



Chilli Chocolate Brownies

These brownies are a rich and decadent dessert that combines the deep, fudgy flavour of dark chocolate with the spice of chilli. The warmth from the chilli enhances the intensity of the chocolate, creating a swicy balance that is irresistible. Moist and gooey on the inside with a slightly crisp top, these brownies offer a slow-building taste that lingers pleasantly after each bite. Whether made with cayenne, chilli flakes, or even infused chilli chocolate, this unique dessert is perfect for adventurous eaters looking to spice up their sweet tooth with something truly unforgettable.

Spicy Ginger Lemonade

This lemonade is a zesty, invigorating drink that brings a fiery twist to the classic citrus refresher. Freshly squeezed lime juice provides a tangy, citrusy base, while ginger adds a warm, peppery bite. A touch of sweetness from honey or sugar balances the flavours, and a pinch of chilli or cayenne pepper introduces the required spiciness. Served chilled over ice, this swicy beverage is perfect for both rainy and hot days. It's immensely refreshing and anything but ordinary.

Honey Chilli Cauliflower

Honey chilli cauliflower is a swicy sensation that brings together crispy, golden-fried cauliflower florets tossed in a flavourful sauce made with honey, garlic, soy, and red chilli. This Indo-Chinese favourite perfectly balances sweet and spicy, making it an irresistible snack. The honey adds a glossy, caramelised coating, while the chilli gives it a bold kick that lingers on the palate. Garnished with sesame seeds and spring onions, honey chilli cauliflower is not only visually appealing but also packs a punch in every bite—crunchy, spicy, sweet, and utterly satisfying.



There is no room for spice; the new generation is all in for swicy. Gen Z's preference for bold and adventurous flavours has led to the creation of swicy food. This term describes the fusion of sweet and spicy flavours in food and beverages. This trend is fueled by a desire for unique flavours and a wider range of culinary experiences. The trend is gaining traction in restaurants, cafes, and bars, with Gen Z driving its adoption. Discover some of the most exciting and delicious swicy food items below



Spicy Caramel Popcorn

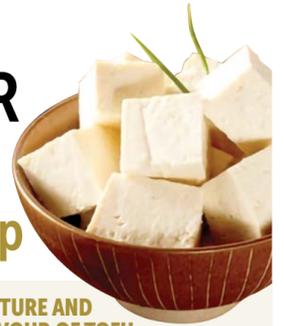
Spicy caramel popcorn is an addictive treat that features freshly popped popcorn coated in a rich, buttery caramel sauce with a fiery kick from cayenne pepper or chilli flakes. The sweetness of the caramel balances the spice beautifully, creating a swicy flavour profile that keeps you reaching for more. Each bite is a crunchy burst of warmth and sweetness, making it a fun and unexpected addition to movie nights, parties, or anytime snacking. Whether you enjoy a subtle heat or a serious punch, spicy caramel popcorn delivers a deliciously daring experience.

Pineapple Jalapeño Mocktail

Pineapple jalapeño mocktail is a vibrant, refreshing drink that perfectly blends tropical sweetness and hot chillies. Fresh pineapple juice brings a juicy, tangy base, while slices of jalapeño add a surprising heat that builds with every sip. A splash of lime juice brightens the flavour, and a hint of honey or agave syrup ties it all together with a smooth finish. Served over ice and garnished with pineapple wedges or jalapeño rings, this swicy mocktail is both eye-catching and palate-pleasing—perfect for summer parties or whenever you want a drink with a little attitude, minus the alcohol.



TOFU OVER PANEER: The smart swap



Tofu, made from soybeans, offers an excellent alternative to paneer, mimicking the texture and function of paneer while providing its own nutritional benefits. Tofu is the best friend for people following a vegan diet or who are lactose intolerant. This item will soon become a beloved staple in any kitchen, offering the comfort of familiar dishes with a healthy twist.

TEXTURE AND FLAVOUR OF TOFU

Tofu has a mild flavour that readily absorbs the flavours of the surrounding sauce or marinade, making it versatile for delicious Indian recipes. This texture is somewhat similar to paneer, though tofu tends to be a bit more porous and less creamy. When properly pressed and cooked, tofu can develop a satisfying chewiness and a slightly crisp exterior, especially when pan-fried or baked.

COOKING WITH TOFU

While tofu may not be suitable for traditional Indian sweets that rely on the rich, creamy nature of paneer, it shines in savoury dishes. Tofu can be grilled, baked, stir-fried, or simmered, and pairs well with a variety of spices and cooking styles. Whether you're preparing a spicy curry, a smoky tikka, or a nutritious vegetable stir-fry, tofu fits in seamlessly. When substituting tofu for paneer, it's important to choose the right type. Extra-firm or firm tofu works best as it holds its shape during cooking. Before using, press the tofu for at least 20-30 minutes to remove excess moisture. This improves its texture and helps it absorb flavours more effectively. Once pressed, tofu can be cut into cubes or slices just like paneer.

NUTRITIONAL POWERHOUSE

Tofu is an excellent source of plant-based protein, providing all nine essential amino acids. It can provide you with calcium, iron, and magnesium, contributing to bone health and overall well-being. Tofu is relatively low in calories and fat, making it a good choice for weight management. The fibre content in tofu can aid digestion and prevent constipation. It can also contribute to better blood sugar management due to its protein and healthy fats. Isoflavones in tofu have antioxidant and anti-inflammatory properties, which can benefit overall health. Tofu is renowned for its cholesterol-lowering effects, and a few studies suggest that it may also protect against type 2 diabetes.

BEST FRIEND FOR VEGANS AND LACTOSE-INTOLERANT PEOPLE

Tofu is a best friend for vegans and those who are lactose intolerant, as it offers a nutritious, protein-rich alternative to dairy-based products like paneer and cheese. Made from soybeans, tofu is completely plant-based and naturally free of lactose, making it a safe and healthy choice for individuals who cannot consume dairy. It provides essential nutrients such as protein, iron, and calcium (especially when fortified), which are important in a plant-based diet.

Championing Goan Cuisine on the National Stage



Priyanka Talaulikar

hometown. In doing so, she not only emphasised her strong cultural roots but also brought the authentic essence of Goan cuisine to a national audience.

In 2023, she gained attention at the Goa Science Centre in Panaji by winning a millet cooking competition. She later showcased her skills on MasterChef India, advancing through four rounds on two separate occasions, and remains a passionate ambassador for Goan cuisine on the national stage. Her close-knit support system has been a driving force behind her success, also making her and her mother prominent personalities within Goa's culinary community. Her message to aspiring chefs is, "Never lose your authenticity. You can innovate, but don't forget the traditional flavours that define your roots."



Applications are now open for the 6th edition of the Goa Open Arts Grants

The 2025-2026 cycle introduces two distinct grant categories for Goa-based artists and creative practitioners: the Catalyst Grant and the Engage Grant. Each selected project under these categories will receive Rs 50,000. This opportunity is open to individuals, collectives, and groups; the lead applicant must be based in Goa. The selected grantees will be announced on August 1. The grant period will run from August 1 to February 1, culminating in a final public exhibition scheduled from February 20 to 26, 2026.

Venue: visit www.goaopenarts.com
Date: The application deadline is June 15

Discover five health benefits of pulses

Pulses, including lentils, beans, chickpeas, and peas, are nutrient-packed foods that offer a wide range of health benefits. Rich in protein, fiber, vitamins, and minerals, pulses are a versatile and sustainable choice for promoting overall wellness. Regularly incorporating pulses into your diet can support heart health, aid in weight management, regulate blood sugar levels, and more. Here's a closer look at how pulses contribute to a healthier body and lifestyle.

PROMOTES HEART HEALTH

They are rich in soluble fiber, which helps lower LDL (bad) cholesterol levels—a major risk factor for heart disease. Pulses also contain important nutrients like potassium and magnesium that help regulate blood pressure, while their low fat and sodium content make them ideal for a heart-friendly diet. Regular consumption of pulses is linked to a reduced risk of heart disease, making them a smart and sustainable choice for a healthy heart.

HELPS IN BLOOD SUGAR CONTROL

Pulses are highly effective in blood sugar control due to their low glycemic index and high fiber content. They slow down the digestion and absorption of carbohydrates, which helps prevent rapid spikes in blood sugar levels after meals. This makes pulses an excellent food choice for people with diabetes or those at risk of developing it. Additionally, the protein and fiber in pulses improve insulin sensitivity, supporting better long-term blood sugar management and overall metabolic health.



AIDS IN WEIGHT MANAGEMENT

Pulses are excellent for weight management because they are high in protein and dietary fiber, both of which help increase feelings of fullness and reduce overall calorie intake. Their low fat content and slow digestion also help stabilise blood sugar levels, preventing spikes and crashes that can lead to overeating. By promoting satiety and supporting steady energy levels, pulses can help control appetite and support healthy weight loss or maintenance when included as part of a balanced diet.

REDUCES THE RISK OF CHRONIC DISEASES

Pulses play a key role in reducing the risk of several chronic diseases thanks to their rich nutrient profile. Their high fiber, protein, and antioxidant content help lower the risk of type 2 diabetes by improving blood sugar control and insulin sensitivity. Pulses' heart-health benefits contribute to lowering the risk of cardiovascular

disease. Additionally, some studies suggest that regular consumption of pulses may reduce the risk of certain cancers, such as colorectal cancer, due to their anti-inflammatory and gut-friendly properties. Including pulses in a balanced diet supports overall long-term health and helps prevent chronic conditions.

IMPROVES GUT HEALTH

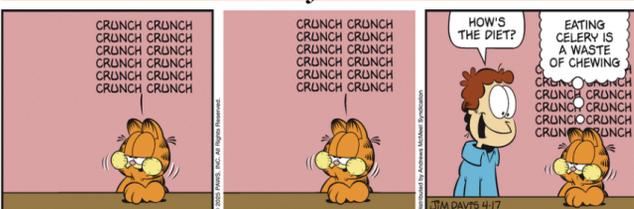
The rich content of fiber, as well as prebiotics, helps improve gut health. These fibers support healthy digestion by promoting regular bowel movements and preventing constipation. More importantly, they serve as food for beneficial gut bacteria, helping to maintain a diverse and balanced gut microbiome. A healthy gut microbiome is linked to stronger immunity, reduced inflammation, and even improved mood and metabolism. By regularly including pulses like lentils, chickpeas, beans, and peas in your diet, you can support long-term gut health and overall well-being.

Herald Gaming Console

Dilbert



Garfield



Wizard of id



crossword 4855

ACROSS
1- March honoree, briefly; 6- Diner orders; 10- Ray of light; 14- Wipe away; 15- Pearl Harbor's island; 16- In land; 17- Wash lightly; 18- Brief; 19- Lunchbox treat; 20- Clan symbol; 21- Awww! Cute!; 23- Concorde, e.g.; 25- Rotten; 26- Emulates Eminem; 29- Chows down; 32- City in Nebraska; 37- Guido's high note; 38- ___ quam videri (North Carolina's motto); 39- Speaker; 40- In spite of; 43- Thing; 44- Not as much; 45- Romanian coin; 46- Place on a scale; 47- Hindu princess; 48- Eye sore; 49- Somme summer; 51- Brief instant; 53- Repeats; 58- Otic; 62- Read a bar code; 63- Bog down; 64- Playground fixture; 65- Grippled; 66- Cleveland's lake; 67- Orlando attraction; 68- Redding of R&B; 69- Tear; 70- Male deer;

DOWN
1- Spanish muralist; 2- The Stooges, e.g.; 3- Gasp for air; 4- Evaluate; 5- Abounds; 6- ___ Raton; 7- Praise; 8- Pulsates; 9- Kama ___; 10- Amoeba-like alien; The ___; 11- James Jones; 12- Sheltered nautically; 13- Long March leader; 22- Decorates; 24- Short-tempered; 26- Continue a subscription; 27- Solo; 28- Singer LaBelle; 30- Baseball bat wood; 31- Physicist Nikola;

33- Deranged; 34- Leaning; 35- Bee stuff; 36- Dispute; 38- One or the other; 39- Watering hole; 41- Hairpiece; 42- 1980s movie starring Bo Derek and Dudley Moore; 47- Go to bed; 48- Carve; 50- Circus employee; 52- Relaxes; 53- "Rhyme" Pays' rapper; 54- Anklebones; 55- Some linemen; 56- ___ Brockovich; 57- Highly ranked competitor in sporting events; 59- Costa ___; 60- Sick as ___; 61- Permits; 62- HBO alternative;

solution 4854

O	R	G	A	T	U	N	A	A	A	U		
W	E	L	L	A	N	O	D	E	I	N	N	S
T	H	E	C	A	N	O	R	E	S	A	V	E
H	E	R	U	S	A	L	E	A	V	E	S	
E	M	I	T	S	T	Y	E	S	N	A	N	A
R	E	C	U	R	E	S	T	E	E	S	D	O
E	N	A	M	E	L	O	A	R	S	E	R	S
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B	I	L	L	F	O	L	D	N	O	O	L	E
T	S	E	E	N	E	E	D	I	T	A	T	S
T	I	E	R	A	D	M	I	T	E	N	D	O
S	S	R										

sudoku 4855

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

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 4854

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