

A hint of *Spice*

AFTER A HARD DAY AT THE OFFICE, **IAN STEEL** TOOK A TRIP TO BRIGHTON'S **INDIAN SUMMER**, AND FOUND AN ASIAN RESTAURANT WITH A DIFFERENCE

Some of my favourite food comes from the Indian subcontinent, so when asked if I would review Brighton's Indian Summer restaurant I gave a resounding 'yes' to my editor.

Indian Summer can be found in East Street and is run by owner, Minesh Agnihotri and Byron Swales. The restaurant has been established for 10 years and is recognised by locals as serving some of the best Indian food in the city.

I was joined for dinner in this relaxed and friendly restaurant by two of my glamorous work colleagues after a particularly tough day and had a ravenous appetite. We were shown to our table by manager, Tim, who offered us a drink and left us to relax and look over the menu.

On returning Tim took our order for drinks and recommended that I tried the Tusker beer which I was more than happy to do. An obvious wine connoisseur, Tim explained the wine list to us in exquisite detail and suggested that we opted for Sancerre Les Chailloux (a medium-dry full-bodied white full of French character), as this goes particularly well with Indian food.

We then had the pleasure of having the company of owner and chef Minesh who explained in detail the food. He told us that his food was originally based on his mother's recipes which he remembers from his youth. He went on to explain that because his chefs come from all over India, his food is unique and flavoursome and he can offer a huge variety of dishes.

I opted for the Tandoori Swordfish and Chingri Malai. The swordfish was cooked in a coconut and mint marinade and served with a rocket and cumin raita. The flavours were perfectly balanced and left me wanting more.

As seafood is one of my favourites, Chingri Malai was another winner. This is tiger prawns prepared to an East Indian recipe, then roasted with spices and cooked in an onion and cream sauce. Served with rice and a broad bean thoran, it was an excellent main course, bursting with different flavours and a perfect size portion.

Indian Summer is not your average Indian restaurant, the food is special and the way it is cooked means you can taste the individual ingredients. In my time I have tried hundreds of Asian dishes in different parts of the world but I don't think I have ever had such a taste sensation.

Great atmosphere then, and great food, all served up by people who are genuinely concerned that you enjoy your meal. You really should experience it for yourself. You won't be disappointed. ☺

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PRICES AT A GLANCE

Lunch menu:
(Set) two courses: £10
Evening menu:
Two courses: £21.95
Three courses: £26.95

