

## For a Pathare Prabhu spread

**H**ome chefs Samiksha and her mother Seema will be presenting a spread, which includes dishes from the Pathare Prabhu community, one of the original settlers in Mumbai, at a Colaba restaurant this week. Divided into vegetarian and non-vegetarian menus, the dishes include crispy fried karela (bitter gourd), pangoli with shrimps (fritters made with prawns), gode mutton (gravy made with homemade masalas), bharli vangi (stuffed brinjal curry), tomato chi sheer (a tomato and coconut-based dish) and bombil bhujna (a spicy Bombay duck preparation).

**WHERE:** Bombay Vintage, Colaba  
**WHEN:** Oct 18, 7.30 pm and Oct 19 and Oct 20, 1 pm and 7.30 pm  
**ENTRY:** Rs 1,150 (for veg) and Rs 1,625 (for non-veg)  
**LOG:** [www.authenticcook.com](http://www.authenticcook.com)



## For a multi-course Ayurvedic meal

**C**ustard apples, water chestnuts, Kashmiri apples, large cucumbers — these are a few of the seasonal ingredients that will be used to make dishes for this seven-course meal by Ayurveda nutrition consultant Amrita Kaur. The reason behind using these ingredients, according to Ayurvedic beliefs, is that when the monsoon is over, it leaves behind a lot of pitta (heat) in one's body, which can be cured by eating these cooling foods. Expect the dishes to also include a variety of rice and grains from the Sahyadris, as well as wild greens and vegetables.

**WHERE:** The Classroom by La Folie, Mahalaxmi  
**WHEN:** Oct 20, 1.30 pm  
**ENTRY:** Rs 2,800  
**CALL:** 9167762379



## For a feast by a Michelin star chef

**C**hef Stéphane Gaborieau will be in town this week to whip up a culinary storm — in the form of a scrumptious five-course-meal. The renowned chef won the title 'Best Chef of France' in 2004 and was awarded his first Michelin star in 2008 for his restaurant Le Pergolèse in Paris. Each dish will be paired with an Indian or an international wine, selected by sommelier Nikhil Agarwal. PS: The dress code for this fancy shindig is, you've guessed it, formal. So, dress to the nines and enjoy the elaborate meal prepared by Gaborieau.

**WHERE:** Sofitel, Bandra Kurla Complex  
**WHEN:** 8 pm  
**ENTRY:** Rs 6,000  
**LOG:** [www.insider.in](http://www.insider.in)

# EAT YOUR HEART OUT

A fancy French meal, an authentic Ayurvedic spread, and a fun potluck is in store for folks this week



## For a meaty extravaganza

**I**t's safe to say that vegetarians can skip this one — as this meal prepared by The Bohri Kitchen — is all about delicious meats. Here, you can enjoy smoked mutton kheema samosas, chicken Russian cutlets (made with white sauce), mutton kari with parathas (a gravy infused with flavours of imli and kaari masala) and raan in red masala (a leg of lamb, marinated over 48 hours in special spices, and cooked for over three hours). End the meal on a sweet note with some mango and blackcurrant malai.

**WHERE:** The Bohri Kitchen, Colaba  
**WHEN:** Oct 19 and Oct 20, 12.30 pm  
**ENTRY:** Rs 1,500  
**LOG:** [www.instagram.com/tbk](http://www.instagram.com/tbk)

## For a healthy potluck

**A**t this potluck, organised by Down2Hearth, you get to catch a screening of *The Game Changers*, a documentary on plant-based eating, produced by James Cameron and featuring interviews of personalities such as Arnold Schwarzenegger. Like the topic of the documentary, the potluck is also going to be plant-based, so make sure whatever you dish you bring is made without any dairy, eggs, meat or honey, and preferably also without refined sugar and maida.

**WHERE:** Down2Hearth, Santacruz  
**WHEN:** Oct 20, 5 pm  
**ENTRY:** Free, registration required  
**LOG:** [www.down2hearth.com](http://www.down2hearth.com)

