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BAKERY REVIEW

Business Magazine for Bakery & Confectionery Professionals



Business

Consistency & Quality - keys to bakeries' success

Ingredient

Favourite Ingredients of Chefs

Bakery

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The Dough Diaries

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BAKERY REVIEW

Editorial



As we step into August, the month unfolds with multifaceted significance, marked by vibrant festivals, the 79th Independence Day celebrations, and the rejuvenating touch of the monsoon season. Meanwhile, this shoulder season offers a window to the hospitality industry to recalibrate, tie up loose ends, and prepare strategically for the upcoming peak season.

Our cover story is focused on Chocolate, a timeless delicacy that continues to captivate hearts and palates across generations. We have explored its rich history, health benefits, cultural significance, and growing role in the bakery and confectionery industries, while highlighting expert insights, evolving trends, and the rising demand for artisanal, functional, and sustainable chocolates.

In the business story, we delve into the success mantra of the Bakery business. With the evolving consumer lifestyles, growing café culture, and increased interest in artisan and healthy baked goods, even new entrants in the bakery business are eyeing to have a multi-outlet approach. The importance of maintaining product consistency through the right ingredients and skilled manpower is discussed.

The feature story explores the favorite ingredients of the chefs, from millet, cinnamon, and miso, and how these ingredients spark creativity and bring innovation, nostalgia, and emotional depth to the dishes.

Quiche has emerged as quiche de résistance in bakeries across the world. Celebrated as a timeless, versatile dish, honoured by chefs for its blend of tradition and innovation, highlighting crust techniques, global flavour twists, cheese choices, and creative fillings.

The industry story traces dough's journey from a basic flour-water mix to a dynamic, living system, exploring its cultural significance, scientific evolution, and role in shaping modern Indian baking.

We trust you will enjoy the news, reports, briefs, and upcoming industry events to keep our valued readers informed, engaged, and inspired.



Rajat Taneja

Publisher cum Editor
Rajat Taneja
rajathammer@gmail.com

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

Layout & Design
Hari Kumar V

Production Assistant
Simran Gomber

Advertising Sales
Sumesh Sharma

Director Sales
Sanjay Anand
Mobile: +91 9811136837

Please share the press releases and media materials at info@hammer.co.in

Editorial & Advertising Office:

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

E-mail: info@hammer.co.in

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INDIA INTERNATIONAL HOSPITALITY EXPO
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Explore the Pulse of the Hospitality World – Only at IHE

3rd – 6th August 2025 | India Expo Centre & Mart, Greater Noida





The 8th edition of the India International Hospitality Expo (IHE 2025) is set to open its doors from 3rd to 6th August 2025 at the prestigious India Expo Centre & Mart, Greater Noida. As India's largest hospitality-focused trade show, IHE has emerged as the go-to platform for professionals, innovators, and business leaders from across the globe to connect, explore, and shape the future of the hospitality industry.

With over 1,000 leading brands, 25,000+ B2B visitors, and representation from more than 16 countries, IHE 2025 promises an immersive experience for attendees looking to engage with the latest trends, technologies, and solutions in Food & Beverage, HoReCa, Hospitality Tech, Housekeeping, Furniture, Facility Management, and more.

Dr. Rakesh Kumar, Chairman, India Exposition Mart Limited, while speaking about IHE 2025, said, "It is a strategic platform that positions India as a global hub for hospitality excellence. With its international scale and inclusive vision, the show reflects our commitment to driving innovation, partnerships, and growth within the dynamic HoReCa and hospitality sectors."

Hari Dadoo, President, India International Hospitality Expo (IHE) claims, "Each year, IHE sets new benchmarks by bringing together global brands, thought leaders, and changemakers of the hospitality world. IHE 2025 is poised to deliver unmatched value to visitors through transformative experiences, curated networking, and industry-first showcases."

Visitors can look forward to a dynamic mix of product showcases, live demonstrations, and knowledge-sharing sessions. Highlights of the expo include exciting culinary competitions such as Pastry Queen India, Master Bakers Challenge, and the Culinary League as well as impactful conferences and networking opportunities with key industry leaders. The coveted IHE Excellence Awards will also return to recognise innovation and achievement across hospitality verticals.



Dr. Rakesh Kumar

Building on the resounding success of IHE 2024, which generated business inquiries worth ₹12,000 crore and featured four co-located hospitality events, the 2025 edition is poised to elevate both scale and substance. This year's focus aligns with India's growing global stature in hospitality, merging traditional warmth with modern excellence.

For visiting professionals, IHE 2025 offers unmatched convenience, including free shuttle services, ample parking, on-site dining options, and comfortable accommodations in the vicinity, ensuring a seamless and enriching experience throughout the event.

Whether you are a hotelier, restaurateur, chef, procurement expert, architect, educator, or hospitality enthusiast, IHE 2025 is your gateway to connect with top brands, discover innovations, and explore new partnerships in a vibrant business setting.

Visitor registrations are now open. Mark your calendars and be part of this transformative journey that celebrates India's spirit of hospitality and global ambition.

For more information and registration, please visit: www.ihexpo.com

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POLEN FOOD

SIGEP WORLD 2026

THE FOODSERVICE INDUSTRY AUTHORITY IS GROWING





The Italian Exhibition Group event will be back at Rimini Expo Centre in January 2026 with a strategy aimed at attracting top foreign buyers Steady growth and an international air: SIGEP World is not just a B2B trade show. It is the meeting point for those who do business, anticipate trends, and build the future of foodservice excellence.

The road to SIGEP World 2026- The World Expo for Foodservice Excellence, organized by Italian Exhibition Group, is open: the international appointment with the very best of gelato, pastry, chocolate, coffee, bakery and pizza will be back at Rimini Expo Centre (Italy) with a new duration period from 16th to 20th January'2026. In 2025 the show hosted 1,300 exhibiting brands from 33 countries in 30 halls, welcoming an audience of professional operators from as many as 160 countries.

For 2026, the internationalization strategy will be further strengthened with a focus on involving large global chains and high-potential buyers. The 2026 edition will aim straight for internationalization with a strategy designed to attract the industry's big decision makers. India, Guest Country of the 2026 edition, will be playing a leading role: a qualified delegation of buyers, media and institutional representatives will attend the event, contributing towards developing strategic relationships with the entire exhibition chain.

GELATO, A STRATEGIC ASSET FOR GLOBAL FOODSERVICE

Gelato will be the protagonist of a strategic project: Gelato Meets Chains. Prior to the show, selected buyers will participate in webinars and digital meetings to learn about the opportunities that gelato has in modern foodservice. A strategic guide, compiled together with the UIF and ACOMAG associations, will illustrate the economic, operational and image advantages of including gelato on menus. The show will also make room for business matchmaking with speed dates and one-on-one meetings. All supported by the "What is Gelato?" digital campaign, which aims to connect the Italian artisan gelato supply chain with major international groups in the restaurant, hotel and retail chains.

PIZZA: FROM NEW ENTRY TO A SHOW CORNERSTONE

After the pizza supply chain's debut at SIGEP World 2025, the sector will be back on centre stage at the 2026 edition with Pizza (R)evolution, a project capable of divulging new synergies between ingredients, technologies and consumption formats.

SIGEP WORLD RAISES THE CURTAIN ON HOSPITALITY AND NEXT-GEN BARS

The most exciting new features at the 2026 edition will include a special focus on the world of high-end hospitality and bars of the future. The Luxury Hotel Food Experience, a new project that will showcase the very best of tableware, is an experience designed to create direct dialogue with top buyers from leading international hotel chains.

It will be accompanied by Innovation Bar: an immersive area that will describe the evolution of the global coffee shop, including specialty coffees, artificial intelligence, robotic solutions and new taste languages.

SIGEP WORLD, THE ARTISAN FOODSERVICE INDUSTRY AUTHORITY

High-impact content, strategic vision and connections: with SIGEP Vision, the "Lorenzo Cagnoni" Innovation Award, an international area specifically for start-ups and talks with key players on the global scene.

THE RETURN OF THE BIG INTERNATIONAL COMPETITIONS

Sigep World 2026 will be re-staging two events that draw the attention of the international business community: the Gelato World Cup, the only competition in the world that sees the world's best gelato masters up against each other, and the Juniores Pastry World Cup, where pastry's young talents compete in a contest that combines training, passion and global visibility.

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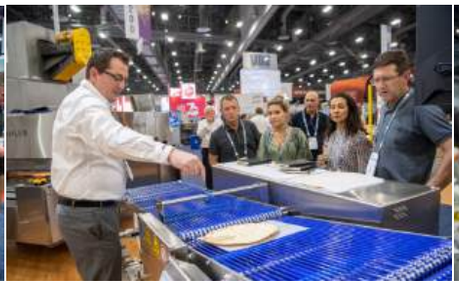
INGREDIENTS

BUNGE INDIA PVT. LTD.
601 - C / D, 6th Floor, B Wing, The Capital, C - 70, G Block, Bandra Kurla Complex, Bandra (E), Mumbai - 400051.

Contact Us: Mumbai: 022 6681 9500 | **Pune:** 020 25443103 | **Bengaluru:** 080 464453300 | **Chennai:** 9159216332
Hyderabad: 9246392469 | **Delhi:** 011 40854300 | **Kolkata:** 033 22991100, 40510900 | **Kochi:** 9847096502

SCAN TO EXPLORE

IBIE 2025: The World's Baking Industry Convenes in Las Vegas


Once every three years, the global baking industry pauses to converge, connect, and collaborate at one of the largest baking expositions in the world – the International Baking Industry Exposition (IBIE). Come September 14–17, 2025, the Las Vegas Convention Center will once again transform into a massive showcase of baking excellence, innovation, and opportunity.

For industry professionals, bakers, suppliers, and entrepreneurs, IBIE 2025 is more than a trade show. It's a masterclass in everything the future of baking has to offer – from revolutionary technologies to sustainable ingredients, from automation to artistry, and from global networking to groundbreaking business deals.

A Show of Scale and Substance

Spanning over 10 acres of exhibition space, IBIE 2025 will host more than 850 exhibitors representing over 100 countries. From large-scale production equipment to eco-friendly packaging innovations, the expo hall is designed as a marketplace of ideas, solutions, and collaborations. Attendees will find a full spectrum of baking-related products, including advanced refrigeration systems, sanitation tools, computerized production technologies, and transportation logistics.

What sets IBIE apart is the hands-on engagement: product experts will be on-site to demonstrate new solutions, offer practical insights, and guide professionals on how to streamline workflows, optimize output, and reduce costs. This isn't just about browsing booths – it's about experiencing the future of baking in real-time.

IBIEducate: Learning Without Limits

IBIEducate, running from September 13–17, is one of the industry most ambitious educational programs. With more than 250 sessions, live demonstrations, and hands-on workshops across 12 specialized tracks, this program offers practical and strategic training on topics ranging from AI adoption and automation to labor retention and supply chain resilience. There is something for every market segment and every job function within the grain-based food industry.

Notably, IBIEducate sessions are now included free with attendee registration, a deliberate move to democratize access to vital industry knowledge. Sessions will also be available in 64 languages via AI-powered translation, and the number of Spanish-language sessions has been significantly increased to meet global demand.

With celebrity bakers like Buddy Valastro, Duff Goldman, and Paulina Abascal headlining select sessions, learning at IBIE 2025 is set to be as entertaining as it is enlightening.

Celebrating Craftsmanship and Creativity

Baking is both science and art, and IBIE celebrates both with a slate of thrilling competitions and award ceremonies. From the prestigious BEST in Baking Industry Awards to the World Bread Awards USA and the return of the Creative Cake Decorating Competition, the event is brimming with passion and performance.

A new addition this year is the Panettone World Cup – Americas Selection, an exciting and deliciously competitive event sure to draw global attention.

A Global Gateway for Trade and Partnerships

IBIE has long been a powerhouse platform for forming international partnerships. The dedicated International Trade Center will once again serve as the nexus for cross-border collaboration, complete with translation services, meeting rooms, and business support. International delegates enjoy special benefits including discounted registration, complimentary passes, and hotel support, a clear nod to IBIE's growing global footprint.

Specialized pavilions like the new Snack Food Pavilion and Pet Food Pavilion will allow niche segments to shine, catering to expanding markets and emerging trends.

Beyond the Expo: Experience Las Vegas

As much as IBIE is about professional development, it's also about enjoying the journey. Las Vegas offers an unbeatable mix of entertainment, cuisine, and culture – and IBIE attendees can take advantage of exclusive discounts on shows, restaurants, and experiences throughout the city.

Whether you're closing deals on the show floor or enjoying the Strip by night, IBIE 2025 promises to be a holistic, enriching experience for every attendee.

Final Word: Don't Miss the Momentum

Recognized as one of the 50 fastest-growing trade shows in the U.S., IBIE is the beating heart of the baking world. With its unbeatable mix of innovation, education, and international networking, IBIE 2025 is poised to be a turning point for professionals and businesses navigating the future of baking.

Mark your calendars. Book your tickets. Update your passport. Las Vegas is calling, and so is the future of baking.

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No. C/401, 4th Floor, Hyde Park, Saki Vihar Road,
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A Landmark Culinary Collaboration: CAST to Launch First Overseas Campus at Mahindra University



In a bold and transformative move poised to redefine global culinary education, CAST – the renowned Italian Institute of Culinary Arts and Hospitality – has joined hands with Mahindra University's School of Hospitality Management to establish its first international campus in India. The Memorandum of Understanding, recently signed by both institutions, paves the way for CAST's official entry into the Indian academic landscape with a full-scale campus launch planned for 2026.

This collaboration is not just a milestone in Indo-Italian educational ties but also a powerful statement about the direction of culinary pedagogy in a globalized world. For the first time in its prestigious history, CAST will deliver its acclaimed professional certificate programs in Mastering Italian Culinary Arts and Pastry Arts outside Italy–right here in India.

CAST brings with it a storied legacy of culinary excellence, widely recognized across Europe for its rigorous training, expert mentorship, and consistent output of top-tier chefs. Headquartered in Brescia, Italy, the institute is synonymous with authenticity and professionalism in the Italian culinary arts. Programs at CAST are taught by award-winning Italian chefs whose experience and craftsmanship have shaped the institute's global reputation.

Mahindra University, a rising force in India's higher education space, complements CAST's heritage with a contemporary, interdisciplinary approach to learning. Backed by the Mahindra Group's global footprint and known for its focus on innovation and academic rigor, the university's School of Hospitality Management offers cutting-edge infrastructure tailored to real-world training. The new CAST campus will mirror the original Brescia facilities, complete with high-spec training kitchens and advanced learning spaces designed to simulate professional culinary environments.



Cristian Cantaluppi, CEO - CAST & Dr. Yajulu Medury, Vice Chancellor, Mahindra University

What sets this initiative apart is the boldness of its vision. Establishing a world-class Italian culinary campus in India reflects both institutions' willingness to challenge conventions, embrace cross-cultural synergies, and invest in talent beyond borders. It is a venture rooted in trust, innovation, and mutual respect–a strategic step that positions India as a key node in the future of international culinary education.

The educational model at the CAST-Mahindra campus will be immersive, professional, and uncompromising in quality. Students will be trained under the direct guidance of master chefs from Italy, offering a rare opportunity to access authentic Italian techniques and philosophy without having to travel overseas. The program structure will also open doors to internships and placements in Europe, creating global pathways for aspiring culinary professionals from India and abroad.

Beyond skill-building, this partnership speaks to a deeper alignment of values. Both CAST and Mahindra University share a dedication to consistency, discipline, and excellence in education. This synergy is expected to attract not only young students but also experienced professionals seeking to refine their craft at a global level.

In an era where culinary traditions are being redefined through innovation and international collaboration, the establishment of CAST's first overseas campus in India is a decisive leap forward. It signifies more than just an academic alliance–it's a visionary step toward shaping the next generation of global chefs, grounded in heritage, fueled by passion, and trained to meet the standards of tomorrow's gastronomy.

As the countdown to the 2026 launch begins, the culinary world watches with anticipation. This partnership between CAST and Mahindra University may well set the gold standard for what the future of culinary education should look like: global, grounded, and gastronomically ambitious.


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Yummy Bee Brings Dubai's Viral Mini Burgers to India

Hyderabad-based Yummy Bee, a pioneering café chain for guilt-free indulgence, has unveiled its latest sensation, the Dubai Viral Mini Burgers. Inspired by the snack that's taken the Middle East by storm, these bite-sized flavor bombs have now landed in India with a wellness-first twist that only Yummy Bee could deliver."

True to the brand's VLOGS philosophy, Vegan, Low-calorie, Organic, Gluten-free, and Sugar-free, the new mini burgers are 100% maida-free, gluten-free, and preservative-free. Whether you're a fitness enthusiast, a mindful eater, or someone who just loves trying viral food without the guilt, Yummy Bee's take on this global trend brings together indulgence and discipline in every bite.



Originally made popular in Dubai for their compact size and bold flavor, mini burgers have become a viral favorite across social media. Yummy Bee reimagines the concept, keeping the format fun and craveable while eliminating the usual suspects like white flour and additives. The result? A snack that's light, clean, and surprisingly satisfying.

"When something goes viral, it usually comes with a side of guilt. We wanted to change that. These burgers are proof that you don't need maida, preservatives, or shortcuts to make food people crave," said Sandeep Jangala, CEO and Founder of Yummy Bee. "We've taken a trend and made it something our community can enjoy every day, without compromising on what they care about."

Delhi Government Lifts Police License Mandate for F&B Sector



In a landmark decision taken in the June, set to reshape the hospitality landscape in the capital, the Delhi Government has officially removed the requirement for the Delhi Police License for restaurants, hotels, motels, guest houses, and discotheques.

This move is being hailed as a major step forward in improving the ease of doing business in Delhi, especially for small and medium-sized enterprises that have long grappled with complex licensing processes and administrative red tape.

Under the new directive, establishments in the hospitality sector will no longer be required to seek this additional clearance from the Delhi Police, a reform that is expected to significantly reduce operational bottlenecks. Industry insiders believe the change will not only encourage entrepreneurship but also attract fresh investments into the capital's F&B sector, generating more employment and revenue for the state.

We wholeheartedly thank the Central and Delhi Government for this forward-looking step. Removing the requirement for the Delhi Police Eating House License is a significant relief for restaurateurs who have long faced unnecessary delays and complexities." said Sagar Daryani, President of the National Restaurant Association of India (NRAI).

The decision has been widely applauded as a progressive reform, marking a new chapter for the city's vibrant dining and hospitality ecosystem.

McDonald's Opens New Restaurant in Jabalpur

McDonald's India (North & East) has strengthened its presence in Central India with the launch of a brand-new restaurant in the historic and culturally rich city of Jabalpur. Located at Ka Mall, the new outlet brings the brand's globally loved menu and contemporary dining experience to the heart of the city.

The opening mark McDonald's further expansion within Madhya Pradesh, following its earlier stores in Bhopal and Gwalior. With this new restaurant in Jabalpur, locals can now savour their favourite McDonald's meals in a centrally located, easily accessible space.

The new restaurant features a contemporary design, globally inspired décor, stylish furniture, and a warm, welcoming ambience. It offers a seating capacity of 117 and spans a total area of 3228 sq. ft., with dine-in and takeaway options available.

Announcing the restaurant launch, Rajeev Ranjan, Managing Director, McDonald's India – North and East, said, "We're excited to serve Jabalpur- a city that blends scenic beauty, history, and a strong community spirit. Jabalpur is seeing rapid growth and evolving tastes, and we look forward to becoming part of the city's everyday moments, from students meeting after classes to family get-togethers. Our focus is to bring great-tasting, affordable, and high-quality food to everyone, making McDonald's a trusted and loved destination for residents of Jabalpur."

To enhance customer convenience, the new restaurant in Jabalpur is set to offer multiple ordering options, including dine-in and takeaway services, ensuring that customers can enjoy their McDonald's favourites, whether it's a college crowd catching up after classes, a family treat after shopping, or a pit stop.

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CTH Appoints Chef Vivek Saggar as Brand Ambassador in India



The Confederation of Tourism and Hospitality (CTH), United Kingdom, is proud to announce the appointment of Chef Vivek Saggar as the official Brand Ambassador for CTH in India. This strategic collaboration marks a significant milestone in strengthening CTH's presence in South Asia and promoting globally benchmarked qualifications in culinary arts, hospitality, and tourism.

Chef Vivek Saggar is a renowned culinary expert, hospitality consultant, and educationist with over three decades of experience in the food and beverage industry. Known for his innovative contributions to culinary education and skill development across India, he brings a wealth of expertise, passion, and visionary leadership that perfectly aligns with CTH's global mission.

Speaking on the appointment, Asad Warraich, South Asia Head of CTH, said: "We are thrilled to welcome Chef Vivek Saggar as our Brand Ambassador in India. His dedication to professional excellence and nurturing talent resonates strongly with our commitment to providing world-class qualifications and creating international pathways for students across the Indian subcontinent."

As Brand Ambassador, Chef Saggar will play a pivotal role in promoting CTH's UK-recognized qualifications in culinary, hospitality, and tourism. He will actively mentor institutions and aspiring chefs, sharing global best practices to elevate professional standards. His responsibilities will also include supporting curriculum alignment, fostering industry collaboration, and guiding faculty development. Additionally, Chef Saggar will represent CTH at national and international forums, culinary events, and academic partnerships, further strengthening the organisation's presence and impact.

Chef Saggar expressed his gratitude and vision for this new role: "It is an honour to represent CTH in India, a brand globally respected for its academic rigour and relevance to the modern hospitality industry. I look forward to working closely with institutions, students, and industry leaders to raise the bar of professional training and unlock international opportunities for Indian talent."

Massive Restaurants Launches 'Salad Life'

Massive Restaurants Pvt. Ltd. proudly introduces Salad Life, a bold new brand redefining the salad experience for modern India. With a focus on uncompromising taste, nutrition, and freshness, Salad Life is not just about tossing greens; it's about crafting crave-worthy, chef-curated bowls designed for today's health-conscious, on-the-go generation.

With a wide-ranging menu that features Vegan, Vegetarian, and Non-Vegetarian options, Salad Life brings together bold global flavours and fresh, high-quality ingredients. The offerings include a variety of signature salads, healthy rice and quinoa bowls, soups, wraps, sandwiches, cold-pressed juices, smoothies, and guilt-free desserts. Hero dishes such as the Burrito Bowl, Grilled Chicken & Hass Avocado Salad, Falafel Hummus Salad, and Granola Tiramisu Parfait are crafted to balance taste, texture, and nutrition, while maintaining full transparency of ingredients and calories. The thoughtfully curated packaging ensures that each dish reaches customers fresh and intact.



As a vision for his new brand, Zorawar Kalra, Founder & Managing Director, Massive Restaurants Pvt. Ltd. (Salad Life), shared, "With Salad Life, we're not just launching another food brand, we're responding to what our audiences are genuinely craving today: food that nourishes the body but doesn't compromise on taste. People are tired of boring health food. Whether you're looking for a light lunch or a hearty post-workout meal, we want to give you something exciting, flavourful, and actually good for you. This brand is about joy, indulgence, and wellness–all rolled into one."



By offering a modern, ingredient-first menu with smart packaging and doorstep convenience, Salad Life aims to solve the everyday dilemma of choosing between taste and health. It caters to today's dynamic urban consumers, those who want to eat well without sacrificing flavour, variety, or ease. Salad Life is now available for delivery in Delhi NCR via Zomato and Swiggy.



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Badshah Enters QSR Space with Bold New Venture – Badboy Pizza

Badshah, rapper and entrepreneur, has entered India's quick service restaurant (QSR) market with the launch of his new venture, Badboy Pizza. The brand aims to offer bold flavours and high-quality pizzas at affordable prices, positioning itself as a mass-premium chain.



Badboy Pizza is being launched in partnership with Ghost Kitchens India, led by Karan Tanna, and currently operates from a boutique flagship outlet in Andheri. The team plans to open 50 outlets across India's top five metro cities over the next three years, with a projected annual recurring revenue of ₹150 crore.

The brand follows a hybrid model combining dine-in outlets with delivery-first kitchens. It brings a desi edge to the QSR space and targets younger consumers, especially Gen Z and Gen Alpha, who are drawn to homegrown brands that reflect their evolving tastes.

With Badboy Pizza, Badshah steps beyond music to back a bold, local food concept built for a new generation.

MSIHMCT Pune Hosts Quality Improvement Programme



Maharashtra State Institute of Hotel Management & Catering Technology and Research Society (MSIHMCT, Degree), Pune, in association with Savitribai Phule Pune University's Quality Improvement Programme (QIP), successfully organized a high-impact seminar on "Internships & On-the-Job Training (OJT) Fair".

The seminar aimed at strengthening the bridge between theoretical learning and practical application through internships and OJT. The event was held under the guidance of Honourable Dr. V. M. Mohitkar, Director of Technical Education, Maharashtra State and Chairman of the Governing Body of MSIHMCT. It commenced with a ceremonial lamp-lighting by Chief Guest Honourable Dr. D. V. Jadhav, Joint Director, Technical Education (Regional Office, Pune) and Vice Chairman of the Governing Body of MSIHMCT, followed by a welcome address by Dr. Seema Zagade, Principal of MSIHMCT, who emphasized the importance of exposure-based learning and the institute's commitment to student development. The Guest of Honour, Amit Kumar Sharma–President of the Poona Hoteliers Association delivered a compelling keynote, highlighting the critical role of internships in building confident, capable hospitality professionals. Kavindra Tewari, Director of Human Resources, The Ritz Carlton, Pune, led a session titled "Learning to Earning," focusing on the skills, mindset, and agility needed for successful industry transitions.

The seminar concluded with a renewed sense of purpose, leaving students inspired and better informed about the world they are about to enter.

Third Wave Coffee Deepens National Footprint with 165 Cafes Across 12 Cities

THIRD WAVE COFFEE

Continuing its steady pace of growth, Third Wave Coffee, India's premier coffee-first QSR brand, announced the launch of 11 new cafes across Delhi, Hyderabad, Chennai, Mumbai and Mysuru - all launched on a single day. With these additions, the brand now operates 165 cafes across 12 cities, reflecting depth in both emerging and established markets and reaching into high-potential corridors of travel and transit.

This expansion pushes the brand past the 150-store milestone achieved in FY25. The new cafes reflect Third Wave Coffee's growing traction in established markets like Bengaluru, Delhi, Mumbai and Hyderabad, while also strengthening its presence in emerging hubs such as Chennai and Mysuru, where the brand made its debut last year.

Elaborating on the expansion of Third Wave Coffee in these markets, Rajat Luthra, CEO at Third Wave Coffee, shared, "Over the last few years, our focus has been on building a business that scales sustainably – with a sharp focus on store-level profitability, operational efficiency, and capital discipline. Last year, we also commissioned a new roastery with 8× automation capability, significantly enhancing our capacity to support up to 700 stores. These efforts have led to stronger store-level ROI and a more disciplined, scalable growth model."

Since its inception in 2015, Third Wave Coffee has transformed into one of India's fastest-growing café chains. It is celebrated for its unwavering focus on quality, innovation, and a community-first philosophy that resonates with a new generation of coffee lovers.



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Choc-ooooh-late ...lovers' love

Chocolate is a delicacy that been a favourite from times immemorial. Solid milk chocolate since it was invented by the Swiss confectioner Daniel Peter in 1875, has continued to be a sweet, lovable delicatessen of people of all ages. Today, it has also become a favourite of bakery and confectionery industries. Ashok Malkani examines the past, present and future of this lovable delicacy of lovers.

Mention chocolate and you set everyone drooling. From a child to a senior citizen! The delicacy called chocolate is enjoyed and loved universally. Its popularity stems from a combination of factors including its taste, texture, and cultural significance. It's a delicacy with a history spanning thousands of years. People of all ages love chocolate for its complex flavor profile, including its rich, creamy texture and sweet-bitter taste. It also triggers the release of mood-boosting chemicals in the brain, like dopamine and endorphins, contributing to feelings of pleasure and comfort. No wonder it has elicited comments from various prominent personalities, highlighting its comfort, indulgence and even romantic qualities. It definitely brings a cheerfulness on your face as you munch a chocolate bar or any other chocolate concoction. As author Wayne Gerard Trotman has said, "As long as there is chocolate, there will be happiness."

People love chocolate for its complex flavor profile, including its rich, creamy texture and sweet-bitter taste. It also triggers the release of mood-boosting chemicals in the brain, like dopamine and endorphins, contributing to feelings of pleasure and comfort. Chocolate contains compounds like phenylethylamine (PEA) and theobromine, which can stimulate the release of endorphins and serotonin, contributing to feelings of pleasure,

happiness, and relaxation

Chocolate triggers the release of endorphins, which have mood-boosting and pain-relieving effects. It also stimulates the release of serotonin, a neurotransmitter associated with happiness and well-being, and dopamine, which is linked to the brain's reward system.

Yes, chocolate has therapeutic effects, besides being tasty! That's right, this sweet treat can actually help to reduce stress and anxiety levels. It's all down to the chemical properties of chocolate - it contains compounds that stimulate the same receptors in the brain as those triggered by marijuana. And of course, the release of endorphins, when we eat chocolate, can create a strong sense of pleasure and relaxation.

Chocolate's popularity in India is surging, driven by its integration into festivals, increasing affordability, and a growing preference for healthier options like dark chocolate.

One may ask who loves chocolates and why it is proving so popular?

Mahtab Ansari, Executive chef at Sayaji Hotel Vadodara, says, "Chocolate lovers come in all age groups, but Millennials and Generation Z drive 67% of premium chocolate purchases, indicating a strong affinity for high-quality chocolates among younger generations."

He adds, "There are several factors contributing to the popularity of this



delicacy. Some of them are:

• Increasing acceptance of Western dietary patterns.

• Rising disposable incomes.

• Growing demand for premium and culturally authentic products.

• Health-conscious consumers seeking dark chocolates and botanical ingredients.

Chef Udayshankar Shenoy, food consultant and founder-owner of Lazy Suzy Café, Patisserie and Deli at Indiranager, Bengalure, avers "Chocolate is the most loved food (yes, food) in the world with lovers across all age groups.The love is timeless, borderless and ageless!"

He continues, "There are several factors contributing to this love for chocolates and their popularity. Some of them are its early discovery by the Aztecs in ancient times and then, the cultivation of chocolate in such large scale by the Africans and Latin Americans, finally the experimentation, culinary adaptation and constant improvisation by the Europeans all add to the popularity of this delicacy. The result was an ingredient that could be to be further made into fine truffles and petit fours, powdered to be used for various culinary uses, molded into bars and packed to be transported world over. The versatility of chocolate to be used in dessert, accompaniment to coffee or tea, as an indulgence for a very special occasion or to simply have a sweet time with loved ones, be used a sweet, bitter, spiced up or simply original flavoured ingredient or to be had as a wholesome food. These factors have all contributed for its popularity."



Chocolate Amour

Chocolate is often associated with love. On Valentine's Day or any other special occasion chocolate is amorously presented to the loved one. One may ask why is this so? This association with love stems from a combination of historical, cultural, traditions, marketing, and a dash of scientific appeal, Historically, it was linked to fertility and love in some ancient cultures, Ancient civilizations like the Maya and Aztecs revered cacao for its perceived aphrodisiac and energizing

properties, often using it in ceremonies and as a valuable gift. Additionally, chocolate contains compounds like phenylethylamine (PEA), sometimes called the "love chemical," which can trigger feelings of pleasure and excitement, further enhancing its association with romance. Later, marketing campaigns by companies like Cadbury solidified its place as a romantic gift. It is believed that the introduction of heart-shaped boxes of chocolates by Richard Cadbury in the 1860s, particularly for Valentine's Day, significantly boosted chocolate's image as a romantic gift,

Mahtab Ansari affirms "Chocolate has long been associated with love and romance, partly due to its historical roots in Mesoamerican cultures, where cacao was considered a gift from the gods. The Aztecs and Mayans used chocolate in rituals and ceremonies, solidifying its connection to love and luxury."

Chocolate in Bakery and Confectionary

No wonder the confectionery industry has embraced chocolate with open arms. Today chocolate is strongly associated with bakery and confectionery industries. In bakeries, chocolate is a common ingredient in various baked goods like cakes, cookies, and pastries while in confectioneries, besides creating solid items like bars and and squares, it incorporates it in other confections like truffles, pralines, and chocolate-covered fruits and nuts.

Though there are differences in the process and products of both the industries often there is a while there are distinct differences in the processes and products, often is a blurring of lines between the products of the two industries. For example, a bakery might sell chocolate-filled pastries or chocolate cakes, while a confectionery shop might offer chocolate-covered biscuits.

There's a trend towards premiumization in the cakes and pastries market, with consumers seeking high-quality chocolate, such as Belgian chocolate, and handcrafted, decorated products. The role of chocolate in the confectionery industry is expanding, particularly with the



Chef Mahtab Ansari

emergence of artisanal chocolate brands.

Chef Udayshankar Shenoy avers, "Chocolate is an inseparable part of bakery and confectionery industry. Again the adaptability of chocolate for making sweets, desserts, chocolates, beverages and so on is the reason. It is the most used, the most loved ingredient by Chefs and people around the world. Such is the following and craving for chocolate that it has easily made way into desserts and food culture of Asian countries. India has started using chocolate in traditional mithai making and that has transformed the humble mithai into luxe petit fours and gifting indulgence at some very high-end boutiques."

He adds, "There are various offerings on display in confectionery outlets. At Lazy Suzy, the hero among all offerings is our Hot Chocolate. It is nothing short of religion here and people from far and across come to us for the Hot chocolate."

Mahtab Ansari disclosed, "Chocolate is a staple in the bakery and confectionery industry, with many popular items featuring chocolate as a key ingredient. The trend of chocolate fusion is gaining traction,



with Indian flavours and ingredients being incorporated into traditional chocolate recipes."

He adds, "Chocolate consumption is on the rise, driven by increasing demand for premium and artisanal products. The Indian bean-to-bar market is experiencing significant growth, with consumers seeking unique flavour experiences."

Types of Chocolates

Chocolate, as we know it today, is made from roasted and ground cocoa beans mixed with fat (like cocoa butter) for producing solid confectionery. There are various types of chocolate classified, mainly, according to the cocoa and fat content used in a formulation.

Chocolate has a variety of options to choose from. There are several types of chocolates that are loved and consumed in India. Due to the number of ingredients that pair well with the different types of chocolate, there are endless combinations that result in unique types of chocolate bars.

There are various types of chocolates like:

Dark chocolates: These are produced using only cocoa butter, with no milk. It is made from chocolate liquor. It usually has high cocoa percentages ranging from 70% to 100%, Another version of dark chocolates is "Bittersweet chocolate" having a low amount of sugar, with the sugar typically consisting of about 33% of the final mass and is usually used by baking industry.

Milk chocolate is solid chocolate made with milk. Differences in flavor between different brands and regions are largely due to differences in how the manufacturers handle the milk during production. Daniel Peter , a Swiss confectioner, is said to have developed it in 1875, using condensed milk invented by his neighbour, Henri Nestlé.

White chocolate is made from cocoa butter, Sugar and milk solids. Ivory in colour, it does not contain the non-fat components of cocoa (cocoa solids). Semi sweet chocolate contains at least 35 percent cocoa solids

Unsweetened Chocolate (or Baking Chocolate) is pure chocolate liquor made

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of ground cocoa beans. it's not meant for consumption on its own. Instead, it's best when used in baking.

There are other types of chocolates like

Aerated chocolate: this is chocolate that has been turned into foam through adding bubbles.

Gianduja chocolate bars are made by blending hazelnut butter with chocolate paste.. It may also contain other nuts, such as almond. As a bar, gianduja resembles regular chocolate, excepting the fact that it is significantly softer due to the presence of hazelnut oil.

Organic chocolate does not have synthetic fertilizers or pesticides used in growing the cocoa beans producing the chocolate. As of now, it was a growing sector in the global chocolate industry.

Couverture chocolate is an expensive type of chocolate that contains a higher percentage of cocoa butter than other varieties.

Mahtab Ansari states, "Some of the popular types of chocolates include:

• Dark Chocolate: Known for its rich flavor and potential health benefits

• Milk Chocolate: Sweeter and creamier than dark chocolate

• White Chocolate: Made from cocoa butter, sugar, and milk

• Spiced Chocolate: Infused with spices like chili, cardamom, or turmeric.

Chef Udayshankar Shenoy is more explicit, he states, "Chocolates originally were only bitter and dark. But over the years with culinary improvisations and



Chef Udayshankar Shenoy

regional influences, chocolates are now available in more formats namely as dark, white, milk, nut infused (gianduja). There is further categorization based on flavour, colour, dietary additives etc.

"For popular gastronomy and mainstream culinary purposes, dark chocolate is mainly preferred and categorized based on the cocoa fat (butter) content ranging from 45% till 99%. Then there are compounds of chocolate available for mass and industrial usage based on addition of sugar, milk solids and fats together to stabilize the otherwise volatile and delicate nature of pure dark chocolate.

"Much like single malt whiskeys, another important categorization is based on origin of chocolate ie chocolate made out of beans that are grown, processed and manufactured in a single region. For example, Ghana, Madagascar, Equador, Brazil, etc. Some of the other countries most well known for chocolate are Switzerland or Belgium that have historically not grown Cocoa beans but developed chocolate out of it. Actually they import the best quality cocoa beans from grower countries and have simply mastered the art of unmatched cocoa bean processing to bring out some of the most luxe chocolates known to mankind."



Health

When we place a chocolate in our mouth a sweet creamy taste takes over as the chocolate piece melts in out mouth.

Eating chocolate, it is found, induces feelings of happiness. One would deduce that it was because the sweetness and pleasant taste are what makes you happy, but it is due to a combination of factors including the release of "feel-good" chemicals like endorphins and serotonin, as well as the presence of psychoactive compounds like phenylethylamine (PEA).

After much research into the subject of why you feel happy as the chocolate melts in your mouth it is found that it is due to the release of endorphin released by the body when we consume chocolate. Studies have found that there are multiple components within chocolate that can give us that feeling of happiness and satisfaction. One of them, tryptophan (an amino acid that makes the brain to make serotomnin) makes you feel happy.

Phenylethlalanine and Theobromine are other components in chocolate that can make you feel happy. Phenylethlalanine creates feelings, similar to when you fall in love. It also acts as a natural antidepressant. Theobromine creates more of a relaxed effect, and relieves you from stress.

However, feeling happy is a feeling of sensation. But is chocolate beneficial for your health?

Certain types of chocolates, like dark chocolates with high cocoa content, can be considered healthy. The flavanols in cocoa can improve blood flow, potentially protect against heart disease, and have antioxidant and anti-inflammatory effects. Chocolate, especially dark chocolate, is rich in antioxidants that can help protect cells from damage caused by free radicals.

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But, medical science warns: Moderation is the key. This is due to its calorie and milk content. Milk and white chocolate, with their lower cocoa content, offer fewer health benefits and are often higher in sugar.

Mahtab Ansari states, "Dark chocolate, in particular, is believed to have health benefits due to its flavonoid content, which can help support heart health."

Chef Udayshankar Shenoy says, "Chocolate, when had in virgin form and in moderation, has been known to be rich in flavanols, which help in relaxation of veins and arteries, which also helps in relaxation and mood elations, skin nourishment. Dark virgin chocolate (70% pure and above) is also a good source of protein and rich in antioxidants. Generally all these help a person to get to a happy state of mind."

Future Trends

With chocolate not only being a delicacy that is consumed as bars but also as in bakery and confectionery items one may say it is entering a new era. Today chocolate is considered as as a symbol of health, craftsmanship, and sustainability. Across the world, the demand for chocolate is being reshaped by new lifestyle choices, a deeper focus on wellbeing, and rising concerns about ethical production.

Worldwide, it is estimated that among 18-29-year-olds, 59% are interested in functional foods/beverages. Thus brands that innovate around wellness without compromising indulgence are expanding their appeal, especially among Millennials and Gen Z.

Some drastic changes are being predicted for the future like:

Functional chocolates infused with adaptogens (like ashwagandha), probiotics, collagen, or vitamins are gaining market share.

Plant-based, dairy-free chocolates made from oat milk, almond, or coconut alternatives are moving from niche to mainstream.

Reduced sugar formulations and clean label products are becoming must-haves for health-savvy buyers.

Premiumisation is expected to reshape consumer expectations. Consumers have shown willingness to pay more for products they see as offering greater value to them and their lives.

Technology is expected to spark the next chocolate revolution. It is believed that there would be AI-driven flavor development, lab-grown ingredients, and customizable formats.

Mahtab Ansari disclosed, "Some predicted trends in the chocolate industry include:

• *Spice-Infused Chocolates*: Chocolates featuring spices like chili, turmeric, and cardamom.

• *Botanical Ingredients:* Chocolates incorporating botanical ingredients for added health benefits.

• *Sustainable Sourcing:* Consumers seeking chocolates with sustainable and eco-friendly sourcing practices

Chef Udayshankar Shenoy avers, "India for long has been a cocoa bean producing country, though the scale has never matched the African or Latin American countries. For Indian culitvators cocoa bean has been a cash crop much like Vanilla. But now the fine art of chocolate making has come into the mainstream business. People have taken professional courses on cocao bean processing to making luxury chocolates. In times to come, one will be able to procure some of the most finest of chocolate items orudly made in India by Indian entrepreneurs' and Chefs.

From the world trend perspective, chocolate are being adapted into fashion apparel making , to beauty products, from luxury and rare sweetmeats using insects and rare forest produces till making mood enhancing and psychologically beneficial supplements for stress relief, to libido boosters etc.

Conclusion

Chocolate has been a favourite with people of all ages since time immemorial and is likely to continue to be a loved category, even in the bakery and confectionery industries, for years to come. ■

Recipes

Hot Chocolate

Ingredients

Full fat milk	1 litre
Dark chocolate 70%	300gms
Dark chocolate 50%	100
Bitter cocoa powder	50gms

Method:

Boil the milk and remove from flame

Add the cocoa powder and blend in with a whisk to avoid lumps

Chop the chocolate and mix into the milk whisk continuously till the chocolate melts completely and blends.

Pour into a warm cup and drizzle some cocoa powder on top, serve hot.

Chef Udayshankar Shenoy, founder-owner of Lazy Suzy Café, Patisserie, Bengaluru

Chocolate Modak

Ingredients

Dark chocolate	1 cup
Heavy cream	1 tbsp

Method

Mix the two together and fill Modak moulds with the mixture.

Refrigerate them until set.

Chocolate Sandesh

Ingredients

Paneer	1 cup
Sugar	½ cup
Cocoa powder	¼ cup

Method

Mix the ingredients, Shape them into desired form and refrigerate them till set

Chocolate Barfi

Ingredients

Condensed milk	1 cup
Chopped nuts	1 cup
Cocoa powder	½ cup

Method

Mix all the ingredients. Shape into squares. Refrigerate them until set.i

Mahtab Ansari, Executive chef, Sayaji Hotel Vadodara

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Consistency & Quality
.... keys to bakeries' success

Indian bakery market is experiencing an unprecedented demand and is expected to grow from $ 13.8 billion in 2024 to$ 31.5 billion in 2033. This is mainly due to the increasing urban population with increasing disposable incomes and busy lifestyles seeking convenient food options and turning to RTE bakery products like bread, biscuits, and other snacks. Today, there is a growing demand for healthier bakery options like gluten-free, low-calorie, and whole-grain products. Besides this, the government initiatives to promote bakery industry is tempting enterprising entrepreneurs to enter bakery industry and, the present bakery owners, to start a bakery chain covering various regions of the country. *Ashok Malkani* views the industry growth and gauges how an intrepid entrepreneur can succeed in starting a bakery chain.

There has been an increasing demand for bakery products, which are considered healthy, since the pandemic. According to IMARC Group, the Indian bakery market size, which had reached $13.8 billion in 2024, is expected to reach $31.5 billion by 2033, exhibiting a compound annual growth rate (CAGR) of 9.12% during 2025-2033.

According to Research and Markets, significant growth in India's bakery retailing market is driven by urbanization, rising incomes, and evolving lifestyles. With urban populations projected to reach 416 million by 2050, there's a soaring demand for convenient bakery products.

The market is set to grow, fueled by booming e-commerce, hospitality, and infrastructure. It expects the organized segment to grow rapidly due to rising middle-class incomes, the preference for branded products, and the proliferation of supermarkets, malls, and e-commerce. The demand for premium and health-oriented bakery options is expected to increase, particularly with consumers seeking innovation and variety from organised players.

The bakery industry is, today, witnessing a strong shift toward health-focused formulations, driven by growing health consciousness among urban consumers and a surge in lifestyle-related disorders such as diabetes and obesity.

The increase in demand is making the bakery owners want to spread their wings and expand their business by establishing branches in various parts of the country. Bakery brands like Birdy's and Mangolia

are expanding their presence, opening new stores and outlets to meet the growing demand. Even new entrepreneurs entering the field are keen to not just start a single bakery but have a yearning to start chain of bakeries spread across the country.

There are ample opportunities for the bakeries to expand and grow. One of the most effective ways to grow your bakery business is by creating a signature product line that sets you apart from the competition

Maintaining consistency

The demand for bakery products and the government initiatives to entrepreneurs venturing into the baking business is making the industrialists yearn to start a chain of bakeries. However, one has to realise that the customers who covet your products would continue to do so only if you maintain consistency in the quality of the bakery products. And, when you plan to spread your wings and span out to other locales, your present customers would advise their friends in that area you plan to start your new venture to patronise your bakery only



if you maintain consistency. Remember a chain can succeed only if you maintain consistency!

Managing consistency in a bakery chain requires standardized processes, quality ingredients, and well-trained staff. Implementing a robust quality control system, including regular audits and recipe management is essential.

The stakes for bakeries are high. They must achieve consistent quality control to compete effectively in the marketplace. Bakers must meet the expectations of consumers who want products that look, feel and taste the same each time. Thus, consistency is essential. This is applicable whether you have a solo bakery or a chain.

There are traditional methods for quality control of bakery products like relying on sensory evaluation.

However, now, more than ever, technology is providing the means for objective analysis of baking ingredients and products. This type of baking quality analysis is the best way to achieve consistent quality control in a bakery.

Dave Krishock, Bakery Tech Support Manager at Grain Craft (the largest independent wheat flour miller in the U.S.) believes that consistency reigns supreme. He avers that regardless of the brand, the baker must have consistently good flour that performs throughout the mixing, make up, baking and packaging stages of the product.

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is maintenance of consistency in bakery products is crucial for building customer trust, strengthening a bakery's reputation, and ensuring reliable quality. Consistent quality across batches is essential for customer satisfaction and repeat business. It also helps optimize production processes and minimize waste.

There are several factors which have to be taken into consideration for maintaining consistency. The environment of the bakery is a major consideration. One of the parameters that could affect the product is the consistency of room temperature maintained in the bakery. It may be mentioned that temperature control is vital in any food processing company. High-quality levels can only be guaranteed if the temperature of your installation is consistent.

Thus, when designing and setting up your bakery take all factors like cooling outputs, the number of equipments in your establishments, the oven temperatures and their effect on the surroundings, etc. into consideration. Controlling the temperature of your ingredients, your oven, and your environment are essential. Different ingredients behave differently at different temperatures.

Controlling temperature, is just one aspect. Another one is that of air circulation. This has a direct impact on quality of the product. Cold air could dehydrate your products in a few minutes if it is not controlled in a proper manner. Besides the temperature, the airspeed and the way it circulates has to be carefully considered. Some of the methods for controlling air circulation are:

• Having low ceilings, pressure walls, or air-guiding systems. These would ensure that the airflow does not directly hit the products.

• Your fans must be speed controlled. This is essential as changing airspeed can prevent dehydration.

• Product placement is another factor that needs to be taken into consideration. You have to remember that positioning of products directly influences air circulation and dehydration.

You have to remember that for ensuring consistent product quality your bakery premises should enable you to fully control (and provide) even air circulation throughout the premises. This would ensure that you can deliver high-quality products to your customers, irrespective of the volume of products.

Another factor that is critical for countering dehydration is that of controlling air humidity. For this, an exterior resistive humidifier is often used by bakers. This brings in steam through tubes, providing one source of humidity throughout the installation, creating an identical impact on the products, irrespective of where they are placed.

An ideal way of providing proper air humidity levels to all your products is to have a humidification system next to the evaporator. This will ensure that water runs into the humidification tray and is being heated by heating elements. Next, evaporated water molecules will be transported through the evaporator. Due to this process, the moist air is distributed evenly throughout the installation and will help you deliver more consistent product quality levels.

Experts are of the opinion that all these factors should be taken into consideration when designing and setting up your installation. For a person wanting to venture into expanding his business by having more branches and venturing into other areas of the country, he should ensure that all these factors are taken into consideration in each of the establishments in order to ensure identical consistency and quality.

Using quality ingredients

Besides having proper environment in the bakery premises, usage of superior quality ingredients, used in proper quantity is also essential. Quality of ingredients is a crucial factor that can make or break the bakery's success. Superior ingredients can make a big difference in the consistency and taste of your baked goods. High quality ingredients ensure that baked goods are consistently delicious, visually appealing, and have the right texture. In contrast, low-quality ingredients can lead to inconsistent products, which can damage a bakery's reputation and lose customer trust.

For instance, using high-quality flour with the right protein content is essential for producing bread with a consistent texture and crumb structure. Similarly, using fresh and high-quality yeast ensures that bread rises consistently, while old or low quality yeast can lead to a flat bread.

Ingredient quality plays a significant role in achieving customer satisfaction. A study by the National Restaurant Association of India (NRAI) found that 75% of consumers consider the quality of ingredients to be an important factor when choosing a bakery, while a survey by the Bakery and Confectionery Association found that 90% of consumers are willing to pay more for baked goods made with high-quality ingredients

Some of the challenges faced by bakeries are:

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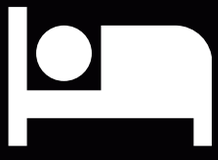
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Sourcing high-quality ingredients at a reasonable cost: To ensure constant supply of quality ingredients you have to not only conduct regular supplier audits but also develop a strong relationship with the supplier.

Managing inventory control: This is essential for bakeries in India due to the perishable nature of many ingredients and the need to maintain freshness and quality. Proper inventory management helps minimize waste, control costs, ensure product availability, Inventory control minimises waste, helps in controlling costs , ensures freshness of the product and maintains production

Training staff for ingredient handling and storage: This is essential for food safety, quality and efficiency. Proper handling and storage prevent the growth of harmful bacteria, fungi, and other microorganisms that can cause foodborne illnesses. Correct storage conditions, such as temperature and humidity, help maintain the freshness, texture, and flavor of ingredients, leading to better-quality final products.

According to a White Paper by Lessaffre Baking, ingredient manufacturers' influence on the quality of baked goods occurs in several ways, such as by carefully sourcing raw materials, applying technologies for improved fermentation, and ensuring consistency in the process to maintain uniform rheological properties during production. Therefore, the highest quality baking products come from manufacturers that submit their ingredients to rigorous evaluation and thorough research.

The White Paper states, "For Lesaffre R&D, developing ingredients that can help a customer improve a product, solve a challenge, or make the process easier for the baker is always at the forefront when formulating. The important steps in development are:

Understanding how the baker will use the product, identifying process and application it will be used in. Having the right ingredients at the optimal dosage to achieve the desired end characteristics.

Training the Staff

If one wants to fulfil one's desire to not only start a successful bakery but also to expand and start a chain of bakeries it is essential to train the staff so that the products maintain consistency and superior quality, at all times in all branches.

Investing in staff training and education is essential to ensure that staff understand the importance of ingredient quality and knows how to handle and store ingredients properly.

In a constantly evolving environment, training and skill development are crucial aspects for the bakery industry, Training in food safety, food processing and good hygiene practices is essential to ensure product quality and safety.

In addition, it is important to create an atmosphere in your bakery that supports continuous learning. Encouraging creativity and innovation among employees drives growth and improves the quality of the business. These initiatives create a motivated team committed to excellence.

Investing in staff training and education is essential to ensuring that staff understand the importance of ingredient quality and know how to handle and store ingredients properly. This can include:

Besides training them in various aspects of the bakery industry they must also know about mixology. Mixing is another crucial step in baking, as it affects the texture and appearance of your baked goods. It must be realised that one should avoid overmixing or undermixing the batter or dough, as this can cause tough, dense, or uneven results. Often a stand mixer, a hand mixer, or a whisk is used.

It has to be realised that baking is a delicate balance of art and science. To achieve consistently delicious results, precision and skill are crucial, but so are the ingredients you use. For bakers there is a wide range of baking mixes and bases available which can take the guesswork out of the process. They are proving popular due to various reasons like:

• *Convenience:* Baking mixes eliminate the need for tedious measuring of multiple ingredients,

• *Consistency:* Pre-measured ingredients in cake mixes ensure that each batch of baked goods turns out with the same quality and texture

• *Saving time:* These mixes provide an easy solution–allowing you to prepare doughs, batters, and even fillings quickly and efficiently.

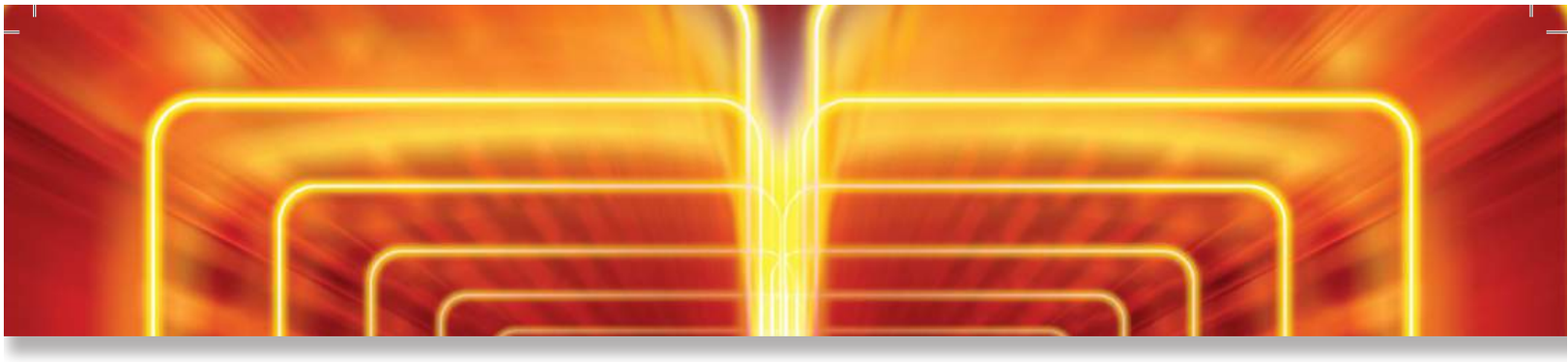
• *Precision and consistency:* With pre-made mixes, all the proportions are carefully measured, ensuring consistent results. This reliability makes mixes and bases an excellent option for bakers

• *Cost-Effectiveness:* Using pre-made mixes can be more affordable than buying individual ingredients, especially when considering potential waste from excess or unused ingredients.

• *Product Innovation:* Cake mixes and bases can allow bakers to experiment with different flavors, textures, and add-ins to cater to diverse customer preferences.

Technology

As in all other industries, technology is playing a significant role in promoting the





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bakery industry. In the present realm of baking, where precision meets creativity, technology has become the secret ingredient transforming traditional bakeries into innovative hubs of culinary excellence. As the bakery industry steps forward, one can visualise a plethora of cutting-edge technologies and hardware moving the industry into a new realm of producing products that are hygienic, delectably tasty, high on consistency and quality. Even today we have technology playing an essential role in projecting a favourable image of the industry. Advanced equipment like smart ovens and automated ksneading machines are redefining the art of baking.

For an entrepreneur keen on adopting advanced technology to promote his establishment – and establish various other branches – let's take a look at some of the important types of bakery technology and hardware reshaping the world of pastries, bread and confectioneries. Some of them are:

Automated Kneading Systems: These machines not only ensure consistent texture and quality but also save time and labor costs. Meticulously replicating the hand kneading process, they meet the high demand without compromising on the artiisinal quality of the products.

Smart ovens: Powered by Artificial Intelligence (AI) they have, with their sensors and cameras) monitoring the baking process, elevated the baking precision to a new level. With AI algorithms analysing the data and adjusting the temperature, humidity and baking time every pastry, cake or loaf of bread emerges from the oven with impeccable consistency and taste.

Dough sheeters and moulders:





These machines mechanise the process of flattening and shaping the dough, ensuring uniform thickness size. Be it croissants or pizzas, these dough sheeters and moulders craft the products with a professional touch.

Robotics: Decorating robotics have become the Picasso of baking world. They are programmed to pipe intricate designs (like delicate sugar flowers), besides applying precise layers of frosting. Besides this, robotic arms are used for tasks like dough handling, product placement in packaging, and even automated packing systems.

Recipe Management Software: Collaborative recipe management software platforms have transformed the way recipes are created and perfected. Artificial Intelligence (AI) can be used to generate new recipes or optimize existing ones based on ingredient availability and desired nutritional content. Collaborative recipe management can also help bakers from different parts of the world to exchange ideas, experimenting with ingredients, and refining techniques.

Computerised Inventory Management: This system monitors ingredient levels in real-time, automatically generating alerts when stocks are low. AI algorithms analyze sales data and customer demand to optimize inventory levels and minimize waste. Bakers can track ingredient usage patterns, minimize wastage, and ensure that every product is baked with fresh, high-quality ingredients.

Essentials for starting a bakery chain

While the above information will lead a person into succeeding and expanding his business, there are a few basic points that s newcomer venturing into bakery business has to know. Besides a business plan he must be aware of the licenses required, suitable locations, etc.

As far as legal formalities are concerned, it is necessary to get Food Safety and Standards Authority of India (FSSAI) license. This is mandatory for all food businesses in India, ensuring food safety and hygiene standards. Other licences needed are: GST registration (if the annual turnover exceeds the threshold), Trade licence (for general operations), Health License (Issued by the Municipal Health Inspector, ensuring compliance with health regulations), Fire License (from the Fire Department) Company Registration (mentioning legal structure of the company– whether it is sole proprietorship, partnership, etc.).

Conclusion

Bakery industry is an enticing field for entrepreneurs – whether they are novices who want to venture into bakery business or whether they are bakers who want to spread their wings and want to venture into various regions by starting a bakery chain. However, to succeed in their endeavour they have to remember one thing: Consistency and Quality are essential to succeed in food business. ■

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Favourite Ingredients of Chefs are their Showstoppers!

By Sharmila Chand

It is always interesting to know about various aspects of Chefs' cooking philosophy and what inspires their cooking. This time we nudged them to share their absolute favourite ingredient and how they like to build up culinary stories with it.

So we asked a bunch of them about their favorite go-to ingredient that they like to play around with in their kitchens.

Here's what they said:

Favourite Ingredient Steals The Show!

"Millets Are Close To My Heart!"

Chef Manivannan Govindachari, Executive Pastry Chef, Renaissance Bengaluru Race Course Hotel

"These days, I find myself gravitating more and more towards Millets. They have become a staple in my kitchen not just because they are wholesome but because they offer such a beautiful balance of nutrition, versatility, and sustainability. I use them almost every day, whether in cookies, traditional Indian desserts, soft cakes, or even artisanal breads. Their subtle earthy flavour pairs wonderfully with both sweet and savoury profiles, which makes them incredibly rewarding to work with."



"One of my absolute favourites is the 'Ragi Clarified Butter Cookie'. It's made with finely ground ragi flour and homemade ghee both of which elevate the humble cookie into something deeply comforting and nostalgic. The ragi lends a delicate nuttiness and beautiful texture, while the ghee gives it a melt-in-the-mouth richness."

"I also enjoy using millets to re-imagine classic Indian sweets like millet laddoos and Payasams with a modern twist. And of course, they shine in slow-fermented millet breads that are hearty yet light, and perfect for health-conscious diners."

"Cinnamon takes me down the memory lane"

Umesh Kumar S.S, Executive Chef, Niraamaya Life

"Lately, I've been re-connecting with 'Cinnamon'–a natural, aromatic spice that's not only healthy and digestive-friendly but also deeply nostalgic for me. I use it quite often, as it beautifully enhances both savoury and sweet dishes with warmth and depth.



Some of my favourite cinnamon-infused creations include:

Cinnamon Muffins – Light, airy, and delicately spiced, perfect with a cup of tea.

Cinnamon Rolls– A comforting, crowd-pleasing classic that never fails to evoke sweet memories.

Cinnamon Tiramisu / Pudding / Mousse

– Modern desserts with a hint of spice, adding layers of aroma and complexity.

"When I was a child, my mother would prepare cinnamon-based baked items in a pressure cooker – a rustic and heartwarming technique that left a lasting impression. Today, I've reimagined those dishes into refined starters and main courses, keeping the essence alive."

"Miso is my Show Stopper"

Malvika Mulchandani, Founder & Owner, Apero, Mumbai

'Apero by Malvika', Mumbai's beloved destination for thoughtfully curated culinary experiences, is an ode to artisanal craftsmanship, seasonal flavours, and heartwarming indulgence.





"Every dish, every flavour, and every detail is a reflection of my passion for creating memorable culinary experiences that leave a lasting impression. With my favourite ingredient, I reiterate the magic of Apero where food is a celebration of life, taste, and artistry."

Malvika Mulchandani
Founder & Owner, Apero, Mumbai

The Founder, Malvika let's her menu be an expression of storytelling through food as she invites the city's gourmands to reconnect with joy, one handmade bite at a time. This curated approach is a reflection of her signature style–intimate, immersive, and deeply personal.

Talking about her favourite ingredient, she tells, "Lately, I've been quite drawn to Miso, especially White Miso. It's incredibly versatile but I feel, it is still quite underrated in the world of pastry. What fascinates me most is the depth of Umami it brings. It balances sweetness in such a nuanced and unexpected way. It doesn't dominate; instead, it quietly elevates everything around it, like the friend who holds space so others can shine. I'd say I use it in about three out of every five new desserts we develop at Apero, it's quickly becoming a staple in our test kitchen.

A few of my favourite dishes where I use Miso are -

Miso Caramel Tart with Sesame Nougatine – The saltiness of the miso





"Food has the power to take us back in time. For me, Cinnamon carries memories of my childhood kitchen—its aroma filling the house as my mother baked in a pressure cooker. Today, I honour that tradition by bringing cinnamon into our resort's culinary experiences in creative, health-conscious ways that still carry the heart of home."

- Umesh Kumar S.S
Executive Chef, Niraamaya Life

cuts through the richness of the caramel beautifully, and the sesame nougatine adds a nutty crunch that ties it all together.

Miso & White Chocolate Cream Puff – We infuse the custard with white miso and pipe it into pâte à choux, finishing it with a glossy miso glaze. It's unexpected, familiar, and deeply comforting all at once.

Burnt Miso & Banana Financier – This one's a bit of a sleeper hit. The caramelised miso brings out the complexity in overripe banana and brown butter. It's like banana bread, but elevated–like it went to pastry school."

Baking and Cooking Philosophy

When asked about their baking philosophy and how their favourite ingredient helps in keeping with their philosophy, the chefs gave interesting insights.

"One Ingredient, One Dish At A Time!"

Chef Manivannan Govindachari, Executive Pastry Chef, Renaissance Bengaluru Race Course Hotel

"My approach to baking is rooted in the idea of serving the world better one ingredient, one dish at a time. I believe that every creation from our kitchen should nourish not just the palate, but also the body and soul. At Renaissance Bengaluru Race Course Hotel, I'm fortunate to work in an environment that not only encourages this philosophy, but actively supports it through an emphasis on thoughtful sourcing, local produce, and mindful dining experiences.

Millets fit seamlessly into this vision. They are naturally gluten-free, nutritionally dense, and deeply connected to India's agricultural heritage. By using millets in our desserts and baked goods, we're not just making conscious choices for health, we're also celebrating sustainability and local craftsmanship."

"Paying homage to traditional flavours"

Umesh Kumar S.S, Executive Chef, Niraamaya Life

"My baking and cooking philosophy is rooted in celebrating natural flavours and emotional connections through food. Cinnamon supports this vision–it's wholesome, aromatic, and versatile. Whether I'm working on a nostalgic dessert or creating a contemporary dish, cinnamon helps me bridge the past and present through flavour."

"I let my food tell a tale and have some surprise element"

Malvika Mulchandani, Founder & Owner, Apero, Mumbai

"If you ask me about my overarching philosophy when it comes to baking and





"I am trying to rediscover the immense value of millets in modern baking. Beyond being a superfood, they play a powerful role in overall wellbeing. What's especially fulfilling is that millets allow us to create nutritious desserts and bakes that cater to guests across all age groups, making them a perfect fit for family accommodation settings like ours."

- Chef Manivannan Govindachari
Executive Pastry Chef Pastry Chef, Renaissance Bengaluru Race Course Hotel

cooking, and how miso support that vision, I would say that my philosophy has always been "elegance in restraint." I believe in letting ingredients speak for themselves and not overcomplicating the plate. I want the food to feel both familiar and surprising–to catch you off guard in the most delightful way. Miso fits perfectly within that ethos. It allows me to rein in sweetness, anchor the dish with depth, and create that elusive "I don't know what's in this, but I love it" kind of reaction.

As pastry chefs, we're constantly in pursuit of balance. It's so easy to lean into sweet-on-sweet, but true magic lies in contrast. Miso–and savoury pantry staples in general–has opened up an entirely new emotional range in desserts.

Also, I think Indian palates are particularly open to this kind of flavour play. We grew up with sweet, salty, spicy, and tangy flavours all existing together. It's only natural that our desserts begin to reflect that same complexity and dynamism." ■

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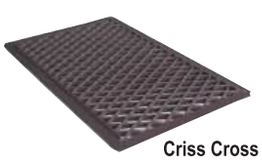

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Griddle Tray

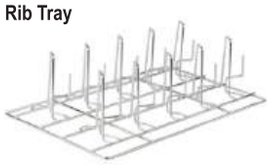

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That's So Quiche

By Nikita Madan

Quiche isn't just any tart you grab on whim— it's more like the Beyoncé of baked goods. It started off humble, but now it has become a *quiche de résistance* in bakeries everywhere, all thanks to that crisp, buttery crust and that creamy filling. Born in France's Lorraine—yeah, the French really outdid themselves here—quiche walks that fine line between "fancy" and "comfort food," stuffing itself with whatever's fresh: garden veggies, rich Gruyère, even bacon that whispers, "Go ahead, have another slice."





Breakfast? Sure. Lunch? Absolutely. Dinner? Why not. To the untrained eye, it's just a pie in a tuxedo with an identity crisis, but honestly, quiche has been shape shifting across centuries, sneaking onto café tables and bakery counters from Paris to Peoria. Crust, no crust, classic or totally out-there? Doesn't matter. This flaky legend is the bakery world's MVP—mixing old-school tradition with a 'let's get wild' attitude. It doesn't matter if you're a kitchen rookie or the next Julia Child, quiche is your ticket to something ridiculously tasty. According to Chef Nauman Qureshi, Head Pastry Chef at Paul India, "What truly secures quiche's timeless place in bakery culture is its inherent paradox: it's a dish of profound simplicity that yields limitless complexity. It acts as both a reliable anchor—a foundational pillar of French baking—and a boundless canvas for innovation. This isn't just a dish; it's a culinary Rosetta stone, capable of translating any flavour profile, any seasonal bounty, into a universally adored form."

Origin

Back in medieval Europe, people were already throwing together "custardes"—essentially savoury pies stuffed with eggs, cream, some meat, maybe even a random apple if that's what you had lying around. Fast forward to 1500s Lorraine, you've got these open-faced egg tarts making an appearance at the fancy tables of the local bigwigs. In Lorraine, quiche was pure comfort food—hot, filling and perfect for those never-ending, freezing months. Meanwhile, the Brits were like, "Yeah, let's toss that in the picnic basket for a sunny day."

Then, boom—the 1970s hit, America discovers quiche, and suddenly it's everywhere. Like, it even became a running joke in that book Real Men Don't Eat Quiche. Honestly, the dish has been through more phases than Madonna. And now? It's a brunch superstar, bakery darling and still rocking that French vibe worldwide.



Ingredients and Techniques

A killer quiche starts with a crust that doesn't suck. Don't let anyone tell you otherwise. Most folks go for a classic unsweetened pâte brisée or sometimes puff pastry if they're feeling extra. When asked for pro tips for that perfectly flaky, never-soggy crust, Chef Nauman Qureshi replied, "Grate frozen butter directly into your flour for maximum, even flakiness. For an impenetrable bottom, brush your blind-baked crust with an egg wash–it creates an invisible moisture seal. Add your ice-cold liquid (or vodka!) very sparingly–just until the dough barely comes together. Over-hydrating is the quickest route to a tough, soggy crust."

Crust and Pre-bake

Go heavy on the butter in your dough if you want that flaky, bakery-window vibe. And poke some holes in the crust before you blind-bake, then toss it in the freezer for a hot minute–shrinks less, freaks out less. Blind-baking is non-negotiable. Chef Amit Gupta, R&D HOD in Mr. Brown Bakery & Food Products Pvt. Ltd and Principal of Danbro Institute of Bakery and Culinary Art & Science even says, "Bake the crust a little before adding the filling. Additionally, rinse your vegetables thoroughly so that the filling isn't overly liquid."

Cheese Selection

Cheese is not strictly necessary, but honestly, why would you skip it? Quiche Lorraine's classic – got to go with Gruyère if you're a purist. But hey, if you've only got Emmental, Comté, Cheddar, Fontina or even some young Manchego kicking around, they all melt like a dream.

When asked about his experiments



"I like to incorporate fresh flavours from other cultures, such as Mexican vegetables or Indian spices, to make it more interesting and unique."

Chef Amit Gupta
R&D HOD in Mr. Brown Bakery & Food Products Pvt. Ltd. and Principal of Danbro Institute of Bakery and Culinary Art & Science

with non-conventional cheeses, Chef Nauman replied, "My most surprising and crowd-pleasing experiment has been with Kalari Cheese from Jammu & Kashmir. This unique, tangy, and semi-hard cheese, when diced and folded into a quiche with caramelised onions, softens beautifully without fully melting. It creates incredible pockets of savoury richness and a delightful, unexpected chew – a truly regional gem that transforms a classic quiche!" whereas according to Chef Amit, "Blue cheese, paneer, and goat cheese have all been excellent. They add interest to the quiche and give it a distinct flavour."



Fillings and Flavourings

Fillings for quiche? Basically, the sky's the limit. You can toss in just about anything–seriously, raid your fridge. The only catch: if you're using watery veggies like spinach, leeks, mushrooms or zucchini, cook them first and squeeze out all that extra liquid unless you want a soggy mess. Chef Nauman states, "My absolute favourite non-traditional quiche filling that became a total crowd-pleaser is my Curried Sweet Potato and Spinach with a touch of Coconut Cream. The natural sweetness of roasted sweet potato, combined with earthy spinach and a custom blend of mild Indian spices creates an incredible depth of flavour. A swirl of coconut cream in the custard adds a subtle richness and exotic note, making it a surprisingly harmonious and utterly delicious twist on a classic – it's always a huge hit!"

Aromatics like onion, shallot and garlic



should get a quick sauté before joining the party, but if you're aiming for quiche Lorraine purist status, ditch the onion. Meat-wise, bacon or pork lardons are the MVPs–fry them up till they're crispy and you're halfway to glory. Ham or other cured meats totally work too. Fresh herbs like thyme, parsley or chives bring some brightness, so don't skip them. Chef Amit Gupta commented, "Spinach, corn, and a little bit of spicy schezwan sauce–it gave a nice twist and everyone loved it."

International Variations

Every region of France has got their own quiche drama going on. The classic–Quiche Lorraine–keeps it simple that is eggs, cream and a generous heap

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Every kitchen should have the top tools

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of smoky bacon. That's the OG. Then you've got Quiche Vosgienne, which basically just says, "Hey, let's throw cheese in there too." Quiche Alsacienne? They step it up with caramelised onions and speck, which is like bacon but with more attitude. And don't forget Quiche Florentine–spinach is the star there, mixed with Gruyère, so you can pretend it's healthy. Down in Provence, they toss in tomatoes, zucchini, bell peppers, garlic and whatever herbs are lying around–tastes like summer vacation. Honestly, it's all about swapping in whatever the locals have handy.

Outside of France, quiche has gone kind of global. In the US and UK, it's a brunch royalty. Americans really love



cheese–Cheddar, Monterey Jack, you name it–and sometimes get a bit wild with fillings like broccoli or, God help us, too much bacon. Over in Britain, quiche has had a moment, especially as an easy lunch. Supermarkets are pushing all sorts of veggie-packed mini quiches now–apparently "snacking quiche" is a thing for 2025. Around Asia and everywhere else, chefs are tossing in whatever–curry,



"My one golden rule for mastering quiche, often surprisingly underrated, is: Master your filling's moisture."

Chef Nauman Qureshi
Executive Pastry Chef at Paul India

kimchi or seafood. There are even gluten-free and vegan versions popping up, with almond or rice crusts, or sometimes no crust at all.

When asked Chef Amit Gupta stated, "Yes, I have experimented with Mediterranean dishes that includes feta, sun-dried tomatoes, and olives. I also sampled a quiche made with paneer tikka in the Indian style, which was tasty and unusual." Meanwhile Chef Nauman added, "Absolutely! My passion for global flavours constantly inspires new quiche creations. My standout international quiche is a Middle Eastern-inspired gem: roasted eggplant, salty feta, and fragrant Za'atar. The smoky eggplant and tangy feta, uplifted by the aromatic Za'atar, create a vibrant, deeply flavourful experience that truly transports you. It's a departure from tradition that's become a huge favourite!"



Trends and Popularity

Quiche's still holding down its spot on café and bakery menus everywhere–seriously, you can't swing a spatula without bumping into one. The magic is that that it's the ultimate meal chameleon, make it ahead of time, eat it on the run and scarf it down hot, warm, cold or whatever. Plus, the artisan baker crowd has gone wild with it. They're tossing in all the good stuff–farm-fresh eggs, raw-milk cheese, organic veggies. Some of these combos are actually wild. Chef Amit Gupta states that, "Even without cheese, a veggie-heavy quiche made with bell peppers, mushrooms, herbs and coconut milk in place of cream turned out delicious."

While Chef Nauman Qureshi said that, "Taking on the challenge of a cheese-free quiche that still wows is incredibly rewarding. I created a quiche where the base is a silky blend of cashew cream infused with roasted garlic and sun-dried tomatoes. This rich, savoury mixture, combined with sautéed greens and fresh herbs, bakes into an incredibly creamy and flavourful filling. It offers all the luxurious texture and umami you'd expect from a traditional quiche, without a single speck of cheese. It's a revelation that consistently impresses!" People are all about lighter, veggie-packed stuff now, so it makes sense. And every posh deli or bakery worth its salt has some seasonal quiche - asparagus and leek when spring's in the air, pumpkin-sage once autumn gets all cosy.

Quiche had its mega-moment back in the '70s, but it's still kicking. Menu nerds say you'll spot it on 1–2% of restaurant menus–more if you wander into hotels or brunch joints. Artisan bakeries, though, they love quiche. It's like the poster child for savoury pastries - perfect crust, silky custard, weird-but-awesome flavour mashups. ■

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Masala Chai Finds A Chic Home At Mister Chai!

By Sharmila Chand



Mister Chai, tucked at the Lobby level is a stylish buzzing lounge of Shangri-La Eros Hotel in the heart of the capital. Spaced out neatly, it's an intimate 60-cover space that has been thoughtfully designed around comfort and cosy connection.

The plush seating with couches and communal tables invite guests to settle in, anytime of the day or night, beginning with a delightful Chai, followed by exclusive selection of dishes and outstanding Patisserie.

Chic & Elegant

Conceptualized by the renowned Dubai based interior design company 'Stickman Designs', meticulously crafted decor and design captivates the senses of every guest who walks in the lobby.

An outstanding detailed brass balustrade encloses the lounge, with each bookend creating a unique design detail. Placed to the left is the full height, gold-leaf-etched timber Tibetan prayer wheels and to the right is a stunning intricate screen of planter boxes in eclectic colours of red, green and brown, aptly called "Wall of Chai". This quaint and exquisite Artwork ensures privacy for guests from the main lobby.

It is a perfect example of fine dining experience with the ambience of a young and chic lounge.



Celebration of Chai, Culture and Conversations

Warm wooden interiors and a busy display table where coffee is brewed and tea is presented, set the tone for a casual yet, elegant dining experience.

Here nibbles and plates spin together the best of Regional Indian food, adding a 'twist' to classic fare.

Chef At Large

Head Chef Gagandeep Sawhney brings over a decade of experience in understanding what comfort food truly means to the guests. His approach centers on creating dishes that feel familiar yet exciting, ensuring every bite connects with guests emotionally while pleasantly surprising them.

He says, "The vegetarians have a reason to party here. Start with The famous 'Palak Patta Chaat' that brings a burst of texture and flavor in every bite.

While the 'Bombay Masala Toastie' delivers comfort with a kick of nostalgia,



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the 'Multigrain Club Sandwich' is hearty yet wholesome, and the 'Cheese Chilli Toast' is the perfect blend of gooey and spicy–ideal for snacking."

'Bombay Bhel' should not be missed and it comes in cones well presented in a bucket.

Another star dish is 'Kolkata Chops' - Panko crusted Beetroot cutlets served on sticks like Lollypops.

On the non-vegetarian side, 'Butter Chicken Samosa' steals the show. It changes the favorite curry into snack perfection–rich and creamy. 'The Masala Amritsari Fish N Chips' bridges cultures successfully with the distinctive achari tartar sauce, while the Croissant and 'Kadaknath Egg Sandwich' elevates breakfast expectations.

The 'Crispy Buttermilk Chicken Burger' delivers the crunch and juiciness, diners would love from comfort food, and the very special 'Mister Chai Chicken Club Sandwich' promises a wholesome meal.

The 'Chicken Khurchan Tacos' is one innovative dish, not to be missed. It has slow cooked chicken, guacamole, tomato chutney, garlic yoghurt all wrapped in a roti. It makes up a perfect meal 'on the go'.

Midnight Signature Offerings

Looking for midnight feast? The menu is again thoughtfully curated with plenty of Comfort Food dishes. Start with 'Frachos' - French fries topped with refried beans, Guacamole, sour cream and melted cheese. How can you not have the ever popular Maggie? Go for it, and you will ask for more. There is also 'Onion Potato Paratha,' 'Dhaba Chicken Kathi' and a lot more to satiate your midnight hunger pangs.

Beverages Are Outstanding Too!

As expected, beverage program centers around freshly brewed chai station and a host of regional Indian tea offerings, available around the clock. The 'Shangri-La Signature Blend' provides that perfect cup, whether you're starting your morning or winding down your evening.

'Kadak Masala Chai' delivers a perfect flavour while 'Kashmiri Kahwa' offers gentle comfort for quieter moments.

For coffee fans, options like 'Orange Iced Coffee' and 'Coconut Iced Coffee' provide familiar comfort without competing with chai's charm.

Health and wellness quotient is not missed in the food preparation. Also, there are wellness drinks including Immune Boost Juice. Traditional offerings like 'Mint Ajwain Chhachh' refresh at any hour, and the 'Peanut Butter Hot Chocolate' satisfies late-night sweet cravings perfectly.



"We are always here because Chai culture never sleeps. Whether you're starting your day, taking an afternoon break, or need comfort food at midnight, we maintain the same quality and warmth that builds trust and turns first-time visitors into regulars."

Chef Gagandeep Singh Sawhney
Executive Chef at Shangri-La Eros New Delhi

Desserts Tell A Tale!

At Mister Chai, the focus has been on elevating traditional tea-time pastries with a modern touch.

As says Chef Sawhney

"Our new offerings, like the Vanilla Mille Feuille and Dark Chocolate Sea Salt Pearls, bring together familiar flavours with a fresh perspective. We've made sure to include options like the Banana Walnut Cake and Lavender Honey Cake to cater to a variety of dietary preferences so that everyone can appreciate our treats. Each pastry is carefully crafted to deliver a balance of quality ingredients and bold flavours, paying homage to India's culinary roots while offering something new."

He further adds, "Our goal is to provide a simple yet refined experience where guests can enjoy the comfort of traditional tea-time favourites, paired with our signature teas or a delicious pastry. It's all about creating a space for people to unwind and savour the moment, with flavours that stay true to the soul of India, while bringing something modern to the table."

There is an exclusive selection of macarons and chocolates -

Paantastic, Mango Bite, Raspberry, Coffee Almond and Hazelnut. Paantastic is interesting for its nice paan flavour. Belgian chocolate Truffle Cake is to die for. Lotus Biscoff Layer cake is a signature one and chef's favourite too.

Don't miss out on the Hot Chocolate – the perfect sweet ensign to a comforting meal.

To Conclude

Open 24/7, Mister Chai blends quick, crisp service with a deep-rooted focus on local flavours and traditions.

The ambiance, the vibes, the flavours - all harmonize to create an unforgettable dining experience.

With a focus on satisfying diners' cravings for authentic regional flavours, here the flavours of Indian states are beautifully presented through regional specialities with a unique twist.

This is complemented by freshly brewed chai station and a thoughtfully curated selection of regional Indian teas, making every visit a celebration of comfort, craft, and culture. ■

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The Dough Diaries

Understanding the Science and Soul of Dough



By Harsha Masand

Dough, in its most elemental form, is a mixture of flour and water. But in the context of professional kitchens, it transforms into a sophisticated medium, deeply tied to process discipline, ingredient behavior, fermentation science, and the final product's organoleptic quality. Dough is a system in flux, governed by time, temperature, hydration, and mechanical input. It evolves with technique, environment, and fermentation culture. Across cultures and continents, dough has formed the backbone of human sustenance and storytelling. From rustic village loaves to refined laminated pastries, it adapts to regional flours, tools, and consumer expectations. In India, where culinary heritage intersects with contemporary experimentation, dough is being revisited, reimagined, and revered more than ever.

"Technically, dough is a living mixture that responds to time, temperature and touch, it's the heart of baking. Emotionally, it feels like comfort and creation in my hands, a quiet connection of something bigger," says Chef Krutika Gawas, Sous Chef, Conrad Pune. Her reflection encapsulates what many culinary professionals observe–dough isn't just an ingredient; it's a reactive matrix of proteins, starch, water, enzymes, and microbial agents. In hospitality kitchens, dough behavior can directly impact service efficiency, product consistency, and overall guest experience. Leavening, the first crucial phase, determines this trajectory.

Leavening and Resting: Balancing Time, Texture, and Yield

Leavening is where dough transforms from inert to alive. Through biological fermentation i.e. yeast and bacteria or chemical reactions highlighting acid and base; gases are produced which aerate the gluten network. The gas entrapment determines crumb texture, volume, and chewiness. While modern commercial bakeries often use instant or active dry yeast to streamline production timelines, many chefs prefer the layered complexity of natural fermentation for select breads.

"The use of starters for speciality breads as the taste derived from a sourdough mother dough cannot be replicated by commercially made yeast. However, for scale of production and daily bread production, yeast is essential as not only is it standardized in its measure for recipes, the results of the use are more controlled and there are less chances of error," says Chef Jatin Mallick, Co-Founder of DOS. This highlights a crucial operational dichotomy in hospitality kitchens–balancing fermentation quality with output predictability.



Chef Krutika Gawas

Chemical leavening–such as baking soda and baking powder–functions by releasing carbon dioxide through acid-base neutralization. These agents are typically used in cakes, quick breads, and some regional Indian applications. "Chemical leavening techniques in my opinion are a tool to control bread formation and balance out acidity or time for bread formation and commonly used for pastry products," adds Chef Jatin. These techniques become particularly relevant in large-scale commissaries or hotel patisseries where dough resting time is a luxury.

Once leavened, the dough enters a critical resting phase. Resting allows for autolysis–the enzymatic breakdown of flour's starch and protein in the presence of water. It softens the gluten network and enhances extensibility. Resting also allows yeast to continue metabolizing sugars, building flavor and improving dough rheology. Cold fermentation, typically at 4°C, is favored for extended rests, especially in laminated or high-hydration doughs, as it slows enzymatic activity and extends shelf-life potential.

In traditional Indian kitchens, resting is often governed by instinct and climate. Feel, elasticity, and aroma rather than thermometers and timers assess doughs. Whether kneading atta for rotis or fermenting khamiri, this phase is often intuitive but essential. Understanding resting dynamics–whether bulk fermentation or intermediate rest–can drastically impact dough strength, moisture retention, and product digestibility.



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Chef Jatin Mallick

The Living System of Dough: Proofing and Climate Control

Proofing, the final fermentation stage before baking, is both technical and interpretive. At this stage, fermentation gases continue to expand the dough. Gluten alignment and surface tension become key quality markers.

"A well-proofed dough should be smooth, slightly shiny, with no cracks or dryness. A test bake with one batch before committing–it tells us whether it's oven-ready or needs a bit more time," mentions Chef Vardaan Marwah, Chef Partner at FARRO. Proper proofing also improves oven spring, crust quality, and interior crumb structure.

Chef Vardaan further adds, "Adapting is all about the flour's hydration properties and the ambient temperature. In India, where the weather fluctuates a lot, we adjust fermentation times and hydration accordingly." Indian climatic conditions pose specific challenges–monsoon humidity, summer heat, or winter dryness. These demand dynamic adjustments in flour-to-water ratios, fermentation speed, and yeast activation rates.

In hospitality environments, especially in large bakeries or five-star production kitchens, maintaining a consistent proofing chamber or retardation setup becomes essential to produce uniform results. High-altitude locations, coastal cities, or central-India's dry belts all behave differently–requiring bespoke proofing protocols.

Tradition Meets Innovation: From Labs to Langars

From labs to langars, dough continues to evolve. It migrates from R&D environments into community kitchens, from precision to mass scale, without losing its inherent character. This adaptability makes dough central to both heritage preservation and modern menu engineering.

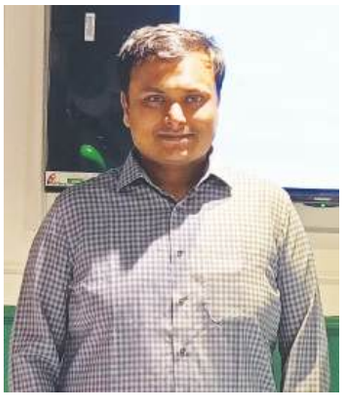
"Commercial yeast provides consistency, while natural starters bring complexity and character to our artisan breads," says Harshil Agarwal of Sobisco Fresh. Sobisco operates on a hybrid approach, where large-scale volume breads rely on reliable yeast strains, while high-end or experimental lines explore long ferments and multi-stage builds.

Harshil adds, "Sheermal, to me, is history in dough–Persian roots, Mughal evolution, Hyderabadi refinement. It speaks of trade routes, royal feasts, and cultural syncretism. We have tried modern versions of it with saffron honey glazes–each batch feels like



telling a new chapter of an old tale." This storytelling through texture and aroma is increasingly being incorporated into modern hospitality narratives. Bread programs at luxury hotels now frequently feature curated regional styles, nutritional tweaks, and ingredient transparency.

In fact, the evolution of dough now intersects with health and sustainability.



Harshil Agarwal



Chef Vardaan Marwah

Whole grains, ancient flours like ragi, buckwheat, and jowar, and fermentation techniques that boost gut health are rising in hotel menus and artisanal bakeries alike. These require technical recalibration–adjusting hydration, improving gluten-mimic structures, and incorporating prebiotic blends.

The Final Rise

The collective efforts of these chefs, from luxury hotel kitchens to research labs and home-style bakeries, reaffirm that India's dough culture is vibrant and evolving. It is rising steadily against the backdrop of convenience and speed, refusing to be flattened by industrial uniformity. Each of these professionals sees dough not just as a deliverable but as a living, reactive system that mirrors the philosophy of the kitchen it emerges from. From hotel proofers to tandoors, dough defines the pace and emotion of the culinary experience.

Ultimately, dough is more than chemistry–it is character. Each fold, each ferment, each rise is a moment of transformation. From kneading bowls in home kitchens to proofers in professional bakeries, dough connects people across time, region, and ritual. It demands care, intuition, and often, surrender. As the stories of these chefs show, whether feeding a sourdough starter, adjusting hydration in monsoon weather, or reinventing royal bread for modern shelves, the journey of dough is a quiet but powerful narrative.

It is a story told not in words but in texture, warmth, and memory. A story that begins, always, with a little water, a handful of flour, and a baker who dares to wait. ■

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Duration	2 Days	1 Day (6 hrs Competition)	1 Day (7 hrs total)
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Judging Criteria	700 Points Across Multiple Metrics	Taste, Creativity, Hygiene, Time, Cleanliness	180 Points (Taste, Innovation, Besan use, etc.)
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Setup Time	2 Aug, 3 - 6 PM	5 Aug, 9 - 10 AM	6 Aug, 8 - 8:30 AM
Competition Time	8 AM - 5 PM (Day 1), 8 AM - 4 PM (Day 2)	10 AM - 4 PM	8:30 AM - 1:30 PM
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Bakery Pre-mixes

Zion International Food Ingredients Pvt. Ltd. is revolutionizing the bakery industry with its exceptional range of bakery premixes. With a commitment to excellence, they specialize in a wide range of premixes, including cake mixes, bread mixes, muffin mixes, and more, providing a consistent, reliable solution for bakers to create perfect baked goods every time.



The bakery premixes are designed to simplify the baking process without compromising on taste or texture. Zion understand the importance of delivering delicious, high quality products, and premixes, carefully crafted using the finest ingredients. Whether looking to bake cakes, pastries, or other bakery delights, Zion's premixes ensure that your creations have the ideal taste, fluffiness, and appearance.

One of the most popular products is Red Velvet Cake Premix, known for its rich flavour and vibrant colour, it's the go-to choice for both bakers and customers alike. With Zion's Red Velvet Cake Premix, one can easily achieve the perfect red velvet cake with a smooth, moist texture and an irresistible taste. The premix ensures that you can create this signature treat with ease, while delighting the customers with its exceptional quality.



The company is committed to providing top-quality, innovative solutions that help bakers excel. With their reliable and delicious premixes, you can always count on achieving flawless results with every bake.

Zion International Food Ingredients Pvt. Ltd.
feedback@zionfoods.in

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"I found my rhythm in the oven's hum and my voice in ganache"

Chef Nandkishore Parab, Bakery Chef, The Yellow House, Goa IHCL SeleQtions

By Sharmila Chand



With roots in the culturally rich region of Sindhudurg, Maharashtra, Chef Parab is an emerging talent in India's culinary landscape, known for his precision, creativity, and quiet discipline in the kitchen. A graduate of Regal College of Hotel and Tourism Management under Mumbai University, he holds a B.Sc. in Hospitality Studies and has swiftly moved from academic promise to professional performance.

Specializing in food production with a passion for bakery and confectionery, Chef Parab brings not just technical skill but a storyteller's touch to every plate. His approach is grounded in classical technique, but always open to playful presentation and innovation. Whether crafting delicate pastries or executing robust Goan flavors, his commitment to flavour and form is evident.

In an exclusive interview, he tells us how he became a pastry chef, his favourite tool and more....

How did you become a Pastry Chef? You were interested or by default?

Honestly? I think pastry chose me. I was the kid who didn't just eat birthday cake–I interrogated it. "Why is the sponge so soft? How did the icing hold that swirl?" While others played cricket, I was sneaking into the kitchen trying to 'whip peaks' with a fork. Spoiler alert: it doesn't work.

But if I'm being truly honest, I didn't plan this. I stumbled into culinary school thinking I'd be flipping flambés and commanding grill stations. Then one day, they handed me a piping bag–and the universe just...clicked. Sugar, butter, flour–they made more sense to me than algebra ever did. Now, every tart shell I blind-bake, every croissant I layer at 4 a.m., feels like a delicious form of meditation. There's madness in measuring 120g of egg white to the dot, but also magic. I found my rhythm in the oven's hum and my voice in ganache.

What is your working (Cooking) philosophy?

I believe baking is equal parts science and soul. You can't skip the precision–grams matter, temperatures matter–but you also have to pour a bit of yourself into every dough you knead. My philosophy? Respect the process, honour the ingredients, and always leave room for whimsy. I also believe in baking with intention. That means sourcing locally when I can, reducing waste, and letting the seasons guide my menus.

Above all, I never lose sight of joy. Baking should feel like magic, not machinery.

What are your Hot Selling bakery items?

Our bestselling bakery offering isn't just a pastry–it's a whole experience. High Tea Charlie is a curated medley of bite-sized sweet and savoury treats, designed to be the perfect companion to an elegant tea service. Delicate lavender shortbread, mini Earl Grey-infused sponge cakes, flaky mushroom vol-au-vents, savoury choux with spiced cream cheese, and tiny bebinca tartlets with pistachio dust. Every item is handcrafted, balanced, and presented like a little work of art. It's a favourite at afternoon teas, intimate celebrations, and as an in-room surprise. While our standalone bakery items–like our sourdough, caramel éclairs, and Goan fusion cakes–have strong followings, nothing flies out faster than a High Tea Charlie. It's charming, elegant, and deliciously nostalgic, with just the right hint of whimsy.

Your favourite tool?

It may not be flashy, but my offset spatula is my secret weapon. It's precise, versatile, and quietly powerful–just like a good pastry. From smoothing ganache to lifting delicate tartlets or spreading cream with surgical elegance, it's the extension of my hand in the kitchen. No matter how advanced technology gets, I always reach for it. It reminds me that baking is, at its core, a hands-on craft. Clean lines, perfect swirls, and that final polish? All thanks to this humble little tool. Honestly, I feel incomplete without it on my bench.

What do you like about your job?

What I love most about being a bakery chef is the magic of creation–turning simple ingredients like flour, sugar, and butter into something that brings joy and comfort. There's a special kind of satisfaction in seeing a tray of perfectly baked pastries come out of the oven, knowing every detail–from texture to taste–was crafted with care.

What are you passionate about besides baking?

Besides baking, I'm passionate about gardening–especially growing my own herbs and edible flowers. There's something deeply rewarding about nurturing plants from seed to harvest, and it connects me directly to the ingredients I use. Fresh lavender, mint, rose petals, and even marigold blossoms find their way into my recipes, adding unique flavours and beautiful colours. Experimenting with homegrown botanicals allows me to push creative boundaries and bring a true sense of place to my bakes. Gardening grounds me, inspires me, and reminds me that the best flavours start in nature's soil.

What are your dreams?

My biggest dream is to create a bakery space that feels like home–warm, inviting, and full of stories baked into every bite. I want to keep blending tradition with innovation, showcasing Goan flavours alongside global techniques, so guests experience something truly unique. Beyond that, I dream of mentoring young bakers, passing on the craft with passion and patience, helping them find their own voice in this art. Ultimately, I want my work to inspire joy, comfort, and curiosity–reminding people that baking isn't just about food, it's about connection, culture, and creativity. That's the legacy I hope to leave behind.

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