

Herald Cafe



INTERNATIONAL ROVER CHALLENGE 2025 SHOWCASES TECHNICAL EXCELLENCE



SONIA SHIRSAT TO ADD GEORGIAN AS NEW LANGUAGE IN HER SINGING AT MUSIC FESTIVAL

EATING SMART: Opting for nutrient-rich foods

From millets and dry-aged fish to olive oil and sugarless cakes, Goans are now more conscious than ever when it comes to what they consume

Ajit John ajit@herald-go.com

You are what you eat, as the saying goes. As the State gets more health conscious, people are careful about what they consume and how their food is cooked. The need to be fit and healthy seems to govern most decisions.

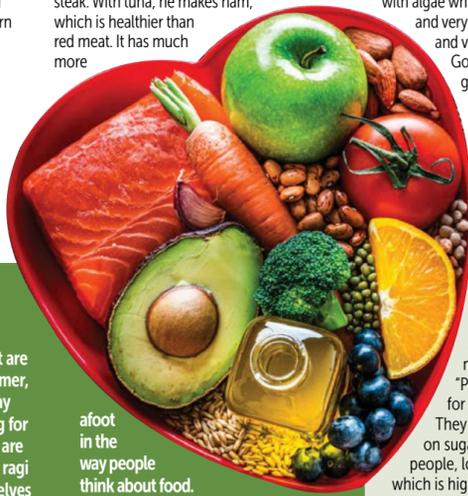
Changing tastes

Healthy protein sources include eggs, nuts, lean meats, fish, dairy, and certain grains. Chef Waleed Bousinina, who has a restaurant in Fontainhas, says that the manner in which they focus on the raw material is different. They dry-age the fish for two days and this

helps the fish develop more flavour. Fish like black pomfret, chonak, kingfish and Indian tuna are favourites at his outlet. The kingfish gets an Omani flavour after it is dry-aged. After 4-5 days, it develops a texture like that of steak. With tuna, he makes ham, which is healthier than red meat. It has much more

protein and when the fish is cooked, it is done in salt, olive oil and lemon juice.

The outlet is conducting research on sea algae of which there are 174 varieties. He says, "They are a big source of minerals and proteins. We make salad with algae which is popular and very rich in proteins and vitamins. The Goan consumer is getting smarter and more knowledgeable. Working out helps but it also pays to choose what you eat."



Aware and adventurous

Chef Vignesh Salgaocar, who is a pastry chef and nutritionist, says, "People are looking for more nutrition. They want to cut down on sugar and butter. Earlier, people loved rawa fry fish which is high in fat content. But now they want grilled, tandoor or barbecue. People now like to avoid fat and oil. People like garlic butter but don't want it like in the old times. They want it Alio Olio which is an Italian style of oil infused with herbs". People want more olive oil not clarified ghee and their preparation cooked in dry heat. It is charcoal heat, barbecued and smoked. East Europeans like it that way and now Goans are increasingly drawn



to it. People who travel have a different kind of taste as compared to a traditional Goan. They still want the authenticity of Goa but want to avoid the marination and the spice."

Chef Vignesh says that ideally the jackfruit is the best grilled snack as it has one of the best marination and it goes with cafreal and Xacuti. It can be served as a vegan item and it is also a primary ingredient in Goan traditional food made in festivals. "Goan Sprouted Cashew is also one of the most unique ingredient in the morning breakfast and it is served as Garyeche sukke, which is a vegetarian item of Goa. It is one of the signature items in coastal food. Speaking of coconut oil, it is the most preferred sear mediums and is the best oil for making baked items," says Chef Vignesh.

Chef Kunal Arolkar says that fitness conscious people prefer less sugar and made of millets in healthy products. Earlier, once in a blue moon, he would get an order for a cake suitable for a diabetic but now it has become a weekly affair.



CHANGE IS HERE

Chef Oliver Fernandes from Margao says people want to consume veggies and fruits that are in season. The new Goan consumer, according to him, is staying away from processed food and opting for home-made food. More people are now making their own dips and ragi and millets are going off the shelves more quickly. People are looking at non-gluten options. It is quite obvious that change is

afoot in the way people think about food. It is not palates alone that determine their choices but dietary considerations.

HEALTHY GOAN FOODS

Jackfruit seeds: Add boiled jackfruit seeds into your regular bhajis, curries, stir-frys or even try having them plain. You could even slice them like chips and bake for a healthy substitute for those of you who crave French fries.

Sprouted cashew nuts: It is a rich source of Omega 3 Fatty Acids, Magnesium, Selenium, Zinc and is low in Glycemic Index. Try adding these



Coconut oil: A section of health experts believe coconut oil is one of the best oils that can be consumed and is one of the most found. Its unique combination of fatty acids can have positive effects on our health which includes fat loss, better brain function and various other impressive benefits.

nutritious sprouts to salads, stews, green smoothies or even Asian style stir fry.



Pio Esteves

Tiatr: 'Bhognar'
Writer/Director: Joaquim Dias, Nilesch Mahale
Institution: St Dominic Dramatic Troupe, Mercês
Cast: Santan Luis de Melo, Alisha Menezes, Snezal Rodrigues, Bencia Monteiro, Akash Palkar, Anjela D'Costa, Saurabh Karkhanis, Reginald Nazareth, Richardo D'Silva, Pradiip Naik, Peter De Souza, Akash D'Souza, Jovina Cabral, Joshao Joao
Band: Francisco Xavier Azavedo (trumpet), Antonio Caetano Azavedo (tenor saxophone), Semy Braganca (slide trombone), John Araujo (keyboard), Nevile Cardozo (bass), Xavier Fernandes (drums)
Stage Sets/Lights: Cruz Sequeira, Shailesh Mahale
Makeup/Costumes: Amita Naik, Snezal Rodrigues



and now he has to fend for himself and family singlehandedly. Although educated, Lucas' son Remy (Saurabh Karkhanis) refuses to assist his father and carry forward the ancestral trade. But daughter Anjela (Alisha

Menezes) is very co-operative and coaxes her brother to do the needful.

Seafarer Rico (Ricardo D'Silva), who comes from a well-to-do family drops by and seeks Anjela's hand in marriage. Initially, Anjela is reluctant at first sight,

but gives in after much conviction from father and brother.

After marriage, Anjela finds herself like a fish out of water in the company of her in-laws. Her mother-in-law Zita (Anjela D'Costa) is elected the president of Mahila group and she immediately tries to contest the elections.

While Zita's spouse Sammy (Santan Luis de Melo) extends moral support to his wife, Rico's sister Jiya (Snezal Rodrigues) backs her sister-in-law.

As preparations are underway for the polls, Zita's PA (Akash D'Souza) drops in to inform that there is full support from all the wards, except one which belongs to Lucas and family.

KA's 50th 'A' Group Competition 2024-25

'Bhognar'

Zita is furious and works out a wicked plan to throw the families of that ward on the streets. Anjela is upset and tries to inform her brother about her mother-in-law's nasty thoughts, but an unexpected tragedy strikes the family.

To avoid losing the elections, with the

help of her husband and PA Zita cooks up another nasty plan to hide the truth. What follows next as far as investigation is concerned is worth the watch during the second half of the drama.

'Tiatr' 'Bhognar' is a family melodrama with a good dose of suspense wrapped around it. Greed for power and its consequences is highlighted in the drama.

All the artistes have given good performances according to their respective characters. Alisha Menezes is seen in a double role and she is exceptionally good in both.

For some lighter moments, Bencia Monteiro as Caru and Akash Palkar as Kalliz carried a good dose of laughter pills under their sleeves and they easily tickled the funny bone of the audience.

In the category of renditions, the opening song is a choral, followed by solos from Gracy Fernandes and Camilo Rodrigues, a comedy solo from Francisco Pais, a duo by Monica and Simran and a duet by Monica and Kingsley were appealing. Francisco Azavedo and his musical team assisted with good live music ofstage. The stage sets by Cruz Sequeira and light designs by Shailesh Mahale need a special mention and to be appreciated.

SWIPE RIGHT

Ed Sheeran teases new single 'Azizam'

Nearly two years removed from his seventh album, 'Autumn Variations', English singer Ed Sheeran teased a snippet of an upcoming single called 'Azizam,' the lead single off his upcoming eighth album. "Album done. Single soon," Sheeran wrote in a post on his Instagram, dancing to the song while standing beside producer Ilya Salmanzadeh. Sheeran didn't provide a release date on the single or the album. "I'm very excited as you can tell." 'Azizam' has a faster-paced dance beat, with some Persian influence as evidenced from the track's title. Azizam itself is a Persian term of endearment that means "my dear."



Meghan Markle accused of faking for social media

Fans are convinced that Meghan Markle faked making homemade St Patrick's Day waffles for her kids after she posted videos of herself allegedly preparing the breakfast.



The Duchess of Sussex took to Instagram Stories to film herself whipping up some fresh green batter in a bowl before pouring the mixture into a waffle iron. The special skillet she used, has grooves that section each waffle into quadrants. However, eagle-eyed netizens noticed that when Markle plated the meal for Prince Archie, 5, and Princess Lilibet, 3, the waffles were flat and didn't have ridges matching up to the appliance.



The Wonder Woman actress, Gal Gadot is joined by husband Jaron Varsano and their kids Alma, Maya, Daniella and Ori as she received her star on the Hollywood Walk of Fame.

Greed for power can mess up the family

