

WOMEN'S DAY SPECIAL

# CEIA

March 2024



## ★ CULINARY MAESTRO

**Chef Marina Balakrishnan**  
Upholding the legacy of vegetarian  
Kerala cuisine

### Wonder Women!

Meet the special women of the  
food and hospitality industry

### The Classic Dishes of Kutch

Food from the desert of Gujarat

# SWING INTO SWWING

A celebration of food and drink

*By Bindu Gopal Rao*



Bangalore's hippest restaurant address at Indiranagar 12th main has a brand new entrant **SWWING**, the brainchild of food entrepreneur Akshay Luthria and Chef Tarun Sibal where the food is the champion with their bold flavours with a novel twist.

### ***Décor Details***

The restaurant's interiors have a tropical undertone with nautical shades ruling the space. Ratan plays a major role, in the chairs as well as on the ceiling. The blue and white striped cushions interspersed with potted plants and large windows that reflect the greenery outside give the 55-cover restaurant an easy-going vibe. Designed by Nikhil Shetty from Studio Bidara, the restaurant is spread over two levels in a 2700 sq. ft. space and the arch logo is an ode to the marine Art Deco style.

### ***Coastal Call***

The menu celebrates the diversity of India's culinary coastline, peppered with inspiration from Sri Lanka, Cambodia, mainland Thailand, and other Asian countries. In line with Chef Tarun's philosophy, each dish combines traditional aromatic spices with innovative contemporary techniques. The best part is that each of the dishes can be paired with the specially designed wine and cocktail menu or non-alcoholic cocktails to create a burst of flavours on your palate. The wines have been selected from Indian wine producing regions and superlative local produce. There are other drinks as well, but Chef Sibal has kept the focus on the wines here. "SWWING is my spice route journey which imbibes the passion and flavour of food cooked in the region. I wanted to do something that works with the Bangalorean sensibility by making the unfamiliar more approachable and the familiar more exciting. So, we play with flavours that you are familiar with but there is something new," says Sibal who promises the curated menu of 40 dishes will change every six months.



**Chef Tarun Sibal**

## Food Files

The well thought out menu offers ample choice without over burdening you with a selection of small plates like the Smokey Aubergine Pachdhi, that combines glazed eggplant, red currant, and puffed quinoa to create a burst of flavours in your mouth. I also liked the Paneer Fritter Sando, which comes with a Podi Masala Cheese Crust, merging the familiar with the new with outstanding ease. The Seared Chicken, with lemongrass, chili, and cucumber and the White Pomfret Ceviche, with grapefruit and coconut malai, also manage to hit the right spot. In the Medium Plates, my recommendation is the Ragi Upma, which comes with crispy eggplant, peanut sweet chilli drizzle, moong dal - ingredients that seem unusual but make for an excellent bite. For non-vegetarians, the Goat Sliver Gochujang Ghee Roast, served with the Kerala Lachha is a good bet. For something more wholesome, the menu offers a choice of four bowls; Lobster Tail Laksa with rasam spiked noodles, Lamb Stew with chili oil, pok choy, noodles, Duck Madras Curry with sticky rice and Morning Glory, with spinach, sesame, and sticky rice. You can choose to eat with accompaniments like sourdough toast, parotta, Neer dosa, sticky rice, idiyappam, and pancake.

To end your meal on a sweet note, the Spiced Dark Chocolate Mousse, with sour cherries, and walnut crumble and the Basque Cheesecake, with kesari, date and jaggery compote is a good option. If you are looking for a dinner getaway that has a story, head to Swwing and explore it through your plate.

· Swwing, 789/A 1st Floor, 12th Main Rd, HAL 2nd Stage, Appareddipalya, Indiranagar, Bengaluru, Karnataka 560038.

· Timings: 7:00 p.m. to 12:30 a.m.

· Average cost for two: Rs. 2500/- (without alcohol) Rs. 3500/ (with alcohol)

· Reservations: 7349062240

