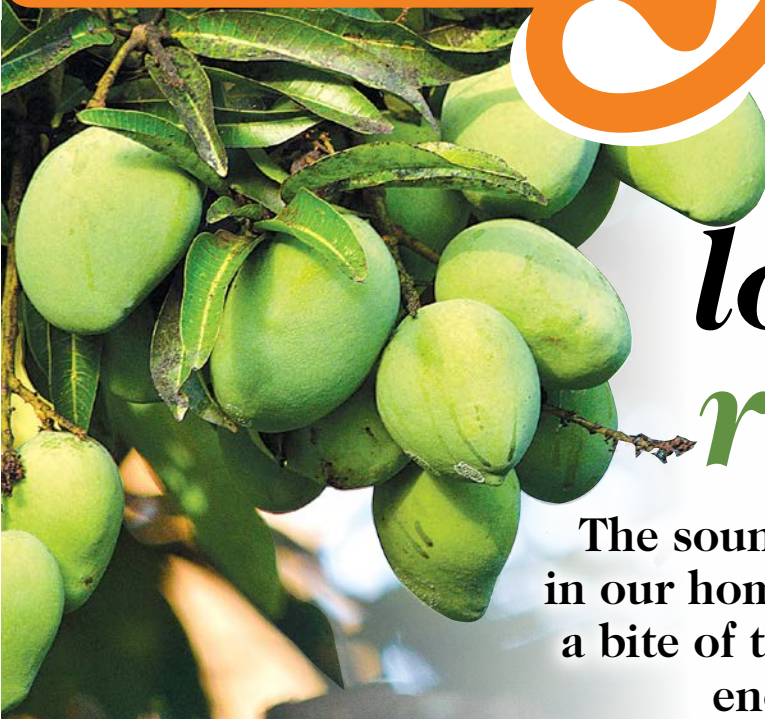


# Herald Cafe



## An age-old love affair with raw mangoes

The sound and aroma of raw mangoes being cooked in our homes are heavenly. Just the thought of taking a bite of these delicious fruits with chilli and salt is enough to make our mouths water

Elsa Angel Rose

Raw mangoes are a vital part of Goan cuisine, be it Miskut (mango pickle) or Chepnechi Tora (pressed raw mango); regardless of the form, Goans have an age-old love affair with raw mangoes. Especially during summer, people love to savour these tart fruits. These unripe green mangoes are enjoyed in numerous ways, from balancing spiciness in dishes to adding a sharp contrast to sweeter ingredients.

### Raw mangoes in Goa and Konkani cuisine

"In Goan cuisine, they're used in curries, lentil soups (amti), vegetable stews (khatkhate), and beverages like mango suss. In Konkani cuisine, raw mangoes appear in mango kadhi, pickles, and are often used to tenderise meats and seafood due to their acidic properties," said Chef Saurabh Puri.

### Health benefits

- Boost Immunity
- Improves skin health
- Promotes quick digestion
- Good for the heart
- Heatstroke protection



PICS: ASSAVI KULKARNI

### Relishing raw mangoes in summer

During summer, Goans savor the well-known 'Kairi Panna', a zesty raw mango drink made with sugar, mint leaves, roasted cumin powder, black salt, and possibly other spices like ginger and black pepper. Mango mojitos, lemonades, and fenis are also popular these days. "These delightful beverages are like a cool breeze on a hot day, providing instant relief and a splash of flavour," said Namrata. Boiled mangoes with spices are also a love affair for many. Chef Rodwin Rodrigues notes, "During summer, in the tribal areas of Canacona, they cut mangoes, apply some salt, temper them with mustard seeds and curry leaves, and with that heat, these mangoes become soft and mushy and they taste like heaven."



### Know these unique raw mango recipes

Recipes by Chef Saurabh Puri

#### Sungtache

**Tonak:** A tangy curry with raw mango, coconut, and Goan spices.

#### Mango Pickle:

Raw mango preserved in spices and salt to make a tangy, spicy pickle.

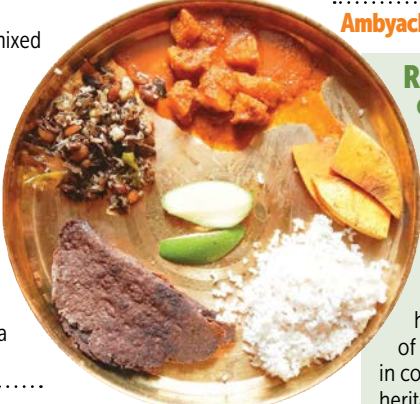
#### Mango Feni:

An alcoholic drink made from fermented mangoes.

#### Ambot Tik:

A sour and spicy seafood curry made with raw mango.

Ambyache Sasav (Raw mango curry)



#### Salads and Sides:

Shredded raw mango mixed with spices to make a refreshing salad.

#### Chutneys:

Tangy chutneys made from raw mango, usually served with meals.

#### Kairi Bhaji:

A stir-fry with raw mango and spices, often served as a side dish.

#### Mango Sol Kadhi:

A cool drink made with kokum and raw mango, served after meals.

#### Kairi Aamti:

A sweet and sour lentil curry with raw mango, jaggery, and tamarind.

**Kairi Panna:** A sweet and sour drink made from boiled raw mango, sugar, and spices.

#### Mango Rice (Kairi Bhath):

A rice dish with grated raw mango, mustard seeds, and spices.

### Recipes for every stage of raw mango

Raw mangoes go through three stages. First, there's no seed inside yet. Then comes the stage where the seed is still soft, and you can cut through it easily. Finally, the seed becomes fully formed and hard. Each stage has its own set of recipes and is used differently in cooking. Assavi Kulkarni, a heritage food chef and commercial photographer, mentions the different recipes made in each stage. "In the first stage, Chepnechi Tora (Pressed Raw Mango) can be made,

### A staple in the Goan cuisine

Being the quintessential part of Goan cuisine, this coastal state shares a very sweet and sour relationship with raw mangoes. From chutneys and drinks to curries and rice dishes, raw mangoes are a classic. Namrata Singh, a vegan Chef from Panjim, notes, "Goa cherishes its mango season as it adds to the traditional Goan recipes. Despite modernisation, Goans still preserve the authentic methods of pickling and preserving the raw mangoes, for such is their love for these." Chefs in Goa share an enduring love for pickles made out of raw mango. "Raw mango pickles are a delicacy in themselves. Nothing can be compared to those pickles," said Shubhra Shankhwalkar, a passionate home chef.



which can later be used to make stuffed mango pickles. In the second stage, where the tender seeds are formed, mangoes are sliced and put in salt water with chilli and mustard sometimes. And these are used to go with simple summer meals, these won't last long, though. The second stage is also used to make Miskut/Lonche (mango pickles). In the last stage, when the seed is inside, we make mango curry. We have seven – eight different ways of making mango curry. In this stage, raw mangoes are also used in prawn curry and fish curry."



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### SWIPE RIGHT



### 'Peaky Blinders' set to return with new series



**Peaky Blinders** is returning to the small screens with a new series. The show is set to begin filming this summer and will see a major time jump in the storyline. The last bunch of episodes ended in the 1930s and marked the rise of the Peaky Blinders. However, the new 'Peaky Blinders' series will have the timeline of the 1950s, which is post-World War II. According to the close sources, the sixth series was supposed to be the last of the lot, but the showrunner, Steven Knight, wanted to add more to the story.

### Dwayne Johnson looks unrecognisable as Mark Kerr

**Dwayne Johnson** is set to play the role of Mark Kerr in the upcoming biopic, 'The Smashing Machine'. In the first trailer of the new film, the actor brings the legendary MMA fighter back to life as he fights through the highs and the lows of life. Johnson is joined by his 'Jungle Cruise' co-star, Emily Blunt, who portrays the role of Kerr's lover, Dawn. Kerr peaked in his career back in the late 1990s and early 2000s. With The Rock taking up the role, he takes the audience through the athlete's journey of winning the UFC championship, while also going through the struggles of Kerr's addictions, love, and loss. Mark was given the name, The Smashing Machine, for his aggressive style of fighting in the ring. He has won the UFC Championship twice, but also fought his addiction to painkillers.



Mom-to-be **Kiara Advani** shares vacation pictures on her Instagram handle from her babymoon with her husband Sidharth Malhotra

## Forty years of passion with a thousand pens

Shekhar Gopi Naik is an avid collector of pens dating back generations and hopes to display his collection in schools to help children learn more about this writing instrument

Team Cafe

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Shekhar Gopi Naik from Curchoerem runs a modest grocery shop, but owns an extraordinary collection of over a thousand pens. He started collecting these pens over 40 years back when he was just ten years old. He recently put up an exhibition of the pens at a school in Chandrabhaga Tukoba Naik Higher Secondary School, Curchoerem, which fascinated the young children.



PICS: GAURESH SATTARKAR

### THE OLDEST PENS

The prized possessions in the collection is the 'Boru'—a traditional Goan writing instrument made from bamboo. "The Boru is like a pen made of bamboo with a pointed tip. You dip it in ink and write. It was one of the earliest pens known in the region besides the peacock feather, which was also used for writing. I also have a Portuguese colonial fountain pen, likely the oldest in the entire collection. There is one fountain pen that is valued at Rs 45,000," explains Shekhar.

### FUTURE PLANS:

Shekhar hopes to take his collection to more schools so children can learn about the evolution of pens and the importance of handwriting. "Today, parents give their children ball pens but they should encourage them to use fountain pens at home so they write beautifully. They can use ball pens for schoolbooks, but writing with a fountain pen at home helps control handwriting. They write better. We used to get one pen in Class 5 and used it till Class 10—just changing the refill," says Shekhar.

(With inputs from Gauresh Sattarkar)

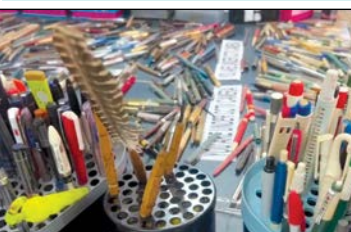
### THE FIRST COLLECTION

"As a child, I would pick up different currencies during my travels. But on one trip to another state, someone told me about unique pens. From those five pens, the collection is now over a thousand and spans

generations and different regions," says Shekhar, who also has an incredible currency and stamps collection.

Shekhar had kept the initial pens on display back then at the shop and some people even contacted him later to tell him about unique finds, which he could

add to his collection. The collection owes much to his father's early support. "My father, Gopi, was very encouraging. He gave me money to grow my collection—something that was rare in those days when most children didn't even get pocket money."



The core mission of the exhibitions will be to promote the use of traditional, eco-friendly writing instruments, encouraging the younger generation to shift away from single-use plastic pens and adopt sustainable alternatives.

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