



EATING OUT RIGHT

NAINI SETALVAD

Cinnamon

SEVERAL years ago, cinnamon was considered more precious than gold. It has great therapeutic values. Read on to find more about this magical spice:



HEALTH BENEFITS:
Diabetes: Cinnamon has the ability to regulate insulin levels in the blood, thus controlling blood sugar levels.
Heart Diseases: It contains antioxidants that reduce bad cholesterol levels in the blood and revitalises the arteries and veins.
Blood: Being a blood thinning agent, cinnamon helps increase circulation and aids health.

Infections: Studies have indicated that cinnamon has antifungal, antibacterial and antiparasitic properties. It is also effective in fighting vaginal yeast infections, oral yeast infections and stomach ulcers.
Performance: Studies prove that by simply smelling cinnamon regularly, you help boost memory and your performance in daily tasks.

WAYS TO HAVE IT:
Add Cinnamon to your salad, honey, apple, chicken, soups, rice and herbal teas.

PRECAUTIONS:
A wrong or excessive intake of cinnamon could do more harm than good. Therefore, **Do not:** Start eating large amounts of cinnamon every day to extract more health benefits. It is known to be toxic in large doses.

Stomach Disorders: Small amounts of cinnamon help stomach cramps, Irritable Bowel Syndrome and other common stomach disorders. Being an excellent source of dietary fibre, iron and calcium, cinnamon improves colon health.
Menstrual Cramps: Cinnamon has muscle-relaxing properties. It relieves women suffering from menstrual cramping.

Food in the FAST LANE

What if one combined traditional 'fast' food with the concept of fast food? Confused? Don't be. ANJALI KAPOOR checked Falahaar and we are lovin' it!



STOOP TO COUNTER: Robbin Jain and his band of merry men

Over the counter

- Alphonso mango kalakand
- Cashew-based sangam barfi
- Falahaari namkeens
- Sabudana khichdi and dahi vada
- Fruit cream

because it is light and can be had while one is on the move," says Jain.

The first Falahaar outlet opened in Jaipur in October 2008 in a kiosk and the second bigger outlet is the outcome of the success of the first. "The second outlet targets the working population of the city as well as the families staying in nearby areas," says Jain.

The company plans to open 8-10 outlets in the city this year. Then on the basis of franchisee model, the company plans to move to other parts of the country. "Our daily sale is increasing and people remember us now when they fast and that is why we can look at a promising future in this category," he says.

Visit this one-of-its-kind store and try out the 'fast' food they offer! Would it be too corny if we insisted, "Fasten up and hurry?"
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Dishy food divas

These are not just pretty faces, but women who make you rush to the kitchen to cook

Padma Lakshmi: The good looking model and cookbook author makes for a striking picture on her culinary tourism television shows. Her cookbook—*Easy Exotic*—was awarded Best First Book at the 1999 World Cookbook Awards at Versailles. Her second book, *Tangy, Tart, Hot and Sweet*—was also acclaimed.

Nigella Lawson: With her stress-free approach, English food writer Nigella Lawson brought "sexy" back to cooking. Her first cookery book, *How to Eat*, sold 300,000 copies in the UK. She won the British Book Award for Author of the Year and hosts her own TV series on cooking.

Madhur Jaffrey: It was Madhur who was among the first to introduce the cuisines of India to the West. The ex-wife of actor Saeed Jaffrey, she has written books such as *Ultimate Curry Bible* and been the recipient of several awards.



Padma Lakshmi

The city is going to go on what can only be described as a fasting spree with *Navratras* from today. But that does not stop foodies from eating good food especially when the city has a new outlet dedicated to "fast" food. And we are not talking about a western food concept here.

Yes that's true. Your *sabudana khichdi*, fruit cream, *sabudana dahi vada*, mango *kalakand* and other fast-special food are now available at Falahaar outlets in C-

Scheme and outside Saraogi Mansion. "Falahaar is a pioneer and unique food retail concept started in Jaipur to serve fresh, healthy, hygienic and delicious food eaten during fasts," says Robbin Jain, the man behind the concept.

Jain comes from a family that has been in the business of selling traditional sweets and *namkeens* for over 25 years in Kota. "So many people fast in a small city like Kota, just imagine the number of people fasting

in Jaipur. It is for this fasting crowd that I decided to cater to," says Jain. But the store is equally famous among the non-fasting lot too. "Dieticians and religious *gurus* advise to consume *falahaar* during and after fasting because it is healthy and nutritious. But people love to have it any time and any day



Top 5 REMEDIES to aid DIGESTION

MARINA PEREIRA gets ANJALI MUKHERJEE to list five foods that help you



Anjali Mukherjee, nutritionist

1. Amla: When your pith is high you tend to get hyper-acidity, heart burn and become irritable. Eat *amla* to normalise these effects.

2. Saunth: (dry ginger powder): When you are ridden with bad bacterial flora, a teaspoonful of *saunth* in a glass of warm water reduces toxic overload in the system. One could also have fresh ginger juice in a glass of warm water.



3. Hing: Hing reduces gas and a 'bloaty' feeling and helps improve the breakdown of food.

4. Cloves: Put 2-3 cloves in your mouth after every meal to improve digestion.

5. Sauf: Helps reduce gas and improves digestion. It also prevents unnecessary hunger pangs.

Apart from these remedies, drinking warm water throughout the day helps in digesting food better and avoids gas accumulation. Half a juice of lime in half a glass of water post-meals also works wonders. Adding some crushed black pepper to a bowl of hot soup does the trick too.

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.IN THE FRIDGE OF.

- Guilty pleasure:** Chocolates and cake are my favourite. Just can't do without them in my fridge
High spirits: At the risk of sounding boring, I love fruit juices
Juices: Fresh fruit juices. The fresher, the better! I am not a created drinks fan
Meats: Chicken sausages. My kids and husband love them
Kinky surprise: Muffins. My family is crazy about muffins. It is always muffin time, especially when my kids leave for school
Midnight snack: Masala Maggi. Fast to cook, good to eat!
Sinful indulgence: Indian sweets. And I am talking *mithaais* right now. They are my all-time favourite
Haven't thrown away: Peanut butter. No matter what, just can't junk it
Can't do without: *Paneer*. I am a health freak and I know that *paneer* is good for me. It is because of the protein factor and also because it is a versatile product
—as told to Anjali Kapoor



Jainandini Singh

owner, Café Kooba

Un momento: Italians have it all!

They are known for their passionate behaviour. ...towards, love, argument for argument's sake, and food. Oh, yes, food! Our expert on how Italians rule the culinary world



PALLAVI BOSE

Romans. The land of Leonardo da Vinci, Michelangelo, Dante and Armani equates food with art.

Preparing pasta is like painting a Picasso. My visit to the International Slow Food festival Terra Madre in Turin presented Italy to me like an assorted box of chocolates.



From Parma ham, Piedmonte wines, Tuscan olives, to truffles from Turino, the rich food heritage of Italy is full of surprises. While watching Diane Lane enjoying an elaborate Italian meal with her friends in *Under The Tuscan Sun* the other day, I could not help remember the awesome gourmet experience I had in the Land of Gods. Since then, I have been nurturing the idea to pen down my food memoir.

Tuscany enjoys varied but mild food. A lot of grilled meat and mellow cheeses make the menu here. Their delicious, chewy breads are baked without salt. I found the bread strange, but, once I got used to the flavour of the bread flour, I became a convert. Tuscans are also known for their appreciation of beans—white beans cooked with sage and olive oil. Many versions of roasted or wine-braised game like boar, deer and rabbit and thick and hearty soups adorn the table of a typical Tuscan family. The T bone steak served rare



dish antenna.

makes for a rare recipe. And not to forget this is the home of the much acclaimed Chianti wine.

While Tuscany flaunts its olives, Piedmont at the foot of the Alps sharing borders with the east of France is known for the best wines. It is also home for the Slow Food organisation. Chestnuts and white tr-

uffles are in abundant. Sliced raw and paper-thin, the rich flavour of the white truffle enhances the taste of even the simplest risotto to the most elaborate beef filet. And... don't forget cioccolato. Piedmont has been the kingdom of cocoa products for hundreds of years. The Swiss may claim to market their

chocolate better, but a true chocolate connoisseur would swear by Torino chocolate because the art of converting the bitter cocoa seed into a rich dessert originated here at Turin.

Once the political capital of Italy, then fashion capital before it shifted to Milan, Turin is now known to be the gourmet capital of Italy. Even the simplest of kitchens dish out the most exotic recipes.

Cooking here is done with butter. And a distinct similarity with French style of cooking can not be overruled. A popular dish is fonduta more known as fondue, made with melted cheese dip of milk, eggs and white truffles—a perfect party presentation.

Whether you play with savory cheese or sweet chocolate or caramel; it's guaranteed a good time!

Even Dante said, "Semel in anno licet insanire (everyone can go mad at least once a year)."

WRITE TO US

PALLAVI BOSE KNOWS THE BUSINESS OF FOOD FROM INSIDE OUT HAVING BEEN A RESTAURATEUR HERSELF. READERS CAN WRITE IN THEIR QUERIES TO: afterhoursjpr@dnaindia.net