BbSnacc

Pantry Pride

Kind snacks, caviar packs, clean candy hacks, spice racks, cheat day max and everything else your pantry lacks. bpb editors, chefs, bakers, food writers and restaurateurs spill the tea.

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★ Zama Organics: Organic Tomato Ketchup

Zama's pantry staples warrant their own cereal podcast. Working directly with thousands of farmers, their grains and cereals, spices and flours are all organic/natural and acquired with a focus on agricultural diversity and sustainability. Restaurateur Aditi Dugar (Masque, TwentySeven Bakehouse, Araku Coffee) loves to catch up with their ketchup made from 88% fresh organic tomatoes + 8% raw sugar, with no additives or artificial colours. Sounds like a boss sauce to us.

Shop at <u>zamaorganics.com</u>, <u>Instagram</u>, Rs 295 for 300 gms.

★ Weirdough: Sourdough

The lovely weirdough over at this sourdough sanctuary is London School of Economics-educated Pallavee Duggall who doles out the best 36-hour fermented sourdough loaves studded with olives and garlic; fragrant with truffles and walnuts; buzzing with jalapenos and cheddar; speckled with seeds. PS: There is a Khapli or emmer flour version as well, that Pallavee makes by milling her own grains. Best cellar, indeed! Her preservative and yeast-free artisanal sourdough that's low in gluten and good for your gut, also gives rise to chewy bagels, soft potato burgers, dense loaves, buckwheat banana bread, as well as pizza that she delivers only on Saturdays. In this crust, we trust.

Shop at www.helloweirdough.in, 9653676990, Instagram, starts at Rs 350

★ Waffle Mill: All Things Waffle

A brand that imagines and invents everything our waffle-loving hearts desire is our kind of assembly line (up). A home bakery-turned-enterprise, Waffle Mill's offerings include indulgent on-the-go waffle chips (see dark chocolate drizzle-sea salt) that are made for rainy day Netflix binges. They also sell waffle cookies and Dutch Stroopwafels (pro-tip: heat for melty caramel goodness) as well as Frozen Toaster Waffles that you can prepare by using basic household appliances like toasters, ovens and tawas. These are eggless; refined sugar and gluten-free; contain no trans-fat or cholesterol; and offer 3 gms of protein per waffle. People looking for a quick breakfast option, we're tossing these your way.

Shop at <u>www.wafflemill.com</u>, <u>Instagram</u>, products start at Rs 120.

★ Vaum Tonics: Quinine Free Sparklers

When life gives you <u>Limones</u>, pretend like you're riding around Sicily with all the White Lotus swoon, and none if its sinister feels. This OOO-evoking tonic water hails from the house of <u>Vaum</u>, which sells traditional artisanal tonics (Classic Indian, Zero Cal Lite, Limone) as well as India's first quinine-free botanical waters that work great as mixers as well as soft drink stand-ins. These crisp, cool <u>drinks</u> feature clever pairings (Mango-Fig, Grapefruit-Rosemary, Cucumber-Mint, Elderflower-Rosemary) crafted with all natural flavours imported from Europe's top flavour houses, blended and bottled in Goa. The cherry on top: each contains less than 25 calories per serving.

Shop at www.vaumtonics.com, 8369422553, Instagram, start at Rs 1,188.

★ Valley Culture: Jakhiya or Wild Mustard

This dynamite Dehradun suggestion comes from chef Zacahrias and Team Locavore; read more about it <u>here</u>. Grown in the nutrient-rich soil of the Himalayas, Jakhiya or wild mustard plays a vital role in Uttarakhandi tadkas. "It brings subtle hints of nuttiness in flavour, and a crunchy texture to any dish," is chef Zacharias' tip.

Shop at <u>valleycultureindia.com</u>, <u>Instagram</u>, start at Rs 120.

★ Tenacious Bee Collective: Small Batch Honey & Beeswax Treats

In the golden, sticky universe of honey, we're sticking out neck(tar)s out for <u>Tenacious Bee Collective</u>. Founders Malini Kochupillai and Kunal Singh work with bee keepers in Himachal and Kashmir, training them in ethical and sustainable beekeeping practises. The result: top quality, delicious raw honey in a string of varieties (Kangra Forest, Litchi, Acacia, Lahaul Forest, Chichri, Bharmour Forest) elegantly packaged in beautiful glass jars perfect for gifting. Once you've ordered these, flit on over to their 'Bee Apothecary' that offers a selection of beeswax salves and candles. Join the swarm and experience the delightful medley of Tenacious Bee Collective's offerings. Taj Palace, Olive Kitchen Delhi and Paro by Goodearth are few of the renowned brands that have placed their trust in TBC's honey.

Visit <u>tenaciousbee.com</u>, or their <u>Instagram</u>, to explore their hive. Experience their most sought after variants in a beautiful handmade <u>Honey Sampler Pack Of Four Seasonal Varietals for Rs 699</u>.

★ SR Foods: Marwari Snacks On Demand

Best Indian snacking service ever! Our favourite <u>SR Foods</u> picks: their Rajkachori Chaat and mattar ki puris that are thinner than your defense of midnight snacking. Far thinner, actually. In fact, SR Foods' founder and matriarch Suman Rungta's Marwari snacks - dal ki puri, Ker Sangri, Dahi Bada and more - have been favourites in South Bombay snack packs since 1987. In 2023, this family enterprise's menu has expanded to include finish-quickly chaats; made-from-scratch mithai (the Celebration boxes and mithai jars are great for gifting); and for your pantry, a superlative <u>namkeen</u> selection including achari mathri, baked thepla, chivda mixes, nimki, suhali and more.

Order at <u>srfoods.co.in</u>, certain items have to be pre-ordered, <u>Instagram</u>, Rs 275 plus GST for 5 mattar puris.

★ Snackible: Dosa Khakras, Chickpea Popped Chips & More

Snacks on a plane... or anywhere else that you fancy. Remember how your gymbo roommate warned you not to snack between meals? Well, they had never met Snackible, a robust line of healthy (but also addictively delish, usually crunchy, always yummy) snacks (80+ options catered to varied tastes + dietary preferences) that are actually good for you. We especially love light-as-air quinoa puffs, garlic bread chickpea popped chips, coffee cookies, healthy chocolates, cheese dosa khakras... snacks that are mu(n)ch better for you! PS: they have a subscription club that offers free surprises and first-access to upcoming products.

Shop at www.snackible.com or find on Instagram, Rs 100 for 100 gms of cheese dosa khakra.

★ Shroomery: Mushrooms That Come With Their Own Magazine

They don't mean to blow their own trumpet (mushrooms), but the showmen at the Shroomery say they grow the most fabulous mushrooms and after buying & trying, we couldn't agree more. The stage is set here for all things shroom: high quality, chemical-free King Trumpets, white and pink oysters, shiitakes, black fungus, milky and nameko mushrooms grown at their five-acre farm near Gurgaon, and delivered fresh to doorsteps every day. Via their online store and retail partners across the country, Shroomery also sells dried versions of the fungi, shroom Asian pickles, Roasted Shiitake Miso, a Bhu collaboration kombucha and a beautiful Mushroom Project zine with contributions from top chefs. Fun-guys, these.

Shop at <u>shroomery.in</u>, <u>Instagram</u>, starts at Rs 100.

★ Sancha Tea: Sleeping Beauty Tea

Ensure you have a kiss to rouse you from the deep and restful slumber induced by Sancha's <u>Sleeping Beauty</u> tea. This 100% herbal, caffeine-free chamomile-lavender-vanilla concoction presents a velvety mouth-feel, in addition to relief from stress, muscle relaxation and a peaceful night's sleep. Full marks for ultra-cute graphic tin packing, which makes it a sweet gift for a sleepless friend. Also, deep sighs for their collection of <u>white</u> chais that are tea-ming with antioxidants.

Shop at <u>Sanchatea.com</u>, or for an aromatic experience, drop by their stores in Bandra (26400840) & Kala Ghoda (40020852), <u>Instagram</u>, Rs 599 for Sleeping Beauty leaf tea / tea bags.

🜟 Rise Up: Lemon Ginger Kombucha

If you need a killer kombucha that's also kind, you'll find that this meet-cute with <u>Rise Up</u> was ferment to be. Proudly brewed in Panchgani on principles of circular economy, Rise Up claims to be "India's only zero waste kombucha company"; details <u>here</u>. Their standard five flavours - Lemon Ginger, Blueberry, Rose, Original and Espresso - are raw and alive, naturally carbonated, made with organic ingredients and above all, delicious. Meanwhile, their roster of rotating flavours (Mountain Mulberry, Alphonso Mango and more) are the thirst traps to look forward to every season. And SCOBY gang, if you're as into this as we are, they do free tours, tastings and brewing lessons at their Odd Gumnut Permaculture Farm brewery in Panchgani. Sounds like something to rise up for!

Shop at <u>riseupkombucha.in</u> or order via Whatsapp at 7420896904, <u>Instagram</u>, start at Rs 150, 20% off for summer sale.

★ Refresh by Sangeeta Pachisia: Mogra Sharbat

Food writer Prerna Makhija's liquid diet has really blossomed since she got her hands on a bottle of Mogra Sharbat by Sangeeta Pachisia. Sangeeta crafts her homemade syrups in small, meticulous batches, ensuring every bottle is packed with full, real flavour (for instance, a whole kilo of mogra petals yields just 2 litres of product). With a perfume so heady, we're stocking up the seasonal floral decoction to infuse cocktails all year-round. Pachisia, who learned to make herb and flower-infused blends from an aunt in Kolkata 13 years ago, is also known for her zesty ginger ale, a spicy kairi panna and red and white rose syrups.

Call 9892761056, Rs 220 for 500 ml of mogra sherbet.

★ Pūrvīṇa's: Organic Coconut Oil From Kerala

<u>Pūrvīṇa</u> aims to preserve the traditional oil-making techniques of Kerala by maintaining a constant temperature while heating coconut milk, and using only bronze vessels for the extraction process. "While it fulfills needs that go beyond cooking, we love them most in salads as dressing oil, and in stews and avials as the raw garnish," chef Thomas Zacharias tells us.

Shop at www.purvina.in, Instagram, Rs 410 for 250 ml.

★ Provilac: A2 Milk & Cute Door Bags

How adorable that along with the delivery of fresh A2 milk from indigenous Gir cows, you can also ask the Provilac party to leave this cute red insulated milk <u>bag</u> hanging outside your door. They also sell paneer, dahi, curd culture and ghee. Non-dairy seeking doodhs and doodhettes, shop the <u>oat milk</u> from Urban Platter.

Shop at www.provilac.com, Instagram, Rs 90 for a one liter A2 Milk pouch.

★ Prime Foods: Assorted Crackers

If you find yourself crack(er)ing under pressure each time you enforce a biscuit ban, allow us to introduce you to Prime
Foods that will make it okay to open the snack vault daily. Their crackers are crispy and caring, and above all tasty, built with healthy flours (Ragi, Rajgir), flecked with seeds and herbs, and studded with chewy bits of fruit. The Pecan-Berry and the new Almond Sesame versions are constant residents of our office purses. And before you check out, make sure to add Prime Foods' irresistible better-for-you sweet potato chips to cart, as well as their brand new Baked Bhujia available in three flavours.

Shop at <u>www.primefoodsin.com</u>, 9321656421, <u>Instagram</u>, start at Rs 130.

★ Pirouette: Specialty Mauritian Sugars

Made from freshly cut non-GMO canes in Mauritius and produced with the technical expertise of a board of bakers, we're sweet on Pirouette's <u>specialty sugars</u> that are perfect for confectioners. "Truly unrefined", these are available as muscovado, caster and demerara, and are packed in pastel sleeves bearing ballerinas. On your toes for this glucose! PS: also see crystallized pure cane <u>sugar sticks</u>, fun to serve with cocktails and coffee.

Shop at <u>www.chenabgourmet.com</u>, <u>Instagram</u>, starts at Rs 175.

★ Phoebe's Cookies: Chewy Chocolate Chip

Named after founder-baker Saloni's adorable pet pug, <u>Phoebe's</u> indulgent cookies really should be treats that reward good behavior. Who's a good boy / girl? We are! These "artisanal New York-inspired <u>cookies</u>" don't scrimp on the good stuff; think gooey, chewy Classic cookies (Saloni's favourite!) chock full of chocolate chips, as well as rich Nutella Cookie Cake, NY Cheesecake and Lemon Blueberry varieties. For those seeking healthier options, bite on the wholesome seed-and-nut variety and for coffee enthusiasts, an espresso version awaits.

Order via WhatsApp at 9324104800, shop at the Swiggy Mini Storehere, Instagram, starts at Rs 200.

🜟 Philosophice: Blue Flower Vanilla Honey Ice Cream

We're spooning any scoop house that has ice cream flavours titled The Shakespeare, The Sarojini Naidu and The Emily Dickinson, no questions asked. Once this artisanal, preservative-free ice cream brand baits you with branding tricks, it keeps you coming back with its brilliantly prepared bounty. We'd love to highlight here their creamy, refined-sugar-free flavours – Gur Coffee (The Prithvi), Gur Cookie Crumble (The Sarojini Naidu), Blue Flower Vanilla Honey (The Philosopher) and Dark Chocolate Honey (The Ikaria) – that are delish and better for you.

Call 9820200905 to order, pickup from Imperial Towers Tardeo or Rs 100 delivery charge for South Mumbai, Rs 150-180 to Bandra, <u>Instagram</u>, starts at Rs 500.

raushtik: A Spice Shop from The Ex Masque Chef

<u>Paushtikstore.com</u> is the new grinder, where people who are passionate about spicing up their lives, can log on and find what they're looking for. You cumin yet? This e-shop launched by ex Masque chef <u>Prateek Sadhu</u>, along with zero waste warriors Aashina Kaul and Zainab Burmawalla, deep dives into the world of Indian hyper regional spices. Chef Prateek is most excited about their goda masala, a Maharashtrian spice blend that he most recently used to elevate a basic bowl of scrambled eggs. Neat!

Shop at <u>paushtikstore.com</u>, start at Rs 50 for 100 gms of whole coriander.

★ Paul And Mike: Farm To Bar Chocolate

Paul And Mike is here to make a case for keeping chocolate on your grocery list. By using high quality Indian cocoa beans and by controlling all the steps from the farm till the finished chocolate, these treats truly rep the "tree to bar" philosophy. We constantly crave the 64% Dark Rum & Rummy Raisin and 64% Dark Whisky Butterscotch chocolates, and can't wait for monsoon special bars starring curcumin for immunity and antioxidant-rich golden berries. Cocoa kooks, you can also bean yourself up to Paul And Mike's micro mini Kemp's Corner cafe where their bounty is incorporated into sweet, savoury and beverage offerings including a mind-blowing 'o to 100 Pastry' starring an intense layering of all things chocolate - sponge, ganache, crémeux, mousse, and light cream, garnished with a rectangle of 99% chocolate and a sprinkle of 100% cocoa nibs. Shop at www.paulandmike.co, Instagram, start at Rs 250.

★ OOO Farms: Ajara Ghansal Rice

The short grain Ajara Ghansal <u>rice</u> from OOO Farms is a GI tagged variety with several benefits ranging from body tissues to gut health. A highly aromatic and elegantly thin variety, it is widely known as the 'King of Paddy' or on the street as we like to imagine, the Big Daddy of the Paddy. OOO la la! Recommended by team Locavore.

Shop at <u>ooofarms.com</u>, <u>Instagram</u>, Rs 130 for a 500g of Ajara Ghansal rice.

★ Naagin: Hot Sauces & Pantry Essentials

We're big fans of The Original, Naagin's cult favourite hot sauce, which is already a pantry essential in homes across the country. But our favourite hot headed snake slithers into this list to remind us that Naagin is so much more than just a hot sauce house – their new line of Naagin Pantry Essentials will upgrade everything with flavour, not fire. Their tomato Pasta Sauce is crafted with a flawless sweet-to-tart ratio and a finish of slow-roasted chillies; the Pizza Sauce is made with an epic Chef's "secret" blend; and the Crispy Chilli Oil ("not your basic Chinese type") pairs perfectly with Chinese, Indian, Italian and other cuisines. "The chilli oil can even double up as a table tadka for your dal!" Team Naagin tells us. A perfect hissss and hers prezzie for anyone that eats three meals a day.

Shop at <u>naaginsauce.com</u>, use code NAAG20 to score 20% off, <u>Instagram</u>, starts at Rs 250.

★ Mezmo Candy: Strawberry Licorice Jellies

Sweet tooths meet sweet truths at <u>Mezmo Candy</u> that creates treats you can trust. Founder and health coach Megha joined hands with confectionary chef Rameet (IHM, Le Cordon Bleu) to create wholesome "jellies" or <u>gummy fruit candy</u> that tries to be good for you; they contain real fruit pulp, no white sugar, preservatives or chemical dyes, promote gut health and get this - each adorably illustrated package claims to have as much fibre as 1 banana / 2 cups of spinach / 1 cup of avocado. bpb recommends: the <u>Very Strawberry</u> with its audacious kick of licorice and the puckery <u>Tarty Lemon</u>. We also urge you to suck on the Perky Peppermint before you kiss someone.

Shop at mezmocandy.com, 8055439773, Instagram, start at Rs 525.

★ MAVI's Pantry: Kimchi And Sauerkraut

Of Russian drinks and Captain Cook's sauerkraut links, MAVI's Pantry produces some of the most interesting products via fermentation. Let's begin with our favourites: MAVI's fiery kimchi and delish sauerkraut that their page links to Captain Cook's survival trick while on the high seas. Moving on to Russian grandmas' favourite BeetKvaas, a zero-sugar, beet-based fermented drink that tastes a little like Kanji, and works beautifully as a meat marinator, cocktail mixer and probiotic provider. Next, a refreshing vitamin-packed water kefir, and lastly, organic garlic fermented to boost your immunity while also being a great addition to salads and sandwiches. Note: along with being tasty, all of these products help improve gut health too.

Shop at mavispantry.com, 7777048983 / 9509973983, *Instagram*, starts at Rs 200.

★ The Manduva Project: Tomato Crisps

You won't be able to stop at one. Seriously. Made from sago, fresh tomato juice, green chillies and salt in Andhra Pradesh, these tomato crisps are light once fried while the tomato seeds offer a textured appearance to the chip. Chef Thomas Zacharias at <u>The Locavore</u> describes it as "starting off with a robust umami-ness, the crisps leave a sweet tomato finish on the palate". We're all for tom-toming these tomatoes!

Shop at <u>themanduvaproject.in</u>, <u>Instagram</u>, Rs 255 for 100g of Tomato Crisps.

★ Ma's Grace: Orange Oil

Some of the city's best yoga practitioners swear by the pain-relieving properties of the orange oil that's formulated by yoga legend Jehangir Palkhivala. Now repackaged and sold as 'Sunshine' by Ma's Grace, it's a strong, almost yummy blend of cold pressed coconut oil, orange oil, mint crystals and annatto. For achy joints and muscles, there's also 'Moonlight', cold pressed coconut oil with mint crystals.

Call Pradeep at 9967675217, start at Rs 250 for a 30ml bottle of orange oil.

★ The Locavore Recommended Pickles: King Chilli & Vintage Lime

The pickle lovers at The Locavore led us to <u>NE Origin</u>'s King Chilli pickle from Manipur that has a flavour profile of multiple spices with a warm current of mustard oil running through it (Loca tip: it can be a powerful condiment to add to rice); and <u>Aamra's</u> sour-tangy Vintage Lime pickle made by stuffing whole lemons with garam masala, ajwain and black pepper and leaving them to mature traditionally in earthen jars. Better than pot!

Shop at <u>neorigins.com</u>, <u>Instagram</u>, start at Rs 350 for 100 grams; shop <u>here</u>, <u>Instagram</u>, Rs 319 for Vintage Lime Pickle 175 gram bottle.

★ Kodai Cheese: Edam & Chilli Chedar

Announcing itself as India's oldest third generation cheesemakers, this Kodaikanal based farm makes "unique Indian versions" of cheese varieties from around the world. Entrepreneur Aditi Dugar (Masque, TwentySeven Bakehouse, Araku Coffee), who is also the first Indian female restaurateur on #Asias50Best, is a loyal Kodai customer; she recommends the Edam and Chilli Cheddar.

Shop at <u>www.kodaicheese.com</u>, <u>Instagram</u>.

★ Kerehaklu: Farm Fresh Avocados

"Growers and observers since 1953", this Chikmagalur plantation is pastry chef Heena Punwani's pantry list submission for the best Indian avocados - fresh and hand-harvested. Yes, they deliver to Bangalore, Bombay, Delhi-NCR, Goa and Ahmedabad as well, starting end-July this year. Avo and out!

For details follow them on <u>Instagram</u>, approx Rs 650 per kilo.

★ Jokai Fearless Tea: Gold Blend 1872

A fairly strong bodied tea with a smooth finish, the <u>Gold Blend 1872</u> is made from freshly plucked tea leaves from the gardens of Assam. Created in a specific blend ratio of the orthodox and green Darjeeling leaves, this chai is rich in aroma and flavour. An heirloom recipe from the House of Jokai, the Gold Blend 1872 Kadak Chai is for those who like to grab the day by its horns. Recommended by Team Locavore.

Shop at fearlesstea.in, Instagram, start at Rs 449.

★ Jeena Billimoria: Jimjam Biscuits

Jeena's been baking madeleines since before the French came to Bandra. Food writer Prerna Makhija picks the brown butter madeleines - "so rich and so, so buttery" - along with the Jimjam biscuits, an ultra cute ode to the 90s. She also recommends you skip the brownies which are a bit too home made-y for her liking.

DM on <u>Instagram</u>, Rs 850 for a dozen.

★ Ishka Farms: Capers

This <u>farm's</u> cape(r) crusader has a big legion of fans standing behind it. <u>Good Slice's</u> Neysa Mendes says the capers are a quick and easy way to dress up a salad, while pastry chef Heena Punwani calls them 'little flavour bombs'. Also see Ishka Farms' caper pepper that chef Punwani can "sprinkle on just about anything" while their caperberry mustard and smoked caper sofrito also make up her pantry staples.

Shop at ishkafarms.com, Instagram, Rs 225 for caper pepper sprinkle.

★ Home Food Studio: Old Dilli Mathri and Aachar

Her brother-in-law Rakeysh Om Prakash Mehra may have brought the purani Delhi aesthetic to the movies with Delhi-6, but it's Anupama who really knows how to bottle up its essence in a pickle jar. bpb food reviewer Prerna Makhija especially loves Anupama's ghee-soaked, incredibly crumbly ajwain-specked mathris that can be mix-and-matched with one of the 12 homemade aachars; favourites include summer special Katpati Chatpati Kairi, Bharwan Lal Mirch and Nimbu Khatta Meetha. If you ask nicely, Anupama and her husband Rajan, who recently shut down their cloud kitchen, will also whip you up some of the city's best butter chicken, dal makhani and proper Dilli-style chaat.

Call Anupama Mehra at 83839 17264 to order, <u>Instagram</u>, pickles start at Rs 299 for approx 225 gms and mathris starts at Rs. 299 for 500 gms.

★ Gutsy: Artisanal Greek Yogurt

Crepe Station proprietor Nicolo Morea and his partners recently launched Gutsy, sending out thick, fresh, good-for-you Greek yogurt packed into posh little glass jars. Further navel-gazing reveals that Gutsy is yummy and healthy, high on protein and available in a bunch of appealing flavours, like Very Berry, Strawberry Ripple, Mango and the latest Bircher Muesli Breakfast. Glad you went with your gut, Nicolo!

Shop via Instagram or call 9076202022, starts at Rs 150 for natural Greek yogurt.

★ Gud Gum: Natural, Plastic-Free Chewing Gum

Compulsive gum chompers, it's time to chews <u>wisely</u>. Follow our lead to the adorably righteous <u>Gud Gum</u> group that wants you to chew gum like the Mayans did: 100% natural, made from tree sap and good for the planet. Besides claiming to be India's first plastic-free, all natural chewing gum (+ vegan, sugar-free, no added colours or flavours), this playfully packaged gum also helps run the livelihoods of tribal farmers who harvest the tree sap. We'll give you a moment to be sappy, and then move on to recommend the super fresh <u>Spearmint</u> with the added bonus of teeth-whitening activated charcoal. Beginners can also buy the <u>Gud Gum Mini Pack</u> that contains Strawberry, Raspberry and Lemon chewing gum in addition to the Spearmint.

Shop at <u>gudgum.in</u>, <u>Instagram</u>, start at Rs 99 for 15 a piece pack.

★ Framroze Deli: Seafood & Meat

This deli delivers its lovely loot of seafood and ready-to-eat cold meat, sourced from their favourite global brands. Say Salami ishq to Italian sliced pork meats, Danish luncheon meat, ham, cocktail and hot dog sausages and pâté. For a good seafood hook up, swim a little further in and you'll catch <u>mussels</u> and clams napping in brine, Scottish smoked salmon and Spanish tuna that's been gently cooked, submerged in olive oil and canned within hours to retain freshness.

Shop at <u>framrozedeli.com</u> to order, WhatsApp 9833046235, <u>Instagram</u>, Rs 268 for 72 gms of Spanish tuna.

★ Four Thirty: Truffle Jowar Pops

Named for the time in the day when you pine for potato chips and ache for cupcakes, Four Thirty hopes to fulfill these evening hunger pangs in a healthy, meaningful way. Enter star product <u>Truffle Jowar Pops</u> - Four Thirty's vegan, gluten-free, hand-made take on popcorn - that feels at once clean and opulent. You can also buy and try jowar pops in Barbeque, Masala, Chilli Cheese, Peri Peri and Jaggery flavours. PS: here in this pantry run by a mother-daughter duo, the bpb crumb trail will also lead you to twice-baked <u>biscotti</u>, a noteworthy BFF for your evening coffee that is made with coconut sugar as opposed to a refined version, as well as our favourite <u>blueberry</u> version.

Shop at fourthirty.in, 9820977797, Instagram, start at Rs 80.

★ The Flourists: Shortbread Cookies

Our favourite tart trio, Krishni, Daphi and Shefali, have a new kitchen in Khar West. We're so glad they're back after their hokkaido hiatus, with a stable operation that home delivers everything from Japanese milk bread (our favourite!) and cotton cheesecake to pies, quiches, cake loaves, healthy-ish Oat-dated Bars and the best shortbread cookies inspired by an old Reader's Digest Christmas recipe. That's one way to butter us up.

Call 8787456263 or 8452985849, <u>Instagram</u>, Rs 160 for six butter shorts.

★ The Ethical Egg Co: Free Range Eggs

Permission to use fowl language? The Ethical Egg Co.'s free range eggs are laid in farms with a maximum density of 1000 hens per acre, whose diet, they say does not contain antibiotics, growth promoters or yolk colouring agents. Available as regular and high protein, low fat <u>Kadaknath</u> eggs.

Shop at <u>Nature's Basket</u>, visit <u>www.theethicaleggco.com</u>, Rs 150 for 6 pcs.

★ Ellora's Dehradun: Milk Rusks

The hills are alive.. with the sound of some of the crunchiest, crumbliest milk rusks at Ellora's Melting Moments in Dehradun. Larger than the palm of our hands, the feather-light toasts are subtly sweet and come in a circle or an oval shape to dunk into the teacup of your choice. It's always rusk hour at the legendary bakery and even locals prefer doorstep delivery. While Ellora's is yet to join Zomato's inter-city delivery "Legends" service, you can order their full range of biscuits, cookies and stick jaw candies through their own website. Food and lifestyle writer Prerna Makhija (bpb, Mint Lounge, GQ India) recently ordered a carton full of mini saunf and classic milk and cake rusks and can vouch for their superb packing prowess.

Shop at <u>www.elloras.in</u>, <u>Instagram</u>, starts Rs. 130 for 500 gms of milk rusk.

★ DÈ A Lusso Pasta Boutique: Dry Barchette & More

It is understandable to mistake D È A's creations for something else entirely - stunning objet d'art, a box of luxury macarons, a flock of birds of paradise. Take a closer look though, and you'll see that it's actually varieties of dry pasta, lovingly handmade, hygienically sundried, beautifully coloured and gorgeously patterned. Disha runs this show in Kanpur, delivers across India and promises gluten-free options as well. We love her Jacquemus-ish coastal striped barchette, Starry Night inky blue pasta flecked with 'stars' and Barbie-core pink penne.

DMD EA on <u>Instagram</u> to order, price depends on variety and quantity, ships pan India in 3-4 days.

★ Caviar Concierge: Ars Italica Oscietra Royal

You will be the belle-uga of the ball once you add this "caviar concierge" to your speed dial. Caviar India, who also supplies to hotels like the Taj, Oberoi and Shangri-La, sells a range of brands from across the world, as well as a thoroughly elegant silver caviar <u>server</u> + a mother-of-pearl <u>spoon</u>. Save your RoeMG! for their Ars Italica Oscietra Royal caviar from the Calvisius Aquafarm, whose sustainable practises include replenishing rivers worldwide with previously endangered stocks. This <u>one</u> is velvety with a buttery, hazelnut aroma.

Shop at <u>caviarindia.in</u>, 9731856924, starts at Rs 12,500 for 20 gms.

★ Casaro Fromagerie & Deli: Artisan Cheese & Co-Stars That Make It Shine

Pranav and Jatin know us all too well. They know that selling us the best made-from-scratch artisanal cheese isn't enough anymore. They know that when we add a Burrata to our carts, that our hearts will also desire a fresh Basil Pesto to go with it. Presenting Casaro Fromagerie, a seemingly telepathic Vadodara-based fromagerie which also has operations in Mumbai and Ahmedabad. They home deliver the best cheese + a troupe of condiments and layered dips that make the main act shine, no matter how cheesy. Our favourites: gourmet cheese domes for host tables, fresh Burrata and Mozzarella, 7 Layered Mexican Dip, and a signature Burrata Pesto dip. PS: salads, pasta, grilled cheese sandwiches and paninis are delivered fresh from their shiny new deli set up.

Order via WhatsApp at 8850614304, shop from Swiggy & Zomato, Instagram, start at Rs 300.

★ Bokka Coffee: Roasted Beans

Bokka was waiting on the other side of summer, and appeared just as the weather turned, offering us Eggs Kejriwal dosas and sugarcane espressos while it rains outside. This new coffee shop (co-owned by Bombay Salad Co.'s Karishma & Karan + coffee connoisseur Travis) attempts a modern-Bandra take on the Udipi joint, making coffee and dosa their main stars. It is worth noting that the beans sourced from six Indian estates and roasted at a French roastery in Auroville, will soon be available to buy at the Bandra cafe.

At 16th Road, Bandra (W), 8355805500, Instagram.

★ Black Baza Coffee Co.: Cascara

For the best make in India picks, we lassoed in <u>The Locavore</u>, a thoughtful team led by chef <u>Thomas Zacharia</u>s, known for championing local Indian food movements. They start by recommending this <u>Cascara</u> (but also look for their other prized picks peppered through our pantry list), the sun-dried skin of coffee cherries that is great to brew into a low-caffeine tea or make into a syrup for cold beverages. Although it does contain caffeine, it is about a quarter of that of coffee and jam packed with antioxidants. "We love our brew but we're nudging you to try a lesser known part of coffee's journey," they tell us.

Shop at <u>store.blackbazacoffee.com</u>, <u>Instagram</u>, start at Rs 210.

★ Bartisans: The Best Cocktail Mixers

Born out of a family's love of coming together over cocktails (how do we get adopted?!), this artisanal mixer brand is founded by mother-son duo Jovita and Jordan Mascarenhas. Jordan, a trained mixologist, worked hard to develop 12 experimental mixers that make for great show-off tools in your house-party-hosting arsenal. We love that these are all-natural, vegan and to sweeten the deal, they claim to contain 1/3rd the calories of a regular cocktail. If you are new here, we're s(h)ipping you Bartisans' Bestseller Combo Pack (classic margarita; strawberry & jalapeno; spiced ginger; jamun-Himalayan pink salt). Just add ice, alcohol, mix and sip! Bonus: these come in gorgeous beveled glass bottles in the shape of cocktail shakers that we can't wait to re-use.

Shop at <u>www.bartisans.in</u>, <u>Instagram</u>, combo packs start at Rs 1,350.

★ A Big Bear Farm: Handmade Caramel Toffees

This Himachal farm makes buttery caramel <u>toffees</u> that are as warm and comforting as a fireplace. Here, individual handmade golden squares are wrapped in white butter paper, and sent over in a rustic brown and burgundy box that we would love for you to gift us for making you this pantry list. Other made-in-the-mountain confections to look up: delightfully tart <u>Lemon Curd dessert spread</u> and <u>caramel sauce jar with flakes of Himalayan salt</u>.

Shop at www.bigbearfarms.in, Instagram, start at Rs 375.

Also big love to our forever favourites who we've recommended before: <u>Araku Coffee</u>, <u>Svami Tonics</u>, <u>Japanese Farmer Collective</u>, <u>Eleftheria</u>, <u>Kashmir Rare</u>, <u>Commis Station</u>, <u>Gourmison</u>, <u>Rhine Valley</u>.

Don't forget to dip into our archive of super useful bpb Long Lists for recommendations on the <u>hottest gifts to give</u>, <u>the best home improvements</u> to make and <u>tried-and-rested beauty buys</u>.

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