



Igniting Young Minds

SSCA 5-Years Milestones

2016 2017 2018 2019 2020 2021

2nd Edition April-2022

SUMMER SEASON

treat from
SSCA

Highlights



Farm to Table



Alcoholic Gyan



Eggystales..



Power-Words



What's in the Oven



Festivity @SSCA



We-GenZ



Events and more

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MESSAGE FROM THE DESK OF EDITORS

OUT WITH THE OLDIN WITH THE NEW

“

Be a good glad thing, why should
we make us merry
Because a year of it is gone? but Hope
Smiles from the threshold of the year
to come
Whispering 'It will be happier.'

Alfred, Lord Tennyson

Well, this couplet summarises it all, doesn't it? As we overcome the gruelling pandemic, and turn a new leaf, we all hope and pray collectively that the time ahead will bring us the much-deserved joy and peace we all have been waiting for.

As we celebrate this fresh start, we are sure as always, we all have resorted to making resolutions. At the beginning of the year, many people tend to reflect on the past year and set goals for the time ahead. If the past two

years have taught us anything, it is to count our blessings. But human foibles are such that we always plan for the future, however uncertain it might be.

So, do you make resolutions & plans? Or do you find it more helpful to look for opportunities for growth throughout the year? The answer lies in the fact that resolutions are often made in haste but fizzle out at the very beginning of a year, the reason being: unrealistic goals. A lot of these resolutions fail because they're not the right resolutions for you. A resolution may be wrong for one of three main reasons:

- It's a resolution created based on what someone else (or society) is telling you to change.
- It's too vague.
- You don't have a realistic plan for achieving your resolution

These resolutions aren't binding or shouldn't put lots of stress on your day-to-day life. They should be reminders of what you want to be working toward and not be a binding contract that induces anxiety.

One can also make personal goals at any point throughout the year. While it is a good excuse to make resolutions and set goals for yourself, you can make them at any point throughout the year. If you can't meet a goal, you can rework it — goals are ever-changing.

Ideally, a good start is to take some time to reflect before the year ends, about where you were at the beginning of the year and where you are now. Think about where you want to be at the end of next year and what are some clear, achievable steps to get there.

A good alternative to a specific resolution is to pick a word that you want to focus on. The word can be anything, from "positivity" to "fitness" to "breathe" to "focus." or "grow"

So, what will your focus be for 2022?

HAPPY READING!

Team Flambé

INAUGURATION OF SSCA NEW CAMPUS, FIVE YEAR MILESTONE AND THE JOURNEY AHEAD. - PROF. ATUL GOKHALE



**Director, SSCA
MBA, CHE, MIH**

As I write this article today it looks like just yesterday when we began the journey of Symbiosis School of Culinary Arts on 25th July 2016, with the establishment of this unique dedicated school of culinary, the first of its kind in the country, under the aegis of world-renowned Symbiosis International University.

It is in the DNA of Symbiosis to start institutions which are unique and are relatable to the society at large and offer programmes that are relevant and timely. When the leadership of Symbiosis under Hon'ble Pro Chancellor Dr Vidya Yeravdekar decided to commence SSCA, the idea was to offer a culinary school which is exceptional in its character and has a unique flavor to it.

As we began the journey in 2016, we were the pioneer school offering an undergraduate degree, B. Sc. (Culinary Arts), the first one in India, we realized that we have a huge responsibility on our shoulders. SSCA today, with a very open-minded and supportive leadership of Symbiosis, has created an institution which offers best of the infrastructure equipped with all latest and essential gadgets that are used in

modern professional kitchens; offers a curriculum which has imbibed the western structured approach to culinary learning and at the same time added the unique requirements of a regional Indian culinary learnings. I am glad to reflect back on the journey of the last five years, which has seen an upward trend in its reputation. In its sixth year, SSCA is a pioneer culinary school in the country dedicated to culinary specializations. With its state-of-the-art purpose-built campus, SSCA campus is spread over two acres of land with 1 lac sq. ft. building replete with training labs, classrooms, amphitheater, multi-purpose hall, state-of-the-art Studio Kitchen for professional programmes.

All our kitchen and hospitality training labs are highly sophisticated, each dedicated to specific learning. The labs are equipped with modern and latest equipment for practical learning. A dedicated faculty and student-managed organic farm, where the students grow seasonal and regional herbs, spices and vegetables round the year. A modern Urban Landscape with hydroponics, microgreens, edible flowers and vertical grow systems. Thinking ahead and flexibility to add the trends and needs of the industry to the curriculum sets us apart. This makes our students stand out in the industry both at internship and job level. Acceptance by stakeholders and setting a benchmark for culinary education.

SSCA's approach towards culinary and hospitality education is appreciated and well accepted by various industry and other stakeholders. The industry leaders see the clear uniqueness among the students who intern with these culinary/ food service organization and eventually become part of the industry.

SSCA Distinctiveness

The Degree and Diploma courses as well as professional certification programmes at SSCA are distinctive for specialization in the field of Culinary Arts and Hospitality and Culinary Management. The programmes are designed for hands-on learning and training along with a high level

of experiential learning components. The main focus of the curriculum is learning global and regional Indian cuisines. It also covers the modern trends and has specialization options in areas like food photography, food journalism, food entrepreneurship, etc.

The curriculum is designed for structured learning and trains the students in a step by step manner. This helps them grow the skills and knowledge as required for the jobs in the culinary and hospitality industry. Even the internships and dissertations have been designed for an optimum level of learning in a structured manner within the industry.

The pedagogy is more oriented towards the Master- Apprenticeship model, where the chefs being master in their craft, are the guiding light for the students to learn the skills. The faculty make students experiment and learn and at the same time become creative and explore the field of culinary and hospitality. The degree and diploma courses also have one-of-its kind entrepreneurial dissertations built in the syllabus.

Students graduate with industry readiness skills with professional certification like the ISO: 22000 HACCP, etc.

Way Ahead → Journey Towards Excellence...

The college will focus on improving the quality of culinary and hospitality formal learning process and is aiming to be among the top 2-3 culinary education institutes across the globe. SSCA will commence the masters programme in culinary science with varied specialization aimed at developing manpower for the food processing, food tech and food sustainability. We plan to closely work with the food and hospitality industry to develop more relevant and specialized short term and long duration courses.



SSCA New Campus Inauguration



SymbiBake Inauguration at the hands of Mrs Sanjivini Mujumdar and Mrs Alyona Kapoor



SWISS? CHOCOLATES!!! - PART 2

- CHEF RIZWAN



Chef Instructor, SSCA

Just a short recap on the first part. We decided to book cheaper ticket with Kuwait Airlines from Geneva instead of Zurich in order to save some money for some extra Swiss? chocolates, travelled to Geneva and ended up losing Utsah's Laptop.

After resting at Sudarshans we took a cab to the airport. Our flight from Geneva-Kuwait-Mumbai was scheduled at 2 am and we reached the airport at 12 am. We were already depressed because of the stolen laptop so I remember there was no excitement this time while bidding goodbye to Sudarshan. Link-<http://rizwanyargatti.blogspot.com/2017/12/swiss-chocolates-part-1.html>

We reached the counter and guess what! Our flight was cancelled due to some technical issue with the flight. We were literally blank with not a clue how to react. That was it, we decided not to take this blow so easily and kept arguing with them. Initially they told us to check the next scheduled flight but obviously we refused. After an hour of heated argument with their managers all the passengers were given an option to fly to Paris by Air France and the take a similar flight Paris-Kuwait-Mumbai which is

another Kuwait airline flight. Most of us agree to it as we did not have any other option.

We checked in our luggage (The extra Swiss? chocolates are still in there) and tightened our seat belts. So now in hope to reach Mumbai we are off to Paris. I do not remember the exact time but do remember running between the terminals of huge Paris airport, switching planes. Finally, we were in a plane which is taking us home, a sigh of relief, we waited eagerly for the plane to take off and waited and waited and WAIT! The plane didnt move an inch before the weather changes for better. Finally after 4 hours of waiting the weather clears up we are up in the air.

After halting at Kuwait we at last reached Mumbai airport thanking our stars that the mourning journey has finally ended. As we reached our country we felt confident that nothing worse can happen now. We rushed towards the conveyor to collect our bags and waited for it. Now if I say our bags were missing none would believe but trust me that's what happened. It seems our luggage never switched flights at Paris airport. They toll us to lodge a complaint at Kuwait airline flight with complete address where they will courier our luggage after 2 days.

So now we were at Kuwait airlines office at Mumbai Airport dead tired (even to complaint), listing all the items in our luggage and who could forget the one thing that created this unforgettable voyage the extra Swiss? chocolates!!!.



FARM TO TABLE....@SSCA

This Ingredients Lounge is conceived at SSCA showstopper consists of “Urban Garden” which will curate “Farm to Table” concept consisting of

- Outdoor Organic Vegetable Garden
- Green Herb Wall
- Indoor Hydroponics Growing System
- Square Foot Microgreens and Edible Flowers Garden
- Dry Herbs and Spices Mural
- Symbi Food Web Kiosks

Here you see the organic garden being prepared by the faculty and students for first sowing. Herbs of Indian as well as exotic international herbs are grown



SYMBIBAKE....

OUR VERY OWN VENTURE

SymbiBake is a student driven bake shop offering freshest Breads, Muffins, and Tea time cakes, Tarts, Cookies and Mousse Cakes with variety on the menu. Students work under the guidance of Certified Bakery and Pastry Chef Faculties to make these items to perfection.

All menu items are of highest quality and are made in house without addition of artificial colors and flavourings!! Popular items include Sticky Buns which is a must have, Date & Walnut Cake, Cream Cheese Brownie, Dark Chocolate Tarts, lemon Curd Tart, & New York Style Cheesecake.



VERMOUTH: THE MISUNDERSTOOD ALCOHOLIC BEVERAGE - **HITESH PATOLE**



As soon as it comes to alcoholic beverages, vermouth is one of the ancient players in the game. Even so, it is an often misinterpreted component, especially in the U.S., where it's often been demoted to a dusty shelf on the back bar or kept away in a cooler. More than just a companion to a martini or one leg of a Negroni, vermouth is a versatile, enjoyable drink that can be relished in many ways. Its incomprehensible contextual is widespread and common with misapprehensions. There are plenty of common confusions about vermouth, which can affect its use behind the bar. I spoke to few wine specialists about vermouth to clear the common Myths and misconceptions.

Myth #1: There are two types of vermouth: spirits and wines

People erroneously think that vermouth is a spirit, not a wine. Many people assume that vermouth is a spirit that can be stored on a shelf for years after it is made. Vermouth, on the other hand, is a wine. Business Insider spoke to Roberta Mariani, a MARTINI Brand Ambassador, who explained that the beverage is in fact a wine that must be consumed fresh.

Myth #2: It is a type of liqueur

For clarification, vermouth is actually a fortified wine infused with a number of botanicals, available in three main varieties: sweet (also known as rosso or red), dry and bianco (also known as white). Vermouth is made by fortifying wines with a grape

spirit like brandy, then adding herbs and spices to impart a bitter taste. Sweet vermouth may be sweetened with sugar syrup as well. Expert spirit writer and vermouth expert Giuseppe Gallo says vermouth stems from a grape spirit like brandy or rum, and the herbs and spices come from the plants in the grapes. Vermouth is a type of aperitif wine

classified as an aperitif wine intended to stimulate appetite before a meal. Per European Union regulations, a bottle must contain at least 75% wine to be classified as vermouth.

Myth #3: Vermouth was invented by Antonio Benedetto Carpano

Antonio Benedetto Carpano is traditionally credited with inventing vermouth in 1786; however, Gallo clarifies that Carpano may have been one of the first to trade vermouth, although the drink was already popular amongst locals in Piemonte and Tuscany. To that end, Italians invented vermouth. There is some evidence to suggest that vermouth existed even before they started drinking it, however. The dry style was very popular in France in the 1700s.

Myth #4: The Italians were the first to make vermouth

According to Francois Monti, an acclaimed spirit expert and author of "The Great Book of Vermouth" and a public speaker on the history of spirits, Hippocrates may have been the father of vermouth. The herb-infused "wormwood wine" that Hippocrates served his patients was the oldest known example of vermouth in history. There were many illnesses for which vermouth was prescribed, including jaundice and menstrual pains. It can also be used as a poison antidote to poisonous mushrooms.

Myth #5: Vermouth is just another term for aromatized wine.

Currently, many vermouth companies either leave the herb out of their drinks or minimize its role in them due to the controversy surrounding it. Now, due to the controversy surrounding wormwood, many vermouth companies either leave it out completely or downplay its role in the drink. As Monti points out, the essential characteristic of vermouth over other aromatic wines is its use of wormwood.

Myth #6: All sweet vermouth is made from red wine

Surprisingly enough, all vermouth shares a white wine base. Gallo explains that rosso gets its coloring from caramel rather than red wine, as is commonly believed. In fact, quality white wines are actually not preferred for vermouth-making, as Gallo adds, “a standard trebbiano is much better for making vermouth.” The Italians are typically attributed with inventing the sweet variety of vermouth, while the French are known for inventing the dry, but both types begin with the same base — an inexpensive white table wine.

Myth #7: Vermouth doesn't go bad

Because it's a wine, vermouth will expire. Most experts agree that it should be stored in the fridge once opened. It's best enjoyed 4-5 weeks after opening, although Monti insists that oxidation isn't always such a bad thing and that a quality vermouth can last even longer. According to Monti, “vermouths that went through an oxidative process, such as Noilly Prat or quite a few Spanish brands, will survive beyond the 2 to 3 weeks' fundamentalists tend to quote.” Unopened, vermouth can last up to a decade if stored properly.

Myth #8: Sweet vermouth is the most popular style.

According to Gallo, the most popular style of vermouth is neither sweet nor dry, but bianco, also known as blanc. Monti adds that there is a perception of bianco as sweeter than the red variety, but he explains that is just tastes sweeter. In content, rosso and bianco contain the same amount of sugar but bianco lacks the same amount of bitter

ingredients to cut through the sweetness. Monti recommends pairing the blanc variety with tequila or pisco for a well-balanced cocktail.

Myth #9: Vermouth is only good for making martinis

In Europe, vermouth is often drunk on its own as an aperitif or after a meal rather than as part of a cocktail like a Manhattan or Negroni. Best served chilled or over ice. Compared to amaro, it isn't as bitter, but it aids in digestion similar to that. Monti, who lives in Spain, explains that there is a current trend in Europe to drink vermouth after exercise, as if it is somehow healthier for its digestive benefits. Monti explains that this is pure fiction. Vermouth contains a sizable amount of sugar; a single serving contains more sugar than a Coke.

Myth #10: A dry martini means less vermouth

American martini preferences are well known. A bone-dry martini is a popular request among bartenders. Most guests want vodka or gin chilled with very little vermouth or none at all. Many people don't realize that a dry martini does not mean less vermouth, it actually means a martini made with dry vermouth. Originally, it was named for the kind of vermouth used in a dry martini. However, over time its meaning has evolved to fit patrons' understanding of “dry.”



**Food and Beverage Service
Instructor, SSCA**

FESTIVITY @ SSCA

- CHEF SHAMAL MORE, CHEF PANKAJ DESHPANDE



**Chef Instructor
(Bakery & Pastry), SSCA.**

The atmosphere was so overwhelming in the labs, with 33 of our diploma in Bakery and Patisserie skills students production 250 numbers of Christmas cakes in a span of two days, and then elegantly packaging them with red ribbons, golden bells and holly leaves, keeping them ready for dispatch.

The very next day, a bake sale team comprising of our 2nd year Culinary Arts Students were seen putting up booths which were decorated in red, green and silver tinsels, banners and the tempting cakes, of course! Spread across various locations of Symbiosis such as hill base & hill top at Lavale, Viman nagar, and Hingewadi

Along with this, students were seamlessly working on 4 feet long and 3 feet tall Ginger bread house, which had tiny fairy lights to brighten it up and covered with hundreds of brick and half-moon shaped ginger bread cookies, for the walls and roof respectively, with candies on the window pane and white royal icing depicting heavy snow fall on the roof, porch and on the Christmas tree, oh all were dreaming of a White Christmas for sure! The Ginger bread house was seen happily nestled at Sandipani Hometel on the Christmas Eve!

As it's the season of joy and merriment, we at SSCA love to share our joy and happiness through our traditional Christmas cake and the spirit of celebration around it.

Season Greetings!!





**Chef Instructor
(Bakery & Pastry), SSCA**

It is that wonderful aroma of Cinnamon, All-Spice mix, Ginger bread cookies been baked, that lingers around in the corridors of SSCA bakery and Pastry Labs that bring about the feeling that, Christmas is Just round the corner!!

Every year for the past 6 years, it's been a tradition at Symbiosis School of Culinary Arts, that post-Thanksgiving Day, we do a Christmas Fruit Soaking ceremony which marks the beginning of the festive season for us all.

This year, 16 kilograms of fruits were macerating in its own juices, spirits and spices for 45 days and as December arrived, it was time to bake some delicious, rich traditional Christmas cakes, recipe of which is so close to our Bakery and Pastry Chef's heart



ADDITIONS TO THE TEAM SSCA



Culinary Instructor, SSCA

Sumit Daryanani

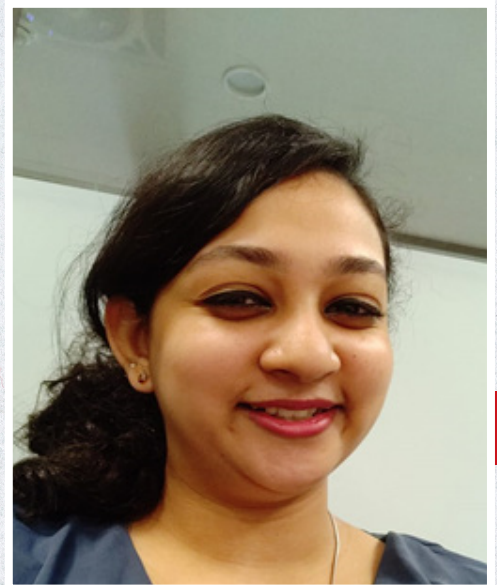
A Bachelor of Culinary Arts from University of Huddersfield, UK, Bachelor of Business Administration and Masters of Business Administration (Tourism & Hotel Management), Chef Sumit is a level 3 HACCP Certification, and has also received a diploma in European cooking and patisserie from Zeeland Business College, Denmark.

A winner of Kaizad Kamdeen Trophy for an overall student in culinary arts, he has participated in many prestigious project in India and abroad. His industry experience at Starwood's and teaching experience at TS Rahman - Mumbai, MCTC - Philippines and Institute of hotel management - Aurangabad, gives him an experience of 8 years. He currently contributes to Year 1 Culinary arts, food production at foundation level.

Chef Sumit's research interests are in food, tourism, ethnic cuisine and culinary innovation domain.

Shivangi Mathur

Greetings! I am Shivangi Mathur, the new chef demonstrator for culinary arts. I come from the beautiful capital of our nation New Delhi. I did my schooling from Modern School barakhama New Delhi and then went on to pursue my bachelors in catering technology and culinary arts from culinary academy of India Hyderabad. From there I got selected as a management trainee with ITC hotels where I spent the next 4.5 years, moving to different cities such as Gurgaon Chennai, Bangalore. i concluded my journey in ITC as a Jr sous chef for ITC Gardenia Bangalore and then jumped in my next role as head chef for Theos in Delhi NCR, where I was taking care of the Italian bistro. Now hear I am supper excited to start my journey with the SSCA family. cheers to a new chapter



Culinary Demonstrator, SSCA

HOUSE HUNT.. - CHEF SHIVANGI MATHUR

A young girl hailing from New Delhi, who has shifted multiple cities but never had to find a house for herself is suddenly stuck without a house in a new city called Pune

It was in the month of September when I received an offer from Symbiosis, finding accommodation, was the next agenda. As a generation who depends on the internet for almost everything, I began my hunt on Google. We all come across these ads by various online aggregators. But I quickly learned that none of them have true pictures. Yes, my friends they just upload a beautiful house to get your number and the brokers then descend. They call you and say “sorry ma’am that house is gone I have something better I’ll send you the pictures” what u actually receive is walls, u ask for furnished you get semi-furnished. I can go on and on about this but I’ll move on.

Now, who wants to pay the brokerage so I checked Facebook, yes that site is still useful, a beautiful page called flat and flatmates supposed to be very helpful but all I found were people like me looking for a flat, the best thing you do is you befriend them and together enter the war called house hunting.

Next, I started looking at a new and emerging concept called co-living spaces, were you aware of them? I sure wasn’t but still, super pictorial flats everything is taken care of, a bachelor’s dream. Here’s the catch, when you go to see them in person it’s nothing but a run-down building with a mattress, cherry on the top they call these luxury homes.

There is a level of luxury we are used to and none of us want to compromise on it and neither did I. So here I am house hunting daily knocking on doors of various brokers just so that I can get 1 decent flat.

PS it’s very difficult to get one as a bachelor, they just don’t want you as a tenant. A little note to all the landlords, single working professionals can also prove to be good tenants because they are very prompt on all aspects like repair and maintenance, payment of dues so on and so forth.



Culinary Demonstrator, SSCA

EGG : A VERSATILE INGREDIENT.

– AARYA JOSHI

Eggs are well known to be a healthy and good source of protein and fat. Beyond this their applications in the Food and Beverage industry are innumerable.



Composition of an egg :

The structural components of the egg are:-

- Shell.
- Membrane
- Albumen or white.
- Thick albumen
- Thin albumen
- Inner albumen
- Chalazae
- Yolk

The egg also has air cells which can be used to identify whether the egg is fresh or stale.

Nutritional information : An egg consists of 75 calories, 7 grams of high-quality protein, 5 grams of fat, 1.6 grams of saturated fat. It also contains iron, vitamins and minerals.

Versatility of eggs : Eggs have multiple applications in the kitchen. They can be used as thickening agents, binding agents, leavening agents, even as glazes and garnishes. An egg wash is a good example of the use of eggs as a glaze. The use of an egg wash increases the bloom and color of baked products.

Eggs can be the foundation of any ingredient or they can blend into the background, supporting and complementing the main ingredient. One of the most recognized dishes made of eggs is Tamagoyaki – a rolled Japanese omelette.



Eggs can also be easily aerated which adds fluffiness to products like souffles. Moreover they also provide moisture to any baked product. They also act as coloring and flavoring agents.

Egg threads can also be used as a garnish or in the 'consommé royale'. Furthermore, they also act as clarifying agents while preparing stocks. It filters the impurities while getting cooked and floats on the top of the liquid carrying all the impurities which is called a 'raft'. Eggs can also be served as a separate meal observing the various cooking methods for them. They may include poaching, frying, boiling and omelettes. Eggs act as an emulsifying agent in the process of making hollandaise sauce. 'Lecithin' in the egg yolk is a natural emulsifier.

Yolk from the egg can be separated and we get two components of egg which can perform different functions when used separately.

Yolk : Contains more nutrients than egg whites. They are rich in fat so they are not used as leavening agents alone. Yet they can be used to give rich flavor and velvety smooth texture to products. Egg yolks also have a spectacular ability of binding and creating an emulsion of fats and liquids which prevents them from separating.

Egg whites : Egg whites can expand eight times their volume. They are used to provide volume and structure to the product. Ideally, egg whites are supposed to be used at room temperature for better volume and expansion. Adding an acidic ingredient like vinegar or lemon juice will strengthen the egg white and will help to retain greater volume for more duration.

There are some food and beverage outlets in Pune which serve egg as their specialty such as, Egglicious, Eggitarian, The Egg Junction and Yolkshire.



**B.Sc. (Hospitality Management),
Batch, 2021-24**

“MAYBE NOT LOST AFTER ALL” - ABIGAIL ANTHONY

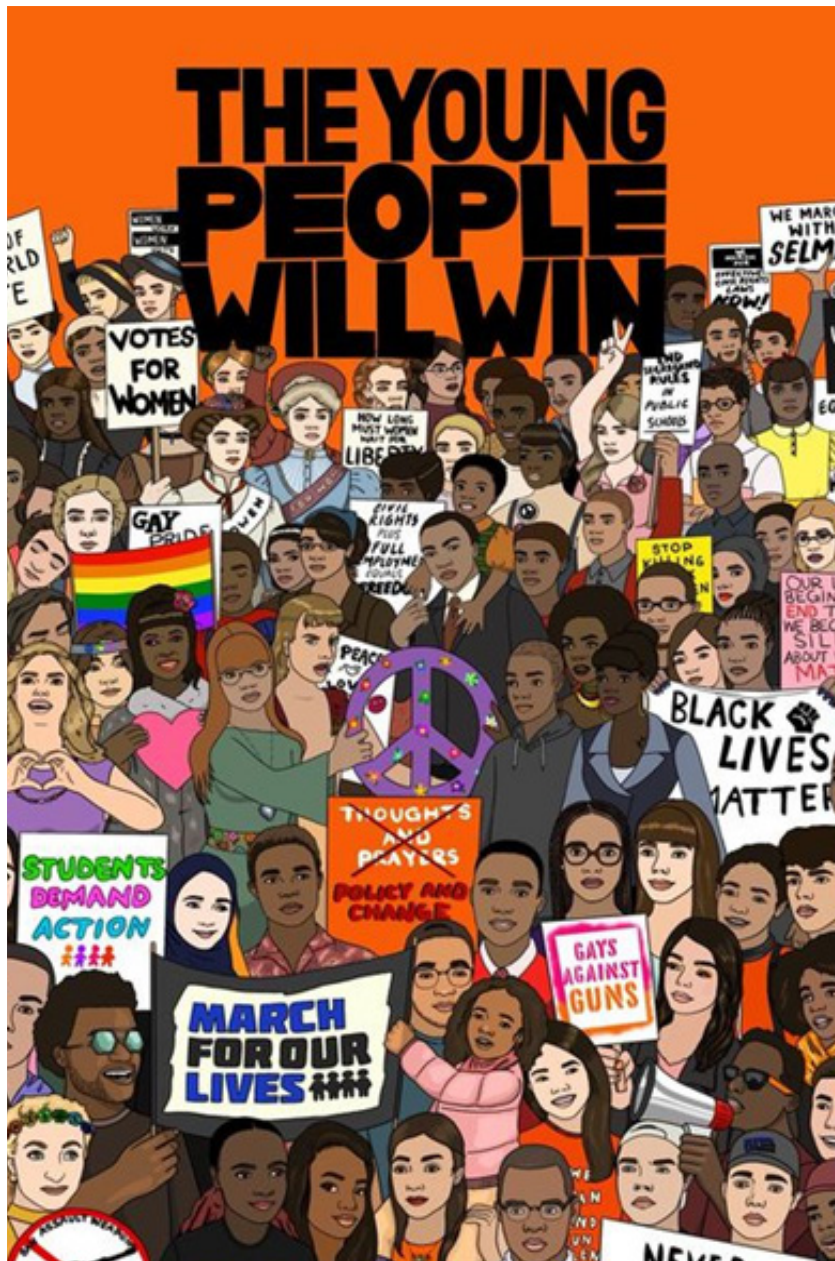
Let's be honest, we, Gen-Zs are the most underestimated group of people out there. We've been criticized and questioned for our ideas and beliefs, called emotionally weak and constantly told that life is way easier for us than it was for the previous generations. Well, reality is way different than what people perceive it to be; they will only understand and believe what they think fits their ideologies.

Members of this generation will risk everything to win. Whether it be sports, education or even our profession, we want to be the best in everything we do. Perhaps it's because we've been pushed into the most competitive educational and professional environment in history or maybe it's because we view someone else's success as our failure; it compels us to be better than the best, make a mark and be recognized for our work.



We stand up for what we believe in no matter the consequences, support the objectives that seem right in our perspective, chasing our aims and goals no matter how unconventional they seem to society. Our elders might not always agree with our way of thinking but that doesn't stop us from going after it.

We are not emotionally weak, we are just being human. To be in touch with your emotions and letting yourself feel is the most human thing a human can do. It's not a sign of weakness. Rather, it shows courage because it takes a lot for a person to show their emotions to others, asking for help when things don't feel okay, taking a day off when everything feels overwhelming. Just having a simple conversation with family and friends to help yourself feel better is better than keeping everything bottled up and bursting out one day. We are more empathetic towards others, we find ways to help and solve their problems even if we may not know how to, but we try.



We worry about our future and not stereotypical teenage problems such as high school cliques. We are more practical, socially aware and accept cultural and ethical differences as compared to our previous generations. So, maybe instead of criticizing us for not being able to meet up with the expectations of society, I think it would be better to accept the fact that we are different from any other set of generation that people have known. Maybe being born in a planet facing environmental, ethical, racial and moral destruction evokes a sense of responsibility and a voice that cannot and should not be silenced. When elders seemed incapable of ending senseless violence, the young learnt that they can only count on each other. Because of their environment, they're not losers but warriors who will be capable of saving themselves. Maybe this generation is not lost after all.

“

Instead of being referred to as the 'Lost Generation', they should be referred to as the 'Welcome Generation', as they represent a generation of young people that welcome change rather than dread it.

Seokjin Kim



**B.Sc.
(Hospitality Management),
Batch 2021-24**

“WORDS”- RIDA FATIMA

After staring at a blank piece of paper for nearly an hour, contemplating on a topic to write a paragraph about, which word I would choose as its title, the words I could use to write about that word, the word limit for my essay, it struck me like a bolt of lightning- “Words”. This is what I would write about.

Words fascinate me. How a string of carefully chosen letters magically bind together to form an intimate connection with the reader fascinates me. How mere sentences can cause not only ripples but tides of change fascinates me. One can do everything with the shortest or longest paragraphs of words- from altering people’s perspective to making them smile the open, crooked smile that is reserved for the quiet privacy of their room when all their defences are down.

I lose myself in words I love, but I find myself there too. There is an infinite number of words in this universe. Each of us is given a limited quantity, owing to which we are able to see and feel, make others see and feel. But I feel restricted with the words I know.

I want more than my given share. I want more words. I want my words to fascinate others. I want people to wonder about them for days on end and share the phrases that I did with them. I want my words to be heard by everyone, and hear theirs in return, not just for the sake of it, but to actually listen and more importantly, amplify them. I want to make everyone around me feel that their words, their voices are valued. That not a single word of theirs is too small or too loud to be heard; that their words are valuable and powerful because I verily believe that words matter, and the right words matter most of all. In the end they’re all that remains of us.

This weird fascination of mine with words has always made me wonder, “Do others think as much about words as I do? If so, what word would be their favourite one?” So, I went around asking a few of our faculty at SSCA the same.

When I asked Atul Sir about his favourite word, he answered, “Excellence”. How fitting. He went on to say, “You should always try to achieve excellence in whatever you do. And once you get to the level

of excellence you desired, you’ll realise that there’s so much more you have to achieve, so much more room at the top. Excellence is not something you just attain once and stop there, it’s something you strive for perpetually.”

Being posed with the same question, Reshma Ma’am answered, “Latibule” which means “a secret comforting safe place, hidden away from everyone which is special to you”. What’s beautiful about this word is that it can be used either way- A materialistic way: cozy place where one can cocoon themselves to find comfort and solace; or in a metaphorical way where one could seclude themselves in their deep thoughts and daydreams, romanticising the simpler things in life.

Chef Rizwan, when asked the same question, answered with the word, “Assalamualaikum”. He said it’s because there’s multiple words people use to communicate greetings but this one is perhaps the most unique of them all. It’s not informal and casual like most other greetings, it’s a sincere prayer of peace upon the other person. When you say “Assalamualaikum”, you’re saying, “Peace be upon you” and you’re wished with “Walaikumassalam” in return (And peace be upon you too). The earliest memory I have of me growing up as a Muslim is being taught by my parents to greet with “Assalamualaikum” whenever I met someone. It didn’t matter if they were a complete stranger or someone I’d known my entire life. I could know literally nothing about that person, the things they might have done or the things they’re capable of doing, both good and bad. Or I could know them from the inside out, have witnessed the best and worst versions of them but still, I was taught to say “Assalamualaikum” to them, taught to wish sukoon (Urdu for peace) upon them. It’s a beautiful thought.

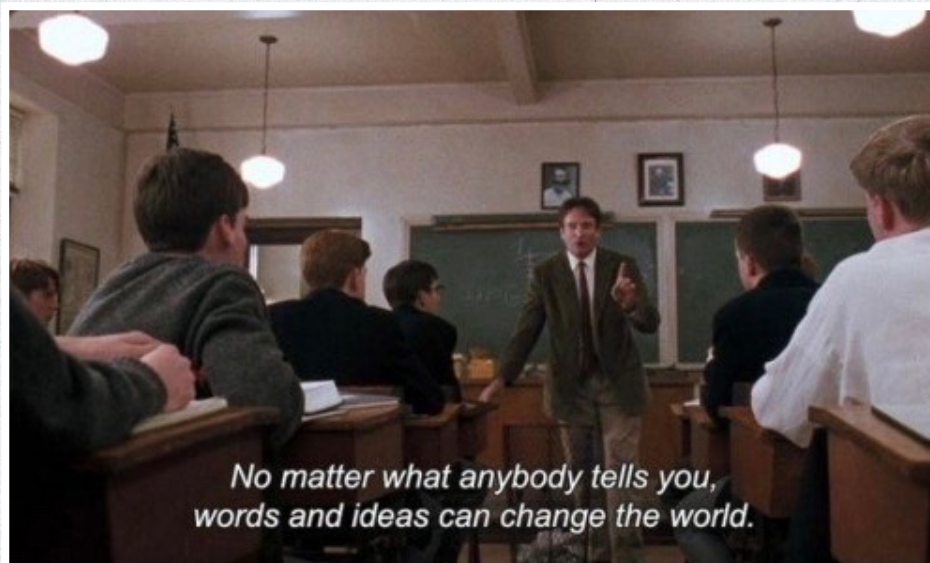
Sonali Ma’am answered with the word “Communication”. She said communication is the cornerstone of organisations and institutions, it’s the basis of maintaining relationships, organising complex feelings and experiences into meaningful dialogue; an exchange of ideas, beliefs, opinions, feelings. And words facilitate communication. How hollow and mundane the world would be without it.

I'll bring this rant about my obsession with words to an end by quoting a dialogue from a scene from my favourite movie where an English teacher tells his students the about significance of words.

"Words matter, in fact. They're not pointless, as you've suggested Mr. Meeks. If they were pointless, then they couldn't start revolutions and they wouldn't change history. If they were just words, we wouldn't write songs or listen to them. We wouldn't beg to be read to as kids. We wouldn't learn to write. If they were just words, people wouldn't fall in love because of them, feel bad because of them,

ache because of them, and stop aching because of them. Words have power. Words can light fire in the minds of men. Words can wring tears from the hardest hearts. And, yes words matter. They may reflect reality, but they also have the power to change reality. You will learn to savor words and language in my class. No matter what anybody tells you, words and ideas can change the world."

I think there's this beautiful intimate moment between you and something that you've just read the last words of, where you sit there taking in the enormity of what you have just finished.



"Think of this- that the writer wrote alone, and the reader read alone, and they were alone with each other." - A.S. Byatt, from Possession

So taking advantage of this intimate moment between us, dear reader, I ask you, what is your favourite word?



**B.Sc. (Culinary Arts),
Batch 2021-24**

BENGALI CUISINE: LOVE AT FIRST BITE

- ANANYA SENGUPTA

Ghonto, Kosha, Paturi, Poshto, Shukto... Alu-dum, Bhaja, Bhapa, Bhorta, Chorchori, Chop, Cutlet... Does this ring a bell? Already drooling?

These names are enough to make any Bengali's heart skip a beat! Bengalis' passion for food has earned them a diverse range of gourmet titles. But what makes our cuisine so unique? What induces us to be "happy people"?

A true Bengali would choose a traditional Bengali platter with mishti over the various global cuisines at our fingertips any day. We adore our 'Mach aar Bhaat' land. "Bengalis live to eat" and "Bengalis spend the majority of their income on food" are not exactly exaggerations.

Bengal has long been known as the land of plenty, especially when it comes to food. For the uninitiated, Bengali cuisine is a revelation. Crisp bhajas, gritty mustard sauces, oily fish head biting into juicy prawns - and a tactile feat of working one's way through fish bones to get at hot, delectable llish parts and tiny, light luchis that put puris to shame. Then there's Panchphoran, a five-spice blend that's a staple of Bengali cuisine.

After the Nawabs left Bengal, their cooks stayed and discovered that using beef would not be very popular when setting up food carts, so they substituted mutton or lamb, which became the foundation of some of Bengal's most famous recipes, including "Kosha Mangsho," Maach Dhakai style, which is still popular today. The taste enhancer monosodium glutamate was introduced by the Chinese population in Kolkata, and it was later integrated into what is now known as "Bengali Chinese." Every day, in every little hut, chops and cutlets, originally British in origin but now distinctly Bengali, are ordered. The sweet shops (such as Ganguram's) and street delicacies of Kolkata have been influenced by Marwaris. Even widows had a significant influence on Bengali cuisine. While the majority of Bengali castes ate meat and fish, widows were prohibited from doing so. Widows also avoided "heating" foods like shallot and garlic, preferring ginger instead. This became a staple in both vegetarian and non-vegetarian Bengali curries. Despite these constraints, the meal evolved in such a way that its deceptively basic preparations drew

on Bengal's rich vegetable repertoire.

In Bengal, as in many other parts of India, recipes are passed down from generation to generation. The core recipes are similar, but each family has their own variation, which varies depending on the region to which it originally belonged, and their version is always thought to be superior to everyone else's.

In general, true traditional Bengali cuisine does not adapt itself well to restaurant catering. So, unless you're invited to a Bengali home, you'll have to rely on those authentic cookbooks to get a taste of the real thing.

Bengalis are quite particular about how and in what order their food is presented. Each dish must be eaten separately with a miniscule amount of rice so that the distinct flavors may be appreciated. A modest amount of ghee poured over a small bit of rice and eaten with a touch of salt could be the first item served. Then there's shukto, a pungent preparation, followed by dals and roasted or fried vegetables (bhaja or bharta). Following that are the vegetable dishes, which include gently spiced vegetables such as chenchki and chokka, as well as the most severely spiced dalna, ghonto, and those prepared with fish.

Last but not least, the chicken or mutton, if it is served at all. Chaatni is served with crisp savory wafers, papad, to cleanse the palette. Mishti doi is a great treat. The dinner is finally finished with the distribution of betel leaf (paan), which is regarded to be an auspicious sign.

Rice with a slice of lemon and some salt
Shukto
Moong daal with katla fish head
Deep fried grated potato
ChaNchra (of pumpkin and potato)
Potoler dolma
Katla Kalia
Mustard Hilsa
Steamed Bhetki
Raw Mango chutney
Roasted Papad
Sankha sandesh
Rosh madhuri
White rosogolla
Sweet curd
Sweet paan



WHAT MAKES BENGALI CUISINE SO SPECIAL?

- There are several different tastes to which the Bengali palate caters to, sweet, sour, salty, bitter, hot and Shorsher tel (mustard oil) is the primary cooking medium in Bengali cuisine.
- Almost all vegetables are used in this culinary. Bitter vegetables like bitter melon/gourd ("uchhe" or "korola") and nim leaves are also used.
- Bengalis are particularly fond of using leftover bits of vegetables. Peels, roots, stems and other bits that are usually disposed of are eaten in Bengal. Bengalis also excel in the cooking of regional vegetables. They prepare a variety of the dishes using the many types of vegetables that grow there year round. They can make ambrosial dishes out of the oftentimes rejected peels, stalks and leaves of vegetables.



- They also use efficient methods, such as steaming fish or vegetables in a small covered bowl nestled at the top of the rice pot.
- Rice is the staple diet since it is grown widely. It is eaten in various forms as well—piled, beaten, boiled and fried depending on the meal. Lightly fermented rice is also used as breakfast in rural communities (panta bhat).
- Milk is a significant source of nutrients as well as a significant element in Bengali delicacies. Chenna is used to account for the majority of sweets. Bengalis eat a lot of sweets, and they have a lot of sweets at their social gatherings. Roshogolla, Shondesh, Pantua, and Mishti Doi are the most popular Bengali sweets.

Bengalis are perhaps first among food lovers in India. Leisurely meals comprising of many items and requiring hours of labor and ingenuity have long been a major part of Bengali culture.



B.Sc. (Hospitality Management), Batch 2021-24

HAPPENINGS @SSCA

CONVOCATION AND DEGREE CONFERMENT ON GRADUATING STUDENTS OF SSCA

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When you wish upon a star,
Makes no difference who you are,
Anything your heart desires,
Will come to you!!!!

The 18th Convocation ceremony of Symbiosis International (Deemed University) was held on Sunday, 12th December 2021 at 12.00 pm in hybrid mode. The graduating SSCA students were conferred degree by the Hon'ble Chancellor Prof. Dr S. B. Mujumdar Sir virtually. Shri Bhagat Singh Koshiyari, Hon'ble Governor of Maharashtra was the Chief Guest for the Convocation Ceremony and Shri Dharmendra Pradhan, Hon'ble Minister of Education and Minister of Skill Development and Entrepreneurship, Government of India, was the Guest of Honour and he delivered a video address. Symbiosis School of Culinary Arts, Pune organized the 3rd Graduation Degree conferment day (physically handing over of degrees to graduating

students) on Thursday 16th Dec 2021 at 2 pm at SSCA campus for the 3rd outgoing batch of B.Sc. (Culinary Arts) programme (2018-21) and 5th Batch of Diploma in Bakery and Patisserie Skills (Jan 2020). Due to the Covid-19 restrictions, the ceremony was held internally and only the graduating students and parents were invited. The ceremony was presided over by the Director, SSCA, Prof Atul Gokhale. The flow of the event was as follows:

The programme started with opening remarks by Chef Bhushan Ingle, where he welcomed the students, parents, the staff of SSCA and the Director, SSCA. In his welcome address Chef Bhushan, highlighted the journey of students from the day they joined the college. He also congratulated all graduating students and then invited the Director, SSCA for his address.

The Senior and Adjunct faculty, Chef Hemant Gokhale, in his address asked students to be ready for the future and that the corona period has presented the young professionals a golden opportunity to further hone the skills which will give the young culinary professionals a better scope in

Convocation and Degree Conferment on Graduating Students of SSCA



the modern world. He asked the graduates to get utilise this period fruitfully to upgrade skills.

SSCA Director, Prof Atul Gokhale, welcomed everyone and gave a bird's eye view of the achievements of the students and the laurels that they had brought to the Institution. He emphasized on the importance of formal learning in the culinary field and the values to carry forward in their life. He also stressed students to equip themselves with adequate soft skills and knowledge to face the challenges and to excel in their career. On the occasion he said, "Dream Big and Achieve what you desire for and Excel in whatever you do."

In his second part of the address, he recalled contribution and achievements of students and also mentioned many anecdotal incidents of the passing out students during their three years journey at SSCA. Students were enthralled to on the mention of individual acts of omission and commission during last three years.

Chef Faculty members including Chef Karan Umrani, Chef Rizwan Yargatti and Chef Pankaj Deshpande as well as Chef Shamal More also addressed the students. Each one of them remembered the three years' time spent with them wherein they tried to teach, preach & moulded them for their better growth. They expected everyone to achieve pinnacle of success with positive framework of mind.

All the graduating students in their graduation gowns, mortarboard hat with tassel on their right, received the graduation degree certificate from SSCA Director, Prof Atul Gokhale. It was a moment that really added charm to the atmosphere with a sense of achievement.

The best overall outgoing student for 2018-21 batch was Ms Sonal Pradhan of B.Sc.

(Culinary Arts)

The following students were the toppers for each year for B.Sc. (Culinary Arts)

1st Year- **Ms Sonal Pradhan**

2nd Year- **Ms Tanishqa Borges**

3rd Year – **Ms Sonal Pradhan**

The Vote of thanks for this ceremony was proposed by Mr Shailendra Tribhuvan, Internship and Placement Coordinator of SSCA.

The function was organised by Ms Rutuja Dalvi, Sr Coordinator and under the guidance of Ms Mohini Sharma, Administrative Officer SSCA.

Graduation day concluded with Photo Session followed by casual meet and greet with Parents and students.



Overall Batch Topper
Ms Sonal Pradhan
of B.Sc. (Culinary Arts) 2018-21 batch with
HoD-HM and Director SSCA



Topper of 2nd Year
Ms Tanishqa Borges
of B.Sc. (Culinary Arts) 2018-21 batch with
HoD-HM and Director SSCA

Convocation and Degree Conferment on Graduating Students of SSCA



Christmas Cheers with Fruit Soaking Ceremony for Christmas Cake at SSCA

Fruit soaking ceremony marks the beginning of the festive season in the western world. Fruit soaking is a wonderful event which brings people together in merriment in anticipation to bake everyone's favourite exquisite delicacy – The Christmas Cake and the Plum Pudding during the Christmas and New Year period. Christmas is no convivial without the traditional Christmas cake, and baking is not an easy task... the preparations start months before the big day! This ritual is celebrated and marked for the birth of Jesus Christ, people organise it as an event to spread warmth and joy of the mesmerising festive season of Christmas. Not only Christians but also people from other religions have started celebrating it.

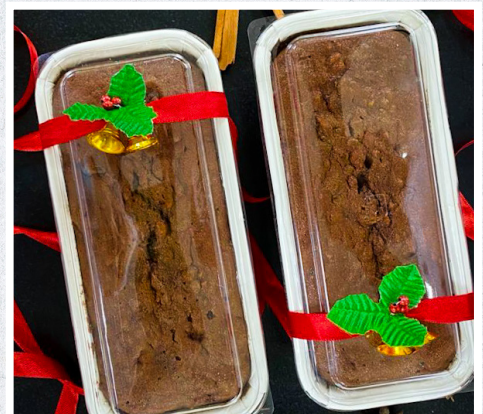
For us at SSCA this is yearly ritual and we do this, two months prior to Christmas and soak dry fruits and nuts in spirits for the Christmas cakes to be baked in December

This Ceremony was done by SSCA chef faculties staff and students together on 29th Oct at the state-of-the-art Patisserie Lab at Lavale Campus.

Fruit Soaking and Mixing is a fore token of happiness and well being, it dates back to the 17th century in Europe. The method of Cake mixing consists of dry fruits like raisins, black currants, prunes, glazed dates, cherries, candied oranges peel, nuts like cashew, pistachios and almond, mixed together in wine, spirits, honey and fresh juices. The alcohol is profusely added into all dry nuts and berries along with magic of freshly ground spices.

The ceremony involves tossing all dry ingredients in the liquid mixture till a point where all the dry ingredients are immensely coated with the liquid, which is then steeped for over a month in a dry sealed glass bottle. This mixture requires frequent stirring to make sure that all the nuts are enough nicely steeped in the mixture. Happy cake mixing to all you cake crazy people out there!





Our Young Achievers



Racket Ruckus Championship was held on December 17th and 18th, 2021 at Symbiosis Sports Complex Lavale Hilltop and was Organised by Symbiosis School of Culinary Arts. It was a 2 days event and many participants turned up. There were a total of 8 Women's Team and 10 Men's Team, contestants taking part in the event from all over Lavale Campus.

The event was a great success as the participants came in huge numbers and with greater enthusiasm. There is a saying, "practice makes a man perfect". The same was seen in most of the players who participated. It was a wonderful display of talent. They took up the challenge and gave their best when it mattered the most. The Organising team was very enthusiastic and very keen to manage the event. They had arranged for some refreshments for the team players as well. There were some nail-biting finishes. The crowd lightened up the event. Huge crowd gathered to support the contestants. The results of the tournament is as follows:



Runner-up in Men

Symbiosis Institute of
Business Management



Runner-up Women

Symbiosis Institute Of
Digital And Telecom Management



Winner in Men

Symbiosis Institute of Technology



Winner in Women

Symbiosis School of Culinary Arts



From right to left :- Jeel Patel, Maria Jijo and Sai Kulkarni



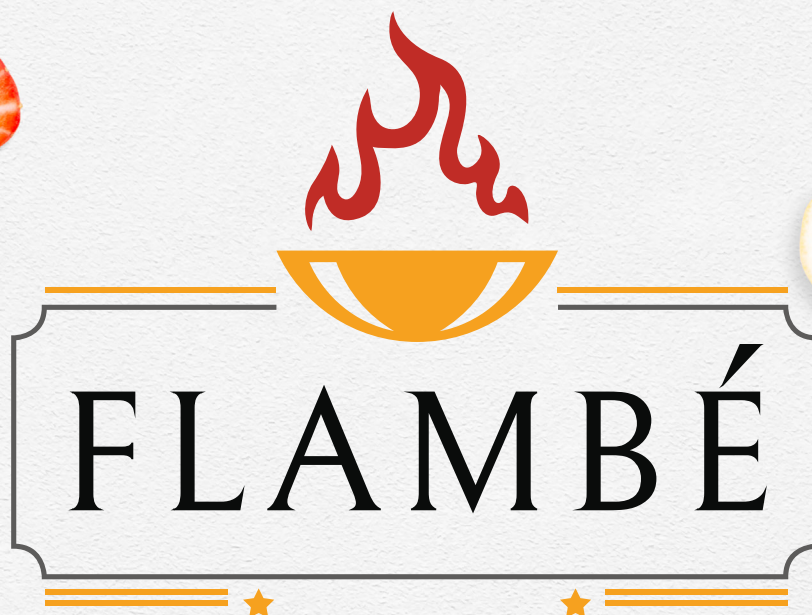
Organising Team

Top row, From left to right :-

Jeel Patel, Adnan Roopawala, Anthony Augustine, Director Ssca (Atul Gokhale), Kirat Soni, Shivani Oza, Siddhant Kulkarani, Sanket Das,

Bottom row, From left to right:-

Sakhi Zhope, Vriti Gulati, Avanti Bapat, Shravani Nalawade, Yash Punjabi, Omkar Bhosale



Igniting Young Minds

