

# BRUNCH

TRAVEL FOCUS  
**ON A FOOD  
HOLIDAY IN  
ISRAEL**  
PAGE 22

In this exclusive pic shot for *HT Brunch*, supermodels Sonalika Sahay (left) and Lakshmi Rana show that age is no bar when it comes to looking good and wearing what makes you feel great.

INDIA'S TOP MODELS 2018

# BODY BEAUTIFUL

MEET THE BOYS AND GIRLS WHO ARE SCORCHING RAMPS AND SETTING ADVERTISING BILLBOARDS ON FIRE

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# AMY TAN PICKS FIVE WRITERS TO READ

The renowned author lists her personal favourites

## LOUISE ERDRICH



My first pick would be Louise because her book *Love Medicine* which has a conversational narrative. It won the the 1984 National Book Critics Circle Award. This particular book really opened my eyes

and inspired me to write.



inevitable..." and then he goes on to give a distinctive sensory clue. It's such a powerful beginning. A story is not just a narrative, it's what you know at the end of each sentence you write.

## JM COETZEE

John Maxwell Coetzee's book *Disgrace*, for which he won the Nobel Prize in Literature four years after being published. He has a bunch of books that are so in depth about suffering, and he has, within his stories, something very important to say always.



## ALICE MUNRO

Her books aren't about big politics or 'ethnic cleansing' but she talks about the foundation of human nature and community, which is really is about the rest of the world.



(As told to Samreen Tungekar)

## RABIH ALAMEDDINE

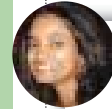
Lebanese-American writer Rabih Alameddine's work is inspirational in its own sense, especially if you really want to look at the depth of writing and the craft of ideas.



## GABRIEL GARCIA MARQUEZ

The book I would recommend that most people would have even heard of before is *Love In The Time Of Cholera*. The way it starts, "It is

## Stuff You Said Last Sunday



### Mallika Dasgupta

@d\_mallika  
Breakfast for Champions with @HTBrunch! Super read on gender neutral silhouettes that break away from the pre-conditioned dressing sensibilities for men & women!  
#FashionForward ❤️ from A to Z! @htTweets @shahidkapoor

It was the best talk with @shahidkapoor regarding gender-neutral fashion. It is rightly indicated, that fashion totally depends on you, and how you present it, and that there's no problem in gender-neutral fashion! Loved it! @HTBrunch #FashionForward @suyashmehraa

Love an interesting Sunday morning read. Great images and styling for this shoot #styleblogger @htTweets @HTBrunch @shahidkapoor @thebaldeaglein

I can't wait to travel to Antarctica anymore. It's explained so beautifully that I can't resist thinking about it. The tips are so useful and I'm looking forward to this expedition. Thanks @htbrunch @alemeram53

@virsanghvi Sir thanks for breaking down the mystery that this 'superfood' avocado has been to me for so many years now, through your column today in @HTBrunch. It was quite insightful! @AishuBhagat

My copies of Brunch are couriered to my dad in Kota every two months for @virsanghvi & @seemagoswami & @RajivMakhni columns. He too doesn't want the e-versions. Well...it goes for me too. Sundays are incomplete without it @imlnc

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Note: Some tweets have been edited to correct spelling and grammar

(Clockwise from top) Lakshmi Rana, Sonalika Sahay, Rohit Chawla, Shivan Bhatia and Narresh Kukreja at Roseate House New Delhi



## THE COVER SHOOT

This was a special shoot for Sonalika Sahay and Lakshmi Rana, who got together with the ad man who they had worked with at the start of their careers. Senior photographer Rohit Chawla, who spent two decades at JWT, indulged his protégées early one Monday morning at Roseate House New Delhi, while India's top resortwear designers Shivan Bhatia and Narresh Kukreja turned up personally to style the stunning fashion icons.

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National - Neeraja Chawla: [neeraja.chawla@hindustantimes.com](mailto:neeraja.chawla@hindustantimes.com)  
North - Shaila Thakur: [shaila.thakur@hindustantimes.com](mailto:shaila.thakur@hindustantimes.com)  
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LIVE WHAT YOU LOVE

# THE SLACKER'S GUIDE TO HOME DÉCOR



Photo Imaging: PARTH GARG

There is a joy in abandoning coasters and accepting water rings

By Rehana Munir

**F**or centuries, philosophers, seers and all-knowing aunts have devised foolproof ways of determining people's characteristics. Some look upon the eyes as the windows to the soul. Others figure everything they need to know about someone by the way they sip their coffee. Still, others make such inferences based solely on social media posts. I'm looking to establish my own litmus test. In fact, it works pretty much like one, in that it involves liquids and colour changes. Try spilling wine on a friend's new couch to determine the truth of the couch owner.

There are only two possible responses: either the couch wins or you do. In the first case, it's best to offer to reupholster the besmirched couch, while composing a dirge for the spoiled relationship. In the latter case, hug your friend to your bosom (while carefully avoiding further spillages). This one's for keeps.

## THE SEMIOTICS OF TOOTHPASTE

Not just couches and friendships, homes are places where many relationship truths may be tested. Gender wars, for instance, have used ordinary home objects as highly potent symbols. Upright toilet seats and bottom-heavy toothpaste tubes have for decades been seen by women as evidence of men's lack of care.

Men retaliate with their litany of woes, from twee cushion arrangements to towels whose usage can only be mastered by fabric taxonomists. Mothers lament their kids' war-torn rooms. Siblings spar over where the remote ought to be. Every object lost or stained, loosened or untidied, is recorded in the shared history of cohabiters. That lamp you broke may have slipped from conversation now. But be warned it will come up when you least expect it, in a slur that has gained strength over the years. The broken lamp never leaves the room.

## Have you ever tried spilling wine on a friend's new couch to determine the truth of the couch owner?

These are the days of life coaches and celebrity interior designers, Marie Kondo and Vaastu. Whatever the science or silliness behind each of these forces might be, they all tell us how important it is to keep our homes well. If something doesn't make you happy, throw it out, one encourages. If the mirror faces your bed, your marriage will be over, warns another. This tranquility-exhaling fountain with glow-in-the-dark rocks fits in well with your *Moulin Rouge* meets *Mughal-E-Azam* chandelier, lies the third. Between all these conflicting

instructions, where does this leave the poor homemaker, house-proud but also quite fond of her/his sanity, sovereignty and solvency?

## PUTTING THE OUCH IN COUCH

I'll give you an example. Determined to be house-proud, and eager to shake off the mantle of laid-back meanderer, I recently headed to a furnishings showroom, confidently ordering a couch cover. Now I know couch covers are a repulsive idea, but I live in a flat where dust settles quicker

who belong to the cheap and cheerful school of home maintenance. This doesn't mean we're grotty cave dwellers. Just that our rugs don't match our curtains, our furniture is in different shades of wood and the shoe rack is a permanent embarrassment.

## CRACKED BEAUTY

So, then what? How to be house-proud without doing any of the work? The Japanese got there first. Their ancient philosophy of Wabi-Sabi goes perfectly with imperfect housekeeping and absolves my ilk of any guilt on that front. It's pivoted on the reality of impermanence. Of the many scratches and stains, tears and distortions that time leaves on all things. The trick is to look at wear and tear not through the lens of damage and depreciation but of that of beautiful decay and authenticity.

A broken frame and a chipped vase. Fading rugs and weathered tiles. Accept them and move on gently. You could dig deep into the Wabi-Sabi ethos and discover countless treasures. But if I had to compress it in a line, I'd say it's a philosophy that makes one abandon coasters and accept water rings. How empowering! May I never have to reupholster again.

than the US in an oil-rich country, so, I've traded pride for prudence. Order given, measurements taken, I awaited receipt. And then it arrived. The abject horror of the checked fabric, 50 shades of morose and a material that actually feels inflammable.

There was nothing wrong with the original couch. This need to give it a makeover was – as any analyst worth her couch will tell you – a need to change something within. (Okay. The analyst would be more insightful.) Interior decoration – the time, effort and emotion spent on it – has little or no payoff for so many of us

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# REVEALED! INDIA'S TOP 10 SUPERMODELS

ONLY EYE CANDY? UH-HUH!  
IT'S THE STRUGGLES, DISCIPLINE AND HARD WORK  
THAT MAKE A MODEL SUPER.

INDIA'S 10 BEST TELL THEIR TALES

By Prasad Bidapa

If you hear the word 'supermodel' and still have Mehr Jesia, Madhu Sapre and Milind Soman in mind, you clearly haven't entered the new millennium as completely as you thought. Industry experts, contemporaries and market demands bring their values together to help *HT Brunch* pick the top five girls and boys whose perfect physiques, brilliant smiles and flawless skin can make (or break) brands...



## BOLLYWOOD DREAMS ANUJ CHAUDHARY

One of the few male models to have successfully made the crossover to Bollywood, Anuj Chaudhary was born and bred in the UK. He graduated from Manchester Metropolitan University, and then moved to Mumbai, where he has been modelling since 2007.

His first film was the critically acclaimed *Straight* (2009), which was followed by *Angry Indian Goddesses* (2015), and *Mirzya* (2016), which is directed by Rakeysh Omprakash Mehra.

Despite his successful modelling career, Anuj found it difficult to land a role in a film industry that leans heavily on star children for guaranteed box office returns. He's lost count of the auditions he

**Despite being a successful model, it was difficult for Anuj to land a film role**

has attended, he says, but he has persisted. If anything, Anuj's films so far have made him hungrier for more work with industry greats.



# THE RUNWAY GIRL SONALIKA SAHAY (LEFT)

Runway models are usually more striking than beautiful, while print models are photogenic. When both talents combine flawlessly, a Sonalika Sahay is created.

Marriage happened quite early, and Sonalika is the proud, now single, mother of two beautiful girls. Modelling is not all that she does. A keen business intellect helped Sonalika, 37, formulate and launch one of India's first fashion dot-coms, making designer clothes accessible to women everywhere. It became successful and Sonalika sold it to an investor. Her business acumen and wide range of interests make her a fascinating conversationalist.

## Since Bollywood is an industry dominated by rather short men, the nearly 6'-tall girl decided to turn to business instead

Of course, Bollywood came calling, but in an industry dominated by rather short men, the nearly 6'-tall Sonalika decided to concentrate on her modelling and business careers. She travels the world, adept at balancing her personal and professional lives. Her serene beauty ensures her success and her keen intellect, a dominance in business ventures.

# EVERYONE'S COVER GIRL LAKSHMI RANA (RIGHT)

The Panther Prowl is the trademark of supermodel Lakshmi Rana. At 16, she was tall and dusky, with a perfect body. Starting her career in New Delhi, she was soon busy, but not too busy to return the attention of a dapper army officer; they married shortly. Lakshmi continued to model and became a supermodel. Her curly hair and striking features create a persona both exotic and international.

## Even after motherhood beckoned, Lakshmi came back to work, and went from model to supermodel

Motherhood followed, but Lakshmi came back. Soon, leading magazines were falling over each other to feature her on their covers and in important editorials. And after every show, Lakshmi flew home to her husband and daughter, ensuring the least possible disturbance to her family life. Today, Lakshmi is used as an example to teach new models.



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USING #IndiasTopModels

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exclusively for  
*HT Brunch* by:  
Rohit Chawla

Location courtesy:  
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New Delhi

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Shivan & Narresh  
Art direction by  
Samreen Tungekar  
Make-up and hair by  
Sunil Gautam

Swimwear and kaftan,  
Shivan & Narresh  
Sonalika's earrings,  
Forever 21; kadha,  
Lokhandwala market,  
Mumbai





Photo courtesy: JITEN AGARWAL

## THE TRENDSETTER PRATEEK JAIN

An accident while on the way to a fashion show came in the way of the modelling career of 6'3" Bengaluru boy Prateek Jain; he was late for work, and was banned by the furious show director.

Some bodybuilding years in Mumbai later, he contacted the director, apologised, and was invited to the Mr India audition the same afternoon. Though he made it to the final, the buzz was about another contestant. Eventually, though, film star Arjun Rampal crowned Prateek the winner, and he became Mr India World 2014.

### Prateek's fiercely bearded look set a trend that's yet to diminish

Ripped and chiselled, Prateek's body became the prototype for every wannabe male model in India, and his fiercely bearded look set a trend that is yet to diminish. His 2015 title of Asian Super Model underlined his appeal, and since then, Prateek, now 29, has done everything from editorials to advertisements.



## TOTALLY INDIVIDUAL RACHEL BAYROS

Rachel Maria Bayros, 33, started modelling in Bengaluru at the age of 16, when she became the face of the Royal Silks of Mysore, promoted by the late Maharaja of Mysore.

### Rachel became the face of Royal Silks of Mysore at the age of 16

Soon, she moved to Delhi, where the designers went mad for her and she featured in many editions of the then Wills Lifestyle India Fashion Week.

She remains an industry favourite to this day. Rachel lives in Dubai now with husband Pedro.

## ALSO AT THE TOP 7 MODELS WITH POTENTIAL TO MAKE IT TO OUR LIST NEXT YEAR

By Farhad J. Dadyburjor

### TOP BREAKOUT STAR RADHIKA NAIR

With her curls and delicate bone structure, this Bengaluru-based stunner made international headlines by being the first Indian woman to walk for luxury giant Balenciaga. Having moved to Mumbai to pursue modelling full-time, Radhika at one point considered being a journalist.

### TOP INTERNATIONAL RAMP SCORCHER BHUMIKA ARORA

With those moody eyes and sultry lips, it's no surprise that Bhumika has gone on to walk for the biggest international designers, like Jean Paul Gaultier, Emilio Pucci and Marc Jacobs. A favourite of Stella McCartney, she was featured on Style.com's Top 10 Models of the Season list.





Photo courtesy: ITALIAN WARE CLAIRE

**FACE OF INDIA  
LAKSHMI MENON**

Lakshmi Menon, 36, was not fair and buxom. She did not fit the look the market wanted. But Prabuddha Dasgupta, one of India's greatest photographers, had the clout to shoot the model of his choice. A Ganjam Nagappa (south Indian jewellery store) calendar first unleashed Lakshmi onto the public. The results were spectacular. Lakshmi then moved to Europe, where she was an immediate success. She began with Chanel, and worked with Jean Paul Gaultier, Max

Mara, Givenchy etc. In 2012, she became the face of Hermès. She was the first Indian model to have been featured in the iconic Pirelli calendar. Lakshmi is recognised as the woman who opened the doors of fashion for India's dusky beauties.

**Lakshmi was the first Indian model to feature in the Pirelli calendar**



Photo courtesy: JITEN AGARWAL

**CAREERS ABOUNDING  
ARRY DABAS**

Aray studied at a hospitality institute that often sent its students to work at five-star hotels when extra hands were needed. At one such event, he was spotted by designer Rohit Bal who suggested he try modelling. Soon, he began modelling full-time. He was invited to participate in an international modelling contest in Bangkok, where he brought home the title of Mr Photogenic. Having been Mr India 2012, he trains the contestants of Mr India and is now shooting for a Bollywood film.

**Aray was discovered by designer Rohit Bal**



**TOP FITNESS MODEL  
KARAN OBEROI**

The face of brands like Royal Enfield, Reebok and Isuzu, his social media following indicates his popularity – 40k on Instagram and 155k on Facebook. If inspiration sells, Karan Oberoi does too.



**TOP INTERNATIONAL FACE  
POOJA MOR**

She entered beauty pageants and worked as a model before walking for Louis Vuitton Resort 2015 show. She's been featured in British *Vogue*, and made it to the cover of *Vogue Italia*.



**TOP MODEL** In September 2016, Pooja appeared on the cover of *HT Brunch* as one of India's top models



## AGAINST THE ODDS PRABH UPPAL

As a young, glamour-struck lad from Ludhiana, Prabh Uppal's first few years in Mumbai were so hard, that he had to head back home at one point.

Fortunately, the lure of glamour was too strong, and Prabh returned to Mumbai, where he became a fixture in the modelling scene. Those early years were tough, he says, because modelling agencies in India tend to push international models to Indian ad agencies.

But Anima Models spotted

## Prabh's first few years in Mumbai made him almost give up

Prabh's potential, and within months, his chiselled features and superb body gave him an edge over the competition, taking him all the way to fame.

Married to model Alicia Kom, Prabh now lives in Australia.



Photo courtesy: ATSU SEKHOSE



Photo courtesy: ROHIT CHAWLA

## ALSO AT THE TOP

### TOP UNCONVENTIONAL NEWCOMER TUHIR BRAHMBHATT

With his androgynous look and skinny frame, Tuhir is the new guy to watch out for in an age of diversity in fashion. He was featured in Zara India's online campaign.



### TOP FASHION DARLING KETHOLENO KENSE

This beauty from Nagaland burst into the spotlight after winning the Kingfisher Calendar Hunt in 2014. Thereafter, she walked the ramp for designers like Atsu Sekhose and Tarun Tahiliani, gracing numerous fashion magazine covers. She was seen in commercials and has become the darling of the fashion world.

### TOP COMMERCIAL PICK RAJAT BHASIN

His boy next door looks and easy-going attitude have made this Delhi boy an instant hit in the advertising community. Rajat has appeared in commercials for Coca-Cola, PayTM etc.



Photo courtesy: AMIT KHANNA

**FIGHTER AT HEART**  
**ARCHANA AKIL KUMAR**

Segueing easily between Western haute couture and Indian Bridal (last year, she was the face of Sabyasachi's bridal collection), Archana is one of the most recognisable faces in the Indian modelling circuit. Her wide-eyed appeal and sharp features created a sensation in the fashion world, and designers were falling over each other to sign her up as the face of their campaigns.

**She easily balances Westernwear and Indian bridal, and was the face of Sabyasachi last year**

In her initial days, Archana lived with her mother in Bengaluru and travelled for work. Soon, she did significantly well in Mumbai and Delhi. Archana could probably choose any fashion capital of the world as a base, for she could be a success anywhere. She's going to be around for a long time.

**RAMP TO SCREEN**  
**TONY LUKE**

Tony Luke, now 32, was 19 when he started modelling, and soon found himself at big ticket events like the Lakme Fashion Week. He became the first Indian model to walk at Milan Fashion Week in 2007 for



**Tony was the first Indian model to walk at Milan Fashion Week**

Krizia Uomo Menswear, and became the go-to model for magazine shoots. Tony appeared in music videos and TV commercials. He acted in an experimental short film called *Karma Cartel* (2014) before debuting in a Malayalam feature film called *Oozham* (2016). At present, Tony is in such great form, that he can play characters half his age!

*The writer is a senior fashion industry expert who has discovered some of the most glamorous faces in Indian films and fashion*

**THESE INDUSTRY VETERANS HELPED US PICK INDIA'S TOP MODELS 2018**

**MBIKA PILLAI**  
Mbika is a hairstylist and make-up artist. She owns a salon in Chennai and has won many awards.

**LUBNA ADAM**  
A leading model herself, Lubna is India's biggest fashion choreographer.

**SUNIL SETHI**  
Sunil is the president of the Fashion Design Council of India.

**MARC ROBINSON**  
Marc is an actor, model, and grooming expert.



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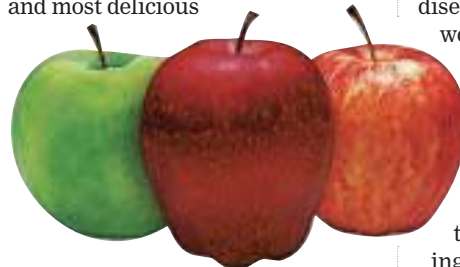
Address your lifestyle disorders by eating two small or one large **Washington Apple**

By Deepa Nair

In the fast-paced life we lead today, choosing nutritious foods always remains a major challenge. It is an undisputed fact that the intake of fruits and vegetables are keys to good health simply because of the variety of nutrients such as vitamins, minerals and antioxidants that they contain.

Apples are some of the most popular fruits on the planet and Washington Apples are considered one of the finest apples in the world. These apples grow in the fertile valleys and plateaus of America's far West, where growers tend orchards that produce one of the world's best and most delicious

body. Since 84 per cent of an apple is water content, it keeps your body hydrated, thereby not only satisfying your hunger but also your thirst. For the weight-conscious, an apple is ideal, for it is low in calories with no fat, cholesterol or sodium content. Apples are also enriched with Vitamin C, which is a great immunity booster that helps in the growth and repair of body tissues – it heals cuts and wounds as well and keeps the teeth and gums healthy. The presence of pectin as a soluble fibre in apples may reduce the inflammation associated with obesity-related diseases, aid digestion and promote weight loss. The phytochemicals present in apples help to reduce problems such as diabetes, cardiovascular diseases, asthma and could even help prevent cancer.



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apples. In the State of Washington, in Northwest USA, more than 175,000 acres of apple orchards are nestled in the eastern foothills of the picturesque Cascade Mountains at elevations ranging from 500 to 3,000 ft above sea level. The orchards are irrigated with plenty of cool mountain water.

Apples come with amazing health benefits that protect your

Popular in over 50 countries around the world, Washington Apples are known for their beauty and crunch and considered one of the world's most well-liked fruit. Red Delicious, Gala, Fuji and Granny Smith, are commonly consumed Washington Apple varieties that are now readily available in India at modern retail outlets and with local fruit vendors.

There could be no simpler yet effective way to address your lifestyle disorders than eating two cups of fruit each day. And this can be easily achieved by eating two small or one large Washington Apples.



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rude travel



vir sanghvi

# The Spirit of Little Tibet



*He may be one of the world's most admired people, but a trip to Dharamsala reveals a playful side to the Dalai Lama*

**T**here are many reasons to go to Dharamsala. It is one of Himachal Pradesh's most important towns. It now has its own cricket stadium. It has a beautiful location at the foot of the Himalayas.

But, in truth, there is only one reason why it has come to so much global attention. In 1960, the Dalai Lama moved to Dharamsala, then a sleepy ghost town, and set up the Tibetan government-in-exile. He chose the suburb of McLeodganj, a few miles away from the main city and the Tibetans built imposing structures, including the house where the Dalai Lama himself lives.

Over time, more and more Tibetans fled from Chinese rule and settled in Dharamsala to the extent that something like 30 per cent of the population is Tibetan. But because the Tibetans are concentrated in McLeodganj, it often feels like there are many more of them, and McLeodganj is known as Little Tibet.

The one time I had interviewed the Dalai Lama was over a decade ago for the *Hindustan Times* and we met in a hotel room in Delhi. He was on great form, spoke with his usual conviction and the interview caused a splash when it was published.

But the idea of going to Dharamsala had never occurred to me. Then, a year ago, the producer of my TV show, Chetan Dhalla, became obsessed with the idea of a Dalai Lama interview. He began communicating with Tseten Samdup Chhoekyapa, who handles these things for the Dalai Lama. Chetan was told off roundly for even broaching the idea and

## MOUNTAIN RETREAT

Ever since the Dalai Lama left the Tibetan capital of Lhasa, he has made Dharamsala the home of the Tibetan government-in-exile

*After many years in India, Tibetans had become more Indian than some of us realised*

informed that, at that very moment, the Dalai Lama's office was handling over 200 requests from all over the world. Did he think he could demand an interview just like that?

But Chetan kept at it and in late February, he got a call. The Dalai Lama was ready to give the interview. But I would have to come to Dharamsala to do it. And there was only a brief window of one or two days when he could do it.

I'll be honest: I was reluctant to go to Dharamsala. Not because I did not want to interview the Dalai Lama (of course, I did!) but because the best way of getting there is by a small propeller plane and I have terrible claustrophobia. We explored the driving option but that took around 10 to 12 hours. And though our crew finally drove to Dharamsala, I tranquilised myself and took the plane, my nerves numbed by medication.

I stayed at the Fortune Park Moksha, a modern hotel that is probably the best in the area with spectacular views of the Himalayas, and the evening before the interview, I headed to the complex where the Dalai Lama and his aides run their government-in-exile. Tseten took me to dinner at a restaurant next door which he said served authentic Tibetan food.

The food, when it came, was great. I was particularly intrigued by the momos, Tibet's greatest contribution to world cuisine.

The momo, as we know it in Delhi or Mumbai, is no more than a Chinese-style dim sum. The reason most restaurants describe it as a momo is because this allows them to pack it with all kinds of *masaledaar* fillings of the kind you could never put into a Chinese dim sum, even in the most renowned Sino-Ludhianvi restaurants.

But Tibetan momos are not meant to be delicate Chinese-style dumplings. They are a simple dish, made all over the countryside, usually with minced yak meat and normal atta.

**THERE ARE SOME AWARDS YOU KEEP IN CABINETS.  
AND SOME YOU BUILD CABINETS FOR.**

**THE LIVING FOODZ EPICUREAN GUILD AWARDS, 2018**



**POWER OF PRAYER**

A prayer in session at the temple of Gyuto monastery, Dharamsala

**WORDS OF WISDOM**

During the interview, the Dalai Lama spoke about China, oppression of the Tibetan people, etc.

Our momos in Dharamsala had no yak meat but they did not have the masalas we associate with momos in the rest of the India either. More significantly, they were made with atta, not the very fine *maida* used for momos outside of Dharamsala. So the dough was thick and the dish had a more rustic, less Chinese feel to it.

I asked Tseten if they ate this kind of food every day. His answer surprised me. He ate most meals in the complex's cafeteria, which was entirely vegetarian. Further, it did not specialise in Tibetan cuisine but served Indian food.

**W**hy was that, I asked. Tibetans are not vegetarians nor does their version of Buddhism require them to abjure meat. He replied that after so many years in India, Tibetans had become more Indian than some of us realised. The Dalai Lama had also turned vegetarian. But some years ago, he fell very ill and was advised by doctors to eat some meat for health reasons.

Early the next morning, I set out again for the Dalai Lama's complex. My crew who had driven from Delhi (it took them 12 hours) were ready in a meeting room where the Dalai Lama gives audiences to visitors. Except that nobody was sure when the Dalai Lama would actually make it to the interview.

I looked out into the courtyard where a large crowd had gathered. Many (if not most) of those waiting were not Tibetans but were Indians. When the Dalai Lama appeared to meet them, there was a discernible emotional reaction. First, one woman wept on seeing him. Then, the men rushed to touch his feet in the Indian (but not necessarily Tibetan) manner. Next, even more people seemed overcome with emotion.

I watched the Dalai Lama closely. Unlike our own saints and gurus who treat such displays of reverence by solemnly offering blessings, the Dalai Lama made a conscious effort to lighten the mood by laughing and joking with those who were being so serious and worshipful.

He was patient with everyone who had something to say. So patient, in fact, that I began to wonder when the interview

**EATING LOCAL** Tibetan momos are simple and usually made with yak meat and atta



would begin. We were already half an hour behind the schedule and there was only one flight out of Dharamsala that day. If the interview did not begin soon, I was going to miss that flight.

When he finished with that group of visitors, I breathed a sigh of relief. But no, it turned out that there

**COLOURS OF LOVE**

Colourful praying flags and stupa at Tsuglagkhang Monastery in Dharamsala

**ON THE web**

For more columns by Vir Sanghvi, log on to [hindustantimes.com/brunch](http://hindustantimes.com/brunch). Follow Vir on Twitter at [twitter.com/virsanghvi](https://twitter.com/virsanghvi)

The views expressed by the columnist are personal

was another group waiting to meet him. I guess the Dalai Lama sensed how tense we were getting because as he passed, he stopped by our window, looked directly at my wife, blew his cheeks out, made a funny face and laughed. It took us so completely by surprise that it broke the tension.

When he finally did arrive and we settled down to shoot (over an hour behind schedule), I reminded him of our first interview. Legend has it that each Dalai Lama is reincarnated after he dies. So monks scour Tibet looking for a child who seems to be the reincarnation. But, in Delhi, the Dalai Lama had told me that he was not the reincarnation of his predecessor.

Yes, he said, he had vivid recollections of the life of a previous Dalai Lama, but not of his immediate predecessor. More interestingly, he said, the dreams he now had were not of a Tibetan monk at all but of "the great Hindu master Krishna." I told him that this kind of figured, because though Tibetans don't accept this, Hinduism regards the Buddha as an avatar of Vishnu. And Lord Krishna is also a Vishnu-avatar. So from a Hindu (though not Tibetan) perspective, this had a certain logic to it.

Then, we were ready to roll. I won't say much about the interview because it was telecast a week ago (the deadlines in magazine journalism are very different from those of TV). But once again, he took us by surprise. We were interviewing him on the 60th anniversary of his arrival in India. Grand celebrations had been planned but everything was scaled back in the days before our interview took place. Papers reported that the government of India did not wish to offend the Chinese, who hate the Dalai Lama.

The night before, at dinner, Tseten had been eager to emphasise that this interview would be about philosophy and not politics. But within a few minutes, the Dalai Lama was talking politics. At some level, he was also a Marxist, he laughed, because he believed in the advancement of the working class. What he objected to was the tyranny of Communist regimes. And on and on he went about China, its totalitarian regime, its oppression of the Tibetan people, etc. etc.

We ended the interview after 46 minutes. I thanked him, but he insisted on staying to meet every member of the crew. He went up to my wife (who comes on most shoots with us) and pinched her cheek. He tickled our principal video journalist Gurmeet Singh Bedi's beard and giggled. "Hello sardarji," he said.

By the time we were finally ready to leave, I was sure I had missed my flight.

But what do you know? It had been delayed by two hours and there was no need to rush.

The Dalai Lama had said before our interview: "You must not worry about things. It will be all right."

I don't think he had the flight in mind. But still.....

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## Love, And Other Growing Pains

*Will leaving a lifelong home for another city disrupt the rhythm of affection?*

**W**hen do you become an adult? People have different answers for this. Some say that they become adults when they leave home for college, when they make decisions on their own. Others link it to their first kiss, or more prosaically, their first paycheck. One friend said that she became an adult when her parents died.

For me, the answer is linked to role reversal. You become an adult when your parent becomes a child. It is the moment when you start dictating their life and their choices, when you become the protector rather than the protected. It can happen when you are 30 or 60.

### PACKING SWEETS AND WRAPPERS

The first time it happened to me was when my Dad and I went to buy a sweet called Triple Taste. It was all the rage in the late '70s, but it is probably extinct now. We bought it partly because of its coloured wrappers that contained flags, if I remember right. The two condiment shops that sold this sweet stood opposite each other and were rather grandly called Rolex and Poompuhar. My Dad and I crossed the street. He stumbled. I grabbed his hand. He smiled and said, "I think I am holding your hand to protect you when in fact you are holding my hand to protect me." I felt like I was the king of the world.

My parents saved those Triple Taste wrappers that my brother and I collected. I know this because we were packing them. It was the summer of 2009. After months of negotiation, my parents had finally consented to moving from Chennai to Bengaluru. They were squabbling like kids and we were being the referees. Then again, my parents show their love by bickering with each other.

### QUARRELS AND COMPLIMENTS

I have never heard them say, "I love you" to each other. Not once. I have not seen them hug in public unless some foreign returned nephew or niece forces them to do this for one of those "everyone hug each other" family clan selfies. Even then, my parents do this awkwardly. Their relationship is rooted so deep, it is beyond the realm of words or date nights or flowers on anniversaries. Their bond is primal, woven through constant quarrelling, sounds, smells and glances. My mother can smell my father's arrival. I know this because her nose twitches as the door opens.

- "Did you get the coir rope to pack the god photos?" she asks.
- "Yes and I found all my old *banians* to wrap them in," he replies.
- When my Dad calls my Mom, he always begins, "It is me. (Naan-thaan)." Who else would it be?



#### BEYOND WORDS

My parents' relationship is beyond the realm of words or date nights or flowers on anniversaries. Their bond is primal

Photo: DINODIA

*You become an adult when your parent becomes a child. It can happen when you are 30 or 60*

### FILTER COFFEE OF HOPE

Agarwal Packers and Movers have arrived and we are loading the 70 cardboard boxes that will make their way to their new life in Bengaluru. My parents are nervous and excited. They have lived for 30 years in Chennai and are now shearing their ties with their hometown to be near their children in an alien city. As is common in India, our neighbours are saying bye through food. Unholy quantities of curd rice, tamarind rice, lemon rice arrive – this is Chennai after all, where rice is holy. Friends arrive unannounced to gawk and take away things that we don't want. Finally all the boxes are loaded. The house is empty save for the milk cooker, which we do not pack for a very specific reason. The final act that my father performs in the house that I grew up in, the house that we are now abandoning, is to make coffee. Boiling milk was his first act when they entered the house. He now ladles seven spoons of Narasu's Coffee – a mixture of peaberry and plantation beans, roasted and ground in the nearby Kamala Coffee Works. The stainless steel filter is pressed to use as it has been every day of my parents' married life. The aroma of South Indian filter coffee fills the kitchen. In spite of the withering heat of Chennai, suddenly all seems right with the world. The milk cooker whistles. We crowd around, watching my Dad mix coffee and milk with scientific precision. He puts a spoon full of sugar, mixes the liquid in two tumblers and hands the first one to my Mom.

This is how he shows his love to my mother. As for her, she scolds him into eating one more of everything – idli, dosa, it doesn't matter. It is never enough. "Take some more, take one more," says my Mom to my Dad. He always does. In fact, he waits for her to say this. He counts on her to say this. This is the rhythm of their life. This is the rhythm of their love.

Like migrating songbirds, we are moving them to an alien land. Will it work? Let us see.

#### ON THE web

THIS INDIAN LIFE by Shoba Narayan can also be read on [hindustantimes.com/brunch](http://hindustantimes.com/brunch). Follow Shoba on Twitter at [twitter.com/ShobaNarayan](https://twitter.com/ShobaNarayan)

The views expressed by the columnist are personal

*(This fortnightly column addresses the issue of parenting our parents, an integral part of This Indian Life and our culture. If you have stories about the weird and wonderful relationships that enrich or enervate your life, write in.)*

Columnist photo: PRABHAT SHETTY



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# This Changes Everything!

A look at three game-changing products showcased at the Mobile World Congress

**T**he Mobile World Congress in Spain was a cracker this time. I'm not going to chest thump and say that I got almost 90 per cent of it right in my predictions in last week's column (I did though :). Far more important were three new products that literally changed the landscape of the category in which they were launched. Breaking rules and shattering conventions – these three have set a standard that others worldwide will now have to scurry to even come close. This changes everything.

## ZTE AXON M

At first glance, it's a regular phone. Nice and sleek and built like a tank. But within its svelte frame lies its dual screen sorcery. Split it open like a book and out comes another screen of the exact same dimension. Clever engineering makes sure that the split line in-between the two screens is nearly invisible. You can use it in any one of the four modes. Folded with just one screen, split open and both screens displaying as one, both screens showing completely different content and both screens mirroring each other (keep the phone open like a tent card and you can make presentations to people sitting opposite you). Both screens as one mode is like a giant screen tablet and makes carrying a separate Tablet absolutely redundant. With a flexible roll-up bluetooth keyboard and this phone, you don't even need a laptop when you're travelling. Absolutely fantastic and game changing. It's going to be in India at a very aggressive price soon and I'm predicting huge success for this one.

## HUAWEI MATEBOOK X PRO NOTEBOOK

Notebooks and Laptops were the most boring of all tech products. But then something happened and companies like Microsoft, Acer, Asus, Dell and HP made them absolutely stunning in looks and performance. Huawei just blew them all to bits. The Matebook X Pro has an edge-to-edge screen (this is going to become a thing for laptops in 2018) thus fitting in a giant 13.9-inch screen (3000x2000) resolution) in a body that looks like an 11-inch laptop. It's super thin and made from aviation grade aluminium alloy. It has got an extra-large graphic designer level touchpad and a chip set based fingerprint reader built into the power button. It's super specced out with 16GB RAM, Intel Core i7 and Dolby Atmos speakers. And then it does the impossible. With a screen with no edges, there was no room to put in a camera there. So, where did they put one? Think! Whatever you thought, you got it wrong. It's



### AMAZINGLY THIN

The Huawei X Pro Notebook has a giant 13.9 inch screen and is super thin

### THE 4-IN-1 PHONE

The ZTE Axon M is going to be a game-changer phone that can be used in four different modes

*The Galaxy S9 can take absolutely perfect images in the darkest of places and the brightest too. It can capture images that the human eye could not decipher*

### ON THE web

For more TECHILICIOUS columns by Rajiv Makhni, log on to [hindustantimes.com/brunch](http://hindustantimes.com/brunch). Follow Rajiv on Twitter at [twitter.com/RajivMakhni](https://twitter.com/RajivMakhni)

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hidden behind a spring-loaded button between the F7 and F8 keys. Yes, no more security issues or putting black tape on your camera anymore. This one pops out and closes down when you're done. Once again, I have it from good sources that this one will make it to India soon. Time for all other notebook brands to get nervous.

## SAMSUNG GALAXY S9

This was obviously the headline maker for MWC but let's move away from the hype and buzz and zero down on the one thing it has that completely changes the smartphone market. Its camera. Let's face it. The optics and camera on a phone are now the most critical of all features. You use it for literally everything. The S9 goes where no cameraphone has gone before. It has an aperture range from f/1.5 to f/2.4. Simply speaking, it take absolutely perfect images in the darkest of places and the brightest.

In fact in my own tests the S9 was able to capture images that the human eye could not decipher. Almost uncanny and surreal. It then adds another major showstopper. It can shoot videos at a startling 960 frames per second for super slow motion. That's the kind of frame rate that required million dollar equipment till recently. The competition may be able to catch up with other things on the S9 but in terms of optics, Samsung has taken it to a whole new level.

I'm glad to see that gimmicks and showboat marketing seems to be on the wane and innovation that makes a real difference to the user is what brands are now aiming for. Giant leaps of the kind I've described today will wake up the competition in a hurry. This changes everything...



### COOL CAPTURE

The Galaxy S9 camera captures almost unbelievable images



Rajiv Makhni is managing editor, Technology, NDTV, and the anchor of Gadget Guru, Cell Guru and Newsnet 3

# WOODS



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**ALL-ENCOMPASSING**  
The Old City of Jerusalem is a walled part that comprises historic walking areas, neighbourhoods, museums, sights and landmarks

# STUFFED TO THE GILLS IN ISRAEL

Of all the things this Middle Eastern country is known for, its cuisine is the least explored and most underrated

By Samreen Tungekar



**NO HAGGLE, NO HASSLE**  
An ideal time to visit the Carmel Market in Tel Aviv would be the end of the day, as traders offer great deals on the produce during the time



**REVEL IN CULTURE**  
The Mahane Yehuda shuk in Jerusalem has lively nightlife options, with restaurants, bars and intimate music clubs





**FILL ME IN**  
Pita pockets can be stuffed with a variety of ingredient combos, from fruits and cheese to meat and corn, for lip-smacking aftertastes



**ALL ABOUT DOUGH**  
A common sight in Jerusalem is stacks of fancy breads at roadside stalls



**MINT CONDITION**  
No matter how well refrigerated, hummus tastes best when had fresh

## The mystery of where hummus originated is the same as where the rasgulla is from, only, it is a debate beyond borders

debate beyond borders. But good hummus is hard to find. It's got to be fresh, I warn myself. So a small, unsuspecting shop near the Damascus Gate beckons me and I find Mohammed, the owner of Ikermawi. Soon, there's a plate of hummus made with fresh chickpeas and yummy falafel. For someone who has never liked any falafel I've tasted, I'm taken in by surprise. Fresh and non-refrigerated hummus was a dream before this.

### THE FRAGRANCE OF A VINTAGE BAKE

It's difficult to point one good place for desserts in a city where halva vendors lure you with freshly made goodies in the market, but a dessert person like me will always be on the lookout for confectionery, even though I spotted some really fancy raisin bread on some roadside stalls. I'm looking for something vintage, so I dive into the pastries, chocolates on sticks and macarons at Cafe Kadosh, the oldest bakery in Jerusalem that opened in 1967.

### BEST BEBABS, LITERALLY

I take kebabs quite seriously. So, when I spot Bar Ochel that claims to have the best kebabs in Tel Aviv, I like the challenge. Their kebabs aren't so spicy or oily. It takes me a minute to

get used to the taste of kebabs that aren't *masaledar* but actually have the flavour of the meat and condiments. Turns out, they are right. These are probably the best kebabs. Wanting more, I order Moroccan beef ragout with hummus. Well-cooked beef with a tangy gravy, mixed with hummus and topped with fresh herbs. I'm so glad I didn't stop at the kebabs!

Armenian potters call out to me in the hustle and bustle of Carmel Market as passers-by shop for Shabbat, the day of rest, which is the next day. Everything is closed on Shabbat, so it's a miracle I managed to procure that good a meal on a day when the market is brimming!

### THE OTHER SIDE OF FINE DINING

Fine dining is always associated with poshness, but Jerusalem shows me a different side at Machneyuda. A dimly-lit place with an open bar and open kitchen, it's the place to try seafood and desserts. As I'm savouring a chocolate truffle, the waiters start to sing along with the blaring music and get on to the bar table, adding their own music to the songs!

I return to India with the taste of Israeli culture, but a part of my heart is still there, gawking at the knafeh shops.

samreen.tungekar@htlive.com  
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Roasters, a tiny spot on the corner of the street. "Don't drink a cappuccino, drink an espresso. The roast is fresh!" the barista instructs me, pointing to a bag of beans. I go along with his choice and he is right.

### THE AFRICA IN ISRAEL

A Moroccan delicacy in Israel sounds a bit off my plans, but Avi Levy, winner of Masterchef Israel 2011, urges me to pick up a piece of his pastilla. I oblige. This is good, I think to myself, savouring a piece of pastry stuffed with chicken and almonds, with hints of cinnamon and saffron, fried to perfection. Then, looking for something sweet, I turn to Levy's mother Miriam who is making heavenly yo-yos, cookies made with a special dough of almonds.

### PITA NO BAR

Despite trying my luck with roadside shawarma, I want some authentic Arabian food, and the first thing that comes to mind is pita. I'm aiming for truly authentic, so I find Dwiny, Jerusalem's first pita bar. Open pita pockets are a first for me, but they look so pretty! I try an open pita pocket filled with osso buco that has been stewed for 10 hours. And then there is mullet craire, which is soft and spicy fish made in tangy sauces. Seafood in pita never seemed like such an easy option before this.

### ONLY THE BEST HUMMUS

The stories of where hummus originated are the same as where the rasgulla is from, only, this is a

The first thing that probably comes to your mind when you hear 'Israel' is what you read in newspapers everyday. Next, you might think of stories from the Old Testament, and all the mythology of creation. What you are unlikely to dwell on, however, is its food. Which is unfortunate, because this country has mixed old traditions with new, and has developed a food culture that is simply fabulous.

Imagine walking down a street assuming the best they have to offer to you is a halva of a kind, and a falafel maybe. But then, you find yourself in front of a cinnamon bun stall. That's Jerusalem, and that's just the first thing that caught my fancy, before I saw the many food joints that jam the *shuks* (markets).

### KUBBEH SOUP FOR THE SOUL

Jerusalem is a cultural hotspot, and there is literally nothing you won't find in the alleys of the Mahane Yehuda *shuk*, from restaurants, cafés and pubs to the sweet smell of cinnamon buns, spices and delicious halva.

My eyes went to Azura, a restaurant in the Iraqi market of the *shuk* that you could easily miss for the bigger names. It offers traditional Kurdish dishes with influences of Turkish and Iraqi cuisine. From an extensive menu, the most comforting dish is the Iraqi-Jewish kubbeh soup, which is beet soup with meat dumplings. Then, as hunger strikes, I move on to an aubergine stuffed with meat, cinnamon and pine nuts.

And as I walk out of Azura, I spot a Kurdish woman right outside, making delicious *kubba* (a Kurdish dish made of semolina stuffed with meat).

### FRESH OFF THE ROAST

The one thing I miss in India is really tiny coffee shops, and so I stop at

### PURE DECADENCE

A popular dessert in the Middle East, the knafeh consists of filo pastry, cheese and syrup



Photos: GETTY IMAGES; SHUTTERSTOCK AND DINODIA

# A WHOLESOME FOOD FOR YOUR CHILD

In order to make delicious dishes that your kids will love, **100% Pure Maple Syrup** from Canada is your 'magical' go-to ingredient

By Anjali Varma

It is a known fact that what we eat as children shapes much of what we eat as adults. Therefore, it's important to develop healthy eating habits during the foundation years. By teaching your children how to eat healthy and modelling these behaviours in yourself, you may help them maintain their energy levels, sharpen their minds and ensure their healthy growth. The early adoption of natural foods is not only ideal, but it is also the fundamental building block for a healthy lifestyle in the future. 100% pure maple syrup plays a crucial role in this aspect of healthier and nutritious food choices for kids.

Whether your children are toddlers or teenagers, they develop a natural preference for foods they enjoy most – these preferences 'tie-back' mostly to taste. So, the real challenge here is to encourage healthy eating habits while making nutritious food delicious. Nutrient-packed pure maple syrup is not just a healthier alternative to refined sugar, but it also tastes divine and can be used in a variety of Indian dishes, whether sweet or savoury. As an added health bonus, pure maple syrup is also loaded with calcium and potassium, which are essential for growing kids and the good news is that it is also safe for consumption by infants, as it never causes botulism, as in the case of honey.

As parents, we all know that fruits and vegetables are better for a child's health but at times it is a struggle to get your child to try food that includes 'greens'. Pure maple syrup can help get children excited about veggies that they may not normally find appealing as it enhances the flavour of the dish. It also contains 65 types of antioxidants, nine of which are found only in pure maple syrup from Canada – offering health benefits similar to those of fruits and vegetables.

In order to make delicious dishes that your kids will love, pure maple syrup is your 'magical' go-to ingredient. You can make healthy food appealing for kids just by using pure maple syrup. Here's how:

- Drizzle it on top of nutritious cereals, a bowl of fresh fruits, popcorn or pancakes
- Bake it into homemade wheat breads or 'strawberry chips'
- Replace refined sugar with pure maple syrup in healthy smoothies
- Create tasty salad vinaigrettes with pure maple syrup or simple baked maple-glazed vegetables, to boost your kids' leafy green intake
- Use it for savoury meat glazes

When you explain the importance of choosing wholesome and nutritious foods to your children you are giving them an invaluable gift that will be passed down through generations. The possibilities for nutritive maple-inspired meals are endless. Here are some exciting and nutrition-dense recipes that you can make for your kids using 100% pure maple syrup.

## MAPLE MILK

### INGREDIENTS

- Partly skimmed (1%) milk 250 ml (1 cup)
- Pure maple syrup, to taste 15 to 30 ml (1 to 2 tbsp)

### METHOD

- Combine all the ingredients and enjoy the delicious flavour!



Photos: HTBS

## MAPLE FRUIT TOAST

### INGREDIENTS

- Sandwich bread 4 slices
- Butter 4 teaspoons
- Pure maple syrup 4 teaspoons
- Strawberries 4
- Banana 1
- Kiwi 1
- Cinnamon powder A pinch

### METHOD

- Wash and thinly slice strawberries. Peel and thinly slice the banana and kiwi. Toast the bread slices and spread pure maple syrup on them while still hot. Attractively arrange fruit on top.
- Pour pure maple syrup over the fruits and sprinkle with cinnamon.







shikha sharma



Photo: DINDIA

## Don't Spare The Drumstick

*The 'sing' we dunk into our sambars has more health benefits than we know*

**M**any of us traditionally add drumsticks (*sing*) to our dals and sambars for flavour. But even as we enjoy them, we have no idea how healthy drumsticks (*Moringa oleifera*) are. An ancient herbal remedy for many health issues, the leaves of Moringa (as it is sometimes called) or drumstick plant are now making a comeback all over the world as a health aid, thanks to its many benefits.

Bioactive compounds in Moringa leaves interact with the body's active molecules to bring about improvements in health. In particular, the leaves of Moringa are rich in nutrition, including Vitamins B6 and C, riboflavin, beta-carotene, and magnesium. Here's what a regular dose of Moringa leaf can do for your body.

- **For your heart:** The Moringa leaf has anti-inflammatory properties that can help in dealing with heart disease and heart blockages.
- **For your hypertension:** The leaf powder has a compound called quercetin that naturally reduces blood pressure without side effects.
- **For your blood sugar:** Moringa leaves contain a compound that helps the body maintain alkalinity. Many of the side effects of high blood sugar result from acid-base imbalance.
- **For your cholesterol:** The Moringa leaf can regulate unbalanced cholesterol in the body.
- **For your ulcers:** When there is too much acid in the body, you often experience ulcers. The nutrient-rich and body-alkalising Moringa leaf powder helps counterbalance the acid-creating effects of an unhealthy diet.

### ON THE web

For more columns by Dr Shikha Sharma and other wellness stories, log on to [hindustantimes.com/brunch](http://hindustantimes.com/brunch). Follow Shikha on Twitter at [twitter.com/Dr\\_ShikhaSharma](https://twitter.com/Dr_ShikhaSharma)

The views expressed by the columnist are personal

[ask@drshikha.com](mailto:ask@drshikha.com)

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# COMPLETE NUTRITION



### Wheat Grass

- A natural multivitamin
- Raises haemoglobin level in anaemic
- Strengthens the immune system.

### Moringa

- Rich source of Amino acids, Amino acids being building blocks of proteins
- Rich source of vitamin C
- Rich in calcium
- Provides vitamin A, B vitamins, vitamin E Magnesium and iron.

### Vitality

*Ashwagandha, Vana Tulsi, Katuki, Rama Tulsi, Neelkamal*

- Eases stress and Helps feel energetic
- Helps ease chronic fatigue
- Eases Exhaustion

### LKC

*Bhumyamalaki, Punarnava, Katuki*

- Guards liver against damages by Alcohol and contaminants
- Helps achieve better utilization of nutrients by strengthening liver function
- Ensures better metabolism of proteins and fats
- Supports healthy digestion and detoxification.



Cricketer

# Daniel Vettori

DATE OF BIRTH January 27	SUN SIGN Aquarius	PLACE OF BIRTH Auckland	HOME TOWN Hamilton
SCHOOL/COLLEGE St Paul's Collegiate School, Hamilton		FIRST BREAK Playing for Northern Districts Under-14	

**If not a cricketer, what would you have been?**

Before cricket, I was enrolled to study pharmacy.

**One difficulty you faced while playing with prescription glasses?**

They used to fog up in extreme heat.

**Your favourite cricket ground is...?**

Lord's Cricket Ground in England.

**Fitness for you is...?**  
Running.

**How tough is it to be a coach to a cricket team?**

Coaching is different from playing, but it can be extremely rewarding.

**Besides cricket, is there any other sport you love to play or watch?**

I enjoy watching baseball and basketball, and play golf.

**Who inspired you to play cricket?**  
My parents.

**Indian cricketers you admire...?**

Rahul Dravid and Virat Kohli.

**The best way to connect with your fans is through...?**

My performance.

**Your strategy in a crisis...?**  
Stay calm.

**What is on your mind right now?**

Playing ice cricket at St Moritz in Switzerland. I was quite scared of slipping.

**Are you a party animal or a home bird?**

A home bird unless I'm around Grant Elliott.

**First thing you do when you wake up in the morning...?**

Look at my phone.

**Which is your favourite dressing room prank or joke?**

Grant trying to speak English!

**After a long day at work, you love to...?**

Cricket doesn't feel like work.

**My Favourites**  
 DESTINATION: New York  
 INDIAN DISH: Kerala fish  
 SIDE OF THE BED: Left  
 SPORTSPERSON: LeBron James  
 FILM: Rounders (1998)

Interviewed by Veenu Singh



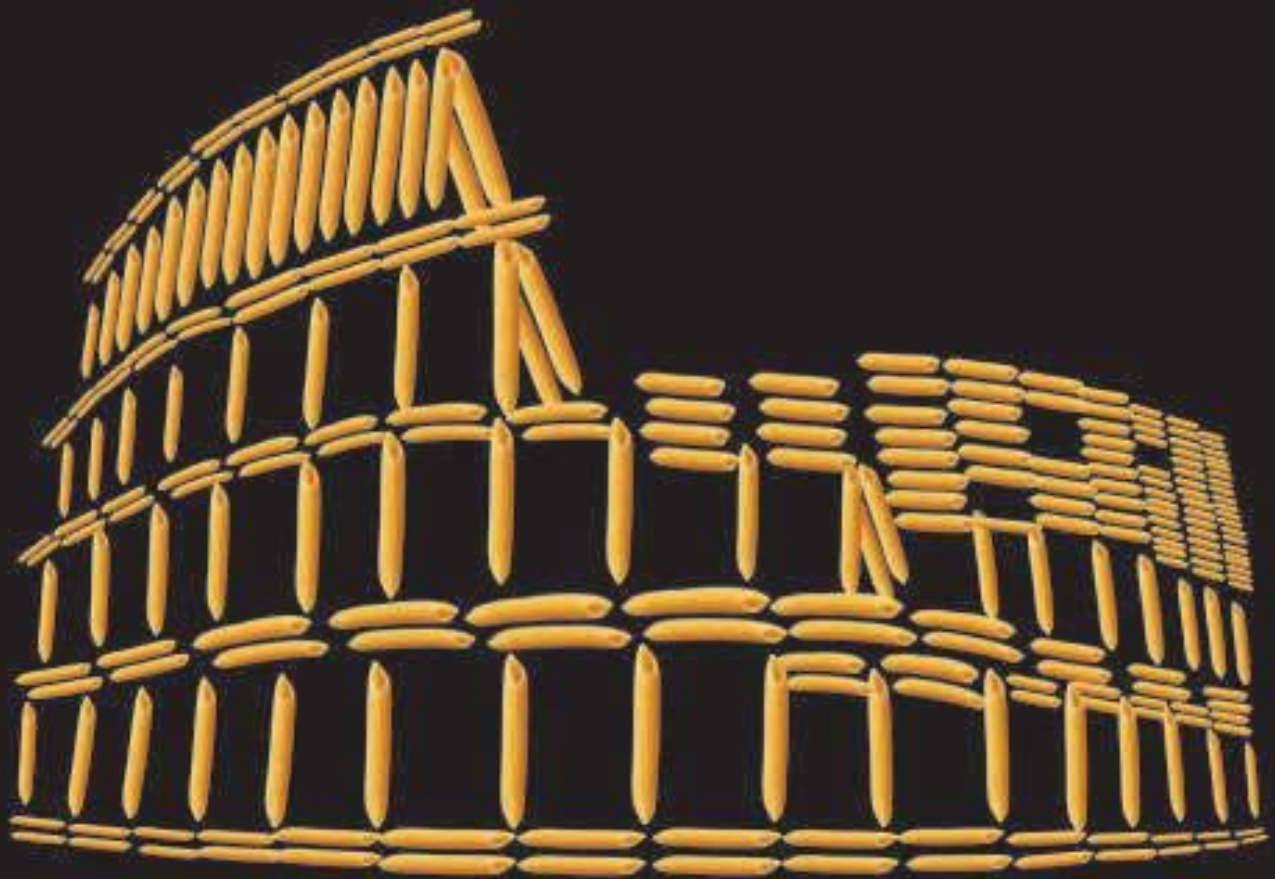
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durum wheat for that  
perfect AL DENTE BITE.



*If it's pasta,  
it's got to be*



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# I came. I saw. I ate.



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