

## #REVIEW

### Brot Co- Get Buttured

Ask any food historian and they will testify to the fact that half-moon crescent shaped breads have been made since the Renaissance, and crescent-shaped cakes possibly since antiquity.



Bread may ring a bell for fans of Katrina and Vicky Kaushal but Jaipurites for a year now have been besotted by Barwara Kothi on Jacob Road. On first floor it houses the most happening live interactive Bistrot - the Brot Co. Some places feel like sunshine and this is it. The 90 seater streaming with smile and smell of freshly baked bread and cookies is what the preteen buzz as 'Cool'.



Pizzas as we now know them have become artisanal all over the city. At Brot Co - its a Chef intensive labour of love. The thin crust with creamy pesto, mushrooms, broccoli and olives is a must. The crust and the vast choices of toppings are enticing to say the least. From Thai tofu, Paneer Tikka, Margherita to Primavera to Spicy Basilica are all yeasts to try. Keeping in step of the new found fad of goat cheese there is one with goat cheese and garlic - oven dried tomatoes with mozzarella give it the right flavour.

Brot Co also serves black wheat thin crust pizza which is good news for the health freaks. Says Chef Peeyush the driving force behind this popular eatery: "we do not use any yeast in the crust as the purine found in a raising agent induces acidity, increases uric acid as in other leavened crust. For sourdough we use starters."

There is regular 13 short crust bases and there is one which is gluten free too. Ask him why the whole wheat bread has a slightest taste of bitterness and he says, "because we use honey and not sugar and also yeast is totally ruled out."

Jalapeño Mushroom Ciabatta and Garlic Goat Cheese Ciabatta both of which use house baked light and crispy Italian bread.

We in India have always given importance to 'ritu' or seasonal fruit to be consumed as much as possible. The age old wisdom today stands undermined by the pre-cooked, pre-packed, frozen food trending in most Indian household and if there are Gen Z in the family then so much more. The Chili Water



Chestnut in homemade plum sauce is a perfect 'ritu' ap'petizer to gorge on. If happiness for you is freshly baked goodies then Brot Co should be your destination.

Ask any food historian and they will testify to the fact that half-moon crescent shaped breads have been made since the Renaissance, and crescent-shaped cakes possibly since antiquity. Croissants as we now know them have long been a staple of Austrian, Italian and French bakeries, along with pâtisseries. As they say the only time one likes cheese spread with cucumber, tomatoes and Brot Co's signature apple and orange preserve is also popular.

In meal bowls - or meal in a dish there are a variety to choose from - Mediterranean, Super Meal to Asian. The Mediterranean one with its plant based, no dairy product, nuts and figs is a happy find for weight watchers and Vegans. For Avocado lovers there is the Super Meal.



For those looking to pull off anything under a cup of coffee there is a somewhat long list to choose from. The Menu uniquely mentions the percentage of coffee, water and milk in every kind of coffee. The add-on flavours on offer are - Hazelnut, Vanilla, Caramel and Irish Cream.

The shakes and smoothies too have a variety. Vegans should go for the sugar free Fig and Date shake. For a place

so popular one hopes next time around a green smoothie is added to the list of Apple, Pink and Mud Apple. Not the time of the year to look for cold drinks but if the low temperatures do not cool you there are plenty of Coolers to choose from. Finally, Desserts there are eggless, gluten-free and Vegan on offer which is a great news and you won't be disappointed with the melt in the mouth mostly chocolate base goodies.

With good food, cheerful ambience, great service, all New Normal norms in place and 82 percent of 5 star on line rating Brot Co is the perfect place to break bread.

Brot Co in German means bread and now you know what's in a name!

## #HAPPY NEW YEAR

"Hello Harry! How are you? Been a long time. I am planning to come by your town tomorrow for some work and wonder if you guys are home. We (my wife and I) thought it would be lovely to drop by and meet you and Martha. Haven't seen you in now, say what, two years?" You can sense the panic. "Hey! Yawar. Great to hear from you. We are staying home and not going anywhere at all. Too risky in these times." You can hear his mind saying, "Come on man!! Try to understand. Don't make me say it out loud."

### Give Me A Hug



Yawar! Is that you? I turned around. But who is she? Have you ever tried to ask a lady who recognizes you, who she is? I suggest you wear cleats and be in a half-turned crouch before you do. Pays to play safe. Then, bless her, she does the right thing. Or I should say, she remembered our latest etiquette - remove the mask at a safe distance - and I go, "WOW! Gloria. So delightful to see you. Where have you been hiding?"

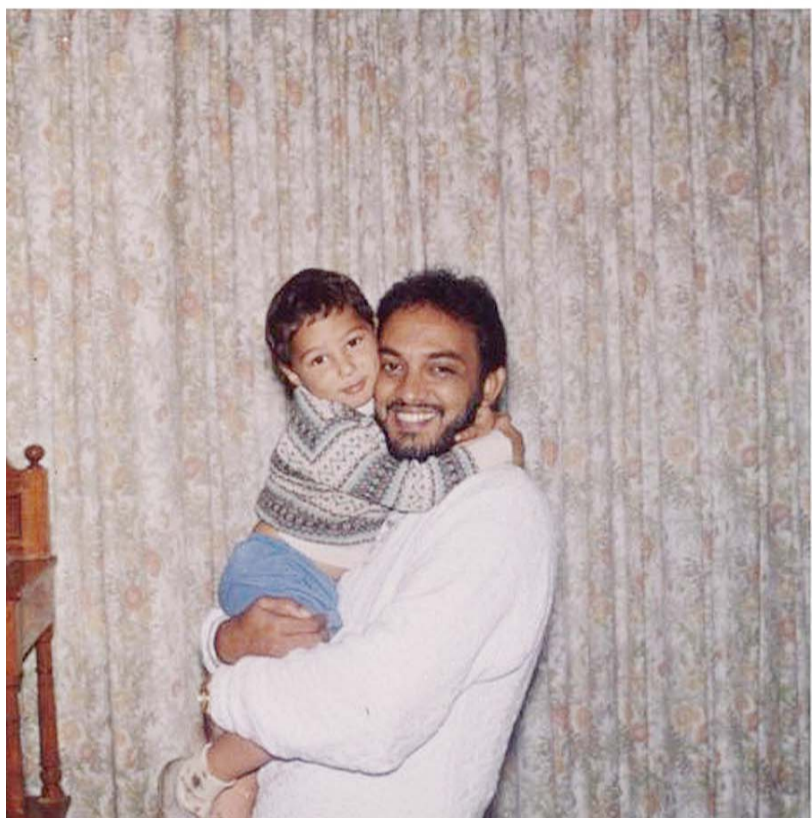
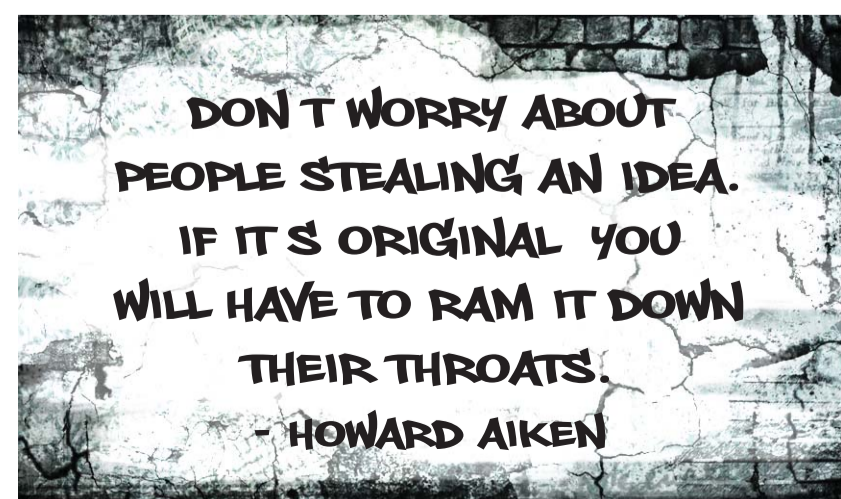
Do you wonder what the real face behind the mask, looks like? Not of strangers. Your friends. Those you have not seen without a mask in now over two years? And when they do take the mask off, are you surprised? I won't ask if you are shocked. Sometimes I am. So, here are some questions.

Did you ask someone to put ON their mask so that you could recognize them? I know there is a 'Tic Tok about that. Too close to reality.

Did you notice the sign outside the bank, "Put on your mask before you enter"? And wondered how Bill Cassidy would have taken it? I can imagine him saying, "Hey! Sundance, forget it. Let's go man! These people don't play fair. Takes all the fun out of robbing a bank if the bank tells you to put on a mask



## THE WALL



down. His knees are shivering. Potential calamity averted. Covid is still at bay.

And the last one: you come home; wife greets you in the garage. "Hi Hon! I love you, give me a hug."

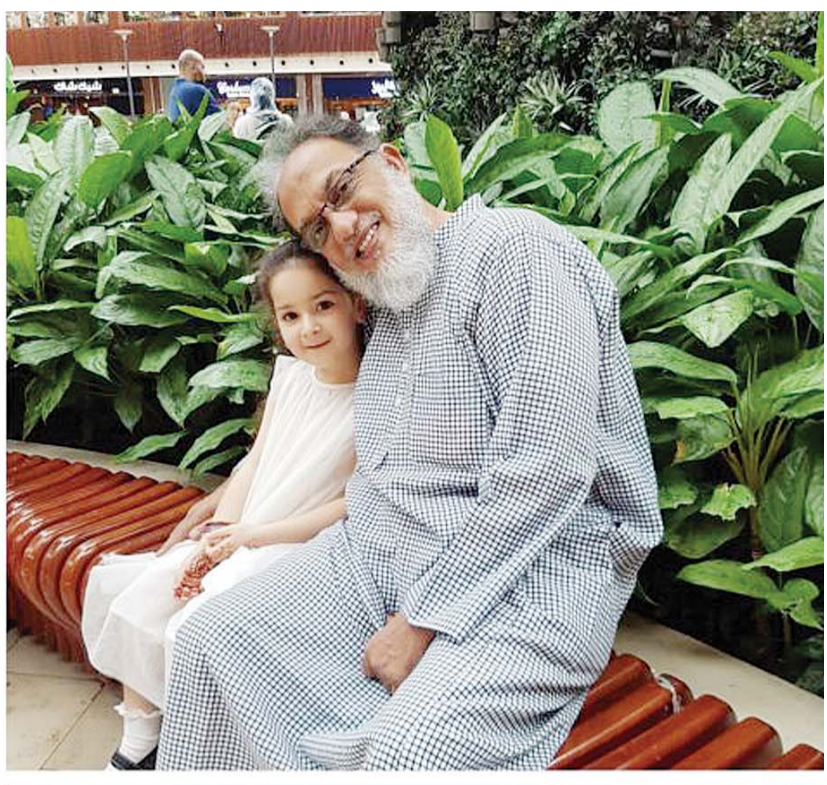
"Take off your clothes." "What? You mean here? I know these are permissive times but surely this is pushing it. Think of the Kids. What if one of them walks in?" "Get into the shower and stop dreaming. Times have changed but not that much. Put your clothes in the bin, shower, put on your sanitized clothes and then come in. I'm making dinner."

Ah! Mystery cleared. Life has changed, but not in all ways. Some things remain the same. Maybe there is relief to be sought in this as well.

In another world, on another planet, in times of yore imagine these scenes: Man (stranger or old friend, same difference) sticks his hand out to shake yours. Aargh!! He had to do it? Okay, so I shake it, very gingerly and immediately I sanitize my hands, trying to be unobtrusive, but if he still sees me doing it, what the hell! What did he expect? The man thinks, "Racist, casteist, OCD, paranoid maniac."

Old friend sees you. Hasn't met you in ages. Comes at you, arms wide open, hug waves preceding him. But you have learnt the moves to avert such liberties. You drop something and bend down to pick it up. Or you turn half away and put your phone to your ear with your right hand while pushing out your left hand in his direction to say, "Hold on, I must answer this call." The hug is downgraded to a handshake. Old friend, "What's wrong with him? He's forgotten me and our friendship? Just because he made

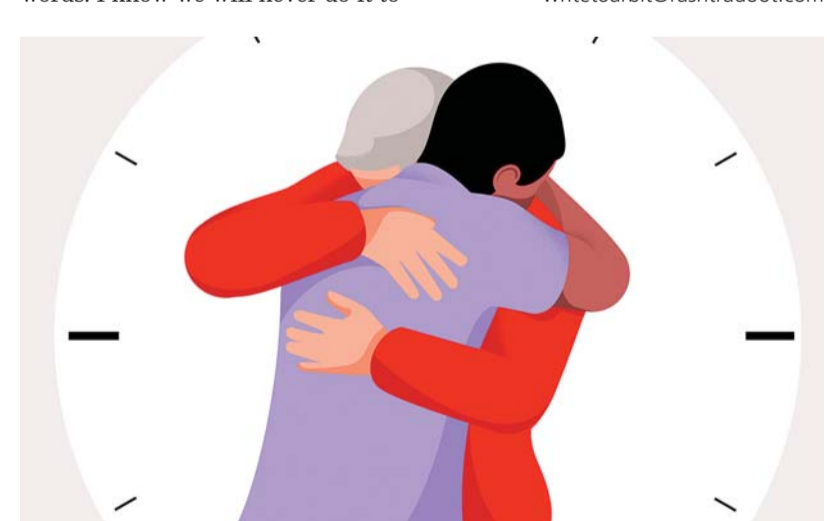
## BABY BLUES



distance...Stay away but still be social. Because we are social beings, herd animals. Not loners. Fight loneliness before it kills you.

But How? Firstly, realize and leverage the power of technology. Become smarter than your phone. Talk to people. Don't just send smiles. I sometimes ask those who complain about not living close to their family how many times a week do they video call their family members? Mostly don't even do it once a week. Yet they complain. There was a time when you had to go to a multimedia studio to do a video call. Today we can do it on our phones and all for free. But do we? As someone said, 'Begin the action in the place you make the intention.' So, stop reading and pick up your phone and call that person you have been meaning to call for a long time. Do it now. How was it?

We must learn how to convey what we used to do with the hug, in words. I know we will never do it to



By Rick Kirkman & Jerry Scott

## First New Year Celebration



The first New Year's celebration dates back 4,000 years. Julius Caesar, the emperor of Rome, was the first to declare January 1, a national holiday. He named the month after Janus, the Roman god of doors and gates. Janus had two faces, one looking forward and one looking back. Caesar felt that a month named after this god would be fitting. Be sure to eat leafy greens on New Year. Tradition says that the more leafy greens a person eats, the more prosperity he or she will experience (what an incentive for staying healthy!).

## #HEALTH



Food to eat with Hyperthyroidism

Despite adequate intake of iodine, a factor that can still cause iodine deficiency disorders is the intake of goitrogens in one's diet. Goitrogens, are chemicals that, when consumed in excess amounts, cause goiter by interfering with iodine utilization by the thyroid gland.

### Prevention of Iodine Deficiency



We are going to discuss about a nutritional disorder and the path to treat and prevent it. The world is composed of things big and small. Today we are going to talk about the small things and the big differences they create. One among many tiny important elements, the covered topic of today, is Iodine. Iodine is a chemical element and an essential micronutrient, i.e. a nutrient whose daily recommended dietary intake is in measures of µg. These are really small amounts, impossible to measure using standard metric and equivalent machines.

The natural sources of iodine are freshwater from natural water bodies, seafood, and cod liver oil, and smaller amounts in milk, cereals, and vegetables; conceptually iodine is present in the soil that transfers the iodine to the water and locally grown food. That is the reason why the epidemiology of iodine deficiency is geoeconomic. The endemic districts and states are usually the hilly areas of north India that have iodine-deficient soil. The endemicity is defined as prevalence of >5% and nearly 350 districts fall into the definition as per the ICMR conducted district survey.

This nutrient after entering our body via dietary intake performs facilitator roles in many physiological functions. One function that stands out in the centre is the synthesis of thyroid hormones in the thyroid gland located in the neck behind strap muscles, apart from being essential in the normal growth and development of all human beings particularly during the most critical development period, i.e., the fetal and neonatal period.

The daily nutritional requirements vary with age and gender; being about 90 µg in a child, increasing to 150 µg in an adult to 250 µg in pregnant and lactating women.

Interestingly, despite adequate intake of iodine, a factor



Doctor examining patient's neck to diagnose multinodular goiter.

that can still cause iodine deficiency disorders is the intake of goitrogens in one's diet. Goitrogens, as the name suggests, are chemicals that, when consumed in excess amounts, cause goiter by interfering with iodine utilization by the thyroid gland. They are namely cyanoglucosides and thiocyanates present in the brassica group of vegetables which includes cabbage and cauliflower among others.

Subnormal intake of iodine limits the related physiologic functions such as deficient thyroid hormones.

These thyroid hormones are energy generator chemicals that keep up the basal metabolic rate of every cell and organ of the body. Apart from symptoms of reduced BMK, a compensatory mechanism induces the thyroid gland to produce the basal structure of thyroxine to which iodine can attach to produce the desired functional thyroid hormone, but it all goes in vain in the absence of iodine and the enlarged thyroid gland in the neck becomes a symptom called the goiter.

Goiter, defined as abnormal enlargement of the thyroid gland, in the neck has been a health concern, more in the earlier days before the advent of the national iodine deficiency disorders control program. People present with enlarged necks, varying from small to very large sizes, when left neglected. Goiter can also be divided into clinical categories as simple nodular and multinodular; to start with. These can sometimes be present with hyperthyroidism which are

Health and disease are the terminal dots, wherein between lies the dynamic line of existence on which the human beings slide back and forth. Any disease also has its course - pathogenesis to pathogenesis until it becomes full-blown. The solution is either prevention or treatment depending on the point of the scale of time it is put on.

General advice on iodine intake is to include iodinated salt and replace the old age common salt, to ensure the availability to every person, considering the ubiquitous use of salt. A concentration of 30 parts per million is ensured at the industrial level to ensure a concentration of 15 ppm at the household level for optimum intake as per the guidelines by the health ministry, Government of India.

It is a phrase not unknown, that prevention is better than cure, and it is a golden statement that holds for all sickness and illness, but in the case of nutritional disorders, such as malnutrition, micronutrient deficiencies such as vitamins and minerals, the phrase holds so near that it brings me to the other well-known statement by none other than the father of medicine, Hippocrates - "Let food be thy medicine, and medicine be thy food." Well, if the goiter is the disease we are talking about, then iodine is the medicine, and its adequate intake in food should be taken pretty cautiously and with utmost care.



Government of India is scaling up the use of double-fortified salt.

By Jerry Scott & Jim Borgman

## ZITS

