



## Wrap & roll

Kathi rolls started off as a street snack but are now more of a global trend that's to be savoured at leisure and not on the go, definitely not as a takeaway, writes Ajit Saldanha

How do you select a topic. Is a question I'm often asked. Tapping the side of one's nose while mysteriously muttering the word, "sources" is an annoying response, but just happens to be the truth. Obviously one can't scour *halls and galls* in search of greasy spoons recommended by one and sundry. One could land up on the wrong side of the tracks in Fraser Town at 'Relax Joint'—I swear it exists. At first, I thought it might be an innovative name for a chiropodist or a local massage parlour, but no, it's a café serving *knagass* (sic) items and snacks. In locating good food, an element of discernment is called for

### TASTE TRAILS

Many moons ago, my then editor, Tushita Mitra, brought me some divine *ravidi* (which spell-check insisted on calling "tuned") kebabs from Lucknow: one bite and it was hooked for life. I would go so far as to say the experience gave me some insight into why Proust expended 5,000 words on describing *Madeleine*. I covered the kebabs with foil, placed a pan filled with warm water underneath and put them in the oven for 12 minutes; the result was magical. The balance of flavour, the choice of meat, the grace notes of mace, pepper, cinnamon, the delicate hint of saffron, the contrasting texture and finally the mastery of the noble art of shallow frying all of which combined to create sheer bliss on a plate. Deep-frying takes less skill, all you need is a watch, but achieving that perfect golden-brown crust without over-

cooking the centre calls for a high level of skill and this is precisely the métier of a good *khanasama* making *tunde*. As even the less modest among you may have gathered, this is not something to be attempted at home but Lazees does a decent job.

Mamata Didi seems to be the flavour of the month in a manner of speaking and while Lucknow is a purist's delight, Kolkata goes one step further by taking the best of Mughlai cuisine and giving it a distinctive Calcutta spin. *Top my Bengali phenda hill phorapho me*, I'm referring to the quintessential Bengali staple, the *kathi roll*, a perfectly layered, flaky *paratha* with a faint hint of sweetness, with a lacy fill of beaten egg, stuffed with a spicy mutton filling and a sprinkling of vinegary onions, chopped green chilli and a pinch of *chaat masala* for that extra *mazaa*. Serious patrons prefer mutton but one can always choose from egg, chicken or *paneer* cooked with the chef's unique blend of *chutneys*. To deal with post-lockdown paranoia, Sikandar has launched their delivery only service in partnership with dotpe which allows hapless restaurateurs an option to the predatory pricing model followed by some of the other service providers. My good buddy, Gautam Kurry swears by their Andhra chilli chicken rolls while I found the *seekh* rolls pretty good.

Of course a *kathi roll* has to be eaten piping hot since the chef uses *ghani* and refined oil with such a wild abandon that if you are the take-away type, your serving

dish will probably resemble the Alaskan coastline after the Exxon Valdez ran aground. But if you're suddenly feeling peckish and wanting to channel your inner Bourdain, here's a fairly simple version of a *kathi roll* and let's push the boat out here and make it with *paneer*. Figure out the ingredients, buy a pack of *chutneys*, some *pudding chutney* and *yoghurt* and here's the method.

Heat oil in a non-stick pan. Add one finely sliced onion and some sliced green and yellow capsicum. Add some chopped tomatoes, 1/2 tsp of turmeric powder, 1/2 tsp jeera powder, salt to taste and 1/2 tsp ginger-garlic paste to the pan. Mix well and sauté for 2-3 minutes. Add a splash of tomato puree and some warm water. Mix well and cook on high heat for a minute. Add a dash of *garam masala* and red chilli flakes. At the last minute add the cubed *paneer* and toss gently so that it absorbs the flavours. Turn off the heat. On a separate pan, warm up a *chapatti* and spread a spoonful of *yoghurt* and a teaspoon of *pudding chutney* evenly on it. Top with the *paneer* mix, use your judgement and make sure you don't overload it. Sprinkle a few fresh mint leaves, onion rings, a dash of *chaat masala* and a squeeze of lime. Roll it up tightly and tuck in the rolls. Enjoy!

(The author is an old Bengali and an impresario of comedy and musical shows who considers himself fortunate to have turned his passions—writing and theatre—into a profession.)

## Gingerly delicious

It is so true that everything good is found in ginger as it's a rooted spice that adds some zing while also being an effective folk medicine, writes Anu Abraham

Ginger can be potent, pungent and perky, all at the same time. It's no wonder that its innumerable health benefits have found a mention in so many different texts. In India, ginger is used not just as a paste in curries but as powder, fresh chunks, oil, or even juice in dishes. The unique fragrance and flavour of ginger come from its natural oil called gingerol. This oil is responsible for much of ginger's medicinal properties.

Ginger is known to effectively improve heart health, reduce nausea, vomiting sensation, help reduce chronic indigestion, reduce blood clots, reduce blood pressure, and blood sugar, but going overboard can reverse its very good effects. Ginger appears to be effective in reducing menstrual pain if consumed at the beginning of the menstrual period. Research suggests that ginger's daily intake helps lower the risk of chronic heart conditions by lowering hypertension and even preventing heart attacks.

A hearty cup of ginger tea, popularly called *adrak wali chai* with steaming hot Irani *samosas*, is indeed a perfect evening snack. Do try this simple *adrak chai* to cheer your throat.

Hyderabad Adrak Wali Chai/Hyderabad Ganga Tea

### Ingredients

- Milk: 350 ml
- Water: 200 ml
- Ginger: 25 grams
- Jaggery/Sugar: 2-3 tsp (as per taste)
- Masala tea powder: 1 tsp (Preferably use tea leaves and not tea powder)

### Method

- Heat water and milk till the mixture comes to a boil.
- Add the jaggery/sugar, tea leaves and ground ginger.
- Boil for 2-3 minutes.
- Strain and serve hot.



FOOD FAMILY

## One ingredient, one recipe

This column will celebrate food and explore the possibility of forming an invisible chain that will bind us together as a family. Picking the most important ingredient of 'love', we would want readers to send us a unique recipe that has either a childhood memory attached to it or, an interesting fact, or even a food philosophy they learned from their ancestors. We will hand-pick one unique recipe and publish it along with this column the following month. Please share your heritage recipe and story in 300 words with "Food Family: Love" mentioned in the subject line to dthonsunday@deccanherald.com.in by July 26.



for plants is ready. The tannic acid in tea leaves helps balance the pH level of your soil. And the high level of nitrogen will keep your garden lush and green.

### Grow your herb & spice

■ Growing any root like ginger is not very difficult. Choose wrinkle-free ginger that has good visible eyes. Divide them into several small pieces, ensuring each piece has at least 2-3 eyes.

■ Allow to air dry 2-3 days. Soak for half a day and then place the bulbs in a clean cloth and spray water to wet the cloth. Cover and set aside for two days. Prepare a medium-sized pot with well-draining soil and any compost of your choice. Place ginger bits and cover with kitchen soil.

Water well, but do not make the soil over-soggy. After a month, transplant the individual bits that would have grown by now into bigger pots. ■ Regularly feed the plant with

compost. In nine months, you can enjoy the fruits of your labour as ginger will now be easily available in your kitchen garden.

■ If you are baking, ensure you cool the ginger bits well before grinding them in a mixer. Powder the dried bits and collect the freshly ground ginger powder in a sterilised jar. Homemade ginger powder is ready to spice your dishes.

(The writer is the author of the cookbook *Manna: Your Guide to Indian & Continental Cooking* which is a result of her *southern journey* during which she documented some of the most sought-after heritage recipes of India and elsewhere.)

ADVT

## INDIA BIGGEST HANDI BIRYANI CHAIN LAUNCHES IN BENGALURU

Gosht Hyderabad Biryani

Kebab Platter

Celebration Package

Biryani by Kilo (BBK), the king of Fresh Dum cooked Handi Biryani & Kebabs has launched its 3 new outlets in Bengaluru—Sarjapur Road, Koramangala & Akshay Nagar (More outlets coming soon) to take Nizami cuisine, Biryani & Kebabs to next level for food connoisseurs there.

BBK has 50+ outlets in Delhi NCR, Mumbai, Lucknow, Punjab, Bhopal, Kolkata, Jaipur, Pune, Bhubaneswar, Patna, Ranchi, Guwahati, Goa, Jamshedpur making it pan India most loved & premium Biryani and Kebab Delivery Chain.

BBK USP is to make fresh Handi Biryani for every individual order and deliver the same Handi to customer in which Biryani is Dum cooked.

BBK has taken extra hygiene measures in Covid times like sanitizing their kitchen every hour, taking employees temp every day, sanitizing Delivery bags, delivering contact less Fresh Dum cooked Biryani Handis which are opened by customers only in tamper proof sealed Bags.

Biryani by Kilo has lovingly served Hyderabad, Kolkata and Lucknowi dum-cooked biryani in the traditional way to more than 1 Million satisfied customers so far. All the meals are cooked at more than 250°C that ensures the food is absolutely safe to have.

BBK menu is not just limited to Biryani but dishes like Chicken Cheese Roast, Chicken & Paneer 65, Veg & Mutton Galoutis, loved desserts like Phirni, BBK has Lots of Options for vegetarians like Peshawari Chole, Kathal & Paneer Biryani, Paneer 65, Paneer Nawabi and Burani Raita, all of which are from Nizami tradition & utterly delicious. Apart from this, BBK also has premium melt-in-mouth-Veg & Non veg Kebab Platters.

## A tangy saviour

■ Note for plant lovers: Strain the tea leaves and wash them three times. Remove excess water. Air-dry this for a few hours before you put them in a mud pot with a lid. Continue till the pot is full. Organic tea manure

■ Chill powder: 1 tsp

■ Fenugreek powder: a pinch

■ Jaggery: 2 small pieces

■ Salt: a pinch (if needed)

■ Curry leaves and dry red chillies to garnish

■ Regularly feed the plant with

■ Mix the ingredients in a bowl. Add the tamarind water, chilli powder, fenugreek, salt and allow to boil. After that add the fine paste of ginger and jaggery. Garnish it with curry leaves and dry red chillies. Serve hot.

(Recipe courtesy Akhila Sajnani.)

For exciting offers & orders: [www.biryaniykilo.com](http://www.biryaniykilo.com) or download BBK App or Call/WhatsApp: 9555-212-212

Delivery outlet Address (Dine-in soon)

• Building no 504, 6th Cross Koramangala | • 9/A, First Floor, Kasanahalli Sarjapur | • First floor site no, 9/10 Akshay Nagar

Delivery timing: 10 am - 11 pm | Biryanis starting from Rs 325/half KG

<https://www.facebook.com/biryaniykilo> <https://www.instagram.com/biryaniykilo>

A century-old treasure, this recipe gives a glimpse into what our elders consumed to cure sickness naturally. The recipe—Ginger *gojju*—is seven centuries old. History tells us that long back Panchami had prepared this for Saint Vararuchi. This recipe is in fact equal to thousands of other recipes and is an unmissable part of *Onam sadhya*. Ginger, an antioxidant, has rich nutritional value. It helps to boost our immunity and prevents high blood pressure. It might be why, most of the time, when any one of us got sick, my mom used to prepare this dish for us. We were constantly amazed at how this dish gave us instant relief. Especially when we had irritation in our throat, my mom would be swift to prepare this. The pungent aroma that filled the house when she sorted ginger still lingers in my mind. It's a perfect combination with rice soup or *kanji*.

Ingredients

- Ginger: 2 big pieces
- Tamarind: 1 cup
- Onion: 1 medium sized (finely chopped)
- Chilli: 1 finely chopped

Method

Dry roast the ginger in a *Kadai*. It is better to avoid oil to make it healthier.

Roast the ginger till it becomes dark golden in colour. Once the