



We loved the vibrant and lively décor at The Bar Stock Exchange



« TRIED & TESTED FOOD REVIEW

CULINARY CORPORATES

Purva Indulkar, a teetotaler, visits the newly-opened **The Bar Stock Exchange** in Kamala Mills, the largest one so far, and walks out as impressed as anyone looking for a budget tippie

I can't say I'm particularly fond of pubs. They're supposed to be a cross between quiet restaurants and noisy clubs — where you can sit with friends and spend an evening gossiping about co-workers over animal-style fries. But, not many pubs offer that kind of experience, and The Bar Stock Exchange is, unfortunately, the sort that falls into the very active, very noisy category that can be exhausting after a long, tiring day at work. Nestled among the corporate citadels of Kamala Mills, the outlet is a large three-tiered space with varying levels of privacy, but the same degree of loud music. I visited on a Tuesday evening and there was a waiting line to get in! The crowd comprised of formally-dressed office "bros" wearing blazers and carrying laptop bags. They make the space look like a scene from *The Wolf of Wall Street*. Inside, the loud chatter, constant movement and extremely peppy music might offer a relaxing ambience to some, but it wasn't my cup of tea. That apart, I had a wonderful time trying their culinary offerings and wouldn't mind going back with my gal pals for another round of the stock market.

Lively scenes

My companion and I walked into a glass gate guarded by three bouncers who were diligently asking people for identification — a lady who appeared old enough was promptly sent back for failing to provide one. We stepped into a large space flanked with huge wooden tables meant for groups of more than eight people. The floor upstairs, with an eye-catching bar on one side and wooden tables and seats with deep green upholstery inside tubes on the other, was gorgeous. The yellow lighting, tinted windows and industrial décor lend the space a rustic charm.

Finger food fest

We went through their flimsy menu and noticed that their range of starters was extensive, but their cocktail menu didn't offer much excitement. My companion went for their Falooda Berry (₹200), which wasn't as refreshing as the street-side faloodas I savour when it's raining, but wasn't too sweet or sugary either. I chose the

Oreo Cookie and Chocolate Shake (₹200), a delicious cold concoction that wasn't too chocolaty and didn't turn bitter after a few sips. I'd have liked the consistency to have been thicker, though.

From the vegetarian starters, we chose their Misal Pav Fondue (₹175). As a Maharashtrian, I can claim that I've tasted a few (hundred) misals and the only unique thing about this dish is that it was served in a fondue tub with chunks of pao. While the misal was cheesier than usual (I mean that as a compliment), the dish certainly wasn't a scene-stealer. We then tried the Mumbaiia Crostini (₹170), a garlic baguette topped with traditional pav bhaji. The pav bhaji was slightly overcooked, but the bread was crunchy, which made a crackling sound whenever I bit into it; the dish sounded better it tasted!

From the non-vegetarian starters, we chose the Karare Tandoori Ande (₹150) — boiled eggs stuffed with tandoori masala. I would certainly recommend this dish. The tandoori eggs reminded me of the iconic tandoori kebabs I munched on during Ramzan at Mohammed Ali Road. The dish was filling (slightly heavy

to be honest), but the best element was the mint mayo chutney served alongside. We then picked the Basil Garlic Paneer Tikka (₹240), which had char-grilled paneer in basil sauce. While the sauce was delicious, the dish didn't pack a punch. It was just a chunk of grilled paneer and lacked much flavour. We also tried their signature TBSE Barrah (₹350), which is a traditional Indian lamb dish with an American twist. The presentation was delightful, and the lamb was fiery and juicy to the bone. No meal is complete without seafood, so we went for their Yin and Yin Prawns (₹280), but while the dish was supposed to serve tender prawns in five spices, it didn't offer much flavour.

We then moved on to Malwani Chicken Pizza (₹295). This simple thin crust pizza topped with tender chicken was delicious by itself, but nothing about it was distinctly 'malwani'. Their Amritsari Kulcha Platter (₹210) — three mini-kulchas: one plain, one stuffed with potatoes and one stuffed with paneer — served with traditional Pindi chole, is a must-try! This delightful Punjabi dish was dripping in ghee (as expected from a Punjabi dish) and I would certainly recommend ordering this if you're with a group. We ended our meal on a sweet note with their Momma's Rocky Road Sundae (₹250), which comes in a tall glass. Good luck not dropping all your ice-cream on their immaculately-polished tables. The brownie was soft, crunchy and nutty, and the heavenly accompaniment of dark and white chocolate, nougat and ganache was wonderful.

Parting thoughts

The Bar Stock Exchange is wonderful whether you want to relax after a hectic day at work or to be somewhere exciting on the weekend with your friends. The food here certainly has its highs and lows, but when you visit, make sure to try their Tandoori Ande and TBSE Barrah. If you're looking for a place to chill at over the weekend, head here. As for me, I'll stick to my quaint cafés.

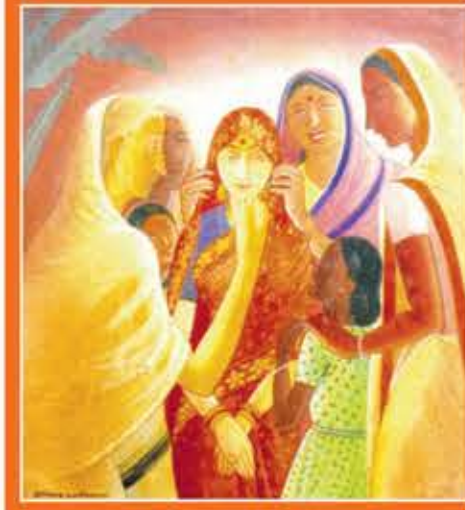
Where Senapati Bapat Marg, Kamala Mills, Lower Parel
Contact 24925556



« EXHIBITIONS WE LOVE 100 YEARS OF BENODE KARMARKAR GET A GLIMPSE OF THE BENGAL RENAISSANCE

This monsoon, experience some of the most striking artwork from the Bengal Renaissance at a retrospective exhibition with work by veteran artist, late Benode Karmarkar. The exhibition is being organised by his son, Asok Karmarkar, and the artwork on display represents Benode's artistic career, which was marked by various important moments in the history of our country, including India's struggle for independence. However, you can't just look at his work for artistic traits; there are many socio-political aspects that must be taken into account too. Having studied academic art, Karmarkar's paintings are marked by the sensitive representation of an artist who is well versed in the technical nuances of the trade.

When Up to August 8
Where Jehangir Art Gallery, Kala Ghoda
Contact 9831740262



GOTTA CATCH 'EM ALL

The Pokemon Go bug is making us do the unlikely things — from taking long walks to hanging out at temples and parks. And we've seen it all, from pub crawls and night walks to dress up parties. So, it's no surprise that now Pokemon fans get to dive into the city's legendary nightlife with a common aim this Friendship's Day! A one-of-a-kind event that combines the concept of a bar hop and a Pokemon Go walk, Late Night Mumbai brings you the city's first ever PoGo Bar Crawl, travelling to seven venues to capture Pokemon and ending at The Bombay Bronx at Breach Candy for an after-party. Don't forget to put on your comfy shoes, carry a battery pack and pray that your internet connectivity is at its best as you gear up for this one. Which Pokemon Go fan wouldn't want to venture out to look for Pokemon with a beer in one hand and a pizza in the other? Registrations start at 3.30pm at Old Wild West and will close at exactly 4.30pm.

Starts at Old Wild West, Trade View Building, Kamla Mills Compound, Lower Parel
When Tomorrow, from 4pm to 8.30pm **Price** ₹500
Tickets On the 21+ Jump The Bar Rush app
Contact 9619994288/ 9619458072

« TRIED & TESTED FOOD REVIEW

SIMPLY SINDHFUL

No, that's not our attempt to create a quirky new word; it's the name of a delivery joint in the city that focuses on Sindhi meals. Rhea Dhanbhora tries a few dishes from **Sindhful** to see what they've got to offer

Everyone's going regional these days, and we're glad. Forget multi-cuisine; focusing on one cuisine (or item; hello cookie shops!) is doing food brands a world of good. And Sindhful has definitely caught on. Mother-son duo Kanchan and Sannat Ahuja (if you recognise their names, you've been ordering from Holachef too often) have put their home-chef skills to good use, opening this takeaway joint in Khar.

From its quirky name to touting itself as the first Sindhi food service in the city, they know how to market their fare — but are they good enough? While they have a varied menu comprising of dishes from different cuisines (yes, they've got Oriental, North Indian and Continental food too), we decided to stick to the Sindhi specials (but, no kadhi!). After all, it's not often that we enjoy delicious Sindhi food in Mumbai, is it?

The food was delivered to us promptly (when they say 1pm, they *mean* 1pm!) in plastic boxes and a cloth bag printed with the quirky name (which is the trend for such services these days). And we were treated to that familiar smell of a home-cooked meal waiting to be devoured.

We thought we weren't really hungry (that changes as soon as you begin your meal), so we decided to snack on the Kheema Pattice with pav and chutney (₹290) while we examined what else was in the bag. Unlike most pattice, which is loaded with potato and skimps on the kheema, this had the perfect balance and the meat was moist and well spiced — a pleasant switch from the usual.

All about the dal

Then, we moved quickly to the Dal Pakwan (₹160). Even if you haven't tried too much Sindhi food, you've probably had this delicious dish. One of my absolute favourites, it was an instant hit all around. From the crispy puri to the imli and green chutney (remember to layer and bite into the puri instead of attempting to spoon everything up separately), and of course, the flavourful dal, we loved it enough to save a bit to enjoy again at the end of our tasting. Don't forget to load up on the onions too! I've spent a good amount of time searching for the perfect pakwan, finding absolutely delicious versions in Chembur and one that was kindly brought to me all the way from Ulhasnagar. However, both places were too far to trudge over to, which is why Sindhful's sinful version of it was especially exciting for me.

We took a break in between for some Koki (₹150) with raita — something that I've stolen from many a Sindhi friends' tiffin over the years. This did the trick too, but I was still drooling over the pakwan.

While the Sai Bhaji with Bhuga Chawal (₹220) is served with delicious spiced rice, this was one dish that didn't impress us as much as we expected it to. But, then we dug into the Koftas and Kheema

Sindhful serves up a delightful Dal Pakwan, something you simply shouldn't miss!



>> Their Sai Bhaji didn't impress us much

(₹270), which quickly saved the day with their onion-gravy mince. Pungent but not too hot, and soft but not chewy (seriously, what's their secret to all the gravy-rich, flavourful kheema that isn't drowning in oil?), it was perfect. A quick scoop of the pakwan we'd saved for the end and we were bursting at the seams, but incredibly happy.

Semi-sweet

Sindhful has the most delicious homely food, but the desserts could do with a bit of a revamp. The Crackle Chocolate Fudge (₹110) was way too sweet and the Goopy Chocolate Mudcake (₹110) was underwhelming after such a good meal. Maybe their Sindhi desserts do a better job; we'll have to try them to see. Along with the Aloo Tuk (₹100) and Sindhi Mutton (₹300), they're next on my list, of course!

Where Bandra and Santacruz direct delivery; Dadar to Juhu through Scootsy
Contact 33715923/ 9769394968

« ART EXHIBITIONS IN THE CITY VIGNETTES TO A BYGONE ERA

Get nostalgic with Gopal Pardesi's recent collection of art which feature simple, yet evocative paintings. Using illuminating lights and shadows, his work evokes nuances of the rural life in India and highlights its culture. Each work is a small vignette reflecting a detailed portrayal of the exterior of the door, some left half open to allow the viewer to peep inside and see the inhabitants and props that include the cow, oil lamp (kandeel), flour mill, sup (to clean the grains) and door handles. Set against the backdrop of old Maharashtrian Wadas, this is reminiscent of quintessentially Marathi middle-class during the Peshwa era. "Doors — they are everywhere around us, but we tend

to ignore them. They are our passage from one realm to another. These are the objects that have caught my attention. Each door that I paint, narrates a tale of the people who live behind it, celebrating the past, with a comment on the corrosion of the archaic. The exteriors as well as the interiors of these doors have a lot to tell us. These doorways have always inspired and motivated me in order to bring back the memories of my home town along with my childhood curiosity," says artist Gopal.

Where Jehangir Art Gallery, 161-B, M. G. Road, Kala Ghoda
When Up to August 7, from 11am to 7pm
Contact 9766305111

