



# SILVERSCENE

Founded 1970      Newsletter of the Silver Fawn Club Inc.      July/August 2007

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**The President writes:**

Dear Members,

Another successful event - the 37<sup>th</sup> Anniversary Celebration Dance. It was a great pleasure to meet the Founder members and some of the past Presidents. It was also very encouraging to see many members, the Club had not seen for some time. This issue of the Newsletter highlights the wonderful evening and the good time that was had by all. Many thanks to the organizing Committee for the memorable event and all members and guests who were present.

What is next on the program of events? Our ever popular Fancy Dress and Dance Competition evening on 18 August is a function not to be missed. Secrets of the organizing Committee reveal that there will be a glorious array of costumes which will be paraded by members and guests, and a dance competition featuring the Jive, Rock 'n Roll and the ever popular Baila. In addition to the program, a pre-packed dinner will be provided by Jeremy Henderling, Pizzas for the Children and a special cabaret.

The Tennis Tournament has been revived and in addition Colin has also arranged to hold the popular Carrom Tournament on this day as well and call the event a "SPORTS DAY". Members have the opportunity of playing Tennis and also competing against each other in the Carrom Tournament. At the AGM your Committee promised to bring back these sporting events for which the Club was well known for in the past, so I look forward to your roll up and participation in the Sports Day on 9 September - excellent trophies are in store for the winners.

I could go on from one event to the other but I will leave the details for you to read in this Newsletter. The Committee has programmed interesting events for the rest of the year so you can look forward to fun filled comradeship in the next few months. However there is one event that is especially dear to my heart and that is the combined Childrens' Christmas Party and the Carols by Candlelight. Claude (the organizing Chairman) is hoping to have an exciting evening, so he is looking for adult members and children to take part in this function - if you can help with ideas, costumes or join the Choir or perform song and dance acts this will be a real benefit. Claude's telephone number is in the Newsletter so I look forward to your participation and support.

You should be happy to note that at every meeting more applications for membership are being approved, but at the same time I should remark that many members have not renewed their subscriptions. Subscriptions are the life blood of the Club.

Assuring you of good fellowship, fun and commitment, making your Club a place to relax and enjoy yourself.

Best regards

*Davenal*

## ADVERTISING RATES

	Members			Non- Members		
	Newsletter	Website	Both	Newsletter	Website	Both
	\$	\$	\$	\$	\$	\$
Full Page	50.00	100.00	125.00	60.00	125.00	150.00
Half Page	30.00	60.00	75.00	35.00	75.00	90.00
Quarter Page	15.00	30.00	40.00	20.00	40.00	50.00
***Pay up front for 5 consecutive advertisements and receive the 6 <sup>th</sup> one free***						

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### FATHER'S DAY POEM

A Dad is a person who is loving and kind  
And often he knows what you have on  
your mind

He's someone who listens, suggests and  
defends

A dad can be one of your very best  
friends!

He's proud of your triumphs, but when things go wrong

A dad can be patient and helpful and strong

In all that you do, a dad's love plays a part

There's always a place for him deep in your heart.

And each year that passes, you're even more glad

More grateful and proud just to call him your dad!

Thank you, Dad...

for listening and caring, for giving and sharing

but, especially, for just being you!



- Author Unknown

*Happy Father's Day - 2 September*

Silver Scene is the official Newsletter of the Silver Fawn Club Inc. and is published at least six times a year. Members are invited to submit any item of interest to be included in the Newsletter. Any items submitted will be published at the discretion of the Management Committee. Articles may be edited for length and clarity.

**Please address all correspondence to:**  
Silver Scene, P.O. Box 1425, Carindale Qld 4152

The President and Committee of the Silver Fawn Club Inc., do not necessarily share or endorse the views of writers of articles published in this or future Newsletters.

**DEADLINE Friday, 14 September, 2007.**

**(Items for inclusion in the next edition of Silver Scene should be submitted by this date)**



## Dates For Your Diary

2007/2008

August 18th	Fancy Dress Night & Dance Competition
August 26th	Inter Club Cricket Tournament
September 9th	Sports Day (Tennis Tournament & Carrom)
September 29th	Karaoke Night
October 6th	Have-A-Chat Party
October 14th	Northside/Southside Cricket Match & Food Fair
November 10th	Club Night
November (TBA)	Golf
December 1st	Golden Years Christmas Party
December 15th	Childrens Christmas Party & Carols
December 31st	New Year's Eve Dinner Dance

### 2008

January 18th	Have-A-Chat Party
February 16th	Valentines Night

### SILVER FAWN SENIORS' FELLOWSHIP GROUP

In response to the expressed needs of senior members (60 years plus), the Management Committee is exploring the feasibility of facilitating daytime regional group activities for interested persons.

All financial members listed as pensioners have received letters inviting them to share in this project. As and when the groups are formed, their membership and programmes will be published in subsequent editions of Silver Scene.

Our Club recognizes the special contribution senior members have made in past years and value their patronage. We therefore hope that they would take this opportunity to 'have a say' planning activities of common interest within the group while enjoying friendship and fellowship with one another.

Deanna Misso.  
Co-ordinator.

## NEW MEMBERS

The Management Committee wish to extend a warm welcome to the following new members. We look forward to your support and patronage at our functions and hope you will have a long association with the Club and that you receive the same enjoyment and pleasure it has been able to provide to many of our members these past 37 years.




- ♦ Ralph & Jenny Bailey
- ♦ Bobby & Geraldine Caspersz
- ♦ Denise D'Souza
- ♦ Damian & Amali Fernando
- ♦ Nazreen Ismail
- ♦ Adam Millard
- ♦ Jennifer Senior
- ♦ Shawn & Hexie Van Velzon

## NEW MEMBERS

Please note that members will be entitled to enjoy member benefits upon acceptance of their Application Form at an ensuing Committee Meeting.

Membership fees are from 1 February 2007 to 31 January 2008 and not for 12 months from date of payment.



### Letters to the Editor

On behalf of myself, my family and my friends who attended the Silver Fawn 37th Anniversary dinner yesterday, I would like to thank you very much for a very well organised and conducted function. The food was fantastic and so was the music.

Thank you once again.

Gerry Polkinghorne

(Letter received by email on 1st July)

## *Club Chatter...*



***Congratulations....** to Marie and Colin Kellar on the marriage of their daughter Therese to Sam Coleman on Saturday, 7th July 2007 at Mary Queen of Peace Catholic Church, Woody Point, and reception thereafter at the Seabrae Hotel Redcliffe.*

*Our congratulations and best wishes are also extended to the young couple and may they enjoy years of happiness and good health.*



# **FANCY DRESS NIGHT & DANCE COMPETITION**

**Saturday 18 August 2007  
7.00 p.m.**

**Ithaca Bowls Club  
Fulcher Road, Redhill**



**Music: DJ "Darkntall1"  
(Ruvan)**

**Tickets: (Dinner included)**

**Members: \$16.00**

**Guests: \$20.00**

**Students: \$11.00**

**Kids & Teens: \$7.50 (Pizza)**

**Drinks at Bar Prices. No BYO.**

## **Tickets:**

**Herby Tucker 3880 0523**

**Neville Shedden 3204 8075**

**Neela Matthews 3289 7324**

**Marie Kronenberg 3216 2347**

**Andy Weerasinghe 3841 5757**



**Bookings no later than Sunday 12 August unless sold out earlier**



# FANCY DRESS NIGHT & DANCE COMPETITION

## *Message from the Sub-Committee:*

Put on you dancing shoes, wear that fancy outfit.

Yes folks, it's that time of the year again. Last year's most popular theme night is back on the 18 August at the Ithaca Bowls Club.

The winners from last year:

Kids & Teens Fancy dress

Ladies Fancy dress

Gents Fancy dress

Waltz

Jive/Rock n roll

Baila

Thomas Storey

Shanthi Muthukrishna

Claude Gonsalves

Deanna & Karol Misso

Ann Fisher & Chris Bulner

Hiranya & Stephanie Dharmaratne

tied with Teckla Wallace &

Steve Berhardt



Most of the winners have indicated that they will be back and the organisers Herby Tucker, Isidore Storey and Ruvan Dharmaratne say the night will be bigger and better this year.

The night will open with a surprise event involving all the kids and teens. The fancy dress competitions will then get under way followed by the dance where music will be provided by DJ Ruvan. The young and the young at heart will get to dance to some new music provided by DJ Stephanie Omar.

There will also be a modern jive dance performed by a 6 member group called "Le' Steps". The Compere for the night will be Veronica Hearsey. Catering for the night will be by Jeremy Henderling.

Last year the night was a sell-out and this year too the early ticket sales have been good. So grab your tickets or make a booking before it's sold out.

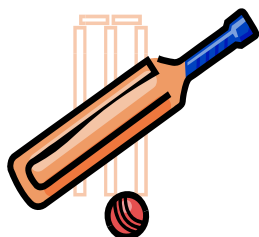
As there are plenty of events to get through, please do come in early and avoid missing out on the fun.

Fancy dress is optional.

See you on the 18<sup>th</sup> ..... be there !



# INTER CLUB CRICKET TOURNAMENT



Sunday 26 August  
9.00 a.m. - 4.00 p.m.

Souths Brisbane District Cricket Club  
Fehlberg Park  
269 Venner Road, Fairfield  
(Map Ref: UBD 179 L 9)

This year, the Inter-Club Cricket Tournament is being organised by the Sinhala Association. The following Clubs will be participating:

Silver Fawn Club  
Aust-Ind Association  
Club De Goa  
Bangladesh Association

Sri Lanka Society  
Malayalee Association  
Gaythorn RSL

There will be stalls serving Sri Lankan food as well as food from the subcontinent, a Jumping Castle and safe playing areas for the kids. Beverages will be available from Souths Cricket Club.

Please come and support your Club and have a good time.

For more details contact Sarath Weerasinghe on 0402 421 530



## SRI LANKA ASSOCIATION DINNER DANCE

Saturday, 6 October 2007



## ADVERTISING

For advertising enquiries  
please contact Susan Fahir  
on 3878 4782 (a/h).



# Sports Day

## Tennis Tournament & Carrom

Sunday 9 September  
10.00 a.m.

Redcliffe Tennis Courts  
Oxley Avenue, Redcliffe  
(next to the Pensioners Hall)  
Map Ref: UBD 91 Q4

*(Refreshments may be available  
for sale on the day)*

Calling all Tennis & Carrom players,  
please contact Colin or Marie Kellar  
on 3885 2377



Ever wonder about the abbreviation A.S.A.P.? Generally we think of it in terms of even more hurry and stress in our lives. Maybe if we think of this abbreviation in a different manner, we will begin to find a new way to deal with those rough days along the way.



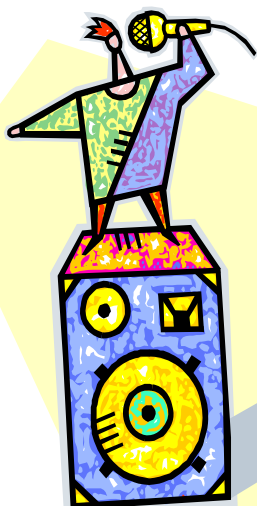
There's work to do, deadlines to meet  
You've got no time to spare  
But as you hurry and scurry-  
ASAP - ALWAYS SAY A PRAYER

It may seem like your worries  
Are more than you can bear  
Slow down and take a breather  
ASAP - ALWAYS SAY A PRAYER

In the midst of family chaos  
"Quality time" is rare  
Do your best; let God do the rest  
ASAP - ALWAYS SAY A PRAYER

God knows how stressful life is  
He wants to ease our care  
And He'll respond to all your needs  
ASAP - ALWAYS SAY A PRAYER





# KARAOKE NIGHT

Saturday 29 September 2007  
7.00 p.m.

Ithaca Bowls Club  
22 Fulcher Road, Redhill

*Ever wanted to be on stage? - here's your chance to sing  
your favourite song - have your 5 minutes of fame!!*

Music: DJs "Andy & Lorraine"

Tickets: (Dinner included)

Members: \$16.00	Guests: \$20.00
Students: \$11.00	Kids & Teens: \$7.50 (Pizza)

Drinks at bar prices. No BYO.

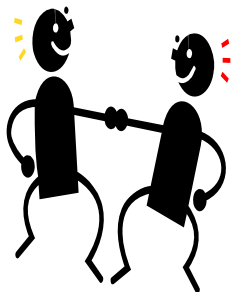
Tickets:

Herby Tucker	3880 0523
Neville Shedden	3204 8075
Neela Matthews	3289 7324
Marie Kronenberg	3216 2347
Andy Weerasinghe	3841 5757



Bookings no later than Monday 24 September unless sold out earlier

# Our next "Have-A-Chat" Party is on...



**Saturday 6 October 2007**  
**10.00 a.m. - 2.00 p.m.**

**Ithaca Bowls Club, 22 Fulcher Road, Red Hill**

**(Make new friends and catch up with old friends)**

**More details in next Newsletter**

## Calling all Golfers....



*The Golf Tournament will be held sometime during the month of November. Date and venue to be notified at a later date. All enquiries and nominations could be made with either Sid Shedden (Tel. 5495 2072) or Colin Kellar (Tel. 3885 2377).*



## FRIENDS



A friend is someone we turn to  
 When our spirits need a lift  
 A friend is someone we treasure  
 For our friendship is a gift.

A friend is someone who fills our lives  
 With beauty, joy and grace  
 And makes the whole world we live in  
 A better and happier place.

- Jean Kyla McManus

## WHY AM I MARRIED?

At a cocktail party, one woman said to another,  
 "Aren't you wearing your wedding ring on the wrong finger?"  
 "Yes, I am. I married the wrong man."

A lady inserted an ad in the classifieds:  
 "Husband Wanted".

Next day she received a hundred letters.  
 They all said the same thing:  
 "You can have mine."

A young son asked,  
 "Is it true Dad, that in some parts of Africa  
 a man doesn't know his wife until he marries her?"  
 Dad replied, "That happens in every country, son."

### DORMITORY:

When you rearrange the letters:  
**DIRTY ROOM**

### PRESBYTERIAN:

When you rearrange the letters:  
**BEST IN PRAYER**

### SLOT MACHINES:

When you rearrange the letters:  
**CASH LOST IN ME**

### ELECTION RESULTS:

When you rearrange the letters:  
**LIES - LET'S RECOUNT**

### MOTHER-IN-LAW

When you rearrange the letters:  
**WOMAN HITLER**

**It's on again!!!!**



**NORTHSIDE/SOUTHSIDE  
CRICKET MATCH  
& FOOD FAIR**

**Sunday 14 October 2007  
10.00 a.m.**

**Kedron Football Club  
Mercer Park  
6th Avenue, Kedron  
(Map Ref: UBD 140 D 5)**

**Stalls serving delicious food like days of old....  
(Food will be on sale from 11.00 a.m.)**

**(Details of Stall holders in next Newsletter)**

**Calling all Northside & Southside players ~  
please contact Colin Kellar on 3885 2377**



**STALL HOLDERS**

|| If you wish to have a food stall at the Northside/Southside Cricket Match, please  
|| contact Susan Fahir on 3878 4782 (A/H) no later than Friday 14 September.  
|| Cost of Stall is \$10.00.

|| Details of all Stall holders will be published in the next Newsletter.

## REPORT ON THE 37TH ANNIVERSARY DANCE



Thirty Seven years is a long time in the life of a Club and we celebrated this landmark in grand style at the Ithaca Bowls Club on 30<sup>th</sup> June 2007.

Members and their guests started arriving early, all eager to enjoy what was ahead of them on the night. The dance opened to the music of “Stardust” playing some of the much loved favorites of our members. Neville and Romany are no strangers to the Club and those present needed no invitation to get on the dance floor. Soon the dance floor was packed. “Cool Daddies” were up next with their unique sound and song selection. Ray and Nigel Anthonisz too are popular entertainers with our Club members.

A delicious smorgasbord of Sri Lankan food was provided by Roseanna and Gerard Gerreyn and there were many who went for seconds, a testament to the quality of the meal.

The night’s special guest artist was Shane Simmons. Shane entertained those who came to the Club Camp earlier in the year and was a “big hit”. Those who had not seen Shane perform before were truly amazed at his talent – he is a crowd puller. The dance floor was full once again. Shane came back on stage by popular request later in the night and sang some songs backed by “Cool Daddies”.

The colourful décor on the night was provided by Marie Kronenberg. Marie, who is known for her exquisite décor, worked tirelessly to put it all together, ably supported by her group of helpers.

There were over 200 who attended the dance including founder members, life members and past Presidents and Committee members. The door prizes and raffle prizes were drawn by Leslie Ephraims (Founder Member, Life Member and Past President) and Albert Schokman (Life Member and Past President).

Dancing continued after the prizes were drawn. The night was enjoyed by all - the feedback received is testament to this fact.

Thank you to the Dance Committee, musicians, caterers, advertisers, well wishers who donated gifts and all those who helped make the night a night to remember.

Finally thank you to all the members and guests for attending and supporting your Club. The Club is well positioned to grow from strength to strength and the strength of the Club comes from its membership.

Remember! the Silver Fawn Club is your Club.

Here are some of the comments made by those who attended the Dance:

- \* *“Thanks for a very pleasant evening at the dance, we enjoyed it very much”*
- \* *“It was a wonderful function”*
- \* *“It was a grand evening”*
- \* *“It was a fabulous show”*
- \* *“We had a wonderful time, the dance, the music and food were great and we were able to serve ourselves”*
- \* *“I did enjoy that evening, well done”*
- \* *“It was a good evening - good food, good music, a very receptive crowd and a good time was had by all”*

**Dance Sub-Committee**



## Gardening with Bob...

### THE HUMBLE MURUNGA .....substitute for Viagra?? (Cont'd from previous issue)

Gram for gram, Moringa leaves contain:

- 7 times the vitamin C in oranges
- 4 times the calcium in milk
- 4 times the vitamin A in carrots
- 2 times the protein in milk
- 3 times the potassium in bananas
- It is one of the most secret performance enhancing products taken by athletes today who ingest mega doses that help them physically and mentally.
- It is great for people of all ages, especially oldsters who are losing their alertness. **(Hmmm ... maybe I should grow one in my backyard!).**

Although there have been references to the Moringa Tree that go back a couple thousand years, and the World Health Organization has been studying and using the plant for the last forty years as a low cost health enhancer in the poorest countries around the world, there is a reason why the moringa leaf is still relatively unknown. The sale of all forms of vitamins, minerals, and health supplements is big business. If you were a company selling hundreds of nutritional products, why would you sell one product that could potentially wipe out all your other products! This would be true for the pharmaceutical industry as well. These industries, with huge marketing budgets, would rather the general public remains ignorant about the moringa leaf.

- Leaves are pounded up and used for scrubbing utensils and for cleaning walls.
- The non-drying oil, Ben Oil, is used in arts and for lubricating watches and other delicate machinery.
- In Africa ... trees planted on graves are believed to keep away hyenas and its branches are used as charms against witchcraft.

**Bark can serve for tanning; it also yields a coarse fiber.**

**Folk Medicine.** According to Hartwell (1967–1971), the flowers, leaves, and roots are used in folk remedies for tumors, the seed for abdominal tumors.

The root decoction is used in Nicaragua for dropsy.

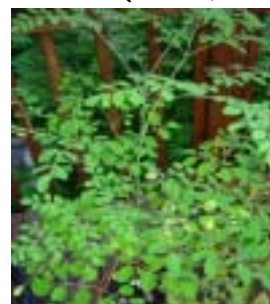
Root juice is applied externally as rubefacient or counter-irritant.

The leaves are applied as a poultice to sores **(Ha ... my wife is right!)**, rubbed on the temples for headaches, and said to have purgative properties.

Bark, leaves and roots are acrid and pungent, and are taken to promote digestion.

The oil is somewhat dangerous if taken internally, but is applied externally for skin diseases. Bark regarded as antiscorbic, and exudes a reddish gum with properties of tragacanth; sometimes used for diarrhea. Roots are bitter, act as a tonic to the body and lungs, and are emmenagogue, expectorant, mild diuretic and stimulant in paralytic afflictions, epilepsy and hysteria. (The technical terms are not of my doing).

- Reported from the African and Hindustani Centers of Diversity. The Moringa (Murunga) plant is reported to tolerate bacteria, drought, fungus, laterite, mycobacteria, and sand (Duke, 1978). Several cultivars are grown: 'Bombay' is considered one of the best, with curly fruits. Others have the fruits 3-angled or about round in cross-section. In India, 'Jaffna' is noted for having fruits 60–90 cm, and 'Chavakacheri murunga' 90–120 cm long.
- It is an excellent salad oil, and makes a good soap.



## ***Gardening with Bob ... (continued from previous page)***

- The Moringa ( Murunga) tree which grows wildly in Sri Lanka could be the ultimate answer to purify water, in an hour, for safe drinking, according to the latest research by British Scientists according to Dr. Geoff Folkard, attached to the University of Leicester. In developed countries water authorities use chemicals such as Aluminium Sulphate to solidify impure particles, which are then removed at Treatment Works. In view of the scarcity of such chemicals, the latest discovery of the Moringa tree, which is also known as the " Drumstick Tree", is a path breaking innovation to purify water in developing countries, at a cost of only a fraction of the conventional chemical treatment available today. Moringa seed will, therefore, be regarded in the very near future as the remedy to reduce the incidence of waterborne diseases, which are on record as one of the main causes leading to high incidence of deaths in the developing world. It could be the ultimate answer for the Colombo canals, particularly the Beire Lake and the Dehiwala canal.

**WOW !!! Did you know any of this in relation to our humble Murunga? I didn't.**

.....

### **A question from Barbara Wardner:**

I have very tall paw paw trees which are loaded with fruit but the fruit is very small in comparison to the trees.

I was a bit slow cutting them back. I have done this before, but they look like they have received too much chook poo fertilizer but they have received no fertiliser at all.

I'd like to have large fruit that I can reach without risking my life! Please advise what I should put on this fruit to enlarge the size.

Recently, I found a very long large root travelling all of 2 meters upto my back yard gate and not realising it belonged to the pawpaw tree, I kept pulling it along, like it got to about 1/2 a meter from the tree and CHOPPED it! Did I make a mistake - will I kill the tree?

**Answer:** The older a paw paw plant gets the smaller their fruit. This is natural, and you have done nothing wrong to bring about the smaller fruit. After about the third or fourth year their production declines and in commercial production orchards tend to start replanting their paw paws after three years.

I cannot assure you that this will work, but it is worth a try if you wish.

Try fertilising your paw paw with triple super phosphate. This has a very high percentage of phosphorous which should stimulate flowering and fruiting in spring. Three months later, follow up with an application of potassium nitrate.

You need to very lightly 'scratch up' or fork up the top 50mm of your soil around the trees after laying down your fertilisers and then water it in over a few weeks, but be careful not to over-water paw paws. They do not like wet feet.

Now to the 'hard' part ... for you. Get into the bunches of fruit straightaway, and remove every second fruit, both large and small. This will give the balance fruit more space to grow, and will mean less energy spent by the plant in carrying too many fruit. Hopefully, those that remain will increase in size.

What I would recommend, though, is that you start afresh with some new plants whilst the old ones are still bearing for you. Remove the old plants altogether once your new trees start fruiting. You will not have long to wait, as paw paws start fruiting within 8 to 9 months of being planted.

Now ... there is something you need to know, before you do this.

Paw paws are peculiar, in that some plants bear 'male flowers' only, others are confined to 'female flowers', still more produce both 'male' and 'female' flowers, AND some produce 'bisexual flowers' with the male and female parts in the same flower.

The male flowered plants will not produce any fruit; the female flowered plants require a male flowered plant in close proximity, for pollination; the other two types have no problem, for they have what is required.

What you need to do, therefore, is start off with some 10 or so new plants. The 'sex of the plant' can be identified when they start flowering. At that time, keep the desirable plants and remove the rest – and remove your old plants as well.

Your problem is very similar to that above. I would suggest that you look to planting some new trees. No ... your cutting that root will not set your tree back to any great extent and the tree will NOT die. You need have no worries in that context.





# From the Kitchen.....

## LAMB BIRYANI WITH RAITA

A delicious one-pot wonder, Biryani can be served on its own or as part of a banquet.

**Preparation Time:** 30 minutes    **Cooking Time:** 85 minutes

### Ingredients (Serves 8)

1kg lamb leg steak, cut into 3cm pieces	130g (1/2 cup) Greek-style yoghurt
1/2 cup chopped fresh coriander	1/2 cup chopped fresh mint
3 large fresh green chillies, deseeded, finely chopped	4 garlic cloves, crushed
1 tbs grated fresh ginger	1/4 tsp chilli powder
2 tsp garam masala	2 tsp turmeric
20g ghee	3 brown onions, halved, thinly sliced
300g (1 1/2 cups) basmati rice	6 green cardamom pods
1 cinnamon stick	500ml (2 cups) water



### Cucumber & Tomato Raita

520g (2 cups) Greek-style yoghurt	1 Lebanese cucumber, finely chopped
1 ripe tomato, finely chopped	1/3 cup chopped fresh coriander
1/3 cup chopped fresh mint	1 garlic clove, crushed

### Method

Combine the lamb, yoghurt, coriander, mint, green chilli, garlic, ginger, chilli powder, garam masala and turmeric in a large glass or ceramic bowl. Cover and place in the fridge. Melt the ghee in a large frying pan over medium heat. Add the onions and cook, stirring often, for 20 minutes or until golden brown. Add the rice, cardamom pods and cinnamon and cook, stirring for 2 minutes or until aromatic. Add the water and bring to a simmer. Reduce the heat to low and cook covered for 10 minutes. Remove from the heat and set aside, without removing the lid, for 10 minutes or until the rice is tender.

Spread the rice over the base of a 4L (12-cup) capacity ovenproof dish. Top with the lamb mixture. Cover and bake for 50 minutes at 180°C or until the lamb is cooked through.

Meanwhile, to make the Cucumber & Tomato Raita, combine the yoghurt, cucumber, tomato, coriander, mint and garlic in a bowl. Serve the Biryani with the Cucumber and Tomato Raita.

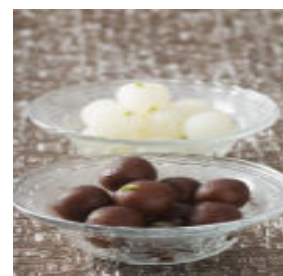
## GULAB JAMUN

Gulab Jamun is among India's most popular desserts! This delicious dessert consists of dumplings traditionally made of thickened or reduced milk, soaked in rose flavored sugar syrup. It gets its name from two words: Gulab which means rose (for the rose flavored syrup) and Jamun which is a kind of deep purple colored Indian berry (the cooked dumplings are dark brown in colour). Serve Gulab Jamun warm or at room temperature; by itself or topped with ice cream!

### Ingredients:

3 cups sugar	6 cups water
1 tbs cardamom powder	2 tbsps rose water
3 cups powdered milk	1 1/2 cups all purpose flour
1 1/2 tsp baking powder	1 cup thickened cream

Vegetable/ canola/ sunflower oil for deep frying



### Preparation:

Mix the water and sugar in a deep pan and boil till all the sugar is dissolved. Turn off the flame and add the cardamom powder and rose water. Mix well and keep aside. Mix the powdered milk, all purpose flour and baking powder well.

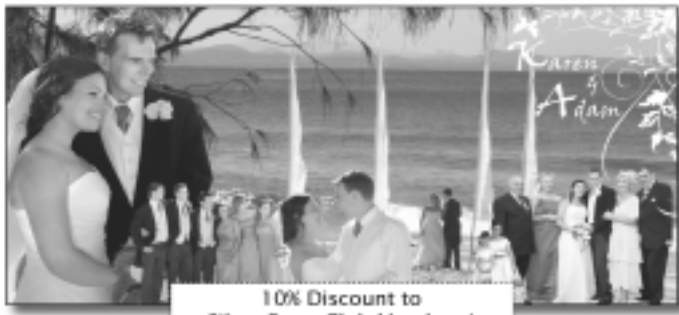
Add a little of the thickened cream at a time to them and knead to make a dough that is soft but not sticky. Divide the dough into walnut sized balls and roll between slightly greased palms till smooth. Heat the oil for deep frying in a wide pan on a low to medium flame.

Fry the dumplings, stirring often to brown on all sides. **Do not cook on very high heat** as the dumplings will burn on the outside and remain raw inside! When cooked, drain (with a slotted spoon), remove the dumplings from the oil and transfer immediately into the sugar syrup. Repeat this till all the dumplings are cooked and added to the syrup. Allow the dumplings to soak in the syrup for about 2 hours.

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