



**BEST
CURRY**
Sward
2008



A Warm welcome awaits you at

Blakey's EASTERN PROMISE



Curry award seals customer promise

Blakey's Eastern Promise in Lye has spiced up its already sizzling reputation by winning a Good Food Guide Award of Excellence for the second year running.

In addition, the Bangladeshi restaurant and takeaway in the High Street has recently earned three out of five stars in Dudley Council's Scores on the Doors food hygiene scheme, designed to show diners where they can find high standards of cleanliness.

Every one of Blakey's exquisitely authentic dishes is freshly prepared and cooked to order by British Masterchef Mahabub Ali, who works to only the best recipes with the finest ingredients, infused with traditional herbs and spices.

The restaurant, owned by Blakey Ali, also treats diners to 'live theatre' with its open plan kitchen and offers an extensive menu of dishes, including Baltis and

specialties and set meals for one or two persons.

Those wanting a take-away qualify for a 10 percent discount, while a home delivery service is also available. Weddings, birthdays, anniversaries and other occasions are also catered for.

Lunchtime bookings are available and management are more than happy to discuss any requirements to ensure an event is a success.

While the restaurant is not licensed, diners are welcome to bring their own alcoholic drinks.

Blakey's is open seven days a week from 5.30pm-11.30pm, with late opening at weekends until 1am. For more information or to make a reservation, call 01384 893322. Bookings advisable

Bookings now being taken for Christmas Day

19 High Street, Lye, Stourbridge
01384 893322/07985 484415

Opposite Spar



CRYSTAL Balti

Restaurant & Takeaway

Advertisement feature

NOW that the nights are drawing in and the temperatures are dropping, there's nothing better than settling down to a hearty meal to ward off the cold.

Crystal Balti restaurant and takeaway in Wordsley is the perfect place to go for mouth-watering meals and parties a plenty to warm you up and welcome in the festive season.

Now in its 15th year, the restaurant boasts the finest Indian cuisine around, even offering customers Chef's Recommendations from Chicken Passanda to Tandoori King Prawn Massala.

All dishes are cooked in low fat oil and free poppadoms and onion salad come with every meal.

Takeaway is available with 10% discount on all orders collected over £10 and free delivery within a three-mile radius on orders over £10.

Keen to treat their guests to something different and with the capacity to cater for up to 70, the restaurant also holds regular party nights. Come and join in the spooky Halloween bonanza or welcome in 2009 at Crystal Balti's fantastic New Year's Eve bash.

Families and small children are welcome, while gift vouchers are available for a present with a difference and the restaurant can even provide buffets at home – perfect for your own celebrations. Call today for more information or to book on 01384 400203.

66 High St, Wordsley **01384 400203**

Advertisement feature – Best Curry Award 2008



The spice of life...

FROM bostin' Biryanis and Bhnas to delicious Dansaks and mouth-watering Massalas, curry is one of the nation's favourites, with Britons chomping down around 936 tonnes a year.

In 2001, the late former Foreign Secretary Robin Cook even declared it our national dish after an opinion poll by Gallop and this week, the 2008 Annual National Curry Week will again invite restaurants, caterers and pubs to celebrate the cuisine with a range of fundraising events in aid of alleviating

the poverty and suffering in South Asia.

But where in the world does this tasty treat come from and why do we love it so much?

The debate about where curry actually originated has never really been resolved but it is believed the earliest known references for "a meat in spicy sauce" were found on tablets near Babylon in Mesopotamia, written in Cuniform text at around 1700 BC.

Other ideas suggest the concept derives from the South Indian word "kari" meaning spiced sauces in the Indian language Tamil, whose origins are prehistoric as one of the oldest surviving Dravidian Culture that was

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Advertisement feature – Best Curry Award 2008

Sample your favourite Indian cuisine

THE Stourbridge News is launching its first Best Curry Award competition, so get out there and sample what the eight restaurants taking part have to offer.

Fans of Indian cuisine are in for a treat as all the rival restaurants featured have a vast array of top dishes for every taste.

Then all you have to do is vote for the one you think is the tops and be in with a chance of winning a FREE meal for four at your favourite restaurant.

So curry fans, cast your vote as soon as possible as there's just three weeks to have your say.

There are three easy ways to vote:

1. Complete the coupon on Page 32
2. Use your mobile phone, call 090

122103 and add the following two digits for the restaurant you want to vote for:

Balti Bazaar, Lye.....	41
Tiffins, Lye.....	42
Balti Dilshad, Oldswinford.....	43
Crystal Balti, Wordsley.....	44
Blakey's Eastern Promise, Lye.....	45
Tropical Spice, Stourbridge.....	46
Bangla Lounge, Halesowen.....	47
Jaipur Cottage, Clent.....	48

3 Text **CURRY** followed by a space and the same two digit number as above to **80360**.

The lines are now open and close at midnight on **November 23**.



TIFFIN'S

Contemporary Balti Tandoori Restaurant



Advertisement feature

WHEN the weather's cold outside, come and let Tiffin's on the Dudley Road, Lye, warm you up with delicious food and service that's second to none.

Established in 2004 and enjoying huge success thanks to its glowing reputation for mouth-watering dishes, the Balti restaurant proved just what a top-class eatery it truly is when at the start of this year the hardworking team were given four stars by The Dudley Borough Council's Scores on the Doors scheme – one of the only restaurants in the area to receive such a prestigious award.

"Scores on The Doors is a national public information service that allows customers to find the hygiene ratings for food businesses," explained owner Mr Miah. "We are very proud to have achieved four stars."

Not only that, but preferring to stand out from the crowd, Tiffins strives to make its food healthier so customers can enjoy a

guilt-free meal, banning all artificial colourings from the kitchens, using only the very best natural herbs and spices.

The restaurant has also invested in a huge re-vamp to give the place a fresh new feel.

Combining a luscious mixture of creams, reds and greens, the restaurant truly gives the feel of exotic lands and large parties are now able to be catered for in a large function room upstairs, seating up to 60 (company parties receive 10% off when booking over 10 people).

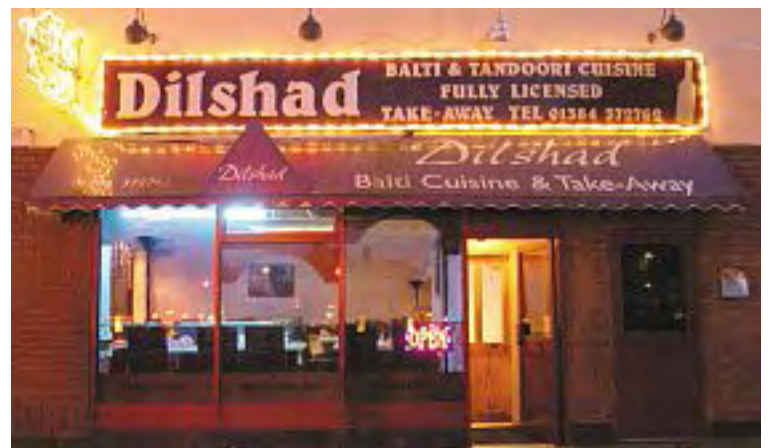
Come and see for yourself today – bring this advert and receive 20% off your bill until the November 14.

Bookings are now being taken for Christmas Day lunch. Choose from a traditional five-course English meal or make your own five-course meal from the Indian a-la-carte menu for just £25.95 adults and £10.95 children under 12.



42 Dudley Road, Lye, Stourbridge DY4 8EA Tel: 01384 89 33 38

Balti Dilshad dare to be different



Advertisement feature

FOR a great time out, delicious food and service that's second to none, why not visit Dilshad Balti in Oldswinford, Stourbridge?

Boasting exquisite decor and warm and friendly staff, this family-run restaurant is now in its 20th year and it's not hard to see why it has enjoyed such success.

As well as a vast menu offering sumptuous delights to

warm customers on cold winter nights, the restaurant can also cater for parties of up to 120 people and a private party room catering for up to 50.

Whether it's a sit-down meal you require or a buffet-style feast, just come on down and talk to the management, who will be happy to help you throw the bash of the year.

Fully licensed and with a secure car park, Dilshad Balti is also offering a fantastic festive six-course menu on

Christmas Day, with adults just £23.95 per person and children just £14.95 per person. Book now to avoid disappointment.

Christmas lunches are also available over the festive season – perfect for office do's and family get-togethers.

Takeaway can be ordered and delivery is absolutely free.

Call now for more information on 01384 372762. Discount vouchers are available to buy.



Balti Dilshad

Authentic Balti Tandoori Restaurant Fully Licensed

132 Hagley Road, Oldswinford, DY8 2JD
01384 372762/01384 350066

Advertisement feature – Best Curry Award 2008

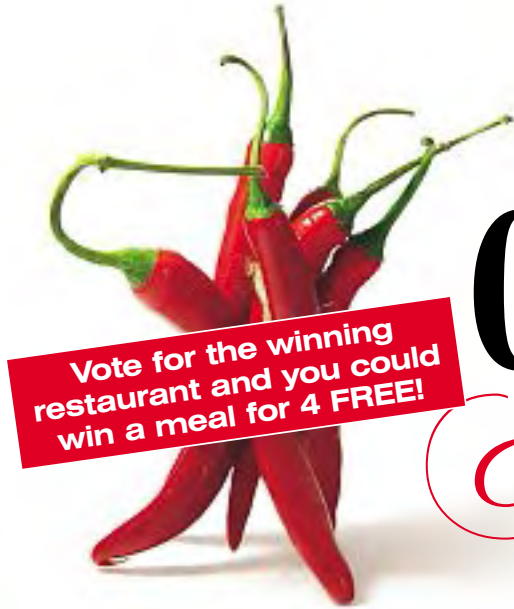
Calling all curry fans!

Now is your chance to nominate your favourite restaurant and win a FREE meal for 4 in the

Stourbridge NEWS

BEST CURRY

Award
2008



Vote for the winning restaurant and you could win a meal for 4 FREE!

There are **3** simple ways to vote, it's easy

Choose from:

1. Complete the coupon below
2. Use your mobile phone, call **090122103** and add the following **2** digits for the restaurant you want to vote for:

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3. Text **CURRY** followed by a space and the same **2** digit number as above to **80360**

Name

Address

..... Contact

I am voting for the following restaurant to win the Stourbridge News Curry Awards 2008

Name of restaurant Location.....

Post your coupon or drop it into our letterbox at Stourbridge News, St. Johns House, St. John's Road, Stourbridge, West Midlands DY8 1EH

Calls cost 25p per call from BT landlines. Calls from mobiles and some other networks may cost more. Texts cost 25p plus your mobile operator charge. Telephone and text voting lines open 27/10/2008 and close at midnight on 23/11/2008 at 23:59:59PM. Service provided by Newsquest Media Group.



Tasty recipes down the ages

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established on the Indian sub-continent before the Aryan dominance took over, suggesting that the word is firmly Indian.

However, there is also proof to suggest the concept was already prevalent in Europe even before the colonisation of the East.

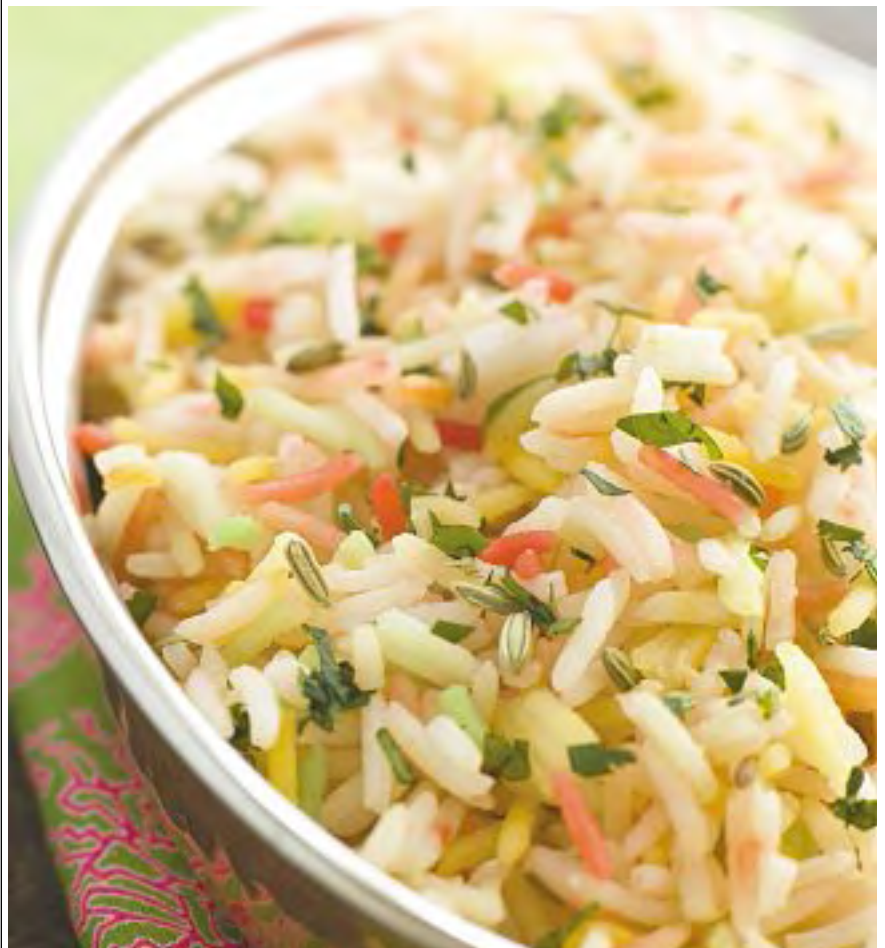
In 1598, there are accounts recorded by a Dutch traveller about "Carriel" – a similar style of dish to "curry" and a 17th century cookbook hailing from Portugal goes on to talk about "Caril", again a similar dish.

At the time of Richard I too there was a revolution taking place in wealthy English kitchens where cooks regularly used traditional curry spices such as ginger, cinnamon and nutmeg, among many.

And when the first real cookery book appeared in Richard II's reign, a number of curry-style recipes were also featured.

This meant that when the first English merchants landed in Surat in 1608 and 1612, the word and the concept of curry had already been used in England for well over 200

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Advertisement feature – Best Curry Award 2008



Melting pot of cultures

● **From Page 32**

years, throwing conflict to the idea that the concept was a predominantly Indian one.

Whatever the truth may be, curry was rapidly adopted in Britain and in 1747, Hannah Glasse perfected the first known recipe for what we today would describe as curry in Glasse's Art of Cookery, swiftly followed by Stephana Malcom in 1791 and Mrs Beeton, whose Book of Household Management featured no less than 14 recipes for the tantalising dish.

By 1809, the first ever curry house opened in London's Portman Square called The Hindustani Coffee House, which ultimately led the way to Britain establishing more than

9,000 curry houses in Britain today, employing over 70,000 staff, with the industry standing at around £32 billion.

As the debate rages on, it is most probably fair to say that what we enjoy as curry these days is a mix of cuisines – a melting pot of cultures and ideas that delivers us the favourite Saturday night takeaway and serves around 2.5 million customers every week in restaurants across the country.

The question still remains however, why do we love this dish so much, why has it surpassed other cuisines – curry houses now outnumber Chinese restaurants by two to one – and why has it been declared our

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Advertisement feature

SET in the beautiful surroundings of the Clent Hills, Jaipur Cottage Indian Restaurant has been established for 16 years this year, putting its success down to a vast and delicious menu and staff that aim to do everything that they can to make your dining experience enjoyable.

Offering a cosy setting in which to relax and unwind after a long day, the converted cottage is split into intimate dining areas, perfect to enjoy a hearty meal with a partner or all the family.

Take your pick and dig into delicious creations homemade using only the very best herbs and spices at prices that will leave you with change left over.

Keen to cater for all their customers, the restaurant even boasts a range of vegetarian and low-fat dishes, so that whatever your diet commands, there's something for everyone.

Takeaways are available with a fantastic 10% discount and large parties of up to 100 can be catered for, while every Sunday customers can come and enjoy a delicious buffet between noon-3pm.

Don't forget to come and join the staff at the Jaipur Cottage for Christmas too. One of the Christmas menus is just £55 for two people, for which you can enjoy a special four-course meal (including coffee), so book now to avoid disappointment.

Call today for more information on 01562 882456 or 01562 882624. Open 6-11pm Monday - Saturday, noon-3pm and 6-10.30pm Sundays.

Jaipur Cottage

Licensed Restaurant
AUTHENTIC HIGH CLASS BANGLADESHI CUISINE
 St. Leonard's Square,
 92 Church Avenue, Clent, Stourbridge
 Telephone: 01562 882456/882624

Advertisement feature

SERVING arguably the best Indian cuisine in the area, The Bangla Lounge in Halesowen offers a little taste of the exotic right here in the Midlands.

Indulge in the smell of tantalising herbs and spices that waft through from the kitchens as soon as you enter, making your mouth water and your stomach rumble in anticipation and let the warm and friendly staff make your evening a perfect one with service that is truly second to none.

Boasting all the usual favourites, including the delectable Lamb Jalori – tender fillets of lamb stir fried with chopped onions, green peppers, tomato and English mustard and served with tawa purl – and the sumptuous Shahi Chicken – barbecued chicken cooked together with minced lamb in fresh, ground vegetables – The Bangla Lounge also caters for vegetarians as they strive to please all their customers.

Dig into a range of superb dishes including Sag Peneer and Aloo Gobi, all absolutely meat free.

Meanwhile, The Bangla Lounge House Thalís offers delightful portions of a connoisseur's selection of main courses – perfect for those who can't make up their mind!

Making the restaurant even more irresistible, the fantastic offers running from Sundays to Thursdays making eating out affordable, with two-for-one on all main meals (surcharge on prawns and fish), while customers who fancy a night at home in front of the telly can receive up to 15% on takeaways.

Large parties can be catered for – perfect for a family get-together or office celebration – and customers are even welcome to take a peek in the restaurant's kitchens to see how their food is made.

Come and see for yourself and visit today at The Bangla Lounge, High Street, Halesowen or call now for more information or to book a table on 0121 585 7020.



**67 - 69 HIGH STREET HALESOWEN WEST MIDLANDS B63 3BQ
 0121 585 7020 / 0121 501 3816**

Advertisement feature – Best Curry Award 2008

Arouse the taste buds

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national dish, wiping fish and chips out of the picture?

Scientists at Nottingham University have suggested that people begin to crave curry because the spices “arouse and stimulate the taste buds” but it cannot be denied that there are numerous health benefits to be found in our favourite dish, despite the fact that many dieticians would warn people looking to lose a few pounds away from the more creamier varieties.

Garlic for example, found in everything from Ragon dishes to Bhunas, has been scientifically proven to lower cholesterol, strengthen the immune system, purify the blood and relieve colds, coughs and asthma, while ginger can aid digestion, alleviate high blood pressure, treat nausea and lower LDL cholesterol.

Chillies too, both fresh and in the form of Cayenne Pepper, can be used to cure a huge list of ailments, relieving pain and helping to cure anything from yellow fever to a mere cold. A single pepper can also be found to contain a full day's supply of beta carotene and nearly twice the recommended dosage of vitamin C, fighting against heart disease and cancer.

This wonder ingredient can even speed weight loss, kick starting the metabolism, meaning that food consumed is dealt with far more efficiently.

Nutmeg, meanwhile, can relieve stress and stimulate mental activity, improving concentration, while also fighting against stomach ache and dissolving kidney stones and onions, found in most recipes, can treat poor appetite, provide relief of coughs, colds and asthma and reduce the risk of

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ADVERTISEMENT FEATURE

Vote...
Balti Bazaar

1A, PEDMORE ROAD, LYE

authentic balti tandoori restaurant
& takeaway

ESTABLISHED in 1995, Balti Bazaar boasts an impressive list of accolades, hailing the restaurant as one of the very best in the area.

Situated on the Pedmore Road, Lye, the eatery recently won The Customer Excellence Award 2008/2009.

And in the British Curry Awards held at London's Grosvenor House Hotel on October 19 – attended by restaurateurs, MPs, diplomats and celebrity guests – the restaurant also scooped Five Star 100th Best Restaurant in the UK.

This was all the more impressive as this year's winners were chosen from a record number of over 26,000 public nominations covering more than 3,000 restaurants.;

Balti Bazaar was one of only seven restaurants chosen in the West Midlands area.

“We would like to thank all of our customers for making this happen,” said manager Mr Miah. “Without them nominating for us, none of this would be possible.”

Now looking forward to the festive season, the restaurant is currently taking bookings for Christmas parties – boasting their own function room – and Christmas Day lunch.

Choose from a traditional or Indian lunch with prices starting at just £25.95 for adults and £10.95 for children, served noon-3pm.

Free car parking is available and all takeaways offer a fantastic 15% off. As the restaurant is not licensed, customers are welcome to bring their own drinks.

What's more, all customers can collect free meal vouchers from November 1-14. Call now for more information or to book on 01384 353800.



Reservations **01384 353800**

Advertisement feature – Best Curry Award 2008

Show your passion...

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tumours developing in the colon.

The big player found in curries however, has to be Turmeric.

An ingredient in everything from mild Kormas to the very hottest Vindaloos, Turmeric can aid digestion, fight infection and guard against heart attacks.

Not only that but a team of researchers at the University of California in LA in 2001 discovered that Curcumin – a compound found in Turmeric– could also play a major role in the battle against Alzheimer's, slowing down the progression on the neurodegenerative disease by reducing the number of amyloid plaques – the build up of knots in the brain that causes the illness – by almost half.

So, with the answer to a whole host of health problems sitting on our dinner plates, what's not to love?

Come and show your passion for the multicultural dish and cast your vote in the Stourbridge News Best Curry Award 2008 competition.

Last week was National Curry Week, which was run to help raise money for Oxfam's relief efforts in the Ganges/Brahmaputra River Basin South East Asia – one of the most disaster prone areas of the world, with 180 million living in poverty.

Donations will go towards reducing homelessness, casualties and the loss of possessions and livelihoods that occur during the monsoon floods.

It also helps ensure that people's lives and their abilities to earn a living are disrupted as little as possible.

Visit www.nationaleatingoutweek.co.uk for details.



AFFORDABLE MEAL DEAL

(in restaurant only)

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available Sun - Thur 5.30pm - 10.00pm

We are fully licensed but you are welcome

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Fridays & Saturdays on request 5.30pm - 10.00pm

Tropical Spice

Licensed Indian Restaurant

131/132 High Street, Stourbridge
DY8 1DT (Opposite Halifax)

Tel: 01384 372076