



# GLAMOUR GOES TO THE ROYAL RETREAT UDAIPUR

### Chef Satish Gupta

The Royal Retreat Resort and Spa Udaipur welcomed 2019 again in its unique distinctive way with the theme "The Rolling Hills". Apart from the Vibrant Décor, matchless ambience and mind blowing entertainment, The Célèbre Spread of Never-ending food varieties won the heart of crowd. Right from the Starters to the Desserts, every dish was scrumptious. Few to name are DumbaGosht, Sushi bar, Jalapeno Samosa with SchezwanRagada, Seafood Balchao, Roasted Duck, Marshmallow Snowman, Frozen Cookies and many more.

As a nation that loves to eat, we hold food, and the people who prepare it, close to our hearts. Satish Gupta now fondly known as "Chef Satish" in Udaipur, is the Culinary artist behind the creativity, taste and inimitable selection of various delicacies. He loves to cook, is passionate and selective about each and every ingredient used in his recipes which distinct him from others. He has always believed that "Eating is a Necessity but Cooking is an ART" thereby adding soul to his dishes.

### Cooking Around the India

Apart from Udaipur, Chef Satish has infused flavors from India – to Kolkata, Bhubaneswar, Maharashtra, Goa, Kerala, Chennai, Chhattisgarh, Madhya Pradesh– into his dishes at Delicatessen, bringing acclaim from guest

### LOST FOOD

### SUSHI BIRYANI

- Sheets sushi seaweed aka nori -6 No
- Sushi khuska rice-200 Gm
- Cooked fish – 1 fillet
- Cream cheese sliced – 50 Gm
- Avocado sliced – 1 No
- Soy sauce for serving

### INSTRUCTIONS

- Place the seaweed on a bamboo mat, then cover the sheet of seaweed with an even layer of prepared sushi khuska rice. Smooth gently with the rice paddle.
- Layer fish, cream cheese, and avocado on the rice, and roll it up tightly. Slice with a sharp knife, and enjoy with soy sauce.

### SURAN KE KEBAB

- Suran (Indian Yam)- 500gms
- Chana Dal - 50 gm
- Shallots(Red Onions)- 150gms.
- Ginger-Garlic paste-2.5tsps
- green Chillies (according to taste)-5-10 no
- sprigs of fresh Mint-10-15 leaves
- 1small bunch fresh Coriander (Cilantro) Leaves
- Coriander and Cumin Powder-3tsps.
- Garam Masala Powder-1.5tsps
- Salt to taste

- Corn Flour-1.5tbsp
- Milk-100 ml
- plain Bread Crumbs -100 Gm
- Oil for Shallow Frying

### Procedure:

Wash and soak the Chana Dal for 10 minutes. Wash, peel and grate the Suran.

Finely mince half the Shallots and slice the other half into thin strips lengthwise.

Crush the Bread Crumbs into a powder. Clean, wash and finely chop the Green Chillies, Mint and Coriander Leaves.

Mix the Milk with the Corn Flour to a slightly thick smooth paste.

In a pressure pan mix the grated Suran, soaked and drained Chana Dal, thinly sliced Shallots, Ginger-Garlic Paste with a little Water.

Pressure cook for 2-3 whistles till well cooked. When cool grind to a paste. Mix in Salt, Turmeric, Coriander-Cumin, and Garam Masala Powders.

Mix in the finely chopped Shallots, minced Coriander and Mint Leaves and chopped Green Chillies. Adjust the seasoning.

Soak the Bread Slices in plain Water and squeeze all the Water out immediately. Crumble into the prepared Suran Mixture and knead in well, Shape this Mixture into small flat Patties and make 20-24 small Patties.

Dip these Patties in the prepared Milk and Corn Flour batter, roll in the Bread Crumbs and shallow fry in a non stick Frying pan till crisp and brown on both sides.

Drain on paper towels to remove excess Oil.

### Chef Satish Recommends

Serve Hot with Spicy Green Chutney and Saunthki Chutney.



## Smart City enters in New Year...Celebrations and Concerns...

Udaipur:(vilas janve) The entire world so as the Lake city Udaipur will celebrate New Year, 2019. Udaipur is my dream city. I belong to this pride city of Mewar and have special feelings for its past, present, and future.

Udaipur is not only historic, tourist and beautiful city, it has also proven the best destination for celebrations.

But it is said that everything costs so as the maintenance of this town. As a citizen of Udaipur, I have full concern for many aspects. The glory of the city should be maintained at every cost. Here, I am not talking only about infrastructural developments, but the duty of every citizen to safeguard interests of Udaipur. Yesterday entire city thronged Shilpgram to witness the annual National Art and Crafts Festival. In Monsoon and Festive occasion the rich FatehSagar fascinates everyone. FatehSagar has also been hosting various Music Festivals, Flower Shows and various events. But yesterday I saw FatehSagar in different plight.

FatehSagar is drying very fast. The water is vanishing with high and alarming speed. The consequences of the scarcity of water will be faced by all of us in the coming months.

There may be many reasons for such a situation. Heavy traffic, poor road conditions, multistorey buildings emerging fast and lack of awareness towards the environment. The green jungle is replaced by the concrete jungle. The water level is going down drastically.

What can be our objective for Healthy and Prosperous New Year is conservation (Not Kanjoosi) in all respect. Conservation of most precious sources "water" should become a habit. Cleanliness should be our way of life. Obeying Traffic rules should be in our nature.

Tourists come to Udaipur to experience the rich heritage, culture, scenic beauty, and healthy atmosphere. Tourists not only generate revenue for us but also appreciate our hospitality...The coming year, we Udaipurites should promise to be a true lover of our heritage city and keep the glory of our beloved

Udaipur up and high in the world. It is everyone's concern as we all belong to Udaipur...

Most importantly, we are now overloaded with the irrelevant messages and colorful catchy stories which are sufficient to misguide our harmony. Our young generation is the most precious part of our society and on no cost, this most important segment of society succumbs to such nonsense posts...Love You all Udaipurasis.. Wishing the delightful year 2019 ..... Culturally yours...

## Four-day resident Kudo training camp starts

Udaipur: State-level 4-day residential training camp of Kudo (Mix Martial Art) under the auspices of Udaipur Kudo headquarters Rajasthan, with more than 250 Kudo boys and girls taking an oath of playing spirit, love and discipline, at the Central Public School in New Bhopalpura on Saturday. Has Started.

Kudu Rajasthan President and Chief Instructor RenshiRajkumarMenaria said that the players from 12 districts including Udaipur, Jodhpur, Sirohi, Bikaner, Rajsamand, Alwar, Bhiwadi, Barmer, Chittorgarh, Banswara, Dungarpur, Dholpur are participating in this camp.

Alka Sharma, the chief guest of the inaugural ceremony, said that with the journey of martial arts for the last 30 years has been closely associated. In which it found that disciplinary awareness has come in children. All this can be possible only because of a guru. The Kudo players of Udaipur have got a master like RajkumarMenaria, who is proud of all the players.

A special guest judge Mahendra Dave said that I am surprised to see the miraculous results of martial arts. He challenged all the parents to train their children to martial arts so that the nation can be made a strong and young nation.

On this occasion, international coach of Tsuyoshi Gage, an international trainer who trained many players of M.A.A. Records and UFC (Famous MMA Fighting Championships), gave training to players at the beginning of the Brazilian Jujitsu.

RajkumarMenaria said that on Sunday Sunder JeevdharaJhandpur Ashram will give special training to yoga and meditation sessions from the founder and Sadguru cou-

## Udaipur News@Rh

ple SwamiAnandMaitreya and mother-spirit children of Haryana. In the afternoon and evening, Menaria, Soros Gagei, and VipashMenariaKudo will offer advance and special training of martial arts.

In the camp, judo, jujitsu, the boxing, Babelian jujitsu, oakini-van jujitsu, karate, Kobudo, jitcuta, western wrestling, gaping etc. will be given initial and high-level training of martial arts. From that to Kudo MMA, Team India can be dominated by the team in the world.

In the state level championship, more than 150 medals in the junior category will be more than 150 in the weight categories. The 16-member referee panel will judge this to make the camp internationally. The championship under the leadership of technical director of Sushi MehuVora of Mumbai and A grade national referee RajkumarMenaria will prepare fighters for the upcoming national and international competition.

All guests, coaches and managers present at the inaugural ceremony were welcomed by the overwhelming response. In the end, thanks to the Rajasthan Kudo secretary PritamSen, thank you.

## Message of environmental protection as well as saving nature

Udaipur: With the help of the district administration on the sidelines of world famous Fathasagar lake, message of environmental protection is being given to save nature through flower exhibition organized by theUIT. In view of the exhibition on Saturday, the visitors of the country and the foreign tourists were seen to see the exhibition.

UIT Secretary UjjwalRathod said that the attractive decoration made by various government departments, industrial institutions, and nurseries with colorful flowers of indigenous and exotic species is attracting the common man to nature's natural beauty. In addition, through the various stalls in the exhibition, the message of environmental protection and the importance of flowers are being told about their utility.

During the observation of the exhibition, various viewers are seen photographing their young children with memories of these flowers. While the city is very excited about the exhibition, the exhibition is also affecting tourists coming from the country and abroad. Everyone is feeling overwhelmed by the beauty of these flowers, while photography is also visible in different places.

Ireland's Catherine & Peter praised

On Saturday afternoon, to reach Fathasagar's palace, the Irish couple of Ireland's Dublin city was overwhelmed by the visit of foreign couple Catherine and Peter Exhibition. He lauded the exhibition from words like free, fantasy, great design, beauty and colorful.

Luring flower potts UIT Secretary ShriRathod said that during the exhibition

flower potts (flavors) decorated with fragrant and beautiful flowers on various stalls are appealing to the audience more and more. Also, Flower Potts, both furnished in the middle of the exhibition site, are also decorating the exhibition.

## Successful operation of Unicampartennial Knee Implant

Udaipur: In the Pacific Medical College and Hospital, a successful operation was performed by transplanting Unicampartennial Knee Implant

knee in the knee affected by arthritis. The operation lasted for almost two hours by the team of Dr. N.J.Jetaji, Dr. Vinod Kumar, Dr. Vijay Chahar, Dr. K.C.Jangid, Dr. KishanChaudhary and Subhash Sharma.

In fact, 55-year-old Rameshwarvi Devi, a resident of Gangapur, was suffering from knee pain for the past two years. Because of which she had to face a lot of trouble in running it. The family showed her at many places but got no benefit. Rameshwarvi Devi was shown to orthopaedic surgeonDr NJ Jataji in the PMCH, and after hearing it he was of view that, half of the knee's knee was affected by arthritis, which was possible only by operation.

Dr.Jetaji said that due to small incision and blood-born surgery, this patient could soon be able to walk normally due to complete knee implantation (UKR) in the Unicampartennial Knee Implant

knee implant At the same time, its cost is also much lower than the complete knee implant. If the patient does this type of operation in Ahmedabad or Mumbai, it costs at least Rs5 lakhs, whereas in PMCH it is only in one lakh to 1.2lakhs.

In this operation the artificial knee of a particular type of design (Oxford) has been used in patient. In the operation of a special type of design and very small incision, the pain is very low in the patient and the dispute can be completely removed immediately after the knee operation, and the patient can easily sit and beat easily.

## Donated hair for cancer victims

Udaipur: On behalf of Udaipur LackCity Ladies Circle, Deepanshi Chittodara donated her hair for cancer patients.

Circle chairperson ShabnamTobwala said that DeepanshiChittoda was injured in an accident a year ago, due to which 26 stitches had come on his head.

From this, he realized that the pain of losing hair is so much. Therefore, he donated his 14-inch hair today to the cancer victims under the auspices of Udaipur Lake city Lady's Circle. These will be given to women suffering from cancer on behalf of the Child Circle to make a wig.

Prostate cancer cured by chemotherapy Udaipur. The disabled, who was unable to walk due to prostate cancer, was treated with chemotherapy in GBH Memorial Cancer Hospital. Now he has started walking on itself and cancer has also been largely exhausted.

University road residentChogalal was unable to walk due to prostate cancer a year and a half ago. Due to the fourth stage of cancer, he was denied treatment all over the place. Group director Dr.AnandJha said that the patient Chogalal was shown to Dr. Manoj U Mahajan, a medical surgeon at GBH At this time the patient was unable to walk and was forced to do his daily work on the bed. Following various investigations, Dr. Manoj Mahajan prepared his treatment and started treatment. The patient was given a dose of chemotherapy on treatment for nearly one year. The patient has now started walking without resorting to himself. Their cancer is also under considerable control.

जीवोत्थान जन्म-राशि-फलानुमान -दिनांक -01जनवरी 2019 से 31/12/2019नोट -यहाँ 25-5 को 25 मई तथा 1-1 को एक जनवरी जाने.आगे-पीछे.यानि दिनांक-माहहैं												
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[ कृपया विशेषार्थ स्व-जन्म-पत्रिका से निर्णय लेवें ] -यहाँ 1-1 से एक जनवरी से, यानि आगे वाला अंक माह की दिनांक व द्दितोप अंक अंजो जी माह को बताता है ।मादयेद महर्षि जीवोत्थान .09413287085												