

A Note

Dear Patrons,

As the lockdown continues, we went ahead serving the guests who felt it necessary to move in our Hotel Facility.

Aug 2020 Edition



120 Days later

We had our fair share of exhilarating moments taking care of our clients' needs at the Hotel. Our Teams are making sure that all our guests are taken care of keeping in mind the strict procedures which are now part of our systems.

Weddings at the Mirador

We are happy to be doing Weddings, Receptions and Other Social Events like Birthday Parties at our Banquet venues.



Right from temperature screening at the entry points, to ensuring Social Distancing, Face Masks and Sanitisers, we are making sure that our guests requirements are fully met.

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The Story of Bread

According to history, the earliest bread was made in or around 8000 BC in the Middle East, specifically Egypt. The quern was the first known grinding tool. Grain was crushed and the bakers produced what we now commonly recognize in its closest form as chapatis (India) or tortillas (Mexico).



Romans invented water-milling around 450 BC and as such, they took bread to what was subsequently regarded as an art form. Interestingly, the richer Romans considered whiter bread as higher quality and more suited to the educated and wealthy.

Likewise, in British medieval times, bread baking became quite the status symbol. The upper classes preferred fine, white loaves, while those of poorer status were left with the rye, bran and coarser breads.

By 600 BC the Persians had invented a windmill system for milling grains, and Mexicans made the first stone-ground corn tortillas around 100 BC.



It wasn't until 1834 that the steel roller mill was invented, in Switzerland.

The addition of chemicals came into play in the 20th century. Bread became whiter, softer and lasted much longer. The flour was heavily processed but the government enforced the adding back of minerals and vitamins – the enrichment of the flour. However, in the 1970s US consumption fell. In the US it rose again in the 1980s, partly in thanks to bakers going “back to their roots” and producing artisan, rustic, healthier breads without chemicals or additives.

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Simple Kitchen Tips for the Monsoons

Monsoon presents a number of challenges when it comes to cooking and kitchen. Here are 6 tips to help you during this time.



Prevent coconut oil from clotting

Coconut oil often clots during winter and monsoon. Avoid this by adding a few drops of mustard oil to the container where you store the coconut oil.



Ensure sufficient ventilation

One good way to get rid of monsoon moisture which can make everything sticky and unhygienic is to ensure proper ventilation in your kitchen. During daytime, open the windows and allow fresh air.



Maintain hygiene

Clean the kitchen appliances that you frequently use such as the refrigerator and oven once a week during monsoon. Most importantly, get rid of the expired food items from the kitchen.



Secure electrical connection

Humidity during monsoons can have a damaging effect on your kitchen's electrical connection which, in turn, can damage your kitchen appliances. Check and make sure that the electrical connections are secure and properly installed.



Clean regularly

Clean your kitchen's floor and cabinets every day to prevent moisture from accumulating which can be a breeding ground for bacteria. Also, make sure you use disinfectants while you're at it.



Store spices the right way

Spices are prone to fungal growth during the monsoons. Roast the spices for a couple of seconds prior to storing them in airtight containers. Never use a wet spoon to take out the spices from the containers.



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Green Goddess Hummus

by Exec. Chef Kamlesh Salve
The Mirador Hotel, Mumbai



Ingredients:

Tahina
Chickpeas
Lime juice
Olive oil

Garlic pod
Parsley
Basil
Chives

Method:

- Blanch parsley, basil and chives for 1.5 minutes in boiling water. Then drain in iced water once done. Squeeze excess moisture.
- In a mixer bowl add all the ingredients chickpeas, tahina, lime juice, olive oil, garlic pods and salt
- Add all the blanched greens and add to the mixture till desired consistency.
- Garnish with chopped herbs and multigrain lavash.

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Everything has its
beauty, but not
everyone sees it



CONFUCIOUS

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Employee Monitoring

During these challenging times, we have made it a point that each and every of our valuable employees are screened on a daily basis and their activity is monitored by the Covid Marshals at the Hotel. We are more than happy to serve you after all the prerequisites are met during the screening at all levels.

CORPORATE HUMOR

My resumé is just a list of things I hope you never ask me to do.



I get plenty of exercise – jumping to conclusions, pushing my luck, and dodging deadlines.



If it wasn't for the last minute, nothing would get done.



To err is human, to blame it on someone else shows management potential.



The boss told me to have a good day. So I went home.

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