



Iqbal Khan, the handsome TV star, loves butter. He recalls, "Once I stole a slab of butter and hid it in my pocket. Everyone was looking for it. When they asked me, I denied eating it till they saw a patch of melted butter on my pocket"

Iqbal's Thought for Food

MI A: Non-vegetarian. I used to eat a lot of mutton but stopped when I developed a slight ulcer in my stomach. I also eat fish in any form. I

love any kind of fish as long as it's boneless. I relish prawns and squids.
I DRINK: Chasni in the morning. I take a whole big packet of Amul or Nestle dahi and add a litre of water to it and make chasni. I don't drink tea or coffee.

MY BREAKFAST CONSISTS OF: Fruits. I generally have fruits that are seasonal; oranges, also bakharas and watermelons.
FOR LUNCH: I carry a dabba from home. It comprises three to four rotis, dal and sabzi. I carry fish regularly. I

have vegetables every day, besides one non-vegetarian dish. It can be bhindi, cauliflower, palak or aloo methi.
IN THE EVENINGS: I feel really hungry on the sets so I eat a Subway sandwich.
DINNER: Is again two to three rotis, a vegetable, dal, anything in non-vegetarian. I avoid rotis at night unless I am very hungry. I don't eat rice unless there is a bhariant.
I HAVE A SWEET TOOTH: I love chocolate brownies, julebis and raddi. I really love sweets but have to consciously avoid them as its not good for my stomach. I eat a small piece of gur

cooker. I can make a nice tomato chicken but after I have finished cooking, one cannot enter the kitchen.
MY FRIDGE IS STOCKED WITH: Curd, diet chocolates and lots of veggies.
MY FAVOURITE COOK IN MY FAMILY: Is my mother, but I don't get to spend much time with her as she lives in Kashmir. Whenever she is here, she is the only one who cooks.
MY FAVOURITE KASHMIRI DISHES: Are Wansun, but one can't eat that on a daily basis — you will turn into a football. It comprises meat and tabakmas, which is yummy but amazingly fattening. And there is rice

tough time during meal hours. Poor guy! 13 juniors of mine were given the duty of getting me a leg piece each on the days when chicken was part of the hostel menu.
I CARRY: Chasni, sugar free Red Bull and a can of orange juice.
I'M NOT AT ALL: A fussy eater. I just don't eat pork.
MY FAVOURITE BEVERAGE IS: Water.
MY FAVOURITE KITCHEN APPLIANCE: My microwave.
MY COMFORT FOOD: Maggi.
I THINK I RESEMBLE: A date. Even if you don't water it, it grows and is very healthy.
I BECOME A WOMAN WHEN I: Go to a super market. I

am a lovely memories of school. My friends and I would eat as if there is no tomorrow. Whenever the school served non-vegetarian food, there would be a plate next to ours that used to look like a graveyard. 13 juniors of mine were given the duty of getting me a leg piece each on the days when chicken was part of the hostel menu"

after my meals.
MY FITNESS REGIME: I go to the gym five to six days in a week. I jog for 10 minutes when I start my work out, then I start working on my body part for the day, I do weights and lastly, I jog for five to six minutes slowly for my body to cool down.
Since I have an ulcer in my stomach, I don't have supplements. When I reach home I have chasni, fruits and if I'm still hungry, I eat pastas. I like fish good ones these days.
MY FAVOURITE RESTAURANTS: I prefer home food. But when I do eat out, I like to dine at Dhabba, Lakhandaola and Saffron. Marriott. I'm not too fond of Chinese and my wife, Sneha also hates Chinese food. Penne, Juhu serves brilliant Italian food. We usually go there for lunch when there are not too many people around — just three to four tables are occupied, it's lovely.
WHENEVER WE ARE ABROAD FOR A HOLIDAY: We don't indulge in fine dining. We eat a lot of junk food at Mac Donalds and Burger King.
MY BEST DINING FRIEND: My wife Sneha.
ONE DISH THAT SNEHA MAKES WELL: Dhomak. She is a great cook.
IF I AM LEFT ALONE TO FEED FOR MYSELF: I can cook dal and sabzi in my pressure

too. I'm not too fond of gushubas but I love something that's called aaghosh. It's a mutton dish made in milk.
MY SUNDAY LUNCH: Sneha and I often go for the buffet at the Marriott.
TILL THE SIXTH STANDARD: Lived in Kashmir and attended a boarding school in Himachal Pradesh. I have lovely memories of school. My friends and I would eat as if there is no tomorrow. Whenever the school served non-vegetarian food, there would be a plate next to ours that used to look like a graveyard. Our housemaster was a pure pandit and had a

become a shop-a-holic. I pick up everything from spoons to naphthalene balls to pochhas to Lizol to Surf to dals. I shop so much at Hypercity, my wife makes sure we avoid going by that road.
FOR A ROMANTIC MEAL: We had gone for our honeymoon to Maldives. I had booked a small open boat that almost touched the water when you sailed in it. It takes you to a deserted island at night. A chef and a waiter, wait on you. We ordered a variety of fish and loads of orange juice.

IQBAL'S FAVOURITE RECIPE: TOMATO CHICKEN

Ingredients

- 1 kg broiler chicken (cut into medium sized pieces)
- 1 packet tomato puree
- 2 1/2 tsp coriander powder
- 1 tsp cumin seed powder
- 1/2 tsp turmeric powder
- 1-2 tsp chicken masala
- Salt to taste
- 5 to 6 tsp oil
- Finely chopped coriander leaves (to garnish)

Method

Clean and wash the

chicken. In a bowl, mix tomato puree, powdered spices, chicken masala and salt. Mix well. Marinate the chicken in the tomato mixture for an hour or so. Heat oil in a kadai, add the marinated chicken and mix well. Saute on a low flame for a few minutes. Add little water and cook on a low flame covered with a lid having water on it. Mix at regular intervals. Cook till the chicken is tender and garnish with coriander leaves. Serve hot with rotis or bread and onion kachumber.