TASTER

DISCOVER THE VERY LATEST FLAVOURS FROM GOURMET COOKING FROM AROUND THE WORLD



FLAVOUR FOCUS OF THE MONTH: SLURP 'N' SIP DELICIOUS SOUPS

One of the joys of hard work is the sense of achievement but as many of us know, this success is usually accompanied by acidity and other digestive ailments because of delayed or skipped meals and plenty of caffeine and junk food. We get so engrossed in work that it's easier to just eat more later and ignore those pesky mid meal hunger pangs. Now imagine if you could have freshly made, steaming hot, tasty food right there at your desk with minimal effort?

If you would like to make the shift to a healthier way of eating, then soup is the way to go. Essentially comfort in a bowl with the goodness of meat, vegetables and spices, it can be drunk simply or elevated into a more filling meal when accompanied by buttered toast, with boiled macaroni or a salad. It is also versatile in flavour with thin broths like tomato simply tempered with mustard and curry leaf or chunky, pesto laced minestrone or perhaps an Oriental noodle

soup with a drizzle of sesame oil or a spicy, coconut milk enriched seafood broth.

Each mug or bowlful is the perfect playground for flavours and textures, open to endless possibilities, so one can never really get bored while satiating mid-day hunger. Take your pick from Keya, Continental or Batchelor's soups that are a breeze to make, now at amazing offers from any of our stores.







SHELFWATCH WE ARE CONSTANTLY ADDING NEW & INTERESTING THINGS TO OUR SHELVES. HERE'S A TASTER OF SOME OF OUR FAVOURITES



FLAHAVAN'S OATS

An Irish milling company since the late 18th century, Flahavan's is today Ireland's preferred choice of oats for breakfast porridge, be it instant, ready to cook or coarser steel cut oats. Perfect for breakfast options like sweet and savoury porridges, bread loaves, muffins or desserts like cookies and cakes.



ARTISANA ORGANIC COCONUT/ **ALMOND/ WALNUTS BUTTER**

An excellent addition to vegan and organic diets, Artisana produces a range of nut butters that are handmade in small batches without any artificial preservatives using only the best nuts from California. Choose from almond, walnut or coconut butter to add a creamy texture and nutty flavour to sandwiches, salad dressings, cookies and other baked treats.



EL OLIVO BLACK QUINOA

An unusual, rare type of the popular grain, black quinoa is a stunning ingredient to cook with. Higher in its nutritional values than its plain alternative, this guinoa takes a bit longer to cook. It works well to add a visual attraction, bulk and goodness to colourful salads or stir-fries, as a crunchy topping to plain cream soups or in savoury porridges.



MADE WITH 100% EXTRA VIRGIN OLIVE OIL

The Desi Nature range of pickles combines the nutritional goodness of extra virgin olive oil with the best of India's culinary tradition. With the same lip-smacking flavour as grandma, enjoy the tang of mango, lime, green chili or garlic in a pickle made using 100% extra virgin olive oil.

MASON & CO. **CHOCOLATES**

Mason & Co. is one of the select few chocolatiers in India making premium quality, organic chocolate bars straight from organic cocoa beans grown in India. This passion and dedication is reflected in each of their products; whether the 65% espresso bar or the cocoa nibs, tisane and cocoa powder. Pick up the gift pack for the true connoisseur of fine chocolate.



INCREDIBLE INGREDIENTS FROM OUR TEST KITCHEN

INGREDIENTS THAT PASS OUR PERSONAL TEST FOR FLAVOUR AND THE THINGS WE COOK UP WITH THEM ...

OLEA EUROPAEA WHITE TRUFFLE OIL

Considered to be a rare variant, white truffles are prized for their elusive, haunting aroma and flavour. Infused into high quality oil, Olea Europaea's truffle oil is an indulgent, luxurious addition to dishes like grilled asparagus, scrambled eggs, roasted potatoes or in salad dressings or over simply prepared seafood dish of scallops or shrimp.



NATURE'S BASKET RECOMMENDS

GOURMET PICK FROM OUR CONSULTANT EDITOR



The rambutan is an interesting fruit; both in its brilliant red spiky exterior and refreshing, juicy flesh. Native to the Malay-Indonesian region and grown all over the South East parts of Asia, it is wonderful when eaten by itself or added into Thai salads with fish sauce and bright red chilies for a balanced flavour or cooked into jam or add into iced teas, martinis for an interesting flavour.



AUTHENTICWORLD FOOD

WE SHOWCASE SOME OF THE BEST CHEESE, MEATS AND WINES FROM AROUND THE WORLD AT NATURE'S BASKET.



CHEESE OF THE MONTH COLLIER'S POWERFUL WELSH CHEDDAR

Collier's Powerful Welsh Cheddar is a uniquely powerful cheese with a fine balance of savoury and sweet. It has a distinct texture, open, slightly crumbly, yet smooth and creamy in the mouth. It is carefully matured for up to 20 months making it a great addition to a sophisticated cheese board. Pair it with thin slices of pear on a cracker, or grate into scones.

BEVERAGE OF THE MONTH BEAUJOLAIS-VILLAGES BY JOSEPH DROUHIN 2013

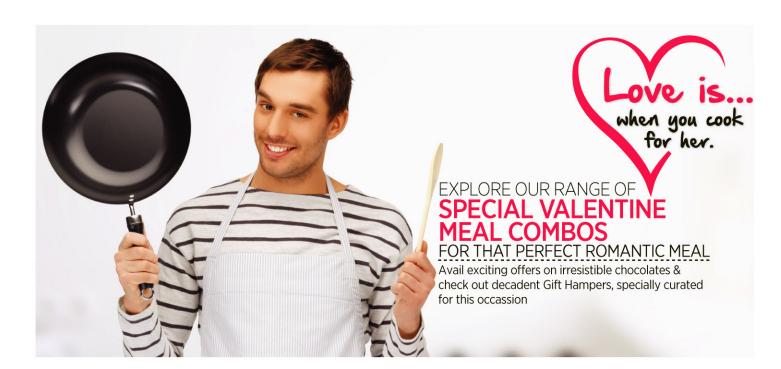
A celebrated name among the many Beaujolais wines, this dark red wine by Maison Joseph Drouhin is made entirely out of hand-harvested Gamay grapes. It has a lovely raspberry colour and a brilliant hue. The nose is both refined and intense, with notes of violet, peony and red fruit syrup. It feels fresh and silky on the palate. Serve this wine as you would a white wine, slightly chilled that brings out its bright acidity. This acidity makes the wine a natural for all sorts of food pairing, from yummy cheese to cured meat to seafood and poultry.

MEAT OF THE MONTH BAUWENS BARBECUE SHOULDER HAM

Bauwens BBQ Shoulder Ham, a premium product made from the shoulder that has been cured with a delicious BBQ flavour. It is well layered with fat and so a great choice for braising in stock. After braising, shred the meat and use in pulled pork sandwiches or make carnitas for tacos. Or try slow roasting it for a tender meat that falls apart easily yet has a crisp crackling on the top. Since it favours slow cooking, it can also be cooked in Oriental style broths or made into a flavourful curry.







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