



Eating Out for a Change

by Fayza Haq

PURBANI is another hotel in the heart of the city, where business lunches, dinners and conferences are held. Here too come families and friends to have a change from the cooking at home, or to save the hassle of toiling in the kitchen on a special occasion. There are many plants galore at the side of the hotel, and three massive clay elephants, plus artificial trees and berries, and more decor in brass and stone. There are delightful carved claypots with artificial palms and a mosaic of black, white, grey and beige tiles to greet you. The lounge is passable with its comfortable settees and artificial floral decorations. The carpets are of a Persian type in grey and brown, although well-worn. There is a blue, green and white mosaic tiled work as you enter and this delineates the life in rural Bangladesh effectively.

When you go to eat at the restaurant with its pleasant chairs and fairly acceptable decor, you need Tk 475 in your pocket per person to get "borhan", "kachi biryani", "murg mussalam", "shami kebab", a mixed salad and "sirni" or "zarda" per person. Should you go for the buffet, at the same "Shahana" restaurant you can get chicken sandwich for Tk 105, beef burgher for Tk 130. Tea or coffee is for Tk 32. You might indulge yourself with "mughlai paratha" for Tk 80. There is vanilla or chocolate flavoured ice-cream for Tk 80.

The food and beverage manager tells you that you should carry Tk 1000 for a romantic night for two. If you settle for a buffet it will cost you Tk 360 per person. In it you will get a choice of two soups — chicken and asparagus. There are cold cuts in three platters — fish, beef and mutton for appetisers. There are hot dishes of four types of Bengali.

This comprises chicken, beef, mutton, fish, "kofta", curry, "bhajji". There are continental dishes to choose from.

There is too the "Burganga"

which again have a variety of fish, meat — chicken, beef and mutton. There are ten types of salads to choose from, along with boiled vegetables. There is rice, plain "palau", "nan" as well as butter fried "daal" and boiled vegetables.

For dessert there is cream caramel pudding, fresh fruit salad, chocolate cake, eclairs, pastries, lemon tarts and souffle (orange or chocolate or lemon). Tea or coffee are included in the menu price. The buffet is shut on Friday while

used for banquets for thirty persons on the mezzanine floor. While the main restaurant can be enlarged by removing the partitions of the two "Mehfilis". To hire the place for snacks and parties for four hours would cost Tk 1000, while a whole day session would incur Tk 2000. "Shahana" apart, there is the "Dilkusha Hall" and the "Jalsa Ghar" each hall having the capacity of 300. Each hall has the capacity of 300 and here are many wedding receptions are

four persons for Tk 970. The quick lunches have dishes like "tacos" and "rautalata" for Tk 110 and Tk 100. The ice-cream is the most attractive part of this restaurant, apart from its artistic and cosy decor. The "honeymoon" is for Tk 90, fruit bowl is for Tk 130, "sundae" for Tk 90 while plain ice-cream range from Tk 35 to Tk 70.

Among the many Chinese restaurants that have mushroomed in the city in the last twenty years, "Sung Gardens" at Bijoynagar Road is a fairly reasonable place to go

It is often a welcome change not to have the packed lunch, or to have to slave for hours over the hot cookers, even though there might be a helper or two to grind and chop. Dip into your savings and have an afternoon or evening out. You should not regret it except for the occasional runny tummy as a consequence, or perhaps the relatively high prices at the places you might venture to go.

lunch and dinner are available every day of the week.

With Tk 4000, you can treat yourselves — a group of friends of four — to an individual soup, three orders of chicken "bhuna" can be divided but not something like the "shish kebab", three orders of fish, two orders of vegetables, two or-

held, the hall charge for four hours being Tk 4000. A minimum of 100 persons have to be at a gathering and it costs Tk 325 per person and you get "borhan", peas "palau", roast chicken, beef "kalai", a mixed salad and "sirni" or "zarda".

There is too the "Shudha" bar and a pastry shop for

to, specially for the workers in

The chairs have chocolate fabric mounted on wood. The table cloths are chocolate and cream, while the napkins are chocolate and cream too. On each table is a single tuberose placed neatly. For a family of three people it will cost Tk 450 at least, even if you are

added attraction.

One cannot ignore "Dolee Vita" at Banani with spaghetti for Tk 125 to Tk 150, Pasta for Tk 175 to Tk 200, fish ranging from Tk 150 to Tk 200 vegetable pizza for Tk 450 and combination dinner for

very economical. Here a soup ranges from Tk 85 to Tk 99 per bowl. The starters like fried prawn or "sul-mie" are all for Tk 99. The main dishes of fried chicken, garlic prawn, hot sauce fish, beef ginger and pepper, shredded fish with

have a plate of fried rice, a chicken fried plate and a bowl of soup. The soft drinks cost Tk 12 each. The scenario there comprises, strangely enough, rather darkish rooms, perhaps to bring in a suggestive atmosphere. The flavours

improve in the future as

one and all cannot make it to the expensive oriental food houses in Gulshan and Banani.

"Cafe Jheel", in the lower

section, has reasonable prices for the working person. There

the "boti kebab" is for Tk 32,

the centre of the city, it has a sitting capacity for 80 people, vegetables and "chow mein" all cost Tk 99 each. The chicken dishes, whether drumsticks or "masala" chicken or even chicken with bamboo shoots or ashew nuts range from Tk 99 to Tk 120 per plate. The prawn dishes ranging from sweet and sour prawn with capsicum and oyster sauce to prawn and mushroom bamboo shoots range from Tk 99 to Tk 120.

The fish dishes at the restaurant such as fried fish with garlic and oyster sauce or fried pomfret or steamed fish with mushroom and ginger range from Tk 99 to Tk 150. The beef dishes like beef mushroom with oyster sauce or beef mushroom and bamboo shoots range from Tk 99 to Tk 120. The vegetable dishes like vegetable with chicken/prawn/beef or fish cost Tk 99 again. You can go in for a cheaper mixed vegetables for Tk 80. The rice "chow mein" or "chop suey" dishes range from Tk 45 to Tk 99. Jasmine tea is for Tk 20 per person, while coffee or ice-cream is obtained for Tk 25 per individual. Canned juice is for Tk 30.

At the numerous Chinese

restaurants at Dhanmandi it costs at least Tk 250 for a small meal for two, you can only hope that their stan-



Tasting the wares at "Purbani"

are not pure Chinese and have a touch of Bangladeshi food. The corn soups and the Thai soups, for example, contain quite often, too much of the carbohydrate content. The fried chicken is simply tossed in batter and a little spice. One can only hope that their stan-

serving. Meanwhile the "corolla bhati" is for Tk 20. The soft drinks is for Tk 10 while a "paan" is free of charge.

"Flesh Pots" at Bijoynagar Road is another reasonable place for dining out at a fairly cheap price. Although the setting is nothing to write home about, yet it is cheerful, somewhat decorated with prints, and certainly cleaner than some of the little restaurants in Motijheel, where the duster that the server uses puts you off your food at the outset.

There are four types of "bhorts" — "chingri" for Tk 10, "kola" for Tk 5, "borbott" for Tk 5, and "alu" for Tk 4. Meanwhile, "daal" is for Tk 4. The specialities are dove roast for Tk 25 and "eelish polau" for Tk 28.

There are all types of savoury thick "daals" and this is the haunt of students and even adventurous working men and women, who want to eat out on the cheap, when there are house rents and electric bills to pay apart from getting the money for the food and education of the children — their clothes and entertainment apart. (concluded)

with which you can buy two "nans". A fried "chicken tikka" is for Tk 20 a piece. A small plate of meat curry is for Tk 16 to Tk 20. At "Kastori" you have a fair range of Bangladeshi food. It has 90 chairs and 16 tables. Meals include rice is for Tk 16 the "daal" for Tk 6, the



At rush hour at "Cafe Jheel"

meat is for Tk 40 while the mixed vegetable is for Tk 20. The fish, which might be "rohi" or "pangash" is for Tk 60. The "chingri bharta", meanwhile is for Tk 12 and a large lobster is for Tk 160. The "alu bharta", "kola borta" is for Tk 8 for a

a high metabolic rate as well. Somebody who is slow, placid, more phlegmatic, thinks slowly, makes no decision, has a slow metabolism.

Experts say: "You could, for instance, give kelp and alfalfa to an overweight woman who had hypo-thyroid. She might be an enormous lady who sat there with droopy eyelids and it might take two years to get the weight down and she'd have to have 10 times the dose. Whereas a fast metabolic person might start dropping off pounds in a week."

It is a good idea to have a little meat occasionally and again be selective about it. It can speed up the metabolic rate and burn off waste food. Fish has no acid producing substances, so there are no fats.

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GDH

Karate: Defence Against Illness

by Rani Padamsi

KARATE has now taken its place in the world as an internationally recognized sport. It is a lot more than just a fighting art. Martial arts in their tiniest form are much more than a physical contest between two opponents, a means of imposing one's will, or inflicting damage upon another. Rather, for the true master, Karate, Kungfu, Aikido, Wing Chun and all the other martial arts are essentially avenues through which they can achieve spiritual serenity, mental tranquillity, and the deepest self confidence. Only after several years of training one realises that the deepest purpose of the martial arts is to serve as a vehicle for personal spiritual development.

The martial arts began to develop this emphasis on personal spiritual growth in the 16th century, when the need for fighting skills in the Orient diminished. The martial arts were transformed from a practical means of combat-to-death to spiritual educational training that emphasized the personal development of the participant. Thus the art of fighting with empty hand, Karate, became transformed into "the way of the empty hand, Karate-do". Soon other martial arts were given the

ending -do, which means "the way" or more fully "the way to enlightenment, self realisation and understanding". This zen

with ourselves — our fears, anxieties, reactions and habits. It is an arena of confined conflict where we confront an op-

portunity in the do-jo call on us to constantly attempt new things so it is also a source of learning, a source of self en-

lightenment.

Each do-jo is presided over by a Sensei (Japanese) meaning "master". Sen means "before" and Sei means "born". The literal meaning of the Japanese word is "one who is born before". Thus, the one who is born before you is your teacher.

(to be continued)

ponent who is not an opponent but rather a partner engaged in helping us understand ourselves more fully. It is a place where we can learn a great deal in a short time about who we are and how we read in the world. The conflicts that take place outside. The total concentration and discipline required to study martial arts carries over to daily life. The

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For this reason the practise

halls Do-jo (Japanese), Dojang (Chinese) Kwoon (Chinese) where martial arts is studied are traditionally called "the place of enlightenment".

A Do-jo is a miniature cos-

mos where we make contact

with our environment.

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