EPISODE 3:

Priya: Hello and welcome to the Will Fly For Food where I Priya Jani being the host will entertain you as we are going to talk about the different well-diverse cuisines and local popular food of the different cities of our own country- India! There will be different weird histories of the places and the dishes. So if you are an all-time foodie and a traveler, this podcast is made for you. You have been warned!

\*tune\*

Priya: For today, we’ll talk about Goa and then Kolkata. Let’s get into it!

\*Tune\*

Priya: Our guest we have for today is Khushit Sheth.

Priya: Hi khusith how r u???

Khusith- hey …well I’m gr8 and completely excited to share my experiences.

Priya – okay so..first of all ...welcome to the 3rd episode of “ Will Fly For Food “ today we will know about Goa and Kolkata’s best dishes and some delicious desserts and food which is famous all over the world. There are so many restaurants but in Goa seafood is best and famous and non-veg lovers will get so many dishes for which they travel to Goa. Am I right khushit?

Khushit - Yes you are absolutely right. Seafood is most popular in Goa and in that the varieties describe the craze of seafood in Goa.

Priya - So, can you tell me about the varieties of seafood?

Khushit - Yeah sure. The varieties in seafood and famous dishes are Goan fish curry, Cafreal, Xacuti, Goan Sausages, Fish Thali and Bebinca. But most of the people prefer for Goan fish curry, Goan Sausages and Bebinca.

Priya –gr8 gr8 can you tell me how it is made and what ingredients are included in Goan Fish Curry, Goan Sausages and Bebinca?

Khushit - Yeah sure. Goan Fish Curry is a coconut dish flavoured with red chillies and fresh fish or prawns usually served with fluffy rice Goan Sausages is chorizo pork sausages with Goan spices and Bebinca is traditional and rich food of Goa which is layered cake made from coconut milk, sugar and egg yolks.

Priya - It would be delicious. I am thinking that I Should rush to Goa Tomorrow. As You know I am an all time foodie and I love to travel for food but I am south indian so i need some south indian traditional food. So can I get south indian food at Goa?

Khushit - Yes you will get south indian food but in Goa one of the south indian food is famous and it is Vada fritters and with Vada they serve special coconut chutney which is famous in Goa. you should try this one whenever you visit Goa.

Priya –whoa Vada and chutney… I can’t control ! I have to rush to Goa, I think. What lovely dishes you have told me and I am going to try this all dishes and experience will be best for me. I have heard that Goa is famous for many other things like dry fruits and some drinks.

Khushit - Yes you are right. Goa is famous for cashew nuts and cashew drink and kingfisher beer, one of the most preferred drinks is port wine and sula wine.

Priya - oo maa god turu lob ! you know I am a foodie lover and by listening to this I am definitely going to love this. But I don't know where this famous food is available in Goa. Can you tell some names of restaurants so it will be easy for me to rush to Goa?

Khushit - The famous restaurants in Goa are Spice Goa for amazing seafood and Mackerel Tikkle. Copper leaf for besh fish curry. The fisherman’s wharf has the best seafood and everyone loves this restaurant because of live music and for lobster Recheado masala and white pomfret fry and many more things.

Priya - Oh god!! there are so many varieties. It will be the best experience to try this seafood and famous drinks in Goa. I also love sweets, desserts and curd so let me know where I will find best sweets and curd and many more food items.

Khushit - So let’s go to Kolkata as all know kolkata is famous for mouth watering desserts and sweets you will find here best taste of desserts and sweets.

Priya - So, before we dig into the famous foods of Kolkata…I have heard that Kolkata is very well-known for the sweet dishes…so can you tell me the names of desserts and sweets and famous dishes of kolkata?

Khushit - Yes, the names are Macher jhol, Mishti Doi, Kosha Manghso, Alur torkari, Luchi, Shukto, chamcham and Rosogulla.

Priya - Wow, what delicious desserts would be there and to speak the name of these dishes …the people or the begalis speak in a beautiful way ….. and u know what …one of my favourite sweet is Rasgulla but in Kolkata it is known as Rosogulla. And its pretty amazing to speak a dish name in a traditional language.

Khushit - Yes kolkata is famous for desserts and sweets and you should try this.

Priya - Yeah sure i will try but can you tell a bit more about how these famous dishes are made and what makes these dishes so special?

Khushit - You are going to love these dishes. One of the curry dishes is Macher jhol is fried or curried and usually paired with rice and it is a traditional, spicy curry which includes fish, potatoes and tomatoes. As you said you love desserts. Now I will tell you about Mishti Doi which includes fermented sweet yogurt and you can buy from Kolkata's sweet shops.

Priya - I think I will love this Mishti Doi as it will be an exciting foodie tour in Kolkata. Can you tell more about Mishti Doi and at which place I will find all these yummy dishes?

Khushit - you will find Mishti Doi at Putiram sweets, College Street,Jugal’s, Rashbehari Avenue, Amrit sweets, Fariapukur and etc. are the best places to eat Mishti Doi.

Priya –amazing! I have noted down in my book… Can I get carb treats in kolkata?

Khushit - Yes Luchi is the best carb treat in kolkata and it is made from maida flour-refined and bleached flour-luchis are fried in oil or ghee until they are crisp and one can eat with Alur torkari for complete bengali snack.

Priya –okayyyy but ummm… I think you forgot to tell me about Rasgulla oh sorry sorry rosogulla and chamcham.. I want to know about it….

Khushit - Yes, Because I was visualizing all the dishes and telling you. Rasgulla consists of balls of cottage cheese and semolina dough dipped in a sugary syrup. Cham cham is a Bengali sweet made by curdling milk and then shaping the coagulated solids to cylindrical shape pieces. These are cooked in sugar syrup similar to rasgullas to get a soft, spongy and light texture.

Priya - oh God ! I will try all the dishes but Rasgullas is heaven for me. That’s for sure… Such a best sweet. I have tried them before and I loved it so much but I wanna try Kolkata’s magical rosogullas …so can you tell me where basically I can get the best Rasgullas in Kolkata?

Khushit - yes you will find best rasgullas at . Hindustan Sweets, KC Das Grandson Pvt. Ltd, Annapurna and you will get at many other places and at Annapurna you will get sandesh.

Priya - like Goa …..is Kolkata having any traditional dishes or something like that?

Khushit - Pantuwa and Lady Kenny (Ledikeni) are two delicious traditional sweets which are very popular in West Bengal. It is a deep fried but very soft, reddish-brown sweet ball made of Chhana (Cottage Cheese) and dipped into sugar syrup.

Priya - Oh my god ! As I will be free during my summer vacation… I will definitely visit both Goa and kolkata and I am going to try all the dishes and I’m gonna tell you my experiences for sure.

Khushit – Yes yes do let me know how your was experience…but I’m pretty sure that you will love all the dishes and other people should also try these dishes and all will have the best experience.

Priya: thank u khushit for sharing this information on goa and Kolkata’s food. It was gr8 to have you here.

Khushit: me too, I feel the same .