

## **Taste of India from Namaaste Kitchen and Salaam Namaste**

Camden's Namaaste Kitchen and Bloomsbury's Salaam Namaste, the award winning Indian restaurants from Chef Patron Sabbir Karim, have created menus to run throughout 2015 focusing on different regions of India.

Beginning in March and focusing on the North West region of Punjab, the menu's will continue throughout April and May moving and will look at the cuisine of the Western Coastal region of Gujarat. An area famous for its vegetarian dishes, Gujarat is considered to be one of the healthiest cuisines in India.

The Gujarat menus for Salaam Namaste and Namaaste Kitchen will stay true to the regions reputation, starting off with a choice of three vegetarian starters including the chilli paneer (£5.50), the Mogo chilli chips (£4.95) the Khaman Dhokla Simla Mirch (£5.95) which is and a green pepper filled with Dhokla savory sponge. The main courses feature Fansi Ma Dhokli Nu Shaak, spiced dumplings simmered in curry (£11.95), Lilotri Shak, an aubergine dish cooked with broad beans, peas and potatoes (£10.95) and the Undhiyu, a traditional mixed vegetable casserole (£10.95)

2015 is really set to be an exciting year for Namaaste Kitchen and Salaam Namaste with four more regional menus lined up.

Rajasthani in June & July

Goa in August & September

Kerala in October & November

For more information about Namaaste Kitchen: <http://namaastekitchenonline.co.uk/>

### **Press Enquiries**

Namaaste Kitchen – 64 Parkway, Camden Town London, NW1 7AH

<http://www.namaastekitchen.co.uk/>

Salaam Namaste – 68 Millman Street, Bloomsbury, London, WC1N 3EF

<http://www.salaam-namaste.co.uk/>

For press enquiries and further information on Namaaste Kitchen or Salaam Namaste please contact Mark Teale at Me:Mo Interactive – [mark@memointeractive.com](mailto:mark@memointeractive.com) – @memointeractive

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## *Discover the taste of Gujarati Food Festival*



### ***Salaam Namaste Bloomsbury & Namaaste Kitchen***

This April & May, two of London's finest & award winning Restaurants- Salaam Namaste & Namaaste Kitchen bring to all food lovers a unique & varied taste of Gujarati food as they trail along their 2015 year long Indian Regional Food Festival introducing a true taste of Cosmopolitan India on a platter with the expertise of Asian & Oriental Innovative Chef Of The Year Sabbir Karim, a passionate & enthusiast foodie himself and a maestro in Cuisine.

Gujarat- with a coastline of 1,600km is believed to be the world's first Ports.

Famous Indian leaders like Mahatma Gandhi who led the Indian Independent movement against the British Colonial Rule were from Gujarat & Sardar Vallabhai Patel, Independent India's first deputy Prime Minister was also from Gujarat.

The Sultanate of Gujarat remained Independent until 1576, when the Mughal Emperor Akbar the Great conquered it and annexed it to the Mughal Empire. The Port of Surat became a prominent part of the Mughal Rule until the Marathas occupied Gujarat in the early 18th Century.

Gujarati's are usually conservative Hindus or Orthodox Muslims living in a society that rigidly follows traditions & social orders.

Comprising of several ethnic groups & tribes, including the nomadic Ahirs, shepherd community of Garasia Jats, craftsmen of the Meghwal tribe & the vibrant colourful Rabadis who trace their roots from Afghanistan & Sind.



Though Gujarat has absorbed many outside influences to their cuisine down the ages, Gujarati food is primarily vegetarian & many dishes are distinctively sweet, salty & spicy at the same time- 70 percent of the population is Hindu; there are also significant minorities of Muslims & Christians who have set in their love for meat & fish.

Sweet Salty & spicy  
Gujarat Welcomes You!


## Discover the taste of Gujarati Food Festival



### STARTERS

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| <b>KHAMAN DHOKLA SIMLA MIRCH V</b>   | 5.95 |
| <i>GREEN PEPPER FILLED WITH DHOKLA SAVOURY SPONGE.</i>   |      |
|  <b>MOGO CHILLI CHIPS V</b> | 4.95 |
| <i>FRIED CASSAVA CHIPS SAUTÉED IN A SPICING PERE PERI CHILLI SAUCE</i>                                       |      |
|  <b>CHILLI PANEER V</b>     | 5.50 |
| <i>COTTAGE CHEESES CUBES IN CAPSICUM SAUTÉED IN MEDLY OF SAUCE</i>   |      |

### MAIN

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|---|-------|
| <b>FANSI MA DHOKLI NU SHAAK V</b>   | 10.95 |
| <i>SPICED WHOLE WHEAT DUMPLINGS SIMMERED IN A LIVELY CURRY MADE WITH TUVAR DAL, GARLIC, PEANUTS, KOKUM AND TURMERIC</i>   |       |
| <b>LILOTRI SHAK V</b>   | 10.95 |
| <i>SLOW COOKED AUBERGINES, BROAD BEANS, GREEN BEANS, PEAS AND POTATOES WITH SUBTLE SPICES</i>   |       |
|  <b>SEV TAMETA NU SHAAK V</b>  | 10.95 |
| <i>A POPULAR GUJARATI STYLE SWEET AND SOUR GREEN TOMATO CURRY PREPARED WITH SEV, ONION AND SPICES.</i>  |       |
| <b>UNDHIYU V</b>  | 10.95 |
| <i>A MIXED VEGETABLE CASSEROLE SOUTH GUJARAT COASTLINE DURING THE WINTER SEASON, INCLUDING (AMONGST OTHERS) GREEN BEANS, UNRIPE BANANA, MUTHIA, AND PURPLE YAM.</i> |       |
|  <b>GUJARATI LAMB AND DUMPLING STEW</b>  | 12.95 |
| <i>DICED LAMB, LIGHT AND SOFT DUMPLINGS, CHUNKS OF SWEET POTATO MEDIUM SPICES WITH A TOUCH OF SWEETNESS</i>   |       |

### RICE

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| <b>BARDOLI-KI-KHICHDI V</b>  | 4.95 |
| <i>A FRAGRANT RICE PREPARATION ALONG WITH DAL, SPICES, PEAS, POTATOES AND RAW MANGOES. THIS IS A GUJARATI DELIGHT THAT ONE SHOULDN'T MISS!</i> |      |

### BREADS

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| <b>THEPALA - METHI PARATHA</b> | 2.95 |
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