



**MEAT EATERS' TREAT:** This meat platter, with condiments in front of it, is great to fulfill any meat craving.

combinations that is possibly the best mix of dishes at Spice Garden Imperial, as I found out. Their jovial company is also a bonus to any diner. The couple's astute observations of the business world at large is impressive and engaging.)

No food sampling of northern Indian cuisine can be complete without *naan* bread and its assortment of dishes.

For our *naan* meal, Batra and his wife Ashima recommended lamb in gravy, spinach with cottage cheese, butter chicken curry, mixed vegetables, and the restaurant's speciality, called *dhal makhni*. All passed with flying colours, needless to say.

Another recommendation is the restaurant's lamb speciality: the lamb *shorba*, a mixture of lamb, lamb bone (with marrow melting out of the bones) and Indian herbs and spices, cooked for 24 hours.

A cheeky smile and knowing wink accompany Batra's remark that many customers called the lamb *shorba* the "Indian Viagra".

Northern Indian cuisine is known for its delicate starters, spiced-up main courses as well as its rich desserts. *Kulfi*, the Indian ice cream, is an item not to be missed at Spice Garden Imperial. The *kulfi* here comes in mango, saffron, and pistachio flavours. The rice pudding (*phirni*) and *dhal halwa* are also ideal for any sweet tooth.

Spice Garden Imperial, which serves high-end northern Indian cuisine, doesn't serve beef or pork. It is a *halal* restaurant, and also features Middle Eastern cuisine.

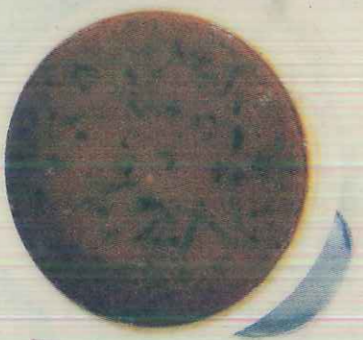
The cosy double-storey restaurant seats almost 90 diners downstairs, while upstairs it can accommodate 140 sit-down dining guests or 200 people for a buffet.

Batra's recommendation for finishing a meal at Spice Garden Imperial was to have a cup of Indian Masala tea to aid digestion. The tea does indeed help lift any feeling of "heaviness" one might have otherwise felt and, in fact, one friend commented that her alertness level was elevated after a hearty lunch at this restaurant.

■ **Spice Garden Imperial restaurant** is located at 205, Jalan Bukit Bintang, 55100 Kuala Lumpur. For more information, call 03-2142-2220 or 03-2142-2223; fax: 03-2141-2223; e-mail: [spicegarden\\_asia@yahoo.com](mailto:spicegarden_asia@yahoo.com)

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**BOWL FULL OF FLAVOUR:** This is the popular *lamb shorba*.



## Hot on health

Indian cuisine is gaining a reputation for its health benefits because of certain ingredients commonly used. Among these are the popular cardamom, turmeric, and cumin:

- Cardamom is said to be good for treating indigestion. Indians have long incorporated this spice in their masala tea.
- Turmeric, especially, thanks to its derivative curcumin, has a reputation for excellent anti-inflammatory and antioxidant properties and is believed to even help alleviate pain arising from arthritis. Some studies have claimed that turmeric has anti-cancer properties and can even prevent Alzheimer's disease.
- Cumin, like cardamom, is believed to be good for the digestive system.

**COOL DRINKS:** The irresistible mango lassi (top) and the green goodness of *jal jeera*.



**SWEET TASTE:** (clockwise, from top left) Mango lassi, saffron kulfi, dhal halwa and pistachio kulfi are not to be missed at Spice Garden Imperial restaurant.