

Metrolife on the move

20 years of Euphoria, and still going strong

A packed crowd in Hard Rock Cafe, Bengaluru, recently sang along to the lines of a song being performed by a band. What is remarkable?

The song was 'Maeri', released more than 18 years ago by the Hindi rock legends 'Euphoria'.

They rocked the indie scene with songs like 'Dhoom Pichak Dhoom' and 'Aana Meri Gully' at a time when bands were few and hard to come by.

'Euphoria' is turning 20 this year in October and Palash Sen, the frontman, says that his journey has been nothing short of 'euphoric'. Excerpts from a chat with **Rajitha Menon**.

What sort of songs do you listen to in your spare time? Rock, rock n roll — I mainly listen to western music; sadly, I don't listen to Indian music that much. It's always been like that, mainly because of my breeding. Also, there are very few good Indian songs coming out right now.

You have been pretty critical about the Indian music industry...

We don't really have a music industry; we have a film industry. The films promote music according to their own agenda. That is my problem. If you put Rs 50 lakh to promote a song, it will obviously reach more people.

Also, Hindi film music is very similar. The listener is not really being given a choice. It becomes tiring. When you put on the radio, you hear the same thing day in and day out — it all depends on who is promoting what. We are not listening to music on the



LEGENDARY Delhi-based Euphoria is an 11-piece band.

basis of merit.

Do you think the audience has also changed over the years?

If there was a Daler Mehendi at that time, there is a Guru Randhawa right now. The audience has always been the same; just that the ways of reaching them have become simpler.

In most of your songs, there has been a focus on lost chances and unrequited love. Why is that?

That's my life (laughs). I always wrote about problems that a common man faces.

From medicine to music...

Palash is an orthopaedic surgeon and founded 'Euphoria' with his compounder friends in New Delhi in 1988. They derive their name from Hypomania, or the state of euphoria, the second stage in a psychological disorder. Their music studio is called 'The Clinic'.

I come from a time when people had a lot of issue expressing themselves to the opposite gender. I know a lot of people who lost opportunities to express their love. And I always romanticised about the thing that could have been.

Every song I have ever written is a true story —

maybe that's why they are so relatable.

What does the band do together, apart from making music?

We eat a lot, we hang out together and generally have a great time. We have known each other for so many years it has become

Rocking show

The band is known for its electrifying live acts. At the recent performance in Hard Rock, they delivered an almost four-hour set that went on nonstop. The audience could be seen gasping for breath, trying to keep with up with the band's energy.

more like a family.

Is there any genre of music you wish had never come about?

No, I think music is music. Maybe trance... I have never understood it. But to each his own. There should be a variety of music. If we are not doing the same thing or eating the same food every day, why are we listening to the same stuff?

Thoughts about Bengaluru?

I love this city. I am sure everyone says this but I really mean it. I first came here in 1989, for a cultural festival organised by St John's Medical College. I was the secretary of my college — University College of Medical Sciences in Delhi — and came here with my team, which did not win a single prize by the way. But here I saw a truly metropolitan city, which I don't feel about Delhi or Mumbai.

What do you like about this city?

This is the only city that chooses its music; you can't enforce any music here. The other city that had this quality was Kolkata but it has changed drastically and is totally into Bollywood music now. This city has never changed.

Look at what famous drummers have to tell you. P3



New in the Market



Essenza Di Wills Ignite Fleur

The opulent new floral fragrance is a mix of enigmatic pink pepper and Brazilian orange. It is a new addition to the Essenza Di Wills range of international fine fragrances. Available across Wills Life-style stores and premium ITC hotels.

Price: Rs 3,950 for 60ml



Sit in style

Vector Projects' 'Scoop Collection' is a new addition to their range of modern armchairs. Inspired by a Pelikan's beak, this eye-catching armchair has a unique concept — a seat combined with a bottom shelf. The pocket available in the lower part can be used to place books, laptop or even a bag.

Price: Rs 50,000 onwards

Tego Stance yoga mat



The reversible mat has a functional design to add stability to your workout. The GuideAlign technology on one side helps keep your posture in check for a better balance and deeper stretch. The honeycomb texture on the other side provides a non-slip grip.

Price: Rs 2,499



Pursu 'Spring Summer' luxury handbags

The bags are made of mulberry silk, canvas, leather and leatherette and are crafted with smart grab handles, top zip closure and spacious compartments, with myriad colours and attractive fabric combinations.

Price: Rs 3,000 - Rs 7,600

MCaffeine Sea Ferns Sunscreen

It is a unique blend that offers protection as well as nourishment to your skin. It contains caffeine, SPF 30+, PA+++, sea ferns extract and calendula.

Price: Rs 529 for 150ml



Olivia makeup stick

Available in 12 shades, its SPF 15 protects your skin from radiation. It is waterproof, sweat-proof and has moisturising properties.

Price: Rs 120 onwards

Sinfully Myne Hair Spa oil

Extracted from 14 essential plants, the natural oil rejuvenates your hair, soothes your scalp and has anti-greying properties. Available online on www.greencarpet.

Price: Rs 245 for 100 ml.



Add a pop of colour

The Open Trunk's latest POP colour collection has an assortment of clutches and side slings that mix traditional with funky. The intricate thread and zari work make these perfect for your evening parties and weddings.

Price: Rs 1,800 onwards



Natural Sensation baby care range

Chicco India, the baby care specialist brand from Italy, has introduced a new range of products with natural active ingredients designed to cleanse, protect and moisturise baby skin. It contains cleansing products like shampoo and bath oil, moisturising products like body lotion, face cream and massage oil and a protection range comprising nappy cream and liquid talc.

Prices: Starts from Rs 399 onwards



Kalchi kadai chicken curry spread

Make your Iftar a truly special one by adding this chicken spread to a paratha roll, a curry or even a quick biryani. Available online on www.bigbasket.com and in stores.

Price: Rs 240

Luxury meets tradition

Kama Ayurveda has introduced a new range of natural Ayurvedic products that can be used for a variety of beauty needs. The range comprises skin cleansing foam, day cream, makeup remover and anti-acne cleansing foam.

Price: Rs 595 onwards



Down foodpath

Triple treat on a platter

I took to baking when I was around 12 years old. I would watch my mother make simple but amazing vanilla cakes.

I loved making cookies then and baking became a favourite pastime.

I chose Home Science as my sixth subject during 11 and 12th standard in school. I liked this subject so much that even practical exams, for which I used to bake



Ashel Dimi

chocolate cakes, it were a lot of fun.

When I became a parent, baking was my biggest stressbuster.

I would often spend my nights baking and experimenting in the kitchen. It was my go-to-place whenever I needed a different perspective.

As time passed, orders started pouring in and I realised that this is where I

belonged. And this is how Ashel's Baking Heaven became a reality.

I am into fusion desserts. Creating such desserts is thrilling yet challenging.

The fact that one won't be able to find the same elsewhere is exciting. But not all flavours mix and match well, so while making a fusion dessert, one needs to be really careful.

Once I had ordered a

dessert from a food delivery app and that is what inspired me to make 'Jamun Phirni Tart'.

I decided to put in the ingredients together and voila!

I hope the ones who like to experiment yet love traditional recipes, will like this dish.

Ashel Dimi
(As told to Tini Sara Anien)

Recipe

Jamun Phirni Tart

Ingredients:

- Tart crust
- Phirni
- Gulab Jamun

For the Tart crust

- All-purpose flour - 1 1/2 cups
- Icing sugar - 1/2 cup
- Salt - 1/4 tsp
- Cold unsalted butter, cut into small pieces - 130 gm
- Egg (lightly beaten) - 1

Method

- Add the flour, icing sugar and salt into a food processor and pulse it.
- Add the butter and pulse it again or until the mixture looks like a oats flakes.
- Slowly add the egg, keep pulsing it until the dough starts to clump together.
- Turn the dough out onto a mat or a board. Quickly and gently knead the dough a few times until it comes together.
- Press the dough into a greased tart pan with a removable bottom. Press evenly across the bottom and up the sides of the shell.
- Prick the bottom of the dough several times with a fork.
- Freeze the crust for at least 30 minutes. Preheat the oven to 375 F°.



- Put the tart pan on a baking sheet and bake the crust for 20 to 25 minutes.
- If the crust has puffed, press it down gently with the back of a spoon.
- Bake the crust about 10 minutes longer until it is firm and golden brown.
- Let the crust cool.

For Phirni

- Full cream milk - 1 ltr
- Basmati rice/ red broken rice - 100 g
- Sugar - 150 gm
- Cardamom powder - 1/2 tsp

Method

- Soak the rice in water for half an hour and grind to a smooth paste.
- Bring the milk to boil in a

heavy bottomed pan and add the rice paste.

- Simmer the milk till it thickens while stirring continuously.
- Add the sugar and cook for 5 mins. Add cardamom powder and remove from fire.
- Chill it for six hours.

For Gulab Jamun

- Sugar syrup:
- Sugar - 1 cup
- Water - 1 cup
- Powdered cardamom - 3
- Gulab jamun:
- Milk powder - 9 tbsp
- Maida / all-purpose flour - 3 1/2 tbsp
- Rava / semolina - 1 tbsp
- A pinch of baking soda
- Ghee - 1 tsp
- Warm milk - 4 to 5 tbsp

Method

- Make the sugar syrup by taking a heavy bottomed pan, adding 1 cup of sugar and 1 cup of water and boiling it.
- Simmer it for 4 minutes till the sugar syrup turns slightly sticky. Keep checking for string consistency. Add the cardamom powder, cover it and keep it aside.
- Take another bowl and add milk powder, maida, rava, a pinch of baking soda, ghee and crumble it well. Slowly add milk little by little and knead well. Knead kit to a smooth and soft dough. Make small balls from the dough, without any cracks. (Remember that the balls will double once

in the sugar syrup and should be small enough to be put inside tart.)

- Heat ghee in a kadhai and fry the gulab jamuns on a low flame.
- Make sure you fry the balls uniformly to a golden brown.
- Drop the hot jamuns into the hot sugar syrup. Cover the lid and let it rest for 2 hours.

Final arrangement

- Once the tart crust, phirni, gulab jamuns are all ready, take the tart crust, add 3/4 of the chilled phirni into the tart, followed by gulab jamuns on top.
- Garnish it with pistachios and slivered almonds.