

India Club Inc

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Nifty Hints:

~ Social connections are essential for long-term health. Create a wide social net to protect against loneliness, anxiety and depression.

(Compiled)

Onion Chutney:

Ingredients:

- Two large onions diced, 1 table spoon roasted peanuts, 2-3 red chilli (whole dried), 2 tea spoon of chana dal, little tamarind paste, ginger, kari patta, mustard seeds, salt, 1 tea sp. cooking oil.

Method:

- Roast the red chillies and chana dal and keep aside.
- Sauté onions, very lightly, in 1/2 tea spoon oil. Grind the onions, peanuts, ginger, roasted red chilli & chana dal to a coarse consistency.
- Add tamarind and salt to taste.
- For tempering, heat 1/2 tea spoon of cooking oil, add mustard seeds and kari patta and immediately put on top of the ground onions.

Enjoy

Kusum Tayal

Avocado Delight:

- 1 avocado cut in half seed taken out.
- Scoop out the flesh with spoon or sharp knife, dice in small pieces. Keep the Shells
- Add 1 table spoon chopped Paneer cubes (marinated in touch of oil, tomato paste, tandoori paste and yogurt and baked in oven)
- Add 1 table spoon chopped sundried tomatoes, corn kernels, chopped red onions, basil, coriander, mint and walnuts
- Add touch of salt & lemon, black pepper, nutmeg and olive oil
- Mix and scoop back in the Avocado shells and serve.

~ Shubha Kumar

~When diet is wrong medicine is of no use. When diet is correct medicine is of no need.

~ Ayurvedic Proverb

~ STRESSED is DESSERTS spelled backwards

Saffron tea:

- 3.5 cups water
- 4 cardamom pods
- 4 saffron strands
- 1.5 tsp honey
- 2 tsp Tea leaves
- 1 tbsp almonds flakes

Method:

- Add the cardamom, saffron and honey to the water and bring it to a boil and. Simmer for 4 minutes. Turn off the heat, add tea, cover let it brew to desired strength.
- Strain in a cup and top with almond flakes.

- Top up with warm milk (Optional).

Makes 2 cups.

~ I feel a recipe is only a theme, which an intelligent cook can play each time with a variation.

Madam Benoit

~ Fish, to taste right, must swim three times -- in water, in butter and in wine.

Polish Proverb

~ Fervet olla, vivit amicitia: While the pot boils, friendship endures. (Meaning the man who gives good dinners has plenty of friends).

Latin Proverb

~ Compiled

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- **Buying Eggs:** Fresh eggs are rough, old one will be smooth and shiny
 - **Papad:** can be cooked in the microwave - 60 seconds to 85 seconds would give a crispy one
Now does your microwave smells like a roasted papad or an overpowering curry dish which you heated up the last?
Here is a solution: In a cup of water, put a few drops of lemon juice and heat it up in the microwave till the water gets hot with lemony fumes.
 - **Storing lettuce:** After washing your lettuce, rinse it on a dry paper towel and store in a plastic container or a plastic bag for a longer life and freshness.

~ Nirav Mistry