JUNE-JULY '24 VOL. XVI NO. 1 ₹ 100

BAKERY REVIEW

Business Magazine for Bakery & Confectionery Professionals



Business
Market for Healthy Bakery Ingredients

Feature
Breaking Fast

Dairy
The Indian Cottage Cheese

Trend
Key Bakery Trends

Ingredient
The Priceless Spice

International Snacks

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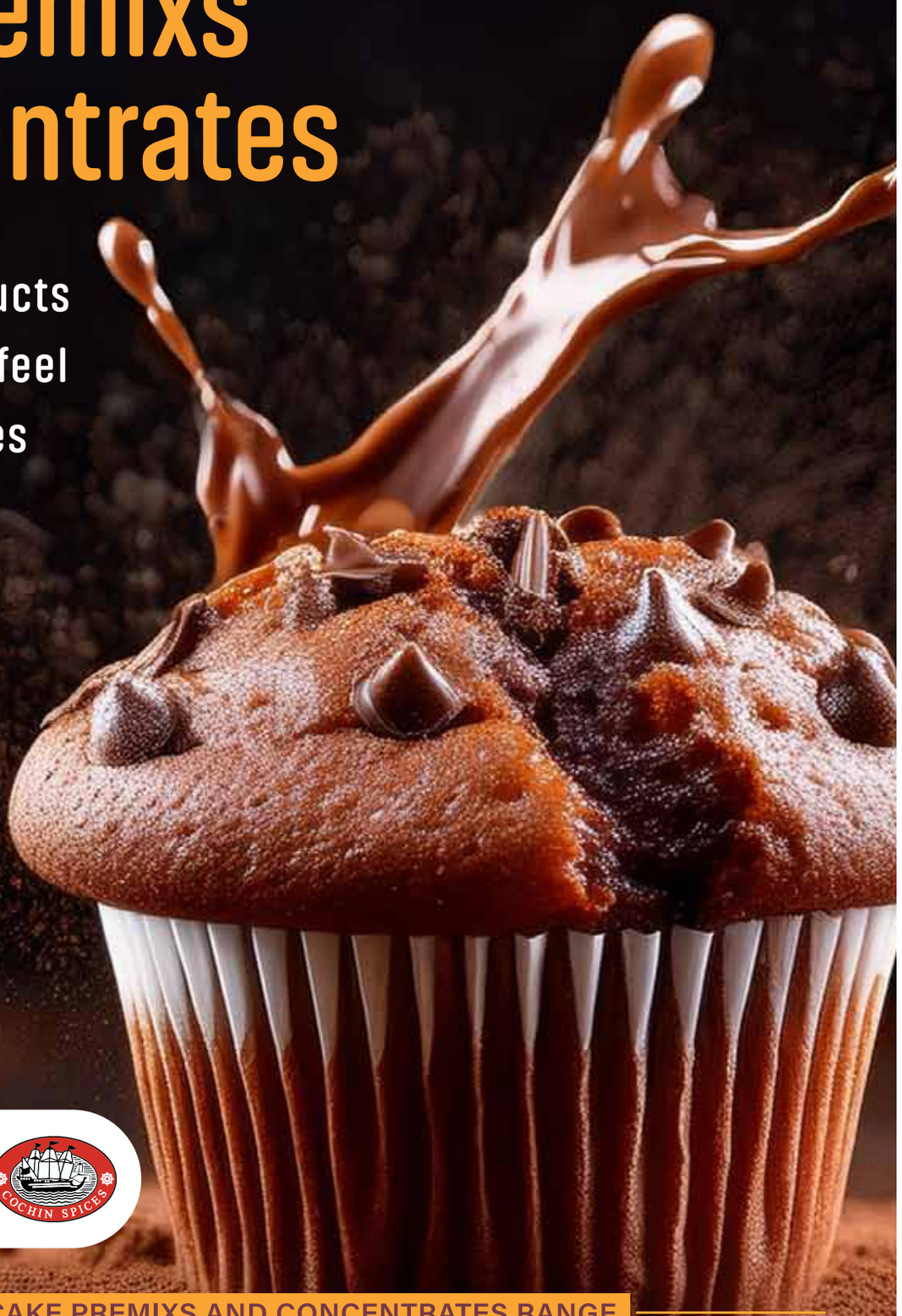
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BAKERY REVIEW

Editorial



The popularity of International snacks has become equivalent, if not more, than that of the Indian snacks. Be it Pizza, Burger, Doughnuts or Waffles, they are being considered as cool options for Indians. Their adaption to suit the Indian palette, have contributed to their widespread consumption. Cover story delves on the factors contributing to their finding favour with the populace.

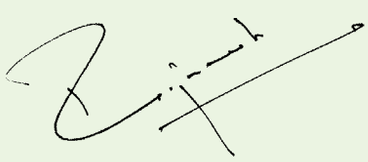
Consumers have become choosy about food and are increasingly opting for healthy and nutritious foodstuff. Baked food is becoming the preferred choice. The basic ingredients thus need to be altered and this provides a prodigious opportunity for an enterprising entrepreneur to venture into bakery ingredients market. Business story deliberates on the healthy raw materials that are likely to be used by the industry, enabling the entrepreneurs keen on entering the business.

Breakfast in our daily routine perhaps is the most important of all meals. A hearty breakfast can greatly facilitate to give a good and cheerful start to the day. Feature story finds how today guest demands call for many properties to expand their breakfast buffet even more to include hot items and a larger selection.

The changing consumer habits and lifestyles have increased the demand for healthier and innovative products which have made bakery chefs to think out of box. Trend story take view of bakery chefs and get their perspective on the current trends.

New entrepreneurs are thinking of entering the bakery and confectionery business in India. Operations story elaborates on the need to understand various factors to translate this potential into a lucrative bakery business.

The regular sections provide update on latest news, reports and events.



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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 is set to dazzle audiences on the 3-4 August, 2024 at the India Expo Centre & Mart, Greater Noida, NCR, India. This prestigious event will feature the extraordinary talents of female pastry chefs from across India, showcasing their culinary artistry, innovation, and expertise.

This year's competition theme is - Revolutionary Women – which invites participants to interpret and portray the narratives of women who have revolutionized and inspired the world through their innovations and endeavours across various domains, including music, art, entertainment, science, history, fashion, sports, and literature.

A Platform for Growth and Excellence

Organized by Bakery Review and India International Hospitality Expo (IHE 2024), and sponsored by Elle & Vire Professional, powered by Delta Nutritives, the Pastry Queen India event aims to establish a training ground for large international events while providing an entertaining showcase of the talents and future of young pastry chefs.

By spotlighting these talented individuals, we hope to foster a sense of belonging and valuable feelings of goodwill, quality, passion, creativity, collaboration, and respect among colleagues. These values are integral to the ethics of the sector, providing it with solid roots and a constructive vision for the future.

This event will be an invaluable opportunity to share experiences and provide a platform for growth for young individuals representing the future of the international pastry-making sector. Winning the title of 'Pastry Queen India 2024' will catapult the champion to international fame, with the winner being invited to Italy in 2025 for a talk show during Sigep 2025, with travel and accommodations covered.

Celebrating Talented Contestants

The competition is open to talented Indian female pastry chefs, Indian citizens aged 20 and above, with at least three years of professional experience. Each team consists of a female pastry chef and a team manager. The menu for the competition includes creations of a Sugar Show Piece or Chocolate Show Piece, Chocolate Cake, Innovative Leavened Breakfast Item, Plated Dessert, and Street Food with Creative Packaging (Dessert, Sweet in Nature).

Contestants and Mentors

ITC Grand Chola, Chennai
Contestant - Deepthi Joji Joshua
Mentor - Vivek Kadam

Academy of Pastry & Culinary Arts, Gurgaon
Contestan -: Juhi Chugh
Mentor - Sehaj Ghuman

Ecole Ducasse ISH, Gurugram
Contestant - Sana Khan
Mentor - Aabhas Jain

The Leela Gandhinagar
Contestant – Kinjal Rathord
Mentor – Rishab Anand

La Meilleure, Gurugram
Contestant - Kashish Sharma
Mentor - Yogesh Sharma

La Lavash, Delhi
Contestant - Praniti Jain
Mentor - Sachin Rathor

Academy of Pastry & Culinary Arts, Bangalore
Contestant - Kareena M Dadlani
Mentor - Pratyay Keny

Jury Members

The event will be judged by a panel of renowned chefs from across India;

Dr. Balendra Singh - Director, Institute of Bakery & Culinary Arts, New Delhi. With over 20 years of experience, he has worked at prestigious hotels in India..

Chef Parvinder Singh Bali - Distinguished culinary professional with three decades at Oberoi Hotels. He has played a pivotal role at Oberoi Centre for Learning and Development and is set to open his culinary and pastry school in Gurugram in September 2024.

Chef Mukesh Singh Rawat - Born in Uttarakhand and graduated from IHM Dehradun. He has garnered numerous accolades, including Gold at the India Pastry Cup Competition and Bronze at the Asia Pastry Cup. He is the Director of Culinary at ZUCI Pure Passion, Hyderabad.

Chef Eureka Araujo - Graduated from IHM Goa and completed the Taj Management Training Program. She represented India at the World Pastry Queen Championship in 2018 and 2023, winning the Bronze Medal. She is the Creative Director at Sivako, a French patisserie cloud kitchen in Mumbai..

Join for a celebration of culinary brilliance. Pastry Queen India 2024 promises to be a remarkable event, celebrating the creativity, passion, and skill of India's finest female pastry chefs. All is cordially invited to join this grand event, to witness the future of the pastry-making sector, and to be part of an inspiring journey of culinary excellence.

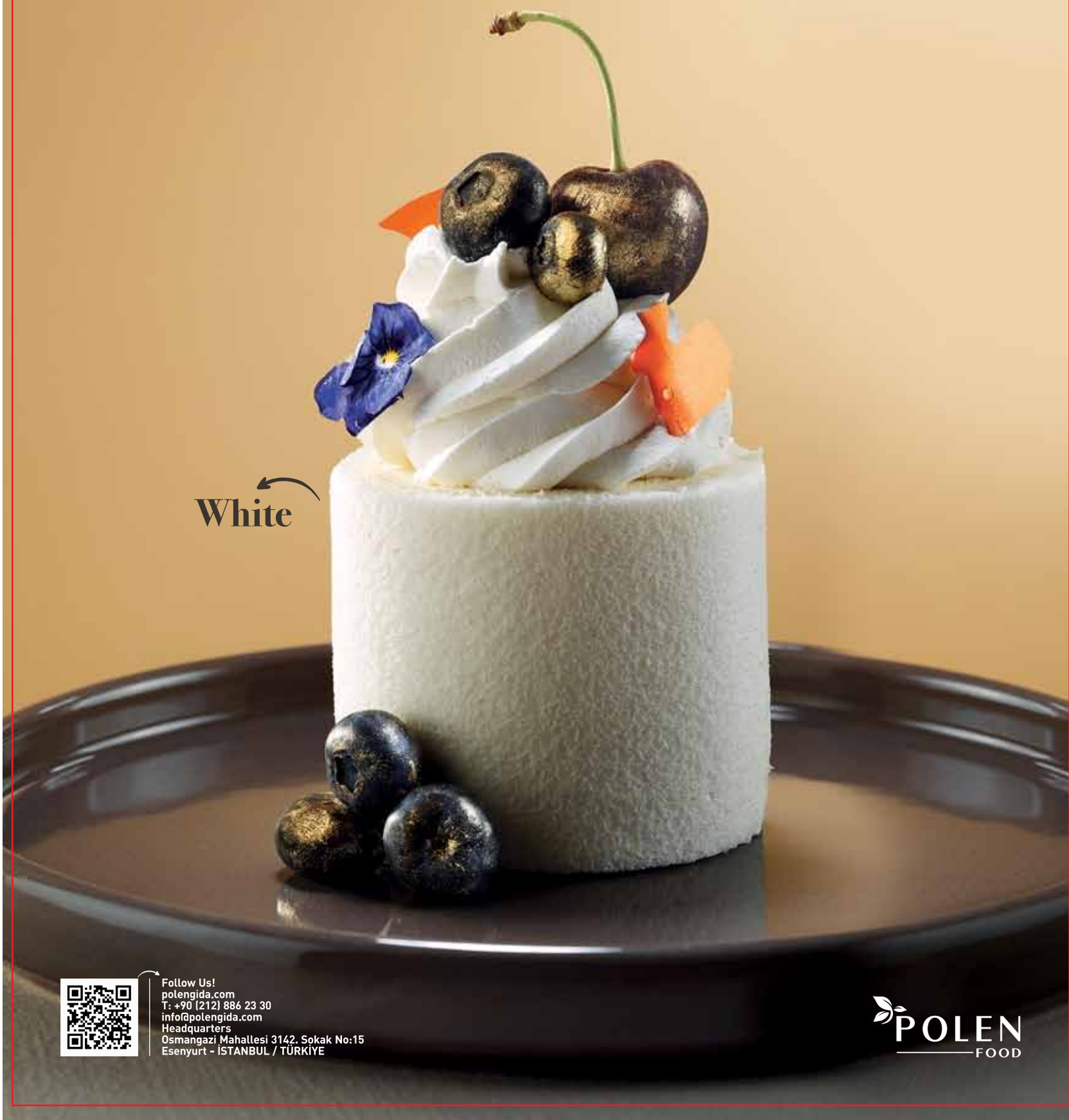
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IHE 2024



3-6 August, 2004 at India Expo Centre & Mart, Greater Noida

The 7th Edition of A Sourcing Pioneer in The Hospitality Industry

IHE 2024, the most awaited Hospitality exhibition that promises unparalleled sourcing with networking opportunities, supplier and buyer meetings, knowledge sessions, industry conferences and masterclasses, is set to take place from 3-6 August 2024 at the India Expo Centre & Mart.

Hospitality enthusiasts can look forward to exploring different fortes of the Hospitality sector like HoReCa and F&B, culinary demonstrations and tastings, as well as awards and recognitions for outstanding contributions to the industry at the show. The event features exhibitor booths showcasing a wide array of products and services, technology showcases and demonstrations, and participation from various industry associations and organizations. This confluence of activities and opportunities makes IHE 2024 an unmissable event for anyone involved in the hospitality industry.

With India's significant contribution to the travel and tourism GDP, this expo is poised to be a "Hub of Sourcing" for worldwide stakeholders. Hence, the industry is eagerly waiting for the 7th edition of the India International Hospitality Expo which is all set to create a ripple across the hospitality industry. The upcoming IHE 2024 is expected to welcome more than 55,000 B2B buyers from luxury hotels, resorts, homestays, restaurants, cloud kitchens, and the F&B space globally, making it an essential sourcing hub for the industry. '

Alongside IHE, four collocated events will be held promising more participation from several countries. IHE 2024 highlights the sector's promising growth trajectory and offers a platform for stakeholders to source, converge, collaborate, and carve out future paths for India's hospitality business, featuring a mega showcase of over 1000 brands, products, and services.

Dr. Rakesh Kumar, Chairman of the India Expo Centre & Mart, emphasizes, "This confluence of five synergized events will orchestrate a remarkable resurgence in the hospitality sector. Our nation's diverse cultural tapestry, adorned with a rich heritage, serves as a captivating lure for the burgeoning influx of global tourists, thus fostering the expansion of the hospitality sector."

He further adds, "The India International Hospitality Expo stands as a beacon of this transformative journey, poised to amplify the industry's growth trajectory while delivering unparalleled service to the discerning international audience flocking to our shores. Bolstered by the substantial contribution of the hospitality sector to the GDP, our nation has emerged as the quintessential epicentre for esteemed hospitality endeavours, thus solidifying our position as the ultimate destination for global business ventures." He also urges everyone in the hospitality industry to seize the opportunity to reap the rewards of attending IHE 2024.

As a holistic hospitality exhibition, IHE will also organize two exciting culinary competitions: the India Pizza League Championship and Pastry Queen India 2024, boosting the spirits of Indian chefs who are the backbone of the hospitality sector.

"The India Pizza League Championship is a thrilling event that celebrates the art of pizza making, offering a platform for chefs to compete, innovate, and delight pizza enthusiasts with their unique and delicious creations," says Hari Dadoo, President of IHE.

Sanjay Anand, a member of the IHE Advisory Committee, adds, "Pastry Queen India 2024 is the ultimate platform for talented female chefs to shine and revolutionize the pastry world."

The anticipated addition of approximately 12,000 hotel rooms in 2023 alone, with steady growth forecasted through 2025, highlights the sector's vibrant future. IHE 2024 is the perfect platform to explore India's potential, encapsulating the essence and ambitions of the excelling Indian hospitality sector. It serves as a one-stop sourcing platform to explore the vibrant opportunities presented by India's rich cultural heritage, diverse tourism landscapes, and robust hospitality, F&B, and service sectors. Better if you mark your calendar and join the new saga of hospitality sourcing and innovation where remarkable business opportunities are waiting for you.

EVENT CALENDAR

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

16-17 September 2024
VIN Expo India Mumbai 2024
Venue: Jio World Convention Center
Mumbai, Maharashtra, India
https://vinexpo-india.com

19-22 September 2024
World Food India
Venue: Bharat Mandapam, Pragati Maidan, New Delhi, India
https://worldfoodindia.gov.in

20-22 September 2024
India Bakery Expo
Chennai Trade Centre, Nandambakkam, Chennai, India | Hall No. 1, 2 & 3
https://tnbfindia.in/

19-23 October 2024
SIAL Paris
PARIS NORD VILLEPINTE, Paris
France
https://www.sialparis.com

3-7 November 2024
EquipHotel Paris
Paris, Porte de Versailles, Paris, France
https://www.equiphotel.com

29 November - 1 December 2024
International Kolkata Foodtech 2024
Biswa Bangla Mela Prangan (Milan Mela Complex), Opposite Science City
Kolkata, West Bengal, India
https://www.foodtechkolkata.com

3-7 December 2024
SIAL India
Yashobhumi, Dwarka, New Delhi, India
https://www.sialindia.com

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TAMIL NADU BAKERS' FEDERATION INDIA

INDIA BAKERY EXPO'24

IBE 2024 - INDIA BAKERY EXPO 2024

20-22 September 2024 at Chennai Trade Centre, Nandambakkam, Chennai

The 6thedition of the IBE 24, a premier event dedicated to the advancement and growth of the bakery industry, will be held during 20-22 September at Chennai Trade Centre. Organized by the Tamil Nadu Bakers Federation India, this year's expo promises to be grander than ever before.

The show will bring together the finest in technology, products, and knowledge for the bakery, pastry, and confectionery sectors, making it a must-attend event for industry professionals. Join us in celebrating innovation, excellence, and the future of baking!

Elevate your business by partaking in the 6th Edition of the IBE 2024, the foremost B2B event devoted to the bakery industry. Scheduled from September 20-22, 2024, at the prestigious Chennai Trade Centre, this expo provides an unparalleled platform to exhibit your products, engage with key industry leaders, and stay abreast of the latest market trends. Seize this unique opportunity to position your business at the vanguard of the bakery sector.

Reasons to Participate

Unparalleled Exposure: Enhance your brand visibility and strengthen your market presence among top decision-makers.

High-Quality Networking: Form valuable connections with potential clients, distributors, bakery owners, professional bakers, chefs, industry experts and partners in a dynamic B2B environment.

Business Growth Opportunities: Attend exclusive seminars and panel discussions led by thought leaders and innovators in the bakery sector.

Insights and Trends: Attend exclusive seminars and panel discussions led by thought leaders and innovators in the bakery sector.

Competitive Edge: Position your brand as a leader in the bakery industry by participating in the region's most influential expo.

Comprehensive Showcase: Highlight your unique offerings in an environment designed to foster business growth and industry collaboration.

Strategic Location: Leverage the city's excellent infrastructure and connectivity to maximize your expo experience

Why Attend IBE 2024?

Innovative Products and Technologies: Experience cutting-edge baking equipment, the latest ingredients, and state-of-the-art technology that are shaping the future of the bakery industry.

Networking Opportunities: Connect with industry leaders, suppliers, and fellow bakers. Exchange ideas, form partnerships, and grow your professional network in an environment designed to foster collaboration and innovation.

Live Demonstrations and Workshops: Learn from the masters! Attend live baking demonstrations, hands-on workshops, and informative sessions led by renowned bakers and pastry chefs from around the world.

Market Insights and Trends: Stay ahead of the curve with exclusive insights into market trends, consumer preferences, and new opportunities in the bakery sector.

Exquisite Delights: Indulge in a variety of delectable treats and gourmet creations. Witness the artistry and passion that go into making the perfect pastry, cake, or bread.

Who Should Attend

IBE 2024 is a B2B event tailored specifically for professionals in the bakery industry. Whether you are an established business or an aspiring entrepreneur, the IBE offers unparalleled opportunities for learning, networking, and growth. Know more about Innovations and modifications, as well as adaptations.

The show is open to the professionals like Bakery owners and managers, professional bakers and pastry chefs, entrepreneurs and start-ups in the bakery sector. Also the suppliers of bakery ingredients, equipment, and packaging, food technologists and consultants, culinary students and educators must attend the show.

What to Expect

Latest Technology and Products: Explore cutting-edge innovations and tools designed to enhance bakery production and efficiency.

Comprehensive Exhibits: Discover a wide range of products and services, from bakery ingredients and equipment to packaging and supply chain solutions

Educational Workshops: Participate in workshops and seminars led by industry experts, designed to provide valuable insights and practical knowledge. Even if you're new to the bakery industry, our sessions will equip you with the essential skills and information needed to succeed.

Networking Opportunities: Connect with industry leaders, suppliers, and fellow bakers. Exchange ideas, form partnerships, and grow your professional network in an environment designed to foster collaboration and innovation.

For more information
Visit - www.tnbfindia.in
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Three Centres of European Excellence Unite for Mastery in Mediterranean Gastronomy

CAST ALIMENTI
The International Italian Cooking School

An academic collaboration between ITSMalta, CAST Alimentiltaly and InstitutLyfeFrance

Mediterranean cuisine, a veritable treasure trove of gastronomic culture, demands the highest level of professional preparation. To translate its rich heritage into high-quality recipes, three distinguished educational institutions have joined forces to create an unparalleled program called "Advanced Programme in Mediterranean Gastronomy".

This initiative brings together ITS Institute of Tourism Studies in Malta, CAST Alimenti in Italyand Institut Lyfe in France to host and provide contexts where professionals from around the globe can delve into the most distinctive and cherished elements of Mediterranean cuisine, all during the three-month immersive program. Conducted exclusively in English, the program aims to enhance participants' gastronomy skills, providing them with a strategic advantage in their culinary careers.

This unique and fascinating project is strictly limited in number, targeting culinary professionals, particularly chefs, with at least two years of documented work experience. Students or alumni from the three institutions are also eligible to participate, benefiting from the synergistic blend of diverse teaching models and cultural insights offered by the schools' unique locations.

The mastery is structured into three modules and phases, commencing in Spring 2025 in Malta with an initial preparatory and welcome week for participants. Formal training begins with a five-week module at CAST Alimenti in Brescia, Italy, focusing on the country's renowned cuisine. This module covers the extraordinary repertoire of land and sea offerings from Italy, exploring coastal gastronomy and the rich culinary heritage of various regions.

The second phase takes place at InstitutLyfe, in Lyon, France, where participants will delve into the French interpretation of Mediterranean cuisine. This module draws on French rich culinary traditions and offers endless inspiration for star chefs, emphasizing innovation and refined techniques.

The final module returns to Malta for another five weeks, where the ITSteam will highlight the island's unique gastronomic heritage. This phase integrates the knowledge gained in the previous modules, allowing participants to deepen their understanding of Mediterranean cuisine within the context of Malta's rich culinary traditions.

Upon completing this professional program, participants will undertake a paid seven-month internship in Malta's restaurant and hospitality establishments. This invaluable experience allows participants to engage directly with Malta's dynamic culinary and hospitality market, which continually seeks qualified professionals.

For more information and registration: its.edu.mt or s.menon@castalimenti.it

Sunny Menon International Business Developer & Academic Advisor at CAST Alimenti.

Mondelz International and Lotus Bakeries Join Forcesto Expand the Biscoff® Brand in India

Mondelz International and Lotus Bakeries announced a strategic partnership to expand and grow the Lotus Biscoff® cookie brand in India, and to develop exciting new chocolate products combining the unique, caramelized, crunchy Biscoff® taste and texture with Mondelz's iconic Cadbury, Milka and other key chocolate brands in Europe, with the option to expand globally. This partnership provides new opportunities for both companies to accelerate their growth ambitions in the attractive cookie and chocolate categories, with potential options to expand into additional markets and/or adjacent segments.

Lotus Since 1932 Mondelēz International SNACKING MADE RIGHT

Through this partnership, Mondelz will leverage its extensive distribution network and local market presence to manufacture, market, distribute and sell Biscoff® cookies in India. Lotus Bakeries aims to achieve significant visibility and sales growth in this high-potential market, while Mondelz will build upon its already strong presence in both traditional and modern trade to expand its cookie offerings into high-demand premium spaces.

In addition to growing Biscoff® in India, the two companies will work together to develop and market co-branded chocolate products in other markets.While specific formats are still in the early stages of development, the companies aim to bring new innovations to the chocolate category that will surprise and delight consumers. The first co-branded products are expected to launch in early 2025, with Cadbury and Biscoff® in the United Kingdom, as well as Milka and Biscoff® in Europe.


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Indulge in 'Nostalgia'- The Old School Bakery

Bandra's newest Nostalgia Cafe and Bakery, where your dreams come true to relive the simpler moments as you indulge in a few nostalgic snacks and comfort drinks. At a quaint corner of Hill Road, in a century-old building, this homely cafe whisks you into the golden days.

A brainchild of Ranji Trophy cricketer and restaurateur Sinan Khader along with his uncle Salim Khader, Nostalgia serves a trip down the memory. Feel your smiles widen as you enter... Cassettes and vinyl records, posters of Bollywood classics, collages of your favourite TV shows, scattered handwritten scrapbook notes and vintage artifacts, every element invites you to relive memories.

Talking about it, Sinan Khader says, "We aimed to create a place where people could leave their worries behind and reflect on the best days of their lives. Every visitor



will find themselves reminiscing about childhood stories, discussing their favourite music and movies, and making new memories while cherishing the old ones."

Right after soaking in the interiors, dig into their tasty Veg puffs and Pattices, Crunchy Samosas, hot Bhurji or Kheema Pao, or the quintessential Bun Maska–everything perfect to relish on a rainy day. Don't forget to try their Mushroom and Chicken and Corn quiches coming straight from what looks like a grandma's cosy kitchen.

And when was the last time you sipped on Milo, Boost, Horlicks or a Lemon Float? Slurp on the secret of our energies from an equally nostalgic beverage menu. Some soft warm cookies and brownies to go with it - just perfect. The sweet counter display of Dutch Pastry, Deep Forest Pastry, Baked Cheesecakes, Blueberry Muffins reminds of the ones you saw on your cartoon shows, everything so deliciously arranged.

The interior design, reminiscent of a bygone era, features quaint knick-knacks, antique wooden furniture and benches, and whimsical touches that invite guests to unwind and savour all the feels. The 'Foodopoly' board creation is a highlight to relive the board games.

Atelier V Expands Offerings

Indore's fine dining restaurant, Atelier V, launched its brand new breakfast menu. Crafted by the acclaimed chef and owner Vedant Newatia, this innovative spread caters specifically to patrons who crave a truly delicious start to their day.

The menu offers choices like Museli Bowls and fruit-laden Vegan Breakfast Bowls to indulgent treats like stacks of fluffy pancakes and Sweet Potato & Black Bean Quesadillas, Avocado toast aficionados will find themselves drawn to the California Avocado Toast, while those seeking classic comfort can opt for the American or English breakfast.



The menu extends to a delectable selection of egg dishes, French Toast, Bacon & Egg Tart, the unique Indian favorite Eggs Kejriwal, and much more. To complete the perfect breakfast experience, guests can pair their meal with Atelier V's freshly-squeezed Cold Press Juices. Available in a variety of fruit combinations, these refreshing beverages provide a healthy and invigorating complement to any breakfast choice.

With its focus on fresh, high-quality ingredients and innovative dishes, Atelier V's new breakfast menu promises to be a delightful addition to Indore's culinary scene.

Caffe Allora Expands

Caffe Allora, the renowned Italian bistro, unveils its latest venture with the opening of its sixth outlet at Phoenix Mall of Asia, Bangalore. Nestled within the vibrant confines of Phoenix Mall of Asia, Bangalore, this newest Caffe Allora outlet promises patrons an unparalleled dining experience, from meticulously crafted pizzas and pasta to a delectable array of risottos and antipasti The menu curated at Caffe Allora caters to every discerning palate.



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. Café 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.

Commenting on the launch, Prashant Issar, Director of Bellona Hospitality Service Limited said, "Our journey with Caffe Allora has been one of unwavering commitment to excellence, and we are thrilled to introduce our sixth outlet at Phoenix Mall of Asia, Bangalore. This expansion not only reflects our dedication to providing exceptional culinary experiences but also underscores our confidence in the dynamic and diverse market of Bangalore as this is the second outlet in the city."

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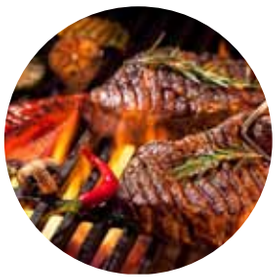

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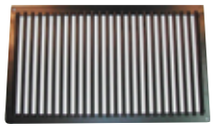

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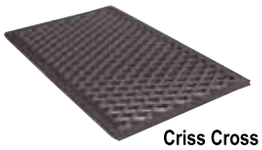

Grill Tray


Griddle Tray

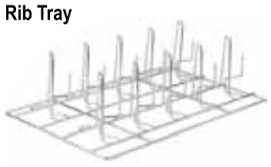

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Godrej Food Trends Report 2024 Reveals Chocolate Trends

This year, the Godrej Food Trends Report 2024, curated by Godrej Vikhroli Cucina, unveils the latest insights into the world of chocolate, highlighting a shift towards artisanal creations, bean-to-bar philosophies, and a growing appreciation for Indian-origin chocolates.

Crafted with insights from over 190 visionary thought leaders, including celebrity chefs, influential bloggers, and dedicated nutritionists, the report presents key trends set to delight chocolate enthusiasts this year.

Key Trends for World Chocolate Day:

Artisanal, homemade or craft chocolates: An impressive 94.2% of experts believe that artisanal, handmade, or craft chocolates will captivate discerning consumers in 2024. This trend reflects a shift towards small-batch, meticulously crafted treats that offer unique flavour profiles and personalized experiences. The artisanal touch, careful craftsmanship, emphasis on organic ingredients, and overall care and respect given to each component significantly enhance the perception of product quality.

Additionally, a rising preference for higher chocolate percentages indicates a growing awareness among consumers about what constitutes real chocolate, contributing to a more informed and discerning audience. Notable examples of this trend include Fantasie Fine Chocolate by Chocolate Sommelier Zeba Kohli and Ether Atelier Chocolat by Pastry Chef Prateek Bhaktiani, both of which embody the essence of this artisanal movement.

Bean to Bar: Beyond the artisanal allure, 84.6% of experts believe that the bean-to-bar philosophy, which focuses on using carefully sourced beans for a pure and traceable experience, will continue to resonate strongly. This approach emphasizes transparency, quality, and sustainability, appealing to consumers who value knowing the origins and journey of their chocolate.

Indian Origin: A notable trend is the growing appreciation for local flavors and sustainable practices, with 76.9% of experts predicting greater demand for Indian-origin chocolates. This trend reflects a conscious desire to support local artisans and businesses while celebrating the rich and diverse culinary heritage of India. Indian-origin chocolates, with their unique flavour profiles and sustainable production methods, are gaining popularity among consumers seeking both quality and ethical choices.

"Celebrating World Chocolate Day isn't just about indulging in a treat; it's about embracing the craftsmanship, sustainability, and diverse flavors that make each bite an enriching experience. The Godrej Food Trends Report 2024 reveals a shift towards artisanal, bean-to-bar, and Indian-origin chocolates, reflecting a growing appreciation for quality and sustainability, while supporting local artisans and honoring the rich heritage of chocolate-making. Let's savour every moment and every flavor, knowing that our choices can have a meaningful impact." says Chef Varun Inamdar.

Cooking with AI: Capturing Culinary Creativity

Artificial intelligence is conquering new heights every day by transforming domains. A study conducted by IIIT-Delhi embarks on revolutionizing gastronomy through AI.

Published in the Nature Partner Journal 'Systems Biology and Applications,' this study used AI to generate novel recipes rooted in a structured compilation of over 1,18,000 traditional recipes from 74 countries across the globe. Led by Prof. Ganesh Bagler (Professor, IIIT-Delhi), the research conducted along with Mansi Goel (PhD candidate IIIT-Delhi), leverages this rich culinary knowledge to create a data-driven understanding of cooking ("Computational gastronomy: capturing culinary creativity by making food computable," NPJ Systems Biology and Applications, 2024).

Using large language models, the technology that drives ChatGPT, Prof. Bagler and his lab at IIIT-Delhi have built Ratatouille, an AI engine for creating novel recipes. Imagine an AI-generated recipe winning the MasterChef show! While it may seem preposterous, algorithmic protocols that mimic sensory processes may soon embrace cooking, similar to board games (such as Chess and Go), literature, art, and music.

To evaluate the quality of the generated recipes, IIIT-Delhi collaborated with the Institute of Hotel Management, Pusa, the premier institute in culinary science and hotel management. Using the Turing Test for Chefs, an IIIT-Delhi developed framework, the computer-generated recipes were evaluated by the senior year students of Bachelor of Science in Hospitality and Hotel Administration. The test, named after Alan Turing, the father of AI, asks a provocative question, "Can a machine think like a chef?" The results of the test suggest a success score of around 70%, suggesting a decent success in this early foray of AI in gastronomic endeavors.

Prof. Kamal Kant Pant (Principal, IHM Pusa) and Chef Manjit Singh Gill (President, Indian Federation of Culinary Associations) are buoyant about AI-enabled culinary creativity and have expressed their resolve to support computational gastronomy endeavours.

IIIT-Delhi and IHM Pusa plan to jointly conduct subsequent studies to assess the palatability of AI-generated recipes by evaluating cooked dishes through the sensory expert panel. This computational gastronomy study opens a new realm of possibilities to generate palatable recipes by accounting for the constraints of culinary style, ingredient preferences, and allergies, and can potentially be optimized for cost, calories, and carbon footprints. AI, thus, is helping create potentially tasty and nutritious recipes, shaping the future of the food and hospitality industry.

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International Snacks

International snacks like doughnuts, burgers and waffles have today become common among not only the millennials but people of all ages. Their popularity has become equivalent, if not more, than that of the Indian snacks. Their adaption to suit the Indian palette, have contributed to theirwidespread consumption. Ashok Malkani delves on the factors contributing to their finding favour with the populace and their future.

International snacks, already popular with the populace, are becoming more trendy and a rage with Indians. Be it Pizza, Burger, Doughnuts or Waffles, they are being considered as cool options for Indians. Of course, there have been certain changes made in some of them – like Burgers – to suit Indian tastes but international snacks have adapted to cater to the tastes of the populace and have proved tough competitors for Indian snacks.

In the case of burgers, it may be said that when McDonald's opened its first outlet, in an upscale Delhi neighbourhood, in 1996, many customers were not very keen on the stuffings, so it tailored its menu to suit Indian palette. This saw the birth of McAloo Tikki (a tangy burger made out of potatoes and peas), Pizza McPuff (a calzone-like sandwich stuffed with pizza toppings and cheese), and spicy wraps made from cottage cheese. The burger had gone national!

Take the case of doughnut. Tejas Kapadia, armed with a law degree, having no experience in business or in food industry, decided to start Mumbai's American Donut Shoppe in 2008. At that time, the humble doughnut was a ring with of baked dough with sugary or chocolatey coating. Cut to the present scenario. Today this exotic item on the menu may have a forest berry cream filling or dark chocolate ganache or something more interesting. Today, besides American Donut Shoppe's 4 outlets, 'Mad Over Donuts' 50 outlets across India, several new chains are innovating the doughnut scenario.

Besides, burgers and doughnuts you have snacks like pizza, waffle, pancakes, burritos, etc. which are also finding favour with populace here.

So, one may ask, What are the reasons for the popularity of international snacks in India?

Puneet Awasthi – Sous Chef Bakery, The Fern- An Ecotel Hotel, Jaipur, states, "overseas snacks have become increasingly popular in India, across age groups, due to various reasons ranging from globalization to changed consumer preferences. While initially appealing only to the younger demographic, the penetration of global fast-food chains in Tier II and Tier III Indian cities has popularized these snacks amongst children, young adults and families alike.

From professionals seeking quick meals to families looking for convenient dining options, snacks have become their go to option. Overall, the rising popularity of these snacks in India reflects a broader shift towards global culinary influences and a growing demand for diverse, convenient food options across various age groups."

He further adds, "The popularity of these snacks is driven by factors such as convenience, variety, and the perception of them being modern. It is also heavily influenced by globalization, urbanization, and changing lifestyles where quick and easy meal options have become the need of the hour. As a result of globalization, major global food chains have entered India, primarily targeting the Tier II and Tier III markets, which has significantly increased their popularity due to increased visibility.



Moreover, there has been a rise in consumption of Western snacks due to exposure to Western food culture through media and travel as well as the marketing and brand campaigns adopted by these brands."

Chef Sarab Kapoor says, "Overseas snacks such as doughnuts, burgers, and waffles have gained significant popularity in India, particularly among the younger generation. These snacks are especially favoured by teenagers and young adults, who are more inclined towards experimenting with global cuisines. The appeal of these snacks lies in their novelty, convenience, and the influence of Western culture, which is highly prevalent in urban areas."



Speaking about how they gained popularity in India, she says, "Overseas snacks gained popularity in India through various channels, including the expansion of international fast-food chains, exposure to global cuisines via travel and media, and the growing trend of fusion food. Social media and food bloggers have also played a significant role in popularizing these snacks by showcasing their unique flavours and appeal."

Eesha Sukhi, Founder of The BluebopCafé, Mumbai, disclosed, "International snacks are popular among teenagers and young adults (ages 15-35). Doughnuts, Burgers, and Waffles have gained substantial popularity in urban areas of India, especially among younger demographics. These snacks have gained popularity due to globalisation which has resulted in increased exposure to Western cultures through media, travel, and the internet. It has received further boost with growth of urban centers, with a rising middle class, open to trying new cuisines and emergence of cafes and fast-food

chains that serve these snacks."

Changes Incorporated

Popularity of burgers is emphasised with the celebration of International Burger Day. Popularity of this delicacy can be gauged by the fact that about 40 million burgers were ordered in the last year. This was possible due to the changes that have been incorporated in this delicacy to suit the Indian palette. Like in burgers, changes have been made even in other popular snacks to suit the Indian tastes.

So, what are some of the popular snacks and what changes have been incorporated in them to suit the Indian tastes?

Chef Sarab states, "To cater to Indian tastes, many overseas snacks have undergone localization. For instance, burgers often feature spicy patties or are made with paneer or chickpeas to suit vegetarian preferences. Waffles may be served with traditional Indian toppings like mango or cardamom-flavoured syrups. These adaptations ensure that the snacks align with local palates while retaining their original essence."

Puneet states, "The popularity of these snacks is fostered by strategic adaptations tailored to local tastes and preferences. Customizing the taste as per the demography in focus,in order to give a feel that these snacks, though of foreign origin, are very much a part of the local palate has significantly helped increase their popularity.

International chains and local outlets offering these snacks have adjusted their offerings in several ways. They have introduced flavours and fillings that appeal to Indian palates, such as mango, saffron, or cardamom. Vegetarian options are also prominent, with burgers featuring paneer or vegetable patties to cater to India's significant vegetarian population.

Spices and seasonings play a crucial role, with snacks often incorporating Indian spices or chutneys to enhance flavor. Localization of ingredients ensures freshness and authenticity, while effective marketing emphasizes quality, customization, and the overall experience. These adaptations collectively make these snacks not only popular but also



Chef Sarab Kapoor

integral parts of India's dynamic culinary scene, blending global appeal with local preferences seamlessly."

Eesha disclosed, "There have been several changes made in these dishes to enable them to be appealing to the local customers. Some of them are:

Localization: Incorporation of local flavors and spices. For example, spicy versions of burgers and doughnuts with Indian-inspired fillings.

Vegetarian Options: Given the large vegetarian population, many brands offer vegetarian versions of these snacks

Healthier Versions: Introduction of healthier alternatives like multigrain waffles and whole wheat burgers."

Popularity

Snacks are popular with everyone particularly when they are watching TV or reading a book. Even if one is going on a vacation-drive they are tempted to carry snacks. But what are the snacks that they prefer to have? Is it international or Indian snacks?



Puneet Awasthi

Puneet declares, "The popularity of Western snacks has certainly grown in recent years, and is gradually catching up with traditional Indian snacks. In urban areas and among younger demographics, Western snacks have gained significant visibility and appeal due to their novelty, convenience, and perceived modernity. They cater to changing lifestyles where quick, ready-to-eat options are valued.

However, traditional Indian snacks still hold strong cultural significance and remain widely enjoyed across the country. Snacks like dhokla, aloo tikki, poha, kachori, samosas, pakoras, chaat etc. and various regional specialties are deeply rooted in Indian culinary traditions and continue to be popular choices, especially in local eateries, and during festive occasions.

The popularity of snacks, therefore, can vary depending on factors such as location, demographics, and cultural contexts. While Western snacks may be increasingly popular in urban centers and among younger generations seeking modern tastes, traditional Indian snacks maintain a strong presence throughout the country, reflecting the rich diversity of Indian cuisine."

He further adds, "Some of the popular brands in International snacks are McDonalds, Burger King, KFC, Chilis for burgers, Pizza Hut, Dominos, LaPinoz for Pizza, Dunkin Donuts, Krispy Kreme, MOD for doughnuts, and The Belgian Waffle Co. and Waffle Hut for waffles."

Chef Sarab, opines, "While overseas snacks have become quite popular, Indian snacks still hold a special place in the hearts of people. Traditional snacks like samosas, kachoris, and pakoras remain widely beloved. However, the popularity of overseas snacks is rising, especially in urban areas and among the younger demographic, due to their novelty and the influence of global food trends.Some popular brands for these overseas snacks, and their brands in India, include:



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Doughnuts: Dunkin' Donuts, Krispy Kreme, Mad Over Donuts

Burgers: McDonald's, Burger King, KFC

Waffles: Belgian Waffle Co., Waffle House, The Waffle Point

These brands have established a strong presence in the Indian market by offering localized flavours and maintaining high-quality standards."

History

Snacking, which is believed to be a modern concept, actually has a long history. Its origins can be traced back to the earliest days of human existence. Historically, the first "snacks" were a matter of survival. Today snacking has become a global phenomenon. And each snack has its own history.

Eesha declares, "History of some of the popular international snacks in India can be summed up thus:

Burgers: Introduced by international fast-food chains in the late 1990s. Gained popularity due to convenience and adaptation to Indian tastes.

Doughnuts: Became popular in the early 2000s with the entry of brands like Dunkin' Donuts.

Waffles: Recently gained popularity, with a rise in specialized waffle cafes and dessert bars."

Puneet quotes the history of some of the snacks thus:

"Doughnuts: Doughnuts originated in the Netherlands and gained widespread



Eesha Sukhi

popularity in the United States during the 19th century. They evolved into the iconic ring-shaped treats we know today, popularized further by chains like Dunkin' Donuts and Krispy Kreme. In India, doughnuts began appearing in the late 20th century, initially in major cities and later expanding to smaller towns through international brands and local bakeries.

Burgers: The modern hamburger traces its roots to early 20th century United States, where it became a symbol of fast-food culture. McDonald's, established in 1940, further globalized the burger concept with its rapid expansion worldwide. In India, burgers gained popularity in the late 20th century with the arrival of McDonald's and subsequent international chains such as KFC, Burger King, Wendys etc., adapting to local tastes with offerings like paneer, aloo tikki and makhani burgers and Indo-western and spicy sauces such as mint mayonnaise.

Waffles: Waffles have a rich history in Europe, particularly in Belgium where they have been enjoyed since medieval times. Belgian waffles gained prominence in the United States during the mid-20th century, where they were introduced with various toppings such as whipped cream and strawberries. In India, waffles started gaining popularity in the early 2000s through cafes and dessert outlets offering both sweet and savory varieties, appealing to urban consumers seeking novel and indulgent snacks."

He adds, "These snacks have undergone transformations over time, catering to global preferences while integrating into local culinary landscapes like India's diverse and evolving food scene."

Chef Sarab delves into their history thus:

"Doughnuts: Originally from the Netherlands, became popular in the U.S. and have since spread globally. In India, they have become a trendy snack, especially in urban areas.

Burgers: The concept of the burger dates back to the late 19th century in the U.S. With the advent of global fast-food chains, burgers have become a staple in the Indian fast-food industry.

Waffles: Originating from Belgium, waffles have been adapted worldwide. In India, they have gained popularity as a dessert and breakfast item, with various local flavours being incorporated."



Future

The food industry is transforming, and the use of social media and influencers are likely to play an important role in the promotion of snacks. What is the future of the international snacks in India?

Eesha states, "With increasing café culture and demand for diverse food experiences there is likelihood of growth in the future. Also rising trend towards healthier and more diverse variants will increase the demand."

Chef Sarab avers, "The future of overseas snacks in India looks promising. As the Indian palate continues to evolve and embrace global cuisines, the demand

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for these snacks is expected to grow. Innovations and localization will further drive their popularity, making them a permanent fixture in the diverse Indian food landscape. Additionally, the rise of health-conscious consumers will likely lead to healthier versions of these snacks, ensuring their sustained appeal."

Puneet declares, "Looking forward, Western snacks have a promising future in India shaped by several key trends. Urbanization plays a pivotal role, as the increasing concentration of urban populations fuels demand for convenient and varied food options that these snacks offer.



Moreover, shifting consumer preferences, particularly among younger generations exposed to global culinary trends through media and travel, continue to drive their popularity. Innovation and localization are likely to play crucial roles as well. Brands are expected to innovate by introducing new flavors, healthier alternatives, and adaptations that incorporate local ingredients and tastes. This approach not only enhances appeal but also ensures relevance in a diverse and culturally rich market like India.

Expansion beyond metropolitan areas is another foreseeable trend which has already begun. As infrastructure improves and consumer preferences diversify, these snacks may extend their reach into smaller towns and semi-urban areas, tapping into new segments of the population.

Furthermore, amidst rising health consciousness, there is a growing demand for healthier versions of these snacks. Brands may respond by offering options with reduced sugar, trans fats, and calories, while still maintaining taste and appeal.

Digital platforms and online delivery services also present opportunities for brands to reach a wider audience across geographies, making these snacks more accessible than ever before.

Overall, the future of popular Western snacks in India hinges on adaptation, innovation, and responsiveness to evolving consumer behaviors and market dynamics. By embracing these trends, these snacks are poised to continue their upward trajectory in India's dynamic and competitive food and beverage landscape."

International snacks have moved up the ladder in India and are likely to continue to grow.

Recipes

Classic Doughnut

Ingredients:

Active dry yeast	2 1/4 teaspoons
Warm water	1/4 cup
Warm milk	1 cup
Granulated sugar	1/4 cup
Salt	1/2 teaspoon
Eggs	2 large
Shortening	1/3 cup
All-purpose flour	5 cups
Oil for frying	

Glaze: 2 cups powdered sugar, 1/4 cup milk, 1 teaspoon vanilla extract

Method

Dissolve yeast in warm water and let it sit for 5 minutes.

In a large bowl, mix yeast mixture, warm milk, sugar, salt, eggs, shortening, and 2 cups of flour. Beat on low speed until smooth. Stir in remaining flour to form a soft dough.

Turn dough onto a floured surface and knead until smooth and elastic (about 5 minutes). Place in a greased bowl, cover, and let rise until doubled (about 1 hour).

Roll out dough to 1/2-inch thickness and cut with a doughnut cutter.

Heat oil in a deep fryer to 375°F. Fry doughnuts until golden brown on both sides. Drain on paper towels.

For glaze, mix powdered sugar, milk, and vanilla. Dip warm doughnuts into the glaze and let excess drip off. Let cool on wire racks.

Classic Waffles

Ingredients:

All-purpose flour	2 cups
Sugar	2 tablespoons
Baking powder	1 tablespoon
Salt	1/2 teaspoon
Eggs	2 large
Milk	1 3/4 cups
1/2 cup vegetable oil	1/2 cup
Vanilla extract	1 teaspoon

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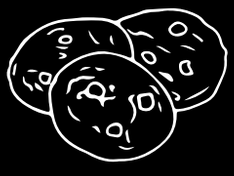


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Method :

In a large bowl, whisk together flour, sugar, baking powder, and salt.

In another bowl, beat eggs and then add milk, oil, and vanilla. Mix well.

Pour wet ingredients into dry ingredients and stir until just combined.

Preheat waffle iron and lightly grease. Pour batter onto the waffle iron and cook until golden brown.

Serve with desired toppings like syrup, fruit, or whipped cream.

(Eesha Sukhi, Founder, The Blue Café)

Eggless Pancakes



Ingredients:

Maida	2 Cups
Sugar	2 TBSP
Baking Powder	1 TBSP
Baking Soda	½ TSP
Salt	1 Gram
Melted Butter	2 TBSP
Milk	One and a Half Cups
Butter	As per taste
Honey/Maple Syrup	As per taste

Method:

In a large mixing bowl, take 2 cups maida. (You can alternatively use wheat flour / atta for a healthy option.)

Add 2 tbsp sugar, 1 tbsp baking powder, ½ tsp baking soda and a pinch of salt.

Combine all the dry ingredients. Mix well.

Add 2 tbsp melted butter, 1 cup milk and combine well with the whisk.

Additionally, add ½ cup more milk and make smooth flowing consistency batter.

Heat a nonstick pan and grease with butter. Pour a ladleful of prepared pancake batter. Do not spread.

Simmer and cook for 2 minutes or until bubbles appear on the surface.

Flip over the pancakes and simmer for 1-2 minutes or until cooked through.

Serve with butter and honey/ maple syrup on top.

Doughnuts



Ingredients:

Flour	250 Grams
Sugar	35 Grams
Salt	5 Grams
Yeast	8 Grams
Milk	50 ML
Butter	25 Grams
Water	100 ML
Oil	For frying

Method:

Mix flour, sugar, salt, yeast, milk and water to make soft dough.

Once the dough is a little stiff, add in the butter and knead it further till it is a little soft.

Sheet the dough to half inch thickness on working table and cut with doughnut cutter.

Place the doughnuts on a well-floured butter paper and leave to proof.

Warm the oil to 160°C and fry the proofed doughnut on both sides until golden brown.

Glaze with melted chocolate.

(Puneet Awasthi – Sous Chef Bakery, The Fern- An Ecotel Hotel, Jaipur)

Nutri Moong Dal, Spinach & Fenugreek Waffles



Ingredients

Yellow moong dal	½ cup
Paneer crumbled	½ cup
Green chilies- chopped	2
Spinach- finely chopped	¼ cup
Fenugreek leaves- chopped	2tbsp
Gram flour	2tbsp
Baking powder	1tsp
Sugar	¼ tsp
Oil	2tsp
Pinch of asafetida	
Salt to taste	

Method

Soak moong dal for 2 hours

Drain and blend the dal into a paste

Add in the rest of the ingredients along with ¼ cup of water

Mix well and divide the batter into four portions

Pour a portion of the batter in a preheated waffle iron

Bake till crisp . Serve with tamarind chutney or green chutney

For Tamarind Chutney

tamarind extract or pulp	½ cup
dry red chilies- soaked or boiled till soft	4-5
garlic	2cloves
red sugar/ jaggery / brown sugar'	4tbsp
roasted cumin powder	1tsp
black salt	½ tsp

Method

Blend all the ingredients together into a smooth sauce

Adjust sugar, and salt according to taste

Chef Sarab Kapoor

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Market for Healthy Bakery Ingredients

The bakery market, according to IMARC, is likely to grow at a CAGR of 9.9% between 2024-2032. The growth has been mainly because the industry is aware of the consumers' growing demand for healthy low trans-fat, bakery items and is making all efforts to meet this requirement. The basic ingredients thus need to be altered and this provides a prodigious opportunity for an enterprising entrepreneur to venture into a lucrative market – The Bakery Ingredients Market. But for this the entrepreneur has to make a thorough study not only of the growing needs of the industry but also the different healthy ingredients that the industry will need in the future. Ashok Malkani deliberates on the healthy raw materials that are likely to be used by the industry, thus enabling the entrepreneurs, keen on entering the business, to succeed.

Demand for bakery products has been increasing constantly. According to Research Markets, the Indian bakery market size had reached $ 12.6 billion in 2023 and was expected to grow, at a CAGR of 9.9%, during 2023-2032, to reach $ 29.4 billion by 2032.

The growth in this sector has been mainly due to urbanization, increasing disposable incomes and adoption of western culture by people. However, over the past few years – during the pandemic and post-pandemic – consumers have been choosy about food and are increasingly opting for healthy and nutritious foodstuff. Baked food is becoming the preferred choice. Bakeries have to pay heed to this desire of consumers.

And one way of satisfying this requirement is by using healthy ingredients! Bakeries, aware of this trait of consumers for healthy bakery products, have increased usage of healthy ingredients. For an enterprising entrepreneur, keen on entering the bakery industry, there is an attractive option of venturing into nourishing and healthful ingredients market for thewide ranging bakery products.

One may mention that the scope of incorporation of health-efficient ingredients in bakery products is leading to new product launches and market expansion activities. Several bakeries, to allure customers who are health conscious and are looking for bakery products that are tasty as well as having healthy ingredients, are using clean-label ingredients, such as non-GMO (genetically modified organism) and non-gluten products.

Rising health consciousness has made many consumers view traditional bakery staples like white bread as unhealthy. One may add that due to consumers' changing preferences for healthy food the industry is witnessing dramatic changes in choice of ingredients for bread. Bakers, today, are using innovative ingredients and introducing functional variants such as brown and multi-grain breads. There is not only growing demand for whole wheat

flour and flour from several other grains but also natural, additive free ingredients which promote health. There is, thus, an increasing demand for "natural nutrition" and "organic products."

Today, people are increasingly consuming bakery products due to their nutrient value and affordability. The trend has shifted from just consuming bread to other bakery products like pancakes, cupcakes, croissants, rolls, etc.

Growing sales of whole wheat, wholemeal and gluten-free bakery ingredients, in recent years, are a key sign of this new market trend toward wellness. The growing accessibility of these specialty bakery goods would further support market expansion of healthy bakery ingredients.

An entrepreneur, keen on succeeding in the venture has to be aware of the healthy ingredients that the bakers are looking out for and their demand in the future.

Healthy Flours

Flour is one of the largest ingredients consumed by the bakery. It is not only used for the usual bakery products but also for desserts, casseroles, pasta, et al. Today, many bakers are interested in replacing white flour with more wholesome options for baking and cooking.

Some of the flours from different grains that are considered to be healthy are:

Whole Wheat Flour: Wheat flour is used in most bakery products. But whole wheat flour and white flour are vastly different. Whole wheat version is made by grinding entire wheat kernels into a powder, while white flour removes the most nutrient-rich parts – the bran and germ. Whole wheat is thus a good source of protein, fiber, a variety of vitamins and minerals.

Spelt Flour: A close relative of wheat, spelt, according to Grains and Legumes Nutrition Council, boasts of a greater protein profile than wheat. Like regular wheat flour, spelt flour comes in refined and whole-grain varieties. The whole grain spelt flour, which can be used for muffins and pancakes, has the benefit of higher fibre, vitamin and minerals than wheat flour.

Buckwheat Flour: This is made from buckwheat, a plant known for its grain-like seeds. It is unrelated to wheat and is gluten free. It's a good source of fiber, protein, and micronutrients like manganese, magnesium, copper, iron, and phosphorus.

Oat Flour: Made from oats, it packs a decent punch of protein and fibre and can replace up to 20% of wheat flour in products like muffins and other quick breads. Oats have beta-gluten fibrewhich has been linked to heart health benefits. This flour can be used for pancakes, waffles, muffins, and other quick breads

Millet Flour: Prepared from a grain similar to buckwheat this flour is low in fat and high on vitamins. It provides more antioxidants to bakery products as compared to whole wheat flour. It can be used for making cakes, cookies and pancakes.

Sorghum Flour: This flour is rich in fiber, B vitamins, magnesium, potassium, iron, zinc and proteins. It's rich in vitamins



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Healthy Alternatives to Sugar in Baking

Alternative	Nutritional Profile	Health Benefits	Best for Baking Recipes
Stevia	Zero calories Zero glycemic index	No impact on blood sugar Ideal for diabetics	Sugar-free granola Cakes
Erythritol	Zero calories Zero glycemic index	Doesn't affect blood sugar Doesn't cause cavities or enamel damage	Keto pumpkin pie Crinkle cookies Frostings
Agave Nectar	Low glycemic index High in vitamins and minerals	Less likely to cause blood sugar spikes	Cookies Cakes
Applesauce	Low in calories Contains vitamins and fiber	Reduces sugar intake	Muffins Cakes Cookies
Honey	High in antioxidants, vitamins, and minerals	Rich in antibacterial properties Improves cholesterol levels	Breads Cakes Marinades
Maple Syrup	Contains antioxidants, vitamins, and minerals	Lowers glycemic impact	Pancakes Candies Cakes
Molasses	Lower glycemic index than refined sugar	Better for blood sugar control	Gingerbread Oatmeal cookies

and minerals like B vitamins, magnesium, potassium, phosphorus, iron, and zinc. It's also an excellent source of fiber, antioxidants, and protein. It can be used for baked goods like bread, muffins, cookies, and pancakes

Quinoa Flour: This gluten-free flour is considered to be a good source of protein, fiber, iron, and unsaturated fats. It boasts of antioxidants and anti-inflammatory effects which could benefit digestion, inhibit tumor growth.It can be used for making pancakes, muffins, and pizza and pie crusts

Almond Flour: Tasty, nutritious and gluten-free alternative to the traditional wheat flour, this flour is a good source of magnesium, omega-3 unsaturated fats, plant protein, and vitamin E (a powerful antioxidant). The nutrients in this flour offer several benefits, such as improved insulin resistance, as well as lower LDL (bad) cholesterol and blood pressure.



Sweeteners Market

When one thinks of bakery products, loving images of cakes, cookies, croissants, pastries, pudding, etc. arise in one's mind. India is one of the largest manufacturers of biscuits and cookies. Sweet bakery products like biscuits, sweet buns, cream rolls, cake rusks toasts, etc are often consumed as snacks with tea.

The demand for these products is increasing. According to Global Data's report "India Cakes, Pastries and Sweet Pies (Bakery and Cereals) Market Size, Growth and Forecast Analytics, 2023-2028", Cakes, Pastries & Sweet Pies market in India registered a positive compound annual growth rate (CAGR) of 8.21% during the period 2018 to 2023 with a sales value of Rs. 62,542.69 Million in 2023, an increase of 11.11% over 2022.

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WM	Range of Flavors	
Alpha Group	Whey Protein Concentrate & Isolate	Nutraceuticals
BASF We create chemistry	Poly Isobutene	Confectionary
hywax green tech	Food Grade Waxes	
SUNACE	Metal Stearates	Food, Pharma & Cosmetic
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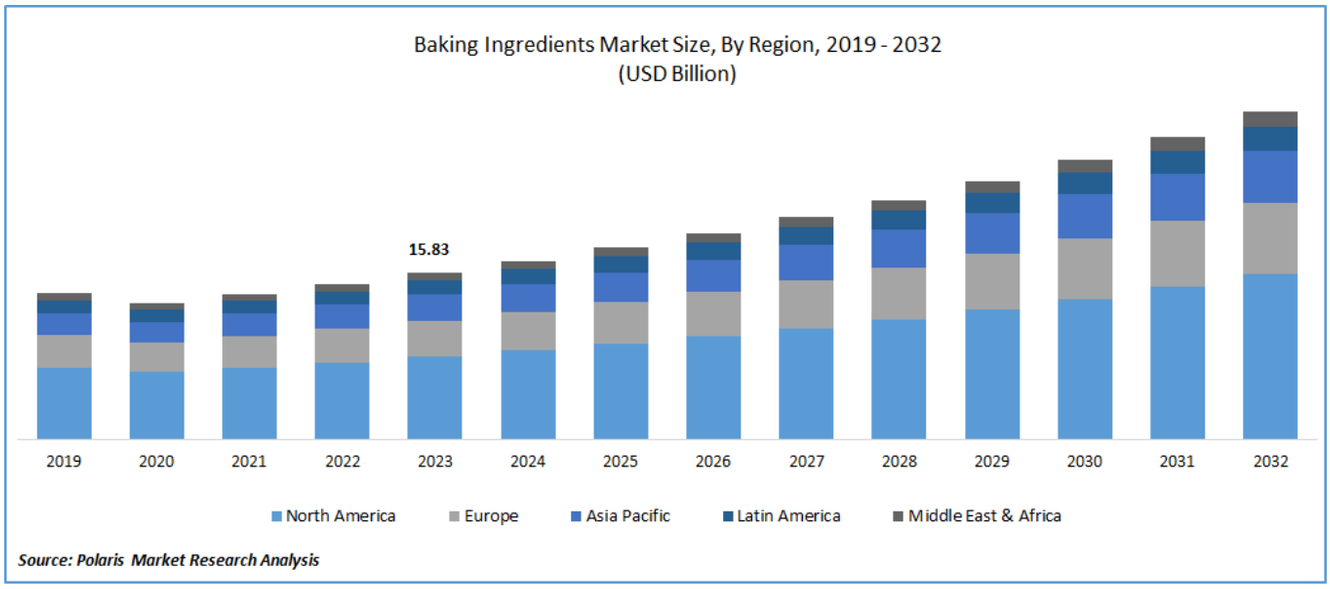
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According to a report from Crisil, the Indian bakery market is estimated to have reached Rs 919 billion in fiscal 2022 from Rs 603 billion in fiscal 2018. The report further adds that in 2023, biscuits reached the highest consumption followed by sugar based confectioneries and chocolates.

However, with people now demanding healthy confectionery and sweet bakery products, the attention is slowly shifting to healthy sweeteners. But before proceeding further, one may add that not all sugars are bad. Sugars occur naturally in all foods containing carbohydrates. Thus fruits, besides vegetables, grains and dairy also contain sugar. Natural sweeteners have become popular.

Some of the sweeteners that are proving popular are:

Stevia: A natural sweetener, it is derived from the leaves of the South American shrub, Stevia rebaudiana. It is extracted from one of the two compounds called glycosides – stevioside and rebaudioside A. These compounds don't contain any calories and are up to 450 times sweeter than sugar. But stevia tastes slightly different than sugar.

Dates: They are an excellent alternative to refined sugar and offer several health benefits. Unlike refined sugar, they are a good source of nutrients like fiber, potassium, magnesium, manganese, vitamin B6, and carotenoid and polyphenol antioxidants. However, they are high in calories than sugar but studies note that they don't significantly affect blood sugar levels like table sugar, even among people with diabetes.



Apple sauce & other fruit purees: All fruits offer health benefits due to their nutrients.These purees can be used for cakes, cookies, muffins, and breads. Unlike refined sugar, fruit is generally linked to a variety of health benefits, including a reduced risk of chronic disease

Sugar alcohols: erythritol, xylitol, and maltitol are some of the popular sugar alcohols or polyols used in place of sugar. They don't damage your teeth, contain fewer calories as compared to sugar and don't significantly affect blood sugar levels

Honey: A natural source of antioxidants, it has an abundance of plant compounds that provide anti-inflammatory benefits. It also contains traces of minerals and vitamins. Honey compounds, such as honey polyphenols, may help modulate inflammation in your body. Honey also has a slightly lower glycemic index (GI) than table sugar.

Maple syrup: Made by cooking the sap of maple tree, it is an effective known sugar substitute for honey. It contains a small amount of minerals, including calcium, potassium, iron, zinc, and manganese. Nutrient-rich, it has a lower glycerine index compared to refined sugar.

Healthy Ingredients

While flour and sweeteners are considered as the main ingredients there are several

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others too. Scope for incorporation of healthy ingredients in bakery products is leading to new product launches. With the ingredient market being fragmented and competitive, product innovation and expansion has become a major strategy for ingredient manufacturers.

Customers, today, are preferring bakery products which are not only healthy but which have good texture, aroma, long shelf life and good appearance. Bakers are thus opting for ingredients which will result in the end-product having all these qualities.

Many ingredient companies are thus keen to introduce new innovative products. This has been happening over the past few years. Cargill, Incorporated had announced in January 2022 the opening of its first innovation centre in Gurgaon to develop solutions for healthy food & beverage market. According to Cargill's proprietary "Trend Tracker 2023", consumers today are prioritising health and seeking healthier choices and making deliberate decisions regarding their food and beverage choices, including:

Focus on immune boosting, digestive wellness, gut health and higher fibre content. This has grown significantly post pandemic

Alternate sources of protein are most sought after. Consumers are looking to cover their daily protein requirements through natural plant-based sources

Consumers are opting for healthier ingredients and prefer products with fewer, familiar and more natural ingredients. 82% of consumers in India read on-pack health claims while purchasing a product

Clean label products resonate with consumers and 9 in 10 consumers actively seek recognizable ingredients in the products they choose.

As people seek healthier food options and bakeries are keen to use healthy ingredients, it is essential for an entrepreneur who wants to venture into this field to know other healthy ingredients, besides flours and sweeteners, which are used by bakery industry.

Other Healthy Ingredients

Plant Oils: These oils are increasingly being recognised as healthier options to the traditional ingredients like butter, palm oil and margarine. Vegetable oils are essential ingredients in producing various types of baked goods. They directly influence the products they prescribe, such as structure, dissolving profile in the mouth, flavour and shelf life, making it crucial to use the correct oil for the application.

Plant oils are not only lower in saturated fats & cholesterol, but they also contain beneficial nutrients such as omega-3 & omega-6 fatty acids. Plant oils, like olive oil, mustard oil, sunflower oil, sesame oil, rice bran oil, corn oil, rapeseed oil, coconut oil, peanut oil, palm oil and avocado oil can be used as substitutes for butter or other fats to reduce the overall saturated fat content of the finished bakery product.

Food Colourings: Food coloring is commonly used in the commercial production of several bakery products like candy, etc. Children respond well to colours and are attracted by colourful foods. As a result, they often consume the majority of products containing colour additives such as candies, cupcakes, cookies, et al. Hundreds of artificial food dyes have been developed but a majority of them have been found to be toxic. Natural food colourings are becoming increasingly popular as healthy alternatives to artificial food colourings in bakery products.

The most common sources of natural dyes per colour are: Red (Beet, Pomegranate), Pink (Raspberry), Orange (Carrot, Paprika), Yellow (Turmeric, Saffron), Green (Chlorophyll, Matcha, Spinach, Parsley), Blue (Purple Cabbage, Spirulina), Brown (Coffee, Cocoa, Cinnamon), Purple (Blueberry, Purple Carrots, Ube, Acai), etc.

Plant-based Milks: These milks are increasingly being used in place of animal milk in products like cakes, puff pastries, muffins. Not only are plant-based milks lower in fat and calories, but they are also free from lactose and cholesterol .There are variety of options such as almond, soy, oats, etc.

Walter Willet, professor of epidemiology and nutrition at Harvard T.H. Chan School of Public Health, U.S.A., in a February, 2022 New York Times Nutrition advice column states that nut milks, except coconut milk, have a healthier fat profile as compared to animal milk. He adds that almond, cashew, and macadamia nut milks, for example, are higher in heart-healthy unsaturated fats, as are soy, hemp, and flax milks.

For an enterprising entrepreneur it may be mentioned that other ingredients used by bakeries are: Emulsifiers, Enzymes, Starches, Baking Powder and Mixes, Preservatives, Leavening Agents.

Conclusion

As people become health-conscious healthy baking has become popular and the market for healthy baking ingredients is increasing over the years. If an entrepreneur would like to venture into it, either as a supplier or producer, this is the right time for the person to enter the market. ■

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Breaking Fast

The role of breakfast in our daily routine cannot be overstated. It is perhaps the most important of all meals; a hearty breakfast can greatly facilitate to give a good and cheerful start to the day. Today, guests not only expect coffee shops to lavish upon them a spread consisting of sweet rolls, breads, fruit and juices, but recent demands call for many properties to expand their breakfast buffet even more to include hot items and a larger selection. And this is not enough; expectations of 'better service' and an 'eye-catching presentation' lead cafes to redesign their breakfast buffet entirely.

An increase in meeting for breakfast after a morning jog or on the way to the office for business travellers is growing in popularity. For lifestyle travellers catching up with friends for the morning newspaper is sometimes easier at this time of the day, rather than over dinner. The appeal of the buffet has always been apparent and with the larger establishments it has come into its own.

Breakfast is the beginning meal of a day and it has to be the best. If one can get the breakfast right, rest of things can fall in line easily. With the change in the consumer preferences among Indians, most properties in the country nowadays are not only offering breakfast menu, but some of them are also bringing in innovations in their breakfast menus almost every alternate day.



Chefs are putting a lot of thrust on breakfast concepts. They try to impress guests with wide variety of presentation as they believe every single day has to be different from the previous one when it comes to food and beverage offering. Thus there is a cyclic menu which is being designed after carefully watching the guest's preference and consumption pattern.

Health Factor

Guests these days have become more health conscious on an average; they do exercise, go to gym, and prefer to eat healthy, they prefer food which has less calories and more fiber. With the health consciousness and beauty consciousness being at an all time high in our society,



there is a growing need not only for sumptuous breakfast but also for healthy breakfast options.

The new-age breakfast trends are reflected in the replacement of aloo paratha with dollops of butter, and of chole bhatura from the breakfast tables with wholegrain breads, idlis, sandwiches, and healthy cereals and fruit juices. The healthy breakfast trend has already begun to gather momentum in urban India. Grain bowls are popular and some chefs are incorporating unique flavours and seasonal ingredients to make this emerging staple seem fresh. Dietary restrictions are solved at breakfast by offering a carefully curated buffet that incorporates every aspect of dietary programs.

Thus there is a strong 'health conscious' angle attached with breakfast buffets. Guest prefers to eat healthy meal with whole wheat or multi grain breakfast breads along with organic preferences like home made preserves and honey. Gone are the days where they preferred white breads and sugar drenched jams. The breakfast buffet now includes a lot of dishes based on the sprouts, bran on rice conjee, organically grown fresh fruits etc.

An array of homemade yoghurt made with skimmed cow milk and organic soya milk ensures that the guest has enough choice available. A fluffy egg white omelette along with oven roasted potato wedges and whole wheat pancake makes any one feel good and not feeling guilty of eating in excess. Also the potassium rich red tender coconut water gives the day a good start.

Guests spending good amount of time for breakfast does not mean they are eating heavy. They are now increasingly getting health conscious and are seeking filling food but are strictly avoiding oily stuff

Traditional north Indian food like parantha and puri are not being consumed as much these days, in Indian breakfasts, as it used to be in the earlier times. Nowadays we are seeing more and more people in India consuming raw fruits, juices, skimmed milk, sprouts, muesli and cornflakes in breakfast. Also breakfasting crowd in cafes often ask for nuts, yoghurt and honey. Request for normal tea has gone down and people are seen ordering green tea and coffee without milk in breakfasts.

Besides breakfast cereals like cornflakes, oats and muesli,



there are other products which have great potential to become very popular in breakfast trend, in the near future. In this regard, bakery and confectionery area plays an important role.

The potential towards the growth in popularity of sandwich is also quite high. The latest breakfast trend has seen the inclusion of waffles and pancakes on tables. In fact, few things compare to starting your day with a warm crispy waffle, doused in maple syrup and butter. And if it is supplemented by pancakes it is still better. Breakfast has traditionally been underpinned by gluten-rich foods, such as cereals and breads. With a growing percentage of the population choosing or requiring a gluten-free diet, venues are having to adapt their breakfast offer to be more inclusive.

Being Innovative

There are lot of restaurants which serve traditional breakfast dishes like croissants, idli, dosa, parantha etc. Now the food is blend with the health factor with the traditional dishes to ensure that the guests are feeling comfortable after having the breakfast - not feeling guilty about it and run to the gym. Creating a high guest satisfaction index is first and foremost. By creating a very strong health menu option, it always has the advantage of being the preferred restaurant in the market.

Making breakfast a core offer of your café, pub or restaurant has the potential to be a highly profitable exercise. The likes of eggs, bacon, tomatoes, bread, cereals, and spices are relatively inexpensive ingredients, meaning breakfast could be your most lucrative meal of the day.

Even better, these are versatile ingredients and can be used at other sitting times in everything from burgers and wraps to soups and salads. They also provide the ideal incentive for chefs to experiment, so there is never an excuse for a boring breakfast!

Consumers are now moving from cold breakfasts like sugar filled cereals to warm steel cut oats with honey & fresh fruits. Traditional pancakes are now prepped with buckwheat. Avocado



is the biggest winner of all - avocado on toast, avocado smoothie, avocado in eggs/sandwiches & avocado bowls; this is one food that's all over. Simple natural foods are taking over packaged ones while sugar based milkshakes are being replaced by all fresh power smoothies.

Spa hotels also offer special ayurvedic dishes, innovated and are an option in all the outlets which are open for breakfast. Healthy options like puttu, appam, variety of fresh vegetable juices, egg white fluffy



omelets, and glazed tofu are also a part of the breakfast buffet. Imported sugar free preserves, fat free butter, sugar free syrups and 100% natural honey are there for guests to choose.

A salad bar full of sprouts, organic nuts, crisp leaves and an array of fine cold cuts along with preservative free dressings ensure that you are being



offered the best.

The Presentation

Even with a greater selection of high quality foods, 'presentation' of the buffet must be appealing to the most discerning eye. Eye appeal is very important and this tempts you to take a plate. It's very important that the freshness of the buffet be maintained as food if not consumed tends to get dry, will lose its colour and visual appeal.

Appropriate props will add to the overall appearance of the buffet and attract the guests to come and have a closer look at the spread on offer who get tempted to go for the buffet. While doing buffet cooking counters further enhances the look, adds value and opens up an opportunity for guest interaction.

The menu itself has got larger and bigger. Croissants, cereal or a full cooked English breakfast has been extended to incorporate platters of continental ham, cold meats and cheese, croissants and pastries, yoghurts, fruit, hash browns, muffins and pancakes with syrup. Catering for the growing diversity of diners, the buffet line and range has expanded and proven a means to satisfy every palate.

Hence for every establishment 'Breakfast Buffet' has indeed become a significant exercise. 'Bigger Is Better' - bountiful choices to show off the culinary talent.

Creating Brand Image

The various owners and chefs feel that offering an impressive full buffet breakfast should be the goal. It goes a long way in building up the brand image. Allowing guests to choose from a large selection sets the ball rolling. It not only generates better revenue but also strengthens the image of the property and ensures guests loyalty.

Revenue is not the only objective for the property but they also look at adding value to the guest stay. The value offers creates a wonderful impression on guests who would return and probably bring in more guests. Offering breakfast buffets is also a way of strengthening the brand. ■

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Key Bakery Trends

By Sharmila Chand

One of the largest segments in the food processing sector in India, Bakery industry is poised to witness remarkable growth. The changing consumer habits and lifestyles are creating a stir in the realm of bakery industry. The demand for healthier products and alternatives, innovative offerings, artisanal hand made products, has led bakery chefs to think 'out of the box' and lead their bakery business to the next level.

Here we talk to well known bakery chefs and get their perspective on the current trends and the challenges they combat.

Key Trends in the Indian Bakery industry

Satish Sharma, Pastry Chef, Sheraton Grand Bangalore Hotel at Brigade Gateway

Here are four key trends that illuminate the current landscape of the Indian bakery industry:

Diverse Offerings: The Indian bakery industry has witnessed a remarkable transformation, blossoming into a repository of eclectic offerings. No longer confined to traditional staples like Burfi and Imarti, the contemporary bakery in India is a delightful confluence of global and local. Patrons are now treated to an expansive array of delights ranging from sumptuous croissants and tartlets to artisanal bread and themed celebration cakes. This diversification not only reflects the industry's adaptability but also its ambition to cater to the cosmopolitan tastes of its clientele.



Rapid Growth: Over recent years, the industry has seen an unprecedented surge, propelled by several socio-economic factors. The Indian bakery sector, riding the wave of this urbanization and changing lifestyle dynamics, has strategically positioned itself as a lucrative and fast-growing segment within the broader food industry.

Innovation and Adaptation: True to its innovative spirit, the Indian bakery scene actively embraces and infuses local flavours and ingredients, crafting products that offer a taste of the regional

diversity. This ingenuity is not just about enchanting the local palate but also about celebrating the indigenous. From incorporating jaggery and coconut in doughnuts to spicing up muffins with cardamom, these inventive incorporations make the offerings irresistibly unique and immensely popular among all age groups.

Challenges and Opportunities: Despite its robust growth, the bakery industry faces its fair share of trials, primarily due to the volatility in raw material prices. However, these challenges also open doors to myriad opportunities. The increasing demand for personalized and nutrient-rich bakery products offers a promising avenue for growth, inviting innovators and traditionalists alike to rethink and reshape the future of baking in India. In sum, the Indian bakery industry, with its elegant blend of tradition and innovation, stands poised not only to meet the demands of its diverse clientele but also to redefine the culinary contours of tomorrow."



Chef Niriksha Reddy, Sous Chef, ITC Grand Central, Mumbai

Few visible trends are:

Health-Conscious Offerings: The growing need for better-for-you bakery goods is one notable trend. Customers are looking for solutions that are low in sugar, free of trans fats, and manufactured with natural ingredients as they become more health aware. In response, bakeries are adapting recipes, adding nuts, seeds, and healthful grains, as well as using substitute sweeteners like stevia or honey. Furthermore, a growing number of vegan and gluten-free bakery products are available to accommodate certain dietary needs and preferences.

Artisanal and Handcrafted items: The increasing demand for artisanal and handcrafted bread items is another trend. Authenticity, artistry, and unique flavours are becoming more and more valued by consumers. To set themselves apart from mass-produced substitutes, artisanal bakeries are emphasising on quality ingredients, small-batch manufacturing, and traditional baking techniques. Specialty bakeries that specialise in artisan bread, gourmet pastries and customised cakes are emerging as a result of this trend, providing a more unique and customised bakery experience.

Convenience and On-the-go: In order to meet the demands of busy customers, bakeries are changing by offering





"As a bakery chef, my expertise lies in creating artisanal cakes using traditional techniques and premium ingredients sourced locally. Our exclusive products include cakes made with locally milled whole grains, such as spelt and rye, resulting in distinct flavours and textures"

Chef Niriksha Reddy, Sous Chef, ITC Grand Central, Mumbai

single-serve servings, grab-and-go snacks, and pre-packaged baked items. Additionally, a lot of people are using online ordering and delivery services to effortlessly acquire their favourite bakery items from the comfort of their homes or offices. The way bakeries run and promote their goods is changing as a result of this movement in consumer behaviour towards convenience-driven patterns.

Premiumization and Experiential Retail: The market for premium baked goods and immersive retail spaces is expanding. Bakeries are using experiential retail techniques, such as customised cake design classes and artisanal bread workshops, to engage customers and foster brand loyalty. Furthermore, there's a tendency towards locating premium, high-quality ingredients and using them to create upscale baked goods that are priced premium.

Chef Uday Shenoy, Founder Chef, Lazy Suzy

Increased awareness and demand for healthier options among bakery products like sour dough breads, millet-based products, organic ingredient-based products, significant demand of reduction in all forms of sugar and complex fats used in bakery products.

Spurt in lesser-known bakery products from all over the world coming into main stream markets, thanks to social media and the youth demanding the same. For example, Transition of Berliner from breakfast table of 5 star hotels, to mainstream patisserie and bakery counters as a trending dessert option.

Growth in demand for ready to eat, longer shelf-life products to minimise costs, simplify operations and overcome logistic and temperature-controlled storage issues.

Challenges To Combat

Satish Sharma, Pastry Chef, Sheraton Grand Bangalore Hotel at Brigade Gateway

Bakery chefs in India are confronted with a tapestry of challenges in today's culinary landscape, intricately woven from the threads of diverse customer preferences, stringent quality control demands, and the relentless pace of innovation in a fiercely competitive market.

Here, we explore three primary challenges that stand prominent.

Catering to Diverse Customer Preferences: Bakery chefs encounter the intricate challenge of satisfying myriad tastes and dietary preferences. Each region of the country boasts its own unique culinary traditions and flavour profiles, from the robust spices of the North to the subtle sweetness prevalent in Eastern desserts. This cultural heterogeneity demands that chefs not only master a broad spectrum of recipes but also adapt them to suit the local palate and, occasionally, health-centric trends.

Quality Control and Ingredient Sourcing: Upholding the standard of quality is a cornerstone in the realm of bakery arts. Bakery chefs are tasked with the relentless pursuit of the finest ingredients, consistency in quality, particularly when crafting specialty items or responding to the growing demand for health-conscious options.



"For me, the best creations are ones that have been appreciated by our guests. To name a few there's the Salted caramel cake, Peanut Banoffee and a Gandharaj Lemon which is a special fusion of white chocolate lemon confit and Gandharaj Lemon also known as the King of Lime in Kolkata!"

Chef Bhaskar Chakraborty, Executive Pastry Chef, JW Marriott Kolkata

Balancing Innovation with Tradition in a Competitive Market: The Indian bakery sector is characterized by its dynamic nature and competitive fervor. Chefs must navigate through an ever-evolving culinary environment, where staying relevant means continuously innovating. This entails the introduction of novel flavours, pioneering baking techniques, and visually appealing designs that captivate and enchant the consumer base.

Chef Niriksha Reddy, Sous Chef, ITC Grand Central, Mumbai

According to me following are the crucial challenges:

The procurement and supply chain of ingredients: maintaining a steady supply of superior ingredients in the face



"I would like to advise upcoming bakery chefs to experiment with local ingredients, constantly adapt, develop talent and bake with genuine passion. Use technology and innovation wherever possible to overcome manpower challenges."

Chef Uday Shenoy, Founder Chef, Lazy Suzy

of price fluctuations and supply chain interruptions.

Health and Safety Regulations: Keeping up with constantly shifting cleanliness guidelines and strict food safety regulations, particularly in the wake of the COVID-19 pandemic.

Adapting to Changing Customer Preferences: Sustaining innovation and competitiveness while satisfying a variety of dietary requirements and preferences, such as the need for healthier, gluten-free, and vegan products.

Chef Bhaskar Chakraborty, Executive Pastry Chef, JW Marriott Kolkata

Initially, it was difficult to source high-quality ingredients. However, a lot has changed over the past couple of years and the best of the ingredients have become accessible to us.

However, the main three challenges are:

Raw material price: Despite of the availability of imported products in the market, the prices are sky high. Some products are difficult to find some time also it is so heavily priced you have to knock them off from your menu planning.

Machinery: In our country though we are importing lots of kitchen tools from Spain and other part of the world but we are facing issues with after sale services.

Molds: The pastry crafting molds and baking molds are majorly imported and the price range is very high so lot of small establishments can't able to afford.

Chef Uday Shenoy, Founder Chef, Lazy Suzy

Shortage of focused, skilled manpower is top among challenges that Bakery Chefs are facing currently.

Lack of certain premium and basic ingredients available or grown locally like high gluten flours, good quality chocolate, various grain flours for specialised and artisanal bakery products.

Dependence on imported ingredients and machinery which inflate operational and food costs which ultimately leads to low profitability due to price sensitive nature of the end consumer market.

Advise for Upcoming Chefs in the Bakery Industry

Chef Niriksha Reddy, Sous Chef, ITC Grand Central, Mumbai

Focus on Fundamentals: Master the basics of baking techniques and ingredient properties before experimenting with complex recipes.

Stay Creative: Don't be afraid to innovate and experiment with flavors and techniques to set your bakery apart from the competition.

Embrace Continuous Learning: Stay updated with industry trends, attend workshops, and seek mentorship to constantly improve your skills and stay ahead in the ever-evolving bakery industry.

Satish Sharma, Pastry Chef, Sheraton Grand Bangalore Hotel at Brigade Gateway

As an aspiring chef in the bakery industry, prioritize a dual focus: Mastery and Creativity.

Initially, dedicate yourself to mastering the basics–perfect the art of bread, pastries, cakes, and delve into the science of baking. Understand the importance of each ingredient, the intricacies of fermentation, and the nuances of temperature control. However, while foundation is key, do not shy away from innovation.

The culinary world cherishes creativity, so experiment with traditional recipes, integrate novel ingredients, and pay attention to the aesthetics of your creations. Keep abreast of the latest trends, and be receptive to customer feedback to refine your offerings continuously.



"By marrying classic skills with innovative approaches, you will not only distinguish yourself in the bustling market but also build a dedicated clientele. Embrace this journey with both respect for tradition and a spirit of innovation."

Satish Sharma, Pastry Chef, Sheraton Grand Bangalore Hotel at Brigade Gateway

Chef Bhaskar Chakraborty, Executive Pastry Chef, JW Marriott Kolkata

From my childhood, I was very fond of art. When I joined this industry, I discovered the pastry kitchen as a place where I can really create and immerse myself in my memories. Working with chocolates is an immensely soothing and healing experience for me personally! I really take inspiration from daily life. My endeavour is to provide our guests with very natural products. Most importantly, I belong to a city which is very famous for its rich culture and uniqueness, which helps fuel my creativity. ■

The Indian Cottage Cheese

Paneer is the most in-demand dairy product in India. It is a fresh and delicate cottage cheese or milky cheese, rich in all nutrients as well as delicious in taste. In the Indian sub-continent, many people have derived a method to preserve fresh milk in the form of paneer. Paneer, the Indian cottage cheese is comparable to the popular western ricotta cheese both in terms of texture and taste.

Made by the acid precipitation of milk, paneer is pressed under a weight into a flat slab and then cut into cubes. It is a fresh and delicate cottage cheese or milky cheese, rich in all nutrients as well as delicious in taste. Usually, it is made from low fat milk that is solidified into a hard rectangular clump.

In northern India, it is very popular food item that can be made at home. Paneer is versatile dairy product in its usage because it can be generously used in sweets, snacks, curries and vegetables. Unlike most cheeses, it keeps its firmness even when heated, rather than melting.

Paneer is also known as homemade cheese, is similar to pressed Ricotta cheese, which is made by drying curd without adding salt. Paneer is one of the primary protein sources among vegetarians who adhere to a strict vegetarian diet. Usually, it is used in various curried dishes and can be also used as snack and stuffing in bakery products. Most often it is used in stir-fry dishes because it does not melt while cooking at high temperature. It is also used in preparing popular desserts because of its delightful taste.

The Better Cheese

A harsh heat treatment of the milk prior to the addition of acidic curdling agent is necessary for making good quality



paneer. This process results in the disulfide bonding of some of the whey proteins, particularly b-lactoglobulin, which resides on the surface of the casein. When the coagulum is formed, these whey proteins are incorporated into the curd. However, in typical cheese production only casein proteins are included in the curd and all the other proteins are lost with the draining of whey. This inclusion of the whey proteins in the curd improves the yield and protein quality of paneer relative to typical casein cheeses.

Process

Typically, paneer is made by the following method:

• Heat the milk and stir constantly to prevent a layer of cream from forming on the top, to a boiling point.

• Slowly add citric acid or white vinegar or lemon juice. This sours the milk.

• If the milk does not curdle, add a little more of vinegar or lemon juice.

• When the milk is completely curdled, strain it through a muslin cloth or a double layer of cheese-cloth and squeeze out the whey (liquid).

• Hang to drip dry for 2-3 hours and then press it under a heavy weight for an hour or two, it firms up and forms a paneer chunk that can be cut it into whatever shape that is required.



Paneer maAde from skimmed milk or non-fat milk has a crumbling texture and will not hold into shape. Thus, it is recommended that one should not use skimmed milk for making paneer, instead one can use double toned milk or low fat milk for making low fat paneer.

Currently, many well-known dairy manufacturing units are producing dairy products on a large-scale. Automated and sophisticated machinery is adapted to manufacture locally popular dairy products; for example a quarg separator plant is used for extracting whey from curdled milk and also used to concentrate 'dahi' for the production of a traditional dessert known as shrikhand. Tofu-making machines are successfully employed for making paneer.

Versatile

In India, all local dairies produce paneer, thus it is easily available in the market. There is a substantial demand of paneer in the Indian market throughout the year. This is the most popular dairy product in northern India with an ever-growing demand sometimes over taking the production.

These days many flavoured varieties of paneer are available in the market like cumin flavoured paneer and ginger flavoured paneer. All these new flavours are getting more popular by the day. This flavoured paneer can be eaten without any accompaniment or further processing.

Over the centuries, Indian cooks have developed recipes that make use of this versatile native cheese. Paneer not only looks but also tastes delicious. No wonder it has carved a niche for itself in the vegetarian world.



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Chhena

Paneer, which is used for making dessert, is known as 'Chhena'. It is a soft cheese obtained after the whey has drained. Basically, chhena is a crude form of paneer. It has higher moisture content than paneer. It is mostly used in making desserts. When chhena is pressed under a heavy weight for an hour or two, it firms up and becomes paneer, or wedge cheese, which is commonly used in north Indian dishes, such as paneer curry.

The chenna made from cows' milk is considered the best ingredient for making sweets like rasgullas, sandesh, etc. Chenna does not have any shelf life hence it has to be consumed on the same day. Similarly, the products that are made from chenna do not last more than three to four days.

Quality

The quality of paneer varies with the type of milk that is used for making it. Most of the manufactures use buffalo milk for making paneer. Basically, the texture of paneer differs with its fat contents. Good quality paneer can be made from milk containing 5 percent more fat than normal milk. Therefore, buffalo milk, which has more fats, is more suitable for preparing paneer. Paneer, which is made from buffalo milk has very less shelf life and has to be consumed within 48 hrs.

On the contrary, paneer made from cow's milk has more shelf life. It can easily last up to one week in frozen form. These days many dairy processing facilities have begun manufacturing paneer from cow's milk. The process of making paneer has been modified by means of various new processing techniques to extract better paneer in less time.

The process of making paneer from cow's milk has been modified in order to make paneer with a firmer texture that is normally achieved by using buffalo milk. This involves modifications of temperature and acidification techniques and post-production tempering of the product. The product made by these methods has better texture and quality than traditional buffalo milk paneer. This paneer has a softer texture and contains a higher degree of moisture.

Characteristics

Paneer resembles a fresh cottage cheese that is cut in large chunks. The basic difference between paneer and cottage cheese is that paneer is heated and acid-coagulated while cottage cheese is usually rennet coagulated. Moreover, paneer contains some whey proteins that are incorporated in its curd, whereas typical cottage cheese does not carry any whey proteins.

Despite its high moisture content, the texture of paneer is firm and smooth. It can be compared with a substitute of paneer known as tofu, which has similar water-retention capacity exhibited by the heat-precipitated soymilk proteins. Paneer



is bland or slightly acidic in taste and is white in colour. Most paneer is made from buffalo milk that usually contains 5 percent more fat than cow's milk. It adds to its unique and creamy texture.

Paneer is composed of 25-27 percent fat and 50-54 percent moisture. It is a good source of calcium, providing 75 to 150 mg per 100g. The desired pH value for paneer is 5.5 +/- 0.1.

The minimum standards of milk that contain fat and solid non fat (SNF) for making paneer are:

- Cow milk - fat: 4.5 per cent, SNF: 8.5 percent
- Buffalo milk - fat: 6.0 percent, SNF: 9.0 percent
- Mixed milk - fat: 5 percent, SNF: 8.5 percent.

Storage

Paneer does not have long shelf life hence it has to be consumed within one or two days. It has high moisture content, which makes this product more vulnerable to harbour bacteria. It can be kept in a cold-water container at 4 to 5 degree Celsius to increase its short shelf life a little. To store paneer for longer time, one can deep-fry it to a brown colour and store in a freezer in a freezer bag.

These days, packed paneer that is available in the market has a longer shelf life and can be kept up to one week in the frozen state. The packing is usually sanitized airtight poly-bags that prevent contamination and growth of bacteria. In this process, blocks of paneer are usually packed in vacuum or an inert gas is flushed in the poly-bag to extend the shelf life. But, once the pack is opened, it has to be consumed within 48 hrs, otherwise the quality of paneer declines.

Soy Paneer

With reports that milk adulteration is rampant in the Indian market, many people have switched from milk products to soy products. Soy products are easily available as trendily packaged multi-flavored soy-milk and soy-paneer and are becoming the best alternative to milk.

Soy-paneer is getting popular throughout the world due to its high nutritional and medicinal qualities. Soy-paneer is high in protein and low in fat and carbohydrate and is also cholesterol free. It is an excellent food for babies, children and aged people including pregnant and lactating women, as it contains vegetable proteins that are very easy to digest.

Soy-paneer is also known as tofu and is made from dry soybeans soaked in water until soft, then crushed and boiled. The crushed material is separated into pulp and milk. A coagulant is added to the soy-milk, to separate into curds and whey.

The magic of soy products in the Indian market can be seen at supermarkets shelves. The adaptability of soy-paneer has given a wise option to vegetarians. Many chefs have now started using soy-paneer in cooking both Indian and western cuisines to give a healthier option to conscious customers.

Tofu is a healthy alternative to 'paneer'. This product is available at selected health food centers. The average shelf life of vacuum-packed tofu is 10 days and once the seal is broken, it should be consumed within one or two days. ■



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The Priceless Spice

To put it simply, saffron is a spice. Of course, this definition also needs to be followed by several descriptions and explanations. One of them is that saffron is the costliest spice on the planet, by weight. This spice is derived from the lavender coloured flower of flowering plant crocus sativus, which is commonly known as saffron crocus. Saffron is produced from parts of the plant's flowers. The dried stigmas along with the styles of the flowers of saffron crocus are called saffron. It should be noted that after their extraction, the stigmas must be dried quickly, or decomposition and mould may set in. Saffron can be brought in strands or stigmas and also in powdered form.

Distinctive Features

About a lakh of flowers of saffron crocus plant are needed to produce 1 kg of saffron. Output of saffron in India is just half kg per hectare. The difficulty and labour-intensiveness involved in manually extracting large numbers of minute stigmas from the flowers of saffron crocus also attributes to the high cost of saffron in the market. Yes, even today saffron is produced in the way it was done in the ancient period; even today machines have no answer to removing stigmas from the flowers of saffron crocus.

Saffron costs about Rs. 2 lakh per kg. But that is nothing to worry about, for saffron is generally needed in small dosages across the food service industry. A pound of saffron may contain 70,000 to 200,000 strands whereas only a handful of strands of saffron are needed for a given dish where saffron's application is desirable.

One of the distinctive features of saffron is its ethereal aroma, which is similar to that of metallic honey with hay like notes. Picrocrocin and safranal are the chemical compounds in saffron which endow the spice with its distinct fragrance.

Saffron has a bitter sweet taste and comes in crimson or golden yellow colour. Crimson saffron threads with orange tips are considered to be of premium quality. Good quality saffron should also have slight moistness and should exhibit elasticity.

History and Legends

Historically speaking, the origins of these crimson coloured delicate threads shaped spice can be traced to the ancient Greece but slowly its usage spread across South-west Asia and North Africa, and then to other parts of the world. The cultivation of saffron began about 3500 years ago in Greece. The plant which gives saffron is native to South-west Asia.

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of saffron were also well-known in history. The ancient Egyptian healers used saffron to treat varieties of gastrointestinal ailments, while the ancient Greeks and Romans rampantly used saffron as a perfume. Daily saffron baths by wealthy Romans in ancient era was not uncommon.

Today's food service industry in India can take inspiration from the ancient Greece and Rome by using saffron not only as a spice and flavouring and colouring agent in dishes, but also as a perfume around restaurants' ambience to entice guests.

Saffron not only has a rich history but is also associated with interesting legends. It is believed that during the ancient times, Egypt's queen Cleopatra used a quarter cup of saffron in her warm baths, and Alexander the Great of Greece used to heal his battle wounds with saffron.

Geographical Spread

Today Iran is the biggest producer of saffron in the world, where more than 90 percent of the world's saffron production takes place. In fact, almost all the world's saffron are grown in a belt which is bounded by the Mediterranean in the west and mountainous Kashmir in the east. Greece, Morocco, India, Spain, Azerbaijan and Italy are other important global producers of saffron.

The climate most conducive to the cultivation of saffron is the cool dry climate, which should be complemented by well rinsed fertile soil. Maximum saffron in India is produced from Jammu & Kashmir, cultivation spans across about 3,800 hectares.



Saffron in Foodservice

The culinary applications of saffron are indeed varied. It is used as a spice and colouring agent in food and also to impart/enhance fragrance to the dishes. Saffron has myriad applications in recipes. This spice is extensively used in Indian, European, Iranian, Arab and Moroccan cuisines. Only a pinch of saffron can make a perceptible difference to many dishes.

However, here we would point out some of the culinary applications of saffron in the bakery and confectionery products. Saffron can be used in the preparation of cakes. Honey and saffron cake and orange saffron cake can be delicacies, if prepared rightly. Saffron cupcakes and saffron buns can also add value to the repertoire of bakery products in a bakery. Saffron can also be creatively used in cheeses.

Bakery cafes in India can keep some Indian beverages where saffron plays a role, in their menus. Almond kesar milk (in north India, almond is known as kesar) is a wonderful beverage in India to keep the heat at bay and also alternatively, to keep the cold in check. This beverage can be had in both hot and cold forms. This can be included in the menus of bakery cafes in India, especially in bakery cafes located in north India, in a more proactive manner. Saffron caramel panna cotta or simply saffron panna cotta can be delightful dessert options to explore. Saffron and chocolates can also be innovatively delightful combination as are saffron and white chocolate truffles. The adventurous can also try saffron ice-cream to delight one's taste buds.



Health Benefits

Besides adding to the spice content, flavour and colour in various dishes, saffron is also spruced with several health benefits. It can be used to get relief from asthma and whooping cough. It can also be used to counter depression and Alzheimer's disease. It is also used as an aphrodisiac.

Saffron comprises many plant-derived chemical compounds which are known to possess anti-oxidant and health promoting properties. The carotenoids present in saffron are shown in studies to have anticarcinogenic properties. Saffron has wound healing and anti-cancer properties, and by acting as an antioxidant, the pricey spice deserves the priceless tag.

According to research studies, safranal, a volatile oil found in saffron, has antioxidant, cytotoxic effect on cancer cells, besides being endowed with anticonvulsant and antidepressant properties. Moreover, saffron can give an impetus to immunity by facilitating in the maturation of white blood cells. It also accelerates the levels of enzymes that can help the body to trace toxins. Saffron can help in blood purification and also in regulation of gastrointestinal function.

Saffron has impressive dosages of many essential vitamins, including vitamin A, folic acid, riboflavin, niacin, and vitamin C. This spice is also spruced with many health inducing minerals, which include copper, potassium, calcium, iron, and manganese. Moreover, saffron is devoid of cholesterol. Saffron can help to lower bad cholesterol or triglycerides' levels in human bodies.

So we can say that saffron in food can not only enhance its taste, flavour and colour, but saffron can also add health to the food. The Indian food service industry should use this priceless spice in its dishes more extensively. ■

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Success of Bakery Outlets

The bakery and confectionery business in-modern India has a great potential to grow. This is natural considering the fact that today's urban India has huge numbers of nuclear families, many of whom have very little time at their disposal to cook elaborate meals. This trend is expected to gain further momentum in the near future. In such a scenario, the demand for ready-to-eat bakery products is expected to increase, especially when people are looking for quick lunch options to save time.

The popularity of global food & beverages in Indian palates (for example burger, pizza), along with significant increase in disposable incomes across pockets of middle class India during the last decade has also contributed to the growth of the Indian bakery and confectionery industry. The mushrooming of retail chains in urban India selling an impressive array of bakery and confectionery products is a reflection of these trends. We have seen that over the past few years, the Indian bakery industry has been growing at a continuous pace, and this growth trend is likely to continue in the near future.

So we can see that the entrepreneurs thinking of entering the bakery and confectionery business of India do have impressive potential to garner lucrative profits. However, potential doesn't automatically entail reality. The entrepreneurs would be needing various factors to translate this potential in to the reality of lucrative revenues and profits.

The entrepreneurs can enter the promising but equally challenging Indian bakery and confectionery business through a number of routes. One of them is by opening of a stand-alone bakery outlet. Here we would discuss some of the fundamental factors which are necessary to make your bakery outlet a successful enterprise, in the urban Indian context.

However, here we are not only considering home bakers but any entrepreneur who is running a bakery outlet, preferably a stand-alone bakery outlet, and neither we are taking into account of the legal rigmaroles necessary to run a bakery business in India. Succinctly, we are not taking into account of the factors needed to merely operate a bakery outlet, but are considering the factors which are required to make an enviable success story out of your bakery outlet.

Checking Costs

One of the factors that an entrepreneur running a bakery outlet should take care of is the variable cost. This is particularly relevant if you have started your stand-alone bakery outlet with a limited budget to back you. Rather than cutting down on the quality of ingredients, which can adversely affect the quality of the entrepreneur's products, she/he should see that there is no or minimal wastage of raw materials in the production process.

Having energy-efficient appliances, and procuring the right supplies from the right supplier in right quantities at the right time can also be helpful in keeping the cost of operations of the bakery outlet in check. The wastage of manpower and other variable costs should also be strictly checked by the entrepreneur, especially if the concerned entrepreneur starts the bakery with paucity of funds.

The Right Location

Location of the bakery outlet should be given careful consideration, as the product range and as well as business prospects of the outlet would depend highly upon its location.

In the Indian context, it is always preferable to have your bakery in an upmarket locality, for there the demand for your bakery and confectionery products is likely to be high.

Outsmarting Competition

The owners or managers responsible for running bakery outlet/s should be particularly

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concerned of the competition around. For a stand-alone bakery outlet, unless it has acquired a nationwide name, local business is generally the major driver of revenues. Thus the entrepreneur should always strive to make her/his bakery perform better than that of the bakeries in competition in the locality, so as to garner more local consumers.

Now there are three broad ways of tackling competition.

One is to produce more or less similar products like that of competition, within similar price ranges of the competition, but involving a distinctly better quality.

Second is to produce more or less similar products like that of the competition, involving more or less similar quality, but with a distinctly reduced price range. If both are attained together, then it is a sure shot winning combination. But the competition needs to be defined clearly and precisely.

Of course, a stand-alone bakery selling everyday bakery products shouldn't try to compete with a bakery housed within a five-star hotel. So if a entrepreneur runs a stand-alone bakery outlet with limited budget he/she should give careful attention to provide better products and/or lesser priced products than similar bakeries within the locality where her bakery is located. But one should not bother so much to compete with a bakery housed within a five-star hotel within the same locality (unless you want to change the market positioning altogether), for the latter's clientele is likely to be totally different from your clientele.

Third way is to stand out differently from the competition with a different range of products. For example, there is no bakery in the same locality serving organic products or artisan bakery products, then in that case one should come up with organic bakery products or artisan bakery products to attract impressive revenues and profits, subject to the condition that the locality concerned where the bakery is operational needs to be a high end market, to generate demand for organic and artisan bakery products.

Along these three broad routes to tackle competition, there should be the common factor of innovation. Time to time innovation in terms of products, ambience and décor, in keeping with the market of your products, can help your bakery to garner impressive business, as in this way the boredom is not likely to not set in among your target clientele, as far as your bakery outlet is concerned.

Promotion and Customisation

The bakery outlets should also promote their more profitable products by displaying them in the counter more attractively as compared to the less profitable products. This will raise these outlets' ratio of profit to revenues. Attractive promotional offers during festivities could also contribute towards the success of bakery outlets.

If the bakery outlet is located in an upmarket locality in a metropolitan city of India, then it would be helpful for the outlet if it undertakes customisation of cakes and chocolate products embodying creative



designs, as this trend has been gaining currency these days in select and affluent niches of the urban Indian society. However, that wouldn't be needed if the bakery outlet is located in middle or lower middle class colony of India, for in those localities there is unlikely to be any demand for designer cakes or chocolates.

Today there is need for the bakery outlet to have impressive online presence, which should of course include presence in social media. It is because nowadays, a lot many orders, even neighbourhood orders, can come from online. Not exploring these channels proactively and creatively could entail not only loss of revenues and potential revenues for the concerned outlet, but without impressive online presence, the bakery outlet's market image can also take a beating.

Other Factors

Maintaining impeccable hygiene and producing healthy bakery products can always help the bakery to stand in good stead in today's times, as our society is at last becoming health and hygiene conscious.

Of course, besides all these factors, the bakery outlet owner should also need to have good knowledge of ingredients needed in the bakery and confectionery business. Otherwise, the quality of her/his products would suffer. Moreover, then her/his staff or suppliers can take her/him for a ride and this in turn can result in escalation of the outlet's operational costs, thereby compromising on the entrepreneur's profits.

Along with knowledge the zeal to innovate is also needed for long-term success of your bakery, especially in these days where consumers are frequently demanding new products or old products in a new avtaar at least. As discussed before, innovation is one of the ways to tackle competition.

The entrepreneurs setting up bakery outlet/s should also hire the right personnel, for quality ingredients and equipments can only facilitate to make tasty food, but the people in the kitchen make it. Instead of going for personnel who charge less or least for a given job, the bakery outlet, if it could afford, should go for quality personnel.

This would be helpful for the entrepreneur in terms of costs, in the long-run. One can say that the entrepreneurs running bakery outlet/s should strive to hire the best possible personnel within a given budget, which in turn would save their variable costs. However, as finding skilled workforce is a perpetual challenge in the Indian food service industry, this is much, much easier said than done.

The safety of the guests and the staff also contributes to the success of a bakery outlet, as not doing so can lead to loss of man hours, which in turn can delay the delivery and eventual incurring of customer dissatisfaction. And a dissatisfied customer can be a customer lost in these times of fierce competition; in the realm of India's bakery and confectionery business.

Of course, having all these factors in place would not guarantee the success of your bakery outlet, either in the short or long-run, but these factors can definitely greatly enhance your chances of making a worth emulating success out of your bakery outlet. ■





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Established in 1987, with a view to serve the travel and tourism Industry, Petals pioneered the portion pack in Northern India thereby improving the catering standards especially in the Travel Industry. The Petals brand Suite Heart sachets and blister packs are well known for their quality because premium quality ingredients and packaging material are used and hence can be served with confidence. They can be trusted because completely automated and hygienic processes



are used ensuring the safety of users. The Suite Brand of Portion packs have now become popular as correct portion size helps immensely in controlling waste as also giving the user his money's worth. The entire range of Petals products can be customized to promote the image of the company. They are also available in the attractive, standard Suite Heart packing. Portion packs in the form of sachets, blister packs or kits aid inventory control, are easy to handle and store and also increase shelf life of the product. Petals is also actively involved in packaging development where the entire task of design, material selection, testing, procurement and packaging of a product is undertaken. Contract Packaging of products with facilities specially created with the required ambience is another field in which Petals specializes. The company has been ISO 9001 certified. Although based in New Delhi, Petals has satisfied clients all over India. Their long list of Prestigious clients include the Indian Railways, Indian Airlines, hotels and Hotels and Hotel chains like ITC., ITDC. etc and leaking Fast Food chains.

Petals Packaging Company
petalspackaging@gmail.com

Trusted by Chefs

Dr. Smith is an HoReCa brand extension of Kay Sons Oils Pvt Ltd, which specializes in providing end-to-end services in 3PL solutions, warehousing, clearing and forwarding, and distribution across the states of Haryana, Punjab, Delhi, Himachal Pradesh, J&K, Uttarakhand, U.P & Rajasthan. As a leading provider of HoReCa, Bakery Ingredients, and Food & Beverage services, Dr. Smith is committed to the growth and success of its customers, partners, and employees, delivering quality since 1999.

With a wide range of canned products, including vegetables, fruits, purees, chutneys, and peppers, all harvested with the goodness of nature and packed with automated hygiene, freshest ingredients and authentic flavors from around the world into homes and lives.



From farm to fork, Dr. Smith is committed to quality assurance, sourcing the best quality ingredients, state-of-the-art processing, and careful packaging. All Dr. Smith products go through rigorous quality checks at every stage to ensure they meet the brand's high standards.

Chefs can trust Dr. Smith's canned food products, which are made in India and packed with Indian taste and the goodness of ready-to-use ingredients. The brand offers an extensive range of products that are loved and relished by all, making it a go-to choice for chefs in the industry.

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Valrhona Chocolate - The Epitome of Culinary Excellence

Euro Foods in one of the pioneers in importing and exporting high-quality European food products in India. With a 27-year-old legacy, they have created a niche in the hospitality industry with their ability to provide great solutions for customer needs. Their extensive experience in the development and presentation of international food and beverage products puts them as a front runner in the market.

Euro Foods have a wide variety of products and some of the best international brands under their portfolio. These brands are prefered by scores of Chefs, culinary experts and bakers around the world.

One of the most preferred brands of Chefs, Chocolatiers and Bakers around the world is VALRHONA. Valrhona has created a range of unique and recognisable variety of chocolates by perfecting techniques for enhancing the flavour of rare cocoa beans. Its innovative products and great quality make it the first choice of professionals.

Euro Foods Pvt. Ltd.
info@eurofoods.co.in

Chef's Choice

Knife is said to be 'life' of a chef. In fact, holding on to a good quality of knife is as important as for any user in the kitchen. In this very segment the most exclusive branded knife of India, which has been closely associated with star hotels and catering units is Remington Steel. Over the years the company has won an essential place in the commercial kitchens of India. The knives are made from tough, carbon stainless steel that ensures greater edge retention. These knives are heat treated and tempered in an inert atmosphere.



Remington knives are appreciated due to its sharp, long lasting edges, user-friendly shapes and sizes and wide range that it offers. The wide range includes French Cook's Knives, Paring Knives, Steak Knives, Vegetable Knives, Carving Knives, Slicing Knives, and many more. Remington Knives are fully forged to shape from high tough, Carbon Stainless Steel that ensures greater edge retention. Remington Knives are heat treated and tempered in an inert atmosphere. Edges of Remington Knives are ten times sharper and longer than the conventional knives. They are known for their full-length tang for perfect balance and for easier and less tiring cutting.

Quality of Remington Knives is at par or above as compared to imported knives. They are precisely handcrafted and finished with each blade honed to an exact perfection and lasting experience.

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"Every Bakery Item Must Offer Delightful Experience for All Senses"

Swodesh Mohanty, Pastry Chef, Lyfe Hotels, Bhubaneswar



A passionate pastry chef with an impressive track record spanning over a decade in the hospitality industry, Swodesh Mohanty brings a unique combination of technical expertise, creativity, and a dedication to excellence that sets him apart in the dynamic and ever-evolving world of hospitality and fine dining.

His culinary journey commenced with a Diploma in Hotel Management and Catering Technology from the esteemed Dr. Reddy's Institute of Hotel Management and Catering Technology in Puri, Odisha, India. Throughout his career, Swodesh has had the privilege of working with renowned hotel chains and luxury properties across India and the Middle East. His extensive experience includes tenures at the prestigious One and Only The Palm Dubai, where he worked at the renowned restaurant Stay by Yannick Alléno, honing his skills in fine dining and modern culinary techniques. Additionally, he has showcased his talents at the Sheraton Grand Hotel and Convention Centre in Bangalore, the One and Only Royal Mirage Dubai, and the iconic Taj Hyderabad.

Swodesh's expertise lies in the art of pastry and baking, where he exhibits his creativity and meticulous attention to detail. He excels in developing innovative dessert concepts, mastering intricate techniques, and presenting visually stunning and delectable pastries that tantalize the senses. His dedication to maintaining the highest hygiene standards and delivering exceptional customer service is unwavering, a testament to his professionalism and commitment to his craft.

Notably, Swodesh's exceptional performance at the One and Only Royal Mirage Dubai earned him the prestigious "Best Employee of the Year" award in 2018, a recognition of his outstanding contributions and dedication to his work. He also holds certifications in Food Hygiene and Safety from the Dubai Food Control Authority, further underscoring his commitment to upholding stringent food safety standards.

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

What are the current hot trends in Indian Bakery industry?

Current hot trends in the Indian bakery industry that excite me include artisanal breads with unique flavours and textures, fusion desserts blending Indian and international influences, vegan and plant-based options to cater to diverse dietary needs, and a focus on locally-sourced, sustainable ingredients.

How did you become a Pastry Chef?

I developed an interest in the culinary arts from a young age, which naturally led me to pursue pastry as my specialization. The art of creating delectable desserts and the precision required resonated with my passion.

What is your working philosophy?

My working philosophy revolves around maintaining the highest standards of precision, creativity, and an unwavering commitment to food quality and hygiene. Every dessert I create must be a delightful experience for the senses.

What are your Hot Selling bakery items?

Some of my hot-selling bakery items include signature cakes infused with regional Indian flavours, artisanal breads with unique grains and toppings, and innovative pastries that showcase my creative flair and attention to detail.

What is the demand these days in Bakery?

In today's bakery landscape, I notice a growing demand for healthier options, unique flavour combinations that tantalize the palate, and visually stunning desserts that are perfect for social media sharing.

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

As a pastry chef, I firmly believe in using high-quality ingredients and exploring alternative sugar substitutes or healthier options wherever possible, without compromising on taste. Portion control is also key to maintaining a balanced approach.

Your favourite tool?

My favourite tool has to be a good set of baking utensils, especially piping bags and tips. Their versatility allows me to create intricate designs and decorations that truly elevate the visual appeal of my desserts.

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

Three major challenges I face include maintaining consistency in large batches, managing the costs of premium ingredients while ensuring profitability, and continuously creating new trendy offerings to keep our menu exciting. Accommodating various dietary restrictions is also an ongoing challenge.

What is your strength as a bakery chef?

My strength lies in my meticulous attention to detail, exceptional time management skills, the ability to work calmly under pressure, and a keen sense for balancing flavours to create harmonious and delightful desserts.

What are you passionate about besides baking?

Beyond baking, I am passionate about exploring new cuisines, staying updated on food trends, and engaging in outdoor activities like hiking to rejuvenate my mind and body.

What are your dreams?

My dream is to one day open my own patisserie, where I can showcase my innovative dessert creations and provide a delightful experience for dessert enthusiasts. Being recognized for my contributions to the pastry world would be an honour.

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