



## Tomato Dosa

### INGREDIENTS

- ◆ 2 cup raw rice and 3 tbsp of tur dal, soaked in water for 4 hrs
- ◆ 2 tomatoes chopped
- ◆ 2-3 dried red chillies, de-seeded and torn into small pieces
- ◆ 1 tabs jaggery (optional)
- ◆ 2 tbsp chopped coriander leaves (optional)
- ◆ Salt to taste
- ◆ Oil as required

### METHOD

1. Drain and grind the rice and tur dal along with the chopped tomatoes, dried red chillies (de-seeded), grated fresh coconut, jaggery, coriander leaves, salt and little water to form a dosa-like batter.
2. Heat griddle on high flame, reduce heat, pour a ladle full of dosa batter and spread the batter with the bottom of the ladle evenly making circles.
3. Drizzle some oil along the edges. Cook on medium heat for 1-2 minutes and increase to high flame for a few seconds and flip the other side and cook for 20-30 seconds or



- until done.
4. Serve hot with any chutney or sambhar.

*To submit your recipe along with original picture, write to [info@citymasala.com](mailto:info@citymasala.com).*

## Quick Tips In the Kitchen

### CARING FOR KNIVES

You have a great set of knives, but you notice that they do not seem to last as long as you thought they should.

- ◆ Always use a cutting board when cutting with knives. Yes, your granite counter top says that

you can cut on it, but it is not good for your knives and it will dull them quickly.

- ◆ Do not let your knives soak in water, and never place in your dishwasher.

### SWEET BIRTHDAYS

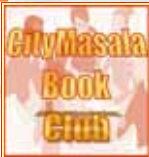
You've just baked the best birthday cake, but the candles won't stay. Go to the candy aisle and pick up a roll of regular life savers. Gently place a life saver where you would like to place each candle. Your candle now stands up like a champ!

### REFRESHING REFRIGERATOR

Cleaning the fridge usually takes a big chunk of time and gets dirty very quickly again. To help make the task easier, clean it in stages. When you are running low on supplies, take a minute to wipe down a shelf and rearrange items. If you do a shelf a week, your refrigerator will stay consistently clean.

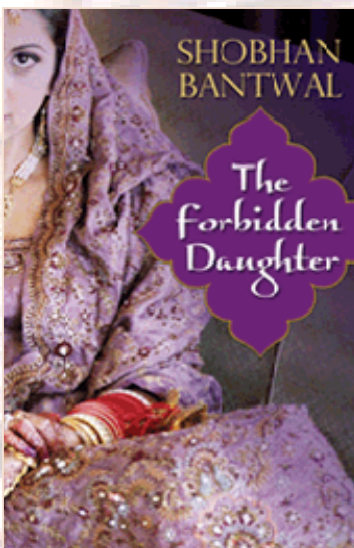
### PEELING GINGER

The next time that you need to peel some ginger, use a spoon instead of a knife. A spoon fits into the crevices easier and you will not lose as much ginger.



## CITYMASALA BOOK CLUB BOOK REVIEW By: Sheniz Janmohamed

### *The Forbidden Daughter* By: Shobhan Bantwal



When you think of romance novels, you often think of those paperbacks with racy covers that you find in drugstores. The writing is awful and the metaphors are tired.

However, *Shobhan Bantwal's* second novel, *The Forbidden Daughter*, is a well written, socially conscious romantic thriller. Isha Tilak and her husband Nikhil, were expecting their second daughter when a series of events changed Isha and her children's lives for the worse. In a society where female children are seen as expendable, Isha has to fight for her survival and the well being of her daughters. In the process, she realizes her capability as a woman, in addition to being a wife and mother. She begins to re-evaluate her potential, and changes her own perspectives about womanhood.

*Bantwal* has created a riches to rags story that is believable, exciting and enjoyable to read. The book criticizes the beliefs among some south Asians that female children are less valuable than male children. However, there are times the dialogue becomes unnecessarily didactic and stilted.

On the other hand, the book does successfully address vital issues about women. When Isha's mother-in-law refers to female babies as burdens, Isha wants to retort back, "Aye, what are you if not a female? Have you looked at yourself in the mirror lately? And didn't you give birth to a girl many years ago? I suppose that makes you

worthless too, just like me?" But Isha keeps her mouth shut, because daughters-in-law are not supposed to talk back to their in-laws.

Although the book is over 300 pages, the read is surprisingly quick, and certainly hard to put down. Each chapter presents a new set of problems, and *Bantwal* has managed to solve them with logic and realism (we can't say the same about some Bollywood films!). The characters are likeable and genuine, each with their own set of human dilemmas, quirks and philosophies. Although we don't get to know Nikhil as well as we'd like to, we are attracted to his personality and fierce beliefs. Priya, Isha's first child, is a bundle of joy, lighting up the page with her dialogue and brimming enthusiasm. Dr. Karthik is a conflicted, good-guy-gone-wrong, and the professional Dr. Salvi, has a warm, less formal side to him.

What is lovely about this book is that it ends on a realistic note. In light of Isha's situation, she takes her time to come to vital decisions about her future.

In true *Bantwal* fashion, the book ends with a series of discussion questions for book clubs. *The Forbidden Daughter* is a recommended read for mothers and daughters - as well as sons and fathers!

Buy the book at: [www.amazon.com](http://www.amazon.com).