

Easy Chic

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Europe's No. 1 Style Magazine

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45 BEAUTY SECRETS

**SUPERFOODS
THAT FIGHT
FOR YOU**

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TRY NOW



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SENSATIONAL SUPERFOODS

Superpowers on our plate?
How do we get them?

Words RIAAN J GEORGE

The culinary world is indeed fascinating and, just like the world of fashion, is constantly reinventing itself. We've witnessed the slow food movement, vegan diets, blood group specific diets, and the organic food revolution. What's reigning over our menu right now, are superfoods.

The magic powers of superfoods have moved from the realm of dieticians' clinics to a chef's menu and home cooked meals. So what exactly are superfoods? Just as the name suggests, they are foods with specific health benefits and essential to a person's wellbeing. The effects are long lasting and they are especially helpful in combating the most common health fears these days: Cancer, cholesterol, and heart diseases.

Traditional superfoods have now become regular staples. Olives, for example – Indian cuisine is prepared in olive oil, and we freely toss in olives in a Chinese salad. Wholewheat – from wholewheat bread chapattis to wholewheat pizza dough, it appears that superfoods inevitably take on mass appeal and easily become everyday fare.

There are a bunch of superfoods showcased by top chefs around the world. Going through the menu of a speciality restaurant can often result in a discovery of these new ingredients. We present the new cast with a few innovations to help include them in your menu.

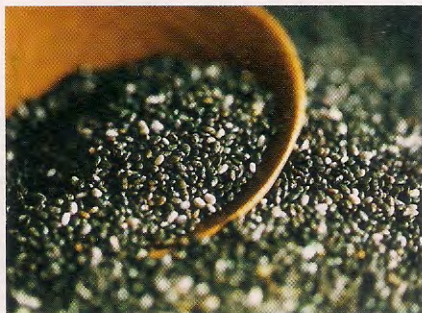


BLACK GARLIC

SUPERPOWER: Probably one of the most interesting and iconic from the new generation of superfoods, black garlic is an extremely rare ingredient and seldom finds its way on chef's menus around the world. It's power-packed with antioxidants minus the strong overpowering flavour of traditional garlic. It is also said to have anti-cancer properties.

BEST COMBINED WITH: It can be used to add an interesting touch to Indian cuisine. Michelin-star chef Vineet Bhatia from Ziya at Mumbai's Oberoi Hotel says, "Black garlic is an expensive ingredient and does not come by very often. I love to add it to a chicken marinade because its sweet and tangy flavour is unique and interesting. It is very versatile and does not overpower your palate."

ON THE MENU: Chef Bhatia suggests, "Chicken *tikkas* flavoured with black garlic are an absolute delight. You can even turn a simple tomato soup into a culinary marvel by garnishing it with grated black garlic. A piping hot *khichdi* topped with black garlic shavings will definitely wow your guests." »



CHIA SEEDS

SUPERPOWER: Chia seeds are laden with omega-3 fatty acids that boost energy levels, reduce blood pressure and inflammation. They also slow down premature ageing by reducing the risk of free radical damage to the skin.

BEST COMBINED WITH:

Chef Clinton Cooper, Executive Chef at the Four Seasons Hotel Mumbai says, "The thing I like most about chia seeds is how versatile they are. You can simply sprinkle them on salads, add them to your dipping sauces and salad dressing, or into your stews and curries."

ON THE MENU: Chef Clinton's favourite 'Banana, date and chia seed cookies.' Grind some chia seeds and flour in a bowl and add some rolled oats. To this, add a banana, an egg, dates, honey, baking powder and water. Mix together till you get the consistency of a cake batter. Bake dessertspoon sized pieces of the mixture on an oiled tray at 180 degrees Celsius for 15 to 20 minutes.

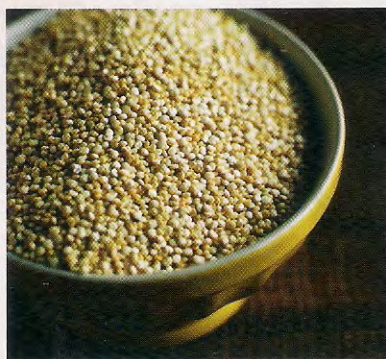
QUINOA

SUPERPOWER: Quinoa is one of the best antioxidants known to mankind. It is rich in fibre, low in calories and high in protein. Many health experts also claim that quinoa being rich in magnesium is an excellent combatant for migraines. It is also known to reduce the risk of heart disease.

BEST COMBINED WITH:

The best and tastiest way to enjoy quinoa is in a fresh and flavoursome salad. Something as basic as a diced chicken salad with celery, walnuts, paprika and a dressing of your choice makes for an extremely healthy snack.

ON THE MENU: Nikhil Agarwal of All Things Nice shares his love for this superfood with us. "Besides using it in a salad, which is my favourite way to enjoy quinoa, I also use it as an alternative to couscous or rice. What I love about quinoa is that there is so much you can do with it."



SALMON

SUPERPOWER: Salmon has risen to fame mainly because of its omega-3 fatty acid content. This facilitates control of the body's inflammatory processes, cell functioning and better brain function. Besides containing antioxidants, salmon also helps the nervous system function better.

BEST COMBINED WITH:

There are a bunch of traditional ways of consuming salmon. The favourites: Smoked salmon famous for its trademark flavour, salmon *sashimi* with its recognisable orange-red colour, and salmon marinated in Mediterranean style.

ON THE MENU: Chef Sahil Narvekar of Mumbai's Two One Two Bar and Grill shares with us an easy recipe for an exotic and healthy salad. "Add some cubes of salmon to a mixed salad and supplement this with toasted pine nuts, red wine poached pear, goat cheese, and fresh rocket leaves drizzled with an aged balsamic dressing. All of the ingredients used in this salad are beneficial to the human body, thus making it a complete supersalad."



BEETROOT

SUPERPOWER: Often referred to as God's gift to mankind, beetroot is packed with health benefits. It is known to reduce blood pressure, strengthen your immune system, and fight cancer. It is also a great ingredient for detox diets as it flushes out toxins from the body.

BEST COMBINED WITH:

Beetroot and goat cheese are an ideal combination. Besides that, a refreshing salad of beetroot, walnut and prunes is a great way to enjoy this superfood. Chef Rahul Akerkar of Indigo Restaurant in Mumbai loves to roast beetroots because it caramelises the sugar and retains the

voluptuous flavour of the beet.

ON THE MENU: Chef Rahul Akerkar's Roasted Beetroot and Coconut Milk Soup with Garam Masala. Roast the beetroot with fresh herbs, garlic, olive oil and pepper. Grate some coconut separately. Whip some fresh cream, lime juice and ginger to make ginger sour cream. Sauté some onion and garlic with garam masala along with some soaked rice. Add the beetroot and coconut to the sauté. Deglaze with sherry, add some vegetable stock till cooked. Serve hot with a dollop of ginger sour cream. **11**