

EATING out is fun, when you are dating or enjoying a glorified birthday, anniversary or some pleasant official function, with the boss being benign. People look forward to wedding feasts too at the hotels, but this depends on their inclination, and the hip pocket nerve.

When eating out in a big way, people usually go to city.

One usually goes to "Sonargaon" for the atmosphere. There is the lobby with the floral carpet in red, blue and yellow with exotic border. The chairs in the lobby are of brown satin with floral motifs, the furniture being of cane and wood. The tables have marble tops with brass and floral filigree work. There are two

Eating Out for a Change

by Fayza Haq

massive fabric woven hanging and a large "nakshikatha" at two ends in ochre, red blue and varied colours.

"Cafe Bazaar" the coffee-shop has ceramic tiles, brown topped tables and chairs that are green, red, brown and beige. The seating capacity is 156. The tables have white napkins. There are tube roses on each table. As you go to choose your food for a buffet you find in on Rajshahi silk drapery with carvings to attract and amuse diner. The drapery at the bottom of the table is mauve, on most occasions.

There are potted palms and leaves of varied types on beige cement containers with black outlines. There are musicians who sing both Bangla and English songs.

The "Karawan Saraf" is only for dinner in the evenings. This has a tabla and sitar player on a red dias with scarlet cushions. The sitting capacity is 84 but is seldom over crowded, as noticed on many occasions, as admitted by the person incharge. There are ferns and leaves to decorate the place. The table cloths are pink and so are the napkins.

The cutlery is silver while crystal goblets decorate the table. The carpet is beige with floral patterns, with lilies and sunflowers. Nine sofas with cushion backs and three woodcut Mughul type paintings complete the scenario. Here you can have a chateaubriand for two people costing Tk 4,000. Most items served here are imported. Here the prices range from Tk. 325 to Tk 4000 per item. The slice of "Karawan Saraf" cake is for Tk.200

In "Jharna", the "floating restaurant", with water surrounding it on all sides, you get oriental dishes of various types. The carpet is spotted red and ochre. There are six sets of chairs and tables and

the seating capacity is 43. There are two Mughul type paintings, while the napkins are green and burnt sienna.

If you have limited funds, you can go in for the grilled hamburger or cheese burger served with coleslaw or Tk 250. Thus you and your friend could have something for Tk 500. You might be able to pool enough money and have ice-cream or a piece of cake ranging from Tk 130 to Tk 160 a piece. You might like a club sandwich for Tk 230 each, or the Arabian sandwich with marinated chicken, cucumber, tomato, onions in "nan" bread with "ratna" for Tk 200 each. The vol au vent with chicken mushroom in a creamy sauce is for Tk 130 each. If you should want to go for the buffet it would cost you Tk 595 each, where you would have a wide selection of entres in cold dishes, deserts, Bangladeshi and international food. The buffet menu changes every day, all prices include 15% VAT, 5% supplementary duty and 12.5% service charge.

If you have the money to spare you can go in for chicken in a basket for Tk 330 each or grilled beef tenderloin for Tk 350. Grilled king prawns served with garlic butter comes for Tk 650 per dish while fried whole pomfret with julienne of vegetables and rice is for Tk 350 each. Should you want to select from the three sandwiches offered, you could have a giant beef hot dog for Tk 220 each or a Pepto steak sandwich for Tk 240. There are starters and soups too but they range from Tk 190 to Tk 200, while something like a shrimp cocktail would cost you Tk 170 each.

If your mouth is watering for a chocolate mousse or a banana split you have to pay Tk 130 and Tk 160 respectively, for each serving. There are

many other variety of tantalizers ranging from banana crepers to a piece of cake from the cake and pastry trolley. But you must have money in your pocket or your host should because even sago pudding is for Tk 150 each.

Should you have gone shopping at the Sonargaon for something special, you could satisfy yourself with tea and "samosas" for Tk 220 for two people. The staff appear friendly and helpful, as in most five star hotels all over the world. Should you want your snacks or food served at the swimming pool, that too could be arranged.

"Sheraton" meanwhile, is placed in a central area and has been there long before the "Sonargaon". Its "Vintage Room" has antique record players in brass, two antique typewriters and a replica of an antique car in silver. A ship's clock and a barometer in brass add to the atmosphere. The chairs are of mustard fabric, the table tops are of wood with beige imitation leather. There are "dolochapas" at the bar section along with dry arrangements with tree barks and artificial grapes. Whisky and vodka are displayed on pedestals that are draped with red satin. Beaten bronze and wood, along with wooden lattice work decorate the entrance.

There are four chandeliers with twisted brass and three trompedoced. There are 48 pictures of vintage cars with brass framing. Six antique clocks with discreetly placed money plants complete the picture. The table cloth is mustard and also the napkins. The desert menu is served of an octagonal tray of brass.

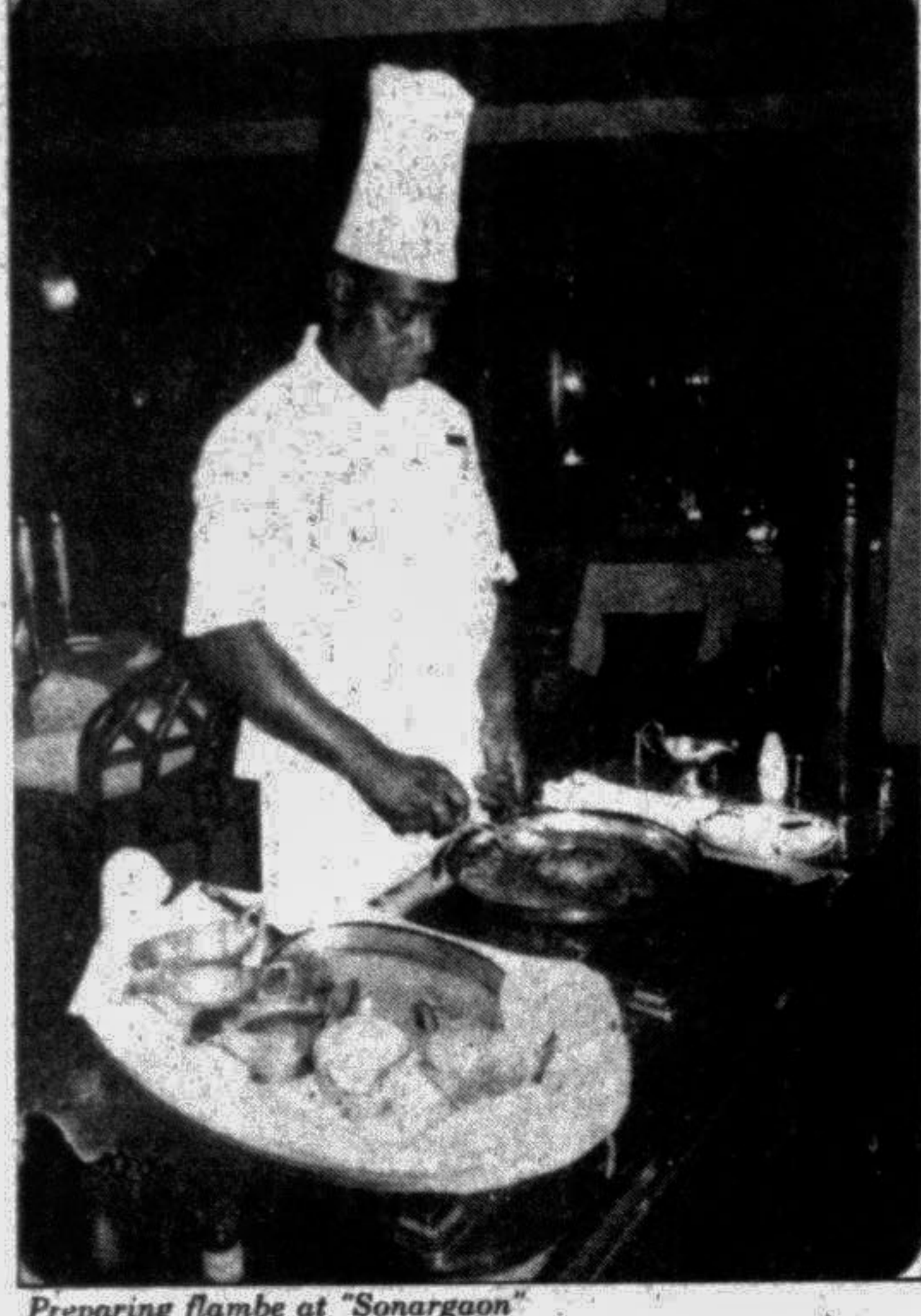
The food served here would range from seafood thermidor costing Tk 475 to chicken

breast sauted in port wine sauce served with roasted almonds for Tk 475, to soya duck, a half duck braised in rant".

The prices range from Tk 205 for a club sandwich to vegetable'kofta' for Tk 195 or an omelette for Tk 285. There is spaghetti Bolognese for Tk 285 and chicken'satay' for Tk 155. There is Nasi Goreng for Tk 275 to sago pudding for Tk

drinks, if required, include "samosa" for Tk 128 and smoke "hilsa" for Tk 165. The cheese on toast is also for Tk 165.

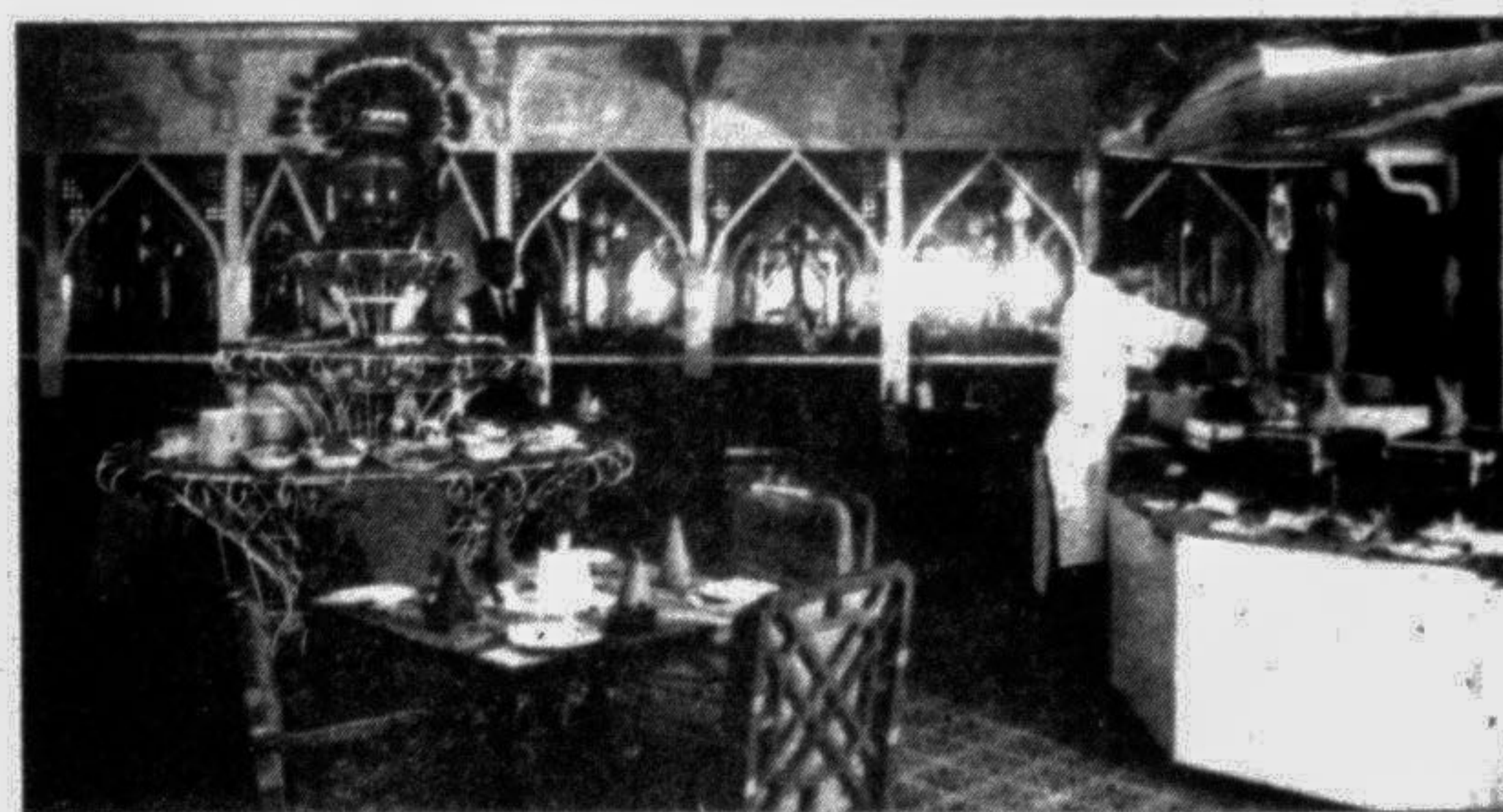
The lounge at "Sheraton" has a large chandeliers, matched with smaller ones. The lamps are of brass and



Preparing flambe at "Sonargaon"

"Sonargaon", "Sheraton" or "Purbani". There are places like the "Panda Garden", "Sea Food" and "Kintuki"—and other exotic oriental eating places in Gulshan and Bonani—but they usually remain a bit out of the way for the common run of the mill people of the

deer in terracotta and at least nine white lamps with raw-silk shades. There are eleven brass and terracotta pots with ghina palm. The lounging sofas are blue-grey leather. There is a dias in mauve with sequin work with cushions for a "sitar" player. There is a



Dinner being made ready at "Bithika" at "Sheraton"

sauce is for Tk 484. Deserts like cheese cake and chocolate cake are for Tk 165 and Tk 175 respectively. The cheese platter is for Tk 275 and includes a selection from Brie, Camembert, blue, Comilla and mozzarella. The tea and coffee range from Tk 65 to Tk 75, depending on the flavour.

The coffee shop, better known as the "Bithika Restaurant" has tables with wooden geometrical patterns. It is lit by long brass lamps. The roof is a white, latticed one. The desert and salad area is decorated in different forms for different occasions such as a Red Indian chief. The white table tops have checked blue table cloth with pink extensions, while the napkins are white. There are Italian nights, American nights, Oriental nights to vary the food and decor at the buffet schedule for the "Bithika Restau-

110. In the Bangladeshi range there is chicken tikka for Tk 275 to mutton 'rezala' for Tk 285. You could have American style food too like "surf on the turf" with a grilled jumbo prawn for Tk 750. Veal sausage in contrast will cost you Tk 295. The cheese cake and the apple pie are for Tk 135 to Tk 125 respectively.

The bar displays three women's figures, two of them being entirely abstract creations. There are prints of Dhaka scene and four brass plaques of Mughul characters. There is a partition of wood in lattice while the chairs are of wood and cane. The carpet is a checked one with brown squares, with turquoise blue hues. The sitting capacity is 50. They serve for Tk 152, whiskey for Tk 136, and gin and campari for the same price. Liqueur is for Tk 173. The snacks served with the

silk, there are plants in brass pots, with large brass ashtrays. Paintings and maps complete the picture apart from the amicable friendly people at the marble-topped reception.

On the eleventh floor is the "Top of Park" kept for banquets. It is decorated with seven prints in green, blue and beige. They are all abstract. There are five vases, a mirror with a brass holder, and four potted palms. There are four more paintings, sofas in beige, 2 woodcut which are ancient pieces, a TV, and more paintings in the bathroom. These paintings are semi abstract.

The snacks cost Tk 200 on occasions of seminar, and include sandwich, patties, tarts, spring-roll and tea or coffee. There can be a buffet for 45 people or cocktail for 65 persons.

(To be continued)

KARATEKA are able to perform the brick-or-ice-breaking techniques which are so often viewed by spectators with incredulity and disbelief. The breaking is not a trick. It is simply an application of a power generating technique.

Focus and Kiai the point of imaginary contact in karate is known as focus. This is the moment in which the body is tensed and speed is converted into power. A kiai, or yell, which comes more from the diaphragm than the throat, accompanies the action. Its effect is to assist muscle contraction, to stabilize the joints, and to enable one to concentrate all one's physical and mental energies on a given point at a time. And it can have a frightening or at least distracting effect upon the opponent. This is not its prime purpose but momentary distraction can be enough to create scoring opportunity.

Zanshin: in order to avoid distraction, karateka should develop the mental state of zanshin, the Japanese words to it as an all seeing "mind like the moon." This involves a state of total and unemotional awareness, which in corporate perception not just through the eyes but through an intuition born of experience and training. Fully developed, it can be used to achieve psychological domination over opponents.

Techniques and their application

Unlike Judo which is basically of throwing, looking,

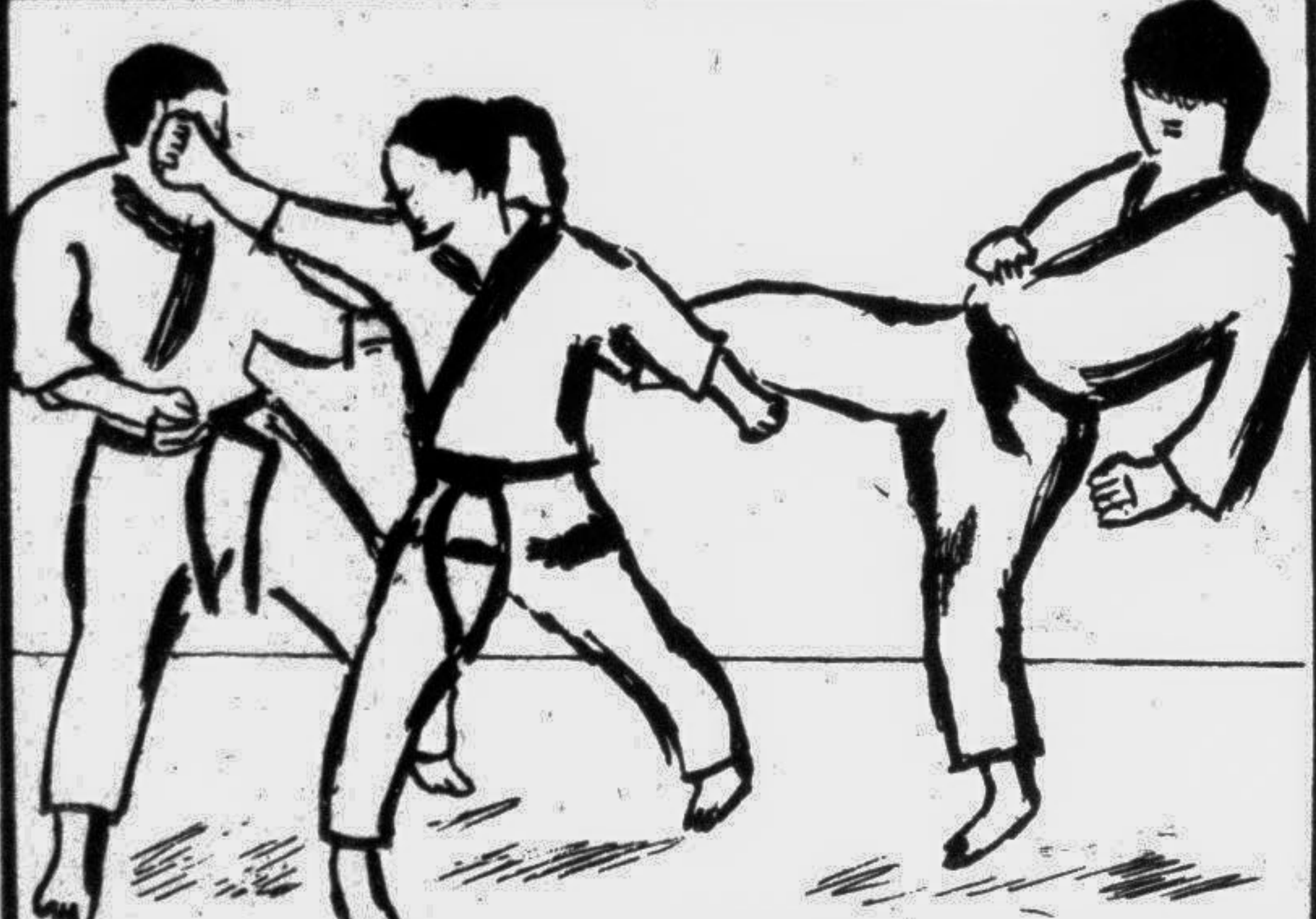
Curb it with Karate

by Rani Padamsi

strangulation and ground work method of combat, karate is primarily a kicking and punching form. It employs in a very large range of body parts and infact virtually any hard part of the body can act as a

For example in a Seiken, a straight forward fore fist punch to the opponents body or face, the arm thrusts forward in a straight line contact

and with a very slightly bent, the fist can rotate in and around the elbow in a fast snapping action to make contact through the back of the same two knuckles and we have a very different and effec-



striker. Each part can be used in a wide variety of ways, in the same on different formations, being made through the tricks of the index and adjacent finger. With a similar formation

tive surprise technique known as the back fist strike or Uraiken. This can be used to

strike forward, side ways, or to the rear and is normally employed to attack soft parts of the body such as face solar plexus or groin.

There are many different techniques available similarly like the fist, we have open hand techniques, or elbows, knees and the feet. Both offensive and defensive techniques with every part of our body, different applications are normally possible.

Kata

The greatest karate master Gichin Funakoshi was the originator of many Katas. He said "A student's understanding of karate-do can be seen in his performance of the kata." A kata is basically a series of attacking and defensive movements taking form of an imaginary fight with several opponents approaching from different directions. Practised alone, the movements are highly formalized and they do become second nature so that in a subsequent self defence situation they tend to be applied instinctively. Karate-do (the game of the empty hand) consists of a great number of kata basic skills and techniques that no human being is capable of assimilating in a short space of time. Further, unless you understand the meaning of each technique and kata you will never be able to remember no matter how much you practise the various skills and techniques: All are interrelated and if you fail to understand each completely, you will fall in the long run.

Body Maintenance

DIET is a four letter word. To most people it is the agonies the body must go through before it can achieve a decently slim shape. To them diet means semi-starvation, a period of deprivation and misery.

To those who are skeletal, diet means stuffing themselves silly in the hope they will put on weight and that is no less unpleasant. Even for those who can eat anything there are so many don'ts in diet that people become impatient with the topic.

Why should the simple act of eating to be fraught? Why do we make it so hard for ourselves? It need be neither.

"Understanding diet is not so difficult," says well-known author Dorothy Hall who wrote "The Natural Health Book," which has become required reading for people concerned about their health and good feeding habits.

"What is important is choosing the right diet for your body and keeping that food as simple as possible."

We could, for instance, take a leaf out of the English wartime approach to diet when they went back to simple foods. They had special bread, a nutritional loaf made from whole-grained rye, wheatmeal, oats, which was baked at home. It was full of vitamins A, B and C.

They also went back to growing their own things in their backyard this, the average woman knows, is the basis of good nutrition. It should all be fresh.

For instance, if you are living with a balcony or a small garden, grow a plastic bucketful of carrots or lettuce. Miniature tomatoes can frame your front door, and even that old chestnut growing watercress on a flannel is not to be sneezed at.

The idea of good nutrition is that you eat whatever it is within half an hour of cutting or picking it.

We should also learn to cut back on animal fats, says Dorothy Hall. When a doctor tells us to go off fats, on a diet, he should be saying to us go off all animal fats, or takeaway food, or deep fried foods cooked over a period of time where the fat has deteriorated. He should also mention that vegetable oil is beneficial and a mere half teaspoon a day does the trick.

We all abuse our bodies. We overeat. We lose weight. We get cranky so we get fat again. We diet some more. We are obsessed with food, or lack of it. Yet denying ourselves "fattening foods" is not the solution to keeping weight off and feeling good. It is possible, in fact, to have your cake and eat it too. It is all a question of balance.

Whole food contains a balance of nutrition that is pretty well perfect, so it is better than anything else you can buy.

For instance, if you are going to have a citrus fruit, you would do better to sit down and eat a whole grapefruit, keep the rind and grate it up afterwards and put it in a fruit salad, or in a jar of honey and use it in the juice of steamed fruit.

Whole food contains a balance of nutrition that is pretty well perfect, so it is better than anything else you can buy.

thing for lunch and nothing else means you are not going to do any chewing, and you will feel hungry very soon after. There's the fanatic fringe of health food freaks who live on fruit juice only and get very unhealthy. There is no gustiness, no bulkiness to their diet. Internal organs shrink up quite a lot and the stomach shrinks too.

That is all right if you are going to sit under a banyan tree, but in our pressured life you need more than fruit.

G.D.H.

(to be continued)

Fish for Fancy

- Hilsa Onion Korma**
- 450 g (1 lb) hilsa steaks
225 g (8 oz) thinly sliced onion
- 1/2 teaspoon ground turmeric
6 pared green chillies
teaspoons salt to taste.
1/3 cup soyabean oil
1. Mackerel, herring, trout and chad may substitute hilsa in this korma. Rinse fish steaks and drain water.
2. Heat oil in a pan. Sauté onion until soft. Mix fish with salt and turmeric. Arrange the steaks in the pan, cover and cook over low heat for about 2 hours. Turn the pieces of fish once and add chillies. When oil separates out remove from heat.
3. Serve hot with boiled rice or bread.
4. Makes 6 servings.
- Hilsa Kabab**
- 1 medium-sized hilsa
2 potatoes
1 lemon
1 tablespoon lemon juice
1/4 cup chopped onion
4 chopped green chillies
1 cup biscuit crumb
1/4 cup cooking oil
1 tablespoon tomato ketchup
1/2 teaspoon ground black pepper.
1. Descale and rinse the fish. Keeping head with the back bone cut the fillets.
2. In a baking tray place the head with bone, add

- some water and keep in a hot oven for a few minutes turning once. It can be boiled in a pan also.
3. Boil potato, peel and mash.
4. Boil the fish fillets in small amount of water till cooked. Flake the flesh of fish and remove bones.
5. Slice one green coloured lemon thinly for decoration. Grate the rind of another lemon and squeeze the juice from it.
6. Fry the crumb lightly in 1 tablespoon of oil. Heat 2 tablespoons of oil and fry the onion and chillies. Drain off the oil and spread the onion on



- absorbent kitchen paper. Place mashed potato in the pan and fry for 5-8 minutes. Take out from the pan.
7. In the fry-pan heat 1 tablespoon of oil, add the fish, tomato catsup, black pepper, lemon juice, rind and salt. Fry for 5-10 minutes. Add potato, onion and three-fourth of the crumb.
8. In a serving dish place the head with bone. Arrange the flaked cooked fish over the bone giving the shape of hilsa. Cover the top of the fish spreading crumb on it.
9. Bake at 180°C/375°F for 20-25 minutes. Decorate kabab dish with the lemon slices and potato chips.
10. Serve hilsa kabab at a dinner party.
11. Makes 10-12 servings.
- GOOD FOOD**
- Good foods basically are whole foods. That is, foods in



Scenes from a local fashion show — Star photo