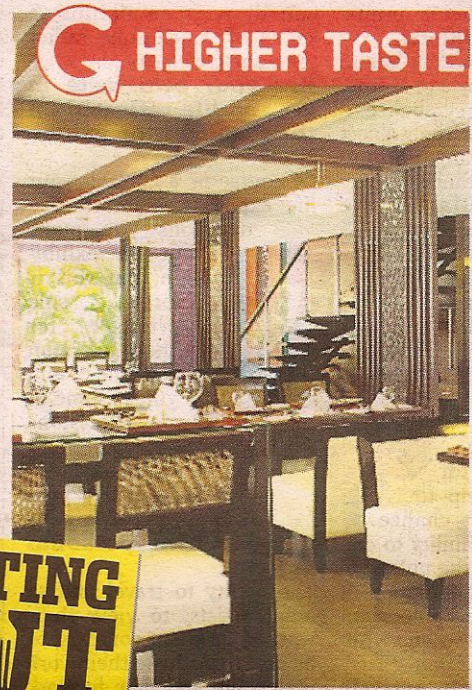


TEMPLE FARE SERVED THE FINE DINING WAY



HIGHER TASTE

EATING OUT
HIGHER TASTE
FOOD: good
SERVICE: attentive
AMBIENCE: pleasant

LAVISH FOR A RESTAURANT IN A TEMPLE COMPLEX, HIGHER TASTE INTRODUCES YOU TO SATTVIC FOOD, BUT DOES NO BETTER THAN A REGULAR VEGETARIAN EATOUT

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TUCKED AWAY IN the Iskcon Temple compound, is not a prayer hall or a regular cafeteria, but Higher Taste, a new fine dining restaurant. We were told, Sattvic food was on the menu, and a swanky restaurant with plush interiors isn't what we were expecting. Done up in hues of purple and green, Higher Taste has two sections, downstairs with a buffet offering 16 different Sattvic preparations and the first floor with an al a carte menu of its own. The seating is comfortable, with brightly coloured couches, facing in alternate directions for a fake sense of seclusion (you can be heard from the next table, not seen).

The menu is a mix of experimental versions of South Indian and North Indian dishes, prepared the Sattvic way. Sattvic food, they tell us is essentially prepared with fresh ingredients and spices prescribed in the Vedas without eggs, onions, garlic or caffeine. Onions and garlic, the chef told us are associated

with desire and passion and hence form a part of Rajasik (rich, spicy food especially non-vegetarian food) cuisine. Fermented foods on the hand are classified under Tamasic food (food that creates heat in the body).

We started off with a Kesar Shikanji (Rs 99), saffron flavoured lemonade to begin with.

Though numbingly cold, the drink was quite flavoursome. The starters included Kavipoo Varuval (Rs 99), deep fried spiced cauliflower and Kakori Seek Kabab (Rs 144), minced veggies barbecued on skewers. The cauliflower was light and paired well with the shikanji, however the seekh kabab was a tad too spicy for our palette.

We moved on to the main course with a host of South Indian selections- Kaikari Idiappam (Rs 117), a kind of scrambled idiappam with vegetables, Mohana Kalavai (Rs 162), a toor dal sambar finished off with tender coconut and cream, Arisi Paruppu Sadham (Rs 180), a spiced rice and lentil khichdi and Sukku Panniyaram (Rs 99),

ginger flavoured rice dumplings. The idiappam was an interesting version of its traditional counterpart, generously garnished with coriander and mildly spiced. The sambar was thick and heavily spiced. The khichdi and panniyaram were about average. We also sampled the Chilli Cheese Naan and Bukhari Dal from the North Indian section. The naan was neatly stuffed and quite filling, the dal though seemed incomplete without the garlic. For dessert, we tried the Elaneer Payasam (Rs 135), payasam with coconut milk and tender coconut bits, was a cold and soothing end to the otherwise heavy meal. We also tried a rather unusual Nendrapazham Dosai (Rs 108), sweet mini banana dosas, which was succulent and sweet with bananas and dry fruits.

At Higher Taste, Iskcon Temple and Cultural Complex, Hare Krishna Hill, Chord Road
Call 2276 6501
Meal for two Rs 800

