

Time To Double Dip! Exploring The Chutney Cuisine With Cookbook Author Jasmine Daya

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by GEETA WAHAB

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She's a triple threat – a mother of three, a successful lawyer, and an author. We caught up with Jasmine Daya in Toronto to chat about the pleasures of food, managing time and her latest venture – her first cookbook – [JD in the Kitchen: Indian Appetizers and Chutneys](#).

GW: How do you manage work, home and still find time to write?

JD: Admittedly, my life has become quite chaotic with an intense pace that never stops but when you love what you do, it's not "work" but instead a way of life that gives me great pleasure. I have daily to-do lists for work and home that keep me in line with what needs to be accomplished for the day. I also rely on my calendar to ensure that I don't miss anything. Even my kids are well aware that if it's not in my calendar, it doesn't exist!



Exploring The Chutney Cuisine With Cookbook Author Jasmine Daya: Jasmine Daya. Photo Credit: Jasmine Daya

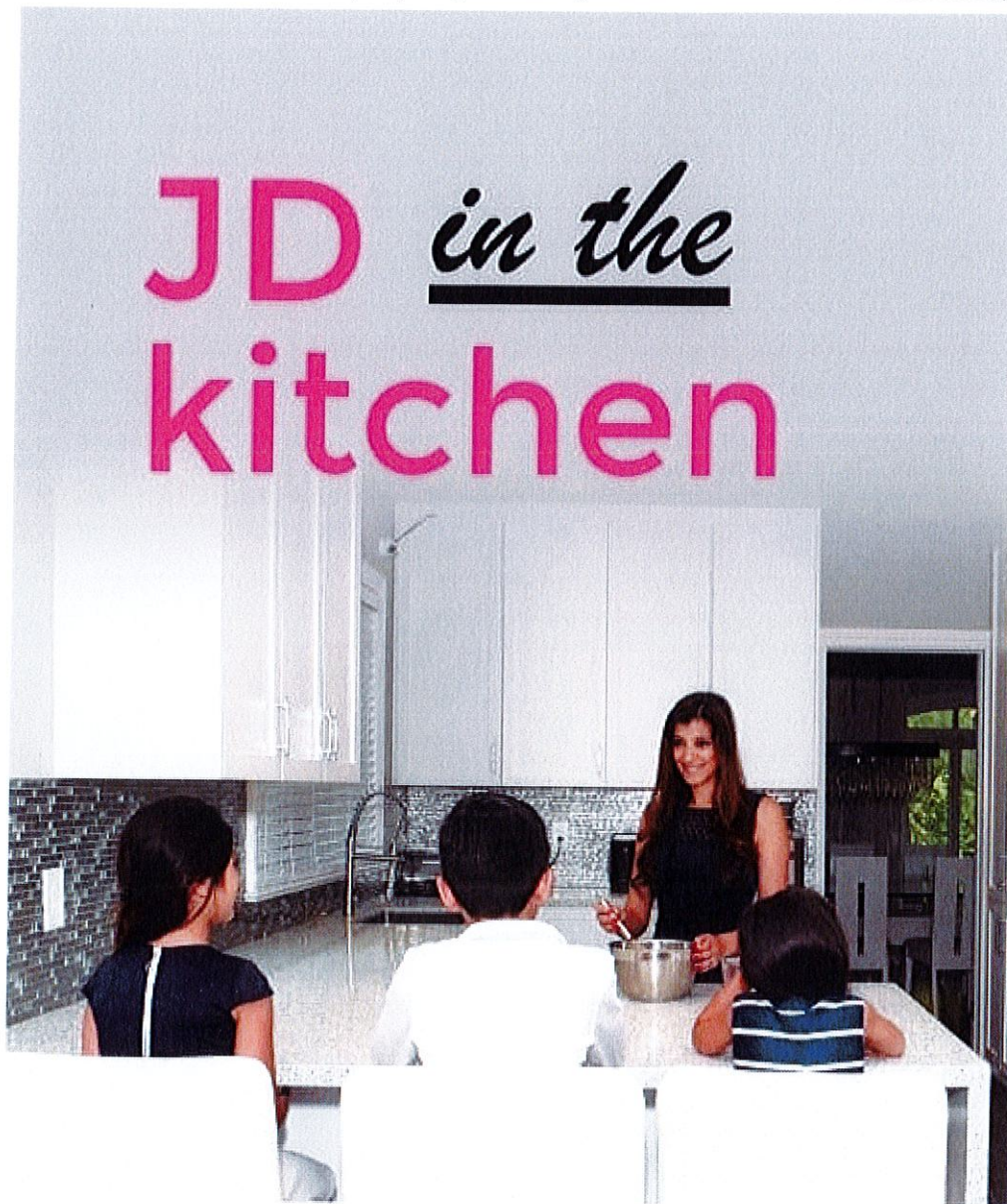
GW: How important do you find food and family meals?

JD: Food is not only necessary but is one of life's simple pleasures. It can evoke a feeling of immense pleasure, such as when you smell a freshly baked item straight out of the oven or take that first bite of a sinfully sweet dessert. Food also brings people together. Whether it's building a relationship with colleagues, negotiating a deal, laughing with friends or bonding with your family.

The importance of making memories with food and family meals was instilled in me by my parents. We used to have dinner together almost every night growing up. Sometimes there would be lots to chat about and sometimes everyone was too tired to talk but we were together and that strengthened us as a family. My parents loved entertaining and having our home full of joy and laughter. They would say *"What's the point in having a house if you don't enjoy making use of it?"* Food was the centre of it all.

GW: What inspired you to write the cookbook?

JD: I started writing down my grandmother's recipes when I was in high school. I lived in Toronto and she lived in Victoria. I used to fax the recipes to her and she would make corrections and fax it back to me. I still recall that glossy fax paper roll that used to come out of the fax machine. I would stand in front of it anxiously awaiting the slow transmission to complete. She was an incredible cook. I've heard stories about how she won baking competitions in Nairobi back in the day. As she aged and started to develop health issues, I wanted to ensure that her memory would live on through her recipes. Although the recipes have been tweaked over time by both my mother and me, many of them are rooted from my grandmother's recipe collection. In particular, the Indian sweet dish recipes which is one of the cookbooks in the series that will be released shortly.



Indian Appetizers & Chutneys

Jasmine Daya

Exploring The Chutney Cuisine With Cookbook Author Jasmine Daya: Her Cookbook. Photo Credit: Jasmine Daya

GW: What about appetizers and chutneys enticed you to write a whole book about them?

JD: My first book, *JD in the Kitchen: Indian Appetizers and Chutneys*, is only the first in a series of cookbooks. I chose to start with this one as it not only shows how to start a meal but also enables people who may not normally cook Indian food to try it out. Once we get to the entrees, there are a lot more ingredients and steps for each recipe so I'm easing my audience into it!