



# Comfort food for lazy days

With everyday being a lazy day, we all need closure. Watching movies and reading books all day can become tedious, but a heart-warming snack to go with it can make a pleasant difference. Comfort food can take one's mood from bored and frustrated to relaxed and at ease.

Here are some comfort foods which are sure to fill our hearts and stomachs —

### Ultimate junk food

Easy to whip up and satisfyingly indulgent, junk food has been a comforting treat for anyone. Be it homemade or ordered in, sugary drinks, burgers, pizzas, candy, cheesy pasta, milkshakes etc. are kind to the soul if not the body.

Revelling in such feasts are sure to remind one of the times spent with loved ones over cheesy and oily goodness and also to provide contentment and fulfilment in times of isolation and idleness.

### Tea plus more

A warm cup of perfectly brewed tea is often enough to provide some solace. But

adding a little more sweetness or savouriness to accompany the hot beverage can elevate this comfort food. Pairing one's evening cup of tea with plain puffed rice, nimki, bakarkhani or everyone's favourite butter toast, makes for a blissful combination.

### For the sweet tooth

Sweets have always been a sinful yet indulgent treat and one which is difficult to say 'no' to. Starting from ice-cream and waffles to soft spongy roshogollas to baked goods, these are not only mouth-watering comfort food, but also delectable late-night snacks for anyone with a sweet tooth.

Sweet treats like brownies and cakes can be easily made at home with a mug and microwave in a matter of minutes to enjoy with some chocolate or vanilla ice-cream or with a warm cup of coffee or hot chocolate. For the full indulgent experience, why not all three and have a sweet and chocolaty moment with yourself?

**Anything fried**  
Fried food or crispy goodness is a good alternative to popcorn while watching movies and television series. French fries, potato wedges, fried chicken, pakora, spring rolls and other fried delights make for perfect lazy day snacking. Besides, it is possible to make a personalised snack fuelled by one's gluttonous imagination as almost anything and everything can be fried. The potential of cooking food in grease and oil remains limitless!

But of course, everything in moderation. No one wants to



feel sickly as opposed to satiated and unrepentant after such rich indulgences.

### All time favourites

Mixed puffed rice ('muri-makha') is embraced in every household and welcomed during family-times or lazy afternoons spent watching movies and reading books. Puffed rice combined with mustard oil, chopped onions and chillies and pickles is a cultural comfort food suitable for any occasion. This snack can be customised to anyone's liking by adding various condiments making it the perfect soul food. Chanachur can be mixed with oil and pickles or eaten simply as it is straight from the packet — the perfect quick snack for night cravings and any time of day.

Comfort food is not only sustenance for the body, but nourishment for the mind, which makes us feel at home. Indulging in these foods bring back memories and fills our minds with a sense of nostalgia and happiness, and also make good company for leisure.

**By Puja Sarkar**  
**Photo: LS Archive/ Sazzad Ibne Sayed**



## SPOTLIGHT

# Healthy relationships vs the lockdown

Relationships are being tested, and now, there is no chance of saying that partners are not spending enough time with each other. Not only is this pandemic taking a toll on everyone's social life, but also shaking up the dynamics of many a marriage. To keep everything from tanking, here are some things to keep in mind.

### Be mindful

Being home 24/7 means consuming household items more often. In an already stressful situation, to maintain a healthy marriage, presumed gender roles should have no place and both parties should take responsibility for cleaning up after themselves and dividing household chores. Expecting one partner to do everything while the other finishes work and relaxes will only raise tensions and lead to unwanted arguments from which there is no storming out of.

### Balance 'I' and 'We'

Just because spending time together is easier now does not mean it is mandatory. Not every Netflix series has to be watched together, nor does every moment from sunrise till sunset need to be spent in unison. Doing so will only build frustrations and shorten one's patience. Despite the situation, everyone needs time for themselves. Pandemic or not, no one likes to be crowded all the time.

Perhaps, before the lockdown, it was a luxury to be able to do things together. But time apart only makes relationships stronger and intensifies the appreciation partners have for each other.

### Learn to appreciate the silence

Alone time is crucial, even if it means having separate rooms as temporary work stations and for now, getting some alone time is tricky. But accepting the fact that partners will not always have something to talk about is often challenging to many. Sometimes, the silence is enough to strengthen a marriage. Embracing this silence is the next best thing when alone time becomes scarce.

### Keep the romance alive

A lockdown should not bring in slobbery and dullness. No one said romance was an element alien to the indoors. Sometimes, surprising your partner with a cup of coffee during work, cleaning up the house or preparing lunch, are more than enough to keep the spark alive. Nothing like good vibes!

### Communication is key

Things might get tense at times. To talk through and resolve any conflict, partners should have some time each day to simply unload their minds. Be it something they have been wanting to get off their chest or something new they have learned; communication is key for any healthy marriage, with or without a pandemic at play. Hear them out!

### Daily laugh time

Similar to mandatory communication, having scheduled hours to be cheesy and make each other laugh is a mood-lifter. Watching funny cat videos or sharing jokes always helps to lighten everyone's mindset.

Be it to cry or to laugh with, we appreciate having someone to lean on and share our lives with. But that does not mean every single waking moment. With that being said, during every blood boiling argument when you are at the end of your tether, keep in mind that this is not forever, and end each day loving one another, on a good note.

**By Puja Sarkar**