

#CULINARY COLLABORATION

Looking at the increasingly growing preference for vegetarianism and veganism and with the objective of elevating the culinary offerings of Zolocrust (the 24x7 eatery of Clarks Amer), Australian Chef Simon Toohey and Arjun Kumar of Zolocrust are curating a one-of-its-kind plant-based barbecue menu for the city's foodies as well as hotel guests.

Australian Chef Fires Up Zolocrust



Chef Simon Toohey from Australia working in the kitchen at Zolocrust, Clarks Amer.



Tusharika Singh
Freelancer
writer and
city blogger

Back in November 2015, Zolocrust made a mark in the Pink City by being the first-of-its-kind bakery that runs 24x7. What also made this restaurant unique was its idea of having chefs as the frontrunners of the eatery. In addition to whipping up food for the customers, they also take proactive interest in other operations of the restaurant such as taking orders as well as serving the dishes to the customers. When veganism had not even made proper



Chef Simon Toohey with the team at Zolocrust, Clarks Amer.

inroads in the dietary regulations of people, Zolocrust was serving its desserts and savouries in dairy free as well as gluten free variants.

Plant Based Barbecue Menu

Now that increasingly more and more people are turning towards vegetarianism and veganism, an all-new plant-based barbecue menu is being introduced at the eatery. It is difficult to think of barbecue sans any meat or the quintessential paneer if you are a vegetarian. But only if you have not watched the Masterchef Australia finalist, Simon Toohey cook up a storm with only vegetables in the popular cookery reality show. It was this skill of Toohey's coupled with his ethos of high food quality, sustainability and using local ingredients that inspired Arjun Kumar, the man behind Zolocrust, to invite Toohey to the Pink City and collaborate with him on designing a new barbecue menu for city's foodies as well as hotel guests and train and support the staff at the eatery.

"I am a big fan of Masterchef Australia and while watching the show, I was highly impressed with Toohey's skill of cooking with vegetables. It is easy to bring flavour with meat but pleasing palates



Chef Simon Toohey.

with vegetables is where the challenge lies. The idea of collaborating with Chef Toohey is to give a fresh perspective to our culinary team and make vegetables a hero in our menu and enhance their flavours by using the elements of fire and smoke", shares Arjun Kumar, while shedding light on the objective of this culinary collaboration.

Chef Toohey has been trying to stick to a plant-based diet for the last six years now. Ask him what challenges he faces in trying to cook sans animal and dairy products and he says: "It has been difficult to cook and especially bake without eggs and butter. Also, people generally think of a vegetarian dish as mushy and boring. But by using fire and smoke one can really enhance their flavours and elevate the dining experience". Elaborating his experience of working with the team at Zolocrust, Chef Toohey, who is on a 10-day visit to the Pink City, says: "The ethos of the hotel which focuses on sustainability, minimal plastic usage and using ingredients that are grown locally is what attracted me to this collaboration. There is also a fully equipped poly house and kitchen garden in the hotel premises where most of the vegetables are grown. In these 10 days, I am trying to understand the local spices and ingredients, how they grow and change with seasons and the best to work with them to introduce new dishes."

An array of Vegan Offerings

The Simon specials in the barbecue menu will include a plethora of interesting options for vegans. Some of these include Zucchini with Roasted Yeast Cream Chilli Oil, Char grilled beans with garlic and lemon, Barbecue red cabbage steak with cabbage cream and apple mustard, roasted beetroot with beetroot molasses and labney, Roasted Pumpkin with black rice salad and pickled onion, among others. **Where:** Zolocrust, Lobby Level, Hotel Clarks Amer, Jawahar Lal Nehru Marg, Jaipur **When:** Open all day

The whole day passed. The professor had not spoken a word. The surgeon felt this was so because no flaw had been found in his 'perfection'. At the end of the day he could no longer hold back his curiosity and when the surgeon and his professor were settled in the surgeon's room for a cup of coffee he asked the professor for his comments. The professor began by complimenting him upon his performance. Thereafter he listed out so many imperfections that the surgeon was flabbergasted. The professor pointed out that although his surgical skills neared perfection many other things in the OT needed to be modified. He was told that he was autocratic and even rude to his staff. He was fussy about trivialities which caused unnecessary tension. He also often forgot to thank his team for the good job done.

Perils of Perfectionism



Dr Goutam Sen
CTVS Surgeon
Traveller
Story teller

Gourmukh Nihal Singh was appointed the Governor of Jaipur in his late 70's. One night, he fell in his bathroom. This is quite common at this age. He fractured both his thigh bones. Dr. P K Sethi, the doyen of Orthopaedic Surgery, was asked to see him and do the needful. Fortunately the breaks were clean and the Governor was advised surgery to fix him up at the earliest. Being a former politician he had a coterie who had to give advice even when it is not asked for. Despite being seen by one of the eminent orthopaedic surgeons of the country it was not considered enough. Gharkhi Murgli..... After all VIPs are not expected to be treated in their home town. The minimum is that they be referred to AIIMS New Delhi. The Governor was not willing to travel to Delhi. So if Mohammed cannot go to the mountain the reverse must be done! So the chief of Orthopaedic surgery, Dr. Dave, was commanded to come to Jaipur and operate. He was grateful enough to request Dr. Sethi to join him in the surgery. Two teams operated simult-



#JUST SO

aneously, one for each side. The work was done swiftly and properly. After the main surgery it is customary that the muscle repair and the skin stitches are left for the assistants to complete. Dr. Dave noticed that Dr. Sethi was doing the closure too. So he too began to do the closure although he had probably not done this in his institution for long. When the last skin stitch was put in and the surgeons went for their customary cup of coffee the anaesthetist could not refrain from commenting about the skin stitches on both sides. While the ones done by Dr. Sethi were meticulously spaced and looked like the guard of honour lined up for a VIP, the ones done on the other side looked like a ragged line put together in a random fashion. It would matter little how the scar looked after healing.

The Governor was not likely to display them in public while wearing a brief. What mattered was the aesthetics. Dr. Sethi was a perfectionist. Everything had to be just so! This was not just for surgery but even for his paan. It had to come from a special shop near Sangneri gate. The other shops did not give him the high that this perfect one did. I also remember how particular he was about his clothing and footwear. He would go for sharp creased trousers and tweed jackets. He had a soft corner for moccasins.



Perils of Perfectionism



Probably a legacy of his days in England.

Work-Life Balance

In the medical profession perfectionism is an absolute must for most practitioners. At the end of the day after completing a long list of surgeries when one returns to the hospital chamber and finds a heap of reports to be studied and prescriptions to be written there is always a tug in the mind. The tired body and mind wants to go home while another portion does not allow one to do so because it realises that all these papers represent anxious patients who need to be reassured and treated. The constant refrain is that although being perfect is important - is there a limit to perfectionism? Being perfect is a requirement not just in the medical profession. In the end a compromise has to be reached between work and family. This is indeed a very thin grey line which may differ in perception from person to person.

I spent nearly forty five years in the medical profession in the exacting life of a cardiac Surgeon. I realised very early the expectation of the patients was a priority. Family and other social responsibilities were lower down in the scale. It soon became a matter of pride that each surgery should be done to perfection. It should not only be upto one's own satisfaction but also of the people who assist or observe. Although there is never a perfect operation, the outcome has

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Although there is never a perfect operation, the outcome has to be perfect. This kind of performance needs huge dedication and a constant critical self-assessment. Each operation should be at least as good as the previous one if not better. A perfectionist will also demand the same from all others who work alongside. There is a price to pay. The highest rate of divorce is among Cardiac Surgeons in the USA.

things in the OT needed to be modified. He was told that he was autocratic and even rude to his staff. He was fussy about trivialities which caused unnecessary tension. Similarly often ignoring constructive suggestions from the staff made the task unnecessarily difficult. He also often forgot to thank his team for the good job done. He was presumptuous and thought that all others who did a good job were just doing their work properly. Atul realised that self-assessment is a poor way of checking on perfection.

Workaholicism

The term Perfectionist can be a compliment and conversely a derogatory term. Workaholicism is often considered to be bad trait and yet it becomes a part of normal professional life. It can be an obsessive compulsion disorder (OCD) as well as a matter of pride and even a necessity. Even the mental most jobs will require a degree of perfection. Take for example, the role of an airplane maintenance mechanic. His pre-flight check-up determines the safety of all the passengers who will fly in that aircraft. The person has to be a perfectionist. A cursory check may lead to a

disaster at 30,000 feet with dire consequences. There have been articles written on the 'Perils of Perfectionism'. Dr. Scott Abramson writes on Med Page today about it. There is no point on discussing 'pathological perfectionism' where the person flushes the toilet five times or spends a long time in correcting the grammar of a simple email (again hard to differentiate from OCD). One needs to establish an everyday perfectionism.

One cannot discount striking a balance between work and family life. I have worked for most of my life under pressure as a cardiac surgeon. Despite being advised to establish a degree of equality between the two I have realised in retrospect that I did not do justice to my family and society. **My response against perfectionism is as follows:** Perfectionism is rooted in the apprehension of failure. It is absolutely important to have a sense of uncertainty in our lives as a motivator. Fear of making a mistake, of doing harm to a patient, may motivate us to become better doctors. Frankly, I believe every doctor should have a healthy fear of incompetence in his psyche. For

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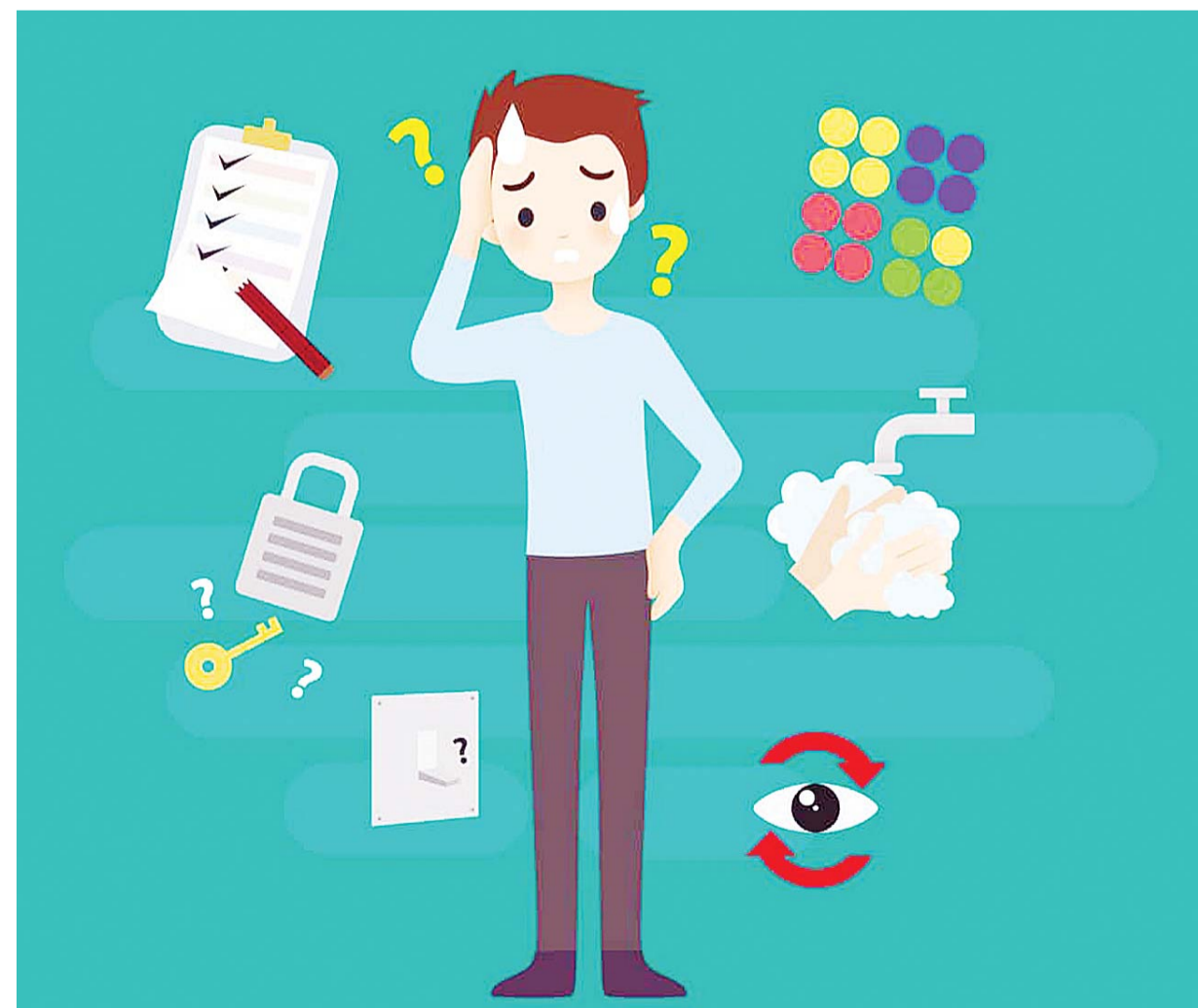
that matter all professions will do better if they cater to a similar philosophy.

I do not have an answer to perfectionism. I do not have the ability to strike a work-life balance. I still wake up in the middle of the night thinking about a task I have postponed. I still worry about the patient who should have been informed of his biopsy report the day it arrived. I still ponder about the surgery I am going to do next morning despite having done the procedure so many times. Each of us has a different ratio. To be productive, happy and fulfilled is a mirage. The nearer you go to it the dimmer it becomes.

Scott Abramson goes on to say that if there is an answer, it comes from accepting, not denying, the real perfectionism within us. It comes with the understanding of all its perils. Somehow in the face of this we must learn to make that 'authentic' perfectionism for the benefit of ourselves and our patients.

Perfectionism is a target which is achieved only by riding roughshod over many well-meaning companions. It is also a cause of feeling isolated, inadequate and lonely in one's career. It is a price we have to pay to be at the top!

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#TRIED&TASTED

Tea Tales!

Chai is a religion in India, and we, the loyal devotees! So much so, that even the burning temperatures aren't a deal breaker. A cup of

chai is a dose of comfort, a hon-ey-pot for family banter, and a warm hug on sick days. And if the image of a "kadakadrakwaali chai" is enough to get your heart racing

beyond measure, we are sure you'd love some interesting takes on this classic Indian hot drink. So come along, as we take you through these unusual chai variations!

If the image of a "kadakadrakwaali chai" is enough to get your heart racing beyond measure, we are sure you'd love some interesting takes on this classic Indian hot drink.

Kashmiri Noon Chai

- Ingredients**
- 3 tablespoons Kashmiri chai / tea leaves
 - 1/4 tablespoon salt
 - 2 cups water
 - 2 cups ice cold water
 - 2 cups full cream milk
 - 7-8 saffron strands
 - 6-7 green cardamom pods, crushed slightly (optional)
 - 1/4 teaspoon baking soda
- Sugar** according to your taste
- Sliced almonds or crushed almonds and pistachios



- Preparation**
1. Pour 2 cups water, Kashmiri chai (green tea leaves), crushed cardamom and baking soda in a pan.
 2. Stir well with a ladle, and let it come to a boil. Keep pouring vigorously with a ladle as shown in the video. Let the tea mixture steep well and boil on medium-low heat until the water is reduced to half. It would take about 18-20 minutes.

3. Turn off the heat and add 2 cups of cold water. Adding ice-cold water helps in holding the strong pink colour.
4. Pour it vigorously again with the ladle for about 1 minute.
5. Turn on the heat and let it boil again for 10 minutes on medium heat.
6. Add sugar and salt, or only salt, or only sugar. Let it boil again.
7. Keep stirring the mixture and add the milk to this steeping tea mixture.
8. Boil for about 10 minutes. The more you boil this tea, the stronger, rich and creamier the tea will be.
9. Strain the tea into cups and add sliced almonds or crushed dry fruits.
10. Serve it with your favourite snacks and enjoy it.

Kesar Masala Chai

- Ingredients**
- 1 & 1/2 tablespoon tea powder
 - 10 strands saffron soak in milk/water
 - 1/2 teaspoon crushed ginger
 - 1 cardamom
 - 1/4 teaspoon chai masala
 - 3/4 cup milk
 - 3/4 cup water
 - 1 teaspoon sugar



- Preparation**
1. Boil water in a pan and add tea leaves (powder) to it. Give it a boil for one minute.
 2. Add in soaked saffron, crushed ginger, cardamom, chai masala, sugar, milk and simmer for 3 minutes.
 3. Filter through a metal strainer.
 4. Heat up the serving cups by filling hot water in it for a while (use up for watering plants or wash vessels). Serve the tea in hot cups.

Sulaimani Chai

- Ingredients**
- 1 cup Water
 - 3/4 teaspoon Ginger
 - 1 Cardamom
 - 1 Clove
 - 1/2 teaspoon Tea Leaves
 - 1 teaspoon Jaggery
 - 1/2 teaspoon Lemon Juice
 - 2-3 Fresh Mint Leaves



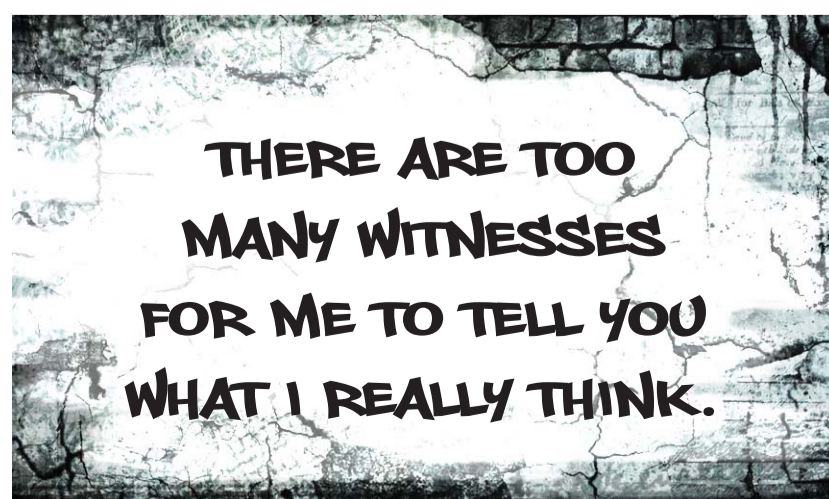
- Preparation**
1. Use a mortar and pestle to lightly crush the whole spices together. Keep aside. Next, lightly pound ginger to release the juices. Alternatively you could also grate the ginger using a fine grater/zester. Keep this aside as well.
 2. Add water to a pot and bring it to a slow simmer. Add the crushed whole spices, ginger

and tea leaves. Allow it to simmer for 5-7 minutes. If you are using whole jaggery, add it at this stage so it can dissolve completely. Turn off the heat. If you are using powdered jaggery, you can add it

in this stage. Also add in the freshly squeezed lemon juice and mint leaves and mix to combine.

3. Strain and pour into a chai glass or a mug, and consume while hot.

THE WALL

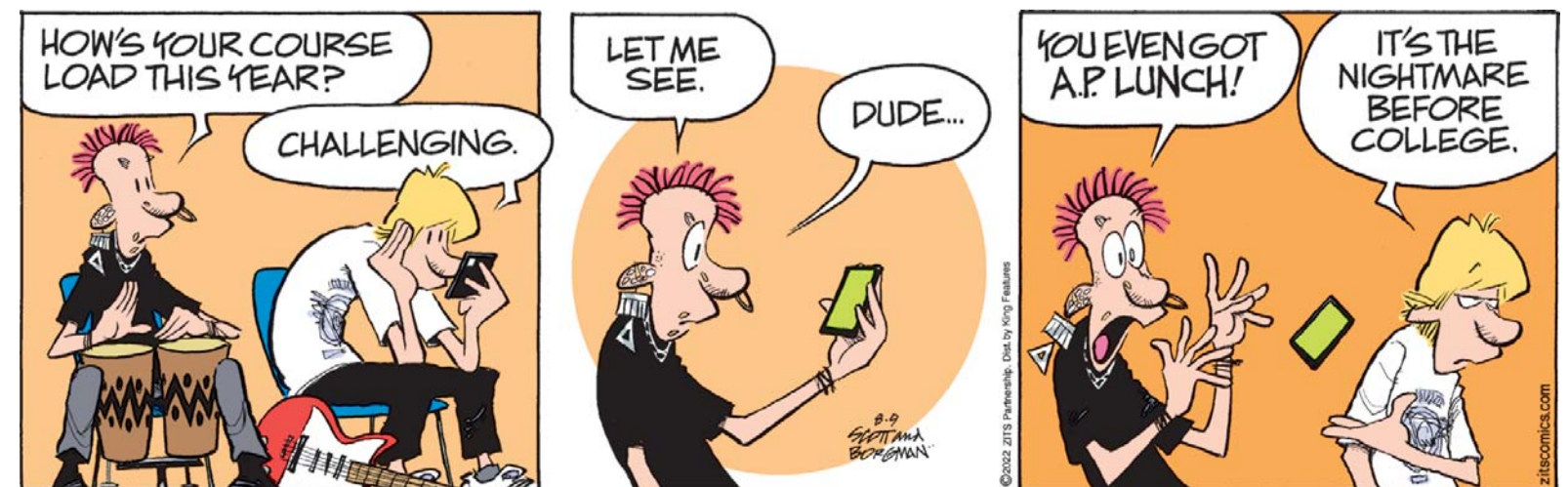


BABY BLUES



By Rick Kirkman & Jerry Scott

ZITS



By Jerry Scott & Jim Borgman