

Nandini Banerjee: Channar Payesh

Any festive meal at my home must end with this rich dessert. This version of kheer is not available in sweetshops – all the more reason for friends to demand for it at every get-together.

CHANNAR PAYESH

Time: 30 mins; Serves: 6

2 litres full cream milk
1tbsp lemon juice
½ cup condensed milk
2tbsp sugar
Few pistachios
3-4 elaichi (green cardamom)

1. Heat half the milk in a heavy-bottomed pan on medium flame. Stir frequently to prevent it from getting burnt. The milk will thicken and slowly develop a brownish hue. Continue simmering till the milk becomes creamy - about 15 minutes.
2. While the milk is thickening (get

someone to keep up the stirring), prepare the channa (paneer): Heat the rest of the milk in another pan. Once it starts to boil, pour in the lemon juice. Reduce the flame and stir gently. The milk will curdle and will get separated from the whey (a greenish liquid).

3. Strain the channa in a muslin cloth. Wash the channa under cold running water to get rid of the lemony smell and then hang the channa in cloth wrap for 30 minutes.

4. After the milk has thickened, let it cool to room temperature. Then add the condensed milk, stirring gently.

Celebrating 10

Bake-A-Cake Contest

Create an original cake recipe in which the ingredients and equipments used should be locally available in your city. Also, the recipe should require no more than 10 ingredients (can use up to 5 more for icing) and the total preparation and cooking time should not exceed 45 minutes + extra time for icing (optional). Send at ghindia@intoday.com. Entries close October 25.



PICK OF GIFTS from Aaranyaa, The Body Shop, L'Oréal Paris, Iraya, Organic Harvest, Shahnaz Husain, Typhoo Tea, Nivea, Srithai Superware, Bonita, Palmers and Art & Decor

Neelam & Pramod Fix Things

Neelam used to eat leftovers from her children's plates, or join their junk food parties all too frequently. Not anymore. She also realises now that she is prone to emotional eating, and has consulted a nutritionist to find a solution.

■ While planning meals, Neelam now incorporates fruits and veggies of every colour so that the family gets their fill of vitamins and antioxidants. She consciously includes nuts, green tea, iron and vitamin C rich foods as well.

■ She is also gradually moving away from saturated fats (butter, ghee) and making a shift towards a good mixture of mono unsaturated fats (olive oil, sesame oil and peanut oil) and polyunsaturated fats (sunflower oil) – a learning for all urban households.

■ The couple got tested for vitamin D and fell short of the optimum value. They have resolved to spend a minimum of an hour between 9-11am or 4-5pm (without a sunscreen) outdoors on the weekends. Neelam has also been advised to take a vitamin D sachet once every week for two months. Pramod, however, can make up by just spending a little more time outdoors.

■ It's common knowledge that stress can lead to a spike in blood pressure and heart rate but what Neelam and Pramod (like many others) didn't know is that it can cause blood clots and unexplained inflammation in the latter years. They now combat stress by choosing to relax as often as possible by practising yoga, playing some sport or walking.

■ Neelam is a chronic worrier and finds it hard to fall asleep, often. Lack of adequate sleep makes her irritable and moody. She now sips green tea just before going to bed, shuts her TV and mobile phone at 10pm (an hour before she intends to sleep) and

listens to some soothing music. She also makes it a point to have light dinners. Neelam is not an insomniac and some lifestyle changes can help her fix occasional sleeplessness without medication.

This family thankfully drinks adequate amount of fluids – water, vegetable juices, coconut water and teas (with tulsi and ginger) and make it to the 2-3 litres per day mark

■ While it helps to relax and eat better, it's not enough to undo years of sedentary living. A total of 10,000 steps every day is the accepted norm to boost heart health and build up on stamina. Earlier he only walked from his office parking lot to his workstation and back. Though their current weekly aim is to do three days of cardio and two days of strength training – they, like most others in this age-group, let this pass for social engagements... The morning walk is a must though.

■ Pramod and Neelam have a buzzing social life but when drinking socially, they now have a new one-word mantra – "moderation". Pramod, on an average, sticks to 60ml five days of a week, while Neelam always tries to keep within the 30ml limit.

■ Keeping in mind Pramod's high BP, Neelam has cut down on salt (no extra sprinkling on salads and soups) and uses oil/ ghee less liberally while cooking so as to meet the nutritionist's recommendation – not more than half a litre of fat per family member, every month.

■ Pramod recently quit smoking but finds it tough to stick to his decision. His colleagues are heavy smokers. Everybody who passive smokes needs to know this: Spending an hour in the same room with smokers is equal to smoking 10 cigarettes.

■ Till a few months back, the couple thought that vaccination is for their children only. However, the family doctor advised them to consider common adult vaccines for diphtheria and pertussis, HPV, flu, chicken pox, pneumococcal and hepatitis B.

Celebrating 10 Be Health-wise

Send your answers to these 3 questions to ghindia@intoday.com. Last date for entries: October 25.

- A)** Which is the hardest part of the human body?
B) Vitamin D is a water-soluble vitamin. True or False
C) What are the harmful effects of MSG?

CELEBRATING 10
Good Housekeeping
CONTEST



PICK OF GIFTS from Aaranyaa, The Body Shop, L'Oréal Paris, Iraya, Organic Harvest, Shahnaz Husain, Typhoo Tea, Nivea, Srithai Superware, Bonita, Palmers and Art & Decor

A cup of warm green tea or an Ayurvedic solution may help sleep better





OLD STYLED TRUNKS
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MAGAZINE
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from Fab
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**Celebrating 10
Flower Power**

An attractive flower arrangement is a priceless décor element. Send us two photographs of how you decked up your house with flowers this festive season to enter this contest. Send at ghindia@intoday.com. Entries close October 25.



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*Check **Resource Details** for contacts of all stores



LET THERE BE LIGHT

Think fairy lights – think versatility. Generally hung outdoors, strung on the balcony or a garden hedge, these lights when used creatively can transform the interiors as well. Rachna Bal, owner of a home décor store in Noida, says, 'Fairy lights take the shape of anything they are wound on or twisted around. They can be bundled up for an interesting effect – you can stuff them into wine bottles and pretty glass jars (see pic above) or simply string them around a birdcage.' Look around for cues in your house to see how best you can play up these lights. You may also use props to factor in shadows – a trend that is catching up fast. Suggests Parushini Aggarwal, an interior décor specialist and creative director of Studio Creo in Delhi, 'Invest in a stone or steel fretwork (lattice work or *jaali*) that can be placed near a wall in your terrace or garden, and create dramatic shadows by placing diyas strategically.'

RECYCLED GLAMOUR

Make cushion covers or table runners out of an old Banarasi or Kanjeeveram saree that you don't fancy anymore. You can also snip out interesting bits and frame them to create an arresting wall display. Or else buy some fabric and ask your tailor to quilt out some home linen for you. A tip: Zari borders may be used for sideboard runners. 'You can adapt a colourful single bedcover as a tablecloth or use it as a throw over a dull sofa,' says Aarti

Vincent, a film executive living in Mumbai. Her personal favourite for adding colour to any space is an Ikat Kantha bedcover.

FESTIVE FLORALS

Says Delhi-based mixologist Yangdup Lama: 'Twine a long-lasting bloom such as a peony, aster or narcissus around a napkin ring to spruce up the table setting. You can also freeze edible flowers such as violet, elderflower or jasmine in ice cubes and then dress up party cocktails with them.'

COLOUR ME UNUSUAL

'To make rangoli, I took a cue from an Arabic henna pattern and created a different looking design to deck up my entrance,' says Meenakshi Sikand, a Delhi-based event manager. 'It looked striking and before I knew it, neighbours, friends and family were aping my design.' Also trending this season is the "hanging rangoli" – coloured powder in textured glass bowls suspended asymmetrically from a height.

CHILD'S PLAY

Involve your children. Shares Rachna, 'I send my children out for a treasure hunt for twigs, and then let them colour these the way they want (see pic above). I then use these in a flower arrangement or place them around colourful candles in the drawing room or break them up and mix them in the scented potpourri placed on the center table.' Another

idea is to get the children to create eco-friendly coasters by sticking jute rope in different patterns onto painted cardboard.

TRADITION IN VOGUE

Use brass and copper utensils to create an elegant and different table setting for that special Diwali dinner. Rachna complements this with a touch of natural greens by using palm and monstera leaves as mattings.

Celebrating 10

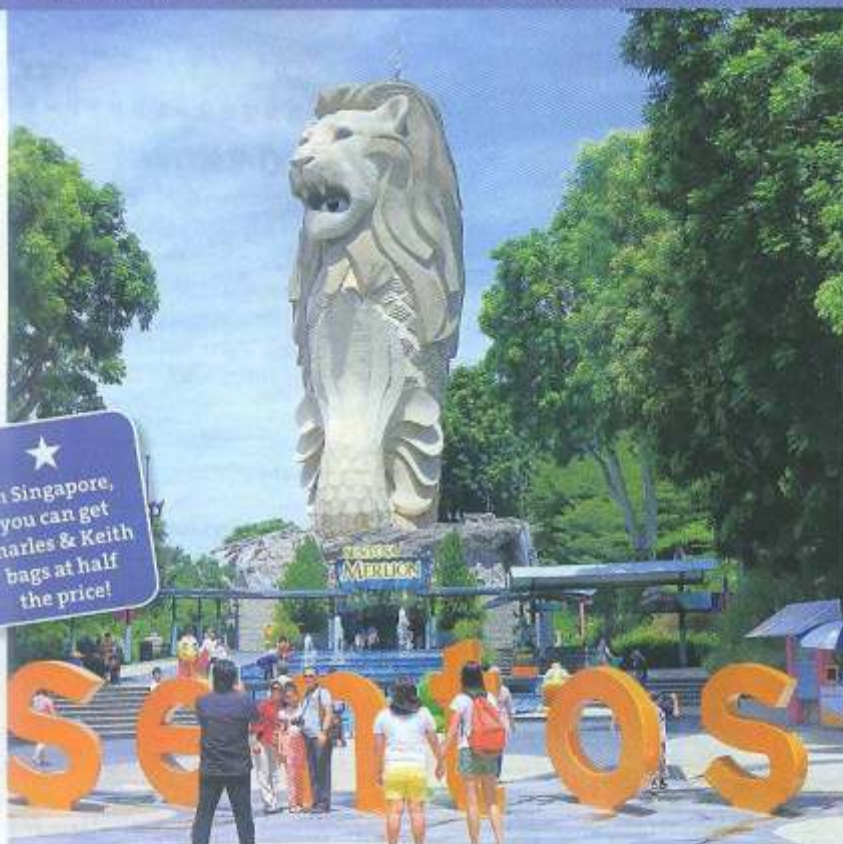
Craft The Win

Revisit the hobby you once had – take out those paint brushes, sketching pencils, camera or whatever your tool maybe. Create something special and send us a photograph and a small description of the same at ghindia@intoday.com. Entries close October 25.



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★
In Singapore,
you can get
Charles & Keith
bags at half
the price!



8 DAYS IN Singapore And Kuala Lumpur (KL)

SINGAPORE – 3 NIGHTS/4 DAYS

Getting There

Fly to KL via Singapore on Singapore Airlines (avoiding Malaysian Airlines!) because you get a stopover in Singapore included. Approx fare is ₹40,000 (you can deduct roughly ₹10,000 if you're doing only one country).

Getting Around

The Mass Rapid Transit (MRT) is the answer to all commuting problems in Singapore; the fastest way to go around. If you are staying on or close to Orchard Road, all the eating and shopping is close by.

Tip: Don't go to Singapore thinking it's in Asia so it will be cheap. Cabs are expensive and are best reserved for times when you are returning to the hotel with heavy shopping bags.

Seeing & Doing

Your teenager will love the Universal

Studios and younger children will find the Underwater World and Sentosa island (you can spend a full day on the beach) great fun. Places to enjoy with the family also include the Sky Park and the Jurong Birdpark.

Eating

Options are aplenty for foodies visiting Singapore. Clarke Quay is the popular haunt that's always abuzz in the evenings (you can't go here with young children except for an early dinner). Mostly, this place is to drink and party and can get really noisy. The malls will have various restaurants to suit all – Italian, Indian, Chinese and fast food.

If you like dimsums, try the Taiwanese chain Din Tai Fung, which has outlets all over Singapore

Celebrating 10

Your Festive Best

Send us a selfie that best represents your festive mood at ghindia@intoday.com. Entries close: October 25.

CELEBRATING 10
Good Housekeeping
CONTEST



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Tip: The cheapest food is available at food courts located in the malls on Orchard Road.

Shopping

Home décor, clothes and accessories are all available in wide variety across the malls on Orchard Rd such as Paragon, 313@Somerset, Takashimaya but if you are going on to KL you might want to save your shopping for then. The only cheap shopping in Singapore is at Bugis junction – Singapore's own Sarojini Nagar.

Staying

Holiday Inn Express located on Orchard Road and Clarke Quay are both reasonable options (www.ihg.com/holidayinnexpress/hotels/us/en/singapore/sinex/hoteldetail). Another centrally located hotel (more lavish) is Wangz (www.wangzhotel.com).

The Other Mother

Bengaluru-based Banerjees are an odd mix, but you'd be hard pressed to find a happier family

DAVE BANERJEE AND MALIKA BARUAH, in their early 40s, take turns at the barbecue while the lamplights throw a warm glow around the terrace. Asta, 11, her luminous eyes alight, cuddles up for a hug while Grandma Baruah talks animatedly to a guest – a conventional happy scene straight out of the happy family fable? Let's take a closer look: So we have Dave; Malika is his third wife; Asta is his daughter from his second marriage; and Grandma Baruah is Malika's mother.

Looking Back

Dave met Malika at a photo shoot around six years back. He owns an ad agency in Bengaluru and she was his client. His second marriage was ending and he was a single dad; she was just single. They talked all day on their first meeting and the day after, Dave moved in with Malika and they knew they'd be spending the rest of their lives together. Malika remembers her first meeting with Asta, then a cherubic five-year-old, in a taxi in Mumbai. The little girl sat next to her and fell asleep on her lap almost immediately. Malika, who'd never been responsible for a child before, didn't quite know what to do when they had to get off. Cut to the present: She is a hands-on mom – wakes at 6am on school mornings, packs the tiffin, helps Asta dress up “pretty” and talks the talk about crushes and roses with the pre-teen. Malika has a web design company, and is currently designing a line of yoga attire, but loves playing mom.

To start with, it wasn't all roses. Malika remembers the early days of ‘but my mum makes it like that’; also that road trip when Dave asked her what food they were carrying, and she was like, ‘Food? We'd just stop at a highway dhaba, right?’ She hadn't even thought of the cartons of food and everything else that a child may need on a long drive.

Cut To The Present

What's it like for Malika now, you'd

want to know. Soap operas generally show the “stepmom” plotting furiously or as a whining martyr. That image doesn't fit here. Malika loves her life and lives it to the hilt. Except that her little girl now tries out her shirts and steps into her shoes literally (‘Not for long,’ she laughs, ‘her feet will soon outgrow mine’). Visiting rights allow Asta, who stays weekdays with her birth-mom, to come over for half the summer holidays and every alternate weekend, but the little girl loves it so much at Dave's home that she lands up spending many weekdays with Manty, as she calls Malika, or jokingly, her “other mother”.

Dave's ad agency, set in his beautiful bungalow, has people hanging around, playing pool and walking the dogs. Asta loves the constant company, the trees, the food, the openness and the absence of negativity, having had an early childhood full of conflict. She's splashed her room here with paint, covered the refrigerator with all sorts of magnets. She wanders around all day, jabbering about her stories and her dreams, and is an affectionate and happy child. She wakes in the morning and jumps into bed with Grandma Baruah, and her latest passion is baking with her.

Life Is A Smooth Sail

Each puzzle piece in this family fits in so cosily that it begs the question: How do they make it work? It takes respect for each other and each other's need for privacy, and tons of positivity. Grandma



Celebrating 10

Fit & Fab Every Day

Share a healthy habit that's a must-follow for your family every day. The most innovative entry gets a chance to win goodies from GH. Send in your entries, along with a photograph at ghindia@intoday.com. Entries close October 25.



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moves in with the in-laws. In Krishna's case, he had to get used to having his in-laws around all the time. 'I grew up in Chennai and my mother has a house there to look after (dad passed away years ago), plus she travels a lot – so it worked out for our best to have my in-laws here,' he explains.

As in every family, living together means overlooking the little things and seeing the big picture; he points out. 'Sometimes, little things like what's running on television can be a sore point... I love watching movies undisturbed, and my father-in-law likes flipping channels,' he laughs. Does he get surprised queries on how it is living with his in-laws? 'Sometimes, yes. But truly, it has not been hard to adjust... My life really has not changed all that much,' he shares.

Laughter And Tears

Preeti and Krishna, having dealt with a fair share of pain, understand the value of family in their lives. 'Maya

needed all my care and attention because she was born with weak lungs and a weak swallow reflex. When she ate, she choked. So she had to be fed every two hours. We had a full-time nanny for day time, but at night, my father would take over. That's how we managed,' Preeti recalls.

Preeti's parents, mom Jayashree (in her 60s), a former school/yoga teacher and father Rangarajan (75), a retired official of the ONGC (Oil and Natural Gas Corporation) are not just pillars of support for Preeti and Krishna – they are also supporting Jayashree's parents. Rangarajan's father (Preeti's grandfather) lost his own father at the age of five and was brought up by his to be in-laws – as was the custom in those days. When Rangarajan, in turn, got married to Jayashree in Mumbai, they ended up living with Jayashree's parents. 'My in-laws were alone because Jayashree's siblings had moved to the US. So we made a conscious decision to live with them. When Preeti

came back to India and needed us, we were only too happy to shift to Bengaluru, and carry on the family tradition,' he smiles. Some people may consider it a social taboo to stay with the daughter but Rangarajan doesn't care. 'Our arrangement works because we enjoy each other's company.'

From Mom To Baker

What's more, having her parents around is giving Preeti more time to devote to her new-found passion. Her boutique baking business is growing. 'I started this baking business three or four years ago... orders were initially from just friends, but later, a lot more orders came flooding in. Today, I make plain and flavoured cheesecakes as well as brownies, cupcakes and plated desserts,' she ends on a sweet note.

By Divya Sreedharan

Making The Best Of It

As in every family, living together means overlooking the little things. Our arrangement works because we respect each other's space, make little compromises, and yes, we enjoy each other's company



Celebrating 10

Playtime Contest

Suggest one innovative idea on how to indulge your child in a constructive way during the vacations. The idea must be original and include a few play time activities. Send in your ideas at ghindia@intoday.com. Entries close October 25.



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- Then add enough water to cover the mixture in the pan (should be about 3 cups). On a high flame, bring the water to a boil and then turn the flame low and cover the pan. Let the meat mixture simmer for about 1-and-a-half-hours. Stir occasionally till the meat is cooked through.
- Drain the excess water, cool and transfer the mix to a blender. Grind till you have a soft dough.
- You can serve this dough in glasses, garnished with chopped salad (see pic on right) or, if you want to make the starter richer, follow the next step.
- Make as many round patties of the batter as you like.
- Heat oil in a non-stick pan on a high flame till it begins to give off smoke. Fry the patties on both sides till crisp.
- Serve with a dip of your choice.

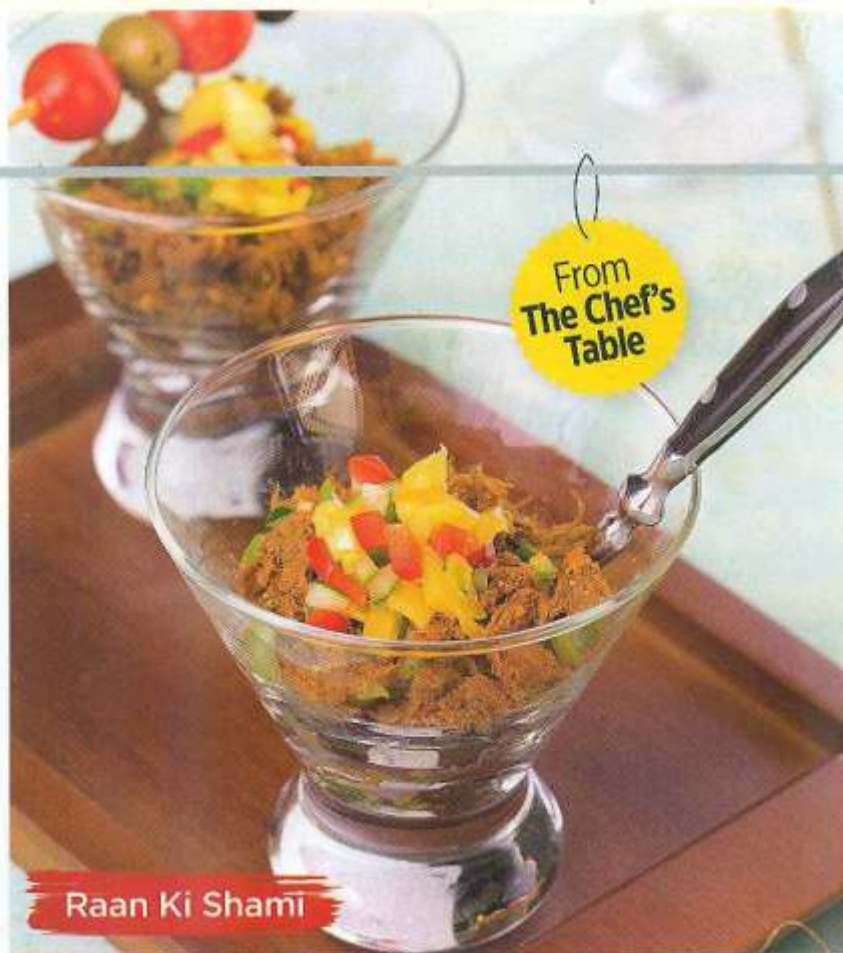


Kasundi Fish Satay With Green Tomato Chutney

Time: 20 minutes
Serves: 4

- 250gm boneless red snapper fillets (salmon or bhakti fillets will also do)
- 1/2 cup kasundi (available at any Bengali food store) or you can use mustard sauce
- 2tbsp ginger-garlic paste
- 1tbsp coconut milk powder
- 1tbsp chopped hara dhania (coriander)
- 2tbsp imli (tamarind) pulp
- 2tsp lime juice
- 1tbsp chopped garlic
- 5 red chilli flakes
- 1tsp haldi (turmeric)
- 1tbsp dhania (coriander) powder
- 1tsp salt
- 2tbsp mustard oil

- For Green Tomato Chutney*
- 6 chopped *green tomatoes (available at all major food stores) or any unripe tomatoes
 - 5 red cherry tomatoes, chopped (you can also use 1 regular tomato)
 - 1/2 cup chopped onions
 - 300ml vinegar
 - 1tsp roasted and crushed jeera (cumin)



Raan Ki Shami

- 1tsp lal mirch (red chilli) powder
- 1tsp rai (small, red mustard seeds)
- 1tsp ajwain (fennel seeds)
- 1 1/2 cups sugar
- 1/2 tsp black salt
- Salt to taste

- In a bowl, mix kasundi, ginger-garlic paste, coconut milk powder, hara dhania, imli pulp, lime juice, garlic, red chilli flakes, haldi, dhania powder, salt and mustard oil.
 - Add the fish fillets and toss till they are coated with the mixture. Cover and set aside to marinate for 2 hours.
 - Then, insert the fillets, one at a time, in skewers, allowing space between each fillet.
 - Place the skewers on the grill plate of the oven or microwave.
 - Now grill the fillets on both sides till browned. Brush butter on them for quick grilling. It usually takes 5-6 minutes for the fish to cook through.
- 1.** To make the chutney: In a deep pan, add everything listed under the chutney ingredients. Cook on a medium flame. Stir occasionally so that it doesn't stick to the bottom.
- 2.** When the chutney thickens to ketchup consistency, remove from the flame. Serve the grilled fish and tomato chutney with salad greens.

Celebrating 10

The Master Chef Contest

Create an innovative dish using only the ingredients in the list below – you may drop some but not add any. Remember, the recipe has to be original. Attaching a photograph of your dish earns you more points. Send at ghindia@intoday.com. Entries close October 25.

- Rice • Tomatoes • Onion • Rajma
- Capsicum • Tamarind • Honey
- Coriander • Olive Oil • Garlic • Ginger
- Cheese • Salt • Pepper

**CELEBRATING 10
Good Housekeeping
CONTEST**



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Good Family

Dress Up Your Child's Room (See Page 166)

Cherubs (Delhi) S-221 Ambience Mall, Nelson Mandela Marg, Vasant Kunj 011-40870714; cherubs@priveluxury.in. **Hamleys** (Delhi) DLF Place Saket, A 4, District Center, Press Enclave Road, Saket, New Delhi; Info Desk : 011-46064444. www.hamleys.com (Mumbai) Mumbai "Courtyard", High Street Phoenix, Phoenix Mills Compound, 462, Senapati Bapat Marg, Lower Parel. (Mumbai) 022 4347 3444. **Iconic Kids** S-217 & 220 Ambience Mall, Vasant Kunj, New Delhi; 011-40870758. Email: ambivk@iconicindia.com. **BATA**, Bata India Ltd. 212-217, DLF Place Mall, Saket, New Delhi; 011-41421250. Shoppers Stop, MGF Metropolitan, Saket. **Om Book Shop**: The Great India Place Mall, G-43, Pocket J, Sector 38, Noida; 245 0066. www.ombooksinternational.com. **Speedo** Shop no 211, First Floor, DLF Place Mall, Saket, New Delhi; www.speedo.com. **TISVA** www.lifebytisva.com. **Philips** www.philips.co.in. **Goodearth** www.goodearth.in. Saket District Centre, Saket, New Delhi; 011-4053-4567. **Zara** 280-281, DLF Promenade, Nelson Mandela Marg, Vasant Kunj II, New Delhi; 011-41680854. **Home Centre** Basement, The Great India Place, Sector 38, Noida, Uttar Pradesh.

Good Food

Tried and Tested Party Dishes (See Page 114)

Recipe of Garlic Chutney

Time: 25 minutes

Serves: 4

Ingredients

8 garlic cloves, chopped
¼ inch ginger root, chopped
4-6 lal mirch (red chillies)
1tsp dry roasted jeera (cumin) seeds
½ tsp amchur (dry mango powder)
1 small tomato (optional), chopped

Salt to taste
1tbsp oil

Method: Soak the lal mirch in water for about 15 minutes. Then, in a food processor, add all the ingredients and blend till it becomes a smooth paste. Now, in a pan, heat the oil on a high flame till it gives off smoke. Add the garlic paste and sauté for a minute. Turn the flame to low and cook for another 5 minutes till the chutney darkens in colour. Take off flame, cool and serve with Stuffed Baatis.

Not So Usual Starters (See Page 178)

How to get the perfect lemon

zest? Rinse the lemon well before beginning. Place the grater on a clean wooden board then start grating the lemon. Slightly increase the pressure on the lemon so that the zest comes off easily. Make sure to keep turning the lemon so that only the rind is grated. Stop the minute you finish the green layer.

Recipe of Belgium Chocolate Ganache Cake (See page 210)

Ingredients

For the cake

100gm white butter, softened
250gm caster or brown sugar
60ml sunflower oil
25gm cocoa powder
2tsp vanilla extract
4 eggs
80ml milk
100ml cream
300gm flour
3tsp baking powder

For the chocolate ganache

1kg dark chocolate with minimum 40% cocoa
500ml cream

For the milk jam syrup

200ml milk
1tbsp strawberry jam

Method

1. For the cake, line the base of the baking dish with butter paper and preheat the oven to 180°C.
2. In a bowl, add the white butter, castor sugar, sunflower oil, cocoa powder and vanilla extract. Beat well till combined. Then add the eggs, milk and cream. Blend again till it becomes a smooth cake batter.
3. Sift the flour and baking powder together thrice. Add this to the butter

Celebrating 10

Short Story Contest

Send us your original story, which has not been published anywhere at ghindia@intoday.com.
Entries close: October 25.



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mixture and mix until smooth. Pour the batter to the prepared tin and cover the top with an aluminium foil.

4. Bake for 30 minutes, then remove the foil and bake for a further 20 minutes, or till the top is springy and a skewer inserted into the middle comes out clean. Remove the cake from the oven and cool.
5. To make the chocolate ganache: First boil the cream in a double boiler. Melt the chocolate in a separate bowl. Pour the boiled cream into the chocolate and mix well.
6. Transfer the mix to the refrigerator and let it chill until set.
7. To prepare the milk syrup: In a pan, boil the milk and jam together over medium flame till it becomes a syrup consistency.
8. To assemble the cake, cut the cake into three equal pieces. Moist the three pieces with the milk and jam solution. Keep aside for 10 minutes. Now, place one piece on a cake board and apply a layer of chocolate ganache and place the second piece of the cake on top like a sandwich. Repeat the process for the third piece. Decorate the top with chocolate curls and fresh strawberries.

-by De Cakery (www.decakery.com)

Shahnaz Husain's Skin Care and Hands & Feet Care Program, ₹499 onwards



L'Oréal Paris Glam Shine 6 Hrs. ₹925

Palmers skin care range, ₹499 onwards

Ektra Blue Rose Desert Set by Srithal Superware, ₹2,150



Organic Harvest skin care range, ₹395 onwards



Win-its

Here's what you stand to win when you enter the various contests sprinkled across the magazine. Just send in your answers to any of them and enter the lucky draw. In the meantime, have a look at the goodies we have in store for you!

Iraya's skin care range, ₹495 onwards



Typhoo Tea Gift Box, ₹790



Aaranyaa skin and hair care range, ₹199 onwards



Bonita's Peppy Laundry Basket, ₹1,795



Nivea skin care range, ₹225 onwards



ArtandDecor.com Gift Voucher, 10% off

The Body Shop Strawberry Body Butter, ₹1,095



L'Oréal Paris Revitalift LASER Day Cream, ₹1,299

Bonita's Ironing Board, ₹950



Beauty Know-how

Be your best with these quick and simple tips



Easy To-dos That Work

- 1 Beauty experts swear by this – an ice cube gently rubbed all over the face in a circular motion every night keeps acne, wrinkles and sagging skin at bay.
- 2 Lips are prone to pigmentation too. Apply a mixture of 1tbsp honey and 2 drops of lemon juice, and top it with a layer of milk cream. Leave it on for 10 minutes. Wash off.*
- 3 Get rid of that pimple fast – grind some tulsi leaves, squeeze out the juice and apply this on the effected part. Leave it on for half hour. It will dry out the pimple in the very first application.*



Every time you scrub your face, the pores open up. Rub ice over your skin to close them.



Skin Talks: Secrets to glowing skin for men & women

By Dr Jaishree Sharad;
₹250

This is one of the most informative books I have come across on skincare. It covers the whole gamut - problems, preventive tips and a long-term skin routine that even Bollywood celebs such as Ranbir Kapoor and Salman Khan vouch for. Dr Jaishree's muse, Amitabh Bachchan, has penned the foreword. Good read to understand your skin better and know how to treat it right.

By Mohini Mehrotra

Book This



Celebrating 10 Be Skin Smart

What is Retinol and how does it benefit your skin? Send in your answers at ghindia@intoday.com. Entries close October 25.



PICK OF GIFTS from Aaranyaa, The Body Shop, L'Oréal Paris, Iraya, Organic Harvest, Shahnaz Husain, Typhoo Tea, Nivea, Srithai Superware, Bonita, Palmers and Art & Decor