

foodism

NOVEMBER 2020 | ISSUE 6

BINGE WATCHING & INDOOR GAMES

To Pep Up Your Diwali Vacay

Kashmiri Pandit

Gastronomy



Decoding Chef's Style
Vikas Khanna

DIWALI

Dil-wali

C O L D
W I N T E R S

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Managing Director & CEO
Vyom Shah

Associate Editors
Huta Raval
Ambika Singh

Head Of Design
Mansi Sharma

Visual Designer
Bhumika Bhavsar

Content Writer
Chaheti Tiwari

Content Coordinator
Unnati Pandit

Editorial Intern
Khushi Kothari

...

help@foodism.xyz | foodism.xyz
Images: Shutterstock

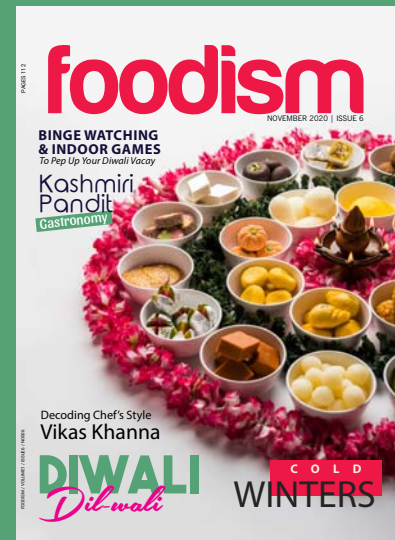


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FROM THE FOUNDER'S *Desk*



Dear Food-fanatics,
First things first, Happy Diwali! We hope you are doing fantastically fine. Thank you so much for all the love you have so generously showered upon our October issue. We are immensely excited looking at your positive feedback for the recipes we share, the chefs and food-entrepreneurs we interview and feature, and food stories and articles that we constantly strive to better. We are absolutely overwhelmed and further enthused to send you more fun-food-content.

"You are what you eat", an oft-repeated aphorism is something we all know of and understand—yet still happen to take for granted

on most days. Diwali is not only that time of the year when we clean and beautify our homes and offices but also that time when cleansing ourselves "body and mind" has to be emphasized upon. Diwali marks a period of spiritual awakening; where strengthening our physical selves to meet the challenges of the new year inevitably becomes an integral part of this spiritual voyage. Continuing with the festive food tales and other food gupshup, we are happy to bring forth our November issue, which needless to say, is a Diwali special issue—and we are sure you will love this one even more. As you already know, we do all things FOOD; so, please also stay connected with us on all our social media handles—for we are constantly sharing with our viewers/ readers knowledge that's essential to live a happy-hearty-fabulously fit life! Do check out our newly updated website whose upgraded features are surely going to blow your minds; we are trying our best to keep you as involved in our Foodism pursuits. The prime Foodism activity this November is a Diwali recipe contest, which is certainly going to be a lot of fun for all of you aspiring chefs out there. We cannot ever thank you enough for keeping our gusto up—by participating so unstintingly in all events and activities we organize.

Here is Foodism sending you tons of warm hugs and love! May this Diwali be a healthy and safe one for all of you foodies and your loved ones! Stay lit (and fit)! And yes, before we forget, a very HAPPY NEW YEAR to you all!

Vyom Shah

Vyom Shah
FOUNDER, FOODISM



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– Rebekah and Ariella Blank, Co-founders



DIWALI

Dil-wali



Deepavali or Diwali, the festival of lights and prosperity is right around the corner. Well, who is Indian and doesn't know why Diwali is celebrated? We have all written those essays at school in which we articulated Lord Rama's victory over the ten-headed, powerful demon king, Ravana. This was no regular feat for sure as it not only got Sita back to Rama but also sealed the bond of loyal friendship between Lord Rama and Lord Hanuman. We don't need to tell you what this victory over Ravana symbolises, but okay, we will still do it. Never a harm to relearn the wisdom of our shastras. Diwali is a carnival of the triumph of *light over darkness, good over evil and knowledge over ignorance*.

Nevertheless, there isn't only one legend that is associated with the festival of Diwali in the country. Remember, we are the residents of a large, diverse country. So, it is common for people of different regions of India to believe in different legends related to famous festivals and also to be adopting different modes of celebration. While many have faith in Diwali being the celebration which marks Goddess Laxmi's nuptial with Lord Vishnu, there are many others who see this as a celebration of the birth of Laxmi. Ok, let us give you an example of how different we are from each other in our celebration of Diwali. In Bengal, Kali, the goddess of strength and power is worshipped on Diwali, which is a very Bengali homes' specific ritual. On the other hand, many homes across India worship Lord Ganesha and Goddess Laxmi together on the day while for many, Ganesha is not a part of the Diwali pooja at all. But despite the amazing diversities related to the lore of Diwali, going strictly by the Hindu legends, Diwali marks the homecoming of Lord Rama to Ayodhya after his fourteen-year-long exile, which was full of difficulties for him, his wife, and his younger brother, Laxman.

And great legendary wisdom calls for an even greater celebration. For all the goodness and richness it embodies, Diwali in India is certainly not a one-day festivity. The pre-diwali days are spent in cleaning up and decorating homes and offices to welcome the Goddess Laxmi, who of course being the chief-guest-of-honour for the occasion is not to be disappointed at all—and must be treated as specially as possible. And since Goddess Laxmi is known for great aesthetic taste, you cannot be going dull and lazy around the season. It is common for people to decorate their homes with colorful rangolis, lit up candles and diyas (arey! Deepavali itself literally means a "row of lights"). Just don't upset the chief-guest and see how life can go uber smooth for the rest of the year!

A sumptuous Laxmi puja is performed to bring in the Hindu new year (yes, Hindus have their own new year). And even though a Hindu festival, Diwali is celebrated by the entire country with equal fervour and joy. It is a tradition to look as neat and pretty as possible on the occasion. So, most families wear new clothes and take out all their finery—be it those special utensils that seldom get used on regular days or gold and silver jewellery reserved for ceremonial days such as ring-ceremonies and weddings. During the pooja, it is also a ritual to keep the main door open to for the Goddess to enter our homes as freely and happily as possible. Just imagine “prosperity” (AKA Laxmi) knocking at your front door but the latch gets stuck and she gets upset and leaves. You surely don't want that happening, right?! There are many reasons why people from other countries are so attracted to Indian festivals and ceremonies. Everything is so grandiose and yet so evocative—age-old knowledge tied in rituals in such a beautiful way.



Speaking comprehensively, Diwali is not just a festival in the country—it is a feeling, a very special feeling that we are sure all people collectively relate with. The pre-wintery mood, sweets, hot beverages, family get-togethers and whatnot! The food and the delicacies we get to gorge on during the entire season are one of the most pleasurable experiences of celebrating this festival. Of course, Diwali sweets, given the variety in our country, also vary but all in all, super delight for food lovers! And wait, please don't ever insult our mithai by comparing it with stuff such as candies and desserts (not denying they can be good too, but come on, mithai is different and soooooo very superior in our eyes). Halwa, laddoo, gulab jamun, rassgulla, barfi, katli, maun-kheer, maun-thaal... the list is exhaustively long and each item has its distinct uniqueness and taste. But then, there are some region-specific sweet munchies as well. So, imagine a deep-fried titbit made of rice flour and jaggery that's topped with poppy seeds and there you have Anarsa—the Marathi Diwali delicacy. Never tried one? It's time you did—since it is inimitable in its taste. Dial a granny for its original recipe and you are done! Ok; now imagine a beautiful round sweet made of shredded coconut, green cardamom powder, and loads of sugar and ghee and there you have the famous Narikol Laru made in Assamese homes on the occasion. In Rajasthan (specially Jodhpur), Maava Kachori is the most in-demand delicacy, and amongst the Kashmiri communities, Shufta made of loads of dry-fruits,

sugar syrup, ghee, and spices is quite a favourite. In the entire Northern India, amazing little gujias or gunjias are the most common Diwali sweets. Want to grab a mouthful of Diwali mithai? Just walk into anyone's home during the season (not suggesting you gate-crash Diwali house-parties) and there you get an entire platter of yummy little nibbles that leave you wanting for more. And some homes even keep a separate dry-fruits platter for those guests who cannot eat a



lot of sweets (diabetics, for instance or people who were born without a sweet-tooth).





And, listen, in India, “festivity” doesn’t dictate stuffing oneself only with mithai. We are way more balanced than you would like to believe. There are tons of namkeen snacks and titbits to munch on; hot samosas, mathri, chivda, puri-bhaji, idli-sambhar, pav-bhaji, chorafali, vada-paav to name a few. Even the full meals cooked during the entire season are an attempt to live up to the festive mood. So, don’t be surprised if you get chhole-bhatura for lunch when you go calling on a friend at lunch hour. Indian moms have a thing for gauging the mood of the season and giving you yet another version of something from their special menu. Ohh... don’t even get us started on the million get-togethers we Indians keep having for something or the other—that are even more heavy-duty during this time of the year. So, what are you waiting for? Go clean that shelf, wipe that floor, order those sweets and new ethnic clothes, call your favourite home-chef for an advance order, YouTube your favourite special recipes and keep up your Foodism!



And here is us *wishing you a very Happy Dilwali!*



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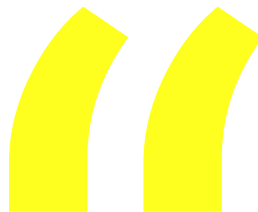
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Their Diwali Reminiscences!

Indian people's madness for the Diwali season is something quite well-established by now. We live, love, loot Diwali joys and the myriad foods and flavors of our beautifully vibrant country. Diwali is indeed a promise of prosperity, health, friendship, and family bonding. But ever thought about those not from India but having been fortunate to have visited some part of the country during the festive season remember about our favorite festival? Like you, we too wondered and then to satisfy our curiosity, we got in touch with a bunch of foreign tourists to India, who, on their return to their respective countries, packed away vivid festive memories from our land. These lovely men and women not only love India but also house in their hearts memories of the vivacious colors, laughter, and super yummy food that's Diwali-specific in the country.



Dr. Mehdi Abdeddaim, an Algerian, came to India on a year long research fellowship during his PhD in earthquake engineering (ohh, please don't judge him as yet; he is quite fun to be with) and his Diwali experience in Jaipur is something he remembers very fondly. Ask him about his first Diwali impression and pat comes his answer: **"those colorful drawings at every doorstep (rangolis)"**. Such was the impact of the festive environment on him that he recollects cleaning his university guestroom thoroughly—living up to the Diwali deep-cleansing vibe. He also remembers lighting diyas with his Indian friends and discussing the Diwali legend in detail. Enjoying jalebi, gulab jamun, and kaaju katli is amongst Mehdi's most favorite food-memories from his time in India. We were surprised to know that a traditional sweet from his own country, *zelabia* is not only shaped like a jalebi but also tastes pretty much the same.



Emma Spade, a Spanish traveler to India also happened to visit the country during the Diwali season. And guess what?! She didn't know she was barging into a large carnival until she reached Lucknow. Emma told us about how she was so pleasantly surprised by the entire energy of the city and the amazing, delicately flavored sweets and other tidbits whose original recipes date back to hundreds of years ago. She completely fell in love with makhan malai, gulaabi chai, malai gilori, and shahi tukda. Didn't her choice of food specialties melt some food memory right into your mouth just now? No? Then you perhaps need therapy! (Just kidding!). Moving on to Emma's fascination with the namkeen and spicy menu in Lucknow, we got to know that she has bouts of major-missing for khasta aaloo, aaloo tikki, and multi-flavored golgappas and several other such delectable snacks. She plans to visit India again—as soon as the world gets back to normalcy!





Aimie, a young professor from the land of “The Crown” (we expect you to understand our references. Watch some Netflix if you didn't get us!), visited India in 2016 and was just blown by the beautiful variety of food in the country. She travelled extensively during her four months here and wherever she went she made sure she ordered an assortment of never-tried-before items from the menu. She mixed and matched both veg and non-veg dishes for all her meals and from the Diwali platters, she most fondly remembers the magaz laddus from Gujarat, kesar pedas, besan barfi, gulab jamun and the very special Bengali sweets that almost nobody dislikes. Her favorite winter beverage from India would be the Kesar milk she regularly had at a small roadside restaurant with her friends.



Chatting with all of these food-fanatics from fields faraway (alliteration artists we are... but Foodies first!) was such an overwhelming experience for us at Foodism. Seeing your festivities, your very own Diwali and food, and the richness of our traditions via the beautiful experiences of people from foreign lands can give one a feeling of knowing everything afresh. Gratitude!

Well, who doesn't stay in a kind of awe of the Kashmiri cuisine? Foodism got lucky recently and had a rendezvous with a Kashmiri pandit food connoisseur, Mrs. Indra Kilam of Orzoo Kitchen, Delhi. Even a brief conversation with Mrs. Kilam is enough to ignite an augmented interest in the various magical nuances of the Kashmiri pandit way of life, the richness of their traditional recipes, and the variety their cuisine inherently holds. A home-chef turned food-entrepreneur, Mrs. Kilam was kind enough to share with us the knowledge and authenticity of her traditional cuisine, and here are some major chunks of our wonderful conversation with her.



Mrs. Indra Kilam
Orzookitchen, Delhi.

KASHMIRI

PANDIT

GASTRONOMY

Diwali in Kashmiri Pandit Homes Then...

Like many Kashmiri Pandits who moved to live in the various cities of the country post the exodus, Mrs. Kilam has very fond memories of life and festivity in the valley. When asked about how they celebrated Diwali in the valley many, many years ago, she told us about how simplicity was the way of life back then, which was quite naturally reflected in the way people celebrated major festivals such as Diwali and Shivratri. There would be a small Laxmi-Ganesh pooja in the house and special ghee laden ladoos made of wheat flour would be prepared to offer to the gods and also to distribute amongst the near and dear ones in the neighbourhood. As an accompaniment, sweet pooris flavored with ilaichi and khuskhus would be fried. Some roth (thick Kashmiri sweet bread/ cookies) would also be cooked specially for the occasion. *Kashmiri firni*, *shufta*, and *modurpulaao* (sweet rice) are some of the other food items cooked on festive days.

The pomp and show that's gotten attached to almost all festivals now, couldn't even be expected at that point, she said laughingly. Diwali

mainly meant "worship" and obeisance to the Almighty; there was a spiritual significance attached to all rituals, and food, was indeed an integral part of this divine event.

Diwali in Kashmiri Pandit Homes Now...

Ask her about how the community of Kashmiri Pandits celebrate Diwali now and Mrs. Kilam would answer in all earnestness that the community has adapted to the many flavours of festivals with their new lives in different cities. There is a certain splendor to the celebration now and Diwali is certainly not only confined to the worship of gods—but has become a much larger occasion. Speaking from a personal perspective, she said, "life in Delhi is definitely grander as an overall experience, which naturally rubs off on all the city's inhabitants, whether Kashmiri or not". She also confirmed that a lot of rituals have evolved over the years. The cuisine too has adapted to the climatic demands of the given geographical location and the evolving tastes of people, without having compromised at all on the traditional flavoring and methods of cooking and serving.

Taking Kashmiri Pandit Vegetarian Cuisine to the Vanguard

Mention Kashmiri food and people presume we are talking only about non-vegetarian recipes. With a smile, Mrs. Kilam burst this myth for us. She agrees that most people understand the Kashmiri cuisine to be predominantly non-vegetarian since most people (non-Kashmiris mostly) are completely unaware of the many delights their vegetarian food can prove to be. Her elaborate vegetarian menu at Orzoo Kitchen is apparently as beloved to her large customer base as her non-vegetarian menu. Dum aaloo, the many varieties of baingan cooked in the traditional style, a large variety of different paneer recipes, usually cooked sans onion, garlic, and tomatoes are most liked by people in her experience. She also specified how both gravy and non-gravy vegetarian recipes are eaten with rice (as most Kashmiri food eaters also happen to be rice-eaters). We were surprised to know that a lot of Kashmiri cuisine has milk, curd, and spices as their main base. Some dishes also happen to have a strong flavor of saunf (fennel) to make the recipes more easily digestible for the diners.

Beyond Dry Fruits

Another myth that Mrs. Kilam happily burst for us is that all Kashmiri food is an amalgamation of dry fruits of all sorts. She told us that there is strong reason to think this way as dry fruits are produced in large quantities in the valley— and why would they not make way to the recipes traditionally cooked? But to think “all Kashmiri food is a dry-fruit assortment” is perhaps a very odd presumption. She told us how very strong spices and chilies (the famous Kashmiri laal mirch which adds both taste and aesthetic value to the recipes) are what set the cuisine apart. Like most traditional food in India, even Kashmiri food is a unique medley of all kinds of flavors—spicy and sweet. In fact, even tanginess is integral to the basic Kashmiri taste.

One Vegetarian Recipe we must all try

It is always a tough question to answer for any food connoisseur. Nadroo (lotus stems) is a commonly eaten Kashmiri vegetable but in Mrs. Kilam's experience, the rich Kashmiri haakh (collard greens) is one Kashmiri Pandit vegetarian recipe that has everyone's heart. A kind of vegetable stew made of haakh leaves simmered in water and slow-cooked is not only healthy for the body but also quite delectable to taste. To the Kashmiri way of life, haakh is not just a vegetable curry but much more: it is an embodiment of the simple needs of

the human body. Amongst the Kashmiri communities, having access to haakh-baatha (vegetable and rice) corresponds with having access to “daal-roti” in many other non-Kashmiri households of the country. In her view, the recipe is so simple to cook and suitable to most taste buds that it becomes an instant favourite to many.



HAAKH

Serves 2-3 people

INGREDIENTS
Haakh 500 gms
Green Chilies
Red Chilies
Asafoetida (Hing) Half a spoon
Kashmiri Var masala
Salt (to taste)
Mustard Oil/Refined oil (as per reference)

METHOD

1. Wash and clean the Haakh.
2. Do not tear the Haakh into small pieces, use the full leaf.
3. Pour a serving spoon of refined oil in the pressure cooker.
4. Sauté Asafoetida (Heeng) powder in the oil.
5. Add a glass of water, salt (to taste) & as soon as the water boils, put the spinach in the pressure cooker.
6. After two whistles, take out the steam, top it off with Var masala, chopped red and green chilies.
7. Serve in a bowl & savor it with steamed rice.





Comfort Foods for **COLD WINTERS**

Come winter and one can catch the tempting fragrance of vasaanu, til ladoos, adadiyas and lots of other food items which purportedly beat the chill - from the kitchen of practically all Indian households. Foodism shares a list of some winter must-haves.



Winter brings in a contrasting change in the weather after the sultry summer and humid monsoon. This change in weather calls for a change in diet too. This year, with a large number of people working and studying from home, the drop in physical activities may lead to elevation in health issues like – constipation, joint problems, dry skin, hair fall, deficiency in vitamin-D, obesity et al. The best way to beat these is by supplementing your diet with nutrient-rich foods to enhance your immunity, skin quality and overall health.

Unlike Western countries, winter is welcomed in India primarily because the chill is not that severe and more importantly for a food-loving country like India, winter presents opportunities galore for indulging themselves ... and that too without going on a guilt trip as digestion is stimulated during this season.

So practically every second household is either preparing or placing an order for winter delicacies like – Kachariyu, Gundar Paak, Adadiya, Vasaanu et al. Besides, trying their hand at healthy recipes of soups, veggies, hot beverages, items rolled out from nutritious flour like maize, millet et al.

But in order to enjoy all this and more, certain pre-winter preparations need to be in place...especially during the on-going times of uncertainty, when value chains are tad disrupted and availability of commodities is adversely impacted.

Pre-Winter Kitchen Preparation

While majority Indian households do tend to store their annual usage of grains, oil and spices; perhaps stocking up on core winter products like –

- Nutritious flours like - millet, corn, black gram etc.
- Sesame seeds (til), jaggery, clarified butter (ghee), edible gum (gundar), dry fruits, spice powders (cardamom, clove, dry ginger et al), poppy seeds (khus-khus), peepramul powder (ganthoda), and other items in this segment.

Winter veggies on the other hand need to be picked up fresh from the grocer!



WINTER COMFORT FOODS

Besides the mandatory vasaanu, saffron tea, turmeric latte etc. the list of must-haves of winter comprise of piping hot soups, dry fruits, niche winter vegetables and the perennially popular combination of sarson da saag and makke di roti! But all of these have a specific purpose. Let's have a look at some winter must-haves -

Winter Specials

The best way to beat the stiff bones and joints which a chilly winter brings is to turn to granny's trusted winter warmers to elevate our bone density and speed-up our blood circulation, besides of course upping our immunity quotient. Here's how -

Vasaanu

A healthy and nutritious snack – one piece daily with a glass of warm milk - makes you replete. Check out the recipe at the end of this story.

Kachariyu

A preparation made from sesame seeds, jaggery and clarified butter.

Adadiya

Traditionally from Kutch, adadiyas are prepared using well-roasted black gram flour; along with clarified butter (ghee), milk, khoya (mawa), edible gum, sugar, and other healthy ingredients like dry fruits and spice powders (cardamom, clove and dry ginger). It's the sweet and spicy combination which sets the adadiya apart.

Gundar Paak

This comprises of edible gum, clarified butter (ghee), milk, sugar, poppy seeds, dry ginger powder, coconut powder, peepramul powder (ganthoda), cardamom powder and loads of dry fruits.



Dal Palak Ka Shorba



Sarson da Saag

WINTER VEGGIES

Each season brings with it its exclusive fruits and vegetables; but winter bags the prize with its plethora of root vegetables, tubers and leafy greens. On offer are – beet, broad bean, cauliflower, carrot, green garlic, green pea, mustard green, radish, spinach, sweet potato, turnip, yam, et al.

Here's a quick look at some yummy ways of maximizing these winter vegetables-

1. Khoya Stuffed Matar Ki Tikki

A starter, this one's a spicy pea cake with a sweet khoya-date-filling.

2. Beetroot Kebab

Extremely light on calories and replete with antioxidants these beetroot and tofu kebabs are a power house of energy.

3. Dal Palak Ka Shorba

An Indian soup variant with the goodness of lentils, spinach, ginger-garlic and mild spices. Seasoned with fresh cream and lime and a must-have comfort food.

4. Mooli Ke Kofte

Fried balls of grated radish and spices; doused in spicy gravy.

5. Bharwan Gobhi

Blanched cauliflower florets with a cheese and khoya filling; dipped in a thick gram flour batter and deep-fried.

6. Sarson da Saag

An all-time favourite of Punjabis, this is a stew preparation of mustard greens and is generally served with corn chapattis.

7. Undhiyu

This one's from Garvi Gujarat: Fried winter vegetables and chickpea dumplings awash with spices.

8. Shalgam Ki Sabzi

Seasoned pieces of turnip.

9. Sweet Potato Rabdi

Loaded with Vitamin A and C, magnesium, calcium, protein and tons of fibre this piping-hot sweet potato-milk-saffron dish is the best winter dessert.

10. Gajar Ka Halva

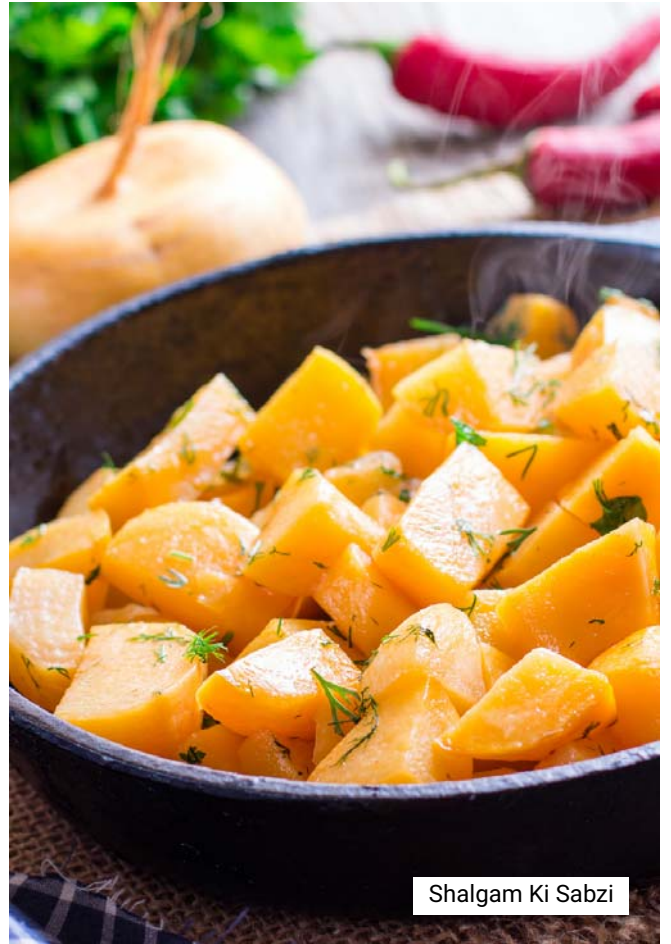
An irresistible Punjabi dessert. it's a blend of grated carrots, sugar, milk and dry fruits.

Other super foods to help boost immunity, weight loss and skin health include – Veggies like spinach, fenugreek, mint, green garlic etc.; root vegetables and kand; seasonal fruits like custard apple, guava, apple, apricot et al; peanuts; white butter; kulith; etc.

Fortify your diet with the options above and enjoy good health during winter 2020!



Bharwan Gobhi



Shalgam Ki Sabzi



Undhiyu



Gajar Ka Halva

Recipes



VASAANU

INGREDIENTS

Wheat Flour (Thick) 500 Grams
Ghee 500 Grams
Jaggery 500 Grams
Batrisu/Katalu Powder 100 Grams
Edible Gum 100 Grams
Fenugreek Powder 50 Grams
Sonth Powder 1 Tablespoon
Peepramul (Ganthoda) Powder 1 Tablespoon
Dry Coconut As per taste
Dry Fruits (Almonds, Cashews, Pistachio, Walnuts) 2 Tablespoons Each

METHOD

1. Heat ghee and roast the edible gum until it expands in size; then keep it aside.
2. Heat ghee and roast wheat flour until it turns golden brown.
3. Chop the coconut; roast it, cool it and grind it.
4. Grind the edible gum too.
5. Chop the dry fruits and keep aside.
6. Now heat ghee and add the wheat flour, jaggery and all the remaining ingredients (except for the dry fruits).
7. Mix well.
8. Spread it in a plate and press evenly with a spatula.
9. Garnish with dry fruits.
10. Cut into square pieces.



KEHWA



SHEER CHAI

KEHWA

INGREDIENTS

- Kehwa leaves
- Water
- Sugar (Cheeni)
- Cardamom (Elaichi)
- Cinnamon (Dal Cheeni)
- Saffron (Kesar)
- Almonds (Badam)

METHOD

1. Pour 4 cups of water in a pot.
2. Add 6 spoons of sugar or according to your taste (Cheeni).
3. Grind & then put 2 small cardamom pods(Elaichi) in the water.
4. Sprinkle cinnamon powder (Dal cheeni) : ½ teaspoon.
5. Crush few strands of Saffron (Kesar) & put it in the water.
6. Boil it for 7-10 minutes so that the aroma of the spices dilutes in the water.
7. Meanwhile, sprinkle a dash of cardamom powder, cinnamon

powder & crushed almonds (Badam) in the cups.

8. Add ½ teaspoon crushed Kashmiri Kehwa leaves in the boiling water.
9. Bring the flame to low & boil it for another 5-7 minutes.
10. Leave the water in the pot & let it settle for a couple of minutes.
11. Pour the tea in the cups.

SHEER CHAI

INGREDIENTS

- Kehwa leaves or Sheer Chai leaves (pahadi chai)
- Baking soda
- Salt (Namak)
- Water
- Milk (Doodh)
- Crushed almonds (Badam)
- Cardamom powder (Elaichi)
- Malai

METHOD

1. Pour ½ cup water in a

- pot.
2. Crush Kashmiri kehwa leaves & a less than half teaspoon baking soda in the pot.
3. Grind & put 2 small cardamom pods (Elaichi) in the water.
4. Boil it on low flame till 3/4th of the water evaporates.
5. In the remaining 1/4th water, pour another 1/2 cup of water in the pot.
6. Salt (Namak) to taste.
7. Boil this water till 1/2 the liquid evaporates.
8. Now slowly the water colour will also start to change.
9. Pour water to the remaining 1/2 cup in the water: 2½ cups.
10. After the water boils, pour Milk: 1½ cups.
11. Boil the liquid nicely.
12. Meanwhile, put crushed. almonds (Badam) in the cups.
13. Pour the pink colour tea into the cups.
14. Garnish it with 1 spoon malai on chai & some crushed almonds.

Recipes by Mrs. Kilam from the Orzoo Kitchen

GHUGHRA

Ghughra or Gujia screams Diwali as it is a sweet which is made during Diwali without fail. Diwali is just around the corner and you need to try and make this delectable Diwali sweet.

INGREDIENTS

Maida 2 cups

Suji 1 cup

Raisins 2 tbsp

Almond powder 2 tbsp

Castor sugar 1 cup

Cardamom powder 1/2 tsp

Ghee for frying

METHOD

1. Roast suji in ghee in a pan till light brown on low heat.
2. Add cardamom powder, almond powder, raisins and let it cool for a while. Add castor sugar and mix well.
3. Add 2 tbsp of ghee in maida and knead the soft dough.
4. Divide and roll it into small puris.
5. Stuff with suji mixture, fold and seal it in half-moon shape of ghughra.
6. Deep fry Ghughras in hot oil and serve or store it.



GHUGHRA

KHAJJOOR LADOO

A healthy recipe which is a must have during winters to build immunity. It's flavourful taste makes it even more tempting and irresistible to eat.

INGREDIENTS

Seedless Khajoor 1 cup

Ghee 1 tbsp

Mix nuts 2 cups

METHOD

1. Take seedless dates in a blender and blend to coarse paste and keep it aside.
2. Chop mix nuts in chopper.
3. In a pan heat ghee and roast chopped nuts for 5 min till crunchy.
4. Add in crushed dates and mix well.
5. Continue to fry on medium flame smashing dates with a spatula, mix uniformly with dry fruits.
6. Turn off the heat and roll laddoos. Store ladoo in an airtight container.



KHAJJOOR LADOO



SANDWICH DHOKLA

SANDWICH DHOKLA

The most loved Gujarati snack is delish and needs no introduction for its popularity. Sandwich dhokla is a light snack and is suitable for people who are weight-conscious.

INGREDIENTS

Rice 3 cups
Urad daal 1 cup
Soda 1/4 tsp
Curd 1/2 cup
Salt to taste
Green Chutney 1/2 cup
Oil 1/4 cup
Rai 1 tsp
Sesame Seeds 2 tsp
Curry Leaves few

METHOD

- 1.** Wash and soak rice and urad daal in enough water for 6 hours, drain the water, grind rice and daal to a smooth batter.
- 2.** Add curd, salt and let the batter ferment for 8 hours.
- 3.** In a bowl mix soda, 1 tsp oil and 1 tsp water and mix well, add this mixture in the fermented batter and mix lightly.
- 4.** Pour the batter in 2 greased plates and steam for 10 minutes in a dhokla steamer.
- 5.** Unmould after 2-3 minutes and apply chutney on one dhokla round. Place other dhokla round over it.
- 6.** Gently roll it with the rolling pin, so both the layers will stick properly.
- 7.** Heat oil in a small pan and temper with rai, sesame seeds, curry leaves and pour over a dhokla sandwich round.
- 8.** Cut dhokla in squares and serve hot with green chutney.

GORBBLE UP

LESSER KNOWN SWEETS OF INDIA

L	N	G	V	P	R	O	C	X	I	W	D	E	X	H	K	H	Y	A	W
Y	M	V	P	X	B	C	V	A	M	N	S	V	L	D	S	Z	T	Y	M
L	D	C	C	U	G	J	D	L	F	X	I	S	J	E	F	X	M	L	J
P	E	H	B	O	O	O	G	G	V	A	C	S	L	Z	E	W	U	L	Q
P	H	E	E	W	I	G	K	X	L	P	H	Y	K	C	H	J	J	M	U
C	W	N	S	Y	V	Z	U	A	J	X	V	C	L	X	A	P	J	U	A
X	Q	A	U	R	M	T	M	G	K	H	A	H	A	M	M	R	T	D	J
H	D	P	S	O	M	N	C	M	E	K	T	T	R	E	A	J	R	R	S
W	H	O	Y	X	A	M	H	L	D	R	A	G	N	O	A	E	E	E	C
I	A	D	W	H	T	X	S	U	T	M	Q	R	E	V	J	L	A	E	S
M	U	A	K	E	K	H	E	E	R	K	A	D	A	M	O	M	J	Q	Z
B	W	A	B	K	A	N	O	G	W	G	I	L	X	D	L	T	N	P	T
A	M	Q	H	X	D	Y	T	D	S	H	W	E	W	I	A	I	J	S	S
K	D	Y	K	B	W	Q	Q	P	B	H	G	J	K	U	K	N	U	V	X
O	L	M	J	L	P	C	Y	Z	I	I	J	D	M	S	B	D	T	H	A
P	L	J	U	Y	R	O	U	V	J	V	U	X	W	Y	U	W	A	U	X
I	K	A	L	I	G	A	J	A	R	K	A	H	A	L	W	A	L	I	B
I	A	H	T	I	M	L	A	V	R	A	P	G	F	R	K	B	M	H	Y
R	T	O	Y	M	U	U	Q	W	Y	Q	S	C	E	P	U	A	B	D	T
T	S	U	F	K	W	R	S	L	Z	E	Y	R	C	H	I	V	X	I	U

1. GOKAK KARADANTU
4. KALI GAJAR KA HALWA
7. KHEER KADAM

2. CHENA PODA
5. MAKHAN MALAI

3. PARVAL MITHAI
6. KALO JAAM

**To check out the answers hop on to page number 50*

HIGH — ON — CHAI



Chai as referred to tea by Indians is a beverage that is savoured first thing in the morning in the majority of the Indian households. You'll find chai obsessed people in every nook and corner of the world. Even though tea is loved by so many, it hasn't been given the importance that it deserves. And you may ask how, Well, have you ever said, "let's go for a cup of tea?" I think no. You might have always said, "let's go for a cup of coffee?" So you see, how tea is underrated in the world of beverages. But Chaisexual people are undeterred to keep their love for tea alive.

A cup of tea is a good companion when you want to have a conversation with your friends, cure a headache or relieve your work stress.

THIS BEVERAGE HAS ITS ROOT OF ORIGIN IN CHINA AND WAS USED AS A MEDICINE UNTIL AROUND 300 CE.

Let's see if you know some of the interesting facts of your favourite beverage:

1. If you thought that the Indians are the highest tea consuming population, then you are wrong. Turkish people consume the highest

amount of tea, wherein a person consumes seven pounds of tea annually.

2. Herbal tea is actually not tea. It is a mixture of different herbs, spices and plants like chamomile, mint and hibiscus.

3. The tea bag was invented by an American businessman- Thomas Sullivan. He used to send tea samples in silk pouches to his clients and they would directly dip it into hot water.

4. There are around 3000 types of tea in the world.

5. The art of reading tea is called Tasseography, where the diviner tells fortune from the shape of leaves that are settled down in the cup.

JUST IMAGINE, IT'S DRIZZLING OUTSIDE AND YOU ARE READING YOUR FAVOURITE BOOK WHILE SIPPING ON YOUR FAVOURITE CUP OF TEA. Don't you always want this moment to cease and your tea to never finish?

Not only is a cup of tea enchanting but the tea gardens where it grows are a sight to behold for its scenic beauty.

And if you are a tea lover

then visiting tea gardens should be on your travel list. Darjeeling being the finest tea producer in the world should come on top when you want to visit a tea garden.

Assam has indigenous tea plants and collects 1.5 million pounds of tea annually. The "**Tea Garden Time**" in Assam is one hour ahead of the Indian Standard Time.

The Nilgiri hills in Tamil Nadu grows tea throughout the entire year unlike other tea plantations in India. You can also stay at a tranquil Tea Nest situated on the Singara Tea Estate.

Munnar, in Kerala, has a tea plantation in its Idukki district which is a tourist attraction for its tranquility and peace.

Other tea gardens in **HIMACHAL PRADESH, KARNATAKA AND WEST BENGAL** are also worth visiting.

Teas come with so many flavours right from black teas to light and fruity flavoured teas. But don't you sometimes get confused hearing different names of teas? Herbal tea, Matcha, White tea and whatnot. And you might wonder what's all the fuss about different flavoured teas? Well, let's find out together.

By Sakina Motorwala

MASALA CHAI

Let's start with Indian's favourite masala chai. As the name suggests masala chai is spiced chai which includes spices like ginger and cardamom. Sometimes, it also gets infused with mint, cinnamon, anise etc depending on the preference of the drinker. This tea helps in fighting a cold, drives fatigue, helps in digestion and boosts immunity.

MATCHA

Matcha is a type of green tea and is more beneficial than other types of green tea. Matcha is beneficial for health as it is packed with antioxidants, reduces heart disease and aids weight loss.



OOLONG TEA

Oolong tea, a traditional Chinese tea is made from the same plant as black and green tea. Oolong tea is semi-oxidised and rolled to give its distinctive shape. Oolong tea can improve heart health, prevent diabetes, improve brain function and also protect from certain types of cancers like lung, oral, pancreatic and liver.









HERBAL TEA

Herbal tea also known as Tisane is an infusion of various fruits, leaves, barks, roots or flowers which are edible and don't belong to a tea plant. Chamomile tea, peppermint tea, hibiscus tea, ginger tea, rosehip tea etc are some of the examples of herbal tea. It is known for its benefits of stress-relieving and fighting a cold. We will have a brief look at various types of herbal teas.

1. CHAMOMILE TEA

Chamomile tea is derived from daisy flowers and as it is a herbal tea, it is caffeine-free. It is used for its various health benefits because of its anti-inflammatory properties and is used as a sleeping aid.



2. PEPPERMINT TEA

Peppermint tea is obtained from the peppermint herb from the mint family. Similar to chamomile tea, Peppermint tea helps cure insomnia or lack of sleep. Peppermint tea provides great health benefits like reducing menstrual cramps, helps reduce headaches, aides digestion and fights internal bacterial infections.





3. HIBISCUS TEA

Hibiscus tea is made out of crimson or deep-magenta coloured hibiscus flowers. Whatever the season- summer or winter, hibiscus tea can be enjoyed every time as it can be served hot or cold. It helps in weight loss, controls high blood pressure and high cholesterol.



4. ROSEHIP TEA

Rosehip tea is derived from the fruit of the rose plant. It helps prevent vitamin C deficiencies and has the ability to treat constipation, kidney disorders, diarrhoea and high cholesterol. Rosehip tea is great for the skin as it helps fight skin aging and improves the elasticity of the face.

5. CHRYSANTHEMUM TEA

Chrysanthemum tea is obtained from the chrysanthemum plant. The spectrum of its bloom ranges from palest yellow to bright red. Drinking chrysanthemum tea provides relief from sore throat and is a good detoxifying agent for the liver.



6. ROOIBOS TEA

Rooibos tea is made of a South African plant Rooibos. It too can be drunk hot or cold just like hibiscus tea. It is beneficial for heart patients, diabetics and helps treat asthma and prevents premature aging.



BLACK TEA

Black tea- the most consumed beverage in the world comes from the Camellia Sinensis plant and contains the highest amount of caffeine as compared to other teas. Black tea boosts heart health, helps reduce blood pressure and also helps reduce the risk of cancer.

Early Grey is one of the most popular black teas which is made of a unique blend of bergamot and black tea. Earl Grey boosts immunity, protects oral health and improves digestion.

YELLOW TEA

Yellow tea is obtained from *Camellia Sinensis* plant just like black tea, green tea and white tea. It goes under a slow drying process which gives it a mellow flavour and removes the grassy smell and taste related to green teas. Yellow tea promotes weight loss, is beneficial for the liver, prevents diabetes and also has anti-aging properties.





WHITE TEA

White tea is not oxidised and is harvested before the leaves of the tea plant are opened fully. White tea can encourage good cardiovascular health and fight against skin aging.



PU'ERH

Pu'erh tea is fermented tea which is produced in the Yunnan province of China. Just like wine, Pu'erh also tastes better when it has aged longer. Pu'erh helps in weight loss, relieves stress, increases energy and promotes good heart health.



SENCHA

Sencha is the most popular green tea in Japan which too is derived from *Camellia Sinensis* plant. Sencha tea is efficient in fighting free radicals, reducing bad cholesterol and improving oral health.

I am sure this blog would have made you want a cup of tea. Who are you waiting for? Go ahead and make yourself a searing and ecstatic cup of tea.

This diwali, give your festive Sweet pangs some uniqueness

The most awaited festival of the year, Diwali is just around the corner. In no time, our lives would be lit up with joy and festive mood which is incomparable to any other feeling.

Such is the magic of Diwali, it makes you forget all the other things happening around you and brings together moments of happiness and festivity at one place. Lights, sweets and get-togethers get an added meaning because of this joyous festival which is indeed everyone's favourite. While Diwali is somewhat synonymous to sweets and Indian desserts, none of us would mind drooling over some of the most not-so-famous sweets which might perhaps make their way into our homes this Diwali. These sweets are famous in their respective states and surely deserve the much needed recognition, because Diwali is meant for sweets and what is Diwali if you didn't have a memorable "mithai-binge". Let the drooling begin with these oh-so amazing sweets!

KALO JAAM

Kalo Jaam is a sweet famous in Bengal and is considered to be a much bigger version of gulab jamun. The only difference which is a major difference, being the addition of khoya which enhances its taste. The major ingredients that are used in this sweet include mix grated khoya, grated paneer, maida, cardamom and milk. Oblong lumps of this dough are then prepared to prepare bigger sized kalo jaam which is then soaked in hot sugar syrup for a while and later served with sprinkled khoya.

KHEER KADAM

Another famous sweet from Bengal which is heavily popular in the rural or semi-urban parts of Bengal, Jharkhand and Bihar, Kheer Kadam is a mind-blowing combination of rasgulla and khoya. Here, you begin by preparing rasgullas and making small balls out of the dough only to add the food colouring of your choice when the balls are finally made. It is usually advised to cook these balls in a pressure cooker with sugar syrup added to them. Once you are done with this initial step, you can go on to grate paneer and cook until it becomes golden in colour. The last bit of this sweet is to flatten the khoya dough into discs and place the rasgulla balls into each disc. Best enjoyed when it is served chilled.

MAKHAN MALAI

A sweet delicacy that finds its origination from Lucknow, Makhan Malai or Malai Makhan as it is called in most of the places in North is one delicacy you cannot get over once you have tasted it. It takes a total of eight hours to prepare this sweet and hence the preparation begins a day before when the cow milk is boiled in huge quantities. Then, fresh cream is added to the milk which is boiled again and then left to cool under the sky. You can later add on powdered sugar, yellow colour and cardamom powder to give a rich taste.

KALI GAJAR KA HALWA

A treasured sweet from Uttar Pradesh, Kali Gajar ka Halwa has its own taste and richness than the normal gajar ka halwa you might have relished all this while. Prepared with condensed milk, ghee, assortment of nuts, cardamom and black carrots, this unique sweet might just be the perfect sweet you would want to treat your guests with. All you need to do is saute grated carrots in a pan with pure ghee and add condensed milk along with a host of aromatic spices such as cloves, dried fruits etc. Stir well by adding khoya and sugar until it begins to form a dense rich black halwa. Before serving to your guests, you can layer it with silver warq or cashew nuts.

PARVAL MITHAI

Parval Mithai is one of the famous mithais from Bihar and is made out of the famous green vegetable, Parval. A sweet prepared during most of the festivals, all you need to do is stuff parval with khoya and beetroot mixture and then allow it to cool down after you have boiled it for close to half an hour. Once the parval has cooled down in room temperature, you can garnish it with pistachios, sweet boondi or marigold petals to make sure that it turns out to be nothing less than an exceptional Diwali delight.

by Vishal Pandey

CHENA PODA

This cottage cheese dessert finds its origination from Orissa and loosely translates itself into burnt cheese. All you need to do is knead the cottage cheese carefully with sugar and dry fruits and bake it until its texture turns into golden brown. Being crisp on the outside and soft and gooey in the inside, this is one such mithai you surely cannot resist having. Once you let the preparation rest, you would have no option but to go ga-ga over the combination of caramelized sugar and burnt cheese.

GOKAK KARADANTU

Gokak Karadantu comes from the region of Gokak in Karnataka and is called Fried Edible Gum in

Kannada which is savoured in most of the households in that region. This sweet delicacy is power packed with various kinds of dried fruits, jaggery, cashew nuts, raisins etc. The chewy texture that you get while savoring this sweet comes from this sweet being fried in ghee and edible gum.

While you might have your own Diwali favourites for 2020, you should surely not miss out on some of these unique savouries which are nothing less than pure indulgence to say the least. This Diwali, apart from gorging onto your favourites you can also satiate your soul by making way for some of the most unique sweets which you might probably never have tasted. Rush to your nearest sweet shop or prepare them at home but in the end your Diwali would surely be sweeter and happier with these sweets.

ANSWER

L	N	G	V	P	R	O	C	X	I	W	D	E	X	H	K	H	Y	A	W
Y	M	V	P	X	B	C	V	A	M	N	S	V	L	D	S	Z	T	Y	M
L	D	C	C	U	G	J	D	L	F	X	I	S	J	E	F	X	M	L	J
P	E	H	B	O	O	O	G	G	V	A	C	S	L	Z	E	W	U	L	Q
P	H	E	E	W	I	G	K	X	L	P	H	Y	K	C	H	J	J	M	U
C	W	N	S	Y	V	Z	U	A	J	X	V	C	L	X	A	P	J	U	A
X	Q	A	U	R	M	T	M	G	K	H	A	H	A	M	M	R	T	D	J
H	D	P	S	O	M	N	C	M	E	K	T	T	R	E	A	J	R	R	S
W	H	O	Y	X	A	M	H	L	D	R	A	G	N	O	A	E	E	E	C
I	A	D	W	H	T	X	S	U	T	M	Q	R	E	V	J	L	A	E	S
M	U	A	K	E	K	H	E	E	R	K	A	D	A	M	O	M	J	Q	Z
B	W	A	B	K	A	N	O	G	W	G	I	L	X	D	L	T	N	P	T
A	M	Q	H	X	D	Y	T	D	S	H	W	E	W	I	A	I	J	S	S
K	D	Y	K	B	W	Q	Q	P	B	H	G	J	K	U	K	N	U	V	X
O	L	M	J	L	P	C	Y	Z	I	I	J	D	M	S	B	D	T	H	A
P	L	J	U	Y	R	O	U	V	J	V	U	X	W	Y	U	W	A	U	X
I	K	A	L	I	G	A	J	A	R	K	A	H	A	L	W	A	L	I	B
I	A	H	T	I	M	L	A	V	R	A	P	G	F	R	K	B	M	H	Y
R	T	O	Y	M	U	U	Q	W	Y	Q	S	C	E	P	U	A	B	D	T
T	S	U	F	K	W	R	S	L	Z	E	Y	R	C	H	I	V	X	I	U

LESSER KNOWN SWEETS OF INDIA

1. GOKAK KARADANTU
2. CHENA PODA
3. PARVAL MITHAI
4. KALI GAJAR KA HALWA
5. MAKHAN MALAI
6. KALO JAAM
7. KHEER KADAM

Made with Extra Cheese & Love

For 7-year-old Aryan, food is a way of connecting with his multi-talented Nani, Chef Hina Gautam. His curiosity and hunger for learning new things led him to actively take part in a lot of interesting activities like singing, painting, reading, playing cricket and chess. All these ventures keep his naughty nature in check and help him focus and make the most of his energy.



Aryan Khandhar

Bitten by the bug of Curiosity

He has always been curious about the science behind cooking and his ever-so-innocent questions dart towards knowing the nitty-gritty details of recipes, various ingredients and their nutritional value. This very reason has proved a catalyst between him and his grandmother's adorable relationship. He aspires to be a scientist and build amazing things to make this planet a better place in the future.

His Inspiration: His Nani

He was inspired by his Nani's cooking and was in awe of Chef Aanal Kotak's Christmas cake and since then, his food experiments are a delight for his family. He started out by kneading some dough for Rotis and went on to make simple but delicious mug cakes and that's how this junior chef spread his wings to fly high in the culinary world today.

His favourite recipe, you ask? ***"I love to binge on some slices of nicely baked cheesy garlic bread with extra cheese, a perfect snack for fun weekends."***

CHEESE GARLIC BREAD

INGREDIENTS

Garlic bread loaf 1
Finely chopped garlic 2 tsp
Butter 100 gms (soft)
Cheese 100 gms (grated)
Oregano to sprinkle

METHOD

- 1.** Take butter in a bowl & add finely chopped garlic to that. Mix well.
- 2.** Cut bread loaf in medium-size slices.
Apply garlic butter on both sides of the bread.
- 3.** Set it on the oven tray & put cheese on each slice.
Sprinkle oregano.
- 4.** Bake it at 180 degrees for 10 mins.
Relish the warm cheesy garlic bread with your entire family!
- 5.** You can also be creative with the toppings and add ingredients like black olives, sweet corn or mushrooms.

Tastes best with loads of extra cheese and love!

Smile as Sweet as a Laddoo

Nysa is an adorable 4-year-old cutie patootie who loves gardening and her mom's food. Her delightful and gleeful grin will catch your eye immediately and so will her innocence. She is a huge fan of her mom's cooking and wants to make healthy and tasty food for all her family and friends.

Her parents want her to be a happy child and encourage her to be her best self. Nysa's mom feels, ***"She can be whatever she wants to be as far as she does it with all her heart and soul."***

Spice Box Saga

She fell in love with cooking when she came across her mother's spice box and wanted to give cooking a try. Since then, she starting observing her mother while cooking and made some simple but fascinating recipes thereon.

The first recipe she tried out were some hearty Dill Sandwiches which became a huge success.

Today she will share the recipe of her favourite Raagi Laddoos. These sweet balls are delicious and quite nutritious.



Nysa Doshi

RAGI LADDOO

INGREDIENTS

Ragi flour 1 bowl
Choco powder 1 ½ tsp
Grated jaggery ¾ bowl
Walnut powder 1 tsp
Roasted flax seeds 2 tsp
Chopped raisins 8 to 10
Ghee 1/2 bowl

METHOD

1. Take 1 cup of ragi flour in a kadhai or thick bottomed broad pan.
2. Keep the pan on a low flame and begin to roast the flour. You have to stir it continuously so that the flour gets roasted evenly.
3. Roast till the colour changes and you get a nice aroma from the ragi flour in about 5 to 8 mins.
4. Remove it from the burner and put it in a broad plate.
5. Now add grated

jaggery, walnut powder, roasted flax seeds and chopped raisins.

6. Now mix well and break small lumps of jaggery with your hands.
7. Now slowly add melted ghee in the laddu mixture until you get a perfect binding.
8. Apply some ghee on your hands and take a small portion(1½ tsp.) of laddu mixture and make laddoos. You will be able to make at least 10-12 laddoos from this mixture.
9. You can store these laddoos in an airtight container for up to 10 days.
10. Garnish them with some soaked and chopped almonds (optional).

Magical Mango Mania



Saanvi Prajit

Saanvi, a playful and gifted 10-year-old from Visakhapatnam has been raised in different cities across India. As a kid, she loved playing with the utensils of her mini kitchen set. She would often role-play as a street food vendor with her family members acting as her customers and fill the house with giggles and happiness. Her only motivation for attending all the family get-togethers was to gorge on the lip-smacking spread and make the most of the scrumptious feast. Moving around with her father in his postings across the country had a huge impact on her. It made her realise how food played an integral part in creating a bond amongst the squadron mates.

The Pious Payasam

As a child, she would tinker around in the kitchen making simple dishes like sandwiches, roti, tea, etc. Her first attempt at cooking was making a Pal Ada Payasam (Traditional Kheer of Kerala). "It came out so well that we made her participate in one of the cookery contests. She couldn't qualify for being underaged but I qualified in the seniors' category." says her mother, Manjma.

Mommy Knows Best

Her mom happens to be her favourite chef and her favourite pastime activity is viewing the videos of renowned chefs like Sanjeev Kapoor, Ranveer Brar, Varun Inamadar and many such noteworthy stalwarts from the culinary world. She is an extremely observant and bright kid and being a foodie runs in her blood! She draws inspiration from her grandparents, uncles and aunts who love cooking and wouldn't let go of a chance to cook for the entire family. But her mother Manjma holds a special place in Saanvi's positive orientation towards cooking. She was one of the contestants in a culinary reality show hosted by one of Kerala's leading Television channels. Saanvi accompanied her mom in these contests and would observe the journey of each contestant very keenly and that

impacted her interest in cooking immensely.

Future Plans

When asked about her future plans, her mom quipped, ***"Although it is too early to say what the future holds for her, she will most definitely continue to cook. She also aspires to be a Fighter Pilot like her father and continue to learn, practice and perform Bharatanatyam like me and her aunty. You see, the best of both worlds!"***

She absolutely loves a good no-bake Mango Cheesecake which is why here's a quick recipe for one. Hope you enjoy eating it as much as Saanvi does!

NO BAKE MANGO CHEESECAKE

INGREDIENTS

Paneer (cottage cheese) 200 grams

Hung yogurt (dahi) 200 grams

Sugar powder 250 grams

Vegetarian gelatin 2 tablespoon

Water ¼ cup

Mango pulp 1 cup

Mango chopped ½ cup

For the base

Digestive biscuit 200 grams

Butter 2 tablespoon (room temperature)

Vanilla essence ½ teaspoon

For the glaze

Mango pulp ½ cup

Sugar 2 tablespoon

Water 2 tablespoon

Lime juice 1 tablespoon

METHOD

For the base

1. Mix the crushed biscuits, melted butter, vanilla essence until all of the crumbs are coated evenly.
2. Press the mixture onto the bottom of the springform pan making sure that the crumbs are compact.
3. Place it in the refrigerator until the cheesecake filling is ready.

For the cheesecake filling

1. Blend paneer to smooth paste.
2. Add yogurt and sugar powder.
3. Add mango puree and lemon juice. Blend.
4. Add gelatin (Pour water on the gelatin and let it bloom for 10 minutes. Melt it in the microwave or in warm water).
5. In a food processor, blend the paneer to smooth paste.
6. Add the yogurt and sugar powder and whip again.
7. Add the mango puree and lemon juice and whip.
8. Add the gelatin and whip one last time.
9. Pour the mixture on top of the biscuit base.
10. Tap the pan and keep it in the refrigerator for 6 hours to set.

For the Glaze

1. Add mango pulp, water, sugar and lime juice.
2. Bring it to a boil and let it thicken
3. Let the glaze come to room temperature.
4. Pour on the cheesecake
5. Set in the refrigerator.

ALMOND HOT COCOA

INGREDIENTS

Warm milk 1 cup
F&E Almond butter 2 tablespoon
Medjool pitted dates 3
Vanilla extract 1 teaspoon
Unsweetened cocoa powder 1 tablespoon
Sea salt A pinch
Choco chips / Marshmallows

METHOD

1. Bring milk to a boil over medium heat.
2. Add all the ingredients in a high speed blender. Blend until smooth and mixture is foamy.
3. Garnish with choco chips or marshmallows.
4. Serve immediately. Enjoy!



By Recipe developer, Healthy eating connoisseur,
Owner of flavours and Experiments.
Pinky Sukhwani

AALU BUKHARA BEETROOT FETA WRAP

INGREDIENTS

Beetroot ½ small boiled
Boiled chickpeas 2 cups
Lemon juice 1 tablespoon
Grounded black pepper a pinch
Salt to taste
Garlic Cloves 2 large
Tahini 2 heaping tbsp
Extra virgin olive oil 1/4 cup
Yogurt 2 tablespoon
Whole-wheat wraps 2 Medium
Feta Cheese 2 tablespoon
Black sesame seeds 1 teaspoon
Red bell pepper 1 medium sized, thinly sliced
Plum and zucchini 1 small
Mint leaves for garnish

INSTRUCTIONS

1. To Make the Hummus.
2. Slice boiled cooled beets and boiled chickpeas and transfer to a food processor.
3. Add olive oil, tahini, lemon juice, yogurt, garlic, salt and pepper and pulse until blended.
4. Taste and adjust seasoning as desired.

TO GRILL THE ZUCCHINI AND PLUM

1. Heat a grill pan over high. Coat grill pan with cooking spray. Grill plum and zucchini, thinly sliced, until lightly charred, about 2 minutes. Flip them, and grill 1 minute. Remove to a plate.
2. To Assemble the Roti
Warm up the wrap so it's nice and soft. Using a spoon, spread the beet hummus in the center of the wrap.
3. Next add the sliced red bell peppers, zucchini and plums. Garnish with feta and top with seeds and mint.
4. Fold in bottom end of wrap and roll wrap around filling. Slice wrap in half on the diagonal.
5. Repeat with remaining wraps.

By Recipe developer, Healthy eating connoisseur,
 Owner of flavours and Experiments.
 Pinky Sukhwani

Cadbury Celebrations Gift Pack

There must be some reason why so many people choose this as a Diwali gift for their friends and family. You visit multiple houses on Diwali and you cannot always be sure about what mithai anyone would like but there is a little chance that someone would not like an assorted pack of chocolates. Isn't it? In the world of assorted chocolate packs in India, Cadbury Celebrations is perhaps the one that gets most picked. The one that we are reviewing here for you is the 172-gm mixed gift pack that comes in a very colourful packing. Even if we remove the Diwali angle from the whole discussion, this assorted pack is still quite a hero as people use it as a birthday gift/ return gift/ corporate gift to employees/ Rakhi gift/ and sometimes even as an accompaniment to a larger gift on any given occasion.

What's inside?

The chocolates we all grew up savouring:

Cadbury Dairy Milk (6= 3 small and 3 medium sized)

Cadbury Five-Star (3= 2 medium sized and 1 small)

Cadbury Gems (3)

The exact dimensions and nutrient content of the chocolates have been elaborately mentioned at the back of the pack. Very responsibly, Cadbury mention a short note on the common allergens the chocolates contain, which according to us is a "must info" on any packaged edible product in the market. We also suggest you to always read this list. Better careful than sorry (and sick)!

Packaging

It is quite a sturdy packaging. We found it to be quite neat and basic. During summers, there is always some risk of the chocolates melting if the pack is not refrigerated but that's not much of a bother. Don't we all already know chocolates melt—our hearts!

Where to buy?

You can buy this pack at almost all general/grocery shopping websites (Amazon/Flipkart) and is as easily available at your next-door confectionary shop.

Festive USP:

This one is a 100 percent vegetarian product; so, we don't have to bother about this pack hindering our festive/religious diet.

Price

At amazon.in, the 172-gm pack is available in just INR 110; but the price varies depending on where you are buying it from. The product MRP is INR 150.

Other Variants

There are many. Cadbury specialises in mixed packs and different assortments are available in different sizes in both cardboard and tin boxes.

Our Verdict

We suggest you pick a few of these packs up and use them as Diwali gifts. They are not too expensive and certainly quite decent to be handed to anyone with love. Don't want to gift this to anyone? Just treat yourself! Happy Diwali!





Gurmeet Singh Arora

FLAX-ING YOUR WAY TO A HEALTHY LIFE

If you see a disc jockey from afar, what would be the first thing that would come to your mind when you think of his lifestyle? Surely enough, the first thought would be that “this person doesn't necessarily lead a very healthy life.” and that is mostly because of the way one leads a life when he/she is a full-time disc jockey. The night-time gigs usually mean a disturbed sleeping pattern and most of the nightclubs and pubs don't serve a very healthy spread of food. So you inadvertently lead an unhealthy life. Gurmeet Singh Arora, a DJ by profession, didn't want to stick to this status quo. He decided to put his foot down and come up with a venture that would provide some really healthy food without compromising on the flavours.

Realising the Problem and the Start of Something New

Gurmeet Singh had had enough with all the health problems procured during his stint as a disc jockey. He was borderline diabetic and his cholesterol was off the normal range. He explains, "After all my test results came in, the Doctor told me that I had 3-4 years to overcome my Father's genes. She motivated me to eat healthy. She prescribed me to go on a detox juice diet which had curry leaves, ginger, mint and other such healthy ingredients in it. After preparing it for 2-3 days I realized that this wasn't for me. It was tough to get hold of certain ingredients at home or from my local market. A lot of times, finding the right ingredients can get really tough and compromising on such ingredients might mar the flavour or the nutrient quotient drastically. I believe in solving problems and I had to come up with a solution that would benefit people like me who struggled with concocting something nice and healthy in the kitchen hence, Flax happened. The idea behind flax was to provide a healthy meal at reasonable rates to those who didn't want to cook at home and go through all the trouble." He further stresses that if you don't take care of your body on a regular basis, changing the diet might never make a difference. The holy trinity of leading a good life are - A healthy diet, a favourable sleeping pattern and an equitable amount of time should be given to exercising daily.

His Unwavering Belief System

What makes him different from other entrepreneurs is his enlightening and uplifting understanding of success, failure and everything in between. His simplicity and wisdom will surely win your heart and instil a sense of tranquillity in you as well.

He confides that he isn't a great cook but loves to use all the ingredients available at home and doesn't waste any food items. His favourite is spinach and he loves to make Palak Paneer whenever he has some fresh palak at home. When

probed on the launch of Flax in Ahmedabad, he says, "I am planning on launching my flagship all across the country as I would like everyone to eat healthy and stay fit."

Striking a Balance

Apart from his brilliant food venture, music gives him solace and helps him stay grounded. His playlist is a mix of everything but lately, he has been listening to Beethoven's symphonies and they inspire him to always be up and about in his life and career. When quizzed upon how he keeps himself fit and happy, he expresses, "Your body needs to rejuvenate from time to time and working or partying non-stop will destroy your body's natural healing process. You need to strike a healthy balance to be able to sustain. If you have a healthy salad for one meal and stuff your face with pizza in the next meal, eating a salad won't make much of a difference. The key is to consciously plan your meals in a way that you supply your body with the kind of food that has overall good nutritional value. When you watch a movie, you just don't just focus on a single character but the entire movie. This is how you should lead your life as well."

His endearing positive attitude led to him penning down his thoughts on paper and he recently launched a book 'Reflection of a Mind.' In light of the book, he has a befitting line on how he deals with people who try to pull him down, "To be honest, I don't really do anything if something like that happens. If someone

pulls me down, I go down while I brace myself for the fall. It is simple, the more you fight the fall, the harder you get hit by it. The key is in accepting these things as it is. If a Tsunami comes, it takes you with it. A storm never announces its arrival. The strength lies in getting up after the storm. It is not about holding ground. Don't protect yourself from going down, invest your energy into getting up." His profound words are like a lighthouse in a stormy night, they will guide you in difficult times and bring you to the shore safely.



He believes,

Clarity comes with mistakes. Life is always going to be a journey of failures and blunders. A lot of you youngsters are scared of failing but I love failures. I am not saying I want to fail, but I have accepted that failure is a part of success, it's a prerequisite. If you never fail, you would not know how to handle success. Treat failure as your teacher and let it guide to a better understanding of life."

Foodism Talks

Foodism Talks is a segment where we bring to you the gist of interactive live sessions on our social media platform with renowned personalities and hardcore foodies where they talk about their fitness secrets and their healthy diet. Our objective is to unfold the food stories of various celebrities from TV and Film fraternity and give you a sneak peek into the healthy lifestyle of the celebrities

We have hosted the following celebrities and hereby bring you the snippets of our live chat with them for you to read, learn and enjoy!



Bhumika Gurung

Bhumika Gurung, an actress we had a live session with, shares that she finds Yoga relaxing for her mind and body and eating homemade food and having meals on time have helped her maintain a healthy lifestyle.

She is a firm believer that being with positive people will attract positive vibes.



Habib Mithiborwala

Habib Mithiborwala, an actor/anchor is a person of strong nerves who believes in staying fit and healthy. We had an exciting live session with him wherein he shares that he controls his diet in a way that he will make sure

he burns the extra calories of the cheat meal on the next day. He believes in doing good and let only his good deeds and work be the answer to the people who have wronged him. He loves to eat homecooked food which helps him keep fit and healthy and stays away from all kinds of vices that might have an adverse effect on his health.



DJ Rink

DJ Rink in our live chat shares vividly her experience of hosting Garba online during this pandemic and her love for food. She believes in staying fit by eating homemade food and avoiding outside food. Her

favourite food you ask? It will be Khichdi and Kadhi as it is easy to digest and also gives energy. Her life funda is to always stay happy and positive, no matter what the situation. Her advice to us is to strike a balance between mind & body and introspect the signs our body gives.



Suman Agarwal

Suman Agarwal, one of India's leading nutritionists enlightened us in a live session where she explains that Flexitarian diet is a diet where you have the flexibility to choose your food and eat in moderation. It is not rigid about timings and

combinations. She further shares that our meals should consist of 4 quadrants -carbs, protein, fat and fibre. The balance between good food and cravings for eating junk can be called healthy eating. She believes that everybody reacts differently to different foods but what everybody can avoid eating for a healthy body and skin are chocolates, desserts, aerated drinks, ice-cream, papad, 2-minute noodles and fried food.

We hope you got insight through these snippets for healthy eating and following a good food diet. This is just the beginning of such a fun-filled journey on foodism with people of similar mindset and enthusiasts who are keen to explore and discover the flavours from every corner of the world.

Stay tuned to enjoy more such amazing excerpts from Foodism's Live.

GO Eggless

with
Chef Ruhee Bhimani

One look at pastry chef Ruhee Bhimani's Instagram page will immediately make you click the follow button and you won't help but ogle at her extraordinary repertoire of desserts and want to eat one instantaneously. Her family has always supported her dolce dreams and these very aspirations have led to the Cocoa Cottage Studio and several cookbooks in her kitty. Read further to know what makes her tick.



Her Culinary Journey

Her dazzling smile and vivacious personality is the reflection of how happy her work makes her feel. But being a pastry chef wasn't always what she aspired to be. She explains, "I come from a family of doctors and engineers and was going to become a dentist myself!! One day I woke up and told my Dad that I am not going to look into people's dental issues, I would rather spoil them with my sweet goodies!! I joined a Hotel Management Institute at Mumbai University and topped in 2008 and then went abroad to train under Master Bakers and renowned Patisseries across the globe. After coming back, I was often asked for an egg substitute and I realised there was a huge demand for egg-free baking and no one was catering to such desserts and that is



when I decided to venture into the seemingly unknown terrain and thus began my research and RND for substitutes and recipe creation/development."

Tutelage Under The Best of the Best

Making desserts is a distinguished science in itself. You need to understand the utility of your ingredients and the incorporated techniques well to be able to bake successfully. One wrong move and your dessert won't turn out the way it is supposed to. She learnt the art of baking from some of the most world-renowned chefs around the globe and the knowledge she gained paved her path in becoming an up and coming pastry chef in India. She acknowledges, **"After my graduation, I travelled to different countries to intern under Master Chefs and Chocolatiers from London, Dubai, Turkey and the USA to learn finer nuances of baking! It's been a wonderful experience, I personally believe every day is unlearning and then learning something new!"**



and features recipes of egg-free desserts and confections like Turkish delights, fudges, cookies and our most celebrated classics - egg-free French Macarons & meringues made with viable egg alternatives that work like a charm. I have also done a Television show- Egg-Free baking series on FOOD FOOD TV - Bake Dairies that garnered a lot of attention."

Her Ventures

She has added a lot of interesting feathers to her hat by venturing into different verticles across the chart. She elaborates a little on her ventures, **" It's been 10 years since I started conducting workshops for egg-free desserts. I started with my retail outlet in Pune by the name of Cocoa Cottage Studio where I**

initially hosted the workshops and later opened an academy in Lokhandwala, Mumbai where the goal was to guide amateur chefs in understanding baking in detail. Since the advent of the Pandemic, we have started conducting online workshops for egg-free bakes and desserts across the globe. Our ongoing Diwali special gifting workshops are all about showcasing our innovative fusion gourmet products and healthy bakes like mithai cookies (all egg-free)!"



Baking, Books & More

Her passion for baking and the curiosity of her ardent followers led to the conception of her debut cookbook - 'Egg-free Confections'. When we quizzed her on how the book came into existence, she retorts, "This happened while I was curating the Masterclasses for Callebaut Chocolate Academy, India. When people learnt about my global tutelage, they realised that I could solve the biggest challenge faced by a lot of Indian bakers - finding alternatives for recipes that had eggs as their core ingredient. Thus began my research and RND for such substitutes and recipe creation/development. Eventually, I started conducting workshops for the same. I had a huge request for the recipe booklet as we had limited seats for a hands-on workshop and it was difficult to accommodate a huge no of participants. Our overseas followers were also interested in these recipes but could not travel! Hence I came up with an idea of writing my own Cookbook and reaching out to all the bakers who were interested in trying out these egg-free recipes!

My cookbook solves the aforementioned problem

Her Product Range

Apart from her egg-free confectioneries workshops, they also conduct special ones for Vegan, Keto, Gluten-free and healthy baking with natural sugars as people have become more health-conscious.

She ends the wonderful session with a solemn and important tip for her readers. She advises, "Learn your basics well! That's your foundation! You can't build a castle on weak foundations!"

Sesame Peanut Butter Cookies

Yields 14 pieces (12 grams each)

INGREDIENTS

Peanut Butter 25 gms
Butter (Amul salted) 50 gms
Vanilla Extract 1/2 tsp
Castor Sugar 25 gms
All-Purpose Flour 75 gms
Salt A pinch
Sesame 50 gms (120 degrees celsius for 15 mins)
Milk (optional) 1 tsp

METHOD

1. Cream the butter and peanut butter until soft.
2. Add castor sugar and mix well.
3. Add all the dry ingredients and make a dough. Add milk if needed to adjust the consistency.
4. Refrigerate for 15-20 mins.
5. Make 12gms dough balls and roll in roasted sesame.
6. Preheat the oven at 160 degrees C for 5 mins.
7. Bake the cookies at 160 degrees C for 15-20 mins.
8. Cool the cookies and Enjoy!





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LIGHTS WILL GUIDE YOU HOME



Diwali for us Indians is all about beautiful fairy lights, luminescent diyas and brightly hued flowers adorning the house in the wake of a festival that celebrates the victory of light over darkness. We clean and decorate our houses at the time of festivities but sometimes these ideas can get pretty monotonous. Mini Singh, our decorista extraordinaire who goes by the Instagram handle '@decor_miniz', will help you in decorating your house in an innovative and easy way through her DIY craft ideas.

The DIY Dream

Mini Singh was born in a quaint little small town, Jabalpur, Madhya Pradesh

and travelled to many parts of India as and when education or career opportunities beckoned her. As a kid, she often saw her mother decorating their house in a very contemporary and inventive way during festivals or special occasions and that left a lasting impression on her mind. She reminisces, "In my early years, I vividly remember my mother, who is one of the most inspiring figures of my life, manage a household, two kids and also manage to create crafts & paintings or make some DIYs items. I was always trying to emulate her, as any kid would and maybe subconsciously I still am emulating her ways. As a kid, I used to tidy up our house quickly when someone

came. I always wanted our home to be very presentable and organised. So I guess the 'home styling bug' bit me pretty young." After a brief stint in an IT company and post-marriage, she decided to explore her hobbies and that is when she decided to start her own page. In the initial days, she experimented by decorating her new home and eventually did her research and came up with simple, easy and budget-friendly DIYs and that helped her gain popularity.

Her Inspiration

She credits her mom for inspiring her with her original DIY techniques. Apart from that, her style has been influenced a lot from different

parts of India she has lived in. She adds, "I visit exhibitions, tribal art fairs and craft melas and get inspired by the magic our local artisans create every day and provide us with such indigenous artefacts." Her style can also be described as traditional in essence with an avante-garde twist in the tale. She also likes incorporating plants and flowers in her styling as it helps in uplifting the entire mood in a very organic but effective way.



Some DIY Home Decor Tips

When we requested her for some quick and easy DIY home decor tips for Diwali, She happily gave us some really great ideas and ended the chat on a happy and hopeful note, "This Diwali is going to be different and a tad bit challenging for all of us. We may not be able to venture outdoors freely but we can create simple DIYs to make our homes feel festive. We may not have big get-togethers but we can surely have cosy family time with a beautiful setup and backdrop. Here are some fun and viable DIY tips that will make your Diwali LIT instantly:

1. To keep the spirit of Diwali, use lots of string lights on your curtains/walls and hang colourful Tassels and pom-pom strings to make the backdrop pop out.
2. Make easy DIY marigold wreaths, hang them and create beautiful ethnic vibes.



3. Add Indoor plants and Pothos to your decor and make your home more lively and vibrant.
4. The best way to revamp an old item/furniture is to first paint it. Use very light shades, maybe white or pastel which will give the items a soothing glow.
5. In the case of furniture makeover, use PVC vinyl wallpapers which again is very cheap and efficient.
6. Reuse old jars and bottles, paint it, add molten wax and wicker and get your own homemade candles in a jiffy."

DIY steps on Hanging Marigold Wreath

- 1 Cut out a cardboard ring from any waste cardboard box.



- 2 Glue (using a glue gun) leaves around it.



- 3 Glue marigold flowers on leaves.



- 4 Tie a jute rope to it.



- 5 You can add string lights to make it more attractive.



- 6 Make multiple wreaths & hang them on walls, the door entrance or on the balcony.

Health, The Pandemic & Everything in Between

Avni Kaul, one of India's leading nutritionist, dietician and wellness coach, has made a huge name in the fitness field with her hard work and dedication. She has had the honour of being one of the advisors in the preparatory sessions at the prestigious Buenos Aires Youth Olympics. We speak to her and find out all about her journey and other important questions like How to take care of your diet and fitness keeping the pandemic in mind.



1. Take us through your journey of becoming a nutritionist. What led you to this career path?

Starting my own business was certainly not a cakewalk. I had no business background. So I did not have any formal business ideas to follow. Once I started, I realized it was not as easy as I had envisioned it to be. The 'being your own boss' concept is lucrative enough for one to look forward to immediate success.

Then there was uncertainty for a while as to how long I would be able to survive as I had no experience behind me. A new brand takes time to create any sort of credibility. So getting clients regularly for my business was a challenge. But I always believed that if my goal was clear and I had a vision for growth, it did not matter what others did or said. I continued with my pursuit of knowledge and willingness to help unhealthy people. Because at the end of the day, it was my decision that mattered the most with regards to my business and relationship with my clients.

Today Nutri Activania is a well-known brand. As a Nutritionist, I travel both nationally and

internationally to speak on matters like diet, nutrition and prevention from lifestyle diseases on various healthcare forums and corporate platforms. In 2018, I was the official nutritionist advisor for the Indian team participating in the Winter Olympics Games. Today over thousands of happy individuals testify to their successful healthy transformation with Nutri Activania. However, what most people fail to see is the immense fight, effort and challenges behind this success.

2. Taking this pandemic into consideration, what kind of lifestyle choices will help build children's immunity?

During today's environmental condition and current situation of the pandemic, it is of utmost importance for parents to ensure that kids are given an immunity-boosting diet every day. It is vital that every kid out there should have a certain fitness regime which includes regular exercise to boost immunity. The following points are important for leading a healthy and balanced life to survive the pandemic:

a. The child must sleep and eat on time.

These days in most homes, parents are going through high professional pressure, demanding home chores and an additional cleaning burden to keep the surroundings sanitized and clean etc. Such conditions in most homes have resulted in irregular sleeping hours and eating time for both parents and children.

Remember, maintaining regular meals and a balanced sleep routine are two of the most important aspects for developing a child's strong immune system. As a parent, if you have missed your daily meals and sleep routine and your kids inadvertently follow the same pattern then it is an ideal time to shift your priorities and choose good health.

b. Restrict the child's screen time

While schools are still closed and classes are taking place online, kids are spending more and more time watching screens while playing on mobile phones or watching cartoons on TV. But it has been found that kids who spend a lot of time in front of a screen, tend to go to bed later and take longer to fall asleep, they sleep for fewer hours than those with less exposure to these devices.

According to the studies of Sleep foundation group, for every hour spent using a tablet device, infants and toddlers get 15.6 minutes less sleep, and older kids miss out on an average of 26.4 minutes of sleep nightly.

Children need 10 -14 hours of uninterrupted sleep every day to keep their immune system kicking. That means those little bodies will be better prepared to fight off any germs that come their way if they get a good night's sleep regularly. Since screen time may also affect sleep quality, you should restrict a child's screen time to help them sleep well, and strengthen their immune system.

c. Help your Kid to Stay Physically Active

Even if kids can't go outside, as parents you can still develop engaging and innovative activities to keep your child physically active. Activities like 20 minutes of dancing, engaging your child to do daily chores, practising yoga and freehand exercise with your child will be beneficial.

d. Daily diet

A nutritious and balanced diet has a direct impact on a child's immune system. For a growing child, protein is vital to build and repair body tissue and fight viral and bacterial infections. For non-vegetarian families, the requirement for good quality protein, omegas, zinc, and iron can be fulfilled with a diet that includes lean meat like chicken, fish and eggs. Make sure the child consumes one boiled egg daily. Vegetarian families must include milk, soya, pulses, nuts, protein, paneer in their child's daily diet.

Apart from protein, kids must take other daily key nutrients like:-

- Nuts like almonds, walnuts, and cashews are packed with many nutrients along with vitamin E and manganese, a strong immune-boosting combination.
- Sulphur-rich vegetables: Onions, cauliflower, broccoli, as well as dark leafy greens like spinach, are loaded with Vitamin B that fuels

methylation and can help power up your child's ability to safely process and eliminate everything from pollution to chemical exposure.

- Restrict junk food: They are high in calories and bad nutrients like saturated fat, trans fat, preservatives, sugar, and salt which should be limited. The sugar and fat can suppress the immune system, and the empty calories contribute to weight gain resulting in a weaker immune system.
- Increase water intake. Keep your child's body hydrated to help their body have proper metabolism. It is important that your child drinks 6-8 glasses of water in a day.

3. Eating the correct food is quite important especially for children as these are the growing years. What kind of superfoods should be included in their diet?

Superfood or nutrition-packed food that parents must include in child's daily diet are:-

a. Eggs

Eggs are an excellent source of iron and are a nutritious source of protein, fat, Vitamins A, D, E, and B12, and choline. They are at the core of a diet that will help them grow up healthy, strong, and smart.

b. Apples

Like the wise say, "An apple a day, keeps the doctor away" – apple indeed is a super food for children as well as for adults. This magic fruit has both soluble and insoluble fibre that improves a child's digestion. It contains Vitamin C, that boosts the immune system and keeps the body's defence high.

Another important component of apples is polyphenols, which are plant compounds with antioxidant effects. These fight against free radical damage in the body and protect against lifestyle diseases.

c. Nuts

Nuts are natural power-packs of nutrients like vitamins, minerals, antioxidants, healthy fats, protein, and fibre, which help children grow, develop, and learn. Some of the super nuts are almonds, cashews, chestnuts, hazelnuts, pistachios and walnuts. Note - Peanuts are technically a legume, but they are commonly referred to as a nut as they have a similar nutritional composition.

d. Milk or Homemade Curd

If the child is not lactose allergic, give him/her one glassful of milk, every day. If the child is not fond of milk, then you can give homemade curd and paneer. Remember, milk and dairy products are essential for a child to get a healthy dose of calcium, protein, and phosphorus as these are important for the growth of bones and teeth.

e. Chicken

If you follow a non-vegetarian diet at home and your child is fond of chicken (else give soybean), then add chicken to their meals for it is a great source of protein that a child requires.

4. What tips or suggestions would you like to give with regards to children's nutrition?

Healthy eating in childhood and adolescence is important for proper growth, development and to prevent various health conditions. Children need proper nutrients to stay and grow healthy and strong. Nutrition for children can also help establish a foundation for healthy eating habits and nutritional knowledge that your child can apply throughout life.

5. How would you suggest the parents monitor their children's diet when they are inclined to eating junk food?

In today's environment where children are bombarded with commercials of fast food all the time, it is important for parents to help kids develop healthy eating habits and encourage them to stay away from burgers, pizzas, donuts, colas, and pasta. This can be done by:-

a. Educating the kids.

The very first step is to teach your child the difference between healthy food and junk food. Tell them what are the bad effects of junk food, how its added sugar spikes the blood sugar and damages metabolism, how artificial flavours used in junk food are chemicals that affect the brain etc.

b. Set examples

Children learn from observation, hence the second-most important step for parents is to avoid junk food themselves and express their joy of enjoying healthy seasonal fruits, nuts, and vegetables in front of their kids.

c. Don't use junk food as rewards

Many-a-time, parents use junk food treat as rewards for the kids for achievements like good

academic scores or victory in sports by treating them with pizza parties. Avoid such actions from the very beginning.

d. Family environment

In India, it's not just the parents who influence the eating patterns of the child. Grandparents, aunts and uncles play a major role in the food decisions of a child too. It has often been seen that relatives visit families and carry offerings like chocolates, chips, colas, and ice-cream for children. Discuss this issue with them to avoid such actions and replace their gifts with healthy seasonal fruits.

6. India ranks second in child obesity, so do you think obesity in children can be reduced by following a particular diet?

Today child obesity is a global problem, especially in urban cities and India is no exception. A large number of kids at an early age in metro cities are turning obese or overweight at an early age due to lack of physical activities, addiction to indoor video games/TV/mobiles, and indulgence in junk and fast food.

Parents can help their kids reduce weight with the following methods:-

a. Set the right kind of examples

As a parent, the first step for you and for your partner is to set healthy eating examples at home. Hence emphasize on consuming more seasonal fruits and replace snacks with healthy nuts.

b. Family activity

Parents should start physical activities themselves and then encourage kids to join them. These activities can be a morning walk, biking or yoga with the rest of the family members.

c. Check their diet in school

A lot of kids make drinking cola and potato chips a daily eating habit while they commute to school. Check such actions and don't give kids pocket money for practising such activities.

d. Restrict screen hours

Restrict your child's screen exposure and ensure that they don't spend hours sitting on the sofa watching tv, playing video games as we tend to munch on junk food while carrying out such activities. Controlling child's screen exposure will also help them improve their sleep quality – because poor sleep pattern too leads to poor metabolism, causing weight gain.



R H O M B U S

by Stitchman

Lunch Tote



Hit the cafeteria in style, as this bag comes with plaid accents and a handy carrying strap. Have your company logo or message embroidered, heat transferred or silk screened on the side to make a great promotion that will be used for many a meal! Use it as a giveaway at your next event and customers will be "eating up" this promotion in no time! The weight of the canvas is guaranteed.



Two more colours

Protect your lunch and keep it fresh with this 11" x 10.5" x 6" tote made from ultra-strong 18 oz. insulated canvas.



Nazima Choudhury
Guwahati

How do you spot a foodie? When you see someone's eyes light up at the sight of some piping hot street food, you know you've found yourself a foodie. Our current food blogger from Guwahati, Nazima Choudhury, is a dedicated food lover who also fixes bones and joints professionally (psst, she is a physiotherapist) and maintains a food blogging page on Instagram by the name of **@assam_food_flavours**

FROM THE AWE INSPIRING LANDS OF ASSAM

Her Journey as a Food Blogger

The lockdown has proved to be a very difficult time for us all but for her, it was the beginning of her journey as a food blogger. She started blogging around 2019 but the pandemic gave her a chance to dedicate more time to her passion for good food.

Her Favourite Dishes

"I absolutely love gorging on the Momos from Assam and the Shwama roll from Mumbai. The Hyderabad Biryani is something I still dream of eating when I am craving a rice dish and an absolute must-have traditional Assamese dish for me are

Her Inspiration

On who inspired her to follow her dreams, she shares,

“I want to give the credit to my mother for always inspiring me with her incredible cooking skills and my husband for always supporting and encouraging me to follow my passion.”

the Rice Pithas. I have tried a lot of amazing dishes in and around Guwahati and the top 3 picks from my blog are Khaaja (a sweet dish), Banana Blossom Curry and Bamboo Shoot Curry. These dishes are unique in its preparation and flavours and I am sure you would love it if you like trying out new delicacies."

Future Plans

When asked about her future plans, all she has to say is, **"I think the best way of planning for the future is to make the**

most of the present." Wise words, spoken by a very very wise gastronome indeed!





Vaibhavi Deshpande
Indore

For Vaibhavi, a big-time foodie from Indore, trying out scrumptious street food came pretty naturally to her. People would ask her opinion on different eateries and like a true blue food connoisseur, she would lead them to places that were culinary heavens of delicious local delicacies in Indore. This is how **"IndoriiFlavours"** came into existence.

“I started my journey at the tender age of 18 and it all happened by accident. We, the people of Indore, are hardcore gastronomes, and this reflects in our food. I have been a foodie all my life and appreciated good food since I was a kid. I loved exploring new places and tried out new dishes wherever I went. I gave reviews and shared my opinions on cafes & restaurants on Zomato and Google and these reviews garnered a lot of attention. People valued my recommendations related to food and this led to the genesis of 'IndoriiFlavours'.”

Her persistent hard work and dedication towards expressing her love for food paid off and her Instagram page stockpiled a huge number of followers.

THE INDORI ENIGMA!

Things took a turn for the worse during the pandemic as all the cafes, eateries and restaurants shut down and she couldn't continue her work on her page. But what followed was her steely determination to not let the bad times get the better of her and come out a winner. “Initially, it became very difficult for me to run this page. I had almost given up. But then I thought to myself, I'm a food influencer and my work should not be restricted to cafes and restaurants only. That is when I started cooking food at home and shared the recipes on social media and this is how I overcame my challenges and stayed in touch with my Instagram family. I learned new recipes and cooking techniques during the lockdown and now I can call myself a neat little chef!”

What sets her apart is her passion for showcasing the varied flavours of Indori food. She wants the world to know how vibrant and delectable Indore's food is and all the drool-worthy pictures are a testimony of the same. As per Vaibhavi, “The 56 (Chappan) Dukan Lane is the cleanest street in India, where you can count more than 56 shops that serve a different variety of food items. The 'Khopra Patties' at the Vijay Chaat House is a revelation.” She further adds, **“ Sarafa Bazaar, a lane full of jewellery shops in the day time and a bustling street food market at night, boasts of serving 50-plus mouth-watering dishes and the food there is to die for. Dishes like the Shahi Chole Tikiya, Dahi Vada, Pav bhaji, Gulab Jamun, Faluda, and the humongous Jaleba are some of the mighty dishes that pack a solid punch.”**

Her personal favourite is the Sikh

Mohalla Wali Chaat Gali where she regularly devours appetizing dishes like Dahi Puri, Pani Puri, and of course, the Paneer Hot Dog. A true Indori will swear by the ever-so-fresh and flavoursome Poha Jalebi and that, there is no breakfast like the Indori breakfast in the whole wide world. She feels it is the most wholesome dish out there and it might as well win all the best food awards while we are at it!

“Headsahab ke usal pohe, Ravi Alpaha, Apna Sweets, Saini ke usal pohe and Murliwala Sweets are the few places where I like to have Poha Jalebi, and the way these people make it, no one else can.”

She concludes by adding, “Meghdoot Chopati serves some delicious parathas, chole bhature, momos, dosa, chaat, shakes and food galore.

Now that she has established her page on Instagram, she plans to expand her work on other social media platforms. She further elaborates and sheds more light on her future plans. “I have started doing video blogs on Youtube and recently launched my official website as well. I want to grow my portfolio and start indulging in events and spread the word far and wide that, **“There's no food like Indore Street Food.”**

She ends the interview by congratulating all the aspiring food bloggers on their journey and wishes them well. She adds, “You need to give your absolute best, whether it be vlogs, influencing, blogging or creating food in your cloud kitchen. You have to practice patience because it takes time and hard work to establish yourself in the food industry. Try to make as many connections as possible and maintain healthy relations with your customers, clients and followers.”





Pankaj Upadhyay
Ahmedabad

For this hotel management graduate, life possessed no meaning if there was no food in it which is why he decided to pursue a career that would directly take him to the heart of restaurants, 'the kitchen'. So strong was his obsession with food, he decided to open his own restaurant which led to him starting his own food blog as well. Pankaj

Upadhyay's **@itsfoodieonly** will tantalize your taste buds with his aesthetic food photos and storytelling.

Effects of the Pandemic

The pandemic has cast a shadow on the entire food industry and many restaurants bore the brunt of the same but the good thing about food blogging is that making a wave online with your content is pretty easy and feasible. Like a lot of food bloggers, Pankaj also experimented in the kitchen and made some lip-smacking dishes while quarantining at home with his family. His main focus is tapping in on the principles of food plating and making the food look so appealing aesthetically that his viewers would immediately be drawn towards the items and flock down to the restaurant to try it out. He believes that pictures speak louder than words and that is his selling point.

He loves to eat all kinds of Chicken curries but his mother and business partner, Antara Boruah is his favourite home chef. He recently got introduced to the subtle and delectable flavours of an Assamese Chicken Curry and the experience took him over the moon.

According to him, some of the best restaurants in Ahmedabad are **Sandwichworkz, Papadum by Terra, Rann Riders at Dasara, Silver Leaf Bistro and Parosa.**

Future Plans

Pankaj has already featured a lot of fine-dine restaurants and would like to shift his focus to promoting street food, regional food and lost recipes catered by home chefs and spread the word far and wide across the country and amongst his followers. This way, the cultural integrity of our indigenous food will reach a wider audience and help these recipes from getting extinct.

AN ODE TO THE FLAVOURS OF AHMEDABAD

The Genesis of his Blog

He started his blog when he started his own venture. He would click good pictures of his food and post it on his page and this activity garnered a lot of attention. He realised the potential of blogging thereon and started critiquing food dishes from different restaurants and eateries around the city as well. He explains, "Once my page assembled quite a lot of following, I started judging the food on a variety of parameters like the taste, hygiene quotient, ambience, service and an overall experience. It grew substantially in some time and that is when I decided to pursue food blogging full-time. I even left my chance of relocating to Canada for my love of food and blogging."

When quizzed on what kind of food makes him drool, he explains,

"I like simple, rustic flavours that enhance the taste of every ingredient and elevate the dish drastically."



Photo: Pankaj Upadhyay
November 2020 | ISSUE 6 76



Zubeda Arif
Surat

Her personal mantra in life is,

“It's not about striking when the iron is hot, It's about making the iron hot through your striking.”

For 19-year-old Paramedical student Zubeda Arif, food was an integral part of life. It was as important as breathing to her, if not more. She loved exploring the Surti street food culture and wanted to share her opinion with her friends and family. Once she got a lot of appreciation from her friends & family, she decided to start her own food blogging page so that she could reach out to more people who preferred going to restaurants only after watching credible reviews from food connoisseurs.

FROM THE BYLANES OF SURAT

A befitting Start

The page [@surat_eatery](#) was founded in 2017 with a simple but concise review of a quaint little Dhaba located in the outskirts of the city. Since then she has come a long way and critiqued almost 300 restaurants and food eateries. From showcasing the gobsmacking food of the streets to the classy gourmet food of high-end fine-dine restaurants, she has blogged about it all.

The Lockdown Dilemma

The pandemic brought down the spirits of people globally and the only way to feel better was to make the most of the home quarantine and cook up a storm in

the kitchen. A lot of restaurants shut down overnight and the food blogging business got hit drastically. Zubeda notes, “Due to the pandemic, the entire food industry is facing an existential crisis and 2020 is all about survival. Expecting growth is futile. Just try to hold on to what you have and continue to survive in your field.”

Something New, Beautiful & True

She takes her job very seriously and wouldn't pass any images off as it is. She believes in the aesthetic value of food and sees to it that all her images are well-lit, creatively styled and artfully photographed. She also believes that “If you are honest with your craft and content then your audience will trust your judgement and keep coming back for more.”

Food, Restaurant Recommendations & More

She is a huge chai enthusiast and finishes off cheesecakes in one go. She is also a huge fan of Indian and Italian

food and Biryani is her all-time favourite comfort food option.

Her top 5 restaurant recommendations are:

1. Meraki the Coffee House- for pure coffee bliss!
2. Aloopuri and Khow-suey from Rander. - it would be an absolute crime to come to Surat and not give these dishes a try.
3. Locho' at JANI Locho - they serve the best Locho in town and Surat would be incomplete without this delicious sweet and spicy hearty dish.
4. Non-vegetarian dishes at Lajpore - The amazing meat spread at Lajpore is to die for! A must-try for all meat lovers.
5. Cheesecake from Marriot Surat - the creamiest cheesecakes in all of Surat!

Inspired by the Best

When we quizzed her if she was inspired by any chefs from the culinary world, pat came her reply, “Gordon Ramsay is my all-time favourite. Not only is he a culinary maestro but the way he skillfully manages his huge business and all the big chain of restaurants while holding 3 Michelin stars for the last 20 years is awe-inspiring and noteworthy.”

Future Plans

“I am planning to extend my blog in the coming years and would surely like to combine my medical knowledge with my food blogging journey and guide my audience to lead a healthy lifestyle. We are also planning to collaborate with some of the well-known chefs in the industry and share their recipes on our feed.”

She ends the session on a motivating note, “Consistency is the key to everything. Believe in your content and be consistent, miracles won't happen in weeks or month as it takes time to establish yourself in the influencer marketing field but with time, your content and work will speak for itself and attract brands respectively.”





Om Patil
Vadodara

Vadodara is a bustling and buzzing food hub of Gujarat and food blogging has helped scale a lot of businesses in this quaint little city of royal lineage. One such food blogger is Om Patil, who's relentless vigour for trying out all kinds of street food has led to his page - '@vadodarazfoodie' gaining a lot of popularity in Vadodara.

He adds an inspiring note for our readers,

“Think big and never let your passion die. You've got to keep working every day for the love of your dreams and that'll be the key to your happiness in life. You have to be consistent and dynamic in everything you do.”

THE FOOD BLOGGING WIZARD OF VADODARA

His Journey

Om has always been a foodie for as long as he can remember. He started his food blogging journey when he was a mere teenager. He would regularly visit different eateries in the city, post images and give detailed reviews on the overall likability and flavour of the food. He fondly states, “I started uploading food reviews on social media back when I was in 10th grade. With each passing day, I kept uploading more and more food posts and hence, built a community that thrives on the curiosity of my fellow foodies.” He has slowly but surely become an admired food blogger and has garnered a huge following. With the help of his blogging, he also got opportunities of attending, hosting and organizing different food festivals in Vadodara respectively.

Instantaneous Fame on Instagram

His content and popularity somewhere struck a chord with the Instagram community in such a way that he got himself his very own customized Insta GIF through an Instagram initiative known by the name of 'Born on Instagram', that focuses on streamlining upcoming Instagram content creators. So if you search the GIF by Vadodarazfoodie, you'll find some extra cute and colourful GIFs of his face popping vibrantly on your phone screens.

He annually arranges, judges and actively partakes an organizational role at an esteemed and grandiose Food, Music & Dance Festival better known as The 'Taste of Vadodara'. He also judges a variety of contests at all the Maharashtrian Food Festivals in Vadodara and has made a huge name in the food industry there. He adds, “My team and I have always believed in working hard for the love and passion of food and hence, we intend to help our audiences explore more cuisines

and food places. This way, it makes it easier for them to visit new places without worrying about wasting their money and time.”

In 2018, the Maharaja of Baroda, Samarjitsinh Gaekwad came across him while he was covering a food festival. When his Highness got to know about his stunning repertoire, he was really impressed with his tenacity and zeal for promoting the Baroda food culture! This, as per Om Pat, is the highlight of his entire journey so far.

The Repercussions of the Pandemic

The lockdown period was quite trying for a lot of bloggers and eating street food suddenly became a taboo. Numerous food joints suffered heavy losses due to the same. Om's blogging also suffered a little but he bounced back with equal potency and saw to it that it didn't affect his overall blogging experience too much as he came up with new ways of entertaining his audiences. He quips, “The Lockdown period was very fruitful for me for I could cook new recipes and try ample dishes which also helped my audience to know about different dishes on an intrinsic level.”

Future Plans

When quizzed about his future plans, Om has a very simple but powerful thing to say, “I want to grow rapidly with my team and build this community in such a way that we spread our universal love for food far and wide and grow exponentially as a brand.”

Finally, he ends the chat by warmly wishing everyone a very happy Diwali on behalf of the entire team of Vadodarazfoodie, “May you have a safe Diwali, live vicariously through our food escapades and gorge on some delicious home-made sweets and snacks.”



A SAUCY SPICY *Affair*

A zesty and fiery dip to go with all kinds of snacks; a refreshing and cool dip for salads, crunchy veggies and crispy nibbles or a sauce that doubles as a mean Indian curry; they've got it all! Bikling's artisanal dips are an absolute party in your mouth and a gobsmacking treat at all your get-togethers!



For food entrepreneurs **Suvraj Bhurjee and Trisha Jani**, life metamorphosed drastically during the lockdown because of their instantaneous food cravings. Trisha got down to baking a lot of delicious umami loaves of bread in an attempt to kill time whereas for Suvraj, his mum's signature Schezwan sauce had always been an incredibly potent sauce/dip at home for all kinds of finger foods & other Chinese dishes and he wanted to bottle it up and sell it in the market because he knew how good it was. The pandemic proved to be a brilliant time to finally think this through and come up with a food venture that would win hearts by the dozen.

Self-Taught Entrepreneurs

The brilliant home chef duo is self-taught and loves experimenting with different flavours. They love trying out new dishes and Trisha credits the lockdown for giving them an opportunity to explore new hobbies and activities. She was always into baking but never got a chance to fully dive into it diligently. Now that she has, she loves trying out different kinds of bread. Apart from her usual loaves, Trisha also makes Mediterranean bread Manaakeesh with Zaatar that is oh so delicious, you wouldn't want to stop eating. The cheesy Manakeesh will surely make you drool and her fresh and pillowy soft Focaccia is fluffy and full of some uniquely piquant toppings. Their Schezwan Sauce, Makhani gravy and focaccia bread sell like hotcakes and are some of their bestsellers.

Their Unique Product Range

When we asked them about their product range, they both chimed in together and elaborated on it enthusiastically, "We have a total of 7 palatable dips - two of the spicy hot dips are - a very fiery Jalapeño & Cheese and an earthy Mushroom & Cheese dip. The three dainty cool dips are a creamy

Avocado Hummus, a peppery Thai Hummus and a punchy yoghurt garlic dip. Our ready-to-eat Makhani gravy/dip is a buttery concoction of some amazing Indian spices. All you need to do is add some pre-cooked chicken or paneer and voila! Then we have the schezwan sauce which is ideal as a condiment or can be used for cooking purposes as well. In bread, we have the in-house focaccia which comes in three variations and we even customise as per our client's choices -Basil Cheese, Onion Oregano and Rosemary Olive. And we have two types of Manakeesh - the Chilli Cheese and Zaatar Cheese. Our dips come in two sizes 200 grams or 300 grams and our focaccias can be bought like half a loaf or a full loaf. Our price range starts from Rs. 160 and goes up to Rs. 400."



Future Plans

All these mouthwatering products are handcrafted and a lot of time, efforts and love has been put into the creation of the recipes. When quizzed on their future plans, they expressed, "We definitely want to see Biklings on the shelves of stores across India and want it to be consumed by one and all. When people think of dips and sauces, they should think of us as we make our products from the finest ingredients and make sure that our food makes your snacking experience appetizing and fun."

Feedback is an extremely important segment of the food industry as it lets you know if you and your customers are on the same page when it comes to your food. They ended the

lovely chat by stressing on the same point, "Always be open to feedback because the customer is king, at the end of the day. You can keep them happy only if you maintain the quality of your food and innovate every single day to stand out and make a mark in the industry. If you take care of these things, you are good to go!"

La Crème De La Crème Indeed!

Luscious and silky ribbons of chocolate, crispy and caramelly cookie crumble with a nutty undertone and pillowy soft cake texture. These are some of the words we can describe La Crème's desserts with and these words aren't half as good as the real deal! **Chef Rajni Singh's** journey has been cemented by her sturdy determination and a never-ending zeal for learning new cooking techniques. Let us find out how she built La Crème's repertoire and made it a household name.



Her Culinary Journey

She grew up in the land of Biryani, Hyderabad and credits her mother for influencing her early days as a home chef. She mentions, "I was beyond my years when it came to the understanding of food science. With limited

resources at hand, I observed my mother concoct dishes and sweets almost out of thin air. I built upon what my mother taught me, incorporating inspirations from around the world and became a self-taught chef. I started La Crème Delights from my kitchen, where I began to innovate and create assorted chocolates and dessert jars and expanded into a full-fledged business."

A Splendid Spread of Decadent Desserts

Her delightful range of confectioneries like cakes, pastries, Ice Creams, Mousse, Cake Jars and other sweet tidbits are simply irresistible and melt-in-your-mouth. She reveals, "Our products are 100% EGGLESS. We specialize in cake jars like the Sinful Nutella, Banoffee Pie, Lotus Biscoff Cheesecake, Phirni, Halwa and Rabdi, etc.. During wedding seasons, my assorted chocolates take the center stage with attractive flavours such as tutti-frutti, mojito, magic pop and pistachio among others. A recent addition to my existing line up has been creamy ice creams like Cranberry Cheese, Mango Mousse, Nutella Coffee Mousse, etc. During the pandemic, we navigated our customer needs & ventured into "Teacakes" which has

now become a favourite amongst our clients. We also make unique cakes like Glazed Cashew and Raisin, Rabdi Pistachio Cake, Honey Almond Cake and Lemon Almond. One of our customers commented after they received the Choco-Chip Loaf."

Her Strong Clientele

Her desserts have successfully left a mark on a lot of salient clients and impressed the who's and who of the F&B industry. She gushes about her strong repertoire, "La Crème Delight also has become a favourite in the corporate world, delivering to companies such as Aditya Birla Capital, FilmFare, RADO watches, BookMyShow, Titan, Red Chillies, Coffee by Di Bella and many more."

Of Innovation & Technology

She has always been up for challenges and combining innovation with the world of patisseries has helped her immensely in her business. She happily states, "One of La Crème's newest offerings are "Panned Chocolates", produced inside a glossy metal tumbler that uses a special method for layering chocolate over nuts and fruits. Besides dates, almonds and nuts, they use this method to create 55% dark chocolate truffles."



Her Show-Stopper Dessert

Her sensational 'Pull Out' cake has been quite popular since the trend started. A lot of people love the theatrics of it all and the goey and saucy ganache puddle just ups the deliciousness of the dessert. La Crème offers three fantastic flavours in the 'Pul Out' cake category - Sinful Nutella, Tiramisu & Biscoff Cheesecake.

Future plans and Food Philosophy

Every business has some sort of a path chalked out to make it big in the industry and La Crème thrives on the idea of customer satisfaction and providing confectioneries that are 'crème de la crème' (Pun totally intended). Chef Rajni believes, "My team and I are driven by a passion for discovering new culinary experiences. Our mission is to serve our customers with our signature desserts and continuously find new ways to bring them delight.

La Crème's finesse is also derived from the idea that any food created should serve the body and mind. With hard work and time put into perfecting each dessert, We at La Crème take pride in helping people look for diet-friendly desserts, let it be vegan or sugarfree as well as those looking for comfort foods during this difficult time."

She ends it on a positive note by saying, "Believe in yourself. Create your own recipes by experimenting and taking a chance on your skills. You will be surprised by what you can create and serve with a little bit of imagination and loads of love."



Biscoff Truffles

INGREDIENTS

Crushed Lotus Biscoff Biscuits

150 gms

Condensed Milk(you may use milkmaid) 100 gms ½ tsp

Cinnamon Powder ½ tsp

Salt ½ tsp

For the Chocolate Coating

Melted Dark Chocolate 300 gms

METHOD

1. Mix all the ingredients for the truffles in a homogeneous mix and refrigerate for 30 mins.
2. Grease your palms with butter/oil/ghee and shape it into small rounds without any cracks.
3. Refrigerate again for 20 minutes.
4. After 20-25 mins of refrigeration, dip each of these balls in melted chocolate and place it on a parchment paper and refrigerate to set.
5. You may pack these truffle balls in boxes and gift it to your loved ones this festive season.

DOLCE DELIGHTS

by Miha Mumbai

Artisanal chocolate bars, dulce and delicate baklavas, invigorating granola bars and exceptional dessert boxes with beautiful confectioneries, the list of goodies is endless and so is the joy of devouring these yummy morsels of sinful heaven! Miha Mumbai's stunning collection of sweets and desserts will win your heart and soul in a jiffy.

Madhavi Mukherjee, the founder of Miha Mumbai, a lawyer turned pastry chef, feels her first love has always been baking. After completing her studies, she started practising law but realized soon she always wanted to make people happy with her sweet surprises. After working at some of the most prestigious hotel chains in the world, she decided to come to India and start something of her own. Let's go through her journey and delve more into what makes her tick.

Her Journey

After realising that she wasn't meant to be a lawyer, she decided to pursue an advanced diploma course in patisserie baking and enrolled herself in the Academy of Pastry Arts, Kuala Lumpur. She worked at the Four Seasons hotel chains and that is where she gained a lot of experience and knowledge on the

job and that is what helped her grow professionally more than anything else. She decided to come back to Mumbai and open her own venture and that is how Miha Mumbai came into existence. She explains, "I decided to start Miha to express myself through my patisserie and this was a great opportunity to make use of my repertoire. Miha is a micro-bakery that I run from home. I have seasonal menus, monthly bake sales which are sometimes festival-based and sometimes theme-based depending on my mood really. Miha is an experimental bakery and I run every single aspect of it from design to packaging to dispatches, supply and of course the baking itself. Since I worked with hotels and am a trained pastry chef, I keep evolving my menu and trying new ingredients and recipes all the time."

Other Ventures

She has given her impeccable consult at a lot of other bakeries and patisseries. She shares, "I am a consultant at the "Deliciae by Bunty Mahajan" for the past 2.5 years. I have been involved with the brand's R&D, business development, training, and product development. I have also worked with other restaurants, cafes, ice cream parlours and bakeries across India in the last 3 years.



Baklava Cake and Baklava Pastries and they have actually become quite popular in the market. My Pecan and Cranberry Granola is also extremely popular and a staple at many breakfast tables across the city!

Future Plans

She is excited about what the future entails and wants to expand her business and consultancy and also spread her knowledge to other fellow bakers as she believes in building a huge baking community that will thrive on knowledge, authenticity and techniques. She shares, "Currently, I am working on some exciting projects as a consultant and I can't wait for those to take shape. For Miha, the shipping of our products across India is sort of limited but hopefully with kitchen expansion, I will be able to add more items to that. I am also exploring online classes and workshops since I got a very good response during the Lockdown and I regularly receive many requests for the same."

Product Range

Her cookies, chocolate bars, festive dessert boxes are all a rage and her customers can't get enough of them but what that one product that makes her stand out are her crumbly and delicious Baklavas. The twist in the tale is the way she plays with a traditional Baklava and adds a fun and zingy spin to it and that is what sets her apart. She elaborates, "my bestseller is my Homemade Baklava that is a permanent item on my menu and perfect for gifting during festivities. My experiments with Baklava has led to some amazing unique desserts like the

Tips for Home Chefs

1. Invest in good ingredients and products, the end result will automatically be better. That means using no compound chocolate.
2. Be patient if you're trying a new recipe or working with new ingredients, the results vary in different kitchens with different oven temperatures and surrounding temperatures, your result will vary for many reasons so keep trying!
3. Try to gain some industry experience even if it is for a short while, this way you will learn a lot on how to manage a kitchen and become a better and more organized chef overall.



Hazelnut Brownie Cupcakes

INGREDIENTS

- Butter** 90g
- Chopped Dark Chocolate** 90g
- Eggs** 2
- Vanilla Extract** 1/2 tsp
- Caster Sugar** 110g
- Flour** 50g
- Salt** 1/4tsp
- Hazelnuts** (chopped) 40g
- Nutella** (optional) to spread on top

METHOD

1. Preheat your oven to 180 degrees celcius.
2. Roast Hazelnuts for 5-6 minutes, let them cool down and chop them.
3. In a medium size bowl, melt butter and chopped chocolate, I use 70% and above pure dark chocolate.
4. Beat eggs till frothy with a whisk and add sugar slowly.
5. Add vanilla extract and mix.
6. Sift flour and salt together in a bowl.
7. Fold the flour and salt mix into the egg and sugar mix. Add the hazelnuts and mix.
8. Divide the mix into the cupcake moulds and bake in the oven for 20-25 minutes.

Once cooled, pipe Nutella (optional) and add chopped and roasted hazelnuts on top as garnish! Enjoy!


CUES

Reducing Food Wastage

This World Food Day
let's pledge to cut down
on food wastage

A painful irony of the world we live in – while on one hand we have a segment of consumers who carelessly waste food by eating half and wasting the rest in their plate; on the other hand we have a plethora of people starving and frequently succumbing to hunger. Moreover, food waste contributes to greenhouse gas emissions and wastes the water and other resources it takes to grow the food.

Foodism through this blog, wishes to urge home bakers, home chefs and readers in general to firmly say no to food wastage by following these simple and easy-to-implement practices-



Throw away food only if it's spoilt, moulded or beyond the expiry date - it is not necessary to throw out foods that are slightly past their prime. For example veggies which soften or wilt can form excellent additions to soups, baked dishes or smoothies; while leftover veggie scraps can make a rich soup stock.

- Refrain from over-buying when grocery shopping. One good way to cut back on waste is by taking a couple of shorter trips to the grocery store each week rather than one long trip.
- Shares septuagenarian Kashiben, **“Cut back on potential waste by making it a habit to take an inventory of the food in the house and preparing a grocery list before going to the store.”**
- Organize your kitchen, refrigerator and pantry by following the golden rule of FIFO (first in, first out) i.e. place newly purchased foods at the back and tins with closer expiry dates in the front.
- Follow food storage tips like – store food in sealed containers; maintain the refrigerator below **5°C**; store cooked foods on shelves above raw foods; transfer leftovers from open cans into a suitable container; store bananas, apples and tomatoes away from other perishables to maintain their freshness et al.
- Set a weekly menu to facilitate food usage and cut back on waste.
- Maintain a log of spoilt

foods.

- Refrigerate extras.
- Repurpose leftovers.
- Explore food preservation strategies like – pickling cucumbers, onions, eggs etc.; turning apples into applesauce...
- Compost scraps.

While eating out, one can cut down on food wastage by - asking for a meal that does not contain ingredients they do not enjoy; opting for smaller portions; selecting ‘à la carte’ instead of set plates; refraining from food trays et al.

These few simple but meaningful steps can create a strong individual impact and help create a healthier food future for all.



BINGE WATCHING & INDOOR GAMES

*To Pep Up
Your Diwali Vacay*

This Diwali is not going to be spent at exotic locations nor does one anticipate social and family gatherings but that doesn't necessarily mean that one gets bored, does it? Foodism shares with you ways to bond with your family alongside participating in safe activities during the Diwali break.

The Festival of Lights heralds in a 5-day break for practically all professions across India while for the student community it extends into a 21-day vacation. Where earlier, this brought in cheers as the entire family chalked out foreign vacay plans or even get-togethers of relatives at resorts or restaurants or multiplexes; this year the pandemic fear has stalled all such plans.

But still there's a lot that one can do within the safety of one's house and with one's close family...how about binge watching food shows or food movies? Or better still playing indoor games?



Food Movies to Binge Watch

Food buffs can prepare food, order food or drool while watching movies which revolve around food and all things good! And the more the movies the merrier!

Foodism has eased your task by curating a list of some must-watch food movies –

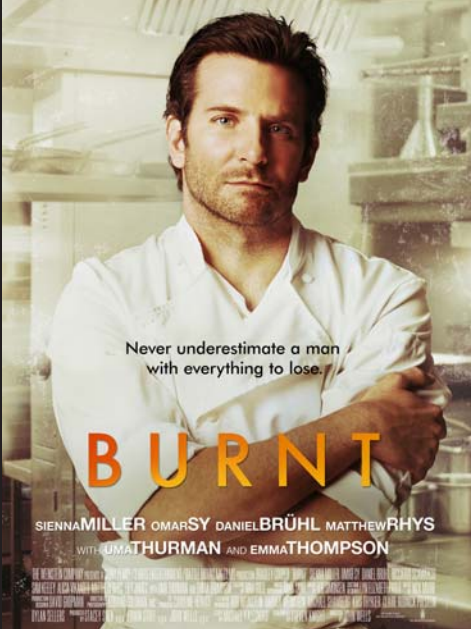
FROM THE AUTHOR OF 'OUT OF AFRICA'



Babette's Feast

JUST BETZNER PRESENTS ISAK DINESEN'S
STEPHANE AUDRAN, BRIGITTE FEDERSPIEL, BODIL KIER, BIBI ANDERSON, JARL KULLE, JEAN-PHILIPPE LAFONT, ERBE RODE
WRITTEN AND DIRECTED BY GABRIEL AXEL
A PANORAMA FILM INTERNATIONAL PRODUCTION
READY THE VINTAGE BOOK
ORION CLASSICS

BRADLEY COOPER



Never underestimate a man with everything to lose.

BURNT

SIENNA MILLER OMAR SY DANIEL BRÜHL MATTHEW RHYS
WITH EMATHURMAN AND EMMATHOMPSON

JON FAVREAU SOFIA VERGARA JOHN LEGUIZAMO SCARLETT JÜRGENSSON OLIVER PLATT BOBBY CANNAVALE JUSTIN HOFFMAN ROBERT DOWNEY JR.

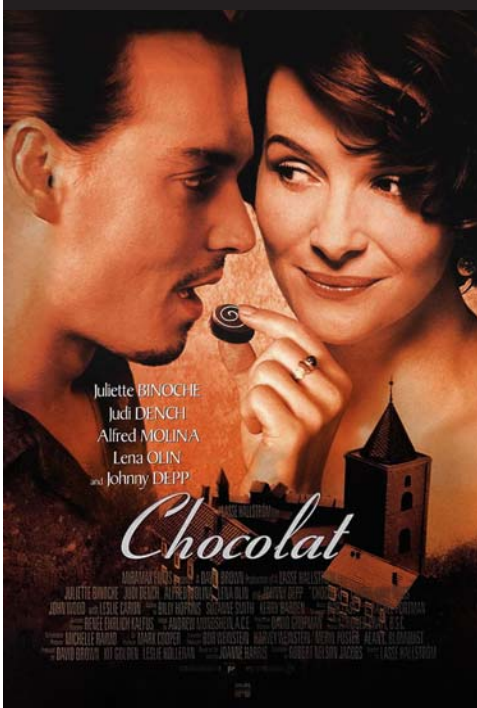


Starting from scratch never tasted so good.

CHEF



MAY 2014



Juliette BINOCHE
Judi DENCH
Alfred MOLINA
Lena OLIN
and Johnny DEPP

Chocolat

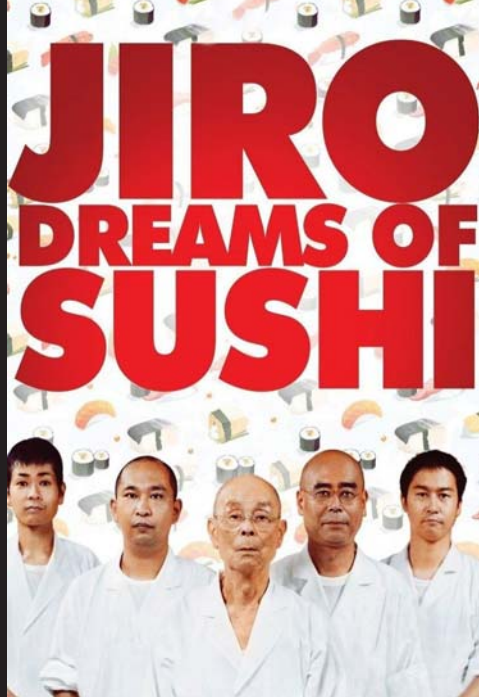
JULIA ROBERTS



EAT PRAY LOVE



"...the unmissable feel-good film of the year..."
★★★★★ Woman's Own



JIRO DREAMS OF SUSHI

NOW A MAJOR MOTION PICTURE STARRING
MERYL STREEP AND AMY ADAMS



Julie & Julia

My Year of Cooking Dangerously



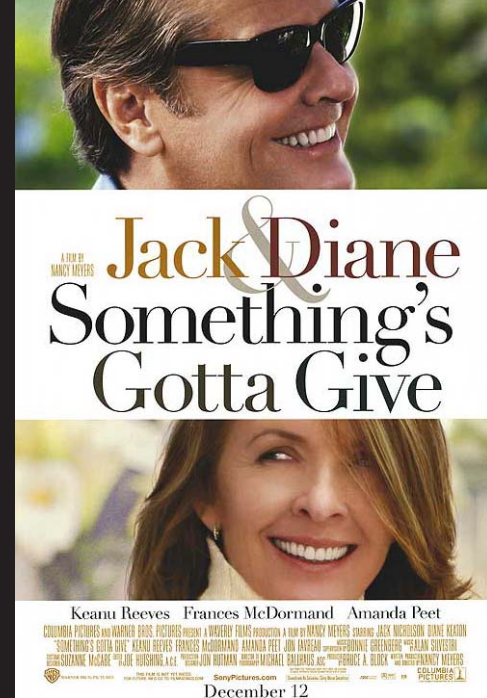
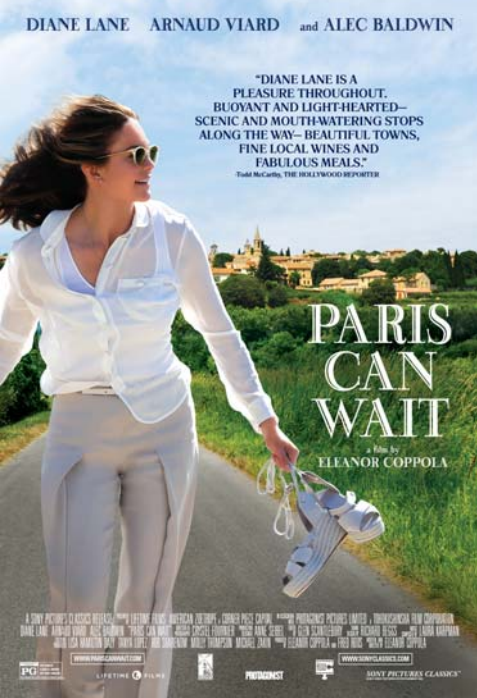
MRS. DOUBTFIRE

She makes dinner.
She does window-s.
She reads bedtime stories.
She's a blessing...
in disguise.

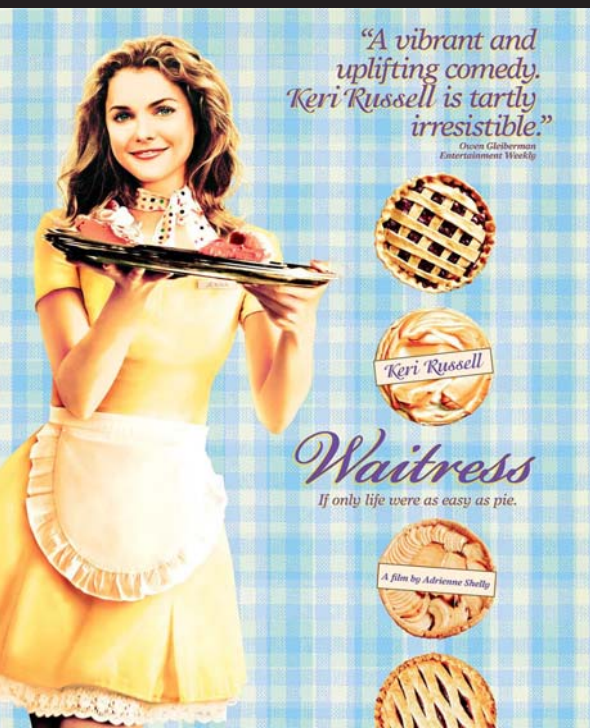


MY BIG FAT GREEK WEDDING

Love is here to stay... so is her family.



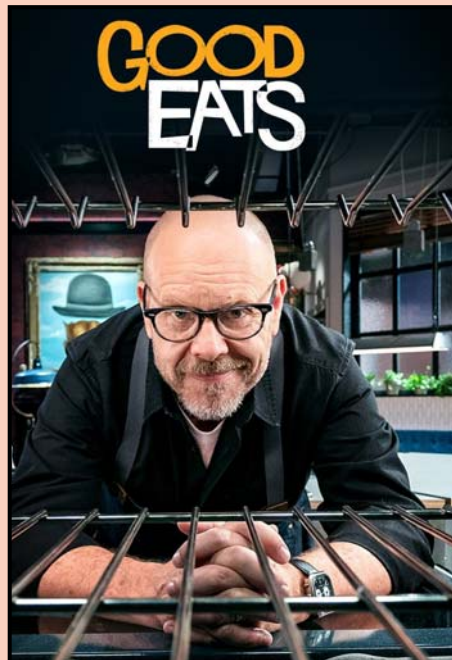
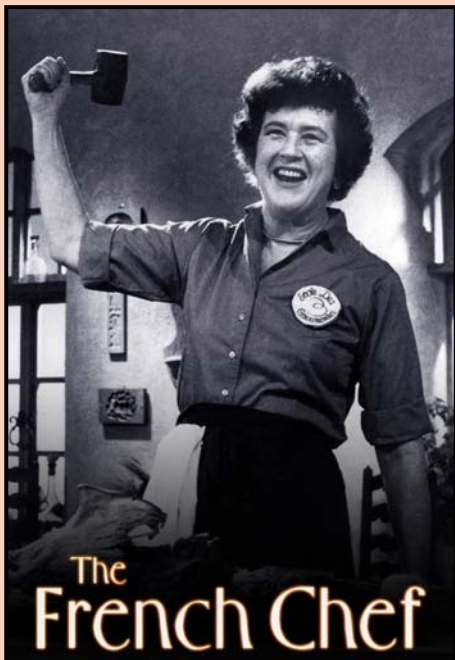
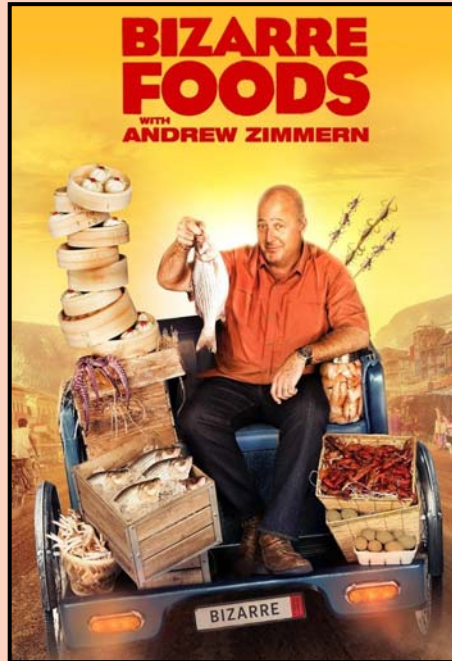
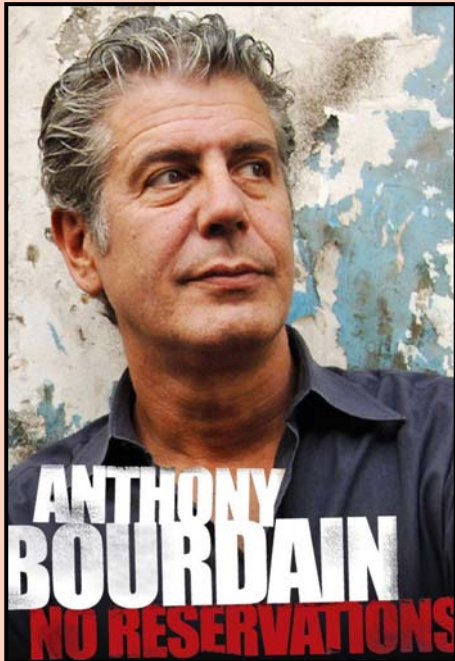
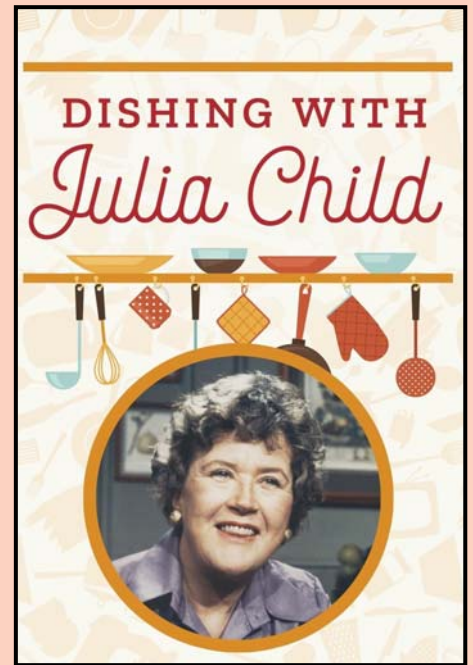
So go ahead and start collating these movies and hey ... don't forget to grab a bowl of popcorn and other goodies to munch on while watching them!

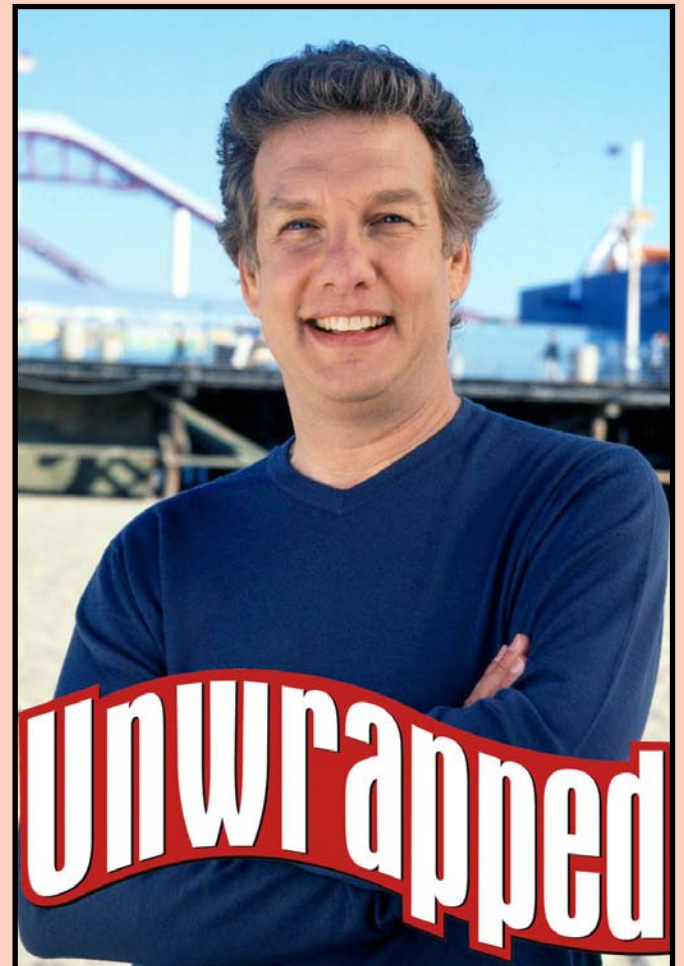
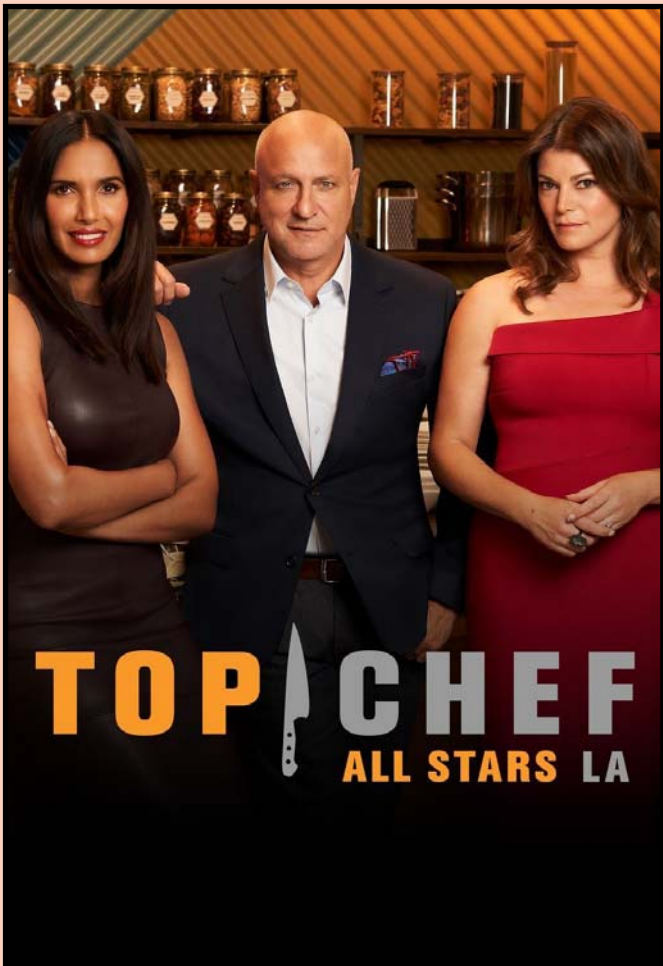
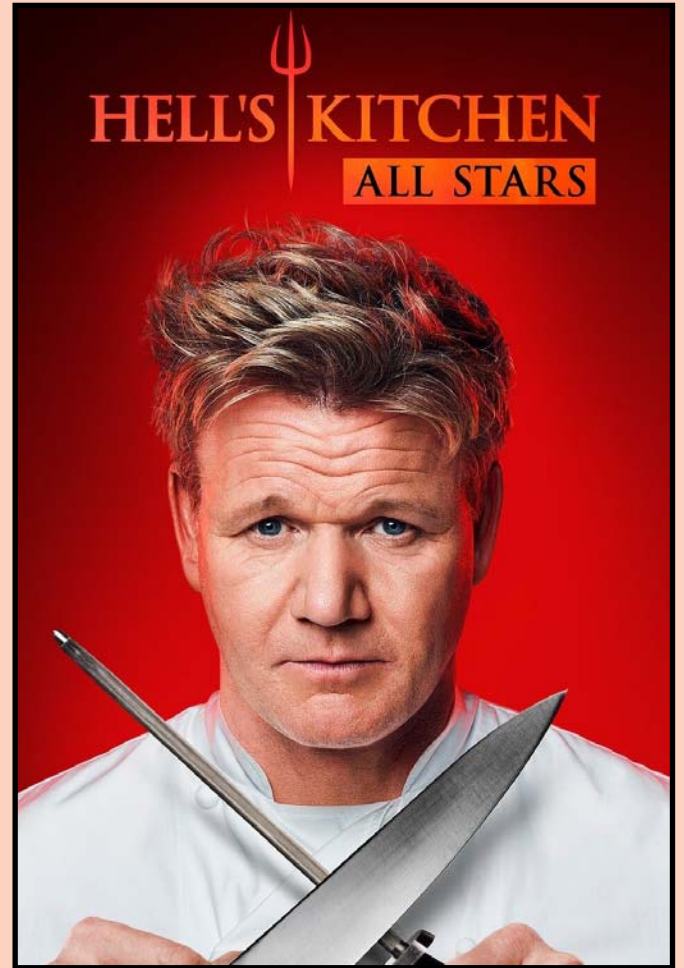
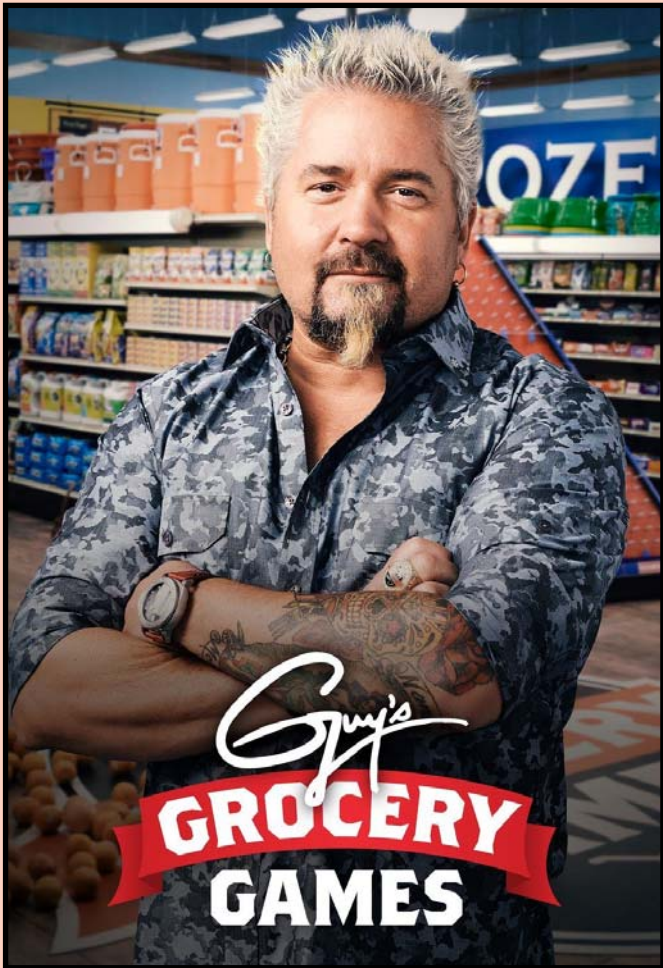


FOOD SHOWS

to Binge Watch

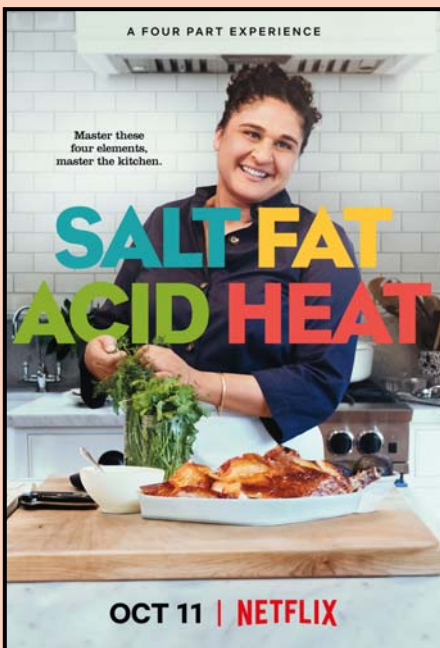
For those foodies who are not movie-buffs but rather more interested in reality shows which delve into the extremely minute details of cooking and present an array of exotic recipes there's a plethora of food shows which they can binge on. Here's listing out some of them -







So be a 'couch potato' and post bingeing on all these food shows whip up some exciting delicacies for your family and enjoy the satiated smiles on their faces!



INDOOR GAMES TO ENJOY

Agreed that it's not advisable to step out in crowded places but who's stopping you from playing games in your house with your children, partner and relatives? Games are not only fun but also strengthen family bonding and enable you to inculcate sportsmanship in your children.

So here's sharing some classic and fun games -

Categories

One player states a "category" and the other players take turns naming items that belong in that group. The category can be as broad as "animals," or as narrow as "types of dogs." The game continues until players run out of ideas for the category.

20 Questions

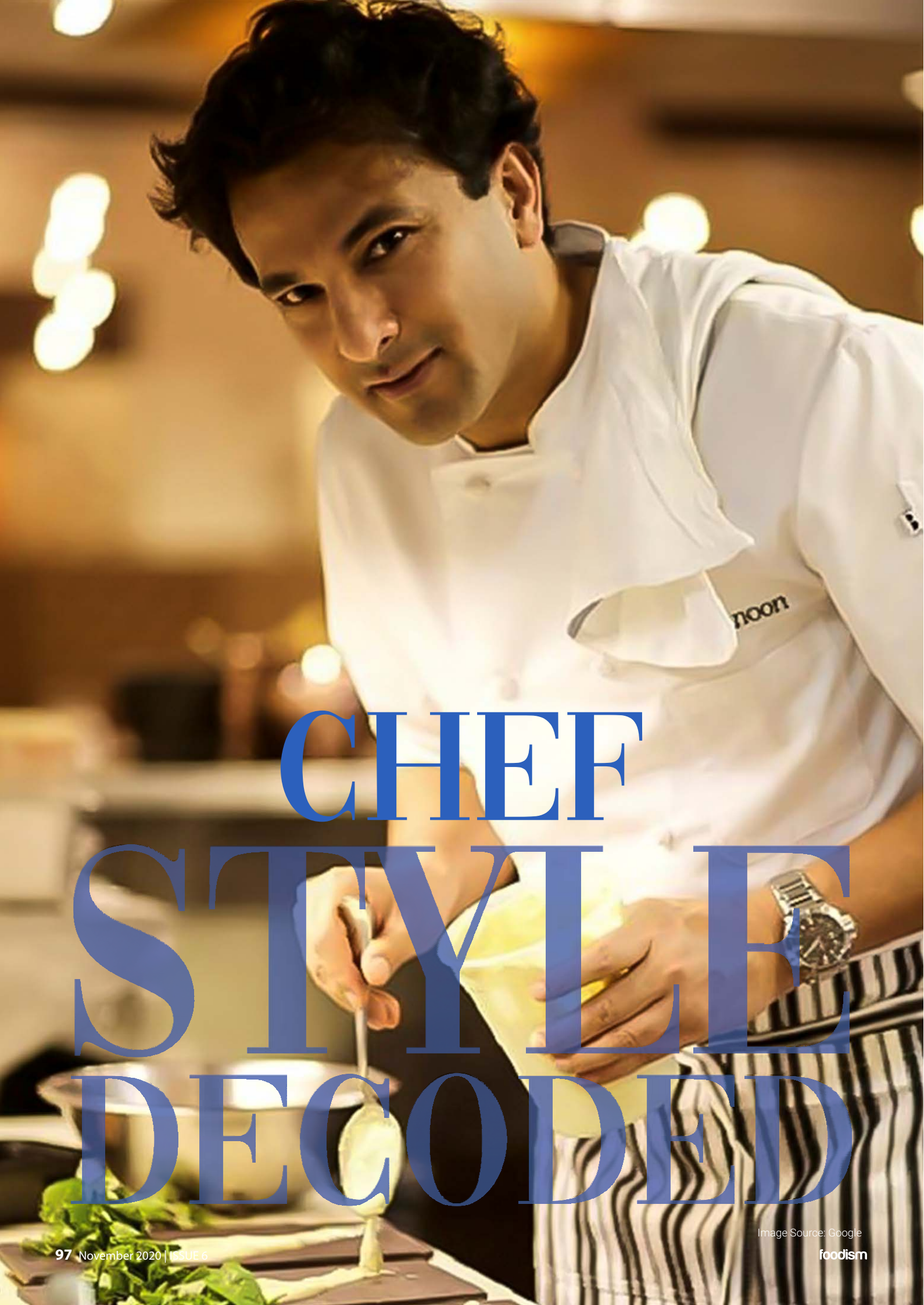
One player thinks of an object, letting the others know only whether it is animal, vegetable, or mineral. Then the other players ask questions that can be answered only with yes or no. The objective is to guess the answer in fewer than 20 questions.

Botticelli

Each player takes on the persona of a well-known person and offers only that person's initials as a clue. The questioners try to guess the identity of the person by asking specific questions that can be answered only with yes or no.

So are you well-equipped for spending a fun vacay with your family this Diwali...?





noon

CHEF STYLE DECODED

VIKAS KHANNA



To me, fashion means that you have the courage to wear whatever you want to wear.”

“Sometimes you want to but can't wear clothes that represent your profession yet at the same time represent what you believe in. That makes a very powerful statement.”

Giving a modern twist to our perspectives on food, Chef Vikas has left no stone unturned. From creating documentaries on food to getting recognition at Cannes Film festival, Chef takes breaks to indulge in social activities as well and gives time to himself and his loved ones too. Vikas Khanna's three-piece suits are all about effortless style, adding charm to his sincere schoolboy “look”. One can always find him spruce up occasions with luxurious dinner jackets that never go unnoticed. When it comes to fit, neither too loose nor too tight gets a blind tick. Let's take some style inspo from the best.

A man who perfectly blends everyday smart and pared-back minimalism. He gave a new definition to conventional tailoring by co-ordinating separates in the simplest form. Covid-19 put a turbocharge on “casualising” formalwear for him. Chef Vikas plays around with colour-blocking in a gentle retro palette. Taking



Image Source: Google

colour-blocking inspiration from him, one can explore irregular blocking and stripes. According to him, style is about one's attitude. It's about having a positive reflection of yourself. Having a positive attitude not only reflects one's image but also makes a person feel more confident. The three rules he swears by: simple, elegant and natural.

Style Tips To Take From The Chef

1. Mute the colour and detail for the smarter look.
2. Go for simpler styles or go all out with vibrant trims.
3. Classics never go out of style.
4. Comfort is essential.
5. Optimism is key in all times.

During a period when everyone was focusing on their health and sanitisation, Chef Vikas took a step towards providing comfort to the homeless. Such is his aura. Highlighting the key style tips from the Chef, let's now explore ways of inculcating these tips in our own lives starting from today!

WHAT DIWALI CELEBRATION *looks like in Auckland*

Aucklanders of Indian descent celebrate Diwali with great pomp and zest every year. Even during this pandemic the Auckland Tourism, Events & Economic Development (ATEED) in collaboration with Auckland Council has made a programme of celebrating Diwali without diminishing the festive spirit. To know how Auckland will celebrate Diwali this year, read the blog for all the details.



Just like India, New Zealand too has unity in diversity in its culture as it has welcomed people of all ethnicities, religions and race with open arms. New Zealand is a country of peace and harmony as it gives importance to all religions and celebrates all the festivals of different cultures with equal gusto and zeal.

Auckland is a major city of New Zealand where the Auckland Diwali Festival is one of New Zealand's largest cultural festivals.

Auckland Diwali Festival 2020

The Auckland Diwali Festival will begin from 27th October and will end on 14th November. Every year more than 60,000 people attend this festival where it is galore of energetic traditional dance performances, bright lights,

fireworks and of course scrumptious Indian delicacies.

Also, there is going to be a rangoli competition for students, amateurs and professionals of age 13 years and above.

This festival stays true to Indian culture as it is alcohol-free, smoke-free and family-friendly. New Zealand has proved that it is a home away from home for Indians by accepting its culture and values with such elan. What also makes the Auckland Diwali Festival culturally rich is that it is celebrated by people from other countries as well with equal enthusiasm.

Celebrating Diwali in Auckland

It was important that this festival of lights marking the triumph of good over evil was celebrated regardless of any fluctuating of Covid 19 alerts. Therefore, the celebrations have been localised which is spread across 30 community venues instead of one central event.

Usually, the celebration has a plethora of activities like cooking and dancing classes, craft classes, DIY henna, saree wearing and much more.

This year, the spirit of the festivities will remain the same but the programme is



much more focussed on sharing knowledge and ideas on dance, cooking and craft workshops and engaging in important discussions and also enjoying movies, dance and music.

The highlight of the celebration includes art and light installation competitions, a spice market, an evening filled with the melody of classical Indian music and Radio Tarana Bollywood dance competition online.

Keeping the Indian culture alive, the programme will also incorporate the traditional arts and craft stalls, workshops on making diyas, rangoli, DIY henna, Bollywood and belly dance, classical music as well as Bollyrobics classes.

Diwali for us Indians is not just a mere festival but a feeling that taps into the fondest memories of our childhood and family life in India. This article reminisces those golden years and celebrates Diwali at a warm and respectful far-away land that has whole-heartedly become a cosy home away from home.



The programme also includes panel discussions on the following topics

Women empowerment: A panel of women from Auckland's Indian communities including business owners, a police sergeant and an academic.

Modern-day arranged marriages: It'll be an interesting conversation about arranged marriages. The panellists will share their own experiences of successful arranged marriages, love marriages and still in search of Mr/Ms. Right.

Being comfortable being Indian: A discussion on how Aucklanders of Indian descent get the best of both worlds and how they manage to cope by setting foot in both cultures.

The viewing of movies is arranged in such a way where the guests can cosy up on a bean bag and blanket with free masala chai and popcorn. Isn't it cool?

Now, you might be wondering Where's The Food? Well, no celebration is complete without savouring the delicacies and that too the Indian mithai right from jalebi, halwa, gulab jamun, ras malai. There are stalls of Indian street food like Bhel Puri, Pani Puri, aloo tikki chaat, butter paneer and also has Indo-Chinese dishes like Hakka Noodles and Chicken Manchurian. The food fiesta does not end here, there are also the most loved South Indian dishes like Idli and Dosa sambar which can be accompanied with a glass of refreshing sugarcane juice. The guests can end their food exploring time with India's most loved dessert i.e kulfi.

These days of fun and revelry are enjoyed by dancing and singing and immersing oneself in the undying festive spirit and positive vibes.

by Sakina Motorwala





DIPPED IN DIWALI NOSTALGIA

Dr. Purnima Nair's humble culinary journey began 5 years ago. Back then, food blogging wasn't a huge trend and very few people ventured into it. But talent knows no limits and Purnima's husband saw in her what even she couldn't fathom, the potential of running a successful food blog with recipes that would make people smack their lips with delight. A dentist by profession, she started out by posting her recipes and food photos on Facebook but soon started her blog - 'HomeChef' on the insistence of her husband. She would regularly post recipes of delectable dishes - some from her homeland, India and others from her local food escapades in New Zealand.



A Self-Taught Food Enthusiast

When asked if she is a self-taught chef or has pursued a course in cooking, she shares, "I am indeed a self-taught chef. I started cooking during my school days and experimenting with different ingredients always excited my mind. My prime goal was to assess how to bring the best flavour out of those ingredients and make my food more appealing."

It has been quite an expedition to juggle her primary career of being a dentist and her passion - blogging and there were times when posting something on the social media platforms became a task but Purnima made sure she struck a balance between both her loves. She is very much an active participant in the F&B industry and creates content for a popular food app called 'Zelish'. She also regularly takes part in a lot of influencer programs for a plethora of food

products across India and New Zealand.

Future Plans

Elaborating on her future plans she adds, "I would surely want to have my own food venture someday and dazzle people with my food but for now, blogging it is!"

Diwali in Auckland

Spending Diwali away from home can be a tad bit forlorn but Purnima makes sure she follows all the rituals to the T and bring in the Indian Diwali fervour at home. Every year, she makes loads of Diwali-centric sweets and snacks and attends the famous Auckland Diwali Festival where loads of Indians flock down to celebrate the festival of lights. The good thing about this festival is that people from other ethnic diversities also get to see what Deepavali is all about. From good food,

dancing, vibrant festive stalls and FIREWORKS, you name it and they've got it. The luminescent lights will surely guide you to your home away from home. If you want to learn more about the amazing Diwali festival conducted in Auckland, do read our special article on the same that has been placed before the current article. She ends it with a heartwarming message for our readers, "Do what you love and believe in what you do and success will come to you naturally. Follow your dreams. And lastly, I wish everyone a very happy and prosperous Diwali. Stay safe and stay healthy."



Tempered DAHI VADA

Preparation time 6 hours

Cooking time 30 mins

Serves 4

INGREDIENTS

Urad dal / White lentils 1.5 cups

Ginger 1 tsp finely chopped

Green Chillies 2 finely chopped

Baking Soda a pinch

Salt to taste

Yoghurt 2 cups

Sugar 1 tbsp

Vegetable Oil for frying

For Tempering

Mustard seeds 1 tsp

Green chillies 1 tsp finely sliced

Grated carrot 1 tbsp

Chilli powder a pinch

Chaat masala 1 tsp

Coriander leaves few finely chopped

Oil 2 tbsp

METHOD

1. Soak urad dal overnight or for 5 to 6 hours. Blend the soaked urad dal till smooth and fluffy, add water gradually while grinding (take care not to add too much water).

2. Add salt and baking soda and mix well for 2 to 3 minutes with hands.

3. Add ginger and green chillies and mix well.

4. Heat oil for deep frying. When the oil is heated, dip your hands in a bowl of water first and take a small lump of batter and slightly give it a round shape tossing between the palm and then drop carefully into the oil.

5. Fry the vadas till they turn golden and crisp. (TIP: If you feel the batter is not thick enough to hold, add some rice flour or maida and

mix.)

6. After frying all the vadas, soak them in a bowl full of normal temperature water. Keep them soaked until you prepare the yoghurt mix.

7. Beat the yoghurt to a smooth consistency, add some water if required. Season with salt and sugar.

8. Squeeze the vadas slightly without breaking and place them in serving bowls. Add yoghurt on top.

9. Prepare a tempering by heating oil, add mustard seeds, let it splutter. Add green chillies and grated carrots, toss quickly and pour this on top of the dahi vadas.

10. Finally sprinkle some chilli powder and chaat masala on top and coriander leaves to give it a final touch.

BLISSFULLY SACHARINE DESSERT BY *Sugar Loft India*

For Sugar Loft India's founder **Kishneeth Sethi**, life was all about eating Betty Crocker cakes on birthdays and mimicking her mum in the kitchen as a kid. Life took a rather sugary turn when she decided to pursue this passion for sweets as a career and the rest is history. Read further to know how she started her journey of a pastry chef and where is she at now.

Her Journey

She started baking at a very young age and got inspired by her mother's baking but didn't know if she had it in her. Finally, her brother gave her the much needed push and voila, this is how Sugar Loft India was founded. Her desserts are famous for its simplicity and elegance. When quizzed about her tutelage she shares, "I started Sugar Loft as a self taught baker 7 years ago, where I gathered all my knowledge about baking from my mother, aunts, Youtube, a lot of recipe books (i'm a hoarder) and plenty of hit and trials. But 2 years back I felt like I was always a little low on confidence about being an amateur chef and that's when I took an Advanced Diploma from Academy Of Pastry Arts in Gurgaon and followed it with an Intensive extension of the same from Malaysia as well."

Product Range

Her desserts are a fine example of style and decadence. Her funda is simple: She loves eating cakes and loves making people happy with her cakes as well. Her product range is a combination of a couple of traditional cakes and some that are modern and innovative in their approach. She elaborates, "Our products are very simple, no complicated flavours. We've got the classics that go under our Chocolate Cake variety as well as some Old School Fruit cakes. Other than that, we've also got some new innovations like our Whiskey Sour Cheesecake, Basque Cheesecake, Vegan Tiramisu and Gluten Free cakes. The one



major USP that I personally feel our products have is that they're very minimal when it comes to sugar. None of the cakes are overpoweringly sweet which makes the experience guilt-free and totally worth it." Her current favourite dessert to make are the crafty and delicious swiss rolls. If made well, these are so soft and gooey, you would lick the plate off.

Their range of sugar-free, gluten-free and vegan desserts are making a huge wave in the market. Be it the gluten-free brownies, swiss rolls or cheesecakes, her skill in making these healthy and delicious is impeccable. She plans to venture into Organic products as these enhance the flavour of the desserts and are highly recommended for health purposes.

A Sweet Message for the Readers

As a food entrepreneur and pastry chef, she understands how hard it is to have a sustainable patisserie and ends the chat on a note as sweet as her desserts, "Please support your local bakeries, artists and restaurateurs. While this year hasn't been the best for some, we are all working really really hard. In times like these when you can't be there to celebrate occasions and events with your friends and family, send them cake!" Very well said, indeed!



GLUTEN FREE NUTELLA BROWNIES

INGREDIENTS

Eggs 4
Castor Sugar 225 grams
Almond Flour 25 grams
Oat Flour 25 grams
Milk 2 tbsp
Dark Chocolate 375 grams
Butter 200 grams
Nutella - As much as you'd like to use

METHOD

1. Pre heat the oven at 180 degrees celsius.
2. Melt the chocolate in a heat-proof bowl in the microwave.
3. Add the butter to this mixture and melt it all together.
4. Next up, add the flours, sugar and milk to the chocolate mix and whisk it all together.
5. Lastly, add the eggs one by one while constantly whisking through.
6. Your batter is ready. Now pour this into a greased brownie tin and add spoons of nutella here and there and mix it in with a skewer.
7. Bake for 40 minutes at 180 degrees and that's it. Your brownies are ready!

Will this month be sweet, savory or sour – let's find out!

ZODIAC FUN FOOD FORECAST

ARIES



Dear Arians, Diwali is your favourite festival for you see light in most difficult of all situations. You love to cook and try out all recipes your friends suggest. Stay at it...but also keep in mind your own nature and needs. All that suits your friends might not be as suitable for you. Try new ingredients practicing some caution!

GEMINI



Dear Geminis, we know you don't like festivals as much but still you are lively and happy every day. You say no to parties but once at them, you rock the entire scene. Don't be so choosy when it comes to trying different sweets. A Kashmiri dessert can be as delicious as a Bengali sweet. Stay open to diverse choices and platters. If not now, then when else?

LEO



Dear ferocious Leos, calm down, please. Smile more often than you do, and sip more water. We know all your teeth are sweet but....remember to mix and match your platters with all sorts of namkeen snacks as well. And remember to keep up with your fitness routine this season. Strength training exercises can do you some good.

TAURUS



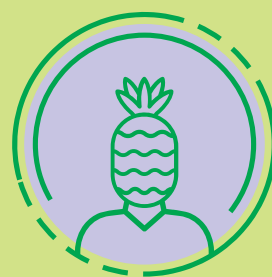
Dear tempting Taurians, the FOMO gets the better of you on most days. Diwali celebrations, though super-fun, can be very exhaustive too. Eat well, sleep your required number of hours before you call that friend to meet up. Prioritize health and well-being over all else! Stay shiny and eat lots of nuts!

CANCER



Dear hard-working Cancerians, the festive season is here to revive your low energies. Trust the mood and just dive in. There is so much else in life other than your work and office affairs. Cooking can also be a good refreshing break for you. Eat sweets full of dry fruits and honey. You need better strength to deal with your seasonal allergies.

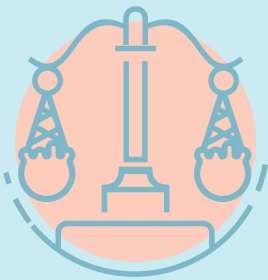
VIRGO



Dear Virgos, we know you have a childhood love affair with Diwali. Keep up the childlike enthusiasm. But why no sweets? Taste everything once in a while. Relax your tastebuds and enjoy your favorite festival to the fullest. You surely need to re-establish touch with old friends this festive season. Plan lots of get-togethers and have fun over special meals.

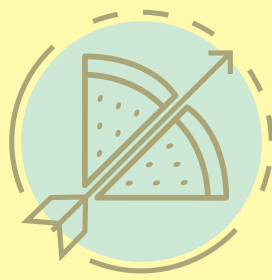
Will this month be sweet, savory or sour – let's find out!

LIBRA



Dear fancy Librans, you do everything in style; Diwali naturally gives you just one more opportunity to pump up your swag. Stay happy and stylish but please cut down that extra salt from your snacks. Do include fruits and nuts in your breakfast and sip that hot milk at night—to match up with the multiple heavy festive munches you enjoy throughout the day.

SAGITTARIUS



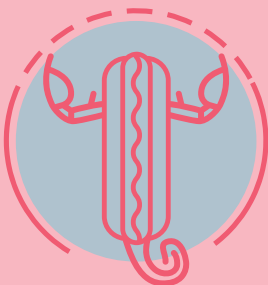
Dearest Saggis, do keep some space for “me-time” amidst your social butterflying. We know festive season is time you eat fried snacks but don't go off balance, and cut down that alcohol as well. It is dehydrating you and making your mornings toxic. Fresh fruits and healthy munches, please. Allot yourself proper meal timings!

AQUARIUS



Dear aqua-babies, don't lose that temper all the time. Dig into local comfort food to calm your nerves down. Diwali can be overwhelming for some and you are one of them. Just stay put and keep yourself engaged yet detached. Don't resort to quick fixes for your meals. Eat regular and proper meals (of course with lots of festive sweets).

SCORPIO



Dear Scorpions, get up and get going NOW. Tune yourself into the energy of this festive season that is all around you. Why refuse to take note of it? Clean that shelf, please. Being total “lazy bones” is doing you much harm. Call on friends and family randomly to spice it up a bit. A Diwali dinner date with your sweetheart is on the cards.

CAPRICORN



Dear Capris, why your moods swing 24*7? Love yourself before you shower the same onto your loved ones. You need yourself—before anyone else. Prioritise your favourite food when you go out dining with people. Likewise, at home. You cannot reach satiety if you keep eating according to what others like.

PISCES



Dear Pisceans, plan that road-trip as soon as Diwali rituals are over at home. For now, don't stay sullen and immerse yourself completely in the festive goodness. The world you wish to run away from is not all that bad. Show involvement and accept love (and all of your mommy's most amazing cuisine). Reignite your love for dry-fruits halwa this Diwali!

**This is a fun writeup that our edit team has put together and must not be considered as authentic forecast. The content of this article is not targeted towards any profession or individual and is meant to be taken with a humorous pinch of salt.*

This festive season is about togetherness. As a community, we are tied together with our bonds with our loved ones. This Diwali, it's not celebrating with our loved ones physically. It's about being with them maintaining distance to ensure their safety as well as yours. Stay safe, stay happy this Diwali.





By Khushi Kothari



foodism

An ode to
togetherness

alltime

the Art of Food

Elite Prep Set



5 piece prep set contains:
4 ltr & 2 ltr mixing bowls, colander,
1 ltr measuring jug & 3 way grater



100% Food
Grade



BPA Free



Anti Skid



Dishwasher
Safe



ET Polymers

Available on Flipkart

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