

Goa through an insider's lens: Airbnb launches Goan travel guide on how to live like a local

There was a time when Goa had a peak season and an off season. Now, the state is a popular tourist destination all year through. While winters have its charm with the beaches, monsoon comes with its own romanticism. But when it comes to the question 'what to do in Goa', the answers are usually similar – eat, drink and sprawl out on the beach during the day and party at night. Though there is absolutely nothing wrong with that highly indulgent plan, there is a lot more to the state to explore and experience.



and get away from the bustle as well as where to find the right 'it' crowd. From the art connoisseurs to the gourmands, there is a Goa for everyone to discover and

From a 200-year-old beautifully restored Goan villa across 2.5 acres to a romantic retreat on a hill-top in Calangute, "the villas, mansions, and homes...are a breathtaking combination of Goan heritage and modern day amenities," said Khan in a statement. The guide will be available at Airbnb homes across the state.

Goa has seen a 19.5 per cent increase in domestic and international visitors to over 6.3 million tourists, according to Goa tourism's 2016 statistics. "Goa has fast become one of our key markets, and the exponential growth we have seen in the state is a testimony to the growing inclination of travellers to explore destinations on their own terms," said Amanpreet Bajaj, country manager, India, Airbnb, at the guide launch.

Here are some of the local Goan tid-bits recommended by the 'insiders':

Spice Markets: Joey Matthews shops for garlic and turmeric at the Mapusa spice market. The perfect gift: Everyone gets a cashews



From a cuisine that goes well beyond the pork vindaloo and prawn curry to heading out to the quaint Divar Island that's accessible only by ferry.

Offering such delicious and interesting insights into one of India's most preferred states by tourists – local and international – is the new Airbnb Goa Insider's Guide that encourages travellers to 'Live There'. The 31-page booklet has been curated by insiders and local influencers who give you the dope on what to do, what and where to eat, where to go

experience, and these guys nudge you towards discovering these hidden gems.

The insiders include celebrated artist and owner of the Museum of Goa Subodh Kerkar, legendary ad film-maker Shantanu Sheorey, model-turned-chef Joey Matthews and renowned fashion designer Wendell Rodricks, among others.

Along with these, the booklet features seven luxury homes (of the 4,000-plus Airbnb properties in the state, arguably its largest market in the country) curated by celebrity interior designer, Gauri Khan.

or feni. Wendell Rodricks suggests the traditional Kunbi Sari, worn by tribal women before the advent of the Portuguese, dyed in red and black, and women in small and large checks.

Food trail: You've done the Tito's and Britto's, now try the Chicken Cafreal at Hotel Mondova and Ross omelette in Panjim or Margao.

Art for the heart: A rather recent addition to the Goan art-scape is the Museum of Goa, a contemporary art space that showcases works with a Goan connect and young artists.

Evening gig: Artist Tanaaz de Souza suggests heading out to Arambol Beach for live jam sessions by travellers and local music lovers, while travel writer and photographer Nolan Mascarenhas suggests doing a pub crawl through St Anthony's, Cavala, Titos, Cape Town Cafe, Cohiba, Sinq and Showbar.

Jewellery faux pas to avoid

New Delhi, Oct 10: Over-accessorising, multiple hair accessories and out of trend pieces are some of the common jewellery mistakes that one should avoid, say experts.

Vikalp Bothara, Founder of online platform Jewellerkaka.com, and Siddharth Garg, Director, S2R Jewellers, list down some blunders to avoid.

* Wearing big danglers with a neckpiece having layers and multiple bracelets is a complete no. So learn to keep it simple. Avoid wearing big earrings if you are wearing a statement neckpiece.

* Don't wear multiple hair accessories. Too much stuff on your head looks messy. Your hair shouldn't be the first, second, or even third focal point. It should be your face, your ring, and your dress. Instead of using fresh flowers use artificial flowers or accessories as fresh flowers will be smelly and dry by day end.

* Don't neglect the neckline. The right



neckpiece can enhance your look for the day, and certain neckpieces highlight unique features or draw the eye upwards toward your face. Strapless and sweetheart dresses really show off your neck, shoulders, and chest, so play that up by choosing a neckpiece that falls just below the collarbone. If your dress has a high neck, you can balance and elongate the

torso with a longer neck-piece.

* A single jewellery piece makes a statement of your fashion. Refrain from wearing a heavy neckpiece with matching chandelier earrings. They're meant to be worn separately even if they came into your life as a set.

* Never wear jewellery that is too tight for comfort. No piece of jewellery that makes

your neck, arm or finger bulge out is visually pleasing, leave alone being comfortable.

* Do not continue wearing precious jewellery without touching up its polish and rhodium once in a while. Like everything else, metal too is subject to wear and tear, it will fade, get bruised, probably even chip, or have the chemical reaction to perfumes or henna.

How To Make Club Kachori With Aloo Kali Mirch ki Sabzi



New Delhi, Oct 10: While including eggs, fruits and juices is a must for breakfast, treat your loved ones with something different this festive season. Go for Club Kachoris with Aloo Kali Mirch ki Sabzi. Believe us, your loved ones would be delighted!

Ingredients
For the Club Kachori
2 cups – Plain flour
1/3 cups – Semolina flour
1/2 cup – Split black gram paste
1/2 cup – Curd
Salt to taste
For the Aloo Kali Mirch ki Sabzi
2-3 tbsp – Oil
1/2 tsp – Mustard seeds
1/2 tsp – Cumin seeds
1/2 tsp – Fenugreek seeds
1/2 tsp – Asafoetida
1 and a 1/2 cup – Boiled potatoes, mashed
1/2 tsp – Turmeric powder
Salt to taste
1/2 tsp – Cumin powder
1 tsp – Black pepper
1 tsp – Dried and crushed fenugreek leaves

Chopped coriander leaves
Method
* Take a bowl and mix all the ingredients for the kachori one by one to make a dough.
* Add some water to the dough.
* Roll it into medium sized balls and then roll out the balls into flat kachoris.
* Heat oil in a pan.
* Deep fry the flat kachoris.
* Now, in a different pan, heat some oil for the sabzi.
* Add mustard seeds, cumin seeds, fenugreek seeds and asafoetida and stir them well.
* Add the boiled potatoes to it and mix it with the ingredients.
* Next, add turmeric powder, salt, cumin powder and black pepper. Stir well.
* Add some water, if required.
* Add the fenugreek leaves and the coriander leaves. Stir it well.
* Now it is ready to be served. Keep the kachoris and the sabzi in a plate. Serve them hot.

Quick recipes to make when mom is away

New Delhi, Oct 10: When the cat is away, mice will play is not just a saying but stands true when mother takes a break from kitchen and leaves the house to other family members. That is the time one can either crib, order out or don the chefs hat and showcase ones culinary skills.

Chef Mrinmoy Acharya of Ciclo Café, Gurgaon and Chef Sanjot Keer in collaboration with VEEBA have shared easy yet interesting picks this season. Try your hand at these, when planning a get together at home or have your younger siblings to feed but mommy is away .

*** Calcutta Egg Roll**
Ingredients:
Julienne cut of cucumber 20 gm, Julienne cut carrots 15 gm, Julienne cut onion 5 gm, Julienne cut beetroot 5 gm, Green chilli 1 tsp, Coriander leaves 1 tsp, Lemon juice 1/2 tsp, Roasted peanut 1 tsp, Tomato ketchup 1 tbs, Kasundi 1 tsp, Egg 2, Flour roti 1, Olive oil 1 tbs, Salt to taste
Method: Preheat the pan, put oil in the pan, let the oil get little warm, put eggs wait for 30 to 40 seconds, and then put flour tor-

tilla, cook the tortilla both sides for 1 minute and remove the tortilla. Now mix all the vegetables and peanuts, green chills, coriander, and put the sauce and salt. Then stuff the vegetable mixture in the tortilla and wrap.

*** Quinoa, beetroot and orange salad**
Ingredients:
Quinoa 50 gms, hot water 150ml, Beetroot one small, Fresh orange one Assorted, lettuce 100 gms, Olive oil one tbs, Balsamic vinegar one tbs, Roasted almond 2 gms, Salt and pepper to taste
Method: Take a bowl, put 150 ml of hot water, soak the quinoa for 10 minutes. Then strain quinoa, put that quinoa into a fresh bowl. Add some seasoning like olive oil, balsamic vinegar, put assorted lettuce mix it properly, then put it in a fresh serving plate. Take the beet root cut into small cubes and marinate with seasoning salt pepper and balsamic vinegar and olive oil, put these in the same plate of quinoa and top up with peeled orange slice.

*** Papdi Pizza:**
Ingredients:
1/4 cup capsicum, 1/4 cup chopped olives, 1/4 cup sweet corn, 1/4 cup

chopped onion, 1/2 cup Veeba pizza pasta sauce, 1/2 cup mozzarella cheese, 24 nos. papdi

Method: In a bowl add finely chopped capsicum, chopped olives, sweet corn, chopped onions and Veeba pizza pasta sauce. Give it a nice mix. Now take sev puri papdis and spoon some pizza topping mixture on top of each puri. Top the puris with grated mozzarella cheese. Garnish with sliced olive. Pre-heat your oven at 200°C and bake for 3-5 minutes on the top most rack. Serve immediately

*** Barbeque paneer bruschetta**
Ingredients:
100-gram paneer, salt to taste, 1/4 tsp black pepper powder, 3-4 tbsp, barbecue sauce, pizza topping, 1/4 cup Mozzarella cheese, French bread
Method: In a bowl mix diced paneer, salt to taste, crushed black pepper and Veeba barbecue sauce. Slice French bread into 1 cm thickness. Apply pizza topping and top with the barbecue paneer mixture. Top with grated cheese. Pre-heat oven at 200°C and bake for 8-10 minutes. Remove and serve immediately.

Safety tips for solo women travellers



New Delhi, Oct 10: It is good to be well prepared for any situation while travelling alone. Women should always carry a self-defense product as it gives some time to flee or get help when confronted by an attacker, say experts.

Jai Dhar Gupta, CEO at MACE India and Nirvana Being, and Reecha Upadhyay, an advocate of human rights policy, have listed down some points that women need to keep in mind while travelling.

* Plan it well and book your accommo-

dation/hotel/homestay in advance.

* Talk to other people, make friends, but do not tell random people where you are staying and other information.

* Keep all your travel related documents safe. Take photographs of your documents and save them in your phone, in case you misplace the original.

* Do not give the impression that you are travelling alone. Walk and talk with confidence.

* It's a nice idea to carry some kind of defense mechanism

with you. Carry a pepper spray or personal safety alarms with you. These are easy and compact to carry and can be handy in case of an emergency.

* Act smart. Don't keep all your money in one place. Try to hide money in the most unexpected places.

* Try to dress like a local. If you are travelling alone, you should try to blend with the locals as much as possible. Respect their belief and don't wear anything which you think could divert attention towards you.

* Don't leave your house unprepared. Do your homework and try to get as much knowledge as you can get about the places you are planning to visit.

* Trust your instinct. If you are not getting positive vibes from a person, don't go with them. Learn to say no to people. This will save you from any kind of bluff.

New Delhi, Oct 10: Do you get conscious due to dark patches on the knees, elbows or ankles? Well, stock up on lemon, baking soda and raw papaya to get rid of them, say

experts. Amit Sarda, Managing Director, beauty brand Soulflower, and beauty expert Bharti Taneja list some tips to get rid of dark

patches on elbows, knees and ankles.

* Bleach your knees, elbows and ankles. Additionally, if the patch is a bit darker, you could use lemon. Squeeze the lemon and put some sugar in it. Now, rub gently to remove darkness. You can also use salt instead of sugar.

* Take a tablespoon of salt, add a few drops of lemon juice and a few drops of honey. Mix it well and scrub your dark patches. It will not only provide you relief from dark patches but also give you soft skin.

* Take a tablespoon of grated raw papaya. Add calamine and a few drops of pineapple juice to it and scrub. Use it regularly to get the best results.



* Apply potato juice and leave it overnight. Repeat it for a couple of weeks and see the difference.

* Baking soda works effectively to get rid of dark patches. Take baking soda and add a few drops of milk to make a thick paste. Apply it, see the results.

* The most effective and fruitful method is Multani mitti (fullers earth) that has the potential

to not only reduce the skin darkening but also fight skin infections.

* Mix a few drops of ylang-ylang essential oil with castor carrier oil, and apply on the dark patch. They are rich in vitamin E and work efficiently on the skin. Opt for cold pressed oils as they help maintain all the essential nutrients in the oil which otherwise could be lost when heated.

HAPPY RETURNS OF THE DAY

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