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At the 68th year of MG Live in London
 page 3



Prabhakar Kusuma:
 Honour for a lensman
 page 3

Santhosh Narayan on
 Kaala and more
 page 4



Who is afraid of red rice?

Make the pretty red grains a part of your daily meal, as the much-maligned red rice is actually a healthy choice



Hearty and healthy Varieties of red rice; Mapillai samba; idlis
 *SPECIAL ARRANGEMENT

•• SREEDEVI LAKSHMI KUTTY

“Try it,” I urge my friend, who is sceptical of making idlis with red rice. She is of the school that believes that rice leads to weight gain and causes diabetes. I send her some ponmani red rice and ask her to make idlis. “Three is to one, if you are using a mixer; four is to one if it is a grinder,” I advise. She grumbles a bit saying no one at home likes it and that the grain is too bold and it takes too long to cook... the list of complaints is interminable. But she makes the idlis and I have a convert.

She is not alone in her misconceptions about rice. Many people think rice is the fount of lifestyle diseases. But it is not. The culprit is not the rice, but the kind we

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eat. We polish it and strip it of its bran and process it so much that most of its minerals and vitamins are lost.

Red rice had sort of disappeared from my table too. It made its second appearance into my life in my mid 30s. As a young child, I ate red rice grown by my great-grandmother. She sent us freshly milled rice once every two months.

Once I moved out of Kerala, red rice became a memory and polished slender-grained white rice the norm. But when I began re-examining my food choices, I

decided to bring red rice back. As part of the Save Our Rice Campaign, I learnt that most of the South Indian traditional varieties

RICE TO THE OCCASION
 Bitter Rice was nominated for the 1950 Academy Award for Best Story and entered into the 1949 Cannes Film Festival. The action is set in the rice fields of Northern Italy.

WHAT IS PARBOILED RICE?

When paddy is parboiled and dried and then milled, the resultant rice is called parboiled rice. This is a combination of the words partial and boiled

The process involves soaking the grain and cooking the paddy within the husk. It is then sun-dried to remove the moisture. It also leads to the transfer of nutrients in the bran to the rice kernel

The parboiling leads to the starches within the grain becoming gelatinised and hardened and the rice attains a translucent appearance. It also makes the cooked rice firmer and results in grains being distinct and separate



The red-coloured kernel is due to the presence of anthocyanins and bran. Even when fully polished, the grain have a reddish tinge, and unpolished grains look like shiny maroon pebbles.

Traditionally in Kerala, hand-pounded raw red rice (called onakkal-ari, meaning dried rice) is offered to temples. This is then cooked and served to the devotees. Many have this as part of their main midday meal.

Flakes (aval) made from red rice retains almost all the bran. Full-bran red rice can be turned into red rice flour to be used in dishes like idiyappam, kolukkattai, modakam, adai, kinnathappam and various snacks. The broken red rice is great for kanji (one of the tastiest dishes in my lexicon); nothing to match it with a dash of pickle.

I have found innovative food bloggers also making rice cakes and puddings with red rice. I am waiting to cook a red rice risotto. We take pride in our ability to try foreign cuisines and be adventurous. So why be afraid of red rice?

Sreedevi Lakshmi Kutty is a Consultant to the Save Our Rice Campaign and the Co-Founder of Bio Basics, a social venture retailing organic food

MY NAME IS RED!

Traditional red rice is grown widely in Tamil Nadu, Kerala and Karnataka (Sigappu kauni, Kattuyanam, Mappilai samba, Kuruva, Thondi and Thavalakannan are a few of them)

Red rice, minimally processed, has more micro nutrients and B complex vitamins than the polished rice

Ayurvedic physicians in ancient times used these varieties as medicine and for therapies

Rice is polished to increase its shelf life, but its nutrition is largely lost in the process

Parboiled red rice keeps longer, gives better recovery rate during paddy milling, retains more nutrition, is firmer, less sticky and more digestible but takes longer to cook

Medicinal red rice varieties are consumed unpolished to get maximum benefit

The more bran there is in the rice, the lower is its glycemic index (compared to its polished counterpart)

We also tend to eat less of red rice

Bottle it up!

Siruthuli's drive to collect used PET bottles on World Environment Day 2018 netted over 5000 bottles from select locations like Brookefields Mall, hotels like Anna-poorna, Anandhaas, Haribhavanam, and Zone, medical centres like Ganga Hospital and VGM Hospital among others.

While it is heartening that so many people came forward to drop these bottles

off for an upcycling purpose, the fact that over 5000 bottles are being disposed off every week just at a handful of locations is a matter of concern. Fortunately, these bottles will be used to construct toilets instead of ending up in landfills.

Now comes the second phase of Siruthuli's initiative. Volunteers are required to fill these bottles with sand. A toilet that measures

four feet by five feet requires around 2500 bottles. And it takes around four minutes to fill one bottle.

The process has already begun and will continue every day till June 24.

Those interested can contact Siruthuli at Noyyal Life Centre, Siruthuli Sungam Bypass Road, call 9894631551 or email siruthuli@gmail.com between 10.00 am and 5.00 pm.



Waste no more Fill them with sand and build • H VIBHU



Crochet camp

La Cinnamon hosts a two-day crochet workshop which will show participants how to make baby bibs, bags, blankets, shoes, laptop sleeves and mobile pouches. Registration fee is ₹1700. Limited seats only.
JUNE 24 & JULY 1; 10.00 AM TO 12.30 PM
 @ No 180, DPF Street, PN Palayam
 ☎ 9600453169 for details



Shopping spree

Fashionista Fashion and Lifestyle Exhibition brings a collection of Tussar, silk and cotton saris, clothes, jewellery, home decors, bed linens, dress materials and jute bags. Works of 60 designers from Mumbai, Delhi, Kolkata and Bhopal will be showcased
JUNE 22-24; 11.00 AM TO 8.00 PM
 @ Vivanta by Taj Surya, Race Course Road
 ☎ 9209600200 for details



Cooking time

Sangeeta's Kitchen conducts a series of cooking workshops. It includes sessions on cake baking, diet soups, five nutrient diet plan and Gujarati Farsan. Registration fee is ₹1500 per class.
JUNE 20-23; 10.00 30 AM TO 1.00 PM
 @ 102, Jain Ratna Apartment, West Periyasamy Road, RS Puram
 ☎ 9597564010 for details



Paint away

Orita Sinclair School of Design and Music organises two acrylic finger painting workshops by Fathima Hakkim: themes will be forest, galaxy and jellyfish. Registration fee is ₹2200 each, inclusive of materials and refreshments.
JUNE 23 & 24; 10.00 AM TO 1.30 PM
 @ Orita Sinclair School of Design & Music, Above Audi Showroom, Avinashi Road
 ☎ 9500666049, 97903 56194 for details

PET PALS

A home for Kurinji



When one-month old Kurinji was found curled up among the rubble of a construction site, scared and injured, her rescuers rushed her to our shelter for treatment.

The accident had damaged Kurinji's front paw and, despite treatment, it remained slightly crooked as she grew.

However, Kurinji had spirit; one small injury to her leg was not going to stop her! With her affectionate nature and desire to please, Kurinji began growing up in our care and was soon transferred to the sanctuary.
 Kurinji is just as loving

and gentle now as she was when she first came to us as a puppy two years ago. She is perfectly capable of doing everything that another dog can do.

We believe that there is someone waiting to give this doe-eyed dog their unconditional love in return for hers.

She is healthy and spayed, and is now looking for a forever home that will treat her like family. Call 9366127215 or 9791532266 for more information.

A shelter story from Humane Animal Society. Kurinji was featured on the 2018 HAS calendar for the month of July.



Ramu: A friendly three-month-old Indian male pup with all vaccinations current.

Cuddles: A two-month-old Indian female pup who has a soft coat, calm temperament and loves to be cuddled. All her vaccinations are current.

Sweetie: A playful five-month-old Indian female pup whose vaccinations are current.

Cassidy: A one-year

old spayed female Rottweiler with all her vaccinations current. She is friendly and can be a good companion as well as guard dog.

All pets adopted from Humane Animal Society get free life-time veterinary care, free vaccinations and free spay/neuter surgery at the appropriate age from HAS. Contact Humane Animal Society @ 9366127215 from 9.00 am to 5.00 pm.



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