Pique Your Culinary Curiosity With These Trends

(Format Features) Forget the rules and restrictions. Today’s food trends are about enjoyment and simplicity—from decadent flavors your taste buds can’t wait to explore, to convenient packaging that makes it incredibly easy to eat on the go, the possibilities are endless.

Whether you’re a foodie keeping tabs on the latest culinary trends or an everyday eater with a dose of culinary curiosity, these trends can give you something to chew on.

Uniquely Herbs & Spices
Most often associated with salads doused in hummus or a flax seed diving, tahini has stepped beyond just savory foods and found its way into many new dishes, including desserts and cocktails. From ice cream and milkshakes to muffins, cookies and other baked goods, this toasted ground sesame seed spread used in Middle Eastern and Mediterranean cuisine can also be added as an alternative to nearly any dish that calls for peanut butter.

The Go
For most people, a busy day is just part of the program. Even if you take your hectic lifestyle in stride, chances are it affects your eating habits to some extent. Fortunately, you’re not alone, and conveniently packaged foods can make eating on the go tasty and enjoyable.

Ugly Eats
Save your judgment for someone else; ugly produce is actually in vogue. A growing number of chefs and brands are promoting recipes made with ugly foods—usually produce that is perfect for eating, but not aesthetically pleasing enough to be sold at retail. While not a completely new trend, plant-based and blended burgers and sliders have become more mainstream and found places on menus at restaurants nationwide with more people (even vegans) searching for a break from meat or ways to add flavors like mushrooms into meals and snacks.

Salty-Sweet Flavors
Sweet-meets-salty combos are hardly new, but products featuring this blend are showing up in more and more places, including at the breakfast table. Sea salt is a perfect match for the sweetness of chocolate or caramel; it adds a rich depth of flavor that strikes a balance between too sweet or too salty. (Source: Quaker)

Restaurant Spotlight

Jaipore a Popular Spot for Indian Cuisine

By Holly Crocco
Jaipore Royal Indian Cuisine in Brewster has been serving traditional Indian cuisine to hungry diners from near and far almost 27 years.

“We are passionate about food,” said Roshan Balan, who manages the restaurant with his wife, Kamalshri (Kim) Iyer. When the couple came to Jaipore five years ago, they didn’t do any major renovation to the building. “Our customers like it the way it is because they feel very much at home,” said Iyer.

They also keep Chef Malvika Singh on staff, who has been with Jaipore for 18 years. “He’s so good at what he does, we just blindly trust him,” said Balan.

Some of the staff he makes for the buffet is out of this world,” added Iyer. “No one can make kaal pakaora the way our chef can.”

Jaipore offers a variety of Indian-inspired meals, but specializes in traditional Indian cuisine. Balan explained that their dishes are blended in such a way that they can please the American palate, or the Indian palate.

“A lot of people think Indian food is spicy, but that’s not always the case,” said Iyer. However, those seeking the traditional Indian kick can still get it at Jaipore.

Dishes range from the traditional chicken tikka masala to various lamb meals, to tandoori meat and vegetables, and a variety of vegetarian and vegan options. Balan said their “famous” Sunday dinner brunch, as well as their daily lunch buffet, is a great opportunity for diners to sample a variety of traditional Indian street food and other offerings they may have been afraid to try.

“The buffet is what attracts everyone, mostly,” said Balan.

And many of these diners keep coming back.

Highly percent of our customers are loyal customers,” said Iyer. “They’re like family to us.”

Since 1992, the restaurant has been a popular spot in south India, Balan eventually came to New York and was sponsored, and joined the staff at Chola in New York City as a waiter. He became a manager, and later took over management of other properties that were owned by the same group of investors that owned Chola—and about 20 other restaurants in the NYC area.

During this time, Iyer was still overseas, living in India and later Australia. “We had a long-distance relationship for more than 10 years,” she explained.

In 2013, she finally joined her husband in New York.

In 2014, the couple decided to leave the metropolitan area and took over management of Jaipore, which was another property owned by the partners that opened back in 1993.

Balan and Iyer moved to Brewster with their children and have called the village home ever since. “After 17 years of marriage we got twins,” said Iyer.

Jaipore is open for lunch and dinner seven days a week. It is located at 280 Route 22, Brewster (about a 1/2 mile from Croton Falls Road). For more information call 845-227-3549 or visit www.jaiporeny.com.

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