

THE FEARLESS OLIVE
BY REEMA ISLAM



Bidding adieu to Poush

As winter prepares to bid us a hasty farewell, we will get one last chance to offer this season our goodbyes as the traditional Poush Shankranti mela will be celebrated by Hindus all over, on 14 January, the last day of the month of Poush. Known as Pongal in South India, Makar Sankranti in North India and Bhogali Bihu in Assam, we take a look at some of the foods eaten around our region where this time of the harvest year is thought to be an auspicious beginning to our year ahead.

Til laddoo

Thought to absorb the spiritual values of this auspicious time of year, sesames are a popular ingredient for many sweets. Offered in temples and used during pujas,



sesame seeds are also good for the dying days of winter as they warm the body. Consumed in small quantities, this laddoo packed with the goodness of all things decadent is actually a good inclusion on your list of healthy food, provided you don't over indulge!

Ingredients:

1 cup sesame seeds (til), 1 tsp pure ghee
½ cup jaggery, ¼ cup crushed peanuts

A pinch of black salt

Method:

Roast sesame seeds for about one minute on a fire and keep stirring them to evenly brown them lightly. Mix the jaggery, salt and ghee and then add the sesame and peanuts. Make sure you are only using the ghee as a binding agent to make the laddoos stick, so do watch the quantity.

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Now with the Power of **1**  **lemons**



Degreases in one wipe