

**MASTERCHEF INDIA WINNER RIPUDAMAN HANDA  
RUSTLES UP HIS TOP SEVEN DISHES. £2 TAKES A BITE**

He had fish, *phuchka* and "ragu" on his mind during his first visit to Calcutta. He might not have had the chance to sample any because of a "hoctic schedule", but *MasterChef India* Season 3 winner Ripudaman Handa left 80 women salivating over seven of his "best recipes". The 23-year-old Delhiite was in town for 'Fashion becomes Delicious' presented by Straav in association with t2 at The Conclave last Wednesday. Ripu picked his mother's Aubergine Parmesan Polo (right) and his grandmother's Roh Ki Kheer. "What I cooked included some special recipes that I had prepared during *MasterChef*. I made Aubergine Parmesan Polo with my mother on the show and my Nani used to make this dessert in winter," he told t2.

Picture: B. Halkar



**Recipe for Roh Ki Kheer**



Pour sugarcane juice in a pan and bring it to boil.



Add soaked sago to the boiling juice and stir well till the mixture turns thick.



Add chopped dry fruits of your choice and mix well. Add some rose petals and sugar if needed. Cool and serve Roh Ki Kheer; a healthy substitute to Rice Kheer.



**t2 PICK:** The colourful Citrus Salad with Blanched Veggies and Noodles. A great snack for the health-conscious.

**W**e caught up with Ripudaman at The Conclave before he plated up some of his favourite dishes...

How has life changed since you've won *MasterChef*? I am often shocked to receive so much love and affection. And I don't know how to return it. When I go anywhere, there are no girls or guys running after me but aunts and I love that! Because they come and bless me. I feel like I am the luckiest person on earth.



**'IF SHIVANGI IS UPSET, CRYING, ANGRY OR ANYTHING, YOU JUST HAVE TO KEEP A SPRING ROLL IN FRONT OF HER AND HER MOOD WILL INSTANTLY CHANGE... AUR KANEG! I LOVE YOU SO MUCH,' SAID RIPU ABOUT SHIVANGI'S 'BIGGEST WEAKNESS'. SO, WHAT HAS HE PLANNED FOR VALENTINE'S DAY? 'I'LL DO WHATEVER SHE SAYS!'**

How are you juggling cooking and dancing (Ripu along with girlfriend Shivangi are contestants on the current season of *Nach Baliye*)? *Meri duniya abhi bhi cooking pe hi hai. Nach Baliye* is only for Shivangi because I want to spend time with her. And I want to learn dancing... I want to show that a chef can dance! Shivangi and I are not celebrities but *hum aaw lag hain aur maghe janta ne yehkon khada kiya hai...* (Smiles)

We've seen you cook on TV, but how often do you cook in real life? Due to *Nach Baliye*, I am rehearsing 12 hours a day! It's hectic but still I cook once a day. Because I am eating just once as I am on diet for *Nach Baliye*! Otherwise every Saturday and Sunday we have a rule in our house — my mother, *babhi* and our domestic help will not enter the kitchen, and my brother, father and I will cook.

Tell us about your favourite ingredients... I love basil and cinnamon, and I like to put them in all my recipes. I like the freshness of basil... *masala tulsi*, that is mostly used in Italian cuisine and has a fresh flavour.

What's your favourite cuisine? I love Italian food and *ghar ka Punjabi khana*.

**Shweta Keshri**  
What is your message for Ripudaman? [Tel12@abp.in](mailto:Tel12@abp.in)



Harshita Biyani (in blue blouse) was one of the 80 lucky-draw winners who took copious notes during the three-hour session with Ripudaman. "A *MasterChef* taking a cooking class! Wow! I never thought that sugarcane can be used in such an innovative manner (in Roh Ki Kheer). Even the mushroom starters that he prepared were great, little mushroom burgers... really cute," smiled the Class XI student of Mahadevi Birla World Academy who loves baking.



"I have followed all seasons of *MasterChef India* and cook on a daily basis. I love trying out Italian and Chinese dishes. I am definitely going to try Ripudaman's recipes, especially the Double Cap Mushroom Shashlik," smiled Arpana Bhutoria, a CA professional.



"He had some great healthy tips like using soya granules in lasagne," said interior design student Nikita Gothari.

