Licensed Restaurant & Takeaway
Air Conditioned

Thrishna™

Bangladeshi & Indian

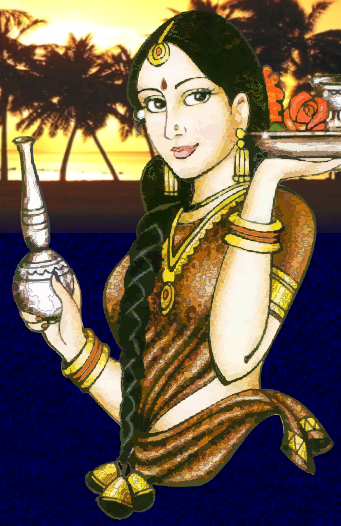
CUISINE

01684 594900 / 591199
Sun - Thu 5.30 to 11pm
Fri - Sat 5.30 to 11.30pm
Free Delivery
within 5 miles
www.thrishna.uk

Designed and Produced by EnchantFilm.uk

Est. 2007

THE Thrishna™ STORY



Welcome

Thank you for discovering the Thrishna Story, we hope you find this of interest. We'd love you to take this booklet home to keep as a memento of your visit.



Chondon opened Thrishna in Upton upon Severn in 2007, the name is an ancient Sanskrit word meaning "Desire" used since the oldest texts 3,500 years ago. It is also known as a culinary style. Chondon's amazing journey began when aged 11 arriving in the UK with an aunt in 1979 without his parents. He brought with him the art of Bangladeshi cooking that his father encouraged him to learn from an early age. Back then he was determined to achieve his sensitivity for high quality food in a good restaurant. It took 28 years of trials and tribulations (worthy of a book), working in the restaurant trade supporting his growing family before he found capital to open Thrishna in Upton upon Severn. Sadly in 1989 his



much loved father died in Bangladesh where his aged mother remains Over the years he's built outstanding restaurant teams and received countless media plaudits for great quality and taste. One key factor is

Hot stuff on a cold night

TARIK AL RASHEED and friends thoroughly enjoyed their meal at a cosy restaurant in Upton

THRISHNA CUISINE
34 Old Street
Upton-upon-Severn
Worcestershire
WR8 0HW
01684 594900

ON a particularly wet and windy winter's night, the warm welcome my guests and I received at Thrishna and the promise of a good meal came as welcome relief.

A relatively small restaurant nestled in the heart of Upton-upon-Severn, Thrishna belies its relatively compact size, its light, modern furnishings





every meal is cooked fresh when ordered, this means a worthwhile short wait for food to arrive. Most important are significant health benefits within the natural ingredients, see centre pages.

There's a long history of some 5000 years in the Thrishna culinary style. Ancient trade in spices with other countries goes back millennia. An ancient medicinal guide was written by Chinese Emperor Shennung (left) who created the "Pen Ts'ao Ching", (The Classic Herbal) 4700 years ago. This details herbs and spices in use at the time, including...



...Orange, Ginger Chinese Cinnamon, Red Date and many others used today. The abundance of spice in Sylhet market, Chondon's original home town area, is seen above.

Cardamom and Turmeric originating in the region are known to have been cultivated for 4000 years. Nutmeg and Cloves arrived in Bengal from China overland having first come from Indonesia by sea no later than 2300 years ago.

About 500 years ago, traders brought the now popular Chilli Peppers to the region. Tomatoes arrived at about the same time, both originated in South America. Before then, creating hot taste relied on Black Pepper Long Pepper, Ginger and Mustard

Spices were initially very expensive so used by Bengal royalty and the wealthier homes, where culinary skills developed. Good chefs each developed their own highly prized recipes. This is reflected today with every Bangladeshi restaurant producing it's own versions of food.

Bengal evolved the first known refined multi-course tradition, much later copied by the French replacing serving food all at once (service en confusion) followed by the rest of Europe.

The famous Greek physician Hippocrates knew well the benefits of spices he wrote 2400 years ago:

"Let food be thy medicine, and medicine be thy food"

Health Benefits



Analysis of curry spices by Australian academics found one teaspoonful is a powerful antioxidant fix similar to portions of superfood vegetables broccoli and spinach. Here's the health giving properties of a handful spices used in Thrishna's food:

Bitter Melon: has been shown to "significantly reduced blood glucose levels among patients with type 2 diabetes". (*ref: Journal of Ethnopharmacology Jan 2011*)

Black Pepper: Can improve brain function for degenerative brain conditions eg: Alzheimer's disease. Can ease inflammation.

Cardamom: Reduces chronic inflammation, linked to serious conditions cancer and heart disease. Shown to help lower high blood pressure, antibacterial and prevent blood clots.

Chilies: improve cardiovascular, digestive health and rich in nutrients potassium and vitamins A, C, and B6, antioxidants and assist pain relief.

Cinnamon: is one of the most important spices used all over the world, it primarily contains vital oils and derivatives, such as cinnamaldehyde, cinnamic acid and cinnamate. Also antioxidant, anti-inflammatory, anti-diabetic, antimicrobial, anti-cancer, lipid- lowering, cardiovascular-disease-lowering compound. Cinnamon has also been reported to have activities against neurological disorders, such as Parkinson's and Alzheimer's diseases. (*ref: National Centre for Biotechnology*)

Cloves: contain antioxidants, are antiseptic and are often used to relieve toothache (clove oil).

Coriander: has anti-inflammatory, antibacterial, anti-allergic and antioxidant properties. Eating 20 sprigs of coriander a day for two months reduced inflammation levels in arthritis sufferers. (*ref: Pevent And Reverse Disease by Dr Michael Greger and Gene Stone)*

Cumin: is iron rich, potassium, zinc, is associated with...

...health benefits including antimicrobial, antibacterial, antioxidant and anti-inflammatory properties. Half a teaspoonful of cumin seeds, is equal to a standard portion of red grapes antioxidant potential.

Garlic: is antioxidant, rich in vitamins (B6, C, Manganese and Selenium), an antibiotic to treat bacterial, fungal and parasitic infections, known to reduce the severity of common illnesses like flu and the common cold.

Ginger: can improve arthritis and rheumatism conditions, it also has anti-inflammatory and anti-oxidative properties which reduce the process of aging. (*ref: National Centre Biotechnology*). In clinical trials with Migraine sufferers, a quarter teaspoon of powdered ginger was found to be as effective as the prescription medicine Sumatriptan. (*ref: Phytotherapy Res 2014;28:412-415*)

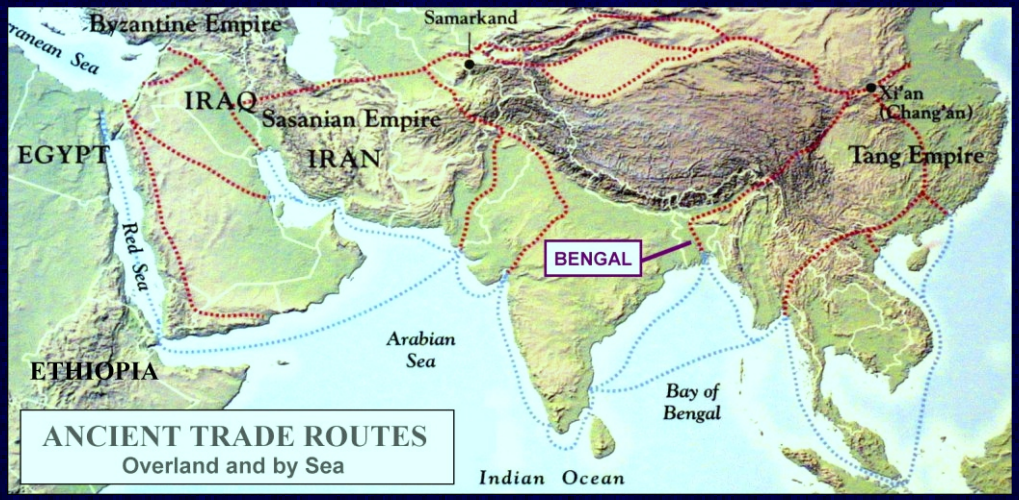
Lemon juice: has high vitamin C content, which boosts the immune system and skin health by promoting collagen production. It also contains antioxidants that protect against cell damage, and its citric acid may helps prevent kidney stones and aid digestion. Also provides nutrients like potassium and folate.

Turmeric: Now is known to reduce depression symptoms, science has established the "anti cancer" effects of Turmeric. In a 2016 trial more than 50 per cent of patients suffering ulcerative colitis achieved remission in a month on a Turmeric extract. Compared with none who received the placebo. (*ref: Prevent And Reverse Disease by Dr Michael Greger and Gene Stone - Macmillan* and *ref: CancerResearchUK.org*)

A teaspoonful of dried ginger or paprika can match a portion of tomatoes or green pepper (ref: USDA) One teaspoon of ground cinnamon or cloves packs as much antioxidant power as a portion of cranberries, blueberries or raspberries.

While taking a spoonful of spice can not provide instant cures, it is very clear that regular consumption of a balance of spices can help maintain health and the bodies condition, thus helping prevent illness and cure some conditions such as colitis.

Queen Sheba of Ethiopia visited King Solomon in Jerusalem gifting him 120 measures of gold, precious stones and highly prized spices 3000 years ago. Ethiopia was in the spice trade area.





Mughal Empire Emperor Akbar's capture of Bengal completed in 1574. Bengal's agricultural wealth and sea ports with legendary seamanship (below) was important for developing trade which tripled in size including the spice trade. Akbar is noted for stabilising the region and bringing prosperity. He wrote many spice recipes in his 1590 book "Ain-i-Akbari", still in library archives today.





In Chondon's home area, one of Sylhet's tea production areas can be seen above, there are outstanding leisure areas too see below:

