

Herald Cafe



TAKING MUSIC TO THE YOUNG



FEAST OF THE SACRED TONGUE OF ST ANTHONY AT VERODA

PLANT-BASED PARADISE:

Vegan cuisine is flourishing in Goa

Vegan restaurants are slowly but steadily picking up on the trend in Goa with their clientele expanding beyond the domestic and international settlers in Goa

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Veganism as a concept is increasingly becoming popular in the state. The decision to stop eating anything related to an animal is a big move that is being made by people around the State. This is being driven by the entry of people from different parts of the country and the world.

What is veganism?

Veganism is the practice of abstaining from the use of animal products and the consumption of animal source foods. It helps reduce cholesterol limits, thus, reducing the chance of a heart attack. A person who practices veganism is known as a vegan. The foundations of veganism include ethical, moral, environmental, health and humanitarian arguments. Veganism excludes all forms of animal use, whether in agriculture for labour or food in entertainment or in services.

Variation on the theme

The popularity of veganism in Goa is growing with restaurants specialising in vegan cuisine opening up all over the place. Some restaurants label themselves as vegan vegetarian because they use milk. A vegan restaurant in Patnem in Canacona which has been operating for 11 years has tourists from all over the world coming over to use milk in some of its dishes. Akash, the manager said, "As the importance of healthy living spreads is creating awareness, more people are coming over and it is not just younger people coming in. Business is very good and we have no complaints."

Vegan restaurants present all over

In Vagator, Shaun Rodrigues, a chef, runs a vegan restaurant since 2008. He said the reason to turn vegan was he had turned vegan and it was obvious to him that there was a huge market out there. He said, "The world's cuisine was available in Goa and it made sense to have a vegan restaurant in the state. Earlier, the yoga community would come over and the westernised urban Indian but now after



Covid, movie stars and ministers come to eat. I strongly believe that business will continue to increase and this is a billion dollar industry. Our Nacho Supreme platter from millet is very popular."

A newer entrant in the business is the vegan restaurant in Fontainhas which set up operations in December 2023. Tania Bath says the idea was to give vegetable-based whole food which was unprocessed. She said, "Everything is made and hardly anything comes out from a bottle. The oils we use are plant based. We have various kinds of veg food with a focus on flavour. The food is consumed by Indian and international travelers. We also have both Indian and international customers coming over. And yes, we also get young Goans coming over to sample our fare. We also get walk-in customers who come in and then keep coming back."

Aarti Sinha turned vegan in 2015 as the diet has many benefits including being healthy, low

on cholesterol, cruelty free and sustainable. She set up operations in Aldona five years ago. She said, "Goa is a state where everyone is focused on sea food but the younger generation is looking for healthier options." She provides a tiffin service to customers between Siolim and Bambolim who don't have the time to cook. Aarti said people had myths about vegan food. "Food without dahi or ghee was vegan. A large part of Indian vegetarian food was vegan," she adds. With people now more conscious of the importance of maintaining their health, they will enjoy vegan cuisine.

The switch to veganism

Actor and stand-up comedian based in Goa, Ash Chandler said, "As a lover of all life, I had to ask myself if I could get all the nutrition I needed without causing any pain and veganism was the answer. I have been a follower for 12 years." When asked what effect it



VEGANISM VS VEGETARIANISM

Vegan Diet

Veganism excludes all animal foods, including dairy, eggs, meat, and seafood. People following this diet also will not eat ingredients derived from animal sources, such as honey.

Vegetarian Diet

Vegetarianism generally means that no meat, poultry, or seafood is consumed. Eggs and dairy can typically be included in a vegetarian diet.



Vegan diet

● **Frugal or frugivorous:** A diet of mostly fruits and a small portion of nuts, seeds, and select vegetables

● **Raw food:** A diet where foods are eaten in their raw state

Vegetarian Diet

● **Lacto-vegetarians:** Consume dairy products in their diet

● **Lacto-ovo-vegetarians:** Consume dairy products and eggs

● **Ovo-vegetarians:** Eat eggs as their only animal protein

had on him, he said, "My lipid profile has been great since the change. Also, I feel way more energy. I also don't feel sluggish from trying to digest things I wasn't supposed to digest like a cow's milk. Overall, it has established a balance between my thoughts and actions, my beliefs and my deeds."

Aparna Bhartia, who turned vegan six years ago says, it was an exciting journey which her entire family eventually joined. Seeing her and interacting with her has made several of her friends become vegan too. She said vegan food was a lifestyle and a refusal to have anything from an animal. It was about living with fairness and consciousness. She said her family's health had improved and the message was spreading and this could be seen in the number of vegan restaurants which were increasing in the state.

It is obvious that veganism has developed roots in the state and will grow in the years to come.

SWIPE RIGHT



Nargis Fakhri marries Tony Beig in LA

Reports suggest Nargis Fakhri secretly married longtime beau Tony Beig in LA. The intimate affair was said to be attended by only close friends and family, with glimpses of their wedding cake and venue nameplate quickly going viral. Now honeymooning in Switzerland, the couple shared a sweet snapshot together, fueling excitement online. Nargis and Tony exchanged vows at a luxurious five-star venue in Los Angeles last weekend. A source said, "Both Nargis and Tony ensured that nobody clicked pictures of the two from the wedding. It was an extremely private function with only family members and close friends."



Andrew Garfield and Monica Barbaro are dating?

Andrew Garfield

Stepped out with 'A Complete Unknown' star Monica Barbaro in London, causing speculation that the two may be romantically involved.



where the two attended a performance of Jonathan Bailey's West End play 'Richard II'. In a video shared on X (former Twitter), Andrew, 41, kept things lowkey in a dark hoodie and maroon ball cap as he chatted with Monica, 34, who sat next to him for the play. The actress—whose performance in the Bob Dylan biopic earned her an Oscar nod for Best Supporting Actress—also opted for a casual look, wearing a blue baseball hat and light gray jacket. In January, they attended a magazine party together in Los Angeles, posing for photos with Eddie Redmayne.



Mother Kate Moss and daughter Lila Moss were twinning in black at a London Fashion Week event hosted by Donna Karan New York.

Journeying through missionary life of a saint

Cast: Simran, Abiyola, Shanoy, Noah, Kevin, Sandeep, Sairaj, Ashwin, Sherwin, Cloray and others

Writer/Director: Sheryl Vaz
Music Composition: Placido Rodrigues

Band: Placido (guitar), Dominic (bass), Shane/Volver (violin), Acacio (saxophone), Jesus, Figo (keyboard) and Carlos (drums)
Light/Sound/Screen: Bhasker Adivrekar

Pio Esteves

'Footprints', a musical play on the life of St Francis Xavier written and directed by Sheryl Vaz with music composition by Placido Rodrigues was presented on stage by the students and staff of Immaculate Heart of Mary High School, Goa-Velha of the Educational Society of Handmaids of Christ, Goa.

The recently concluded 18th Exposition of the Sacred Relics of St Francis Xavier at Old Goa inspired many



artists to take up to stage and work on the life, mission and miracles of St Francis Xavier by way of tiatrs, operettas, musical plays and films. Such theatrical presentations helped many among the audience to know and understand the missionary life of the saint and grow in faith.

The one and a half hour musical play 'Footprints' with a huge cast of 185 students carried narration, songs and

dances on stage, besides visuals on the giant screen. From tiny tots to children of higher classes, the overall presentation was a visual and audio treat to the eyes and ears respectively.

Right from birth to growth as a teenager and then as a youth with plans to go to Paris for further studies and then the change of heart after encountering St

Musical Review 'FOOTPRINTS'



Ignatius de Loyola and the missionary works as a zealous priest in different parts of the world was life of St Francis Xavier brought to light on stage.

Francis Xavier's guardians, Juan (Simran) and Marie (Abiyola) played a fine role on stage. His siblings, Anushri and Khushi Morya were equally good and in a playful mood. Young Francis (Shanoy) and

among the other young artists.

Various dances on stage included the butterfly dance by tiny tots, a Japanese dance and a 'kunbi' dance depicting Goa and its rich art and culture. Each typical dance carried a relevant backdrop on the screen as well. Most of the songs were rendered offstage by singers Succor de Santa Cruz, Bonita, Jasmine, Veron and Sheryl, with music accompaniment by Placido (guitar), Dominic (bass), Shane/

as an adult (Noah), both the artists were impressive.

The role of Bro Theo was enacted by Kevin, Julian (Sandeep), companion (Sairaj), friend (Ashwin) and second priest (Sherwin), extending good support to the main cast. The character of Ignatius de Loyola was enacted by Sir Cloray, but he looked elderly

Volver (violin), Acacio (saxophone), Jesus, Figo (keyboard) and Carlos (drums).

Light, sound and screen on and offstage were executed by Bhasker Adivrekar and deserves appreciation for the efforts put in. But unfortunately the sound of the live music was loud and empowering the renditions by the singers, thus making most of the songs inaudible.

A replica of the casket containing sacred relics of St Francis Xavier was carried in a procession by the students and others. It came from among the audience in the auditorium much before the musical play could take off on stage. This fine and touching act should have come as a conclusion of the musical play, culminating as a climax.

Other theatrical works which came up on stage during the recent exposition of the sacred relics of St Francis Xavier included a tiatr 'Goemcho Saib' by Michael Gracias, a Konkani operetta 'Porgottinnar' by the committee for the Exposition of the Sacred Relics of St Francis Xavier, a Konkani musical play 'Mhozo Ixtt Francis' by Ageema Fernandes and a musical 'Xavier's Mission China' by Fr Allan Tavares.