

Brilliant goes low-fat



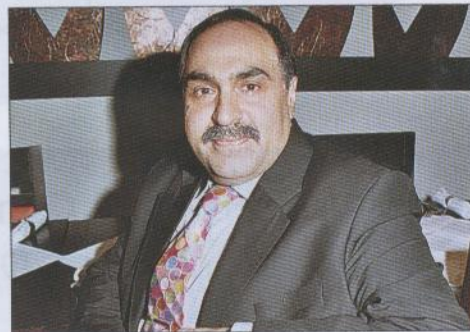
Southall's Brilliant restaurant is now offering a low-fat equivalent for each of its dishes, developed by Dipna Anand. She has created a complete menu of low-fat and fat-free recipes for her father Gulu's award-winning restaurant. Her secret is transforming traditional Indian dishes such as Masala Chicken into low-fat alternatives by using olive oil and a marinade of low-fat yoghurt and spices. She says, "My mission is to raise the profile of Indian food as being good for you and I see myself as the face of healthy Indian cuisine."

One of her signature dishes is Vegetable Keema, made with soya mince mixed in olive oil and tomato masala. Another fat-free specialty is Matoke - plantain on skewers - baked in a tandoor oven and no oil is used in traditional dishes including Channa Masala, Dahl, Mehti Chicken and Karahi Lamb. For those with a sweet tooth Dipna uses skimmed milk and less sugar in traditionally full-fat desserts such as carrot pudding and Indian rice pudding.

Proprietor Gulu Anand comments, "It is time to educate the British palate that Indian food can be healthy as well as tasty. In our dishes we put the emphasis on spices, omitting cream and butter. We have thrown away the ghee pot."

Brilliant did a taste analysis of full-fat and low-fat recipes and many people preferred the low-fat options. Dipna says, "Tasty Indian food is not about the fat but about balanced spice content.

People are thrilled that their curries can now be healthy. She adds, "Low-fat options are so relevant in this age when people are more and more health-conscious. Curry is very popular and a low-fat alternative means people can eat it more often without risk to their health." In 2002 Gulu had a heart attack whilst working in the restaurant and drove himself to the hospital, as everyone was too busy with customers. With his daughter's help and knowledge, he



has completely revised his diet, and they are now putting some of the lessons learned into the restaurant menu.