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The age-defying chef who is 51!

Glossy haired and wrinkle free, at age 51 chef Anjula Devi could pass for a woman twenty years younger.

The culinary whizz - who juggled raising two children whilst



cooking with her father when she was 10 years old, runs her own Indian cookery school and catering business, both of which are dedicated to promoting and supplying authentic traditional Indian food in the UK.

The chef, a proponent of traditional Indian cuisine, was raised in Southall and has her own product range Route 207, named in memory of the many trips taken with her father on the number 207 bus to Shepherd's Bush market, to buy Indian spices, fresh fish and vegetables.

Speaking about Indian cuisine, Anjula said: "The 'curries' known here in the UK barely scratch the surface of traditional, authentic Indian food.

"There is a whole treasure trove of recipes, flavour combinations and beautiful ingredients that are completely neglected, along with all of their amazing health benefits.

"I love cooking with fresh vegetables and greens and am careful not to use any artificial colours and preservatives. I want to inspire as many people as possible to cook delicious, healthy food, just like my father did all those years ago."

Here Anjula shares with the seven herbs integral to authentic Indian cooking that will spice up your cooking, and which she claims, might just change your life.

caring for her autistic sister in the early days of her career - shows no signs of ageing and admits she has never taken prescription medicine.

Now the champion of traditional Indian cooking wants to share her anti-ageing and health secrets with women in the UK.

Anjula, who started

1. Cumin

This is the herb to opt for if you are experiencing digestive problems and bloating or as we move into winter and flu season (which I never suffer from) to boost the immune system.

Cumin has a distinct balance between pungent and earthy - a slightly bitter taste - but once they hit the warm oil you get a wonderful milder, almost nutty, taste.



2. Coriander

A great citrus tangy taste, most definitely a key player in good Indian food. The great thing is that one spice if over used won't destroy its friendship and harmony with other spices.

Coriander has a high iron content and antibacterial properties and is a great antidote to hay fever.

3. Brown Mustard Seeds

Now these seeds really pack a punch! They add a real nutty fire and richness to any Indian dish - and most importantly they slow down ageing and help with the menopause...a must in any kitchen cupboard.

5. Turmeric

Musky undertones and a slightly gingery taste, turmeric brings a great yellow hue to the dish. This is one spice you should never overuse as it is very pungent. Use to help combat arthritis, stomach pain, heartburn and a sore throat amongst other ailments.

4. Kashmiri Chillies



Bring just the right amount of warmth to your dish without an overpowering taste of heat, these chillies will leave your palate suitably warm. These are the best chillies to use when you first start to experiment with Indian dishes. Kashmiri chillies are high in Vitamin C and quality antioxidants so amazing for glowing skin.'

6. Cassia Bark

Warm and aromatic with a background of sweetness, a member of the cinnamon family but much more earthy, cassia bark helps to control blood sugar levels and cholesterol.

7. Green Cardamom

Known as the queen of spices, green cardamom delivers a real floral, aromatic taste with a hint of eucalyptus almost perfume like. Beautifully effective in relieving constipation, green cardamom will also help to control blood pressure.



'I guess the biggest telling sign that these spices do keep you young, is me... I'm living proof of it, although I do hate saying this!'

- Anjula