

RECIPE

Grilled Chicken with Peanut Sauce



Ingredients

3 chicken breasts, 2 cup coconut milk
2 teaspoon cumin powder, 3 tablespoon brown sugar
4 teaspoon curry powder, salt as required
5 tablespoon peanut butter,
3 tablespoon lime juice
4 tablespoon virgin olive oil
black pepper as required
1 teaspoon turmeric
1 1/2 teaspoon red chilli powder

For Garnishing

4 tablespoon coriander leaves
2 lemon slices

Method:

Firstly, wash chicken breasts and place them over a chopping board. Cut them into halves and season with salt and pepper evenly on both sides. Keep aside to rest for some time.

Next, in a bowl mix together lime juice, curry powder, turmeric, olive oil and cumin. Mix well to prepare a fine paste and rub the paste over the chicken. Refrigerate the chicken for 30 minutes.

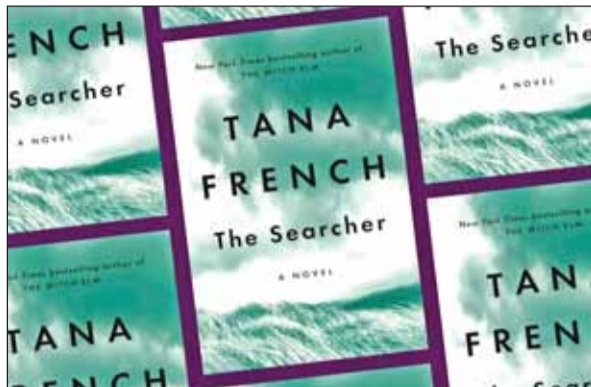
Now, place a frying pan on low heat and add some oil. Once the oil is hot enough, add in the chicken breasts. Make sure that you cook the chicken in low flame, flip the sides and cover it with a lid for 10-minutes. Turn off the flame and transfer into a serving plate.

Next, prepare the peanut sauce. In a bowl add coconut milk, lime juice, peanut butter and brown sugar. Transfer the mix in a pan kept over medium flame and cook the mix for about 4-5 minutes.

Remove from flame once done and your peanut sauce is ready. Pour the sauce over the crispy chicken, garnish with freshly chopped coriander leaves and serve the chicken with your favourite beverage and indulge in the goodness.

BOOK REVIEW

The Searcher



Title: The Searcher
Author: Tana French
Genre: Mystery
Publisher: Viking
Pages: 400
Price: 1,431 INR

Review: The latest Irish mystery by Tana French, 'The Searcher', is a character-driven slow burner.

'The Searcher' is not a part of the Dublin Murder Squad series and is a standalone, set in Ardnakelty, a fictional small town. Though we follow a retired cop from Chicago called Cal Hooper, the true protagonist of the tale is the small town. It's mentality, the way that the people have friendships and enmities that go back generations and the way they respond to Cal's moving in all show a personality in itself.

Cal moves into a cottage, eager to leave his old life and job behind. He sets to restoring the cottage and befriends a boy called Trey who seems to want to learn some carpentry. Soon Trey reveals that his real motive was to ask for Cal's help in finding his missing brother. The locals, including the local law enforcement, don't seem eager to pursue this case and Trey is convinced something bad has happened to his brother. As Cal investigates, he realises the admirable aspects of a small town he moved to Ardnakelty for, have a dark side.

The book is named after a 1956 movie "The Searchers" and like the film, this book is essentially a Western set in West Ireland rather than the American West. However the pace of this book is slow, the story really beginning after 100 pages and the plot unfolding mostly in the last quarter of the book. But the writing is a pleasure to read and the characters are varied and keep the book interesting. It's a good mystery for people who read for the writing and don't mind the plot being slow.

GADGET REVIEW

Google Pixel 4a



Expected Price	Rs 31,999
Display	5.81-inch
Resolution	(1080x2340)
Protection type	Gorilla Glass
Processor	Qualcomm Snapdragon 730G
Front Camera	8MP
Rear Camera	12.2MP
Rear autofocus	Yes
Rear flash	LED
RAM	6GB
Storage	128GB
Battery Capacity	3140mAh
OS	Android 10
Fast charging	Proprietary
Bluetooth	Yes, v 5.00
USB Type-C	Yes
Headphones	3.5mm
Face unlock	Yes
Proximity sensor	Yes
Accelerometer	Yes
Barometer	Yes

Pros

- * Reliable camera performance.
- * Stereo speakers.
- * Vivid OLED display.
- * Light, built well.

Cons

- * Relatively low battery capacity.

VEHICLE REVIEW

MG Gloster



Starting Price	Rs. 29.98 - 35.58 Lakh
Engine	1996 CC
Mileage	14.5 Kmpl
Fuel Type	Diesel
Fuel Capacity	75 Liters
Mileage (ARAI)	12.4 Kmpl
Transmission	Automatic
Power	215.01bhp@4000rpm
Gear Box	8 speed
Max Torque	480nm@1500-2400rpm
No Of Cylinders	4
Engine Type	Diesel 2.0 Twin TurboSeating
Capacity	6
Brakes Front	Disc
Brakes Rear	Disc
Rear AC Ducts	Yes
Heater	Yes
Power Steering	Yes
Airbags	Driver, Passenger and Side Front
Central Locking	Yes
Child Safety Lock	Yes

Pros

- * Splendid long-distance mile muncher.
- * Decently spacious and well-built cabin.
- * Interior ambience is nicer.

Cons

- * Engine has a very narrow powerband.

Health and Lifestyle

How to combat seasonal affective disorder (SAD)



disrupts the body's circadian rhythm, making people feel more lethargic and sleepy.

Maintaining a consistent sleep schedule can help. Good sleeping habits, even on the weekends, reinforces your internal clock that reminds the brain when to release or curb the body's wake and sleep cycle.

Limit your intake of caffeine, set your room on a cool temperature and exercise daily to improve the sleep cycle.

Do yoga

If you are unsure about which physical activity you should opt for, try yoga. Studies have shown that yoga has a positive effect on the mood, anxiety and depression. Yoga stresses on mind-body awareness and is a useful tool for people dealing with seasonal

Commonly known as winter blues, seasonal affective disorder (SAD) is for real and a distressing form of depression. Doctors are not yet sure of why it happens, but the American Psychiatric Association suggests that it's mostly triggered by the change in the season, as reduced exposure to the sun creates a chemical imbalance in the brain.

People complain of feeling sluggish, disinterested in activities and difficulty in concentrating on their work. In most cases, SAD goes away as summer and spring approach.

But along with the ongoing coronavirus pandemic, the seasonal affective disorder can be more challenging for people this year.

Here are a few techniques that can help in managing SAD symptoms.

Get enough light

The reason why people experience SAD is because of the lack of daylight. The seasonal decrease in the light during winter can affect how a person feels. Experts say, getting outside even for a few minutes when the sun is out can do wonders.

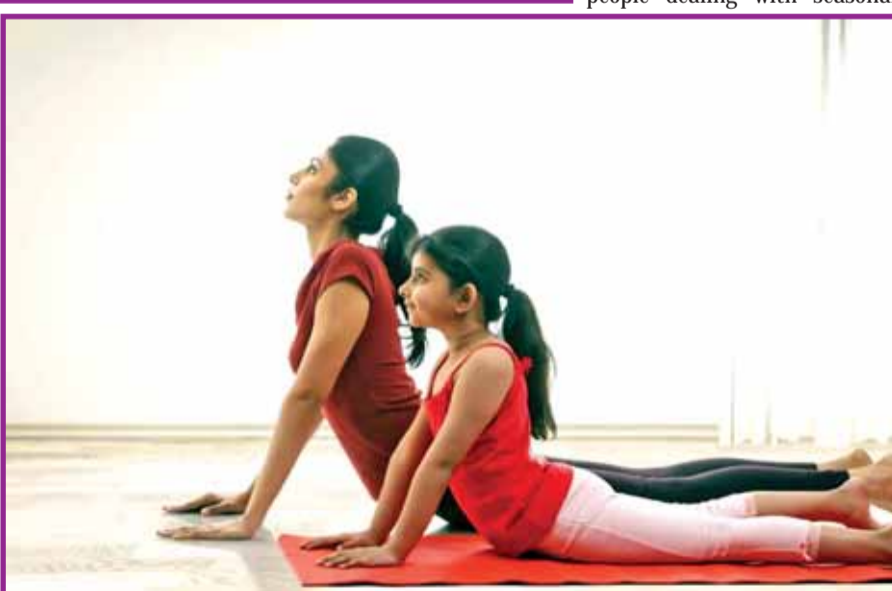
Use light therapy box

If you cannot go out in the sun, you can try a light therapy lamp, which gives off a light that mimics the sunlight. The light from the therapy bulb is brighter than regular light bulbs.

If you feel drowsy during the winter months, the lightbox can stimulate the body's circadian rhythms and suppress the release of melatonin, a hormone responsible for making you feel sleepy.

Have a consistent sleep schedule

Less exposure to sunlight not only impacts the mood but also



depression.

Stay connected with friends and family

Staying connected with your friends and family helps in the long run in dealing with depression. The shift in the weather on the top of social distancing can increase your chances of feeling isolated, which can take a toll on your mental health.

Catch up with your friends on video calls, phone calls and have virtual coffee date and dinner with them. There may be many more people in your group who might be feeling the same as you. Talking about your experiences with them can make you and them feel less alone and connected.

Smell essential oils

Smelling essential oils is a natural way of soothing the mind and body. As per studies, smelling essential oil can influence the area of the brain that's associated with emotions.

Peppermint oil is known to boost mood and reduce fatigue, lavender oil promotes deep sleep and orange oil decreases the feeling of anxiousness. To use the oil, add several drops of essential oil in the diffuser to spread it throughout the room.

ASTROLOGY

WEEKLY PREDICTIONS 29ND - 05TH DECEMBER 2020

ARIES



Kick off your week with a surge of adventurous energy! On Monday and Tuesday you'll be a veritable pioneer, boldly forging new trails and meeting new people everywhere you go. Expect that action to subside by Wednesday and Thursday as obstacles and obligations crop up to block your path. You'll need to show some flexibility and patience to persevere.

LIBRA



You'll be called on to make a compromise as the week begins -- but fortunately striking a balance is your personal specialty. On Wednesday and Thursday, you'll continue your focus on partnerships and alliances, but others will ask you to intervene in their own affairs. Expect to be thanked (and admired!) for your effortless diplomacy.

TAURUS



Slow down on Monday and Tuesday! You'll find that you're in an unusual rush -- which is weird for you -- but just take a deep breath and resist any impulsive urges. All of your best traits -- especially your persistence, practicality and energetic stamina -- will be magnified, and others will be amazed in your presence. Enjoy the flattery and make the most of the excitement (especially if romance is involved).

SCORPIO



You're filled with initiative and energy on and it's a great time to start things -- but that assertiveness could bring you into conflict if you're not careful. Put more of a premium on flexibility. Your instinct might be to give your passions free rein and push ahead, but a slower, more flexible solution could do more good. On Friday and on into the weekend, exercise some care and caution.

GEMINI



Take the initiative as the week begins. You're a dynamo, able to communicate quickly and come up with new plans on the fly (with a little help from your friends, of course). You'll need to drop your speed back down to a relaxing coast. Unexpected obstacles could block your way, but some patience and mental maneuvering should see you through. Expect to have amazing amounts of energy.

SAGITTARIUS



You can accomplish almost anything as the week begins. Monday and Tuesday both find you filled with playful enthusiasm and an almost kid-like creativity, so put all that energy to good use. On Wednesday and Thursday, focus on the big picture. You'll have a good handle on what needs to be done -- and what details have to come together to make that happen.

CANCER



Don't overreact as the week begins. If you can stay calm, cool and collected, though, you'll pull through fine. On Wednesday and Thursday, make plenty of time to socialize. You're entirely too charming right now to stay at home -- unless, of course, you're just planning to have a big dinner party. Go on and indulge yourself -- you could use a walk on the wild side, however brief.

CAPRICORN



You may have to put things off as the week begins. Events are at odds with your desires and plans, but be patient -- you just need to show some perseverance. On Wednesday and Thursday, take at least some time off to relax and goof off, especially with friends and kids (or even just kid-like friends!). This could be a rare -- and fun -- interlude, a quick respite from your usual busyness.

LEO



Ready to learn something new? The beginning of this week should provide more than a few opportunities to discover interesting people and downright amazing ideas -- and you'll even have some fun in the process. On Wednesday and Thursday, your focus will shift to big-picture thoughts on your reputation and career. Try to figure out how best to progress, but don't get caught up obsessing over your image.

AQUARIUS



The week begins on an altruistic note for you. You'll find plenty of opportunities to lend a helping hand -- and what goes around will surely come around. Boredom could get the best of you if you're not careful. Find creative ways to mix things up, even if it's just swapping strange stories with friends. Starting on Friday and on into the weekend, the spotlight is on you!

VIRGO



As the week begins, you'll be filled with an unusually assertive sense of purpose. Use this spirit and ambition to get things done on Monday and Tuesday, even if others are reluctant to help. Take any opportunity to travel -- even if it's just across town. A shift in perspective (even something as simple as a new place to eat) could clear up your mental outlook.

PISCES



Everything is a blur as the week begins. You could find you hard-pressed to sort out truths from half-truths (not to mention outright lies!), and nothing ends up being quite what it seems. Proceed with caution. You should both be better days for action. Your communication skills are unusually attuned, and other s will swoon over your sweet, soft words.