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REVIEW

Life is Yummy with Desserts



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Editorial



During Covid bakery industry has seen sudden rise in demand for healthy bakery products, consisting of healthy ingredients. Co morbidity among consumers, having lifestyle diseases like diabetes, high blood pressure and obesity, further resulted in opting for healthy bakery products.

A fondness for sweets is what endears desserts to the populace. This fondness for sweets is what makes desserts an obsession with people. Cover story talks about the love for desserts and analyses the modern concept of them being harmful to your health.

Today entrepreneur are opting for the value added dairy products like cheese, butter, ghee, etc. With the rise in demand for value added products there are more opportunities available in allied industry related to dairy industry, be it equipments, ingredients or packaging. Business story take a look on all segments of the industry available for the enterprising entrepreneurs who desire to enter this industry.

Burger has emerged as a popular fast food product in India's vibrant eating out culture. And the popularity of burger in post-modern India is not expected to have a significant dent even in the post lockdown times. Feature story dwells upon the rise in burger market in QSR segment of India.

All bakery range and goodies should have a Wellness Quotient so that they support a healthy lifestyle and helps in boosting immunity. Trends story take an industry view on how consumers will continue to become more health conscious and look for more natural products

To appease the taste buds of their health-conscious clientele, hoteliers & restaurateurs are opting for walnuts. Ingredient section tells how walnuts add flavour to every course from savoury appetisers to hearty entrées and desserts. In dairy section find out how curd is being consumed in almost every part of the world with variations in forms and taste, since time immemorial.



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Milk Magic Enters Indian Consumer Market

Jayshri Gayatri Food Products (JGFP), one of the leading dairy product manufacturers in the Central India, has now forayed into the Indian domestic consumer market with its dairy products brand 'Milk Magic'. The company has a strong foothold in the B2B segment of the domestic as well as the export markets over the years.

Constantly delivering to the high-quality standards of the export markets and an overwhelming acceptance from the global consumers, JGFP saw a huge potential of penetrating in the Indian domestic consumer market with a wide product basket under its brand 'Milk Magic' in the states like Madhya Pradesh, Chhattisgarh, Rajasthan, Orissa and Telangana among others in the first phase.

The product range includes the fresh and frozen varieties of Paneer, which is one of their most popular product offerings, Butter - salted & unsalted varieties, Pure Ghee variety, assortment of Cheese, Khoya, and Indian sweets such as Gulab Jamun, Rasgulla, Rasmalai and Kaju Katli.

Kishan Modi, Managing Director, Jayshri Gayatri Food Products (JGFP), expressed, "The household demand for dairy products saw an exponential rise due to the pandemic led lockdown imposed in India. However, due to the supply chain interruptions many national brands were unable to fulfil this heightened consumer demand. We saw this as a huge opportunity to penetrate our dairy products range in the domestic market as the consumer was now open to try out local/regional brands that were easily accessible to them during this period."

"JGFP has been producing hygienic and high-quality dairy products acceptable in the overseas markets for over seven years. We were confident that the Indian consumers will like our products and as anticipated we started to get repeat orders," he further added.



Milk Magic will be subsequently launched in Karnataka, Tamil Nadu and Kerala and later in phase 3, it will enter Maharashtra, Gujarat, Punjab, Jammu & Kashmir, Uttar Pradesh, Himachal Pradesh and North Eastern states as well. The company has robust plans to build its own distribution channel with hubs at each City followed by retailing outlets. The state-of-the-art dairy products manufacturing facility at Sehore - Madhya Pradesh, presently processes 4 lacs litres of milk per day to produce high-in-demand dairy products such as fresh and frozen varieties of Paneer (25 MT capacity), Butter (30 MT capacity), Whey Powder (15 MT capacity), Cheese variants (20 MT capacity) and Skimmed Milk Powder (30 MT capacity) on a daily basis. The company is setting up another new plant with modern dairy equipment for manufacturing of Salted Table Butter (2 MT Per Hour capacity), Mayonnaise (1 Ton Per Hour capacity), Table Margarine (1 Ton per Hour capacity), along with a Cold Storage with 800 BPD capacity.

Bikano Launches Multigrain Chips in Two Appetizing Flavours

Bikano has launched two variants of multigrain chips for health conscious food lovers and patrons. Fresh on the heels of coming out with a flurry of gift hampers for the recent Diwali dhamaka, India's most loved food company has kept the celebratory spirits 'high' with this launch.

Under the brand name Treatos - an apt moniker signifying giving oneself a great treat - Bikano has positioned the multigrain products, named Chatak Masala and Tangy Tomato, as a healthier alternative to the conventional potato chips. Bringing together the goodness of an assortment of grains including rice, wheat, corn and pulses, the brand aims to give the food lovers the sheer joy of savouring the crispiness and crunchiness in terms of taste of regular potato chips while also taking care of their nutritional requirements. In terms of pure taste, whereas Chatak Masala caters to the taste of those with a craving for the hot, spicy and the peppery, Tangy



Tamato is a tomato-based sharp-flavoured mouth-watering offering for those with a palate for the piquant who often like their taste buds to be challenged and excited.

Mindful of the sensitivities of customers, at the same time, the products have been launched at fairly modest price points. Both the product variants have been launched at a convenient price point of Rs. 5 only.

"With more and more people increasingly becoming health conscious and wanting to opt for healthy and nutritious snacks, there has been a latent demand for healthy snack products which could be similar in taste and texture to the widely popular potato chips. We wanted to meet that demand by coming up with these two multigrain chips products. While Chatak Masala is a classic spicy savoury in a healthy form, Tangy Tomato again offers a nutritious alternative to traditional potato chips," explained Manish Agarwal, Director Bikano.

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Bakels India Opens New Baking Centre

Bakels India's newly opened Baking Centre at Mumbai is an innovative "experiential space" that will enable Craft, Artisanal, and Industrial Bakers to get the best out of a creative environment to develop & test new product concepts using a broad array of Bakels' world-class ingredients. Spread across 5000 sq.ft., it will also serve as the new headquarters for Bakels India. It joins the elite group, becoming only the 9th baking centre in Bakels worldwide.

A large office, a separate meeting space and a baking centre create a pleasant workspace. The meeting room which can accommodate a large group for meetings and presentations, also provides an excellent view of the adjacent baking centre.

The baking centre is fully equipped to demonstrate all aspects of bakery products - bread, cake and confectionery. Customers can engage in live baking sessions with facilities for co-creating recipes jointly with Bakels' skilled team of hands-on chefs.

In addition, an R&D facility aids in testing and developing products.

According to Gaurang Bhasin, President Sales & Marketing, "Our partnership with customers goes further than just products. Our Baking Centres provide facilities for



Gaurang Bhasin



customers to both train their staff prior to product launches and offers guidance and support post-launch. From small craft/artisan bakeries running small batch trials to large retail customers requiring the training of their bakery staff, our Baking Centres provide the complete solution for customers to grow their business."

Cha Bar Opens New Outlet in Kolkata

Cha Bar, the first of its kind urban contemporary space that created a rage in Kolkata in the year 2000, turning tea from a dry page in history to a lifestyle drink, opens its second outlet at Allenby Road, Kolkata. Following the success of its flagship outlet in Park Street, Kolkata, the new Cha Bar offers an extensive range of teas and cultural preparations besides a wide range of delicacies.

Cha Bar at Allenby Road is spread across 900 sq. ft with its stylishly designed ambience. A classic combination of regal black and white with sleek interiors, make the new outlet look fresh and luxurious. Spaciously curated with a blend of modern architecture and heritage essences, Cha Bar is all set to take its customers on a deluxe gastronomic ride, making one spoilt for choice with an assortment of teas blended and prepared with precision after exhaustive research; served with personalized and informed service.

The new Cha Bar offers the signature Cha Bar menu including more than 150 varieties of tea ranging from Organic, Herbal, Bubble Teas, Arabic, Chinese, Japanese, Moroccan, Russian, Sri Lankan, South African and Thai Teas. The food menu brings the best of Kolkata and the world with the crowd-puller Fish and Chips, Fresh Salads, yummy Keema Samosas and a variety of cakes to lure in the sweet-lovers. As an introductory offer, customers will be given a complimentary cup of Cha Bar's famous Masala Cha with every order.

Today, Cha Bar has its multiple outlets in Bhubaneswar, Kolkata, Noida, Mumbai and New Delhi. To complement the collection of Teas, Cha Bar offers a wide selection of Ala Carte savories along with fresh wholesome salads, finger foods, classic English Tea Sandwiches and other bakery items.



Slurrp Farm Rolls Out Cake Mixes

Slurrp Farm, kids' food brand, has introduced an exciting new product range of four cake mixes. Demonstrating their commitment to encourage healthy eating amongst kids and their loved ones, the new cake mix range is preservative free, maida free, with no artificial colors or refined sugar. Available in four variants, including Fudgy Chocolate Brownie, Chocolate, Coffee, and Vanilla, these cake mixes are easy to make, saving health conscious mums and home-bakers from the hassle of combining heaps of ingredients. To ensure guilt-free indulgence, these cake mixes are made using multi-grains such as Oats, Jowar and Amaranth, and come with a sachet of unrefined raw brown sugar as an optional sweetener.

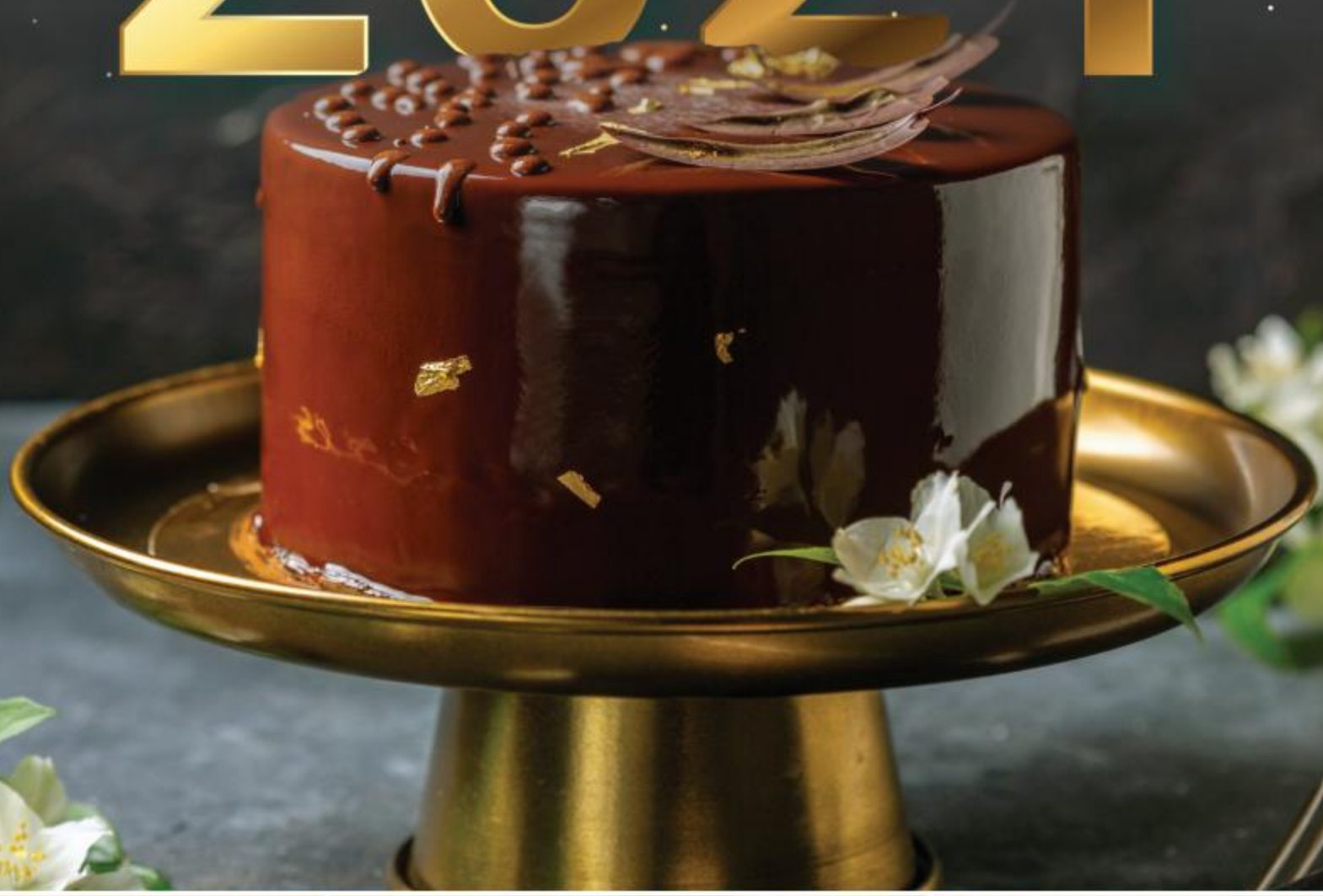
According to Shauravi Malik & Meghana Narayan, Co-founders, Slurrp Farm, "The recent lockdown witnessed home baking as an emerging trend with families trying their hand at baking, however it continues to be a tedious process and growing health concerns hold us back from indulging in all things sweet. Taking inspiration from the scenario, Slurrp Farm took the leap, and decided to create a healthy yet tasty shift."



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Realta Ventures Acquires London Bubble Co.

Realta Ventures has announced the acquisition of premium Waffle brand, London Bubble Co. The expansion coheres with the company's vision to make the waffle studio one of the best quick-service restaurants across India and drive the 'short-grub' culture among new-age diners. The strategic move is expected to revive the three-year old pioneer Waffle brand.



Mustakeen Sheikh

This acquisition also paves the way to expand and innovate across the length and breadths of the country as London Bubble Co. enters a strategic alliance with Café Coffee Day, a homegrown retail cafe chain. LBC's shop-in-shop business model with CCD will enable it to scale up its footprint in the country and is touted to be the largest partnership with presence across 150 outlets of CCD's café network. With an aim to provide the perfect 'Waffee' (Waffle & Coffee) moment, guests can enjoy the heavenly pairing of artisanal coffees with scrumptious and loaded waffles.

Launched in 2017, London Bubble Co. has become a staple for Waffle lovers across the country. Previously at 74 outlets spanning across 10 states, the brand will now boast of retail visibility across 24 cities. India's café culture has grown exponentially in the past decade and now it is ready to incorporate more in its repertoire. Waffles offer the perfect opportunity for India's work weary young population to socialize, celebrate, and foster friendships in a truly global manner. This partnership will also help popularize waffles as a dessert in India's tier 2 and tier 3 cities, creating a strong footprint for LBC in non-metro cities. With this wider network, LBC also aims at driving up continued scalability and accelerating its demand to achieve its assessed revenue projections in trailing months.

LBC will also have an all-new menu fostering guilt-free indulgence. With 'unforgettable' flavors forming the bedrock of its offerings, it will serve only oil-free waffles with increased focus on taste, freshness and flavor.

Commenting on the acquisition and the partnership with CCD, Mustakeen Sheikh, CEO and Promoter, Realta Hospitality said, "We are delighted to include London Bubble Co. under Realta Ventures' portfolio. We've entered into a distinctive position in an evolving market segment with strong prospects for growth.

We are looking forward to taking an already established brand and accelerating its pace by providing unmatched services and quality products at economically revised price points. Our partnership with Café Coffee Day is one such way to make inroads into new markets and bridge the gap

between urban and non-urban population with pocket-friendly desserts that perfectly pair with coffee, all under the same roof. This opportunity presents a new wave of shared brand experience while also expanding our customer reach."

Vinay A. Bhopatkar, CEO, Café Coffee Day said, "Thanks to the millennials and people exposed to global cuisines, there is a whole new culture around exploring food in India; CCD has been at the forefront on innovating on Food and launching new trends through its cafes. Waffles have emerged as the Instagram generation's one of the most loved dessert in recent times, indicating a tremendous shift in the urban Indian sweet palate. We are positive that this partnership will add another interesting inclusion to the CCD menu, giving our patrons more reasons to visit their favourite café. It is also a transformative experience for CCD in terms of scale in an on-trend industry. LBC's diverse offerings have forged a unique appeal and identity that will create a new dimension of dessert pairings for CCD and deliver immediate value to our customers."

With this acquisition, London bubble Co. promotes 'the new us' which includes a freshly curated menu, refer and earn policies, and other significant additions. From rich chocolates and bottled milkshakes to flavorful pre-packed ice-creams, the carefully curated new menu has launched exciting options for people to enjoy on-the-go. It has also kept in mind evolving health conscious lifestyles and introduced healthier waffles. New dairy-free milkshakes are also on offer for the new-age vegan and flexitarian consumer. Known for its variations, LBC is adding to their expansive range of bubble and pocket waffles, with new stick and dutch Stroopwafels on offer. These developments under 'the new us' concept have been rolled-out with the vision to make LBC an inextricable part of the country's waffle lexicon.

Nutritive Cherries from Chile



The Chilean Cherry Committee of the Chilean Fruit Exporters' Association (ASOEX), alongside the Chilean Embassy in India and the office of the Chilean Trade Commission - ProChile, has launched the very first generic promotion campaign in India to introduce this delightful fruit - Cherry - to the discerning health-conscious Indian consumers.

To mark the mega launch, Mr. Juan Angulo M, Ambassador of Chile to India inaugurated a promotion campaign at Foodhall, Chanakyapuri. The retailer had set up an attractive display of Chilean Cherries and reported good sales.

Speaking on the occasion Ambassador Angulo remarked that, "The Chilean cherries are prized for their flavour and superior quality and the country is one of the largest exporters of cherries in the world. The fantastic taste of the juicy, sweet pulp of these cherries is loved by consumers across the world and I am delighted to see them in India."

Speaking on the India campaign for Chilean Cherries, Sumit Saran, In-Country Marketing Representative remarked, "We foresee immense potential of Chilean Cherries in India. Production of Cherry in Chile is 100% counter seasonal to Indian cherry production that happens in June/July. Chilean cherries will be in the market in December and January. It is a perfect time for a fruit like Cherries, as demand is high for Christmas, New Year and the festive period of Pongal, Valentine Day etc. Our campaign is called Cherry-sh Every Moment and we have chalked out an extensive retail strategy to take this delicious fruit to discerning Indian consumers across the country. These cherries will be available both with retail fruit sellers and e-commerce platforms," Saran added.

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Life is Yummy ... with Desserts

Be it chocolates or cakes, sweets are always a favourite with people of all ages. Sweets have been a weakness with people from primordial days. A fondness for sweets is what endears desserts to the populace. If one looks at it scientifically, one finds that it was probably a fondness for sweets that gave people, in history, the energy and, possibly, saved their lives. Being able to taste sweetness might have helped our ancestors to identify energy rich food, which played a critical part in their survival. This fondness for sweets is what makes desserts an obsession with people. **Ashok Malkani** examines the love for desserts and analyses the modern concept of them being harmful to your health. He also looks at the trends during the New Year.

The quintessential day dedicated to lovers (Valentine's Day) is almost here. Celebrated with roses, chocolates and sweets it is the day that endears you to your sweetheart, when you offer her sweets with the message: Sweets for a sweet!

Sweets are a weakness with several people. When it comes to sweets, the maxim followed by almost everyone is: Never say Never. No wonder desserts are extremely popular with all age groups. No wonder Ernestine Ulmer said "Life is uncertain. Eat dessert first."

Desserts make you feel relaxed. After all stressed is desserts spelled backwards! No wonder even during the corona virus it is found that people are busy baking sweet dishes. Almost all agree that a meal is incomplete without dessert.

Asif Iqbal, Executive Chef, Holiday Inn Chennai OMR IT Expressway, states, "A meal is never complete without a dessert so, a Chef's service is never complete without serving it. Most of the guests who are on diet have options in plenty for some sugar free & jaggery based desserts. So, it does become an important part of the meal."

Anirudh Amin, Chef de Cuisine, Four Seasons Hotel Bengaluru at Embassy ONE, asserts, "Desserts have always been an important part of the meal for guests as well as general public in various cultures. The urge to end the meal with a dessert has been the norm for ages. One also cannot discount the influence of social media in our lives and there is no better example of an instagrammable food item than a dessert."

Rajat Sachdeva, Pastry Chef - Sofitel Mumbai BKC, declares, "Desserts are not only becoming more and more popular as part of the meal, but I feel they are also the most important part of a person's meal as a feel-good factor to make life sweeter and happier. Sweet snacks increase our production of the so-called hormone of happiness and their presence on the menu makes us feel satisfied after a meal. The desire to improve your mood by ingesting sugar can also be a positive factor that leads to making a person feel happy and content."

Mayur Ramachandran, Executive Chef, Holiday Inn Bengaluru Racecourse, avers, "Desserts have always been an integral part of everyday meals. Right from maintaining its first placement on a Plantain leaf to being the showcase on 16th Century French Dinner tables, they have always been integral to

custom, traditions and also to display pomp and grandeur. Before sugar became easily available to masses, honey and jaggery were used in abundance to sweeten food products. No meal is complete without its share of sweet."

History

A meal is considered to be incomplete without a dessert. But it may be mentioned that, according to food historians Deborah Krohn and Yotam Ottolenghi, the present day desserts have existed since the seventeenth century.

But sweets were fed to gods in Mesopotamia and ancient India and other ancient civilizations much before that.

The word dessert originated from the French word *desservir*, which means "to clear the table". Its first known use was in 1600.

Mayur maintains, "Early Sanskrit text dating back to 550 CE have mentioned the used of "Sakkara" for rituals. Even Deities have had favourites, with Lord Ganesh being fond of Modak, Lord Hanuman fond of Laddoos and Lord Krishna fond of Kheer. The mentions of sweets in our culture have been innumerable. Ayurveda texts have shown the association of consuming sweets with maintaining a healthy energy balance in the body."

He adds, "Desserts/Mithai/Sweets have been mentioned in some of the earliest books known to man. Charaka Samhita (Dated around 100BCE to 200 BCE) speaks about the importance of diet and nutrition and also the role of sweets in them. They have been intertwined in our lives to such an extent that one can't really lay a finger on how the

desserts/sweets began in India."

Asif states, "Sugarcane has been grown in the Indian subcontinent for thousands of years, and the art of refining sugar was invented there 8000 years ago (6000 BCE) by the Indus Valley Civilisation. The English word "sugar" comes from a Sanskrit word *Sharkara* for the refined sugar, while the word "candy" comes from Sanskrit word *khaanda* for the unrefined sugar- one of the simplest raw forms of sweet. Over its long history, cuisines of the Indian subcontinent developed a diverse array of sweets. Some claim there is no other region in the world where sweets are so varied, so numerous, or so invested with meaning as the Indian subcontinent."

He adds, "Mithai (sweets) are the confectionery and desserts of the Indian subcontinent. Thousands of dedicated shops in India sell nothing but sweets."

Anirudh disclosed, "Sushruta Samhita which is a Sanskrit text on medicine and surgery mentions records about sugar being produced from mahua flowers, barley and honey. Sugar-based foods were also used in temple offerings as bhoga or prasadam for the deities which, after the prayers, became a holy offering for devotees and visitors to the temple."

"The custom of sweets in the Indian subcontinent has been traced to at least 500 BCE when, records suggest, both raw sugar and refined sugar were being produced. By the Gupta dynasty era (300-500 CE), sugar was being made not only from sugar cane, but from other plant sources such as palm with official documents of acknowledging five kinds of sugar."





Mayur Ramachandran



Rajat Sachdeva



Asif Iqbal



Anirudh Amin

Rajat reveals, "Sweets were fed to the Gods in ancient Mesopotamia and ancient India and other ancient civilizations. Dried fruits and honey were probably the first sweeteners used in most parts of the world, but the spread of sugarcane around the world was essential to the development of dessert. In certain parts of India, these are called "Mithai" or sweets. Sugar and desserts have a long history in India, wherein by about 500 BC, people in India had developed the technology to produce sugar crystals. In the local language, these crystals were called "Khanda", which is the source of the word candy.

Health Consciousness

Desserts are, at their core, an indulgence. With health consciousness on the rise there seems to be hesitation on the part of diners to partake in this course during the meals. Some are of the belief that deserts should be had before the meals not at the end of the meal. This has added a unique spin to this delicacy.

Would health consciousness decrease demand for desserts?

Asif is of the view that taking a few bites of dessert before eating your vegetables helps you absorb vitamins and nutrients better – and that's a good thing when it comes to your health. The other advantage of eating dessert first is it delays gastric emptying. This causes you to feel fuller quicker – so you'll eat less."

"But," he adds, "It is not so common amongst all yet since they follow tradition of meal with their courses."

He continues, "As far as health consciousness affecting the consumption of desserts is concerned, sugar is had in different formats at all times. Open a soft drink and you have consumed sugar! It doesn't take an expert to see that our modern sugar intake is more than it was in our foraging days. And so far, scientists have had a difficult time proving how it affects our health, independent of a diet too high in calories. A review of research conducted over the last five years summarised that a diet of more than 150g of fructose per day reduces insulin sensitivity – and therefore increases the risk of developing health problems like high blood pressure and cholesterol levels. But the researchers also concluded that this occurs most often when high sugar intake is combined with excess calories, and that the effects on health are "more likely" due to sugar intake increasing the chance of excess calories, not the impact of sugar alone.

"Meanwhile, there is also a growing argument that demonising a single food is dangerous – and causes confusion that risks us cutting out vital foods."

Mayur maintains, "Sugar/Sweet is associated with maintaining a healthy metabolic activity in the body. In our tradition, we've always started with a kheer/Payasa on the plantain leaf and then made our way towards the more savory items. The sweet taste acts quickly on the taste buds and activates the brain cells to release more saliva. Eating the sweet item first enables the flow of digestive secretions.

"I think, consumption of desserts won't go down, but the form of desserts will change. The healthy population is slowly moving towards more natural form of sweeteners like stevia, dates and honey and avoiding refined forms of sugar. People are becoming more conscious of what goes into their body and how it affects them. I am in no way attempting to say sugar is bad, but too much of anything is definitely not good for one's body."

Anirudh avers, "As per Ayurveda having sweet right at the start of your meal is said to activate the taste buds. Having them right at the end can put off the digestive process. It may cause fermentation and indigestion due to the acidic secretions. This could also trigger gas formation and bloating. To counter these effects, Ayurveda suggests that one must start with something sweet at the outset, followed by something sour and salty in the middle, and finally something spicy or astringent. Having spicy food in the end helps douse the Kapha dosh (earth), while something sugary at the start takes care of the Vayu (wind) imbalance. This Concept has still not caught on fully as the general mind-set of Indian eating habit is to have the dessert after the main meal. However, in recent times people have become more mindful about their health and therefore have begun to relook into their eating habits aided through scientific research and also referring to the age old Ayurvedic practices to influence or rather redefine their eating habits."

He adds, "With people becoming health conscious, the trend of dessert consumption has shifted focus from the refined sugar to more healthy alternatives like Honey, Palm Jaggery, Dates, Coconut Sugar and Maple."

Rajat is also of a similar view. He says, "Taking a few bites of dessert before eating your vegetables helps you absorb vitamins and nutrients better – and that's a good



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thing when it comes to your health. The other advantage of eating dessert first is it delays gastric emptying."

He continues, "Eating unhealthy ingredients can cause weight gain. Rates of obesity are rising worldwide and added sugar, especially from sugar-sweetened beverages is thought to be one of the main culprits. High-sugar diets have been associated with an increased risk of many diseases and have also been linked to acne, diabetes and heart diseases. Foods high in added sugar quickly spike blood sugar and insulin levels, leading to increased energy. Hence chefs and the dessert industry are more focussed on healthy products that are sweet and enjoyable to eat, and yet sugar-free/gluten-free/vegan/low calories, etc. that make life healthy to save the consumer from various diseases."

Modern Belief

Almost everyone believes that desserts are harmful to health. Read any fitness or health magazine and you are bombarded with facts about why sugar is bad, or the only way to live a healthy lifestyle requires cutting out dessert.

But if you have a sweet tooth, like this writer, you would realize that life wouldn't be the same without desserts. But don't be dismayed, there is hope for dessert lovers everywhere. Contrary to popular belief, desserts can have certain health benefits.

Rajat, reveals, "There are numerous reasons why you should have desserts. They are:

- Desserts like pancakes are good for breakfast. Believe it or not eating desserts for breakfast could also help non-diabetic obese people lower their weight
- Consuming products such as a little bit of dark chocolate everyday can actually help reduce the risk of a stroke in the long run, as well as reduce your blood pressure
- Most importantly, it makes life more enjoyable, as eating desserts immediately puts you in a Good Mood, which makes your day go better and, in turn, makes you healthy, as it also makes you a happier person and a better human being."

Mayur maintains, "All foods are to be eaten in moderation. Desserts and sweets provide positive energy to an individual and are associated with the release of happy hormones (Serotonin and oxytocin). A balanced intake leaves you positive, energetic and satiated."

Asif asserts, "Desserts lower stress. As stress is one of the greatest hidden barriers

to good health, desserts would thus add to your overall well-being."

Trends for 2021

The year 2020 was considered to be bad in almost every aspect. However, for people who love to cook and bake, it was a year that offered them an opportunity of a lifetime as they could indulge in cooking to their hearts' content. As we enter 2021, Bailey's Treat Report, compiled by Baileys with leading food futurologist, Dr. Morgsan Gaye and several global treat makers and lovers, predict that 2021 will be a memorable year or those with a sweet tooth.

Rajat is cautious in his comments. He states, "According to me, the way consumers will eat and drink in 2021, doesn't quite seem the same as before. The global Coronavirus pandemic has had a profound impact on F&B trend predictions heading into 2021, as people nowadays prefer to cook and eat at home. While the year 2020 has been all about elaborate flavours and fusion desserts, the upcoming year is sure to see some of the healthier ingredients being carried forward.

"The current trend is more about showcasing originality with well-established flavours and products. One such flavour that is taking the dessert and bakery industry by storm and has gained much popularity is burnt butter. Apart from this, the other big flavours include those that syndicate traditional sweets along with savoury in order to play with our taste buds. For instance, Ashwagandha Chocolates, Chocolate Cupcakes with fresh Mint Buttercream, Lemon and Rosemary Drizzle Cake, Ginger and Turmeric-infused Cookies, Cinnamon Oatmeal Ice Cream, Green Tea Frozen Yogurt, or Scones filled with Cardamom-infused Cream.

"Savoury desserts are the next sensation. Sesame Macarons, Black Pepper Ice Cream, Chocolate Chili Pies, Salted Caramel, Tabasco Lava Cake and flavours like Guava Chilli in ice creams and popsicles have been appreciated and relished.

"The traditional botanical and floral flavours such as elderflower, violet and lavender, basil, bergamot, clementine, rose and hibiscus are also being seen in a variety of products. In the subsequent years, these will be seen incorporated in cakes and other bakes. Examples include Clementine Cupcakes with a Basil Ganache or a Pistachio Cake with Rose and Hibiscus Syrup."

Anirudh avers "The Pandemic has brought into focus healthy ingredients and food to strengthen the body immune system and

food recipes being created around these ingredients. It could also set a trend of opting for healthy alternatives to sugar, in coming times. Since Locavores are on the rise, there is a pride of place for seasonal, local and foraged ingredients making their way into recipes to promote sustainability and freshness. There has been an emergence of Vegan Desserts. Beautiful looking desserts are in today's terms "Instaworthy". People have observed a slant towards artisanal desserts, since home chefs and bakers have been on the rise, especially during the pandemic."

Mayur maintains, "With a complete lockdown in 2020 and people's movement restricted and lower activity levels, a lot of people have been impacted health wise. Lot of people will move towards the usage of natural and organic materials to regain their earlier forms and shapes. Chickpea flour and Carob are touted as the next big things. Use of natural sweeteners like Allulose and Stevia will see a sharp rise. There will be a rise of a lot of interesting combinations of bitter and spice paired with chocolate. Focus will remain on providing a refreshing take on age old concepts."

Asif asserts, "Taking into consideration that modern-day consumers are prioritising their well-being, bakery and gourmet industry has been experimenting with wholesome flavours and ingredients, alongside turning to functional or plant-based foods and twists on classic products to avoid menu fatigue. With consumers keen on replicating restaurant experiences at home, one can expect to witness more wholesome gourmet condiments, cooking sauces and cocktail mixes. For instance, ashwagandha, smoked watermelon and maple sauce, sea salt and frozen yogurts."

He adds, "According to me the trends shaping the province of deserts and sweet savouries for 2021 will be as follows:

Age-old ingredients like Kuttu, Amaranth, Nachni and Bajra flour, will double up in usage in the upcoming years. Seaweed and ashwagandha are also finding an increased usage in the dessert industry alongside probiotics with gut augmenting properties which have created a space for themselves. Gluten-free options in traditional breads, pastas and gluten-free flours like buckwheat, rice flour, tapioca and almond flour are finding their way into the making of bakery products and desserts. Dairy-free cheese will witness an increase in demand and plant-based proteins will continue to advance in the market.

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Vegetable-infused wholesome desserts are also taking the industry by storm, for instance, delectable desserts like carrot kheer, beetroot pastry and green peas kheer are savoury trends worth rooting for.

Asian flavours particularly Japanese, lend bakers the prospect to try some unusual flavours, for instance, wholesome bakes like Japanese black vinegar cupcakes filled with yuzu curd or apricot and wasabi muffins are trending. Some new additions that will be seen dominating menus are Japanese mochi, Pandan crème Brulee to a matcha Japanese

cotton cheesecake.

The pandemic having made us spend most of the time being confined at home, it is expected that consumers will seek traditional comfort foods that will satisfy their taste buds lending a feeling of home. This trend will peak in subsequent years. Indian sweets inspired desserts like Motichoor Ladoo cake jar, Ras malai cake, barfi cupcakes, Jalebi crème Brulee, Kala Jamun chocolate truffles, white chocolate parfait, RabdiPanna Cotta, and more will be seen ruling the menu.

This trend is all about taking classic

flavours to a new level by adding small twists to recipes to provide something diverse. For instance, in the case of salted caramel, experimenting with various savoury takes or twists to the ingredients is an exceptional route to take. Getting experimental with salted caramel could be in the form of an added flavour in an indulgent bake with a diversified format like a Salted Caramel Brownie Pie or Salted Caramel Frangipane Pear Tart. This ingredient can also be added to bakes with coffee flavours or can be paired with honeycomb to lend a finishing touch."

Recipes

Gluten-Free Hazelnut Magnum

Ingredients

For sponge

Sugar	292 gms
Water	180 ml
Unsalted butter	288 gms
75% Dark chocolate	432 gms
Whole eggs	5 nos
Egg yolks	2 nos
Salt	To taste

For Cocoa Mixture (to dip the Sponge)

Cocoa butter	150 gms
Milk chocolate	500 gms
Roasted hazel nuts	100 gms

Method

To make Cocoa Mixture: Melt Cocoa Butter and Milk Chocolate in a bowl. Crush the roasted Hazelnuts and add to this mixture

To make the Sponge: Heat sugar and water together in a pan. To this, add melted unsalted butter and melted 70% dark chocolate. Now mix the egg yolks first and then add the whole eggs. Take all the ingredients that are now mixed together and pour in a pan that is lightly greased with butter or oil to avoid sticking. Pre-heat your oven to 150 degrees Celsius and place the above mixture in the oven for 1 hour. Below the dish, place a pan of water to provide steam while baking. Once the sponge is done, cut into desired shape and coat it with the Cocoa Mixture before serving.

Rajat Sachdeva, Pastry Chef – Sofitel Mumbai BKC

Saffron Rice Panna Cotta, Pistachio Coconut Ice Cream, Rose Brittles

Ingredients

Cooking cream	200grms
Milk	50ml
Sugar	40grms
Gelatine	6grms
Rice flour	6grms

Saffron	1 pinch
Pistachio	10grms
Rose petals	4pcs
Isomolt sugar	100grms

Method

Saffron rice pudding pannacotta: Warm cream, milk and castor sugar together once sugar melt add rice powder and saffron and mix well, cool it and put it in mould and keep in refrigerator.

Pistachio coconut cream: Take fresh coconut milk, add little coconut powder and castor sugar, simmer till ingredient mix well ,add pistachio powder and cool it.

Rose brittles: Take a pan and add isomolt sugar, rose water and cream, melt it till it reached to 140 degree Celsius add fresh rose petals mix and spread on silicon mat.. let it cool
Plating: Take a plate, de-mould saffron rice pudding pannacotta and keep in center of plate, pour coconut cream around as shown in picture, sprinkle rose brittles and pistachio crushed and garnish with gold berk

Asif Iqbal, Executive Chef, Holiday Inn Chennai OMR IT Expressway

Almond Berry Tart

Ingredients

For Sweet Dough

Butter Unsalted	1.2 Kg
Castor sugar	0.650 kg
Refined flour	1.850 kg
Whole egg	0.2 kg
Vanilla paste	0.005 kg
For Almond Cream Butter Unsalted	0.4 kg
Castor sugar	0.320 kg
Whole egg	0.160kg
Almond powder	0.320 kg
Refined flour	0.032 kg
Vanilla paste	0.002 kg
Salt	0.002 kg
Frozen mix berries	0.1 kg

Method

Sweet Dough: Take Cream, butter and sugar. Add eggs and vanilla paste gradually. Slowly add on the refined flour. Do not over mix. Once the dough is ready, chill it.

Almond Cream: Mix Cream butter and sugar until fluffy. Add eggs and vanilla paste gradually. Mix and add all dry ingredients together (flour, almond powder and salt). Once the cream is ready just fold in the frozen berries.

Assembly: Roll out the sweet dough at 3mm thickness and line your tart mould. Fill in 2/3 of the mould with almond cream. Bake at 180 degrees Celsius for 24 minutes until golden brown. Demould and serve in wedges.

Anirudh Amin, Chef de Cuisine, Four Seasons Hotel Bengaluru at Embassy ONE

Berry Pannacotta Sugar Free

Ingredients:

Cold water	25 ml
Unsweetened gelatin powder	25 gms
Boiling water	50 ml
Heavy cream	200 ml
Vanilla extract	5 ml
Sugar substitute equal to 1/4 cup sugar (Stevia)	
Fresh berries or berry compote	30 gms

Method

1. Sprinkle the gelatin powder on the cold water and let soften for several minutes. Then add the boiling water and stir until gelatin is totally dissolved.

2. Heat cream and add the Stevia or sugar free sweetener and dissolve.

3. Combine dissolved gelatin with the rest of the ingredients. Stir to mix completely, and taste. Adjust flavors to your liking. Then allow to cool.

4. Pour mixture into custard cups, ramekins, or glasses. You could add berries in this step or serve separately later when set.

5. Chill completely — it will take 3 to 4 hours until completely set.

Mayur Ramachandran, Executive Chef, Holiday Inn Bengaluru Racecourse

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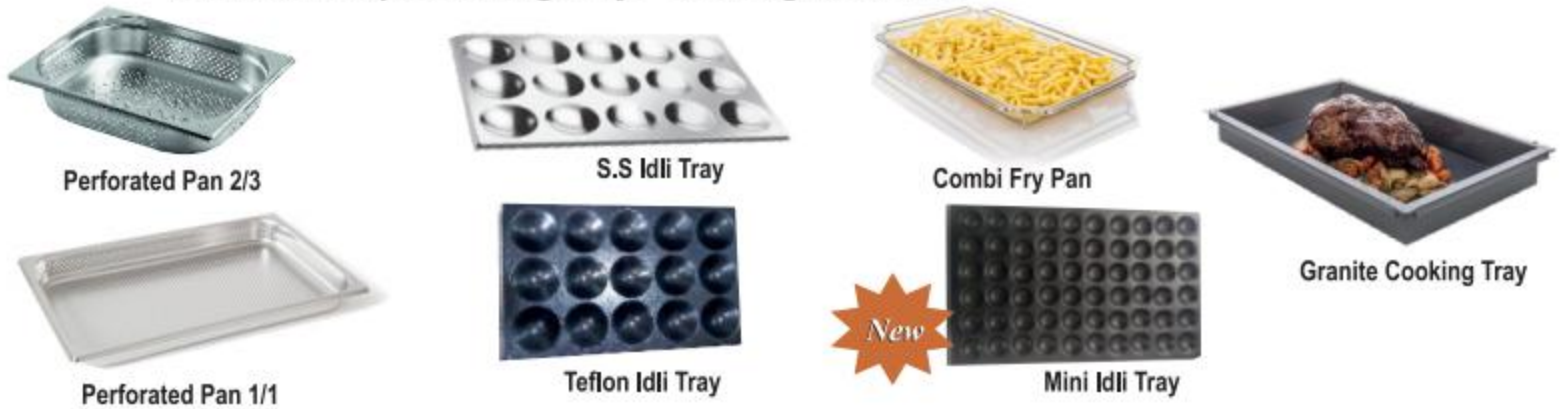
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From Farm to Fork

... Opportunities in Dairy Industry

Dairy industry provides ample opportunities for new entrepreneurs to explore, as it makes its way from the farm to the dining table. Today milk comes in various forms. Besides the raw milk, one has low fat milk, fat free milk, flavoured milk, organic milk, lactose milk et al. Besides milk, an entrepreneur also has the option of entering any of the value added dairy products like cheese, butter, ghee, etc. All these dairy products also need packaging, which is another segment that entrepreneurs could explore, besides the machinery needed by the industry. **Ashok Malkani** examines all segments of the industry available for the enterprising entrepreneurs who desire to enter this industry.

The legacy of milk consumption in India is unique. A glass of milk in India goes from *sehat* (health) to *suhaag raat* (wedding night). India, which accounts for 1/5th of global milk production, is the world's largest producer of milk. According to the latest report by IMARC group, dairy market reached a value of Rs. 11,360 billion in 2020 and is expected to cross Rs. 21,971 billion by 2024.

However, it would be incorrect to state that the lockdown and the pandemic have left the dairy industry unaffected. The lock down and the pandemic have affected all industries, including the dairy industry. Milk, a commodity which is supposed to be the life blood of the country, consumed not only in its natural format but also in value added dairy products, was adversely affected too.

A part of this effect was due to the lock down of the restaurants, hotels, sweet marts and the unorganized food stalls. The milk consumption fell by 25-30% during April-May 2020, due to the adverse effect of the lockdown. Gujarat-based Amul claimed that lockdown had resulted in 25% drop in demand. R.S. Sodhi, Managing Director, Amul, has stated that the exodus of migrant workers, from places like Delhi, Ahmedabad, Surat, et al, back to their villages would

have an impact on the demand.

Pandemic Problems

The restrictive measure imposed by various countries for controlling the pandemic has given a jolt to the global economy. Since dairy is one of the most vulnerable sectors the disruptions caused by restrictive measures is expected to have repercussions on the industry.

It must be realized that it isn't possible for the industry to cut down milk production irrespective of the market mayhem as the cow has to be milked daily for its health. With decreasing demand this left the dairy farmer with surplus milk. The pandemic also raised another concern for the dairy industry as products like curd and *paneer* are perishable products and have a short shelf life. Another factor that added salt to the wound was the decrease in consumption of cold products like ice cream, flavoured milk and yoghurt as people are keen to avoid food that can enhance cough and cold.

But, as it is said, every cloud has a silver lining; and several players in the industry have adopted some innovative techniques to tackle the problems. They have forayed into new



product categories. Products for immunity boosting such as *haldidoodh* (turmeric milk), camel milk, and goat milk have started gaining attention. Incidentally *haldidoodh* is becoming quite popular in the west under the brand name "turmeric latte". Mother Dairy too has launched turmeric milk recently.

New Products & Players

The dairy industry is also laying more stress on value added products. Gujarat Cooperative Milk Marketing Federation Ltd., which markets dairy products under the Amul brand, has increased its market share in butter, cheese, paneer, ghee, milk, curd, buttermilk and even ice creams and chocolates. Amul has

also doubled its immunity boosting range as the demand for such products is rising. Besides *haldidoodh*, the company has also introduced turmeric ice cream, power packed with turmeric, honey, pepper, dates almonds and cashew. It also has plans to roll out two more products – "Immuno Cakra Ice Cream (a tricolor ice cream of Haldi-Ginger-Tulsi) and Star Anise Doodh in cans.

Several new players have entered with new ideas. Nasik-based Sarda Farms is building a brand through A2 milk. This is a variety of cows' milk which lacks a form of -casein proteins called A1. There are two variants of beta-casein called A1 and A2. These proteins affect the body differently. When A1 protein is digested by the small intestine, it produces a peptide called beta-casomorphin-7 (BCM-7). The intestines absorb this and pass it into the blood. Doctors have linked BCM-7 to stomach discomforts and symptoms similar to those experienced by people with lactose intolerance.

The A2 protein structure is comparable to that of human breast milk and that of milk from goats, sheep and buffalo. According to industry reports the global market for A2 milk which was valued at \$ 5.13 billion in 2018

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is expected to reach \$26.3 billion by 2026, growing at a CAGR of 22.5%.

Pride of Cows, one of the premium range of products by "Parag Milk Foods", has now extended its range by adding single origin ghee and curd.

A study conducted by Verghese Kurien Centre of Excellence (VKCoE), at Institute of Rural Management Anand (IRMA), about the effect of Covid-19 on dairy co-operative sector in Gujarat found that except for ice cream the dairy supply chain of Gujarat was least affected. The challenge of surplus milk was handled well by district milk unions, by converting it into value-added dairy products such as butter, cheese, ghee, and milk powder.

There have also been some other changes. Magic Milk, a dairy products brand by Jayshri Gayatri Food Products (JGFP), which was a leading B2B manufacturer, & supplier of dairy products in the India as well 20 other countries changed its market status. Due to the pandemic and PM Modi's 'Vocal for Local' campaign, it has ventured into the B2C Indian market with its dairy products brand 'Milk Magic'.

Due to the rapidly changing environment and consumer behaviour, the dairy businesses has experienced ebbs and flows over the last few years. However, looking at the current developments, the experts foresee a U-shaped growth curve for the dairy sector wherein the dairy sector is not only expected to stabilize but also grow in the days ahead.

Global dairy industry is also looking at India, for growth during the current scenario. French dairy giant, Lactalis, has launched its flagship milk brand, Lactel UHT toned milk, under its Indian arm to compete with rivals Amul and

Nestle A Plus in the tetra pack milk segment in the country. Positioned as antibiotic free milk with immunity-boosting vitamins A and D, Lactel UHT milk will be produced at the company's Telengana plant for south and east distribution and Maharashtra factory for distribution in the north. Rahul Kumar, managing director of Lactalis India, says, "Consumers want safe ready-to-drink milk amid the pandemic. India is the fastest growing dairy market registering 5-6% growth and the category is growing at 15%. This was the right time to launch the product."

It is expected that milk production and dairy products will grow over the next few years. Addressing a webinar organised by Federation of Indian Chambers of Commerce & Industry (FICCI), Atul Chaturvedi, Secretary, Dept. of Animal Husbandry & Dairying, Govt of India, said that India's dairy industry is one of the fastest growing sectors in the world and has set the goal to double its processing capacity from 53.5 MMT to 108 MMT by 2025. The government in its roadmap for 2025 for the dairy sector also aims to increase value added products from 23% to 40% and India's exports share in the world from 0.36% to 10%, he added.

Investment Opportunities

Chaturvedi stated that though the sector was facing a crisis even before the pandemic, the industry was able to turn the COVID crisis into an opportunity. He disclosed that the Indian dairy is Rs 10 lakh crore industry with significant growth potential and highlighted the five key investment opportunities for the private sector. It included production and supply of affordable compound cattle

feed; enhancing chilling infrastructure by setting up new BMCs; setting up processing infrastructure; enhancing processed milk distribution capacity; and enhancement of D2C milk supply across top consumption hubs.

Increasing Market for VADP

For an entrepreneur seeking to enter dairy industry, it may be mentioned that the industry has vast scope, as the industry comprises not just of milk (in different variants) but also value added dairy products (VADP). With people's willingness to spend more for healthier superfoods, the dairy industry's value added products have received a boost. The VADP industry is growing at a rate of 15%-20% year-on-year. As per a Crisil report, the Rs. 25,000 crore value-added dairy products industry is set to outpace liquid milk sales in 2021.

It may be mentioned that processing of dairy products gives small-scale dairy producers higher cash incomes than selling raw milk and offers better opportunities to reach regional and urban markets.

The growth in VADP is, according to research agency Nielson, driven by the following factors:

1. Affordability
2. Quality
3. Growing demand for healthy foods

Packaging

Another field that the entrepreneur can explore is that of dairy products packaging. Packaging provides protection, information, security, and other benefits. It prevents contamination and is also helpful in storage and transportation. The dairy packaging industry has witnessed new packaging technologies as per the requirements and convenience of the consumers. According to Market Research Future (MRFR), the market for global dairy packaging material would reach \$ 25 billion by 2023.

According to Mordor Intelligence, the dairy packaging market was valued at \$ 21.51 billion in 2020 and expected to reach \$ 28.08 billion by 2026, growing at a CAGR of 4.61% over the forecast period (2021 - 2026).

With the government initiative for promoting health and reducing plastic packaging, there is an increase in aseptic packaging.

Packaging is an indispensable vehicle to deliver products to consumers.

One of the methods for packaging of dairy products is the Modified Atmosphere Packaging (MAP) which replaces the air in the pack with a single gas or mixture of

gasses. This technique has proven to be useful in prolonging the shelf life of cheese. It also increases shelf life of ready-to-serve pizza to 45 days.

Another innovative packaging technology is Active Packaging. It incorporates certain additives into packaging film or within packaging containers by which package, product, and environment interact to prolong shelf life or enhance safety or sensory properties as well as maintain the quality of the food product

A joint report by Tata Strategic Management Group (TSMG) and the Federation of Indian Chambers of Commerce and Industry (FICCI) states that proliferation of ecommerce, coupled with revolution in retail industry in India, is also "pushing the growth of the packaging sector"

Some of the latest investments in India's dairy packaging field help excluding preservatives and refrigeration. Schreiber Dynamix has started a RS 100 crore aseptic packaging plant in collaboration with Tetra Pack. Eflex too has introduced a Rs. 580 crore aseptic plant. Mahindra group has introduced innovative poly pack for its Saboro brand of milk that turns blue on adulteration,

According to Shiva Mudgil, senior analyst at Robobank, the demand for packaging solutions by the sector is increasing by 20% due to the increasing awareness among consumers on product safety and growing demand for value-added products.

Equipment for dairy industry

Equipment needed in the dairy industry is another segment that an entrepreneur can venture into. According to Meticulous Research global dairy processing equipment market (comprising of Pasteurizers, Homogenizers, Mixers & Blenders, Separators, Evaporators & Dryers, Membrane Filtration Equipment), is expected to touch \$11.05 billion by 2024. Dairy processing equipment provides solution to meet the increasing demand for dairy products along with functional and innovative products. Changing tastes and preferences among the customers for healthier and appetizing dairy products are accelerating the demand for processing machinery.

Besides the demand for processing equipment in India, there is also an overseas demand for Indian dairy machinery. Even developed countries like USA and Canada are focusing on Indian dairy machines as they are

more cost effective.

Though the demand for Indian dairy machines has been fluctuating over the years, there is little doubt that this can prove to be a segment that will grow over the years, particularly since there is a rising awareness of health and cleanliness in the manufacture of dairy products.

Chilling machine is another lucrative investment opportunity which provides good return particularly with the pro-active support that the government is offering.

However, it is necessary to forewarn about the lack of accurate data/techniques to forecast demand for dairy equipment and components. The companies will also have to develop machines with developing capacities that satisfy demand, besides being competitive in terms of price, quality, technology, delivery and services.

It may be mentioned that at present European machinery manufacturers dominate the global market but there is an increasing demand for low cost and small/medium volume equipment in India.

The dairy industry thus provides opportunities in multifarious segments for enterprising entrepreneurs. ■

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India's Burger Market has Promise

By Jhuma Biswas

The global popularity of burger is complemented by its over hundred-year-old legacy. However, all said and done, the history of burger is not very old as compared to that of many other famous food items of the world.

The name burger is derived from hamburger, and is a short form of the latter. A burger can be simply and commonly defined as a one or more cooked patties of minced goat meat, chicken, beef, pork, potato, etc., sandwiched between two bread buns. The patties and bun package can be spruced with green vegetables, lettuce, tomato, onion, cheese, as part of the contents. The burgers are usually served with condiments like sauce, mustard, ketchup and mayonnaise, which are either added to the burger or presented on the side of the dish.

Burger has emerged as a popular fast food product in India's vibrant eating out culture. And the popularity of burger in post-modern India is not expected to have

a significant dent even in the post lockdown times. Yes, the popularity of burger in India can even withstand the Covid crisis and come out triumphant.

The QSR Market

According to a report titled 'India Quick Service Restaurants Market, By Product (Food vs Beverages), By Type (Chain vs Standalone), By Model (Dine-in, Take Away and Home Delivery), By Sales Channel (Physical Outlets vs Online), By Region, By Major City, Competition, Forecast & Opportunities, 2025', Quick Service Restaurants (QSR) market in India is projected to grow at a CAGR of over 18 percent during 2021-2025 due to increasing urbanisation, rapid expansion in food delivery services, expanding young & working population, growing number of dual-income families and rising disposable income in the country.

It goes without saying that burger is an important food product in the QSR category

in India. Its established popularity is part of India's growing fast food culture.

Impressive Success Stories

The organised burger market in India is crowded by multinational chains like McDonald's, Burger King and other players. The industry's response indicates that burger market has huge potential in India. Many internationally renowned players in the burger segment did make their forays into India during the last seven years which include names like Burger King, Carl's Jr., Fatburger, Wendy's among others.

The impressive growth of the Miami-based Burger King in India, best known for its iconic burger named the Whopper, amply illustrates the popularity of burgers in India. Burger King India Limited (BKIL) happens to be one of the fastest growing international quick service restaurants (QSR) chains in India. Burger King began its brand presence in the Indian market with an outlet in Saket, New Delhi. Within less than a year of the

fast food chain's entry into India that is by June 2015, there were 20 Burger King outlets in India. By the end of June 2015, the chain was having brand presence in Delhi, Mumbai, Pune, Bengaluru and Chandigarh. By September 2020 there were 261 Burger King outlets in India. According to Motilal Oswal Financial Services, during FY18-20, BKIL's revenue grew by 49 percent CAGR.

McDonald's, which arrived in India in 1996, has also shown impressive growth in India. Westlife Development Ltd., whose wholly owned subsidiary Hardcastle Restaurants Pvt. Ltd. (HRPL) holds the master franchise for McDonald's in West and South India, has made a net profit of Rs.22.72 crore during October-December 2019. However, the company posted a 64 per cent decline in its consolidated net profit, which reached Rs 8.19 crore during October-December 2020, as compared to the corresponding period in the last year.

However, what is heartening is that the revenues of Westlife Development Ltd. is recovering fast despite the Covid-19 pandemic. "The company's revenues for Q3FY21 zoomed to 85-90 percent of pre-COVID levels with December revenues almost back to pre-COVID levels," Westlife Development Ltd. said in a post-earnings statement, in January 2021.

The success story of McDonald's and Burger King in India reflects the growing popularity of burgers in India despite the adverse affects of the pandemic.

Snack of our Times

However, burgers are not only popular in the organised food service sector in India but they have made impressive presence in the unorganised food service market of the country too. The popularity of burgers in India can also be gauged by the proliferation of kiosks selling burgers across roads in urban India. It seems Indians have developed a deep liking for this fast food, and over the years, burgers in India have been greatly Indianised in terms of ingredients.

From McDonald's outlets to your neighbourhood stall we can very easily see the popularity of this bakery product in India. Burger can be filling, tasty and doesn't take much time to prepare. It can easily cater to both vegetarian and non-vegetarian population. These attributes make burger a popular snacking option in urban India, where the impact of globalisation has left its mark in our evolving F&B choices.

The ongoing popularity of burgers in

post-modern India is perhaps due to the fact that now a great many time-starved Indians are having less and less time to cook elaborate meals, and are looking for some tasty, affordable no fuss food, which can be had between meals or as a meal in some cases, without spending much time. Moreover, the fact that burger is a convenience food which can be also partaken on the go with ease, could also be attributed to burger's growing popularity in our increasingly fast paced post-modern Indian society.

Another of the reason behind the acceptance of burger in India is probably the fact that in many cases this foreign product has been intelligently tailored according to the taste of the Indian market. For example, McDonald's success in India has perhaps been largely contributed by the fact that the QSR chain managed to understand and meet the demands and sentiments of the Indian market quite intelligently.



McAloo Tikki Burger, Veg Maharaja Mac and McSpicy Paneer are only some of the items offered by McDonald's India which are being developed with Indian tastes in mind.

Close to 75 percent of all burgers sold in the country are vegetarian burgers, and any chain eyeing to crack the Indian market must take into account of this fact. Here it deserves a mention that India became the first country where McDonald's served non-beef and non-pork products. McDonald's India sources 95 percent of its products locally.

Tapping the Market

This is the right time for domestic players

to cash in on India's growing craze for burgers by coming up with their own burger chains. But they can go a step ahead and make their burgers cater to localised tastes, that is they could cater to tastes of the specific region/s of India wherever they would operate. It is because there is no homogenous Indian taste as such; Indian tastes vary from state to state or from region to region. Therefore, it would be wise for the Indian burger players to produce slightly different burgers in Kolkata than what they would produce in Goa; in terms of ingredients. This exercise would help them to position themselves effectively to compete with the huge multinational burger chains.

Now the stand-alone bakery outlets and bakery chains in India can also carve their own niche in the burger market by being more sensitive to the regional and local flavours of India. For example, a bakery outlet operating in Delhi should ideally

come up with burgers with fillings which can easily appeal to the Delhi crowd (say a burger filled with morsels of *tandoori chicken* or *shami kebab*) whereas a bakery outlet operating in Kolkata can come with fillings of fried *hilsa fish*. These burgers with uncommon fillings can tackle the competition from burgers of multinational burger chains as well as of unorganised roadside street vendors.

Moreover, the bakery outlets operating in lower middle income localities should also come up with more pocket-friendly burger options if they want the taste and flavour of their burgers to permeate deeper into the locality where they are operating. ■

Bakery Trends 2021

By Sharmila Chand

Focus on Healthy products has never been as high as in the current times. Consumers are going by the guiding norm 'Enlightened Eating Habits', willing to go out of the way to procure natural ingredients, food that is free of additives, no artificial colors and flavours. There is a clear shift in baking items as well. While savouring "Blissful Indulgence", all bakery range and goodies should have a Wellness Quotient so that they support a healthy lifestyle and helps in boosting immunity.

Here is an insight into the Hot Trends as shared by experts in the bakery field.

Key Bakery Trends in 2021

Chef Ankita Sood, Chef Manager, The Artful Baker

"2021 will be all about vegan, gluten-free, healthy baking and embracing healthier habits. 2020 has taught us that nothing beats good health & immunity and that would naturally transition into food trends. Although, calling this a mere trend would be a great injustice. It is a lifestyle change that will reflect in our food habits."

Chef Uday Shenoy, Founder Chef and Managing Partner, Lazy Suzy

"Artisanal will be the key word. Home bakers will shine, experimenting will thrive.

There will be a lot of local influence in terms of produce, ingredients, and tastes. For example, local millet flours for breads and bakes, organic jaggery, palm sugar, etc. as an alternative for sugar in desserts.

Health foods, like fruits, seeds, nuts, cereals, will be extensively used."

Chef Amit Kumar, L'OPERA

2021 will witness more natural and less sweet products, a and a return to more traditional recipes using less processed ingredients, more aesthetics and a newcomer, home baking.

Consumers will continue to become more health conscious and look for more natural products containing less refined sugar and more of products such as honey, fruit syrups, etc. As for breads, the healthier alternatives containing cereals and whole wheat will continue their ascent. Consumers will look for



"Hygiene is the new health! This has always been our first and foremost priority at Crowne Plaza Today New Delhi Okhla"

Chef Harish Kumar, Pastry Chef
Crowne Plaza Today New Delhi Okhla

more traditional recipes such as the lemon tart, Paris-Brest, Mille Feuille, Chocolate and Coffee Éclair. These products may possibly become lighter whilst maintaining their magical taste.

Aesthetics will continue to be of major importance with new geometric and simple forms experimented, keeping in mind that the products are only one click away from the Instagram pages of the patrons.

Lastly, home bakers will continue to pursue their newly discovered passion for baking and will perfect their new skills in 2021.

Chef Harish Kumar, Pastry Chef, Crowne Plaza Today New Delhi Okhla
Capitalize on 'eater-tainment':



'Luxe from Local' is my core philosophy"

Chef Uday Shenoy, Founder Chef and Managing Partner, Lazy Suzy, Bengaluru

With banana bread baking becoming the hottest trend during the lockdown, curating ready-to-bake kits would be an interesting idea that families can bake at home. Right from cookies to donuts and from muffins to cinnamon rolls, this could be a great stress buster for all those working from home for next two quarters as well.

Savoury twist to traditional desserts:

I would personally experiment a lot by adding savoury flavours to the traditional sweets to reinvent the. For example chocolate cupcakes with mint butter cream and ice cream scones filled with cardamom infused cream.

Alcohol infused cakes and bakes:

Rum cakes have been a quintessential for Christmas and New Year across the world. Now bakers are all set to take this trend a notch higher by innovative ideas such as Gin & Tonic Cake, Irish Coffee Cake, Mojito Cake, Whisky Crumble mince pies and mulled wine winter puddings.

Small portions, big heart:

Small eats made from natural ingredients would be an ideal choice for the guests as they call for guilt free indulgences.

Namita Zutshi, Founder & Creative Director, Namz Bake House

In Covid times, with people stressed and yet having more time I would say following will be key trends:

- Indulgence will be an important trend and hence the need to focus on appearance and taste.

- Covid brings with it a new focus around Hygiene and Sanitation – Almost all of my customers today want to know about the hygiene & sanitation processes we adopt and also they want products better packaged.

- Use of social media to reach customers, as a Baker one now has to also focus on social media to create brand awareness.

Focus in 2021 in Menu Planning

Chef Ankita Sood, Chef Manager, The Artful Baker

"Considering the food trends in 2020, we'll be focused on making our menu more inclusive in 2021. Healthier, locally sourced



"Good food does not have to be complex"

Chef Ankita Sood, Chef Manager, The Artful Baker

ingredients & more vegan and celiac-friendly items will be our focus. We have made small changes like using Atta instead of refined flour or Jaggery and Palm Sugar instead of refined sugar in products like our banana bread and flourless chocolate cake."

Chef Uday Shenoy, Founder Chef and Managing Partner, Lazy Suzy

"Fresh, healthy, local, easy to make, and easy to consume will be my focus. This will give ourselves a lot of opportunities to experiment, and will provide a wider variety for our patrons to experience."

'Less is More'; 'Simple is Beautiful'; 'Luxe from Local' is my core philosophy.

Chef Amit Kumar, L'opera

In 2021, we shall have a greater rotation of products and bring back some classics such as the Paris-Brest, the Well of Love, the Thin Apple Tart, more Vegan products, etc. Moreover, we shall put more emphasis on familiarizing our customers and patrons with L'Opera unique savory menu. The menu of L'Opera Salon de Thé (Tearoom) offers such uniquely French products as the Croque Monsieur, Croque Madame, Vol au Vent, varieties of filled Breakfast Croissants, a selection of freshly prepared soups and salads and much more.

Last but not the least, we shall introduce more eggless versions of such French classics as the Pain au raisins (Raisin brioche), Pepito just to name a few.

Chef Harish Kumar, Pastry Chef, Crowne Plaza Today New Delhi Okhla

'Go Seasonal, Go Local' will be our mantra for menu planning this year. One idea that I am keenly working on is innovative

pairing of chocolate with various fruits and vegetables. For example, beetroot cake will milk chocolate or chocolate muffins with an avocado can hit the palates and Instagram simultaneously. A fruit and nut pairing will also break the regular taste patterns and will refresh the palate. Owing to health concerns, I would also work with various immunity pro ingredients to create delicious sweets & savories.

Personalization is the key and keeping that in mind I will curate value-based products based on consumer needs such as 'finish-at-home self-care indulgences' for work from home category as well as calorie specific desserts.

Namita Zutshi, Founder & Creative Director, Namz Bake House

Introduce seasonal items and bring in focus on low carb, low fat & low sugar products. I also want to create products with a 'personal expression', allowing me to experiment with the traditional recipes & innovate with my personal technique.

Bakery Trends 'In' and 'Out' in 2021

Chef Ankita Sood, Chef Manager, The Artful Baker

"Simple, authentic desserts, naturally leavened indigenous grain breads will be the way to go. I think we can say goodbye



"Quality, excellence, health and aesthetics are what will be looked for in 2021 and I would like L'Opéra to lead and show the way in all these areas. Furthermore, I would like to bring joy and smiles to all those who enjoy our products, often on a daily basis"

Chef Amit Kumar, Head Chef Bakery at L'OPERA



"Hygiene & Healthy products will be in demand with the increasing space and demand for innovations on traditional recipes"

Namita Zutshi, Founder & Creative Director, Namz Bake House

to the giant, OTT beverages and desserts like monster brownie shake for good."

Chef Amit Kumar, L'OPERA

Signatures of Bakery products will be definitely 'In' in 2021. In the bakery and pastry industry nothing disappears overnight nor is created by surprise. There will be only slow and gradual improvements in the substance whilst the appearance and the aesthetics might change more frequently.

Chef Harish Kumar, Pastry Chef, Crowne Plaza Today New Delhi Okhla

In: Local produce, desserts made from immunity pro ingredients, citrus flavours, Asian flavours, burnt butter flavour will rule the bakery trends this year. We would witness the usage of lot of unusual fruits and vegetables in the bakery items, especially in powder form. Asian flavours have been very popular for the last two years. This year Japanese flavours such as Wasabi muffins or cupcakes with yuzu flavour would gain tremendous popularity.

Out: Refined sugar based high calorie bakery items will witness an exit. Huge portioned desserts will be replaced with light, bite-sized eats.

Namita Zutshi, Founder & Creative Director, Namz Bake House

I think consumers want to help society at large now and to that thought I add that consumers should prefer locally made produce products more. Also consumers will look at products that are healthier, free of additives and artificial ingredients. ■



Walnuts on the menu!

To appease the taste buds of their health-conscious clientele, hoteliers & restaurateurs are opting for walnuts to add flavour to every course from savoury appetisers to hearty entrées and desserts.

Today the health conscious are lapping up plant-based foods as they know it's a healthy way of eating. And, walnuts are definitely figuring in their list of healthy plant-based foods. After all, walnuts are nutrient powerhouses comprising polyunsaturated fat (13g/18g), plant-based protein (4g/28g), fibre (2g/28g) and omega-3 alpha-linolenic acid (ALA). In fact, walnuts are the only tree nut to provide an excellent source of ALA – the plant-based form of Omega-3. In 28 grams (12-14 halves; ¼ cup) there are 2.5 grams of ALA which is five times more than the amount found in the next highest nut!

Going by the treasure trove of nutrients walnuts pack in, it's not really surprising that they are becoming an integral part of hotel and restaurant menus. Hoteliers and restaurateurs are opting for walnuts to add flavour, crunch and depth to every course from savoury appetisers, to hearty entrées and desserts.

Emerging as the food of choice

Also, considering the times that we're living in, the Food Safety Standards Authority of India (FSSAI) recently suggested incorporating foods like walnuts into one's diet to maintain optimal immune function and good health. As per FSSAI Eat Right During COVID-19 Guidelines, Vitamin-B rich plant-based foods such as walnuts helps strengthen the nervous and immune system. It's no wonder then that walnuts are emerging as the food of choice during these trying times.

Walnuts are often touted as 'super nuts'

Did you know that walnuts have been identified as a nutrient dense food choice on several nutrient density ranking scales? The convenience, flavour, and versatility of these 'super nuts' combined with their nutrient profile make them an ideal, economical ingredient and snack. In addition, walnuts are naturally gluten-free.

Over the years, research has proven that walnuts are packed with nutrients to support the heart, brain, and gut. Not only do they have prebiotic properties that enhance the growth of beneficial bacteria in the gut, but they also are an excellent source of omega-3 ALA, which is essential for heart health. ALA helps to maintain normal



To appease the taste buds of their health-conscious clientele, hoteliers & restaurateurs are opting for walnuts to add flavour to every course from savoury appetisers to hearty entrées and desserts.



cholesterol levels as part of a balanced diet. Research also suggests that antioxidants may help to protect from certain chronic diseases of aging, including neurological and carcinogenic ailments due to their ability to control free radicals – known to negatively influence healthy aging. Walnuts are known for their high antioxidant content. Walnuts also contain numerous other vitamins and minerals. They are a good source of magnesium and phosphorus – both important minerals involved in the body's processes and necessary for achieving optimal wellness! It's easy to comprehend why walnuts are considered to be 'super nuts'.

A versatile option for Bakery

A walnut can lend itself beautifully to the preparation of all kinds of meals. It is one of the most versatile nuts you could possibly find. One can eat walnuts as a healthy snack, use them to boost the nutritional value of meals, and even fold them into the batter to make the most decadent banana bread. They're excellent in baked goods, like carrot cake and malted walnut pie. They taste best when simply toasted and added to morning oatmeal.

Bakeries can use this vastly versatile nut to add texture, crunch, and nutrition to meals. Baking with walnut helps in adding flavour and texture to the baked goods. But like any other ingredient, it's important to know the best way to prepare nuts before using them. Walnuts have a mild, buttery



Walnut Cookie Hearts Filled With Fig Jam

Ingredients

For The Cookie Dough

- 2 cups all-purpose flour
- 1 cup California walnuts, toasted
- 2/3 cup sugar
- 1/3 cup cocoa powder
- 1/4 teaspoon salt
- A pinch of ground nutmeg
- 3/4 cup chilled butter (15 pieces)
- 2 egg yolks
- 2 teaspoons water
- 1 teaspoon vanilla extract

Assembling And Decorating

- 1/2 – 2/3 cup fig jam or apricot jam
- 115g bittersweet chocolate, melted
- 1/2 cup finely chopped California walnuts



Preparation:

1. In a food processor fitted with the metal blade, combine the flour, walnuts, sugar, cocoa powder, salt and nutmeg. Process until the nuts are finely ground. Add the butter and pulse until blended into the dry ingredients and the mixture resembles coarse crumbs.
2. In a small cup, whisk together the egg yolks, water and vanilla.
3. Add to the flour mixture and process until the dough holds together in a stiff mass. Transfer the dough into a bowl and cover with plastic wrap. Refrigerate for 30 – 60 minutes, until firm but not hard.
4. Preheat the oven to 180°C, and cover cookie sheets with parchment paper. Divide the chilled dough in half (keep the piece you are not working on refrigerated). On a lightly floured surface, roll dough out to a thickness slightly less than 1/4-inch.
5. If the top of the dough is sticky, sprinkle it lightly with additional flour. Using a heart-shaped (or round) cutter 1 1/2 – 2 inches in diameter, cut cookies from the rolled-out dough. Gather the scraps together, reroll them, and cut additional cookies.
6. As cookies are cut, place them, about 1/2-inch apart, on the prepared cookie sheets. Bake for 8-10 minutes, until the cookies look dry.
7. Cool for about 2 minutes, then transfer to racks to cool completely before filling. Continue rolling, cutting and baking until all the dough is used.
8. To assemble and decorate the cookies, place half of them in a single layer on a large baking sheet. Spread each one with about 1/2 teaspoon of jam, then top with a second cookie. When all the cookies have been filled, top each with about 1/2 teaspoon melted chocolate, spreading the chocolate with the back of a spoon. Sprinkle the chocolate lightly with walnuts.
9. Let the cookies stand 2 – 3 hours, or until the chocolate is firm, then store them in an airtight container.

Source: www.californiawalnuts.in

flavour that makes them perfect for baking into cookies and cakes.

Walnuts are toasted to coax out their sweetness and can be combined with sweet things, like honey and maple. To add an even stronger flavour to cookies, try using chopped black walnuts. They are perfect for cookies made with sweet ingredients like toffee or white chocolate.

The usage of walnuts in baked goods

is absolutely legendary. Think of banana bread or chocolate brownies, and one instantly thinks of walnuts. They add bite to any dessert, and more importantly, they pair really well with chocolate. Walnuts can be dipped in some melted chocolate and refrigerated before serving.

So, whether it's a craving for something sweet or a desire for a savoury meal, walnuts can be always relied on.

The Cultured Yogurt

Yogurt is a semi-solid, processed and fermented milk product, mostly prepared from cow's milk. Yogurt is produced by the act of bacterial fermentation of milk. The bacteria used to make this dairy product are known as 'yogurt cultures.' Although milk from various domestic animals are used for yogurt production, but most commercial yogurt production units across the globe now use cow's milk to maintain a consistent taste. However, yogurt can be prepared with any type of milk; be it from cow, buffalo, goat, and sheep. But nowadays, soymilk is also seen as a new-age component for commercial yogurt preparation.

Since time immemorial, this form of curd is being consumed in almost every part of the world with variations in forms and taste. Generally taste and texture of yogurt differs according to the quality of the milk used, which varies from one region to another. It is still among the most popular dairy items of our day-to-day menus, whether we live in cosmopolitan or rural India.

Curdling Up

Yogurt is a semi-solid, processed and fermented milk product, mostly available with a consistency similar to that of thick, creamy and whisked curd. To relish yogurt, one has to use good quality milk that contains a higher concentration of solids than normal milk. The milk that possesses more solid content bestows a thicker and firmer texture to the yogurt. In its preparation route, milk is processed and pasteurised for attaining a good output. Often, most producers add non-fat dry milk (NFDM) or milk powder to thicken the milk.

Inoculating certain bacteria into milk, which work as starter culture, makes yogurt. They are commonly known as streptococcus thermophilus and lactobacillus bulgaricus. Yogurt is processed and packaged in such a way that it has longer shelf life than the natural curd. Curd is prepared by seeding natural bacteria called lactobacillus, thus the milk does not need to be processed before making curd. However, before preparing yogurt, milk has to be processed and then it is inoculated with starter culture and other additives that infuse flavour and aroma. The sweetened form of yogurt is available



in various mouth-watering flavours and attractive packaging.

Various types of milk can be used for producing yogurt, such as whole milk, partially skimmed milk, skimmed milk or full cream. Despite this, for yogurt production, one needs to confirm certain criteria in regard to quality of raw milk for yogurt production. It helps to ensure good development of yogurt culture.

The milk with low bacteria count is preferred for making yogurt, as it helps to keep the product for longer duration. The milk should be free from antibiotics, sanitising chemicals, mastitis milk, colostrums, and rancid cream. Also, it is ensured that there is no contamination by bacteriophages.

Thickening and Stabilising

In Europe, yogurt tends to be 'runny', but in USA people prefer to eat a little thicker and firm yogurt, hence the concentration of powdered milk depends on the choice of required consistency in yogurt.

In the era of health food, soymilk with its high protein content is replacing the natural one. This is even evident in the yogurt market where it is made with soymilk in many countries. Still this has a major disadvantage. Soymilk does not contain lactose, and absence of lactose and certain type of carbohydrate sugar deters the fermentation, which becomes a major obstacle in the growth of yogurt culture. Besides this, soymilk should be blended with

some thickening agents like gelatin, pectin or agar powder. One needs to dissolve the agar powder in cold water and then bring it to a boil before using it.

In the process of preparing yogurt, one needs other dairy products as ingredients such as concentrated skimmed milk, non-fat dry milk, whey and lactose. These are often used to increase the non-fat solid contents in the milk.

A certain amount of sweetener is added for the sweetened form of yogurt. It can be glucose or sucrose, or high intensity sweeteners e.g. aspartame, etc. Besides all these, one needs to add some stabilisers that give yogurt a firm consistency, which could be in the form of gelatin, carboxymethyl cellulose, locust bean Guar, alginates, carrageenans and whey protein concentrates.

Consider the fact that absence of lactose content or some type of carbohydrate sugar will not allow the culture to grow. To eschew this state, it becomes necessary to add some amount of sugar, glucose or sucrose at a rate of about 2 to 3 percent by weight of the whole mixture.

Some of the famous yogurt recipes are the Continental, French, and Swiss. Two popular traditionally Indian forms of yogurt are delightfully consumed as desserts in India. One is mishti doi, which is flavoured with caramel sugar and served in earthen pots and other is shreekhand, which is sweetened after draining the whey from the set curd.

Yogurt Beverage

In the field of cold beverages, many varieties of yogurt drinks are gaining popularity. These products are essentially prepared in stirred style in which total solids content do not exceed more than 11 percent. Manufacturing procedure of yogurt beverage differs from normal yogurt process where the mixture is homogenised further to reduce viscosity. The required flavours and colours are added invariably in the mixture while processing.

Heat treatment is applied at the end of the process to extend the storage life of the product. HTST pasteurisation with aseptic processing at 2-4°C give a shelf life of several weeks, whereas UHT processes with aseptic packaging give a shelf life of several weeks at ambient temperature. ■

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Yesterday's Lawyer, Today's Star Chef!

Pragati Mitta, Chief Chef at L'Opéra

By Sharmila Chand

"Food de-stresses me," says Pragati Mitta, a lawyer-turned-chef. Pragati did her undergraduate studies in history at St. Stephen's College and got her law degree from Faculty of Law, Delhi University. After experiencing the Indian legal system for a couple of years her heart wasn't in it anymore and she realised that her passion was elsewhere – in the culinary field.

Pragati started cooking when she lived away from home for the first time during a summer internship in Egypt, and she hasn't stopped since. To turn this passion into a profession and round out her culinary knowledge, she moved to New York City to study Pastry & Baking Arts at the Institute of Culinary Education. Apart from her diploma studies, she also took courses in wine, mixology and plated desserts. She frequently assisted chef-instructors in various pastry-related recreational courses they taught at the school. Pragati has also taken classes in the local cuisines while visiting Mexico and Italy.

During her time in New York, Pragati got the opportunity to briefly experience working in Michelin Star restaurants. She went on to do an internship at Chanson, a French Patisserie/Dessert Bar in Manhattan. After returning to India, she worked for the Olive Group of Restaurants before joining L'Opéra as a Chef and the Quality Manager. At L'Opéra she works on various projects including R&D for new menus, training chefs, conducting audits and assisting with marketing. She fulfils her love for cooking and baking with meticulous perfection. "What can be more satisfying than creating gastronomic masterpieces every day," she says with a smile.

In an exclusive conversation, she talks about her idols, secret mantra, hot trends and more...

What are the current hot trends in Indian Bakery industry?

Due to the home-baking trend of dabbling in sourdough in the lockdown (caused by the shortage of or inability to obtain store-bought yeast), the overall appreciation for and consumption of sourdough breads seems to have skyrocketed.

Additionally, as an effect of lockdown fatigue and being unable to actually travel and have new experiences, people are more open than ever to experiment with baked goods they've never tasted or even heard of before. Therefore, bakeries providing unique products and novel experiences are experiencing an uptick in business.

How did you become a Pastry Chef?

I started dabbling in baking in my adolescence, but in my adulthood for pragmatic reasons I got deeper into cooking. Therefore, while my skills and knowledge of cooking kept improving, I felt like my baking skills had remained stagnant. Thus, when I took the decision to become a chef, in order to have well-rounded skills and work on what I felt I was deficient in, I decided to study pastry rather than the standard culinary course.

Vegetable Washer

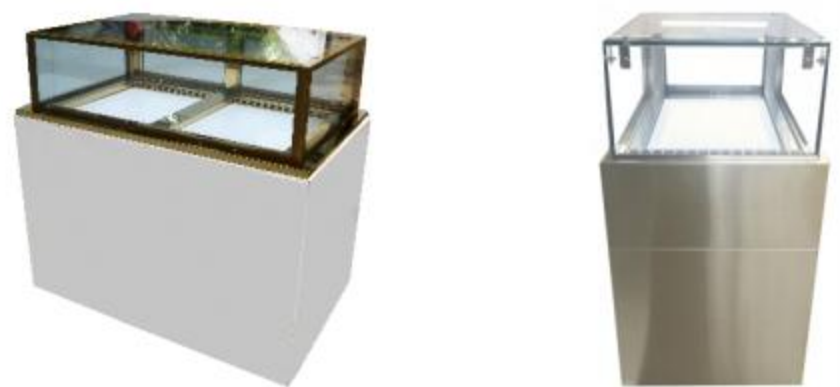


Tilting

Non Tilting

The traditional way of washing fruit, vegetable, meat, fish and frozen food is both time consuming and usually does not guarantee the removal of all unwanted insects and dirt. The problem of washing large quantities without damaging the structure and quality of vegetables and fruits is easily solved with our vegetable washer. This machine is designed to aid removal of dirt, wax and pesticides from the fruits and vegetables before they are enter your kitchen.

Jewel Case Display Cabinet

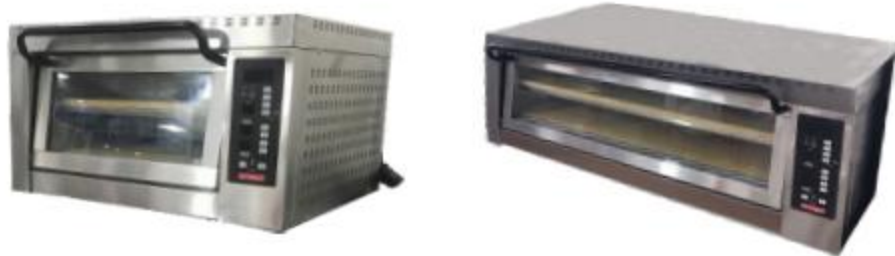


2 Drawer Cabinet (Drop-In)

1 Drawer Cabinet

RANS present its latest range of elegant front of the house jewel case display cabinets. Available in both free standing and drop-in models. Jewel cases can be customised in numerous colors of designer stainless steel to match the interior color theme. A must have for all upmarket bakery and confectionary stores.

Pizza Oven



Stone Hearth Ovens

Stone Hearth Ovens

Designed to bake and roast a wide variety of food, they are built to last and are capable of continuous duty 24 hours a day. This together with their user-friendliness and very smart appearance, makes them the ideal solution for restaurants and front-of-shop applications where safe, efficient, unobtrusive equipment is needed.

Salamander



Brownie

Box

RANS salamander grills are known and used by the kitchen chefs all around India. Equipped with specially designed tubular air heater it assures perfect cooking results. Our salamanders are equipped with two cooking areas - both can be used independently from each other. With the RANS salamander grills you can grill, cook "au gratin", glaze, caramelize and make crispy food in no time. It is reliable, flexible and easy to use.

Holding Cabinet



Cold Food Holding Cabinet

Hot Food Holding Cabinet

Our durable holding and transport food cabinets are constructed in full stainless steel body with best of the features your restaurant and commercial operations may require. Our hot holding cabinets ensure food remains hot and safe for upto 4 hours without losing its moisture. Ideal for banquets, restaurants, coffee shops and cloud kitchens.

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Additionally, pastry requires a lot more precision and discipline than savoury food. Pastry is equal parts science and art. And in my experience, it's easier to transfer pastry skills to cooking than vice versa. My studies basically armed me with the skills required to produce delicious food that looks like pieces of art.

Who are your idols, who all have inspired you?

In the culinary field, I idolize Yotam Ottolenghi, for his refreshing and unpretentious take on food and ingredients. I also immensely look up to Asma Khan for the inspiring work she does to empower displaced women through her restaurant in London and cafe in a Yazidi camp in Iraq. Someday I'm hoping to be able to make this kind of positive impact on society through my work.

What are your Hot Selling bakery items?

At L'Opéra we talk about our bakery items in terms of the different categories they belong to. In our bread category, our sourdough breads are the most popular and highest selling items. In the Viennese category, our croissants, chocolate croissants and almond croissants are the hits. And finally, if we extend bakery items to pastries, our classics, namely eclairs, macarons, and our signature Opéra cake followed by the Mille Feuille are the hot selling items.

What is the demand these days in Bakery?

Unsurprisingly, today the highest demand is for quality, consistency and dependability. In these COVID times, understandably there is also a high degree of demand for assurances in terms of hygiene and food safety in general. Having inscribed "Commitment to Excellence and Quality" as the first and foremost "Core Value" of L'Opéra we were pretty well prepared for the current crisis. Now in terms of products, we witness both a nascent tendency towards healthier alternatives which we satisfy with such products as our cereal baguettes, breads, Vegan range, etc. On the other hand, as I indicated earlier, our customers and patrons are looking for new discoveries.

The Alpine Nut Cake and Panettone are two examples of such new products we have recently introduced, and which have met with great appreciation and enthusiasm.

What about the health quotient? How do you take care of that aspect?

It's always tricky to strike a balance between health and pastries. What people don't realize is that it isn't just a matter of highly calorific food. At L'Opéra we use the finest quality ingredients, such as Belgian chocolate, French cream and butter etc. As long as one consumes such products in moderation, and burns off the calories through physical activity, there shouldn't have to be any compromise to one's health.

I also personally like dabbling in creating desserts and dishes made of alternate grains to wheat and rice, such as millets which are high in nutrition. I also often make desserts with absolutely no added sugar or sweeteners, which derive their sweetness solely from the fruits, dry fruits or chocolate used.

Your favourite tool? And why?

Today I confirm a cliché: there's no tool more precious to a chef than their knife. My most treasured knife is one that I won in a trivia contest in culinary school. It's a Wüsthof 7" Chai Dao (Asian style) knife that I use for everything from chopping fruits and vegetables to mincing herbs to carving meat.

What are the challenges a bakery chef has to face in his/her job?

Today a major challenge is sourcing of certain ingredients. To maintain a certain standard of products and preserve our "French-ness", we use several imported ingredients. Given the upheaval the world collectively faced this year, it has been a challenge to procure some of our ingredients. Also, the supply chain has been affected for some domestic products for various reasons.

Another common challenge to any bakery chef is the need for constant training and supervision of his or her team. It is heart-warming that we have plenty of talent in India yet forming them and inculcating in them the necessary (self) discipline is a never-ending task which requires constant

attention.

The last challenge for any bakery chef is to balance between the natural desire to create perfect products by utilising highest quality ingredients, having access to the necessary infrastructure and taking the necessary time and the commercial business imperatives of business which dictate cutting costs and rushing production. I am fortunate that at L'Opéra, commercial considerations are second to the quest for excellence and quality.

What do you like about your job?

I love the work I'm currently doing. Repetitive work which isn't challenging tends to de-motivate me. But given the work I currently do, which is a mix of kitchen and managerial work, no two days look the same. I have also been blessed with several exciting opportunities and responsibilities at L'Opéra, that I probably wouldn't have been afforded elsewhere. I have grown tremendously, professionally and personally, through my current job.

What is your strength as a bakery chef?

Breads of every kind. The bread-making module was my favourite to study in culinary school and I continue to enjoy experimenting with different kinds, shapes and flavours of bread.

I also enjoy creating composite plated desserts with various components of contrasting flavours, textures, temperatures etc.

What is your working philosophy?

I prefer to keep my head down and let my work speak for me. Unlike some other professions, to be in the culinary field it is imperative that you be a team player. I therefore make it a point to maintain good working relationships with my colleagues. There's no space for ego in the kitchen – you are only as good as the last dish you sent out.

How do you like to de-stress?

I typically use FOOD to de-stress. During my free time, I enjoy trying to make various cuisines and mastering new techniques to broaden my horizons, and usually document and share these adventures on my food blog on Instagram.



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HOTREMAI strives to safeguard and represent interest of its members in particular and of the industry in general by taking-up various issues adversely affecting the business of its members with the government bodies, hotels, restaurants and their associations.

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Through its programmes and events: HOTREMAI organizes in-house meets, like Purchase Managers Meet, Hotel Consultants & Architects Meet, F & B Managers Meet, Project & Engineers Meet and such other events, where the representatives of the hospitality industry interact with its members, know their products and services, discuss the problems faced by them and make collective efforts for their effective solutions besides establishing mutual understandings and workout fruitful business deals. This provides its members a platform to demonstrate their products and services and provides opportunity to know their customers' needs.

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HOTREMAI publishes a periodical journal known as 'HOTREMAI REPORTS' in its effort to be more informative to its members and the industry. It carries information on activities, happenings and developments in the hospitality and allied sector and also covers the information on new projects, exhibitions and events. This creates opportunities for members to actively participate by sharing their views and also advertise their products and services at nominal costs. The 'HOTREMAI REPORTS' is circulated free of cost in the hospitality industry.

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In order to offer unique combinations of ingredients and expertise, they provide multiple industry's trusted brands to the leading buyers in India.

Their product range includes Belgium Chocolates from Callebaut, Ice Cream ingredients from Mec3 Italy, French dairy cream & butter from Elle & Vire and Corman (France), Frozen Berries & Purees from Dirafrost and Ravifruit, fruit fillings from Dawn Foods, Belgium.

To provide end to end solutions for the Ice Cream & Chocolate industry they have tied up with Carpigiani (Ice Cream Machine), Selmi (Chocolate Melter) and ISA (Display Cabinet)

To further compliment their range they offer a wide range of decorations and accessories, edible colours and velvet sprays, chocolate moulds and industrial

blenders, slush machines and machines for dispensing hot chocolate drinks, Waffle Machines.

They also manufacture cake pre-mixes, glazes, pastry fillings, fruit crush, ice-cream toppings and sauces, under their own brand - Celebre.

Delta Nutritives Pvt. Ltd.
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FOCUS ON INNOVATION

Ornima is a technologically modern company, manufacturing whipped cream and food creams. It has invested heavily to ensure that its standards of quality are very high and in compliance with the strict regulations. These efforts have rewarded the company with the Certification of Quality, after several years of hard work providing the best quality and service for the customer. With production facilities, 12 brands, and around 150 employees, reaffirm the constant rate of growth of the past few years. A genuine talent for internationalization, the constant focus on innovation, and close attention to details.

The company has always focused its attention on constant Research and Development work. Studying the market and its needs in order to continuously upgrade raw materials, ingredients, and technologies, whether existing or in development, is fundamental to the daily working life of the company's Team of Researchers. To respond to this need for innovation, a special RND Center was founded in 2007 to concentrate the elements of expertise in one location: Unique for its specialization, innovative products and processes for whipped cream and food creams market are not only researched here, but pilot plants make it possible to simulate industrial productions so that new, improved products can be developed, while new technologies are tested for implementation.

Inmax Foods Pvt. Ltd.
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BAKING SOLUTIONS

Since 1943 the Salva Group is dedicated to the manufacturing of products and development of solutions for the bakery, confectionery, and professional cuisine industry. Provide competitive quality solutions for the processing, cooking, and refrigeration of dough and foods for the confectionery, bakery, and professional cuisine sectors. The company develops, manufactures, markets and services a broad line of equipment used for commercial Bakery, preparation and processing.

Salva Group is present in over 80 countries and is a leading group in technology for industrial ovens. The Group is composed of four factories manufacturing ovens, fermentation chambers & glass cases, machines & accessories and control panels.

The facilities of total 24,000 sq. mts. are equipped with the latest manufacturing systems, along with R&D, guarantee products based on the latest technology and of outstanding quality. A quality which has led to export products to the five continents, allow them to offer perfect solutions. Today Salva is the uncontested leader on the Spanish market and one of the ten largest European manufacturers. SALVA Industrial S.A. is ISO 9001-certified and are global partners with all the major restaurant and hotel chains around the world and look forward to working with you for your upcoming projects.

The company is introducing its new model of 'boutique' oven - The multipurpose electric ovens tower is designed for small spaces and to bake facing the public. It consists of a convection oven and a stackable separate module, allowing the baking of a large variety of products.

The new aesthetic provides quality and elegance to the product, that next to the robustness that transmit the new handles, mark the personality of SALVA. The combination of convection and radiation ovens provide variety of baking to the customer, giving the possibility of produce a large variety of products.

ECO energy design full load resistance is active only the 55% of the baking time in the kwik-co oven. Connectivity The E-FUTURE control panel means it can connect to the internet via the SALVA LINK program and be controlled from any mobile device.

Salva Industrial SA.
sandeep.chanana@salvagroup.net





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Design & Decorate Cakes Well!

Fresh edible flowers make gorgeous and easy cake decorations. Look for lovely colourful flowers such as sweet violets, lavender, honeysuckle, rose petals, bachelor's buttons, johnny-jump ups, and calendulas just to name a few. Pile on these flowers on a frosted cake or even just a plain cake.

For an added touch, dusting the flowers with super fine sugar gives a wonderful sparkly glow to your creation. Readily available candied violets and candied rose petals also add that special touch to a decorated cake.

Just be sure when using flowers as a decoration that they are clean, all the parts you are using are non-toxic, and that they are pesticide free.

Another great way to spice up a cake is with fresh fruits. Fresh berries can be piled on top of cake, sprinkled with confectioners' sugar and garnished with a few fresh mint leaves. Whole strawberries placed around the outside of a chocolate cake add a touch of color. Kiwis, grapes, orange sections, and strawberries can be arranged on the top of a cake and glazed with shiny syrup.

Fresh sliced figs with dollops of whipped cream can also be arranged decoratively on the top of a cake. These are just a few of the many ways fruit can be used in decorating cakes. Using caramel dipped, sugar-dusted, or candied fruit and/or rinds can also add a nice finishing touch to a beautiful cake.

Confectioners' sugar or cocoa powder lightly dusted over the tops of cakes makes a nice finishing touch.

Lace paper doilies placed over the cake before dusting makes wonderful lacy patterns, or create your own stencils using parchment paper cut into lovely designs such as stars, polka dots, flowers, diamonds, vines, and waves. Another great way to dust a cake is to use a stencil of radiating lines and both confectioners' sugar and cocoa powder.

Place the stencil on top of the cake and dust with cocoa powder. Carefully remove the stencil and wipe off any remaining



cocoa powder. Be very careful not to disturb the cocoa powder, and place the stencil on top of the cake again, this time making sure that the openings are on the parts of the cake that have not been dusted with cocoa powder. Dust with confectioners' sugar, carefully remove the stencil and there you are – you'll get a very graphic two-toned design.

Chocolate curls, ruffles, jagged slabs, and leaves are another easy way to jazz up a cake. Chocolate curls can be made with a vegetable peeler by simply shaving off pieces of a chocolate block. To get small flakes and curls make sure the chocolate block is cold, to get larger curls the surface of the chocolate should be slightly warm but not melted. To get even larger curls spread melted chocolate, in a thin layer, over a marble slab or a baking sheet, let the chocolate cool then scrape using a knife, spoon, or spatula depending on the size and the shape of the curl/ruffle you want. For jagged slabs of chocolate simply cut out irregular shapes with a knife or other sharp instrument.

To make chocolate leaves carefully brush melted chocolate onto the underside of a non-toxic leaf, cool until chocolate has fully hardened, and gently peel off the natural leaf from the chocolate one. These chocolate confections can be piled high, lightly scattered, or precisely placed on a cake. A mixture of white and dark chocolate leaves gives a real dramatic flourish to a simple chocolate cake or even a decadent cheesecake.

Marzipan molded into different shapes makes very attractive garnishes. Marzipan can be shaped into animals, fruits, vegetables, flowers, and any numerous fanciful shapes. It can be colored with paste food coloring before shaping for deeper more intense shades or dry food coloring can be dusted on the finished shapes for a subtle blush of color. Once made, these shapes arranged in groups or singly on or around a lightly frosted cake will make a very attractive or whimsical statement.

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