



Mini Ribeiro

An independent food critic and columnist, who follows the latest food and beverage trends

The flat-rimmed dish with a conical lid, in which the Moroccan dish Tagine, is served, stared at me from my phone, as I was skimming through old images. The Lamb and butternut squash Tagine, which I had relished during my travels, brought back memories. A North African stew named after the clay pot in which it is prepared, tagine, can be made with meats, vegetables and is a hearty and warming dish. What a well-balanced, convenient one-pot dish this is, I thought to myself. And this set my mind racing to other one-pot dishes.

At times, cooking can seem like an arduous task, especially when you're rushing



One-Pot Wonders

Requiring minimal time to prepare, fuss-free, reducing wastage, one-pot meals, are not just convenient, but can be flavourful and satiating too. From soulful stews to Mac n Cheese, Khichdi to Ramen Bowls, options abound

around. Busy weekdays, call for one-pot dishes and yet, one wants no compromise on flavours or nutrition. What's more, these require minimal effort while cooking and clean-up too. Across cuisines, both global and Indian, options abound and there's something for every palate.

SOULFUL STEWS

A stew is a classic, one-pot wonder that can be rustled up quickly. One can opt for meat stews, or seafood, or even loaded with vegetables and maybe, lentils. Hearty, rustic, these are simple to prepare and make for a satisfying meal. Our good 'ol stew in Goa, is a personal favourite, and whenever I am not in a mood for an elaborate meal, this comes to my rescue. A spinach and lentil slow-cooked stew, is yet another comforting dish, when seeking protein and fibre, through an easy-to-cook meal.

INDULGENT MAC N CHEESE

Cheese, butter, milk, macaroni, are indeed a decadent combination and spell indulgence, but is allowed once in a while. Weekends are perfect for this creamy, one-pot baked dish, when you want to binge-watch something and don't want to spend too much time in the kitchen.

SOUPY RAMEN BOWLS

If Pan Asian cuisine, is your

favourite, soupy Ramen Bowls, are a good choice. Soft noodles, shredded chicken, bok choy, fresh ginger, immersed in a broth with a runny egg on top. Not only is this visually arresting, but is a delicious, one-pot meal too, which comes together easily. One can customise it according to one's preferences and today, as ingredients abound one can get creative with Ramen bowls.



GLOBAL RICE BASED DISHES- CHICKEN JAMBALAYA AND SPANISH PAELLA

A Cajun-inspired rice, one-pot dish, bursting with flavours emanating from spicy sausages, peppers and tomatoes, Chicken Jambalaya, is convenience personified. The famed Spanish saffron-infused rice dish, cooked in a shallow,



iron-skillet. Paella, loaded with seafood or any other meats, is equally a popular one-pot dish.

OUR DESI KHICHDI

Closer home, Khichdi is everyone's go-to, one-pot dish made of rice, lentils and spices. Nothing spells comfort, than this easy-to-make dish, which when paired with pickle, papad and raita, is a delightful meal. Whether unwell or lazy to cook, this one-pot dish, is the best solution that perks up your taste buds immediately. Addition of vegetables, even meat or sea food, can further elevate this simple dish, which varies across India. The fragrant and spiced, Tehri, a vegetarian rice-based dish from Uttar Pradesh, is another favourite when it comes to wholesome one-pot dishes, as is the savoury Pongal in Southern India.

Rice-based dishes apart, Dal Dhokli, a traditional Gujarati comfort food made by simmering spiced wheat flour dumplings in a tangy and flavourful lentil-based curry, is another complete one-pot dish.

Flavours combining in one pot - this form of cooking, is easy-to-prepare, as everything together with ease, minimising time, effort and resources. And yes, the end results are flavour-packed, wholesome dishes of your choice.

Best fruits and vegetables to fight the cold winter



One can naturally boost energy, improve mood, and reduce the effects of winter blues by incorporating these fatigue-fighting seasonal fruits and vegetables into their winter diet. Winter blues occurs during the winter months and often means feeling low or sad. Fatigue-fighting foods provide essential nutrients like vitamins, minerals, and antioxidants. These foods support serotonin production, regulate blood sugar, and enhance overall vitality, making winter more manageable. Fatigue-fighting seasonal foods to consume in winter

SWEET POTATOES

Sweet potatoes are rich in complex carbohydrates that provide a steady release of energy, preventing blood sugar crashes that cause fatigue. They are also high in beta-carotene, which supports immune health during winter, and magnesium, which helps reduce stress and improve sleep quality. Bake, roast, or mash them for a comforting and nutritious winter dish.

ORANGES

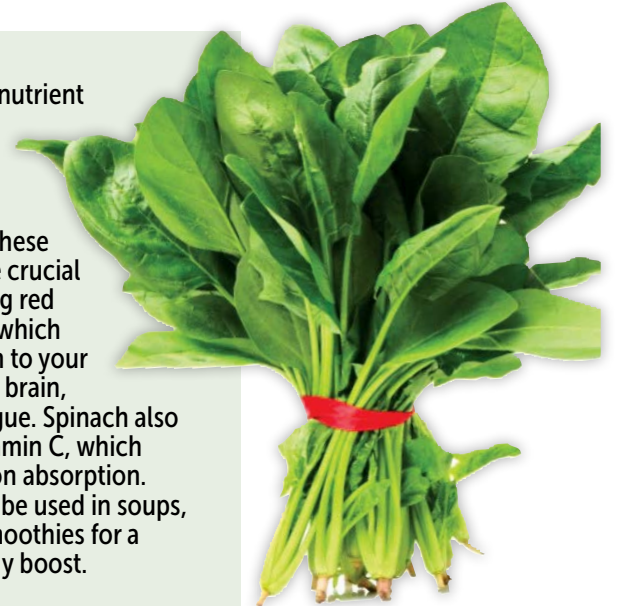
Oranges are an excellent source of vitamin C, which helps combat fatigue by reducing oxidative stress and strengthening the immune system. The natural sugars in oranges provide a quick energy boost, while their high water content keeps you hydrated. Have an orange as a snack or drink fresh orange juice for a refreshing start to the day.

BEETROOTS

Beetroots are rich in nitrates, which improve blood flow and oxygen delivery to your muscles and brain, combating fatigue. They also contain iron and folate, which are essential for energy production. Drink fresh beetroot juice or roast them as a side dish for a vibrant addition to your meals.

SPINACH

Spinach is a nutrient powerhouse packed with iron, magnesium, and folate. These nutrients are crucial for producing red blood cells, which carry oxygen to your muscles and brain, fighting fatigue. Spinach also contains vitamin C, which enhances iron absorption. Spinach can be used in soups, salads, or smoothies for a winter energy boost.



POMEGRANATES

Pomegranates are loaded with antioxidants, particularly polyphenols, which help fight oxidative stress and fatigue. Their natural sugars provide a quick energy lift, while their fibre content ensures sustained energy release. Enjoy pomegranate seeds as a snack or add them to salads and yogurt.



2025 Planetary alignment

The Association of Friends of Astronomy has made continued arrangements for the general public to view the recent planetary alignment, through telescopes at multiple locations. The Panjim observatory at Junta House will be open for viewing every day from Monday to Saturday, and the Margao observatory at Ravindra Bhavan will be kept open on January 28 and February 1. At Porvorim, the program will be held at Vidya Prabhodini High School on January 28, and at Mapusa, the same will be organized at Saraswat College ground at Khorlim on January 30. An additional viewing is also being held at 1930-Vasco on January 31. Entry to all venues is free and open for all without any prior registration.

Venue: Panjim, Margao, Porvorim and Mapusa

Date: January 28 - February 1

Time: 7 pm to 8.30 pm

Goan food and music

Celebrate local talent, creativity, and flavors, all under one roof at an exciting evening at the Made in Saligao Community Market. Besides enjoying Goan snacks like vonn, sanna, pudde, alle belle, Para, Balchao, sausages and samarachi koddli. Watch a free live demonstration of coconut broom-making, a traditional craft at 6 pm. Enjoy soulful live singing as Reema takes the stage and feel free to showcase your singing talent with the open mic session.

Venue: Saligao Institute, Saligao

Date: January 28

Time: 5 pm to 8 pm

A REPUBLIC DAY CELEBRATION OF UNITY, INCLUSIVITY, AND HERITAGE

The village of Corlim came alive on Republic Day with the vibrant Ekvottachem Fest, a unique celebration of unity, inclusivity, and Goa's rich cultural heritage curated by festival director Festacar Marius Fernandes and hosted by Mariano and Perpetua Ferrao.

A key feature of the fest was the Balgaochoe Gozalli, a platform where notable personalities like Miguel Braganza, professor Carmelito Andrade and senior journalist Prakash Kamat shared their knowledge and experiences. Attendees were treated to nostalgic glimpses of Goa's traditional lifestyle through activities such as cashew roasting, salt fish frying, milking of a cow, weaving of garland of local flowers and cleaning of raw cashew nuts called bibe.

The crowd was enthralled by a unique dance performed with coconut shells, Kottieacho Nach conceptualized by Dr Gwendolyn de Ornelas, as well as live musical performance



by Maria Goretti Fernandes, Ana Gracias, Antush Braganza and others. Live demonstrations by talented artists, Rosita Heredia (Divar) doing rattan work called roteassão, Reshma Namajwale (Corlim) preparing a Muslim delicacy seviyan, Anuradha Tipu Varganekar originally from Bhoma had a speciality of Hindu household the nachnem ladoos while the host Perpetua Ferrao showcased the Goan Christmas sweet pinaca.

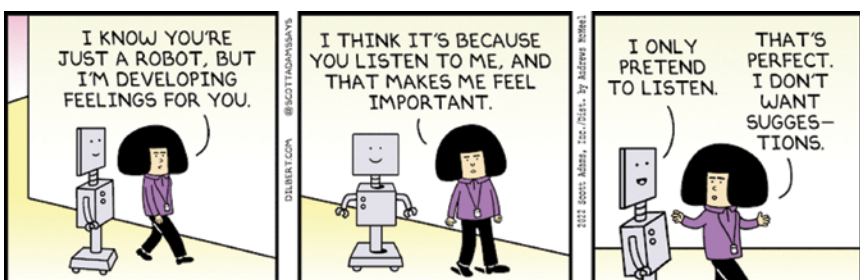
One of the

festivals' highlights was the Festacarachi Pasoi, a heritage walk led by Suresh Kunkalikar, which explored Corlim's indigenous trees, medicinal plants and historic landmarks. A milestone celebration, as Festacar approaches his 100th community festival, was honoured with a commemorative 2025 Festacar Calendar, designed by professor Carmelito Andrade.

Ekvottachem Fest, meaning 'Festival of Unity', lived up to its name by creating an inclusive space that welcomed participants from Corlim, Panjim, Mapusa, Divar, Loutolim, Nuvem, and beyond. In a remarkable gesture of inclusivity, individuals with disabilities were also actively involved, ensuring the festival was a celebration for all.

Herald Gaming Console

Dilbert



Garfield



Wizard of id



crossword 4753

ACROSS

1- Ancient Semitic for 'Lord'; 5- Chiller; 8- Wind indicator; 12- First name in scat; 13- Collection of maps, Titan of Greek mythology; 15- Cake finisher; 16- Phoebe; 17- Gawk; 18- Throb; 19- Leaping insect; 22- Sue Grafton's '___ for Evidence'; 23- Addams Family cousin; 24- Banister; 26- Scoffs; 29- Regard; 31- Tic-tac-toe win; 32- Taj ___; 34- Shaft shot from a bow; 36- About, in memos; 38- Fenced areas; 40- Gutter site; 41- Brit's bottle measure; 43- Stagers; 45- Vietnamese holiday; 46- Curd stuff; 48- Leased; 50- Beak; 51- Frat letters; 52- Opposite of paleo-; 54- Question a decision; 61- Blame; 63- Move rhythmically; 64- Charge per unit; 65- ___ account (never); 66- Primitive weapon; 67- Let's just leave ___ that; 68- Actor Beatty; 69- Man-mouse link; 70- Droops;

DOWN

1- Titanic's undoing; 2- Banned apple spray; 3- Neighbor of Sask; 4- Timmy's dog; 5- Sock mel; 6- Put your hands together; 7- Tombstone name; 8- By means of; 9- Increase in speed; 10- 'M*A*S*H' soft drink; 11- ___ Tu; 1974 hit; 13- Smokers receptacle; 14- Crystal ball users; 20- Flower part; 21- Pro ___; 25- Able

was

_____;

26- ___ boom;

27- Headed toward the Arctic;

28- Stock unit;

29- Born before, senior churchman;

30- Shifted; 31- Petroleum; 33- Exist; 35- Rainy, say; 37- ___ saw Elba; 39- Thin; 42- Morays;

44- Cozy; 47- Vehicles with runners; 49- Trouble, slangy;

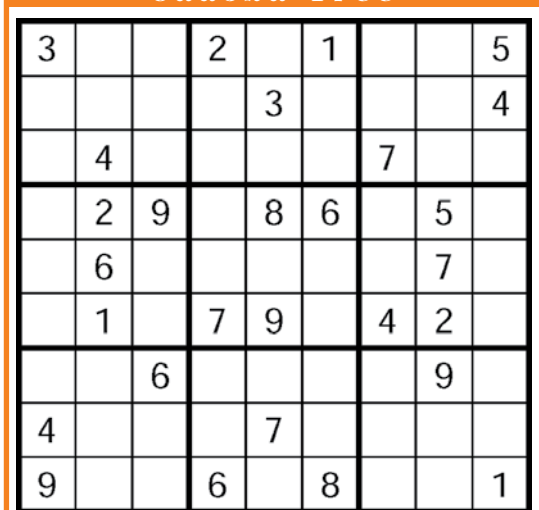
52- Midday; 53- Feminine ending; 55- Mob boss; 56- Lulu; 57- Final Four org.; 58- I could ___ horse; 59- Adult male deer; 60- Hardens; 62- Plea at sea;



solution 4752



sudoku 4753



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 4752

