



FOR THE LOVE OF FOOD
BY KANISKA CHAKRABORTY



Talking bread

I will be at fault if I do not talk about a bakery sensation. Holey Bakery.

To me, the holy grail of bakeries in Dhaka.

They are a small outfit, nestled in a quiet corner of Gulshan, sharing the compound with a nursing home.

There are no extravagant signs.

No billboards.

No advertisement in newspapers that I noticed.

A lot of Facebook posts announcing their latest marvel had caught attention and that attention is spreading like wildfire. I remember the day when I heard rumours of sourdough bread being baked in Dhaka.

I was elated.

They used to sell it from the very upscale restaurant, Izumi.

I got my hands on one of their early batches.

A fantastic specimen.

Crusty outside, light and fluffy inside, with that lovely yeasty tangy overture that is so San Francisco.

I was sold.

Then the bakery opened to the public. And we had access to baguettes, beer bread, apricot and fig studded fruit bread, whole wheat bread, multigrain, white, brioche, baps, scotch mist rolls, pains aux raisins, key lime muffins, New York cheesecakes, chocolate tarts, scones, almond croissants, ham and cheese croissants, and numerous other



goodies.

It is a pleasure these days watching a small pat of butter melt slowly on a slice of warm toasted whole wheat bread.

It is a pleasure these days to bite into a soft centered, icing sugar dusted almond croissant with a sip of good coffee.

My own pommelo jam tastes that much more awesome when spread on a lightly toasted slice of beer bread.

To add to the delight, they have very recently started selling sandwiches and coffee.

I am yet to taste them.

But if the bread is anything to go by, I do not need to fret.

I have always been partial to Dhaka eats.

Now there is one more reason to love them.

Photo: Kaniska Chakraborty

EVENT

The Food Talk meets again

THE second meet up of The Food Talk was held at Coentro in Baridhara. About 40 people from the closed Facebook group showed up and contributed to the lively discussion and stimulating discussions on the theme "Service Matters!" The premise was that the vibrant restaurant scene does need improved services. To start with, there is not a big training centre that's preparing people for one of the biggest industries in Bangladesh. The scene is quite new and here 15 year old restaurants are considered old. Most of the entrepreneurs are self-taught and it is taking time to establish the standards that are usually present in a more developed country.

The first presentation was made by a popular baker named Saria Ahmed who has made a name for her through her online cake shop – The Flourist. She spoke about her ways of ensuring quality services. Saria said that she does not over promise or over burden herself with too many orders so that she doesn't have to compromise quality for time. Time Out took the floor next. Time Out started its journey some 14 years back. Back in the days, Mohammadpur had loads of good 'chaap' and Gulshan did not and this is the big idea that grew in time.

The Food Talk gave its 'Service Excellence Award' to Berek who is a very popular waiter at Time Out and over the years grew to become a manager. The award came through a poll from the group. The award was presented by Taskin Rahman.

Hungrynaki has caused a revolution in the food scene here. The team from Hungrynaki shared their views on good service. They talked of ensuring timely deliveries and requested restaurants to provide well-packed goods to ensure that the taste of the food is not compromised when delivered. Arif Shafique who owns Fools Diner and Amigos spoke about his challenges in ensuring quality services and that when he opened the restaurant he wanted to do something like Time Out.

A table activity was conducted to understand the benchmarks of good service. The groups came up with standards such as knowledge of the menu, timely service and managing the expectations of the customers. The last activity of the event was sharing the names of places that have ensured quality service over a period of time. Each table got to present one name. Some of the names that came up in terms of service were North End, Gulshan Plaza Restora and Pizza Hut.



SKIN DAMAGE FROM SUN EXPOSURE

The sun dictates the course of our day, but there is such a thing as too much of a good thing. Too much exposure to the sun can cause damage to skin. Years of getting too much sun can lead to early wrinkling and age spots, and increases the risk of skin cancer.

The sun's heat dries out areas of unprotected skin and depletes the skin's supply of natural lubricating oils. In addition, the sun's ultraviolet (UV) radiation can cause burning and long-term changes in the skin's structure.

Avoid going out in the sun from 10am to 3pm when the sun's rays are strongest. However, this may not be realistic as we have many chores to complete during the day.

In that case, protect your skin by wearing appropriate clothing or using accessories like an umbrella, cap or scarf. You should put on sunscreen every day, regardless of whether the day is sunny, cloudy or even rainy. Before going out in the sun you can apply Vaseline Healthy white which has triple sunscreen and protects the skin from UVA and UVB rays.

Sun-exposed skin can gradually lose moisture and essential oils hence making skin dry, flaky and prematurely wrinkled, even in younger people. To avoid this problem, it is important to keep your skin as moisturized as possible by nourishing your skin with those natural oils it needs to maintain its elasticity.

To remedy the dryness caused to skin as a result of sun exposure, use Vaseline Total Moisture to replenish your skin with the essential oils that it has lost because of hours in the sun. When you return home, take a shower with cool water to soothe the skin, and then apply Vaseline Total Moisture. Your skin will immediately feel better. And in the long term, Vaseline Total Moisture will help you maintain supple, wrinkle-free skin.

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