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# Food: It is my guilty pleasure

## CULINARY ADVENTURES.

From eating *injera* that had an awkward taste to seafood that seemed unbecoming, I now know what I like for my palate.

**F**ood, is one of the pleasures of life, and though they say we eat to live and not live to eat, I cannot imagine a day without at least one delicious meal on the table. As a world traveller, I have also tasted almost all types of cuisine in the world, and have decided that my most favourites are French and Thai.

However, that does not undermine all the other delicacies that are prepared around the world. Here is a little bit of a culinary journey of a semi gourmet who likes her plate of food.

### Home is the start

Food education starts at home, there are very few people who will not insist, that their mother's cooking is the best. I happen to be among these few, because as a matter of fact, it was my mother-in-law's cooking that introduced me to the art of cooking. I'm sure my mother is not offended by my statement because she admits that her interest has always been towards arts and crafts, and she did not want to waste much time cooking.

### My first adventure

It is interesting how one's taste buds react to the same food differently on different occasions. For example, I clearly remember the first time we were taken by a friend

to an Ethiopian restaurant in Kampala. I had never tried Ethiopian cuisine, and with the first bite on the staple food, the *injera*, I decided to never eat this food again. That fermented semi cooked and chewy bread tasted sour and left an unpleasant taste in my mouth.

A few months later, we were invited to an Ethiopian home and the hosts took time to properly introduce us to their cuisine. The lady of the house prepared small portions for us that she almost fed us with her own hand. Interestingly, the taste of *injera* was not as bad, and before you know it, now, this cuisine is one of my favourites!

I had the same learning journey with sea food, this time it was

## HIGHLIGHTS

- *Injera* seems to have been badly prepared the first day I ate
- Seafood; my first encounter was exciting in Thailand as we had it ala carte
- But I failed the reptiles dish
- I worry about the genetically modified foods because they have nothing fresh to offer to the palate.

through a friend who lived in Thailand who took us to a huge restaurant. One could choose any type of sea creatures right from water tanks where they were swimming.

The chef would then ask how we wanted it to be cooked, half an hour later, an amazing spread was there for us to indulge. But then, when another friend tried to introduce us to other types of Thai food which included reptiles such as snakes, my refusal was so strong that up to date he never dared me to try again.

## The flipside

Unfortunately, today, food does not taste as it used to, meat and poultry products are now produced massively and to keep up with an ever-growing market of carnivores, animals are fed on hormones to grow faster. Fruits and vegetables are genetically modified, grow in water instead of earth and have lost their freshness to a plastic taste.

With what is happening to the ingredients these days, it takes a master chef to produce tasty food through the addition of spices and supplements that may enhance the taste.



Unlike some delicacies, seafood is fingerlicking. NET PHOTO