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BAKERY REVIEW

Business Magazine for Bakery & Confectionery Professionals



How About a Date?

Business
Healthy Business

Product
Baking Galore

Beverage
Coffee: A Primer for All

Health
Health Challenges for Bakers

Operations
Decorating Techniques

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BAKERY REVIEW

Editorial

Publisher cum Editor
Rajneesh Sharma
rajneeshhammer@gmail.com

Resident Editor
Sharmila Chand (Delhi)
Ashok Malkani (Mumbai)

Layout & Design
Hari Kumar V

Production Assistant
Jyoti Gupta

Advertising Sales
Sumesh Sharma

Director Sales
Sanjay Anand
Mobile: +91 9811136837

Director Operations
Rajat Taneja
Mobile: +91 9810315463

Editorial & Advertising Office:

Hammer Publishers Pvt. Ltd.
206, Samrat Bhawan, Ranjeet Nagar Commercial Complex, New Delhi-110008
Phone: 91-11- 45084903, 45093486

E-mail: info@hammer.co.in

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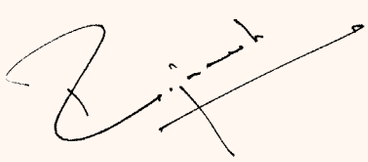
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Healthy eating is one of the trends that generate the most food-related innovations. The very definition of a healthy diet is changing. Healthy ingredients are one of the key factors that have great impact on our current and future health. People prefer free-from foods and growing diabetic population in India is opting for sugar-free or sugar alternative diets. Cover story elaborates on the Date fruit which is as sweet as sugar but much less harmful, health-wise. Date is not only delicious but also highly nutritious, and used for making pastes and syrup for sugar alternative.

The dairy industry in India is among the fastest growing industries. Business story delves on several factors which are helping the dairy products' market rapid progress, attributing to its healthy benefits.

Product section looks at the growing possibilities for pancake and waffle to be the preferred item on the breakfast menu list, in both sweet and savoury versions. The Beverage section finds how coffee is transforming like no other beverage in recent times, with its new avatars. Operations section elaborates on the importance of basic skills of presentation to enhance the value of product. Health section discusses health challenges that the workers in a bakery may face.



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Showcasing Industry Trends & Product Innovations

The successful revival, after the gap of two years due to pandemic in April'22, the 37th edition of Aahar 2023 - The International Food & Hospitality Fair - the most awaited B2B event in Asia, once again proved itself as the largest fair in the food & beverage and the hospitality sectors in India. The show took place during March 14-18, 2023, at Pragati Maidan, New Delhi.

The show featured new trends in F&B as well as hospitality services, processing, culinary tech, retail and new innovations. The specialised B2B event for the food & beverage and hospitality industry has grown by leaps & bounds during the recent years and is today regarded as a well-known destination for global vendors and sourcing professionals from the food & beverage and hospitality industry across the planet.

Aahar'23 was organized by ITPO with support of the Ministry of Food Processing Industries, Agricultural and Processed Food Products Development Authority (APEDA) and apex industry associations, Association of Resource Companies for Hospitality Industry of India (ARCHII), Hotel and Restaurant Equipment Manufacturers Association of India (HOTREMAI), All India Food Processors Association (AIFPA), Indian Confectionery Manufacturer Association (ICMA), Food & Hospitality Support Association of India (FHSAI), Forum of Indian Food Importers (FIFI) and Federation of All India Caterers (FAIC).

The fair assumes tremendous significance in light of the announced Union Budget which this year focused on the promotion of tourism & hospitality industry along with MICE sectors which complements the hospitality segment.

Covering an area of around 50,000 sq. mtrs, with over 1400 Exhibitors, the event had pan-India representation along with international participation from 19 countries, also showcasing international pavilions by Brazil, Canada, Chile, Italy, Peru, Russia, UK & USA.

The fair featured a wide range of Agriculture Produce, Processed Food & Bakery Products, Dairy & Meat Products, Beverages, Confectionery Items, Food Ingredients, Food Processing Equipment & Machinery, Food Service Equipment & Supplies, Housekeeping & Design Solutions, and Hospitality Technology exhibitors from India and overseas. The fair has elicited participation for the foreign participation.

Apart from the meaningful display, the fair offered an insight to operational and food safety concerns and innovations to become energy-efficient, finding budget friendly raw materials boosting productivity, while still aiming for greater profitability.

Aahar'23 witnessed large number of trade visitors from across the country. These included top echelons of the Hotel and Hospitality industry - CEOs, General Managers, Chefs, Housekeepers, Purchase Managers, etc. Besides, professionals from Catering Industry, Food Retail & Distribution and Academic Institutions also visited the fair.

Besides the potential to foster business revenues, Aahar also provides an effective platform for the players across global food & beverage and hospitality industry to disseminate/gather relevant information and gauge ongoing and future trends, which can greatly benefit the participants at the fair.

India's food retail industry is also going through impressive growth phase. Especially, in the backdrop of the impressive growth potential of the Indian food services and food retail industry and with the revival of the Indian hospitality industry, the relevance of a mega event like Aahar simply cannot be overlooked.

The fair is further poised to grow in size after completion of ITPO's ambitious project, world class International Exhibition-cum-Convention Centre (IECC) at Pragati Maidan.











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International Chefs Conference 2023 - IFCA



9th International Chefs Conference 2023 – IFCA - The Presidium and Executive Committee of IFCA, the nodal body of prestigious Chefs Associations across India, concluded with the successful conduct of its Biennial International Chefs Conference, the greatest culinary event that exclusively unites Hospitality Industry professionals.

This edition was supported by the Ministry of Agriculture and Farmers Welfare, and the Ministry of Tourism. The conference was powered by Welbilt Asia under their brands - Convotherm and Merrychef. The theme for this year's conference was "Co-creating Inclusive Local Organic Food Systems", which was well received by the delegates. In addition, there was a special focus on the Millets- 'Shree Anna', in lieu of this being the International Year of Millets 2023.



The event was kicked off with a grand session on 11th February, with the chief guests including the Honourable Minister of State for Agriculture & Farmers' Welfare, Kailash Choudhary. The minister emphasized on the support being provided for Millets, and even enthralled the audience with his culinary skills. The session also saw the Secretary Manoj Ahuja and the Joint Secretary (Crops) Ms. Shubha Thakur sharing their words of wisdom and support. One of the highlights of the conference was the delicious spread of Millet-based dishes served to the delegates during lunch on all three days.

The event was a 3-day affair congregation of Culinarians from all around India and the world, with over 500 delegates, comprising corporate and executive chefs, F&B managers, entrepreneurs, and academicians from the leading hotels and restaurants in the country. The International Chefs Conference featured a wide spectrum of topics; international speakers and chefs like Paul Nehnham, Krish Ashok, Vir Sanghvi, TC Chatterjee, Ms. Ishi Khosla, Dr. Kurush Dalal, Dr. Pulkit Mathur, and many other acclaimed speakers.

Speaking about the event, IFCA's president, Chef Manjit Gill said, "This event offered participants the opportunity to connect with the best culinary leaders in the country to broaden their professional horizons through sessions that were both highly informative and interactive, delivered by the best speakers and panelists from around the world."

The event also featured a trade show where food & service exhibitors showcased their latest offerings and innovations.

EVENT CALENDAR

International Sweets and Biscuits Fair
23-25 April 2023
Messe Cologne, Cologne, Germany
https://www.ism-cologne.com/

HOFEX
10-12 May 2023
Hongkong Exhibition centre
Hongkong
www.hofex.com

Thaifex- Anuga Asia
23-27 May 2023
Impact Exhibition and Convention Center
Bangkok, Thailand
https://thaifex-anuga.com/

Fispal Food Service
13-16 June, 2023
Expo centre Norte
São Paulo,Brasil
https://www.fispalfoodservice.com.br/

TRAFS
13-16 July 2023
Thailand Retail, Food & Hospitality Services
Bangkok International Trade & Exhibition Centre (BITEC)
Bangkok, Thailand
https://trafs.net/

Food & Hotel Indonesia
25-28 July, 2023
Jakarta International Expo
Jakarta,Indonesia
https://www.foodhotelindonesia.com/

India International Hospitality Expo
2-5 August 2023
India Expo Centre and Mart
Greater Noida, UP
https://www.ihexpo.com/

Food & Hospitality Thailand
23-26 August, 2023
Queen Sirikit National Convention Centre
Bangkok,Thailand
https://www.fhtevent.com/



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99 Pancakes Launched in Prayagraj





99 Pancakes, India's first QSR chain specializing in the pancakes segment, has expanded into Uttar Pradesh with a franchise outlet in Prayagraj. The QSR outlet will be operated on Franchise Owned Franchise Operated (FOFO) Model.

99 Pancakes, a Mumbai-based establishment founded in 2017, has gained recognition for its innovative menu and collaborations with reputed names such as Cartoon Network, Nickelodeon, and Rage Coffee.

A variety of 99 Pancakes offerings will be available at the newly launched outlet. These include the signature 99 Pancakes Holland Pancakes, Waffles, French Crepes, American Cheesy Pancakes, as well as perennial favorites like King Kong Shakes, Iced Tea, Iced Coffee, Pizza & Garlic Bread, Tea, and Coffee.

Vikesh Shah, Founder, 99 Pancakes, said, "We are incredibly excited to open our first location in Prayagraj. Our journey has been amazing up to this point; this year, we achieved the milestone, and this is our second location in UP, the first being Varanasi. We are thrilled and honoured to deliver 99 Pancakes to Prayagraj after successfully welcoming customers in Varanasi. We also strive to further extend our presence in India."

99 Pancakes' Prayagraj outlet is the second in UP and is the thirteenth city in the country where it has marked its presence. The QSR started its first outlet in Kala Ghoda in Mumbai 2017 and within a span close to 5 years already has a presence in 14 cities across India with 40+ outlets, including Mumbai, Hyderabad, Varanasi, Pune, Surat, Bhopal, Kolhapur and many other places.

99 Pancakes offers a wide variety of food options, including favorites from India and around the world, to meet all of its customers' dietary demands, including breakfast, lunch, and everything in between. Customers will have additional multi-cuisine alternatives in the newly launched store. Customers in Prayagraj will be delighted by 99 Pancakes' vast dessert offerings, which showcase the brand's culinary expertise.

99 Pancakes has a USP of having open kitchens in all its outlets where the customers can experience the making of the pancakes, live. Another USP of the brand is that it serves Mini Holland Pancakes with a variety of toppings. Other than pancakes, the brand also has Waffles, Crepes, Cakes, Pastries & Desserts, French Macarons, Chocolates, Croissants, Pizzas, Shakes, and Coffee & Beverages in its menu.

Twisting Scoops in Mumbai

Twisting Scoops, India's first Turkish ice cream brand has launched its 2nd outlet in Mumbai and Viviana Mall and 45th in India. The brand which recently appeared in the season 2 of Shark Tank India is on an expansion spree in India as well as the international market. The brand's aggressive expansion is being taken care by CYK Hospitalities, which helps the Turkish ice cream in location mapping, leasing and menu curation for the outlets across malls, highways, airports, etc., PAN India and globally.

The new outlet in Viviana Mall in Mumbai is the 2nd in the city, first being at the Jio World Drive. The brand is very soon opening its next outlet at the newly opened Phoenix Palladium Mall in Ahmedabad. Twisting Scoops, which already has presence in 4 countries with more than 45 outlets in countries such as India, Sri Lanka, USA and Bangladesh, has taken CYK Hospitalities' services for its expansion right from the inception. .



Twisting Scoops offers twisted and uniquely innovated icecreams and have more than 25 flavours including Turkish Baklava, Turkish Desserts, Kunafa, Turkish Coffee/beverages. CYK helps the brand to customize and curate its menu depending on the country's climate and tastes.

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Nature's Basket's New Store

Nature's Basket, India's foremost retail destination for fine foods from around the world, and part of RP-Sanjiv Goenka Group (RPSG), launched their brand new store in Defence Colony, New Delhi. Strategically located & tastefully designed, the store reflects the brand promise of 'Taste the World'. With this, Nature's Basket now operates 35 stores across Delhi-NCR, Mumbai, Bengaluru, Kolkata and Pune.



The new store is spread over 3500 sq feet and is a reflection of the brand's promise of being the go-to place for the customers Gourmet needs. Located on the premises of the famous Defence Colony, this the 4th store of Nature's Basket in the Delhi-NCR region and is a much awaited destination to cater to the Gourmet needs of residents.

This Nature's Basket store has a cafe indoors that will be serving a wide range of healthy food and beverage options such as salads, dips and bowls, wraps, juices and smoothies along with a variety of healthy products to enjoy during one's shopping experience or simply while catching up with a friend in the neighborhood.

For the first time ever, the meat section will also be offering Siberian Caviar, at the Defence Colony outpost and is considered phenomenal for having the strongest and most pronounce flavour and its luscious texture metals in your mouth, leaving sumptuous aromas as temptations to indulge. With over 12 different types of fresh marinades, a Mulwarra Lamb rack, 50 varieties of cold cuts, and a variety of exotic seafood - Norwegian Salmon, Lobster, Scampi, Tiger Prawns and a range of exotic meats including Duck, and Turkey. Moreover, this store will boast of a Rotisserie that will be available soon for customers.

Catering to a sweet tooth the store will offer cakes and patisserie, assorted artisanal chocolates, Turkish sweets and dates.

Speaking on the occasion, Shashwat Goenka, Sector Head - Retail & FMCG, RP-Sanjiv Goenka Group added, "Nature's Basket as a brand is uniquely positioned to cater to Gourmet needs of our customers. The addition of our new store in Defence Colony, Delhi reaffirms the group's belief in India's increasing Gourmet appetite and a new-age shopping experience. We are pleased that through Nature's Basket, our customers can make the most of their trip to fulfill their desire to "Taste the World" and enjoy a cuppa with a friend, right here at a store near them."

DS Group to Bring 'Läderach' to India

Dharampal Satyapal Group (DS Group), a multi-business corporation and a leading FMCG Conglomerate announced its partnership with luxury Swiss chocolate brand Läderach for its maiden launch in India. A strategic move to augment DS Group's presence in the confectionary segment, this partnership will also mark its entry into the chocolate segment, which is the largest in the confectionary space.



The Group is already an established player in confectionary with brands like Pulse, Chingles, Rajnigandha Silver Pearls, and Maze under its aegis. The Group also has luxury retail experience nurturing brands like Le Marche, L'Opera, Uncafe, and Les Petits. It has been managing internationally acclaimed brands such as YSL, Tom Ford, Berluti etc.

Speaking about the partnership, Rajiv Kumar, Vice Chairman, DS Group said, "We are delighted to partner with Läderach. Like DS Group, which is passionate about its heritage and understanding of flavours and consumer preference, Läderach is an authentic Swiss family heritage spanning decades in pursuit of their passion and commitment to luxury chocolate. With our collective commitment to quality and innovation, we are ready to delight Indian consumers with handcrafted mini masterpieces of Läderach chocolates artfully designed by Swiss chocolatiers."

Johannes Läderach, CEO, Läderach (Schweiz) AG, commented, "We are very pleased to finally be able to present our freshly made chocolate in the Indian market. With Läderach and the DS Group, two partners with high standards are now working towards a common goal."

Founded in 1962, Läderach is known for its recipes that blend classic notes with modern aspirations. A truly indulgent experience in gourmet chocolates, Läderach are delicately fashioned artisanal chocolates that are an amalgamation of passion and craftsmanship of chocolatiers par finesse. A paragon of flavour, each chocolate is made with the freshest of ingredients selected carefully and produced exclusively in Switzerland to guarantee premium quality.

According to a study by the IMARC Group, the Indian chocolate market reached a value of US$ 2.2 Billion in 2021 and is expected to reach US$ 3.8 Billion by 2027, exhibiting a CAGR of 9.1% during 2022-2027.

Läderach is available online and will soon be opening exclusive boutiques across the country for its delectable range of chocolates.


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'Burma Burma' Artisanal Ice Creams

Burma Burma Restaurant and Tea Room is a brand known to offer cuisine from Burma (Myanmar), delicately made from cherished family recipes. Post the successful launch of its restaurant business and bb pantry, the brand now forays into launching artisanal ice creams and merchandise t-shirts.





Deep rooted connections with flavours, stories and nostalgia, Burma Burma now introduces gourmet ice creams in 6 unique and premium flavours. Each of the ice creams brings an irresistible mix of flavour profiles, set to satisfy every taste and inspire moments of everyday happiness.

To match their yummy ice creams, Burma Burma collaborated with Pure Waste to design a range of responsibly produced recycled t-shirts. Talking about the t-shirts designed by Rushil Bhatnagar, the designs pay homage to 80's ice cream parlours coupled with chequered decors and stencil-painted texts. These t-shirts are exclusively made to celebrate Burma Burma's new range of nostalgic artisanal ice creams.

The ice cream flavours are so unique that you might be spoilt for choices. "Honeycomb & Sweetcorn", "Dark Chocolate & Olive Oil", "Caramelised Chocolate & Cheese", "Pineapple Energee", "Avocado & Honey" and "Durian Fruit" are the scrumptious whipped up scoops to choose from the ice cream menu.

With palette friendly flavours & people's favourite, the experimentation goes beyond the kitchen to innovate with nostalgia. At its core, the team at Burma Burma is constantly inspired by everyday ingredients living with them since they were kids.

These ice creams are created with some very unique and unusual ingredient combinations like a Sweet corn ice cream popsicle and honey comb, the after school drink of every kid Pineapple Energee which is flavoured milk, churned to an ice cream, served with brown butter crumble, Avocado ice cream topped with honey caviar and coconut fumes and the forbidden Asian Durian Fruit known for its distinct taste and flavour churned into one-of-a-kind handmade ice cream exclusively available at Burma Burma.

Offering the yummiest Ice Creams in a variety of flavours for Indian homes is a new dimension added by the recognised multiple outlet brand. Commenting on the launch Co-founder, Ankit Gupta says "The recently introduced flavours are a reflection of the preferences of Millennials and Gen Z. We have played upon the nostalgia of ice cream rituals such as visiting parlours, birthday parties, bowls shared with families & guests which to an extent helped us in creation of each flavour, making this new range accessible and enjoyable for all ages. These new flavours represent our passion and commitment to creating what's 'next' on our menu. Our packaging is equally nostalgic and breaks through the monotony by encapsulating the feeling of Vintage Parlours and Ice Cream Trucks."

Burma Burma Artisanal Ice creams and merchandise t-shirts are available exclusively at all Burma Burma Restaurant and Tea Room. Ice creams are also available for delivery in Mumbai, Noida, Bengaluru, Gurugram, Delhi and Kolkata.

Ndori Launches in Noida

CYK Hospitalities also recently executed a project, a brand-new European theme-based cafe, Ndori, in Noida. The company has rendered its services from ideation to execution in bringing out this café. Various exquisite international cuisines are served at the café, as well as innovative and never-before-seen mocktail menu that provide a whole new dining experience.

The mocktails made here by mixologists are fresh and artisanal, exciting consumers' taste buds. Among the best innovations offered by the cafe are Jalebi Chat, Lemon Classic Ice Tea, Garden Pesto Pizza, Mango Habanero Spiced Cottage Cheese Pizza, Tropical Bounty Shake, Fungi Cheese Pizza, Okinawa Cold Coffee, Paneer Tikka Lasagna, Spaghetti Bolognese, Irish Coconut Cold Coffee and Macchiato.

A wide range of menu items can cater to various tastes and palates, including plates of pasta and burgers. The European-styled café offers mouthwatering dishes and gives a feeling of eating on the beautiful streets of a European city.

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'Kind Roastery and Brew Room' is Ready to Launch





The Kind Roastery and Brewroom encapsulates an elevated, homegrown, fuss-free energy that provides exceptional food, the best coffee, and extraordinary experiences in a relaxed and present atmosphere. The brand persona is built on four pillars: The Kind Brews, The Kind People, The Kind Planet, and The Kind Food, which represent the café's commitment to sustainability, authenticity, and providing the best experience for their clients.

With a passion for creating unique and memorable experiences, it is founded by Pallavii Gupta and Arjun Shhetty, who have been in the hospitality industry for over a decade. The Kind Roastery and Brewroom is their fourth venture in the hospitality industry. They wanted to build a brand that embodies their energy, a place where people can come and feel welcomed and inspired. Through their commitment to sustainability, authenticity, and exceptional service, they hope to create a kinder world, one cup of coffee and plate of food at a time.



The commitment to quality and taste is unparalleled at The Kind Roastery and Brewroom. The teas, coffees, and food offerings are meticulously handcrafted and custom blended for each recipe to achieve a delicious and recognizable flavor note that is distinct to the café. The coffee experience is truly unique, aromatic, and flavorful, categorizing the cafe as a specialty coffee and handcrafted Roastery with an elaborate food menu, much like an elevated cafe experience.

The café's mission is to infuse kindness into every aspect of the experience. By making vegetarian and vegan food more approachable and accessible, The Kind Roastery and Brewroom believes that it is taking the first step towards a kinder planet. The Zen Table, designed to stimulate kindness and creativity, offers a space where people can pause, reflect, and find peace amidst the chaos of everyday life. The elevated vegetarian and vegan café menu at The Kind Roastery and Brewroom includes offerings like Giant Ravioli, Sourdough Tartines, Dry Khao Suey Salad, Mushroom Curried Dimsums, and elaborate dishes of such kind that are not often seen at a coffee shop.

The teas and coffees are sourced from estates within the country, with a unique blend crafted specifically for the café's menu. From Coconut Coffee to Cinnamon and Jaggery Coffee, Jackfruit Latte, and loose leaf fennel teas, the café has worked tirelessly to create flavours and recipes never seen before.

Baskin Robbins Introduces Delightful Cheesecake Sundaes!

The dessert dilemma is real. Dessert cravings come with big decisions to be made. So will it be a decadent cheesecake, a warm chocolate brownie or a mouthwatering ice cream? The list can be daunting, because when you do decide to give-in to indulgence, it better be worth it!







Baskin Robbins, one of the world's most loved and largest ice cream chains is here to make those daunting moments of your life, a bit easier and much happier. Baskin Robbins, India has now introduced All New scrumptious Cheesecake Sundaes. These combine two individually loved desserts to create a magically drool worthy sundae experience where real gourmet cheesecake meets delicious ice cream and is topped up with delightful syrups and cream for that immensely satisfying dessert experience.

These Cheesecake sundaes are available in 4 fun variants.

Baked Cheesecake with Strawberry Ice Cream topped with strawberry sauce and whipped cream

Baked Cheesecake with Vanilla ice cream and Nutella Spread topped with whipped cream

Baked Cheesecake with Vanilla ice cream and mango sauce topped with whipped cream

Baked Cheesecake with Lotus Biscoff ice cream and butterscotch sauce topped with whipped cream

Each one is unexpectedly delightful and will leave you craving for more!



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Pastry Making Requires Skill, Creativity & Patience

Chef Satkar Singh, Pastry Chef, The Lalit, New Delhi

Chef Satkar Singh, Pastry Chef at The Lalit, New Delhi, has more than a decade of experience in the food service industry and has worked with various brands such as Crowne Plaza, Gurugram, Classic Golf Course Hotel & Resort by ITC, ITC Fortune Select Excalibur, Country Inn & Suites by Radisson Gurugram Sohna Road, JC World hospitality and The Leela Palace, New Delhi. He did his 2 years Diploma from ITDC Hotel Group. He is enthusiastic, ambitious, and highly organized hospitality professional looking to use industry knowledge and experience in a management position. The excerpts of the interview follow:



How you did you become a Pastry Chef?

I got inspired by the love for cooking and baking. I was primarily inspired by the artistic side of pastry-making and the challenge involved in creating visually appealing desserts. I like to experiment with ingredients, creating new recipes, and exploring different flavour combinations, that brings joy to my guests.

How you innovate in your creations?

This could be done by adding new flavor combination, or a unique ingredient, by a cultural influence, or even a visual concept. I look for recipes, techniques, and trends related to the concept. I study the ingredients and their properties to understand how they work together. I begin by trying out small batches and tweaking the recipe until it is balanced and achieves the desired flavour, texture, and appearance.

What process you adopt for pastry making?

First to make pastry you need to come up with an idea of a recipe. This could involve experimenting with different ingredients, flavours, and techniques to create a unique and delicious pastry. Once the recipe has been finalized, the next step is to gather all the necessary ingredients and prepare them for use.

If the pastry is going to have a filling, this will need to be prepared separately. This could involve cooking fruit, making custard, or preparing a cream cheese filling. Once the dough and filling are ready, it's time to assemble the pastry.

The final step in the pastry-making process is to bake the pastry in an oven. The temperature and baking time will depend on the type of pastry being made and the ingredients used. Once the pastry has been baked, it can be decorated with icing, fruit, nuts, or other toppings to enhance its appearance and flavor.

Overall, the pastry-making process requires skill, creativity, patience and attention to detail.

How you ensure dietary quotient?

There are several ways to ensure that pastries meet the dietary restrictions and preferences of the customers. Offer a variety of pastries that cater to different dietary preferences, such as gluten-free, vegan, or low sugar. This will ensure that you have something for everyone. I use high-quality ingredients that are fresh, organic, and free from any artificial preservatives, colours, or flavours. This not only ensures that pastries are healthier but also enhances their taste and flavour.

How you update yourself with trends?

I prefer to read articles and news sources to keep up with the latest pastry trends and techniques. Social media platforms along with Pastry cook books and their recipes are also helpful. I also learn from pastry experts through their interviews, articles, and videos to understand their techniques and opinions.

How you balance product quality and cost?

Balancing creativity with profitability can be a challenge especially when developing new pastry items. It is important to keep the cost of ingredients in mind. Using high-end or exotic ingredients can add a lot of cost to the final product, so it's important to consider whether the price of the finished item will be in line with what customers are willing to pay.

Don't be afraid of experimenting with new pastry items. With creativity, persistence, and a little bit of business savvy, it is possible to develop new items that are both creative and economical.

How you ensure consistency in quality?

Ensuring consistency and quality across all pastry items is essential for building a loyal customer base and maintaining a good reputation. Few tips:

Standardize recipes: Standardizing recipes is important to ensure that each pastry item is consistent in taste, texture, and appearance. This involves creating detailed recipes with specific measurements, cooking times, and techniques. Use quality ingredients: Using high-quality ingredients is crucial to achieving consistent and high-quality pastry items. This involves sourcing ingredients from reputable suppliers and checking them for quality and freshness. Control portion sizes: Controlling portion sizes is important to ensure that each pastry item is consistent in size and appearance. This involves using tools such as portion scoops and molds to ensure that each item is the same size and shape.

Monitor quality control: Monitor the quality control process to ensure that each pastry item is inspected and tested before it is served to customers. This can involve regular checks of equipment, ingredients, and finished products. Solicit customer feedback: Solicit feedback from customers on the quality and consistency of the pastry items. This can help identify areas for improvement and provide insights into customer preferences

How you collaborate with your team members for smooth operations?

Collaborating with other members of the kitchen team is essential to ensure smooth and efficient operations in the kitchen. Clear communication is the key to ensure that everyone is on the same page. This can involve regular meetings with the head chef and line cooks to discuss menus, ingredients, and any issues that arise. Cross-training is a great way to ensure that everyone is familiar with each other's roles.

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How About a Date?

When one talks of a sweet date, the younger generation is apt to think of their first romantic date. However, the date that this writer is elaborating on is the date fruit which is as sweet as sugar but much less harmful, health-wise. This dark brown fruit is not only delicious but also highly nutritious. Believed to have originated somewhere around Egypt, dates are now cultivated in Africa, Middle East and South Asia. This fruit, now becoming popular worldwide for its health benefits, has been consumed by locals in Middle East for over 6,000 years. Its health benefits are slowly making this fruit a healthy replacement for sugar, which is believed to be harmful to one's health, in desserts, smoothies, baked goods, etc. **Ashok Malkani** examines the health benefits of the fruit, its replacement as a sweetener as well as the different types of dates available in the market.

Sugar has a bittersweet reputation when it comes to health. Problems occur when you consume too much added sugar – that is, sugar that food manufacturers add to products to increase flavour or extend shelf life. High-sugar diets have been associated with an increased risk of many diseases, including heart disease, the number one cause of death worldwide. Consumption of added sugars is believed to cause a variety of chronic diseases including cardiovascular disease, obesity, diabetes and non-alcoholic fatty liver disease (NAFLD). It is said to even result in cognitive decline and even some cancers.

But for most, sugar is considered as one of life's great pleasures. People's love for sweetness is visceral. This love, which is nurtured from childhood, is promoted further by food companies who lure consumers to their products by adding sugar to almost everything they make: yogurt, ketchup, fruit snacks, breakfast cereals and even supposed health foods like granola bars.

But slowly people are realizing that they can satiate the craving for their sweet tooth with other products which are not harmful to their health. A couple of natural sweeteners are date paste and maple syrup.



Dates as Sweeteners

Date paste, which can be made by blending dates with water to make a sticky caramel-like paste, is used in baking. Date paste works well as a sweetener and binder in baked goods like cookies and energy bites. You can make date paste by blending 2 cups of pitted Medjool dates with 1 1/4 cups of filtered water (you may need slightly more depending on how soft your dates are).

One can also make Date syrup as a sweetener. Date syrup, or silan is a condiment made just from dried Dates and water. It resembles molasses or honey in texture and colour. Date syrup, unlike refined sugar, is not a processed ingredient. It's a natural food made from fruit and literally nothing else. Date syrup also has one of the lowest glycemic indexes among all sweetener options. It also contains equal parts fructose and glucose. Loaded with vitamins and minerals it is also heart healthy, as it is essentially liquefied Dates, and boasts of the same heart healthy benefits as the fruit itself.

Date syrup can replace any sweetener in almost all imaginative recipes like baked goods, barbecue sauce, marinades, salad dressings, smoothies, yogurt, coffee, tea, and other beverages, etc.

You may also use date sugar as an alternative to refined sugar. Unlike other granulated sugars that go through heavy processing, Date sugar is simply ground dried Dates. This works best in recipes that call for granulated sugar and can replace it 1:1. But be aware that it can change the texture of the end-product slightly.



Health Benefits

Dates are believed to be nutritional and are associated with several promising health benefits. According to the United States Department of Agriculture (USDA) one date (8 gms) provides you with following nutrition:

Calories:	**23**
Fat:	**0g**
Sodium:	**0.2mg**
Carbohydrates:	**6g**
Fiber:	**0.6g**
Sugars:	**5g**
Protein:	**0.2g**

Potassium:	53mg
Magnesium:	3.4mg
Iron:	0.1mg
Folate:	1.52mcg

Here are some of the health benefits of having Dates:

Protects Against Cancer: Since Dates contain antioxidant and anti-inflammatory properties, they are associated with cancer prevention. Researchers, on testing Date extract, found free radical scavenging ability and antitumoral activity. According to a study conducted by a research team of Sultan Qaboos University (SQU), Muscat-Oman, eating Dates in moderate quantities can protect the pancreas from several diseases including cancer. For centuries Dates have been known to enhance brain health, regulate blood pressure and improve metabolism

Supports Heart Health: The presence of magnesium in Dates helps in dilating the blood vessels, which further aids in keeping your blood pressure at a normal level. Normal blood pressure is one of the key factors in the prevention of clogged arteries. Dates provide potassium, an essential electrolyte for the cardiovascular system.

Strengthens Bones: Dates contain Magnesium, which is vital for bone formation. Magnesium deficiency is associated with a higher risk of osteoporosis. A single dried Date can provide you with a healthy dosage of 140 milligrams of potassium, which is an essential mineral when it comes to maintaining one's bone density

Helps Stabilize Blood Sugars: Dates





are sweet but this sweetness is derived from naturally occurring sugar, not refined one, which increases the number of idle calories in your bloodstream. These idle calories are responsible for using your body's vitamins and minerals; hence their consumption can lead to a nutritional deficit, which is bad.

Improves Brain Activity: Dates contain vitamin B, an important component of acetylcholine, which is a memory neurotransmitter. A regulated and significant consumption of Dates can, thus, keep your neurotransmitters nourished and your brain activity healthy.

Boosts Energy: Dates contain potassium and fruit sugar which are good for refueling the brain and muscles, after exercise.

Improves Sleep: Dates help your body to produce melatonin, which helps you sleep better. U.S-based registered dietician, Kimberly Nanninga suggests eating one date two hours before bedtime.

Good for Skin: Dates are an excellent source of Vitamin C and D, which boost collagen production leading to increased elasticity. They are also extremely rich in antioxidants, especially tannins, which prevent cell damage and oxidation and help reduce inflammation. They also contain nutrients that enhance the strength of the subcutaneous tissues, which results in softer and smoother skin. According to Delhi-based dermatologist, Dr Geetika Mittal Gupta, Dates also contain pantothenic acid, which improves the skin from within and gives it a radiant glow.

May Reduce Menopausal Symptoms: Dates have the highest concentration of isoflavones, a type of phytoestrogen that helps reduce the unpleasant symptoms of menopause.

May Promote Healthy Labour Outcomes: Studies have shown that eating six dates a day in those 4 weeks before your estimated due date can result in easier labour, a shorter first phase of labour, more intact membranes at birth as well as more spontaneous labour without the need for medical intervention or induction.

History

With all the benefits one wonders why this has not been used as a sweetener so far. Dates have been with us for centuries. The history of the Date is as rich as its flavour. Although their exact origin is uncertain, Dates were first known to be cultivated in the Fertile Crescent between Egypt and Mesopotamia as early as 4000 B.C.

According to fossil records, the fruit Date has existed way back around 50 million years. However, where they originated from is not very clear. Some believe that Date palms first grew in the Fertile Crescent lying beside Mesopotamia and Egypt. Others believe that Dates

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are fruits native to the Persian Gulf or Western India.

Archaeologists are said to be of the view that there has been a production of Date palm in Egypt at least since 2500 A.C. Thousands of years have passed, yet Egypt is still a central hub for the production of Dates. Today, it is the largest producer of Dates while other mid-eastern countries follow. Date palms fare best in tropical and subtropical regions. They continue to be an important crop for Iraq, Iran, Arabia and North Africa.

Dates play an important role in the history of religions like Islam and Christianity. This fruit is referred to as a fruit of heaven in Islam. Early Christians used it to worship Christ. Dates are used as the first fruit by Jews to welcome Rosh Hashanah, the Jewish New Year.

Historically, Dates, in many locations, were believed to be the difference between life and death. Some of the earliest Arabian nomads would only settle in locations conducive to growing the fruit

The Date's location of origin is key to its multi-cultural, culinary relevance today. The fruit is prominent in the Abrahamic religions of Christianity, Judaism and Islam, with Date palms thought to be the original "Apple Tree" in the Biblical story of Adam and Eve. In Judaism, Dates are considered one of the seven holy fruits, or seven species, and remain an important ingredient in Israeli cuisine.

The scientific name for Dates, phoenix dactylifera, comes from ancient Greece. The coastal region between the Jordan Valley and Mediterranean Sea is known as Phoenicia (which, in Greek, means purple land). Since the Date palms grew in abundance in Phoenicia it was believed to be the trees' homeland. It became a symbol of the region and was even featured on Phoenician coins.

Different Varieties

Dates, one of the most delectable and nutritious dry fruits, has many varieties. Some of the most popular Dates, in alphabetical order, are:

Ameri Dates: Originating in Iraq, these Dates are moderately sweet. Having an elongated shape it is light to dark



brown and weighs 12-22 gms. Having no cholesterol, these naturally sweet and fat free Dates are used in snacks and desserts along with nuts in cakes.

Barhee Dates: The name derived from Arabic means "A hot wind". Averaging 2-4 cm in length and 2-3 cm in diameter, they have a round to oval shape with curved blunt ends. These syrupy rich soft Dates, with firm flesh and skin that turns from amber to golden brown when cured, are extremely soft and fragile. Their butterscotch flavour is used as a natural sweetener in pastes and can be incorporated into muffins, cookies, cakes, etc. They are an excellent source of fiber and rich in potassium.

Deglet Noor: Originating from Tolga, Biskra & Oued Righ in Algeria, these dark brown Dates are known for their "true" Date flavour. The name Deglet Noor means "The Date of Light" because the Date's center looks golden when held up to the sun. They are medium to large in size, firm and their colour turns from amber to deep brown when they ripen. Widely used to make Date sugar and pastes, they are quite popular among chefs and bakers. Deglet Dates are high in fiber, potassium, magnesium, and zinc. Each Date contains around 20 calories. They contain equal amounts of glucose, fructose, and sucrose, giving you a quick boost of energy. Commonly referred as the 'Royal Date' or the 'Mother of All Dates', they have gained worldwide popularity for their versatility.

Halawi Dates: Having its origins in Mesopotamia, they have a caramel-honey like taste. Halawi (also spelled Halaway or Halawy), which literally means "sweet" in Arabic, has golden brown skin and tender flesh. These Dates are a rich source of dietary fiber. They contain iron, potassium, flavonoids, antioxidants and amino acids.

Hayany Dates: Originating from Egypt these dates are often called the 'King of Dates'. From appealing appetizer to entrancing entrée to delectable dessert there is nothing as delicious and nutritious as Hayani Dates. Having a Dark Brown-Black colour, they are available year round.

Khadrawy Dates: These medium to large size oblong dates are mahogany in color with soft melting flesh. With its figgy flavor and soft buttery taste, these not overly sweet fruits with orange-brown to light-brown skin and firm flesh are perfect for "snacking". They are one of the gooiest types of dates that melt in your mouth. However, due to high moisture content, they don't stay fresh for long and need to be eaten as soon as they are picked. These dates are a good source of fiber, iron, potassium, protein, and folic acid.

Medjool Dates: They are just one of hundreds of varieties of Dates but they are the only ones known as the 'Fruit of Kings'. Having a sweet caramel taste they were originally eaten by royalty and thought to fend off fatigue. Medjool Dates are majorly cultivated in Saudi Arabia, Jordan and Morocco. One of the most popular varieties of Dates, it comes in reddish-brown colour. This variety has a fibrous texture and is quite delicious in taste. Medjool Dates are packed with vitamins and nutrients, including Vitamin B5, B6, copper, potassium magnesium, iron and calcium.

Omani Dates: This variety, having a dark brown colour, has origins in Oman, the Middle East. As compared to other Dates, they are large in size and are quite juicy in taste. They have a sweet flavour and a smooth skin, indicating its freshness.

Zahidi Dates: Having its origins in Northern Iraq, these oval shaped, medium sized Dates have smooth, glossy skin and golden-yellow, meaty

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flesh full of syrup. Because of their pale brown colour and buttery taste, they are also known as "The Butter Date". Mildly sweet, they are unique due to their low sugar content. They are not only rich in potassium, iron, flavonoids, antioxidants but also contain almost all 20 amino acids.

The Final Word

Dates are slowly becoming not only the preferred sweet but also the preferred sweetener. Dates have powerful antioxidants, including carotenoids, polyphenols and anthocyanins. A study published in the Journal of Agricultural and Food Chemistry, U.S, examining the effect of Date consumption on blood sugar and blood fat (aka triglycerides) found that it did not worsen either metric. Researchers have concluded that Dates can help prevent heart disease.

Dates definitely make your mundane Monday exciting! So let's have a sweet Date – the eating kind!

Recipes with Dates as Sweeteners

Khajoor Ka Halwa

Prep Time	10 mins
Cook Time	30 mins
Soaking Time	30 mins
Total Time	1 hr 10 mins

Ingredients

Dates / khajoor (pitted)	2 cup (260 grams)
hot water (for soaking)	1 cup
Ghee/clarified butter	1/2 cup
Cardamon powder	¼ tsp
Corn flour	2 tbsp
Water (for slurry)	½ cup
Cashew (chopped)	10 nos.

Instructions

In a large bowl soak 2 cup dates in 1 cup hot water for 30 minutes

Blend to smooth paste.

Transfer the dates paste to a large kadai.

Add ¼ cup ghee and mix well.

Keeping the flame on medium, keep stirring until the ghee is absorbed well.

Add 2 tbsp of ghee and continue to cook.

Cook until the mixture thickens and turns glossy (takes approx 15 minutes.

in a small bowl take 2 tbsp cornflour).

Add ½ cup water and mix to form a smooth lump-free slurry.

Pour in cornflour slurry and mix well.

Cook on medium flame stirring continuously.

The mixture thickens and turns glossy after 30 minutes.

In a small bowl take 2 tbsp ghee and roast 10 cashews until it turns golden brown.

Add in fried cashew, ¼ tsp cardamom powder to halwa and mix well.

Transfer the halwa mixture to a tray lined with baking paper.

Level it up with the help of a spatula.

Now rest for 30 minutes or until the halwa is set completely.

Cut into pieces with a sharp knife.

Finally, enjoy dates halwa or store in the refrigerator and enjoy for a week.

Courtesy: **Hebbars Kitchen** (a blog run by Archana & Sudarshan)

Dates Phirni recipe

Prep Time	10 minutes
Cook Time	30 minutes
Soaking time	15 minutes
Servings	4

Ingredients

Pitted dates	20
Milk	4 cups
Basmati rice	¼ cup
Saffron	2 pinches
Cardamom powder	¼ tsp
Few chopped almonds	

Instructions

Soak dates in hot milk for 15 mins

Wash and soak basmati rice in water for 15 mins

Puree the date along with the milk.

Drain the water from rice and make it into a paste. It should be in the texture of rava.

Soak saffron in 2 tbsp warm milk.

In a heavy-bottomed pan add 3 cups of milk. You can use low-fat milk too.

Add the rice paste to this and mix well without any lumps.

Now switch on the flame and let this boil in medium flame for 15 minutes.

Stir continuously.

Ensure it should not stick to the bottom and get burnt.

Once the milk mixture thickens to a porridge consistency, add the saffron soaked milk and cardamom powder.

Mix well and switch off.

Once it is cool completely add the dates puree.

Mix well evenly.

Transfer to a serving bowl.

Garnish with sliced almonds.

Serve chilled always.

Courtesy: **Jeyashri's Kitchen** (run by Jayeshri Suresh)

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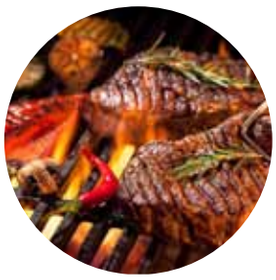

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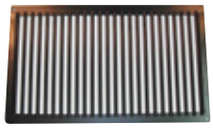

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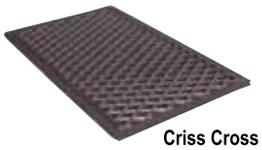

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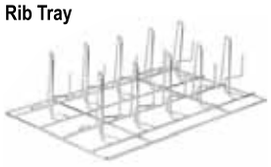

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Healthy Business

Dairy industry is among the rapid growth industries in India. Its fast paced growth of dairy products can be attributed to several factors like their health benefits as well speedy growth in exports' market. For enterprising entrepreneurs there are various avenues that they could explore and take advantage of. **Ashok Malkani** delves on several factors which are helping the dairy products' market rapid progress.

Some of the oldest and best known natural foods are milk and milk products. In baking, milk, in any of its format – fresh, condensed or whole – is used not only to moisten batter or dough but also to add proteins, colour and flavour to baked goods. While making the batter for a cake, milk is used to make the texture lighter and stronger as milk contains protein and lactic acid. Adding the right amount of milk keeps the cake from being dense. Fresh dairy products are essential ingredients in baking.

Dairy products, whether used in baking or otherwise, are loved by people. One is reminded of the popular aphorism "I scream, you scream, we all scream, for Ice Cream." That is only one of the dairy products. Cheese is another product that brings a smile on your face. While posing for a photograph the cameraman asks

you to say "cheese" so that you have an expression of glee on your face.

Dairy products comprise of a wide variety. Some of them are: Milk (in its different formats like Pure Milk, Condensed Milk, Khoya, Malai), Butter, Cream, Cream Cheese, Yogurt, Butter Milk, and Evaporated Milk. These are just a couple of the dairy products which bring excitement and delight on the faces of all – from children to the aged.

While helpful in preparing delicacies that are loved and cherished by all dairy products are also healthy. The nutrients and types of fat in dairy products are involved in bone health, cardiovascular disease and other conditions. They contain calcium, vitamin D and phosphorus which are important in bone building. The high potassium content of dairy foods can help lower blood pressure.

Popular Dairy Products

Dairy products do not refer merely to milk. There are various delicious and delectable dairy products enjoyed by all – from children to old aged people.

A few of them are:

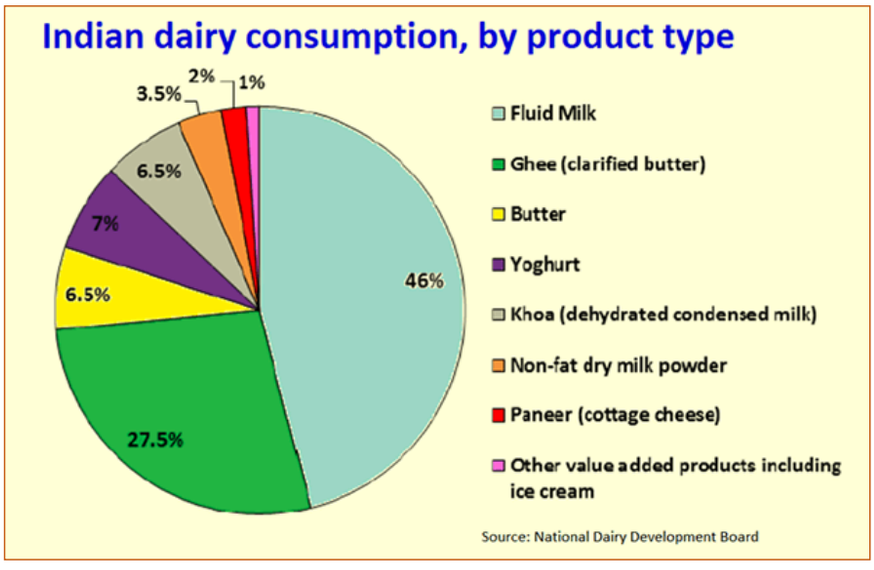
Chocolate: The global market for dairy processed chocolate product is valued at about $ 97 billion and is expected to grow at a CAGR of 4.6%. As the awareness for dark chocolate as a healthier option arises the confectionery market is expected to grow over the forthcoming years.

Ice Cream: Starting an ice cream manufacturing business is not very expensive. The initial investment for this business is lower than any other type of business as it only requires setting up of machines and having production space. Ice cream is most preferred dessert around the world.

Milk Powder: This dry concentrated product, which is made by removing half of water from milk, is used in making chocolates, biscuits and other bakery products, besides preparing infant formula. Today India, being the largest producer of milk, contributing 24% of world's milk production, is the leading producer of the Milk Powder.

Besides these there is huge potential to venture into some of the other lucrative branches like Butter, Yoghurt, Paneer, etc.





Dairy Products' Market

Milk is an extremely essential segment of dairy industry in India. India has been the leading producer and consumer of dairy products worldwide since 1998 with a sustained growth in the availability of milk and milk products.

The dairy industry thus offers profitable opportunities to entrepreneurs interested in this business. For the sake of these aspiring entrepreneurs it may be mentioned that the Government has introduced various schemes and initiatives aimed at the development of the dairy sector in the country.

Participation by private sector in both segments – national as well as international – of the industry has increased manifold over the years. Many players, attracted by the size and potential of the Indian market are entering the industry. The focus of these entrepreneurs is mainly on the value-added products like Cheese, Yogurt, Pro-Biotic Drinks, etc. These new players, besides improving the milk procurement network, are also introducing innovative products. This is facilitating further development of the Indian dairy industry. Several key players are aiding in the promotion of this industry.

According to Maximize Market Research Pvt. Ltd. (MMR) world milk procurement has risen by 1.46 per cent, rising from 800.2 MT in 2018 to 811.9 MT in 2019. According to Meenesh Shah, Chairman of National Dairy Development Board

(NDDB), Gujarat, the size of the Indian dairy market, which stood at Rs. 13 trillion in 2021 is expected to jump over to Rs. 30 trillion by 2027. Addressing a press conference at the International Dairy Federation World Dairy Summit (IDF WDS) 2022, he stated that the growth would come from increase in production of milk and other dairy products as well as value appreciation.

R S Sodhi, former Managing Director of Gujarat Cooperative Milk Marketing Federation (GCMMF), which markets dairy products under the Amul brand, claimed that India's milk production which stood at 210 million tonnes in 2021 was expected to jump three-fold to 628 million tonnes in the next 25 years.

Packaged Dairy Products

Today, there is a growing demand for premium retail packages such as antibiotic-free milk. Different segments of the product market is expected to grow at different paces over 2023-2025.

According to Precision Business Insights India Dairy Products Packaging Market size is valued at USD 846.2 million in 2021 and expected to grow at a significant CAGR of 7.3% during the forecast period 2022 to 2028

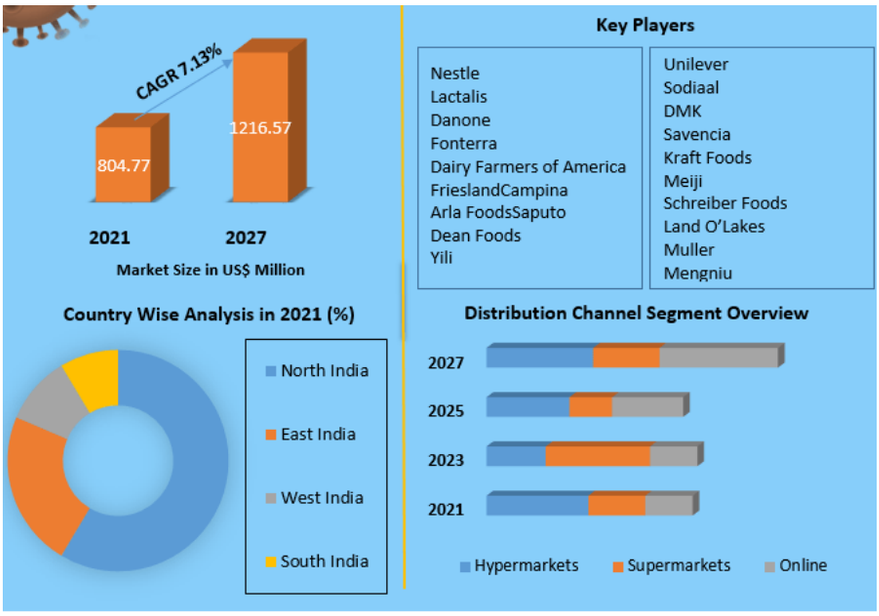
Statista, which provides statistics and survey result states that the market for freshly packaged dairy food, which was Rs. 968 billion in 2020 would increase to Rs 1.6 trillion in 2025. Fresh packaged dairy include packaged Milk, Curd, Paneer, Yogurt, etc. that have a shelf life of two to three days.

Reason for Growth

India's dairy market is growing due to several reasons. One of them is the high population of dairy herd. A major driver which is providing impetus is a better harvesting system leading to higher productivity. Besides this, the entry of several international and national sector entrepreneurs is also propelling its expansion and advance.

These companies have come up with a wide range of products which cater to different demands of the consumers. Value added dairy products like cheese, pro-biotic drinks, yoghurt, butter, paneer,

Indian Dairy Market



Courtesy: Maximize Market Research Pvt. Ltd.

etc. are garnering more attention among the consumers.

The end- users also prefer dairy products due to their high nutrient content, like Calcium, Phosphorous, Vitamins A, D, and B12, Riboflavin, Protein, Potassium, Zinc, Choline.

Health Benefits

Though some celebrities 'extreme' diets suggest that milk and dairy should be avoided, most of the other consumers are of the opinion that cutting milk and dairy out is likely to do more harm than good as they play an important role within a healthy balanced diet. And it's not just about calcium!

It is true that milk and dairy provide almost one third of our recommended calcium intakes however, the nutrition provided by dairy products go well beyond calcium alone. According to health experts, a single glass of semi-skimmed milk provides protein, phosphorus, potassium, iodine, riboflavin and pantothenic acid besides a huge 72 per cent of our daily need of vitamin B12. For the vegetarians dairy products are the main source of vitamin B12.

The nutrients in milk and dairy products help in:

• Keeping muscles, bones, nerves, teeth, skin and vision healthy

• Releasing energy from foods and reducing tiredness and fatigue

• Maintaining healthy blood pressure

• Supporting normal growth and brain development

• Supporting normal immune functioning

According to UK Eatwell Guide, milk and dairy products are a healthy part of a balanced diet. They lower fat and sugar. Dairy foods like low-fat or fat-free milk, yogurt and cheese are fundamental to good nutrition. Since milk cheese and yogurt contain optimal quantities of all of the essential amino acids which the body cannot make on its own, they are imperative for high quality protein which helps curb hunger.

Some of the health benefits of consuming dairy foods are:

Lowering Risk of Type 2 Diabetes: Dairy products improve our insulin sensitivity, thus enhancing our body's ability to regularize blood sugar levels. Studies have revealed that consuming more dairy products can lead to significantly lower risk of developing type2 diabetes.

Improving Nutrient Levels: Dairy products are highly nutritious. They contain, calcium vitamin D2, Riboflavin, Vitamin B12, magnesium, phosphorus, potassium, and vitamin A, besides the nine essential amino acids needed in the body.

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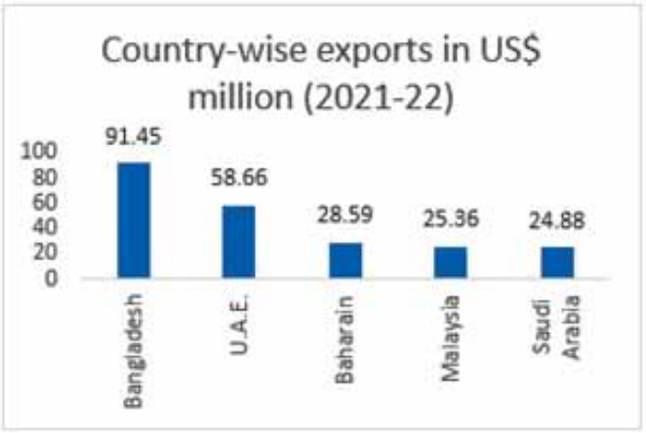
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Courtesy: APEDA

Gain: Since dairy products have high levels of protein, which makes you feel fuller after eating, the temptation of overeating is avoided.

Improving Gut Health: Fermented dairy products containing live cultures add beneficial bacteria to our digestive tracts. This helps in digestion and functions as gut barriers. Products such as yogurt are sources of probiotics, which can help to maintain the natural balance of our guts' microbiota.

Improving Bone Health: Calcium is known to improve one's bone health and since dairy products are an excellent source of calcium they not only ensure strong bones but also lower chances of developing osteoporosis, which means weakening of the bones. Osteoporosis can happen over years and can result in cracking of the bones. .

Improving Dental Health: Being rich in calcium and phosphorus, they help in strengthening the enamel, which keeps the teeth strong and healthy. Regular consumption of dairy products is also good for our gum health and can lead to a lower incidence of gum disease.

Getting Better Sleep: Dairy products contain a number of compounds that are known to support sleep cycles. Tryptophan and melatonin, two compounds found in dairy products, are believed to be linked to helping you fall asleep.

Exporting Opportunity

A new entrepreneur could also contemplate on export of dairy products. In this connection, it may be mentioned that India's Export of Dairy products, globally, was 108,711.27 MT worth Rs. 2,928.79 Crores ($ 391.59 millions) during 2021-22. Major export destinations were Bangladesh, United Arab Emirates, , Bahrain, Malaysia, Saudi Arabia and Qatar. But, it may be mentioned that even in the Western Countries like the U.S., U.K. and Canada, there is an export of items like Yoghurt, whey and even Cottage Cheese (Paneer).

The major dairy products exported from India include Butter & Ghee, Milk Powder, Cheese, Whey and Butter Milk. In the financial year 2022 the dairy products exported from India was worth over Rs. 47 billion. This was a significant increase from the previous year's export value of over Rs. 23 billion. Skimmed milk powder was the leading dairy product exported from the country.

According to Agricultural and Processed Food Products Export Development Authority (APEDA), At present, India indisputably, has the world's biggest dairy industry. The dairy sector has shown remarkable development in the past decade and India has now become one of the largest producers of milk and value-added milk products in the world.

There are several signs that India's commercial partners are prepared to take in more Indian goods. India exports value-added dairy goods such Milk Albumin, Milk Powder, Butter, Butterfat, Cheese (Cheddar and Colby), Infant Food Preparations, and Spreads.

The changing food habits and growing income of the people are affecting overall demand for dairy products across the world. The global demand for value-added dairy products that offer health benefits are ever increasing. Consumption of cheese is growing in food service, thanks to pizza and burgers. The consumers of all age (young and old) are benefiting from naturally produced diary goods. Considering the future prospect there is a large potential not only for untapped export market for India.

Conclusion

Dairy products are becoming popular across all generations. Modern dairy products like Butter, Ghee, Paneer, Khoa, Curd and Skimmed Milk Powder besides value added products like Yoghurt, Cheese, Flavoured Milk, Ice Cream and Whey are replenishing the dairy market in India.

The changing food habits and growing income of the people is also the reason for the overall demand for dairy products globally. The worldwide growing demand for value added products is a growing potential for Indian export market.

Another trend, attributing to the growing demand for value added dairy products, is the convenient pack size that is now available in the market.

So wish all the new entrepreneurs success all the way to the Milky Way! ■

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Baking Galore

Bakery markets nurturing the requirement of large variety of buyers with new versions of waffles and pancakes. Amongst all the cake varieties, pancake and waffle are not widely acknowledged and still linger in the breakfast menu list.

A crisp, honeycomb texture of waffles and the golden delicacy of pancakes are perfect base for a host of delectable tastes. Pancakes come in many guises around the world. They can be sweet or savory, thick or thin, made with wheat, rice or buckwheat flours. Besides being versatile, it has captured the consciousness of many since ages. Pancakes have reflected scores of cultural changes, precipitated new ones and promoted the entire bakery industry.

Traces of Pancakes

While panning the traces of pancakes, one comes across two different methods of their preparation, descended from European and American subcontinent.

In United Kingdom, pancakes are made from thin batter cake fried in a frying pan. On the other hand, in United States, pancakes are raised batter cake fried on a griddle or flat-bottomed pan.

To be more comprehensive, pancakes are any batter cake fried in oil or butter and can be eaten both hot and cold. Their origins extend to antiquity and they have been featured in cookbooks way back from the mid of fifteenth century.

For constituting the base, all pancakes requires a mixture three key ingredients: plain flour, eggs and milk. The batter is quite runny and forms a thin layer on the bottom of the frying pan when the pan is tilted. During the process, it can form some bubbles during cooking, which result in a pale pancake with dark spots where the bubbles were, but the pancake does not rise much.

These pancakes can be eaten sweet with numerous traditional sweet toppings, most often with lemon cream or wrapped around savory stuffings and eaten as a main course. When pancakes are baked instead of frying, this batter rises (depite having no raising agents it rises because the air beaten into the batter expands) and is known as 'Yorkshire pudding'.

British pancakes are similar to crepes, but they are not "lacy" in appearance.

Pancakes in Scotland, however, are

more like than American variation and served as hot. They are often shallow fried when served as a breakfast item.

Process

Pancakes contain a raising agent, usually baking soda and different proportions of eggs, flour and milk which create a thick batter. This batter is either spooned or poured onto a hot surface and spreads to form a cake about 1/4 or 1/3 inch or one centimetre thick. The raising agent causes bubbles to rise to the uncooked side of the pancake, at this point they are ready to be flipped.

The resulting pancakes are very light in texture, this version also called drop scones or Scotch pancakes. They are often served at breakfast topped with maple syrup and butter. In the US, pancakes can also be referred to as hotcakes, griddlecakes, and flapjacks.

A bowl shaped pancakes, come in a variety of sizes, some are quite large and nearly impossible for one person to complete. They are commonly eaten with lemon-cream and castor sugar, although fruit jelly is sometimes used as well.

Pancakes are cooked one side at a time, and flipped once on halfway through. The process of tossing or flipping requires special skill.

American pancakes are made in sweet or savory forms by adding foods like raisins, cheese or bacon to the batter. Whereas, British pancakes are usually stuffed after cooking with a wide variety of sweet or savoury fillings. Today, both are often sweetened after cooking by pouring on syrup or sprinkling with caster sugar.

Waffle

Waffle, a flat batter cake cooked between hot plates, known as waffle iron, at high temperature. It has a distinctive grid like appearance, the result of raised partitions on the waffle iron.

Earlier, waffle was spawned with the tradition of classic breakfast fare and today its popularity have trespassed these norms, now it is served at any time of day as snack, side dish, main course and desserts. This credit goes to the availability of a wide variety of grains, flours, dairy products and year-round fresh fruits and vegetables that offer ample of choices for creating multitude versions of waffles and pancakes.

Waffles are popular not only for breakfast, but also wishfully served as dessert. The honeycombed surface is perfect for holding pockets of syrup and is a nice backdrop for any topping, such as fresh peach compote, blueberry syrup, and even ice cream with fudge sauce. Savory waffles can be topped with creamed meat or vegetable mixtures.

Prismatic Forms

New versions of waffles offer both the classic as well as current crispy forms. Most liked apple, potato, corn, sausage, cheddar and onion waffles served with chutney or ketchup, are great for a snack or served as a perfect breakfast snacks. And for lovers of sweet, waffles are endlessly versatile. Spread with butter and sprinkled with sugar or drizzled with honey and cinnamon, plain crepes, pear almond waffles or make ones own favourite topping, often German apple waffles considered as delicious complement with coffee any time of day.

For a more luxuriant fare, semolina waffles served with red pepper basil butter, spinach and gruyere crepes, or cheese





blintzes makes a perfect finale to even the most formal dinner party. Ultra thin waffles, surprisingly easy to make, provide a light and interesting wrapping for all kinds of fillings, both sweet and savory.

Pancake is a simple cake that is cooked by pouring batter on flat hot griddle. The basic batter of pancakes is identical for making any variety of pancakes. All varieties of pancakes can be made using same batter by mixing different items such as fruits, chocolate-chips, black or blue berries, strawberry, ham and chicken etc.

Normally, pancakes are slightly sweet due to sugar content in its batter, but liked as a savory as well. The pancakes are usually served hot and since it very cost effective item and can prepared easily at once so they are not sold like other cakes.

Making

Waffle making follows the same ingredients as required for pancake. Even the batter is identical to pancake batter. In which flour, granulated sugar, baking powder and baking soda are mixed first. Take another bowl, whisk together the yogurt, milk, eggs, butter and lemon zest.

Though waffles are prepared with same kind of batter with minute changes, but they are cooked in specially manufactured waffle griddles. They are complimentary item with pancakes that can be served with several sweet sauces, mushrooms, or relish them with ice creams. Waffles are usually crispy item with holes.

Pour this mixture into the dry ingredients, stirring to form a smooth batter. Pour it in a lightly greased preheat waffle iron according to its size and then place it in a preheat oven at 200°F. Bake for 5 to 10 minutes, or until the waffles are golden brown, their edges look dry, and they do not stick to the grids.

And finally, transfer the baked waffles to the oven, placing them directly on the rack so to make them crisp. In fact, the batter of waffles or pancakes cannot be stored for longer duration it has to be consumed within an hour.

Fondle It

Though there is not any special process for storing baked or cooked pancakes and waffles. As a normal practice they are wrapped individually in plastic or in glassine paper, and packed in airtight plastic bags. They have longer shelf life of one to three months, provided stored in cool temperature below 4°C. The shelf life of waffle is normally more than pancakes.

Reheating is necessary for serving hot pancakes, so unwrap them and then loosely rewrap them in foil. And place in a 350°F oven for 5 to 10 minutes, or until heated through.

Similarly, hot waffles are served after reheating them. Unwrapped waffles are directly placed in a preheated oven at 350°F for 5 to 10 minutes, or until heated and slightly crisp. Experts say that one needs toaster oven for reheating and avoid the use of microwave ovens, which tend to toughen waffles and pancakes.





Market

Indian bakery markets are nurturing the requirement of large variety of buyers for waffle and pancake. Most of the waffle and pancake makers are scattered all over Indian markets. The prime importance for the buyers is to source the quality waffle and pancake makers, which also suits their requirement.

Of late, wide multitude types of pancakes and waffles are available in the market. Some of well-accepted flavours, chocolate chips, fruit purees, berries and nuts are added in their batters to mark distinction.

A triumphantly proclaimed form of cone shaped waffle is the most demanded choice of every ice-cream lover. The combination of waffle with ice cream has uplifted the sale of waffle.

Children adore chocolate chip pancake with a dollop of whipped cream and waffles with ice creams.

In India, the demand for pancakes and waffles are not so great, so one do not find these items at many bakery outlets, but they are served in many starred hotels and coffee shops as breakfast item. On contrary, in western countries pancakes are the popular item that has a shelf life of three to four months. Currently, many companies offer premixes of pancakes that make instant pancakes by merely mixing water or milk. ■

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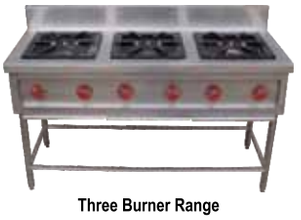
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Coffee: A Primer for All

Coffee is today a buzzword for all ages in India. An excuse to meet for the youth, a quick business chat for the professionals and a light invigorating drink for those who want a rush of adrenalin to cope with the tasks ahead with concentration. Suddenly its all over the place, once the best kept secret of the south India or one that few knew about. Few people knew that such a variety existed in the types of variations the coffee offered.

Coffee is one beverage, which has seen the transformation no other beverage has seen in recent times. From a status symbol or elites' drink – branded for centuries - it has undergone a metamorphosis into a mass drink, the drink of the youth of today. In fact coffee has created a genre as far as lifestyles are concerned.

Simple, flavoured, brewed, with or without milk, as part of a cocktail drink or a health drink – Coffee is transformed into new avatars in many places.

Sipped in whatever form, today's coffee is the result of centuries old rich & traditional history in which it has seen several ups & downs. History apart the entire process of coffee from a plant to bean to the cup is as invigorating as the drink itself. From the early pilgrims who discovered this pep up drink, coffee making has gone a dramatic change. Commercial production of coffee that goes right into the cup is long story. The equipment and processes are as varied as the brew.

Types of Coffee (Species)

Though there are approx sixty different varieties of beans, there are only two species which have commercial importance – Coffee Arabica and Coffee Robusta.

Arabica

Arabica coffee represents three quarters of the worlds coffee production. Arabica plants thrive in nutrient rich soil and, because they are sensitive to heat and humidity, Grow best at high altitudes – at least 3000 ft. and above the sea level. Arabica beans produce a flavourful, full-bodied beverage with sharp taste.

Arabica Beans are flat and elongated in shape.

Robusta

Robusta coffee is more suitable to tropical climates and grows well within an altitude of 1000 ft. above sea level. The Robusta bean produces a beverage that embodies the full flavour and strength of the coffee bean with fine aroma

Robusta beans are small and rounded in shape.

Types of Coffee (Cultivated)

Specialty Coffee

The term "Specialty Coffee" has its origin from America where this term was

used to differentiate high quality coffee from those available generally through supermarkets and retail outlets.

Specialty coffee (also known as Gourmet coffee) is distinguished by its clear origin, distinction made by careful cultivation practices, careful routine of plucking, special processing and above all, special branding, handling and appearance thereafter.

Organic Coffee

Like organic cultivation of fruits and vegetables, the organic coffee is grown without using chemicals and pesticides during the plantation and subsequent stages of Processing.

Increasing awareness about harmful effects of chemicals in food products and growing health and environment consciousness around the world has given substantial increase to the demand of organic coffee across the globe.

Decaffeinated Coffee

Decaffeinated coffee is nothing but regular coffee minus caffeine in it. The decaffeinated coffee is popular amongst two groups one who are really health conscious and others, those, who just want a good night's sleep after coffee.

Though not many people will be aware of this but decaf coffee has been around for almost 100 years. However, unlike earlier days when removing caffeine, unfortunately also removed a lot of taste as well, the modern methods ensure that the taste remains unaffected while caffeine gets removed from the coffee.

Variety Coffee

As some of the coffee varieties are known to possess good inherent quality due to genetic make up of the plant, fruits from such varieties are harvested and processed separately to retain the unique & distinct qualities.

Journey of Coffee

Plantation

Optimal locations for growth of coffee plantations are hot–wet temperature climates, between Tropics of Cancer and Capricorn, with frequent rains & temperatures varying from 15 degree to 25°C. Usually a Coffee plant attains Maximum 15 - 20 ft height at maturity and produces the first full crop when it is five years old. Thereafter it produces consistently for 15 - 20 years.

While Robusta coffee is grown at around 1500 feet & above, Arabica is grown at 3000 feet and above from the sea level. The plants are about spaced 10 - 15 feet apart.

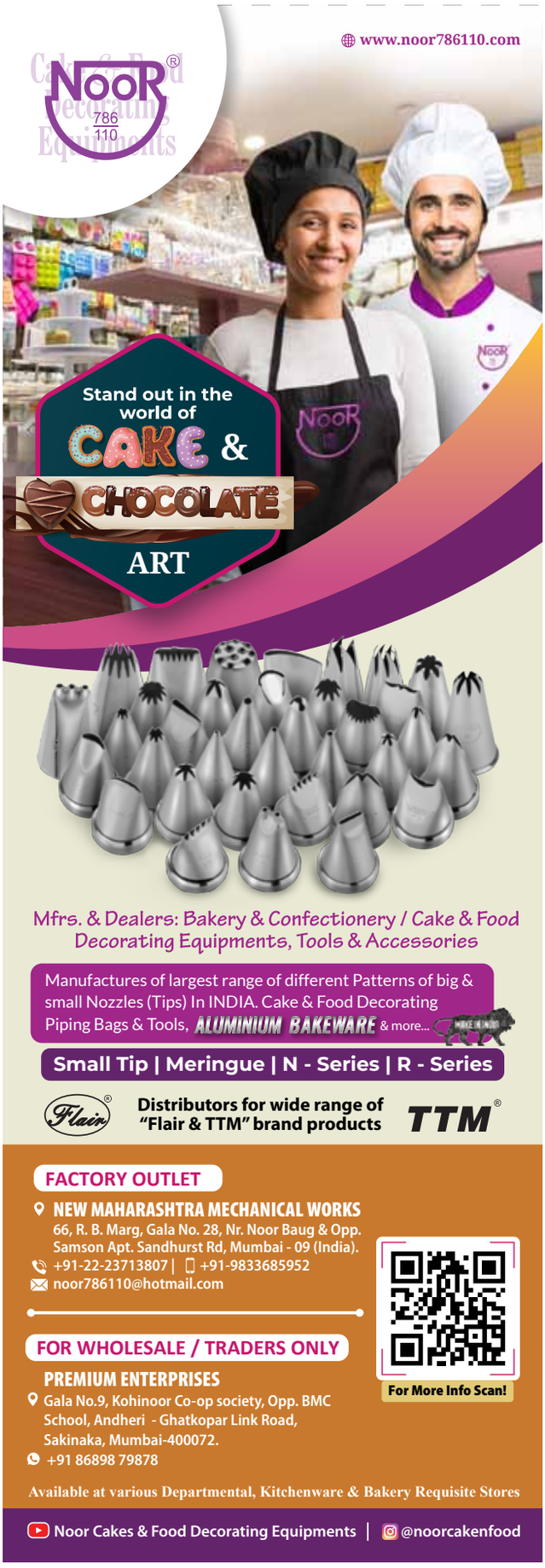
Trees are planted near coffee plants to provide shade and to protect young plants from sunlight, heat and strong winds.

Harvesting

Coffee cherries are green in Colour and then turn yellow, orange, red and dark or ripe. Not all cherries ripen at the same time. So, it is impossible to pluck only ripen cherries mechanically. Hence people trained to watch the cherries that ripe usually handpick the cherries and sprinkling is done for blossoming after plucking..

Pulping

Coffee beans are seeds of the coffee cherries. Each coffee





cherry usually produces two coffee beans. Through pulping process the beans are separated from the skin of the cherries. Robusta, after plucking, it is put to dry in the hot sun for almost a week or depending on the weather

Drying

After the pulping process the seeds go through the process of drying. Sun drying is very effective method to dry beans. A regular and steady drying, avoiding the moisture, results in a good bean development. Throughout the Process of drying the temperature is kept below 45°C. Sometimes a handful of dried cherries are taken and shaken. If they have dried up, then one can hear the sound of the dried cherries inside. That is the indication that it is ready

Milling

Beans are put into milling machines, which remove the parchment and the silver skin. Loose skin is blown off before beans get ready for next process, roasting.

Roasting

Roasting, which gives coffee its unique aroma, taste and colour, is the most critical stage in coffee processing. Each bean is roasted to its peak of flavour. The intense heat of the roasting process triggers a complex chemical reaction within Coffee Bean. Sugars and Starches in the coffee beans are transformed into volatile oils that give Coffee much of its rich flavour and aroma. This changes the bean from being soft and green into hard and crusty brown.

The degree of roasting varies from light (about 190°C) to medium (about 200°C) to dark (about 22°C) roast and the quality also varies accordingly.

During this phase internal gases swell the beans and cause an increase in volume of about 60 per cent with a weight loss of about 20 per cent. The cell walls of a perfect bean are suite thick and can resent the high-pressure generation by roasting. There are about 600 volatile aromas in one coffee bean. The roasting process takes about ten to fifteen minutes time on an average. After cooling and another round of cleaning, beans are ready for next stage – packaging.

Packaging

Roasted Coffee is packaged properly, so that all of its characteristics remain fresh until its brewed. If exposed to air, the beans run the risk of being oxidized; thus, destroying its organoleptic and aromatic.

Essentials for a Good Coffee

Proportion of Coffee to Water

The most important part of making great coffee

Brewing temperature: The brewing temperature of 92-96°C should be maintained for 90 per cent of the water contact time.

Grind – Fine to Coarse

Different brewing methods have different grind requirements so coffee should be Grinded as per the brewing method used. The amount of time coffee and water remain in touch during the brewing process have direct impact on the flavour and design of coffee in the cup. For example the grind for the espresso should be fine (due to shorter contact time) whereas the grind in a French Press should be courser (due to longer contact time)

Fresh Cold Water

As a cup of coffee is 98 per cent water, good quality water is equally important while making good coffee. Fresh and cold water having dissolved minerals between 100-200 ppm is ideal. The water should be clean & free from impurities specially from chemicals like chlorine which can make coffee taste bitter.



Fresh Ground

The essential of a good coffee will also depend on freshness of the grind. The rich aroma and full bodied taste of coffee can be experienced only when the beans are freshly grinded at the time of making coffee.

Good quality Brewing Equipment

Along with good aesthetics and appearance the coffee machine must be able to deliver coffee of desired flavour. For superb extraction it is important that during contact time the machine maintains optimal temperature of between 90 to 98°C. When the temperature is too low the taste will be weak and when temperature is too hot the coffee will burn and taste will be bitter.

Machines having features like inbuilt cup warmer, milk frother etc. should be preferred as these features give variety to the coffee menu.

Coffee Equipment

The Plunger / French Press

This is a very simple on the table serving equipment where the steward plunges the Coffee Container after hot water is poured into the unit in the pantry or kitchen area.

Filter Coffee

This is either a Small or Large Container that has a filter paper or muslin cloth in which resides ground coffee. Hot water is passed through the powder and the brew is collected and kept in a hot serving environment. Mostly used where high volumes are required within a short period of time.

Good for Banqueting or high volume Coffee Shops. Coffee Brewers today replace these as technology has introduced the automatic Coffee Brewers which are made of metal or paper filters that allow hot water with air to pass through the funnel and the decoction is collected in Glass Jugs or Carafes which can be kept hot on heating plates built in or separate to the coffee brewer.

Percolator

This is a simple and small two tier unit which uses a metal filter. The concentration of the brew is very high and uses more milk to whiten the coffee. Mostly used in the South of India. Aeration is done by hand by pouring coffee into tumblers at a height.

Instant or Soluble Coffee Machines (Dispenser type)

Instant coffee has been popular due to number of advantages over freshly brewed coffee, including ease & convenience. It remains fresher longer without loss of flavour. Instant coffee is prepared by spray drying or freeze drying method. Serving is through an electronic machine which vends per cup or Jug.

Espresso & Cappuccino

One important part of coffee processing is coffee machine. Following are the different types of commercial coffee machines.

Semi-Automatic or Traditional Type

Semi -automatic or traditional machines are quintessential part of dedicated Coffee Bars as the ambience requires Barista (trained operator) to make and serve the individual and distinguished shot in style.

Though, for operation semi-automatics require skilled and intense operator, thanks to its simple design - it requires little or no after sales service.

Fully Automatic Type

These machines do most of the functions on their own and hence can be operated by anyone, thanks to push buttons that are very clear and intelligent - with name and picture of the drink and also the digital display which shows the operation of the machine.

These machines are suitable for places where coffee is an add-on to the menu or the availability of trained operator (Barista) is scarce or available at high cost. As this type of machines does not require any special training for operation it is also ideal for places where staff turnover is very high. Just brief information on the machine and anyone is ready to make the coffee.

However due to complexity of design the automatic machines require more intense after sales service.

Flavoured Coffee are also served where different coffee based syrups are added to enhance the original coffee flavour. ■



Health Challenges for Bakers

To better understand the health challenges that the workers in a bakery may face, it could be important to revisit what the job per se entails. In an everyday situation, a worker in a bakery has to mix flour, salt, yeasts, spices, sugar, and other ingredients to prepare dough, batter, fillings, etc., which are then baked in ovens to turn them into bread, cakes, rolls, etc.

A simplistic and incomplete description like this does not make the job of a baker look that demanding apparently. But what is apparent is often not true. The real situation for those who have to work every day in the production unit of a bakery could be challenging, and if proper precautions are not taken, the workers can also be susceptible to health hazards.

This is true especially in the light of the fact that scientists have found exposure to flour as one of the most important causes of occupational asthma and other respiratory problems, and also of skin diseases. Dry flour also presents a perennial hazard of fire and dust explosion. Experts point out that cigarette lighting in such an environment may be extremely dangerous.

The risk of fire may also arise from other sources such as fuels. Moreover, the high temperatures and the high levels of relative humidity in which workers in a bakery generally have to operate may cause fatigue and thermal exhaustion. The risk of meeting with accidents such as cuts as a result of handling sharp tools or that of falls due to the slippery floors or the risk of having back pain as a result of carrying heavy loads can also hardly be over emphasised.

As bakery workers are unlikely to avoid working with boiling water, hot oil, and hot ingredients, here it deserves a mention that accidental spilling of such ingredients can cause scalding on body parts.



Bakery workers are also exposed to many spices and this is hardly good for their health as such exposure may lead to chronic conjunctivitis and chronic rhinitis (persistent stuffy nose). Prolonged exposure to them may result in respiratory infections, particularly chronic bronchitis, and sometimes even bronchial asthma may develop through their prolonged exposure. Allergic skin diseases due to exposure to spices are also not uncommon.

Use of defective equipment in a bakery may also pose serious health risks, especially in the long-run. Defective microwave ovens may lead to radiation leakage. Prolonged exposure to infrared radiation may also increase the risk of developing cataracts.

According to the International Labour Organisation's 'International Hazard Datasheets on Occupation', some of the health burden of working in a bakery may include:



• Mechanical and electrical injuries during work with conveyors, mechanised equipments used for mixing ingredients to make dough, and baking processes;

• The risk of electric shock as a result of defective electrical equipment and installations, especially hand-held tools;

• The risk of dental caries as a result of exposure to sugar dust;

• Exposure to carbon dioxide: In mechanised bakeries, dough which is in an active state of fermentation may give off dangerous amounts of carbon dioxide;

• Exposure to carbon monoxide, combustion products and fuel vapours: Firing equipment which is badly adjusted or has insufficient draw, or defective chimneys may lead to the accumulation of unburned fuel vapours or gases or of combustion products, including carbon monoxide, which may cause intoxication or asphyxia;

• Exposure to fungi and yeast: Hypersensitivity reactions and skin infections may be caused due to fungal antigens inhaled with dusts during the work time – these usually involve pneumonitis with asthmatic symptoms;

• Exposure to parasites: Vanilla flour and coconut flour may be infested with cereal parasites, which cause lesions and 'grain itch;'

• Exposure to molds: Bakers may suffer from allergic skin conditions caused by molds such as Aspergillus glaucus and Penicillium glaucum, which develop in stored flour;

• Presence of rodents and insects may result in bites and infectious diseases;

• Continuous repetitive movements, awkward postures (e.g., sitting or standing for long hours), and excessive efforts (especially during lifting and moving of sacks and heavy loads) may result in cumulative trauma disorders;

• Handling of heavy loads may cause acute disorders, especially back pain and lesions of intervertebral discs.

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Decorating Techniques

Every time you develop a recipe your presentation skills enhances its value. It is very important for the presenter to understand the basic skills of presentation. Icing is one of the major aspects for the presentation of cakes and pastries. Every decoration you make is the result of three things working together. Understand these three essentials and you'll get perfect decorating results!

A. Icing Consistency

If the consistency of your icing is not right, your decorations will not be right either. Just a few drops of liquid can make a great deal of difference in your decorating results. Many factors can affect icing consistency, such as humidity, temperature, ingredients and equipment.

You may try using different icing consistencies when decorating to determine what works best for you. As a general guideline, if you are having trouble creating the decorations you want and you feel your icing is too thin, add a little more confectioner's sugar; if you feel your icing is too thick, add a little more liquid.

In royal icing recipes, if adding more than ½ cup confectioner's sugar to thicken icing, also add 1-2 additional teaspoons of Meringue Powder.

Stiff Icing is used for figure piping and stringwork and for decorations like roses, carnations and sweet peas with upright petals. If icing is not stiff enough, flower petals will droop. If icing cracks when piped out, icing is probably too stiff. Add light corn syrup to icing used for stringwork to give strings greater elasticity so they will not break.

Medium Icing is used for decorations such as stars, shell borders and flowers with flat petals. If the icing is too stiff or too thin, you will not get the uniformity that characterizes these decorations.

Thin Icing is used for decorations such as printing and writing, vines and leaves. Leaves will be pointier, vines will not break and writing will flow easily if you add 1-2 teaspoons light corn syrup to each cup of icing. Thin icing is used to ice cakes smooth. Begin with your prepared icing recipe then add small amounts of the same liquid used in the recipe (usually milk or water) until the proper spreading consistency is reached.



B. Correct Bag Position

The way your decorations curl, point and lie depends not only on icing consistency but also on the way you hold the bag and the way you move it. Bag positions are described in terms of both angle and direction. Angle refers to the position of the bag relative to the work surface. There are two basic angle positions, 90° (straight up) and 45° (halfway between vertical and horizontal).



The angle in relation to the work surface is only half the story on bag position. The other half is the direction in which the back of the bag is pointed.

Correct bag direction is easiest to learn when you think of the back of the bag as the hour hand of a clock. When you hold the bag at a 45° angle to the surface, you can sweep out a circle with the back end of the bag by rolling your wrist and holding the end of the tip in the same spot. Pretend the circle you formed in the air is a clock face. The hours on the clock face correspond to the direction you point the back end of the bag.

Since most decorating tip openings are the same shape all the way around, there's no right side and wrong side up when you're squeezing icing out of them. However, some tips, such as petal, ruffle, basketweave and leaf have irregularly shaped openings. For those you must watch your tip position as well as your bag position. If the tip opening must be in a special position, the instructions will tell you.

C. Pressure Control

In addition to having the proper icing consistency and the correct bag position, you'll need to master three types of pressure control: heavy, medium and light.

The size and uniformity of your icing designs are affected by the amount of pressure you apply to the bag and the steadiness of that pressure. (In other words, how you squeeze and relax your grip on the decorating bag.)

Your goal is to learn to apply pressure so consistently that you can move the bag in a free and easy glide while just the right amount of icing flows through the tip. Practice will help you achieve this control.

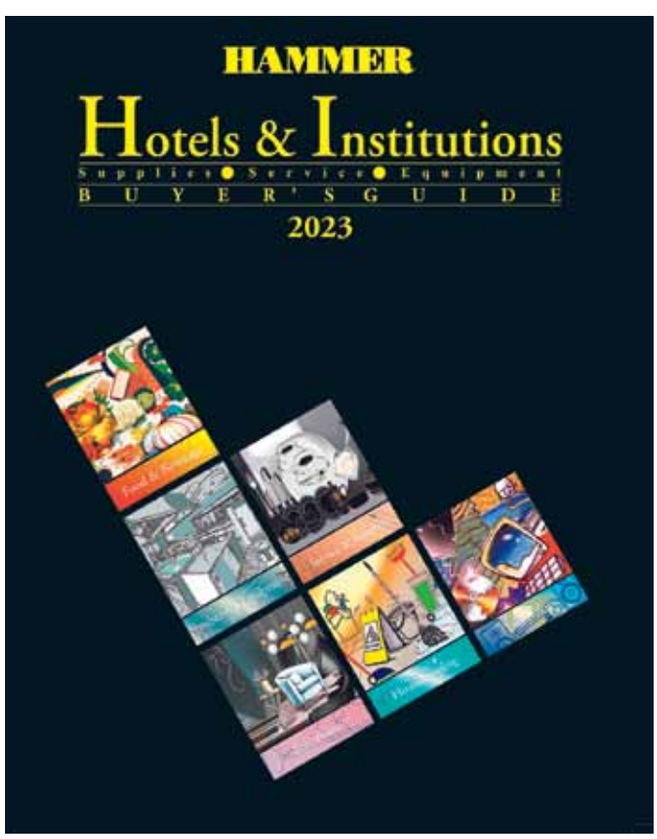
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Brushing Bakery Products

It´s a well known fact that brushing your bakery products with egg before baking offers them an appealing shine. The problem though with eggs are many: it´s an allergen, carries microbiological risks and it's a dairy product which is forbidden in many cultures during different times of the year.



The good news is that there is a new product developed in Europe that promises to address all these issues: Golden Glow – a vegetable alternative to egg-wash. Golden Glow is 100% vegan, it is UHT processed, has a 9 month shelf life and it is ready to use.

It comes in a 1 liter Tetra Pak packaging and all you need to do is open the packaging and you can apply the product on your bakery dough with a brush or with a spray system. Anyone who uses Golden Glow avoids all the microbiologic risks of egg and reduces the number of allergens in their products. It has a neutral taste so it can be used on both sweet and savory doughs.

The company that produces Golden Glow, Eurocas, is actively looking for regional or national distribution partners in India and neighboring countries. Hopefully, Golden Glow will soon be widely available anywhere in India.

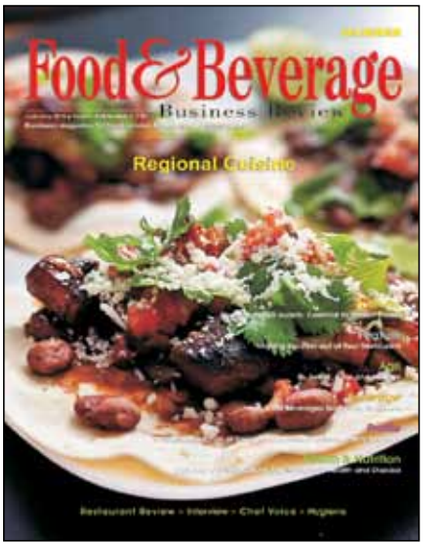
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"Exuberant & Passionate to Travel Around the World"

Reshma Yashwant Bhosale, Pastry Chef, The Orchid Hotel Mumbai

Reshma Yashwant Bhosale is a passionate and motivated individual, committed to learning and experiencing various aspects of the food industry. She holds a diploma in food production and bakery from Hospitality Training Institute and a degree in commerce from Mumbai University. Reshma has been working as a Pastry Chef at The Orchid Hotel in Mumbai since 2018, where she has honed her skills and gained extensive knowledge in the field. Prior to this, she served as a pastry sous chef at The Orchid and Radisson Mumbai and worked as a Chef de Partie and Demi Chef de Partie at The Club in Mumbai.

In a candid conversation with **Sharmila Chand**, she talks about her work philosophy and more….

What are the current hot trends in Indian Bakery industry?

Post pandemic, we have observed a huge change in preferences amongst the Indian consumers. Indians have become more health-conscious and prefer healthy, gluten-free bakery products, and preservatives-free desserts.

How did you become a Pastry Chef?

I have always been a great foodie since my childhood. When my father used to bring us cakes, chocolates or puffs, I used to research and get into the nitty-gritty as to what goes into the ingredients, methods of making a chocolate or a sponge or how better can this cake be presented. I used to make drawings of pastries and cakes.

This obsession drove me to the hotel industry, and I chose the bakery section of the kitchen, thanks to my curiosity that shaped me into a better pastry chef today.

What is your working (Cooking) philosophy?

I love to begin my day on a positive note. Accurate recipe and perfect cooking temperature is most important and plays a vital role in baking and confectionery.

What are your Hot Selling bakery items?

Healthy Viennoiseries like croissant, pain-au-chocolat, cruffins. From cakes and entremets – Raspberry Opera and Caramel Tart, Coffee and Chocolate truffle.

What bakery products are in demand these days?

Fusion desserts, gluten-free cookies, healthy breads (sourdough bread, low carb bread, gluten-free bread), chocolate bonbons which can be curated in different shapes. Some exotic desserts like Tiramisu Bundi Kaviar, Pistachio Framboises, Caramelicious Pop, Kirschtorte.

What about the health quotient?

We look for low calories and vegan recipes for the guests.



Your favourite tool?

It's offset spatula, because it is a multitasking tool for every bakery/pastry chef.

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

Well planned execution – As baking is a science and pastry is an art. Amalgamation of these two techniques brings out a spectacular dessert. It's a thought process, the creativity that a pastry chef brings on a table. If it's well planned, it comes out smooth with all the hurdles surpassed.

Sometimes we have to use alternate ingredients instead of what is required in a very exotic dessert. We try our best to use the closest alternatives to give out the best execution.

In busy days of operations, the bakery section gets overloaded with high requirements within a time span. But 100% execution is a must, and we strive our best to achieve without compromising on ingredients or accurate methodologies.

What do you like about your job?

Designing the neo concept of the patisseries, coming up with creative dessert festivals, working in a creative independent environment, research and development of new products, innovative chocolate products.

What is your strength as a bakery chef?

I love coming up with new artisan gourmet designs and that creativity is my biggest strength and keeps me going in the profession.

What are you passionate about besides baking?

I love travelling to different countries to explore different avenues of food, gourmet and various types of arts that's blooming all over the world. I love exploring the gourmet part of different countries and this gives me ideas and my artistic mind feels crazy trying all these different things myself.

How do you like to de-stress?

In the midst of work stress on the busy operations day, a sip of coffee works like heaven for my stressed mind. A freshly-baked croissant with my cup of black coffee works wonders to me.

What is your Mantra for success?

I believe this industry cannot function without a team. My whole team's success and their happiness is what I always look forward to. As it is rightly said "Team work makes the dream work". Apart from this, regular practice, learning, research and always updating myself is my Mantra for success.

Your favourite ingredient?

My favorite ingredient is coco butter. It gives ultimate finest and shine to the dessert.

Your fav chef who has influenced you and inspired you the most?

My favorite chef is Donna Hay. I love her life journey which clearly amplifies that her simplicity in the food styling with basic ingredients and her passion for food got her biggest goals that a normal person cannot think of.

Your fav comfort food?

I love to eat prawns curry accompanied with King Fish pan fried or grilled with rice/ millet flour breads.

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The most successful baked goods result from a combination of the baker's skill and the ingredients used: you need both for the best result. Even the most talented of bakers will fail if the flour is of inferior quality.

Flour is, after all, the basis of most baked goods. With the proper flour your cakes will rise beautifully and be light and tender; without the right flour the result will simply not be at its best. You can hope, but that will not guarantee success. What you can depend on, however, is high quality flour for the best results.

Pure soft wheat, milled to a fine, powdery consistency, makes the best soft, delectable cakes. It's perfect for special pastries such as puff pastry, traditional ricotta-filled sfogliatelle. flatbreads and crackers and fragrant crumbly biscuits, but also for savoury dishes like pizza, pasta, and pies. Pure Flour from Europe not only gives you the results you want, but it tastes delicious, too. It's so easy to think that flour is bland, just a canvas for making other, flavourful, things, but when you taste the excellence that high quality Pure Flour from Europe brings to your dishes, you'll taste the difference!

Recipe: Oven Baked Zeppole Di San Giuseppe

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