



Narendra K. Malhotra

At the time when boys of my age were busy impressing girls or studying round the clock for a career in engineering, I was busy helping my mom in the kitchen. A decade later and at the age of 29, I have become a certified chef, working in class hotels across the world and I am currently the head chef at Empress Court restaurant in Meerut.

Moving to Meerut from my hometown Delhi around a month back, I was amazed to discover that the people of the city enjoy and appreciate good food, recognise quality and are not afraid to experiment. With tandoor and curry as my specialties, I am all set to try out various dishes, which I have learnt through an international exposure throughout my work experience till date.

During my stint in Dubai, I had attended various food festivals, where I sampled a special type of steamed fish, which attracted me enough

FROM THE CHEF'S KITCHEN

'Chef's Delight' is the latest endeavour of HT City, wherein we bring to your kitchen easy to make exotic dishes, shared by professional chefs from Meerut

to experiment with the recipe. Ultimately I came up with 'Patra-Ni-Machii', a dish of steamed fish, with a real texture of fish and coconut, which is very low on calories as well.

Made from a combination of banana leaves and fish, the dish has an essentially South Indian feel, which is appealing both to the eyes as well as the taste buds. So here comes the recipe, which is easy to assemble and make. With a total cooking time of 25 minutes, the dish would delight every fish lover out there. Enjoy!

Patra-Ni-Machii recipe

Ingredients -

- Fish - 2
- Fresh coconut (grated) - ½ cup
- Mint leaves - 1 bunch
- Coriander leaves - 1 bunch
- Green chillies - 10
- Cloves - 10
- Sugar - 1 tsp
- Onion (Large) - 1
- Cumin seeds - 2 tbsp
- Lemon - 2
- Ghee - 2 tbsp
- Banana leaves



Salt to taste

Cooking instructions -

- In the mixer jar, add mint, coriander leaves, grated coconut, chillies, garlic, sugar, onion, cumin seeds and salt.
- Grind it until it turns into a fine paste
- Apply the above made chutney to the fish piece and sprinkle lemon juice over it
- Now, cut the banana leaves in such a way that it is big enough to wrap each fish properly
- Heat the leaves on both the sides and wrap it up.

Thereafter, tie with a string. Now, grease the baking tin and place the fish in it. Pour some ghee over each piece and allow it to bake for about 15 minutes.

Your 'Patra-Ni-Machii' is ready to be served.

Profile of chef Narendra K. Malhotra

29-year old chef Narendra started his cooking career at the young age of 17. Post completing a one-year certificate course from ITDC in Delhi (2002), he worked in the Kebab Factory, also in Delhi (2003-05). Working in the



Narendra K Malhotra

Internationally acclaimed ITC hotel from 2005-07, he then joined the Orchid Hospitality Group in Dubai, where he had been stationed till very recently. He is also a certified Chef under the HACCP.

Returning back home, he joined as Executive chef in Empress Court from Nov 1, 2010. He specializes in Tandoor and Kebabs and has a special fondness for creating new dishes.

TIPS TO HAVE A DANDRUFF-FREE MANE

Nourishment matters: Dandruff occurs due to itchy and dry scalp. To avoid it, keep your hair and scalp nourished. Also, include a lot of vitamins and eat protein rich foods.

Stay hydrated: Drinking two litres of water a day will keep you and your hair feel and look fresh even in humid and cold weather.

Hair wash: It's a common misconception that frequent hair washing can lead to hair fall and dandruff as a result. But this is not the case. Continue washing your hair frequently to keep it clean, fresh and looking great.

Heat no more: Styling products like blow dryers and straightening irons make the hair dry. Constant exposure to extreme heat causes breakage and split ends.

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(With Inputs from hair expert Dr Francesca Fusco, Sunsilk)



Fight AIDS



In an endeavour to raise awareness about AIDS in the city, Hindustan Times Group (Hindustan) organised a 'Walk against AIDS' on Wednesday morning. The campaign saw the participation of students across schools in the city, NCC Cadets and people from various walks of life. The sole purpose of the drive was to spread awareness and information about the disease amongst the citizens of the town.

Organised in association with the Srinath Group of Companies, Rotary Club Meerut Youth as well as Inner Wheel Club, the drive,

which began at Kailash Prakash Sports Stadium, crossed the DM's residence and ended at the park opposite the Commissioner's office, was witness to students from various schools including Vardhaman Academy, Gargi School, NAS and Translun International Academy.

Armed with banners and posters, the participants took part in a program at the end of the walk, which saw many speakers share methods to fight and rise against AIDS. Some of the speakers on the occasion included Madhu Gujjar (Mayor), Prabal Pratap



Snapshots of AIDS awareness campaign by Hindustan Times Group

Singh (SP City), Anant Dev (SP Rural area), Dr Subodh Tiwari (CMO) and Meenu Agarwal from the Amity Ladies club.

Know AIDS-NO AIDS

Forming a human chain to symbolise AIDS awareness and preventions the students of Vidya Knowledge Park pledged to make people aware about this deadly disease. Their Executive

Director tossed the slogan of "Know AIDS- No AIDS" and shared his views with students to equip them with the danger of AIDS and how it could be prevented.

The Students of Vidya International School of Business conducted a skit and made aware about the prevention and myths of AIDS. Chief guest Dr. B.P. Sharma enlightened his views with students. Director of VGMS Maj.Gen



Bhatti also threw light on causes and prevention of AIDS.

Spreading awareness

On the occasion of Swami Vivekanand's birth anniversary, the students of Subharti College undertook a mission to spread awareness about AIDS. Through various street plays as well as a number of internal competitions, the students tried to make people aware about the causes and the ways through which the disease can be treated.

The competitions were of various types, including a slogan making as well as a poster-making contest.

With a number of students participating in the events, the Microbiology department of the Institute played a special part in making the day a success. Students from Subharti Dental College and Subharti Institute of Fine Arts and Fashion Design were enthusiastic participants.

Women go sporty

Getting innovative, the glamorous ladies of Kavits Ladies Club celebrated their monthly get together, as a sports-meet, which was held at the city's lush and green 'Ladies Park'.

Instead of just dancing and singing, here at Kavits Club's meeting at city's Ladies-Park, our socialites went sporty. During the meeting, club's ladies participated in lots of spicy sports activities such as the lemon spoon race, running sports as well as tambola. According to Dr Kavita Jain, president of the club, "We have been inspired by the CWG, which happened earlier this year," she said with a smile.

While odd team was the Tug of War winner, Pooja and Beenu claimed the prize in the lemon spoon race. Mamta claimed first spot in the simple race whereas Neena took the cake in the frog race.

Annual bonanza

Little kids of IIMT Academy unveiled their hidden talents, while performing various acts, on the annual day of school. Chairman of IIMT Group Yogesh Mohan Gupta and chief guest,



Members of kavits Ladies Club at the get together



Snapshots of annual day celebration at IIMT School

Member of Parliament, jointly inaugurated the event by lighting up the lamp before deity Saraswati. Besides the entertaining cultural programme, children raised the issue of social problems too.

Though a skit, students attracted the attention on the problem of Polio. In last, an amazing firework cast the spell on audience. In the closing address Principal Sunil

Kumar said, "Children are the real asset of the country and they must think about the social causes also".

Love for parents

Children of Takshila Public School celebrated the 'Parents-Day' with zeal 'n' zest, on Wednesday. Showing their love for their parents, students performed various

cultural programs. Before this school manager Kusum Rani inaugurated the event by lighting up the lamp.

Thereafter, students set the stage on fire through their mind-blowing performances. On the top of that, their parents were too attended the event, receiving the respect and love from their children, parents got emotional.

hot tips ENSURE SMOOTH BICYCLE RIDE

1 Tyre shouldn't tire: Tyres are the most important thing in a cycle. Any hint of wear and tear, and the tyres should be replaced. Maintaining a proper air pressure, too, is extremely important as it'll help prevent frequent punctures and ensure a smoother ride.

cracks. Turn the bicycle upside down and rotate the pedals to check the spin of the wheels.

2 Sound check: While riding a cycle in city conditions, you are either hooked on to your music or listening to the traffic orchestra around. Pay heed to any squeaking, rattling, or brushing sound emanating from your cycle. The sound will guide you to the 'ailment'. Keep your two-wheeler well-oiled to help break breaks and chain sound free.

3 Speed check: Get the brakes checked first while getting your cycle serviced. Check the rubber padding, ensure it's not hindering the spin of the rim. Also, ensure that just a pull of the brake ensures a total stoppage of the wheel.

4 Pedal hassle-free: The pedals should not be loose or have any



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Throwing a bash or kitty party? Let HT City know atleast a week prior to the event and we will send our photographer along to capture your memorable moments. E-mail your invite with party invite htcity.meerut@hindustantimes.com



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Narender K. Malhotra

If you were wondering how to become a chef I want to tell you that one does not become a chef, one is born as a chef! When I say chef, I do not mean someone who is called a "chef" just because he/she is "greasy-spoon" kitchen.

I work with Empress Court restaurant and to me a chef is someone, who can make a symphony out of a mess, an artist whose canvas is the plate. Someone who is at ease when there is rush and is so confident that even if he puts himself on autopilot, can still have the time to stop into the kitchen, he is a chef whose stamina and intelligence is at test.

If you are afraid of failure you cannot possibly be a great chef. Those are qualities you can't learn reading cook books and watching cooking shows. You will know you are there, having dreams at night about cooking. It is an art and creating art is everything.

Every chef has the gift to

do it, but at least everybody can try. It is possible to paint even if you are new. However, if you are envisioning yourself as a glamorous executive chef, concocting delicacies for the TV audience, then do yourself a favor and keep your dreams only for when you go to bed at night asleep.

I started my career many years ago by going to college for cooking and tandoor curry in my native talent. To tell you honestly, I regarded my cooking diploma as a piece of paper, but a paper that could open doors for me. After you walk through that door it is totally up to you what you can do.

Many years later, I got work permit to Dubai, UAE and I decided to make the most of this international experience.

In order to do that one must prove at least 6000 hours of all rounded kitchens. There must be many other ways to become a chef, but if you are determined and want to invest all this I am sure that you will succeed.

WHAT'S COOKING?

Know what's on the menu of chefs in Meerut

CHEF'S DELIGHT HT CITY ENDEAVOUR



Green Papaya Murabba Recipe

Ingredients -
 ■ Green Papaya - 1 kg
 ■ Sugar - 300 gm
 ■ Vinegar - 400 ml
 ■ Kalonji - 2 tsp
 ■ Green Saunf - 2 tsp
 ■ Raisin - 100 gms
 ■ Red Chilli (Whole) - 10 pieces

Cooking ingredients -
 ■ Wash green papaya properly.
 ■ Peel it and cut it length-wise.
 ■ Make thick slices of 1" by 1".
 ■ Boil it till it turns smooth.

■ Prepare sugar syrup of 1 thread consistency.
 ■ Now cook the papaya and kalonji, green saunf, raisin, pieces of red chilli in the sugar syrup. Finally add vinegar.
 ■ After this keep it for cooling.
 ■ Place green papaya murabba in airtight jar, and put it in the freezer.
 ■ Serve it with meal.

Profile of Chef Narender K. Malhotra
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PHOTOS: CHANAT

ITDC in Delhi (2002), he worked in the Kebab Factory, also in Delhi (2003-05). Working in the Internationally acclaimed ITC hotel from 2005-07, he then joined the Orchid Hospitality Group in Dubai, where he had been stationed till very recently. He is also a

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COMPILED BY - ASTHA

Find your food spot



These cell phone applications are a must for frequent travellers

Gearing up for travel this holiday season? We give you a list of some top-rated international restaurants and dining applications for the frequent traveller:

URBANSPOON: (Free for iPad, iPhone or Android) Can't decide on a place to eat? Indecisive diners just need to shake their iPhones, and the Urbanspoon slot machine will pick a highly rated restaurant nearby for you to try. <http://www.urbanspoon.com>

FOURSQUARE: (Free for iPhone, BlackBerry, Android) Foursquare lets users check in to a place when they're there and let their friends know where they are. They can track their location history and keep track of where they've been and who they've been there with. <http://foursquare.com/abot>

FOODSPOTTING: (Free for iPhone) Calls itself a 'visual guide', and makes it easy to find and share foods you love. Sharing

recommendations is as easy as taking a picture of the dish, with its name and where to find it. <http://www.foodspotting.com/about>

TOPTABLE: (Free in the UK, for iPhone) An application developed by the eponymous European online dining community and restaurant reservation service, similar to Yelp in the US. Users can search a database of localised restaurants in 15 countries and languages, including 191 Michelin starred venues. The application has more than 1.3 million registered users and more than 5,000 restaurants. <http://www.toptable.com/>

BUUUK: (Free for iPhone) BuUuk is a leading restaurant and dining application in Singapore and Indonesia. The application has data for more than 75,000 restaurants in the region, and tags restaurants that offer Halal food, Wi-Fi and discounts. <http://itunes.apple.com/sg/app/buuuk-restaurant-bar-guide/>

Relaxnews



Knitting - a lost art?

Astha

A variety of designs, beautiful colours and easy availability have worked in the favor of the rise of sales of readymade woolen cardigans amongst the city folks. However, this rise has led to the deterioration of the importance of hand knitted cardigans, which ruled this clothing fad till a few years ago.

"The demand for wool has decreased, which has led to a decline in our stocks as well," said Rajeev Mishra, owner of a wool shop in the city. Adding that while customers demanded unique colours such as mauve and turquoise against the traditional yellows and greens, he said, "We used to stay shut for four months earlier, but since the past four years, that

period has increased to six summer months every year."

On the other hand, readymade garments shop owners share their ecstacy at the rising sales. "We get so much of variety that it is difficult to list down each type," shared Tejal Khanna, owner of Sunshine Readymade garments in the city. To this, Shalini Kapoor, a working woman added, "It is so much more convenient and time saving to buy readymade garments," adding that every style was available at a good cost today.

However, for the elder generation, this change in trend is a saddening one. "There was a time when hand knitted garments meant a lot emotionally to people," shared Alpana, a 66-year old lady, who added that today nobody wants to learn the art of knitting on the pretext of being too busy or the basic uselessness of doing something, which was extremely impractical in their busy work schedules.

On the other hand, some of the city folks still value the hand knitted cardigans that have been in the family for generations. "I still have a collection of baby suits and booties, which my grandmother had knitted for my mother," shared Ashu Verma, a young housewife, who added that although her mother had learned the art of knitting, she had never found the time to do the same.

A fresh start

Astha

It was a colourful event as students of the Department of English at Ismail Post Graduate College in the city joined the gala as final year students of Masters called on their juniors to enjoy a fresher party on Wednesday.

MA final and MA second year students presented a cultural programme on the occasion to welcome the incoming batch. The programme kept the audiences enthralled and was compered expertly by Sarita and Asqa, who were also a part of the organising team of the programme, assisted by Himanshi Arora.

A brief intro by the juniors rocked the department as the dance and singing events kept on rolling for hours. Juniors showed their talent in various events of humor and fun. The party jubulations ended with the vote of thanks.

Dr Indu Sharma, principal of the college was the



special guest on the occasion. Dr Rita Garg, Head of English Department said, "It is very refreshing to see the enthusiasm with which the girls have put up the program for the day." Dr Parul Tyagi, senior lecturer was also present on the occasion.

Astha, Azra, Nikita, Neha, Prachi and amreen were some of the students who took part in the programme.



Snapshots of the fresher party in Ismail College



PHOTOS: CHANAT



Sporting spirit

Students of Guru Tegh Bahadur Public School participated in annual sports week with full zeal and energy. Flag race, shoe race, banana race, one legged race, martial arts, badminton, volley ball and sporting activities were organised during the event. At the end, principal felicitated those who performed well in their respective sports.

fish, toys, bear, crocodile, butterfly, ship and many more. At the end of the competition Chekhika, Vishakha Sharma, Pooja Giridhar and Neha bagged first prize for their house.

Annual extravaganza

Kids of Blossoms School did tons of masti during the school's annual day, which was celebrated at Kulwant Singh stadium. Chief guest Dr. Francis Calsist inaugurated the programme by freeing the white pigeons. Children enthralled the guests by their mind blowing cultural performance and got big round of applause.

Let's pen down thoughts

Students at CCS University tried to elaborate their thoughts



Snapshots of the fresher party in Ismail College

on paper regarding the Indian Economy, Society and Cooperative movements while participating in an essay competition. The program was organized as a part of annual celebrations marking the birthday of Chaudhary Charan Singh, the ex-PM. Participants from the campus and affiliated colleges of CCS University penned down their

thoughts regarding the cooperative movements.

Their zealous efforts were applauded in the end by the judges. Dr. Anjali Mittal, Dr. Aslam Jamshedpuri, Dr. Asif, Dr. Hare Krishna, Dr. Dinesh and Dr. Shadab Aleem were present on the occasion, while Dr. A.K. Chaubey and Dr. Alok Kumar coordinated the show.

hot tips

HOW TO CHISEL YOUR NOSE USING MAKEUP

1 What to use: To create a nose-shrinking shadow use a foundation, bronzer, blush, or eye shadow no more than one shade darker than your natural skin colour

2 Sleek surprise: To make your nose appear thinner, use the darker shade along the side of your nose leaving a vertical strip down the center of your nose. To better render the impression of a thin nose, draw a straight brighter line at the middle of the nose.

3 Short and long: To make your nose appear shorter, apply the darker shade under the nose and up over the tip. For a long nose, darken the end of the nose tip

4 Highlight it: Apply a thin line of highlighter down the center of your nose to make it look smaller.

5 Open up: For a wide nose, draw a contour with darker colour shade. Darker lines should be straight at the sides, and not too thick. These lines must start from the eyebrows and finish at the end of the tip.

HTC (WITH INPUTS BY MAKEUP ARTIST MANJU RAWAT)



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