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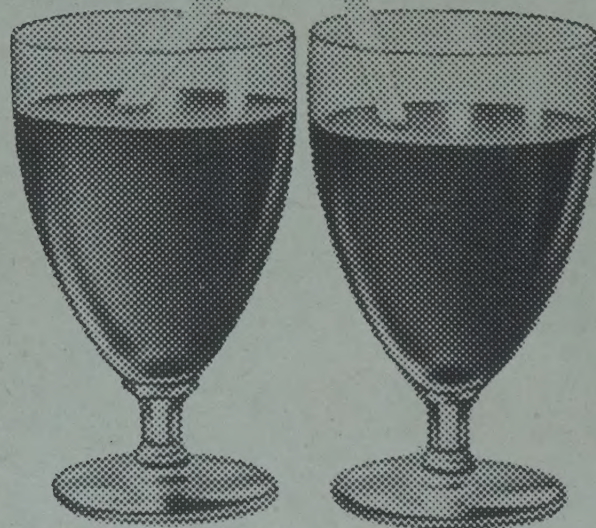
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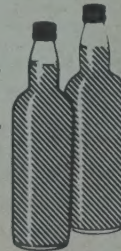
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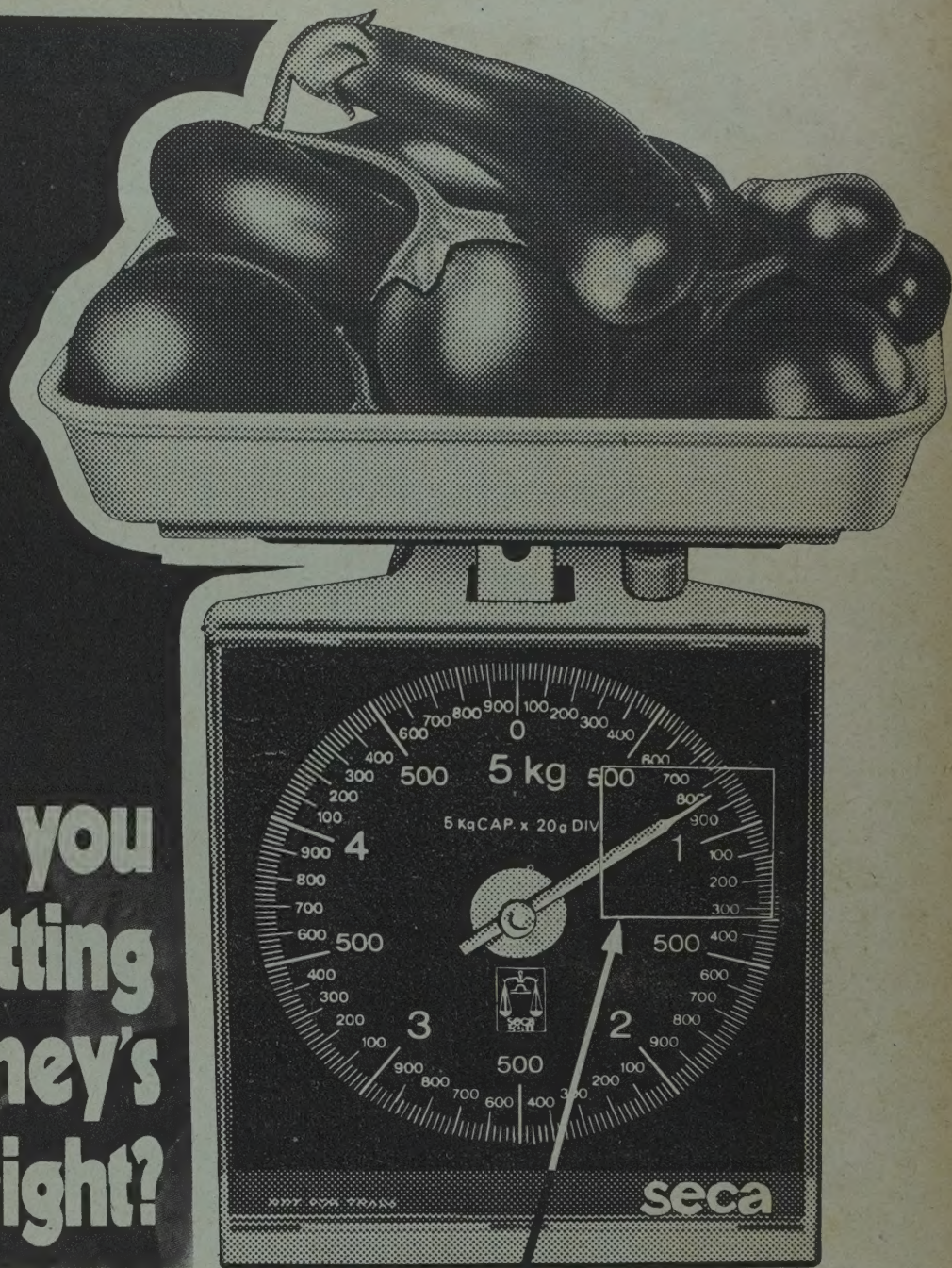
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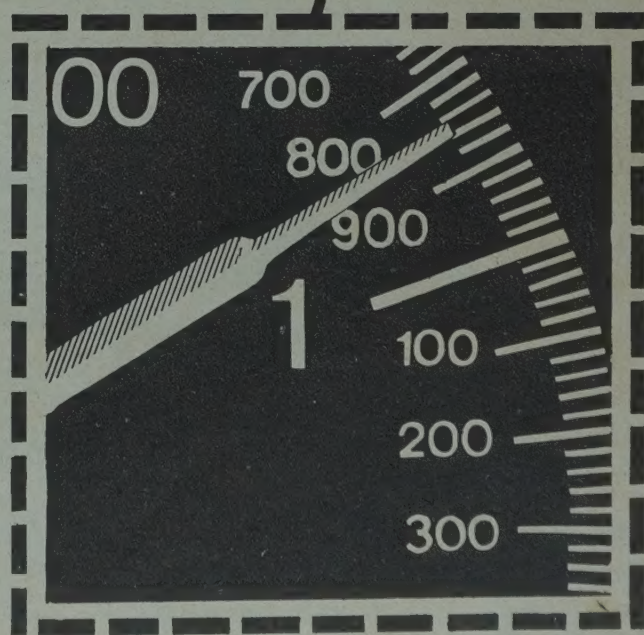
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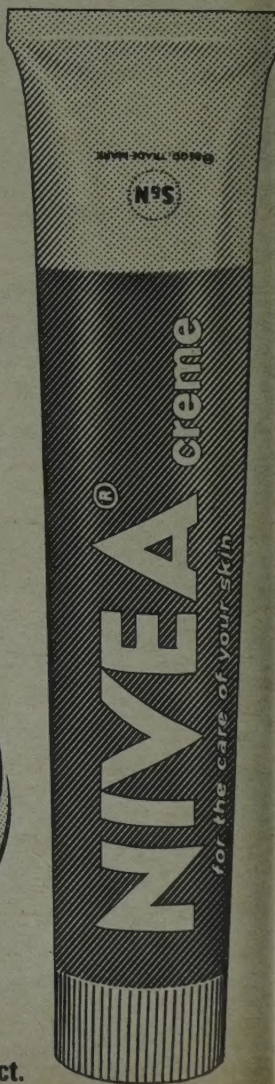
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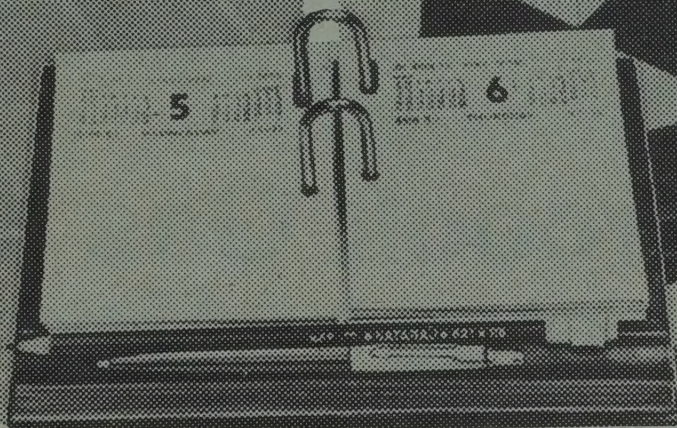
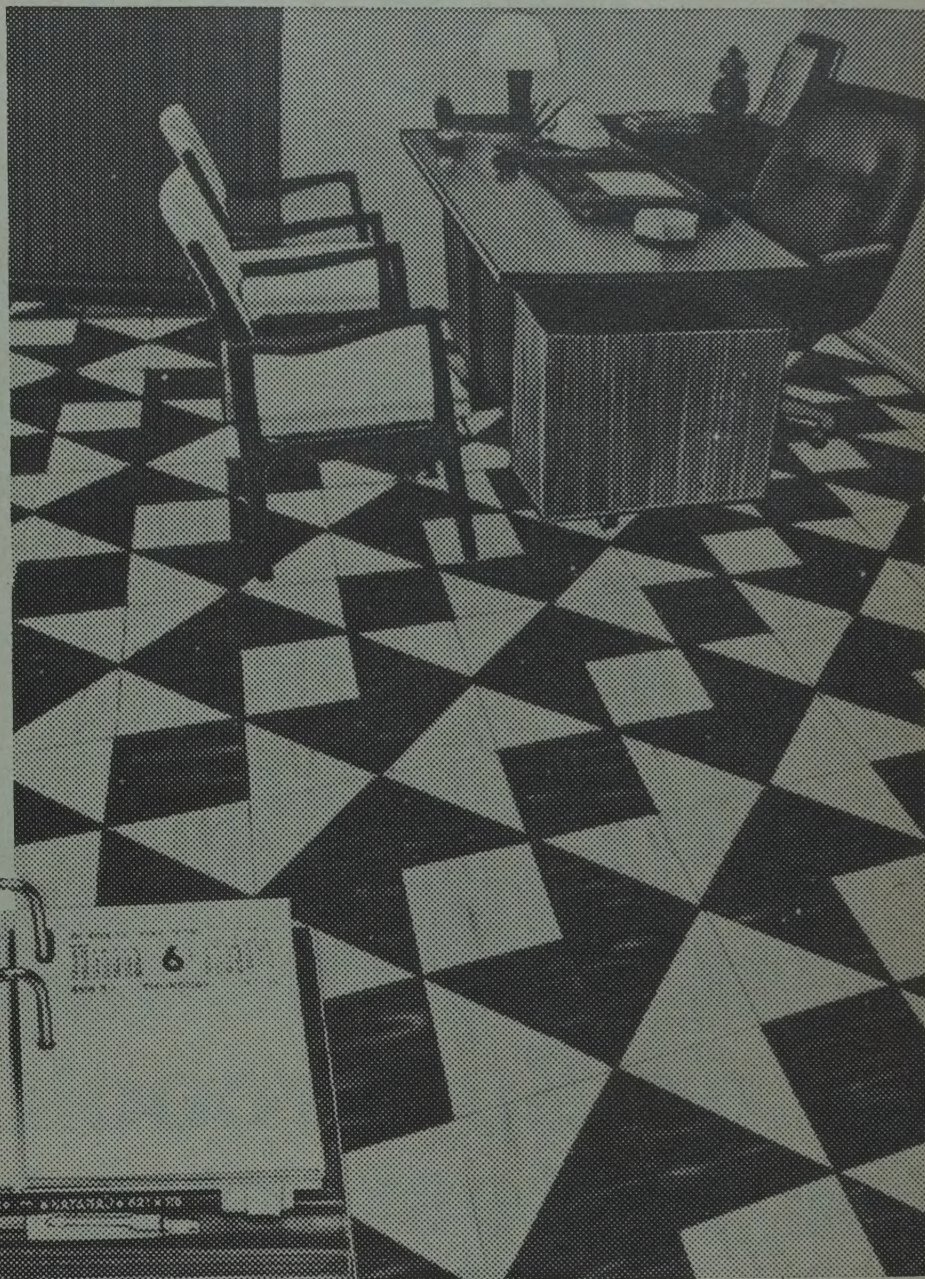
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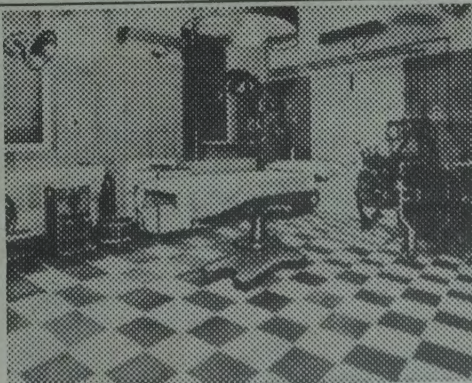
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AN ACT OF CREATION

These are words often used to describe cooking; and, yes, cooking, turning out aromatic dishes in a jiffy is, indeed, an act of creation. But, look what we've done to make this Special Issue Cover, a real marvel of creativity. The well-known "vegetable decorator" Mrs. Indu Shedde, has done wonders with this Mother-Daughter tableau. Here is a peep into the 'secrets': The Mother's body is a large-sized carrot, the arms are smaller carrots, her hair is strands of 'makkai', her face is made of potato with the eyes fashioned out of white onion and black brinjal skins. Red chilli is used for the lips and the kumkum. And that lovely green saree with its embroidery? It's tender plantain leaf, dotted with large chilli seeds! And now, the Daughter. A midi skirt made of purple brinjal with a belt and shoes of black brinjal skin. Her ruffled blouse is of cabbage leaf. And she's just helped Mother in the kitchen and carries a tray (made of dry leaves) filled with 'rosogollas' (giant bhindi seeds) and other 'snacks' (created with small carrots, chillis and onion).

Photograph: Farokh Reporter

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Is cooking or, more correctly, being in the kitchen, a chore or a pleasure? Judging by our Readers' Contest—especially devised for this Special Issue—which yielded a rich harvest of ideas, methods, hints and recipes, it is, indeed, a pleasure. Today's young housewife should actually be intimidated by the kitchen—having grown up amidst steep prices, all kinds of shortages and a woeful lack of domestic help. And yet, we find to our consternation (as also to our delight) that she has been emboldened and spurred on by the challenge. She has the 'touch'—the passion and the flair. Planning and imagination play a major role in her 'battle' with each morning's eternal question "What shall I cook today?" But even more important than this one universal question, is the other one she asks herself now: How can I finish it all quickly, so that I can go on to my office/clinic / classes / interior decoration / sewing/flower arranging/children's lessons / social work / reading/music . . .? The answers are all here in this Special Cookery Issue compiled with love and, of course,

taste! We are sure all lovers of good food have, over the years, agreed with Brillat-Savarin who said: "The discovery of a new dish does more for human happiness than the discovery of a new star". In this Issue, you will find many new dishes, several from far-away lands, cutting across national and international food barriers. It used to be, only a short while ago, that young women would learn to cook only when they had a home of their own. Not so, anymore. Mothers are now making a point to teach their daughters to cook or are sending them to cookery classes. They'll soon include their sons, we know, and, in anticipation, we have a special section on Males In The Kitchen. But enough of a preview. Get cracking and munch on this Issue. But before you do that let us recall and repeat—for what we have before us—a Child's Grace, simple and heartfelt:

Thank you for the world so sweet
Thank you for the food we eat
Thank you for the birds that sing
Thank you, God, for everything.

They love cooking, and they appreciate food. They are all experts and what they know about the culinary art would, and does, fill volumes.

BUSYBEE meets some of these cook-book queens and while they got busy feeding him, he got busy jotting down his impressions...

THANGAM PHILIP



Thangam Philip looks like a typical Indian mother whose main function is to feed her family, and not write glossy cookery books. And the first thing she did was feed me when I called on her (by appointment) at her office at the Institute of Hotel Management, Catering Technology and Applied Nutrition at Shivaji Park in north Bombay.

The period was between breakfast and lunch, a time when I am most hungry, and I was served almost crustless Punjabi samosas, fresh vadas, as light as the air, a cheesecake that was not too cheesy in taste, and coffee brewed to the minute and minus any sediments ("the main thing about serving good coffee is to take care that there are no sediments," said Miss Philip). The service was as good as the Taj Intercontinental and the quality of the food three-and-a-half times superior.

Miss Philip talked as I ate; about her college, looking as neat and clean as a private hospital's kitchen, her students (some 700 students a year for the last 12 years), her cookery books.

As far as cookery books go, she has written the final word on Indian cookery. A two-volume

history on "Modern Cooking for Teaching and the Trade", which I can only compare with D. G. Tendulkar's exhaustive biography of Mahatma Gandhi. The two volumes cost around Rs. 150 (sorry, no colour pictures) and the first volume alone has 670 Indian recipes, including 83 for cereals, 40 for dals, 164 for vegetables, 22 for eggs, 65 for fish, 113 for meat, 84 for sweets, 99

Meet the "TRIED & TESTED" Ladies

for snacks, besides sundry curd preparations.

The second volume deals with international food and includes *escalope de veau Napolitaine*, *wiener schnitzel*, and, of course, *coq au vin*.

I have always considered it a bit of a con trick for Indian cookery queens and semi-queens to fill their books with recipes of foreign dishes, the ingredients of which are not available in India (not even in intimate little shops at Breach Candy). Miss Philip said that in her recipes she has substituted Indian ingredients for foreign ones (I have known cases where this has led to Chinese fried rice turning into an Indian pulao.

Miss Philip offered me more coffee and explained her *coq au vin*. Why do the French use wine, she inquired. First to tenderise the meat and then to give it a flavour. We can do this with Indian ingredients, using vinegar to tenderise the meat, and a little wine for flavour. I did not tell her that I had no objection to vinegar, but I had to Indian wines, which are not wines and which make me sick.

With a third cup of coffee, though it was nearing lunch time, I went through the standard questions. Did she cook in her own house? "Yes, I love to cook. I cook when guests come and I cook for myself. I had a young cook, a very good boy, he is now cook for the ambassador to Muscat, probably earning a lot more than the principal of the catering institute."

Was she fussy about the food when eating other people's cooking? "No, I like a variety of food. I am happy in a Punjabi home, except that I take off the superfluous fat before eating. And I am happy in an Andhra home, except that I find their chillies too hot."

Did cookery books have good sales in India? "Yes, but not everybody who bought these books, bought to cook from

them. A lot of them were only collectors of cookery books."

What were her views on cookery courses conducted by Indian women or by foreign women married to Indians? "You have to actually cook to learn cooking. And the kitchens in most of these houses where the courses are conducted are too small for all the trainees to practise cooking."

Miss Philip's books are different from most of the cookery books seen in Nalanda and other plush shops. They have very few pictures, if any, and the measurements are given in grams and tolas and not in terms of cups and spoons, and the recipes are very matter of fact.

Still, she is the author of what is to my mind one of the best books on Indian cooking. It is a very thin booklet, done for Air-India (and particularly its foreign passengers) and titled — "Currying Favour with the Maharaja". I make all my curries with it.

PREMILA LAL



Premila Lal, who has this permanent image of a kaftan-clad hostess, has the unique distinction of having her book reviewed in the prestigious *Literary Supplement of The Times*, London.

She has also been reviewed in *The Financial Times*, *The Guardian*, *The Daily Telegraph* and *House and Gardens* (the last-mentioned titled its piece "From spring lamb cooked in honey to prawns in curry").

Unlike the other cookery queens, her special place is not the kitchen but the dining room. The service is impeccable, the

cutlery and crockery exclusive (at buffets, where food is served in paper plates, she refuses to eat). She is also a painter and a ceramist and very arty-arty. And it is fashionable to say that Premila Lal does not cook, she only writes cookery books. Which is as fashionable as saying that Satyajit Ray does not make films he only makes art pieces for *The New York Times* critics.

But as far as cookery books go, she is in the top bracket of Indian cookery writers. She has got two books published in London (including the ultra gorgeous "Cooking for Pleasure" by Hamlyn), six in India and translations in Arabic, French and Spanish. At the moment, she is engaged on a book on yoga and food (photographs by Richard Holkar), for a Japanese publisher and another on far-eastern cookery for a Singapore publisher.

She was asked to do the *Time and Life* book on Indian cooking, later done by Santha Rama Rau. She told me: "If I had done that book, I would have retired."

She has got the entire *Time and Life* series in her collection as also almost all the other cookery books of the world. Four of them are antiques, dating back to the 1800s and kept in a safe. And the collection is insured for Rs. 25,000.

Her own books are as exhaustive as can be. For instance, I asked her for a recipe on lobsters, which at present are my favourite food, and she handed me her recipe book on sea food which contained detailed recipes on lobster and cashew-nut, masala lobster steak, baked spiced lobsters, spiced lobster fry, lobster baked in coconut, tandoori lobster, lobster rice, lobster kofta curry, lobster and brandy sauce, lobster and spaghetti, lobster in cheese pastry, lobster croquettes, lobster and asparagus, lobster thermidor, lobster risotto, lobster cocktail, lobster newbury, lobster bake, lobster and potato salad, lobster meat with curd masala and lobster chowder.

Unfortunately, the evening I called on her, her cook was ill. So she served me Scotch Whisky and boiled eggs.

But that very afternoon some vegetarians had dropped in for a meal and she had prepared in quick time a "vegetarian fish". Premila Lal gave me the recipe. Slice cottage cheese like pieces of fish fillet, season them with soya

sauce and a pinch of ajino-moto. Roll them in beaten eggs and coat them with breadcrumbs. Fry and serve with tartar sauce and you will not know the difference between fish fillet and cottage cheese.

Her kitchen has all the modern equipment, most of it unused, like a collection of classics in a film star's house, most of them unopened and unread. For years she made mayonnaise with hand, till she wrote the Rallis Blender Book and had to use the blender. And she did not use a pressure-cooker till she wrote the Godrej Pressure Cooker Book. Now she is an enthusiast about both these handy gadgets, which remove all the drudgery from cooking, and all the taste. And she was very anti-tandoor, till her son presented her with one.

She does, however, complain about the kind of presents she gets. "Most women get perfumes and jewellery. I get the latest saucepans and other cooking gadgets and cook books." And she gets between 4,000 and 8,000 recipes every month from women all over the country who think they have invented a new dish.

And since she does not drink coffee, she does not care how it is made.

On which note I left. Since Premila Lal's cook was ill and she had to go to a restaurant for dinner.

MUMTAZ RAHIMTOOLA



Mumtaaz Rahimtoola is a Khoja. Her collaborator, Mumtaaz Currim, is a Bohri. Together they have produced two of the best collections of Mughlai recipes (a branch of cooking much neglected by cookery book publishers). The books have all the scents and flavours of the vast meals served at Khoja and Bohri weddings in the lanes of Bhandi Bazar, when 54 brides are often married to 54 grooms and each guest is served one complete murg masala.

Their books ("Deliciously Yours" and "Appetisingly Yours") are different from those

of most other cookery queens in the sense that you can actually cook from them and not just look at the colour pictures and say "how nice." And they are all paperbacks and all cheap and, if you still cannot afford them, Mumtaaz Rahimtoola gives them away free.

I had tea with her, poured from an antique silver pot (the kind you find in either Parsi houses or Khoja houses) and little bits of meat and spaghetti on toast and a bowl of china grass with crushed almonds.

Mumtaaz Rahimtoola does not go in for haute cuisine. She specialises in Lucknowi bhuna gosht and masala jinga pulao and Mughlai pulao Nurjehani, the kind of food one eats with hands and slobbers over. I am a firm believer in the principle that Indian food has to be eaten with hands, just as Chinese food has to be eaten with chopsticks and from a proper Chinese bowl.

Actually, Miss Rahimtoola has done a cookery course at the Good Housekeeping Institute in London and written a very successful book for Western women on Indian cooking, appropriately titled "Curry 'N' Rice and All That's Nice". The stress is on "jaladi, jaladi" cooking, because westerners do not have time to grind masalas.

But her forte is Mughlai food, which she cooks (she runs a catering service), teaches (for 30 years she conducted cookery classes), writes about (she is cookery editor of a women's magazine). Half the time she cooks for photographs. She cooks all the food and lays it out on a large table and then photographers of magazines take colour pictures of them. Then the food is eaten by her family ("they are my guinea pigs"), neighbours and friends.

After so many years, she says, she is sick of cooking. She told me: "I am sick of seeing food, buying it, preparing it, eating it. When I go visiting, they show me their kitchens, rather than their drawing rooms. And if I am staying with some friends, I end up spending more time with the servants than the hosts."

But she takes her work seriously. No recipe is given before it has been fully tried out in her own kitchen. Every letter is answered. The recipes are kept simple and economical. "Because people want to feed their families, not impress their guests."

And through the afternoon of tea and china grass, she offered me several tips on cooking. How to mash potatoes, skin tomatoes, make bread crumbs, keep spaghetti from sticking (the trick is to put a little oil in the boiling water and, immediately after it is cooked, put it under a cold water tap).

And she taught me a new way of cooking rice in a pressure

cooker. Cook till the first whistle and then switch off. It will simmer in its own steam and you can keep it sealed for an hour or more before serving.

She took me to her kitchen, black with charcoal smoke. "You cannot make biryani on a gas ring, just as you cannot grind masala in an electric grinder," she said. And the most expensive gadget in her kitchen is an egg-beater. With five servants, she does not require gadgets. And, anyway, most of the people who buy her books do not have gadgets, so why should she.

And, finally, her method of making coffee. Put one tablespoon of coffee powder (fresh) per cup in a carafe. Then pour cold water on it and gently brew. Continue brewing till the mixture starts bubbling, then switch off.

TARLA DALAL



In a country where even Khushwant Singh's books are not bestsellers, Tarla Dalal has produced two. Her "Pleasures of Vegetarian Cooking" is in its sixth edition (all hardcover) and "Delights of Vegetarian Cooking" has sold 10,000 copies in two brief months. The first book has been translated into Hindi and the second will have Hindi and Gujarati translations.

Also, in a country where most cookery books are very shoddy and the photographs of the recipes look like pictures of train accidents, her books are reasonably well published by Vakils. Though, of course, compared to cookery books published in the West, they are 12,322 times inferior to them.

Tarla Dalal looks like a Gujarati housewife with a money-making husband and three children, which, in fact, she is. And her kitchen is a typical Gujarati kitchen though definitely the best Gujarati kitchen I have seen. The walls are lined with bottles containing hundreds of masalas. And not one of them is labelled. Because a good housewife should be able to distinguish one masala from another by merely looking at it.

Presiding over the kitchen is

the family's Maharashtrian cook. And while we sat in the drawing-room and discussed Mrs. Dalal's cookery books, he prepared semi-Gujarati tea and buttered toast for us. The tea had cinnamon, cloves, elaichi and a dash of freshly grated ginger. The toast was not too crisp and not too soft and Mrs. Dalal explained how it was prepared.

You butter a slice of bread and put it in a hot frying pan, the buttered side touching the bottom. Put on the top side the filling and place another slice on it, once again the buttered side on the outside. Turn the sandwich so that both the buttered sides are toasted. Your toast should be ready in under a minute.

Besides the kitchen, the other interesting spot in Mrs. Dalal's house is her bedroom. One wall is lined with some 500 cookery books from all over the world.

Born in an orthodox family, meat never enters her house. "Eggs, yes, those that are stamped and said to be vegetarian. Though I do not know what that means," she says.

But her vegetarian food knows no boundaries and includes Chinese, Mexican and Italian food. As a substitute for meat she uses cottage cheese and mixed boiled vegetables. The cottage cheese is used either raw or fried, in chunks or mashed. (My vegetarian friends tell me that it tastes exactly like meat. Though how people who have never tasted meat in their lives can claim that I do not know.)

Her official food-tasters are her two boys and her girl. And her husband cross-checks her recipes and standardises them and puts them into shape for the books.

She runs cooking classes and says more and more women have started attending them, even rich women who once upon a time spent their free hours and their husbands' petrol on doing social work. One reason is that cooks are difficult to get, most of them preferring to join hotels, they are expensive, they waste a lot of things in cooking and they insist on cooking in their way only. A cookery book is a lot cheaper and a lot less trouble than a cook.

She gives cookery demonstrations on TV (I have always felt it is necessary to have colour TV for a proper cookery demonstration), goes on lecture tours to Europe ("more and more Europeans are taking to vegetarian food"), is planning a book of vegetarian recipes for dieters.

And she has her own method of brewing coffee. You can boil it as much as you like. But when you are drinking it, use more milk than the coffee decoction.

Some more famous cooks from Delhi, Calcutta, Madras, and Kerala on page 13 and 15.

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Meet the "TRIED & TESTED" Ladies

JASLEEN DUGGAL



Jasleen Duggal is a young housewife who has not only mastered the art of cooking at a young age, but is also the author of three cook-books. All the three books, which have been written in a short span of two years, have fast gained popularity among the housewives of Delhi. The second edition of her first book, 'Indian Cookery', is soon going to be out. Her next book, 'Vegetarian Cookery' consists of all-vegetarian dishes and her third book, 'The Family Cook Book', meant for overseas cookery enthusiasts, has just come into the market in India. All her books are in paperback editions and the first two books cost only Rs. 6 each.

Jasleen, who has always been interested in cooking, says that she bought her first oven with the pocket money she saved during her college days. "Cooking for me is a kind of relaxation and recreation. Whenever I am feeling bored or restless, I go into the kitchen and a little time spent there doing something I really enjoy is enough to relax me."

Jasleen is a charming hostess and an expert cook. A chance remark by a publisher who had come to see her father-in-law, a well known author, and who had enjoyed the good food cooked by Jasleen, planted the idea of writing a book in her mind. She finished the book in a few months and the success of it encouraged her to go ahead with the other books.

"I have used very simple terms in my book. The instructions, given in steps, have been made very simple and can be easily understood by all housewives. All the recipes have been tried out by me and the measures and

weights have been given in ordinary cups and spoons.

"Cooking," says Jasleen, "is an integral part of every woman's life and can become something interesting instead of a drudgery if she makes a little effort. But there can be lots of variety even in everyday ordinary cooking without any additional expense. In my books I have given recipes prepared with all the ingredients available in the kitchen. Even vegetarian dishes can have lots of variety. They are easy to cook, less time consuming and cheaper, and India has plenty of fresh vegetables throughout the year."

A graduate in Home Science, Jasleen is also interested in various other aspects of a good home. At present, she is writing a book on household hints. She has divided it into three parts, with one part devoted to tips on beauty, the second giving tips on cookery and the third containing general hints. Jasleen had thought of starting cooking classes at home after she got married, about four years ago, but had to give up the idea when she got a teacher's job in the reputed Modern School, where she is teaching at present. But however tired she is or whatever difficulties she has faced during the day, she makes it a point to go to her kitchen once every day. Her enthusiasm in cooking can be judged by the fact that whenever a friend or a relative going abroad asks her for anything she would like to get from there, she promptly asks for some new kitchen gadgets.

Jyotsana Kapoor

VED LUTHRA



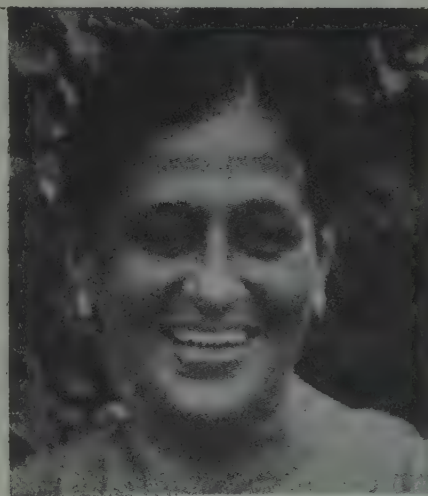
"When I was a young girl and living with my parents, the kitchen was one area where I did not enter. Cooking was to me a boring job. It was only when I got engaged and had done a

year's diploma course in Home Science from Lady Irwin College that I developed a keen interest in cooking. My husband was extremely fond of good food and wanted it served in style. I tried and tried till I perfected my recipes and the smile of approval that my husband gave me was reward enough for all those hours spent in trial and error," says Ved Luthra, author of "Pak Shastra", a cook book in Hindi featuring most of the North Indian recipes. "All my recipes have been tried out. The book appeared in a serialised form in the popular Hindi magazine, **Ambica**.

"At my children's birthday parties and at other social evenings when I served food and snacks, my cooking was praised by one and all, so I thought of sending recipes to Hindi magazines. The **Ambica** cookery section tested all the recipes and published them. I also had my own way of testing them. I conducted cookery classes. They were very successful and I was flooded with requests for demonstrations... My children and my husband love good food, and nothing is more rewarding for a woman than to see her family relish and admire what she has created for them with so much love."

Pushpa Hans

ANNAMMA MATHEW



Annamma with her warm smile and endearing ways is an indispensable member of the community in Kottayam.

Annamma now has ten cookery books to her credit, two in English and the rest in Malayalam. They deal with basic as well as sophisticated cookery. Widely travelled in the U.S.A., Africa, the Palestine and the Far East, Annamma is a keen observer of the food habits and life-styles of the people in these places. She shares her experiences in other lands with her readers in the travelogues that she has written.

Her talent found full expression and encouragement when she married Mr. K. M. Mathew,

Chief Editor of the **Malayala Manorama**, one of the largest circulated language dailies in the country. Initially she used to publish her cookery and household notes in this paper. She got a good response from the readers, which inspired her to compile her recipes into books.

Annamma has also published a book on hairstyles. Her improvisations on the Ajanta fresco hairstyles to suit the modern woman are very popular. She is editor of a Malayalam magazine for women, **Vanitha** (meaning 'woman').

SARAMMA VARUGHESE



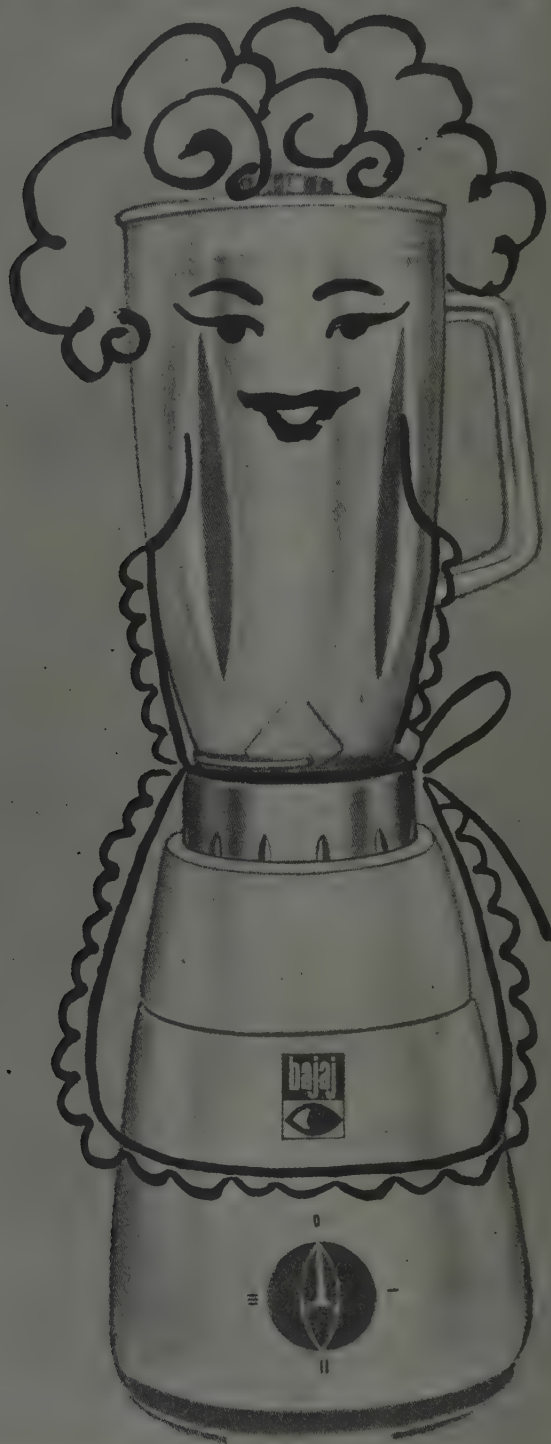
The name of Mrs. B.F. Varughese, Saramma to her friends, is a household word not only in Kerala but all over the world.

Mrs. Varughese has published three cookery books in Malayalam, in the Pachakarani series, and a fourth is on the way, and a comprehensive collection of popular recipes have been compiled in English as well. These books are in great demand everywhere. In a foreword to the English version, Miss Thangam Philip, Principal of the Institute of Catering Technology, Bombay, says, "'Pachakarani' (Cookery Queen) by Mrs. B. F. Varughese, was originally published in Malayalam and has been accepted by the Kerala community (and now we may add, by many Indians everywhere) as a 'must' in every home, as the author is reputed for her culinary skills. Mrs. Varughese is a born cook and in the book she shares her experiences with all of us who enjoy good food."

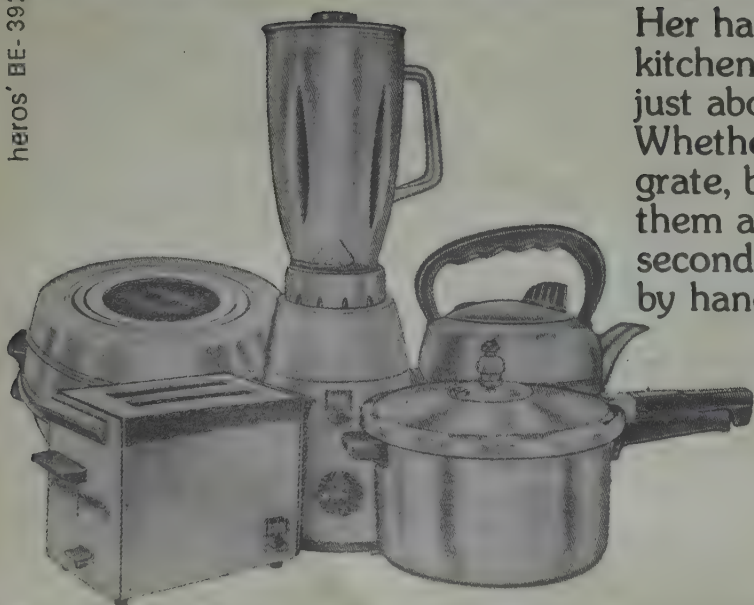
Her books are a result of concentrated effort. All the recipes are tried and re-tested in the kitchen before they are published.

In fact simplicity is the keynote to her recipes. In the early days of her initiation into the mysteries of cookery, her mother was her greatest critic. Whatever she turned out, her mother would say, "Tastes good but a little too extravagant." The recipes are not only tasty but easy to make and easy on the purse.

I am her kitchen (m)aid for keeps.



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run for as long as 10 to 30 minutes, for all you know.

And she's one wife among lakhs who trusts me most for a kitchen (m)aid. For I am the Bajaj Mixer.

Little wonder, I've earned my keep over the years in lakhs of kitchens—along with my other family (m)aids.



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Mrs. Varughese believes that much depends on the manner in which a dish is presented, the eye appeal counts. In all her cookery demonstrations she takes great care to illustrate the little tricks of vegetable cutting, arrangement of dishes, decorations and garnishings that make dishes look good. Even a recipe meant for a heart patient or a diabetic can and should look appetizing, she feels.

Hers is a well-equipped kitchen, with all the modern time-saving gadgets, because Mrs. Varughese believes that we have to change with the changing times. If we are heading towards servantless society, we should prepare ourselves for it, by doing away with the old laborious methods of cookery, and it is towards this end that she strives to keep her recipes as simple and easy as possible.

Susie Kuruvilla

PARUL SENGUPTA



Parul Sengupta, one of the most successful cook-book writers, has just had the third edition of one of her books 'Desh Bidesh Jalkhabar' (snacks from all over the world) published. Her cookery books are on the recommended list of Home Science Colleges but I remember a newly-married at the stove with Mrs. Sengupta's other book, 'Padma to the Sindu and Kaveri' propped up against the kettle while she cooked her first ever meal for the proud husband and the cynical mother-in-law who deplored this new-fangled mode of 'book-learnt' cooking.

Parul Sengupta doesn't believe in such puritanism in cookery. She says that all she has learnt from her own mother and various aunts in a joint family and, later, from her mother-in-law and aunts-in-law she has put into her cookery books. Her cosmopolitan circle of friends have been sources for many national and inter-

national recipes. She feels happy when scores of fan letters from girls 'who couldn't boil an egg' thank her for her explicit measurements and invaluable 'boxed' hints at the end of every chapter of her books.

Parul Sengupta has had rave notices from leading newspapers which acclaim these books as "probably the first of their kind in Bengali". The famous author Asha Purna Devi's analysis is that these books are commendable because the author takes the present day situation into consideration. Mrs. Sengupta says, "The rising prices of food-stuffs, the non-availability of certain ingredients, and the rise in the number of working wives and mothers were the basic factors I took into account when writing these books. Why shouldn't women from the lower income group be able to concoct recipes which are not only economic but nutritious and tasty? I had my eye on these people as well as the affluent classes when I wrote these books. What working girls most appreciate are the few 'quickies' for sudden guests."

"When did you start taking an interest in cookery?" I asked her, when I visited her.

"When I was just twelve and it was necessity, not interest, at that stage. My mother was ill, so in spite of the cooks, I had to deputize for her because I had seven brothers!"

She says, "I was kitchen-oriented from the beginning because the joint family consisted of more than forty people and my father was a gourmet, who brought recipes back for his wife and daughter to try out. The cooking experiments continued after marriage," she continued, "And I was delighted when I 'proved' myself in the kitchen catering to a large family. Cooking well for the old, the very young, the invalids and the frankly gourmands is a must in every Bengali family. I'm glad I measured up."

PRAGNA SUNDARI DEVI

The tradition of cooking in Bengal had been handed down through the women till the pioneer who broke the tradition by writing a cook-book on vegetarian and non-vegetarian cookery made a debut about seventy years ago. She was a niece of Rabindranath Tagore, Pragna Sundari Devi, and broke another convention by marrying the famous Assamese scholar and writer, Lakshmi Kanta Barua.

The book by this pioneer of cook-book writers is worth translating because of its most unusual foreword by the authoress, who, being a Sanskrit scholar, has traced the history of eating in India from Vedic times and drawn parallels with Homer, sometimes translating Homer. This amazing lady also goes into the etymology of words associated with cookery in both the Orient and the West. Pragna Sundari Devi's scholarship delves into the roots of prejudices against certain kinds of non-vegetarian food and shows us how absurd these prejudices are, as these foods were relished by Rishis in the Vedic Age.

The present age has reaped a whole crop of cook-book writers, well-known among them, Grih-nir Abhidhen (a dictionary of cooking) by Bela De of A.I.R., Rannar Boi by Sulekha Sarkar, Ranna Kore Dekhur by Sadhana Mukherji, Bharatiya Rannar Guide by Chobi Mukherjee (an all-India cookery book), Ranna — from the Padma to the Sindhu and Cauvery by Parul Sengupta (recipes from North to South India), Randhan — Shikona, Parts 1 - 3 for students).

The Hindi language cookery book is a five-volume cookery tome published by the 'Jyotirmayee Club', a Marwari Ladies Club. Sophistication in vegetarian cookery, though imitative of non-vegetarian dishes, even to the serving up, is a particularly attractive part of these volumes, and though the names of these vegetarian dishes dressed up like non-vegetarian are phony, the taste is not. Another clever substitution is vegetarian Chinese, Burmese and Continental dishes.

Tapati Mookerji

MUMTAZ CURRIM



As a young girl, Mumtaz Currim was in such hot pursuit of academic excellences, that she had little time for cookery and domestic arts. Of course, she pitched in when it was absolutely necessary.

But it was when she got married and became a member of a

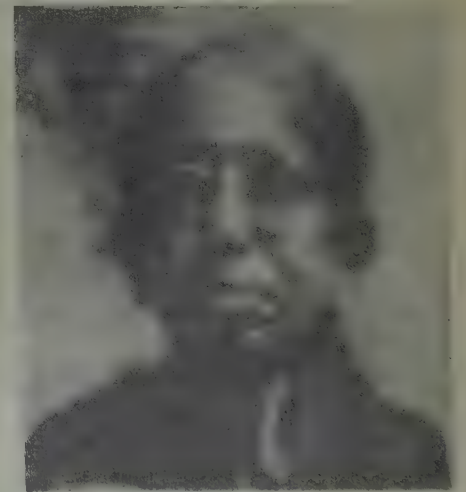
joint family that Mumtaz began to take a real interest in cookery. Catering to a large number of very critical family members, made her a very efficient cook. She began with desserts, because the domestic cooks could not be expected to have the fine and delicate touch necessary to decorate puddings. She began by making trifles, using luscious peaches and almonds with cream.

Mumtaz likes to take her own time while cooking, never rushing, because she is very anxious that the correctness of the recipe is preserved. She has published two books in the 'Yours' series with her friend, Mumtaz Rahimtoola of Bombay. "Deliciously Yours" is published by India Book House. The accent is on Mughlai cooking, although it has an interesting collection of recipes from all over the world as well. This handy book is divided into sections entitled "Simply Yours", "Elaborately Yours", "Sweetly Yours", and so on. Mumtaz's journalistic experience stood her in good stead while compiling the recipes and getting them organised. She used to be associate editor of the P.E.N. journal.

Mumtaz's cookery is all innovative. She tries to formulate workable recipes which suit the Indian palate with that little bit of tang or a dash of spice which is so very necessary.

Mumtaz is planning a third book now, focussing on international recipes which will have for its subtitle "Dishes from Home and Abroad." She finds that there is a very pressing demand for this type of book.

S. MEENAKSHI- AMMAL



"It serves the purpose of a mother-in-law without the pin pricks" was one reviewer's comment on the well-known cookery book, compiled by the late S. Meenakshiammal of Madras. "Cook and See" is the literal translation of its Tamil title "Sammaithu Paar".

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INDONESIAN

MRS. BUDIARTI ARSAD (left) is the wife of the Consul of the Republic of Indonesia, Bombay. Also the president of the Bombay Chapter of the Organisasi Wanita Indonesia (O.W.I. — Indonesian Women's Organisation), she gives the recipes of some delicious Indonesian fare, all prepared by the active members of the Organisation. The O.W.I. has a weekly meeting during which the members of the Indonesian community engage themselves in group cooking and embroidery.

Mrs. Arsad has been in Bombay since July, 1978. While in Indonesia, she took keen interest in social work, especially propagating the Family Planning Programme among the local people. Her hobbies include gardening and learning the cultural backgrounds of different people.

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Breaking The Food Barrier!



IRAQI

MRS. SALWAN AL-KASSAR, wife of the Consul General of the Republic of Iraq in Bombay, gives the recipe of several of the delicious meaty dishes of her country. Having spent eight months in Bombay, she is now well accustomed to Indian food and people. She likes Bombay very much — "very different from the rest of the countries I have visited," she said.

Mrs. Al-Kassar prefers cooking to other housework and tries out the various specialties of each country she visits. The mother of two children, who keep her busy throughout, she manages all the same to give a little thought to her other interests too — reading, flower arrangement, meeting people and going for movies.

Continued on page 19

GREEK

Charming and enterprising, MRS. JEROO MANGO is the wife of the Consul General of Greece, Bombay. Her frequent visits to Greece have made her a native of that country, especially where cooking their typical dishes are concerned. Mrs. Mango prefers small, sit-down dinners to large buffets. She plans out the complete menu herself and says the selection of Greek dishes depends on her guests. "Indians seem to like Greek food," she says. Her day's schedule starts with a visit to her two bookshops, "Danai," followed by a visit to publishers. She plays a lot of tennis and apart from her interest in books and sports, she is a lover of art — especially modern art.

Continued on page 27

Photographs : Farokh Reporter



From richness to simplicity, food, prepared and served tastefully, comes in a bewildering variety. The unknown is rather attractive and we present here food from

other lands — with the charming cooks wearing their national costume for added colour and spice



JAPANESE

In Bombay for the past one year MRS. SHEGEYOSHI HORINO (left) wife of the Consul General of Japan, Bombay, has been thoroughly enjoying her stay here and getting to know a lot from the Indians she has met. MRS. KIYOAKI SUEHIRO (right), the wife of the Consul, has been in Bombay for nearly two and a quarter years. Both ladies enjoy churning up new dishes and they have of course, tried Indian cooking as well, though they find the Indian food rather too hot! Great care is devoted to menu planning, laying out a meal well, decorating dishes to make them not only tasty but look delectable as well. With busy entertaining schedules, they have time for other social work as well. They have classes for sewing, stitching and flower arrangement.

Continued on page 27

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Breaking The Food Barrier!

INDONESIAN

Continued from page 16

Indonesians cook their rice by the absorption method and this preserves the flavour of the rice. With rice they serve either fish or meat or sometimes both, vegetables, "krupuk" or prawns deep fried in oil and "sambels," made of large quantities of fresh chillis.

They use coconut milk for their curries and gravies and finely ground coconut to thicken and flavour their curries. The coconut is usually roasted first until golden brown and then ground into a fine paste. Dried onion flakes, fried in oil and then ground, are also an important ingredient in Indonesian food.

SOTO AYAM: (CHICKEN SOUP)

1 chicken
Fistful of bean sprouts
1 piece garlic, fried
1 spring onion
2-3 celery leaves, sliced
Juice of 1 lemon
Potato wafers
Soyabean curd and soya sauce

GRIND TO A PASTE:

8 pods garlic
8 onions
1 piece ginger, sliced
1 fresh turmeric, sliced
White pepper
Salt to taste

Fry the ground paste with chicken (full) in a vessel without oil, until little water oozes out of the chicken. Now add some more water and cook until tender. Remove chicken from the soup. Shred the chicken.

Put the shredded chicken and steamed bean sprouts in a serving bowl. Pour the soup over it and sprinkle the sliced celery, sliced onion, fried garlic, soyabean curd and potato wafers. Top with lemon juice and soya sauce. Serve hot.

SATE KAMBING: (LAMB SATAY)

3 cups lamb cubes about 1/2"
1/2 tsp. vinegar or lemon juice
20-25 skewers
1/2 cup water
1/2 tsp. garlic powder or
1/2 tsp. chopped garlic

Put 5 cubes of lamb on each skewer. Mix the other ingredients together and dip the lamb into this mixture. Grill for approximately 15 minutes, turning and basting frequently.

FOR THE SATE SAUCE:

4 tbsps. peanut butter
1/2 tsp. garlic, chopped
1/2 cup coconut milk
1 tsp. ground chillis
1 tsp. soya sauce
1 tsp. lemon juice
1 tsp. brown sugar
1 laurel or bay leaf
Salt to taste

Combine all the above ingredients and cook on low heat, stirring continuously until sauce thickens. Pour over sate and serve.

KOLAK PISANG: (Bananas in Sauce)

2 cups diced yellow fresh bananas
3 cups coconut milk
1/2 cup brown sugar
1" cinnamon stick
1 whole clove
Pinch of salt.

Cook the bananas with all the other ingredients stirring occasionally. Serve hot or cold.

SAMBEL GORENG BUNCIS: (GREEN BEANS IN HOT COCONUT MILK)

1 kg French beans
1/2 kg beef
Milk extraction of 2 coconuts
30 grams (Kashmiri) chillis, soaked in warm water
30 grams onions
Garlic to taste
A few bay leaves
1 slice of fresh turmeric
2 tps. shrimp paste
4 tomatoes
Salt to taste
Ajinomoto to taste
Sereh leaves (optional)

Grind all the spices, onions, tomatoes with shrimp paste. Fry in oil. Cut beef into cubes and mix into fried spices. Separately cut fresh beans diagonally and mix in salt (helps them to stay green). Put in warm water. Drain off. Grate the coconut and extract two cups very thick milk and one pan slightly dilute milk. Now put the beef with spices with the dilute milk and cook until tender. Add the French beans and cook till the beans are properly boiled (beans will still be green). Now add the thick coconut milk and cook further for a short time till it boils. Serve hot.

OPOR (CHICKEN IN COCONUT MILK)

1 chicken
1 dtsp. coriander or according to taste
1/2 dtsp. caraway seeds or to taste
1 pod garlic
Milk extraction from 2 coconuts
1 onion
1 1/2" piece ginger
laos (cana edulisker) (optional)
2 sereh leaves (optional)
30 grams Hawaiian nuts (optional) Kemiri

Grind all the spices except laos & sereh. Cut the chicken into pieces. Place these pieces in the coconut milk with the ground spices and cook until the chicken is tender. Keep stirring until the coconut milk thickens. Serve hot.

IRAQI

Continued from page 16

The people of Iraq are exceptionally clever cooks and they care for food which is decorative, appetising and good in taste. Food is prepared season-wise. The summer speciality is a curry made from ladies fingers, while the winter favourite is the Cobba Hamidh. Meat is used in abundance in all kinds of dishes, often with vegetables. Sometimes a variety of vegetables are combined together to make a complete dish. The use of spices is rare, but in the south of Iraq, spices are used fairly liberally.

MAKLUBA: (Biryani)

1 kg mutton
4 cups rice
1 kg brinjals
1/2 kg onions
Tomato paste
Salt and pepper to taste
Oil

Cut mutton into pieces. Slice onions and fry in oil till brown. Add mutton pieces, salt, pepper and tomato paste and cook till tender. Slice brinjals into circular shapes. Half cook the rice. Place mutton at the bottom of the vessel, then brinjal slices and lastly the rice. Cook on a slow fire. Just before serving, turn the vessel upside down so that the mutton is on top and rice down. Garnish with sliced tomatoes.

KUBBA BURGHUL (Mince Paratha)

3 cups lapsi (Burghul)
1 kg minced beef
3 onions
Celery
40 almonds
5 tbsps. oil
Salt to taste
Pepper and spices to taste

Grind three cups of lapsi and 1/2 kg beef together. Finely chop onions. Heat oil and fry onions till golden brown. Add 1/2 kg mince and fry. Add finely cut celery alongwith the almonds, pepper, and salt. Cook on a slow fire for above five minutes. Leave aside. Take ground mixture of lapsi and beef and roll into chappaties. Place a little of the fried mixture on one chappati and then put another chappati over it and seal the edges. Boil water in a large vessel. Put each chappati into it and leave for about five minutes. Remove and serve hot. The chappaties can be fried instead of boiling.

COBBA HAMIDH:

4 cups rice
2 cups minced meat
4/5 onions
Celery
FOR THE GRAVY:
Tamarind juice
Celery
Garlic
2 onions, chopped
Tomato sauce
Salt and pepper to taste

Soak the rice in water. Grind into flour. Mix one cup mince with the rice flour, add salt and into a dough. Form this into circular balls. Fry the remaining mince, chopped onions and celery. Stuff this filling into the circular balls. Form into cutlets. Deep fry.

FOR THE GRAVY: Fry onions, celery and garlic in tamarind juice. Mix in tomato sauce, salt and pepper. Simmer for a while. Serve hot with cutlets.

SWEET BALLS

2 cups flour
2 cups water
2 tbsps. ghee
4 eggs
2 tps. baking powder
1/2 tsp. salt
1 kg sugar
1/2 lime
Fresh cream

Prepare a thick sugar syrup adding lime juice. Keep aside. Bring water to a boil. Mix in flour, salt, and baking powder. Add eggs one by one. Mix thoroughly. Remove from fire. Allow to cool. Roll into small balls and fry. Drop these into the sugar syrup and remove when well soaked. Serve with fresh cream on top.

TAPSI

1 kg mutton mince
1/2 kg brinjal
1/2 kg onions
1/2 kg capsicums
1/2 kg tomatoes
2 large potatoes
Salt to taste
Pepper to taste
Little tomato sauce
celery

Mince celery and one onion. Mix into the mutton mince. Prepare this mixture into koftas and deep fry. Slice tomatoes, onions (round) capsicums, potatoes and brinjals. Fry them separately. Arrange these fried vegetables alternately with the koftas in a pie dish. Pour a little tomato sauce and bake till well done.

DOLMA

1/2 kg cabbage
1/2 kg capsicums
1/2 kg tomatoes
1/2 kg onions
1/2 kg brinjals
1 kg mutton mince
3 cups rice
1 cup thick tamarind juice
1 stick celery, chopped
1 tsp. mixed ground spices
Salt to taste

Mix together the rice, chopped celery, mince, spices and salt. Chop the onions half way down and steam slightly. Remove skins in perfect rounds. Separate leaves of cabbage, chop off heads of tomatoes, brinjals and capsicums. Remove the seeds from inside. Place a little of the rice mixture in the cabbage leaves and onion skins and roll. Fill the mixture in the tomatoes, brinjals and capsicums. Pour a little oil in a large vessel at the bottom. First place the onions brinjals, capsicums, cabbage and lastly the tomatoes on top. Pour a little water mixed with the tamarind juice over it. Cover with a plate and cook till dry.

Breaking The Food Barrier!



MARWARI

MRS. SULOCHANA PARWAL, a young Marwari, gives us a delicious vegetarian fare of her region. Like all Indian girls, she learned the art of cooking by watching and helping her mother. A good cook ever since she can remember, Sulochana loves experimenting with various types of dishes, but that is limited to only vegetarian cooking. A B.A. graduate in Hindi literature, she did a year's course in handicraft and needlework at Nirmala Niketan.

Housework keeps her occupied throughout the day, but she also manages to devote a little of her time to her other interests — painting, embroidery and handicrafts.

Food in Marwar is very simple but for a few dishes which are very elaborate, especially their sweets. Nearly all Marwaris are staunch vegetarians, hence cer-

tain ingredients like gram flour, wheat flour dals and lentils dominate their food. Pure ghee is made use of in most of their preparations and they also make a generous use of dry fruits which adds a unique taste to their food.

SABUDANA KHICHDI

500 grams sago (sabudana)
300 grams potatoes
300 grams ground nuts
½ bunch coriander leaves, chopped
Salt to taste
½ tsp. mustard seed
Red chilli powder to taste
Juice of 1 lemon

Soak sago for 2 hours. Drain. Peel ground nuts and grind coarsely. Boil and dice the potatoes. Take little oil in a cooking vessel and fry mustard seeds, green chillis and ginger. Add sago. Keep stirring till the sago becomes soft. Add ground nuts and potatoes. Add salt and red chilli powder. Sprinkle with coriander leaves and lime juice.

Continued on page 23

COORGI

"Coorgs enjoy good food and being a Coorgi housewife I have to be a good cook to satisfy my husband and my twin daughters", says MRS. SHANTHY NANJAPA. Always interested in cooking, she perfected her culinary art under the guidance of her mother, an excellent cook. She tries out new recipes from books and also creates her own dishes. She also excels in painting, flower arrangements, music, and dress-making. She is an active member of the Coorgi Association in Bombay.

Coorg — a small district of Karnataka is known for its scenic beauty. Farming is the mainstay of the people and rice is their staple food. Hence a lot of rice is used in the preparation of dishes. Coorgs have good food and most of their women are excellent cooks. A lot of meat and pork is eaten to keep off the cold weather. Coorgs are tradi-

tionally known for their tremendous hospitality.

THAMBUTTU

6 ripe bananas
6 tsps. thambattu powder
6 tsps. sugar
2 tsps. roasted sesame seeds
3-4 tsps. honey (optional)
4 tbsps. coconut, grated
Pure ghee

FOR THE THAMBUTTU POWDER:

1 kg boiled rice
A few cardamoms
1 tsp. fenugreek
Salt to taste

TO MAKE THAMBUTTU POWDER:

Sprinkle a little water on the rice. Roast on a tava till it is dark brown and crisp. Roast the fenugreek and cardamoms and powder all this along with salt into very fine powder. Store it in an air tight container.

To make thambuttu: Peel and mash the bananas. Add sugar and honey and thambuttu powder and knead into a fairly thick but soft dough. Serve in individual bowl, making a depression

Continued on page 23



Foreigners often wonder why if India is such a poor country, her food is so rich and varied. The secret, it would seem, lies in her ingenuity and her innate love for cooking and serving ...

using a variety of spices which turn every meal into a veritable feast. Here we have four comely hostesses presenting the food of their own regions



MAHARASHTRIAN

ALKA MALGAONKAR excels in the art of cooking only after trial and error and trying out the dishes of different nationalities.

A lover of food and friends, she entertains regularly at home which also gives her a chance to show off her culinary talent.

A graduate in English literature from Jai Hind College, Bombay, she also has a diploma in Mass Communication from St. Xavier's. Working with the Bombay television centre as production assistant was very interesting and creative, she says. But she had to leave as she got an opportunity to do a lot of freelance work in small documentary films.

Alka enjoys all outdoor activities and says that her only interest at home is cooking.

Fish is the main food of Maharashtra cuisine. Fish forms the basic of most of their non-vegetarian flavours. Besides sea food, they are also very fond of coconuts and spices and no dish is said to be complete without them. All varieties of vegetables are made use of and some of their vegetarian dishes are unique. Maharashtra cuisine is said to be nutritionally well-balanced and tasty. The meals comprise three to four main dishes and are eaten off large metal thalis.

BHARLELA HIRVA SURANGA

1 small size pomfret (whole)

1 lime

GRIND TO A PASTE:

3 green chillis

8 flakes garlic

Half fresh coconut

½ cup wheat flour

Remove the centre bone of the pomfret. Cut the right side from the mouth down to the tail and remove the bone. Rub salt and

Continued on page 25

BENGALI

MRS. MEERA CHAKRABARTI excels in cooking dishes from Bengal. She is an M.Sc in Mathematics and B.Sc in Physics. She came down to Bombay immediately after her marriage. She brushed up her culinary talent by joining various baking and confectionary courses. She is learning the sitar and also does beautiful handicrafts and flower arrangement. "Entertaining is fun", she says "though it entails extra work," and adds, "if fish is on the menu then it's always the Bengali way".

The staple Bengal diet is rice, though a fair amount of wheat in the form of loochies (puries) is consumed. Fish, both sea and fresh-water, being plentiful, Bengalis prepare a variety of fish delicacies. A vegetable dish is always included as accompaniment. Even Brahmins eat fish in Bengal. Mustard oil is used for cook-

ing and mustard seeds, finely ground, are added to many of their dishes.

Bengalis are very fond of sweets. They prepare their sweets from milk after curdling it, tying it in a piece of cloth to drain out the liquid, and then taking out the lump, which they call "chhaina".

JHINGA POSTO (Turiya-khush khush sabzi)

½ kg jhinga (turiya)

3 tsps. posto (khush khush)

2 green chillis

3 tbsps. oil

½ tsp. chilli powder

½ tsp. turmeric

Salt to taste

Peel off the skin from the turiyas. Cut it into small pieces. Soak the khush khush in water for a while. Grind it with green chillis and little salt, into a fine paste. Heat oil in karahi. Fry all the turiya pieces. Put turmeric powder, chilli powder and little salt and cook on medium fire. Now put the khush khush paste and

Continued on page 25



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Breaking The Food Barrier!

MARWARI

Continued from page 20

DUM ALOO

400 grams potatoes
200 grams onions
 $\frac{1}{2}$ tsp. mustard seeds
Salt to taste
Red chilli powder to taste
 $\frac{1}{2}$ tsp. coriander powder
 $\frac{1}{2}$ tsp. turmeric
 $\frac{1}{2}$ tsp. cummin
1 cardamom
2 cloves
1 stick cinnamon
2 bay leaves
2 green chillis
A piece of ginger
A sprig of curry leaves
A small ball of tamarind
Coriander leaves, chopped
6 cloves garlic
200 grams oil

Boil the potatoes. Peel off the skin. Prick holes all over the potatoes with a fork. Heat oil in a kerahi. Fry these potatoes lightly. Leave them aside. Now grind all the above ingredients with onions to a fine paste. Fry the masala in oil. Put in the fried potatoes and leave on fire for a while. Garnish with chopped coriander leaves on top.

RICE KHEER

2 litre milk
150 grams rice
150 grams sugar
A pinch of saffron
A handful of raisins, almonds and pistachios, chopped
2 cardamoms
Rose water

Soak rice for about an hour. Boil milk till its reduced to $\frac{1}{2}$ the quantity. Add the rice and cardamom powder and keep stirring till the rice is well cooked. Bring it down from the fire and add sugar. Stir well. Add the above remaining ingredients.

COCONUT BARFI

1 kg dessicated coconut
250 grams khoya
350 grams sugar
6 pieces of silver (varakh)
Colour essence of your choice
Mix well the khoya and coconut powder. Mix sugar and colour in one cup of water and boil for 10-12 minutes. Mix the syrup with the khoya and coconut mixture. Apply ghee on a thali and spread this mixture evenly. Apply silver paper. If desired, you could sprinkle some cardamom powder. Cut in any desired shapes you like.

KACHORI

250 grams green gram dal (moong dal)
250 grams sweet oil for frying

250 grams flour
2 lemons
Salt to taste
Green chillis to taste
1 tsp. aniseeds
1 tsp. coriander seeds
1 tsp. red chilli powder
Coriander leaves, chopped
A sprig of curry leaves

Soak the dal for 4 to 5 hours. Drain and grind well. Add all the above ingredients to dal except the flour, lime juice and red chilli powder. Fry this mixture in two tablespoons of oil till golden brown. Remove from the fire and add lime juice and red chilli powder.

Add salt and 1 tbsp. of oil to flour and knead into a dough. Make small balls of this dough. Make a depression in the centre of each ball. Fill the centres with the dal filling. Close the opening and flatten the ball. Deep fry till golden brown. Serve hot with tamarind chutney.

FOR THE TAMARIND CHUTNEY:

100 grams tamarind
Salt to taste
1 tsp. red chilli powder or to taste
 $\frac{1}{2}$ tsp. cummin seeds
3 tps. sugar

Soak the tamarind in water for two hours

Grind and strain out the pulp. Add all the above ingredients and simmer on low heat for a minute.

DAHI WADA

250 grams green gram (moong dal)
100 grams black gram (urad dal)
500 grams sweet oil
500 grams curds
A piece of ginger
1 tsp. coriander seeds
 $\frac{1}{2}$ tsp. cummin powder
Salt to taste
Coriander leaves, chopped

Soak both the dals separately for about four hours. Grind them fine and mix well. Mix the above ingredients except cummin powder. Make balls either flat or round and deep fry in oil. Soak wadas in warm water. Press the wada between the palm of your hands to squeeze out the water.

Beat the curds well. Spread out the wadas in a dish and pour the curd over it. Serve with green or tamarind chutney.

FOR THE GREEN CHUTNEY!

$\frac{1}{2}$ bunch coriander leaves
A sprig of curry leaves
Juice of 2 lemons
Salt to taste
A piece of ginger

Grind all the above ingredients together to a smooth paste. Add water if necessary.

COORGI

Continued from page 20

in the centre. Pour ghee with a sprinkle of roasted seasoning and grated coconut.

KADUMBUTT

1 cup fine rice sooji
 $1\frac{1}{2}$ cups water
Salt to taste
A little butter
Few fenugreek seeds roasted and powdered

Boil the water with salt. Add the sooji stirring continuously so that no lumps are formed. Add fenugreek powder. Keep stirring till the rava is cooked and all the water absorbed. Remove from fire, spread out on a thali and knead it a little. Roll it into lime size round balls between your palms rubbing a little melted butter. Wrap up these balls in a damp muslin cloth and steam them for 20 minutes. To be eaten with pork curry.

PORK CURRY

1 kg pork
4-5 green chillis
8-10 cloves garlic
4 big onions
 $\frac{1}{2}$ " piece ginger
1 tsp. turmeric powder
1 tsp. kachampuli (or 3 tps. vinegar)
Salt to taste
1 tsp. chilli powder

ROAST AND POWDER FINELY:

1 tbsp. coriander seeds
 $\frac{1}{2}$ tsp. mustard seeds
2 tps. cummin seeds
2 tps. pepper

Cut the pork into medium size pieces. Wash and smear with turmeric, chilli powder and salt. Grind the green chillis, onions, ginger and garlic to a coarse paste. Boil a cup of water and add to it the meat pieces and coarsely ground green masala. Let it cook well. When $\frac{3}{4}$ done add the powdered masala. When well cooked add vinegar and remove from fire.

PAPUTT

1 cup (medium) rice sooji
2 cups milk (or 1 cup milk and one cup coconut milk)
5-6 cardamoms, roasted and powdered
Salt to taste
 $\frac{1}{2}$ cup coconut, grated

Mix the sooji with all the ingredients and half the portion of grated coconut. Pour the mixture into a thali. The rava will settle at the bottom, so take out spoonfuls of the rava and add double the quantity of the liquid into the thali. Garnish with the remaining grated coconut and steam for about half an hour. Cool and cut into desired sha-

pes. To be served with Chicken curry.

CHICKEN CURRY

1 chicken
2-3 onions
1 tsp. turmeric powder
2 tps. chilli powder
Salt to taste
 $\frac{1}{2}$ tsp. kachampuli (vinegar)
2 tomatoes

GRIND TO A PASTE:

1 small pod garlic
2 tps. cummin seeds
1" piece cinnamon
3-4 cloves
8-10 pepper corns
1 tsp. poppy seeds
Small bunch coriander leaves
2 tps. coriander seeds, roasted
 $\frac{1}{2}$ coconut

Clean and joint the chicken. Smear chilli powder, salt and turmeric powder and keep aside. Cut onions and chop tomatoes. Heat the oil and add onions. When it is slightly brown add chopped tomatoes and chicken pieces. When it is almost done add the ground masala. Cook till well done then add the kachampuli and remove from fire.

TENDER BAMBOO CURRY

4 bamboo shoots
A little turmeric powder
1 tsp. chilli powder
Salt to taste

GRIND TO A PASTE:

$\frac{1}{2}$ coconut
2 onions
6 cloves garlic

ROAST AND POWDER FINELY:

2 tps. cummin seeds
2 tps. raw rice
A pinch of mustard
10 pepper corns

FOR THE SEASONING:

A sprig of curry leaves
 $\frac{1}{2}$ tsp. mustard seeds
4 cloves garlic

2 red chillis, broken into pieces
Remove the outer layers of the bamboo shoots till the tender portion is reached. Cut this into very thin small pieces, and soak it in water over night. Next morning drain away the water and put fresh water. Third day cook the bamboo shoot in the same water adding turmeric powder, salt and chilli powder till well cooked. Add the ground masala and powdered masala to the bamboo shoot. Let it boil. Heat a little oil. Add mustard, when it begins to splutter add curry leaves, crushed garlic and chilli pieces. Add the cooked bamboo curry and let it simmer. Remove from fire.

RICE-ROTI

1 cup cooked rice
2 cups rice flour (raw rice washed, dried and powdered)
Salt to taste

Knead the rice along with salt. Add the rice flour little by little and continue kneading with little water till the dough is of right consistency.

Divide the dough into slightly bigger than lemon-size balls and roll them out into chappaties. Roast them on tava evenly brown on both sides. Cook on direct flame till it puffs up like phulka. Serve with bamboo shoot curry.

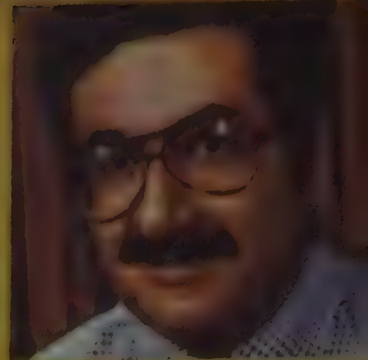
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Breaking The Food Barrier!

MAHARASHTRIAN

Continued from page 21

clean it under running water. Apply salt, and half of lime juice. Marinate for 1 hour.

Squeeze half a lime to the ground paste. Stuff the paste through the opening and let it marinate for another hour.

Heat oil on tava. Fry the pomfret coated with wheat flour. Keep on a slow flame and fry well on both sides. Garnish with onion rings and lime slices.

BHARLI VANGI

- 8 small brinjals
- 1 dry coconut, grated
- 2 large onions
- 6 pepper corns
- 6 cloves
- 4 cinnamon sticks
- 1 tsp. chilli powder or more if desired
- ½ tsp. turmeric
- 1 tsp. pickle masala
- 1 bunch coriander leaves
- 1 lemon sized tamarind ball
- A little jaggery

Fry the onions, coconut and garam masala to a golden brown. Grind to a fine paste. Mix chilli, turmeric, jaggery and pickle masala and also finely cut coriander leaves. Cut the brinjal from the stem and into four slits just below the bottom. Do not separate from stems.

Stuff the brinjals with the above ground masala. Pour oil in a dekchi. Arrange the stuffed brinjals. Cover with a tight lid. Pour some water on top of the lid and cook till brinjals are tender. Turn the brinjals over to cook the other side. When the brinjals are cooked add the tamarind pulp if desired.

MASALE BHAT

- 2 cups rice
- 1 cauliflower, chopped
- ½ kg green peas
- 3 large potatoes, chopped
- 1 dry coconut
- 2 onions
- 8 flakes garlic
- 6 pepper corns
- 4 cloves
- 4 cinnamon sticks
- A pinch of asafoetida
- ½ tsp. mustard seeds
- 1 tbsp. shahjeera
- 1 tbsps. coriander seeds
- 1 tbsp. cummin seeds
- 2 red chillis
- 6 bay leaves
- 6 green cardamoms
- 3 sprigs curry leaves

Soak the rice in water for half an hour. Drain out water.

Roast the above spices with onions and coconut to a golden brown. Grind to a fine paste.

Heat oil in a vessel. Add a pinch of asafoetida and mustard seeds. Add vegetables, salt and turmeric and let them fry for a while. Add the ground masala. When the vegetables are half cooked add 4 cups water and 1 table-spoon pure ghee. Add to this the fried rice and let it cook till rice is done. When serving add pure ghee, freshly grated coconut and chopped coriander leaves.

FISH CURRY

- 1 pomfret or surmai or any fish you desire
- 3 red chillis or as required
- 1 fresh coconut
- 2 tbsps. coriander seeds
- 1 lime sized ball tamarind
- 8 flakes garlic
- 1 large onion
- 5 seeds nutmeg
- 1 tbsp. mustard seeds

Rub salt to the fish pieces, clean and wash thoroughly. Apply salt and turmeric powder and let it marinate for 2 hours.

Grind to a paste onion, garlic, red chillis, coriander, two tablespoons grated coconuts and nutmeg into a fine paste.

Now extract thick milk from the remaining coconut. Also make a smooth paste of the mustard seeds.

Pour some oil in a dekchi and when it is hot, fry the ground masala. Add fish pieces and carefully mix them as they will tend to break. Add enough water for the gravy. When the fish is well cooked, add tamarind water.

Before removing from the fire add the mustard paste and coconut milk. Do not boil the curry after the coconut milk is added. Serve hot.

KHIMYACHI ANDI

- 4 hard boiled eggs
- 4 potatoes boiled and mashed
- ½ kg kheema
- 1 potato
- 1 tbsp. garam masala
- 1 cup breadcrumbs
- 1 egg beaten
- 1 tbsp. coriander and cummin seed powder
- 1 tsp. chilli powder
- 2 slices bread
- 2 tpsps. ginger garlic paste

Cook the kheema. Add one boiled potato and ginger garlic paste with salt, garam masala and turmeric. When it is well cooked, knead well.

Now mash the 4 boiled potatoes and the bread slices and knead into a smooth dough.

Shell the eggs. Cover each egg with the kheema potato mix, then cover with the potato and bread dough. Dip in beaten egg and roll in breadcrumbs. Deep fry till golden brown. Cut it lengthwise and serve hot.

BENGALI

Continued from page 21

fry till oil separates. Serve with a sprinkle of coriander leaves on top.

MOONG DAL WITH FISH

- 1 cup moong dal
- 1 medium size fish head (Rohu or Katla fish)
- 1 onion, chopped
- 1 tsp. ginger-garlic paste
- Garam masala
- 2 cardamoms
- 1 stick cinnamon
- 3 cloves
- 1 tbsp. ghee
- 1 tsp. turmeric
- 1 tsp. cummin
- ½ tsp. chilli powder
- ½ cup oil
- Sugar and salt to taste

Fry the dal light brown. Cook with water and salt. Keep aside. Clean and wash the fish head. Fry in oil nicely. Remove from oil. Now fry chopped onions. When onion is half fried put in the fried fish and fry till the fish is broken into pieces. Put ginger garlic paste and fry for a while. Make a paste of turmeric, cummin, chilli powder with water and add to the fish. Add sugar and fry till oil separates. Put the cooked dal and mix nicely. Let it boil for a while, put ghee and garam masala and serve hot with rice.

PATOL (PADVAL)-DORMA

- 8-10 pieces padval
- 1 tbsp. gram flour

FOR THE FILLING!

- 50 grams prawns, shelled and cleaned
- 1 onion, finely chopped
- ½" piece ginger, chopped
- 1 piece coconut
- 2 tpsps. mustard seeds
- 1 or 2 green chillis
- ½ tsp. turmeric
- ½ tsp. cummin
- A few raisins
- 1 cup oil
- ½ tsp. chilli powder
- Sugar and salt to taste

Clean and remove the skin of padvals. Boil it for 2 minutes. Slit the padvals lengthwise and remove the seeds. Leave these tender seeds aside. Grind coconut, mustard seed, green chilli, a little salt with water to a fine paste.

Fry the chopped onion till light brown. Add ginger and fry a little. Add prawns and padval seeds. Put in turmeric and cummin powder, chilli powder, raisins, sugar and salt to taste. Fry for a while. Now mix in the mustard and coconut paste and fry till oil separates. Remove from fire and cool. Fill up the padvals with this filling. Make a thick batter of gram flour. Dip the padvals in this batter partly, with the cut portion down and deep fry in oil. Serve hot.

SANDESH

- ½ kg paneer
- 4/5 tbsps. sugar
- Sandesh mould
- Raisins and pistachios for decoration

Grind the paneer into a fine paste. Put this paste in a dekchi and keep it on slow fire. Add sugar and keep stirring till the paneer oozes out oil. Do not keep paneer on fire for a longer time as the paneer becomes granular. Make small balls and put it in the sandesh mould or to any desired shape. Decorate with raisins and pistachios.

VAPA-DAI (STEAMED-CURD)

- 1 tin condensed milk
 - 250 grams thick curd
 - A few pistachios
 - Cardamom powder
- Beat the curd nicely. Add the condensed milk and beat together thoroughly. Pour this curd in an aluminium vessel. Steam in a pressure cooker without pressure for 5 to 7 minutes. Steam till it solidifies. Remove and cool before serving. Decorate with pistachios and cardamom powder.

CHINGRI-BHATE (STEAMED PRAWNS)

- 250 grams prawns, shelled and cleaned
- 2 tbsps. mustard seeds
- 4/5 green chillis
- 4 tbsps. mustard oil
- 1 tsp. turmeric powder
- ½ tsp. chilli powder
- Salt to taste

Grind mustard with 2 green chillis and little salt, to make a fine thick paste. Mix shelled and cleaned prawns, mustard paste, turmeric powder, chilli powder, oil and salt. Cover and cook it in a pressure cooker for at least 15/20 minutes.

FISH KALIYA

- ½ kg fish (Rohu or Katla)
- 2 tbsps. onion paste
- 2 tpsps. ginger-garlic paste
- 2 tomatoes
- 1 tsp. turmeric
- 2 tpsps. cummin
- 1 tsp. chilli powder
- Sugar and salt to taste
- 2 bay leaves
- 1 tbsp. ghee
- 1/½ cups oil

GARAM MASALA:

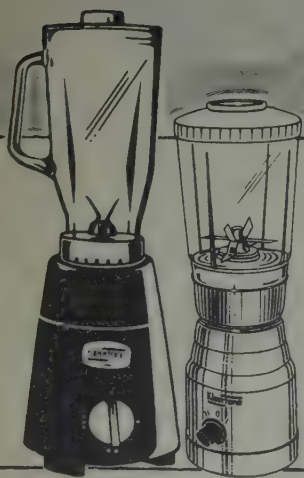
(2 cardamom, 3 cloves, 2 cinnamon sticks)

Cut the fish into small pieces. Mix with turmeric and salt. Fry the fish in a kerahi and remove from oil. Fry the onion paste till light brown. Add bay leaves and chopped tomatoes and fry till tomatoes get nicely mixed. Add ginger-garlic and sugar and fry a little. Mix turmeric, cummin and chilli powder in water to a paste. Now add this paste to the onion paste and fry till oil separates. Put in the fish pieces slowly. Add salt and ½ cup of water and boil for 7/10 minutes. Add ghee and garam masala and serve hot with rice.

More Indian recipes on page 37

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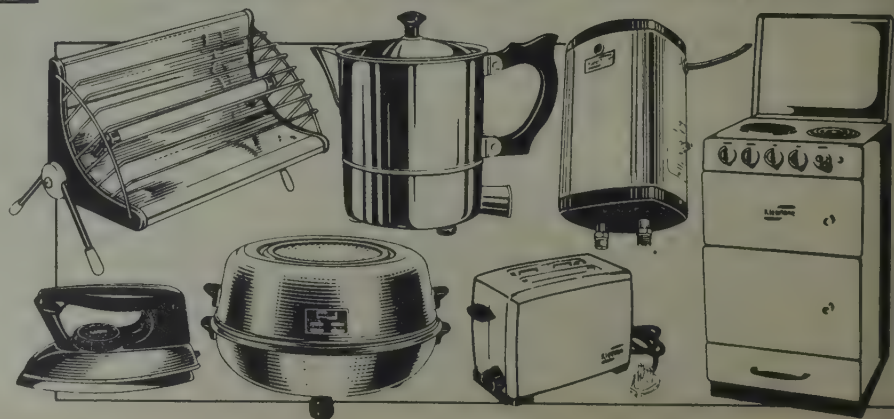
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Breaking The Food Barrier!

GREEK

Continued from page 17

Greek cuisine has been influenced by Turkish cookery, in which ancient Byzantine methods still survive. Greek preparations, especially the pullaos, are reminiscent of those of Turkey. Olive oil is cheap and plentiful in Greece, and is therefore extensively used in their cooking.

Greeks prepare their coffee in a special manner. In a copper pot first the sugar, water and finely ground coffee are boiled till the mixture is frothy. The pot is then removed from the fire at once and as soon as the froth subsides the pot is replaced on the fire. This process is repeated three times. Just before serving, cold water is sprinkled in order to settle the dregs and a few drops of rose water is added. Greeks do not like milk with their coffee.

MELOPITTA (HONEY PIE)

- 1 kg cottage cheese
- 500 grams honey
- 300 grams sugar
- 8 eggs
- 2 tbsps. cinnamon powder
- 360 grams flour
- A little butter and salt

Mix cottage cheese with sugar in a large bowl. Mix in honey. Beat eggs and add to the cheese mixture. Mix in thoroughly. Prepare a pastry dough with flour, butter and salt. Make a pie crust and line the bottom of a baking pan with this pastry. Spread the filling on top and bake in a moderate oven for 30-35 minutes till golden brown. Sprinkle on top with powdered cinnamon. Cool and cut into desired shape.

PORK AND CELERY KNOBS AVGOLEMONO (Egg and lemon sauce)

- 1 kg lean pork meat
- 500 grams onions
- 4 tbsps. butter
- 2 cups water
- 1 kg celery knobs
- 2 tbsps. flour
- 2 eggs
- 2 lemons,
- Salt and pepper to taste

Clean and dice the meat. Brown the onions in 2 tbsps. butter. Add 1 cup of water and meat pieces. Simmer till meat is half cooked.

Peel and wash the celery. Cut into thick slices. Add to meat with enough water. Simmer until meat and celery are cooked.

Melt 2 tbsps. butter in a saucepan and add flour. Stir until well blended. Add meat stock and mix well with a wooden spoon until fairly thick. Add beaten eggs and lemon juice. Mix well and serve the sauce over the meat.

MOUSSAKA (EGGPLANT PATTE)

- 500 grams meat, chopped
 - 3 tbsps. butter or lard
 - 3 tbsps. onions, chopped
 - 1 cup tomato sauce
 - 1 cup cheese, grated
 - 2 tbsps. parsley, chopped
 - 1 cup white wine
 - 1 cup water
 - 3 or 4 eggplants (brinjals)
 - Salt, pepper and nutmeg
- FOR THE WHITE SAUCE:
- 250 ml. milk
 - 1 cup flour
 - 3 or 4 tbsps. butter
 - 2 eggs
 - Salt, pepper and nutmeg

Fry onions in butter till brown. Mix in the meat stirring continuously till the mixture becomes crumbly. Add tomato sauce, wine, water, salt and pepper, parsley and nutmeg. Cover and cook over low heat for 1 hour.

Meanwhile cut the eggplants lengthwise in slices about 1/2" thick. Fry in deep oil.

Prepare the white sauce combining milk, flour, butter, salt, white pepper and grated nutmeg. Add eggs.

Arrange the eggplant slices in a shallow oven proof dish. Add grated cheese with the previously cooked chopped meat. Spread this evenly over the eggplants. Pour the white sauce evenly and sprinkle the remaining cheese. Pour melted butter on top and bake for 15 minutes till golden brown.

YALANDJI DOLMA (Vine leaves stuffed with rice)

- 50 vine leaves (can be substituted with fresh colocasia leaves)
- 2 cups rice
- 4 medium-sized onions, chopped
- 1 1/2 cups olive oil
- 1 lemon
- 1 cup parsley, dill and mint leaves, chopped
- 2 tbsps. nuts and currants
- 3 cups water
- Salt and pepper to taste

Fry the chopped onions in oil till golden brown. Add the washed rice and rest of the ingredients with 1 cup of water, except the leaves. Cover and let it simmer for 10 minutes. Let it cool.

Clean and wash the leaves. Cut into 10" x 10" squares. Place a tsp. of the filling in the centre of each square. Fold like an envelope and roll lightly to allow for the puffing of the rice.

In a large bottom vessel place 2 to 3 extra leaves at the base. Arrange the leaf balls on top, side by side and in layers. Add 3 cups of water, 2 tbsps. of oil, a little salt and lemon juice. Cover the top with a leaf and cover the pan. Let it simmer for 40 to 45 minutes till the water is absorbed. Let it cool.

Remove carefully, one at a time, so that leaf balls do not unfold. Garnish with sliced lemon.

JAPANESE

Continued from page 17

Japanese cookery is traditional and generally plain and simple. Grilling and baking are among their favourite methods, and the food is served in a very attractive manner. Aiming to please the eye as well as the palate, they serve small portions at a time, but their meals consist of many courses served in dainty, brightly-coloured lacquer or porcelain bowls with elaborate gold ornamentation and in various shapes.

The Japanese drink tea with their meals. They use green tea without milk or sugar.

The Japanese look upon cooking as an art which caters both to one's aesthetic enjoyment and one's physical well being.

TEMPURA

- 2 big prawns
- 1 or 2 green pepper, cut in pieces
- 1 egg plant, diced
- 1 carrot, (cut into long strips)
- 4 long pieces of Nori (Japanese sea weed)
- 3 cups oil (vegetable)

FOR THE BATTER:

- 1 or 1 1/2 cups of flour
- 1 tsp. of starch
- 1 egg
- 1/2 cup of water
- Salt to taste

Wash the prawns. Take heads away and skin out except the tails. Tie up the carrot strips with Nori into small bundles. Sift together flour and starch. Put in egg mixture and water. Mix lightly (not too sticky).

One by one dip each prawn and vegetable pieces in this batter and deep fry for a few minutes. Serve hot, with tempura sauce.

JAPANESE SUSHI (Vegetables and rice mixed)

- 5 cups rice
- 10 pieces of dried mushrooms, place in water, cut it in strips
- 2 lumps of bamboo-shoots (cut into long strips)
- 5 kidney beans (cut it in long strips)
- 1 1/2 carrot (cut in strips)
- 1 tsp. white sesame, toasted
- 5 eggs, beat with a tsp. of sugar, salt to taste
- 1/2 cup of vinegar (mix 1/2 tsp. sugar and Ajinomoto)

Mix all the ingredients except rice separately with soya-sauce, a little of sugar and ajinomoto.

Spread the boiled rice on a big plate. Sprinkle a little of salt and vinegar mixture and mix lightly with a big wooden spoon. Drain the soup away from all the vegetables.

Mix them with rice completely till all the vegetables cover the rice. It should not become sticky. Put in white sesame seeds. The egg mixture is divided in equal portion, and spread into a heated pan and baked. Cut into long strips and spread over on the

mixed rice. Flavour it with a few ginger slices.

MITSUMAME (DESSERT)

- 15 pieces chinese agar-agar or (china grass)
- 1 1/2 cups water
- 1/2 cup red peas
- 1 tin orange segments
- 1 tin pineapple, slices
- 1 can white peach or peer
- Syrup of fruits

Soak the agar-agar in the water for an hour. Squeeze out, and add 1 1/2 cups of more water.

Boil it on a low heat till it is completely dissolved. Solidify in a square container and then cut them into 1 cm cubes.

Boil the red peas till they are soft and tender.

Open each fruit cans. Cut into cubes, mix all of them with their syrups along with the agar-agar pieces in a big bowl. Serve cold.

JAPANESE SUKIYAKI

- 1 kg beef, sliced thinly
- 1 cabbage (in sizes of 4 cms square cuts)
- 2 lumps of bamboo-shoot (slice them)
- 1 tcfu (bean curd)
- 1 konyaku or konyaku strings (paste made from the devil's tongue)
- 1 bunch of spring onion, (cut them into 4 cm. long)
- 3 onions (cut them in round slices of 1 cm thick)
- 1 bunch spinach (4 cm long strips)
- 1 tbsp. fat
- Little sugar and soya sauce and wine

Spread the beef slices on a large plate. Decorate all the raw vegetables in a dish. Heat together the soya sauce, sugar and the wine. Place them around on the table.

Heat the iron pan. Put in a lump of fat. Put in cabbage, onions and all the vegetables and beef side by side. Sprinkle sugar, pour soya sauce and wine. When the sauce oozes out put in bean curd and konyaku. Do not overcook the vegetables. Serve with steaming rice. Serve with a raw egg for each person in individual bowls.

Sukiyaki is an ideal dish for a party because all the preparation can be done in advance. The actual cooking starts only after the guests assemble around the table.

TEMPURA SAUCE (optional)

- 1 cup, pieces of dried skip jack
- 10 cm tang (Black sea weed)
- 5 cups water
- 5 tbsps. soya-sauce
- Salt to taste
- 1 tsp. aji-no-moto.

Put the tang into 5 cups of water for a little while. Boil them and take the tang out and then put the pieces of dried skip jack into the boiling soup. On the other hand, put the pot out from the fire. Strain to 1 minute through a sieve and add salt to it. Add soya-sauce and aji-no-moto.

More Foreign recipes on page 33

A LITTLE IMAGINATION

**SPECIAL
CULINARY
CONTEST**

OUR READERS RESPONDED IN LARGE NUMBERS TO THIS NOVEL AND IDEAS-GENERATING CONTEST. AS THE ENTRIES Poured IN, WE HAD THE MAKINGS OF A VERY USEFUL LADIES' CLUB. MANY WERE IN THE GENRE OF "HOW I SOLVED MY PROBLEM" . . . MANY OTHERS, FROM TYPICAL, SERVANTLESS, MIDDLE-CLASS HOMES, DESCRIBED THEIR DAILY ROUTINE AND HOW GOOD PLANNING HELPED THEM SAVE TIME, MONEY — AND SANITY! SO, HERE ARE THE RESULTS. WE PRESENT ON THESE PAGES AND THE NEXT, THE FIRST THREE PRIZE-WINNERS, AS WELL AS SOME OF THE OTHER ENTRIES. A NOTE OF CHEER: YOU WILL NOTICE ALL OUR HOUSEWIVES LOVE COOKING

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Rajasthan

Dinner Sans Gas, Kerosene or a Helpful Husband! You see, every problem has a solution

The other day I had invited half a dozen friends over to dinner. I had selected an Indian menu. As I was about to start my cooking, I discovered to my horror that the gas had finished, and I did not have a drop of kerosene in the house. To compound my misery, that day was a national holiday — so I could get neither. In desperation I turned to my husband for help. He picked up his golf bag and left. That solved his problem! Then, through a mist of tears, I saw my good old round oven and like a drowning sailor I clutched on to it.

I quickly baked a spiced sponge. And while it was in the oven, with returning confidence I replanned the menu. The minced meat meant for kababs went between layers of the spiced sponge to form the main dish. The oven

again came to my rescue in the preparation of vegetables and vegetable pullao. Finally, instead of the planned gajjarka-halwa, I baked a caramel pudding. The dinner turned out to be a great success (modesty runs in our family!). That's how I solved the problem of preparing a dinner without gas, kerosene or my 'helpful' husband!

The recipe of the main dish served on that day is given below:

MINCED MEAT AND TOMATO CHEESE SAUCE IN SPICED SPONGE

FOR THE SPONGE:

- 200 grams flour
- 4 eggs
- 1 tbsp. butter
- 1 level tsp. chilli powder
- 1 tsp. baking powder
- 1 tsp. garam masala powder
- ½ tsp. nutmeg powder
- ½ tsp. saffron
- A generous pinch of salt
- 1 cup tomato juice for soaking the sponge

FOR THE FILLING:

- ½ kg minced meat
- 2 large onions, finely chopped
- ½ cup carrots, cubed
- 1 tsp. ginger garlic paste
- 1 small bunch each of mint and coriander leaves, finely cut
- 4 green chillis, finely cut
- ½ tsp. chilli powder
- ½ tsp. garam masala, powdered
- Salt to taste
- 50 grams walnuts
- 25 grams raisins
- 2 tbsps. butter
- ½ cup curds
- 3 tbsps. cheese, grated
- A pinch of saffron, dissolved in a little milk

FOR THE COVERING:

- 200 grams cottage cheese (paneer)
- 2 eggs
- 1 tbsp. gelatin
- ½ cup thick tomato sauce
- Salt to taste

FOR THE DECORATION:

- ½ cup thick cream
- A few raisins (optional)

SPONGE:

Sift the flour, baking powder, garam masala and nutmeg powders. Whisk egg whites till stiff, beat up egg yolks and add along with the melted butter to the whites. Fold in the flour mixture and turn it into a round, greased and flour-dusted tin and bake in

a pre-heated oven at 400°F until the top is golden brown.

FILLING:

Mix the minced meat along with rest of the ingredients, except walnuts and raisins. Bake in a flat dish at 375°F for 45 minutes.

TO ASSEMBLE THE CAKE:

Half the sponge horizontally. Lay half on a plate and soak the other half in the tomato juice. Pour half of the minced meat and sprinkle walnuts and raisins. Spread the remaining mince evenly. Cover the top with the other half and soak it with the remaining tomato juice. Grate the cottage cheese. Separate the eggs and beat the yolk into the cheese, tomato sauce and salt. Dissolve gelatin in warm water and stir it into the cheese mixture. Whisk the egg whites until stiff peaks are formed. Carefully fold into the cheese mixture. Pour it over the sponge and spread evenly all around the sides. Leave the cake at least for two hours in a cool place to set. Beat up cream and pipe stars all around. Decorate each star with a raisin.

Mrs. Mehta wins the First Prize: No. 1 Bajaj Junior Mixer — two speed.

**2nd
prize**



MRS. DAPHNE KHAN,
Hyderabad

Time is at a premium for a working woman. But, with my planned "marathon sessions," things work out admirably for the family

Having to combine a medical practice with the assorted duties of a housewife, time is at a premium; yet I cook for my family because I love cooking. When time permits, my daughters and I hold what we term a "Marathon Ses-

sion." I reckon that if I am going to spend a couple of hours in the kitchen, then I might as well make the most of it: one session will look after cooked meals for the next day or two and the oven, once set, will have to accommodate a couple of savoury dishes, along with a pudding or two. Being unable to prepare a meal at the set meal-time is therefore no disaster for the family. Besides ready-cooked meals, the fridge is usually stocked with a couple of adaptable stand-bys, like a meat paste or a roast. Since we are entirely devoid of food fads and hang-ups,

this works admirably for my family. A circle of four cookery enthusiast friends make it a point to share a speciality or an exceptionally good dish, thus enabling us to partake of varied fare.

It is vital to be organised and systematic to avoid going round in circles. Having the right tool for each job makes all the difference. Purchases, prizes and gifts which are frequently "something for the kitchen" have resulted in a useful range of kitchen equipment and gadgets; these and a kitchen tailor-made for personal needs, cuts work to

A LOT OF PLANNING



MRS. MARINA ANDRADE,
Bangalore

Just three hours of work earns me a full day's leisure — and this I owe to the kitchen gadgets which minimise drudgery

Thank goodness for modern gadgets! Science has made giant strides towards reducing the daily drudgery and opening up channels of leisure hours for the woman of today. The modern housewife can have a kitchen that would be envied by her predecessors.

I make a plan of the day's menu the previous evening when I do the marketing on my way back after picking up the children from school. The shelves in my kitchen are arrayed with labelled tins, a small "co-operative store," which I have to resort to when I do my entertaining.

From six o'clock in the morning to nine o'clock the breakfast and the major cooking for the day is done with a little domestic help. The time is spent in preparing breakfast, kneading flour, grinding, cutting vegetables and cooking for the day. When I expect guests, I have a masala and some meat handy in the fridge to prevent a last-minute commotion. Three hours of work earns me a full day's leisure

and my attendance in the kitchen thereafter is required only 15 minutes before each meal, when I prepare the rice. In my case, I do part-time work in the morning assisting my husband in his legal paper work. Then I move on to stitching, embroidery and other hobbies and also take some time off for social work. A few tips gained by discussion, experience and wisdom have solved seemingly complex problems. Meat and fish are cut at the market itself. Fish is fried on the tava on a slow fire with the minimum of oil. Getting the curries ready in the morning one after another saves on fuel. Rice cooked in the cooker avoids the trouble of straining and saves fuel. Dekchis cleaned with a mixture of soap and coal powder keep them sparkling. Kitchen gloves and a clean nylon brush with a wooden handle cleans without damaging the skin. If the sink is smeared with soap powder at night it does not become slimy. Dust bins lined with paper keep clean and the scraps can be just bundled up and thrown

without embarrassment. When the kitchen is not being used, keep the windows open. Run sufficient water along the drain when chores are done.

Cakes, puddings and parties are welcome features only on the week-ends. When I am out of station my teenage daughter is queen of the house and runs it in similar smooth gear. I owe my health, happiness and fascinating leisure hours to modern gadgets. They provide maximum opportunities with minimum trouble.

PEP-ME-UP PARATHAS

FOR THE FILLING :

- 250 grams mutton kheema
- 20 grams cheese
- 1 onion
- 4 green chillis
- 1 small piece ginger
- 1 bunch coriander
- 1 tsp. chilli powder
- 2 cloves
- 1 piece cinnamon

FOR THE PASTRY :

- 400 grams flour
- 2 tbsps. cooking butter
- 1 tsp. sugar
- 1 egg
- Salt to taste
- A pinch of baking powder
- Oil for frying

Sieve flour with baking powder and rub butter into it till

it forms crumbs. Beat egg. Dissolve salt and sugar in a little water. Knead together into a smooth dough with egg and water. Cover with a damp cloth and keep for half an hour.

Boil kheema in little water. Mince onion, ginger, green chillis and coriander. Fry the masala a little and add to the meat when boiling. Add chilli powder and crushed spices. Cook till dry. Lastly add grated cheese. Cool.

Make even-sized balls out of the dough. Divide the cooked meat into equal portions. Make a hollow cup with each ball and fill it with meat. Close up and roll into 1/4" thick parathas on a greased board, using oil for rolling.

Heat oil in a deep pan and fry the parathas one by one till crisp. Serve hot with tomato sauce or any sauce of your choice.

Mrs. Andrade wins the Third Prize: No. 1 Bajaj Pressure Cooker — 6.5 litres.

a minimum and makes cooking a pleasure.

MEAT BALLS IN CORN SAUCE

MEAT BALLS:

- 200 grams minced meat
- 1/2 chicken breast
- 2 onions
- 1 tomato
- 3 green chillis
- 1 bunch coriander leaves
- 1/2 tsp. ginger-garlic paste
- 1/2 tsp. chilli powder
- 1/2 tsp. pepper powder
- A pinch of turmeric powder
- 1 small piece cinnamon
- 2 cloves
- 1 egg, beaten

- 2 slices bread
- 1/2 tsp. tomato sauce
- Salt to taste
- Oil for deep frying

CORN SAUCE:

- 4 corn-on-the-cob (not too tender)
- 1 cup milk
- 1/2 cup cheese, grated
- 2 tbsps. butter
- 1 tsp. freshly ground black pepper
- Salt to taste

Chop onions, tomato, green chillis and coriander very finely. Heat one tablespoon oil in a pressure cooker, add mince and chicken breast along with powdered and whole spices,

chopped ingredients, ginger-garlic paste and salt. Pressure cook for 10 minutes in its own juices, cook without lid till completely dry. Soak bread in water or milk till soft, squeeze dry and mash well. Grind cooked mince and chicken along with bread pulp, when smooth mix in tomato sauce and beaten egg. Form into small balls and deep fry till evenly browned.

Pressure cook corn-on-the-cob in a little salted water for 10 minutes. Remove kernels and pressure cook for a further 10 minutes in milk along with pepper. Blend cooked corn in

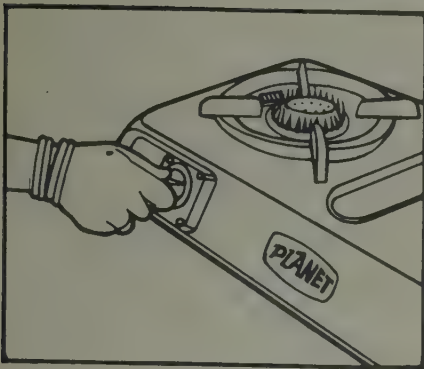
a liquidiser to a smooth paste. Mix in half the butter and grated cheese, check and correct seasoning. Pour into a well-greased oven-proof dish. Smooth surface with the back of a greased spoon, make shallow depressions on the surface, place a meat ball in each depression, dot with remaining butter, sprinkle cheese. Bake in a moderate oven till cheese melts. Serve hot with a mixed salad and fresh, crisp bread.

Mrs. Khan wins the Second Prize: Bajaj Round Oven with Thermostat.

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A LITTLE IMAGINATION, A LOT OF PLANNING

CONSOLATION PRIZE



MRS. YVETTE REBELLO,
Bombay

Half my problems are solved by the warm appreciation and encouragement given to me by my husband and children whenever a dish painstakingly prepared by me flops miserably! Hours of precious time and plenty of energy is required in traditional cooking, which involves a lot of grinding. I have learnt to save time on this by getting a large amount of coconut ground, divided into small packs and stored in the freezer, for use when required (after thawing, of course). I also store ginger/garlic paste in the fridge. I pound and bottle dry ingredients like dhania, jeera, haldi etc. and use good brands of chilli powder, which are now available in the market. Then all you have to do is use a little of this and little of that and your dish is ready in a jiffy.

For soups, I extract a large quantity of bone stock, freeze it in ice trays, then remove and store them in the freezer in polythene bags, for use as and when required, thus saving time and fuel.

My fridge is installed in the kitchen, to save unnecessary trips to and fro, and electrical gadgets and accessories are kept within easy reach to get maximum benefit within the minimum time.

Getting up half an hour earlier, cleaning rice and cutting up vegetables the previous day, helps me finish the day's cooking well before 10 a.m., thus leaving the whole day free to browse through magazines, shop, sew or spring clean!

PORK TIDBITS

- 1 1/2 kg pork
- 1 cup oil
- 2 tbsps. sugar
- Salt and vinegar to taste
- 3 sprigs curry leaves

GRIND IN VINEGAR:

- 15 red chillis (Kashmiri)

- 1 large pod garlic
- 3" piece ginger
- 2" piece turmeric

CUT FINELY:

- 1 large pod garlic
- 2" piece ginger
- 7-8 green chillis

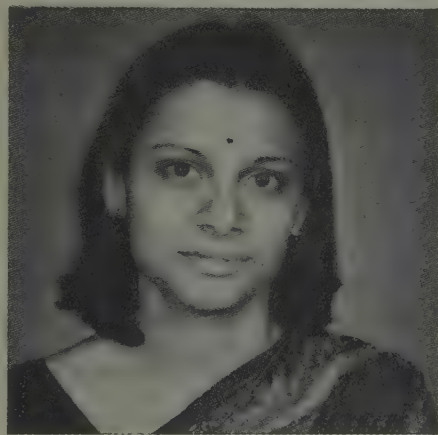
POWDER FINELY:

- 1/2 tsp. fenugreek seeds
- 1 tbsps. each mustard, cummin and pepper seeds

Remove bones from the pork and cut up into big pieces. Apply salt and vinegar and keep aside for an hour. Cook on fire till all the water dries up. Separate skin and fat from the meat and cut into tiny bits, meat separately and skin and fat separately. Fry the fat and skin in oil, remove and add to the meat pieces.

Heat oil. Add curry leaves, the powdered masala and the cut masala and fry a little. Now add the ground masala and fry well. Put in sugar and pork. Add salt and vinegar to taste and a little water. Cook till tender.

CONSOLATION PRIZE



MRS. D. DESOUZA,
Rajasthan.

Today, with servants hard to come by, and with women taking up jobs, it is essential to find certain short-cuts, so as to spend less time on household chores. Here are a few tips:

Clean a quarter kilo each of ginger and garlic, grind them separately without any water, but with a teaspoon of salt for each. Store these pastes in separate, dry, air-tight containers, for use as required. Alternatively, they can be stored in the chill tray.

When you do not wish to use a full coconut at a time, grate or chop it, put it in an air-tight container and keep in the freezer for use later. To get the maximum milk from a coconut, use a 'mixie', if you have one.

To keep cheese fresh for upto a month, wrap it in waxed paper, put this in a polythene bag and store in the fridge.

When bread gets stale, dry it in the sun. After drying, put the dried slices in the oven, to utilise the heat left after the oven has been switched off. Cool, powder and store.

The extra oil from pickles that have not been consumed can be used when scrambling eggs, for a deliciously different flavour.

When grams, pulses and condiments are bought, clean before storing. Wheat flour, maida and soji should be sifted before storing.

ORIENTAL PORK CHOPS

- 1/2 kg pork chops
- 2 onions, sliced
- 2 tbsps. ghee

GRIND TO A PASTE:

- 10 pods garlic
- 20 almonds
- 20 raisins
- 20 pistachio nuts
- 1 1/2 tbsps. mustard
- 1" ginger
- 8 red chillis
- 1 tsp. sugar
- 1 tsp. cummin seeds

MIX TOGETHER:

- 1 dtsp. vinegar
- 1 dtsp. salad oil
- 1 dtsp. Worcestershire sauce

Heat the ghee and fry the sliced onions till they are golden brown. Add ground paste and fry well till the oil oozes out. Add the pork chops and fry well, turning them occasionally so that all the chops are covered with the masala. Add a cup of water, cover and cook till meat is tender and all the water evaporates. Now add the vinegar, salad oil and Worcestershire sauce. Fry till the chops are well browned.

Serve hot with chappatis.

CONSOLATION PRIZE



MRS. SHAKUNTALA BHATNAGAR,
Rajasthan

How to use left-over food such that it delights one's family as much as fresh food is an eternal problem facing a housewife. More particularly, what to do with leftover chappatis, is a per-

manent headache for an Indian housewife.

If a housewife cooks herself and wishes to take her meal with the rest of the family an adequate number of chappatis have to be prepared ahead of time. But how many? It can never be said beforehand how many chapattis would be needed. If the food is to the liking of the children they will eat more than usual; otherwise, they will have fewer chapattis. Leftover vegetables can be used with the next meal, but a stale chappati is such a tell-tale thing that however nicely you treat it, it always defies your ingenuity. Giving it to beggars or feeding the cow with it like grandma did, will earn a label of inefficiency for the housewife, especially with the prices of wheat soaring high. Then what can one do with left-over chappatis? This is how I solved this problem.

I tried a tea-time snack with it and, to my utter delight, it worked. My family relishes it.

All that has to be done is to cover the chappatis with a thin cloth or wiremesh cover and let them dry. When dried crisp, break into pieces and store in an air-tight container, to use when needed. If you have to use them the same day, use as they are, without drying. Dry bread-pieces can also be mixed in it.

The following is the recipe for this tea-time snack.

CHAPPATI SNACK

- 6 chapattis (left over)
- 2 medium sized potatoes
- 3 medium sized tomatoes
- 2 medium sized onions
- 100 grams peas shelled
- 2 tbsps. ghee
- 1/2 tsp. turmeric powder
- 1/2 tsp. garam masala
- 50 grams paneer, crushed
- Chilli powder and salt to taste
- Chopped green chillis
- Chopped coriander leaves
- One lime

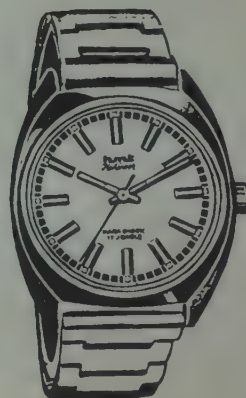
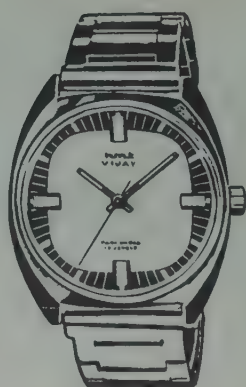
Peel and cut potatoes into small pieces. Chop two tomatoes into 1/2" pieces and peel and cut the onions finely.

Heat ghee in a kerahi. Fry onions till light brown. Add turmeric powder and put the potatoes and peas in it. Add chilli powder and salt. Stir well. Cook on low fire till the vegetables are well-cooked. Put chappati pieces in it. Add tomato and required quantity of salt. Mix well and cover, stirring from time to time. Cook on low fire for five minutes. Uncover it but let it remain on low fire. Stir. Garnish with tomato slices, crushed paneer, green chillis and coriander leaves and serve hot with tea.

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A LITTLE IMAGINATION, A LOT OF PLANNING

CONSOLATION PRIZE



MRS. FIFIE MENDONCA,
Madras

My week's menu is planned on Sunday. My teenaged children help me to shell peas and peel onions, which I store in plastic sachets in the fridge.

When time permits I parboil potatoes, carrots, beans, meat, eggs and beetroot and other things that come in handy for meat stews, pies, sandwiches and salads.

To save time, my chappati dough is kneaded the previous night. I roll out one huge chappati, liberally spread butter on the top, then store in a bowl on the bottom shelf of my fridge.

In order to stretch my garlic and ginger paste, I fry it slightly in oil before bottling and keeping in the refrigerator.

I buy mint when it is in plenty, dry the leaves in the sun till they turn crisp and then powder them. I store the powder in airtight containers. This powder comes in handy when mint is out of season to enhance my stews, meat-pies and roasts.

Pieces of soap are sewed in tiny bags, which come in handy when I wash delicate crockery.

Yet, it is my transistor set up on my topmost kitchen shelf, that drives away my kitchen blues, and makes my work lighter.

VERMICELLI RAINBOW

6 cups fine vermicelli (broken into tiny bits)
2 tbsps. cornflour

FOR GARNISHING:

2 hard-boiled eggs
Some fried cashewnuts
A small bunch of green coriander

FOR THE PRAWN LAYER:

1 cup cooked prawns (cut into tiny bits)
2 tomatoes
2 onions
Some garam masala
A little turmeric powder
2 tbsps. Worcestershire sauce
Salt to taste

FOR THE CHUTNEY LAYER:

½ coconut
A bunch of green coriander
A small piece of ginger
3 or 4 green chillis
2 flakes garlic
Salt to taste

Boil water. Pour over the vermicelli. Let it stay in the hot water for about 10 to 15 minutes, till it is soft. Drain in a colander, and keep it aside.

FOR THE PRAWN LAYER:

Chop onions and tomatoes. Heat oil in a korahi and fry onions. Then add the tomatoes, the garam masala, turmeric powder and the sauce. Keep frying on a slow fire. Now toss in the cooked prawns and add salt to taste. A little hot water could be added to make a thickish gravy. Keep it aside.

FOR THE CHUTNEY:

Grind the coconut, green coriander, ginger, chillis, garlic and salt to a fine paste.

Place a grease-proof paper at the bottom of a greased cake tin. Place one third layer of the cooked vermicelli in the tin. Top it with the green chutney. Make a thin batter of the cornflour and pour it over this and the sides. Then scatter another layer of the vermicelli with a fork. Now spread the prawn mixture evenly on the top and cover it with the remaining vermicelli. Sprinkle the remaining cornflour batter on the top and sides. Steam the vermicelli rainbow. Cover and cook for a further 10 to 12 minutes. Remove and allow it to cool. Gently turn it over on to a big flat dish, and garnish with quartered hard boiled eggs, tomato rings, fried and halved cashewnuts and finely chopped green coriander.

CONSOLATION PRIZE



MRS. VENI RAMAMURTHY,
Madras

Cooking can be a pleasure — with a little planning and effort. From my personal experience, I have found that with a little

planning, the time spent in the kitchen can be minimised, with maximum results. That doesn't mean that one should have all the kitchen gadgets that are available in the market today. Though, I would say the refrigerator is a good investment — a most useful and essential thing. It not only makes one's job easier but also helps to save time and money, by helping to keep items like vegetables, curds etc. fresh and also prevent wastage of food.

As my little daughter leaves for school at 8.15 — 8.30 in the morning, I have to finish my cooking (lunch and breakfast) before 7.30 or 8 o'clock. A simple meal can be prepared in one hour provided you have a double-stove (gas) and a cooker. Rice can be cooked in 40 to 45 mins. in the steam-cooker (like the idli cooker) while on the other stove, a vegetable curry, sambhar or chappatis and dal or vegetables can be prepared. By the time the rice is ready, the side-dishes are also ready and everything is packed in the lunch-box. The breakfast — either cornflakes with milk and fruits or idli and curds or dosas — is also ready. While cooking the rice itself, the idlis can also be cooked with it. Bread sandwiches are a timely help too!

And there is the special menu for when there is no gas! The menu consists of a special item that needs no cooking or at least less cooking: coconut rice or lime rice, and curds (dahi bhat) with tomato or capsicum raitha, salads — These are easy-to-prepare items till the gas arrives again!

Children love variety, and hence as far as possible I try a little variation to make a dish more inviting for them.

MALAI CASHEWNUIT KULFI

1½ litre milk
45 grams cashewnuts
150 to 175 grams sugar
2 tbsps. milk powder
4 cream biscuits
Any desired essence
A few drops of any colouring
2 powdered cardamoms

Boil milk till it is thick. Soak cashewnuts in a little milk and grind them coarsely. Add a little hot water to the milk powder and mix it well. Crush the biscuits nicely. Mix all the ingredients together and pour it in an ice-tray. Keep it in the fridge. Cut it into squares before serving.

The above five Consolation prize winners receive a copy each of Four Seasons Cook Book from Bajaj Electricals Limited, Bombay.



SRIJAYA N. CHAR,
Bangalore

The culinary art is neither difficult nor boring if approached in the right way. People close to me have always appreciated my express cooking service, and often I have been asked how I manage to turn out so many varieties of dishes in such a short time. Definitely it's no magic. I am a compulsive fast worker and do one thing after another without wasting time. I avoid standing in front of the stove when the cooker is on, and I never enter the kitchen until the milk-cooker gives me the warning whistle. The only time when I have to stay put in the kitchen is when I have to do some deep frying or constant stirring.

THREE-IN-ONE JELLY DELIGHT

2 cups milk
2 cups rava milk (semolina)
1 cup coconut milk (grind and squeeze grating of 1 coconut)
2 cups sugar
10 grams cardamoms
25 grams cashewnuts
A little grated coconut
2 cups pure ghee
A pinch of saffron
A few raisins

Mix all the three different milks in a heavy-bottomed dekhchi. Add sugar and stir. Keep stirring on a low fire. The success of the dish depends entirely on vigorous stirring on a low fire taking care to see that no lumps are formed. Add ghee and other flavouring and colouring ingredients when the milk becomes a little semi-solid. Keep stirring till the jelly leaves the sides of the dekhchi. Pour it into a greased plate and decorate it with cashewnuts, coconut gratings and raisins.

The judging for this Contest was based initially on the write-up sent in by the contestant, and the recipe was then considered, as a useful adjunct. Several other interesting entries could not be accommodated for lack of space and will be published in subsequent issues.

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Breaking The Food Barrier!

MEXICAN

Mexicans like hot and spicy food, so they use an excessive amount of seasoning with chilli and pepper in their preparations. They eat tortillas with their meals. Tortillas are a very popular round thin cornmeal bread, usually served hot with a topping or filling of ground meat or cheese. Mexicans love their liquor, tequila, which is made by redistilling "mescal," which is obtained from the tequila plant. Mexican food is a mixture of vegetarian and non-vegetarian dishes. MRS. JINX AKERKAR delights our readers with the famous Mexican dishes.

GAZPACHÓ (Cold Vegetable soup)

- 1 kg ripe tomatoes, uncooked but peeled and minced
- ½ kg cucumber, peeled and minced
- 1 large onion, minced
- 2 capsicums, minced
- 1 or 2 green chillis, minced or to taste
- ¾ litre tinned tomato juice
- 75 ml olive oil (or salad oil)
- 75 ml malt vinegar (brown)
- Little tabasco sauce, or a pinch chilli powder
- 2 tps. salt
- Little black pepper, ground
- 4 cloves garlic, minced very fine
- 1 cup crisp bread croutons

In a mixer, blend half the tomatoes, cucumbers, onion, capsicums, chillis with ¾ litre tomato juice, until puree consistency. If no electric blender is available, try to pass all the above ingredients through a coarse sieve.

Mix the pureed vegetables with remaining tomato juice, oil, vinegar, tabasco, salt, pepper, garlic. Refrigerate for a couple of hours.

Before serving, put a large spoonful or two of the remaining minced vegetables into each soup bowl. Add thick soup mixture, stir and serve very cold. Bread croutons are served separately, according to taste. These taste best if made in butter, to which a little garlic has been added while frying.

TAMALES (Corn meal steamed in corn leaves)

- ½ kg corn meal (grind dry corn into a very coarse "atta")
- ½ litre water
- 350 grams fresh or frozen corn kernels
- 2 eggs
- 3 tbsps. salad oil
- 2 tps. salt
- 2 large or 3 small capsicums, seeded and minced
- 2 green chillis, or to taste, minced fine
- ½ kg sharp cheddar type cheese, or any leftover semi-spicy

meat dish (mutton, beef, pork or chicken), without gravy

Corn leaves or husks, thoroughly washed

In a saucepan, stir corn meal into water, and cook until very thick, stirring constantly. Remove from fire, add corn kernels, slightly beaten eggs, salt, oil, capsicums, chillis and mix thoroughly.

Lay out corn leaves, to overlap lengthwise, in lots of three to four per person. In each corn leaf "casing," place a large spoonful of the corn meal mixture, slightly flattening the mixture until it fills about ¾ of the length of the leaves. Make a small hollow in the middle and into this place a chunk of sharp cheese or a spoonful of any meat or chicken (dry) leftovers, preferably something semi-spicy. Put more of the corn meal mixture on top, and roll the whole thing into the corn leaf casing, to make a tight package, tie with a little white string.

Place on a rack in a large pot and steam over boiling water for about 40 minutes.

Serve hot in their leaves, with tomato sauce.

ITALIAN

The subtle artistry of Italian cookery is characteristically of the people. Its delicacy and refinement belong to that period in history when its culture was at its zenith.

Italian cookery achieves its taste and flavour by direct and simple methods depending chiefly on the intrinsic quality of the ingredients, perfect precision as to quality and quantity. Italians know the importance of exact timing, as a fraction of a minute may make or mar a dish. MRS. ASHA IDNANI shares with us some of her tried and tested Italian recipes.

SPAGHETTI BOLOGNESE

250 grams spaghetti
FOR THE BOLOGNESE SAUCE:

- 2 cups tomato puree
- 100 grams kidneys, chopped
- 1 carrot, chopped finely
- 250 grams minced beef
- 250 grams bacon
- 100 grams mushrooms, sliced
- 1 clove garlic, chopped finely
- ½ pint stock
- ½ cup tomato sauce
- 1 large onion, chopped finely
- 100 grams butter or margarine
- Salt and red chilli powder to taste

Melt the butter in a sauce pan. Fry the garlic, onions, mushrooms, and carrots for five minutes. Add the beef, kidneys and bacon. Fry well and add the rest of the ingredients. Simmer till the sauce is thick.

Cook the spaghetti in plenty of boiling salted water. Strain when done.

Arrange the spaghetti in a flat dish. Pour the sauce over and sprinkle grated cheese.

CANNALONI

FOR THE CANNALONI:

- 2 cups flour
- Little water
- 1 egg
- 1 tsp. salt

FOR THE FILLING:

- 150 grams chicken, boiled and flaked
- 150 grams bacon
- 100 grams mushrooms
- 4-5 flakes garlic, crushed
- 50 grams butter
- 150 grams ham, chopped
- 1 onion, finely chopped

FOR THE SAUCE:

- 1 cup milk
- 1 cup chicken stock
- 3 tbsps. butter
- 200 grams cheese, grated
- Salt and pepper to taste
- 3 tbsps. flour
- 100 grams fresh cream

FOR THE CANNALONI:

Mix the flour, egg, salt and water and knead into a dough. Roll out thinly into a rectangular shape and cut into 3" x 2" strips. Spread out and let it dry for about 2-3 hours. Cook the strips in plenty of salted boiling water till done. Remove and drain.

FOR THE FILLING:

Melt butter. Sauté the onions. Mix in all the ingredients well. Remove from fire and cool. Take a strip of cannaloni and spread out a little of the filling, fold over and seal the edges.

FOR THE SAUCE:

Melt the butter. Add the flour and cook lightly. Do not brown. Take the pan off the fire and gradually add the milk and the stock. Mix vigorously so as to avoid lumps. Add salt and pepper and return to fire. Cook till the sauce is thick and smooth. Cool slightly, add half the cheese and cream.

Pour the sauce in a dish. Arrange the cannaloni and pour the remaining sauce. Sprinkle with cheese. Bake till the cheese melts. Serve hot.

THAI

The mainstay of a Thai meal is rice or noodles as in other South-East Asian countries. Vegetables, pork, sea food, poultry and a variety of sweet-sour or hot sauces are served with the rice or noodles. As in Burmese food, there are two ingredients that are always present in Thai food — prawn paste and coriander. Here are two recipes given by MISS SUSHILLA VASWANI.

TUM YAM KOON (Hot & Sour Prawn Soup)

- 2 cups prawns
- Green tea leaves (long)
- 4 cups water

- 1 tbsp. chilli sauce
- 1 tbsp. pepper
- Salt to taste
- 1 tbsp. vinegar

Boil the prawns in water. Add in green tea leaves, salt, chilli sauce, vinegar and pepper. When it boils remove the tea leaves and serve the soup.

KHET BOET CHEE (BANANA DELIGHT)

- 1 dozen bananas
- ½ kg jaggery
- 1 cup thick coconut milk
- A pinch of salt
- 2 cups thin coconut milk

Boil thin coconut milk with jaggery and salt till jaggery melts. Add in banana slices and stir well till quite thick. Then add in thick coconut milk and stir well till very thick. Pour it over greased dish and set. Cut in slices and serve.

FRENCH

Western cuisine has attained its highest degree of perfection in France. There is finesse, delicacy of touch and unflinching sense of balance in French cookery, but modern French cuisine owes much to the Italian. The French take an intelligent interest in cooking and boast of elegant and tempting innovations. They have a high appreciation of good food and an almost reverential attitude towards it. Try out this recipe given by MISS SUSHILLA VASWANI.

FRENCH FRITTERS WITH LEMON SAUCE

FOR THE FRITTERS:

- 1 cup flour
- 1 cup water
- 50 grams butter
- 3 eggs
- ½ tsp. vanilla essence
- Oil for frying
- 100 grams icing sugar

FOR THE LEMON SAUCE:

- ½ cup sugar
- 1 tbsp. cornflour
- 1 cup water
- ½ tsp. lemon rind, grated
- 2 tbsps. lemon juice
- 2 tbsps. butter

Mix water to the flour till smooth. Add butter, stir until mixture thickens and forms into a thick paste. Cook over fire till it forms into a dough. Remove from fire. Beat up the 3 eggs and mix with this mixture of flour and beat the whole mixture smooth. Add vanilla essence. Drop a teaspoonful of the mixture into deep hot oil. Fry until golden brown. Drain and then roll it in icing sugar. Serve with lemon sauce.

LEMON SAUCE:

Combine sugar and corn flour in a pan gradually adding water. Stir over low heat until mixture boils and thickens. Remove from heat and add butter, lemon rind and juice. Stir until butter melts and then pour over the fritters.

Food lore contributed by Miss Vaswani

Winter flowers in *ESSMA* shawls



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WHERE DO YOU GO WHEN THE RESTAURANTS CLOSE...

When the record is over, John Travolta makes it to the discos in a frenzy of Saturday Night Fever. And when the restaurants close, our own BUSYBEE wends his way to the succulent food stalls that bloom everyday when Bombay is dark, but oh-so-inviting. So take a trip with him down this aromatic, mouth-watering path and see (and eat!) for yourself



When the restaurants of Bombay close for the night, the food stalls open, like exotic flowers that bloom only in the dark. And the food they serve is equally exotic: liver and baida roti and fried brain and pomfret and shammi and sheekh kababs and pau-bhaji fried in Amul butter.

Perhaps the oldest and the best known kabab man in the city is Bade Mian who nightly sets up his stall on the pavement behind the Taj Mahal hotel. He began in the days of prohibition, when men came out of the "aunty" joints in Colaba at an hour when restaurants were closed. And he has continued through post-prohibition days and in face of the competition of the all-night coffee shop at the Taj.

He has two sons to assist him now, though for special customers he continues to supervise the baida roti.

Churchgate station is the new place for vegetable food stalls. A row of them, operating under the station lights, and serving everything from pau-bhaji to idlis and sugarcane juice. The customers include late workers from the newspaper presses, banl-leaders

from the nearby restaurants, the staff of Chinese restaurants (probably tired of eating Chinese food), cinemagoers on their way home, the city's floating bachelor population.

For the bachelors, pau-bhaji is a regular meal. It is at its best at the Cannon Stall, run by a group of ex-service men, in a corner of Azad Maidan opposite Victoria Terminus. The bhaji, which includes tomatoes and capsicums and coriander and spring onions and cauliflower, along with beans, is fried daily in hundreds of packets of butter. The bread is also generously dipped in butter and cashewnut is sprinkled over the concoction. It costs Rs. 3 and is well worth the price. In a fancy restaurant, it would cost Rs. 15 and they would go easy on the butter.

As new and trendy as the pau-bhaji is the wada-pau, other-

wise known as the Maharashtra hamburger. The Shiv Sena stalls first introduced them to Bombay, selling them in wheelbarrows. It is simple to make and simple to digest. Slit open a small loaf of bread, push a potato wada in the centre. Season it with lots of dry garlic and chilli chutney. It costs 30 paise at most street-corners, a little more at some street-corners.

The places open till late into the night are at Pydhoni, off the main Kalbadevi Road, and at Foras Road. The former to feed the matka gamblers, the latter to feed the visitors to the red light areas.

At Kalbadevi they make these special potatoes, very hot and filled with chopped green chilies. And, at Falkland Road, there is the old baida-ghotala man. He makes scrambled eggs

with liver and people from all over Bombay go to eat his baida-ghotala, just as people go to eat pan from the Wilson College panwalla.

The lane that links J. J. Hospital to the corner of Grant Road has a row of pavement shops that open at 5 in the morning, with fresh kheema, and close at 3 in the night with various tandoor specialities. They are friendly places, where a man can sit with his companions, borrow a few glasses, pour his own liquor into the glasses, and argue the night out.

The in place, at least for a very long time, was Wadala, on the wrong side of the track. From consulate parties, where often more drinks than food is served (probably because diplomats get their alcohol very cheap), the invitees drive down to the tandoor fish place at Wadala. Food is eaten normally on the bonnet of the car and the following day the rest of the world is told how they had gone to Wadala to have the fish.

Apart from the pavement stalls, there are the regular restaurants where you can eat till late in the night. Radio Restaurant on Palton Road, behind the old Crawford (now Mahatma Phule) Market, where you get paya, paya masala and Irani paya. The first is the best. It is gravy, thick and sticky, served in deep glass bowls. You dip your bread in it and eat it. And when you get tired of that, you pick up the bowl and drink the rest.

The Irani paya is for the Arabs, the poor Arabs, since the rich Arabs do not go to Radio Restaurant. They are a little bland, as is all the Arab food cooked along Mohamedalli Road and even in the posh Delhi Durbar on Colaba Causeway.

The real Delhi Durbar, however, continues to be in the old quarter of the city off Grant Road. Its patrons include taxiwallas, who, I think, are second only to truck drivers in judging the quality of food.

In this area also is the biryani factory. All you have to do is to ring them up and order your biryani by the kilo (specify mutton or chicken). It will be delivered at home, on the day of the party and at exactly the time when the guests have drunk enough and are ready for the food. Along with the rice comes the kuchumber, done in curds, and tied in plastic packets.

Those with strong stomachs may even visit the factory and get the delivery themselves (though booking in advance is necessary). Here you will find men with bare chests bending over huge cisterns of rice. And the aroma of the rich biryani fills the entire Colaba area. It is the most smell in Bombay.

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GRILL TRAY



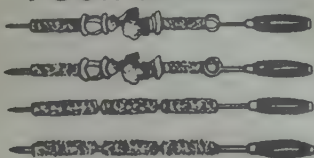
Holds all foods to be grilled. Also collects drippings from manual rotisserie.

MOTORISED ROTISSERIE (Optional)

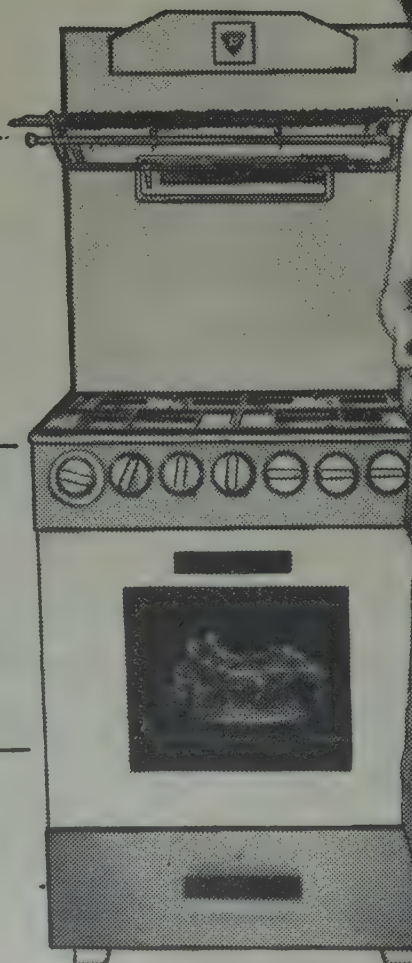


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MANUAL ROTISSERIE



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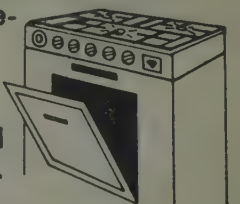
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WHEN THE RESTAURANTS CLOSE...

CALCUTTA

Calcutta provides a bewildering variety of eats from different regions — South-Indian, Muslim, Chinese, Punjabi, Gujarati and of course Bengali. Tiny stalls, done-over garages, lean-to's, even the odd roadside sigri have their regular devotees, each 'joint' having its special dishes.

Channera is the speciality of a small stall in Kalighat. In an alley in Chinatown you can get a bowl of real shark's fin soup, or stuffed crabs, or coffee in correct South Indian proportions tossed high from tumbler to tumbler, or jhal-muri in newspaper cones. Or Kashmiri pashinda on an enamel platter in a lane in Armenian Street, or a smoking platter of biryani while sitting on a wooden crate outside a lean-to.

The lower-income group among office-goers patronise the Pice Hotels. For Rs. 1.80 one can get a full meal of rice, dal, vegetable and one piece of fish or chutney.

The Marwari businessman prefers the vegetarian Marwari 'bashes'. Most of these are roof-top eating houses in the Burrabazaar area. The cook, invariably a Brahmin, is paid on a monthly basis at Rs. 100 to Rs. 125 per person for two meals a day. The menu is rice, chappati, dal, two vegetable dishes, papad, chutney and sliced onion.

Dhabas are found in every corner of the city and are very popular. The office-going woman is drawn to the semi-cooked and packaged food ready to be taken home. Parathas and cutlets are a great attraction.

There is a boom in snack-bars and snack-inns, especially in the South of Park Street area. They supply the hungry nine-to-fivers a hot cuppa accompanied by something spicy, filling and chilli-hot.

Several petrol pumps, such as those in New Alipore and Jodhpur Park, are being invaded by women entrepreneurs selling hot snacks and cold drinks. Housewives have learnt the value of co-operation in both funds and effort. Such successful co-operative efforts are the Green Door, Seven Stars, Titbits, Kathleen, Your Choice, Tumki-jhumki and Taste and See.

Several housewives have started the 'dabba' system, so common in Bombay but new to Calcutta. Arati Sengupta, Meera

catering for several offices regularly.

Bengali food is not complete without sweets. The world famous rasogollas, sandesh in its various forms, Lady Canning (called 'Ladykenny'), pantua (which looks like little brown sausages), cham-cham, grainy mihidana and sita bhog, amriti, darbesh, jibha-gaja, etc., are all time-honoured Bengali sweets sold at every corner of Calcutta.

South Indians form a large part of the population of Calcutta, and South Indian dishes are very popular. There are gourmets who will go miles for a dosa and coffee in the 'right' south Indian cafe. There are Tibetan eating houses supplying the Moh-moh and other typical Tibetan delicacies.

For Mughlai khana, the Savera, Nizam, Royal Indian, Ghalib and Armenia are among the most popular haunts. There are hundreds of other Muslim eating houses where one has to wait in queues to get delicious kababs wrapped in a paratha.

T. M.

HYDERABAD

Until fairly recently eating out in Hyderabad was not the 'done' thing. People preferred to invite their friends to their homes, and even chaat was prepared at home. However, eating out now is becoming increasing-

ly popular, and roadside stalls and kiosks are mushrooming.

In Hyderabad, on the pretty Tank Bunk, overlooking Husain Sagar Lake, the Women's Employment Scheme put up a kabab joint. Here hot, sizzly sheekh kababs with sheermal (a flat bread or nan-like preparation) are sold. Pop-corn, ice-cream, soft drinks are also available. Then there are the channawallahs and sugarcane juice stalls.

Near Basheerbagh a Frankie-type of sandwich is sold and is liked by the young people. In the old city from Afzalgunj Bridge to Charminar and beyond are sold a number of special delicacies. Nihari or (paaya), a thick soup or gravy-like preparation made from sheep's trotters, is cooked all night and served early in the morning, especially during winter. A very invigorating preparation this, say the hoteliers. Chairs and tables are put out on the pavement and the early morning revellers can enjoy bowls of hot steaming nihari with kulchas (a Hyderabad flat bread) or tandoori-roti or sheermal. Biryani is an all-time favourite, as also sheekh kabab. Haleem is another favourite — a musty preparation of wheat and mutton, and harees, rather like haleem, but of Irani origin with lots of cinnamon and black pepper. All these vary from Rs. 1.25 to Rs. 1.75 a plate, while biryani is about Rs. 2.50 for a half-plate.

Egg pudding (baked custard) and kubani ka meetha (apricot puree with custard) are extreme-

ly popular. Also much in demand is double ka meetha (bread dessert: Mughlai style) all ranging from Rs. 1.25 to Rs 1.75 a plate. There are the delicious mirchi and moong ka bhajias, fried in sizzling oil before your eyes. Various little shops sell sev, ghattias and pakori, bhoondi, moorkool and mixture. Quite a number of them also sell sweets — and among these are kalakan and milk cake.

In Secunderabad various roadside stalls serve biryani, samosas, fruit cake, curry puffs, tea and milk, cold drinks.

Perennial favourites are the dosa, with or without masala, served with chutney and fresh butter. The idli is a filling preparation, but is usually served only in the mornings. There are also upma, vada, dahi vadas, rava pongal, uttappam, etc. These usually cost between 80 paise to Rs. 2.25 for a jumbo dosa.

At Abids is also a bhelpuri stall, and Hyderabadis can now get bhelpuri here without having to wait until they visit Bombay.

Bilkiz Alladin

DELHI

The Bengali market in Delhi has two of the most popular sweet and chaat shops. You can have your pick of pani puri, dahi papri, channa bhatura or you can dig into ras malai and the gulab jamun and gajar halwa. The shop on the left is Bhimsain Sweets and on the right is Nathu Sweets. Only the names are different; the snacks and sweets served are identical. Biryani and kabab shops: on the steps of Jama Masjid one comes across huge dekchis full of meat biryani served with korma, and kababs served with rotis. You can get a hearty meal for the sum of Rs. 3-4.

Meerut Wale near Jama Masjid sells the best barbecued sheekh kababs in Delhi. The cost of four kababs is Rs. 2 and a rumali roti to go with them costs 50 paise. Also in the vicinity of Jama Masjid are two small restaurants, Jawahar and Flora. They too serve biryani korma, kababs.

The Tibetan dhabas along the banks of the Jamuna and at a place named romantically Manju ka Tila serve very good Chinese and Tibetan dishes. A plate of chow mein costs only Rs. 3.

P. H.

Sketches on pages 39 and 41, courtesy: Mario



BUFFETS ARE BE

SPINACH CHEESE

6 large bunches spinach (palak) to be boiled and then ground

CHOP FINELY :

4 flakes garlic
3 red chillis
1 large onion
2 capsicums
1 cup breadcrumbs
1 cup cheese, grated
2 tbsps. ghee

FOR GARNISHING :

2 cups milk
2 tbsps. flour
Salt to taste
Pepper to taste
1/2 tsp. nutmeg, grated
3 tbsps. butter or ghee
1/2 cup cheese, grated

FOR GARNISHING :

1 tomato, sliced
1 capsicum, sliced
Heat ghee. Fry the finely chopped ingredients for five minutes. Add spinach and fry for two to three minutes longer. Spread out at the base of a greased baking dish.

Make sauce by heating butter in a pan, add flour and cook for a minute. Remove from heat, add

What a brilliant idea it was on the part of whoever first thought of it — this business of the buffet. You put all your food out on the table at one time, you don't have to bother about seating, you give ample opportunity to your guests to pick and choose . . . and you entertain fairly large numbers without too much expense (if you follow our recipes). What's more, many of the

milk, stir till smooth. Return to heat and cook till thick. Add in cheese, salt, pepper, and nutmeg. Stir till cheese dissolves. Pour sauce over spinach, sprinkle cheese and breadcrumbs on top, bake in a moderate oven for half an hour or till brown on top. Garnish with tomato and capsicum slices before serving.

MASOOR PULLAO

1/2 kg mince, boiled
1 cup whole masoor (to be boiled)
2 cups rice (to be boiled)
1 cup yoghurt
Salt
1 cup oil
1 bay leaves
2 large potatoes, peeled and chopped
1 tsp. garam masala powder

Handful chopped mint and coriander leaves

1 cup ground tomatoes
1/2 kg onions, minced

GRIND TO A PASTE :

6 flakes garlic
8 red chillis
1/2" ginger
1/2 tsp. turmeric
2 tbsps. coriander seeds
1 tsp. cummin seeds

Heat three-fourth cup oil, and fry bay leaves. Add onions and fry till golden brown. Add potatoes and fry for two or three minutes. Add ground masala and continue to fry for two to three minutes. Add tomatoes, salt, yoghurt, mince and masoor. Simmer till the potatoes are nearly done, add the chopped green masala and garam

dishes can be prepared to sit and chat and

This Buffet menu is the type that entertains. Entertaining buffet menus according to your means

masala. Remove from heat, spread rice in a layer over masala, pour one-fourth cup oil on top, cover with cloth, cover and cook over medium heat for ten minutes, a griddle on fire and continue to cook for 20 minutes more

MASALA FRIED CHICKEN

2 medium chicken (cut in pieces and boiled)
Ghee for frying
4 eggs, stiffly beaten
1/2 cup breadcrumbs
Salt
1 cup tomato sauce
1 tsp. each ground ginger, lic, red chillis

Heat ghee, mix in ground masala and fry for two minutes. Add tomato sauce and fry for a



ance, leaving you free

ve twelve. If you are
ve give you four addi-
change-and-chop ac-
quirement.

Apply this paste generously
the chicken pieces. Press chic-
into breadcrumbs, shaking off
us. Heat ghee in a kerahi.
chicken pieces into egg and
fry till light brown. Drain
absorbent paper. Serve hot.

BAKED COCONUT PIE

1 cup potatoes mashed (mixed
with 1/2 cup milk and 1 tbsp.
butter and salt)
1/2 cup coconut, grated
2 tbsps. ghee
Juice of 1 lemon mixed with salt
1 tsp. sugar

FINELY CHOP:

2 green chillis
1 medium white onion
1 handful of mint and coriander
leaves

ROAST AND POUND:

1 tsp. cummin seeds
4 cloves
6 pepper corns
1 1/2" stick cinnamon

PEEL AND CHOP:

2 carrots
125 grams French beans
2 capsicums, chopped
3 stalks celery, chopped
125 grams peas, shelled

Heat ghee. Fry all the vege-
tables for five minutes on a me-
dium fire. Add in coconut, lemon
juice, salt, chopped green masa-
las and pounded masala. Fry for
two minutes. Spread in a greased
baking dish, cover with a layer
of creamed potatoes. Spread beat-
en egg on top. Bake in a mode-
rate oven till golden brown on
top.

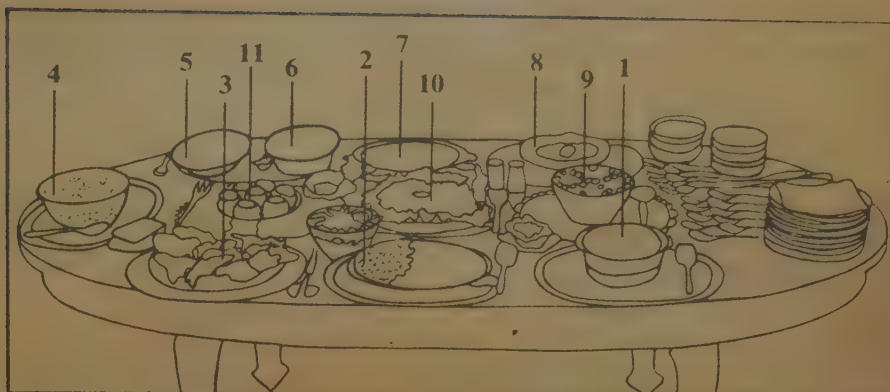
PANEER KI SABZI

1/2 kg paneer (cut into 1 inch
cubes)
2 large tomatoes, chopped
2 tbsps. ghee
Salt to taste
Pepper to taste
1 large white onion, finely sliced
Handful coriander, chopped

FOR BAGHAR:

6 curry leaves
3 green chillis, coarsely cut
1/2 tsp. kalonji (onion seeds)
4 flakes garlic, finely chopped
1/2" ginger, finely chopped

Heat ghee, fry the baghar for
two minutes. Add onion and fry
till onion is light pink in colour.



- | | |
|-------------------------|----------------------------|
| 1. SPINACH CREOLE | 7. GOAN MASALA POMFRET |
| 2. MASOOR PULLAO | 8. HUNGARIAN GOULASH |
| 3. MASALA FRIED CHICKEN | 9. CHOCOLATE SOUFFLE |
| 4. BAKED COCONUT PIE | 10. CHEYENNE SALAD |
| 5. PANEER KI SABZI | 11. STUFFED TOMATO SUPREME |
| 6. PUNJABI CHOLE | |

Add in tomatoes, paneer, salt
and pepper and lightly fry for
two minutes more. Remove from
fire and serve with coriander on
top.

PUNJABI CHOLE

1 cup kabuli channa (soaked
overnight and boiled with 4
cups water and 1/2 tsp. soda bi-
carb)
4 bay leaves
1/2 kg boiled, peeled and chopped
potatoes

Salt

1/2 tsp. cardamom powder
3 tbsps. oil
2 tbsps. chaat masala powder

FINELY CHOP:

1/2" piece ginger

Buffet Food and Recipes
Courtesy:
Mumtaz Rahimtoola

Photograph: Farokh Reporter



When whiteness glows
look—it shows...



it's washed with

det

detergent cake



4 green chillis
Handful mint and coriander leaves

Heat oil, fry bay leaves, ginger and green chillis for a minute, add chaat masala and cardamom powder. Fry for a minute, then add channas and the stock. Bring to boil add potatoes, salt and chopped mint and coriander. Simmer for ten minutes. Serve hot with a sprinkle of chopped mint leaves on top.

GOAN MASALA POMFRET

1 large pomfret cleaned (make 3 slits on both sides and leave whole)
½ cup oil

GRIND IN VINEGAR: (The paste can be ground and kept ready a day before)

10 red chillis
6 flakes garlic
1 tsp. cummin seeds
1 tsp. sugar

Salt

8 pepper corns
1 stick cinnamon
4 cloves
1 medium onion
1 walnut sized ball of tamarind

Heat oil, fry fish till golden brown and crisp. Remove from the oil. In the same oil, fry masala on a medium fire till oil surfaces to the top. Coat the fish well on both sides with this masala.

HUNGARIAN GOULASH

½ kg boiled flaked meat
1 cup stock
½ cup ground tomatoes
½ cup beaten yoghurt

Salt to taste

½ tsp. each of ground ginger, garlic and red chillis
2 cups mashed potato
½ cup peas, boiled
½ cup celery, chopped
2 tbsps. flour
4 tbsps. butter
1 large onion, finely sliced

Heat butter, add onion and fry till golden brown. Add ground masala and fry for two to three minutes. Add to fried masala, cook and stir till thick. Add celery, peas, tomatoes and yoghurt. Cook and stir till thick. Add in meat and salt. Remove from heat. In a serving dish, arrange border of mashed potatoes, pour contents of pan in the centre and serve hot.

CHOCOLATE SOUFFLE

4 cups milk
1 cup sugar
4 eggs
2 tbsps. cocoa powder
1 tsp. cornflour
½ tsp. vanilla essence
1 envelope gelatine (dissolved in ½ cup cold water)

Few cherries, chopped

Butter icing for decoration

Mix cornflour, three-fourth cup sugar, cocoa powder, egg yolks and milk to a smooth blend. Cook and stir till thick and bubbly. Remove from fire and place pan in a pan of ice, add in gelatine, and stir till it dissolves. Add in vanilla. Whisk whites very stiff, add in one-fourth cup sugar, one teaspoon at a time beating well after each addition.

Fold into chocolate mixture. Pour into a bowl and chill till

set. Decorate with chopped cherries and walnuts or butter icing. (This dessert can be made a day in advance and kept in the refrigerator to chill. Butter icing and decoration can be done the next day)

FOR THE BUTTER ICING:

3 tbsps. butter
6-8 tbsps. icing sugar
3-4 drops vanilla

Beat butter till fluffy. Add icing sugar one teaspoon at a time and mix sugar well after each addition till mixture is soft and fluffy. Add vanilla. Pipe onto the soufflé.

CHEYENNE SALAD

2 cups thick mayonnaise
½ cup peas, boiled
1 cucumber, peeled and cut
2 stalks celery
1 small cabbage, shredded
1 small lettuce, shredded
2 hardboiled eggs, chopped (optional)
1 large apple, chopped
1 cup pineapple, diced
½ cup seedless whole grapes

Salt to taste

Pepper to taste

FOR GARNISHING:

2 carrots, grated
A few lettuce leaves, chopped
1 capsicum, sliced
Few pineapple slices

In a large bowl, mix all the ingredients well together. Turn out into a serving bowl. Decorate with the garnish. Chill till you serve.

MAYONNAISE

4 egg yolks
2 cups salad oil

¼ cup vinegar

1 tsp. sugar

½ tsp. each salt and pepper

½ tsp. mustard

In a bowl mix yolks with seasonings and sugar. Whisk with egg beater till thick. Add oil two to three drops at a time, till half cup oil is used up. Then add one tablespoon vinegar. Keep whisking and adding one teaspoon oil at a time. When mixture gets very thick, add little vinegar to thin. Continue till all the oil is used up. Store in a clean jar in a frig. Use when required.

STUFFED TOMATO SUPREME

1½ kg large firm red tomatoes
3 hard boiled eggs, chopped or ½ cup boiled green peas
2 cups white sauce (follow sauce recipe given in Spinach Creole, omitting only the cheese)

2 tbsps. butter

½ cup boiled, chopped spaghetti

Salt to taste

CUT FINELY:

3 green chillis

Handful mint and coriander leaves

Cut top off the tomatoes and gently scoop out the pulp from centre. Invert tomatoes and keep aside for half an hour to drain. Brush tomatoes with two tablespoons melted butter. Mix sauce with peas or egg, spaghetti, salt and all the cut green masala. Fill into tomatoes. Place tomatoes in a greased, flat baking dish and bake in a moderate oven (350°) for 15 minutes, (taking care not to overcook tomatoes as the skin wrinkles) and serve immediately.

MENU NO. 1

Fried Fish Fillets with creamed potatoes
Chinese sweet 'n Sour chicken
Rogan Josh with Purees
Cucumber and onion dahi salad
Mutton Biryani
Pineapple Souffle

MENU NO. 2

Egg Potato Pattice
Fish Macaroni Cheese
Mughlai Mutton with Naan
Paneer Mutter
Apple Raisin Raita
Chicken Yakhni Pullao
with Makkhanwalli Dal
Chocolate Trifle.

MENU NO. 3

Mutton Samosas
Chicken Mayonnaise
Palak Gosht
Shahi Sabzi Korma with Parathas
Dahi Vadas
Prawn Rissotto
Caramel Phirnee

MENU NO. 4

Shami kababs
Chicken pieces Baked in Tomato Gravy
Chinese Vegetable Chow Mein
Masala Channa with Kulchas
Palak Raita
Prawn Curry with Yellow Fried Rice
Pineapple Halwa

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I'll make Breakfast!

Over a decade and a half ago, when there was a considerable increase in the number of women who took up jobs almost immediately after graduation, it was common to find them at a loss when it came to cooking. They employed part-time cooks or some elderly members of the family attended to the kitchen. However, with the advent of nuclear families and with the expenses involved in keeping servants — cooks especially, are a luxury few can afford — a knowledge of cooking has once again gained importance. The very approach to this 'task' has changed. Formerly, women insisted on serving elaborate four-course meals, but the present trend is towards time-saving, a meal-in-a-dish type of cooking. And to combat the servants' problem, youngsters are getting more interested in the culinary art. Nowadays, more and more

With both time and cooks in short supply, it's a good idea to "start'em young". Mothers must see to it that their young daughters—and their sons, too—learn the rudiments of rustling up a meal

Vrunda Moghe Dev

young girls attend cooking and baking classes and opt for sophisticated courses at catering colleges, unlike their mothers.

Mrs. Tanaz Gazder, who started working at an early age, knew very little about cooking routine meals when she got married. Her mother used to send food across to her, and she also employed a fairly good cook. Mrs. Gazder said, that she learnt much about cooking from her

servant. When she gave up her job, having worked for ten years, she picked up everyday cooking by trial and error. Her family members were tolerant enough to put up with her cooking, she added cheerfully.

On the other hand, Mrs. Perviz Dastoor, also a working woman, cooks on week-ends while her mother holds the fort for the rest of the week. Mrs. Dastoor doesn't experiment with new dishes, but

sticks to routine menus.

Their children, it would appear, are more enthusiastic about their kitchens.

Mrs. Gazder's nine-year-old daughter can make omelettes, and boil eggs, she also helps in making salads and (quite grudgingly) in setting the table. While Mrs. Gazder said her daughter wasn't particularly interested in cooking, Shernaz denied this by saying that she "loved" to cook, and that her grandma always encouraged her to help in the kitchen. Left to herself, Shernaz said, she could manage a breakfast of fried eggs and toast, though she admitted that her little brother, Jamshed, aged six, could make better chappatis than her.

Farzine Parelwalla and Kamal Dastoor, both ten-year-olds, like

Continued on page 51

Photograph: Sanil

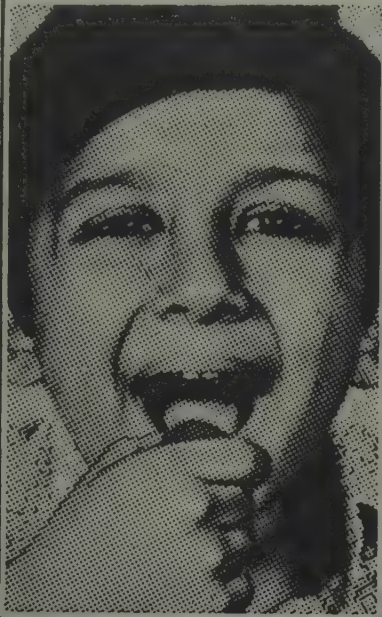


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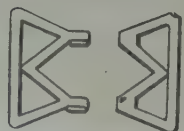
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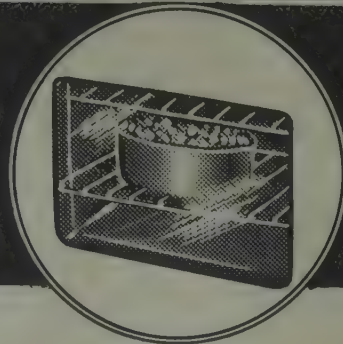
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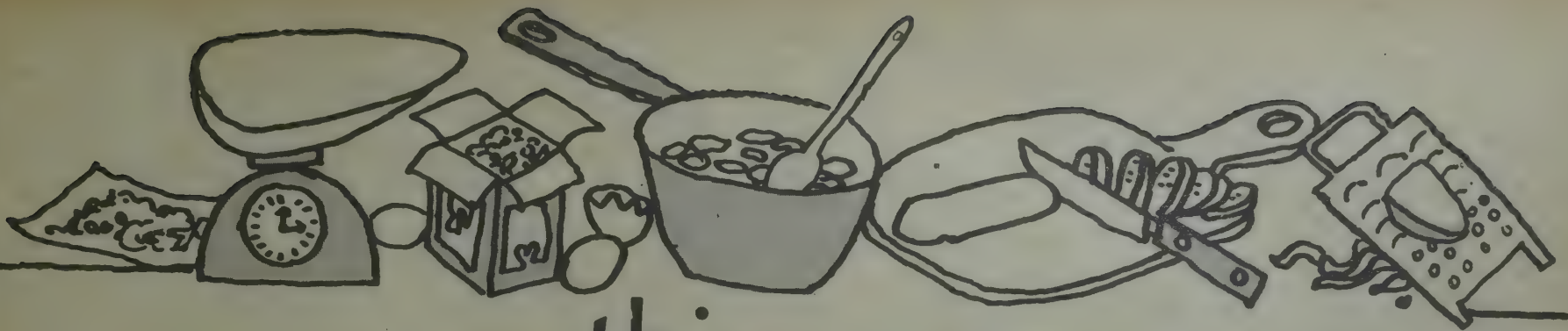
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this way, it's child's play!

Cooking is an adventure, especially when it is done by young children. The recipes given here are simple and easy to follow for all children who enjoy cooking and helping their mothers in the kitchen.

BAKED BEANS ON TOAST

A tin of baked beans
Slices of bread
Butter

Empty the baked beans into a saucepan and simmer gently for about five minutes. Melt a little butter in another saucepan. Fry the bread slices till light brown on both sides. Spread the bread slices on a plate. Spread a teaspoon of baked beans over each slice. Dot with butter. Garnish with chopped coriander leaves if desired.

Variations: Scrambled eggs, left-over minced meat or masala eggs can be used instead of baked beans.

CHEESE OMELETTE

2 eggs
½ cup cheese, grated
Butter or ghee for frying
A pinch of salt, pepper and chilli powder to taste

Whisk the eggs lightly, add a little salt and pepper and chilli powder. Melt butter in a frying pan. Gently pour in half of the egg mixture. Fry for a while till the lower side is light brown. Sprinkle half of the grated cheese in the centre of the half-fried omelette. Roll the omelette like a pancake and fry for a minute only. Remove from the fire. Make a second omelette in the same way. Serve hot with tomato sauce.

PINEAPPLE SALAD

4 pineapple slices
2 bananas
A few lettuce leaves
4 to 5 cherries

Arrange lettuce leaves on a plate. Place the pineapple slices over the lettuce leaves. Cut the bananas into two. Set them upright in the centre of each pineapple slice. Decorate a cherry, fastened on top of the banana with a tooth pick.

CHOCOLATE-COCONUT COOKIES

100 grams coconut, grated
600 grams sugar
30 grams drinking chocolate
1 egg
2 drops of almond essence

Break the egg into a small dish. Put in the almond essence and whisk the egg with a fork. Mix



in sugar, coconut and drinking chocolate. Stir the mixture with a wooden spoon. Grease a baking tray or spread out a greasproof paper on the tray. Divide the mixture into 12 small heaps and put on the baking tray. Place the tray in a cold oven and gradually turn the oven to 350 deg. F. Bake for 45 minutes. Leave the oven open for ten minutes. Remove from the oven and cool.

MEAT LOAF

3 slices bread, broken in pieces
1 cup milk
1 egg
1½ tsp. salt
½ cup onion, minced
1 tbsp. Worcestershire sauce
750 grams ground beef and meat loaf mixture

In a bowl combine together, the broken bread pieces, milk, egg, salt, minced onion and sauce. Stir together thoroughly. Mix in the ground beef and meat mixture. Form into a loaf and place in a 9" loaf pan. Bake in a moderate oven for 1 hour.

FRUIT JELLY

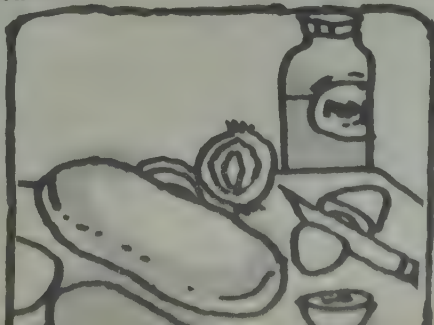
1 packet mix fruit jelly
2 cups chopped mixed fruits of your choice
1 cup sweetened cream, whipped

Set the jelly according to the given directions. Chill in the refrigerator. When it thickens a little, add in all the mixed fruits. Pour into jelly mould or any fancy mould of your choice. When well set, unmould by dipping quickly in hot water. Serve with whipped cream.

SANDWICH ROLLS

3 hard boiled eggs
½ cup celery
1 onion
3 tbsps. mayonnaise
1 potato
Salt and pepper to taste
4 bread rolls

Chop the hard boiled eggs. Mince the onion and chop the celery very fine. Boil and mash the potato. Mix together all the above ingredients except the bread rolls. Slice the bread rolls, scoop out the centres with a fork. Fill the rolls with the egg mixture.



STUFFED TOMATOES

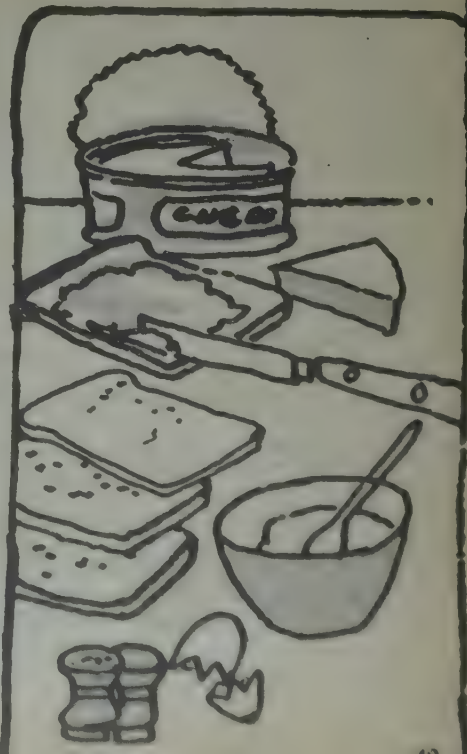
4 large, firm tomatoes
A few slices of soft bread
30 grams cheese
15 grams butter
Coriander leaves, chopped
Salt and pepper to taste

Wash the tomatoes. Cut the tops of the tomatoes. Carefully scoop out the pulp from inside and leave aside. Crumble the bread slices with your hand. Mix it with the tomato pulp. Grate the cheese and mix it with the bread. Add chopped coriander leaves, salt and pepper. Mix in the butter. Mix the mixture well with a fork. Fill up the tomatoes with this mixture. Replace the tops of the tomatoes. Arrange on a plate and serve. You can bake these tomatoes in a very moderate oven.

CHEESE TOAST

2 cups cheese, grated
1 egg
2 tbsps. flour
Salt and pepper to taste
½ tsp. chilli powder
¼ tsp. baking powder
Oil for frying
½ cup semolina
Few slices of bread

Combine the cheese, egg, flour, salt and pepper, chilli powder and baking powder together to a smooth paste. Leave it aside for a few minutes. Cut the bread slices into two. Apply the above mixture on each bread slice. Sprinkle semolina. Fry in oil placing the bread side first. When it turns brown turn over and fry the other side. Remove when it turns golden brown.



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ALL MAKE BREAKFAST!

Continued from page 47

to cook. They have a cooking class once a week at their school which they find extremely interesting. Their school curriculum includes cooking classes from the first standard onwards; they are taught how to make sandwiches or a cup of tea to begin with. Kamal said that she does not like to cook ordinary dishes like dal and rice, but she tries out whatever she is taught at school on week-ends. She said, quite proudly, that she could make corn-on-toast, bread-rolls and caramel custard.

"I like my mother's cooking. She cooks better than my sisters," said Farzine, who sometimes likes to cook her own breakfast which consists of a fried egg. She also likes to try out fruit salads and sundry dishes. Her mother doesn't drive her out of the kitchen, as perhaps some mothers do.

"On Saturdays and Sundays, I like to cook breakfast for everyone at home," said ten-year-old Zinnia Chinoy. She likes to bake cakes, fry omelettes and make other dishes. Though her mother lets her do this, occasionally Zinnia is sent out of the kitchen as Mrs. Chinoy fears Zinnia will mess up things rather than help her!

Dilnavaz, a teenager, attended cooking classes at school but, she said, "we treated it more like a free period." Yes, she did try out some recipes at home. Whenever her mother was not at home, she persuaded her sister to make potato chips and the like but now she doesn't "mind" cooking herself. She can handle a whole menu, consisting of grilled food stuff, quite easily. She likes to bake and, given a choice, she would opt for baking biscuits and farts. Dilnavaz has observed her mother cooking routine food and has picked up quite a few dishes. Asked if she could cook a full dinner or a lunch, she said, it would depend on the number of people she would have to cater to.

Dilnavaz feels that cooking should be a part of the school curriculum. Even boys should be taught to cook till a certain age. She would like to cook her own food even after she starts working.

Mrs. K. D. Engineer has been running a baking class (on week-ends only) for the past six years. The response has been mainly from upper middle-class housewives and working girls. She teaches baking of cakes, biscuits, roast chicken and other baked dishes.

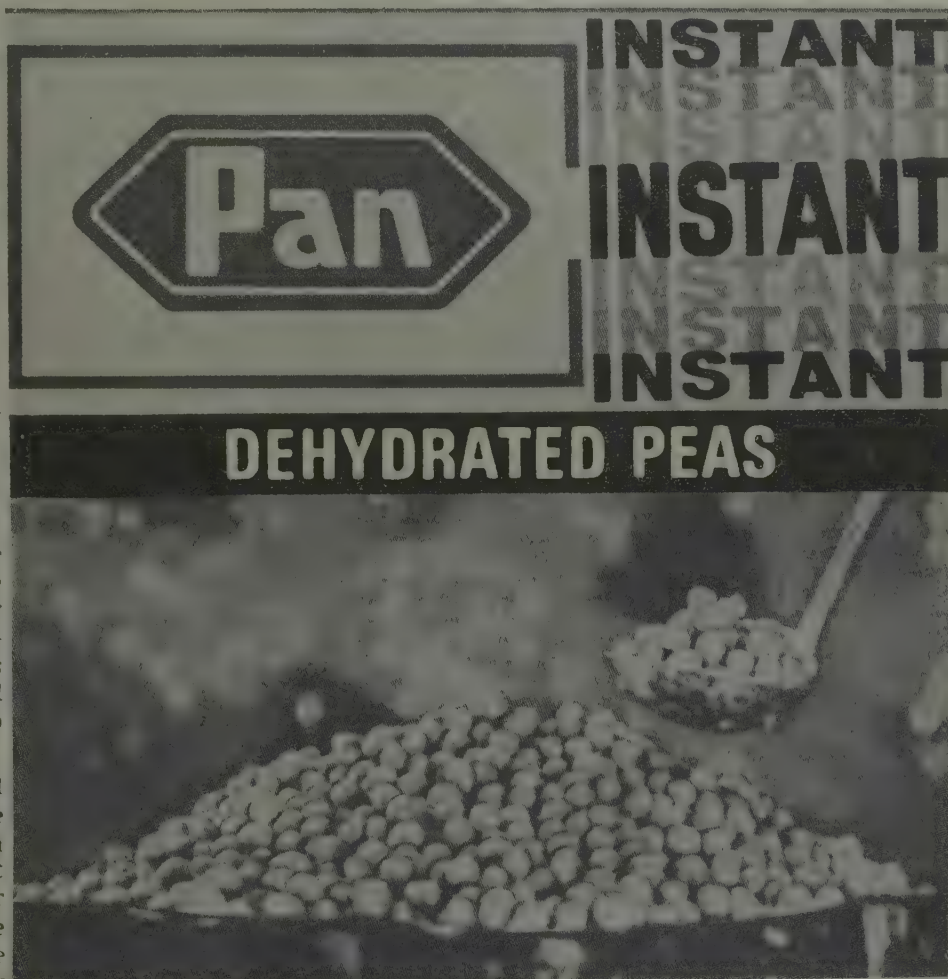
Mrs. Engineer finds modern gadgets like mixers and grinders a great help. "Frankly, I would be quite lost without them." She feels there is definitely a need

for more catering institutes in the country and, according to her, both men and women should know basic cooking, if not how to make fancy dishes. There are people who do not even know how to make a cup of tea, she said, "which is quite deplorable."

In schools, Mrs. Engineer feels, the rudiments of cooking should be taught to children. They ought to be able to make breakfast or a quick lunch packet for themselves.

to take the entire day's revenue! Needless to say, the scouts were thrilled.

No doubt, there are harassed, impatient parents who prefer to have their kitchens to themselves rather than have children cluttering up the place, pottering around with pans and vegetables. But those who do give their kids half a chance to "do their own thing" in kitchens find, quite often, that the youngsters manage to fend for their stomachs fairly competently.



DEHYDRATED PEAS

Pan Peas à la Scoville

- 1 cup small pearl onions and lemon juice
- 2 cups Pan peas soaked overnight
- 4 tablespoons olive oil

- 1/2 pound small white salt, pepper mushrooms

1. Bring the onions to a boil in cold water and drain.
2. Bring the Pan peas to a boil in cold water and drain.

3. Wash the mushrooms in lemon juice and water and cut in thick slices. Saute in the hot oil.

4. Add the peas, onions, salt and pepper. Cover with the lid and shake over a slow fire for 10 to 15 minutes, or until the Pan peas are just soft but not mushy.

5. Serve in a casserole.

Incentive

THIS WAY, IT'S CHILD'S PLAY

FRENCH TOAST

- 2 eggs
- 4 to 6 slices of bread
- 2 cups milk
- 6 tsps. sugar or to taste
- 1/2 tsp. cardamom and nutmeg powder

Ghee for frying

Whisk eggs. Mix gently in milk. Add sugar. Put on a low fire till sugar dissolves. Soak the bread slices in the milk mixture for about half an hour. Sprinkle cardamom and nutmeg powder. Fry in ghee till golden brown on both the sides. Serve either hot or cold.

BANANA SPLIT

- 4 bananas
- 1 cup fresh cream, chilled and sweetened
- 1/2 cup mixed fruit jam

Peel the bananas and slit them lengthwise. Lightly beat the fresh cream. Spread the cream on the bananas. Put a teaspoonful of the mixed jam in the centre of each banana. Serve immediately before the bananas turn brown.

HAM AND EGG ROLL

- 100 grams sliced ham
- 4 eggs
- 100 grams French beans
- 4 tomatoes
- Salt and pepper to taste
- Butter
- Little cream

Hardboil the eggs, shell and chop. Cook the beans, drain and mix with the eggs, salt and pepper. Add cream and heat a little. Arrange ham slices in a plate. Divide the filling equally and place in the centre of each ham slice. Roll them up. Place in a buttered heat-proof dish. Brush with little butter. Place the halved tomatoes in dish. Bake lightly for ten minutes. Serve hot.

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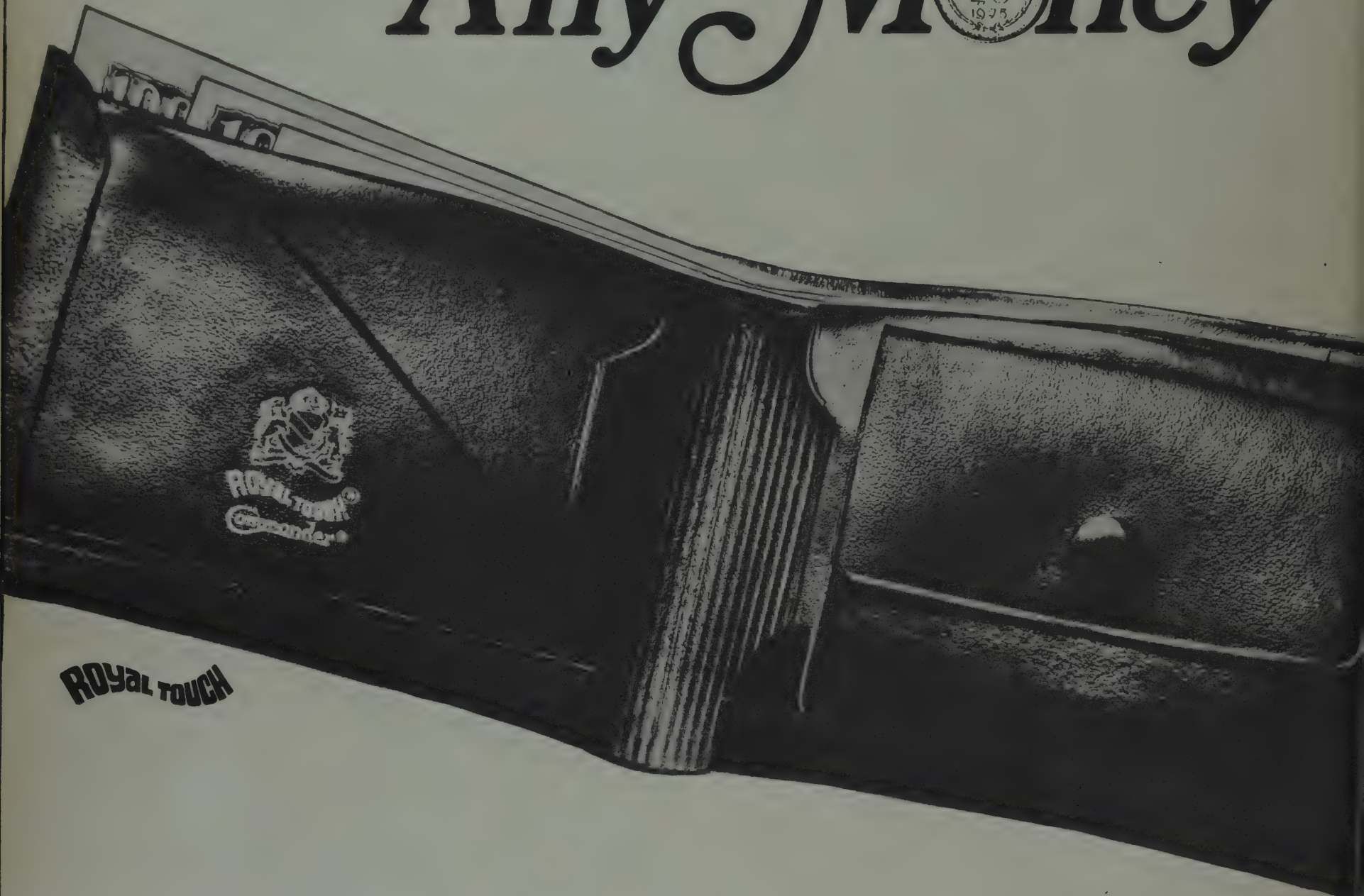
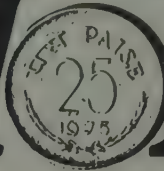
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At present, cooking is taught mostly in girls' schools. However, Girl Guides and Boy Scouts are taught to cook a number of dishes. When they go out to "earn" (as part of their duties), many a time they are asked to make tea or coffee or serve tea-time snacks. Once, two boys of a north Indian school went out on one such assignment. They were asked to make a basketful of pakoras. They started to work, quietly cursing themselves for their bright idea of joining the Scouts and suffering thus. After the job was done, their employer asked them to stand near a college, around lunch-time. In less than fifteen minutes the stock was over and their boss asked them

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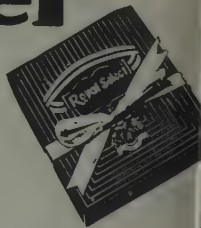
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A director has to be at least part psychologist, to tune in to the sensitivities of the actors, to know when to push ahead with a scene or to ease off. I believe positive and negative rhythms surround people. Sometimes when negative forces are at work, the time is just not right to push ahead. You have to wait till the energies around you take a different current. Calling a break for refreshments at the right time can often be the crux behind a productive or a non-productive rehearsal."

Meals prove to be the levelling point during which frictions and tensions are rubbed off. "During a production you're thrown together with a bunch of people for three or four months. At the end of it, you can either love each other or hate each other. I generally end up loving the people I work with and they love me."

PEARL'S QUICK CHOOK* CURRY FOR 8 HUNGRY PEOPLE

*Aussie for chicken

- 1 large broiler, cut in pieces
- 6 large onions, cut fine
- 6 large potatoes, diced
- 6 large tomatoes
- 1 packet lasun chutney

Salt
Coriander, minced fine
Oil

Heat oil. Fry onions till golden brown. Add chook pieces and salt. Simmer for ten minutes. Meanwhile, cut tomatoes, slice open lasun chutney packet and peel potatoes. As soon as the chook is bubbling away, add chutney and tomatoes. Stir. Cover. Put a kettle of hot water on the lid of the dekchi. Simmer ten minutes. Add hot water to cover ingredients. Simmer 30 minutes. Add diced potatoes and coriander. Cook another ten minutes. By this time both chook and potatoes are cooked. Eat with masses of fresh bread.

Note: "Quick Chook Curry is a one-dish meal, simple, quick, easy on the energy. It's also an example of collective cooking, as everyone pitches in to peel and chop.

"It all started in Sydney University where I was studying in the late 40s, when after Drama class, we'd grumble over student pangs of hunger. Since every floor in the Women's College had a kitchen, that's where we'd run to for our midnight feast.

"Quick Chook Curry is also invaluable to washers up. The bread generally wipes the plates clean!"

Rosie, who has been with the family for 22 years, and Pearl, enjoying the morning hour together on the verandah.

She is a theatre director, a film actress, and a drama teacher, and she hostesses parties for the most elite of creative artists. But the most impressive feature about Pearl Padamsee is that she has not lost herself in the process of becoming a celebrity. She is warm, bubbling, intense and committed to herself, which perhaps is the best way of being committed to her art. Her decisions, major and minor, are all based on personal considerations — from her choice of roles and plays to the menus she plans and even the vegetable vendors she shops from. Pearl is first a person — mother and housekeeper — and then a personality. Therein lies her charm.

Her home reflects her diverse traits. The paintings are stark, the furnishings elegant, the atmosphere warm and informal. She prides herself on her cuisine, which for her is a way of creative communication with people she cares for. Planning a meal is an elaborate ritual with as much attention to details as directing a stage production. No menu is repeated for the same guests. Her friends claim to have tasted the best Jewish and Mughlai dishes at her place. Their health and diets are kept in mind. Often she is called upon to whip up a meal for twenty in an hour and her fridge is always stocked to meet such situations.

Each Saturday morning finds her at the Colaba bazaar with three massive shopping bags. Her first stop is Kishti, her fisherwoman. Pearl has had Kishti's children admitted into school, ar-

ranged for them to join embroidery classes. Today the girls are married and the family owns a sewing machine as well as a TV set. Kishti will sell Pearl only the choicest of fish. On days when the fish is not fresh she frankly murmurs, "Aaj aap ke liye nahin hai. Vahan dekho. Uske pas rawas achha hai." All the same, Pearl stops for a chat. Kishti watches Pearl on TV and offers her brand of criticism. "Bahut achha programme tha, bai. Angrezi to kuchh samaj nahin pada, lekin bahut achha saree pehepa tha."

Til recently Pearl had a twelve-year-old dalchiniwalla friend. "Every week I used to buy all his dalchini. Then I had the problem of how to use it up. So I learnt how to bake using dalchini in apple crumble, cinnamon cake and all sorts of things. Thanks to him I extended my repertoire of cooking. Then suddenly he just faded off the scene and I haven't seen him for months."

Her new friend is a little boy who sells adrak, dhanian and mirchi. "His name is Shanker but I call him Ram Bharose after a character in a play by Mohan Rakesh, and now I've started buying all his adrak, dhanian and mirchi. I've started putting dhanian in everything I cook, which gives it a marvellous flavour, and I make a chutney with adrak, lasun and mirchi. Sometimes I take my young friends to an Udipi hotel for tea. Talking to

them, seeing things from their perspective, has taught me a lot about life in a very real sense."

After the bazaar, the kitchen, and here Pearl's helpmate is her maid Rosie. "While we are cleaning and chopping vegetables together — which incidently I find very relaxing, almost therapeutic — Rosie talks about the Catholic community, about their festivals, their sentiments. For instance, after the Pope died for several days Rosie was morose and we talked about the responsibilities of the head of a religious group and the responsibilities of those persons entrusted with the task of electing him. All this philosophy over the 'gawar' and 'chawal'."

Rosie has been with the family for twenty-two years, eats what they eat, plays the radio when she feels like it and sometimes even sees a film with Pearl. "I love her every bit as part of my family," declares Pearl. "In my latest film 'Baaton Baaton Mein' I play the role of a Catholic mother and Basu Chatterjee gave me the name of Hilda. I requested him to change the name to Rosie as it has a special significance for me. He agreed and now Rosie is delighted that her bai is going to become Rosie!"

Pearl is a great believer in vibrations. "On entering the kitchen or a room, I just know, you could almost call it instinctively, that a meal is going to flop or that a rehearsal is shaping well.

IT'S NOT JUST

Indian food is eternally inviting and foreigners who taste it—or cook it—marvel at its flavour and variety. The pungency not withstanding, more and more non-Indians are discovering the pleasures of Indian food and realising to their delight that it's not just a matter of a 'hot curry'

Kalpna Sen

"Oh, that's really neat!" exclaimed Genie, my young American friend. It was a bright sunny afternoon in San Francisco, and I was serving a late lunch for the two of us. Her remark took me slightly aback, and my first thought was that my friend was complimenting me on the "neat" round shape of the puris. I was to realise later, as I became more familiar with the American language, that it was spontaneous appreciation on her part.

As a foreign service wife, I have fortunately had opportunities over the years to observe reactions of foreigners to Indian cooking, both at formal and informal get-togethers, in many parts of the world. An Indian meal often evokes a sense of historical belonging with friends from Afghanistan, Iran, Turkey, parts of the U.S.S.R. like Azerbaijan, and South-East Asian countries such as Indonesia and Thailand. Besides kababs and pilau, the Egyptians have a popular equivalent of "kichiri" and brinjal bharta (called "baba-ganush"). When I once served the Bengali delicacy of prawns cooked in coconut milk ("chingri malai"), I was surprised to hear from a Brazilian guest about a similar preparation, also considered a delicacy, in the north-eastern coastal areas of his country.

THE SECRET OF THE CURRY

To uninitiated friends from many other parts of the world, however, Indian cuisine is unfortunately synonymous with "curry"—a rather simplistic and widely prevalent impression of Indian

cooking which is fostered by the sale of standard concoctions of "curry powder" available in grocery stores abroad. Curry powder to them is one spice, and not a combination of spices. They are quite fascinated when told about the many different kinds of curries in India, and how they vary greatly from region to region. One has to explain that "curry" simply means a sauce or gravy, and that any number of variations are possible. I was quite amused when an elderly American neighbour confidently told me the secret of her "curry."

She boiled her meat (lamb, beef or chicken) with a generous helping of curry powder, and when the meat was cooked, dropped one whole red "pepper" (dried red chilly) into it, gave the "curry" one more boil and then removed the "pepper" from the "curry," before taking it off the stove. This one chilly apparently did the trick!

"FRYING THE SPICES"

Another lady's recipe was making lamb curry with green cook-

ing apples—probably a good variation, though not quite authentic. The Western woman can understand the process of marinating, as she uses the same sometimes, but what is difficult for her to follow is the process of "frying the spices." Spices to her are a seasoning only to be sprinkled.

When exposing a foreigner to Indian food, one often makes the mistake of trying to adapt to their palates. I believe that such a compromise, however well meant, is not called for. Most of

PERSONAL EXPERIENCES WITH INDIAN FOOD:

RANI SODHI

Denmark



The first time Rani Sodhi tasted Indian food was at some friend's house in Denmark some eight years ago. "It looked so colourful. Our food looks quite drab comparatively and oh, the aroma of the spices was just heavenly! I had tasted nothing like the Indian mutton curry and the cottage cheese and peas and the biryani." She vowed to learn Indian cooking. After her marriage to an Indian doctor she settled down with his family in Delhi and it was then she learnt what she calls the "delicate art of Indian cooking". Knowing both Danish and Indian dishes she does a lot of improvisation, and comes up with some delicious foods. Both her daughters and her husband are fond of Western and Indian food but they prefer Indian dishes. What Rani relishes most is the vast variety of Indian pickles. "There is nothing like this in the West". She likes masala chicken and the use of saffron, elaichi, mint and, of course,

curds in most of the foods. Also the succulent sweets "barfi, jalebi, rasgollas" are all out of this world."

Does she feel Western cooking is more nourishing than Indian cooking?

"Not at all. Indian cuisine is as well balanced and nourishing as Western cooking. A little more spicy maybe, but so much more exciting."

PEGGY SOOD

America



Peggy Sood is an American who came to India as a student, took up a teaching job, fell in love with an Indian and got married, and has been living here for the past four years. "When I got married I suddenly realised that my Indian family expected me to know and do a fair amount of cooking. That was a pleasant situation, as my family in New York had a flair for cooking. As far back as I can remember, we never bought a birthday cake.

So Peggy got down to learning the basics of Indian cooking from her sister-in-law. She also started experimenting with many Indian ingredients to make American dishes. Italian pizza, a favourite food of the Americans and Canadians, came out extremely well with Indian masalas. She improved upon many a sauce to match various Western meat dishes.

Her husband's family came from Kangra and a fair amount of yoghurt and meat is used in Pahari cooking. Peggy thinks meats cooked in dahi have a fantastic flavour and are excellent in taste. She also uses a lot of ajwain, tulsi and elaichi in both Western and Indian cooking.

"Is Indian cooking more complicated than American cooking?"

"What is American cooking, really? There is the pizza, spaghetti and meat sauce, the apple pie, hamburger, hot dogs. These have been brought to America by different settlers. However, I feel that if you start from scratch, do the baking, make the sauce, etc. at home, American or Western cooking can be quite time-consuming. If you take pre-cooked stuff from the market, then your work is much less, but the result may not be so good. Indian cooking follows a set pattern. You brown the masalas and onions, put the meat or vegetables, simmer on low fire and the dish is ready. I mean the everyday food—not the party cuisine."

Peggy's favourite Indian food is muttar paneer biryani cooked in an earthen pot with kesar and curd over a slow fire and served in the pot itself.

P. H.

CURRY!

proverbial spicy hot food. We can always offer the same, and not attempt to make the dishes too bland. The Hunan and Szechuan Chinese food can be a lot hotter than most Indian food, but it is appreciated without being toned down for the unaccustomed palate.

Our non-vegetarian specialities such as tandoori chicken and biryani, have been fairly well-known abroad. For a number of reasons, our vegetarian cuisine is also

gaining in popularity. With most young Americans and Europeans going on the "Health Food Trip," people are becoming more familiar with our dal and lentil preparations. In south-east Asia of course, with South Indians forming a fair section of the local population, South Indian vegetarian cuisine has existed for a number of years. In recent years, however, in the West also snacks like dosas and vadas are becoming increasingly popular. For instance,

"Siddarth", the dosa shop, one block from the White House, was initially opened to cater to the Indians working at the U.N. organisations. But today it attracts a large local clientele.

Our appetizers, like samosas, kachoris, pakoras and kababs are universally liked, but not so our desserts. In the Far East, the concept of a dessert does not exist. In the West, for some unknown reason, our desserts are

not that well relished as the French desserts. Of course, there are some, like a friend of mine who asked me for the "rasagolla" recipe over the phone, after having tasted some the previous evening at my place. I tried to do my best over the phone, and was pleasantly surprised, when she turned up triumphantly, later in the day, with perfect spongy rasagollas. Again there are Russians, with their sweet tooth, who enjoy our "kheer" and "payash."

However, what all foreigners find strange about the Indian cuisine is that there is no wining with the dining. It is not just the Westerner—the Chinese and the Japanese also have their own wines and teas. For people who are not used to drinking water, it can be an unusual experience, just as it is for the Indian, when he or she finds it difficult to get a glass of plain drinking water. Of course, certain wines with light bouquets can go fairly well with most Indian food.

SOME FOREIGNERS SPEAK

WILLIAM BORDERS

America



Mr. William Borders, New York Times correspondent in India for the past three years, has had many opportunities to travel to different parts of India and taste local food. He sums up his reaction to it in just one sentence "I just love it." He has always liked spicy food. He had tried Indian food in the U.S. but it was milder and less varied. "Here in India there is a lot of variety and one can choose from a number of dishes."

Bill (as he is popularly called) likes tandoori food the best and eats it as often as he can. He doesn't mind seeing people eating with their hands. "The idea of eating with hands is not unusual to an American, but it is difficult for an American to eat with his hand the kind of food Indians eat. I just cannot do it without making a mess of it," he says.

"There is one thing about Indian food: there is always too much of it. Whenever I go to

someone's house to eat, I generally tend to fill my plate and then I find it difficult to finish it. Since Indian food is heavy and difficult to digest, one can only eat a small quantity at a time. Heavy food makes me feel lazy and in no mood to work, especially if it is lunch." Bill doesn't like Indian desserts or sweets, except 'kulfi'. He finds them too sweet.

Cooking Indian food, he feels, may be little difficult for a Western housewife, but not impossible. "She may not be able to get the exact thing, but if she uses the proper ingredients the end result I am sure can be fairly good."

EDITH MALKIN

Belgium

"One of the pleasures of having Indian food is in trying to figure out what went into its preparation. The lovely aroma that emanates from it whets the appetite as well as curiosity," says Mrs. Edith Malkin, a Belgian national who has been living in India for about a year.

"I had not really been exposed to Indian food till I came here, though I had tried it twice in an Indian restaurant in London. The first time was a big flop as all the names on the menu card were unfamiliar and we didn't know what to order, but the second time we went with an Indian friend and I thought the food was absolutely delicious."

Mrs. Malkin has a good cook who makes Indian dishes once a week. "It is not made more often, as my children are rather conservative where food is concern-

ed and do not like to try out new dishes. But if we go out to a restaurant, I wouldn't dream of having Western food. I really marvel at the variety of Indian dishes and the way they are prepared. One can not only smell the different spices, but also taste them. Cooking Indian food, I feel, is a real art. Compared to it Western food is rather bland.

"In the West all dishes are served in courses, so that one knows what is coming next. In India, everything comes together and a person who is not familiar with the way Indian food is served can just look at all the food without knowing how to eat it and without realising what goes with what."

It was only after coming to India that Edith saw people eating with their hands. "In the West also we do eat a few things like sandwiches, hamburgers or pizzas with hands, but here people can manage even the curry food and do it gracefully, without spilling a drop. I would never be able to do it."

Though Edith loves Indian food, she says she is not going to cook it at home. "I will have to experiment with various masalas to get the right flavour. At present I don't even know which masala to use to achieve a certain result. Indian cooking is very time consuming, and I think for a Western woman to cook it every day would be very difficult."

Edith enjoys eating tandoori chicken, stuffed parathas and many vegetarian dishes. She simply loves lassi and will not give it up even when she goes back home. One thing she definitely does not like is Indian sweets. "They are too sweet," she says.

J. K.

INDIAN RESTAURANTS ABROAD

The popularity of Indian food can be best judged by the increasing number of Indian restaurants mushrooming in all the large cities around the world, and the roaring business they are doing. In New York itself there are about 90 well-known Indian restaurants, a number of which are competing with the top ranking French restaurants, both in terms of location and prices. Among them can be mentioned "Shezan" which also has a branch in London. Apart from these, there are also any number of small cafeteria type eating houses. This growing number of Indian restaurants abroad do not cater mainly to ethnic clientele, but reflect an increasing and more sophisticated interest in Indian cuisine.

Lin Yutang was only partially right when he claimed that "food should be tasted in its place of origin before any judgement can be pronounced on it." In a world that is growing smaller every day, Indian cuisine serves the role of introducing our culture in a foreign climate in a manner similar to a sitar recital, a Bharata Natyam performance, a yoga class, or a dose of transcendental meditation.

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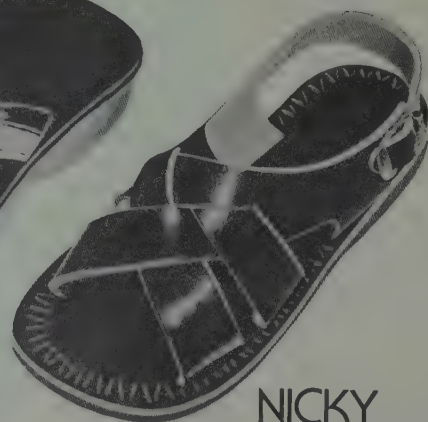
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For most of us, price is the only deciding factor when buying food-stuffs and we are rarely concerned about the quantity of nutrients they contain. And the rich among us buy apples, peaches, plums, grapes, at relatively high prices, feeling that these costly fruits are more nutritive than the cheaper indigenous fruits. But actually our tropical fruits such as guavas, papayas, pineapples and mangoes contain far greater quantities of vitamins. Therefore it is a fallacy to say that "an apple a day keeps the doctor away." It will be more correct to say that a guava or a papaya a day will maintain the glow of beautiful health in a woman, child or a man.

The Indian fruit called amla (nellikai in Tamil and Indian gooseberry in English) contains around 300-600 mg. of vitamin C per 100 grams of its pulp; the vitamin C content of guava is about 150 mg. per 100 grams of fruit, while the apple contains only 1 to 5 mg. of the vitamin per 100 grams.

Many green vegetables such as palak, chaulai, methi leaves, soj-ne sag (shevga or drumstick leaves), arvi leaves, dhania patta, poisag (mayalu), chuka (khatta) leaves, chakavat, takla, korla, mint (phudina), bathua sag, lal sag, are available all over the

THE GLOW OF HEALTH —through nutritious food

YOU ARE THE CUSTODIAN OF YOUR FAMILY'S WELL-BEING. GET TO KNOW WHICH ITEMS OF FRUIT AND VEGETABLE ARE REALLY NUTRITIOUS AND PUT THEM ON YOUR TABLE EVERY DAY

Duru Jagtiani

country. They are rich in calcium, iron, carotene (from vitamin A), vitamin C, riboflavin and folic acid.

Many of our deficiency diseases such as anaemia, night blindness, bleeding gums, cracks on the sides of the mouth (stomatitis), can be prevented if these vegetables are consumed regularly.

Only a few people will have a kitchen garden, but certainly all of you have a kitchen and you can create extra nutrients such as vitamin C at no extra cost by simply germinating or sprouting various beans, whole pulses and even cereals.

Sprouting is a simple process.

The grains are at first soaked in water for 24 hours. They are then spread on a damp towel and covered with a moist cloth. In two or three days, the grains germinate and shoots will be 1 to 2 cms. ($\frac{1}{2}$ to 1 inch) in length. These sprouts can be consumed either as a part of salads or cooked in different ways. These sprouted pulses are a cheap but rich source of vitamin C.

One more way to economise on food preparation is to have a number of necessary nutrients from different food stuffs in a single preparation. One of the best examples of this approach is the Bengali khichdi, which consists of rice, dal and a number of vege-

tables. The mini roti is another example. It consists of a cereal flour, besan, and some green vegetables. Again, a Sindhi preparation called saee bhaji consists of palak, chana dal and a number of vegetables. Debhra, a Gujarati preparation, consists of wheat flour, bajra, chana flour and methi leaves. These are some good examples of nutritive food prepared economically.

Similarly, instead of consuming just one type of cereal, it is better to have meals consisting of different cereals like wheat, rice, ragi (nashni), bajra, etc.

Animal foods such as meat, eggs, chicken, fish, milk are rich in proteins and other nutrients but they are costly. There are however several types of fish available in the market which are reasonably priced. So why not try them? Why only pomfret, rivas, kekra, surmai? Why not experiment with Bombay duck, kolombi (small prawn), manadhi, bhing and pedwa (sardines)? Scientists have established that sardines not only provide high quality protein but also their oil keeps the cholesterol level low in the blood. They are, therefore, one of the best and cheapest nutrients.

Thus, by planning and experimenting, a housewife can serve her family nutritious tasty food at a reasonable price.

HOW TO MAKE AN ICING GUN AT HOME

Materials required:

i) A few empty cylindrical plastic cans, with at least one lid, approx. 20 cms. long and 6 cms. in diameter (as shown in diagram A). (Self-adhesive transparent tape containers are the best choice.)

ii) One pencil-thick wooden rod, approx. 25 cms. long (or 5 cms. longer than your container).

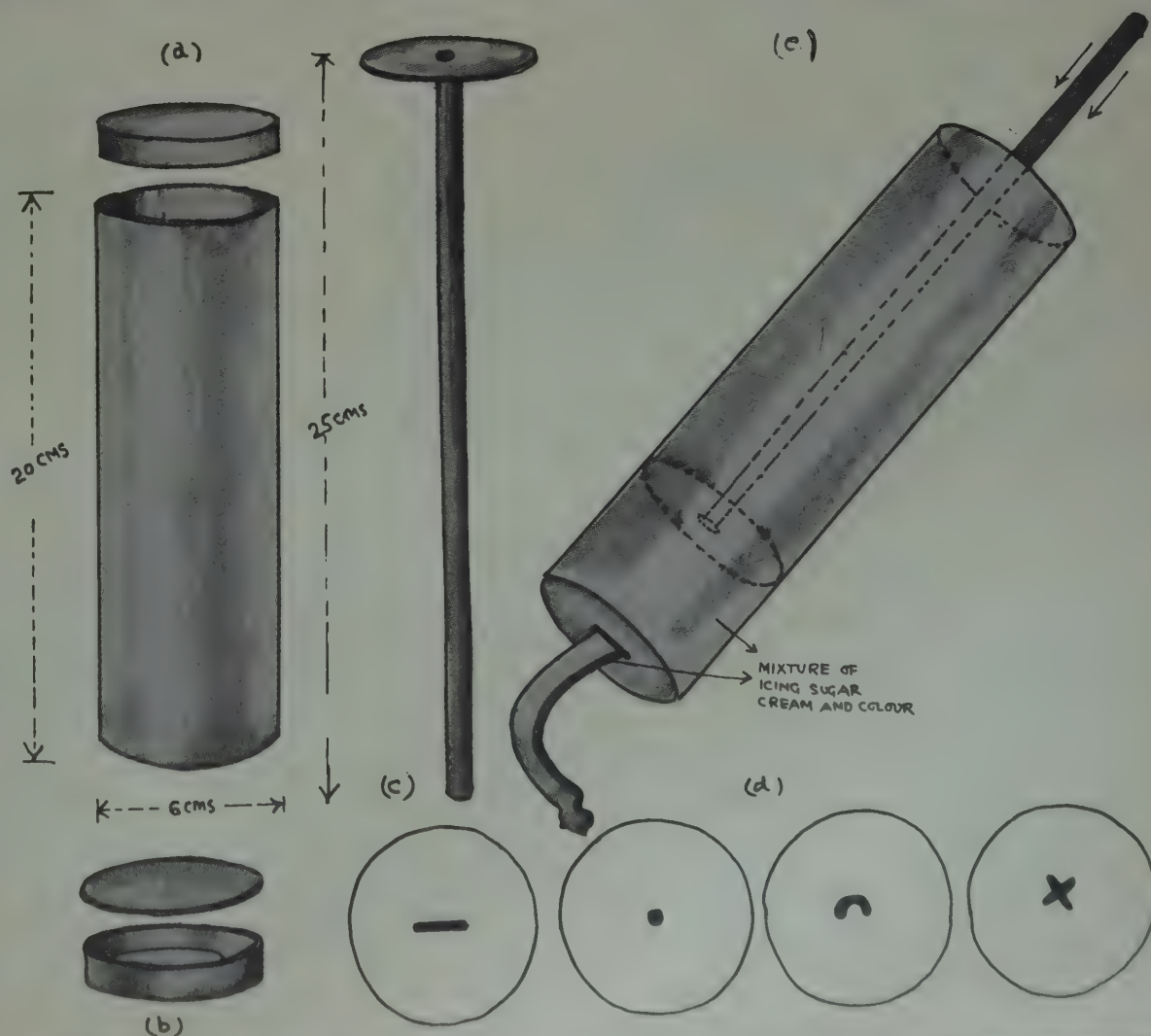
iii) A nail and a knife.

How to make:

Heat the knife and cut a disc from the plastic lid (as shown in diagram B). Fix the wooden rod in the centre of this disc with the help of a nail (diagram C).

Once again heat the knife and make different openings at the bottom of each can as desired (as shown in Diagram D). Your home-made icing gun is ready to use. (Diagram E)

Rupinder B. Singh



Jabakusum

Mother,
how is it you have
such a lovely
hair?

Even as a little girl,
I learned all about hair care.
If it is inconvenient
during the day, I make
sure to rub a little
Jabakusum on my head
before going to bed
and comb and tie the
hair carefully. That
keeps my hair healthy
and beautiful...
gives me a sound
sleep, too.



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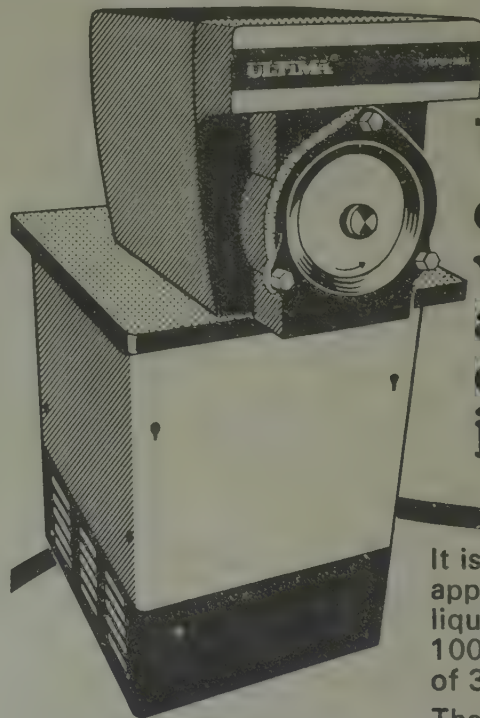
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The Ultima Kitchen Mill is the great new kitchen aid for housewives and hotel chefs. It incorporates advanced hammer mill pulveriser technology which ensures a high degree of fineness.

It can be used for dry and wet grinding of rice, wheat, pulses, herbs and spices, for preparing idlis, vadas, dosas and chutneys or liquidising of fruits and vegetables

Though informal entertaining is becoming more and more popular, there are special occasions which call for formal planning. In the latter case the etiquette of table service is a bit rigid.

HOW TO SERVE

Serve and remove all dishes from the left of the seated person except for beverages, which



are removed from the right. Table service should be done very unobtrusively, without interrupting people's conversation.

WHOM TO SERVE FIRST

In some cases it is the hostess herself, so that she can lead the way. Otherwise it is always the chief guest. In either case their plates are removed first after each course. For formal occasions, the appetizer is served when the guests are seated. The service plates are removed after each course. Before serving the dessert, everything should be removed from the table except the centre-piece and the water glasses. Dessert spoons may then be put in place or served directly on the dessert plate. Coffee is served last, either at the table or in the drawing room in small, "demi-tasse" cups.

For informal occasions, after the soup or appetizer is served and removed, the rest of the dishes are placed on the table, along with the service plates and the guests serve themselves and pass the dishes around. The coffee is served along with the dessert, at the table.

TABLE SETTING

Your table must always be attractive at meal times—the crockery and cutlery shining, the glassware sparkling, the linen spotless and the setting neat and orderly.

For formal dinners, use a white or cream-coloured table cloth of damask, linen, organdie or lace. For informal dinners or luncheons, use table mats of cotton, straw or plastic. The napkins can be colourful too. The crockery can be of China, ceramic or melamine. Tinted goblets or glasses look very effective.

PLACING

Put ten-inch service plates one inch from the edge of the table, with the soup plates over them.

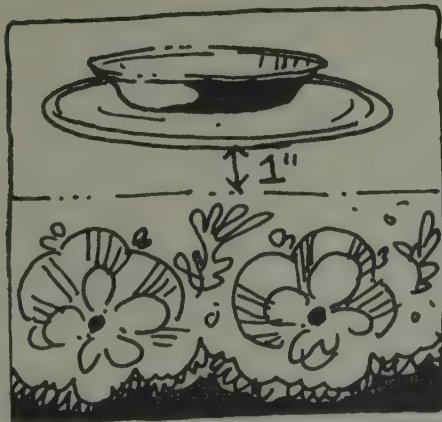


THAT'S ENTERTAINING

Vera Rikhye

TODAY MORE AND MORE WOMEN — HOUSEWIVES OR WORKING GIRLS — ARE DOING A LOT OF ENTERTAINING. HERE IS A RUN-THROUGH OF WHAT YOU NEED TO KNOW ABOUT ENTERTAINING WITHOUT HASSLES

Leave them on the table till the soup or appetizer course is over and remove them just before placing the main course plates. Place the knives at the right of



towards the plates, then place the spoons alongside. On the left of the plates are arranged the forks, according to the dishes served—fish, chicken or meat—starting from the outer side and with prongs up, except the cocktail forks. If the salad is being served first, the fork is kept on the right. In formal service, the dessert spoon is brought with the dessert.

Place the bread-and-butter plates directly above the forks, with the butter-spreads across the tops of the plates with the

handles to the right. The water glasses or goblets should be placed on the right, directly above the points of the knives. The napkins, folded any way you like, are put on the service plates, unless the first course is soup, in which case it is placed to the left of the forks. All silver is placed in order of use, beginning at the outside.

Have an interesting centre-piece but not one which obstructs the view of the diners.

BUFFET DINNER OR LUNCHEON SETTING

This is the most delightful and simple way of entertaining. The food, with the exception of dessert, is placed on the table, all together in order of service, hot dishes first, parathas, tandoori and rolls one after the other, ending with salad. The guests can thus start from one side and go round the table without causing confusion. The plates, cutlery and napkins are placed at one side of the table or on a separate sideboard so as to make self-service easy. The food should be attractively garnished. When the guests help themselves, the atmosphere becomes most informal and, for the hostess, hospitality more easy-going. The food served should be such that it can be easily handled. Don't forget, the guests have to either stand or place their plates on their laps and eat.

FOR THE TEA PARTY

For birthdays or "At Home" occasions, the tea party is a lovely way of entertaining. For this, a cheerful table-setting in buffet style is most appropriate. Arrange the table with the tea service at one end of the dining table and the coffee service on the opposite end, complete with cups, quarter plates, spoons and forks. Place the snacks conveniently for the guests to help themselves or for the hostess to pass

them on to them whether they are sitting or standing. Then the hostess must pour the tea or coffee and invite the guests to help themselves to sugar and milk.

For tea parties, serve dainty or fancy sandwiches, samosas, small cakes, kachoris, cookies, wafers, nuts, tiny cutlets etc. Of course, if it's a birthday, you'll have the customary birthday cake.

COCKTAIL PARTY

One of the most pleasant customs from the West to hit Indian society is the happy cocktail party. There are many variations of this popular 'quickie' party which enables you to host a houseful of guests with minimum of work, time and mess. Here the guests are carefree and mix happily like the cocktails themselves, and the atmosphere livens up quickly too! Different



glasses are used for different drinks—martinis, gimlets, liquors, champagne—straight ones for Bloody Marys, whisky etc., goblets for brandy, tall ones for cooler punches like Rum Colas, Tom Collins etc.

Dainty snacks like tiny sandwiches, fish or meat balls, cocktail sausages, cheese-cubes on picks, nuts, tiny canapes, cheese-nut balls, simple hors d'oeuvres, tiny cheese biscuits etc. are ideal to go with the drinks.

The drinks are either taken around on trays or arranged on a table on one side of the room, with the host mixing them and the guests helping themselves directly from the table.

MENU PLANNING

Menus are planned by rule but need not be followed strictly. The menu must be designed to fit the daily nutritional needs of the family or for special occasions. It is good management to plan a week's menu or for several days at a time but enough allowance should be made for using up leftovers and to take advantage of special food bargains. Each day's menu should include foods from the following groups—green and yellow vegetables, potatoes and tomatoes; meat, poultry, fish or eggs, milk or milk products; bread, flour, pulses and cereals; butter, oil or ghee; and fruits.

Now start early with the food that takes the longest to prepare or cook.

The measure of your success in planning the everyday menu is the health and happiness of your family.

V.I.P. Interviews-2

Funny. When he says V.I.P., it sounds like Japanese!



We met Mr. Takayoshi Fujiwara* in Bombay. He bowed in greeting. We bowed in return. He bowed... A few bows later, we sat down.

After some polite preliminaries, we got down to business. "Why do you buy V.I.P. luggage?" we asked. To our surprise, our imperturbable host was affronted. "Why," he sputtered. "Why not! Why the world buys our Akai tape recorders? Sony TV sets? Seiko watches? Why not I buy your V.I.P.?"

Taken aback, we explained what we meant. We assured him we were glad he did. Mollified, he assured us he was glad too. Very glad. He shopped around the world. And bought the best.

We carefully worded our next question. "How did you come to choose V.I.P.? Had you read about it?"

"Red V.I.P.? No, no," he said, "I carry black. Only black. Sometimes maybe brown. But my wife like blue. My first daughter like green..."

"Yes," we said, enthusiastically. "We have seven V.I.P.

colours—red, blue, black, brown, gold, grey and green. To please everyone. It's a big customer advantage."

"Me," he said, "I like small advantages." (We gave up!) "Like your special V.I.P. lining. Hand-stitching. In Japan, we notice." "What about toughness," we added. "What about the extra strength of a V.I.P.?" He dismissed

it in one eloquent sentence. "I show you a Sumō wrestler, I no tell you he strong man!"

We recovered from that rebuff and moved on to secure ground!

"Your V.I.P. locks," he said, "are very good. Me, I have combination lock. My wife have regular lock. My daughter have both..."

"Everyone in your family has a V.I.P.?" we asked, quite delighted. "Yes," was the reply.

A simple explanation

followed, "I buy them!"

"Maybe I buy more V.I.P. My wife's cousin like V.I.P. My uncle's friend want eight V.I.P.s... Why not I buy now? I buy..."

He paused for a second.

"Why not I buy your V.I.P. company? Tell me. How much?"

Somehow, we managed to get out of that. And fled.

(For those who are understandably, a little worried, let us assure you that we still have our Japanese customers, including Mr. Fujiwara. But the Company, which incidentally continues to be called Blow Plast Limited, remains Indian. 100%!)

*To protect the privacy of our V.I.P. customers, it has been necessary to conceal their actual identities.



V.I.P.

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In the last few years the culinary revolution has modified traditional methods of cooking. The accent is now on lightness, crispness rather than on ponderous elaborations.

Some time ago, *Time* magazine, in a cover story on the eating habits of Americans, talked about the 'Great American love affair with the kitchen'. This could be said of India too, where more and more males are making incursions into the kitchen, more innovations are being tried out, more cook books being written. A lot of imagination and money is being lavished on kitchens.

A few years ago people would have laughed at the idea of a college for learning cookery. Today such institutes flourish cheek by jowl with other colleges, and there is a regular rush for admissions.

Three Bombay women who have raised cooking to an aesthetic experience from drudgery are Miss Sushilla Vaswani, Mrs. Shirin Vahanvaty and Mrs. Amena Jafferjee.

Miss Vaswani offers courses in beauty training, flower arrangement, and, of course, cookery. She has attended various courses in London and Bombay. With this experience and the encouragement of other housewives, she decided to conduct cookery classes.

Continued on page 63

Photographs: Farokh Reporter




Sushilla Vaswani (fourth from left) and her young cookery enthusiasts.

“Like Mother Used To Make”

Everyone wants 'mother's cooking', but these days mothers also have to go out and learn methodical cooking, along with their daughters. No wonder, then, there is a boom in cookery classes — in fact it seems to be some kind of status symbol to say: "I am learning cooking"!

Amena Jafferjee (second from left) and Shirin Vahanvaty (fourth from left) at their cookery class.





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"LIKE MOTHER USED TO MAKE"

"I still remember, it was the 8th of April '77 when I started a class with just four students, and by the beginning of June I had to cope with 32," she said.

Besides the demonstrations she holds and the many classes she runs, both at home and at institutions like the Y.W.C.A., she also teaches young school girls.

Sushilla makes doubly sure of her taught recipe by allowing her students to jot down points as the demonstration proceeds, thus making things clearer. Touching on all aspects of both vegetarian and non-vegetarian diet, she also caters to the needs of patients. She offers her students certificates after the course is completed.

Shirin Vahanvaty and Mrs. Amena Jafferjee are two other Bombay women who have made cooking almost a career. For a long time they both cooked with great pleasure and did a great deal towards the gastronomy of not only their husbands but also friends and relations. So acutely did they impress that a unanimous cry for classes rose spontaneously. They run their classes twice a week in batches of ten. Not only do they instruct their students on the basic method of Indian cookery, but also teach them international cookery, adapted to the Indian situation, especially where availability of foodstuffs and facilities are concerned.

Besides simplifying things both Mrs. Vahanvaty and Mrs. Jafferjee explain things to the minutest details and instruct their students on the basic need for cleanliness.

Mrs. Vahanvaty spends a lot of her time in baking. Taking large-scale orders on cake, her speciality, proves a much loved occupation for her. Giving demonstrations and the art of gift wrapping also interest her. On the other hand, Mrs Jafferjee has taken up a course in secretarial training.

So with the tastes of man waxing and waning from time to time — culinary expertise is taking on a highly competitive form. And as Mrs. Beeton remarks — "statesmen can carve nations, but good cooks alone can consolidate them."

Cindy Wadhawan

RECIPES FROM THE COOKERY CLASSES

CHOCOLATE PEAR GATEAU

- 1 tin pears
- 300 grams cream
- Butter cream for piping
- Vanilla essence
- 1 packet set jelly of your choice
- Apricot jam
- 60 grams cashewnuts, chopped and roasted
- Dragees or chocolate drops
- A few glace cherries

FOR THE CHOCOLATE SPONGE:

- 75 grams flour
- 3 eggs
- 15 grams cocoa
- 1 level tsp. baking powder
- ½ tsp. vanilla essence
- 125 grams castor sugar
- 30 grams melted butter
- A pinch of salt

Carefully separate whites from yolks. Whisk whites stiffly with a pinch of salt. Beat in sugar gradually and then the egg yolks. Fold in the flour, cocoa vanilla essence, baking powder and then the melted butter lastly. Pour into a greased and floured flan tin. Bake in moderate oven for 20 minutes or until done.

Turn out the cake carefully and place on a glass dish. Warm the apricot jam and spread evenly all round the cake. Coat with roasted cashewnuts. Spread the beaten cream on top of the nuts. Chop up the set jelly and fill the base of the flan. Add pears. Pipe a design out of the butter cream mixed with any colouring of your choice (using a no. 13 nozzle) round the pears. Decorate with dragees and a few glace cherries to give colour to the pudding. Chill before serving.

PRAWN AND CHEESE PINEAPPLE

- 1 tsp. tomato sauce
- ¼ cup mayonnaise or salad dressing
- 1 tsp. chilli powder
- ½ cup cream cheese
- 2 tps. gelatine
- A few stuffed olives

GRIND TO A PASTE:

- 250 grams prawns, ground (boiled)
- 1 tbsps. lime juice
- 2 cloves garlic
- 1 thin slice ginger, ground fine

Grind the prawns, ginger and garlic together. Combine with the lime juice and shape round in a mould or glass or shape it like a half pineapple. Dissolve gelatine in water. Add mayonnaise, cream cheese and chilli powder. Frost pineapple. Stud with stuffed olives. Top with real pineapple, top. Serve with potato crisps.

Amena Jafferjee

FRUIT PUNCH

- 2 large cups vanilla ice cream
- 1 small tin mixed fruits
- 1 cup orange juice
- 1 cup pineapple juice
- 1 cup chocolate ice cream
- Crushed ice
- 2 tbsps. rum

Mix all the above ingredients in a mixer and serve in long glasses with crushed ice.

CHIQUITA CREAM PUDDING

- 1 sponge cake
- 200 grams cream
- 50 grams cherries
- ½ cup milk
- 1 packet, set pineapple jelly
- 1 tin pineapple slices
- 2 tbsps. rum or brandy
- 2 cups vanilla ice cream
- 50 grams walnuts
- 6 tbsps. icing sugar

Cut the cake into two, horizontally. Soak it in milk, pineapple syrup and rum. Place one half of cake in a dish. Spread one half of the set jelly, chopped in pieces. Place pineapple slices. Spread a layer of double whipped cream mixed with icing sugar over the pineapple slices. Place half of cherries and walnuts. Place the other half of the cake on top. Spread a layer of ice cream and the rest of the set jelly, walnuts and cherries on top. Chill and serve.

MEXICAN SPAGHETTI IN HOT SAUCE

- 250 grams spaghetti, boiled
- 1 tsp. ginger garlic paste
- 4 tomatoes, chopped finely
- 2 onions, chopped
- 4 to 5 green chillis
- 1 cup tomato sauce
- Salt to taste
- 4 capsicums, diced
- 1 cup cheese, grated
- 2 tbsps. Worcestershire sauce
- 1 tsp. chilli sauce
- 2 tbsps. oil

Heat oil. Fry onions till brown. Add the ginger garlic paste. Add in cheese, chopped tomatoes, chillis, salt and all the sauces. Mix well and add in diced capsicums and boiled spaghetti. Mix it well. Pour it in a greased dish and bake for 20 minutes and then serve.

Sushilla Vaswani

SPANISH PULLAO

- 2 tbsps. spring onions
- 1 tbsps. celery, cut into long strips. Fry these in 2 tbsps. ghee
- 1 tbsps. sweet curd
- 1 cup rice
- ½ capsicum, cut into strips
- 1 tsp. salt
- 1/8th tsp. turmeric
- 4 capsicums
- 2 cups bone stock

Fry the spring onions and celery for 5 minutes. Add rice, capsicum strips and salt. Stir for 2 minutes. Add 2 cups of bone stock. Cook till little water remains. When the water in the rice mixture boils, place on a medium fire with water on the lid for 20 minutes. Meanwhile steam the 4 capsicums for 10 to 15 mins. Remove, slit them, keeping stalks. Soak the saffron in water.

After 20 mins. remove rice from fire, add 1 heaped tablespoon sweet curd and add the saffron. Quickly mix. Place the dekchi on a low fire and cook for exactly 10 minutes.

FOR THE CAPSICUM STUFFING:

- 3 tbsps. ghee
- 3 tbsps. onions, chopped
- ½ tsp. turmeric
- ½ tsp. cummin and coriander powder
- ¼ tsp. fenugreek powder
- ½ tsp. sambhar masala
- 1 cup prawns, cleaned and boiled in salted water

- Salt to taste
- 1 tsp. Worcestershire sauce

GRIND TO A PASTE:

- 6 red chillis
- ½ tsp. cummin seeds
- 6 cloves garlic
- A piece of dry coconut

Fry the onions in ghee till golden brown. Add the ground masala, turmeric, cummin and coriander powder, fenugreek, and sambhar masala. Stir on for a minute then immediately add 1 cup of prawns. Stir, add Worcestershire sauce and salt. Cook for about 15 minutes, till water dries up. Fill the capsicums with this mixture.

Put the cooked rice in a greased ring mould and press so that it takes a shape.

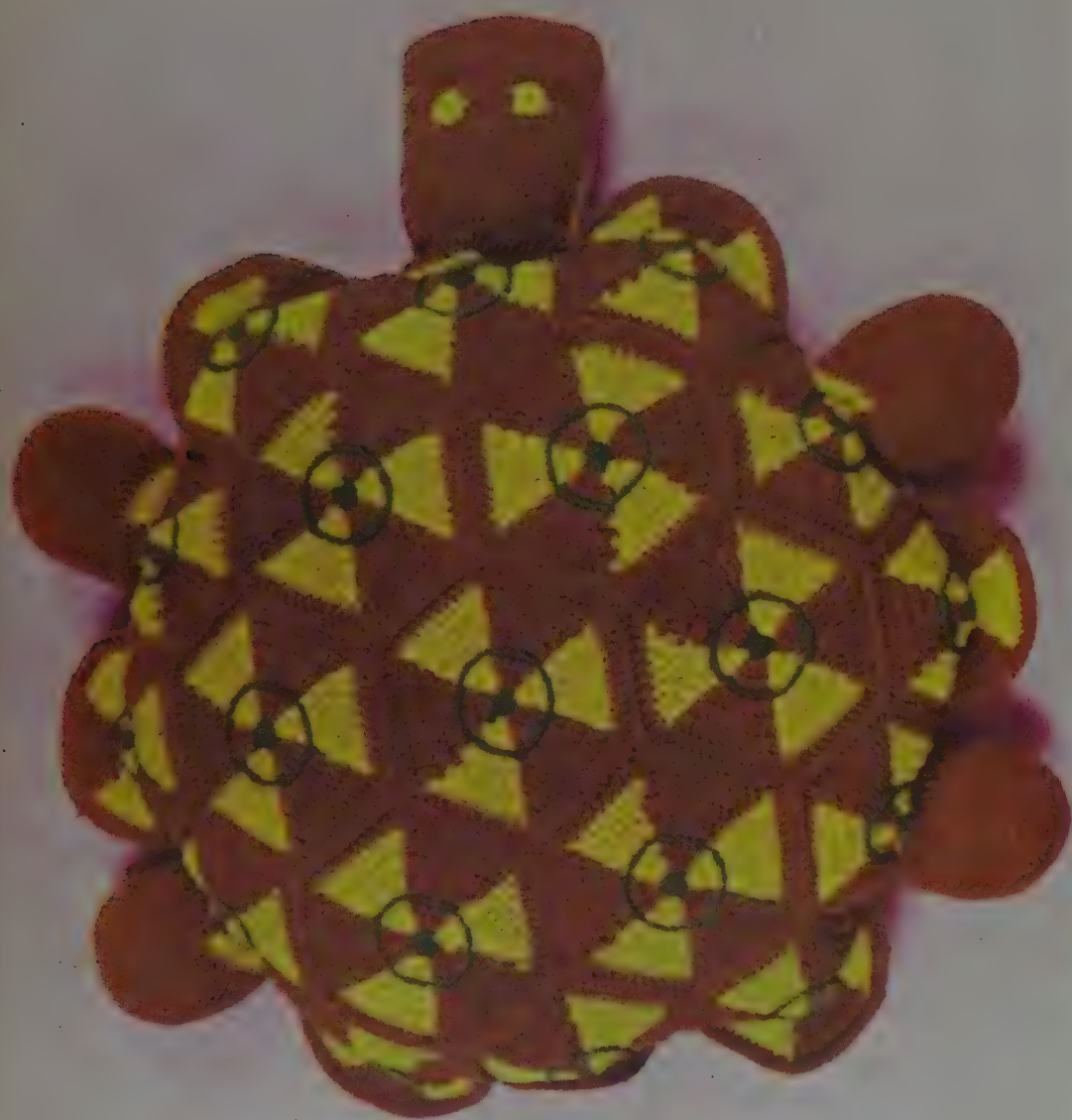
Remove onto a plate, put the capsicums in the centre of the ring. Decorate with fried bananas, potatoes, hard boiled eggs and parsley.

Shirin Vahanvaty

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Let's Have A Picnic!



SAUSAGE ROLLS (With Short Pastry)

FOR THE PASTRY:

300 grams plain flour
250 grams margarine block
Salt to taste

FOR THE FILLING:

500 grams sausage meat
A little beaten egg

Sift the flour and the salt into a mixing bowl. Using a coarse grater grate the margarine into the flour and mix well with a knife. Add cold water gradually mixing it in lightly so that it is smooth, and pliable. Wrap the pastry in greaseproof paper and leave it in a cool place for 15 minutes.

Roll the pastry into a large rectangle. Lay the sausage meat along the pastry, two inches from one edge. Brush the edge with cold water then roll it over the sausage meat. Press firmly to the pastry beneath. Cut along the joint and proceed to make more long rolls with the remaining sausage meat and pastry. Brush the surface of each long roll with lightly beaten egg.

Bake the sausage rolls in a hot oven.

Good weather (only as against rainy weather) is with us again and it's time to move outdoors. And what better use can one make of it, than going on a picnic? We're tempted to say: the family that picnics together, sticks together. However, on to the picnic. The children will be excited, so get them in on the act. Plan the goodies days in advance, so that all foodstuffs are bought and kept ready. The cooking can all be done the day before, leaving the frying and garnishing and packing for the next morning (Mother will take care of that — she can get up at 4 a.m.). Apart from soft drinks and squashes, carry plenty of water. No point returning with an unwanted house guest called 'jaundice'. Thermos flasks and insulated tiffin carriers are ideal picnic mates. And don't forget the anti-sting cream for the children and alka-seltzer for Dad (he'll likely hog the most). Get going... here are the recipes. Bon Appetit!

CHOCOLATE RINGS

150 grams margarine
60 grams castor sugar
200 grams plain flour
30 grams cocoa
50 grams biscuit crumbs

Cream margarine and sugar. Sift the flour and the cocoa together. Gradually work them into a mixture with the biscuit crumbs.

Spread the mixture into swiss roll tin, and bake in a moderate

oven. Roll the baked cake and cut into 2" rings. Dust with powdered sugar.

PICNIC SANDWICHES

Any of the basic fillings may be used.

1. Sliced meat, mayonnaise and sprigs of watercress
2. Sliced frankfurters, baked beans, tomato ketchup and mustard.

3. Meat paste with thinly sliced onions and shredded lettuce.

4. Chopped hard-boiled eggs, chopped ham, minced onion and green pepper, all combined with mayonnaise.

5. Slices of cheese, with rounds of tomato, salt and pepper.

6. Cheese slices, fried bacon rashers and prepared mustard.

Continued on page 73

Melamine cups, saucers and matching dishes in orange — courtesy: Barakaso Pvt. Ltd., Bombay.

Yellow plates with a floral design and orange basket — courtesy: Prince Plastics, Bombay.

Orange thermos flask, jug and orange tumbler, water carrier in blue which also serves as a stool and tiffin carrier, with a floral pattern — all insulated — courtesy: Eagle Flask Pvt. Ltd., Bombay.

Photograph: Farokh Reporter

Thirst choice for hospitality



is veri veri lime'n' lemoni



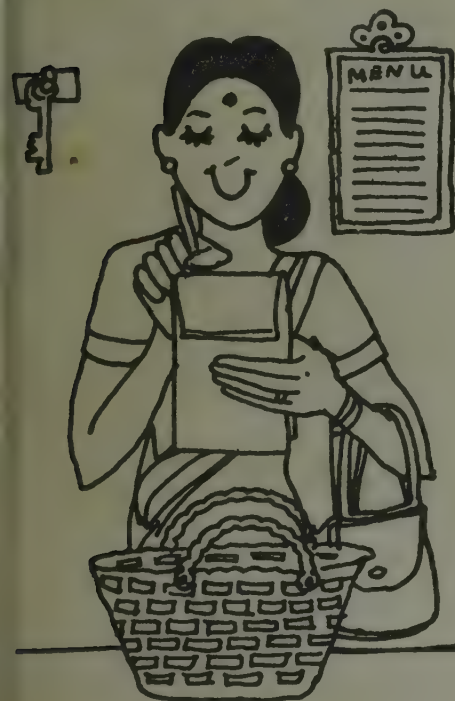
NOTHING LEFT OVER!

A woman on an economy binge wrote how finally she was so sick of eating 'knock' food that though the stakes were high (they were saving for a new home) she threw the whole thing overboard and went out and bought the most expensive cut of meat in the market. For a month before that she had been serving bread soaked in meat gravy to simulate steaks.

While I don't abide by potato peel crisps or banana skin raita, a certain amount of economy can, within tolerable limits, be observed in the kitchen.

Always plan your shopping for food. Train yourself and your household to once-a-week shopping. With a refrigerator, this is the way it should be, saving energy and time.

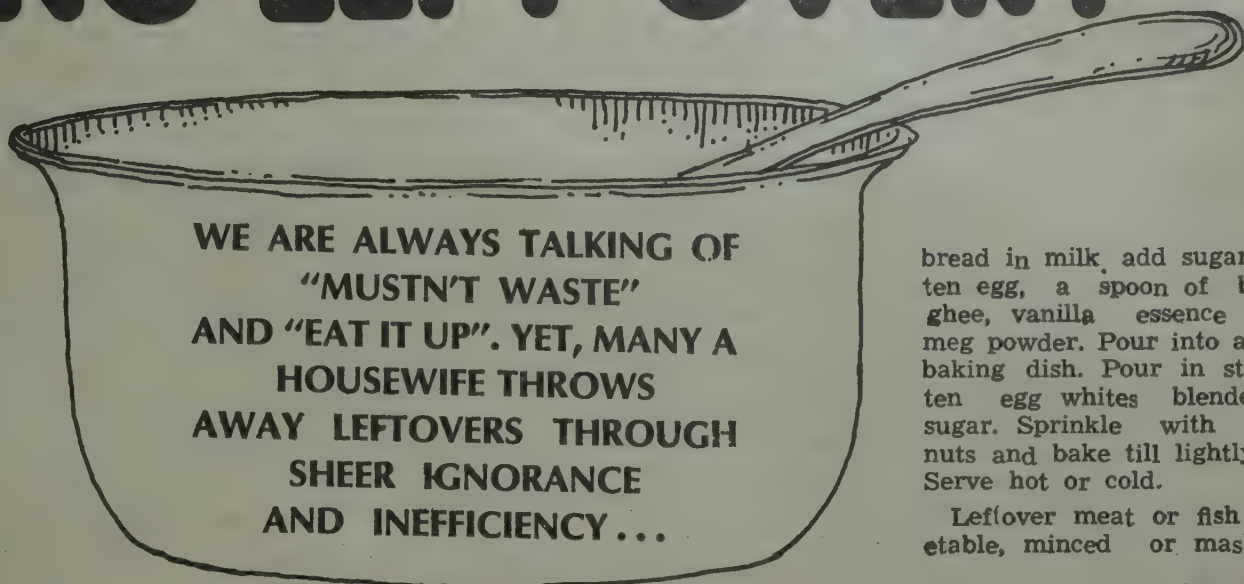
Shop early in the day. You don't have crowds to contend



with and when less harried, you have more time to choose and won't be pushed into bargains you may later regret.

Plan your menus on a seven-day basis, at least the main dishes, so that you can make your shopping list accordingly. Keep to the season for the best in taste and the cheapest, remembering, however, that food is not generally cheapest or best in flavour at the beginning of the season, but in the middle, when a particular variety is available in plenty.

Categorise the items in your list — meat-fish, vegetables, general provisions, and so on — so that each category can be dealt with in one trip, thus eliminating back-and-forth journeys. Don't be inflexible, especially regarding perishables, as sometimes you may come across a



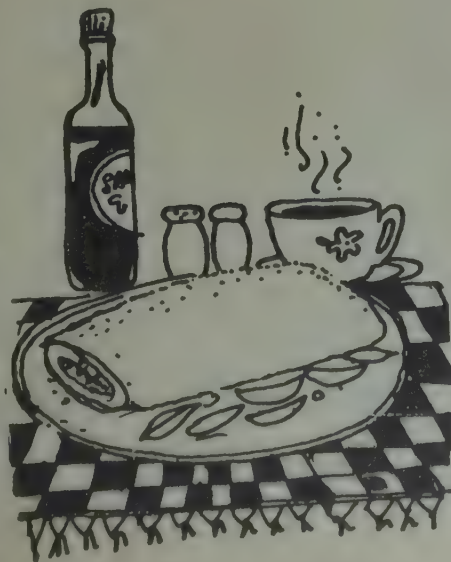
Olga Valladares

good buy or a special treat. If you do buy, cross out something else on your list. Overbuying and impulse shopping with a vague 'make something of it' idea should be avoided.

Dry goods stores need not vary, and the purchases can be made on a monthly basis. To avoid contamination from insects, clean and air the grain and your storage tins.

But despite all the best-laid plans, housekeeping has to contend with mice and men. Appetites are unpredictable and even the most organised housewife will not be able to calculate her household requirements to the last potato or spoon of rice.

There are bound to be leftovers even in the best-managed household. But 'leftovers' is also a bad word in most homes. One has then to resort to camouflage, for with a new look and varied flavour, what was served at lunch can be unrecognizable at dinner or tea-time. Omelettes, croquettes, sandwiches, salads are some of the simpler dishes you can turn out. A spoonful of leftover pulao or khima or vegetable can make a delicious



stuffed omelette. Alternatively, grind, mix with butter, season to taste, add chopped mint or parsley or coriander and you have a sandwich spread.

A larger quantity of leftover food can be dried and thickened by heating. Then mince or grind roughly. Beat in an egg or add maida or gram flour to bind and form into cakes. Coat with breadcrumbs and shallow fry. Serve with your favourite sauce or pickles as a snack or surrounded by freshly boiled vegetables or a salad.

In a household like mine, where home-made mayonnaise



goes down by the litre, egg whites are a regular by-product. These I save in a well-capped jar and store in the fridge freezer. However, if I can find use for it in a day or two, the jar goes into the chill tray. To use, I pour out as much as I require. 'Whipping up' recipes with so many egg whites on hand gives scope for a whole cookbook.

Blend mango or pineapple pulp with stiffly beaten egg whites and sugar to taste. Put into ice trays and freeze. You have 'ices' in the best Italian tradition. Any other suitable fruit puree can be used in the same way. Solves both your odd fruit and egg white problem.

Bread is another item that often collects. Recently I experimented with a "bread soufflé". Soak a few slices of leftover

bread in milk, add sugar, a beaten egg, a spoon of butter or ghee, vanilla essence or nutmeg powder. Pour into a greased baking dish. Pour in stiffly-beaten egg whites blended with sugar. Sprinkle with chopped nuts and bake till lightly brown. Serve hot or cold.

Leftover meat or fish or vegetable, minced or mashed, can



be treated in the same way, substituting salt and pepper for sugar and flavourings, adding milk only if the mixture is too dry. Grated cheese or powder can be blended in as a bonus.

Odds and ends of uncooked vegetables left in your crisper at the end of the week can make a delicious vegetable khima. Peel and chop into fine pieces — potatoes, carrots, cauliflower, cabbage or whatever. Chop onions, ginger, garlic, chillies and saute. Add vegetables and cook till done. Garnish with chopped coriander. A squeeze of lime juice or a dash of tamarind juice will add to the flavour. Serve with puris or chapatis. Or do it the South Indian way with "Aviyal".

Leftover dal and rice can be turned into delicious crisp cheese croquettes. Mash the rice and dal. Blend in an egg or maida paste for binding. Form into long sausage-like rolls. Dip in batter or beaten egg, roll in bread crumbs and shallow fry till crisp. Serve with cheese sauce, drizzled over with ketchup and sprinkled with chopped coriander.

With leftovers, one can do so many things that ultimately there is nothing really left over.

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For long the kitchen has been regarded as "woman's territory". While there are some women who still jealously guard it from male infiltration, others would gladly surrender it to their husbands.

The average man would consider working in the kitchen as a sign of being hen-pecked. I have also heard a few husbands scoffing at the fuss made about cooking. They claim that they can turn out equally tasty dishes, if given a chance, and with greater ease. The wives retort, "Yes, they might. It's easy to cook mouth-watering dishes if you use so much of ghee and spices. Ask them to cook everyday dishes that are more easily digested."

Well, having met three (very masculine) husbands who are also very imaginative at cooking I can say that husbands are more than capable of accepting this challenge. Besides delicacies, the three gentlemen are also able to cook everyday dishes that are not exactly bland.

Mr. Shyam Kumar, for instance, described a rather scientific method of making an omelette. The white and the yolk of the egg are beaten separately. (A pinch of salt is added for each egg.) The oil is first warmed and finely chopped onions and tomatoes are added and spread evenly in the frying pan. The eggs (white and yolk) are immediately spread over them and cooked on a low flame. The

Are men invading the kitchen? Not in any great number, so far, but the tribe is increasing—males in the kitchen are becoming a familiar sight all over the country. Welcome, gentlemen!

entirely new," he says.

Mr. Patanjali Sethi, training officer, "The Times of India", is another person who tries out various combinations and produces prize-winning recipes. He was one of the winners at a cooking competition — he entered it "just for fun"—organised by Ramon Bonus Stamps and Lijjat Papad. He reasoned that since he would be competing with women his entry would have to be very different to stand a chance of winning. So he presented a four-course meal that was indeed almost revolutionary.

Among other things he made 'table-top tandoori' rotis and capsicum soup. To make these special rotis the flour is kneaded and rolled out as usual (only a little thicker). The rotis are very lightly roasted on a 'tava' just enough to remove the stickiness from them. As many rotis as are needed can be roasted in this way. And then they are popped in, two at a time, into an electric bread toaster. Mr. Sethi served these with a vegetarian fish dish made out of zimikand.

The capsicum soup is made in the following manner: Ingredients: 3 to 4 capsicums, 2 onions, 2 small tomatoes, 2" piece ginger, a pinch of cumminseed powder, a pinch of coriander powder, salt to taste, oil for frying.

Chop the onions and tomatoes fine. Remove the seeds from the capsicums and cut into small pieces. Soak in water. Cut the ginger into very small pieces.

Fry the onions and tomatoes till they become a golden brown. Add about a cup of water and allow to cook. When the water is about to evaporate add the spices and finely chopped ginger. Allow this paste to simmer for two minutes. Add the capsicums to this mixture. Add as much water as required for the soup. Allow the capsicum to cook till it becomes soft. Remove from the fire and beat the whole mixture to a pulp. Strain this pulp and heat the soup again, if required. The soup should be ideal for a rainy evening — hot and tangy.

Both Mr. Sethi and Mr. Kumar started cooking at an early age. While Mr. Sethi took to it in order to lessen his mother's work load, Mr. Kumar got interested in cooking because he enjoys food and loves thinking about the various ways in which it can be made. Whatever the reasons, their wives (who are working women) are now fortunate to have them as husbands. Neither of these men considers the presence of a man in the kitchen as being unnatural.

Mr. Kumar, who was used to seeing his father pottering about in the kitchen (and then enjoying compliments that followed), wondered why he was being interviewed. He did not

THEY ALSO 'SERVE' WHO STAND AND 'STIR'!

Alpana Chowdhury

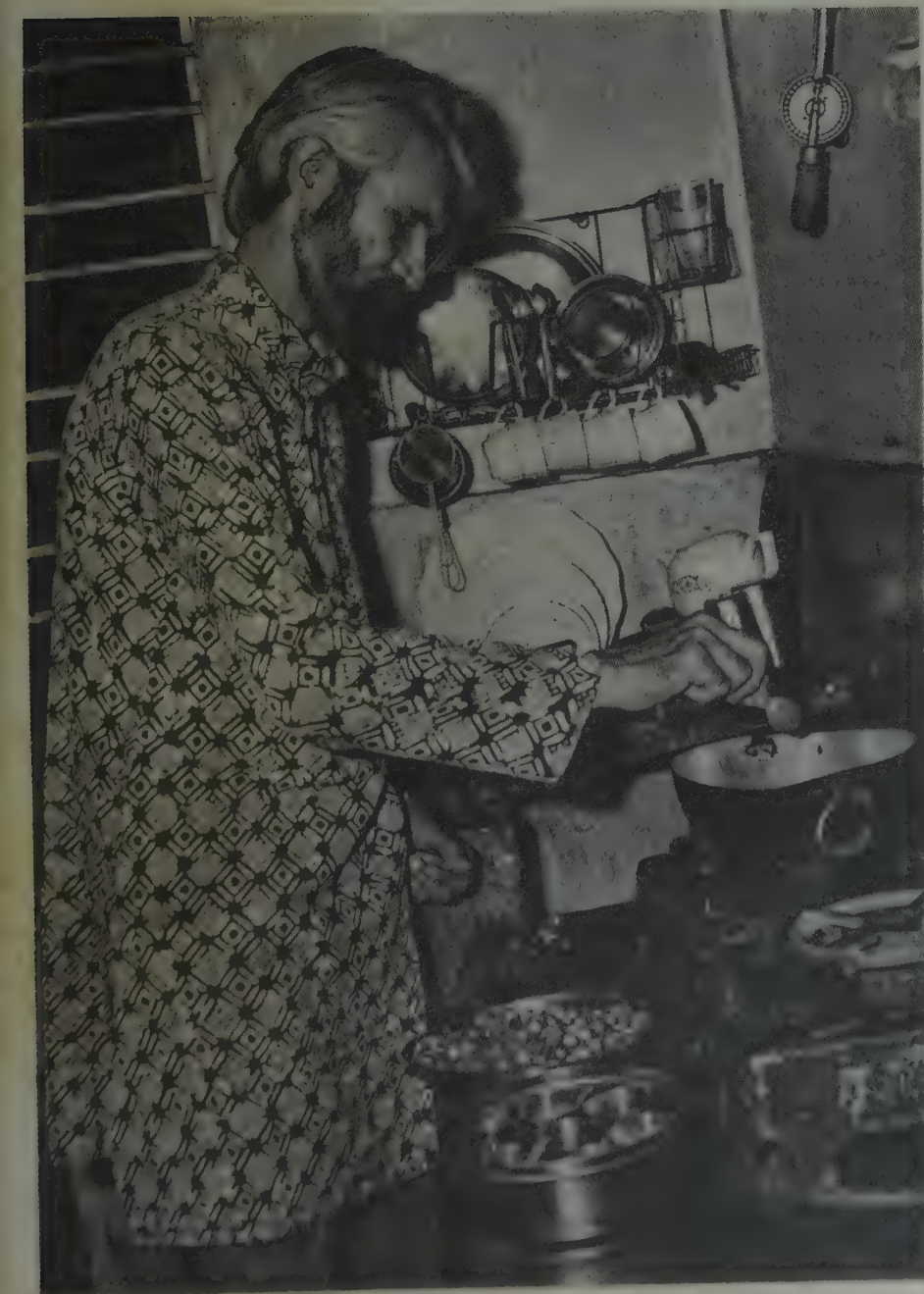


Mr. Kersi Katrak, an ad executive, who cooks for relaxation. According to his daughter, he is "a super cook".

LEFT: Mr. Patanjali Sethi, an unconventional man in a conventional woman's role. He cooks so well that recently he even won a prize in a cookery contest, which he entered "just for fun".

eggs are spread over the onions to prevent the heat from being in direct contact with the eggs. This helps the entire omelette to remain light and soft — the top layer does not get "leathery." Mr. Kumar says chillies should never be put in eggs as they cause the eggs to sink. When the egg mixture no longer shakes when the pan is moved, the omelette is ready. Then double it over (never fold it more than this). The omelette is flipped over once and after a few seconds removed from the fire. You have before you a fluffy, golden omelette. A very simple procedure if a few relevant details are kept in mind.

Mr. Kumar has a useful tip for working couples. He says that they should always keep boiled potatoes in the fridge. These can be converted into very appetizing dishes in no time. You can combine them with different ingredients and have a vast range of potato dishes. "A slight twist, a slight change and you have something



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THEY ALSO 'SERVE' WHO STAND AND 'STIR'!

think he was being extraordinary by lending more than a helping hand in the kitchen.

It took me some time to convince him that in the Indian context he was not the norm, that even in the case of working couples many husbands take it for granted that their wives will come home and cook the dinner, all by themselves.

While he was hesitant to pass judgement about such men ("circumstances differ from couple to couple") he did feel that it would be uncivilized if a man did not help his wife when she was burdened with other work. He also felt that in the long run the man would suffer if he was insensitive enough not to realize that his wife was finding it difficult to cope with the dual duties of housewife and working woman.

Regarding his own relationships with his wife, he emphasised that there is no sense of obligation when they help each other. They enjoy doing things together, and even cooking together gives them intense pleasure.

He says doing anything well, including cooking, makes the thing enjoyable — it takes the drudgery out of the thing. Well, it is only to be wished that more husbands would take the drudgery out of their wives' cooking — and enjoy themselves too. Besides, as Mr. Sethi points out, if a husband helps his wife in the kitchen the work is done faster and the couple has more free time together.

Mr. Kersi Katrak also enjoys cooking and, according to his daughter, he is a "super cook". The myth of cooking being a woman's prerogative is easily exploded in the Katrak household because Mrs. Katrak never cooks.

Mr. Katrak's interest in cooking began three years ago when they built a bungalow across the harbour, near Alibag. The bungalow has an unusually large, fully-equipped kitchen, and it is this that caused him to start "stirring".

Himself a very senior executive in an advertising company, Mr. Katrak feels it is essential for those professionally involved with desk work to exert their limbs, to do something creative with their hands when they get home. This helps the mind to relax. Cooking is one such means of soothing

one's nerves. (Husbands who try to escape doing anything at home on the pretext that they had a mentally exhausting day in the office should try this method of relaxation.)

Mr. Katrak cooks only on week-ends and describes his cooking as being "nawabi". His servant does all the grinding and cleaning. His ingenuity (about which he is very modest) lies in choosing the ingredients and the manner of cooking. Throughout my conversation

most other Parsis, he prefers to use tamarind instead of vinegar and jaggery instead of sugar. He says these blend better with the other ingredients, whereas the taste of vinegar tends to stand out above the rest. He also insists on all the masala, including coconut, being ground together. Regarding the stirring of the food, he feels a firm, gentle hand is needed. One must stir the food without disturbing it.

When I asked Mr. Katrak

MEET THE 'TRIED & TESTED' LADIES

Continued from page 15

Meenakshiammal is no more, but she lives on in the kitchen of thousands of young brides here and abroad, for whom the book is a bible of traditional South Indian recipes.

Meenakshiammal was a simple, poorly educated, but practical housewife. At the age of eight she was an expert at making jalebis and murukkus. She came up the hard way, her mother being widowed when she was very young. She herself was married early and widowed too.

She was a pioneer in publishing recipes. Knowing her expertise in the household arts, many of her newly-married cousins and nieces used to write to her for this or that recipe. Sometimes she had to repeat a recipe three or four times. So her son suggested that these recipes be collected and published. Many scoffed at the idea, because in those days nobody thought of learning cooking through a book, but she went ahead and the copies sold out fast. The book has run into several editions. Even today there is no other Tamil cookery book for typical South Indian vegetarian food.

Meenakshiammal had a practical approach to the compiling of these recipes. There were four members in her family, and every morning after deciding on the menu for the day, she accurately measured the ingredients and made copious notes. If she was not satisfied, she repeated the dish till she thought it was correct. It took her five years to get all the recipes in some form.

In compiling the recipes she took great pains to arrange them in order. In South India the menu being different for each festival, Meenakshiammal arranged the recipes in that order. For Diwali it is sweets galore, for Navaratri it is a variety of soon-dals, and so on.

Her daughter-in-law, Mrs. Vasantha Sankaran, has taken up the task of publishing the books under the banner of Meenakshiammal Publications. Even their house is named "Samaithu Paar" after the cook book. They have now an English version also. The book is sold widely in India and abroad. In the new editions, the metric measurements are given in brackets.

One section of the book is devoted to catering for large numbers — the quantities and measurements required for a marriage feast, how to cater for a party of a hundred or a thousand, etc.

S. K.

Grant. 9.77

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with him he kept insisting that he was not really suitable for featuring in such an article because he cooked very standard Parsi dishes. It turned out that his style of cooking was not so standard.

For instance, he never uses pre-ground 'masala' — even the haldi has to be freshly ground. All the grinding must be done manually, on a stone. An electric grinder will not do. He feels that these two factors definitely add "that something extra" to the taste. Then, unlike

what he felt about the presence of a man in the kitchen he said it was only in India that one compartmentalized' in this way. In the West, it is quite a natural sight. "In any case some of the best cooks in the world are men."

And judging by the skill and imagination that these three gentlemen display in the kitchen one can say that the 'universal' law of nature — that it is the woman who wields the rolling pin — no longer holds good. A man may do it better!



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Let's Have A Picnic!

Continued from page 65

Butter the bread slices. Spread out the filling of your choice on buttered bread. Cover with another slice of bread. Cut the sandwich from corner to corner. Similarly make the other sandwiches in the same way.

PUFF PASTE

FOR THE PUFF PASTRY:

500 grams flour
A pinch of salt
500 grams margarine or butter
A squeeze of lemon juice
1 egg, beaten

FOR THE FILLING:

750 grams boned chicken (boiled)
500 grams thick white sauce (to be prepared in advance)
Salt and pepper to taste

Sieve the flour and salt and rub in a little butter. Add lemon juice and water and knead to a smooth dough. Set the pastry aside for 15 minutes. Line the individual patty tins with the pastry. Mix together the chicken and white sauce, with salt and pepper. Fill a little of the filling into each patty and brush the edges with a beaten egg. Cut slightly larger rounds of the pastry and put it on top of each patty. Press down gently and brush with egg. Bake at 370 deg. F., till top is crisp and golden. (The pastry and the filling can be kept ready one day before)

BATATA PURI:

250 grams potatoes
1 tsp. sugar
3 green chillis
1 big onion
½ tsp. garam masala
½ tsp. coriander and cummin seeds powder
Salt and chilli powder to taste
Coriander leaves, chopped
A sprig of curry leaves
½ tsp. mustard seeds
½ tsp. cummin seeds

Boil the potatoes. Peel and dice into small pieces. Chop the onion and green chillis. Fry in oil till light brown. Add mustard and cummin seeds and curry leaves. When the seeds begin to splutter, add sugar, garam masala, coriander and cummin powder, salt and chilli powder. Simmer for a while. Mix in the diced potatoes and cook for five minutes. Sprinkle coriander leaves on top.

FOR THE PURI:

125 grams flour (maida)
125 grams wheat flour
1 tsp. cummin seed and pepper (optional) coarsely ground
Salt to taste

Blend the wheat flour and flour along with cummin, pepper, salt and water and knead together into a soft dough. Divide the dough into small equal balls and roll out into round puris. Deep

SHAMI KABABS

1 kg minced meat
60 grams gram dal
4 onions, sliced
2 cloves garlic
6 red chillis
A few green chillis
A piece of ginger
A pinch of garam masala
Salt and pepper to taste
Ghee for frying

Wash the mince well and combine together with dal, spices and salt. Let it boil in sufficient water till the mince is soft and dry. Pound the mince to a smooth paste along with dal. Divide the paste into equal portions and form into round cutlets. Put a slice of onions, red chilli and a small piece of ginger in each of the formed cutlet. Fry in ghee till golden brown. Serve hot with tomato ketchup or green chutney. (Keep the cutlets ready a day before. Frying can be done the next day)

LEMON CURD ROLLS

Zest of 2 lemons
250 ml. milk
3 egg yolks
50 grams sugar
A few drops essence of lemon

Mix sugar, yolks and lemon zest thoroughly. Add warm milk and stir after putting in a double boiler. Stir till it thickens. Cool the mixture.

Spread it out on a sheet of fatless sponge cake and roll like a swiss roll. Sprinkle fine castor sugar after chilling.

PINEAPPLE LIME COOLER

(Fruit Punch)
½ cup lemon squash
½ cup lime cordial
¼ cup sugar
4-6 cups pineapple juice
¼ cup lime juice
1 large lime, thinly sliced
4 cups cold water

Chill the above ingredients and mix thoroughly. After mixing float a few scallops of pineapple on top. Pour out in a thermos flask just before you start off for the picnic.

LAMB CHOPS

10 to 12 tender lamb chops
250 grams curd, beaten
2 eggs
1 cup semolina

GRIND TO A PASTE:

10 flakes garlic
6 to 8 green chillis
2" piece ginger
2 tsps. garam masala
¼ coconut
1 small onion
Salt to taste

Clean and wash the chops well. Marinate in the above ground paste mixed with beaten curd for 2 hours. Beat eggs. Dip each chop into the beaten eggs, roll them into semolina and deep fry in oil till golden brown.

(Marinate the chops a night before. Frying can be done early next morning)

BRAIN FRITTERS

3 lamb brains
1 onion
3 tsps. vinegar
1 tbsp. olive oil
½ tsp. salt
¼ tsp. turmeric
1 tsp. red chilli powder
Oil for frying
½ tsp. pepper
FOR THE BATTER:
3 tsps. flour
125 grams cheese, grated
1 cup milk
60 grams butter
Salt, chilli powder and pepper to taste
4 eggs

Clean and wash the brains. Boil in water with salt, turmeric powder and little vinegar for about ten minutes. Remove and drain. Cut each brain into four equal pieces. Finely chop onions. Add red chilli powder, pepper, the remaining vinegar and olive oil. Mix this with the brain pieces. Marinate for half an hour.

Beat the egg yolks separately. Mix together in little flour and milk. Make of batter consistency. Add melted butter, cheese, salt and chilli powder. Leave aside for half hour. Lastly mix in the beaten egg whites. Dip each brain piece in the batter and deep fry till golden brown. Serve with tomato sauce.

FRIED MASALA LIVER

1 kg liver
2 tsps. oil
½ bunch coriander leaves, chopped
Juice of 1 lemon
GRIND TO A PASTE:
2" piece ginger
1 pod garlic
4-5 green chillis or to taste
2 tsps. cummin seeds
Salt to taste
1 tsp. turmeric

Clean and wash liver. Slice into thin 2" strips, or small pieces as desired. Marinate in the above ground mixture for one hour. Roast open on a tava with very little oil for about 15 minutes. Remove from the fire and

sprinkle chopped coriander leaves and lime juice on top.

PICNIC EGGS

10 eggs, hard boiled
2 eggs
6-7 green chillis, chopped
30 grams cheese, grated
Oil for frying
Coriander leaves, chopped
1 tsp. butter
125 grams bacon
1 cup breadcrumbs
2 onions
Salt to taste

Shell the hard-boiled eggs. Cut them into two vertical halves. Chop onions and clean bacon. Remove the yolks from each egg. Add grated cheese, butter and salt to egg yolks. Mix well. Saute onions in oil lightly. In the same oil fry bacon. Remove and chop finely. Mix coriander leaves and chillis to the fried onions and bacon. Fill one half of the boiled egg shell with onion mixture and the other half with yolk mixture. Put two halves together dip in stiffly beaten eggs, roll them in breadcrumbs and deep fry till golden brown.

ROAST MUTTON

1 kg mutton
2 tsps. breadcrumbs
1 tsp. red chilli powder
½ tsp. pepper
1 bunch coriander leaves
1 tbsp. ginger garlic paste
30 grams cheese
1 egg
Salt to taste
3 tsps. ghee
½ kg potatoes

Clean and wash the mutton. Lightly flatten the meat. Wipe it dry. Grate the cheese and mix it with salt, pepper, egg, chopped coriander leaves, breadcrumbs. Mix well. Apply this mixture on the mutton piece. Roll and bind together. Heat oil. Fry the mutton in it till golden brown. Add water if necessary. Cook till the mutton is tender. Peel and slice the potatoes into two. Deep fry in oil. Mix them with the cooked mutton. Remove from fire. Serve hot.

Recipes Courtesy: Khushi

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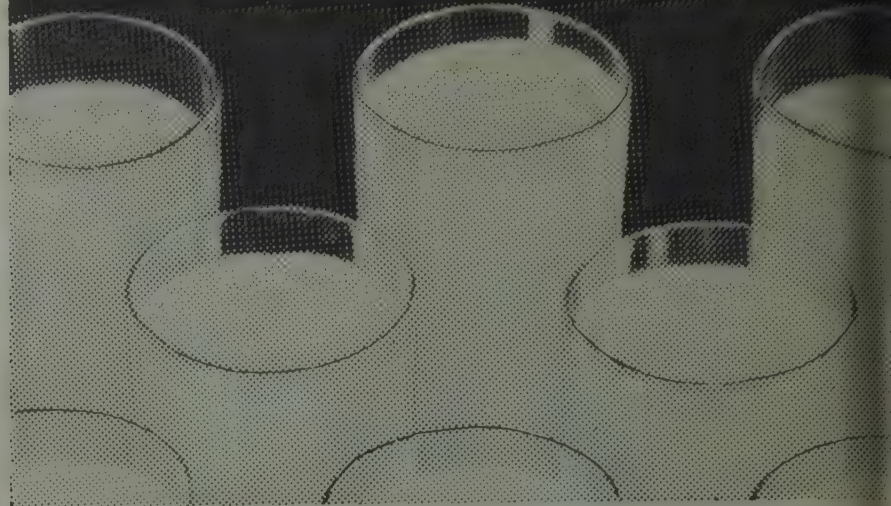
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Immense curiosity is evinced these days in the West in herbs and spices because of the exquisite flavour and taste they give to foodstuffs. Indeed, the fascination for spices in the U.K. and the U.S. has grown so much in recent years that the demand for herb plants and seeds has spread.

Many of these herbs and spices have medicinal value and are often preferred to allopathic medicines. Grandmother's medicines are proving to be not so out of date after all. An age-old relief for coughs and sore throats is sage or mint tea. Saffron or turmeric powder, mixed in a little hot milk and applied on the sides of the nose, told our grandmothers, lessens the discomfort of colds. To relieve congestion in the chest, the best home remedy is to foment it with ajwain and salt, mixed in equal proportions and tied in a piece of cloth. A handful of basil leaves boiled in water and pepper and the strained concentrated liquid drunk hot is effective for coughs and colds. Basil used in snuff "maketh a man merry and glad," vowed 16th century herbalist John Gerard. A pot of basil in the kitchen window is said to discourage flies.

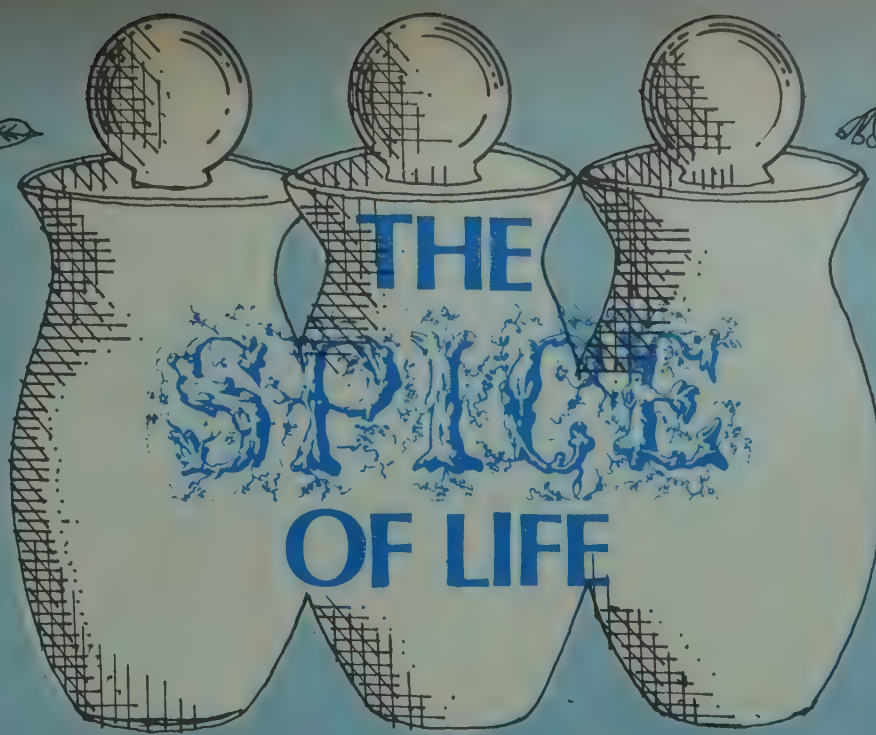
Several herbs and spices have been employed for centuries as aphrodisiacs. Coriander seeds are not only used as seasoning but are also reputed to be an erotic stimulant. Parsley has been prized for virility. Parsley seeds are also said to be a cure for baldness. Vatsyayan in his "Kamasutra" has given a number of recipes for preparing aphrodisiacs, the ingredients for which are mostly spices and different types of herbs.

Possessing anti-oxidant, antimicrobial and preservative properties, most of these herbs and spices are being used in ayurvedic and unani medicines. Some of them are also used for making salves, perfumes, elixirs and even dyes.

Spices have been so closely associated with India that this country is rightly known throughout the world as the "Home of Spices". Some of the main spices commonly used are:

ASAFOETIDA:

It is the gum exuded from the taproot of the ferula herb which grows in Kashmir. It is also imported from Iran and Afghanistan. Asafoetida, though acrid and bitter in taste, is extensively used for flavouring curries, pickles and chutneys. It stimulates the intestinal and respiratory tracts. It is useful in spasms, indigestion, and colic. That is why it is given, mixed with jaggery,



Get to know your kitchen friends—it is the delicate blending of spices and herbs that makes your meals veritable feasts

Malini Bisen

at the commencement of the rainy season to all the members of the family. Recent studies have shown that it has sedative properties and is used in disease of the heart. The famous ayurvedic medicine 'Hingashak' contains asafoetida.

CARDAMOMS :

Cardamoms are dried aromatic pods of the reedlike plants found mostly along the Malabar coast and now cultivated in Jamaica too. These vary in size and length and contain small seeds inside them which have a pleasant aroma. Broadly, cardamoms are grouped in two categories: small and large.



Small cardamom which is either white or green in colour is known as "queen of spices", and next to black pepper it is the most important spice in international trade. The dried small cardamom is green, but as foreign consumers prefer white ones, they are bleached. In fact, it is an unnecessary process because the peel is mostly thrown away. Cardamoms are used for flavouring all kinds of sweetmeats, cakes, pastries, curries and other culinary preparations.

The large cardamoms are used in making curry powders and seasoning biryanis and meat curries. In Arab countries 'Gahwa', cardamom flavoured coffee, is very popular. Cardamom is used for digestive ailments for it is a powerful stimulant and carminative. Its extract is used for na-

sal application. It is believed that eating one cardamom with a tablespoon of honey improves the eyesight and strengthens the nervous system.

CINNAMON OR DALCHINI :

Cinnamon is the dried inner bark of cinnamon trees, cultivated in Ceylon, the Malabar coast, Sumatra and Borneo. It



has a fragrant smell, moderately pungent taste, sweet and astringent. Cinnamon is the only spice tree every part of which — bark, leaves, buds, flowers, fruits and roots — is put to use in some form or the other. Cinnamon is used for seasoning. It is also one of the best cordial, carminative and restorative spices.

Powdered cinnamon is a constituent of chocolate preparations in Spain. It is also used in incense and perfumes. Cinnamon oil, being a powerful local stimulant, is prescribed in gastric debility and flatulent colic. It is also used as an embrocation in rheumatism. In olden times this spice was supposed to inspire love and was used in concocting love potions.

CLOVES OR LAVANG :

This is one of the most ancient and valuable spices. The unopened flower buds are plucked and dried in the sun till they become dark brown. In the process of drying they lose half their weight and become very light. Clove being aromatic is used as a culinary spice as its flavour blends well with both sweet and savoury dishes like cakes, confection-

ary, puddings, syrups, desserts and also curries, pickles, sauces and spice mixtures. Cloves are used for studding meat while roasting or holding different foods together. Being aromatic, carminative and a stimulant, it is valued in medicine. Oil of cloves is used in dentistry and is an ingredient in many toothpastes and mouth-washes. It is extensively employed in perfumes and soaps. It is also used to preserve some foods. The Chinese used to chew clove when addressing their emperor in court, and this practice found favour in the court of Queen Elizabeth in England, too.

CUMMIN SEEDS OR JIRA :

Cummin seeds possess well-marked stimulating and carminative properties. They are largely used in all mixed spices and curry powders, for flavouring soups and pickles and for seasoning vegetarian preparations, bread, biscuits, cakes and even cheese. They stimulate the appetite and correct the digestive system. That is why perhaps jira-jal or cummin seed water in small glasses is served before lunch or dinner. Cummin seeds when crushed and steam-distilled yield a valuable volatile oil which is sometimes used instead of the seeds in many types of flavouring compounds, especially for oriental dishes. The oil is also used in perfumery, in liquors and cordials. On account of the growing popularity of cummin seeds in Europe and Latin America, the demand for Iranian and Indian cummin seeds is on the increase.

Black cummin seeds or shah-ajira or pulao-jira are stronger and sharper in smell. They are sprinkled on pulaos, biryanis and curries. They are used in the treatment of mild puerperal fever and for scorpion stings. They are scattered between folds of linen or woollen clothes to preserve them against insects.

FENUGREEK SEEDS OR METHIDANA :

They have a pleasantly bitter taste and a distinctive odour. They are used for seasoning, in curry powders and in pickles. The green tender leaves and stalks are used as a delicious vegetable. It is believed that fenugreek seeds improve body metabolism in general. They are used to cure chronic flatulence, diarrhoea, dyspepsia, dropsy, enlargement of the liver and spleen, rickets, gout and diabetes. They are given to women after child-birth with jaggery to strengthen their back, increase their weight and enable them to have enough milk to feed their babies. They are used in

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THE SPICES OF LIFE

the preparations of effective aphrodisiacs. The famous 'hul-ba' bread of Egypt and Ethiopia contains fenugreek. Fenugreek is the principal flavouring ingredient of imitation maple syrup, popular in the U.S. In Java today, it is used in hair-tonics and as a cosmetic. Mixed with cotton seeds, fenugreek seeds are fed to cows to increase milk yield.

GARLIC OR LASUN:

This has a very strong and, to many, unpleasant odour and an acrid, pungent taste. It is widely used in curries, vegetables, pickles and chutneys. Green fresh garlic with its



tender leaves is ground with fresh coconut and green chillies to make a delicious chutnev. Garlic is used in salad dressings, tomato products and several meat preparations. It has prophylactic and curative properties. It is effective for rheumatic pains and heart ailments. It is believed to be a sure medicine for tuberculosis. Oil boiled with garlic is used as ear-drops. In ayurveda it is supposed to be a rejuvenator and is therefore used for many ailments. Garlic renews tissues, cleanses blood and improves digestion. A glass of milk boiled with garlic, if taken daily gives stamina and vigour.

GINGER OR ADRAK :

Ginger was known to the ancient Greeks and Romans. It is used in masala pastes for curries, biryanis and many other culinary preparations. It is largely used in medicines. Commercial ginger is available in dried form. The popular



ginger-beer is made by fermenting ginger, cream of tartar and sugar with yeast and water. Ginger bread, prepared with flour, butter, eggs and ginger, sweetened with sugar or honey, and flavoured with cloves, orange peel and cinnamon is very tasty.

MUSTARD OR RAI-OR SARSO :

Prepared mustard is used for flavouring roast meat, salads and mayonnaise. Whole mustard seeds are used for seasoning vegetables and curries. As they possess a preservative property, they are used as a major ingredient in pickles and masala powders. Bengalis use mustard seeds specially

ground for their fish curries and mustard seed oil in cooking. Finely ground mustard seeds, especially the yellow variety, are smeared all over the face and the body which, it is believed, imparts lustre to the face and smoothness to the skin. Oil is extracted from all the three varieties of mustard — black, white and brown. Mustard is used as a poultice, too.

NUTMEG AND MACE OR JAIPHAL AND JAVITRI:

These are two distinctive spices produced from a single fruit of the evergreen, aromatic tree. When the nutmeg fruit bursts open, the mace is seen as an attractive bright scarlet cage enveloping the hard, shining shell of the seed which is the actual nutmeg. The mace or the shell is skillfully removed, gently pressed flat and dried to form blades of mace. On drying, the scarlet colour turns to reddish brown or pale yellow. Nutmeg is the dried seed. The flavour of mace resembles that of nutmeg but is more refined and aromatic and hence mace is costlier than nutmeg. Both mace and nutmeg are used in flavouring a number of foods, sweetmeats and beverages. They are used in betel nut preparations and also in medicines. Both are added without previous cooking. Finely grated nutmeg is put into custards, cakes, milk, eggs and banana shakes. Mace is crushed and sprinkled on sweets. Mace is often chosen for light-coloured foods.

Both, being stimulant, carminative, astringent and aphrodisiac, are used in medicinal preparations for dysentery, flatulence, nausea, vomiting, malaria, sciatica and early stages of leprosy. Nutmeg is used more in the kitchen and in medicinal products. Its volatile oil is used to flavour liquor, tobacco and dental creams.

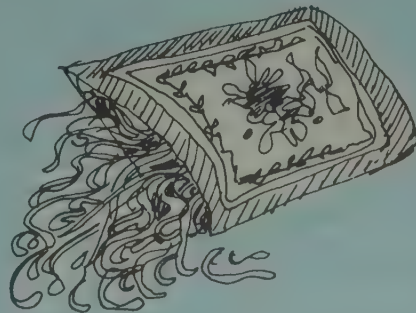
PEPPER OR KALI MIRCH :

Black and white pepper are obtained from the berries of the same plant. For black pepper the berries are plucked when fully mature but unripe, but for white pepper the harvesting of berries is delayed until they are ripe. White pepper is more aromatic. It is specially used in preparations

like mayonnaise where the colour is not to be spoiled. The value of pepper as a preservative for meats and other perishable foods has been recognised throughout the past many centuries. Pepper has the unique ability of correcting the seasoning of dishes. A dash of pepper added to any dish helps adjust the flavour. The flavour of pepper has a universal appeal. Oil of pepper is used in the flavouring of sausages, canned meats, soups, sauces, beverages and liquors. It is also used in perfumery and soaps.

SAFFRON OR KESHAR OR JAFFRON :

The saffron plant is cultivated in Spain, Austria, France, Greece, Turkey, Persia and India. The valley of Kashmir is famous for its saffron fields. Only half a kilo of saffron is obtained when 75,000 flowers are plucked. Saffron has a sweetish, penetrating, diffusible odour, a warm, pungent, bitterish taste and a deep, rich orange colour. It is employed as a colouring and flavouring ingredient in culinary preparations and in a variety of liquors. The famous Asha liquer, distilled in Udaipur, contains saffron. It is also used in Spanish rice specialities and French fish preparations.



In Scandinavia and the Balkans, it is used in fine breads. In India saffron is used in all religious rituals. It is credited with many medicinal properties and as such is administered in fevers, melancholia and the enlargement of liver and spleen, and as an effective remedy in catarrhal affections in children. It is also used in ayurvedic medicines. Our grandmas applied heated paste of saffron in milk around the nose and on the forehead to check colds.

Being a stimulant it helps urinary and digestive troubles, and mixed with other drugs, it helps to regulate menstruation. Soaked overnight in water and mixed with honey, saffron helps the patient to pass urine freely. When pounded with ghee it is very effective in diabetes and if administered in large doses it strengthens the heart and brain. Saffron oil is used as an external application for uterine sores.

TURMERIC OR HALDI :

Turmeric is the aromatic rootstock of a plant growing in India, China, Indochina and Ceylon. It is used extensively in cooking. It not only adds flavour, but also colour to the dishes. The colour of the dried root varies from a



dark orange to a deep reddish brown but in powder form it shows the characteristic yellow colour. Turmeric is a versatile plant. It is a spice, a colourant or dye, a cosmetic and a drug. It is used both as a flavour and to colour butter, cheese, margarine, pickles and other foodstuffs. Turmeric is an appetizer and aids digestion. It is also a preservative and is therefore used in various pickles.

In olden times in India, turmeric was used for dyeing wool, silk and cotton. It is still used for dyeing cottons. Turmeric dye is used in pharmaceuticals, rice milling and food industries. It is used for testing alkalinity. In ayurvedic medicines turmeric is used in the preparation of oils, ointments and poultice. It is a carminative and an antiseptic and is indicated in diabetes and leprosy. Boiled in milk and taken internally it relieves sore throat and the common cold. In small-pox, it is applied as a paste with neem leaves and oil. The juice of the fresh root is used for many skin affections. Burnt turmeric as tooth powder relieves dental troubles. Turmeric preparations like 'kum-kum' are used by Indian women to enhance their beauty. To clear the skin and beautify the complexion turmeric paste is applied to the face and limbs before bath. It prevents pimples, and is believed to give relief in purulent ophthalmia. It is used in religious rituals, and in place of costly saffron as a colouring agent.



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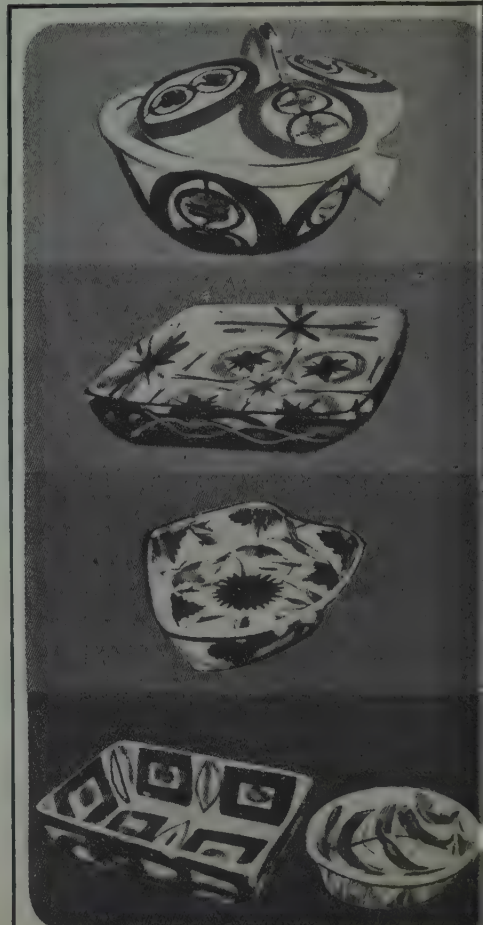
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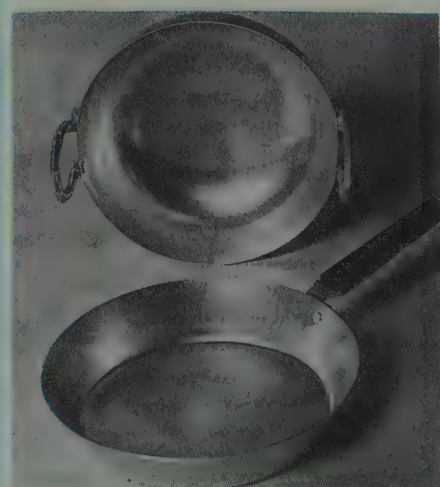
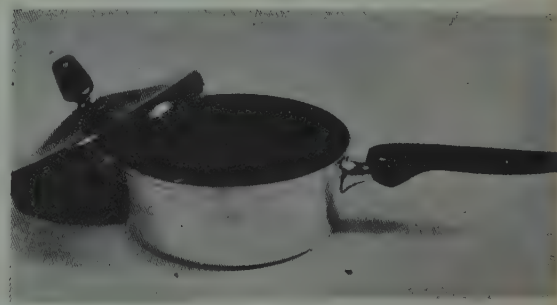
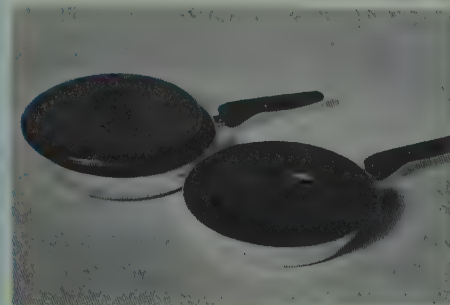
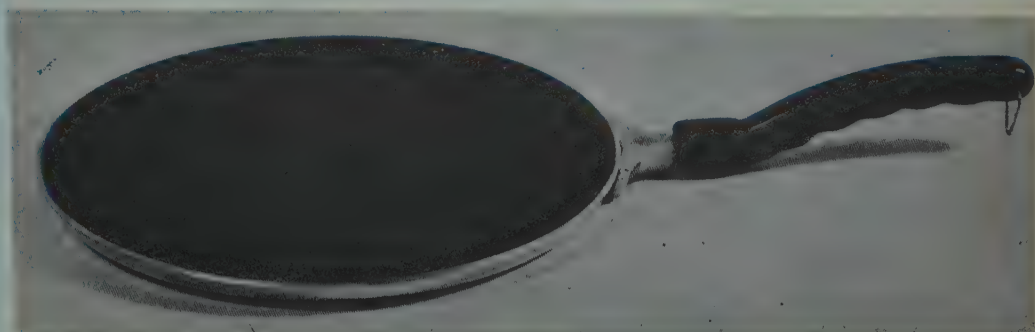
2 Kerahis (big and small); 2 frying pans (big and small); 1 tava; 1 egg beater; 4 large dekchis with lids; 1 kettle; 1 saucepan; 1 tin opener; 1 gas lighter; 1 vegetable peeler; 1 grater; 1 sieve; 1 colander; 1 breadknife; 2 ordinary knives or as required; 1 breadbox; 1 chopping board; 1 rolling pin; 1 chapati-making stone; 6 medium sized ladles; 1 tea strainer; 1 coconut scraper; a pair of tongs; 1 dustbin; wooden spoons; 3 thalis; large containers to store foodgrains, flour etc.; milk cooker (optional); masala containers; measuring cup; 1 lemon squeezer; 1 stove; 1 grinding stone; 1 mincer; 1 pressure cooker; 1 non-stick fry pan; 1 non-stick tava; 1 non-stick saucepan.

When your budget allows, various other useful articles should be included such as a mixer-grinder and a gas tandoor. The usefulness of refrigerators and pressure cookers needs no elaboration.

Items photographed alongside and on the following page are some of the appliances, and packaged foods which can also be added to your kitchen requirements.

SOME USEFUL GADGETS AND FOODSTUFFS

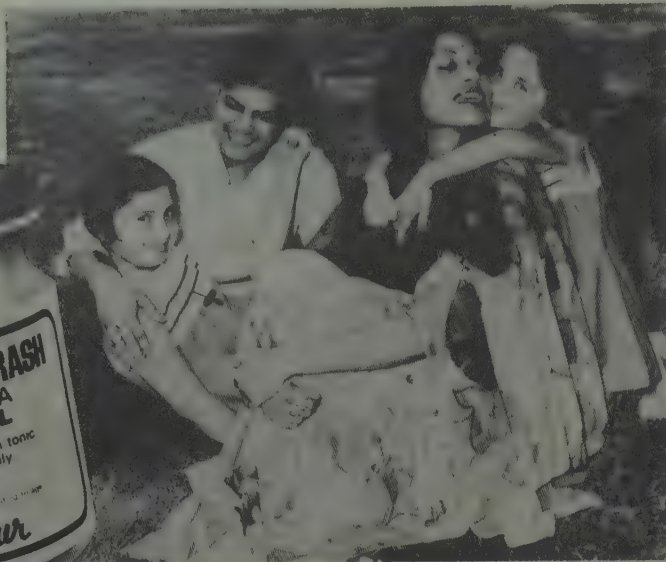
1. Non-stick kitchenware from Trupti Sapphire Range (Rs. 52.25 to Rs. 107.50 depending on the size and the item).
2. Hindalium items from Lallubhai Amichand: Karahi (Rs. 20), frying pan (Rs. 22), kettle (Rs. 12) and saucepot (Rs. 39). Taxes extra.
3. Spray-dried powders (make a variety of dishes) by Foods and Inns, Bombay. Manufactured without the use of synthetic chemicals, they have natural taste and colour. Available in a wide range — mango, banana, tomato, papaya, egg, dosa and several others. In 10-gm. packets to 500-gm. tins (Rs. 1.60 to Rs. 33).
4. Cooking is easier with instant foods. Mealmaker (Rs. 3.75), Pan Aalu Ki Tikki Powder (Rs. 5), Caramel Pudding Mix (Rs. 3.50) and Capsico sauce (Rs. 8.75) for a tangy flavour.



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Vitamin C rich, tasty sweet-sour compound in its natural form



- 1. Keeps body tissues young**
Dabur Chyawanprash slows down the wear and tear of body tissues.
- 2. Builds body immunity**
Dabur Chyawanprash raises the total body resistance, and is also indicated in coughs and colds.
- 3. Builds alertness**
Dabur Chyawanprash helps build alertness in children and develops the faculties in old age.
- 4. Has anabolic properties**
Dabur Chyawanprash helps in the upbuilding of the body.

Recipe of the gods

The recipe for Chyawanprash dates back over 3000 years, when, it is said, the physicians of the gods prescribed it for Rishi Chyawana to restore his youth. Although the oldest health tonic in the world, it is today manufactured by Dabur in a modern, hygienic and fully automated factory.

Free spoon with 1 Kg. pack

An Ayurvedic health tonic

Dabur CHYAWANPRASH

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By Sushila Subodh

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Sushila Subodh

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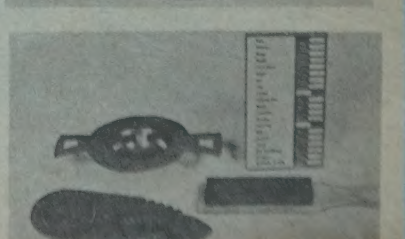
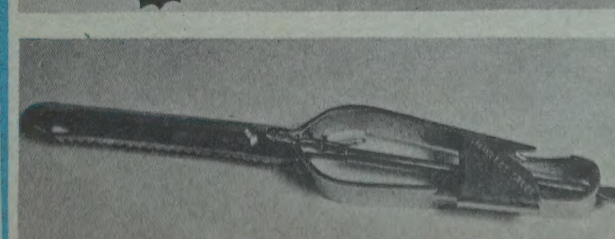
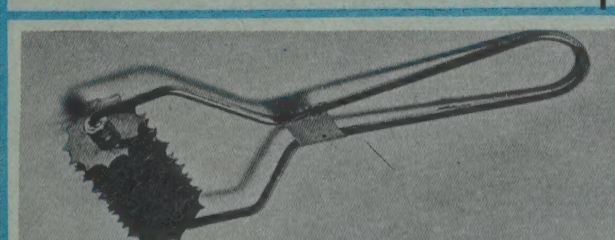
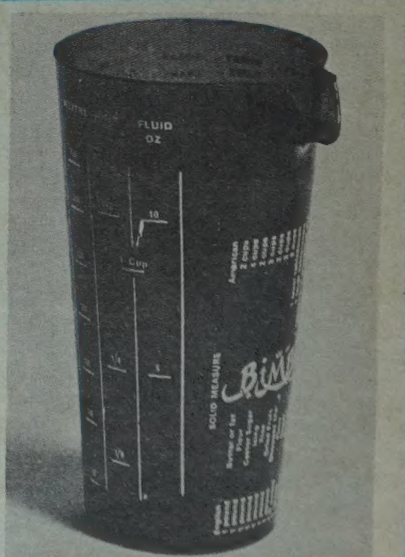
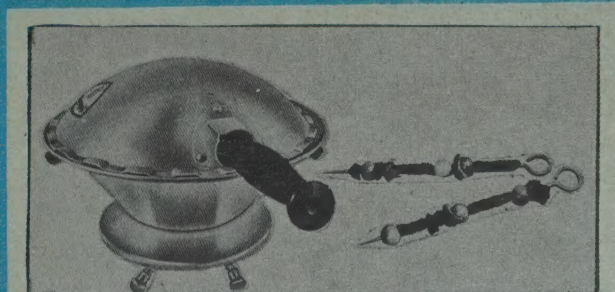
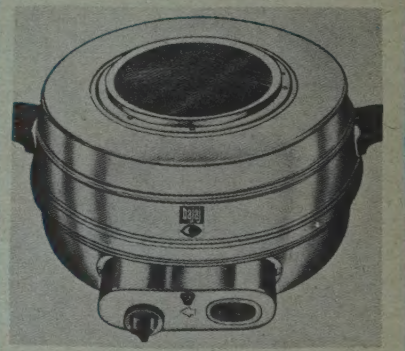
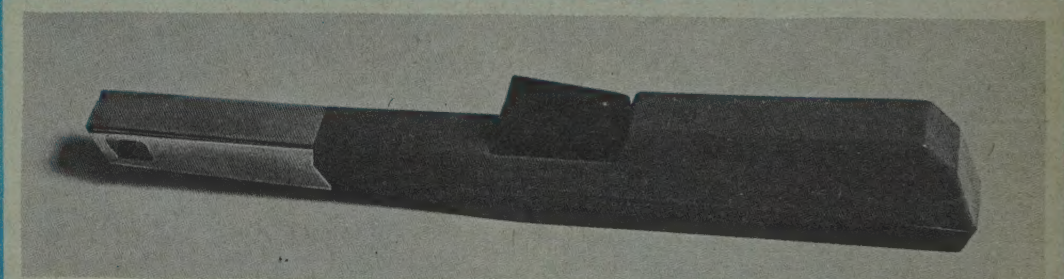
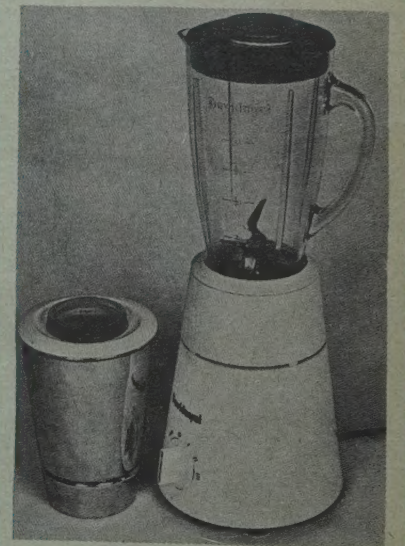
BE EVER READY

Stock Your Kitchen Fill Your Larder

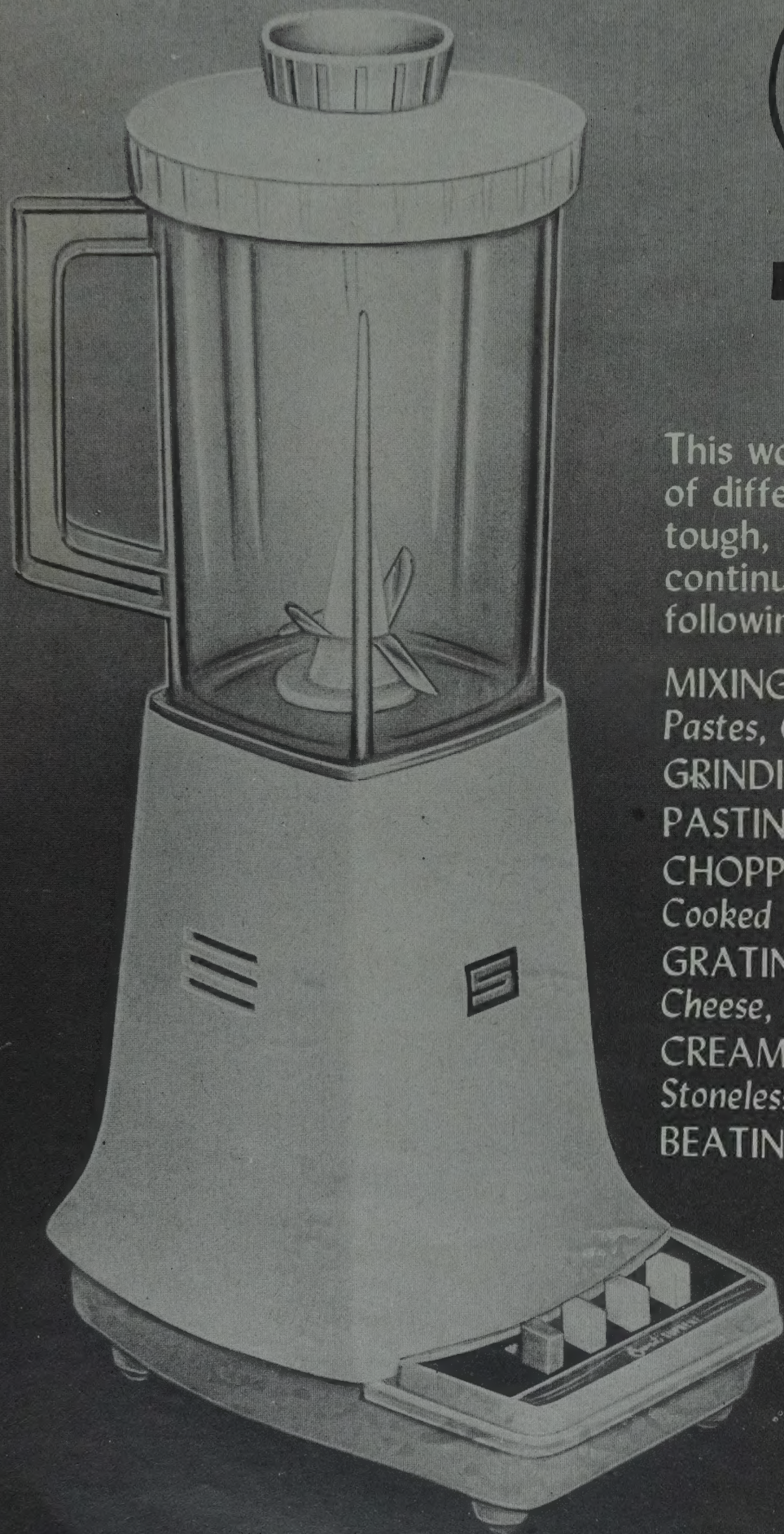
A housewife should also equip her kitchen with some packaged and tinned foodstuffs—such as baked beans, cream-style corn, sardines, sausages, tuna fish—and instant foodstuffs such as vada mix, gulab jamun mix, jellies and custard powders. These come handy when the housewife runs out of gas, when unexpected guests drop in for dinner or when she comes home tired after a day's work and wants to avoid laborious, everyday cooking. Baked beans come handy for a super breakfast, served with fried eggs and chips. Cream-style corn can go in the preparation of quick soups or several baked dishes. Sardines can be combined into a salad which will serve as a substantial main dish, while sausages can go as fillers between bread rolls. Tomato ketchup is a good substitute to tomato and tomato puree. Custard powders make fabulous last-minute desserts. In short, these quick meal helpers are a good stand-by and a little imagination can turn them into unusual and, above all, easy meals.

SOME USEFUL GADGETS AND FOODSTUFFS

5. Mafo products: Pork Kababs (Rs. 3.80 — 200 gms.), Pork Frankfurters (Rs. 4.50 — 200 gms.), Cocktail Sausages (Rs. 3.90 — 200 gms.), Chicken-N-Ham Slices (Rs. 2.75 — 100 gms.), Chicken-N-Ham Spread (Rs. 2.70 — 100 gms.).
6. Harvestime Frozen Foods: Mango Pulp Rs. 8 — 500 gms.) and Mixed Vegetables (Rs. 3.50 — 500 gms.).
7. To minimise arduous kitchen chores... Devidaya Mixer-Grinder (Rs. 820). Its motor can run continuously for 50 minutes.
8. Gason multi-spark electronic gas lighter (Rs. 75 — taxes extra). Eliminates the use of battery, flint or electricity.
9. Ease the pressure of cooking... Devidaya Pressure Cooker is so convenient (Rs. 220 and Rs. 245).
10. A useful buy... Bajaj Round Oven with glass top (Rs. 167 and Rs. 231).
11. For tempting tandoori preparations... Supercook Gas Tandoor (Rs. 187 and Rs. 330).
12. Ingenious kitchen gadgets from Bimbo: Measure Flask for liquids and solids (Rs. 3.50); Meat Tenderiser (Rs. 9); Multiple Peeler — can be used as peeler for vegetables, apple corer, scaler, can and bottle opener and tin wedger (Rs. 8); Egg Separator (Rs. 2); Memory — shopping list with 40 items (Rs. 3.50); Knife Sharpener (Rs. 11) and Measuring Spoon (Rs. 1.50).



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TAX PAYERS!

Secure prompt credit for your Income Tax payment

The Income-tax Officer gives you credit for your tax payment on the basis of the counter-foil of the chalan received from the authorised bank where you make the payment.

Surely, you would like your tax payments to be credited to your account in the records of the I.T.O. promptly and fully.

● CHOOSE THE APPROPRIATE CHALAN FORM

There are separate chalan forms for the various types of income-tax payments. These are:

<u>For payment of</u>	<u>Chalan Form</u>
Advance Tax	
By companies	ITNS 35A
By others	ITNS 35
Self-Assessment Tax	
By companies	ITNS 166
By others	ITNS 166A
Tax Deducted at Source	
From salaries	ITNS 191
From other payments	
—made to companies	ITNS 39A
—made to others	ITNS 39

For payment of tax due on regular assessment, the appropriate chalan will be supplied to you by the Income-tax Officer.

Use of a wrong chalan may result in misclassification and consequent difficulty in giving prompt credit for the tax payment.

● FILL THE CHALAN FORM COMPLETELY AND CORRECTLY

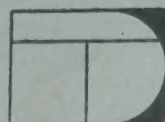
Make sure you write legibly—

- Your name and address
- I.T.O's Ward or Circle where you are assessed or assessable
- The amount of Income-tax and surcharge thereon separately.
- Your Permanent Account No.
- Assessment year

A mistake or omission may result in undue delay in giving credit to you for the tax payment.

**CORRECT ENTRIES
IN THE DEPARTMENT'S BOOKS
ARE AS IMPORTANT AS
PROMPT PAYMENT OF TAXES.
TAKE DUE CARE TO ENSURE BOTH.**

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