

# Metrolife on the move

Take a sneak peek into the athleisure trend. P4 

## Down foodpath

# Take gourd!

Food has been an important part of my life while growing up.

One of my favourite memories is having those traditional dishes that my mother and grandmother used to prepare. Though the process was intensive, they used to enjoy making them and I would help them out too!

Summers were quite special. My mom used to make varieties of 'papad' and store them for the ensuing year. She would need out the dough for the 'papad'.

My dad, brother and I would spread it on polythene sheets and place it under the sun. We would have interesting chats in between the work. And the next couple of days, till the 'papad' dried, we would wait patiently like we would for our exam results. The best part was when the first batch is fried!

Even though summer camps weren't popular



Smitha Kalluraya

then, it was these small activities that made us enjoy the season. Even when we bought 'papads' from the store, we were never satisfied with it. That's why I like to upload traditional recipes on my blog.

It's my attempt to pen down all the recipes I can remember and pass them

down to the next generation. I know that my kids don't know half the things I am making for them, but at least they can look back at the blog one day and say that their mother and grandmother used to prepare these things.

Cooking at home is quite interesting aspect as

my mother and I always attempted to make home-made versions of the dishes that we ate out. We do enjoy eating at restaurants but it tastes better when we make it at home. Honestly, I prefer making traditional dishes at home.

The recipe I am sharing today is special to me. It's a 'Karnataka style bitter gourd curry' that I grew up having.

Many don't like bitter gourd but I think it tastes amazing if prepared the right way. My grandmother was diabetic and bitter gourd is good for diabetes. It's also a commonly prepared dish in coastal Karnataka. Thankfully, my kids like bitter gourd and relish it whenever I prepare it at home. It has a bit of tanginess to it, it's sweet and spicy at the same time. It's hard to resist once you've tasted it!

**Smitha Kalluraya**  
(As told to Anifa Kurian)

## Recipe Bitter Gourd Curry

- Ingredients**
- Bitter gourd, 1 cup
  - Jaggery, a small orange size
  - Tamarind, a lemon size
  - Salt to taste
  - Turmeric, 1/4 tsp

- For grinding the masala**
- Grated coconut, 1 cup
  - Black gram, 2 tsp
  - Bengal gram, 1 tsp
  - Fenugreek seeds, 1/4 tsp
  - Cumin seeds, 1/2 tsp
  - Sesame seeds, 2 tsp
  - Red chillies, 4 to 8
  - Hing, a pinch
  - A few sprigs of curry leaves

- For tempering**
- Coconut oil, 2 to 3 tbsps
  - Mustard, 1 tsp
  - Hing, a pinch
  - A few curry leaves

- Method**
- Wash bitter gourd, cut



it lengthwise, deseed and chop it into small pieces.

- Add little salt and turmeric powder to bitter gourd slices and mix well. Keep it aside for 30 to 40 mins. Bitter gourd would have left some water. Discard it. This helps to reduce the bitterness.

- In a pan, add little oil. When it's hot add bitter gourd pieces. Sauté for four to five minutes.
- Next add water, salt, tamarind pulp and jaggery. Close a lid and cook.
- Meanwhile in a small pan, add few drops of oil. Add all the ingredients

mentioned under masala except coconut and sesame. Roast till crisp and keep aside.

- Next, dry roast sesame seeds till it splutters.
- Grind sauted masala, roasted sesame seeds and coconut to a very smooth paste adding little water.
- Add this ground paste to cooked bitter gourd, add water as desired and mix well.
- Boil bitter gourd curry well. Towards the end, add a tablespoon of raw coconut oil and allow it to boil for another two to three minutes. Let the gravy thicken.
- Prepare a tempering with mustard, hing and curry leaves and pour on the curry.
- Serve bitter gourd 'goju' with plain rice, chapathi, idli or dosa.

## Embroidered world

# Arabian tales

From a very young age, designer Sana Karim loved watching her mother combine vintage outfits with contemporary trends.

Brought up in the Kingdom of Bahrain, she was greatly influenced by her place of birth. She had great appreciation for conservative dressing and found it alluring. A year back, she launched her own label 'House of Zardoze'.

In a chat with **Surupasree Sarmah**, the designer talks about her journey in the industry.

**You are from a family of embroiderers. How does it feel to take a legacy forward?**



This feeling is amazing. More so because it has always been the men in the family who pursued it. Even in the industry, men were always prominent and there were very few women embroiderers. To be able to move forward in breaking this idea makes me proud.

**So who was that 'man' in the family you looked up to? Definitely my grandfather. He has been my greatest inspiration. An uneducated man, he moved to India from the Gulf with three kids and started making clothes at home. He struggled a lot to make a name for himself. With the level of work he did, he opened doors for other people and showed the infinite possibilities. He didn't follow a norm, he created one. He had the opportunity to work with big names like Gucci, Alexander McQueen, Temperley London and Balmian.**

**Did you have a natural inclination for fashion? Honestly, I always had a knack for styling and designing. But embroidery was something I had to learn on the job and I fell in love with it. My interest in this profession came naturally as I have always been with designers. Growing up, watching great works being made, the interest just seeps into you.**

**If not a designer... I would have been a teacher. I love kids and to be able to impart any kind of knowledge that would stay with them, would have been a beautiful thing.**



Sana Karim



**INTRICATE** (Above and left) Some of Sana's designs.

**Your works are inspired mostly by your place of birth... Since I lived in Dubai, I was influenced by the Arab culture of 'kaftans' and 'abayas'. The women look beautiful and are full of confidence. I was really inspired how they didn't allow clothes to define themselves. And I love women who are strong and carry forward their own culture and heritage in a stylish manner. This apart, I love the Arab embroidery, it is different, it's bold, loud and chunky.**

**Designers you would like to collaborate with...**

Abu Jani and Sandeep Khosla.

**A trend you love to sport... I like to sport an easy-breezy laidback look. I like how the gypsy look is coming back to fashion again. Everything in this trend is loose and comfortable yet stylish. One's garment doesn't need to define one's figure to make them look prettier. It is a very easy to go to trend and I am head-over-heels for this trend.**

**Three must-haves if you are stranded on an island... A knife, a matchbox and ropes.**

## World Vegan Day



**GREEN THEORY** Vegans in the city say that following this lifestyle has made them healthier and stronger.

# A way of life

Veganism has become a way of life for many a Bengali. With today being 'World Vegan Day', those who have embraced veganism say that they will not trade it for anything. Being a vegan has not only given them a chance to stand by what they believe is ethically right, but has also made them stronger and healthier individuals.

Those who have chosen to turn vegan say that it is not an overnight process but the result of a lot of thought and contemplation. Susmitha Subbaraju, a vegan and a restaurateur, says that she was shocked when she heard about the cruelty against animals.

"I would like to call veganism a social justice movement to fight cruelty against animals. I turned vegan for ethical reasons,"

says Susmitha. She also says that she doesn't miss eating whatever she used to earlier because she has found interesting alternatives. "I use the existing ingredients and turn them

around to make vegan dishes which could be anything from cake, biscuits, curries to more exotic variations," she adds.

Sujani Koya, a software professional, was a non-vegetarian before she turned vegan three years ago. "I have always had a soft spot for cows and when I discovered the process used to extract dairy products, I decided to turn vegan. I joined

a vegan group on Facebook and that helped me in my journey," says Sujani.

Roshni Sanghvi, a certified fitness expert and social media influencer, says turning vegan was the best decision she made.

"I was a hard-core dairy eater before I took the plunge. But after I started the plant-based diet, I realised that my stamina has improved. My sleep pattern improved and my energy and endurance levels doubled," explains Roshni.

She adds that a plant-based diet removes toxins from the body and improves the quality of life.

Ethical reasons and health benefits are what inspired vegetarians like Lakshmi Ananth and her husband Ananth Krishnan, to embrace veganism. "It is an Indian

culture to consume dairy products. But when I got an insight into the process behind making these products, I decided to give it up altogether," says Ananth.

Lakshmi pitches in, "I followed Ananth and I realised that it was not as hard as I thought it would be. Our children too are vegans. I have found alternatives to the food products we used to consume earlier. For instance, for cheese, we use cashew cheese and milk has been substituted with cashew milk. We also use peanut curd instead of plain curd."

But nutritionists have a different take on veganism, which they feel is still in its nascent stages in India.

Sheela Krishnaswamy, nutritionist and wellness consultant,

says "It makes sense for people in the West to turn vegans because they are primarily meat eaters, but Indians are traditionally lacto vegetarians. So it doesn't make sense to be a vegan here."

Sheela feels veganism works well if people consume all the food groups in the required quantities.

"The problem with turning vegan is that you don't get vitamin B-12 which is found only in animals. The deficiency of vitamin B-12 leads to a disorder called Pernicious Anemia. It is a condition where not enough red blood cells are present in the body," explains Sheela. She advises vegans to take vitamin B-12 supplement.

"The success of veganism lies in a well-balanced diet," she says.

**Nina C George**



Sujani Koyat

## Hard work

# Katrina turns Alia's fitness coach



**FITNESS FORWARD** Alia Bhatt

Katrina Kaif is one of the biggest fitness freaks in Bollywood and the actor gave colleague Alia Bhatt some serious gym lessons as she turned her trainer.

The 34-year-old actor shared a video on Instagram in which she is seen pushing Alia to do 300 squats with weights in the absence of their

trainer. "This is what happens when @yasminkarachiwala doesn't show up... You're doing good @aliaabhatt... Don't worry only 300 more squats..." Katrina captioned the video.

In the clip, while Katrina is seen motivating Alia, the 'Dear Zindagi' star is having a hard time finishing her set.

On the work front, Alia has recently wrapped up the shooting of her film 'Raazi', directed by Meghna Gulzar,

and Katrina is all geared up for the release of 'Tiger Zinda Hai' opposite Salman Khan.

 **Read Metrolife five days a week**

**ITTEFAQ**  
IN CINEMAS THIS FRIDAY  
ADVANCE BOOKING OPEN

**2 MURDERS**  
**2 SUSPECTS**  
**2 VERSIONS**

**PVR CINEMAS** (PHOENIX MARKET CITY K.R. Puram | Forum Mall, Koramangala | Orion Mall | VR Mall, Bengaluru | Regalia Mall | Vaishnavi Mall | Spirit Mall | Soul Space Arena Mall) | **INOX** (Garuda Mall | Swagath | Mantri Mall | Central Mall | Lido | Brookefield Mall | Value Mall) | **CINEPOLIS** (Royal Meenakshi Mall | ETA Mall, Binny Mill | Cunningham Road | Orion East Mall) | **GOPALAN CINEMAS** (Innovation Mall | Grand Mall | Arch Mall | Signature Mall) | **INNOVATIVE** (Outer Ring Road) | **CARNIVAL CINEMAS** (Jalahalli Cross) | **THE CINEMA** (GT WORLD MALL Magadi Road) | **REX THEATRE** (Brigade Road) | **URVASHI THEATRE** (Labagh) | **ABHINAY** (Vyengar Road) | **CAUVERY** (Sankey Road) | **VAIBHAV** (Sanjaynagar) | **LAKSHMI THEATRE** (Tavarekere) | **ESHWARI THEATRE** (Kathriguppe) | **BHARATH CINEMAS** (Mangalore) | **PVR FIZA MALL** (Mangalore) | **CINEPOLIS CITY CENTER** (Mangalore) | **DRG CINEMA** (Mysore) | **INOX** (Manipal | Mysore) | **BHARATH CINEMAS** (Shimoga) | **MOVIE TIME** (Davangere) | **IR MULTIPLEX** (Bellary).

**BAHAR ENTERPRISES release**  
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