Food & Fitness

Tempting moments…!

Dhara Salla visits two famous cake shops, Brownie point and Croissants located in Bandra to find out their specialities

Wrapped in chocolate sauce, with nuts sprinkled generously and a dash of vanilla ice-cream, Gateaux and confections go incomplete without this specialty we all love to call ‘Cakes’. Varnishing is the only word that comes to mind when we talk about cakes and chocolates. A cake is for every occasion be it birthday, marriage, anniversary, party or any celebration. Here’s a quick look at a few tempting, delicious and irresistible options.

Belgian mousse at Brownie point tops the list. It has chocolate mousse as a base, coated with a thick layer of chocolate and garnished with chocolate chips. It is available at Rs.45.

The second on the list is Black Magic, a combo of bitter chocolate, cream and sponge cake. It is sprinkled with chocolate chips and is available at Rs. 50. Pictures of these pastries are considerably big. “I am sure if one tries any of these cakes the taste is unforgettable. We serve in the best quality, big size of pastries at the lowest possible price,” says Kapil Khanna, Co-owner, Brownie Point.

Moving on to Croissants cake shop it is their Dutch Truffle pasting which is the highest on demand. This is one cake where bitter tastes sweet. It is made with bitter chocolate and a short-flute sponge cake as a base. That cake also has a thin layer of chocolate and chocolate chips topping. Dutch Truffle, is priced at Rs. 60.

Red. Dutch Truffle is also an interesting try. If you are a coffee lover, then no miss this. It has a rich taste of chocolate and coffee, mated together, with walnuts and a cherry on top. This rich pastry will make you shell out Rs 60 for a mouthful.

The last on the list is Big Magic, a combo of bitter chocolate, cream and sponge cake. It is sprinkled with chocolate chips and it is available at Rs. 50. Pictures of these pastries are considerably big. “I am sure if one tries any of these cakes the taste is unforgettable. We serve in the best quality, big size of pastries at the lowest possible price,” says Kapil Khanna, Co-owner, Brownie Point.


Fat Free...

Forget mind annoying diets and sprinting on the treadmill all day long to shed weight; “Liposuction” is a new way of load-shedding, finds Prathamesh Jadhav

Gone are the days when one would run a mile a day to shed those extra pounds garnered around the waistline. Treadmill is in vogue but running on it and sweating it out is not an ‘in thing’ anymore. After all nobody has the time and enough patience to take care of unnoticed and ignored hefty bodies. Anything that can work instantly, like magic wand is what populace gets attracted to. Though there is a new wave of fitness every one wants to ride, but there are unfortunate folks, who despite practicing stern and strict diet and in spite of maintaining a strict workout regimen do not lose even a pound. “There are people who are genetically obese and have very low metabolic rate, so even if they fast, their bodies do not show the effect and they continue to weigh the same,” says Dr. Omkar Chari of Sion hospital.

With the advent of cosmeticology, liposuction has come to rescue those who work hard but don’t shed an iota of weight. It helps especially the old who cannot maintain a gym-hitting regimen due to their weight or feeble bones. Liposuction is a technique which is used for instant removal of the unwanted fat and cellulite deposits around arms,ummy, buttrocks, thighs, chest and the neckline. “A certain amount of fat deposits are removed from the body of a patient, depending on the body structure and the body mass. Cannula or a hollow tube which is disposable or sterilized is used with an aspirator to suction out the excessive lipid out of the body,” informs Dr. Chari.

The treatment last for 2-4 hours and the patient is treated under the influence of anaesthesia. Many who are treated with liposuction show rapid recovery and can resume their daily routine within few days. “Though liposuction is the fastest and easiest method of getting rid of the cellulite, people often show signs of fatigue, nausea for some days after having undergone the treatment,” cautions Dr. Churi. In other cases some minor complaints like scars, swelling, liquid imbalance is also observed. So patient needs to follow certain lifestyle. “After liposuction is carried out patients are advised to take rest for few days to few weeks and they are counselled for healthy diet and some daily exercises to keep the unwanted fat at bay,” adds Dr. Churi. Liposuction after all is a treatment and not prevention. A healthy diet and daily exercise is better than opting for the suction device. Prevention is indeed better than cure.

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