

## #AROUND-D-WORLD

### Tasting The World

Breakfast around the world: How different places start the day.



Bircherm Esli- Switzerland

When it comes to breakfast foods around the world, there are as many ways to enjoy the first meal of the day as there are to say "good morning."

From creamy cornbread cake in Brazil and savoury Tunisian chickpea soup to fluffy Ukrainian pancakes and sweet coconut jam toasts in Singapore, these international specialties offer a food option for every palate.

And even if the flavours in some of these dishes might be unexpected based on your typical choices, the presentations are likely familiar. Maybe you'll even find some inspiration for your next meal.

#### Japan



Japanese breakfasts fall squarely on the savoury side of the food spectrum. In fact, much of what you can eat for breakfast in Japan wouldn't be out of place at any other meal of the day.

Many morning repasts consist of a selection of small plates, each with a few bites of a traditional Japanese dish.

Fish such as salmon or mackerel, miso soup, pickles, vegetables and rice are all represented. There's also tamagoyaki, a slightly sweet rolled omelette made from thin layers of egg in a rectangular pan that gives it its signature shape.

#### Switzerland

On weekdays, the Swiss frequently stick to quick but filling breakfasts such as the traditional birchermiesli, the granola-style blend of oats with fruit and nuts that's usually served over thick yogurt.

But on weekends, it's time for Swiss brunch. Along with roesti (potato pancakes), cheeses and cold cuts, the centerpiece of the brunch table is zopf. This braided egg bread is similar to challah or brioche, and served with honey, butter and jam.

#### Ethiopia

When you're having gurs (that's "breakfast" in Amharic, Ethiopia's official language), chances are you'll be eating porridge. While there are many varieties and names for hot grain cereals served throughout the country, savory goro is one of the most popular.

Genfo is made by mixing



Brekke, Australia

barley flour with boiling water until a thick, sticky dough forms, then shaped into a mound with a well in the centre. The well is then filled with clarified butter blended with berbere, the complex spice blend, and dollops of yogurt are often spooned around the edges of the genfo.

#### Iceland

Start your day in Iceland with a jolt of life-giving lysi, cod liver oil, a plentiful source of omega-3 fatty acids and one of the by-products of the country's fish industry. Though it's been said to combat seasonal affective disorder, among other health benefits, it's not the only breakfast option.

For a more palatable morning meal, have a bowl of hafgrautur, a thick oatmeal. Top it with nuts, raisins and sugar, or add a helping of skyr, the thick yogurt-like cultured dairy product that's actually a fresh cheese.

#### Singapore

The multitude of dishes served in the hawkker centres entice the appetite in this Asian city state. These open-air food courts are always open for business, and it's not uncommon to see hungry people scooping up bowls of savoury curry noodles first thing in the morning.

For a traditional hawkker-style breakfast, kaya toast is a must-have. This unassuming-looking toasted sandwich is spread with flavoured kaya, a sweet jam made with coconut milk, eggs and sometimes pandan leaf for vibrant green colour and flavour.

It's great with coffee or tea, and each stall or shop makes kaya toast its own way - so why not try a few?

#### Morocco

Along with mint tea, semolina breads are mainstays on the Moroccan breakfast table. Baghrir are thin, yeast-leavened rounds studded with tiny holes that give them the name "thousand-hole pancakes" or "thousand-hole crepes." Instead of maple syrup, these light semolina breads are topped with butter and honey. Harcha are thicker, griddled biscuit-style rounds that have a crispy crust from a dusting of coarse semolina. They can be split like English muffins and served with cheese or butter, jam, and honey.

#### Australia

For those who love grain bowls, avocado and other savory toasts, and other staples of all-day café culture, Australia's "brekkie" will be a match made in heaven.

With a focus on fresh produce, whole grains and nourishing combinations, Australian breakfasts can range from the classic avocado toast on seeded bread to a farro bowl topped with a poached egg and pickled vegetables or rice pudding with yogurt, seeds and berries.



Queen Elizabeth II



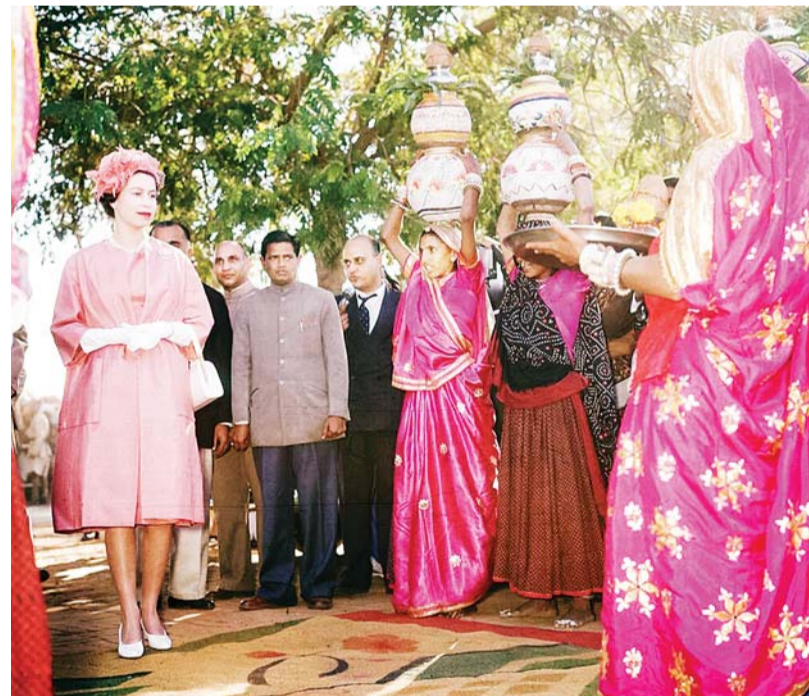
Prakash Bhandari  
The writer is a senior journalist



Sawai Man Singh, who would spend the entire summers in a year in England playing polo was the first to take this opportunity and used his connections to request Queen Elizabeth to visit Jaipur as the Maharaja's guest.

The Maharaja pursued the Queen and Prince Phillip to go for a tiger shoot at Ranthambhore some 170 km from Jaipur which used to be a part of the Maharaja's principality once and served as the royals' hunting ground.

This was the time when then Maharani Gayatri Devi decided to join politics influenced by the last Governor General C Rajagopalachari. She had decided to float the Swatantra Party and challenge the reign of the Congress with Mohan Lal Sukhadia as the Chief Minister. But the Jaipur royals decided to keep it a secret as if Pandit Nehru would come to know that Gayatri Devi was floating a



Queen Elizabeth being welcomed in Jaipur, 1961.

political party that would prove to be a threat to the Congress regime in Rajasthan, he would not have permitted the British royals to visit Jaipur. Thus it was kept as a closely guarded secret and the news of the Maharani joining the politics was made public only after the departure of the Queen.

#### The Royal Guests

The Jaipur visit of the British royals are still remembered by the old people of Jaipur. Col. Kesri Singh's son Raghunath Singh, who is 93 now and lives in Narayan Niwas still remembers the grand reception that the people of Jaipur gave to the "London Ki Maharani".

"The Queen drove down the streets of the old walled city accompanied by the Maharaja Sawai Man Singh. Prince Phillip followed in another car with Bhawani Singh. The people came out in a very large number to greet the royal guests. From Tripoliya, the royal guests were taken inside the City Palace in decorated elephants. There the Maharani Gayatri Devi received the royals. Then followed the feast with the Thakurs in their colourful achan and churidars and colourful turbans joining the party.

The Queen and the Duke's stay in Jaipur stole the limelight from other stops on their tour of India. The Tattler's correspondent covering the visit of the royals to Jaipur wrote:

"The Queen looks as happy as if she was leading a Derby winner. The elephant, his face a mass of bright tracery, with bracelets of

brass tinkling on his feet, was Moghul splendour as only India can do it. This ancient pageantry has no way suffered from the country's social philosophy. The Indians prize and cherish it as the English do".

The Illustrated London News in a front-page report published a photo of the Queen waving to the crowd from her elephant with the Maharaja of Jaipur sitting next to her. The Illustrated London News also carried a story which said that 700 Nobles were present at the durbar attended in the court dress.

The Ministry of Home Affairs in Delhi was fuming with these reports in Delhi. Then there was a dinner at the Rajmahal where the royals were staying. After that, the royals and the hosts went by a special train hauled by a steam engine to Sawaimadhopur. They travelled in luxurious coaches. All four sons of the Maharaja - Bhawani Singh, Jai Singh, Prithviraj, and Jagat Singh were in the special coaches. Each compartment on the train had its own telephone extension which delighted all.

During the Queen's visit to Ranthambhore, the entire arrangements were made by Col. Kesri Singh. He was the Guru of Shikar and had conducted many shikar trips of the Maharaja.

Prior to the royal visit to India, the newspapers in London broke the news that the Queen and her party would go to Ranthambhore near Jaipur as the guest of the Maharaja for a tiger shoot. The news created a furore and the Anti-



Prince Phillip being welcomed in a traditional way at City Palace in 1961. On extreme right is the Maharaja.

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# Jaipur loses a friend in Queen's demise

## #MEMOIR

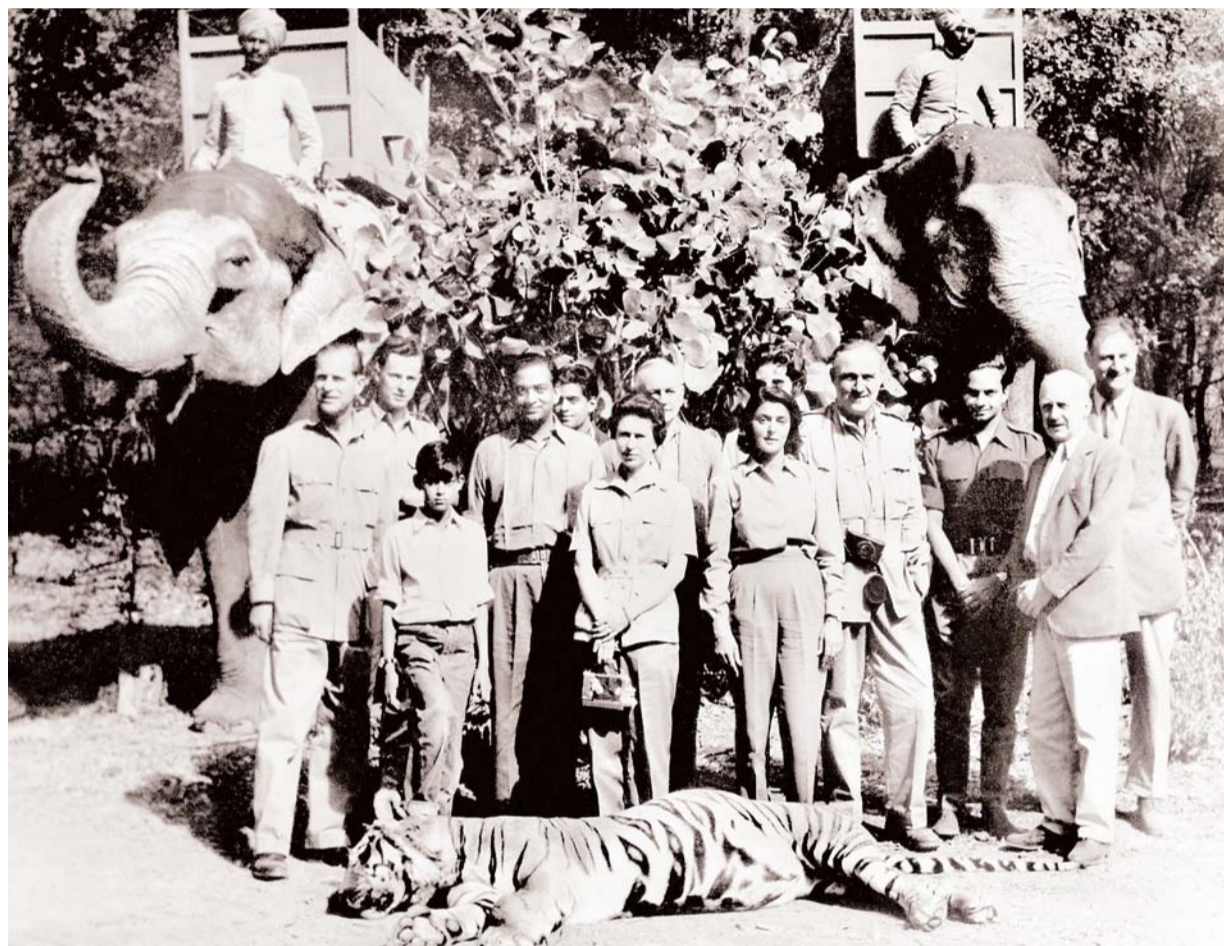
The Queen has heard a lot of stories about the pleasure of hunting in a jungle-like Ranthambhore. And she heard these stories from no one else, but Lord Mountbatten, who visited India on his way to Australia in 1944. Mountbatten was then the Earl of Burma and was on a visit to Ranthambhore as the guest of the Maharaja of Jaipur. Lord Mountbatten had gone to the jungle with Lady Edwina and their petite daughter Pamela. They were conducted in their shikar sojourn by Col. Kesri Singh, then a high official under the Jaipur state and a great authority on tigers.

#### Mountbatten Drive

"Col. Kesri Singh to commemorate the visit of Mountbatten created a tiger beat and named it Mountbatten Drive. When passing through the jungle Mountbatten was surprised to see signage in his name. He was lucky as his daughter Pamela eventually shot a tiger from a specially created machan. This tiger shot became very popular later in the royal cocktail circuit. When the Queen visited Ranthambhore in 1961, she drove past Mountbatten Drive," said Raghunath Singh, the son of Col. Kesri Singh.

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Tiger hunt organised for Queen Elizabeth II and Prince Philip in 1961 in Ranthambhore.

## 11

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Blood Group, an organization for wildlife animals started a campaign in England.

Shooting these majestic creatures was still legal, as was the custom of royal trophy hunts, but with modern eyes, the scene looks nothing short of barbaric.

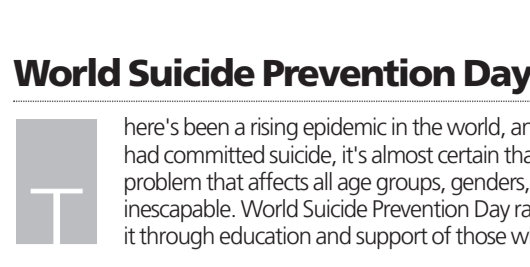
The Queen dressed in the jungle suit with her husband, the Duke of Edinburgh - known in his younger days as the "Trigger Happy Prince" - went ahead with the hunt, despite protests from British and Indian politicians.

In the same year, he was made president of the World Wide Fund for Nature.

The London's Daily Mirror campaigned against the proposed shikar by the royals and in a front-page story, the tabloid

The Queen and Prince Phillip stand with a proud hunting party over the body of a slaughtered tiger, in a Daily Mirror image that caused a furore even back in 1961.

The Daily Mirror of London had



## World Suicide Prevention Day

There's been a rising epidemic in the world, and that epidemic is suicide. If we don't know someone who has committed suicide, it's almost certain that we know someone who has attempted it. Suicide is a problem that affects all age groups, genders, and social strata, and it seems sometimes to be utterly inescapable. World Suicide Prevention Day raises awareness about this tragic issue and works to prevent it through education and support of those who struggle with suicidal ideation every day.



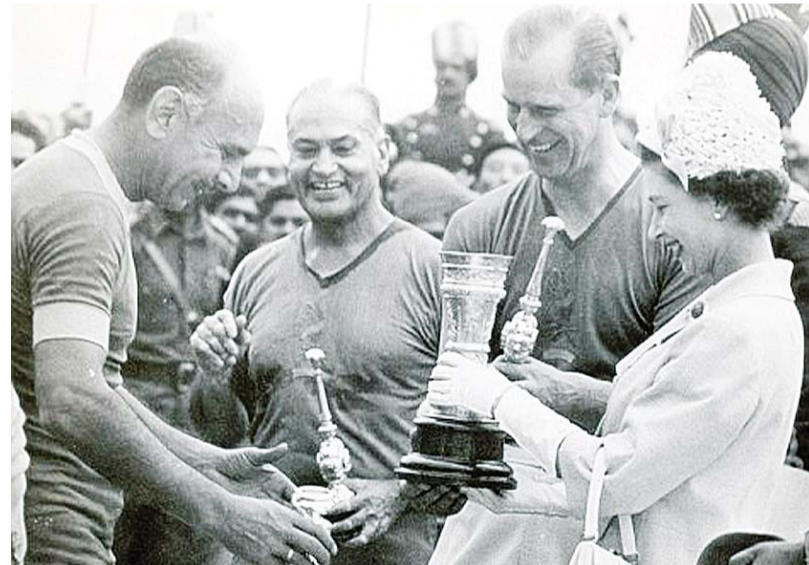
Gayatri Devi, Prince Phillip, Queen Elizabeth, Sawai Man Singh.



Col. Kesri Singh.



Queen with Gayatri Devi in Ranthambhore.



Hanut Singh (C) with the Queen after a Polo final in London.

replied that this was a tradition in Jaipur to wear traditional costume and the Nobles would always come to any ceremonial occasion dressed in their achan and turbans and carrying their swords".

When a photograph of the Queen and the Duke having killed a nine foot-eight inches tiger was released by Buckingham Palace, an Indian government official in London's India House branded it "astounding".

The photo showed a beaming Prince Phillip standing near the tiger's head. Besides him was the Maharani Gayatri Devi and her son late Jagat Singh, the Maharaja also stood in the picture.

#### Condemnation

The release of this picture was criticized heavily by London's Daily Herald and the British dailies carried reports of how two hundred beaters who the Maharaja engaged had lured the tiger to a position where the royals were able to shift to a position where the Prince was able to shoot it down from the top of a machan.

One British newspaper derided the shikar as the most choreographed shoot ever staged. A second tiger was shot by the Duke's treasurer, Rear Admiral Christopher Douglas Bonham-Carter, though it was rumoured that this tiger had actually shot the Queen herself.

The photo opportunity was followed by a champagne lunch in the jungle. The Daily Mirror in its campaign carried a report blasting the hunt, saying it was high time "that those who advise the Royal family on these matters should take some heed of public opinion. The royal family does not seem to have caught up with the modern enlightened views on the killing of animals for pleasure.

Royal biographer Robert Hardman wrote in his book Queen

of the World: "The Maharaja was very clear about the main purpose of the visit: The Duke of Edinburgh was going to shoot a tiger. Biographer Robert asked how there was a backlash from some in the UK because of the buffalo used as bait.

At sunrise the following day a hunt was organised for the Queen to shoot a female tiger. But according to Col. Kesri Singh, the former game ranger who led the royal party she decided that a monarch should not make the kill and handed her gun to one of her staff to deliver the fatal shot.

The tiger's body was hauled back to the Maharaja's palace in Jaipur by truck. The Maharaja meanwhile had the Prince's trophy tiger skinned and stuffed and shipped to Windsor Castle.

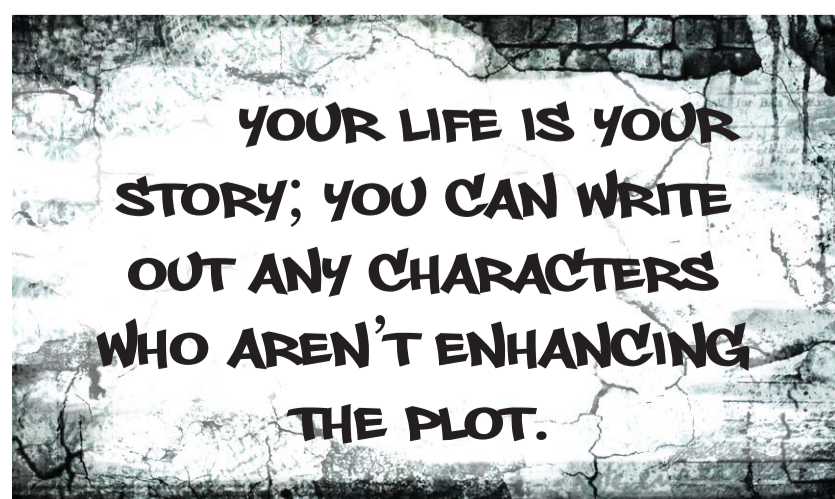
"At the very moment, the Duke was in the process of establishing the World Wildlife Fund. Yet in the India of 1961, the tiger was still seen as a desirable pest and a very desirable trophy. There was certainly no secrecy about the exercise."

Later, largely at the behest of Indira Gandhi eleven years after the killing of the tiger by the British royals

The Indian Parliament enacted The Wildlife Conservation Act in 1972 that banned the shooting of tigers and other wildlife and this put on hold all the shikars and a new conservation programme for the tigers started in the country and tiger conservation which was the dream child of a forest officer Kailash Singh Sankhla became a reality.

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## THE WALL



## BABY BLUES



By Rick Kirkman & Jerry Scott

## ZITS



By Jerry Scott & Jim Borgman