

# AD *inside*

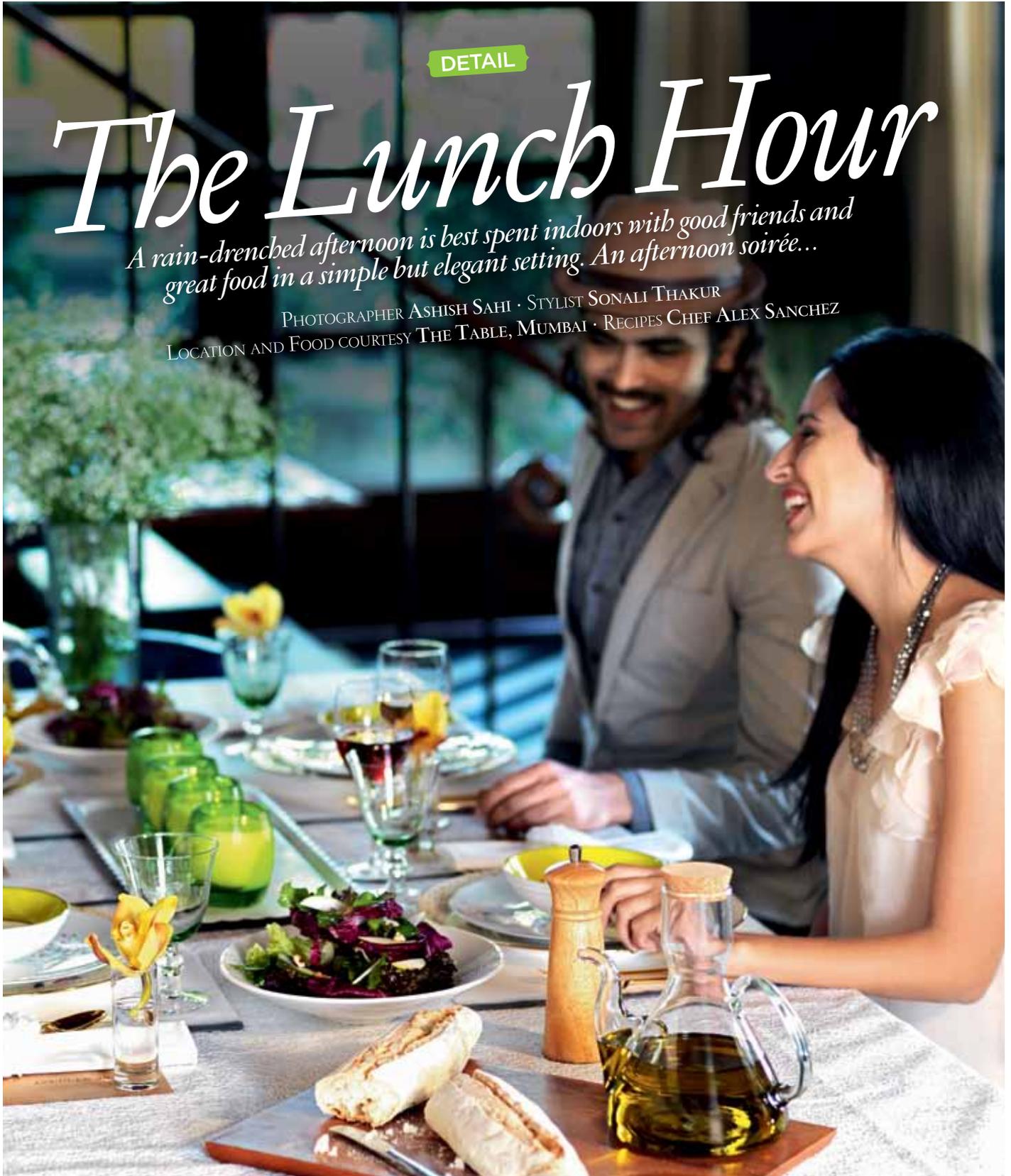
EXPERT ADVICE, DECOR TIPS,  
AND STYLE ESSENTIALS FOR THE  
CONTEMPORARY INDIAN HOME

DETAIL

## *The Lunch Hour*

*A rain-drenched afternoon is best spent indoors with good friends and great food in a simple but elegant setting. An afternoon soirée...*

PHOTOGRAPHER ASHISH SAHI • STYLIST SONALI THAKUR  
LOCATION AND FOOD COURTESY THE TABLE, MUMBAI • RECIPES CHEF ALEX SANCHEZ



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**BON APPÉTIT**

Palate-pleasing flavours, a tasteful ambience and good company—the perfect set-up for a lunch date.

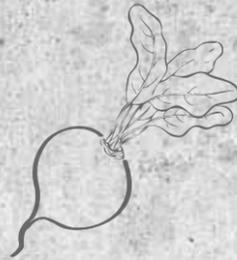
Baby's Breath and Yellow Cymbidium orchids; **Orchids Etc.** Belgian white wine glasses; 'Lila' leaf-green wine glasses; Baradari' katori; 'Aria' open platters; 'Miri' acacia wood cheese board; all **Goodearth**. 'Threse' place mat; 'Ponza' tablecloth; both by **Valerie Barkowski** for **Bandit Queen**; 'Be My Guest' cards; 'Platex' rectangular white tray; 'Marianne Guedin' candles; olive oil holder by **La Méditerranée**; all **Le Mill**. Green salad with apples and walnuts; **The Table**.



Beet Gnocchi With Goat Cheese & Hazelnuts

**INGREDIENTS:**

- 1/4 kg beets
- 1/2 kg potatoes
- 1 cup flour
- 1 egg yolk
- pinch of salt
- 100 gms soft goat cheese
- 2 tbsp hazelnuts, toasted, chopped
- 50 gms butter



**METHOD:**

Preheat the oven to 170°C. Wrap the beets and potatoes in a silver foil, and place onto a baking sheet; bake for 1 1/2 hours. Stick a skewer into the beets and potatoes to ensure they are completely cooked, then remove from the oven. Once they are cool enough to handle, peel the beets and potatoes, and put them through a ricer or food mill. Mix the beet, potato, flour, egg and salt in a bowl together only until they are combined, as over-mixing will make the gnocchi chewy and tough. Break off pieces of the dough and roll it out into logs on a lightly floured surface. Cut the log into 3/4-inch pieces and shape them into gnocchi, either on the back of a fork or a gnocchi board until all the dough is turned into gnocchi. Reserve the gnocchi on a lightly floured baking tray. Boil a pot of water and cook the gnocchi in it until they float. Then toss them in a bowl with the butter and salt to taste. Garnish the gnocchi with goat cheese and chopped hazelnuts.



(Above and below)

**IN GOOD TASTE**

Fork up a plateful of colour with the beet appetizer.

'Rondo' dinner forks and knives by **Cutipol: Le Mill**. 'Honeybee Sorbet Cups'; 'Baradari Charger' plates; both **Goodearth**. 'Jardin des Orchidées' American dinner plates; **Hermès**.

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**TABLE TABLEAU**

A place for everything and everything in its place for the fish and chicken courses.

(Centre) 'Blanche' napkin; 'Do mali' napkin ring; both by **Valerie Barkowski** for **Bandit Queen**; 'Be My Guest' cards; all **Le Mill**.

Yellowfin Tuna Tataki

**INGREDIENTS:**

- 1/2 cup soy sauce
- 2 tbsp sesame oil
- 1/2 tsp salad oil
- 1/2 cup sherry vinegar
- 1 tbsp honey
- 400 gms yellowfin tuna loin
- 2 tbsp black sesame seeds
- 2 tbsp white sesame seeds
- 2 avocados, diced
- 1 radish, sliced thin
- 1/2 cup crispy wonton skins, bite-sized pieces



**METHOD:**

Combine the soy sauce, sesame oil, salad oil, sherry vinegar and honey in an airtight container and leave it overnight. Crust the tuna with the black and white sesame seeds and sear in a hot pan over high heat. Cook it for just 15 seconds per side to keep it rare. Remove from the pan and let it cool. Thinly slice the tuna and dress the slices with the soy vinaigrette. Garnish with avocado, radish and crispy wonton skins.



The Perfect Roast Chicken

**INGREDIENTS:**

- 1.3 kg chicken, innards removed
- 3 1/2-4 litres cold water
- 12 bay leaves
- 3 large rosemary sprigs
- 1 small bunch of thyme
- 1 small bunch of parsley
- 1 cup plus 2 tsp kosher salt
- 1/4 cup plus 2 tbsp honey
- 1 head of garlic, smashed but not peeled
- 2 tbsp black peppercorns
- Finely grated zest and juice of 2 lemons
- Salt and pepper to taste



**METHOD:**

Except for the chicken, combine all ingredients and bring them to a boil in a large pot. Then remove from heat and allow it to cool. Submerge the chicken in the liquid overnight. Preheat the oven to 190°C. Remove the chicken, wiping off residual herbs or peppercorns, and pat dry. Season the chicken with salt and pepper (inside and out) and roast on a roasting rack for 1 hour, or till the juices in the thigh meat run clear. Cover loosely with a silver foil for 20 minutes before carving.



# Chocolate Tart

## INGREDIENTS:

½ cup whipping cream  
⅓ cup milk  
250 gms semi-sweet chocolate  
2 eggs  
4 3-inch tart shells, pre-baked



## METHOD:

Preheat the oven to 180°C. Heat the cream and milk together then add the chocolate, stirring until completely melted. Whisk the eggs, then slowly stream in the warm chocolate mixture. Pour the filling into the pre-baked tart shells and bake them for 7 minutes in the oven. The filling should not completely set. Serve immediately with vanilla ice cream if desired.



### CREAM CENTRE

There's an outpouring of taste with every bite of the chocolate tart.

'Pantone Collection' bread plate; **Le Mill**. 'Jardin des Orchidées' bread and butter plate; **Hermès**. 'Honeybee Sorbet Cup'; **Goodearth**.