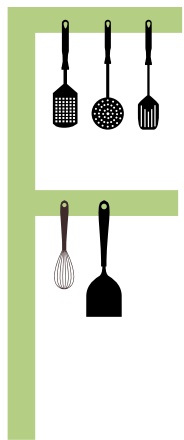


# GNC CONNECT

VOLUME 1 ISSUE 4  
MAY 2015

FOR MEMBERS OF THE GANDHINAGAR CLUB ONLY

## Summer



## Special

**JAPAN DIARY**  
VINAY KAMATH

**A VERY CLOSE SHAVE**  
VARUN GUNASEELAN

**BROCCOLI ON  
A TROPICAL TRIP**  
RUCHIRA RAMANUJAM

**COOK WITH JOY,  
SHARE WITH LOVE**  
INTERVIEW WITH  
CHITRA VISWANATHAN

**THE FOODIE DIARIES**  
KP BALAKUMAR



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**DEAR MEMBERS,**

The past month saw a catastrophe befall the people of Nepal as a massive earthquake

struck that beautiful country. A member of GNC, Varun Gunaseelan, was in Nepal at the time, trekking across the rugged Himalayas, only to have the earth beneath his feet shake violently.

Read all about his harrowing experience in 'A Very Close Shave'. Vinay Kamath was in the land of sushi & bullet trains and comes back with a fascinating story to tell..that's in 'Japan Diary – Of Sushi, Sake and Shinkansens'. The feature interview in this issue covers Chitra Viswanathan, an amazing food entrepreneur who has her own website and cooking app that hosts over 2000 recipes. Thanvi Srikant talks to this inspiring lady in 'Cook with Joy, Share with Love'. There's plenty more in this special issue of GNC Connect with lots of recipes for the summer,

including ones by Rashmee Gopalan and Ruchira Ramanujam (Author of the book, Around The World with the Tadka Girls). The Foodie Diaries comes back with plenty of restaurant reviews and new places for members to try. Read on and I hope you find this issue a fascinating read. As always, feedback is welcome and do send them to kp.balakumar@gmail.com.

*Best Regards,  
KP Balakumar - (B103)  
Member in Charge: Magazine, Website, Library and PR*

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**Dear Members,**

The EGM to pass the Budget for the financial year 2015016 was held on 5th April 2015 and the Members present unanimously approved of the Budget presented.

We thank all those Members who attended the meeting. Our special thanks to the few members who came forward with valuable suggestions



on subjects of importance such as improving facilities, financial management and alternative locations for expansion of the Club.

However, it would have been happier if the participation were much larger. We presume that our Members turn up in larger numbers only when decisions are to be taken on important subjects.

In the last issue we had mentioned about the meritorious performance

of our Cricket Team and that they had reached the finals/Semi finals of many prestigious tournaments. Now it is indeed a matter of pride to inform that the Gandhinagar club cricket team won the championship of the most coveted T20 Annual cricket Tournament conducted by the Prince of Arcot.

Yet again the GNC Cricket Team has brought laurels to the club with their commitment and passion to the game. Congratulations GNC Cricket team.

**UPDATE**

As scheduled the Swimming Pool was opened after renovation of Pool & Toilets. Members have expressed happiness over the works carried out in sprucing up the toilets and providing other facilities such as umbrellas, floor mats to beat the increasing heat wave. Coaching camps have started and the response is very encouraging. The Restaurant is fully ready and is now available for luncheon parties.

Ground floor toilets have been renovated and have come in for get appreciation. The 1st floor toilets are under renovation and should be ready by 10th May.

The Guest rooms are almost ready after repairs and renovation. By the end of May, Guest House should sport a new look and would look more like a boutique hotel.

A mini party / conference hall is being planned in the ground floor premises

of the guesthouse. This should be ready & functional by the end of June, if not earlier.

More walls in the gym have been fortified with mirror panels.

Conference Hall II is fully renovated and functional wearing a new look. Conference Hall I is expected to be ready by 10th of May. Both halls would be near soundproof and inbuilt with audio systems, projector and podium to facilitate conferences, meetings and club entertainment concerts etc. New chairs and tables for Conference halls need to be purchased to complete the overall look and feel of the conference halls.

Website development is under progress & we expect to launch the facility any time between mid to end May.

During the past one month there has been considerable increase in footfalls at the Restaurant and the Bar. Restaurant in particular is attracting

more crowds even during weekdays. This has been possible due to consistency in quality of food, introduction of technology and the marked improvement in service. Service staffs have risen up to the occasion and are improving with each day to ensure best service to Members and their guests. The bar & catering staff have been integrated into one service unit. The change, though convenient to members, is tough on the staff

## Prince of Arcot Cricket Trophy Given Away

Express News Service

Chennai: The LUMIA 535-Prince of Arcot Cricket Trophy Prize Distribution Ceremony was held at Amir Mahal, the official residence of the Prince of Arcot, on Sunday. The Prince of Arcot gave away the trophies in the presence of other dignitaries. Gandhinagar Club emerged winners this year.



Dignitaries at the LUMIA 535-Prince of Arcot Cricket Trophy Prize Distribution Ceremony on Sunday

The Prince of Arcot Cricket Tournament, which was presented by LUMIA 535 and powered by UniverCell this year, is an annual event held

seventh consecutive year of the tournament. The event takes place under the directorship of Nawabzada Mohammed Asif Ali, Dewan to the

clubs in the city were part of the tournament. This year, the new addition was the Australian Consulate General team in Chennai. The team from the

sion also took part in the tournament. Nawabzada Mohammed Asif Ali, Dewan to the Prince of Arcot and Nawab

given their original domain expertise. However frequent training sessions and motivational talks have paved way for smooth transition. Given a little more time we are confident of much better offerings in the days to come.

Breakfast service has been introduced on trial from Sunday 26th April at an attractive cost of Rs.65/- for fixed menu. (Ala-carte was also available) Was an instant hit with over 50 members coming and enjoying the sumptuous breakfast (More number of members than present at the (EGM???) We are now geared

to take parcel orders for breakfast provided prior information is given to the F & B department on the previous day. To lend variety it is proposed to introduce newer menus and ethnic cuisine. The Sunday lunches will soon have food of different states like, Bengali, Chettinad, Kerala etc.,

The best event during the last 2 months was the Karaoke Nite organized in the Bar. The Bar was filled with members. Spouses and guests right from 8.00.p.m. Many Members shed inhibition and came forward to take the mike letting their hair lose.

Sure enough, the available talents in our Club could easily compete at much higher levels given the passion with which they were singing. Cocktails, special drinks & Snacks were the highlights of the evening.

Glad to note that more members are patronizing the club facilities. The present committee is committed to extend best service, clean environment & top class quality.

Next on the agenda is the installation of Solar Power system, Wastewater treatment plant & Bio treatment of food waste. Talks have begun with reputed service providers in these fields. Consultations are on with designers to redesign the reception & Deck area to provide a lounge, digital audio & Video library, Reading area & mini cafeteria.

We thank you for the tremendous support so far and seek your continued patronage in our planned pursuits.

Thanks  
Ashok Sarrangan – Secretary  
(AI29)



# SECONDS TO SPARE



source: Internet

*Do something useful with your free time! Tomorrow? There's not enough time to prepare!  
10 pm. Time to sleep. If I could just browse the net for a few minutes before that.  
The play begins at 7 pm. Don't be late!  
It's a surprise party! You can't possibly arrive after the birthday girl!  
Hang on, I'll reach home in just a few minutes.  
Oh no, I slept in! Why did the alarm go off?  
I've been working all week!  
I need a break. A vacation!*

If you have already understood what I am trying to say, then you should probably skip reading the long paragraphs on modern philosophy that follow. The real question is, are you willing to take the risk of sparing a few precious minutes of your life, for this?

The irony is that **time** is found in the hands of those who appear to be oblivious to its worth, while it hardly knocks on the door of the people who need it the most. This is merely a consequence of the 'grass-is-greener-on-the-other-side' syndrome. The truth is, everybody is dissatisfied with the limited time on their hands. So, where does the time go? Looking through a family photo album one day, I suddenly evoked memories of my childhood, and thought 'If only I could go back in time!' Reality check: Life is not a DVD

with a rewind button. We're naturally designed to move in just one direction. Forward. Maybe, some things can be enjoyed just for a few moments, and are only meant to be experienced at one point in your life.

The past few months, I was consciously trying to follow the mantra of working during the 'interstices' of time. This idea is to use every ounce of time in your hands doing something useful. Be it while waiting at a dental clinic, while being stranded in heavy traffic, or even while taking an evening walk.

It felt good in the beginning, and I was happy to be adept at multitasking. Soon, I realised that I was not doing complete justice to every one of my projects.

Are we being greedy for more time, or just lazy? Whether I get a day, or two to finish an assignment, deep down I know that it is actually not going to make a difference. Somehow or the other, time will fly miraculously. I can predict my 'last-minute panic attacks' and shifting the blame towards the long list of distractions which prevented me from doing my duties. The take-home message is to savour all the moments you get. Even if you waste time, do it whole heartedly. Forget about everything else. Never regret it. Wherever you are, be there completely.

(For instance, I'm supposed to be studying for an exam right now. I had planned my study schedule perfectly, but like everything I do, execution is a different matter altogether.)

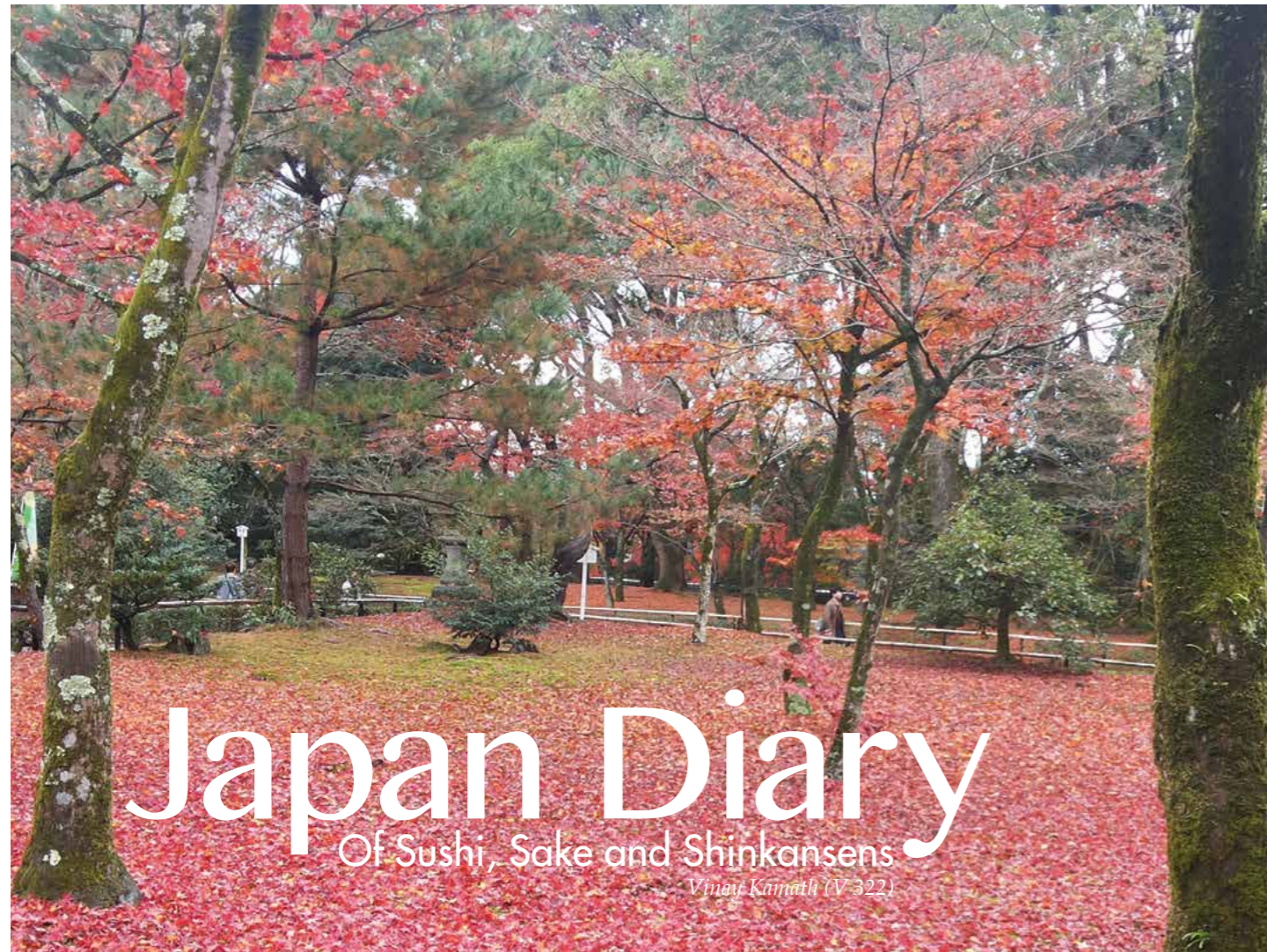
Nevertheless, when you feel driven to achieve something, desperately kick out the urge to procrastinate. There's no better time than NOW.

Most importantly, be happy with whatever time you have already got. Enjoy the little things, so that you can be on top of the world when life gives you something bigger.

**DISCLAIMER :** All of this 'timely' advice is more for me than my readers. Now I have a reason to practice what I preach.



Thanvi Srikant (S563)  
The author is a voracious reader, who claims to be the world's biggest Shah Rukh Khan fan. With a passion for fine arts and philosophy, she is pursuing her undergrad in Biotechnology, and enjoys playing badminton at GNC during the weekends.



November is an invigorating time to be in Japan. It's autumn, the air is crisp, the weather's just right. The ubiquitous ginkgo trees are turning a bright yellow and the Japanese maple tree a splendid orange. In the many parks that dot Japanese cities, the fallen leaves make a virtual carpet of colour. Colourful leaves are to a Japanese autumn what cherry blossoms are to its spring and watching them a national pastime.

I was touching down in the Land of the Rising Sun for a second visit, not without a little trepidation. The first time was a little after the tsunami which hit Japan's east coast and devastated the Fujisawa nuclear plant. On the first night, at approximately 12.30 a.m., the floor

started shaking. We were on the eighth floor of the hotel so the swaying was quite pronounced. The earthquake tremors got one to recall the shaking buildings in Chennai during the 2004 Indonesian quake and tsunami. But, the receptionist, cool as a cucumber, said everything's ok. Tremors are pretty normal. The Japanese get alerts on TV and their cell phones 10-15 seconds before a quake strikes. The hotel staff assured us that buildings are quake-resistant and because of that can sometimes sway longer than the tremor lasts.

#### TEMPLE VISIT

We visit the Kiyomizu Buddhist temple in Kyoto – where not a single nail has been used, we are told –

and see hundreds of Japanese men, and women draped in elegant kimonos, queue for a special evening opening of the temple and also to enjoy the splendour of the autumnal trees. The shrine, located on a hillock overlooks the town and makes for a picturesque sight. The flip side of autumn is that hay fever and allergies are rampant in this season and many Japanese are seen wearing face masks.

#### TOKYO SKY TREE

The Tokyo Sky Tree is the latest attraction in the city. It's the world's second tallest manmade structure at 634 metres, dwarfed only by Dubai's 828 metre Burj Khalifa. The Sky Tree transmits radio waves for digital and other forms of broadcasting.

It had to be built after the earlier Tokyo Tower was overshadowed by taller buildings around it. We take a high speed lift, ears popping, up 350 metres in 50 seconds! The night-lit Tokyo skyline at our feet sparkles. Miniature cars crawl in the distance. The topmost level has a clutch of restaurants and cafes. Step on to a glass floor and you can see the bewitching lights of Tokyo under your feet. It's scary, even if they tell you it's heatproof and tempered glass. We take another lift to the highest point, 451 metres; above that is the broadcasting tower. The tower, we are told, is inspired by the traditional Japanese five-storey pagoda which has endured many earthquakes. A reinforced concrete pillar in the centre of the Sky Tree and the steel tower structures that surround the pillar move separately to absorb up to about 50 per cent of seismic vibrations.

#### RIDING A BULLET

For a taste of life in the fast lane, we hopped on board a Nozomi, the fastest of what is called locally as Shinkansen trains, to Kobe from Tokyo. There are three types of 'Bullet' trains, 'Nozomi' (Hope), 'Hikari' (Light) and 'Kodama' (Echo). The difference is in the carriage used, and the number of stops. A distance of 550 km is covered in three hours. While the ears pop occasionally, you're neither shaken nor stirred at those speeds. You can sip your wine or Sake and work the web as well. The Shatabdi from Chennai to Bengaluru covers 360 km in five hours. On a Bullet train, one can even afford to commute daily from either city! Since we travelled late evening, one couldn't see Japan's famous icon, Mt. Fuji, but which I did get to see later on a bus ride from the highway. It's as spectacular as in the post cards.

#### NO MARRIAGE ON THE CARDS

Our guide, a diminutive Japanese woman, fluent in English, regales us on the trends in Japanese society saying that, fewer young Japanese men and women want to

get married and have children. The women tend to be better educated than the men and don't find the right match.

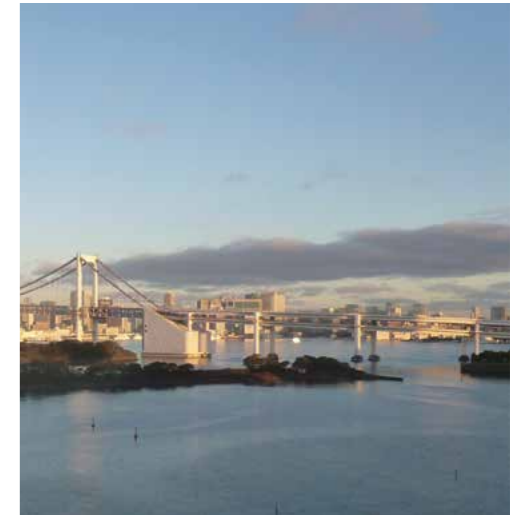
Over 30 per cent of those under 30 years are single and they mostly stay with their parents as housing is expensive; they are derisively called 'parasite singles'! At the other end of the spectrum, Japanese society is ageing as well. There are over 30,000 people over 100 years old in Japan, only 20 per cent of them are men!

#### SUSHI AND TEMPURA

We stop over for lunch in Kobe at one of the many small dives that dish out delicious food in Japanese cities. We feast on sushi and tempura, seafood or vegetables deep fried in batter, oily but very tasty. Sushi is small pieces of raw seafood wrapped with brown or white rice and one, me at least, has to acquire a taste for it. Of course, downed with warm Sake and one is merrier for it. The most expensive beef, Kobe beef, comes from this town, from cattle specially bred. Our Japanese host says with a wink that the cattle is sometimes bathed in wine; the wink and Sake make us take his comment with a pinch of salt.

#### AND, SMART LOOS

The humble loo in Japan has had a makeover. A lot of research has literally, pardon the pun, gone down the drain. Stepping into one such WC, one found to one's surprise, the toilet seat opening up automatically, welcoming you to...err, do your job. The toilet seat is warm, and once done, no toilet paper. It's all hands free: press a button and the toilet becomes a bidet or alternatively sprays warm water. Some of the loos even have a button which makes a flushing sound without actually doing so; in case you want to discreetly warn someone at the door that you're in the bath.





# A VERY CLOSE SHAVE

Varun Gunaseelan  
(V304)

After I quit competitive tennis in 2011, I found the ultimate outlet for my combined passion for physical fitness and nature's wonders in mountain climbing. This passion took me to the base camp of Mt. Annapurna, the World's 10th highest mountain with a group of 28 diverse but inspiring trekkers and mountaineers. On April 25th, after 11 long days of trekking through Nepal's rugged Himalayas, it's steep gorges, snowy mountain peaks, crystal clear rivers and hospitable villages; we were back at the roadhead in Nayapul which finally bore some

*"Let's get the hell out of here!"  
We jumped into the bus and sped off to the relative safety of Pokhara, which is on flatter land.*

semblance to civilization. It had been a rainy morning until the sun gloriously emerged to clear up the sky. A bus had arrived to transport us to Pokhara,

Nepal's adventure capital and second largest city. We began loading our gear while some group members rested under a tin shack serving pooris, fried chocolate bars (yes, deep fried Snickers and Mars bars!) and masala chai. Out of the Blue, the earth started shaking violently! The tin shack rattled recklessly and our bus was swaying unbelievably! The local Sherpas yelled at us to get out on the road but to stay away from the mountainside where large, precariously perched boulders threatened to roll down on us. Standing on that road felt like standing on jelly as I could feel my knees moving up and down while I was watching the mountain side hoping to avoid any boulders that may come down. After an endlessly long 90 seconds, the tremors finally came to an end. Everyone stood in stunned silence until someone shouted, "Let's get the hell out of here!" We jumped into the bus and sped off to the relative safety of Pokhara, which is on flatter land. With intermittent telephone signal and Internet, we struggled to gather



information on what exactly was going on but once the television channels resumed, we realized the extent of devastation in Kathmandu and Mt. Everest Base Camp. We also learned that the epicenter of the earthquake was right in between Kathmandu and Pokhara! Fearful of aftershocks, we spent the majority of the night out on a lawn as hopes of our scheduled flights taking off the next day faded away.

The next morning, it was confirmed that Kathmandu airport (Nepal's only international airport!) would be shut indefinitely due to damage to the runway, so we had to figure an alternative way back. As no regular bus or flight services were operational we had to pay a lot of extra money to persuade a bus owner to drive us west to the border with Uttarakhand where cars from Delhi would pick us up. This journey was expected to take at least 24 hours of driving time so we stocked up on water, fruit and chips. Two hours into the drive, we crossed a village where everyone

was out on the streets again. We later got calls telling us that there had been another powerful aftershock (6.7 on the Richter Scale) with more damage in Pokhara this time!

Just as we were starting to comprehend the magnitude of our luck, our bus broke down spilling its radiator coolant all over the road. Our plans were in jeopardy and we quickly evaluated all alternative options. At this time, one of our group members Seema got a frantic call from her brother Naveen (Jindal) who was ready to arrange a helicopter evacuation for us provided we could get to the Indian border. Our drivers managed to fix the bus after 4 hours and we were on our way again. Our core group discussed the narrowing options in murmurs before announcing to everyone that our route would change to go down south to the closest Indian border in Sonauli, Uttar Pradesh.

After 14 long hours, we finally reached the border at midnight! As a special case, the border post was kept open for us at that late hour. As we scurried across

and lay all our bags on the Indian side, we got the eerie feel of a being in a refugee camp. We then boarded a rickety local transport bus that hurtled us through the dusty, dark and mosquito infested plains to Gorakhpur – the nearest helicopter base. Waiting for daylight when the helicopters could fly, we checked into a dingy hotel at 2 am before being airlifted to Varansi in the morning from where a jet took us back to Delhi. Our bags could not make it on the helicopter so I waited another 24 hours for them to be shuttled to Delhi before finally flying back to Chennai.

The uncomfortable, sleep-deprived four-day return journey after an exhilarating but energy sapping trek was a testing experience but a very fortunate deal compared to the plight of people who had their homes, livelihoods and families obliterated by the earthquake. I feel extremely lucky and grateful for the opportunity to be back with my family and friends and am now committed to supporting relief and rehabilitation in this country of unrivalled alpine beauty.

# SIX & i

I am sorry to disappoint those of you with a dirty mind, who might have thought I made a spelling mistake. Sorry folks, it is the numeral 6 and not the word with an 'e' in the middle!

SIX has been haunting me for the last SIX years or so. I am in Sixes and sevens as to why it is happening. Today is 15th March. One and five is SIX. Today on Twitter "With a SIX, India makes a perfect SIX by SIX" (India beats Zimbabwe by SIX wickets on their SIXth WC match). And IT Took me close SIXty minutes to pen this piece!.

Well, I am no Dhoni to scintillate and exhilarate the crowds with SIXes and successive successes in test match after test match. Nor am I one of those Khans who flaunt their SIX abs! I am a SIX footer (when I put on a 2 inch high pair of shoes!). And I am a 42 model vintage (4 and 2 is SIX), having been born in 1942 (You see I am a born patriot: I quit my mother's womb to join Gandhiji's Quit India movement, which was launched in that year!). SIX years back, I was diagnosed with SIX blocks in my heart (yes, only SIX!) and that was when I had just turned SIXty SIX! The cardiologist decided against Bye pass surgery (I said Bye to Bye pass!) and also Angioplasty. Exercise, diet and medicines will do, he said and asked me to reduce 12 kgs (6x2=12). I bargained with him to get a remission of the sentence from 12 to SIX kgs, which he agreed on condition that stage 1 will be SIX kgs and stage 2 another SIX kgs in a total time

span of SIX months. He said he will not give me the green signal to go to USA, unless I bring down my weight by 12 kgs in SIX months. And I did it! We both went to US of A!

In a game of Tambola (also known as Housy), the callers call out " Republic: 2 and 6, 26". Republic day 2015 had a surprise in store for me. My Alma mater, S.B College, Changanachery (Kerala) invited me to attend the Golden Jubilee celebrations of the 1965 batch organized by the Alumni Association on 26th January. I made up my mind to attend and we decided to stay in a Resort nearby.

*"I am Jacob, calling from Chennai. Is it Greenland Resort, Changanachery?"*  
*"Yes sir! How can I help you?"*  
*"I need a room for two of us on 26th January"*  
*"Sorry sir. We are fully booked"*  
*"Hello! You have to somehow help me, please"*  
*"Sir there is only one room and that is a handicapped room"*  
*"A handicapped room? Oh you mean a room for the handicapped?"*  
*Ok I will take it, although I am not yet a handicapped"*

I had no premonition about what was in store for me when we checked in on 26th at around 5 p.m. At SIX pm I was at the college. Among the Alumni present were a Cardinal, an Arch Bishop, two bishops besides the college principal, also priest and a few other priests. After the meeting, cultural programs and dinner, my cousin, who was a retired professor of S.B College, offered to drop me at the Resort, which was near his house.

He took me thro' a short cut which was fully dark. And then it happened: "Watch out Babu, there are steps" my cousin cautioned me. His warning came too late. I had already made by best (worst?) foot forward and what ensued was a nightmarish experience. With a gift wrapped memento on one hand, like an acrobat I maneuvered a few steps, but lost balance and fell flat on the ground (mercifully not on the steps or on any hard surface). Bleeding bruised and with my shirt torn, I was taken to a hospital by my cousin for first aid and X'ray etc. Since I was not thick skinned, I lost several sq inches of skin and some blood.

I landed up at the resort tottering, and with my left hand in sling. My wife ACHAMMA (Achcha amma = good mother) was shocked to see my condition. That, friends, is the story of my harrowing experience on 26th January. The next day we checked out of the HANDICAPPED room and I left as a HANDICAPPED after checking in as a normal person the previous day.

I hasten to add that I was not under the influence of Bachus, the Greek God of spirits. Babu, that is me, is in good terms with Bachus with whom I keep company occasionally. But Babu will not even think of committing a sacrilege by bringing Bachus to Berchman's (the saint after whom the college is named). Yes, perhaps I was intoxicated SPIRITually after listening to the talks by 4 bishops and a priest! I am still licking my wounds of that horrific night!

*Babu Jacob (J126)*

# No Time Please!

- R.V.Rajan (R.143)

Lack of time is an excuse which many people who have plenty of time give; for not doing a job or not doing the mandatory exercises or even pursuing a hobby. It is just a mindset problem. I have found that the busiest people I know always find time to do what they want! or everything? Don't you ever relax?" He said, "Since I am thoroughly enjoying whatever I am doing, I relax on the job" "He is really amazing!"

After analyzing the success stories of many successful and accomplished people, I have come to the conclusion that the secret lies in 'Time Management' and prioritizing the jobs at hand. If you plan your activities for the day, for the week or even for a month ahead, you can by and large achieve whatever you set out to do - barring when your routine is affected by totally unexpected events happening in the family or when your health is badly affected.

I am a great believer in preparing check lists for every activity I am involved in, so much so, in some circles I am even known as 'Check list Rajan'. I have found from experience that when you list down everything in writing, instead of depending on your memory (which in any case is poor in my case) and meticulously follow up on the list you can achieve a lot. You will never give lack of time or poor memory as an excuse for not doing a job. It is another matter, if you prepare the check list but forget to review it regularly.

The sense of achievement you get when you are able to do a job well even when you have time constraints is something which you have to experience to realize it. "Great, I have done the job, what next?" should be the attitude in life. Never ever say "No time Yaar!" when you can actually find the time to do whatever you want to do, if you will it.

Feedback welcome on 9840392082  
 or rvrajan42@gmail.com



# SAINA REACHES THE SUMMIT!

Rajarajan (R203)

Saina Nehwal, India's top women's shuttler, became No 1 in the BWF rankings officially on 2nd of April. She becomes the only player, after Prakash Padukone achieved that rare distinction way back in 1980 after he won the All England and world championships, to have become world no 1.

The road to the top has not been easy or without controversy. Though Saina was ranked No 2 in 2010 after a string of good performances, she subsequently dropped down in the rankings and was not able to beat the top 3 Chinese, Li Xerui, the Olympic champion, Wang Yihan, former world no 1, and Wang Shixian regularly. Her game had stagnated and she was looking to reinvent herself and add freshness to her game. So she took a major step! Overnight, she packed her bags from Hyderabad where she had been training for the past 8 years under Gopichand and left for Bangalore to train at the Padukone Academy under Vimal Kumar. The move has worked wonders, Saina looks a new player. She is looking leaner, moving much faster and there is a confidence in her that she can beat anyone in the world. The results are there for all to see, she won the China Open super series in November, Indian Grand Prix at Lucknow, the Indian Open super series in March and was the runner up at the All England in March.



When she reached the semi-finals of the Malaysian Open, she became the first Indian woman player to become world no 1. Saina though faces new threats from non-Chinese players. Women's badminton has never been more exciting with the rise of exciting players like Carolina Marin from Spain, Akane Yamaguchi and Nozomi Okuhara from Japan, Ratchanok Intanon from Thailand, Sun Yu from China and Tsa Tzu Ying from Chinese Taipei. Among these, the player to watch out for is Carolina Marin, the current world champion. I feel Saina, Li Xerui and Carolina Marin will vie for the no 1 honours this year in the lead up to the Olympics. One of these players will win the Olympics next year. As an Indian, I will only hope that it is Saina.. it would only be befitting for the golden girl Saina who has lifted Indian Badminton to the world stage and made Badminton the second most popular sport in India.

Indian badminton on top of the world!

From last November when Saina Nehwal and K.Srikanth won the singles titles at the China Open (the first time Indians are winning both men and women singles titles at a super series event), Indian Badminton has been flying high! Subsequently, Saina and Kashyap won the gold at the Lucknow grand prix gold event

and Saina reached the finals of the All England (4th player from India after Prakash Nath, Prakash Padukone and Gopichand and first woman to do so). Though Saina won the first game against Carolina Marin, the current world champion, Marin's pace was too much for Saina in the second and third games.

Then came the India Open, another super series event where Saina and Srikanth replicated their China Open wins and had the Indian fans ecstatic. Another first, when two Indians won both singles titles at the Indian Open! Saina followed up her good work at the Malaysian Open with a semi-final appearance, becoming the first Indian woman player and the only player other than Prakash Padukone to become world no.1 in the BWF rankings on April 2nd.

Srikanth, courtesy of his wins in China and India has moved to world no 4. Kashyap and H.S. Prannoy are world no 17 and 14, Sindhu is no 9, can any other sport in India beat this? In no other sport can we boast of so many players in the top 20 places in the world. Prannoy, for example, has beaten Jan O Jorgenson, the world no 2, three consecutive times and this being the Olympic qualifying year, the race is hotting up to grab the Olympic spots available to each country.



## UPSIDE-DOWN PINEAPPLE CAKE



Rashmee Gopalan (R296)

**Serves 8-10**

**INGREDIENTS (TOPPING)**

unsalted butter, melted -60g  
packed light brown sugar-100g  
sliced pineapple( canned) - 6-8 slices  
cherries (canned) 10-12

**CAKE**

All purpose flour 140 g  
Butter ( room temperature) 140g  
Castor sugar 140 g  
Eggs 2  
Milk 2 – 3 tbsps  
Baking powder 1 tsp  
Baking soda ½ tsp  
Pineapple extract 2 tsp

**METHOD**

- Preheat oven to 180C
- Prepare topping first: Place 1/4 cup of melted butter into a 9-inch round cake pan. Make sure it is a deep pan. Sprinkle with 1/2 cup of brown sugar. Top with pineapple slices and arrange cherries between the pineapple slices. Set aside.
- Prepare cake batter : Cream together butter and sugar till fluffy. Add in eggs and beat, one at a time. Add the milk and extract and mix. Sift dry ingredients into this and fold gently till incorporated.
- Pour/spoon batter into prepared pan. Bake for 30-35 minutes . Cover loosely with aluminum foil (loosely to avoid the top from sticking to the foil) at the 20 minute mark to avoid browning. Allow to cool for 10 minutes.
- Invert cake on top of a cake stand or a large serving plate. Slice and serve warm, room temperature, or even cold. Cover cake and store for up to 3 days in the refrigerator.

# THE FOODIE DIARIES

KP Balakumar (B103)

It's the season of new restaurants, themed cafés and exciting places to eat in Chennai. We've never had it this good and it's great to see that we're finally getting the range of choices that we often envy Bangalore and Mumbai for. The last few weeks have seen me visit quite a few of them and come back pretty impressed.



source: Internet

## DOUBLE ROTI

The latest addition to the milkshake/ burger/sandwich/fries trail, it has quickly become quite a rage in the City with packed tables on most evenings and very favourable reviews on social media. Minimalist interiors, exposed brick work, open kitchen, quirky cutlery and décor (a little slate that goes 'Oh, you're dating my ex? Cool! I'm eating a sandwich, want those Leftovers too?' can't but catch the eye!). We've tried quite a few things on their menu on our 3 visits (could have been a 4th but the waiting time on that weekend visit was one hour!) and the Char Grilled Pork Teriyaki Burger was the stand out. There's plenty on the menu to try and from the ones we tried and loved: Spicy Chicken Boat Trip (fancy name for a chicken sandwich), Area 69 (beef burger, vouched for by a friend since I don't eat beef), 4th of July (lamb burger) from the mains and the Cutting Chai, Coldest Cold Coffee & Killer Chocolate Shake from their drinks menu.

Note: If you love your burgers BIG, go for the double patty option – 100 bucks more but so worth it! Plenty on offer for vegetarians too, don't let my non vegetarian bias mislead you.

Average Meal for Two: Rs 1000

## CICLO CAFÉ

Probably the first of its kind in India, this cycle themed café is the brainchild of the Murugappa group. Aspiring to bring a hip quotient to lifestyle cycling and popularizing their brands while at the same time, giving folks a high quality café experience, is certainly a novel idea. I've paid only one visit to this café and came back impressed with the ambiance and service but the food didn't quite match up to expectations. We ordered an Aglio E Olio, a simple enough pasta that is rich in flavour when made well, a chicken lasagne and an egg-less chocolate cake for dessert. While none of what we ordered that night had us digging into our plates with gusto, I'd hate to form an opinion based on that one visit. The fabulous interiors, top notch ambiance and friendly service certainly give Ciclo Café a great base to build on but as with any restaurant, unless the food matches up to today's demanding customer, crowds could thin pretty quickly.



Average Meal for Two: Rs 1200+



## THE MANHATTAN FISH MARKET

Sea food lovers have reason to celebrate as The Manhattan Fish Market opens up in our city. A chain that has restaurants across Asia, it opens its India innings with this outlet in Chennai. A single visit a couple of weeks ago had me come back pretty impressed. Functional interiors, friendly staff, quick service combine well with the tasty fare on offer. The menu comprises a range of sea food options that can be had fried, grilled, baked or even tossed in pasta! We try the classic Fish n Chips, Manhattan Flaming Prawns, Creamy Mushroom Penne and a Grilled Cajun Chicken. While everything was tasty, the Creamy Mushroom Penne was deliciously addictive (ironic that I should find something vegetarian to highlight at a sea food restaurant!). There are plenty of platter options, if you'd like to try a mix of many things together. The dessert selection is reasonable and we'd set our sights on the Manhattan Mud Pie that day but it sold out, sadly, before we could lay our hands on it. Our second choice of Tiramisu which looked promising on presentation, flattered to deceive. Overall, a great addition to the list of restaurant options in Chennai city.

Average Meal for Two: Rs 1500+

## SWISS HUTTE

One of the most tastefully done up Café's/Bistro's to open up in recent times has to be the Swiss Hutte. Situated on the very busy Greams Road, opposite Apollo Hospitals, one enters a place of great charm when you walk into this Swiss styled Inn (wiki tells me the Hutte is German for shack/cottage/hut).. but believe you me, this is no shack, it's a labour of love that exudes class. The tall ceiling, the exposed brick work, the wooden highlights (the affable owner, Joe, tells me that a lot of the wood used in the construction and décor is from trees that'd fallen in cyclones past within his large property), all come together to make for a very cosy dining experience. The food on offer is pretty varied – pasta, burgers, sandwiches, steak, sea food, some Asian and more. The menu's very non-vegetarian oriented with the pork vindaloo and grilled chicken being excellent. The dessert selection is pretty vast too and makes for a great ending to any meal.

Note: Parking can be a bit of a hassle since a lot of the parking space on the lane is taken up by visitors to Apollo Hospitals. Use a Cab/ Auto/get a driver/park a fair distance away, if you don't want to tear your hair finding a place to park. The entrance is a little nondescript as well, just a little signage on the wall that says Swiss Hutte.

You'll also see a house that dates back to the 18th century – Joe tells me that Greams Road was named after his grand-father who resided there.



source: picsora.com

Average Meal for Two: 1200+



Source: Internet

## THE FARM

Summer holidays are here and if you, like me, are wondering of ways to keep your little ones entertained, include The Farm in your list of options. About 45 minutes drive from Adyar, The Farm is a great place to go to if you'd like to have your kids see turkeys, cows, buffaloes, roosters, chickens and horses too! The Farm uses milk generated in house to make a range of dairy products – milk, paneer, cheese and even some delicious rosogolla and rasamalai (the Bengali sweets are only available on weekends). While The Farm itself is spread over many acres, the café/resto is spread over a large thatched area that manages to stay relatively pleasant even in the hot summers of Chennai. The menu is pretty vast and has all the usual suspects one can think of at a Café The wood-fired Pizza's are quite popular at The Farm. Once you're done with the food, do walk by to the stable and saddle up on a horse for a ride – there's Focca, Omega and a few more. It's been over a year since my daughter's first ride on Omega and that's a memory she always, always talks about. While the food may not be exceptional, a visit to The Farm is certain to have you and your child take away lots of fond memories.

Note: If you love your Rosogollas, don't miss the ones made by The Farm. They were deliciously spongy and fresh. Remember though, it's only available on weekends

Average Meal for Two: Rs 1000+



**Y COOK**

If you've always fancied Sri Lankan cuisine but didn't know where to get it at, Y Cook's your go to place. Situated on the first floor of the building that houses the Café Coffee Day Lounge in Besant Nagar, Y Cook serves simple yet delicious home style food. Another one of recent favourites, no visit of mine is complete without a serving of Red Rice Idiyappam, Veg Stew, Pol Sambal (a coconut/red chilly/onion based accompaniment), Mutton Sukka, range of sea food and more. The open kitchen lets you see the cooks busy at work as they serve food that's really fresh. Service can be pretty slow at times (food took 45 minutes to arrive on my last visit) but it's never been a deal breaker for me – go there with a group of friends, order a glass of butter milk while you wait to dig into what is sure to be a fabulous meal.

**Average Meal for Two: Rs 400**

**CHAMIERS CAFÉ**

(Not new but surprises me that many are unaware of this Café)

Whenever the Deck Café area at GNC is taken up for renovation, this is the kind of space I would hope we turn it in to. Oozing class (right from the wall paper to the décor, there's a very English feel to this café), quiet music playing in the background, great food, lip smacking desserts, all make Chamiers Café one of the finest in Chennai city. I've visited CC multiple times and it's a rare occasion when I've come back less than impressed. One of the few places in the City, outside of a star hotel, where one can go for a quality breakfast, Chamiers is an all day diner. Our last visit had us trying a Feta & Chickpea Salad, a Tuna & Mayo sandwich, hot chocolate and a most delicious carrot cake to end the meal. There's plenty on offer including a range of pastas, sandwiches, daily specials and a truck load of desserts that's enticingly displayed – sure to have you crave one even before you've begun your meal.

**Average Meal for Two: Rs 1000+**



source:katherinemartinelli.com

**CONTACT DETAILS**

**Double Roti:** 4/27, Cenotaph 1st Street, Teynampet, Chennai (near the Malaysian Consulate). Ph No. 044 42049817

**Ciclo Café:** 33, Gandhi Mandapam Road, Kotturpuram, Chennai. Ph No. 044 42048666

**Chamiers Café (Anokhi):** 106, Chamiers Road, RA Puram, Chennai. Ph No. 044 42030734

**Y Cook:** 13, 3rd Avenue, Sai Ram Colony (Above Coffee Day Lounge), Besant Nagar, Chennai. Ph No. 044 24460183

**The Manhattan Fish Market:** 94, RK Salai, Mylapore, Chennai. Ph No. 044 35003030

**Swiss Hutte:** 168, Grems Lane (Opposite Apollo Hospital), Chennai. Ph No. 044 42074844

**The Farm:** 1/277, Semmancherry Village, OMR, Chennai. Ph No. 91760 50562

**KP Balakumar**  
kp.balakumar@gmail.com  
www.thefoodiediaries.in

(Know of a restaurant that you think MUST feature in The Foodie Diaries? Send me a line at my email id)

**BROCCOLI ON A TROPICAL TRIP** - Ruchira Ramanujam

This *Tropical Broccoli Salad* will help you cool off without having to give up the heat and spice in the summer. With a light and airy curd based dressing, the sweetness of pineapple, the biting snap of onion and the familiar goodness of kaju-kishmish, all complementing the trademark bitter notes of broccoli, this salad's sure on a tasteful trip of its own.

**Tropical Broccoli Salad**

**Serves 4**

- 4 Cups broccoli florets (see note)
- 1/3 Cup canned pineapple chunks, drained
- 2 Tablespoons thinly sliced red onion
- 2 Tablespoons golden raisins
- 2 Tablespoons roasted cashew halves



Ruchira Ramanujam is the author of the book, *Around the World with the Tadka Girls*. The book is available for purchase on Flipkart and Amazon

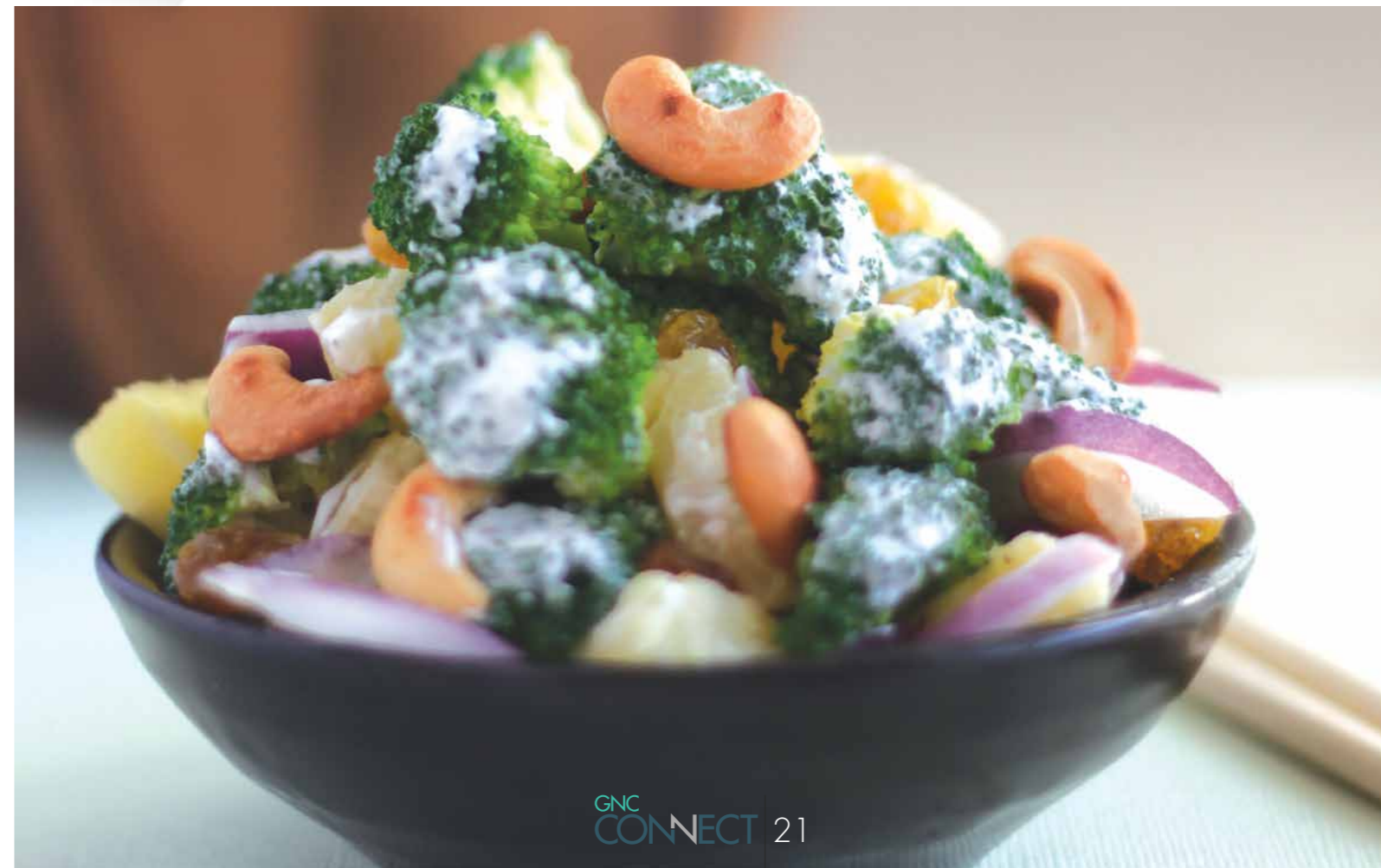
**For the dressing**

- 1/4 Cup light sour cream or hung curd
- 1/4 Teaspoon garlic-green chilli paste (1 tiny garlic clove and 1 green chilli, de-seeded and smashed to a paste)
- 1/2 Teaspoon sugar
- 1/4 Teaspoon salt or to taste
- 1/8 Teaspoon each black pepper and cumin powder

Whisk together all the ingredients for the dressing and refrigerate while you prepare the salad fixings. Mix the broccoli, pineapple, onions and raisins together gently, cover and chill if possible, and then toss with the cold dressing. Transfer to a serving bowl and top with the cashews.

**Note:**

If you don't like raw broccoli and would prefer a softer texture, steam the broccoli for 3-4 minutes. Shock the florets in a bowl of ice and cold water to help retain the color and crunch. Drain well before using.



All pictures in this article are courtesy the Facebook pages of the respective restaurants/internet

# FILTER KAAP PANNA COTTA

SERVES 6

- Ruchira Ramanujam

Life in the land of filter kaapi is made a trifle more exciting with that intoxicating morning cuppa, that wakes up the sluggish senses and accompanies coconut and chili rich tiffin varieties. There are umpteen insiders' jokes here, about people loving their filter kaapi to the extent that they'd make a pool of it to swim in, if they could. We love ours too, naturally, and apart from chugging down frothy kaapis in shiny steel tumblers we like to take creative dessert-lovers' jabs at it from time to time. Here's one of our efforts, an easy peasy filter kaapi panna cotta that could be dressed up or down, depending on your mood or that of your guests'.

## Filter Kaapi Panna cotta

- 8 gm/ 2.5 teaspoons gelatin
- 500 ml cream\*
- 125 gm castor sugar
- 120 ml strong filter coffee decoction or strong espresso
- 1 teaspoon pure vanilla extract

1. Put a quarter cup of cool water in a shallow bowl and sprinkle the gelatin over it. Set aside.
2. Heat the cream and sugar in a heavy-bottomed pan set on medium-low heat, stirring often.
3. Once the cream starts to bubble on the edges pour in the coffee. Stir well and heat through. Do not boil. Taste and add more coffee or sugar, if needed. Turn off the heat.
4. Microwave the gelatin briefly to melt it. Pour the gelatin into the hot cream and stir well. Mix in the vanilla extract.
5. Filter the cream mixture through a sieve into a jug. Pour into lightly



greased cups or a big serving bowl, as desired. Cover with cling film and refrigerate for about 4 hours or overnight.

\*Amul cream will work here, as will most other brands  
Optional - Top the panna cotta with whipped cream.  
Pour 100 ml heavy whipping cream\*\* into a metal bowl and put it in the freezer for about 10 minutes. To the cold cream add a heaped

tablespoon of icing sugar and half a teaspoon of pure vanilla extract. Beat the cream with an electric beater or whisk until it forms soft peaks. Dollop onto the set panna cotta or transfer the cream to a piping bag with a star tip and pipe it on. You could also drizzle some chocolate or caramel sauce over the cream or dust with a little cocoa powder.

\*\* Use Nilgiri's or Milky Mist brand cream here

# eggs in peanut sauce

- Ruchira Ramanujam

When the satay sauce coating the flat rice noodles eaten at a Thai restaurant refused to leave our minds we came up with a peanut-based gravy for boiled eggs to swim in. This peanut sauce is spicy, sweet and sour and has the right flavour quotient to make any egg curry lover drool. We use it often, sometimes simmered with juicy chunks of grilled chicken or a mix of our favourite stir-fried veggies. It makes a superb Sunday lunch when served with steaming brown rice, a crunchy green salad and a special dessert to follow!

## EGGS IN PEANUT SAUCE

(Serves 4)

- For the Peanut Sauce -
- ½ Teaspoon each cumin and black pepper corns
- 1 Teaspoon coriander seeds
- A small piece of cinnamon, 3-4 cloves and 2 cardamoms
- 3-4 Dry red chillies
- 2 Teaspoons oil
- 3-4 Cloves of garlic, crushed
- 2 Onions, chopped
- 1 Cup fresh tomato puree
- ½ Cup roasted peanuts
- Salt to taste

Heat a small fry pan and throw in the cumin, pepper, coriander seeds, cinnamon, cloves, cardamom and red chillies and roast the spices for a few minutes. Transfer to a bowl and set aside. In the same pan, heat the oil and add the garlic and onion. Cook on a low flame until golden. Add the tomato puree and cook until dry. Cool this mixture and then grind along with the masalas and peanuts to a smooth paste using water as needed. Set aside.

## FOR THE CURRY

- 4 Eggs, boiled and peeled
- 1 Tablespoon oil
- A pinch of turmeric
- A pinch of cumin powder
- Coriander leaves to garnish

Mark 2-3 small slits on each of the eggs with a small knife, taking care not to cut too deep. Warm the 1 tablespoon of oil in a kadhai and add the turmeric, cumin powder, and then the eggs. Fry gently, until the casing gets a light brown, toasty edge. Cut the eggs into halves if desired. Pour the ground peanut sauce over the eggs and add a little water if needed. Let simmer on a low flame for 12-15 minutes. Garnish with chopped coriander and serve hot with rice.



# GALOUTI KABAB WITH SAFFRON PARATHA

- Naaz (S 178)

## FOR THE SAFFRON PARATHAS

### Ingredients:

1. 1 cup atta
2. Milk approx. 1/2 cup
3. Salt to taste
4. 1/2 teaspoon sugar (optional)
5. Saffron strands soaked in 1/4 cup Milk
6. 2 tablespoon pure ghee
7. Oil for frying

### Method:

Heat the milk with the saffron, cool it and keep aside.

Knead the atta with ghee, salt, sugar and add milk little by little. Also put the saffron milk. When the dough is kneaded keep aside to rest for half an hour.

Roll into small sized Parathas and roast on a tava drizzling a little oil.

Serve the kababs and Parathas along with onion rings, lime wedges and green curd chutney.



source: imgarcade.com

## FOR THE GALOUTI KABAB

### Ingredients:

- 250 grams mutton boneless
- 1 1/2 tbsp besan
- 1 teaspoon ginger-garlic-green chilli paste (combined)
- 1 teaspoon roasted jeera powder
- 1/4 teaspoon garam masala powder
- A few Saffron strands (crushed)
- 4 / 5 pcs of raw papaya (for tenderising)
- 1 tbsp fresh cream or malai
- Salt to taste
- Oil for frying

### Method:

Grind the mutton in a mixie and make it pasty.

Mix items 1 to 7 and salt, nicely by hand and marinate for 5/6 hours. Keep in the fridge.

At the time of frying remove the papaya pieces. Add the malai and mix nicely into the mixture.

Grease your hands with oil and make small tikkis like shami kababs.

Heat oil in a non-stick frying pan and shallow fry on low flame till both the sides turn a golden colour.



source: saffronhut.blogspot.in

# JIFFY DOUBLE KA MEETA

- Chitra Viswanathan



source: www.cooklikemom.net

## DELICIOUS WAY TO USE UP LEFT OVERBREAD

### Ingredients:

- White bread slices - 6
- Milk - 2 cups
- Sugar - 1/2 cup (more by choice)
- Water - 1 cup
- Mixed nuts (charoli, melon seeds, kaju, badham, pista)
- Cardamom powder - 1/2 tsp
- Ghee / oil - 2-3 tbsp or more if deep frying

### Method:

Cut bread into cubes and either deep fry or shallow fry till lightly golden on both sides.

Drain on a tissue.

Heat sugar, water and milk together.

When it boils, add fried bread cubes

and cook. At this stage, it is optional to add 1tbsp khoa or condensed milk. In the remaining ghee/oil, shallow fry all the nuts and add to the cooking mixture.

Add cardamom powder.

Remove when a semi solid consistency is reached. Serve hot, topped with a dollop of home made malai.

This is best served hot or warm.

Do not refrigerate.

# Cook with Joy, Share with Love



Thanvi Srikant  
(S563)

It was a hot Saturday afternoon when I had the opportunity of talking to a person filled with a highly

contagious dose of energy and enthusiasm. Before I knew it, we were deeply engaged in an extended conversation about something that is universally loved. Food. Chitra Viswanathan has gained popularity across India and around the world for her delicious recipes that cover a diverse range of cuisines. Her app, AskChitVish Premium is subscribed by many women today, and has been of great help to both amateur cooks as well as an eye opener for the experienced ones. What began as a column on Indus Ladies, a trending women's forum (indusladies.com), eventually led to the launch of the website askchitvish.com, due to the large positive response it received. Be it halwas, cakes, soups, dhoklas, rasam, or avial, she has covered close to 2000 recipes online, and continues to share more every day. Here's an excerpt of an interview that left me inspired.

**CC:** (Club Connect): Cooking is truly an art to be mastered, but some believe that it is a science too. Do you agree?

**CV:** (Chitra Viswanathan): Definitely. I prefer to call it a 'Creative Science'. If you know the basic science behind

how various ingredients come together to make a dish, then there's no limit for applying your creativity.

**CC:** Speaking of creativity, artistic plating techniques have caught the attention of the youth towards culinary shows like Masterchef. How important is it to present your dish well?

**CV:** Irrespective of how tasty your dish is, it needs to look exquisite. Ultimately, the truth is that all of us eat with our eyes first. I remember attending a two day-workshop by renowned cook Tarla Dalal at Chola Sheraton, years back. I was bowled over by how she plated the dishes, and presented them to us. It taught me a lot. Even during my childhood, my mother would give me the responsibility to keep the dishes on the dinner table when we had guests at home. I vividly remember arranging

the cashews on the kesari! Speaking of the youth, I really would like to see them cook more often. People need to know that cooking is not just another mundane routine of our lives, but is an interesting hobby as well.

**CC:** Being a youngster myself, my knowledge of cooking is restricted to pasta and a few south Indian dishes. I was shocked to see 20 different recipes under your 'Pasta and Noodles' segment alone. This is the inspiration I was looking for! How did you manage to explore so many different cuisines?

**CV:** To tell you the truth, I read a lot of cookbooks in an urge to learn. But very often, what you read is not the same as what you taste. When my granddaughter asked me to make 'momos' for her, I asked her to take me to a Chinese restaurant, to taste it first. When I actually try out each and every recipe,



source: Rediff.com



Source: Internet

I understand the critical steps and the details. Once I perfect the technique, I begin experimenting with my own ideas. Over the years, I have managed to gain experience on how best to cook a particular dish, and discover convenient methods of cooking them efficiently, down to the exact measurements of ingredients. That is the story behind the recipes I share online today.

**CC:** At your age, using technology to spread your joy of cooking has set an example for many. How did it all begin, and who are the people who have supported you through this journey?

**CV:** It all began with my friends at Indus Ladies who encouraged me to start a column on food recipes. I was surprised to see many women thanking me with their comments

and asking me queries regularly. I wouldn't have been able to come so far without the help of my friends, relatives and most importantly, my family. By nature, I try my best at whatever I take up. Technology too, was new to me a few years ago, but eventually I have learnt to use it well.

**CC:** Have you thought about getting published?

**CV:** I have no plans of writing a book. It would put a limit to the number of recipes that I can share. I am very satisfied with sharing recipes through my app, as well as on the internet. Very often, a new recipe which I add in the morning has responses by noon. It brings me great happiness to know that some women around the globe are conscientiously cooking my dishes.

**CC:** Finally, a quick word on what food means to you?

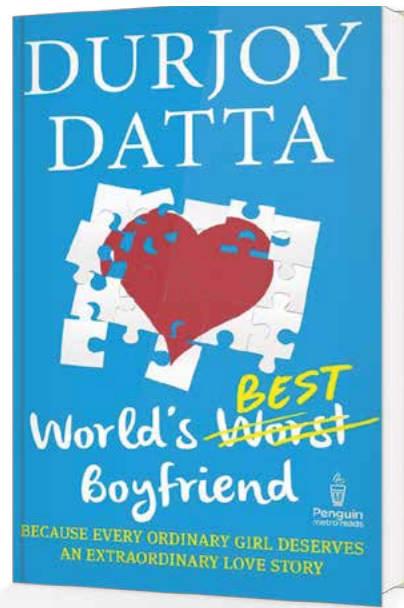
**CV:** Food is the soul of our existence. The joy of making food for your friends and family is very unique. Even a simple upma made with love and affection can be relished whole heartedly.

## ASKCHITVISH: RAPID-FIRE

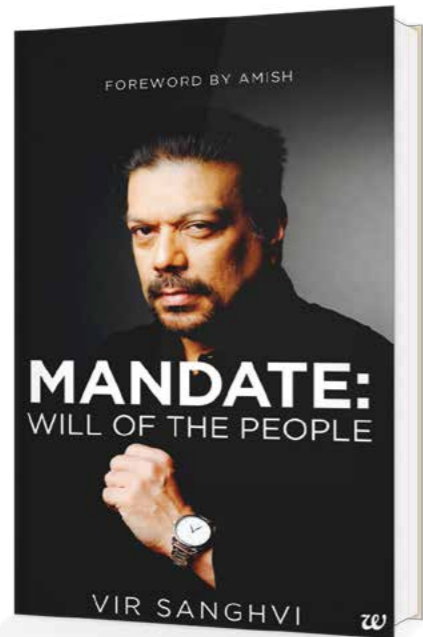
Do you prefer North Indian or South Indian cuisine?

South Indian, without a doubt. Baking or Traditional food? Though I enjoy baking, my current interest is in exploring traditional cuisines. A dish that you have found challenging to cook? Baadushah.

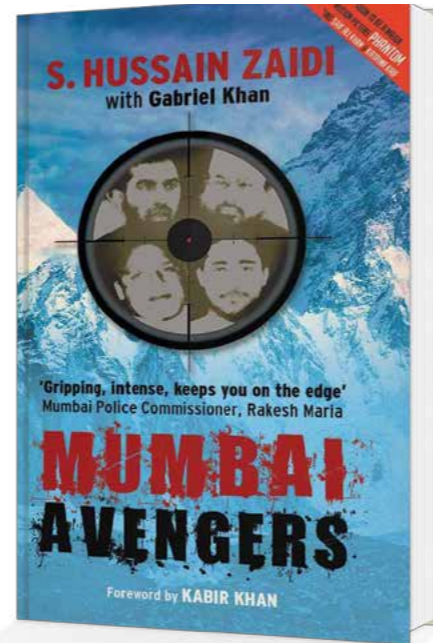
A tip to keep in mind while learning new recipes? Following the measurements verbatim is critical to reproducing a dish.



**Durjay Datta**  
Worlds Best Boyfriend



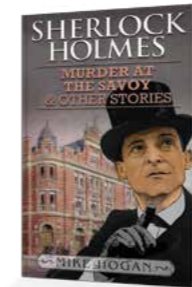
**VIR Sanghvi**  
Mandate will of the people



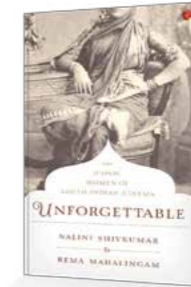
**S Hussain Zaidi**  
Mumbai Avengers



**Rajeev Kumar**  
Intrapreneurs @Mjunction  
(The Making Of An E-Commerce Giant)



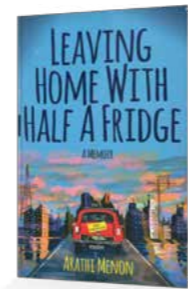
**Mike Hogan**  
Sherlock Holmes - Murder At The Savoy & Other Stories



**Nalini Shivkumar & Rema Mahalingam**  
Unforgettable (The Iconic Women Of South Indian Cinema)



**Scott Steinberg**  
Make Change Work For You



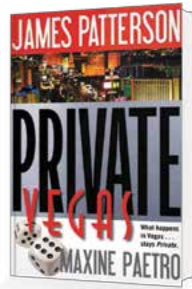
**Arathi Menon**  
Leaving Hoem With Half A Fridge (A Memoir)



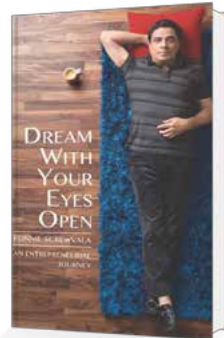
**Ruskin Bond**  
Ranji's Wonderful Bat & Other Stories



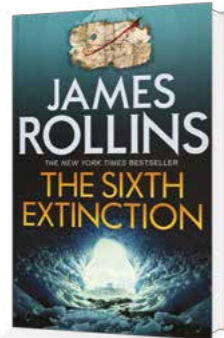
**Vinod Mehta**  
Lucknow Boy



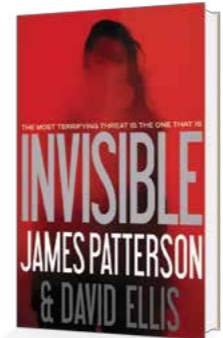
**James Patterson**  
Private Vegas



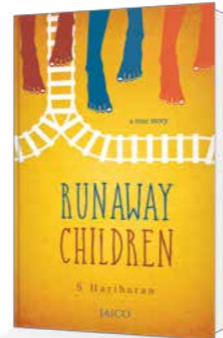
**Ronnie Screwvala**  
Dreams with your eyes open



**James Rollins**  
The Sixth Extinction



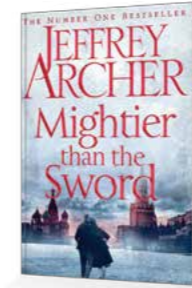
**James Patterson**  
Invisible



**S Hariharan**  
Runaway Children



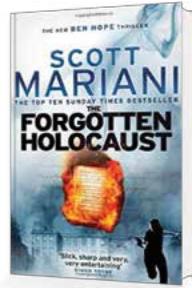
**Paul Christopher**  
Secret Of The Templars



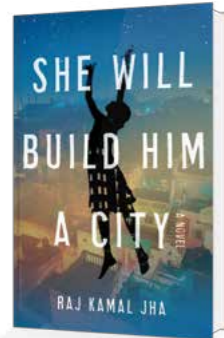
**Jeffrey Archer**  
Mightier Than The Sword



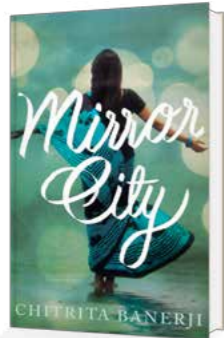
**Tinkle Double Digest**  
Tinkle Double Digest No 139



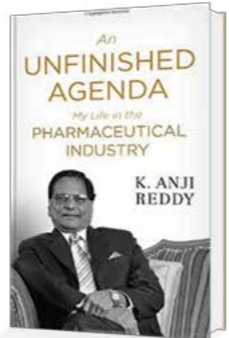
**Scott Mariani**  
The Forgotten Holocaust



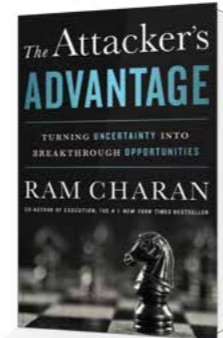
**Raj Kamal Jha**  
She Will Build Him A City



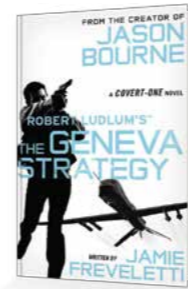
**Chitrita Banerji**  
Mirror City



**K Anji Reddy**  
An Unfinished Agenda  
(My Life In The Pharmaceutical Industry)



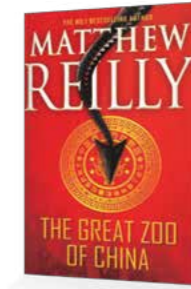
**Ram Charan**  
The Attacker's Advantage  
(Turning Uncertainty Into Breakthrough Opportunities)



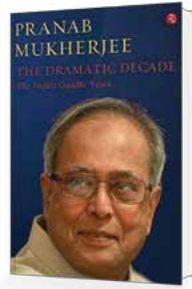
**Robert Ludlum**  
The Geneva Strategy



**Thea Stilton**  
The Secret Of The Snow

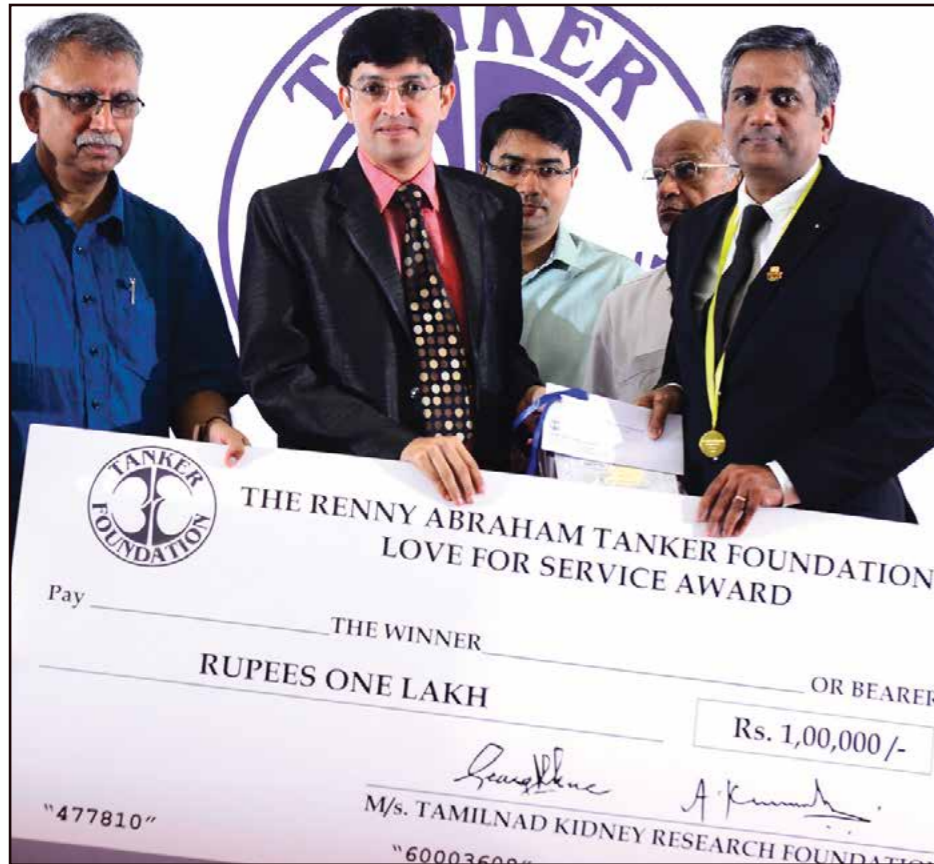


**Matthew Reilly**  
The Great Zoo Of China



**Pranab Mukherjee**  
The Dramatic Decade

# MEMBER ACHIEVEMENTS



**Dr S. Sunder (S 717)** was awarded the Renny Abraham TANKER Foundation Love for Service Award for 2015. It carries a sum of Rs. One Lakh with a gold medal and a citation. It is given to the most outstanding Medical Doctor in India who has gone beyond the call of duty in rendering service to the underprivileged. This is for the various projects he has undertaken for the disabled. He has organised over 150 camps all over rural Tamil Nadu and given appliances to thousands of disabled persons, among several other projects for the handicapped.

## NOTICE

FOR THE KIND ATTENTION OF ALL MEMBERS  
The Restaurant will be available for Meetings / Parties / Get together.

### DETAILS ARE AS FOLLOWS:

Days: Monday to Friday  
(except holidays and Club function days)

Timings : 10.00am. to 4.00.p.m.  
Minimum Duration : 4 hours  
Charges : Rs.3000/- ( for 4 hours)  
Rs.500/- For every additional hours or part thereof.  
Minimum Pax: 30.  
Maximum Pax: 50.  
Food and Service charges extra

For Breakfast or any other meetings you may contact the club office.  
*Ashok Sarrangan (Hon.secretary)*

**GNC Contact Details:** 73, 4th Main Road,  
Gandhi Nagar, Adyar, Chennai, Tamil Nadu 600020  
PH: 044 2491 0796, 2490 2005, 2441 4664

## FACILITIES - TIMINGS & SUBSCRIPTION



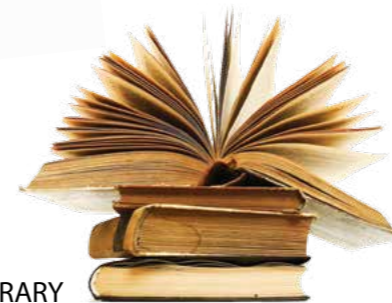
**KITCHEN**  
12 noon – 3.00 pm  
6.30.p.m – 11.00 pm  
Last order - 15 minutes before the closure time.



**RESTAURANT**  
12 noon – 3.00 pm & 6.30.p.m.  
11.p.m. (All Days)  
Last order - 15 minutes before the closure time.



**BAR**  
12 noon to 3.30 pm.  
6.00.p.m to 11.00.p.m - Weekdays and Sundays  
12 noon to 3.30.p.m.  
6.00.p.m to 11.30.p.m - Saturdays



**LIBRARY**  
4.00 pm – 9.00 pm All Days  
Cards 4.00 pm – 11.00 pm All Days



**GYM**  
6.00 am – 11.00 am  
3.00 pm – 9.00 pm  
All Days  
Monthly Subscription - Individual - 350  
Monthly Subscription - Family - 550



**BILLIARDS**  
3.00 pm – 11.00 pm  
All Days  
Monthly Subscription - Individual - 450  
Consolidated - 1500



**SHUTTLE COURT**  
6.00 am – 10.00 am  
3.00 pm – 9.00 pm  
All Days  
Monthly Subscription - 250  
Guest Charges - 150



**SQUASH**  
6.00 am – 9.00 am  
3.00 pm – 9.00 pm  
All Days  
Monthly Subscription - 250  
Guest Charges - 100

**TENNIS**  
6.00 am – 10.00 am  
3.00 pm – 6.30 pm  
6.30 pm – 8.30 pm (Night tennis)  
All Days  
Monthly Subscription - 500  
Coaching Kids - Monthly - 1500  
Coaching Adults - Monthly - 2400



**SWIMMING**  
6.00 am – 10.00 am  
4.00 pm – 9.00 pm  
6.00 am – 9.00 pm  
Except Mondays  
Monthly Subscription - Individual - 350  
Monthly Subscription - Family - 550  
Coaching - Monthly - 2500



**OFFICE**  
10.am. – 6.30.p.m.  
Except Sundays



MOMENTS ARE PRECIOUS.  
SAVE THEM FOREVER.



FOR APPOINTMENTS CALL 044 - 42152120  
[WWW.EKAPORTRAITURE.COM](http://WWW.EKAPORTRAITURE.COM)

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