

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

Star anise

A STAR-SHAPED fruit that comes from an evergreen tree native to southwest China and Vietnam, the star anise is harvested just before ripening from March to May.

Star anise, which is one of the five spices in Chinese five-spice powder, is used in Indian cuisine as a flavouring agent especially in rice dishes, along with other spices like cinnamon, cloves and black peppercorns. The delicate, liquorice-like flavoured pods have seeds called aniseed which are sometimes still in inside each arm of the star anise. The pods have a more powerful flavour than the seeds, so don't worry if the pods are empty.

Star anise has warming properties and can be used to treat asthma, bronchitis and dry coughs. It is high in antioxidants that help strengthen the immune system.

This recipe is taken from the book *From India: food, family and tradition* by Kumar and Suba Mahadevan. Published by Murdoch

Pistachio kulfi with strawberry coulis

Books. ISBN: 9781 74196 9283.

Ingredients:

- 750ml (26 fl oz/ 3 cups) evaporated milk
- 120ml (4 fl oz) thickened (whipping) cream
- 120g (4½ oz) white sugar
- 5 tablespoons pistachio kernels, coarsely crushed, plus extra to garnish
- ½ teaspoon ground cardamom

Strawberry coulis:

- 100g (3 ½ oz) strawberries, diced
- 30g (1 oz) caster (superfine) sugar
- 1 star anise
- ½ cinnamon stick

Method:

■ Cook the milk, cream and sugar in a heavy-based saucepan over low heat for 20 minutes, scraping down the sides of the pan regularly.

■ Add 3 tablespoons of the crushed pistachios and the ground cardamom, then remove from the heat. Press a piece of plastic wrap onto the surface of the milk mixture and set aside to cool.

■ Pour into take-away containers (three large or six smaller ones) or six 125ml 4 fl oz/ ½ cup) capacity moulds. Cover with the lids or tightly with plastic wrap to prevent crystallisation. Put in the freezer until frozen.

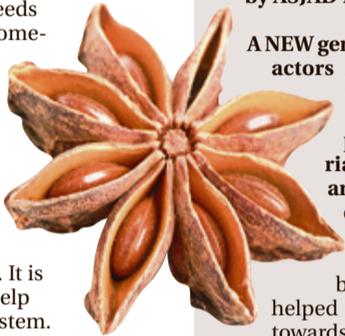
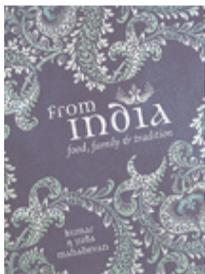
■ To make the strawberry coulis, put all the ingredients in a saucepan with 125ml (4 fl oz/ ½ cup) of water and cook over low heat for about five minutes. Once the strawberries are soft, discard the star anise and cinnamon stick

and strain the mixture through a fine mesh sieve placed over a bowl. Using the back of a spoon, push

the solids through to form a smooth coulis.

■ Remove the kulfi from the freezer about 10 minutes before serving, then turn out onto individual serving plates, serve with the strawberry coulis and garnish with the extra crushed pistachios.

Tip: Feel free to experiment with flavours including rose, saffron, fig and walnut.



D'Souza's popularity on the small screen

FROM HER NEW SERIAL TO WORKING WITH KARAN TACKER, THE SOAP STAR ANSWERS TWITTER QUERIES FROM FANS

by ASJAD NAZIR

A NEW generation of small-screen actors has been stealing the thunder from Bollywood stars with powerful performances in TV serials that have millions around the world hooked on the storylines.

Apart from developing massive global fan bases, these actors have helped to shift the powerbase towards television in India and given many of them an iconic status.

One of the biggest break-out TV stars of recent years is talented actress Krystle D'Souza, who has delivered memorable performances on a host of serials including *Ek Hazaaron Mein Meri Behna Hai* (EHMMBH).

Currently working on her new serial *Ek Nayi Pehchaan*, Krystle took time out from a busy schedule to answer questions sent in via Twitter from some of her biggest fans.

@reemalhadad: Are you interested in doing reality shows? I would love to see you in *Jhalak Dikhla Jaa* or *Nach Baliye*?

Yes, of course. I really love dancing so a dance reality show is what I would love to do the most. *Jhalak Dikhla Jaa* and *Nach Baliye* are both shows I would love to be a part of. (Laughs) *Jhalak* I can, but for *Nach* I will have to look for a *Baliye* first.

@vinaljain8: What is the one thing you learned from Jeevika's character and would want to imbibe in your life?

I learnt a lot from Jeevika but what I love most about her is her simplicity and family values. These are two things I try to imbibe in myself from Jeevika.

@vinaljain8: And one thing that tops Krystle's wish list right now?

If I had to choose one thing, it would be a world tour!

@khanmino1998: You always get asked questions which include Karan Tacker in them. Does it sometimes bother you?

(Laughs) I do get quite a lot of questions that include [EHMMBH co-star] Karan Tacker. No, I don't get bothered by them. I understand it's your love for us that makes you all so inquisitive.

Krystle's roles on TV:
 2007: *Kahe Naa Kahe* (as Kinjal)
 2007-2008: *Kyaa Dill Mein Hain* (Anu)
 2007-2008: *Aahat* (Yamini)
 2008-2009: *Kis Desh Mein Hai Meraa Dil* (Veera)
 2010: *Baat Hamari Pakki Hai* (Taara)
 2011-2013: *Ek Hazaaron Mein Meri Behna Hai* (Jeevika)
 2013 (ongoing): *Ek Nayi Pehchan* (Sakshi)



@DeepaliMangla1: Who is the best co-actor you have worked with?

(Smiles) I can't just name one. Thankfully I have worked with a lot of good, fun and professional actors. But yeah, most of my favorites are from my last show EHMMBH.

@AayushiRupani: How does it feel like working with a veteran actor such as Poonam Dhillon?

It's a lot of fun working with her. She's very beautiful.

@Hir_Jalebi: What made you take up *Ek Nayi Pehchaan*?

I obviously wanted to take up another main lead role only, and on TV every other main lead is quite similar to Jeevika (*aadarsh patni* or *bahu* – ideal wife or daughter-in-law) but Sakshi is very different. She's modern, well educated, bubbly, outspoken and care-free, but knows very little ab-

out family values. So it's different yet positive and of course, the main subject being women's empowerment also attracted me to it.

@Mankita: You are my inspiration in many ways. Who is your inspiration for greatness?

My inspiration is my mom. She's always been a pillar of strength for me and my family. She is the most genuine and sweet and loving person I know. I want to be just like her.

