

Why I love soup so much

RAFIDAH RAHMAN

Soup makes for a quick and easy comfort food, especially when it's chilly outside. Despite being there since ages, it's still somewhat underrated. Below I discuss exactly why it shouldn't be and the reasons behind my eternal love for soup.

OBVIOUSLY, IT WARMS YOU UP

A bowl of thick soup is certainly gratifying, warming us inside and out. Also, if you aren't exactly a beverage person like yours truly, and if you struggle to stay comfortable in cool weather and love snuggling in bed with a good book, a bowl or mug of soup is as good as hot chocolate.

IT LESSENS ACHES AND PAIN

Soups have been an ailment to sick people since forever. Nothing beats chicken noodle soup on days that I have a stuffy nose. Even though it doesn't exactly make the illness go away, but there's a reason it's known as a natural home remedy during cold and flu season. Apparently, it works as an anti-inflammatory to clear up blocked noses and sore throats. The result, of course, is the mitigation of nasty symptoms.

A NO-BRAINER WAY TO LOSE WEIGHT

This exactly doesn't work for me since I like my soup thick, but lighter soups that are full of beans, lean meats and vegetables work great in losing weight. All these ingredients are known for their low-fat and

high-fibre composition, which makes soup a wonderfully healthy meal option.

THE OPTIONS ARE ENDLESS

Just about every cuisine has soup. Be it the Burmese Khao Suey, the authentic Thai Tom Yum or our beloved Bangla-Chinese soup - they are extremely versatile. And so you can leverage whatever's in the fridge to create your own soup. The recipes are extremely forgiving, and thus can be easily adjusted to whatever ingredients are present within your reach. Some leftover chicken and basic veggies can be culminated into almost any soup your heart desires.

THEY CAN BE MADE BEFOREHAND

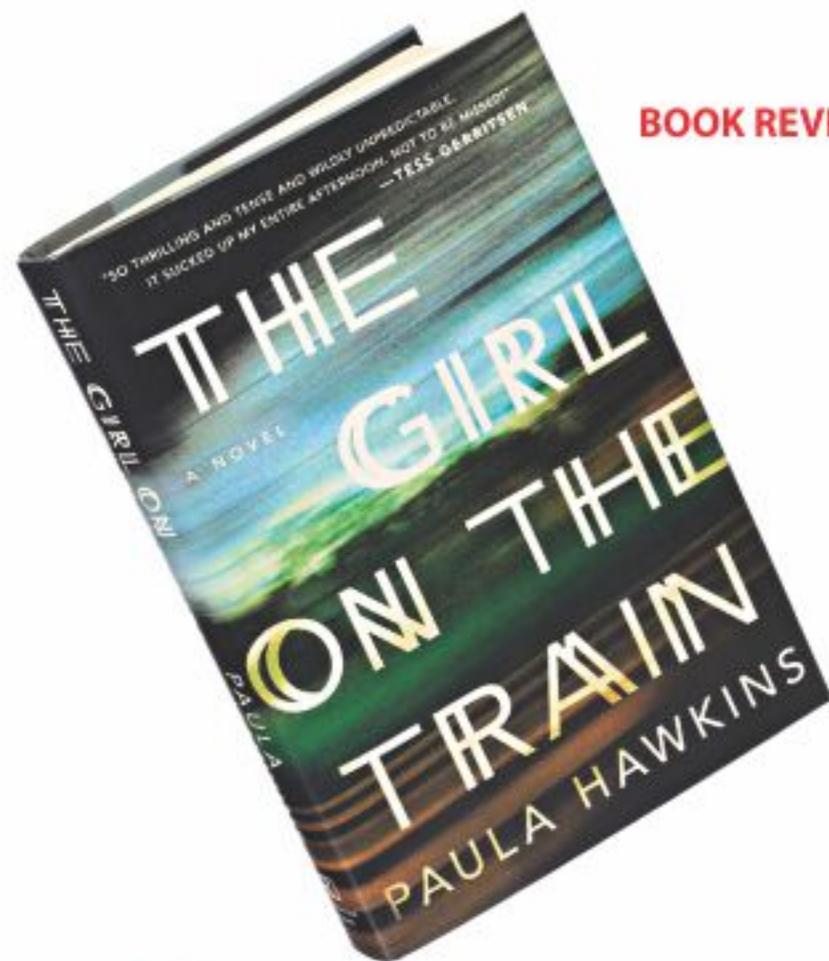
Soups are easy to freeze and reheat. A giant pot of soup made one evening, can be turned into lunch for days to come. Soup is one of those rare foods that actually tastes better the next day, after the flavours have had time to preserve and fully mature.

Soup-making is intimidating for some, but I promise it's not difficult. All you have to do is start with a simple recipe like Tomato Basil Soup and get started. Until then, happy eating!

Rafidah Rahman is a teeny-tiny Hulk, she's always angry and she's always hungry. A cynical dreamer and a food enthusiast, she's your everyday entertainment. Correspond with her at rafidahrahman93@gmail.com or https://www.facebook.com/rafidah.rahman.39



BOOK REVIEW



Don't stop at this station

ZARIN REZWANA

Paula Hawkins' bestselling thriller, "The Girl on the Train", was something I was looking forward to because it was supposedly comparable to Gillian Flynn's *Gone Girl* - a thriller that blew our minds off. Nonetheless, the expectations fumbled as I gave it a read.

The story circulates around the points of view of three women - the main protagonist Rachel, and two other supporting characters. At first, the shifts in perspectives shake up the interest but that dissolves after the first few chapters because of a monotonous tone to all three characters. The language is simple, just like any other contemporary novel. However, avid readers expecting a good dose of literature would be disappointed because no enthralling play of words has been done.

Reading with a right mind, the protagonist is a desolate woman in desperate need of help. The book starts off with a divorced 30 year old facing midlife crisis, accompanied by a drinking problem. The two other supporting characters - Megan, the victim, and Anna - are not given much description, making it difficult to visualise the entire scenario. Moreover, the characters have not been built up, just merely introduced to the reader when necessary, taking away any sense of familiarity to the roots of the story.

The plot begins when Rachel travels to London to uphold her lost working status in the eyes of her landlord and starts to imagine the life of a couple she

observes every day through the train window. So, when she sees the wife cheating on the husband and going missing the next day, she takes it upon herself to help solve the matter. To add to the storyline, the only thing she could relate with them was that they lived a few doors down of her ex-husband and his current family.

At several points through the book, the story is manipulated into the protagonist ending up losing control of herself because of her alcohol addiction. Her cries about mental instability are dressed up as stubbornness, justifying lying to the missing lady's husband, and taking police matters in her own hands. This gives off negative vibes about the protagonist, and once the reader has turned enough pages, there is a rising frustration because of how an entire mystery is clouded because of alcoholism.

So, when it comes to finishing the novel, it is just for the sake of doing so. The reveal of the convict was not much of a surprise after having read multiple novels of the same kind. The ending, too, seemed reluctant to merge into the entire story.

Therefore, with philandering habits dominant in the story, anyone would feel compelled to cheat on reading *The Girl on the Train* because when it comes to mystery thrillers, it is all but a weak player on the shelf.

Zarin Rezwana is a weird potato trying to be a French fry. Send help or send ketchup at riditah4@gmail.com