

Guest Column



Sanjay Matta, is a freelance Chef specializing in French Cuisine. Having got his Diploma in "The Chef Course and Culinary Arts" at Institut de Formation (INFA), Chantilly, (France), he has been a consultant chef for Dune Beach Eco Hotel in Pondicherry, 10 Downing street pub & restaurant in Chennai to name a few.

Sits all in the Sauce

What is it about French Food that sets it apart? The SAUCES, of course.



When one thinks of continental or European food one of the key ingredients is a sauce. "Sauce" is a French word that means "a relish to make our food more appetizing", though its origin lies in the Latin from the word 'salsus' meaning salted. Sauces are not consumed by themselves; they are created to add flavour, moisture, and visual appeal, to make food look, smell, and taste better, be more easily digested and hence more beneficial. Because of the lack of refrigeration in the early days of cooking, meat, poultry, fish and seafood didn't last long. Sauces and gravies were used to mask the flavour of tainted foods. No dish was complete without its highly flavoured and seasoned sauce. Contrary to present day preferences, the main object then seemed to be to disguise the natural taste of food so as to conceal doubtful freshness, and possibly, to demonstrate the variety of costly spices available to the host. Sometimes so many ingredients were used in a sauce it was impossible to single out any one flavour.

From medieval times European cuisine has relied on sauces to give food more character and make it tastier. Since there were hundreds of sauces in common lore, Chef Antonin Carême took it upon himself in the 19th century to classify the sauces into four families, each of which was based on a

mother sauce. Over the years another base sauce was added to give the culinary world its five foundation sauces or mother sauces. Two of these go way back in the annals, with two hundred years behind them: "béchamel" and "mayonnaise". They have lasted so long not only because they are very good, but also because they are so adaptable and provide a fine base for a considerable number of other sauces. The other three: the "veloute," the "brune" and the "blonde" which also date back to the 18th century still provide the basis for making many modern sauces, but are no longer in vogue today.

In the early 20th century, Chef Auguste Escoffier updated this classification, replacing sauce allemande with an egg-based emulsion, and adding tomato. Escoffier's classification is still in vogue today and familiar to all disciples of French cuisine:

Béchamel Espagnole, Hollandaise, Mayonnaise, Tomato sauce and Velouté

It is because of this richly documented culinary history wherein the French have classified the "grandes sauces or sayces meres", they have the honour of having their cuisine named the mother of all cuisines.

The BUZZ at Chamiers

A Bi-monthly newsletter of 'Chamiers'

fresh, fun & forgiving Thank God!

It's pretty typical of the state of the world that we should be ending the year with a disaster film that gives the earth and its denizens another two years of existence, and the bursting of the man-made Dubai bubble spelling ruin for millionaires and menials alike. If we were to believe all we are being told, global warming and nuclear stockpiles, financial meltdowns and international terror are going to define life in the years to come. But hey, we don't believe all we are told. Why? Because of the children, that's why!

Nothing brings us back to the business of living quite as firmly as children do. Nothing can be as exasperating, rewarding, confounding and comforting, as moments with our children that have left us speechless, or happy beyond words, or convinced about the presence of God, specially in a small and undeniably human form... Remember the time in a crowded, packed-with-pilgrims, highly secure temple, when your child whispered to you that he or she wanted to go 'potty'? Remember the afternoon naps that became a figment of imagination under small fingers that would pry open your eyelids and a small voice that would ask, 'Are you sleeping?' Remember the absolute bursting with pride feeling because your child was playing the hero/heroine's part in a nursery school play?

We never really forget the moments with our children, a pretty amazing fact, considering that their childhood is such a fleeting time, and so soon gives way to adolescence and adulthood, that lasts a long, long, time. Kids give us every reason to rejoice, to ring in the New Year with a spring in our step, just happy to be their mom or dad, aunt or uncle. And even though they forgive us for nearly all our sins of omission and commission, lets heed all those disaster warnings of the future and try to leave a better world for our kids. After all, more often than not, it's the kids who make life worth living.

Wishing you and yours a great 2010!

BOOK SHOP



Chamiers comes a 'Full Circle' with it's charming little bookshop completing your shopping experience here.

GIFTING



Highlighting the myriad uses of handmade paper with emphasis on paper jewellery.

HAIRY-TALES



A hilarious piece by Lakshmi Viswanathan on different hairstyles - A must read.



An interview with Radhika Menon, Tulika Books

As told to Scharada Dubey



Radhika Menon began Tulika Books in 1996, and the imprint has gone on to become a respected name in publishing children's literature, a pioneering publishing house that has a multi-lingual presence in English and Hindi, Tamil, Telugu, Kannada and Malayalam, Marathi, Gujarati and Bangla. Here are some insights from a chat with her:

Would you say that reading habits have changed since you first began bringing out children's books in 1996?

I would describe the change not so much in reading habits, as in children's publishing itself. In the last few years, there has been a buzz about Indian children's books. We have Children's Books Festivals and there is a large pool of talent of illustrators, writers and graphic artists working to make children's books better. It is now an active and vibrant space.

Was there a shortage of such talent earlier, or did the field just not have the resources to attract the right people?

Well, you still hear about the lack of talent – people tend to talk about it a lot. But I don't agree. To me, publishing is not just about printing and selling books – it is about working with people at every level. To create good artists, illustrators, translators, all the professionals who will build good books, you have to put in the

time and energy to train them and draw the best from what they have. For me, one of the measures of success is how many people we have launched as writers or artists, translators or editors.

What are some of the rewards of the work you have done at Tulika?

We have taken themes and ideas that are not exactly market-friendly and made them work. We are not an ethnocentric or culturally narrow Indian publishing house but one which is truly contemporary and culturally informed. The most rewarding thing is of course, our readership, which cuts across the world. Our relationships with schools and NGOs are also valuable ties, helping us stay close to the needs of our readers.

What are you looking forward to at Chamiers?

Definitely showcasing the books at such a beautiful and intimate space. Its always a pleasure to work directly with people and our reading events will give us the opportunity to see directly the delight that young readers derive from our books.

CREDITS

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The kids featured in this issue of the newsletter for the Anokhi Collection and on the cover are:-
Mansi Hosangady, Raoul Alexander, Poojasree Dasaka, Aaliya Tanveer, Tvisha Kapoor, Adam Libby, Zia Libby

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Rekha Rangaraj & Vidya Singh



Vidya Gajapati Raj Singh and Rekha Rangaraj have together run 'Sumyog' a wedding planning company for over four years. Vidya, princess of the erstwhile state of Vijayanagaram, is a fitness columnist committed to the cause of health and well-being. Rekha has set up libraries for several companies and earlier ran a garment export unit of bridal gown embroidery. Both met through their work on the committee of the International Women's Association (IWA) on which Vidya has served as President.

It was while they organized various events for IWA that the two discovered the great synergy they share, and decided to set up their wedding planning company. "We both love people, we love organizing, and share so many of the same values," says Rekha. "When we have organized a wedding, we become close to the family, and the warmth, the bonding and caring that is part of our work makes it special to us." Vidya radiates an amazing energy and Rekha is an extremely positive and upbeat person. No wonder this dynamic duo is able to withstand all the stresses and strains that normally

drive the parents and relatives of brides and grooms round the bend!

"I live just across the road from Chamiers and have to force myself not to turn in at the gates every time I leave home," says Vidya. "My daughter and I love the clothes, and it is a great place to meet people for a chat. Mathangi and Kiran have got us used to the idea of sitting outdoors, something that wasn't attempted much earlier in Madras!"

"I receive an sms about Anokhi arrivals and I am at the store the same afternoon," says Rekha. "The styles are so convenient for work, and they move really fast! I generally hang around after shopping – often you meet people you know. I'm fond of the quesadillas at the café, and when friends are visiting from abroad, its always nice to take them to the store for some quick buys."

Thanks Vidya and Rekha! We're cheered by your presence.



Seasonal Values

Our treasure chest is overflowing this festive season, with gifting ideas ranging from Rs. 50 to Rs. 5000. Choose from gift wrappers and bags, photo frames, coasters, table ware, pottery, personal care and aromatherapy products to footwear and jewellery. Take your time to browse and pick the best buy for you and your special friends.



Sonam Dubal

Sonam Dubal's spring-summer collection brings back the era of black and white, the play of light and shadow in modern shapes and silhouettes that evoke the charm and mystique of artistes and writers like Marlene Dietrich and Anais Nin in the Paris of the 1930s. Small white flowers on sleek black dresses, batik and block prints that present a very dainty and feminine style while staying completely contemporary – Sonam's collection is sure to strike a chord in those seeking the modern and individual, touched by the spirit of the traditional.

Sapan More's artifacts

Sapan More's artifacts blend the aesthetic with the practical, and make for wonderful gifts. Choose from a selection of Tibetan Jewellery, Thangka Paintings, handicrafts, handmade paper products and journals. Don't be surprised if you can't bear to part with these treasures once you've bought them!

The Sapan and Sonam collection will be available at Amethyst: Sundar Mahal, 14, Padmavathi Road, Gopalapuram, Chennai 600 086. Phone: 044 28351627/28351917

Happenings at Sundar Mahal



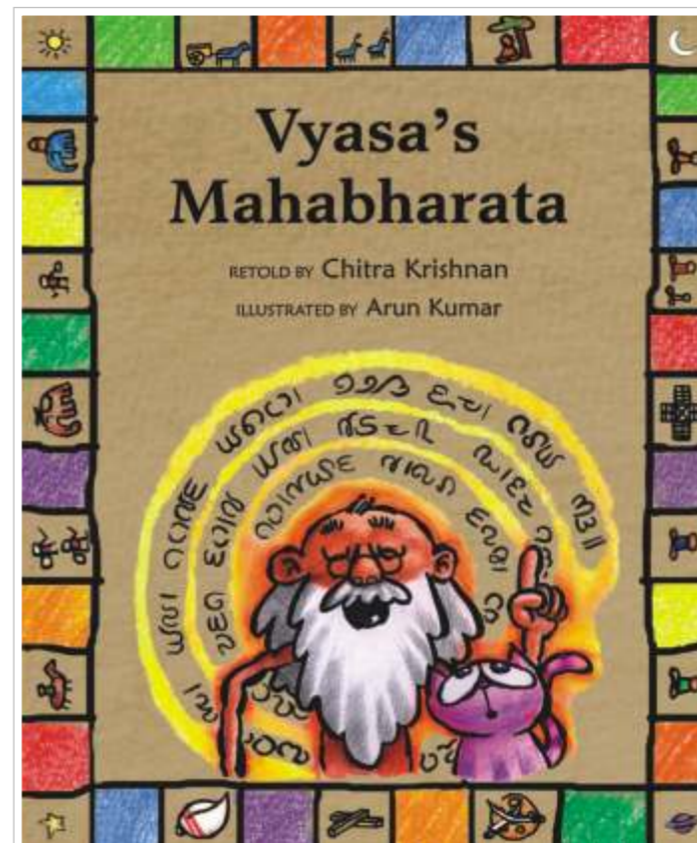
In the Charmed Circle

Full Circle explores many different realms this season, getting you attuned to the end of one year and the beginning of another. Chart the meaningful moments of your life and its desires with visual clues from well-being cards, magical spell cards, healing cards, grace cards, Ask and It is Given cards, Enlightenment cards and many more. Pick your favourite foreign magazines from the latest issues we have in stock.

We are beginning reading programmes specially for children at our store from December with Tulika Books. Here's what your children can look forward to in January.

January's event is called 'Our Myths' for children aged 8 years and above.

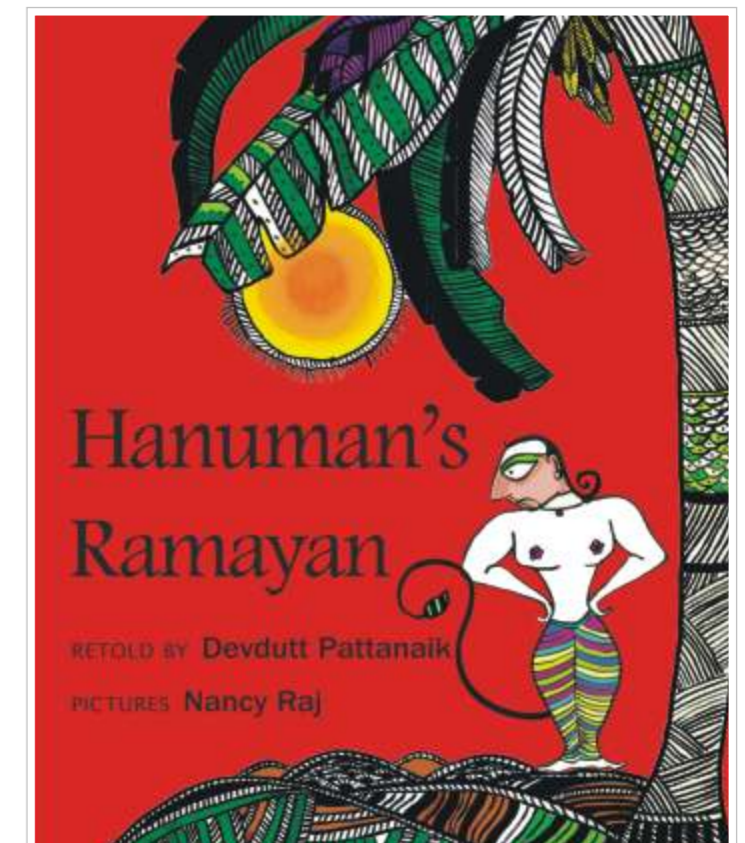
Date: Saturday 23rd January at 5pm.



Vyasa's Mahabharata

This is a well known story of how Vyasa enlists the help of Ganesha in writing down the long and multi-layered epic that is the Mahabharata. Presented with lively humour and great affection, it shows the very recognizable human dilemmas faced by Vyasa and Ganesha, and enables a new generation of readers to connect to an old story. The delightful pictures add a whole new perspective.

Our Myths will be presented by **Dr. S. Krishna Kumar**, the artistic director and founder of Masquerade, which has been in existence for more than 15 years. He is also the founder of Masquerade Youth Theater (MYT) that works with and for children and teens as well as youth. KK, as he is known, has worked in more than 60 productions as a director and several performances as an actor. Since 2000 he has been working extensively with children, teens and youth. Many an artist from Chennai's theatre in English has debuted with Masquerade, under KK.



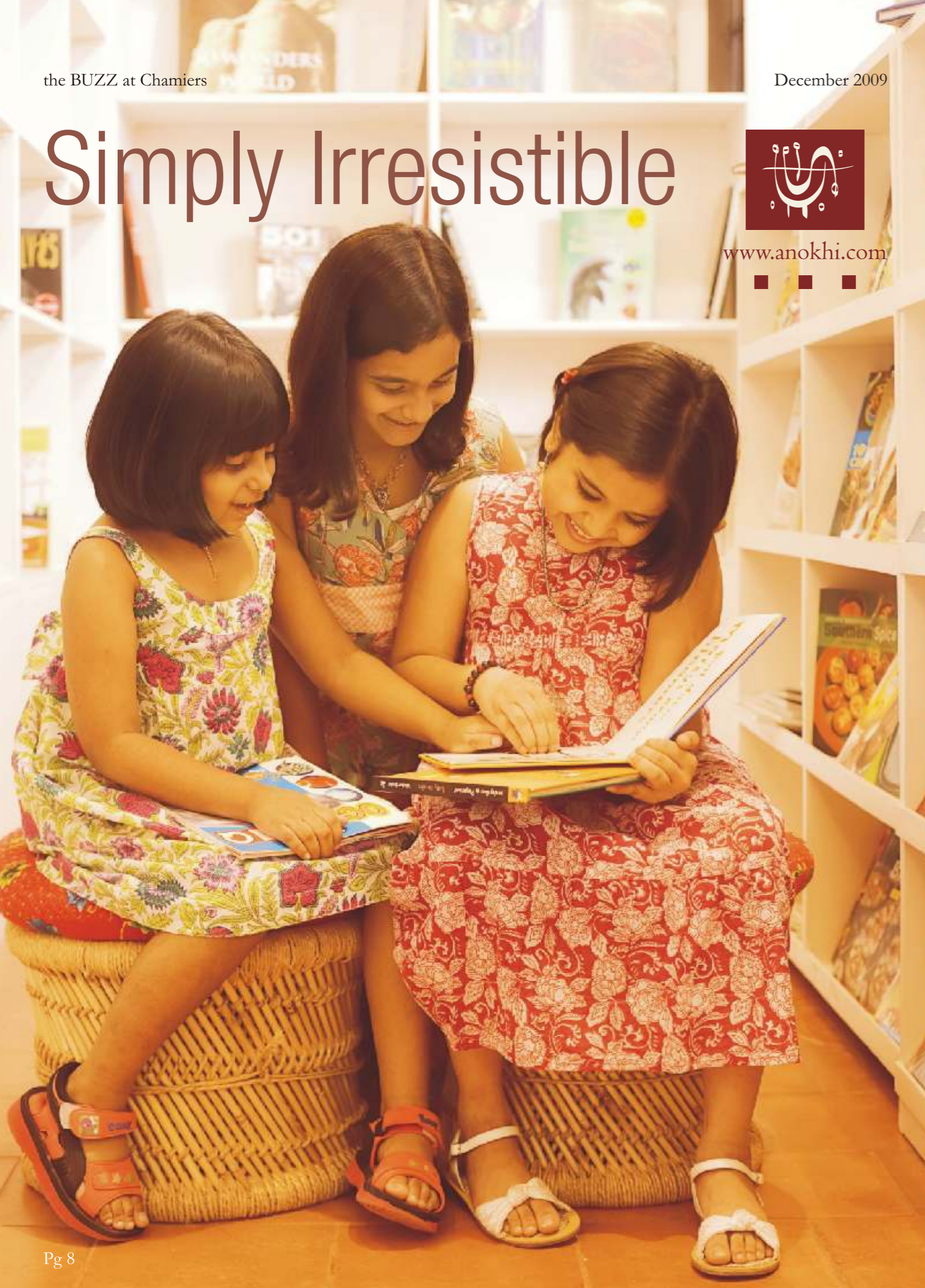
Hanuman's Ramayana

Valmiki has barely put his pen down after completing his magnificent creation, the epic Ramayana, when he realizes he has competition. The sage Narad tells him that there is a better Ramayana, written by Hanuman. As the story of Hanuman's Ramayana unfolds humorously and gently, the quirky illustrations based on the style of Mithila folk paintings tell their own story.

Simply Irresistible



www.anokhi.com



www.anokhi.com



These delightful styles on our precious loved ones highlight the trademark Anokhi floral and summery prints on garments that are ideal for our children in Chennai's warm and humid weather. These easy to wash and wear clothes, with specially contemporary styles for girls, extend Anokhi's appeal far beyond adult boundaries into the realm of moppets and marvels. Shirts and skirts, frocks, tops and wrap-arounds, let your child's little fingers lead you to the garment of choice.



Showcasing 'Anokhi' children's wear at the children's section of our little bookstore 'Fullcircle'



www.anokhi.com

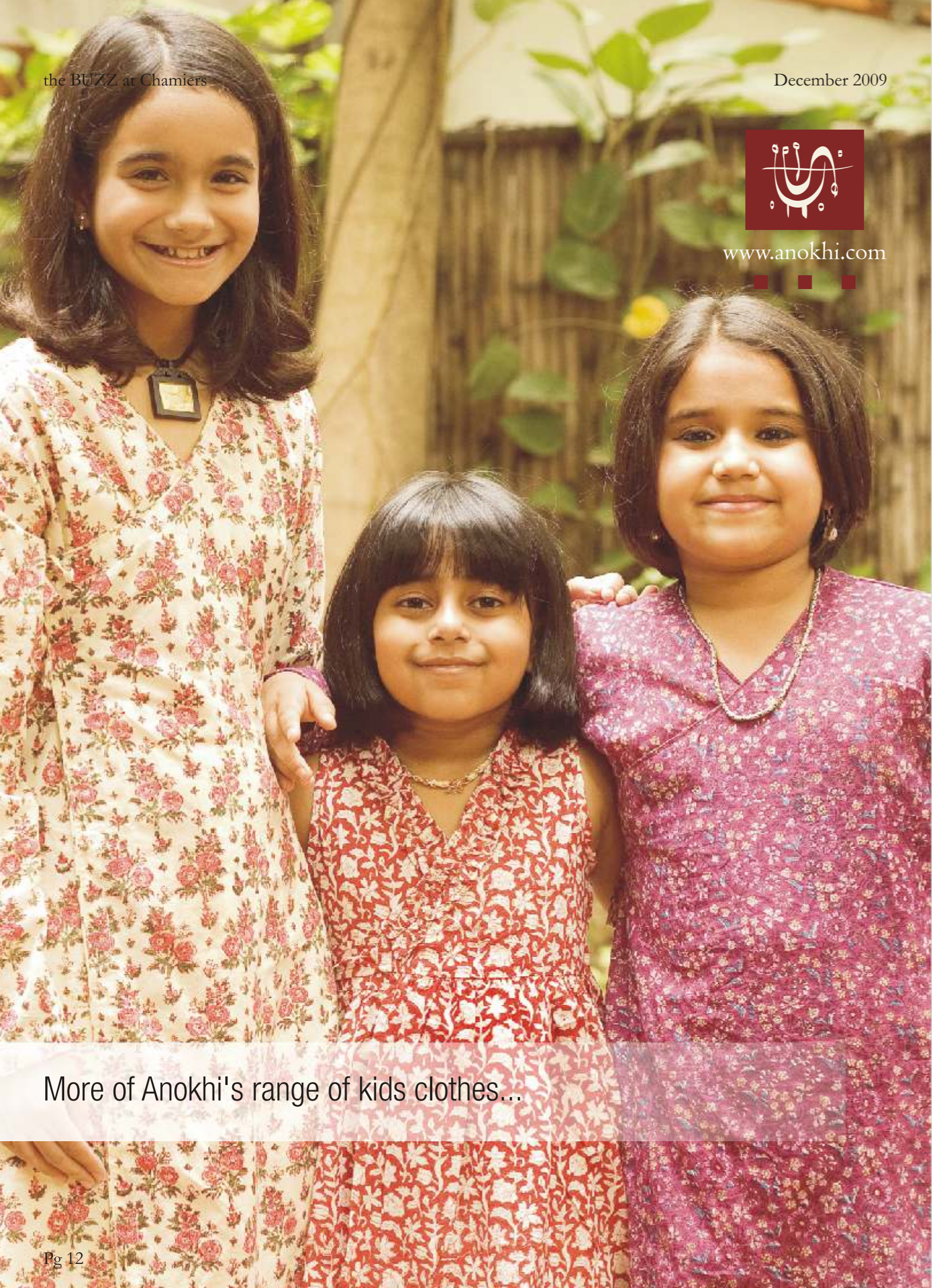


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More of Anokhi's range of kids clothes...

Light On The Path

A theatrical performance by RASA

RASA is proud to present 'Light On The Path', a theatrical performance that brings together a heady confluence of classical music and dance. This fund-raiser show is intended to help Rasa build a corpus to fund its activities geared towards the needs of special children.

The show is being performed by internationally-renowned dance guru, V.P. Dhananjayan and the musical fusion-pair of Anil Srinivasan (piano) and Sikkil Gurucharan (vocals). Its India-premiere is scheduled for January 18 th, 2010 at the Lady Andal Venkatasubbarao Hall, Harrington Road, Chetput.

'Light On The Path' explores the experiential realisation of the philosophy of Zen. Derived from the Sanskrit word 'Dhyana', Zen emphasises the importance of direct experience over mere study of theory. In Naatyacharya Dhananjayan's exploration of the theme, man's quest for a higher state of consciousness and subsequent self-realisation find poignant expression.

As always, the coming together of Anil Srinivasan and Sikkil Gurucharan is bound to surprise and intrigue audiences. The duo have collaborated with Naatyacharya Dhananjayan to produce a visually-rich and musically-exhilarating show that will leave connoisseurs sated.

Kind Counsel for 2010

Scharada Dubey, our editor and Tarot consultant will be in Chennai and available at the café for individual Tarot readings on the 2nd and 3rd of January. Call her on 09838202441 or 05278-223636 to schedule a time for your own peek into 2010 and what it will bring for you.

the TAROT column



THE EMPEROR
Mar 22 - Apr 20

Generosity will serve you well in this period, when one year is ending, and a new one is beckoning. Don't hesitate to give to your favourite charity. The more you extend yourself, the more you will find answering rewards coming back to take you forward.



THE HIEROPHANT
Apr 21 - May 21

Celebrations for New Year's Eve could extend well beyond, with you in the mood to make merry. The gregarious and outgoing side of your nature is more in evidence as you want to include others in all your happy plans and activities.



THE LOVERS
May 22 - Jun 21

If you are feeling fed up and done with a particular relationship the best bet is to speak up about your feelings and give the other person a chance to make things better. You are bound to feel much stronger for articulating your personal viewpoint.



THE CHARIOT
Jun 22 - Jul 23

Your serious search for a fresh direction for commitment will yield dividends, as you find the right person, situation, or project to apply yourself to in the near future. Earnest contemplation brings rewards, and now you have identified your own strengths.



STRENGTH
Jul 24 - Aug 23

The see-saw of choice relating to a particular decision about your growth could give a different slant to this New Year. You want a chance to explore new horizons, and have a bigger piece of the pie, but you can't find fault with your present situation, either.



THE HERMIT
Aug 24 - Sep 23

A fast-paced month ensures you have enough short trips away from home to do some celebrating, or for business reasons. You may have your goal in sight, and this is inspiring enough to make you want to move faster and more earnestly towards it.



JUSTICE
Sep 24 - Oct 23

A time when your availability for others will be much valued, and people will depend on your comforting touch. The only problem is, this may make you feel as if your own emotional needs are being neglected, or misunderstood. Take care of your feelings.



DEATH
Oct 24 - Nov 23

Your natural possessiveness is in full play as you look for ways to keep partners and family members firmly by your side. The only danger is that you may be taking a warped or limiting view of their own abilities or needs, and this could make them rebel.



TEMPERANCE
Nov 23 - Dec 22

Taking charge of things will seem the most natural course of action for you right now. Setting proper systems and methods in place, drawing the best out of a team or family members, being a just and impartial leader will take up your time and win hearts.



THE DEVIL
Dec 23 - Jan 20

There may be several things you want, and one more badly than others. The end of the year and the beginning of another will find you caught up in the cross-fire of desire. The best part is, you will succeed in manifesting your wish.



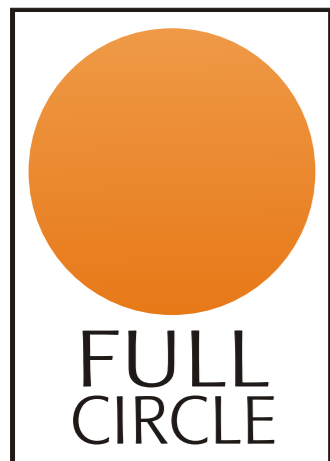
THE STAR
Jan 21 - Feb 19

The Sun is shining, bringing a glow to the end of 2009 and tingeing 2010 with the promise of better relationships, creativity fueled by an active imagination, and work that seems like play. Enjoy this month, and keep negative influences at bay.



THE HIGH PRIESTESS
Feb 20 - Mar 21

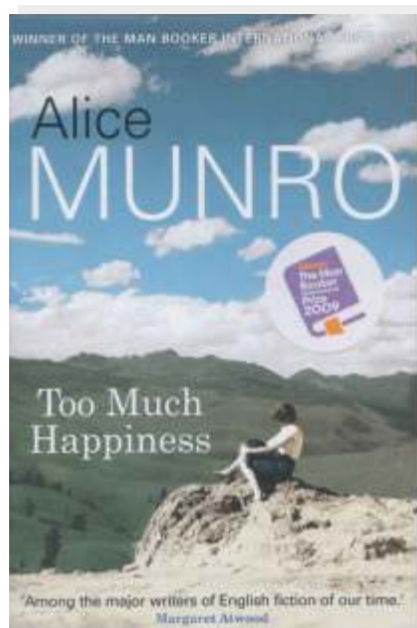
If your confidence is dependent on what results you produce, then this period could be a satisfying one in which you are able to see the visible effects of your work. Being able to touch the lives of others in concrete ways makes this a fulfilling time.



Presenting the bookstore at Chamiers

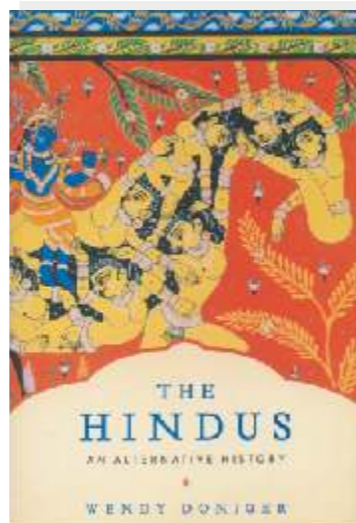
Bibliophile

Too Much Happiness by Alice Munro Chatto & Windus Rs.683/-

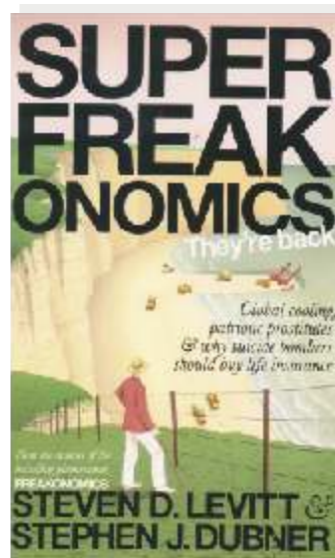


Brilliantly paced, lit with sparks of danger and underlying menace, these are dazzling, provocative stories about Svengali men, and radical women who outmanoeuvre them, about destructive marriages and curdled friendships, about moments which change or haunt a life. Munro's unsettling stories turn lives into art, expand our world and our understanding of the strange workings of the human heart.

The Hindus by Wendy Doniger Penguin Books Rs.999/-



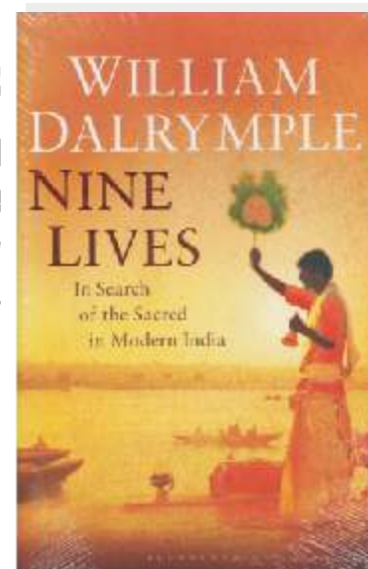
With her inimitable expertise Wendy Doniger illuminates those moments within the tradition that resist forces that would standardize a canon. She reveals how Sanskrit and vernacular sources are rich in knowledge of and compassion towards women and lower castes; how they debate tensions surrounding religion, violence and tolerance; and how animals are the key to important shifts in attitudes towards different social classes. In this unique and authoritative account, debates about Hindu traditions become platforms from which to consider the ironies, and overlooked epiphanies, of history.



Superfreakonomics by Steven D. Levitt and Stephen J. Dubner Penguin Books Rs.399/-

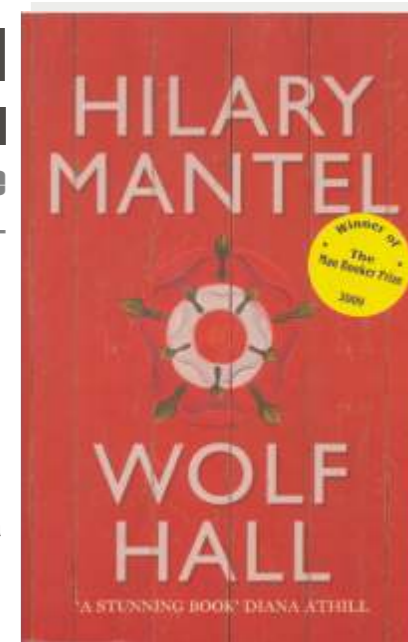
Four years in the making, Superfreakonomics will once again transform the way we look at the world. It reveals, among other things, why you are more likely to be killed walking drunk than driving drunk; why terrorists might be easier to track down than you would imagine; how a sex change can boost your salary.... With their unflinching analysis Levitt and Dubner overturn received wisdom as sometimes the most superfreaky solution is the simplest.

Nine Lives by William Dalrymple Bloomsbury Rs.499/-



Nine people, nine lives. Each one taking a different religious path, each one an unforgettable story. Exquisite and mesmerising, and told with an almost biblical simplicity, William Dalrymple's first travel book in a decade explores how traditional forms of religious life in South Asia have been transformed in the vortex of the region's rapid change.

Wolf Hall by Hilary Mantel Fourth Estate Rs.399/-



From one of the finest living writers, WOLF HALL is that very rare thing: a truly great English novel, one that explores the intersection of individual psychology and wider politics. With a vast array of characters, and richly overflowing with incident, it peels back history to show us Tudor England as a half-made society, moulding itself with great passion and suffering and courage.



The Difficulty Of Being Good by Gurcharan Das Penguin Books Rs.699/-

Why be good? What is dharma? How does one practise it, and to what effect? Gurcharan Das's superb exposition of the dilemmas and ambiguities

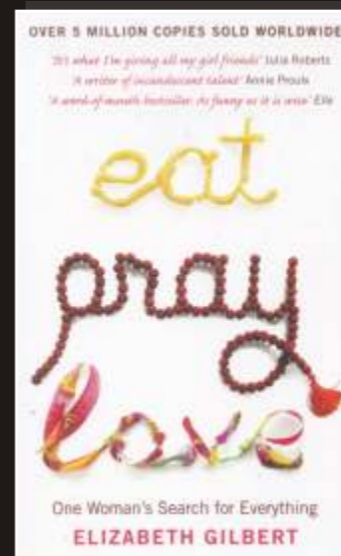
inherent in the Mahabharata shows us how we can come to terms with the uncertain ethics of the world today, a world that is uncannily similar to that of the great epic.



The Girl Who Kicked The Hornet's Nest by Stieg Larsson Maclehose Press Rs.495/-

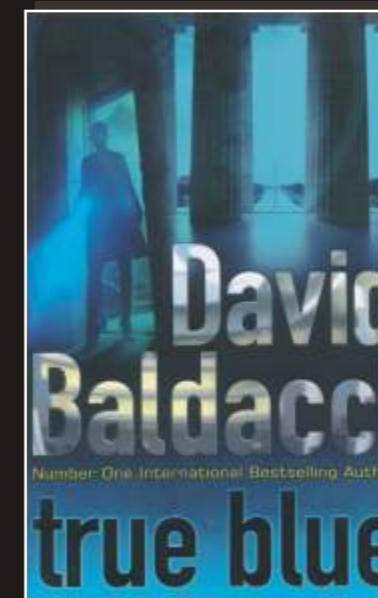
The Girl Who Kicked the Hornets' Nest is the third and final novel in the million-selling Millennium Trilogy featuring the most original

heroine to emerge in crime fiction for many years.



Eat Pray Love by Elizabeth Gilbert Bloomsbury Rs.350/-

The book is a travelogue of a New York journalist Elizabeth Gilbert who travels to three different nations trying to heal from a severe emotional and spiritual crisis. What comes through this book is Gilbert's charisma which is irresistible. It is a mix of intelligence, wit and informal enthusiasm.



True Blue by David Baldacci Macmillan Rs.490/-

A mysterious high-profile homicide in the nation's capital collides with the dark side of national security in David Baldacci's new, heart-stopping thriller, True Blue.