

Do women need to be afraid of not being able to lose weight after 30? You can lose weight any time. A wheelchair-bound 60-year-old lady managed to lose 35kg! The only time

so my clients can get everything under one roof. Keeping them motivated is also one of the key responsibilities.

You also opened a restaurant

are afraid to eat. Healthy eating is a diet of inclusion, not exclusion. I want to tell people what they can eat, not what they can't eat.

What new ventures can we look

- 45% eat veggies less than 5 times a week
- 43% play more than 2 hours a day

are employed by... Sen

Text: Ramona Sen  
Pictures: Gopal Senapati

**W**hat can make your adda time with tea and friends even more relaxing? A few sips of tisane, alongside tea. Japanese teahouse Fuji has teamed up with Karma Kettle, an online tea store which will soon open a cafe in Calcutta, to introduce "hi tea" in its menu to sip on.

"Tea is a very important part of Japanese culture and not everybody knows about the Japanese connection with tea. Every Japanese cultural programme and celebration has a tea ceremony. We are encouraging this culture with Japanese food so that Calcutta can indulge in a relaxing tea time," said Palash Banerjee, managing director of K House Food India, the parent company of Fuji. With the help of Dhiraj Arora of Karma Kettle, an exotic tea menu complemented with light Japanese grub has been curated. Here's what we sipped and munched.

**What:** Hi tea at Fuji  
**Where:** Fuji, 209A Sarat Bose Road (en route to Rabindra Sarobar)  
**When:** 4pm to 7pm every day

**DYK?**  
Tisane is an infusion made with herbs and flowers. It has no tea leaves and is caffeine-free, and aids in digestion.

## A LOT IS BREWING AT FUJI WITH KARMA KETTLE



**Genmaicha tea** literally translates to popcorn tea. Made with sencha, this Japanese tea is popular for its roasted, honey flavour from the corn and rice — hand-pounded red rice and brown rice — which is made sweeter by adding seabuckthorn. It is paired with **Potato Karaage**, which is mashed potato balls with cheese and chilli flakes, rolled in panko and deep fried, to complement the roasted flavour of the tea. The other option (Sakana Karaage) is sliced and batter-fried fish. Rs 289



**Assorted Tempura** of prawn, brinjal, sweet potatoes is the perfect monsoon bite. Pair the plate with a floral yet spicy **Sakura**, and you're set! The tisane has notes of lavender, rhododendron, rose and cockscomb but the first aroma that hits you is the star anise used in the tea blend. DYK: Tisanes go really well with fried food? Rs 409 for veg and Rs 559 for non-veg.



**Spicy Sake Kawa Maki** or sushi roll that has crispy salmon in the middle and is topped with teriyaki sauce, is paired with the tisane **Bliss**. With chamomile, lemongrass, Kaffir lime, Sichuan pepper and galangal, Bliss has delicious Thai notes which also cleanse the palate so that you can keep reaching for the maki. The Yaki Noodle Maki is the vegetarian version that has roasted noodles in the middle and is topped with spicy mayo. Rs 410 for non-veg and veg.



A crispy, mildly sweet **Green Tea Ice cream** drizzled with chocolate sauce is teamed with the equally sweet **Great Wall**, with subtle flavours of lychee, pandan leaves and musk melon — making this sip the perfect companion for a dessert. "Great Wall was the obvious choice for the dessert because of its fruity undertones. It's like pairing a Riesling with a dessert," said Dhiraj of Karma Kettle. The tea used to make Great Wall is a longjing which is also called Dragon Well, a premium Chinese tea. Rs 230

Text: Deborima Ganguly  
Pictures: Chanchal Ghosh