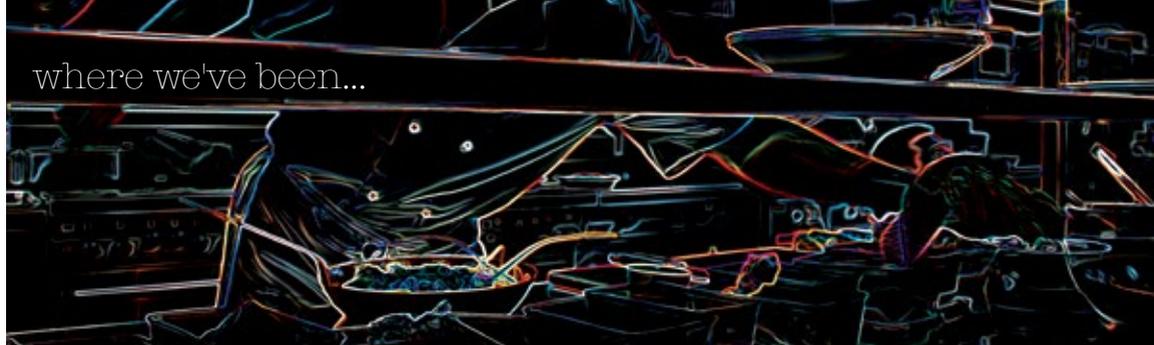


where we've been...



### **SPICE OF LIFE** Park Central

My daughter Brooke has had an amazing 12 months. Married in August last year, her career ascending giddy heights and when we caught up for dinner at 'Spice of Life', she had just returned from a wonderful trip to Italy with her husband, Ryan. Actually, that was the reason for our dinner. I wanted to know about every day of the holiday.

Brooke asked me where we would be dining. I texted her three choices, two of them Italian. "Spice of Life," was her instant reaction. "We are Italianed out," she followed with. Amusingly I didn't even think of that when I sent the list.

As I approached the small Park Central restaurant, I saw Brooke and Ryan taking their seats. "Perfect," I thought with a smile. I miss my girl and I look forward to seeing her, but tonight was special after such an awesome holiday. Brooke and Ryan were still fizzing from the trip. It's a wonderful feeling.

As is customary in Indian restaurants we were presented with papadums and that amazing yoghurt green sauce. No wine tonight, but a range of Australian reds will accompany Indian food. I would go for a medium weight spicy shiraz, or shiraz viogner. I enjoy wine with food, but it's not imperative, especially when there's great company and amazing food.

Yes amazing. I have extolled the virtues of 'Spice of Life' many times before. To me, it is the starting point when it comes to judging other Indian restaurants. I am not a chef,

or even a good cook, but I do have an educated palate and I feel I can taste the work that goes into 'Spice of Life' dishes. Layers of flavours is the best way to describe it. The type of depth that you can't fake. The kitchen must create everything from scratch, you can taste it.

We had three simple dishes and plain naans. Over-ordering is easy at Indian restaurants. The dishes look small but they stop you quickly. Chicken Tikka Masala, Rogan Josh and Vegetable Korma are three standards of Indian cuisine and all three are expertly created.

This was a wonderfully relaxed catch up dinner. Great food, friendly service and very reasonable prices puts Spice Of Life at the top of your 'to do' list.