

Mini's Food Fundas

Strawberries - the fruit of love?



Mini Ribeiro

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

Fresh shiny bright strawberries stared back at me, as I was out shopping in Panjim market over the weekend. They looked irresistible. I gave in and bought some, as it dawned on me that Valentine's Day is nearing and perhaps, I could make some exciting desserts too.

VERSATILE STRAWBERRIES

There's so much one can do with strawberries. In fact, these are synonymous with Valentine's Day owing to their attractive colour. With a shape that roughly resembles a heart, it's easy to believe that this fruit is romantic. In ancient times, strawberries were thought to be an aphrodisiac. Nothing screams romantic desserts more, than those made with strawberries.

The touch of tang in the strawberries, balances out the sweetness of the chocolate or whatever one has combined these with, resulting in a unique flavour. Of course, chocolate is the most preferred pairing. Combining the fruit's natural sweetness with decadent chocolate, spells indulgence in a single bite. From a Strawberry chunky choco-chip cookie, to Strawberries with a dark chocolate fondue, the options are endless. One merely needs to be creative. Pastry chefs and home bakers, whip up great desserts with strawberries for Valentine's Day - tarts, meringue, cakes, mousse, as the pink hues look alluring and befitting a romantic meal finale, as couples celebrate love. And all strawberry desserts need not be baked. There are decadent no-bake ones too - like a layered Strawberry cheesecake with a biscuit base, which are fuss-free and relatively simple to make.

Undoubtedly, one of the greatest gourmet pleasures of the season, strawberries flood the markets as Valentine's Day draws closer and people use these to make desserts, apart from relishing the fruit itself



EASY DIY HOME RECIPES



CHOCOLATE DIPPED STRAWBERRIES

- INGREDIENTS:**
- 300 gms chopped dark chocolate
 - ¼ tsp vegetable oil
 - 15 medium sized fresh strawberries

- METHOD:**
- Rinse and dry the strawberries completely.
 - Melt the chocolate in a microwave safe bowl or liquid measuring cup, combine the chocolate and oil. Microwave for 20 seconds and then repeat, stirring well in between, until the chocolate is melted

- and smooth.
- Line a tray or pan with parchment paper. One at a time, dip the strawberries into the chocolate. Pull straight out, allow the excess chocolate to drip off and set on the pan or tray.
- Leave a little room between the strawberries. Once dipped, drizzle any excess chocolate over the strawberries and allow to cool at room temperature until the chocolate hardens.

•SERVE ATTRACTIVELY AND ENJOY.

STRAWBERRY YOGURT CLUSTERS

- INGREDIENTS:**
- 1 cup Greek Yogurt



- 2 cups chopped Strawberries
- 1 Tbsp Honey
- 2 tsp cooking oil

- METHOD:**
- Combine Greek yogurt, chopped strawberries, honey, in a large bowl. Mix well.
 - Line tin with parchment paper and brush with oil.
 - Scoop out clusters of this mixture with a spoon or ice-cream scoop and place on parchment paper, leaving space in between.
 - Place in freezer for 2 hours or so, until they solidify.

• REMOVE AND ENJOY.

Ten healthy ways to lose WEIGHT



If losing weight is a priority for you, there are better ways to approach it than the severe restrictions, untested supplements or bizarre food combos you see on social media. Extreme diets might help you lose weight fast, but dietitians say the results won't last and are potentially dangerous for your health. However, these are science-backed tips. We live in a diet culture, and it's hard to escape the idea that you need to be lose weight and fast. Keeping lost weight off is extremely difficult but you can be fit and healthy and feel really good, even if you're not as thin as you'd like to be.

UP YOUR FIBER INTAKE

Not only does fiber help keep your digestive system humming, it also can add to satiety, making you feel less hungry. High-fiber foods take longer to digest and also provide volume, so you'll feel fuller on less calories. Fiber can help keep you regular, control blood sugar levels and even lower cholesterol. As you increase the fiber in your diet, with high-fiber foods like oatmeal, beans and other pulses, as well as seeds and fruits, make sure to also focus on hydration to help the fiber expand in your stomach and digest properly.

START WEIGHT TRAINING

Building muscle is essential for your body for many reasons, but it also aids in achieving a healthy weight. Strength training can be done with weights, resistance bands or using your own body weight in activities like yoga and Pilates. Because muscle is denser than fat, you might be losing body fat even if the number on the scale doesn't reflect weight loss. Regular exercise can help you manage your weight, but the more muscle mass you have, the higher your metabolic rate.

BETTER BREAKFAST

A balanced breakfast that is stacked with fiber, protein, and healthy fats will revolutionize your day. In fact, skipping breakfast may influence your hunger hormones later in the day, making it harder to refrain from oversized portions or cravings for sugar and refined carbohydrates. The best breakfast recipes are ones that will fill you up, keep you satisfied and stave off cravings later in the day. Make sure you're including a source of lean protein plus filling fat like eggs, unsweetened Greek yogurt, nuts, and fiber. Starting your day with a blood sugar-stabilizing blend of nutrients will help you slim down.

GET MOVING

Consideration walking for weight loss and better overall health. Movement of any type can be a very useful weight management tool, but walking is a great, inexpensive option that doesn't require any extra gym equipment except for a good pair of walking shoes. While any amount of walking is good for you, one study showed that people who walked 8,200 steps per day were less likely to become obese, suffer

ADD MORE VEGGIES

Instead of restricting certain foods or food groups, focus on incorporating an abundance of nourishing foods into your diet to promote overall health and weight management. You can create lower-calorie versions of your favorite dishes by swapping out higher calorie ingredients for fruits and veggies. If you're aiming to make any meal mostly veggies, you're on the right track to better health.

from major depressive disorder and other chronic health related conditions.

EAT MINDFULLY

Mindful eating means focusing on what you're eating and when, which can help you identify unnecessary munching moments you may not realize you're engaging in throughout the day. More importantly, try to avoid eating foods that you don't choose for yourself. Noticing where your extra calories actually come from is another step to making better choices in the short and long term.

GET MORE SLEEP

According to research, getting less than seven hours of sleep per night can slow down your metabolism. Chronic sleep deprivation may even alter hormones that control hunger, and some studies show that there is a connection between poor quality food choices and less sleep. Good sleep has a ton of other benefits too, like boosting alertness, improving mood and overall quality of life. Start small by pushing up bedtime by 15 to 30 minutes every minute counts.

KEEP A FOOD JOURNAL

People who log everything they eat especially those who log while they're eating are more likely to lose weight and keep it off for the long haul. The habit also takes less than 15 minutes per day on average when you do it regularly, according to a study published in the journal Obesity. Start tracking on a calorie-counting app or use a regular notebook. It'll help you stay accountable for what you've eaten.

RESIST THE URGE TO SKIP A MEAL

Nutrition experts stress that skipping meals will not make you lose weight faster. If a hectic day makes a sit-down meal impossible, carry a piece of fruit in your car or purse and keep snacks in your desk drawer, anything that will keep you from going hungry. Going long periods of time without food does double-duty harm on our healthy eating efforts by both slowing down your metabolism and priming you for a binge later in the day. Make it your mission to eat three meals and two snacks every day, and don't wait longer than three to four hours without eating. Set a snack alarm on your phone.

SKIP SUGARY BEVERAGES

Skipping sugary beverages is often the easiest way to lose weight faster, and as a bonus, it's good for heart health and diabetes prevention, too. Monitor your intake of juice, soda, sweetened coffee and tea and alcoholic beverages. If you consume one of each of those beverages during the day, you'll have taken in at least 800 extra calories by night-time.

Sadbhav Sammelan explores hate speech and interfaith harmony



The Sadbhav Sammelan, organized by Sadbhav, Pilar, Fr Agnel College of Arts and Commerce, Pilar, and the Department of Philosophy, DCT's Dhempe College of Arts and Science, Miramar, provided a powerful platform for critical discussions on 'Hate Speech: A Divisive Rhetoric and Threat to Interfaith Harmony'. The conference brought together intellectuals, activists, and concerned citizens to deliberate on the urgent need for peace, respect, and inclusivity in society. The conference was held at the Pilar Pilgrim Centre, Pilar, on the occasion of World Interfaith Harmony Week.

The event was graced by eminent personalities, including chief guest Arvind Bhatkar IAS (Retd.), Fr Dr Frederico Rodrigues, principal of Fr Agnel College,

Dr Swati Pawar, vice principal of Dhempe College, alongside distinguished speakers Fr Lawrence Fernandes, Dr Roshida Rodrigues, and Sandesh Prabhudesai.

The conference began with an invocation prayer led by Janessa D'Mello and a Shanti Mantra in Sanskrit chanted by Dr Fr Elvis Fernandes, the convener of Sadbhav Sammelan, setting a reflective tone for the discussions. Fr Lawrence Fernandes emphasized the importance of respecting all faiths and avoiding divisive rhetoric, while Fr Joaquim Rebello, the Provincial Superior of the Goa Province, reinforced the universal principle of "Love your neighbour as yourself," warning against indifference to others' suffering.

Arvind Bhatkar provided key insights into the legal provisions of the Indian

Penal Code regarding hate speech, urging both intellectual reflection and practical action to counter this growing threat. Keynote speaker Sandesh Prabhudesai presented an insightful perspective on Goa's legacy of communal harmony, highlighting the absence of a direct word for 'hate' in Konkani—symbolizing the region's deep-rooted unity. The interactive session on the 'Weaponization of Social Media', led by Praveen Sabnis, explored the dangers of digital platforms being used to spread hatred.

In the concluding session, Tallulah D'Silva and Asim Shaikh engaged participants in developing practical strategies to combat hate-driven narratives. The discussions were further enriched by a musical performance by Saree Seekers and a skit by Uzwaad NGO members and Dhempe College students, creatively raising awareness on the issue. The conference concluded with remarks from Fr Milton Rodrigues and Sendra Florence Pereira, who reiterated the collective responsibility of fostering communal harmony. Irene George, programme coordinator proposed the vote of thanks.

MADE IN SALIGAO COMMUNITY MARKET

Saligao Institute will be celebrating love, laughter, and community at this week's Made in Saligao Community Market. The market will feature music by Polly, Valentine's photo booth, DIY Valentine's Crafts, Tambola and spot prizes. Love Letter Writing Station will help you write a heartfelt postcard for anyone you love. Decorate your card and drop it in their mailbox. There will be a lucky draw for couples.



Venue: Saligao Institute, Saligao
Date: February 11
Time: 5 pm to 8 pm



Herald Gaming Console

Dilbert



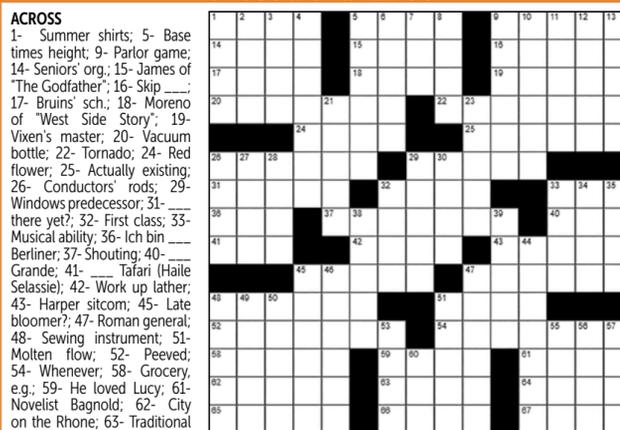
Garfield



Wizard of id



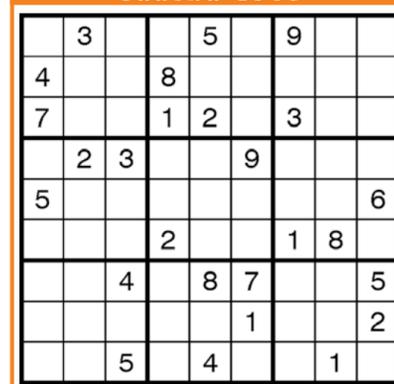
crossword 4765



ACROSS
1- Summer shirts; 5- Base times height; 9- Parlor game; 14- Seniors' org.; 15- James of 'The Godfather'; 16- Skip ____; 17- Bruins' sch.; 18- Moreno of 'West Side Story'; 19- Vixen's master; 20- Vacuum bottle; 22- Tornado; 24- Red flower; 25- Actually existing; 26- Conductors' rods; 29- Windows predecessor; 31- ____ there yet?; 32- First class; 33- Musical ability; 36- Ich bin ____ Berliner; 37- Shouting; 40- ____ Grande; 41- ____ Tafari (Haile Selassie); 42- Work up lather; 43- Harper sitcom; 45- Late bloomer?; 47- Roman general; 48- Sewing instrument; 51- Molten flow; 52- Peeved; 54- Whenever; 58- Grocery, e.g.; 59- He loved Lucy; 61- Novelist Bagnold; 62- City on the Rhone; 63- Traditional prayer ending; 64- Punjabi princess; 65- Minimum; 66- Days of ____; 67- Bad mood;

DOWN
1- Lacking play; 2- 'From ____ according to his abilities...'; 3- Author Stanley Gardner; 4- Songbird; 5- Beyond; 6- Elevate; 7- Chow down; 8- Med school subj.; 9- Gambling house; 10- Humbles; 11- Leases; 12- Palm fruits; 13- Blank look; 21- Medium of exchange; 23- Broaden; 26- Boxer Max;

sudoku 4765



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 4764

6	7	3	1	4	9	2	5	8
2	4	1	5	8	3	9	7	6
8	5	9	2	6	7	4	3	1
4	9	2	7	3	8	1	6	5
5	3	6	4	1	2	7	8	9
7	1	8	6	9	5	3	2	4
9	2	5	8	7	1	6	4	3
1	8	4	3	2	6	5	9	7
3	6	7	9	5	4	8	1	2