

HAMMER

Food & Beverage

Business Review

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Business magazine for food service & food retail professionals

Business

Cloud Kitchens: Riding on Cloud Nine

Feature

Drive for Financial Growth

Agri

Beetroot: A Nature's Anti-Inflammatory Agent

Beverage

Iced Tea with Alcohol

Health & Nutrition

Fats, Sugar, Salt and the Discretionary Foods

Theme Cuisine

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A Spirited Cocktail

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for more
information



Gin is the spirit synonymous with class and history which has evolved from its medicinal origins to become one of the most popular spirits in modern bars. Though several distilled spirits are popular, but bartenders and cocktail connoisseurs just love Gin. An amazing thing about this beloved spirit is that each Gin brand has its own nuances and botanically infused spins that gives one an extremely different experience. Cover story discusses about various aspects of this much-loved spirit.

The demand for online food delivery has gained immense popularity in the last few years. Though cloud kitchens gained popularity long time ago, their demand has been on the rise during the recent past. Cloud kitchens, with the help of aggregators, have progressed at a rapid rate and are, today, considered to be the future of food industry. Business story examines the market for these ventures.

Food and Beverage is the key department to garner revenue. There is great emphasis on devising proper Revenue Management Strategies. In Feature story food and beverage experts share their perspective on what measures can be taken to ensure the financial growth.

The Agri section discusses the earthy flavour and culinary versatility embracing Beetroot. In the Beverage section we find how alcohol lover tries to find ways to beat the heat and have concoctions like Ice Tea with alcohol. Theme section focus on the taste and aroma of India, which perhaps most acutely felt on its streets, is now well adopted by various foodservice establishments to impress upon their guests. In the Operations section we discuss barbecues as an important part of any social celebration. Whether they are warm afternoons, chilly evenings or downright cold nights, barbecues can be experienced and enjoyed during all seasons.

Other regular sections update you on latest news, reports and events along with Health & Nutrition and Hygiene.



Food & Beverage

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World Food India 2024

A Global Event to Showcase, Connect & Collaborate

19-22 September 2024 | Bharat Mandapam, New Delhi



The Ministry of Food Processing Industries, Government of India, has announced the highly anticipated World Food India 2024, scheduled from 19-22 September 2024 at Bharat Mandapam, New Delhi. With the tagline "Processing for Prosperity," the event aims to showcase, connect, and collaborate with global food processing industries, fostering innovation and growth in the sector.

This year's exhibition will present a wide array of profiles, showcasing the best in RTE/RTC packaged foods, chocolates, dairy, beverages (tea, coffee, juices, carbonated drinks), grains (pulses, rice), oils and fats, frozen food, marine products, poultry and meat products, spices, organic foods, fruits and vegetables, alcoholic beverages, pet foods, food processing machinery and technology, packaging, sustainability initiatives, banks, food testing laboratories, software firms, e-commerce retailers, and post-harvest machinery. The diverse range of products and services on display ensures that attendees can explore the latest advancements and trends in the food processing industry.

World Food India 2024 promises to be an unparalleled platform for industry leaders, innovators, and policymakers to discuss, deliberate, and explore the future of food processing. The event will feature a

diverse range of activities, including policy roundtables, exhibitions, thematic sessions, B2B/B2G/G2G meetings, and The Great Indian Food Street, showcasing famous cuisines from across India and live demos by celebrity chefs. These activities are designed to foster collaboration, share knowledge, and inspire innovation in the food processing sector.

The international scope of World Food India 2024 is highlighted by the participation of multiple countries, including France, Malaysia, Japan, Thailand, Iran, Brazil, Vietnam, Chile, Denmark, USA, Uzbekistan, Sri Lanka, Myanmar, and many more. This global participation enhances the event's appeal, providing attendees with the opportunity to engage with international industry leaders and explore global trends and opportunities. Prominent companies such as HUL, Amul, MTR, Fair Exports, Mondelez, Bikano, LT Foods, Marico, Anand Dairy, Tata Consumer, Adani Wilmar and Haldiram's have confirmed their presence, ensuring a successful and impactful event. Their involvement underscores the significance of World Food India 2024 as a key event for the food processing industry.

Concurrent Events

Alongside World Food India 2024, several

concurrent events will take place, adding immense value to the attendees. The Food Safety and Standards Authority of India (FSSAI) will be hosting their annual Global Food Regulators Summit on the 2nd and 3rd day of the event. This summit will bring together food regulators from around the world to discuss best practices, regulatory challenges, and collaborative strategies to ensure food safety and quality.

Moreover, the event will feature the Start-Up Grand Challenge, an initiative aimed at encouraging and supporting innovative start-ups in the food processing sector.

Other notable segments include the AlcoBev Pavilion; the Reverse Buyer-Seller Meet (RBSM), facilitating international trade and partnerships; and the HoReCa Segment. Additionally, there will be reimbursement from MSME under the PMS Scheme, supporting small and medium-sized enterprises in participating and showcasing their innovations.

World Food India 2024 is not just an event; it's a global movement towards innovation, sustainability, and prosperity in the food processing industry. Attendees will have the opportunity to explore cutting-edge technologies, network with industry leaders, and witness the future of food processing. The event aims to drive growth and development in the sector, promoting sustainable practices and innovative solutions that contribute to economic prosperity.

Don't miss this opportunity to be part of a transformative event that will shape the future of the food processing industry.

For further information and to register, visit

<http://www.worldfoodindia.gov.in>

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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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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

Contestant - 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.

For further information,

visit www.pastryqueenindia.com

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IBE 2024 - INDIA BAKERY EXPO 2024

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

The 6th edition 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.

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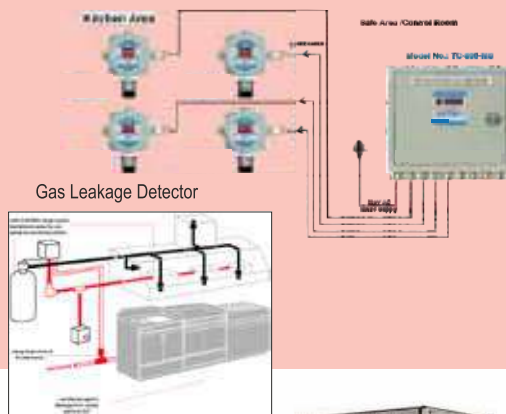
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Global Trade to Meet Again at ASIA FRUIT LOGISTICA 2024



ASIA FRUIT LOGISTICA, the premier trade show for Asia's fresh produce industry, is set to return to AsiaWorld-

Expo in Hong Kong on 4-6 September 2024. This highly anticipated event will bring together thousands of high-quality trade visitors and top buyers from around the world and across the fresh produce supply chain.

Discover the latest products and services exhibitors from over 40 different countries and regions, who have already registered to showcase their cutting-edge products and services, including fresh produce, technology, machinery, and logistics. The exhibitor line-up features top names and brands in the business, including Aomori, BayWa Global Produce, T&G Global, Capespan, ClemenGold, Costa, Del Monte, Dole Asia, Goodfarmer, Jingold, and Joy Wing Mau.

In addition to the strong and international exhibitor line-up, ASIA FRUIT LOGISTICA will feature 24 national or regional pavilions offering you a comprehensive overview of the fresh produce market.

Buy your tickets online today to save up to 40% compared to onsite pricing and save time in onsite registration. Tickets are available on website and act now to be part of the leading fresh produce industry event in Asia



ASIAFRUIT Knowledge Centre

ASIAFRUIT Knowledge Centre is the brand-new content hub with three stages at the heart of ASIA FRUIT LOGISTICA, and it's open to all visitors and exhibitors.

Day One: Consumers & Markets kicks off with a look at the changing consumer landscape for fresh fruit and vegetables in Asia.

Day Two: Tech & Innovation opens with a high-powered panel discussion exploring what's next in varietal innovation.

Day Three: Logistics & Trade leads with a focus on China's changing distribution landscape in fresh fruit and vegetables.

ASIAFRUIT Congress - Asia's premier fresh produce conference event, takes place on the main stage at ASIAFRUIT Knowledge Centre. Thought leaders and senior executives share strategic insights on the fast-changing Asia market through a compelling mix of keynote interviews and lively panel discussions.

ASIAFRUIT Business Forum - Runs next to ASIAFRUIT Congress with a programme of practical workshops. Specialist partners present case studies for business success in Asia, sharing best practices and applicable solutions.

ASIAFRUIT Showcase - The stage for ASIA FRUIT LOGISTICA exhibitors to present the newest technologies, products, and solutions.

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Amazon Fresh Expands Reach to 130+ Cities

Amazon India announced the expansion of Amazon Fresh, its full-basket grocery service of wet and dry groceries including fruits, vegetables, chilled products, beauty, baby, personal care, and pet products among other daily grocery needs, to 130+ cities. Amazon Fresh Sellers source fruits and vegetables from over 11,000 farmers and ensure the quality of the produce through a '4-step quality check'. Customers in 130+ cities like Ambala, Aurangabad, Hoshiarpur, Dharwad, Una, Suri, and others will enjoy great savings and avail exciting deals from Amazon Fresh sellers and bank partners while building their weekly/monthly basket.



Srikant Sree Ram, Director, Amazon Fresh IN said, "Amazon Fresh is reshaping grocery shopping in India. We bring fresh produce and daily essentials right at the doorsteps of our customers across 130 cities in India. Our expansion and focus on quality products demonstrate our commitment to serve customers and offer them the best online shopping experience for fresh produce and daily essentials. Further, customers can avail benefits from cashback, offers, and bank discounts, adding value to their every purchase."

Amazon Fresh offers a simplified shopping experience, with a dedicated app-in-app for groceries on Amazon.in, and convenient features like personalized widgets, buy again option, and reminders to ensure that frequently shopped items aren't forgotten during checkout. Customers love easy selection and navigation, and our recent launch of multiple thematic stores and events like mango store, summer store, IPL store etc. offers best value across the entire selection of high-quality groceries.

Features like personalized widgets, buy again option, saved preferences, and more help customers with the ease and convenience to shop on Amazon Fresh. With Super Value days from the 1st to the 7th of every month, customers can build their monthly basket at value.

Bikano Unveils "Bombay Mixture"

Bikano, a leading name in the Indian traditional snacks market, announced the launch of its latest offering, the Bombay Mixture. This new flavour promises to cater to the diverse and evolving taste preferences of snack lovers across India and beyond.



With the traditional snacks market experiencing unprecedented growth, mixtures have emerged as the fastest-growing category, contributing approximately 40% to the overall traditional snacks segment. "The launch of Bombay Mixture is a strategic move to tap into the booming traditional snacks market. Consumers are increasingly seeking region-specific products, and the Bombay Mixture meets this demand perfectly. We are targeting to reach 10 lakh consumers with our initial launch plan and expect the Bombay Mixture to contribute 1% to our overall revenue. We aim to increase our market share in the Indian snacks market from 5% to 6% this year," said Manish Aggarwal, Director, Bikano.

The Bombay Mixture is set to be available in a variety of pack sizes and price ranges, ensuring that it caters to a broad audience. From small packs priced at Rs 10 to larger packs of 200g, 400g, and 800g, there is an option for every type of consumer. The product features a blend of high-quality ingredients, crafted to offer a spicy and crunchy taste that'll appeal to individuals across all age groups, from 18 to 60 years old.

The Indian snacks market, valued at a staggering 48 thousand crores, is evolving rapidly, driven by changing consumer demands and advanced research and development. Bikano's Bombay Mixture is a testament to this evolution, offering a product that aligns with current consumer preferences.

In March, Bikano introduced its two new offerings – the "Madras Mixture" and "Kerala Mixture" aimed at catering to the demands of the southern market. With this latest launch, Bikano has reaffirmed its commitment to staying ahead of the curve by introducing products that meet the needs of diverse consumers and set new benchmarks in taste and quality.

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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 Italy and 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 Forceto 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.

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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Gordon Ramsay Restaurants and Travel Food Services Bring World-Renowned Dining to India

The culinary landscape at Indian airports is set for a seismic transformation. In a move that sets a new standard for culinary excellence in Indian airports, Gordon Ramsay Restaurants has announced a partnership with Travel Food Services (TFS), India's leading travel Food and Beverage Company. The arrival of Gordon Ramsay Plane Food, Street Pizza, Street Burger and Gordon Ramsay Plane Food To-Go marks the celebrated chef's first foray into dining in India.

The agreement marks the beginning of a three-year opening programme, which will see six restaurant concepts unveiled across Indian airport terminals by 2027, with the first sites due to launch in the final quarter of 2024.

Gordon Ramsay, known for his unwavering commitment to excellence and his high culinary standards, has built an empire of critically acclaimed restaurants and an array of popular television shows, making him a household name around the world. For the first time, the culinary icon brings his signature flair and unparalleled standards to Indian airports with his three stand-out concepts: Street Pizza, Street Burger, and Gordon Ramsay Plane Food To-Go.

Each brand embodies Ramsay's commitment to quality and creativity, offering travellers a taste of his world-renowned culinary proficiency. Gordon Ramsay Plane Food offers discerning travellers succulent all-day pre-departure dining, Street Pizza delivers artisanal pizzas inspired by London's vibrant street food scene, Street Burger serves up gourmet burgers with bold flavours and premium ingredients, and Plane Food To-Go provides gourmet meals designed for convenience without compromising on taste.

With a presence in over 19 cities and managing more than 380 eateries, TFS continues its legacy of innovation by introducing world-renowned dining concepts to Indian travellers. This initiative not only promises to transform terminal dining into an exhilarating, top-tier gastronomic adventure, but also reflects TFS's commitment to bringing sophisticated and diverse culinary offerings to the Indian market.

Varun Kapur, Executive Director of TFS, shares his enthusiasm: "This is not just a launch; it's a monumental culinary event! With this partnership, we are building on the food revolution in Indian airports that TFS has been passionately driving. Gordon Ramsay's iconic brands will deliver an unprecedented fusion of flavour and finesse, further adding excitement to the Indian travellers' journey and making their dining experience unforgettable."

From Gordon Ramsay Restaurant's CEO Andy Wenlock: "India's rich culinary heritage and its reputation for hospitality make it the perfect landscape for our brands. With Travel Food Services, Indian airports are the new stage for our culinary journey, and we are excited to see how travellers embrace these vibrant, flavour-intense dining experiences."



Fiori, Lonavala's First Glasshouse Restaurant, Launched

Fiora, a serene escape offering a delightful fusion of comforting European and Mediterranean flavours, was launched in Lonavla. Founded by Suraj and Sanskriti Gupta, Fiori is a labour of love from the visionary sibling duo and second-generation entrepreneurs of Regenta SG's Greenotel.

Fiori's chic, earthy design seamlessly blends with Lonavala's scenic charm. The glasshouse features innovative polycarbonate sliding roofs that open up the space, complemented by wooden elements crafted by local artisans.

Led by Head Chef Gracian de Souza, the restaurant offers an effortless vegetarian menu that draws from the rich culinary legacies of Europe and the Mediterranean, curated to showcase the finest organic ingredients and innovative flavours.

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IHCL Goa Partners with Govt. of Goa on World Youth Skills Day

IHCL Goa represented by Ranjit Phillipose – Senior Vice President, Goa IHCL has signed memorandum of understanding with 11 of Goa’s Industrial Training Institutes to provide students / youth with training at their various properties across the state.

Speaking on this occasion Ranjit Phillipose stated, “Recognising the need and the challenges faced today both for the young joining workforce and the industries across sectors, is to match skills to demand. We at IHCL Goa are at the forefront of meeting this challenge, as Goa’s leading tourism player we are proud to shoulder this commitment. IHCL – Goa’s belief in sustainable growth remains deep rooted in our legacy aligned with diversity excellence and positive outcomes. This initiative to train 1 lac skilled youth by 2030 further strengthens

our objective of Paathya to promote economic growth while maintaining social and environmental impact”

Presided over by the Hon’ble’ Chief Minister of Goa – Dr. Pramod Sawant and



attended by Director of Rural Development Agency Gopal Parsekar, Director - Planning, Statistics and Evaluation, Vijay Saxena, Chairperson of ITI, Panaji, Gaurish Dhond, South India Head, Tata Technologies, Prashant Handigund and Director Education – Govt of Goa Prasad Loliyenkar – IAS.

Responding to the Hon’ble’ Chief Minister’s clarion call for ‘Kaushalya Goem, Khushal Goem’ (Skilled Goa, Happy Goa) IHCL – Goa will be offering 6 months on the job training to students who are undergoing hospitality course in the 4 departments – Food Production, Housekeeping, Food & Beverage Service & Front Office.

Speaking on the occasion Hon’ble’ Chief Minister of Goa Dr Sawant stressed on how skill, re-skill and up-skill help make optimum use of human resources and by focussing on skill development Goa can be made Atma Nirbhar. Taking this a step ahead, Ranjit Phillipose invites students to visit our hotels which will encourage the students to opt for hospitality driven courses at Industrial Training Institutes in Goa, further IHCL Goa’s commitment towards skilling.

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Poult American Bar & Bistro Unveils its Third Outlet in Pune

Poult American Bar & Bistro, the destination for America's beloved fried chicken, announces the grand opening of its third outlet at Phoenix Mall of the Millennium in Wakad, Pune. It offers a delectable range of American-inspired fried chicken and gourmet burgers.

From sizzling hot wings to crispy drumsticks, juicy thighs, and more, Poult offers a mouthwatering variety of chicken delights. The real star of the show? Poult's crispy chicken burgers - the epitome of succulent meat and crispy coating, perfectly crafted to tantalize senses. And to complement these delectable treats, Poult offers beer or a refreshing margherita.

But Poult isn't just about indulgence; it's about catering to every palate. For those seeking healthier options, Poult offers grilled chicken that satisfies cravings without the guilt. And for the adventurous foodies, dive into one of Poult's exciting gourmet burgers, each bursting with unique flavors and textures.

"Whether you're a chicken fanatic or simply craving a tasty meal, Poult has something for everyone," said Prashant Issar, Director, Bellona Hospitality, "We're thrilled to expand our presence in Pune and introduce our signature chicken delights to the vibrant community of Wakad."



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NRAI Released India Food Services Report 2024

The National Restaurant Association of India released its long-awaited India Food Services Report 2024 (NRAI IFSR 2024). The report along with a special booklet on the food services sector in Mumbai was launched by Bhushan Gagrani, IAS, Municipal Commissioner of Brihanmumbai Municipal Corporation (BMC). In Mumbai, gracing the occasion with their presence were the office bearers of Mumbai Chapter of NRAI, Ms. Rachel Goenka, Mumbai Chapter Head, NRAI and Pranav Rungta, Vice President and National Committee Member, NRAI

The 5th edition of the NRAI India Food Services Report along with a brief report on the Food Services sector in Mumbai provides an in-depth analysis shared by the industry stakeholders and consumer voices. The report delivers valuable insights into operational models and practices, investment strategies, dining trends, and sustainability efforts.

Ms. Rachel Goenka Chapter Head, NRAI, CEO, The Chocolate Spoon Company Pvt. Ltd. said, "Mumbai today has the largest number of restaurants in the country. This

trend has been the result of increasing urbanisation, evolving customer tastes and preferences, increasing demand for more efficient food delivery and vast improvements in the food tech space. The Report clearly shows that restaurants in Mumbai in particular are becoming trendsetters by integrating state of the art technologies like AI, Robotics, and automation to optimise operations and



improve efficiencies to elevate customer experiences across the board."

According to the NRAI IFSR 2024, the market size of Organised Sector of the Mumbai Food Services Industry is estimated to be valued at 55,181 crores and is the

runaway leader, amongst the top 21 cities, in the organised food service sector. There are 141,456 restaurants in the Food Services sector (organised & unorganised) in Mumbai with most people opting to visit fine dining restaurants followed by casual dining restaurants as their preferred choice when going out to eat.

Bhushan Gagrani, Municipal Commissioner of Mumbai expresses his enthusiasm and says, "I extend my heartfelt congratulations to the National Restaurant Association of India (NRAI) and its dedicated members for their remarkable efforts. This report is not merely a compilation of statistics; it provides a visionary path for our thriving food service industry, a sector vital to our nation's economic growth and development."

The food services industry following the pandemic's impact, now experiencing several key trends. Consumers are increasingly investing in higher-quality and fine dining experiences, significantly influencing the industry.

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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INSP20D	230VAC 50HZ	500	296x370x75mm	Inbuilt	275x350mm	Inbuilt	4.5Kg
INS2BRA	230VAC 50HZ	1000	800X400X100mm	Inbuilt	787X387mm	Inbuilt	9.700Kg
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Indulge in a Healthy Gourmet Retreat at The Lodhi

Nested beside The Lodhi's picturesque outdoor pool, The Pool Café is delighted to unveil its new menu, designed to nourish and energise in the lap of tranquillity. Crafted by Executive Chef Vijay Thapliyal, the new menu celebrates health and seasonality with a fusion of international flavours and locally sourced ingredients. Coinciding with International Yoga Day on June 21st, 2024, the menu underscores the vision behind it: to promote a holistic approach to well-being and a realistic perspective on food and health.

Executive Chef Vijay Thapliyal, says, "We are thrilled to present this revamped menu at The Pool Café, which reflects our commitment to delivering an unparalleled and nourishing dining experience amidst the serene ambience of our poolside oasis. Our vision behind crafting this new menu was to cater to a variety of dietary needs and preferences of our guests, all while maintaining the high standards of cuisine our guests expect."

The Pool Café, with its quaint bistro-style setting, is an ideal venue that offers a variety of delectable wholesome and hearty dishes. The café is incredibly popular with guests, especially after laps in the famous picturesque outdoor heated pool or post-workout at the hotel's gym, The Athletic Club.

The new menu is crafted in a way that offers something for every palate, from freshly baked pastries like Pain-au-Chocolat, Almond Croissants, and Classic Croissants to heartier fare like



Smoked Salmon on Whole Wheat Sourdough, Mushroom Avocado Toast, and the delicious Chipotle Lamb Burger.

To nourish a wider range of palates and dietary needs the new menu now features a selection of nutritious options. Guests seeking a lighter, health-conscious experience can enjoy wholesome dishes like Multigrain Fusilli, Whole Wheat Penne, Baby Leaf Salad, and Charred Broccoli. Diners can also select more substantial dishes such as grilled Roman Artichokes and Pan-Seared Norwegian Salmon.

In addition to the wide range of food options, the Pool Café has put together a pleasant drink menu that includes the energising ABC Juice (Apple, Beetroot, Carrot), Green Apple Spinach Smoothies, and Chikoo Almond Milk Shakes.

Concluding the experience on a sweet note, The Pool Café's dessert menu features indulgent creations like Olive Oil Panna Cotta and Flourless Chocolate Almond Cake, ensuring a truly memorable dining journey.

Goila Butter Chicken Hits 100 Kitchen Milestone



Goila Butter Chicken (GBC), the renowned Indian culinary brand, celebrated its 8th anniversary with the exciting announcement of being acquired by Biryani By Kilo (BBK). Founded in 2016 by two college friends and chefs Saransh Goila and Vivek Sahani, Goila Butter Chicken has redefined the iconic butter chicken dish with its distinctive smoky flavour and rich taste, achieved through the addition of cashew nuts. Starting as a single outlet in Mumbai, Goila Butter Chicken has now blossomed into 100 outlets spanning over 40 cities, including an international presence in London. Goila Butter Chicken's dedication to preserving traditional flavours while introducing innovative culinary techniques has made it a standout in the Indian food industry, redefining Indian cuisine in categories like curries, biryani, kebabs, rolls and more for delivery and takeaway.

Goila Butter Chicken has consistently set a high standard for innovation and quality in Indian cuisine. The brand's unique approach has earned it a loyal customer base and numerous accolades, including a feature on MasterChef Australia, where it was hailed as "one of the best butter chicken in the world." This recognition on an international platform underscores the brand's commitment to culinary excellence and its ability to captivate a global audience.

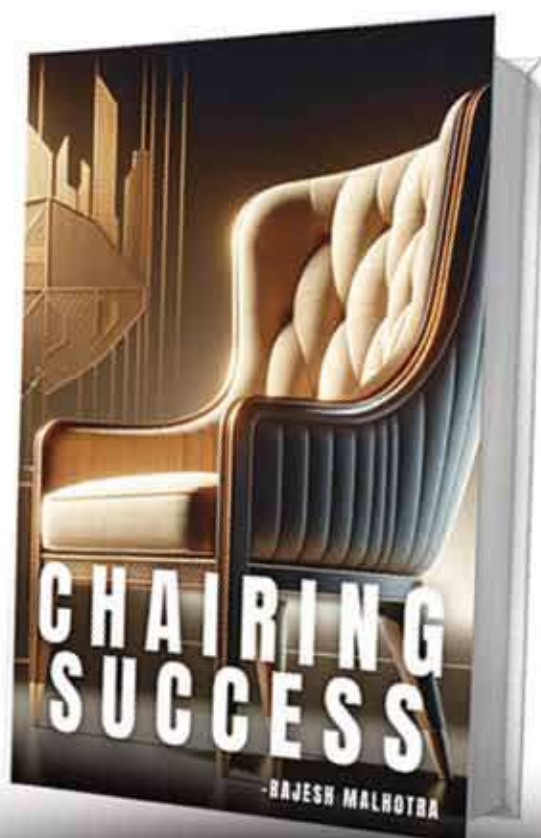
The acquisition of Goila Butter Chicken by Biryani By Kilo, a brand synonymous with authentic Indian cuisine, brings together two giants of the Indian culinary world. Biryani By Kilo is renowned for its traditional biryanis, kebabs, kormas, and phirni, made with fresh, high-quality ingredients, ensuring an authentic and premium dining experience.

Vishal Jindal, founder of Biryani By Kilo, expressed his excitement: "We are thrilled to welcome Goila Butter Chicken into the Biryani By Kilo family. Goila Butter Chicken has set a high standard for innovation and quality in North Indian cuisine. Together, we aim to expand our culinary horizons and bring unparalleled Food experiences to our customers pan India."

Saransh Goila, Co-Founder of Goila Butter Chicken, shared his enthusiasm: "This partnership is a testament to the hard work and passion of the entire Goila Butter Chicken team. We are excited to join forces with Biryani by Kilo and reach new heights. Our customers can look forward to new and exciting dishes as we celebrate our 8th anniversary and this new partnership."

In the next two years, Goila Butter Chicken plans to expand its footprint to over 200 stores, continuing to serve the rich heritage of Indian flavours. To mark this momentous occasion, Goila Butter Chicken is launching an array of new dishes that blend tradition with innovation.

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Garden Al Fresco Opens Doors at The Fern Goregaon

The Fern, Goregaon announces the launch of Garden Al Fresco, its exquisite outdoor dining space, which opened its doors in July. Nestled within the serene ambiance of The Fern Goregaon, Garden Al Fresco promises a tranquil escape amidst lush greenery and natural skylight, offering guests a unique dining experience that seamlessly blends traditional charm with modern comfort.

The brainchild of Faisal Abdulrehman Balwa, Garden Al Fresco embodies a perfect marriage of elegance and innovation. This serene dining haven is not just a place to eat but a destination to unwind and savour moments in an environment where nature's beauty seamlessly intertwines with sophisticated design.

The menu at Garden Al Fresco is a testament to culinary excellence, featuring signature dishes that are as inventive as they are delicious. Guests can indulge in the Pull Apart Cheese Bread with Garlic Aioli and Basil Pesto, savor the Wild Mushroom Bao filled with exotic mushrooms and truffle, and delight in the Mockmeat



Irani Kheema Brioche Pav, offering a vegan twist on traditional flavors. Other highlights include the rich and savory Chicken Katsu Curry, the delectable Garlic Shrimp Po Boy Burger, and the exquisite New Zealand Lamb Chops.

The restaurant's interior, crafted by designer Miloni Mehta, exudes warmth and sophistication. Plush textures, rich colors, and refined wood and metal accents create an inviting atmosphere where guests can relax in cozy corners surrounded by verdant greenery. This elegant setting is perfect for intimate gatherings and leisurely dining, ensuring every visit is a memorable experience.

Executive Chef Sanjiv Kumar, the creative force behind the menu, shares his inspiration: "Garden Al Fresco is a unique canvas for culinary creativity. Each dish showcases a blend of imported and indigenous ingredients with my special touches, promising a delicious experience for our guests."

The Beer Cafe® Opens its 50th Outlet

THE BEER CAFÉ® opened its 50th outlet in Ludhiana, Punjab, highlighting its pioneering vision in the alco-beverage industry. To commemorate this significant milestone, all outlets nationwide will celebrate with the BIG 50 campaign.

Driven by his passion for the golden brew, Rahul Singh founded THE BEER CAFÉ® in 2012. Emphasizing responsible drinking, he believes in fostering conversations



and camaraderie through mindful consumption. With 12 years of successful operations in a rapidly evolving market, the brand focuses on expanding to dynamic neighborhoods across India.

Founder & CEO Rahul Singh expressed his gratitude for the brand's success. He stated, "The launch of our 50th outlet marks a significant milestone in our remarkable journey. Beginning over a decade ago, THE BEER CAFÉ® has established itself as the premier neighborhood café, offering unparalleled experiences. This achievement underscores our dedication to curating exceptional beer experiences and ensuring every sip delights our guests."

Standing tall in a cluttered space, it has redefined casual dining through constant innovation and world-class quality beers while keeping a pulse on the market to understand what truly drives consumers. It offers a blend of modern design and a vibrant ambiance, making every get-together a special occasion. Renowned for its diverse range of over 50 beer varieties, from local favorites to international brews, there's something for every beer aficionado. The brews can be paired with a selection of scrumptious Indian and international dishes or shareable platters.

"Hitting the brew-tiful Big 50 milestone wouldn't be possible without our dedicated and hardworking team and loyal patrons who have been instrumental in shaping what we are today. We are committed to exceeding our patrons' expectations with new menu innovations and immersive experiences," continues Rahul Singh.

Karigari by Chef Harpal Singh Sokhi Opens its 10th Outlet

Karigari by Chef Harpal Singh Sokhi, the renowned culinary brand known for its exquisite blend of traditional and contemporary flavours, opens its 10th outlet in Indore. This milestone marks a significant step in Karigari expansion journey, bringing its unique dining experience to more food enthusiasts in the city.

Located in the heart of Indore, Vijay Nagar, the new outlet promises to deliver the same high-quality food and exceptional service that Karigari by Chef Harpal Singh Sokhi is famous for. With a menu that showcases an innovative fusion of international cuisines and traditional Indian tastes, the new outlet aims to cater to the diverse palates of Indore's residents.

The new Karigari by Chef Harpal Singh Sokhi outlet features a modern and inviting ambiance, making it an ideal spot for family dinners, friendly gatherings, and business meetings. The restaurant's skilled chefs use the finest ingredients to craft dishes that are both flavorful and visually stunning, ensuring a memorable dining experience for every guest.

The new outlet not only brings a culinary delight but also captivates with its stunning interiors. Designed with a perfect blend of modern aesthetics and traditional elements, the ambiance is both welcoming and elegant. Guests are greeted by vibrant décor, comfortable seating, and warm lighting that create an inviting atmosphere.

With a focus on quality, innovation, and exceptional customer service, Karigari by Chef Harpal Singh Sokhi has become a favourite dining destination for food lovers.

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The Kind Roastery & Brewroom Expands its Footprint

The Kind Roastery & Brewroom, Bengaluru's first experiential all-vegetarian roastery with vegan and gluten-free options, has opened its second outlet in the city. Following the success in JP Nagar, The Kind is set to bring its unique brand of coffee, community, and kindness to a new neighborhood, offering a haven for coffee enthusiasts and food lovers alike.

At The Kind, coffee is an art form. They offer a diverse selection of manual brews and house blend espressos, meticulously crafted by skilled baristas who understand the intricacies of brewing the perfect cup. From Cold Brew Samplers showcasing a spectrum of flavor profiles to the refreshing Mango Kaffé Tonic, The Kind's coffee menu caters to every taste and occasion.

The Kind's menu goes beyond just coffee. They celebrate vegetarian dining with innovative and diverse dishes, all prepared using fresh, seasonal, and local produce. New additions to the menu include a hearty Korean Ramen Bowl bursting with umami flavours, gluten-free pizzas with unique toppings like the crispy kale pizza, and the Jackfruit Malabar Curry, a traditional South Indian dish showcasing the



region's rich culinary heritage. Whether you're looking for a satisfying lunch, a light snack, or a decadent dessert, The Kind has something for you.

The heart of The Kind lies in its vibrant community.

The founder, Pallavii Gupta, believes her cafe is a space where connections are forged, ideas are born, and friendships are shaped. "Our environment is meticulously crafted to evoke feelings of kindness and inspire creativity," says Pallavii. "We want The Kind to be a sanctuary, an escape from the everyday grind."

The new outlet boasts a visually striking and calming design conceived by Principal Architect Madhurima Kordale of The Local Studio, along with her team: Mohammed Farhan (Junior Architect), Yashaswini VS (Junior Architect), and Hridya Rajeev (Junior Architect). Floor-to-ceiling textured wall panels in neutral and earthy tones create a serene backdrop. The strategically placed Brew Bar, clad in vertical sandstone, grabs attention upon entry, showcasing coffee and delectable treats. Movable furniture allows for adaptable seating arrangements, while the private dining area transforms into a conference room with fluted glass and tech amenities. This design prioritizes a clutter-free, Zen-like atmosphere, ideal for a visually stimulating and relaxing escape.

The Kind's future is brimming with exciting possibilities. They are launching a new retail line featuring fun merchandise and home brewing tools, with exciting collaborations underway. Their vision is to become a pan-India brand by 2027, with plans for another two outlets in Bangalore by 2025.

A 56-Dish Journey Through India at South of Vindhyas

South of Vindhyas, the acclaimed fine-dining restaurant at The Orchid Hotel, Mumbai, invites to embark on a unique breakfast adventure. While their menu features a delicious journey through the five South Indian states of Andhra Pradesh, Telangana, Kerala, Karnataka, and Tamil Nadu with a staggering 56 authentic dishes, their culinary exploration doesn't stop there. They also offer specialties from Maharashtra and North India, ensuring a truly diverse dining experience.



Transcend the ordinary and embark on a culinary odyssey south of the Vindhyas. Within the captivating embrace of a charming Mangalore estate house, South of Vindhyas awaits. Exquisite artwork adorns the walls, each piece a vibrant tapestry whispering tales of the South's rich heritage. As you step through the threshold, the air thrums with the gentle melodies of southern instrumental music, a soothing symphony that transports you to a land where every sense is awakened. Prepare to be enveloped in a world where a meal becomes an immersive experience, a celebration of culture and tradition on a plate.

From the moment you arrive, South of Vindhyas prioritizes your comfort. A warm welcome awaits you from a hostess dressed in traditional Kerala attire. Indulge in a delightful sit-down buffet experience at South of Vindhyas. Here, you'll be comfortably seated and treated to a feast, where an array of delicious dishes awaits your selection.

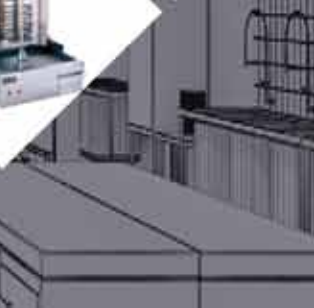
The extensive vegetarian menu, curated by Chef Bala himself and channeling the warmth of everyone's grandmother's kitchen, boasts a staggering 56 dishes that are a testament to the vibrant culinary tapestry of India. Embark on a regional tour through breakfast staples like the melt-in-your-mouth Coin Idli from Karnataka, the spicy and comforting Misal Pav from Maharashtra, and the unique Thatte Idli from Karnataka. Savor the legendary Vithal Dosa, a signature dish at South of Vindhyas, or enjoy the protein-packed Moong Dal Chilla.

For a delightful explosion of textures and flavours, indulge in the Masala Puri, a medley of crispy puffed rice, vegetables, and tangy chutneys. And no South Indian breakfast is complete without the Kolkata Club Kachori, a delightful indulgence from West Bengal. To perfectly complement your meal, the restaurant also offers the special filter coffee, a smooth and aromatic concoction that will leave you wanting more.

Hailed as India's Best Vegetarian Breakfast, this unparalleled menu is a testament to South of Vindhyas' commitment to culinary excellence. Experience the magic of Indian flavors and book your table at the restaurant today!



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Toscano New Outlet in Pune

Gift yourself a delicious indulgence in Italian flavours, as Toscano launches a new branch in Pune. The famous fine-dine restaurant from Bangalore now adds another address in Pune’s Wakad at Phoenix Mall of the Millennium, to take you through an authentic and rich experience of Italian cuisine. From hand-stretched pizzas, Crocchettes, Pastas, Lasagne and Risotto, enjoy a truly Italian ride of flavours.

The ambience offers world-class dining when you settle within the comforting earthy green-toned indoors. The spacious deck, wooden floor, and traditional ambient lighting are reminiscent of the street-side Italian cafes. The handmade sourdough pizza base, secret sauces and ingredients procured from Italy promise a delectable fare through an innovative menu. When paired with exquisite cocktails and sunkissed wines, you indulge in a complete celebratory experience. The skilled team serves as a valuable extension- going the extra mile for tailor-made dishes, surprising you on every visit.



Artisanal Pastas and Whole wheat Sourdough Pizzas, it’s a delicious menu worth relishing.

Meat lovers can nibble on the Toscano Grill menu of Fish and Poultry meats served with appetizing sauces and accompaniments. The in-house collection of crafted cocktails completes the dining experience thriving on unique flavours. Using only the finest quality ingredients and organic cheeses.

Toscano has received continuous recognition for 15 years as the finest dining destination in Bangalore, Chennai, and Pune, recently earning several awards; such as the ‘Best Italian Cuisine Restaurant Chain’ title at the Food Connoisseur India Awards and also ranks among IndiaWineAwards’ 2023 50 Best Places to Drink as the best 25th bar selection in India.

Talking about the new launch and plans of expansion, Chef Goutham Balasubramaniam, Co-founder & CEO of Toscano says, “Toscano is a result of passion and a desire to offer a sensory journey in Italian cuisine to every food enthusiast. I think our most valuable ingredient is our team’s dedication. They love to offer a flavorful experience for every guest and the happiness we see from patrons on tasting our dishes further inspires us. We innovate our menus while retaining the nutrition and sensory richness of the dishes. We plan to open 6 more establishments this financial year.”



The chef’s special course meals guarantee an immersive ride into the flavours of Italy. Classic Mozzarella Caprese, Bruschetta with flavourful toppings, Insalata healthy salads with homemade dressings, Pane All’aglio Ripieno (Filled Garlic Breads) with pumpkin and caramelized onion or Harissa chicken filling, Classic and

Hyatt Regency Gurugram Launches Japanese Restaurant - SHIN’YA



The Hyatt Regency Gurgaon unveils - SHIN’YA, a fresh dining concept set to revolutionize Japanese cuisine in Delhi NCR. This voguish restaurant promises to deliver the finest in Japanese culinary delights. Named after the Japanese word for 'midnight', SHINYA aims to be the ultimate destination for enjoying delightful food and drinks during evenings and nights. Drawing inspiration from Japanese izakaya culture—a laid-back bar experience—SHIN’YA invites guests to unwind and rejuvenate after a long day's work.

Designed to be the perfect spot for relaxing with colleagues, friends, and family, SHINYA opened its doors at the Hyatt Regency in Gurgaon in May. Featuring captivating interactive sushi and mixology counters, the restaurant is meticulously crafted to foster social interaction. With a seating capacity of 46 guests, it's an ideal setting for intimate family dinners or small gatherings.

Delighted at the opening of SHINYA, Ms. Sonale Zagade, General Manager of Hyatt Regency Gurugram, said, “Japanese cuisine is being loved by people across the globe and we are excited to bring SHINYA to Delhi NCR. The restaurant, besides serving the most amazing spread of sushi and an extensive array of drinks, is a place where people can come and unwind. The soothing ambience, friendly well-trained staff, and the authentic Japanese gourmet spread heighten the izakaya experience”

Staying true to authentic techniques, SHIN’YA prioritizes the use of fresh ingredients to deliver top-quality delicacies. Its diverse menu encompasses a range of culinary delights such as yakitori, grilled meats and fish, karaage, edamame, pickled vegetables, sashimi, sushi, and robata. Under the guidance of Chef Adi Melaz, each dish is crafted to perfection, blending traditional flavors with a modern touch. The beverage menu, curated by mixologist Shashwat Prasad, features a refined selection of Japanese whiskey, sake, premium wines, and a draft beer station offering four beer options.



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Ohri's Group Unveils Tansen

Ohri's Group, with 5 decades of culinary legacy, tantalizing the tastebuds of food connoisseurs, announced the inauguration of Tansen, a realm where the grandeur of the Mughal era intertwines with the splendid culinary legacy of the North-Western Frontier.

The restaurant draws its inspiration from the legendary musician Tansen, whose exceptional compositions and innovative spirit have captured the essence of an era and left an indelible mark on Indian Classical Music. Similar to how Tansen's music surpassed temporal and geographical limitations, the restaurant aims to honour his legacy and bring his spirit of creativity and refinement by curating an everlasting encounter that seamlessly blends tradition, ambience with utmost culinary brilliance.

At Tansen, guests are embraced by an environment that is both poetic and serene. The gentle flow of water adds a soothing rhythm to the air, while live Sufi singers serenade you with heartfelt melodies. The decor, adorned with shades of gold, reflects the majestic elegance of the Mughal courts. Inspired by the lyrical beauty of Urdu, our

language and service embody the grace and charm of a bygone era.

Guests can indulge in a diverse array of dishes, including the Sundried Tomato & Smoke Cheese Kulcha and the robust Hyderabadi Marag—a spicy mutton soup infused with hazelnut and rose essence. The main course features specialities like the Green Chicken Curry, known for its tantalizing blend of chilli, coriander, and raw mango, and the historic Pathar-ka-Gosht, traditionally cooked on flat granite stones. Innovative creations like the Edamame & Green Peas Kebab, a fusion of Middle Eastern and Indian flavours, and the Pepper Fish, marinated to perfection with a peppery twist and served with applewood smoked pineapple chutney, add to the allure.

Amar Ohri, Owner of Ohri's Group, stated, "At Tansen, we immerse you in a world where the opulence of the Mughal era meets the rich culinary heritage of the North Western Frontier. We draw our inspiration from the legendary musician Tansen. Here, the rich culinary traditions of the Mughal era blend seamlessly with contemporary

dining, resulting in a celebration of flavours that embody history, creativity, and the pure pleasure of gastronomy. Tansen represents a fusion of tradition and innovation, creating a mosaic of tastes that excite the palate and leave a lasting impression on all who dine with us. We hope to continue to serve our guests with great experiences and smiling faces."

Mr. Anuj Wadhawan, Consultant Chef, added, "Tansen takes immense pride in celebrating the diverse flavours and culinary heritage of the North Western Frontier, reimagining them with creativity and flair. Each dish we serve is a masterpiece, blending top-quality ingredients with spices that carry stories of the past and uphold tradition. Our menu embodies the essence of Mughal-inspired design, offering guests a chance to savour beautifully crafted kebabs, aromatic biryanis, and more".

Tansen offers more than just delicious food; it invites patrons into a refined and inviting atmosphere. Whether one is seeking a romantic night out or a joyous gathering, Tansen guarantees an experience that seamlessly blends tradition and excellence.

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HAKS® Unveils HAKSWOK™ and Elcapri™



HAKS® inaugurated its new Experience Centre in Delhi, marking not only the opening of this innovative space but also the launch of two exciting new product lines: the HAKSWOK™ Asian Range and Elcapri™ Trolleys.

HAKS®, a pioneer in commercial kitchen solutions, has a rich history of serving a diverse range of establishments—from charming street cafes to opulent five-star hotels, clubs, corporate centers, and healthcare facilities. With over five decades of expertise, HAKS® has evolved from its origins as Relief India, transitioning from crafting sheet metal products to manufacturing and trading some of India's finest commercial kitchen equipment. Their products are designed to enhance kitchen operations with unmatched efficiency.

The event, aptly named “A Journey with HAKS®,” featured the unveiling of two new product lines. The HAKSWOK™ Asian Range includes a variety of high-pressure wok burners, duck roasters, duck dryers, Cheung fun steamers, and dim sum steamers.

“We identified a critical gap in the market and responded with our highly anticipated Asian Range: HAKSWOK. With its meticulous craftsmanship and advanced working mechanism, the HAKSWOK™ range is poised to compete with international brands”, stated Rajeev Sachdeva, Director of HAKS®.

Additionally, HAKS® introduced the Elcapri™ trolleys, featuring hot and cold food holding trolleys as well as IRD trolleys. The Elcapri™ Hot and Cold Banquet Trolleys are designed to manage even the most



demanding facilities, ensuring impeccable food service. Equipped with advanced technology and versatile storage options for both full and half-size pans, trays, and plates, these mobile holding trolleys are crafted to match the dedication and work ethic of any professional kitchen.

“We delved into the market’s heart, unveiling what today patrons crave for, our very own Elcapri™ trolleys,” added Raghav Sachdeva, Director at HAKS®.

The event was a resounding success, attended by many renowned chefs and industry experts. Chef Manjit Gill and Chef Davinder Kumar inaugurated the HAKS® Experience Centre, followed by Chef Gautam Chaudhry unveiling the Elcapri™ trolley.

Several chefs shared their thoughts on the new products.

Chef Davinder Kumar remarked, “The way they [HAKS®] have upgraded their equipment, with pride I can say that we have

such products available - made in India.” He further praised the Elcapri™ Trolleys, noting, “When I went to AAHAR recently and saw their trolleys, I was considering imported ones but decided to go for a local one—easy to maintain and less investment.”

Chef Manjit Gill emphasized, “When we go to 5-star hotels, they have great expectations from the chefs, so we as chefs must promote how this kind of equipment can improve the environment of the kitchen.”

Chef Abhijit Saha, who traveled from Bengaluru to attend the event, was impressed by the finishing of the equipment. He stated, “If you would take away the branding of HAKS® from this equipment today, I would have totally taken it for an international brand being showcased.”

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Manish Bedi

The Leela Ambience Gurugram Hotel & Residences has appointed Manish Bedi as the Director of Food & Beverage. An alumnus of Robert Gordon University of Scotland, he had an impressive career spanning over two decades in Shangri-La Bengaluru, Shangri-La Dubai, Shangri-La Shanghai, Shangri-La Abu Dhabi and Shangri-La New Delhi along with the Dubai

World Trade Centre, and The Park hotels. He will oversee F&B across all aspects of the luxury hotel ensuring the highest standards of service and exceptional experience for guests.



Nikhil Bhaskaran

Shangri-La Eros New Delhi has appointed Nikhil Bhaskaran as Food & Beverage Manager. With a Bachelor's degree in Arts and International Hospitality Management affiliated with Queen Margaret University and the ITM Institute of Hotel Management, he has also earned the prestigious Bachelor of Science in Catering Technology and Hospitality Management

certification. With his experience at The Lodhi - New Delhi, The Leela Palace - New Delhi, and The Oberoi Amarvilas - Agra, he has necessary skills to excel in his new position.



Rajib Mishra

Rajib Mishra has joined Sayaji Hotels Pvt. Ltd. in Kolhapur as the Food & Beverage Manager. With over 20 years of experience, he worked at Mahindra Holidays, Ramada Plaza, Sarovar Hotels, The Lalit Great Eastern, Taj Hotels and KFC India. He had the privilege of serving as a personal butler for the President of India, Hon. Pratibha Patil, Ratan N. Tata,

Prof. Amartya Sen, Henry Kissinger, and Sohel Seth. He will optimize the overall business performance, including revenue, cost, people management, and customer satisfaction.



Nikhil G Jacob

The Bengaluru Marriott Hotel Whitefield has appointed Nikhil G Jacob, as the Food and Beverage Manager. He brings with him over 8 years of experience, started his career at The St. Regis, Mumbai later worked at Oberoi, Bengaluru, and The Courtyard by Marriott, Mahabaleshwar. He specializes in process development, beverage portfolios, specialty restaurants,

fine dining services, and enhancing guest experiences. He did Bachelor of Science in Hotel Management, Catering Technology & Applied Nutrition from the Institute of Hotel Management, Kolkata.



Chef B. Visu

Bengaluru Marriott Hotel Whitefield has appointed Chef B. Visu as the new Specialty Chef for Alto Vino, renowned Italian restaurant. With over 16 years of experience at prestigious properties across Australia, UAE, and India, he has proficiency in cost control techniques, menu development, and modern plating and presentation techniques.

His certifications include a certificate IV in commercial cookery from VETASSESS Australia, an International Certificate in Emergency First Aid at Work (HABC Level III).



Chef Sanjiv Kumar

The Fern, Goregaon has appointed Chef Sanjiv Kumar as the new Executive Chef. With an experience at The Creative Lunch Restaurant, Madeleine Bakery & Brasserie, Ibis & Novotel Techpark, The Lalit Ashok, The Leela Palace, Intercontinental, Hilton, Sheraton and Le Meridien, he will enhance the hotel's culinary operations. He excels in Modern

and Classic European, Pan-Asian, and Indian cuisines. He collaborated with chefs like Philip John Ture and Rolf Wieser and is skilled in menu engineering, quality control, and financial management.



Chef Daya Shanker

Chef Daya Shanker Chaubey has been appointed as the new Executive Chef at Courtyard by Marriott Aravali Resort. With an experience of over 18 years, he worked with ITC, Taj, Hyatt, Shangri-La, Accor, and Marriott. He did Bachelor of Science in Hospitality and Hotel Administration from the Institute of Hotel Management, Pusa, New Delhi. He also holds a Black Belt in Six Sigma, highlighting his commitment

to quality and efficiency in culinary operations. He has experience in Banquets, Oriental (Pan-Asian), Indian, and Mediterranean cuisine.



Chef Rajinder Sareen

Sheraton Grand Pune has appointed Chef Rajinder Sareen as new Executive Chef. With over 20 years of experience, he was trained under Michelin-starred chefs like Albert Roux, Michel Roux Jr., Eric Chavot, and Atul Kochar. He is equipped with skills in French, Italian, Mediterranean, and Indian cuisines and possesses a deep understanding of food and wine pairing,

menu planning, and innovative presentation techniques. He worked at Sheraton Grand Bangalore, Hilton Chennai, Park Hyatt Goa Resort and Spa, Leela Palace Bangalore & Taj Lands End Mumbai.



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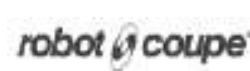


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A Spirited Cocktail



Distilled spirits have been with us for centuries and though several of them are popular, bartenders and cocktail connoisseurs just love Gin. An amazing thing about this beloved spirit is that each Gin brand has its own nuances and botanically infused spins that gives one an extremely different experience. People across the globe vouch that Gin and Tonic is one of the best sundowners. It has reigned supreme in the cocktail world for over a century. On this World Gin Day, **Ashok Malkani** discusses about various aspects of this much-loved spirit.



It's raining outside and you are feeling low. So how do you relax and overcome the weather woes? Ideally, remembering Winston Churchill's words, it would be with a glass of Gin and Tonic. For, as he said, "If you are not in favour of Gin 'The Gin & Tonic' has saved more English lives and souls than all the doctors in the Empire." Or, if you are not in favour of Gin and Tonic, you could imbibe one of the Gin cocktails.

You may ask: Why opt for a cocktail prepared with Gin when there are a number of other intoxicating spirits? Well, World Gin Day is celebrated in June and what better way to revel and party than with a Gin cocktail? Remember, American author, Irma S. Rombauer, has stated, "Most cocktails today are made with Gin and ingenuity."

It may be mentioned that Gin has many different, distinctive flavours. Though every brand of Gin is distilled with different herbs and botanicals, the exact flavour profile can differ from spirit to spirit. It thus makes this spirit a universally broad category of cocktails.

This spirit is synonymous with class and history. It has evolved from its medicinal origins to become one of the most popular

spirits in modern bars.

Akshay Lokrey, Food & Beverage Manager for Sofitel Mumbai BKC, avers, "Gin is experiencing a surge in popularity in India, with small distilleries popping up across the country. These distilleries are producing a wide range of Gins and promoting classic Gin cocktails that have become favourites among drink enthusiasts. Many bars now feature extensive Gin collections and offer



Abhishek Khaitan

a variety of Gin infusions, catering to this growing trend."

He adds, "Gin cocktails have become more popular than Vodka cocktails due to Gin's complex flavour profile. While Vodka's neutral taste limits its versatility, Gin's diverse varieties allow for the creation of distinctive and exciting cocktails."

Speaking about its popularity as compared to other spirits he states, "Despite its rising popularity, Gin is not the most popular alcohol in India. Many beverage enthusiasts still prefer Wine, Single Malts, and Blended Whiskies as their premium choices."

Abhishek Khaitan, Managing Director at Radico Khaitan, states, "In recent years, the Indian Gin business has experienced a notable boom, evolving from a specialized market into a vibrant industry. The rise of multiple domestic Gin brands that are pushing the limits of flavour and creativity is indicative of this transition. The Indian drinking scene is changing dramatically as consumer preferences shift and the entrepreneurial spirit in the beverage business grows. In India, Gin is still relatively new, but we are witnessing a promising

future for the category.”

He disclosed, “The rise and evolution of Gin is partly due to the emergence of Gin-centric bars and the trend of at-home mixology. According to International Wine and Spirit Research (IWSR), the Gin market is predicted to keep growing and consolidate its position among more well-known spirits like Vodka and Whisky. This evolution underscores the dynamic nature of India's beverage industry and its capacity for innovation and growth.”

Speaking about the reasons for its popularity in cocktails he declares, “Mixologists prefer to use white spirits—the category in which Vodka has the most market share, combining other ingredients to make experimental cocktails. Vodka, White Rum, Tequila, and Gin are the most widely used white spirits as the foundation of cocktails. Vodka is versatile enough to blend with a variety of ingredients to create delicious, smooth cocktails.”

He continues, “Gin is also a popular base for many of the most loved cocktails such as Martini and is a favourite with most bartenders and is equally appreciated as a straight drink, especially due to the botanicals that provides distinct aromas & taste to the blend.”

Samarth Gangthade, Beverage Manager, High Ultra Lounge (Sheraton Grand Hotel @ Brigade Gateway) disclosed, “In 2024, several renowned whiskey distilleries in India have ventured into crafting Gin infused with traditional Indian botanicals. This trend has sparked the creation of Gin Trails, and numerous bars are now offering Gin flights and hosting Gin master classes as part of their menu offerings. I may add that Gin has surpassed Vodka in popularity for cocktails, indicating that Vodka is no longer as prominent in the cocktail scene.”

He continues, “As far as Gin's popularity compared to other alcoholic drinks are concerned, I would say that currently, Gin is immensely popular among millennials, while there is also a rising interest in Agave spirits like Tequila and Mezcal. Meanwhile, older generations tend to prefer Whiskey on the rocks as their go-to drink of choice.”

Preferred Choice

There is an enigma of stereotyping and gendering of our foods. It is believed that Beer is more preferred by men while Gin



is more of a woman's drink. If one delves into history one finds that Beer became a man's drink because the alehouses of Olde England were strictly patriarchal and often prohibited female patronage. On the other hand, Gin was readily available on street corners, grocery stores and apothecaries, which are frequented by women. They were, thus, able to have access to this drink readily.

But is Gin the more preferred drink of women compared to men?

Samarth states, “Urban millennials and women are primary consumers of Gin. While it's a preferred drink among women, Gin's appeal extends broadly across urban millennial demographics.”

Akshay avers, “Gin is enjoyed by a diverse group of drinkers. From those who appreciate robust Gins and strong Martinis to those who prefer tall cocktails and low-alcohol-by-volume sipping Gins. Gin caters to a wide audience.”

Abhishek affirms, “Gin is pacing towards evolving into the universal icon of contemporary indulgence, and not just for women. As India's middle class is growing and the cosmopolitan cities accept the global trends, Gin's image has been successfully changed by newer brands, who have made it more accessible and appealing to a wider range of consumers.”

Urbanising & Spicing Up the Spirit

The growing interest in tropical and exotic flavours in Gin is becoming increasingly

visible in India, making the country the 5th largest market in the world for this spirit. The growth has been spurred by homegrown craft Gins with exotic botanical bouquets. While the Indian manufacturers have spiced up the Gin market, the bartenders too have contributed to Indianizing it. How has this been done?

Akshay asserts, “Indian manufacturers are diversifying the Gin market by introducing various styles and flavours of Gin. This trend is reflected in the creation of unique cocktails that showcase the broad spectrum of available Gins.

He adds, “Bartenders in India are transforming the cocktail landscape by incorporating traditional Indian flavours and innovative mixology techniques. This fusion is enriching the drinking experience with a vibrant array of options. For example, at our F&B outlet Jyran – Tandoor Dining & Lounge, at Sofitel Mumbai BKC, we offer 55 different Gin labels and 18 unique infused Gin options at our Gin Bar.”

Samarth discloses, “Goa has emerged as a hub for local Gin production, featuring brands like Gin Jiji, Pumori, Hapusha, Greater Than, Malhar, Short Story, and Roouletter. From North India, notable Gins include Tamras and Samsara. Amrut Distillery pays tribute to the Nilgiri mountain range with their Nilgiris Gin, showcasing regional influences and craftsmanship in the Indian Gin landscape.”

He adds, “With over 20 distilleries producing Indian Craft Gins, Indian bartenders are increasingly inspired to create cocktails using local ingredients. Companies are organizing multiple exciting competitions, which are fostering awareness and motivation among bartenders.”

Abhishek asserts, “Indian Gins are carving their USP by incorporating indigenous botanicals including Gondhoraj lime, fennel, and turmeric. The creative application of these substances has improved the flavour profiles and captivated the interest of both domestic and foreign customers. Local distilleries were crucial in changing the perception of Gin from a colonial drink to a modern favorite. Indian botanicals like Himalayan Juniper, Gondhoraj Lime, Nagpur Orange, Kinnow, Turmeric, Mango, and even Hemp have been used into crafting some famous India Gins.

He disclosed, “Our company, Radico



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Khaitan Ltd.'s crafted Gin collection, Happiness in a Bottle, showcases three variants: Joy of Juniper, Joy of Pink, and Joy of Citrus - each variant embodying a distinct character, with the goodness of Ashwagandha providing the uniqueness to the symphony of flavours. Our instant classic Jaisalmer Indian Craft Gin launched in 2018, is a testament to our dedication towards quality and innovation. We intend to continue to push the boundaries of luxury brands production at Radico Khaitan, with our distinctive blend of botanicals inspired by the rich heritage of India offering a sensory experience that is both novel and nostalgic."

Speaking about bartenders' efforts at Indianizing Gin, he says, "In India, Gin and Tonics were popular in clubs during the colonial era and are currently experiencing a comeback in the contemporary cocktail recipes. The classic Gin and Tonic has had a renaissance, with Indian mixologists crafting their own variations, frequently utilizing regional Gins and infusing them with indigenous spices and ingredients from Southeast Asia and India. For the last five years, India has seen a steady increase in the demand for Gin and Tonic, partly due to

the emergence of regional Gin distilleries. India offers a unique perspective on the past, present, and future for its audience with its own Gin and flavours."

He adds, "Our Jaisalmer Indian Craft Gin retains the classic Gin flavour of juniper berries, with a symphony of a refreshing twist that has been added with hand-picked Indian botanicals. Of the 11 botanicals used in the distillation, 7 have been sourced from all four corners of India, providing the Gin-fanatics the best of India."

Premium Gins

Today, one finds that the market for premium Gins, globally, is on the rise. According to the Distilled Spirits Council of the US (Discus) in the past two decades, the super-premium price band in Gin has experienced a tenfold increase. So, what are the premium brands in India and how popular are they?

Abhishek declares, "When it comes to alcoholic beverages, premiumization means consuming fewer but higher-quality alcoholic beverages - Value over Volume. As India undergoes rapid development, a substantial portion of the population is transitioning from lower to mid-income brackets - and the population is ready to experiment.

Craft spirit brands continue to build their image and marketing around the place of distillation which creates a strong sense of location and nostalgia for their products. Consumers are increasingly drawn to



brands with authentic stories and localised production, reflecting a desire to align their purchases with their values and beliefs."

Samarth cites some of the premium Gin brands thus: Bombay Sapphire, Hendrick's, Tanqueray No. 10, Malfy, Monkey 47, and Roku are among the premium and most renowned Gin brands in India."

Akshay states, "Premium Gins like Monkey 47, Malfy, and Tanqueray have gained immense popularity in India, enjoyed both in cocktails and straight."

Health Factor

Traditionally Gin was used as a herbal medicine as it contains flavonoids and Jupiter berries which are known for fighting disease, improving the circulation of blood, increasing metabolism, and helping prevent heart disease. Jupiter berries' powerful little seeds are a superfood, and also help to fight liver and kidney disease.

They are also packed with antioxidants, increasing regeneration of cells in the body, resulting in healthier and smoother skin. However, it must be kept in mind that it is necessary to consume this drink, as in the case of all distilled spirits, in moderation.

Akshay avers, "Gin often contains less sugar and fewer calories than some other alcoholic beverages, making it a potentially healthier option for those mindful of their intake."

Samarth states, "While Gin is generally lower in calories compared to other spirits, it's important to note that no alcoholic drink can be considered a healthy beverage due to its inherent nature and effects on the body."

History

Another aspect that one has to normally examine, in respect of all F&B products, is history. Gin originated as medicinal liquor made by monks and alchemists from Europe. The modern Gin was modified in Flanders (a Dutch speaking part of Belgium) and Netherlands from distillates of grapes and grains.

The origins of this spirit can be traced back to Middle Ages where people are recorded as having a drink called "Jenever" a Dutch spirit made with Juniper, a plant found in the Northern Hemisphere. A Dutch physician, Dr. Franciscus Sylvius, is credited with refining this spirit (Jenever), leading

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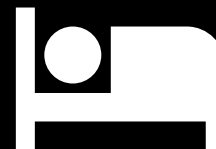
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to what many consider the precursor to modern Gin.

Abhishek informs, "Gin's history in India dates back to the 18th century. Originally created to counter-act the bitter taste of quinine, an essential anti-malarial drug, the basic Gin and Tonic became a standard as a refreshing antidote against the scorching heat. After the country gained its freedom, Whiskey and Rum replaced this colonial mixture as the preferred alcoholic beverages. But the 2010s were a turning point. India proved to be a fruitful ground for the worldwide Gin renaissance, as a growing interest in locally made and artisanal products coincided with an increase in urban sophistication. The rise of Indian Gin is not just about new brands and innovative flavours; the evolution

mirrors the broader shift in the Indian drinking culture."

Akshay states, "Gin originated in the Netherlands, not England or Ireland. Dutch physician Franciscus Sylvius de la Boe created "Genever" from juniper berries in the 16th century for medicinal purposes. Dutch soldiers used Genever to boost morale during the Eighty Years' War, and by the 17th century, it reached England, evolving into the gin we know today."

Samarth adds, "Gin originated in 16th-century Netherlands as "jenever," a medicinal juniper-flavoured spirit. Its popularity soared in 17th-century England and peaked during the 18th-century "Gin Craze." Over time, Gin evolved with advancements in distillation and the addition of diverse botanicals, expanding into styles like London Dry Gin

and modern craft variations. Today, Gin remains dynamic globally, with a revival in artisanal production and a plethora of flavours, cementing its status as a versatile and cherished spirit enjoyed both in cocktails and on its own."

Gin Day

Gin Day was established by Emma, England's own connoisseur of the juniper-based drink, the Gin Monkey. The inaugural World Gin Day was brought into existence by Gin enthusiast Neil Houston in 2009 in Birmingham. The second Saturday in June is celebrated as World Gin Day in most parts of the globe.

But for a cocktail lover every day is a Gin day. So, raise the glass and say "Cheers" and Lets be GIN!

Recipes for Cocktails

Golden Sands G&T

Ingredients

50ml Jaisalmer Indian Craft Gin
10 gm edible Gold Dust
125ml Fever Tree Indian Tonic Water
Orange Peel
Ice

Method

Fill a Copa glass with ice.
Add Jaisalmer Indian Crafted Gin and top up with Fever Tree Indian Tonic Water.
Add gold dust and swirl.
Garnish with orange peel twist.

The Golden Fort

Ingredients

50ml Jaisalmer Indian Craft Gin
15ml of Lime Juice
10ml Cinnamon Syrup
50ml Cloudy Apple Juice
Sliced Green Apple
Nutmeg (optional)
Ice

Method

Pour Jaisalmer Indian Craft Gin over cubed ice
Add lime juice, cinnamon syrup and cloudy apple juice.
Garnish with an apple fan of 3 slices.

(Abhishek Khaitan, Managing Director at Radico Khaitan)

Zero degree Nannari Martini

Ingredients

Nannari Roots infused Gin,
Dry Vermouth,
Podi spiced Akki Sandige

Method

The ingredients are stirred to perfection.
Garnish with Podi sprinkled Akki Sandige (fried savoury rice enjoyed in Karnataka)
Serve at zero degrees

The Highlife

Ingredients

London Dry Gin
Jasmine,
Spirulina (A type of blue-green algae)
Tropical Sparkling Wine

Method

Spirulina gives natural blue tint to the cocktail which is topped with a sparkling wine with tropical notes.

(Samarth Gangthade, Beverage Manager, High Ultra Lounge)

Negroni

Ingredients

25ml Tanqueray London dry gin
25ml Sweet Vermouth
25ml Sweet Italian Aperitif Bitters
Citrus for garnish (choose from orange, lemon or grapefruit)
Ice

Method

Stir with a bar spoon until the ingredients are well combined.
Using a cocktail strainer, strain the mixture

into a rocks glass filled with ice cubes.

With a sharp knife and a chopping board, cut a piece of your citrus of choice. Peel and twist over the rim of the glass to garnish.

Gin Martini

Ingredients

60ml Tanqueray London Dry Gin
15ml Dry vermouth
Lemon zest

Method

Pour the gin and vermouth, over the ice in an ice-filled mixing glass.
Strain into a chilled martini or coupe glass.
Garnish with a lemon zest discard

Gin Basil Smash

Ingredients

50ml London Dry Gin
30ml Fresh Lemon juice
20ml Sugar Syrup
10 Basil leaves
1 Basil Sprig

Method

Add the basil leaves, simple syrup, and lemon juice to a cocktail shaker
Crush the basil with the muddler until bruised - this releases the oils.
Add gin and ice to the muddled ingredients, and shake until the outside of the cocktail shaker is freezing cold.
Strain into a Tumbler glass, top with ice and garnish with a sprig of basil

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Cloud Kitchens Riding on Cloud Nine

Cloud Kitchens, or ghost kitchens, have been on the rise since the financial crisis in 2008. But they became more prominent during the recent Covid-19 pandemic as well as post-pandemic. Cloud kitchens, with the help of aggregators, have progressed at a rapid rate and are, today, considered to be the future of food industry. **Ashok Malkani** examines the market for these ventures, where even the food aggregators and established restaurateurs are keen to invest and set up their own cloud kitchens.



The pandemic accelerated the shift towards online food ordering and delivery. Post pandemic it was believed that there would be a decline in the trend; instead there has been an acceleration in online delivery or take-out. According to TechSci Research report, "India Online Food Ordering and Delivery Market – Industry Size, Share, Trends, Competition Forecast & Opportunities, 2028", the online food ordering and delivery market reached \$ 28.3 billion in 2022 and is projected to expand at a CAGR of 26.89% during the forecast period 2025-2029.

The demand for online food delivery has gained immense popularity in the last few years. Though cloud kitchens gained popularity long time ago, their demand has been on the rise during the recent past. According to Cloud Kitchen Market by Type (Independent Cloud Kitchen, Commissary/Shared kitchen, and KitchenPods), Product Type (Burger/Sandwich, Pizza/Pasta, Chicken, Seafood, Mexican/Asian Food and Others) and Nature (Franchised and Standalone): Global Opportunity Analysis and Industry Forecast, 2021-2027- Published on Valuates Reports in Food Service category, the global cloud kitchen market is estimated to reach \$71.4 billion by 2027, growing at a CAGR of 12% from 2021-2027.

Cost-effectiveness of a cloud kitchen is one of the key factors that is expected to drive the growth of the cloud kitchen market size.

The trend of increasingly ordering food online has accelerated the growth of cloud kitchens (or ghost kitchens) in India. According to StockGro, as online food ordering grows in popularity, analysts predict that India's cloud kitchen market will increase from \$800 million in the financial year 2022 to \$1.9 billion in fiscal 2026. Moreover, with a gross merchandise value (GMV) of approximately \$400 million in 2019, the Indian cloud kitchen sector is projected to grow to \$2.3 billion by 2025. The report claims that cloud kitchens are trying to boost their image and sales by not only standardising the food quality and flavour but also quickening their service by utilising technology for enhanced production.

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According to Statista the global market size for cloud kitchens is predicted to double from 2021 to 2027 and reach \$ 1122.53 billion. Euromonitor is even more bullish and believes that it could reach \$ 1 trillion by 2030.

Market research firm, Euromonitor International, has predicted that food delivery could be a \$1 trillion market globally by 2030. Dark kitchens, as cloud kitchens are often called, have recently proliferated across the country with the rising numbers of food delivery services and increased need for contactless food delivery.

It is believed that major multi-brand cloud kitchens are joining forces to create D2C website/app to provide customers with not only a variety of cuisines but also discounts and have subscription-based schemes. Based on all these developments, the Indian cloud kitchen industry is projected to expand at a CAGR of 15.5% to 17.5% between 2024 and 2028, to reach a market size of \$ 2.5 billion by 2028.

The Definition

For a person new to the food industry, one needs to clarify: what is a cloud kitchen? A cloud kitchen, often called a ghost kitchen, by a layman, utilizes a commercial kitchen for preparing food for delivery or take out only, with no dine-in customers. In other words, it is a commercial cooking facility used for preparing food consumed off the premises.

These kitchens are small shared spaces meant for cooking food which makes them economically affordable as compared to restaurants. In other words, cloud kitchen is

a professional food preparation and cooking facility which operates solely for delivery or takeout orders. It operates exclusively through online ordering platforms or third-party delivery services.

Some of the major delivery apps in India are: Swiggy (widely used in Bangalore, Mumbai, Delhi, Hyderabad and Chennai), Zomato (widely used in Delhi), UberEats (widely used in Mumbai), Chowman (popular in Kolkata), Domino's (popular in several cities of the country), Food Panda (popular in Gurugram), Eat Fit (popular for health food in Bengaluru), etc.

Delivery platforms are helping the cloud kitchens' growth. Recently Swiggy, one of the major on-demand convenience platforms has launched "Explore", a new feature to elevate food discovery for its users. This feature is expected to cater to the desire for "aaj kuchh naya try karen" of

avid food enthusiasts who feel constrained by their familiarity with options which they have often ordered in the past.

With "Explore" the food lovers can broaden their culinary horizons by new dishes and restaurants. This is because "Explore" not only features a range of personalised suggestions from restaurants which the users have never used but also new cuisines and dishes that puts a spin on their favourites.

As cloud kitchens mainly acquire customers through digital platforms they invest heavily in technology for leveraging the entire business operation. Technological developments, one may say, have led to online ordering becoming a norm thanks to the convenience of one-click order placement, reliable delivery, and integrated digital payments.

Besides technology, heavy investments are also made in having a well-equipped kitchen infrastructure and trained manpower, including delivery drivers. This is mainly because some of them believe in having their own personalised delivery fleet, while others leverage aggregators for delivery.

Operational Difference

A cloud kitchen operates differently as compared to that of a traditional restaurant. They represent two different models in the food industry, each having its own characteristics and advantages. Some of them are:

Reach: While cloud kitchens operate with





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Difference between cloud kitchen and a brick-and-mortar one		
Factors	Cloud Kitchen delivery	Delivery from traditional restaurant
Overhead costs	Low	High
Delivery flow	Seamless delivery set-up	Delivery only within a limited area. Often compromising the experience of dine-in customers
Menu	Change of menu at short notice possible. Feasibility of diverse cuisines optimised	Same menu over a long period
Online customers	Customers from a larger area feasible	Delivery option only to a limited area. Lower online delivery

multiple kitchen spaces from centralised locations and leverage technology for online orders, traditional kitchens operate from standalone physical locations serving mostly dine-in customers. They also serve in-house customers but this is only to limited audience in their own area.

Thus, it may be said that cloud kitchens excel in reaching broader audience through online platforms while traditional kitchens serve customers within their physical locations relying mostly on foot traffic.

Cost structure: As cloud kitchens operate with minimal physical infrastructure and staff they have lower upfront costs. On the other hand, traditional restaurants due to need for visible storefront, seating arrangements and additional staff for serving the food tend to have higher operational costs.

Flexibility: If the market trends change cloud kitchens have the flexibility of experimenting with diverse cuisines to meet the changing demands of the

customers. The traditional restaurants may face obstacles if the change in cuisine has to result in a change in the interiors, etc.

Customer interaction: While cloud kitchens emphasise digital interaction, through apps and websites, with customers, traditional kitchens have more direct in-person interaction. While this may be establishing closer contact with the customers, the advantage would mainly be within a limited area.

A Relevant Question

Who uses cloud kitchens?

Delivery-optimised restaurants often use these kitchens as they allow one to accommodate more delivery orders without added overhead or hassle. Cloud kitchen-based restaurants use online food delivery platforms to source orders and facilitate delivery logistics. Besides food lovers they are also used by caterers, meal prep companies, besides several other professions who require large quantities of food occasionally.

Types of cloud kitchen

There are several options into which different cloud kitchens can be categorised. Some of them are:

Standalone kitchens: These are kitchens owned by a single owner or brand. These outlets usually focus on a single-type cuisine and relies on different food aggregators or delivery channels.

Multi-brand kitchens: Here multi-brands of one parent company share the kitchen.

Commissary kitchens: This is a shared kitchen. Several restaurants use them on sharing basis, They are also called as kitchen as a service (KaaS). These kitchens are good for F&B businesses who want to share kitchens at different times. Since there is no commitment to rent the place on full time basis, its much sought-after option for small food businesses.

Commercial kitchens: These are typically for food operators who have large online orders. Here there is no need to rent out specific time slots. They are mainly meant for catering companies or those having large online delivery orders. In commercial kitchens every surface, equipment, and storage space is designed to catalyze culinary creation

Pod Kitchen: Pod kitchen or kitchen pods are small containers which can, due to their size, be placed in any location. A kitchen pod comes with a complete catering equipment. It is especially suitable for establishments with no current kitchen or those looking to upgrade or add to their existing catering facilities.

The History

One may sate that cloud kitchens is not a new concept in the food industry if one takes into consideration delivery of fast food concept, which has been there for decades. Pizza, prepared for take-out, came to be in existence in the 1950s. It may be mentioned



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that food trucks have been serving as mobile canteens since a long time.

However, the financial crisis in 2008, when food trucks adopted the concept of home delivery, could be considered as the stepping stone to cloud kitchens. Post recession period saw many high-end restaurants put their shutters down. Food trucks could be said to have become an economic concept for entrepreneurs enabling them to serve customers in multiple locations. These mobile canteens also popularised the concept of food delivery. Though these mobile canteens were popular they were limited and mostly served only major city centres and corporate hubs.

In fact, if one contemplates deeply on the emergence of cloud kitchens or ghost kitchens, one is led to the conclusion that they began around the time when the demand for restaurant meal deliveries started. As the people’s demand for meals being delivered at their doorstep increased, companies saw opportunity for starting cloud kitchens or ghost kitchens.

Looking at the global scenario one finds that restaurant delivery meals started as early as 1889 in Campania, Italy, when King Umberto and his queen ordered pizza delivered to their palace. The onset of delivery meals in the U.S and worldwide picked up in the late 90s when the first online food ordering service, World Wide Waiter (now known as Waiter.com), was founded in 1995.

The Progress

Fast growing mobile technology and internet gave the delivery industry a



significant boost as an increasing number of people started using internet and restaurants started creating websites so that customers could find them online. With the passing of time, it became apparent that delivery-meals were becoming more in-demand and, as a result, cloud kitchens, with the aid of Uber services and third party integrators rose at a rapid rate.

Advancing technology has, over the past few years, has led to an era of prepared food being offered by online mediums.

Restaurants, initially, started taking orders through social media platforms like Facebook and Twitter. Rebel Foods, then, in 2011, started Fasoos in India. Besides Fasoos, Biryani by Kilo and Freshmenu are some of the other popular cloud kitchen chains in India.

The advancement in technology and the empowerment of smartphones has transformed the food delivery system directly in the hands of millions of consumers. Over the past few years there has been an increasing number of

delivery startups. While some of them have expanded their operations nationwide, others have increased their foothold in other geographies as well.

Online food aggregators who are the major enablers of progress and expansion of this industry are also trying their hand in entering this industry. Swiggy, some time ago, has launched shared cloud kitchen spaces called Swiggy Access and enabled new as well as existing restaurants to operate delivery-only operations from these kitchen spaces.

Some of the delivery platforms are on an expansion drive. Salad Days, one of food delivery platforms, in June 2023, announced its plans to expand its operations beyond Bangalore, Karnataka, by opening of new clouds kitchens in Mumbai. The brand, specialising in health foods is beginning its ambitious expansion plan, with forthcoming kitchens slated for strategic locations like Andheri, Lower Parel, and Khar. The initial phase aims to attract half a million customers within the next two years.

The expansion has been in diverse segments of the food industry. Rebel Foods, in September 2022, launched its virtual food brand Firangi Bake, specializing in flavoured breads and bakes.

Post pandemic Cloud kitchens have been in focus for several reasons. Today, according to a report by RedSeer Management Consulting, India is home to over 3,500 cloud kitchens, which are set to be a \$2 billion industry in 2024.

This is indeed an interesting enigma which entrepreneurs would like to explore! ■



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Drive for Financial Growth

By Sharmila Chand

Revenue Generation is paramount to hospitality operations. There is no doubt that food and beverage is the key department to garner revenue. Hence, there is a great emphasis on devising proper Revenue Management Strategies like Menu Engineering, Yield Management and more.

Here we have food and beverage experts who have shared their perspective on how measures can be taken to ensure F&B operations thrive and achieve financial growth.

Crucial issues and challenges to tackle in F&B operations

Manoj Bhandari, Assistant F&B Manager, Sheraton Grand Bangalore Hotel at Brigade Gateway

Urban Dining Competition: With a plethora of dining options in urban locales, distinguishing our restaurant can indeed be challenging. However, it emphasizes the need for us to craft a distinct culinary identity. This could be achieved through unique menu offerings, exceptional service, and a compelling dining ambiance. Our loyal customer base and word-of-mouth recommendations will also play vital roles in differentiating us.

Concept Similarity: The prevalence of similar restaurant concepts necessitates continual innovation. While new ideas can be quickly assimilated across various establishments, we can leverage our brand's authenticity and storytelling. Hosting exclusive events, seasonal dishes, or thematic evenings can provide fresh, memorable experiences that can't be easily replicated.

Weather Conditions: Open area

restaurants are indeed at the mercy of the weather. Investing in flexible infrastructure like retractable canopies, outdoor heaters, and fans can mitigate these impacts. Additionally, ensuring a seamless transition to indoor areas during inclement weather can enhance guest comfort and satisfaction.

Brand Identity with Aggregators: Customers associating their experience

more with aggregators is a valid concern. To counter this, we can enhance direct engagement through personalized services, loyalty programs, and curated offers. Creating an emotional connection with our guests ensures our brand remains top-of-mind, regardless of the platform through which they initially discovered us."

Subham Gandhi, Head of Food and Beverage, The Yellow House, Goa IHCL SeleQtions

Keeping up with regulations and maintaining food safety have emerged as crucial issues to tackle food and beverage operations these days. Ensuring food safety is paramount. This involves everything from sourcing ingredients to handling and preparing to prevent contamination.

Food and Beverage companies need robust protocols and constant vigilance. The regulatory environment is constantly changing with new guidelines from labelling to sustainability. Food and beverage operations must stay informed and adapt their practices to remain compliant.

Marketing and building loyalty is the base to maximise profits through food and beverage operations. By creating engaging content that showcases your food helps. Also running targeted ads and utilising social media advertising platforms to reach a targeted audience and promote special offers. Last but not the least, implement a loyalty program to reward repeat customers and incentivise them to return.

Tarun Samvedi, Food & Beverage Manager, The Orchid Hotel Mumbai

Skilled manpower: Ensuring the availability of skilled and experienced staff has become a significant challenge in



"Optimising resources and minimising costs is the way to go forward without compromising on quality. More efforts need to be pushed to implement practices like switching off lights and unused equipment during off peak hours. Investing in energy – efficient appliances and regular maintenance for optimal performance"

Rohit Samant, Food & Beverage Manager, Taj Fort Aguada Resort And Spa

the current landscape of FNB operations. The industry is facing a shortage of qualified personnel, which impacts the quality of service, operational efficiency, and overall customer satisfaction. This shortage necessitates increased efforts in recruitment, training, and retention strategies to build a competent workforce that can meet the high standards expected in the food and beverage sector.

Supply chain disruptions: The growing demand in the food and beverage industry has led to substantial challenges in supply chain management. These disruptions are caused by various factors, including fluctuating raw material prices, logistical delays, and limited availability of key ingredients. As a result, businesses face difficulties in maintaining consistent supply levels and managing costs effectively. Addressing these issues requires robust supply chain strategies, diversified sourcing, and innovative solutions to ensure stability and cost efficiency in operations.

Ishan Bhardwaj, Food & Beverage Manager, Taj Holiday Village Resort & Spa

Meeting shifting guest demands emerges



“Strategic ordering and inventory management can significantly reduce costs and improve overall financial performance”

Tarun Samvedi, Food & Beverage Manager, The Orchid Hotel Mumbai

as one of the crucial challenge. Guests are increasingly getting health conscious and have diverse dietary needs. We at Taj Holiday Village are constantly innovating and adapting our offerings to cater to these preferences, currently plant-based

options and transparency about ingredients, allergens and calories. The environmental impact of food production is a challenge where in the organisations are now looking at sustainable practices throughout the supply chain from reducing waste to adopting eco-friendly packaging.

To maximize revenues, we must enhance our customer service game by investing in and training the staff well ensuring attentiveness, knowledgeable service and by empowering them to handle upselling and recommendations confidently. Meet guests warmly, remembering their preferences and anticipating their needs. By actively soliciting customer feedback through one-on-one discussions and addressing concerns promptly is well taken and appreciated. This results in repeat clientele, thus maximising revenues.

Rohit Samant, Food & Beverage Manager, Taj Fort Aguada Resort and Spa

Finding and retaining qualified staff is a major hurdle. The industry is embracing automation to address this issue but attention to work place culture and ours being a service industry, curation to specific



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needs is a must. Supply chain disruption where in unpredictable circumstances can disrupt flow of goods leading to shortages and price hikes. While the world is better connected now by ways of transportation, these issues still persist.”

By optimising labour cost and minimising food waste one can breakthrough food and beverage operations. Start with analysing customer traffic pattern and schedule staff strategically while cross training staff to handle multiple tasks, increasing flexibility and reducing idle time. Through portion control, creative repurposing and smart inventory management, proper forecasting and ordering can significantly reduce spoilage.

How best to maximize profits through F&B operations

Tarun Samvedi, Food & Beverage Manager, The Orchid Hotel Mumbai
Embrace Local Sourcing: Utilizing locally



“Today’s market is agile. Analyse and adapt by regularly monitoring sales data, customer feedback and employee performance. Be quick to adapt based on these insights. Use data driven insights to identify areas for improvement and adapt your strategies accordingly”

Ishan Bhardwaj, Food & Beverage Manager, Taj Holiday Village Goa Resort And Spa



“Implementing an effective revenue management strategy for Food & Beverage (F&B) operations involves several integral components to maximize profitability and ensure operational efficiency. These strategies can be impactful and drive footfall in all the F&B outlets, such as Data-Driven Decision Making; Dynamic Pricing; Capacity Management and Menu Engineering”

Manoj Bhandari, Assistant F&B Manager, Sheraton Grand Bangalore Hotel at Brigade Gateway

sourced products, such as vegetables, fish, and other farm-fresh ingredients, is an excellent strategy to maximize revenue and reduce food costs. This approach not only supports local farmers and producers but also ensures fresher and higher-quality ingredients, which can enhance the dining experience and attract more customers.

Collaborate with North East Institutes for Manpower: Partnering with institutes from the North East can help manage labour costs and reduce employee turnover. By tapping into this talent pool, businesses can maintain a steady and reliable workforce, leading to improved operational efficiency and increased profitability.

Implement Correct Menu Pricing and Portion Control: Leveraging market intelligence to set appropriate menu prices and control portion sizes is crucial for driving Average Per Customer (APC) metrics. This strategy ensures that pricing reflects

market demand and cost structures, while portion control helps in minimizing waste and maximizing profit margins

Optimize Cost Control Management: Implement effective cost control measures, especially during slow business periods. Utilize resources wisely by managing inventory through methods like First-In-First-Out (FIFO) and reducing dead stock. Strategic ordering and inventory management can significantly reduce costs and improve overall financial performance.

Manoj Bhandari, Assistant F&B Manager, Sheraton Grand Bangalore Hotel at Brigade Gateway

Adoption of new F&B trends and strategically curated marketing campaigns for all the F&B venues.

Menu engineering and dynamic menu pricing.

Effective use of social media, online advertising, and maintaining a positive online reputation.

Food festival and bar takeovers to be planned with renowned brands.



“Embrace sustainability. Today’s clientele wants to know what he or she is eating and how has it come to the plate. Implement eco-friendly practices like using reusable packaging, reducing water usage and minimizing food waste. This promotes the organisation to environmentally conscious guests”

Subham Gandhi, Food & Beverage Head, The Yellow House, Goa IHCL SeleQtions



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By Sharmila Chand

With its earthy flavour and culinary versatility, embracing beetroot in your diet is a must. The humble Beetroot cannot be missed for its not so great looks or causing purplish colour marks. It is one root vegetable that boasts an impressive nutritional composition and loaded with essential vitamins, minerals, and plant compounds. Particularly noteworthy is its high folate content, essential for growth, development, and heart health, alongside manganese and copper, vital for various physiological functions, say nutritionists. A top favourite of athletes and fitness enthusiasts, beetroot helps in boosting physical performance and supports heart health.

Roasted Beetroot, Feta & Arugula Salad By Chef Jaspal Singh, L'Opera

I have pepped up the earthy flavour of beetroot with the sweet and sour taste of the passion fruit dressing. The addition of Feta and Arugula completes the dish perfectly. With each forkful, savour the harmonious blend of textures and tastes and relish the refreshing healthy salad in summers," tells the chef who heads the hot kitchen and is passionate about using seasonal produce in his preparations.

Ingredients

For the Passion Fruit Dressing
1 passion fruit, pulp extracted
Salt and pepper to taste
1 tablespoon lemon juice
1 teaspoon honey
2 tablespoons olive oil

For the Caramelized Walnuts
½ cup brown sugar
Handful of walnuts

For the Salad
Fresh rocket lettuce
Roasted beetroot, sliced
Fresh orange segments
Feta cheese, crumbled
Balsamic reduction



Method

In a jar, combine the passion fruit pulp, salt, pepper, lemon juice, honey, and olive oil. Secure the lid tightly and shake vigorously until well combined. Adjust salt to taste.

In a pan over low heat, melt the brown sugar until it forms a caramel. Add the walnuts and stir gently until coated evenly. Remove from heat and set aside to cool.

In a serving bowl, arrange the fresh rocket lettuce, roasted beetroot slices, and fresh orange

Sprinkle crumbled feta cheese over the salad. Drizzle a few drops of balsamic reduction for a touch of acidity and depth of flavour. Finally, scatter the caramelized walnuts on top to add a delightful crunch.

Just before serving, generously drizzle the prepared passion fruit dressing over the salad, ensuring each bite is infused with its tangy sweetness.



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Beetroot Upma

By Chef Sarab Kapoor

Ingredients

- 1/2 cup Semolina
- 1tbsp Ghee
- 1tsp Mustard seeds
- 1 Green chili chopped
- 1 medium Beetroot
- 3 tbsp Coconut milk
- 1 tsp Lemon juice
- 1 small Onion – chopped
- 1/2 Ginger- minced
- 1cup Hot water
- Curry leaves & salt

Fried cashews & chopped curry leaves to garnish.

Method

Boil the beetroot till it gets soft. Peel and blend into the paste (3-4tbsp)

Dry roast Semolina till light in colour

Heat the ghee and add mustard seeds, curry leaves followed by green chili

Add some onion and ginger and saute till the onion is soft

Add the roasted semolina, salt, lime juice, hot water and coconut milk

Stir on medium flame till the mixture comes together

Serve hot.



Do's and Dont's for Beetroot Consumption

By Dr Nandini Sarwate, Chief Nutritional Advisor at Utopian Drinks

Consume Fresh: Fresh beetroot retains its antioxidant-rich properties, such as betalains, which combat cell damage and inflammation. Once cut, it should be consumed immediately to preserve its nutritional value.

Maximize Antioxidant Benefits: Beetroots offer numerous health benefits due to their antioxidant content, including potential protection against cancer and heart disease. Regular consumption may also enhance exercise stamina and contribute to lower blood pressure.

Consider Iron Absorption: While beetroots are nutritious, they contain phytates that can inhibit the absorption of minerals like iron. Individuals with iron-deficiency anemia or those reliant on plant-based iron sources should be cautious and consume beetroots alongside vitamin C-rich foods to optimize iron absorption.

Beetroot works wonders as a Laxative: Beetroot is indeed known for its potential to promote digestive health, including acting as a mild laxative. Its high fiber content, along with natural compounds like betacyanin, can help support regular bowel movements and alleviate constipation for some individuals.

Dont's

Avoid Delayed Consumption: Beetroot's antioxidant properties are best preserved when consumed immediately after preparation. Delaying consumption may lead to a loss of these valuable nutrients.

Don't Consume if Prone to Kidney Stones: Individuals with a history of kidney stones or who are prone to developing them should avoid consuming beetroot. Its oxalate content may exacerbate the condition.

Avoid Storing Near Ethylene-Producing Fruits: Be cautious not to store beetroot near ethylene-producing fruits like apples, bananas, or tomatoes. Ethylene can accelerate spoilage, reducing the beetroot's shelf life and freshness.

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Iced Tea with Alcohol

Come summer and even the most committed alcohol lover tries to find ways to beat the heat and have concoctions that are cooling and often where the taste of alcohol is not as strong as the ones enjoyed with straight mixers as in Vodka & Tonic or a Whiskey with Soda.

This is the time cocktails become popular even among the men and they do not mind the sweeter versions with a hint of alcohol. Beer of course keeps its popularity but items like the iced tea also get demanded at the bar counter.

Most Demanded Version

A Long Island Iced Tea is made with, among other ingredients, vodka, gin, tequila, and rum. A popular version mixes equal parts vodka, gin, tequila, rum and triple sec with 1 1/2 parts sour mix and a splash of cola. So, technically it does not have 'Iced Tea' at all. Close variants often replace the sour mix with sweet and sour mix or with lemon juice, the cola with actual iced tea, or add white creme de menthe. Some restaurants substitute brandy for the tequila.

Outside of the United States, this highball is often altered, due to the unpopularity of sour mix. Long Island Iced Tea served outside the States is often made of liquors and cola alone (without sour mix), with lemon or lime

juice, orange juice or with lime cordial. In the UK Angostura bitters replaces sour mix in the cocktail.

The increasing popularity of the Long Island has spawned its own family of highballs. Many drinks remain popular in their own right in numerous locales throughout the United States, while owing their existence to the success of the original Long Island Iced Tea.

An example of a variation to the Long Island is the Purple Rain. A Purple Rain drink is the same mix as a Long Island but the Triple Sec is replaced with a shot of Chambord and the cola replaced with lemonlime soda. In a Long Beach Iced Tea, the coke is replaced with cranberry juice. In a Blue Motorcycle, the Triple Sec is replaced with Blue Curacao, the Coke with Sprite, and additional Sour Mix is added.

The Tea in Iced Tea

Companies have come out with ready to drink iced teas and they are available in tetra pack. For the consumer pressed for time this is a good option and time saving exercise of just opening a carton and enjoying the iced tea with alcohol of your choice and appropriate garnish in the tall highball glass.

However, with a little effort you can cut down on this cost with very little work and time spent on hot stove. Yes, chilling the tea

would take the same time it takes to cool that much water. Yet, the advantage is that you would be using ice cubes to further chill the drink so as far as the tea is not piping hot you are going to be just fine.

Use good quality tea and put appropriate amount in boiling water and switch off the fire underneath. You just want the flavour and colour of the tea, you don't need to cook and boil the tealeaves. Leave the tealeaves only for required time – no longer than 4 minutes. Strain and keep in refrigerator.

When making your iced tea with alcohol you could mix either directly in the glass using a swizzle stick or you could use a hand mixing shaker – depending on the mood of the moment. Do remember that the ice in the drink will melt and dilute so a bit stronger concoction in the beginning might not be a bad idea.

Garnish of Iced Tea with Alcohol

Any cocktail needs appropriate garnish to make it visually appealing and the iced tea with alcohol of choice is no exception. Selection of garnish could include lime or lemon slices or wedges, fresh mint or coriander leaves or even a stick of some spice like a piece of cinnamon.

Mostly iced tea is served in a highball glass or very tall and slim glasses. They should have

a reasonable amount of ice – whether you use crushed version or cubes is actually a personal preference and issue of availability.

Other seasonal fruits may also be used to make the drink attractive and could be sliced or slightly pulped but it would be advisable to keep them under control, too much and your iced tea could look like just chopped fruits that happen to have some iced tea in that – and that won't do at all.

Healthier Options

Healthier options are beyond a fad now – they are a way of life for many. While some people drink countless number of teacups during the day, there are others who are concerned about the caffeine content of the tea and would prefer de-cafeinated tea.

For this lot who are not used to copious amounts of tea in any form, even for the alcohol laced version the preference would be for the de-cafeinated tea. These are available in the market or one could brew them at home from de-cafeinated tea leaves. Other options would be to use fruit infusions available in tea bags that have no tea in them.

Promotion

Most hotel bars as also the stand alone believe in doing promotional activity with alcohol to pump up the slowdown in sale. While many bartenders and managers go for promotion through Sangrias or fruity Mojitos, few hotels opt for a different promotion with all kinds of alcohols including Iced Tea with Alcohol.

All of them had the essential iced tea and there were the necessary garnish and flavours of the tea. The brief list is priced as per the measure of alcohol in it. The list included:

- Iced Tea with Tequila
- Southern Comfort & Whiskey with Iced Tea
- Jack Daniels with the Tea
- Iced Tea and Galliano
- Gin & Angostura bitter with the Iced Tea
- Grand Marnier and apricot brandy with Iced Tea
- Cointreau and vodka mixed with the base of Iced Tea
- Peach Schnapps and Iced Tea
- Orange Juice and dark rum with the Tea
- Amaretto & Bacardi with Iced Tea
- Galliano and Vodka to be enjoyed with Iced Tea

The guinea pigs for doing trial and tastings of these devilishly delightful alcoholic teas were done over a period of time with the regular guests and now 'seeing the trend & popularity of these refreshing alcoholic iced teas.

Home Recipe

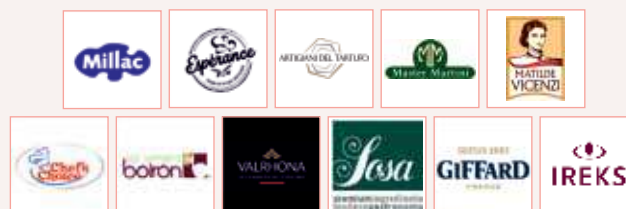
Whatever can be done in a commercial bar may be achieved in the privacy of your home too. Jimmy Carter, a maverick behind the bar and a winner of bartender award for mixing some great cocktails with vodka at the Rick's competition a few years ago.

However, he took no more than a few seconds to make a positive suggestion. 'If you are making iced tea at home either from scratch or taking the ready mix from a carton, using vodka gives plenty of options. You could muddle mint and coriander leaves to give it a fresh home made aroma. Don't forget the lime juice and a touch of sugar to suit your taste buds.



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Fats, Sugar, Salt and the Discretionary Foods

By Dr. Sadhna Sharma

We eat lots of foods and drinks that do not necessarily fall into the category of balanced diet. They are high in saturated fats and/or added sugars, added salt and are low in fibre and important nutrients like vitamins and minerals. Although these foods and drinks are too high in calories ('energy dense') but these also are poor in nutrients ('empty calories'). They often replace nutritious foods also. Such high energy foods with saturated fat, added sugars, added salt that they contain are associated with increased risk of obesity and chronic disease such as heart disease, stroke, type 2 diabetes, and some forms of cancer. These 'optional' foods and drinks are referred to as 'discretionary foods choices' and include biscuits, cakes, desserts and pastries; savoury pastries and pies; processed meats and salty sausages; sweetened condensed milk; ice cream and chocolate confectionary; burgers; fried foods; potato chips; and cream, butter and spreads which are high in saturated fats; sugar-sweetened soft drinks and cordials,

sports and energy drinks and alcoholic drinks.

Although these are discretionary food choices but nowadays people are consuming more such foods which are high in energy, fats, free sugars and salt, and many people do not eat enough fruit, vegetables and other dietary fibre such as whole grains. Increased production of processed food, rapid urbanization and changing lifestyle has led to a shift in dietary patterns. Modern thinking like 'life on the go'; 'cooking is a choice' 'anytime and easy delivery of food at home' has changed the quantity and quality of food eaten. However, to



meet the nutrient requirement essential for good health, we need to eat a variety of foods containing carbohydrates, fats, proteins, mineral and vitamins daily in the recommended amounts as indicated by World Health Organization (WHO) and National Institute of Nutrition-Indian Council of Medical Research (NIN-ICMR).

A healthy diet of an adult should include the following five food groups with all the major nutrients:

- Fruit and Vegetables - Vitamins and Fibre
- Pulses and Legumes (e.g. lentils and beans) - Protein, Vitamins, Calcium, Iron, Fibre, Energy
- Whole grains and Nuts - Protein, Vitamins, Calcium, Iron, Fibre, Energy
- Milk and Milk Products - Protein, Fat, Vitamin and Calcium
- Fats and Sugars - Carbohydrates, Fats, Energy

A diet low in fat, sugar and salt is an essential component of a healthy life. It is therefore important to understand the

types of fats, added sugars and salt (sodium and potassium) present in the foods we consume.

Fat

Fats and oils are an essential part of a balanced diet and play many important roles in the body important for good health. Fat provides energy and is a carrier of important nutrients such as vitamins A, D, E, and K and carotenoids and precursors of steroid hormones. There are different types of fats, with some fats being healthier than others. Experts recommend getting between 20 and 35 percent of calories from total fat, with most fats coming from sources of "good" fat, such as fish, nuts, and vegetable oils. However, when eaten in large amounts, all fats, including healthy fats, can contribute to weight gain as fat is highest in energy (9 calories in a gram of fat) than any other nutrient and increase the risk of heart disease.

Saturated fats

A saturated fat, the type of fat that is solid at room temperature, is found mostly in animal-based food products. Eating greater amounts of saturated fat is linked with an increased risk of heart disease and high blood cholesterol levels. The examples of saturated fats are:

Animal-based products:

- Dairy foods – such as butter, cream, full fat milk and cheese
- Meat – such as fatty cuts of beef, pork and lamb and chicken (especially chicken skin), processed meats like salami,

Plant-derived products:

- Palm oil
 - Coconut
 - Coconut milk and cream
 - Cooking margarine
- Manufactured and packaged foods:
- Fatty snack foods (such as potato chips, savoury crackers)
 - Deep fried and high fat take away foods (such as hot chips, pizza, hamburgers)
 - Cakes and high fat muffins
 - Pastries and pies (including quiche, tarts, sausage rolls, pasties, croissants)
 - Sweet and savoury biscuits

Unsaturated fats

Unsaturated fats are an important part of a healthy diet. These fats help reduce the risk of heart disease and lower cholesterol levels (among other health benefits) when

they replace saturated fats in the diet.

There are two main types of unsaturated fats:

Polyunsaturated fats (PUFA):

- Omega-3 fats which are found in fish, especially oily fish
- Omega-6 fats which are found in some oils such as safflower and soybean oil, along with some nuts, including brazil nuts.

Monounsaturated fats (MUFA):

- Olive and canola oil
- Avocados
- Some nuts, such as cashews and almonds.

Trans fats

Trans fats are unsaturated fats that have been processed and as a result, behave like saturated fats. Eating trans fats increases the levels of 'bad' cholesterol and decreases the levels of 'good' cholesterol in the body which is a major risk factor for heart disease. Trans fats are found in many packaged foods and also found in butter and some margarines.

Cholesterol

Cholesterol is a type of fat found only in animal based products like egg yolks and whole milk but not in plant based foods. Cholesterol has many important functions in the body as essential part of animal cell membrane and precursors of steroid hormones.

From this it is clear that unsaturated fats (found in fish, nuts, and in sunflower, soybean, canola and olive oils) are preferable to saturated fats (found in fatty meat, butter, palm and coconut oil, cream, cheese, ghee and lard) and trans-fats of all kinds, including both industrially-produced trans-fats (found in baked and fried foods, and pre-packaged snacks and foods, such as frozen pizza, pies, cookies, biscuits, wafers, and cooking oils and spreads) and ruminant trans-fats (found in meat and dairy foods from ruminant animals, such as cows, sheep, goats and camels). It is suggested that the intake of saturated fats be reduced to less than 10% of total energy intake and trans-fats to less than 1% of total energy intake.

Sugars

Carbohydrates are macronutrients which are essential provider of glucose as energy source. ICMR recommends that complex carbohydrates and naturally occurring

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sugars provide about 50-60% of the total calorie intake and that refined sugars provide no more than 10% of the energy requirement. Less than 10% of total energy intake from free sugars is equivalent to 50 g (or about 10 level teaspoons) for a person of healthy body weight consuming about 2000 calories per day. Free sugars are all sugars added to foods or drinks by the manufacturer, cook or consumer, as well as sugars naturally present in honey, syrups, fruit juices and fruit juice concentrates. Too much sugar in food or drink can make it high in kilojoules, or 'energy dense' and 'nutrient poor'. It has also been linked with tooth decay and diabetes. Not all sugars are the same. There are:

Naturally occurring sugars

These are found in milk, fruit, vegetables and legumes. They are eaten in smaller quantities, along with many important nutrients.

Added sugars

These have been refined from plants such as sugar cane. They can be added to food or drink in large amounts to make cakes, biscuits and soft drinks. Added sugars may not come with helpful nutrients and can increase the energy of a food or drink. Sugar itself does not lead to diabetes where blood glucose (or blood 'sugar') needs to be managed. However, being overweight increases a person's risk of type 2 diabetes and too much added sugars can cause weight gain.

The Nutrition Facts label lists how many grams of sugar the food contains, but it does not list added sugars separately. The

amount listed includes sugars that are naturally present in foods (such as the fructose and sucrose in fruit, or the lactose in milk) and sugars added to the food during processing or preparation. Added sugars, also known as caloric sweeteners, provide calories but few or no vitamins and minerals. Foods that have added sugars as one of the first few ingredients may be high in total sugars. The sugars listed include naturally occurring sugars (like those in fruit and milk) as well as those added to a food or drink. These added sugars include brown sugar, corn sweetener, corn syrup, dextrose, fructose, fruit juice concentrates, glucose, high fructose corn syrup, honey, invert sugar, lactose, maltose, malt syrup, molasses, raw sugar, sucrose, and syrup. Four grams (1 teaspoon) of sugar is equivalent to 16 calories so a soft drink with 150 calories typically has almost the equivalent of 10 teaspoons of sugar. Excess carbohydrates are converted to fats. This excess carbohydrate also lead to less fats consumption, so dietary fat is readily stored in the adipose tissue leading to obesity. The major health consequences associated with overweight and obesity are cardiovascular PROBLEMS including hypertension, coronary heart disease and stroke. This also creates conditions associated with insulin resistance leading to type 2 diabetes. Certain type of cancers e.g. colon cancer risk is also increases.

Salt

Sodium and potassium are important minerals for a healthy lifestyle. Sodium

and potassium are provided as salt and help in muscle contraction, in transmission of nerve impulses, maintenance of normal osmotic pressure and acid base balance of the body. Protein foods generally contain naturally existing sodium followed by vegetables and grains. Potassium is also present in meat, fish, poultry and fruits like citrus fruits, leafy vegetables and whole grain cereal. We need less than 5 gms of iodized salt for good health, but most people eat too much of salt. Increased salt intake may increase the risk of developing high blood pressure which is a risk factor for several life style diseases like hypertension, heart disease, stroke and chronic kidney disease. The ratio of dietary potassium to sodium is important in lowering blood pressure. Sodium is part of table salt. The salt present in food, especially sodium chloride, mostly comes from processed and packaged foods, not just the salt added during cooking or at the table. This is why sometimes 'sodium' is used as an alternative word for 'salt' in nutrition information panels on food labels. As the high sodium intake is dangerous for health, caution has to be taken while having discretionary food choices. The taste for salty foods is something that is learned. It is possible to re-train ones taste buds to get used to eating foods without added salt. Eating mostly fresh food instead of processed food that has had salt added. Herbs, spices and other low salt flavourings can reduce salt in cooking.

In conclusion, government regulations along with development of new food science and technology applications is required to reduce the overconsumption and dependency on these discretionary foods. Processed foods are to be re-formulated to achieve satiety and pleasure on the basis of socio-cultural factors. The consumers need to be trained to prefer healthy foods over discretionary foods by addressing salt, sugar, and fat issue the "science of food" way. Some of the exciting challenges facing food science and technology today is development of foods, processes and recipes that will deliver the benefits of health and longevity that we all desire.

The author is Professor, Zoology at Miranda House, University of Delhi

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"I Love to Experiment with Various Ingredients"



Chef Gaurav Paul is a distinguished culinary professional specializing in contemporary Western and modern Indian cuisine. He is currently working as the Executive Chef at Hilton Bangalore Embassy Golflinks. Hailing with over 18 years of experience in the culinary world, Chef Paul is endowed with immense skills. He has worked at various well known hospitality names across the country- right from Hyatt in Gurgaon, Kolkata and Goa to Chancery, Vivanta by Taj in Bangalore, and Oberoi, to name a few.

He has been mentored by renowned chefs throughout his culinary journey who inspired him to cuisine that blends tradition with innovation. His career highlights include an all-India scholarship to intern at VATEL-École de Hôtellerie in France. Known for his empathetic leadership, he views challenges as opportunities for growth.

With a diploma in Hotel and Tourism Management from NIPS School of Hotel Management (Kolkata), the chef has gathered a long and praise-worthy line of achievements that reflect his sheer love for what he does best, over the years. Outside the kitchen, he enjoys time

with his family, playing with his dog, and relaxing with tea and Bollywood music.

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

How do you define yourself?

I believe myself to be an honest and creative individual who deeply believes in the principles of karma. I strive to live a life of integrity and authenticity, always mindful of the impact of my actions on others.

What is your philosophy of cooking?

I am a firm believer in the authenticity that a mix of right ingredients bring to any dish and my cooking philosophy centres on highlighting the true flavours of the ingredients. I believe in cooking with love, passion, and care, ensuring that each dish reflects the dedication and respect I have for the culinary arts.

What is your area of expertise?

I specialize in contemporary Western and modern Indian cuisine. My work blends traditional techniques with innovative approaches, creating dishes that are both familiar and refreshingly new.

Had you not been a chef?

If I weren't a chef, I would have pursued a career in music. Music has always been a profound passion of mine, and I find it to be another powerful medium for expressing creativity and emotion.

What is your source of inspiration?

Chef Mauro Zanusso, the Italian Chef de Cuisine under whom I was working during my tenure at Hyatt Regency, Kolkata, provided guidance and training that shaped my career.

Chef Saulo Bacchilega, my Executive Chef at Park Hyatt Goa, inspired me with his humility and down-to-earth nature. Tejus Jose, my ex-GM of Hilton Bangalore, demonstrated exceptional leadership, problem-solving skills, and a positive attitude that I strive to emulate.

What has been the most rewarding moment in your career?

For me the most momentous moment in my career has been receiving the All India scholarship to intern at the prestigious VATEL-École de Hôtellerie in France in 2007. It was one of the most rewarding moments in my career. It was a significant achievement that opened doors for my professional growth and development in the culinary world.

How has the journey been so far?

I view challenges and hardships as opportunities for growth rather than struggles. Each hurdle has been a step toward becoming a better chef. My passion for cooking has made the journey enjoyable, transforming work into play.

What skills are necessary to be a good chef?

A good chef must be a considerate and empathetic leader. Understanding and addressing team members' grievances, while exemplifying discipline, punctuality, and ownership, is crucial. A chef should inspire their team by embodying these qualities.

How do you de-stress yourself?

I never get stressed by my job, but long hours can be exhausting. To relax, I enjoy a hot cup of tea, listen to music, especially Bollywood tunes, and ensure I get a good night's sleep.

What do you like to do in your ME time?

I am a family person and for me my favourite ME time will be spending quality time with my wife and play with our pet dog, Segen. I also enjoy taking short trips with my family, which provide a great source of relaxation and joy.

Favourite ingredient?

For me the favourite ingredient will be Mango. The reason being it is a seasonal delight that brings back cherished childhood memories for all of us. During mango season, I love incorporating this versatile fruit into various dishes for my guests.

Fav cuisine?

Italian and home style Indian cuisines are my favourite

Fav spice?

Saffron. A small pinch adds luxury and richness to dishes. Its unique aroma and flavour make it a valuable and versatile ingredient in global cuisines.

Fav equipment?

A high-quality heavy-bottomed frying

pan. It's perfect for making small quantities of many Indian and international dishes to perfection.

Fav restaurant / food joint, anywhere in the world?

Personally, for me it will be "Uncle Desmond" in South Goa. This small, 8-seater restaurant offers exceptional warmth, hospitality, and the tastiest seafood, all cooked fresh by Uncle Desmond and his wife, Ms. Maria. The intimate and friendly atmosphere, combined with a breathtaking view, makes dining there unforgettable.

Your fav diner?

During my Park Hyatt days, I cooked a white asparagus risotto with acid butter for a guest who turned out to be Robert De Niro. His appreciation and request to meet me for what he considered one of the finest risottos he had ever had was an unforgettable experience.

Your favourite culinary destination?

Modena in Italy. The taste of fresh produce was exemplary, even the simplest of green pea tasted amazing, I never knew that green pea can be so soft and sweet. I really enjoyed cooking here and felt like eating the raw ingredients even without cooking them. Those were the days I realised that what role does quality ingredient play in the food.

The best compliment you have received?

Long back I cooked white sauce spaghetti (chopped) for my diabetic toothless grandfather. He finished the entire bowl with a big smile on his face and eyes filled with tear he mentioned- "Eeinontapayesh ta khoobhalo" in Bengali, which means "this salted kheer tastes amazing". Though hilarious but I can't forget his expression and this is the best compliment I got. I cherish this more than the compliments I got from other guests that I cooked for.

What is your philosophy of work?

Be honest and humble, nothing wrong will happen to you.

Lessons learnt in the kitchen?

"Never give up" and always follow your instinct.

Last meal on Earth: What would you choose?

My great grandmother's mango and raisin pickle.

10 years from now?

I aim to be the country head of culinary in a reputed hospitality brand in India.

What are your future plans?

I plan to continue in the hospitality field, which I believe has many surprises in store. I am optimistic about India's growth in hospitality by the end of this decade.

What is the best career advice you would like to give to youngsters aspiring to be chefs?

The best advice that I can give at the moment to all the young aspirants is to learn the basics well, don't imitate celebrity chefs, work hard, stay focused, and most importantly, love your job.

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The Tastes of India

Over the years, with deeper penetration of affluence, better lifestyle and more exposure across societies, people's expectations from eating out have undergone a significant evolution. Nowadays restaurants are not only expected to be places to have great or good food in a nice ambience, with prompt service to back up.

Many discerning guests are now expecting an eating out experience in a restaurant or in a café to be a part of their cherished future memories. Sections of the discerning guests have also become more experimental and hence are seeking innovative dimensions in their eating out experiences.

We can see that one of the supply side responses to these growing guests' expectations and/or their demand towards experimental approach in the food service industry is the presence of a good number of themed restaurants and cafes. This trend is not only true for many developed western countries, but also for post-modern urban India.

One can also successfully argue that theme restaurants and theme cafes were launched first and then their demand was created in the market. But whatever may be the reason there is no denying the fact that there has been an impressive growth of theme restaurants and cafes in India's post-modern food service industry, during the last decade or so.

Gastronomic Diversity

The taste and aroma of India are perhaps most acutely felt on its streets. India's gastronomic diversity is wonderfully reflected in its awesome variety of street food, many of which deserve their place in the menus of fancy restaurants of five-star hotels and resorts with increasing frequency. Like burger and pizza, they deserve to travel to palates of many countries.



Whether gobbling of puchkas and munching of kathi roll (or both, but not simultaneously please) on Kolkata's busy late evening streets with crimson hued skies infused with animated intellectual fervour or enjoying the ethereal aloo tikki of Chandni Chowk in the midst of a shopping trip, or savouring a vadapav while strolling by the Arabian Sea in Mumbai, with your friends, lover or yourself, or for that matter sipping a glass of thandai with kachori subzi in the alleys of Varanasi with temple bells creating a perennial music in not only your ears but through all your senses or savouring mouth-watering succulent kebabs at a Dastarkhwan in Lucknow as the twilight slowly descends like a long forgotten ghazal... the street food holds great appeal for most Indians.



Of course, these above-mentioned examples only give a fleeting and totally incomplete glimpse of the wonderful culinary kaleidoscope of street food in India, which often associated with not only great taste but also wonderful memories.

Myriad Delectable Options

For many among us, our knowledge or even information about India's varied repertoire of street food is quite poor to say the least. India's street food is much more than delicious kathi roll, kebab, puchka, golgappa, chole bhature, aloo tikki, and vadapav.

Those not much familiar with puchka, it is the typical Bengali version of the north Indian golgappe and western India's pani puri. This tangy-minty, spicy and circular street food is hard to resist not only for the Kolkata crowd. And jhalmuri is puffed rice with lots of tasty ingredients thrown in, like slices of coriander, coconut, tomato, roasted peanuts, slices of onions, boiled potatoes, sprinkling of green chillies, chanachur, and spiced powder. It is also tangy and spicy like puchka but its tanginess and spiciness are slightly different.

Besides these two, mughlai paratha, aloo chop and chicken and mutton cutlet are some of the many other delectable street food options dotting the crowded roads of Kolkata.

For example, how many of us have heard of singju from Manipur? It is a delectably spicy salad made with ngari (a Manipuri form of fermented fish), cabbage, lotus stem, onion, banana flower and other vegetables, herbs and chilli. Its vegetarian version is also there, which is mostly partaken by the Manipuri people during religious rituals. The non-vegetarian singju is more popular in Manipur.

It is pity that its popularity is still confined to Manipur. Those hotels and fancy restaurants in Delhi, Mumbai, Kolkata, Bengaluru and other urban centres which



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focus on Indian cuisine or are multi-cuisine outlets, can popularise this dish and many other lesser known street food delicacies by holding north-east culinary festival more often than they do.

And then there is Vellayappam from Kerala. This light pancake made with rice and coconut and served with mutton curry can give you an ethereal feel. Or what about idli chilli fry from Pune? Most likely if you begin trying it you cannot have enough of it.

It is about time a sincere and concerted effort is made by our food service industry to make the simple and delightful litti choka from Bihar appeal to the tastes of most Indians and also to the foreign tourists coming to India.

Then there is paya soup or lamb trotter soup, which can be easily one of the non-vegetarian highlights of street food of India. Perhaps the best place to savour it is in the Chatori Gali in Bhopal.

Delhi is not only famous for aloo tikki, golgappa and chole bhature. On the alleys of Chandni Chowk you would find lentil stuffed deep fried and crisp puris, which are known as bedami puris. These are made with wheat flour and dal. They are generally served with potato curry and carrot pickles. This dish is not only stomach filling but its taste may induce you to visit Chandni Chowk lanes again and again. This delicacy is found in other parts of north India too but its old Delhi version is very popular.

Not far from Bhopal, you can enjoy poha-jalebi in Indore where you can get sweet and salty taste in the same bite. Here poha, which is usually topped with peanuts, tomato and also sometimes with pomegranate seeds, is served with hot jalebi.

It is a pity that not many outside Gujarat and Maharashtra know of dabeli, an evening snack from Gujarat, though we queue outside multinational burger and pizza chains from foreign countries.

According to Wikipedia, it is a sweet snack made by mixing boiled potatoes with

a special dabeli masala, putting the mixture in a ladi pav (burger bun), and serving it with chutneys made from tamarind, date, garlic, red chillies, etc. The dish is garnished with pomegranate and roasted peanuts. This snack which originated in 1960s (yes, it is a very new street food of India) from the Kutch region of Gujarat deserves to have pan-India appeal.

The deep fried mirchi vada from Rajasthan's streets is also no less delightful. Here big sized green chillies are filled with potato. When in Panjim, Goa don't forget to try ras omlette. It is a regular omlette served with chicken curry. While at Goa you can also savour the Gadbad Ice Cream, served in a tall glass or in a bowl. Here different ice creams are combined, and this delectable combination is topped with noodles and jelly.

Some of the popular street food delights



of India have come from foreign countries. In fact, a gastronomic trip through our country would give an apt reflection of our essentially pluralistic and assimilative culture.

One of them of course is momo, which has traversed all the way from Tibet and Nepal to captivate India's diverse palates. Now momo is an integral part of the street food culture in India. It comes in steamed and fried versions. The taste of fried chicken momos with red tangy sauce and vegetable soup from a nondescript eatery in INA, located near Delhi Haat, still lingers in my senses after so many years.

The other is our very familiar chow mein that is served frequently in street stalls across urban India. We have Indianised this



Chinese dish, like we have Indianised the burgers. In fact, I think burgers served in the streets of Delhi are much more Indian than they are German.

One not so common street food found in India of foreign origin is the thukpa. This Tibetan noodle soup, which traces its origin to the eastern part of Tibet, can be savoured in both vegetarian and non-vegetarian versions, like momo and chow mein or burger. Thukpa in India is popular in Sikkim, Nagaland, in the Ladakh region and also in Arunachal Pradesh. Slurping through a bowl of hot thukpa on chilly winters can be a sheer sensory delight.

More Initiatives Needed

One of the ways to give pan-India popularity to many of our regional street food options is to host street food festivals of different regions of India in hotels and restaurants in India, with increasing frequency. More of the restaurants focusing on Indian cuisine can also devote one day of the week focusing on street food of specific Indian regions in their menu.

Our Union and state governments can also feature the vibrant array of street food of India in their tourism advertisements in a more vigorous manner. We have religious tourism, adventure tourism, heritage tourism and many other options of tourism. It is about time our hospitality industry also introduce more and more innovative culinary tourism packages to integrate the diversified taste and aroma of India with the country's inherent tourism appeal. Our states can also host street food festivals in foreign destinations with more frequency than they are doing now.

It is high time for our food service and food retail industry and also by our state machinery to promote and market these timeless regional street food delicacies of India with more proactiveness, savviness and imagination. ■



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"My Focus is on Creating Meaningful Change, Not Settling for Average"

Abhimanyu Jakhar, Founder of Jakhar Hospitality Private Limited



A result-oriented individual with a robust academic background, Abhimanyu has a proven track record of success in the engineering sector. Equipped with an MBA degree, he seamlessly transitioned into leadership roles within diverse industries, including hospitality. An entrepreneur from a young age, Abhimanyu possesses the ability to ideate and visualize groundbreaking concepts, bringing them to reality. Despite entering

new domains without prior industry-specific experience, his strategic vision and problem-solving prowess have enabled him to excel. He has a keen expertise for identifying and capitalizing on emerging industry trends, positioning himself and his organizations as pioneers.

In 2016, Jakhar ventured into the F&B space with Interurban Hospitality, a 4-star property in Rohtak, his hometown. The hotel has made a name for itself in the market, boasting luxurious amenities and connectivity to the city and industrial areas. Additionally, Jakhar entered the shipbuilding industry.

Despite his success in various industries, hospitality remains close to Jakhar's heart. In 2020, amidst the pandemic, he launched Diablo, a venture born out of his enduring passion for the hospitality industry. Despite facing challenges such as two major lockdowns and operational difficulties, Diablo was recognized as the Times Best Mediterranean Restobar in 2021.

Jakhar's passion for hospitality continues to drive growth, with plans to expand and launch six new brands under Jakhar Hospitality Private Limited, the parent company overseeing Interurban Hotel and Diablo. Shipping provides Jakhar with an adrenaline rush and hospitality continues to remain his true passion. He aims to build an experiential company that goes beyond traditional hotels and restaurants, focusing on creating memorable experiences for customers.

As a leader, Jakhar remains committed to innovation, collaboration, and driving positive outcomes to collectively realize the organizational objectives. With an eye for problems and a will for solutions, he is dedicated to articulating and championing the shared organizational vision. By fostering a culture of excellence and accountability, he strives to leave a lasting impact on both the company's success and the satisfaction of its stakeholders.

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

What do you enjoy most about being in the Hospitality industry?

The biggest thing I enjoy about the hospitality industry is the industry itself. I love its basic soul - communicating with people, getting to know them, being around them, treating them well, and understanding their needs. I genuinely enjoy being out there, engaging with everything. The socializing element that comes with this industry is something I really love.

What are your plans to introduce in your present role?

As the founder, managing director, and CEO of our company, my vision is crystal clear. Our goal is to make a significant mark in this industry, which I believe has immense untapped potential. No one has truly taken bold steps here, and I see it as ripe for innovation.

I am passionate about structuring and elevating this industry to its full potential. To me, it's like a virgin territory with endless opportunities for growth and diversification. I want to transform it into a powerhouse, like the manufacturing and retail industries in the country.

With JHPL, our mission goes beyond just hospitality or restaurants. We're an experiential company, focused on creating unique experiences for our customers. This perspective sets us apart and drives everything we do.

That's my unique take on the industry, and it's what I intend to pursue passionately.

How challenging is your position?

Well, the position I'm in is immensely challenging because every day brings unexpected surprises. My mind has to stay positive and strong, ready for anything that comes my way. I need to be prepared for any challenge thrown at me, holding my ground firmly and finding solutions no matter what.

This role tests me emotionally, mentally, and physically on another level. Sometimes, I face completely new situations that I have to learn from. Every day, I might fall, but I must pick myself up, learn from the experience, and keep moving forward. That's the only way to handle this role.

What is the USP of your F&B brand?

The USP of our F&B brand is truly unique. With our first outlet in Worli, we are revolutionizing the industry's progressive nature in the country. This restaurant is the most forward-thinking the country has ever seen. It's all about future food and introducing concepts that are entirely new here. We're taking hospitality in a different direction by focusing on providing a complete experience, not just F&B.

When I talk about creating an experience, I mean everything from the moment you book a reservation to the time you leave after having the best time of your life. It's all on us to ensure that every aspect of your visit is exceptional. Once you make a reservation, your worries are over, we take care of everything to give you an out-of-this-world experience.

Each of our brands has its own unique essence and story. For the first brand, it's all about progressiveness. Another brand brings the charm of a French bistro from the French Riviera back to India, creating a vibe that transports you to another place. So, every brand tells a story, and the USP

lies in that story itself.

What is your working philosophy?

My working philosophy is pretty straightforward: envision, innovate, and execute, then repeat. This cycle is the core of what I do and what we aim to achieve. I'm not interested in doing generic things. Both my company's vision and mine are about making impactful changes, creating waves, and breaking new ground in ways no one has thought of before.

How do you define yourself?

I define myself as someone who never gives up; I'm here to make a mark on the world. My focus is on creating meaningful change, not settling for average. I believe in pushing boundaries and solving problems.

How has your journey been in culinary/ hospitality field?

My journey in the culinary and hospitality field has been quite challenging, similar to any business venture I've tackled. Unlike many, I didn't come from a culinary background or have any formal education

in it. My family also isn't involved in this industry. I started from scratch, relying on common sense and a keen intellect to navigate the complexities.

Experience has been my greatest teacher—I didn't learn from textbooks but rather from countless trials and errors. I've faced failures numerous times but each time, I've picked myself up and persisted. Learning from my mistakes has been pivotal; it's a principle I've embraced, and it has served me well throughout my journey. Everything I know and apply today comes directly from hands-on experience in the field.

What has been your most rewarding moment at work?

The most fulfilling moment for me at work isn't about awards or sales figures. It's about the impact we've had on people's lives through the jobs we've created in this industry.

Seeing how these jobs have improved healthcare, education, and allowed families to be better taken care of—that's the most rewarding aspect for me. Knowing that our efforts have made a meaningful difference in people's lives is truly priceless.

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Cues for Barbecue

During winters, barbecues are an important part of any social celebration. Whether they are warm afternoons, chilly evenings or downright cold nights, barbecues can be experienced and enjoyed during all seasons, and in all parts of the day.

Barbecue is an important part of today's gastronomic world. In a delightful afternoon with the aroma of roasted meat, chicken and cheese wafting through the air, the burning cinders in the open air oven, the Chefs behind the counters deftly serve exotic dishes. It is chic and trendy as the Chef interacts with the diners while the culinary conversion of the meat and veggies happen over the cooking process, thereby facilitating to kindle the desired palates of the diners.

Barbecue is perhaps the best way to attract the palate of the guests among the many cooking processes. Barbecue is one flavour which needs to be there in the F&B menu of the restaurants and hotels. But when the cooking is interactive and visual, the equipment has to look good, perform

optimally and relate to the cuisine.

During its earlier days, barbecue was done in one monotonous looking grill but today the equipments for barbeque comes in various fashions wherein some there are functions like smoke infusion, and glittering lights, etc. The common equipment used for barbecue is the charcoal grill, which is used for both Indian and Continental barbecued food.

The Benefits of Barbecue

Barbecue equipment is available in various forms, ranging from flat grills to lava stone grills to fresh char grills and also traditional tandoors. Benefits of barbecues for the restaurants or commercial eateries are firstly that it creates a huge variety; barbecues can be done from cuisines from all over the world, secondly it can be done in scenic outdoors like gardens and beaches, and thirdly it is interactive in nature.

The whiff of a barbecue on a verdant garden or a scenic beach side get the guests enticed and allured. Besides

encompassing great variety of cuisines, ranging from regional Indian to Caribbean and Japanese, a barbecue is considered to be very healthy and trendy. It was generally perceived sometime back that a barbecue always got to be non-vegetarian but the current times gives barbecue choices for the vegetarians too.

Equipment and Ease

Charcoal grills, electric grills, charcoal and gas ovens, salamanders, etc. are few equipments which are used for barbecues. The equipments which are available in hotels are mobile and can be used in any open space. Most of the barbecues are preferred in open areas as they create lots of smoke due to the oil or the fat of the meat. Heavy exhaust is required in the kitchen areas when the barbecue grills are placed in closed areas.

The working process of barbecue equipment depends on the type of equipment you are using. It may vary from a giant US style grill to a Lucknawi Sigdi to a Tandoor to a Yakitori grill. Today,



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with the technology moving towards convenience and safety, it is not that the modern barbecue equipment is difficult to operate or requires an expertise, but yes cooking as always, has been an art and requires the requisite skill. A good barbecue requires the practice and the passion to cook, along with the knowledge and technical know-how of the meat and veggies you are cooking.

Barbecue has changed over the years, and not only in terms of sophistication of equipments. Today smoking, pertaining to barbecue, is so much more than before. Smoking adds flavour, tenderises, and has the potential to turn any cut of meat into a wonderful meal. The smoking process requires a container to hold in the smoke, a source of the smoke, and the food to be smoked. The source of the smoke is typically hard wood.

Normally, the barbecue equipments are user-friendly and do not need any expert, but a good Chef is required to make sumptuous barbecue dishes. Regardless of the varying styles and methods, practice and patience are the true secrets to perfecting the smoking process in barbecues.

The Right Choice

Determining the right barbecue equipment is a challenge. This mostly depends on the restaurant one wants to operate or the style of cuisine one wants to prepare. To give an example, if you are operating a Pan Asian restaurant or Japanese restaurant,

you would need a Teppanyaki or a Yakitori grill, if you are operating an Awadhi restaurant, you would need a Sigdi kind of grill, a multipurpose grill like a Weber would be suitable for an open air lawn and beach side, terrace, etc. Many people get their grills indigenously fabricated to their style and design.

Choose Your Grill

Gas Grills

Gas grills are a common type of barbecue grill used often on the terrace or the backyard garden. These grills normally use two kinds of fuels: propane or natural gas. While most gas grills are designed for propane, they can easily be converted for natural gas usage. If you have a CNG connection, as many urban localities, it is very easy and handy to use gas grill without getting into the messy ritual of filling and cleaning up charcoal in a normal barbecue.

In the case of a gas grill, the smoker box is comparatively small and therefore you will only get a tinge of smoke flavour in your meat. A range of gas grills are available catering to different pockets. However, the mechanism of manufacturing will ensure that gas grills are generally expensive than the charcoal-based models. In the higher-end of gas grills, you can find 3-5 burners, a stainless steel body, and a side burner for heating pots and pans.

Charcoal Grills

These grills derive their name from the fact that the fuel used in these grills is charcoal briquettes. Although cooking with

charcoal is more expensive than cooking with a gas grill, the die-hard barbecue fan will always prefer the charcoal grill because here the meat can be cooked slowly and it gives a better smoking aura not otherwise provided in a gas grill.

Since charcoal burns at a higher temperature than gas, a skilled barbecue Chef can do wonders in cooking the perfect blended meat which is cooked on a slow flame of a charcoal grill. It can take anywhere from 30-45 minutes to get a charcoal grill started before it starts smoking and the embers start burning.

Moreover, a barbecue which is done on a charcoal grill has a greater romantic feel than say one done on a gas grill. A charcoal grill is more expensive to run and maintain than a traditional gas grill, mainly because charcoal is more expensive than gas. After cooking, cleaning up the grill and disposing the charcoal ashes can also be time consuming. For charcoal grills, a nice cooking surface is always welcome like a plated steel surface or porcelain coated steel bars. Iron bars are also good as long as they are cleaned and re-oiled after use. Stainless steel bars are ideal, but for a charcoal model they are generally not available.

Electric Grills

Available in indoor and outdoor varieties, these grills are powered by electricity and



use heated grill plates to do the cooking. Certain places where there is danger of a fire hazard, electric grills can be found to be more useful. Electric grills are silent, emit no or less smoke and can cook the meat in a very slow manner.

Portable Grills

These grills, as the name suggests, can be easily transported from one end to another and can run either on CNG or charcoal. These grills are ideal for a picnic or for enjoying a barbecue in between an outdoor game.



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What's Your Hygiene Checklist?

If you are in the restaurant business, you will have to wear hygiene on your sleeve. It means you will not only have to offer your customers healthy and safe food, but the ambience in and around the restaurant will also have to appear hygienic. People have to feel good being there. You cannot say that you serve good food, but the place just looks a bit untidy.

This argument will not sell for long if you are in the restaurant business, especially in view of the fact that hygiene consciousness among consumers in India is growing. Moreover, monitoring of food safety and hygiene issues has also increased over the years. It is thus important to have a checklist of the best practices that can make your eatery an example in terms lifting the hygiene standards to the next level.

There are two important things – one, the restaurant must look clean and second, it must also follow all the hygiene related norms while preparing the food. It is important to have a checklist of the best practices. It goes without saying that one will have to follow all the items mentioned in the list every day, without fail.

In fact, the scope of maintaining hygiene standards is very wide. Starting from having control on the supplies that come to your eatery to food storage, personal hygiene standards of the staff, pest management, indoor air quality, restroom hygiene and overall maintenance of the entire premise, the issues that one would have to deal with to make the restaurant hygienic are vast and complex.

Pest Control: This is one of the most crucial elements in establishing your restaurant as an attractive destination. For, who would come to a restaurant again if on their first visit, they have to share their food with some flies, or see some rats running around the place in hunt of food? Even if the food is exceptionally good, people would make a conscious effort to avoid such restaurant that do not take adequate pest control measures.

Therefore it is important to cut the supplies of food and water to the pests by keeping waste covered in bins and repairing all leaky pipes and washing the dishes as early as possible. But if the pest problem persists even after



taking all the preventive measures, including blocking their entrance, it's time to hire professional pest control service.

Personal Hygiene: The staff employed at the restaurant must be given training so that their behaviour falls in line with the best hygiene practices. On the face of it, the things they need to do look simple. But changing behaviour is not easy. For example, if a person does not wash his/her hands properly after using the toilet, it may take some time to inculcate the new habit of washing hands.



Employees need to be constantly trained and monitored for the behaviours. If someone keeps unkempt hair or long nails, or for that matter report to duty sick, it is the duty of the manager to see that such person is given an off day, and a warning to amend his/her behaviour.

Personal hygiene also plays an important role in preparing safe food. For example, if a person has a wound, it must be properly covered as infections can spread easily. There are also instances of bandage coming out of a wound and making way to packets meant to be delivered. Thus it is extremely important to maintain high standards with regard to personal hygiene.

Hygiene in Food Supplies: The issues of hygiene often go beyond one single premise. What hygiene standards your ingredient supplier follows may affect the quality of food that you serve at your restaurant. So it is important to find out that they do not compromise on hygiene issues during the process of food delivery.

The foods pass through several stages before they reach the dining table from the farm and risk of contamination arises in each of these stages – be it production, processing, distribution or preparation. People involved in each of these processes have great responsibilities in



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ensuring the safety of the foods because contamination can occur at any stage of the production chain.

For example, in the production process itself, use of contaminated water for irrigation can lead to contaminated fruits and vegetables. Similarly, in the processing stage, use of contaminated water or ice for cleaning fruits and vegetables can help the contamination spread. In the distribution stage too, contamination can occur through various means. For example, if a truck is loaded with fresh produce without carrying out the necessary sanitisation process, especially if it was previously used for transporting animal products, the chances of the fresh produce getting contaminated cannot be denied.

Restroom Hygiene: In addition to keeping your premises clean, special care needs to be taken to ensure that



the restrooms do not appear untidy. It is because this is one area which is easily prone to get dirty and wet. Constant vigilance is the key to impressing guests with properly maintained restrooms.

In fact, it would not be an overstatement to say that many people consider cleanliness in the restroom as the benchmark of hygiene for a place. The Food Safety and Standards Authority of India (FSSAI) requires food businesses to have separate lavatories, of appropriate hygienic design, for males and females. They should also have changing facilities

for employees and such facilities should be suitably located so that they do not open directly into food processing, handling or storage areas.

It is especially important to ensure that rest and refreshments rooms stay separate from food process and service areas and these areas should not lead directly to food production, service and storage areas.

Location and Surroundings: FSSAI requires that food establishments should ideally be located away from environmental pollution and industrial activities that produce disagreeable or obnoxious odour, fumes, excessive soot, dust, smoke, chemical or biological emissions and pollutants, and which pose a threat of contaminating food areas that are prone to infestations of pests or where wastes, either solid or liquid, cannot be removed effectively.

In case there are hazards of other environment polluting industry located nearby, appropriate measures should be taken to protect the manufacturing area from any potential contamination. Moreover, the manufacturing premise should not have direct access to any residential area.

Indoor Air: But when it comes to a restaurant, maintaining good indoor air quality is also equally important. For that one needs to have proper ventilation in place as people would not like to have their food in a stuffy environment. Restaurant managers must ensure that mold formation in its premises, especially in the kitchen, does not take place. Mold formation, which can also result from water leakage, does not only make a place look bad, it can also be a source of indoor air pollution.

To prevent indoor air pollution in the restaurant, all the products used to design the restaurant should be of good



quality – be it the furniture, carpets, blinds or curtains, or even the paint used for the interiors. The restaurant and kitchen should be well ventilated, and air conditioners should be well maintained and regularly serviced.

Drainage and Waste Disposal: Food waste and other waste materials should be removed periodically from the place where food is being handled or cooked to avoid building up. A refuse bin of adequate size with a proper cover preferably one which need not be



touched for opening shall be provided in the premises for collection of waste material. This should be emptied and washed daily with a disinfectant and dried before next use. The disposal of sewage and effluents (solid, liquid and gas) should be in conformity with requirements of Factory / Environment Pollution Control Board.

Adequate drainage and waste disposal systems should be provided and they should be designed and constructed in such manner so that the risk of contaminating food or the potable water supply is eliminated. Waste storage should be located in such manner that it does not contaminate the food process, storage areas, the environment inside and outside the food establishment and waste should be kept in covered containers and should be removed at regular intervals.

Periodic disposal of the refuse / waste should be made compulsory. No waste should be kept open inside the premise and should be disposed of in an appropriate manner as per local rules and regulations including those for plastics and other non-environment friendly materials.

These are some of the issues that a restaurant or food service business must address to ensure high hygiene standards so that guests feel safe and comfortable while enjoying their food. ■

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ready to assist in creating a dining experience that leaves a lasting impression. From concept to execution, SSPL is here to turn the vision into reality.

Headquartered in New Delhi, SSPL is strategically positioned to serve the hospitality industry not only in India but also in neighbouring

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HOMEMADE PASTA MACHINE

Designed in Italy and now manufactured in Argentina since 1950, the biggest, sturdiest and everlasting pasta maker has now been introduced in India. The “Pastalinda” machine for homemade pasta is manufactured for those who love homemade and fresh pasta.

Pastalinda offers two models of pasta machine, Classic 200 with 200 mm width and Classic 260 with 260 mm width. With an appealing design and high durability, it permits to easily prepare 200 mm or 260 mm wide sheets of laminated dough of the desired length, noodles, tagliatelle, ribbons, dough sheets,



ravioli, ravioloni, cookies, sorrentini, pastry discs for turnovers, phyllo dough, farfalle, pappardelle, lasagne, fettucine and many more.

Due to its sturdiness and resistant structure it is an everlasting product. The use of stainless steel and maximum quality components make it appropriate for a demanding, high-performance operation. It permits a perfect and effortless kneading and stretching of the dough.

It has an appealing design, a crossover between retro and vintage. It can be perfectly combined with any kitchen, countertop, or cupboard, and easy to store.

The product is available in several colours. It has high level of versatility because of its solid rollers. One can be able to select different alternatives of doughs and thicknesses. The rollers included 2 cutting options: 2.5 mm wide tagliatelle or 7.5 mm wide ribbons.

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Tabletop Counters are portable and versatile, making them suitable for various settings, from markets and trade shows to pop-up shops and events. These counters are easy to set up and move, allowing for flexible placement and rearrangement. Despite their compact size, tabletop counters provide ample display space and can be used to highlight featured items or new arrivals, drawing customer's attention effectively.

Free standing units are standalone units that offer maximum visibility and accessibility. These counters are perfect for larger



retail spaces, supermarkets and department stores. They come in various sizes and designs catering to different product types and display



requirements. Free standing counters can be strategically placed to create focal points within a store, guiding customer flow and enhancing the overall shopping experience.

Vision air display counters are vital tools for business aiming to present their products attractively and efficiently. Each type offers unique benefits, allowing for tailored solutions to meet diverse display needs.

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Understanding the escalating demand for nutritionally enriched diets, NuTaste's team of experts tirelessly crafts inventive formulas and blends tailored to the distinct requirements of clients and their consumers. The commitment to quality and consistency remains steadfast, with NuTaste exclusively sourcing the finest ingredients and employing state-of-the-art technology to ensure each product surpasses the highest standards.

More than just a food tech enterprise, NuTaste emerges as collaborative partners in curating exceptional dining experiences. Enter a realm of flavors where innovation knows no bounds, and where NuTaste's ingenuity harmonizes with your imagination to redefine culinary possibilities. Welcome to NuTaste, where extraordinary tastes are born.

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“I believe in nurturing a team environment where everyone's ideas are valued”

Subin Venugopal, Food & Beverage Manager, Sheraton Grand Bengaluru Whitefield Hotel & Convention Center



Subin Venugopal is an accomplished Food and Beverage Manager at the Sheraton Grand Bengaluru Whitefield Hotel & Convention Center, where he has been excelling since September 2023. With over a decade of experience in the hospitality industry, Subin brings a wealth of expertise in managing high-profile events, optimizing profitability, and enhancing service quality. His career highlights include leadership roles at prestigious establishments such as The Leela Gandhinagar, Marriott International, and InterContinental Hotels & Resorts. Subin holds a postgraduate degree in Hospitality Administration/Management from West London College and a bachelor's degree in the same field from Rizvi College of Hotel Management and Catering. His proven track record in driving outdoor catering sales, organizing high-volume events, and restructuring F&B departments underscores his dedication to excellence and customer satisfaction.

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

What do you enjoy most about being a Food & Beverage Head?

The most rewarding aspect of my role is witnessing the entire Food & Beverage operations come together seamlessly. It's incredibly satisfying to see my team execute my vision from crafting innovative menus to prioritizing the exceptional experience of every guest. I also love the creative freedom this position allows. I get to experiment with new ingredients and techniques, constantly pushing the boundaries of Indian cuisine while staying true to its rich traditions. Finally, there's the joy of connecting with guests through food. Seeing them savour a dish we've created or hearing their positive feedback is the ultimate validation of our efforts.

How challenging is your position?

The role of a Food & Beverage Manager is multifaceted and demanding. It requires wearing many hats from menu development and cost control to managing a large team and maintaining the highest quality standards across multiple outlets. Staying ahead of trends, keeping up with the ever-evolving culinary landscape and ensuring guest satisfaction add to the complexity.

What is the USP of your Food & Beverage outlets?

The USP of our Food & Beverage outlets lies in our commitment to showcasing the vastness of flavours and presenting them with a modern twist. We use fresh, seasonal ingredients to create innovative dishes that

are both familiar and surprising. Beyond the food itself, we strive to offer an immersive dining experience that celebrates Indian culture through our warm hospitality and beautiful ambience.

What is your working philosophy?

My working philosophy is built on three pillars - Creativity, Collaboration and Consistency. We constantly strive to develop innovative dishes that push the boundaries of Indian cuisine. Collaboration is key - I believe in nurturing a team environment where everyone's ideas are valued. Finally, consistency in quality and service is paramount.

How would you like to define yourself?

I see myself as a passionate culinary storyteller. Food is my medium, and I use it to create experiences that evoke emotions and memories. I'm constantly learning and evolving, inspired by the rich heritage of Indian cuisine and adapting with emerging flavours in the world of food.

How do you like to de-stress?

Spending time in nature is a great way to unwind and recharge. I am also fond of travelling and I am a pet lover. I also find solace in music and reading cookbooks to stay inspired.

How has your journey been in the Food & Beverage field?

My journey in the culinary field has been

a wonderful adventure filled with challenges and triumphs. From the early days of learning the basics in my family kitchen to working in renowned kitchens across the globe, every experience has shaped my approach to food. The challenges have made me a more resilient and resourceful chef, while the triumphs have fueled my passion and dedication.

What has been your most rewarding moment at work?

There have been many rewarding moments, but what truly stands out is a culmination of the guest interactions I've had here in Sheraton Grand Bengaluru Whitefield and Convention Center. Providing customers with a good experience and helping them enjoy food is a fruit of the hard work and dedication of our entire team. We have also been rewarded as the best F&B operations South Asia in Marriott 2023 and has conducted many workshops and trainings. Currently, I have empaneled my Envision training under Marriott International which is more about engaging in leadership skills and coaching.

Anything else you would like to say?

I believe that Indian cuisine has a unique story to tell, and I'm honoured to play a role in sharing it with the world. We are constantly striving to elevate the dining experience at the Sheraton Grand Bangalore Whitefield and Convention Center, and I invite every food enthusiast to join us on this culinary journey.



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