

Indian food and culture in limelight

Someone once wrote, 'an army marches on it's stomach'. That may be true but so too does the ordinary citizen. Once again the international food booth at the Cowichan Exhibition was a great success.

When we first began selling east indian food at the exhibition, the most common question was "is it very hot? I can't eat it if it's too hot." Now it seems the people of the Cowichan Valley have developed a taste for ethnic foods, for we were happily rushed off our feet all weekend. Now the ones who choose the indian food ask, "is it good and hot? I Like it really spicy" of course indian food needn't be very hot to be delicious. It's at its best when the spices and hot pepper are perfectly balanced and tasty rather than just hot.

The fun of meeting all the people and explaining the intricacies of indian cooking far out weigh the long hours of peeling, chopping and cooking. It remains a

mystery how one can stand for two days on the hard pavement with hardly a rest and never even feel tired simply because you are enjoying the work. And it is so very gratifying to see the same familiar faces coming back each year or to have the exhibition workers and judges call out as they rush past the booth saying, "save some for me I'll be back soon."

The patrons who visited the inter cultural society's food booth this year seemed to be equally divided between the mexican, filipino and east indian foods. An added feature this year was continental style french

Indo Canadian

Joan Mayo



fries. That seemed to go with anything mexican empanadas with french fries, filipino pansit or B.Q. chicken with french fries or east indian allu cholle and french fries. The same was true with the east indian mint chutney. Everyone wanted to try it and all agreed it goes with anything.

It seems east indian food is becoming more popular at wedding receptins, staff parties and friendly get togethers. So many people asked if we will be selling at Christmas Chaos again this

year or if we plan to offer the daytime cooking classes and the evening of indian culture complete with a full course meal that proved to be such a success last fall.

Yes, we plan to do all these and more this year. There will be pecorras, samosas and chutney for sale on the Sunday of the Christmas Chaos weekend. Cooking classes begin in my home Wednesday morning, Oct. 1st at 11 a.m. What we cook will be determined by the students themselves. Meat, vegetables, lentils, yogurt dishes, chutneys and sweets.

We do plan to offer another cultural evening beginning with a curried chicken dinner with all the trimmings complete with a dessert followed by a film or fashion show and a tour of the

inside of the Sikh Temple where you may walk around and ask questions or just listen to the

commentary pertaining to the religion and culture.