

HAMMER

Food & Beverage

Aug-Sep 2024 • Volume XXI Number 6 ₹ 100

Business Review

Business magazine for food service & food retail professionals

Business

Beer: Favourite Among Indians

Agri

Incredible Spinach

Beverage

The World of Japanese Sake

Operations

Refrigeration: Essential for Foodservice Industry

Hygiene

Catering to Hygiene

Vegetarianism

A Growing Trend

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for more
information



Vegetarianism and vegetarian cuisine is increasingly becoming popular across the globe. Several developed economies around the world are seeing a shift towards vegetarianism. With the growing knowledge of its beneficial impact there is a rising trend for vegetarian food even among Gen. Z. Cover story examines the benefits of vegetarianism on one's health, ecology and the restaurant industry.

Beer, it is believed, is the world's most popular drink. People have been celebrating festive occasions with beer for over a millennium. Its popularity stems from its global availability, affordability, diverse flavour profiles, and deep-rooted cultural significance, which make it a preferred choice for social gatherings and celebrations worldwide. Business story takes a look at the Indian beer scenario and delves into several aspects of the industry.

Agri section discusses the benefits of Spinach which has essential vitamins and antioxidants, and is a savior against several problems. By adding spinach to the diet, one can benefit from its numerous health-promoting properties. Beverage section finds about the enigmatic and charming Sake, something revered in Japan. Sake is an alcoholic beverage that comes to mind when thinking of Japan, is rice based drink.

Refrigeration is one of the most important commercial equipment in foodservice industry. Choosing the right refrigeration products is essential for establishments to ensure not only to have quality storage options but preserve food too. Operation story finds it is essential to know that the equipment models one selects are energy efficient, long-lasting, and a perfect fit for the establishment.

Catering service is growing by leaps and bounds in India and has already become a big business. This is one area where there is further scope of growth in the coming years. Hygiene section elaborates on the rules for maintaining hygiene in catering services.

Regular sections updates on latest news, reports and events.

Food & Beverage

Business Review

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Pastry Queen India 2024

A Grand Showcase of Culinary Excellence



The much-anticipated 4th edition of Pastry Queen India 2024 concluded with resounding success on August 3-4 at the India Expo Centre & Mart, Greater Noida, NCR, India. Organized by Hammer Group, publishers of Bakery Review, and India Exposition Mart Ltd, Organizers of IHE 2024, the event was a celebration of extraordinary talent, innovation, and culinary artistry of professional female pastry chefs from across India.

Themed "Revolutionary Women," this year's event invited participants to interpret and portray the narratives of women who have revolutionized and inspired the world through their innovations and endeavors across various domains, including music, art, entertainment, science, history, fashion, sports, and literature.

Unveiling the Talents

The competition witnessed an impressive

lineup of contestants from renowned institutions, each showcasing their skills and creativity. The contestants and their mentors included:

TC 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 Palace Hotel, Gandhi Nagar

- Contestant: Kinjal Rathod
- Mentor: Ashish Bhasin

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

Competition Categories and Judging

The participants competed in various categories, including:

- Plated Dessert
- Innovative Leavened Breakfast Product
- Chocolate Cake/Entremet
- Street Food with Innovative Packaging
- Display Show Piece (Chocolate/Sugar)

Additionally, they were judged on Cleaning/Hygiene and Buffet Presentation in front of a live audience during the IHE Expo 2024. Esteemed jury members, including Dr. Balendra Singh, Chef Parvinder Singh Bali, Chef Mukesh Singh Rawat, and Chef Eureka Araujo, ensured the highest standards of evaluation and recognition.

Crowning the Winner

After two days of intense competition and meticulous judging, the title of "Pastry Queen India 2024" was awarded to Chef Kashish Sharma from La Meilleure, Gurugram. Chef Kashish Sharma

impressed the judges and audience with her exceptional skills, creativity, and adherence to the theme "Revolutionary Women."

Prize and Recognition

The winner will now represent India at the Sigept 2025 show in Italy, with travel and accommodation expenses covered. Chef Kashish Sharma will also receive advance Pastry training at the esteemed Cast Alimenti in Italy, further honing her skills and gaining international exposure.

A Platform for Growth and Excellence

The Pastry Queen India event aims to provide a training ground for large international events while showcasing the talents and future of young pastry chefs. By spotlighting these talented individuals, the event fosters a sense of belonging, goodwill, quality, passion, creativity, collaboration, and respect

among colleagues, integral to the ethics of the sector.

Acknowledgments and Quotes

Elle & Vire Professionnel and Delta Nutritives proudly sponsored the event, underscoring their commitment to nurturing culinary talent. Sanjay Anand, Director of Bakery Review, highlighted the significance of such events, "Events like Pastry Queen India are crucial for nurturing and showcasing the immense talent of pastry chefs in India. They provide a platform for young professionals to excel and inspire, boosting the pastry community and setting new benchmarks in the industry."

Pastry Queen India 2024 was a remarkable event, celebrating the creativity, passion, and skill of India's finest female pastry chefs. The event was a testament to the future of the pastry-making sector and an inspiring journey of culinary excellence.



Pastry Queen India 2024

Participants

APCA Bangalore



Chef Kareena M Dadlani
Pastry Chef



Chef Pratyay Keny
Mentor

Ecole Ducasse ISH, Gurugram



Chef Sana Khan
Pastry Chef



Chef Aabhas Jain
Mentor

ITC Grand Chola Chennai



Chef Deepthi Joji
Pastry Chef



Chef Vivek Kadam
(Mentor)

APCA Gurugram



Chef Juhi Chugh
Pastry Chef



Chef Sehaj Ghuman
Mentor

La Meilleure Gurugram



Chef Kashish Sharma
Pastry Chef



Chef Yogesh Sharma
Mentor

La Lavash



Chef Praniti Jain
Pastry Chef



Chef Sachin Rathor
Mentor

The Leela Gandhinagar



Chef Kinjal Rathod
Pastry Chef



Chef Ashish Bhasin
Mentor

The Jury



Dr. Balendra Singh

Dr. Balendra Singh

Dr. Balendra Singh is director at Institute of Bakery & Culinary Arts New Delhi. He established the institute to offer education based on his experience in hospitality industry as one of the leading pastry chef for aspiring professionals interested to make career in Bakery & Pastry. He has a flair for innovation with expertise in international pastry cuisine. He studied at The IHM Dehradun with a focus on bakery and confectionery. Later he garnered over 20 years of experience at major hotels like Umaid Bhawan Palace Jodhpur, Grand Hyatt New Delhi, Westin Gurgaon, JW Marriott New Delhi, Pullman, Novotel New Delhi, The Taj Mahal New Delhi & cruise ships around the world, where he honed his skills to international level.

He gained wide knowledge in casual & fine dining, a-la-carte, buffet & banquet and pastry verticals of foodservice industry. As a culinary educator, he focus on skill based education ensuring students a good career.

Chef Eureka Araujo

Born in Mumbai & grown up in Goa, Chef Eureka graduated in 2012 from the Institute of Hotel Management, Catering Technology & Applied Nutrition, Goa. Later in 2014 she did her Taj Management Training Program, a Training program by the Taj group of hotels that is comparable



Chef Mukesh Rawat

to an MBA in Hospitality Food Production that moulds young chefs into future inspiring professionals. Thereafter she worked at the Umaid Bhawan Palace as Senior Chef-De-Partie Bakery, Patisserie & Confectionery, for 2 years during 2014-16. Chef Eureka joined the Academy of Pastry & Culinary Arts (APCA) in 2016 as a Pastry Chef Instructor and went on to be promoted as the Executive Pastry Chef at the Mumbai Centre.

She represented India at the 'World Pastry Queen' championship in Rimini Italy in 2018, through a direct entry by winning Gold at the 'India Pastry Queen' competition in 2017. Her candidature was sponsored by Academy of Pastry & Culinary Arts (APCA). She also represented India in 2017 as the coach/judge of team India's Junior team championship in Rimini Italy.

After leaving APCA in 2022 Chef Eureka started SIVAKO. As the Creative Director at Sivako, a french patisserie cloud kitchen in Mumbai, her mission was to develop people for the best in French pastry by creating masterpieces through sight & taste.

Later she once again got the chance to represent India by becoming 'India Pastry Queen' at the 'World Pastry Queen' championship in 2023, where she won the Bronze Medal, among the best from around the world. During her tenure at APCA Chef Eureka got the opportunity to learn from multiple master chefs from



Chef Eureka Araujo

around the world including Chef Johan Martin, Chef Jean Francois Arnald, Chef Amaury Guichon, Chef Wei Loon Tan, Chef Christophe Morel, and Chef Emmanuele Forcone to name few. She participated in various workshops on Sugar Display, Chocolate & Pralines, Viennoiserie & Tarts and modern French Pastries to further hone up her skills.

Chef Mukesh Rawat

Chef Mukesh was born and brought up in Uttarakhand . Having graduated from the Institute of hotel management in Dehradun . He started his career with The Oberoi Bangalore as a Commis. Thereafter he worked at the Taj Westin Bangalore as Senior CDP, At Raddison Mumbai as PastryChef ; At Claridges Suraj Kund as Pastry Chef, At Hilton Chennai as Executive Pastry Chef and Executive Sous Chef .

-Later Chef Mukesh joined the Academy of Pastry & Culinary Arts (APCA) in 2015 as an Executive Pastry Chef & Educator. It was here that he got the opportunity to participate in the India Pastry Cup Competition in 2016 and won a Gold medal in it.

-In the same year he went on to participate in Asia Pastry Cup, Singapore and won a Bronzemedal for India and got recognized as the most Promising Talent in Asia Pastry Cup .

- In 2017 Chef Mukesh participated in World Pastry Cup Coupe De Monde De La as Captain of team India.

In 2018 he headed team India in Junior

The Organisers

Pastry team championship and won Gold medal.

-In 2019 he headed team India in Junior Pastry world cup in Italy and got 4th place.

In 2023 he headed team India in World Pastry Queen cup in Italy and won Bronze medal for India.

-In 2022 chef Mukesh started working with ZUCI Pure Passion ,Hyderabad and running the place as Director of Culinary.

- While at APCA Chef Mukesh got the opportunities to work with different Master Chefs from around the world including Chef Johan Martin, Chef Jean Francois Arnald, Chef Amaury Guichon, Chef Wei Loon Tan, Chef Christophe Morel, Chef Emmanuele Forcone and many more.



Chef Parvinder Singh Bali

Chef Parvinder Singh Bali is a distinguished culinary professional who spent 3 decades at Oberoi Hotels, renowned for his exceptional expertise and innovative approach to gastronomy. With a career spanning over three decades, Chef Bali has honed his skills in various prestigious kitchens around the world. At Oberoi Centre for Learning and Development, he has played a pivotal role in elevating culinary standards, blending traditional techniques with contemporary flair. His passion for teaching and mentoring aspiring chefs is evident through his contributions to culinary education. Chef Bali's dedication to excellence and creativity has earned him a revered place in the culinary industry. Dr. Chef Bali is now set to open his Culinary and pastry school named School for European Pastry and Culinary Arts in Gurugram in October 2024. He has been a jury member in previous Bakery & Pastry events organised by Hammer Group.



Hammer Group - Pioneering the Bakery and Confectionery Industry

Founded in 1999, Hammer Group stands as a leading force in India's bakery and confectionery sector, delivering unparalleled expertise, industry insights, and knowledge. As a multi-faceted organization, Hammer Group encompasses both Hammer Management and Marketing Services, an event company specializing in world-class pastry and bakery events, and Hammer Publishers Pvt. Ltd., the esteemed publisher of Bakery Review magazine.

Hammer Publishers Pvt. Ltd.

Hammer Publishers Pvt. Ltd. is renowned for its flagship bi-monthly magazine, Bakery Review, a trusted resource for professionals navigating the rapidly evolving Bakery & Confectionery industry. The magazine delves deep into emerging trends, innovations, and developments across commercial, retail, and in-store bakeries, as well as the foodservice sector. Bakery Review also provides insights into allied industries such as milling, dairy, and snack foods, making it an essential read for bakery professionals seeking to stay ahead in a competitive market. With a strong focus on cutting-edge techniques, state-of-the-art equipment, recipes, and business growth strategies, Bakery Review has established itself as the definitive guide for those aiming to thrive in the bakery sector.

Hammer Management and Marketing Services

Complementing the publishing arm, Hammer Management and Marketing Services plays a pivotal role in the industry by organizing prestigious events dedicated to bakery and pastry professionals. These events provide an invaluable platform for learning, networking, and showcasing the latest advancements in the field, further reinforcing the group's commitment to fostering growth and innovation in the industry.

At Hammer Group, we are committed to empowering bakery professionals with the knowledge, skills, and opportunities needed to thrive in a dynamic industry. Through our publications and events, we aim to support and inspire the next generation of bakers, confectioners, and industry leaders in India and beyond.



The India International Hospitality Expo

The International Hospitality Expositions (IHE 24) continues to solidify its status as India's premier hospitality trade show, marking its seventh consecutive year of excellence. Organized by The India Exposition Mart Limited (IEM), this event is not just a gathering of over 55,000 B2B buyers from luxury hotels, resorts, and the F&B sector; it's a vibrant marketplace showcasing the future of India's hospitality industry.

IEM, located in Greater Noida, stands out as a premier MICE destination, featuring a sprawling complex of 2.5 million sq. ft. With over 800 permanent showrooms, 14 multi-purpose halls, and state-of-the-art facilities, it provides a sophisticated backdrop for international exhibitions and conferences. The venue has received accolades such as the Exhibition Excellence Awards 2022 and Best MICE Venue 2021-22, affirming its commitment to quality and innovation.

IHE 24 also Co-organised the Pastry Queen India and Master Bakers India challenges, further enhancing its reputation as a hub for culinary excellence. With world-class amenities, extensive logistical support, and modern safety standards, IEM ensures that every event is not just successful but memorable, making it the ultimate gateway to India's burgeoning hospitality business.

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Pastry Queen India 2024



Pastry Queen India 2024



Pastry Queen India 2024



Pastry Queen India 2024



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Master Bakers Challenge India 2024

Sandeep Kumar from Claridges Hotel Triumphs at Inaugural Event!



Master Bakers India announced the conclusion of its first-ever Master Bakers Challenge, held at the India Expo Centre & Mart, Greater Noida, NCR on 5th August 2024. The event saw the crème de la crème of India's baking talent come together to compete in a live, thrilling competition witnessed by a large audience attending the IHE Expo 2024.

Master Bakers India is dedicated to celebrating and promoting the art of professional baking in India. Through

competitions & community events. Master Bakers India aims to support and inspire bakers of all levels, fostering a vibrant and dynamic baking community.

Chef Sandeep Kumar from Claridges Hotel emerged as the winner of the Master Bakers India 2024 Challenge. With over 12 years of experience in the culinary field, Sandeep impressed the judges with his exceptional skill, creativity, and precision. His winning creations, which included Fougasse, Baguette, Bruschetta, Quiche, Sweet Bread,

and Savoury Bread, showcased his deep understanding of baking techniques and his innovative approach to flavors and presentation.

The participants were judged on multiple criteria, including Texture and Consistency, Taste/Flavours, Presentation and Creativity, Cleaning/Hygiene, and Buffet Presentation. The esteemed panel of judges praised the high standards and creativity displayed by all competitors:

Judges Dr. Chef Balendra Singh: Director

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at the Institute of Bakery & Culinary Arts New Delhi, Dr. Singh has over 20 years of experience in the hospitality industry, having worked at prestigious establishments such as Umaid Bhawan Palace Jodhpur and JW Marriott New Delhi. His expertise in international pastry cuisine and his focus on skill-based education have made him a leading figure in culinary education.

Kazem Samandari: Co-founder and Executive Chairman of L'Opéra (French Bakery Pvt. Ltd.), Kazem holds a Ph.D. in Industrial Economy and has over 45 years of professional and entrepreneurial experience. He has worked across more than 60 countries and was honored by the French Government with the prestigious title of Knight in the National Order of Merit.

Dr. Chef Parvinder Singh Bali: A distinguished culinary professional with over three decades at Oberoi Hotels, Chef Bali is renowned for his innovative approach to gastronomy and his dedication to mentoring aspiring chefs. He is set to open his Culinary and Pastry school named School for European Pastry and Culinary Arts in Gurugram in September 2024.

The Winners

"We are proud to recognize Sandeep Kumar as this year's champion and His dedication to the craft and ability to push the boundaries of traditional baking truly set him apart. We believe his achievements will inspire many aspiring bakers across the country." said Rajat Taneja, organizer of Master Bakers India 2024 from Hammer Group.

The first runner-up, Chef Prerna Kothari, a Senior Learning Facilitator at Le Cordon Bleu India, was awarded a Master Class from the School for European Gurugram worth Rs 30,000/-

The Support

The Master Bakers Challenge India 2024 was powered by DKG Sales Pvt Ltd and sponsored by Sigma SRL, both of whom



Chef Prerna Kothari, a Senior Learning Facilitator at Le Cordon Bleu India

provided the cutting-edge equipment and high-quality Ovens used in the competition.

The live event, filled with excitement, learning, and entertainment, offered attendees a unique opportunity to witness the artistry and precision of India's top bakers.

The competition's objective was not only to identify the best professional

baking talent but also to inspire and educate visitors about the art and science of baking. The participants demonstrated their prowess in creating a variety of baked goods, maintaining high standards of hygiene and presentation, and delivering exceptional culinary experiences.

In addition to the accolades and recognition, Sandeep Kumar was awarded paid trip to Malaysia for three days of training at the Academy of Pastry and Culinary Arts Malaysia, covering airfare, stay, and training costs. This prize aims to further enhance his skills and provide international exposure to world-class baking techniques.

Organizers of Master Bakers India extend its heartfelt congratulations to Sandeep Kumar and all the participants who made this event a grand success. Their hard work, creativity, and dedication have set a high standard for future editions of the Master Bakers Challenge.

Participating Chefs

Ajendra Singh, Anushka Madaan, Bidur Kumar, Chandra Pratap Singh, Gul Mohammad, Prerna Kothari, Sandeep Kumar, Sohan Kumar



Participants

Sohan Kumar



Bidur Kumar Mahapatra



Ajendra Singh



Chandra Pratap Singh



Anushka Madaan



Sandeep Kumar



Prerna Kothari



Gul Mohammad



The Jury



Kazem Samandari

Kazem Samandari holds a Ph.D. in Industrial Economy, an MS in Electrical Engineering, and a Business Degree from the Swiss Federal Institute of Technology in Zurich, Switzerland. With over 45 years of professional and entrepreneurial experience, he has been a pivotal figure in the global high-tech industry. Kazem has spearheaded six startups and worked across more than 60 countries on all continents. His extensive executive experience includes key positions at GMC Digital Printing Systems, Scitex Digital Printing, Inc., Kodak Versamark Inc., and Given Imaging Ltd. In 2014, Kazem founded KCSH & Associates in Singapore, specializing in assisting young high-tech companies to find business partners in Asia and expand their activities in the region. He also serves as the President of Terra Firma International. Kazem co-founded L'Opéra (French Bakery Pvt. Ltd.) and has served as its Executive Chairman since its inception in 2008. More recently, in 2022, he co-founded the Trajectories of Hope Foundation, dedicated to society-building endeavors. Kazem's career has been marked by professional exposure to various

cultures and traditions worldwide, enriching his global perspective and professional approach. In 2015, he was honored by the French Government with the prestigious title of Knight in the National Order of Merit (Chevalier de l'Ordre national du Mérite).

Dr. Balendra Singh

Dr. Balendra Singh is director at Institute of Bakery & Culinary Arts New Delhi. He established the institute to offer education based on his experience in hospitality industry as one of the leading pastry chef for aspiring professionals interested to make career in Bakery & Pastry. He has a flair for innovation with expertise in international pastry cuisine. He studied at The IHM Dehradun with a focus on bakery and confectionery. Later he garnered over 20 years of experience at major hotels like Umaid Bhawan Palace Jodhpur, Grand Hyatt New Delhi, Westin Gurgaon, JW Marriott New Delhi, Pullman, Novotel New Delhi, The Taj Mahal New Delhi & cruise ships around the world, where he honed his skills to international level.

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Master Bakers Challenge India 2024



Master Bakers Challenge India 2024



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Master Bakers Challenge India 2024



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Delta Nutritives Pvt. Ltd.

At Delta Nutritives, we understand our customers' expectations and strive to meet them consistently. We have established ourselves as one of the most reliable suppliers of dessert ingredients and equipment for ice cream manufacturing. Our extensive range of products includes Belgium chocolates by Callebaut, ice cream ingredients by Mec3, Italy, frozen berries and purees by Dirafröst (Belgium) and Ravifruit (France), fruit fillings by Dawn Foods, Belgium, and dairy products by Elle & Vire, France. In addition to importing and supplying these premium ingredients, we also manufacture cake premixes, glazes, pastry fillings, and fruit fillings for bakeries. Our product portfolio is complemented by a wide range of decorations, accessories, edible colors, velvet sprays, chocolate molds, industrial blenders, slush machines, and hot chocolate drink dispensers. At Delta Nutritives, we connect ingredients and expertise to deliver the industry's trusted brands right to your doorstep.



MOD Kitchen Equipment Pvt. Ltd.

MOD Kitchen Equipment Pvt. Ltd., known as MOD, is a leading provider of complete commercial kitchen and catering equipment solutions. Based in New Delhi, India, MOD specializes in turnkey kitchen projects, serving various industries. MOD is a trusted supplier of bakery and catering equipment to internationally acclaimed hotels, bakeries, coffee outlets, restaurants, educational institutions, and industrial units across the country. With a focus on quality and functionality, MOD delivers top-notch products and services to meet the diverse needs of its clients. MOD is a major sales and service provider in India for OZTI, a renowned commercial kitchen equipment brand from Turkey. With a ready stock of spare parts, MOD ensures prompt support for customer requirements. With expertise in manufacturing and importing commercial kitchen equipment, MOD's design team meticulously plans and designs layouts to optimize space utilization and facilitate smooth operations. MOD Kitchen Equipment Pvt. Ltd. is dedicated to customer satisfaction and has earned a reputation for excellence. Their commitment to delivering high-quality products, reliable services, and innovative solutions has made them a trusted name in the industry. MOD's expertise, strong industry relationships, and customer-centric approach position them as a reliable one-stop solution for all commercial kitchen and catering equipment needs.



RANS Technocrats (India) Pvt. Ltd.

With 27 years of industry experience, RANS Technocrats is a renowned Indian company specializing in the manufacturing of kitchen equipment for the foodservice industry. Their commitment to advanced technology and innovative products has made them a trusted choice for hotels and restaurants throughout India. RANS Technocrats serves customers

nationwide, providing dedicated service and support. They pride themselves on their state-of-the-art machinery and a strong emphasis on quality, ensuring that their equipment meets international standards. To offer a comprehensive range of kitchen equipment, RANS Technocrats has developed specialized brands. ULTIMATE, one of their brands, offers a wide selection of baking ovens, salamanders, and pizza ovens. ICEDEN, another brand, focuses on commercial refrigeration equipment such as display counters, deep freezers, under-counter refrigerators, and freezers. GRATEINOX, their specialized brand, specializes in high-quality stainless steel kitchen floor gratings. Leveraging their expertise in sheet metal fabrication, RANS Technocrats also offers a diverse range of customized commercial kitchen equipment under the RANS brand. As a leading manufacturer in India, RANS Technocrats is recognized for their commitment to delivering high-quality products and excellent service to customers nationwide.



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Welcome to the world of Windsor Chocolatier, where artisanal craftsmanship meets exquisite flavors tailored to your preferences. We take pride in creating batch-to-batch artisanal chocolates, ensuring each bite is a symphony of taste and quality that surpasses expectations. Our expertise extends beyond chocolates to crafting premium nuts pure paste, spreads, and praline paste, Candied orange peel catering to discerning high-end bakeries and passionate food enthusiasts. At Windsor Chocolatier, we also offer private labeling services for our esteemed national-level clients, providing tailored solutions that reflect your brand's identity and standards. If you're seeking unrivaled quality, personalized service, and a culinary experience that transcends the ordinary, we invite you to contact us and embark on a journey of unparalleled indulgence. The firm holds 5 Limca Book of Records and strives to be the largest premium chocolate company in India within ten years.

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Euro Foods Pvt Ltd is a premier importer and distributor in India, dedicated to providing top-quality products to its esteemed clientele, including 5-star hotels, fine dining restaurants, retail chains, caterers, and bakeries. Specializing in a diverse range of offerings, Euro Foods proudly supplies chocolates, bread pre-mixes, frozen fruits and fillings, bar syrups, and Canned product etc. Committed to excellence, Euro Foods ensures that each product meets the highest standards of quality and taste. With a focus on delivering premium ingredients, Euro Foods enables culinary enthusiasts across India to elevate their creations to unparalleled heights.



IBCA

IBCA has become an excellent platform for newbies to learn and master the field of Bakery and Culinary Arts in their sophisticated courses. All courses have a standard curriculum to give students guidance in various methods, processes, preparations, and building recipes from scratch. We turn newcomers with little or no experience in Bakery and Culinary Arts into dedicated professionals ready to compete in the demanding world of building their careers. IBCA offers them all the resources they need to advance their amateur careers while receiving professional guidance. Over the years, IBCA has earned one of the top names as bakery institute in Delhi & culinary institute in Delhi. Last few years, people have joined our bakery classes in India from different parts of the world and states of India, establishing us as a prestigious bakery & Culinary Institute in India. All these joinings happened based on our student performance on the International level and our placement records across the world.



Sigma SRL

Sigma SRL specializes in delivering cutting-edge pastry, pizza, and bakery machinery, all crafted in Italy to elevate culinary creations. Their advanced equipment includes planetary mixers, twin-arm mixers, and professional dough sheeters, ensuring impeccable mixing for everything from delicate creams to complex doughs. Sigma's innovative pizza machines streamline every step of pizza preparation, enhancing both quality and efficiency. For artisan bakeries, they offer robust spiral mixers, twin-arm mixers, and precision dividers for perfect dough production, along with comprehensive solutions for dividing and forming bakery products. Sigma SRL provides unparalleled reliability and performance, with their full range of solutions available through DKG Sales Pvt. Ltd. in India.



DKG Sales Private Limited

DKG Sales Private Limited, established in 1987 by Dilip Kumar Gandhi, is a premier Delhi-based manufacturing company catering to the Indian hotel and restaurant industry. Specializing in high-quality cutlery, crockery, glassware, and kitchen equipment, DKG meets the unique needs of chefs. Their state-of-the-art facility ensures premium quality, innovation, and client-centric solutions, helping chefs create exceptional culinary experiences.



Products & Ideas (India) Private Limited

Founded in 2009, Products & Ideas (India) Private Limited is a premier importer of commercial kitchen and bakery equipment in India. We proudly support the Pastry and Bakery Industry with top-tier equipment from esteemed international brands, ensuring exceptional quality and service. We offer

premium quality products that meet high standards, providing a diverse range of commercial kitchen equipment including ovens, mixers, and table top refrigeration units. Our products boast superior shelf life and require minimal repairs, ensuring efficiency and reliability. We deal with renowned brands like SPAR, Stella, Ace Plus, Merrychef, Convotherm, Lincoln, Rowzer Plus, JTC, My Cook, Ideal, ITV, Antunes, and many more. Committed to innovation and excellence, Products & Ideas (India) Private Limited helps commercial kitchens and bakeries operate smoothly, ensuring success and satisfaction for hotels, restaurants, caterers, and more.



Anupam Industries

Anupam Industries, established in 1995, has become a prominent manufacturer and supplier of premium catering counters and related products. The company prioritizes innovation and customer satisfaction, offering a wide array of catering solutions, including stylish buffet tables like the AeroSpace and Chinese Buffet Tables. These products are designed to enhance food presentation while delivering practical functionality for various events.

With a strong commitment to ethical business practices, Anupam Industries ensures transparency in all dealings, fostering robust client relationships. Their catering counters are both aesthetically pleasing and specifically tailored to meet the diverse culinary requirements of caterers and event planners. This dedication to quality and service has positioned Anupam Industries as a trusted partner in the hospitality sector.

Under its own brand, Anupam Royals, the company showcases superior craftsmanship and design, reflecting its commitment to excellence and innovation in the catering industry. The product lineup includes elegant catering counters, a variety of chafing dishes to maintain food warmth, an assortment of crockery including platters and bowls, versatile display stands, comfortable banquet chairs, and refined cutlery sets to elevate the dining experience.



HPMF 14th Convention and Awards

HPMF will be celebrating its 14th Anniversary, along with the Convention and Awards, on 26-29 September 2024 at Lucknow and Ayodhya Dham. The theme of the event is the unique combination of business and a journey through our rich and timeless culture of the city of Shri Ram and a glimpse of the famous Nawabi "Tehzeeb".

Earlier, Cochin, Varanasi, Jodhpur, Bhubaneswar and Mumbai etc were the venues of these three-day gala events. Known to be hugely successful and fascinating events, the HPMF fraternity pulls out all stops to put up an event worthy of their large fraternity. The ceremony in 2019 at Cochin was the talk of the country, with over 350 members, press and the bigwigs of the corporate world gracing the occasion.

HPMF (Hospitality Purchasing Manager's Forum) is a consortium of purchasing managers from the hospitality industry representing star hotels, catering companies, stand-alone restaurant chains, retail chains and airlines. The annual Procurement Excellence Awards, the first of its kind, conceived and rolled out in 2012 and now in its 12th year, will be the star of the event, looked forward to eagerly by the delegates and vendors to the industry.

The honour and prestige associated with the awards are tremendous, as is the spectacular show that is a part of the event. This time, HPMF will also be honoring Vendors to the hospitality Industry to recognize their contribution to the industry and the Procurement fraternity.

HPMF is first of its kind in India which aims to provide a platform for buyers from hospitality industry. Training and Development of procurement professionals, Consolidated procurement, industry product standardization, volume discounts, improved professionalism in purchasing process, development of potential vendors, green initiatives, corporate social responsibilities are some of the key elements of HPMF.

Dr. Nitin Shankar Nagrale, Founder and General Secretary of HPMF says, "The delegates and all other participants will experience the magical journey of the life of Parampurush Shri Ram and the rich heritage of Awadh through Cultural Shows, Cuisine, visits to historical places and exotic display of ancient crafts. Besides the spectacular shows and intense discussions; presentation from industry experts and highly acclaimed Corporate Speakers will address the gathering. Eminent Hospitality Honchos, achievers in various fields, and well-known corporate leaders have been invited to the event as Chief Guests and Guests of Honor. As always, well organized B2B meets will be the highlight of the convention too, with over 40 vendors attending the event"

EVENT CALENDAR

19-23 October 2024

SIAL Paris

PARIS NORD VILLEPINTE, Paris
France

<https://www.sialparis.com>

23-25 October 2024

Drink Technology India

Bombay Exhibition Centre (BEC),
Mumbai, Maharashtra, India

<https://www.drinktechnology-india.com>

23-25 October 2024

World Tea & Coffee Expo

Bombay Exhibition Centre (BEC),
Mumbai, Maharashtra, India

<https://www.worldteacoffeeexpo.com>

3-7 November 2024

EquipHotel Paris

Paris, Porte de Versailles, Paris, France

<https://www.equiphotel.com>

8-9 November 2024

ProWine India

Jio World Convention Centre, Mumbai,
Maharashtra, India

<https://www.prowine.in>

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>

19-22 December 2024

Khadhya Khurak 2024

Gandhinagar, Gujarat, India

<https://www.khadhyakhurak.com>

8-10 January 2025

Indus Food 2025

India Expo Centre & Mart, Greater
Noida, Uttar Pradesh, India

<https://www.indusfood.co.in>

5-9 March 2025

**AAHAR - International Food &
Hospitality Fair**

Pragati Maidan, New Delhi, Delhi, India

<https://www.indiatradefair.com>

29-31 May 2025

Food & Hotel India (FHIndia) 2025

Yashobhumi (IICC), Dwarka, Delhi, India

<https://foodandhotelindia.com>

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60th Anniversary of SIAL Paris

Hosting close to 8000 exhibitors including 150+ Indian companies

19 - 23 October 2024, Paris Nord Villepinte, Paris, France



SIAL, the largest food and beverage exhibition in the world, will be hosting 8000 exhibitors from 150 countries this year. The event will showcase 400000 products across ten product sectors. For the first time, all the halls are 100% product based as this will make it easier for visitors to find what they are looking for.

SIAL Innovation will be taking center stage to identify exciting new products and we have a fantastic line up of conferences in our SIAL Talks. SIAL 2024 is looking forward to welcoming professionals from the food and beverage industry to Paris during 19-23 October 2024.

India has been one of the rising stars over the last few years and participation has been steadily increasing. For 60th anniversary edition, the largest contingent yet – over 150 Indian companies will be showcasing their products at SIAL 2024.

For 60 years, SIAL Paris has been uniting professionals from around the globe to discuss matters related to food. True to its DNA, SIAL has always been a place for meetings and exchanges, a fair where sharing, enjoyment, and energy serve the business world, and this is even truer in 2024 with a special program that makes SIAL Paris an even more vibrant event.

The 2024 program and its new features are:

SIAL Summits

For the first time, SIAL Paris is organizing Summits. This novel format goes beyond inspiration and offers forward-looking content delivered by internationally renowned speakers. Africa, deeptech, AI, supply chain, and CSR will be explored during these summits to understand their immediate impact and to contemplate concrete solutions they can provide for tomorrow's challenges.

SIAL For Change

To bring out the leading strategies on topics related to CSR, to initiate a collective movement, and to promote a positive vision of change: this is the spirit of the SIAL for Change competition, unveiled on the occasion of SIAL Paris's 60th anniversary. Beyond products and innovations, this award explores the overall approaches of exhibitors, who will need to demonstrate their commitment through a dedicated application file (available on the SIAL Paris website). The best business initiatives will be rewarded at the exhibition during a ceremony and featured in a dedicated tour.

SIAL INNOVATION

SIAL Innovation is a global observatory of food innovation offered in partnership with Protéines XTC, which analyzes several thousand applications submitted by the

exhibitors of the show every two years.

SIAL rewards the best innovations through around twenty thematic trophies, awarded by sector (dairy products, seafood, frozen foods, food service, etc.), as well as special prizes. As a trendsetter, SIAL Paris offers its visitors a unique window into the future of global food through a dedicated area at the show that showcases products selected by SIAL Innovation.

The 2024 edition will be marked by four new special awards: a 60th Anniversary Award that will reward the best innovation among all the winners of the contest since its inception, a Top 3 Countries Award with the podium of nations that have proposed the most innovative products, an Africa Award, and a Concept Award for early-stage innovations.

The highly anticipated SIAL Innovation Grand Prizes Bronze, Silver, and Gold will be unveiled during the trophy presentation ceremony, a must-attend event of the fair! Saturday October 19, 2024, from 4 pm to 6 pm at the SIAL Talks stage.

For the first time, visitors to the fair will have the opportunity to taste products from the SIAL Innovation selection in a new space: SIAL Taste.

SIAL was launched by the French Ministry of Agriculture in 1964, it is a neutral, internationally recognized platform for the food and beverage industry. It maintains an active network of contacts with private and public players in the food and beverage industry across countries. SIAL is a platform for international business and exchanges for the countries participating. French participation accounts for only 10% of the exhibition and Italy is the largest exhibiting country.

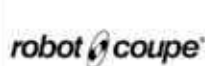
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ICF Announces The 21st Annual Chef Awards



The Indian Culinary Forum (ICF) present the 21st Annual Chef Awards, a premier celebration of culinary excellence in India. Set for October 17, 2024, at The Ashok, New Delhi, this esteemed event is one of India's oldest and largest culinary gatherings, bringing together top chefs, innovators, and gastronomic artists from across the country. Renowned for recognizing exceptional creativity and skill, the Chef Awards will this year offer a remarkable tribute to the evolving art of Indian cuisine.

With around 200 participants, the Chef Awards culinary competition will span diverse categories, including Master Chef of the Year, Kebabs, Indian Patisserie, Indian Sweets, International Cuisine, North Indian Cuisine, Oriental Cuisine, and Student Chef of the Year for both male and female contestants. Reflecting the diversity of India's culinary heritage, the competition promises to be both fierce and inspiring.

Participants will be evaluated by a distinguished panel of judges, all chefs and hotel industry stalwarts, certified by the World Association of Chefs Societies (WACS), ensuring the highest standards. This year's jury will be chaired by Chef Rajiv Gulshan, Dean at Le Cordon Bleu Gurugram, G D Goenka University, with Chef Rajiv Chopra serving as organizing secretary to oversee the event's smooth execution.

Chef Davinder Kumar, President of the Indian Culinary Forum, said, "The Chef Awards and Knowledge Summit have become cornerstones of our mission to

recognize and uplift the profession in India. We are excited to once again celebrate the extraordinary talent and dedication of our chefs, who continue to push boundaries. We anticipate an inspiring event that will foster unity and innovation in the community."

In addition to the competitive categories, the ICF Chef Awards also acknowledge industry veterans with awards for lifetime achievements and contributions. These include the Lifetime Achievement Award, Golden Hat, Silver Hat, Academic Silver Hat, Pastry Chef of the Year, and Lady Chef of the Year. Selected by a respected jury, these awards highlight individuals who have made a meaningful impact on the industry, reflecting the ICF's dedication to supporting both emerging talent and

established leaders.

Chef Vivek Saggat, General Secretary of the Indian Culinary Forum, added, "The Annual Chef Awards and Knowledge Summit are about celebrating the best in our industry. This year, we're eager to uncover new trends and showcase the diverse talents of chefs from across India. Our goal is to inspire progress and elevate the culinary community through meaningful discussions that will shape the future of our profession."

The 12th Knowledge Summit, held alongside the Chef Awards, is a key event that brings hospitality leaders, educators, and critics together for a day of insightful discussions. This year's summit will delve into the theme "Culinarians in the AI Era - Tiptoeing the Fine Line," a topic that is highly relevant to the industry. The Knowledge Summit is a platform that facilitates the exchange of ideas, best practices, and strategies to address key challenges in the culinary world, aligning with the ICF's mission to celebrate excellence and advance the profession.

The Indian Culinary Forum is India's association of Professional chefs of India. It was formed in New Delhi in 1987 as an exclusive non-profit-making organization, dedicated solely to the advancement of the culinary art of India. The Forum's objective is to act as a link, a platform and an instrument for the enhancement and overall development of the national community of chefs. The ICF has an international culinary focus in the staging of its various competitions, seminars, and events.





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IHE 2024

Concludes With Setting Higher Goals

The 7th edition of the India International Hospitality Expo (IHE 2024) concludes along with four co-located shows on a successful note with 942 exhibitors showcasing their excellence in the hospitality sector. The integrated showcase of four co-located shows with IHE 2024 had exhibitions, discussions, and culinary excellence held at the India Expo Centre & Mart proven to be a cornerstone for innovation and collaboration within the hospitality industry by generating serious business enquiries estimated worth Rs12,000 crore.

The holistic showcase representing luxury hotels, resorts, homestays, restaurants, catering, decoration and the F&B sector drew a huge footfall of approximately 90,000 B2B visitors during 4 dynamic days of the Expo. Attendees witnessed a comprehensive range of products and services on display, from cutting-edge technology solutions to sustainable practices and innovative culinary trends. The final day of IHE 2024 solidified the expo's reputation as India's premier B2B hospitality event.

IHE 2024 was inaugurated by the Hon'ble Union Minister of Culture and Tourism, Shri Gajendra Singh Shekhawat. The grand beginning of the expo took place with a glittering ceremony attended by eminent dignitaries such as the Ambassador of Myanmar, H.E. Moe Kyaw Aung; Chief Trade Counsellor of the Embassy of Vietnam, Mr. Bui Trung Thuong; and Shri Premal Mehta, Director of Aakar Exhibition, among others. Union Minister Gajendra Singh Shekhawat delivered the keynote address, emphasizing the pivotal role of IHE in promoting India's hospitality sector globally.

Dr. Rakesh Kumar, Chairman of India Expo Centre & Mart, expressed pride in hosting such a prestigious event, highlighting the collaboration with Vietnam as the Partner Country and Himachal Pradesh as the Focus State. This collaboration brought unique cultural and culinary experiences to the forefront, setting the tone for a vibrant and diverse expo.

The expo's diverse lineup included exciting culinary competitions, such as the Master Bakers Challenge India 2024, Pastry Queen India and the India Pizza League Championship, which drew participants from across the country. The Vietnam Food Festival, led by Chef Thong Nguyen Van, showcased authentic Vietnamese cuisine, leaving attendees delighted with its rich flavours and cultural heritage.

IHE 2024 has set new benchmarks for excellence in the hospitality industry. The organizers are already setting higher goals for IHE 2025, aiming to expand the expo's reach and impact even further. The commitment to fostering growth, innovation, and collaboration remains unwavering, with plans to continue showcasing the best of India's hospitality sector on the global stage.

The India International Hospitality Expo (IHE) is the largest hospitality expo in India, dedicated to showcasing the latest innovations, products, and services in the hospitality industry. Since its inception, IHE has been a catalyst for growth and development in the sector, bringing together industry leaders and professionals from around the world.

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Bira 91 Grabs 9 Awards at the World Beer Awards

Bira 91, one of the fastest-growing beer brands in the world celebrated multiple wins at the World Beer Awards held in London on August 08 this year. The brand distinguished itself by winning 9 medals at the prestigious World Beer Awards 2024, including 4 Golds, 3 Silvers, and 2 Bronzes solidifying Bira 91's position as a leading force in the global beer industry.

Often considered as the Oscars of Global Beer Awards, the World Beer Awards selects the very best in all internationally recognised styles and selects country and world winners as well as awarding gold, silver and bronze awards in each style category.

The World Beer Awards, honoured Bira 91 for its innovative brewing and exceptional flavours. Competing with the world's finest breweries, Bira 91's accolades underscore the brand's steadfast commitment to innovation and quality. These awards not only highlight Bira 91's excellence as a leading Indian beer brand but also affirm its growing



global presence, driven by a relentless pursuit of creativity and innovation.

Bira 91 bagged nine medals across various categories. Bira 91 Boom was chosen the winner from India for the World's Best Strong Lager, and bagged Gold as well. Bira 91 Gold Wheat Strong, Bira 91 Superfresh White with Citrus, and Superfresh White With Mango were declared the country winners, as well as secured Gold in the categories of World's Best Strong Wheat Beer, World's Best Belgian Style Witbier, and World's Best Flavoured Fruit & Vegetable Beer, respectively.

Bira 91 Light, Superfresh White With Berry, and Malabar Stout won Silver in World's Best Light Lager, World's Best Sweet Stout, World's Best Session IPA categories. Keeping up with the winning momentum, Bira 91 also bagged Bronze for Bira 91 Rise, and Indian Pale Ale with Pomelo in their categories.

Ankur Jain, Founder & CEO of Bira 91, said, "We are incredibly proud of our achievements at the World Beer Awards 2024. These awards are a reflection of our relentless pursuit of excellence and innovation in brewing. These awards are highly respected within the global beer community and the accolades are a testament to the creativity and dedication of our brewers, whose craftsmanship is at the core of every beer that we produce. For us, it's not just about winning; it's about putting Indian beers on the global map."

First Indian Food Services Company to Reach 4000 Employee Mark

Rassense Pvt Ltd, India's largest home-grown food catering service company, has successfully crossed the 4000 full-time employee mark across 100 plus industrial and corporate sites in India. Backed by Spark Capital AIF, Rassense deploys best in class production practices to prepare over 3,00,000 meals every day at some of India's most recognized educational institutions, hospitals and industries

Sanjay Kumar, MD & Promoter CEO, said, "When we reconstituted CRCL LLP through a leveraged buyout last September, we were clear in our ambition to be India's largest food catering service company that is also much loved by its various patrons.

The contract catering business industry in India is expected to flourish as nearly two-thirds of the country's population will attain employable age by 2030.

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Samosa Singh Now in Delhi

Samosa Singh, one of India's leading quick-service restaurant (QSR) chains, announces its entry into Delhi with the launch of its first outlet at the Rajiv Chowk metro station.

Samosa Singh is successfully running 40 plus cloud kitchens to cater to the demands of customers ordering samosas online from parts of South and West India. The brand started its physical presence last year in December and since then has expanded to 12 plus locations becoming one of the fastest growing QSR chains in India.

Samosa Singh has opened more than six outlets in less than two weeks, marking the beginning of a significant expansion phase. The new outlets offer freshly done varieties of samosas, kachori, chaats, street food, and more. In a remarkable achievement, the brand will make over 20 outlets operational across North India including Delhi and the whole of NCR within the next 3-4 months.

"We are finally at the Capital of India, the Dil walaon ki Dilli. For us entry into this city

represents the fulfilment of a dream. Looking ahead, we are excited about the future. This achievement is a testament to the extraordinary teamwork and dedication of our team as well as the unwavering support and love from our loyal customers. We are ready to savour every moment as we discover the heart and soul of Delhi—one samosa at a time." said Nidhi Singh, co-founder of Samosa Singh.

Samosa Singh, known for reinventing the



traditional samosa with a unique twist, offers a nostalgic culinary experience by preparing Indian snacks live in front of customers. This interactive element brings back the charm of enjoying fresh street food while travelling or during leisure time.

Having served more than 50 million pieces of delight to customers and counting, the QSR chain will soon be venturing to Chennai and Kochi as well. As Samosa Singh continues its rapid expansion, the brand welcomes the interest of potential franchisee partnerships.

Bringing the Flavors of Southern Italy to Bengaluru

La Gioia - Ristorante Italiano by Buono Eats, a one-of-a-kind dining experience nestled in the heart of Indira Nagar, Bangalore, has announced its grand opening. This exquisite eatery brings the true essence of Southern Italy to the city, offering an unparalleled dining experience that combines traditional flavors with rich cultural immersion.

La Gioia transports you to the picturesque coastlines and charming towns of Southern Italy, renowned for their breathtaking beauty, warm hospitality, and culinary excellence. The restaurant's ambiance reflects the region's inviting spirit, creating a warm and familial atmosphere where guests can savor the rich traditions and flavors of Italian cuisine.

The culinary journey at La Gioia is curated by the esteemed Chef Piccinno Vito from Lecce, Puglia, who brings over 45 years of expertise to the table. The exclusive menu is a celebration of Southern Italian cuisine, featuring must-have delicacies such as Bruschetta Alle Melanzane, Puccia Sole Della Puglia, Lasagna Alla Bolognese, and Ravioli Al Pesto Di Pistacchio and signature dishes such as Risotto Meneghino and Melanzane in Agrodolce, Foglie Di Ulivo Pugliesi, Vitello Tonnato, Tagliere Di Formaggio Salumi, along with freshly made in-house pastas like Foglie di Ulivo and Bucatini, adding an authentic touch to the dining experience.

Beyond its remarkable cuisine, La Gioia embraces the architectural

charm of a Masseria from the Puglia region. The restaurant's design evokes the historic colonial residences, featuring an extensive wine list with selections such as Frescobaldi Pater and Villa Fassini Toscana Chardonnay, and an array of artisanal cheeses including Smoked Scamorza, Pecorino Romano, Stracciatella, Grana Padano and more.

Commenting on the Launch Amandeep Singh – Business Head BuonoEats, said, "At La Gioia, we've created an authentic Italian dining experience beyond food. Our ristorante is a celebration of Italy's rich culinary traditions, offering guests a holistic experience where food, culture, and the spirit of Italy come together. Each dish is thoughtfully crafted to delight the palate and allow our guests to immerse in the warmth and charm of Italy. We are confident that La Gioia will become a place where both mind and palate rejoice in the true Italian spirit."

The restaurant's interior fuses modern sophistication with classic Italian allure, showcasing an array of pasta-making tools, cheese craft, and coffee culture. The higher floor features a stylish bar, embodying Italy's architectural and cinematic legacy.

A highlight of the dining experience at La Gioia is the traditional "Grolla" bowls, symbolizing communal bonding and heartfelt connections, perfect for creating cherished memories with friends and family.





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Whitefield Welcomes India Sweet House’s 30th Store

India Sweet House, a renowned name in the confectionery industry, announces the opening of its 30th store in the bustling tech hub of Whitefield, Bangalore. The new store promises to delight residents and visitors alike with its delectable range of traditional Indian sweets and snacks. This milestone marks the rapid growth of India Sweet House, having opened 30 stores in just 3 years.

India Sweet House's commitment to preserving and celebrating cultural heritage resonates deeply with the decision to launch this store in Whitefield. Known for its vibrant mix of cultures and thriving business district, Whitefield serves as the perfect backdrop for the store's extensive range of traditional sweets and savoury delicacies.

Commenting on the launch, Shwetha and Vishwanath, Founders of India Sweet House, said, "Choosing Whitefield for our 30th store is a strategic and heartfelt decision. This vibrant area, known for its dynamic mix of cultures and



booming business environment, embodies the spirit of innovation and diversity that we value. Whitefield’s growing community represents an ideal location for us to introduce our beloved traditional sweets and snacks, offering a taste of heritage amidst the region's modernity.

We are eager to bring our authentic flavours to this thriving neighborhood and celebrate with the local community. With the beginning of the festive season this year, residents and corporates can expect an entire range of gifting collections and traditional delicacies."

Spanning across a spacious layout, the Whitefield store is designed to offer a comfortable ambiance for customers to savour their favourite treats. With ample seating capacity, it provides an ideal setting for intimate gatherings and celebrations.

Whitefield-based customers can expect nothing short of excellence from India Sweet House, with a diverse range of authentic Indian sweets and savory snacks on offer. From Bengali sweets to a variety of regional specialties, the store promises to be a haven for discerning palates seeking authentic flavours. India Sweet House's time-honored traditional treats are crafted in organic ghee, khova, and fresh milk from their own dairy farm.

Lucky Chan Expands to Brookfield Ecoworld

Lucky Chan - Dim Sum & Sushi Parlour, the Bengaluru destination renowned for its innovative take on Asian cuisine, has announced its expansion to Brookfield Ecoworld, Bellandur with the launch of their 4th outlet in Bangalore! This exciting expansion brings Lucky Chan's bestsellers such as dim sum, sushi, and delightful fortune cookies to a whole new neighborhood. But that's not all! To celebrate the Bellandur launch, Lucky Chan is introducing a wave of delicious new items on the menu and an innovative way to enjoy sushi at home – the all-new Sushi Time Box!

The new outlet also marks the debut of Lucky Chan's exciting new cocktail menu! The signature cocktails are



where fun and flavour take center stage. Each drink promises a unique experience, perfectly complementing your Lucky Chan feast.

Lucky Chan experience is not complete without the brand's signature sushi conveyor belt. This staple remains a central feature of the Bellandur outlet, offering a dynamic dining adventure where you can choose from a delectable array of vegetarian and seafood delights. Watch as an assortment of sushi plates glide by, allowing you to pick and choose your favorites in a unique and interactive setting. It's an ideal spot for a quick, delightful bite between meetings or a relaxed dinner with family and friends.

Lucky Chan also unveils the ingenious Sushi Time Box – the perfect solution for enjoying restaurant-quality sushi at your convenience. Each box is brimming with 36 pieces of delicious sushi, accompanied by steamed edamame and all the necessary condiments.

Lucky Chan's dedication to innovation goes beyond its menu. The Bellandur outlet boasts a stunning new design by Neha Sapre of Studio Taan. The space is divided into three distinct zones, each offering a unique ambiance. The outdoor deck features refreshing natural light, while the indoor space is adorned with captivating neon signs and three large dome lamps. The final and most dynamic space is the Sushi Zone, a burst of color with pink subway tiles and paper lanterns, inviting you to return again and again.

"We are thrilled to launch our fourth Lucky Chan outlet at Brookfield Ecoworld, marking a significant milestone in our journey," says Amit Ahuja, MD AA Hospitality. "This expansion underscores our commitment to bringing exceptional culinary experiences to more communities, combining the excitement of our sushi conveyor belt with our renowned dim sum and unique dining ambiance. With this opening, we not only aim to delight our customers in Bellandur but also set the stage for future growth across Bangalore and beyond. This is just the beginning of an exciting new chapter for Lucky Chan, as we continue to innovate and expand our footprint."

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Navi Mumbai's Finest Rooftop Dining Experience

Nazaara, Navi Mumbai's most anticipated rooftop restaurant and bar, has opened its doors at the newly launched Navi Mumbai Marriott Hotel. Nestled atop the prestigious hotel, Nazaara offers an unparalleled panoramic view of the city and the surrounding majestic hills, setting the stage for an unforgettable open-air dining experience under the stars.



Nazaara offers rich, authentic North Indian, Mughlai & Asian cuisines. The in-house culinary experts craft dishes using local, seasonal, and fresh ingredients, ensuring every bite is a testament to quality and taste. The Northwest Frontier Indian specialities focus on delectable kebabs, curries, and biryanis, while the appetizer menu celebrates the vibrant mix of Asian & Indian.

The menu boasts a variety of vegetarian delights and for those who prefer non-vegetarian options, Nazaara offers an array of mouth-watering dishes and many cuisines.

Nazaara also boasts Bourbon-based Cocktail Bar, featuring a unique blend of bourbon-based cocktails infused with locally sourced ingredients.

Nazaara's warm, aesthetic ambiance is a creative blend of vintage charm and contemporary décor. Nazaara's enchanting atmosphere make it the perfect venue for any occasion. With its stunning views, exquisite cuisine, and innovative cocktails, Nazaara promises to be a jewel in the nightlife of Navi Mumbai, offering an experience like never before.

Maize & Malt Brewery in Whitefield Bangalore

Bangalore, known as the Brewery Capital of India, welcomes its newest addition: Maize & Malt Brewery in Whitefield. This expansive destination offers a unique blend of Anglo-Indian and global cuisine, innovative beers in diverse entertainment spaces for a truly unparalleled experience.

Maize & Malt boasts a dream team of culinary veterans Chef Sombir Choudhary and mixologist Avinash Kapoli, known for their work at Soka & Jamming Goat, bring their expertise to the table. The space is conceptualised, designed and brought to life by the creative genius Jatin Hukkori, Creative Director at WDA known for his rich background in Hospitality Architecture.

Spanning over 60,000 square feet, Maize & Malt's maze-like design features walkover bridges, winding pathways, and seating for 1,200 guests. The name "Maize & Malt" reflects both the key ingredients of beer and the venue's intricate layout, inviting visitors to explore and discover.

Amit Mishra, Co-founder of Falcon Brews, showcases his brewing expertise at Maize & Malt with a craft beer program that includes standout creations like Blonde Ale, Hazy IPA, and Amber Ale. Each brew is a testament to his commitment to excellence, crafted with the finest natural ingredients to blend traditional brewing techniques with modern flavours. Mishra's distinctive beers reflect a dedication to quality and innovation, making every sip a unique experience.

Maize & Malt's beverage program features signature cocktails inspired by regional flavours. The "Fruitful Phantoms" selection, made with cold-pressed juices and premium spirits, offers a balance of flavour and refreshment. The "Revived Classics" elevate traditional drinks like the Gin and Tonic with in-house sous-vide syrups. Each cocktail celebrates regional flavours with unique combinations for a memorable drink experience.

Bandra's Newest Food and Celebratory Haven

Step into Bandra's new destination-Next Door, where every moment is a celebration of good food, great vibes, and unforgettable memories. Founded by three industry trailblazers-Karan Shah, Purav Chitalia, and Harshil Doshi-Next Door is not just a restaurant; it's a welcoming sanctuary for all.

Spread across three dynamic floors, Next Door caters to every mood. The ground floor exudes a warm, community-centric ambiance, perfect for cozy gatherings. Upstairs, the first floor transforms into a lively party zone with a vibrant bar and dance floor, setting the stage for endless celebrations. The rooftop offers a picturesque escape for those seeking a more serene experience, ideal for sipping cocktails under the stars.

With a menu curated by the renowned Chef Ritesh Tulsian, expect a delightful culinary journey across Indian, European, Mediterranean, and Asian cuisines. Whether you're Vegan, Jain, or a Non-Vegetarian, Next Door's innovative dishes and sharing platters promise to delight every palate. Dishes like Malaysian Laksa, Sourdough Avocado Toast, Grilled fried prawns, Butter Chicken, etc. are dishes one might crave to visit again.

They've got you covered to quench your thirst with a variety of Mocktails and cocktails. So Tipsy is one of the favorite cocktails here amongst the other classic cocktails that It's a recurring tradition to be ordering next door. And as we talk about celebrations desserts like creme brûlée cheesecake, Goey Belgian chocolate cake make the meal special.

Designed by UDA Architects, the space is as Instagram-worthy as it is comfortable, with sustainable elements that reflect the founders' commitment to the environment. At Next Door, you're not just a guest-you're family. Come as you are, and experience Bandra's newest haven of comfort, camaraderie, and culinary excellence.



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Narrative: Pune's New Dining Destination

When the richness of culinary flavours meets modern-day innovation, a beautiful dining experience takes shape. This is the essence of ‘Narrative’ a new luxurious restaurant in Pune’s Koregaon Park. Here, the art of cooking becomes a symphonious harmony, where time-honoured recipes get contemporary twists and create a narrative of flavours that honour the past and celebrate the future. For true food enthusiasts, it’s more than a meal; it’s a story of a destination unfolding with each bite and in every sip.

Located in the vibrant vicinity, the lavish restaurant becomes a cultural hub where tradition and modernity coexist. Step into a magnificent structure designed to suit varied experiences and moods. There is an all-day cocktail bar which serves artfully concocted cocktails. Its premium enclave ‘The Living Room’ has top-class amenities like select single malts, mezcals and a collection of cigars, for intimate gatherings or prestigious meetings. A corporate lounge is perfect for team lunches or business meets. And an open rooftop space blends city lights with tiny stars, creating a visually striking backdrop for your dinner plans. The entire space is crafted to serve a range of clientele—from dynamic professionals to family and friends.

The menu takes you on an authentic journey through time, where specially sourced local ingredients are seasoned with a pinch of modern cooking techniques. Traditional recipes and familiar flavours are melded with novel techniques to create a



spectacular dish. The menu thus focuses on regional diversity where generational recipes come to your plate, adding the depth of rich flavours.

Talking about the passion behind Narrative, Narendra Thakur says, “We wanted to go beyond just dining. We wanted to create a place where people get to know the diverse local culinary stories of India. Each recipe carries a story and we want to celebrate these stories in a way that they get all the appreciation they deserve. Narrative is our vision to blend the heritage of local cuisine with innovation to showcase the depth of our culinary excellence.”

Skippi Unveils Crazy Corn with Fresh Flavours & Premium Quality

Skippi, a leading ice popsicle brand featured on Shark Tank India, has announced the launch of its new product line, Crazy Corn. This range introduces four unique flavours: Cream & Onion, Jalapeno, Lemon & Mint, and White Chocolate. Crazy Corn offers a delightful snacking experience that combines rich flavours with a nostalgic touch, all while utilising innovative freeze-drying technology and minimal oil.

Crazy Corn will be available initially on Skippi’s website, Amazon, Flipkart, MyStore and Byron at a price of 99. The snack is crafted to provide a unique taste experience while

maintaining a commitment to quality ingredients. Utilising freeze-dried technology, Crazy Corn preserves the natural flavour and texture of the corn, offering a crispy, crunchy snack that retains its fresh taste without the need for artificial preservatives.

Crazy Corn is made through freeze-dried technology that removes water from food. The process starts by freezing the food and placing it in a vacuum, where the ice turns into vapour without melting. This advanced technology, also used by astronauts, is what sets Skippi's Crazy Corn apart. Unlike any other brand, Skippi employs this method to create a snack that's not only light and dry but also perfect for long-term storage, ensuring the freshest taste and highest quality.

Ravi Kabra, Co-Founder of Skippi, commented on the launch, “We are incredibly excited about the introduction of Crazy Corn and its potential to significantly impact our brand. This launch is a big step for Skippi as we introduce a new snack that combines great taste with a nostalgic feel. Made using just 2% olive oil and freeze-dried technology, Crazy Corn ensures a healthier, crunchy snack experience. We believe it will not only captivate our existing customers but also attract new ones by offering a unique and memorable option that meets modern snacking desires.”





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INSP20D	230VAC 50HZ	500	296x370x75mm	Inbuilt	275x350mm	Inbuilt	4.5Kg
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Goa Assembly Passed The Goa Erection of Shacks on Public Beaches

The Goa Erection of Shacks on Public Beaches (Regulation and Control) Bill, 2024 was passed at the assembly on August 7th 2024, making erection of structure with prescribed specification of height, access and setback areas. This new legislation aims to provide a comprehensive framework for the regulation and management of temporary and seasonal structures on public beaches in accordance with the Coastal Regulation Zone Notification. Calangute MLA Michael Lobo praised and welcomed the decision of the Tourism Minister for the introduction of the very important bill.

The bill was introduced and was discussed on August 7th 2024 at the assembly, along with the ruling and opposition who contributed with their suggestion on the bill. This bill establishes specific regulations for the erection and management of temporary and seasonal structures on public beaches. Previously, there were no dedicated statutes governing these structures, which are permitted under the Coastal Regulation Zone Notification.

The bill applies to beach shacks permitted by the Department of Tourism and erected on public beaches under the Goa Shack Policy. It also covers other temporary structures permitted by the Goa Coastal Zone Management Authority on public or private

properties, in compliance with the Coastal Regulation Zone Notification.

To ensure comprehensive compliance, the following permissions are required under the bill: Director of Tourism: Permission to erect a temporary and seasonal structure. NOC & Trade License: Issued by the Village Panchayat/ Municipality, or City Corporation of Panaji. Health Compliance: NOC issued by the concerned Health Officer. Fire Safety Compliance: NOC or a certificate certifying



compliance with the Goa, Daman and Diu Fire Force Act, 1986, issued by the Directorate of Fire and Emergency Services. Excise Compliance: Excise license issued under the Goa Excise Duty Act, 1964.

The bill also provides for permissions for temporary and seasonal structures other than those permitted by the Department of Tourism. It mandates that all permissions, consents, or licenses required under any

Central Legislation must be obtained by the allottee for each tourist season.

Additionally, to ensure environmental sustainability and restoration of natural sites, beach shacks must be dismantled to restore the beach sites to their original conditions on or before the 10th of June each year. Penalty of Rs. 5000/- will be imposed for each day beyond this deadline where dismantling is not carried out. Once the allottee has obtained all permissions as specified in the ordinance, the erection or operation of the beach shack shall be considered valid. Penalty of up to Rs. 3,00,000, which may extend, will also be imposed for breach of any law or conditions.

The Goa Erection of Shacks on Public Beaches (Regulation and Control) Bill, 2024, reflects the government's commitment of clarity and ease of doing business, as it will help ease difficulties of shack owners on acquiring the NOCs. It also ensures sustainable tourism practices while balancing the needs of beach shack operators and preserving the natural beauty of Goa's beaches.

Additionally, the Department of Tourism announced the registration for the shack license renewal well in advance for the convenience of the shack owners. The new bill is a significant step forward in creating a structured and regulated environment for the thriving beach shack culture in Goa.

Hospitality Industry Seeks Rationalization of Norms for all Loans

Federation of Hotel & Restaurant Associations of India (FHRAI) has submitted a representation to the Union Minister of Finance, Nirmala Sitharaman, requesting for increase in the ECLGS loan term with rationalized norms for all loans for the hospitality sector. The request comes on the back of the recent announcement by the Ministry of Finance vide which the ECLGS has been increased by Rs.50,000 Cr, from Rs.4.5 lakh Cr to Rs.5 lakh Cr.

In its representations to the MSME Minister and Minister of Tourism, FHRAI has extended special thanks for their

efforts in enabling this support for the tourism and hospitality sector. The Association has welcomed the measure stating it would immensely benefit the MSMEs in the hospitality sector. However, considering the major hardships faced by the sector over the last couple of years, the industry feels that the announced measures are inadequate to mitigate the losses incurred by it. For the hospitality industry to avail the maximum benefit of the ECLGS, FHRAI has requested for the scheme to be customised to meet the needs of the industry.

The tenor of loans granted under ECLGS

3.0 is 6 years including a moratorium period of 2 years. Whereas, the same under ECLGS 1.0 is 4 years and under ECLGS 2.0 is 5 years with one-year moratorium. The FHRAI has pointed out that many hospitality establishments have availed the loans under ECLGS 1.0 and 2.0, and the repayment period for these loans has already started in most cases.

The business environment of the sector being highly volatile and unpredictable, FHRAI has opined that only long-term credit facilities can help the industry withstand challenges arising out of the prolonged impact of the pandemic.



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Alto-Shaam Strengthens its Operations Team

Alto-Shaam has further strengthened its international team across the Asia Pacific (APAC) region with two senior appointments.



Adil Parkar has been appointed as India Subcontinent Commercial Leader. In his new role Adil will lead, oversee and drive the sales function, implementing effective sales strategies to

capture market share and achieve revenue targets in the region. He will also cultivate and maintain relationships with key clients, stakeholders, and partners to further enhance market presence across the APAC region.

Adil joins Alto-Shaam with more than 20 years of experience within the hospitality and foodservice equipment industry. Prior to joining Alto-Shaam, Adil was the Key Accounts Manager for Unox India, and then Unox Arabia.

Reporting directly into Adil, Alto-Shaam has appointed Dipali Shevate as Alto-Shaam's new Senior Business and Customer Service Specialist. Dipali brings over 10 years of experience in order management and fulfilment in sales coordination, customer service, supply chain, manufacturing



and the commercial industry. In her new role, Dipali will play a crucial role in overseeing day-to-day administrative operations throughout the Asia Pacific (APAC) region. Her primary focus will be on the Indian and Australian direct sales platforms,

with dedicated attention to the nuances of the Indian and Australian markets.

"I am pleased to welcome Adil and Dipali to the team," says Paul Harper, Alto-Shaam Vice President of Asia Pacific. "Both join us with extensive experience and expertise in the foodservice equipment industry, as well as a deep understanding of the APAC business landscape, which will be invaluable to further strengthening support for customers across the APAC region as we look to continue our global growth."

2024 California Walnut Industry Crop Estimate Released



The USDA's National Agricultural Statistics Service (NASS) released the official 2024 California Walnut Industry Objective Measurement Report on Wednesday, September 4, 2024. The

2024 California walnut production is forecasted at 670,000 tons (607,814 MT), down 19% from 2023's production of 824,000 tons (747,520 MT). The forecast is based on 370,000 bearing acres, down 4% from 2023's estimated bearing acreage of 385,000 acres.

The September 4th announcement from USDA provides the industry with an objective crop volume estimate. Using scientific methodologies, USDA field staff counted, measured, weighed, and evaluated thousands of walnuts from major growing regions in July and August for use in a statistical acreage model to establish the annual walnut crop estimate.

In addition to the updated acreage and crop estimate, the CA walnut industry is finalizing the close out of the 2023 crop year. While final



shipment and inventory figures will be released later this month, preliminary data indicates that the 2023 crop is virtually sold out.

"As anticipated, the upcoming 2024 crop is lower than the historic record crop of 2023 and will deliver the high quality that defines California walnuts globally," said Robert Verloop, Executive Director and CEO of the California Walnut Board and Commission. "The 2024 estimated crop size, while moderate, is similar to the 2019 crop. In addition, due to strong summer demand, we expect the end of season shipment report to show the carry-in volume to be substantially less than last year. Combined, the carry in and new 2024 crop volumes are very manageable, providing improved seller and buyer confidence and stable markets.

"As an industry, based on the favorable crop statistics and overall market conditions, we feel confident about the upcoming crop year. We continue to focus on delivering quality all the way to the consumer, with enhanced handling of walnuts through the supply chain and increasing our demand-building initiatives to drive more sales and excitement for California walnuts. We continue to work to make walnuts more relevant to consumers as a nut for every day eating occasions and partnering with retailers, bringing visibility and excitement to walnuts with expanded offerings of package size options, flavors, and more walnut products. Together as an industry, we are focused on building more consumer demand while delivering high-quality California walnuts around the world."

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Chef Manoj Rai

Chef Manoj Rai is the new CEO at Punjabi by Nature. An alumnus of IIAS, Goa, with two decades of experience, he was the youngest Executive Chefs at the LEBUA in Delhi. He worked with TGIF, Radisson, Jaypee, Claridges, and Marriott Hotels. Starting as the Director of Food Production at Zerruco by Zilli, he secured a collaboration with Pan

India Foods, overseeing more than 30 restaurants. He was the Director of F&B at Anardana and later COO of Romeo Lane and Birch by Romeo Lane.



Chef Rohit Dubey

Pilibhit House, Haridwar - IHCL SeleQtions, has appointed Chef Rohit Dubey as their New Chef-in Charge. With over 16 years of experience, he was associated with Radisson Varanasi and Courtyard by Marriott in Chennai, known for his unmatched culinary expertise. He worked extensively in managing kitchen staff and ensuring top-notch experiences

for guests at Taj Nadesar Palace and The Taj Ganges, Varanasi before joining Pilibhit House. He holds a BSc in Hospitality & tourism degree from the Annamalai University, Chennai.



Chef Rahul Istwal

Angsana Oasis Spa & Resort, Bengaluru, has appointed Chef Rahul Istwal as its new Executive Chef. With over 15 years of extensive experience in food and beverage production, his career journey includes key positions at Oakwood Premier Prestige Bangalore, Harsha The Fern in Shivamogga, Oakwood Residence Naylor Road in Pune, Le Meridien Paro Riverfront

in Bhutan, and Lemon Tree Hotel in Hyderabad, makes him exceptionally well-equipped to lead the culinary team. He holds a bachelor's degree in Food and Beverage Production from Sikkim Manipal University.



Manish Srivastava

Punjabi By Nature has appointed Manish Srivastava as the new Corporate Head of Sales & Marketing. With a career spanning 26 years, with over 13 years in the hospitality industry, he worked at Clarks, ITC, Radisson, Chancery, Qla Restaurant, Pind Balluchi. An alumnus of NSHM Durgapur, His expertise spans hotel and restaurant operations, business

planning, and people development, all rooted in international hospitality standards. His achievements in event planning, marketing, sales growth, and brand development make him a strong fit for Punjabi By Nature.



Chef Mohan Sawant

Bengaluru Marriott Hotel Whitefield has appointed Chef Mohan Sawant as the new Executive Sous Chef. With over 15 years of extensive culinary experience, his career spans Taj The Trees in Vikhroli, Mumbai, and Radisson Blu Hotel & Spa in Nashik. He started his career as a Commis Chef at The Park Hotel, Mumbai, and later become

Demi Chef de Partie at Grand Hyatt, Mumbai in 2011. Before joining Bengaluru Marriott Hotel Whitefield, Chef Sawant served as a Sous Chef at Grand Hyatt.



Jatinder Pal Singh

Sheraton Grand Bengaluru Whitefield Hotel & Convention Center has appointed Jatinder Pal Singh as the Director of Food and Beverage. With over 20 years of experience, he worked at Taj, The Leela, Le Meridian, Westin and Sheraton. In his previous role as the Executive Chef at Sheraton Grand Bengaluru Whitefield, he was instrumental in redefining the hotel's

culinary landscape, driving innovation and enhancing guest experiences. He led the pre-opening culinary team at The Leela Bhartiya City, Bengaluru, setting new benchmarks in gastronomy.



Chef Rohit Mattummam

Navi Mumbai Marriott Hotel has appointed Chef Rohit Mattummam as Chef De Cuisine at Nazaara, the city's rooftop dining destination. With decade of experience, he served as Chef de Cuisine at Kempinski, Marsa Malaz – The Pearl in Doha, Qatar, Kempinski, Barbaros Bay in Bodrum, Turkey, The Oberoi in Bengaluru, Express Inn Nashik. He specialises in Chinese, Thai,

and Japanese cuisines. He did Bachelor's degree in Hotel Management & Catering Technology from Mahatma Gandhi Vidya Mandir, SPH College of Hotel Management & Catering Technology, Nashik.



Kazim Mehdi

Four Seasons Bengaluru has announced the appointment of Kazim Mehdi as the new Director of Food & Beverage. Kazim brings a wealth of knowledge and expertise to this prestigious role with over 18 years of experience in luxury hospitality and having previously worked in properties across the Middle East, India, and East Africa. He was Director of Food

& Beverage at Conrad Bengaluru. His appointment underscores the brand's dedication to providing exceptional guest experiences and upholding its reputation for excellence.

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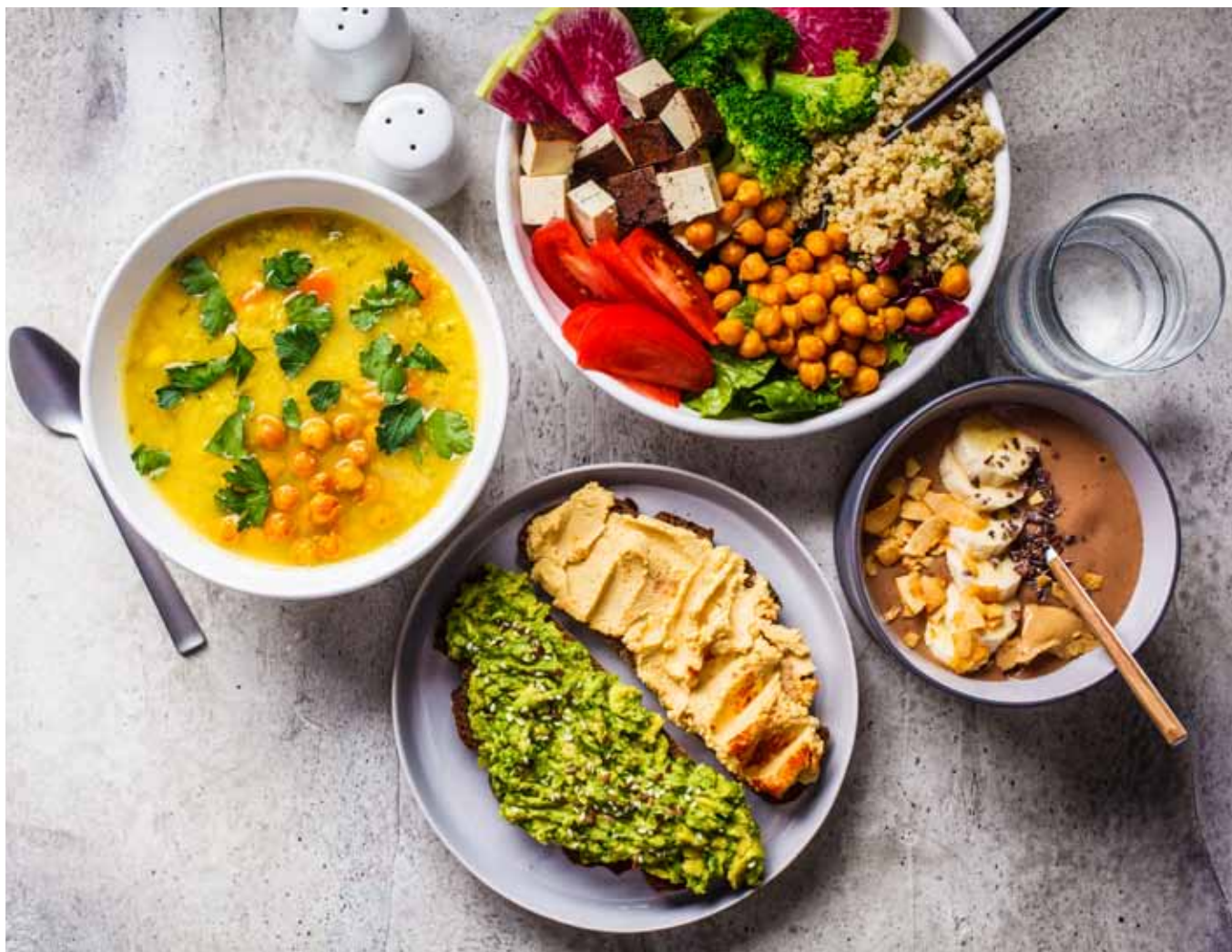


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Vegetarianism

A Growing Trend

Vegetarianism is becoming popular across the globe. With the growing knowledge of its beneficial impact on the environment there is a rising trend for vegetarian food even among Gen. Z. Vegetarianism has several benefits beyond ecology. It is also good for one's health. In keeping with the growing influence of vegetarian and vegan diet, in the international arena, there are several special Days dedicated to promoting vegetarianism, like World Vegetarian Day on October 1. **Ashok Malkani** examines the benefits of vegetarianism on one's health, ecology and the restaurant industry as also how it helps in promoting Indian cuisine across the globe.

Vegetarianism and vegetarian cuisine is increasingly becoming popular across the globe. Several developed economies around the world, such as Europe and the United States, are seeing a shift towards vegetarianism. This increasing penchant and fondness for vegetarianism is what led the North American Vegetarian Society (NAVS), in 1977 to declare October 1, as World Vegetarian Day. It was endorsed by the International Vegetarian Union in 1978.

One may mention that November 25 is celebrated as International Vegetarian Day, also known as SAK (Stop All Killing Association) Meatless Day. It was proposed to celebrate Sadhu Waswani's Birthday. It is largely celebrated in India and throughout the Asian Pacific Rim nations, lands around the rim of the Pacific Ocean.

History of Veganism

The idea of vegetarianism appealed to people even in the Renaissance era when several personalities practiced vegetarianism. The first vegetarian society was started in England in 1847. The International Vegetarian Society was founded in 1908 and the first vegan society began in 1944.

Prominent vegetarian members included Sylvester Graham, John Harvey Kellogg, and Maximilian Bircher-Benner. The World Vegan Day was established in 1994 by Louise Wallis, then Chair of The Vegan Society in the United Kingdom, to commemorate the 50th anniversary of the founding of the organization and



the coining of the terms "vegan" and "veganism". Louise Wallis, in 2011, said, "We knew the Society had been founded in November 1944 but didn't know the exact date, so I decided to go for November 1, partly because I liked the idea of this date coinciding with Samhain/Halloween and the Day of the Dead."

Growing Popularity

The demand for vegan cuisine has been increasing over the years. There has been a significant shift towards vegetarianism. According to a report by the World Health Organization, there has been a 600% increase in people identifying as vegetarians in the last decade. Vegetarianism is not just growing in India but all across the globe. According to a recent study 22% of the Global Population is Vegetarian (The Research

Gate). There are 1.5 billion vegetarians around the globe (British Council). Green Wall lists top ten countries with vegetarian population thus:

- India – 31-42%
- Mexico – 19%
- Brazil – 14%
- Taiwan – 14%
- Switzerland – 13%
- Israel – 10.3%
- New Zealand – 10%
- Germany – 10%
- Sweden – 10%
- Canada – 9.4%

The US comes in as the 15th largest share of the Global Vegetarian Population at 5-8% of the total.

Many celebrities like Jessica Chastain, Kim Kardashian, Billie Eilish, Peter Dinklage, Pamela Anderson, Arnold Schwarzenegger, James Cameron and Jared Leto are vegan. Among the Indian celebrities are: Virat Kohli, Akshay Kumar, Alia Bhatt, Sonam Kapoor, Kangana Ranaut, Amir Khan, Neha Dhupia, Shahid Kapoor, Anushka Sharma, Sonakshi Sinha, Malika Sherawat and Richa Chadha.

In India, though vegetarianism is deeply rooted in cultural and religious practices, today this movement is fueled by a younger demographic concerned about their health and the planet. According to a survey conducted by Indian Council of Medical Research (ICMR) nearly 30% of urban Indians are reducing their meat consumption while 10% are identifying themselves as strict vegetarians.

The popularity of vegetarian diet has



even touched the sports’ arena. The athletes (particularly the Indians) had a surprise as they saw an exclusively curated plant-based vegetarian menu at the 2024 Olympics. The menu featured 60% vegetarian dishes. This dovetails with the Indian government’s ‘leaf over beef’ philosophy. The veg athletes, it may be mentioned, are in good company as Olympic sprinter Morgan Mitchell who specialises in the 400m race adopted a plant-based diet two years before representing Australia at the 2016 Rio Olympics.

American Olympic silver medallist Dotsie Bausch is another leafy soul. Philipp Würz, the man behind the food and beverages at the 2024 Olympics declared that 60% of the dishes were vegetarian because they were convinced that these games provided them with unique opportunity to do things differently. He said, “It is a first in the history of the Games and the result of four years of work.”

Health Benefits

In this connection it may be that vegetarianism is not just practiced due to cultural traditions or to protect animals but also for health reasons. It is believed to be beneficial for your health. According to RUSH University Medical Centre and several other medical advisories vegan



Kamlesh Barot

diet has several health benefits

Some of them are:

Reducing risk of obesity: Vegan diets are considered to reduce incidence of obesity as they include fewer trans fats, fewer saturated fats while they have more dietary fibre. Obesity is a known risk factor for a wide range of health conditions, including cardio-vascular disease, type 2 diabetes, some cancers, and dyslipidemia. Over the last few years several companies in dairy industry have promoted low fat alternatives.

Reducing risk of heart attacks: Lacto-ovo vegetarian diet reduces the risk of heart disease dying from cardo-vascular disease. Besides lowering cardiovascular risk factors such as blood pressure and cholesterol an “umbrella” analysis of

more than 20 years of research found a “protective effect” for specific cancers, including “liver, colon, pancreas, lung, prostate, bladder, melanoma, kidney and non-Hodgkin lymphoma,” said lead author Dr. Angelo Capodici, a graduate student in health science, technology and management at Scuola Superiore Sant’Anna in Pisa, Italy.

Lowering risk of Diabetes: Diabetes has reached epidemic levels, with an estimated 451 million cases worldwide in 2017. This number is expected to grow to 693 million by 2045. Research shows that following a vegetarian or even a plant based diet (often referred to as vegan) can help you better manage your diabetes. Therapeutic foods are whole grains, legumes, fruits and vegetables, which have a compound polyphenols.

Reducing risk of cancer: A study (by the National Institutes of Health) of data collected from nearly 70,000 people found evidence that the incidence of cancer overall was lower among vegetarians than non-vegetarians.

Blood pressure & Hypertension: According to several studies, people who follow vegetarian diets have lower blood pressure levels compared to meat consumers. Some studies have shown that a high potassium intake, as found in a balanced, plant-based diet, lowers hypertension.

The above are only a few of the health benefits of vegetarian diet.

Effect on Environment

Vegetarian diet also has a positive effect on ecology and environment. It is believed to be the single biggest way of reducing adverse effect of greenhouse gases, global acidification, eutrophication, land use and water use

Vegans have the least environmental impact compared to lacto-ovo vegetarians (those who eat eggs and dairy products besides vegetables) and meat and fish consumers. Vegans produce only 25% of the greenhouse gas emissions and use 25% of the land and 46% of the water compared to high meat-eaters.

Multiple reports have found the following changes for reducing green house gas emissions:

Vegan diets have the greatest potential





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for reducing greenhouse gas emissions by up to 35 to 50%).

If animal agriculture were phased out over the span of 15 years, greenhouse gas emissions could stabilize for 30 years and offset 68% of carbon dioxide emissions through the remainder of this century. The resulting greenhouse gas reductions would provide half of those necessary to limit global warming to 2°C.

Land displaced by producing animal foods has the potential to sequester 152.5 gigatons of carbon (GtC) in living plant biomass.

Smaller shifts toward a plant-based diet can also have large impacts on the environment.

Emerging Trends in Indian Cuisine

With changing concepts in dining, restaurants too, with the help of corporate world, are shifting their focus and trying to ameliorate their menus to satiate the guests' appetite. Several companies have invested in research and development to create plant-based meat substitutes that mimic the taste and texture of traditional animal products.

Kamlesh Barot, Director of Vie Hospitality Pvt Ltd., disclosed how vegetarian products could replace several non-vegan products. "Plant proteins like Pea, Cashew nut, almond, walnut, sunflower, pumpkin seeds for rennet free cheeses, Soy products to replace chicken or beef, jackfruit for meat textures, mushrooms for ground beef alternative, seitan wheat gluten for meat texture, Chlorella, Spirulina, Edamame, Tempeh, Tofu, buck wheat, hemp, chia, flax for mock duck are all products that are being used to satiate the desire of vegetarians who crave for non-veg dishes to quench their once-in-a-while craving for meat."

As major players in the food sector introduce plant-based products, the accessibility and acceptance of these alternatives continue to expand across the country.

Vegetarian menus in restaurants are making it easier for diners who are keen on enjoying nutritious and delicious meals. Whether the diner is a vegetarian, vegan or one who is looking for something new, the menus of the restaurants are now offering a range of plant-based dishes



Karishma Sakhrani

that are both satisfying and healthy. The trend for the restaurants, at present is to lay emphasis on fresh ingredients and focus on sustainability. Vegetarian restaurants are, today (and possibly in the future), leading the way in promoting healthy eating habits and conscious food choices.

Karishma Sakhrani, chef and partner of Communion Café feels that people are turning vegan due to the increasing awareness of plant-based diet being healthier. Since a restaurateur has to be sentient with the customers' preferences, small changes and additions to the menu become necessary, she said.

As the world becomes more health-conscious, people are looking for ways to improve their diets and live healthier lifestyles. Due to this the trend seems to be promotion of conscious food choices and encouraging more sustainable food system. This factor is considered to be responsible for vegetarianism rapidly gaining popularity. Today, there is a growing demand for meat-free meals, leading to a rise in the number of vegetarian restaurants.

It is believed that due to technology such as inventory management software, forecasting solutions, and social media marketing tools, these restaurants are becoming more efficient and profitable. In fact, by implementing the available software, a vegetarian restaurant can change the way it operates – from the kitchen to the front house. By using inventory management software, restaurants can track their ingredients in real-time and minimize waste by ensuring that they have the right amount of ingredients on hand.

One can say that as the demand for plant based options increase, investing in vegetarian and vegan menu items is a smart business decision

Effect of Indian Cuisine Across Globe

Increasing awareness of vegetarianism across the globe has burgeoned the popularity of Indian restaurants across the world. Indian chefs, rise of fusion cuisine, the vegetarian revolution and a boom in culinary tourism has redefined the international restaurant scenario.

According to a 2023 report by the National Restaurant Association of India, the number of Indian restaurants has grown by 25% in the last five years, outpacing the overall restaurant industry's growth. Indian cuisine, with its extensive array of vegetarian dishes, is at the forefront of the growing global movement for vegetarianism.

According to a study undertaken by Mintel Research, demand for vegetarian and vegan dishes have surged by 30% during the last decade. The Indian restaurants have captivated on this trend by offering a variety of colourful and delectable innovative vegetarian dishes catering to the diverse international populace.

Conclusion

In conclusion, one may state that restaurant industry is an ever-changing business which is shaped by the that fluctuating consumer preferences, technological advancements and global events. During 2024 the industry has been witnessing dynamic changes. Some of them are:

Technology: The industry has been integrating technology into various operations ranging from digital menus and contactless ordering to advanced point-of-sale systems. Today, mobile apps allow customers to place orders, make reservations, and even pay for their meals seamlessly.

Embracing vegetarian options: Several restaurants are introducing increased plant-based options on their menus to cater to the growing demand for these choices. The use of eco-friendly packaging materials are also becoming an integral part of a restaurant's brand.

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Vegetarian Recipes

Pasta Fritters

Ingredients

Assorted Seasonal chopped & steamed Vegetables	400 gms
Mashed boiled Potatoes without skin	50 gms
French fries as accompaniment	50 pieces
Assorted steamed Pastas	100 gms
Salt to taste	Oil to fry
Seasoning of pepper and mustard powder	10 gms
Salad leaves for garnish	4 pieces
Cucumber for garnish	8 slices
Tomatoes for garnish	4 slices
Cole Slaw salad for garnish	
Sprig of parsley for garnish	

Preparation:

Take the chopped vegetables and mashed potatoes. Mix the seasoning powder and salt and pound into a rough dough.

Take about 70 gms of the dough and mould into the shape of a heart with oil greased hands

Deep fry in hot oil and after draining fry the French fries golden brown in colour.

Garnish with salad leaves, Cucumber and Tomato slices, cole slaw salad and parsley sprig as shown in the picture.

Paneer Chawal

Ingredients

Soft Paneer 1" x 1" x 3" slices	240 gms
Tomato puree	100 gms
Oil	30 gms
Salt to taste	
Seasoning of pepper powder	15 gms
Coriander leaves	20 gms
Cream	160 gms
Cumin seeds	15 gms
Onion chopped	60 gms
Chaat masala	20 gms
Cardamom seeds ground	10 gms
Turmeric powder	8 gms
Fresh Lime juice	30 gms

Steamed Rice

400 gms

Preparation

Steep the Paneer pieces in salted water for 2 hours

Make a tomato gravy by heating the oil, add the chopped onions and once they discolour add the cummin seeds and fry for 1 minute, add the cardamom seeds and the tomato puree. Season with pepper powder and chaat masala and turmeric powder. Add the cream and the paneer pieces after removing the water from the paneer. Squeeze fresh lime on the Gravy

Make a Ring of the steamed rice with a mould or spatula

Pour the Paneer gravy in the center of the rice and sprinkle coriander leaves for garnish.

Accompanied with Ananas Raita

Ingredients

Beaten Curd	200 gms
Pine Apple pieces 1" x 1" dices	
Cherry for garnish	4 pieces
Salt to taste	

Preparation

In the beaten Curd add the Pine Apple and salt.

Mix nicely and garnish with a piece of Cherry.

Accompanied with Gobi Paratha

Ingredients

Cauliflower flowerlets	200 gms
Salt to taste	
Pepper for seasoning	10 gms
Wheat Flour	500 gms
Butter for application	

Preparation:

Steam the Cauliflowerlets with little salt.

Mash them coarsely and add salt and pepper to the mixture.

Knead a stiff dough with whole wheat flour and little salt.

Roll out the dough, cut into 8" roundels and stuff the cauliflower mixture in it.

Bake on medium heated tandoor or griddle plate and apply butter on top for glaze.

By Kamlesh Barot, Director of Revival Hotel



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According to Statista's report published this year, beer was India's most popular Indian alcoholic drink in 2023 with 32% of the consumers claiming it was their most favourite alcoholic drink. Enjoyed by millions, it is a booming business in the world's most populous country. Due to its popularity several brands have been able to achieve tremendous success, tempting entrepreneurs to venture into the beer market. **Ashok Malkani** takes a look at the Indian beer scenario and delves into several aspects of the industry, like types of beer, different brewing processes, its export market and the future of the industry, to enable an intrepid entrepreneur understand the intricacies involved in succeeding in the activity.

Munich, Germany's Oktoberfest which begins on September 21 and ends on October 24, this year, comes, as usual, with a few guarantees, namely, an abundance of food. The world's largest beer festival attracts about 6 million visitors a year. The festival, which originated on October 12, 1810, was to celebrate the marriage of crown prince of Bavaria, who later became King Louis I, to Princess Therese von Sachsen-Hildburghausen. In 1818 booths serving food and drink were introduced and by the late 20th century the booths had developed into large beer halls.

Beer, it is believed, is the world's most popular drink. People have been celebrating festive occasions with beer for over a millenium. The Göbekli Tepe site in southeastern Turkey, dated to more than 10,000 years ago, according to archaeologists, shows evidence of beer brewing at ancient feasting sites.

Pramod Kanyal, Director of Food & Beverage – Novotel Hyderabad Convention Centre & Hyderabad International Convention Centre (HICC) states, "Beer is one of the world's most loved drinks accounting for 34.6% of the global alcoholic drinks market in 2020. Its popularity stems from its global availability, affordability, diverse flavour profiles, and deep-rooted cultural significance, which make it a preferred choice for social gatherings and celebrations worldwide."

He adds, "Beer is steadily gaining popularity in India, particularly among the younger generation. With increasing urbanization and rising disposable incomes, India's beer market has seen significant growth, making it one of the most dynamic segments in the country's beverage industry."

Manu Gulati, Founder, Effingut Breweries, asserts, "Beer is the most consumed beverage worldwide. Because of its long legacy, diversity, and cultural significance, it is everyone's favourite. Regardless of socio-economic status or geography, Craft Beer is valued in a variety of settings. Strong stouts and light lagers are among its various varieties, which

cater to plenty of palates and make it a popular choice for drinking.”

He continues, “In the last ten years, beer has become more and more popular in India, specifically among the country’s younger urban populace. Its popularity has increased, as a result of the emergence of microbreweries and Craft beer culture, in cities like Pune, Bangalore and Mumbai, which has exposed consumers to a greater variety of styles. India, in contrast to the West, has just lately become a beer lover, partly because of British influence.

Indian beer consumers are comparatively new to experimenting with beer, especially with IPAs (India Pale Ales) and other similar varieties. Indian craft beers have a tendency to use regional fruits and spices, which results in distinct style profiles that suit Indian palates. Wheat beers are especially well-liked because of their sweeter, smoother character.”

Akash Ghosh Dastider, F&B Manager- E- Square, The Fern, Pune, avers. “Beer is certainly one of the world’s most popular and loved drinks, but whether it is the most loved drink depends on cultural, regional, and personal preferences. Beer is consumed in almost every country, with a wide variety of styles catering to different tastes. It is a staple in many social settings, from casual gatherings to formal celebrations.

This widespread popularity can be attributed to a diverse range of beer styles that offer something for nearly everyone’s taste, enhancing its universal appeal. Its relative affordability compared to other alcoholic drinks makes it accessible to a broad audience, while its versatility in pairing with various foods adds to its appeal. Additionally, the craft beer movement has introduced new levels of creativity and quality, further boosting beer’s popularity.”

Speaking about its popularity in India, he states, “Beer is quite popular in India, though its popularity varies across different regions and demographics. India’s beer market was traditionally dominated by strong beers (with higher alcohol content), but there is a growing interest in lighter and craft beers offering a diverse range of styles and flavors that attract more consumers. Additionally, marketing efforts and the presence of international beer brands have further fuelled beer’s appeal. Social trends also support this growth, with beer becoming a fashionable choice for socializing in urban areas where beer bars and pubs are becoming more common. Beer consumption is more prevalent in certain states like Goa, Karnataka, Maharashtra, and Kerala, where cultural attitudes towards alcohol are more liberal.

Beer Market

The demand for beer is expected to grow over the years. Statista projects the growth of beer at 1.92% between 2024-2029 resulting in market volume of \$ 368.8bn in 2029. According to a report by Expert Market Research (EMR), the global beer market is projected to grow at a CAGR of 3% between 2024 and 2032. Fortune Business Insights states that the global beer market size was valued

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at \$ 821.39 billion in 2023 and is projected to grow from \$ 851.15 billion in 2024 to \$1,167.47 billion by 2032 exhibiting a CAGR of 4.03% during the forecast period.

As far as market for beer in India is concerned, according to Market Research Future, India Beer Market Size was valued at \$ 12.8 Billion in 2023. The Beer industry is projected to grow from \$13.4 Billion in 2024 to \$ 20.2 Billion by 2032, exhibiting a compound annual growth rate (CAGR) of 5.20% during the forecast period (2024 - 2032).

Manu maintains “Commercial beers that are mass-produced and the quick expanding craft beer business make up the two halves of the market. Urbanization, shifting lifestyle, is making people more aware of the true craft experience. These factors are the main drivers of the market. The popularity of craft beer has increased due to the growth and consumer-size packaging.”

He continues, “Unlike western countries where beer consumption is longstanding, India has just recently embraced craft beer, partly because of British influence. Historically, the Indian palate has leaned towards a sweeter and spicier variety. It also suggests that Indian beer drinkers continue to experiment with diverse beer styles, particularly when it comes to IPAs and other Indian craft beers.

These beers frequently include fruits and spices from the region to create unique styles that are appealing to Indian palates. For instance, wheat beers are especially well-liked because of their smoother, sweeter tastes, which is frequently combined with regional fruits and spices that suit Indian tastes.”

Pramod states, “The global beer market is vast, valued at over \$593 billion in 2022, with lagers holding the largest share, and is projected to grow at a CAGR of 4.5% from 2023 to 2028. Asia-Pacific is leading in consumption, with 35% of the market. Trends such as craft beer, low-alcohol options, and sustainability are shaping the industry's future. The diversity in types and regions highlights beer's universal appeal.”

He adds, “The beer market is set to grow steadily, with a focus on low-alcohol options and premium beers. The global beer market is expected to grow at a rate of 4.76% from 2024 to 2029, reaching \$914.21 billion by 2029. Emerging markets, the rise of craft breweries, and increasing consumer demand for diverse flavors will drive this



Manu Gulati

growth, making beer a dynamic and evolving industry.”

Akash claims, “The beer market in India has been experiencing significant growth, driven by changes in consumer preferences, urbanization, and the rise of a younger population with disposable income. This shift, largely driven by younger generations and urbanites who are increasingly developing a taste for beer are also influenced by changing lifestyles and global trends.

The craft beer movement has also played a significant role, with breweries in urban cities offering a diverse range of styles and flavors that attract more consumers. As of recent estimates, the Indian beer market was valued at over \$7 billion, with expectations of continued growth. The market has seen a compound annual growth rate (CAGR) of around 6-8% over the past few years.”

He believes, “The beer market outlook is strong and evolving. Craft beer is growing as consumers seek unique, artisanal options. Health trends are driving demand for low-alcohol and non-alcoholic beers,



Pramod Kanyal

while premium and specialty beers are gaining popularity. Sustainability efforts are increasing, with breweries adopting eco-friendly practices.

Emerging markets in Asia, Latin America, and Africa offer significant growth opportunities, while digital sales and marketing strategies become more crucial. Continuous innovation in flavours and brewing techniques is keeping the market dynamic and exciting. The global beer market is expected to continue growing, with a projected compound annual growth rate (CAGR) of around 3-5% over the next few years.”

Types of Beer

Scorching summers have been a boon in boosting beer sales in India. Add to this the stable price of barley and easing bottling and packaging costs, which have boosted the profitability and you are sure that entering the industry would be a gainful venture.

It may be mentioned that the burgeoning global beer market is being propelled by the rise in microbreweries and brewpubs, which offer consumers a personalized and artisanal beer experience. Diversification of beer flavours and styles have also promoted local and regional beer culture.

Beer is broadly categorised into two main types: Lager and Ales. The differentiation is due to the type of yeast and fermentation process. Ales are fermented with top-fermenting yeast at warm temperatures (60°–70°F), and lagers are fermented with bottom-fermenting yeast at cold temperatures (35°–50°F). Some beers can be classified as hybrids, containing both lager beers and ale characteristics.

A novice wanting to enter the industry would be keen to know the different types of beer and how one can differentiate each type. Also, which is the most popular type?

Akash declares, “Beer comes in a diverse range of types, each distinguished by factors such as ingredients, brewing techniques, and flavour profiles. The different types are:

Pilsner - It is one of the most popular and widely consumed beer styles in the world, known for its crisp, clean taste and refreshing qualities.

Stout - Stout is a type of dark beer, that is generally warm fermented, slightly roasted ale and has a sweetness from unfermented sugars that creates a bitter flavour.

Lager - Lager is a class of beers brewed



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using bottom-fermenting yeast.

Ale - Ales are brewed with top-fermenting yeast at warmer temperatures which tends to produce more complex and fruity flavours.

Sour - Sour beer is beer which has an intentionally acidic, tart, or sour taste. Sour beer styles include Belgian lambics and Flanders red ale and German Gose and Berliner Weisse.

Wheat Beer - Wheat beer is a top-fermented beer which is brewed with a large proportion of wheat relative to the amount of malted barley.

Bock - This is a strong lager with a malty and sweet caramel flavour."

He adds, "Pale lager is an extremely popular choice as it is versatile, thirst-quenching, and non-bitter. Additionally, it is smooth and uncomplicated, with a crisp taste and light body make it highly refreshing and easy to drink, appealing to a broad audience and suitable for a variety of occasions.

Pale lagers also offer consistency in flavour, which can be less intimidating for new beer drinkers. Their affordability and availability in many regions further enhance their popularity. Additionally, the neutral flavour of pale lagers makes them versatile for pairing with a wide range of foods, from casual snacks to more substantial meals. This versatility has cemented pale lagers as the go-to beer choice for many."

Manu discloses, "Lagers, Ales, Stouts and Wheat beers are the main styles of beer. Bottom-fermented beers are typically crisp, light, and invigorating. Ales are top-fermented beers with a variety of substyles, including pale ales and IPAs. Dark and roasted beers, stouts can have styles ranging from coffee to chocolate. The differentiation lies in the brewing process, yeast used, and the ingredients, which influence the aroma and mouthfeel of the beer."

Speaking about their popularity he says, "Lagers are the most popular beer in India because of its refreshing and light taste, and which goes well with the hot climate here. On the other hand, IPAs, or Indian Pale Ales, are quickly becoming more and more well-liked among craft beer lovers for their strong nuances and hoppiness."

Pramod also categorises beers as lagers, ales, wheat beers, sour beers, and stouts, "Each type," he says "is differentiated by fermentation methods, ingredients, and flavour profiles. For instance, lagers are



Akash Ghosh Dastider

crisp and smooth, while ales are fruity and hoppy, offering a wide range of taste experiences. Wheat beers are brewed with a significant proportion of wheat, offering a light, refreshing taste and often having a slightly tart or citrusy note.

Stouts and Porters are darker beers with a rich, roasted flavour, typically brewed with roasted barley or malts, giving them a deep, complex taste often associated with coffee or chocolate notes. Sour beers use wild yeast or bacteria, resulting in a tart, funky flavour, and they often undergo extended aging periods for complexity, with Lambic and Gueuze being popular styles."

He adds, "Lager is the most popular beer type globally due to its smooth, crisp taste, making it widely appealing and accounting for 70% of the market share. Its strong global distribution, extensive marketing, and ability to pair well with various foods contribute to its dominant position in the beer market."

Brewing Processes

Brewing is an old traditional way of making beer. Today beer makers use state-of-art technology and refined ingredients to produce different types and styles of beer. However, they haven't turned their backs on their roots.

Manu states, "Different brewing techniques are needed for different kinds of beer. Colder temperatures are applied to brew lagers with bottom-fermenting yeast, which ends up in a clear, crisp texture. A deeper and more complex character profile is achieved in ales by brewing them at higher temperatures with top-fermenting yeast. The stouts are made using roasted barley or malt, which gives them a powerful aroma and dark hue. A significant amount of wheat is used in the mash to give wheat beers their smooth

texture and somewhat tart aftertaste."

Pramod declares, "Different types of beer require distinct brewing processes. Lagers use bottom-fermenting yeast at cooler temperatures (4-15°C) with longer conditioning, while ales use top-fermenting yeast at warmer temperatures (15-20°C) with shorter conditioning. Sour beers are fermented with wild yeast and require long-term aging, showing the diversity in brewing techniques."

Akash avers, "different types of beer are brewed using various processes that affect their flavour, aroma, and overall characteristics. The brewing process can vary significantly depending on the style of beer being produced, with the most notable distinctions between ales and lagers."

He explains the different brewing processes thus:

Ale Brewing Process- Ales are brewed using top-fermenting yeast, which ferments at warmer temperatures, typically between 15°C to 24°C (60°F to 75°F). The process involves mashing malted barley to extract sugars, boiling the wort with hops for bitterness and flavour, and then fermenting with ale yeast. After fermentation, ales are often conditioned for a few weeks to develop their flavours. This warmer fermentation process allows the yeast to produce more esters and phenols, resulting in fruity and sometimes spicy flavours.

Lager Brewing Process - Lagers are brewed using bottom-fermenting yeast, which ferments at cooler temperatures, usually between 7°C to 13°C (45°F to 55°F). The brewing process for lagers involves mashing malted barley, boiling the wort with hops, and then fermenting with lager yeast. After primary fermentation, lagers undergo a longer conditioning period known as lagering, which can last several weeks to several months. This extended conditioning helps achieve the smooth, clean flavor characteristic of lagers. This slower, cooler fermentation process produces fewer esters, resulting in a cleaner, crisper taste.

Wheat Beer Brewing Process - Wheat beers are brewed with a significant proportion of wheat in addition to barley. The higher proportion of wheat malt adds body and haze."

Regulatory Challenges

It is important for a novice entering the market



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to be aware of the country's regulations. Overcoming the compliance challenges in the Indian beer market necessitates a thorough knowledge of the regulatory framework. One has to understand the legal and regulatory framework governing India's beer business. It is necessary to research and stay updated on regulations, licences, permissions, and compliance requirements of the Central as well as the State governments.

Manu declares, "State-by-state regulations may vary greatly, leading to a variety of great brews. There are no such problems when it comes to regulations in operations."

He is of the opinion that navigating the complicated route of different rules is necessary for succeeding in the brewery business in India.

Akash disclosed, "Different types of beer face specific regulatory challenges that can vary by region and impact various aspects of the beer industry.

Higher Taxes and Restrictions: Beers with higher alcohol content, such as strong ales or IPAs, often face higher excise taxes and stricter regulations. Some regions impose higher tax rates based on alcohol content, which can affect pricing and consumer demand.

Import Duties and Tariffs: Imported beers are subject to import duties and tariffs, which can increase their cost and affect competitiveness in local markets.

Licensing and Compliance: Craft breweries often face complex licensing requirements, including production, distribution, and retail licenses. The regulations can be more stringent for smaller breweries, depending on the region."

Pramod states, "Regulatory challenges for beer include varying taxation rates, labeling requirements, and distribution laws across regions. These factors can impact pricing, production, and availability, particularly for craft and specialty beers, necessitating compliance with complex regional regulations."

Exports

Exports is another segment which an entrepreneur has to take into consideration. This sub-division of the alcohol industry has a good potential.

According to Volza's India Export data, India exported 9,944 shipments of Beer from Mar 2023 to Feb 2024 (TTM). These exports were made by 492 Indian exporters to 1,016 buyers, marking a growth

rate of 68% compared to the preceding twelve months. Most of the beer exports are to the United States, Nepal and United Arab Emirates.

Pramod disclosed, "Indian beer is gaining traction globally, with strong demand in the Middle East, Southeast Asia, Africa, Europe, and the USA. Strong beers like Kingfisher Strong are popular in these regions, while premium lagers and craft beers are increasingly in demand in markets like the US and Europe."

Akash, while agreeing that there is export market for Indian beer, believes that it is relatively niche. "But," he adds, "it holds potential for growth as Indian beer has found demand in several international markets. Key regions where Indian beer is in demand include:

United Kingdom: The UK, with its large South Asian diaspora, has a market for Indian beer

North America: In the United States and Canada, Indian beer has a presence in areas with significant Indian and South Asian communities

Middle East: Indian beer is popular among expatriate communities in countries like the United Arab Emirates and Saudi Arabia

Australia: Similar to other countries with Indian expatriate communities, Indian beer is popular in Australia

Overall, while Indian beer has established a foothold in certain international markets, the broader global beer market is characterized by a strong preference for pale lagers and an increasing interest in craft and specialty beers."

Manu, however, has a different view. He claims, "Beer is a product that is imported. It is not common to export goods because the Indian climate does not truly support the fermentation of alcohol easily. Also, the fact that India is not well-known for its beer-making techniques and since it was not our drink, export is difficult. I may add that worldwide Lagers are the most in demand beer in India as well as world wide."

Future

It may be said that as there is a rise in funding beer startups, they are expanding and launching new products. According to IMARC Group, the Indian beer market reached Rs 38,360 crore in 2022 and is expected to reach Rs 62,240 crore by 2028, exhibiting a compound annual growth rate (CAGR) of 8.1 per cent during 2023-2028

Statista report states that the volume of

beer market at home is expected to amount to 124.2 bn litres by 2024 while out-of-home market is expected to amount to 54.8bn litres in 2024.

Technavio report, India Beer Market Size 2024, discloses that India beer market size is expected to grow by \$ 4.81 billion at a CAGR of 8.8% between 2023 and 2028. The market is experiencing significant growth, driven by several key trends and factors.

Akash avers, "The future of beer in India and its exports looks promising, driven by several key trends. Domestically, beer consumption is expected to rise due to shifting consumer preferences, especially among younger and urban populations, as well as increasing disposable incomes. The craft beer segment is also set to grow, with more microbreweries and craft brands emerging in both Tier I and Tier II cities. Additionally, health-conscious trends are promoting the demand for low-alcohol and non-alcoholic beers."

He adds, "In terms of exports, Indian beer is likely to gain more international traction as breweries target markets with significant South Asian communities, such as the Middle East, North America, Australia, and the UK. To succeed in global markets, Indian breweries will need to focus on quality and innovation, developing unique flavours and adhering to international standards. Strategic partnerships and distribution agreements will be crucial for expanding their global reach. Navigating regulatory challenges, such as tariffs and trade barriers, will also be important for increasing the presence of Indian beers abroad. Overall, with a focus on these areas, Indian beer has strong growth potential both domestically and internationally."

Pramod predicts the future of beer in India to be promising with a projected CAGR of 8.64% from 2023 to 2030 driven by premiumization and increasing urbanization. He adds, "Indian beer exports are also on the rise, particularly to regions with significant Indian diaspora, offering a strong growth potential for the industry."

Manu states, "The beer market in India is expanding over time, and demand remains high across all markets. Specifically the craft beer industry is expected to grow substantially as new brewers and styles are developing. While there is a chance to export, the amounts will be far less than those of beer that is brought into India." ■

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Incredible Spinach

By Sharmila Chand

Packed with essential vitamins and antioxidants, Spinach is a savior against several problems. Adding spinach to your diet, you can benefit from its numerous health-promoting properties. Have it in any form, and you gain its nutrients. From smoothies and salads to sandwiches, pastas, omelettes, chapattis, spinach can be consumed in varied forms. It belongs to the ‘Chenopodiaceae family’ (also known as goosefoot), which includes beetroot, chard and quinoa. It is somewhat similar in taste profile with these vegetables, charcaterised by the bitterness of beet greens and the slightly salty flavour of chard.

Types of Spinach

There are three main types of spinach:
Savoy Spinach: Normally used in salads

due to its crinkled leaves.
Flat-leaf Spinach: Also called smooth-leaf spinach, it has flat, broad leaves and is frequently used in cooking.
Baby Spinach: Young, tender spinach leaves are smaller and milder in flavour,



again making them suitable for salads.

Health Benefits

Spinach is well known for its nutrient benefits as it is rich in a number of protective polyphenols and antioxidant properties. Nutritionists recommend including spinach in a balanced diet as it is supposed to help decrease oxidative damage, maintain eye health and help prevent heart disease and cancer.
Spinach is packed with essential vitamins and minerals that are crucial for overall health. It is particularly rich in vitamins A, C, K1, and folate, along with minerals like iron, calcium, magnesium, and potassium. Also helps in maintaining good vision. Spinach is rich in plant pigments chlorophyll and carotenoids. Also being anti-inflammatory, these plant

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compounds are important for healthy eyesight.

Spinach has long been considered as a source of restoring energy, increase vitality and improve the quality of the blood. It is due to the iron content. Iron plays a central role in the function of red blood cells, helping transport oxygen around the body, supporting energy production and DNA synthesis.

Regular consumption of spinach can have positive effects on heart health. The nitrate content in spinach has been shown to help lower blood pressure levels and improve overall cardiovascular function.



Chef SK Aman Islam

Additionally, the high levels of potassium and magnesium in spinach contribute to maintaining healthy blood pressure levels.

Nutritional Benefits of Spinach

An 80g (raw) serving contains:
20kcal/82KJ
2.2g protein
0.6g fat
1.3g carbohydrates
2.2g fibre
136mg calcium
1.68mg iron
91mcg folate
21mg vitamin C

Recipes

Spanakopita

By Chef SK Aman Islam, Executive Chef, Niraamaya Retreats, Backwater's & Beyond Kumarakom, Kerala.

This recipe combines the delicious flavours of spinach and feta cheese. Adding feta cheese to the phyllo spinach recipe elevates the dish with a delightful tang and creamy texture, perfectly complementing the crisp phyllo layers and fresh spinach. It's the secret ingredient that takes the flavor to the next level."

Ingredients:

- 1 package phyllo dough, thawed
- 1 pound fresh spinach, washed and chopped
- 1 cup crumbled feta cheese
- 1/2 cup ricotta cheese
- 1/4 cup chopped scallions
- 2 cloves garlic, minced
- 1/4 teaspoon nutmeg
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1/4 cup unsalted butter, melted

Method:

Preheat Oven: Preheat your oven to 375°F (190°C).

Prepare Filling: In a large bowl, combine spinach, feta cheese, ricotta cheese, scallions, garlic, nutmeg, salt, and pepper. Mix well until combined.

Assemble Spanakopita:

Lay one sheet of phyllo dough on a lightly greased baking sheet. Brush with melted butter.

Top with another sheet of phyllo dough and brush with butter.

Repeat until you have 4-5 layers of phyllo dough.

Spread the spinach mixture evenly over the phyllo layers.

Cover with the remaining phyllo dough sheets, brushing each layer with butter.

Cut and Bake:

Cut the spanakopita into squares or triangles.

Bake for 25-30 minutes, or until golden brown and crispy.

Serve: Let cool slightly before serving.

Tips:

To prevent the phyllo dough from drying out, cover it with a damp towel while working.

For a richer flavor, add a splash of olive oil to the spinach mixture.

You can also add other ingredients to the filling, such as mushrooms, onions, or dill.

Gnocchi Lobster Green Peas & Spinach

By Chef Amit Swarup, Executive Chef, Radisson Blu Hotel Pune Kharadi

For a delicious and indulgent way to enjoy spinach, try making spinach dip and enjoy it as exotic Gnocchi."

Ingredients:

- Mashed Potato 50 Gm
- Lobster Bisque (R) 40 ML
- Flour 18 Gm
- Egg Yolk 10 Gm
- Green Peas 30 Gm

- Mint 5 Gm
- Spinach 30 Gm
- Salt 5 Gm
- Cherry Tomato 30 Gm
- Lobster 60 Gm
- Olive Oil 20 ML
- Fresh Basil 10 Gm
- Garlic 2Gm

Method:

Boil a Potato in its skin, peel it, and mash it in a moulin.

Add flour, salt, and egg once it still warm.

Make some lovely dough. It should be rolled by hand and then cut into little pieces.

Cook it for half a minute in salted water before finishing it in a hot pan with garlic cloves, olive oil, and cherry tomatoes.

Add heated water, then cook until desired consistency.

Add lobster bisque.

Mint should be added to boiling water and add green pea.

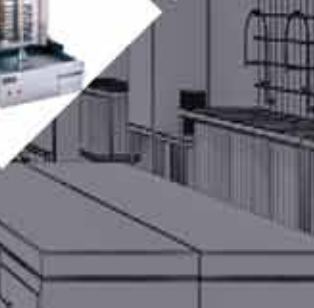
Spinach should be cooked until soft, and then blended to a fine paste.

Spread green pea and spinach puree on a plate, then place potato dumplings in a mould.

Garnish with fresh basil and serve.



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The World of Japanese Sake



The first alcoholic beverage that comes to mind when thinking of Japan is definitely rice based Sake. However, this is not the only alcohol the Japanese make and enjoy. There is an amazing range of alcohol Japan makes and enjoys not just in Japan but exports to various parts of the world. Here, we speak of the enigmatic and charming Sake.

Sake is not just an alcoholic beverage that originates from Japan. It is something revered in Japan. In the Japanese language Sake means alcoholic drinks in general and they have a word Nihoushu that denotes Sake. In English it is often referred to as rice wine, though sake is made through a brewing process that is closer to beer. However, it is noteworthy to acknowledge that in beer the conversion of starch to sugar and sugar to alcohol occurs in two different steps but with sake they occur simultaneously.

Undiluted sake is 18 to 20% alcohol and is diluted to 15% with water prior to bottling. Historically, it has been mentioned in Japan's first written history compiled in 712. Much like its Western counterpart temples and shrines brewed sake in the 10th century though before that Sake production was a government monopoly. Documents of temples share the process of adding ingredients to the main fermentation mash in three stages as established practice. It was easy enough to operate a sake brewery and at one point there were as many as 30,000 units that brewed Sake though with time it dwindled to

8,000. Wealthy landowners who grew rice crops would have leftover rice at the end of the season and instead of wasting it they would ship it to their brewery.

Sake's Declining History

Sake brewing industry was dealt a hefty blow with the rice shortage during World War II and the government came down heavily on use of rice for brewing. It had been discovered in the 17th century that small amounts of alcohol added to sake before pressing extracted aromas and flavours from rice solids and during the war pure alcohol and glucose were added to small quantities of rice mash increasing the yield by almost four times. This technique is used even today to extract more economic Sake. As a result the reputation and quality of Sake has suffered.

Though after the war breweries began to recover but new products made locally including beer, wine and other spirits gained popularity and in 1960s beer consumption surpassed Sake. Though the quality of Sake improved but consumption continued to go down and recent popularity of shochu also implies that Sake has not fully gained its popularity with the locals within Japan.

Probably Sake brewing would be saved in Japan because of its export to other countries. It may also be prudent to note that Sake breweries are springing up in China, Southeast Asia, South and North America, even in Australia.

Sake Brewing

Multiple parallel fermentation of rice produces Sake. Rice is polished to remove protein and oils from the grain exterior, leaving behind starch. A more thorough milling leads to a more desirable end product. Rice rests and is then washed clean of powder and then steeped in water from several hours or overnight or maybe just a few minutes if the rice was highly polished.

The rice is then boiled or steamed with controlled cooking – overcooked and it will ferment quickly without flavours developing and undercooked it will ferment only on the outside. In a culture room koji mold is allowed to grow to desired level, maybe for a couple of days. The next step is starter mash or shubo. Koji rice, water and yeast are mixed, lactic acid added and freshly steamed rice is added, with yeast cultivated over 10 days to a fortnight.

Moromi or main mash is developed by adding more koji once a day for 3 days, doubling the volume of the mash. It is then fermented over 2 to 6 weeks. For better quality of Sake, fermentation is slowed by lowering the temperature. Sake, like beer, undergoes multiple fermentation but unlike beer, Sake has the parallel fermentation. Once fermented the sake is pressed to separate liquid from solids. Brewer's alcohol might be added before pressing, to extract flavours and aromas that might stay back with the solids. Finer sediment is also removed and the Sake is carbon filtered and pasteurized.

After resting, the Sake would be diluted with water to bring to the desired strength.

Classification of Sake

Two basic types of Sake are Futsu-shu and Tokutei Meisho-shu. Former is ordinary Sake and like a table wine whereas the latter is premium Sake. In the special designation Sake there is further classification of three types: Honjozo-shu, Junmai-shu (pure rice Sake) and Ginjo-shu (made from rice polished to 60% or less of its original weight).

If confusion is to be avoided one needs to just know about many other types of Sake too. The starter mash may be made in three different ways – Kimoto is the traditional orthodox method; Yamahai is simplified version introduced around 1900s and Sokujo which is the quick fermentation modern method.

The end result Sake can be different with diverse appearance. Namazake is unpasteurised and requires refrigeration. It has a shorter shelf life. Genshu is undiluted Sake. Muroka is unfiltered and is cloudy. Nigorizake is also cloudy and as it is not filtered there is rice sediment in the bottle so it is shaken to mix before serving. Seishu is clear and clean Sake. Koshu is aged and it turns yellow with time and gets a honeyed flavour. Taruzake is Sake that has been aged in wooden barrels. The local wood is used for this and like a champagne bottle it is this that is broken open ceremonially for the opening of buildings, businesses, etc. Shiboritate is freshly pressed and is greener and acidic. Fukurozuri is when liquid is allowed to drip rather than pressed. Tobingakoi is when Sake is pressed into 18 litre bottles called Tobin.

Serving Sake

In India where availability of Sake is limited to Japanese restaurants it is served as the customer may decide but in Japan it is a ritual. It can be served in a wide variety of cups called Sakazuki, Ochoko or a Masu. The Japanese serve it chilled, at room temperature, or heated – depending on the preference of the drinker, the season when it is being drunk and of course the quality of the Sake being enjoyed.

High grade Sake is not drunk hot because flavours and aromas would be lost and in any case it is favoured in winter. It is often enjoyed in the cup called Choko and poured from ceramic flasks called Tokkuri. In some Japanese restaurant a gesture of generosity may be put to show when a Masu is put on a saucer and Sake is poured until it overflows and both containers are filled.

Of course, Sake can be used as a mixer for cocktails, traditional ones called Tamagozake, Saketinis, Nogasake or the Sake bomb.

Sake Cocktails

The latest mixing sensation, Sake is an ideal base in a clear and low to medium level alcoholic drink. It is a gentle and delicate mixer, blends harmoniously in an earthy yet delicate flavour. Mixing with Sake proves you can improve on an existing drink:

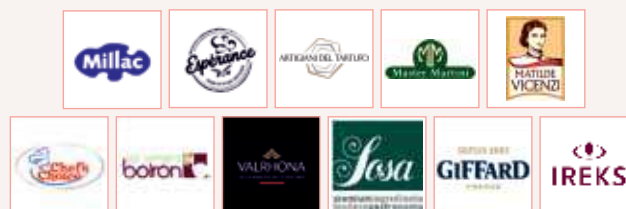
Fuji Sunset: 50 ml Go-Shu Junmai, 25 ml each of Maraschino liqueur, lemon and orange juice; a dash of grenadine and ice. Shake all with ice and strain into a chilled champagne saucer glass, serve with a Maraschino cherry on rim.

Eager Ninja: 15 ml Go Rin Sake, 15 ml each of Midori, Malibu and Pineapple juice. 5 ml of Blue Curacao and Raspberry cordial. Shake and strain all except Blue Curacao and Raspberry cordial which need



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to be sunk in the 140ml cocktail glass. Pour the shaken liquid gently. Garnish with cherry and slice of Lime or lemon on the rim.

Blushing Geisha: 30 ml Go Rin Sake, 25 ml each of Midori and Malibu, 30 ml Strawberry liqueur; 3 or 4 fresh strawberries. Blend strawberry liqueur with fresh strawberries, and separately blend the other ingredients. Pour into a long tilted glass using the 285 hurricane glass. Garnish with strawberry and cocktail umbrella on the side for effect.

Bonsai Buddy: 25 ml of Go Shu Sake and Suntory whisky, one egg white and one teaspoon of castor sugar. Fresh lemon juice and ice with some soda water would also be required. Shake sake, whisky, egg white and sugar, pour in a glass, top with soda water and serve in Hi ball glass.

In a cocktail, Sake serves as a moderating agent and reduces the alcohol in volume while providing flavour. It is getting increasingly popular and being used as replacement for vermouth in bars and restaurants in the USA. The variation is then given a new name. A recent current craze is of the Sake Bomb. A shot glass of Sake is balanced over two chopsticks placed parallel on top of the full glass of Beer. The drinker chants Sake...Sake...Sake...BOMB! Slams the table with fists and the Sake drops into the beer. The Sake is warm and Beer is chilled and the idea is to drink in a fast gulp!

Storage and Celebrating with Sake

Exposure to heat or direct light will spoil the Sake. If stored at room temperature it is best consumed within a few months of purchase. Once opened the Sake should be finished like wine, if left over is there it needs to be used within 2 days. Oxidization after opening will spoil the best of Sake and the flavour would be lost. Vacuum top cap will allow you to keep it longer in the refrigerator.

Old Sake even if kept well will not stay endlessly. Like old rice it might get a yellow tint which is not visually appealing even if the Sake is not compromised in taste. Sake is revered as a ceremonial drink too. It is often consumed as part of Shinto purification rituals. During the WWII the Kamikaze pilots drank Sake prior to carrying out their missions. In a ritualistic ceremony called Kagami Biraki, wooden casks of Sake are opened with mallets during Shinto festivals, weddings, election victories and other celebrations. This Sake is served freely to all to spread good

fortune. Toso is a version drunk on the New Year and has a Chinese powdered medicine soaked in it overnight. Even children are offered a sip of this.

Revival of Sake

Sake is enjoying a worldwide revival. Sake imports all over the world are increasing and even when patrons are not sure of information they have on Sake they ponder over choices offered in restaurants, often depending on the staff to guide them. Along with Beer and Wine, Sake is the third component of the family of fermented drinks.

While pairing of Sake is traditionally done with Japanese cuisine it can be enjoyed with anything else too or by itself if you enjoy it. With the variations possible in styles just by dilution levels, it is a vast subject for anybody to master though one could taste and identify what one likes.

Even people who begin with warmed Sake often shared with friends, it is easy to get acquainted to the more refined versions that are best enjoyed cooler. Pithy zings and nutty notes are identifiable when you have graduated to better versions of Sake and just give yourself time and a lot of Sake until then.

Health Aspects

There are between 180 and 240 calories, or 20 to 27 grams of carbohydrates, in 5.5 oz glass of Sake. Protein and fat are negligible. During the brewing of Sake, the yeast cells eat the natural sugar created by the starches in the rice and give off alcohol and carbon dioxide. The starch-to-sugar conversion, and the fermentation of that sugar, takes place simultaneously in the same tank. This makes Sake unique.

Also, another important parameter to be aware of is the Nihonshu-do. Also called the Sake Meter Value (abbreviated SMV) in English, this is the specific gravity of a Sake. It indicates how much of the sugars created from the starches in the rice were converted to alcohol, and how much remained to contribute to sweetness. By ancient convention, the higher the number, the drier the Sake. This parameter is affected by acidity, temperature, accompanying food, and a host of other factors so that it is limited in its usefulness.

Sake is free from sulphites. It is also light and comparatively free of hangover-causing congeners. Premium Sake is free from

additives and preservatives. There are about 65 varieties of rice designated as Sake rice, and naturally some are more prized than others. Like grapes, different rice strains grow best in particular regions. Some famous examples are Yamada Nishiki, Gohyaku Mangoku and Omachi.

For the more organic lovers, about 15 Japanese companies sell organic Sake and one is Yuki no Boshu. It is in Akita Prefecture, Japan. They do export it to the US though India is still far away. Another is Dewatsuru.

If you think of Sake tasting, the ritual would be identical to Wine tasting, poured in small cup, swirled in the mouth and spat out with aromas and flavours being tested.

Quirks Worth Knowing

Sake is poured from a ceramic flask called Tokkuri. To warm the Sake the flask is soaked in boiling water in a pan. Pour Sake into small cups. When drinking with others, it is a Japanese etiquette to pour Sake into each other's cups. You should hold your cup up when someone is serving it to you. Hold the cup with one hand and put the other under the cup. Smell the aroma and have a sip before putting the cup back on the table.

Regular Sake, Honjozo-shu and shunmai-shu are warmed for drinking. Generally, Ginjo-shu is chilled for drinking. As chilled Sake tastes sweeter than the warmed one, it is easy to over drink it. Non pasteurized Sake should not be warmed for drinking. Warm Sake implies just a bit over body temperature though it can be served and enjoyed at lukewarm, warm or even hot.

Warm Sake is served in cups called Sakazuki but for cold Sake a small wine glass works well. Every individual needs to discover their personal favourite Sake and the style to enjoy it. What needs to be remembered though is that Sake is a delicate drink and hence it should not be exposed to strong light of high temperature. The pouring for each other needs to be done more often when the Sake is warm as the cups are small. Small sips are in order and not big gulps.

The Japanese term for cheers is 'Kampei', and the cry of this becomes louder as the Sake takes its effect on the drinker. Sake is an acquired taste but then so is Japanese cuisine, which is becoming increasingly popular. The culture of Geisha might have been lost but the world of Sake is making a comeback. ■

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Colva Kitchen, Goa

Celebrate Global & Heritage Cuisine

By Sharmila Chand



“At Colva Kitchen, we aim to offer an experience that celebrates the vibrant culinary heritage of Colva while embracing global tastes”

Sameer Kapoor, Hotel Manager, Courtyard by Marriott Goa Colva.

Nestled in the vibrant heart of Colva, Courtyard by Marriott Goa Colva proudly unveils Colva Kitchen, an all-day dining experience that seamlessly blends global culinary favourites with the rich heritage of the local Colva community.

Design & Decor

Colva Kitchen stands as an epicurean tribute to the essence of Colva's culinary legacy. The restaurant's décor, adorned with local artifacts and inspired by the tools and traditions of the local fishermen, immerses guests in the storied history of the region. The central light fixture is inspired by toddy bags, and artworks featuring fishing nets adorn the walls, capturing the spirit of the local community. With panoramic poolside views and a stunning glass skylight that invites the stars in, the atmosphere at Colva Kitchen is perfect for celebrating moments of togetherness and joy.

Culinary Feast

The heart of the experience lies in the dynamic live kitchen, offering guests dress circle seats to witness culinary maestros work their magic, as they transform the freshest

ingredients into culinary masterpieces in front of the guests' eyes. This interactive setting brings a sense of intimacy and excitement, allowing diners to see first-hand the artistry and precision that goes into every dish.

"Our menu is a love letter to the sea and its bounties, featuring a pescatarian selection that highlights the freshest catch, honouring the local fishing traditions," says Chef Prakash Yadav, the Head Chef. He also highlights signature dishes and drinks not to be missed here. For example, Goan Chorizo Omelette with Poi – is the traditional Spicy pork sausage omelette served with poi.

Then Colva Eggs Benedict are a big hit - Pulled chicken Xacuti, cage free poached egg, periperi hollandaise sauce, with fresh butter poi. Also 'Goan Kingfish Curry' – Fresh Kingfish cooked in traditional Goan curry paste. 'Mutton Rogan Josh' – Tender mutton cooked in a rich, aromatic gravy with traditional Kashmiri spices. Chicken cafreal roll – succulent chicken marinated in vibrant Goan spices, wrapped in a roomali roti. AmcheGoan Vegetable Ros – A spicy and tangy curry mixed with vegetables.

Coming to signature drinks, 'Cocomelon Spring' is a perfect blend of coconut water, watermelon juice & kaffir lime leaves. 'Colva

Bloody Mary' is a drink made of Vodka, Periperi masala & tomato juice delivers a bold, flavorful punch that'll awaken your senses and kick-start your day. Refreshing Ale is a refreshing mix of ginger juice, lemongrass & soda while 'Popcorn Coffee' is meant to unleash a well-balanced fruity, bitterness, sweetness, and mouthfeel combined with a dreamy popcorn aroma coffee.

How about some exclusive breakfast to start the day on a cheerful note. At Colva, the breakfast spread is delightful with dishes that echo the flavours of the region. Guests can enjoy the Colva Classic Breakfast, featuring Indo-Portuguese Chorizo and Poi, Ros Omelette, Goan Patal Bhaji with Pav, and the distinctive Goan Chorizo Omelette. For those seeking a taste of local favourites, the Chef's Breakfast Specials include Betalbatim Oatmeal Porridge and Colva Eggs Benedict. South Indian and North Indian breakfast options such as Idli, Dosa, Uttapam, Poori Bhaji, and Parathas cater to diverse palates, ensuring a fulfilling start to the day.



The Amche Goan Selection is a pescatarian celebration of local flavours, with seafood delights featuring Calamari, Kingfish, Prawns, Pomfret, and Indian Mackerel, all sourced fresh from the local fisheries. Signature dishes like Margao’s Chorizo Poi, Chicken Xacuti, and Amche Goan Vegetable Ros promise an authentic taste of Goan cuisine. This menu stands as a tribute to the sea, celebrating the dedication and craftsmanship of Colva's fishing community.

Indian appetizers like Gosht ki Seekh, Ajwaini Fish Tikka, and Tandoori Chicken Tikka set the stage for a feast, while Indian mains such as Mutton Rogan Josh, Dand Paneer Makhani offer a rich, flavourful journey through the diverse culinary landscape of India. A variety of rice and bread options complement the meal perfectly.

For those seeking international flavours, the menu offers Asian delights like Bangkok-Style Fish in Black Pepper Sauce, as well as Western favourites like Grilled Thyme Marinated Chicken Breast.

Colva Kitchen also boasts an extensive beverage menu, featuring a selection of fine wines, handcrafted cocktails, and fresh juices that perfectly complement the culinary offerings. The dessert menu is a decadent array of sweet treats, including traditional Goan Bebinca, Serradura, and globally loved classics like Tiramisu and Chocolate Fondant.

In addition to its a la carte offerings, Colva Kitchen features an elaborate buffet, showcasing a diverse range of dishes that highlight both local and international flavours. From live cooking stations to a lavish spread



"I am overwhelmed to curate much loved menu which showcases the bounties we are endowed with in this region"

Prakash Yadav, Head Chef

This recipe brings the bold, spicy flavours of Goan chorizo sausage into a simple yet delicious omelette, served with the traditional Goan bread, poi. It's perfect for a flavourful breakfast or brunch."

Ingredients:

- Goan Chorizo: 100g (about 2 sausages, finely chopped)
- Eggs: 3 large
- Onion: 1 small, finely chopped
- Green Chilies: 1-2, finely chopped (optional for extra spice)
- Garlic: 2 cloves, minced
- Coriander Leaves: A handful, finely chopped
- Salt: To taste
- Black Pepper: To taste
- Olive Oil/Butter: 1 tablespoon (for frying)
- Poi: Traditional Goan bread (or substitute with any soft bread rolls if unavailable)

Method:

Prepare the Goan Chorizo

Heat a pan on medium heat and add a small amount of oil if necessary (Goan chorizo tends to release its own fat when cooked).

Add the chopped chorizo to the pan and cook for 3-5 minutes until the sausage releases its oil and becomes crispy.

Recipe

Goan Chorizo Omelette with Poi

By Prakash Yadav, Head Chef

Add the chopped onion, garlic, and green chilies (if using). Sauté until the onions are soft and translucent.

Set the mixture aside to cool slightly.

Whisk the Eggs

In a mixing bowl, crack the eggs and whisk until frothy. Season with a pinch of salt and black pepper.

Add the chopped coriander leaves and the cooled chorizo mixture to the eggs and stir well.

Cook the Omelette

Heat a non-stick frying pan with a bit of oil or butter over medium heat.

Pour the egg mixture into the pan, ensuring the chorizo and onions are evenly distributed.

Cook for 2-3 minutes until the edges of the omelette start to set, then gently fold it in half (or leave it flat, depending on your preference).

Allow it to cook through for another 2 minutes or until done to your liking.

Serve with Poi

Warm the poi slightly in the oven or on a pan if needed. Serve the Goan chorizo omelette hot with the poi on the side. If you don't have access to poi, any soft bread rolls will make a good substitute.

The spicy, savoury chorizo combined with fluffy eggs makes this omelette a flavourful and hearty dish. Pairing it with poi enhances the experience, giving it a uniquely Goan touch.

of appetizers, mains, and desserts, the buffet promises a comprehensive culinary experience that caters to all tastes and preferences.

Colva Kitchen is your space to celebrate, meet, and connect. It promises an unforgettable culinary journey that honours the rich culinary heritage of Colva while embracing the global gourmet landscape.

Chef At The Helm

Good food isn't just about flavour but crafting an experience. That's what Prakash Yadav, Head Chef aims at. He says, "When you

eat well, you nourish your body, but when that food is made with care, using fresh ingredients and passion, it becomes more than a meal—it becomes a moment. At Colva Kitchen, we believe that every dish has the power to create memories, spark conversations, and bring joy. Eating good food is the foundation, but the moments you share while enjoying it are the great experiences we strive to create."

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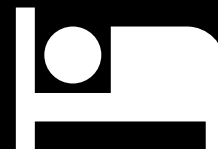
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"My goal is to blend my love for culinary arts with a commitment to excellence and a deep respect for tradition"



Chef SK Aman Islam, popularly called as Chef Aman Islam, is currently the Executive Chef at Niraamaya Retreats, Backwater's & Beyond in Kumarakom, Kerala. He began his culinary journey as a Sous Chef and has since gained extensive experience working with esteemed hotels and resorts in India, Las Vegas, Mauritius, and the Maldives. Notable establishments include Vivanta Dal View Lalit Golf & Spa Resort, Aria Resort & Casino in Las Vegas, Fenica Riverside Resort, The Residence in Mauritius, Avatara Resorts and Spa, and YMCA International.

Chef Aman has not only worked at these prestigious venues but has also played a pivotal role in setting up restaurants and curating menus both in India and abroad.

Chef Aman's early life was marked by a passion for football. At 16, he moved to an apartment in Kolkata, determined to pursue his newfound passion for cooking. His journey from a young football enthusiast to an accomplished chef is a testament to his resilience and dedication. His diverse experiences and innovative approach continue to elevate the dining experiences at Niraamaya

Retreats, where he brings his unique culinary vision to life.

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

How do you define yourself?

I am the driving force behind a restaurant's culinary success. My responsibilities include menu development, maintaining the highest standards of quality control, and fostering a positive dining experience. I am passionate about using fresh, local ingredients to create innovative and flavourful dishes that delight our guests.

What is your philosophy of cooking?

I always strive to make the most amazing food possible. I believe in the power of food to evoke emotions and create lasting memories. My culinary journey is driven by a passion for innovation, sustainability, and a deep respect for tradition. I aim to create dining experiences that are both memorable and meaningful, reflecting my unique perspective and commitment to exceptional quality.

What is your area of expertise?

My expertise lies in preparing both classic and contemporary dishes from across Europe. I specialize in using traditional culinary techniques, ensuring that each dish reflects its cultural roots while embracing modern twists. I am passionate about sourcing high-quality, seasonal ingredients to enhance the flavours and authenticity of each meal. My goal is to create a dining experience that not only delights the palate but also tells a story of Europe's rich culinary heritage.

Had you not been a chef then what?

If I hadn't become a chef, I would likely have pursued a career as a nutritionist or dietitian. My passion for food goes beyond just cooking; I am deeply interested in understanding how

food impacts our health and well-being. As a nutritionist or dietitian, I would focus on helping people make healthier choices, using my knowledge of ingredients and cooking techniques to create balanced and nourishing meal plans.

What is your source of inspiration?

My prime inspiration is definitely my mom; her hands have magic, and I love her food the most. After her, I would say Gordon Ramsay, Martin Berasategui, Vikas Khanna, and others are my inspirations and role models. I always try to learn from them—their style, their presentation.

What has been the most rewarding moment in your career?

One of the highlights of my career has been receiving the "Rising Star Chef of the Year" award. This recognition was incredibly rewarding because it validated all the hard work, dedication, and passion I have poured into my craft. It was a moment that not only acknowledged my skills and creativity but also inspired me to continue pushing the boundaries of culinary excellence.

How has the journey been so far?

This question takes me back to some funny childhood memories. I was obsessed with cooking shows, and since I was pretty clueless about everything else, I thought I'd give cooking a shot myself.

What skills are necessary to be a good chef?

Essential skills for a chef include technical abilities, such as knife skills, various cooking methods, food safety practices, menu creation,

and plating techniques. Culinary expertise is also crucial, encompassing knowledge of ingredients, understanding of flavor profiles, and familiarity with culinary traditions. Additionally, personal attributes like passion, creativity, meticulous attention to detail, leadership qualities, and adaptability are vital for success in the kitchen.

How do you de-stress?

As I am still a bachelor, I enjoy de-stressing by taking care of my knives, whipping up easy meals at home, diving into a great book, or soaking up the peacefulness of nature. Whether it's perfecting my tools, experimenting with simple recipes, getting lost in a captivating story, or going for a quiet walk in the park, these activities help me unwind and recharge.

Favourite Ingredient?

My favourite ingredient is lemon. It provides a perfect balance of acidity and brightness, enhancing the flavours of both sweet and savoury dishes.

Favourite Cuisine?

I have a deep appreciation for European cuisine, with its rich flavours and diverse dishes that range from classic French pastries to hearty Italian pastas.

Fav spice?

My favourite spice is clove. It has a unique blend of sweet, spicy, and slightly bitter notes, making it versatile enough to enhance both sweet and savoury dishes.

Fav Equipment?

My favourite kitchen equipment is the knife. Whether it's chopping vegetables, slicing

meats, or finely dicing herbs, a good knife allows for precision and efficiency.

Fav Restaurant/food joint, anywhere in the world.

I don't have a single favourite restaurant. Instead, I love exploring a wide range of places, from street vendors to Michelin-starred spots. What excites me most is experiencing how different styles blend spices and flavours in unique and delicious ways.

Your favourite comfort food?

My go-to comfort meal is a simple yet satisfying combination of rice, dal, and a dollop of sweet yogurt. It's a classic, wholesome dish that brings warmth and nostalgia with every bite.

You favourite Culinary Destination?

France is my favourite culinary destination. It's a paradise for chefs and food lovers alike, boasting a rich history of exceptional cuisine. Each region offers a diverse array of dishes and high-quality ingredients.

The best compliment you have received?

The best compliment I've received came from a German guest who is a chef. He remarked, "Your ability to balance bold flavours with subtle nuances is truly impressive." His praise was especially meaningful coming from a fellow professional who understands the intricacies of culinary craftsmanship.

What is your philosophy of work?

My philosophy centers on crafting extraordinary food that not only delights the palate but also stirs emotions and forges lasting memories. I am driven by a passion for innovation and sustainability while holding a deep respect for culinary traditions.

Lessons learnt in the kitchen?

Working in a kitchen imparts invaluable lessons in patience, time management, adaptability, teamwork, and attention to detail. It fosters an appreciation for food and enhances resilience and creativity.

Last meal on earth: What would you choose?

If I had to choose my last meal, I'd keep it simple and indulgent. I'd start with a juicy, greasy burger, followed by creamy, cheesy mac and cheese, and finish with a giant bowl of decadent ice cream.

10 years from now?

To be honest, I haven't decided yet. The future is full of possibilities, and I'm keeping an open mind about where my journey might take me. I'm excited about exploring new opportunities and continuing to grow, both personally and professionally.

What are your future plans?

While I haven't made a definitive decision yet, I know one thing for sure—I have no intention of opening a restaurant or hotel. Instead, I envision myself becoming part of a global food organization, dedicated to exploring and experiencing diverse, flavourful cuisines from around the world.

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

Develop a strong work ethic: The culinary industry is demanding, and long hours are often the norm. A strong work ethic will help you succeed and stand out from the competition. Additionally, embrace a continuous learning mindset—stay curious, seek feedback, and be open to new techniques and cuisines. Passion and dedication are key, but resilience and adaptability will set you apart in a dynamic and evolving field.

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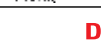


















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In food service industry refrigeration is one of the most important commercial equipment. Choosing the right refrigeration products is essential for establishments to ensure not only to have quality storage options but preserve food too. It is essential that the equipment models one select are energy efficient, long-lasting, and a perfect fit for the establishment where it has to be used. There is an extensive range of restaurant refrigeration equipment including, chest freezers, blast chillers, food prep tables, drop-in units, chest refrigerators, reach in refrigeration, walk-in coolers and freezers, reach-in wine refrigeration, worktop and under counter refrigeration, and more.

Refrigerators have drastically positive impact on the food service departments of the hotel industry, restaurants, pubs and other catering establishments. Practically, food service departments these days cannot do without a refrigerator. It is used to store food and also preserve food.

A refrigerator offers the ease and convenience of getting food by helping in lengthening perishable foods' lifespan and still retaining their nutritious contents, which is otherwise impossible. It also helps

in preserving beverages; making beverages cool every time the customers require good service. We all know that a cool desert is soothing. Low temperatures also inhibit bacterial growth hence preventing food decay.

According to Harshal Ganjawalla, Director, MG-PRO (Hospitality Appliances Pvt. Ltd.), "In the hospitality industry, refrigeration equipment plays a crucial role in maintaining food safety, quality, and efficiency. The new makes of refrigerators not only preserve food, but they are also cost-effective, and consume less power. Let us take a look at some of the refrigeration



Harshal Ganjawalla

solutions in the market.

Refrigerator

Refrigerator is one of the most commonly used appliances for storing food and beverages. The working principle of a refrigerator is based on refrigeration and evaporation, wherein heat is drawn out from the objects and transferred to the surrounding atmosphere. A refrigerator cannot cool below -2 Degrees Celsius. Low refrigerator temperature may slow down the growth of microorganisms, but it may not be effective enough to kill pathogenic or spoilage causing microorganisms. For optimum preservation, maintain the temperature between 0 to +4 Degrees Celsius.

Freezer

Freezer is another commonly used domestic and industrial kitchen appliance that works on the same principle as a refrigerator. However, in freezers, an evaporating or a cooling gas is used to evaporate heat from the object. In addition, a freezer-only unit can store food at temperatures as low as -22 Degrees Celsius, whereas the minimum temperature that can be achieved in a refrigerator can't go lower than -16 degree Celsius. Most food remain in

good quality, if the freezer temperature is set between -16 degree and -22 degree Celsius.

Blast Chiller

A chiller is used to cool food quickly at low temperatures, which prevents bacterial growth. As bacteria multiply at temperatures beyond +4 degrees Celsius, chiller prevents bacterial growth by reducing the temperature of cooked food from +70°C (158°F) to +3°C (37°F) or below, thereby making the food safe for consumption. Chillers are usually used for commercial purposes, especially in food catering and fast food set ups.

The Technology

To understand the fundamentals of refrigeration, few basic definitions should be considered. They are:

A. Heat is a form of energy transferred by virtue of a difference in temperature. Heat exists everywhere to a greater or lesser degree. As a form of energy, it can be neither created nor destroyed, although other forms of energy may be converted into heat, and vice versa. It is important to remember that heat energy travels in only one direction; from a warmer to a cooler object, substance, or area.

B. Cold is a relative term referring to the lack of heat in an object, substance, or area. Another definition describes it as the absence of heat, no process yet has been devised of achieving ‘absolute zero,’ the state in which all heat has been removed from any object, substance, or area. Theoretically this zero point would be 459.69 degrees below zero on the Fahrenheit thermometer scale, or 273.16 degrees below zero on the Celsius thermometer scale.

C. Refrigerants are chemical compounds which are alternately compressed and condensed into a liquid and then permitted to expand into a vapour or gas as they are pumped through the mechanical refrigeration system to cycle. The refrigeration cycle is based on the long known physical principle that a liquid expanding into a gas extracts heat from the surrounding substance or area. Refrigerants evaporate or ‘boil’ at much lower temperatures than water, which permits them to extract heat at a more rapid rate than the water.

D. The job of the refrigeration cycle is to remove unwanted heat from one place and discharge it into another. To accomplish this, the refrigerant is pumped through a closed

Types of Refrigeration Equipment

An overview of the various types of refrigeration equipment commonly used, which ensure that the diverse needs of the hospitality industry are met, from food preparation and storage to display and serving.

Reach-In Refrigerators and Freezers: Upright units with one or more doors, designed for easy access to stored items. Ideal for kitchens where space is limited, allowing chefs and staff to quickly access ingredients.

Walk-In Coolers and Freezers: Large, room-like structures where food can be stored on shelves. Used for bulk storage of perishable items.

Undercounter Refrigerators and Freezers: Compact units designed to fit under countertops. Often used in bars and small kitchens for easy access to ingredients and beverages. These models are specifically used as holding cabinets to maintain the temperature of pre-chilled/frozen food items.

Blast Chillers: Units designed to rapidly cool down hot food and/or fresh produce to safe storage temperatures. Critical in maintaining food safety standards, especially in large kitchens where food is pre-cooked and stored for later use.

Bar Refrigeration:

Bottle Coolers: For chilling bottled drinks.

Keg Coolers: For storing and dispensing draft beer.

Back Bar Coolers: For storing beverages and garnishes.

Essential for bars, pubs, and restaurants to keep beverages cold and ready to serve.

Display Refrigerators and Freezers:

Merchandising Refrigerators: Glass-front units for displaying cold products that are pre-chilled.

Ice Cream Freezers: Top opening units for storing and displaying pre-frozen ice cream.

Used in front-of-house areas for showcasing beverages, desserts, and other perishable goods.

Refrigerated Prep Tables and Counters: Refrigerated tables with storage beneath and work surfaces on top, which include Pizza and Sandwich/Salad Prep Tables. They are ideal for assembly lines in kitchens, where ingredients need to be kept cool and within easy reach during preparation. These models are specifically used as holding and dispensing units to maintain the temperature of pre-chilled food items.

Ice Machines: These machines produce and store ice, which include Cube Ice Machines, Flake Ice Machines, Nugget Ice Machines. They are essential for beverages, food display, and food preservation.

Wine Coolers: Refrigerated units designed specifically for storing wine at optimal temperatures. Used in fine dining restaurants and bars to store wine at the correct serving temperature.

Chest Freezers: Deep freezers that open from the top, offering a large storage capacity. They are ideal for long-term storage of bulk food items, often used in large kitchens or storage areas.

Dual Temperature Units: These units combine refrigeration and freezing in one. Useful in kitchens with limited space, offering flexibility in storage.

refrigeration system. If the system was not closed, it would be using up the refrigerant by dissipating it into the surrounding media; because it is closed, the same refrigerant is used over and over again, as it passes through the cycle, removing some heat and

discharging it. The closed cycle serves other purposes as well; it keeps the refrigerant from becoming contaminated and controls its flow, for it is a liquid in some parts of the cycle and a gas or vapour in other phases of the cycle.

According to Harshal, “The evolution of refrigeration technology in the hospitality industry over the past few years has been driven by the need for greater energy efficiency, sustainability, and digital integration. The shift to environmentally friendly refrigerants, the adoption of Internet of Things (IoT) and smart technologies, and improvements in design and control systems have all contributed to making modern refrigeration systems more reliable, efficient, and aligned with global sustainability goals”.

The push towards reducing carbon footprints has led to stricter regulations, driving the adoption of more sustainable technologies. Many hospitality businesses are now striving for carbon-neutral operations, leading to increased investment in energy-efficient refrigeration solutions.

Modern refrigeration equipment is increasingly designed to comply with Hazard Analysis and Critical Control Points (HACCP) standards, ensuring food safety throughout the supply chain.

What You Need

If you own a restaurant, you know the importance of refrigeration. It keeps all your meat and produce fresh, resulting in better quality and happy customers. However, if you are looking to upgrade your system or just starting your venture into the restaurant business, you may not have the knowledge needed to purchase the perfect system for your establishment.

Harshal is of the view, “Selecting the right refrigeration equipment for a restaurant kitchen is crucial for ensuring efficient operations, maintaining food safety, and achieving a strong return on investment (ROI) in the long run.

Once you have decided which refrigerators provide the most benefit to your business,



Evolution of Refrigeration Technology

Refrigerants:

Traditional Refrigerants - Historically, chlorofluorocarbons (CFCs) and hydrochlorofluorocarbons (HCFCs) were used as refrigerants. However, these were found to be harmful to the ozone layer.

Shift to Environmentally Friendly Refrigerants - Over the last few years, there has been a significant shift towards environmentally friendly refrigerants, such as hydrofluorocarbons (HFCs), and more recently, natural refrigerants like R-290 (propane) and CO2. These have a much lower global warming potential (GWP) and are safer for the environment.

Ammonia (R-717) - Ammonia has also seen continued use in large-scale refrigeration systems due to its high efficiency and zero GWP.

Energy Efficiency and Sustainability:

Energy-Efficient Compressors - Advances in compressor technology, such as variable speed compressors, allow refrigeration units to operate more efficiently by adjusting the cooling power based on demand, reducing energy consumption.

Insulation Improvements - Better insulation materials and techniques have improved energy efficiency by reducing the amount of energy required to maintain low temperatures.

Smart Defrosting - Modern refrigeration units now employ smart defrosting systems that only activate when necessary, further saving energy and improving efficiency.

Digital and IoT Integration:

Smart Refrigeration - The integration of Internet of Things (IoT) technology has enabled smart refrigeration systems. These systems can monitor temperature, humidity, and energy use in real time, providing alerts and predictive maintenance to prevent breakdowns and reduce energy waste.

Remote Monitoring - Remote monitoring and control systems allow operators to manage refrigeration units from a centralized location, improving efficiency and response times in case of issues.

Automation and Control:

Advanced Controls - Modern refrigeration systems are equipped with advanced control systems that allow precise temperature and humidity settings, ensuring optimal conditions for different types of stored goods.

Automated Diagnostics - Built-in diagnostics and self-learning capabilities allow systems to automatically detect and correct faults, enhancing reliability and reducing downtime.

Energy Recovery Systems

Heat Recovery - Some modern refrigeration systems are equipped with heat recovery technology, which captures the heat generated by the refrigeration process and repurposes it for other uses, such as heating water, further improving overall energy efficiency.

you should also consider what sizes you need. Units that are too large tend to waste money, while refrigerators that are too small may not accommodate your needs. There are many different sizes for you to choose from, but many restaurants opt for customised versions if they can't find the perfect one to satisfy their requirements.

For reach-in refrigerators, remember to find one that will fit through the door and where its condenser is located. If the refrigerator is massive, it may not work in

your kitchen. In addition, the location of the condenser, either top-mount or bottom mount, can play a role in convenience, cleaning, and accessibility.

While the refrigerators mentioned above are the cornerstone of a successful kitchen, don't overlook other aspects of refrigeration. You may need a refrigerated display case for beverages or a bartender's fridge underneath the bar. At first glance, these may seem like high initial expenditures, but they often pay for themselves thanks to the time they save.



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Approach Towards Buying Refrigeration Equipment

Determine Your Specific Needs:

Menu and Food Storage Requirements - Assess the type of food you will be storing, the volume, and the specific temperature requirements.

Kitchen Layout and Space - Consider the available space in your kitchen. Measure the areas where the refrigeration units will be placed and choose equipment that fits without obstructing workflow.

Operational Capacity - Determine your peak storage needs to ensure the equipment can handle busy periods without compromising performance.

Evaluate Energy Efficiency:

Energy Star Rating - Look for equipment with an Energy Star rating, as these units are designed to be more energy-efficient, which will reduce utility costs over time.

Variable Speed Compressors - Units with variable speed compressors adjust cooling power based on demand, leading to significant energy savings.

Insulation Quality - High-quality insulation helps maintain internal temperatures more effectively, reducing the workload on the compressor and saving energy.

Assess Build Quality and Durability:

Materials - Choose equipment made from durable materials, such as AISI 304 grade stainless steel, which is resistant to corrosion and easy to clean. Durable construction is crucial for withstanding the demands of a busy kitchen.

Heavy-Duty Components - Look for units with heavy-duty door seals, shelving, and compressors that are designed for continuous use in a commercial setting.

Warranty and Support - Consider the manufacturer's warranty and the availability of support and service in your area. A robust warranty can be a good indicator of the equipment's durability.

Consider Features for Ease of Use:

Adjustable Shelving - Shelving that can be easily adjusted allows for flexible storage configurations to accommodate various items.

Digital Controls - User-friendly digital controls with temperature displays make it easy to monitor and adjust settings.

Auto-Defrost and Self-Diagnostics - Features like automatic defrosting and self-diagnostics reduce the need for manual

intervention and help prevent issues before they escalate.

Focus on Food Safety

Temperature Uniformity - Choose units that ensure even temperature distribution to prevent cold spots and ensure consistent food preservation.

HACCP Compliance - Ensure the equipment meets Hazard Analysis and Critical Control Points (HACCP) standards, which are critical for food safety in a commercial kitchen.

Plan for Future Needs

Scalability - Consider whether the equipment can be easily scaled or expanded as your restaurant grows. Modular units are particularly beneficial in this regard.

Flexibility - Choose equipment that can adapt to changing menu requirements or shifts in customer demand, such as multi-functional units.

Evaluate Cost vs. Value

Initial Investment - While it might be tempting to choose the cheapest option, consider the long-term value. Investing in high-quality, efficient equipment might have a higher upfront cost but will save money over time through lower energy bills, reduced maintenance, and longer lifespan.

Total Cost of Ownership (TCO) - Calculate the total cost of ownership, including energy consumption, maintenance, and potential downtime. Opt for equipment that offers the best balance of upfront cost and ongoing expenses.

Ensure Maintenance and Support

Ease of Maintenance - Select equipment that is easy to clean and maintain, with easily accessible components. This reduces downtime and prolongs the life of the equipment.

Local Service Availability - Ensure that there are qualified technicians available in your area who can service the equipment if needed. Quick access to support can prevent prolonged downtime.

Consider Environmental Impact

Eco-Friendly Refrigerants - Choose equipment that uses environmentally friendly refrigerants with low Global Warming Potential (GWP). This aligns with sustainability goals and may also comply with regulatory requirements.

Energy Recovery Systems - Some advanced systems offer energy recovery features that can be beneficial in the long run by reducing overall energy consumption.

Calculate ROI

Energy Savings - Calculate potential energy savings from using energy-efficient equipment. Over time, reduced utility bills contribute significantly to ROI.

Reduction in Food Waste - Equipment that maintains consistent temperatures and ensures proper food preservation reduces food waste, which directly impacts profitability.

Long-Term Durability - Investing in durable equipment with a long lifespan minimizes the need for replacement or frequent repairs, contributing to long-term savings.

Enhanced Productivity - Equipment that enhances the efficiency of kitchen operations—through faster cooling times, ease of access, or better organization—can lead to higher productivity, which contributes to overall profitability.

Leverage Technology:

Smart Technology Integration - Equipment with IoT capabilities for monitoring and predictive maintenance can prevent costly breakdowns and optimize performance.

Data Analysis - Use data from smart refrigeration systems to analyze usage patterns and optimize energy consumption and maintenance schedules.

Front of House applications: In today's competitive hospitality industry, the importance of aesthetics in front-of-house applications like show kitchens cannot be overstated. Customers expect not just excellent food but an immersive dining experience, and sleek, visually appealing equipment plays a key role in enhancing this. Choosing equipment that seamlessly blends style with functionality can elevate the ambiance, make a lasting impression, and reinforce the brand's premium image. As open kitchens and live cooking stations gain popularity, the need for refrigeration and cooking equipment that complements the design of the space has become increasingly vital.



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"Love what you do; without passion, you won't excel!"

Saurabh Khanijo, Founder & MD - Kylin Experience

Saurabh Khanijo is one of India's most accomplished restaurateurs. Transitioning from his family's longstanding poultry farming business, in 2005, Saurabh made his mark by launching Delhi's first Oriental Restro-lounge, Kylin Experience. Fueled by a passion for food and innovation, he set out to redefine the culinary scene in India. Over the past 19 years, Saurabh has introduced a variety of successful dining concepts, including IVY, home to the city's longest bar, and Sartoria, a popular Italian pizzeria. He also played a pivotal role in bringing international brands like Jamie Oliver's to the Indian market.

However, his most notable achievement remains the growth of the Kylin brand, expanding it from a single restaurant to over six distinct brands across more than 10 locations.

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

Tell us the USP of your brand which is now going to cover 2 decades soon?

Kylin's unique selling point (USP) has always been the perfect blend of signature dishes and a distinct restaurant ambiance. We focus on continuously evolving and perfecting our menu while staying true to our authentic flavours. Our standout offering is our hot stone bowls—a customizable experience where you choose your sauce, base, and protein, all cooked in a traditional stone pot that infuses earthy elements into every bite. Paired with the privacy and cozy atmosphere of our restaurant, this creates the ultimate comfort dining experience.

What were the kind of challenges you faced in launching your brand?

In the restaurant business, every day presents a new challenge. Even though our brand has been around for 20 years, we still face our share of daily battles. Looking back to 2005, my focus was never on building a brand; it was on



making our first outlet in Vasant Vihar a success. Coming from a different background, I encountered every possible challenge—finding the right staff and chefs, navigating licensing issues, and figuring out how to drive sales and achieve success. Today, we move forward with the same philosophy to make each outlet successful. With that and the grace of God, Kylin has grown to become a household name.

What inspired you to launch the FnB brand which has been so successful?

My inspiration for Kylin came from my travels. In the early 2000s, I frequently travelled internationally and, upon returning to Delhi, I often felt the absence of a quality Pan-Asian restaurant that could match the offerings of the world's major cities. When I couldn't find anything that met those standards, I decided to create Kylin—Delhi's first Pan-Asian lounge, known for its exceptional sushi and dim sum.

What is your work philosophy?

My work philosophy is simple, and it's guided me since the beginning: work hard, party hard, and most importantly, love what you do. Without passion, you won't excel. I believe Kylin—and any successful business, for that matter—thrives because its founders and top management are emotionally invested in it. After putting in the hard work, it's essential to let go and unwind, whatever that means for you, to relax and recharge.

What do you enjoy the most as the owner of an established brand?

My true satisfaction comes from serving exceptional food and seeing the Kylin name become synonymous with consistent, high-quality Pan-Asian cuisine. Every time I receive a message of appreciation from our customers, it's a good day for me and a successful day for Kylin.

What are your future plans?

Like any business, we aim to expand our brand across the country. We recently opened our flagship store in Bangalore, marking our first venture into Southern India. As we continue to explore new locations and cities, we remain committed to maintaining the quality of our product and ensuring sustainable growth. For now, our focus is on solidifying our presence in Bangalore before considering further expansion.

How has your journey been in this industry?

My journey in this industry has been

long, memorable, and ongoing. Did I face challenges? Absolutely. Did I encounter failures? Without a doubt. But I always got up and pressed on. It would have been easy to walk away and try something else, but I chose to stay. Historically, the restaurant industry is one of the toughest to thrive in, with only a few brands making it. Despite the difficulties, I continue to push forward and find joy in what I do.

Anything else you wish to say as FnB entrepreneur?

I am happy that I have been able to create Kylin as a brand that continues to grow and evolve. Today, it stands as one of the few homegrown Pan-Asian brands to have achieved significant success and aims to keep expanding. In a market where many are focused on introducing international brands to India, Kylin remains a proud homegrown institution with a strong legacy. This enduring success fills me with immense pride.

What is your take on Pan Asian cuisine, how has it evolved in Indian landscape?

Over the past two decades, Pan-Asian cuisine, encompassing a diverse range of culinary traditions, has continually evolved. Today, it is either the top or second choice for dining out. Its popularity stems from the bold flavours that resonate with the Indian palate, coupled with increased exposure and appreciation of this cuisine among the population.

How would you define yourself?

Answering this question is challenging, yet it's essential for self-reflection. Today, I see myself as someone who is deeply passionate about food and the restaurant business, but more broadly, I am passionate about whatever I undertake. I believe that attention to detail is crucial for any entrepreneur, and I strive to embody this quality in everything I do.

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Catering to Hygiene

Catering service is growing by leaps and bounds in India due to various factors including surge in travelling, expansion of business opportunities and higher disposable income among millennials. The growth in tourism is also linked to the growth of airline services. Economical air fares have led more and more people embracing these services to fulfill their travel needs. Also airline catering service has already become a big business. This is one area where there is further scope of growth in the coming years.

Scope of Catering Services

The global airline catering market is estimated to compound at annual growth rate (CAGR) of six per cent. The growth of the market has been driven by accelerating economic growth, expanding urbanisation, increasing airline passengers, an upsurge in tourism activities.

Some of the noteworthy trends of the market also include surging millennial

spending, rising adoption of online meal ordering platforms and devices. However, growth of the market would be challenged by fluctuating prices and food safety concerns. The growth of airline catering services is linked to increased national and international tourism, economic growth and rising emphasis on customer-centric food menus.

Similarly, the demand for event catering services are also growing due to the sheer size of the population in India and also because of higher demand from the businesses.

Providing meals is central to all types of catering services, especially in case of event catering as in such types of services various other cost elements are involved. In addition to per plate basis, costs in a catering proposal includes varieties in menus, furniture or other supply materials such as lighting, table settings and decorations, labour charges and other service charges.

Catering also includes mobile catering service which generally includes serving

meals from a truck or van or other vehicles. There are also boxed lunch catering services which are primarily meant for businesses during working lunches.

Hygiene in Catering

India has set strict rules for maintaining hygiene in catering services. In fact, the hygiene standards that the caterers are expected to maintain is similar to the standards for restaurants. The Food Safety and Standards Authority of India (FSSAI) requires the catering service operators to install in their kitchens a proper ventilation system having appropriate suction capacity as per the size of the kitchen. It strictly bars "smoke nuisance" in the food preparation area.

Catering service providers also need to have separate sinks, where necessary, for washing raw food and cleaning equipment. There should be facilities for cleaning utensils with hot water and detergent. To ensure the people engaged in food preparation do not



face any difficulty in maintaining personal hygiene, there should be adequate number of basins made of porcelain/stainless steel along with soap to wash hands, with hot and cold running water, and materials for drying them hygienically. Such facilities should also be available for customers.

Cleaning

To make sure that surfaces and equipment are cleaned every time they get dirty, food handlers need to strictly follow the systematic cleaning schedule developed by the food business operators. Such a schedule should include what needs to be cleaned, how often it needs to be cleaned and how the cleaning needs to be carried out.

Clear instructions need to be provided about what cleaning products should be used, how the products should be stored and used, how much they should be used or diluted and how long that should be left in contact with the surface.

If someone spills food / water / drink, the surface should be thoroughly cleaned. But the cleaning products in food preparation facilities should be stored away from raw, cooked and packed food.

Food Contamination

To avoid food contamination, food business operators should purchase raw materials only from reliable dealers and do quality check of the products. Containers made of food grade material should be used for storing raw paste, sauces, previously prepared fruits/vegetables. Clear instructions should also be provided for washing fruits and vegetables.

Special care needs to be taken in preparation of non-vegetarian items as contamination can spread quickly if

biological residues from meat or fish come in contact with other food items. To avoid cross contamination of food, there should be separate cutting boards, dishes and knives for raw meats, poultry and marine products.

It is better to have a separate preparation area for non-vegetarian food products. And those who prepare these products should thoroughly wash hands before switching from preparing raw meat or poultry or marine products to any other activity. They should also ensure that the food is cooked properly.

The surfaces used for preparing meat, poultry or fish should be washed with antibacterial cleaning agent, rinsed properly with water and sanitised after preparing raw meat/poultry.

As much as possible, the re-use of cooking oil should be avoided. Reheated food must reach a minimum internal temperature of 74 degree Celsius, according to FSSAI.

Do's & Don'ts

Catering service providers often need to transport cooked foods. Here's how they can follow the best practices:

- Timely preparation and transportation of foods to their destinations at proper temperatures (outside of the Temperature Danger Zone of 5 degree Celsius to – 63 degree Celsius) is crucial. Maintain proper temperatures all the way to the event: hot foods above 63 degree C and cold foods below 5 degree C, till food is consumed.

- Avoid use of soiled and non-insulated food carriers (food contamination, temperature abuse). Use clean delivery vehicles, clean food carriers, and thermometers to monitor hot and cold food temperatures.

- Avoid bare hands contacting ready-to-eat foods (hand and microbial contamination).

- Avoid cold foods left out for too long waiting to be transported (bacterial growth).

- Prevent cross-contamination between raw foods and ready-to-eat foods during preparation handling and transport, by using colour-coded or dedicated equipment.

- Use clean and sanitise containers throughout the preparation period and during transportation of food.

- Select central kitchen location so that transit time for food is minimised (30-40 mins max).

- Reheat the prepared food to 74 degree C before loading into transit vehicle, maintain above 63 degree C till it is served within 3 hours.

- Use of food thermometers are essential to ensure that food is transported at right temperature.

- Food samples should be tested at set frequency at accredited labs.

- Throw the food which was kept in danger zone for 4 hours or more.

- Personal hygiene of cooks and helpers should be of highest degree.

- Time and temperature is the key to keeping food safe.

- Never cook food in advance.

- If you cook some food ahead of time, divide large portions of food into small, shallow containers for storage in the refrigerator (maintain temp between 4-6 degree Celsius). This will help the food cool quickly and safely.

- Cooked food should be stored out of danger zone and consumed within 3 hours from cooking.

- If temperature of food drops to less than 63 degree C, food shall be thoroughly reheated to 74 degree C for at least 15 sec. Reheating can be done only once.

5 GOOD REASONS TO SAY GOODBYE TO OLD KITCHEN EQUIPMENT

Familiar workflows and equipment may seem comforting in a busy kitchen. But is sticking to what’s familiar always the best approach? A closer look at everyday kitchen operations can reveal inefficiencies. That’s why experts at RATIONAL have identified five compelling reasons to upgrade your kitchen equipment and rethink your setup.

1. More Space

Space is a premium in restaurant kitchens and optimizing it can open up more room for dining or storage. Replacing individual appliances with a multifunctional cooking system, such as the iVario by RATIONAL, saves significant space. This versatile system can handle tasks traditionally done by stoves, pans, deep-fryers, and more, freeing up room without sacrificing functionality.

2. Fewer Appliances, Same Performance

Reducing the number of appliances doesn’t mean reducing output. iVario’s powerful and precise heating system reaches 200°C in just 2-3 minutes, all while preventing issues like food sticking or boiling over. This efficiency allows you to maintain performance with fewer devices, streamlining operations without compromising quality.

3. Greater Simplicity

High turnover is a common issue in the hospitality industry. Training new staff on complex kitchen equipment can be time-

consuming and error prone. However, modern systems like the iVario offer intuitive operation with intelligent features. The system handles tasks like boiling, frying, and deep-frying, even signalling when to flip a patty, significantly reducing training needs and mistakes.

4. Higher Quality of Food

Consistency in food quality is critical to customer satisfaction. With traditional equipment, fluctuating results can lead to waste or unhappy guests. Modern systems like the iVario ensure precision, automating routine tasks and only requiring chef intervention when necessary, delivering reliable, high-quality results every time.

5. Save Money and Time

Running a kitchen efficiently requires saving both time and money. Advanced equipment can reduce energy consumption by up to 40% and speed up cooking processes by up to four times. With less food waste, quicker preparation, and lower energy costs, upgrading your kitchen equipment can significantly improve profitability.

In conclusion, upgrading to modern kitchen systems not only optimizes space and simplifies operations but also ensures consistent quality, all while saving valuable time and money.

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INTRODUCING TONDA: REVOLUTIONIZING GELATO DISPLAY WITH INNOVATION AND SUSTAINABILITY

Antarctica Equipment, a leader in temperature-controlled solutions, proudly launches the groundbreaking TONDA Gelato Display Case from Ifi S.p.a. in India. TONDA, the world’s first round and rotating display case, merges cutting-edge technology with sustainable design, setting a new standard in gelato and pastry presentation.

With its unique 360-degree rotating design, TONDA allows customers to experience a “carousel of flavors” while enhancing visibility and ergonomics for operators. The rotation is activated by sensor-controlled hand gestures, ensuring effortless flavor selection and reducing strain.

TONDA’s advanced refrigeration system guarantees consistent temperature across all pans. Its patented Hi-Performance Closure System (HCS) and Reduced Defrosting Frequency (RDF) technology minimize defrost cycles, ensuring gelato remains perfectly fresh throughout the day. The Galileo

Digital Connection System allows remote monitoring of temperature and performance, ensuring precision control.

Sustainability is at the core of TONDA’s design, offering up to 25% energy savings compared to traditional display cases. Its smart defrost system and hermetic sealing reduce environmental impact while maintaining high product quality.

Designed to cater to both gelato and pastry needs, TONDA’s multifunctional capabilities, sleek design, and customizable features make it an ideal choice for cafes, patisseries, and gelato parlors.

With TONDA, Antarctica Equipment brings the future of gelato display to India, combining innovation, performance, and sustainability to elevate the way artisans showcase their creations.



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Sagar Kulkarni, Director of Food and Beverage, Sheraton Grand Pune Bund Garden Hotel



Sagar Kulkarni brings extensive experience and innovative leadership to his role as Director of Food & Beverage at Sheraton Grand Pune. Previously, he excelled at Hilton Mumbai International Airport and Sofitel Luxury Hotels Mumbai BKC, where he significantly enhanced guest satisfaction and revenue, earning prestigious awards. His career began in 2008 at Renaissance Mumbai Hotel and Convention Centre and includes notable roles at Hotel Royal Orchid Bangalore, The Park Mumbai, Juhu, Novotel Hotels & Resorts Pune, Holiday Inn Mumbai International Airport, and The Westin Mumbai Garden City.

Sagar specializes in maintaining high product and service quality, maximizing profitability, and effective team management. He has initiated successful guest recognition programs, collaborated with finance departments to control profit and loss outcomes, and led impactful F&B marketing campaigns. When not engaged in his professional pursuits, Sagar leads a well-rounded lifestyle. He enjoys activities such as swimming, cricket, table tennis, and dance, adding versatility to his character.

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

What do you enjoy most about being a F&B Director?

One of the most fulfilling aspects of being a Food & Beverage Director is the opportunity to create memorable dining experiences for our guests. The joy of seeing a guest's face light up with delight after tasting a meticulously crafted dish or enjoying a perfectly paired wine is unparalleled. Additionally, leading a team of passionate professionals and nurturing their talents brings me immense satisfaction.

How challenging is your position?

The role of an F&B Director is inherently challenging, as it requires balancing creativity with operational excellence. Managing multiple outlets, ensuring consistency in quality, and staying abreast of food & Beverage trends while meeting guests' expectations demands a high level of dedication and adaptability. However, it is precisely these challenges that make the position so rewarding.

What is the USP of your F&B outlets?

Our F&B outlets are distinguished by their unwavering commitment to excellence and innovation. We pride ourselves on offering a diverse range of cuisines, each crafted with the finest ingredients and a keen attention to detail. Whether it's our signature fine dining restaurant or our vibrant rooftop bar, each outlet offers a

unique culinary journey, complemented by an exquisite beverage selection, impeccable service, and an inviting ambience.

What is your working philosophy?

My working philosophy centers on the principles of passion, precision, and people. Passion drives creativity and innovation in our curated cocktails and culinary offerings. Precision ensures that every detail, from the presentation of a dish to the service standards, is executed flawlessly. Lastly, people are at the heart of everything we do – nurturing talent within our team and creating unforgettable experiences for our guests.

How would you like to define yourself?

I would define myself as a dedicated and innovative leader who is deeply passionate about the culinary arts. My commitment to excellence, paired with a collaborative approach, allows me to inspire my team and elevate the dining experience for our guests. I believe in continuous learning and staying true to the essence of hospitality.

How do you like to de-stress?

De-stressing for me often involves sipping on refreshing jasmine tea. The calming aroma and soothing flavour help me unwind after a busy day. I also enjoy playing chess, which allows me to engage my mind differently, or lose myself in a good book

that provides a welcome escape.

How has your journey been in the culinary field?

My journey in the culinary field has been a rich tapestry of experiences, each contributing to my growth as a professional. From my early days of training under renowned chefs to leading diverse teams in esteemed establishments, every step has been a learning opportunity. The ever-evolving nature of the industry keeps me inspired and motivated to continually push the boundaries of culinary excellence.

What has been your most rewarding moment at work?

One of the most rewarding moments was when our flagship restaurant received a prestigious culinary award and the best restaurant award. It was a testament to the hard work, creativity, and dedication of our entire team. Seeing our efforts recognized on such a grand scale was incredibly gratifying and reinforced our commitment to maintaining the highest standards.

Anything else you would like to say?

I would like to express my gratitude to our loyal patrons who continue to inspire us to innovate and excel. The world of hospitality is ever-changing, and we remain dedicated to providing exceptional experiences that exceed expectations.



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