

July Tears of Life

I sit by my window and my eyes open to a scene that is quite difficult to describe. Rain, fresh from heaven, tracing the contours of leaves and tip-tapping happily dancing on the grass. Droplets of moisture began to drip from the leaves. They were sprinkling onto the grass like a gardener's hose. So much rain was falling that the sound blurred into one long, whirring noise. It reminded me of the rotor blades on a helicopter. Eventually, the noise lessened and the drops faded into a musical chime. Flood gates have been opened and there is no stopping them.

The sun came out again, casting slanted beams of light across the meadow. A homely, baked-earth smell rises from the land as it is washed and cleansed by the dewy tears of summer rain. The rain is nourishing a small stream that

meanders around the corner of my vision. The entire aura has a blurry sensation with a mystical flavour. The monsoon brings with it the nourishment for new life. At the nursery, the newly budding coffee plants are ecstatically nourished and they smile with their earthy fragrance. The stream ferries across a tiny little boat, something that reminds me of the strong firm ark built by Noah eons ago. The boat is isolated, moving it seems, almost purposelessly. But the simple beauty of its presence reminds me that wonder in existence lies in simple stillness and not in action. Perhaps man's obsession with constant action is what keeps him so disconnected from his environment.

The coffee workers tread about, chirping in the local tongue, nurturing the coffee plants with the usual techniques. Only a few of them though truly understand that life



dwells in these wonderful plants. There is a sack covering their heads to protect them from the rain and if God were watching from above, it would look like a colony of hard-working ants going about their duty.

It is evident when monsoon comes in the hills, from the scent in the air to the hazy mist. The feeling of life is here, and the thrilling vibration of existence is alive at its zenith.

Doughnuts with Coffee Glaze

Doughnut

Ingredients

Flour	-	250	gm
Butter	-	38	gm
Egg	-	1	
Salt	-	5	gm
Sugar	-	38	gm
Imp	-	10	gm
Yeast	-	13	gm
Water	-	60	gm

Coffee glaze

Ingredients

Fresh Cream	-	100	gm
White chocolate	-	150	gm
Coffee syrup	-	10	ml

Method for the Doughnut

- Mix all the ingredients in a kneading machine, add water and knead the dough till the gluten is formed.

- Rest the dough for 5 minutes. Shape the dough into balls with a weight of 45gm and rest it for another 10 minutes.
- Flatten the dough and cut the center to form a doughnut shape
- Leave the dough to prove for 45 minutes
- Meanwhile heat the oil to deep fry the doughnuts
- After the doughnut is proved deep fry it till it becomes golden brown

- After it is set dip the doughnut on one side and serve

Hint- Doughnuts are proved when they spring back when pressed lightly.

Method for the Coffee Glaze

- Chop white chocolate and leave it aside
- In a sauce bowl heat the cream till it starts to boil
- Remove from heat and add the chopped chocolate
- rest it for 10 minutes and mix well
- strain the cream and fold in the coffee syrup



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