



With Rashmita Solanki. Contact her at rashmita@amg.biz



Taro root

The taro root is widely available in most supermarkets. It is known by many names – arvi, kachalo and edoe. Taro root looks similar to Jerusalem artichoke, but is much bigger and is covered in fibrous hairs.

The skin of the taro root contains calcium oxalate: this can cause irritation in some people with sensitive skin. Once cooked, the oxalates breakdown in the cooking process and then it causes no harm.

Taro root is rich in zinc, magnesium, copper, iron, manganese and especially potassium, which is essential for the regulation of blood pressure.

This recipe was taken from *The Gateway to Indian Cooking: 660 Curries* by Raghavan Iyer. Published by Workman.

ISBN:978 0 7611 3787 0

Garlicky taro root with tamarind

Ingredients:

- 1lb taro root
- 1 ½ teaspoons sea salt
- 1 teaspoon cumin seeds
- 4 large cloves garlic
- 2 to 4 fresh Thai, cayenne, or Serrano chillies, to taste, stems removed
- ¼ tsp ground turmeric
- 1 tsp tamarind paste or concentrate
- 1 tblsp canola oil
- 1 tsp black or yellow mustard seeds
- 2 tblsp finely chopped fresh coriander leaves and tender stems

Method for sweet and sour sauce:

■ Peel the gnarly looking roots with a swivel peeler or a paring knife. Thoroughly rinse them under running water. They will be extremely starchy and slippery (no matter how much you rinse, the slipperiness will never go away). Cut each root into 1 inch cubes. Place them in a medium size saucepan, add water to cover, and bring to a boil over medium-high heat. Reduce the heat to medium-low, cover the pan, and cook until the pieces are fork tender, eight to 10 minutes. Drain.

■ While the taro root is cooking, combine the salt, cumin seeds, garlic, and chillies in a mortar and pound with the pestle to form a pulpy blend. (You will be amazed at the complex aromas that emanate from the mortar, even with these pedestrian ingredients.) Fold in the turmeric.

■ Combine the tamarind paste and 1 cup water, and whisk them together to dissolve the tamarind.

■ Heat the oil in a small saucepan over medium-high heat. Add the mustard seeds, cover the pan, and cook until the seeds have stopped popping (not unlike popcorn), about 30 seconds. Immediately add the pounded garlic paste and stir fry until the garlic turns caramel-brown and bits of the paste are sticking to the bottom of the pan, about one minute.

■ Pour in the tamarind water and scrape the bottom of the pan to deglaze it, releasing the stuck-on bits of garlic, chilli, and cumin. Stir in the taro root and bring the dark brown, watery curry to a boil. Lower the heat to medium and cook, uncovered, stirring occasionally, until the sauce turns velvet-smooth and viscous, three-five minutes.

■ Fold in the coriander, and serve.



by PRIYA MULJI

SOME celebrate love, others attempt to capture the partner of their dreams and some others fantasise about the person they should be with.

If you are in a relationship, thinking about getting into one, unsure if someone likes you and keen to measure how solid a connection, then help is at hand from *Eastern Eye's* residence relationship expert and single girl Priya Mulji. She spoke to various relationship experts, psychologists and couples to find 20 ways you can tell that he loves you and the 20 telltale signs that he is not that into you.

HE LOVES YOU...

Close encounters: If a guy is interested, he will block out what is going around by regularly leaning in to be closer. His eyes will focus on you and there will be an attempt to touch you in some way, even if it is a friendly stroke on the arm. He will sit close to you, open the door and wait with you if you're delayed.

Happy accidents: He will run into you at various places where you like to hang out or will make an effort to find out what you like to do.

Shuts up: If a guy listens attentively to all your stories, problems and how your day has been, then asks you questions about it, he is definitely interested. That same man will laugh at your jokes

(even if they aren't very good) and talk about subjects that interest you.

Nervous: You may be looking for a strong and confident man, but don't let the fact he is nervous around you put you off. If he shows signs of nerves, then it means his heart is beating slightly faster because of your presence. Find a way to calm him down and you have a dependable guy.

Opens up: Men are less likely to share their feelings and that is why it's a big deal if he expresses his emotions and talks about personal things. It

shows that he holds you in high regard and can see himself building a future with you.

A friend indeed: He will introduce you to all of his close friends and will make an ef-

fort to get you involved with most of his social activities. A guy who is interested will also make an effort with your close friends, even if they are dramatically different to him.

Surprise, surprise: He will regularly surprise you with random acts of affection in public without caring who is watching. This can be anything from a random kiss on the cheek to a big hug.

Cancels plans: If you are feeling down, then he will cancel his plans and organise or do something to cheer you up. Similarly, he will attend an event with you last minute if needed.

Extends date: He will find a way of extending a date or a meeting by suggesting a walk, drink, going for dessert or catching a movie. Once the encounter is over, he will suggest another date or find an excuse to meet up again soon after.

Friendly follow-up: A guy who is interested in you will follow up a date with a text message or a friendly communication on a social networking site. He is already laying the groundwork for another encounter with you and in all likelihood will call for no reason in the next few days.

Laughs: He will laugh at your jokes and stories even if they are not funny. He will attempt to make you smile with humour, silly antics and jokes.

Gets textual: A great sign that you are on a guy's mind is when he sends you ran-

He loves me

20 WAYS TO FIND OUT IF A GUY IS SERIOUS ABOUT YOU

He'll make time for you in his life

