

The perfect

Meditation aside, for a true foodie, the path to purifying one's soul comes from sattvic food and you get that right in Bangalore...

K eep all the meats in the world on one side and pure and organic food, cooked fresh every time you ask for it, is on the other. There is something very innocent about sattvic food, and that I discovered on a longish trip to Higher Taste, the fine dining restaurant at ISKCON.

To start with, you need a slight understanding of sattvic cooking because to a layman it appears as pure vegetarian food and nothing else. But that's not just it. Its roots lie literally in the Bhagvad Gita, where Krishna details out the importance of following the sattvic rule in one's diet. It



was meant to bring clarity and take your mind to a different level. The cuisine doesn't use any meat, egg, onion or garlic and even fiery peppers. The food is always cooked fresh because stale food was considered to be 'dense' (tamasic) that was bad for one's soul and system. Meats were considered to be rajasic, which means anything that induces excitement of passion.

But sattvic food isn't close to the jain diet either, which is far stricter.

If you're wondering how, with so many restrictions, one can actually create a culinary delight, be assured; sattvic food can be as memorable as any other cuisine that we label exotic.

At Higher Taste, you will be taken through a world of multiple flavours. Freshly ground spices (to a minimum level), intrinsic flavours and combinations that will surprise you. I definitely was.

Their menu is quite simple. You begin with a few starters such as the *Inji Vadai*, where *vadas* are made of ginger flakes, dal and a few spices. Yes, we are quite used to them at home, especially during the rains. And take my word for it, it's exactly as scrumptious as homemade vadais. Incidentally, a lot of the dishes do remind one of things we eat at home and I reckon that's what the chefs at Higher Taste intend to give us.

Move on to the *Kakori Seekh Kebab*. Here, vegetables and greens are mashed together to form a smooth blend and then barbecued on skewers! The spices are again mild and the flavours are balanced precisely.

A soup (or the *shorba*) is a must. I tried the

