

HAMMER

Food & Beverage

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Business magazine for food service & food retail professionals

Business Review



Business

Interior Design: Impact on Restaurant Business

Feature

Summer Menu Fiesta

Agri

Melon: Versatile to Beat the Heat

Beverage

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for more
information



Healthy and nutritious food is playing a significant role in the success of restaurants. The growing demand for healthier food options, the F&B industry has undergone a noticeable shift towards promoting nutritious choices. Many restaurants and food outlets have revamped their menus to include more salads, grilled proteins, and whole grains while reducing the emphasis on fried and processed foods. Cover story evaluate how the restaurants and chefs are meeting the growing demand for nutritious & healthy food.

While the palate may be appealing and savoury it is the interior design which greatly influences the diners. The surroundings are the initial attractions for the customer. A well-designed interior can create a complete and enjoyable dining experience, whereas a poorly designed space will deter customers from returning. Business story finds the importance of well-designed interiors, besides good food, for the success of a restaurant.

Feature story finds there is something for every palate in chefs' well curated summer menu to satisfy cravings of the guests. with a delightful mix of magical dishes. Embark on a feast of summer menu as we bring highlights here from chefs across the country.

Agri story talks about melons, the ideal choice to beat the heat. This versatile fruit known for its juicy pulp and sweet flavour, come in various shapes, sizes and colours, each with its own unique taste and nutritional profile. Mocktails are often packed with fresh fruits and other nutritious ingredients, which are relevant for current trend of healthy foods. Fresh fruit juices, syrups, cream, herbs, spices, honey, and aerated drinks can go into the making of mocktails. Beverage section tells mocktails cannot make you heady, but they can make you refreshed and ready.

Besides these relevant topics, we have attempted to cover diverse other issues of importance to the industry through our regular and additional features, and also through our news and report sections.

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Business Review

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Pastry Queen India 2024

3-4 August, 2024, At the India Expo Centre & Mart, Greater Noida, NCR, India



The 4th edition of 'Pastry Queen India 2024' will be held on 3rd & 4th August at the India Expo Centre & Mart, Greater Noida, NCR, India. Two days of the competition will witness the extraordinary talents of female pastry chefs from across India and promises to captivate audience with its showcase of culinary artistry, innovation, and expertise.

The theme of the event this year is "Revolutionary Women". Participants must interpret this theme and portray the narrative of a woman who revolutionized and/or inspired the world through her innovations and endeavours. This theme encompasses various domains including music, art, entertainment, science, history, fashion, sports, literature, and more.

The objective the Pastry Queen India is to set up a training ground for large international events, while making it entertaining and showcasing the talents and future of younger generation pastry-chefs. By spotlighting them, we hope to engender a sense of belonging and valuable feelings of goodwill, quality, passion, creativity, collaboration and respect for colleagues. All are part of the ethics underpinning the sector, giving it solid roots and a constructive vision for the future.

It will be an opportunity to share experiences and a platform for growth for young people who represent the future of the international pastry-making sector. The Pastry event will play a vital role in achieving a career at the highest of technical standards.

The winner of the 'Pastry Queen India 2024', will be part of the national pastry team selection for the prestigious 'The Pastry Queen World Cup' to be held at SIGEP, Italy in 2025. The competition is open to talented Indian Female Pastry Chefs Open to Indian citizens aged 20 and above, with at least three years of experience, currently working as professional female pastry chefs in reputable organization. Each team consists of two members: one female pastry chef and one team manager.

The menu of the competition is the creations of Sugar Show Piece or Chocolate Show Piece, Chocolate cake, Innovative leavened breakfast item, Plated dessert, Street food with creative packaging (Dessert, Sweet in Nature).

The stages of event include:

Pre selection of Team on 3&4 August 2024

A presentation ceremony hosted in the presence of 200+ pastry fraternity at the Venue.

Sending team to Italy for final competition in January 2025.

The event will be open to mass Media, Pastry & Bakery fraternity.

The event will be judged by team of renowned Chefs from across India.

For further information visit www.pastryqueenindia.com

EVENT CALENDAR

4-6 June 2024

The Hotel Show

Dubai World Trade Centre

Dubai, UAE

<https://www.thehotelshow.com>

5-7 June 2024

Annapoorna Inter Food

India International Convention & Expo Centre (IICC)

New Delhi, India

<https://www.annapoornainterfood.com>

26-28 June 2024

Sigep Asia 2024

Sands Expo & Convention Centre, Halls D & E, Basement 2, Singapore

<https://sigepasia.com.sg>

3-4 July 2024

India Horeca Expo 2024

Trade Fair Complex

Coimbatore, Tamilnadu, India

<https://indiahorecaexpo.com>

11-14 July 2024

The 18th Thailand Retail, Food & Hospitality Services 2024

EH 102, Bitec

Bangkok, Thailand

<https://trafs.net>

17-19 July 2024

Malaysian International Food & Beverage Trade Fair

Kuala Lumpur Convention Centre

Kuala Lumpur, Malaysia

<https://mifb.com.my>

3-6 August 2024

India International Hospitality Expo 24

India Expo centre & Mart

Greater Noida, U.P., India

<https://ihexpo.com>

4-6 September 2024

Asia Fruit Logistica

Hong Kong International Airport, Lantau

Hong Kong, China

<http://www.asiafruitlogistica.com>

20-22 September 2024

India Bakery Expo

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Annapoorna Inter Food

05-07 June, 2024 at India International Convention & Expo Centre (IICC), New Delhi

Annapoorna is back to re-define the path of Indian food & beverage trade space as "Annapoorna Inter Food" - international food & beverage trade expo. The food and beverage trade capital of India, Delhi will host Annapoorna Inter Food - with more vigour and more focus to steam-up the food and beverage trade by defining new collaborations with an objective to drive inclusive growth of the sector.

Annapoorna Inter food exhibition is a trade fair where various food & beverage manufacturing companies gather to showcase their products. Annapoorna Inter Food is organized for food retailers, traders, hotels, restaurants, and other food-related businesses to explore new offerings, network, and learn about industry trends.

An exhibition on food can encompass a broad range of topics, including presentations, workshops, and demonstrations by chefs, nutritionists, and food experts.

This food products exhibition also focuses on showcasing food items that are sourced from different countries and regions apart from Indian food & beverage manufacturers. Annapoorna Inter Food exhibition allows attendees to discover a diverse range of products, taste unique flavours, and learn about the global food market.

Attending Annapoorna Inter Food Exhibition can be beneficial for various reasons. For businesses, they provide an opportunity to find new suppliers, explore innovative products, and network with industry professionals.

With over 1.4 bn consumer base with increasing demand for branded food, India is the fastest growing largest economy in the world. The growth is due to the changing dietary trends with increasing emphasis on quality of product than the cost and rise in the household consumption of processed food & beverages

There is greater acceptance of quick commerce as medium of buying food & beverage products with online grocery retail in India has seen a CAGR of over 50% and projected to grow to 12 Bn by 2025. The impact of globalization, increasing urbanization and advancements in technology are creating new opportunities and challenges for food and beverage producers, distributors, and retailers.

IFBA Announces Strategic Partnership with IEG Asia



The International Food and Beverage Association (IFBA) and the Italian Exhibition Group (IEG) Asia have joined forces for the upcoming SIGEP Asia

2024, co-located with Restaurant Asia, Speciality Food & Drinks Asia, Speciality Coffee & Tea Asia, and Food2Go Asia 2024 to be held at the Sands Expo & Convention Centre in Singapore from 26 – 28 June 2024.

This strategic partnership marks a significant milestone in the food and beverage industry, uniting two leading organisations in their pursuit of innovation and excellence. Scheduled to be a highlight in the food and beverage calendar, SIGEP Asia 2024 will bring together industry leaders, professionals, visionaries, and enthusiasts under one roof. Through this partnership, IFBA and IEG Asia are committed to providing a dynamic platform for idea exchange, networking, and celebrating sector achievements.

A ceremonial signing event was at the Singapore headquarters of IEG Asia to signify the beginning of a promising collaboration. The event was graced by the presence of esteemed delegates from the IFBA. Their presence symbolises unity of purpose and vision, officially marking the commencement of this impactful partnership between the two organisations.

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Fireside: Pioneering Flame-Craft Cuisine

Fireside, a new restaurant concept dedicated to the art of open-flame cooking, offers an unparalleled exploration of flavours through meticulous wood-fired techniques.

Fireside goes beyond the theatrics of open flames, focusing on the precise manipulation of wood as the primary fuel source. A diverse selection undergoes meticulous curation each day, transforming into glowing embers that form the cornerstone of the cooking method. This approach elevates the inherent flavours of ingredients, showcasing the transformative power of fire in a way that celebrates their natural essence.



The restaurant's open-space kitchen offers diners a privileged vantage point to witness the culinary artistry. This transparency underscores Fireside's commitment to showcasing the simplicity and beauty of open-flame cooking, allowing guests to appreciate the skill and dedication behind each dish. The menu at Fireside transcends geographical boundaries, offering a symphony of globally-inspired dishes united by their transformation through fire.

The ambiance at Fireside is designed to engage all senses. The inviting atmosphere is punctuated by the rhythmic crackle of flames and the enticing aroma of wood smoke. Rustic elegance defines the décor, setting the stage for an unforgettable culinary journey, whether for an intimate gathering or a lively social experience.

Food Regulator Denounces Pesticide Residue In Indian Herbs And Spices

The Food Safety and Standards Authority of India has refuted claims of elevated pesticide residues in Indian herbs and spices as 'misleading and baseless'. In an official statement, the food safety watchdog emphasized India's rigorous adherence to Maximum Residue Limits (MRLs), which are customized for each food item based on thorough risk evaluations.

The Food Safety and Standards Authority of India (FSSAI) has unequivocally refuted recent media reports alleging higher pesticide residues in Indian herbs and spices, labeling such claims as "false and malicious." In a press release, the food safety regulator clarified that India maintains some of the most stringent standards globally regarding Maximum Residue Limits (MRLs) for pesticides, with regulations tailored to the risk assessments of various food commodities.

Pesticide regulation in India falls under the purview of the Ministry of Agriculture and Farmers Welfare (MoA and FW) through the Central Insecticide Board and Registration Committee (CIB and RC), established under the Insecticide Act of 1968. This regulatory body oversees the manufacturing, import, transport, and storage of pesticides, and determines their registration, banning, or restriction.

The Scientific Panel on Pesticides Residues of the FSSAI evaluates data provided by CIB and RC, conducting risk assessments that consider the dietary habits of the Indian population and health concerns across all age groups. The authority then recommends MRLs accordingly.

India currently registers over 295 pesticides, with 139 specifically designated for use in spices. Codex, an international food standards organization, has adopted 243 pesticides, of which 75 are applicable to spices.

Each pesticide is registered across multiple food commodities with varying MRLs based on risk assessment data. For instance, Monocrotophos, a common pesticide, is permitted at different MRLs for rice, citrus fruits, coffee beans, and cardamom, among others.

In cases where MRLs have not been established, a limit of 0.01 mg/kg was initially applied. This was subsequently raised to 0.1 mg/kg exclusively for spices, for pesticides not registered by CIB and RC.

Furthermore, certain pesticides exhibit varied MRLs across different crops. For example, Flubendiamide, used in brinjal, has different MRLs for crops like bengal gram, cabbage, tomato, and tea.

The FSSAI emphasized that MRLs are subject to regular revision based on scientific data, aligning with global standards to ensure scientifically valid adjustments reflective of the latest findings and international norms.

FSSAI to launch quality check

After starting a probe into alleged violation of norms in branded spices, food regulator FSSAI plans to launch surveillance on other food items like fortified rice, dairy products and spices sold in the domestic market.

According to sources, the Food Safety and Standards Authority of India (FSSAI) is planning surveillance on food items like fruit and vegetables, salmonella in fish products; spice and culinary herbs; fortified rice; and milk and milk products.

FSSAI is already taking samples of spices in powder form of all brands, including MDH and Everest, from across the country in view of quality concerns flagged by Singapore and Hong Kong.

The FSSAI has ordered a comprehensive testing of spices of all Indian brands. They have directed its officials in each state to carry out thorough inspections, sampling, and testing across all spice manufacturing facilities. There is a special emphasis on testing curry powders and mixed spice blends, according to reports. Additionally, India's Spices Board has mandated ETO testing – to check for Ethylene oxide residue – for all spices exported to Hong Kong and Singapore.



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Hong's Kitchen Expands Retail Presence

Hong's Kitchen, the popular Indo-Chinese Quick Service Restaurant (QSR), has opened its 25th store at Dilli 6 Omaxe Chowk in the heart of Chandni Chowk, Delhi. The addition of this new store is a significant move for Hong's Kitchen, extending its footprint to one of Delhi's most iconic and historically rich areas. Chandni Chowk, known for its vibrant culture and culinary heritage, provides an ideal setting for Hong's Kitchen to uphold its tradition of delivering premium taste through best-in-class hygienic processes.

Avinash Kant Kumar, President, Jubilant FoodWorks Limited said, "We are thrilled to bring Hong's Kitchen to the bustling neighborhood of Chandni Chowk. We aim to provide our consumers with affordable and great-tasting Chinese food that has been customized for the Indian palette. In addition, the diverse selection of over 50 flavours on our menu distinguishes Hong's Kitchen from other brands, setting us apart as a unique culinary destination."

Hong's Kitchen is introducing a menu that combines traditional favourites with innovative fusion dishes, such as the Hot Pockets and the Fiery Orange Chicken. The restaurant takes pride in offering a wide range of culinary delights, including Molten Cheese Spring Rolls, Hong Kong Wraps, Momos, the signature Chicken Wing, and indulgent desserts like the Choco Bao.

Sambarpot Opens Second Restaurant

Sambarpot, the iconic South Indian restaurant chain, has opened its second outlet at Omaxe Chowk, Chandni Chowk. It is serving the authentic taste of delicious south Indian flavours in Delhi since 2022. Sambarpot has garnered a loyal following for its commitment to using fresh, high-quality ingredients and



adhering to traditional cooking methods. The restaurant's menu features a wide range of South Indian delicacies, from crispy dosas and savoryvadas to flavourful curries and refreshing chutneys.

"We are beyond excited to bring the authentic flavours of South India to the heart of Old Delhi. Our new outlet at Omaxe Chowk, Chandni Chowk, will provide a delightful dining experience to food enthusiasts, allowing them to savour the rich and diverse culinary traditions of the south," said Subba Rao Sunkara, owner of Sambarpot.

Caffe Allora Expands Presence

Caffe Allora unveils its latest venture with the grand opening of its sixth outlet at Phoenix Mall of Asia, Bangalore. Marking yet another significant milestone in the brand's expansion strategy, this newest addition promises to elevate the culinary landscape of Bangalore and further solidify Caffe Allora's position as a leading café chain in the country.



Caffè Allora symbolizes the quintessential family-run Italian trattorias, replete with the warmth and authenticity of a traditional Italian bistro. From meticulously crafted pizzas and pastas to a delectable array of risottos and antipasti, the menu curated at Caffe Allora caters to every discerning palate, offering a symphony of flavours.

At Caffè Allora, patrons can indulge in signature 15" pizzas, which offer the option for two toppings side-by-side, or savor their authentic Napoli (Neapolitan) pizzas, available in 8", 12", and 15" sizes. However, their culinary offerings extend far beyond pizzas. Caffe Allora takes pride in presenting a diverse selection of soups, salads, small plates, sandwiches, pastas (including metal-cut and handmade varieties), and arborio rice risottos. As part of their commitment to freshness and sustainability, patrons can enhance their dining experience by picking fresh basil leaves from the hydroponics set-up within the restaurant for a true farm-to-table indulgence.

In addition to its exquisite culinary offerings, Caffe Allora at Phoenix Mall of Asia, Bangalore, presents an ambiance that transcends the ordinary, inviting patrons to unwind and socialize in style. Caffe Allora has a thoughtfully curated selection of beverages, including expertly crafted coffees, refreshing lemonades, and artisanal juices, as well as an extensive array of wine, beer, and cocktails.

Chai Sutta Bar Launches Premium Café Chain Kaffee-La'

Indian tea chain Chai Sutta Bar (CSB) has ventured into the premium café market with the launch of its new brand Kaffee-La'. Kaffee-La' is a high-end café concept that offers a luxurious and relaxing ambiance to its customers. With its unique design, quality equipment, and staff training module, Kaffee-La' offers a variety of menu items including a selection of coffees, teas, and premium beverages to its consumers. CSB opened the first Kaffee-La' outlet in Indore.

The company has adopted a franchise-led model for its brand expansion. The franchise cost of each outlet depends upon various factors like location, city, and others.

Kaffee-La' also uses data-driven marketing to deliver targeted campaigns and achieve a high ROI. By leveraging advanced data analytics, the brand optimizes marketing initiatives and tailors messaging to reach its target audience. Their goal is to become a successful franchise system and offer exceptional experience to coffee enthusiasts.

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Newest Beer Chugging Spot KLING Brewery

Guzzle down the stress of a long workday with exceptionally crafted beers soon to be launched at Bengaluru's newest offering – KLING Brewery. The flagship outlet at Churchstreet is an ode to the city's beer-loving community. It aims to redefine the craft beer experience by infusing it with vibrant culture, nostalgic camaraderie and global cuisine.

Reminiscent of the 90s pub culture and mindful of the inclination towards aesthetically pleasing places, the ambience of KLING fervently caters for both. With the anticipated launch of craft beers soon, it promises to deliver exceptional flavours



to cheer and chug down. Waltz into live music nights, sway as you sip your cocktails and be a part of fun events that make your evenings worthwhile.

Its interiors blend modern elements with rustic charm. Eye-popping art and décor accentuate the place. The use of natural materials, patio seating surrounded by plants, and effervescent corridors all reflect the careful attention and sleek craftsmanship in doing up this space.

The KLING Group is ambitious to expand its presence across Bengaluru and beyond. When it's crafted beers gather all the deserving love, the founders are even keen to explore bottling and kegging their drinks.



The Beer Café at Noida

The Beer Café unveiled its latest outlet at Binge Central, Noida, coinciding with its 12th year anniversary celebrations. This marks the fifth establishment of The Beer Cafe in Noida, underscoring another remarkable achievement in its storied expansion. Renowned for its



distinctive brews, delectable cuisine, and exceptional service, the new outlet promises guests an unmatched "beering" experience.

The Beer Cafe showcases an energetic and welcoming ambience through its green, grey, black, and white colour scheme. The addition of mosaic tiles and neon green accents inject sophistication and contemporary style, seamlessly blending with wooden and metallic elements. Cement-textured walls contribute to the overall modern and grounded aesthetic, making it a distinctive and hospitable destination.

Enter a realm of diverse flavours boasting over 50 beer varieties, accompanied by a fusion menu featuring both global and local cuisine. The extensive selection of beers, ranging from local favourites to international brews, caters to all tastes.

Jaan Comes to Mumbai

Chef Farrokh Khambata, with iconic establishments like Umame, Joss, Amadeus, and Cafe NCPA, unveils his latest masterpiece, Jaan, in the heart of Mumbai's heritage precinct, Kala Ghoda.

Derived from the Hindi, Urdu, and Persian words for "life" or "soul," Jaan is a testament to Chef Khambata's visionary approach. Having received critical acclaim in Dubai, Jaan now graces the vibrant culinary canvas of Mumbai.

Jaan beckons diners on a gastronomic journey through the regal flavours of Royal India. Collaborating with the esteemed Querishi clan khansamas from the northern royal states, Chef

Khambata curates a menu that pays homage to the culinary grandeur of bygone eras. From rare



kebabs to rich kormas, biryanis, and decadent meethas, each dish promises a seductive and immersive experience.

The use of delectable mountain herbs and spices from Kashmir, Afghanistan, and Persia elevates the dining experience, offering a glimpse into India's rich culinary heritage.

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Combating Protein Deficiency

In a concerted effort to address the pressing issue of protein deficiency among the Indian populace, the Poultry Federation of India (PFI) with support from USA Poultry and Eggs Export Council (USAPEEC) recently hosted a session held on 18th May 2024 in New Delhi, which convened leading industry experts to underscore the indispensable role of poultry protein in addressing India's nutritional challenges. With participation from renowned industry experts, this served as a platform to advocate for enhanced protein intake, particularly through poultry products like chicken, duck, turkey, and eggs.

The Poultry Federation of India (PFI) and USA Poultry and Egg



Export Council (USAPEEC) recently forged a collaborative partnership to promote poultry proteins which signals a significant step forward in promoting awareness and consumption of poultry protein as a pivotal component of daily diets.

Protein deficiency remains a critical concern in India, as highlighted by the Indian Council of Medical Research (ICMR). Despite established recommendations emphasizing the importance of adequate protein consumption for optimal health, the nation continues to grapple with subpar dietary protein intake, significantly below recommended levels. According to a recent survey by the Indian Market Research Bureau (IMRB), a staggering 73% of urban affluent individuals are



protein deficient, with a vast majority unaware of their daily protein requirements or suitable protein sources.

Ranpal Dhanda – President, Poultry Federation of India, Ravinder Singh Sandhu – Secretary, Poultry Federation of India, Ricky Thaper – Treasurer, Poultry Federation of India, Ms. Pratibha Dixit - Nutritionist/ Dietician, Artemis Hospital, Dr. Ajit Ranade – Vice President, World Veterinary Poultry Association and Shiven Khanna – USAPEEC were key speakers.

During the Session on Poultry Protein, Dr. Pratibha Dixit, emphasized the imperative of raising awareness about protein's significance in daily nutrition. She stressed the need for educating individuals on appropriate protein intake levels and the diverse sources of protein available in the diet. Poultry products emerged as standout examples of complete and bioavailable proteins, offering a comprehensive nutritional profile essential for overall health.

The session provided attendees with an opportunity to delve deeper into the nuances of protein consumption and its implications for public health. Discussions revolved around strategies to enhance awareness, promote dietary diversity, and expand opportunities for poultry products.

Swizzle: Redefining Beverage Experiences

Swizzle is a Bengaluru-based new-age beverage startup. Founded in May 2019, Swizzle started as a specialist cocktail kit delivery startup, the company is making waves in the industry by offering a refreshing twist to traditional mocktails. What sets them apart is their commitment to using 100% natural ingredients making it India's first organic mocktail startup and providing consumers with a premium and authentic drink experience.

The startup, founded by young visionaries, delivers its mocktails through popular platforms like Amazon, Swiggy minis and its own website, drinkswizzle.in. Swizzle also has its presence across various retails and MRPs across Bengaluru providing a better beverage experience to all.

At Swizzle, the team takes pride in creating Ready-to-Drink (RTD) mocktails that appeal to the discerning tastes of both Gen Z and millennials. These clinical and allergy-tested beverages are vegan yet devoid of harmful chemicals ensuring a guilt free indulgence in every sip.

Their high-quality products at affordable prices do not just taste good but also smell fresh without emptying your wallet. This means there is something for everyone from kids to adults with mocktails available in four flavors: Virgin Mojito, Blue lagoon, Triple Berry and Desi Lemonade. It serves over 1lakh drinks monthly in 300 trusted

restaurant partners. Their impressive average rating of 4.2 reflects the unmatched quality and taste of their 100% natural mocktails.

The company has recently concluded its pre-seed funding round, securing equity investment from four angel investors, with Mukund Rao leading the investment charge. This funding propels Swizzle forward in its mission to introduce a diverse lineup of premium mocktails. With this, Swizzle also has exciting plans on the horizon, including the introduction of canned mocktails for HoReCa and QSRs, a direct-to-consumer launch, and nationwide expansion. Their goal is to be present in over 1000 locations by August 2024, serving close to 5 lakh mocktails monthly.

The second half of 2023 has seen the brand concentrate on new product development, rebranding, expansion of distribution channels and intense go-to-market strategies. They have also transitioned from making cocktails to only producing non-alcoholic drinks as a result of increasing customers' demand for a flexible and healthy beverage they can drink daily.

Beyond business; Swizzle is deeply invested in societal and environmental stewardship. They have adopted environmentally friendly packaging materials that help reduce their environmental impact.

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Australian Avocados Enter Indian Market



Avocados Australia Limited, the representative body for the Australian avocado industry, announced its much-anticipated entry into the Indian market, accompanied by cricket icon Brett Lee as their esteemed brand ambassador. This exciting collaboration marks a significant milestone for both Australian avocados and the Indian fresh fruit market.

Reputed for their superior quality and health benefits, Australian avocados are set to give the Indian taste buds an amalgamation of flavour, texture and nutrition. With Brett Lee as a brand ambassador, this launch aims to introduce a premium and healthy option to the Indian households, promoting the incorporation of avocados into everyday meals and snacks.

The avocado market in India is gaining momentum. Avocado consumption has increased in India, with global demand also witnessing a significant surge over the past decade. Avocado is a healthy addition to all diets, and is particularly perfect for those eating vegetarian diets.

The Australian avocado industry is growing rapidly, Australia produced just over 115,385 tonnes of avocados in 2022/23 and Australian production is forecast to increase strongly over the next few years to approximately 170,000 tonnes by 2026. In line with this production growth, Aussie growers are committed to developing new overseas markets such as India.

Increased exports will be critical for the future viability of the Australian avocado industry. During the launch of Australian avocados in India, Acting Australian High Commissioner to India, Nick McCaffrey said: "The introduction of Australian avocados to the Indian market signifies a promising partnership between our nations. It's a testament to the growing bilateral ties and the potential for further collaboration in the agricultural sector."

John Tyas, CEO of Avocados Australia, stressed the significance

of the Indian market and outlined the strategy to enhance the visibility of Australian avocados in India, stating, "we are excited to bring the exceptional taste and nutritional benefits of Australian avocado to the diverse Indian market. With our focus on exports and a commitment to quality and service, we are confident that we will establish a robust presence in India. While competition exists, we believe our emphasis on quality, service, availability throughout the year and market support will set us apart. Also, with Brett Lee as the brand ambassador, we are confident that Australian avocados will become a beloved fruit in Indian households, enriching meals and inspiring culinary creativity."

"Many consumers in India are not aware of the health benefits of regular avocado consumption nor are they aware of the wide range of uses this fruit can provide in different cuisines. Our intent is to educate consumers on both these aspects, we can also help with consumer communication on the best approaches for fruit ripening and handling." "India market access is a great opportunity, however, we have much to learn about this market and it will take time and effort to develop this market over the coming years," he added.



The launch of Australian avocados in India marks a significant step in the industry's global expansion journey, promising premium quality for Indian consumers. Australian cricket legend, Brett Lee, expressed his excitement about the partnership, stating, "I am thrilled to be associated with Australian avocados and with the fruit that embodies the essence of health. Throughout my journey, I have prioritized nourishing my body with good food, which is why I'm excited to combine this passion with my deep affinity for India and its rich culture. I look forward to championing the exceptional taste, quality, and adaptability of Australian avocados both at home and abroad."

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Technical & Educational Seminar on American Pecans



With a view to educate and create awareness about the technical aspects of American Pecans, New Mexican Department of Agriculture (NMDA) conducted an engaging Seminar on the benefits of American Pecans in New Delhi. This move is a concerted effort from NMDA to popularise American Pecans in the light of the growing health-consciousness amongst Indians.

Eminent speakers who were present at the Seminar included Dr. Richard Heerema from New Mexico State University and Ms. Serena Schaffner, Managing Director - Global Marketing and Regulatory Affairs & American Pecan Council Promotion Board (APPB). The session was well attended by leading chefs, and well-known nutritionist Ms. Ritika Samaddar who gave useful health tips on Pecans and its health benefits.

Founded in 2016, the American Pecan Council is a group of passionate growers and shellers whose life work is dedicated to growing, harvesting and processing America's only major tree nut - American Pecans. It is solely dedicated to showcase the diverse and versatile benefits, uses and remarkable history of America's native tree nut. The purpose of APPB is to strengthen

the position of American Pecans in the market place, maintain and expand markets for pecans and develop new uses for pecans.

Pecans, often called a Superfood are a powerhouse of protein, healthy fats and fibre that can help keep you energised and satisfied for long hours. Pecans are a good source of calcium, magnesium and potassium which help lower blood pressure. In all, American grown Pecans with its nutrient dense properties is a robust nutritional package in itself - a great Superfood!

Speaking on the occasion, Ms. Serena Schaffner, Managing Director - Global Marketing and Regulatory Affairs & American Pecan Council Promotion Board (APPB) remarked, "India offers immense potential for American Pecans and ranks very high in our list of priorities. Life on the fast track, stress, sedentary lifestyle and health disorders have made people prone to health risks like heart attacks, diabetes, hypertension, and even non-communicable diseases like cancer etc.

However, with rise in disposable income and awareness levels, consumers are now exploring healthy eating options to stay healthy and lead an active lifestyle. We are delighted to see that India is a growing

market for American pecans. In 2022, the United States exported around 109 metric tons (MT) of Pecans to India valued at over \$1.3 million. The volume of American Pecans exports to India is growing steadily as more Indians are getting aware of the health benefits of these amazing nuts. We foresee a huge surge in this volume in time to come."

Detailing the health benefits of Pecans, Dr. Richard Heerema from New Mexico State University said, "We are all aware of the modern-day stress and challenges that we go through everyday. Pecans fit in well here as it's a complete guilt-free snack - an anytime, anywhere snack giving you the right nutrients to stay active and healthy especially for people on the move!"

Besides having it as a snack, delightful and innovative recipes can be dished out with pecans as they are tasty, nutritious and crunchy. They enhance the taste, flavour and give huge opportunity to innovate and decorate the dishes. Globally too, people are looking at plant-based protein sources and Pecans are just the perfect choice! Initially, pecans were only used for garnishing, but we now see more and more consumers look towards American pecans as a healthy, anytime guilt free."

Drizzle of Excellence

Olive Oil Infused Culinary Adventure for Europe Month

Decoding the taste and richness of the EU with Chef Guntas Sethi and Chef Ajay Chopra

A drop of gold, a drizzle of excellence and a splash of richness, olive oil from Europe offers a superior taste, and an unrivalled guarantee of quality over other oils. There isn't a better time to discover the secrets of this European elixir than Europe Month. So, let's embark on a culinary voyage through the landscape of the European Union (EU), guided by renowned chefs Ajay Chopra and Guntas Sethi.

The EU leads the world in olive oil production, contributing a staggering 67% of global production. Spanning approximately 4 million hectares, predominantly nestled in the Mediterranean regions of EU countries, olive tree cultivation thrives through a blend of traditional, intensive, and super-intensive groves.

Why choose Olive Oil from the EU?

The European Union leads the world in olive oil production, and is world-renowned for its dedication to quality and authenticity through rigorous regulations and transparent processes. Strict rules ensure traceability to each batch's exact origin, building trust among consumers and culinary experts.

In addition to assigning quality schemes such as the PDO and PGI labels to olive oils from the EU, sustainable practices like crop rotation and agroforestry are also followed which promotes biodiversity conservation, soil health, and long-term sustainability in olive groves.

Hear from the experts:

Chef Ajay's Perspective on Choosing Olive Oil:

Renowned for his inventive approach, Chef Chopra appreciates the robustness of olive oils, which impart a bold, earthy depth to his dishes. Whether drizzled over grilled vegetables or used to finish hearty stews, he finds that European olive oils like Huile d'olive de Provence, PDO from France add a rustic charm, enhancing both taste and texture. To select the perfect oil for different taste palates, he advises pouring a small amount into a tasting glass, warming it slightly, then inhaling deeply to capture its aroma. Next, take a small sip, allowing the oil to coat your palate, and note its flavour notes, ranging from fruity and grassy to peppery and bitter. Swirl the oil around in your mouth to fully experience its complexities before swallowing or spitting it out if tasting multiple oils.



Chef Guntas's Approach to Cooking with Olive Oil:

At Chef Sethi's recent event, 'Zero Waste Kitchen: Where Sustainability Meets Flavour,' EU olive oil took centre stage in innovative recipes aimed at minimising waste while cooking. From using Azeite de Trás-os-Montes, PDO from Portugal in delicious appetisers like **Shiitake Mushroom Arancini** with Spicy Tomato Chutney and Chorizo Hash, to incorporating Chania Kritis, PGI from Greece into dishes like **Pesto-marinated Grilled Halloumi** and **Prosciutto-wrapped Stuffed Chicken** – the chef showed that the options and possibilities are endless!

As we embrace Europe Month, let's celebrate the unparalleled taste, quality and authenticity of European Union Olive Oil. From its rich history to its sustainable practices, EU olive oil embodies the essence of European gastronomy, enriching dishes across the world.

Here's to a month of flavour, health, and sustainability, guided by the culinary expertise of Chef Ajay Chopra and Chef Guntas Sethi.

Did you know?

Olive oils for consumers are classified into four distinct categories - Extra Virgin olive oil, Virgin olive oil, Olive oil composed of refined olive oil and Virgin olive oils and lastly Olive-pomace oil. Extra Virgin olive oil stands out as the premium choice, renowned for its flawless profile and fruity taste. It is ideal for salads and for drizzling over pizzas or other cooked dishes.

Olive oils are produced under stringent regulations, and can be protected by initiatives such as **Protected Designation of Origin (PDO)**, which means all production, processing, and preparation happens in a specific region with quality and characteristics due to the region, and **Protected Geographical Indication (PGI)**, which means at least one production step takes place in the specific region. These schemes guarantee only the finest olive oil reaches consumers, with assurances of authenticity and quality.





While Spain is a leading producer of Olive oil, accounting for 63% of the production within the EU, followed by Italy, Greece, and Portugal, there are lesser known players such as Malta, Slovenia, France, Cyprus, and Croatia, which all offer distinguished olive oils like **Croatia's PDO Bračko maslinovo ulje** and **Ekstra deviško oljčno olje Slovenske Istre, PDO from Slovenia.**



Happy Europe Month!



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Advertorial

'Gaylord' at Churchgate Opens Its Door



Gaylord, an iconic restaurant at Churchgate Mumbai, is all set to unfold a new chapter in its legendary journey. The 67-year-old dining destination is all geared up to embrace the new times and the changing world with a revamped look while retaining its old charm that will draw not only the yesteryear crowd but also today's generation.

Established in 1956 by partners Ghai & Lamba, has served as a heritage landmark for decades, that stands as a link to Mumbai's glorious past, is now ready to take you back to the golden years through a nostalgic cuisine and atmosphere. The legacy continued with Sunil Lamba and continues still with the new owners Dhruv & Divij Lamba being the torchbearers of this iconic restaurant. The all-new Gaylord with its new yet cultural and heritage look will also offer an exciting new menu keeping its legacy intact.

The Interiors

The new interiors designed by Headlights Studio, a design firm from Delhi draw its inspiration from the black and white colonial-era infused with rich historical accents. The lavish Parisian outdoor patio, colonial architecture, vintage atmosphere,

cosy ambience, delicately carved historical artefacts & statues, beautiful intricate chandeliers, and plush seats will make you want to stay still in the moment.

The walls are lined with more than 150+ original B&W photographs sourced from renowned photographers like Madan Mahatta and various others, narrating a story of their own. All these photographs are curated by Delhi based gallery Blueprint 12. Among these photographers, you might also spot a few familiar faces of



prominent personalities like Raj Kapoor, Lata Mangeshkar, Pandit Ravi Shankar and even some rock idols like the Beatles, a testament to Gaylord's rich legacy and irreplaceable charm.

The elegant fine-dining space is no stranger to setting new trends, from introducing formal ballroom dancing and live bands in the Jazz age in Mumbai to being the go-to social gathering hotspot for many Bollywood celebrities in the '60s, Gaylord has been an indispensable part of the city's cultural fabric and keeps this tradition alive still.

"Redesigning the space of this iconic restaurant was like a dream come true. It was a harmonious dance between honouring its rich history and infusing it with a fresh, contemporary flair. Every element is carefully curated, and every detail is meticulously crafted, to create an ambience that not only captivates the senses but also pays homage to the restaurant's enduring legacy while embracing the spirit of modernity." says Sidharth Srivastava, Design Principal at Headlights Studio.

Food & Drink

Known for its delectable Breakfast bites

and Indian & Continental cuisine, start your day with some healthy and tasty breakfast with 'Sahib Full English' consisting of eggs served with sausage, bacon, baked beans and toast. Spend your lazy afternoons with their mention-worthy 'Tier Specialty High-Tea platters' featuring a selection of pantry sandwiches, bite-sized cakes, pakoras and hot/cold beverages.

The array of teas served will make you forget your coffee, partake in some Kashmiri Kahwa or the Darjeeling First Flush, and don't forget to also try Flowery Nilgiri Orange Pekoe, a rare type of tea produced only in the Nilgiri region during their winter harvest, all served in specially curated crockery and cutlery imported from France.

Indulge in the classics like the Gaylord's famous mashed potatoes, or Chicken

can't wait for your patrons to try the new dishes and choose their favourites," says Chef Vikram about the new menu.

Pair these dishes with flavourful elixirs from the newly created cocktail menu with



gin, cucumber, lemon & sparkling water or The Royal Mysore a flavourful mixture of smoked bourbon, sandalwood, cherry, citrus and Indian bitters.

The desserts are to die for, choose from the classic Black Forest, Pineapple Cake or try something new with the Japanese Cheesecake and Mixed Fruit Cake, they will surely not disappoint.

"Gaylord's new look & menu is not just a celebration but a tribute to its long-standing legacy of 67 years. We promise to keep pushing boundaries each year and preserve our precious past. Gaylord is committed to standing the test of times, being a haven for generations and forging new ever-lasting memories, synonymous with warmth and love for good food.", says Dhruv & Divij Lamba, owners of Gaylord.

Gaylord is also a cultural hotspot,



ala Kiev an all-time favourite chicken breast stuffed with buttered mushrooms and cheese, or experience the Lobster Thermidor prepared in a delicate mushroom & cream sauce with white wine, carefully baked in a shell and topped with cheese. There's something for the sweet vegetarians too, try Veg Au Gratin a combination of vegetables in cream sauce baked with cheese, or Lasooni Palak a creamy spinach preparation flavoured with fresh garlic and spices.

"Crafting each dish at Gaylord is like composing a symphony, blending tradition with innovation to create a culinary masterpiece that resonates with the legacy of our iconic restaurant, now rejuvenated with a new menu that celebrates both our heritage and the flavours of tomorrow, we



riffs of interesting local and international picks with a unique outlook on colonial drinks such as martinis, bloody marys, and GnTs. Pick your poison from our famous GnT 'Gaylord Cucumber Collins' made with

attracting crowds from various walks of life and a favourite spot for many music, art and film communities. Since its inception, Gaylord has been a beacon of Mumbai's culture. Its latest revamped look is dedicated to celebrating and preserving the precious past while foraying into a new age.

The revamped Gaylord space will host many cultural nights from live grand piano recitals, to live music events and specially curated hi-tea parties, a truly designated space for people of all ages. While enjoying the cosy ambience, patrons can indulge in the newly curated dishes along with their old favourites featuring a variety of cuisines, and new scrumptious delicacies with the same trademark delicious taste.



Chef Sachin Malik

Radisson Blu MBD Hotel Noida has appointed Sachin Malik as Executive Chef. He has over 18 years of experience, starting as the Banquets Sous Chef at The Leela Palaces, Hotels & Resorts (Bangalore Gurgaon & New Delhi). He also worked at Melia Hotels Resorts (Doha, Qatar), Zone by the Park, Signature by Sanjeev Kapoor (UAE) and Wyndham

Hotel Group in Bahrain, overseeing F&B operations. A graduate of the Oriental School of Hotel Management, he worked under the guidance of the best culinary masters.



Chef Pradeep Rao

Conrad Pune has appointed Chef Pradeep Rao as Executive Chef. He boasts 17 years of culinary expertise, honed his skills in prestigious kitchens across India and the United States, he brings a deep appreciation for regional flavours and a well-established reputation for creativity. His gastronomic journey began in 2007 with The Oberoi, Bangalore. He then went

on to the signature Italian restaurant, Prego, at the Westin Hyderabad, and the Marriott Town Centre in Seattle, USA. Returning to India, he rejoined the Westin Hyderabad.



Chef Nishanth KV

DoubleTree by Hilton Goa - Arpora - Baga has appointed Chef Nishanth KV as Executive Chef. With over 16 years of experience in the Hospitality Industry, he brings a wealth of knowledge, skills, and expertise with success in a wide range of roles and functions within food and beverages production departments. Prior to this assignment, Chef Nishanth was

working as the Executive Sous Chef in DoubleTree Suites by Hilton Bangalore. He possesses excellent understanding of regional and international cuisines.



Chef Gopal Sethi

Sheraton Grand Chennai Resort & Spa has appointed Gopal Sethi as Executive Chef. He has an impressive 20 years of experience in the culinary world, brings a wealth of knowledge and skill. He began his journey at Grand Hyatt Mumbai in 2004. In early 2022, Gopal embarked on his last assignment as Executive Chef at Hyatt Regency Kathmandu, where

he continued to excel in his role. As guest's expectations continue to rise, he believe in forging deep human connections and bringing out a better experience.



Chef Vijay Kumar Sahi

MRS Group of Hotels has appointed Chef Vijay Kumar Sahi as Director – Culinary. With a rich heritage of culinary excellence he brings nearly two decades of international and national expertise to the forefront of its culinary operations. Chef Sahi has a deep understanding of global gastronomy, joins MRS Group from his tenure with the Oberoi Group,

at Trident Udaipur and Trident Chennai. His leadership in these roles significantly enhanced guest satisfaction, showcasing his ability to blend traditional flavours with contemporary tastes seamlessly.



Chef Akash Singh

Spectra Hospitality Services has appointed Akash Singh as Corporate Chef. With over 24 years of experience he started with The Oberoi Hotels & Resorts, after passing out from IHM Lucknow. He was Indian Head Chef at Jio World Convention Center & Nita Mukesh Ambani Culture Center Mumbai and worked as Executive Chef

Le noir café, St. Regis Abu Dhabi and Academy of Pastry Culinary Art in Mumbai and also at The Oberoi Udaivilas in Udaipur. He has deep understanding of food & beverage operation.



Chef Rajiv Vatsyayan

Crowne Plaza Greater Noida appoints Rajiv Vatsyayan as Executive Chef. With more than 19 years of diverse culinary expertise, he has successfully managed kitchens in business hotels, luxury resorts, and other establishments. He has played a crucial role in pre-opening activities, establishing cutting-edge kitchen facilities, overseeing menu planning and presentation, ensuring

quality control, and leading team training and development. In addition to his tenure at Oberoi Hotels, he has also contributed his skills to Sujana Hospitality, a luxury resort group in Rajasthan.



Hitesh Pant

Sheraton Grand Bengaluru Whitefield Hotel & Convention Center has appointed Hitesh Pant as the new Executive Chef. With over 14 years of experience he held various senior positions in renowned hospitality establishments and achieved significant milestones, including his tenure as Executive Sous Chef at The Oberoi Group of Hotels and Resorts in

Bengaluru. He holds a Bachelor of Science from the Institute of Hotel Management and a Bachelor of Commerce. In his new position he will oversee the culinary operations across all F&B outlets.

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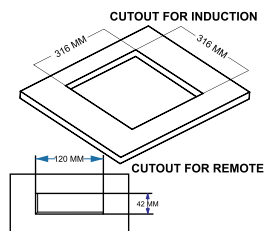
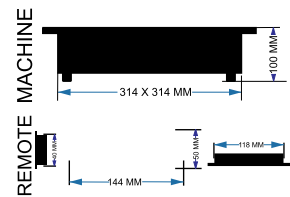
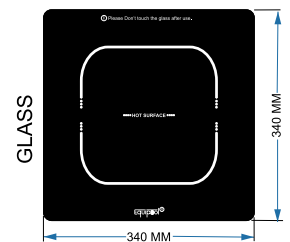
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Food Safety and Shelf-life Management in Retail Operations

Food safety and shelf-life management are major priorities for retail operations. The World Health Organization reports that 600 million cases of foodborne diseases occur annually worldwide as a result of unsafe food. Therefore, limiting shelf-life is critical in controlling foodborne pathogens such as bacteria, viruses, and parasites. When perishable foods are no longer safe to eat, they cannot be sold or displayed.

To address food safety challenges associated with shelf-life management, Sutida Ketudut, an expert from NSF, provides guidance on this matter.

Creating a Robust Food Safety Management Program

A robust food safety management program is a critical undertaking in the global food industry, mandated by many regulators to ensure businesses identify and effectively manage risks. Beyond compliance, such a program is fundamental for any responsible business seeking to uphold its brand reputation and foster sustainable growth. These programs are often based on the globally recognized Hazard Analysis and Critical Control Point (HACCP) system and its guidelines, as well as national or regional food safety standards.

The first step to developing a comprehensive food safety management program is to identify key components. These include implementing, documenting and verifying policies and procedures against specific regulations and requirements, identifying potential hazards in food handling operations, deciding how these risks can be controlled, monitoring the control methods, taking corrective action if a risk has not been effectively managed and undergoing regular review by a qualified food safety auditor.

Shelf-life management is one area where it is critical to demonstrate these actions. Failure to understand

and adhere to food safety regulations related to shelf-life management could result in prosecution, financial penalties and reputational damage. Food regulations and industry standards vary around the world and change to reflect evolving knowledge and technology. Food business owners should check the precise temperature control requirements that apply to specific products in the jurisdiction where they are operating in. Suppliers of high-risk foods must be approved to be considered for retail operations.

Beyond regulatory compliance, shelf-life management should take into account other factors, including the nature of the food, its method of processing and packaging, the temperature at which it is stored and displayed and how it will be used. NSF has experience conducting thousands of audits each year for leading food retail brands globally. This helps businesses curtail critical food retailing risks and can be shared with operational teams, either as a quick refresher or to inform new employees.

Risks in Shelf-life Management

As a food retailer, it is essential to understand the potential risks that can lead to food safety issues. Overstocking, incorrect transport, “first in, first out” (FIFO) failures, improper storage and display, inadequate cooling, data gaps and poor hygiene are some of the common risks that food retailers face.

One of the common risks that food retailers face is overstocking. Holding too much inventory of perishable products can result in high spoilage rates, causing food waste. According to the World Food Programme (WFP), one-third of food produced for human consumption is lost or wasted globally, amounting to approximately 1.3 billion tons per year, worth approximately US\$1 trillion. It is crucial to understand product variation, as different food

types can be kept for varying amounts of time.

The risk of overstocking is exacerbated by the failure to operate an efficient FIFO system. This system ensures that older products are sold before new ones are displayed, reducing the risk of spoilage. Chilled product displays in open units, such as fresh fish on ice beds, need careful FIFO management to ensure that products are rotated correctly.

Incorrect placement of products within vehicles, storerooms, refrigerators and display units can result in them being kept in sub-optimal conditions. This includes mistakes in handling, storing and transporting products by suppliers, such as failing to maintain the cold chain.

Inadequate cooling is another significant risk that can lead to food poisoning. Bacteria that can cause food poisoning multiply in warm conditions, so failures in refrigeration and temperature control lead to a higher risk of food degradation and shorter product shelf-life.

Data gaps can be caused by outdated or insufficient equipment and inadequate staff training. The poor gathering and monitoring of information about food quality and conditions result in delayed detection of issues and a higher likelihood of product degradation.

Finally, poor hygiene practices magnify the importance of cooling in managing product shelf-life. This is because pests and bacteria can spread easily and rapidly degrade food products in the absence of adequate workplace cleaning, personal hygiene and protective clothing and equipment in food handling environments.

Key Steps for Industry Leaders

Business leaders must identify potential risks and implement measures to prevent them. Here are some key steps to ensure food safety within an organization.

People. Effective risk management in the grocery industry starts at the top with senior management committing to sound corporate governance, legal compliance and risk management. This includes setting the right policies and procedures for shelf-life management. Throughout the organization, there is no substitute for high-quality staff training. Training programs should embed vital knowledge on issues such as product variation and the need for careful adherence to FIFO, as well as instilling routines on everything from housekeeping (closing cold-room doors, etc.) to hygiene.

Process. Successful shelf-life management includes measures and plans that address potential risks promptly. This should include checks on suppliers and contingency plans for power outages and other issues or crises. Regular audits and assessments are crucial for identifying and mitigating shelf-life management risks. Thorough records of action taken demonstrate compliance with a food safety program.

Technology. Critical to the success of a food safety management program is ensuring the equipment used in your food operations does not pose potential food hygiene



Sutida Ketudut

Sutida Ketudut is the Director of Food Retail Solutions for APAC at NSF. Her primary responsibilities include overseeing the organization's operations in the region and ensuring they align with the company's objectives. Ketudut has been working with NSF for over 14 years, managing SEA, the Seafood division, and currently the food retail business for APAC. She holds a Master's degree in Public and Private Management from the Thailand National Institute of Development Administration.

risks. Equipment that contacts food directly or indirectly, or is used in a food processing environment, must be designed and manufactured so it is easily cleanable, corrosion-resistant and does not impart toxic materials into the food. Temperature-holding capacities should also be tested. Additionally, invest in high-quality, up-to-date equipment. This might include adopting advanced technologies such as Internet of Things (IoT) sensors and cloud-based monitoring systems for real-time temperature tracking and automated alerts.

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Healthy food

An Attempt to Meet Diners' Desire

Sustainable Development Goal 3 (SDG 3), one of the 17 Sustainable Development Goals established by the United Nations in 2015, was about "Good Health and Well-being". This could be said to be an eye-opener and the source of making people aware of maintaining their health, which became more pronounced due to the Covid-19 pandemic. Consuming healthy food, since then, has become a significant – if not imperative – element in lives of almost everyone. And this healthy and nutritious food is also playing a significant role in the success of restaurants. Diners are now becoming more particular about the food they consume, making the F&B outlets offer a diverse and appealing menu of healthy food options. **Ashok Malkani** tries to evaluate how the restaurants and chefs are meeting this desire for nutritious food by customers and what are some of the healthy food options.

Health is wealth is a common concept. Ralph Waldo Emerson, the American Philosopher wrote “The first wealth is health” in 1860. At its core it means that your physical and mental well-being is more important than wealth in the realm of life satisfaction. And a healthy diet is essential for physical and mental wellness. Is it any wonder then that a majority of the millennials, today, prefer wholesome food. This trend was visible even before the pandemic, but Covid-19 has had a drastic lifelong impact on the eating patterns, leading the F&B industry to implement some changes in their cuisine.

Mehul Sharma, Founder & CEO, Signum Hotels & Resorts, discloses, “In response to the growing demand for healthier food options post-pandemic, the F&B industry has undergone a noticeable shift towards promoting nutritious choices. Many restaurants and food outlets have revamped their menus to include more salads, grilled proteins, and whole grains while reducing the emphasis on fried and processed foods.

Moreover, there has been a concerted effort to source ingredients locally, not only to support nearby farmers and reduce carbon footprints but also to ensure fresher, higher-quality produce reaches the consumer. This emphasis on local sourcing not only aligns with the healthy eating trend but also resonates with consumers’ desires for sustainability and community support.

Alongside menu changes, the industry has embraced transparency in ingredient sourcing and nutritional information. Consumers are increasingly interested in knowing exactly what goes into their food and how it is prepared, prompting restaurants to provide detailed information about the origin of ingredients, nutritional content, and potential allergens. This



transparency builds trust with customers and empowers them to make informed decisions about their dietary choices.

Additionally, plant-based alternatives have gained significant traction, with many establishments offering vegan and vegetarian options to cater to the growing segment of health-conscious consumers looking to reduce their meat consumption for health and environmental reasons. By adapting to these shifting consumer preferences, the F&B industry is not only meeting the demand for healthier options but also driving positive change in the way food is produced, sourced, and consumed.”

Rounik Singha, Assistant F&B Manager-Grand Victoria, The Fern Resort & Spa, Panchgani, avers, “After the pandemic, there has been a considerable increase in consumer awareness and preferences towards exploring more healthy and sustainable food options. As a result, the F&B Industry has adapted in several ways

to fulfill this new demand. They are:

Ingredient Transparency: Consumers are now extremely particular about what they feed their bodies. As a result, the industry has responded by providing clear labelling vis-à-vis dietary information, recommended serving, sourcing information, allergy warnings etc. so that consumers can make well-informed choices.

Expanding Healthy Offering: To cater to the health-conscious consumers, menus and product lines have been expanded to include more nutritious options such as gluten-free, plant-based, naturally sweetened, vegan and organic food.

Focus on Sustainability: The F&B Industry is now prioritizing sustainable practices such as sourcing ingredients locally, adapting farm-to-table practice, offering plant-based alternatives, recycling and reducing packaging waste to decrease carbon footprint.”

Healthy Food

However, the general belief is that over the last decade there has not been much of a change in the dietary pattern. So, what constitutes healthy food, in general? Food labels claiming the packaged stuff to be healthy can provide information to consumers on what forms a healthy food. United States’ Food and Drug Administration (FDA) has begun a public process to update the “healthy” claim for food labeling to be consistent with current nutrition science and federal dietary



guidance. The National Institute of Nutrition (Indian Council of Medical Research), Hyderabad, advises individuals to consume food from at least 9 to 10 food groups per day to achieve diet with adequate micronutrients and quality protein and fat.

Rounik states, "Healthy food refers to the food that contains and provides all essential nutrients such as vitamins, minerals, healthy fats, proteins and carbohydrates in balanced proportion, while simultaneously being relatively low in added sugars, sodium, and unhealthy fats. This helps the human body to perform daily tasks efficiently."

Mehul asserts, "Healthy food encompasses nourishing sustenance that imbues both physical vitality and emotional contentment. It embodies a spectrum of nutrient-dense offerings, including vibrant fruits and vegetables, fiber-rich whole grains, and lean proteins, which collectively bolster bodily resilience and sustain enduring energy levels."

He adds, "Consuming healthful fare not only satiates hunger but also augments metabolic vigor, akin to furnishing a high-performance engine with premium fuel. Whether indulging in the succulence of a ripe fruit or savouring the wholesomeness of a meticulously curated salad, the consumption of nutritious victuals fortifies one's physiological fortitude, fostering a state of well-being conducive to sustained productivity and vitality."

Restaurants' Contribution

Dining out has become a trend in India. Whether it is for special occasions or just because the consumer wants to eat convenient, tasty and different food. Indians, in general, habitually eat out and do not wait for occasions. According to a survey conducted by Rakuten Insight in December 2022 a majority of the respondents between the age group of 16-54 years dined out once a week. Since healthy food is becoming the preferred choice, the restaurants too have to try and indulge in satiating the consumers' preference for healthy food.

The question that comes to one's mind is: What is the percentage of restaurants that can meet the public demand for healthier food?

Mehul states, "Based on the insights provided by the "Godrej Food Trends Report 2023" and the projections from the National



Mehul Sharma

Restaurant Association of India (NRAI), it's evident that the F&B industry in India is undergoing significant changes to meet the increasing demand for healthier and more diverse food options. The inclusion of home chefs and traditional snack makers alongside artisanal and new-age snack brands reflects a broader shift towards embracing diversity and authenticity in the market.

Moreover, the rising emphasis on mindful and healthy eating is driving the demand for diet-friendly and nutritionally fortified snacks, including those made with ingredients like millets and plant-based alternatives. This trend aligns with consumers' growing awareness of the importance of nutrition and sustainability in their food choices."

He adds, "The integration of technology, such as online ordering systems and digital menus, is poised to enhance the customer experience and streamline restaurant operations. By leveraging technology, establishments can cater to changing consumer preferences while optimizing efficiency and convenience."



Rounik Singha

"Overall," he disclosed, "the projected growth of the F&B industry in India, with a CAGR of 10% from 2021 to 2025, underscores the dynamic nature of the market and the opportunities it presents for innovation and adaptation to evolving consumer demands."

He asserts, "Restaurants strive to offer healthy and hygienic food options by prioritizing quality ingredients, diverse menu offerings, and careful cooking methods. They often source fresh, high-quality ingredients and may offer a range of menu options to accommodate various dietary preferences and needs, including vegetarian, vegan, and gluten-free choices.

Additionally, many restaurants opt for healthier cooking methods such as grilling, roasting, or steaming, which require less added fat compared to frying, and may provide smaller portion sizes or half-sized options to help customers manage their calorie intake.

In terms of hygiene, restaurants adhere to strict standards set by local health authorities to ensure the safety and cleanliness of their kitchen and food preparation areas. This involves rigorous practices such as regular handwashing, surface sanitization, proper food storage, and staff training in food safety protocols. By implementing these measures, restaurants aim to provide customers with not only delicious meals but also peace of mind regarding the healthiness and hygiene of the food they consume."

Rounik is cautious about the percentage of hotels serving healthy food. He states, "It is not possible to give an exact number as this can depend on various factors such as restaurant type, location and accessibility, consumer preferences, etc. However, there has been a considerable increase in the availability of healthier food options in recent times with many restaurants trying to adapt their menus to cater to health-conscious consumers.

Small-scale restaurants may have limited options and might find it difficult to cater to these needs. But for large restaurant chains, health cafes and upscale dining establishments, it is comparatively easier to offer a wide range of healthy foods. Thus, while many restaurants can cater to at least some portion of the public demand for healthier food, the extent to which they do so varies significantly across the industry

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subject to factors mentioned above.”

He adds, “Whether the food available in restaurants is healthy or not, depends on a variety of factors such as the type of restaurant, ingredients used, dishes ordered, cooking methods, portion sizes, individual dietary preferences and hygiene practices followed. Fast food chains offer convenient options but often include items high in calories, unhealthy fats, and sodium. Health-focused or fine-dining restaurants offer more nutritious choices.

Restaurants that prioritize quality ingredients and fresh produce are more likely to offer healthier meals. Dishes made with whole grains, lean proteins, fruits, and vegetables tend to be more nutritious than those made with processed ingredients, refined grains, and high-fat meats. The cooking methods used in restaurants can also impact the healthiness of the food. Grilling, baking, steaming, and sautéing with minimal added fats are generally healthier options compared to deep-frying or pan-frying in excessive oil.”

He continues, “To ensure that restaurant food is healthy and hygienic, certain practices need to be followed, like:

Raw Material Sourcing: Restaurants should source ingredients from reputable suppliers and ensure that they meet quality and safety standards.

Sanitization Protocols: Regular cleaning schedules for kitchen equipment, food preparation surfaces, utensils, and dining areas is crucial for maintaining cleanliness and preventing cross-contamination

Food Handling Practices: Proper food handling practices such as washing hands regularly, wearing gloves when handling food and avoiding cross-contamination between raw and cooked foods are essential

Temperature Control: Proper temperature control is essential for preventing the growth of harmful bacteria in food. Restaurants should ensure that refrigerators, freezers, and cooking equipment are functioning correctly and that food is stored and cooked at appropriate temperatures.

Training and Awareness: Restaurant staff, including chefs and kitchen workers, should receive training on food safety practices, proper food handling techniques, and hygiene protocols

Follow HACCP Practices: The seven step HACCP Plan should be strictly adhered to.”



Chefs and Food Basics

As people become aware of the importance of a healthy diet and the needs of the diners change, the chefs too have to adopt strategies for serving food that would satiate the customers’ needs and appetite. Today, the chefs have to adapt recipes for health-minded individuals. They have to be aware of the basics of nutrition.

Mehul declares, “Understanding the basics of nutrition is paramount for chefs as it enables them to create menus that cater to diverse dietary needs and preferences while promoting health and wellness. With this knowledge, chefs can design balanced menus that offer a range of nutrient-dense options, ensuring that patrons receive meals that contribute positively to their overall well-being.

By accommodating various dietary restrictions, such as vegetarian, vegan, gluten-free, or low-sodium diets, chefs can ensure that all customers enjoy a satisfying dining experience without compromising on flavour or quality. Moreover, a solid understanding of nutrition allows chefs to promote health-conscious eating habits among their patrons.

By incorporating nutritious ingredients and cooking techniques into their dishes, chefs can play a pivotal role in preventing diet-related diseases and fostering a culture of mindful eating. This knowledge not only enhances the culinary creativity of chefs by encouraging innovative approaches to cooking but also reinforces their ability to make informed decisions that prioritize the health and satisfaction of their customers.”

He asserts, “They should also care about culinary nutrition as it directly impacts the health and well-being of their patrons. As

creators of culinary experiences, chefs wield significant influence over the dietary choices of their customers. By incorporating nutritious ingredients and cooking methods into their culinary creations, chefs can contribute to improving the nutritional profile of their dishes, thereby promoting healthier eating habits among their clientele.

In today’s health-conscious society, there is a growing demand for nutritious dining options. By embracing culinary nutrition, chefs can cater to this evolving consumer preference and differentiate their establishments in a competitive market. Additionally, prioritizing culinary nutrition allows chefs to align with broader societal trends towards wellness and sustainability, demonstrating their commitment to promoting health and environmental stewardship through food.

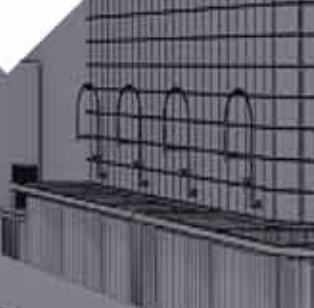
Furthermore, understanding culinary nutrition empowers chefs to craft dishes that not only tantalize the taste buds but also nourish the body, fostering a holistic approach to gastronomy. By embracing the principles of culinary nutrition, chefs can enhance the overall dining experience for their patrons while contributing to the promotion of healthier lifestyles and communities.”

Rounik states, “With guests becoming more aware and health conscious, there is no longer a one size fits all approach in terms of nutrition. The nutritional need of each guest is unique which makes it necessary for chefs to be fully aware of nutrition and how it works in order to fulfil guest requirements.

Nutritional knowledge also helps chefs in designing balanced menus ensuring overall well being of consumers. It also aids the chef



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in picking ingredients by helping them opt for fresh, whole foods that are rich in nutrients rather than heavily processed or unhealthy options. Additionally, it also enables chefs to use healthier cooking techniques, such as grilling or steaming instead of frying, reducing the amount of unhealthy fats and calories in their dishes.”

He adds, “Culinary nutrition is the demand of the modern world as guests are now more concerned about their fitness and nutritional requirements. As chefs, the onus to meet this requirement falls on us. Moreover, as chefs, we have an opportunity to influence people’s health through the food we serve. By incorporating nutritious ingredients and cooking techniques, we can contribute to the customers’ overall well-being. Understanding culinary nutrition enables us to accommodate the various dietary needs of our customers which assists us in serving them better.”

Healthy Choices

With the chefs becoming aware of the diners’ need for healthy and nutritious food and the restaurants trying to meet the demands of the customers, what is the lowest calorie curry in an Indian restaurant and which is the healthiest food available in these eateries?

Rounik avers, “Madras Chicken Curry is one of the lowest calorie Indian style restaurant curries. It uses chicken which is a lean source of protein compared to other fattier cuts of meat. Protein-rich foods like chicken can help increase feelings of fullness and satisfaction without contributing excessive calories. Madras Chicken Curry uses a variety of spices such as turmeric, cumin, coriander, chilli powder etc. that add depth of flavour without significantly increasing calorie content. Moreover, it uses minimal added fats during cooking, relying on the natural flavours of these spices, herbs, and vegetables instead which helps keep the calorie content lower compared to dishes that use large amounts of oil or ghee.”

Delving on the healthiest food he states, “Vegetable Khichadi is one of the healthiest foods in Indian restaurants due to various reasons. It is one of the most nutrient rich dishes as it typically consists of rice, lentils/pulses, vegetables and spices, thus providing a balance of carbohydrates, protein, fiber and vitamins & minerals. Moreover, the simple ingredients make it an easily digestible dish

making it an ideal choice for people with a sensitive stomach.

Khichadi is typically prepared with minimal added fats, making it a low-fat option for those watching their fat intake. It can also be easily customized with various spices, vegetables, and toppings to suit individual tastes and nutritional needs, making it a versatile and adaptable dish. In Ayurveda, khichadi is often recommended as a healing and detoxifying food due to its nourishing and easy-to-digest nature.”

Mehul maintains, “One of the lowest calorie Indian restaurant curries is typically a tomato-based dish, such as tomato-based chicken curry or tomato-based vegetable curry. These dishes tend to be lighter in calories compared to cream-based curries like butter chicken or creamy paneer dishes. Tomato-based curries are often cooked with minimal oil and are packed with flavour from spices and herbs, making them a healthier option while still providing satisfying taste. Additionally, choosing lean protein options like chicken breast or tofu and including plenty of vegetables in the curry further boosts its nutritional value while keeping the calorie count relatively low.”

He continues, “As far as the lowest calorie food is concerned, it is tandoori chicken, which is made by marinating chicken in a mixture of yogurt and spices and then cooking it in a tandoor (clay oven). This cooking method requires minimal oil, making it a leaner option compared to dishes cooked in creamy sauces or deep-fried.

Other low-calorie options include grilled or roasted vegetables, such as tandoori vegetables or bhindi masala (okra curry), which are often cooked with minimal oil and packed with flavor from spices and herbs. Additionally, lentil-based dishes like dal (lentil soup) are typically low in calories and high in protein and fiber, making them a nutritious choice. When dining out, it’s also helpful to look for dishes that are described as “grilled”, “roasted” or “steamed”, as these cooking methods are generally lower in calories compared to fried or creamy options. As always, being mindful of portion sizes and choosing lighter sides like salad or steamed rice can help keep your meal lower in calories while still enjoying the flavors of Indian cuisine.”

So, while these are some of the healthy foods that one can consume in restaurants, one may ask: Are the foods, generally served

in the F&B outlets, healthy and what are the steps they need to take to ensure healthy and hygienic food being served in them?

Mehul states, “Restaurants strive to offer healthy and hygienic food options by prioritizing quality ingredients, diverse menu offerings, and careful cooking methods. They often source fresh, high-quality ingredients and may offer a range of menu options to accommodate various dietary preferences and needs, including vegetarian, vegan, and gluten-free choices. Additionally, many restaurants opt for healthier cooking methods such as grilling, roasting, or steaming, which require less added fat compared to frying, and may provide smaller portion sizes or half-sized options to help customers manage their calorie intake.”

He adds, “In terms of hygiene, restaurants adhere to strict standards set by local health authorities to ensure the safety and cleanliness of their kitchen and food preparation areas. This involves rigorous practices such as regular handwashing, surface sanitization, proper food storage, and staff training in food safety protocols. By implementing these measures, restaurants aim to provide customers with not only delicious meals but also peace of mind regarding the healthiness and hygiene of the food they consume.”

Rounik says, “Whether the food available in restaurants is healthy or not, depends on a variety of factors such as the type of restaurant, ingredients used, etc. Fast food chains offer convenient options but often include items high in calories, unhealthy fats, and sodium. Some practices that need to be followed, besides the ones I have already mentioned earlier, are:

Temperature Control: Proper temperature control is essential for preventing the growth of harmful bacteria in food. Restaurants should ensure that refrigerators, freezers, and cooking equipment are functioning correctly and that food is stored and cooked at appropriate temperatures.

Training and Awareness: Restaurant staff, including chefs and kitchen workers, should receive training on food safety practices, proper food handling techniques, and hygiene protocols.

Follow HACCP Practices: The seven step HACCP (Hazard Analysis Critical Control) Plan of the Food & Drug Administration (FDA) should be strictly adhered to.

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Recipes for Healthy Dishes

VEGETABLE KHICHADI

Ingredients

Ghee	1 tbsp
Bay leaf	1
Cardamom	2 pods
Cinnamon	1 inch
Cloves	3
Cumin	1 tsp
pinch of Asafoetida	
Onion, finely chopped	1
Green chilli (slit)	1
Green peas	2 tbsp
Ginger garlic paste	1 tsp
Tomato, finely chopped	1
Carrot, chopped	¼
Capsicum, chopped	2 tbsp
Turmeric	¼ tsp
Kashmiri red chilli powder	½ tsp
Coriander leaves, finely chopped	2 tbsp
Garam masala	½ tsp
Salt	1 tsp
Rice, washed	½ cup
Moong dal, washed	½ cup
Water	3¼ cup

Procedure

In a pressure cooker, heat 1 tbsp ghee and sauté 1 bay leaf, 2 pods cardamom, 1-inch cinnamon, 3 cloves, 1 tsp cumin and a pinch of hing

Continue to sauté. Add 1 finely chopped onion, followed by 1 slit green chilli and 1 tsp ginger garlic paste

Add finely chopped tomato and sauté till it turns soft and mushy

Add the chopped vegetables and sauté for a minute

Add ¼ tsp turmeric, ½ tsp chilli powder, ½ tsp garam masala and 1 tsp salt. Sauté on low flame

Add ½ cup rice and ½ cup moong dal. Sauté for a minute on low flame

Add ¾ cup water and 2 tbsp coriander leaves. Mix well

Cover and pressure cook for 5 whistles on medium flame

Serve hot, with curd, papad and salad

MADRAS CHICKEN CURRY

Ingredients

For pressure cooking

Chicken with bone	½kg
Tomatoes	2
Garlic	10 cloves
Ginger, peeled	2-inch piece
Onion, finely chopped	1 medium sized
Turmeric powder	1/2 teaspoon
Red chilli powder	1/2 tablespoon
Coriander powder	1 tablespoon
Salt	1 teaspoon

For Tempering

Peanut oil	2 tablespoon
Fennel seeds	1/2 tablespoon
Cloves	3

Cardamoms	3
Cinnamon	2-inch piece
Curry leaves	3 sprigs
Green chillies	6
Fresh shredded coconut ground into a paste with 1/2 cup of water	4 tablespoons
Coriander leaves, chopped fine	3 sprigs

Procedure

Clean and cut half kg of chicken with bone and place it in a pressure cooker. Grind 2 tomatoes in a blender to a paste. Add it to the cooker.

Grind the ginger and garlic with 1/4 cup of water to a smooth paste. Add it to the cooker.

Add the masala powders.

Add in one finely chopped onion and the masala powders. Add the salt. Add one cup of water.

Mix everything well and cover the cooker with a lid and pressure cook for 4 whistles.

Approximately 7-8 minutes on medium flame. Switch off the flame and wait for the pressure to release naturally. Set aside.

Heat oil in a pan and add in the fennel seeds, cloves, cardamom and cinnamon. Let it splutter. Add in the cooked chicken curry.

Add in the curry leaves, green chillies and the coconut paste. Let it simmer for 5 minutes.

Switch off the flame and garnish with coriander leaves.

AJWAINI TULSI MAHI TIKKA

Ingredients

River Sole Fish	600 gms
Basil paste	100 gms
Ajwain	15 gms
Ginger And Garlic Paste	100 gms
Green Chilli paste	50 gms
Garam Masala Powder	40 Gms
Cardamom powder	10 gms
Hung Curd	200 gms
Dairy Cream	50 gms
Salt	to taste
Mustard Oil	50 ml
Kasuri methi	10 gms
Lemon juice	10 ml

Procedure

Wash and clean the fish. Cut it into tikka cut. Mix salt, ginger, and garlic and lemon juice and keep it aside for at least 30 minutes.

Mix all the spices with hung curd and mix it well.

Add the fish and let it marinate for 1 hour.

Arrange the skewers across the clay oven about 4-5 inches from the heat. Turn it regularly until it turns light brown in colour. Cook it for 7-10 minutes.

Baste it with oil and leave it for 10 minutes. Again, cook it until it turns golden brown.

Remove it from tandoor and apply fresh lemon juice.

Serve hot with mint chutney.

Rounik Singha, Asst F&B Manager- Grand Victoria, The Fern Resort & Spa,

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Interior Design Impact on Restaurant Business

When one desires to dine out is the person looking only for delectable cuisine or is the person looking for an ethereal experience in terms of delicious meal as well as a heavenly ambience? Research has shown that restaurants are not just considered as places where you fine-dine but also you eat amidst a blissful an aura of outstanding surroundings. Restaurateurs have now to be aware that in addition to providing delicious food customers also expect a welcoming atmosphere which includes the ambience. A restaurant’s well-designed interiors, besides the delicacy of the food, can have a lasting impression on the customers. **Ashok Malkani** tries to gauge the importance of interior décor for the success of a restaurant.

As you step into a restaurant the first thing you notice is the ambience. If the place is not pleasing to the eye, it is likely that you would step back and retreat to search for a place that is appealing. It is important to note that while the palate may be appealing and savoury it is the interior design which greatly influences the diners. The surroundings are the initial attractions for the customer. A well-designed interior can create a complete and enjoyable dining experience, whereas a poorly designed space will deter your customers from returning.

Manish Naresh Deolekar, General Manager- Grand Victoria The Fern Resort & Spa, Panchgani, avers, “Interior decoration in restaurants is extremely vital as it significantly impacts the overall dining experience for customers. It plays a crucial role in branding, customer perception, and marketing potential. Well-designed spaces and aesthetically pleasing decor can make diners feel comfortable and encourage them to stay longer. Additionally, clever interior design can create a welcoming atmosphere, influence customer behaviour, affect ordering habits and table turnover. It also helps in establishing a unique identity

for the restaurant.”

He adds, “Interior design greatly impacts businesses by shaping their brand image, enhancing customer experiences, and providing a competitive edge in the market which helps the business stand out. Setting the mood and ambience influences customer perceptions, and ultimately affects their overall dining experience. A meticulously planned interior communicates professionalism, cultivates customer loyalty, while also enhancing employee morale and productivity.

Additionally, it also optimizes operational efficiency and generates

positive return on investment by attracting more customers and increasing sales. Ultimately, interior design plays a crucial role in determining the overall success and profitability of a business.

A well-designed restaurant interior contributes to positive word-of-mouth recommendations and online reviews, further boosting reputation and attracting new customers. Therefore, the interior design of a restaurant plays a crucial role in shaping its image and ensuring customer satisfaction, which has a huge impact on the business."

He elaborates, "In order to create a successful interior design, restaurants should start by defining the brand concept and identity. Space layout and planning, colour scheme and material selection, furniture choices, lighting and sound, and decor selection are crucial elements in the design process. By carefully considering each element and balancing aesthetics with functionality, restaurants can create a cohesive and visually appealing interior that enhances the dining experience and contributes to the overall success of the restaurant. "

Eesha Sukhi, Founder, Blue Bop Café, Mumbai, states, "Interior decoration plays a crucial role in restaurants for several reasons, like:

Atmosphere and Ambiance: The décor sets the tone for the dining experience, influencing how customers feel while they dine thus creating a comfortable, inviting, and memorable atmosphere that enhances the overall dining experience.

Branding and Identity: The décor reflects the restaurant's brand and identity. It helps to convey the restaurant's theme, concept, and style, which can attract target customers and differentiate it from competitors.

Customer Comfort: Thoughtfully chosen décor elements, such as comfortable seating, lighting, and layout, contribute to the comfort of diners. This can encourage them to stay longer, return for future visits, and recommend the restaurant to others.

Competitive Advantage: In a competitive market, a well-designed interior can differentiate a business from its competitors. It can attract customers who appreciate a visually appealing and well-curated environment, giving the business a competitive edge.

Aesthetics: Interior decoration enhances the visual appeal of the restaurant, making it more attractive to potential customers. Eye-catching décor can draw people in and pique their curiosity, leading to increased foot fall and revenue.

Setting the Mood: Different décor styles and elements can evoke various moods and emotions. For example, warm colours and soft lighting may create a cozy and romantic ambiance, while bright colours and modern furnishings can create a lively and energetic atmosphere.

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Enhancing Dining Experience: The interior décor can complement the food and service, creating a holistic dining experience. For example, a restaurant specializing in a specific cuisine might incorporate cultural elements into its décor to immerse diners in the culinary experience.

Employee Satisfaction: A well-designed workspace can improve employee morale, productivity, and satisfaction. It creates a conducive environment for staff to work efficiently and provide excellent service to customers.

Functionality and Efficiency: Effective interior design considers the functional needs of the business, optimizing the layout and flow of space to maximize efficiency. This can lead to smoother operations and better customer service.

Creating Good Interiors

Architecture and design are essential aspects of a restaurant. They play an integral role in defining the look and feel of the restaurant. Planning the layout of the restaurant will help in the how the customers feel comfortable or claustrophobic. Can they move around without bumping into people during the rush hours? Can they move around without bumping into tables or chairs? All this is dependent on the layout of the restaurant. How does restaurant design ensure success of a restaurant and how does one create a good interior design?

Eesha declares, “Increasing sales through effective restaurant design involves creating an environment that encourages customers to dine in, enjoy their experience, and return. Designing a welcoming and comfortable ambience can encourage customers to stay longer, order more food and drinks, and return for future visits.

Factors like lighting, music, and seating arrangements play a crucial role in shaping the ambience, further an efficient layout & flow that optimizes space and facilitates smooth traffic flow can lead to faster turnover and increased sales. It should be easy for customers to navigate the restaurant, access restrooms, and move between tables without feeling cramped or obstructed.

Also, consistent Branding and Theme



Manish Naresh Deolekar

throughout the restaurant can create a memorable experience for customers and reinforce the restaurant’s identity. This can help attract target customers and differentiate the business from competitors. As far as menu is concerned, its presentation should be attractive and accessible to influence customers’ ordering decisions. Bar design and layout can also impact sales of alcohol & beverages. A well-designed bar area that is visually appealing and inviting can encourage customers to order cocktails, wine, or other drinks, increasing overall sales.”

She adds, “Creating a good interior design for a restaurant involves several key steps like:

Define the Concept or Theme of the



Eesha Sukhi

restaurant. This could be based on cuisine, cultural influences, ambience (e.g., casual, fine dining), or a unique concept. The interior design should reflect and enhance this concept.

Consider the Layout and Plan to optimize space and flow. Also, create distinct areas for dining, waiting, and other functions as needed.

Choose a proper Colour Scheme. Select a colour scheme that complements the concept and creates the desired atmosphere. Warm tones like reds and oranges can create a cozy atmosphere, while cool tones like blues and greens can evoke a sense of freshness or sophistication.

Select Appropriate Furnishings that align with the concept and style of the restaurant. This includes tables, chairs, lighting fixtures, and decorative elements. Consider factors like comfort, durability, and visual appeal.

Focus on Lighting in setting the mood and highlighting key elements of the interior design. Use a combination of ambient, task, and accent lighting to create depth and enhance the atmosphere.

Incorporate Texture and Materials. Incorporate a variety of textures and materials to add visual interest and tactile appeal to the space. This could include wood, metal, stone, fabric, and decorative finishes.

Pay Attention to Details, like artwork, signage, table settings, and decorative accents to enhance the overall aesthetic and reinforce the restaurant’s theme or brand.

Ensure that the design creates comfortable and inviting spaces for diners. Consider factors like acoustics, ventilation, and seating comfort to enhance the dining experience.

Balance Aesthetics with Functionality. The interior design should be visually appealing while also meeting the practical needs of the restaurant, such as efficient workflows and easy maintenance.”

She further emphasised, “If the restaurant has outdoor seating, optimizing this space can attract more customers, especially during favorable weather conditions. Comfortable seating, shade options, and attractive landscaping can enhance the outdoor dining experience

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and boost sales.”

Manish maintains, “Effective restaurant design plays a crucial role in boosting sales by creating an aesthetic appeal that attracts customers. There are several tactics and strategies that can help in increasing sales by ensuring an effective restaurant design, like:

Optimal Layout: It is important to design the layout in a way that facilitates smooth traffic flow and efficient service. It is important to ensure that the seating arrangement is comfortable and flexible, accommodating different group sizes and preferences.

Engaging Ambiance: The ambiance of a restaurant heavily influences customer perceptions and behaviours. Thus, utilizing lighting, colour schemes, music, and decor to create a welcoming and enjoyable atmosphere increases customer satisfaction and loyalty.

Appealing Menu: Incorporating visually appealing images to showcase restaurant specials and using strategic placement and design elements to draw attention to these can help in increasing sales.

Offering Unique Dining Experiences: Incorporating an experiential dining into the restaurant design to create memorable experiences for customers can attract customers looking for a unique experience. This could include chef’s tables, open kitchen concepts or themed dining areas.

Consistent Branding: It is imperative that the restaurant design aligns with the brand identity and values, hence creating a cohesive and memorable experience that reinforces customer loyalty.

Therefore, by strategically implementing these design strategies, restaurants can enhance the overall dining experience, increase customer satisfaction, and ultimately drive sales growth.”

He further adds, “In order to ensure a restaurant’s success, there are several key areas that need to be focused upon. To begin with, a clear concept and brand identity that the target audience can resonate with is most crucial.

Choosing a strategic location with high accessibility and visibility is crucial to ensure high footfall.

It is imperative to maintain the highest standards in terms of food quality and hygiene, presentation and taste which would foster customer loyalty.

Designing an inviting and comfortable interior that focuses on the right decor, lighting, seating arrangements, and music to create the desired ambiance in consonance with the brand identity and values is extremely important.

In today’s times, developing a comprehensive marketing strategy to attract customers and build brand awareness is a must for any business.

Lastly, customer experience is extremely important for the success of a restaurant. Thus, focus should be on providing exceptional customer service and creating memorable dining experiences. Listening to customer feedback, addressing concerns promptly, and consistently exceeding expectations goes a long way in ensuring success. “

He affirms, “A well-designed restaurant incorporates various distinct areas to

attract clientele and enhance the overall dining experience. Starting with the entrance and reception area, a welcoming decor and friendly staff set a positive tone and first impression.

A well-designed bar area with stylish seating and diverse drink options can draw in patrons seeking a casual dining experience or drinks. In the dining area, comfort, ambiance, and functionality are key. These can be achieved through well planned decor, lighting, and seating arrangements.

Private dining rooms offer an exclusive experience for more intimate dining or special occasions, while outdoor patios or terrace dining provide a desirable al fresco dining option with lush views and surroundings. By designing each area to cater to different preferences and occasions, restaurants can attract a diverse clientele and foster customer satisfaction and loyalty.”

Colour and Lighting

Architecture and design are the essential aspects of restaurant interior design. Appropriate lighting is extremely essential. Lighting and Colour are two important aspects of promoting the restaurant. Technically there are three types of lighting – ambient, task and accent. Restaurant lighting sets the right mood for the diner’s experience. Several research reports are of the opinion that in a well-lit restaurant diners are 16-24 per cent more likely to order dishes more carefully as compared to dimly lit restaurants.

Besides light, choosing the right colours for interior décor is also important. Choosing the right color scheme can help a restaurateur change the way people see and feel once they enter the restaurant.

Manish avers, “Colour and lighting have a profound effect on the design layout of a space, influencing its overall ambiance, mood, and functionality. The choice of colours can visually expand or contract space, with lighter hues creating a sense of openness and brightness, while darker tones can evoke intimacy and coziness. Additionally, colours can be strategically used to highlight focal points or create visual interest within the layout.

Similarly, lighting plays a crucial role in enhancing the design layout by



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illuminating key areas, creating depth and dimension, and establishing the desired mood and atmosphere. Different types of lighting, such as natural, ambient, task, and accent lighting, can be strategically employed to enhance functionality and aesthetics within the space. Overall, the careful integration of colour and lighting into the design layout can significantly impact the overall look and feel of a space, contributing to its effectiveness and appeal.

Eesha declares “Colour and lighting have a significant effect on the atmosphere and mood of a restaurant, influencing customers’ dining experience in several ways. These can be bifurcated as:

Setting the Mood: Different colours evoke different emotions and moods. Warm colours like reds, oranges, and yellows create a cozy and inviting atmosphere, while cool colours like blues and greens evoke a sense of calmness and freshness. The choice of colour can help establish the desired ambiance for the restaurant, whether it’s casual and vibrant or elegant and sophisticated.

Enhancing Brand Identity: Colours can also be used to reinforce the restaurant’s brand identity and theme. Consistent use of colours across branding, interior design, and signage helps create a cohesive and memorable brand image that resonates with customers.

Affecting Perception of Space: Lighting plays a crucial role in how

customers perceive the size and layout of a restaurant. Bright lighting can make a space feel more open and spacious, while dim lighting creates a more intimate and cozy atmosphere. Strategic use of lighting can highlight key design elements, create focal points, and guide the flow of traffic within the restaurant.

Highlighting Food Presentation: Proper lighting is essential for showcasing the presentation of food and beverages. Well-lit areas, especially at dining tables and food display areas, enhance the visual appeal of dishes and drinks, making them more appetizing and enticing to customers.

Creating Comfortable Dining Environment: Lighting also affects customers’ comfort and well-being during their dining experience. Harsh or overly bright lighting can be unpleasant and distracting, while soft and diffused lighting creates a more relaxed and comfortable ambiance. Adjustable lighting options allow restaurants to adapt the lighting according to the time of day and the desired atmosphere.

Influencing Customer Behavior: The combination of colour and lighting can influence customer behaviour and dining preferences. For example, warm, soft lighting encourages relaxation and encourages customers to linger and enjoy their meal, while brighter lighting may prompt quicker turnover for busy establishments. Overall, the

careful selection and integration of colour and lighting in restaurant design can significantly impact customers’ perceptions, emotions, and behaviours, ultimately contributing to the overall success and appeal of the restaurant.”

Décor of Different Areas

When it comes to designing restaurant interiors there are several aspects to be taken into consideration. One has to adhere to food safety standards. Besides this the interior décor and ambience are equally important for attracting the customers. Each segment of the restaurant has to be so designed that it not only pleases the eye of the customer but also offers maximum comfort and solace.

Eesha states, “There are different areas in a restaurant and here’s how, I believe, they can be designed to attract clientele:

Entrance and Reception Area: The entrance sets the first impression for guests. Design it to be welcoming and visually appealing with well-designed signage, attractive decor, and possibly a host/hostess station. Consider using warm lighting and comfortable seating for guests waiting for a table.

Dining Area: The dining area is where guests spend the majority of their time. Design it to reflect the restaurant’s concept and ambience. Choose furniture, lighting, and decor that enhance the dining experience. Consider creating different seating zones to accommodate various group sizes and preferences.

Bar Area: The bar area is a focal point for socializing and enjoying drinks. Design it to be visually striking with a well-stocked bar, stylish seating, and mood lighting. Consider incorporating elements like a signature cocktail menu, live music, or a TV screen for sports events to attract patrons.

Outdoor Dining Space: If the restaurant has outdoor seating, design it to take advantage of the surroundings and provide a pleasant dining experience. Use comfortable seating, umbrellas or awnings for shade, and greenery or landscaping to create a welcoming atmosphere.

Private Dining Room: Private dining rooms are ideal for special events or intimate gatherings. Design them to



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be flexible and adaptable for different occasions. Consider privacy features like soundproofing, adjustable lighting, and personalized decor options to cater to diverse clientele.

Restrooms: Though often overlooked, well-designed restrooms can leave a lasting impression on guests. Keep them clean, well-lit, and stocked with amenities like hand soap, paper towels, and air fresheners. Consider adding decorative touches like artwork or accent walls to enhance the experience.

Waiting Area: If there's a designated waiting area, design it to be comfortable and inviting for guests. Provide seating, reading materials, or entertainment options like a TV screen or music to keep guests occupied while they wait.

Kitchen and Service Areas: While not visible to guests, the kitchen and service areas play a crucial role in the restaurant's operation. Design them for efficiency, cleanliness, and safety to ensure smooth operations and maintain high standards of food quality and service."

Manish states, "A well-designed restaurant incorporates various distinct areas to attract clientele and enhance the overall dining experience. Starting with the entrance and reception area, a welcoming decor and friendly staff set a positive tone and first impression.

A well-designed bar area with stylish seating and diverse drink options can draw in patrons seeking a casual dining experience or drinks.

In the dining area, comfort, ambiance, and functionality are key. These can be achieved through well planned decor, lighting, and seating arrangements. Private dining rooms offer an exclusive experience for more intimate dining or special occasions, while outdoor patios or terrace dining provide a desirable al fresco dining option with lush views and surroundings. By designing each area to cater to different preferences and occasions, restaurants can attract a diverse clientele and foster customer satisfaction and loyalty."

He adds, "The ideal kitchen and dining area layout in restaurants is essential to optimizing workflow, ensuring efficient service, and creating a pleasant dining experience for guests. Therefore, the



kitchen layout should prioritize workflow efficiency, safety, adequate storage, and ease of accessibility for staff to carry out their day-to-day work seamlessly.

This involves organizing work zones, ensuring proper ventilation, and providing ample storage space. On the other hand, the dining area layout should focus on comfortable seating, aesthetic appeal, smooth traffic flow, and creating the desired ambiance using elements of light, sound, colour scheme, décor, furniture etc. Both layouts should be designed to accommodate customer needs while reflecting the restaurant's brand identity and concept. Ultimately, optimizing both the kitchen and dining area layouts contributes to the overall success and customer satisfaction of the restaurant."

He avers, "Incorporating greenery into restaurant design can significantly enhance the dining experience for guests. By strategically placing plants and foliage in key areas such as the entrance, dining area, outdoor patio, and private dining rooms, restaurants can create a welcoming and inviting atmosphere. Greenery softens the space, adds visual interest, and contributes to a sense of freshness and tranquility.

Additionally, outdoor dining areas benefit greatly from the presence of plants and trees, creating a peaceful ambiance for guests to enjoy al fresco dining. Thus, emphasizing greenery in various areas of the restaurant can elevate its aesthetic appeal and enhance the overall customer experience."

Conclusion

While interiors play an essential role, the general concept is that it is an amalgamation of all three- the deliciousness of the food, the enveloping ambience and the polite and courteous service that popularises the restaurant.

Manish declares, "In order to ensure a restaurant's success, it is important that both- food served and décor are of the highest standard. It is the harmonious blend of excellent cuisine, welcoming decor, and attentive service that ensures a memorable dining experience leading to overall customer satisfaction and loyalty.

However, it is important to note that the significance of each element may differ for different guests; some prioritize exceptional cuisine above everything else, while others focus on the overall aesthetics and service quality. Ultimately, to ensure success, restaurants should aim to excel in all aspects—food, decor, and service—to satisfy the diverse range of customer preferences and create an exceptional overall dining experience which would compel patrons to return."

Eesha states, "Regarding the importance of food versus décor and service in a restaurant, it's essential to recognize that all three elements contribute to the overall dining experience."

She continues, "As far as food is concerned, I would say that high-quality, delicious food is a fundamental aspect of any restaurant. It's often the primary reason why customers choose to dine out and can significantly impact their satisfaction and likelihood of returning.

But while food quality is crucial, the ambience and décor of a restaurant also play a vital role in shaping the dining experience. A well-designed interior can enhance the atmosphere, create a memorable setting, and contribute to overall customer satisfaction.

Besides this, service also plays an essential role. Friendly, attentive staff who provide efficient service can elevate the dining experience, making customers feel valued and well-cared for.

In conclusion, all three elements—food, décor, and service—are important in a restaurant, and each contributes to the overall dining experience & creates a memorable & enjoyable dining experience." ■

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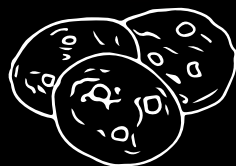


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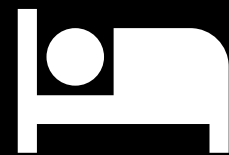
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Summer Menu Fiesta

By Sharmila Chand

Whether you are in a mood to have a bountiful of fresh summer produce or a fusion of Mexican Indian delights, or a fresh take on summer coolers, there is something for every palate in chefs' well curated summer menus. From Chicken Mango to Volcano Pizzas, The Spicy Buttermilk Pannacotta or Jamun Granita, they have worked hard to satisfy your cravings in a delightful mix of magical dishes. Embark on a feast of summer menu as we bring highlights here from chefs across the country.

Chef Ashish Singh, Brand Chef and CEO, Café Delhi Heights

Celebrating Saddi Dilli spirit, we bring big-



hearted portions of deliciously cooked dishes with several specials for the foodies. For health conscious diners, we have Italian Chicken Salad, Miso Avocado, Tofu Bowl and more. Amongst the Mexican dishes one can opt for Fajitas Vegetables / Chicken, Burritos Vegetables / Chicken, Enchiladas Vegetables / Chicken.

The concept of Meal bowls excites foodies as it is perfect portion balanced with flavours and varieties. One can choose the gravies like Spicy Thai Basil Sliced Chicken / Fish, Singaporean Chilli Cottage Cheese / Tofu, Spinach, Baby Corn & Mushroom with Hot Basil Sauce, Stir Fried Exotic Vegetable, Stir Fried Lamb With Chilli Bean, Slice Fish Chilli Oyster, Lemon Tabasco Sauce Prawn / Fish Served with the Choice of Sticky Rice / Red Rice. You have reason to rejoice further as Health conscious can opt between Protein bowl and poke bowl too.

From our Summer menu my favourite would be 'No Hangover Mango Mojito' and 'Mangolicious Pizza'. Both offer a unique twist on classic favourites. The idea of a pizza featuring mango as a key ingredient intrigues me, and I'm curious to taste how the sweetness of the mango complements the savoury elements of the pizza.

In Mango Chicken dish, mango and

chicken are a classic culinary pairing that never fails to delight. The thought of tender chicken cooked in a rich mango sauce is incredibly enticing, and I can imagine the combination of savoury and sweet flavours creating a harmonious and satisfying dining experience.

As a dessert enthusiast, I'm always on the lookout for sweet treats that offer a unique twist. The Mango Cheesecake immediately catches my eye because it combines the creamy indulgence of cheesecake with the tropical sweetness of ripe mangoes.

Akash Kalra, Founder, United Coffee House Rewind

Our Summer menu features fresh Avocado Quinoa and Mango-based Salads, low calorie



Yoghurt based cold Desserts, with a variety of refreshing Summer Coolers, Ice teas, Lemonades and Mango, Cucumber, Mint & Watermelon Based Mojitos. My top picks are Quinoa Tabbouleh Salad – featuring Cherry Tomatoes, Cucumber, Lemon & Mint Dressing, Watermelon Mojito, & Tutti Frutti Sundae – A Classic UCH Sundae.

Chef Bhim Tamang, Brand Chef - Vietnam

We are thrilled to unveil our new summer menu – “Summer in my Heart”. Embracing the vibrant spirit of the season, the menu features a delectable array of Salads, Summer Rolls, Banh Mi, and handcrafted cocktails and mocktails that promise to delight the senses and transport diners on a culinary journey like no other.

We have curated a menu that celebrates the bounty of summer produce while infusing traditional Vietnamese flavours with a modern twist. From refreshing salads bursting with crisp, seasonal vegetables to delicate summer rolls filled with succulent meats and



vibrant herbs, each dish is a celebration of freshness and flavour.

Complementing these culinary delights is Vietnam's exclusive selection of handcrafted cocktails and mocktails, expertly crafted by our talented mixologists using homemade cordials, fresh herbs, and premium spirits. From refreshing fruit-infused mocktails to innovative cocktail creations inspired by the flavours of Vietnam, each sip is a journey of discovery and delight.

Among the delightful offerings on our summer menu, my few favourites are:

Avocado Summer Rolls: These rolls are a hit for their creamy Avocado filling, paired with crisp vegetables and herbs, offering a refreshing and satisfying bite.

Grilled Pork Summer Rolls: The grilled pork adds a savoury dimension to these rolls,

perfectly complemented by fresh herbs and crunchy vegetables, creating a harmonious balance of flavours.

Kanishk Tuteja, Founder, Nukkad Cafe & Bar

We offer refreshing and vibrant dishes that perfectly capture the essence of the season.



From zesty salads bursting with seasonal fruits to indulgent coolers and cocktails, our menu is designed to tantalize your taste buds and keep you feeling refreshed all summer long. My top picks are:

Sprout Corn Salad - it combines sprouts and corn with a medley of colourful vegetables, tossed in a light and tangy dressing for a burst of summer flavours.

Mexican Papdi Chaat: A fusion twist on the

Do's and Don'ts in Crafting a Summer Menu

By Gaurav Paul, Executive Chef, Hilton Bangalore Embassy Golflinks

Do's:

- Prioritise light and straightforward dishes.
- Control portion sizes for a balanced dining experience.
- Serve a cool sorbet between courses to clear the palate.
- Experiment with refreshing beverages like fruit-infused waters, iced teas, and mocktails to complement the menu.

Don't's:

- Avoid using non-seasonal produce.
- Minimise the use of red meat and crustaceans.
- Refrain from incorporating spirits like whisky and rum into food preparations.
- Reduce the use of fat and oil in cooking to promote a healthier menu.

classic Indian street food, this chaat features crispy papdis topped with a zesty mix of Mexican-inspired ingredients like black beans, corn, salsa, avocado, and cheese, offering a burst of flavours in every bite.

Masumi Mimosa: This delightful mimosa combines the refreshing flavours of sweet lime and sparkling wine, perfect for brunch or an afternoon sip by the pool.

Rooh Afza Lemonade: A twist on the classic lemonade, this cocktail feature Vodka, Rooh Afza and Lemon, topped up with carbonation for a fizzy, invigorating drink.

Rana Dominic Gomes, Area Chef South, Royal Orchid Hotels Ltd.

This year's summer menu has been carefully crafted to offer a selection of dishes that provide a refreshing and hydrating experience throughout the day. Our highlights include cooling Cucumber and Tomato Salads, refreshing Lettuce and Zucchini Soups, and creamy Yoghurt-based desserts that are sure to satisfy your sweet tooth. Additionally, we



are featuring hydrating drinks made with Gourd and Melons, as well as nutritious millet-based options like Ragi.

We believe that these offerings will not only provide relief from the summer heat but also nourish and energize our guests. During the summer months, I find myself drawn to the fresh and vibrant flavours that fruits like Lemon, Orange and Pomelo bring to salads. The zesty notes of Aam Panna also make for a refreshing and tangy beverage choice to beat the heat.

Among the dishes on my summer menu, I particularly enjoy the sweet Tomato Chutney, Aam Dal, Kerela Bhaji, Lauki Sabzi, and Cucumber Yoghurt Salad. Their light and refreshing nature not only complements the warm weather but also helps in keeping things cool and satisfying during the summer heat.



Gaurav Paul, Executive Chef, Hilton Bangalore Embassy Golflinks

Our summer menu features a great selection of meals that have been carefully chosen to offset Bangalore's extreme heat. In addition to adding unusual ingredients like Rose and Hibiscus to our Risottos, we



have blended cool tropical flavours into our recipes.

Our customers have responded very positively to dishes like the Jackfruit Cheesecake, Kaala Jamun Granita, Alphonso & Ice Apple Carpaccio. The Spicy Buttermilk Pannacotta, which perfectly balances heat and creaminess, has become a crowd favourite. Enjoy our summer specials, which will entice your palate and stimulate your senses.

Among our summer menu offerings, I have a fondness for the Alphonso and Ice Apple Carpaccio. It evokes nostalgic

memories of carefree summer vacations during my school days. Additionally, the Kaala Jamun Granita stands out as a refreshing delight, especially with its unique twist of black salt, offering a perfect retreat from the summer heat.

Rajinder Sareen, Executive Chef, Sheraton Grand Pune Bund Garden Hotel

As a chef, deeply rooted in Punjabi culinary traditions, I've carefully curated our summer menu, drawing inspiration from the flavours from my homeland and tailoring each dish to suit the season. Each dish not only showcases my love for Punjabi cuisine but also incorporates local ingredients, hidden gems from Punjab, and cherished recipes that capture the essence of summer in my hometown.

One of my favourites from the menu is



the fusion masterpiece of Malpua Kheer that encapsulates the spirit of festive celebrations, a blend of crispy sweetness with velvety richness in every bite.

Chef Amit, Corporate Chef - L'Opera

We are delighted to offer exclusive summer feast which includes a full range of new salads, delicious light meals and summer coolers to sip on during the



long, hot summer days and evenings, complemented with L'Opéra's delicious, seasonal Mango collection which is presented in new garb. Other than these savouries section also has new additions like:

Alfredo Pasta in Fettuccine- Creamy Fettuccine Pasta tossed in a rich Alfredo Sauce, sprinkled with Parmesan Cheese

Herbed Risotto with Pesto Prawns- Creamy herbed Risotto served with succulent Pesto-coated Prawns, a harmony of flavours and textures

Panzanella Salad- a vibrant tangy salad with seasonal vegetables, fresh Basil, Parmesan Cheese and crunchy Bread Croutons and more. ■

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Versatile to Beat the Heat

By Sharmila Chand

Low in calories and fat but high in essential vitamins, minerals and water content, melons are ideal choices to beat the heat. Add this versatile fruit in your diet and stay well nourished as it will keep you hydrated. Known for their juicy pulp and sweet flavour, belonging to the Cucurbitaceae family, from the familiar watermelon to the exotic honeydew, melons come in various shapes, sizes and colours, each with its own unique taste and nutritional profile.

Melons are more than just refreshing, say Nutritionists. Do not underestimate their properties. Every variety of melons is loaded with essential nutrients. They are a great source of vitamin A, vitamin C, potassium and folate. Due to high water content and other properties, they help maintain healthy blood pressure levels.

Cantaloupe and honeydew melons belong to the muskmelon family. It is said, these melons first grew in the Middle East.

The Varieties

Honeydew

Pale green tone, mild, subtle sweet flavour, Honeydew variety is rich in several key vitamins and minerals, such as:

Vitamin C: help to boost immune system, promotes healthy skin, strengthen tissues, and healthy brain function.



Rollin Lasrado

Potassium: an important mineral to regulate healthy heart function.

Copper: aids in skin cell regeneration, which helps promote healthy skin.

Vitamin B: helps rid the body of toxins that can cause illness and disease.

Cantaloupe

Visually appealing with its rich orange colour and sweet aroma, also known as Musk Melon, Cantaloupe is rich in antioxidants, folates, and vitamins. Each type of melon has a different antioxidant profile. Cantaloupe is a powerful source of beta-carotene, a 'provitamin' that gets converted into vitamin A in the body and supports vision and reproductive health. It is said just one cup of cantaloupe provides nearly one-third of the daily vitamin A requirement.

Canary Melon

Also known as Juan Canary melon, these are distinguished by their bright yellow skin and pale green flesh. They are

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rich in vitamins A and C, as well as beta-carotene, which promotes healthy skin and vision. Like melon family, they are low in calories and high in water content, making

it a hydrating and refreshing choice.

Santa Claus Melon

Also called Christmas melon, these are large, oblong with pale green skin and sweet, white flesh. They are again high in vitamins A and C, as well as potassium and magnesium, which support heart health and muscle function. Santa Claus melon is also low in calories and cholesterol-free, making it a healthy addition to any diet.

Tips on Picking Melon

Selecting the perfect melon is not easy at all.

First, choose a firm melon with no damage marks.

Should be heavy in size, signifying a nice juicy melon.



Ashish Singh

One variety of the honeydew melon – the Santa Claus – turns yellow as it ripens. The more yellow it is, the sweeter the flavour.

Recipes with Star Fruit Melon

Local Melon & Feta Salad

By Rollin Lasrado, Executive Chef - Smoke House Deli West

We source the finest local melons, especially the ones that are seasonal – such as muskmelon, cantaloupe and watermelons, that blend with the rich, creamy feta, creating a symphony of light and fresh flavours. This salad is our homage to the simple, yet profound joys of seasonal eating. As a chef, it is also highly open to experimentation with the textures, marination and implementation depending upon the guests' preference and the season.

Ingredients - For the salad

- Mixed melon 150 gm
(peeled, deseeded, diced)
- Feta Cheese 50 gm
- Mixed Lettuce 100 gm
(cleaned, washed and chilled)
- Salt, Pepper to taste
- Extra Virgin Olive Oil 10 ml
- Sunflower Seed 15 gm (toasted)
- Melon Seeds 15 g (toasted)

For Pickled Rind

- Watermelon Rind 50 gm (julienned)
- Beetroot 10 gm (peeled slice)
- White Wine Vinegar 35 ml
- Sugar 10 gm
- Water 100ml
- Salt 5 gm

For the Vinaigrette

- Dijon Mustard 5 gm
- Salt 3 gm
- Crushed Black Pepper 2 gm
- Sugar 3 gm
- White Wine Vinegar 5 ml
- Salad Oil 60 ml
- Truffle Oil 4 ml

Method

For the Pickled Rind – Heat the water in a pan, then add in the sugar, salt and vinegar and stir off the flame until it dissolves. Chill in the fridge with the slice of beetroot. When chilled, add in the chilled melon rind and chill in the fridge until pickled. (generally overnight).

For the Vinaigrette – in a steel bowl, whisk together mustard, salt, sugar, pepper with the vinegar. Slowly add in the oil and whisk until it forms a thick emulsion. Whisk in the truffle oil & adjust seasoning to taste.

For the Salad – in the steel bowl with the dressing, toss in the lettuce & mixed diced melon. Add in seasoning as required. Place on 2 plates (if serving as portions) or in the bowl (if served community style). Top with the pickled rind and toasted seeds. Rumble feta over and serve chilled.

Notes

Use whichever melon is in season, use a mix of whatever is available to add a difference in textures, tastes and flavours. The rind of the watermelon is the white layer

between the green skin and the red/yellow/orange flesh of the melon. You could use the white rind of other melons too, if you like.

Feel free to add more nuts or more fruits to the salad, as you like.

Musk Melon Salad with Cranberries & Feta Cheese

By Chef Ashish Singh, Brand Chef and CEO, Café Delhi Heights

Ingredients

- 1 Medium Musk Melon
- 1/4 cup Fresh Cranberries
- 1/2 cup Arugula Leaves
- 1/4 cup Feta Cheese
- For the Dressing
- 1 tsp Extra Virgin Olive Oil
- 1 tsp Red Wine Vinegar
- 1 tsp Chilli Flakes
- 1/2 tsp Mustard Powder
- Salt to taste

Method

Peel, deseed and cut musk melon into medium-sized dice pieces.

Wash, dry and roughly tear arugula leaves.

In a mixing bowl blend together all the dressing ingredients.

Mix together chopped melon, arugula leaves, cranberries, feta cheese and the dressing gently.

Serve it cold.



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The Freezer Aisle Secret:

Why Frozen Vegetables Might Be Your New Go-To

By Mohit Marwaha



We often buy vegetables from local vendors, but how much do we really know about their origin and safety? Fresh produce has long been seen as the pinnacle of healthy eating, but there's a surprising contender: Frozen Vegetables.

While fresh options seem like the obvious choice, frozen veggies offer some unexpected advantages. Let's find the lesser-known benefits of choosing frozen vegetables over fresh ones. From nutritional value to convenience and cost-effectiveness, frozen veggies have a lot to offer that might just change your mind about what belongs in your shopping cart. Let's explore why frozen vegetables might just deserve a leading role in your meals.

Price:

Fresh vegetables can be more expensive, especially when they are out of season or need to be imported. On the other hand, frozen vegetables are generally more cost-effective and can be purchased in bulk without the risk of spoilage. Additionally, frozen foods are unaffected by inflation, offering a stable and affordable option for consumers.

Shelf Life:

Fresh vegetables have a limited shelf life and can spoil quickly if not consumed promptly. Frozen vegetables, however, can last for months in the freezer, allowing for

greater flexibility in meal planning.

Protects Against Uncertain Price Surges:

In the face of relentless price inflation impacting everyday groceries like tomatoes, green peas, garlic, and ginger, a pragmatic solution emerges i.e. frozen and ready-to-cook or use options. For Instance, in July 2023, tomato prices which is usually priced at INR 27-30 per kg, were sold for as high as INR 150 to INR 200 per kg. Whereas a 200gm pack of ready-to-use tomato puree equivalent to approx 10 ripe tomatoes, offered budget relief without sacrificing flavour and quality. Once the pack is open, the tomato puree can be stored in an airtight container and refrigerated for use over the next 12-15 days.

Nutrition Value:

There is a common misconception that frozen vegetables are less nutritious than fresh ones. However, frozen vegetables are often flash-frozen shortly after harvest, preserving their nutritional content. In some cases, frozen vegetables may even retain more nutrients than their fresh counterparts. For example, a study published in the Journal of Agricultural and Food Chemistry found that certain frozen vegetables, such as green beans and peas, can have higher levels of vitamins and nutrients compared to fresh ones, which can lose nutrients during transportation and storage.

Convenience:

Frozen vegetables are incredibly convenient, requiring no washing, peeling, or chopping. They can be easily added to soups, stir-fries, and other dishes, making meal preparation faster and more convenient.

Availability All Year Round:

Frozen vegetables are available year-round, regardless of the season. This means that you can enjoy a variety of vegetables even when they are out of season, allowing for more diverse and nutritious meals throughout the year.

Conclusion

While fresh vegetables hold a special place in our hearts and on our plates, it's time to give frozen vegetables the recognition they deserve. Not only are they more cost-effective and have a longer shelf life, but they also retain their nutritional value and offer unmatched convenience. By incorporating frozen vegetables into your meal planning, you can reduce food wastage, enjoy a variety of vegetables year-round, and simplify your cooking process. So, next time you're at the grocery store, consider adding some frozen veggies to your cart. Your taste buds and your wallet will thank you.

The Author is AVP, Yummiez, Godrej Tyson Foods

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Cool Mocktails are Hot!

They are colourful, they are fruity, they are sweet, they can be tangy, and overall, they are extremely refreshing, especially in a tiring scorching summer day. They are mocktails, which are not much dissimilar to cocktails, in the sense that both are concoctions of different ingredients. However, the difference lies in the lack of alcohol content. Mocktails can be described as a blend or concoction of only non-alcoholic beverages. Fresh fruit juices, syrups, cream, herbs, spices, honey, and aerated drinks can go into the making of mocktails.

Yes, we all know that mocktails are devoid of alcohol, but that is not hampering their popularity in today's Indian restaurant business. Mocktails cannot make you heady, but they can make you refreshed and ready...to face the challenge of the next hour.

Nowadays mocktails have become integral part of the Indian food services industry, as they are becoming popular choice among a section of people dining

out in the restaurant. It is hard to find a quality restaurant in a big city of India not having mocktails on its menu.

Mocktails are often packed with fresh fruits and other nutritious ingredients, which are relevant for current trend of healthy foods. There are people who are moving away from alcoholic beverages and adopting a healthy lifestyle. For them mocktails can be preferred drinks of choice, while eating out. In these health



conscious times, fruit-based mocktails are gaining currency in the Indian food services industry.

Gauging the Market

The popularity of mocktails in the Indian food services industry can be perhaps attributed to the huge numbers of women restaurant goes in today's India as compared to say one or two decades back. It is sad that even today, women drinking alcoholic beverages still have an element of taboo associated with them in the post-modern Indian metropolitan society, though thankfully this taboo is eroding fast.

Therefore, still quite a few women in India have to bear the burden of discomfort while consuming alcoholic beverages (which is lamentable) and thus they are not socially induced to try alcoholic beverages in India. For them mocktail can be a nice refreshing alternative, in case they feel a sense of discomfort while consuming alcoholic



beverages.

The popularity of global food & beverage trends in the Indian food services industry has also perhaps paved in for the popularity of mocktails. Now the question arises that what types of mocktails are garnering more popularity than the others, among the fast evolving eating out crowd of urban India?

Fresh and Innovative

The growing craze towards experimentation among the young and the affluent (or the upwardly mobile) restaurant goers in urban India in turn has lead to the growing popularity of mocktails with innovative concoctions. In turn, Chefs and bartenders across restaurants in urban India are coming up with novel mocktails to cater to their guests, many of whom are keen on trying something new.

Moreover, with trendy mocktails being aired on television these days, restaurant guests, on an average, are now more aware of the mocktail trends than they were a decade before. Their discerning mocktail needs need to be satisfied by today’s bartenders across Indian food services industry.

The growing health consciousness in the upwardly mobile urban Indian society has also lead to the popularity of mocktails with healthy ingredients, across the Indian food services industry.

Bartenders in the Indian food services industry are now experimenting and creating unique signature mocktails for their diners. A lot of bartenders are using fresh ingredients like mint, basil, lemons, which have been grown in their own garden. Also new techniques like smoking and foaming are becoming very popular in the realm of mocktails.

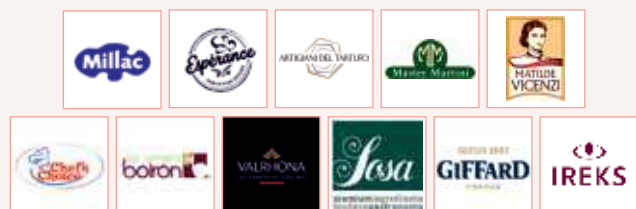
Using vegetables in fruity mocktails is another interesting option to enhance their health quotient and thereby increase the popularity of mocktails among the health conscious crowd. For example, how about a beet-root based mocktail for the diabetics? “The blends of different fruits, vegetables and seeds as a single drink are getting very popular in the Indian food services industry. Homemade syrups or cordials are also getting immensely popular as these have freshness and at the same time are cost-efficient.

In the context of the Indian food services industry, mocktails have been changing for few years now. No longer



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it is acceptable for restaurants and bars to serve mocktails by just mixing a few juices. Nowadays many restaurants are claiming to have craft mocktails on their menu, which is largely due to the efforts of creative bartenders. Mocktail pitchers are getting immensely popular among families dining out.

Mocktails made out of fresh ingredients like fruits, herbs, tea, and botanicals are more popular. People no longer like the regular syrup based mocktails, unless these syrups are made from fresh ingredients. A mocktail prepared with fresh ingredients with less sweetness and more flavours are more in demand.

Nowadays bartenders in the Indian food service industry are using their unique homemade concoctions in preparing mocktails. Sometimes they have to cook some of the ingredients to use it as their mystery ingredients in mocktails. In order to present a unique mocktail they often use best quality ice, unique glass and edible garnish.

Drinks for All Ages

It is not necessary that in high-end restaurants of urban India mocktails are popular only among women and underage restaurant goers only. The consumers for mocktails can be found among people across varied age groups, visiting bars or restaurants during lunch or evening. When a group of 10 or more dines at our bar or restaurants, one always finds two or more than two people who prefer to have mocktails.

There is no particular age group which

can be earmarked as the consumers of mocktails; these drinks which are often trendy, healthy, easy to make and refreshing are nowadays consumed across diverse age groups.

By Popular Choice

One of the most popular mocktails is a combination of watermelon, mint and cinnamon. This beverage is rejuvenating and has a distinct flavour. The refreshing taste of watermelon, lime and mint is enhanced with the pinch of cinnamon, which makes this mocktail a perfect choice.

Also Kiwi Cooler and Homemade Ginger Ale are the most popular mocktails



across the food & beverage outlets. Both of these mocktails are made from fresh ingredients and are rich in terms of flavours.

Few other mocktails are berry based mocktails made from raspberry puree, blackberry puree and peach puree, and cranberry juice. Another choice of mocktails can be made of fresh orange chunks, cranberry juice, passion fruit juice, strawberry crush and lemon juice. Mocktails are also made with combination of fresh mango puree and strawberry puree.

Overall, one can say that mocktails are nowadays a popular segment of beverages in the Indian food services industry, and among mocktails, those mocktails which have innovative and uncommon concoctions and taste great at the same time, those mocktails which use fresh ingredients and taste great, and those mocktails which are spruced with healthy ingredients but taste great at the same time, are likely to garner the most popularity in the mocktails sub-segment of the Indian food services industry.

Bars and restaurants offering low calorie drinks, healthy fresh fruit concoctions, flavours extracted from botanicals, or using local ingredients will keep the mocktail lovers engaged. Pairing up your mocktails with the type of food you offer are likely to add to the revenues and footfall. The future of mocktails in the Indian food services industry seems fantastic as long as the recipes are healthy and most importantly, if they are less complicated and are easy to make.

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For Our Plates and Palates

Nowadays, we keep on hearing about power food or health food, though I doubt whether many who use these smart jargons have a clear idea about what can quantify as power food or health food. Power foods contain some 'magical nutrients,' which have made them the hot new superstars on the health horizon.

You can get these nutrients from fruits, vegetables, nuts, seeds, etc. And you do not need to go far away seeking them. The secret to youthful skin, healthy bones and disease prevention can be found in your kitchen itself. However, you need to have the power of information to know about the different benefits of these magical nutrients. It is likely that even if you are diligent about your diet, you are likely to fall short of some critical nutrients called the micronutrients and antioxidants.

Though popping a pill is an option but there is nothing better than getting your daily dose of healthy nutrients from food. Here is some relevant information for some of the wonderful power foods, which are spruced with a spate of healthy nutrients.

Flaxseed

Flaxseeds (*Linum usitatissimum*), also known as common flax or linseeds, are small oilseeds that originated in the Middle-East, thousands of years ago. They are nutty seeds, which have an earthy aroma. Lately, they have been gaining popularity as power food.

This is due to their high content of hearthealthy omega3, rich fiber content, and other unique plant compounds. A tablespoon of flaxseed is all that is needed to provide the recommend dose



of omega 3 fatty acids to fight inflammations, heart diseases and obesity, which has made the ancient flaxseed become our miracle food in this post-modern age.

However, there is a lot of debate on how to consume flaxseeds. It is true that flaxseeds, when not chewed properly, can go undigested, thereby getting flushed out of your system. Hence ground or milled flaxseed is a better choice or opt for flaxseed oil in your cooking. Add a teaspoon or two of flaxseeds in your salad or breakfast cereal or add to your raita, or even toss your salads with flaxseed oil.

Oat

The oat (*Avena sativa*), is a species of cereal grain, grown for its seed. Over the past few decades, this whole grain power



food is being regarded as a very popular healthy addition to the breakfast tables. Oats are loaded with dietary fiber (containing more than any other grain) and have a range of healthy cholesterol lowering properties.

Furthermore, oats are rich source of many nutrients and phytochemicals including soluble fibre, minerals, vitamins and antioxidants. So make oat an integral part of your breakfast as it is not only convenient to prepare but is also nutritious and heart-friendly.

Soybean

Soybeans or soya beans (*Glycine max*) are a species of legume, native to eastern Asia. Key benefits of soya are its high protein content, vitamins, minerals and fiber. Besides, soybeans are loaded with phytoestrogens called isoflavones, which are helpful in reducing the risk of breast cancer and preventing most menopausal symptoms.

Taking soya protein daily protects our heart due to its high phytosterols. But remember that soybeans are a common



allergen and also contain a substance called Goitrogens, which interferes with thyroid activity. Hence soybeans are to be taken with precautions in some health conditions.

A common myth that soya should not be consumed by men. Like most myths, it is also far from science and hence, truth. Soyas are a rich source of antioxidants and all should consume 1 to 2 servings of soybeans daily for boosting heart health.

Almond

Almond is the seed of the fruit of the almond tree, and is known as the powerhouse of nutrition; they are flooded with protein,



fiber and Vitamin A & E. A handful of nutrient rich almonds daily helps promote heart health, prevents weight gain and fights against diseases like diabetes and Alzheimer's. Add a punch to plain yogurt by mixing in some chopped almonds or apply a teaspoon of almond butter to your toast or to your milkshake. Make them a regular habit. Almond milk is another healthy option, especially for lactose intolerant and vegans.

Quinoa

Quinoa, a pseudo cereal, has become popular among health conscious, and is rightly called the super grain, as it is gluten free and packed with proteins, fiber and various vitamins and minerals. Quinoa contains heart healthy omega3 fatty acids too, hence making it as one of the healthy cereals. When cooked, quinoa is soft and fluffy and can be taken as a breakfast cereal or salad.



Yogurt

Yogurt or curd is one of the most popular fermented dairy products in the world, made by adding live bacteria to milk. Curd is a rich source of protein, and also loaded with calcium, Vitamin B12, phosphorus and vitamin B2. Yogurt also contains probiotic bacteria (probiotics), which have many beneficial health effects including enhancing immune system, improving digestibility, protection against diarrhea and constipation, reducing cholesterol, etc. So a bowl or two of yogurt daily is excellent for your digestive system, besides being a good source of protein and calcium too.

But move over regular yogurt, going Greek is in. Removing the whey protein, sugar and lactose from the regular yogurt, gives the thick and creamier consistency, which is healthier too. It is called the Greek Yogurt. It is high in protein, and low in fat and carbs as compared to the regular yogurt, and hence is ideal for weight watchers.

It is about time, our food services industry introduces these power foods in its menu on a more extensive and intensive scale than it is doing at present. This endeavour by our food services industry can not only lead to more healthy profits for the industry in these increasingly health conscious times, but can also facilitate the industry towards adding to the health



quotient of our society, where lifestyle diseases are rampant.

So it is just about time our restaurants translate the concept of power food to an everyday reality, much more seriously and proactively than it is doing now.

The author is expert in Clinical Nutrition & Dietetics

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Chef Sachin Malik, Executive Chef Radisson Blu MBD Hotel, Noida



With over 15 years of experience in the F&B industry, Chef Sachin has a powerful track record of excellence & mastery in curating culinary delights. He has worked with renowned brands like The Leela Palace Kempinski Hotel, The Leela Palace Gurgaon & New Delhi, Melia Hotels International, Zone by Park and Signature by Sanjeev Kapoor. Not just India, but his culinary adventure has international expertise also. In his most recent assignment, he was associated with Wyndham Hotel Group in Bahrain and heads the kitchen at Wyndham Grand Manama.

His extensive travels have not only honed his culinary skills but have also infused his creations with a diverse array of cultural influences. From the bustling streets of Abu Dhabi to the vibrant markets of Bahrain, Chef Sachin has immersed himself in the rich tapestry of international cuisines, incorporating exotic spices, aromatic blends, and innovative techniques. In an exclusive interview with **Sharmila Chand**, he talks about his work philosophy and more....

How do you define yourself?

As an executive chef at Radisson Blu MBD Noida, I define myself as a culinary visionary dedicated to crafting unforgettable dining experiences. I strive to blend innovation with tradition, creating dishes that not only tantalize the taste buds but also evoke emotions and memories.

What is your philosophy of cooking?

Being able to cook and bring joy to people's faces fills me with pride. It's a privilege to win hearts through food and spread happiness.

What is your area of expertise?

I have worked both in India and overseas, so while my area of interest lies in Arabic cuisine, my specialization is in Italian, American and Indian cuisine.

Had you not been the chef then what?

Since my childhood I have been helping my mother in the kitchen so from the beginning itself I was very much passionate about cooking. Additionally, I've always nurtured a fascination for automobiles, envisioning a career exploring this interest.

What is your source of inspiration?

My biggest source of inspiration is my mother.

What has been the most rewarding moment in your career?

I have been shortlisted in power 25

culinary in the Middle East and Africa zone, I ranked 22nd over there. I would also count as my achievement to be able to serve the President of China, King of Bhutan, President House of India we used, apart from this I was a judge at Tanmiah Chicken contest which was sponsored by Radio Mirchi Bahrain.

How has the journey been so far?

The journey has been incredibly fulfilling and enriching. Transitioning from international destinations to India has been an exciting adventure, allowing me to immerse myself in the rich culinary history of this vibrant country, infused with the aromatic allure of Indian spices. Each day presents new opportunities to showcase my passion for food and hospitality at Radisson Blu MBD Noida, and I'm grateful for the experiences and growth it has brought.

What skills are necessary to be a good chef?

To thrive as a chef, one needs technical prowess, creativity, adaptability, and a passion for continuous learning. Effective communication, leadership, and teamwork skills are also vital for success in the dynamic culinary realm. Additionally, with changing trends, it is required to have a keen understanding of flavours & ability to innovate.

How do you de-stress yourself?

To unwind, I find solace standing in the rain, letting nature wash away stress, and indulging

in leisurely drives during my downtime.

Favourite Ingredients? Why?

Mushrooms hold a special place as my favourite ingredient, their versatile flavour seamlessly enhancing any dish with a touch of earthy richness.

Fav Cuisine?

My palate craves the vibrant and diverse flavours of Indian, Thai, Mexican and South American cuisine, igniting a passion for their bold and tantalizing dishes.

Fav Spice? Why?

Saffron is my go-to spice, revered for its exquisite aroma and ability to elevate dishes, infusing them with a luxurious touch.

Fav Equipment? Why?

In the world of culinary arts, Chef Mike (microwave) and Chef Rat (oven) are not merely appliances but indispensable allies, akin to additional members of the kitchen team. Chef Mike, with its swift heating capabilities, lends efficiency to tasks like reheating or quick cooking, while Chef Rat, the oven, masterfully bakes, roasts, and grills, infusing dishes with depth and flavour. Together, they form an essential part of the culinary arsenal, seamlessly integrating into the workflow and ensuring the flawless execution of culinary creations, in a professional kitchen.

Fav Restaurant / food joint,

anywhere in the world.

The Thai Spoon in Bahrain holds a special place in my heart as my favourite restaurant globally. What sets them apart is their commitment to freshness. Each dish, particularly their signature curries, is prepared right on the spot, ensuring unparalleled freshness and flavour. While it may take 40-45 minutes to savour their creations, the wait is always worth it. Their dedication to cooking everything from scratch ensures that every bite bursts with the natural and authentic flavours of Thailand.

Moreover, the ambiance of The Thai Spoon complements the culinary journey perfectly, transporting diners to the bustling streets of Thailand. The warm hospitality of the staff adds an extra layer of charm to the dining experience, making every visit memorable.

Your fav dinner?

I've had the privilege of cooking outdoors for Prime Minister Narendra Modi and overseeing catering at Indian cricketer Suresh Raina's wedding. One standout moment was when Mr. Raina appreciated my cooking, expressing gratitude and amusingly wondering how much more I'd feed them.

Your favourite Culinary Destination?

Thailand captivates me as a culinary destination due to its vibrant and diverse cuisine, bursting with bold flavours, aromatic spices, and fresh ingredients. Exploring the bustling markets and savouring authentic Thai dishes is an unforgettable journey into a world of culinary delights.

The best compliment you have received?

The most rewarding moment was when Michelin Star Chef Suresh Pillai appreciated my cooking. Being recognized by someone I admire for the effort and passion I invest in my culinary creations is truly an honour.

What is your philosophy of work?

My philosophy of work is simple: strive diligently and maintain consistency. I firmly believe that unwavering dedication and persistence are fundamental to attaining success in any pursuit.

Lessons learnt in the kitchen?

Working in the kitchen has been a journey of profound learning for me. It's taught me the essence of diligence, discipline, and passion, moulding me into the culinary professional I am today.

Last meal on earth: what would you choose?

If I were to select my final meal, it would unquestionably be Indian and Thai cuisine. The vibrant flavours and aromatic spices of Thai dishes hold a cherished place in my heart, making it the ultimate choice for a last culinary indulgence.

Career advice you would like to give to youngsters aspiring to be chefs.

To aspiring young chefs, my foremost advice would be to consistently give your all in every endeavour. Success in the culinary realm, akin to any other domain, demands unwavering dedication, perseverance, and a commitment to continually push your boundaries.

Define yourself in one sentence.

I describe myself as a dedicated individual driven by a passion for crafting unforgettable culinary journeys for others.

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Summer Menu Fiesta At Vietnom!

Saket DLF Avenue, New Delhi

By Sharmila Chand

Step into VietNom, where every corner is a canvas painted with the essence of Vietnam's charm and allure. It is indeed a sanctuary where every detail whispers tales of Vietnam's rich culture and natural beauty.

As you enter, you are greeted by a breathtaking wall mural, depicting a graceful Vietnamese lady, her presence infusing the space with elegance and tradition. The gentle sway of bamboo accents throughout the interiors brings a serene harmony, while wooden elements and lush greenery from carefully placed plants create an inviting oasis of tranquillity.

An impressive bar stands as a centre piece, offering a glimpse into the world of exquisite libations with its exclusive wine display, inviting you to indulge in the finest vintages from around the globe. Adorning

the walls, frames capture the captivating landscapes and vibrant scenes of Vietnam, adding a touch of nostalgia and wanderlust to your dining experience.

Summer Menu

Embracing the vibrant spirit of the season, 'Summer In My Heart' is the new menu which features a delectable array of salads, summer rolls, banh mi, and



handcrafted cocktails and mocktails that promise to delight the senses and transport diners on a culinary journey like no other.

It's a menu that celebrates the bounty of summer produce while infusing traditional Vietnamese flavours with a modern twist. From refreshing salads bursting with crisp, seasonal vegetables to delicate summer rolls filled with succulent meats and vibrant herbs, each dish is a celebration of freshness and flavour.

Elevating the beloved street food to new heights, the Banh Mi sandwiches offer a symphony of flavours and textures that are sure to captivate guests' palates. Featuring tender proteins, crisp vegetables, and homemade spreads, these sandwiches promise an unforgettable dining experience.

Bringing Vietnamese Culture to Your Plate

Chef Bhim B. Tamang, the Brand Chef

explains, "At Vietnam, our journey to bring Vietnamese culture to the forefront of our menu for the summer-spring season was a fascinating exploration of culinary artistry and cultural immersion. While we didn't physically venture to Vietnam, our team embarked on a virtual voyage, delving into the heart and soul of Vietnamese cuisine through extensive research, collaboration, and a passion for authenticity.

Our commitment to authenticity extended beyond mere recipes. We sought out the freshest local ingredients, carefully selecting each component to mirror the vibrant flavours and textures of Vietnam. From sourcing crisp, organic vegetables from nearby farms to hand-selecting aromatic herbs and spices, every ingredient was chosen with precision and purpose."

However, there was more to the culinary journey. As Chef continues to tell, "It was essential for us to infuse our menu with the spirit of Vietnamese hospitality and storytelling. Hence each dish tells a tale, a narrative that transports diners to the bustling streets of Hanoi or the serene countryside of Hue. Whether it's the fragrant aroma of lemongrass wafting from our Chicken Banh Mi or the delicate balance of sweet, sour, and spicy in our Vietnamese Water Spinach & Mango Salad, every flavour evokes memories of Vietnam's rich culinary heritage."

Curating The Menu

"As we curated our menu, we also embraced innovation, adding our own unique twists while staying true to tradition. We experimented with flavour combinations, explored modern cooking techniques, and embraced the seasonality of local produce to create dishes that capture the essence of Vietnamese cuisine while celebrating the freshness of the summer-spring season.

In essence, our new menu is a labour of love, a testament to our dedication to honouring Vietnamese culture and cuisine. It's a culinary journey that invites our guests to explore, indulge, and savour the vibrant flavours and rich traditions of Vietnam, all within the welcoming ambiance of Vietnam", adds Chef Tamang.

Signature Dishes

Banh Mi Pork

Tht Bánh Mì, also known as Banh Mi Pork, embodies a delectable fusion of



"As we embark on this exciting journey with our new summer menu, we're reigniting the spirit of VietNom with fresh flavours and innovative creations. This season, we invite our guests to rediscover the essence of Vietnamese cuisine, infused with a modern twist that celebrates the vibrancy of summer. From refreshing salads to enticing small plates, each dish embodies the essence of VietNom's commitment to culinary excellence. And don't forget to pair your meal with our refreshing cocktails and mocktails, expertly crafted to complement the flavours of the season. Join us as we embark on this culinary adventure, where every bite tells a story of tradition, passion, and the joy of exploration."

Sahil Sambhi, Owner, Vietnam

Vietnamese and French culinary influences. Tender, marinated pork is nestled within a crusty baguette, accompanied by vibrant pickled vegetables and savoury paté sauce, creating a harmonious symphony of flavours and textures. Tht Bánh Mì distinguishes itself with its succulent, marinated pork and the invigorating tang of pickled vegetables, all enhanced by luscious, savory paté sauce. Each bite is an adventure to Vietnam, bursting with authenticity and delight.

Elaborating on its distinguishing taste, chef tells, "At VietNom, crafting Tht Bánh Mì is a labour of love and dedication.

We meticulously select locally sourced pork, infusing it with genuine Vietnamese spices for unrivaled tenderness and taste. Handpicked vegetables undergo traditional Vietnamese pickling techniques, ensuring an exquisite harmony of acidity and crispness. Our secret recipe for savoury paté sauce adds a distinctive layer of flavour, elevating Tht Bánh Mì to a culinary masterpiece exclusive to VietNom. Each bite is a journey to the bustling streets of Vietnam, meticulously curated to evoke the essence of authenticity and passion."

Vietnamese Lotus Stem Salad

Available in veg/pork/shrimp variant, Gi Cành Sen, Vietnamese Lotus Stem Salad, is one of the stars of the new summer menu. Thinly sliced lotus stem forms the crisp base, accompanied by optional succulent shrimp or savoury pork. Each bite is elevated with pork cracklings, fresh herbs, pickled carrots and daikon, and roasted peanuts, all drizzled with our signature tamarind chili dressing.

Gi Cành Sen stands out with its perfect balance of flavours and textures, showcasing the best of Vietnamese cuisine. What sets it apart is the meticulous curation at VietNom. Every ingredient, from the fresh lotus stems to the homemade pork cracklings and handcrafted tamarind chili dressing, is carefully selected and prepared with authenticity and passion.

"Our homemade pork cracklings provide a unique crunch, while our pickled carrots and daikon are prepared in-house to achieve the perfect balance of tanginess. Each element is thoughtfully curated and crafted to deliver a refreshing and satisfying salad that embodies the vibrant flavours of Vietnamese cuisine," explains Chef.

Vietnamese Water Spinach Salad

Indulge in the refreshing flavours of Vietnam with Gi Rau Mung Nc, Vietnamese Water Spinach Salad. Blanched and chopped water spinach forms the crisp base of this vibrant salad, complemented by julienned cucumber and fresh bean sprouts. Fragrant herbs such as mint, cilantro, and basil add aromatic complexity, while the dressing, made with mango, lime, chili, garlic, and sugar, provides a perfect balance of sweet, tangy, and spicy notes.

Gi Rau Mung Nc offers a delightful fusion of flavours and textures that epitomize Vietnamese cuisine. What sets salad apart

is the harmonious blend of fresh ingredients and the unique dressing crafted with mango, lime, chili, garlic, and sugar. It's a refreshing and flavourful salad that captures the essence of Vietnamese culinary tradition.

"We start with the freshest water spinach, blanching it to perfection to maintain its crispness and vibrant colour. Our julienned cucumber and fresh bean sprouts provide a delightful crunch, while our fragrant herbs are hand-picked for their aromatic qualities. The dressing is the star of the dish, crafted with a unique blend of mango, lime, chili, garlic, and sugar, meticulously balanced to enhance the flavours of the salad. Each element is curated with care and expertise, ensuring a culinary experience that is both refreshing and satisfying, only at VietNom", explains chef.

Pomelo Mango Sago

Bi Xoài Sago is a delightful Asian dessert featuring juicy pomelo, sweet mango pulp, and tapioca pearls. This refreshing treat combines the tangy flavours of pomelo with the tropical sweetness of mango, all enhanced by the delightful texture of tapioca pearls. It offers a refreshing and exotic blend of flavours and textures, making it a standout choice for those seeking a unique and satisfying treat. The combination of pomelo, mango, and tapioca pearls creates a harmonious balance that tantalizes the taste buds.

Beverages

Complementing the culinary delights is Vietnom's exclusive selection of handcrafted cocktails and mocktails, expertly crafted by the talented mixologists using homemade cordials, fresh herbs, and premium spirits. From refreshing fruit-infused mocktails to innovative cocktail creations inspired by the flavours of Vietnam, each sip is a journey of discovery and delight. Cocktails at Vietnom are:

Phantom Saigon

Discover the captivating flavours of Phantom Saigon cocktail. This intriguing blend features vodka, pineapple juice, fresh orange, homemade berry cordial, and a splash of lime juice, all shaken to perfection and garnished with an edible flower. It entices with its fusion of Vietnamese-inspired ingredients, offering a refreshing and mysterious twist on classic cocktails.

Crafted with precision, each component



"At VietNom, we are passionate about creating unforgettable dining experiences that celebrate the vibrant flavours and rich culinary traditions of Vietnam. With our new summer menu, we invite guests to embark on a culinary adventure filled with fresh, seasonal ingredients and innovative twists on classic Vietnamese dishes. Whether you're craving a light and refreshing salad, a satisfying banh mi sandwich, or a handcrafted cocktail to toast the summer season, VietNom has something for everyone to enjoy."

Chef Bhim Singh, Head Chef, Vietnam

of the cocktail is meticulously curated for optimal flavour. From the hand-selected fruits to the secret recipe berry cordial, every detail is designed to transport you on a sensory journey through the streets of Saigon.

Hanoi Hideaway

Escape to the serene streets of Hanoi with Hanoi Hideaway cocktail. This refreshing blend features gin, the signature homemade paan cordial, lemongrass, fresh mint, fresh lime juice, and carbonated water, shaken to perfection and served in a champagne tulip glass, garnished with a sweet lime slice.

Hanoi Hideaway stands out with its magical flavour profile, crafted from homemade paan cordial and lemongrass, offering a refreshing and immersive drinking experience inspired by Vietnamese culture.

Sapa Sunset

Experience the breathtaking beauty of a Sapa sunset with this signature cocktail, Sapa Sunset. This delightful blend features tequila blanco, passion fruit puree, agave syrup, pineapple juice, roasted pineapple, fresh lime juice, and ginger ale, shaken to perfection and served in a Nude Highball glass, garnished with roasted pineapple and a cherry.

Trip to Vietnam

Embark on a sensory journey with Trip to Vietnam cocktail. This exotic blend features mango puree, fresh orange, chili garlic paste, fresh lime juice, and a pinch of celery salt, all shaken to perfection and served in an Old-Fashioned glass. It's garnished with a celery salt-sprinkled orange half-moon for an extra burst of flavour. Trip to Vietnam takes your taste buds on an adventure with its fusion of tropical mango, zesty orange, and spicy chili garlic flavours, reminiscent of the bustling streets and vibrant markets of Vietnam.

Finished with a sprinkle of celery salt and an elegant garnish, this cocktail is a true celebration of Vietnam's rich culinary heritage.

Chef Bhim B. Tamang, At The Helm Of Affairs

Chef Bhim B. Tamang, the Brand Chef, is a distinguished culinary maestro with a rich background in South East Asian cuisine, boasting an impressive 13-year journey in the culinary world. Despite his modest beginnings, Chef Bhim's passion for cooking and relentless pursuit of excellence have propelled him to remarkable heights in the industry.

Driven by a deep love for cooking and a thirst for knowledge, Chef Bhim embarked on a quest to explore the vibrant and dynamic world of Asian cuisine. His expertise lies in Vietnamese cuisine, where he has honed his skills and mastered the art of crafting exquisite dishes that reflect the region's rich flavours and cultural diversity. Through hands-on experience, experimentation, and continuous learning, he has developed a profound understanding of the intricacies of regional flavours and techniques.

Ask him about his philosophy and quick comes the answer, "Passion, Perseverance, and Precision, is my working Mantra." ■



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FnS – Creating New Avenues

With over a decade of presence in cutlery market, FnS is today a brand beyond cutlery. The company has diversified into new product ranges and looking for markets beyond the borders of India. Initially establishing as leading brand in retail segment, the company is now focussing on HORECA segment. In a conversation with Rajat Taneja, Adish Jain, Managing Director FnS, elaborated on the evolution of tableware market and their future plans.

Tell us something about your past and how FnS came into existence?

Before I explain you about our inception, I must tell you about my background. I have no business background. I am an engineer and later did by business administration and for almost 10 years worked with MNC's like Gillette & Perfetti Van Melle and have thoroughly a professional background.

At the time when I was working with Gillette, I got an idea through one of my acquaintances, who was exposed to stainless steel industry, to why not explore the cutlery market. Since I had FMCG experience, in 2005 I explored the market and was surprised to find out that the market is totally unorganised and there is no brand as such. The consumers were also not much conscious about the quality, design and brand, just the price point defined the sales. So it was the beginning of thought process to launch a cutlery brand.

How did you defined your strategy to enter the cutlery market?

We did a complete market research and defined the market and created the brand FNS. We wanted to create a brand which could relate to the industry and thus thought of Forks N Spoons (FNS) as the brand name. Our philosophy was to offer international quality product at Indian price. We wanted to outsource the production in India but hardly found any manufacturer who could create good designs, finish and high-quality product, like our gold-plated range. There were few exporters but they



Adish Jain

also could not deliver.

Initially we got our high-end products made from China and developed mid-level quality in India and launched 10 designs. It was totally a paradigm shift for domestic market. We started primarily with retail market only and later entered the hospitality industry.

What were the challenges you faced in your initial stage?

We initially had few challenges. We found that most households only use spoon, few fork but hardly anyone use knife. So as a strategy we first offered only spoons & forks sets, which was not thought to be a

good idea by the retailers. We still insisted on the same. But it worked and we set the trend, since Indian food does not require knife. Today most of the sets in the market are of only spoons and forks. We also introduced the concept of gifting cutlery by developing unique designs and shapes. It was an exciting journey initially and we captured the retail market within year and a half, and became a benchmark brand.

How you entered the hospitality market?

In 2006 we started getting inquiries from hotels about our products, through exposure in retail market. But we did not have the right kind of products for them. They wanted the products of their choice but had limited options in domestic range or otherwise the international brands.

In 2008 we created our hospitality division hiring professionals from the industry and started penetrating the market. We created a range especially for hospitality industry, which could even be substituted for international products at Indian price. That's the way the hospitality business started.

Hospitality was a very exciting journey because it was completely different from retail. We see great opportunity in HORECA segment in coming years and have very aggressive plans to reach out this market.

When did you set up your own manufacturing unit?

In 2007 we started our own manufacturing unit of cutlery, as we were

tired of issues related to outsourcing. We brought machines from China, Korea and India. This was the big step for us to cater to the hospitality industry, because sometimes they had varied and small volumes demand, which otherwise they cannot import. We focused on four & five star hotels and especially for their buffet, not for their fine dining. But we got very good response from fine dining restaurants.

How you countered the price point in price conscious market?

We faced stiff challenge from low-cost products already being sold by the retailers. They were sceptical about our high-cost range being accepted among the consumers. Keeping the same in mind we launched value for money brand Montavo in 2009 from retail perspective.

When did you diversify?

We used to get diverse inquiries related to tableware. People were demanding different range of products. Thus in 2013 we diversified into non-cutlery items like

chafing dish, tableware. Later we created different ranges every year to meet the demands of the market and changing consumer behaviour. Most of the products were more of steel, there was no colour. But we developed new range and now colour is in fashion, as consumer find steel boring.

How you see the products have evolved over the years?

First of all, as I said colour played a big role in changing the total concept, other big change happened is in the mindset of the consumer. Earlier people used to prefer bigger, broader products, now the market is moving towards sleeker and narrower designs. They are looking for sleeker designs for full range of cutlery, chafing dishes and tableware.

Also hoteliers are now ready to experiment more. They are interested to regularly replenish their inventory with latest cost-effective range, emphasising more on design and quality element. Since the product cycle has reduced, we need to be on our toes to keep developing

product range with lower shelf life, without compromising with quality and price point.

What are your future plans and further extension of brand?

In 2016 we started our operations in Dubai, looking after middle-east and few African markets. We started exporting our FNS brand to ten countries. Though our primary focus is retail segment, we have just started penetrating the hospitality market in the region. We are quite successful as we have bridged the gap of market offering between international brands and local traders, again meeting the price point and quality factor in competition to local market. We are soon going to open our own showroom in Dubai.

We are ready to evolve and innovate based on the changing needs of the market. It is a continuous process.

We are also planning an IPO of 20 Cr. in the month of July to raise funds to invest more in new product development, even in non-SS range, for larger penetration of hospitality industry, and increasing the market share globally.

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PACOJET SYSTEMS

Pacojet, a cutting-edge culinary innovation is set to revolutionize the Indian hospitality industry with its advanced features and capabilities. Pacojet International AG, a Swiss company, is renowned worldwide for its innovative Pacojet systems, catering to the needs of hotels, restaurants, and catering establishments.

The Pacojet 4 is equipped with a large LCD touchscreen that provides users with intuitive guidance through an animated assistance feature. Additionally, it boasts of a new smart device detection mode, enhancing user safety and protection against mis-handling and damage to the machine.

Using the Pacojet 4 is simple and efficient. Ingredients are placed into the Pacojet beaker and frozen for a minimum of 24 hours at -22°C / -8°F. The beaker is then attached to the Pacojet machine, and the desired number of portions is selected. The machine's blade spins downward at an impressive 2,000 revolutions per minute, pacotizing the ingredients with precision and finesse.

"Pacotizing," a term coined to describe this unique function of the Pacojet, produces ultra-fine textures in a sealed mode with a pressure of 1.2 bar / 17 lb. in. The result is smaller ice crystals compared to traditional ice cream makers, resulting in smoother and creamier texture in ice creams, Sorbets, mousses, Farces, sauces, soup concentrates, doughs, and masses.

Pacojet 4 is the latest advancement

in culinary technology, redefining the art of food preparation with its unparalleled versatility and innovative features. From crafting aromatic pestos to creating airy-light goat cheese mousses, Pacojet 4 empowers chefs to unleash their creativity and achieve perfection in every dish. With intuitive settings for maximum productivity, enhanced safety measures, and convenient connectivity options, Pacojet 4 sets a new standard for culinary excellence.



Pacojet 4 offers virtually limitless applications, from crafting aromatic pestos to creating airy-light goat cheese mousses. Every dish prepared with Pacojet 4 is guaranteed to be sheer perfection, unleashing the full potential of culinary creativity.

The Pacojet 4 features innovative settings designed to enhance efficiency and productivity in the kitchen. With the new Jet® mode, chefs can pacotize® certain recipes, such as high-fat ice creams, in just 90 seconds, significantly increasing productivity.

The Pacojet 4 offers the flexibility to work with both overpressure and normal pressure settings. Overpressure mode, operating at up to 1 bar, results in a volume expansion ideal for creating creamy-light consistencies and intensifying flavors.

With the expanded automatic repeat function, chefs can pacotize® recipes up to 10 times, achieving consistently light and creamy textures with maximum time efficiency.

The Pacojet 4 is equipped with intelligent features for intuitive user guidance and standardized workflows. The large touchscreen interface provides animated assistance, while the ability to save and load recipe settings enhances kitchen efficiency.

Safety is paramount with the Pacojet 4, featuring detection modes to ensure correct device usage and protection against damage. Tool detection, spray guard detection, and fill level detection features provide added confidence and peace of mind.

The Pacojet 4 offers WIFI connectivity, allowing for quick and easy error detection by the Pacojet Service Centre. This feature ensures seamless operation and minimal downtime in professional kitchen environments.

Cleaning the Pacojet 4 is a breeze with its two-stage cleaning process using Pacojet Cleaning Tabs. The removable drip tray and energy-saving standby mode further contribute to ease of use and maintenance.

Andy Mannhart Verpaco India Pvt. Ltd.
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King Metal Works has introduced a stainless steel g.n. pan, which can be useful for the hospitality industry. KMW brand's stainless steel g.n.pan is made from 18/8 grade stainless steel and hence is totally rust free.

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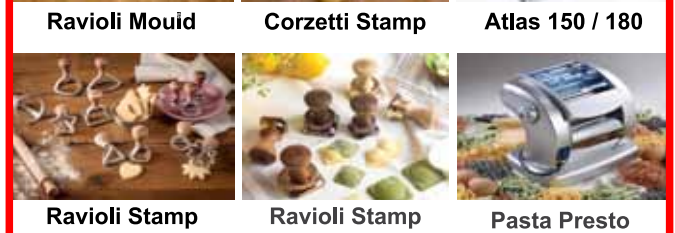
Besides it has international standard matt finish, and thus it has good resistance to scratches on use. Succinctly, the product has great value for money.

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“No matter how many goals you have achieved, one should also set their sights on a better, higher one”

Hemant Yadav, Head - F&B Operations, Kylin Experience



Hemant Yadav's journey in the hospitality industry spans over 19 years, characterized by relentless passion for delivering exceptional guest experiences. His career started in 2005, as a trainee steward at the ITC Maurya, where he absorbed the nuances of the trade and laid the foundation for his future. Remaining within the ITC family for five formative years, Hemant contributed to the launch and operations of multiple hotels, including the ITC Gardenia in Bangalore.

Hemant transitioned to the Leela group in Delhi, where his leadership skills and dedication were quickly recognized. He ascended to the role of Assistant Restaurant Manager, overseeing the culinary operations of two flagship restaurants, Jamawar and Qube.

In 2013, Hemant embarked on an international adventure, accepting the role of Cluster Head F&B for Ibis hotels in Kuwait. Subsequently, he collaborated with industry giants such as IHG and Accor, honing his craft and expanding his

knowledge in various locations across the Middle East.

After several successful years abroad, Hemant felt the pull of home and family, prompting his return to Delhi in 2019. Joining the esteemed Pan-Asian Legacy group, Kylin Experience, he embraced the opportunity to contribute his experience and expertise. As the second-in-command to the founder, Hemant plays a pivotal role in steering the group's F&B operations, ensuring that the legacy of excellence continues to thrive.

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

What do you enjoy most about heading F&B operations at Pan India level?

I find my job very wholesome at Kylin where I have the opportunity to mold my team members the way I see fit. The other side of this is meeting guests from all walks of life. I always like to say that being an operations head is just like being a business owner where throughout the day I get to wear multiple hats. Problem solving is a must in this role and a skill I have had to sharpen over the years.

What are your plans to introduce in your present role?

Being in the field and managing multiple restaurants and an array of responsibilities, my plans are ever changing and ever evolving depending on the need of the brand. At the moment, I am focused on providing the best experience possible to our esteemed guest, so the goal of this quarter is to focus completely on training and upskilling my team.

What is the USP of your F&B outlets?

Kylin as a brand focuses on giving our guests the best dining experience possible. With almost 20 years of experience behind us we aim to give our guests the best food, service and of course experience in all outfits. We focus on three major aspects when it comes to food, Sushi, Dimsums and Bowl meals. We firmly believe that we are the champion of each category and only strive to do more. As a casual plus restaurant and a philosophy that focuses on guest experiences, Kylin is only growing with its latest outlet in Bangalore.

What is your working philosophy?

My working philosophy is very simple and it flows from the top management at Kylin. There is no substitute for hard work and dedication. For anything to grow, may it be my career, someone starting as a trainee with us or even the future of the Kylin group, we have to work hard and give out 100% to it. This is what I have been taught and this is what I practice.

How do you define yourself?

It would be very easy for me to say

that I am a seasoned professional working in the field for almost 20 years, I am hardworking and well versed about the hospitality industry. But the truth is I am just someone who started working given the needs of my family and kept going where destiny took me and today is thankful for where I am.

How has your journey been in the culinary field?

My journey in the culinary field has been one filled with hard work, excitement and persistence. I faced and overcame many challenges but overall I would say that it has been smooth yet rewarding.

What has been your most rewarding moment at work?

The most rewarding moment of my career was when I joined the Kylin group and since day one, our founder trusted me with handling the operations of the entire group at pan India level, heading operations of all eight Kylin outlets in different destinations. It gives me a sense of immense satisfaction and self-fulfilment.



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