



flavour profile. Deriving its name from the Sanskrit word karmaranga, meaning appetiser, carambola is also a natural palate cleanser.

Benefits: Besides taste, the fruit is harvested for its medicinal and nutritional value — it is a great source of antioxidants, Vitamin C, Vitamin B, potassium, copper and fibre, and is low in sugar and acids. It remains one of the best home remedies for several ailments, especially those related to skin.



Musambi, Aam Aur Kamrak ka panna

As spring gives way to summer, this wholesome and cooling drink is a must try: *Ingredients:* 1 kamrak; 2 raw mangoes; 1/2 musambi; 3tbsp sugar; 1/4 tsp cumin seeds, roasted and ground; 1/2 tsp black salt; 3 fresh mint leaves, one extra for garnishing a pinch of salt. *Method:* Peel, boil and mash the two raw mangoes and set aside. thinly slice the kamrak and set a quarter of the portion aside for garnishing. Seed and juice the musambi. Grind/blend the mashed raw mango, sliced kamrak and musambi juice together, adding the sugar, roasted and powdered cumin seeds, black salt and water as required. Garnish with the mint leaf and slices of kamrak, and serve chilled.

Source: Madhulika Dash
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Cultural Calendar - July 2018

3
Tuesday
6.00 pm

Dancing Storyteller

The Art of narrating novel content through Classical Dance.
A lecture- demonstration by Savitha Sastry
Eminent Bharatha Natyam exponent
Venue: SVCC Auditorium

An experimental journey to the world of music
by Colombo Oriental Choir
Led by Lahiru Gimhana Komangoda, ICCR Scholar
Venue: SVCC Auditorium

13
Friday
6.00 pm

18
Wednesday
6.00 pm

Violin Recital

by G. V. A. Chamindira Nawanjali Silva, ICCR Scholar
Venue: SVCC Auditorium

Guitar Workshops
by Aditya Gandhi (India)
Anna Likhacheva, Yury Likhacheva (Russia)
Organized by Guitar Association of Sri Lanka
Venue: SVCC Auditorium

22
Sunday

For time, registration & further details:
Please contact Mr. Iqbal on 0718 690 494

26
Thursday
6.00 pm

Kathak recital

Dance drama "Holi ke Rasiya"
by ICCR scholars, Shastrapathi Theekshana Liyanage,
Shastrapathi Nirmani Oruwalage and students of Kala
Vihar Performing Arts Foundation.
Venue: ICC Auditorium

Programmes subject to change

Admission to all programmes are on first come first serve basis. Except 22nd

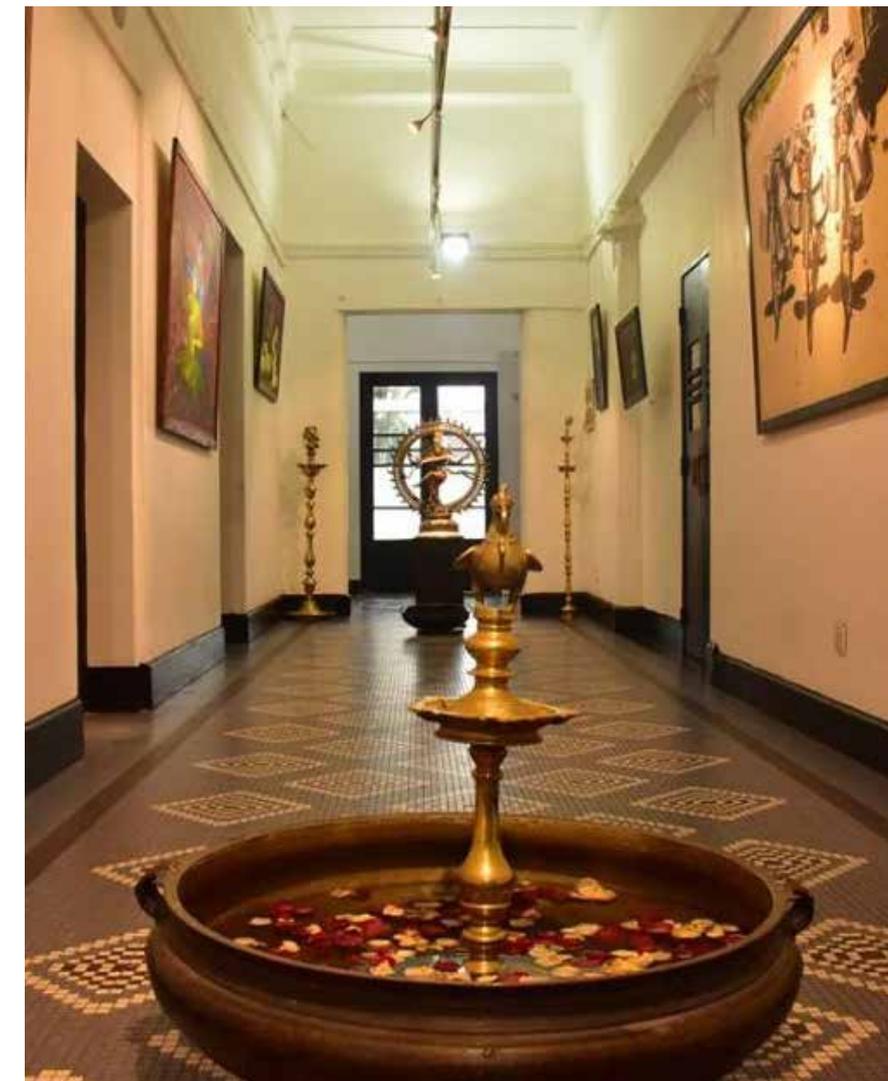
All are cordially invited



Indian Council for Cultural Relations
भारतीय सांस्कृतिक संबंध स्थापना केन्द्र

Sanskarika

Newsletter of the Swami Vivekananda Cultural Centre July 2018



UNIE ARTS, 2330195

HOME-GROWN GOODNESS



They've been around for centuries and, are still as important for good health as they were many moons ago. We delve into four native Indian superfoods that are an essential addition to your shelf this season

What do makhana (lotus seeds), kamrak karambola/ star fruit), bael (wood apple) and amaranth have in common? Besides their common ancestry, of them date back to ancient times—their popularity, especially in the Indian context, stemming from the fact that they are all also part of the vrat ka khana (food for fasting)

during festivals such as the two Navratras, one of which is celebrated during this time of the year, in March. As the season changes, not only does the weather undergo a transformation but the human body is often rendered vulnerable to illnesses. The Charak Samhita, an ancient Sanskrit text that talks about traditional Ayurvedic medicine, mentions each of these foods as a source not only of nourishment for the body, but also of protection against any harmful eventualities -in this case, diseases. What works even more in their favour is the fact that



they are available throughout the year in one form or another, even as some of their greatest benefits can be enjoyed during the season currently underway.

BAEL (WOOD APPLE)

When it comes to gut-friendly foods, nothing beats bael. It is said that Maurya emperor Ashoka discovered the wondrous side of the fruit while on one of his conquests, when a farmer offered him its juice instead of water. The monarch went on to incorporate bael juice as an essential summer drink in his court. Although the fruit's benefits are best suited to warmer months, its vitamin, mineral and antioxidant enriched



Bael Tea

composition makes it a must have all-season food item. Be it as a concentrate, a flavouring agent in desserts or murabba (in candied form), this fruit is renowned not only for its medicinal value—protecting you against various diseases -but also for its virtue as a natural coolant. *Benefits:* Indigenous to Indian cuisine for thousands of years, bael is also a well-known home remedy for diarrhoea, dysentery and peptic ulcers, and is a mild laxative. It is also a fantastic source of many important minerals, including calcium.

AMARANTH

Before it was hailed as a superfood in the modern world, amaranth - and its 60-odd varieties - was akin to a magic potion that kept the vagaries of ageing at bay. Also known as rajgira or ram dana, Ayurveda considers it an important addition to the diet and recommends it to those suffering from anaemia. In terms of culinary usage, it remains a prized



crop not only as fresh produce - its leaves being a delicious addition to salads - but also as a dried grain to create, in effect, a suitable iteration of instant breakfast cereal. Roasted, popped and ground amaranth are still breakfast staples in many parts of India.

Benefits: Rich in iron, zinc, calcium, phosphorus and fibre, amaranth scores higher than quinoa in terms of nutritional value.

MAKHANA (LOTUS SEEDS)

When and how it was discovered that lotus seeds might be the best vegetarian source of protein and starch is hard to say, but if ancient Indian texts are anything to go by, then makhana- also known as fox nuts - have been harvested in India for several centuries now. Blooming around the beginning of winter, these little white globes are the earliest known puff snack and were collected and consumed for the same reason during ancient times as they are today: satiation and nourishment. The fact that they

are low in sodium and saturated fats makes them a guilt free snack, and they also make a delicious ingredient in Indian cooking, combining well with potatoes and curry.

Benefits: They are naturally superior to almonds, walnuts and cashews in terms of sugar, protein, ascorbic acid and phenol content, and are good sources of antioxidants and fibre.

KAMRAK (CARAMBOLA)

Apart from its star like shape, the golden- yellow kamrak is another versatile treat that works wonderfully during the seasonal transition towards summer. It can be enjoyed raw or ripe, made into a chutney, turned into a delicious beverage, rolled into little candy treats and savoured with rock salt, and more. In contemporary kitchens, it is also used as a flavouring agent in desserts.

When it comes to traditional Indian cuisine, a variety of rasams in South India are based on its interesting