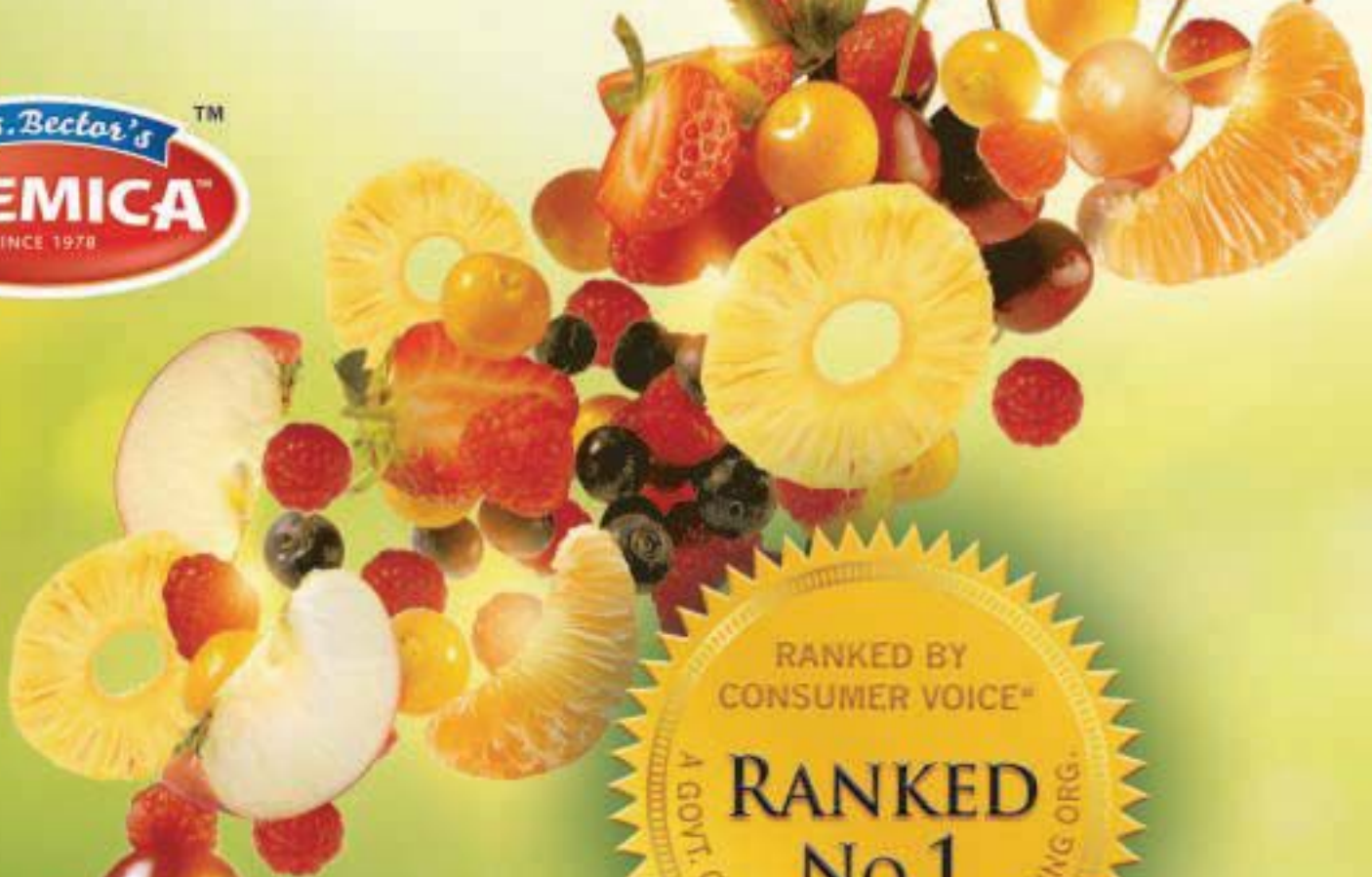


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THE ACCIDENTAL AMBASSADOR

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MADHUR JAFFREY BECAME PRINCIPAL
INFLUENCER IN DEVELOPING A TASTE FOR
INDIAN CUISINE IN THE WEST





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FOR VALENTINE'S MOVIE NIGHT

Whichever kind of couple you are, we've picked out a movie just for you...bring on the popcorn!

By Farhad J. Dadyburjor

IF YOU HAVE NO STRINGS ATTACHED

50 Shades Darker by James Foley



In part two of the S&M-filled drama, we find a wounded Christian Grey doing his best to get Anastasia Steele back into his life. Just as she starts to trust him again, Anastasia realises she also has to deal with the women who came before her.

FOR THE SAME-SEX COUPLE

Call Me By Your Name by Luca Guadagnino



A tender, coming-of-age film set in the summer of 1983 in Italy. Elio, 17, finds himself increasingly drawn to the

much-older Oliver, a handsome doctoral student who's working as an intern for Elio's father. Love ensues and things are never the same again.

FOR THE MISMATCHED ONES

The Shape of Water by Guillermo del Toro

This film is about love knowing no boundaries. Elisa is a lonely, mute janitor at a top-secret government laboratory in



1962 in Baltimore, whose life drastically changes when she finds love with a 'creature' in a water tank.

FOR THE CREATIVE KINDS

Loving Vincent by Dorota Kobiela and Hugh Welchman

This is a unique film where every frame has been hand-painted – an artistic retelling about the last days



of Vincent van Gogh. The mystery surrounding his death, the women he encountered, and through it all, the paintings that only posthumously brought him so much fame.

IF YOU ARE MULTICULTURAL

Get Out by Jordan Peele

This satirical horror will make you cuddle up. When it's time to meet his girlfriend's white parents, African-American Chris wonders if they'll freak out about their daughter dating a black man. But his girlfriend



assures him all is cool at her parent's secluded home in the woods – until things horrifically unfurl.

Stuff You Said Last Sunday



Well thought @HTBrunch to have brought focus on "The Wellness Special" covering the nutritious diets to the greying hairs. This issue to me seemed more infotaining than entertaining!
@pkrivastava6

In today's magazine of the Hindustan Times, I read this such meaningful article about the 9 food items which we think are bad for our health, but they aren't. Happy to know that I can start eating these again. It's useful so I thought to share with you.
@saumyatandon

Great article in today's Brunch! Would love to hear your thoughts on sexism, favouritism prevalent at today's work places and what one can do to ignore it and rise above all odds when you're equally (in fact, more) capable and smart as your male peers.
@SmitaSingla

Awesome Future-Tech Article in @htTweets A Must Readable One @RajivMakhni
@rajat2571

naina.co Posing with a print copy of today's @htbrunch My first ever cover I've had the privilege of photographing for an Indian publication! «Grace, Grandeur & Grey Hair» is a story about wellness. With @sakpataudi & Sharmila Tagore.#LikeMyMother #HTBrunch #PhotographerLife



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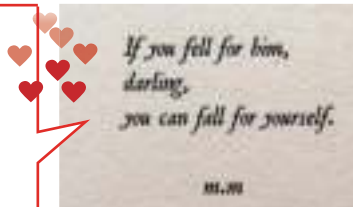
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WATCH

A soothing cover of a beautiful song on a Sunday morning is bliss. Listen to the cover of *Dil Diyan Gallan* by the band Twin Strings over a cup of hot tea for some me time!

TAP
Miriella Marie (@miriellamarie) brings forth beautiful couplets and poems on her Instagram. Follow her for some intense poetry!



Mirror Now @MirrorNow
@fayedsouza: At MIRROR NOW, we received and invitation for the pre-screening...

FOLLOW

Faye D'Souza rose to fame when she slammed a cleric for making sexist comments. Her Twitter handle (@fayedsouza) is worth following for her to-the-point comeback.

Cover photograph sourced from TASTING INDIA SYMPOSIUM

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THE ACCIDENTAL QUEEN OF INDIAN COOKING

IF MADHUR JAFFREY HADN'T PINED FOR THE FLAVOURS OF HOME WHILE STUDYING DRAMA IN LONDON, THE WORLD MIGHT NEVER HAVE KNOWN THE TASTES OF INDIA

By Priya Bala

You'd expect most people to be tired, even irritable, if they had to rush to an event within hours of arriving on a New York-New Delhi flight made more tedious by a 24-hour delay. But there was Madhur Jaffrey, actress and diva of Indian cooking, now 84, showing no trace of jet lag or fatigue. When I met her on a winter evening at the DLF Golf and Country Club in Gurugram, she was elegant and sprightly, wearing a stylishly-oversized jacket, leather pants and ethnic earrings, a look she laughingly describes as part Jackie O, part Beyoncé.

Jaffrey was in the capital to participate in the Tasting India Symposium, a platform whose key theme this year was making India a culinary global superpower. There has been no better ambassador for Indian cuisine than Jaffrey, who is also on the board of directors of *Tasting India*. But while it has become fashionable to speak of 'modern Indian' and 'plating Indian food for the world', Jaffrey believes the focus should be on authentic Indian food and its immense diversity.

"Modern Indian, as it is understood, is an experiment, it's not

real food," she says. Jaffrey believes food evolves organically, and if it is to change it has to be in the natural course of things, not because we wish to woo the Western diner with it.

She is also of the view that Indian food is yet to find widespread acceptance and appreciation abroad, especially in the US. "Yes, tamarind will be trendy one year and chefs will be turning to cumin during another. But that can hardly be construed

"I WAS HIJACKED INTO THE WORLD OF FOOD AND FOOD WRITING. AND I HAD NO IDEA WHAT I HAD SIGNED UP FOR"

as Indian food acquiring a global reach," she says. Still, it is a fact that Madhur Jaffrey has made the world, especially the UK, realise that *balti* cuisine is not Indian food. She's done this through television shows celebrating authentic Indian dishes, with her writing on Indian food, and her recipe books that give cooking enthusiasts insights into the richness and diversity of regional Indian fare.

MOTHER'S COMFORT

Her own love of Indian food emerges from her childhood, growing up in a joint Kayasth family in Old Delhi, and she remembers the meal experiences in great detail. "There was this hauntingly delicious mushroom dish that was made when they were in season. The men of the household always ate first and often only the *shorva* remained for us, and even that was delicious," she says. Her

she recalls. She wrote to her mother asking for recipes so she could cook herself. Her mother sent her via air-mail letters – this was the early 1950s – three-line recipes for *hing jeere ka aloo*, *gobhi aloo* and *khade masale ka gosht*. Jaffrey began to cook and she took her cooking to New York where she moved to further her career as an actress.

As she lived the artist life, cooking Indian food for friends, she was introduced to *New York Times* writer Craig Claiborne by Ismail Merchant. He wrote a piece about the actress who liked to cook. Then, Jaffrey was approached by a freelance editor, asking her if she wished to write an Indian cookery book. Eventually, the project landed in the hands of Judith Jones of Knopf who, incidentally, was also Julia Child's editor. It was Jones who titled the book *An Invitation to Indian Cooking* and it is still a cherished tome among all Indian cookbooks.

"I was hijacked into the world of food and food writing," Jaffrey says, "And I had no idea what I had signed up for." She agrees that she has the advantage of a 'palate', the same way her musician husband Sanford Allen has an 'ear'. "The palate helps

fondness for vegetarian fare also comes from family tradition; the women rarely ate meat, preferring seasonal vegetables they cooked in simple, yet wonderful ways.

When Jaffrey went to London to study acting at the Royal Academy of Dramatic Art, she found herself pining for a taste of home. "Indian food was off the charts and what was in the Indian restaurants was awful,"



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me remember a flavour profile to the smallest detail and recreate it exactly,” she says.

She’s had no formal training as a chef and sometimes wishes she had some professional knife skills. “I cut and chop like a housewife,” she laughs. While she cooks with instinctive flair, when it comes to writing her recipes, it’s all about precision and diligence. “I measure the sizes to which the vegetables must be cut, weigh out ingredients and time the cooking, doing it all myself. I’m a one-woman band and when someone reads and cooks from my recipe, it’s between me and them alone,” she says. Jaffrey has never thought of keeping back an essential tip or ingredient, something accomplished

cooks and chefs tend to do. “I’m completely against that. Be generous and pass on the knowledge,” she says.

STOVE & STAGE

Having written over a dozen cookbooks, beginning with Indian cuisine and branching out to Far Eastern cookery and world vegetarian, Jaffrey is currently researching for a cookbook that will bring out health-giving recipes from the Indian kitchen.

Besides her books, her much-loved TV shows have won her a global following. She remembers that when BBC presented Indian food with Jaffrey in 1982 there were various guidelines. “I was told no *hing*, please,” she says. “I followed

the instruction for the first time and then realised, I have to start teaching people about our food and its wonderful ingredients. I want people to know about *poha*, for instance, how each region in India treats and eats this nourishing food.”

She has surely done more than anyone to make Indian cuisine accessible to the rest of the world and indeed to Indians, and is known, therefore, as the Queen of Indian Cooking. She herself says no one can truly say they have mastered Indian cuisine. “When I travel in India, I’m discovering new ingredients and dishes all the time. Recently, I was introduced to plump mushrooms that grow in Coorg. They are grilled and served with salt and lime and pair a

treat with whiskey,” says Jaffrey.

Her travels across the UK, too, throw up interesting – or abominable – renditions of Indian food. While shooting for *Curry Nation*, she went to Scotland where she found *haggis pakora* – ghastly, in her words – and went looking for the popular combination of chips with curry sauce. Back in the kitchen she found the ‘Indian’ curry sauce came out of a giant can made in China. All of which makes Jaffrey even more determined to promote and preserve Indian food in its authentic form. “Why deconstruct a masala dosa?” she asks. “It’s already perfect.”

While it may seem that Jaffrey spends all her time in the realm of food, she is still very much an



“I’M A ONE-WOMAN BAND AND WHEN SOMEONE READS AND COOKS FROM MY RECIPE, IT’S BETWEEN ME AND THEM ALONE”

actress, even now auditioning for roles. Her love for the arts comes through when she speaks about the early years of her acting career, particularly her association with Ismail Merchant with whom she made *Shakespeare Wallah*, the film that won her a Best Actress Award at the Berlin International Film Festival in 1965. Shashi Kapoor was her co-star and it was also Merchant who asked her whom she wanted to act with in *Autobiography of a Princess* and a then young and, possibly, insouciant Jaffrey said ‘Olivier’. Eventually, the role went to James Mason and she recalls how he would rehearse his props and sit and watch while

she, a newbie compared to him, delivered her lines.

At the end of a long, chilly evening, Jaffrey was still in great form, posing for photos, complimenting the Golf Club’s chefs on the very nice *dahi ki pakodi* they had served. How did she do that? “I’ve never been high on physical strength,” she says. “It’s all in the mind, it’s mental energy.”

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The author is a Bengaluru-based senior writer who specialises in food, travel and lifestyle writing. She has edited several major mainstream publications in the past.



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Word On The Street

The Street Food Festival organised by the National Association of Street Vendors offers food that's interesting and quite terrific but the regional variations are being slowly eroded

Try and go every year to the Street Food Festival organised on the grounds of Delhi's Jawaharlal Nehru Stadium by the National Association of Street Vendors. I go for three reasons. The first, and most important, is that the National Association of Street Vendors does great work in standing up for the rights of roadside food vendors, who are the most abused and exploited people in the entire food business. I feel that all of us, who have some involvement in the food business, should do whatever we can to support the vendors, most of whom struggle to feed their families while being shaken down by policemen, municipal authorities and nearly everyone else in a position of authority.

Secondly, anyone who writes about food must pay attention to the food of the Indian street. The kind of chaat that appeals to the middle class constitutes only a tiny part of India's street food scene. The street food vendors exist not to please you, me and the other readers of *Brunch*, but to provide daily sustenance to all Indians; to those who can't go home for lunch, often work too late to eat dinner at home and can't even afford *dhabas*. They eat on the streets not because it is fun but because they have no choice.

And finally, I go every year simply because I have a great time. The food is always interesting, some of it is quite terrific and the National Association of Street Vendors turns the grounds of the stadium into a mela with stand-up comics and live music.

Here are some of the trends I noticed this year.

Bread Rules: There was a time when street food vendors liked to make their own wheat dough for dishes: the puris for golgappas, samosas, kachoris etc. That now seems to be changing.

More and more of the street food guys are using commercial, pre-packaged, store-bought white bread as their primary staple. I reckon the trend towards bread in street food started in Mumbai where the Goan *pao* first made it to Mohammed Ali Road and began turning up in keema-*pao* and various other dishes. It was then adopted by the Gujaratis of the Cotton Exchange for *pao bhaji* and most recently,

GROUND REALITY

Thandai mix being ground at the Street Food Festival in Delhi's Jawaharlal Nehru Stadium



SMART ADDITION

A vendor from Hyderabad offered 'Ponna Tea', and almost as an afterthought pasted a piece of paper with a new specialty – the veg Manchurian



became the basis of the Marathi hamburger, the Vada Pao.

But what's popular this year is not *pao*, which can be difficult to source but sliced bread of the sort that vendors in Mumbai only ever used before for the Bombay Sandwich. Presumably, this is because commercial bread is easy to find all over India.

At stall after stall, run by vendors from all over India, bread turned up again and again. It was the centre of many omelet stalls. Usually they put the bread on the *tava* as the omelet was cooking so that the egg wrapped itself around the bread. There were endless deep-fried battered sandwiches, too. The bread *pakora* had, as we shall see, spawned a whole family of knock-offs. **Potato+Bread:** If there is one thing I loathe it is the starch-on-starch sandwich. So you won't find me enjoying the Mumbai vada *pao* or even the Gujarati *dabeli*, which, in my view, is a disgrace to one of India's great cuisines.

Clearly, I am in a minority of one in a country where even



Aaj Kya Khaoge?



HEAVY BREAD The battered deep-fried sandwiches shone in their golden glory



TOP CHOICE The toppings for 'Pizza Omelet' include everything from tomatoes to peppers and cheese



RICE AND SHINE Kushi Muhammad's biryani



EGG ON Omelet with bread inside

American fast food chains are forced to serve also *tikki* burgers. And judging by the stalls at the Festival, bread and potato have become like an old happily married couple.

I am an equal opportunity loather so I also loathe the bread pakoras so beloved of Delhi canteens. But like some mutating virus, the bread pakora has turned into a whole series of deep-fried sandwiches. The general principle at many stalls was that no matter what the sandwich contained, it had to be battered and deep-fried.

I hung around some of the stalls to see what was the most popular sandwich. The clear winner was a white bread sandwich with a masala dosa-type potato filling, battered and then deep fried till the edges were crisp.

I would rather have the masala dosa myself but I guess this sandwich is easier to make and more filling.

Amul: All Gujaratis are pleased when our cuisine finds popularity all over India but I am a little ambivalent about the triumph of Amul, arguably the greatest brand to come out of Gujarat.

At counter after counter, Amul products occupied pride of place. At some stalls, they charged extra if the dish was made with Amul butter. At some, the vendors kept a plastic carton of Amul cream by their side and added it to 'premium' products. There was also an inexplicable (to me, at least) obsession with grated Amul cheese. It ended up as a garnish on dish after dish.

Some of this may have to do with the Indianisation of pizza. An omelet stall was offering 'Pizza Omelet'. Intrigued by this unusual combination, I asked the vendor to make me one. (It was his top-priced, highly-premium speciality.) He put the egg mixture in the pan, rolled it around a slice of bread and then as the omelet was nearly ready, added pizza-toppings: sliced tomatoes, peppers and grated cheese. "*Dekho. Yeh pizza bangaya!*" he told me proudly. Well, okay!

Manchurian: I am continually shocked by the ability of 'Manchurian' to penetrate the heartland. Stalls from all over the country were serving some version of Manchurian. A vendor from Hyderabad offered 'Ponna Tea'. And then, almost as an afterthought, he had pasted a piece of paper with a new speciality on the menu: "Hyd. Spl. VEG MANCHURIAN". A Karnataka stall offered 'Manglore *bhaji*, Ragi Roti with *chatni*, Gobhi Manchurian".

Since when did Gobhi Manchurian become so popular on the Mangalore streets?

I tried making conversation with some of the stall holders to find out when Manchurian became an integral part of the Indian street food scene. I waited for them to tell me that there was new demand for this previously unknown dish. In fact, they looked at me as though I was mad. Did I not know what Manchurian was?

One of the ironies of the Indian street food scene is that while the South has given us the three most popular pan-Indian fast food items – dosas, idlis and vadas – there is no real chaat tradition in much of South India

One or two guys even offered to explain to me exactly what it was. So, I gave up.

Chicken: There were fewer non-vegetarian stall overall this year. I don't know why this should be so but the folks at the National Association of Street Vendors told me that in Delhi, some vendors had been harassed by officials for selling non-vegetarian food. (You don't need to be a genius to work out to which community many of those who sell kebabs, biryanis and the like belong.)

Of the stalls that did sell non-vegetarian dishes, chicken was the clear favourite. There seemed to be two reasons for this. The first, according to vendors, was that people prefer to eat chicken when they eat out. The second, they said, was that chicken was easier to procure nowadays while meat supplies from butchers had become erratic. Make what you will of that.

North-South: It is one of the ironies of the Indian street food scene that while the South has given us the three most popular pan-Indian fast food items – dosas, idlis and vadas – there is no real chaat tradition in much of South India.

One consequence of this is that the street food vendors of say, Kerala bring their curries and biryanis to the street food festival providing an authentic taste of Kerala without recourse to Amul butter, grated cheese or Modern bread.

But the Southern vendors are nearly always at a disadvantage because their food requires authentic ingredients and sliced bread and cream are not enough. At a Hyderabad chilli pakora stall, the guy who ran it complained to me that though he had scoured Delhi looking for flavourful chillis he simply had not been able to find them.

Kushi Muhammad, who has sold biryani in Calicut for 15 years was downcast by his failure to find the right rice in Delhi. He had brought his masalas with him, he said. But he had assumed that he would get the smaller grained Kerala rice in the nation's capital. When he couldn't find any, he was reduced to making his biryani with normal rice (and chicken). I thought it tasted fine but he kept apologising for the inauthenticity.

And Finally: Anyone who believes that food trends don't trickle down should see what street vendors are making. These guys never bothered with cheese, pizza, Manchurian, cream, different qualities of butter etc. till a decade ago.

There is much to admire in their ingenuity. But personally, I was saddened to see that regional variations are being slowly eroded. With each passing year, all street food vendors (especially in North and Western India) make food that is more and more alike.

I don't blame them. It is a business, after all. But I do mourn the passing of the old regional variations and specialities.

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rajiv makhni

More New Mobile Phones Than Ever!

Several new launches have ensured that the market is buzzing with activity

The Consumer Electronics Show in Las Vegas marks the start of the technology calendar. The Mobile World Congress in Barcelona follows about seven weeks later. The time in between is usually meant to take a breather. Not so this year. The slew of launches and new gadgets introduced in the market have made January an unusually heavy month. We've had Tecno come out with the Camon (has fantastic optics), Detel launched the D1 Plus (once again breaking the world record for the cheapest phone in the world), Samsung came out with the A8+ (a shockingly good phone that takes on the One Plus 5T), the Oppo A83 (an excellent phone that ticks every box), the One Plus 5T Red (one more with just a different colour at the back) and about half a dozen other launches. But one company went a bit haywire. It launched multiple phones back-to-back making it its own Mini Mobile Word Congress.



What's going on?

Honor had multiple launches but the ones that stood out were the Honor View 10 and the Honor 9 Lite. And specially the latter. While this phone came out of nowhere – no leaks, no buzz, no preinformation, it also came with one big question. Why launch this phone in this price category when it had just launched the Honor 7X a few days back? Wasn't this cannibalising its own sales of a very successful phone? Does Honor have a business model so superior that no one else understands it? Or was this just a shot in the dark to launch multiple phones against the competition and hope one sticks? More importantly, in the battle for the best phone at around 10K, which one now reigns supreme? Well. Many questions and few answers. Let me give this a shot.

SILENT KILLER
The Honor 9 Lite really stood out

The cannibaliser?

Let's take a quick look at the 9 Lite itself. The new super aggressive Honor breaks most bastions. This is a supremely thin, wafer-like phone with an all-glass front and back that looks very sleek. While it's thin and weighs just 149 grams, the all-aluminium frame makes it very rigid and solid in the hand. I would go so far as to say that this phone may well be the best-looking phone under 40k right now. It then adds four cameras (two front and two back giving you hardware bokeh effect without any software tricks) and a full HD edge-to-edge 5.65 inch screen. All the other specs are also top notch. Then, Honor went and priced it at ₹10,999.

The competition

The obvious competition is the Mi A1, the Motorola G5S Plus and its own Honor 7X. Frankly speaking, the 9 Lite is a way better

The 9 Lite and the rush to get it to the market makes sense. It's a preemptive strike against the Redmi Note 5 even before it releases



NICE AND EDGY
Samsung A8+ takes on the One Plus 5T



THE GAME CHANGER

The Honor 7X has been a real game changer in terms of looks and price phone than all the other three and is priced much less. It is better-looking, thinner, sleeker and has a better camera performance too. Thus the question about it blowing off the competition and cannibalising on its own phone is pretty much answered.



But there is one more

One competitor is yet to arrive in India. The Xiaomi Redmi 5 Plus. Already out in China, it is to be launched in India soon. It might be rebadged as the Redmi Note 5 or may retain its original name. The phone has serious expectations around it as it takes forward the legacy of the Note series for Xiaomi. A 5.99 inch edge-to-edge screen phone with great battery

STIFF COMPETITOR
Xiaomi's Redmi 5 Plus will hit Indian shores soon

life and good optics, it will hit Indian shores at around the same price as the 9 Lite. I've played around with its Chinese version, the performance

was like a Redmi Note 4 with the add-on of an edge-to-edge screen. In effect, the Honor 9 Lite leads it with better looks and four cameras for optical performance.

Some clarity?

One part of Honor's strategy may have just cleared. The 9 Lite and the rush to get it to the market makes sense. It's a preemptive strike against the Redmi Note 5 even before it releases. It blunts the huge buzz around the next Note and picks up serious numbers even before the competition opens up for sale. The rest of Honor's business model continues to be a mystery. It continues to bombard phones into every price category, sometimes two or three that play very close to each other. Honor has serious world-dominating ambitions and this may be the ace up its sleeve.

Let me close by bringing in more drama into an already melodramatic tale. The Mobile World Congress is exactly three weeks away. I've heard that Honor may launch another four phones there! Go solve that one.

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

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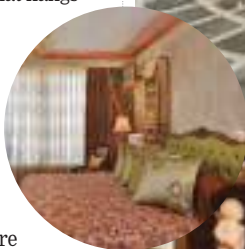
Radisson Blu MBD Noida was established as the finest and the most revered hospitality benchmark for anyone travelling either for business or pleasure

By Deepa Nair

Boasting contemporary architecture with a classy façade and lobby, the Radisson Blu MBD Noida stands tall against the Noida-Delhi skyline. Of the many hotel refurbishments that the city has seen in the recent past, Radisson Blu stands apart for its understated yet stylish interiors. A franchise of the Carlson Rezidor Hotel Group, this hotel in Noida is managed by the MBD Group that strives to engage every guest via an innovative range of holistic facilities and services.

Providing guests with an unforgettable 360° hospitality experience, the hotel is close to leading businesses and main corporate offices as well as a 20-minute commute to Connaught Place.

Redecorated with great attention to detail, the lobby, for instance showcases an impressive chandelier that hangs from an intricately carved white ceiling. The hotel's restaurants take guests on an unforgettable culinary journey. R.E.D. (Rare Eastern Dining) for example, features creative twists on pan Asian dishes and an induction table where patrons can participate in preparing their food. A chef from Singapore has crafted updated versions of classic dishes from Thailand, China, Singapore, Japan and the Indo-Malayan region especially for this eatery. Made in India, has guests delving into Indian cuisine while chefs blend the flavours of the past with modern sensibilities to create 'futuristic cuisine.' S-18 that is open for every meal serves a variety of cuisines. This bistro's buffet serves dishes from India and the Mediterranean, including



Lebanese mezze, and its World Grill station offers other fresh alternatives.

With a multi-award winning patisserie, a well-stocked bar, a fitness centre, a spa that

offers a wide selection of holistic Ayurvedic as well as Western techniques and much more – Radisson Blu showcases an unprecedented level of hospitality.

Established as the finest and the most revered hospitality benchmark for anyone travelling either for business or pleasure, Radisson Blu is where the traditional meets the innovative and the classical meets the contemporary. This is evident in its impressive star-rated luxury rooms with interiors that combine the ancient and the modern. In 2016, in alignment with its aim of offering guests an ultra luxurious stay, Radisson Blue Noida launched 33 luxe rooms from the MBD Privé Collection. The rooms have a timeless elegance about them. An exclusive Privé Lounge makes for the perfect space to host an extravagant lunch or a networking dinner. A well-stocked library, in-room technology that caters to your own specifications, a personal butler service and more – make for an exclusive experience.

All this was borne out by the fact that when the World Luxury Hotel Awards, a recognised global organisation providing luxury hotels with recognition for their world class facilities and service excellence provided to guests, announced its global awards under various categories in 2015, the Radisson Blu MBD Noida was given the prestigious Country Winner award under the Luxury Hotel Category.

WEAR YOUR STYLE ON YOUR SLEEVES

LOOK SLIMMER, TALLER AND FAR MORE FASHIONABLE AS EXPERTS HELP YOU PICK THE BEST STATEMENT SLEEVES ACCORDING TO YOUR BODY TYPE

Text by Lubna Salim // Photos by Raj K Raj // Styling by Mia



Aien wears trousers from Zara, shirt from Lulu & Sky and sunglasses from Carrera

RUFFLE THE EDGES

★ **ING: AIEN JAMIR, 30 FASHION BLOGGER**

How to wear: “These layered ruffled sleeves lend an edge to the simple striped shirt in this look,” says fashion designer Amy Billimoria. “The shirt has been teamed with a cool pair of flared bottoms with stripes on the sides.”

Who should wear: “It’s ideal for those in their teens and 20s. It’s also for those who are willing to experiment with workwear,” she says.

Art direction by
Amit Malik
Make-up and hair by
Anjali Jain



GO FLORAL IN ANY SEASON

How to wear: “Floral gusset bell sleeves have been added to this plain white shirt to give it a statement look,” says Amy. The shirt, paired with bell-bottomed trousers, doesn’t need to be accessorised she adds.

Who should wear: “These sleeves are suitable for slim and tall people as they make one look shorter and are not recommended for people with broad shoulders,” she adds.

Aien wears trousers from Koovs, shrug from Lusano Designs and shirt from Forever 21



Supriya wears a dress and shoes from Lulu & Sky, accessories from BlueStone.com and sunglasses from Marc Jacob



Supriya wears a skirt from Zara, top from Cover Story, boots from Mango (Myntra.com), hairpin from BlueStone.com and Sunglasses from Jimmy Choo

ADD VOLUME, LOOK TALL

★ ING:

SUPRIYA HIMANSHU, 39 WRITER

How to wear: "This is a version of the bishops sleeve, which has a huge volume. The sleeve on this dress is not overly voluminous," says designer Nida Mahmood.

Who should wear: She says: "This works well for all body types and looks great on tall girls. If you are short, wear shorter slimmer sleeves."



Jyotpriya wears a top from Lulu & Sky, and trousers and stilettoes from Zara

FLAUNT THAT SEXY NECKLINE

★ ING: **JYOTPRIYA SUD, 29 MODEL AND PILATES TRAINER**

How to wear: "Pair these cool sleeves with anything from high-waisted pants to pencil skirts and carry it from the boardroom to the ball," says Amy.

Who should wear: Amy cautions that these sleeves suit those with good shoulders and neckline. "This style can make heavier people look bigger," she says.

RUFFLE THE LAYERS

How to wear: "These ruffled sleeves are quite the rage this season. They work well with simple bottomwear like pants, denims and skirts," says designer Rahul Mishra

Who should wear: Says Rahul: "Fashion is for all body types. If you are not very top heavy then this style works in your favour a little more."

SLEEVES DOWN THE DECADES

DESIGNER **PERNIA QURESHI** TAKES US ON A RETROSPECTIVE



20s If you look at style in the 20s, you can see the leg of mutton sleeve making a comeback, along with the elegant butterfly sleeve.



30s On to the 30s the shirred sleeve got a major boost, with design houses like Chanel experimenting with them on beautiful velvet dresses.



40s-50s There was a sudden shift from butterfly sleeves and bell sleeves to more structured and fitted sleeves in this period.





Jyotpriya wears a top and skirt from Vero Moda, pumps from Zara and sunglasses from Polaroid

HAVE FUN WITH FRILLS

★ ING: JINNIE GOGIA CHUGH, 40 WRITER AND ATHLETE

How to wear: "These 3D sheer panelled sleeves add a feminine touch to the dress," says Rahul.

Who should wear: "All body types. So even if you are bottom or top heavy, this will work," he says.

GO SHORT, LOOK SLIM

How to wear: "These short straight sleeves can be teamed with almost all kinds of bottoms," says Nida.

Who should wear: These sleeves work well for those who are plump, according to Amy. "If you have big arms and you don't want to highlight them, then you can opt for these sleeves," says Nida.



Jinnie wears a dress from Lulu & Sky; Belt from Zara; Accessories from BlueStone.com and shoes from Forever 21

STAY SPORTY WITH CUTS

How to wear: "These cut-out kimono sleeves give a sporty look," says Rahul and adds that this works well with simpler bottomwear like long-fitted skirts and trousers.

Who should wear: According to Rahul, these sleeves look great on people with toned arms. "So if you are bulky, it's best you avoid outfits with these sleeves," he says.



Jinnie wears a skirt from Koovs, top from Cover Story, belt from Zara, accessories from BlueStone.com and boots from Forever 21



60s The 60s was all about Hollywood glamour - mink cuffs and beaded sleeves dominated the fashion scene in this era.



70s-80s The 70s and 80s saw a huge shift as women embraced more fluid silhouettes and batwings and angel sleeves came in vogue.



90s-2000s The late 90s and early 2000s were memorable too, there was such a fun mix of metallics, sheers and ruffles everywhere!



Nidhisha wears denims from Mango (Myntra.com), top from Cover Story and shoes from Koovs



Nidhisha wears denims, shirt, blazer and shoes from Mango (Myntra.com)

NAIL THE BELL

★ING: NIDHISHA VARSHNEY, 25 ENTREPRENEUR

How to wear: "This is a variation of the bell sleeve and is one of the most dramatic sleeves this season. It holds a lot of character and should be worn with a top, with a neutral dress or pants," suggests Nida.

Who should wear: "This is suited for most body types if the volume is not overbearing. But too much volume or in a stiff fabric it's best left to smaller body types," she says.

TAKE IT WITH A PINCH

How to wear: "Bell sleeves have been pinched in at the edges to create a texture in this off-shoulder top and is a modern way to work bell sleeves into a silhouette. Wear it over a quirky pair of denims," says Amy.

Who should wear: According to Amy, "People across all age groups can carry these sleeves but they suit people who wear extra small to medium-sized clothes the best."

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shikha sharma

Three Faces Of Honey

This natural sweetener can be medicinal, toxic, or even fake

KINDS OF HONEY

- In the modern world, honey is categorised according to the flower from which it is sourced. But, Ayurveda categorises it by the type of bee, recognising that the bee's enzymes can make a difference to the honey produced. There are eight types of honey, according to Ayurveda, including Oudalaka, made from flowers that are slightly toxic, but made medicinal by the bee's enzymes.

Honey is an ancient food with medicinal, nutritional and cosmetic benefits. While honey is generally perceived as an excellent food, it also has a bad and an ugly side. Here is a brief overview.

The good

Honey is considered a medicine in Ayurveda, thanks to properties such as *ruksha* (fat reducing when consumed, thus good for weight loss therapy), and *sheetal* (cooling, so used for skin and blood disorders).

It is used in very small quantities because it enters deep into the tissues when consumed orally. Many Ayurvedic medicines use honey as a transporter. Honey is used to treat blood disorders, pneumonia, asthma, and chest congestion, among other ailments.

The bad

If you do not consume honey properly, it can be poisonous. So...

- Do not consume it together with an equal amount of ghee as the combination is toxic.
- Do not cook, boil or bake with honey.
- Do not eat products that use honey as a sweetener, but process and heat the honey during manufacture.

The ugly

Certain manufacturers sell honey that is actually made of sugar. Here's how to test for genuine honey:

- Honey is an ant-killer. Place your honey on a tabletop; if it attracts ants, it is sugar.
- With very low moisture, honey does not soak into blotting paper.
- Honey does not dissolve in water.
- Put a drop of honey on a teaspoon and try to burn it. If it catches fire, it's honey because it contains volatile compounds.

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ON THE web

For more columns by Dr. Shikha Sharma and other wellness stories, log on to hindustantimes.com/brunch

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Photo: SANJEEV VERMA

Singer Sonu Nigam

DATE OF BIRTH	SUN SIGN	PLACE OF BIRTH	SCHOOL/COLLEGE
July 30	Leo	Faridabad, Haryana	J.D. Tytler School, Delhi

FIRST BREAK

Recording an album called *Father and Son* with my dad in 1989, and singing my first song for the TV serial *Talaash* (1992)

Despite being a child actor, you did not consider taking it up as a full-time career. Why is that so?

I acted in a lot of films between 1980 and 1984. But, the shoot conditions were horrible for kids back then. I'd be roaming in the sun for most part of the day as there would be no proper place to rest between shots. The experiences were so traumatic that I ended up hating the smell of make-up, camera, everything.

What's your first memory of singing on stage?

I sang on stage for the first time in 1977. It was at my dad's concert in Jind and I was four years old. He was singing *Kya Hua Tera*

Vaada. I wanted to join him and threw quite a tantrum. So much so, that my mother had to allow me to go on stage.

One animated character you would love to dub for...?

I think Shrek. Or, may be Chhota Bheem. My son is addicted to him. So, if the Chhota Bheem guys are listening, please consider my name, I am free!

What's the one so-bad-it's-good or trashy Bollywood movie you have watched multiple times?

Jaani Dushman: Ek Anokhi Kahani (2002) of course. I had to watch it multiple times because

I was in it! People often ask me what I was thinking when I signed up for it. I didn't have much experience in acting, but it had big stars like Akshay Kumar, Sunny Deol and Suniel Shetty.

The most bizarre thing you have done in real life is...?

I had collaborated for a song called *Underwater* with an Indo-American DJ, Kshmr. That inspired me so much that when I was in Australia recently, I went scuba diving. This was a bizarre step considering that I don't know how to swim at all!

The worst thing about reality shows is...?

That these talent hunt shows are becoming less about the talent and more about the backstory of the participants, which is often created to generate TRPs.

What's the one thing that you are most scared of?

Cockroaches. I am a brave person otherwise, but I am damn scared of cockroaches, especially the flying kinds.

What is your typical Sunday with family like...?

Last Sunday, I spent the entire day playing cricket with my son, Nevaan. He is into cricket these days and has also joined a coaching class for it. But he was mighty disappointed when I beat him. I just smashed it! He had a stronger team and I batted alone for three hours!

Your most favourite celebrities include...?

Apart from Amitabh Bachchan, I used to just love Aamir Khan. In fact, my room used to be full of his posters only.

Interviewed by Ananya Ghosh

My Favourites

MOVIE: *Sholay* (1975)

BOOK: *Don't Sweat the Small Stuff* by Richard Carlson

SONG THAT MAKES YOU BREAK INTO A DANCE: Sukhbir's *Ishq Tera Tadpave* and my own song, *Bijuria*

CUDDLE BUDDY: My son, Nevaan

SLEEPING POSITION: On my stomach



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