

8

Course Meal For The Soul

A Fable About Entertaining, Nourishing & Tantalizing
Taste Buds Of The Soul.



Pravin Agarwal

8 Course Meal for the Soul

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Meal for the
Soul

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tantalizing taste buds of the Soul**

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iii

Dedicated to....

To my father Mr. Vijay Kumar Agarwal to whom I shall remain indebted for setting the foundation on which this book is based.

Acknowledgement



Any accomplishment requires the efforts of many peoples and this work is not different. I thank my wife Sheetal whose patience, support and diligent efforts were instrumental in accomplishing this task. I give all credit to her for reviewing the work tirelessly and contributing in improving the quality of work. I would like to thank my mother Kiran Agarwal for being source of inspiration and providing the support for accomplishment of this task.

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Contents



S.No	Chapters	Pages
1.	Unrealistic Goal	1
2.	Mathematics Teacher	7
3.	Last Day of High School	11
4.	Hot Dog Eating Contest	15
5.	Diary of My Best Friend	18
6.	Royal Blue Bentley Car	24
7.	Executive Chef Jersey	29
8.	A Talk show	34
9.	Taste of Amsterdam	39
10.	A Grand Wedding	44
11.	Romantic Date	52
12.	Christmas Evening	56
13.	Happiness Account	62
14.	Small Shark	69
15.	Alumni Meeting	74
16.	Vacation to Switzerland	78
17.	A Motivational Seminar	87
18.	Hard Working Employee	92
19.	Parent Teacher Meeting	96
20.	A Wooden Frame	101
21.	Football Match	106
22.	Aspiring Singer	109
23.	Lunch at Central Park	114
24.	Unknown Woman	119
25.	Person in Need	122
26.	An Interview	126

1

Unrealistic Goal

“Evan, are you serious, how you will prepare an 8 course meal for the Soul? It is completely unrealistic and absurd idea,” said Ryan my best friend and business partner. I myself did not know how I will be going to prepare an 8 course meal for the soul, clueless I gave him a blank glance.

“I will talk to you later, I am leaving for home,” I said after few seconds of silence between us and then left.

We were in the best restaurant of New York which is owned and managed by us. This is the first time I am having no answer for a question on goal which I set for myself. As I was passing through the corridor of my restaurant, I saw people enjoying the meal and I can gauge the happiness on their face. Being a chef and owner of restaurant chain this is the best feeling in the world, but this time I felt something missing from this happiness. Now my happiness is incomplete and I also know the reason for the same but not knowing what to do to achieve my new goal and attain my happiness again. Soon I was driving my new red Ferrari, a latest

addition to my fleet of car, and was moving through the streets of Manhattan towards my home which is situated in Midtown Manhattan. There was cheerfulness and glow of happiness on the face of people passing by as the preparation and decoration for Christmas celebration is in full swing, streets and shops were beautifully decorated with colorful lanterns, bells, candy canes and Christmas trees. As I was rushing through all this, thoughts were crossing my mind, my life was flashing in front of me, my early days of schooling in Franklin D Roosevelt high school in Brooklyn, my graduation from Brooklyn college where I met Ryan, my passion for cooking, Ryan and I started blogging on food, my first blog “Cuisine around the world” became hit among food lovers, my victory in Executive Chef Competition and accomplishment of my long cherished dream to own Executive Chef Jersey, I joined Grand Hyatt New York hotel in Manhattan as Executive chef, met most beautiful girl of world at a marriage ceremony of Ryan sister and in that first glance my heart was no more mine, followed with a series of date with her, my lady love Julia and I were happily married couple, our first child a gorgeous girl and then a charming boy, I accomplished a status of a celebrity chef, then comes Ryan and mine first restaurant chain in New York city which soon has become most cherished restaurant between food lovers and in between all this I never realized, how fast time flew and my children grew up, all I realized was a passion for cooking and the search for perfect ingredient and flavors for my cuisines. I was doing great both professionally and personally, was rewarded everything in life with all my dreams being fulfilled. Then an incident took place which left me with a completely new goal of preparing an 8 course meal for the soul. It is not that I never had a feeling of something missing earlier in my life but at that point of time I knew what to do to

achieve my goal and complete my happiness. My car was going speedily and suddenly a brown color brick smashed into my car's side door! I slammed on the brakes and drove the Ferrari back to the spot where the brick had been thrown.

Almost burning with anger I then jumped out of the car, grabbed the nearest kid and pushed him up against a parked car, shouting, "What was that all about and who are you? Just what the heck are you doing? That's a new car and that brick you threw is going to cost a lot of money. Why did you do it?"

"The young boy was apologetic. "Please mister, please, I'm sorry, I didn't know what else to do," he pleaded.

"I threw the brick because no one else would stop" With tears dripping down his face and off his chin, the youth pointed to a spot just around a parked car. "It's my brother," he said.

"He rolled off the curb and fell out of his wheelchair and I can't lift him up. "Now sobbing, the boy asked me, "Would you please help me get him back into his wheelchair? He's hurt and he's too heavy for me."

Moved beyond words, I tried to swallow the rapidly swelling lump in my throat. I hurriedly lifted the handicapped boy back into the wheelchair, then took out my fancy handkerchief and dabbed at the fresh scrapes and cuts. I told him everything is going to be okay.

"Thank you and May God bless you," the grateful child replied to me.

Too shook up for words, I simply watched the little boy pushing his wheelchair-bound brother down the sidewalk toward their home. It was a long, slow walk back to the Ferrari.

I realized sometimes we go through life so fast lost in us that someone has to throw a brick at us to get our attention.

Don't go through life so fast that someone has to throw a brick at you to get your attention!

God whispers in our souls and speaks to our hearts. Sometimes when we don't have time to listen, He has to throw a brick at us.

It's our choice: Listen to the whisper or wait for the brick!

I reached home, my wife Julia and my daughter Sofia was having tea in the lawn, seeing me; Sofia asked, "Dad how was the day? Come, join us, how was Eric's play and Christmas function? We missed it."

"It was awesome, I really liked it", I replied. Julia and Sofia were away for Sofia's first song recording in California for last four days and have returned today morning only. Meanwhile I attended my son Eric Christmas function.

"Where is Eric?" I asked.

"He must be playing football with friends in back yard lawn," replied Sofia.

"How was your first song recording, I missed it a lot and was so excited to attend it, I am sure you people had a blast" I asked cheerfully.

"Dad, even I missed you a lot and it was amazing experience, in starting I was a little nervous but then as song recording started and time passed, I gained confidence and then I nailed it perfectly" replied Sofia with shine in her eyes.

"I just hope that it get good response from music lovers." she continued.

"Awesome, it will definitely get good response from music lovers, you have done lot of hard work for it

and I have full confidence in you” I replied with pride on my face.

Julia who was listening to Sofia and me till now with full attention, speaks up “Evan, you seem somewhat lost today, if anything troubling you? I think you need some break, you already achieved all your dreams and it is time to slow down a bit”.

“Dreams and desire are never ending; but I suppose you are right I need to slow down a little bit and take some rest while devoting my time for other important aspects of life as well, I will try implementing that in my daily schedule now” I replied.

“I do not understand completely what you said, but I am happy that finally you agreed to take some rest” said Julia.

Next day morning, when I reached my office in our biggest restaurant ‘Cayenne’ situated at Times Square, Ryan was already there and was waiting for me.

“Would you like to have a cup of coffee?” asked Ryan.

“Okay” I replied.

“Sorry dude, yesterday I was bit harsh.” said Ryan.

“No need to be sorry Ryan, you only mentioned the truth. Even I do not know how I will accomplish my new goal.” I replied.

“I keep thinking about your unique 8 course meal for the soul and come up with a good idea, you can write a book which entertain, enrich, nourish and tantalize the taste buds of the soul of readers, similarly to an 8 course meal which provide nourishment to our body, delight us and tantalize our taste buds.” Ryan continued.

A book!, I thought to myself, Although, I have written blogs on food but writing a book never comes to my mind, and I thought indeed it is a good idea. I thank Ryan for this wonderful idea and he left to his cabin. I

knew, only Ryan can help me out as he always do, he is an inspiration for me all through these wonderful years I first met him at the famous Nathan restaurant.

Now I was determined to write a book and in search for perfect ingredients and flavors for my most special cuisine till date, an 8 course meal for the soul. I was now eagerly waiting for evening so as to complete my work and then leave for home and start writing my book. It was a similar feeling of anxiety I used to have when I was dating Julia and eagerly awaits for evening. I used to complete my work and then rush to meet her. Holding hands of each other with our hearts beating fast we used to spend whole evening walking in and around central garden and Times Square, having dinner in a popular restaurant. Central garden and Times Square were our favorite meeting spots; beautiful memories of that time are still fresh in my mind.

In evening after completing my work I rushed to my home and after having dinner with my family, I went straight to my room. Finally I opened my brown diary and started writing my first chapter. In my mind I went back in time and was living my life again in search of perfect ingredients and flavors for my special 8 course meal for the soul; I started writing my first chapter 'Mathematics Teacher' which was an incident of Franklin D Roosevelt school where I was studying in eight standards.

It became a routine now, every day in morning I used to dress up, went to office, discuss about my book to Ryan with excitement over a coffee, then wait for evening, in evening after completing my work I used to rushed back to home and then pen down my next chapter. In this way I completed my whole book, my most cherished and unique goal an 8 Course Meal for the Soul.

2

Mathematics Teacher



“This is the toughest question and only few are able to solve this puzzle in whole world” said our favourite mathematics teacher.

I was in eight standards, studying in Franklin D Roosevelt High School in Brooklyn and was having high regards for him. His teaching style was very different from other teachers and everyone enjoy a lot in his class. He is a tall stature man with smile on his face always. There is a charisma in his personality and whenever he walks into class room the atmosphere become brighter and refreshing. I forget what my history or geography teacher taught me but all lessons taught by him are still fresh in my mind.

That day, he came in our class and divided our class into two groups of equal strength and makes one group sit in another empty class room. We all know that he is up to something exciting and we were all enjoying as usual. And then he wrote one mathematic question on board and mentioned we are having half an hour to solve this puzzle.

We all were thinking that we are in eight standards only and how come we will be able to solve this problem which only few in this world are able to solve. At that time we did not know that the same question is given by our mathematics teacher in the other class room as well where remaining half of our class students were sitting and there he mentioned that it is easiest question and fifth standard students also solved this easily.

I have almost given up, and then I remember my mother told me a story of a King and his four sons and strongly mention never to give up even though the goal seems to be completely out of our reach.

“Lord, all the four princes are equal in strength, courage and intelligence, as time is passing it is becoming difficult to choose one among them as the successor of your throne” says minister. King did also not know how to choose the most eligible among his four sons as all were equal and have all the qualities a king should be having. Then one day he took all his four sons to the most secure part of his fort a long chamber which is been locked from outside with huge lock. King open the lock of that gigantic gate and went inside while waiving his hand at his sons to come inside and asked them to follow him, after walking for some time they reached end of the chamber where all the treasure is been kept. The King looked into his son’s eyes that were looking with amusement at him, and then he says, “This is the most secure part of our fort and it is impossible to come out of this chamber if been locked in this chamber, now this is going to be the toughest test for all of you till date.” All princes were curious, what the next test would be? Then the king continued “You all four will remain in this chamber, I will go out of this chamber and then I will lock the chamber from outside. The one who will come out of this chamber first will be the winner” and been said this he left. All four princes were thinking how

it can be possible to open that huge lock from inside the chamber it is impossible. Then one of the prince get up and start walking towards the exit of the chamber as he reached the gigantic gate of the chamber he stand still for a while ,collected all his energy and give a push to that gigantic gate with all his energy and there stood that gigantic gate opened wide with a loud sound. The Prince walked outside while waiving at the king and ministers waiting outside to welcome the new king. The king was smiling as he know that he never placed a lock outside that huge door and that the next king would never surrender to any challenge how huge it will be and will give all hearted try to every challenge coming his way.

With new energy inside me and determination to give best try to every challenge, I start solving the puzzle. As I was progressing, I found that the puzzle was not that difficult as our favourite teacher told us and after 15 mins there I stood with my answer to the puzzle. I was now a proud student who resolved a puzzle which only few in this world were able to resolve. As half an hour completed we all submitted our test paper and the remaining half of our class students also joined us.

Now, our mathematics teacher said “I had given the same puzzle to the other half students as well and there I have mentioned that it is the easiest puzzle. It is no surprise that only two among twenty five students able to solve the puzzle were I portrayed it as hard and almost all the students solve the puzzle in the class were I portrayed it as easy”.

Never give up in life, give your whole hearted try to every challenge coming your way even though the challenge seems impossible and much beyond your reach and potential.

He further said “Roger Bannister was a well-known doctor in the UK who is passionate for running.

Whenever he get some time he practice running. At that time experts said for years that the human body was simply not capable of running a mile in 4 minute. It wasn't just dangerous; it was impossible.

Further experts hold that people had tried for over a thousand years to break the barrier, even tying bulls behind them to increase the incentive to do the impossible.

In the 1940's, the mile record was pushed to 4:01, where it stood for nine years, as runners struggled with the idea that, just maybe, the experts had it right. Perhaps the human body had reached its limit.

On May 6, 1954, Roger Bannister broke the 4 minute barrier, running the distance in 3:59.4. The amazing thing is that only two months after the collapse of the myth, another runner broke the record of Roger. Then some more runners did. Now, it's almost a routine. Even strong high-schoolers today run a mile in four minutes.”

Our teacher continued “Roger Bannister stands tall to inspire us to always give best try to every challenge coming our way and never give up even if people mention it as impossible and outside our reach.”

We all thanked our teacher once again for a wonderful lesson, we knew that this lesson will be going to remain with us whole our lives and keep us inspiring and motivating to give our best shot to every challenge we face in life.



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8 Course Meal For The Soul

8 Course Meal for the Soul is a story of a celebrity Chef Evan who lives in Manhattan, New York City. He fulfilled all his dreams of winning Executive Chef Jersey to become a renowned chef all these years from being a college graduate in Brooklyn College to an owner of most cherished restaurant chain in USA. He was living a happy life with wife Julia and his children Sofia and Eric until an incident took place which left him with a new goal of preparing 8 Course Meal for the Soul. His best friend and business partner Ryan helped him to accomplish his new goal. What follows is an inspiring journey of Evan who is in search of perfect ingredients for his 8 Course Meal for the Soul. We hope you will enjoy this very special cuisine of Evan and it will entertain and nourish you while tantalizing taste buds of your Soul and you savor the taste forever.



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