

FOOD

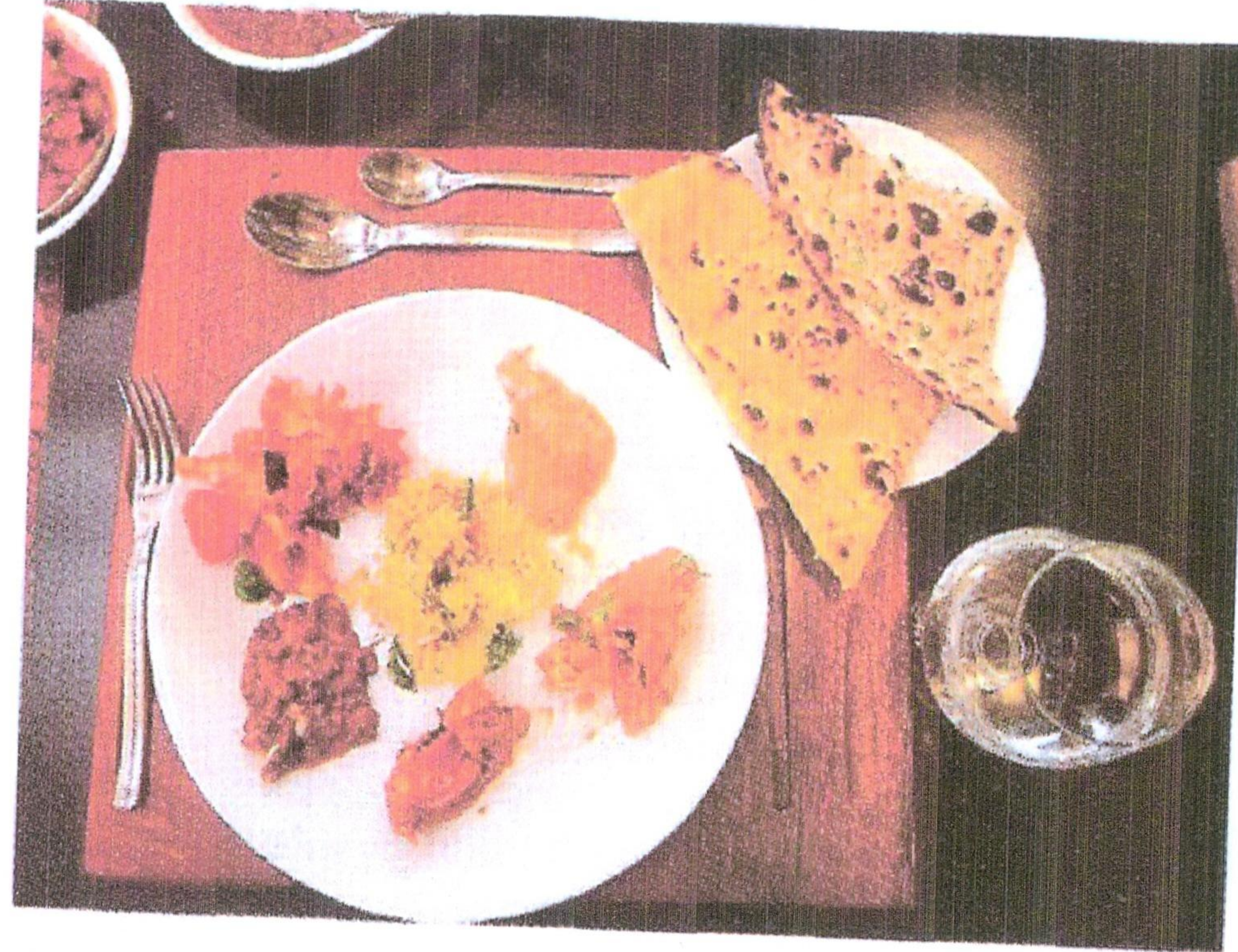
# Pure ecstasy

By Mini P. Thomas

**D**id the sound of flute emanate from nowhere? I stood lost in thought for a moment. With the breeze came the smell of butter and I just followed it.

Higher Taste restaurant, in the International Society for Krishna Consciousness (ISKCON) temple complex, Bangalore, is known for sattvic food. It is the first of its kind in the city.

I started with kesar shikanji, a lemonade flavoured with saffron and garnished with slivers of dry fruits. Then came nellikkai charu, a soup made of fresh gooseber-



ries and dal. Starters like kavipoo varuval and kakori seekh kebab, with veggies barbecued on skewers and served with mint sauce, warmed my taste buds. The

tiranga paneer tikka (grilled paneer marinated in three different masalas) was a delight. Moving on to the staples, one would be spoilt for choice. Dosa fans can choose between the

ragi, tomato and special varieties. Those fond of experimenting can try the Kerala parathas with mangai kilangu thodukari. The pann ice cream was a dessert-cum-mouth freshener-cum-digestive. The elaneer payasam, with tender coconut, milk, sugar, nuts and almonds, left me yearning for more.

"The Gita defines sattvic food as juicy, fatty, wholesome and pleasing to the heart," said Chitranga Chaitanya Dasa, head, foods division, ISKCON. "We offer the food as prasad to Lord Krishna before serving it."

A meal for two may cost you around Rs 800. Foodies can go for a buffet of 38 items, including soups, salads and Italian and Chinese dishes, for Rs 330.

Must visit    Passable   Avoidable  Rating   