

# TASTER

DISCOVER THE LATEST FLAVOURS FROM GOURMET COOKING FROM AROUND THE WORLD

JAN  
FEB  
2012

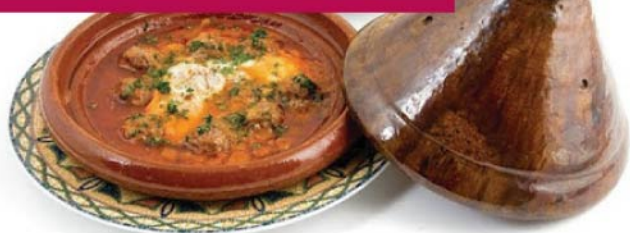


We are well into the New Year. By now even the most stringent weight loss resolutions have begun to waver. Especially the ones to lose weight. Not surprising if the healthy food we eat is not tasty as well. To help you keep your resolutions this year we are running our "Try Something New in 2012" festival with innovative new ideas. Join us and resolve to Try Something New every-day when it comes to food this year! And don't worry, we will be right here, ready with ideas to send your way! We have a wide range of products on our shelves to help you make healthy delicious food in a jiffy. From an eclectic collection of exotic & refreshing teas, to a selection of fine dressings that will allow you to serve gourmet salads everyday to ready-to-use sauces that you can use to dish up steaming hot spiced Tagines, spicy stir-fries, succulent grills through the year! Explore the eclectic collection of exotic black teas, refreshing green teas and more.



**TRY THIS!**

MOROCCAN CHICKEN TAGINE WITH PUMPKIN



**NOW OPEN!**

Two new destinations for Dilliwallahs

VASANT VIHAR,  
BASANT LOK MARKET,  
NEW DELHI.

2<sup>nd</sup> FLOOR, AMBIENCE MALL,  
GURGAON.

# SHELFWATCH

WE ARE CONSTANTLY ADDING NEW AND INTERESTING THINGS TO OUR SHELVES. HERE'S A TASTER OF SOME OF OUR FAVOURITES.



## ORGANIC CERTIFIED\* FRUITS & VEGETABLES

Crunch into a fresher, tastier & healthier offshoot of nature

\*At select stores

## DISCOVER A WHOLE NEW WORLD OF TEA THIS NEW YEAR

Our eclectic collection of teas include organic teas hand-picked from plantations around the world, refreshing flavoured teas, some exotic green & black teas, specially imported Oolong tea, White tea and Herbal teas brimming with health benefits

### NEWBY'S JASMINE TEA BAG

Taste the exotic and lingering scent of the jasmine flower in this sweet, full-bodied cup of finest quality green tea scented with Jasmine flower.

### MLESNA CAMOMILE HERBAL TEA

A Pure Herbal tea without Caffeine that calms, relaxes and refreshes you.

It also relieves upset stomachs & indigestion and helps you sleep better

### ORGANIC INDIA TULSI TEA

Three sacred varieties of Tulsi with potent restorative powers are blended to create this delicious, calming, yet energizing tea with hints of lemon and citrus

Visit our stores for many more new & exotic Tea ideas



# WHAT TO DO WITH... TAGINE SAUCE!

EVER BOUGHT SOMETHING YOU'RE NOT QUITE SURE HOW TO USE?

WELL, EVERY MONTH, THIS SPACE WILL GIVE YOU SOME QUICK AND DELICIOUS IDEAS FOR WAYS TO USE IT.

## TRY THIS!! MOROCCAN CHICKEN TAGINE WITH PUMPKIN

TIME: 40 MINS; SERVES: 4-6

### INGREDIENTS

1 tablespoon olive oil  
2 chicken breasts, cut into bite sized pieces

1 cup pumpkin chunks cut into 1 inch pieces  
1 cup zucchini chunks cut into 1 inch pieces  
1 organic stock cube  
1 tablespoon lemon juice  
1 teaspoon salt  
2 tablespoons al fez sundried tomato & cinnamon tagine sauce  
1 tablespoon al fez harissa  
1 tablespoon fresh parsley, chopped fine

### TO SERVE

1 packet couscous cooked

### METHOD

Heat the olive oil in a large skillet over medium heat, and add the chicken and brown if using. If not using chicken, add vegetable and garlic and cook for about 15 minutes. Add cooked chickpeas, stock cube, water and season with salt, Add Tagine paste and Harrisa and bring the

mixture to a boil. Continue cooking until vegetables are tender. Remove from flame, stir in lemon juice, garnish with fresh parsley and serve with pita bread or over couscous.



# INCREDIBLE INGREDIENTS FROM OUR TEST KITCHEN

INGREDIENTS THAT PASS OUR PERSONAL TEST FOR FLAVOUR AND THE THINGS WE COOK UP WITH THEM...



## BARBECUE SAUCES

Grilled food is delicious, imparts a rich distinctive smoky flavor and holds its nutritional goodness more than any other way of cooking, not to mention, it is figure-friendly. Using the grill to cook meats and vegetables is fast and uses high heat so the food retains most of its vitamins and minerals. Choose from our range of BBQ sauces from **Kraft** and **Jack Daniels** to add extra flavour to your grilled dishes. Try marinating your meats in **Kraft BBQ Honey Mustard** for a subtly sweet, mustardy pungent flavour or **Kraft BBQ Hot** sauce for something a little more spicy. We especially love the **Jack Daniels Barbecue Full Flavour Smokey Sauce** with Chicken and Lamb.



# THE EFFORTLESS GOURMET

## GOURMET ON THE GO

Its a wonderful time of year to be savouring salads and Salads are only complete when served with a dressing. Dressings come in two general categories: creamy or vinaigrette. Creamy dressings are based on something heavy like sour cream, cream, cheese or some combination of all these ingredients, flavoured with herbs and spices. Look for popular options such as **Ranch** and **Thousand Island** dressings on our shelves. Thinner dressings include Olive oil, French dressing and the Vinaigrette, which are based on oil and vinegar accented with

herbs and spices. Try our range of Vinaigrettes. For the calorie conscious we also have a range of Fat Free dressings in popular flavours such as the Fat Free Ranch, Fat Free Caesar, Fat Free Creamy Italian. But we also have some new flavours for those with bold palates try the **Goldyna** Native Mountain pepper Dressing, **Goldyna** Red Wine Vinegar Dressing, **Al Fez Tahini Dressing**. Pick from these and take a trip around the salad bowls of the world. And to make it easier we also carry ready salad mixes, simply pick up, toss with dressing of your choice and dig in! No excuse not to eat healthy this year!



# WE RECOMMEND

GOURMET PICKS FROM OUR CONSULTANT EDITOR RUSHINA MUNSHAW GHILDYAL

## STIR FRYING SHOTS

We love Stir-fries, steaming hot and full of goodness. And having a ready sauce on hand often makes one opt for Stir-fry dinners over longer cooking dishes on weekdays. You can serve full meals without too much thinking or hassle. And the new range of **Blue Dragon Shots** are so full of flavour, its hard to walk away from them! Stir-frying the Asian method of cooking thinly sliced meat and vegetables by stir frying them rapidly on a high flame is an optimal to cook meat and vegetables for optimal flavours and nutrition. It preserves the inherent textures and flavors of the ingredients but breaking nutrients down for better absorption in the body. Typically stir-frying involves a quick sauté over high heat, sometimes concluding with a brief steaming in a flavored

sauce. Combine a variety of meat and vegetable combinations into colourful stir-fry and toss through. We have added some delicious new stir fry sauces to our shelves such as the **Blue Dragon Teriyaki Stir Fry Sachet** and **Chow mien** sauce. And for fans of flavour we have a new selection of **Stir Fry Shots**, that are more intense in flavour. Just stir-fry meat and vegetables, add one of our flavourful shots, stir through and serve over noodles or fried rice. We highly recommend our **Blue Dragon Chili Coconut Shot** for fragrant Thai flavours! But why stop at stir fries, the shots are also great for other things. You can often thin them into bases for noodle soups and broths.



# THE DELI COUNTER

**WE SHOWCASE SOME OF THE BEST CHEESE AND MEATS FROM AROUND THE WORLD AT NATURE'S BASKET. HERE IS A TASTE OF WHAT'S NEW**

## CHEESE

From Italy we bring you their finest imported **Provolone**. Produced exclusively from full-fat cow's milk coming from neighboring farms in Pieve, it is a treat for the senses. Beautiful, smooth paste and pale yellow in color. It has a slightly pungent aroma and a robust, nutty, and piquant flavour. Pick up some of this aged, cheese and savour its sharp bite with wine (such as the Marchesi Di Barolo) or on an antipasto platter with fruit, vegetables, charcuterie, and pickles. Try the **Auricchio Provolone** in Dolce,

Smoked and Piccante variations.



## MEAT

There is nothing like good charcuterie to add flavour to a table. This month we are celebrating some delicious meats. From **Bauwens**, in Europe, a 100 year old family-owned and run company, enjoy a selection of Bauwens Baked Ham With Herbs and Bauwens BBQ Shoulder Ham. Or try the **Casanova Spanish Toast Ham**. Simply sandwich with a generous spread of mustard in good bread for a lovely breakfast or light lunch option. For Pizza fans we have the sliced **Casanova Pizza Pepperoni**, put it on your pizzas and as a flavouring for cheese dishes. **Datore Wurstel**

**Weisswurst Sausages** are also great any time of day, simply fry and serve with long buns spread with mustard for quick supremely satisfying meals.

## WINES

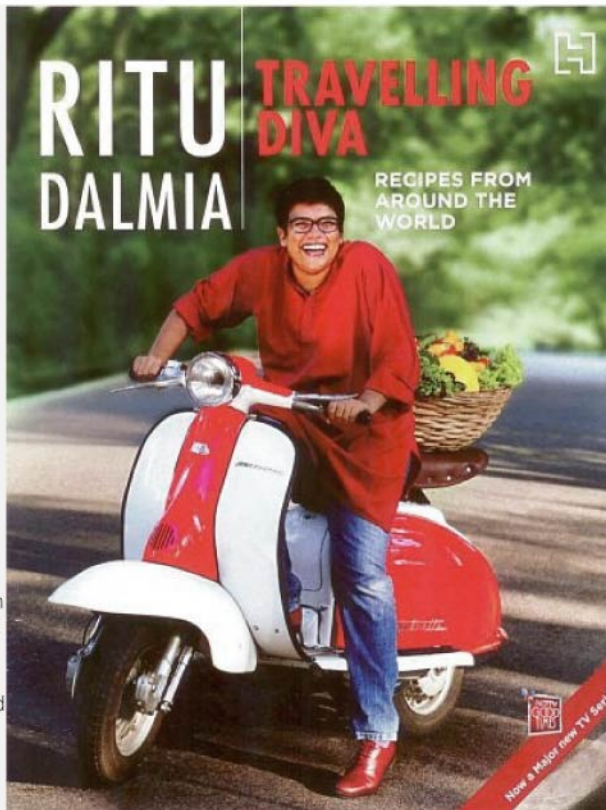
The **Garnet Red Marchesi di Barolo** from **Piedmont**, Italy with its ruby reflections and intense flavour of rose, vanilla, licorice, spices and toasted oak is ideal to accompany slowly simmered lightly spiced dishes such as Tajines and stews through the winter. Or serve it up with a platter of cheeses such as the Provolone Piccante and a spiced Fig Chutney.



# BOOK SHELF

## Travelling Diva

This handy cookbook by the Diva herself, Ritu Dalmia is a great one to start the new year with, will making your time in the kitchen fun, adventurous and delicious with more than 120 authentic recipes that will help you prepare the enviable meals, great tips on techniques, suggested menus and exciting combinations and Stunning photographs that will make you a master chef in your kitchen! Travel the world in a plate sampling wok-fried variations of rice and noodles from the streets of Beijing and Bangkok to the very Caribbean jambalaya; the tastiest Swiss roesti to a quintessential Javanese chicken and coconut curry; wicked Austrian desserts to the melt-in-your-mouth American red velvet cake; crisp and light filipino spring rolls to a special version of our very own Bhindi Bhojpuri. Not to mention cookies, dips and other munch-worthy tidbits that will change the way you snack.



# GOURMET WORKSHOPS

## MUMBAI:

17th Feb 2012.  
4:30 pm - 6:00 pm  
NB JUHU

Sushi Celebration by Chef Shreeya Mitra from Sushi & More

## NEW DELHI:

24th Feb 2012. 4:30 pm - 6:00 pm  
NB VASANT VIHAR

Sushi Celebration

## HYDERABAD:

23rd Feb 2012.

4:30 pm - 6:00 pm

NB BANJARA HILLS

Sushi Celebration by Chef Shreeya Mitra from Sushi & More



## MUMBAI:

9th Feb 2012.  
4:30 pm - 6:00 pm  
NB WARDEN ROAD

Tea Appreciation session by Tea Sommelier Radhika Batra Shah

## PUNE:

10th Feb 2012.  
4:30 pm - 6:00 pm  
NB AUNDH

Tea Appreciation session by Tea Sommelier Snigdha Manchanda Binjola



**PLEASE CALL THE RESPECTIVE STORES TO REGISTER EARLY. LIMITED SEATS.**

## MUMBAI

Warden Road: 022-23526775, 23545151 | Worli: 022-24934241  
Bandra: 022-26421122/5050 | Lokhandwala: 022-26300714/0767  
WTC: 022-40024008/8006 | Juhu: 022-26117893/32259320  
Kandivili: 022-28861573/ 3797 | Powai: 022-25700222  
Thane Hiranandani: 022-25861993

## DELHI / NCR

Defence Colony: 011-46698777  
GK-2: 011-41007841/2  
GK-1: 011-40793131/3216  
DLF Mega Mall (Gur): 0124-4805900/1/3  
Vasant Vihar: 011-40571919/81919  
Ambience Mall (Gur): 0124-4665753/4

## PUNE

D P Road: 020-26160540/70  
Aundh: 020-25889530/40

## HYDERABAD

Banjara Hills: 040-23355399/0029

## BENGALURU

Indiranagar: 080-25207401/2

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Open from 8.00 a.m. to 10.00 p.m.