

# BHOOMI

1st October, 2016

Healing Our Planet, Healing Our Body

Satmay:

a culinary experience in wholesomeness

Navdanya in collaboration with IIC

Venue : Private Dinning Hall, IIC

Time : 8:00 pm onwards

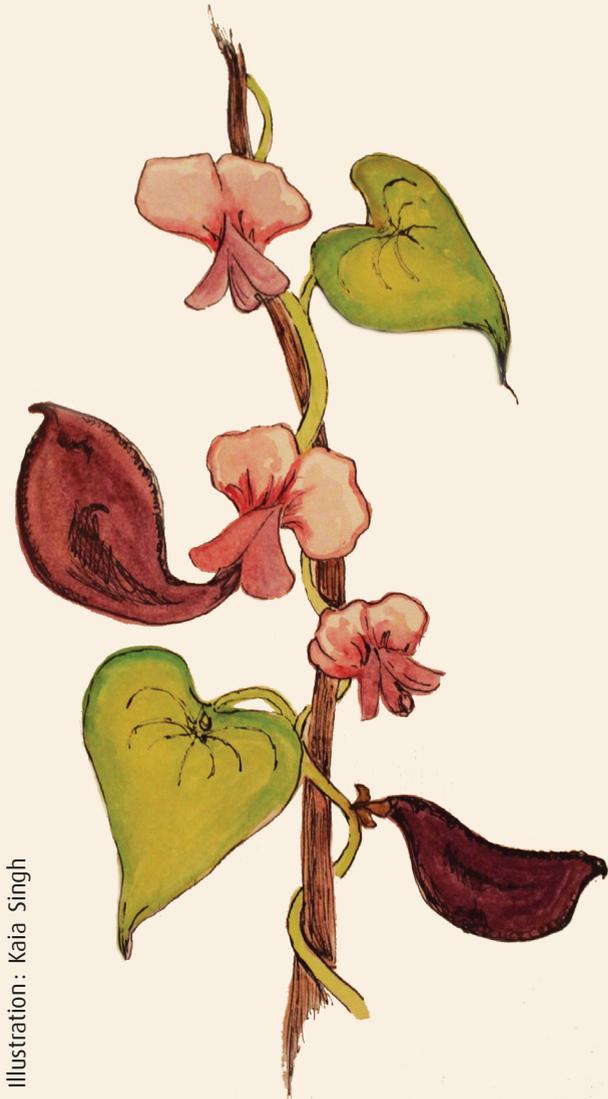


Illustration: Kaia Singh

This year the Navdanya, IIC, Institut Français Bhoomi dinner, Satmay, celebrates Wholesomeness. As always, our menu has been curated to honour seasonality, locality and the diverse food cultures of India; this year will bring in an element of French cuisine as well since our partner country is France. Traditional recipes, perfected in our Grandmothers' Kitchen, across generations, will showcase this culinary wisdom which our communities have kept intact. And to ensure the Wholesomeness of this offering, we will be using the Living Foods produced by our farmers who practice a toxic-free ecological agriculture. We hope you will join us to enjoy a nurturing, wholesome and delectable meal. Bon Appétit, Enjoy your meal;

## Beverage

Seabuckthorn Sherbet  
Kerala Mor Kuzhambu

## Soup

French onion soup

## Salad

Rocket leaves with pine-nut and popped amaranth  
Apple salad with walnut  
Chef special salad

## Chutneys

Garlic & red chilli chutney  
Date & tomato chutney  
Coriander & green chilli chutney  
Sesame & peanut chutney  
Marathi flaxseed / Alsi dry chutney

## Assortment of Handcrafted Grandmothers Crackers & Savoury Cakes

## Appetizers

Moringa idli/ Steamed rice cakes with moringa leaves  
Googni /Bengali white pea dish with papdi & sev garnished with saunth and coriander  
Barnyard millet Beetroot tikki/ Cutlet

## Bread & Rice

Muli roti / Radish mixed flat bread  
Buckwheat with flax seed roti  
Ajwani chur chur roti with homemade white butter  
Steamed Red Rice  
Kala masur pulao / Lentils pulao

## Main Course

Wild spine gourd sauted in mustard seeds/  
Kakora ke sabzi  
Safed urad ke dum dal (dry)  
Garwali Phaanu / Slow cooked Kulath dal  
Turnip stew Bihari style / Bethavan our grandmothers recipe  
Poppy seed based mixed seasonal vegetable  
Rajasthani speciality: Spring onion / Hari pyaj ke sabzi  
Desi gawar phalli bhujia / Cluster beans  
Pettha / Ash gourd in coconut milk  
Vadi & Aloo with Kala Channa cooked in traditional style  
Herbed vegetable a la Jerome Douzelet

## Dessert

Amaranth pudding  
Citrus flavoured Ragi / Finger millet halwa  
Khajur gur icecream

## After Dinner Digestive

Haldi dood also known as Turmeric latte  
(milk, raw turmeric, elaichi, gur)  
Khajur gur

Contributory payment:  
Price inclusive of taxes Rs 950/-  
RSVP at: [navdanya@gmail.com](mailto:navdanya@gmail.com),  
9015034971, 01126968077

For more information:  
[www.navdanya.org](http://www.navdanya.org),  
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