



## Maharashtra: Land of Unique Local Flavours

Five Mediterranean Cuisine  
Lunches in Tel Aviv

Indian team creates history at  
WorldSkills event in Russia, wins  
4 medals

Optimise Your Menu For  
Maximum Impact

### ON CAMPUS



A centre for niche & focused courses

### CHEF IN FOCUS



"My craving for doing  
something different  
and larger than life  
keeps me going"

- *Chef Varun Inamdar*



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## EDITORIAL



It is heartening to see Indian chefs perform well on the international platform. Recognition at WorldSkills Kazan 2019 is a testimony to the fact that Indian chefs are second to none. The current generation has the advantage of government initiative of skilling, better quipped educational infrastructure and at the same time also increased exposure to the competitive environment through the

various competitions that continue to dot most of the major cities across the country.

India has been at the centre stage of culinary activities. From an era when people associated with the culinary industry were all using the service entrances of the establishments, today they are looked upon to be in the mainstream and interact with their guests and are one of the decision makers in matters which are not just limited to their kitchens. The industry, in line with bringing these people to the forefront, has also evolved and today there are a very large number of events and activities being organised by various fraternity associations and organisations only for chefs. Conferences, exhibitions, competitions, international culinary extravaganzas, and many other alternate activities are being organised on a regular basis across the country to engage, educate and entertain members of this community. While it is a great initiative for connecting chefs across the country and in turn increase their skills and/or creating business opportunities for product and services suppliers, the motive behind organising these events is not always that. Some events and conferences are organised as a show of strength while some are meant to make money for the organisers. Unfortunately, with increased number of activities, and some activities being done just for the sake of having an activity without any focus or proper agenda, the value of such activities is diminishing – both in the eyes of the participants as well as the sponsors. Some thought needs to go into deciding the worthiness of these events. For the community leaders, it is time to collaborate and create an environment which provides quality. After all overdoing anything kills its essence. 🍴

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# Indian Team Creates History At Worldskills Event In Russia, Wins 4 Medals

Team India members also won 15 medals of excellence in various skill competitions



Faruk Ahmed of Bakery and Saurabh Baghel of Patisserie & Confectionery Honoured With Medallion For Excellence

**A** jubilant Indian team created history at the 45th WorldSkills competition held in Kazan (Russia), winning one gold, one silver and two bronze medals in the country's best performance since it first participated at the event in 2007. Apart from the above-mentioned winners, Team India members also won 15 medals of excellence at the event in various skill competitions and secured 13th spot amongst 63 participating countries.

In 2017, the Indian team had won one silver, one bronze and nine medallions of excellence. The winners were announced at a glittering ceremony at the 45th WorldSkills competition here in the capital of Tatarstan.

S Aswatha Narayana, 25, won the gold medal in water technology. Pranav Nutalapati, 17, won silver medal in web technologies, WorldSkill organisers said. Sanjoy Pramanik, 21, from West Bengal and Shweta Ratanpura, 22 from Maharashtra both won bronze medals in Jewellery and graphic design technology respectively, they said.

India, with a strong 48-member contingent, was among 63 countries participating in the world's biggest international vocational skill competition, WorldSkills Kazan 2019.

Following the historic win of Team India at World Skills Competition, the Ministry of Skill Development And Entrepreneurship (MSDE) congratulated all the winners and participants who brought laurels to the country, via a tweet. The MSDE said that India's stellar performance at the World Skills Competition 2019 has imprinted the country's presence on the global skills map. Skill Development & Entrepreneurship Minister Dr Mahendra Nath Pandey, who had said that he expected team India to occupy a slot in the top 10, was extremely happy with the team's performance.

Dr. Pandey, added, "Through WorldSkills Competition, we aim to provide opportunities to the youth in our country to compete with, and learn from, their peers

across the globe. Such initiatives also help us benchmark our skills to international standards and will improve the overall quality of vocational training in India. It is a proud feeling to witness the passion, effort and dedication with which these young competitors prepared and excelled at the WorldSkills. I congratulate each one of them for their journey so far and wish them the very best for all their future endeavours. I believe they will inspire future competitors and all those who aspire to excel in their careers through vocational training."

The Indian team the sixth-largest contingent at the WorldSkills stole hearts with a performance that brought alive the rich diversity and beauty of the vast country.

An estimated about 2.5 lakh people had attended the opening ceremony at Kazan Arena where the youth from 63 nations had showcased their cultures.

Dmitry Medvedev, Prime Minister, Russian Federation had thrown open the six-day event on August 22 that saw more than 1,300 competitors from around the globe competing across 56 skills and trades.

Contestants from India who represented the country at the global stage made it at WorldSkills Kazan 2019 after a gruelling selection procedure where they went through a series of skill competitions conducted at different levels in India.

The team participated in 44 skills including mobile robotics, prototype modelling, hairdressing, baking, confectionary & patisserie, welding, brick laying, car painting and floristry.

Most of these competitors, whose average age is 22, come from very humble backgrounds from tier 2 or tier 3 cities in India. About 35 per cent of team members' parents are either employed in the agriculture sector or are working as daily wage earners. The team India includes participants from all over the country, including 6 from the North-Eastern region.

Forty-four skill experts and 14 interpreters for various Indian languages also accompanied the participants in Kazan to support them at the event.

The selection of Team India for WorldSkills 2019 began in January 2018, with the roll-out of a scheme on IndiaSkills Competitions. More than 22 states collaborated and organised close to 500 district and state-level competitions between March and April 2018. The winners at these events competed at four regional competitions organised at Jaipur, Lucknow, Bangalore and Bhubaneswar.

The winners from the regional competitions further competed at the National Competition organised from 2nd to 6th October 2018 at Aerocity Grounds in Delhi. 🇮🇳



## The medal winners included:

Name	Age	Medal	Category
S Aswatha Narayana	25	Gold Medal	Water Technology
Pranav Nutalapati	17	Silver Medal	Web Technologies
Sanjoy Pramanik	21	Bronze Medal	Jewellery Design
Shweta Ratanpura	22	Bronze Medal	Graphic Design

# Optimise Your Menu For Maximum Impact

How best to use your menu for increased revenue

Once a guest is settled in a restaurant and has had his fill by soaking in the surrounding atmosphere and decor, Menu is perhaps the first thing that they are interested in seeing. As a matter of fact, in today's digital world, a lot of people prefer to take a look at the image of the menu of a restaurant event before visiting the place. While it is an opportunity for some to go through the unique offerings that the restaurant has to make, for some others, it is a way to understand the pricing of their food and beverage products available at the restaurant.

For a restaurant operator, a menu is not just a random list of food and beverage served at a restaurant. It is a well thought of exercise which experts contribute to, to ensure maximum benefit to the concerned establishment. Specialists, based on their experience and a study of menu trends over the years, are aware what would be the best set of menu presentation suiting a particular restaurant, bar, cafe or any other form of eatery based on their clientele. Menu engineers or consultants especially tailor-make a menu to ensure it is easy to read, follows the brands values and most importantly, works towards increasing profitability of the eatery.



Some of the ways in which restaurants use their menu to influence their guests' dining options are:

- **Place the most profitable items at eye level**

Most restaurants place their most profitable items in such a way on the menu that it is first seen by the guest when they look at the menu. As per a research report, the first place a person looks at on any format is the top right corner, so most smart restaurants place their most profitable product in such

a way on their menu that it is seen first. This increases the chances of guests ordering this most profitable product, thereby directly positively impacting the restaurant's profitability.

- **Use of an expensive decoy**

Perspective is everything. Some menu engineers and restaurants use the trick of including an incredibly expensive item on the top of the menu (the most visible spot), which makes everything else on the menu look reasonably priced. At times, people use slightly more expensive items on the menu (compared to others) to suggest that the food is of higher quality.

- **Limit the options**

More the number of options available,



more confusing it is for the customer. It is a paradox of choice, wherein the more option we are given, the more anxiety we feel. Some experts claim that seven is the golden number which the customers find comfortable. When the number of choice increases from seven (for each of the verticals of soups, appetizers, mains, desserts, etc), the customer will be confused, and more often than not, they will go back to ordering the same dish which they have tried before. With more options, the guests would mostly walk out with the perception that they might have made a wrong choice and there could have been something better. On the contrary, when the menu offers limited choice (seven or less), the guest knows that all on offer is going to be of the best quality, and there is a good chance that the guest might get enticed to try something different, which could be more expensive.

- **Make the price listing as inconspicuous as possible**

An easy way to make a guest spend more at a restaurant is by making the pricing on the menu as inconspicuous as possible. The price

of Rs 199 is more affordable and looked as friendlier by the guests than Rs 200. Likewise, pricing written in words often encourage the guests to spend more. For example instead of writing Rs 350, write it as Rupees Three Hundred and Fifty. At times, it is also advised that the price should be mentioned discretely after the meal description, instead of being put in a separate column. This is to avoid the habit which encourages guests to look at that price column to see what the lowest price point can offer them.

- **Add a photo description**

It has been seen that menu items which showcase the food item with a nice picture increases the sale of that product by 30 per cent. In the current scenario, a lot of restaurants use digital menus which show the product in the most appealing format, thus enticing the guest to order the same. A lot of guests look at the picture and say I will have that, instead of reading through the menu. Many restaurants have started placing a prototype of their products on display shelves for ease of ordering for the guests. Even in places like McDonald's or KFC and many other QSR's, their display shows images of their most popular (read cost benefiting) product.



- **Make it more detailed and descriptive**

As per a study conducted by Cornell University, longer and more detailed descriptions on the menu sell nearly 30 per cent more food. The more elaborate description on the menu translates into less cost in the guests' mind, as they consider that they are being given more for their money. Some customers have also gone to the extent of rating more thoroughly described food as better tasting.



- **Use colours to motivate behaviour**

Different colours help conjure feelings and motivate behaviour. For instance, blue as a colour used to depict and transpire a calming effect. However, there are very few restaurants that use blue in their menu. On the contrary, red and maroon are the colours which are known to stimulate the appetite. Likewise yellow is used to draw attention and that is the reason why a large number of restaurants use red and yellow colours to create their branding.



- **They don't make them like they used to**

A flashback into the past often triggers happy times spent by the families. In addition to that highlighting traditional values or even patriotic patronage often motivates the guests to order food for its nostalgic values. It pays for the restaurants to try and create a nostalgic situation by ensuring that their menu lists meals that could take their guests back to childhood days, reminiscence of food served at their family gatherings or even stir their patriotic emotions. 🇮🇳



## Buy The E-way!

Every industry today rides on the wings of technology. F&B industry cannot be far behind.



**RACHNA  
IYER**

**T**he old adage is true – change is the only constant!

Every industry today rides on the wings of technology. Be it banking, e-com, travel or automobile. You name it and you have the app on your mobile, waiting to be tapped by your fingers.

When all these industries are taking advantage of all these advancements, F&B industry cannot be far behind. With customers becoming more and more adroit with technology, expecting better service and quality but without wanting to spend more, the pressure is on for chefs to try and meet these rising demands.

Amidst all this, the greatest challenge they face is sourcing the wider range of ingredients and products they need quickly, reliably and without drilling their pocket.

Even with the advent of technology, indubitably, nothing much has changed in this area. The process continues to be time-consuming and burdening the chefs.

Modern technology can be used here to ease the chefs off this affliction.

Technology to order your raw materials:

When customers can use apps like Zomato and Swiggy to order food, why not use technology to order raw materials? Certain F&Bs still rely on phone or e-mail to place orders. There are procurement softwares that even have catalogue styles and pre-approved price. Just pick, put it in the basket and order complete. With the predefined approval, ur order is ready to be processed.

Attributes such as real-time availability of stock levels and designated fast-moving lines mean chefs won't need to worry about running out of essential items, and every supplier can be added to the catalogue, even the occasional ones, ensuring all spend goes through the system.

Better Menu Planning: Eid is around the corner and you are planning to have a kebab and biryani food festival. This calls for keeping your stock of the required ingredients in place. But that can be done only if you plan to work out how to deliver the planned menu within budget. Your procurement software can help calculating ingredient quantities for chosen dishes and to pull through the items into the purchasing system's shopping basket, generating instant costings, saving time and effort all around. This even helps your restaurant chef to master the dishes and you get to re-design your menu in a pattern most liked by your customers.

Using technology in procurement can help you tap into a supplier network, giving you access to a range of suppliers in all sorts of food and beverage categories, giving you potential new partners who could provide what you currently need at a lower cost.

All in all, the shift from a "place and chase" purchase order mentality to a "buy and bye" online approach has refocused the purchase process. With technology at your side, you can easily now buy your way to a profitable business. And as news travels fast, your restaurant would become one of the most preferred ones with satisfied customers leaving footprints of positive reviews. 🍽️



CHEF MADAN LAL

## Convenience Food Inconvenience For Health

Food has always been a priority for human species there is no alternative other than the consumption of appropriate food to fulfill body requirements and stay healthy. Modern life pace and enormous media influence changes in lifestyle because of that consumers are more aware to live healthy lives and consume healthy food stuffs. Health lifestyle is primarily based on carefully selected food. Proper use of food ingredients, information & education, product availability and price, all manipulate healthy food buying decisions. Food security is an essential concern in the world where population is frequently increasing. In contrast with the advancement of science and technology, the world continue to invent ways of making life more convenient by providing more food choices, more recipes and preserve them for modern society. There has been a dramatic change in the lifestyle of people over the year. They do not have time to cook proper meals. Some teenagers and children give their preference to convenience food as it seems to be much more attractive and tasty due to the marketing of multinational food making companies. Replacing daily meal with ready-to-eat food is becoming a standard in modern world. Open the packet and place it on dinner plate doesn't make it healthy or nutritious. Convenience foods save time but don't save you from consuming preservatives, extra sodium, and hydrogenated fats. Most of people are actually aware about poor health effects of such type of food. Scientists also agree that people are harming their health by consuming too much convenience food.

Convenience food is commercially prepared food, simplify to get and consume. The term convenience products really mean food that can be prepared with minimum effort (ready-to-cook) or which can be eaten immediately (ready-to-eat), e.g. ready made products or ingredients and ready

to eat meals including deep-frozen products. Unfortunately, the majority of convenience food provides very little to no nutritional value and is often packed with excessive amounts of salt, sugar, and saturated fats. Apart from salt, about 4500 flavoring agents and 540 food additives are used in convenience or processed foods to "enhance" the taste, flavor, texture and appearance of ingredients. While everyone should avoid these types of food products, otherwise it can show the way to serious health issues, including obesity, heart disease, hypertension, high blood pressure, diabetes and cancer.

In fact, most convenience foods use liberally excessive amounts of sodium and saturated fats; Salt plays a double whammy role both as a flavor enhancer & as a preservative. Such type of food products should not be consumed more than 1-2 times a week. Consumers with underlying hypertension, or diabetes and heart disease should avoid these foods altogether. Convenience foods are also loaded with emulsifiers, preservatives, leavening and thickening agents. Which if consumed regularly over a period of time can be hazardous to one's kidneys.

Furthermore, they contain plenty of artificial ingredients if you come across a label on the package of your favorite packed food, group of ingredients that you can barely pronounce. In that case your yummy foods are packed with artificial preservatives (MSG for example),unnatural colours, flavours and other unappetizing substances that could be negatively affecting on your health, even it has been considered as safe by the FSSAI (Food Safety and Standard Authority of India) Some of these ingredients have been linked to serious health issues. In future, the lines between convenience food products, retail formats and services will become increasingly indistinct. Consumers are not only purchasing prepared food from retail premises but they are gradually having such

items delivered at own place.

Therefore, the body's ability to digest these types of food can be difficult, as convenience food develop into modified version when processed. Processed foods typically lack micronutrients which are required in suggestive amounts for the normal growth and development of living organisms, like human bodies.

Despite the fact that novel study in food processing techniques is illuminating to improve ways of maintaining food values and minimizing health threats, common sense says to understand what one's body needs to maintain a healthy weight, eat proportionately and make the effort to eat fewer processed and preserved meals each week. The thirst for convenience food is more contributed to its added flavours and textures than the food itself. Convenience foods are prepared with excessive quantity of salt and fats to give you the taste for salt in the food that turns into an acquired habit thus is consumer passionate to satisfy the taste. However, since the taste for this type of supplementary and unhealthy sodium is a learned habit. To unlearn this 'salty' habit, quit the convenience food and reduce salt in your foods gradually, give your taste buds time to adjust. In this way your taste buds can relearn the taste of foods in their accepted form at more effective, slower rapidity. It can take a few weeks- months to detox one's taste buds, but it is better to do a gradual reduction in salt intake from processed food. Most people find that after few weeks their taste buds set in motion to appreciate the natural taste of food and no longer overlook salt. A gradual reduction is recommended to facilitate your taste buds to feel and taste food in natural form. 🍴

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# Currymia: Determined To Create A Better Meat Market In India

**A**hmednagar District Goat Rearing and Processing Cooperative Federation Limited (AGF), an Ahmednagar-based (Maharashtra) organisation headed by Mr Ashok Rangnath Kale as its Founding Chairman and supported by his wife Mrs Minal Kale as the CEO, along with their team, have been tirelessly working towards changing the landscape of selling goat and sheep meat in the Indian market. The current scenario of sheep and goat meat production and sale in India, growing at an annual rate of 20 per cent, is largely dominated by unorganized butcheries which, as per unconfirmed reports, account for as much as 99 per cent of the overall Indian market.

From the consumers' perspective, this largely unmonitored and completely unorganized sector of selling sheep and goat meat leaves much more to be desired. Starting with unawareness of health checks of animals – thereby selling the meat of animals which are not fit for consumption, the current industry status is marred by non-



**MR ASHOK & MRS MINAL KALE**

existent hygiene standards at the place of butchery, and negligible reporting pattern for tracing the meat back to its farm.

Supporting the goat and sheep rearers, the cooperative federation, with Mr. Kale's perseverance, has its own modern abattoir and meat processing plant in Ahmednagar, Maharashtra. The state-of-the-art modern-day plant is one of India's best and has been set-up by inducting plant and

machinery imported from Spain. AGF plant in Ahmednagar is an ISO 22000 (2005), HACCP, FSSAI, NSF, HALAL, ISO 9001:2015 certified abattoir. The plant, with a capacity of slaughtering 200 sheep/goat per hour, adheres to EU norms and is strategically planned to ensure that it is a zero effluent plant.

Having come from an architectural background, one of the key focus areas while setting up the plant was to ensure that there is no damage to nature and surroundings. "Today, we have successfully created a beautiful green environment not just around the plant, but also within

our premise, ensuring effective waste management by putting up impactful eco-friendly measures such as an Effluent Treatment Plant for recycling water to use in our gardens, a Rendering Plant to process animal by-products into MBM (meat and bone meal) for poultry feed and a Biomethane Plant that processes organic waste into electricity, cooking gas and organic manure. This ensures that all waste generated in the plant is consumed within and it has zero impact on the environment," informed Mr Kale.

Under the brand name Currymia, today AGF is a supplier of frozen meat and ready to eat items, to institutions across the country and also in the international markets. Their product has been highly appreciated by the defence forces and there is sufficient testimony with the company to substantiate the claim.

"Besides ensuring that the product that we offer is of the best quality, what we as a brand thrive on is effective supply chain management. Our produce, from the stage of goat/sheep coming in from the farm, up till the final packaging and delivery to the respective place of consumption, is well monitored and strategically planned. Even our exports are made by stuffing and sealing the container at the plant so that an entire container load is supplied, ensuring zero chances of gathering any infections during transit," added Mr Kale.

It is believed that a very large component of the current environment

in which animals are reared and their meat sold, supplies meat in the market which would not pass any international test. "Need of the hour is to educate the masses and people associated with the sale of meat to provide hygienic facilities and also sell meat which is medically fit and free from any disease," informed Mrs Minal Kale.

Hygiene and health safety are the main aspects which AGF takes very seriously. Besides ensuring that all the necessary licenses and affiliations guaranteeing food safety are adhered to, the management on a regular basis gets involved in scrutinizing the place and creating awareness amongst the staff members for maintaining hygiene standards.

"We ensure strict adherence to the hygiene norms by our in-house veterinary doctors conducting anti-mortum & post-mortum checks of each and every animal. Only meat from approved carcasses is processed. Rejected carcasses are discarded into the rendering plant." Said Mr Kale.

The management has taken it upon themselves to educate the masses about the perils of unhygienic meat and benefits associated with consuming meat which comes from hygienic environments. As an initiative, AGF officials are inviting food professionals and chefs from across verticals to visit their plant and understand the difference between the street side meat vendor supplies and those from a state-of-the-art plant. ❤️





CHEF VARUN INAMDAR

An alumnus of the prestigious 'Oberoi Centre of Learning and Development', he has been associated with some of the leading hospitality chains in the world. The guests who have enjoyed his creations, as Corporate Chef and Business Development Head, comprise some of the most distinguished people on the planet. Popularly known as the Prince of Chocolate, and the Bombay Chef, Chef Varun Inamdar talks about his illustrious journey and his plans for the future.

## "My Craving For Doing Something Different And Larger Than Life Keeps Me Going"

► **Regarded as one of the top 10 in the world, you have had an illustrious culinary journey. What made you join the fraternity? Please tell us about your journey and achievements?**

**Varun Inamdar:** Illustrious or not, I do not know. But I have certainly worked round the clock building whatever I am today by taking some very difficult decisions. I have lost a lot of friends in the wake of my success. But, now I realise that we don't need such people in your life. Anyway coming back to your question, I always wanted to be in the kitchen – being a chef was never the criteria. At the age of 8, I had asked my father to enrol me in a hotel school. My father was shocked and suggested me to finish my 10+2. The day that happened, I took my mark sheet to my father and that was the beginning of my exposure to the industry.

There in hotel school I would read The Larousse Gastronomique and wanted to have it in my home library. I started working post college hours part time at a restaurant

in Bandra. They did not have a position in the restaurant so they offered me a job in the pot wash. I happily accepted it because my sole aim was the book. That's how the journey began. Today, I have served over 50 Presidents and Prime Ministers including powerful names like Barrack Obama, Nicholas Sarkozy, Vladimir Putin, Royal families, Top Business magnates like Richard Branson, Mukesh Ambani, world class sportsmen, some of the biggest actors on the silver screen, spiritual leaders you name them all. Started my work in the field of cocoa and started representing India in World Cocoa Forums as a speaker and as a Goodwill Ambassador. Today with a National Award and a Guinness World Record to my credit as a chocolatier, I feel humbled.

► **Who has been your inspiration and what do you aspire for?**

**VI:** My inspiration has been one of the greatest chefs on American Chinese television – Martin Yan. I lost an opportunity of meeting him when he was in town as I was on the other side of the globe, but then there is always another day. Coming to your other question, I aspire to be a good human always. Professional journey is better with its ups and downs. (chuckles)

► **Tell us about your journey as a chocolatier?**

**VI:** I had no clue what that meant, till the media started calling me one. Infact very early in my carrier, BBC through their print magazine gave me a huge coverage. I guess with its 12 pages dedicated to me. That was huge for me. Since then my dynamics as someone who also did patisserie alongside hot kitchen changed. Then came in coinages like 'The Price of Chocolates' which made

### CHEF'S CHOICE

- **Favourite food:** A good Biryani of any origin
- **Favourite restaurant:** Osteria Francescana, Modena, Italy.
- **Most admired chef:** Martin Yan
- **Most memorable guest:** The Obamas
- **Favourite holiday destination:** Austria, Saigon, London, Kashmir. Cannot choose.
- **Favourite movie:** Titanic
- **Favourite TV Show:** Friends
- **Favourite book:** War and Peace by Leo Tolstoy

me a sensation almost overnight. But all this never fancied me. I kept doing my work keeping my head down. There came an opportunity of creating an installation a few years back. I am credited with creating a 'Chocolate Ganesha' on National television for the first time ever. Then came in a lot of people who got inspired and created it. But I kept taking the barometer higher. I created a live sized 'chocolate Mannequin' and housed it in the lobby of one of the biggest Shopping arenas in South Mumbai for 15 days. It got a visitor count of 1.5 lakhs per day. I





recently knocked a Guinness World Record of The World's largest Chocolate Mud Pie at 1,346 kgs. What is important here is not the milestones, but my craving for doing something different and larger than life that keeps me going.

► **Everyone gets opportunities, it is how you turn it in your favour that matters the most.**

**Has the trend of chocolate art caught up in India? What more can customers expect?**

**VI:** Chocolate has always been trending in our country. We have been subject to chocolate as milk chocolate almost forever. Today, however, the dynamics of it have changed due to the widening of the travel sector. We are more exposed to terminologies like couverture, single origin, vegan, organic, bean to bar, cacao etc. But there are some legends who have mastered the art of cheating people by just printing these words on their 'compound' creations. Such people should be shamed and put to task is what I feel as someone who travels the world to train people of 'Ethical Chocolate Making' I request all to start reading labels before investing your hard earned money.

► **Which would be that one moment as a chef which you cherish for your life?**



**VI:** Cannot be one for sure:

1. Barrack Obama remembering my name on his second visit to India.
2. The Bishop of Rome - Pope Francis gifting me a rosary.
3. Guinness World Record: World's largest Mud Pie (surely doesn't happen every day in one's life)
4. Being chosen by Prime Minister Narendra Modi for 'Make in India' campaign.
5. Being appointed as 'Health Ambassador' by FSSAI for The Eat Right Movement and Swastha Bharat Yatra
6. And on a lighter note; Taking my wife to meet her idol – Sachin Tendulkar and pulling a joint prank on her alongwith the master blaster.

► **What has been your success formula?**

**VI:** Mindful and Ethical Hard work. Mind the two words I use here because everyone does hard work. But one has to be mindful of the brand associations. Saying NO is extremely important and has been career defining for me. I have shockingly said no to some of the biggest names in the industry because I did not believe in their marketing strategies. And Ethics must be top priority. Having said all of this, I have also had my share of people walking over. So it has all been part of becoming the 'Varun Inamdar' of today.

► **What advise would you like to give other chefs who aspire to be in a position like yours?**

**VI:** Be better than me because I ain't going anywhere;)

► **Who has been your most inspiring guest for you? What made it special?**

**VI:** Hands down! The Obamas. The most powerful couple in the world remembering

you by your first name is something special. It needs no other reason.

► **Acclaimed as the Prince of Chocolates and having a huge fan following, how do you tackle the pressure of performing to match up the high levels of customer expectations?**

**VI:** Keep thinking ahead of time. Don't get inspired by colleagues as you will always aspire to do what they are doing. Yes, I meet them at events and that's when I hear from them about what they've been upto. I do not follow competitors or even colleagues on social media. That makes life as a professional easier. Pressure must always be there but for becoming a better you! When I created Barcode as a Private label, a lot of people were laughing in their coat collars. But when appreciation started coming for seas across from some of the most powerful names in the world, they all started avoiding a conversation with me. When The Prime Minister of your country invites you to his office to meet for something that promotes every little produce of this incredible country in the form of a chocolate bar, it is encouraging.

Barcode is basically a collection of 29 chocolate bars encased in a huge Khadi handmade box. Each bar represents a state of our glorious country and the flavours are unique and indigenous to the respective state. Every bar has a story and is the most colourful set of chocolates in the world today. It is the most powerful story of India and its food history through the minds of a chef!

► **As a celebrated culinary profession, what are the challenges which you face?**

**VI:** I face challenges in every genre whether as a chef, a chocolatier, a food stylist or as an author. I have a huge following on YouTube. My show 'The Bombay Chef' is touted as a



world number 3, after culinary Giants like Jamie Oliver and Gordon Ramsay with a collective viewership of 284 Million. Every person sitting at home with a cell phone and shooting food videos is a threat today. Not for me directly but for the channel heads who face completion in this form. This somewhere trickles down. No one is realising it today, but the pinch will get stronger when their 'market rates' start getting compromised. My biggest threat today, is when our competition starts working for free just to get a market hold. But what they do not realise is that they are putting their own equity at stake as these conversation spread like wild fire.

► **Do you feel that Indian food professionals are creating culinary trends for the world to follow? Your thoughts, please.**

**VI:** Definitely. But we are still not doing

enough. Infact we as a community have just started documenting our culinary heritage a few years back. We lack in documenting. We will take many decades to document our food history but I am happy that some people are taking the right moves.

► **Have the kitchens of India started to create an honourable space for ladies in hospitality? What in your view needs to be done to provide equal opportunity to ladies in the kitchen and ensure their safety at the workplace?**

VI: Safety is paramount. Every work place has their pros and cons. An honourable space for ladies in hospitality has always been there be it housekeeping, front office or service. In the kitchens, yes, I would love to see more of them. My issue is with the use of the word ‘Lady Chef’. We as an industry must refrain from using this and that will be the beginning of providing equal opportunities. A doctor is a doctor and not a lady or a gent doctor. Similarly a chef should be a chef whether, man or woman!

► **Your thoughts on vegetarianism and the ongoing debate of having a course dedicated typically to vegetarian food at hospitality institutes?**

VI: I know a lot of communities have reservation about non vegetarian food. We must respect that. We are an incredible cosmopolitan nation, so these things must be given their dues.

► **Limiting the use of plastic had an impact on kitchens in India. Are the currently available alternates viable, in terms of cost and quality?**

VI: The authorities have left it to the sensibilities of 125 crore people to figure a way out on plastic ban in a country like

India. Each one is trying to find a solution. Why? Why does the authority not ban it at its production level? Then the load will be on the wood and paper industry. We saw this change happening in the 70’s and 80’s from wood to plastic. Now we are going back to it. We are basically going around in circles. See we can only do something in our immediate circles, but if we are looking at avoiding a global disaster in the years to come, you cannot brush it by leaving it to people. Enough option at an appropriate cost must be made available. Sadly, not enough options are available.

► **What is your favourite food? Do your taste buds favour any particular region of India for their culinary prowess?**

VI: I love South East Asian food. And In India, my favourites are Bengali, Lucknowi, Kahmiri and Malabari, offcouse apart from Maharashtrian and Gujrati.

► **What is the one place which you would**

**travel to, just for the food and experience? Why?**

VI: I have taken trips only to eat. So I have done crazy things like these. Kashmir, Lucknow, Rajkot, Indore, Varanasi and Vietnam are examples from last year.

► **What is your take on the quality of fresh talent which is available in India today? Do you feel that there needs to be a change in the way they are prepared at the college level to face the challenges of the kitchen better? Please elaborate.**

VI: The tutelage and its style needs to upgrade. We need to take them into the world of tomorrow rather than teaching them a curricula which is 400 years old. A lot of things are losing their relevance. Keeping students in the know of it is important. As important as knowing Trignometry is, when in school. But have we applied it ever. But we have all dreaded over sleepless night memorising the formulae. Gueridon service has its charm

but education surely has to upgrade. It is high time, the attitude must change. If one gets less marks in their 12th grade, they choose hospitality. Hotel schools must take their barometer of student-intake higher and the quality thereby will increase. By doing this, the average students are coming out as toppers. So it is all grass root basically. You cannot blame teachers at all.

► **Chefs are the face of a restaurant and have been the driving force in the operations and success thereof. Is there a fear of overexposure and resultant complacency when it comes to success in the form of awards and recognition?**

VI: Yes, with recognition comes complacency. That is when their brands and names start toppling. At the cost of not sounding like a guru, it is an internal thing and to each its own! 🍷

*Recipe Courtesy:*  
CookBook: *Mindful Eating... Dil Se Ya Dimaag Se*  
Author and Editor: *Varun Inamdar*  
Food Stylist: *Varun Inamdar*  
Food Photography: *Piyush Singh*



**Frozen Watermelon Sherbet**

A good low calorie chilled and refreshing drink for a hot summer day. Watermelons are a good source of lycopene which helps prevent cancer and is good for skin and vision.

**Time:** 10 minutes, after freezing.

**Serves:** 4

**Ingredients**

- 4 cups watermelon chunks; cleaned and frozen overnight
- 4 tbs lemon juice
- 1 tsp chaat masala
- Black salt (to taste)
- 4 tbs honey

**Instructions:**

1. Add the frozen watermelon chunks, lemon juice, chaat masala, black salt and honey to a blender
2. Mix until smooth in texture.
3. You might have to stop the blending and scrape it down a few times.
4. Serve immediately.

**Nutritional content per serving**

Total Fibre (g)	Carbohydrates (g)	Energy (kCal)
0.17	15.95	64

## Healthy Vegan Phirnee

We have another add-on to your vegan recipe list. The healthy twist to this recipe is the use of dates instead of your everyday white sugar. Coconut milk is a good substitute to people who cannot digest milk.

**Time:** 30 minutes

**Serves:** 4

### Ingredients

- 3 cups coconut milk
- ½ cup fresh dates, de-seeded and pureed
- ½ cup oats, toasted and ground into a coarse powder
- ½ cup flax seeds powder
- 1 tsp Cardamom powder
- Few fresh rose petals
- Few Pistachios; slivered
- Few Almond; slivered

### Instructions

1. Heat coconut milk in a thick bottomed vessel.
2. When it boils, reduce the flame and add powdered oats along with flax seeds powder. Cook till it starts coating the back of the spoon.
3. Add pureed dates, saffron strands and cardamom powder.
4. Cook for 2 minutes. Let it cool down and pour into earthen pots. Refrigerate for 2 hours.
5. Garnish with almond, rose petals and pistachio slivers and a few saffron strands.
6. Serve chilled.

### Nutritional content per serving

Protein (g)	Fat (g)	Total Fibre (g)	Carbohydrates (g)	Calcium (mg)	Iron (mg)	Energy (kCal)
3.8	4.6	4.5	23.3	20	1.5	352

### Did you know?

#### Soaking of nuts is important

Do you remember, your grandmother asking you to soak nuts like almonds before having them. Well here is the reason why.

Soaking helps reduce the anti-nutrient factors like phytates. Helps in digestion and also enhances flavour.



## Chef Varun Inamdar recognised as Young Chef of The Year



Chef Varun Inamdar receiving the Award from FSSAI Chairperson Ms Rita Teotia, CEO Pawan Agarwal and Hon Health Minister Harsh Vardhan Awarded for propagating the message of safe food habits further in the country.

Chef Varun Inamdar was awarded Young Chef of The Year at the Eat Right Awards 2019 hosted by FSSAI. The programme

was held to commemorate the first World Food Safety Day at FDA Bhawan, New Delhi. He receiving the Award from FSSAI Chairperson Ms Rita Teotia, FSSAI CEO Pawan Agarwal and Hon Health Minister Harsh Vardhan.

"This is my second national award and recognition in the last 2 years. This award makes me the first chef in India to be awarded 'Young Chef of The Year' at the Eat Right Awards 2019," claimed an elated celebrity Chef Varun.

To celebrate their spirit and tireless efforts with regards to ensuring food safety and disseminating the message of eating right, a felicitation ceremony was organised for States, who have been shortlisted through the 'State Food Safety Index', Food Businesses through the 'Eat Right Awards', and various other institutions through 'Eat Right Campuses'.

The first-ever 'World Food Safety Day' adopted by the Food and Agriculture Organisation of the United Nations was celebrated on 7th June under the theme, Food Safety, Everyone's Business. The event involved participation from various stakeholders, namely, representatives from Central and State Government, Food Businesses, Higher Education Institutes, Associations/NGOs, Consumers, among others, to join hands in propagating the message of safe food habits further.

A statue of Mahatma Gandhi on a bicycle, who was the inspiration behind "Swasth Bharat Yatra" (an All India Relay Cyclothon was held between 16th October 2018 to 29th January 2019), was unveiled at the programme. Also, a commemorative Coffee Table Book on the Cyclothon, along with a documentary travelogue film series, was released on the occasion.

'If it is not safe, it is not food'

"There is no food without food safety. While we often take for granted that the food we consume is safe, an estimated 600 million cases of foodborne diseases occur annually worldwide. Unsafe food is a threat to human health and economies, disproportionately affecting vulnerable and marginalized people, especially women and children, populations affected by conflict and migrants. It also damages global trade leading to further food waste, which can no longer be tolerated in a world where many still suffer from hunger.\* Food safety has become an impending concern which can be resolved only when international bodies, governments, producers, and consumers consider it a shared responsibility," quoted an FSSAI statement.

Taking into account the fact that children are change agents of the future, FSSAI has developed a 'Do-it-yourself' (DIY) toolkit for school children - a "Food Safety Magic Box" to detect food adulterants through simple tests at school. Another device based on the famous "Raman Spectroscopy" technique, which helps screen various types of adulterants in edible oil, was launched at the event.

## 'No Oil' Hariyali kebabs

As we know that traditionally kebabs are shallow fried, cooking them in an appam chatti, makes the kebabs healthier as less oil is required for cooking. It's a wholesome fiber and nutrient packed starter.

**Time:** 60 minutes

**Serves:** 4

### Ingredients

- 1 cup green peas; boiled and crushed
- 1 cup sweet potatoes; boiled and grated
- ½ cup paneer; grated
- ½ tsp chaat masala powder
- 2 tsp fennel seeds; powder
- ½ cup mint leaves; chopped
- ½ cup coriander leaves; chopped
- ¼ cup spinach leaves; chopped
- ½ tsp green chilly paste
- 1 tsp ginger; grated
- ½ tsp crushed kasoorimethi
- Salt as required
- ¼ cup linseed
- 1 tsp ghee

### Instructions

1. In a mixing bowl, take all the ingredients except linseed and ghee. Mix well together.
2. Cool in refrigerator for 30 minutes and roll into lemon sized balls.
3. Roll these into ghee and linseed next to crust them with the seeds.
4. Heat an appam chatti and place these kebabs in the cavity.
5. Keep turning till they get a golden brown colour on the outside.
6. Serve hot.

### Nutritional content per serving

Protein (g)	Fat (g)	Total Fibre (g)	Carbohydrates (g)	Calcium (mg)	Iron (mg)	Energy (kCal)
10.8	3	7.6	15.4	168.9	2.4	207



## Steamed Handvo

Our very own humble recipe from Gujarat now offering a cupful nutrient in the comforts of your kitchen.

**Time:** 60 minutes

**Serves:** 6

### Ingredients

- 1 cup whole moong, soaked in hot water for 2 hours
- 1 cup green peas, crushed
- 2 tbsp semolina
- 1 tbsp gram flour
- 2 tbsp coriander; finely chopped
- 1 tsp green chilly paste
- 1 tsp garlic paste
- 1 tsp ginger paste
- salt as required
- 1 ½ tsp fruit salt
- 1 tsp peanut oil for greasing

### Instructions

1. Lightly grease tea cups with 1 tsp peanut oil and keep aside till further use.
2. Grind soaked moong into a coarse paste using ½ cup fresh water and transfer into a mixing bowl.
3. To this, add semolina, crushed peas, gram flour, chopped coriander, green chillypaste, garlic paste, ginger paste, salt and ¼ cup of water. Mix well. Rest the mixture for 10 minutes.
4. To the mixture, add fruit salt and 2 tsp of water. Mix immediately and fill the greased cups till ¾th full.
5. Place in a steamed on high flame for 15 minutes.
6. While this is steaming, heat oil in a pan. Add mustard seeds and allow these to crackle. Add in carom seeds, Kashmiri chilly, sesame seeds, asafoetida and turn the flame off.
7. Spoon a little on each of the steamed handvo.
8. Serve hot.

### Nutritional content per serving

Protein (g)	Fat (g)	Total Fibre (g)	Carbohydrates (g)	Calcium (mg)	Iron (mg)	Energy (kCal)
7.5	5	12.8	18.6	63.8	3.6	155



### Tempering

- 1 tbsp peanut oil
- 2 tsp mustard seeds
- 1/2 tsp carom seeds
- 2 whole Kashmiri red chillies; broken into pieces
- 2 tsp sesame seeds
- 1/2 tsp asafoetida

# The Cake Marathon

## National Cake Artist's Summit Master Class | Conference | Excellence Awards 2019

The Cake Marathon - India's grandest celebration of cakes and cake artists, produced by Mrs Bela Maniar and Celebrity Chef Varun Inamdar, powered by Rich's India inaugurated by Mrs Bijalben Patel, Mayor of Ahmedabad along with Mrs Silva Patel, Director - Karnavati Club, Mrs Bela Maniar, Founder - The Cake Marathon, Meenakshiben Patel, Former Mayor of Ahmedabad, Chef Varun Inamdar - National Award winner, Guinness World Record Holder and Founder - The Cake Marathon and Mr Nitin Potdar - one of the most significant and influential corporate lawyers in India.

A herculean two-day event took place in Ahmedabad with cake artists and visitors from across India. It saw a turnout of over 1550 enthusiasts on day one and 2800 on day two floating around, enjoying, eating,

singing, dancing and of course gazing and admiring at some of the most amazing cakes at display at The Cake Museum and the top line show stoppers! The turnout for this first season of The Cake Marathon held on 20th and 21st June 2019 at the banquets of Alpha One Mall in Ahmedabad was exhilarated with the presence of over 40 brands which chose to sponsor and partner in various capacities. A special session of appreciation was conducted to thank the contribution of all 14 cake artists who were invited from across India to host masterclass like a marathon one after another. From airline partner to hospitality partner and a grand letter from FSSAI CEO Shri Pawan Agarwal at the entrance set the stage for this grand event of the pastry industry.

First-ever awards for the patissier world where the jury set on record, nominated,

honoured, recognized and awarded 1000 cake artists with 'Certificate of Honour and Recognition' and to '100 Most Promising Pastry Chefs Of India'. Lifetime Achievement was presented to three industry veterans at the venue - Mrs Bimba Nayak (Mumbai), Mrs Prabha Jain (Raipur), Mr Harishchandra Joshi (Ahmedabad). The others that could not make it, would be duly awarded in due course. For the artists across India, we received 3500 entries of which the jury has screened and given their verdicts of the best 1000.

Indian Food Central by Varun Inamdar Productions was the official channel partner for the event. The event was digitally strategized by Alter Ego and was the first-ever event to be streamed LIVE on all digital platform for the world to be a part of this mega event. A team of 25 photographers, videographers, event managers, editors held forte and ensured that every little moment got captured, edited and packaged well and was available all across social media.

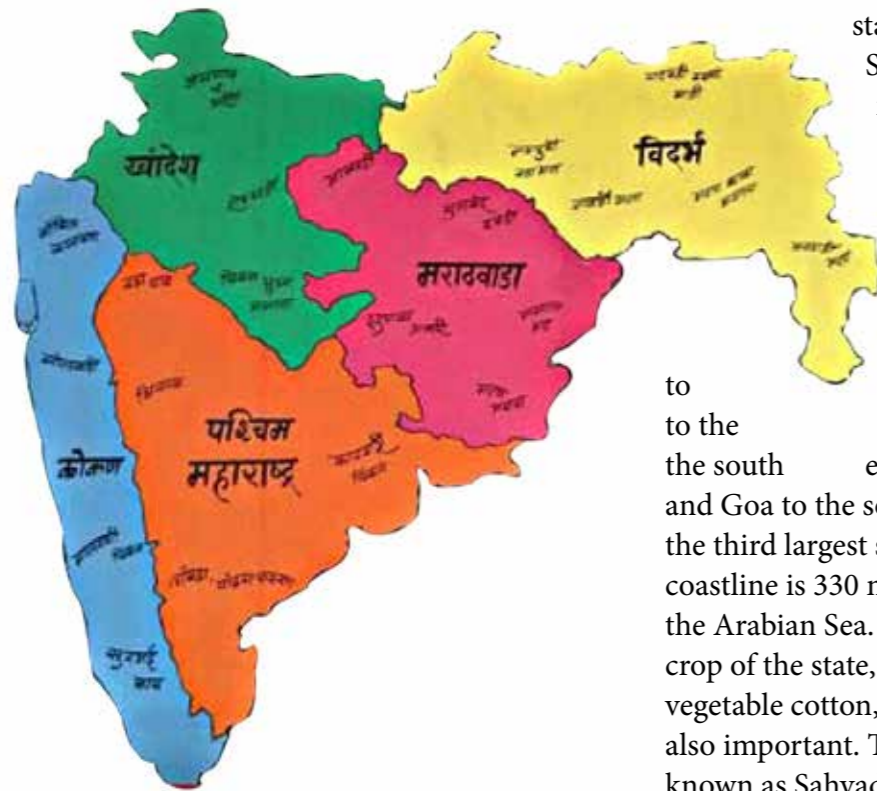
In the competition arena, there were 800 participants. The screening began months in advance and finally, the TOP 100 were on display competing with each other for that coveted trophy.

10 Legends including pastry veterans,

senior journalists, ace food critics, publishers and television food show hosts as Mentors and Grand Jury. Twenty-five prominent chefs, artists, pastry chefs and domain experts from across India joined in as National Jury. Fourteen cake artists from across India came together for conducting a 2 days Masterclass-Marathon at The Class Room. A Cake Museum and a special arena dedicated to showing stopper cakes got over 3000 visitors in two days and was one of the biggest highlights of the show. Crisp waffles with various fruit, caramel and chocolate toppings along with Belgian chocolate Ice-cream and Ratnagiri Alphonso Ice-cream were on circulation through the day. A concurrent National Cake Artist's Summit and Conference by the industry, for the industry, was hosted with 22 speakers.

According to Chef Varun, this event wouldn't have been possible without the support of the government of India and states. Heartfelt thanks to Shri.Pawan Agarwal, CEO, FSSAI for his message to the Patisiers and Cake Artists, "Together, you have given celebrations a new flavour with your creativity and talent. However, to truly enjoy these delicacies, we must keep in mind an important mantra - moderation." 🍓





state on the west, while the Satpura Hills along the north and Bhamragad-Chiroli-Gaikhuri ranges on the east serve as its natural borders. The

state is surrounded by Gujarat to the north west, Madhya Pradesh to the north, Chhattisgarh to the east, Andhra Pradesh to the south east, Karnataka to the south, and Goa to the south west. Maharashtra is the third largest state by area in India. Its coastline is 330 miles (530 km) long along the Arabian Sea. Rice is the dominant crop of the state, but cashews, mangoes, vegetable cotton, oilseeds, and tobacco are also important. The Western Ghats better known as Sahyadri, are a hilly range running parallel to the coast, at an average elevation of 1,200 mtr (4,000 ft). Kalsubai, a peak in the Sahyadris, near Nashik city is the highest elevated point in Maharashtra. To the west of these hills lie the Konkan coastal plains, 50-80 km in width. To the east of the Ghats lies the flat Deccan Plateau. Forests comprise 17% of the total area of the state. Majority of the forests are in the eastern and Sahyadri regions of the state. Main Rivers of the state are Krishna, Bhima, Godavari, Tapi-Purna, and Wardha- Wainganga.

**Agriculture & Produce**

Agriculture is the mainstay of the state of Maharashtra. It is the main occupation of the people. Both food crops and cash crops are grown in the state. The main food crops of Maharashtra are mangoes, grapes, bananas, oranges, wheat, rice, jowar, bajra, and pulses. Cash crops include groundnut, cotton, sugarcane, turmeric, and tobacco. The total irrigated area, which has been used for crop cultivation, is 33,500 sq km. Large

areas of the state have been brought under fruit cultivation. The fruits that have added to the treasure of the state are the Nagpur oranges, oranges of Bathplug, the Alphonso mangoes, and the grapes of Nashik.

**Seafood Produce**

- Saranga - Pomfret
- Surmai - Kingfish
- Rawas - Indian
- Salmon Halwa - Black
- Pomfret Kolambi - Prawns
- Bombil - Bombay Duck

**Locally Available Ingredients**

Dagad Phool Dagad Phool or Black stone flower is an edible lichen flora, which grows on trees, rocks and stones. The upper surface of the flower is dark green or blackish in colour and whiter inside. It has a strong woody flavour used in small quantities in curries. Charoli: Charoli are tiny almond flavoured dried seeds used mainly in sweets. These may be crushed and used, or as a whole, over sweets like shrikhand, nankhatai, and lagan nu custard.

**Bombil or Bombay Duck**

Bombay Duck or Bombil, despite its name, is not a duck, but a lizardfish. It is native to the waters between Mumbai (formerly Bombay) and Kutch in the Arabian Sea. The fish is often dried and salted before it is consumed, as its meat does not have a distinctive taste of its own. After drying, the odour of the fish is extremely powerful, and it is usually



transported in air-tight containers. Fresh fish are usually fried and served as a starter. In Mumbai, Konkan, and the western coastal areas in India, this dish is popularly known as ‘Bombil fry’.

**Alphonso Mangoes**

Alphonso Mango or Hapoos in Marathi is a seasonal mango considered to be one of the best varieties of mangoes because of its sweet and rich flavour. The Southern district of Maharashtra, Ratnagiri and Sindhudurg including the regions around Dapoli and Devgad Talukas are the main producers of this variety.



**Maharashtra can be divided into the following regions on the basis of cuisines**

**Konkan**

The traditional crops of the coastal Konkan region are coconuts, mangoes, cashews, rice, and a variety of pulses. The region also grows a great quantity of kokum, a sweet-sour fruit. It is used as the souring agent in curries in place of tamarind or tomatoes. Kokum is also used on its own for making a soup. Fish and seafood is available in Konkan in vast varieties and in abundant supply. All these ingredients find place in the traditional Konkani food. A typical Konkani meal, therefore, will have fish curry served with rice. Those who are lactovegetarians will again have rice as their staple with vegetables and lentils. Popadams prepared from rice flour are also a Konkani specialty.

**Pune and Kolhapur Belt**

Home of Marathas, Pune is a historic city. The food of these communities is delicate, sparsely designed and lacto-vegetarian.

**Maharashtra: Land of Unique Local Flavours**

The great state of Maharashtra is situated on the west coast of India. It is the nation’s second most populous state. Spread over 118,809 sq mi (307,710 sq km), it is bordered by the Arabian Sea to the west and the Indian states of Karnataka, Telangana, Goa, Gujarat, Chhattisgarh, Madhya Pradesh, and the Union Territory of Dadra and Nagar Haveli. The state capital is Mumbai.

**Geography**

Maharashtra occupies the western and central parts of the country and has a long coastline stretching nearly 720 km along the Arabian Sea. The Sahyadri Mountain ranges provide a physical backbone to the

Puneri misal, thalipeeth, Puri bhaji, and Dalimbi usal are regarded inexpensive but tasty and nutritious at the same time. However, since Pune is a large metropolitan city with diverse population, regional food from all parts of India and beyond is available in the city. Bakarwadi is another snack popular in Pune. Chitale, a brand, is famous all over Maharashtra for its bhakarwadi. Kolhapur is as famous for its spicy mutton curry as it is for the Mahalaxmi temple and the royal palaces. The dish is popularly called 'matnacha rassa', and is served with pandhra rassa (white gravy), which is made from bone stock. The white gravy dilutes the pungency of the curry. A chilli red gravy for the mutton curry is popular for those who like hot curries. The curries are usually eaten with Chapatis. 'Kolhapuri thecha' is a popular spicy chutney made from green chilly, onion, garlic, salt, and other spices. Kolhapuri misal is popular as a spicy breakfast or as a convenience dish.

**Marathwada (Aurangabad Region)**  
As a result of the long Islamic Moghul rule in the region, the cuisine of Aurangabad has been highly influenced by the North Indian method of cooking. Aurangabad's food is much like Moghlai or Hyderabadi food, with its fragrant pulaos and biryanis. Meat cooked in fresh spices and herbs is a speciality, as are the delectable sweets.



### Vidarbha

Vidarbha's cuisine is usually spicier than that of the coastal and southern regions. The ingredients commonly used are besan, or

chickpea flour, and ground peanuts.

### Mumbai

Mumbai is a cosmopolitan city, so one can find almost all types of food here; for example, Indian dishes such as Gujarati thali or Udipi dosa as well as international cuisines such as Chinese. Vada pav and pav bhaji may be regarded specifically as dishes that originated in Mumbai.



### Nagpur-Solapur

The city of Nagpur inherits a glorious history and varied rich cultural influences and has burgeoned in recent times as a gourmet city. There are unusual snacks, curries, pulaos and sweets to pamper avid eaters. The food is generally spicy, with a good amount of ghee, and peanuts, dried copra and dal are often the basis of the flavours. Nagpur is also famous for its spicy non-veg preparations known as Saoji preparations, that are generally made by using clove-pepper paste instead of red chilli powder. The city of Solapur has a mixed culture of Maharashtra, Andhra Pradesh, and Karnataka. The most popular dish is shengachi poli or groundnut bread, which is sweet bread or poli just like puran poli. Another popular item to accompany many dishes is peanut chutney or spicey mixture of crushed peanuts, red chili powder, salt, and other spices. Solapur being one of the biggest cultivators of jowar in India, one can enjoy crisp jowar bread. Solapur is also famous for its 'Khara Mutton' (mutton achar) or salty goat curry.

## Festivals in Maharashtra

### Diwali

Diwali inspires a variety mouth-watering preparations like karanji, chakli, kadboli, anarasa, shankarpali, chirota, shev, chivda and varieties of ladoos like dink ladoo, besan ladoo, shingdana ladoo, rava ladoo, and so on, which are consumed in Maharashtrian households. Diwali is considered one of the most auspicious festivals in Maharashtra.



### Ganesh Chaturthi

The most delectable offerings during Ganesh Chaturthi are modak, small rice or wheat flour dumplings stuffed with coconut and jaggery. They are best served with ghee.



### Mahashivratri

Marathi Hindus hold a fast on this day. The fasting food on this day includes chutney prepared with pulp of the kavath fruit (limonia).

### Holi

On this spring festival day, people enjoy a puran poli, a sweet, stuffed chapati made of chana dal and refined flour (maida), served warm with clarified butter or a bowl of milk or sweetened coconut milk.



### Narali Pornima

Sweet rice made using coconut with special flavouring given by cardamom and cloves.

This is the special dish for the festival, of Narali Pornima which falls on the Full moon day in the Hindu month of Shraavan. Other delicacies prepared exclusively for festival days are shrikand, motichur ladoo, basundi, and kheer.



### Traditional Wedding Menu

Until a few decades ago, the traditional menu for wedding day used to be multiple courses of rice dishes with different vegetables and dals. One of the favourite curries to go with this menu and also other festivals was that prepared from taro (alu in Marathi) leaves. The most popular sweet to go with the wedding menu was jalebi (jilebi in Marathi).

### Fasting Cuisine

A large number of Marathi Hindus hold fast on days like Ekadashi in honour of Lord Vishnu or his avatars, Chaturthi in honour of Ganesh, Mondays in honour of Shiva, or Saturday in honour of Maruti or Saturn. Only certain kinds of foods are allowed to be eaten. These include milk and milk products, fruit, sago (sabudana), potatoes, nuts such as peanuts, purple-red sweet potatoes (called ratali in Marathi), Rajgira (Amaranth seeds) and varyache tandul (Shama millet). Thus a calorie and carbohydrate-rich fasting menu can be prepared by selecting from the items listed above. Popular fasting dishes include Sabudana khichdi or peanut soup (danyachi amti). Peanuts and most of the 'allowed' starches for fasting such as sago or potatoes originate outside India. 🍌

# Konkani Cuisine

## Malwani Prawn Curry

A coastal delicacy made using fresh prawns, cooked in a coconut milk based gravy



### Ingredients

Prawns 500 g  
 Fresh coconut 100 g  
 Onion 200 g  
 Coriander seeds 20 g  
 Turmeric powder 5 g  
 Garlic 15 g  
 Whole dry red chillies 15 g  
 Oil 30 ml  
 Kokum 15 g  
 Coconut milk 50 ml  
 Fresh coriander 15 g  
 Salt 10 g

### Method

- Shell and de vein the prawns. Apply half a teaspoon of salt to prawns.
- Chop the onions and garlic finely. De seed and de stalk the red chillies, soak them in hot water for 10 mins.
- Reserve 10 gm of coconut and dry roast the remaining coconut and 50 gm of onion in a thick bottomed kadhai over medium heat stirring continuously till coconut turns light brown in colour.
- Cool the roasted coconut and onion mixture and grind to a paste along with coriander seeds, turmeric powder, half the garlic and soaked red chillies.
- Marinate prawns in this paste and set aside until required.
- Heat oil in a pan. Add remaining onions and remaining garlic. Cook till it becomes golden brown in colour.
- Add the marinated prawns, Kokum and 200 ml of water. Bring it to a boil. Add salt. Stir in coconut milk and continue to simmer for two more minutes. Serve hot garnished with reserved coconut and coriander leaves.

## Vangya Cha Hirwa Bharit

A traditional vegetarian main course made using long brinjals, eaten during the month of shraavan

### Ingredients

Brinjal (Bharta variety) 400 g  
 Grated coconut 300 g  
 Green chilly 15 g  
 Coriander leaves 75 g  
 Garlic 20 g  
 Cumin seeds 10 g  
 Turmeric powder 2 g  
 Fennel seeds 15 g  
 Oil 75 ml  
 Salt 10 g

### Method

- Prepare a thick paste using coconut, garlic, chilly, coriander, turmeric, cumin, fennel and salt with water.
- Cut the brinjals into 2" cylinder and then slit them in fours, keeping them attached at one end.
- Stuff the brinjals with half of this masala.
- Heat oil in deep vessel and add in the brinjals and the remaining masala. Add 200 ml of water, salt and cover the vessel and cook till the brinjals are done.
- Serve with bhakri.



## Bharleli Chimbori (Crabs)

A gram flour stuffed mud crab curry



### Ingredients

Crabs 4 no  
 Gram flour 200 g  
 Ginger 10 g  
 Garlic 15 g  
 Green chilly 10 g  
 Dry coconut 50 g  
 Fresh coconut 100 g  
 Coriander leaves 30 g  
 Onion 200 g  
 Cinnamon 2 g  
 Cloves 1 g  
 Peppercorn 1 g  
 Red chilly powder 10 g  
 Turmeric powder 2 g  
 Kokum 10 g  
 Salt 10 g  
 Oil 50 ml

### Method

- Clean the crabs. Separate the shell from the body of the crab. Scrub the shell thoroughly. Chop the onion, ginger, green chilly, coriander and garlic finely. Grate the fresh and dry coconuts.
- Heat 20 ml of oil in a pan and add in the cinnamon, cloves, peppercorns. Now add in the onions, ginger, garlic, green chilly. Cook until the onions have turned translucent. Now add in the fresh and dry coconut. Sauté until coconut becomes golden brown in colour.
- Grind this mixture to a smooth paste. To quarter of this paste add in gram flour and mix well. Stuff this gram flour mixture into the crab shells.
- Heat the remaining oil in a deep vessel and fry the remaining paste. Cook the paste and add in the chilly and turmeric powder. Now add 750 ml of water and bring it to a boil. Add in the stuffed crab shells along with the crab meat and claws.
- Add in the kokum and let the gravy simmer for 15 minutes. Serve hot with rice.

## Malvani Vade

A popular malwani deep fried bread made using a combination of pulses and rice. Usually served with chicken or mutton curry

### Ingredients

Rice flour 250 g  
 Urad dal 50 g  
 Chana dal 50 g  
 Cumin powder 5 g  
 Coriander powder 10 g  
 Red chili powder 5 g  
 Turmeric powder 2 g  
 Ajwain seeds 2 g  
 Salt 10 g  
 Oil for frying

### Method

- Soak the Chana dal and Urad dal overnight.
- Grind soaked dals to make a smooth paste by adding very little water.
- Take rice flour, add coriander powder, cumin powder, red chili powder, turmeric powder, ajwain seeds and salt to taste.
- Heat 2 tsp oil in a pan and add in to mixture. Mix well and remove all lumps.
- Now, add ground dals to it and start kneading the dough. Dough should be pretty stiff. Apply few drops of oil and let the dough rest for half hour.
- Take a medium sized ball and press it evenly by fingers. Use few drops of oil and spread it in a circular shape.
- Deep fry the vadas and serve hot with chicken curry.





# Mumbai Cuisine

## Vada Pav

A street food snack Mumbaikars can't do without - made with mashed potatoes, fried in a gram flour batter and served with a fried chilli

### Ingredients

#### For the vada:

Boiled potatoes 200 g  
 Hing (Asafoetida) 2 g  
 Jeera (Cumin seeds) 5 g  
 Rai (Mustard seeds) 5 g  
 Grated ginger 15 g  
 Chopped green chillies 5 g  
 Chopped garlic 10 g  
 Turmeric powder 5 g  
 Salt to taste  
 Chopped fresh coriander ½ bunch

#### For the batter:

Besan (Gram flour) 200 g  
 Salt to taste  
 Red chilli powder 5 g  
 Baking soda 2 g

#### For garlic chutney:

Grated dry coconut (kopra) 100 g  
 Chopped garlic g  
 Coriander seeds g  
 Salt to taste  
 Tamarind pulp 5 g  
 Ladipav 08 pc  
 Refined oil to deep fry  
 Date and tamarind chutney 30 ml



### Method

#### For the vada:

- Mash the boiled and peeled potatoes.
- Make a tempering of oil, hing, jeera, rai, grated ginger, green chilli, garlic, turmeric powder and salt. Mix this tempering in the potatoes. Add chopped coriander and mix well.
- Make even sized balls and keep aside.
- For the batter, in a bowl, add besan, salt, chilli powder, baking soda and enough water and mix to make a paste consistency to coat the vadas.
- Dip the vadas in the batter and deep fry in oil.

#### For the garlic chutney:

- Dry roast the grated dry coconut, garlic and coriander seeds. Cool.
- Grind together with salt and tamarind pulp.

#### For assembling the vadapav:

- Slit the pav into half keeping one end intact.
- Apply date and tamarind chutney on both the sides.
- Then spread garlic chutney on both sides.
- Place a fried vada on one side. Cover with the other side of the vada and serve hot.

## Pani Puri

Bite-sized puffed wheat rounds stuffed with boiled potato or green lentils, filled with spicy mint water and sweet chutney

### Ingredients

Puris 12 no

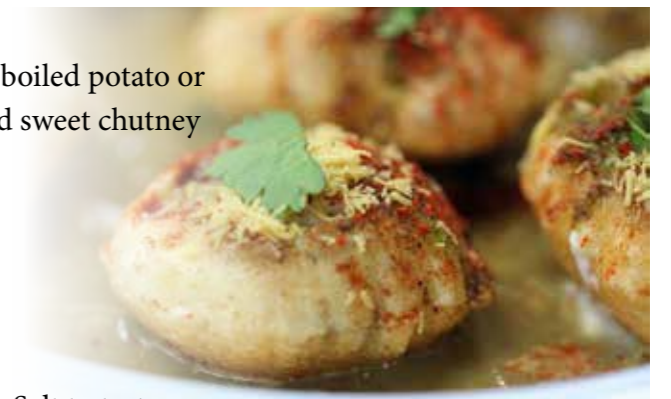
#### For the spicy mint water:

Mint leaves 1 bunch  
 Coriander ¼ bunch  
 Ginger ½ inch piece  
 Saunf 15 g  
 Green cardamom 2 g  
 Lemon juice 15 ml  
 Green chilli 5 g  
 Black salt 10 g

### Method

#### For the vada:

- For making the mint water, grind all ingredients together with water and strain.
- For assembling the pani puri, break a hole on top of the puri, put boiled chana, boondi and boiled potatoes, add a spoon of sweet chutney and mint water and serve at once.



Salt to taste  
 Cumin seeds (jeera) 15 g  
 Date and tamarind chutney 100 g  
 Moong sprouts boiled 50 g  
 Brown harabharachana boiled 50 g  
 Boondi, soaked and drained 20 g  
 Boiled potatoes, mashed lightly 100 g

## Masala Papad

A well known snack made with fried or roasted papad topped with a salad of onion, tomato and spices

### Ingredients

Urad Papad 4 no  
 Chopped onion 30 g  
 Chopped tomato 30 g  
 Chopped green chilli 5 g  
 Chopped fresh coriander ½ bunch  
 Red chilli powder 5 g  
 Amchoor powder 2 g  
 Chaat masala 5 g  
 Salt to taste  
 Sev 20 g  
 Refined Oil for frying (optional)

### Method

- Roast the papad on gas or in a preheated 180 C oven till its cooked or deep fry the papad in oil.
- In a bowl, mix together chopped onion, chopped tomatoes, green chillies, red chilli powder, chaat masala, amchoor powder, salt and half of the fresh coriander.
- Arrange the papad on a plate, spread this masala mixture on top evenly.
- Garnish with sev and the rest of the fresh coriander.



# Puneri Cuisine

## Bharli Vangi

Well cooked baby brinjals stuffed with a spicy masala coated with a thick gravy

### Ingredients

Baby brinjal 250 g  
 Fresh coconut (grated) 50 g  
 Peanut roasted & crushed 20 g  
 Til seeds (white) 10 g  
 Red chillies powder 10 g  
 Goda masala 10 g  
 Tamarind pulp 20 ml  
 Jaggery 0 g

Coriander leaves 1/4 Bun  
 Salt 10 g  
**Tempering:**  
 Oil 100 ml  
 Mustard seed 5 g  
 Asafetida 2 g  
 Turmeric 5 g  
 Curry leaves 2 sprigs



### Method

- Give a slit in brinjal lengthwise keeping the stem intact.
- Clean and chop coriander leaves.
- Roast til seeds and powder.
- Mix the roasted crushed peanuts, fresh coconut, til powder, salt, and the ½ coriander along with the tamarind pulp, jaggery and goda masala and make a paste.
- Stuff the masala into the brinjal and keep aside.
- Heat oil, make tempering and arrange the brinjals, sprinkle little water enough for cooking.
- Once well cooked serve hot garnished with remaining coriander.

## Bhoplyche Bharit (Red Pumpkin Raita)

Orangish white raita, studded with cooked mashed pumpkin with a refreshing tempering of Cumin seeds

### Ingredients

Red pumpkin 250 g  
 Thick curd 250 g  
 Peanuts (crushed) 20 g  
 Fresh Coconut (grated) 10 g  
 Salt 5 g  
 Sugar 10 g  
 Green chillies 2 - 3 no  
 Green coriander leaves ¼ bunch  
**For Tempering:**  
 Ghee 20 g  
 Cumin Seeds 10 g

### Method

- Peel the skin of the pumpkin and cut into small dices.
- Chop the green chillies.
- Heat the ghee; add cumin seeds and green chillies.
- Add the pumpkin and cook over a slow flame.
- Clean and chop the green coriander leaves.
- Whisk the curd and add crushed peanuts, salt, sugar, green chillies and coconut.
- Mix with the pumpkin. Prepare a tempering and pour it over the raita and mix. Add coriander leaves and serve chilled.



## Valachi Usal (Dalimbi)

Valachi usal is also called as Dalimbi is coconut based spicy, tangy and sweet accompaniment made with sprouted val

### Ingredients

Val with sprouts (field beans) 250 g  
 Dry coconut 15 g  
 Fresh coconut (grated) 20 g  
 Oil 30 ml  
 Mustard 10 g  
 Turmeric 2 g  
 Jeera 5 g  
 Jaggery 20 g  
 Red chillies 2 - 3 no  
 Salt 5 g  
 Coriander leaves ¼ bunch  
 Curry leaves Few sprigs  
 Red chilly powder 5 g

### Method

- Clean and wash the sprouted val.
- Roast dry coconut and jeera. Coarsely crush it.
- Clean and chop coriander leaves.
- Heat oil and make a tempering with mustard, turmeric, hing, red chillies and curry leaves.
- Add val and salt and cook till done.
- Add red chilly powder, jaggery and crushed mixture.
- Serve hot garnished with fresh coconut and coriander leaves.



## Chakli

A traditional maharashtrian deep fried savoury snack prepared with different lentils

### Ingredients

Chakli flour (Bhajani) 250 g  
 Water 200 ml  
 Asafoetida 5 gms  
 White sesame seeds 30 g  
 Ajwain 10 g  
 Red chilly powder 10 g  
 Refined Oil for frying  
 Salt 10 g

### Method

- Boil the water and add asafoetida, ajwain, sesame seeds and salt into it.
- Take it off the flame and stir in the flour mixture. Mix well.
- Keep it aside for 10mins.
- Knead the dough well.
- Grease the chakli press. Fill in the dough into it.
- Form spiral coils.
- Fry it in the oil till it turns golden brown on a medium flame.



# Kolhapuri Cuisine

## Matki Chi Usal

Matki known as Moth beans are a good source of proteins. Sprouting increases its Vitamin C & B complex content

### Ingredients

- |                       |                            |
|-----------------------|----------------------------|
| Sprouted matki 125 g  | Kolhapuri tikhat 10 g      |
| Onions 50 g           | Hing 1 g                   |
| Green chillies 2 no   | Turmeric 2 g               |
| Curry leaves 1 spring | Coriander leaves 2 springs |
| Mustard seeds 2 g     | Oil 50 ml                  |
| Salt 5 g              |                            |



### Method

- Chop onions, green chillies and coriander leaves.
- Heat oil, add mustard seeds, hing and curry leaves.
- Add onions & green chillies. Sauté.
- Add matki, kolhapuri tikhat, turmeric and salt.
- Add water. Cook until matki is soft and almost all water has evaporated.
- Add water. Cook until matki is soft and almost all water has evaporated.

*Note: To sprout matki, soak 75 gms of matki for 8 hours. Drain and tie matki in a muslin cloth & allow to sprout. Alternatively, matki may be kept in a soup strainer, covered with a lid. Sprouting may take upto 10 hours, depending upon the atmospheric temperature.*

## Bhakri

Flat bread made with Jowar / Bajra / Rice / Nachani flour

### Ingredients

- Flour (jowar/ bajra) 200 g



### Method

- Make a dough with the flour, using hot water.
- Knead dough well.
- Divide the dough into 4 portions.
- Flatten each portion of dough on a floured surface. This is ideally done by hand (alternatively a rolling pin may be used).
- Heat tawa. Place the bhakri on tawa, apply cold water on the surface.
- Turn over the bhakri, cook on a slow flame.
- Place on direct flame (for puffing).
- Serve hot.

## Thalipeeth

Crispy flat breads, made with a mixture of grains, ground into a flour. Best eaten with homemade white butter

### Ingredients

- Bajra 200 g  
Jowar 100 g  
Rice 50 g  
Wheat 50 g  
Channa dal 75 g  
Urud dal 50 g  
Coriander seeds 20 g  
Cumin seeds 15 g

### To make dough:

- Thalipeeth flour 400 g  
Onions 100 g  
Red chilli powder 15 g  
Turmeric 3 g  
Salt 15 g  
Coriander leaves ¼ bunch  
Oil 100 ml



### Method

- To make the flour: dry roast (toast) all the ingredients individually, grind into a flour.
- To make thalipeeth: chop onions, coriander leaves.
- Mix all the ingredients together, add warm water to form a dough. Knead well.
- Divide into 8 portions.
- Moisten a clean duster with water.
- Flatten each portion of dough on the wet duster, using your palms.
- Heat oil in a frying pan. Put the thalipeeth in the pan. Cover pan with a lid.
- Cook on a slow flame, both sides, until crisp.
- Serve hot with white butter.

## Dry Bombil Curry [Bombay Duck]

Curry made with dry Bombay Duck

### Ingredients

- Dry bombil 12 – 15 nos  
Onions 100 g  
Fresh coconut grated 2 tbsp  
Garlic 4 flakes  
Red chilli powder 1 tsp  
Turmeric ¼ tsp  
Cocum 4 pieces  
Salt ½ tsp  
Oil 50 ml

### Method

- Clean and cut bombil into big pieces. Chop onions. Grind together coconut and garlic.
- Heat oil, sauté onions.
- Add bombil sauté.
- Add chilli powder, turmeric.
- Add coconut paste, salt. Add cocum.
- Add very little water. cook until bombil is tender and gravy is thick .
- Serve hot with bhakri.



# Vidarbha Cuisine

## Bhajyanchi Kadhi

A variation of North Indian 'Pakoda kadhi'

### Ingredients

- Gram flour 250 g
- Wheat flour 50 g
- Red chilly powder 5 g
- Salt To taste
- Ajwain 3 g
- Sesame seeds 5 g
- Oil To fry
- Buttermilk 500 ml
- Pure ghee 10 g
- Cumin seeds 5 g
- Curry leaves 1 sprig



### Method

- Mix together 200 gm gram flour, wheat flour, red chilly powder, salt, sesame seeds, ajwain. Add 15 ml hot oil. Add water and make a very thick batter.
- Mix together 200 gm gram flour, wheat flour, red chilly powder, salt, sesame seeds, ajwain. Add 15 ml hot oil. Add water and make a very thick batter.
- Heat oil. Drop in a spoonful of batter to form fritters – 'bhajjiya'.
- Fry till a light brown colour over a medium flame. Remove and drain on an absorbent paper.
- Mix the remaining gram flour with buttermilk. Add salt and turmeric. Bring it to a boil over a slow flame – stirring continuously.
- When gram flour cooks, remove from flame – 'kadhi'.
- Heat pure ghee, temper with cumin seeds and curry leaves and pour over kadhi.
- Just before service, add 'bhajjiya' to 'kadhi' and simmer for 5 min. Heat oil. Drop in a spoonful of batter to form fritters – 'bhajjiya'.
- Fry till a light brown colour over a medium flame. Remove and drain on an absorbent paper.
- Mix the remaining gram flour with buttermilk. Add salt and turmeric. Bring it to a boil over a slow flame – stirring continuously.
- When gram flour cooks, remove from flame – 'kadhi'.
- Heat pure ghee, temper with cumin seeds and curry leaves and pour over kadhi.
- Just before service, add 'bhajjiya' to 'kadhi' and simmer for 5 min.

## Chandrpuri Wada

A popular snack named after 'Chandrapur' district of Maharashtra

### Ingredients

- |                          |                           |
|--------------------------|---------------------------|
| Moong dal with skin 50 g | Green chilly 20 g         |
| Chana dal 150 g          | Red chilly powder 3 g     |
| Tur dal 50 g             | Cumin seeds 3 g           |
| Chawli dal 50 g          | Coriander seeds 5 g       |
| Matki dal 50 g           | Fenugreek seed powder 2 g |
| Urad dal with skin 50 g  | Salt To taste             |
| Ginger 20 g              | Curry leaves 1 sprig      |
| Garlic 20 g              | Oil To fry                |



### Method

- Soak all dals separately for 2-3 hours and drain.
- Grind together all dals, ginger, garlic, green chillies, cumin seeds.
- The mixture should be thick, not watery. Add crushed coriander seeds, fenugreek seed powder, salt and chopped curry leaves. Add 20 ml hot oil and mix well.
- Take around 50 gm mixture at a time. Using wet palms, shape it into a flat roundel (sometimes a hole is made at the centre).
- Deep fry in hot oil over a medium flame till light brown.
- Remove from oil and drain on absorbent paper.
- Serve hot.

**Note:** Any dals in any proportions can be used. Dals listed in the recipe are with skin as they are more nutritious, but dals without skin can also be used.

## Raawan Pithale

An all-round side dish, powder like chutney mixed with oil

### Ingredients

- Gram flour 250 g
- Red chilly powder 125 g
- Salt To taste
- Oil 150 ml

### Ingredients

- Heat oil lightly.
- Add gram flour and fry well over a slow flame till nutty brown.
- Add salt and take it off the flame.
- Cool for 10-15 minutes and add red chilly powder when luke warm.
- Served usually with bhakri.

**Note:** This can be stored at room temperature in an air-tight container for 10-12 days.



# Symbiosis School Of Culinary Arts: A Centre For Niche & Focused Courses



**ATUL A GOKHALE**

Director  
Symbiosis School of Culinary Arts

**H**istorically in India, professional culinary skills education has always been classified and clubbed together with hotel management (HM) courses. There were no separate courses or degree programs for culinary specialization available until a decade ago. Traditionally, students passing out from HM colleges did culinary specializations learning on the job or chose to go abroad to learn higher culinary skills. However, the world over, especially in the western countries, the culinary skills are professionally taught in specialized schools. These qualifications are of high value in the culinary world and hold recognition in society.

In India, Food Services market (both organized and unorganized) was estimated at INR 3,37,500 crore in 2017 and is projected to grow at a CAGR of 10% over the next 5 years to reach INR 5,52,000 crore by 2022 (FICCI Report). This projected growth is expected to open up many opportunities for Indian students to pursue



a career in the foodservice industry and the industry is also looking to employ skilled and trained manpower. Concurrently, more people than ever are chasing a dream of running a kitchen or flipping an omelette on television in India. During the last decade, the culinary profession has gained recognition among aspirants and parents as a preferred career option and the number of people opting to this has swelled in recent years.

## Need for Professional school education

However, it takes a well-rounded and planned education to become a professional chef. Along with knowledge of culinary arts, it is also important to know how to manage

people, control costs and attract customers in order to succeed in this increasingly competitive industry.

Keeping in view the increasing demand for the specialized programs in Culinary Arts, Symbiosis instituted a highly specialized culinary school to meet this requirement. Symbiosis School of Culinary Arts (SSCA) was established with a view to offering a variety of industry compliant culinary specialization courses.

## About Symbiosis School of Culinary Arts

The flagship B.Sc. (Culinary Arts) is a three-year degree programme which prepares students for a wide range of career options such as Chefs, Chef Managers, food



critics, food photographers, entrepreneurs, concept developers for health foods, culinary advisors and as potential celebrity Chefs. The diploma programs are one-year programs offering specializations in various culinary fields like Bakery and Patisserie, Food Entrepreneurship and Global Cuisines.

SSCA features state-of-the-art and highly sophisticated culinary labs, each dedicated to specific learning by the students. All the kitchen labs and the support areas, spread over 12,000 sq ft area, are designed specifically like professional hotel kitchens, replete with the modern and latest equipment for practical learning.



All programs are highly interactive and practical oriented. SSCA offers its students the most conducive environment for studying and research. Seminars by celebrity chefs, workshops, summer projects and industry visits are incorporated as part of academics. SSCA also focuses on the personality development of the students and grooms them for future challenges in life.

Master Chef Sanjeev Kapoor is the Chair Professor of SSCA and there is a team of highly specialized and professional chef instructors to train youngsters for a skilled and gruelling culinary profession.

Symbiosis believes in industry and academia interaction at all stages of student

development and as a part of the curricula, the students undergo well-planned and monitored internship in collaboration with leading hotel and food industry organizations.

Innovation in the culinary field, adaptability, business ethics and social responsibility are emphasized to develop students into becoming leaders as well as responsible citizens.

### Differentiating Features of Symbiosis School of Culinary Arts (SSCA)

Food and food production and technology thereof have always-wide interest among culinarians and gastronomists across the world. In India, this field has gained popularity and acceptability as an alternate career over the last decade. Experimentation with food is increasing in the modern Indian society so is the interest to specialize in the skills of food preparation.

Culinary Arts programs offered by Symbiosis are niche and focused courses with wide scope for creativity and innovation. Culinary Arts being regarded as a new-age career, SSCA has developed its curriculum on the new and emerging trends in the Culinary and Gastronomy fields across the world. The curriculum has specialized subjects like Entrepreneurship in the Food Industry, Food and Wine pairing, Food Styling techniques, Food Journalism & Food Photography. What makes it interesting for a learner is that at Symbiosis International University, the Culinary Arts programs are highly flexible with an interdisciplinary approach. Students get to learn from a variety of other disciplines like Food Science, Nutrition, Media, Photography and Sociology, etc.

Symbiosis International (Deemed University) is the only university in India



Celebrity CHEF SANJEEV KAPOOR, Chair Professor, SSAC

"I am a teacher at heart. Symbiosis School of Culinary Arts is the realization of my long-standing dream. Symbiosis International University is one of the most revered and respected educational institutes of India and I could not have asked for a better partner in fulfilling this dream. This state-of-the-art culinary arts school focuses only on specialized culinary learning. Every aspect of food is taught, from cooking to using food-based on seasonality to food journalism to food photography to molecular gastronomy and food research. Best faculty, stringent admission process and top end placements are the highlights of this unique college.

The college could not have started at a more opportune time, it is the need of the hour. The food industry in India is booming and we need to nurture more talent and hone the skills of the millions out there who have an aptitude for this field. I can vouch for the fact that this culinary college is becoming the learning centre for culinary art all over the globe. I can see students from all over the world coming here to learn and the students here getting ready for the global platform. I am confident that the Symbiosis School for Culinary Arts is on a path to develop culinary greats, who will make the country proud!"

to offer a full-time degree in Culinary Arts, like in the programs in universities in western countries. The course is designed by culinary experts, culinary academicians of high standing and food historians and food writers in India.

New age concepts like hydroponics,

growing microgreens, edible flowers and herbs in own herb garden to grow under the Farm to Table Concept.

A lot of emphases is given for entrepreneurial growth of students by providing opportunities to operate pop-up food ventures. ❤️





## Five Mediterranean Cuisine Lunches In Tel Aviv

By Roshni Udyavar Yehuda



There is nothing that describes cosmopolitan and vibrant better than the city of Tel Aviv especially along its promenade at Hayarkon Street. Walking along the Tel Aviv beaches from the Reading Power Station to Jaffa has always been a delightful experience, absorbing the sights and sound of the bustling city

on the one side while taking in the calmness of the deep blue Mediterranean on the other. The inner lanes of Ben Yehuda, Allenby, Dizengoff and Bugrashov, if you have a taste for art and architecture, can continue to surprise you each time you visit besides some interesting shopping with value for money!

In my short five-day trip, in which I had nothing planned, I was not only delighted by the city despite the heat wave after 'Laag Baomer' (a Jewish holiday which involves the lighting of bon fires - [https://en.wikipedia.org/wiki/Lag\\_BaOmer](https://en.wikipedia.org/wiki/Lag_BaOmer)), but by the delicious cuisine brought in by the variety of Mediterranean dishes that the city offered.

Walking across Sarna Park, (Pic 1, 2 and 3), a newly redeveloped colony established by the German Templers ([https://en.wikipedia.org/wiki/Templers\\_\(religious\\_believers\)](https://en.wikipedia.org/wiki/Templers_(religious_believers)))



140 years ago, on the first afternoon, we bumped into Biga, a kosher restaurant and bakery chain (Pic 4) that had an English menu on IPAD! Since it offered a variety of healthy options, we settled for a Currey Stew (Pic 5). The dish is made of black rice, spinach and mushrooms with pieces of tossed Tofu was not only delicious but filling for two, healthy and good value for money at just 60 shekels along with two whole wheat bread accompaniments.

On the second day, since our appointment took us to the spanky and upscale neighbourhood of Ramat Aviv, we decided to stroll into the mall, which is large, well laid out and interesting. On the first floor food zone, we saw Sima's kitchen (Pic 6). As we were trying to inquire from the super busy stall, the gentleman behind the counter offered us a felafal, which literally melted in my mouth. The food looked middle eastern and delicious. We decided to settle for a combo which offered one main dish, two side dishes and unlimited salad which included pickled jalapeno, spiced onions, carrots, cabbage and the like (Pic 7). The main dish we selected was couscous with chickpeas, chicken kofta balls in a stew and mushrooms. Once again, a delicious and filling meal for two, all for 50 shekels, add a tall glass of lemonade made it 60 shekels.

The next day we walked in for lunch at a well-known joint called Felafel Gina (Pic 8,9 and 10) near Azrieli Centre. The dish included hummus with boiled chickpeas,

olive oil, tahini eaten along with Pita bread and unlimited pickled salad. All this for about 40 shekels.

On Saturday morning, we decided to take a guided tour of the 'White City' – about the origins of Tel Aviv in 1907 till the Bauhaus movement in 1930s in the famous Rothschild boulevard (Pic 11, 12, 13) in the heart of where the Tel Aviv Spring was found by the 64 families which first settled in Tel Aviv. It was a good 2-hour guided walking tour in the streets surrounding Rothschild Boulevard (with its amazingly pretty little houses each of which with a history all its own. On the way back to our hotel on Hayarkon Street, we used Google maps to take the short cut from Rothschild Boulevard to Allenby Street and Ben Yehuda Street.

It was here, while walking on Allenby Street, that we stumbled upon the famous Abulafiyah store (Pic 14, 15, 16) – well lit, clean and with people queuing in to collect freshly baked items. The smell of the baked bread combined with the sight of the large fired oven, drove us in. Although it took us some time to get through with our order, to decide what to eat among so many delectable items, we first ordered a sambusak (the original Middle Eastern dish from which originated samosa) with mushroom and cheese filling, and baked bread with eggs fried on top, along with a plate full of salad. Aboulafiya Bakery on Ben Yehuda street is very famous and has become a household



Pic 11



Pic 12



Pic 13



Pic 14

name. The original and oldest branch of this bakery is located in Old Jaffa, near the clock tower started by Walid Abouelafia. The Bakery sells a variety of baked goods, including Pita Bread, Bagels, Sambusak, Egg Bagels, Pizza and sweets like Baklawah and Cnaphe.

And finally, the last day, and I was wondering that there will surely be a repeat of something I have already tasted. But then when we ended up at Felafel Gabai on Bugroshov Street off Ben Yehuda Street (Pic 17), I was mistaken. On a Sunday, the first working day of the week in Israel, people came streaming in, parking their bicycles, walking in from the beach nearby, foreigners, daily customers, old and young, there was a continuous stream of people being served fresh Middle Eastern delights. We had a two pocket pitas, one with chicken breast and

Among the eateries along the Tel Aviv promenade, London, with its food varieties and comparative costs, is a good choice.



Pic 15



Pic 16

other with shwarma mixed with delightful veggies, salads and spices and of course, accompanied with unlimited salad. After this filling and mouth-watering dish, we had another Middle Eastern delight, a sweet dish called Malabi (Pic 18), made of almond milk, and sugar and dressed with pomegranate juice and rose water along with lots of powdered almonds and pistachios. After eating all this, it only made sense for me to take a nap! All this was not more than 60 shekels. With the steady stream of people coming into the restaurant from the busy street, the staff served fresh food quickly to customers, while occasionally breaking into a jolly song promoting the delights of the Felafel Gabai.

Besides these eateries, we found the eateries on the beach-front expensive but after a walk along the beach one evening, we rested peacefully at a restaurant almost touching the beach and had a quarter plate of water melon. Among the eateries along the Tel Aviv promenade, London, with its food varieties and comparative costs, is a good choice.

So, those of you who think you need to pack in your theplasand khakhras on a visit to Israel, think again for here you have dishes dating back to history, bringing in the best of Mediterranean cuisine -offering the best to non-vegetarians, vegetarians and vegans. 🍴



Pic 18

*Dr. Roshni Udyavar Yehuda is a Practicing Architect and Academician, whose core competency lies in energy efficient and environmental design of buildings. She is Director, Roshni Udyavar & Associates, Mumbai, an Environmental Architecture and Consultancy Firm established in 2004. She was Head, Rachana Sansad's Institute of Environmental Architecture from June 2003 to July 2017 where she initiated several environmental projects and headed a postgraduate program. She has more than 20 years of academic and professional experience and has travelled widely on professional assignments to more than 20 countries. She is an avid traveller and loves to learn about culture, food and music wherever she travels – in India or abroad.*



Pic 17





**CHEF TOSHIT SHARMA**

National Corporate Chef- India  
RATIONAL International India Pvt. Ltd.

## ‘Everyone Is Born Equal But Few Become Chef’

► **What made you join the fraternity of Chefs? Please tell us about your journey and achievements?**

**TOSHIT SHARMA:** I believe in a famous quote ‘The way to a man’s heart is through his stomach’ and I want to live in everyone’s heart. I am a graduate from IHM, Gwalior and started my career with Oberoi hotels at Udaipur. Then I moved to Four Seasons, Maldives where my key responsibility was to make Indian food more delighted and renowned for the customers. In 2007 I was shifted to Four Seasons, Mumbai for the pre-opening, here I was involved in promoting Indian cuisine at San qi.

In 2010 I got the opportunity to work at The Setai, Miami beach USA, here I organised Maharaja nights for the exclusive Indian brunch which was the talk of the town at that moment. Due to visa restrictions, I moved back to India for a short term, during which time I worked at ITC Hotels and Sarovar Hotels. In 2012 I moved to Barbados in the Caribbean Islands and worked at Sandy Lane, a 5 diamond resort. Here I was in charge of Asian food, developed a different menu and hosted Asian and Indian nights.

In 2013 I moved to Switzerland for the pre-opening of The Chedi, Andermatt which has a Michelin star. I served here as the Head for Asian and Indian food. In 2016 I came back to India and left hotel operations

and joined RATIONAL India as National Corporate Chef. Here I am responsible for all the application work. I am also in charge of the R&D, developing new process, programs and providing customer satisfaction with the solutions is my key job.

► **As a culinary professional, what are the challenges you face?**

**TS:** Every Chef has to go through tough times in his/her professional career like hectic work hours, stressful profile and much more. I also faced the same challenges however I take it in a positive way as it makes you professionally sound and strong. It gives you the expertise to build up your culinary career.

► **Who has been your inspiration and what do you aspire for?**

**TS:** I have a list of my mentors at different workplace! I would like to give special thanks to Chef Surendra Singh, Chef Ashish Bhasin, Chef Gaurav Prasher, Chef Rajpal, Chef Zulficar and Chef Christian Rose through this discussion for the guidance which they provided me to achieve my goals in my career.

► **Which would be that one moment as a chef which you cherish for your life?**

**TS:** Winning a first ever medal for my college at Chef Competition at Banarsidas Chandiwala Institute will always be a

### CHEF’S CHOICE

- **Favourite food:** Dal, bati
- **Favourite restaurant:** Still searching
- **Most admired chef:** Zulficar Kareem
- **Most memorable guest:** Lata Mangeskar & Celine Dion
- **Favourite holiday destination:** Maldives
- **Favourite movie:** Fashion
- **Favourite TV Show:** KBC
- **Favourite book:** Modern Cookery

remarkable memory throughout my life.

► **What has been your success formula?**

**TS:** Keep patience and do your hard work. Everyone is destined to get success in his/her career which comes with experience and time. Remember one thing – ‘Everyone is born equal but few become Chef’.

► **What advice would you like to give other chefs who aspire to be in a position like yours?**

**TS:** Focus on your basics, keep up the passion alive and success will come one day! Knowledge and skill are the only tools which help you to achieve any high position in your professional career. Also, the learning of a Chef never ends even as an Executive Chef, you have the possibilities to pick up new things.

► **Who has been your most inspiring guest for you? What made it special?**

**TS:** It was a challenge and difficult to decide, what nourishing to cook for Viswanathan Anand, Grandmaster Chess world champion. However, he did not have any specific choice.

► **What new initiatives can be expected from Rational in the near future?**

**TS:** ConnectedCooking is our latest launch



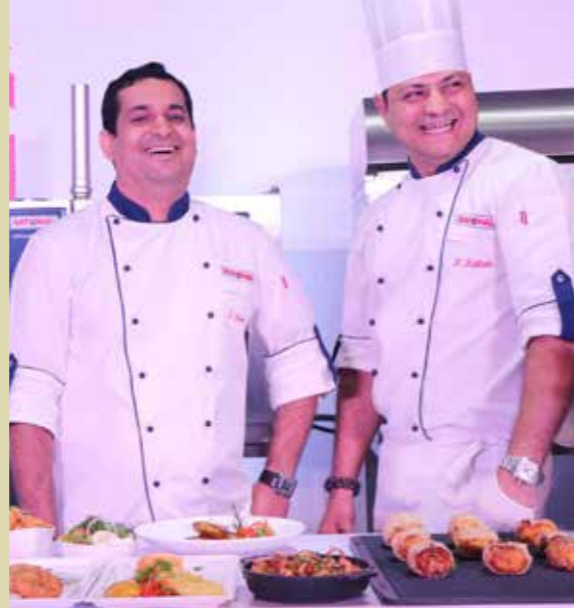
where we can monitor and operate the RATIONAL units from any part of the world via the internet. Not only this you can upload, download pictures, settings to any number of connected units. It also gives you the information whenever new software is available.

► **As a Chef, in a leading role at one of the leading brands, how do you tackle the pressure of performing to match up the high levels of expectations?**

TS: I keep focus on my area of responsibility, involve the team in sharing the new ideas to grow. Listen to the feedback from other colleagues, this helps to maintain and surpass the expectations level of the industry.

► **Do you feel that Indian food professionals are creating culinary trends for the world to follow? Your thoughts, please.**

TS: World is changing, people are travelling and they are quite familiar with the flavours, tastes and appeal of any cuisine. After visiting and working in different parts of the world, I believe Indian food is one of the highly acceptable and available foods. Individuals are



familiar with Chicken Tikka, Butter Chicken, Naan, Tandoori dishes, Palak Paneer and lots of potato curries.

► **What are your views on the use of alternative ingredients in the kitchen?**

TS: Using traditional or premium ingredients to make an eye-catching menu is always appreciated and people like to enjoy new dishes without compromising the flavours, texture and appeal. Nevertheless to substitute an ingredient due to non-availability is quite cruel. I will rather say no to that order.

► **How do you feel the restaurants and hotels are coping with food wastage? What**

**needs to be done to curb this loss?**

TS: I always admire a quote from Mr. Oberoi, “Don’t cut the cost, cut the waste.” It is a key topic to be considered in today’s scenario. We are in a country where people die due to starvation and it is not kind to waste food which can save someone’s life. It is not ruthless to have a penalty for food waste or also to give a discount if you don’t waste food.

► **Limiting the use of plastic had an impact on kitchens in India. Are the currently available alternates viable, in terms of cost and quality?**

TS: We are still in the beginning stage for this. Yes, in future we will need to have strict HACCP rules for this.

► **What is your favourite food? Do your taste buds favour any particular region of India for their culinary prowess?**

TS: I like homely food. Being a Rajasthani I enjoy the local food. I feel delighted in having my food with a local setting.

► **What is the one place which you would travel to, just for the food and experience? Why?**

TS: I want to travel to Istanbul. I have heard a lot about the spices which are locally grown and available in the market there. I would definitely like to try them in my food.

► **What is your take on the quality of fresh talent which is available in India today? Do you feel that there needs to be a change in the way they are prepared at the college level to face the challenges of the kitchen better? Please elaborate.**

TS: The mindset of the young generation is not clear; many of them join the hotel industry just to get a graduation degree. Of course we need to bring the real facts in front of them while they are getting enrolled, this will improve the industry scenario.

► **What comes to your mind when you think of the term Mindful Gastronomy?**

TS: We are born in a country where Ayurveda was found, we believe in the theory of Ayurveda which clearly talks about slow food benefits. People have been moving towards the western culture and adapting different lifestyle which affects their body. Ayurveda could be the only option which balances everything in the diet. 🌱

## Meat - Khade masale ki chaap

**Number of portions:** 4

**Use of goods:** Low

### Ingredients

- 8 piece Lamb chops
- 50 gm Hung yogurt
- 10 gm Ginger paste
- 10 gm Garlic paste
- 10 gm Chili paste
- 10 gm Kashmiri chili powder
- 20 ml Oil
- 10 gm Chaat masala
- 10 gm Cumin powder

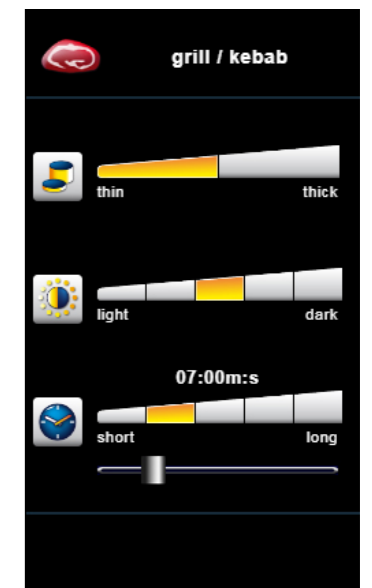
- 10 gm Garam masala powder (Roasted)
- A pinch Clove powder
- 30 ml Lime juice
- Salt to taste

### Method

Wash, clean and remove excess fat from lamb chops. Take a bowl add ginger, garlic, chili, yogurt and mix it well. Take rest of the ingredients and mix together. Apply the marinade on lamb chop and mix it well. Skewer the marinated lamb chops and cook as per displayed settings. Sprinkle the Chat masala and serve.



**Accessory:**  
Tandoori skewer



# You Are Not Alone!



**ANUPAMA JHA**

**W**hen you board an aircraft you must have heard, when the oxygen level will go down the mask will be released and one has to wear their oxygen mask first and then help others.

Are you aware when you need to wear your mask? Are you able to identify your stressors? Are you living with high levels of stress? Do you blame others or your situation for your stress?

You must have heard of a parable of a frog and a pot on the stove. If dropped into a pot of boiling water, a frog would immediately jump out and escape. But when placed in a pot that is slowly getting heated and the frog doesn't notice until the water has already reached an unbearable boiling point – too hot for the frog to survive.

Are you the one who experiences the pressure and finds everything demanding keeping you on your toes until everything is 'Just too much' and you can barely manage or cope?

You are not Alone!

It's unavoidable and one of the most serious and prime reason for the rising health issues worldwide. High time to take Mental Health issues seriously.

It's high time to notice the boiling signs earlier and know the right time to wear our oxygen Masks

There are different types of stress; we need to pay attention to the chronic stress. This stress can cause insomnia, loss of appetite, loss of interest, and other physiological and psychological effects. It's important to learn to manage our stress.

Developing some coping strategies before the stress hit can help an individual to manage task at hand and maintain physical and mental health. We cannot be stress free all the time, that's unrealistic

the idea is to be able to balance, be resilient to hold on the demanding and challenging situations to be more productive, happier and healthier. The fact is one size doesn't fit all and thus one needs to find out what works best for them.

## **First and foremost is to identify and be aware of our stressors**

Every day spend some good time for introspection and self-awareness. Take some time to analyze and understand your thoughts and feelings and behavior. How vulnerable are you to the negative effects of unmanaged stress. Identify your stressors and pattern of dealing with the source of stress and how you contribute to your stress levels. Introspection helps to go to the root, and find out from where it emerges.

Example; if you are constantly worried about work deadlines; is it because you procrastinate or you cannot say No to others and you get too much on hand.

## **Express Yourself**

Very important to communicate if something is bothering you, express your concern and voice your feelings. Resentment will only choke you further and build up your stress level. Be more vocal and assertive about your concern in an open and respectful way. It's important to relieve it instead of bottling them up. Talk to a trusted friend or visit an expert to get support and guidance.

## **Get Emotional support**

There are some events that can be acute life event – uncertain events like the death of a loved one, an accident, divorce, relationship issues, loss of a job, and a loss of a sense of control. McEwen says, "The events may be severe but if you have a good sense of internal support, good self esteem and external social and emotional support, you can weather the storm."

Take time to build your relationship and strengthen your bond. Not necessary the person you are expressing will fix your stress, but a good time spent with someone who listens to you with compassion and being non-judgmental can be of great help to release your burden and share your worries.

## **Exercise and boost your Endorphins**

The last thing on your mind would be exercising when you are feeling low and exhausted. But the idea is to get moving and see the bigger picture, what is in for me? Motivate yourself to incorporate some kind of physical activity that will build up your fitness level gradually. You don't need to be an athlete or spend hours in a gym. Regularly exercising for 30 minutes or more will be good to build your fitness level and get a good dose of endorphins that will make you feel good and enhance your endurance.

Pair up with an exercise partner, encourage each other, Join a dance class

or simply put some music and dance. Walk your dog, climb the stairs, go to the nearest park or play outdoor games with your partner/ kids.

**Have a Healthy lifestyle and Eating Habits**

Eat a healthy and well balanced diet. You just have one place to live in that's your body; take good care of it nourish it with nutrition and balanced diet. Be mindful of what you eat and keep your energy level high. Well nourished body is better prepared to cope with stress.

Getting enough sleep; let the body tissues be well repaired, muscle relaxation and fuel your body and mind. Feeling fresh and energetic after getting up is the way to enjoy your mornings and the entire day.

Reduce your caffeine and sugar, which leads to temporary highs and play with your mood and energy level and it's proven way of reducing your anxiety.

Avoid alcohol, cigarettes, and drugs, no way will it help you to deal with your difficult situations, it's just a temporary relief for an easy escape from stress and you pay a big price damaging your health in a long run. It's proven less intake of these reduces anxiety Make self care a priority.

**Make Time for Fun and Relaxation**

Having some good time on a daily basis will increase your resistance level and recharge your batteries to handle life stressors. Include rest and relaxation in your daily schedule. The body and mind well relaxed makes you calm and focused and one can be in a good state of mind to handle adverse situations.

Relaxation techniques such as meditation, Yoga, and deep breathing activates your senses and involves the stimulus response and releases chain of hormonal and physiological changes and strengthen the mechanism that is beneficial in the long run. Recharging is a very effective way of tackling stress.

**Avoid unnecessary stress**

Learn to say 'No' on taking too much. Know your limitations on personal and professional level. You don't have to be perfectionist all the time, learn to be fine with 'good enough'. There will be always someone to trigger you or give you negative vibes, limit the time you spend with them. Don't give them the remote control to trigger negative emotions. Eliminate things that are beyond your 'To do List'.

**Alter the situation**

This will give you a new perspective to look at the situation differently, "It's not the stress that kills us, it is our reaction to it." This involves looking at different options to deal with the situations, which can be changing the way you communicate and operate in your daily life. Be open to get out of your comfort zone. If you want things to change in your life, you need to do things

differently. Reframe your problem and handle it with the best option to resolve.

**Adapt to the stressors**

Not all the experiences are negative; some positive events in life like having a baby, going on a trip, moving to a nicer house and being promoted, change of place can also trigger stress. This is because they often involve a major change, extra effort, new responsibilities, steps into the unknown and not sure of the coping mechanism and thus a need for adaption. Take a perspective of the stressful situation and check is it really worth getting upset over or you are fabricating unrealistic angle to it. If you can't change the stressors, adapt to the stressful situations and regain your sense of control by changing your expectations and attitude. Don't run away or mask the issue at hand; deal with challenges head on and with clear mind.

**Accept things you can't change**

Different situations can trigger stress for different people. Some sources of stress are unavoidable and you can't prevent, avoid or change stressors such as the death of a loved one, a serious illness, or a national recession. In such cases the best way to cope with stress is to accept things as they are. Acceptance may be difficult, but it's easier to accept than being in a denial and railing against a situation you can't change. Many things in life are beyond our control, particularly the behavior of other people. Rather than stressing out over them, focus on the things you can control such as the way you choose to react to problems.

To be at peace with you, 'learn to forgive'. Let go of anger and resentments. Free yourself from negative energy by forgiving and moving on. Let go of things you can't control.

Stressors affect individuals in different ways. The simple realization that you are in control of your life is the foundation of managing stress. A person who feels they do not have enough resources to cope will be more likely to have a stronger reaction. No matter how stressful your life seems, there are steps you can inculcate to relieve the pressure and regain control. Stress management is all about taking charge of your thoughts, emotions, lifestyle and the way you deal with your problems. Ask for support when needed. 🧡

Love and Light\*

**ANUPAMA JHA**

*(The author is a qualified Psychologist Counselor, Life Coach and Corporate Facilitator with over two decades of experience. She assists people to overcome issues related to emotional and mental health by empowering and strengthening their confidence.*

*#Psychologist Counselor, #Corporate Facilitator, #Mental Health Coach and #Motivational Speaker)*

## Grover Zampa Vineyards Bags Multiple Awards At The Prestigious Sakura Japan Women's Wine Awards 2019

Adding to their cap of international feats, Grover Zampa Vineyards, the pioneers of wine-making in India, have been awarded four honours at the prestigious SAKURA Women's Wine Awards 2019. At this unique competition, the brand won a gold medal for their Art Collection Shiraz Rose 2018, evidencing the superlative quality and excellence of the wine. In addition, Grover Zampa also won three silvers for their Soiree Rose Brut 2016, Vijay Amritraj Reserve Collection Red 2016, Vijay Amritraj Reserve Collection White 2017 respectively, underlining the superior wine producing capabilities of the Indian terroir.

Established as a reliable indication of wine distinction, the SAKURA Japan Women's Wine Awards is an international wine competition held in Japan, where female experts from the wine business unite to judge the best the world has to offer. This year, the winners were selected from among 4326 entries from 34 participating countries, after a tasting assessment where wines were appraised on the basis of their performance in a category, aspects such as food pairing and costing and how they appeal to women wine buyers and consumers.

On these triumphs, Vivek Chandramohan, CEO, Grover Zampa Vineyards opined, "We are extremely proud of our wins at SAKURA 2019, as the acknowledgment really helps reiterate our determination of manufacturing the best quality wines. We are constantly endeavouring to stay ahead of the curve and with this very resolve, we have made multiple advancements in terms of innovation and technology. We are optimistic on what the future has in store for us and are committed towards fuelling the wine industry as a whole." 🍷

Grover Zampa Vineyards Female experts from the wine business unite to judge the best the world has to offer

## Grover Zampa Vineyards Unveils Its New Exquisite Visitor Centre At Their Winery In Bangalore

Grover Zampa Vineyards, the most awarded wine producers and the pioneers of wine-making in India, have extended their offerings by unveiling a new visitor centre at their Bangalore winery, situated in the verdant Nandi Hills. Launching a slew of new amenities, the transformation comes as a part of the brand's overarching efforts to appease patrons, both local and international, with unique experiences to enjoy the many tangs of wine.



Grover Zampa Vineyards Launches premium range of wines amidst wine connoisseurs at a grand soiree

From humble beginnings to insignia of conviviality, Grover has always stood for its heritage, rich culture and exceptional craftsmanship. Exuding the same through a unique event designed for wine connoisseurs and aficionados, the brand offered a first-hand escapade of their wine-making tradition along with a guided tour of their winery and new visitor centre. The event also witnessed the launch of exclusive wines from the brand's stable - Vendanges Tardives: a rich, intense, full-bodied aged dessert wine of uncommon grace and elegance; delivering floral notes and traces of spice and apricot; La Réserve Royale Brut: a sparkling vino, traditional method, partly fermented in barrels and aged for more than 30 months, this wine delivers a complex bouquet of lemon zest, flowers, fresh hazelnuts and brioche; and a new vintage of Insignia: a dry wine with medium body leading to an intricate and meandering trail of fruit-berries, coffee and chocolate, with a hint of black pepper. The culinary partner for the event was Conrad who curated the food served at the event which was a melange of different appetizers, mains and desserts.

The celebration introduced the brand's very first restaurant and lounge, Lounge de La Réserve, an ode to the brand's flagship wine - La Réserve; serving a fusion of Indian and Continental cuisines, providing patrons the opportunity to enjoy piquant wine pairings and delicacies. The new visitor centre also houses Cave the La Reserve, a tasting room specifically designed to conduct tastings and masterclasses in the right environment and Boutique the La Reserve, for cellar door sales of the wines. The event was complemented with an all-encompassing wine masterclass, hosted by India's first Master of Wine - Sonal Holland at Cave the La Reserve. The evening culminated in an after-soiree, where the who's who of Bangalore were seen enjoying the ambience and conversing over wine.

Commenting on the occasion, Ravi Viswanathan, Chairman, Grover Zampa Vineyards said "We have been striving to make strong amendments to shape and grow the wine industry, raising the standards of Indian vino while making a mark internationally. Directed by this very commitment, we are extremely excited to launch Lounge de La Réserve and the newer wines, which we believe are truly reflective of the capabilities of the Indian terroir and address to an evolved wine consumer. We have a positive ambition for what the future has in store for us and the wine tourism industry, and are committed to providing our patrons with the very best in wine."

Adding to the same, Vivek Chandramohan, CEO, Grover Zampa Vineyards opined "At Grover Zampa, quality has always been the cornerstone of our endeavours. We are delighted to have introduced the new-fangled additions to the brand, which we are certain will not only boost our current offerings but also elevate the overall wine experience. We are bullish on the future and are eager to endure this journey of constant innovation and upgradation." 🍷



## Goa Chefs Attempt Hat-Trick Guinness By Creating The World's Largest Bread Pudding

Over 100 of Goa's talent in culinary hospitality, lead by Goa Culinary Forum, came together to attempt a world record feat to bake the world's largest Bread Pudding weighing 1,424 kgs and measuring 6.6 feet by 6.6 feet by 1 feet height. The attempt, to register a hat-trick at the Guinness World Record was made at the 16th International India Hospitality Expo in Goa recently, with the support of Goa Tourism, Goa Chamber of Commerce, Goa Tourism Corporation and Alcon Victor Group of Hotels.

The Chefs team comprised of Ranjeet Pandey, Prasad Paul, Sunit Sharma, Saurabh Puri, Kunal Arolkar, Kapil Muchandi, Nitin Tewari, Ravi Vishwaskarma, Yogendra Gahtge, Subadeep Modak, Veronous, K S Mahesh, Farooq Baig, Lawrence Gomes and many more. Students and staff from Agnel Institute of Food Crafts & Culinary Sciences, Goa University, Goa College of Hospitality assisted in creating the record-attempt Bread Pudding. The pudding was later distributed to charity organisations through Food Bank of Goa. 🍴



CHEF ANAND MITTAL

Students pursuing a career in hotel management in India are facing an acute shortage of a good book on food production. "Simply Cooking" simplifies cookery theory and puts all its principles required by them together under one cover, in a simple

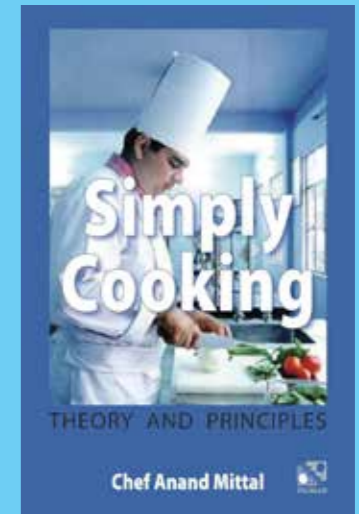
language. The book starts from the very basics and covers just about everything mentioned in the food production, food science and food safety syllabus of major hotel management courses.

With the help of this book, teachers will get more time to teach and students more time to learn rather than search and deliberate from the innumerable scattered resources and yet not be satisfied with their findings as most of what is available on the subject today has not been written specifically for.

A lot of the subject matter on food production that is available today goes in unnecessary details, is very scattered and unreliable (written by authors who have never even stepped in a hotel kitchen).

Hotel management students possessing this book will not need to make their own notes throughout their course, which takes up the majority of their free time.

Each chapter has been written in such a way that it not only covers the topic entirely but will also give the teachers and students enough inputs to become experts with the help of just a little research in the pointed out direction (should they plan to specialize in the subject). It is foreseen to be indispensable in the libraries of all catering institutions and in possession of each of their student for its accurateness, compactness, reliability and affordability. 🍴



Book Title:

# SIMPLY COOKING

Theory & Principles

**Author:** Chef Anand Mittal is a Diploma in Hotel Management and an MBA in HR and has been involved with various aspects of hospitality including teaching and training for over three decades.

**Cover Price:** Rs 400



[www.thechefsarena.com](http://www.thechefsarena.com)