

Goans in Sharjah, UAE learn to make pao

Bryce D'souza

The Sharjah Architecture Triennial recently organised a very interesting workshop at the Al Qasimia School in Sharjah, in collaboration with a few fellow Goans residing in Sharjah. At this workshop, the attendees had the opportunity to witness the live demonstration of freshly baked bread. Since the crowd consisted of mostly Goan families – the discussion was aimed at bringing together perspectives, through relatable experiences. By bringing together people through such events as this bread-making workshop, the triennial are slowly aiming at building a broader community or forum interspersing linguistic barriers and cultures.

Mipath began with her masterclass on how to make freshly baked bread of different varieties. With her broad smile and exuberance, she was able to capture the full attention of the attendees as she took them through the process step by step, while occasionally cracking jokes reminiscent of her hometown and neighbourhood. It was really fascinating to see the different styles of bread preparation some of which included – the normal bun and the styled bread. In addition, the ingredients were also kept on display at the edges of the table for attendees to familiarize themselves as they followed through the session.

After the bread-making masterclass, the participants took a stroll to the nearby garden where the staff of the Triennial explained the different



varieties of vegetables and fruits from the Indian, Asian and American continent. All of this was made possible on account of a special agricultural technique – permaculture where the farmers recycle the residue of the harvest or plantation in a compost bin and use it to make fresh manure which is then returned back to the soil. As a result, plants and vegetables from places such as India get accustomed to the UAE climate after a year, since the nutrients required for sustenance have been mixed by then and are already made available in the recycled residue or forage.

The masterclass cum discussion session ended with a snack session where every single attendee brought homemade food items that were all laid out on the table. Needless to add – the freshly baked Goan pao was a hit no sooner it was out of the oven. The



aroma of the freshly baked bread was irresistible and within no time, the attendees savoured every last crumb of it. Overall, it was really fruitful to bring together a community over the breaking of bread.

Mini's Food Fundas Sweet and spice tastes twice as nice



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

Spicy flavours, pacified by a hint of sweetness, subtly balanced, make a dish even more delectable

A bite into the Goan Khaje at a friend's place, left a distinct sweet and spicy taste on my palate. The ginger lent a spicy flavour, which the jaggery countered and balanced it.

Piquant, hot food with a sweetish flavour, or the other way round, seems like a contradiction, but in reality, is a popular flavour profile when it comes to food. An exciting deviation is always welcome, after all. Small wonder then, that salted caramel is a flavour combo that has taken over the food world- ice creams, popcorn, cookies, et al.

It is believed that balancing the spice with sweet makes it more broadly palatable. Korean gochujang paste, Mexican hot chocolate, Thai sweet chilli sauce, have been around for years

and are sought after.

Equally popular in India is our Gujarati chunda- the sweet-spicy pickle. Our well-balanced, Pineapple or even Ghotache Sansav, in Goa, is another example of a sweet and spicy dish, which lingers on one's palate, making one crave for more.

Again, one of the highlights of Bengali cuisine, is their ability to blend perfectly, sweet and spicy flavours in one dish- be it the dal, curries or even chutneys.

Who can resist a Maharashtrian amti made of tuvar, kokum or tamarind, coconut and jaggery, boasting of sweet and spicy flavours?

One of my all-time favourites is a Sweet and spicy Pumpkin Poriyal. This dish from Southern India is the perfect example of well-balanced flavours, as the naturally sweetish pumpkin is enhanced with the spicy red chillies, green chillies and spices. Roasted sweet potatoes too, offer both the flavours with ease, as Sweet potatoes possess an inherent sweet taste.

Chefs today feel the need to need to create a flavour combination that turns a forgettable meal into an excellent one. Chilli jam chutneys, bacon jam, are again hugely popular as these flavours appeal to the palate. Pineapple in BBQ sauce, is another favourite of many chefs when they want to tantalise your palate with a flavour combo, as is a soy sauce, gochujang, honey, and garlic marinade. Mango salsa too has gained popularity and works as a treat for the palate owing to its sweet-spicy flavours.

Some chefs serve a delicious and perfectly balanced, honey-glazed Salmon. In the West, chefs tend to use a lot of Butternut squash, owing to its sweet and mellow flavours. One can then play around with it and juxtapose several spicy flavours with it.

A spicy ginger and orange chicken, if made well, is an explosion of sweet-spicy

flavours on the palate, which are immensely satisfying.

In the good ol' days we used to enjoy a sweet and sour vegetables or chicken in a Chinese restaurant with our noodles. Uncomplicated, the flavours were so distinct and delicious.

In many homes, meats are seasoned with sugar, and interestingly, this does not render a sweet taste, but on the contrary, enhances the savoury flavours when cooked.

Flavour pairing isn't just about merely combining ingredients. It is about exploiting the complex interactions between different compounds that create flavours. And one must understand that before attempting this. One need not always add an ingredient to impart sweetness, as some ingredients, are naturally sweetish. The trick lies in being familiar with flavour profiles and having a discerning and sharp palate. It's not only chefs who can master this, people cooking at home too can.

Enough said about sweet and spicy combos. My taste buds are now craving these dual flavours. Nothing better than a cup of spiced hot chocolate, so I will make do with that to sweeten and spice up my day.



Ringling in holiday season with festive Christmas cake-mixing ceremony

Students and faculty at the Verna-based Kamaxi College of Culinary Arts (KCCA) recently kicked off celebrations for the upcoming festive season with its annual Christmas cake-mixing ceremony on campus. A campus tradition upheld for years, students and faculty gathered around the table to mix an aromatic blend of premium dried fruits, nuts and fine spirits



— ingredients essential for creating rich, flavorful Christmas cakes. As the mixing took place, accompanying Christmas tunes lent the atmosphere a cheerful holiday spirit.

"This ceremony connects us to the tradition which is rich in history and the overwhelming feeling of the festive spirit," said Chef Playton Dias, faculty chef, Bakery and Pastry, at KCCA. The tradition of cake mixing marks the beginning of the Christmas preparation bringing together friends, family and loved ones. Cake mixing was originally a method for the preservation of fruitcakes and other sweets during the winter months.

"The origin of cake mixing dates back to the 17th century in Europe where families got together and mixed Christmas cakes and puddings well in advance to give it time to mature and develop flavours," added Chef Playton. The process of cake mixing involves combining dried fruits, nuts and spices with flour, sugar and eggs. This mixture is then baked into a cake or pudding.



Celebrating two years of great food with bold flavours



As Hosa Bar & Restaurant turns two, this award-winning restaurant in Siolim, continues to push the boundaries of modern south Indian cuisine. Known for its bold flavours, creative cocktails, and vibrant ambience, Hosa is bringing in its anniversary with an exciting line-up of events and a brand-new menu curated by

Brand Chef Harish Rao.

The new menu takes diners on a journey through South India with dishes like cracked potatoes, kari dosa, and Madurai lamb shank, blending traditional flavours with modern culinary techniques. Adding to the excitement, Hosa recently brought its bold flavours to The Conservatory in Bengaluru for a sold-out pop-up. It also captivated diners with successful pop-ups at Chor Bizarre in Delhi and Comorin in Gurugram. The bar takeover by O Pedro at Hosa, Goa, was a highlight, featuring signature cocktails, delectable bites, and an electric atmosphere.

Hosa continues to be a go-to destination for exceptional flavours and memorable experiences in Goa. Celebrate two years of great food, unforgettable moments, and lasting memories at Hosa.

Coffee Brewing Workshop at Made in Saligao Community Market

A Coffee Brewing Workshop by the renowned expert, Neil Neemuch will be held as he guides through the art of brewing the perfect cup of coffee, sharing tips and techniques that will elevate the coffee experience at the Saligao Community Market. At 6 pm, the stage will come alive with a live solo performance by Leandra, a young local artist with her soulful music. Art lovers will also find unique handicrafts and much more at the market, making it a perfect place to shop for one-of-a-kind gifts and indulge in a little self-care.

Venue: Saligao Institute, Saligao
Date: December 3
Time: 5 pm onwards

Astronomy course in Mapusa

Astronomy lovers in Mapusa are in for a special treat as Association of Friends of Astronomy (Goa) will conduct a special certificate course on basic astronomy which is open to people of all age groups including senior citizens.

The course has been specially curated by science communicators and aims at inculcating basics of astronomy theory, software telescope handling and sky observation in just four sessions. The course also includes a session in training the participants to conduct astronomy outreach to the community. Registration details are available on AFA (Goa) website.

Venue: Sridora Caculo College of Commerce and Business Studies (Saraswat College) Khorlim, Mapusa
Date: December 5
Time: 7 pm

Healing and Deliverance through Holy Eucharist at Velim

Healing and Deliverance Service through Holy Eucharist led by Fr Anthony Lopez and team is being held every 1st Wednesday of the Month at Velim. The service begins with Rosary, Mass, Praise and Worship, Word of God and Eucharistic Adoration.

Venue: St Rock Church, Tollecano, Velim
Date: December 4
Time: 5 pm to 8 pm

Herald Gaming Console

Dilbert



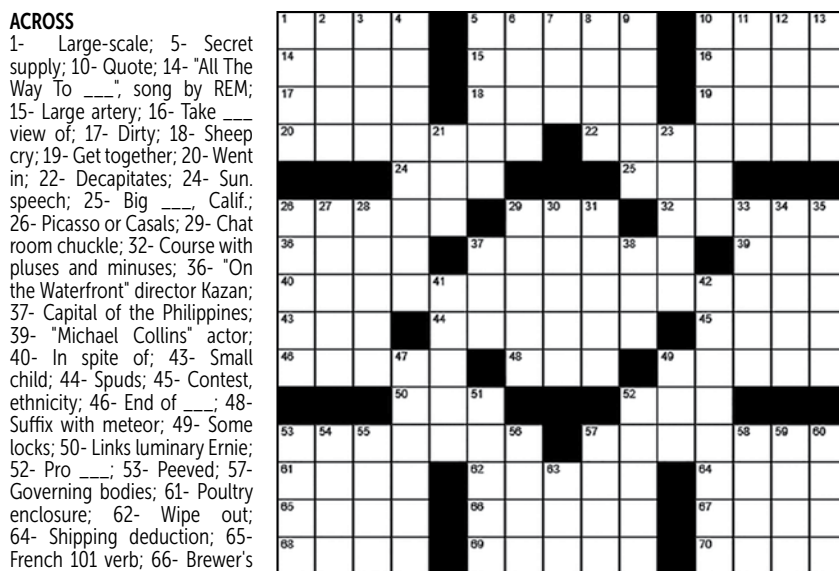
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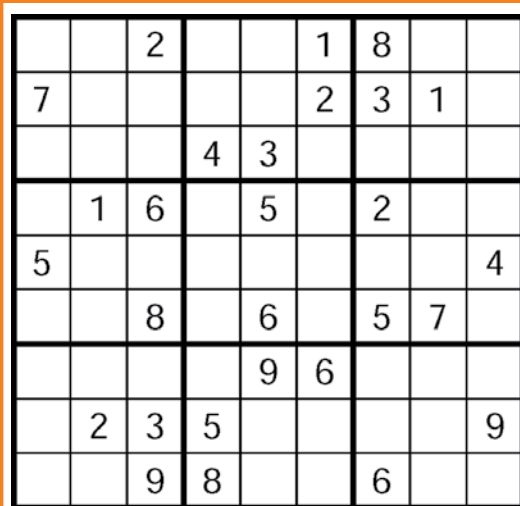


ACROSS
1- Large-scale; 5- Secret supply; 10- Quote; 14- "All The Way To ___" song by REM; 15- Large artery; 16- Take view of; 17- Dirty; 18- Sheep cry; 19- Get together; 20- Went in; 22- Decapitates; 24- Sun speech; 25- Big ___ Calif.; 26- Picasso or Casals; 29- Chat room chuckle; 32- Course with pluses and minuses; 36- "On the Waterfront" director Kazan; 37- Capital of the Philippines; 39- "Michael Collins" actor; 40- In spite of; 43- Small child; 44- Spuds; 45- Contest, ethnicity; 46- End of ___; 48- Suffix with meteor; 49- Some locks; 50- Links luminary Ernie; 52- Pro ___; 53- Peeved; 57- Governing bodies; 61- Poultry enclosure; 62- Wipe out; 64- Shipping deduction; 65- French 101 verb; 66- Brewer's need; 67- Hip bones; 68- Actor Penn; 69- Covered with water; 70- Penny.

DOWN
1- Celtic language; 2- Unskilled laborer; 3- What's ___ for me?; 4- Cabbage salad; 5- Cavalry sword; 6- Tatted; 7- Live and breathe; 8- Thrust with a knife; 9- Loathes; 10- Photographic device; 11- The very ___; 12- Headed for overtime; 13- CPR experts; 21- Rock's ___ Speedwagon; 23- Pertaining to people; 26- Five- Prefix; 27- Crazy as ___; 28- Please, in Potsdam; 29- Actress Christine; 30- Inception; 31- Petrol unit; 33- Experiment; 34- Therefore; 35- Wise ones; 37- 1959 Kingston Trio hit; 38- Vegas opening; 41- Pisa place; 42- Theatrical; 47- Go back into business; 48- Hunger; 51- Later, dud; 52- Molars, e.g.; 53- High cards; 54- Short letter; 55- Asta's mistress; 56- Sketched; 57- Flat sound; 58- Yarn; 59- ___ go brag; 60- Senate position; 63- Towing org;



sudoku 4705



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 4704

