

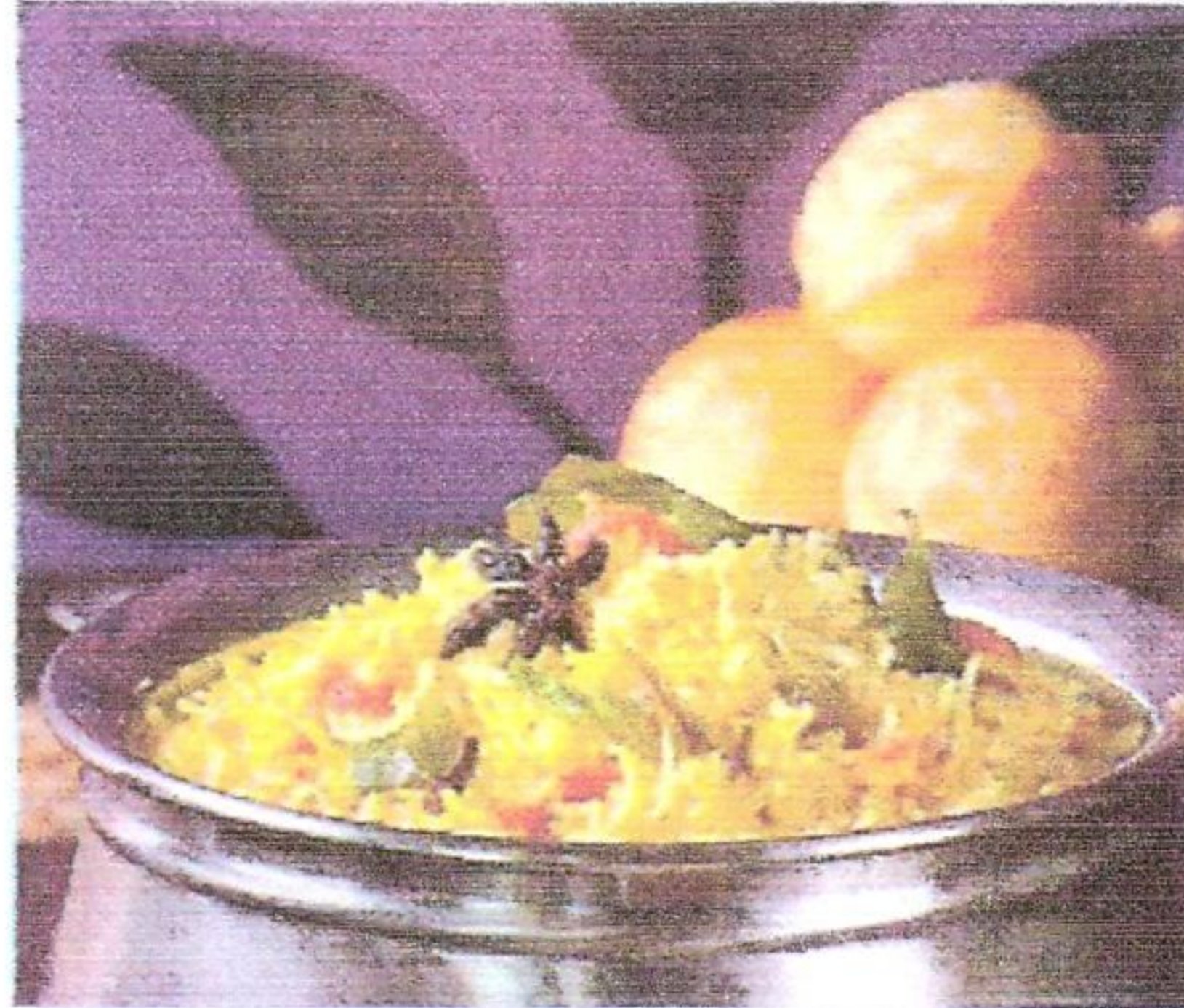
BANGALORE

HIGHER TASTE

A place for sattvic cuisine comes to Bangalore's ISKCON Complex

Your mind conjures up images of Jain cuisine or worse, an ayurvedic diet, when you read sattvic cuisine. However, a sattvic diet, it turns out, delivers rich and wholesome food, which is almost what you would eat at home. It merely excludes eggs, onions, garlic and caffeine. That pretty much describes the fare at Higher Taste, a new addition to the ISKCON in Bangalore.

The south Indian part of the menu has the likes of *Raja Bojanam* (a ghee-rich peppery curry of assorted nuts), *Vettilai Thakkali Saatham* (a rice



preparation using a blend of betel leaf and tomato), *Mangai Kilangu Thodukari* (curry with raw mangoes and potatoes). From the north you have dishes such as *Sounflyani Aloo* (baby potatoes tossed in fennel and other spices) and *Saagwala Channa*, served with breads such as *Kesariya Sheermal*. Do try the *Paan Ice Cream* and the *Elaneer Pāyasam*, made from coconut milk and tender coconut and served chilled.

—ANAND SANKAR

Cost: Rs. 850 approx for a la carte dining; buffet, Rs 300 per head; ISKCON, Hare Krishna Hill, Chord Road; tel: (080) 2276 6501