



**NATURE'S BASKET**  
WORLD FOOD STORE

JUL  
AUG,  
2015

# TASTER

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

**FLAVOUR FOCUS  
OF THE MONTH:**

# VIVA ITALIA!



The world over Italian food is instantly recognized and loved for its simple yet bold flavours. The taste and fragrances of Italian ingredients are distinct and unmistakable; the aroma of garlic sautéing in hot olive oil, the colour and texture of freshly pounded pesto, the simple beauty in a plate of freshly cooked al dente spaghetti aglio olio pepperoncino. It only takes a few ingredients, carefully treated to put together a hearty, satisfying lunch when the craving for an authentic Italian meal strikes. Which is why it can be joyous to open the kitchen cabinets and find just the ingredients required.

At the heart of Italian cooking is olive oil. If you want to maintain an Italian kitchen, you simply cannot do without olive oil. Typically it is best to have three kinds of olive oils on hand: a reasonably priced 'bulk' extra virgin olive oil for everyday cooking, a fine quality olive oil for use in salads and drizzling on finished dishes, and a large container of 'light' olive oil for deep and shallow frying.

For the Italians, where there is olio, there must be aglio, garlic. A fundamental flavor in Italian cooking, especially southern Italian cooking, it interacts very well with basic Italian ingredients like tomatoes and basil. It is usually used by

slightly crushing a clove or two to release its juices and then gently sautéing it in olive oil to flavor it.

Into a cooking pot of hot olive oil, add the aromatics to make a soffritto, the essential base for most Italian savory dishes. The most typical soffritto is a mixture of finely chopped onion, carrot and celery—the 'Holy Trinity' of Italian cooking—to which are sometimes added parsley, garlic and/or pancetta. The use of soffritto is one of the hallmarks of Italian cooking, and one of the little 'secrets' that make it so delicious. Parsley is a common ingredient in the ubiquitous soffritto, as noted above, and is used to top off dishes, especially garlic and oil based pasta dishes. Besides parsley, the classic Italian fresh herbs include rosemary -used in roasts—which adds a strong but pleasant 'piney' flavor, and sage, which lends a more subtle savour to many dishes, especially ones with sauces. All herbs should be used with discretion choosing fresh herbs whenever possible. They make a world of difference. The one exception is oregano, whose flavor is improved by drying.

Crucial to any Italian pantry is vinegar. Italians principally use both red and white wine vinegars. Red wine vinegar has a most assertive

flavor than white wine vinegar. Balsamic vinegar is tangy and sweetish vinegar and is reserved for special occasions, but it adds terrific aroma to fresh summer salads. It is also reduced into a sauce to drizzle over meat dishes.

Italian food is often rich in umami; a haunting savoury flavour that comes from the use of porcini mushrooms, hard cheese like Parmesan, cold cuts like prosciutto or condiments like olives or capers to name a few. These ingredients keep well for longer periods of time making them a wise culinary investment. Moreover, when assembled on a wooden board with crusty bread or fruit like figs or grapes, they work together as a rustic yet tasteful antipasti platter.

**Godrej Nature's Basket celebrates this ancient yet ever popular cuisine till the 10th of August, with many cool offers, discounts, tips, recipes and cooking demonstrations.**

**Be sure to join in this Italian fiesta spread out at every outlet across the country.  
Buon Appetito!**



CHECK OUT  
OUR RANGE OF  
GREAT GIFTING  
OPTIONS



**NEW  
STORES**

**NOW OPEN**

**J P NAGAR, BENGALURU**

No. 42, 100 Ft. Road, J P Nagar 4th Phase,  
Beside HDFC Bank, Opp Mandovi Motors,  
Bengaluru. Ph: +91 80 26583401/2

**NOW BIGGER & BETTER  
CHURCHGATE, MUMBAI**

Shop No.26, Khetan Bhavan,  
198 Jamshedji Tata Road, Churchgate,  
Mumbai. Ph: +91 22 22045201/4



## SHELFWATCH

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



### OLEA EUROPAEA SAUCES

*(Wild Rocket Pesto, Tomato-Pecorino Sauce, Sun-dried Tomato-Garlic Pesto)*

Experience the flavours of Italian cuisine in your meals brought to you by Olea Europaea. Made from premium ingredients that replicate an authentic, home-style experience, these sauces also make for a great gourmet gift. They are vegetarian, gluten-free without any artificial flavourings or colourings. Toss warm, cooked penne with the more-ish tomato-pecorino sauce for a quick meal or smear crusty bread with the slightly bitter wild rocket pesto and top with thin shavings of salami. Spoon dollops of the spicy sun-dried tomatoes & garlic pesto over soups or serve as a dip with breadsticks.



### SUNGOLD KIWI

Slice into the sunny golden sweetness of Zespri's Sungold Kiwi; a hybrid of the green kiwi. With a smooth, hairless skin, fewer seeds and mellow sweetness, this fruit is quickly becoming the go-to fruit for easy snacking options. Create a pattern of thickly sliced green and gold kiwi over a cream pie or chop and add to a spicy-sour salsa with roast meats or blitz with coconut milk for a refreshing drink.



### L'EXCLUSIF DESI NATURE CANDIES

*(Amla Candy & Murabba, Bael Candy & Murabba)*

Relive your childhood with our L'Exclusif range of candies that highlight amla (Indian gooseberry) and bael (Wood apple); beloved treats that are sure to bring on nostalgia for the good old days. Try the candied amla or bael for a quick rush of energy or to appease a sugar craving with healthier options.

### L'EXCLUSIF PREMIUM COOKIES

*(Cranberry-Oats, Honey-Oats, Dark Choco Chips)*

Crumbly, nutty oat cookies studded with cranberries or lightly sweetened with honey or semi-soft roundels with chocolate-y goodness. Take your pick from three of our newest offerings in our L'Exclusif label; premium products made with the finest ingredients to pamper and indulge in.



### HEALTHY ALTERNATIVES TEA

*(Slimming, Detox, De-Stress, Digestive, Immunity)*

Let your daily evening cuppa boost your health even as you relax over your tea. Nature's Basket is excited to introduce a new range of teas curated using natural herbs and spices aimed at improving specific functions. If work has been taking a toll on you, sip on the Healthy Alternatives De-Stressing tea; a blend of green tea, chamomile and lemongrass. Or try the zesty Immunity tea that protects with its blend of green tea with mint, basil and cinnamon.



## INCREDIBLE INGREDIENTS FROM OUR TEST KITCHEN

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

### SPRIG SMOKED PAPRIKA

Paprika is the ground bright red powder from sweet and hot dried peppers. Spanish paprika, also called pimenton is made from peppers that have been slowly smoked and dried over oak fires. The process gives the peppers a rich, smoky quality. Sprig's smoked paprika has a sweet, earthy taste and an intoxicating aroma that pairs well with hummus, potatoes, tomatoes and meats.



## NATURE'S BASKET RECOMMENDS

GOURMET PICK FROM OUR CONSULTANT EDITOR

### ITALIAN LEMONS

Pick up these bright yellow, knobbly lemons imported from Italy. With a thick skin that is full of aromatic oils, these lemons have juicy pulp with very few seeds with a balanced acidity and pleasant flavour that will make any dish or dessert truly shine.





## TRY THIS! HAM & PUMPKIN RISOTTO

SPECIALLY DEVELOPED BY CELEBRITY CHEF RUSHINA M GHILDIYAL FOR GODREJ NATURE'S BASKET

### INGREDIENTS

- 1 cup arborio rice
- 5 cups stock
- 1 tablespoon olive oil
- 1 tablespoon garlic, chopped
- 1 tablespoon onion, chopped
- ½ cup ham, chopped
- 1 cup pumpkin puree
- 2 tablespoons parmesan, grated
- 1 tablespoon butter
- 2 tablespoons red wine
- 7-8 sage leaves

### METHOD

Heat olive oil. Sauté the sage and remove onto a plate. Add the onion and garlic to the pan sauté until translucent. Add the ham pieces and sauté on a high flame. Transfer onto a plate with a slotted spoon leaving as much oil as possible in the pan. Add the Arborio rice to the pot and stir fry until it's glossy and develops a nutty flavour (7-10 minutes), and becomes translucent. Stir continuously, lest it stick and burn. Return the onion-ham mix to the pot, stir in the wine, and continue stirring until it has evaporated completely. Then, stir in

a ladle of liquid (if you're using plain water, add about ¾ teaspoons of salt at this time), and while it absorbs. Add the pumpkin puree and liquid to the rice, and continue adding water or broth, a ladle at a time, stirring occasionally. About five minutes before the rice is done, check the seasoning. As soon as the rice is al dente, turn off the heat, stir in the butter, half the cheese and a little bit of ground pepper. Transfer it to the serving dish, garnish with fried sage leaves, and cover the risotto for two minutes. Serve with the remaining grated cheese.



## AUTHENTIC WORLD FOOD

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



### MEAT OF THE MONTH D'AUTORE MILANO SALAMI

The D'Autore Milano Salami is an excellent version of classic Italian charcuterie. A traditional dry cured salami with coarsely minced lean pork and bacon, it is moderately flavoured with salt and other aromats, then aged for a good 3-6 months. Makes a fine addition to a cold cut platter and pairs well with cheese. Combine with finely chopped tomatoes and basil for a bruschetta topping, stew with peppers in ragu or layer over caramelized onions and mushrooms on a slice of warm focaccia. Makes a perfect addition to sandwiches and pizza toppings.

### CHEESE OF THE MONTH PARMIGIANO REGGIANO

A beloved, widely-known cheese, the Parmigiano Reggiano is from the Parma, Bologna, Reggio-Emilia regions of Italy. It is a hard, dry cheese made from skimmed or partially skimmed cow's milk. It has a hard pale-golden rind and a straw-colored interior with a rich, sharp flavor. Their complex flavor and extremely granular texture are a result of the long aging. Nibble on the cheese as a decadent snack on its own or enjoy it with a light drizzle of honey or balsamic vinegar. Grate it as a finishing over salads, pastas, baked dishes or incorporate into baked goods like savoury muffins, rolls, quiches. Save the rinds and use it in a stock to add an umami depth of flavour.



### WINE OF THE MONTH ANTINORI CHIANTI CLASSICO PEPPOLI 2011

A winner from the famed Chianti Classico region, this red wine has been crafted from 90% Sangiovese grape and 10% Merlot and Syrah grapes. Ruby red in colour, this 2011 Peppoli, has notes of cherries against the flavours of chocolate and vanilla from the oak aging. The palate enjoys a notable support from the acidity, which maintains a pleasurable freshness and persistent flavour along with soft and sweet tannins.







GET  
**25% OFF\***  
ON ALL  
BREADS  
ON ALL FRIDAYS  
THROUGHOUT AUGUST, 2015

\*Conditions Apply. Offer is valid only in Mumbai, Delhi, Bengaluru & Hyderabad



INTRODUCING  
**THE NATURE'S BASKET  
MOBILE APP**

#ComeExplore Appiness now on the iOS App & Google Play Store

**DOWNLOAD THE APP NOW & GET ₹200 OFF\***

Use voucher code **APP200**

\*On a minimum purchase of ₹1000

RECREATE THE  
**FLAVOURS  
OF ITALY**  
WITH CELEBRITY CHEF  
**RANVEER BRAR**



Join us as **Chef Ranveer Brar** creates authentic Italian delicacies like Chocolate Risotto, Nutty Sicilian Bites & Italian Parcels to celebrate the enchanting world of Italian cuisine.

**5th AUGUST, 2015**  
GREATER KAILASH II  
NEW DELHI

**6th AUGUST, 2015**  
BANDRA  
MUMBAI

**7th AUGUST, 2015**  
KORAMANGALA  
BENGALURU

\*Please contact your nearest store to register



## MORE REWARDS FOR YOU

Nature's Basket Rewards Program members can now grab up to **200\* bonus points** by updating their profile under 'My Rewards' section at [www.naturesbasket.co.in/RewardProgram.aspx](http://www.naturesbasket.co.in/RewardProgram.aspx).

Also, review purchase history and reward points accumulated.

**MUMBAI STORES:** Warden Road: 23526775, 23545151 | Worli: 24934241 | Bandra: 26425050/1122 | Lokhandwala: 26300714/0767 | R-City Mall: 25188123/4  
Powai: 25707706/4887 | WTC: 40024006/8006 | Kandivili: 28861573/3797 | Juhu: 26117893/32259320 | Thane Hiranandani: 25861993 | Churchgate: 22045201/4  
Prabhadevi: 24339347/8 | Godrej One: 25188144/440 **DELHI / NCR STORES:** Defence Colony: 46698777 | GK-2: 41007841/2 | Vasant Vihar : 40571919/81919  
Rajouri Garden: 47551119/61119 | Model Town: 45040819/919 | Paschim Vihar: 25257423/4 | Hargobind Enclave: 42401919/50 **BENGALURU:** Indiranagar: 25207401/2  
Koramangala: 41317401/2 | Richmond Town: 22487401/2 | Whitefield Road: 9632624441/2 | Sadashivanagar: 23609401/2/3 | Kammanahalli: 25459401/2  
Sahakarnagar: 23623401/02 | Electronic City: 41141401/2 | J P Nagar: 26583401/2 **PUNE:** Aundh: 25889530/40 | Koregaon Park: 32916881/2  
**HYDERABAD:** Banjara Hills: 23355399/0029 | Jubilee Hills: 69999000

SHOP ONLINE@[naturesbasket.co.in](http://naturesbasket.co.in)

