

Through a prism

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Life Times

WEEKLY TIMES, THE TIMES OF INDIA

Hey! I am pampering my palate, expanding my horizons, blissing my senses as I make my annual pilgrimage to my little queen, Singapore's World Gourmet Summit. Like good wine, it improves each year. I'm in between attending chef masterclasses, gourmet safaris and Philips Legends's (whose Le Cinq was judged recently amongst the 'World's Best 50 Restaurants') annual banquets. It's ironic that I'm taking time off to write this column which is about a totally contrasting experience, just before I left Mumbai.

It's an experience brimming with raw and living food, solar energy detox, with massages, aromatherapy, yoga and more. Please take a look at the accompanying photograph, do you see the delight on fashion maestro Manish Malhotra's face? Could it be because he is in the midst of a superb neck massage by the King of Masseuses, Dr Prasanna Murthy? Could it be due to the vibrant spread of raw and living food laid out before him by Priti K Shroff?

Or because the nationally renowned, trail-blazer in the world Bollywood fashion, is now on the verge of directing a film? I don't know what this warm and friendly designer in his own creations (*chappals* included!) is thinking but my heaven lies somewhere in between. Prassana's Shiatsu massage and Priti's energy giving food, "Massage is my way of de-stressing and the highly experienced and qualified Prassana is superb," explains Manish. "But I am a big-time foodie and like all good



Priti K Shroff, Manish Malhotra and Dr Prasanna Murthy

Punjabis love to eat."

The brilliant, natural colours of the food on the table please the eye; the tastes are unique and refreshing. Pure vegetarian, all raw, made to Anne Wigmore's principles, (which Priti studied in Atlanta) without the use of any fire at all. And yet the textures and tastes are unique. The interesting lasagne is made with zucchini strips and (hold your breath) cashew cheese, green veggies and a little pineapple are liquefied into a 'energy soup', the 'tomato gazpacho' is a tangy surprise and the corn bhel choc-a-bloc with veggies is deliciously crunchy. There's even a pao bhaji without the pao and without the butter, but yummy veggies all the same. "I love *methi*," says Manish, the moment Priti brings on three desserts. Sweetened with dates, the mango soufflé enlivened with coconut, cinnamon and cardamom

and the strawberry ice-cream (frosted strawberries, blended with bananas) are a delight. The wheat milk made of wheat sprouts blended with

gramme, understand raw foods, wheatgrass, do yoga, meditation, reflexology and aura reading (raw food lunch included). You can even do group bookings for a anti-stress day. This 3,000 sq ft healing institute is the dream of a psychology major, stock broker turned professional counsellor Priti Shroff, which turned into a reality thanks to her husband Kamlesh. An aura of tranquility here as the dedicated team work to heal. "As soon as I land back, this is where I'll head to nourish myself with raw and living food and Prassana's hot, hot stone massage. But right now in Singapore, it's all about mastery and skill in the kitchen, magic and charisma on the table and joy and delight on the palate! Life is all about balance."

hydrated dried fruits takes getting used to. As does the energy soup. It's not about low-cal, it's about healthful, immunity-boosting healing foods. Jessica King (currently mayor of Atlanta) cured herself of two cancers with this diet and in May will be in 'Prisim' to hold classes.

The choice is yours. Give Priti half a day's advance notice and you can order in this food (Rs 300 for a three course lunch), register for a 10-day pro-

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QUERIES

If you have the answers please call the Foodline

- Rohini needs a low-cal tiffin *dabbu* because she needs to lose weight urgently.
- Rama Naik is on the lookout for Thai, Indian and Chinese cooking classes in South Mumbai.
- Pinky needs a Marwari food caterer.
- Maneka wants a cooking class teacher for her son, who has to leave for a US university in August.



Removal Day
Dealer at
Ph. 23802370/
23812370/
9820210351/
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FOODLINE

Great to hear from you! Kamlesh, Barot and Dinesh

For more information, please call the Foodline at 23812370 or 23802370. For more information, please call the Foodline at 23812370 or 23802370. For more information, please call the Foodline at 23812370 or 23802370.