

#FOOD-FEST

Signature Dishes of the Far East

Thoughtfully curated and handcrafted *Dimsums* and other specialities from the province of Sichuan and Hunan are all yours for the next two days



Did you know that there are supposedly 2,000 kinds of *Dimsums* across China? It is a specialty, and literally translated, the word 'Dim sum' means 'touch the hearts'.

The ongoing **YI JING**, A Chinese food festival at The Pavilion of ITC Rajputana, does exactly that and much more.

Chef Bhadu of ITC Maratha, Mumbai is in Jaipur to bring the signature dishes of the Far East. Thoughtfully curated and handcrafted *Dimsums* and other specialities from the province of Sichuan and Hunan are all yours for the next two days.

For the non-vegetarians, there are delectable *Dimsums*. The appetizers are *Prawn Crystal Har Gaw* containing Shellfish. Incidentally fish was once the cheapest form of protein. Now, in China, it is more expensive than chicken and the staple pork. *The Chicken and Coriander Siu Mai* are also a visual treat as the flour wrapper, once steamed, turns translucent.

For seafood lovers, there is *Hunan Style Fish with Chili*. Black Beans and *Sichuan style crispy Prawns*. The boneless fish bites are soft from within and crispy from outside, making them a very popular dish of the Indo-Chinese cuisine.

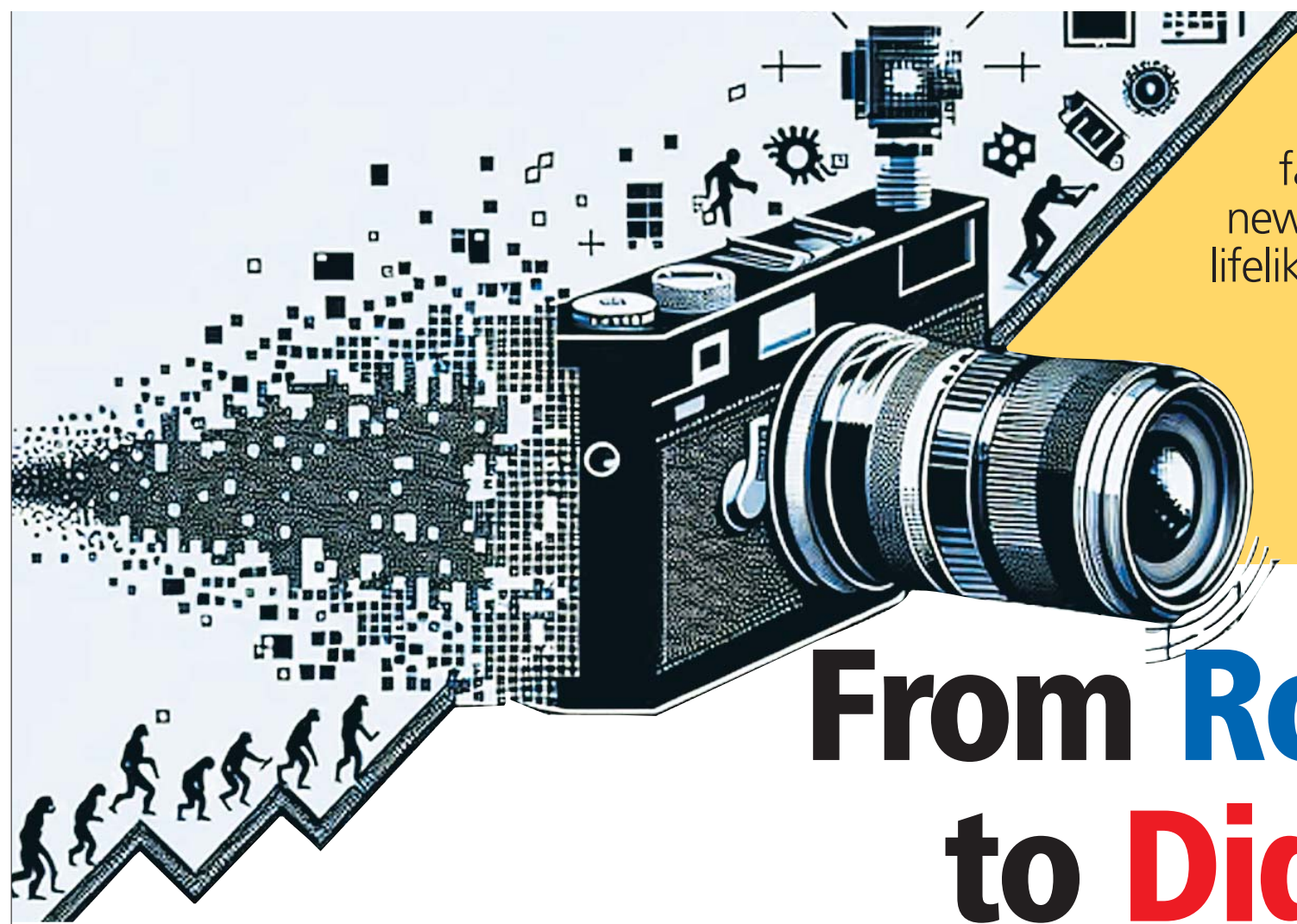
For those who swear by the poultry, there is *Stir Fried*

Chicken with Fresh Chili. The meat lovers can satiate in the *Crispy New Zealand Lamb with Dried Chili and Pepper*. The rich, sweet and gamey flavour is derived because of the lamb, which is grass-fed. It explains why this healthy protein source is coveted around the world.

For the vegetarians, the *Cantonese Style Lotus Stem*, with size of an Orange, need special mention. The Spinach black pepper dumplings, though authentic in taste, may not be a hot fav of the local non-carnivores guest as most look for heavily *Indianised* cuisine, no matter where it is from. The *Trio Mushroom With Chinese Style Soy Reduction* add to the variety as do the *Yi Jing fried rice* with soy and garlic. The *Claypot Mapu* served with braised mushrooms and *Shanghai Style stir fried vegetables* is welcome and wholesome as a main course.

What is it they say about dessert? That life is short, eat dessert first! So, one rightly missed a Chinese dessert, and it must have been the only time when a delicious cheese-cake seemed a poor filler!

Editor's Note
The story "The Long March of Kadam Kadam" published in Arbit on 29 June 2024, was first published in Silhouette magazine. The Editors regret the omission of this information at the time of publication.



The introduction of *color photography* in the mid-20th century marked another significant milestone in the evolution of family portraits. The ability to capture true-to-life colors brought a new dimension to family photographs, making them more vivid and lifelike. Color photography quickly became the standard, and families embraced the opportunity to document their lives in full color. Color photographs captured the vibrancy of everyday life, from family gatherings and holidays to simple moments at home. The rich hues and shades added an emotional depth to the images, making them more relatable and cherished.

From Royal Portraits to Digital Archives



Vikram Joshi
Textile Technologist & Historian

The tradition of family portraits dates back to the royal families of the past, who commissioned artists to paint elaborate and grand images of themselves. These paintings were not just mere representations of individuals but were symbolic of power, wealth, and lineage. The attention to detail in these portraits was astounding, with artists capturing every intricate aspect of the subjects' attire, expressions, and surroundings. Royal portraits were often displayed prominently in palaces and mansions, serving as a testament to the family's status and heritage. These paintings required months, if not years, to complete and were often passed down through generations as treasured heirlooms. The process of sitting for a portrait was a formal and significant event, involving meticulous preparation and a deep sense of reverence for the artistry involved.

The Advent of Studio Black and White Photography

The invention of 'camera' in the 19th century revolutionized the way family portraits were created. No longer limited to the elite, photography became accessible to the middle class, allowing more families to capture their likenesses. Early photographs were predominantly black and white, and studios quickly sprang up, offering a new way to preserve family memories. Studio photography brought with it a sense of formality. Families would dress in their best attire and sit for carefully arranged compositions. The process required the subjects to remain still for several minutes, as early cameras had long exposure times. Despite the lack of color, these black and white images carried a timeless quality, with the contrast and shadows adding depth and character to the photographs.



Hand-Painted Photographs: A Touch of Color

As photography continued to evolve, the desire to add color to black and white images led to the practice of *hand-painting photographs*. This technique involved artists meticulously applying watercolor or oil paints to black and white prints, enhancing them with lifelike colors.

The Rise of Color Photography

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The Digital Revolution: Aim, Shoot, and Store

The advent of *digital photography* in the late 20th century brought about a seismic shift in the way we capture and store family memories. Digital cameras and smartphones with built-in cameras made photography more accessible and convenient than ever before. The ability to take countless pho-

tos, review them instantly, and store them on digital devices transformed photography from a deliberate act into an everyday activity. Digital photography democratized the process, allowing anyone with a camera phone to become a photographer. This convenience, however, came at a cost. The ease of

taking and storing digital photos led to an overwhelming abundance of images, often resulting in them being forgotten on computer hard drives or cloud storage. The tactile experience of handling printed photographs and the joy of framing and displaying them began to wane.

Hand-painted photographs became especially popular in the late 19th and early 20th centuries, bridging the gap between traditional painting and modern photography. These colored photographs offered a more vibrant and realistic representation of family members, capturing not just their likeness but also the nuances of their skin tones, clothing, and surroundings. Hand-painting required great skill and patience, and the results were often stunning, combining the precision of photography with the artistry of painting.

The charm of family photographs lies in their ability to evoke emotions and memories. A printed photograph, framed and displayed in a home, becomes a part of the family's history. It serves as a conversation starter, a nostalgic reminder, and a link to the past. The decline in printed photographs, therefore, represents not just a shift in technology but also a cultural change in how we value and preserve our memories.

#VIEW



World UFO Day

One of these days, we just know that we're going to finally meet our neighbours in the universe, and that day will be phenomenal beyond imagining. Whether they're flying around in saucer-shaped vessels, or something more akin to the massive ships we've seen in our dreams, they're going to change the way everyone views the universe. World UFO Day was organized by WorldUFODay.com in 2001, and was put together to bring together enthusiasts of UFO's and the evidence that they've all gathered to support their existence.

Embracing Both Worlds: Digital and Physical

While digital photography offers unparalleled convenience and accessibility, there is still a place for printed photographs in our lives. Embracing both digital and physical forms of photography can help preserve the charm of family pictures while benefiting from the advancements in technology. Here are a few ways to strike a balance.

- Selective Printing:** Choose the most meaningful and cherished photographs to print and frame. This selective approach ensures that only the best moments are preserved in physical form, making them more special.
- Photo Books:** Curate and print photo books for special occasions or yearly highlights. Photo books combine the convenience of digital photography with the tangibility of printed photos, offering a modern way to preserve family memories.
- Digital Frames:** Use digital photo frames to display a rotating selection of family photographs. These frames can store thousands of images, allowing for a dynamic and ever-changing display of memories.
- Backup and Organize:** Regularly back up and organize digital photographs to prevent loss and make it easier to find and print specific images when needed. Proper organization ensures that digital memories are preserved and accessible.
- Family Projects:** Involve family members in creating photo albums, scrapbooks, or collages. These projects can be fun and engaging, fostering a sense of togetherness and appreciation for family history.

The evolution of family photography, from the era of royal portraits to the age of digital archives, reflects the dynamic interplay between technology, culture, and memory. While digital photography has revolutionized the way we capture and store images, it has also led to a decline in the tradition of printing and framing family photographs. To preserve the charm and emotional connection that family pictures provide, it is essential to embrace both digital and physical forms of photography. By selectively printing cherished photographs, creating photo books, using digital frames, and involving family members in photo-related projects, we can ensure that family memories are preserved and celebrated. In doing so, we honor the rich history of family photography while adapting to the advancements of the modern age. The tactile experience of handling printed photographs and the joy of displaying them in our homes remain irreplaceable, offering a tangible link to our past and a testament to the moments that define our lives.

The Charm of Family Photographs: A Reflection

Family photographs have always held a special place in our hearts. They serve as visual diaries, documenting the passage of time and the growth of relationships. Each photograph tells a story, capturing moments of joy, love, and togetherness. The evolution of family photography, from royal portraits to digital archives, reflects broader changes in society and technology, but it also highlights the enduring significance of these images.

#GLOBAL WARMING

Diet for a Hotter Climate

As the planet warms, these five drought-tolerant and highly nutritious crops offer hope for greater resiliency

Over the course of human history, scientists believe that humans have cultivated more than 6,000 different plant species. But over time, farmers gravitated towards planting those with the largest yields. Today, just three crops, rice, wheat and corn, provide nearly half of the world's calories.

That reliance on a small number of crops has made agriculture vulnerable to pests, plant-borne diseases and soil erosion, which thrive on monoculture, the practice of growing only one crop at a time. It has also meant losing out on the resilience that other crops show in surviving drought and other natural disasters. As the impacts of the climate crisis become starker, farmers across the world are rediscovering ancient crops and developing new hybrids that might prove more hardy in the face of drought or epidemics, while also offering important nutrients. Here's a look at five crops, beyond rice, wheat and corn that farmers across the world are now growing, in hopes of feeding the planet as it warms.

Amaranth The plant that survived colonization

From leaf to seed, the entirety of the *amaranth* plant is edible. Standing up to eight feet tall, amaranth stalks are topped off with red, orange or green seed-filled plumes. Across Africa and Asia, amaranth has long been eaten as a vegetable, whereas Indigenous Americans also ate the plant's seed, a pseudocereal like buckwheat or quinoa. While ama-



ranth leaves can be sautéed or cooked into a stir-fry, the seed is commonly roasted and then eaten with honey or milk. A complete protein with all nine essential amino acids, amaranth is a good source of vitamins and antioxidants. Amaranth has found its way into European kitchens, with Ukrainians coming in as the crop's largest producer on the continent.

Cowpeas The fully edible plant

In the 1940s, more than 5 m acres of cowpeas were grown in the US, the majority, as their name suggests, for hay to feed livestock. But long before *cowpeas*, also called southern peas or black-eyed peas, came to the Americas, they were grown for human consumption in west Africa. Although, cowpea production has declined in the US in recent decades, the crop is hugely important in much of Africa. Nigeria is the world's largest cowpea producer.

Although, historically, people have mostly eaten cowpeas' seeds, the leaves and pods are also a good source of protein. Because cowpeas are highly drought tolerant, they're also a good candidate as the climate changes.



Fonio The drought-resistant traditional grain



For thousands of years, farmers across west Africa have cultivated *fonio*, a kind of millet that tastes like a slightly nuttier cous-cous or quinoa. Historically, fonio is considered to be Africa's oldest cultivated cereal and was regarded by some as the food of chiefs and kings. In countries such as Senegal, Burkina Faso and Mali, fonio would be served on holy days like at weddings and during the month of Ramadan. Today, attention is increasingly focused on fonio for its resilience and health benefits. As the climate continues to change, fonio's drought resistance and ability to grow in poor soil has made it a standout crop in water-scarce regions. It also has important nutritional value as a low glycemic, gluten-free grain, making it a good source of amino acids for people with diabetes or gluten intolerance.

Taro Adapting the tropical crop for colder climes



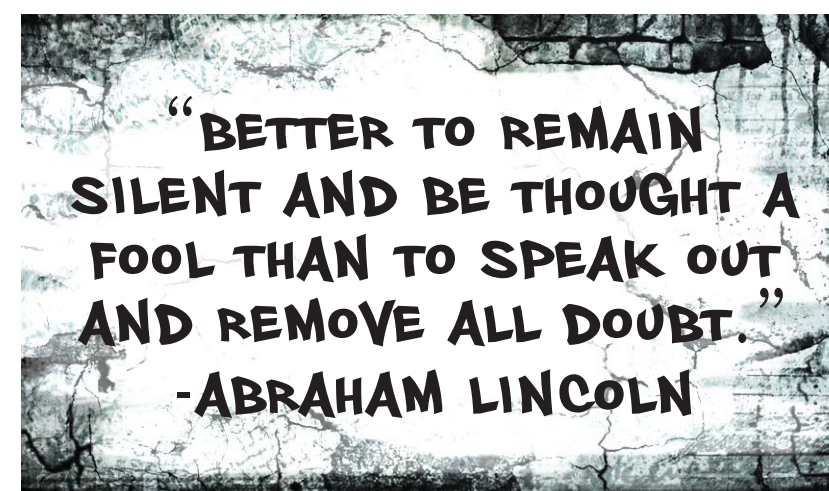
In the tropics of south-east Asia and Polynesia, *taro* has long been grown as a root vegetable, not unlike the potato. But as rising temperatures threaten cultivation of the crop in its natural habitat, farmers in the continental US, are trying to adapt the tropical perennial to grow as a temperate annual because it cannot survive the cold of US winters. Like fonio, amaranth and cowpeas, taro isn't a new crop, it's just new to the US food system. Which is why the Utopian Seed Project isn't just learning how to grow taro, but also teaching people how to cook it.

Kernza The crop bred for the climate crisis

In 2019, the Kansas-based Land Institute, a non-profit research organization focused on sustainable agriculture, introduced *Kernza*, a cereal crop developed from intermediate wheatgrass and trademarked to ensure that farmers know they've bought seeds from the official breeding program. Although, researchers are still working to improve the grain's yield, farmers in Minnesota, Kansas and Montana are today growing nearly 4,000 acres of *Kernza*.



THE WALL



BABY BLUES



By Rick Kirkman & Jerry Scott

ZITS



By Jerry Scott & Jim Borgman