

Curry life

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Deep
dismay over
unequal
BAME death

NEW MAGAZINE TO HELP
CURRY CHEFS THRIVE

FEEDING OUR
NHS HEROES

Street ahead at Grand Trunk Road



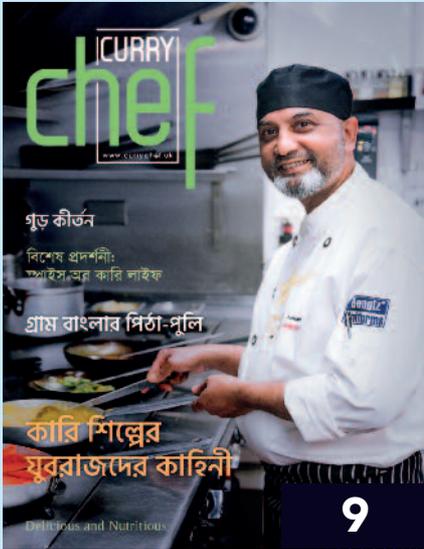
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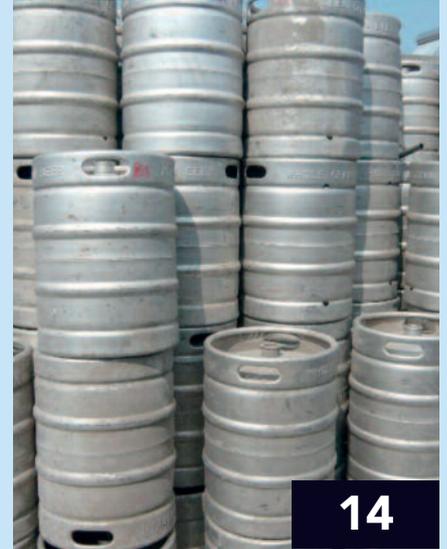
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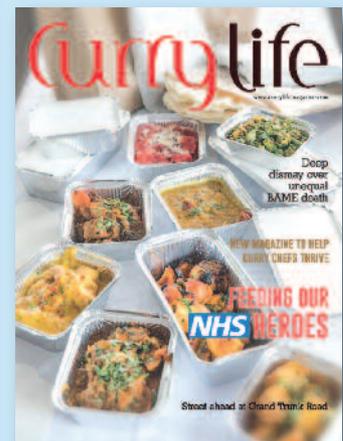


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E EDITORIAL

HOPE MATTERS

There is a negative vibe around the hospitality industry at the moment because of the pandemic, thus we feel it is important to challenge this issue.

We should look to our past for hope and understand that we have overcome so many issues. All of us have endured other unforeseen major life disruptions; riots, recession, financial meltdown of 2008, natural calamities. Despite these problems, we succeeded, made it through, and we are stronger because of it.

Some of the people are just spreading negative issues like 'many thousands of curry houses going to be out of business and will never re-open.' We urge you to ignore such negativity. This is just a ploy to create panic and cheap publicity. During this global crisis we need to

keep calm and keep the hope alive, because together we will bounce back again. We are not alone in this and need to work as 'one voice' for the hospitality industry.

The whole nation has moved with generosity and empathy from Curry Houses for NHS, care workers and vulnerable people during this pandemic. We have proved kindness doesn't require a monetary outlay.

CURRY LIFE AWARDS 2020

Many people have approached us about this year's Curry Life Awards if it is going ahead? It is difficult to answer YES or NO.

Because, like many of you, we don't know how this pandemic will be contained and we are also waiting for the government guidance for holding our annual major gathering.

We are observing the situation, however we are still committed to go ahead as long as we are legally allowed to host such events. We are determined to overcome the current negative vibes.

Alongside our partners, we are proud to support those who carry out the important work for our sector, thus we will ensure that

they gain the recognition that they deserve.

We, at Curry Life, believe that the awards matter and create value for the Curry Industry we represent. Winning recognition and awards is an important revenue stream that supports your business. Good work always requires hard work, and having those efforts recognised is a very important part of our work.

We may need to adopt and adjust with the Covid-19 situation. Unless we are legally restricted to host the event, the Curry Life Awards will be going ahead.

CURRY CHEF IS A WELCOME ADDITION

Curry Chef a new publication in Bengali will join our portfolio of publication at the Curry Life Media Group from July 2020.

The new title will be a welcome addition to our group and hope it can play a crucial role in tackling challenges and issues related to Curry Chefs and Curry Industry.

We also hope Curry Chef will do it best to keep all of us inspired, motivated and a little bit hopeful at this difficult time for our industry.



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DEEP
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UNEQUAL BAME DEATH

Reporter *Sam Smith* from *Curry Life*, taken a deep dive into why the UK Government's handling of coronavirus has gone so wrong, as reports finds those of Bangladeshi origin faced the risk of dying twice that of white Briton. What it means for the curry industry, which mainly represented by people of Bangladeshi origin?

British-Bangladeshis twice as likely to die from coronavirus



Some of the British Bangladeshis died of Covid 19

“People in the country have had enough of experts” was an infamous line uttered by Michael Gove during the Brexit debates in 2016. It hasn't aged well, but at the time was applauded by those on the right who may have shared Mr Gove's sentiments. But to everyone else it was a worrying sign of things to come. Were we becoming a country where anti-intellectualism takes centre stage alongside populism? A place where qualification, evidence and demonstrable facts ceased to be important?

Fast forward to 2020 however and the cracks are beginning to show. The world is in the midst of a deadly pandemic and in need of experts again. Medical science and advice led by evidence is what will win

the day, and many 'Brexiters' are keen to forget they once clapped Michael Gove's words. After all, now their lives may be at stake. Brexit dominated the political discourse before COVID-19, but a contagious virus has a tendency to make people forget they were once sick of experts.

The first rumblings of coronavirus started in January and the press were accused of “blowing it out of proportion”. This was our country's attitude and whether they admit it or not; our Government's. After all, deadly viruses are things that happen far away to other people. The problem was that by February The World Health Organisation warnings were becoming louder. Lockdown had begun in Asia already and Europe was inevitably next.

But while the virus was spreading throughout the world, our British exceptionalism was starting to crumble. Coronavirus and the threat it posed was starting to dominate headlines. And despite warnings from WHO and SAGE about the risk coronavirus posed to Britain, by early March the Government's advice was to "not panic". UK Prime Minister Boris Johnson was so confident there was no reason to worry he took a holiday instead of attending COBRA meetings. He even visited a hospital and "shook hands with everybody" including the infected.

infectious diseases on the horizon. But the Government's attitude towards experts was also the problem. As Michael Gove so confidently declared, "people in this country have had enough of experts" - so why should they start listening to them now? Experts had been framed as the enemy to help a populist cause, but would a global pandemic be enough to abandon this strategy? While Mr Gove would probably defend himself by saying he never meant medical professionals, he never clarified which experts the country is allegedly sick of. Apparently, they

their systematic and habitual denigration of expert analysis is to blame. If experts are valuable now, then why weren't they in 2016? This is the question the Government has hoped to avoid; and listening to experts like WHO sooner than absolutely necessary would have opened the door to it. In our view it's impossible to separate institutional racism and Brexit from the mistakes made in the handling of coronavirus. As a result, the UK now has the worst fatality rate in all of Europe. As an island nation, we squandered our natural advantage of being



UK Prime Minister Boris Johnson was so confident there was no reason to worry he took a holiday instead of attending COBRA meetings. He even visited a hospital and "shook hands with everybody" including the infected.

The country's sigh of relief was short-lived; as on the 23rd March after Mr Johnson addressed the nation, telling us all that we "must stay at home". It was now time to be worried and lockdown began. But this advice should have come several weeks earlier. By this point the infection was spreading and people were already dying. The experts such as WHO and SAGE had provided their warnings much earlier. Why were we told not to worry? We believe that our Government has been so focused on "getting Brexit done" that all other concerns since 2016 have fallen by the wayside, including advice from medical professionals about

were still sick of experts, even the ones warning them about coronavirus. The people of the UK have been conditioned to believe anyone quoting figures or evidence to support their arguments are members of 'Project Fear', as is anyone else who criticises the Government. They've also been fed a diet of mistrust when it comes to unelected foreign bureaucrats making up rules for people in the UK to follow. Even if those rules are sensible and could save lives. In the eyes of ordinary British people, are WHO any different from the EU in this regard? The Government should have acted sooner; this is clear, and we believe

surrounded by water. A physical barrier that makes it harder for infectious disease to reach us when compared to the rest of our European neighbours. Germany on the other hand have no such advantage, they are surrounded by other countries on all sides, yet they have managed to minimise the impact of the virus. How? They took action when they were advised to do so, by experts. However, each time these comparisons are made our Government tells us to stop doing it, or "it's too early for such comparisons with other countries". Britons from BAME communities have even more reason to worry. Black, Asian and Minority Ethnic people have suffered a mortality

rate which is comparably higher than the one faced by Caucasian people. People from an Indian, Pakistani and Bangladeshi origin also face an

communities. Citing heart disease and diabetes as examples. Even more frightening is the 'Disparities in the risk and outcomes of COVID-

owners shut their doors and go back into lockdown for their own safety and that of their families. They may no longer be comfortable operating



The hospitality industry as a whole is under immense threat, including the £5 billion curry industry. The Government must do more to support small businesses, which are the backbone of our economy.

Rushanara Ali MP

increased risk of in between 30% and 80%. The worrying statistics come from the UK Office for National Statistics (ONS) and seem to suggest that COVID-19 is more deadly to some communities than others.

The ONS offered some insight, suggesting that the problem may be linked to social and economic factors, going on to state that people from BAME backgrounds may be "over-represented in public-facing occupations" and are therefore at more risk of contracting and spreading the illness. Doctors such as Dr Bharat Pankhania from the University of Exeter stated that a high volume of those affected work for the NHS and therefore are at much more risk of exposure. He advised that those identified as being at more risk may need to be "out of the front line" for their own safety. He also suggested experts may need to also investigate if people from BAME backgrounds could suffer from any underlying health issues that may be more prevalent in their families, and in turn their

19' report which states; "An analysis of survival among confirmed COVID-19 cases and using more detailed ethnic groups, shows that after accounting for the effect of sex, age, deprivation and region, people of Bangladeshi ethnicity had around twice the risk of death than people of White British ethnicity."

The report confirms that people of Bangladeshi origin are more at risk than Caucasian people and has led for many to call on the Government to do more to protect people. It also makes the Government's lack of preparedness in the face of COVID-19 more worrying.

The discovery that those of Bangladeshi origin are at more risk than anyone else is an added stress that the curry community didn't need.

Hospitality as a sector had already been devastated by coronavirus threatening the livelihoods of thousands of families. The knowledge that they face an increased risk of death from COVID-19 is likely to make this worse, as restaurant and takeaway

their business in any capacity. This is essentially forcing people who work in the Asian food industry to potentially choose between their businesses and their health. While financial support has been forthcoming, it's clear that much more needs to be done to protect people in this community. The Government needs to go above and beyond to protect the curry industry, it cannot be treated as just another part of the hospitality sector. Yet has our industry seemingly been forgotten about. The Government's questionable attitude towards our industry and its recent treatment of experts has also raised a new issue. Since people of Bangladeshi origin have now found out they are at more risk of dying from COVID-19 than anyone else; why has the Government changed their approach to the science? The Government is saying they are "informed by the science" where previously they were claiming to be "led by the science." Science is the only thing that matters when understanding a virus. This simple

change of wording has added a new layer of fear. And Michael Gove's words from 2016 all of a sudden take on new and chilling meaning.

the curry industry) about Brexit, COVID-19 and what's being done to keep them safe; seemingly communicates that BAME lives

Government needs to look at the living conditions of BAME people around the country and what has led to them being forced into situations that makes them more vulnerable to viruses like COVID-19. He also pointed out the damage this has had on the NHS, as BAME doctors and nurses have been dying in greater numbers and should have had more protection from the start. Finally, he pointed out the enormous contribution the British curry industry has made in supporting the NHS and the needy throughout this pandemic, "when the world went into lockdown we started cooking and delivering food, it put of communities at risk, but we did it instinctively. People needed us".

Curry Life also reached out to Rushanara Ali, MP for Bethnal Green and Bow who told us the following; The coronavirus pandemic has hit the Black, Asian and Minority Ethnic communities particularly hard, due to existing inequalities. The Government's own report found that Covid-19 kills disproportionately high numbers, people from of Bangladeshi heritage, dying at around twice the rate of white Britons. Rushanara Ali's constituency represent largest Bangladeshi communities in Britain, went on to say, The Government has failed to set out the actions it will take to address the risks that BAME and other groups face. By not learning the lessons and taking urgent action, the Government is putting more lives at risk. The hospitality industry as a whole is under immense threat, including the £5 billion curry industry. The Government must do more to support small businesses, which are the backbone of our economy. Curry Life has approached number of government ministers for comments, no response received.

“they need to recognise our existence and provide more than just financial aid. The curry industry isn't some foreign industry, it's a British industry and we are British people. We are taxpayers and our lives and businesses matter.”

Pasha Khandaker MBE



People of Bangladeshi origin in the UK, who own a small business in the hospitality sector cannot afford to be "sick of experts". Our very lives and businesses depend on them. If the Government now chooses to disregard science and qualified expert opinion; it's us that stands to suffer from their populist agenda.

This has been highlighted in a shocking report from the Guardian newspaper who have reported the true reasons for the disproportionate BAME deaths have actually been censored. Leaving out important details which the Muslim Council of Britain (MCB) are working to uncover. And find out if the rise in protests around the world calling for an end to racism have played a role in this censorship.

The protests have drawn attention to some of the institutional racism that still exists in society. The Black Lives Matter movement has highlighted this well, as has the opposition to it. The Government's lack of clarity to BAME small businesses owners (such as those in

don't matter to them. And we'd very much like to be proved wrong about this.

Former President of Bangladesh Caterers Association (BCA) Mr Pasha Khandaker MBE has argued that the Asian food industry and BAME people in general need to be seen and acknowledged saying, "they need to recognise our existence and provide more than just financial aid. The curry industry isn't some foreign industry, it's a British industry and we are British people. We are taxpayers and our lives and businesses matter."

He went on to say that the industry would benefit from a reduction from the 20% VAT figure, which has been done in other countries and been tremendously beneficial. "Our industry doesn't work when it's just surviving like it is now. We had problems that needed fixing before coronavirus and solving them now is more important than ever. This industry needs to make money to thrive."

Mr Khandaker also said that the

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Curry Life Media group is to launch its own Bengali publication highlighting all of the industry opportunities available for caterers and chefs.

The new Bi-Monthly publication Curry Chef will cover burning issues of the day - handpicking breaking news from around the culinary world – including features, recipes, quiz, competitions, product news and career opportunities aimed exclusively at curry chefs.

It will also focus on good practice from the industry and help break barriers for curry cooks to reach their full potential.

Curry Chef will be a sister publication of the pioneering Curry Life Magazine, founded in 2003, and widely regarded as the most influential voice of the curry industry in Britain. Curry Chef will get full backing from the professional team of journalists and feature writers at Curry Life Media Group, while enabling Curry Life Chef Club (CLCC) members to express and promote their own independent agenda. As demand for curry chefs has grown significantly in Britain, more and more people are taking up the membership of the CLCC - mainly to enhance and develop their culinary skills by exchanging new ideas with their peers. Editor and CEO of Curry Life Media Group, Syed



WHAT'S COOKING?

NEW MAGAZINE TO HELP CURRY CHEFS THRIVE

Belal Ahmed, says: “We have seen a big surge in membership interest since last year – when our Culinary Workshop and Networking Dinner ended up being oversubscribed.

“The Culinary Workshop, organised by Curry Life, is where CLCC members and restaurateurs congregate annually, together with experts from the hospitality industry, to share innovative ideas, latest trends, hints and tips.

“Every year we have noticed CLCC members take guidance, recommendations and feedback from the workshop – so that they can make improvements and try to bring about positive changes to their restaurants,” says Ahmed.

Syed Nahas Pasha, Editor in Chief and Chairman of Curry Life Media Group, also expressed his

delight in backing this niche publication in Bengali - adding: “Curry Chef will complement the work that Curry Life has been doing for almost two decades, but will focus on chefs only. “Targeting otherwise ‘off the radar’ Curry Chefs - and finding those willing to learn - will help to solve skills shortages within the Industry, without having to rely on overseas staff, as the Coronavirus pandemic has changed the world. The impact on our Curry Industry will be far greater than expected.

“We need to make sure no one falls through the net as a result of this pandemic, especially Curry Chefs who are the backbone of our industry. We need to provide the right support to help chefs develop their skills so that can meet the challenge of post Covid –19 world of business.”

President of the Curry Life Chefs Club, Chef Abul Monsur, says: “Our members really wanted to launch a newsletter in Bengali – so that they could keep on top of all the latest industry information and any available scope for professional development.” He adds: “It’s great news that Curry Chef is coming out. Hopefully it will cover every aspect of a chef’s life - including positive profile pieces, training, career development opportunities and - most of all - sharing best practice throughout our industry.”

Birmingham abattoir ordered to pay over £11,000 for hygiene offences

Birmingham Halal Abattoir Limited has admitted responsibility for hygiene offences and been ordered to pay more than £11,000.

The business pleaded guilty to multiple instances of failing to prevent potential cross-contamination between carcasses before their post-mortem inspection between March and April 2019. The carcasses were held on a rail system in the slaughterhouse which was moving too quickly causing them to come into contact with each other.

This issue, known as ‘bunching’, had previously been identified by FSA officials who had issued a Remedial Action Notice which instructed the business to take steps to address it.

The FSA brought two charges for food safety and hygiene offences and an additional charge for a breach of the Remedial Action Notice.

The business pleaded guilty to one of the hygiene offences and the FSA withdrew the remaining two charges.

At a hearing on 20 March 2020 at Birmingham Magistrates’ Court, the district judge took into account the company’s previous convictions for similar offences and concluded that culpability in the case was ‘high’ with a low risk to the public.

The business was fined £4,000 and was ordered to pay costs of £7,000 and a victim surcharge of £180.

Martin Evans, Acting Chief Operating Officer of the FSA, said: “This business was fully aware of

the hygiene issue at its site which they failed to address on several occasions.

“The FSA will always aim to work with business first to help them resolve issues.

“However, where businesses disregard food hygiene standards we will take action to ensure that regulations are followed and public health is protected.”



GORDON RAMSEY HAS TAKEN OUT LOANS TO SUPPORT HIS RESTAURANT EMPIRE

The celebrity chef known for his TV programme Hell’s Kitchen has registered charges with Barclays Bank against 16 different companies. The loans will provide financial aid to many of the companies that manage restaurants owned by him. This also includes his flagship restaurants such as London’s Savoy Grill and Petrus. The hospitality industry has been hit hard by the COVID-19 pandemic and Gordon Ramsey’s restaurants have also been affected. Ramsey was criticised in March when he laid off 500 employees and was unable to say if they’d be allowed back once things stabilised.



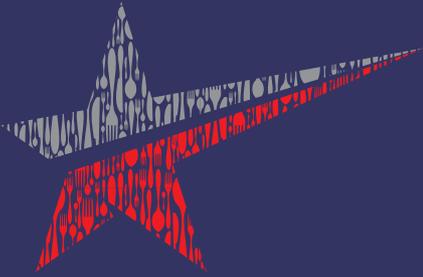
Two restaurant owners in Lancashire hit with £114,000 tax bill

Both restaurant owners have also been prevented from opening and running companies for the foreseeable future or after the bill of £114,000 VAT bill is paid. Abul Khasim and Tab-aruk Ali both own restaurants in Lancashire, one being Indian restaurant Shantii in Formby.

The restaurant folded in January 2019, but the VAT bill still stands. The owners originally tried to blame the discrepancy on staff theft, but this was rejected by the authorities. The restaurant closed after stacking up debt of over £200,00 which includes the heavy VAT bill.

Just Eat to provide free access to legal and food safety advice to partners

UK takeaway giant Just Eat has confirmed all partners affiliated with its platform will be entitled to support from them regarding food safety and even legal advice during and after the COVID-19 pandemic – if they require it. The platform now hosts nearly 38,000 eateries across the country and has been instrumental in helping many adopt a delivery model in the wake of coronavirus. Just Eat will be setting up a special hub to allow their partners to access this help whenever they may need it.



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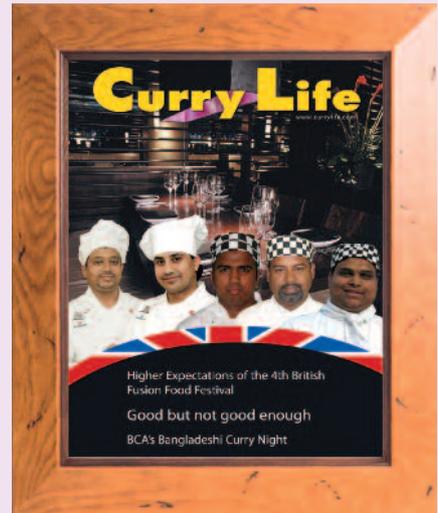
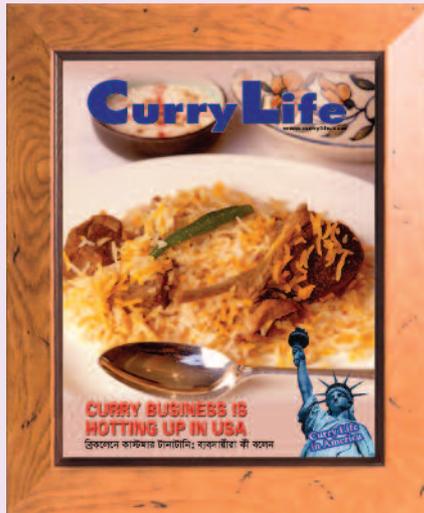
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PRESTIGIOUS AWARDS OF THE CURRY INDUSTRY



THE SPICE OF CURRY LIFE!



Curry Life - the one and only magazine dedicated exclusively to Curry Cuisine and leading mouthpiece for British curry houses – is to showcase a series of iconic issues from its archive.

This unprecedented charting of curry trade history will be staged at a special exhibition - set to be held on 15 November - at this year's prestigious World Curry Expo 2020.

“When Curry Life was launched in 2003, the whole idea was to put British Curry Houses at the forefront of a groundbreaking publication,” says Syed Belal Ahmed, Co-Founder and editor of Curry Life.

Readers soon enjoyed becoming accustomed to seeing images from across Britain that got people sharing ideas – talking about best practice – and for the first time enjoying a vehicle offering a voice for the curry industry.

This rawness and truth found in the stories produced by Curry Life is why the publication is still revered today and going strength to strength.

Some of the images on display at this exhibition are taken

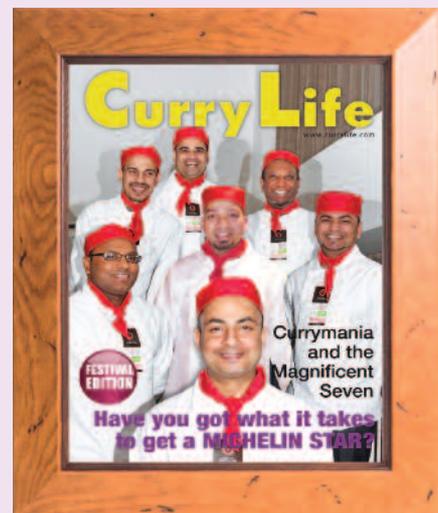
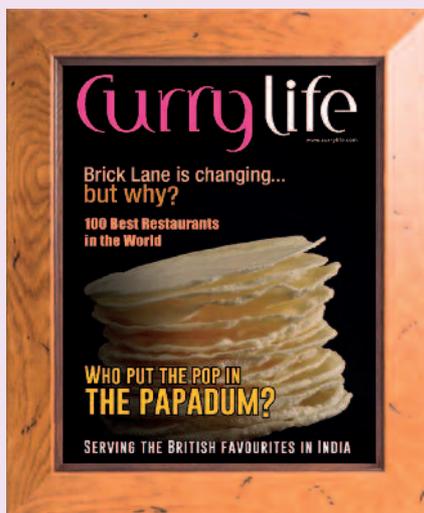
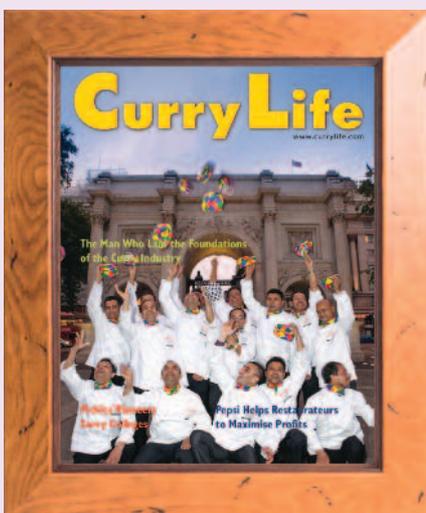
from the magazine’s golden era, when it featured two languages, predominantly in Bengali, with bits and pieces in English.

“We wanted to exhibit as many truly memorable and famous images as possible from the history of the Curry Life. Our early focus on chefs meant ordinary curry chefs now sat with glamorous celebrities on an equal footing - and we helped bring dignity into the profession by promoting them,” adds Syed Ahmed.

Fellow Co-Founder and Editor in Chief, Syed Nahas Pasha, defines the purpose of the Curry Life thus: “From the start, we wanted to publish positive stories related to Curry Houses and of interesting people from the industry.

“But it wasn’t all glitz and gloss. Sometimes we had to focus on controversial industry topics - and be constructively critical to create a debate for improvement – and readers also reacted positively to this.”

For further information, please call: 020 8550 4179 or info@currylifemagazine.com





Fine Dining Restaurants Begin to Switch to Delivery Model

With the rise of food delivery apps such as JustEat, Deliveroo and UberEats, many restaurants, cafes and pubs across the country have started embracing takeaway as a viable alternative to 'sit-down dining'. Restaurants that invested in or dabbled in these practices were glad they did by the time coronavirus struck. It meant they already had the infrastructure in place to change their model. Their doors may to close, but not their kitchens.

This transition was more difficult to make for fine dining establishments. Restaurants like this provide more than just sustenance, customers don't just pay for the food, they pay for the service and the experience of visiting. Offering takeaway risks cheapening this experience, but the longer the pandemic goes on more and more restaurants need to adapt.

As the pandemic and lockdown has lingered on, more and more fine dining restaurants have had to change their strategy. Each trying to find a way to replicate their sometimes-world-famous experience, but in takeaway form. This can be a tricky thing to get right, but it also may be crucial to some restaurant's survival. Restaurants like Benare's in London have had to adapt and embrace this new approach. But the highly regarded Indian restaurant has also pledged to donate a one free meal to the NHS for every order they receive. Zuma is another fine dining restaurant which has taken a similar route, although this restaurant offers authentic Japanese cuisine, and now is delivering it's celebrated food within three miles of the restaurant.

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Fifty Million Pints of Beer Risk Going to Waste Due to Pub Closures



According to figures from the BBC, around fifty million pints of beer risk going to waste as a result of pubs being closed due to coronavirus. A representative of the Campaign for Real Ale (Camra), estimates that the UK has over 39,000 pubs, each having an average of 15 barrels of beer in their cellars and stock rooms. Each barrel contains an average of 88 pints of beer – and each one has a ‘use by date’.

Unopened beer lasts around 6 to 9 weeks, and since pubs closed a lot of that will now be undrinkable and is expected to be a tremendous blow to the brewing industry and the pub trade in general. Social distancing measures have been in place since March and each barrel may now be long past its safe usage date.

Some breweries considered offering a takeaway service, similar to what restaurants are doing, but this idea was shelved. That’s because the appeal of pubs and bars is the atmosphere and community, not just the drinks themselves. This cannot be replicated through takeaway. Also, without its established allure, pub prices cannot



compete with alcohol prices from shops and supermarkets. Finally, the proposal was problematic for social distancing measures.

The Government’s aid package will of course go some way to helping pubs and breweries recover financially from this loss. But sadly, it doesn’t cover the colossal waste that this wasted beer represents.

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A McDonalds in China is Forced to Apologise Over Racist Sign



The McDonald's restaurant, which is located in the Guangzhou area of China, placed a sign on its door banning black people from entering and advising them to notify the police for "medical isolation". The sign was added by an unknown member of staff and was allegedly done to prevent the spread of coronavirus.

Since the incident and subsequent complaints, the sign has been removed. McDonald's have apologised for the incident stating the message written on the sign "is not representative of our inclusive values". The restaurant in question has also been closed as a result for staff to undergo inclusion and diversity training.

However, the incident is just one in

a current wave of discrimination towards black people in the region. Many black and African people have been forced out of their homes due to fear that the virus is spreading throughout their communities. While the reports of coronavirus spreading here are currently unverified, it is clear that racial tension in the region is high due to paranoia and rumours. As a result of reports of discrimination towards black people in Guangzhou, the U.S Consulate General of China as advised African Americans who may be visiting the region to "avoid the Guangzhou metropolitan area until further notice".

German restaurant receives angry backlash for racist Facebook post

Im Schiffchen in Dusseldorf, Germany, is a popular restaurant which has recently reopened following lockdown due to coronavirus. The city itself has a large Asian population including lots



of people from China and Japan who call Dusseldorf home. The restaurant's owner Chef Jean-Claude Bourgueil took to Facebook to advise locals his establishment would be reopening saying, "We start on Friday, but only with our bistro. No Chinese wanted!" The post was taken down, but the damage was already done. Im Schiffchen has lost its place in the Michelin Guide as a result, which will damage its recovery.



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Pubs get Involved in Takeaway Trade During Lockdown

The hospitality industry is one sector that has suffered more than most since the coronavirus pandemic struck, chiefly amongst it is the pub trade. While many restaurants have switched to a takeaway model throughout the crisis, pubs have been slower to adopt to the style. While pubs have been ordered to close, they too have been free to cook food for delivery.

Pubs which are generally regarded as restaurants first, and that have a popular reputation for their food, may have been quicker to switch to a takeaway model. But those who are owned by a brewery, or do not gear their business model around food could suffer as lockdown goes on. Pubs not only needed to adapt and learn how to become a takeaway in a short space of time, they also needed to compete with those who have done it for longer.

Another challenge pubs face when turning their hand at takeaway and delivery is public perception. Pubs are not places people typically order takeaway from and without significant efforts to advertise this change, changing customer habits might prove difficult. Yet many pubs may be reaching a point where they have no choice but to try.

Vijay Mallya seeks UK asylum on humanitarian grounds

Kingfisher Beer tycoon and former member of Parliament, Vijay Mallya's extradition to India is likely to get delayed as he has sought asylum in the United Kingdom on humanitarian grounds, according to a report in Indian channel CNBC-TV18.

Vijay Mallya has lost his appeal recently to remain in the UK and there were preparation for him to be extradited to India to face trial. Soon after he lost appeal British High Commission in India said, there was a "further legal issue" that needed to be resolved before the businessman could be extradited. "Under United Kingdom law, extradition cannot take place until it is resolved. The issue is confidential and we cannot go into any detail," the High Commission said.

According to CNBC-TV18, Mallya has sought asylum on humanitarian grounds, particularly under Article 3 of the European Convention of Human Rights (ECHR), meaning his extradition to India-if it happens-has been pushed further into the future. Mallya had previously fled India and sought refuge in the UK. Although Indian by Birth, Mr Mallya is a British citizen and has represented

constituents in the past as an independent MP.

Mr Mallya who is known as "The King of Good Times" in India due to his extravagant lifestyle, has been mired in financial controversy since 2012, some of it in relation to money laundering and fraud. In 2017 he was accused of contempt of court in India and summoned to appear before a judge.

He was arrested by British authorities but was eventually released. Mr



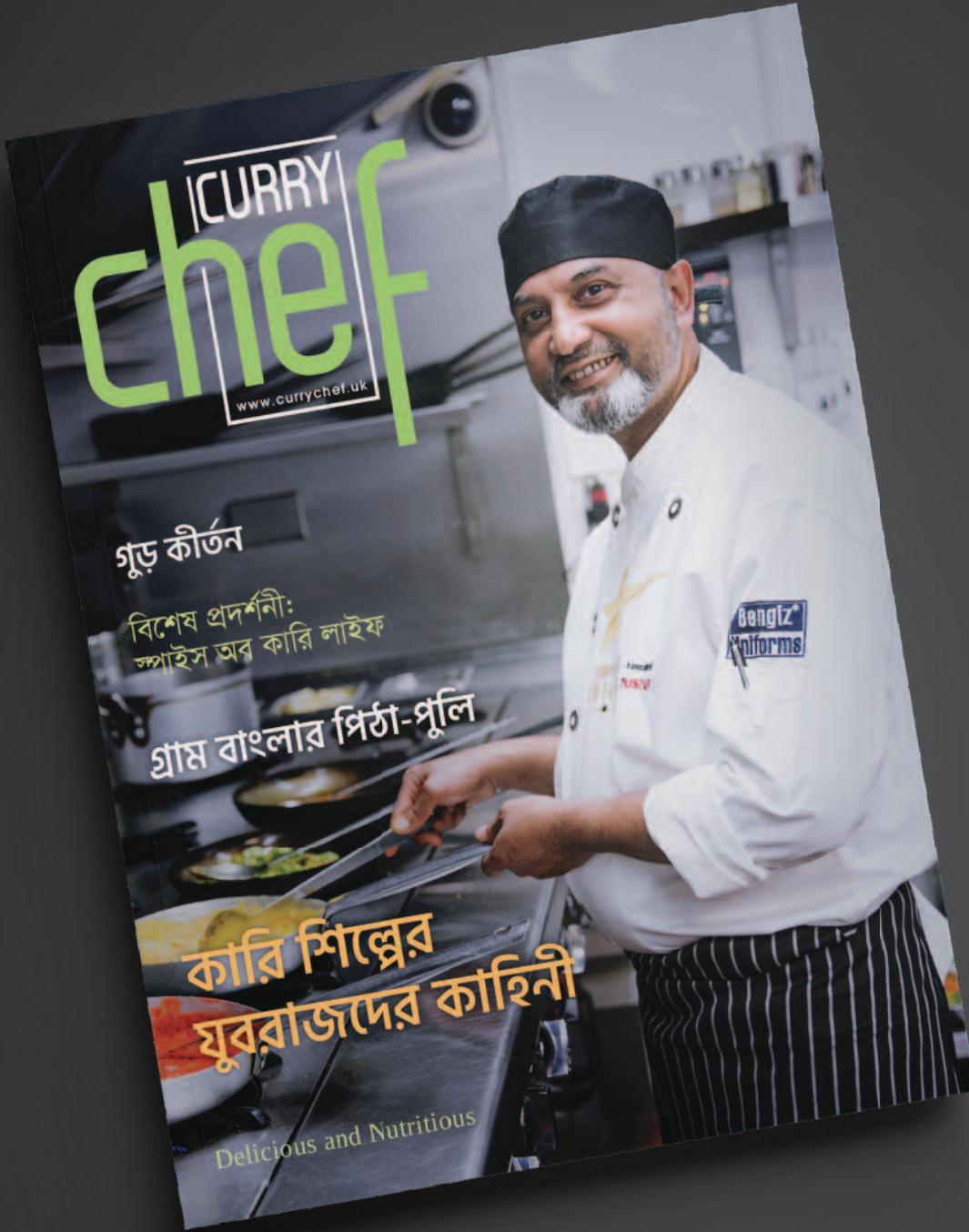
Mallya has described the accusations against him as a "witch hunt" and has said he trusts the British legal system more than the courts in India.

In an attempt to sever ties with his native India, Mr Mallya has asked the countries banks, to take his India based assets and leave him be. Saying "I request the banks with folded hands, take 100 per cent of your principal back, immediately," he said outside the Royal Courts of Justice. He presently owes an alleged Rs 9,000 crores in unpaid bank loans, according to the Enforcement Directorate (ED) and the Central Bureau of Investigation (CBI).

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FAST FOOD INDUSTRY BOOSTED BY 'TAKEAWAY BOOM'

The hospitality industry's suffering during coronavirus pandemic has been well documented, but some businesses have adapted and have continued to thrive in the face of such unparalleled adversity. The takeaway industry for

According to data from Flipdash, the demand for Indian takeaway food in the UK rose by over 290% following lockdown, closely followed by Chinese food at 270%

example has seen a significant uptake in sales since the life in lockdown became normality.

With lots of people avoiding food shopping, only doing it when the need to, and not going out for dinner, getting

a takeaway has become the next and most logical option. Businesses that focus on cooking and delivering takeaway food arguably had an easier time adapting to lockdown than restaurants did. The restaurants that were focused on sit-in diners, had to radically change their business model overnight. Takeaways on the other hand already had these processes in place.

According to data from Flipdash, the demand for Indian takeaway food in the UK rose by over 290% following lockdown, closely followed by Chinese food at 270%. Orders of fish and chips have increased by 130%, with pizza rising over 80%. Orders of burgers, kebabs and Thai food have also seen a significant increase.

Prior to lockdown, orders of takeaway food primarily happened in the evening. But as more and more people



investigate new ways of ordering food in, the times that takeaway food is most in demand has become earlier in the day. This has also caused many takeaway owners to review their opening hours to accommodate the surge in demand. A takeaway is now a much more common occurrence for lunch as well as for an evening meal.

Flipdash themselves have recorded a surge in new customers. From February to March the company witnessed a 60% increase in new signups. They have even reported restaurants that previously may not have operated a takeaway service have now joined their platform, noting that pubs, cafes and fine dining establishments have also signed up in an effort to preserve their business and attract new customers.

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FANTASTIC EFFORTS



Fantastic efforts by Curry Houses spotlighting our inspirational NHS

By Sam Smith

The Curry Industry is full of wonderful and passionate people and we proved that again and again during the crisis. The Covid -19 Pandemic is the worst thing to hit the restaurant sector in modern times. We have never seen anything like this before. Many businesses including restaurants, pubs and bars were forced to closed to deal with the challenge of this pandemic.

Some Curry Houses has been running limited takeaways delivery and collections operation only. Despite businesses are faced with the most challenging time for generation, the Curry House Heroes joined in a national effort to deliver most favourite free curries for elderly, vulnerable, the NHS heroes and Key Workers, those working tirelessly during this tough time.

While many of these restaurants have offered discounts for Hospitals and Key Workers for a long time, it demonstrates the relentless generosity of many eateries that even in this dire time for the Curry Industry, they are

still rewarding others for working so hard with delivering free curries.

Bangladesh Caterers Association (BCA) that represents many thousands of Curry Houses across the country has been actively asking its members to help out in a national effort to deliver free curries to NHS staffs, vulnerable people in the society.



Mr M A Munim, President of BCA, said: "there aren't many people who deserve to be rewarded with free curries more during the Coronavirus outbreak than NHS staff members and key workers.

They are already going without sleep. If they also don't have

good food, they will burn out faster, function less well and become ill themselves."

In this issue of Curry Life our reporter SAM SMITH reflected on some Curry House Heroes involved in this commendable initiative across the country to deliver free curries to our NHS Heroes, Key Workers and vulnerable people during this pandemic which devastated our nation.

BY CURRY HOUSES

Bayleaf Restaurant

Whetstone, London N20 9HH

The Bayleaf of High Road, London has welcomed the opportunity to give back to the community. Since the pandemic began, they have provided 3000 free meals to vulnerable people who are in isolation. They have also donated £2000 pounds to the needy in Bangladesh. Additionally, their local MP for Chipping Barnet, Theresa Villiers volunteered to join forces with the Bayleaf and its owner Tofozzul Miah in delivering food to the staff of North London Hospice. Mr Miah, said: "this is all in an effort to support our local community in as best as we can".



Taj Cuisine

Walderslade, Chatham, Kent ME5 9UD

Since March, Indian restaurant the Taj Cuisine in Walderslade have been delivering curry to their local hospital in an effort to support front line NHS workers. The award-winning restaurant has been delivering 100 meals a week every Tuesday to show their appreciation to their nearby health workers and the NHS as a whole. Owner Abul Monsur, said: "We delivered food to the hospital staff to demonstrate our support, appreciation and love for the NHS."



Café Saffron

Shrewsbury SY1 1QU

Small but popular Indian restaurant Café Saffron in Shrewsbury has been hard at work supporting their community since the onset of COVID-19. What's been described as a "small army" of volunteers have all come forward to assist the restaurant in their efforts to donate 100 meals a week to those in need in their local area. Including their local hospital. So far, they have donated 300 meals and according to manager Abdul. Soon they may double their efforts and may be donating 200 meals a week!



FEEDING OUR **NHS** HEROES

Taste of Paradise

Newport, Telford

Award Winning Curry Chef from Taste of Paradise, Market town of Newport in Telford, have delivered hundreds of free curries at the Princess Royal Hospital in Telford, Shropshire.

Chef Alam Hussain said: “We are a very small business. But, I’m deeply humbled to be able to use my skills to help support our NHS and frontline workers in these challenging times.”



Mahaan Restaurant

Worthing, West Sussex, BN11 3DA

The Mahaan Restaurant represents the largest Indian restaurant in Sussex. It’s owner Askor Ali has not only shown generosity to his local community by delivering free meals to the elderly in his local community and over 150 meals to Worthing Hospital, he’s also offering NHS workers a 20% discount if they order food to their homes. In fact, Mahaan offered NHS workers discount even before the pandemic.

Finally, many of Askor’s staff may not have family to stay with in lockdown. Those staffs have been allowed to live above the restaurant and eat for free during the pandemic.



Hussain’s Indian Cuisine

Weston-super-Mare, BS23 1RQ

Family business Hussain’s Indian Cuisine is run by father and daughter duo Alkas and Aqila. The Hussain’s have really decided to think outside the box when adapting to the COVID-19 crisis. Realising that their regulars would all be stuck at home and during sunny days they decided to create a special BBQ food pack to make lockdown easier. They’ve also been donating 10% of their earnings to the NHS as well as offering discounts to front line workers and supplying meals for those working in hospitals. Profit isn’t something the restaurant is concerned with during a pandemic.



FEEDING OUR **NHS** HEROES

Sultanz

Camborne, TR14 8SW

This restaurant has high hopes when they opened their doors on the middle of February 2020. As a new business, the last thing they expected was to open just as a global pandemic struck the world. But they adapted as soon as it did. Not only have Sultanz been supporting their local hospitals, the fledgling restaurant has also been cooking delicious Indian food to donate to nearby homeless shelters.

Their motto during this crisis is “we are here for the locals”, who recognising the challenges the new restaurant has faced, have rallied round to support them too by ordering takeaways.



Dilchad Restaurant

Spitalfields, London E1 7HP

East London based famous Bangladeshi Restaurant Dilchad has been very busy supporting the NHS in London. Since the coronavirus outbreak began, they and another family owned restaurant called Indian Butler have provided over 2000 hot lunches to St Thomas Hospital, St Barts, Royal London, Whipps Cross, Hillingdon Hospital, and to many local GP offices. They have also recognised the importance of Care Homes and have also supplied care workers with cooked food too. While food was delivered to Royal London Hospital from Dilchad, Mayor of Tower Hamlets John Biggs, several councillors and Dilchad family members Shafiqur Rahman Chowdhury was present.



Roshni Restaurant

Forsbrook, Stoke-on-Trent

The Stoke-on-Trent based Roshni Restaurant didn't hesitate to support the NHS when COVID-19 struck the UK. In fact, they surprised their local Royal Stoke University Hospital with a massive supply of curry and sundries to keep front line staff well fed.

Owner Muhammed Sami said this to his local newspaper, "We were very happy to do it and have already said that if they want us to do it again, we will. We should all help each other, especially during times like this."



FEEDING OUR **NHS** HEROES

Britannia Spice

Cheshire, CH64 6SA

Britannia Spice, as well as other nearby restaurants The Ruhi Balti Birkenhead, Paneer Wallasey and Wirral Tandoori Bromborough all kindly provided curry for families in their local area. Each restaurant did this in partnership with Tranmere Rovers Football Club and MPs Mick Whitley and Alison McGovern.

The food was provided at the Marquee in Prenton Park with help from volunteers. This initiative was a unique and creative way for all involved to help their local community during a difficult time. Every person involved deserves the title of Curry Hero.



The Capital Restaurant

County Durham, DH1 1QT

Syed Islam who runs the Capital Restaurant in Durham and his team joined forces with their local MP to prepare over 100 meals for their local hospital. The team arrived with all meals boxed up and ready, providing front-line NHS staff at University Hospital North Durham with some much-needed support during their busy shifts fighting coronavirus. Speaking to their local newspaper later MP Mary Foy said, "This is another heart-warming example of how the communities and businesses in my brilliant constituency look out for one another. I hope all the staff who received one of Syed's incredible meals enjoyed them."



Raj Bari

Sevenoaks, TN13 1DH

In the wake of the COVID-19 crisis Kent based Indian restaurant the Raj Bari is offering a 50% discount to the over 65s and to key workers throughout the duration of the crisis. Not only that; the restaurant has been producing free lunches for all key workers in their local area.

Finally, the owner of the restaurant Mr Yahiee Ahad has donated £5000 to the NHS in an effort to support them in this difficult time.



FEEDING OUR **NHS** HEROES

Kuti's Brasserie

Southampton, SO14 2AQ

The award-winning restaurant Kuti's Brasserie in Southampton has been in business for over 30 years. In 2019 they won the Best Spice Restaurant in the South East at the annual British Curry Awards. They also maintain a good relationship with their local hospital University Hospital Southampton.

When news of the pandemic reached owners Arman and Kuti they put a plan in place to cook for the staff at the hospital every week. The restaurant has also led the charge in encouraging other business owners to join in and support the staff.

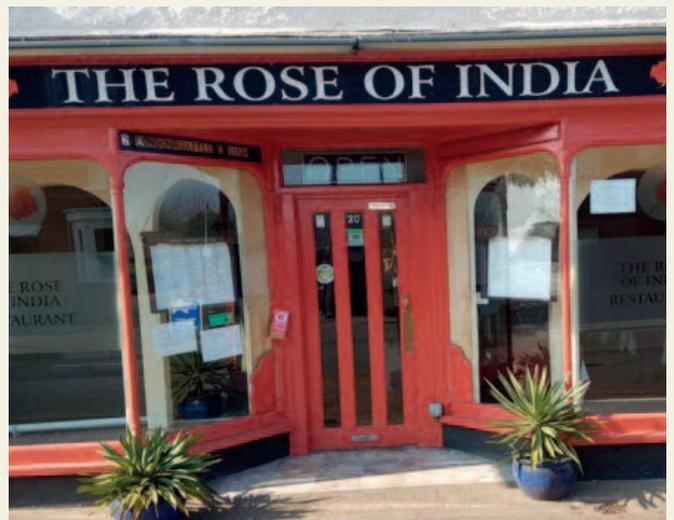


Rose of India

Attleborough, NR17 2BU

Indian restaurant the Rose of India has not only supplied free meals to every day since lockdown began to the NHS but to their local police force too. Police and NHS workers have also been able to order a meal in their free time if they can show a valid ID. This entitles them to a one free meal with rice and naan bread a day.

Manager Raj Islam said: "the staff at the restaurant wish there was more they could do to help and have also seen a surge in support from their local customers to keep them in business too."



Himalaya Tandoori

Bridgnorth, WV16 4QN

The Himalaya Tandoori has done a tremendous amount to help others since the coronavirus crisis started. Not only has the restaurant offered a roof to its staff with nowhere to go during lockdown, they have donated a vast amount of curry to their local hospital and offered a discount to NHS workers. But what's even more exciting is the restaurant is taking part in The Big Curry Night In – a nationwide celebration of curry and Eastern cuisine.

The scheme has been created to also raise funds for the British Asian Trust's appeal to also help the needy in South East Asia, another part of the world that has been ravaged by COVID-19.



FEEDING OUR **NHS** HEROES

Kushoom Bugh

Upminster, RM14 3BT

“We wanted to do something to help” is what the owners Kalam and Rasel of Kushoom Bugh had to say. Both Kalam and Rasel referring to their donation of 350 meals to Queens Hospital in Romford.

Speaking to their local newspaper they pair went on to say; “We would like to thank our customers for their continued support and also our staff, who have worked tirelessly in preparing the food for their customers and NHS workers at Queen’s Hospital.”



Bombay Barn

Washington, NE37 2BA

Not only have the owners of Bombay Barn worked tirelessly to cook food for key workers, they have also created a ‘food donation hub’ for the vulnerable people in their community to find support.

The restaurant is encouraging people in their local area to donate food and essential items and has established itself as a delivery and donation point for anyone who wishes to help. As well as hospitals the restaurant has also donated food to the Tyne and Wear Fire and Rescue service.



Jumeira Restaurant

Staplehurst, TN12 0LA

Jumeira Indian Restaurant in Kent has been supplying free food for the NHS, the elderly and other vulnerable people since the outbreak began. Speaking to their local newspaper, owner Tariq said: “We are incredibly proud of our community pulling together during these challenging times, especially our fantastic NHS staff. As a token of our appreciation, we are offering all NHS staff complimentary food throughout this difficult time. “We are also offering the vulnerable and elderly in our community complimentary takeaway orders with delivery. Please do let your loved ones know that we’re here to support them.”





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FEEDING OUR **NHS** HEROES

Chutney Restaurant

Wolverhampton, WV14 9DP

Residential care and nursing homes in Coseley, Dudley, Tipton and Wednesbury were sent over 200 meals by Black Country based Chutney Indian Restaurant to keep them fed and supported during the coronavirus pandemic. Owner Jubel Ahmed explained he wanted to give back to the community and say thank you to those putting themselves at risk to help fight the virus. Care homes have suffered heavily during the coronavirus outbreak and not received the same support as the NHS. Chutney Indian Restaurant hoped to address this and support their local carers across the region.



Saffron House

Watford WD17 4HZ

When news of the pandemic hit Saffron House made a commitment; they were 'here until the end'. They refused to close their kitchen and instead focused on takeaway food. They also donated 200 masks to the council and provided food to the NHS in its hour of need. Owner Mohammed Miah was keen to lower the prices and also scrapped his delivery charge. Mohammed believes that investment in new digital technology is the key for Indian restaurants to survive through this pandemic. He also believes restaurants need to evolve and turn their attention to delivery options.



Tikka Masala

Welwyn Garden City AL7 4JU

The Tikka Masala Indian Takeaway has supplied free meals for NHS heroes at the local QE2 Hospital. The Tikka Masala also contributed 10% of the gross sales in partnership with Just Eat towards the NHS on 'Super Sunday Appeal' throughout the month of May.

Manager Shamim Ahmed said: "the Tikka Masala team wish there was more they could do to help and have also seen a surge in support from their local customers to keep them in business too."



FEEDING OUR **NHS** HEROES

BCA members delivered thousands of free meals for NHS and frontline staffs

As the public stay at home, Curry Houses have decided to provide free curries to those who don't have that option, such as those working on the front line to tackle the virus at the different part of the country.

One such national effort was led by Bangladesh Caterers Association (BCA), which represents several thousands restaurants across the country. The NHS staff and other essential frontline workers were given a spicy treat by BCA members throughout the country.

Just to give one example of this monumental task taken up by the BCA East of England Region that represents Hertfordshire and Bedfordshire delivered 1000 meals to West Hertfordshire NHS. The Curry Houses that was involved were the following: Chinnor Indian Cuisine, Surma Stevenage, Prince of Bengal, Café Masala Dunstable, Raj Garden from Bushey, Aroma Redlett and British Raj Express.





KEEPING CUSTOMERS "HAPPY"

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Many Restaurant Partners who have remained open on Just Eat have been seeing a significant increase in orders recently as a result of the lockdown. Whilst all those extra orders are great, they can also be stressful for your kitchen!

Orderpad and Partner Centre give you the tools to set your restaurant up to help meet demand, keep delivering your high standards of service and maintain your great reputation. We've put together 5 pointers to help you keep every customer happy when the pressure is on your kitchen to deliver.



Be realistic about what you're able to deliver

Amend your opening hours to reflect when you are able to deliver. If you don't want to change your opening hours on Just Eat, then please make sure you're taking yourself temporarily offline if you need to take time out. This can be done through the Orderpad

Remember. If customers think you're open and place an order that doesn't get fulfilled, it results in a poor experience and maybe poor reviews too.

To change your opening hours, go to partner.just-eat.co.uk, 'Your restaurant' and then 'Opening hours'. Or, to take yourself temporarily offline, select 'Close for day' (in the top right on the screen). To go back online, click the 'Reopen' button.



Give yourself time to meet high demand...

Adjust your delivery area by a half-mile or so to cope during periods of high demand.



...but try not to add time to orders

Add time to orders only as a last resort if you think you're going to be running late. Using it too much will impact your Performance Score. It's much better to provide realistic delivery times to start with.



Let customers know it's On Its Way

Hit 'On Its Way' on your Orderpad every time a driver leaves your restaurant. Once customers know their food is on its way they have time to prepare to receive their delivery and they won't need to call you to chase their order.



Remove menu items if you're out of ingredients

There are bound to be occasions when you run out of stock of some ingredients, in which case remember to update your menu.

Handy tip. Use the search tool

Search by ingredient to bring up all the dishes on your menu that contain a particular ingredient, then you can click 'Select all' and all these dishes will go offline.

By using these tools and techniques you'll find it easier to keep customers happy and take the stress off your busy kitchen.



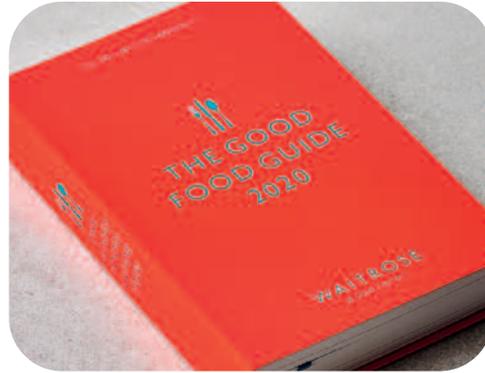
The Good Food Guide to Skip 2021 Edition as a Result of Coronavirus

The annual Good Food Guide is typically released every September for the upcoming year. However next year's edition has been cancelled in the wake of coronavirus. A statement was released by the publishers, clarifying their reasons and hopes for the future:

"Lockdowns have forced the majority to make the previously unthinkable decision to close their doors for the foreseeable future. Some have been able to adapt their services to support their local communities in this time of need; all – sadly – face uncertainty.

As it approaches its 70th year, The Good Food Guide would wish to shine a light on the incredible restaurant scene in the UK and Channel Islands more than ever.

Over the past few weeks, however, it has become clear that a print edition would not be able to do this fairly or accurately. The editors have therefore taken the difficult decision not to publish the 2021 guide in September. Until a publication date is confirmed for the next edition, the GFG will continue to promote the hospitality industry through its website, social media channels and other Waitrose &



Partners publications, bringing you details of the latest news and initiatives. The Good Food Guide by Waitrose & Partners has been

championing the country's best restaurants since 1951. Each edition is written and compiled from scratch, based on reviews submitted by readers coupled with reports by a trusted team of anonymous inspectors. As soon as the doors of the UK's pubs, bars, restaurants and cafés are open once again, our inspectors will be ready to visit and support them, as well as the suppliers who rely on these establishments for their businesses to thrive.



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Bangladeshi Shrimp farmers are in need for urgent support



The Bangladeshi shrimp farming industry has requested further support from the Governments, saying their need is “pressing and urgent”. The industry was already struggling before the onset of COVID-19, but since the pandemic struck the sector has been decimated. Not only is manpower greatly reduced, this has been dangerous to keeping the breeds of shrimp alive and plentiful. Stock needs to kept high and replacements will need to be made if the industry is to recover post virus. The sector also provides food for people and further damage to it risks restaurants around the world changing their menus.

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কাস্টমারদের “খুশি” রাখা “যখন আপনি চাপে আছেন”

সাম্প্রতিককালে জাস্ট ইট এ থাকা অনেক রেস্তুরেন্ট পার্টনার যারা দোকান খোলা রেখেছেন তারা লকডাউনে থাকার কারণে তাদের অর্ডার অনেক বৃদ্ধি পেয়েছে তা লক্ষ্য করেছেন। অতিরিক্ত অর্ডার পাওয়া যেমন ভাল তেমনি কিচেনের জন্য তা বেশ চাপের হতে পারে!

অর্ডারপ্যাড এবং পার্টনার সেন্টার আপনার রেস্তুরেন্টের বাড়তি চাহিদা পূরণে কৌশল নির্ধারণ করে দিতে পারে, যা আপনাকে উন্নতমানের সেবা প্রদান ও সুনাম রক্ষা অব্যাহত রাখতে সাহায্য করতে পারে। আপনার কিচেনে যখন ডেলিভারির চাপ থাকে তখন আপনার প্রত্যেক কাস্টমারকে সাহায্য করার জন্য আমরা পাঁচটি বিষয়ের উপর গুরুত্ব দিয়েছি।



আপনি কতটুকু ডেলিভারি দিতে পারবেন সে ব্যাপারে বাস্তব চিন্তা করুন

আপনি কতক্ষণ ডেলিভারি দিতে পারবেন তা চিন্তা করে খোলার সময় পরিবর্তন করুন। আপনি যদি খোলার সময় পরিবর্তন করতে না চান তাহলে আপনি সময় নেয়ার জন্য সাময়িকভাবে অফলাইন থাকার চিন্তা করুন। এটি আপনার অর্ডারপ্যাডের মাধ্যমে করতে পারেন।

মনে রাখবেন। যদি কাস্টমার মনে করে আপনারা খোলা রয়েছেন এবং একটি অর্ডার দেয় যা আপনি যথাযথভাবে ডেলিভারি দিতে পারেন না, তাহলে কাস্টমারের খারাপ অভিজ্ঞতা হতে পারে এবং তা আপনার জন্য খারাপ রিভিউ নিয়ে আসতে পারে।

আপনার খোলার সময় পরিবর্তনের জন্য partner.just-eat.co.uk ওয়েবসাইটে যান, 'ইওর রেইস্ট্রেন্ট' সেকশনে গিয়ে 'ওপেনিং আওয়ার্স' এ তা পরিবর্তন করুন অথবা সাময়িকভাবে অফলাইনে গিয়ে 'ক্লোজড ফর দ্যা ডে' অর্থাৎ আজকের জন্য বন্ধ সিলেক্ট করুন। (স্ক্রীনে ডানদিকে উপরে)। আবার অনলাইনে যাওয়ার জন্য 'রিওপেন' বাটন ক্লিক করুন।



বাড়তি চাহিদা পূরণ করতে আপনি একটু সময় নিন

ডেলিভারি এলাকা আধা মাইল কমবেশ করে নিন যাতে যখন চাহিদা বেশি থাকে তখন সবকিছু সহজে চালাতে পারেন।



...কিন্তু অর্ডার ডেলিভারির দেয়ার সময় পুনরায় অতিরিক্ত সময় যোগ করার চেষ্টা করবেন না

আপনি যদি মনে করেন আপনার দেরি হচ্ছে তখন সময় যোগ করা একান্তই সর্বশেষ পন্থা হিসাবে বেছে নিবেন। বেশির ভাগ ক্ষেত্রে তা করলে আপনার পারফরমেন্স স্কোরে প্রভাব পড়বে। শুরুতেই যুক্তিসঙ্গত ডেলিভারি টাইম বলে দেয়া অনেক ভাল।



ডেলিভারি 'অন ইটস ওয়ে' অর্থাৎ ডেলিভারি পথে রয়েছে তা কাস্টমারকে জানিয়ে দিন

আপনার ড্রাইভার যখনই রেইস্ট্রেন্ট থেকে বের হবে তখনই আপনার অর্ডার প্যাডে 'অন ইটস ওয়ে' হিট করে জানিয়ে দিন। যখনই কাস্টমার জানতে পারবে তাদের খাবার পথে রয়েছে তখন তারা ডেলিভারি গ্রহণ করার জন্য তৈরি থাকবে এবং তারা আপনাকে অর্ডারের খুঁজে ফোন করবে না।



আপনার যদি কোন জিনিস বা উপকরণ ফুরিয়ে যায় তাহলে তা মেনু থেকে সরিয়ে নিন

নিশ্চয়ই কোন কোন সময় এমন ঘটনা ঘটে যে জিনিস ফুরিয়ে গেছে এবং সেক্ষেত্রে তখন আপনার মেনু আপডেট করতে ভুলবেননা।

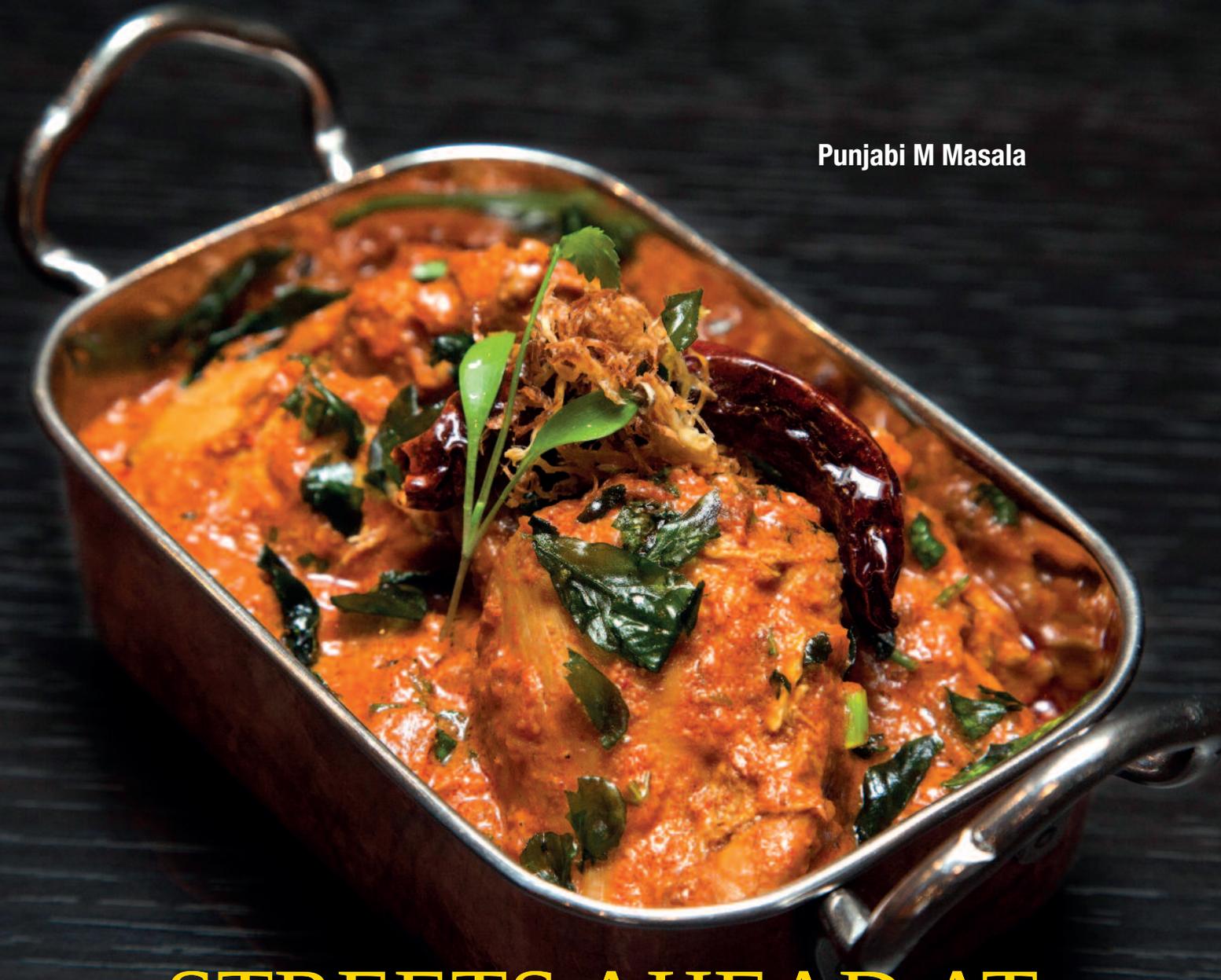
দরকারি উপদেশ। সার্চ টুল ব্যবহার করুন।

ইনগ্রোডিয়েন্ট অর্থাৎ উপকরণের নাম লিখে সকল ডিশের মাঝে নির্দিষ্ট উপকরণ খুঁজ করুন এবং তখন সিলেক্ট অল ক্লিক করুন এবং সাথে সাথে এসকল ডিশ অফলাইনে চলে যাবে।

এসমস্ত টুলস এবং কৌশল ব্যবহারের মাধ্যমে
আপনি কাস্টমারদের খুশি রাখতে পারবেন এবং
আপনার ব্যস্ত কিচেনের চাপ কমাতে পারেন।



Punjabi M Masala



STREETS AHEAD AT

GRAND TRUNK ROAD



Grand Trunk Road Restaurant

It's probably fitting that two groundbreaking pioneers of the Indian restaurant trade have named their new restaurant after one of the greatest pioneering projects ever attempted on the Indian sub-continent.

Rajesh Suri and Dayashankar Sharma were in the vanguard of attempts to have Indian food recognised by the Michelin guide in the early 2000s, when Rajesh was COO and Dayashankar head chef at the renowned Tamarind restaurant in Mayfair.

So when they decided to set up their own independent restaurant a few years ago, they typically thought big and called the eatery Grand Trunk Road - after the 1,700 mile northern Indian trade route dating back to 16th century and running through the famous Khyber Pass.

And with the characteristic attention to detail which marked their quest for quality at Tamarind, they decided to travel to the GTR in search of authentic ingredients and dishes for their new restaurant. The result is a high-end West End quality restaurant in the Essex suburb of South Woodford where Rajesh lives.

Expanding on the philosophy behind Grand Trunk Road, he explains: "In this business, you have to innovate to stay ahead of the game.

We had to fight hard to get an Indian restaurant recognised by Michelin back in the day – and



Owner Rajesh Suri

ultimately succeeded. We wanted to bring that same ambitious approach to quality to our own restaurant.

"Knowing that this meant paying great attention to detail right from the outset, we used the year before opening in 2016 to travel across the Grand Trunk Road, so that we could get a first-hand feel for authentic ingredients and cooking styles.

"We knew we had to do something special to create a thriving high-end West End style restaurant in the London suburbs."

Proof of the duo's success over the past three years has come by way of 12 awards and Dayashankar's renewed rating with Michelin for his work at the restaurant





Lobster

But equally satisfying has been the reaction of diners, with numbers increasing year-on-year at the 50-cover restaurant.

This became clear when we visited Grand Trunk Road on a normal Wednesday lunchtime, when rivals would be closed or empty, to find a busy bustling sitting.

What also became clear very quickly was that this was no ordinary local diner, with choices limited to variations of biryanis, bhunas and dopiazas.

Our appetiser comprised three separate samplings of Peshawari lamb chops, Lucknow Ka Malai chicken Tikka and Kolkota Ki Ajwani king prawns – each deliciously spiced and offset by a sweet Delhi Ki Chaat chickpea salad, blending sweet yoghurt, fresh mint and tamarin chutneys.

Even though this appetiser was a virtual meal in itself, we carried on purposefully to our mains, which were also beautifully spiced, cooked and presented.

The Tiger Prawns came in the shape of a Chingri Malai Curry, supplemented by coconut milk turmeric and ginger sauce.

The Punjabi Murgh Masala comprised tender chicken thighs, wrapped up in a tasty ginger, garlic, onion and spicy tomato masala.

And the Gosht Dum Lamb Biryani may have looked like an ordinary pie dish but, as with much else at Grand Trunk Road, was nowhere near as normal as it seemed – with removal of the lid revealing the tenderest of lamb plus a soothing raita.

Add to all of this a series of sides incorporating

everything from okra and beetroot to Indian cottage cheese and spinach – and our feast was complete.... oh apart from a selection of ‘chef’s special ice creams’ consisting of rose petal, avocado, coconut and pineapple versions, which we were assured would ‘just slide down’.

As with the rest of the meal, each dessert dish benefitted from the use of fresh, home-made, authentic ingredients – and felt like it was a one-off, made just for us.

This was borne out by Dayashankar himself, who emerged from the kitchen to well-deserved plaudits. He explained: “We have a rule that no flavour is repeated throughout the menu, giving each dish the authentic taste that was intended when created in towns and villages across northern India.

“Given the feedback we receive from our customers – and our rate of growth over the past few years – I’d say we are succeeding in our attempt to build an innovative West End quality restaurant here in the London suburbs.”

Based on our experience, there’s no doubt that the Grand Trunk Road is certainly streets ahead of many of its rivals.

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Sunshine Saffron

By Tahira Khan

Saffron is one of the most exquisite and expensive spices in the world used in so many traditional authentic Indian and Mediterranean cuisine. It is harvested by hand from the *Crocus sativus* flower, commonly known as the “saffron crocus.” The term “saffron” applies to the flower's thread-like structures, or stigma. The spice was first cultivated from Greece, but today the spice is primarily grown in Iran, Morocco, and India, so much of the spice is mainly imported into the UK. The flower is known as ‘the sunshine flower as it brings many positive health benefits and the threadlike red stigmas and the yellow hue is literally the expensive stuff.

Each flower produces only three threads (stigmas) of saffron, and it blooms for only one week each year.

The saffron must be harvested by hand in the mid-morning, when the flowers are still closed in order to protect the delicate stigmas inside. It takes about 1,000 flowers to produce just one ounce of saffron. That's why you' are bound to pay for its worth. To make sure you that you get the real authentic product you want to look out for saffron that smells like sweet hay. It should also have all the red stigmas, no yellow stamens and that's the reason why it is so expensive as the intensive labour and harvesting methods which make the production costs very high in price.

Health Benefits

Originally grown in Greece many of the people used it for its medicinal properties. They would eat saffron

to enhance libido, boost mood, and improve memory in the most natural way. Saffron contains an impressive variety of plant compounds that act as antioxidants and molecules that protect your cells against free radicals and oxidative stress.

Powerful Antioxidants

These antioxidants are known as crocin, crocetin, safranal, and kaempferol. Crocin and crocetin are carotenoid pigments and responsible for saffron's red colour. Both compounds may have antidepressant properties, protect brain cells against brain damage, improving inflammation, reducing your appetite, and aiding as weight loss. The Safranal antioxidant gives saffron its distinct taste and aroma and studies show that it may help improve your mood, memory, and learning ability, as well as protect your brain cells against oxidative stress whilst Kaempferol is found in the petals of the saffron flower. This compound has been linked to health benefits, such as reduced inflammation, anticancer properties, and as an aid for anti-depressant activity.

As Saffron is high in antioxidants these help neutralize harmful free radicals. Free radical damage has been linked to chronic diseases, such as cancer and studies have found that saffron and its compounds have been shown to selectively kill colon cancer cells or suppress their growth, while leaving normal cells unharmed. This effect also applies to skin, bone marrow, prostate, lung, breast, cervix, and several other cancer cells. However whilst these results seem promising, the anticancer effects of saffron are still poorly studied in humans, and more research is needed for accurate diagnosis.

Anti-Depressant and Mood Enhancing Benefits

That's the reason why the spice is known as the sunshine spice as it can lift your mood. Research had shown that saffron supplements were significantly more effective than placebos at treating symptoms of

mild-to-moderate depression, with studies showed that taking 30 mg of saffron daily was just as effective as taking conventional medicines for depression. Additionally, fewer people experienced side effects from saffron compared to other treatments. What's more, both the saffron petals and thread-like stigma appear to be effective against mild-to-moderate depression.

Post Menstrual Syndrome Benefits (PMS)

Premenstrual syndrome (PMS) is a term that describes physical, emotional, and psychological symptoms occurring before the start of a menstrual period.

Studies show that saffron could also help treat PMS symptoms. This was shown in women aged between 20–45, taking 30 mg of saffron daily was more effective than a placebo at treating PMS symptoms, such as irritability, headaches, cravings, and pain whilst another study

found that simply smelling saffron for 20 minutes helped reduce PMS symptoms like anxiety and lowered levels of the stress hormone cortisol.

Reducing Appetite and Weight Loss Benefits

According to research, saffron may help prevent snacking by lowering your appetite and in one eight-week study, women taking saffron supplements felt significantly more full, snacked less frequently, and lost significantly more weight than women in the placebo group and in another eight-week study, taking a saffron extract supplement helped significantly reduce appetite, body mass index (BMI), waist circumference, and total fat mass. However, scientists are unsure how the saffron actually curbs the appetite and helps a person to lose weight and a theory was given that saffron helps to elevate your mood, which effects and reduces your desire to snack.



Deshi Spice Team



deshi spice

Curry Life had the opportunity to speak to founders of awards winning Deshi Spice about their struggles and joy.

Rebuilding a damaged reputation of a business is much more difficult than starting out a completely new business. The Deshi Spice in Bedford knows that better than anyone else.

“Previously people who were running the restaurant, completely ruin the reputation of the business and we had to pick up the pieces,” says co-founder Surman Ali of Deshi Spice.

Deshi Spice was opened in 2012. Surman Ali and his brother in law, chef Abdul Asad, the duo partners have always worked in the food trade, starting off as authentic market traders in the fruit and vegetable business, then working their way upward and being employed by several restaurants nationwide, before taking the plunge and launching their own business in the Bedford. Ali’s wife Jusna Ali is a NHS Hero, who works in a care profession, even during this pandemic she was committed to her work, whilst managing a



A REPUTATION REBUILT

family with one son.

Jusna Ali said: “My husband always has been very passionate about the food industry and the restaurant was something he always wanted to do. It was important for me to provide support to this family business.”

The Tavistock Street in Bedford is a competitive restaurant and takeaway hubs. The business had a damaged reputation for a long time, but now is finally given a new lease of life.

“The Deshi Spice is located completely in the

middle of these food businesses so it was even more harder to make us stand out from the rest,” says Mr Ali.

Negative and Positive

What is the disadvantage with this location? “The negative part is that as this is busy road car parking for dinners is an issue, it can deter customers coming from other part of Bedfordshire. However, after 6pm the parking gets bit easier,” says Ali. ➤



Surman Ali and Jusna Ali

Deshi food

“This was a restaurant since 80s with a different name. Deshi Spice had to struggle hard to change perception of people that it can be a better food place. We had to rely on massive social media marketing to win old and new customers to come to this place.

“Positive side for our business is that with hard work and good food, we managed turn the table and made this as very attractive food destination. It was really paid off with huge reward at the end. Initially nominated by our customers for national Curry Life Awards and finally by winning this prestigious award was a fantastic achievement.”



Chef Abdul Asad and Surman Ali

Consistency Matters

Successful entrepreneur, Ali said: “we know that to protect our reputation, the consistency in serving good quality food and service matters. So, now is the time to keep this reputation alive and keep on improving.

“We have a brilliant and most creative chef in town and very proud of him. Our menu is regularly updated, but the most popular dishes are such as the Bangla King Prawn, Kanda Hari Chicken and Sea bass special that has now become a staple for the locals.”

Involvement with charities and future plan

Deshi Spice also works with Cancer Research to help them with charity fund raising. Run cooking classes for local elderly to learn how to cook curry.

Inspired by the success of Deshi Spice, the team is now thinking of opening another branch and looking for the new opportunity.

Deshi Spice Restaurant
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www.deshi-spice.com

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Preserving the Medieval Traditions at THE LONDON HOUSE RESTAURANT



Mohid Miah (centre) with his MP Sir Bill Cash and local councillor Jeremy Pert

In the historical town of Eccelshall, Staffordshire is Steeped in amazing heritage and the history of Eccelshall has a medieval edge about it still at present London House Restaurant which was opened in 2000, entrepreneur Mohid Miah, who has been in the Curry Industry for 30 years since the age of 12. While working part time for family owned restaurants, young Mohid Miah dreamt of running his own business one day.

The Historical Appeal

Eccelshall town is surrounded with boutique shops. According to history, the small town in 1086 was no more than a small village with about one hundred inhabitants. The town became important as a market for the surrounding area.

In the thirteenth century the village had become a town and being granted of being a 'borough.' The area then grew in population with 500 residents and people like craftsmen, or people engaged with agriculture living there.

London House has been utilised as a stopover since the 17th Century at the time when travellers used the

place to rest and the building opposite was used as an Inn for people travelling to London by Horse and Carriage on the main road back then was built from 'London to Chester. The film 'I know where I am going' was also made in 1945 and highlights Eccelshall as a meeting point.

Starting out

Three centuries later an ambitious entrepreneur Mohid Miah had a vision to do something different and unique as a Restaurateur. He found the listed building at the right time in the right place.

He said: "I didn't know about this town until 19 years



London House Team

ago when I was passing through this village to buy a car, I stopped off for a coffee and then I noticed the building, it looked quite large and then I decided to take a walk through the village, it looked very interesting place.

“I consulted my brothers who run two other restaurants six miles away from the place and they supported my decision to purchase the property. My younger brother is also my business partner here.”

Mr Miah, explained that there was a condition from the landlord he could only let the property if it is renovated to former glory of the building without converting its character.

From the start, the Miah brothers wanted to come out of typical Balti House concept of Curry Houses in the region and to something different. Their new concept of Indian Restaurant and fresh ideas has worked really well and soon become popular with local diners.

The restaurant has plenty of character and it is clear the owners are passionate about the food they are creating.

Warm welcome is all part of London House character. It has a very joyful atmosphere and freshly made, authentic cuisine. If you're familiar with Indian food, you'll love it, if you're not, you'll love it even more!

Preserving Traditions

Back in 2000 since he bought the property till now, nothing much has changed significantly except the interior decorations that Mr Miah changed about two years ago.

From Regency style teal coloured walls and wood covings, traditional red tartan carpeting, and tables dressed in simple centrepieces, super exquisite lighting, branded crockery and cutlery.

But mostly wine glasses sitting dominantly on the table, telling me that the restaurant was made just for fine dining, there wasn't any doubt about that.

Whereas previously, it was all white and cream walls with heavily printed curtains, but still it was classed still as an upmarket restaurant at that time too, even though now the furnishings seem updated.



The interior itself is a talking point on the dinner table, with head turning and impressive historical features still standing out; Mr Miah has blended the historical and modern contemporary aspects perfectly. The art on the wall by Artist Tony Forrest were purchased at an art auction and the safari animals painted in watercolours portrayed a type of elegance to the restaurant.

Aiming High

Miah describe their menu was prepared by taking inspiration from all regions of Indian Sub-Continent. The team at the London House, not only prepare delicious food, but also beautifully presented to dinners. He said: "I visit so many



restaurants and also try to catch up with the latest trends in the food business. Aiming high in this business is very important and always trying to develop new ideas with the team, so that we don't fall behind the latest trends. "Curry Houses, 50 years ago were different. Now there are so much competition around that you need to be on top. Keep on changing with time and follow the food trends and taste."

Maintaining High Standards

I am happy that, my son wants to follow my path into business. I have kept on sending him various hospitality training courses. That's very encouraging that he is taking charge of Business seriously. We have a Staffordshire based training company who time to time provide training for Highest Hygiene standards, Food Allergy Awareness, Health and Safety courses for everyone involved in running this

business.

Support from local MP

Mr Miah has a very good relationship with his local councillors and local MP.

"I am so happy and proud that my local MP, Sir William Cash has been a tremendous support to our business. "Last year when we were honoured with prestigious national Curry Life Awards, my local MP was kind enough to attend the ceremony in person to support our business. It was a huge boost of moral for my team at the London House," says, Mr Miah. Other than National Curry Life Awards, the London House also won 'Good Food Tourism Guide Magazine Award' few years ago. London House Restaurant does a lot for charity and support local events, such as one for local Cricket Club.

London House Restaurant
28 High St, Eccleshall,
Stafford ST21 6BZ
Phone: 01785 850055



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INDIAN RESTAURANTS IN USA

Dining Out Guide

Curry Life Dining Out Guide is a new section, where we will be publishing mini profile of the restaurants from across the USA. If you wish your restaurant to be listed on this guide for FREE, please send us the following information by completing coupon in the end of this feature. Or want us to do a bigger profile of the business or participate in Curry Life Awards for restaurant and chef to be held in London, please email us with your request on: Info@currylifemagazine.com or send us an SMS or WhatsApp message on: +44 7956 439 458.

TAMRANID TRIBECA

Tribeca is a neighbourhood in Lower Manhattan, New York City. Set in the heart of Tribeca, this posh Indian restaurant has been open for more than nine years and never fails to please to its dinners. In the glamorous setting of the city it does attracts 'best of the best' Connoisseur of Indian Cuisine.

It has won many accolades and listed on the Michelin Guide too. According to a mystery dinner from Curry Life, have given their Daab Chingri a big thumbs up. Tamarind does offer takeaways and delivery service.

Tamarind Tribeca

99 Hudson St., New York, 10013, United States

www.tamarindtribeca.com



ADDA INDIAN CANTEEN

This is the most approachable Indian Cuisine beautifully prepared comforting dishes prepared with fresh ingredients.

It is casual little place, but very popular with dinners. Must try the Spicy Goat Curry. Founded and established by a highly acclaimed Indian chef Chintan Pandya. His philosophy for creating Adda Menu was to share Indian Food with general public, not for Michelin Inspectors. ADDA does offer takeaways and delivery service.

ADDA INDIAN CANTEEN

31-31 Thomson Avenue

Long Island City New York 11101, United States

www.addanyc.com



KARMA MODERN INDIAN

Karma is truly a very modern Indian Restaurant serving meal with the best-sourced produce and ingredients taken the Indian cuisine to a new level. The moment you walk in will give you feeling this is not an average Indian Restaurant. Highly experienced Executive Chef Vijay Kumar leads the One Michelin Star Karma team. Karma donates a portion of their sales to local and global charities that benefits children. Does offer takeaways and delivery.

KARMA

611 I St N.W., Washington, DC 20001, United States

www.karmamodernindian.com



RASIKA FLAVOURS OF INDIA

Ashok Bajaj who was born in New Delhi and in his early twenties left India for Sydney and later lived in London. While in London, he managed the iconic and very reputable Indian Restaurant the Bombay Brasserie. After moving to United States he opened his first restaurant in Washington the Bombay Club. Mr Bajaj is head of Knightsbridge Group, which runs number of fantastic restaurants, including the flagship and award winning Rasika in Washington DC, Bibiana, Nopa kitchen and Bar.

Rasika is a modern Indian restaurant, which takes its inspiration from an age-old approach to dining. This approach allows you to choose a variety of appetizers and entrees to share with your dining companions. To enhance your dining experience, our sommelier will be happy to pair appropriate wines with your food selections. Rasika does offer takeaways and delivery.

RASIKA

633 D Street, NW
Washington, DC 2000, United States
www.rasikarestaurant.com



SAFFRON CANTEEN

Lavanya Mahate created a group of Saffron Valley Restaurants to share the flavours of her ancestry and the culture that shaped her childhood in India. The name “Saffron Valley” combines the most precious of Indian spices with local ingredients from Salt Lake Valley. The first Saffron Valley restaurant opened in 2011 as Saffron Valley Indian Street Food Café in South Jordan, UT, United States.

The second location opened in the Avenues in 2013 as Saffron Valley East India Café. The third Saffron Valley restaurant opened in Sugar House in 2017. The fourth Saffron Valley restaurant opened in Riverton in 2019. Each location provides a different menu and vibe so guests can experience a wide variety of Indian food in different atmospheres. Takeaway and delivery is offered.

Saffron Canteen

1098 W South Jordan Pkwy
South Jordan, UT-84095
United States
www.saffronvalley.com



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RECIPE: HYDERABADI ROYAL LAMB SHANK

Original recipe from 1800, Hyderabad, India



Brief Description: Slow cooked lamb shank with browned onion, garlic and yoghurt with freshly ground spices

Recommended to eat with Steamed Rice Or Naan Bread.



Chef Dayashankar Sharma
 Grand Trunk Road Restaurant
 219 High Road, London E18 2PB

SERVES: 4

Per Portion: 375 grams

Total Quantity: 2kg

Ingredients and Quantity

Washed & Clean Lamb Shank	4 Pieces
Good Quality Vegetable Oil	4 Tb Spoon
Good Quality Fennel Seeds	2Tb Spoon
Good Quality Mace	2 pcs
Without Fat Lamb Stock	1Ltr
Clean and Peeled Medium Sliced Onion	4
Freshly Ground Ginger & Garlic Paste	2Tb Spoon
Good Quality Turmeric Powder	1Tb Spoon
Chilli Powder	½ Tb Spoon
Cumin Powder	1Tb Spoon
Coriander Powder	1Tb Spoon
Natural Yoghurt	4Tb Spoon
Kashmiri Chilli Powder	½ Tb Spoon
Shank Masala Powder	2Tb Spoon
Rose Water	½ Tb Spoon
Kewra Water	½ Tb Spoon
Salt	To taste

Method:

- Wash Lamb Shank
- Heat oil in a large saucepan for half minute

- Add Fennel seeds
- Add peeled sliced onion and sautéed over medium heat, stirring occasionally.
- Add Lamb shank & cooked over high heat for 5 minutes stirring constantly.
- Add ginger, garlic paste, stir well for a couple of minute add turmeric, chilli, cumin and coriander powder and salt, Sauté for 5 minutes, Add yoghurt and sauté for further 5 minute over high heat.
- Add Lamb Stock, stir and allow simmering for 5 more minutes until the oil separate from the masala.
- Add enough water to cover the shank and bring to boil, cover with lid, let it simmer and cook until the lamb is cooked (approximately 1 hour).
- Remove the pot from flame & than remove the cooked shank from the sauce by using a pair of tong and strain the cooked liquid.
- Cook the strained liquid from further 10 minutes or until reduced to the desired consistency and check seasoning.
- Now grind the remaining sauce in a blender, making a smooth past.
- To finish, add the cooked shank back into the sauce, cover and simmer for further 15mins and add rose water & kewra water.

Now it's ready to serve.
(1 Shank per portion)





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These knowledgeable and successful individuals are working together for the forthcoming year on a programme of inspiring masterclasses, workshops and 'how to' videos, developed to support existing restaurant owners and entrepreneurs at what is a turbulent time for the hospitality sector.

To find out more and get involved, email us at: cobra@saucecommunications.com, or follow us on Instagram @Cobra.Collective



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