

40. Till two
s back, I had
erections.
n't get an
even when I
ily excited or
sturbate. The
s sagging and I
too soon. How
this issue?
ily about
have caused
Then, seek a
nion.

ars old and
s slightly
the left.
do to
urvature?
y sex life?
t. A slight
ct your

a
or
rs.
sex
I am
e.
ie
et
asly
I am
n't
ison
do
ier

d
e
er
t.
d
t.

ad,
to

Life gives you lemons

Chef Deeksha Shetty says that you zest lemon peels, infuse them in cream to create chocolate ganache, mousse or lemon curd



Having it all

The root-to-stem culinary philosophy is a flavourful and nutritious option you should incorporate in your kitchen

Anindita Paul
mirrorfeedback@timesgroup.com
TWEETS @MumbaiMirror

You've read the BMC notices about segregating your dry and wet garbage — and most likely, already begun to separate your kitchen scraps and are ready to compost all those discarded peels, roots, stems, leaves, flowers and rinds into wholesome fertiliser. But if 2018's much-hyped cooking mantra is anything to go by, you're still doing it all wrong. Instead, you'd be better off using these scraps in your meals. And that, in a nutshell, is what root-to-stem cooking is all about: Using every part of a plant, even those you would otherwise consider inedible waste, in your everyday cooking. So be it the skin of potatoes or the green of carrots, we tell you why and how they must make it to your plate.

Why eat whole?

Root-to-stem cooking may be a rage now, but traditional Indian households have forever been particular about minimising food wastage, often repurposing leftovers or remaining scraps. Asha Kutty recalls picking up the practice from her mother when the family migrated to Mumbai during the Partition. "With not much to survive on and three hungry children to feed, my mother became quite resourceful about using every single vegetable and fruit in as many ways as possible. I adopted my mother's principles when I began to cook at the age of 24," the 70-year-old Bandra-based entrepreneur shares.

However, the recent resurgence of interest in this practice can be accounted to the growing emphasis on mindful eating — in terms of how we eat what we eat, and why. This practice stems, in large part, from an increased awareness about food wastage. Luke Coutinho from Integrative and Lifestyle Medicine explains, "It is estimated that roughly a third of all the food

produced globally is discarded. As much as 47 per cent of this is from individual homes. Root-to-stem eating is a conscious effort to reduce this wastage, which will result in significant savings, and also enables us to do our bit to safeguard the environment."

Using fruits and vegetables in their entirety also enriches the nutritive content of your meals and can add interesting flavours and textures. Nutritionist and fitness consultant Munmun Ganeriwal says, "Peels, stalks, stems, leaves and flowers often contain much more flavour and are more nutrient-dense than the flesh of the fruit or vegetable in question."

Coutinho agrees and adds that "it could help increase the amount of produce you consume without actually making any drastic changes to your regular eating habits". He says, "If you use carrot greens for pesto or vegetable stalks for broth, you are automatically upping your intake of veggies per meal, without purchasing additional vegetables."

Surviving on the remains

The trouble with most mindful or holistic eating trends is that they require expensive and hard-to-find ingredients (read: quinoa, kefir flakes or chia seeds) in order to experience the purported benefits. Root-to-stem, on the other hand, only calls for a fresh perspective and a willingness to experiment with what you would consider your regular

The skin of potatoes contains dietary fibre, Vitamin K, potassium, copper and iron



cooking techniques. Proponents share ways in which they have adopted this practice.

- **Broccoli and cauliflower stalks** contain more calcium, iron and Vitamin C than broccoli florets, says Coutinho. He advises chopping up broccoli stalks and using them in salads for some extra crunch, or cooking them until soft, and blending them into a paste that can be used in pesto or as a soup base. "Boil cauliflower stalks and use them in soups, salads and stir fries," Ganeriwal adds.
- **Kale stems** are a good source of dietary fibre and can also be quite delicious, says chef and food stylist Karishma Sakhrani. "I bake kale chips and save the stems to create a quick sauté with some sesame oil, chilli and garlic."
- **Almond pulp** that is leftover once the milk has been squeezed

CONTINUED ON PAGE 12



Taking stalk

Peels, stalks, stems, leaves and flowers contain flavour and are more nutrient-dense than the flesh of the fruit or vegetable in question. Beet greens are an excellent source of protein, phosphorous and zinc, as well as dietary fibre

-Munmun Ganeriwal, nutritionist and fitness consultant

out, contains protein, calcium, vitamin D, B and potassium that makes almond milk a popular dairy alternative, says nutritionist Kejal Sheth. In fact, if you like to make your own almond milk, you'd be better off using the pulp as well. Almond pulp is quite multi-tasked, Sakhrani says, and can be baked at low temperatures and crumbled into a substitute for breadcrumbs. The pulp can also be easily accommodated in most cookie, muffin, bread, brownie and pie-crust recipes, she says. The pulp is high in fibre though, so make sure to adjust the amount of liquid you use in your recipe. If you're feeling particularly adventurous, combine the pulp with your favourite herbs and spices and chill, to create a ricotta-like vegan cheese substitute.

• **Citrus peels** contain flavonoids called tangeretin and nobletin, which have anti-inflammatory and cholesterol-lowering benefits, Sheth says. Instead of throwing the peel away, Deepika Shetty, chef at CocoaMaya asks that you zest the peels, infuse them in cream and use this to create chocolate ganache, mousse or lemon curd. "This adds flavour and a fresh feel to the dish," she says. Kutty also recommends flavouring yogurt with this zest and some honey for a quick, low-cal dessert.

• **Pumpkin seeds** are rich in magnesium, manganese, copper and zinc. They also contain protein and a wide array of beneficial plant compounds known as phytochemicals and antioxidants. Snacking on them can benefit your heart, liver and immune system; help fight diabetes; enhance prostate health for men, and provide relief from menopause symptoms, Sheth says. Shetty adds that pumpkin seed paste is an excellent substitute for almond paste, and is quite versatile in its applications.

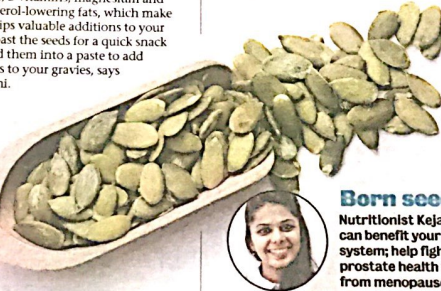
• **Fennel** is a nutritional powerhouse, although most Indian kitchens limit its use to seeds or seed powder (saunf). Sheth advises also using fennel bulbs and stalks, which contain phosphorous, zinc, copper, potassium, magnesium and a host of other micronutrients that play an important role in preserving bone and heart health. Chef Sharique Baux recommends baking the roots and stem and infusing it with orange juice for a quick, but delicious salad.

• **Carrot greens** offer six times the Vitamin C content of the root and are a great source of potassium and calcium, says Coutinho. He proposes blending them into a quick pesto with nuts,

Green revolution
Broccoli and cauliflower stalks contain more calcium, iron and Vitamin C than broccoli florets. Boil cauliflower stalks and use them in soups, salads and stir fries, says holistic nutritionist Luke Coutinho



- herbs and olive oil.
- **Beet greens** are an excellent source of protein, phosphorous and zinc, as well as antioxidants and contain Vitamin K, says Ganeriwala. Chop up these greens to make a quick stir-fry.
- **Peels of carrots, cucumber, beets, aubergines and potatoes** can add a lot more punch to the recipe. Most of the nutrients in carrots are stored in or just below the skin. Cucumber peel is a good source of dietary fibre, while the purple skin of aubergines is packed with a powerful antioxidant called nasunin. The skin of potatoes contains dietary fibre, Vitamin K, potassium, copper and iron.
- **Odds and ends** from your chopping board can (or should) be tossed into a pot of water to create a delicious vegetable broth, says Dr Gowri Kulkarni, Head of Medical Operations, DocsApp. This broth can be used in soups and gravies. Even onion peels contain antioxidants named quercetin and fructan which protect the heart and gut respectively.
- **Watermelon rind and seeds** are far more nutritionally valuable than the juicy red flesh that is almost synonymous with the Indian summer. The white rind of watermelons contains citrulline, an amino acid that is used to treat Alzheimer's, sickle cell anaemia and erectile dysfunction. Blend the flesh with the rind, and add some lime juice and mint to make a refreshing summer cooler. Watermelon seeds, on the other hand, contain protein, B vitamins, magnesium and cholesterol-lowering fats, which make these pips valuable additions to your diet. Toast the seeds for a quick snack or grind them into a paste to add richness to your gravies, says Sakhrani.



Born seeder

Nutritionist Kejal Sheth says pumpkin seeds can benefit your heart, liver and immune system; help fight diabetes; enhance prostate health for men, and provide relief from menopause symptoms

Approach with caution

It doesn't take much to adopt this cooking philosophy, but experts advise that you approach it with caution. Coutinho explains, "Considering the levels of soil pollution and the various pesticides sprayed on commercially produced fruits and vegetables, eating the peels can cause toxicity if the produce is not organic." In scenarios where organic fruits and vegetables are not available, he advises one "rinse fruits and vegetables thoroughly with warm water and salt or apple cider vinegar to clean the grime and dirt".

Experts also believe that certain plants don't lend well to the concept. Tomatoes, for instance, are perfectly edible and delicious, but the plants' roots, stem and the leaves contain poisonous, alkaloid substances called tomatine and solanine that could result in an upset stomach, warns Ganeriwala. Also, the leaves and flowers of aubergines, and stems and sprouts of potatoes (especially green potatoes) contain solanine. Apple seeds contain amygdalin, a substance that releases cyanide when it comes in contact with digestive enzymes in your gut. While the seeds' strong outer coating prevents this from happening (you will need to chew them very thoroughly) and you need to consume roughly 200 seeds to receive a fatal dose of cyanide, experts still advise spitting them out. Eating raw stalks may not be advisable for individuals with digestive conditions, which makes it especially important to apply this principle based on your existing health condition, says Coutinho.

“Boil cauliflower stalks and use them in soups, salads and stir fries. Chop up beet greens to make a quick stir-fry”

—Munmun Ganeriwala



Kale and hearty

Chef and food stylist Karishma Sakhrani bakes kale chips and saves the stems to create a quick sauté with sesame oil, chilli and garlic

MIRRORLIGHTS

Jealous people more likely to be bitten by dogs

Researchers from University of Liverpool conducted a survey to know how many had been bitten by a dog, whether the bites were treated, and whether the victims knew the dog that had bitten them. One in 10 respondents said they had been bitten by a dog, with men almost twice as likely to be bitten as women. People who owned several dogs were more than three times likely to have been bitten as those



who did not, and more than half of respondents said they had been bitten by a dog they did not know. There also seemed to be a link between personality traits and the risk of being bitten, researchers said.

Meditation may not make you a better person

Scientists investigated the effect of various types of meditation, such as mindfulness and loving-kindness, on pro-social feelings and behaviours. The most unexpected result of the study was that the more positive results found for compassion had important methodological flaws, researchers said. "The popularisation of meditation techniques, like mindfulness, despite being taught without religious beliefs, still seem to offer the hope of a better self and

a better world to many. We wanted to investigate how powerful these techniques were in affecting one's feelings and behaviours towards others," said Miguel Farias from Coventry University. Despite the high hopes of practitioners and past studies, "the research found that methodological shortcomings greatly influenced the results".

