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3 Keys to an Amazing Indian Food Experience in Oslo

It's become common wisdom that Oslo is not only the center of Norwegian politics, but an increasingly iconic food destination famous for seafood and Nordic cuisine. What's less recognized is that Oslo is also rapidly becoming a center for global food. An amazing night on the town in this cosmopolitan city can just as easily have at its heart a foray to an [Indian restaurant](#) as good as those in London or even New Delhi. How do you create an unforgettable dining experience in Norway's capital centered on Indian cuisine? By keeping these keys in mind.

1. Fresh Ingredients and Compelling Spices

The most important factor in a great Indian food experience is the quality of the dishes themselves. [Indian food is a complex cuisine](#) that upends many of the expectations of diners who are accustomed to Western culinary styles. Even before opening a menu, you can begin anticipating the tasty meal to come by thinking about your options.

Indian cooking is first and foremost about combining fresh ingredients with unique spices and flavor profiles. Even if you're not a vegetarian, a deep dive into Indian dishes is the perfect opportunity to explore new vegetables and ways of preparing and featuring them — even in the main course! And at the same time, meat eaters can be assured that they'll find chicken, fish and other proteins as well.

Spices and curries (spice blends) often come to mind first when thinking about Indian food, and for good reason. But there are not only different kinds of spicy hot Indian dishes. Many preparations employ subtle spices and flavors, and ingredients often associated with desserts — like cinnamon, clove, cardamom and yogurt — are used across the menu.

2. Authentic Indian Regional Food Traditions

Another important consideration when planning for a night of Indian food is the fact that India is a large and diverse country with a wide variety of regions, [each with their own distinct food traditions](#). While there are an increasing number of chefs in the West who prepare food in the Indian style, there is no substitute for a chef and culinary staff steeped in authentic Indian food culture who have an intuitive understanding of how best to prepare it.

You may find a restaurant that focuses on a particular regional variation of Indian cuisine. For example, the southwestern Indian province of Kerala is famous for its fish and fruit while the northern province of Kashmir is heavily influenced by the food of the Himalayan mountains and is renowned for dumplings, lamb and stronger spices. An ideal restaurant can expose you to the traditions of many regions.

3. Ambience and Hospitality

A final key to keep in mind when setting up your Indian dining plans is that an enjoyable night out depends too on the ambience of a restaurant and the hospitality of the staff. Even where you visit is a crucial part of the overall charm.

Nothing complements an exotic and memorable meal like friendly servers and a welcoming environment. And an experience like this can be a great way to explore a new part of town, with a pleasant stroll with companions after your meal deepening your appreciation for this inspirational food as the unique flavors linger.

While Oslo restaurants will likely continue to be most famous for Scandinavian ingredients like fermented fish, buttermilk and pickled elderflower berries, Norway's capital is a richly complex metropolis where eager eaters can embark on global culinary adventures into the tastes of India. Keep the keys discussed here in mind — the food, the regional traditions and the ambience — and you'll be certain to satisfy your culinary cravings.