

# MC

## LIVE

Issue 11

### IN RIGHT EARNEST

It's June...finally the rain Gods have obliged and the cloud filled dark skies are a welcome sight. Much needed rains are pouring down and we've got some respite from the relentless summer heat. The water tankers seen running all over the town can now take a break and the club, too, heaves a sigh of relief as our water woes are behind us.

Unfortunately, the rain seems to have followed the Indian cricket team to Old Blighty for its World Cup campaign. We have planned to screen a couple of matches at the A/C hall on the big screen, if the rain allows any play!



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Editor : Dr. Siddarth Shetty

April is the time for staff appraisals and salary revision, which has been done. This will ensure that they continue to be motivated and give us courteous service. Considering the ever-increasing power tariffs and the high usage in the club the committee has decided to go in for solar power panels which will not substantially reduce our power bills but will also ensure a reasonable IRR for funds deployed. Besides, in these times of climate change, every effort must be made to reduce our carbon footprint. It's indeed satisfying to see a huge turnout for our monthly housie. The buffet spread has been widely appreciated.

With the holiday season well and truly behind us it's time for the kids to be back in school. Our roving ambassadors too have returned from Turkey with wonderful memories and fascinating stories! So, get yourself over to the club- there's no better place to enjoy the spectacular sight of the monsoon!

**Ganesh Kamath**

**Hon. Secretary**



James Moss bar captured by club guest Mr. Gautam Prabhu

### THE EDITOR'S DESK

Never a dull moment this June, uncertainty is the norm, the stock indices look like a wild ECG, Global trade looks shaky with Trump's shenanigans. The weather is very inconsistent, we are yet to see steady rains at the time this copy went to print in June.

A definite cause and effect relationship between rampant growth and a deteriorating environment might be hard to prove scientifically, but looks plausible with erstwhile hill stations registering new highs on the thermometer. But we continue our merry destructive path towards greater development. The

adage 'Vinashakalam Vipareetha Budhhi' was never truer.

The world cup this year is wide open. No team is dominating the tournament and one-time minnows Bangladesh are making their presence felt with superb performances. The Indian team with many champion players in its ranks has raised its standards and is a serious contender for the cup.

This issue we have an interview with the man who introduced High street apparel to Mangalore, A beautiful Mangalorean home is displayed and a delightful evening snack is explored by the foodie.

**Dr. Siddarth Shetty**

**Editor, MC Live**

# MAJESTIC MANGLORE BUNGALOWS : BLOOMFIELD

As you cruise down Falnir Road it is hard to miss this vintage house with its manicured garden . ' Bloomfield' , the residence of Anand and Ramona Mathias ,stands testament to more than 100 years of history and the journey of four generations of the Mathias family .

The stained glass windows, sloping roof and wide portico is common to most Mangalorean houses built during that era with influences from both British and Portuguese architecture.

Bloomfield has been renovated several times to make it more liveable while maintaining its quaint look.



The Italian flooring in the main hall is as old as the house. In spite of its age and frequent use , it looks as good as new and probably has its own story to tell.

Though maintenance is high and house-help difficult to come by , living in an old abode such as this , has its own charm .

The space and greenery around have a calming effect on the soul .

One can only hope that the next generation understands the value of this legacy and continues to maintain it in all its splendour.

## EAT – CHICKEN CROQUETTES



The dish covered this month is a good evening snack, it's bound to be a hit with the kiddos. It's prepared in a jiffy, easy to put together. Once these croquettes are placed in front of you they disappear in a flash. Enough of the tasting and eating, coming to the cooking, it's basically minced chicken mixed with mashed potato and Paneer and then coated with a mixture of corn flour, fenugreek, bread crumbs and then deep fried to a golden color. The dish is then served garnished with coriander. Its goes well with Tomato Ketchup and Mayonnaise. Make sure you try this one after a dip in the pool, just to make sure you replenish the calories you burnt unknowingly.

# MEET - ANAND MATHIAS



Anand Mathias is a passionate coffee planter as well as an efficient businessman, owner of the men's branded garment stores - 'Signature' and 'Stylite'. He is the chosen MC member of the month.

The name Anand Mathias is synonymous with fashion, fun and friendship.

Anand has a remarkable ability to connect and befriend people of every age group. He's fondly called 'Moti' by his friends who claim that he's the life of every party he attends.

Anand's beautiful wife Ramona inspires him to stay youthful while

his teenage son Rahul and his 7 year old daughter Anora, keep him on his toes. 354ers

The two things that Anand enjoys are; a good laugh and a good drink, both of which are available in plenty at MC.

### Describe your SIGNATURE style.

I wear the pants in my family and always have a laugh up my sleeve.

### Overdressed or underdressed? The bigger fashion faux pas according to you.

Being overdressed ofcourse !! Especially in the case of a woman.

### In your 20 years in the garment industry, do you find it easier to dress men or women?

We gave up on the women ten years ago.

### How do you like your coffee?

Strong, steaming hot with froth on top.

### Anything can happen over coffee. Your thoughts.

From breakup to makeup, from business ideas to business deals, from meeting friends to romancing them , yes anything can happen over coffee

### If a coffee drink were to be named by you, what would you mix in it and what would it be called?

It would contain alcohol for sure! Lots of it! And I'd call it 'Topsy Beans'

### Fill in the blanks : Mangalore club is --

"My favourite hangout and hideout."

### Your favourite thing to do in MC.

To mix and mingle

### Suggest a slogan for MC club.

Mangalore Club - The last place you will like to leave

Interviewed by **Rajni Lobo Patrao**

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# IDENTITY: MANGALORE CASHEW MACAROONS

I always thought Cashew Macaroons were available only in Mangalore. A number of bakeries run mostly by Mangalorean Catholic families made them. These bakeries sported family names of their owners like Vas Bakery and Pinto's Bakery. A common delicacy displayed in the iconic glass jars were macaroons. As a kid I used to love these treats.

A recent trip to Chennai led me on the macaroon trail to understand its entry and transformation in India. My host presented me with a packet of macaroons and on it was marked 'Thoothukudi Macaroons'. Legend has it that a Portuguese sailor who came to Thoothukudi used local labour for baking these macaroons, and later improvised them to the present form. You got to taste "our macaroons" he added. Not to hurt his sentiments, I refrained from telling him that the Mangalore macaroons were super crunchy and light in comparison to their distant cousins of Thoothukudi.

Back in Mangalore I made a call to my friend and well-wisher, M. R. Prabhu, a doyen in the field of baking and owner of City Bakery, which makes some of the finest cashew macaroons I have tasted. An interesting discussion ensued and short of giving me the secret recipe, Mr. Prabhu explained to me that Macaroons are leavened by egg whites and an equal amount of sugar and cashew nuts. No flour is used. Apart from that, a dash of the purest vanilla essence and the finest cardamom goes into the making of the delicate little things that yield in the mouth and dissolve in a burst of crunchy yet sticky sugariness.

History has it that in the year 827 Arab troops from Tunisia landed in Sicily, establishing a Muslim Emirate that brought with them a rich repertoire of nut-based sweets from the medieval Muslim world. "Faludhaj" which is the first name of Macaroon finds a mention in the 13th-century translation of Baghdad cookbook **Kitāb al-Tabīkh - The Book of Dishes** by Charles Perry. If you are a culinary aficionado this book is now available on Amazon. In the year 1533, monks from an Italian monastery who had the expertise of baking macaroons

came to France and joined as the pastry chefs of King Henry II. Later two Benedictine nuns, Sister Marguerite and Sister Marie-Elisabeth, came to Nancy, a town in north eastern France seeking asylum during the French Revolution. The two women paid for their housing by baking and selling macaroon cookies and thus became known as the "Macaroon sisters." Italian Jews later adopted the cookie because it has no flour or leavening agents and can be eaten during the eight day observation of Passover.

Like all things that the Indian sub-continent has touched, the macaroon too has not been left behind. The history of Goan Bakers dates back to the 1550s. In the book **Cozinha De Goa: History and Tradition of Goan Food**, author Fatima da Silva

notes that the Jesuits taught bread-making skills to local villagers. It can be safely deduced that the Mangalorean Catholics who migrated from Goa along with their cousins from the Saraswat Brahmin Communities, carried with them the craft of making bread and macaroons. In the last two decades many family-run bakeries have shut down owing to disinterest among the younger generations. Migrants from neighbouring states are taking over this traditional business. Local bakers need to be sustained. Their history can be used as a traction for their marketing efforts. The Western world has perfected this art long since. The label of Jack Daniel's Tennessee Whiskey states that it is made using a unique mellowing process perfected by Mr. Jack Daniel in 1886. I am sure the bakers from Mangalore can trace their history for over a century.



Many cities in India take pride in having their own distinct sweets-Agra Ka Petha made from white pumpkin is a must buy when you visit the Taj Mahal; the Mysore Pak which was first introduced in the Royal kitchen of the Maharajas of Mysore is world famous. The Dharward Peda has earned a geographical tag. It is time we give Mangalore Cashew Macaroon its rightful place under the sun.

**-Isaac Vas**