

Metrolife on the move

Down foodpath

Presenting the taste of yore

Completing my postgraduate diploma from Mumbai, I moved to Bengaluru after marriage. I loved and still love travelling, knowing and learning about different cultures. But I realised my passion for food just two years ago and now, I am a connoisseur and a food photographer, who loves the concept of food and cooking. I love learning regional delicacies and I share a special bond with Kerala cuisine. My relationship with food and cooking is just two years old, which is when I started my blog 'Cubes N Juliennes'. An unexplored talent in me, I realised that I was made for food styling and food photography after starting my blog. The journey started from creating and writing up recipes to clicking the most stylish, captivating and drool-worthy food images.

Now I am a food consultant showcasing my aptitude in food styling, food photography and recipe development. For me, the food has to speak out for itself, which can be done by aesthetic photography. I like to bring out the best of textures, perspectives and lighting to the food to give them a spell binding look. With food styling and photography forming my heart and



CULINARY EXPERT Farrukh

soul, I have been associated with food styling for a couple of food chains in the City.

Before all this, I used to try my hands on a few dishes, not as a passion but as a need. My husband loves non vegetarian dishes and so I have tried cooking a variety of them.

A few years back, I wanted to make 'rasmalai' at home. The preparations started by 10 am. After 13 failed attempts, I finally succeeded in

making them and it was 8 pm then. I am sharing the recipe of Mughlai Mushroom Pasanda. It is a delicious, creamy delicacy made using button mushroom, spices, saffron and cream.

In reality, Mughlai cuisine comprises non-vegetarian kebabs, curries, pulaos and biryanis influenced from the central Asian region. Nevertheless, in today's era, it is not restricted to just meat as the vegetarian preparations are gaining popularity all around the continent. I have given this dish a twist by using butter instead of ghee, which adds extra richness to the dish.

Farrukh Aziz
Food blogger

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➤ We invite our readers to share their favourite recipe which has an interesting story behind it. You can write to dhmetro@gmail.com or metrolife@deccanherald.co.in

Recipe

Mughlai Mushroom Pasanda



Ingredients

- Mushroom - 500 gms
- Onions - 2, chopped
- Tomatoes - 300 gms (cut in cubes)
- Almonds - 20 (blanched, peeled and roughly chopped)
- Garlic cloves - 6 (chopped)
- Ginger - 1 (chopped)
- Green chillies - 2 (you may adjust according to your taste)
- Cumin seeds - 1 tsp
- Cinnamon - 1 inch piece
- Bay leaf - 1
- Black peppercorns - 6 to 8
- Turmeric powder - 1/2 tsp
- Coriander powder - 1 tsp
- Kashmiri red chili powder - 1 & 1/2 tsp
- Garam masala powder - 1 tsp
- Kasoori methi - 1 tsp
- Sugar - 1 tsp
- Cream - 1/4 cup
- Saffron - a generous pinch
- Milk - 3 tbsps
- Butter - 1 tbsps
- Oil - 3 tbsps
- Salt as required
- Water as required

Method

Soak saffron in three tablespoons of warm milk.

First, in a pan, add cubed tomatoes, garlic, ginger, chopped almonds, green chillies and 1/2 cup of water. Bring it to boil, cover and cook for 15 minutes until tomatoes are soft and pulpy. Allow it to cool completely and then blend it in a food processor to a smooth paste.

In a pan, heat a tablespoon of oil. Add chopped onions and sauté until soft and brown (do not burn them). Take it off the heat and cool completely. Grind the fried onions to fine paste.

Clean and wash mushroom thoroughly but gently. Cut the bigger mushrooms into halves and keep the smaller ones intact.

In a heavy bottom pan, heat butter. Add mushrooms and sauté on high heat for 6-7 minutes or until the water released from mushrooms dries off completely.

Take it off the heat and keep it aside.

In a same pan, heat two tablespoons of oil. Once the oil is hot, add cumin seeds, cinnamon sticks, bay leaf, and peppercorns. Fry for a few seconds.

Add ground onions and sauté well for 3-4 minutes.

Add ground tomato-almond paste, turmeric, red chili powder, coriander powder and mix well. Cook for four to five minutes or until masala is cooked well and starts releasing the oil.

Add fried mushrooms, salt and 3/4 cup of warm water, mix. Bring it to boil and simmer for five minutes. Lastly add sugar, garam masala powder, kasoori methi, saffron soaked milk and cream and mix well. Cook for another three to four minutes. Delicious rich creamy mushroom pasanda is ready to be served. Now, serve hot with naan/paratha and pulao of your choice.

Vintage pride

The lady with a legacy

As a young boy, Javeed Mehkri would watch his father spend hours with his favourite car — a 1950 model of Morris Oxford, better known in India as the Hindustan 14. Javeed not only learnt about the car and its mechanics but thoroughly enjoyed the drive in it to and from school.

The passion for the Morris Oxford is living on through four generations with Javeed now transferring the ownership of the car to his 22-year-old son Junaid Mehkri. Junaid shares as much passion for the classic beauty as his father.

The car has an interesting history to it and Javeed gets nostalgic when he settles down to talk about it. Javeed says, "My grandfather, AK Mehkri, purchased it. He was working as the superintendent of engineering in the Shimsha hydro-electric station in the erstwhile princely state of Mysore. The car was initially registered and used in Mysore for three years, after which my great grandfather moved to Bengaluru. The car has been with us since," explains Javeed.

Almost every member of the Mehkri family has driven the car. Those who revelled at its wheel include MG Mehkri, private secretary to the Yuvaraja of Mysore; Dr MS Mehkri, founder of the Bangalore Medical College; and ME Mehkri, a freedom fighter and a well-known philanthropist. "In fact, the landmark, Mehkri Circle, is named after ME Mehkri," adds Javeed.

Decades after, the car has been restored with some of its parts being replaced and brought to perfect working



A 1950 Morris Oxford. DH PHOTOS BK JANARDHAN

condition. "The car was taken care of by Rasheed Mehkri, my late uncle. Rasheed passed away in 2013 and wasn't there to see the car in running condition," says Javeed.

However, he admits that the biggest challenge, is to maintain the car. "Spare parts for the American-made vintage and classic cars are available online but you will never find perfect spares for British classic vehicles in India. I got some of the parts replicated here but



A 1960 Lambretta scooter.

again you have to personally supervise it to make sure you are not taken for a ride. It is an expensive and time-consuming process to maintain these cars," he says.

Javeed says among those who were drawn to his car was former prime minister of Nepal, Tulsii Giri. "There's a church just opposite our house and he used to visit the church whenever he was in the City. Once, he saw the car parked outside my house and he asked me why I didn't do anything to get it back on the roads. When he returned six months later, he again asked me the same question. I got the same advice from my cousin Sajjad. All this hastened the restoration process," adds Javeed.

Among Javeed's prized pos-

session is also a 1960 model Lambretta Scooter — his father's first purchase. "My father rode it and I used to go to college on it. Now, my youngest son Uzair gets dropped by the scooter once in a while," he says. Like other youngsters of their age — Junaid and Uzair — love swanky cars but they value their two prized possessions more.

The Morris Oxford has been a regular at Karnataka Vintage and Classic Car Club rally for the last two years. And Javeed loves basking in all the adulation the car draws. "It was during one of the rallies that a lady in a car stopped beside us. She asked me: 'How old is she?' I said 65. She smiled and said: 'She's my age'. Total strangers admire and compliment me on the car," he narrates.

(Javeed can be reached on Javeedmehkri@hotmail.com)
Nina C George

➤ Do you own a vintage automobile and want to be featured in this column? You can write to us at dhmetro@gmail.com or metrolife@deccanherald.co.in

Club culture

The sky is the limit



STAR TREK (Sitting from left) Johann Nishant, Mahesha M, Vijayaram, Rahul Jayanth and Daniel Paul. (Standing from left) Samiksha Mirikar, Jayanth, Sagar, Kiran, Leela Kalyan, Jayashree, Rajendra, Ravi, Naveen, Arun Kumar, Prakash Subbanna and V Sriram. DH PHOTO BY SK DINESH

Stars and the skies they inhabit are matters of eternal fascination. Unraveling the mysteries of the skies is the delight of a scientist as well as the common man. Lending a scientist's rigour to the amateur's curiosity is the Association of Bangalore Amateur Astronomers.

The club comprising students, professionals and retired people, dedicates a few hours every week to sit back and gaze into the skies. This, they say, is not only helping them understand and discover a whole new world but serve as a perfect break from their routines. Johann Nishant, a student of engineering, says that he has always wondered about the outer space. "I've always been fascinated with the stars, comets and the planets. I have been to the Jawaharlal Nehru Planetarium many times and even developed my own telescope. I take it with me, whenever I go, to gaze at the skies," he says.

The group has a sizeable number of software professionals, who say, the activities of the Association give them

the chance to indulge in sharing knowledge and information. Mahesha M, a software professional, says, "I've always been curious about the galaxies and the outer space. The Association provides its members with enough guidance to be able to understand how the outer space works."

There are a few people, who have also built their own telescopes, like Rahul Jayanth, an engineering student. "My father got me interested in astronomy and I soon started working on it as a hobby. I've captured the images of almost all the prominent stars, comets and planets," he adds. Daniel Paul, a student of aviation, says he always ventures out with his friends to Kolar where one can get the best view of clear skies. "What started as a hobby, has generated a lot of interest in me and my group of friends, to understand what makes the space so fascinating," he shares.

Jayanth, another member, says that as a child, he would spend hours just staring at the moon. "I always wondered why the moon would have dif-

ferent patterns on it everyday. I began studying the moon in detail and was also lucky enough to spot Jupiter and Saturn," he adds. Naveen, a businessman, points out that it was sheer curiosity that prompted him to sign up as a member of the club. "I am learning something new about the outer space. The members exchange a lot of information which is educative," he shares.

The group also has a good number of women. Leela Kalyan, a homemaker, says she always liked physics and this deepened her interest in astronomy. "I wanted to know everything about astronomy and that's why I joined the group. I always end up asking basic questions and I must say, that all the members of the group, always volunteer information at any time," she elaborates. Rajendra, another member, says, he is always transported into another

world when he begins to read about astronomy. "I've begun to understand the working of the stars, planets and comets at the macro level," he says. Rajeev, an employee with Microsoft, feels the association and its many trips give him a good break from his monotonous work. "The meetings, talks and workshops by the association has further ignited my interest in astronomy," he pitches in. A few other members such as Jayashree, Arun Kumar and vice-president of the Association, Prakash Subbanna, have also got their respective families involved in the association. They say that their experience with the association has had a humbling effect on them. "The outer space just shows how small we are," shares Prakash. (The association can be contacted on prakash.subbanna@gmail.com)
Nina C George

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