

# Cyprus Food Festival

Food lovers in the capital were treated to an extraordinary affair that represented Cypriot cuisine earlier in December. Held at Royal Park Residence Hotel from 7 December to 9 December, 2019, "The Cyprus Food Festival" brought together the tastes of this unique cuisine. The inauguration event was attended by the High Commissioner of Sri Lanka and the High Commissioner of Maldives.

Rajeeva Mendis, the Executive Chef and Resident Manager, and his team put in copious amount of effort to develop, prepare, cook and present the food for the festival. With 30 years of local and international experience in the food industry, with a decade spent in Bangladesh, Mendis is highly proficient in the culinary arts.

In a brief interview session, he mentioned, "I think Cypriot food is uncommon in Bangladesh. We served Cypriot food here back in 2005 when I used to work here, but after I left, it was gone. I wanted to bring back the tradition and rejuvenate Cypriot cuisine here. I also worked in Cyprus for four years, which was another source of inspiration."

The food festival was an amalgamation of Cypriot food and culture. To complete the ambience with a traditional vibe, even the waiters were dressed in traditional Cypriot attire.

The cuisine is similar to Middle Eastern food and has influences from Turkey and Greece. It focuses on containing the authenticity of flavours rather than being overwhelmed with spices and condiments.

The menu was carefully structured to ensure a delectable gastronomical experience. Other than the items served in the live station, everything was baked and not fried.

The menu comprised of a thoughtful selection of noteworthy Cypriot food. While the main dishes and appetisers were served buffet style at the centre, there was a soup and bread station that displayed hand-crafted breads. The salad section included the must-have dips such as halloumi, along with grilled vegetable salad and tzatziki sauce and other traditional selections.

Main dishes included both veg and non-veg options such as Greek style prawns with herbed couscous, lamb stew with onions, eggplants in tomato sauce and many more. Additionally, the live action station served mutton balls and lentil croquettes. The dessert and fruits corner served decadent delights like chocolate truffles and peach mousse for a perfect finish.

This was an excellent way to paint an authentic impression of Cypriot flavours in the minds of locals, and a way to provide a peek into the lesser known culture.

By Fariha Amber

## Good ol' Vaseline hacks!

From fulfilling your beauty staple basic needs to using it for the most bizarre things, Vaseline is one of those products that resides in everyone's house, small or big — a tub of Vaseline is the quickest fix to all your dehydrated and cracked skin needs. Here's a quick reminder this winter of all the other things you can use it for.

### MAKES YOUR FRAGRANCE LAST LONGER

Healthy, hydrated, and well moisturised skin holds onto fragrances longer. Make sure to rub some Vaseline on to your pulse points before spritzing on your favourite perfume to make it last.

### FRIZZ CONTROL

Use Vaseline to control frizz, seal dried up split ends, and tame unruly eye brows.

### REMOVES STAIN

Who hasn't ever gotten makeup stains on clothes, pillows, blankets or even sheets? Just apply some Vaseline on the stained part and then rub it off with a damp washcloth.

### MANICURE CLEAN UP

When doing your own manicure, it can be quite annoying to get nail polish around the skin of your nails.



Apply some Vaseline to your cuticles before painting on your favourite nail polish to avoid any unnecessary clean up.

### MAKEUP HACKS

Use Vaseline to turn loose pigmented eye shadow or blush into a cream one by mixing in some Vaseline. This is also a great trick to making tinted lip balms.

### LASH AWAY

One of the most difficult looks is to pull off the 'no makeup' makeup look. Opt for Vaseline instead of your regular mascara by gently smoothing it over those lashes,

resulting in fuller, darker and glossier lashes. Also, if you didn't already know, Vaseline makes a for a great conditioner for your lashes.

### MAKEUP REMOVER

If makeup wasn't expensive enough already, the products needed to remove makeup itself can also cause quite the damage to your wallet. Vaseline works just as well as any other makeup remover, getting rid of eyeliner, eye shadow and even eyelash glue.

### PIERCING HACK

For those who have piercings, but don't often wear anything on them, know the pain of uncooperative and troublesome the perforations can be. Rub some Vaseline over the piercing first, and then wear your earrings or nose rings, minus the pain.

### KEEP YOUR NAIL POLISH FROM STICKING

Dab a little bit of Vaseline under the cap of the nail polish bottle. This prevents the lacquer from drying up and making it almost impossible to open. The polish also stays fresh longer.

— LS Desk

Photo: LS Archive/Sazzad Ibne Sayed

**VASELINE HELPS HEAL DRY SKIN**

**THE HEALING POWER OF Vaseline**

Unilever ORIGINAL  
Vaseline  
INTENSIVE CARE™  
Deep Restore  
VASELINE JELLY  
Long lasting moisture for healthy, glowing skin. Without feeling greasy.  
200g (7.05oz)