



FLAMBÉ

Igniting Young Minds

Inaugural Issue
Oct-2021

Celebrating
**INTERNATIONAL
CHEF'S DAY**



Culinary
insights



Hospitality...
A Bounce back
Post Covid



Swiss
Chocolate



Italian food
and wine Harmony



Sustainability...
farm to table



Maharashtrian
food tales...





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PREAMBLE

Magazines published from Schools and Colleges have great importance in education. These magazines often reflect the image of the educational institution through the articles presented by the students and faculty of the institution. And especially for one of its kind culinary arts schools in India, the college magazine is a great way to translate the hands-on skills into creative articles which makes the students to effectively utilize language for conveying culinary ideas to its readers. The true potential of transferring the intangible expressions of the culinary and hospitality moments among students can only be recognized through the articles written by them and other contributors in the magazine.

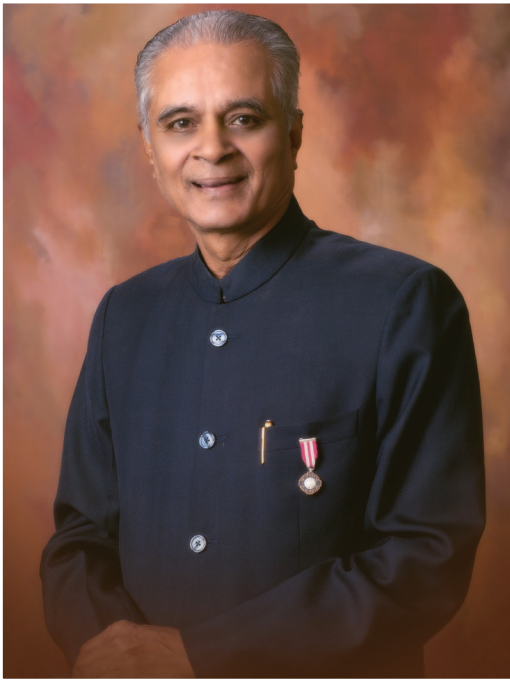
Flambé with SSCA- a quarterly e-magazine will be an appropriate platform for our culinary arts and hospitality management students for exposure to the artistic potential among peers. One of the main advantages of this will be that opinions about articles can be heard from the audience as most of them will be inside the college itself. The more intense and more in depth the language and content the more interested will be the audience to know about the author of the article.

Interestingly, SSCA has a Food Journalism course as a part of the Culinary Arts Degree programme which helps in writing about food and food-related topics accurately and compellingly. Through this course the students are also encouraged to reflect globally and analytically on the complexities of food in culture; celebrate the significance of food in our lives and appreciate how food communicates.

This e-magazine will be published quarterly and has an editorial board drawn from among the students and headed by a senior faculty. To ensure consistency in the content, an institute level editorial board has been formed with guidelines consisting of mission statement, editorial policies and editorial content.

TEAM FLAMBÉ





MESSAGE FROM THE DESK OF DR. S B MUJUMDAR

(M.Sc. PH.D.)

Founder President Symbiosis, Chancellor, SIU,
Distinguished Academician & Educationist

Symbiosis was established in 1971 with a motto 'Vasudhaiva Kutumbkam' – the world is one family. Our endeavour of creating an institution that will be melting pot of different cultures under one roof has indeed come true with the establishment of the Symbiosis School of Culinary Arts (SSCA) five years ago. Food and culture are integral to human existence and society. SSCA with its global culinary curriculum provides for students to learn varied aspects of world's cuisines with special emphasis on learning the regional Indian cuisines. Students from world and different parts of India explore newer aspects of the ever-evolving food industry.

Symbiosis School of Culinary Arts in last five years has received industry appreciation from the food and hospitality organisations, renowned chefs, food bloggers, food and hotel business owners, members of academia from India and abroad. The new purpose-built learning facilities will expand the learning horizons of students in the newer areas of food sustainability and creating healthier food options.

It gives me a great pleasure that the students and the staff of Symbiosis School of Culinary Arts are coming up with a quarterly e-magazine, Flambé. This platform will provide for contributors to write about food and its varied aspects from historical, sociological and anthropological perspectives and its influence on the society.

I wish luck to the Flambé team.



MESSAGE FROM THE DESK OF **DR. VIDYA YERAVDEKAR,**

(MBBS, PH. D, LLM)

Pro Chancellor, Symbiosis International (Deemed University) & Principal Director, Symbiosis

It gives me great pleasure to see such passion and fervor among the youth of today in following their passion and channelizing their creativity through culinary arts. Let me congratulate each one of you!

The very name Flambé speaks of the thought and creativity that is being imbued thoughtfully into the young minds. Though it is said that creativity is innate, one cannot deny that broader perspectives pave the path for higher goals and bigger achievements. The Symbiosis School of Culinary Arts' endeavour to initiate the E-magazine is testimony to the fact that students here will be encouraged to understand the global happenings in the culinary world, draw inspiration from them and put forth their own learning.

I congratulate Chef Atul for his initiative and look forward to reading the articles from students and faculty in the subsequent editions of the magazine.



MESSAGE FROM THE DESK OF DR. RAJANI R.GUPTA

(M.A, M.PHIL, PH.D.)

Vice Chancellor, Symbiosis International (Deemed)
University

I am delighted to note that Symbiosis School of Culinary Arts (SSCA) is launching Flambé an e – magazine.

At Symbiosis, we believe that education is not limited only to the classrooms, but is enhanced in the myriad of activities that help develop diverse skills and talents. As a unique Culinary Arts school, SSCA must create a legacy of creativity and excellence and this magazine will provide a great opportunity to do so.

The title of the magazine reminds me of my first encounter with flambéing, which I saw in a French restaurant – and I was fascinated with the process and the outcome – the subtle flavors and the exotic appearance! I decided, of course, to try it out at home, with my next set of visitors. I decided to make Crêpes Suzette, and was worried that my experiment would fail, but when it was time to serve the dessert, the lovely blue flames brought looks of awe and the truly stupendous reception that my flambéing got, was never forgotten!!

Every new endeavor needs encouragement and I am sure the Director and Faculty at SSCA will bring out the best in each of the contributors.

May this creative activity inspire and ignite young minds!

Wishing the e- magazine all success!

May this creative activity inspire and ignite young minds!

Wishing the e- magazine all success!



MESSAGE FROM THE DESK OF **DR. RAJIV YERAVDEKAR**

Dean, Faculty of Health Sciences, (FoHS), SIU

Dear Readers,

Greetings from Faculty of Health Sciences (FoHS)!

It gives me great pride to present to you the commemorative issue of the e-magazine Flambé, the bulletin of Symbiosis School of Culinary Arts that focuses predominantly on the culinary arts and hospitality management domains.

As goes the old adage..... We are what we eat! In continuum therefore, developing culinary skills becomes an essential life skill that we all must possess; for it's well reported that good home cooked food is the best way to be sure of what you are eating and will contribute to a healthy lifestyle. What we eat is central to our health. Food acts as medicine--to maintain, prevent, and treat disease.

A balanced diet, including fresh, locally available and seasonal foods will help develop a strong immune system with lower incidence of infections and chronic diseases. SIU is marching towards establishing itself as a Health Promoting University in lieu of the various initiatives envisaging holistic approaches to health, which are being implemented at Symbiosis over the past two decades.

Flambé is dedicated to the upcoming trends & innovations in culinary arts and the hospitality industry. This issue covers a wide range of articles contributed by the students and faculty of the institution.

I am confident that the articles by the stalwarts will take you on an amazing journey through the sublime world of culinary arts, ultimately contributing to a healthy world!

Happy Reading



MESSAGE FROM THE DESK OF PROF. ATUL GOKHALE

Director, Symbiosis School of Culinary Arts (SSCA), Pune

Symbiosis School of Culinary Arts (SSCA), under the aegis of Symbiosis International Deemed University is one of the leading and most sought-after Culinary Schools' in India, imparting global and high-quality education. The vision as envisioned by honourable Dr. S. B. Mujumdar Sir for Symbiosis has been tested over the last 50 years as we celebrate the Golden Jubilee year of symbiosis. SSCA has had a humble beginning in 2016 when the flagship 3 years B.Sc. (Culinary Arts) program began.

Over a span of five years, the institute has been instrumental in creating an impact by developing a dynamic and global academic curriculum and training industry ready manpower. The culinary and hospitality industry has responded positively by accepting our skilled students.

As we set ourselves newer goals, what comes to my mind is that- "success comes to those who work hard and stays with those who don't rest on the laurels of the past." We fortunately have committed and supportive management, dedicated faculty, caring and cooperative parents, which blend harmoniously to create student centric professional culinary school, which we expect to rise to prominence in the coming years.

The first edition of Flambé e-magazine is a milestone that marks our growth, unfolds our imaginations and gives life to our thoughts and aspirations. It unleashes wide spectrum off creative skills in food and hospitality related writing to editing and even in the designing the magazine. Well-researched analysis and articles on food and food related topics will be of great interest to all readers and since everyone has notions about food, the articles on healthy food trends will be of great interest to readers.

Flambé e-magazine with its motto of "igniting young minds" will be a platform for authors to express opinions and experiments about food and culinary experiences. I am sure this magazine will let the young minds to express their food and cuisine related ideas in interesting and compelling way. I congratulate the entire editorial team for their hard work and dedication that has resulted in the publication office inaugural e-magazine.

*May this creative activity inspire and ignite young minds!
Wishing the e- magazine all success!*

MESSAGE FROM EDITORIAL BOARD

Greetings from SSCA!

This first edition of the E magazine, Flambé with SSCA, is being launched on the International Chef's Day 2021. It gives us great pleasure that SSCA has added another feather to its cap; the E-magazine, which will provide our students and staff a platform to bring out their creative thoughts and expression.

Michael Jordan said 'Talent wins games, but teamwork and intelligence win championships.' This magazine, indeed, is an honest effort to showcase not just the talents of our budding chefs and hospitality professionals, but also to give them a platform to put forth their views and ideas. These outstanding contributions of our gifted and innovative minds are sure to captivate the imagination of the readers. With complete faith in their hard work, we are sure that their original ideas will certainly excite and elate your thoughts.

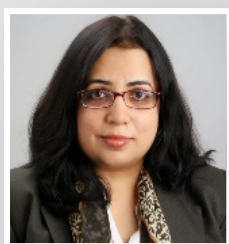
The Editorial team takes this opportunity to express its sincere gratitude to our management for entrusting us with the responsibility of adding another chapter to the history of SSCA. We thank our Honourable Director, Prof. Atul Gokhale, for being a constant support throughout the process, from the conceptualization of the idea to the last stage of publication.

We hope that you will enjoy this ongoing endeavour as we go ahead.

Stay safe and healthy.

Happy Reading

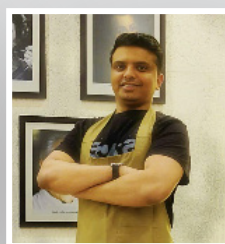
TEAM FLAMBÉ



Ms. Reshma Rege
(Editor in Chief)



Ms. Sonali Nerkar
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Mr. Hitesh Patole
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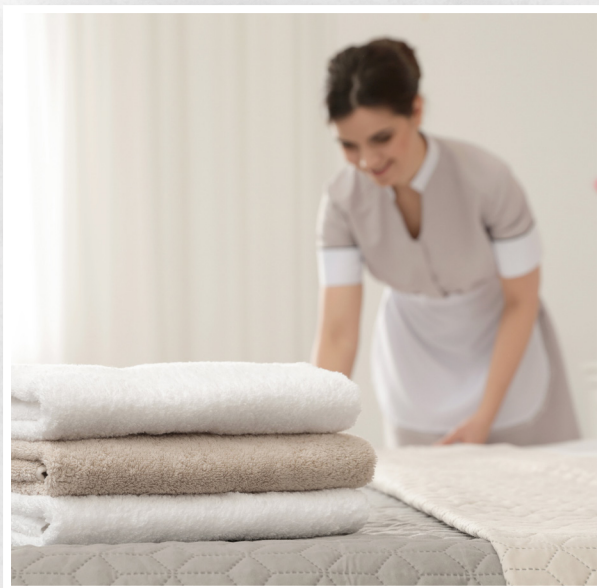


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TRENDS THAT WILL SHAPE THE HOSPITALITY INDUSTRY POST PANDEMIC - RESHMA REGE



Much has been said about the past two years and how the world came to a standstill because of the unimaginable carnage caused by a virus. Suffice it to say that this is something that we can all agree upon, and this is the vast and unforeseen impact the COVID-19 sanitary crisis has had on all our lives.

The hospitality, travel and tourism sectors have been hit hard, to say the least. The closure of boundaries, lockdown measures and travel restrictions have forced the hospitality sector to trudge through its worst results in recent history.

Concurrently, consumer behaviour and consumer spending have been, and will continue to be altered and business plans will now need to adapt to these new circumstances.

The hospitality industry will witness new trends that will have an enduring impact that operations will have to factor if they have to experience a renaissance and continue to thrive. New and upcoming projects also need to reconsider their planning and business models and adjust to the new needs and demands of consumers.

There is still an uncertainty whether these changes will be permanent or fleeting. Regardless of the final outcome, businesses willing to reconsider alternative scenarios and their planning strategies will be better prepared for the “New Normal”.

As businesses and the commerce sector deal with the post-COVID world, an important element to be managed by all hospitality operations, specifically those linked to the service sector; is the social aspect. We must all now adapt to new rules, standards and values which have and will continue to influence our social behaviour, and hence the behaviour of consumers, especially as consumers of travel and tourism services.

Recently, TripAdvisor conducted a study to analyse how travellers will make their choices in the coming days. These choices reflect the travel requirements, destinations chosen and buying behaviour.

The main conclusions derived from TripAdvisor's Traveler Sentiment Journey Survey are as follows:

- ◆ Nearly half (47%) of all respondents globally say they are planning to travel internationally in 2021.
- ◆ More than three quarters (77%) of travelers surveyed, say they are more likely to travel internationally if they receive the vaccine, rising up to 86% for domestic travel
- ◆ More than a quarter (26%) of respondents globally say that in order to ensure safe travel, they will only travel to destinations that require visitors to be vaccinated before travel
- ◆ Nearly half (45%) of respondents plan to undertake at least two domestic trips in 2021
- ◆ A majority of consumers surveyed (64%) also report a desire to purchase more from local retail in 2021

While the insights are very promising for the travel and hospitality industry globally, it comes with the caveat of altered customer perceptions and expectations.

The adage goes that it takes between three weeks to eight months to transform a behaviour into a habit. In this case, whether these customs become habits will depend on external variables. Factors such as social conduct, culture, geography, investment in science, regional politics

or international cooperation will shape consumer behaviour. Consequently, companies in the hospitality sector need to be vigilant and ready to adapt, when least expected.

To surmise, here are the key changes that the Hospitality industry must adapt to:

- ◆ Space conversion and optimisation: For most hospitality operations, the largest outflow is the leasing cost and maintenance of the property. The pandemic forced these operations to come up with innovative solutions to alleviate some financial stress. This change is one that may be viewed as long term. Co-working spaces are one such avenue, which is being widely explored as an option. E.g. Accor in 2019 entered a partnership with the co-working company Wojo and operates various co-working spaces.
- ◆ Digitalization: New age consumers, specifically millennials and Gen Z are tech savvy. Digital interaction channels are no longer latent needs, but basic wants and guests are becoming more demanding for hotels to scale up and fulfil these. Existing hotels as well as those under development have to be on board with this digital transformation.
- ◆ Technology to limit human contact
- ◆ A major hospitality industry trend, further exacerbated by the pandemic, is technology boost, that allows for many contactless activities. Some of these are:
 - Contactless check-in/check-out and keyless room entry
 - Digital menu systems
 - Virtual TV remote control/ Voice activated controls
 - Guest self-service payment systems
 - Digital signage
 - Apps to check-in, order food, switch channels, open doors, and curtains
 - In-room ordering using digital menus and contactless delivery.
 - Passport/ID scanners
 - TV-based remote check-out
 - Contactless bracelets

→ Cashless payments

→ Facial recognition systems

Though all these trends may seem to be a temporary shift; the hospitality operators and professionals must look ahead and get ready to confront the new environment that is emerging. It might be an arduous and measured journey, but the industry, blessed with a solid backbone, has often shown its resilience and capacity to recuperate from unexpected scenarios.

Industry leaders are now faced with these questions:

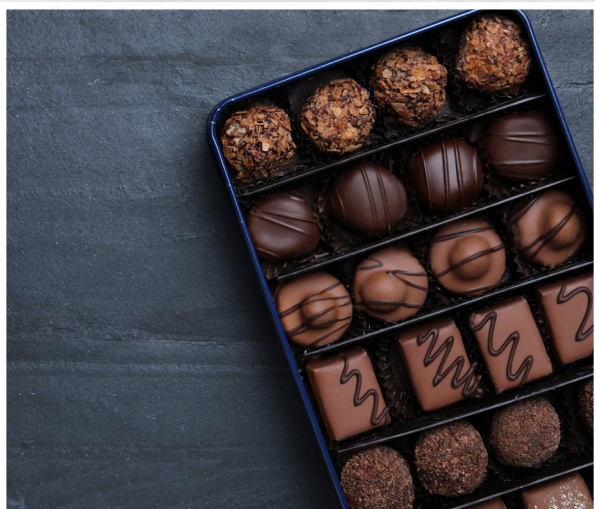
- ◆ How do I adapt to these new norms that are shaping the future of the hospitality industry?
- ◆ How do my services stay enticing and relevant through the paradigm shift that the industry is facing?
- ◆ How do I create value through these new-age measures i.e., absorb the cost of the adaptation and pass on only the benefits to our customers?

How they answer them and employ the solutions therein, will determine the longevity of our industry through testing times.



HOD (Hospitality Management)
SSCA

SWISS CHOCOLATES!!! - PART 1 - CHEF RIZWAN YARGATTI



It's our last week in Switzerland (Me and Utsah) as we are done with our MBA from IMI, Luzern. And yes, it sounds amazing but I will skip the amazing journey and come to the last week when we are all set to come back home. So, by the end of the year we both think we are pro and decide to book our tickets with Kuwait Airlines from Geneva (Nearby French border) rather than Zurich which is much closer. And all this to get cheaper tickets so we can buy some extra Swiss chocolates. But will this be worth taking the extra travel to Geneva? We are about to find that out.

One more reason why we were comfortable with Geneva was our friend Sudarshan who was placed in Geneva for his internship. We thought we could spend a few hours at his place before taking the flight to Mumbai which he agreed to.

So, bags packed (extra Swiss chocolates as well). I decide to put my laptop in my haversack and all my gifts and clothes in my main luggage (2bags). Utsah too has 2 huge luggage bags, 1 haversack and 1 laptop bag.

We take the train from Luzern to Geneva. We reach there around 8 pm. We collect our luggage and call up Sudarshan to check where he is. He says he is just outside the station waiting. We reach there with all our luggage. I spot him waiting for us with his roomie. We are quite excited to see him after 6 months. The luggage is by our side and we start hugging each other in excitement. Suddenly a guy walks over asking in French for something.

He seems like he is lost. He has a loud pitch so loud that we all turn over to him to understand what is it he wants. Sudarshan figures out that he is asking for directions to some address and tells him we have no clue. He walks away real quick. Everyone is passing by so this seems a normal thing. We get back to ending our excitement. Suddenly Utsah realizes that he is missing his laptop bag. WHATT... First, we try and blame ourselves thinking we forgot it in the train but then Utsah is quite sure he had it till the time we met Sudharshan. It's hardly 30 seconds that we have seen Sudharshan. No points for guessing we got made by a gang who distracted us asking for address and left us with a shocker and remaining bags minus 1 laptop. Poor Utsah I remember him in tears the whole night. We decided to complaint at the local police station not before trying to search the guy by ourselves but no one could help us. After wandering around on empty streets helplessly we finally gave up and decided to take some rest at Sudarshan's before going to the airport. With no clue what's installed for us at the airport we reach there for much bigger shocker..... Stay tuned for the next part!!!



Culinary Instructor, SSQA

HOSPITALITY: STRUGGLE AND REVERSAL DURING PANDEMIC - SONALI NERKAR



Over the last year and a half Hospitality has witnessed Black Swan of pandemic, followed by a series of lockdowns imposed by the Government to curb the spread of the virus. Most of the industries crippled and so is the hospitality industry. With lockdown came various restrictions for the hospitality industry on hours of operation, number of employees & guests on premises at a given time. While some entrepreneurs may have sat back and waited for things to return to normal, hoteliers were striving to understand the new consumer behaviour and new demand drivers.

They converted every challenge into opportunity and constantly found new ways to drive revenue despite the crisis. Instead of a long-term planning approach they adapted themselves to an agile approach. It helped them to amend and create new ways to earn revenue, while still following the ever-changing Government Covid norms. Focus of management and guests shifted from comfort and luxury to safety and hygiene. Revenue from ancillary services became crucial to bolster revenue generation. Offering day booking for remote work gave rise to work from hotels and created co-work space. Digital marketing played a role of a hero

by creating impulsive buying e.g. providing food deliveries to far off destinations, laundry services to non-residents, many hotels even provided liquor deliveries, while the bars and wine shops were closed due to lock down.

Creativity played a major role, which has been observed in creating co-work space and thus sourcing the revenue from ancillary services. Many hotels were converted into quarantine centers, earning minimum revenue and operating with skeleton structure. Employees who have been cross trained and multi-tasking could retain their jobs. Although, many efficient and skilled employees have lost their jobs. While the suspension of global tourism has hit the Indian industry hard, it is time for us to pay greater attention to the domestic demand. We have already seen a lot of interest being generated in resort destinations, especially places with decent to great connectivity across India." Staycations" became a travel trend amongst the consumers. Hotels and service providers are offering customizations and deals that address the needs of the domestic travellers. Hotels may use flight search data as an indicator to assess demand for city travel. Sustainable tourism, upscale and



boutique branded hotels, business hotels, and resorts will be new tourism hotspots for domestic travellers. Few luxury properties are seeing some upward momentum especially on weekend bookings. Although reopened, Hotels are surviving on a very thin band of profitability. Guests are anxious about how hotels changeover, who stayed in my room 3 hours ago, how my luggage, food, beverage is being handled, should I use the spa and other common facilities. Hotels able to reassure the guests on all the concerns would be able to get back their loyal guests on board. Revenue managers may have to work on strategies based on emotions, intuitions and the ability to understand business outcomes. The bright side is that 8- 10 new luxury properties are coming up by 2021-22. Every day, with more people receiving the COVID-19 vaccine and people are, in general, feeling optimistic about regaining their pre-pandemic lives, our industry is definitely looking forward to bouncing back. With the immense ray of hope and positivity, I wish my industry all the best and wish all the strength to revive.



Asst.Professor, SSCA

ITALIAN FOOD AND WINE HARMONY- HITESH PATOLE



Some guidance for pairing food and wine can be excessively stringent. The fact is, you can eat pretty much whatever you want while sipping whichever wine you want. Are you combining a green chilli cheeseburger with a glass of crisp Chablis? Sounds great. Would it be recommended in most food-pairing styles? Not really. There are, however, time-tested strategies to help you design meals and parties and go through life as a sophisticated food-lover. It's basically a "you should recognize the rules before you break them" circumstances. Here are some tips for pairing Italian food with Italian wines.

The biosphere of Italian wine is a multifarious one for numerous consumers. While pairing Italian wine and food offers excessive liking, knowing what wine to pair with what food is still unknown to many.

I recently had a long chat with my old friend who is from Italy, Mr. Luigi Volpe, Assistant Food & Beverage Manager at Conrad London St. James, England, United Kingdom to learn his views about the subject of Italian Wines and food pairing. Volpe has been wine director at the restaurant - considered one of the very best Italian restaurants in the country - for 10 years.

Italian Food and Wine Pairing

Aperitifs' and cocktails: Sparkling wines work well; like Spumante Brut or Prosecco.

Fish, seafood, pasta in cream sauce: Whites tend to be better here; try Bianco di Custoza, Chardonnay, Falerio, Fiano di Avellino, Frascati, Friulano, Galestro, Gavi, Greco di Tufo, Orvieto, Pinot Bianco, Pinot Grigio, Soave, Verdicchio, or Vernaccia di San Gimignano.

Poultry, veal, pasta in tomato or meat sauce: Light-bodied or medium-bodied reds are ideal; pour Barbera, Bardolino, Chianti, Dolcetto, Grignolino, Lambrusco, Merlot, Montepulciano d'Abruzzo.

Game, fowl, roasts, red meat, and aged cheeses: Full-bodied reds are most suitable; serve Amarone, Barbaresco, Barolo, Brunello di Montalcino, Cabernet Sauvignon, Carmignano.

Dessert or Sweet: Sparkling or sweet wines, sometimes fortified, pair nicely; try Asti Spumante, Malvasia, Marsala Superiore or Vergine, Moscato d'Asti, Picolit, or Vin Santo.

Overall food and wine pairings can be as simple or as complex as you would like them to be. The one thing to keep in mind is to have fun and ultimately drink what you enjoy!



Service Instructor, SSCA

अन्न हे पूर्णब्रूह्म - SWARALI DHUMAL



अन्न हे पूर्णब्रह्म meaning that food is next to god is a motto I have followed since my childhood.

Food is something that connects people in times of happiness and sorrow.

After my 12th boards I knew that this was my calling, I want to create a world where no one sleeps hungry. Being from a simple family, this was slightly shocking news for my family but nevertheless they have supported me through this journey.

That is when I came across Symbiosis School of Culinary Arts. Like every other college hunt, I visited the campus and it was 'Love at First Sight'. The lush green mountains around with beautiful labs I knew this is where I wanted to be. I got admission and my journey began.

Who knew these were going to be the life changing three years of my life. A timid, shy, stage frightened girl was turned into a confident, outgoing woman and as my mentor Chef Atul says, a 'bubbly' personality who now loves the stage.

I have always been given a sky full of opportunities to showcase what I learnt. I am an opportunist who says yes to everything that comes my way because of which I have had the privilege to compete in quite a few competitions that added feathers on my hat with experiences and trophies. All my mentors have always pushed me to give my 100% in everything I do.

I've had my share of gloomy days, but coming to a happy campus was something I have always looked forward to.

Here at SSCA I was groomed in a way to be independent, disciplined, humble, patient and to be the best version of myself. I grew a family here in my teachers and my classmates that I can count on for the rest of my life.

During my training at the Trident Nariman Point, after watching my seniors there I'd set a goal for my future plans to join the Oberoi Center of Learning and Development. Even before the placement interviews began we were given the practice for all possible scenarios that might happen during the interviews. This was the time

when we spent hours grooming and sharpening our skills. When I was preparing for my finals for OCLD, all my teachers gave me the best possible support regardless of how long it took me to attain perfection in what I did. To wait back after working hours so that I could practice, to teach me during lunch breaks, to waking up at 3am to check my papers that I'd written through the night. They have all been with me throughout the journey that helped me crack OCLD at the age of 19, this wouldn't have been possible without them.

I am what I am today because of my alma mater. If I were to come back again as a culinary student someday. I would choose SSCA a thousand times over and over again.

Writing this has made me nostalgic by allowing me to remember those good old golden days at campus. I would like to dedicate this article to my extended family at SSCA.

(Prof. Atul Gokhale, Ms. Reshma Rege, Chef Manoj Patkar, Chef Hemant Gokhale, Chef Karan Umrani, Chef Pankaj, Chef Mayank, Chef Rizwan, Chef Bhushan, Chef Shamal, Mr. Sanjeev Salokhe, Mr. Hitesh & my dearest Admin staff)



B.Sc. (Culinary Arts), Batch 2017-20



SUSTAINABLE KITCHENS - THE FUTURE OF FOOD

- TANISHQA BORGES



Novotel Hyderabad goes farm-to-fork

Sustainable kitchens aren't a new term, it's one trend that stuck around. But what does it really mean?

The importance of sustainable practice is ever-growing. By changing how we cook, we can contribute to a healthier planet. Everyone feels the need to fulfil their duty to Mother Earth.

When we think about sustainable kitchens, restaurants and hotels rarely come to mind. It seems like a gargantuan task to apply those practices to a large-scale operation, doesn't it? Well, not really. What if I told you it's easier than you think? Here are just a few simple ways to turn your kitchen green!

Grow Your Own Produce: This may seem like an expensive, time-consuming task, but in reality, it's much simpler than you think! With hydroponics, vertical farming, and other innovations, constraints of the past are virtually non-existent. Growing your own produce helps to ensure you get the freshest produce at a fraction of the cost! It also helps the environment by reducing your carbon footprint.

Using Local and Seasonal Vegetables: India has a plethora of sensational local fruits and vegetables.

While their consumption has increased in recent times, there is still a lack of awareness. Delicious vegetables like Shevla and Phodshi are being ignored for the likes of asparagus. Eating seasonal local produce is not only fresher but also reduces waste by shortening the distribution chain. Eating within the seasons provides the body with the nutrition it requires. It's also easier on the pocket!

Composting: It's no secret the hotel industry produces colossal amounts of waste, a good chunk of which is food waste. Composting is an easy and pocket-friendly way to manage waste, and you get great manure for your garden! In addition to helping lower waste disposal costs, composting doesn't require a massive investment! You don't need too much space either, and when done right, it doesn't produce any odour! It's the perfect solution to the ever-growing waste issue.

Reduce Waste: Another great way to manage waste is to deal with it right at the source. In addition to following the standards, looking at what is considered 'waste' from a new perspective is imperative. Kitchens pay heavily

for great quality produce but end up throwing half of it. There's so much that can be done with peels and stalks - watermelon rinds make a great subji, nutrient-dense broccoli stalks should be used in soups and stir-fries. Carrot tops lend an earthy flavour to sauces, and pomelo pith makes a great meat substitute! A big misconception about ginger peels is seen as unclean and needs to be removed, but in reality, they are full of flavour and perfectly edible. What was earlier considered food waste is now food gold!



Compost bins from small space composting

Educate: Understanding the need for sustainable practices is vital. Educating yourself and others on the need for sustainable practices can help improve the quality of life. But it doesn't stop there! Every day is an opportunity to learn more about your kitchen and improve your practices. Be open to finding different methods to prepare dishes or an alternative source of food.

Sustainability is not just a trend, of course. Managing our resources is important now more than ever. Sustainable practices are a great way to do our part to help the environment without compromising on quality. It also opens new doors for innovation and allows chefs to explore new



Braised Pomelo Pith as a vegan-friendly meat alternative

ways to look at food. Every change we make is a step towards a brighter future.

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www.hotelierindia.co
www.socisdg.com



B.Sc. (Culinary Arts), Batch 2018-21

HAPPENINGS @ SSCA

01

Dissertation Event Pop Up - 2018-21 batch August 2021

SSCA has a uniquely designed dissertation activity to showcase the skills and knowledge acquired by the students. Every year since its inception, the final year students of BSc Culinary Arts take the onus of executing a live pop up restaurant and bakery for a fixed duration. This activity enables students to apply knowledge and skills learnt in the last three years as regards food preparation, service, hygiene, food laws, customer focus, sales & marketing, purchase & accounts and management and to develop entrepreneurial abilities. The graduating students of 2018 flawlessly conducted this activity over two days with great feedback from dignitaries and invitees alike.



Farewell to the Graduating batch & Felicitation of SSCA Toppers:

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Farewell to the Graduating batch

So glad to share that our passing out and senior most batch of B.Sc. (Culinary Arts) are back on track having completed the pending practical syllabus. The last two years have been the most unusual years for everyone and especially for the skill-based institutes. We at SSCA were fortunate to conduct and finish the practical syllabus of our passing out and senior most batch in a consolidated and focused manner. All SSCA team members especially the chef faculty members rose up to the occasion and ensured that the practical are conducted for full day back to back, in the most efficient and planned manner without compromising on the quality of learning for the students.

Grateful to Respected Dr. Vidya Yeravdekar Ma'am, all SSCA chefs and team members and to the students to have reposed faith in ensuring the lost period is effectively completed.

Status Update:

B.Sc. (Culinary Arts) graduating batch of 52 culinarians raring to join the workforce across the world. Wishing them good luck for all future endeavours. Profiles available with SSCA placements team.





Felicitation of SSCA Toppers:

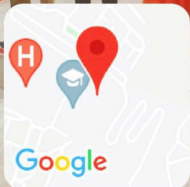
At SSCA we have this tradition to felicitate the overall toppers of a passing out batch with SSCA Star. There is one topper every year and one overall topper of the batch at the end. Academic performances of students are regarded as one of the many ways which identifies the overall topper. Other parameters include participation in various college related activities like social, cultural, placement and admission activities. There was close competition among many students who vied for the top spot. Finally, three winners were identified: Ms Sonal Pradhan topped in year one. Year two it was Ms Tanishqa Borges and again Ms Sonal Pradhan in the third year!! The overall topper of B.Sc. (Culinary Arts) 2018-21 batch is Ms Sonal Pradhan!!! Congratulations to both of them and all graduating students!!



Transitioning from school to university/college life is one of the most challenging events in a student's life.

The purpose of Deeksharambh / Student Induction Programme is to help new students adjust and feel comfortable in the new environment, inculcate in them the ethos and culture of the institution, help them build bonds with other students and faculty members, and expose them to a sense of larger purpose and self-exploration.

When new students enter an institution, they come with diverse thoughts, backgrounds and preparations. They come into a new unfamiliar environment, and most of them have little knowledge of a university/college. An important task, therefore, is to welcome new students to Higher Education and prepare them for their new role. The students were informed about The Symbiosis Legacy, the students were mesmerised by our honourable Chair Professor's virtual message. The parents were happy to grace the occasion, as well as to leave their wards in safe hands for their professional journey.



Lavale, Maharashtra, India
GPQH+FG5, Lavale, Maharashtra 412115, India
Lat N 18° 32' 19.7196"
Long E 73° 43' 45.2388"
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DEEKSHARAMBH

04 Internship -2019

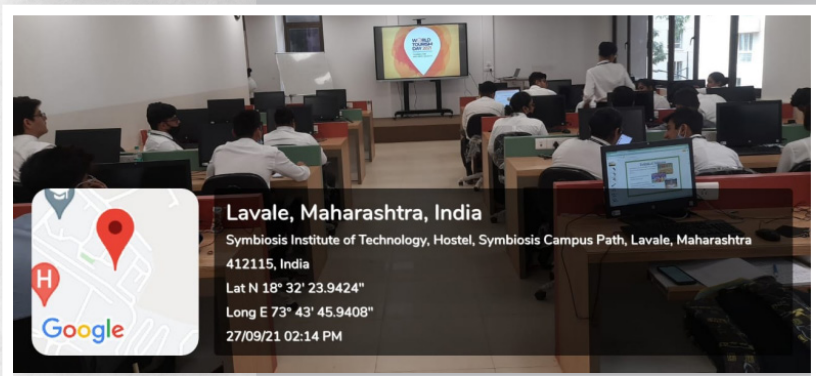
Our final year students of B.Sc. Culinary Arts who have been fortunate to complete the practical classes and go for internships in the industry. It was a challenging time given the state of the industry during the corona crisis. Despite this, SSCA's strong industry connect helped to place all our students in premium hotel properties across the globe.

A big thank you to the hospitality industry and hotels for taking SSCA students on board for full semester training.

We have been able to facilitate this despite many challenges due to the prevailing situation. Our sincere thanks to all involved.



At SSCA we believe that the students learn through peer group interaction and hence tourism day celebrations helped facilitate this. Tourism not only enables us to expand our horizons, appreciate mother nature and connect with people from 'all walks of life'... It also enhances socio-economic growth and job creation, income generation and the development of countries' infrastructure to acknowledge the same. We celebrate WTD on 27th September each year. The Hospitality management students celebrated this year's theme "Tourism for Inclusive growth" by highlighting the prominent features of various Indian states. This in turn propagated the idea of inclusive growth given the rise in domestic tourism.





06 Outbound Activities

For any student transitioning from school life to higher education can be quite daunting. To ease the students through this process, SSCA in collaboration with DSRW & SSSS, organised Icebreaker and team building activities. Students of both CA and HM enthusiastically participated in this daylong activity and had many memorable takeaways.



Igniting Young Minds