Black and beautiful
Rummage through your grandmother's storeroom and see if you can unearth her old kalchattis.

KALCHATTI CARE
Traditionally kalchattis need to be seasoned before use. Apply organic coconut oil inside and outside using coconut fibre. Leave it for a day and wash off with rose-hip/natural dishwash powder. The surfaces have a matte black patina — the earthiness of surface is to ensure slow and even cooking. Since they are porous, heat and moisture circulate through the pot while cooking, thereby enhancing the flavours.

HOW TO SEASON IT
Soak the kalchatti in water in which rice has been washed or water in which rice has been washed or the sandy liquid obtained by draining boiled rice. Put the vessel on the stove with either water in which rice has been washed or the sandy liquid obtained by draining boiled rice. Brin the lid on a very low flame. Allow it to cool.

Wash the vessel with a non-chemical dishwash powder and apply organic cooking oil and turmeric powder. Leave overnight. Wash it off and repeat the process two to three times. The most common mistake is to use an acid or a chemical. 

In a study carried out in 1986, Carlo Petrini founded Slow Food, an organization that strives to preserve traditional food, and regional cuisine and to promote local ecosystems. In 1989, Slow Food was incorporated into a non-profit organization based in Turin, Italy, called Slow Food International, which today has 400,000 members in 150 countries. The organization now organizes 40,000 events each year worldwide.

The essence of slow food is to eat healthy food in the company of friends. The concept is an alternative to fast food.

The ubiquitous biryani now has an anthem all its own

Biryani lovers are tagging each other on social media to the video and letting their love for the dish all hang out. "Biryani lovers" is a moniker coined by a part of the community and of course it is inspired by the YouTube sensation, Pankaj Dev. This moniker was introduced by Kavya Sreekumar, an organic, whole foods from farmers and a Consultant to the Save Our Bio Basics, a social venture retailing organic and regional foods. The video, which has been up for a week, has crossed the two million mark. The 'biryani anthem' — a parody of Ed Sheeran's Shape of You — is now the talk of the town. The video, which features members of the community cooking biryani within 24 hours of going on the road to create awareness about slow food, has been kept up in a social media-based stand-up comedy. Ahmed Shera, along with Suraj Manjunath and Pranav Kumar, "I just thought the two to express the biryani loves," he says.

**Q U I C K  F A C T S**

Pankaj Dev is part of:
Sir Shanmugam Road, H. L. Poores
Open from 9.00 am to 9.00 pm and from 4.00 pm to 9.00 pm on Sunday
Call 9500969390/9500969392

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**E A T  w e l l ,  e a t  w i s e l y**

It is all about eating traditional and thus, healthy, says Arunkumar, of the newly opened outlet of Paruthipaalum Paniyaaramum. Millets and indigenous rice varieties rule the roost with Sappaliya samba, Kaliyirukkal, Kavuni rice and varieties such as kuthiraivaali, cholam, and avinna. Kalchattis and kalchatti ages, it can be used on outside using coconut fibre. Leave it on a tray that is taken to the table. The time taken to heat the kalchatti is compensated when the stove cooking process continues even after the stove is switched off.

2 Thick-walled and heavy, they ensure slow and even cooking. Since they are porous, heat and moisture circulate through the pot while cooking, thereby enhancing the flavours.

Food cooked in old kalchattis last well for the next day as well without refrigeration. In the wood ages, the cooking quality improves. More important, the kalchatti has to be seasoned before you start cooking in it. Even after seasoning, the kalchatti should be introduced gently and slowly into daily cooking. Use on a low flame and don't let the water dry while cooking.

Periodically oil it and leave overnight before washing it in the morning.

My kalchattis have become an integral part of the cooking routine. Source organic, whole foods from farmers and preparing it in my grandmother’s kalchattis changes the entire of the whole act of sourcing and cooking food. Food is less of a commodity and more of a bond with the community, the cooking has become less a chore and more an active connection to my grand- mother’s store of wisdom. The vessel is to food and as the vessel is to food and as the mother’s store to food is to kalchattis.

Learn about Nature
Carpeo Nature Academy organizes a series of Nature Education programs with a young and enthusiastic team. Each session allows children to learn, observe and approximate Nature. The fee of Rs. 750 includes breakfast.

Art show
Art show presents works of artists Aadhik Arumugam, Ganesh, Vidhu and Mathias. The event will be held at the Aadhik Arumugam's studio on the 29th March. A trunk show is in the making. 

**A L T E R N A T I V E S T O F A S T  F O O D**

Slow food, a grassroots organization that strives to promote traditional food, and regional cuisine and to preserve local ecosystems under the umbrella of Slow Food International, is the father of the Slow Food movement. The organization now organizes 40,000 events each year worldwide.

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