

HAMMER

Food & Beverage

Aug-Sept 2022 • Volume XIX Number 6 ₹ 100

Business Review

Business magazine for food service & food retail professionals

Business

Essential Hygiene Practices

Feature

A Bouquet in Your Plate!

Agri

Spice up

Seafood

Prawns for all Seasons

Dairy

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Beverage

Mystic Cognac

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Indian food is gaining acceptance, recognition and popularity around the world. Not only the Indian restaurants and eating out outlets have mushroomed across various countries but the aromas of Indian dishes are wafting world. Indian cuisines imbibe rich tastes that are products of myriad cultural and historical influences. Cover Story talks about cuisines from different regions of India and how they differ from other cuisines.

The safety of food is directly proportional to the hygienic standards maintained in kitchens and dining area. Now what is the degree of hygiene maintained across hotels, restaurants, commercial establishments and the methods adopted by the industry, in different areas of the premises, to create a safe environment is discussed in the business story.

Besides these macro issues, the feature on edible flowers in food preparation take a look on how they provide an extra dimension to the cooking.

Our planet has become a global village, and therefore the hitherto distant tastes and aromas do get to spread more swiftly and easily. In fact, the influence of globalisation and the consequent growth of consumer culture have also fostered the increasing acceptance, recognition and popularity of other foods.

The Agri section details various spices and herbs uses in global cuisines. Dairy section takes a peep into cheese's popularity, attributed to its great taste, different varieties, convenience and versatility of its use, and nutritional value. In processed food section we discuss being one of the most popular dishes made in Italy worldwide, now pasta has become regular feature in Indian kitchens. In the seafood section find how Prawns plays an important part in the food choices, and offer excellent taste combined with nutrition. Know more about Cognac under the beverage section.

Our usual sections of news, report, events, operations and hygiene are also there to keep you informed and engrossed between the covers, so that you have much food for thought.

Food & Beverage

Business Review

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EVENT CALENDAR

Food Ingredients Asia

5-7 October 2022

QSNCC, Bangkok, Thailand

www.fiasia.com/thailand**Food Ingredients Vietnam**

12-14 October 2022

Saigon Exhibition & Convention Center

Ho Chi Minh City, Vietnam

www.fi-vietnam.com**19th Annual Chef Awards****Indian Culinary Forum (ICF)**

14 October 2022

Hotel Pride Plaza, Aerocity, New Delhi

www.indianculinaryforum.org**Sial 2022**

15-19 October 2022

Paris Nord Villepinte, Paris, France

www.sialparis.fr**FHA HoReCa Asia 2022**

25-28 October 2022

Singapore Expo, Singapore

www.foodnhotelasia.com**9th International Chefs Conference**

Indian Federation of Culinary Associations

28-30 October 2022

The Ashok Hotel, New Delhi

www.ifcaindia.org**Asia Fruit Logistica 2022**

2-4 November 2022

Queen Sirikit National Convention Center,

Bangkok

www.asiafruitlogistica.com**EquipHotel 2022**

6-10 November 2022

Paris Nord Villepinte, Paris, France

www.equiphotel.com**SIAL India**

1-3 December 2022

Pragati Maidan Exhibition Centre,

New Delhi

www.sialindia.comASIA FRUIT
LOGISTICA

Asia Fruit Logistica 2022

Asia's premier fresh produce trade show and conference event are back in person on 2-4 November 2022! Asia Fruit Logistica, takes place at the Queen Sirikit National Convention Center in Bangkok together with Asia Fruit Congress.

The global fresh produce business is eagerly anticipating the opportunity to meet up in Asia again at Asia Fruit Logistica, and visitors can look forward to taking in an exciting range of products and services from all over the world.

Exhibitors from around 40 different countries and regions have already signed up to take part. The show brings together leading players from all over the world Global fresh produce suppliers will be out in force on the show floor, with exhibitors from Asia-Pacific, Europe,



America, Middle East and Africa. The exhibitor line-up features many leading companies and brands in the business.

Eighteen exhibiting countries will have national or group pavilions at the show that includes Australia, Belgium, Canada, Chile, China, Ecuador, France, Greece, Italy, Malaysia, New Zealand, Peru, Poland, South Africa, Spain, Turkey, USA and Vietnam.

In addition to the wealth of meeting and business opportunities at the show, visitors can look forward to the best information and insights. Asia Fruit Congress, Asia's premier fresh produce business conference, takes place on

the expo floor this year together with Asia Fruit Business Forum. For the first time, the congress is free to attend for Asia Fruit Logistica visitors, with sessions taking place each day on 2-4 November.

Day One of Asia Fruit Congress explores how the 'Asia market is changing', with sessions on market diversification and the future of food retail. Day Two focuses on 'tracking the trade in Asia', with lively discussions on Asia's tropical fruit business and trends in global fruit imports to Asia. Day Three looks at 'the future of supply', featuring sessions on investment and sustainability.

Asia Fruit Business Forum includes workshops on marketing, logistics and technology. Expert speakers share insights on a range of topics, including the rise of vertical farming, new approaches to tomato marketing and advances in optical sorting and grading technologies.

Virtual Platform

In addition, all visitors will have access to the Asia Fruit Logistica virtual platform. The virtual platform enables exhibitors and visitors to optimally prepare their participation: they can make onsite appointments, chat, and exchange business information with exhibitors online and ahead of time. Appointment booking will be available from September 28.

Additional online-exclusive content and innovative product presentations updating users on the latest industry developments and helping to increase business opportunities will be published during the Asia Fruit Logistica Virtual Focus Day a few weeks prior to the show.

For ticketing and online ticket shop queries, please reach us

Email: tickets@gp-events.com or visit www.asiafruitlogistica.com.



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'Big F Awards' at Gurgaon



The 9th edition of Big F Awards, organized by Indian Food Freak held on the 31st of August, at The Westin, Gurgaon. The food gala was a celebration of Gurgaon's culinary culture where untapped local food marketers, home chefs, and home bakers got their share of recognition in addition to commercial establishments. In fact, the event's sole objective was to provide a platform for small-scale but passionate foodpreneurs to showcase their talent and participate in the F&B space.

The Big F Awards started in the year 2014 and have steadily become the most sought-after and prestigious awards for culinary enthusiasts of Gurgaon. These Gurgaon-specific awards have helped showcase the city's love for food and get recognised as a culinary capital. The Big F Awards 2022 honoured a variety of food

categories ranging from local takeaway joints to fine dining restaurants and bars, in addition to a community of home bakers among others.

The list of winners included Vir Sanghvi who was facilitated with Star of India, Lifetime Achievement award was awarded to Chef Manjit Singh Gill while Comorin won the Restaurant of the year award. Arvind Saraswat Young Chef Award by Chef Ranveer Brar was bagged by Chef Aditya Murali Shankar from Varq at Taj Mahal Hotel. Chef Aditya won Rs. 50,000 apart from the trophy from the personal fund of Chef Ranveer Brar.

These awards are judged by some of the best Chefs and Food critics in the country including Chef Nita Mehta, Diwan Gautam Anand, Chef Manisha Bhasin, Mayur Sharma, Chef Sabyasachi Gorai, Pawan Soni, Chef Rakesh Sethi, and Rocky Singh. The awards provided chefs, bakers, and restaurateurs with a pool of opportunities to establish their identity and get recognised by the industry.

Shibani Kashyap's melodious performance enthralled the audience. Other key people who attended the awards include Chef Manish Mehrotra, Chef Kunal Kapur, Chef Ajay Chopra, Dildeep Kalra, AD Singh, Rana Sohal Leasing Head, M3M India, Neeraj Kumar, MD, Beam Suntory, Nitin Seth, Vice Chairman, Tops, Kabir Suri, President NRAI amongst many others.





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India Bakery Expo (IBE) 2022



India Bakery Expo (IBE) 2022 was recently held at Chennai Trade Centre, Chennai TN, during 9-11 September, 2022. The 5th edition of the show was organized by TNBF (Tamil Nadu Bakers Federation-India).

The well organised show, visited by the major buyers of the bakery ingredients & equipment, organised under the aegis of prominent partners of TNBF - G.K. Porkai Pandian, IBE Chairman, G. Manivannan, President, Subramaniam, Secretary, R. Ramasamy, Treasurer and all member of TNBF. TNBF announced that the current edition of IBE 2022 was a grand successful event.

IBE 2022 was inaugurated by Mr. Lalvena, IAS, Food Safety Commissioner.



and Ms. Rhiannon Elms, Senior Agricultural Attache, FAS, USDA, US Consulate, Mumbai. The valedictory function was presented by M.A. Siddique, IAS, B.Tech Electronics and Communications Engineering, Managing Director, Chennai Metro Rail Limited.

As per IBE, the show had 100 percent occupancy from all categories of the exhibitors. The show was visited by over 15000 professionals of the industry, who were pre-registered for the Event. The Exhibition showcased all Bakery related products including Bakery Machines, Ingredients which included, Premixes, Raw Materials & Preservatives, Packaging, RO Water, Display Counters, Cold Room, Ice Cream etc. The exhibition was supported by FSSAI, TIIC, MSME.

First time in IBE history Cake Competition for college students was held for which the Prize money and equipment were distributed to the colleges. The event also for the first time introduced QR code for the smooth entry of the visitors

IBE was supported by leading media companies as media partners. The IBE for the first time did visitor promotion on Suriyan FM throughout TN, Cochin, Bangalore, Thirupathi & Hyderabad for ten days. IBE once thanked all its Exhibitors, Visitors & Co-Bakers who have works day night for the success of India Bakery Expo 2022. TNBF has announced the next edition of the IBE 2024.



Indian Culinary Forum Announces Culinary Awards



The Indian Culinary Forum shall be presenting the 19th edition of annual Chef Awards on 14th October, as part of the celebrations of International Chefs Day, to be held at Hotel Pride Plaza, Aerocity, New Delhi.

"The cherished Indian Chef Awards, first initiated nineteen years back in 2004 by ICF, have become Indian culinary industry's most respected and most valued testament for talent and skill recognition in addition to becoming the biggest platform for knowledge sharing amongst industry stakeholders. This year's event will further cement ICF Awards as the finest platform for knowledge sharing, talent recognition



of Indian Chefs, and spreading goodwill and footprint of Indian cuisine around the world," said Chef Davinder Kumar, President of Indian Culinary Forum.

The Award event has three segments including Culinary Competitions, Knowledge Summit, and the Chef Awards. The ICF culinary competition will be held at Banarsidass Chandiwalla Institute of Hotel

Management and Institute of Bakery & Culinary Arts, New Delhi where over 150 professional chefs will showcase their culinary skills in 11 different categories. WACS-certified noted chef Dayashankar Sharma is the chairperson of this year's jury while well-known Chef Sireesh Saxena is the organizing secretary.

"ICF's aim is not merely recognition of talents but also empowering talents with latest culinary knowledge and skills which not only helps in career development but also helps the country by spreading the footprint of Indian cuisine around the world", said Chef Vivek Saggar, General Secretary of Indian Culinary Forum.

Talking about the program Chef Vivek Saggar added "There are six special award categories which include Lifetime Achievement Award, Golden Hat, Silver Hat, Academic Silver Hat, Pastry Chef of the Year, Lady Chef of the Year, The Culinary Competitions (Trade Test) category includes Master Chef of the Year, Master Chef Kebabs, Master Chef Indian Patisserie, Master Chef Indian Sweets, Master Chef International Cuisine, Master Chef North Indian Cuisine, Master Chef Oriental Cuisine Award, Master Chef Baker Award, Master Chef South East & West, Student Chef of the Year Female, Student Chef of the Year Male".

Flavored Rum by Radico Khaitan

Radico Khaitan launches its first ever flavoured rum under the Spirit of Victory family - 1965 Spirit of Victory Lemon Dash Rum. With this launch, the Company also taps into a new spirit category of white rum.

Lemon Dash is a perfect drink for rum enthusiasts especially for those who love to experiment with spirits and have a keen interest in aged spirits, boutique and craft liquor. 1965 Spirit of Victory Lemon Dash Rum, an amalgamation of the spiciness from rum and refreshing notes from exotic lemons, is an addition to Radico Khaitan's Spirit of Victory portfolio and is poised to bring a refreshing change rum drinkers and connoisseurs.

Commenting on the launch, Amar Sinha, Chief Operating Officer, Radico Khaitan, said, "Rum is evolving as an aspirational drink and the conversation around it among the consumers is picking

pace. This is the time for rum. Ever since the pandemic, consumers are willing to expand their horizons and have moved beyond the traditional spirits, resultantly the premium rum category is witnessing robust growth. We have expanded our rum portfolio with the Lemon Dash, under the umbrella of 1965 Spirit of Victory Rum. The flavoured expression has made its debut on the shores of Odisha and will soon be available in other markets, including Delhi, Uttarakhand, Assam, Jharkhand, and Kerala. We strive to constantly evolve and incorporate innovative products into our mainstay portfolio."

"Rum, in most parts of India, is considered to be a seasonal drink but white rum negates the barrier of seasonality. This refreshing and zesty offering is sure to

bring the much-needed change and cheer to our rum consumers and brand loyalists." He added

Hailed to be one of the smoothest rums in the Indian liquor landscape, 1965 Spirit of Victory Rum was launched as a tribute to the Indian Armed Forces in 2017 in the Canteen Stores Departments (CSD) across the country. Enjoying a market share of over 10% in the CSD market, 1965 Spirit of Victory Rum was



expanded to the domestic market in 2018 and is now available in over 12 states across the country. The brand's marketing strategy focuses on compelling storytelling in the form of dossiers that celebrate war veterans.



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Art of Dum' Launches in Hyderabad

Sanjay Vazirani's Foodlink, one of India's largest luxury F&B service companies, today announced the launch of 'Art of Dum' in Jubilee Hills, Hyderabad. 'Art of Dum,' a cloud-kitchen brand, is currently delivering scrumptious food in Bengaluru and Mumbai. It guarantees real food, handpicked ingredients, and adherence to the most outstanding quality and safety standards.

Art of Dum will provide a variety of authentic flavours prepared in the Dum Pukht method of slow cooking. All the flavours will come in unrivalled, exquisite, environment-friendly packaging, providing Hyderabad food lovers with a posh at-home eating experience. The dish Akhrot Ki Galouti, selected to best suit Hyderabad foodies & palates, will also be included in Art of Dum. In addition, several varieties of Biryani, Kebabs, finely flavoured gravies, healthy rolls, and mouth-watering dessert dishes are on the culinary menu.

While talking about the 'Art of Dum' launch in Hyderabad and the evolution of the Indian food service delivery market, Sanjay Vazirani, CEO of Foodlink, said, "We have received a warm welcome from our patrons in Hyderabad. The strategic location of the newly launched cloud kitchen at Jubilee Hills will help us reach out to a broader consumer base. We remain dedicated to providing a distinctive experience to our clients by establishing our special, values-based; Art of Dum" expertise and providing an unmatched customer experience. Additionally, we think what distinguishes Art of Dum is our focus on authentic flavors, strict adherence to cooking methods, and smart, sustainable packaging. We look forward to startling the taste buds of Hyderabad".



TWT Introduces Clean Label Milk Chocolates

The Whole Truth Foods (TWT), one of India's fastest growing new age packaged foods brand, is launching its customary 100% clean label offering in its largest category yet: milk chocolates. It has launched 100% Clean Label Dark Chocolates, made with as little as 2 ingredients – Cocoa & Dates. A separate bean-to-bar chocolate factory was set up for Dark Chocolates and the same is now being used for Milk Chocolates, which is the preferred form of chocolate for 93% of the country.

Made with Idukki cocoa beans from Kerala, dehydrated 100% Whole Milk and Omani dates, these Milk Chocolates are the free from refined sugar or artificial sweeteners. The chocolates also do not contain other staple ingredients in popular milk chocolate brands: no chocolate compound (a mix of cocoa, hydrogenated vegetable fat & sugar), no palm oil or emulsifiers or stabilizers, no preservatives, no refined sugar or artificial sweeteners and crucially, no artificial chocolate flavour that masks the fact that low proportion and quality of the chocolate was otherwise used.

The TWT chocolate bar also contains a nudge towards mindful consumption in an indulgent category. The bar is shaped with different-sized chunks so one can consume as much or as little as they feel like just then. This clutter-breaking shape with a functional feature stands out in a category with similar form factors for the last few decades.

Speaking about the launch, Shashank Mehta, Founder and CEO, The Whole Truth Foods said, "Today, we have seen that many renowned marketers have neglected to utilise elements that don't decode a perfect chocolate bar in their final products. With only three ingredients—cocoa, dates, and milk—the milk chocolate range is naturally sweetened simply with dates, free of added sugar or artificial sweeteners. Our milk chocolate line will hopefully offer the same experience as our recently announced dark chocolate lines, which we only launched two months ago."



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IHOP® Opens in Mumbai at New Location

IHOP® is celebrating the opening of its next franchise location in Mumbai. Located at Phoenix Palladium, Lower Parel, this new restaurant serves up the brand's World-Famous Buttermilk Pancakes and familiar comfort foods, leaving guests with a smile on their faces.

Since 1958, IHOP has been the place where people connect over breakfast, enjoy study breaks, grab a bite before or after sporting events, and so much more. IHOP has seen millions of smiles over the years in their restaurants and continues to be a space to enjoy special moments with family and friends.

The popular American brand has opened in West India in association with Bedrock Food Company Pvt. Ltd. Established in 2000, Bedrock Food Company Pvt. Ltd. has been a pioneer in the Indian food and beverage arena and the harbinger of brands such as Subway across India, and Krispy Kreme in North India. They are now foraying into a full-service dining concept with IHOP in Mumbai and look forward to popularising the brand in the region.

"At Bedrock Foods, we are very passionate about the hospitality business and the brands we work with," said Manpreet Gulri, Director of Bedrock Foods Company Pvt. Ltd., an IHOP Franchisee. "Our stint in North India has been stellar with reputed international brands and we are excited to venture into West India with IHOP. We are constantly working with the Dine Brands team to deliver the best quality and the finest offerings to Mumbaiers in line with the brands' iconic American heritage. We look forward to IHOP receiving the same love and spreading happiness in Mumbai!"

IHOP offers an affordable, everyday American dining experience with warm and friendly service. Guests of all ages can enjoy a wide variety of breakfast, lunch, and dinner items, including IHOP's World-Famous Pancakes, Breakfast Combos, Omelettes, Burritos, Waffles, and more for dine-in, takeout, and delivery.

For more than 63 years, IHOP has been a leader, innovator, and expert in all things breakfast, any time of day. The chain offers 65 different signature, fresh, made-to-order breakfast options, and a wide selection of popular lunch and dinner items, including Ultimate Steakburgers.



'Salud'- A Restaurant & Bar in Mumbai

Famous builder and now restaurateur Vikram Lodha's new bar and restaurant 'Salud' has been launched in Santacruz. Originating from the Spanish word 'Salud' which means Cheers, this boutique restaurant will be serving international fusion cuisine.

Ecstatic about the launch, Vikram Lodha shared "We want Salud to add warmth and happiness to the lives of all Indians, hence we want to open a chain of such warm gastropubs across India. The name Salud was suggested by my wife who is also a Spanish professor. Salud means cheers, as well as good health, and that perfectly resonates with our vision of providing Mumbaiers with a place for great food and great fun."

The launch was a grand success with multiple celebrities like Madhura Naik, Mreenal Deshraj, Alefia Kapadia, and Shreeradhe Khanduja attending the event. The launch party was also a great hit amongst social media influencers like Sambhav Jain, Karishma Rawat, Shabnam Fathima, and many more.



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1441 Pizzeria's New Outlet in Chembur

Tasty, scrumptious, and an absolute delight, ever since its inception, 1441 Pizzeria has become synonymous with authentic Italian delicacies in India. Loved and devoured by all, the bona fide brand is all set to open its 23rd outlet in Chembur, Mumbai.

Made using bona fide ingredients sourced from Italy itself, the hand-stretched and wood fired pizzas alongside refreshing appetizers, delectable pasta, moreish sides like garlic bread and jalapeno poppers to name a few are no less than a divine treat for the taste buds, and the brand is delighted to woo the people of Chembur



with its yummylicious offerings now.

This new outlet is a span-new addition to Pizzeria's victorious expansion and it's ready to render mouth-watering items across their menu once again. The new branch will also be available for orders on their official website as well as delivery applications.

Devoted to elevating and embarking on new ventures at every step, Krishna Gupta & Vandini Gupta have been a pioneer in taking the ever-evolving food industry by storm. From cloud kitchens, and retailing to brand merchandising they've shown massive growth in all walks and the new branch is another addition to their success.

Sharing his thoughts on 1441 Pizzeria's expansion, Krishna Gupta, Managing Director of 1441 Pizzeria says, "We're exceedingly excited about the launch of our new outlet in Chembur, 1441 Pizzeria is an experience and we want everyone to have it. This is the opening of our 23rd outlet in the country and we are thrilled about it. At the same time, we look forward to opening many more in the nearby cities."

QSR Chain Fat Tiger To Open 200 Offline Outlets

Fat Tiger an Indian home-grown restaurant announced their recent expansion plans. The company in the course of the next 3 years will be increasing its offline presence by launching 200 offline outlets. Brand currently have 50+ outlets in 22

cities. Fat Tiger is a modern restaurant serving internationally acclaimed beverages and skill-fully made momos to India with options for wholesome meals as well. It specialises in 45+ momos, and specially curated beverages.

Addressing the announcement Sahaj Chopra and Sahil Arya, Co- Founders and Directors at Fat Tiger said, "Fat Tiger is a tribute to the Pan Asian cuisine that was developed in India that has been an integral part of India's history. Today this food is an important part of Indian culinary culture and Fat Tiger wants to bring this food in its traditional glory with some modern touches across India in a never been done before QSR format.

We will focus on opening Fat Tiger and Fat Tiger Mini outlets, which will include a full menu and the mini will have just momos and beverages menu. The variety of outlets that we are planning to open our kiosk (60-100 sq.ft., malls food court, high street 100-400 sq.ft., and cafe concepts from 400 sq.ft. - 700 sq.ft. to 700-1500 sq.ft.). We are excited to embark on this journey and hope to win love and trust from our customers."

Fat Tiger's hot and cold beverages are a novelty offering, joined by various types of momos, burgers drinks and more. It is the first Indian brand to bring middle class consumers modern drinks, momos and meals bowls at humble prices. The brand aims to bring happiness to their consumer's life in the most flavourful, sustainable and superior fashion.

Fat Tiger has recently opened its outlets in Bengaluru & Dehradun. The Bengaluru store is spread across an area of 1500 sq. ft. in carpet area and is situated at HSR Layout area, whereas recently inaugurated its second franchise-owned restaurant in Dehradun, spread across an area of 1100 sq. ft. in carpet area, is situated at Rajpur Road, Dehradun in order to attract a large number of youth, families, students, and anyone who enjoys Pan Asian cuisine in various flavours.

Fat Tiger is a modern QSR and Café chain that offers Momo, Burgers, Pizza, Drinks and much more here in the city. The chain brings internationally acclaimed teas, beverages and expertly made momos and much more to India, along with options for nutritious meals.



Coffee Shop 'Shamiana' is Back

Shamiana – the first all-day dining restaurant in the country – at Taj Mahal Palace Hotel, Mumbai, is back to being open round-the-clock! Since opening its doors in 1973, the restaurant has been known for its warm, friendly service, delicious comfort food and nostalgic specials – think Burji Pav, Falooda, Fish N Chips, and much more.

Having undergone a major renovation a few years ago, the Shamiana had returned to claim its original spot in the hotel and in the hearts of its patrons. With clean, simple lines and a fresh feeling – the restaurant is the perfect spot for your everyday outing – be it day or night.

After hours at the Shamiana have always held a unique charm; slurping down a cold coffee after a long night out, a midnight craving of some pizzas or simply enjoying some quiet time with a coffee and a book – the Shamiana has something special that hits home. Where better to enjoy that long over-due catch-up with busy friends or fill-up on your favourites after the perfect movie date.

Uncomplicated, nostalgic, special – Shamiana feels like home. And it's now open, round the clock, once again.





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New 'Glocal Junction' Opens

Glocal Junction, one of the most popular gastropubs in Mumbai, has launched the new food & entertainment hub in Malad. The quirky and youthful new-age all-day diner and modern-day gastropub is a part of the restaurant portfolio of Sanjay Vazirani's Foodlink. The always buzzing Glocal Junction in Andheri & Worli in Mumbai and Kondapur in Hyderabad offer a booze-grub balancing act done with panache, keeping its epicures happy with popular spirits and a hotchpotch of freewheeling gastropub dishes.

Thrilled with the new launch of 'Glocal Junction', Sanjay Vazirani, CEO, Foodlink, said, "Glocal Junction Malad will be the next big thing for the locals of Mumbai suburbs. For over five years, it has ruled the hearts of both young and the old with its delicious and creative culinary offerings and experiential events. The brand has come a long way since we started its flagship outlet in 2016 in the bustling streets of Andheri."

Creating the hype is a new and exciting all-day menu, 'Chai Pe Charcha', specially curated for office-goers to get them energised through their workday with varieties of tea, other beverages and tiny bites.

This contemporary boozier will serve

chakhnas, a slap-up dinner, fancy food, titillating beverages, and high energy music to ensure an always grooving local crowd.

The venue will also host Sunday Sundowners, tell tales that either get lost in the clouded fog of drunkenness or crease up hysterically over rib-tickling jokes offering some comfort against the Monday Blues.



Glocal Junction transforms into a rollicking gastropub with jam-packed surrounds and dressed-down service that sets the tone for a high energy nightlife with a crafty menu stuffed with big, bold flavours combining global and local favourites. It scores a big hit with its groovy music, a mix of curated live bands, visual DJs, celebrity DJs,

percussionists and riotous rock artists. The venue has hosted some of the greatest artists like Indian Ocean, Karsh Kale and Luke Kenny.

The resto-bar's Valentine's bash, Halloween, Christmas, New Year parties and food festivals are eagerly awaited by many party-goers. The music ranges from popular Bollywood, Electronic, Indian classical, Indian folk, Rock, Hip-hop, EDM to Retro to fuel Mumbai's high octane nightlife. Special deals like 'Ek Ka Punch' are a steal and inspire loyalty and fondness, especially amongst the younger lot.

With a capacity to accommodate over 200 Glocals, it sports a neutral colour palette, the signature look of Glocal Junction, with a stripped-down, industrial style look including sleek, utilitarian metal furniture. It is characterised by a spacious dining arena, a large island bar, exposed structural elements, reclaimed objects, and metal, brick, and concrete textures that exude a contemporary vibe. The space is bathed in natural light due to the large glass façade and a vibrant outdoor sitting area with a lovely view. The staff are known to be engaging and fun. The chefs and managers lead the service, making friends with guests and memories within the walls.

New Convention Centre Launched in Bengaluru

The Leela Bhartiya City Bengaluru announces the launch of their convention centre, the largest in the city. Nestled amidst Bhartiya City, the hotel exudes modern luxury and sophistication. The Leela Bhartiya City's convention centre seamlessly blends contemporary chic with the timeless Leela aesthetic to create the perfect destination for corporate and social gatherings and events.

With one of the largest convention centres in Bengaluru, sprawling over 80,000 square feet, including a Grand Ballroom, a Royal Ballroom, The Terrace, The Boardroom and other meeting rooms, the hotel offers extensive choice and flexibility for bespoke events as well as iconic celebrations. From intimate gatherings to extravagant galas to business meetings of any scale and size, to elaborate weddings, personalised services.

The Grand Ball room which is more than 7200 sq ft in area, can accommodate both Theatre and Cluster style seating and is perfect for major occasions. Lit with warm tones of natural daylight is furnished with a subtle



touch of opulence. Flexible breakout options, a studio kitchen and a spectacular entrance sums up this space.

The Royal Ball room offers space comprising of more than 21700 sq ft that is ideal for mega events such as car launches, monumental exhibitions, corporate annual meetings and gala night award ceremonies. The venue also offers an open terrace.

The plug and play meeting venues in the

hotel are all located conveniently on the same floor as the Grand Ball Room and are ideal for small briefings or can even be used as break out rooms for big events. They can be customised according to the structure of the event. The venues are aptly named after iconic locations from across Karnataka- Bidar, Hampi, Varuna, and kabini.

Besides these indoor venues, the property offers a magnificent outdoor space with lush greenery. Guests have the option to select from any of the following spaces like the Central Park, a Performing Arts Platform, The terrace, and Upper Deck lawns for an unforgettable experience as hosts and guests. The expansive convention centre caters to all clientele and offer vibrant spread of Food and Beverage. Every dish is perfectly concocted by hotel's chef to weave together a dining experience.

The venue also offers a wide range of luxury services like, signature spa experiences, chopper rides, shopping at the Bhartiya city Mall of Bengaluru, Vineyard tours and is an idyllic spot for picnics on the lawns.



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All New Menu at Papaya

Emerging from Zorawar Kalra's House of Massive Restaurants is Papaya, the modern Asian bistro that has been satisfying all your cravings for Asian delights, making it a gastronomical experience that you've never been on before. Being the first one to introduce sushi to Mumbai, the legacy bistro is now celebrating 7 years in the industry. To mark this marvellous milestone, the restaurant has introduced a new menu featuring stellar Japanese and Chinese dishes.

Located in the heart of Mumbai with its presence in Phoenix Palladium and BKC, the charming restaurant with its luxurious comfy seating and a cozy vibe takes the experience a notch higher. Adding to this experience is a hearty new menu.

Zorawar Kalra says "Papaya has always been about innovation and quality. With our new chef team, we have now incorporated a brand new menu that is a natural evolution of the brand that first started the wave of pan Indian cuisine in Mumbai back in 2015. The new menu will feature a special dim sum menu with a very wide variety of authentic and modern dimsum featuring many exotic ingredients as well.



We have also added a new Japanese menu that uses the highest quality ingredients in a contemporary manner thereby creating a very unique experience. It's safe to say that Papaya made sushi mainstream back in 2015, well it's now time to provide an altogether new experience that is sure to set new benchmarks for sushi in the city. A mix of Chinese and Japanese delicacies is the key focus in this iteration"

Some of the signature dishes from this menu are Crispy Cheung Fung and Chicken and Chestnut open faced dumpling. Coming to the most-loved sushi, new additions to the menu are Tokyo Roll, Dragon Roll, Volcano

Roll, Cucumber Spicy Avocado Gunkan and Asparagus Tempura Roll.

If you're looking to give your regular meal a facelift, then do not miss out on the tapas with options like Rock Shrimp Tempura, Crispy Lotus Stem and the new Chawanmushi, Butta No Kakuni (braised pork belly), Hamachi Carpaccio with Truffle Ponzu and much more. Salad lovers can opt for the Crab Meat Salad or Avocado Lettuce Salad. Retaining the core essence of Asian classics, the menu includes Lobster Sriracha Buns, Braised Sliced Chicken, Katsu Curry Rice, Kake Udon Noodles and more.

Along with mouth-watering Pan-Asian cuisine, the modern bistro also offers lip-smacking drinks, right from the classic Margarita, Blood Mary, or an Old-Fashioned to the trendier and unique in-house cocktails like Drunken Sailor, Spiced Up, Shikoku Cooler, Tropical Snow and more.

For those with a sweet tooth, the selection offers unique versions of iconic desserts from the regions that are presented in a fun and engaging manner for an indulgent affair such as the iconic Papaya special - the Chocolate Ball On Fire and Biscoff Cheesecake.

Gaming Resto Bar in Powai

Created and curated by restaurateur, Prasuk Jain, of Snow World Entertainment who has previously run restaurants like The Game Palacio, Pink Wasabi, Snow World Theme Park, 'The Game Ranch' offers a raw experience and peeks into the life of the ranchers of the wild west for the first time.

Nestled in the luxurious area of Powai, the interiors of the space have been designed by the in-house team with Prasuk. The place has a truly exquisite setting with a rugged and warm feeling. The interiors consist of wooden furniture that have earthy tones in the shades of brown, beige, cream, and taupe and the sheer detailing on the walls give the visitors an experience of being in a Ranch.

The burning ideation behind this space is to get engulfed in raunchy music, piquant platters, and old-American-style entertainment under one roof. Apart from the stunning aura and feel, this gaming resto lounge brings alive the authentic American, South American, and Mexican cuisines into our plates, right from wood-fired pizzas to divinely appetizing grills and Barbeque platters. Not to forget the live grill counter and barbecues that captures the true essence of the old wild west.

India's first countryside-themed gaming



resto lounge is designed for family-friendly fun with a western influence that seizes the vibe of a rustic ranch set in the mid-1800 era. The conceptualized setting offers a sui generis encounter of ranch-themed cuisine, experiential gaming, outdoor space along with sheesha, live barbecue counter, and cowboy treasured music all rolled into one, giving a glimpse of the old glory days to the ex-pat community.

The different nooks and corners of the Ranch give an eclectic mix of western setups; warm lighting, rugged interiors, and plush leather seating with a design that amplifies its unpretentious attitude alongside offering various photo opportunities with horses, saddles, and the ranch's jail. This gaming resto lounge brings authentic Texas, South American, and Mexican tastes into every food

lover's plates. The property's delicious menu provides flavoursome comfort food options, heavenly cocktails, and much more.

The bowling zone is divinely created for everyday enthusiasts and committed league bowlers. The alleys are marvellous owing to their league-friendly accessibility that keeps pace with the bowler's and viewer's desires. To elevate this experience, the restaurant is also equipped with extravagant lane-side butler service to make patrons feel like the Chief cowboy/ girl.

Prasuk Jain quotes "The Game Ranch is that spot in the city that gives you a fresh burst every time you enter and completely changes your mood from the hustle of Bombay. We've created a space where once feels like they're in a fresh, lively and energetic vibe that completely lifts up the mood and brings in a sense of belonging. For us, it is about inviting people into a completely different world, especially for someone who loves the idea of a countryside experience."

The Game Ranch is a rare balance of a creative and comfortable mood and aims to set the community culture with its casual walk-in features and is a one-stop destination for cocktails, bowling and delectable food!

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'The Ghost Chef'

New Cloud Kitchen



Mumbai's newest cloud kitchen - The Ghost Chef - is now delivering all across Mumbai. This new entity aims to customise customers' needs and offer a restaurant-style experience in the comfort of their homes. Born from the concept that the soul of a Chef has taken the reins and can be felt in delicious plates of food, The Ghost Chef is founded by Chef Akhil Multani and runs two brands under its name - 'Namak' and 'Alas', both meaning salt in Hindi and Greek, respectively.

Through Namak, Ghost Chef takes the customer on a gastronomic journey of North Indian and Mughlai cuisines, while also venturing into niche ones such as Andhra, Parsi, Maharashtrian, Rajasthani, amongst others. The menu caters to comfort foods that satisfy both, the palette and soul. Customers can enjoy an extensive selection of vegetarian and non-vegetarian Kebabs which feature Chef's specials such as Chatpate Tandoori Aloo; Thetcha Broccoli; Chicken Burra Tangdi and Chicken Reshmi Tikka.

The Mains showcase a wide variety of Indian flavours in dishes such as Ghee Roast Paneer, a Mangalorean special which also comes in a non-veg version with Prawns. Customers will also find comforting dishes such as Kalimirch Paneer, black peppercorn marinated cottage cheese paired with a rich cashew cream gravy; Laal Maas, a fiery Marwari fall-of-the-bone lamb, slow-cooked in a

spicy red chili & onion gravy; and Savji Mutton, Vidarbha style stone flower masala roasted, boneless lamb, slow-cooked overnight.

To accompany these, customers can choose from a selection of Indian Breads, Sides and Rice preparations such as Chef's special Namak Special Dal Khichdi; Paneer Makhanwala Biryani; Butter Chicken Biryani; and Chicken and Mutton Yakhni Pulao.

For those looking for something beyond Indian cuisine, 'Alas' is a great choice. Alas, which is the translation of salt in Greek, boasts of a very traditional Lebanese and Greek menu with influences of Turkey. Perfect for parties or for those who love their pita and dips, the menu has a wide range of Mezze options such as a variety of Labneh including Spicy Labneh, Garlic Labneh, Avocado Labneh and Labneh Za'atar.

A Mediterranean menu is incomplete without hummus, and Alas has a selection to choose from. In addition to the traditional version, one will also find Spicy Moroccan Hummus, spicy Moroccan chilli scented spicy hummus; Green Pea & Truffle Hummus, truffle scented roasted green peas churned with tahini cream; and Avocado Hummus, fresh avocado and chickpeas blended with garlic and tahini, and topped with roasted seeds and smoked paprika. Orektiká or warm appetisers include Falafel; Chevre and

Almond stuffed Falafel; Adana Kebab, chicken mince kebab, flavoured with sumac, fresh herbs and red chilli flakes, and served with a coriander pesto labneh; Harissa Chicken Kebab, Moroccan chilli paste marinated chicken cubes, cooked over a spit roast and grilled, and served with cream cheese and honey; and Kebab Istanbul, Turkish spiced lamb mince kebabs, basted with white butter & served with mint labneh. The menu also features a selection of Manakeesh (flatbreads), Ilektrikó Díktyo (mains), and Shawarmas, that will delight one's palette.

All the food at The Ghost Chef is cooked fresh and does not use any readymade or pre-prepared products. For those looking for party catering, The Ghost Chef has a format which allows customers to order components separately, and assemble the dish at home by following simple, easy-to-follow video instructions. The kitchen has carefully selected talented Chefs who use the finest ingredients and follow quality hygiene practice keeping the customer's comfort at the forefront at all times.

In the coming months, Chef Akhil will also be adding two kitchens to the portfolio. Yan, set for launch in September 2022, which will serve Asian cuisine, followed by IIsali in October, which will cater to Italian food lovers. Both brand names are also translations of salt from their native languages.



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Gola Sizzlers Unveils Revamped Look



Gola Sizzlers has revamped and refurbished interiors spread across different locations in NCR. With a variety of over 30 unique award-winning sizzlers, this place is ideal for get-togethers and dining with family and friends. The Gola Sizzlers joint is spread across prime locations in Delhi NCR: CP, Rajouri Garden, Gurugram, Preet Vihar, Khan Market, Noida, NSP, and Subhash Nagar. A revolutionary concept, Gola Sizzlers is imbued with the finest commitment to authenticity and that elusive quality called taste, visual, and gastronomic. This reinvention is well realized in its interiors and maintains a strong commitment to quality while promising a feast of contemporary flavors.

The ambiance of the space envelopes its guests with comfort and warmth. On entering any Gola Sizzlers outlet, one will be instantly mesmerized by its chic ambiance, which speaks of sheer luxury. Gola Sizzlers has got a contemporary and youthful feel to it, with a French and European touch owing to its extensive use of pastels and whites. The contemporary floral wallpapers, terrazzo accents, airy atmosphere, and colourful furniture only add to its treasure trove of bespoke experiences, making it feel all the more home.



What makes Gola Sizzler so spectacular? The secret is as much in its attractive décor as in its vast menu which is incredibly versatile. The amalgamation of experiences from all over the globe, from Japanese to Mughlai cuisines is worth the binge. To get your time at Gola off to the best possible start, the chef recommends beginning with its Dahi kebab or perhaps the scrumptious fish orley. This heavenly dish can further be followed by Beli Ram Chicken, one of Gola Sizzlers' oldest must-have dishes on the menu. Diving into the sizzlers' menu, the cottage cheese croquette sizzler and the two for one sizzler are some recommendations that one simply cannot miss. To top it off, order from their well-stocked bar which offers mouth watering mocktails & cocktails, like Gola ginger

fume, or their refreshing watermelon ginger Fresca. As a cherry on the cake, the head chef recommends their special Gola Sizzlers desserts i.e., the Ice Cream Sizzler and the Gola Jewel Box.

Dive into the perfect gastronomical escape and refresh your palate with delectable cuisines, and scrumptious sizzlers like never before; this place is more than just a treat to the eyes that welcomes you from noon to night!

Talking about the plans of completely redoing the interiors, Manik Kapoor, spokesperson for Gola Sizzlers says, "There is no end to the pride bubbling inside me seeing Delhi's best and favourite sizzler destination getting revamped. The idea was to amalgamate modernity with heritage so that the guests can enjoy the best of both worlds. We have constantly evolved through the years following a simple and easy "In the Now" policy which has helped us grow and succeed every time. Right from the start, Naresh Kapoor and all family members' strong and everlasting love and passion for growth (and expansion) have kept us in the limelight and inspired us to constantly add new and unique concepts ensuring a smile and a 'wow' to all that come to drink and dine at one of our outlets."

Gola Sizzlers, the fine-dining chain of restaurants was pioneered by Naresh Kapoor in 1988. The elegant restaurant promises to deliver an unforgettable food experience: the best of traditional hospitality, a palatable culinary journey, and an ambiance that roars sheer luxury. Gola Sizzlers has been serving quality steak and sizzler fare for over a decade and is now functional in 8 prime and posh locations in Delhi NCR. Other than being one of Delhi's oldest sizzler makers, their elaborate menu includes other delicacies like Chinese, Continental, Mughlai, Italian, and Japanese, and beyond; depending upon the market they are catering to.

Bombay Brasserie's Menu Offers a Culinary Travelogue

With signature dishes and the brand being recognized by world renowned chefs like Marco Pierre White, Bombay Brasserie, the award-winning all-day bar and eatery has launched its all-new menu that promises to take the diners on a culinary journey across India as they dive into its all-new culinary travelogue themed and flavour packed menu.

The new menu dishes and drinks are focused on hyper-local ingredients, and diverse regional cuisines, across the country. The thoughtfully curated food and bar menu taps India's diverse cultures, local ingredients, regional cuisines and the historical influences. With over 20 new food dishes and 15 drinks, the menu beautifully highlights local ingredients and regional Indian cuisines stimulating different, unique flavour profiles that transport diners to a culinary escapade through every page. Guests are showcased the



eatery's culinary influences through a colourful map of the subcontinent displaying the source of many key ingredients.

"When curating the new menu, we have incorporated dishes and drinks that inspire curiosity, interaction and even evoke nostalgia while staying true to India's culinary heritage. Each dish and beverage integrates hyper-local ingredients, with a twist, from regions across India, taking you on a journey across Incredible India. The new menu reflects this through crisp explanations of each item, alongside visual depictions of dishes and regional influences", says Mrs. Shikha Nath, Culinary Director, Charcoal Concepts.

The new menu pays homage to many of India's distinctive ingredients some of which are remote and sourced specially such as Black Stone Flower, Bhoot Jolokia, and much more. The menus' new Small Plates comprise of texture-rich Hot Kadhi Samosa Chaat, south inspired crispy Madurai Mushroom Dosai and a crunchy Street Fried Chicken. Hot Plates and Street Grills have additions like the charred Chilli Roast Cauliflower, homemade spice marinated Spicy Meetha Achar Chicken and Bengal's favourite Panch Phoran Fish.

From small bites to large feasts, desi to global cocktails, along with a vast spirit and wine list, Bombay Brasserie offers a space fit for all occasions, including business lunches, family gatherings and date nights. With impeccable service, it sports an ideal dining atmosphere for enjoyable conversations and great food while ensuring an armchair journey across India with every bite.

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'Chai Point' Now in Amritsar

Chai Point, the Chai-led beverage platform, has announced the brand's entry into Amritsar by opening its store at the iconic Town Hall Complex near The Golden Temple. The launch is in line with Chai Point's retail expansion strategy of opening 100 more stores in the next 12-18 months and bringing an elevated Chai experience to a larger consumer base by leveraging the software and hardware capabilities of its myChai™ brewing system.

Chai Point is present in India through its retail network of 180 stores across 9 major cities and in over 3500 workplace community hubs covering 43 cities through its specialised brewing systems. Over the past month, the company has opened 18 stores with a strong presence in major cities including Bangalore, Hyderabad, Pune, Mumbai and NCR.

The brand serves over 700,000 cups every day and fulfilled 100 million cups delivery over the past year through its cloud kitchens and delivery networks using their innovative heat retaining Chai flasks which were launched in 2016. Chai Point is the first company in India to launch environment-friendly heat retaining Chai flasks that can keep the chai, coffee hot for upto 2 hours. With its packaged goods range, Chai Point has served over 8,300 pin codes in India.

Amuleek Singh Bijral, Co-founder &



CEO, Chai Point, says, "We are excited to bring the Chai Point experience to a city known for its exceptional food culture. With our innovation backed myChai™ brewing systems and a wide array of food offerings, we are looking forward to delighting our customers in Amritsar with an elevated Chai led experience."

The Company also organised a Chai langar at The Golden Temple on the morning of 15th August, as a tribute for entering the holy city.

Chai Point Amritsar is a large format

store offering both indoor and outdoor seating. The premium store design and experience comprises a contemporary environment inside a historic building with careful attention given to its scale and original texture.

"While staying true to the building's typology of the space, we paid homage to the building's former stature by using materials and furniture that are relevant to the times when it was still an active palace, a time when artisans and royalty walked the halls of this massive palace. Therefore, we found a blend of contemporary and vernacular look and a tactile mix of materials in natural finishes that bear traces of craftsmanship and serve as an appropriate base for the design. As a showcase of our multi-layered approach to design, the original walls of the building were contrasted with massive wooden panelling that frames the space at sill level," adds Bijral.

The furniture for the Amritsar store is custom designed in Jodhpur with emphasis given to raw materials in special finishings that highlight the background of the space. The indoor - outdoor relationship is maintained by applying similar design ideas and material choices to the partition museum's outdoor terrace with cast iron tables and wooden benches circulating around planters.

Qmin is Now at Ginger Goa

Qmin – IHCL's culinary platform – is now at Ginger Panaji, opening up a world of glocal flavours for all.

An extension of the re-imagined Ginger brand's lean luxe design and service philosophy of offering a vibrant, contemporary, and a seamless hospitality experience to its guests, the all new Qmin will blend the best of comfort, convenience and chill – offering guests multiple dining opportunities.

With its eclectic vibe and vibrant interiors, Qmin is the perfect place to hang out with friends be it for a quick bite or for an evening over beer, chips and dips. Choose from the special beer and binge baskets – a new addition on the menu – or a variety of global and local favourites ranging from chilly cheese toast, spaghetti

and the Goan favourite – prawn balchao with poi among others. With its high energy music, quirky décor including a swing bench and outdoor patio, and a large



screen to enjoy match nights with friends, Qmin makes for the perfect hangout and party spot.

For those looking for a quick grab-and-

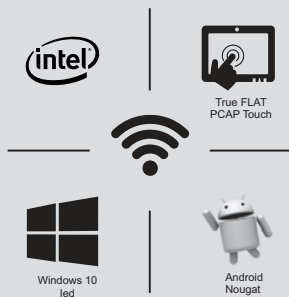
go meal, Qmin's new 'On the Run' counter is the ideal culinary pick-me-up. From popular snacks such as kathi rolls and dahi bhalle, to quick meals such as pizza, chole kulchey and dum biryani, to munchies like cookies and energy bars, a range of beverages, desserts and even beer, you can just grab a wholesome meal on-the-go.

Guests will also have a choice of comfort foods such as Goan fish curry with rice, Dhaba paneer and butter chicken with naan, dal tadka and more on the menu for sit down meals. Be it quality time spent with family or a business meeting, Qmin has something for everyone.

With ample charging points and seamless Wi-Fi connectivity, this space can also double up as a personal workstation for the contemporary traveller.

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Karam Dogra

Sheraton Grand Palace Indore has appointed Karam Dogra as the Executive Chef. Previously he was associated with Dyota Hospitality Delhi as the Director of Operations. With over 20 years of experience, he has worked with ITC, Radisson, Hilton and Shangri-la. A skilled culinary professional, Chef Karam specializes in Continental as well as Indian Progressive cuisine.



Uttam Dey

Uttam Dey has been appointed as Chef De Cuisine at Hyatt Centric MG Road Bangalore. After completing his diploma in Hospitality Management from I.S.M.S Midnapore, Uttam worked with Hyatt Regency Kolkata, The Lalit Grand Palace, Srinagar, Hindustan International Kolkata, Mansing Palace, Clarks Amer.



Shrikant Patro

The Ritz-Carlton, Pune has appointed Shrikant Patro as Associate Director, Food & Beverages. With over 13 years of experience he has worked with Renaissance Mumbai and JW Marriott Sahar and was the Director of Restaurants and Bars at JW Marriott Mumbai Juhu. Shrikant holds a BSc in Hotel Management and Hospitality Administration from Naval Institute of Hotel Management, Mumbai.



Ajish Menon

Ajish Menon is the new Executive Assistance Manager, Food & Beverage at JW Marriott Bengaluru. Ajish has over 18 years of experience in Food and Beverage hospitality chains. He previously served at Marriott Kochi, JW Marriott Cairo, The Leela Ambience Gurugram, The Dusit Deverana & D2, The Kempinski New Delhi, The Leela Palaces, Hotels and Resorts and The Oberoi Group.



Chef Feroz Patel

Courtyard by Marriott Pune Chakan has appointed Feroz Patel as 'Executive Chef'. He completed his Hotel Management & Catering Technology (HMCT) degree at Pune University and has 15 years of experience. He has worked with Sarovar Group, Premier Inn, Citrus Hotels, and Carnival Cruise to name a few. His last assignment was with Le Meridian Nagpur as Executive Chef.



Vivek Pillai

Chef Vivek Pillai is the new Executive Sous Chef at Courtyard by Marriott Bengaluru Hebbal. With over 12 years of experience in Marriott, Sheraton, and The Leela, he has expertise in managing operations, developing menus, catering for a large number of people. He was awarded Manager of The Year by Sheraton.



Sandeep Panwar

DoubleTree by Hilton Gurugram Bani Square has appointment Sandeep Panwar as the Executive Chef. With over 2 decades of experience, he specializes in western cuisine. Chef Panwar has been associated with many luxury hotels & brands. An alumnus of GIHM Dehradun, Chef Panwar hails from Uttarakhand.



Amir Raza

Aamir Raza has joined as Food and Beverage Manager at Radisson Blu Greater Noida. He will be responsible for planning and executing external and internal communications regarding F&B service in the hotel. He will also be responsible in creating a great guest experience. Prior to accepting this position, he has worked in different cities in India and abroad with brands like Marriott, Hyatt, IHG, Starwood,

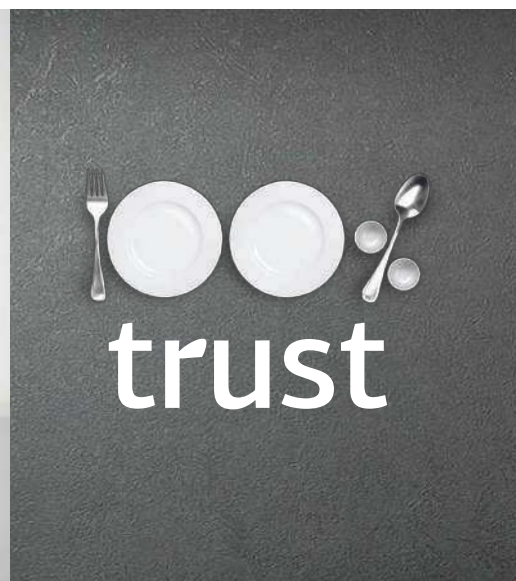
Radisson and Lemon Tree Hotels.



Chef Anuj Kapoor

Chef Anuj Kapoor, Executive chef at Radisson Blue, Greater Noida, graduated from IHM Lucknow. Starting as Management Trainee with The Park Hotels Delhi, Bangalore, Kolkatta, has an experience of over two decades with a wide spectrum of Food & Beverage business. He has created some

of the most exciting F&B concepts for brands in India and abroad such as Olive Bar & Kitchen, Olive Beach, Set'z (Zest), Manré, Café Amor, Cha Shi, Café E, Kebab Khan, Zazen and Kink In past. He launched/operated F&B operations for Compass Group PLC, 3 Sheraton properties, Executive Chef of The Grand, New Delhi & Azaya Beach resort Goa. Recently he launched two concept restaurants named 'Varr' and 'Jal, Jalebi & Beyond'. He has worked with many internationally renowned Chefs like Greg Malouf, Massimo di Luca, Manu Feildel, Catherine Claringbold, Antonio Carluccio.



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Diversity of the Indian Cuisine



Indian cuisine is an epitome of diversity. Each of the country's region has its own cuisine. Indians, thus have ample choice to divulge in different cuisines within the country. The specialty and attraction of Indian cuisine, as compared to that of food from other countries, is its intoxicating aromas, fresh blend of spices and rich ingredients. The cuisine, besides being flavour some and appetizing is also considered to have several health benefits as it uses spices like turmeric, ajwain, ginger, garlic, cardamom, and green chilies, which are beneficial for health. **Ashok Malkani** examines the cuisines of different regions within the country, how Indian cuisine differs from that of other nations and various other issues related to Indian cuisine.

Indian cuisine is intricate. Though Indian restaurants present it as part of a uniform, nationalized cuisine, in reality the food is as regionally specific and diverse as the people. But though the cuisines are region specific there are certain common threads which make it a uniform, nationalized cuisine. All regional cuisines depend on curry. But the global concept that Indian dishes are all curries is not true. Specialty of this cuisine is the variety of spices which makes each dish exotic, delicious and different from the rest of the cuisines of the world.

Soumitra Pahari, General Manager of Mercure KCP, succinctly puts the speciality of Indian cuisine thus: "When we recall Indian cuisine, we recall the different varieties of flavours, aromas and authenticity of a culture. Here in India our cuisine depict the culture of each and every state. When anyone from any place, city or country visits any place in India the first and the foremost thing the tourist does is to try the authentic cuisine of the state they visit, to know more about the culture and the traditional of a place. Each and every state in India has its own culture, taste, authenticity and most importantly their traditional way of cooking their special items. Each dish is cooked in its own special way. That's what makes an Indian Cuisine special!"

Shiv Parvesh, Executive Chef, Indore Marriott Hotel, avers, "Indian cuisine is one of the most diverse and flavourful cuisine in the world. With its rich history and influences from different cultures, Indian food has something to offer everyone. Whether you are a fan of spice or you prefer something mild, from rich, creamy curries to aromatic rice dishes, there's something for everyone."

He adds, "Indian cooking methods are also a lot different than other types of cooking. The spices, the flavours, the type



of utensils used - earthenware, copper, Tin (used in Southern India) makes it taste different. It can all be very overwhelming for someone who is used to cooking other cuisines."

Chef Daniel Koshy, Culinary Director, VRO Hospitality, declares, "Indian cuisine is an amalgamation of regional cuisines. The country is known for its diversity in climate, soil and ethnic groups which have their own distinct cuisines. The soil plays a very huge role in the type of spices native to each cuisine. The country having been ruled by the French, British, Mughals and the Portuguese has the indelible of all these areas in its cuisine."

History

If one goes back into history one finds that Indian cuisine has most commonly six flavours: sour, sweet, salty, bitter, astringent, and pungent. Indian cuisine is made from the same type of grains and ingredients that

Indians used to eat thousands of years ago. Indian cuisine reflects an 8000-year history of various groups and cultures interacting with Indian subcontinent.

Mahabharata, the ancient Hindu religious book, mentions rice and vegetable cooked together and the word "pulao" is used in ancient Sanskrit works like Yjñavalkya Smti.

Soumitra informs, "The history of India began in late 2800 BC with the Indus Valley Civilization. These phases are generally described as the pre-Vedic and Vedic periods. The Indus Valley civilization begins with the people who started practicing agriculture making tools and weapons from copper, bronze and domesticating animals. Indian cuisines reflect 8000 years history of various groups, culture and traditional interaction with the Indian subcontinent, which led to diversity of flavours and regional cuisines found in modern-day India.

Later, trade with British and Portuguese influence added to the already diverse Indian cuisine. Megasthenes who is known to be the father of Indian history for his pioneering work recording ethnographic observation became the first foreign ambassador of India."

Shiv further adds, "Spices were bought from India and traded around Europe and Asia. Indian cuisine has influenced other cuisines across the world. Tomatoes were introduced by the Portuguese, few exotic nuts and fruits like pomegranate were introduced to the country by Mughals. Tangda Street in Kolkata is a good example of Chinese food which became part of our cuisine when few Chinese people settled to





Daniel Koshy



Soumitra Pahari



Shiv Parvesh

that place some years back.”

Shiv revealed, “Vedic and Ayurveda has strong and beneficial influence on our cuisine. Our Indian food strictly follows the concept of kappa, pita and vata. Ayurveda believes everybody is different and we should consume food as per the same. Temples also have a big role in Indian cuisine/ Temple food has slowly become a part of our regular Indian food like Sooji halwa, charna-amrit and ladoo.”

Difference between Indian & other Cuisines

There is a vast difference between Indian food and food from other countries of the world. It is not only different in taste but also in cooking methods. It reflects a perfect blend of various cultures in the country besides passing of trends down the ages.

Soumitra says, “If we go deep into the history of India, it is country which has welcomed by many immigrants who travelled from different places around the world, carrying different styles of living, culture and cooking technique which later influenced Indian cuisine after they settled here. This is true India is a place where we welcome all despite of language, tradition, living and so on.

People here who were immigrants before brought different spices, farming and techniques of cooking which generation by generation got evolved but not changed. Indian cuisine stands out from the rest of the cuisines because of its complicated combination of species and herbs. Even nowadays Indian cuisine stands out from the rest of the cuisines. Indian food is tasty, healthy contains the nicest spices, flavours and aroma than any other cuisine. This cuisine is highly dependent on curries, like gravy/ thick sauces or stew like dishes with meats, vegetables or sometimes with cheese.”

Daniel discloses, “Indian cuisine across the country is marked by the various curries they churn out. The gravy-based dishes’ taste depends on the spice mixes, ingredients, which are determined by the regional preference. The complicated combination of spices and herbs make the dishes stand out.”

Shiv declares, “Unlike any other cuisine, Indian cuisine is a combination of multiple cuisines which is differentiated because of soil, water, state, climate, ingredients, method of cooking, culture and religion. All these factors make Indian cuisine different and unique.

One dish can be enjoyed in multiple ways, eg. lentil is prepared in different ways, the spice mix changes and tastes different in different states. A Punjabi dal tadka and south Indian dal can be very different. Kadhi and khichdi which are common and very popular dishes of India are cooked in various ways. In Gujarat it is called Sindhi kadhi, while in Punjab it goes by the name Punjabi kadhi and Rajasthan has a different take on this.”

He adds, “Celebrations and ceremonies also bring a unique offering of Indian cuisine, where food is cooked for a community.”

Diversity

Almost each region in the country has its own regional cuisine. There is no homogeneity of flavour between northern, southern, eastern or western cuisines. In fact each region has a wealth of flavours that is simply staggering. Culinary diversion, one can say, is one of India’s treasures.

One may be intrigued by the number of different cuisines in the country and also regions.

Shiv states, “As India has 29 states, we can say that there are close to 29-30 cuisines in the country. India is a land of diversity, and this is reflected in its food as well. There is no one Indian cuisine, but rather a variety of regional cuisines, each with its own unique flavors and ingredients. The food from North is heavily influenced by the cuisine of Central Asia. South Indian food is more spicier and diverse, while the east and west of India, is influenced by the cuisines of China and the Middle East, respectively.”

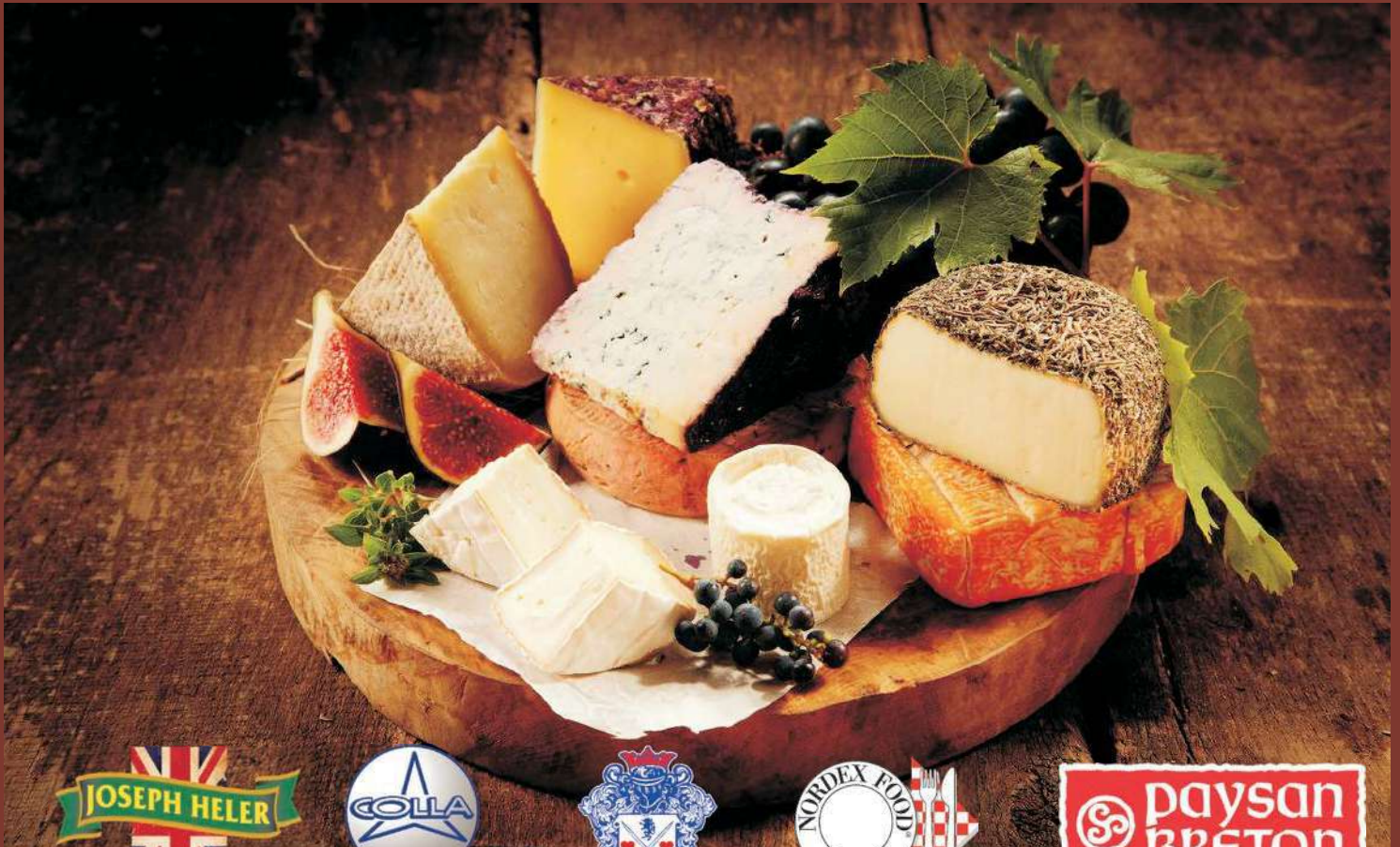
He adds, “There are different regional cuisines in every state which is influenced by the ethnicity, religion and other factors like migration of people. Majority of Indian cuisine is vegetarian. However non vegetarian has also an important part to play.

A particular state may have two to four kinds of regional cuisine like in Uttarakhand there are 2 regional cuisines - Garhwali and Kumaoni. Besides this, Tribal cuisine also plays a vital role. India has seen lot of migration which again changes the dynamics of cuisine. There are few business communities that keep travelling from one place to another influencing the local cuisine, like Marwadi community is present in many states and known for their distinctive cuisine.”

Shiv revealed, “Every region has multiple factors which influence the cuisine, like



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Ethnicity of the people, religion, and culture. Coastal states have sea food as staple diet and North Indian eats lots of rice, central India has lot of wheat eaters. Every region has more or less some influence of neighbor states because they share their boundary with each other, for example In Indore you will find the mix of Rajasthan, Maharashtrian and Madhya Pradesh cuisine."

Soumitra says, "India as a country having different states, which has different variety of people living in it, with different variant of cooking technique and traditional form of cuisine makes this place unique in its own way. Each and every state has its own popularized cuisine. Maharashtra is famous for Mishal Pav, Punjab has Makki Ki Roti and Sarson Da Saag, West Bengal has its spiced Kosha Mangso, Gujarat is famous for its Dokhla, Assam with Papaya Khar, Bihar has Litti Chowkha, Himachal Pradesh with Dham which most people weren't aware about, Telangana for its Biryani, Rajasthan for Dal Baati Churma, Karnataka has Bisi Bele Bath, Odisha has Chenna Poda and Uttar Pradesh with Tunde Ke Kebabs. There are total of about 31 cuisines which present 29 states in India."

He continues, "In north Tamil Nadu Pongal is a very popular a festival and has dish named after it. Kerala is famous for Appam which is also edible in Sri Lanka, Butte ke Kees from Madhya Pradesh, Kashmir for Rogan Josh which is made of Lamb or Mutton. Chhattisgarh with Chila looks alike roti but the base is made of besan. Manipur is famous for Kangshoi and Meghalaya's famous Jodah. Every dish which has been named has different taste and texture and aroma."

He further expands, "In India due to the diversity in soil, climate, ethnic groups and occupations the cuisine differs from region to region. Due to diversity in soil they use local available spices, herbs vegetables and fruits. There are also different cooking techniques and practices. Historically immigrating pattern plays a vital role in this as different people from Portugal, Nepal, Bangladesh, and many more settled in India, because of that we have such a diversified culture, tradition, cuisine and taste preference in India. Mughal rulers who ruled and taught us so many variety of dishes are best example, because of whom we are familiar with so many dishes and still remember the Mughal Dynasty over years. Religion also plays a very big role in India because of which taste and techniques of cooking varies from place to place, region



to region."

Daniel adds, "The major regional cuisines of India are Marathi cuisine, Bengali cuisine, Rajasthani cuisine, Kashmiri, Chettinad cuisine, Moplah cuisine, Coorgi cuisine, Goan cuisine, Gujarati cuisine. The reason why each region has different cuisine is because the spices and the ingredients which are cultivated in each of these regions are distinct because of the soil, weather and the type of influences the region were exposed to.

Popular Cuisines

North Indian and South Indian dishes are believed to be the most popular Indian cuisines. But there is a vast difference between the two. Proponents of both claim that its cuisine is better. One is left in the quandary as to the difference between these two cuisines, and which is more popular and the reasons for the same.

shiv iterates, "North Indian cuisine is the most prevalent culinary style found outside of India. The cuisine reflects a strong mughal influence. It is characterized by high use of dairy: milk, paneer, ghee (clarified butter) and yogurt are used regularly in preparing these dishes. clay tandoor and its delicacies are relished world-wide for its charcoal flavour. Samosas and kachoris are a distinctive northern snack. Dal or paneer makhani are popular vegetarian dishes. saag paneer and palak paneer are two similar dishes made with spinach, cream, and paneer, differing slightly in consistency and spices. korma, another dish staple from



north india, is a creamy curry of nuts, onion and yoghurt."

He adds, "When it comes to breakfast, South Indian cuisine tops the chart. Dosa, Idli and sambar are among the world's most favourite and popular dishes. Chutney plays a vital role in the South Indian cuisine."

Speaking about the difference in these two cuisines he states, "The key difference in these 2 cuisines is the oil used for tempering - In north ghee and mustard oil is used to temper, while down south it is coconut oil that is used to temper mustard seeds and curry leaves."

Daniel states, "South Indian cuisine dishes are primarily based on rice, fruits, coconut and spices which include cinnamon, cardamom, nutmeg and clove. Since the region climate is favourable for growing vegetables, its cuisine is mostly vegetarian oriented with a dash of non-vegetarian dishes. North Indian cuisines have a pronounced preference for meats. North Indian cuisine has a pronounced preference for breads baked in the tandoor, while south Indian cuisine has an array of rice dishes. Coconut milk is intrinsic to south Indian cuisine along with coconut oil which is used a lot while north Indian cuisine has a partiality towards ghee."

Soumitra affirms, "It is true that North and South Indian cuisine are the most popular cuisines and this is because they both as have their own identity and cooking techniques which makes them different from each other while, at the same time making them more popular than other regional cuisines. The most common difference between the two is that North Indians tend to prefer meat in most of the dishes which is prepared by them. Whereas South Indians are more into vegetables, light food, good diet."

He adds, "South Indian cuisine does have a huge variety of dishes. Region in south like Telangana, Andhra Pradesh, Tamil Nadu, Kerala and Karnataka each have their own variants of common dishes as well as regional specialties, but rice is the staple food of South. On the other hand, North Indian prefer to have Roti/chapatti. Wheat is the staple food of North Indians, preferred with subzi or curry. As already mentioned meats like mutton, chicken and mutton are mostly preferred in these regions."

It may be rightly said that with an array of dishes, which are flavourful, exotic looking and tasty, the appeal for Indian cuisine is not just limited to Indians; millions of people across the globe love it. ■

'Made in Gipuzkoa'. Carmelo Villanueva is the Business Manager for the Foodservice Department of Fagor Professional, a company based in Oñati.

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Carmelo Villanueva, Business Manager for the Foodservice Department of Fagor Professional, looks to the future with optimism and highlights the product launches in the KORE Monoblock cooking range and the new generation of iKORE smart ovens.

Carmelo Villanueva has held the position of Business Manager for the Foodservice Department of Fagor Professional for almost two years. During this time, the company, leader in equipment for the hotel, catering and laundry sectors, has further expanded in terms of brand marketing and identity, as well as product range, adapting to the demands of professionals in the sector and making innovation, quality and professionalism their cornerstone.

What have the last few months been like for Fagor Professional? Our business ended the year with very positive results, reaching pre-pandemic figures. The first half of 2022 has also been very good in terms of sales, continuing the trend we set in the previous year.

The company's expectations are optimistic and point to continued growth, despite the current macroeconomic uncertainty, to which we are no strangers. This optimism translates into continued launching of new projects and development of innovative solutions that set us apart as professionals in the industry, enabling us to position ourselves for yet another year as leaders in the Spanish market, providing a top-quality service that allows us to operate in the most efficient way possible

«Company expectations are optimistic and point towards continuous growth in 2022»



Latest innovations. At the top, the iKORE smart ovens; at the bottom, the KORE Monoblock cooking range, two new options for kitchens in the hospitality industry.

and offer our distributors and customers the utmost guarantees.

What are the innovative solutions you mention and what innovations can we expect in the coming months?

We have recently presented our new cookers, ovens and cold equipment for the hotel and catering industry. These include the KORE Monoblock cooking range and our new generation of smart iKORE ovens, which represent a major leap forward in our product range. These new designs should help us consolidate our leadership in the national market and continue to gain market share in the international strategic markets. This year, more than 70% of our sales have been in

«We are working on the roadmap for new business lines to be launched in 2024.»

foreign markets, which has encouraged us to keep focusing on the development of new products to suit these markets. In fact, even though we have launched new lines this year, we are already working on the roadmap for new innovative products to be launched in 2024.

You talk about innovation, professionalism, experience... What values characterise your company?

Indeed, our activity is underpinned by these values, together with the confidence that comes from over 60 years of experience in the industry. We also have a business model based on shared management; being a cooperative society, most of our workers are members of the company. This requires even greater responsibility and the highest demands that are placed on us when it comes to product development quality, the service we provide our customers and distributors, and, above all, our commitment to business sustainability in terms of processes and management.

Finally, what does belonging to a company like the ONNERA Group mean to you?

The fact of being the origin and parent company within the ONNERA Group, which in turn forms part of MONDRAGON, the leading business group in the Basque Country and tenth largest in Spain, gives us an international scope and allows us to develop our business globally, while maintaining the level of responsibility and local knowledge that sets us apart. ONNERA Group is currently Spain's leader in hotel and catering equipment and refrigeration applications, sixth in Europe and tenth in the world. It groups together brands such as Fagor, Asber, Edenox, Efficold, Danube, Domus y Primer; it is present in Europe, America, Asia-Oceania, Africa; it has seven manufacturing plants strategically distributed around the world and close to 2,000 employees. Being under the umbrella of a group of this size allows us to continue to uphold the values mentioned above, whilst increasing our business volume and pursuing our ambitious plans for development and expansion.

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Recipes of a few popular Indian dishes

Amritsari Chole

Ingredients

Chickpea	1000gm
Tea leaves	100gm
Dry Amla	10gm
Fresh tomato puree	250gm
Desi ghee	250gm
Red chilli	30gm
Coriander powder	30gm
Kasoori methi	10gm
Chopped ginger	10gm
Chopped coriander	10gm
Carom seed	4 gm

Method

Boil the overnight soaked chickpea with tea leaves, amla, oil and salt till soft.

Take a pan add desi ghee and give the tempering of carom seed and chopped ginger.

Add all the powder masalas and cook for 5 minutes.

Now add fresh tomato puree cook till oil comes on surface.

Add the boiled chick pea and cook for an hour.

Finish with fresh coriander, adjust seasoning and serve hot.

Chana masala can be added to further enhance the taste.

Kulcha

Ingredients

Refined flour	1000gm
Milk	100gm
Salt	05 gm
Sugar	15gm
Butter	250gm
Red chilli	10gm
Green chilli	10 gm
Kasoori methi	05gm
Chopped ginger	05gm
Chopped coriander	04gm
Carom seed	04 gm
Boiled potatoes	750 gm
Chopped onions	50gm

Method

Make the dough with refined flour, salt, sugar and milk. Knead it well and keep in refrigerator.

Make the stuffing by mixing boiled potatoes, salt, chilly, chopped onion, ginger, coriander, green chili and carom seed.

Flat the dough with rolling pin and laminate it with soft butter, keep outside and repeat

the process twice.

Make the small balls of peda each weighing 60gm.

Fill the stuffing of aloo and cook in preheated tandoor.

Apply the butter and serve hot with pickle and chole.

Kadhi Pakoda

Ingredients

Gram flour	100 gm
Yoghurt	300 gm
Refined oil	20 ml
Chopped Onion	100 gm
Red chili whole	4 nos
Coriander seed	5gm
Turmeric powder	3 gm
Rice	50 gm
Cumin seed	5 gm
Salt	to Taste
Red chili powder	8 gm

Method

Take a Bowl, add yoghurt, gram flour and all dry spices, whisk it well till smooth.

Take a deep cooking pan add oil and crackle coriander seed, dry red chili, add onion in the pan and sauté till golden brown.

Add the beaten yoghurt mixture and cook till oil comes on surface, adjust the seasoning.

Onion fritters

While the kadhi is being cooked make onion fritters by adding onion rings to seasoned gram flour batter.

Fry the onions rings in fresh hot oil.

Serve the kadhi and onion fritters with jeera rice.

LAAL MAAS

Ingredients

Lamb boneless cubes & shanks	2000 Gms
Yoghurt	300Gms
Kashmiri chilli paste	150Gms
Red chili whole	10Gms
Coriander powder	60Gms
Salt	20 Gms
Ginger garlic paste	100 ms
Garlic chopped	40 Gms
Ghee	200Gms
Cinnamon	05Gms
Clove	04Gms
Bay leaf	03Gms
Cardamom black	05Gms
Onion	400Gms
Tomato puree canned	300Gms

Method

Marinate lamb with 1/2 the yoghurt, 1/2 the ginger garlic paste, half of red chilli paste, salt and cumin powder.

Heat ghee, add whole Garam masala except for the cloves and the whole red chillies, stir for few seconds

Add chopped onion, fry to golden brown colour. Crush the onion by adding a little hot water

Add marinated lamb, mix well and sauté for 8-10 minutes on medium high heat

Add rest half of the chili paste, ginger garlic paste, coriander powder and the yoghurt and cook for 8-10 minutes

Add hot water and bring to a boil and simmer till the lamb is 3/4th done

Remove the pieces from the gravy and strain the gravy and add the pieces back into the gravy

Add the tomato puree and bring the gravy to a boil and cook till the lamb is soft

To finish -- Heat some ghee and add the cloves, red chillies' whole and the garlic chopped into it

Cook till the chillies change to a darkish color and add this mixture to the curry and cover with a lid for a few minutes. Bring back to a simmer before serving

Take charcoal in a bowl and then place few cloves along with chopped garlic. Place this bowl in the curry. Pour some ghee on the charcoal and cover the curry with a tight lid. Smoke the curry for about three minutes.

DAL TADKA

Ingredients

Yellow dal	100Gms
Cumin seeds	5Gms
Coriander powder	4Gms
Cumin powder	4 Gms
Ghee (clarified butter)	10 ml
Tomatoes chopped	25 Gms
Chopped coriander	10Gms

Method

Boil the lentils with turmeric and salt and cook till the lentils are soft

Heat the ghee (clarified butter) and put the cumin seeds, garlic and let them crackle

Add tomatoes and cook till the time the fat comes on top

Then add the tempering to the lentils, sprinkle fresh chopped coriander and adjust seasoning and serve hot.

Shiv Parvesh, Executive Chef, Indore Marriott Hotel

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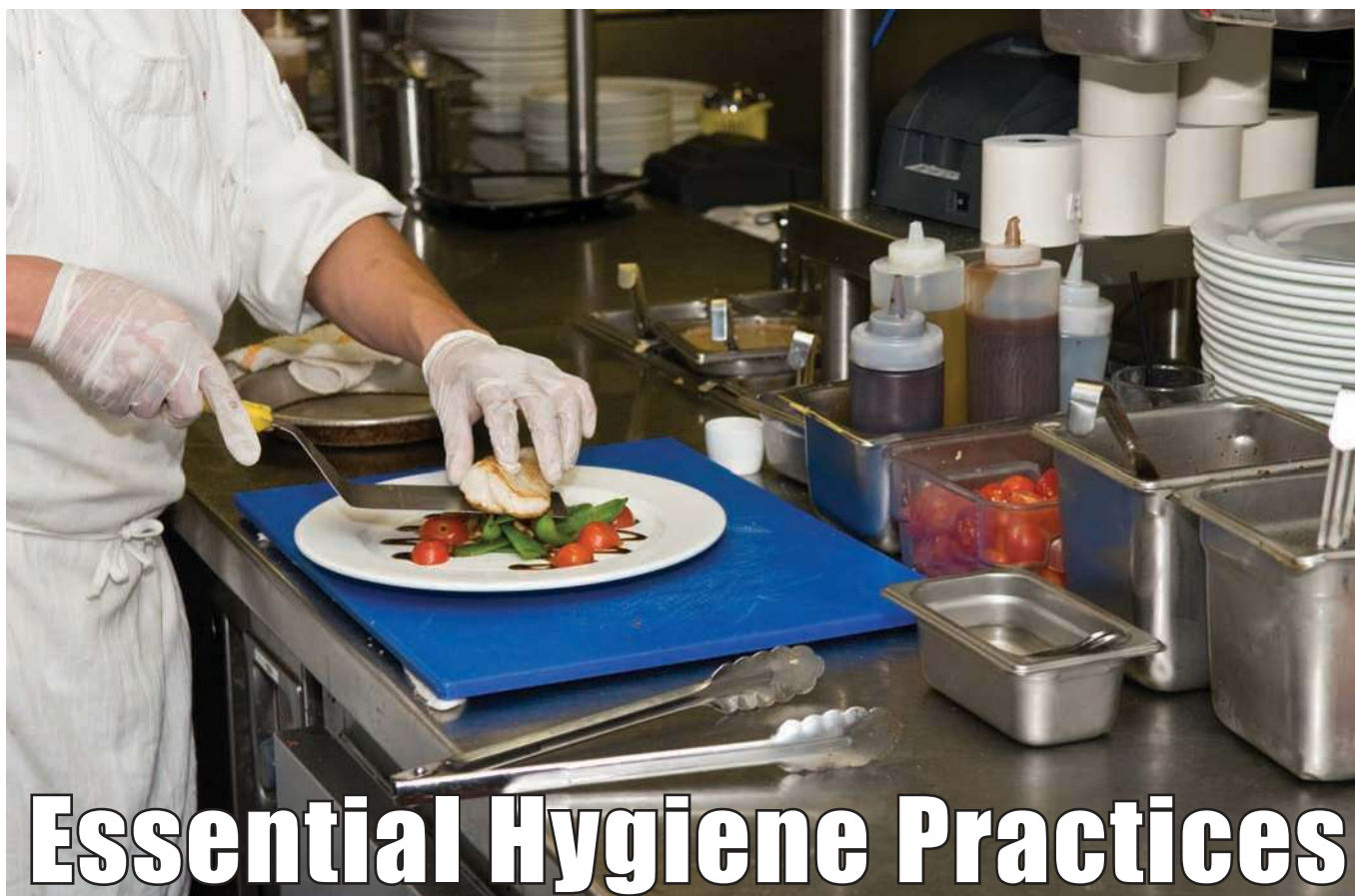
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Essential Hygiene Practices

As the nation steps out of the relentless restrictions imposed by the authorities (due to Covid-19) and the people step out to venture to places that they cherish, like F&B outlets, but could not visit due to the restraints, there is still a clinging fear in their minds about the virus. The restaurants have thus to adopt strict Clean and Hygienic conditions to help diners overcome their fears and increase the footfall in the establishments. **Ashok Malkani** takes a look at some of the methods adopted by the industry, in different areas of the premises, to create a safe environment for the diners as well as offer food cooked in a hygienic manner.

Post pandemic, as people step out to dine they are still conscious of several aspects like social distancing and cleanliness and hygiene, particularly the last two. From the food to the service, customers take into consideration many things when choosing a restaurant. One of the most important factors diners think of is cleanliness and hygiene, which are, thus, the most important elements for deciding the fate of the F&B outlets.

Tapendra Ghosh – Food & Beverage Manager, Grand Mercure Gandhinagar GIFT City, affirms, “In today’s modern world, it is an extremely important responsibility of every Food & Beverage Service entity to offer their guests the most hygienic food and beverage products along with a safe consuming environment. Especially post

pandemic era, we have witnessed that consumers are very cautious while choosing their options and consider health and safety as the most important factor in this process. The guests keep faith and evaluate any F&B establishments based on the hygienic and safe environment that they provide to each consumer. It is an integral part of F&B Service in order to create a memorable experience for the guests.”

Arindam Sarkhel, Food & Beverage Manager, Grand Mercure Mysore, declares, “There are various things which can define the fate of a restaurant and among that is the hygiene a restaurant carries. Restaurant hygiene is not just for ensuring health and safety of the staffs and customers but also plays a major role in defining the perception of a restaurant. Customers are now very

specific in terms of the outlets they choose for dining out.

From great food to ambiance, they want a place which is clean and serves hygienic food. We can say that hygiene is the second most important factor which is required to run a restaurant after maintaining the quality of food. Therefore, hygiene is one key which can help your restaurant sustain in the food industry. Hygiene is one of the important things that a restaurateur needs to keep in mind while running a venture. To maintain the hygiene at your restaurant, one needs to keep the kitchen and the surroundings clean which will result in a healthy environment attracting a lot of customers.”

Ashish Kumar Tiwari, Executive Chef, Crowne Plaza New Delhi Rohini, asserts, “Guests are the most important stakeholders

of F&B outlets. Maintaining good hygiene shows that we care for our diners and would follow all the precautions for their health and safety. This motivates us to practice and implement necessary hygiene throughout the F&B outlets.

Kitchen Hygiene

A clean kitchen is mandatory for a healthy environment. The kitchen is where the food is prepared. High standards of cleanliness and hygiene are needed in this area to ensure that the food is safe for consumption.

Soumyadeep Bhattacharya, Food & Beverage Manager, Holiday Inn Bengaluru Racecourse, says, "Maintaining the hygiene of our kitchens and F&B outlets (Café G, Glass Kitchen & Bar and The Lounge) is of paramount importance at our hotel. As per our IHG clean promise, 'Good isn't good enough', we're committed to high levels of cleanliness. We also follow certain hygiene and sanitation guidelines, set by the local health officials and government authorities. Unhygienic restaurants and kitchens cause not only food contamination but also result in pathogens developing in the premises which can ruin the reputation of the brand."

He adds, "We adhere to all possible hygiene steps such as:

- Training our staff on how to wash their hands correctly and regularly.
- Ensuring that chefs, waiters, and other staff members, especially those handling food, follow standard operating guidelines.
- Implementing a policy of wearing gloves and educating the staff on how to use them.
- Using different cutting boards for raw meats, seafood, poultry, and vegetables.
- Ensuring everyone who is handling the food is fit and healthy.
- Practicing a proper daily cleaning schedule. Adjusting this as per peak operational timings.
- Displaying sanitary inspection and review certifications within the restaurant, to gain the customers' trust.
- Ensuring all staff clothing is regularly laundered, since dirty clothes can carry bacteria from outside the restaurant into the kitchen.
- Mandatorily conducting food handlers' test for all our culinary team members (Chefs, Restaurant staff, Kitchen stewarding) once every 6 months."

Rajesh Ozha, Executive Sous Chef, Grand

Mercure Gandhinagar GIFT City, states, "We believe that hygiene is the main aspect for the food safety recipe in every professional kitchen. Carelessness while cleaning the kitchen or in preparing food can cause cross-contamination and the spread of bacteria, leading to food borne illness to our valued guests and this attracts serious implications on the reputation of the organization.

The best way to ensure proper hygiene and cleanliness at your kitchen is to introduce and follow FSSAI or HACCP protocols along with your own brand standards. However, there are also some good practices to follow regardless of the regulations like:

- Regular cleaning & checks of areas and storages
 - Maintaining personal hygiene and proper clothing for all staffs
 - Following correct food storage methods
 - Proper defrosting of materials
 - Avoid cross-contamination
 - Keep and serve food at the right temperature
 - Proper ventilation & sanitization of areas and equipment with periodical pest controlling
- Chef Jerson Fernandes, Director of Culinary, Novotel Mumbai Juhu Beach, states,



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Graydon Rodricks



Arindam Sarkhel



Arun Katoch



Ashish Kumar Tiwari

"It is imperative to maintain the highest levels of hygiene and sanitation as a clean and hygienic kitchen reduces harmful bacteria. Most food related illnesses are results of unhygienic and unclean food handling practices. It is essential to maintain a clean kitchen to serve safe and hygienic food to all our customers. Having just one case of food poisoning linked to your restaurant is enough to destroy your guests' overall experience."

He adds, "There are various steps to follow to maintain hygiene and cleanliness in the kitchens. Some of the best practices followed in our kitchens at Novotel Juhu are as follows:

- Personal hygiene of all food handlers.
- Colour coded knives, chopping boards and storage racks to prevent cross contamination.
- Clean as you go- cleaning the work areas as and when your work is done.
- Sanitizing all food contact surfaces.
- Chilling food rapidly to a temperature of 2 degree C within 3 to 4 hrs of cooking.
- Correct storage of all foods- raw and cooked foods to be stored separately.
- Cook food thoroughly- always above 75 degrees C.
- Keep food away from danger zone (5 to 65 degrees C).
- Date tags to be maintained for all stored items, FIFO to be in place.
- Reheating of food to happen only once.
- Unwell food handlers not allowed on duty until they have a fit-to-work certificate.
- Hygiene and sanitation trainings and audits.
- Medical test for all food handlers once a year."

Guneet Singh, Food & Beverage Manager, Grand Mercure Bangalore, avers, "cleanliness and hygiene in kitchen is essential to avoid any kind of food poisoning."

As far as steps for maintaining hygiene in the kitchen is concerned, he cites them as:

- Regular floor cleaning schedule, every 60 minutes.
- Adopting Clean as you use concept- once the area / equipment is used it should be immediately cleaned and kept back in its dedicated space. Keeping raw food & cooked food separately is very important to avoid cross contamination.
- Any spill or dropping of food has to be immediately cleaned.

Arun Katoch, Executive Chef, Sheraton Grand Bangalore Hotel at Brigade Gateway, asserts, "For F&B outlets, hygiene in the kitchen is very crucial as the chef's teams closely work with the food served to the guests. Not following proper hygiene in the kitchen can lead to food borne illness due to

contamination."

He stressed, "Basic steps for good hygiene standard in the kitchen include making sure personal hygiene is maintained at all hours. Regular washing hands ensures they are germ free. The same goes for all kitchen knives, utensils, chopping board, etc. One should follow the below steps to avoid any undue circumstances:

- The staffs should always maintain personal hygiene
- Ensure that the food is stored as per the established guidelines
- Avoid cross-contamination through best practices
- Periodically clean the chillers and freezers and also fumigate the kitchen and maintain proper records of the same
- Maintain records of all refrigerated units and food
- Follow the cutting board policy
- Always follow FIFO (first in first out)
- Label all food items
- Maintain the industry-prescribed thawing policy of meat and cook food thoroughly (more than 80-degree centigrade).
- Avoid food storage and handling in the danger zone of temperature (6- 63 degree centigrade)"

Graydon Rodricks, Quality & Training Manager at The Ritz-Carlton, Pune, maintains, "It is essential to ensure cleanliness and hygiene in the kitchen and F&B outlets as this is the heart beat that drives customer confidence. Anything that is compromised or ignored would lead to an outbreak of food poisoning that affects not only the reputation of the Restaurant or hotel but also the experience of the guest and employees."

He disclosed, "The Chief Steward along with assigned Chefs at every outlet in our hotel carry out daily inspections by following a digital Checklist that is maintained according to FSSAI and Global Standards."

Vishal Lonkar, General Manager, Business Development, Renest Hotels & Resorts, asserts, "It is an extremely important responsibility of every F&B outlet to serve their guests hygienic food and beverages. The guests trust F&B outlets to provide them with quality food and serve it with care. F&B outlets are required to provide safe-to-eat food prepared by hygiene and sanitation standards. When it comes to maintaining cleanliness and hygiene in the kitchen, managers should inspect areas such as the kitchen and dining regularly to ensure that the health of a restaurant is up to standard. Renest Hotels and Resorts ensures that the health and hygiene requirements which have been stated by the Food Safety



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Jerson Fernandes



Vishal Lonkar



Rajesh Ozha



Soumyadeep Bhattacharya

and Standards of India (FSSAI) are duly met.”

He affirmed, “At Renest Hotels & Resorts, we ensure a high level of hygiene and cleanliness in our kitchen area. So we have even prohibited smoking, eating, and drinking in the kitchen. Following are some other steps we take to maintain hygiene and cleanliness in the kitchen:

- All surfaces that come into direct contact with food are cleaned with clean and unused towels/wipes
- To avoid food contamination, equipment such as the range, oven, deep fryer, freezer, baking sheets, tongs, and so on are sterilised at least three times a week
- Frequently used kitchen items such as cutting boards, blenders, grills, and countertops are sterilised daily without fail
- The surfaces that guests come into direct contact with, such as the bar, tabletops, and chairs, are sanitised at least twice a day
- The floor near the kitchen's entrances and exits is cleaned daily
- Cleaning of the kitchen's toilet and restroom floor is done after every interval to maintain hygiene.”

Ashish states, “Maintaining hygiene and cleanliness is the topmost priority of any organization. We are bound to serve hygienically tested and quality food which doesn't harm the guests in any ways. To achieve this objective, we need to maintain the highest level of hygiene and cleanliness in our kitchen and F&B outlets. Any lapse in the process might lead to health issues for the guests.

The loss of revenue and tainting of hotel's reputation are some major repercussions faced by the hotel due to any lapse in hygiene and cleanliness measures. Guests love to come to a place which is clean and hygienic. This contributes to revenue generation and brand building. Thus, maintaining cleanliness and hygiene in the kitchen of F&B outlets plays a significant role in the establishment's growth. There are several ways and steps for maintaining hygiene and cleanliness in the kitchen. Some basic and important steps are:

- Personal Hygiene of the staff.
- Procurement of the best and hygienically certified products.
- Well maintained kitchen area in terms of structure and engineering facilities.
- Periodic cleaning of kitchen area with proper cleaning SOP's (Standard Operating Procedures).
- Proper and routine pest control and fumigation process.
- Following proper storage process in deep freezers fridges and storage areas.

- Proper food production SOP's to be followed.”

He disclosed, “Maintaining the kitchen hygiene is quite an exhaustive task, from training the kitchen team about importance of kitchen hygiene, to executing all the above-mentioned steps, this requires timely execution and regular follow up so as to provide best services to our guests.

Cleanliness in Dining Area

But kitchen is not the only space that will affect the outlets' reputation. Dining area is the first space that is scrutinized by the diner. Keeping this area spic and span is likely to meet the diners' approval and improve the image and clientele of the establishment.

Tapendra Ghosh, explains “it is very important to keep your dining areas clean and hygienic, as it plays a major role in-terms of ensuring better guest experience. Beside your products, it boosts your level of confidence in displaying high brand standards, visual and esthetic appeal of the Food & Beverage organization.

Among various factors, that defines fate of a restaurant or a dining joint, hygiene plays a very crucial role. Dining area hygiene is not just for ensuring health and safety of the staffs and customers but also plays a significant role in defining the perception of an organization.

Few steps that are regularly considered and executed in maintaining hygiene and cleanliness in the dining areas are:

- Regular inspection of areas
- Maintaining personal hygiene and proper clothing for all staffs
- Develop dining area hygiene checklist and follow regularly
- Proper ventilation & sanitization of areas and equipment with periodical pest controlling
- Use a nice fragrance (Optional)

Arindam asserts, “It is absolutely necessary to have a clean and hygienic dining room. Making sure each guest has a clean eating area is almost as important as bringing out the right food. It shows that you care and want your customers to have a good time while they are dining. A clean establishment is also important in making a good first impression on guests and helps to boost customer loyalty.

Few steps that we need to adhere to at all times are: sanitize the tables after every use, wipe all the counters after every meal period, clean the seats and benches used, soiled linen should be processed every day and to be stored separately, wipe down the walls if necessary, vacuum the carpets on a daily basis, inspect and wipe down the

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condiments and salt and pepper shakers also, most importantly, get the areas pest controlled as that can be a major let down point for a lot of guests."

Soumyadeep states, "Since the 'Eat Right India' movement, the F&B industry became aware of their hygiene standards. Moreover, in the "Post Covid Era", the levels of hotel cleanliness and hygiene have increased by leaps and bounds. Our customers want to have a beguiling experience while dining out, and a clean and hygienic place acts as a differentiator. As a restaurateur, one must always remember that a clean and hygienic place, particularly the dining area which is initially inspected by the guest, translates to higher footfalls."

Guneet asserts, "It is important to keep the dining area clean to avoid contamination & cross contamination with the food. The restaurant should be free of dust & dirt, all tables, chairs, equipment's must be sanitized at regular intervals. Sanitization of tables & chairs after every use must take place. All crockery cutlery should be washed in dish washer."

Jerson affirms, "It is necessary to maintain the highest levels of cleanliness and hygiene in the dining areas. Unclean areas lead to bacteria growth and can cause various food related illnesses and hazards. In a nutshell, wherever food is stored, cooked or served, all the areas have to be hygienically neat and clean at all times to avoid any kind of cross contamination or food related illnesses."

He adds, "Just like the cooking area, the dining area also has to be kept spick and span at all times. Few best practices followed in the dining area of Novotel Juhu are as follows:

- Temperature controlled buffets.
- Server serving food to prevent cross contamination by ladles/ spoons or tongs during service.
- Clean and sanitize tables and other food contact services at regular intervals.
- Training and audits for hygiene and sanitation best practices in the cafeteria.
- Food temperature to be noted at regular intervals- once in 2 hrs to ensure temperature of food doesn't drop below 70 degree C.
- 3 sink method to be followed for cleaning of cafeteria cutlery and crockery.
- Wet and dry waste to be discarded in separate bins.
- Cafeteria to be thoroughly sanitized after every meal."

Arun asserts, "it is really important to maintain cleanliness and hygiene in the dining area. Customers are very particular about dining in a clean restaurant that serves



Tapendra Ghosh

hygienic food. Hygiene standards in the dining areas play a significant role in building the brand image. Basic steps taken to maintain hygiene and cleanliness in the dining areas are as follows:

- Maintain personal hygiene
- Develop a restaurant hygiene checklist
- Ensure proper ventilation
- Maintain a proper record of the temperature logs
- Ensure proper hand wash training to prevent foodborne illnesses such as food poisoning, vomiting etc."

Graydon opines, "It is necessary to ensure cleanliness and hygiene at all areas as scenography is key for bringing in all the elements of the dining experience for guests and the employees at the Hotel. At the restaurants and dining areas in The Ritz-Carlton, Pune, we have daily scheduled trainings after every meal period. During the meal period, an attendant is assigned to ensure cleanliness and upkeep of dining areas. Similarly periodical deep cleaning of high and low end areas is carried out and records are maintained."

Vishal says, "Guests want to dine in a clean restaurant that serves hygienic food, especially now that the pandemic has made



Guneet Singh

safety and hygiene standards paramount. Guests are still wary of going out to eat because they are afraid of contracting the infectious virus. During these times, it is essential to focus on hygiene and safety practices to instill trust in guests. Guests come to a restaurant to have a good time and relish a scrumptious meal and serving that meal in a clean environment is the responsibility of the restaurant/hotel, this not only helps to build a lasting impression but also creates a loyal customer base.

To maintain hygiene and cleanliness in the dining areas at the F&B outlets in Renest Hotels & Resorts, we conduct routine inspections and regular cleanings. Apart from that, the following are some steps we ensure to maintain hygiene and cleanliness in the dining areas:

- We make sure that the napkins, tablecloths, and curtains are cleaned daily
- We ensure that the dining area floors are cleaned at regular intervals to avoid dust
- We do not permit smoking in our dining areas
- For our guests to have a comfortable meal, we ensure that there is proper ventilation in the dining areas

Ashish asserts, "Maintenance of cleanliness and hygiene is very important in the dining area. If the dining area is not well maintained, it might lead to health risks. Guests focus on the Menu as well as on the cleanliness and hygiene of a place while choosing it for dining. Also, good ambiance plays an important role in guest satisfaction. Clean dining space contributes to creating good ambiance and overall dining experience. This makes guests happy and gives them a reason to come back to our hotel, Crowne Plaza New Delhi Rohini, again.

Food serving and the dining area holds significant importance for the guests. Just preparing food hygienically isn't enough, the food should be served in a dining area which is clean and makes guests enjoy the ambiance. Maintaining cleanliness in the dining areas contributes to guest satisfaction and enhances dining experience.

The surface cleanliness is another important component of dining areas' hygiene. Effective cleaning routine should be followed to ensure clean surfaces. The chemicals used for cleaning and disinfecting surfaces should be of high quality and ISO certified. The hotels may choose to follow international standards to maintain hygiene in the hotel premises, or they may follow their own SOPs (Standard Operating Procedures) to ensure cleanliness. ■

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A Bouquet in Your Plate!

By Sharmila Chand

The concept of edible flowers in food preparation has been embraced wonderfully by our chefs though our traditional kitchens have been using several flowers in grandmothers' recipes in Indian households. Be it roses or jasmine (mogra), banana, cucumber and pumpkin flowers, regional Indian cuisine has had dishes like fritters, since ages. Don't we have our very own gulkand made of rose petals since time immemorial?

Today the story of edible flowers has taken an interesting turn as chefs like to give their own twist in the preparation of their dishes. Here they share how edible



Anurudh Khanna

flowers impart an extra dimension to a dish with their delicacy, colours, texture and unique flavours.

Favourite Choice - The Essence of Edible Flowers in Cuisine

Chef Rajesh Wadhwa, Executive Chef, Taj Palace, New Delhi

Flowers have been a part of many regional cuisines in India and have also been a part of certain European culinary repertoires. Zucchini flowers, Banana Blossoms, Moringa flowers, Onion flowers, Butterfly Pea flowers, Lavender blossoms,

Rose blossoms and many more such varieties have extensively been used in cooking.

With food becoming more of a sensorial experience and with greater emphasis on well-designed plates and Instagram-worthy dishes, edible flowers have become hugely popular as not just ingredients, but also as embellishments to create that 'perfect plate'.

At Taj Palace, New Delhi, we use a lot of edible flowers such as lavender, petals of Chrysanthemum etc as garnishes and embellishments in Orient Express, our legendary European restaurant, and also for high-end sit-down luncheons and dinners which feature luxurious tailor-made menus. Edible flowers are easily available nowadays from home grown suppliers who provide fresh, seasonal produce."

Utkarsh Bhalla – Brand Chef, Sly Granny

I like to use edible flowers like pansy, calendula, nasturtiums, mustard flower, blue pea flower etc in my hot sellers like Parsley salad with parmesan and sundried tomatoes, Deconstructed cheese toast and Red Snapper Ceviche.

I also use them in my desserts and in some of the cocktails. Mostly I have been



Utkarsh Bhalla

using these flowers for garnishes. They are an integral part of my salads where I mix and match different flowers and microgreens. Zucchini flower on the other hand is a complete dish in itself where I stuff the zucchini blossom with cream cheese & herbs and crumb fry it. Blue pea flower also forms a part of the recipe where it's distinct colour is used in risottos and pasta dough for my special menus."

Chef Aman Jaiswal, Cafe Tesu, New Delhi

Edible flowers can be used with any dish,

savoury or sweet, for its vibrant, colourful and aesthetic appeal. Certain edible flowers have a distinct flavour profile that can also be used to enhance the taste of a dish. In fact, food has the tendency to swim around the shades of browns, so a vibrant flower automatically elevates the dish and makes it more visually appealing.

We usually use edible flowers to garnish dishes, which don't usually come with a flavour profile. However, we have been using a lot of aromatic roses in our dish. It has a fruity smell and taste. We use edible flowers in almost all our delicate dishes, to add that pop of colour! However, we have recently started using them in the cooking process. We intend to use more flowers in our menu like marigold flowers and jasmine flowers!

We have recently started infusing our new cocktail menu with many edible flowers like the Blue Pea Zest or Lavender Fizz. These have been adding flavour value as well as aesthetic appeal.

Chef Dhruv Oberoi, Head Chef - Olive Qutub, The Grammar Room, & Serai, New Delhi

For years & years, floral essence has been



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used in the Indian cuisine in the various forms of offering. The most commonly used floral influences have been rose, kewrah, saffron, tube rose (Rajnigandha) - these are used across various delicacies ranging from Biryani, pulao, to sherbet and mithai. This inspired us to use flowers as an integral part of our own recipes to elevate & exude all kinds of flavour.

For instance, we have fermented marigold & use it to add flavour to honey, which is served as part of our cheese course. We have matured rose to an agro dolce (sweet & sour syrup), which is used in a salad - making it a tad bit Middle Eastern!

On the other hand we have orange blossoms, elder flower liqueur, and lavender. These are used abundantly in our cocktails where we do a tincture or shrub out the aromatic substance. But it doesn't end here. Banana blossoms, which one might not consider as especially 'aromatic', bring out multiple nutritional values and provide beautiful texture as well.

He presents his top favourite, Strawberry and Rose - Rose agro dolce panacotta with rose pickled strawberry and rose vanilla spice dust.

Chef Anurudh Khanna, Multi-property Executive Chef, The Westin Gurgaon and The Westin Sohna

Here at Westin, we use edible flowers for multiple purposes. At our specialty Italian restaurant, Prego, Zucchini flowers are used to create a North Italian classic dish called Frito Misto (Goat cheese stuffed Zucchini flower Fritters).

Rose petals, blue pea flower and lavender are used in creating our desserts which include candied rose petal mousse. Rose kheer, blue pea cheesecake and many more. For the purpose of garnishing our salads - mustard flowers, onion flowers, basil flowers, etc. are used.

The most used edible part of a flower here is the bud of an Artichoke. It is the base of multiple dishes including antipasti, purees, soups and risottos. In general, the most prominently used edible flowers include pumpkin flowers, zucchini flowers, rose, blue pea flower, lavender, basil flower, onion flowers, mustard flowers, jasmine and hibiscus."

Chef Akshay Bhardwaj, Head Chef at Andaz Delhi

At AnnaMaya, we use nasturtium and edible pansies in our Nutrition Bomb 2.0, as well as our in-house pastries. We

Recipe

Blue Flowers G&T

By Joel Scholtens Lindsay, Liquid Chef & Mixologist, The Blue Bar, Taj Palace, New Delhi

Blue Flowers G&T is a refreshingly brilliant drink. High on the floral quotient with butterfly pea flower tonic, lotus bitters and lavender syrup, it's a delightful concoction and aesthetically appealing with edible flowers used as garnish.

Ingredients

60mls Monkey 47 Schwarzwald Dry Gin,
Top with Butterfly Pea Tonic,
5mls Lavender Syrup,
15mls Lime Juice
2 dashes Lotus Bitters.

Glass

RCR Highball

Mixology

Build over ice, 60mls Monkey 47 Schwarzwald Dry Gin, 5mls Lavender Syrup, 15mls Lime Juice, 2 dashes Lotus Bitters, and top with Butterfly Pea Tonic. Stir in the glass.

Garnish

Rub a lime on the side of the glass and stick Edible flowers to the side of the glass.

Lamb in the Style of Chasseur

By Chef Rajesh Wadhwa, Executive Chef, Taj Palace, New Delhi

This classic lamb preparation is simple, flavourful and beautifully presented with a side of edible flowers. The use of simple yet high quality ingredients is what makes

the dish truly interesting and absolutely spectacular. Edible flowers elevate the presentation in the most aesthetic manner.

Ingredients

New Zealand lamb rack 1 kg
Salt As desired
Pepper As desired
Butter
Oil
Rosemary
Red wine
White asparagus,
baby carrots Steamed
Edible Flowers To garnish

Method

Marinate the lamb rack with salt, pepper and rosemary.

Heat a knob of butter with some oil in a pan. Sear all sides of the rack until golden brown.

Cook the rack in the oven for 12 minutes at 180 degrees Celsius.

Take it out of the oven and let it rest for 10 more minutes.

Meanwhile, sauté the vegetables with a knob of butter and seasoning. Set aside

Collect the trimmings and juices from the roast pan and place it on medium heat with a splash of red wine, some butter and seasoning. Reduce to create the pan jus.

Before serving, cut out three chops, sear the sides and place on plate as desired.

Garnish with edible flowers, vegetables alongside and jus.

also use basil flowers for our gelatos at AnnaMaya. AnnaMaya's philosophy lies in locally sourcing fresh and quality



Akshay Bhardwaj

ingredients.

Some of the edible flowers that we use in our food preparation and garnishing are, Kachnar - which contains a number of essential minerals; Nasturtium - which is usually added to salads to give them colour; Hibiscus - which is candied and used as a garnish on desserts; Agastya - which has a lot of medicinal purposes; Banana Flower - used in soups, curries and fried foods and Pumpkin Flower - which is loaded with vitamins, minerals, and nutrients.

Chef Shankar Debnath, Executive Chef - Fox in the Field, Bangalore

Our culinary philosophy fulcrums on 'clever food' and thus we keep trying to

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invent classics and contemporary food with our own elements and edible flowers such as 'nasturtiums, Rose, Jasmine, Banana flower, Hibiscus etc are used in the Fox's kitchen regularly. We use nasturtiums in our 'Foxy Caesar salad'/ 'garlic chives, dried jasmine & sun-dried rose petals in the Foxy Bhel.

Chef Arun Katoch, Executive Chef, Sheraton Grand Bangalore Hotel at Brigade Gateway

We have a Vegan Option in our exclusive menu which is "Organic Quinoa Tabbouleh" where edible flowers are used as a flavouring agent as the salad requires amore fresh palate. In dishes such as sashimi, sushi or the dessert "Chocolate Dome", these flowers are used for garnishing purposes.

We also use butterfly pea flowers in one of our beverages where they intrigue guests with their colour-changing ability. We do have a small in-house garden in our restaurant itself where we procure the edible flowers for day-to-day use.

Chef Gaurav Ramakrishnan, Head Chef, Hyatt Centric Bangalore

We use Nasturtium, Pansy, Calendula and Edible Marigold, Squash Blossoms at times for special dinners. Dishes like Chamomile flavoured Brule, Hibiscus dusted Salmon Steak, Lavender Cream Cake, Poached Chicken with Lavender and Honey Drizzle are hot favourites.

Aman Kumar, Director Kikoba, New Delhi

Edible flowers mostly are used as garnishes but we use Blue Pea flower for colouring the rice and dim sums too. We like to use Pansy, cornflower (mostly blues), Nasturtiums, and Mix colour cosmos (mostly shades of pink and some whites). The dishes like Japanese Cold Pizza, Avocado Salad and Carpaccio have usage of edible flowers. We source from farms directly so its cost friendly.

Nutritional Value of Edible Flowers

Utkarsh Bhalla, Brand Chef, Sly Granny

Studies have shown these edible flowers come with a lot of nutritional benefits along with their eye appeal and visual value on the plate hence they've gained more popularity in the post covid era.

Sunflower petals are a rich source of potassium and iron and can be used as a supplement. Marigold stands out for its high level of unsaturated fatty acids while banana flower is a great source of



Aman Kumar

plant based proteins. So it's not just for garnishing, edible flowers add a relatively good nutritional value to the dishes.

Chef Rajesh Wadhwa, Executive Chef, Taj Palace, New Delhi

Edible flowers are not just high on visual appeal, many of them are known for their distinct flowers, while others are high on the nutritional quotient. Take for example the ubiquitous Rose that is used for creating Gulkand – it not just tastes delicious but is a great antacid and an excellent antioxidant. Then, Moringa flowers are a wonderful superfood and have medicinal benefits.

Chef Anurudh Khanna, Multi-property Executive Chef, The Westin Gurgaon and The Westin Sohna

Other than being aromatics and visually pleasing, edible flowers also have nutritional benefits for the human body. Flowers such as hibiscus, rose and lavender contain medicinal and anxiety-calming properties and are also good as they help reduce blood pressure and cholesterol levels."

Tips to use Edible Flowers

Chef Arun Prasad, Sous Chef, Royal Orchid Hotels



Dhruv Oberoi

Edible flowers are very delicate and seasonal hence should be used as per the season for e.g. Zucchini flowers blossom in spring and are available till the beginning of Autumn, anything after this period will not be of the best quality."

Shaurya Veer Kapoor, Executive Chef, Gola Sizzlers

We have very popular drinks like Lavandula Margarita, Elderflower Shamrock, Gola G & T and a dish 'Quinoa Garden Salad' where we use edible flowers. The best way to use edible flowers is to add them as garnish just like we do fresh herbs. It can be added on top of soups, salads, avocado toasts, desserts like mousse, cupcakes etc.

It can be served in drinks by freezing the whole flower into ice cube. E.g. Fruit punches, various cocktails, syrups and flower infused beverages. Only small noticeable amount of flowers should be used in food and drinks as too much of it in a food may cause indigestion or allergies if a person may have. Flowers should be stored in airtight plastic or glass containers with a damp paper towel on the bed. It should be kept in a cooler place or a refrigerator to increase its shelf life."

Chef Sandipan Mondal, Sr. Sous Chef, SuzQ By 1522, Bangalore

Clean in cold water and store it at the right temperature.

Keep the flowers moist & prevent them from wilting.

Sprinkle edible petals across the dish on your dessert to give a splash of colours.

Chef Shankar Debnath, Executive Chef - Fox in the Field, Bangalore

Always wash and pat dry the flowers before use.

Additional stems should be removed.

Sun-dried rose, hibiscus and marigolds can be used in salads and desserts to add. Complement the base flavours.

Chef ArunKatoch, Executive Chef Sheraton Grand Bangalore Hotel at Brigade Gateway

Using edible flowers as a garnish makes any dish look special, but we should be sure the flavour of the flower compliments the dish. Some tips to enhance their usage can be:

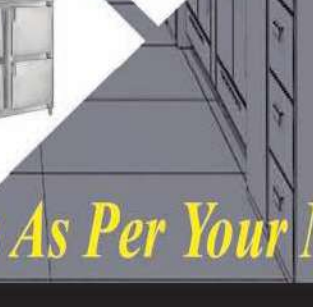
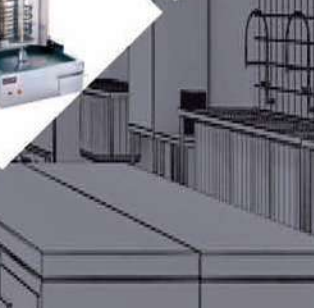
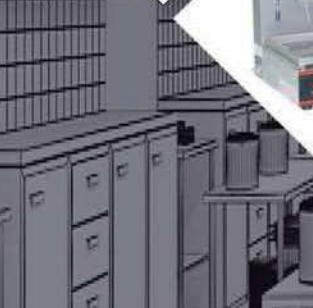
Sprinkle these flowers on top of fresh salads to have a robust colour and taste.

They can be frozen and used in beverages.

Can be used to flavour oils, vinaigrettes, jellies and marinades.



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There's nothing to beat the aroma of herbs when introduced to ingredients it is to be cooked with. Most herbs are easily available but one should look out for those with a vibrant colour and aroma, keeping in mind that it goes with the food in totality.

Just like Indian cuisines use a lot of spices and herbs in preparing and seasoning, fast food these days also uses a lot of spices and herbs for seasoning and for making the food delectable. But the use of herbs and spices was alien to the European culture. With the arrival of new cultures from the Mediterranean and Asian herb growing regions, herbs eventually gained popularity in Europe and America, which too started with the humble pizza and evolving it into the exotic proportions, it has achieved today.

Fast food in India has caught on the fancy of young executives and college going crowd. Liked by many, this jhat pat khaana is not only filling but is also light on the pocket. There is a mad scramble among the fast food chains to cash on this growing fad. Pizzas, pastas and hotdogs, and the list is endless...

Popular Spices

There's nothing to beat the aroma of herbs when introduced to ingredients it is to be

cooked with. Most herbs are easily available but one should look out for those with a vibrant colour and aroma, keeping in mind that it goes with the food in totality.

Hardy herbs like rosemary, marjoram and sage will stay green and fragrant for a week or two, as long as they are refrigerated and don't get wet. But tender herbs like basil, dill, cilantro, tarragon and chervil need extra attention. Herb Butter enhances everything from grilled seafood, chicken to rice, pasta and soups.

Pizza makers in the fast food industry uses authentic Italian herbs like Oregano, Parsley, Basil, Thyme, Rosemary, milled Black Pepper and Marjoram. At the same time ethnic Indian herbs and spices like mint, coriander, red



chillies, cinnamon, cardamom, cloves, aniseed and cumin are also being used.

Some of the popular spices and herbs include:

- Greek Oregano or *Origanum vulgare* hirtum in scientific terminology has a strong flavour. For best results one uses fresh leaves, as topping for pizza; in fact this was the way Greek Oregano was initially used for pizzas and not as an ingredient in the sauce.
- Sage or *Salvia officinalis* is very often used with Thyme for beans and soups. Eating out experience can be spiced up with a combo of freshly chopped or dried sage, mint, rosemary, oregano and basil.
- Spanish Tarragon is much easier to grow. With a slightly sweet flavour it is perfect for pasta and other dessert dishes.
- A member of the mint family, Basil (dried) is a favourite in Italian and Mediterranean cuisine. Also known as the 'herb of kings', it can be teamed up with other herbs and flavourings like garlic, oregano and lemon. It can be used as a seasoning for pizza, spaghetti sauce. Use the leaves either fresh or dried.
- Widely used in Italian cuisine, chopped Capers can be used for topping pizza.
- Also known as sweet laurel, Bay leaves come from bay or laurel tree, native to the



Mediterranean. The leaves are usually used dried and should be removed before food is served. They have a woody, sweet flavour with a slightly minty aroma that works well in soups, pasta sauces, and fish items.

- A hot favourite in Indian cuisine as well, Coriander (seeds) is a member of the carrot family and is a native of southern Europe. Coriander can also be used in Hot Dogs.
- Herbes de Provence: A blend of herbs including oregano, savory, rosemary, thyme, marjoram and lavender that is commonly used to flavour stews, chicken, kebabs and pizza.
- An oval shaped seed, Nutmeg is normally grated fresh just before use. With a piney, citrus-like aromatic flavour combined with sweet and bitter tastes, it is a perfect topping for cheese dishes including sauces and pasta.

While these spices most certainly add the much-desired flavour to food, some of the spices that were traditionally used in Indian cuisine are also gradually finding way into the fast food menu. For example, the mustard sauce; bright yellow in colour with a peculiar smell, it is this sauce that adds that tangy 'zing' to Bengali dishes lending it a special aroma. In India, it is being used for a long time. Now it is finding patrons in pasta and burger lovers who are relishing its taste.

Apart from mustard another Indian herb that is finding acceptance in international market is our very own desi pudina or Mint. Fast food giant, McDonald's uses a mint mayo for their chicken McGrill burger.

Similarly there are others like cumin (jeera), which is used in Mexican cuisine. Aniseed (saunf) is used in liqueurs (as after meal digestives). There is even a pan (beetle leaf and nut) flavoured liqueur in the UK.

The world is becoming or has become a 'global village' and the very fact that the average Indian consumer goes to places, proves that point literally! Indians seem to have imbibed international tastes and are willing to experiment. Therefore fast food joints are coming up with new flavours and additions to their menu for wooing them.

Barbeque Sauce Chicken Pizza, is only one of the names in the long list of additions. For those who dig seasoning based pizzas, Pizza companies has introduced Masala and Tandoori herb and seasoning based pizza. There's an ever-increasing segment of our demographics that is keen on experiencing new flavours and most importantly willing to experiment. ■



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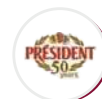


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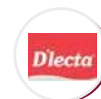


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Prawns are an important part of the food-chain in estuary areas of rivers and a popular menu item with fish as well as humans. Estuary-dwelling fish and the juveniles of many other fish species inhabiting these waters, eat large quantities of prawns as part of their normal diet.

Both prawns and shrimp belong to the Crustacean family and are cousins of the crab and the lobster. This means that they shed their transparent shell in a process called moulting, in order to grow.

The prawn (scientific name *Palaemon*) is long legged with a transparent shell. It is found in the rocky pools among weeds on the shores and river estuary beds. There are many species of prawns found.

The shrimp (scientific name *Crangon*) however, is sandy coloured and is short legged. It is found in the sandy shallows and buries itself in the sands.

For humans, prawns offer excellent taste combined with nutrition. Prawns are a nutritious food, providing high quality proteins and good cholesterol as well as essential trace elements such as iodine and potassium.

Life Cycle

Prawns are an "annual crop" - that is they

grow to catching size and breed within one year. However, in unfished waters, their natural life may span three years.

The moon dominates the life of a prawn. When young, prawns grow rapidly, moulting their shells to coincide with the full moon (and high tides) each month. After reaching maturity, growth and moulting slow down.

Live river prawns are almost translucent, with distinct blue tips and a slippery, almost greasy feel to their shell. In contrast, king prawns, although possessing some

translucency, are cream in colour, with brown body markings and blue legs and tail fins.

While a river prawn spends its entire life in rivers or estuaries, a king prawn spends only part of its life cycle there. King prawns spawn in the ocean in spring and summer when water temperatures are high enough in the Atlantic Ocean, but in warmer Indian Ocean waters they may spawn all year round.

After hatching, young king prawns progress through several larval stages in the ocean and settle in the shallows in coastal bays, or move into the salty lower reaches of estuaries.

During spring, river prawns reach a catchable size of about 5cm in length at nine to ten months of age. In contrast, king prawns do not achieve this until January or February, but can reach around 8cm by late summer when they begin their journey back to the ocean. Female king prawns can grow to a much larger size than males - if they survive to their second and third years. One female caught in Shark Bay measured 24.4cm long and weighed 99gm.

A Shrimp or a Prawn?

A shrimp is a shrimp; and a prawn is, well, also a shrimp. The two words are used interchangeably in common usage and also



in restaurants everywhere. The textbooks may agree that a shrimp is a shrimp, but many people (and quite a few cookbooks) refer to this most popular of shellfish as a prawn.

Some people say the difference is size. In many parts of the country, small and medium shrimp are sold simply as shrimp, while large, extra-large, and jumbo shrimp are called prawns. Unfortunately, this "rule" doesn't always hold. In some areas, all shrimp, small and large, are sold as shrimp, while in other regions, all you'll find are prawns.

Purists may argue that the term "prawn" is reserved for the shrimp's close relative, which resembles a shrimp, but it's distinguished by its small pincer claws (similar to those on a lobster) and a narrower body. And unlike shrimp, prawns are usually cooked with their heads on. The claws make quite an attractive presentation, although they're too tiny to render any meat.

In Italy, prawns are called scampi, which confuses North Americans since in Canada and the US, scampi refers to a dish of large shrimp that are cooked with garlic and butter or olive oil.

Freshwater Prawns

Ponds used for raising freshwater prawns should have many of the same basic features of ponds used for the culture of catfish. A good supply of freshwater is important, and the soil must have excellent water-retention qualities. Well water of acceptable quality is the preferred water source for raising freshwater prawns. Surface runoff water from rivers, streams and reservoirs can be used, but quality and quantity can be highly variable and subject to uncontrollable change. The quality of the water source should be evaluated before any site is selected. The final phase of freshwater prawn (shrimp) production is grow-out of juveniles to adults for market as a food product.

Disease is not so significant problem in the production of freshwater prawns, but, as densities are increased to improve production, disease problems are bound to become more prevalent like 'blackspot' or 'shell disease', caused by bacteria. Apart from skeleton, physical damage follows but can be avoided by careful handling. At other times, algae or insect eggs may be present on the shell. This condition is not a disease, but rather an indication of slow growth, and is eliminated when the prawn molts.

Cooking Prawns

Prawns provide richness to an Indian menu and are suitable for various Indian cooking methods like curry, tandoori, fried and even pickled. Prawns are known for their delectable dishes, prepared in a variety of ways in many cuisines, both in form of sea fish or a freshwater catch. Chinese, Thai, Japanese, and almost all South-East Asian countries use this fish variety and for a variety of preparations. India isn't too far from that. Coastal regions, especially, are known for the variety of seafood on offer with an exception of a few.

In our country prawns find a special mention in terms of freshwater fish from the Gangetic region towards east. Also Bhramaputra, as it travels through Assam and passes through Bangladesh to meet the Bay of Bengal, is known for the prawn variety it offers. They are mouth watering in taste and are eaten with ecstasy, both in Bangladesh as well as in the eastern parts of India (prawns are made to cross borders because of their demand in West Bengal). Names like pabda chingri, golda chingri are the usual sounds one would come across in a fish market or at any fish related discussion.

If the Oriental is in rage, then 'it' gonna be a sure hit; if Indian,

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even then 'it' will fit the bill. In case the Western Cuisines are lifting up the tempo of food fashion in the country, then also, 'it' is as much in demand as ever. Yes, it is all about the mesmerizing 'prawns' that is one of the most, ever-loved, sea/ freshwater delicacy.

India being a place of rivers and sea, we get both the varieties and thus prawns are something food lovers here have always cherished. This delicacy is prepared in various ways and with the rise in fusion concept many more prawn ventures are in store for the way it will be presented.

Prawns are very important to Indian cuisine due to its versatility. It is very compatible to Indian spices like ajwain, anardana, yellow chilli, etc. They provide richness to an Indian menu and are suitable for various Indian cooking methods like curry, tandoori, fried and even pickled.

'Seafood' is a Manglorean's delight. Prawns cooked in a spicy coconut and tomato paste tempered with coconut oil makes a great accompanying dish or sometimes even main course.

Prawn crackers may seem a light food but they are fried in oil and contain lots of calories. Prawn pakoras are very popular these days and are found accompanying cocktails dines as snacks.

To relish prawns, people in eastern states of India, depends on rice and rightly so. The southern or western parts of India, also takes prawn dishes (gravy based) with rice or tapioca.

In the Continental style of cooking prawns, it is marinated and then grilled or crumbed and deep-fried whereas in the Oriental ones like Singaporean or Chinese, the prawns are largely batter coated, fried and then tossed in sauces or a combination of spices.



Now prawn is available round the year as a cultured product. The taste of the prawn (cultured in fisheries) differ with respective to those harvested from natural habitat. They differ in taste and tenderness; the prawns harvested from natural habitat being the superior one, quality wise.

Conserving & Processing

Fortunately, prawns are prolific breeders - a female river prawn can produce around 300,000 eggs per spawning, while her king prawn counterpart may lay up to four times this amount. Hence, even as more and more people are prawning in estuaries and coastal seas, there is no dearth of prawns.

In order to control the prawn population and confirm the conservation of the different species in the prawn family, there is a closed season for prawning. This closed season coincides with the breeding season of prawns between June and October.

In addition there are several areas permanently closed to the use of hand trawl nets (dragnets) which are the conservation areas to provide habitat protection, in river basins as well as the seas.

These closures stop people from fishing when the prawns are very small, giving them an extra few months to grow. Ultimately this gives prawners - and the estuary dwelling fish that depend on the prawn stocks for food - better catches of bigger prawns.

Even though prawn is a seasonal product, its availability round the year does not surprise in the environment we live in. Specific market niche for whole freshwater prawns and they need to identify and carefully develop so. To establish year-round distribution of prawns, freezing (preferably individually quick frozen - IQF) is an attractive form of processing, and recent research has demonstrated the worth and potential of preservation process. Block frozen is an alternative method of processing for long-term distribution. Distribution of prawns is taken care of with precision, as shelving should assist in avoiding mortality.

Freezing and Defrosting

Prawns are a fragile food which needs to be frozen as soon as it is fished out of the water. Trawlers that are used to "prawn" on the high seas are fitted with freezers so that the catch does not spoil. Prawns are highly perishable and tend to have quite a short shelf life once defrosted. This is why it's particularly important to avoid any defrosting. Also when you defrost food, there's a chance that something might go wrong that would allow food poisoning bacteria to grow and multiply.

When you buy prawns from a supermarket or fishmonger, they may have been frozen before, even if they aren't frozen when you buy them. You shouldn't freeze prawns that have already been defrosted once for any reason, hence it is better to consume the prawns in case they are in an unfrozen condition.

Defrost prawns in the fridge, keep them away from other foods, and use them quickly. When you cook or reheat prawns, you should always make sure they are piping hot all the way through.

Procurement and Selection

Delhi being the land locked state; prawns for foodservice industry are sourced from either Goa or Cochin. The selection of prawns purely depends on the number of prawns in a kilo e.g. A-grade prawns would mean 10-15 nos. in a kilo; B-grade prawns - 18-24 nos., and so on. The gradation criteria popularly used across the hotels does not reflect the quality of prawns.

The prawns are ordered in various grades depending upon their intended use e.g. for salads, one would require smaller prawns; for a tandoori preparation - bigger prawns and in curry - medium sized prawns are preferred.

Although best prawns are supposed to be those that are harvested from their natural habitat, but cultured ones thrive the market. ■



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Know your Cheese!

It was perhaps in the pastoral phase in the evolution of human civilization that people started making cheese. As early as 9000 B.C., people in the regions like Turkey, Iran and Iraq consumed milk from sheep, goat or camel. The fresh milk would spoil quickly after collecting, so it was either consumed fresh or allowed to sour naturally for longer storage periods. Apparently, a taste preference for fermented foods over warm milk developed, and these milks were produced and consumed as yogurt, fresh and ripened cheeses. In fact, some basic principles of cheesemaking can be found in a book by Columella, a Roman, in 100 B.C. However, cheese has undertaken a long culinary journey ever since.

Cheese's popularity is attributed to its great taste, the availability of new and different varieties, its convenience and versatility of use, and nutritional value.

Taste is a primary factor contributing to consumers' demand for cheese. More than 300 varieties (e.g., American, Cheddar, Mozzarella, Colby) of cheese are available in various flavours, forms (e.g., chunks, slices, cubes, shredded, grated/crumbled, string/stick, spreads), and packaging to meet consumers' needs. Cheese's nutritional value, especially its calcium and protein content, is identified as an important factor driving consumers' desire to consume cheese.

Cheese is primarily used for its organoleptic contributions to a food, but it also provides functionality and nutrition to the finished food. Because cheese is an integral part of food products, it is becoming increasingly important for cheese manufacturers to produce their cheese according to the functionalities required for the end use.

As per the recent trends, the future of cheese manufacture, for ingredient use, will continue to grow as customers are looking for cheese that will consistently perform for them in a certain way, and often in a way that may not historically have been associated with that cheese variety and its quality.

According to Gaurav Tandon, Director, Gnosch Foods Pvt. Ltd., one of the leading importers of Cheese in India, "The quality of cheese depends on the sourcing of the ingredients, primarily milk. With over centuries of expertise in cheese production, European cheeses are best in terms of quality for the variety of cheese they produce."

He further adds, "Primarily ageing/maturity of the cheese that actually enhances the taste of the cheese."

So, whether the end user is seeking a specific shred, melt, stretch, blister,

colour, flavour or texture, like many other ingredients, cheese manufacturers have the challenge of customising their product to fit the application.

Market for Indian as well imported cheese is growing in India and consumers are becoming more aware of its intricacies. Gaurav explains, "Majorly mild cheeses are preferred in India traditionally. Indian palate is yet not that developed towards strong flavoured cheeses. However we see the fastest growth towards artisanal / strong cheeses and we might see a shift in trends soon."

Cheese's Nutrient Content

About 10 pounds of milk is used to make one pound of cheese. Cheese is therefore a concentrated source of many of milk's nutrients. However, the type of milk/milk product used (e.g., whole, reduced fat, non-fat, buttermilk, cream, whey, non-fat dry milk solids, or a combination thereof) and the manufacturing process (e.g., manner of coagulation, length of ripening) influence the nutrient content of specific cheeses.

Natural cheeses are made by curdling milk (i.e., coagulating casein, milk's protein, to form curd), stirring and heating the curd, draining off the whey, and collecting or pressing the curd. Cheese can be unripened



Gaurav Tandon

(e.g., cottage and cream cheeses) or ripened, cured, or aged (e.g., Cheddar, Colby, Brie).

Separation of milk curds from the whey in cheese-making results in significant partitioning of nutrients and largely explains the differences in the nutrient content of cheese compared to milk. Water-insoluble nutrients of milk (e.g., protein, colloidal minerals such as calcium, fat, fat-soluble vitamins), which are primarily retained in the curd, are concentrated in cheese.

In contrast, cheese contains fewer water-soluble constituents of milk (e.g., lactose, soluble minerals, water-soluble vitamins) because of their removal with the whey. Ripening may influence cheese's

nutrient content, although to a lesser extent than separation of the curds from the whey.

Nutritional Density

Among dairy foods, cheese is among the largest contributor to the amount of protein available in the food generally dished out at hotels and restaurants. The proportion of protein from cheese has increased more than five-fold since the turn of the century. Protein in cheese is of high quality, containing all of the essential amino acids in the amounts proportional to the body's need.

Casein is the main protein in cheese, although water-soluble milk proteins (e.g., lactalbumin and lactoglobulin) also may be present depending on the amount of whey entrapped in the cheese. Protein in many cheeses is readily digestible because some of the proteins are broken down during ripening to peptides and amino acids.

Cheese, particularly aged cheeses (e.g., Cheddar cheese), contains a negligible amount of lactose, the major carbohydrate in milk. Most aged cheeses contain minimal (1-3g/100g) or no lactose because of its removal in whey and the conversion of any remaining lactose (approximately 2 per cent) entrapped in the curd to lactic acid and other acids during ripening.



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Within 21 to 28 days, no lactose is present in ripened cheeses. In fresh unripened cheeses (e.g., cottage cheese), 15 to 20 per cent of the lactose is converted to lactic acid and other acids within a few hours. Because of their low lactose content, most cheeses, particularly aged cheeses, are well tolerated by individuals who have difficulty digesting lactose. The wide range of lactose in process and cottage cheeses may be explained by the legal addition of optional ingredients such as non-fat milk and cheese whey to the creaming mixture.

The fat content of cheese is mainly responsible for its flavour and texture, which contribute to consumers' preference for full fat cheeses. Cheeses vary widely in fat, saturated fat, and cholesterol, in large part because of the type of milk (e.g., whole, reduced fat, non-fat) and milk product (e.g., cream) used to make cheese. A serving (1 oz) of Cheddar cheese contains 9g fat, 6g saturated fat, and 30g cholesterol. In contrast, a serving of non-fat dry curd cottage cheese contains 0.5g fat, 0.3g saturated fat, and 8g cholesterol.

The vitamin content of cheeses varies due to the milk used and the manufacturing process. Because most of the fat in milk is retained in the curd, cheese contains the fat-soluble vitamins of the milk used in cheese-making. Cheddar cheese made with whole milk contains 1,059 IU of vitamin A per 100g, whereas dry curd cottage cheese made with non-fat dry milk, contains comparatively less vitamin A (30 IU per 100g). Because water-soluble vitamins (e.g., thiamine, riboflavin, niacin, pantothenic acid, vitamin B6) remain in the whey, their content in cheese is influenced by the amount of whey retained in the cheese.

Recently, there is increased interest in



reduced-fat cheese. Consumer expectations for reduced-fat cheese often have been met with bland flavours and either firm, rubbery or soft, pasty textures. Typical complaints about reduced-fat cheese include its off-flavours and lack of flavour. Most manufacturers of reduced-fat Cheddar, for example, use a slightly modified Colby cheese procedure that includes rinsing or soaking the curd in water after the whey is drained. This rinsing increases the curd's moisture content.

Another means of reducing the fat in both natural and process cheese varieties is through the use of fat mimetics. Starches are one category of ingredients that have been successfully formulated into reduced-fat and fat-free cheeses.

Flavour attributes are another concern of reduced-fat cheeses. Bitterness can occur in reduced-fat Cheddar cheeses. The fat-content reduction and the moisture increase alter the culture growth, leading to flavour defects. New commercial starters with slower acid production and controlled proteinase activity can alleviate these problems.

Dietary Norms

Dietary guidelines recommend a diet moderate in total fat (i.e., no more than 30

per cent of calories), and low in saturated fat (i.e., less than 10 per cent of calories) and cholesterol (i.e., less than 300mg/day). Given the availability of cheeses of varied fat content and the ability to make trade-offs in the amount and sources of fat in the total diet, consumers can readily include cheese in a diet meeting fat recommendations.

Cheese provides high quality protein, calcium, and other essential nutrients. Also, cheese is a rich source of conjugated linoleic acid (CLA) and sphingolipids, which are milk fat components that may

potentially help reduce the risk of chronic diseases such as certain cancers and heart disease.

Cheese manufacturers don't have a free hand over the manufacturing process or ingredients used for natural cheeses. The composition of cheese and related cheese products is governed by PFA-established definitions and standards of identity, which define the food by specifying:

- The ingredients used (including the kind and quality of optional ingredients, such as colour);
- The composition (the maximum moisture content and the minimum percentage of fat in the cheese solids or in the total mass of the cheese);
- The requirements concerning pasteurization of the milk or an alternate minimum ripening period;
- Production procedures; and
- Any special requirements peculiar to a variety or class of cheese.

Currently, these rules restrict adding any ingredients to the cheese milk other than condensed skim milk or non-fat dry milk. If the cost of these ingredients is favourable, they can be added to fortify or raise the protein level of the milk, and increase the yield of the cheese. Adding these ingredients will affect the body and

heat-induced browning of the cheese, due to excess lactose present in the cheese milk.

Like many other food products, it is to the cheese-maker's advantage to retain as much water as possible without compromising cheese quality. Milk fat content is another cheese component that the cheese manufacturer might play with depending on the consumer and economic trends driving the price of milk-fat. If milk-fat is inexpensive, manufacturers will want to retain as much as possible in the cheese. But if it's expensive, they'll want to retain the minimum amount and sell off the rest as butter.

Cooking Cheese

Chill cheese for easy grating and shredding. It'll make the job much easier. Chill hard cheeses in the freezer for 30 minutes and soft cheeses for 15 to 20 minutes, or until firm to the touch. If you want to crumble hard cheese, freeze it longer. Cheese will stay in the freezer, tightly wrapped, for two to three months.

Always weigh cheese properly before cooking to ensure best results from the recipes. It always helps to add just the right amount.

Similar types of cheese can be used interchangeably in recipes to give flavour of choice.

To cook or reheat dishes with cheese in the microwave, use the lower power settings and stir and rotate frequently. Cheese is best when heated slowly at low temperatures. To soften cheese in the microwave, remove wrapper, place on microwave safe plate, and heat on low to medium power. An 8-ounce piece of hard cheese will take about 30 seconds to come to room temperature.

To save cooking time and use less heat, grate or shred cheese before adding it to your recipe.

To prevent cheeses such as Swiss and Mozzarella from becoming stringy during cooking, add a little wine or lemon juice before melting them.

To avoid lumpy cheese sauce, add a little flour or cornstarch at the start of the recipe (before adding the cheese). You will be able to heat the cheese for an extended period of time and the sauce will remain smooth and creamy. High heat and extended cooking time tend to make cheese stringy and tough. When melting and blending cheese into a recipe, use a low temperature for a short period of time - just enough to get the job done.

Regarding the choice of a specific cheese Gaurav states, "Taste, flavour and definitely the application of cheese is what decides on what cheese is preferred over the other."

Storing Cheese

Cheeses should be wrapped for storage individually, preferably in tight-fitting plastic wrap. Don't store different flavours together in the same package.

If surface mold occurs on cheese, simply trim off the mold and an area about 1/4 inch around the mold.

Cheese is best stored in the refrigerator as close to the bottom of the appliance as possible - the vegetable compartment is ideal.

Shredded cheeses are more susceptible to mold and are best when used three to five days after opening.

Freezing soft cheese is not recommended. It may alter the appearance and texture. ■



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Pasta Simplified

People eating pasta once in a week or even once in a month are very few. Pasta is now eaten not just for a change of taste and to sound trendy but as a preferred meal among millennials. Pasta Salads has become integral part of the Indian Buffets.

With so many sizes and shapes of pasta, coupled with great recipes, you can serve pasta every day for a year and never make it the same way twice! Whether you want something elegant or casual, for two or 20, pasta is perfect. Also pasta is gaining popularity in India but there seems to be

a serious defect with the way Indians are eating pasta.

Being one of the most popular dishes made in Italy worldwide, pasta stands as a complementary name for the country. But eating pasta still goes with some misconceptions, which need to be removed. Contrary to the popular belief, pasta is not a staple diet of Italians; though it is one of the food items often consumed. Principally it is taken only four times a week i.e. out of total 14 meals, 10 meals are not pasta for sure. It is not a complete food in itself. That is why it is consumed along with starters,

or a pasta recipe can accompany tea or coffee for an exception. Sometimes one can detect pasta as an important constituent of a salad, soup and even in a vegetable recipe.

With changing times pasta-eating habits have also changed, which literally shake up the Italian food connoisseurs. Now, pasta has become a single course meal! Pasta is sometimes treated like a fast food; people gulp it during their lunch break just like pizza. It does not have many calories. It is only carbohydrate: 80 percent of pasta is carbohydrate and low in sugar. Thus 100 grams of dry pasta becomes 180-190 grams



and sugar content goes up to 20 gram on preparation.

But for a pasta lover these are just scientific facts, which do not make any difference towards satisfying his desire for good quality and deliciously cooked pasta.

Pasta Rules

The shape of pasta corresponds to a particular combination i.e. with a particular kind of sauce. Bigger the size of pasta, more important is the sauce - heavy in taste, content of meat or fish or whatever required for the recipe, all needs to be taken care of.

If you go by the standard of pasta cookery of Italy, each and every variety of pasta goes with a particular kind of sauce.

Pasta comes in various shapes and sizes, which are equally important from the taste point of view. It is considered incomplete without the appropriate sauces and there is a basic following as to which sauce should go with what kind of pasta.

Brunoise sauce would not fit with the spaghetti, as it is very thin and would not support the sauce therefore it goes with flat and ribbon shaped pastas like Fettuccine, Tagliatelle and Linguini etc.

Spaghetti Bolognese is served with a sauce of minced beef, tomato, onion, etc.

Tomato sauce goes with thin pasta like spaghetti.

Penne comes in six popular sizes. The shapes respond to particular kind of sauces and offers variety.

One can find more than three hundred varieties of pastas in Italy, each of which was created to exalt the characteristics of a particular sauce.

- Long pasta (such as spaghetti, linguine, and bucatini) is best served with liquid sauces. This type of shape is very porous and works best with sauces that cling to whole length of the pasta.

- Short pasta (such as penne, farfelle, rigatoni, pipe, fusili etc) is best for thicker and more substantial sauces, for example, with mushrooms or chopped vegetables. Short pasta can be smooth or ridged, the latter standing up better to the cooking process.

A startling fact about pasta is that it is not always what it sounds like. For example, Spinach pasta has almost no pasta in

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it (less than a tablespoon in a cup of cooked pasta) so it really is not any more nutritious. However it is pretty and does have a slightly more interesting flavor than regular pasta.

Types of Pasta

Pasta is the generic Italian name for many noodle-like pastes or dough that are made in a wide variety of shapes and sizes. There are far too many different kinds than can be counted. The two main types are fresh pasta, or pasta fresca, and dried pasta, or pasta secca.

Fresh Pasta - The fresh pasta that enjoys uncontested recognition as Italy's finest is that of Emilia-Romagna. Here melted butter accented with sage is a common sauce. Cream sauces are popular also and vegetable and light tomato sauces are made during the warmer months. The basic dough for homemade fresh pasta consists of eggs and all-purpose flour. No salt, olive oil, or water is added.

Fresh egg pasta is often cut into strands that vary in width, such as fettuccine, pappardelle, and lasagne. It is also filled with meat, cheese, or vegetables to create ravioli, tortellini, and cannelloni. In Emilia-Romagna, where Parmigiano-Reggiano is also made, freshly grated cheese is usually grated over the completed dish.

Fresh pasta can also be made without eggs. In Apulia, semolina flour is mixed with

water and shaped into orecchiette, which is pinched with the thumb, or cavatelli, which is rolled into a cylinder. In Sicily, it is also rolled around a knitting needle to make fusilli. The Sicilians also make fresh pasta for cavatelli or gnocchi that is made from flour and is mixed with ricotta cheese.

Dried Pasta - Dry pasta is not called so because it is dry at the time of purchase but because it is eaten in dry form. It is topped by same sauce and mixed well at the time of cooking so that the sauce spreads equally.

Dried pasta is also sometimes referred to as factory-made pasta. The finest dried pasta is made from golden semolina flour ground from durum wheat and mixed with water. Once shaped, the pasta must be fully dried before it can be packaged. Good quality dried pasta should have a slightly

rough surface and compact body that maintains its firmness in cooking, since it swells considerably in size when cooked.

Typical sauces for dried pasta are based on olive oil rather than butter. But as some of the recipes bear out, there are several butter-based sauces that combine well with dried pasta. In southern Italy, dried pasta is most often married with a tomato sauce, which may be plain or with meat, seafood, or vegetables.

There are around 300 different types of pasta, and probably approximately four times as many names for them. New shapes are being designed and named everyday, almost.

Pasta in India

Pasta is becoming more and more popular in India; it is even referred to add style to eating food. Various Italian restaurants coming up across the metros can be taken as another



sign of growing Italian fascination. But India still needs to educate itself more about pasta: cooking and eating both.

Though Indian chefs are also cooking pasta but one can easily differentiate it with the Italian pasta. Pasta cooked by Indians is just like Indian food cooked by an Italian chef. Even though the recipe and ingredients are same, the taste is always different. People in India want a minimum of three times more sauce than that in Europe.

Pasta in India is still a growing phenomenon; people are trying to get familiar with it, though gradually. People eating pasta once in a week or even once in a month are very few. Pasta is still eaten just for a change of taste and to sound trendy. But GenNext is becoming more familiar with the nitty-gritty of this versatile food and are experimenting new recipes. ■



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Mystic Cognac

In simple terms Cognac is the famous variety of brandy, produced in the wine growing region surrounding the town Cognac from which it gets its name. The town of Cognac is one of three officially demarcated brandy regions in Europe. The others are the French towns of Armagnac and the Spanish town of Jerez.

What is in a name – the guarantee that it has followed the strenuous requirements to be made in the unchanged style followed for over three centuries. The grapes used must be at least 90% Ugni Blanc, Folle Blanche or Colombard, although it is Ugni Blanc specifically Saint-Emilion that are used today. Then it must be distilled twice in copper pot stills and aged for a minimum period of two years in French oak barrels. Even if the oak has been acquired from other parts of Europe, it must pass through the town of Limoges and may then be called Limousin oak. Limoges is, incidentally, also famous for its blue and gold delicate porcelain.

Respecting the regional divisions ordinarily done in France for these products, there are acknowledged six zones, including five crus and broadly cover department of Charente-Maritime, Charente, Deux-Sevres and the Dordogne. In fact, these six zones, in decreasing appreciation of the cognacs from them are Grande Champagne, Petite Champagne, Borderies, Fins Bois, Bon Bois and Bois Ordinaire.



Process of Cognac

The white wines of the growth area are doubly distilled and the thin wine, at this stage very dry and acidic, is not suitable for dinking is excellent for distillation. The traditional copper stills are also known as an alembic, design and dimensions of which are legally controlled. Two distillations result in eau-de-vie (literally meaning waters of life) and the resulting spirit is without colour and 70% alcohol. It is then aged for a minimum period of 24 months in Oak barrels. It is then diluted with pure and distilled water and many manufacturers add a small proportion of caramel to colour the cognacs. Expensive cognac need not have this addition for colour.

Like blended whiskey the age of cognac is calculated as that of the youngest eau-de-vie used in the blend – the blending is done to get complexity of flavours as it is absent in eau-d-vie from a single distillery or vineyard. Each cognac house would have a master taster who is responsible for the

delicate blend of spirits to ensure that the cognac produced by a company would remain unchanged.

Reality of Producers

There are hundreds of vineyards in the Cognac region selling their own Cognac. They would be blended from eau-de-vie of different years but they are single vineyard cognacs, varying ever so slightly from year to year and according to the taste preference of the producer, and are hence prized for lack of predictability. Some of the small producers may simply sell a larger or smaller proportion of their product to individual buyers, wine dealers and sometimes to bigger cognac houses for blending purposes.

Bespoke and upmarket product, as in the case of single malt whisky some larger producers have begun to market single-vineyard cognacs from vineyards owned by them. A recent example of this could be cited in favour of the well known Cognac House Hennessy who released Izambard, Le Peu and Camp Romain in 1999 from their three distilleries.

Grades of Cognac

Officially it is BNIC (Bureau National

Interprofessional du Cognac) that has declared the grades of cognac. No single producer of Cognac produces all the grades of cognac available in the market. The alphabets that are proudly and prominently displayed on the Cognac label are not just for show, they mean to indicate the grade of liquid in the bottle:

- VS or Very Special indicates that the youngest brandy has been stored in the cask for a minimum of two years.
- VSOP or Very Superior Old Pale indicates that the youngest brandy has been stored in the cask for a minimum of four years, but the average wood age is much longer.
- XO or Extra Old indicates that they youngest brandy is stored for at least six years but the average age is upwards of 20 years.
- Napoleon is the grade equal to XO according to BNIC but is generally accepted to be between VSOP and XO, as offered by producers.
- Extra is the grade usually older than a Napoleon or an XO.
- Vieux is a grade between the official grade of VSOP and XO.
- Vielle Reserve is a grade beyond XO.

• Hord d’age is also stated by BNIC to be equal to XO, but is essentially used by producers to market a high quality product beyond the official age scale.

Crus of Cognac

Throughout France great emphasis is laid on ‘terroir’ or individuality of any defined region in terms of soil and microclimate. Hence the cru where the grapes were originally grown can be used to define the cognac and gives a guide to some of the characteristic flavours of the Cognac.

Grande Champagne is a total of 13,766 hectares where the eau-de-vie is long and powerful, dominated by floral notes. The area is around Reims hence the name.

Petite Champagne is a little more region at 16,171 hectares and the eau-de-vie have similar characteristics to those from Grande Champagne but a wee bit shorter on the palate.

Borderies is the smallest cru region with a bare 4,160 hectares. The aromas are distinctive, nutty and flavoursome with notes of violets or iris. Cordon Bleu by Martell is an example of this and is much sought after. Other recognized crus are Fins Bois, Bons Bois, and Bois Ordinaires.



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Cognac Houses

Top of the Range comes from the top cognac houses that also produce premium level cognacs, recognized world over for its exclusivity. These include:

Martell's blend Extra by Martell has a blend with part from its cellars known as 'Le Paradis'.

Martell's L'Or which is cognac in a decanted with gold plated shoulders with eau-de-vie of over five or six decades. Some date back to 1830.

Camus's Extra which is their premium product containing their oldest cognacs from the recognized Borderies, Grande Champagne and Petite Champagne regions in a distinctive decanter style bottle.

Remy Martin's Louis XIII presented in Baccarat crystal decanter, individually numbered and owner registered.

Hennessy's Richard Hennessy, sold in a Baccarat crystal and named after the founder of the company.

Courvoisier's L'Esprit de Courvoisier presented in a hand cut Lalique decanter, individually numbered.

Moyet's Moyet Antiques, blended from some barrels over 150 years old and once again individually numbered and signed by the blender or cellar master.

Hennessy usually uses the unofficial brandy grades for its cognac, but has produced single distillery cognacs with distinctive flavours due to different soils and microclimate as discussed earlier. Other houses such as Moyet exclusively use the crus to describe their different products.

Known Names & Cognac Variations

Despite limited availability in India we have quite a strong presence of Cognac options in India, probably due to our inherent liking for distilled alcohol beverages.

Internationally known names are mainly trading houses though some of them are centuries old and their domination over the market recognized; names like Remy Martin, Moyet, Hennessy, Courvoisier, Martell, Camus, instantly recognizable. Guerbe, Domaine du Terrier, Delamain, Hine, Larsen, Maxime Trijol, Otard, Pierre Ferrand, Renault and a few others are international names known for quality of their product.

Internationally, the transformation in cultural reference of Cognac has been undergoing a change due to astute marketing and affluent younger culture. The African American comprises almost 60 to 80 percent of the American cognac market.

Cognac based drinks are Grand Marnier, a liqueur created in 1880 by Alexander Marnier-Lapostolle. It is a kind of triple sec, from the blend of true cognacs and distilled essence of bitter orange. In France it is widely used in making of the dessert, Crepes Suzette. Second drink is Pineau de Charentes which is a sweet aperitif composed of eau-de-vie and grape must, made in Charente region.

The original Grand Marnier called Cordon Rouge has won many awards in competitions and Cordon Jaune or Yellow Ribbon is sold in European countries and considered lower quality used in mixing drinks and cooking purposes.

Cognac and India

It is easy for hotels and standalone restaurants to have a fairly extensive selection as even an opened bottle has a fairly long shelf life, much like any other alcoholic beverage barring wines. Although nowadays more and more hotel staff is trained to offer you a pairing of wine with your food, very few will come and suggest a cognac postprandial.

As a result unless a diner is very aware and sure of what they want to enjoy after a meal, rarely would Cognac do rounds of a table. However, nothing warms up a winter evening as a cognac glass with a measure of cognac to be swirled, sniffed, enjoyed and gulped.

Although brandy snifters are meant for brandies and a good cognac deserves that shape for release of aromas and for ideal enjoyment it is best to have it without any additives. However, some people would add a cube or two of ice to it for a more palatable temperature, especially during summer.

Cognac Cocktails

As a brandy to be enjoyed on its own Cognac might have limited takers but as an ingredient for a smart cocktail it is well received by all age groups and is equally popular with men and women. Some well known international concoctions are:

'Sidecar' served in a cocktail glass has ¾ oz triple sec, ½ oz cognac and ¾ oz lemon juice to be shaken with ice and strained. Garnish with a twist of lemon peel is visually appealing.

'Connoisseur's Treat' to be served in a Brandy Snifter with alcohol content of 39% has 1 ½ oz cognac, ½ oz Galliano herbal liqueur and ½ oz Grand Marnier. Just to be stirred and strained into a brandy snifter it can warm up any cold evening.

Another popular cocktail is 'Cognac Mint Frappe' and is best served in a Champagne saucer glass. With alcohol composition of 35% it uses 1 ½ oz Cognac and ¾ oz white crème de menthe to be mixed and poured in the champagne saucer filled with crushed ice. Garnish with a sprig of mint for visual appeal.

A cocktail called 'The Incredible Hulk' has lower alcohol content at 28% and is best served in a highball glass. With 2 oz each of Hpnotiq and Cognac it is combined over ice and the transformation is enjoyable visually and on taste. A small trick is to chill both ingredients for best results.

'French Connection' has the interesting flavour of almonds as it uses 1 ½ oz Cognac and ¾ oz Amaretto almond liqueur. It is best served in an old fashioned glass over ice, stirred to be served.

List of cocktails can go on and on and a good bartender will mix you a bespoke one with a stronger kick or a lighter punch. As far as you know the basics of mixology Cognac is a wonderful ingredient to light up your imagination and titillate your taste buds, go ahead give it a try. ■



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“I was born to be Cooking to Perfection!”

Shaurya Veer Kapoor, Executive Chef, Gola Sizzlers Delhi



Shaurya Veer Kapoor, an alumnus of Culinary Institute of America, is the man behind all new mouth-watering and flavoursome dishes at Gola Sizzlers. He is the third generation who has joined this home venture and took the business forward with his brand-new ideas and his passion for food. Since the age of 12, Shaurya Veer Kapoor, was raised amidst an array of sizzlers. He was greatly inclined towards cooking and so, he started assisting his father and grandfather in the kitchen at their workplace. He not only got to work on his passion towards cooking but also started to understand the overall ways on how to operate an F&B outlet. Young and curious Shaurya, with all the support from family in many ways, had always been eager to create, curate new and unique dishes, beverages and desserts. At an early age, he started creating many new dishes mixing flavours and ingredients that really surprised his friends and family all the time. Today, he is well-versed in art of conjuring up a myriad of cuisines from all over the world: including

Peruvian, French, American, Mediterranean, India, Italian and Asian.

In an exclusive conversation with **Sharmila Chand**, he talks about his work philosophy and more....

How do you define yourself?

I am a curious person who is always open to learn.

What is your philosophy of cooking?

To innovate, add, improve and achieve perfection yet keep things simple and appealing.

What is your area of expertise?

I love to play around with French, Indian and Italian cuisines.

Had you not been doing this then what?

Since the age of 12 I have been inclined to cooking only so nothing really came in mind other than investing more efforts in getting to the depths of it.

What is your source of inspiration?

My grandfather, Mr. Naresh Kapoor, who himself is an accomplished chef. He taught me how to cook and I learned the nature

of ingredients and their combinations from him. It has been extremely inspiring to learn and understand from him how he started from the bottom and took the brand to such heights with his sincerity, hard work and persistence.

Grant Achatz, an American chef, he inspires me through his innovative and unique ways to present and serve various types of dishes. I learned from him how food is not confined to plates only.

What has been the most rewarding moment in your career?

One of the most rewarding moments was to be a part of a Michelin starrer restaurant, Junoon NYC and also cooking at the James Beard foundation.

How has the journey been so far?

It's been quite an amazing journey so far especially working closely with the family to take it to the next level. What makes it more special is that we are in alignment with

each other about where to take the brand.

What skills are necessary to be a good chef?

One has to be a patient learner and open to accommodate new trends as per the market scenario. The chef has to be passionate, professional and punctual.

How do you de-stress yourself?

To de-stress I love to spend quality time with family and friends. Whenever I get some time I love to watch movies and read.

Favourite Ingredient?

I love to be experimental so anything I like becomes my favorite and currently it is fresh fennel.

Fav Cuisine?

Indian, Italian and Korean.

Fav Spice?

Black pepper, since it is a key ingredient

of various cuisines of the world.

Fav Equipment?

Chef's knives, since life is just incomplete without it for a chef. Japanese knives are just my favourite.

Fav Restaurant/ food joint, anywhere in the world?

JeJu Noodle Bar, NYC, USA. It's a Michelin starrer Korean restaurant. The thing I like about this place is that despite being a Michelin star restaurant it was still a casual, approachable and humble place. The service was exceptionally good. My favorite part was the food as they took a new approach towards Korean dishes by playing around with fresh but different ingredients along with the classic ones. Home brewed beers paired along very well with kind of food served. Chef Jane made sure things are just perfect as per the standards of JeJu.

Your fav Diner?

I personally strive that everyone who comes to my restaurant gets the best treatment and leaves with a smile on his/her face.

Not a special personality but I love to attend to the picky guest who demands personalized ways of food and drinks within the parameters of our cuisines. Such guests keep me on my toes and help me push the envelope to create and innovate within the structure and develop my skills further at the same time add to the client's satisfaction and smiles.

You favorite Culinary Destination? Why?

New York City is my favourite culinary destination as it is a melting pot of cultures. You get food from all around the globe. There is a huge variety of food joints to choose from, right from food carts to three Michelin starrer restaurants.

The Best Compliment you have received?

It was an unforgettable moment of pride when my grandfather recognized my work and said, YOU ARE A GOOD COOK.

What is your philosophy of work?

You need to be passionate about your work to do justice to fulfill your dreams.

Lessons learnt in the kitchen?

Nothing is impossible; you just need right ingredients with fair acceptance of ideas.

Last meal on earth: What would you choose?

Last meal would be my grandmother's butter chicken and parantha.

10 years from now?

I would love to see my brand travels and get recognized Pan India.

What are your future plans?

We want to introduce the brand to other cities other than Delhi-NCR.

What career advice you would like to give to aspiring chefs?

Always work towards reaching your goals. Everything is achievable if you have right intent to execute your work.

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Ventilate the Kitchens

Modern kitchens are dependent on fresh air supplied by a proper ventilation system to dilute contaminants present within it. To avoid a situation that can lead to health hazard, ventilation should be treated as a core to kitchen planning.



Ventilation System

Modern kitchens are dependent on fresh air supplied by the ventilation systems to dilute contaminants present within it. Due to lack of fresh air supply contaminants can build up to a point where they become a health hazard.

Basically, the two main approaches to improve the air quality of the kitchen working area are source control and removal of contaminants. Although source control is the most effective way of dealing with the air quality problem, it is often impractical, expensive and sometimes impossible; it will be unwise to adopt source control in case of kitchen, because burners and furnaces can't be controlled easily.

Advanced designs of new kitchens feature mechanical systems that bring outdoor air into the inner space. Some of these designs include energy efficient Heat Recovery Ventilators and Volatile Organic Compounds (VOCs), etc.

Other Measures: Though for ventilation purpose, the simplest way is to have duct ventilation patterns above the gas ranges but due to incomplete combustion (in case of tandoor) of fuel other techniques are also used. The use of ozonizer within a kitchen like closed environment, ultraviolet emitters to control algae, slime, odours, virus and bacteria and dehumidifier to dehumidify and keep the indoor environment cozy and comfortable are fewer ways one can use in kitchen.

Quality of Kitchen Air

The ventilation and the care a kitchen receives influence its long-term performance. Proper and adequate ventilation enables the kitchen to intermittently purge the contaminants out of it.

Poor air quality is caused due to inadequate source of ventilation and it can aggravate the state with a contaminated duct system, which is a common feature. In fact, a building's heating, ventilation, and air conditioning (HVAC) system provides conditioned air to

Kitchen is one of the most important places in the foodservice industry. A hotel or a restaurant is known by the quality of food it serves. Therefore it is important to plan a kitchen that suits the requirements of the industry. Kitchen planning is not only about setting the cooking system and arranging the spices and ingredients. It involves varied aspects and one of the aspects is to provide good working condition for the people working out there or the manpower involved.

If precaution is taken for the food prepared, one has to take care about the kitchen ventilation too, from the sanitation and cleaner air perspective.

The Need

Indian cuisine restaurants in particular and most others, which see a lot of grilling and

smoke need fresh air curtains and effective exhaust systems to not only prevent smoke and odour from reaching the guest but also result in a better ambience for the staff.

Fire safety equipment and wastewater disposal system take care of not only the aesthetics but also the hygiene aspects, which can never be ignored. Good air-conditioning ensures the comfort of the guest and kitchen area staff, which reflects in the interactive bonhomie of the modern interactive kitchen even if it were through the glass separators.

Human resource considerations point to an increased involvement and pride for the cooking staff in case of interactive or show kitchens. The future is fast turning into interactive kitchen domain and one can visualize the time when chefs and cooking staff double up as stewards too.

occupied spaces within the facility. Typically, air from within an occupied space, along with fresh air drawn from outside, is drawn in through a filter designed to protect the mechanical equipment and increase its years of service. Over time, the deposits in the ducts due to exhaust fumes and from outside air can form sizable accumulations. It is therefore important to keep a track of the ventilation functions.

For cleaning ducts in larger establishments, it is imperative to use portable equipment in order to gain access to all locations to be cleaned. For successful duct cleaning one needs to employ vacuum cleaner that is comprised with HEPA filter equipped negative air machine or duct vacuum generating at least 4,000 CFM. This HEPA vacuum should be on hand for contact vacuuming of turning vanes, plenums, coils, drip pans, registers and other surfaces.

Setting up of an exhaust system, by itself is not an end to the kitchen ventilation problem. Continuous check is required and a buffer help should also be there in hand for emergency situations.

Designing for a Kitchen Exhaust

For a commercial establishment, kitchen plays

Check Measures

- Regular check of ventilation systems.
- Cleaning or replacement of filters on ventilating units regularly.
- A periodical check of heat recovery equipment and waste-heat exchangers for their efficiency.
- A check on proper operation of waste heat recovery units and correct leakages in water filled or glycol-filled system.
- Cleaning of heat exchangers, ductwork and filters.
- Constant verification of all temperature controls, damper mechanism and valves.

a pivotal role, and its proper upkeep on regular basis requires a well-designed kitchen exhaust system. It has to be designed in a way that it reduces the degree of wastage (in terms of smoke) and also ensures optimum utilization of space. Hence, ever since the planning stage the role of architects, interior designers and project consultants assumes significance.

One must bear in mind that while looking for economically viable designs, at no stage there should be any compromise on comfort factor for those using the kitchen. Providing a comfortable working condition for kitchen employees has become significant.

Technology has come to play a significant role in the replacement of filtered outdoor air in the kitchen rather than former practice of

opening windows for air passage. The basic design has is to ensure continuous mechanical supply and mechanical exhaust in the kitchen which can have harmful impact on kitchen occupants.

If one goes by what can be called ‘Indian standard,’ all kitchen room shall have proper ventilation/exhaust from any of these methods mentioned below:

- Natural Supply & Natural Exhaust (20% effective + 5%)
- Mechanical Supply & Natural Exhaust (40% effective + 5%)
- Natural Supply & Mechanical Exhaust (60% effective + 5%)
- Mechanical Supply & Mechanical Exhaust (90% effective + 5%)

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One of the gravest and life threatening dangers in the kitchen largely comprise of food borne illnesses. In India, where there seems to be poor control over the rapidly flourishing food preparation joints, figures would not be appropriate because a very few cases are reported to public health officials.

Food borne illnesses are caused largely by disease causing bacteria or by poisonous toxins which they produce. These bacteria can quickly spread and find their way into food via the food chain, i.e. from soil and water, raw produce, kitchen surfaces, hands of food handlers, food handling equipments, food service utensils, food served. The top three reasons for food poisoning include poor time – temperature controls, cross contamination and poor personal hygiene.

Kitchens are hotspots for such opportunistic microbes. “You would be better off eating the carrot stick that fell in your toilet than one that fell in your sink”. Here are a few tips on preventing food borne illnesses during food preparation in the kitchen.

Check Supplier

While food safety starts with the supplier, ensure that food materials and ingredients are purchased only from reputed, known

and approved suppliers. Ensure checking of all consignments as per specifications. Be selective about certain seafood like prawns, crabs, shellfish, etc which can harbour infectious germs.

Spare the Bugs

Cook food properly. If you serve or eat undercooked food you are risking food poisoning. If microwave is used to prepare food, one must ensure that food is heated to at least 70 deg C.

Never allow food to thaw on the kitchen work surface but preferably in the microwave or refrigerator and always in a dish.

Salsa or hot spices do not kill bacteria. On the contrary, many species love pepper. As tempting as it may be, don’t consume raw cookie / other batter.



Never store cooked foods below uncooked foods.

Clean Sinks

Dishes should be cleaned up within 2 hours to prevent bacterial build-up. Mechanical ware washing (dishwashing) needs to ensure proper temperature control and proper chemical dosing for cleaning and sanitizing action. Before cleaning ensure that all food debris from plates and utensils is disposed into a covered waste bin to prevent drain clogging.

Clean before you go

Keep all food handling and storage areas clean and remove unwanted materials. Ensure that hidden and inaccessible areas are kept to a minimum and maintained clean to guard against pests which can spread diseases. Apply targeted use of an anti-microbial cleaning products for work surfaces which come into direct food contact like chopping boards, work tables, etc; dish sponge, dish cloth and cleaning cloth; fridge shelves, handles and gaskets; and electrical kitchen appliances which come into direct contact with food.

It Takes Two

Use separate chopping boards and utensils including cutting and trimming implements for

vegetarian and non-vegetarian foods. These should be disinfected between uses especially for non-vegetarian food and before being used to handle ready to eat food.

These should be disinfected between uses especially for non-vegetarian food and before being used to handle ready to eat food. Disinfecting can be carried out in boiling water for 2 minutes or in a solution of 200ppm chlorine for 20 minutes after washing. Do not forget to disinfect knives and cleaning cloths.

Cool as a Cucumber

The ‘Temperature Danger Zone’ (TDZ) for disease causing bacterial build-up is from 5 - 60 deg C. Hence the golden rule is to keep hot foods hot and cold foods cold. Hot food should be held and served above 60 deg C. Cold food should be held or served at a maximum of 7 deg C. For frozen foods, the holding temperature should not exceed 12 deg C or temperatures that permit thawing.

Do not take your refrigerator temperatures for granted. If your refrigerator is not equipped with temperature monitoring device one needs to leave one inside to ensure that the temperature does not exceed 7 deg C.

Do not leave perishables / ready to eat food in the temperature zone for over 4 hours.



Handle leftovers with care and consume immediately or within 24 hours to prevent a possible food poisoning.

Beware of Pests

Simple rules for pest management includes prevention of ingress, ensuring non-availability of hiding places for harborage, food materials and water, and pest control strategies through the use of a Pest Control Operator.

Bag the Garbage

Do not leave garbage out in the open. It needs to be disposed off as quickly as possible in a proper manner. Get rid of decomposing food debris. Garbage bins may be lined with a polythene and lidded when not in use to discourage flies and prevent cross contamination.

Ensure that all drains are protected with drain traps for cockroaches.

Wash thy Hands

Use soap and water with a rubbing action for 20 seconds to clean hands. The rubbing action should include the palms, the dorsal side of the palm, the area between the fingers and around the fingers, the nails (could also be done with a nail brush), thumbs and the exposed part of the hand up to the wrist or beyond as applicable. The nails need to be short and rounded in any case. Wash hands after using the rest room, after break, before start of an activity, after touching body parts or garbage handling or any activity that could contaminate your hands. Remember, hands are an active carrier of microbes.

Hand disinfection after thorough washing is best carried out with alcoholic rub-in hand sanitizers.



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They also manufacture and market an array of hotel equipments/products like: Kitchen, Laundry, Hot Water Boiler and Cookware. Few of their esteemed clients are TAJ group, Oberoi group, Radisson, Country Inns and Suites, Fortune Hotels, Marriot International, Park Hotel, Jaypee group, OSL Group-Empires hotel, Fortis Hospital, Rainbow Hospital, IIT Delhi, Escorts, Salai Group, Compass group, OYO Hotels, Indian Army to name a few.

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A Perfectionist and A Leader!

Chef Aabhas Mehrotra, Culinary Director, W Goa



Born and brought up in New Delhi, Aabhas Mehrotra completed his graduation from IHM, Aurangabad and pursued his post-graduation with the Oberoi School of Learning and Development. During this period, he got the opportunity to work with some of the best chefs from across the country and explore the diverse culture and cuisines. After completing his studies, he got his first placement with The Oberoi Group of Hotels in Nariman Point, Mumbai and ever since there has been no looking back. After his stint with The Oberoi, Mumbai he moved to Taj Dubai, which took him to great heights, working on newer concepts. In 2018, he joined Sorrentina, an All-Day Dining Italian restaurant in the heart of Mumbai. Right from curating the menu to meticulously handpicking the ingredients, he has always put his heart and mind into offering authentic Italian cuisine to his patrons. With his curiosity and penchant for innovation, he refines each dish to perfection - a true reflection of his persona.

Chef Aabhas also spearheaded the launch of the brand's retail arm, Sorrentina – Honestly Italian conceptualizing a range of pantry essentials designed to help patrons of Italian food easily in the comfort of their homes.

Now holding a responsible position as Culinary Head, he says the new chapter has just begun and he is very excited to fulfill his role to the best of his ability. In an exclusive interview with **Sharmila Chand**, he talks about his work philosophy and more

What do you enjoy most about being a Culinary Director?

Being a Culinary Director is one new step in the journey. The pride to teach the young chefs, delivering nouvelle world-class food experiences which are unique and walking alongside the incredible kitchen brigade at W Goa is such an amazing feeling and very gratifying indeed.

What are your plans to introduce in your present role?

We have lots of new things in the pipeline for all the five vibrant dining venues at W Goa. At our all-day dining restaurant 'The Kitchen Table' we want to create a live cooking experience showcasing the latest food trends, making it into a complete food theatre.

We have many interesting collaborations lined up for our Pan-Asian restaurant 'Spice Traders' and the exclusive gin and tequila haven 'Sylviah'. And of course, our sleek restaurant which is perched along a naturally carved cliffside façade – 'Rockpool' will be in its true glory from October onwards with a revamped menu.

How challenging is your position?

As they say - with great power comes great responsibility! W as a brand is already famous for its flamboyance so to inculcate the same within the food and beverage outlets whilst being sustainable and at par with global dining trends is challenging yet truly exciting.

What excites you the most in your present job?

Working in Goa's biggest B&F playground is the most exciting thing because it's a playground where we can learn and grow

together as professionals.

What is the USP of your F&B outlets?

All outlets have their own USP – while we continuously work on bringing in newer concepts, there is a constant effort being put in remaining consistent. This year with a revamped space at Rockpool, it's going to be one of the biggest seasons ever. Sylvia and WooBar will be revamped with great beverage programming supplemented with a new bar food menu with a focus on international tapas.

What is your working philosophy?

My philosophy and fundamental style of cooking have evolved through my experiences as adaptability is something which is very important in this era. To deliver innovative, authentic and exciting experiences (food) with local relevance, consistency and training are the key to any successful establishment.

What is your take on how best to cope with the challenges of the present pandemic times?

Personally, for me, I like to break up my tasks down into smaller tasks and then focus on completing them one by one. I feel the biggest challenges of the pandemic are behind us – the future looks really bright with travel and tourism being at its peak, as revenge travel kicks in. Over the past 2 years, everyone has gone through major anxiety and stress levels and are now just looking forward to unique and personalized experiences to rejuvenate themselves and that is what we will focus on going forward.

How do you define yourself?

There is no definition as such as the world keeps on evolving, I like to adapt and be ahead of the curve. I like to keep things extremely simple and transparent, concentrate on basics and the rest will follow in place.

How do you like to de-stress?

Catching up with fellow industry mates over an occasional drink is something I enjoy, it helps me to get out of the box and innovate even further.

How has your journey been in the culinary field?

It's been an amazing one so far! I am grateful to have the privilege to work with some of the best chefs in the world and to understand their ideologies and cooking styles. These have been fuelled with lots of time spent on ranges and as I take this new step in my career with W Goa – I am extremely excited to pass on my learning to the young guns in the kitchen.

Anything else you would like to say?

I think over the last 2 years, where the entire world has gone through a pandemic, the hospitality industry has suffered a lot. Hospitality has been perceived as a thankless job and there is a big vacuum created for passionate candidates. We as chefs have to make sure that we lead from the front and remove the notion of a toxic kitchen environment, and create a culture of learning and development with allocated time for personal growth as well. Cooking is an art and we need to share and respect each and everyone starting from our colleagues, vendors, suppliers and guests, everything else follows. Happy cooking!



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