

FYI

Sneaky veggies for picky carnivores

Babies go through picky eating in their cute, helpless growing ages. It's how they first tell their mothers about the lack of variety in their palates. When this fuss does not grow out in adulthood, it can mean constant compromises with their more gastronomically adventurous peers or significant others.

Many adults who hold onto their childhood dislikes enlist vegetables at the top of their no-no list. Irrespective of how many loathe them, vegetables are a dietary necessity and one way of striking a balance between veggies and meat is by sneaking greens in a carnivorous dish, of course with consent.

Savouries like samosas and shingaras are hard to resist. Add bits of peas and carrots to the regular beef or chicken keema samosas for a pleasant surprise. Cheese samosas are also a delight, and can definitely be a coveted snack.

Speaking of cheese, there are a few irresistible dishes: mac and cheese is soul-food for anyone including picky eaters. Add vegetable broth to the cheese sauce and guaranteed, it will go unnoticed even by the most sensitive taste buds. You can also try this with fried noodles — boil noodles in a light vegetable broth, and the rest can be meat toppings.

In the name of chicken fried rice, you can add broccoli and cauliflower to a level where it will camouflage with the rice and leave a picky eater wondering why it tastes divine.

On the breakfast table, frittatas and the Spanish omelettes are utter winners. To make frittatas more appealing, add a considerably visible amount of salami, or thin sliced sausages, and sneak in some spinach. You can also dice coloured peppers to add to this dish.

Imperative whether it has some mythical touch of a secret ingredient or just plain fried with some salt, French fries are an all-time favourite. If you cut carrots, eggplants, and even zucchinis the same way fries are cut, with the exact same crunchiness, and mix fun spices like basil and oregano with the salt, and put all picky eaters in awe.

Bottom-line, you cannot push foods that adult picky eaters do not like. Bring in a twist even if it is solely to improve their bowel movement!

By Sanumkia Siddiqui

SUPER FOOD

Nature's liquid gold

Widely found in nature and in stores too, honey is one superfood that our parents, and many generations before that have been using for curing ailments, and have always taught us the importance of. One of the best things about honey is that it can be stored for long times without being damaged in any way.

THE COMPOSITION

Honey is mainly 17 percent water and two important sugars (38 percent fructose and 31 percent glucose). It also contains many minerals, vitamins and proteins, some of which have antibacterial and antioxidant properties. One tablespoon of honey contains about 64 calories.

ANTIBACTERIAL PROPERTIES

Honey has been used to heal burns and wounds because it contains many antiseptic compounds such as hydrogen peroxide and bee defesin-1. It can also prevent infections from cuts and stimulate new tissue growth. It also contains good bacteria which adds to the healing process.

CURING COUGHS

A teaspoon of honey has always been used to cure and calm a sore throat better than most medicines because of its anti-inflammatory properties. The effect is heightened when it is taken with tea or lemon juice.

Other than these, taking honey on a regular basis can help reduce gastric disturbances, provide lots of energy and help boost our immune systems.

The pollen, potassium, and acids found in honey help with digestion and cures diarrhoea in children.

Honey can also aid in increasing haemoglobin, and prevent anaemia.

It contains lots of minerals such as zinc, iron, calcium, phosphorous which are important for a healthy blood sugar balance.

The antibacterial properties also help cure skin infections and promote healthier skin when applied.

EASES STRESS

Taking honey mixed in milk or tea, before going to bed can help a person relax and provide better sleep. It can also soothe headaches.

KNOW YOUR HONEY

To get the best in the market, look out for the 'fizz' when you open a bottle or jar of honey. Although a very subtle indication, this is a common property of all natural forms of the superfood.

One could also check with the spoon test, where you can drop some honey onto a flat surface. If it dribbles instead of running with a continuous flow it has water mixed in and is not completely pure.

VANILLA HONEY CARAMELS

Ingredients

1½ cup of sugar

½ cup of honey
1 tbsp pure vanilla extract
1 cup of heavy cream
½ cup salted butter
Salt

Method

In a large pot mix in the sugar, honey and the vanilla extract. Mix them in together using a rubber or wooden spoon. Turn the heat to medium low, and keep cooking until all the sugar has melted. Once the sugar melts, turn up the heat to medium again, and keep cooking till it caramelises into a deep amber colour. Once it starts to boil do not mix it, instead swirl it slowly using the pans handle. This prevents the caramel from burning, or cooking too fast in some areas.

While the caramel cooks, place the cream in a saucepan. Once it simmers take it off and set it aside. When the caramel darkens, slow the heat again, and add in bits of butter at a time. As the butter melts, add in the cream, and keep stirring until everything is smooth. Turn the heat up once more to

medium so that the caramel is liquid enough to pour, pour it onto parchment lined cookie paper.

Let it sit for a few minutes, then sprinkle on some salt to taste. The whole thing might take a few hours to solidify, and can be cut into candy like pieces.

HONEY GARLIC BAKED CAULIFLOWER

Ingredients

1 small head of cauliflower, cut into bite sized florets
2 cups breadcrumbs
2 large eggs, whisked

The sauce —

6 tbsp honey
4 minced garlic cloves
1 tsp onion powder

6 tbsp water and 2 tsp corn-starch
1½ tbsp low sodium soy sauce
½ tbsp chilli sauce

Method

Preheat oven to 400F, set whisked eggs and bread crumbs aside in separate bowls. Line a large baking sheet with parchment paper. Dip the cauliflower in the eggs, followed by coating them in the crumbs and setting them on a baking sheet.

Bake for 15 to 20 minutes until the cauliflowers are brown and crunchy. While the vegetable cooks, make the sauce on the stove. Dissolve corn-starch in water in a bowl, and add the sauce ingredients in a separate pan with water and let it simmer.

When it does add in the corn starch and stir them in until it simmers again. Allow the sauce to thicken and cool. Drizzle it over freshly baked crunchy cauliflower.

By Anisha Hassan

Recipe and photo: Collected

**BY THE WAY**

Just honey things

One of the wonder-ingredients of skin care happens to be honey, and for good reasons. To shrink pores, add egg-white to honey and apply the paste. To reduce blackheads, use cinnamon instead. While lemon juice and honey do the job for scars, its nutmeg that keeps skin free

from acne.

The reason for all these is that honey has plenty of antibacterial properties and acts as an antioxidant, which keeps the skin clean and healthy. In fact, because of its soothing and moisturising properties, it is perfect for all skin types.

If you have oily skin, try honey with aloe vera. Those with dry skin can opt for a mixture made with a little bit of coconut oil added to the honey. Perfect for regular use, these masks are easy-to-make but just as effective!

By Adiba Mahbub Proma