to remove any excess flour, then wrap the falafel mixture around it, moulding it to completely cover the egg. Squish it together at the joints to seal. Repeat to cover all the eggs.

■ Tip the dried breadcrumbs onto a plate and mix in the sesame seeds. Roll each egg in it to coat. This can be made a day ahead, loosely covered with cling-film and chilled.

■ Half-fill a large, deep saucepan with oil, or use a deep-fat fryer. To test, throw in a bit of bread; it should brown in about 30 seconds. Add a couple of eggs at a time and fry for about

2 minutes, turning, until golden and crisp. Lift onto kitchen paper to drain while you cook the rest of the eggs in batches. Season with a little more salt and eat warm or cold.

■ **PER EGG** 404 kcal, protein 15g, carbs 29g, fat 26g, sat fat 4g, fibre 5g, salt 0.7g

Shirred eggs with spinach and jalapeños

Serves 2 ■ 30 minutes ■ **EASY**

'Shirred' is the American term for baked eggs. This is a spicy version.

- butter** 1 tbsp, melted
- spinach** 150g, washed, chopped and excess moisture squeezed out
- jalapeño peppers** 2 slices, finely chopped
- smoked paprika** a large pinch (try Ahumado available at gourmet stores)
- celery salt** a large pinch (try Spice Supreme available at gourmet stores) (optional)
- double cream** 4 tbsp (available at your local dairy)
- salt and pepper** to season
- eggs** 4
- cheddar** 25g, grated
- tortilla** 1, toasted, cut into shards or strips (try Lady Liberty available at gourmet stores)

■ Heat the oven to 180°C and put a baking sheet in. Divide the butter between 2 shallow dishes. Mix the spinach with the jalapeño peppers, paprika, celery salt (if using) and double cream. Season with pepper and salt (use less salt if you are using the celery salt). Divide this between the dishes. Place in the oven on the baking sheet for 5 minutes.

■ Break 2 eggs carefully into each dish and bake for 10-15 minutes or until the whites appear opaque. Sprinkle the cheese over the top and put back in the oven for 2 minutes. Serve with toasted strips of tortilla for dipping.

■ **PER SERVING** 422 kcal, protein 17.4g, carbs 13.3g, fat 33.1g, sat fat 16.6g, fibre 1.4g, salt 0.7g

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Recipe: JANINE RATCLIFFE Photograph: JEAN CAZALS Styling: PENNY MARKHAM Food styling: JENNIFER JOYCE



Béarnaise eggs with asparagus dippers

Serves 2 ■ 10 minutes ■ EASY

Béarnaise is a rich, French sauce thickened with egg yolks. Adding a drop of white wine vinegar and tarragon lends the sauce a distinct flavour.

eggs (use duck eggs, if available) 4
white wine vinegar a few drops (try Ponti available at gourmet stores)
tarragon 2 tsp, finely chopped
asparagus 8 stems
butter to serve

■ Put the eggs into a saucepan of boiling water and cook for 3 minutes (if using duck eggs, cook for 7 minutes). Steam or boil the asparagus in another pan for about 5 minutes until just tender.

■ Place the eggs in egg cups and slice off the tops. Add a few drops of white wine vinegar and a pinch of chopped tarragon to each yolk. Toss the drained asparagus in butter and serve alongside for dipping.

■ **PER SERVING** 304 kcal, protein 24g, carbs 1.7g, fat 22.3g, sat fat 7g, fibre 1.4g, salt 0.5g



Chipotle bean chilli with baked eggs

Serves 4 ■ 35 minutes ■ EASY

This Mexican one-pot makes for a spicy, filling meal.

sunflower oil 1 tbsp
onion 1, chopped
chipotle sauce 1-2 tbsp (try Discovery available at gourmet stores)
black beans 400g, boiled and drained
mixed beans (use cannellini, black-eyed peas and vaal) 200g, boiled and drained
tomatoes 800g chopped, mixed with **chopped garlic and herbs**
brown sugar 1 heaped tbsp
salt and pepper to season
eggs 4
coriander leaves a small handful
soured cream and **warm flour tortillas** to serve

■ Heat the oil in a frying pan and cook the onions for 5 minutes or until soft. Add the chipotle sauce, beans, tomatoes and sugar, and simmer for 15-20 minutes until thickened. Season.

■ Make 4 holes and crack an egg into each one. Cover and simmer over a low heat for 8-10 minutes. Sprinkle with coriander and serve with soured cream and warm tortillas.

■ **PER SERVING** 377 kcal, protein 24g, carbs 48g, fat 10g, sat fat 2g, fibre 15g, salt 0.5g

Braised vegetable pisto with emerald sauce and fried egg

Serves 4 ■ 1 hour 10 minutes ■ EASY

A pisto is a hearty Spanish dish – it is similar to ratatouille, and served warm with fried eggs and bread.

olive oil 4 tbsp, for frying
eggs 4
toasted sourdough bread 4 slices

THE PISTO

extra virgin olive oil 4 tbsp
onion 1, chopped
garlic cloves 2, chopped
green bell pepper 1, diced
red bell pepper 1, diced
ripe tomatoes 2, chopped
bay leaf 1
zucchini 1 medium, diced
salt and pepper to season

THE EMERALD SAUCE

flat-leaf parsley a bunch, leaves picked
garlic cloves 30 large, peeled
salt and pepper to season
vegetable stock 250ml

■ To make the pisto, heat the oil in a frying pan and add the onions. Fry for a few minutes, add the garlic, then cook further. Add the peppers and cook over a medium flame for 2 minutes. Add the tomatoes, bay leaf and zucchini and cook for 10-12 minutes, seasoning well.

■ Meanwhile, make the sauce. Drop the parsley in a pan of boiling water and cook for 1 minute. Drain and immediately run under cold water. Put the garlic in a pan of cold water, bring to the boil, then drain and repeat with a fresh batch of water. Add the stock and simmer until the garlic is soft and the liquid syrupy. Purée with the parsley until smooth. Season.

■ To cook the eggs, add the olive oil to a pan. When smoking hot, crack in the eggs – they will splutter and go crisp at the edges. Serve the pisto on toast, topped with egg, drizzled in the sauce.

■ **PER SERVING** 448 kcal, protein 19g, carbs 47g, fat 22g, sat fat 4g, fibre 9g, salt 0.95g

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Recipe: THOMASINA MIERS Photograph: DAVID MUNNIS Styling: JO HARRIS Foodstyling: MAL BARRETT

Egg and vegetable pitas

Serves 2 ■ 35 minutes ■ EASY

Cram wholewheat bread pockets with healthy aubergine, beetroot and carrot, then add garlic-dill yoghurt and eggs to make it wholesome.

aubergine 1, cut into thick rounds
salt and **pepper** to season
olive oil 1 1/2 tbsp
harissa 2 tbsp (try Al Fez available at gourmet stores)
eggs 2
red wine vinegar 1 tbsp (try Cirio available at gourmet stores)
agave nectar or **golden caster sugar** 2 tsp (try Tate & Lyle available at

gourmet stores)
beetroot 1, grated
carrot 1 large, peeled and julienned
red onion 1/2 small, very finely sliced
yoghurt 4 tbsp
dill 1 tbsp, chopped
garlic clove 1, crushed
wholewheat pita breads 2

■ Preheat the oven to 220°C. Put the aubergine slices on a baking sheet, season, brush with oil and bake for 15 minutes. Turn, spread the harissa, and bake for another 5 minutes.

■ Meanwhile, carefully lower the eggs into a pan of boiling water, turn down the heat and simmer for 10 minutes. Run under cold water, then peel and keep aside.

■ In a bowl, mix the vinegar and agave or sugar with some seasoning, then tip in the beetroot, carrot and onion. In another bowl, mix together the yoghurt, dill, garlic and seasoning.
■ Toast the pitas and split them into half. Slice the eggs and put them inside the pitas with the spicy aubergine and some of the beetroot salad. Spoon in the yoghurt and serve with any of the remaining aubergine, salad and yoghurt on the side.

■ PER SERVING 387 kJ, protein 20g, carbs 41g, fat 16g, sat fat 3g, fibre 9g, salt 0.5g



Recipe: JEMMA MORPHET Photograph: WILL HEAP Styling: LIZZIE HARRIS Food styling: VICTORIA ALLEN

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a french affair

Master the art of classic French pastry with our stunning recipes.
They have ooh la la written all over them!

Recipes and photographs SHAHEEN PEERBHAI



Tarte aux pommes
(recipe on p 74)



“In France, you are never too far from a pâtisserie, where pastries glisten like jewels in display windows. At a pâtisserie, you are spoilt for choice, and it’s hard to choose just one treat — should you pick the cannelés, fresh out of the oven, or the madeleines? Should you pack an apple tart for a dinner party or the seasonal raspberry clafoutis? I’ve almost always left a pâtisserie with more pastries than I’d set out to buy. For this feature, I have put together some quintessential French pastry recipes that can be replicated at home without much fuss. The level of difficulty of these recipes varies — you can take on something quick and easy like a madeleine or invest time and effort to make an impressive Paris Brest. Bonne chance!”

– Shaheen Peerbhai,
blogger at *The Purple Foodie*

Vanilla cream éclairs with chocolate

Makes 12 ■ 2 hours ■ MODERATELY EASY

For best results, fill the éclairs with the cream just before serving. This way, you can prevent the choux pastry from going soggy.

THE CHOUX PASTRY

eggs 5 + 1 extra for egg wash
water 250ml
butter 10g
salt 1/2 tsp
sugar 1 tsp
all-purpose flour (maida) 150g

THE PASTRY CREAM

cornflour 30g
all-purpose flour (maida) 30g
milk 500ml
vanilla pod 1
egg yolks 7
sugar 90g

THE CHOCOLATE GANACHE

cream 200g
dark chocolate 200g, chopped into small pieces (try Valrhona available at gourmet stores)
butter 20g

■ Preheat the oven to 190°C. To make the choux pastry, whisk 5 eggs in a bowl slightly to break them up. Set aside.

■ In a saucepan, add the water, butter, salt and sugar and bring to a boil. Add the flour and cook for 1-2 minutes. Stir vigorously with a spatula until the dough clumps together and sticks only slightly to the bottom of the pan. Transfer to a large mixing bowl and let it cool.

■ Add the whisked eggs a little at a time and mix them into the dough with a spatula, or use an electric

beater to make the batter smooth. Transfer to a piping bag with plain tip number 8. Pipe on to a greased baking sheet keeping a consistent size of 10-12cm. Brush with egg wash, then bake for 25-30 minutes.

■ For the pastry cream, sieve the cornflour and flour together, then set aside. In a saucepan, heat the milk and vanilla together and bring to a simmer.

■ In a bowl, whisk the egg yolks and sugar together until thick and pale. Add the flour and cornflour mixture to the eggs.

■ Temper the egg yolks with 1/3 of the milk and add the mixture back into the saucepan with the remaining milk to cook. Keep whisking as it cooks into a thick pastry cream. Sieve into a bowl. Let it cool completely.

■ Discard the vanilla bean and whisk the cooled pastry cream to a smooth paste free from lumps that might have formed as it cooled. Transfer to a piping bag with plain tip number 6. Refrigerate until needed.

■ For the ganache, heat the cream in a small saucepan. Once it comes to a boil, pour it over the chopped chocolate. Stir in the butter and set aside.

■ To assemble the éclairs, make three holes at equal intervals at the bottom of the choux pastry with a paring knife. Pipe the pastry cream into the holes until it is filled completely. Place on a wire rack. Next, spoon the ganache over the éclairs and let it set.

■ *PER SERVING 303.42 kcals, protein 9.6g, carbs 27.59g, fat 17.62g, sat fat 9.67g, fibre 0.5g, salt 0.2g*

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Cannelés

Makes 16 ■ 1 hour + standing

■ MODERATELY EASY

My friend Vincent hails from Bordeaux – the land of cannelés, or small pastries with tender custard centres and dark, caramelised crusts. He shared with me his family recipe for cannelés and told me two things – first, it's very important to let the batter rest for 24 hours. Second, you must brown the cannelés until they appear burnt.

egg white 1

egg yolks 4

milk 750ml

butter 50g

vanilla bean 1 (try Very Vanilla available at gourmet stores)

all-purpose flour (maida) 200g

almond powder 100g

icing sugar 400g (try Blue Bird available at gourmet stores)

rum 200ml

■ Whisk the egg white and yolks together in a bowl. Keep aside.

■ Combine the milk, butter and vanilla together in a saucepan. Bring to a boil.

■ Pour 1/3 of the milk mixture over the whisked eggs gradually. Pour all of the egg and milk mixture back into the saucepan with the rest of the milk and heat gently until the mixture thickens. Stir constantly so that the egg doesn't curdle. The custard should coat the back of a spoon. Pass through a sieve and let it cool completely.

■ Whisk the flour, almond powder and icing sugar together. Stir it into the custard. Finally, stir in the rum and mix gently for about 5 minutes. Allow to rest for 24 hours.

■ Spoon the mixture into cannelé moulds, leaving a 1cm space from the top. Bake at 200°C for 40 minutes – a knife inserted should come out clean and the surface should appear dark brown.

■ PER SERVING 276.44 kcals, protein 5.63g, carbs 37.1g, fat 8.69g, sat fat 3g, fibre 0.85g, salt none

Raspberry clafoutis

Serves 6 ■ 50 minutes ■ EASY

Come summer and pâtisserie windows across Paris are adorned with cherry clafoutis. This version uses raspberries.

milk 150g

cream 50g

sugar 60g

eggs 3

vanilla bean 1 (try Very Vanilla available at gourmet stores)

flour 90g

salt 5g

almond powder 30g

baking powder 5g

butter 40g, melted + extra for greasing

raspberries 300g

icing sugar 20g (try Blue Bird available at gourmet stores)

■ Preheat the oven to 175°C. In a bowl, whisk together the milk, cream, sugar, eggs and the vanilla seeds.

■ In another bowl, whisk together the flour, salt, almond powder and baking powder. Add the liquid mixture gradually and whisk gently so that no lumps are formed. Finally, whisk in the melted butter.

■ Butter an 8-inch baking dish and pour in half the batter. Bake until just set. Scatter the raspberries and pour the remaining batter over. Continue to bake for 30-35 minutes – the top should be golden brown and puffed up and a knife inserted should come out clean. Sprinkle with icing sugar and serve.

■ PER SERVING 137.83 kcals, protein 4.48g, carbs 21.49g, fat 4.3g, sat fat 1.84g, fibre 3.25g, salt 0.4g







Honey and lavender madeleines

Makes 36 small madeleines ■ 1 hour + standing ■ EASY

If you want the madeleines to have a nuttier flavour, brown the butter before adding it to the batter. And if the lavender is rather potent, you can halve its quantity. Moreover, do not fret if you don't have a madeleine mould – simply butter and flour a muffin pan and fill it no more than halfway up.

all-purpose flour (maida) 100g + extra to coat the moulds

baking powder 1/2 tsp

butter 70g + extra for greasing

dried lavender 1 tsp

eggs 2

caster sugar 65g (try Tate & Lyle available at gourmet stores)

honey 20g

■ Sift together the flour and baking powder and set aside. Melt the butter with the lavender. Let it cool.

■ In a bowl, whisk together the eggs and sugar until pale and thickened, for about 2-4 minutes. Fold the dry ingredients into the egg mixture, followed by the melted butter and honey. Mix until just combined.

■ Transfer to a piping bag and clip the end. Let it rest in the refrigerator for at least 3 hours, and up to 2 days.

■ Butter and flour a madeleine pan, making sure every corner is coated evenly with flour. Pipe the batter into the madeleine pan until almost full.

■ Bake in a preheated oven at 200°C for 10-11 minutes or until your finger springs back when you touch the centre of the madeleine.

■ Remove from the oven and rap it on the counter to release the madeleines. Serve immediately.

■ PER SERVING 35.78 kJ, protein 0.68g, carbs 4.34g, fat 1.84g, sat fat 1.09g, fibre 0.11g, salt none

Tarte aux pommes

Makes one 8-inch tart ■ 2 hours

■ MODERATELY EASY

This is undoubtedly one of the most popular desserts in pâtisseries across Paris. You can scorch the corners of the apple slices with a blowtorch to make the tart look edgier.

THE PASTRY DOUGH (PÂTE SUCRÉE)

butter 125g

caster sugar 50g (try Tate & Lyle available at gourmet stores)

egg 1

vanilla extract 1 tsp

salt 1/2 tsp

all-purpose flour (maida) 200g

THE APPLE COMPOTE

Granny Smith apples 6

caster sugar 100g (try Tate & Lyle available at gourmet stores)

vanilla pod 1/2, split and seeds scraped out

butter 50g

THE GARNISH

Granny Smith apples 2, thinly sliced

apricot jam (try Bonne Maman available at gourmet stores)

■ To make the pastry dough, whisk the butter in a bowl until smooth. Add the sugar and whisk until the mixture is light.

■ Add the egg and continue to mix until all the sugar has melted into the mixture. Stir in the vanilla extract and salt. Fold in the flour and stir until well incorporated.

■ Transfer to a work surface and knead very gently until the dough comes together. Flatten to shape like a disc and cover with cling-film. Refrigerate for 20 minutes.

■ Butter the inside of the tart ring. Roll out the dough to about 3-4cm-thickness and line a 9-inch tart ring. Trim the overhang. Pierce the base with a fork a few times. Refrigerate for another 10 minutes.

■ Blind-bake (with pie weights or beans) in a preheated oven at 190°C

for 15-20 minutes. Remove the beans, and then continue to bake until golden-brown for another 5-10 minutes.

Transfer to a wire rack to cool.

■ For the compote, chop the apples into small pieces. Melt the butter in the pan and stir in half the apples with the vanilla. Add the sugar and continue to cook until the apples become soft and mushy.

■ Add the remaining chopped apples and continue to cook for another 10-12 minutes so that you end up with a mix of apples with a bite and an applesauce. Let it cool.

■ To assemble the tart, fill the tart base with the apple compote and arrange the apple slices in a concentric circle over it. Bake in a preheated oven at 220°C for 5-7 minutes. In a bowl, mix together 1 tbsp apricot jam with 1 tbsp hot water. Brush over the sliced apples.

■ *PER SERVING* 85.69 kcals, protein 0.89g, carbs 11.95g, fat 4.11g, sat fat 2.57g, fibre 1.02g, salt none

Paris Brest

Makes 6 ■ 2 hours ■ A LITTLE

EFFORT

The Paris Brest is one of the French classics created in 1891 to mark the Paris-Brest bicycle race, with its shape representing the wheel of a bicycle. Be generous with the praline cream.

THE CHOUX CAKE

choux pastry 1 (see recipe on p 104)

flaked almonds 50g

granulated sugar 50g

icing sugar 20g (try Blue Bird available at gourmet stores)

THE HAZELNUT PRALINE

sugar 150g

hazelnuts 150g

THE HAZELNUT-PRALINE

BUTTERCREAM

eggs 3

egg yolks 2

water 20ml

caster sugar 50g

butter 135g, softened

hazelnut praline 90g



■ Preheat the oven to 190°C.

Pipe 6-8 rings of choux pastry in a baking sheet to a diameter of 3-3 1/2-inches with a plain tip number 8.

Brush with egg wash and bake for 20 minutes. Sprinkle with flaked almonds and sugar and continue baking for another 5-10 minutes. Let it cool.

■ For the hazelnut praline, heat the sugar and 50ml water together in a saucepan until amber in colour. Turn off the heat. Stir in the hazelnuts and spread on a baking paper to cool completely. Next, grind it to a paste in a food processor.

■ To make the buttercream, whisk the eggs and egg yolks in a large bowl, until they turn very pale – almost white.

■ Bring the water and sugar to a boil in a saucepan. Once boiling, clean the edges of the pan with a wet pastry brush to avoid crystallisation of sugar. Cook until 120°C on a digital thermometer.

■ Pour the sugar syrup at 120°C over the eggs while continuing to whisk until completely cooled.

■ Add the butter in the bowl and mix until it is creamy and the texture is consistent, shiny and thick. Stir in the hazelnut praline and continue whisking until smooth. Transfer to a piping bag fitted with a star-shaped nozzle.

■ To assemble the dish, lay all the choux rings on a flat surface, slice them horizontally and sprinkle the bottom half with sifted icing sugar. Pipe with the praline buttercream. Place the other half of the choux pastry on top. Sprinkle with sifted icing sugar.

■ *PER SERVING* 798.5 kcals, protein 16.82g, carbs 88.8g, fat 45.13g, sat fat 20.69g, fibre 2.83g, salt 0.4g



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eat out

Continental restaurants reviewed, plus Samode Safari Lodge's signature kebabs



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Vegetable Florentine at
Kolkata's Mocambo

familiarity breeds contentment

We revisit six old-school Continental eateries to see which one serves up the best retro dishes around

HOW WE DID IT Who can forget the sizzlers and stroganoffs that typified our early dining out experiences? In India, our first steps into the world of 'Continental' cuisine were taken at a curious breed of post-colonial restaurants, eateries that have slowly moved from stately to somewhat stodgy. So what if crumbed escalopes and heavy brown sauces went out of fashion a long time ago? We still turn to the honest-to-goodness classics when we're looking for the comfort of familiar flavours. The selection here covers six stalwarts that were hugely popular in their heyday and still draw a crowd today. Each of the eateries we've chosen is known for the variety of Continental dishes they offer.



MOCAMBO KOLKATA

To enter Mocambo, an iconic restaurant just off Kolkata's tony Park Street, is to step back in time. From its red leatherette sofas and its turban-ed waiters who offer exemplary service to its menu, very little has changed since its inception in 1956. College students, courting couples, corporate executives and grandparents throng here, as they have done for decades, for the classic Continental-style fare not available anywhere else. The only thing missing is the live band, which used to play contemporary dance music from waltzes to tango to rock 'n' roll. Mocambo had captured the imagination of dance-loving Calcuttans with its glass dance floor, which



remained crowded until the 1980s, when the band was discontinued and the space cleared for diners.

■ THE FOOD

Dishes created by the original chef-manager Antonio Prandhe, who ran

the restaurant from its inception to the 1970s, are marked as 'Heritage Dishes' on the menu. These include grilled chicken with wine sauce, chicken or fish baked in cheese sauce, vegetable lasagna, baked vegetables and chicken or fish roulades: typically, the kind of food that the expatriate

community of the colonial era liked to eat. In the other sections of the menu there are mixed grills, several pasta dishes and vegetable or chicken sizzler steaks. From the Heritage section, we select the Pepper Devilled Crab as an appetiser. The succulent crabmeat is extracted, mixed in a spicy cheese sauce, baked and served in the original shell. Initially designed to make eating crab a less messy proposition for the English gentry, this has remained a popular style of serving. The traditional Cream of Asparagus soup is elegantly presented in a colonial-style silver bowl. The soup is thick and creamy but a trifle bland, though the generous chunks of imported white asparagus make up for it. Bread rolls or garlic toasts need to be ordered separately.

Next, we try the classic Fish Florentine. Fillets of the famous Kolkata Beckty (spelled the colonial way on the menu), on a bed of chopped spinach are coated in a cream sauce and baked to a golden brown, with steamed carrots and peas on the side. The individual flan dish it is served in is reminiscent of a bygone era — unaffected by the nouvelle plating styles we see at restaurants these days. There is no fussy decorating with microgreens or sauce smears; the only garnish is a crisp fried sprig of parsley. The fish is perfectly cooked and retains its characteristic sweetness and moist flaky texture. Unfortunately, the portion has too much spinach, and very little fish. I feel both cheated and disappointed.

The Vegetable à la Kiev, the vegetarian version of the Heritage Chicken à la Kiev, is a surprise. An indulgent filling of cheese and parsley-flavoured butter in a smooth casing of mashed potatoes, carrots, beans and peas is shaped into a bombe, crumbed and fried. Cutting into the crisp layer, I am thrilled to see the butter ooze onto my plate. Every mouthful is sinfully delicious.

From among a selection of desserts that includes Baked Alaska, Crème Caramel, soufflés, meringues with ice cream, and eggless crêpes served

with either lemon, orange or chocolate sauce, we choose the Crêpes with Chocolate sauce. The crêpes are thin and soft and come with a quenelle of vanilla ice cream. The chocolate sauce drizzled on top is cloyingly sweet and leaves an aftertaste in the mouth which I find unpleasant. The Baked Alaska is to Mocambo what the Taj Mahal is to Agra. Since it is the dessert the restaurant is famous for, we have to try it. Sliced sponge cake, stewed apples, pears and cherries and vanilla ice cream are covered in meringue and baked, and then dramatically flambéed with rum at our table. Each bite is a glorious fusion of flavour, texture and temperature. I could not have asked for a better ending to a delicious meal.

■ **BESTSELLERS**

Prawn Cocktail, Chicken Tetrizzini, Chicken à la Kiev, Beckty Bell Meuniere, Chicken Chipolata

■ **WHAT TO DRINK**

Bottled soft drinks, fresh lime or sweet lime juices, and alcohol with the usual mixers are on the menu, but no signature cocktails, mocktails or fresh juices are served here.

■ **INSIDER TIP**

There is a no reservations policy on weekends and for weekday dinner. Go early to skip the queues. If you are a first-timer, waiter No 22, Noor Mohammed, who has been working here for the past 46 years, will help you choose, but ordering from the Heritage Dishes section of the menu is your best bet.

■ **DETAILS**

25 B, Park Street, Kolkata. Tel: +91 33 2229 0095. Timings: Daily 11 am - 11.30 pm. Starters from ₹ 190; mains from ₹ 230; desserts from ₹ 120. Meal for two approximately ₹ 1,400.

Quality: 8.5/10
Choice: 8/10
Atmosphere: 7/10
Value: 9/10
Total: 32.5/40

- Iti Misra



MOCAMBO
CAFE
MUMBAI

Top: Caramel custard is a must-have at Mumbai's Mocambo Cafe. Facing page, clockwise from top left: The spiffy interiors of Kolkata's Mocambo; Baked Alaska; The restaurant draws crowds even today; Chocolate souffle

There was a time when accountants, advocates and bankers in the bustling Fort area displayed unflinching loyalty to the neighbourhood Mocambo Cafe's home-style Parsi fare of keema *pao*, mutton *dhansak*, masoor gosht and brain cutlets. Established in 1960 at the corner of a busy arterial street, it served as a popular spot for my parents during their courtship years in the late-'80s. The only memory I have of the Mocambo of yore is of a rather unpleasant meal, 20-odd years ago. Fussy eaters back then, we children called for off-the-menu French fries, only to be served two halved fried potatoes with ketchup.

However, in 2004, the erstwhile Irani café embraced change, its checkered tablecloths giving way to



Prawns, Denmark Sausages and Fries with Cheese.

The Fish and Chips comprise the classic trinity of a flawless basa fillet encased in a crisp batter, a tiny bowl of cold tartare sauce and deep-fried chips. The chips are thickly sliced, albeit thinner than the ones we ate here as kids many moons ago. We also try the Herb and Garlic Chicken recommended by the manager, and it is exceptional. A fillet of succulent boneless chicken is concealed beneath an aromatic garlicky gravy. The dish comes with slices of boiled carrot and zucchini topped with grated cheese, and mashed potatoes on the side. Next, we order the roulade-like Chicken



polished wooden interiors in a spiffy, split-level air-conditioned space. Only the legendary cartoonist Mario Miranda's monochrome illustrations and the off-kilter statuette of a rooster on the walls lent a wistful slice of old Bombay. The menu underwent a major overhaul: Chef Hubert Fernandes' Continental fare took centre stage, relegating the typical Parsi dishes to a smaller, separate list. We visit on a Saturday afternoon and are greeted with strains of Bruno Mars and Bryan Adams on loop and spiral-bound menu cards ridden with typos. Posters citing chef's favourites such as Pork Chops, Le Superbe Fondue and Roast Tongue in Garlic Potatoes are all over

the mirrors, and we spot a gaggle of teenagers celebrating a birthday over pitchers of beer. Mocambo has changed with the times, and this is most evident when a young girl 'Instagrams' her food on the next table, whilst her father admonishes her.

■ THE FOOD

We begin with the Chilli Cheese Toast — oven-browned slices of bread halved into triangles, smeared with grated cheddar speckled with finely chopped green chillies and a dash of paprika. They taste particularly good with a dab of chilli sauce. Most of the appetisers veer towards greasy comfort food — there's Bacon Bits, Cracker Jack

Cordon Bleu — chicken stuffed with pounded ham and melted cheese. The chicken is coated with an agreeably crisp layer of fried breadcrumbs, accompanied by a robust red wine and barbecue sauce — a hearty prospect for meat lovers.

Our vegetarian main, the Trifolati, is underwhelming. A mix of thinly sliced mushrooms, roundels of baby corn, sliced black olives and cherry tomatoes is drowned in a creamy sludge of tomato-paprika sauce minus any hint of the basil promised on the menu. It tends to coagulate if not eaten quickly. We skip the sundaes and opt for good ol' Caramel Custard for dessert. It is perfectly wobbly; and happily free of

the overly eggy taste we've become accustomed to at most Irani cafés in the city. The much-venerated Irish Coffee Cheesecake we order is on shaky ground, though. While it does pack in strong flavours of espresso and liqueur, the texture is hardened by a heavy hand with the gelatin.

■ **BESTSELLERS**

Lobster Thermidor, Pork Chops, Farmer's Garden Lasagne, Irish Coffee Cheesecake

■ **WHAT TO DRINK**

Your best bet is a large mug of chilled beer, especially on muggy days. The beverage list comprises a mix of domestic beers and wines, cocktails and mocktails. We try a virgin Apricot and Peach Margarita. The salt-rimmed glass topped with ice and a sprig of mint arrives at our table long after we begin eating, but is completely worth the wait. Even though we suspect the fruit is of the tinned variety, the drink is perfectly chilled, and not too sweet.

■ **INSIDER TIP**

Mocambo usually sees a steady stream of customers for lunch on weekdays so get there by 1 pm for an assured table. The manager, Daniel D'mello, is prompt to offer recommendations and is patient with picky patrons wanting to customise their food, as when we ask for more veggies in the Trifolati.

■ **DETAILS**

23/A, Pherozechah Mehta Road, Fort, Mumbai. Tel: +91 22 2287 0458.
Timings: Daily, 11.30 am – 11.30 pm.
Starters from ₹ 100, mains from ₹ 180, desserts from ₹ 90 and drinks from ₹ 125. Meal for two approximately ₹ 1,500.

Quality: 7/10

Choice: 8/10

Atmosphere: 7/10

Value: 8/10

Total: 30/40

- Khorshed Deboo

Right: Pasta and Vegetable Sizzler at Gaylord
Facing page, clockwise from top: Cartoonist Mario Miranda's illustrations occupy pride of place on the walls at Mocambo Cafe; Chilli Cheese Toast; The restaurant was an Irani-style café when it was first established



GAYLORD
MUMBAI

In his book, *Taj Mahal Foxtrot*, author Naresh Fernandes states that from the late 1950s to the mid-'80s, Gaylord and other eateries on the erstwhile Churchgate Street Extension — Berry's, Bombelli's and Napoli (now Salt Water Café, Shiv Sagar and the long-shuttered Chopsticks, respectively) — would regularly host jazz bands. Alas, all we've heard during our visits to Gaylord are recorded instrumental Bollywood tunes, with a predilection towards '90s Yashraj numbers.

Apart from the live music, Gaylord was where well-heeled, true-blue

Bombayites savoured butter chicken and chicken Montreal alike. Established in 1956, the split-level restaurant is still a chip off the block — scalloped curtains frame the windows, the damask tablecloths bear napkins folded in the Bishop's Mitre style, and ornate chandeliers and oil paintings affirm a long-lasting colonial hangover. The avuncular staff too, are well past their prime. Still, the charms of this illustrious establishment have not yet failed to delight.

I have lost count of the number of family meals we've eaten here since the '90s. My association with Gaylord continued during college — stopping by for an afternoon snack of Mushroom Basket and apple pie in the outdoor section or picking up the



breadcrumbs, topped with a substantial portion of fragrant scrambled egg. It arrives with a side of mashed potatoes, boiled carrots and peas: a gratifying dish.

The flavourful Lamb Steak Au Poivre — three succulent chunks of lamb fillet cooked in butter, liberally coated with crushed peppercorns and served with a robust red wine sauce — demands a repeat order during our next visit. The meal, however, hits a low point when we order the Peach Melba. Our sundae glass contains slices of tinned peach (instead of poached fresh ones), and vanilla ice cream topped with cream and raspberry sauce (straight out of a store-bought bottle, we suspect). The quantity of the cream is somewhat overwhelming and it tastes sour, and we don't see any customary slivers of almonds or pistachios.

■ **BESTSELLERS**

Waldorf Salad, Vegetable Au Gratin, Chicken à La Kiev, Lamb Stroganoff

■ **WHAT TO DRINK**

Gaylord offers a decent variety of wines, cocktails and mocktails. Try the cold coffee: chilled, creamy and with just the right amount of sweetness, you could also have it with vanilla ice cream for a more indulgent treat.

■ **INSIDER TIP**

While the dessert menu lists favourites such as Caramel Custard and Walnut Pie, pop into the bake shop for a better variety of confections — the Almond Meringue, Apple Strudel and Lemon Twist are particularly worth a try.

■ **DETAILS**

79, Mayfair Building, Veer Nariman Road, Churchgate, Mumbai. Tel: +91 22 2204 4693. Timings: Daily, 10 am – 11.45 pm. Starters from ₹ 165, mains from ₹ 415, desserts from ₹ 175 and drinks from ₹ 75. Meal for two approximately ₹ 2,000.

Quality: 7/10

Choice: 8/10

Atmosphere: 7/10

Value: 7/10

Total: 29/40

- Khorshed Deboo

spectacularly boozy Rum Kist cake from their bake shop for birthdays. One can even linger over a cup of tea and a newspaper on a balmy day — nobody bothers you.

■ **THE FOOD**

We begin our weekday lunch with our childhood favourite of Sweet Corn Chicken Soup that comes in old-fashioned, floral ceramic bowls with lids. We approve of the sweet-salty flavour of the almost-simmering soup. Generous amounts of shredded chicken and egg drop lend the consommé its fetching texture. We like it with a dash of Tabasco. Their version of the Waldorf Salad is an instantly likeable medley of diced apple, papaya and pineapple dressed in chilled, subtly-flavoured mayonnaise, garnished with slices of sweet lime and broken walnuts.

But the Vegetable Au Gratin is a letdown. While the bake includes all the customary components of broccoli, cauliflower, carrot, French beans and (a tad too many) green peas, it is underseasoned and could do with a more generous sprinkle of cheese. The white sauce is rather runny, and not as creamy as we would like it to be. Luckily for us, the meaty mains do not disappoint. The Chicken Escalope comprises a breast of tender, boneless grilled chicken dredged in

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eat out
restaurant spy



THE ONLY PLACE BENGALURU

Fifty-odd years ago, the good citizens of Bangalore had their fill of boiled beans (from which the city takes its name), masala dosa and Maddur *vada*, but of hearty fare like burgers or steak there was nary a trace. To redress this culinary imbalance, along came The Only Place in the early-'70s. Haroon Sait and his American wife Alice started what has become a beloved culinary icon with recipes and a cooking style learnt from the Peace Corps volunteers in the city longing for apple pie like mom used to make. Originally located on Brigade Road in uneasy proximity to the local undertaker's, Snaize Brothers, the eatery acquired a loyal following among cosmopolitan types, expats and the young.

Much water has flowed down the Cauvery since then. Today, Haroon's son Shoaib runs the restaurant, and has recreated a modern version of the old favourite in Indiranagar, the city's trendiest restaurant hub, with the help of loyal family retainers. Located in the courtyard of a two-storeyed bungalow,

it is a charming al fresco setting. Loyalists of OP's, as it is fondly referred to by regulars, will be relieved to note that when it comes to the food, nothing has changed from the good old days.

THE FOOD

OP's has stuck to the plot of hearty, unpretentious American diner food: large portions and robust flavours. There's no embarrassment when you reach for the mustard or ketchup here. The steaks are still fine cuts of meat, the burgers are just as sumptuous and juicy, and the trio of fries, mash and veggies remain loyal hangers-on to the main courses. There are plenty of old-fashioned soups to choose from — tomato, celery, mushroom and chicken jostle for place on the menu and there's even a chowder, albeit with chicken, not clams.

On this visit, my significant other opts for the Lamb Chops, marinated overnight in an amalgam of yoghurt, wine, garlic and rosemary. They are tender and succulent, with a delicate layer of fat. The chops are accompanied by mashed potatoes and veggies that are lightly steamed to retain both colour and crunch. The Garden Salad is pedestrian, a collection of limp iceberg lettuce, onions and

tomatoes with a bland vinaigrette dressing.

I stick to the signature dish, the Chateaubriand Mini Supreme at medium doneness, and am suitably impressed. Delicately charred on the outside and luminously pink on the inside, this steak is bursting with flavour and spirit. It comes with caramelised onions and shoestring fries. (The steaks can be ordered with sauce on the side; pick the mushroom or pepper.)

My son is delighted with his British-style Fish and Chips: two thick fillets of kingfish, encased in a light beer batter and crisply fried to golden-brown perfection. The peas aren't as mushy as they would have been in a London chippie but who's quibbling? Vegetarians could try the Lasagna, or the Cottage Cheese Steak, which tastes much better than it sounds.

OP's signature dessert is the apple pie, a delightful confection of stewed apples, redolent with the scent of cinnamon, encased in a flaky latticework crust and served with a generous helping of whipped cream or ice cream. The peach pie is another option or, when it's in season, the strawberry pie. The caramel custard is certain to produce whimpers of delight from boarding school types.

Top, from left to right: The much-lauded Apple pie at The Only Place; Proprietor Shoaib Haroon chats with patrons; Vegetable lasagna Facing page, from top: Vegetable Mixed Grill Sizzler at Gaylord; A table in the outdoor section is ideal for an evening snack; The adjoining bake shop offers a variety of breads and cakes

Photographs: KUNAL CHANDRA

■ **BETSELLERS**

Chateaubriand Supreme, Moussaka, Shepherd's Pie, Lamb Chops, Apple Pie

■ **WHAT TO DRINK**

OP's has a no-alcohol policy but they do a decent lemonade. One can choose from a range of fresh fruit juices.

■ **INSIDER TIP**

If you're not in the mood for a large steak and want to try something different here, then call up in advance and order the Chelo Kebab with Bamiya rice, a Persian classic.

■ **DETAILS**

311, 6th Main Road, 2nd Stage, Indiranagar, Bengaluru. Tel: +91 97423 98311. Timings: Daily 12 pm – 3 pm, 7 pm – 11 pm. Starters from ₹ 55; mains from ₹ 140; desserts from ₹ 100. Meal for two approximately ₹ 2,000.

Quality: 7/10
Choice : 6/10
Atmosphere: 6/10
Value: 8/10
Total: 27/40

- Ajit Saldanha



UNITED COFFEE HOUSE
 NEW DELHI

affordable. It has always attracted a vast cross-section of tourists, regulars, NRIs on a trip down memory lane, political workers and businessmen. You may have to wait for a table because of its popularity. North Indian food continues to rule the roost, but many come here for their fix of tomato fish and chicken shashlik. The service staff has changed with the renovation: you may not be recognised as an old-timer any more, but there's a professionalism now that is a relief from the old days.

■ **THE FOOD**

During the recent revamp, the menu was divided into sections. In addition to Continental dishes, UCH has a menu as long as your arm: a necessity, given the cross-section they cater to every day. It is daunting for a restaurant to serve western and Indian teatime snacks, north Indian, regional Indian, Chinese, Continental, Thai and pizzas. Now, however, it is easier to identify the classics. The majority of them were incorporated in the 1950s when 'Continental' food was brought in by the cooks from the clubs of Calcutta.

These dishes continue to the present day and have now donned the mantle of retro cuisine. The creamy Mushrooms on Toast features sliced mushrooms blanched the way they used to be in a bygone era, doused in expertly made mornay sauce. By the

Built in 1942, this is one of the last remaining stalwarts of Connaught Place. The double-storeyed buildings painted toothpaste white and describing a circle around the park continues to be a magnet for diners. United Coffee House (UCH to loyalists) is the only remaining old-time restaurant to occupy its prime position in the Inner Circle. (The other couple of restaurants to have withstood the vicissitudes of time are located on the many radial roads of Connaught Place and most have been renovated beyond recognition.) UCH was founded by the grandfather of the present owner. Over three generations, the interiors have been painstakingly maintained, and last year it had an imperceptible facelift: modern replicas of the chandeliers of old were ordered from Belgium and the ceiling and walls were given a lick of gold paint to embellish the fading curlicues on the wall.

The facelift actually made the dowager look her age, complete with a tiara of heritage. It is the only restaurant in the NCR to celebrate its heritage look even while the prices stay

Left: A copy of the very first menu at The Only Place
Top: The newly-refurbished interiors of United Coffee House.
Facing page: Latticed apple pie topped with a scoop of ice cream at United Coffee House



time it is brought to our table, the thick toasted white bread is pleasantly soggy and the silken sauce spreads gloriously over the plate. The Cheese Balls here are winners that bring old-timers back, time and again. Though they are deep-fried, there's not a drop of oil visible on the plate and the fluffy golden orbs are generously flavoured with cheese, making them a perfect Continental teatime snack, served with green chutney made in-house.

The standout main has to be the Chicken à la Kiev that has remained exactly the same since the 1960s when I used to visit as a child. It is served on a bed of mashed potatoes to catch the squirting butter encased within the beaten escalope of chicken, which has been thickly coated with flour and breadcrumbs and rolled with the bone in. Once it is deep-fried, the butter melts. Pierce through the crisp carapace, and it oozes messily all over the plate. It may not be quite the ticket for a first date, but it is oh-so-satisfying. Besides, you rarely find it in restaurants nowadays. The Western Classic menu doesn't offer any soups or salads, and with the exception of Mushroom Stroganoff, it has mainly chicken and fish dishes. In every other section, however, UCH has been scrupulous in providing vegetarian and Jain choices. The Baked Alaska and the Caramel Custard are failsafe options to wrap up your meal.

■ **BESTSELLERS**

The Chicken Cutlets are soul-satisfying but as European as my left toe. Dishes like Mushroom Stroganoff and Sole Meuniere have been swept into the present times virtually unchanged, right down to the steamed noisettes of carrots and cauliflower.

■ **WHAT TO DRINK**

Get the cold coffee or hot coffee with cream (known to regulars as hot cream versus hot plain which is hot coffee with milk). These have been the standard beverages since its inception. They go down a treat with the snacks.

■ **INSIDER TIP**

Various sections of the menu are available at different times of the day.



Photograph SAURABH SISODIA



EMBASSY NEW DELHI

Embassy is one of the 'grand old ladies' of Connaught Place. Established more than 65 years ago in the aftermath of Independence, this is indisputably an iconic landmark of the capital. Though it positioned itself as a fine dining restaurant even in its heyday, it was not quite in the same league as Gaylord or Wenger's. Old-timers at Embassy, though, retain fond memories of the place dating back to the mid-1960s: the 'Continental' fare here was served without the stuffiness of the more pretentious restaurants.

Many among the crowd that assembles every day comprise loyal patrons on their ritual visit. In the mornings, most tables are occupied by garrulous septuagenarians sipping tea or coffee, or nibbling on toast. Time seems to have stopped here. There have been no remarkable changes in the décor: the only concession to the times are two mid-sized LCD televisions that no one seems to be watching and a small bar for the tipplers.

It is the service that sets Embassy apart from its modern counterparts. Waiters greet you like old respected friends and don't rush you to place an order. They are helpful with suggestions and seem genuinely sorry if they can't provide what you fancy.

■ THE FOOD

Much to our disappointment, the soup

bowl nowadays offers very limited choice. We ordered the Cream of Asparagus that is just about passable. It comes without bread sticks or rolls, leans towards lukewarm and is prepared with tinned asparagus. We detect not even a suggestion of the delicate but distinct flavour of asparagus. No non-vegetarian clear soup is available. Obviously, not many order the classics anymore. Diners today who frequent Embassy seem to be quite content with Cream of Tomato, Mushroom and Sweet Corn. French Onion Soup is mentioned in the menu but we are politely told it is not available. It is surprising that even the Mulligatawny that can be enjoyed at many lesser-known eateries fails to make an appearance here.

The Chicken Cutlets are a failsafe here. They are lightly spiced and perfectly crumbed. We dig in with gusto and need no condiments (reaching for the ketchup would be an insult to the chef). The Hors d'oeuvre Platter has a variety of salads including a reasonable rendering of Waldorf and Russian Salads. A few kernels of walnut would have certainly lifted the Waldorf, which has a generous serving of delicious apple slices. Chunks of cheddar are a (not unpleasant) surprise in the Russian Potato Salad. However, the chef at work seems to have an obsessive preference for mayonnaise. No other dressing is discernible, which makes everything taste somewhat similar. It also includes some hot starters to nibble including batter-coated chicken

Clockwise from left: Eggplant Parmigiana at United Coffee House; The old-time restaurant still attracts loyal patrons; The décor of Embassy has remained almost unchanged
Facing page, clockwise from top left: Fresh Cheese Cutlets at Embassy; Russian salad; Cream à la Embassy is the restaurant's signature pudding

The bites are not served during meals, nor the main courses at teatime. At any time of day, the sofas against the wall on the ground floor are the most coveted seats in UCH.

■ DETAILS

E-15, Inner Circle, Connaught Place.

Tel: +91 11 2341 6075. Timings:

11 am – 11.30 pm. Starters from ₹ 225, mains from ₹ 545; desserts from ₹ 295.

Meal for two approximately ₹ 3,000.

Quality: 8/10

Choice: 9/10

Atmosphere: 9/10

Value: 7/10

Total: 33/40

- Marryam H Reshii

nuggets (that at first sight looked ‘fishy’) and liver and kidney in BBQ sauce, which strike the only contrasting note. The platter is large enough for two and works as a light meal by itself.

The classic Lamb Roast we order for our mains is succulent and flavourful and comes to us carved in easy-to-manage slices. The lovely mint sauce accompanying it is a perfect partner to the meat. Cheese (read

paneer) cutlets and vegetable sizzlers are not very tempting options for those who eschew meats. Not surprisingly, most vegetarians stay with the tried-and-tested baked vegetables.

We are tempted by the old favourite, Stroganoff, that is also listed on the menu in a vegetarian avatar, but finally settle on the more sinful Chicken à la Kiev. The dish wins our vote of approval, but be warned, the portion is larger than one can cope with unless absolutely famished. The dark-brown crumbed casing is not very elegant to look at but the filling of fresh herbs, morsels of mushroom and chicken mince, and a drape of melted butter oozing like molten gold once you slice through, more than makes up for it. The chicken is juicy, with a pleasant pepper-garlic laced taste.

Basking in the Kiev’s afterglow, we are told that there is no caramel custard for dessert. We learn, much to our sorrow, that it is no longer on the menu. Fruit Jelly and Fruit Salad with Cream fail to stir any cravings in us, so we get the Cream à la Embassy instead, a satisfying light gateaux that can easily be split between two.



■ **BESTSELLERS**

Cutlets (chicken, mutton, vegetable and paneer), Fish ‘n’ Chips, sizzlers

■ **WHAT TO DRINK**

There are a range of fresh fruit juices and mocktails to choose from. The fresh pineapple juice we get is sour and has a repellent sprinkling of masala. The mocktail — a fruit punch — is an even greater letdown. It looks and tastes like an oversweet, reconstituted strawberry crush.

■ **INSIDER TIP**

Make it an early lunch if you’d like to soak in the ambience but not struggle to get a table. Try dinner if you’d like more privacy.

■ **DETAILS**

11D, Connaught Place, New Delhi.
Tel: +91 11 2341 6434. Timings: Daily, 10 am – 11 pm. Starters from ₹ 175; mains from ₹ 350; desserts from ₹ 150. Meal for two approximately ₹ 3,000.

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

- Pushpesh Pant



pro vs punter

Does your average diner agree with what the restaurant professionals think? *Good Food* reader Iti Misra and food writer Rita Bhimani review The Corner Courtyard in Kolkata and come away with contrasting experiences

THE RESTAURANT



THE CORNER COURTYARD

The Corner Courtyard is located, as its name suggests, in a corner property on Sarat Bose Road, now a busy thoroughfare. The restored colonial bungalow that houses the restaurant (and the seven rooms of the boutique hotel) dates back to 1904. It serves lunch, high tea, dinner, and on Sundays, breakfast too.

The menu, devised by head chef Rohan D'Souza, is creatively European. Classic Continental flavours are updated with Asian and Mediterranean influences. Signature dishes include Tangy Thai risotto balls and bacon wrapped prawns, Turkish grilled chicken with pomegranate tabouleh salad, Swiss potato rosti, Calamari stuffed with minced prawn and crab meat and Pizza Puttanesca.

92 B Sarat Bose Road, Kolkata 700 026.
Tel: +91 33 4061 0145. Daily 12 pm - 11 pm; Sundays 8 am - 11 pm. Average spend for two: ₹ 2,500.

Pushy table turning? No
Regular water offered? Yes
Veggie options? Plenty

THE PRO



Rita Bhimani runs her own PR consultancy company. She loves to eat out and for the past three decades, has been writing about food for several daily newspapers and magazines.

FIRST IMPRESSIONS

Most first-time visitors to The Corner Courtyard love to gawk at the interiors. One entire wall of the dining area is speckled with locks, bolts and keys in gleaming brass. The restored antique furniture is quietly elegant, and the thoughtfully placed artefacts speak of another era – we spot heavy coal-fired irons, radios, Rolleiflex cameras and old photographs. The big plus point of The Corner Courtyard is that it is always humming with patrons. I love a place that is full and buzzing.

THE SERVICE

The service staff is attentive. They are friendly and appear in a trice without hovering around. We leave our selection to them and when I ask if they know how the dish tastes, they tell me they have sampled the lot!

THE PUNTER



Iti Misra has worked for over 22 years, first in British Airways and then with Royal Caribbean Cruises. Now retired, she spends her time indulging her main passions: travelling and cooking, eating and writing about food.

The Corner Courtyard is situated in the courtyard of a 20th Century Kolkata town house, now converted into a boutique hotel. The restaurant, which opened in October 2013, provides a gourmet European experience in a predominantly Bengali residential area. Framed sepia prints of the house in its pre-restoration days are displayed in the foyer and the main courtyard: a nostalgic tribute. There is a fascinating array of collectibles ranging from antique clocks, quirky teapots, painted pottery, brass doorknobs and wooden photo frames. All this bric-a-brac is a bit overwhelming; perhaps a little less would have been a whole lot more.

Our waiter is courteous and attentive and makes well-informed suggestions. He also agrees to tweak my order to accommodate my aversion to capsicum. But kitchen service is very slow and despite the fact that only two of the tables are occupied, the first starter comes 25 minutes after placing the order. No breadbasket is offered.



Overloaded nachos

Arabian
spinach and
Tabasco hummus
with garlic butter
smeared flat breadChef's
Mediterranean
salad

THE FOOD

The folks at The Corner Courtyard have definitely taken a risk to experiment with myriad flavours. Our hand-rolled thin-crust pizza is half Street Naples, with grilled eggplant, zucchini, peppers, mushrooms and buffalo mozzarella, and half Calypso chicken reggae, with spicy rum barbecued chicken, peppers, roasted garlic chips and pineapple. Unfortunately the rummy flavour of the chicken doesn't really come through, and the crust is a little too brittle. I am happy that the pizzas aren't weighed down by too much cheese. Next, we get the panko and parmesan-crusted chicken escalope: perfectly moist and easy to impale with a fork. The buttered veggies on the side are rightly al dente. The spinach, zucchini and ricotta cheese stuffed cannelloni comes with a roasted cherry tomato compote that offers a piquant mix of flavours. The helpings are generous and we are unable to finish the dishes. But The Corner Courtyard special salad with figs, apples, walnuts and gouda cheese crumble fails to impress, as the lettuce is wilted and soggy. It would have been better if the yoghurt dressing had been brought separately and the salad tossed before us. To drink, we try the roasted raw mango twist (it is really an *aam pora sharbat*) but the Sprite and lemon juice actually flatten the flavour. The Watermelon mocktail with mango powder and feta on the rim of a martini glass looks dramatic but I would have preferred it as a tall drink, with some fizz.

The Corner Courtyard is still awaiting their bar license but the mocktails seem interesting. We try the Watermelon feta and mango powder drink. A piece of feta sits on the rim – a quirky touch – but the watermelon juice doesn't taste right. The Corner Courtyard salad of sea salt-roasted dry figs, apples, salad leaves, walnuts and crumbled gouda is attractively plated. I enjoy the crispness of the greens. Thankfully, it is not overloaded with the yoghurt dressing. The creamy Mushroom Cappuccino served in a coffee cup is delightful. I like the crumb-fried Romanian bacon-wrapped prawns too – they are large and succulent, and come with a tangy mayonnaise spiked with a hint of red chilli. Sadly, the mains are underwhelming. We get the spiced garden vegetable tortellini. The tortellini is clumsily misshapen and so overcooked that they have split open to reveal their filling, a mixture of pumpkin, mushrooms and cashewnuts. The pasta is tasty enough, but drowned in an unappetising and overly sour tomato sauce. The North Atlantic salmon is a generous portion but overcooked so that it is dry and not moist and flaky, as we would expect. It's also too salty. The melted butter and parsley sauce with crushed capers adds to the saltiness, mellowed by the tiny potatoes and grilled artichoke hearts on the side. The Corner Courtyard does not make its own desserts. They are supplied by local pâtisserie, Rouge, and Mamma Mia, the gelateria.

THE VERDICT

The Corner Courtyard has become a popular hub, and not without reason. There's food for all times of the day, there's free Wi-Fi, and it's welcoming enough to linger over just a cup of coffee. The menu is somewhat elaborately crafted, which does intimidate some people, but I have heard others talk about the fun of exploring new flavours. And the décor is a draw.

The imported ingredients are of high quality, but the kitchen seems to make concessions for local tastes. The fish and pasta are both overcooked and there is too much sauce in the pasta dish. Several items on the menu are misspelt, such as "deccedent" chocolate mousse.

Want to review a restaurant?

For a chance to become **Good Food's** next punter, email a 200-word review of any restaurant you've visited, with the heading 'Pro vs Punter', to bbcgoodfood@wwm.co.in with your contact details. You could be the lucky one!

THE BILL

Bhimani's meal for two including a starter, a salad, two mains, two summer coolers, and a dessert cost ₹ 3,000, including taxes.

FOOD: 7/10
ATMOSPHERE: 8/10
SERVICE: 9/10

TOTAL 24/30

GO AGAIN? Yes, of course.

Misra's meal for two including a soup, two starters, two main dishes and a dessert is ₹ 2,855, excluding taxes.

FOOD: 6.5/10
ATMOSPHERE:
7.5/10
SERVICE: 8/10

TOTAL: 22/30

GO AGAIN? Perhaps I would for a special occasion, but otherwise it is expensive and not worth the price.

Samode Safari Lodge, a Relais & Châteaux property, is a luxury getaway situated close to the wilderness of Bandhavgarh National Park in Madhya Pradesh. Relais & Châteaux has 520 of the finest hotels and gourmet restaurants spread across 60 countries. The architecture of the villas at Samode Safari Lodge is inspired by the culture of Madhya Pradesh. Guests can choose to dine indoors or enjoy a barbecue around a campfire. The menu showcases traditional Madhya Pradesh cuisine, with an emphasis on fine meat and modern European fare.



Signature dish

Samode Safari Lodge

Yadavendra Singh, co-owner of Samode Hotels, shares a recipe for the classic anjeer kebab from Samode Safari Lodge

Anjeer ke kebab

Serves 4 ■ 1 hour + soaking ■ EASY ■ V

curd 500g, hung for at least 6 hours

paneer 2 tbsp, grated

gram flour (besan) 1/2 cup

salt 1 tsp + extra to taste

black pepper 1/2 tsp, crushed

coriander seeds 2 tsp, coarsely ground

oil 3 tbsp

tomato chutney to serve

THE FILLING

dried figs 1/4 cup

green chillies 1 tsp, chopped

ginger 1 tsp, chopped

onions 1 tbsp, chopped

coriander 1-2 tsp, chopped

chaat masala 1 tsp

salt to season

■ Soak the dried figs in 2 cups of water for 2 hours. Drain the water, chop the figs and keep aside.

■ In a mixing bowl, combine the hung curd, paneer, gram flour, salt, pepper

and coriander seeds together to form a very thick batter.

■ For the filling, mix all the ingredients together in a separate bowl. Season well.

■ To make the kebabs, grease your palms with oil. Take a spoonful of the curd mixture and flatten it out. Place a teaspoonful of the filling in the centre, seal it from all sides and shape into a round patty. Place on a greased tray or one lined with parchment paper. Repeat the process for the remaining mixture. Chill the kebabs for 30 minutes.

■ In a non-stick frying pan, heat 2 tbsp of oil. Shallow-fry the kebabs in batches, until they are golden-brown in colour on the outside. Arrange the kebabs on a plate and serve with tomato chutney or a fresh fruit salad.



eat away

Fabulous food destinations from around the world.
Go on a culinary trip!

IN THIS ISSUE

- * Eat like a local: Morocco, **p 93**
- * Postcard from London, **p 99**

Traditional Moroccan architecture in the medina area p 94

eat like a local **morocco**

Sunny Morocco has a fondness for rustic olive oil, lemon pickle, spices and dried fruits. It's an eater's paradise!

Words KALPANA SUNDER Photographs KALPANA SUNDER and EBEN LENDERKING

Morocco's cuisine bears testament to the country's position at the crossroads of many civilisations and cultures. The rich, eclectic fare embraces influences ranging from Arab, Berber, Moorish, Jewish, Mediterranean, North African and French. Marrakech and most other cities in Morocco have a bustling street food culture with plenty of options to choose from at hawker stalls, including kebabs such as *méchoui* (from a whole grilled lamb), breads, meats and salads.

In Morocco, locals espouse the communal style of eating. Dishes are shared by family and friends. The midday meal is the main meal; a typical repast begins with a series of hot and cold salads. A dish that you will find everywhere is tagine, a slow-cooked stew of meat, vegetables and lentils, dried fruits like prunes and apricots, served in a traditional clay vessel. Couscous, too, is very popular here. The fine semolina grain is traditionally hand-rolled before being steamed and served with vegetables such as carrots, zucchini and local gourds. Another favourite is pastilla (also called b'stilla), an Andalusian dish brought to Morocco by the Moors. Its crisp pastry crust is usually stuffed with chicken or pigeon, often with a hint of cinnamon, almonds and sugar.

Many Moroccan dishes, including tagine, are lent a unique zing by lemons preserved in a salt-lemon juice mixture. Another interesting local ingredient is argan oil, a strong, nutty-flavoured oil from the south of Morocco. It is used as a dressing for salads, in desserts, and even as a dermatological product.

Bread or *khubz* is an omnipresent motif in Moroccan food, with most bread being baked in communal ovens. The seasoning is generous with spices such as ginger, turmeric, cinnamon, cumin, paprika and saffron. It is forbidden to throw away bread, so families give leftover bread to the poor, or to their livestock.

Morocco is a spice lover's paradise. Cumin is used in almost every Moroccan dish and is considered so important that it is served on the table along with salt and pepper. The ubiquitous spice mix that is sold at all spice markets is called *ras el hanout*, made with ingredients such as coriander, monk's pepper, ash berries, cardamom, cumin, clove, nutmeg and turmeric.

A meal in Morocco usually ends with fruits and sweets dense with cinnamon, honey and nuts. Many desserts are similar to our halwas and barfis. A popular sweet treat is *chebakia*, or spiced sesame cookies.

(continued on p 134)

MENU FOR 4

- * Cucumber & lemon salad
- * Saffron rice with caramelised onions
- * Tagine of turnips, zucchini & fava beans
- * Moroccan mint tea
- * Sweet pastilla with milk & almonds



Chef Fouzia Habrich has worked at Dar Les Cigognes for the past four years as the head chef. She learnt how to cook from her mother and siblings and is a *dada* or Moroccan cook who prepares traditional recipes at weddings and special occasions. She is a specialist in the traditional Berber-Marrakech style of cooking.

Cucumber and lemon salad

Serves 4 ■ 20 minutes ■ EASY ✓



lemon 1

salt 1/2 tsp

cucumbers 11/2, peeled, deseeded and very thinly sliced

red onion 1/2, very thinly sliced

extra virgin olive oil 3 tbsp

freshly ground black pepper 1/4 tsp

dried oregano 1 tsp, lightly crushed

■ Peel the lemons, taking care not to break them. Remove the white piths carefully and then section them. Coarsely dice the sections. Transfer to a bowl and toss with the salt.

■ To assemble the dish, arrange the sliced cucumbers on a plate, followed by the onions, and then the lemon pieces. To make the dressing, whisk together the olive oil, pepper and oregano. Spoon it over the dish and serve.

Saffron rice with caramelised onions

Serves 4 ■ 45 minutes + soaking

■ EASY ✓

oil 2 cups

onions 4 medium, peeled and halved, thinly and evenly sliced and separated
unsalted butter 150g (try Lurpak available at gourmet stores)

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Moroccan mint tea

eat away
Morocco



Traditional Moroccan architecture in the medina area

Tafernout, a flatbread baked on a bed of pebbles in a clay oven



Tagine of turnips, zucchini and fava beans





Metal lanterns from the Jewish quarter

In fact, Moroccans use a lot of dried fruits and nuts like dates, almonds, figs, dried apricots and prunes in savoury dishes too. Almond milk, made from a blend of almonds, rose water, orange-flower water, sugar and milk, is very popular here.

Be sure to sample Moroccan mint tea, or *atai* (traditionally made with plenty of sugar) that is

served from embellished metal pots and poured into glasses. Before taking a sip, look the host in the eye and say '*bi saha raha*' which means 'enjoy and relax'. In most Moroccan homes, pastries are served along with the mint tea rather than at the end of a meal. The city is dotted with pâtisseries — a legacy of the French. The quality of pastries and cakes is usually excellent.

LOCAL KNOWLEDGE

- Most Moroccans eat with their hands, using the thumb and two fingers of the right hand, using pieces of flatbread to scoop up bites of food.
- Moroccan mint tea is not just a refreshment, it's a ritual. It is poured from special silver teapots with curved spouts from high above the table, to be splashed creatively into short glasses.
- Street food and fresh produce is everywhere – you must try the local chewy macarons and pieces of blood-red prickly pears on toothpicks.
- The villages between Marrakech and the Atlas mountains are known for their traditional flatbread called *tafernout*. It is baked in a clay oven on a bed of pebbles. This method of cooking helps distribute the heat evenly and gives a beautiful texture and colour to the bread.
- During the holy season of Ramadan, when Muslims fast during the day, *harira*, a thick chickpea soup made with fresh dates, is often served at night in restaurants and in homes.

MENU DECODER

- * **AMLOU** A paste of almonds, honey and argan oil.
- * **BEGHRIR** Honey pancakes made of flour, semolina, yeast, eggs and milk.
- * **BRIOUAT** Small spring rolls stuffed with meat or vegetables.
- * **CHEBAKIA** Fried cookie dough dipped in honey and sesame seeds.
- * **KHUBZ** Moroccan flatbread.
- * **MEHELBIYA** A classic Moroccan pudding similar to panna cotta made with cornflour, milk, sugar, orange flower water, almonds and cinnamon.
- * **SMEN** A rancid butter concoction like Indian ghee, with the flavour of blue cheese. It is made with butter, ground semolina and salt.

- cinnamon stick** 1
- green cardamoms** 8 pods, cracked
- whole black peppercorns** 5
- basmati rice** 400g, washed and soaked in salted water for 3 hours
- pistachios** 5 tbsp, roughly chopped
- saffron threads** 2 pinches, infused in 1/4 cup of boiling water
- sea salt** to taste (try Roland available at gourmet stores)

■ To caramalise the onions, heat the oil in a deep frying pan (the oil should not come more than halfway up the sides of the pan). Once piping hot, fry the onions in small batches, stirring to keep them from sticking together. When they are golden brown in colour, remove and drain on kitchen paper, blotting off any excess oil. Repeat until done. Keep aside.

■ Melt the butter over a medium flame and sauté the cinnamon, cardamoms and black peppercorns for about 5 minutes to bring out their flavours.

■ Drain the rice and add it to the pan, then stir to coat with the butter and spices. Turn the heat to high, then stir in the pistachios and salt. Add 800ml water to cover the rice.

■ Bring the rice to a boil, cover with a lid, and then simmer for 5 minutes. Drizzle the saffron water over, cover, reduce the heat to low, and cook for a further 4-5 minutes. Switch off the flame and let the rice stand, covered, for 10 minutes. Serve with the caramelised onions on top.

Tagine of turnips, zucchini and fava beans

Serves 4 ■ 1 hour ■ EASY ✓

- turnips** 3 large, peeled and quartered lengthwise
- zucchini** 8-12 small, halved lengthwise
- fava beans (papri)** 400g, husked and shelled
- olive oil** 3 tbsp
- onions** 2-3 tbsp, finely minced
- sweet paprika** 2 tsp (try Pote available at gourmet stores)
- white pepper** 1 tsp, freshly ground
- salt** 1 tsp
- dried powdered ginger** 2 tsp

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Cucumber and lemon salad

eat away
Morocco



A fresh fruit stall at Djemaa el Fna



Tagine pots are a common sight at most local markets



Saffron rice with caramelised onions



Sweet pastilla with milk and almonds

parsley 1-2 tbsp, finely chopped
mint 1 tbsp, finely chopped

■ Soak the chopped turnips, zucchini and fava beans in water to prevent them from getting dry or discoloured.

■ Pour the olive oil into a tagine pot. In case you do not have one, use a saucepan with a tight-fitting lid. Toss in the onions and spices and stir well to coat. In the centre of the pot, create a small mound of the fava beans, and alternating with the turnips and zucchini, lay them all around like a tepee. Add any remaining beans. Stir in 1/4 cup of water and sprinkle over the parsley.

■ Cover the pot and cook on moderate heat over charcoal or directly on the stove for about 30 minutes until the vegetables are done. Add more water if required. Garnish with the mint just before serving.

Moroccan mint tea

Serves 4 ■ 10 minutes ■ EASY  

water 4 cups
fresh mint 10 sprigs + 4 extra for garnish
green tea 3 tsp
sugar 3 tbsp

■ Boil the water. Combine 10 mint sprigs, green tea and sugar in a teapot, then fill it with more hot water. Let the tea brew for 3 minutes, stirring the leaves once or twice, then strain into cups. Garnish with the remaining sprigs of mint.

Sweet pastilla with milk and almonds

Serves 8 ■ 1 hour ■ MODERATELY EASY  

filo pastry 20 sheets (try Jus Rol available at gourmet stores)

oil 2 cups

whole almonds or walnuts 180g, blanched

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

cinnamon powder 1/4 tsp

cornflour 3 tbsp

milk 1.15l + 4 tbsp extra, cold

caster sugar 115g (try Tate & Lyle available at gourmet stores)

salt a pinch

blanched almonds 4 tbsp, ground

rosewater or **orange blossom water** 2 tbsp

strawberries 10 large, sliced, to decorate

honey 1 tbsp to drizzle (optional)

■ Cut the pastry sheets into uniform circles, each about 20cm in diameter. Cover the uncooked sheets to prevent them from drying out. Heat 1cm of oil in a deep frying pan. Fry the pastry sheets, 2 pressed together at a time, on both sides until pale golden and crisp, adjusting the heat to keep them from turning brown. Drain on kitchen paper. Prepare 10 such sets and keep aside.

■ Leave the oil in the frying pan. Brown the whole almonds or walnuts in the oil. Drain, and when cool, chop coarsely or crush. Mix with icing sugar and cinnamon powder to taste.

■ Blend the cornflour and 4 tbsp of milk to make a paste. Heat the remaining milk to boil with the caster sugar and salt. Stirring constantly with a wooden spoon, add the paste and cook until reasonably thick (the sauce should coat the back of the spoon). Add the ground almonds and perfumed water. Whisk until very smooth and continue cooking for 1 minute. Remove from the heat and chill in the pan.

■ To assemble, place 2 sets of pastry sheets on a large plate and sprinkle over half the chopped, browned almonds. Cover with 3 sets of pastry sheets and spoon over a few spoonfuls of the milk sauce. Cover with another 2 sets of pastry and sprinkle over the remaining almonds. Cover with the remaining pastry sheets and spoon over a few more spoonfuls of milk sauce. Decorate with strawberries and drizzle over honey, if you like. Serve immediately.

HOW TO GET THERE

Fly Emirates through Dubai to Casablanca and connect by Royal Maroc to Marrakech. Alternatively, drive from Casablanca (about a three-hour trip). Return airfare is priced at approximately ₹ 59,000. Indians need a tourist visa to visit Morocco, granted by the Moroccan Embassy in New Delhi. A multiple entry visa costs ₹ 2,414.

MINI GUIDE TO MARRAKECH

EAT

■ The gargantuan square, **Djemaa el Fna**, becomes packed with food stalls by sunset. Most locals have favourite stands at this outdoor food court, which are numbered for easy reference. Try the fresh orange juice and the fish 'n' chips. You will also be offered fried aubergines as well as scrumptious Moroccan dates. *Keftas* (minced meat) and offal stew are commonly sold here. Vegetarians can try the local chickpea soup with vegetable couscous. End the meal with a slice of rich spice cake from the hawker carts. (Expect to spend approximately 10 Moroccan dirhams).

■ If you want to splurge, head to the stylish **Dar Yacout** (yacout.ma) with shiny *tadelakt*, or polished lime plaster walls and scalloped columns crafted in the Moroccan tradition. Owned by brothers Mohamed Zkhir and Abdellatif, this classy hotel has received heads of states to kings and other dignitaries. Start with drinks and canapés on the rooftop terrace, then follow it up with a seven-course degustation dinner. Try their slow-cooked tagine *makkfoul* made with meat, tomatoes, onions and cinnamon.

■ For a meal fit for a king, head to the Royal Mansour Hotel owned by the King of Morocco and enjoy the food at their restaurant, **La Grand Table Marocaine** (Rue Abou Abbas El Sebti, Medina. Tél: +212 522 98 98 04).

■ **KosyBar** (kosybar.com), on the edge of the Mellah or the Jewish quarter, plays lounge music and overlooks the Koutobia Minaret and the walls of the ancient El Badi palace. Try their assorted Moroccan salad platter and the tagine.

■ For a glimpse into local French culture, head to the carefully restored **Le Grand Café de la Poste** (Tél: +212 524 42 27 14). Try regional dishes like tabbouleh and couscous.

STAY

■ You must stay in a riad — a traditional courtyard house, at least for a few nights. The layout, with a central

courtyard, a lush garden and fountain as well as a terrace with a great view of the medina and nesting storks, makes for a unique local experience. Stay at **Dar Les Cigognes** (lescigognes.com), a charming riad near the Jewish market with stunning rooms furnished with traditional fabrics and designs, a hamam and Moroccan cookery classes. (Rooms from around ₹16,000 per night).

■ Luxury seekers should stay at the **Royal Mansour** (royalmansour.com; Tél: +212 529 80 80 80) the personal project of the King of Morocco. With Andalusian courtyards and pools, the hotel has riad-style townhouses with silk-panelled walls. (Rooms from ₹1,05,000 per night).

■ Another high-end place to stay is the **La Mamounia** (mamounia.com; Tél: +212 524 38 86 00), the city's oldest hotel recently reopened after a three-year restoration. With velvet chairs and silk-shaded lamps, vast gardens and Moroccan craftsmanship evident in meticulously painted ceilings and mosaics, this is the place to soak in imperial pleasures. (Rooms from around ₹ 40,000 per night).

DO

■ Visit **Majorelle Gardens** (jardinmajorelle.com), which was created by a French artist and is home to flora from five continents. It houses buildings in electric blue, canary yellow and terracotta shades as well as a carefully curated Berber Museum showcasing tribal culture.

■ To learn more about Moroccan architecture, visit the **Madrassa Ben Youssef** (Tél: +212 632 25 11 640), an Islamic school dating back to the 14th Century with beautiful tiles, cedar panels and stucco.

MUST BUY

* **ARGAN OIL** Argan oil is produced from the nuts of the argan tree (*Argania Spinosa*) found in Morocco. Culinary argan is a great dip with bread, and can also be used in couscous and salads. You can use it to make *amlou*, a bread dip made by grinding roasted almonds and mixing it with argan oil and honey.



Breads that were baked in a communal oven



Marinated olives at a souk

* PRESERVED LEMONS AND OLIVES

Take home some of the region's most prized produce. Head to the local souk to pick up small jars of pickled olives and lemons.

* **RAS EL HANOUT** Don't leave without buying a jar of *ras el hanout*, a spice mix of around 30 different spices whose name translates to 'head of the shop'. The proprietor of each spice shop sells his own unique — and secret — *ras el hanout* mixture. It's the Moroccan version of our garam masala.

* **TAGINE POTS** Large ceramic platters with floral designs and tagine pots are sold in most marketplaces. Spoons, ladles and jars made out of fragrant lemonwood sold at the local souks make great gifts.

Postcard from London

Karen Anand's week in London is dotted with springtime lunches, walks in the park, some serious research on pub culture and stunning suppers



Photograph KAREN ANAND

London in the spring sees some blustery winds, gloomy days and the very occasional sunny spell, but thankfully what redeems the inclement British weather is some exceedingly good food — from the classic to the cutting edge.

We start off at **The Langham** (london.langhamhotels.co.uk), one of the city's oldest hotels (it opened its doors in 1865 and is considered Europe's first 'Grand Hotel'). It is conveniently located just off Oxford Circus and across the road from the BBC office. It is a symphony in pink — the theme runs through the hotel, right from the flowers at the entrance to the monogrammed

pens. We head to the **Artesian Bar** for a cocktail before lunch. The bartenders recommend the Reality Check, an uplifting concoction made with raspberry liqueur, vodka and a Czech beer called Budvar. This is certainly a wonderful place to lounge but I have other plans, namely, a meal at the **Roux at the Landau** (rouxatthelandau.com), the Langham's signature restaurant. The dishes here, more modern than classic, bear the unmistakable signature of the Roux family, who are considered the first family of French food in London. They opened their Michelin-star restaurant, Le Gavroche, in 1967. The restaurant is listed in the Guinness Book of World Records as having served the most expensive meal per head when three diners spent \$20,945 on one meal in September 1997. At the Landau, Michel Roux' young protégé, Chris King, executes a three-course lunch



Food writer, entrepreneur and gourmet, Karen Anand has journeyed across the world writing about gastronomy.

menu, including petit fours and coffee, for £35, a steal for this standard of cuisine in a luxury hotel. We start with the classic boudin with chorizo, a dish of white sausage (made without the blood) whipped into submission until it is as light as a feather and baked with spicy chorizo sausage in the centre. The dish was created by Albert Roux's father. The lunch menu is seasonal and showcases the finest British produce from the land and sea. Snails from Hertfordshire with a hunky side of British beef? Delicious! We finish off with a plate of British artisanal cheeses, chocolate truffles and coffee.

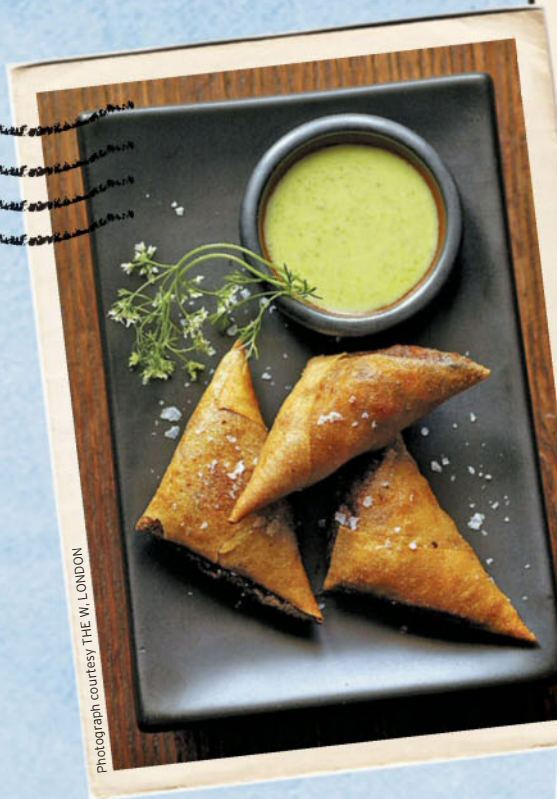
After a long, rambling walk around the West End, we choose to embark upon a pub crawl in the evening, covering Notting Hill, Portobello Road, Covent Garden and Leicester Square. What do we discover? The pubs in the more touristy areas of Leicester Square and Covent Garden are more expensive, more crowded, and most often characterised by indifferent service. By chance, we stumble into the **Earl of Lonsdale** (277-281 Westbourne Grove) on the corner of Portobello Road and Westbourne Grove. This is a typical Victorian pub with chest-high wooden doorways that partition the place into cubicles, making it look more like a tea room than a place to grab a pint and pub grub. We discover Samuel Smith craft beers (made with no preservatives and no yeast) and delicious apple cider on tap from Yorkshire's oldest brewery. Other local beers to look out for are Fuller's,



Photograph KAREN ANAND



Photograph courtesy DISHROOM



Photograph courtesy THE W. LONDON



Photograph courtesy THE LANGHAM HOTEL



Photograph KAREN ANAND



Photograph KAREN ANAND

from a brewery in Chiswick and Harvey's ales from Lewes in Sussex.

On the way home, we stagger, famished, into **Itsu** (itsu.com), the healthy Japanese eatery with branches all over London. Itsu comes from the creators of the highly successful gourmet sandwich chain, Pret a Manger. It is all about healthy, tasty, moderately-priced

“Hankering for something Indian with a twist, we head to Dishoom, inspired by Mumbai’s Irani cafés.... I try the naughty chocolate chai laced with Bourbon, which keeps me quite happy all afternoon. It is very gratifying to see this kind of success with Indian food in London”

fare — sushi boxes, salads, noodle cups, rice dishes and wonderful soups high on lemongrass and flavour. What’s heart-warming is that at 8.30 pm, everything (even the Asahi beer) is half price, until they close at 9 pm.

The next morning, we stroll through the lanes of Soho and discover

Wholefoods (wholefoodsmarket.com), the American supermarket that stocks healthy food. This is a great place to pick up food to go (either from a hot buffet or deli counter) and you can trust it will be delicious and good for you. Again, many

perishables like the bread baked daily on the premises, are offered on discount after 6.30 pm until they close at 9 pm.

I make sure to pop into the department store, **John Lewis** (johnlewis.com) at Oxford Circus. Their kitchen department is second to none (except maybe their sister Peter Jones on

Clockwise from top: The Roux at the Landau showcases the finest British produce; Organic vegetables at the Borough Market; The goodies at Fortnum & Mason are an upscale fix; Spiced samosas from Spice Market. Facing page, clockwise from top: London’s iconic Tower Bridge; Dishoom serves Indian food with a twist; Borough Market is a must-visit on weekends

Sloane Square) and their food hall in the basement of the store just keeps getting better and better. They now have a glass enclosure that houses a variety of British cheeses. This is a new phenomenon. Gone are the days of just stilton and cheddar — today, you’ll find French-style camembert, goat’s cheeses and Italian-inspired mozzarella and fontina, all made in Britain. Traditionally, the place for good British cheeses is **Neal’s Yard** (nealsyarddairy.co.uk), off Covent Garden. It’s a cheesy haven that has stood the test of time. I always buy a hard goat cheese called Ticklemore and the stilton from Colston Bassett.

For an upscale fix, I still head to **Fortnum & Mason** (fortnumandmason.com), a bastion of British food culture, from chocolate truffles and foie gras to Bourbon vanilla. They are

famous for their tea blends packed in pale turquoise tin boxes and their fancy food hampers which people take to the Glyndebourne opera or gift to friends. It is also the place to find anything unusual, whether it is internationally or locally sourced (if you ever wanted that one-gallon bottle of Tabasco, this is where to find it). Shop here, and you'll get that famous Fortnum & Mason service and a bag to gift your goodies in.

Hankering for something Indian with a twist, we head to **Dishoom** (dishoom.com), which is inspired by Mumbai's Irani cafés. I helped develop the concept, source chefs and create the menu. The original one is in Covent Garden, but I am at Shoreditch and decide to try the new Dishoom there. This was once a grotty part of the city that is now reclaimed by the new and the hip. The lamb chops are popular here,

From top: The entrance of the W hotel; The food hall at Harvey Nichols offers plenty of choice

and their cocktails, masala chai and egg and bacon naan make for solid picks. We have a lamb *naan* bun (slices of *naan* in a soft bun served with fried green chilli and *sali*). It really hits the spot. I also try the naughty chocolate chai laced with Bourbon, which keeps me quite happy all afternoon. It is very gratifying to see this kind of success with Indian food in London.

In the same neighbourhood but over the river is **Borough Market** at London Bridge (boroughmarket.org.uk). The best time to go is Friday, Saturday or Sunday. It is packed with stalls selling fantastic food products, from duck confit rolls to paella made in giant cauldrons, local cheeses, salamis made from organic meat, organic farm produce and so on.

Then we have our first five-star dinner of the trip at Spice Market in the **W London — Leicester Square** (wlondon.co.uk). We start off in the W bar and lounge with a cocktail called Rule Britannia, a strong, sizeable concoction of gin, cucumber and grapes (I hate weak, watered down cocktails). The W has all the elements of traditional British eccentricity, with china plates on the wall, leather Chesterfield sofas, and cocktails brimming with ingredients such as gin, lavender, cucumber, elderflower and the like. We then proceed to **Spice Market**, presided over by Jean Georges Vongerichten and inspired by the street food of Southeast Asia. We start off with a ginger margarita and a kumquat mojito: both extraordinarily good cocktails. The dishes here can be shared

so we graze through the hamachi sashimi, mango salad, black pepper shrimp with sundried pineapple and the lobster roll. My favourite, however, is the sea bass in a green curry broth. Try the tasting menu here, for £48, for either lunch or dinner.

I meet an old friend for lunch at **Koffmann's at the Berkeley Hotel** in Knightsbridge (theberkeley.co.uk/

knightsbridge-restaurants/koffmanns). It offers a taste of France at an affordable price in the very swish area of Knightsbridge, especially at lunch, when you can get a three-course meal for around £30. Pierre Koffmann's Tante Claire was one of the few London restaurants in the '80s to have three Michelin stars. Chefs like Gordon Ramsay, Marco Pierre White and Marcus Wareing made waves only much later. Koffmann's food is characterised by classic, down-to-earth French flavours. He loves doing things with offal and trotters and bone marrow but he also executes a perfect grilled brill (a much-underrated flat fish from the turbot family), green and white asparagus in the lightest hollandaise sauce and a perfect lemon tart, French style. We take the sommelier's advice and have a glass of crisp, young floral Sancerre, which is a perfect match for the fish.

It is pouring outside so we don't wander far for dinner. We rush into the food hall of Harvey Nichols' (look out for the **YO! Sushi** (yosushi.com) bar here, a delightful conservatory-like restaurant and their inimitable products all packed in silver, black and white bags) Come dinnertime, we head to **One O One** (oneoonerestaurant.com) next door, helmed by Chef Pascal Proyart. It has been awarded three AA Rosettes and has recently been voted the Fifth Best Restaurant in Great Britain in *The Sunday Times*. There is a comprehensive tasting menu on offer but we take the maître d's recommendation and order the Norwegian wild red king crab legs in a simple basil, tomato and olive oil sauce. The legs are slim compared to our superman-sized mud crabs in India but the flesh is sweet and tender and easy to prise out in one fell sweep. My son orders the wild Scottish scallops with pan-fried duck foie gras and shaved black truffles. We then try the Norwegian white halibut with prawn dumplings and the ocean fish mixed grill — guaranteed to take your breath away. Three-course lunch deals are under £30 — the steal of the season.

London might be grey and dreary, but the culinary arena is shining bright.



Photograph courtesy THE W, LONDON



Photograph KAREN ANAND

masterclass

COOK LIKE A PRO

Smart ways to improve your kitchen skills

Words AMIT PAMNANI Photograph TINKESH ACHHIPALIA

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BREAD MAKER

Any aspiring home baker knows that making bread is no dainty, delicate process. Kneading dough is strenuous work, and it can take many, many tries before you get bread that you're happy with. With a bread maker, you'll be turning out perfect loaves with minimum effort: toss in the ingredients, punch in a few settings and wait three hours for fresh, homemade bread.

Bread makers are still a relatively new kitchen appliance in India. We tested Kenwood's recently launched offering (available in two models, one with a bread yield of 500g and 750g, another with a yield of 500g, 750g and 1kg). We started off with a basic white loaf, but you can make a variety of bread with this nifty machine, from multigrain to wholewheat to gluten-free. However, it can only churn out standard-shaped loaves — for those baguettes and boules, you'll need to take the dough out and bake in a regular oven.

The bread maker comes with a recipe book, a measuring jar and a measuring spoon to help you stay accurate and ensure better results. A word of caution: the baked bread requires a bit of deft extricating from the paddle attachment at the base of the loaf tin. Also, the touch-screen buttons are very sensitive, so ham-fisted cooks should take care. Just a slight touch while the bread maker is in action can set the whole process awry, and you'll have to start afresh. But with a little bit of practice, this is a sophisticated tool to have in your kitchen.

Try Kenwood, available at kitchen appliance stores, for ₹ 14,500.



BHANWAR LAL'S Masterclass

Learn how to make authentic Dal Baati Churma from scratch from the sous chef at Suryagarh, one of Jaisalmer's leading luxury hotels

Recipe BHANWAR LAL Photographs PRATEEKSH MEHRA



Dal baati churma

Serves 4 ■ 1 hour 30 minutes

■ A LITTLE EFFORT ✓

THE DAL

moong dal 250g, soaked in water for 30 minutes

ghee 2 tbsp

cumin seeds 1 tsp

garlic cloves 5-6, chopped

green chillies 3-4, chopped

whole red chillies 2, broken into half

onion 1, chopped

turmeric powder 1/2 tsp

salt 1 tsp + extra to taste

tomato 1, chopped

lemon 1, juiced

coriander leaves 1/4 bunch

THE BAATI AND CHURMA

ghee 150g + 150g + extra for serving

wholewheat flour (atta) 500g

caster sugar 200g

cardamom (elaichi) powder 1 tsp

mixed nuts (use almonds and pistachios) 1 tbsp, chopped

■ PER SERVING 1,010 kcals, protein 34.68g, carbs 189.55g, fat 15.68g, sat fat 4.61g, fibre 21.86g, salt 0.6g

**EXCLUSIVE
STEP-BY-STEP
RECIPE**



1 To make the dal, boil the soaked moong dal for 30 minutes, with 3 cups of water.



2 Heat the ghee in a pan. Add the cumin seeds, garlic, green chillies, red chillies and onions. Sauté the onions for 5-6 minutes until they turn pink.



3 Add the turmeric powder, salt and the tomatoes. Sauté the tomatoes for around 6-8 minutes or until they are cooked through.



4 Add the boiled dal and mix well. Finish with lemon juice and coriander.



5 To make the baatis, add 150g of ghee to the flour. Make a hard dough using 1 1/2 cups of water. Let it rest for 15-20 minutes.



6 Shape the dough into small balls. Preheat the oven to 180°C.



7 Place the baatis in the oven, on a baking tray. Remove from the oven after 45 minutes once they turn golden brown.



8 To make the churma, grind half the baatis to a powder using a mortar and pestle. Sieve the churma until fine.



9 Add the sugar and cardamom powder and mix well. Garnish with the chopped nuts.



10 Crack open the remaining baatis slightly by pressing them between your palms.



11 Pour 150g of ghee over the baatis and allow them to soak up the ghee.



12 Serve the dal along with the cracked baatis and churma, with a bowl of melted ghee on the side.

make your own custard

Once you've cracked the technique for silky smooth vanilla custard, you'll never go back to the tinned variety

Homemade custard

Serves 8 ■ 30 minutes ■ EASY

This custard is an indulgent addition to any pudding, fruit tart or sponge cake. Flavour it with brandy for a boozy kick.

double cream 200ml (available at your local dairy)

full-fat milk 700ml

egg yolks 4 large

cornflour 3 tbsp

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

vanilla extract 1 tsp

■ Put the cream and milk into a pan and gently bring to just below boiling point. In a bowl, whisk the yolks, cornflour, sugar and vanilla. Gradually pour the hot milk mixture into the sugar mixture, whisking constantly.

■ Wipe out the saucepan and pour the mixture back into it. Heat gently, stirring with a wooden spoon. Stir right to the very corners, so that you'll notice if the custard catches before thickening. If it does, turn down the heat, then carry on patiently until it starts to thicken a little. When it begins to coat the back of the spoon as you lift it out of the custard, it's nearly ready. Heat until the custard is thickened, but before any lumps begin to form.

■ **PER SERVING** 352 kcals, protein 5g, carbs 38g, fat 20g, sat fat 11g, fibre none, salt 0.1g

Keep a close eye on the custard. When it is thick enough that drawing your finger through leaves a clear line, it is ready. Turn off the heat immediately to prevent lumps from forming.





The founder of Wine Park and Wine Kart, Vishal Kadakia imports, distributes and retails wines. A long-time wine enthusiast, Kadakia has completed his intermediate course in wines from Wine Spirit and Education Trust (WSET) London, at Johnson & Wales University, Rhode Island.

EASY WINE GUIDE

Pinot Noir

For a grape that's notoriously difficult to grow, Pinot Noir is easy to love. Wine expert Vishal Kadakia tells you why it deserves its loyal following

There is no middle ground with Pinot Noir — you either love it or hate it. At its best, Pinot Noir can be a most elegant wine, with complex aromas of red fruit, earth, leather and spice, all in perfect harmony. However, it can be equally daunting to like — in some cases, the wine is light with no body and in others, it is rife with barnyard-like aromas. This is largely due to the fact that Pinot Noir excels only in very specific regions, and its quality is highly dependent on where it is grown. Along with Chardonnay and Pinot Meunier, Pinot Noir is one of the three grape varieties used to make Champagne. In 1925, it was crossed with Cinsault to result in Pinotage, today South Africa's signature wine.

BURGUNDY ORIGINS

Pinot Noir is believed to have originated 1,000 years ago in France's Burgundy region. It is a fickle grape because of its tendency to ripen early, and it requires growing conditions of warm days and cool nights. Pinot Noir is also intensely dependent on terroir — grapes planted in different parcels of land just a few metres apart can show a remarkable difference in quality and price. But with the correct wine-making techniques, Pinot Noir transmits more detailed terroir characteristics than any other red wine.

GLOBAL POSITIONING

This varietal has done well in New World wine regions such as Oregon and Sonoma in California, US. It is also grown in the Walker Bay region in South Africa. It has found a home in New Zealand's three premium wine

growing regions — Marlborough, Central Otago and Martinborough, and the states of Tasmania and Victoria in Australia. Pinot Noir from the Limari Valley in the northern part of Chile is also well regarded. Among the Old World wine regions, it has done well in Pfalz and Baden (where it is known as Spätburgunder) in the southern wine-growing regions of Germany.

The grape has yet to find a home in India. There have been several experiments, but not a single one has borne commercial fruit. Pinot Noir needs a cool climate along with the right weather and sub-soil — a tall order for existing Indian wine-growing regions.

OLD WORLD V/S NEW WORLD

Pinot Noir is traditionally a light-bodied wine with mild tannins and higher acidity, as compared to a Cabernet Sauvignon or Shiraz. It is pegged as the first red to try for white wine enthusiasts experimenting with red wine. The wine has a range of aromas depending on the region it's made in. Typically, strawberry, cherry and raspberry lend Burgundy Pinot Noirs their earthiness. More expensive, complex Pinots include flavours of smoke and violets. Aged between 5-10 years, Pinot Noir wines tend to develop leathery and vegetal aromas. In general, wines from Burgundy are much more delicate and elegant than the New World Pinots that are more boisterous in their flavour profile. In the wines of Sonoma, Oregon and New Zealand, the fruit is bigger and jammy. This, however, is the style preferred by new wine drinkers.

DID YOU KNOW?

In 2004, the indie film *Sideways* provided a huge fillip to Pinot Noir. The protagonist's passion for this varietal caused a boom in Pinot Noir consumption in the US, which clocked a 100 per cent growth in Pinot Noir sales and saw several new wineries turn their attention to the grape.

Saint Clair Pinot Noir 2012, Marlborough

(₹ 3,791, available at thewinekart.com)

Award-winning winery Saint Clair was started by Judy and Neal Ibbotson, the viticulturists who planted the first Sauvignon Blanc grapes in Marlborough, New Zealand, in 1973. Their Pinot Noir is perfumed with ripe blackcurrant and cherries with spice, with bright acidity bringing balance to the wine. It can be cellared for up to five years, but can be enjoyed immediately too.

Pair this with lamb, chicken and duck preparations. Goes well with mushroom pizza, roasted vegetables or mushroom kebabs with couscous.

Patz & Hall Pinot Noir 2011, Sonoma Coast

(₹ 9,270, available at thewinekart.com)

Patz & Hall is one of California's most lauded artisanal wine brands. Their Pinot Noir is aromatic with floral notes and delicate hints of red fruit and spice. Flavours of red cherry and raspberry are vivid and pure, and are supported by soft, yet enlivening, acidity. The tannins are supple and velvety, with oak-inspired notes of cinnamon and clove contributing complexity.

Pair with chicken, lamb and beef dishes or tuna and salmon. Goes well with salads with raspberry vinaigrette and goat's cheese pasta.

Siduri Santa Lucia Highlands Pinot Noir, 2011, Monterey

(₹ 7,131, available at thewinekart.com)

Siduri is named for the Babylonian goddess of wine. Founders Adam and Dianna Lee moved from Texas

to California in 1994 with a dream to bottle a fine Pinot Noir. The wine comes across as fleshy, open and accessible. It is an attractive wine to save for the next few years, characterised by ripe plum, raspberry, spice and floral notes.

Pairs well with ham in red wine, thyme or basil sauces, or an eggplant, zucchini and tomato tart.

Novy Blanc de Pinot Noir 2011, Oregon

(₹ 5,963, available at thewinekart.com). In 1998, the Siduri duo banded together with some of their extended family to found Novy Family Wines. This winery makes a white wine made from the red Pinot Noir grape (its juice is colourless), grown in the Willamette Valley in Oregon. This wine is certainly unique: crisp and zingy, with lively acidity and expansive pear flavours.

Pair it with delicately flavoured white meats and seafood such as prawns, calamari and octopus, or a poached pear, arugula and feta salad.

Sileni Pinot Noir 2012, Hawke's Bay

(₹ 2,682, available at [FineWinesnMore](http://FineWinesnMore.com), Mumbai. Tel: +91 22 4033 0044)

Sileni Estates is a major vineyard and winery in Hawke's Bay, New Zealand's oldest wine-growing region. Its wines have won worldwide acclaim. Their Pinot Noir is rich, soft and approachable. It has concentrated black cherry aromas that follow through to the palate where dark berry flavours are supported by soft tannins. Perfect for early drinking but can be cellared for up to six years.

Enjoy this wine with light meats in red wine sauce, mushroom risotto or medium-flavoured cheeses such as brie and chèvre.

Bouchard Père & Fils Bourgogne La Vignee Pinot Noir 2011, Burgundy

(₹ 4,000, available at [Sonarys Co Brands](http://SonarysCoBrands.com), Mumbai. Tel: +91 22 6666 9111)

Founded in 1731 in Beaune by Michel Bouchard, Bouchard Père & Fils is one of the oldest wine estates in Burgundy,

perpetuating tradition for over 280 years, or nine generations. This is a pleasantly balanced and elegant wine that reveals a harmonious blend of fruit and terroir showing fruity, red berry and earthy notes.

Pair with flavourful fish, light meats such as turkey, pork or duck in creamy or acidic sauces. Also pairs well with mushroom and burrata bruschetta.

Craggy Range TeMuna Pinot Noir 2011, Martinborough

(₹ 4,937, available at [Godrej Nature's Basket and Reliance Fresh outlets](http://GodrejNature.com)) Craggy Range was founded in 1997 and produces pioneering single vineyard wines in the southern hemisphere. Their Pinot Noir features prominent aromatics of black cherry with subtle notes of rose petals and a hint of fresh mint. Rich on the palate, fine oak and dried herb flavours provide complexity.

Pair with lamb dishes and flavourful fish like tuna or salmon. Also goes with leek and pecorino cheese pizza.

Maison Louis Jadot Bourgogne Pinot Noir 2011, Burgundy

(₹ 2,861, available at [Godrej Nature's Basket and Reliance Fresh outlets](http://GodrejNature.com)) One of France's most prominent *négociant* houses (a company which buys grapes or finished wines from several wineries and either blends them to make their own wine or sells them as is to hotels, restaurants, private clients and retailers all over the world), Maison Louis Jadot was founded in 1859 and has been creating wines that express the true nature of Burgundy's terroir ever since. This wine is harmonious and balanced, with a plump fruitiness, silky texture and round, gentle tannins. It shows elegant structure and has a deliciously lingering finish. **Enjoy with grilled red meats, roasts and soft cheeses like camembert and brie.**



Wingreens

Is it possible to do social good, protect the environment and make a profit in agriculture? Anju Srivastava of Wingreens proves you can

As told to PUJA GANGULI Photographs ANIL CHAWLA

I had a career in advertising for over 25 years before I started Wingreens Farms five years ago in the heart of Haryana. Essentially, I set out to prove that by enriching farmers and the land around us, an organisation can grow faster, bigger and much richer.

We rent land from local farmers at twice their produce income. This way, we are able to break through decades of resistance to moving from traditional crops (like wheat and mustard) to new crops such as basil, lemongrass, peppermint, oregano and lettuce. We then invite the farmers and their families to work with us, which further enhances their income.

In summer, we grow oregano, thyme, marjoram, Italian basil, sweet Asian basil, lemon basil, camphor basil, sacred basil, peppermint, mint, lemongrass, peanuts and chickpeas. In winter we grow lettuce, bok choy, Chinese cabbage, kale, broccoli, celery, parsley, dill, roses, spinach and garlic.

We also sell potted plants for home kitchen gardens.

We grow microgreens of almost any herb or vegetable in season, of which wheatgrass is the most popular. Microgreens are young seedlings of edible vegetables and herbs harvested less than 14 days after germination. They are usually about 1-3 inches long and pack in more flavour, and more nutrients, than the entire plant.

We grow produce using a mix of microbial cultures and other methods that restore the ecological balance of the soil, naturally negating the use of pesticides and chemicals, and hugely increasing productivity. An emphasis on water harvesting and drip irrigation has helped us reverse environmental degradation and enhance the farmers' profitability. In fact, we save over 2,50,000 litres of water per acre annually by using efficient irrigation systems, and grow only water-conserving crops in areas with water shortage.

Innovation is the heartbeat of Wingreens and new products are launched every season. Two-and-a-half years ago, we had a farm laden with fine basil. The *mandi* vendors offered

us a next-to-nothing price for it, so we decided to make pesto. We took the mixer-grinder to the supermarket and started making pesto in the store. There was no fresh dip available on shelves then. Today, apart from pesto, we specialise in condiments such as salsa, dill tzatziki and hummus as well as infused oils. We sell around three tons of dip every month and the demand continues to grow.

So far, we have developed growing practices for over a 100 different herbs, vegetables and flowers. This year we are hoping our herb teas take off. Freshly grown and dried lemongrass, peppermint, basil, rose petals, chamomile and hibiscus mixed with green tea will be retailed at stores, not *mandis*. We plan to work with farmers in other geographies soon.

Wingreens is not just an agricultural initiative, it is also a social one, with a focus on women's empowerment. We were a women-oriented enterprise from day one: the "WIN" in Wingreens Farms stands for 'Women's Initiative Network'. The rural women we employ — who have mostly never been to school — today receive training at the Wingreens Farms Training Institute about food safety, food hygiene, food preservation and processing along with communication skills. We also sponsor the education of their children.

Wingreens retails in most Nature's Basket, Spencer's and Modern Bazaar stores in New Delhi. Free delivery anywhere in India for orders over ₹ 800. Visit wingreensfarms.com for details.



HOW ETHICAL IS WINGREENS?

Wingreens received organic certification for their wheatgrass, sprouts and microgreens around a year and a half ago. According to Anju Srivastava, the initiative was started with a focus on sustainable agriculture, not organic produce. However, the scientific methods they adopted to grow their produce resulted in them becoming an organic practice by default.



Anju Srivastava with her stock of dips, infused oils and herb teas

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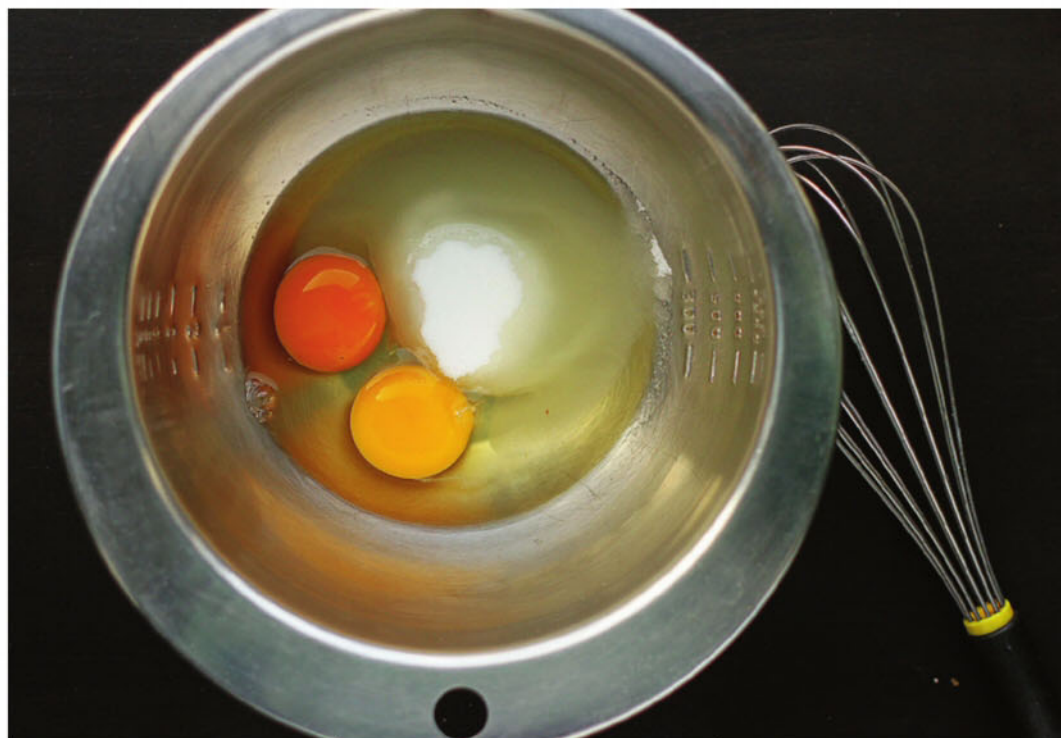
* READY UNDER 30 MINUTES * LOW FAT * CONTAINS EGG

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 - * * 22 Jamun chutney
 - * * 22 Jamun raita
 - 51 Red pepper jam

DESSERTS, BREAKFASTS AND BAKING

- 48 Baked brie in puff pastry
- 84 Baked ricotta with lemon dressing
- * 64 Béarnaise eggs with asparagus dippers
- * 70 Cannelés
- 16 Caramel ripple cheesecake cups
- * 28 Chai masala sorbet
- * 113 Doughnuts
- * 73 Honey and lavender madeleines

- 16 Ice cream bombe
- 16 Nutty caramel chocolate sundaes
- * 74 Paris Brest
- * 70 Raspberry clafoutis
- 97 Sweet pastilla with milk and almonds
- * 74 Tarte aux pommes
- * 68 Vanilla cream éclairs with chocolate

DRINKS

- * * 22 Jamun slush
- * * 22 Jamun smoothie
- * 26 Lychee mojito
- * 26 Mango and lychee bellini
- * * 97 Moroccan mint tea
- * 26 Sake sangria with lemongrass, lychee and ginger
- * * 17 Treacle and espresso martini
- * 26 White Cosmopolitan

Shop talk

Where to find everything from jamuns to jalapeños

BENGALURU

Foodhall

1, MG Mall, 4th floor,
Trinity Circle, Opposite Vivanta
by Taj, Ulsoor
Tel: +91 80 2208 6533

Foodworld Gourmet

No 88, Shariff Bhatia Towers,
MG Road
Tel: +91 80 4147 4789

Nature's Basket

755, 80 Foot Road, 4th Block,
next to Costa Coffee, Koramangala
Tel: +91 80 4131 7401

CHENNAI

Amma Nana

Chamiers Road, opp Park Sheraton
Hotel, Nandanam
Tel: +91 44 2435 0596

Mercado

64, Rukmani Road, Kalakshetra
Colony, Besant Nagar
Tel: +91 44 2817 3965

Nuts 'n' Spices

75, MG Road,
Nungambakkam
Tel: +91 44 2826 8180, 4203 9351

HYDERABAD

Nature's Basket

Urmila Towers, Road No. 10,
Opp. Rainbow Hospital, Banjara Hills
Tel: +91 40 2335 5399

NEW DELHI

A- Mart

A-1, Mahipalpur Extension, NH-8
Tel: +91 11 2678 9999

Ahuja Vegetable Store

Shop 37, INA Market
Tel: +91 11 2464 4116

Allied Fruits and Florists

58-B, Khan Market, Lodhi Road
Tel: +91 11 2464 2509

Ashok General Store

113, Main Market, Opposite Dilli Haat,
INA Market
Tel: +91 11 2461 7561

Dubden Green

4-A, Near Electric Sub Station,
Shahpur Jat
Tel: +91 11 3290 5310,
+91 98101 31343

Flanders Dairy - The Cheese Ball

31 Meharchand Market, Lodhi Road
Tel: +91 11 2465 3789

Foodhall

DLF Promenade, 1st floor, Vasant Kunj
Tel: +91 11 4532 9620

Fortune Gourmet

144/9, Ground floor, Kishangarh,
Vasant Kunj
Tel: +91 11 6564 2270/ 98688 99956

Gogia's

280, Main Road, INA Market
Tel: +91 11 2462 4809/ 2464 4618

INA Market

Aurobindo Marg, INA Colony, Opposite
Dilli Haat

Le Creuset

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

Le Marche

58, Basant Lok, Vasant Vihar,
Near Priya Cinema
Tel: +91 11 4323 2100/4166 9111

Master's Bakers

G-33, Usha Chambers, Community
Centre, Ashok Vihar
Tel: +91 11 2741 9061/ 2743 0734

Modern Bazaar

18-B, Community Centre, Basant Lok,
Vasant Vihar
Tel: +91 11 4166 9777

Nature's Basket

- Ground floor, D /15,
Between BP Petrol Pump
and Defence Colony flyover
Tel: +91 11 4669 8777
- 46, Basant Lok, Vasant Vihar,
Ground floor & basement
Tel: +91 11 4057 1919

Palkit Impex

C-82, Basement, Shivalik,
Malviya Nagar
Tel: +91 11 2667 3437

Passion Cheese

Select Citywalk Mall,
District Centre, Saket
Tel: +91 11 4059 9916

Pigpo

9 Jor Bagh Market
Tel: +91 11 2461 1723/ 2462 6930

Steak House

13/8 Jor Bagh Market
Tel: +91 11 2461 1008/ 2461 1129

The French Farmer

Tel: Call Roger Langbour
+91 98101 66196, +91 11 2635 9701

Yamato Ya - The Japanese Store

B-6/9, Safdarjung Enclave,
Near Deer Park
Tel: +91 11 4165 0164

GURGAON

Foodhall

Level 4, Gurgaon Central Mall,
MG Road
Tel: +91 124 430 9970

Kim's Mart

DT Mega Mall, LG 36, Gurgaon
Tel: +91 124 256 2189

Nature's Basket

S-201, 2nd floor,
Ambience Mall, NH-8
Tel: +91 124 466 5753

KOLKATA

Afraa Deli

City Centre, Salt Lake
Tel: +91 33 2358 1111

Gourmet Gallery

27/9C, Chandhi Ghosh Road,
Regent Park
Tel: +91 33 2381 8510

MUMBAI

Country of Origin

Maneesha Building, 69/A, Napean Sea
Road, Malabar Hill
Tel: +91 22 2364 2221

Dolce Vita

Ground floor, Grand Galleria, High
Street Phoenix, Lower Parel
Tel: +91 22 2496 4307

Food Bazaar

Infinity Mall, Raheja Classic,
New Link Road, Andheri (W)
Tel: +91 22 6758 3090

Foodhall

Palladium, High Street Phoenix,
Lower Parel
Tel: +91 22 3026 4581

Garden Fresh

391/7, Circle House, Bhaudaji Road,
Kings Circle, Matunga
Tel: +91 22 2403 5345

Gourmet West

Westside, Army and Navy Building,
148 MG Road, Kala Ghoda
Tel: +91 22 6636 0499

Hypercity

Ground floor, Malad (W)
Tel: +91 22 4050 1300

Lallu & Brothers

Shop 1&2, Pali Market,
Pali Hill Road, Pali Hill,
Bandra (W)
Tel: +91 22 2640 9295

Nature's Basket

- 227, Samarth Vaibhav Building,
Adarsh Nagar, Lokhandwala,
Andheri (W)
Tel: +91 22 2630 0766
- Plot no. 29, 56 Hill Road,
Bandra (W)
Tel: +91 22 2642 5050
- Opp. Mahalaxmi Temple,
Warden Road, Mahalaxmi
Tel: +91 22 2352 6775

Patel Stores

Near Mehboob Studio,
Krishnachandra Marg, Bandra (W)
Tel: +91 22 2655 8909

Party Basket

1st floor, Ram Nimi Building,
Mandlik Road, Colaba
Tel: +91 22 2283 3248

Ratna Stores

Haware Parekh, Sion-Trombay Road,
Opp. Union Park, Chembur
Tel: +91 22 2520 3389

Regal Plus

1, Lourdes Haven,
10/A, Pali Naka,
Bandra (W)
Tel: +91 22 2604 1204/ 2604 1208/
2646 5070

Reliance Fresh

- Crystal Paradise Mall, Link Road,
Andheri (W)
Tel: +91 22 2674 3750
- Framroze Court, Phalke Road,
Dadar (E)
Tel: +91 22 2415 5017

Santé

Shop 1, Sahina Apartments,
Pali Market,
Bandra (W)
Tel: +91 22 4006 0020

Saria Stove Depot

26, Lohar Chawl, Kalbadevi
Tel: +91 22 2208 2314

Spencer's Hyper Market

1406A/28A, Malad (W)
Tel: +91 22 4268 6130

Tutto Bene Delicatessen

Spencer's Hyper Market,
Ground floor,
Inorbit Mall, Malad (W)
Tel: +91 98234 85988

PUNE

Dorabjee & Co Pvt Ltd

B-1, Moledina Road, Camp Cantonment
Tel: +91 20 2605 2883

Foodhall

1st floor, Phoenix Market City,
Viman Nagar
Tel: +91 20 3095 0360

Nature's Basket

- Mansur Ali Tower,
3, Galaxy Society,
Max Mueller Lane,
Tel: +91 20 2616 0540
- Shop No. 155/1A,
Kumar Crystal Aundh
Tel: +91 20 2588 9530

Providore

GF 104, Anand Park, Baner
Road, Aundh
Tel: +91 20 6560 1551

Tutto Bene Delicatessen

- Shop 1, Princeton Flair,
Lane 8, Koregaon Park
Tel: +91 20 6607 7193
- G 14 Sacred World Mall, Wanowrie
Tel: +91 20 2680 6933

Gourmet Websites

Farm2kitchen farm2kitchen.com

Foodesto foodesto.com

Gourmet Company gourmetco.in

Houseproud houseproud.in

Local Banya localbanya.com

Olive Tree Trading
olivetreetrading.com

Pesca Fresh pescafresh.com

The Gourmet Box thegourmetbox.in

Zansaar zansaar.com

hole lotta love!

Cronuts and wonuts might be global fads but the classic doughnut will always be in style

Recipe SAE KORANNE-KHANDEKAR Photograph PRATEEKSH MEHRA

Doughnuts

Makes 12 ■ 1 hour 20 minutes + extra for the toppings ■ **A LITTLE EFFORT**

These are great for get-togethers – put out toppings such as chocolate ganache, whipped cream, lemon curd and jam, and watch them disappear.

dried active yeast 2 tsp (try Red Star available at gourmet stores)

sugar 1 tbsp

milk 80ml, lukewarm

all-purpose flour (maida) 225g

egg 1/2, lightly beaten

butter 1 tbsp + 1 tsp extra

salt 3/4 tsp

vegetable oil 2 cups, for deep-frying

THE CHOCOLATE GANACHE

dark chocolate 1 cup, chopped (try Valrhona available at gourmet stores)

butter 1 tbsp

heavy cream 2 tbsp (available at your local dairy)

THE LEMON CURD

butter 75g

caster sugar 150g (try Tate & Lyle available at gourmet stores)

lemons 4, zested + the juice of 3

eggs 3

egg yolk 1

THE CINNAMON SUGAR

caster sugar 75g (try Tate & Lyle available at gourmet stores)

cinnamon powder 1 1/2 tsp

■ Place the yeast and sugar in a bowl and pour the milk over. Allow to rest until frothy, for about 5-10 minutes.

■ Place the flour and egg in a mixing bowl. Add the frothed yeast to the flour and knead until it comes together.

■ Tip the dough onto a work surface and knead for 8-10 minutes until soft.

Rub the butter and salt together and add to the dough. Knead again until silky and smooth. Leave to rest, covered in a warm spot until double in size.

■ Punch the dough and knead again briefly. Dust the work surface with flour and roll out the dough to 1/4-inch thickness. Cut out doughnuts using a doughnut cutter or simply use a glass and the cap of a soda bottle.

■ Place the cut doughnuts on a lightly floured tray or on one lined with greaseproof paper. Allow to rise again for about 10-15 minutes.

■ Heat the oil for deep-frying. Test the oil by dropping a doughnut hole into the oil – it should start puffing up immediately. Fry all the doughnuts and decorate or fill as you like.

■ To make the chocolate ganache, place the chocolate, butter and cream in a bowl and microwave for 1 minute, stirring until the chocolate melts. Stir well to combine and use to dip the doughnuts in. Sprinkle with sugar decorations when still warm.

■ To make the lemon curd, place the butter, sugar, lemon juice and lemon zest in a thick-bottomed saucepan and stir on very low heat until the butter melts. Remove from the heat. Beat the eggs well and add gradually to the lemon and butter mixture, stirring constantly with a wooden spoon. Return to low heat. Stir until the lemon curd thickens and coats the back of the spoon. Cool before use, then refrigerate. Use this to fill the doughnuts.

■ For a cinnamon sugar dusting, simply mix the two ingredients and dust on top of the warm doughnuts.

■ **PER SERVING** 381.25kcal, protein 5.34g, carbs 41.23g, fat 22.05g, sat fat 8.33g, fibre 1.83g, salt 0.2g





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