

AN EXPERT'S GUIDE TO BUFFETS

SAAMIN AZAM SUHA

All-you-can-eat buffets are both a gift and a curse to the world. While they can be incredibly satisfying for those who manage to get their money's worth, most people usually get scammed and return home with empty stomachs and emptier wallets.

Lucky for you, here's a guide on how to effectively tackle buffets, as suggested by an expert.

DON'T START ON AN EMPTY STOMACH

A common mistake most people make is starving themselves before heading over to the buffet. The idea behind this is that not eating anything will make you hungry, and thus you'll be able to eat more. While it may make sense on paper, the results are the exact opposite. When you're hungry, you're likely to eat less food than more as consuming a small amount already makes you full. The solution to this is to control your diet. Don't starve, but don't stuff yourself either; just manage your portions to eat a little bit less than you normally do during meals.

CHOOSE YOUR PRIORITIES

Once you've reached the restaurant, take a while to carefully judge the menu and mentally rank them in your head. You should accept the fact that it may not be possible to try every single thing on the menu, so you need to prioritise which items you like more. Take as long as you want in doing this as it is a vital step.

KEEP YOUR PLATE SMALL

There's no limit to how many times you can go and pick new items, so don't try everything at once. Your goal here is to

try the items you find appealing and then go back for the ones you liked most. Rank your top-rated items and take everything at small amounts. If your plate is overflowing, that's not a good sign. Minimalism is key.

DRINKS ARE YOUR ENEMY

You certainly don't want to stuff yourself up on liquids when you have a gourmet course waiting for you. Drinking in between meals is important, but drinking too much won't leave you any space for the meals themselves. Make sure to never fill your glass fully, and drink at small amounts when you get too thirsty.

TRY DESSERTS FIRST

If you have a sweet tooth like me and love desserts, you don't want to leave them for the end because you most likely won't have any space in your stomach left. Instead, when you're trying all your top-rated items, also include your top-rated desserts in those. This way, you won't go home with regrets. This brings us to our final point.

HAVE NO REGRETS!

This is the key goal here. No matter how much money and time you spent, you want to make sure you have the best experience possible with little to no regrets when you head back home. Before stuffing yourself on your favourite items, make sure you have tried everything that you wanted to. This way, you don't have to keep on attending the same buffet because of one or two items and can move on to bigger and better things.

Saamin Azam Suha is a fandom connoisseur, professional procrastinator, and wannabe MasterChef. Send her compliments at saamin.suha@gmail.com



PHOTO: FIROZ AHMED

SATIRE

Cricket from a football fan's perspective

AAQIB HASIB

As football fans, we spend much of our time engrossed in weekly league games, UEFA Champions league(UCL) fixtures and couch FIFA matches. Majority of our entertainment revolves around the football season, spanning over the course of August to May.

However, when the season inevitably draws to a close, or during one of those intolerable international breaks, when you're done with your realisation that your team will probably not win anything this season either; you find yourself lost.

On a fateful Saturday during the last international break, I found myself craving for a football match to watch. Saturday had brought with it an almost insatiable desire for English Premier League action. With the season being in hiatus, however, it meant my best chance was watching a rerun of an old game.

As I flipped through the channels, hoping to chance across the replay of a good derby match, I found myself face to face with a game of cricket.

I proceeded to put the remote down and decided to spend the 90 minutes of my life watching this. "Surely cricket matches don't last past the hour mark," I thought.

It was only after I was already an hour in, that I realised my fatal mistake. I had underestimated cricket, in turn overestimating its ability to keep me entertained. The game itself was too long, and this was only a "T20" match, which still takes almost 327 hours to end.

After spending a large portion of the game googling confusing terminologies such as, "closing the face" and "cow corner", I found myself more appreciative of the football's simplistic approach to commentary.

Having already committed an hour of my life to giving cricket a try (and since Google was already open) I decided to study up on the sport.

A quick search revealed that there were other formats of the game as well, all of which took considerably longer to finish!

I may have been a football fan, but under no circumstances would I want a Manchester United vs Liverpool match that would span the course of an entire day.

The slow pace of the game, combined with its multiple confusing elements left me dismayed. For a short amount of time, I had thought that I had chanced across a gem. That I would be able to pass the season break by watching cricket. Alas, this game of "Assault the ball" had failed me.

All of these complex fielding positions, weird analogies and underwhelming celebrations left me longing for football even more than when I had started down this rabbit hole into the cricket universe.

I had to escape. Simply shutting off the TV was no longer enough; I had to get away. This mindless game of big sticks and wooden balls was not one that I would let ruin my superior sports' fan intellect.

Thankfully, it was in that moment, that a friend called and uttered the magic words, "Areh mama hobe naki?" indicating that a couch FIFA session was on its way to rescue my soul.

