Bulbul Joshi

noon sipping mango lassi from

clay cups and nibbling on samosas,

but it was the orange-flavored

kulfi, a frozen dessert, that's both

denser and creamier than tradi-

tional ice cream, that served as the

perfect cool-down in Delhi's swel-

Kulfi gets its name from the

Persian word *qulfi*, which refers to

the cone-shaped mold in which it's

traditionally made. The dish is

believed to have originated during

the 16th century with the Mughal

dynasty, with royal kitchen workers

Japan's kakigori

dessert is a mound of fluffy, pow-

dery ice that's similar in consistency to

fresh snow. This historic treat (kaki

means 'shave,' and gori means 'ice'

dates back to Japan's Heian period (794

1185) and was first described on paper

around 1002 as 'shaved ice mixed with

liana syrup and put in a new silver

bowl' under the heading, "Elegant

Things" in The Pillow Book, a collec-

tion of essays by poet, diarist and

he colorful streets of

Chandni Chowk, a

India's Old Delhi, are

filled with bustling

shops, frenetic alley-

ways and delicious

treats. Last spring, on

a food tour through the

area, I spent the after-

shopping area

राष्ट्रदुत

An Anecdote!!

Something began to change. The burnout, that heavy, gray cloak I'd been wearing for years, started to feel a little lighter



sure it takes to crack a rib during CPR. But last Tuesday. I learned a patient's silence can break a doctor's soul. His name was David

was "Male, 82, Congestive Heart Failure, Room 402." I spent seven minutes with him hat morning. Seven minutes to check his vitals, listen to the fluid in his lungs, adjust his diuretics, and type 24 required data points into his Electronic Health Record. He tried to tell me something. gesturing towards a faded photo on his nightstand. I nodded, said "we'll talk later," and moved on. There was no billing code for "talk later."

Mr. Chen died that aftercleared his belongings, she nanded me the photo. It was him as a young man, beaming, his arm around a woman, standing before a small grocery store with "CHEN'S MARKET" painted on the

a physical blow. I knew his ejection fraction and his creatinine levels. I knew his insurance provider and his allergy to penicillin. But I didn't know his wife's name or that he had built a life from nothing with his own two hands. I hadn't treated David Chen, I had managed the decline of a failing organ system. And in the sterile efficiency of it all, I had lost a piece of myself.

The next day, I bought a small black Moleskine note book. It felt like an act of rebellion.

My first patient was Eleanor Gable, a frail woman lost in a sea of white bedsheets, diagnosed with pneu monia. I did my exam, updated her chart, and just as I was about to leave, I paused. I turned back from the door.

"Mrs. Gable." I said. my voice feeling strange, "Tell me one thing about yourself that's not in this file. Her tired eves widened in

surprise. A faint smile

touched her lips. "I was a second-grade teacher." she whispered. "The best sound in the world... is the silence that comes just after a child finally reads a sentence on his own. I wrote it down in my note-

book. Eleanor Gable: Taught children how to read. I kept doing it. My little black book began to fill with ghosts of lives lived.

Frank Miller: Drove a vellow cab in New York for 40

Maria Flores: Her mole recipe won the state fair in Texas, three years running. Sam Jones: Proposed to his wife on the Kiss Cam at a

Something began to change. The burnout, that heavy, gray cloak I'd been wearing for years, started to feel a little lighter. Before entering a room, I'd glance at my notebook. I wasn't walking in to see the 'acute pancreatitis in 207.' I was walking in to see Frank, who probably had a million stories about the city. My patients felt it too. They'd sit up a little straighter. A light would flicker back in their eyes. They felt

The real test came with Leo. He was 22, angry, and refusing dialysis for a condition he'd brought on himself. He was a 'difficult patient,' a label that in hospital-speak means "we've given up." The team was frustrated. I walked into his room and

sat down, leaving my tablet outside. We sat in silence for a full minute. I didn't look at his monitors. I looked at the intricate drawings covering his

"Who's your artist?" I scoffed. "Did'em

"They're good," I said. "This one... it looks like a For the first time, his gaze

lost its hard edge. "Wanted to he an architect." he muttered. 'before... all this. We talked for twenty min utes about buildings, about lines, about creating something permanent. We didn't

every pill, every lab value. It

tells the story of how a body

different story. It tells the

medicine with data, but we

heal with humanity. And in a

world drowning in informa-

tion, a single sentence that

says, "I see you," isn't just a

It's the most powerful

story of why a life mattered.

My little black book tells a

We are taught to practice

breaks down.

kind gesture.

medicine we have.

mention his kidneys once. courtier Sei Shonagon. When I stood up to leave, he Kakigori is commonly made with natural spring or mineral water (which said, so quietly, I almost results in fluffier ice slivers) that's missed it, "Okay. We can try the dialysis tomorrow." frozen into a block of ice and then soft-Later that night, I opened ened at room temperature until the ice my Moleskine. I wrote: Leo becomes clear. Once the ice is shaved, it's sweetened with natural syrups in Vance: Designs cities on paper. The system I work in is flavors like sweet plum and melon and often paired with toppings, such as designed to document disease with thousands of data green tea kakigori topped with red points. It logs every cough, beans and sweetened condensed milk

> Japan's first-ever kakigori shop opened in 1872 in the Bashamichi district of Yokohama. While merchants originally used a hand-cranked machine with a blade to shave the ice into thin bits, they eventually switched to electric machines for more efficiency.

It's typically eaten with a spoon.

Queso Helado?

✓ akigori is commonly made with natural spring or mineral water that's frozen into a block of ice and then softened at room temperature until the ice becomes clear. Once the ice is shaved, it's sweetened with natural syrups in flavors like sweet plum and melon and often paired with toppings, such as green tea kakigori topped with red beans and sweetened con-

using ice brought down from the Himalayas to whip up frozen delicacies by slow-cooking milk, sugar and flavorings like cardamom and pistachios for a rich, intensely flavored dessert that melts more slowly than ice cream due to its consistency. Today, kulfi is a part of India's

Hawaii's shave ice

Fancy a Kulfi? Granita?

Kulfi gets its name from the Persian word gulfi, which refers to the cone-shaped mold

in which it's traditionally made. The dish is believed to have originated during the 16th

century with the Mughal dynasty, with royal kitchen workers using ice brought down

flavorings like cardamom and pistachios for a rich, intensely flavored dessert that melts

from the Himalayas to whip up frozen delicacies by slow-cooking milk, sugar and

more slowly than ice cream due to its consistency. Today, kulfi is a part of India's

national cuisine, as well as that of greater South Asia, including Pakistan.



\Lambda ture, Hawaii's shave ice originates from kakigori, which Japanese immigrants first introduced to the islands in the mid-1800s when they came to work in the local sugarcane fields and pineapple plantations During long days in the fields they cooled off by shaving flakes from large blocks of ice, then flavoring them with sugar and local fruit juices like pineapple, mango and passion fruit, which resulted in a Hawaiian twist.

The name 'shave ice' is the literal translation of kakigori in Hawaiian Pidgin, a local dialect that originated on the plantations. It's traditionally served in a paper cone or cup Matsumoto Shave Ice, a family-owned shop on the island of Oahu, has been serving up this beloved Hawaiian treat since 1951.



#HAPPY FOODS



Sicily's granita

ranita is another type of shaved

ice, though one that's specially

prepared to result in a crunchier tex-

ture. A Sicilian specialty, it's believed

to have originated with the Arab

Muslim conquest of the island in the

ninth century Using the snow that

Sicilians historically collected from

the local mountains, including Mount

Etna, and stored away in stone ice

houses known as neviere. Arab con-

querors introduced 'sharbat,' a blend

of snow and fruit juice that became

the precursor to Italy's trio of frozen

and semi-frozen desserts: gelato, sor-

combining water, sugar and fruit into a

sweetened, semi-frozen mixture that's

then frequently stirred, breaking up

the ice into tiny particles and creating

a crystalline consistency in the

process. It's then often flavored with

regional ingredients like sweet-tart

version of granita featuring different

textures and flavors, such as pistachio

granita in Catania and coffee granita in

Messina. Granita is considered an all-

day treat, often enjoyed at breakfast

with brioche or as an afternoon snack.

Each town across Sicily has its own

Sicilian lemons and bitter almonds.

A refreshing granita is made by

bet and granita.

Turkey's dondurma



m he origins of dondurma are unknown, most people agree that this Turkish ice cream first came about in Kahramanmaras, a city in southern Turkey's Mediterranean region, at the time of the Ottoman Empire (which ruled from circa 1300 to 1922) While 'dondurma' broadly means ice

cream in Turkish, internationally, it usually refers to the variety known as maras dondurma (short for Kahramanmaras) which is known for its dense and stretchy texture and distinct taste that results from a trio of native ingredients. The dessert's elasticity comes from salep flour made from the tubes of an endemic purple orchid, which grows on the slopes of Turkev's Mount Ahir. Its chewiness stems from Arabic gum (mastic), a resin obtained from the mastic trees grown on the country's Aegean coast and local goat milk provides its unique flavor. The combination of salep flour and mastic also creates a chemical reaction that makes dondurma resistant to melting. Street vendors, dressed in traditional Kahramanmaras cloth ing, often perform tricks with this taffylike ice cream for customers, twirling and twisting it into elongated forms Popular flavors include plain, strawber ry and pistachio.

frozen desserts are murky, ice and snow have been ingredients in



T ailed as one of the world's earliest known frozen desserts, faloodeh features a granita-like texture but with the chewiness of cooked vermicelli, a type of thin and stringy rice noodle. The noodles are added to a semi-frozen syrup of sugar, rose water and a touch of lime juice, and then chilled longer before serving. It's often served with sour cherries or sour cherry syrup, resulting in a vibrant color contrast and a sweet and sour taste. Even before faloodeh, Persians were creating frozen treats by harvesting snow from the nearby mountains and pouring grape juice over it. They developed yakhchals, massive dome-shaped structures designed for keeping ice cool in the desert year-round, around 400 B.C.E., leading to faloodeh's creation. While easily found throughout Iran, faloodeh is especially beloved in Shiraz, the country's cultural capital.



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of the novelty has been passed on national cuisine, as well as that of course, they're also delicious.' From a historic shaved ice to Pakistan. While the origins of a type of ice cream that stretches, pulls and keeps its shape at room temperature, here are six cuisines for thousands of years. more frozen treats that will transport your tastebuds in both Persians are believed to have been

Peru's queso helado

back as 550 B.C.E., and according to

legend, the Chinese were mixing

nountain snow with fruit and beer

up to 3,000 years ago. "Being able to

access ice in a warm-hot climate, or

at warmer times of the year, was a product of wealth," says Australia-

based food writer and researcher

Charmaine O'Brien in an email,

'therefore, ice had status," With the

advent of ice-cream molds followed

by crank-operated ice machines

and, later, electric versions, as well

as gas-powered freezers, frozen

"Even though (frozen desserts)

are no longer prestigious, that thrill

desserts only grew in popularity.



ts name may translate to 'frozen cheese' in English, but the only dairy in queso helado is a trio of whole, evaporated and sweetened condensed milk that's then simmered with cinnamon, cloves, coconut, sugar and vanilla to make the delicious treat. Poured into a dish and then frozen, it's typically cut into squares for serving. Queso helado originated in Arequipa and dates back to the 16th century, when the Spanish arrived in Peru and introduced cattle. along with milk and cheese, to the nearby Andes Mountains. The nuns of Peru's Santa Catalina Monastery are considered the 'pioneers' of queso helado, initially creating this light and granular delicacy for the area's elite. Today, it's a popular confection available both in Arequipa's many lunchtime restaurants known as picanterías and from street vendors. raieshsharma1049@gmail.com



#ENVIRONMENT

WHY BURN STUBBLE?

Burning fields also affects the quality of the soil, robbing it of vital nutrients. The smoke contains toxic chemicals which causes respiratory problems and other diseases

five years, in northern India.

over USD 30 billion annually

the International Food Policy

Research Institute (IFPRI) and

partner institutes. The study

estimates, for the first time, the

health and economic costs of



CRB in northern India. than 250,000 individuals of all "Poor air quality is a recogages residing in rural and urban nized global public health epidemic, with levels of airborne satellite data on fire activity to particulate matter in Delhi spikestimate the health impact of living in areas with intense crop ing to 20 times the World Health Organization's safety threshold burning by comparing them during certain days. Among with areas not affected by CRB. other factors, smoke from the The researchers observed burning of agricultural crop that as crop burning increased residue by farmers in Haryana in the northern Indian state of and Punjab especially con-Harvana, respiratory health tributes to Delhi's poor air, worsened. Health was measured increasing the risk of ARI by the frequency of reported three-fold for those living in dishospital visits for ARI symp tricts with intense crop burntoms. They also examined other ing," said IFPRI Research

Fellow and co-author of the study. Samuel Scott. The study also estimated the economic cost of exposure to air pollution from crop residue burning at USD 30 billion or nearly Rs. 2 lakh crore annually for the three north Indian states of Punjab, Harvana and Delhi. The study, "Risk of acute respiratory infection from crop burning in India: Estimating disease burden and economic welfare from satellite and national health survey data for cent of India's GDP. 250,000 persons," co-authored by IFPRI's Samuel Scott and

Avinash Kishore; CGIAR Program Research Agriculture for Nutrition and Health's Devesh Roy: University Washington's Suman Chakrabarti: and Oklahoma State University's Md. Tajuddin Khan, will be published in an upcoming edition of the International Journal of Epidemiology. The study ana-

factors that could contribute to poor respiratory health such as firecracker burning during Diwali (it usually coincides with time of CRB) and motor vehicle density. In fact, economic losses owing to exposure to air pollution from firecracker burning are estimated to be around USD 7 billion or nearly five years, the economic loss due to burning of crop residue and

firecrackers is estimated to be USD 190 billion, or nearly 1.7 per "Severe air pollution during vinter months in northern India has led to a public health emergency. Crop burning will add to pollution and increase healthcare costs over time if immediate steps are not taken to reverse the situation. The negative health effects of crop

burning will also lower the productivity of residents and may lead to long-term adverse impacts on the economy and

DONE.

lyzed health data from more Chakrabarti. "Our study shows that it is not only the residents of Delhi but also the women, children and men of rural Haryana who are the first victims of crop residue burning. Much of the public discussion on ill-effects of crop residue burning ignores

this immediately affected vul nerable population," said Kishore. Even though air pollution has been linked to numerous health outcomes, and respirato ry infections are a leading cause of death and disease in develor ing countries, none of the exist ing studies have directly linked

crop burning to ARI. This study suggests that targeted government initiatives to improve crop disposal practices are worthy "Programs and policies must ultaneously address indoor and outdoor pollution through a possible combination of bans

and agricultural subsidies Other important interventions for improving respiratory health are increasing household access to clean cooking fuels, electricity, and improved drainage systems," Kishore added. Crop burning is a wide-

spread global practice and in India is concentrated in north west India, though has spread to other regions of the country in the past decade as new crop har vesting technology is adopted. Farmers try to maximize their yields by planting the next crop as soon as possible after the pre vious crop has been harvested (generally wheat after rice). To quickly clear the field for the next crop, they burn the leftover stubble rather than using the traditional method of clearing it by hand

Despite efforts from the Indian government, farmers continue to burn crop residues due to lack of convenient and affordable Eliminating crop burning will not only improve human health but will also contribute

THE WALL

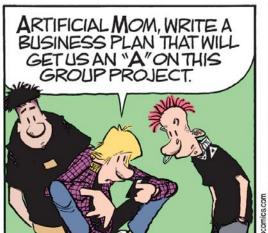


BABY BLUES



By Rick Kirkman & Jerry Scott







By Jerry Scott & Jim Borgman



