राष्ट्रदुत

Pollution Shorten Lives

While smog seems like a difficult problem to tackle, some countries have proven that it's possible to clean up the air.

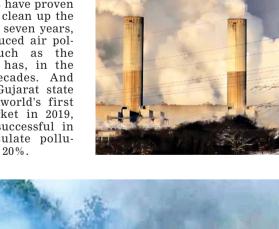




the consequences of us, but it's taking years off our lives. According to a new Air Quality Life Index report from the Energy Policy Institute at the University of Chicago (EPIC). air pollution is taking 2.2 years off the average global

life expectancy. In some of the most polluted regions in the world, residents are expected to lose an average five years of their lives, if the current high levels of pollution persist.

While smog seems like a difficult problem to tackle, some countries have proven it's possible to clean up the air. In the past seven years, China has reduced air pollution as much as the United States has, in the past three decades. And since India's Gujarat state launched the world's first clean air market in 2019, they've been successful in cutting particulate pollution by at least 20%.







A Ratatouille Rendevous at Jaipur Inn

It's a story narrated in first person by Takako, a young girl living and working in Tokyo. Her longtime boyfriend has decided to marry another girl at their common workplace. Heartbroken, and unable to face them daily, she quits her job. But with a rent to pay and other expenses, she is at a loss. Her mother arranges for her to go and stay with her uncle, Saturo, at his bookshop.

DAYS AT THE MORISAKI BOOKSHOP

BY SATOSHI YAGISAWA

BOOK READING BY RITA NAYYAR 22 JUNE 5-7 PM **JAIPUR INN**



IN ADDITION TO THE BOOK READING, WE'LL BE SERVING THIS DELICIOUS FRENCH CLASSIC-RATATOUILLE-A TREAT FOR BOTH THE MIND AND THE PALATE.

Rita Nayyar and that all the many ingredients Pushpendra Bhargava could be procured, and there was

Eric Ozawa.

eading and eating are the two basics of our lives, apart from brought with a motley crowd it can create magic and a dream well lived. It was my dream to have my

wife, Reetika's mami, cook a French vegetarian dish at Cafe Jai, as well as read from a book of her choice. Even with both of us willing, it took years before this 'dream' actually materialised on June 22, 2025. We worked on the invites

together, but all the organisation was on the hosts, including Reetika. Finally, on the humid rainy evening, we were all there awaiting our guests. Both of us were a little nervous, even though I. Pushpendra had organised several events.

cooked the dish in such a large We were all busy with last minute preparations, dealing with the demands in the kitchen, getting the evening tea organised, as Harish watched the match, and Vijay, the Nayyars' help and Jaipur Inn's Bahadur, helped us of Ratatouille. We were so happy

tions, we settled down soon for the reading session. The book chosen was, 'My days at the Morisaki Bookshop,' written by Satoshi Yagisawa, translated from the Japanese by

And then, our guests arrived,

all in time, and after introduc-

It's a story narrated in first person by Takako, a young girl living and working in Tokyo. Her longtime boyfriend has decided to marry another girl at their common workplace. Heartbroken, and unable to face them daily, she quits her job. But with a rent to pay and other expenses, she is at a loss. Her mother arranges for her to go and stay with her uncle, Saturo, at his bookshop.

She has not been in touch with her uncle as an adult, but has beautiful childhood memories with him. Four passages were Rita, because she had never read out to show how her uncle gently helps her to come out of her loneliness and dejection, and how after outright rejecting it at first, it's reading that finally brings her

The reading was amazing, with the rapt attention of the listeners, even with some stumbling on the reader's part. Overall, it was an prepare the many vegetables enjoyable experience for all. We required for the in-house version had among our guests, Dr. Rekha

#SUMMER DAYS



Standing L to R: Harish, Rohit, Shivani, Megha, Divij, Pushpendra, Alok Sitting L to R: Reetika, Charu, Rita, Seema, Shivani, Rekhaji On the floor: Jai

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Mathur, who has been a professor in Kanodia college, who talked about her PhD thesis and her book.

with the rapt attention of the listeners, even with some stumbling on the reader's part. Overall, it was an enjoyable experience for all. We had among our guests, Dr. Rekha Mathur, who has been a professor in Kanodia college, who talked about her PhD thesis and her book, 'Dhulichitra,' on the home and wall art done by women all over India, which goes by different names, 'Mandana,' 'Kollam,' 'Alpana' et al in different states.

'Dhulichitra,' on the home and wall art done by women all over India, which goes by different names, 'Mandana,' 'Kollam,' 'Alpana' et al in different states. She told us interesting stories, one related to the Indian religious

the constellation 'Sapta Rishi Mandal,' the Great Bear, and that





the materials used in these decorations are for the birds and insects to consume. It's a beautiful book. with illustrations and Rekhaji's input of colour combinations.

And then, we finally com-

menced the cooking. The preparations were already done. Some of the ladies joined in, despite the sweltering humidity, and Megha, Rekhaji's daughter-in-law, an architect herself, was the most enthusiastic and hands on. So in went the olive oil, onions, part of the garlic, the green and red peppers, followed by chopped baigan. We covered the pot and went out to get a breather from the heat while Vijay stayed inside to stir the dish and tell us when the baigan was soft.

Bahadur, meanwhile, made tea and coffee for everyone. The chikni torai, a substitute for Zucchini, went in next with a generous helping of saunf, as a substitute for the fennel bulb. Tomatoes went in next, along with

tulsi, instead of the basil in the original recipe. Once the veggies were cooked enough, but not lost their originality, we transferred them into baking dishes, in went a touch of sugar and vinegar, 'to enhance the flavour of the veggies, not to make a sweet and sour dish,' as the recipe says. Stirred in some more garlic and basil, added the parsley and put it in the oven for 15-20 ninutes. We put the smaller dish in the microwave, so that people could begin eating. It was served with toasted garlic bread with garlic butter on the side.

There were other goodies, the best dhokla in Jaipur from Ghee walon ka rasta, neither overly sweet and nor soaked in water scrumptious *Lapsi*, with the goodness of *gud* and *desi ghee*, made from a Diggi Palace recipe, and assorted roasted namkeens. We served the microwaved

dish first, and then insisted that everyone take a second helping of the baked dish too. I think everyone enjoyed the food, and of course the company, as conversations flowed seemlessly. Though most of us were new acquaintances, we all got along like old friends.

Reetika graciously took care of all our guests. Jai Bhargava, joined us too, briefly, and missed Zoya Bhargava, she designed the beautiful invites. It was a great first time experi-

ence for me, Rita Nayyar, who is grateful to Pushpendra for giving her the opportunity of sharing her passion for reading, and love for cooking with this wonderful

group. We are going to put down this recipe of *Ratatouille*, taken from 'The Vegetarian Bistro' by Marlena Spieler, with changes to suit the availability of ingredients here, in the book, in making of handwritten recipes, where guests who have cooked while staying at Jaipur Inn, have written the recipes in their own handwriting.

Ratatouille, the dish

The word *ratatouille* derives from the Occitan ratatolha and is related to the French *ratouiller* and tatouiller, expressive forms of the verb 'touiller,' meaning 'to stir up.' From the late 18th century, in French, it merely indicated a

Ratatouille, the movie

In 2007, Walt Disney Pictures and Pixar Animation Studios released the film Ratatouille. The film features Remy, a young rat with an exceptional sense of taste and smell who dreams of becoming a chef. The climax of the film sees Remy prepare the titular dish in the form of *confit byaldi* for the notoriously harsh food critic Anton Ego, who unexpectedly loves the dish due to nostalgia for his mother's cooking of traditional ratatouille. The movie gave widespread exposure to this dish round the world.

The Vegetarian Bistro

I, Rita, chanced upon the book in Barnes and Nobels on our first visit to the US in 2002, to see our son who was studying there. Intrigued by the fact that the French have so many vegetarian dishes, I picked up the book. It uses veggies available to us here, pulses and legumes that we eat. Where necessary, I substitute by something close to the original ingredient. I realised, for the first time in my life, that baked dishes can be done without cheese too.

Nayyars' daughter had picked Satushi's 'More Days at The Morisaki Bookshop' at the airport last year and left it for her mom to read. She really loved the book and realised it was a sequel. Now, she wanted to read the prequel too. In October, while ordering books to gift a friend on her birthday, she decided to buy the first book by Satoshi. And then thought, why not get a copy for herself too. She really enjoyed reading this one as well, and felt like sharing at her very first book reading.

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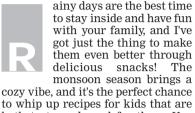
- 1 tsp ginger paste

- Salt to taste
- 2 tbsp breadcrumbs Oil for shallow frying

#FOR KIDS

RAINY DAY RECIPES

What makes these snacks so great? They're Indian recipes with a healthy twist, designed to keep your healthy kids happy and full of energy.



to whip up recipes for kids that are both tasty and good for them You don't need to stress about complicated cooking either. These healthy snacks are quick to make and packed with nutrition, so, your little ones can enjoy rainy day snacks without you spending all day in the kitchen. Trust me, these ideas will be a hit with your kids!

What makes these snacks so great?

ney're Indian recipes with a healthy twist, designed to keep your healthy kids happy and full of energy. From savory bites to sweet treats, these healthy snacks recipes are all about flavor and fun. Plus, they're easy recipes that anyone can make, even on the busiest rainy days. Get ready to dive into some amazing ideas that your family will love!



hese crispy veggie patties are a total winner! They're loaded with good stuff and so easy to shape into fun designs that kids can't resist.

Ingredients:

- 2 medium potatoes, boiled and mashed
- 1 carrot, grated
- 1/2 cup peas, boiled • 1/2 cup green beans, chopped
- and boiled 1 small onion, finely chopped
- 1/2 tsp cumin powder
- 1/2 tsp coriander powder

Ingredients: Mix all the veggies in a • 1 cup sprouted moong beans 2. Add the ginger paste,

spices, salt, and bread-

Shape it into small pat-

4. Heat a little oil in a pan

5. Serve with ketchup or a

on these, and you'll feel great

knowing that they're eating

for extra fun!

yummy dip.

their veggies!

ties, try stars or hearts

and fry the patties until

they're golden on both

Kids will love munching

crumbs. Stir until it's like

• 1 small onion, chopped

- 1 small tomato, chopped
- 1 tbsp lemon juice

vors that kids will enjoy

- 1/2 tsp chaat masala Salt to taste Fresh coriander leaves, chopped
- 1. Toss the sprouted moong, onion, and tomato in a bowl. Squeeze in the lemon juice, then

healthy snack that's ready in no

time. It's light and bursting with fla-

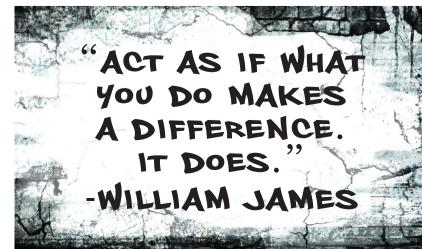
sprinkle chaat masala and salt. Mix it up well. 3. Top with coriander leaves and

serve right away. It's a super quick snack that's perfect for a rainy afternoon pick-



CLUB.

THE WALL



BABY BLUES



KRISTA CALDWELL!





By Rick Kirkman & Jerry Scott







By Jerry Scott & Jim Borgman 40U HAVE TO SIGN

