

Wonders of Spices

JANUARY 2010

Volume 1, Series 3



HAPPY NEW YEAR

Inside this issue:

Introduction	1
Mineral Value	2
Curative Properties	3
Comments	4
Coupons	4

Do you know What gives Worcestershire their distinctive flavor?

Growing up in India, one of the childhood pleasures that I miss a lot is climbing tall trees with friends, swinging on the branches like a monkey and savoring the small treasures that the trees had to offer. While my friend enjoyed the treats, one person kept on guard to alert if any trouble was coming. We never realized the medicinal values of the fruit at that time but loved to eat it.

Reminiscent of those days is the Imli tree (*English Tamarind*, botanical *Tamarindus indica* L) with a big crown and stout trunk. This evergreen tree, around 20-24 meters high, stretches its branches to around 8-14m in diameter. The featherlike elliptical ovular leaves, very frequently used in

designing bouquets, are 2 inches (5 cm) in length and bright green in color. It is a rare beauty to see the tree blooming with red and yellow drooping flower tresses. This tropical tree belongs to the Leguminosae (Fabaceae) family and generally grows in dry/monsoonal climates. The tree has an average life span of 80-200 years

It is very rare to find a tree with such diversified as the Tamarind with uses for most parts including the leaves, trunk, fruit, roots, bark and branches. If you have been to Bali, it is hard to forget how the delicate leaves provide a welcome relief from the blinding sun on the tamarind dotted

coast of Bali. The purplish-brown, insect resistant wood is priced for *furniture, paneling, wheels, axles, gears for mills, ploughs, planking for sides of boats, wells, mallets, knife and tool handles, rice pounders, mortars and pestles. The charcoal is used for making gun powder, the ashes are used in tanning and to de-hair goat skins, and the strong slender roots are fashioned into walking-sticks. The medicinal values of the fruits and leaves are innumerable.*



Mythology and Belief

Tamarind has a lot of religious and mythological beliefs especially in India. Commonly called **Imli**, It is said that the leaves were split to their current shape by an arrow from Lakshmana, the younger brother of Lord Rama. The leaves are now kept to keep bad spirits away. The shade of

Imli was very sacred to Lord Krishna who is portrayed playing flute under this tree. The eternal love of Krishna & Radha is said to have consummated under Imli.

Lord Chaitanya got enlightenment meditating under **Imli**. Don't be surprised if you find a lot of Indian places named after

this tree or religious ceremonies requiring wood or leaves from **Imli**.

In Greek mythology Pomona who is considered to preside over the fruits loved to "lie under the breeze of this fever cooling tree." Certain African tribes consider it sacred. To some Burmese, the tree is said to represent the dwelling place of the rain god.

This series of Spices is focused on the spices that we at Paradise India use a lot

A Dietary Supplement

Our body is composed of a number of elements and trace metals that keeps fighting the diseases, boosting our immune system, maintaining our nervous system, repairing the diseased cell and stimulating growth. It is essential to keep a balance of these in our body for existence. For those of us who take dietary supplements Tamarind can be a very good source. Tamarind is very rich in trace minerals.

VITAMIN C

Tamarind is rich in Vitamin C, a natural water soluble antioxidant. It enhances the body's immune system, maintains the elasticity of skin and blood vessels, increases the absorption of iron from the intestines and prevents bruising of the skin. Pulp of the tamarind fruit is effective in preventing and curing scurvy (disease caused by lack of vitamin C). It is significant that tamarind does not lose its anti-scorbutic property (counteracting scurvy) when dried, as in case of other fruits and vegetables.

Magnesium (Mg+)

Tamarind is also a good source of magnesium which helps in relieving fatigue, relaxing the muscles, nerves and blood vessels, thus relieving the symptoms of asthma, migraine headaches, tension, and soreness in muscles.

Potassium (K)

As a good source of potassium, along with low sodium, helps maintain normal blood pressure and reduces the risk of hypertension.

Zinc (Zn)

Tamarind is a rich and delicious source of Zinc. Zinc is known to build up ones immune system, aids in wound healing, maintains the sense of smell and taste, supports growth and also helps with liver functions and the reproductive system. Children with adequate zinc intake are also normally less likely to suffer from respiratory illnesses. In addition, it has also been proven to be essential for health skin, bones and teeth. Intake of tamarind also significantly reduces the urinary excretion of zinc. Deficiency of zinc is considered a contributory factor in osteoporosis observed in postmenopausal women and skeletal growth impairment.

Calcium & Phosphorous (Ca & P)

The pulp is high in calcium and phosphorus, which strengthens the bones. It is also a good source of iron and potassium. The pulp is rich in several vitamins like thiamin and niacin. The leaves contain beta carotene and the seeds have a highly favorable amino acid content.

Vitamin B

Tamarind is also a good source of Vitamin B complexes, which are essential to enhance the energy production from the foods, maintain normal protein metabolism, enhance the immune system, and are also cofactors of many important enzymatic reactions in the body.



Tree Branch with Tamarind fruit

“In olden times, tamarind was an important supplement of diet for sailors as its acid and sugar content helped them to offset their starchy diet. Tamarind pulp contains tartaric and other acids; sugars like invert- a broken up starch and pectin. The pectin present in the pulp is of good quality.”

Nutritional information per serving (100g)

% Daily Requirements			Minerals			Vitamins		
Total Calories	239	12%	Calcium	74 mg	7%	Thiamine	0.4 mg	16%
Calories from fat	5		Iron	2.8 mg	16%	Riboflavin	0.2 mg	10%
Total fat	0.6 g	1%	Magnesium	92 mg	23%	Niacin	1.9 mg	10%
Saturated fat	0.3 g	1%	Phosphorus	113 mg	11%	Vitamin B6	0.1 mg	3%
Trans fat	0 g		Potassium	628 mg	18%	Folic acid	19 mcg	3%
Cholesterol	0 g	0%	Sodium	28 mg	1%	Vitamin A	30 IU	1%
Total Carb	62.5 g	21%	Zinc	0.1 mg	1%	Vitamin C	3.5 mg	6%
Dietary Fiber	5.1 g	20%	Copper	0.1 mg	4%	Vitamin E	0.1 mg	1%
Sugars	57.4 g		Selenium		1.3 mg	Vitamin K	2.8 mcg	3%



Tamarind Flower

Curative Properties of Tamarind

The whole tree has medicinal virtues. Its leaves are cooling and antibilious (to do with bile production), while the bark is an astringent (causes contraction of soft organic tissues), a tonic (increases or restoring physical or mental tone) and reduces fever. The fruit pulp is digestive, an anti-flatulent (gasiness), cooling, laxative and an antiseptic (prevents or arrests the growth of microorganisms). Its seeds are also astringent in quality. Infusion of Tamarind roots is said to aid chest complaints.

Fever

Tamarind fruit is useful in treating fevers. Tamarind has multiple benefits as a cathartic (purifying or purging emotions), a febrifuge or refrigent (reduces fever), and an antiseptic (prevents or arrests the growth of microorganisms). Syrup made by boiling 30gms of the pulp in half a liter of milk with the addition of a few dates, cloves, sugar, cardamom and a little camphor is effective in fevers. It is generally taken in 15 gram doses. An infusion made by taking one ounce of pulp, pouring one quart of boiling water over this and allowing it to steep for one hour is known to bring down temperature by several degrees when strained and taken. Honey can be added to sweeten the concoction. Tamarind leaves are useful in treating jaundice, ulcers and reducing malaria fever.

Digestive disorders

Tamarind helps the body digest food and helps in weight loss. Used as an Ayurvedic medicine (alternative medicine that is the traditional system of medicine of India) medicine for gastric problems and digestion problems, cardio protective activity, and a vermifuge (an agent that destroys or expels parasitic worms) when diluted. The ash obtained by heating the bark with salt in an earthen vessel can also be given in 6 to 12 centigram doses for colic and indigestion with beneficial results. Pulp of ripe tamarind fruit is beneficial for the treatment of

bilious vomiting, flatulence and indigestion. It is also useful in constipation. An infusion of the pulp prepared by softening it in water is particularly useful for loss of appetite and lack of inclination for food intake. The pulp also acts as a gentle laxative and has carminative (expelling gas from the stomach or intestines) properties that improves general sluggishness of the bowels and expels gas from the stomach or intestines. Being acidic it excites the bile and other juices in the body and can be used as remedy for bilious disorders, jaundice and catarrh (inflammation of mucous membranes). Powdered seeds of tamarind taken in doses of 6 decigrams with an equal quantity of cumin and sugar twice or thrice daily can be useful in treating dysentery. The red outer covering of the seed is an effective remedy against diarrhea and dysentery. The tamarind milk drink, as suggested for fevers, is also very helpful in treating dysentery.

Burns

Tamarind heals the inflammation of the skin to great extent. Crushed with water and made into a poultice, the leaves reduce swelling and pain when applied on inflamed joints and ankles. The tender leaves of tamarind tree are very useful in treating burns. The leaves are put into a pot, covered and slowly heated over the fire. The burnt leaves are finely powdered and sieved to remove any gritty particles. This is mixed in sesame oil and ap-

plied over the burnt part and heals within days and helps to grow healthy, normal skin. The oil keeps the affected part well protected against moisture and entry of harmful germs.

Sore Throat and Common Cold

A sore throat is treated when gargled by boiling tamarind in water. Steaming hot Rasam (we at Paradise India have it in soups section) has a flushing effect. As one takes it, the nose and eyes water and the nasal blockage is cleared. A powder of the dry leaves can also be beneficially used a gargle for sore throat. An infusion of the bark is equally useful for this purpose.

Eye Treatment

Tamarind seed eye drops are used as an herbal treatment for "dry eye" syndrome. Some studies have revealed that the polysaccharide in tamarind scenes do a far better job of something "dry eye" symptoms than conventional eye drops. Tamarind seed polysaccharide is adhesive, enabling it to stick to the surface of the eye longer than other eye preparations. The heated juice is used to cure conjunctivitis, known as "pink eye."



The fruits are usually between 5 and 14 cm in length and approximately 2 cm wide. The ripe fruit has pods with hard dark brown seeds covered with a sticky brown pulp. The pulp of the fruit is the main portion used in food production. When still slightly unripe, the fruit has a very sharp, sour taste with a high level of acidity.

“Tamarind lowers the cholesterol level and helps in promoting a healthy heart. Tamarind is used as blood purifier. Juice extracted from the flowers is given internally for bleeding piles. Lotions from tamarind paste are used to treat hemorrhoids.”



Tamarind Foliage

We were reviewed in KC Star

<http://www.kansascity.com/entertainment/dining/story/1633667.html>

Paradise India

7119 W, 135th Street
Overland Park
Kansas -66223

Phone: 913-814-0177
Fax: 913-322-8316
E-mail: kcpardiseindia@gmail.com

We cater

We thank all our friends for helping us get a warm review in the Kansas City Star. Your feedback & appreciation have been very motivational & we are what we are because of your kindness. We are not perfect . Driven by ignorance or circumstances sometimes unintentional things happen . Please share your concerns. We promise to correct ourselves to the best of our abilities.

We would like to share some of the feed back comments we received in past few weeks:-

Great Review in KC Strat and very accurate --> Anita Wilsonville, OR

Namaste Paradise is one of the finest restaurants I've ever enjoyed --> SJ Mulrouney

Paradise is epicurina nirvana --> JP VAnWest

It spiced up my life --> Maggie Phelan

I really liked it and will come several time in the future --> Erin Klehn

I am very pleased to find this gem. Can't wait to come back--> Kelsea

Much Better than other Indian restaurants weve eaten at --> Wendy McMohan

ANNOUNCEMENT

On request of a lot of our customers & their faith and confidence in us we have introduced **GLUTEN FREE BREADS**. Right now we have two different breads. Our aim is that by March end we should be able to deliver at least 6-7 varieties of the breads to choose from. We would request that if you know something that can be used in making savory gluten free breads please share this with us.

Thank YOU!

We express our sincere thanks to Kansas City Star in general and Cindy Hoedel who could spare some of her valuable time and give the honor of being our guest.

Cindy we promise that so long as we will be in business our aim would not be "Just to make Money" but make sure that we focus on Healthy Food, ensure we use fresh and pure ingredients & continue providing selfless & dedicated service with whatever the Lord has bestowed his blessing on us.

THANK YOU



Please Print & Bring These Coupons

Buffet(\$1.00 off)

\$7.99 Week Days

\$9.99 Weekend

Family Buffet

\$20.00 Week Days

\$25.00 Weekend

(2 adults with 2 kids under 8)

Conditions apply
Expires 01/31/10

Dinner

\$5.00 off

from Dinner Menu on \$25.00 or more per table

Conditions apply
Expires 01/31/10

We Apologize

Over the past few days specially during the holidays some of you had to wait extended time to get food. The main reason is that we cook from scratch & ensure fresh ingredients are used. But that does not mean that the timing cannot be improved. We have taken following measures to improve the food delivery:-

- 1) Increased the time for Pick-UP orders to around 1hr when busy.
- 2) Increased kitchen staff

REQUEST

We request if you have any big Pick-Ups please call us early evening. ... THANKS

Daily Buffet

Our Everyday Buffet Special includes fresh cooked meals with a large variety to choose from.

Buffet

Weekdays Non-vegetarian

5-6 dishes including at least one Grilled menu item , Butter Chicken or Chicken Tikka Masala, Goat or Lamb Dish.

Weekdays Vegetarian

5-6 dishes including atleast one dish from lentil family, one dish from dairy and others cooked as per the availability of fresh vegetables.

South Indian & Desserts At least 3 daily

Rice Dishes
Basmati Rice ,Biryani or Pulao

Weekends

TAVA DISH
7-8 Non-Veg 2,grilled dishes

7-8 Vegetarian Dishes

3-4 South Indian Dishes

Mango Lassi

7-8 Appetizers

10-15 Condiments