

Spicy food adds to longevity



Spicy food can transform any meal into a sensory experience — pain, pleasure, even breaking a sweat can take flavors to the next level. While some like it hot, dialing up the heat may ruin a meal for others. Spicy food is divisive, and everyone's tolerance is different.

WHAT MAKES FOOD SPICY?

What gives spicy food that "hot" burning sensation is a chemical compound called capsaicin, says Dr Rabia de Latour, a gastroenterologist at NYU Langone Health. Capsaicin is a main component of chili peppers, such as cayenne, serrano and habanero.

Different peppers contain different concentrations of capsaicin, which is measured using the Scoville scale. The spicier a pepper or food is, the higher it's rated on the Scoville scale, which is recorded in Scoville heat units (SHU).

WHAT DOES SPICY FOOD DO TO THE BODY?

When you eat spicy food, the capsaicin binds to receptors in the mouth and on the tongue called TRPV1. These send signals of pain to the brain. Technically, spiciness is just a painful sensation, not a flavour or taste. These receptors also sense temperature and heat, so capsaicin tricks the body into thinking its overheating. There may be a slight increase in body temperature and heart rate.

As a result, the body may try to cool itself down, which is why you can become flushed or start sweating while eating spicy food, the experts note. Capsaicin can also

irritate the membranes lining the nose, which may cause a runny nose or watery eyes. Once ingested, the capsaicin enters the digestive tract and can irritate the esophagus or stomach. This may cause more pain or gastrointestinal upset, says de Latour. In the gut, capsaicin can accelerate digestion.

"Capsaicin can actually trigger some people to have diarrhea (because) in the intestines, it can speed up motility," says de Latour. As capsaicin moves through the rectum and anus, it may cause a burning sensation on the way out.

In addition to the physical experience, there's a psychological component. People may feel discomfort or panic when the burn hits. However, the pain can also trigger the release of endorphins. The rush of these feel-good chemicals can create a sensation of relief, pleasure or euphoria.

SPICE TOLERANCE

Some people have a higher spice tolerance, which can be due to various factors including genetics, exposure to spicy foods and personality. The amount of TRPV1 receptors people have vary, and there are variations in the receptors themselves, so some people perceive heat more or less than others based on the number and type of receptors they have. If a person is born with fewer pain receptors, they may be better able to tolerate the heat.

There's some evidence to suggest that continuous exposure, like people who grew up eating spicy food, can build up tolerance.

SPICY FOOD BENEFITS

"There definitely are benefits (to spicy food), and there's some research to support this," says de Latour. Eating spicy food regularly — as part of an overall healthy, balanced diet — may be helpful for:

LONGEVITY
HEART HEALTH
INFLAMMATION
METABOLISM
GUT HEALTH

"There's some data to say that eating spicy food is associated with living longer," says de Latour. Research has shown that frequently eating spicy food may be associated with a lower mortality rate.

This may be more common in parts of the world where spicy food is a staple of the cuisine — these include parts of Asia, Latin America, the Caribbean and Africa.

IS SPICY FOOD GOOD FOR YOU?

"Spicy foods have been eaten for thousands of years by people and not caused significant health problems," says de Latour. Spicy food can be part of a healthy diet and most people can eat it regularly without any issues. Additionally, there's research to suggest that spicy food may have health benefits — this is due to capsaicin, which has antioxidant and anti-inflammatory properties, experts note.

Capsaicin may also have antimicrobial effects, which is why it is traditionally used to preserve foods in warmer climates. However, it can be difficult to draw conclusions about the health effects of capsaicin because the amount of capsaicin and type of spicy foods consumed varies in many studies.

In any case, dashing hot sauce on junk food won't transform it into a healthy meal. If you're looking to get the benefits of capsaicin, the experts recommend adding spice in a healthy way to a nutritious diet with protein, fiber and nutrients from different food groups.

Mini's Food Fundas

The Fragrant Star



Mini Ribeiro

An independent food critic and columnist, will be acquainting readers with the latest food and beverage trends based on personal insights and experiences

This star-shaped pod with a distinct flavour and aroma - Star Anise, plays second fiddle to none, in several dishes across cuisines owing to its versatility

Mulled wine has been on my mind, as Christmas is barely a month away and thinking about it, the other day, my thoughts veered towards the unique spice, star anise. This star shaped spice with a potent aniseed and liquorice flavour, is an integral component of the Christmas mulled wine and yes, cake mix too.

Chakri phool, as we call it in India, it is always in our Spice boxes and is used in several dishes like Biryani and meat-based curries, albeit with caution as its aroma is quite intense and can easily overpower a dish.

This unique ingredient pairs exceptionally well with pork, mutton, rice, and fish dishes. It's bittersweet aroma and flavour, serves as an excellent complement for meats. It is also a key spice in both, our garam masala and the Chinese five-spice



powder. When toasted, before adding to dishes, it emits a unique nutty aroma.

A chef once shared a valuable tip. Add a pod of star anise to your poaching liquid for chicken and seafood, he said. It is also great with braised meats, or in a traditional noodle soup. What is an Asian braised pork belly without this spice? It infuses the meat with a depth of flavour that is unmatched. One needs to start with a broth, then add onions, soy sauce and finally, the whole star anise.

Chefs use it in Peshawari kebabs too. Pan Asian cuisine chefs sometimes coat meat with a mixture of corn starch and a Star anise mix before deep-frying. They also use it as part of the stock, added to curries and gravies.

Another exceptional usage is when cooking carrots with orange juice. Add a whole star anise and voila! You have unique flavours at hand.

No matter, in which dish you use this spice, whole pieces should be removed from a dish before serving, else it can often add a bitter after taste to the palate.

Apart from curries and stews, it lends itself to baked goods like cakes and cookies. I make use of it in baking too. I combine sugar with star anise, a vanilla pod and a cinnamon stick and store in an airtight container, using it later to make a rich fruit cake or cookies. Some people grind this sugar and sprinkle it

over bread slathered with butter. I am yet to try that.

Another dessert in which people tend to use this spice as it elevates the dish, is poached pear slices.

This wonder spice has made it to the bars too. Several bartenders make use of it in liqueurs, owing to its complex flavours and aroma.

Interestingly, it also makes for a strong soothing, tea often sipped in winter when combined along with cinnamon, infused in hot water.

I remember sampling Shirin Polo, an orange and star anise flavoured rice, a Persian dish in the Middle East, many moons ago. The intense flavours were hard to miss and yet, the powdered star anise paired exceedingly well with orange.

Yes, star anise is extensively used in its powdered form too. Whole pods prove to be a better choice, as these stay fresh for long when stored properly, while ground star anise, loses its flavour faster.

It is believed that star anise, was not only considered delicious, but if you were lucky enough to find an eight-point star, the ancient Chinese, thought it imparted good fortune.

So, add to your slow-cooked meat curries, or powder it and keep it handy for baked goods. Star anise, with its sweetish-liquorice flavour, is bound to uplift your dish.



A new book on healthy Goan foods

Chef Rodwin Rodrigues recently authored the book, 'The Goan Healthy Brown' which has been written after about a year of intensive research on how daily use bakery products can be made in nutritious form by home and commercial bakers.

Last year, Rodwin proved himself by creating chocolate in Goa. He then had many school and college level and related students on study tours to see how they make chocolate. After that, he started studying how the bakery items available in daily life can be made into nutritional form and one by one he has created around 60 nutritional bakery items which have been noticed by Goa Food and Drug Administration. The Food and Drug Administration organized a special lecture for all those who are doing bakery business in Goa on how to prepare nutritious food



without using any chemical or artificial colour and also without reducing the vitamins in it.

Rodwin's mother was a nurse and knew a lot about healthy food. "Although pav and poi are a very famous breads in Goa, she never served it to us. Because it was made from flour, it was very harmful to health and we only learnt its true importance when we grew up," said Rodwin.

"I have always wanted to create a variety of foods that are available in a bakery. Now that there is awareness about this substance and its actual adoption is important, that's why I stepped into this field. First, I managed to make chocolate myself with the help of my friend, and now we have managed to make about sixty different foods that are nutritionally rich, and there's a sense of satisfaction in knowing that our hands provide healthy foods to others," says Rodwin.

The event was organized in association with Food Safety and Standards Authority of India and Food and Drug Administration. It was held in the presence of director of Food and Drugs, Sweta Desai, Sanjot Kudalkar and Akshaya Dubberwar.



Tandoori Chicken ranks among the world's top grilled chicken dishes

Tandoori chicken is a dish of roasted chicken marinated in yogurt and generously spiced, giving the meat its trademark red colour. It is named for the cylindrical clay oven in which it is cooked, a tandoor. Tandoori chicken



quickly became popular throughout South Asia and the Middle East as well as in western countries. The spices most commonly used include a mix called tandoori masala (typically cayenne pepper, garlic, ginger, onion, and garam masala), red chili powder or kashmiri chili powder, and sometimes turmeric and paprika. Tandoori chicken is often served on the bones.

Tandoori Chicken finds place among the top ten among the world's top grilled chicken dishes, on the online food ranking platform, Taste



Atlas. Other dishes featured on the list includes Pollo Asado, a Mexican grilled chicken marinated in citrus juices and achiote paste; Jerk Chicken from Jamaica, Sis Tavuk which is Turkish skewered chicken; Jueh Kebab a beloved Persian dish; Yakitori, which

consists of Japanese chicken skewers glazed with a sweet-savoury tare sauce, Pollo A La Brasa which is Peruvian rotisserie chicken, Peri Peri Chicken which is Portuguese-African fusion dish; Dajaj Mashwi, an Arabic grilled chicken dish and Inasal Na Manok is a Filipino grilled chicken marinated in annatto, lemongrass, and garlic.

The rich, charred flavour of the Tandoori Chicken is a culinary favourite worldwide, showcasing India's mastery in transforming simple ingredients into unforgettable tastes. The smokey grilled chicken is deservedly one of India's most popular chicken dishes.

Saligao Community Market

Made in Saligao Community Market will feature a variety of local vendors offering delicious live BBQ, authentic Goan food, snacks, desserts, and unique handicrafts.

Venue: Saligao Institute, Saligao
Date: November 19
Time: 4.30 pm to 8 pm

Slovenian poetry

Experience the magic of poetry with three acclaimed Slovenian poets: Veronika Dintinjana, Brane Mozetič, and Gregor Podlogar. Veronika Dintinjana, a multifaceted artist is not only a poet but also a translator and general surgeon. Her poetry captivates audiences with its exploration of identity and human

relationships. Brane Mozetič is a distinguished poet, writer, and translator celebrated for his ability to connect with readers on a personal level and his vivid celebration of the natural world. Gregor Podlogar, a philosophy graduate from the University of



Ljubljana, brings a unique blend of introspection and politically charged insights to his poetry.

Venue: The Dogears Bookshop, Margao
Date: November 19
Time: 5 pm

Herald Gaming Console

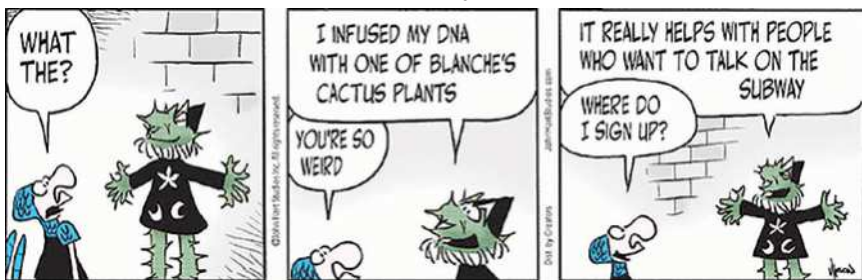
Dilbert



Garfield



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crossword 4693

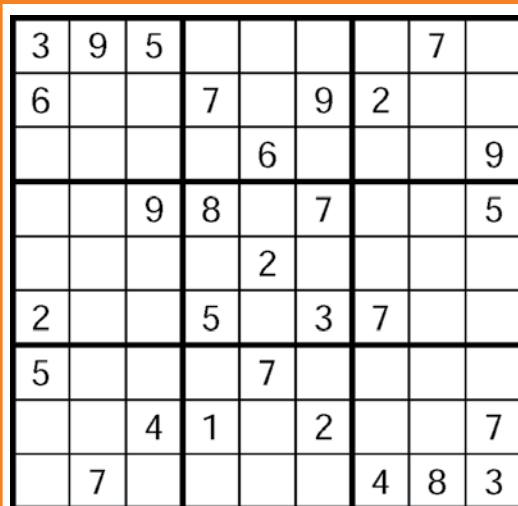


ACROSS
1- Grasp; 5- Brewery kilns; 10- Crooner Perry; 14- ___ about; 15- Fortune tellers; 16- Neat as ___; 17- Withered; 18- Cafeteria items; 19- Course listing; 20- German physicist; 22- Pennies; 23- Kingly address; 24- Former Russian ruler; 26- Glossy fabric; 29- Capable of being endured; 33- Mindless; 34- Tip off; 35- Farm. reunion attendee; 36- Circular band; 37- Imitating; 38- Actor Brad; 39- TV Tarzan Ron; 40- Young rabbit; 41- No-no; 42- Numbered; 44- First American to orbit Earth; 45- Legendary singer James; 46- Et ___ (and other men); 48- Wahine's welcome; 51- Unable to hear and speak; 55- Whodunit hero Wolfe; 56- Eats to a plan; 58- In the blink ___ eye; 59- Not e'en once; 60- Praying figure; 61- Seward Peninsula city; 62- British prep school; 63- Gumbo pods; 64- River of Flanders; see; 30- Influential offering; 31- Divulge; 32- Rocker John; 34- Sleep disorder; 37- Parent's sister; 38- Unmarried remittance; 40- Second letter of the Greek alphabet; 41- End-of-workweek shout; 43- Remove the antlers; 46- MetLife competitor; 47- Wears well; 48- Green Gables girl; 49- Internet writing system that popularized "pwn3d" and "n00b"; 50- Cream-filled cookie; 51- Expensive; 52- ET transports; 53- Domesticated; 58- Cabinet singer Tucker; 29- Unable to

solution 4692



sudoku 4693



Instructions for Sudoku

9 x 9 letter. To solve a Sudoku puzzle, every number from 1 to 9 must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes

solution 4692

