



SECTION D  
HERALDNEWS

Wednesday,  
October 18, 2006

# Taste

## Sisters' struggle

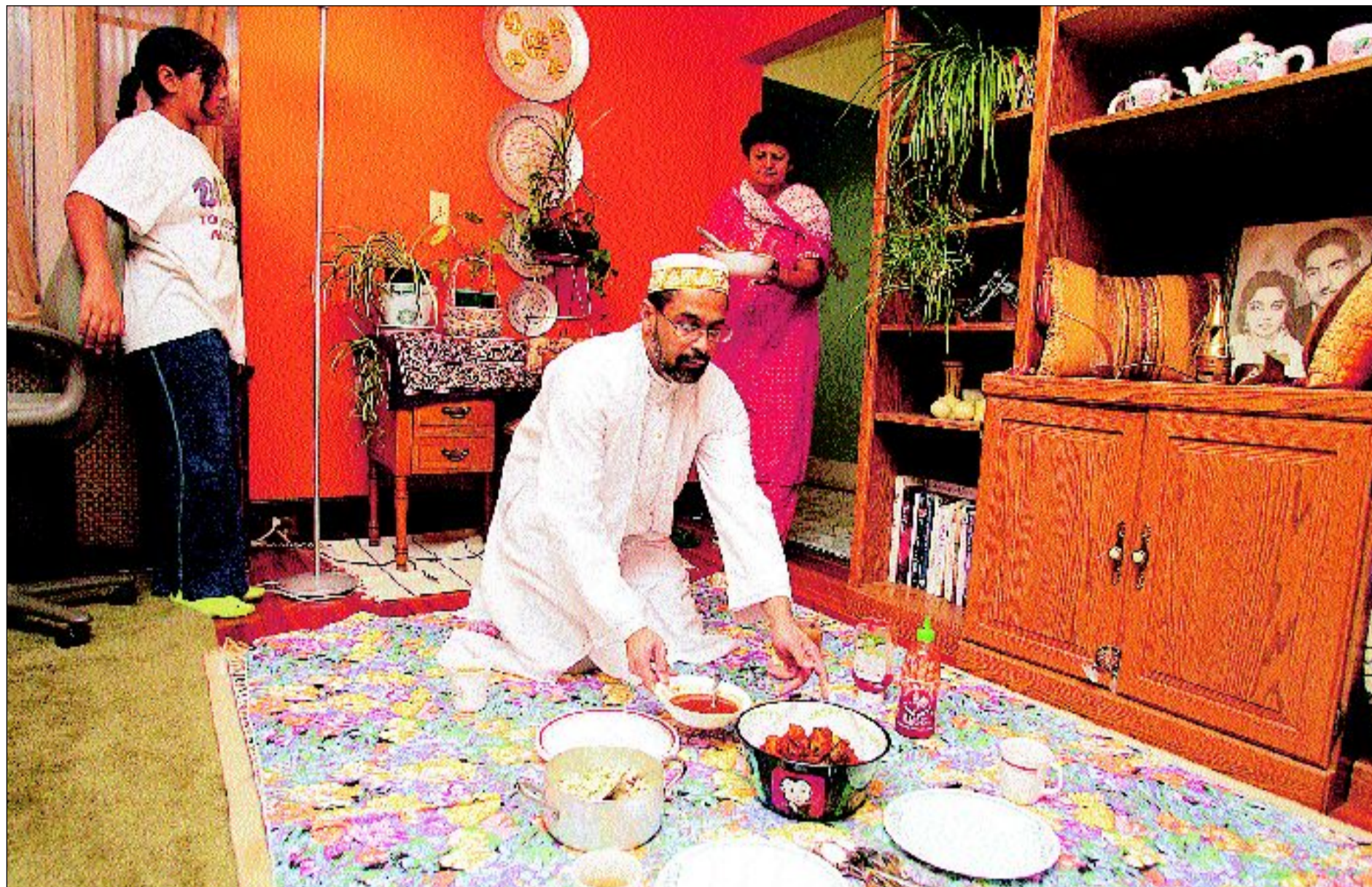
Girls take regular school classes despite being deaf. **sneakers, D9**



## Today's recipes

Healthy wraps for kids' lunches **D2**  
Stir-fry the quickest one-pot meal **D8**

## COOKING WITH ... THE JANOOWALLA FAMILY



Photos by AMY NEWMAN / Herald News

The Janoowalla family, from left, Zahra, Gulam and Shaheen, prepares to break the daily Ramadan fast with peppery lentil fritters, chai tea and chicken curry with basmati rice. The family emigrated from Kenya to the U.S. in 1998.

# Multicultural family breaks Ramadan fast with spicy fare

By CAROLINA BOLADO  
Herald News

Gulam and Shaheen Janoowalla have a dining room in their Passaic Park home, but no table. At mealtime, they spread a flowered plastic tablecloth over the room's area rug and sit around the plates of food placed in the center. Then they dig in to the first course: sweets.

"I think we are the only community in the world that begins eating food with dessert," Gulam says.

### EID UL-FITR

The holiday marks the end of Ramadan, the ninth month of the Islamic calendar. The holiday begins on Monday, Oct. 23, with the new moon which marks the start of the 10th month, Shawwal.

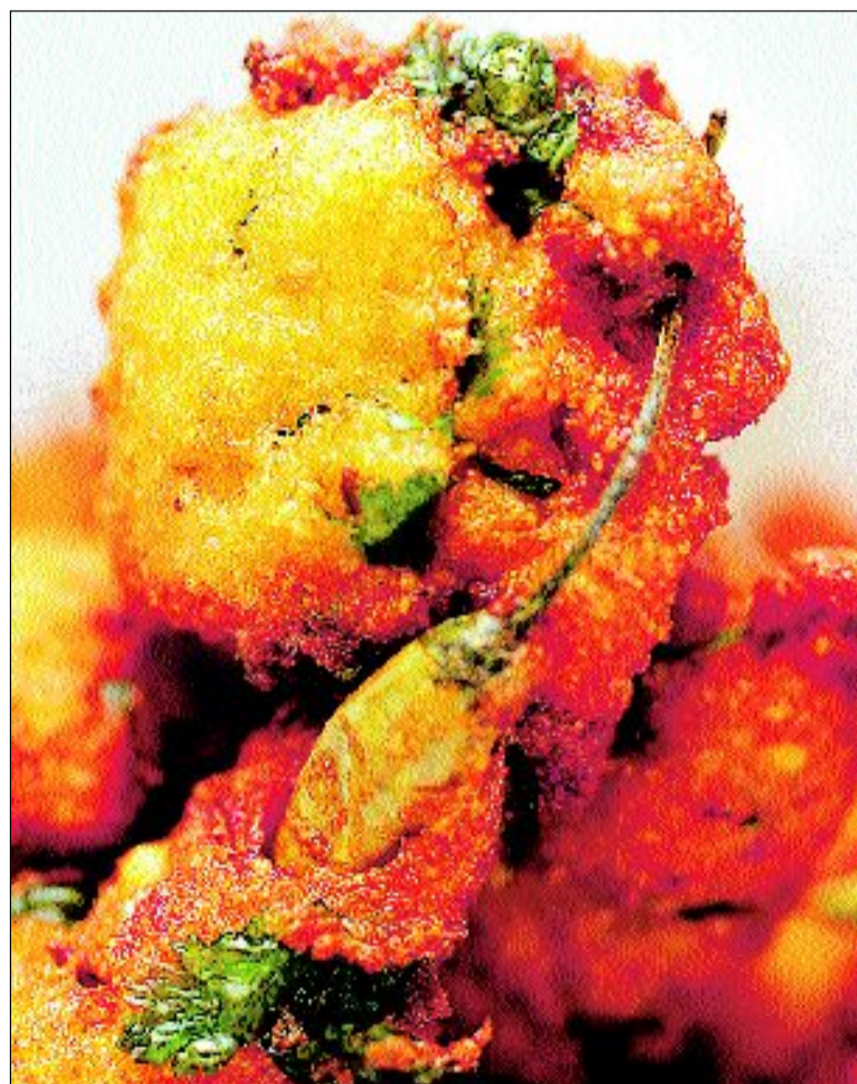
Muslims usually attend the mosque in the early morning hours to pray before visiting family and friends to celebrate. They break the Ramadan fast – fitr means "to break" – with dates or something sweet, followed by a large meal. Fasting is forbidden on Eid ul-Fitr; it's a time to feast and be thankful for one's blessings.

Dessert tonight is faluda, a pink custard made with milk and wispy rice noodles called china grass, although they decide to save it for the end of the meal this time, something they've done on occasion since immigrating eight years ago.

The Janoowallas are Kenyan, of Indian ancestry. Gulam is the fourth generation born in Africa; his great-grandfather moved there from Gujarat, a northwestern province in India, to supply screws for the new railway lines the British were building in Africa. They belong to a community called Dawoodi Bohra, a subset of Shiite Islam from India.

"A lot of what we eat is Indian, but a

Please see **COOKING WITH, D6**



The Janoowalla family begins their meal with bhajias, lentil fritters, above. On this day, Gulam added red onions, whole chiles, coriander and other spices to the dish prior to cooking, at left.

**On the Web:** For Shaheen Janoowalla's faluda recipe, check Carolina's blog at [www.northjersey.com/foodblog](http://www.northjersey.com/foodblog).

## Remedies: When trouble strikes, take two truffles

By LEAH ESKIN  
Chicago Tribune

Health is such a bother. What with all the counting calcium and shuffling to the gym and scheduling appointments. And the paperwork! Which only provokes the standard prescription: More time counting calcium and shuffling

fling to the gym and scheduling appointments and filing paperwork.

Frankly, staying healthy makes us queasy. Who wants to ruin a perfectly good kale sauté wondering if germ warfare is being fought in the foliage? Who wants to dampen a walk on the lakefront by counting footsteps, dividing by body mass and discounting for the portable doughnut?

Who wants to pass the physical, only to fail the challenge of filing the claim form?

We concede the standard appalling condition is best met with the standard appalling treatment. But we submit that stress-that bulging hamper of damp and dirty discouragement-is best undone with alter-

native medicine.

Massage, for instance. Extended beach idyll. Room service. Reflexology. Any mood-enhancement device, such as orange lipstick, curvy slides, plaid flip-phone. Yoga, of course. Cushy yoga mat. Adorable stretchy yoga outfit, with matching jacket. Stress-reducers all. Which should, rightfully, be fully covered.

We're certain an actual scientific

study would find that these measures improve life and longevity. And that the tab, no matter how appalling, compares favorably to that of traditional treatment. Perhaps muckrakers will discover that such research has been quashed by collusion between the pharmaceutical industry and the anti-yoga lobby.

Please see **TRUFFLES, D6**