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ghee is surprisingly personal, with different brands and textures favored by each household. Some use it generously on steaming rice, while others rely on it for every tadka. Nova Dairy has been around for decades, producing both pure desi ghee and pure cow ghee. Desi ghee refers to traditional methods like bilona, which involves slow-churning cream over low heat until clear, golden ghee is obtained. Cow ghee, on the other hand, relates to the type of milk used - Nova Dairy's pure cow ghee is high-quality, made from top-notch cow milk available in India. Both types are rich in short-chain fatty acids and fat-soluble vitamins A, D, E, and K, supporting digestion and gut health. Cow ghee is lighter and easier to digest than buffalo ghee, making it suitable for daily use. Nova Dairy's unique handling process - simmering the ghee without flash processing or stripping away character - retains its nutrients while developing flavor. When making rotis or parathas, add a small amount of ghee to the dough to achieve soft and flaky results. Similarly, adding ghee while cooking rice or on top of pulao can make it fluffy and non-sticky. Ghee is also essential for traditional Indian sweets like motichur ke laddoo, gajar ka halwa, or suji ka halwa, as it adds flavor and texture. What's more, ghee has numerous health benefits beyond just taste - it supports gut health by promoting the growth of beneficial bacteria in the gut. Ghee also helps the body absorb fat-soluble vitamins and antioxidants found in vegetables and spices. When used daily, Nova's pure cow ghee ensures that the nutrition you eat is fully absorbed by your body. This versatile ingredient has a high smoke point, doesn't go rancid quickly, and can be stored without refrigeration, making it suitable for most diets. For those with dietary restrictions or concerns, ghee remains a lighter and more digestible option compared to other fats. Given article text here is a collection of various news articles from India.com, covering topics such as health benefits of eating ghee and jaggery after meals, an elderly man's impressive push-up challenge, Bigg Boss OTT 2 winner Elvish Yadav's prize money issue, Parineeti Chopra's emotional video for her late co-stars, a vegetable vendor's innovative way to accept UPI payments, healthy desi sherbets, AI-generated artwork showcasing ordinary people dressed as superheroes, Suvreen Chawla's bright yellow ensemble at the Cannes Film Festival, and Shehnaaz Gill's Bollywood debut and chat show. The desi uncle's viral dance video has taken the internet by storm, with his moves to Aishwarya Rai's song 'Daiya Daiya Re' from Dil Ka Rishta in 2003 leaving everyone in awe. On the other hand, a recent article by Tahir Qureshi discussed how the vehicle is moving slowly on the rear two tires of the engine and the trailer. Moreover, he emphasized the importance of enjoying life and making the most of every small moment that comes our way. A Reddit post has also sparked a conversation about what it means to be an American desi, particularly for young adults who are growing up in the US but still identify with their Indian heritage. The article highlights how South Asian artists are emerging in the arts and entertainment scene, bringing diverse experiences and perspectives to the table. When asked by his cousin about what it meant to be a desi, one person replied that it referred to someone from the Indian Subcontinent living outside of India. This term has been used to describe individuals from various backgrounds and geographical locations. Given article text here The author recalls how difficult it is for first-generation Indian kids to understand their heritage due to limited exposure to South Asian culture and history during childhood. In contrast, their parents or grandparents who immigrated to the US in the 1960s had a distinct experience. The author's grandfather, a doctor, moved his family from India through Canada, highlighting the challenges faced by early Indian immigrants. This is in stark contrast to today's scenario where South Asians are more prominent and visible in mainstream media. Looking back on 2008, it brings to mind my childhood when my dad used to let the scent of sandalwood fill our home. This experience of being South Asian in certain spaces, like my own comfort zone, resonates with all desis. We aim to move beyond ignorant stereotypes and forge our own paths, rather than living in the shadow of what it means to be brown. Although I know some brown people excel in medical school, including my sister, her success is due to a lifelong passion for medicine nurtured by our family's diverse background. As an aspiring international journalist, my parents have been incredibly supportive as long as I work hard. My dad values my language skills and travel experiences more than my grades. His frustration with me not knowing Hindi was palpable when people asked if I spoke it, but now I can teach myself online - a resource that wasn't available to my dadi decades ago. Being desi is a unique experience shaped by time, community, and individual perspectives. There's no right or wrong way to be desi; it's essential to recognize that not knowing what it means can also be an aspect of this identity. The U.S. has a rich history of cultural assimilation, so first-generation desis who don't entirely identify with South Asia needn't feel alone. We're more than the stereotypes seen in American media - we're complex individuals within the South Asian Diaspora.