Cuisine - e - Azam

Krant i Khander k discovers Chef Kaviraj and his some delicious recipes of this season.

A delicious mix of oriental, Indian and Continental cuisines, we wonder if there is anything in this world that Kaviraj Kalsi can’t cook. Kaviraj Kalsi aka Chef Kaviraj who has around 12 years experienced in Hotel Management & Catering Technology. He is the author of a book named Arabic Cookery. He has worked in many reputed hotels like Hotel sun-n-sand, Mumbai, Taj group, and Kuwait airways as a sky chef and manager for cabin crew services.

Kaviraj has been in the teaching profession for many years. He taught in many recognized colleges. And currently he is a Principal of Mumbai College of Hotel Management & Catering Technology, Mira Road.

He entered this profession because of his mother. His mother was a fantastic cook and Kaviraj spent hours watching his mother cook tasty and aromatic delicacies in his kitchen. According to him, his mother inspired him a lot to get the basics (cutting, chopping and making my own food in the household) right and made up my mind to pursue this as a profession. “I used to see my mom in the kitchen preparing a variety of food items. I always followed her in her cooking activities, which I think helped me to become an expert in this field,” said reminiscing of a younger days.

Kaviraj's Mother is very proud of him, as he became an expert in this field at the young age. “Kaviraj obtained excellence in coming up with his unique fusion recipes. He loves to teach and meet different kinds of people. I always see three words to describe him. First is kommer, second competitive and third is compatible,” said Komal Kalsi, Kaviraj’s Mother, who is also a certified diploma holder in cookery.

In spite of his keen interest in cooking, he also likes paintings, reading books of different genre, and listening to music.

Around of 12 years of experienced in cooking, Kaviraj still loves to live the simple life. “I gained a unique taste buds. I always use three words to describe him. First is kommer, second competitive and third is compatible,” said Komal Kalsi, Kaviraj’s Mother, who is also a certified diploma holder in cookery.

Finally assemble the bhajiyas and top the styrofoam plate with some rich chocolate walnut sauce, or some piping hot bowls of soups are ideal for the monsoon. “It is very important to have at least 8-9 glasses of water each day even if you are not thirsty,” says Rashi Shrishtav. “Surely you eat in moderate quantity as it is difficult for the body to digest food during the monsoons. Rather than eating three large meals a day, eat five smaller meals at regular intervals,” she advises. By following these simple preventive measures, you can keep yourself fit this season. So go ahead and enjoy the rains!

Shrishtav

Bitter gourd, amla and neem are recommended during the monsoon. “Bitter vegetables are very good for the monsoon since their astrigent property fights infections and helps to keep you healthy,” says nutritionist Arpita Bagchi. “Moong dal is also a must have, as it is very easy, no digest,” she adds.

Surprisingly, dehydration is a very common thing in the monsoons. “It is very important to have at least 8-9 glasses of water each day even if you are not thirsty,” says Rashi Shrishtav. “You could add mint, ginger, or lemon to your water, but always make sure the water is boiled or filtered,” recommends Rashi. Honey is also an excellent tonic to aid your body in its digestion process. “Intake of 1 to 2 tsp of honey helps in getting sound sleep at night, whereas consuming honey with warm water in the morning helps in detoxifying your body,” says Rashi Shrishtav.

As for the schedule of meals, Arpita says, “Make sure you eat in moderate quantity as it is difficult for the body to digest food during the monsoons. Rather than eating three large meals a day, eat five smaller meals at regular intervals,” she advises. By following these simple preventive measures, you can keep yourself fit this season. So go ahead and enjoy the rains!

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Here is the recipe of his choice this season...

BHAIJYA SIZZLERS!

Ingredients

For the bhajiyas
Onions -2, Corander leaves-2 tbsp, Green chilies- 2-tips, Salt to taste, Red chili powder-1/2 tsp, Besan- 3/4th cup, Oil- 2 tbsp, Water as required to make a thick batter, Oil to deep fry

Method-slice the onions and apply a little salt and keep aside for 10 mins. In the same bowl, add in the besan, red chili powder, oil and water and make a thick mixture and it should be of a dropping texture. Heat oil in a pan and deep fry the bhajiyas on a medium high heat, ideally half fry them first and then fry once before serving.

For the indo fusion sauce-
White sauce-1 cup, Tomatoes sauce-1 cup, Palak paste-1/2 cup, Grated cheese-1/2 cup, Chili sauce-1 tbsp, Butter-1 tbsp, Chopped garlic- 1 tsp, Spring onion greens-1 tsp

Method-beat butter in a pan, sauté the garlic and spring onions add in the tomatos sauce and mix well add in some chilli sauce and simmer for 2 mins. Remove and keep aside. Heat the sizzling plate until very hot, to assemble the sizzler, prepare the onion bhajiyas and keep them ready.

Lime the sizzler plate with a eabbage leaf, place a tomato cup with some mashed potatoes in it or some baked beans. Place some steamed/boiled vegetables of your choice on one side. Arrange some pullo rice or steamed rice and put ask add in some chilli sauce and simmer for 2 mins. Remove and keep aside. Finish the sizzler plate with this and serve sizzling hot.

MONSOON MAGIC!

A quick look at the must have in your diet this monsoon by AINEE NIZAMI

Muddy footstep, colourful umbrellas, water splashes - the monsoons are finally here to put a smile on your faces. But this weather also comes with a whole set of diseases to avoid.

“Taking some simple precautions like avoiding street food and having boiled and clean water, goes a long way to ensure a healthy and fun monsoon,” says dietician Rashi Shrishtav.

Boils are one of the common monsoon-related health problems. "Moong dal is also a must have, as it is very easy, no digest,” she adds.

Surprisingly, dehydration is a very common thing in the monsoons. “It is very important to have at least 8-9 glasses of water each day even if you are not thirsty,” says Rashi Shrishtav. “You could add mint, ginger, or lemon to your water, but always make sure the water is boiled or filtered,” recommends Rashi. Honey is also an excellent tonic to aid your body in its digestion process. “Intake of 1 to 2 tsp of honey helps in getting sound sleep at night, whereas consuming honey with warm water in the morning helps in detoxifying your body,” says Rashi Shrishtav.

As for the schedule of meals, Arpita says, “Make sure you eat in moderate quantity as it is difficult for the body to digest food during the monsoons. Rather than eating three large meals a day, eat five smaller meals at regular intervals,” she advises. By following these simple preventive measures, you can keep your self fit this season. So go ahead and enjoy the rains!