



Aftab and Farrah Naem with chef Sony. Photo by Mike Coles

## Khanakhayae from Majjo's

By Daphne Chamberlain

At last, Majjo's has opened a restaurant in East Finchley. Director Farrah Naem told *THE ARCHER* that they nearly bought the premises (just a couple of doors from their famous takeaway) on two occasions, before taking the plunge. Since opening last November, word has spread so fast that she still has unused publicity leaflets.

Their menus are headed 'Khana khayae', Urdu for 'Come and eat with us'. Farrah's husband, Aftab, told us that the food is in the North Indian tradition, from the province of Punjab, often called 'the bread-basket of the sub-continent'. Everything is freshly cooked, and there is a good selection for both vegetarians and meat-eaters.

I love curries, but for those who don't there is a wide variety of other dishes to choose from.

Naturally, samosas are on the menu. Majjo herself, now

retired, began selling home-cooked samosas to support herself and her two sons, which started her on the road to opening the takeaway in 1984. Another speciality is the poppadoms, which are the lightest and crispest I have tasted. My friend and I also particularly enjoyed the lassi. We chose the sweetened one, which was fresh and uncloying.

Majjo's has been praised by the Evening Standard for contributing to life in East Finchley, received five-star ratings on Trip Advisor and the Barnet

Healthier Catering Award last year, and Majjo herself was nominated as an Asian Woman of Achievement in 1999. Like her, Farrah and Aftab have a professional background.

Farrah is a lecturer, but devotes her energy to controlling the kitchen. She told us, "I would rather go for my passion than my profession." Majjo's Restaurant, 7 Fortis Green, is open 6-10 pm, Tuesday to Sunday. Call 020 8883 4357/1285 or email [majjos@hotmail.co.uk](mailto:majjos@hotmail.co.uk) for further information.

## Yoga to try at home

Viparettā Karani is a legs-up wall pose that is suitable for everyone, as Sunnah Rose of the Rose School of Transformational Yoga explains.

This is a simple and mild inversion which is suitable for everyone. Turning our body upside down has a huge number of benefits including regulating our blood flow, relieving mild back pain and restoring tired feet after a long day. The best part about this pose is it keeps us young and vital. All you need is a wall and cushion or block.

Lie yourself down on the floor and swing your legs up the wall. Try to shuffle your hips and pelvis as near to the wall as you can and straighten your legs as much as is comfortable.

Place your feet on the wall and bend your knees gently which should lift your bottom and lower back slightly off the ground. At this point, place a cushion or block underneath you a few inches away from the wall.

Roll your lower back down

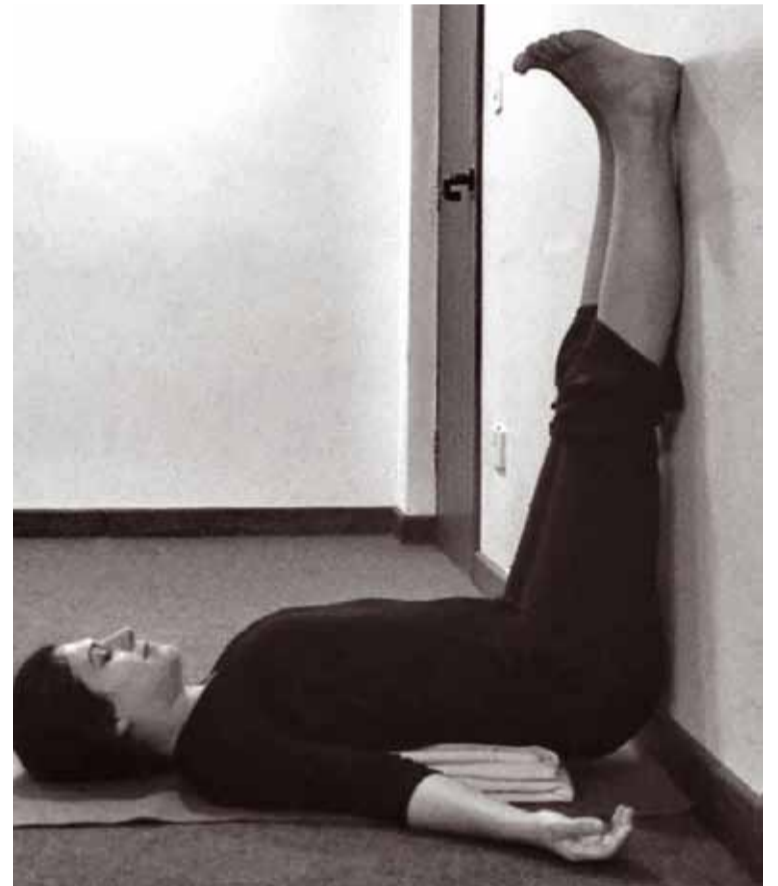
to rest on the cushion. Your pelvis and tailbone should slightly dip over the edge nearest to the wall.

Straighten your legs again as comfortably as you can.

Gently close your eyes, breathe in and out through your nose and surrender to the softness of the pose.

To get the most from this pose stay like this for at least 10 minutes but if you want to stay longer that is fine. You could put on some of your favourite music and just allow yourself to let go of any worries or fears. Find out more at [www.stretchingpeople.co.uk](http://www.stretchingpeople.co.uk)

In our report last month on Mother and daughter mindfulness the email address to reach Sallie Rose was printed incorrectly. The correct address is [sallie@meditationow.co.uk](mailto:sallie@meditationow.co.uk). We apologise for the error.



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Contact the Vicar, Fr Christopher Hardy, on 020 8883 9315.

All Saints' also has a strong musical tradition and an enthusiastic choir of both adults and children.

Experienced singers are always welcome.

Contact Geoffrey Hanson on 020 8444 9214.

<http://www.allsaints-eastfinchley.org.uk>

## Perspective on parking

Barnet Council is carrying out a review of parking in the borough. To this end it has hired Alpha Research Limited, an independent agency, to run a series of informal group discussions.

Local residents and businesses from across the borough have been invited to talk about the way the service is run and how it could be improved to meet their needs.

Alpha Research will present a general written report to the Council who will subsequently make a summary of it available to the public.

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