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FOOD AND NIGHTLIFE
MAGAZINE

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7 FAD DIETS DECODED

JUICE UP
YOUR WAY TO A
HEALTHIER LIFE

LET YOUR
HAIR
DOWN

**THESE
DRINKS**
CAN KILL YOU

**BAILEYS
IRISH CREAM**

UNAPOLOGETICALLY LUXURIOUS



www.FoodandNightlife.com



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Dear Readers,

Summers are here but the summer body isn't! In the previous issue, we talked about dieting in the 'The Best Diet according to Your Blood Group' story. We discussed how different diets work differently for everybody. Yet there is so much information on the Internet these days about healthy eating and numerous fad diets doing rounds that it becomes really hard to choose the right one for us. What to eat or what to avoid? There are so many doubts and apprehensions. So, this time around we decode 7 hot and trending fad diets for you – the foods to eat, the foods to avoid, their pros and cons, also how effective and expensive they really are. Take a thorough read and take your best pick.

How extreme can you get with your alcohol? We have collated a list of the most dangerous drinks from across the world, these drinks are really fatal! With the onset of the summer season, the seasonal hazards start surfacing. One of which is dry and dull hair. The story 'Let Your Hair Down' rolls out some summer hair care tips for you. And if you want to don the chicest hat or sunglasses, we have a list of stylish summer essentials that will make your #OOTD on point.

We indulged in a tête-à-tête with two successful and eminent personalities from the Food and Beverage Industry – Restaurateur Arjun Sagar Gupta and Chef Anuj Wadhawan. Arjun Sagar Gupta delves on the challenges of working in this industry and the evolving music scenario of Delhi. The chef profile is an inspiring read for everyone who thinks about making it big in this profession.

In our special feature on the luxuriously luscious liqueur Baileys Original Irish Cream, we break the myth about its boring nature and tell you all about the exciting ways you can drink (or eat) it.

Sumit Goyal

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Juice Up

Your Way to a Healthier Life

By Kangan Gupta

DIGESTIVE DREAM

INGREDIENTS

1 pineapple (including core)
3 pears
1 cucumber
thumb-length of ginger
handful of mint leaves

PREPARATION

Put all the ingredients through a juicer.

BENEFITS: As the name suggests, this is the dream juice for gut and digestive system of the body. Our health begins from the gut, as every cell in the body gets affected by it. If you're experiencing problems with digestion, this juice will be a great facilitator of the gut. Replace one of your meals with this juice for faster and better results.

STRENGTHEN RESPIRATORY SYSTEM

INGREDIENTS

3 or 4 oranges
1/4 lemon
1 teaspoon ginger root juice

PREPARATION

Put all the ingredients through a juicer.

BENEFITS: If you are prone to allergies, build up your immune system and strengthen your respiratory system with this high on Vitamin C recipe. Vitamin C is an important antioxidant which helps to strengthen the immune system, and keep the lungs clear of pollen and other infections. This juice is especially helpful for people who are constantly exposed to air pollution.

AMP UP BLOOD CIRCULATION

INGREDIENTS

1 cucumber
2 ribs of celery
30 millilitres wheatgrass juice
¼ lemon

PREPARATION

Combine all ingredients and put them through a juicer.

BENEFITS: This juice will increase your blood circulation. When we eat acidic foods over alkaline foods, our blood acidity increases and thickens the blood resulting in a poor blood circulation. Fresh fruits and vegetables alkalise the extra levels of acid in the body. The fruits and vegetables present in this recipe will lower the acidity levels of the body and increase blood circulation effectively.

DESTROY COLD AND FLU

INGREDIENTS

3 to 4 radishes
1 medium-sized beetroot
1 red sweet pepper
1 fennel (or 1 jicama)
1-inch ginger root and ½ a lemon

PREPARATION

Put all the ingredients through a juicer.

BENEFITS: The next time you have a cold, just sip on this juice throughout the day (at room temperature) and heave a sigh of relief. A strong immune system is the best defence against cold or flu and this recipe is an overdose of immune system boosting nutrients that act as a natural 'antibiotic'. This Vitamin-C rich drink is the solution to every runny or blocked nose.



Juicing- the traditional centrifugal way or the cold pressed way, is the new health trend. Juices are always known to be healthy and rich in nutrients, except the ones which come in tetra packs and are loaded with sugar. The juice vendor that takes out fresh juice in front of your unsuspecting eyes may use old and perished fruits with flies wandering all over the stall and you would never know. The healthiest way to consume juice is to buy the freshest produce and extract its juice yourself. What's better is that there are juices that are particularly beneficial for one part or one system of the body. So you can specifically juice up towards a healthier life.

Here are the recipes of the healthiest juices that are beneficial for the specific parts of your body.

LIVER CLEANSER

INGREDIENTS

1 large beetroot
1 green apple
3 carrots
4 ribs of celery
½ a lemon (with peel)

PREPARATION

Combine all the ingredients and put them through a juicer.

BENEFITS: Consumption of unhealthy processed food affects the liver badly. Cleansing the liver means getting rid of all the toxins that have built up over time. Beetroot is the most effective natural anti-oxidant. The cleansing virtues of beetroots heal liver toxicity. This juice not only detoxifies the liver but also purifies blood. Eating raw fruits and vegetables and drinking lots of water will speed up the cleanse!

NATURAL PAIN KILLER

INGREDIENTS

1/2 a pineapple
2 ribs celery
1 head of Romaine lettuce
a handful of cilantro
a thumb-sized piece of ginger

PREPARATION

Combine all ingredients and put them through a juicer.

BENEFITS: This juice is anti-inflammatory. It will naturally heal your body and cure pains. It is high in antioxidants and vitamin C which are natural pain killers. Pineapple contains Bromelain which is highly anti-inflammatory. Romaine lettuce, cilantro and ginger, all have their individual anti-inflammatory properties making this juice an effective drink to reduce inflammation and pain.

VISION ENHANCER

INGREDIENTS

2 branches of kale
1 orange bell pepper
2 stalks of celery
1 beet with the greens
3 kiwifruit

PREPARATION

Combine and blend all the ingredients together.

BENEFITS: This recipe is designed specifically to provide high levels of lutein, zeaxanthin and other nutrients necessary for healthy eyes. Drink it in the morning if you have a long day in front of the computer screen ahead. This is not a sweet juice. If you want more sweetness, you can add an extra kiwifruit or a carrot, also good for your eyes with their pro-vitamin A beta-carotene.



HAEMOGLOBIN BOOSTER

INGREDIENTS

5 carrots
1 celery stalk
1 handful of spinach
1 glass of water

PREPARATION

Combine all ingredients and blend well.

BENEFITS: Low haemoglobin in the body leads to anaemia which can further lead to other health problems. Anaemia also reduces the body's ability to transport oxygen from the lungs to the rest of the tissues. This juice will accelerate recovery from anaemia as the fruits and vegetables present in this recipe are filled with iron and iron increases the red blood cells and the haemoglobin count in blood.

MENTAL STRESS BUSTER

INGREDIENTS

a bunch of spinach
2 green apples
1 cucumber
1 lime (with peel)

PREPARATION

Combine all the ingredients and put them through a juicer.

BENEFITS: Spinach is the power house of folate, manganese, magnesium and other vitamins and minerals necessary for mental health. Manganese helps the body to absorb fatty acids required for the adequate function of the nervous system. Magnesium is an integral nutrient for manufacturing the enzymes that support healthy brain metabolism. This juice is extremely beneficial for people dealing with depression, anxiety and stress.

KIDNEY CLEANSER

INGREDIENTS

6-8 radish
½ a head of purple cabbage
8 ribs of celery
1 lemon
1-inch ginger root

PREPARATION

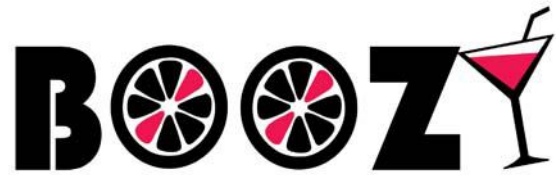
Put all the ingredients through a juicer.

BENEFITS: Kidneys are major detoxification organs. They filter and manage the bodily wastes and help balance body fluids. This juice recipe detoxifies kidneys and facilitates them to function smoothly and properly. Radishes are high in folic acid, potassium, phosphorous, sulphur and magnesium. They are helpful in flushing the kidneys and preventing the development of kidney stones. This recipe is a perfect kidney cleanser!▪

Happy Juicing!



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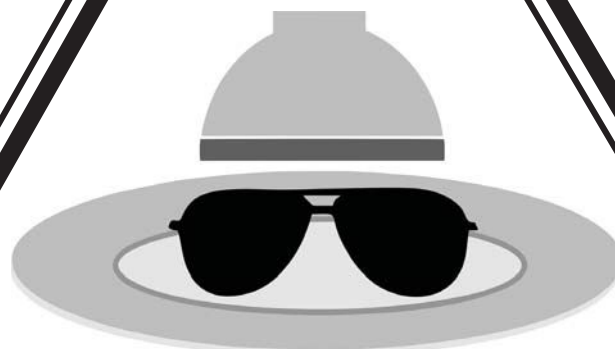
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Master

OF HIS

Art

Chef Anuj Wadhawan

FNL Desk

Delhi boy, Chef Anuj Wadhawan has been nourishing the passion for the art of cooking since he was 4 years old. From a commis in the kitchen to being the Head of Kitchen Operations at the Roseate House, Chef Anuj Wadhawan has established himself firmly in the industry. Taking each day as it comes, his dedication and hard work has driven him to great heights.

After completing his masters from West London College, Anuj worked as the commis in kitchen at Strand Palace Hotel in Central London. He went on to become the demi chef there. He also worked on small weekly assignments with top restaurants to gather more experience. Returning to his hometown, he worked for four and a half years with Olive Bar and Kitchen as a chef. He worked at Olive Mehrauli, Olive Beach and Olive Bistro in Delhi. He further moved on to new assignments with Chef Sujana to Dubai and opened a modern Indian restaurant there, called Tresind. He also worked at Restaurant André in Singapore, which has been awarded as the best restaurant in Singapore by S. Pellegrino, for two months of his training programme. Returning back to Olive, Chef Anuj headed the restaurant for a year and finally joined the Roseate House as Head of Kitchen Operations. He has been working there for two years now. Read along and explore his culinary journey with us.

Q. When did you realise that you wanted to be a chef? What inspired you to pursue this career?

I am a single child to a single mother. From the age of 4, the only time I could spend with my mother was in the kitchen when she cooked dinner after work. Sitting on the shelf as she cooked, I would take in the aroma of spices, dirty my hands in the dough and play with utensils. As I reached the age of 10, I started helping out in the kitchen. I would try my hands at chopping, kneading and cleaning the kitchen. These little moments gave me happiness and made me who I am today!

Q. What is your typical day like?

I like to call myself the 'Cycling Chef' as I am a passionate cyclist. I start my day with cycling and exploring Delhi, which makes me feel alive and preps me for the day's work. Then at Roseate House, I start with breakfast service. It is always a joy to see happy faces every morning. The rest of the day goes in experimenting, researching, indenting and servicing.

Q. How would you best describe your cooking style?

I like to play with flavours, colours and textures. You can learn new cooking techniques everyday but these 3 things will remain the key to a good plate.

Q. What is the most challenging ingredient to work with? Why?

Eggs. It is difficult to make a perfect fluffy omelette.

Q. Would you call yourself an experimental chef?

Yes, I would. With time, a chef has to be experimental either with his/her technique or with the food elements.

Q. What is the most essential item/ingredient in your kitchen?

Salt! It brings out the actual taste and no kitchen can work without it.

Q. One food trend that you don't understand or don't like.

I prefer the trend which is in sync with time and cater to my customers' demands.

Q. What according to you is your greatest professional achievement?

Won't call it an achievement but the opportunity to work for Restaurant André for a couple of months. It is the best restaurant in Singapore and the 14th best in the world.

Q. What has been your biggest challenge so far?

Working in Restaurant André and working with Chef Chang.

Q. What is your fondest food memory?

On my last day at Restaurant André, I cooked an Indian meal (Butter Chicken and Mango Lassi) for the staff there. That has to be the fondest memory!

Q. Name one Indian and one International chef that you look up to.

Chef Gaggan Anand, he is an internationally acclaimed Indian chef.

Q. Place you eat most often on off days.

As I am a cyclist, every morning when I go for a ride, I explore local places where I can try different cuisines.



“Cooking is the only thing I would do... can't think of anything else.”

Q. How do you stay updated with the latest trends?

Through Fine Dining Lover magazine and various other books.

Q. What is going to be the next best thing in the food world?

People going back to their roots.

Q. A cooking reality show that you would like to compete in?

None

Q. Who is the one person that you would love to cook for?

I would love to do a chef dinner for all my mentors and chefs from whom I have learnt throughout the years, and have become who I am today.

Q. If you were to cook a seven course meal for them, what would you cook course by course?

1st course

Quinoa Gol Gappe

Cumin potato foam with jal jeera caviar

2nd course

Broken Samosa

Pea pods, potato puree, imly gel, coriander cress

3rd course

Charcoal Chicken

Blacked chicken with edible charcoal served with pickled onions

4th course

Nungu Sorbet

Ice apple sorbet with mint air

5th course

Chicken Panch Poran

Gravy cooked with the blend of Indian 5 spice

6th course

Jungle Maas

Rajasthani delicacy cooked with lamb shank

7th course

Bhang Semifreddo

Q. If you weren't cooking, what would you do for a living?

Cooking is the only thing I would do... can't think of anything else.

Q. Best cooking tip for a novice just getting into the business?

Dedication and hard work is the key in this business and one can never think that they have achieved a lot in life.

Q. Where would you like to see yourself in the next 5 years?

I don't believe in long term goals, I would rather focus on day to day life which will eventually take me to new heights. ■



7 FAD DIETS DECODED

By Shruti Sharma

Every day it seems a new fad diet is ready to make weight loss faster and easier than ever before. But how would you choose the one which will not only aid in weight loss but is also sustainable and doesn't have any harmful effects? Don't fret! We've collated all the dope on popular diets right now and broken them down for you. From what to eat and what not to eat, their pros and cons, and how effective these really are. Here's all you need to know about the most popular fad diets out there. Read on..



Paleo DIET

The Paleo Diet is an effort to go back to eating how we're biologically designed to eat, allowing us to tap into our genetic potential and start living healthier immediately. This diet was developed by Loren Cordain, PhD, a researcher from Colorado State University, who started doing studies in the 1970s. According to him, the Paleo diet is the way humans were genetically designed to eat. It is considered the healthiest because it's the only nutritional approach that works with your genetics to help you stay lean, strong and energetic!

Paleo Diet Food List

- **Meat** – Grass-fed, not grain-fed. Grains cause the same problem in animals as they do in humans.
- **Fowl** – Chicken, duck, hen, turkey... things with wings that (try to) fly.
- **Fish** – Wild fish; as mercury and other toxins can be an issue in farmed fishes.
- **Eggs** – Look for omega-3 enriched cage free eggs.
- **Vegetables** – Non-starchy vegetables such as lettuce, asparagus, green beans, broccoli, cabbage, Brussels sprouts, cauliflower, and spinach. As long as they're not deep-fried, eat as many as you want.
- **Oils** – Plant-based oils like Olive oil, coconut oil and avocado oil. Think natural.
- **Fruits** – Have natural sugar which can be higher in calories, so limit if you're trying to lose weight.
- **Nuts** – High in calories, so they're good for a snack but don't eat bags and bags of them. (like almonds, walnuts, cashews, pecans and pistachios)
- **Tubers** – Sweet potatoes and yams. Higher in calories and carbs, so these are good right after a workout to replenish your glycogen levels.

Foods to Avoid

- **Grains** - Oats, wheat, barley and rice. No cereal, bread, pasta, bagels, crackers or granola bars.
- **Starchy vegetables** - Potatoes and corn, as well as potato and corn chips, tortillas and popcorn.
- **Legumes or beans** - Peanuts or peanut butter; soy foods, such as soy milk, tofu or edamame; no hummus or beans of any kind.
- **Dairy products** - Milk, yogurt, cheese or ice cream.
- **High-fat meats** - Salami, bologna, pepperoni, hot dogs, ground meat, rib roast and ribs.
- **Sugars** - Soda, honey, jam or jelly, syrup, candy, cakes, cookies and energy drinks.
- **Processed foods or trans fats** - Doughnuts, french fries, fruit snacks, or macaroni and cheese.
- **Salty foods** - Crackers, chips, pretzels, soy sauce, added-salt foods.

PROS

- You are more likely to eat a clean diet without additives, preservatives or chemicals.
- There are anti-inflammatory benefits from the plant nutrients in fruits, vegetables, oils, nuts and seeds.
- If you are eating more red meat, you will get more iron.
- You may see improved satiety— a feeling of fullness between meals due to a higher intake of protein and fats.
- Many people lose weight primarily due to the limited food choices.

CONS

- It can get expensive.
- We are not cavemen. Most of us don't just hunt for our food.
- We have many food choices available.
- You don't eat any grains or dairy which can be good for health and energy.
- This diet can be difficult for vegetarians, especially since it excludes beans.
- There has been a lot of research on the health benefits of foods that are not a part of the Paleo diet.

The Paleo Diet doesn't require counting a single calorie and allows you to eat until you're full and happy. Paleo diet can help you lose weight, build muscle, and get in the best shape of your life.

But you need to do it right. You need to have the right mindset, you need to focus on the right foods, and structure your environment so that you're not tempted to backslide and abandon the diet after a few days.

In a nutshell: If a caveman didn't eat it, neither should you.



KETOGENIC DIET

Keto Diet Foods List

- **Meats** – fish, beef, lamb, poultry, eggs, etc.
- **Leafy Greens** – spinach, kale, etc.
- **Above ground vegetables** – broccoli, cauliflower, etc.
- **High Fat Dairy** – hard cheeses, high fat cream, butter, etc.
- **Nuts and seeds** – macadamias, walnuts and sunflower seeds.
- **Avocado and berries** – raspberries, blackberries, and other low glycemic impact berries
- **Sweeteners** – stevia, erythritol and monk fruit.
- **Other fats** – coconut oil, high-fat salad dressing, saturated fats, etc.

Foods to Avoid

- **Grains** – wheat, corn, rice, cereal, etc.
- **Sugar** – honey, agave, maple syrup, etc.
- **Fruit** – apples, bananas, oranges, grapes and strawberries.
- **Tubers** – potato, yams, etc.

PROS

- The ketogenic diet essentially uses your body fat as an energy source, so there are obvious weight loss benefits.
- Keto naturally lowers blood sugar levels due to the type of foods you eat.
- Ketones are a great source of fuel for the brain. When you lower carb intake, you avoid big spikes in blood sugar. Together, this can result in improved focus and concentration.
- By giving your body a better and more reliable energy source, you will feel more energized during the day.
- Keto diet has shown to improve triglyceride levels and cholesterol levels most associated with arterial buildup.
- An abundant amount of research shows that a low carb, ketogenic diet can help people lower their insulin levels to healthy ranges.

CONS

- It can be quite difficult to follow since you've to modify your diet to 70 to 80 percent fat, 10 percent carb and 15 percent protein, of every single meal.

- Many people end up eating fats that aren't so healthy. While the upside of this plan is the increased fat intake, the downside is that many people actually end up eating a lot of highly saturated animal fats. If you're using a lot of animal-based foods for fats and proteins, try to make them organic and well-sourced whenever possible.

- It may not promote significant long-term weight loss because it's so hard to strictly adhere to it.

- You won't be eating as much heart-healthy, gut-healthy, satiating fiber.

- It can also be lower in plant-based healthy nutrients.

If you want to do the keto diet, then there are a few things you need to keep in mind. Firstly, choosing the right kind of fat since it's going to make up 70-80% of your meal plan. Second, try to include as many greens as you can in order to get essential fibre and nutrients for the body. Try to use organic/grass-fed animal products and abstain from processed foods. Lastly, drink a lot of water as it will help neutralise the effect of all the fat in the body.

Keto Diet, which is a rage right now, is well known for being a low carb diet, where the body produces ketones in the liver to be used as energy. It's referred to as many different names – ketogenic diet, low carb diet, low carb high fat (LCHF), etc.

So how does it work?

When you eat something high in carbs, your body will produce glucose and insulin. Glucose is the easiest molecule for your body to convert and use as energy so that it will be chosen over any other energy source. Since the glucose is being used as a primary energy source, your fats are not needed and are therefore stored. Typically, in a normal higher carbohydrate diet, the body uses glucose as the main form of energy. By lowering the intake of carbs, the body is induced into a state known as ketosis.

Ketosis is a natural process the body initiates to help us survive when food intake is low. During this state, we produce ketones which are produced from the breakdown of fats in the liver. The end goal of a properly maintained keto diet is to force your body into this metabolic state. We don't do this through starvation of calories but through starvation of carbohydrates.



VEGAN DIET

Veganism is defined as a way of living that attempts to exclude all forms of animal exploitation and cruelty, whether for food, clothing or any other purpose. For these reasons, the vegan diet is devoid of all animal products, including meat, eggs and dairy.

People choose to follow a vegan diet for various reasons. These usually range from ethics to environmental concerns, but they can also stem from a desire to improve health.

Foods to Eat

- **Tofu, and other soy products** – tempeh, Soy milk and similar products.
- **Legumes** – beans, lentils and peas are excellent sources of many nutrients and beneficial plant compounds.
- **Nuts and nut butters** - peanuts, cashew nuts, almonds, etc.
- **Seeds** – Especially hemp, chia and flaxseeds, which contain a good amount of protein and beneficial omega-3 fatty acids.
- **Calcium-fortified plant milks and yogurts** – These help vegans achieve their recommended dietary calcium intakes. Opt for varieties also fortified with vitamins B12 and D whenever possible.
- **Whole grains, cereals and pseudocereals** – maize, rye, oats, millets and other similar options.
- **Sprouted and fermented plant foods.**
- **Fruits and vegetables** – Both are great foods to increase your nutrient intake.

Foods to Avoid

- **Meat and poultry** - Beef, lamb, pork, veal, horse, organ meat, wild meat, chicken, turkey, goose, duck and quail.
- **Fish and seafood** - All types of fish, anchovies, shrimp, squid, scallops, calamari, mussels, crab and lobster.
- **Dairy** - Milk, yogurt, cheese, butter, cream and ice cream.
- **Eggs** - From chickens, quails, ostriches, fish, etc.
- **Bee products** - Honey, bee pollen, royal jelly, etc.
- **Animal-based ingredients** - Whey, casein, lactose, egg white albumen, gelatin, cochineal or carmine, isinglass, shellac, L-cysteine, animal-derived vitamin D3 and fish-derived omega-3 fatty acids.

PROS

- Helps in losing weight.
- Adopting a vegan diet may help keep your blood sugar in check and type 2 diabetes at bay.
- A vegan diet may help keep your heart healthy. Vegan diets are effective in reducing blood sugar, LDL and total cholesterol.
- Vegan diets are linked to an array of other health benefits including benefits for cancer, arthritis, kidney function and Alzheimer's disease.

CONS

- Going vegan is a huge change and can sometimes be even more complicated if you are not allowed to eat certain ingredients such as soy.
- It is important to consult with your physician and a registered dietitian when starting and implementing a vegan eating plan as a vegan diet may interfere with any health condition you're suffering from.
- Not many restaurants offer true vegan choices and this can make dining out difficult.
- There is evidence to show vegan diets do not contain vitamin B12, an essential nutrient. Vegans can get vitamin B12 from fortified foods (some brands of soy milk, fake meats, breakfast cereals and nutritional yeast) and from supplements.
- There has to be a balance of diet, exercise and a proper fitness regime with vegan diet to lead to a healthy body.

Individuals may choose veganism for ethical, environmental or health reasons. When done right, the vegan diet can be easy to follow and may provide various health benefits. As with any diet, these benefits only appear if you are consistent and build your diet around nutrient-rich plant foods rather than heavily processed ones.

To follow and sustain a vegan diet one has to make some hard choices given the options available around us, and should research well about the foods that one can consume and create a balanced diet. Vegans, especially those who are unable to meet their daily nutrient requirements through diet alone, should consider supplements.



The 5:2 DIET

The 5:2 Diet involves restricting your calorie consumption to 25% of your energy needs, two days a week, and eating normally the rest of the time. This means you're consuming less calories – so you will lose weight.

Plus there's a health bonus – intermittent fasting – the general term for these kinds of diets, is thought to help your body repair its cells which may help prevent diseases including heart disease, stroke, Alzheimer's and other forms of dementia, type 2 diabetes, and cancer.

The simplicity of the diet and the fact that you can eat pretty much of what you like five days a week, are keys to its popularity. Dieters are recommended to consume a 'normal' number of calories five days a week and then, for two, non-consecutive days, eat just 25% of their usual calorie total - 500 calories for women and 600 for men.

Foods to Eat on Fast Days

In theory, you can have whatever you like – so long as it stays under the calorie limit.

- **Generous portions of green leafy vegetables** – spinach, kale, arugula, etc.
- Smaller portions of lean meats, fish or eggs – bake or roast rather than fry.
- **Soups and salads** – soups are a great option as they're hearty and warming. In summer, try salads dressed with vinegar and herbs.
- Drink plenty of water.
- You can also drink black coffee or tea, herb teas and diet drinks, although artificially sweetened drinks may still affect your blood sugar or insulin levels which is not ideal on a fast/restricted day. If you take milk in hot drinks, remember to include the calories in your allowance.

Foods to Avoid

- On Fast Days, avoid large portions of processed carbohydrates like white bread, pasta and rice. Cut out sugary foods and most fruits – berries are the best bet if you want something sweet.

- Anything over and above the prescribed calorie count should be avoided during the fast days.

PROS

- The diet is very flexible and you can choose which days are fasting days and how you want to split up your calorie allowance. It could be between breakfast, lunch and dinner, or just as a main meal.
- The diet is not restrictive and there are no banned foods. This means that you can eat sensibly for five days each week.
- The two fasting days encourage you to plan your meals so that you are eating the correct amount of calories.
- Dieting is not such a long process and you only have to be on a 'diet' for two days of the week. It's also easier to stick to it when you know that you can eat normally the next day.
- You won't feel deprived of anything because you can eat your favourite foods on five of the seven days of the week.

CONS

- Sticking to a low calorie limit doesn't allow enough food throughout the day and you will likely be eliminating food groups to fit in with the strict calories.
- The program is very flexible and some people may find themselves fasting less and less.
- You may find that you start over-eating on non-fast days to compensate for the lack of food on the fasting days, making the fasting days pointless.
- Eating normally for five days may not be effective if your diet is already quite poor. You will need to focus on improving what you eat as a part of your 'normal' days to achieve the best results.
- It will be hard to exercise on fasting days as your body is only running on 500 calories, and you may feel tired, have a lower attention span and energy levels.
- Fasting days may encourage disordered eating patterns and may not be sustainable in the long run.
- The 5:2 Diet does not address exercise or mind-set which are essential components to achieve long-term weight loss.
- The diet is not suitable for everyone, especially if you have insulin dependent diabetes, are pregnant, a child or teenager, or have an eating disorder.

If you are trying the 5:2 approach, focus on the quality of your diet for five days of the week and make sure that you make every mouthful count on the two fasting days so that you get the most out of the limited calories that are allowed. Following this approach may help you become more in-sync with your body and understand your appetite and feelings of hunger. Remember to listen to your body, eat mostly whole, unprocessed foods, and eat when you are truly hungry.



The Zone DIET

The Zone is a real physiological state in your body that can be measured in clinical tests. If you are in the Zone, you have optimized your ability to control diet-induced inflammation. This inflammation is the reason you gain weight, become sick and age faster.

The Zone Diet involves reducing intake of carbohydrates to ensure healthy insulin levels and consuming plenty of omega-3 fatty acids and polyphenols. The goal of this diet is to reduce inflammation.

Dr. Barry Sears, who developed the Zone diet, claims it's closely linked to ideas of human evolution with the aim of preventing "diet-controlled inflammation". The benefits include healthier weight, less sickness and slower aging.

Foods to Eat

- **Lean Protein** – lean beef, pork, lamb, veal and game, skinless chicken and turkey breast, fish and shellfish
- **Vegetarian Protein** - tofu, other soy products, egg white, low-fat milk, cheeses and yogurt
- **Mono-unsaturated fat** – avocados; nuts such as macadamia, peanuts, cashews, almonds or pistachios; peanut butter, tahini; oils such as canola oil, sesame oil, peanut oil and Olive oil.
- **Vegetables and Fruits with a low glycemic index** – fruits such as berries, apples, oranges, plums, etc. Vegetables such as cucumbers, peppers, spinach, tomatoes, mushrooms, yellow squash, etc.
- **Grains** - chickpeas, oatmeal and barley.

Foods to Avoid

- **High-sugar fruits** - Such as bananas, grapes, raisins, dried fruits and mangoes.

- **High-sugar or starchy vegetables** – peas, corn, carrots and potatoes.
- **Refined and processed carbs** – bread, bagels, pasta, noodles and other white-flour products.
- **Other processed foods** – breakfast cereals and muffins.
- **Foods with added sugar** – candy, cakes and cookies.
- **Soft drinks** – Neither sugar-sweetened nor sugar-free drinks are recommended.
- **Tea and Coffee** – since water is the beverage of choice, keep these to a minimum.

PROS

- Unlike other diets, the Zone Diet does not strictly restrict any food choices.
- The Zone Food Block method can also help in fat loss because it controls how many calories you eat per day. It is well known that controlling your calorie intake helps with weight loss.

CONS

- The Zone diet does not favour dairy products. Many non-dairy foods contain calcium, but you will have to watch your calcium intake on this diet.
- Food restrictions can result in a lack of fiber, vitamin C, folic acid and several minerals.
- A high-protein diet can put stress on the kidneys, which may be risky for some people.
- Some people may find it costly to meet the requirements of the Zone diet.
- Although the fats favored by the Zone diet are healthy fats, the American Heart Association warns that the diet may be too high in fat for those who need to monitor their blood pressure and cholesterol levels.
- People who strictly follow the Zone diet will be eating less than 1,200 calories per day, which may result in hunger and difficulty sticking to the diet.
- It may be difficult to follow this diet for a lifetime, as it restricts many common foods such as rice and pasta.

To sum it up, the Zone Diet emphasises on reducing inflammation which can be attained by creating a meal plan using lean meats and natural carbohydrates. Maintaining insulin levels within what Dr. Sears calls a "therapeutic zone," makes it easier to burn excess body fat and keep it off permanently. However, critics of the diet point out that fewer carbohydrates and dairy intake can lead to a lower fiber and calcium deficiency.



South Beach DIET

The South Beach Diet was created in the mid-1990s by Dr. Arthur Agatston, a Florida-based Cardiologist. It's a lower-carb diet that has been credited with producing rapid weight loss without hunger while promoting heart health. It has been popular for over a decade now.

The South Beach Diet has three different phases: two for weight loss and a third for weight maintenance.

Phase 1 (lasts 14 days)

It's considered the strictest phase because it limits fruits, grains and other higher-carb foods in order to decrease blood sugar and insulin levels, stabilize hunger and reduce cravings.

During Phase 1, you consume three meals per day composed of lean protein, non-starchy vegetables and small amounts of healthy fat and legumes.

In addition, you consume two mandatory snacks per day, preferably a combination of lean protein and vegetables.

Phase 2

This phase begins on day 15 and should be maintained for as many weeks as necessary to achieve your goal weight.

During Phase 2, all foods from Phase 1 are allowed, plus limited portions of fruits and 'good carbs', such as whole grains and certain types of alcohol.

Phase 3

Once you achieve your target weight, you advance to Phase 3.

In this stage, although the Phase 2 guidelines should be the basis for your lifestyle, occasional treats are allowed because no foods are truly off limits.

However, if you overindulge and start putting on weight, Dr. Agatston recommends returning to Phase 1 for one to two weeks before returning to Phase 3.

Foods to Eat

That depends on the phase you're in.

Phase 1 is the strictest and includes:

- **Lots of protein** – beef, poultry, seafood, eggs and cheese
- **Fats** – canola oil, extra-virgin olive oil and avocado
- **Carbs with the lowest glycemic index** – vegetables such as broccoli, tomatoes, spinach and eggplant.

In Phase 2, you slowly reintroduce healthy carbs into your diet – fruits, whole-grain bread, whole-grain rice, whole wheat pasta, and sweet potatoes. Expect weight loss to slow down to 1 to 2 pounds a week, on average.

Phase 3 is about maintaining your weight. There's no food list to follow.

Foods to Avoid

Phase 1 - Fruit, fruit juices, starchy foods, dairy products and alcohol.

Phase 2 discourages intake of fatty meats, saturated fat and foods high in refined or natural sugar. Try to avoid:

- Fatty meat and poultry
- Butter and coconut oil
- Whole milk
- Foods made with refined flour or sugar
- Honey, maple syrup, agave nectar
- Fruit juice
- Beets, corn and white potatoes
- Dates, figs, pineapple, raisins and watermelon
- Alcohol other than light beer and dry wine

PROS

- South Beach is a healthy diet (the diet was originally designed for preventing and reversing heart disease, and weight loss is the very pleasing side-effect).
- It recommends prevalent consumption of foods containing heart-healthy unsaturated fats (mono and polysaturated ones) in the detriment of the saturated fats and trans fats.
- It encourages complex carbs consumption and bans simple carbs, thus helping the regulation of the insulin level and the body's response to food.
- Also, it is based on eating low GI foods which discourage the consumption of junk-food (white bread, sugary cereals and sweets).
- It is rich in vegetables, fruits, whole grains and lean protein, and it doesn't omit any major food groups (during Phase 2 and 3).

- Cravings disappear due to the restriction of refined or highly processed carbohydrates such as white bread, pasta, cakes and cookies, which are quickly digested and leave you feeling hungry faster. Lean protein and healthy fats are more filling.
- Weight loss is fast. During Phase 1, you can lose up to 13 pounds.
- It's easy to follow. It does not imply counting calories, tracking points or measuring your portions. It is not too limiting, all food groups are allowed (in Phases 2 and 3).
- You won't get hungry. Dieters are encouraged to eat regular portion sizes and healthy mid-morning and mid-afternoon snacks.

CONS

- Insufficiency of scientific data. Dieters should be monitored long term, as high protein intake makes the kidneys work harder and strip the body of calcium.
- Phase 1 is the most restrictive and has some inconveniences.
- Ketosis might occur due to the lack of carbs resulting in fat burn, and thus its effects of weakness, gastrointestinal problems, fatigue, dizziness, glucose body depletion, and dehydration.
- Lack of fruits results in loss of vitamins and minerals.
- Eliminating all carbohydrate-rich foods during this phase will also cut out some other good sources of fibre, vitamins and minerals. (e.g. whole-grain breads and cereals are rich in fibre, B vitamins and iron; and milk is an excellent source of calcium and zinc).
- The rapid weight loss is not recommendable. Some nutrition experts say that it is safer to lose no more than 2lb a week for good health.
- This diet seems to be expensive.

The South Beach Diet is a nutritious diet plan to lose weight quickly while offering a variety of delicious food options but has no mention of exercise. There is the risk for compromised vitamin and mineral intake (that is why supplements are recommended), as well as potential cardiac, renal, bone, and liver abnormalities overall. Thus people suffering from any condition must consult their doctor before going on this diet.



ATKINS DIET

When the Atkins Diet first rose to prominence, it was hailed as a revolution in the way we lose weight. And let's face it, the prospect of losing weight by eating lots of bacon was appealing to a lot of us.

However, more research has been done on the low-carb diet over the years, and most nutritionists and doctors now warn against such a drastic eating regime. The Atkins Diet has changed many times over the years. During the early days, we were told we could eat all the bacon and egg whites we could handle. Recently, however, the strict rules have changed slightly, providing more flexibility after the first few weeks of the regime.

The Atkins Diet Is a 4-Phase Plan

The Atkins Diet is split into 4 different phases:

- **Phase 1 (induction):** Under 20 grams of carbs per day for 2 weeks. Eat high-fat, high-protein, with low-carb vegetables like leafy greens. This kick starts the weight loss.
- **Phase 2 (balancing):** Slowly add more nuts, low-carb vegetables and small amount of fruits back to your diet.
- **Phase 3 (fine-tuning):** When you are very close to your goal weight, add more carbs to your diet until weight loss slows down.
- **Phase 4 (maintenance):** Here you can eat as many healthy carbs as your body can tolerate without regaining weight.

Foods to Eat

- **Meats** – beef, pork, lamb, chicken, bacon and others.
- **Fatty fish and seafood** – Salmon, trout, sardines, etc.
- **Eggs** – Omega-3, enriched or pastured.
- **Low-carb vegetables** – Kale, spinach, broccoli, asparagus and others.
- **Full-fat dairy** – butter, cheese, cream and full-fat yoghurt.
- **Nuts and seeds** – almonds, macadamia nuts, walnuts, sunflower seeds, etc.
- **Healthy fats** – extra virgin olive oil, coconut oil, avocados and avocado oil.

Foods to Avoid

- **Sugar** – soft drinks, fruit juices, cakes, candy, ice cream, etc.
- **Grains** – wheat, millet, rye, barley, rice.

- **Vegetable oils** – Soybean oil, corn oil, cottonseed oil, canola oil and a few others.
- **Trans fats** – usually found in processed foods with the word “hydrogenated” on the ingredients list.
- **‘Diet’ and ‘low-fat’ foods** – these are usually very high in sugar.
- **High-carb vegetables** – carrots, turnips, etc (Phase 1 only).
- **High-carb fruits** – bananas, apples, oranges, pears, grapes (Phase 1 only).
- **Starches** – potatoes and sweet potatoes (Phase 1 only).
- **Legumes** – lentils, beans, chickpeas, etc (Phase 1 only).

PROS

- **Hearty eating plan.** Some people like the fact that you can eat more food in the Atkins diet plan.
- **Learn to eat healthy carbs.** The Atkins diet eliminates refined carbohydrates such as baked goods like cake and white bread and encourages your intake of healthy carbohydrates, especially in the later stages of the plan.
- **During the first stage of the diet, called induction, rapid weight loss is common.** This early weight loss can provide a boost of confidence and motivation.
- **Despite the diet's higher fat content, some Atkins dieters see improvements in their cholesterol levels.** In addition, you're likely to reduce your sugar intake in this plan which may lead to improvements in your health.

CONS

- **The diet does not provide a lot of energy in the form of carbohydrates.** For many dieters, this causes fatigue.
- **If you're a dieter who loves fruits, you might struggle on the Atkins plan.** Eventually, you can add fruits and grains into your diet, but in the early stages of the diet, your intake is limited.
- **Low-carb diets such as Atkins can be hard to follow because they require you to make too many changes from the start.**
- **Some diets backfire when they are too strict.** In some cases, the restriction leads to food binges, guilt and weight gain.
- **There are some Atkins dieters who have experienced constipation, halitosis, and sometimes, dehydration as a result of the dietary changes in the eating plan.**
- **Counting net carbs can be tedious.**
- **Those who return to eating carbs again usually regain all of the weight they lost during the diet, and maybe even more.**

Despite what you may have heard, the Atkins Diet is actually quite flexible. It is only during the 2-week induction phase that you need to minimise your intake of healthier carb sources.

After induction is over, you can slowly add back healthier carbs such as higher carb vegetables, fruits, berries, potatoes, legumes, and healthier grains like oats and rice.

However, chances are that you will need to stay moderately low-carb for life, even if you reach your weight loss goal. If you start eating the same old foods again in the same amounts as before, you will gain weight again. ■



All That Jazz

and More

Arjun Sagar Gupta

A self-confessed problem solver, Arjun Sagar Gupta is the owner of Delhi's premier Jazz bar, The Piano Man Jazz Club. An engineer by education, a musician by passion, a restaurateur by profession and a permanent student of life; he is as charming as he is candid. Driven by a strong ideology, he believes in the 4 essential pillars: Respect, Art, Love and Logic & Science. Here's Arjun Sagar Gupta in discussion with FNL about how The Piano Man Jazz Club happened, the emerging and evolving music scenario in Delhi, everyday pressures of being in the F&B Industry, his love for Fun Flips and much more.



Q. How did you come up with the idea of opening The Piano Man Jazz Club?

I had already spent 3 years running two small cafes under the banner, "The Piano Man". While my learning from these cafes was immense, I saw a gap in the space of music delivery for audiences. There are many venues out there that program music, but nothing for the music lovers and musicians themselves. All the venues looked at music as a revenue driver. I look at music as art and that's how and why I opened The Piano Man Jazz Club.

Q. Do you think that the Jazz scene in Delhi has evolved since The Piano Man Jazz Club first opened and why?

I do feel that we've had an impact on the jazz and live music scenes in the course of our existence. There has been a very measurable uptick in the demand for jazz bands in the last 30 months since we've been active. This is across the board (clubs, private parties, corporate parties etc.) demand is great, it creates a supply to balance the market and the profession becomes more viable as there are more opportunities. As the scene grows, exposure increases and bar for

acceptable standards and knowledge keeps increasing. It's a win-win for everyone, as long as people remember to stay ethical!

Another important aspect of the scene is ethics and professionalism, we've been very particular to ensure that artists are treated with due respect and their basic and professional needs are well taken care of. Once enough venues strive for professionalism, the scene evolves and filters out the people who treat artists disrespectfully and unprofessionally. This shift is in process and will take a while, but what emerges from this change will be beautiful.

Finally, one important aspect that I feel almost all venues get wrong is that they expect the band to bring in the audience. That is the job of a promoter, and unless the venue pays the artists to be the promoter, it's the venue's job to get the audience in, and people need to realise that. I've seen artists mistreated so much because "they didn't fill the venue", well, pay your marketing team to do their job!

Q. Tell us about the concept of 'Silent Song' at your club.

The Silent Song was born in a moment of frustration and helplessness and eventually became one of the most beautiful parts of each and every night. It is a song, that we ask the band to select before the show, in which we close the bar and stop service in the club and appeal to the audience to celebrate the musicians, by diverting a 100% of their focus to the stage. No conversation, no movement, no distractions, just music.

The underlying reason for this is to create a space for re-sensitisation, a place where people are encouraged to reconnect with art and music at a deeper level. When they shift their focus to the music 100%, there is a perceptible change in the atmosphere of the club, and for a lot of people who haven't felt the power of art in a while, it is a reminder of just how much it can affect your mind and body.

One of the reasons this works is because when we request for the silence, the sincerity is clear and obvious, this was never intended as a marketing ploy but an impassioned appeal for people to listen. And it really works, people listen, and they come to us at the end of the night to appreciate that moment, something which makes us feel good everytime. It really forms a memory.

Q. From a musician to a restaurateur, how hard or how easy has the transformation been?

I never looked at it as easy or difficult. It had to be done, so I did it. Once you are mentally prepared to do something, then it's just a matter of acquiring the skills and understanding the market. And from there it's a continuous learning process. There is always something to learn, that's what keeps work interesting.

Q. Choose one: Arjun Sagar Gupta, the musician or the restaurateur? Why?

The musician always comes first but I don't like to categorise because the first aspect is Arjun the student.

“It's okay for some people to not like your product, so that the ones that do, absolutely adore it.”

Q. What is the stress level of a restaurateur like and how do you deal with it?

Stress is a problem and the causes for it are usually nothing to do with BAU (business as usual). It's the unexpected things, compliance issues, uncertainty with the country's socio-political climate, unexpected and arbitrary policy decisions etc.

I used to have a very difficult time dealing with stress. It affected my health, state of mind, caused bursts of anger and frustration. Over time, I've learned to process it better. Some of the important factors one should keep in mind are, understanding the broader perspective in life and work, surrounding your self with capable people so that there is a strong support system if required, and remembering to stay focussed on what makes you want to get to work everyday.

Q. How do you unwind after a long day?

My day is 14-18 hours long. After work, I usually unwind on my Lazy Boy with my dog Scooby, a packet of Fun Flips and a good sci-fi tv show. I used to read voraciously but haven't been able to pick a good book in a while, something I feel really bad about. I need to do that soon!

Q. What's the one aspect about the Food and Beverage Industry you love and the one aspect that you hate?

I love studying people, their body language and interacting with honest, genuine personalities. I've met some very knowledgeable people from the industry and outside, and I have tried to learn everything I could from them. I hate the pretence, the use of untruths to promote flawed products to the enormous numbers. I've also had the displeasure of interacting with some horrid people in my journey. I've never understood how they sleep at night after cheating others.

Q. In what ratio would you lay emphasis on Quality of Food and Decor of a restaurant for a great dining experience?

Quality of food and décor are apples and oranges. They serve different purposes. The aim of the Décor is 2 fold - entice people to come in and then provide a comfortable environment that appeals to them.

The food is your mainstay and if your food isn't good, then no matter how good your décor is, it won't matter. Great restaurants with basic décor can last and become legendary even, but great looking restaurants with terrible food will never stand the test of time. That said, food taste is a subjective matter, and I always believe it is always a better idea to create a specialist menu that you care about than, a general menu just to cater to what you think people might want. It's okay for some people to not like your product, so that the ones that do, absolutely adore it.

Q. What's your secret behind keeping the customers coming in?

Consistency and a kick ass handle on programming. We stick strongly to our ideology and our style of operations does not change to pander to momentary fancies. We do something we believe in. We still have a lot of things to learn. Two years in, I can see our weak spots in operations and we work hard everyday to understand how to plug those spots!

Q. What according to you is the hottest food trend in India currently?

I never have and never will follow trends.

Q. Where do you think does the Indian F&B Industry lack when it comes to competing with the rest of the world?

Ethics, institutional and compliance support, effective lobbying, taxation policies, existential security (that last one is a little melodramatic but not entirely untrue)!

Q. What's your strongest memory associated with food?

My father has a severe shell fish allergy and for some reason, for my entire young life, I thought I had it as well. I remember a meal out with the family at a local super South Indian restaurant many years ago, when my brother encouraged me to try the butter pepper prawns. Oh man! That first bite was unreal. I had a very similar experience with an extremely rare (I asked the gentleman who was serving me to serve it as the chef would eat it) steak in Paris. When it was put in front of me I could barely look at it. Then I shut my eyes and ate it. Unreal.

Q. The best restaurant you have eaten at?

This is a really tough question. Each cuisine is like a different genre of music for me, it is difficult to compare. For example, my favourite burger till date is from a place in LA called Father's Office. But that doesn't at all relate to the insane Maryland Blue Crabs in Boston. Apples and oranges!

Q. Last weekend on earth- which city are you eating in?

I haven't eaten in enough places to decide this conclusively but for variety of incredible flavours, India is pretty fly!

Q. What would be your advice to the aspiring and newbie restaurateurs?

Why are you doing what you are doing? What motivates you? Money? Then stop!

The core functional elements of this industry need to excite you, whether it's the food or the cocktails or the desire for excellence in service. Something needs to speak to you.

Q. What's next for Arjun Sagar Gupta?

Evolution. I need to learn how to shift my mentality from everyday menial tasks and micromanagement to understand how to restructure my mind and the company for growth.

Besides that, we are looking at launching our second venture in the near future. We're focussing hard on our bakery and our Events and Artist Management Company at the moment.

Q. Facing the gallows, what would you ask for your last meal?

- a. Fresh home made yogurt with Amritsari pappad
- b. Several glasses of freshly squeezed orange and pomegranate juices
- c. A bowl of our chicken and barley soup
- d. Galouti kebabs, a piece of barrah kebab and a cup of Dal Makhni made by my dear friend and partner chef, Manoj
- e. A stack of crisp bacon
- f. Butter pepper prawns with an appam
- g. A mini Five Guys burger and a mini thin crust pepperoni pizza
- h. A packet of fun flips, an orange bar and a cola bar (ice sticks)
- i. Hot chocolate fudge
- j. Churros. ■

Caution!

THESE DRINKS CAN KILL YOU

The most dangerous alcoholic drinks from across the world.

More tequila, more wine, more gin and tonic, more booze, more potency and more everything! When it comes to alcohol, we have gone out of our ways to invent and reinvent concoctions that take the drinking experience to the next level, literally. In all curiosity and sense of adventure, man has created some dangerous alcoholic drinks that are fatal.

Read on to know more about these suicide shots that should be consumed (if at all) in moderation:

Tokyo Iced Tea

A Long Island Iced Tea is a sum total of lots of different alcohols. It contains a shot of vodka, a shot of light rum, a shot of tequila, a shot of gin, a bit of triple sec (orange liqueur), and some splashes of sour mix and cola. The Tokyo Iced Tea substitutes Midori (melon liqueur) for the sour mix and cola, which makes this drink 100% alcoholic. Drinking a Tokyo Iced Tea is like pounding six shots at once. Foolproof recipe for alcohol poisoning!



www.Youtube.com



https://imgur.com/deviantart.com

Four Loko

It is a dangerous combination of caffeine and alcohol. The caffeine content of a Four Loko is equivalent to five cups of coffee. This means that you can continue drinking without actually feeling the effects of the alcohol. You pour so much caffeine and alcohol in your system that it severely strains the heart and other organs. Landing in an emergency room for either a heart attack or alcohol poisoning is a very probable outcome of this drink.

Moonshine

Moonshine, a high-proof distilled spirit is filled with ambiguity. Though Moonshine is a legitimately manufactured spirit, with legally licensed distilleries bottling and selling it in stores, a lot of people still produce it at home. Homemade moonshine is particularly dangerous because there is no one method to how it is produced. Only the makers of homemade moonshine are fully aware about its contents. There are no standards of safety or sanitation followed and hence the unsuspecting drinker might be ingesting drain cleaner, bleach, lead, nail polish remover or any number of other household chemicals or heavy metal.



<http://spirits.blog.austin360.com>

Liquid Cocaine

What's in a name? Apparently, everything. A Liquid Cocaine as the name suggests is a health hazard. The first ingredient of this drink is Bacardi 151—75.5% straight booze. Add some Goldschläger (Swiss cinnamon schnapps) and Jägermeister (a German digestif, 35% ABV, made with more than 50 herbs and spices), and you've got the Liquid Cocaine. Recommended dosage: one or two drops from a pipette, if you want to stay alive to try other drinks on this list!



www.tipsybartender.com



www.southernfoodways.org

New Orleans Hand Grenade

We repeat, everything is in the name. New Orleans Hand Grenade has shots of vodka, gin, rum and melon liqueur along with grain alcohol. Without the grain alcohol, the mix will only get you drunk but with grain alcohol, this mix is extremely dangerous. Grain alcohol is 95% ethanol, basically pure ethanol. Drinking pure ethanol is detrimental to your health in more ways than you can think of!

The Four Horsemen

The typical Three Wise Men which combines a shot of Johnnie Walker, a shot of Jim Beam and a shot of Jack Daniel's together is a drinker's heaven. The Four Horsemen adds either a shot of Jameson Irish whisky or Jose Cuervo tequila into the Three Wise Men mix and takes the potency to the other world. One extra drink and the heaven turns into hell. It's the ultimate lethal drink!



www.thecultluretrip.com

BAILEYS IRISH CREAM

Unapologetically Luxurious

FNL Desk

Seventies was the special decade that gave us ‘Bohemian Rhapsody’ and ‘Stairway to Heaven’, musical hits that still resonate with us. Seventies was also the decade that gave us the most popular cream liqueur in the world—**Baileys Irish Cream**. It is an exceedingly loved and popular liqueur made to a secret recipe including Irish whiskey, cream and sugar. First launched in the early 1970s, Baileys Irish Cream took the market by storm and nothing much has changed. It still enjoys the status quo. Made by Gilbeys of Ireland, it has a declared alcohol content of 17% by volume.

BAILEYS IRISH CREAM: THE MAKE

Baileys is produced in Dublin and Mallusk. The very first version of the Baileys recipe was created with an ordinary kitchen mixer. It was utterly delicious (of course). However, a winning recipe was far from being sorted. The task at hand was to get cream and whiskey to successfully combine in one bottle without separating. Cream and Irish whiskey were homogenized with the aid of an emulsifier containing refined vegetable oil. This process prevented separation of whiskey and cream during storage. The chocolate essence of the liqueur comes from the Baileys proprietary cocoa extract recipe. There are other ingredients like herbs and sugar but their quantity is unknown. Baileys is a one-of-a-kind indulgent blend of premium quality cream, triple-distilled whiskey and fine spirits.



BAILEYS IRISH CREAM: THE TASTE

Coffee & cream coloured; aromas of freshly brewed coffee, hazelnut and chocolate essence; sweet, creamy, nutty and thick with flavours of lightly toasted nut; white chocolate and vanilla; all these flavours well balanced by a smooth whiskey note for a clean and lingering finish. Baileys Original Irish Cream is the very best of Ireland in a bottle!

BAILEYS IRISH CREAM: THE USP

Taking inspiration from the process of making ice cream, the top-secret Baileys recipe guarantees each and every bottle to taste as delicious as the day it was made for two years. And what's even more special about these bottles, they do not contain any artificial preservatives! After a long gruesome process of testing for years, lots of technical expertise and using only the highest-quality ingredients have ensured that Baileys is the only cream liqueur in the world with a two-year shelf life.

DRINK BAILEYS IRISH CREAM AND HOW?

Have you been doubting the versatility of Baileys? Do you consider Baileys as a boring option for that rager party? You are wrong! Baileys Irish Cream, actually opens you up to a whole new world of possibilities when it comes to making desserts or mixing cocktails. It's luxurious, rich and luscious with just the right amount of sweet. Dessert with a buzz—it is what dreams are made of.

Here are the top Baileys recipes picked by team FNL.

BAILEYS CHOCOLAT LUXE OVER ICE

INGREDIENTS

50 ml Baileys Chocolat Luxe Irish Cream
3 large ice cubes

PREPARATION

Simply pop ice cubes into a glass tumbler and pour over the Baileys Chocolat Luxe. Swirl for a moment and sip and savour the velvety creaminess.

CHOCOLAT LUXE MOCHA MARTINI

INGREDIENTS

50 ml Baileys Chocolate Luxe
25 ml Smirnoff Vodka
25 ml Espresso
ice cubes

PREPARATION

Pop all ingredients into a cocktail shaker with ice. Shake it up until everything is perfectly blended and the liquid is silky smooth. Strain into a cocktail glass and garnish with coffee beans.

BAILEYS CHOCOLATE DESSERT POTS

INGREDIENTS

400 ml coconut milk
200 ml Baileys Original Irish Cream
200 gm dark chocolate

PREPARATION

Refrigerate the coconut milk overnight. Spoon the thick cream out of the coconut milk into a mixing bowl and discard the water left behind. Melt the chocolate in a double broiler or microwave and set it aside. Beat the coconut milk(cream) on high speed until it's silky and airy. Add Baileys to the coconut milk very slowly, followed by the melted chocolate, mixing continuously to incorporate them whilst letting as much air in as possible. Be sure to scrape down the sides of the bowl with a spatula on occasion. Once all of the ingredients are in, mix on high speed for an extra few moments for good measure. Portion into ramekins, small glasses or wine glasses. Place in the refrigerator for a few hours to achieve a silky, pudding-y texture.

BAILEYS AFFOGATO 99

INGREDIENTS

4 scoops of vanilla ice cream
200 ml chilled Baileys Original Irish Cream
chocolate flakes

PREPARATION

Scoop the ice cream into four bowls. Pour Baileys over the ice cream. Crush and sprinkle the chocolate flakes over the ice cream and serve.



BAILEYS TRUFFLE SQUARES

INGREDIENTS

200 gm dark chocolate, chopped
 200 gm sweet condensed milk
 50 gm icing sugar
 150 gm almonds, toasted and chopped
 4 tablespoon Baileys Original Irish Cream
 1 tablespoon unsalted butter
 sea salt, for dusting
 edible gold glitter or gold leaf, for dusting

PREPARATION

Microwave the dark chocolate for one minute, stir, and then add the milk, sugar, almonds, Baileys Original Irish Cream and the butter. Continue to microwave in 30 sec intervals until completely melted and smooth. Beat the mixture vigorously for 3-4 minutes. Pour into a 15cm x 15cm tin lined with non-stick baking paper. Refrigerate overnight. Cut into squares, dust with the sea salt and gold glitter and serve. ■

BAILEYS MIDNIGHT MINT

INGREDIENTS

25 ml Baileys Original Irish Cream
 25 ml Crème de menthe
 25 ml Smirnoff Vodka
 ice cubes

PREPARATION

Grab a cocktail shaker, pop your ice cubes in it and pour the Baileys, Smirnoff and Crème de menthe into the shaker. Give it a good shake until you've got a smooth liquid. Fill a tumbler with ice and strain your silky, smooth liquid on top of the ice. Add a sprig of fresh mint to finish and serve.

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PLAY *IT* CHIC



What completes a summer dress? A chic fedora hat! What's an essential accessory that makes you stand out? A stylish eyewear. Your summer wardrobe is incomplete without these accessories and we know what's hot this season.

FNL picks the best summer essentials—sunglasses, scarves and hats for you.

HATS/CAPS

1. Lock & Co Hatters, INR 28,282
2. Loro Piana, INR 24,400
3. Borsalino, INR 20,750
4. Helen Kaminski, INR 21,740
5. Stella McCartney, INR 35,012
6. Maison Michel, INR 89,484

SCARVES

1. Brunello Cucinelli, INR 63,219
2. Alexander McQueen, INR 29,391
3. Gucci, INR 39,928
4. Emporio Armani, INR 28,677
5. Tory Burch, INR 14,857
6. Salvatore Ferragamo, INR 26,649

SUNGLASSES

1. Persol, INR 17,190
2. Saint Laurent, INR 29,947
3. Gucci, INR 27,727
4. Tom Ford, INR 29,103
5. Chloé, INR 30,155
6. Jimmy Choo, INR 29,805



LET YOUR HAIR DOWN

As the sun goes up, let your hair down with abandon!

FNL Desk

Summer is back! And so is the sun, with its wrath on your hair. Every winter season, we oil and condition our hair and revel at the gorgeousness of our mane. We prepare to flaunt them in the breezy spring. Come summers and sun drains out all the lustre from them. Not only does it strip off the shine from your hair, it damages the scalp too. However there are ways and means which can help you keep your hair glossy and healthy even in summers. So this season, don't stay indoors in the fear of the scorching heat.

Here's how you can have fun in the sun and still protect your glorious mane from the heat and humidity.

Cover up

Wear hats, scarves or bandanas to amp up your fashion quotient this season, and also as armours against the blazing sun. Covering your mane with a hat or a scarf will keep them hale and hearty and protect them against the harmful UV rays. It will also help retain the natural moisture of the hair.

Block the sun

There are special sun blocks or sunscreens for the hair but they are high on chemicals. There is an alternative that's effective and low on chemicals— the sunscreen that you use on your body. After you are done with applying sunscreen on your body, just run your fingers through your hair. The residual sunscreen is the perfect amount that's needed to protect your hair.

Don't wash them everyday

The weather at its worst, naturally strips moisture out of your hair. Don't make it worse by washing your hair every day. By doing that, you are robbing it from all the natural oils that the scalp produces. Avoid washing them too much!

Say no to heat styling

The weather is doing enough damage to your hair. Do not heat style them regularly and add on to the party. Air dry your hair. Don't use blow dryer until you absolutely have to. Heat styling or blow drying will damage the roots and will make the ends frizzy.



Let them breathe

If you're wearing a hat in the day time, let your hair loose in the evening. Opt for loose hairstyles that allow your hair to breathe and prevents the accumulation of sweat. The sweat accumulation will make them dirty and dull.

Condition and Oil

Conditioning and oiling the hair is not only a winter ritual. Follow this ritual diligently in summers too. The humidity and the heat in the air dries off the hair. Regular oiling will nourish the dry scalp and conditioning will take care of the roots. But don't venture out in the sun with oil in your hair.

Hydrate Them

Naturally hydrate them. You ask how? Drink water. Yeah, it all goes back to the basics. Drinking enough water can actually fight all your hair battles against the sun. When you drink ample amount of water, your body absorbs it and your scalp retains the moisture effectively.

Stop stressing

Mental stress and tensions affect our body and hair. Hair fall is a direct aftermath of stress and tensions. There is no tip that can help you combat your stress levels until and unless you aren't ready to combat them. Just try to do some calming exercises or yoga poses. Take a walk or opt for some recreational activities.

Eat well

You are what you eat and it is absolutely true. It is necessary that you watch your diet for healthy, long and shiny hair. To protect your hair from the sun, fill your plates with green leafy vegetables, dairy and legumes.

Trim to groom

Split ends is another hazard of this weather. To maintain the health of your hair, you need to get them trimmed every six to eight weeks. If you are trying to grow your hair, get rid of the growth obstacles- tiny split ends. ■

GLUTEN-FREE BAKING

WITH
GEORGIA DAKOTA AT
LE CREUSET



Good things come to those who bake. And better things come to those who share their love and passion for baking with others.

On the occasion of International Women's Day 2018; Le Creuset, the leading French cookware brand, hosted an interactive baking session with Chef Michelle Kalsi, Founder of Georgia Dakota, in association with Food and Nightlife at the Le Creuset store, Ambience Mall, Gurgaon on 7 March 2018.

Michelle demonstrated a selection of exotic gluten free signature recipes baked to perfection in Le Creuset cookware. These healthy bytes were filled with gooey deliciousness.

Don't worry, if you couldn't attend the session. We have got you covered with two of the premium gluten-free Georgia Dakota recipes.

GLUTEN-FREE CHOCOLATE CHIP COOKIES

INGREDIENTS

100 gm blanched almond flour
32 gm coconut flour
1 and a ½ teaspoon vanilla extract
¼ teaspoon salt
1 egg, room temperature
1 teaspoon baking soda
98 gm natural, unsweetened almond butter
213 gm dark chocolate chips
85 gm butter
150 gm imported brown sugar



PREPARATION

Preheat oven to 175°C. Whisk together almond flour, coconut flour, baking soda and salt. Set aside. Cream together the butter and sugar in a mixer, at medium speed until pale yellow and light and fluffy. Beat in the almond butter and vanilla extract on medium speed until combined. Beat in the egg on low and mix until incorporated. Stir in the flour mixture until thoroughly combined. Add chocolate chips and mix. Place this mix in refrigerator for an hour until the dough is firm. Line a baking sheet with parchment. Roll the dough into 35 gm balls and place on a baking sheet 2 inches apart. Press the cookies down lightly with the palm of your hand. Bake for 10-12 minutes.

They will be quite soft but will continue to cook as they sit on the cookie sheet. Let cool completely on the baking sheet before removing. Store in an airtight container for up to 3 days.

GLUTEN-FREE CARROT MUFFINS

INGREDIENTS

For muffins

125 gm blanched almond flour
16 gm coconut flour
½ teaspoon baking soda
35 gm raisins
1/8 teaspoon salt
2 large eggs, room temperature
75 gm coconut oil, melted
50 gm grated carrots
¼ teaspoon nutmeg
½ teaspoon ground cinnamon
½ teaspoon ground ginger
35 gm chopped walnuts
100 gm honey
2 teaspoons vanilla extract

For frosting

56 gm cream cheese
4 teaspoons honey
1 and a ½ teaspoon vanilla extract
a dash of salt
200 gm milk



PREPARATION

Preheat oven to 175°C. Whisk together almond flour, coconut flour, baking soda, cinnamon, ginger, nutmeg and salt. Set aside. In another bowl, whisk together eggs, oil, honey and vanilla extract. Add the dry mix to the wet mix and stir until combined. Gently fold in carrots, raisins and 25 gm chopped walnuts. Divide the batter evenly among 8 muffin lines and bake for 17-20 minutes. Let the muffins cool for 5 minutes in a pan and then remove to a wire rack and cool completely. For the cream cheese frosting, mix all the ingredients together until combined. To make a drizzle, add milk 1 teaspoon at a time until desired consistency. Frost the muffins with cream cheese frosting. ■



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