



American rapper and songwriter Eminem's song *Lose Yourself* was the first rap song to win an Oscar for Best Original Song, however, instead of watching the awards, Eminem was asleep watching cartoons with his daughter.

RAJKUMARI SHARMA TANKHA

So you thought Navratra food is just kuttu/ singhada *atta poori* or samak rice. Not anymore. You have Kuttu *atta Tart* with Samak Rice *kheer* and Water Melon Sorbet, Beetroot and Amaranth steak with Anardana Chutney, Sweet Potato Chilli with Tamarind Reduction and Kuttu Waffle Sandwich, and much more this time.

With innovations happening everywhere around, how can 'fast' food be left behind. Many restaurants are offering different kinds of dishes that people on fast can eat. Chefs have made such innovations that you will wonder if you are actually fasting!

"Navratra food has diversified into many spheres and has seen the infusion of modern cooking styles and ingredients. As chefs we experiment with various ingredients and try to prepare better offerings for our guests," says Avinash Jha, Executive chef, Jaypee Vasant Continental.

Fusing Asian and European cuisines, The Gastronomica Kitchen and Bar at Greater Kailash has come up with food items such as Samak Rice Risotto with artichoke, asparagus and parmesan crisp, Buckwheat Flour Tacos filled with grilled, raw banana and Fresh Fruit Salsa.

If you have love Continental spread, head to Brioche Doree. This newly-opened French café in Connaught Place has come up with Navratra dishes with modern French flavours. "During Devi Puja days earlier, I used to look for satvik food but



never got anything except kuttu and singhada *atta* and related dishes," says Amit Singh, Brioche Doree's head chef. As a result, Singh has come up with the two varieties of salads, two types of soups and a platter that has Cottage Cheese and Pineapple Shashlik among its ingredients.

"People usually come in groups at our cafe and during Navratra invariably there are some on fast. Rather than saying no to such customers, we thought it better to innovate and make dishes that they would like," says Chef Gajender Singh, Bokan Café, East of Kailash.



It's so nice to have some Continental twist to the satvik Navratra food. Young people are more inclined towards Chinese, Italian and Continental cuisine rather than Indian...

Vanshika Bisaria, Amity University

People are simply loving the change. "It's so nice to have some continental twist to the satvik Navratra food. Young people are more inclined towards Chinese, Italian and Continental food rather than Indian delicacies," says Vanshika Bisaria, a student at Amity University, Noida. "It's a welcome relief. I was so fed up of having Kuttu *poori-aloosabzi*. In fact, eating the *poori sabzi* defeats the very purpose of keeping a fast," says Noida resident Hema Singh.



A Satvik Platter (above) and Salad (top left) from Brioche Doree

SATVIK WITH A TWIST

KUTTU ATTA TART, SAMAK RICE KHEER, WATERMELON SORBET RECIPE

Course - dessert
Cuisine - modern indian
Prep time - 30 minutes
Cook time - 30 minutes
Total time - 1 hour
Serves- Two

INGREDIENTS

Full cream milk: 100ml, Samak rice (barnyard millet) : 50gm, White butter : 50gm, Sugar : 80gm, Kuttu aata (buckwheat flour) : 50gm, Watermelon (cut & diced) 150gm, Mint leaves fresh: 20, Orange juice: 100ml, Mix dry fruit (almond, cashew, pista): 30gm

METHOD

Put orange juice in a non-stick pan and heat it till it thickens. Wash and soak samak rice in water for about 15 minutes. Take water melon and freeze it in refrigerator for some time. Take it out, add mint leaves and churn it to make a sorbet and



freeze the entire content again. Mix kuttu aata, sugar and white butter to make dough. Keep it aside for 10 min then take small dollops, roll and shape each of these into tart mould. Preheat the oven at 160 degree centigrade and then bake the tart moulds at 160 degree for 8-10min. Allow them to cool for sometime.

Now put milk in a non-stick pan and reduce it to half the quantity. Add the soaked samak rice to it and cook it. Now add nuts and mix well. Assemble everything. Fill the tart with kheer, scoop out the watermelon sorbet, apply the orange sauce to the bottom of the plate, place the tart and sorbet and serve.

Recipe courtesy: Chef Parth Bharati, Pikkle

SWEET POTATO, CHILLY AND TAMARIND REDUCTION, POMEGRANATE PEARLS

INGREDIENTS:
Boiled sweet potato: 1/2 kg
Oil: 2 tsp
Finely chopped coriander 2 tsp
Finely cut green chilly: 1 tsp
Sendha salt: 1 tsp
Lemon juice: 2 tsp
Mint chutney: 2 tsp
For Tamarind reduction:
Tamarind sauce 100 gm
Pomegranate pearls for garnishing

METHOD

Boil, peel and cut sweet potato into bite-size chunks. Heat oil in a pan and fry these



sweet potato chunks. Mix coriander, salt, chilli in a bowl. Cook tamarind sauce until it thickens. Add sweet potato and toss it well to combine the ingredients. Squeeze the lime to put some juice into it. Add some pomegranate pearls, roasted peanuts, fresh coriander, chat masala, mint leaves and serve.

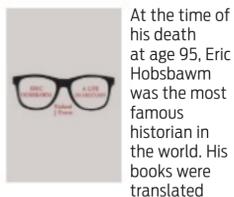
Recipe courtesy Gajender Singh, Executive Chef, Bokan Cafe

FASTING AND FEASTING

Gorge on Kuttu Atta Tarts, Samak Rice Risotto and Buckwheat Floor Tacos this Navratra even as you go on fast in line with your religious and cultural affiliations

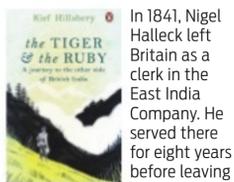
PAGE TURNERS

Eric Hobsbawm: A Life in History



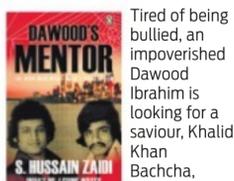
At the time of his death at age 95, Eric Hobsbawm was the most famous historian in the world. His books were translated into over 50 languages and had a lasting effect on history. In *A Life in History* is his first biography. Little, Brown, ₹1,299.

The Tiger and the Ruby



In 1841, Nigel Halleck left Britain as a clerk in the East India Company. He served there for eight years before leaving his post and disappearing into Nepal. Over 150 years later, his nephew Kief Hillsberry sets out to unravel the mystery. Penguin, ₹399.

Dawood's Mentor



Tired of being bullied, an impoverished Dawood Ibrahim is looking for a saviour, Khalid Khan Bachcha, who'd teach him the ropes of handling a bunch of hooligans. Instead, what he gets is a mentor who transforms him into a cunning mafia boss. Penguin, ₹399.

Quidditch Through the Ages



A bestseller in the wizarding world and one of the most popular books in the Hogwarts School library, *Quidditch Through the Ages* has all you need to know about the history and rules of the noble sport of Quidditch. Bloomsbury Childrens, ₹499



Uri: The Surgical Strike actor Navtej Hundal passes away

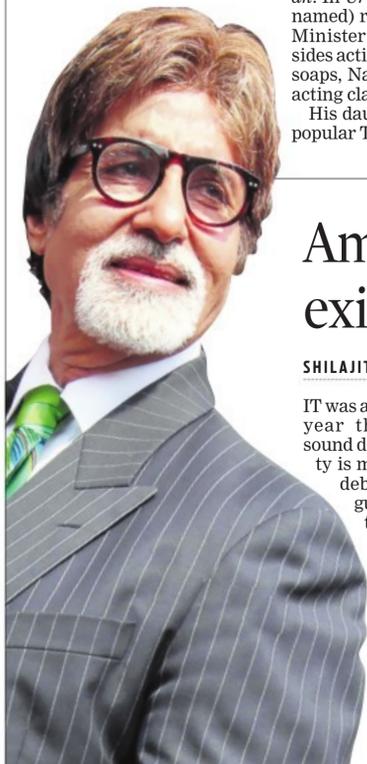
BOLLYWOOD actor Navtej Hundal, who was last seen in the Vicky Kaushal-starrer film *Uri: The Surgical Strike*, passed away on Monday (April 8). His cremation was held yesterday in Mumbai. Navtej is survived by his wife Neelam and two daughters.

The news was shared by the Cine And TV Artistes' Association (CINTAA) on the

social media. "CINTAA expresses its deepest condolence on the demise of Shri Navtej Hundal. May his soul rest in peace. The cremation is at Oshiwara Crematorium, Relief Road, Prakash Nagar, Dnyaneshwar Nagar, Jogeshwari (W) at 11 am," the tweet read.

Hundal's previous acting appearances were in the films *Tere Mere Sapne* and *Khalnayak*. In *Uri*, he played the (unnamed) role of Indian Home Minister Rajnath Singh. Besides acting in films and daily soaps, Navtej also conducted acting classes for aspirants.

His daughter Avantika is a popular TV actor. ENS



Amitabh Bachchan exits from Sarpakal

SHILAJIT MITRA

IT was announced earlier this year that Oscar-winning sound designer Resul Pookutty is making his directorial debut with a Hindi-language project. The film, titled *Sarpakal*, penned by writer Kamlesh Pandey, was set to be on floors with Amitabh Bachchan as the lead. According to the buzz, Bachchan had agreed to play the role of a Pakistani man in the film after liking the

Recognising the role of women in agriculture

EXPRESS FEATURES

FICCI Ladies Organisation (FLO) is all set to launch its new initiative for recognizing the role of women in agriculture — *Economic Independence For Women In Agriculture In India*. The programme will be launched on April 13, as Convision India CEO Harjinder Talwar takes up the role of FLO national president. "With this initiative, FLO aims to play the role of a facilitator in changing the lives of women by empowering them economically and by being the collective voice for policy change," says Talwar.



ANUSHA GANAPATHI @quaffle_waffle

(This economics graduate spends her leisure time preparing for the zombie apocalypse)

Gearbox coming up with the third in series of Borderlands



DEDICATED fans of video-games series — FIFA excluded — deserve trophies for their patience. With the exception of the last *Game of Thrones* book release wait, it is the gamers who have to, for reals, twiddle their thumbs for a long time till the next in any series is deployed. *Borderlands 2* released in 2012. It introduced us to a world of epic rock music in the face of danger, distinct character and combat animations synced with the reckless shootouts and fight sequences throughout the whole game. It was fun. It was satisfying. Last week, when the future of good game sequels seemed as bleak as completing a level in *Cuphead*, the developer Gearbox dropped two trailers for *Borderlands 3*.

Borderlands is an action-RPG set in a dystopian, yet technologically advanced universe where there are guns in abundance. Players get to choose from a bunch of vault hunters, who each have their own powers and advantages. The trailer was four minutes of absolute mayhem,



as promised. To a person who has never played the game, the energy of the trailer would induce in them the emotion that is succinctly described as 'hype'. To an amateur fan, the trailer reveals hints of a grown up Tiny Tina, and Claptrap (the over-enthusiastic robot) breakdancing. To a sceptic, the teaser might be nothing but eye candy with loud music. But the detective fan would notice the hidden message on Morse code, which is an interesting

Easter Egg that tells that the sequel has some surprises in store.

The highlight was of course, the assured existence of 'Guns with Legs' — not something that we knew we wanted till the trailer hype. And just like every other annoying enemy and ally in the game, the gun talks and yells insults. *Borderlands 3* has all new Vault Hunters — four of them, but this time with Gender Equality! (in addition to newer powers and increased customisability). Lead the way, Gearbox! The game is also to have co-operative playing enabled, both online and split screen. The question of what or who Mayhem is will be answered in September, when the *Borderlands 3* releases across platforms.

