

ADVERTISEMENT



The Times of India

Search

[Advanced Search](#) »

[Home](#) | [City](#) | [India](#) | [Business](#) | [World](#) | [Tech](#) | [Sports](#) | [Entertainment](#) | [Life & Style](#) | [Women](#) | [Hot on the Web](#) | [Auto](#) | [Classifieds](#) | [Travel deals](#) | [Photos](#)
[Videos](#) | [LIVE TV](#)
[Relationships](#) | [Health & Fitness](#) | [Spirituality](#) | [Fashion](#) | [Beauty](#) | [Parties](#) | [Food](#) | [People](#) | [Specials](#) | [Debate](#)
[Food Reviews](#) | [Bar Reviews](#) | [Food Festivals](#) | [Recipes](#) | [Drinks Corner](#)

 You are here: [Home](#) » [Life & Style](#) » [Food](#) » [Recipes](#)

One with nature

TNN, Jul 2, 2010, 12:00am IST

ANZ - Financial Services - One of the World's Safest Bank. Find Out How We Can Help You Now!

[ANZ.com/Singapore](#)

Ads by Google

Article

Comments


 Tags: [Drinks](#) | [Nature](#) | [recipe](#)


One with nature

We tell you how to experience nature at its best through the gastronomic route ...

Beautifully-carved stone decorations, carefully-grown green shrubs, an aesthetically appealing dining area and wholesome food — that's Mahamudhra for you. The recently-opened restaurant in Mylapore has it all in the right proportions — the ambience, aura and goodness of tasty, healthy food!

I find a seat in a corner, next to a window that offers me a view of the backyard of the eatery. The aroma of food cooking entices me slowly and my reverie is only broken by the crackling noises that the mustard makes as the chef garnishes one of his creations. As soon as I make myself comfortable, the ma itre d' offers me their signature welcome drink, a concoction made of vetiver. Sipping on the thirst quencher, I run my eyes through the menu card, wondering where to begin. Pramila, the centre head of the restaurant, tells me I should first treat myself to the Persian shorba, a delicious soup made of freshly-cut carrot and spinach, topped with cottage cheese. The soup and the cheese literally melt in my mouth, and surprisingly, I can taste the distinctive flavours of the carrot and spinach. Still nibbling on the croutons, I realise Mahamudhra has an exhaustive menu.

From different flavours of kanji (ragi, kambu, whole wheat grains, garnished with roasted nuts and soaked peanuts) to the traditional idli-vada-dosa-sambhar (and man, what varieties they have on offer — masala idli, gothumai pongal, cheese masala dosa, topi utthappam, akki ro ti, appam, vada kolatallu and maddhur vada among others), I am spoilt for choice.

Pramila informs me that Mahamudhra doesn't offer rice in any form. "We believe in the principles of Isha yoga and eat for the goodness of life," she says.

But that doesn't stop them from pampering our taste buds. Curious to find out how a chocolate-cheese combo would work in a sandwich, I order the chocolate cheese sandwich and am literally at a loss for words. Sensing that my stomach can't take more than this, I skip the assorted range of salads, cut vegetables and fruits juices. But the offer of their as-you-like-it sundae with three scoops of vanilla, pistachio and strawberry, loaded with nuts and dry fruits isn't one I am going

to pass!

My hunger pangs satiated, and still feeling light and healthy, I decide this is one place I will keep visiting.

V Lakshmi

[Follow us on Twitter for more stories](#)

- [Money To SBI India - Great Exchange Rates. Wont Even Find our Rates at Top Indian Banks! :](#)

Remit2India.com/IndiaMoneyTransfers

- [All New ANZ Credit Cards - Enjoy Cash Rebate, Exclusive Dining & Shopping Discounts. Apply Now! :](#) ANZ.com/Singapore

Ads by Google



 Be the first of your friends to recommend this.

