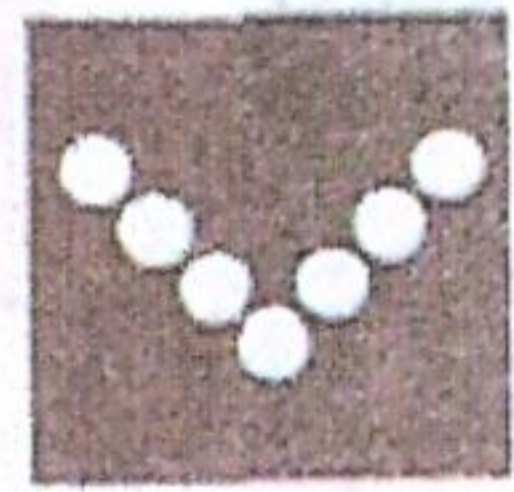


Sattvic platter

From pan ice creams to *bukhare ki dal*, Higher Taste has a delectable spread



"IT all begins with food. Our sustenance is based on food. As such, food should not just suffice our bodily hunger but help our intellectual growth as well," says CC Das, member governing council and head, Food Division, ISKCON, Bangalore. He adds, according to the Vedas, sattvic food is pure and wholesome, creates positive vibes that promote happiness and satisfaction, helps us on a thinking platform, and thereby increases our longevity.

Sattvic food is strictly vegetarian that uses only the purest of ingredients — vegetables that won't induce *tamas* (denseness) — and follows the culinary method of ancient India. Health benefits, it may have many, but sattvic food, however, seem bland, unexciting and limited in terms of variety.

Surprisingly, this common notion is debunked when one visits Higher Taste (HT), the fine dining at the divine vicinity of ISKCON temple, which manifests this rare concept cuisine. "No eggs, not even onions, garlic or caffeine are used in any of our preparations. Even though we have improvised, the basics of the recipes adhere to those mentioned in the Vedas,"



notes Aditya Fatepuria, executive chef, HT, who has churned out more than seventy delicacies for HT's standard menu.

The exhaustive menu, comprising unique dishes tracked down from Southern and Northern India "including that of Pakistan and other areas that were part of ancient India", offers all that a gourmet can ask for -from hot soups to crispy appetisers, from a wide array of savoury curries to In-

dian breads and rice items, from yummy desserts to refreshing mocktails.

Some items here are worth a try for their exclusivity and incredible taste. *Bukhare ki dal* — three types of lentils cooked to a mildly-spiced, creamy texture over smoke — and *vazhaipoo murungai kolambu* — drumsticks and banana flowers in slightly tangy, coconut-flavoured gravy — go well with cheese and green chillies-stuffed *naan*. Add a sweet twist with *zafrani kofta* — nuts and dry fruits filled panner balls served in a bed of rich cashew gravy — and *kesariya ceermal* — pastry-syle bread seasoned with saffron. Keep some space for the exotic betel

leaf pulao, *vetrilai thakkali satham*. Meanwhile sip on *kesar cikanji* — saffron lemonade garnished with dry fruits - or the heavenly blend of fresh fruits Radha Rani.

Do not forget the pan ice cream. You have an added benefit with this fennel-filled dessert, you will not require a mouth freshener. An average meal for two (*a la carte*) costs around ₹850. The buffet is priced at ₹300 per head.

Poonam Biswakarma
poonamb@expressbuzz.com