

Kolam Revitalized With New Ownership

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Last year, Roshan Balan and Malkit Singh took over Kolam, a 65-seat restaurant on South Main Street known for its authentic Indian cuisine. The restaurant is named for the age-old tradition in south India of drawing intricate patterns on the ground using finely ground rice flour.

Having run Jiapore Royal Indian Cuisine in Brewster, N.Y., for many years, Mr Balan has brought his management expertise to the business. Mr Singh has worked at Jiapore for nearly two decades, crafting his skills, and is now elevating the caliber of meals being served at Kolam.

Connecticut Magazine recognized Kolam in its “Best Restaurants 2019: Readers’ Choice” list as the best Indian restaurant statewide.

Kolam has made a name serving regional Indian foods, including south Indian recipes not usually found on the menus of most Indian restaurants. A complex number of ingredients makes southern Indian cuisine stand out from other regions.

More of an art than a science, many ancient preparation methods are in use at Kolam, and some of the dishes served have been learned from the families of the restaurant’s kitchen team.

Kolam is attentive to the health-conscious diner, cooking with a small amount of canola oil when needed, with very few menu items deep-fried, and adhering to the Indian tradition of using a lot of vegetables. Those who favor vegetarian dishes will find a wide array of suitable entrees.

The Kolam website, kolamrestaurant.com, explains benefits of various spices. Common seasonings in southern food include curry leaves, coconut, and mustard seeds, followed by red chilies, turmeric, and fenugreek seeds. Menu items are cooked to order, and spice levels or ingredients can be adjusted to meet diners’ preferences.

The dining room at Kolam is separated into two sections by a richly decorated, fabric-covered half wall. Tables draped with white tablecloths and cloth napkins add a formal air at both lunchtime and dinner.

A courteous and friendly staff is happy to guide diners, both new to and more experienced with Indian cuisine, in making selections.

Indian-themed menus for corporations, clubs, organizations, and all private events are popular, and Kolam offers both onsite and off-site catering, with full service available. A full catering menu and prices will soon be found at the website.

Those interested in ordering take out can do so directly through the website, and first-time users can get ten percent off their first online order.

A Sample Of The Menu

Appetizers: More than a dozen options, including the Ragara Patties, which are grilled potato patties over chickpeas, tamarind, green chutney, and roasted cumin. There is also the Mango Chicken, corn and flour battered chicken with cumin infused mango chutney.

Soup: A popular soup of India is the Mulligatawny soup, made with lentils and vegetables and seasoned with black pepper.

Tandoori and Kebabs: The Salmon Fish Tikka is a filet of fish in yogurt marinade braised over tandoor and pan fried. The Boti Kebab is an intense marinade of succulent lamb chunks baked in tandoor oven.

Seafood: Customers enjoy the Konkani Prawns from the Konkani Coast that consist of black tiger prawns cooked in a tangy coconut stew and flavored with ginger and curry leaves.

Lamb: The Madras with lamb has coconut milk crackled mustard, tempered and sundried red chilies, and curry leaves.

Chicken: The Condapur Chicken Makhana is made of curried chicken, coconut milk, mustard, curry leaves, and dried red chili.

Vegetable Specialties: Numerous choices include the Malai Kofta with vegetable and cheese dumplings served in a mild cashew and almond sauce; the Bombay Aloo with potatoes, cooked in a tangy tomato sauce tempered with mustard and curry leaves; and the Aloo Gobi, homestyle preparation of potato and cauliflower, tomato, and onion.

Rice and Breads: There is now a wide variety of rice choices, such as the popular coconut rice. Numerous Indian breads range from the puffed unleavened whole-wheat pooris to kheema naan, bread stuffed with spiced, ground lamb.

Beverages: Full bar, with specialty cocktails like the mango margarita. Wide selection of world wines to complement the cuisine; Indian and domestic beers by the bottle. Nonalcoholic mango lassi or a yogurt drink.

Specials: Kolam has lunch specials available.

All menu selections are available for takeout. Lunch specials to-go can be ordered by calling in or going online.

Kolam, 316 South Main Street (Route 25), 203-426-7143, serves lunch, Monday through Friday, noon to 2:30 pm, and dinner 5 to 10 pm; lunch Saturday, noon to 3 pm, and dinner 5 to 10 pm; lunch Sunday, noon to 3 pm, and dinner 4:30 to 9:30 pm.

Reservations are accepted for dinners. Follow Kolam Restaurant on Facebook. For more information, a full menu, and special coupons, visit kolamrestaurant.com.

