

## Dine in Style

## Mela



The word 'Mela' stands for a 'gathering or 'fair'- a place to enjoy oneself. The name certainly does justice, since this restaurant is a perfect place to have fun, as you celebrate gastronomy delight. But now the restaurant offers more than just finger licking food. It runs cookery classes, not to give away their secret ingredients to fame, but to make interested people familiar with the Indian cooking style, ingredients and the use

out not just for its cuisine, but also for style, taste and service.

The spacious restaurant is full of natural light, and decorated in a completely contemporary manner, with warm colours, tiny puppets and wall hangings, simple shapes giving it a clean and comfortable feel.

(and of course stomachs) to more than the usual 'tikka masala or vindaloo.' Asian Voice has reviewed Mela years back, but what attracted a revisit was the ever evolving menu, the frequent new inclusions, the uncompromising quality and taste of its wide range of dishes.

Mela's new cooking classes are designed by Chef Patron Kuldeep Singh to help one understand the nuances of Indian food, knowledge of ingredients and traditional recipes. There are several packages available, including Corporate, summer barbecue, Indian curry and drinks and of course only Vegetarian classes that lasts upto 3 hrs. Classes run over the weekends too and to take a class, one must call the restaurant and book prior to attending.

So whether you fancy an affordable good Indian meal in Central London or an exercise to learn more about Indian cooking, Mela is the right place to be.

**Mela Westend**  
152-156 Shaftesbury Avenue  
London WC2H 8HL  
Tel: 020 7836 8635  
Email: info@melarestaurant.co.uk



of its right quantity that makes food taste unique and heavenly.

One of the oldest Indian restaurants, Mela is situated in the heart of West End, a part of the capital that's near Covent Garden and right on Shaftesbury Avenue, an area usually associated with Chinese food. Mela remains to stand-

Being around for good number of years, Mela serves authentic Indian food with sumptuous quantity with warmth of Indian hospitality. Whether you are having vegetarian, non vegetarian or just dessert, every dish is distinct from another, well cooked, detailed, with beautiful aroma, flavour and colour. The menu includes dishes from the foothills of Himalayas, streets of Dilli, to backwaters of Kerala, to the spicy Coastal food, opening minds

### Ratings

<b>Taste</b>	: *****
<b>Ambience</b>	: *****
<b>Location</b>	: *****
<b>Service</b>	: *****
<b>Decor</b>	: ****

### COMPETITION

Answer the following simple question to win a FREE place on Mela's level 1 cooking course for you and a friend. The course, usually valued at £95 per person, is a great introduction to the skills and techniques of Indian cooking and an excellent night out.

#### Q: Who is the Chef Patron of Mela?

- a. Tarun Singh    b. Kuldeep Singh    c. Anand Singh

Please email your correct answer to [aveditorial@abplgroup.com](mailto:aveditorial@abplgroup.com) by March 3rd, 2013. The winner will be chosen on a lottery basis from the correct entries.

## Magician 'vanishing cash' to face jail?

A magician who worked in Harrods could be facing jail after allegedly vanishing cash from his cheese till.

Amit Gadhia, 35, was a kids' entertainer at the posh shop but was later moved to the food hall. Prosecutor Tom Gill told a court: "He was previously a magician in the store and used his talent to take money with one hand and secrete it with the other."

Gadhia, who worked at the London store for two-and-a-half years, said he stole because he was broke. He is believed to have taken around £70 in the run-up to Christmas. On searching, security



staff found a wrap of cocaine.

Catherine Newey, defending Gadhia, said: "He simply had no money to get the basics and was tempted by the opportunity."

Gadhia, pictured, who is divorced and has no children, admitted to police that he had taken between £1 and £20 on

different occasions in the lead-up to Christmas as reported by the Daily Mail. Catherine Newey, defending, said her client had run into financial difficulties after his parents' home was burgled and he contributed a 'significant amount' towards a security system. Ordering a probation report, Hammersmith JP Michael Cartwright reportedly warned: "All options are open, including custody."

Gadhia, of Enfield, North London, was due to be sentenced on Monday, after admitting theft by employee and possessing a class-A drug.



LILY Foundation is the sponsored charity of Asian Achievers Awards 2013



Lady Mohini Kent Noon

## A world where no child is bought or sold

Come, help us to create such a world

If we sit in the face of evil and do nothing, what does that make us? Where is my conscience if I continue blindly with my privileged life whilst a small child is being sold into a brothel?

In 2013 this newspaper will support the LILY campaign to oppose that evil. Every fortnight we will offer you a glimpse into the sinister world of sex slaves, little children who should be in school, through the personal narratives of these witnesses to hell.



Lily\* - a story of Hope  
\*not her real name  
(identity protected)

The tale of the girl Lily could be a metaphor for the entire filthy trade in human beings. She was sold at the age of four by her prostitute mother to a pimp for Rs.5000 (about £60),

who then sold her on to a brothel for a handsome profit. Lily had been raped and taped in a pornographic film before she could be rescued. She was lucky to escape, to be cared for and educated. She is now 18 years old and poised to start her adult life. She has tried to put the trauma behind her but it still lies buried deep within her. But, hers is a story of hope.

The LILY Foundation is named after her. We offer future hope to the millions of lilies out there that they can be rescued or, better still, prevented from being trafficked into brothels.

We appeal to you to join us in this campaign. These children have no voice, no family, no support. In fact, they have been betrayed by the very adults who should have protected them. Let me become their voice. Please show that you care by helping us through events and campaigns in the UK.

The LILY Foundation, in partnership with iPartner India, works to support local

organisations through fund-raising & mentoring. At present, we support six organisations in India and two in Britain, NGOs who are doing excellent work on the ground to bring about change through raising awareness and through poverty alleviation. India has the largest number of poor people in the world, and also the biggest number of malnourished children. Our work includes rescue & rehabilitation, healthcare, education, skills training, employment and even legislation. In short, giving them a life.

iPartner India is a British registered charity. They invest in building up the capacity of local, grassroots projects and facilitate a greater reach.

In 2012, the combined efforts of LILY & iPartner India have had an impact on about 1000 lives. In 2013 we aim to touch at least 3000 lives with your help.

**Contact LILY at iPartner India,**  
**Tel: 020 7481 8919**  
**info@ipartnerindia.org**

**LILY Ambassadors**  
Ms. Sharmila Tagore  
Ms. Kamini Bhaga  
Ms. Lillete Dubey

McDonagh  
Prof Lord Kamlesh Patel,  
OBE

Ms. Bina Rani  
Ms. Rita Bhagwati  
Ms. Heena Vekaria  
Ms. Nandia Ahmed  
Ms. Shakiba Rangoonwalla  
Ms. Asha Pai Sethi  
Ms. Anita Roy  
Ms. Shama Bhardwaj

**LILY Patrons**  
Lord Gulam Noon, MBE  
Hon. Apurv Bagri  
Baroness Margaret

**LILY Committee Members**  
Lady Mohini Kent Noon  
(Chairperson)  
Dr. Alka Bagri

## Hitmen jailed for 40 years

Two hitmen who stabbed an innocent schoolboy to death by mistake have been told they deserve to die behind bars after a judge handed them a minimum term of 40 years.

Ben Hope, 39, and Jason Richards, 38, both from Cardiff, were each paid £1,000 in "blood money" to murder a middle-aged family man who owed money to a shady businessman. But the "hit" went horrifically wrong when the balaclava-clad killers, who were high on drugs, went to the wrong address in Roath, Cardiff, in April 2010 and murdered teenager Aamir Siddiqi by mistake. South Wales Police Detective Superintendent Paul Hurley described the murder as one of the worst he had seen in his 27-year career.

## Your local police teams scrapped by the London's mayor

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The examination of Londonwide figures also show a reduction in police numbers.

I'm totally opposed to the Alice in Wonderland like plans of the Mayor's Office (MOPAC). The residents and lobby groups of Brent and Harrow, like many other areas of London, have given a complete thumbs down to the new policing model and there is widespread feeling that the Mayor, his Deputy Mayor

and Met Police are not listening to the community. The rhetoric from the Deputy Mayor for Policing and crime is that he wants to see more officers rooted in the community and reconnect with public but he is replacing the current much larger and successful ward based teams with smaller SNTs These proposals are short-sighted and will fundamentally undermine the ability of local police service to keep us safe.

This week paid readers of Asian Voice will receive a copy of **Asian House and Home - The Cowboy Issue** along with their newspaper

