

SUPER FOOD

Garlic the Great!

“Let food be thy medicine, and medicine be thy food”.

More than a simple condiment in your everyday dishes, the garlic, raw and cooked, has numerous benefits for the human body, and is one super food that has been used for ages because of its unlimited health benefits.

NUTRITION FACTS

Garlic is composed of 23 percent manganese, 17 percent Vitamin B6, 15 percent Vitamin C, 6 percent selenium and 0.6gram fibre. It also contains decent amounts of calcium, copper, potassium and iron. Other than these, garlic also contains trace amounts of pretty much all other nutrients we require.

The hero in garlic is a sulphur compound called allicin, which is also responsible for the amazing smell we love so much on our garlic bread. This allicin enters our body through our digestive tract and then starts releasing its juices, which is what brings out all the benefits of this little root.

Garlic is also very low in calories, and contains lots of antioxidants, which are



good at fighting free radicals, and help clear the skin.

A healthy heart

A review from PubMed in 2009 showed that garlic powder has the ability to moderately reduce cholesterol levels, which in turn reduces chances of heart attacks and reduces risks of any cardiovascular diseases.

Controls blood pressure

According to Cochrane Hypertension Group, consuming about 200mg of garlic powder 2 to 3 times daily reduces blood pressure, which keeps the blood vessels smooth and running.

Prevents gastric problems

Garlic along with other allium vegetables like onions, reduce risks of gastric and endometrial cancers, and keeps the stomach and its contents in check.

The right garlic for the right problems

Garlic can be found in many forms in the market, but nothing beats pure raw garlic. Garlic powders may not be as effective as its raw form.

Choose garlic sold loose so you can handpick your ones, and always buy ones with unbroken skin, and those that are plump and taut. Avoid garlic with damp and soft spots.

By Anisha Hassan

Photo: Collected

CHRONICLES OF SAM Q

BY SAM Q



Random thoughts



Just realised something very scary. I cannot memorise anything anymore. I am horrified and traumatised. Being senescent sucks! Just throwing in a 'big' word to show myself that I, at least, remember something. I know many of you will chirp in by saying, it happens to the best of us, but this bitter fact does not make me feel any better. To me it is feeling like a big part of me is dying.

This realisation came upon me the day I wanted to memorise a small dua. I normally say my Namaz with the duas I have learnt 40 years ago (bless my Islamiat Miss in Holy Cross). So memorising new duas were not on my to-do list, but with social media so much in your face now, and new information constantly bombarding you, one feels the need to learn and apply the "newer" information. Hence, the memorisation.

But nope! Not happening! The power to retain... gone.

Now for plan 'B'!

Well, I do not have one right now. I am just saying. We need a plan 'B.' So, wracking my brains here.

My plan 'B' starts with an... 'A.'

A. Exercise. Apparently even 15 minutes of any sort of movement ameliorates any worries. Works for me!

B. De-clutter your brain. Any useless information...erase!

C. Play mind games. Literally. Scrabble...Sudoku, etc. Not the Hindi serial type of mind games women are playing with each other.

D. Eat brain food. Walnuts, seeds, the berries and the cherries, chias along with the flax.

E. Meditate. I, for a fact, believe our Namaz is a great form of meditation once you get all the silly daily thoughts out crowding the mind right then only.

F. Buy a beautiful notebook and write down all the stuff you want to be done once you lose it. My new daughter-in-law

is now privy to all my neurotic rants and instructions.

Like, I told her to pull the plug if I am comatose. Just do not keep me hooked up to see me looking all pink, pretty, warm and breathing for everyone else's satisfaction.

G. Lastly, if the family does want to have a prayer meet for me to sing praises of how much I cooked for you all or how clingy and needy I was for my friends...do have it inside my home, with the air conditioner on full force and the table laden with food as I would have loved. See...somewhat problem solved!



Now, as I am done with my Halloween type of scary prose, I just realised something again. I am actually quite embarrassed to own up to it. I truly thought I was immutable. Apparently not!

So, if my above rant is so true, then how can I remember in one shot the names of the new offsprings of the Bollywood brigade? The Taimurs, Mishas, Abrams, Navya Navelis, and the Araydhays. And then cross connect with the parents. The Raj Kapoors full clan with the new additions and divorces. Lyrics of the song 'Zalima', all songs by Arjit Singh, all information from my holy grail the 'Hello' magazine, and all the new releases of Hollywood movies, and all the names of Angelina-Pitt babies?

I am actually confused. So, what is it? Am I only interested in frivolous informa-

tion? Am I a useless information junkie? But, whatever it is, I am going to see it as "thank Allah for small mercies". At least one part of my brain is working. So even if it the floozy part. I consider it a small victory.

So, to the people who can relate to me, say...Hallelujah!

Have a good day the Sam Q Way.

GLAZED FISH SILLET**Ingredients**

One pound of any firm fish fillet (bektli will do very nicely)

- 1 tbsp of brown sugar
- 1 tbsp of melted butter
- 1 tbsp of olive oil, 1 tbsp of honey
- 1 tbsp of soya sauce
- 1 tbsp of Dijon mustard
- 3 cloves of garlic finely minced

Method

Mix all the ingredients, except the fish in a small bowl. Pour over fish and refrigerate for two hours. Now heat some oil in a pan, place the fish over medium heat. Turn over once after 3 minutes. Give another 3 minutes to the other side. Check to see if fish is flaky and cooked inside. Turn up the heat to thicken the gravy and serve hot.

EASY SPICY FISH TAMARIND

Marinate the fish or fillet with sliced ginger and salt to taste. Then grill it or shallow fry it.

Then in a frying pan heat some oil. Fry 50 g of sliced onions until crisp and golden. Drain on kitchen paper. Now sauté 25g of sliced garlic and 3 sliced red chillies. Also, set aside. In another pan, bring to boil 6 tbsp water, 50 g of sugar, 30 g of tamarind pulp, and 30ml of fish sauce. Bring to boil. When thickened, add all the fried onions, garlic and chillies. Taste. You should have a sweet and sour taste to it. Now pour over fish and garnish according to your choice. My suggestion—fresh coriander. Enjoy!

Photo: Collected