

SIKKIM...

...SMALL BUT BEAUTIFUL

Traveller's Diary
Bhangarh fort

Pride of India
Sikkim

Current Affairs
Yobot -
'Robotic
Luggage Handler'

**Technology in
Travel & Tourism**
Effective
Marketing
Technology

Sneak Peek
F.Y.M.Sc HTM &
DAN Orientation

UNWTO
Fact Sheet

Then and Now
Nimaj Palace

Green Corner
Money
over Environment

Finger Tips
Honey-
'The perfect
natural product'

Local Focal
Kori Roti

Food for Thought
Thamboolam

Thirsty Traveller
St. Germain

प्रज्ञानं ब्रह्म



INSPIRED BY LIFE

MANIPAL
UNIVERSITY

DEPARTMENT OF ALLIED HOSPITALITY STUDIES

Welcomgroup Graduate School of Hotel Administration,
Manipal University, Manipal- 576 104.

In this Issue...

Traveller's Diary



4

Pride of India



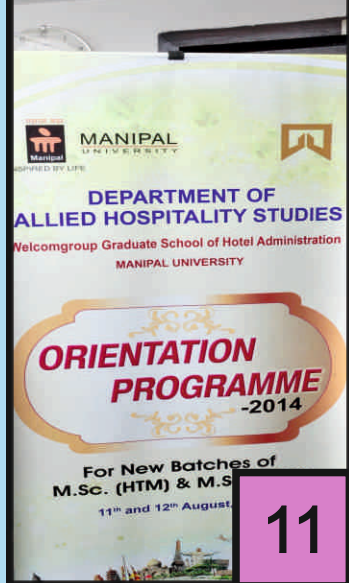
6

Current Affairs



7

Sneak Peek



11

Technology in Travel & Tourism



9

UNWTO Fact Sheet



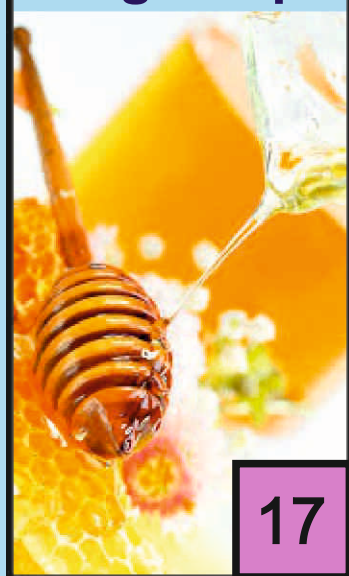
12

Then and Now



13

Finger Tips



17

Green Corner



15

Local Focal



19

Food for Thought



21

Thirsty Traveller



22



Editor's Desk



The new batches of students, new faces in the campus bubbles with joy and happiness. The twelfth issue of the Hospitality Prism reflects the vigour and vitality of the new entrants of the Department of Allied Hospitality Studies with their contributions. The Travellers Dairy shares the experiences of the Bhangarah Fort, the Pride of India features about Sikkim, the Switzerland of India. The robotic luggage handler is under Current Affairs. The Technology in Travel and Tourism deals with the Marketing Technology of Restaurants. The Orientation of new batches M.Sc., Dan & M.Sc., HTM is included in the Sneak Peek.

The current Tourism earnings and expenditure is covered in the UNWTO Fact Sheet. The vivid description about Nijam Place is include under Then and Now. The Green Corner deals with Meghalaya's scenario of mining and it's impact on the environment. Honey as a natural product for cure of various ailments under Finger Tips. The Local Focal is dealing with Kori Roti and Batate Song The Food for Thought shares about the dining experience of Thamboolam restaurant at Udupi. The Thirsty Traveller shares the secret of S. Germain.

Wishing you all Seasonal Greetings and happy reading.

With Warm Regards,
-Prof. Y. G. Tharakan

Sub Editor



Mrs. Meenakshi Garg

Sub Editor



Mrs. Jyotsna Lobo

Sub Editor



Mr. Raghavendra G

Creative Designers



Stinson Fernandes



Sneha Mintri

Student Editorial Board



Riston D'souza



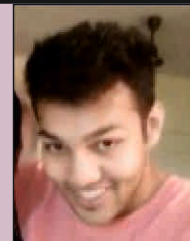
Karan Subramaniam



Prasad Shinde



Marzban Ubadia



Aditya Agrawal

Travellers Diary

The spine chilling ominous travel experience, BHANGARH...

GETTING THERE

BY ROAD | Bhangarh is a 47-km drive from the Sariska Tiger Reserve in Alwar, Rajasthan. From Delhi, visitors need to first get to Alwar, which is about 150 km away, and then drive 34 km to Sariska. There are no luxury buses on the route, so the best option is a taxi

BY RAIL | Shatabdi runs from Delhi to Alwar every morning. From there, visitors can take a taxi upto Sariska

THE RTDC PACKAGE | Delhi-Sariska-Bhangarh-Siliserh-Alwar-Delhi 3 Nights/4 Days: Rs 19,000 Own transport: Rs 12,000



Who doesn't cherish a decent apparition story? We have all listened to then enchanted — amid the pervasive burden shedding or on train travels after which any trek down the dim hallway to the latrine got to be inconceivability. Yet incomprehensibly, the more startled we are, the better the story. However what happens when dread meets travel? We're discussing a visit to an apparition town that is one of India's spookiest spots. At the edge of the Sariska woodland in Rajasthan lays the town of Bhangarh whose frequented status is pulling in scores of travelers nowadays. A signboard showed noticeably by the ASI cautions guests: "Entering the fringes of Bhangarh after nightfall is strictly denied".

Such is the town's notoriety that even the Archeological Survey of India doesn't have an office here however government guidelines express that each chronicled site must have an office of the ASI. The closest one is a kilometer away — enough separation in the middle of authorities and the spooks. The Rajasthan Tourism Development Corporation (RTDC) has included Bhangarh in a visit bundle particularly intended for the amusements. "We picked this 'apparition city' to help tourism to the territory," says Manjit Singh, administrator and MD, RTDC. At the same time he grins and includes, "We, obviously, don't guarantee any paranormal action."

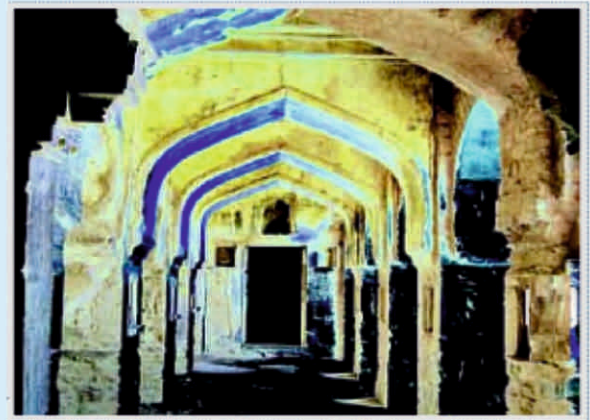
So how did the phantoms get here? The story goes that this sixteenth century town, 80 km from Alwar in eastern Rajasthan, home to a tantrik (an entertainer knowledgeable in the mysterious) named Singhia. The tantrik fell urgently enamored with the kingdom's wonderful princess, Rani Ratnawati. Realizing that he would never be permitted to go close to her, Singhia chose to utilize his dim forces to tempt her. He recognized the princess' cleaning specialist purchasing oil and enchant the oil. On the off chance that the spell met expectations, on touching the oil, the rulers would surrender herself to him.

Locals say that the princess, who was capable in the mysterious herself, soon sensed his shrewdness arrange and thwarted it. She discarded the flask of oil, whereupon it fell on a stone. When the oil touched the stone, it began moving towards the tantrik and squashed him. In any case before biting the dust, Singhia reviled the castle with the demise of all who stayed in it, without the likelihood of resurrection.

Travellers Diary

Bhangarh fort, contd ...

Yogiraj Hiranath, a wise amid the rule of Maharaja Jai Singh of Jaipur, authenticates the way that Bhangarh did have a princess called Rani Ratnawati who was proficient in the specialty of wizardry. As per the locals, the town, secured by two internal strongholds and divided from the fields by defenses, woke up just during the evening. There were clamoring bazaars where flawlessly enhanced ladies ran shops. Other than the royals, regular nationals could additionally consume, drink and make joyful here. Everybody was relied upon to dress in luxury with the lord's treasury grabbing the tab. In Yogiraj's record, wearing old garments was a culpable wrongdoing as was eve-teasing. That may be more legend than reality, however Bhangarh is still a beguiling ruin to visit. Indeed today, a stroll to the castle through the remaining parts of what once used to be a clamoring town is a fragrant undertaking with the smell of kevda wafting in from an adjacent forest. Bhangarh was likewise a well-laid out town and could serve as a fantastic model for present-day town organizers.



Each one shop along the course still has an empty space for an icon. However what is bizarre is that there are no tops on the houses, shops and even the royal residence. Locals say that at whatever point a house is implicit the region, its top breakdown! What's more in the town closest to Bhangarh, individuals have made tops over their heads — yet just those made of straw! Expansive banyan trees and a few sanctuaries spot the scene. The wonderfully cut sanctuaries of Gopinath, Shiva (Someshwar), Mangla Devi and Keshava Rai have survived the progression of time and are an unquestionable requirement see for guests. There is additionally the dance expert's haveli, the remains of homes and scattered stones with carvings. On a closeby ridge stands a chhatri that is accepted to have been possessed by the tantrik. Regardless of the progression of time, the Rani Ratnawati myth keeps on fascinaing everybody. Numerous case to have seen paranormal exercises in the zone; some have "listened" qualities: music and the tinkling of anklets. Saini keeps up that numerous sightseers who take photos inside the remnants discover odd color spots in the pictures. Is this envisioned or a ploy to attract visitors? Whatever reality, a visit to Bhangarh isn't for the light hearted.



- Ashwarya Bisht

Pride of India

SIKKIM Switzerland of the east

Sikkim is a landlocked Indian state located in the Himalayan mountains. The state is bordered by Nepal to the west, China's Tibet Autonomous Region to the north, and Bhutan to the east. The Indian state of West Bengal lies to the south. With 610,577 inhabitants as of the 2011 census, Sikkim's capital and the largest city is Gangtok. The state of Sikkim is characterized by Himalayan mountainous terrain. Almost the entire state is hilly, with an elevation ranging from 280 meters (920 ft) to 8,586 meters (28,169 ft). The summit of Kanchenjunga, the world's third-highest peak is the state's highest point, situated on the border between Sikkim and Nepal. For the most part, the land is unfit for agriculture because of the rocky, precipitous slopes. However, some hill slopes have been converted into terrace farms. Numerous snow-fed streams have carved out river valleys in the west and south of the state. These streams combine into the major Teesta River and its tributary, the Rangeet, which flow through the state from north to south. About a third of the state is heavily forested.

The fauna of Sikkim includes the snow leopard, musk deer, Himalayan Tahr, Panda, Himalayan serow, Himalayan goral, muntjac, common langur, Asian black bear, clouded leopard, marbled cat, dhole, Tibetan wolf, hog badger & Himalayan jungle cat. Sikkim's cuisine may be prominent with noodle-based dishes such as Thukpa, Chowmein, Thanthuk, Fakthu, Gyathuk and Wonton. Momos- steamed dumplings stuffed with vegetables, Buffalo meat or even pork are commonly served with soup as popular snacks in Sikkim. Alcoholic beverages commonly consumed in Sikkim may include Beer, Whiskey, Rum and Brandy whereas a very local drink would include Tongba, a millet-based alcoholic beverage which is also popular in Darjeeling and Nepal. Sikkim is also popular for ranking the 3rd highest per capita consumption of alcohol among all the Indian states behind Punjab and Haryana. But however, Sikkim is also well known for the hospitality towards other people.



- Piyush Raj

Current Affairs

Yobot- Robotic Luggage Handler

Finding a place to store your luggage before or after checkout can be frustrating. Even if the hotel offers to hold your bags, it doesn't guarantee the bags will be there when you get back, or that they'll be in one piece. However, checking into the Yotel hotel, New York is almost like checking into the future because this futuristic hotel near Times Square introduced a robot luggage handler recently. This massive robot arm, which the Yotel hotel, New York has aptly called 'Yobot', can collect, store and retrieve luggage in and from lockers in the hotel lobby. YOBOT is well-known to YOTEL guests as a fun, interactive way to store left luggage before check-in or after check-out. This way guests that have checked out can wander around the city luggage-less before going home. The huge machine is behind a glass wall where guests can watch it work and can operate it through touchscreen panel



How It Works ?

Guests enter the number and size of their bags

Yobot, then brings a container to a drop off area where the guest places the luggage

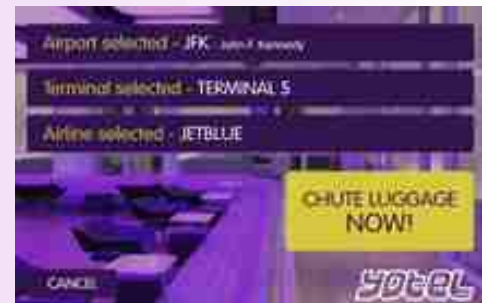
Enters a pin number and last name

The box is weighed and returned to the wall of lockers

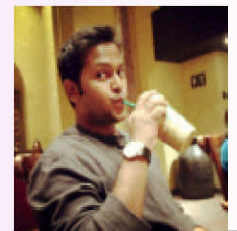
Yobot issues a receipt with bar code for guests to submit when they want to pick up their bag

Current Affairs

Yobot- Robotic Luggage Handler, contd...



Now YOBOT takes its services one step further – with the push of a button guests can literally chute their bags from the hotel’s location two blocks from Times Square to one of the New York area airports (LaGuardia, Newark and JFK) via specially marked bins in the YOBOT’s glass-enclosed home. The Port Authority of New York and New Jersey have built an underground tunnel system that links Manhattan hotels with the airports and the Yotel hotel, New York is the first New York hotel to offer this service. The low cost airline Jet Blue is the first airline to have signed up to handle luggage transported through the system and more airlines will apparently soon follow. Each bag of luggage will bear a tracking number that corresponds to the guest’s ticket information, ensuring that no luggage will be lost in the process.



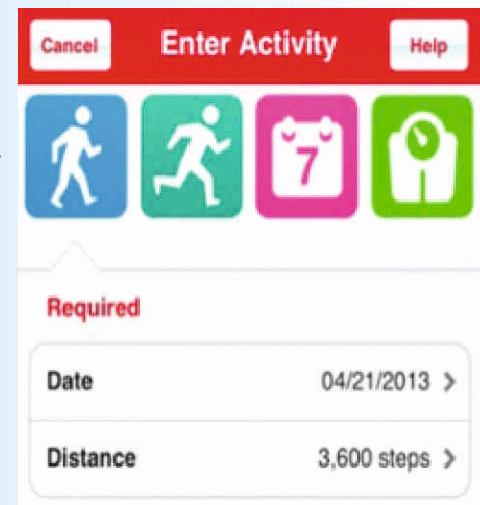
- Prasad Shinde

Effectively Marketing Technology in Restaurants...

In our Faster, hyper and health driven society consumers are starving for tech to be included in their dining experiences. To save time, they are dining in less frequently and choosing food operators that provide a fast and convenient experience. With a growing number of fast casual concepts providing freshly prepared foods quickly, food brands must find new ways to differentiate themselves, keep business in the restaurant, and think outside of the box. In this article we will share a few tips that will help your brand fry, sear, and roast the competition.

Improve Consumer Lifestyles

Healthy living is a trend. Statistics show that consumers are craving healthy options as well as menu transparency. According to the Technology in Restaurants 2014 study by Mintel, 54% of people look up nutritional information on menus prior to ordering, and this statistic has raised 16% since last year. By supplying a nutritional menu in-house, providing healthier options, and making your nutrition values easily accessible online, you provide consumers with the exact information that they want. Some brands are getting very seasoned in their rewards programs too. Walgreen's for example, recently announced that they are launching the first ever rewards program for consumers who choose healthier food and lifestyle options. The drugstore has created a app that allows consumers to accrue points by tracking their progress.



Aid in Out of Store Process

Technology is everywhere, and it's being integrated into the eating/purchasing process. Many restaurants are using tablets for ordering and menu viewing functions. This is a quick and easy way to speed up the dining experience and add a little tech swag to your restaurant. Some places are even using tablets for payment methods. The value of technology integration to speed up the process for busy consumers trumps the concern for privacy. In fact, 69% of diners prefer loyalty programs that issue points toward future purchases, and 37% choose brands that issue surprise items and discounts for loyalty cards. Loyalty programs are a great way to motivate consumers to come in and keep coming back.

Effectively Marketing Technology in Restaurants, contd...

Breakthrough Marketing

Coming up with ways to let your consumers speak for your brand through social media is a great way to establish your credibility. Offer discounts to customers who take pictures of their meal at your restaurant and tag your business. Offering discounts or coupons for online reviews is another way to encourage social engagement and boost your restaurant's reputation. After all, in the restaurant realm, word of mouth is everything. Many people read restaurant reviews before choosing a restaurant. In fact, in the 2014 Technology in Restaurants study, 14% of respondents said they gave a positive review online after a good dining experience, and 17% picked a restaurant because of a good review.



Create a Unique Dine-In Experience

We've all heard a friend or co-worker chat about how great the atmosphere of a restaurant was, but what does that really mean? The success of the Starbucks franchise is a real world example of how technology can fill your business. The statistics don't lie: 29% of consumers pick brands who have free Wi-Fi, and 28% of consumers said that they would linger if charging stations were available. 42% of consumers also said that they wouldn't mind waiting to be seated if entertainment was provided. Some restaurants are taking this to action by providing video games and trivia to customers waiting in line.



- Karan Subramaniam

Sneak Peek

M.Sc. DAN & M.Sc. HTM Orientation 2014

Manipal University—a knowledge powerhouse and a brand name in higher education. Students from all the corners of the world hear a lot about Manipal University and find it a great pleasure to finally come here and see things for themselves. First day at college can cause much anxiety in the heart of all fresher's because of all the unknowns, will I make friends? Whom do I ask if I have any question? So new student orientation programmes are designed to guide students for answering these entire question. And by planning appropriately, the M.Sc. orientation programme relieved all our ambiguities and stress.

On the 11th august, the orientation programme 2014 was organised for students of M.Sc.Dietetics and Applied Nutrition and M.Sc. Hospitality and Tourism Management by the Department of Allied Hospitality Studies. After completing all the formalities by the students the Second Year M.Sc. students took care of the First Year students. Through guided tours, campus maps and even time to just wonder into the corridors they provide us a safe avenue to find our way around the campus, followed by the orientation programme which includes ice breaking, interactive games, fun games and dancing. Principal Smt. Parvadhavardhini Gopalkrishnan and Pro Vice Chancellor Dr. H. Vinod Bhat spoke on the occasion. Later that day, the students along with their parents were served lunch by the HTM students where they spoke to their colleagues and teachers as well.

The orientation programme created a lasting impression for the freshers with the collective efforts and co-operation of the entire department including the faculty, Senior M.Sc. students and also the dining services. It was a memorable experience that welcomed the First Year students to join the WGSMA family in Manipal.



- Arshdeep Singh

UNWTO Fact Sheet

Current Tourism Earnings...

Apart from receipts in destinations (the travel credit item in the Balance of Payments), tourism also generates export earnings through international passenger transport services (rendered to non-residents). The latter amounted to an estimated US\$ 218 billion in 2013, bringing total receipts generated by international tourism to US\$ 1.4 trillion, or US\$ 3.8 billion a day, on average. International tourism (travel and passenger transport) accounts for 29% of the world's exports of services and 6% of overall exports of goods and services. As a worldwide export category, tourism ranks fifth after fuels, chemicals, food and automotive products, while ranking first in many developing countries. Asia and the Pacific fastest growing region, while Europe takes biggest share in absolute terms, receipts in destinations around the world increased by US\$ 81 billion (euro 34 billion, comparatively less due to the depreciation of the dollar) from US\$ 1078 billion (euro 839 billion) in 2012.

Europe, which accounts for 42% of all international tourism receipts, saw the biggest growth in 2013: up US\$ 35 billion to US\$ 489 billion (euro 368 billion). Destinations in Asia and the Pacific (accounting for 31% of all tourism receipts) increased earnings by US\$ 30 billion to US\$ 351 billion (euro 270 bn). In the Americas (20% share), receipts increased by US\$ 16 billion to a total of US\$ 229 billion (euro 173 bn). In the Middle East (4% share) total tourism receipts are estimated at US\$ 47 billion (euro 36 bn) and in Africa (3% share) at US\$ 34 billion (euro 26 bn). In relative terms, Asia and the Pacific (+8%) recorded the largest increase in receipts, followed by the Americas (+6%) and Europe (+4%). Among the top ten tourism destinations by receipts, Asian destinations Thailand (+23%), Hong Kong (China) and Macao (China) (both +18%) saw strong growth, while the United Kingdom (+13%) and the United States (+11%) also posted double-digit increases. Receipts in Spain, France, China, Italy and Germany grew between 1% and 5%.

China, Russia and Brazil account for half the world's increase in tourism expenditure. The emerging economies of China, Russia and Brazil have been dynamic drivers of outbound tourism in recent years. In 2013, these three source markets accounted for some US\$ 40 billion of the total US\$ 81 billion increase in international tourism expenditure.



- Vigneshwarun

Then and Now

Nimaj Palace



One of the Oldest Heritage property of the country running as a hotel, which makes you relive the medieval era in its 22 ALL -SUITES accommodation. It was founded in 1453 AD. Over the centuries the Thakurs of Nimaj refurbished the palace as per their likes which even today evokes a feeling of awe and reverence and the imposing gates remind you of the chivalrous days. The palace facade carved in red sand stone makes it a distinctive landmark in the architectural history of India. Many typical Indian Motifs and designs used here have to be seen to be believed which gives the palace a unique flavour.

'Rao Uda Ji' grandson Rao Jodha Ji (who founded Jodhpur (Marwar) in the year 1453 A.D became a Sovereign ruler of Nimaj and Jaitaran, and founded the sub clan popularly known as Udawat Rathores. Nimaj was later amalgamated with Jodhpur. This branch of the Rathore clan of Rajputs owns Nimaj Palace. The present Thakur is the 23rd generation of descent from Rao Jodha Ji. The Thakurs of Nimaj were one of the eight "Sirayats" (highest honour given to feudal lords for their bravery and they formed the permanent advisory senate of privileged Thakurs) of Marwar.

As you enter 'Loha Pole' the towering gates and pass by the 'Dalwans' (country kin's sit-outs) the touch of royalty is instantly apparent. When you stop in the courtyard (chowk) even a casual glance will make you appreciate its distinctive architecture. Guests are given a traditional Palace welcome outside "Dari - Khanna" (a hall with arches which was once the Durbar Hall of the Thakurs, where they greeted dignitaries, met people and carried out routine orders.) The Indian saying goes 'Atithi Devo Bhava' which means 'A Guest is God'. Each guest is welcomed with warmth and garlanded with string of marigold, anoint with 'tikka' (an auspicious red dot) and perform the 'aarti'. The warmth of the Palace ambience is then enhanced with a soothing welcome drink.

Then and Now

Nimaj Palace, contd...

Some exclusive features of the palace heritage hotel at Nimaj includes:

22 suites with attached bathroom

Dari-Khanna restaurant serves Marwar cuisines and Bara Dari, an open sit out area with Sigdis (traditional warmers) where delicacies are served on demand

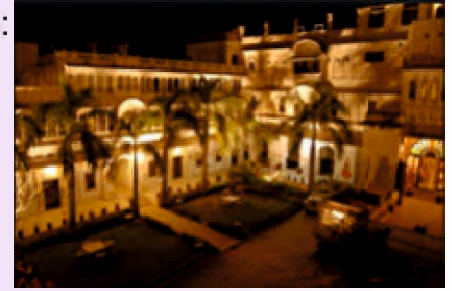
Private dinner on terrace

Darbar theme dinners modelled on the dining style of erstwhile rulers in Marwar where Thali (a traditional plate with several delicacies) is served

Shingar Chowk located in the heart of the palace where dinners are organised along with folk dances and musicians and Dalwan - a – Khas is the bar area

Leisure activities include games such as carrom, chess, cards or 'Chopad' - a local game played in India for the last 5000 years

Trips to Gujar shepherd settlements; Kalbelia, snake charmers settlements and to hamlets of Bishnoi, Seervi and Kumawat communities



- Praveen S

Green Corner

Money over Environment - Meghalaya.



The word Green in the English dictionary means 'covered with grasses and other vegetations' and Environment means 'the natural world' which indicates that green and environment holds the same meaning but the natural world that has been termed has turned in to a man-made world, full of errors and loopholes. Though, initiatives have been taken by many stakeholders to maintain the greenery of the surrounding, there is still a need to protect our environment from external forces especially man-made forces which are harmful to the ecosystem. Many incidents all over the world stand testimony to the perception that our ecosystem is very much at stake. Coming home to my state, Meghalaya which is known for its natural beauty and abundance in mineral resources has suffered a blow due to mining. Mining has been a menace which had for many centuries robbed the state off its natural beauty.

Coal and limestone mining in the state is very prevalent and irrespective of the negative impacts mining has on the environment, large scale unregulated coal mining has ravaged the environment. This is to be blamed on the privilege our state enjoys under the 6th schedule giving the tribals the rights to own lands without any interference from the government. So much so has the coal mining affected the environment, a perfect example would be the tragic incident at Jaintia Hills in Meghalaya few years ago where the colour of the river Lukha changed and aquatic life killed and this is evident from a variety of fish species floating dead on the surface of the river due to the toxins emitted from unregulated coal mining. Apart from this, cracks on the earth surface were noticed raising the concerns of many environmentalists of the state.



- Mangkumarbha M



MANIPAL
UNIVERSITY

DEPARTMENT OF ALLIED HOSPITALITY STUDIES
#August- September, 2014 Vol. 12

15

Honey- 'The Perfect Natural Product'

It is often said that the famed ancient beauty Cleopatra would soak in honey and milk baths. Well whether or not that's true, it's certainly not surprising that the story has persisted for a long time. Honey has a tremendous effect on skin - and that's not all, honey is a powerful antiseptic and a fantastic natural sugar substitute.



What Is Honey?

Honey is a delicious viscous sweetener made naturally by bees for their own nourishment. The main ingredient in honey is fructose (sugar from fruit source) which gives it long lasting durability. Compared to white sugar fructose decomposition in the body is more slowly, resulting in moderate increase in blood sugar levels. It also contains proteins, minerals (iron, copper, phosphorous, potassium and sodium), enzymes and vitamins, especially B group.

Honey as a Medicine

Many cultures have used honey in the natural way for medicinal purposes.

Natural Remedies for curing some of them are-

- Using honey in their tea to reduce cholesterol
- Soothe sore throats and cough-Combine honey with the juice of one lemon and drink. It works wonders!
- Wounds, Burns and Ulcers – A gauze smeared with honey provides a moist environment for the skin, removes odor and reduces inflammation.
- Intestinal Ulcers- Two tablespoons a day should be enough to cure most types intestinal ulcers.

Honey for your Hair

It contains natural humectants to help attract moisture to the hair making it very valuable in treating dry and damaged hair.

Natural remedy for dry hair-

- ★ Mix ½ cup honey and ½ cup olive oil. After washing your hair(without shampooing) apply two tablespoons of this mixture and rub well with your fingers. Leave the mixture on your head for thirty minutes. Then shampoo and dry as normal.

Finger Tips

Honey- 'The Perfect Natural Product', contd ...



Honey for your Skin

- Mild Honey Cleanser
- Mix $\frac{1}{4}$ cup of honey with one tablespoon liquid soap and $\frac{1}{2}$ cup glycerin. Apply gently on skin using a face towel, rinse with warm water and pat dry.
- Honey-Apple Toner
- In a blender or food processor, combine. One peeled, apple with a tablespoon of honey and pulp until smooth. Apply mixture to face and allow staying for 15 minutes, then rinse.
- Soothing Skin Clarifier for Acne
- Mix $\frac{1}{2}$ cup warm water with $\frac{1}{4}$ tablespoon of salt. Using a cotton ball, apply mixture directly to blemish. Maintain pressure with cotton ball for several minutes, to soften blemish. Dry the area and using a cotton swab dab raw honey on blemish; leave on 10 minutes. Rinse and pat dry.
- Relax your body and soak your skin in a soothing bath. Add 2 tablespoons of honey to 1 cup of hot water and let it dissolve for about 10 minutes. Add 2 or 3 drops of lavender essential oil and add it to your bath.



- Sneha Mintri

Kori Roti (Bunt Style Spicy Chicken Curry)

'Korri Rotti' is a combo dish that comprises of spicy chicken curry eaten with flat, crispy and wafer thin rice crepes. Traditionally, these rice crepes used to be prepared by ladies domestically; however they are even commercially prepared. Domestically prepared rottis may have variations in texture and flavors due to which these days people prefer to purchase commercially prepared rotis and is also available at many stores in South Karnataka.

Ingredients

Chicken : 1 kg (Marinate with 2 tsp chilly powder, pinch of turmeric and salt, 1 tsp ginger garlic paste)
Onion: 2 chopped
Tomato: 2 or puree
Coriander seeds: 1tbsp (or powder)
Cumin seeds: 1/2 tbsp (or powder)
Fenugreek seeds: 1/2 tsp
Red chillies: 10-20 bedgi chilly(depending on the spice level)
Turmeric powder: 1/2 tsp
Grated Coconut: 2 tbsp
Coconut Milk : 1 cup
Garam Masala : 1 tsp
Oil : 2-3 Tbsp
Salt : to taste
Coriander leaves
Curry leaves



Method:

Add oil in a pan and once heated, add coriander seeds, cumin seeds and fenugreek. Add red chillies and fry till it changes colour. Remove the mixture from the pan and then add onions, tomatoes and grated coconut in the pan and later add the garam masala. Saute for a while and later once it cools, blend the entire mixture together with little water until it forms a fine paste.

Take a vessel, put some oil. Add curry leaves. Then add marinated chicken and heat it under low flame. Then add the masala paste. Add turmeric powder and salt. Allow it to cook with the lid closed. Once the chicken is cooked, add coconut milk. Garnish it with coriander leaves. Serve with ROTI (Rice wafers)



- **Manoj K Shetty**

Potato in Coconut curry (Batate Song)

Song is a very spicy Konkani dish. There are many different versions of this dish – one with coconut base and onions, one without coconut and many more. Different homes have their own version of song; the only similarity is that the dish is always prepared very spicy. At my home, we have always loved the one with coconut and onions.

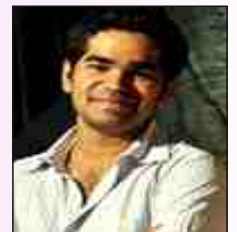
Ingredients

- 2 cups chopped potatoes
- 3/4 cup fresh coconut
- 6-7 red chillies
- 1 teaspoon coriander seeds
- A pinch turmeric
- Oil
- 1/2 teaspoon Tamarind extract
- Salt



Method:

Peel potatoes and cut into big pieces. Heat a little oil, add asafetida and add potatoes. Sprinkle a little water and let them cook. Heat a little oil and add coriander seeds, turmeric, red chillies. Grind them with coconut and tamarind to a very smooth paste. Add the ground masala to potatoes and bring it to boil. Add salt. Serve hot.



- Manmohan R Pai

Food for Thought

Thamboolam

We decided to ride to the temple town of Udupi. Just as you enter we came across Diana circle and further in were, Thamboolam. Thamboolam offers a very cozy ambience and the soft lighting is very welcoming. The staff politely greeted us as they showed us our seat. The staff advised us on what we should order. For starters we had Papad rolls and Prawns Koliwada. The Papad rolls were absolutely amazing with a right amount of filling and the essential crunch, this dish left us wanting for more and we did what we thought was best. We ordered another two portions of the same. The Prawns Koliwada was pretty good too, the prawns were fresh, tender and fried to perfection!

After the starters we ordered the main course. Fish Biselle along with some Mudde and Neer Dosa was ordered at first. Now, for those who don't know Fish Biselle is a curry native to Udupi, this dish was so tasty. The curry was just perfect and the Kingfish was extremely fresh all this served in traditional clay Pot. This curry is best eaten along with Mudde (traditional Rice Cakes) or neer dosa. The Matka Chicken Biryani is the speciality of the restaurant which is served in a clay pot. The chicken was really tender and perfectly marinated in masala.

We wrapped things up with caramel custard! If asked which the best was, we say everything! But on a choosy note don't miss out on the papad rolls and the Fish Biselle curry.

Ambience- 7 / 10

Food- 8.5 / 10

Value for money- 8 / 10

Service- 7.5 / 10

Location- 7 / 10

Hygiene: 8 / 10

Overall- 8 / 10



- Marzan Udbadia

Thirsty Traveller

St. Germain

Founder: Rob Cooper

Year Founded: 2007

Distillery Location: Dijon, France

The liqueur is made from elderflower, a small, white starry flower that blooms through the spring and summer. In Europe, the flower is used in many foods and drinks, but in the U.S. it's gaining popularity in the form of this liqueur.



Saint Germain liqueur seems to bottle the taste of these warm floral notes. Still produced in an artisanal manner, the liqueur is made from flowers that are gathered from the hillsides in the French Alps during a short four - to-six-week period in spring. According to the company's website, the picked flowers are bicycled to a collection depot, where they are then immediately macerated to preserve the fresh flavors of the bloom. Extracting the flavors of this flower is not an easy process, and the Saint Germain company keeps theirs a family secret. Each bottle of Saint Germain is individually numbered, reflecting the year in which the flowers were picked. The handpicked blossoms of elderflower which are distilled in small batches of 40-proof liqueur made by French artisan company St. Germain.

Neither passionfruit nor pear, grapefruit nor lemon, the sublime taste of St - Germain is a flavor as subtle and delicate as it is captivating. This liqueur, which has a luminous golden color and a fresh rich bouquet, offers a great variety of flavors. Complemented by spicy aromas of honey, and fruity notes of quince and grape. It's more sweetly exotic than green meadows, but fresh, light and fruity nevertheless. Elderflower liqueur (elderflower cordial) makes simply superb sipping by itself, but with a splash of Champagne or club soda, it's a summer cocktail. The 12"-tall bottle is as stunning as any perfume bottle, and makes an impressive gift. Since it's made without preservatives, a bottle should be finished within six months. St. Germain Elderflower Liqueur was a double gold medal winner at the 2007 San Francisco World Spirits Competition.

Thirsty Traveller

St. Germain, contd...

Nectarito...

Ingredients

- 10 Fresh mint leaves
- 30 ml lime juice
- 45 ml white rum
- 15 ml St. Germain

Garnish:

Mint Leaves and Lemon Wedges.



Method/ Direction:

Lightly muddle mint in a collins glass. Add other ingredients.
Half fill the glass with crushed ice; stir.
Fill to the brim with more crushed ice and stir again.
Garnish accordingly and serve chilled.



- Stinson Fernandes