



The Mira Press

And That's How The Cookie Crumbles

FOR STUDENTS,
BY STUDENTS

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— From the Editors' Desk —

Have you ever heard of the term 'to break bread'? Derived from quite literally sharing a loaf of bread with another, the phrase has come to mean so much more recently; carrying the connotation of compassion, kindness and a sense of fraternity. There's something so irrevocably communal and comforting about the concept of sharing what keeps you alive: not just the physical food that you eat, but the bond that you create through sharing a meal. That's what we hope to extend to you in this edition of the periodical: some kind words inviting you to join us at our table, and a heavy-handed helping of good will. Take a seat, grab a plate, and enjoy yourselves as we dish up some of the best student articles for you to feast your eyes on. So, what are you waiting for?

Dig in!

Daily Diversity

My extremely dotting grandma could just not stop feeding me with all the different kind of dishes. This time she made me a special *Boli Roti*. Confused about what *Boli Roti* is? Well, it's not a talking *roti*. It is a crazy food combination, where a *roti* (or a *chapati*) is fully immersed in ghee and then eaten with *aamras*, and it originates from Khargone. Ahhh! Talk about craziness!



I have an extremely weird friend who makes me her prey for trying the food she makes. Her Bengali accent would make just the description of a very delicious dish hilarious! But, the very next minute, I was like “Woah! Yummy! Delicious! I’ll eat it all alone.” *Mochar Chop* another dish was then added to my choosy taste-buds.

During the first lockdown, when everything was closed, to satisfy my 2:00 a.m. hunger pangs I made this spicy, tangy, sweet and crunchy *Sev Usal* which had toppings of chutney! This one was recommended to me by my cousin from Gujarat. *Litti* is my all time favourite cause I can pair it with multiple things like yoghurt, *Baigan Bharta*, *Aloo Bharta*, pickles, *papads* but especially with *Chowkha*.



There are many dishes we are unaware of, especially the regional favourites. Kashmir’s *Rogan Josh*, the *Medu Wada* of Bengaluru, Mangalore’s *Kori Rotti*, *Kosha Mangsho* of West Bengal, Telangana’s *Biryani*, the fish curry of Goa, *Papaya Khar* from Assam and not to miss Rajasthan’s *Dal-Baati-Churma* and *Ghevar*, and many more. In each and every corner of India, one will find a different dish. You can find a dish from each and every letter i.e from A to Z in India. My country is all about **irresistibly flavoured delectable** dishes. You can eat a new different dish every time and still won’t be able to try all the Indian dishes. One lifetime is surely less to explore all the food cuisines of India.



It was fascinating for me to know that my favourite sweet dish has its origin in Bangladesh. It seems like a pancake but is fried in ghee then soaked in sugar syrup and then served with grated dry fruits and *Rabri*. Its first reference was made in Rigveda as 'apupa' and has a very appetising aroma. You are right! It’s *Malpua*.

My sister is a foodie and I love to cook, and this is the reason I know about all these dishes. I always have someone to experiment my culinary skills on. Next on my list is *Dhapathe*, a Maharashtrian dish, which I might make today or tomorrow. Who knows?

Adios! I’m going to eat *Malpua* today.

What about you?



Shruti Gupta
11th Commerce

Mooncake

Normally I am the first to wake up on Saturdays, but today I was the last. I sensed my husband getting out of bed and the cat stretching and repositioning herself in the warm spot he left behind. I felt heavy and immobile. Was it because of the glass of wine I drank last night? I rolled over on my side to face the window, eyes still shut. The last wisps of a dream came back to me and I realized I wasn't ready to leave.

I dreamed that I saw my parents. We were sitting around a round table inside a windowless dining room. My dad sat across from me, my mom at his right side. Someone whose face I couldn't see sat in between me and her, and there was another person on my right in between me and my dad, that might have been his younger brother, my Uncle Ito. There were round white plates on the table, but no silverware or napkins. In front of my dad was something flat and yellow on a plate — a dried radish omelet, a Taiwanese specialty. On top of it was a single, small round pastry which I recognized as a mooncake.

We are quiet around the table. My dad is cutting the omelet and mooncake into four pieces even though there are five of us. The only words I hear are my dad muttering, "I haven't even served this yet and already more food is arriving." He is looking over my shoulder, at someone I cannot see approaching the table with more food.

That's all I remember of the dream. What does it mean?

I compare it to other dreams. Whenever I dream about my parents, they are middle-aged, in their 50s or 60s, before disease and old age have taken their toll. The setting is usually flat and austere like a stage set, devoid of extraneous details or bright colors. I think of the paintings of Zhang Xiaogang which depict parents and children in shades of gray, always facing forward, never smiling. The only sensory things I can recall are the white of the plates, the yellow omelet, the golden brown mooncake.

I've never been fond of mooncakes. Although they are beautiful to look at, the traditional fillings of sweet red bean, lotus seed paste, and egg yolks don't appeal to me. I didn't enjoy these types of sweet, starchy desserts partly because my dad was diabetic, and partly because living in America had prejudiced my palate; my idea of sweets was limited to chocolate, vanilla and fruit flavors. But now I feel a strange nostalgia for mooncakes because of what they symbolize: family reunions, sharing, the togetherness

of many generations. This seasonal delicacy that I rejected in my youth has come to symbolize what I've lost.

It's been 30 years since I lived under the same roof, and in the same country, as my parents. My mom passed away first, six years ago, then my dad two years ago. There is no one left who will think of me during Mid-Autumn Festival.

I suddenly remember all the prohibitions against sharing food with the dead. In the movie *Spirited Away*, Chihiro's parents are lured by the smell of cooked meat into a lively night market that is populated with feasting hungry ghosts. They eat their fill and are turned into animal spirits. When Persephone is kidnapped by Hades, he tricks her into eating pomegranate seeds in the Underworld and thereafter she is doomed to return there annually, causing the earth above to become cold and barren and devoid of crops each winter.

In the Sumerian myth of Inanna, her faithful servant Ninshubur leads a rescue party to bring her back from the Underworld, where she has gone to visit her sister Queen Ereshkigal. The rescuers are given strict instructions by Enki not to eat or drink anything during their mission.

It's common in many religions and belief systems to leave offerings of food and drink for the dead. When the living offer food to the dead, there's no issue. But do the opposite and you risk severe punishment; the living must not consume the food of the dead.

In the dream, I am not the one serving food. My dad is serving us. The more I think about it, the more questions I have. Is this the past, present or future? Are my parents living or dead? Who are the other guests? Why is my dad cutting the omelet and mooncake into four portions, not five? Is there someone among us who is a ghost? Or are all of them ghosts except me?

Who is it that is not counted?
What will happen if I take a bite?

Grace Loh Prasad

Source: [Debra Morris](#)



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The Price of Salt

Salt, a vital mineral, also called Sodium Chloride (NaCl) is by far the biggest dietary source of sodium.

The essential minerals in salt also act as important electrolytes in the body. The human body can't live without an adequate quantity sodium. Every cell in our body requires salt in order to maintain food balance, contract and relax muscle fibers, and the transmission of nerve impulses. Though it is a simple food seasoning, it plays a crucial role in keeping our body healthy.

As salt is an essential ingredient of everyday food, it is required by all.

The population residing along the coast has easy access to the availability of salt. However, the entire population does not live along the coast. More than half of the population lives in the hinterland and north of the Vindhyas. Therefore, the salt consumed by these people has to be transported from the coast. Salt has also been an integral part of Indian history. Taking advantage of this “irreplaceable” salt, the Britishers viewed it as a guaranteed source of income. Therefore, this vital mineral was heavily taxed by the British and the production and sale of salt was controlled by them in India.

This tax imposed was exorbitant and due to this, it was unaffordable to the locals. Indians were prohibited from producing or selling salt independently, and were required to buy expensive and heavily taxed salt. Indian protests against the Salt Tax had begun, but Mahatma Gandhi's decision in 1930 to demonstrate against it was a breakthrough moment. He declared resistance to British salt policies to be the unifying theme for his new campaign of “*Satyagraha*”.

To break this salt policy, Mahatma Gandhi and his followers marched for over 240 miles from Sabarmati Ashram to the coastal town of Dandi, which was also called “Navsari”, where they broke the law by gathering natural salt found on the seashore, and boiling sea water to produce salt. Mahatma Gandhi then inspired Indians to go against this inhumane tax; salt is an irreplaceable part of our lives and it should be tax-free. Peasants, tribals and women along with the common population of India participated in large numbers. A business federation published a pamphlet on the salt issue. The British government tried to crush the movement through violent action against peaceful *satyagrahis*.

This *satyagraha* eventually led to a paradigm shift in the policies of the British Government in making laws to govern the colonial rule in India.

Salt, a seemingly insignificant ingredient changed the lives of Indians and inspired in them a thirst for freedom and self-rule.

Vedika Limaye
SYBA



A Word From the Expert

For this month's edition, we figuratively sat down with Dr. Rashida Karu, a Pune-based dietician and sports nutritionist to get answers to some of the questions we had about nutrition and the body.

With various accreditations under her belt like a Bachelors in Home Science, and diplomas in both Dietetics and Applied Nutrition and Naturopathy, our talk with Dr. Karu was not only incredibly eye-opening, but also gave us some much needed perspective on the way we view our own bodies, and the care we give to them.

Scroll to read a few of the excerpts from our conversation!



What are a few of the biggest mistakes anyone can make in their fitness journey?

Choosing the wrong person, product, service or advice is the biggest mistake a person can make in his/her fitness journey. If you are really serious about your health and fitness, going to a registered dietician and nutritionist is the best thing to do.

Are there any pro tips you can give us as students?

If you learn to live healthy by choosing the right kinds of foods, your life is set. Food is associated with brain activity and the right foods can propel you to success. Form healthy habits now and they will last a lifetime. As young students, you are at the peak of everything in your life so make the most of it, especially health-wise.

What do you think about diet culture?

Today the diet culture is extremely confusing and chaotic. People get carried away by advertisements, celebrity diets, etc. Many people become self-proclaimed nutritionists by doing short crash courses and start prescribing diets with half knowledge. Others heavily rely on the internet and start experimenting with their bodies. All of this becomes extremely dangerous for a common individual.

What are some good foods to boost productivity?

A well-balanced diet that includes proteins viz. milk, paneer, soya beans, etc.; complex carbohydrates viz. grains, pulses, millets, etc.; good quality fats like olive oil, rice bran oil, flaxseeds, etc.; fruits and vegetables; if consumed in proportions needed by the body will always increase productivity.

What are a few ways in which an unbalanced diet can affect day to day life?

I would like to give an example for this. Take the first meal of the day ie breakfast. Strong 'kadak' tea/coffee + butter + jam + white bread + fried foods (farsan, etc.) + sweets (jalebis, etc.) over a period of time will cause acidity, high cholesterol, obesity, heart disease, etc. and the immediate effect that you will see is fatigue and reduced concentration. Whereas having a fruit, milk, oats, chapati or wholewheat bread, etc. will keep you active and alert throughout the day.

What is your opinion on the stigma around eating and obesity?

A right and specialised diet plan from the right individual, along with adequate exercise will lead you to achieve the goal of weight loss. There is no need to starve. Just trust the process. Obesity is not incurable. Health and only health should be your aim in losing weight, and nothing else. Ultimately, balance is the key to a healthy and happy life.

What are some things that fitness culture promotes that you believe are misinformed/obsolete?

I am shocked when some of my patients tell me that they have been consuming only protein shakes as food, or they consume an excess of certain nutrients, or have only juices or raw foods.

Such things that the seemingly popular fitness culture promotes is highly misinformed. People also believe that only exercising can make you fit. This is a hoax and the sooner people realise it the better it is for them. There is also an ongoing trend of making foods superfoods. No single food or nutrient can change your health overnight.

Additionally, a lot of information used in advertisements or social media about nutrients like omega 3, fibre, fats, etc. is misleading and as consumers, we should be careful of these false claims.

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Fast For Who?



Haste is waste. Life is a tragedy of haste. Keeping up with the fast-paced life, we made our food habits fast as well. If you don't already know, fast food is harmful. In long run it will fasten your meeting with God. Fast food, by definition, is 'easily prepared processed food served in snack bars and restaurants as a quick meal or to be taken'. Today, we can get our 'happy meal' from sit-down restaurants, take-outs, home delivery, quick service. Its popularity comes from its quality of being 'inexpensive'. We all are so broke after buying things to be 'cool' and having meals at expensive cafès that heavily disappoint us with the quantity, that all were left with is junk to eat. (I mean, I once paid 900 bucks to post pictures of garlic bread and fries to my social media and remained hungry for a long time to save whatever money I had left. *Geez. Wada pav* was my saviour that night. Cost me 15 rupees and it was worth it.)

We have to be high profile on our Instagram accounts or else the world would crash down. So to be high profile there, we cut down on our basic need- FOOD. We compromise on our health. Fast food isn't necessarily bad, but in many cases it's highly processed and contains large amounts of carbohydrates, added sugar, unhealthy fats, and salt (sodium). These foods are often high in calories yet offer little or no nutritional value. Bingeing on foods that are high in fat and sugar is addictive. The aroma of fast food increases your sense of taste, causing the experience to also feel more enjoyable. Junk foods contain an all-star list of feel-good ingredients: sugars, calories, trans fats, saturated fats; but not a lot of vitamins, minerals or fibre. Not only is it detrimental to our health, but the fast food industry is also harmful for the environment because of its use of land, excessive consumption of water, emission of greenhouse gases, and the list is endless.



A certain fast food company that is famous for its burgers and fries once served hot coffee at a temperature of around 180 degree Fahrenheit, which means that if the coffee spills on anyone within 5 seconds they will be subject to third degree burns! The company gets away with it by mentioning, 'high temperature enhances the taste of the coffee and that is something which cannot be compromised'. They pay millions of dollars and get away every time. One can only imagine the crazy profits these life-taking companies are making.



We, who post messages to save the environment, end up eating these burgers, and pizzas from these multi-national corporations contribute to the issue we want to fight against. Funny right? But that seems to be the case with everything nowadays. One can only hope that are lives slow down a little so as to understand the cost we're paying for a 'fast' life.

Sriradha Gupta
TYBA

On Creative Recycling

It would be unjust to talk of food and agriculture and neglect the aspect of waste generated by it. So here are some creative ways agricultural waste is recycled:

Foods can be used to make dyes like black beans for blue dye, red cabbage for purple, beets for pink, avocado skins and pits for peachy pink, yellow onion skins for yellow-orange, ground turmeric for golden yellow, spinach for green dye.



Garment plants generate a ton of cotton rag waste every month. This waste is deposited into landfills causing environmental damage. As a result of recycling all the cotton rags into handmade paper, less waste is generated for the environment. Many other waste materials like lemongrass, corn husk and bagasse can be used to make handmade paper.



Biogas is the mixture of gases produced by the breakdown of organic matter in the absence of oxygen; it consists of methane and carbon dioxide. Biogas can be produced from agricultural waste, manure, municipal waste, plant material, sewage, green waste and food waste. In India, biogas is also known as "Gobar Gas". Biogas can be used as fuel for heating purposes, in gas engines and in cooking.

WCB is a silicate solid waste recycling system. Use of this method will have a great impact on the environment and society. The use of WCB as a recyclable coarse and fine aggregate in concrete and mortar, wall materials, as well as raw material or in the production of recyclable cement would prove to be invaluable.



Composting is a process through which organic matter undergoes decomposition and turns into compost. Not only can we make and use compost for gardening purposes but many urban areas around the world use large-scale composting systems to reduce pollution and facilitate agriculture.



Agricultural waste can be used as aggregate for making concrete and oil palm shells can be used to make a high strength lightweight concrete.

Different types of agricultural wastes like, de-oiled soya, coconut shell, neem leaves, rice husk, straw and bran, lemon leaf, tea waste, potato and tomato plant wastes, sesame and peanut hull, barley straw, banana stalk, almond and walnut shells, grape seeds, bamboo, pine sawdust and coir pith are ideal raw materials for different industrial applications due to their low cost, non-toxic content and their abundance.

Geetanjali Lachke
TYBCom

Spoon-Fed

“Zomato No Cooking Weekend – 'cause you deserve some time off.”

“Have a spec(taco)lar long weekend!”

“You and food are made for each other! Then why stay away from your favourites?”

Well, waking up to these texts every morning definitely makes you feel that Zomato cares more for you than even your best friends. Starting from teeth-clattering alliterations to the cringiest Bollywood pick-up lines, these food delivery apps will go to any extent to catch your attention. Online food ordering has become a norm of the time. And at a time like this, when stepping out of the house is synonymous to risking your life, food delivery systems have proven to be really beneficial. Economically, it benefits not only the consumers, by ensuring consumer sovereignty, but also helps the restaurant businesses flourish. While on the one hand it satisfies our weird food cravings and is the lifeline of hostellers, on the other hand, it provides livelihood to another section of the society. The system not only delivers food to your doorsteps but has also become a lot more. Along with delivering food, many of the services have started delivering groceries and perishables. Some services like Swiggy Go have even started delivering laundry, forgotten keys, documents and just about anything else within a city.

Makes our lives so much easier, doesn't it?

Like other services of this century, the food delivery system is working towards making our lives more convenient and no denying the fact that it is quite successful. A life without the red/orange-wearing guy at your doorstep with weapons to kill your tummy monster seems unimaginable.

To sum up in a line – Swiggy, Zomato and Dunzo are doing a great job in 'spoon-feeding' us.

Namrata Datta
TYBA

Source: [CIO](#)

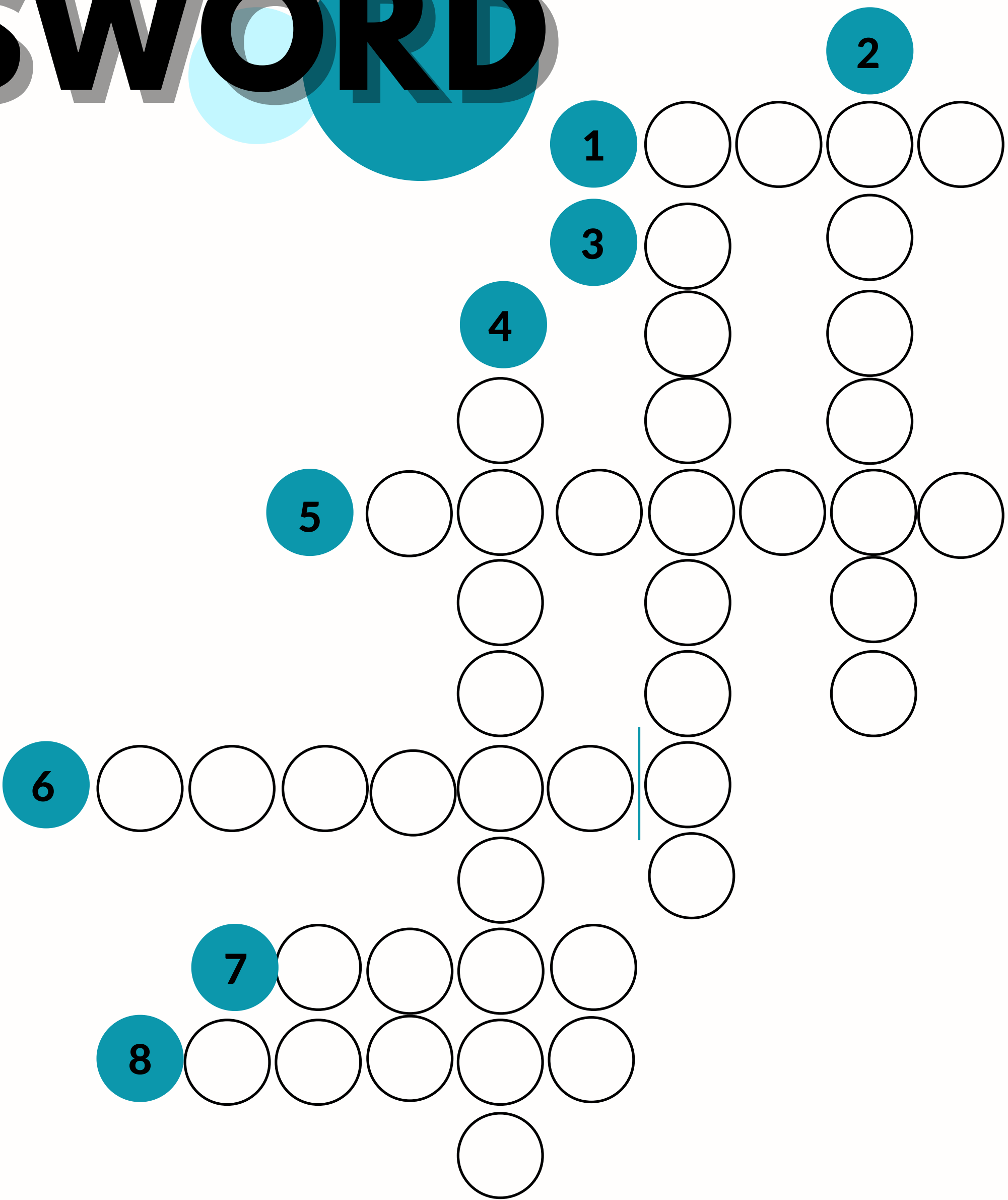


CROSSWORD

2

- 1 Marie Antionette NEVER said, "Let them eat _____."
- 2 The national dish of India, allegedly
- 3 Lupin says you should eat chocolate after a _____ attack
- 4 _____ brought pasta to Italy from China
- 5 Modaks are the favourite food of this Indian God
- 6 A rabbit doesn't have spectacles because it eats a _____ every day.

- 7 Comida in Spanish, Cānyǐn in Chinese, Taeam in Arabic, Nourriture in French
- 8 The most American dessert ever - _____ Pie



Ummesalama Karu TYBA

CROSSWORD SOLUTION VOLUME 4

- 1. RAAZ
- 2. DEEP
- 3. BHUTER RAJA
- 4. STREE
- 5. ZAPATLELA
- 6. BHATT
- 7. CHANDRAMUKHI
- 8. MAHAL
- 9. GUMNAAM

Bhojanaansh

Yielding a Dollop of Kindness

The importance of food in a person's life is absolute & quintessential. Though "*Roti, Kapda aur Makaan*" are regarded as the three stakes of a person's existence, on a deeper thought, one may realise that a person can survive without a shelter over his head or clothes over his body, but cannot thrive without his nutritional necessities.

Statistics show that the world produces enough food to sustain every person's nutritional requisites. However, we still somehow face an acute food scarcity to the point where about 820 million people (approx. 11% of the world population) suffer from hunger & malnutrition. The unprecedented event of the COVID-19 pandemic has only catalysed these figures to worsen the condition. The question is, "Can increasing the food production combat this scarcity?", & the answer is **NO!**

To combat this catastrophe, we need to increase the **ACCESSIBILITY** to food. To facilitate this, many kind individuals & groups of people gave in their efforts through various means like distribution of food & ration to the needy, the *langars*, the soup kitchens etc. The means might be different but the objective of all these efforts is aligned to extending a hand of warmth & kindness to our fellow human beings. This objective is an offspring of the rich value system that has been sown in our society from mythological eras. The tradition of helping the needy & underprivileged section of the society with food has existed in all communities of our diverse society & has been regarded as a gesture of kindness & nobility. Be it the *Anna-Daan* of Hindus, the *Sadaqat* of Muslims, the *pangat* & *langar* of the Sikhs or the soup kitchen of the Christians, these are all the various semblances of the virtuous kindness & humanity.

More than a cultural richness or social obligation, feeding a hungry human being is also a moral upliftment. Not only does helping them strengthen the harmony in society, but also fills oneself with seamless contentment & happiness.

The bottom line is, "If you can't feed a hundred, feed one. But, while you can & are able to, embrace the joy of giving, for there ain't no religion superior to HUMANITY!"



Simran Bhatia
TYBCA

Gastronomic Therapy

Ever felt 'hangry'? That is a recently-coined term used to describe the feeling of being irritable and angry when you're hungry. Ever reached out for a chocolate bar when you've felt low? And of course, who can forget the feeling of returning home after a long trip and eating our mother's comforting *dal-chaval*. Delicious!

For most, if not all of us, food equals happiness. Seeing our favourite dish in front of us is enough to temporarily relieve us of our troubles. And when we decide to skip a meal, we feel grumpy and lethargic. This is because our blood sugar level drops when we don't eat. If your blood sugar drops you might feel tired, irritable and depressed. Eating regularly and choosing foods that release energy slowly will help to keep your sugar levels steady. This is why eating food can be therapeutic. And there is a scientific reason to support this theory.

Eating prompts the brain to release "feel good" hormones, known as endorphins. Some protein-rich foods which contain an amino-acid tryptophan can boost serotonin levels. Certain foods like yoghurt, beans, eggs, almonds and low-fat meats are linked to the release of a hormone called dopamine, which is an important part of your brain's reward system.

The art of cooking can also be an amazing stress-reliever.

Cooking is a great de-stressor because it serves as a creative outlet. And while stress can numb your senses, cooking activates them. It's a sensory experience with aroma, taste, touch, visual delight and even *sizzling* sound.

If you're cooking for people you care about, you get nurtured by their appreciation. Sharing the meal with someone you love, and bonding over meal preparation can boost oxytocin levels.

So the next time you feel down-in-the-dumps, go ahead and whip up a tasty delight, or simply relish your favourite dish and transport your taste buds to paradise!

Harshita Rao
SYBA

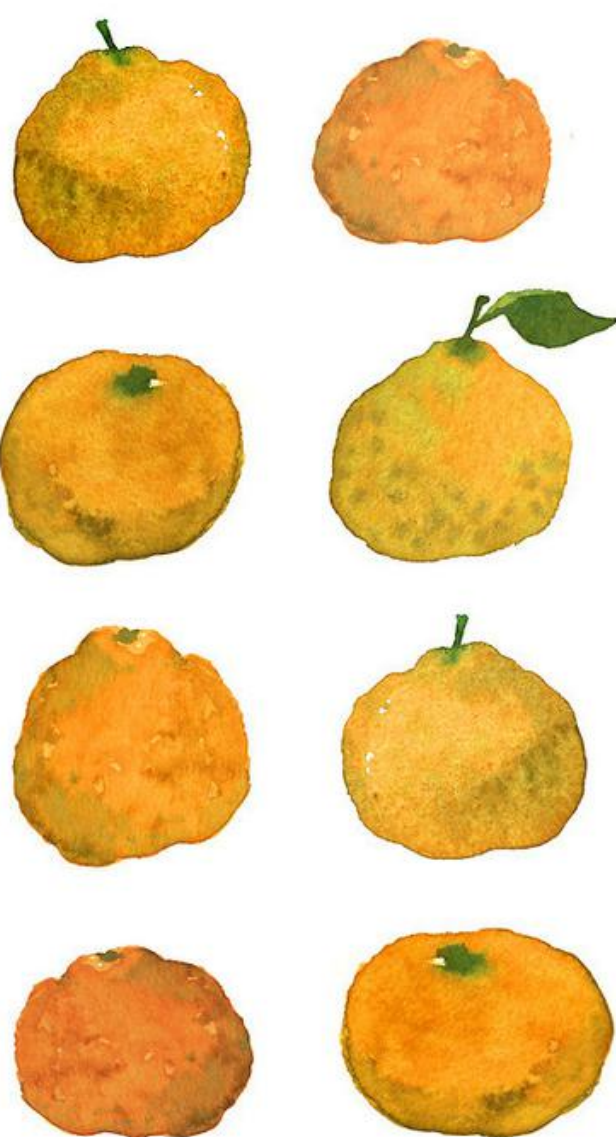


Not Just a Fad

Veganism is a lifestyle of avoiding consumption of animal-derived items and a vegan diet or a plant-based diet represents the food choices that deny eating animals and even dairy and honey. People across the globe are shifting towards a plant-based diet for animals, health, environment, world peace; for fighting poverty, world hunger; for standing up against - consumerism, capitalism, food politics, inequality to name a few. That makes this diet choice more than just food - It's not a FAD but a step towards tackling the problems humanity is facing. But does going vegan or following a plant-based diet makes us compromise something? Majorly, NO! A balanced plant-based diet can result in a disease-free body. Many athletes are switching to it. And most of our Indian food is vegan by default - idli, dosa, vada pav, samosa, Maggie, chaat, and one can go on. Only the additives like butter, curd, cheese and ghee can make them non-vegan and that is totally avoidable! And if one wants to adopt a plant-based lifestyle but not want to let go of the animal-derived food items then man it's almost 2021, one can get vegan alternatives for everything ranging from ghee, cheese, meat, chocolates, ice creams, protein powder and even baby food delivered to their doorstep! There are a number of restaurants in Pune that serve vegan pizzas, burgers, cakes ice creams and what not! One just needs to willingly look around and they'll know that eating plant-based was never about just eating grass, neither is this diet choice expensive if one eats mindfully and eating mindfully is a great thing, isn't it! But to be honest some plant-based alternatives are expensive because of the demand-supply cycle but those are the items that we eat once in a while. And a plant-based diet isn't something new altogether, it's just avoiding animal-derived ingredients. A plant-based diet predominantly consists of

fruits, vegetables, grains and pulses. The heart of the philosophy of a vegan diet is to avoid 34,723 sentient beings from getting killed every second, killed just so that they can be on someone's plate.

Sakshi Raheja
SYBA



On Heritage

Coming from a typical Haryanvi family, my grandmother had a sweet tooth. She was always keen to cook new things and discover new recipes. Seeing her neighbour make *gujiyas* on Holi used to excite her; but she felt something is incomplete. She might have been around the age of 19 when she made a filling of *khoya* also known as *maswa*, crushed dry fruits like cashews, almonds, pistachios, walnuts & *chironji* (cuddapah almond) with sugar, cardamom and obviously *Desi Ghee* (something she still loves dearly). She made a dough and made puri size circles out of it. Then she placed the filling on one and covered it with one and started folding it. It is still a very huge task for me, as folding that *Chandrakala* is a task. Then she fried it and dipped it in sugar syrup, garnishing it with pistachios and saffron strands. It has been almost 45 years, and till date my grandmother is famous for her *Chandrakalas*. My uncle specially calls from Mumbai asking for them every Diwali. Even my mother and sister have mastered the skills of making *Chandrakalas*. *Gujiyas* are something very common but *Chandrakala* is something that is very dear to our family and we treasure it still.



Nyati Bansal
FYBA



The Power of Positivi(tea)

*I say let the world go to hell,
but I should have my tea.*
Dostoyevsky

I cannot imagine starting my day without tea.

Tea is a beverage that is consumed all around the world. Tea is magical, is what I would say. It is necessary for survival. The specialty of tea is that everyone has their own recipe. But even though we all have different tea recipes, it is also something that unites us all. Tea is powerful.

Let's start from the top! According to Chinese legend, the history of tea began in 2737 B.C.E when Emperor Shen Nong, a skilled ruler, and scientist, accidentally discovered tea. When he was boiling water in the garden, a leaf from an overhanging wild tree drifted into his pot. Tea, the liquid wisdom, is comprised of processed leaves of the plant *camellia sinensis* which is a warm-weather evergreen indigenous to both India and China. The process of making tea is not as simple as it seems. Firstly, tea leaves are plucked and sent for processing. Processing tea can include chopping, baking, steaming, sweltering, or oxidizing. The leaves are then dried and rolled. Sometimes, they are fermented or even aged. Finally, the tea is ready to brew. Different kinds of tea are consumed around the world. Let's start with my personal favorite, the Indian '*chai*'.

Chai is India's most popular drink. The ritual of drinking chai transcends all boundaries, and roadsides are dotted with *chai wallahs* who serve it boiled up with spices, sugar, and milk. The recipe is simple yet creative, you start with boiling the water, add some ginger, and the *chai masala* (comprised of cardamom, cloves, peppercorns, fennel seeds, cinnamon, dried ginger powder, and nutmeg). You then add the *chai patti* and boil it for around five minutes, add sugar, and some milk.

The famous traditional Chinese tea (*Lapsang Souchong*) is a little more sophisticated. You start with rushing all tea sets in boiling water and draining the teapot and teacups to raise its temperature. Then you put the tea leaves in the teapot and pour hot water to wash the leaves. After you abandon the water, add some hot water, and brew it for five minutes. Serve hot into a "fair cup". Chinese tea is also medicinal in nature.

Only black tea is considered real for a cup of tea in Britain. The English drink a variety of tea like black tea, earl grey, green tea, herbal teas, and oolong. The typical way of tea-making is to fill a kettle with boiled water, add one teaspoon of leaf tea and brew it for 3-4 minutes. Strain it into a cup.



America is slowly becoming a tea nation. Americans are fond of iced tea. The method of preparing iced-tea is to place the Ceylon tea bags in a heatproof bowl with 1 liter boiling water. Leave for 3 minutes. Remove the bags and stir in the sugar. Cool. Stir in the juices. Refrigerate until cold, then add the ginger ale. Serve over ice cubes with a slice of lemon.



Some other famous tea types that are consumed around the world are chamomile tea, green tea, yellow tea, herbal tea, etc. Tea has always been a part of my life. The recipe which I learned from my grandma is to add some ginger and cardamom into warm water. Add some *chai patti* once it starts boiling. After brewing for 5 mins, add some milk and sugar. It's ready.

"My hour for tea is half-past five, and my buttered toast waits for nobody."

Wilkie Collins

Akanksha Balkawade **TYBA**



But when we consider how small after all the cup of human enjoyment is; how soon overflowed with tears, how easily drained to the dregs in our quenchless thirst for infinity, we shall not blame ourselves for making so much of the tea-cup.

Kakuzo Okakura



That's My Jam!

There's little more satisfying than waking up on a cool winter morning, dragging yourself into the kitchen and setting about making the infamous 'subha ki chai' that we Indians so love.

Whether you drink tea or coffee in the morning; something's gotta dip! A slice of buttered toast, a khari, or even a good old-fashioned biscuit are your go-to's, but what's stopping you from slathering it in some beautiful homemade jam?

Indulge yourself today by whipping up some super easy jam, that tastes just as good!

Ingredients:

Fruit of your choice, 2 cups,

Granulated sugar, 1 cup, (can be substituted for honey, artificial sweeteners or your sugar fix of choice)

Water, 1 cup,

Lemon juice, 2 tablespoons

Gelatin/ agar agar, 10 grams

If you're using harder fruit like apples, pears, guavas or pineapples, cut it down to the smallest pieces you can manage; with softer fruit like strawberries or oranges, it softens to a pulp soon enough on its own.

Pop all the ingredients in a pot, saving the gelatin/agar agar, and let it come to a boil before lowering it to a simmer. Let it soften for as long as you can. To check when you can add the gelatin, dip a spoon in the bubbling jam, give a moment to cool, and swipe a finger through the syrup. If the syrup stays parted- you're good to go. Add the gelatin, raise the flame and cook for five minutes before turning it off. Let it cool, before putting it in a glass bottle, and storing in the fridge. The jam keeps for us to three months, perfect for your early morning first-breakfasts!

Arman Chagla
TYBA



The Effect of Diaspora on Local Food Culture

A diaspora refers to the community of people who live outside their shared country of origin or ancestry but maintain connections with it. The cuisine is the widest scope element travelling from one part of the world to other with the help of diaspora of societies. The evening delicacy of India: samosa is not an Indian origin food initially it was introduced by the Middle Eastern chefs who migrated for employment during the Delhi Sultanate rule. According to their recipe, a dish called *sambusak* — triangular pastry packed with mince, peas, pistachios, almonds and other tasty fillings were original samosas but later in time samosa became the favourite evening snack of every Indian.

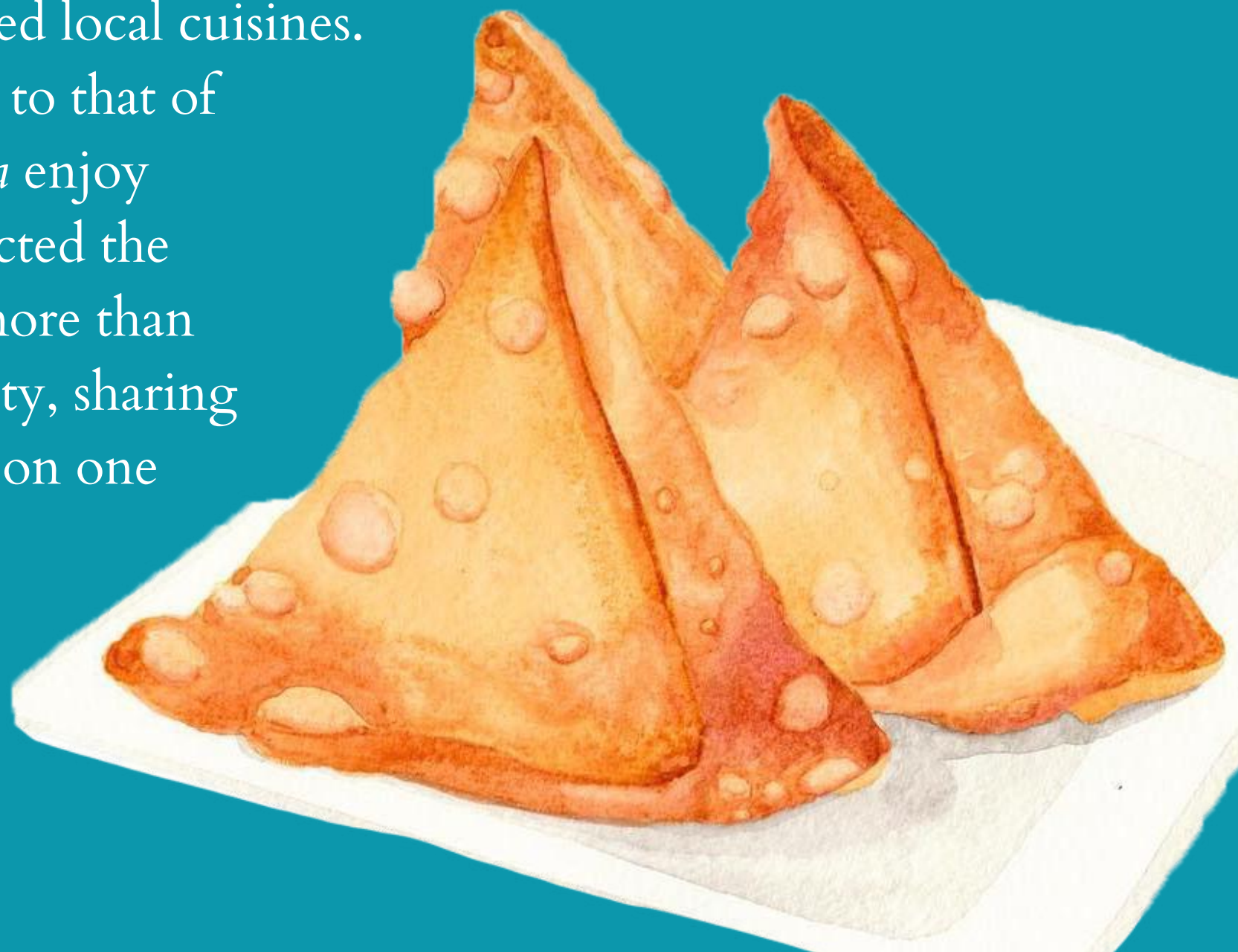
Some examples of the Indian diaspora on world cuisine are:

- **Malaysian Indian cuisine** — the cooking of the ethnic Indian communities in Malaysia consists of adaptations of authentic dishes from India majorly influenced by Tamil cuisines due to South Indian descendants in Malaysia. Some dishes are *Banyan leaf rice*, *fish mollee*, and *butter chicken*.
- **Anglo-Indian cuisine**: It is the cuisine that developed during the British Raj in India. One of the few Anglo-Indian foods that have had a lasting impact on English cuisine is *chutney*.
- **Indian Chinese cuisine**: the cuisines have mixed throughout history both through trade and geographical influence, the most popular origin story of the fusion food resides with the original Chinese ethnic community of Kolkata, who immigrated to India looking for better prospects and a better life around 250 years ago. Some dishes are *Hakka noodles*, *Manchurian*, and *chop suey*.

Indian migration has spread the culinary traditions of the subcontinent throughout the world. Contact with other cultures has affected Indian dining etiquette. These cuisines have been adapted to local tastes, and have also affected local cuisines.

Curry's international appeal has been compared to that of pizza. Indian tandoor dishes such as *chicken tikka* enjoy widespread popularity. Cultural diaspora connected the world through the amazing cuisines and how more than ever before, now the Earth is a global community, sharing not only a digital space but a community based on one of the pillars of society; food and cuisine.

Kanishka
FYBA



The Masterchef of All Cuisines

Food is mostly associated with nutritional, gastronomical and cultural values. It is also identified with different emotions like family, home, conviviality, etc. And in recent times, food has become an extension of art and creativity. MasterChef is one reality show which celebrates the art and creativity, gives people opportunity to celebrate food and interconnects different cultures. People from different parts of the world come and compete on this platform to win. The MasterChef franchise was established in July 1990 and is based-on the original British Show. MasterChef Australia, one of the most successful franchises, began in 2009. Ever since, it has been the biggest cooking competition in the world. The show gives exposure to the home-cooks, who come from non professional cooking backgrounds and tests them with different challenges – individual and team. The contestants are expected to not only create innovative food recipes but also mesmerize the taste buds of the judges. The key always is the symphony of the ingredients to create a beautiful plate of food which tastes amazing. Some of the intriguing challenges in the show are:

The Pressure Test

In this challenge, a top celebrity chef comes as a guest judge. The guest chef usually brings one of their signature dishes for the contestants to recreate. This challenge pushes the boundaries of the contestants as they are given a time limit, a written down recipe which is usually quite complex and the dish is something that one would never cook at home. The dishes featured in this challenge cover almost all cuisines. In the history of MasterChef Australia, contestants have cooked some of the most technical desserts to just plain wholesome dishes, in this challenge.



The Immunity Challenge

The challenge takes place in two rounds. In round one, the contestants are given a theme to cook for. The person who cooks the best in round one advances to round two, where they go head to head against a professional guest chef. If the contestant manages to beat the professional chef, they get an immunity from that week's elimination. Immunity challenge is a platform for the contestants to experiment and take risks.

The Mystery Box Challenge

In this challenge, the judges create a mix of different ingredients, as a mystery box. The ingredients are kept limited in this challenge and all the contestants have to come up with a dish using those ingredients only. Sometimes the combination of the ingredients is strange and conflicting. The real challenge is to work in limited available time, explore their imagination with the same set of items and create unique food platters.



The key part of this show has been the diversity of the contestants and their ethnicity. The mix of contestants is easily recognizable from their South-East Asian, Mid-Eastern, Oriental, Indian subcontinent, European, Latin and Australian backgrounds and the impact of this on their food preparation and presentation. This cultural high creates an atmosphere where contestants not only experiment with the spices and flavors of their regional ancestry but also learn from each other. The encouragement from the show hosts and their knowledge of the foods across the world, teases contestants to remain on their toes and up their game by being ready to satisfy the different palates of the world. The MasterChef format certainly celebrates the gastronomy and food in its best possible way, making it a new art form and science.

Vasudha Ramani
FYBA

In The Pursuit of Losing Weight

In the pursuit of losing weight, many have stumbled across fad diets. While many do give instant results, there are direct and indirect consequences which are sometimes fatal to your body. A key to following a diet must be the test of time. Can you follow the diet till the end of your days without risking your body? Yes? Then you're on the right track! Below are the three most common fad diets.

THE KETO DIET

WHAT IS IT?

High-fat, low-carb, with adequate-protein

PROS:

Immediate results, prevention of certain types of chronic diseases

CONS:

Headaches, fatigue, bad breath; high risk of liver, heart and kidney diseases; impossible to continue for a lifetime

WHAT IS IT?

Complete elimination of sugar, alcohol, legumes, soy, grains, and dairy; to be followed for a month

PROS:

Has a huge support system on social media, helps in retaining motivation

CONS:

Reduced consumption of fibre; doesn't last long

WHOLE 30 DIET

THE 'IF' DIET

WHAT IS IT?

No specific foods; a cycle of fasting and eating

PROS:

Doesn't require planning; works well for busy people

CONS:

No guide on what to eat during non-fasting days

Contrary to popular belief, diets are an integral part of your lifestyle. They are not to be tested with a method of trial-and-error. Losing weight can definitely be taxing, but the media and the internet aren't authentic sources, as what works for others may not work for you. Each individual requires a special diet and it is highly individualistic. Would you try to mend a broken bone using the internet? Similarly, if there's a flaw in your already existing diet, consulting a well-informed professional is the best thing to do.

Ummesalama Karu
TYBA

A Historical Survey of Food

Food has always been an integral part of our lives. It brings people together; it communicates emotions that sometimes even words fail to do. It has feelings attached with every bite we eat. It is a mode of exchange between two or more cultures and so on. Every heritage uniquely celebrates its food. Staple foods are always cherished in various parts of the world. Like all other countries, India too has a diverse staple food culture. Some of them are popular among common people. These food items are Rice, Bajra, Ragi, Wheat, Maida and so on. It is widely debated if rice originated in India or China, as archaeologists in both countries have their arguments.

The domestication of rice began in Africa about 3000 years ago. The evidence of cultivation of Asian rice have been found near the Pearl valley region of China and also in the Indus and Ganges valley, where it was found to be cultivated and is eaten since then. Rice is considered to be the staple food in our country because it provides us with instant energy (carbohydrates) and also contains a negligible amount of fat content. Few of the ayurvedic professionals believe that it contains medicinal values and can be used to treat disorders like diabetes, arthritis and so on. Rice is an item that combines with most of the Indian delicacies and is loved by the people. The people in our country celebrate special festivals during the harvesting months and seek an opportunity to celebrate food for example, Pongal, Onam, Ugadi, etc.

Similarly, wheat is one of the highest used food commodities in India. It was first cultivated by the farmers nearly 10000 years ago. Ever since it flourished as the highest use cereal crop in the Mediterranean region, it extended during civilizations of Egypt, Greece, and Rome from the Neolithic age. People considered it to be divine and wheat was given to them in the form of blessing as it had become a daily food for them and gradually became a part of their lifestyle. Roti is something which is prepared in every alternate household. It is the main source of carbohydrates and filler than any other food item. The Green Revolution had become a boom to this country with the onset of cultivation of Wheat and Rice. This is not only promoted these grains but also brought in different species of the same crop.

Wheat has inhabited India since 1900 BC. It remains intact to be one of the highest-selling industries in our country.

Every country has its specialities. India is popular for its different spices and lentils. There are different types of lentils or *dal* (what Indians refer as) that are prepared in an Indian household and have been a tradition since time immemorial. They are also referred to as legumes.



They are eaten in different manners like- whole, half split, full split and so on. *Dal* is one dish that originated from the Indian subcontinent and India is one of the largest producers for the same. It is often eaten with the rotis made up of *Atta*. *Atta* is nothing but a result of grinding wheat. It is also known as wheat flour.

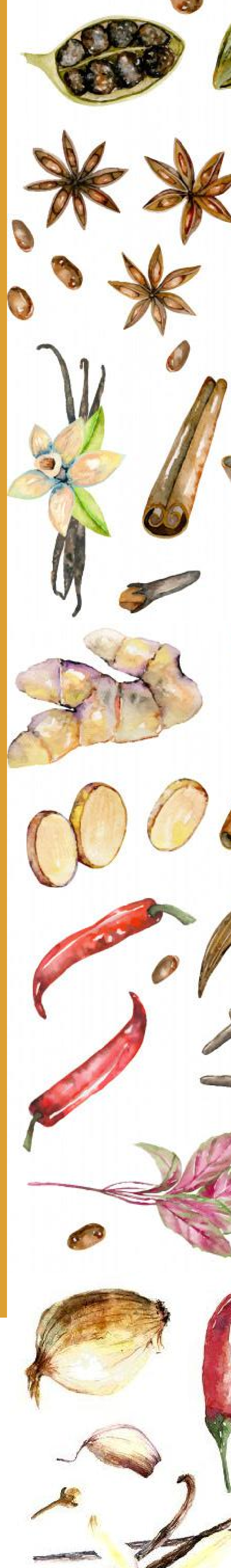
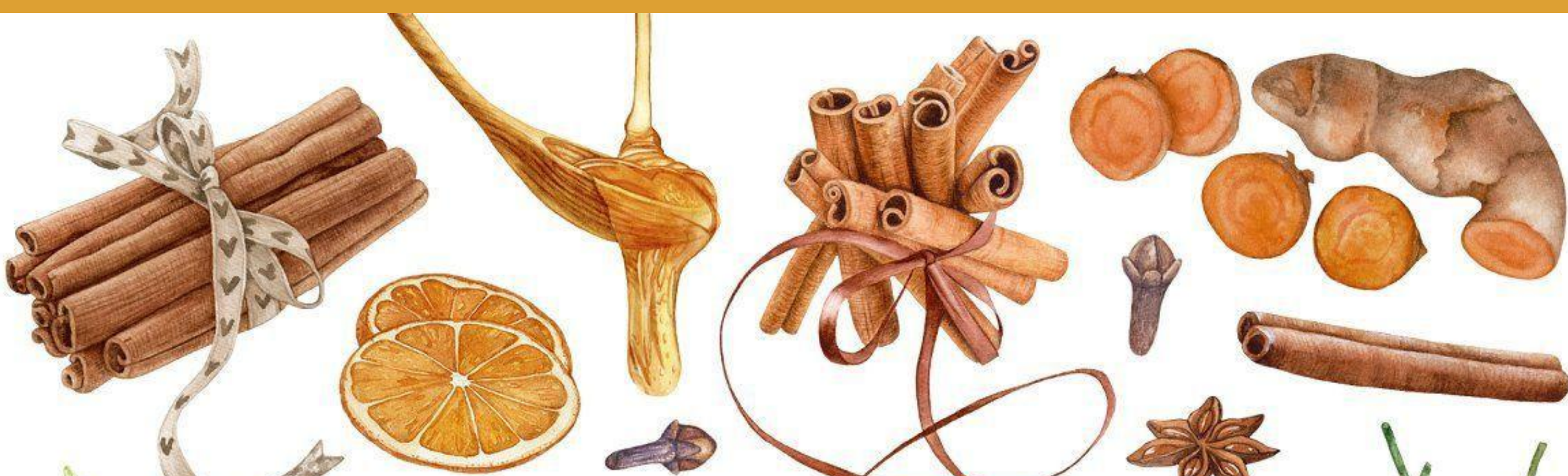
Dal has very high nutritional value including 70% water, 9% protein, 20%fat and a minimal amount of fat. It keeps our metabolism in good condition. Some of the common dals include *moong*, *masoor dal*, *chana dal*, *toor dal*, etc. Interestingly, lentils are mainly eaten only in Asia. Many people are still not aware of what lentils are. But anyone who visits our country tries it and our Indian culture never fails to impress them.

Spices are another example of a popular food commodity in India as our country also exports the Indian spices in different parts of the world. People from different parts of the world travel and come in India just to witness the taste of Indian spices. Spices add richness and are pack full of flavours in the dish. Spices particularly cardamom, cloves, cumin seeds and black pepper are used to enhance the flavours in the dishes and provide comfort to the food. Spices were believed to be originated in Babylonia in 8th century BC which is currently located in Egypt and was interestingly used to embalm the mummies or the dead bodies from the royal families to keep it intact.

This also indicates that spices were also used as preservatives during the old times and continue to do so. Spices are also used in ayurvedic treatments to cure different diseases and also aid digestion. Indians always stick to their roots when it comes to flavours and eating different dishes as the emotions that are attached to the food prepared is invaluable.

Hence “*Ma ke hath ka khana*” always remains constant irrespective of where one goes. Indeed has always helped the Indian culture to remain intact in different parts of the world too.

Vasudha Ramani
FYBA



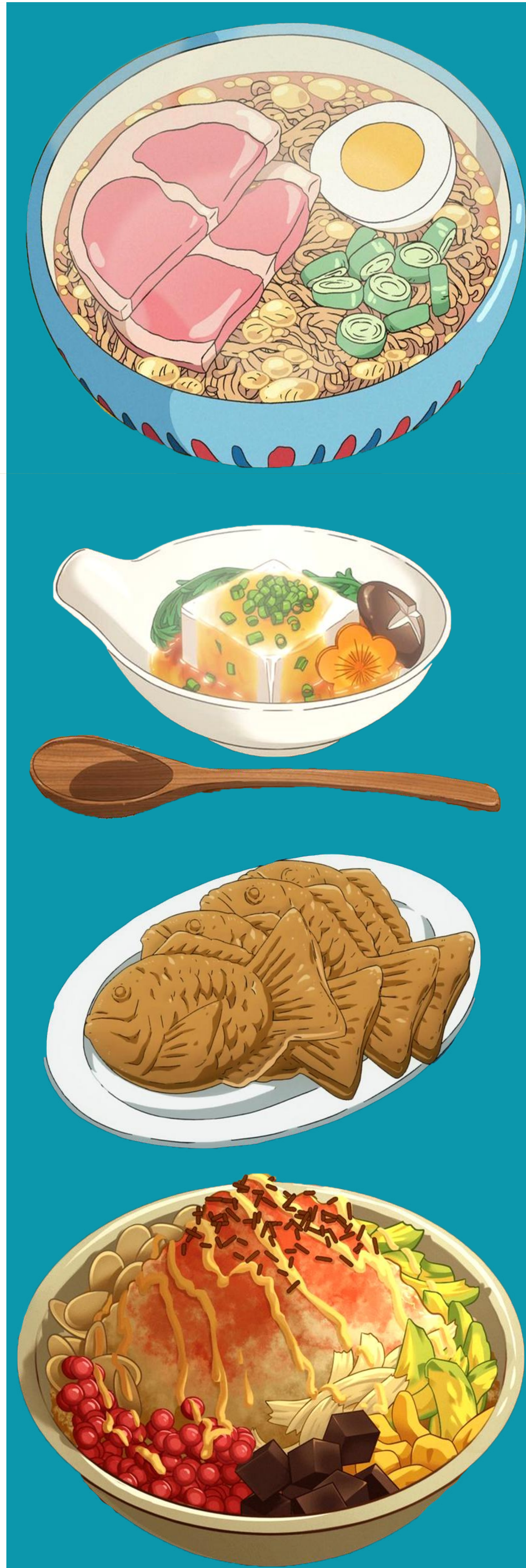
Food in Animation and Film

I see food as a medium in which we've always used to express ourselves. Food and art are both about the senses; not just taste but smells and associations too. It can evoke certain memories of specific times, places and people, and these memories can be captured and re-lived through art, which is why it is integral to so many thousands of films.

Take for example the film 'The Hundred-Foot Journey'; it juxtaposes the sentiment of hospitality with the idea that soul food is a way to bring a family together around a table. It's that sense of unity and genuine compassion that food evokes in the characters that catapults the movie to become something so much more than the rivalry between two cultures. Right from the appetite-whetting welcoming feast in **Hogwarts**, to watching **Spongebob** make Krabby Patties, right up to little Remy the rat preparing the exquisite '**Ratatouille**' which transports the fearsome food critic Anton Ego to his favourite childhood comfort food, the viewer doesn't quite pay heed to whether it was real or if it even tasted good, it just appears so scrumptious, which, I'm sure left us all salivating.


The design aspects and presentation of food can work together to make it a much more interesting concept than something that merely sits on a plate. Food is used as a tool for the filmmaker to communicate with the audience and is used as an effective way to get their message across and there are lots of emotional triggers connected to it, which makes it a good tool to use because it's something that people can relate to. In most movies, food is a status symbol, one through which the audience can gauge the matter of control a particular character has over his life or others. It can uncover new sides of a character, depending on what they choose to indulge in, or it can signal romance or a deep sense of friendship.

If you're an avid anime fan, you're most likely familiar with ramen noodles, an extremely popular noodle dish in Japan. More often than not, anime shows based on culinary art emphasize the importance of creating long-lasting bonds between characters through eating wholesome meals together. Almost all anime series have one, if not more, mouth-watering scenes in which the characters sit down to devour a delicious, hot meal. The food portrayed in most anime depicts meals and snacks in their traditional form and is so realistic and well-rendered, that it leaves its audience feeling hungry. If you've ever watched any Japanese animations of food, you'll notice that the overall presentation and how the characters prepare and serve each dish is what entices the audience the most. Looking at a plate of hot steaming dumplings or a bowl of glistening noodles sure makes you want to reach into the screen and grab a bite for yourself. Make sure not to watch any of these shows on an empty stomach, because your mouth is going to water for the duration of the episode!



Keara Fernandes
FYBA

Source: [Itadakimasu-anime](#), [animefunschool](#)



The Fool(Proof) Sweet-bread of your Dreams

Ingredients:

All purpose flour, 3 cups

Water/Milk, 1 1/2 cups,

Active dry yeast, 10 grams,

Sugar, 2 tablespoons

Salt, to taste

Milk powder, 2 tablespoons

Mix your sugar with half a cup of the water you're to use in the recipe, and add in your dry yeast.

While that activates for about 10 minutes (it should foam up), mix the rest of your dry ingredients together. A good rule of thumb to follow is to use half the measurements of water, of the flour you use.

Add all your water to your dry mix, and knead until the dough comes together. Keep kneading: the dough has to get stretchy and bounce back should you press your finger into the surface. Once it's ready (which should take about 10 minutes of kneading), put it in an oiled bowl and let it rise for one hour.

After this time, punch out the air that's fluffed it up (yes, you have to!), and shape your dough into whatever you'd like. We're partial to the dinner roll fold, but even braids are beautiful to pick at for your afternoon tea. Once it's shaped, put it in your baking dish and cover- let it rise for one more hour. Brush the top of the dough with milk, and bake at 250°C for 40 minutes or until the bread is golden brown. Rest for a moment, and enjoy your steaming loaves with a pat of butter or a smear of jam!

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Source: Dreamstime

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Source: [Xeptom](#), [Stickerd](#)

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