

Better KITCHEN

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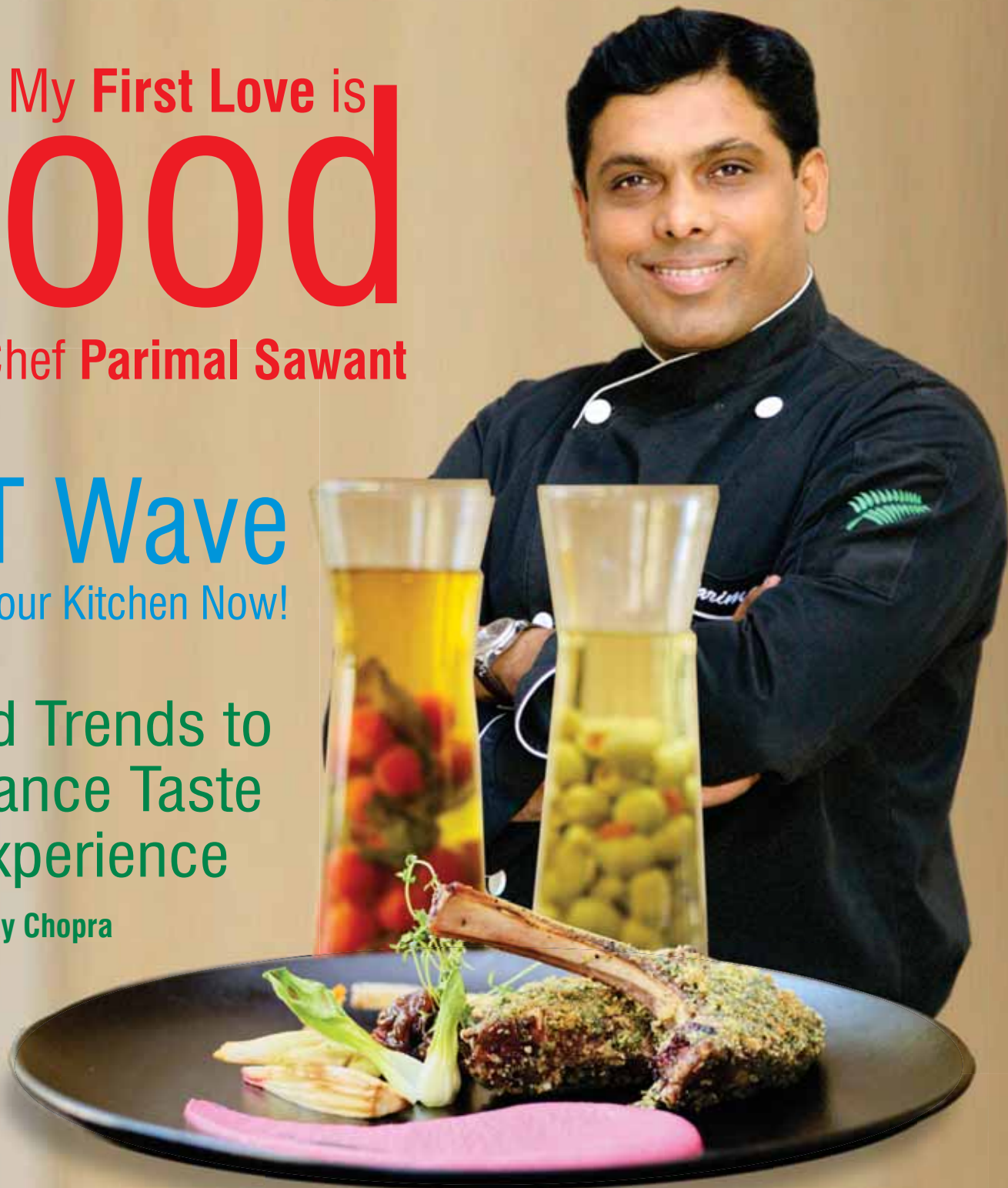
Enjoy Cooking with Technology

My First Love is
FOOD
Chef Parimal Sawant

IoT Wave
is at Your Kitchen Now!

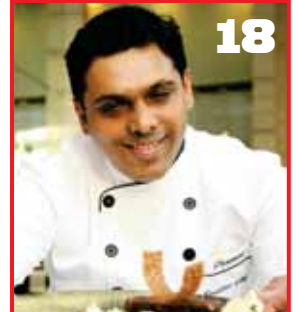
Food Trends to
Enhance Taste
& Experience

Chef Ajay Chopra



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Editorial



Dear Reader,

Greetings,

Right from the inaugural issue Better Kitchen's aim was to provide the readers with interesting stories on the personal achievements of chefs as well as engage them in useful conversation centering on healthcare, kitchen safety, technological advancements, ideal kitchens, cookware, utilization of modern cooking methods, compare the modern methods with conventional methods etc. The idea was to showcase to our readers not only the talents and natural inborn gifts the chefs possessed but also and to make available to readers the fund of knowledge and experience the chefs possessed.

All of us cherish a desire to meet and talk to our icons. Aspiring sportsmen wish to meet their favourite sports star, film lovers and cinema students wish to meet their favourite stars and directors, upcoming writers, painters and musicians also dream of having one to one chats with their idols if possible at least once in their own journeys to their goals. Through the interviews of famous chefs and other professionals in the hospitality industry Better Kitchen has tried sincerely to make the wish come true. We have tried to outline the professional journeys of the professionals and probe into their minds and hearts for those secrets that contributed to their success, those motivations that drove them to perfect their art, those inspirations that guided them and moulded them.

In this issue of Better Kitchen we have featured Chef Parimal Sawant in an interview that is engaging and educative. This issue also focuses on the technology and a vital aspect of hospitality – food cost. We also have an eye opening article on food cravings. And we have a spread of other articles that will make you think and enjoy while reading.

Until we meet again with our next issue, happy reading.

Ekta Bhargava

Managing Editor

Advisory Board



Ram Vittal Rao, *Founder & Director, Vital Concept Design Pvt Ltd, New Delhi*

Ram Vittal Rao belongs to the “now” generation of highly qualified and sought after Hospitality Operations Design Consultants. A Sciences graduate from Mysore University and an Oberoi School of Hotel Management product he has had the opportunity to do high quality and innovative hospitality designing for over 35 years. Having worked with the Oberoi hotels group for over two decades, he has to his credit designed International & National branded hotels, restaurants and flight catering projects. He is the only Indian Consultant to have designed the Rastrapathi Bhawan (The residence of the President of India) & the residence “Antilla” of Mukesh Ambani, as a Hotel Design Consultant. He has to his credit completed & ongoing projects in India, U.A.E., Uzbekistan, Kazakhstan, Qatar, Maldives, South Africa, Bhutan and Mauritius. His contributions and knowledge go way beyond the aspects of Hospitality facilities designing. He is also well experienced when it comes to the development of food and beverage concepts and hospitality spaces programming.



Sunny Sriram, *Director, WeCARE Global Home Solutions Pvt. Ltd.*

Sunny Sriram has an illustrious career spanning India, Japan and New Zealand. Credited for launching nearly five dozen F&B entities and turning around 11 hotels, he relishes the tag of a 'hardcore operations professional'. He specializes in conceptualizing unique dining concepts, realizing ROI faster than expected, and chain-store strategizing. Now as Director of the hospitality arm of a Global company, he reaches out to ambitious restaurateurs and entrepreneurs to realize their dreams.

Udaya Tara Nayar, *Senior Journalist and Former Editor Screen Weekly*

Mrs. Udaya Tara Nayar has served in the specialised area of film journalism and film criticism for 50 years making her the senior most cinema journalist in the country. Her singular achievement is her contribution to serious film journalism which stands out in a profession which thrives on scandals, gossips and cheap sensationalism. In 1995, Udaya Tara Nayar launched the 'Screen awards', the first awards of the cinema industry judged by a jury representing all the sectors and crafts of the Hindi cinema industry. She has won numerous honours, recognitions and awards for her contribution to healthy and clean cinema journalism. She has authored the autobiography of Dilip Kumar titled 'The Substance and The Shadow'. Presently she is writing the biography of Ramanand Sagar.



Saba Gaziyani, *Food Stylist*

Saba Gaziyani is one of Asia's leading food stylist and perhaps the only food photographer - cum -stylist, based in Mumbai, India. Saba's professional career as a food stylist began in 1994 when she was still a junior chef with The Leela, Mumbai. A food styling assignment for an advertising campaign happened purely by chance. The Chappatis looked fabulous in the ad film and Saba kept gaining more skill and confidence. She has now been in the food styling profession for over a decade and is instrumental in raising the bar for food stylists across the country. The fact that she belongs to the illustrious alumni of IHM Mumbai (locally known as Dadar Catering College) has given her the strong foundation required in creating what she calls a 'brilliant food shot'. Her foray into food photography in 2004 was a natural progression for one who had worked for more than a decade with some of the most respected photographers in India and abroad. Saba's studio in Mumbai, the only exclusive digital studio for food photography in India, is really her canvas.



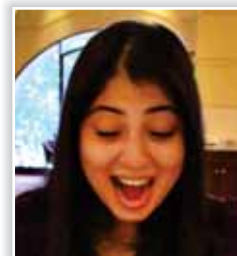
Shatbhi Basu, *Bar & Beverage Consultant and Freelance Journalist*

She has been a part of the hospitality and alcobev trade for 36 years. From bartender to Food & Beverage Manager and now Bar & Beverage Consultant to many international brands & bars; a freelance journalist writing on spirits, wines & beers in mainstream, niche & trade press. She also spends a lot of her time educating both trade and direct consumers, on all things liquid. Taking them through the hows & whys, introducing them to taste profiles, nuances and the art and science of mixology. Her easy style, wit and irreverent approach makes even the most difficult to understand subjects, simple! She established the first ever platform for bartenders in India, STIR - The Official Meet For Bartenders, a seminar cum competition for professional, student and amateur bartenders.



Roxanne Bamboat, *Food & Travel Aficionado*

Roxanne is a freelancer writer based in Mumbai whose main interests are Food and Travel. She expresses her love for all things edible along with all her travel tales on her blog - www.thetinytaster.com. Apart from her own website she writes for various publications and lifestyle websites as well about food and Travel. Her dream is to explore the world and write about her culinary and travel tales. She's hosted many food based events. She's the co-curator of the Food Section at the Kalaghoda Arts Festival which is a massive festival Mumbai and has a great interaction with chefs and well known personalities from the food industry. Roxanne has won an award for the Best Culinary Travel Blog 2014 by popular vote as well as Jury of her peers.



Vicky Ratnani, *Celebrity Chef*

Vicky Ratnani is famous for many reasons. His popular television show Vicky Goes Veg on NDTV Good Times and a book of the same title have won him fans all over India. He is currently being watched on Living Foodz. Traveling to the most exotic places, working with 37 nationalities and cooking for Queen Elizabeth, Nelson Mandela, Rod Stewart have made him open his mind and think out of the box. He has developed a style of his own cooking where produce is king. Global influences, local ingredients and modern techniques are the trinity of his cuisines.



Varun Inamdar, *Chocolatier, Food Stylist & Author*

15 years in hospitality, Chef Varun Inamdar has dabbled roles in all cuisines and kitchen units with equal flair. His journey from being a dishwasher in a humble restaurant to becoming the business head at the world's leading luxury hotel chain and The Arabian Royal family is endearing and inspirational. This passionate chef is an authority in the world cocoa industry and is considered 'The Prince of chocolates'. He is also an Ambassador of Ecuadorian cocoa in India. Chef proudly represents India globally and is known to create India's first 6 feet tall, life-size edible Chocolate Mannequin and Chocolate Ganesha on television. His association with Pepsi Co India to lead their nutrition drive at 'Make in India' week in 2016 got him rave reviews. His show 'The Bombay Chef' on YouTube is widely watched across the planet, clocks in a phenomenal reach of 2 Million plus and competes with the worldly culinary giants. More recently he was also featured in Master Chef India on Star Plus as a guest showcasing his talent.



B.P. Sahni, *Principal - Sheila Raheja Institute of Hotel Management*

B.P. Sahni has graduated in Science from the University of Kerala and completed his Diploma in Hotel Management and Catering Technology from the premier Institute of Hotel Management in Mumbai. He epitomizes the ability to put theory into practice by his vast experience of more than three decades in the Hospitality Industry. In a dedicated attempt to recompense the industry in which he has worked, he has been a Principal in various Hospitality Management Institutes of repute for twenty years and over three decades in the Hospitality industry. He has the distinction of chairing the ad-hoc board of Hospitality Studies and has served on the Academic Council and various other positions in the University of Mumbai since 2004.



IoT Wave is at Your Kitchen Now!

One swish, and the knives started chopping, the pans lined-up, and the flames began crackling. And soon, as the inviting aroma filled the kitchen, the food was in the plates. Dinner was served!

We all remember this from this exquisite sequence of events from our favourite fantasy and fiction movies. With the inimitable words of J.K Rowling, and Tolkien, and Terry Pratchett for company, the surreal teleportation into this world of fantasy has had almost all of us salivating. After all, who wouldn't like to sit back with the feet lazing on the couch as the food gets prepared on its own?

But then, alas; the trance breaks and the grinding reality of the sweat in the kitchen, and the food going bad surfaces.

Isn't this a rollercoaster that almost all of us have faced, and wished that the trance would never break?

Well, guess what! Technology has an answer to our wishes! Sure, they have still not been able to make knives fly, but then that doesn't sound like the best idea to begin with.

In this era of high-speed internet, constant connectivity, and smart phones, a new phenomenon has emerged that is slowly taking over our lives – the Internet of Things. But before anything else, allow us to tell you what this revolutionizing technology that is known as the IoT (Internet of Things) in the tech world is.

According to the geeks, IoT is a network of computers, mechanical devices, objects, equipment, animals, and humans, that are connected through an ability to transfer data packets over a network.

In other words, everything, right from our fridges and ovens and the fire alarm systems, to the lights and the climate control settings in our homes, or rather, our extremely smart homes, are connected to our smart phones right in our hands, through a network of



computers and the internet.

There was a time when white was the only colour available for the refrigerators, and Godrej and Allwyn were the only names that everyone trusted. Now, since these were the only major players that manufactured them, there was a good reason for that trust. And for those who could manage to shell out those mounds of money for these pieces of 'modern' technology, there was a waiting time of months before they could enjoy the luxury of milk not going bad if it was not consumed within the day. The focus was on the utilitarian aspects of these kitchen equipment and appliances, which is why the aspects like colours and design always lagged behind.

But as the years rolled by, and with India opening her doors up to the companies from across the world in the 90s, design and innovation became the focus areas in the world of kitchen equipments and appliances.

Companies like Kelvinator, Whirlpool, Samsung and LG began introducing refrigerators that were available in a

variety of colours and sizes. This wave also brought in a gamut of other appliances like the microwaves, blenders, washing machines, water purifiers, stoves with multiple burners; a flood hit the markets. And as people lapped up the chimneys, and the stoves that ran on electricity, fumes and smells in the kitchen became things of the past.

But now with the increased consumption, the concerns for the environment have also increased, and energy efficiency has begun to get the spotlight that it deserves. Energy guzzlers like the refrigerators and air conditioners are being made in ways that they consume less energy, and even save energy, as per the commands of tiny sensors in them which tell to regulate the temperatures as per the external environment and the loads that they contain.

Comfort and design were not the only aspects that matter. Smart designs, innovative new appliances and kitchen equipment and have come into the markets. Let us have a look at some of these smart changes that have made our lives even easier –

Smart Refrigerators - After the refrigerators with the freezers being in the top half became a thing of the past, a whole lot of other features have been introduced in them to make these pieces of technology even more 'cooler'. Features like anti-microbial drawers; toughened glass shelves; options to have ice cubes, shavings, or crushed ice; and a temperature control system that lets the freezer double up as a storage space for the fresh produce, and vice versa; make us wonder what is next.

Refrigerators that can double up as wardrobes?

Induction Technology and Flameless Cooking - A lot of times, there are places where a fire cannot be lit, and that presented us with a big problem in the era of gas stoves. Enter - induction technology which makes use of magnetic induction to transfer heat to the cooking vessels. This technology revolutionized the way cooking happens because environments like in an airplane thousands of feet in the air, or in the middle of a forest, and even in our own homes, since fire was a matter of concern, we not had an option that was absolutely safe.



Electric Cookers and Tandoors – And for those who want to opt for something that is a tad cheaper, but still safe, electric cooking technology that makes use of electric coils to heat up the food or steam inside the cookers and tandoors is the answer. And in these vessels





too, all the innovative features like non-stick cooking, use of computers and microchips to monitor the cooking temperatures to ensure safety, and even pre-programmed recipes and times, are available.

Air Fryers – In these times of sedentary lifestyles, almost everyone worries about the calories in the food that we consume. And this includes the inventors and the big companies too. Enter, air fryers, because as the inventors of this appliance say, 'air is the new oil'. These appliances circulate superheated air to cook the food which is delicious without being soaked in oil. And in the words of Chef Gordon Ramsay, “yes, it won't have that deep-fried taste”, but then you can't win all the battles, isn't it?



Wine Chillers – Soon after the use of innovative technology to heat and cook our food without the use of an open flame, there was a wave of technology that helped us chill – our food and drinks. But unlike refrigerators, wine chillers do not use cold air to keep the temperatures low. These appliances use thermoelectric technology, i.e. a combination of microchips, superconductors, and electricity, to remove heat from the insides of the appliances, without the use of compressors and environmentally harmful gases!

Coconut Scoopers - After a countless numbers of hours, thousands of cut fingers, and a whole yard worth of broken knives that we had seen over the years, an inventor came up with an answer to our coconut-y woes in the form of this coconut scooper.

Corn strippers – We've all been through times when eating corn, one or two kernels at a time has tested our patience. But with this innovative device which removes the kernels from the middle portion of the cobs that is inedible, it seems like we will have to let other things test our patience.

Spiral Slicers - We eat with our eyes, which is why, now, a great deal of importance is being given to how the food is plated. And one of most important aspects of plating is the garnish, which is why this little equipment can help you in a big way. The various shapes and sizes of the blades that these slicers have help in getting spirals and other designs from the vegetables and fruits that you can use to enhance the way your food looks.

And if you still don't have these little pieces of smart kitchen equipments in your kitchen, we recommend that you get them – now.

Now, let us talk about the future. The future known as the Internet of Things, which has already begun unfolding in the form of a new wave of kitchen equipments that has started entering the lives of Indians; a wave where all these appliances and the humans using them are connected at all times.

LG Smart ThinQ cooker - A device with thousands of pre-programmed temperatures and timeframes, a feature to connect to other users to chant about recipes, and even a diagnosis tool that lets it find out what is wrong if it breaks down. A thing from the future? No, it is already available in India

SmartPlate - A device that tells you the precise amount of calories in your food by using three tiny cameras and weight sensors to help you monitor those calories. And it also connects with your wearable fitness trackers. Dreamy!

WeMo Crock-Pot Smart Slow Cooker – A device that monitors the temperature inside it while the food is being cooked, and adjusts it to attain the right temperature depending on the recipes that are programmed into it. Goodbye, burnt food!

But what is happening in India is just the tip of the iceberg, and the Internet of Things is way bigger than what many of us can imagine. Many giants like GE, Samsung and LG, and countless tech-based startups have already begun changing the way we cook and eat, or in other words – live. Shall we take a look at what some of these are up to?

Refrigerators are being built with cameras that recognize the stored ingredients, and based on the recipes that they can access on the internet; they also give you suggestions about what you can cook. And that's not all. These smart appliances also connect with smart ovens or stoves to prepare them for the cooking.

Sensors are being built in to the refrigerators to monitor the time for which you store the food items. If something is going to go bad, a notification will be sent to your smart phones. No more food wastage!

And soon, you will also be able to connect your refrigerators to the portals of e-commerce companies, which will monitor the levels of milk, eggs, and everything else in the kitchen and send you notifications when you're running low. One click and the

replenishments will be on their way!

All of this is great, but what about energy consumption? These companies have an answer for that as well. Smart thermostats and air-conditioners are now connected to computers to monitor the weather and adjust the temperature accordingly. And if you want to control them manually, you can do so with one click in the mobile app that is connected to these smarty pants, we mean, devices.



And for all the coffee addicts, there is a wearable device which monitors your sleep patterns. When it senses that you're awake, it sends the information to the coffee machine to ensure that you have fresh coffee waiting for you as you enter the kitchen.

So, while we wait for the scientists to come up with something that is reminiscent of the fantasy worlds, letting the innovative world of science driven wizardry known as the Internet of Things enter our kitchens seems like the way where everyone is headed. ■

Would you like to contribute in the
Better Kitchen Magazine,
contact us at betterkitchen@bandwagonmedia.in



Grilling Provides Great Social Bonding

Manish Khandelwal
Managing Director, Weber India

In 1952 in Chicago, George Stephen created a culture and added a new dimension to the culinary experience. By cutting a steel buoy in half to form a unique design, he achieved the ability to control temperature, producing great tasting food. This marked the beginning of the iconic Weber Original Kettle grill and the philosophy, "If you're looking, you ain't cooking," which embodies the practice of keeping the lid on the grill while cooking. **Manish Khandelwal**, Managing Director, Weber India is a gourmet lover and passionate about the grilling shares Weber's future plan and grill market in India with **Better Kitchen**. Excerpts.



Tell us about Weber and its future plan.

Weber is an American brand, established in 1952 and now present across the globe. It is the most premium barbecue brand around the world. Weber is in India for a long haul and at the moment we're busy in two objectives, firstly creating the 'grilling' category which is non-existent at the moment as no organized player is present in this category apart from Weber and people's perception to grilling is essentially limited to the open brazier grills which are locally fabricated and sold on footpath. Weber handles this by the way of experiential marketing by demonstrating the benefits of Weber grill. We educate people about grilling lifestyle which is

essentially about social bonding and enjoying great food over the barbecue. It is a lifestyle activity which people are adopting fast. Secondly we're expanding our channel to reach out to customers in a better way. We're currently present through our stand alone Weber stores & Experience center's, traditional retail stores and modern retail channel besides being on the e-commerce as well. Our vision is to have each household own a Weber grill.

What is the size of grill market? At what rate it is growing?

As the category is highly unorganized, it will be difficult to put a number to the market size.



How Indian market is responding to your products?

Indian consumers are highly aware of global trends and look forward in adapting them at the earliest possible moment. Though cooking over fire is not new to Indians and therefore their love for grilled food is catching up very fast. Indian consumer is well-informed and looks at buying only those products which assure of good quality and hassle-free service and that is where Weber fits in perfectly.

How many products you are offering and what is the ratio of sales for commercial kitchen verses domestic kitchen?

Currently India range has charcoal and gas grills. In both the segments we have huge variety to choose from for the consumer. We have portable, compact and large grills depending on the usage pattern and the space availability at consumer's end. The retail business is much bigger as

compared to B2B segment. Weber is a preferred brand across all 5 star properties and now is widely being patronized by stand-alone thematic restaurants as well. The ratio of sales will be 4:1 for domestic versus commercial kitchen.

What are the parameters you are distinguish between your grills and Tandoor?

Tandoor is a highly conventional way of cooking as compared to grilling which is far more modern. Tandoor in domestic homes is not possible due to obvious constraints whereas Weber grill can be placed in a small balcony as well. Weber grill is highly versatile as one can bake, roast and smoke besides grilling whereas tandoor has very limited usage. Moreover tandoor is usually operated by unskilled chefs whereas grilling is easy and for everyone.

Grilling is not a daily affair in household kitchen. How you are positioning your products?

Weber grills are highly versatile and besides grilling, these grills can be used for baking, roasting and smoking as well. Which means that a person can make starts, mains to a dessert on a weber grill which makes it highly ideal for Indian homes.

What is the USP of your brand?

Closed-lid grilling is the USP of the brand besides the 60 year old American legacy of the brand. Closed-lid grilling is much superior as compared to the open brazier grills and therefore the flavor coming from a Weber grill is unmatched. Quality of Weber grills and the generous warranty of upto 10 years speaks volumes about the brand.

Why only grill? Any future plans to

increase the product range?

Since 1952 when Weber started business till now, Weber is highly committed to provide the best barbecue grill to the world and therefore focuses on only 1 product rather than diversifying. We're proud that Weber today is the most loved brand across the globe.

How do you see Weber in next five years in India?

In 5 years Weber will be changing the way people perceive grilling. It will be far more preferred way to cook as it is healthy as well as it ensures great social bonding as compared to the conventional cooking over the gas stove in kitchen. Cooking a meal will not be only limited to female member but it will be a fun activity each family will look up to.

What message you would like to share with our readers in terms of Weber products and technology that you use?

Weber is for people who are very particular for their food and don't compromise on the flavor. Eating out has its own hazards to say the least and food grilled on a Weber is far more healthy than most of the cooking methods. Also it gives opportunity to us to step outdoors and appreciate the natural beauty. Moreover, grilling provides great social bonding wherein every member participates and contributes and it leads to great memories. ■



Facing problem in running restaurant ...

Contact us for expert advice

at betterkitchen@bandwagonmedia.in



Food Trends to Enhance Taste & Experience

Chef Ajay Chopra

We have seen a lot of new products in the market to enhance taste and giving us the options for global ingredients and experience. Here are a few food trends for you to develop menu.

Alternative Pasta - Whilst India just started accepting the transition of shifting from hakka noodles to spaghetti, the next thing on the menus is Vegetable Spaghetti. Healthy vegetables like zucchini, carrot and even edamame are being used to make a nice colourful spaghetti bowl which is healthy and can be seasoned with the same sauces or condiments.

Artisanal Butchery - As some chefs are exploring vegetables to make spaghetti, there are a set of chefs glorifying meat from nose-to- tail and developing their artisanal ways of using the newfangled cuts of meat either in artisanal cooking, or for charcuterie. The trend of cheaper and supreme cuts has faded away making

way for the whole carcass being used to the advantage.

Authentic Ethnic Cuisine - Chefs and millennial consumers today are hunting down authentic ethnic dishes from different regions, like Gyozas from Japan,



Baos from China or a Khasta Kachoris on the restaurant menus which are not only printed but hot-selling.

Buddha Bowls - These bowls are a melting pot of flavours and textures, with a mix of noodles or rice, stir fries, crunchy vegetables and crispy nuts. Individual meals are phasing out now, with wholesome meals smartly walking in with healthier options from Don Bouri to Buddha Bowls.



Charcoal - Charcoal is not only being used as a cooking method but also as a cooking ingredient to make charcoal spaghetti to charcoal buns and even ice-creams. There are a world of possibilities and one just needs to innovate with the play of ingredients.

Coconut - Coconut and more coconut are emerging to be the next rave, with an array of derivatives from it like edible charcoal, organic coconut oil, coconut ghee,



coconut milk, coconut sugar to even coconut flour. One of the biggest reason which brings about the demand is because of the gaining popularity of Asian food comprising of Indian, Far Eastern and even Philipino food.

Creative House-Made Condiments - Wastes have now been recycled to make chutneys and pickles and is very much part of the dining table. Simple coriander roots are used to make stocks for soups and chutneys, cauliflower and broccoli trimmings in kebabs, and not sure if many people knew this- the dry chutney served with a vada pav is actually the besan crumbs, garlic and red chillies blended together.

Healthy Chips - A plethora of choices are available in chips, ranging from kale to root vegetable to plantain, and not deep fried but baked or dehydrated. These chips have the same texture and flavours, yet healthy and can be eaten in any amount without being guilty. As Indians, we are so used to crunch with our dal chawal, that we relish a nicely fried papad or chips and then feel guilty. Here is a better option for the millennials.

Home-Based Chefs - (Wooh! Now this is a big one!) Traditionally, chefs were what got certified and worked in plush hotels and were assumed to be doing some magic in those kitchens. However, looking at the work culture today, homes have become offices and people are earning their bread, being at home. Very often, we read and see articles on the way women should be empowered rather than being suppressed in household chores, but we don't see how so many men and women are cooking homely meals and supplying to the big corporate parks in the cities. Homechefs today have their competence in food and presentation, they can easily hire a food stylist and photographer. These pictures can go on social media platforms and create a brand for themselves. Similarly, the “unorganized food and delivery market” can gradually be organized by professionals doing cooking classes, pop up restaurants to actually being MasterChef India winners. Opportunities are many, just the execution should be Right.

Street-Food Inspired Dishes - Local food going global has now formulated a new term in the dictionary called “Glocal” in which local tastes were innovated to the suit the palates of the people. From generation where we enjoyed hot samosas on the street, now is the time for

deconstructed samosas, vada paos have become Vada Baos and Pav bhaji has been gone on a fondue pot. Whilst doing this, one has to keep in mind that street food is all about a great taste and the right texture.

Paleo Diet - As the name suggests, the diet has revived from the ancient eating patterns of our ancestors or rather early humans. Paleo diet is a new fad or a movement which excludes dairy products like the vegans but does allow to consume lean meats and seafood. The whole idea is to promote grass fed meats and wholesome foods. This is a great diet for people

suffering from diabetes and high cholesterol levels.

Marbling Desserts - Super beautiful confectionary, hand crafted to look like smooth designs are pretty much irresistible and hard to be ignored. Fine pastry chefs are not only looking at the taste, but also their finish to make them look photogenic as well as delightful. Artisan chefs are also learning filigree to apply in the science of food, just proving the irony of the statement made by Chef Edward Lee - "Dessert is a feel good song, and the best ones should make you dance". ■

Bosch Home Appliances Are Available on Pepperfry.com

Pepperfry.com Furniture and Home marketplace has partnered exclusively with Bosch India to sell their premium kitchen appliances range. Pepperfry will offer a complete collection of Bosch built-in- solutions which include built-in gas hobs, chimney hoods, built-in ovens, and built-in dishwashers. This exclusive tie-up will enable Pepperfry customers to access Bosch products online on the Pepperfry website. The alliance will enable Bosch to tap the sizeable Pepperfry customer base through its wide-spread delivery network.

Talking about this alliance, Anand Batra, AVP and Business Head Home Category, Pepperfry, said, "Our goal is to help 20 million customers create beautiful homes by 2020. The partnership is a step towards achieving that goal by expanding our range in the kitchen appliances segment to include internationally recognized brands. Pepperfry has emerged as a market leader in the kitchen appliances space, having built strong supply in Chimneys, Hobs, and Built-in Ranges."

He further added, "The category is seen 3X growth in the last few months on the

back of our strong supply and great customer experience. Bosch is synonymous with German engineering, innovation

and 'industry first' technology solutions we are confident that our collaboration with the brand will

enable us to expand our kitchen appliances business significantly."

Commenting on the collaboration, Gunjan Srivastava, MD & CEO BSH Household Appliances said, "With Kitchens becoming the 'heart of homes' we are looking at partnerships which bring our innovative and futuristic built-in product portfolio accessible to the modern India shopper with our Brand Bosch. We are delighted to partner with Pepperfry, India's leading online furniture player to provide our aesthetic and comprehensive built-in solutions complementing their vast home furniture portfolio. We are confident that our partnership will further strengthen our presence in the category and deepen engagement with customer." ■



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My First Love is FOOD

Chef Parimal Sawant

Tell us about your background and how you have come to the hotel industry, especially into your chosen line of cooking.

My first love is food and loved to explore new dishes as well, since adolescence.

My grand maa played an important role in choosing this as a career. She had always prepared delicious food and I

As for Chef Parimal Sawant, the best possible gig shares his level of passion and provides opportunities to practice it. His role as Executive Chef at Meluha-The Fern and Hotel Rodas is the culmination of a lifetime interest in food, coupled with enthusiasm to create and build from the best of all.

used to stand by her in the kitchen and saw how she made food and was always amazed of the taste of my favourite dishes cooked by her.

My grand maa was an inspiration and the food I prepare, every time I dedicate it to her.

Where you have done your training?



During my early years I had an interest in the culinary world and soon found myself enrolled in the Hotel Management Diploma program at the Sophia Polytechnic. It was the perfect outlet, offering me the chance to combine my love of creating and building with the zeal for preparing exceptional food.

Upon completion of the program, I joined as Chef-de-Partie at Taj Mahal Palace and Tower in 1995. The next 10 years I excelled in being a Team leader, a Trainer and Client Servicing at the property.

Coming to the kitchen side of the hotel industry, how did you plan and visualize it?

After I worked as a CDP in the Taj, in an effort to gain additional experience, joined The Orchid, where I accepted a position as a Junior Sous Chef. Later honed my culinary skills at The Renaissance Hotel and Convention Centre (Marriott) as Chef-de- Cuisine.

Hired by Courtyard by Marriott Ahmadabad as Executive Sous Chef in December 2012, I was able to put his diverse talents to good use by introducing culinary themes for MoMo Cafe buffet set ups and surprising the patrons of the city with innovative ideas and food festivals.

With regard to kitchen planning, in most of the cases it is done by architects and designers in consultation with Chefs. But from your experience, you talk about

accessibility. Please comment on that.

When it comes to kitchen planning, it is usually done by architects, but the whole design comes from the chef's mind because he thinks in an operational point of view. Considering that the chefs would be comfortable working in the kitchen, is there enough space to move around, will the guest be getting a quick service, all such things plays an important role.

How do you rate the food which is going to be cooked in the kitchen and served at the table. How much weightage do you to give to both cooking and serving?

Well I think both play a very important part at both ends. If your food does not have a great taste then it is worthless, and if the service is not good, it does not leave a good impression.

When it comes to guests, he would be happy to the core only if the food and the service would be great. That is why both have an equal weightage for cooking and serving.

When you are cooking the food, when the guest is of old age, can you suggest something more suitable to his palate?

Yes, every time when we host a guest who is elderly, we suggest them food which is less spicy, or probably easy to consume and process which would be good and suitable to the palate.



When you are talking about 10 guests or a thousand guests, the preparation is going to be different. In that case what is your preference for the cookware and the cooking pots?

Definitely, when it comes to a smaller amount we usually use small pots and pans as it is easier to control the heat and get flavor. But when it comes to a larger number of guests, there are options like brat pans, tilting pans or steam kettles which makes cooking in bulk easier and faster. We also have the technology of Combination ovens which runs on electricity, makes it efficient and even.

What about the technology. Like when you are talking about gas, or the induction thing. Are you going to use the same thing or it is going to be different?

Both are suitable for different places, like a gas is very much suitable for a basic kitchen as it is easier to maintain, you can control the heat and it is user friendly. An induction looks good in a live counter or an open kitchen as it looks good and is less messy.

Tell us about the Green Practices you follow in your kitchen.

Being an Ecotel hotel, we follow Green practices to a "T". Here we segregate waste, save water as much as possible, do our cooking in small batches to avoid wastage and keep it fresh

How do you rate the importance of fuel while in the kitchen. What are the hazards of using different fuels?

Fuel plays a vital part in our kitchen operation as it is only thing that gives heat that we are able to produce. We use here CNG as it emits less pollution and is Eco friendly. Shortcomings of using different fuels is that it may damage the machine.

With more and more technologies coming up, do you think cooking is going to be more advanced?

I see one should have flare of innovative dishes and presentation



skills, Confidence and strong belief to make things work well with perfect planning and understanding the time of action and preference of the food lovers towards their needs and requests.

I think it should always be fresh, simply crafted food and with the new trend of molecular gastronomy, it is time to bring the old classics back.

Do you have a Disaster Plan in place in case of an emergency.

Emergencies and disasters strike quickly and without warning so we are always prepared



when a crisis arises, be it a medical emergency or it is guest related service issue.

Earlier you people were saying that Chefs don't disclose their recipes. Now a days with an open kitchen everybody is seeing what you are mixing. So how do you think the Chefs can keep their recipe a secret?

I don't think nowadays any chef is keeping their recipe a secret, it's all about giving and sharing the knowledge. We Chefs always try to create something new and innovative for new trends which a normal person cannot. That is why we always have something new to share every time

Have you ever got any ideas or inspiration from your guests?

I usually get my inspiration from elderly guests with their different knowledge of ingredients which many people don't use nowadays and traditional cooking techniques they used earlier. I also get ideas from fitness freaks how they incorporate healthy ingredients into delicious meals.

What is the message you are going to give to our readers, as a Chef, about the kitchen. How the people can plan their kitchen. Whether it's a domestic kitchen

or a commercial kitchen. What points they can keep in mind while designing it, etc.?

Well some points to keep in mind are:

- Set a Budget
- Write Down what Your Current Kitchen Lacks
- Determine Your Wants and Needs
- Analyze the Available Space
- Decide How to Arrange Appliances
- Look at All Your Options

Tell us briefly about your concept of an Ideal Commercial Kitchen.

An ideal commercial kitchen should have an Ergonomical kitchen design, should be energy efficient, have the appropriate size and equipment of the commercial kitchen that meets all the standards of health and safety, good ventilation and easy to maintain.

Any message you want to give to our readers about the kitchen. How can they make their dream kitchen?

Never say NO....to anything and that is a secret mantra.

Your one recipe for our readers.

Herb Crusted Lamb Chops:

Ingredients

For the Lamb Chops

- Australian Lamb Chops - 2 Nos
- Salt - To Taste
- Oil - 10 Ml
- Crushed Pepper - 3 Gms
- Parsley - 10 Gms
- Rosemary - 5 Gms
- Thyme - 5 Gms
- Parmesan Cheese - 30 Gms
- Bread Crumbs - 20 Gms

For the Beetroot Cream

- Balsamic Vinegar - 10 Ml
- Sugar - 20 Gms
- Beetroot - 100 Gms
- Salt - To Taste
- Whipped Cream - 50 Gms

For the Caramelized Onion

- Onion Rings - 100 Gms
- Sugar - 10 Gms
- Red Wine - 10 Ml
- Balsamic Vinegar - 10 Ml
- Butter - 10 Gms

For the Garnishes

- Cherry Tomato - 1 No
- Baby Pock Choy - 20 Gms
- Thyme Sprigs - 2 nos
- Fennel Bulb - 20 Gms.
- White Wine - 5 Ml

Method

For the Lamb Chops

- Marinate the Lamb Chop with Oil Salt and Crushed Pepper.
- Pan Seree it till 30% cooked.
- In a separate bowl mix bread crumbs and chopped herbs and parmesan cheese and coat it to the lamb chop and gratinate the lamb chop to desired doneness.

For the Beetroot Cream

- Marinate the Beetroot with balsamic vinegar and sugar and salt and keep it for roasting at 140 degree centigrade for an hour.
- Puree the Beetroot and mix it with Whipped cream and keep aside.

For the Caramelized Onion

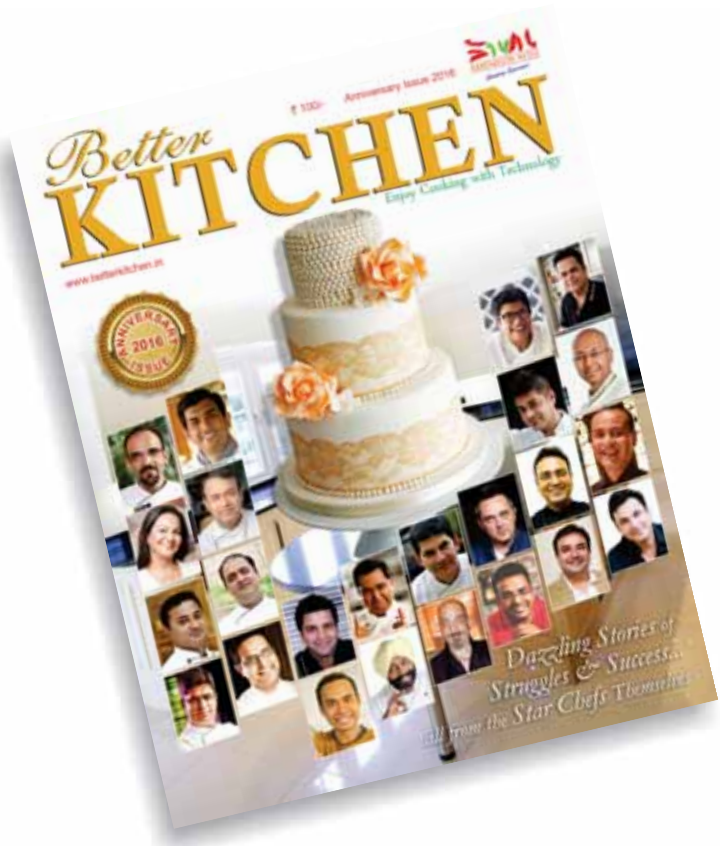
- Saute the onion rings in butter and sprinkle sugar.
- Once the sugar starts to caramelize with the onions add the red wine and the balsamic vinegar and let it reduce.

For the Garnishes

- Fry the cherry tomato and pull the skin to the head for garnishing.
- Slice the fennel and roast it with White wine for infusing the flavors.
- Blanch the baby pock choy and keep it aside.
- Once all the Components of the dish are ready assemble it on the plate garnish with fresh Thyme sprigs.

Note: while Coating the Lamb we could use little oil to help the mixture to bind on the lamb. ■





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Food Cost

Chef Raminder Bakshi



Perhaps the most dreaded two words in the industry, Food Cost. The sound of those words is enough to send a chill up the spines of the most seasoned chefs. This most sensitive of topic in any hospitality establishment is capable of raising blood pressures, causing temper outbursts akin to seizures and wiping out careers like an avalanche.

Needless to say, stress levels are at quite another level in our industry. And let's be fair to food cost here, for, more often than not, the source of the stress isn't the food costs themselves, but the never-ending battle between managers and chefs regarding what the magical "ideal" or "theoretical" food cost should be. Depending on which side of the serving line they are on, each member of the management team uses their own "gut feel" to attack or defend the monthly food cost figure, a feeling that is influenced by industry averages, experience or bonus desperation.

But feelings cannot always be relied upon. They meddle with facts even in the best of cases. By monitoring food costs based upon some arbitrary number instead of investing the time to calculate the true ideal food cost, management can be guilty of criticizing a kitchen staff's performance when the costs are in line or, worse, be lulled into food cost complacency when the costs are running two to three percentage points off the mark. The best gauge of a restaurant's food cost is an internally developed standard based upon an analysis of inventory, recipes, sales mix and price structure.

Simply put, an ideal food cost is the number that will end up in the monthly food cost bucket if everything goes as planned. It is the aggregate cost of all ingredients that should have been used, based upon your recipe costs and sales mix. There is no debate in the matter, no room for error when all this is firmly established.

The trick is identifying all of the menu items and condiments that go out to your customers, listing each item's recipe ingredients, calculating the cost of preparing each recipe based on current inventory prices and ensuring that you have a system in place for tracking the menu sales mix. Depending on the size and complexity of your menu, that can be about as much fun as a visit from the health inspector.

But don't lose heart. There are currently numerous software programs in the market that have streamlined the arduous task of menu costing, replacing the challenging and arduous manual recipe cost sheets with "electronic" cost sheets that can update your recipes "on the fly" for changes in ingredients, portion sizes, inventory costs, or menu prices. These programs are designed to be "manager friendly," so you don't have to be an engineer to operate one.

So stop making excuses. If you want to replace the monthly food cost rationalization game with food cost accountability, then get serious about getting a handle on your food costs. The bonus you save may be your own.

Author Chef Raminder Bakshi is Hospitality expert, entrepreneur and the founder, leading advisor, developer and deft-risk mitigator at The Art Culinaire. Raminder Bakshi, has more than 23 years of experience in the Hospitality and F&B industry. His decisive leadership qualities, expertise and passion for his art have helped him in setting up many a Food Court, Multinational QSR, Hotels, Restaurants & Resorts. THE ART CULINAIRE which specializes in conceptualization and execution of restaurants / hotels / base kitchens / banquets / outdoor catering / air catering services / institutional catering / quick service restaurants and much more. ■

What Do Your Food Cravings Really Mean?

Geetu Amarnani

Nutrition & Lifestyle Management Consultant

Cravings can strike without notice or warning. You could be sitting around, minding your business when... BAM! Someone mentions doughnuts, ice cream, pasta or chips and suddenly you can't focus on anything else. You've convinced yourself, you need these foods.

Cravings generally mean something in your body is mixed up - your belly speaks German but your mind speaks English. Negative feelings, dehydration, fatigue and nourishment can all lead to cravings. To gain control, it's important to maintain a healthy lifestyle and a proper diet.

A large number of people are affected by food cravings, these cravings can throw any diet into chaos. Succumbing to them, eating whatever you desire, isn't healthy or helpful. To avoid these situations, or to at least be better prepared, you need to understand why you want these foods and what to do about it.

Cravings: From Your Head Or Belly?

The two main causes for food cravings are:

Psychological - Cravings caused by your wants and desires, often referred to as "emotional eating."

Physiological - When your body actually needs nourishment.

Thirst is a good example of a physiological craving. You need water to survive and your body is telling you so! Waiting until you feel thirsty is dangerous because it can lead to dehydration. Make sure you drink plenty of water, before you feel thirsty, especially when exercise or heat are involved.



Now that you know which type of craving you're having, it's time to do something about it.

Food cravings aren't all in your mind. You crave foods because your body “remembers” the physiological effect the food had when you consumed it in the past. In fact, research has shown that the foods we perceive as enjoyable or rewarding actually activate the same “reward pathways” in the brain that are triggered by certain drugs of abuse, like cocaine. When you experience a “food flash,” you are really experiencing a milder form of the drug cravings that afflict recovering addicts.

That's why the smell of food is often all it takes to get you feeling all “cravey” and distracted. Haven't you on occasion walked past a bakery or entered a friend's kitchen and suddenly the aroma of delicious foods hits you, leaving you tempted? Face it, the smell of food can make you feel hungry as much as the sight of food can. That's a biological fact we're stuck with. The solution is to remind yourself, “That's the aroma of fat cells I don't need.”

You've probably noticed that you feel your strongest food yens at specific times of the day - or month. Here are the whens and the whys of cravings:

- During the mid afternoon slump (from about 3-6 p.m.) By far the greatest number of cravings occur late in the day. That's when our blood glucose drops, making us sluggish and in need of a lift.
- When we're stressed out, upset or bored .Bad moods frequently give rise to cravings: We imagine that if we eat a cookie or a chocolate bar, we'll feel

better -- and often we do. Carbohydrates sweet or starchy foods -- increase the secretion of the brain chemical serotonin, which in turn can improve mood.

- Before your monthly period, Research shows that many of our cravings for chocolate and carbohydrate-rich foods are particularly intense in the days leading up to menstruation. Women may overeat carbs in an attempt to raise serotonin levels to counter the bad moods and mild depression related to PMS.

Also, we actually need more calories premenstrually, so it would make sense we might experience more cravings if we're short on energy.

- When it's cold and dark out short, wintry days can make us crave carbs like bread and pasta. People who suffer from Seasonal Affective Disorder (aka SAD, which is depression related to diminished sunlight-exposure) may be especially affected and crave carb-rich foods to help themselves feel better.
- When we're accustomed to eating ,we often crave foods with associations to happy times we've had in the past. When we're at the movie hall, for example, we might crave a popcorn and a coke ; if a summer-night trip to the ice-cream parlor was a family tradition, we may find ourselves craving an ice-cream cone when the weather gets warm.

Craving for Sweets and Chocolate

Your mood can make you want sweet foods. They have the unique ability to make you feel better by releasing a



short burst of serotonin; one of the many chemicals in your brain, this one regulates mood, behavior, appetite, body temperature and sleep. In short, food can make you feel happy, this is why eating ice cream actually “feels good.” When you're feeling down or exhausted your body wants a pick-me-up, the result is a craving.

Chocolate is in a craving category of its own. Aside from its great taste, chocolate is connected to positive emotions/love and is an escape from our day-to-day pressures, which makes it a classic comfort food. Additionally, women may desire chocolate because it contains magnesium and iron.

Blood sugar levels have been known to throw appetites into disarray. When your blood sugar level is low you crave sweets, which quickly raise these levels, but only for a short period of time. This can leave you in the same situation as you started – wanting more sweets. To break this cycle try fruits, juices or honey instead of sweets and candy.

Why we crave for chocolate, sugar, cheese, and meat

All four of these foods are addictive for the same reason. They have an opiate effect on the brain, which means they may have a calming effect that our bodies like. These opiates are produced in the brain as sugar or chocolate touch your tongue. Meat works similarly. For cheese, the opiates are actually in the dairy protein, casein. These opiates take a little longer to work their magic as they are released during the digestion.



Cravings for Salt

A hankering for salt, or salty snacks, could be your body's way of telling you it needs more water. Salt regulates water retention in the body through the kidneys and adrenal glands. Next time you feel this craving, pick up a glass of water, not the bag of chips. The following tips can help you reduce your salt cravings:

- Eat a banana – Drink More Water
- Potassium is an electrolyte
- Drink Coconut Water
- Why we crave salty foods:

Salty foods are not really addictive but people become habituated to the taste of a certain amount of salt on the taste buds, and they tend to object when given less salt.

Cravings for Carbs

Cravings for carbs and sweets are similar, both raise serotonin and blood sugar levels, but wanting carbs could be a signal of insulin resistance. Insulin resistance (IR) is a condition in which the cells of the body become resistant to the effects of insulin. People who have been eating a low-fat, high-carbohydrate diet for many years, may be at least partially insulin resistant. When this happens, your cells can't absorb the glucose they need, so your brain signals for carbs.

- Fight Carb Cravings
- Eat more protein at foods rich in fiber such as fresh vegetables and fruits
- Don't eat nutrient-stripped foods (white flour, white rice, refined sugar)



When cravings intensify

Cravings can strengthen in the winter. The shorter, darker days cause the body to crave sugar and starches, both of which tend to cause the brain to produce serotonin -- the mood-boosting neurotransmitter. Cravings can also get stronger for women during the week before their menstrual periods, due to the effect of shifting estrogen levels.

Want to conquer your craving? Control Your Cravings

Aside from the tips mentioned above, try these to gain control of your eating habits and diet!

Start with a healthy breakfast. It reduces cravings later in the day.

Use foods to hold blood sugar steady. This means emphasizing low-glycemic-index foods, such as beans, vegetables, fruit, to keep blood sugar from going on a roller coaster (which can be caused by white bread and sugar, for example) that can trigger changes.

- Eat Every 3 Hours – small meals please, like an apple or a yogurt
- Wait 15 Minutes – most mental cravings will go away with a little time; have a glass of water instead.
- Exercise – exercise releases endorphins, which make you feel better
- Never Skip A Meal

Dieters: Use the Rule of Ten. If you are dieting, be sure not to starve yourself, because extreme hunger triggers cravings. Eat AT LEAST 10 calories per pound of your ideal weight per day.

- Get Plenty of Sleep
- Give In - When satisfying your cravings, remember to keep portions in check. One cupcake won't ruin your diet, a dozen will.

What to eat instead when cravings strike...

Chocolate What to eat instead Let's face it, there's no substitute for chocolate. Eat a little bit of it, and savor every bite.

Ice cream What to eat instead-- Try 1/2 cup of light vanilla ice cream (100 calories) topped with fresh fruits

rather than full-fat vanilla ice cream with sauce (270 calories per A cup).

Potato chips What to eat instead-- Salted popcorn: 4 cups (a whole bowl!) of light microwave popcorn has just 120 calories. If you really need to have some potato chips, eat the baked kind with 110 calories per 1 small serving vs. deep-fried with 158 calories.

Cookies What to eat instead-- Lower-fat cookies or granola/fruit bars, Try: Whole-wheat cookies (80 calories).

French fries What to eat instead -- -Homemade baked cheese fries: Spray potato wedges with olive-oil- - and sprinkle with salt; roast at 4000 F for 40 minutes; sprinkle with some reduced-fat grated Cheddar cheese and bake for 5 more minutes.

Craving-proof your home and office. The simplest way to quash a craving is to ban crave-worthy foods from your environment. If you do buy snack foods like chips or cookies, choose small packages or individually wrapped portions to avoid going overboard. Meanwhile, here are three ways to make healthy, lowfat snacks easily available for regular indulgence:

1. Cut up and bag carrots, radishes, cucumber, broccoli and celery sticks in advance and pack them with some lowfat cheese.
2. Drink water with Lemon or try infused water with fresh fruits.
3. Keep fresh fruit washed and ready to eat or slice into a container of low fat yogurt.
4. If your food cravings hit when you're anxious or stressed, seek consolation in other ways. Address your stress. What is it that you really need? A comforting conversation with a coworker, a walk, or a shoulder massage from a friend may do the job. If reassuring "comfort foods" are your downfall, find some that are healthy, but still satisfying – a vegetable sandwich with no mayonnaise, fruit yogurt or may be fresh juice.
5. Give in sometimes. If your craving is especially persistent, denying yourself that cookie or bag of chips will only make the urge more intense. Allow yourself a moderate portion of the food you crave, deciding on the amount you want to have before you dig in. ■

Airlines Are Trying to Serve Better Food in The Sky



Rida Khan
Airlines Food Researcher

The desire to fly is an idea handed down to us by our ancestors who, looked enviously at the birds soaring freely through space, in the infinite highway of the air.

- Wilbur Wright

In 1930 when planes became a more common way to travel, airways started with simple meal including free sandwiches to their passengers. As flight technology improved planes grew larger and flight classes were made. In 1950 airlines created there First & Economy class where from fresh to frozen food started. As planes got bigger & faster it becomes impossible to serve entire plane with multiple courses. The meal is now divided according to their different classes like business, first and economy.

After paying a good amount of money for a flight, traveling long distance in the sky passengers are been served with the best dining restaurant service in business & first class, but economy class is still improving. Doing food research for different airways I have seen that sky chefs are working hard to serve the best food to their passengers. Sometimes a little bit mistakes happen due to which food does not taste good. The various reasons which I sorted out with my friend Nik Loukas who is an airlines food expert, spent 15 years in travel & airline industry in varied roles. He is also the owner of Inflight Feed website since 2012 and travel over 100,000 miles each year to sample what's being served at 35,000 ft. According to him, the basic reason why people don't like inflight food is because of

combination of number of things, he believes it's mainly due to our taste & sense of smell at 35,000ft. Airline food is generally reheated in ovens that only steam the food & we all know that reheated food isn't always so nice. We are also sitting in confined spaces, eating off a tray table on the back of a chair these are all elements that perhaps make eating not so pleasurable too.

Asking about what difficulties are faced by cabin crew members while they prepare food for the passengers. Nik replied that for long haul flights it's a juggling act for caterers & crew. Caterers only load a certain quantity of each food choice, & many times passengers being served last will not get their first choice. Crew can be faced with passengers who perhaps are upset by this. In business class where the food is put together by cabin crew, I would say that space is an issue & they have to work with limited equipment too. They can't have access to knives due to security issues, & so many other normal pieces of equipment that we can use on the ground.

New changes in flight food now is in business class airlines are becoming even more creative by looking at what hotels & cafes are offering on the ground & trying to mimic these in flights. More and more airlines placed a lot of emphasis on economy class travelers, as they are

tomorrow's business/first class travelers.

Food is not the main reason there are different elements which disturb the food flavors during the flight. While doing Airlines Food Research I came across so many positive changes taken by various airways to serve better to their guests during the flights.

Etihad Airways: They have the inspiration from the world's leading fine dining restaurant . Only the finest ingredients go into making there classic dishes. They have 7 course tasting menu, elegant details with luxurious range of fine bone chinaware cutlery, boutique wine list & signature welcome include Arabic Dates, Coffee of your choice.



Jet Airways: When it comes to service they give their best. On board 12 types of tea around the world which is been handpicked by renowned tea masters is been served. According to individual needs they offer a vast array of special meals.



Qantas Airways: The menu is inspired by Neil Perry Rockpool where passengers can select from three meals plus an exclusive fourth option online using Q- Eat.

Refreshment is offered throughout flight every 30 minutes. Dishes are designed to give you a feeling of home & showcase popular cultural dishes of the country you are traveling from.

Asiana Airlines: They provide passengers with high quality inflight meal services. Eco friendly coffee is been served where Asiana airlines uses Rainforest Alliance Certified coffee which is grown without use of pesticide. Asiana Airlines partnered with South Korea most renowned restaurant & culinary professionals to present Korean Royal Court Cuisine.

British Airways: After conducting extensive research British Airways have improved the on board food & drink so that they taste as good in the air as they do on ground. From short haul flights to long haul flights sweet & savoury British food by Marks & Spencer is been served to passengers. In between meal a treat of fresh fruits, sandwiches, salad, island bakery shortbread, and duchy yoghurt is given in business class to passengers. British Airways feature high with emphasis on simplicity, freshness, quality of ingredients.



There are many more Airways apart from these who are serving the best food to their passengers. Today we are living in 21st century an era of technology. Airlines have changed their ways of cooking, adopting the scientific methods, restaurant type food is been served to the passengers, designer crockery reflecting the tradition of the airlines home country make the food more presentable.

Whenever you travel through flight, fly while enjoying the delicious food of the Airplanes. Food World of Sky is Been Changed Now. ■

A Chef's Day in Istanbul

Reetu Uday Kugaji

Chef, Mentor, Culinary Expert & Author,
Hospitality and Food Consultant

It's a lifetime experience for me which was indeed a dream come true!!!!

There's a lot to put on paper about my journey to the most mesmerizing place "Istanbul" but I knew that the Chef Instinct in me is gonna take me to the Foodssss, but I thought before I begin with that let me know some things that are very popular in Istanbul.

First I headed to the **Grand Bazaar** which has 3,000 and above shops containing all kinds of everything, in particular silver and gold, ceramics, glassware, leather, metal wares, Turkish lamps, pashminas and carpets.



“Evil Eye” or the Nazar Boncuk

One eccentric item to buy is an Evil Eye (Amulet), it is believed you need it to prevent bad things from happening to you. The famous little magic stone “Evil Eye” or the Nazar Boncuk (pronounced as “bon-dschuk”) wards off evil.



The Chef in me took me on a culinary trail....

At the Grand bazaar, I saw people chilling out smoking a Nargile pipe, which are said to relax you without the harmful effects of cigarettes and tobacco. They are usually flavoured with apple, grapes, cherries and even cappuccino!!!!



One of the things that I admired the most as a Chef was the Spice Bazaar.

The Spice Bazaar (Turkish: MısırÇarşısı, meaning Egyptian Bazaar) in Istanbul, Turkey is one of the prime bazaars in the city, is the place with a fresh supply of spices (baharat) and herbs, over the years other edibles were added, such as nuts (kuruyemiş), honeycomb (petekbal), Turkish delight (lokum), dried fruit and vegetables (kurumeyvevesebze), mature hard Turkish



cheese (eskikaşar), caviar and smoked or dried beef (pastırma). It is the second largest covered shopping complex in Istanbul after the Grand Bazaar. As I am from a culinary background I believe that Organoleptic sensory organs such as eyes- for appearance, nose- for aroma, tongue- for taste, ears- to hear the crackling sound, and touch- to feel the texture, play a major role in preparing, serving and eating food. The aroma as I entered the spice bazaar was truly intoxicating. My nostrils immediately picked up the prodigious aroma coming from the hundreds of spices on sale. In short the Spice Bazaar is a must stop place for foodies who want to carry home memories of this magnificent place.

For an ardent tea lover like me, I had the great opportunity to choose from the various tea flavours. And most shop owners gave a lot of small treats to taste before I actually bought them, so that I could actually choose the best ones among the rest.

Some of the foods and drinks that I relished were:

Topkapi Sarayı Konyalı Lokantasi is one of a very few and very expensive restaurants preserving the Ottoman tradition of şerbets, drinks made from water, sugar, fruits and flower petals, often with delicate spicing as well, and symbolized by the Ottoman Palace Şerbet, prepared from a complex secret recipe.

Turkish coffee (TürkKahvesi)

There is an old saying



about this coffee which goes like this. "Birfincankahvenin kırk yılhatırıvardır" meaning that if one has been offered a demitasse of coffee, he is obliged for forty years to the one who offered the coffee. It means that the person who offers the coffee is to be respected, honored and remembered for a long time for the sake of his/her coffee offering.

Turkish coffee is made of finely pulverized roasted



coffee beans, roasted to various degrees and duration as per the taste of the person consuming it. Coffee is sold either as green, or roasted beans or in pulverized form in small shops called "Kuru Yemişçi" which means a person who sells all kinds of nuts. In old houses a brass-made hand manipulated coffee mill would be used to pulverize the coffee beans. Turkish coffee is prepared in 4 ways.

"Az Şekerli" means coffee has little sugar about ½ teaspoon.

"Orta Şekerli" means coffee has standard amount of sugar 1 teaspoon.

"Çok Şekerli" means coffee has more sugar than enough which is 1 ½ teaspoons.

"Sade Kahve" means black coffee, without sugar. Turkish coffee is served in demitasses made of porcelain. Coffee is served for guests with "Lokum" (Turkish Delights). It is served usually during midday or following a lunch or dinner.

Turkish Tea (Çay)

The sight of the çaycı (Chah-yee-juh, tea-waiter) carrying a tray of glasses to thirsty, caffeine-craving tea-drinkers is one of the most common sights I saw in Istanbul. Having fresh, hot tea always available everywhere is one of life's splendid little luxuries in Istanbul.

In Grand bazaar, all I could see around me were hanging

trays with glasses of Çays being taken from one shop to the other. Had the opportunity to drink that in the Grand bazaar and also the Topkapi Sarayı Konyalı Lokantası restaurant. Tea is big in Turkey. Turks drink it all day long for its taste, but also offer it as a token of hospitality. Turks evolved their own way of making and drinking the black tea (Çay in Turkish), which became a way of life for their culture. Wherever you go in Istanbul, tea or coffee



will be offered as a sign of friendship and hospitality, anywhere and anytime, before or after any meal.

Turkish tea: hot, fragrant, bracing, and available everywhere, all the time in Istanbul, Turkey.

Traditionally, Turkish tea is brewed samovar-style, with a small pot of very strong tea kept hot atop a larger vessel of boiling water. Pour a small amount of strong tea into a little tulip-shaped glass and cut it to the desired strength with hot water.

Turks usually add cube sugar (never milk or lemon, although you can often get milk or lemon if asked for)

Order your tea açık (ah-CHUK, "open," weak), or koyu(koh-YOO, dark, strong) as you like, or just order çayand it will come normal strength.

In some restaurants and pastry-shops you can order adubleçay (DOOB-leh, double tea): it comes in a water glass.

If you want caffeine free tea then, try these:

Ada Çay: sage tea, one of several popular herbal infusions (bitki çayları, BEET-keechah-yee-lah-ruh)

İhlamur: linden-flower tea (mostly in winter) (UHH-la-moor)

Elma Çay: apple "tea," like hot apple juice, mostly sugar

(EHL-mahchah-ye)

Baklava is a rich, sweet pastry made of layers of filo filled with chopped nuts and sweetened and held together with syrup or honey. It is characteristic of the cuisines of the former Ottoman Empire, and is also found in Central Asian, Middle Eastern and Southwest Asian cuisines.



Baklava is a must to taste during your stay in Istanbul. The recipe may sound too easy to be true: chopped nuts are spread in between the phyllo (yufka) layers, dressed with butter, baked and sweetened with syrup or honey. But the excellence depends on the quality of the flour, the thinness of the dough (phyllo) and the proportion of the syrup.

As a Chef I profoundly believe that, a Baklava is said to be well- made when it consists 02 S's, 01 T & 01 D:

Sound - A crackling sound is what you should hear when you stick your fork into it. If you don't hear it, then it is not fresh.

Smell - The creamy fresh butter smell is what you should sense.

Taste – Sweet.

Digestion - In case you have heartburn after your baklava consumption, it means the ingredients were not of good quality.

Simit

Simit in Turkish also known as 'Turkish Bagel 'in the world.



In Istanbul, and also throughout Turkey, on or near street corners, street vendors sell a curious bun, the simit, ring-shaped circular bread encrusted with sesame seeds, who either have them on a trolley or carry them in a tray on their head. Street merchants generally advertise simit as fresh (Tazesimit! /Tazegevrek!) Since they are baked throughout the day and drinking Turkish tea with simit is traditional in Turkish culture. Simit is generally served plain, or for breakfast with tea, jelly, jam or cheese. Simit comprises of flour, water, salt and yeast, then the snack is covered with sesame seeds and is enjoyed by natives as well as tourists who cherish eating it with a very hot tea. It is an economical and cheap snack that tickles your taste buds when you are keen to have a small delicious bite, it may be eaten plain, with olives or with a little Cheese.

Turkish Delights

It is a soft type of sweet has a satin-smooth texture and belongs to a family of confectionaries based on a gel of starch and sugar and comes in a myriad of colours, shapes, and enchanting flavours. Superior varieties consists largely of chopped dates, pistachio nuts, and hazelnuts or walnuts bound by the gel; traditional varieties are mostly gel, generally flavoured with rose



water, orange and lemon. The confectionery is often packaged and eaten in small cubes dusted with icing sugar, desiccated coconut, or powdered cream of tartar, to prevent sticking and clinging. Other common flavours include rosewater, cinnamon, cardamom and mint.

Roasted Water Chestnuts (kestane)

Street vendors in Istanbul sold water chestnuts (kestane)



roasted in the style of a barbecue, in winter time on their push carts especially around the popular Sultanahmet Square and in front of Hagia Sofia and the Topkapi Palace.

Döner Kebab

In spite of me being a pure vegetarian, the Chef in me tasted the Döner Kebab through my Eyes- for appearance, Nose- for its aroma and ears- hearing it roast and did I tell you???? With my tongue- for taste!!!! .

The first Döner kebabs were developed in Turkey and this most famous Kebab literally means “rotating Kebab” in Turkish. Meat is cooked on vertical rotisserie,



normally lamb but also a mixture of veal or beef with these, or sometimes chicken. Authentic Turkish döner is made from lamb; regardless, mostly beef or a mix of beef and lamb is used in Europe.

I explored something new, Cocktail Food “Foodtails”.

Ever had a wonderful dish in the flavor of a cocktail? The Mövenpick Hotel in Istanbul had this offering innovative dishes that are a blend of famous cocktails and food.

One can try the food tails on the summer terrace of BarAdoX.

Souvenirs that I took back for my family and friends were the Spices, Flavoured Tea leaves, Amulets, Turkish delights, Pashminas and along with them so many treasured memories.

Well I want to tell all my readers that there are so many more delicacies in Istanbul, which I did not get an opportunity to taste, as my stay in Istanbul was short.



But what made me happy was that I have had the most wonderful and commemorative culinary experience in Istanbul. ■

Unearthing a Gem *Called* 'Tejal Suvarna'

- Soumya

I introduce to you, a gem- Tejal Suvarna! A gemologist by profession herself, she decided to quit it all and give some acceleration to her hidden talents that got polished by internationally acclaimed cake decorators and patissiers like Chef Gilles Maisonneuve (France), Chef Kevin Chua (Malaysia), Chef Molly Coppini (Italy), Chef Clement from Srilanka, Chef Ashley Spencer (UK), Chef Priya Maclure (Australia) & few more Chefs! Tejal Suvarna- a bronze medalist at Professional Home Baker competition held at World trade center Mumbai. She had also participated in the prestigious Malamee cake show in Sri Lanka. She is known for dabbling in many parallel careers and that too with equal flair. She is an expert Cake baker & decorator (an artist with an expertise of sugar figurines, multi-layered sarawak cake, French entremets to name a few) with a flair for nouvelle and conventional pickles (mutton, dates, seafood for Indian families living abroad and in India alike), jams and marmalades and not to forget that she is a master in Mangalorean cuisine too.

One fine morning, I received an invite for a pop-up Mangalorean dining affair in her home in Central Mumbai. I immediately geared up and was waiting to look at the extensive fare she had to offer spread over a banana leaf. But the idea was to not just eat and make merry but to pin her down post her pop up meal and sit across for a cup of filter coffee with a bunch of questions. So here is introducing Tejal Suvarna to you, my friends!



Now that you do so many creative things, and train newly wedded girls to polish their kitchen skills, could you possibly recall the first time, you made something alone in the kitchen?

To begin with, my mother has always been a strong, independent working woman and that kept her busy at office day long. She would return home after work around tea time. I remember this habitual incident when I was merely 10 years old. Almost every day, without fail, just when she would start climbing the stairs, I would quickly crank up the heat and put some water to boil for tea. I would deliberately do this, as I knew somewhere my mother did not want me to go anywhere near the gas all by myself at that age. So by default she would hold me close to her and supervise my tea making skills. Off course it followed with long sermons on safety in the kitchen, however her smile said it all. I knew she was happy to see me grow up so beautifully.



How did your professional journey begin? Any turning points?

I was a trained jewelry designer and gemologist. When I got married in 2016, I took a short break from my career and wanted to be home for a little while with my new

family. This is when a lot of friends, well-wishers and family members visited us. This called for parties and celebrations. I took this opportunity to flaunt my cooking talents with my set of cooking and baking skills. With all the praises and push from them, I took to teaching. Yes, I was initially reluctant, but the amount of love and appreciation kept me going. And it has been almost 10 years since I started this journey as a trainer but I am still in touch with all my trainee-students and this positive energy keeps me sailing from one bolder decision to another with full conviction. This one decision changed my life and let me to brand that decision and register it as 'Tejal Suvarna's Kitchen'

What comes to your mind when you hear the word KITCHEN?

I equate the word - kitchen to 'Temple'. Nothing less than any place of worship. My home kitchen is my place of comfort in the entire house. When my husband and I designed the house, I gave special attention to my kitchen space. I specially made sure that a separate space was allocated for my equipments, specialized tools and implements. To me it is therapeutic. It is where





I am stress-less, happy, completely at ease and content. This is where I have seen my life move from tea making as a young girl, to chicken chilly as a teenager and to designer cakes, regional and international cuisines as a professional. A place where most of my memories were made, ears were lent to my friends for gossip and eyebrows raised for disciplining my trainees.

I am sure a lot of happy-sad moments would fill your heart. Any particular moment in your home kitchen that you can think of and would like to share?

I am usually defined by my giggles. But even when I were my apron, I remain the same at heart how much ever strict I wish to portray myself to be. So I end up becoming friends with all my trainees-students. But despite all this fun that we have during my workshops, I enjoy cooking for my husband, Shrikant. He is not someone who will pick up the knife and start cooking, but he helps me with most of my kitchen chores. It is amazing to see him pretend to be a cook and display his flair in front of me. But his eyes glitter when he makes an egg omelet perfectly. Also, I must tell you that my kitchen becomes a dance floor when my childhood friends visit me. Over the years, small little tweaks to dishes as per each ones requests have led to newer dishes. Like I said earlier, it is where most of my memories are made.

I am sure your work commitments as a baker, cake decorator, trainer, pickle connoisseur, a doting daughter and a loving wife keep you immensely busy. How do you balance your professional and personal life? Maybe a little dip into your day activity!

It's not the easiest thing to do but I make an earnest effort each day juggling between cooking for family, along with completing other chores as per schedule. Just for decorating a cake, it calls for everything right from weighing, scaling to baking the cake, preparing the icing, shaping & moulding each sugar petal for the flowers that sometimes could run into a few hundred too. Finally assembling them, crafting the figurines, it is a lengthy process which runs post-midnight too. This is all interspersed with my pickle orders that travel to most Indian communities in Australia, UK, Dubai, Germany and other few places and cooking all meals for my family. My husband, through all this, has never once complained of any lesser attention. But the credit completely goes to him for all of this and off course to my parents who live nearby too. My husband's off day at work are his working day in my home kitchen. Right from stirring curries in the pots to helping me with coloring flower petals for decorating cakes, he has been my best student ever (chuckles).

Take me on a tour to one of your specialties and one of my favourite cuisines. Mangalorean!



Aah, that takes me closer to my ancestral home. I owe it all to my mother. It is her magic that is frankly spilling over onto me. Mangalorean cuisine is a collective cuisine from the South Canara, Karnataka where my family hails from. I picked up nuances of the spices and blends from my grandmother and my mother. This style involves use of fresh ingredients and the spice pastes are made by freshly roasting and grinding and we hate using shortcuts! My mother is the true reason I started cooking traditional food and even to-date I follow her recipes to the finest detail. But when I am creating international recipes, I go all out to develop new flavours, ideas and combinations by combining various styles and cuisine too.

What is your role in planning & designing of your Home Kitchen? How do you wish to make it a 'Better Kitchen'?

Like I mentioned earlier, my kitchen is the space I own completely and took charge of every nail that was hammered into the wall. This is where I spend most hours of my day. I made sure it was comfortable to work in as well as well-equipped keeping implements at a hand's length for better functioning and a clutter-free looking design. My passion drives me to collect the best and the newest bakeware, pots and pans from the market. Though I love the traditional kitchen I like it to be equipped with modern equipments to increase efficiency. So for the charm of having a 'Better Kitchen' I

keep adding newer gadgets and have kept my kitchen-shopping targets higher.

Where do you go when you feel like eating out? Any favourites in Mumbai city?

My husband and I are both instinctive. Sometimes we may just savor a street food or chaat by the corner of the lane where we live, sometimes drive down to a dhaba on the outskirts of the maximum city or even a luxury hotel at the furthest end. Our preferences are wide and completely taste driven. We love eating at the iconic Trishna at Fort, Dim sums at India Jones, Trident Nariman Point and Golden dragon at The Taj Colaba to name just a few. This list could frankly be endless. How can I forget, my mother's home!

What's next?

I feel that I have a lot to achieve yet. What I do is possibly just a few percentage of my true ability to perform. A lot of my skills are yet to be ticket off. My 'to-do' list grows bigger and bigger with each wrapping day. I am happy to have well-wishers like you who join me on my road map to help me grow stronger and happier. However, opening a Designer Café is a dream I am sure to fulfill one day. I envision this to be a complete experiential restaurant with an amazing menu, décor, impeccable service and off course me at the helm of affairs! ■



Homemaker Speaks about her 'Dream Kitchen'

In the entire scheme of setting up a kitchen and the running of it, the homemaker or housewife plays the most important role. BETTER KITCHEN presents you an interesting interview with **Seema Qamar**, a homemaker from the city of lakes - Bhopal. In a lucid question-answer, face-to-face interaction, she talks about what constitutes a 'Dream Kitchen' and a wide range of issues from appliances to ingredients, and recipes to kitchen safety, all of which is educative as well as informative. The feature also includes a non-veg recipe of Black Pepper Fish.

Do you prefer an entire modular kitchen range or do you wish to add appliances one by one to your kitchen?

Entire Modular Kitchen

What factors weigh maximum while buying an appliance; usefulness, quality or price?

Usefulness and Quality.

Is after-sales service and a warranty important while buying an appliance?

Yes.

Do you have a specific brand preference while buying

an appliance? If so please specify the brand(s).

Yes I have some specific brands when I buy any appliance Like Inalsa, Philips, LG, Usha ...

What would you prefer - a kitchen plan based on efficiency, convenience, or aesthetics?

I will go for all the three i.e. efficiency, convenience and aesthetics because all these things are important parts to make a complete Kitchen.

What challenges/problems do you face in maintaining hygiene in your kitchen? How have you met them?

The most important thing which I see that there are no

insects in my kitchen. So I have to take regular check at day time when I get free from my work that in each & every department of food as well as jars kept in the kitchen are clean and there are no insects in them.

What appliances do you currently have in your kitchen.

Oven, Toaster, Cream Whisker, Juice Maker, Grinder Mixer, Induction stove.

Your wish list of appliances desirable in your kitchen.

Ice cream Maker.

Tell us about your concept of a kitchen appliance which helps you in multi tasking.

A multi tasking kitchen appliance is my Mixer Grinder where at one time I can use to grind the spices and in

another jar I can chop meat in small pieces, grind carrot or radish. One mixer can do so many multitasking for me. I feel relax that it saves my time & convenient to use for a home cook like us.

Are you vegetarian or non-vegetarian.

I am a vegetarian but I cook non vegetarian food for my family.

Do you prefer health foods which are organically cultivated.

Yes mostly I go for healthy and organic food like organic pulses, rice etc. which I can easily get here.

Do you prefer fresh foods or frozen foods?

Fresh Foods.

Black Pepper Fish

Ingredients:

Fish: 5 to 7 pieces
Onion: 2 (Make it's paste)
Ginger / Garlic paste - 1 tbsp
Tomato: 2 (Chopped)
Turmeric powder: ½ tbsp
Black Pepper: 2 tbsp
Salt
Fenugreek Seeds: ½ tbsp
Lemon Juice: 3 tbsp
Coriander Leaves: 2 string (String)
Oil



Method:

Wash the fish pieces nicely than marinate it with turmeric powder, 1 tbsp lemon juice , salt for 20 min.

Put pan on flame with 3 tbsp oil adding fenugreek seeds, when they crackle add onion paste , ginger garlic paste, tomato, turmeric powder. Add little water if masala get stick.

Cook till oil get separated from Masala.

Add black pepper, salt . Mix it with masala.

Now again wash the fish.

Put the pieces of fish in the pan keeping them in distance with each other , so that they are not broken.

Cover the pan with lid and at slow flame cook till fish gets soft.

Take it out in a bowl , garnish it with lemon juice and coriander leaves.

Your Black pepper fish is ready.



Are you particular about which cooking oil/medium to use?

I go for olive oil and as our family doctor say that keep changing oil, don't use same oil for long period so after 4 months we change to Fortune Vivo Oil. Only these two oil I use in my cooking.

Are you calorie conscious when choosing your menu?

Yes

Do you prefer traditional or modern ways of cooking.

Traditional Cooking.

Which is your major source for recipes - traditional, recipe books, friends, or the internet?

My source of recipe is traditional which I had learned from my Mom and my Mother-in-law.

Do you cook any roasted, steamed, or deep fried foods?

Yes I cook all the above.

Which cuisines you can prepare?

I only prepare Indian Cuisine. Simple, Easy, Best in taste.

What are your safety standards in the kitchen? Do you keep a first-aid kit and a fire extinguisher?

I keep away the sharp knives or cutter covered so that no one can get hurt from it. Especially my daughter, she is fond of cooking and I am very careful that she doesn't get hurt from all these things. Even I stand besides her when she does chopping, as she does very quick work & I feel little bit tensed. I keep first aid box always in my Kitchen

Tell us briefly what would be your “Dream Kitchen”.

My dream Kitchen should be mix of modular and traditional. Modular for my daughter where she can cook with today's modern oriented appliances & traditional for me where appliances are simple and easy to use.

Who is your favorite chef(s)?

Chef Sanjeev Kapoor and Chef Kunal Kapoor.

Are you working woman or housewife?

Housewife.

Is ease and convenience more important for you or a wholesome healthy meal for your family.

Wholesome healthy meal for my Family.

Number of adults/children in your house.

In my family we are 4 members - me and my husband and two children.

Are there any diet restrictions due to health problems on any member in your household. If so please specify.

Yes there is a diet restrictions Like in our house food is cooked in less oil and no sweet dessert is prepared everyday, only on occasions we make desserts with sugar. If any member want to eat any sweet dessert than my daughter innovate with any fruit ingredient or with jaggery that too I give in small quantities to all the members. Mostly we have fruits as our dessert for everyday. ■



Jude Michael Raj
HSE Specialist/Trainer

Safety Basics in the Kitchen

Wear Shoes and Safe Clothing

Dropping things in the kitchen does pose a serious problem while the action is heating up, the worst thing that can happen is dropping a knife on to your foot, which then would require stitches if you did not sever your toe. Wearing shoes, a good sturdy shoe is essential to kitchen safety.

Ensure you are wearing safe clothing too. Sleeves should not be long and flowy. Do not wear loose clothing or anything flammable, and avoid synthetic clothing, which can melt onto your skin if it catches fire.



Don't Rush

In a kitchen staff tend to rush around the kitchen which almost guarantees accidents. 'SLOW DOWN', unless

you're a pro, cut food at your speed you are comfortable, do not run from station to station, and take your time when moving hot pots and pans. An accident would negate the few minutes you tried to save when you have to make a trip to the emergency.

Never try to bake or cook if you sleepy or under the influence of alcohol or medications,

Always Use Hot Pads

It's always important to have a good selection of hot pads and oven mitts at hand. Never underestimate the



temperature, always use them for any bowl, pot, or pan that has been in an appliance. It's especially important to use these items on bowls you are pulling out of the

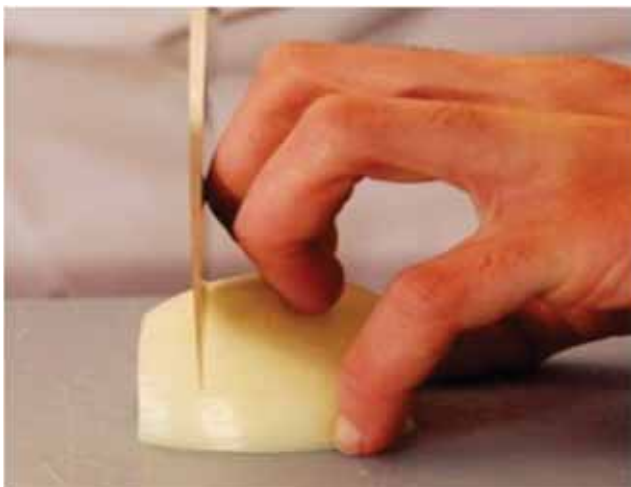
microwave oven. Even microwave-safe bowls can get quite hot, and it's easy to burn yourself. If a hot pad or oven mitt gets wet, don't use it until it dries. A wet pad or cloth will easily transmit heat or the bowl, pot or pan could slip.

Stir Away From Your Body

Stirring any liquid (Curry, rice, Pasta, etc...) which is boiling away on a stove could lead to burns of your hand especially when the liquid tends to bubble up and hit your hand. This can cause your hand to jerk sending spoonful of boiling liquid onto your arm. Causing your arm to burn. Always stir liquid (Curry, rice, Pasta, etc...), by using a slotted spoon, position the spoon so the bowl is facing away from you. This way, if your hand does jerk again, It won't scoop boiling water toward you. So, even though it's counter intuitive, hold the bowl of the spoon away from yourself when stirring something hot and boiling.

Learn how to Use Knives

Learning how to use a knife is an art and skill, treat it with respect. Knives should always be kept sharp. Never use a dull knife it can slip and injure you. Learn how to chop and slice as chefs do, holding the food with your non-dominant hand, fingers curled under. Go slow until you are confident, and always pay attention.



Know Your Equipment and Handle it properly

Read instructions from the manual that come with appliances and understand how to use them. Never use an appliance that has a frayed cord, always keep small

appliances dry and away from water. Never use your fingers to release something caught in food processor blades or mixers. Be careful with the blades on food processors and blenders; they can be very sharp and can cut you if you just brush against them. Let appliances cool down before cleaning them. And don't use an appliance for a purpose for which it wasn't created.

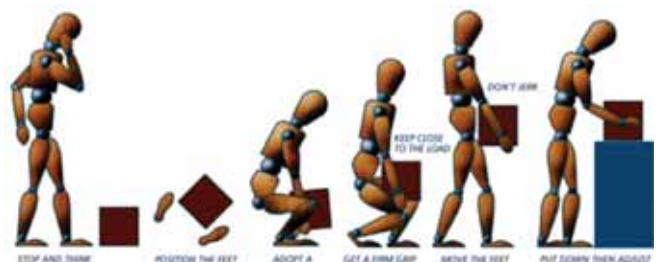
Clean Up Spills Promptly

Cleaning up spills as you go not only helps save time when cleaning the kitchen, but will help prevent accidents. Water, food, and grease on the floor will almost guarantee a fall. Watch out for cooking sprays too. If they are sprayed on the floor, the surface will become very slippery. Always hold the pan that you are spraying over the sink so that any over spray will not land on the floor.



Know You're Limits when Lifting

Lifting a hot pot of boiling pasta is one of the most dangerous of kitchen techniques. Think about getting a pasta cooker that consists of a strainer inserted into a larger pot. You just lift the pasta out of the water to drain



it, instead of moving a heavy pot of boiling water from the stove to sink. Lift using your knees and back, and know your limits. Ask for help if you need to move or transfer something heavy.

Watch Out for Steam

Steam can burn just as easily as boiling liquid or a hot burner. Be especially careful around covered microwaved foods, and foods that have been cooked in packets. Open these packages away from your face, and remember to use hot pads. And when you lift a cover off a boiling pot, pull the cover toward you so you don't burn your hand with steam.

Learn how to Extinguish Fires

Always have a fire extinguisher handy in your kitchen, and be sure that you know how to use it before you need it. Know a little bit about different fires. Never try to extinguish grease and electric fires with water. Baking soda or a pan cover works best. Smothering a fire by removing air is the best way to put most out. Use a pot cover, baking soda, or salt, not water. A fire in the microwave can be put out just by turning the appliance off and keeping the door closed. A fire in the oven should be extinguished with baking soda or a fire extinguisher. If you can't douse the fire in a few seconds, call the fire department. Fires can spread so quickly and can get out of control in minutes.

Stop, Drop and Roll

Learn personal safety and fire safety. Teach your children about 'stop, drop, and roll' if their clothing catches on fire. In fact, teach your kids to respect the kitchen, fire, and heat. Nothing in the kitchen is a toy.



Be Careful Around Stove Burners

Always keep pot handles turned away from the front of the stove; it's too easy to accidentally brush against them

and spill hot food on yourself. Never reach over a hot burner to another pan. Push back your sleeves when cooking food on the stove top. And keep pot covers handy to smother flames.

Don't Leave Food Unattended

Never leave the house when food is cooking or baking, except for a slow cooker. I put my slow cooker on my



cool stove top just so it's on a heatproof surface. Food can quickly go from browning to burning to bursting into flame. If there are children or pets in your household, make sure an adult is in the kitchen at all times. Accidents happen in seconds.

Keep a First Aid Kit in the Kitchen

Most people keep a first aid kit in the bathroom. One belongs in the kitchen as well. Make sure it's stocked with up-to-date equipment, including gauze, burn salve, scissors, and the phone number for your doctors and nearby hospitals. ■



Recipes From Rajshri Foods

'The Bombay Chef with Varun Inamdar' is a renowned food show on Get Curried and Rajshri Food, Rajshri Entertainment's online food channels. About a year old, this show has garnered a lot of popularity amongst homecooks and professional chefs on the internet.

'The Bombay Chef' is a perfect amalgamation of Varun's ability to bring elegance and flamboyance to mundane dishes and Rajshri's penchant for creating visually enriching food recipe videos. The show's ultimate goal is to inspire people to recreate Varun's culinary magic in their respective households. Here are couple of recipes for you to try.



Rajshri Entertainment Private Limited



Panna Cotta

Ingredients

1 tbsp unflavored gelatin
2 tbsp cold water
2 cups cooking cream
1/3 cup sugar
1 tsp vanilla extract/
2 vanilla beans

For Garnishing
Pomegranate pearls

Kiwi or any fruit of your choice
Mint leaves

Method

- In a bowl of water, soak the gelatin for 3-4 minutes.
- In a pan, heat the cream on medium flame.
- Scrape off vanilla seeds from vanilla pods and add them to the hot cream along with the pods.

- Stir well and add sugar. Mix it all.
- Add the bloomed gelatin.
- Turn off the flame and let the mixture come to room temperature.
- Discard the vanilla pods.
- Pour the mixture into a glass.
- Refrigerate it for an hour.

Bread Pudding

Ingredients

- 2 cups milk
- 2 eggs
- 1/4 tsp cinnamon powder
- 1/4 cup sugar
- 1 tsp vanilla essence
- 8 slices of white bread cut into cubes
- Few scoops of butter
- Few dollops of jam
(any flavour)
- 2 tbsp raisins

Method

- Apply butter and jam on the bread slices.
- Assemble the slices together and cut them in cubes.
- Place the cubes into the baking dish.
- Heat some milk on medium flame.
- As the milk warms up add sugar to it.
- Whisk two eggs very lightly in a bowl.
- Turn off the flame and add the milk into the eggs and whisk it properly.
- To this, add vanilla essence along with cinnamon powder and give it a quick mix.
- Pour the mixture over the bread cubes. With spoon or fork push the bread pieces into the milk.
- Add raisins on the top and keep it in a pre-heated oven at 200 degrees Celsius for 20 minutes.
- Drizzle some icing sugar on the top and Bread Pudding is ready to be served.



Uflex Packaging

Helps America's Healthiest Grocery Store

Couple of months ago, America's Healthiest Grocery Store, Whole Foods Market approached Uflex through one of the latter's clients who had been using special packaging solution from Uflex for its Tortilla Chips.

The Problem Statement of Whole Foods Market – Multi-layer Kraft Paper Institutional Bags with a BOPP sealant layer were not providing enough barrier to Tortilla Chips from oxygen and moisture. Result: Chips in those institutional packs were turning soggy and rancid in barely 3 weeks or so. Added disadvantages of paper being torn in the supply chain or ruptured by sharp

edges of tortilla chips was a double whammy. Fabrication of Multi-layer Kraft paper packs in itself is an expensive proposition that requires specialised equipment at the converters' end with prohibitive capital costs. Printing on paper poses further limitations diminishing the aesthetics of the pack. More annoying was the fact that the Multi-layer Kraft Paper Institutional Bags of Net Weight 16 OZ (1 LB) 454g had to be cut open from the top for taking the chips out and leaving the consumer with no option other than consuming all of it in one go with no provision for deferred consumption without spoilage.



All these issues compelled Whole Foods Market to look for alternate packaging solution for their Tortilla Chips, and that's when they were referred to Uflex.

Whole Foods did not want to create any confusion in the minds of consumers regarding the look and appeal of its tortilla chips packaging. Moreover being the largest seller of organic food in the US, Whole Foods Market quite essentially wanted to give a paper like organic look to the packaging thereby upholding their brand ethos.

The engineers at Uflex with a clear brief from the client designed a three layered; 12.5 micron coated Polyester / 18 micron BOPP (both sides treated) / 35 micron Polyethylene packaging structure as a 3D flat bottom pouch. Polyester provides excellent barrier from oxygen and also exhibits good thermal resistance owing to its melting temperature that is as high as 150-160 degrees Centigrade. BOPP acts as a strong barrier to moisture. Polyethylene (PE) serves as a sealant layer besides imparting strength and sturdiness to the pouch. To impart a paper like organic look, special registered matte coating was applied on the glossy polyester film.

The pouch is reverse printed and the same machine has the facility of carrying out Registered Top Coating either in matte or gloss thereby rendering a transparent window. A see through window is always a great value addition as the consumers always prefer seeing the product packed inside for making an informed buying decision. A concealed Press-To- Close (PTC) pocket zipper has been provided on the front panel of the 3D pouch with a perforated strip for easy opening and protecting the product for deferred use without any fear of spoilage. An important fact that must be noted is that usually pouches have to be cut from the top using scissors or knives in order to retrieve the snack. This can lead to contamination of food and is therefore not advisable. The PTC slider pocket pouch efficiently obviates this shortcoming.

The transformed packaging offers the following clear advantages:

- a. Shelf life of tortilla chips increased to 90 days;
- b. Opening the pack is very convenient for the consumers. Small portions can now be taken out from the institutional pack and the pouch could be zipped thereafter for deferred use keeping the quality of chips

absolutely intact through the prescribed shelf life;

- c. The 3D pouch renders a 360 degree branding canvas to the pack as it has five distinct panels. This further enhances the visibility and aesthetics of the pouch at the Point of Sale (POS).

Talking about the new packaging for Whole Foods Market, Anup Sachdeva, Joint President Packaging Uflex Limited said, "The matte finished paper-like pouch perfectly lives up to the image and ethos of the organic food packed inside. More importantly the inks that we have used in the converting process are Toluene and MEK free further emboldening the brand image in the organic space. Tortilla is categorized as healthy food and enjoys a huge market in West America. Consumers are quite appreciating the Press to Close (PTC) zipper on the front panel for the great convenience that it brings along with it. We are getting more and more enquiries from Tortilla and other snacks brands in the United States that are still using conventional paper packaging. We are very hopeful of more business transactions fructifying in the near future."

Commenting about the success of the metamorphosed packaging of Tortilla Chips for Whole Foods Market, Ashok Chaturvedi, Chairman and Managing Director, Uflex Limited said, "You will be glad to know that the pouch has been fabricated on a special Quad Seal Machine with a registered PTC/ Slider applicator and perforation facility. This machine has also been indigenously manufactured by our Engineering Business at the Noida Plant. Being an end-to- end multinational flexible packaging materials and solution company we offer immense ease to our clients globally. All their packaging requirements are met under one roof. Another very important point that I would like to mention over here is that the revamped packaging for Tortilla Chips did not require any new or specialized filling and sealing line at the Co-packer's end. The erstwhile machine fills and seals the new pouches equally efficiently. Coming to think of it, no additional Capex is a major boon for the Co-packer. I am glad Uflex has been able to deliver Whole Foods Market exactly the packaging that they had been looking for. Adding value to our clients' business through innovation is our raison d'être and my team is doing that perfectly and infallibly." ■

Curbing Malnutrition through Ruchi Soya's Edible Oil Fortification Initiative

Ruchi Soya Industries Limited, announced its plans to expand its Edible Oil Fortification initiative and play a role in curbing malnutrition in India. The company informed that it will benefit 15 million households every month by 2018 with Fortified Edible Oils. Fortification means deliberately increasing the content of essential micronutrients in food to improve its quality. Micronutrient malnutrition has been a persistent problem in India and as the recent data suggests, micronutrient malnutrition is reaching its peak in the present century. Every day, more than 6,000 children below the age of five die in India.

50% of above deaths are because of malnutrition-mainly the lack of Vitamin A, iron, iodine, zinc and folic acid. About 57% of pre-schoolers and their mothers have subclinical Vitamin A deficiency. The intake of micronutrients in daily diet is far from satisfactory and largely less than 50% RDA is consumed by over 70% of Indian population.

The company has been voluntarily fortifying its leading edible oil brands - Mahakosh, Sunrich and Nutrela with Vitamin A & D since 2014, cumulatively impacting 12 million consumers every month across the country. Moreover, the company also has plans to include Ruchi Gold, reckoned amongst the market leader and the largest-selling refined palm oil brand across the country

in its fortification programme in the near future. The proposed move is likely to have huge benefits as Ruchi Gold caters to over 20 million households per month including consumers in the low income group.

Dinesh Shahra, Managing Director, Ruchi Soya said "Since, edible oil use is nearly universal in India, fortifying oil with essential vitamins A and D creates an opportunity to reach all income groups with minimal changes in eating habits. Hence, we at Ruchi Soya took a pioneering voluntary step around two years ago to fortify

our leading edible oil brands - Mahakosh, Sunrich and Nutrela with Vitamin A & D. We are now happy to announce the expansion of our fortification initiative which will benefit more and more consumers; especially in

the lower income group households and play a role in combatting the malice of malnutrition in the country."

"It is only recently that the FSSAI has released draft standards for fortification of edible oil along with other items; but Ruchi Soya has been voluntarily fortifying four of its key edible oil brands since 2014; thereby positively impacting 12 million households every month. The company has been also taking efforts to communicate the importance of fortification to its consumers and will continue to do so" added Satendra Aggarwal, COO- Ruchi Soya Industries. ■



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Cast Iron Cookware by Le Creuset

Le Creuset, the iconic French cookware brand, launches its new range of signature cast iron cookware. With a legacy dating back to 1925, Le Creuset is well renowned as one of the leading cookware brands in the world. Premium quality and innovation remain at the forefront of its success story which spans over almost a 100 years. The signature cast iron range, hand crafted from premium cast iron at the foundry in northern France, blends tradition with modern style. Its aesthetic appeal and durability meets all preparation, cooking and serving needs in today's kitchens.

Unveiling the evolution of the Classic, this new signature range is truly versatile from its classic cast iron range and includes a wide variety of cookware such as casseroles, pans, grills and dishes available across a wide range of colours. The Signature Cast Iron Cookware is made with remarkable and robust material that performs well with the modern requirements of food preparation and cooking. This updated kitchen classic features a range of new design enhancements especially developed to offer even better durability, versatility and comfort of use when cooking. New features include:

1. New easy clean, toughened enamel interior

Now even more durable and resistant to chipping, staining and dulling with dishwasher use, as well as very easy to clean

2. New Easy-Grip, 45% larger handles

Larger size is easier to grip and designed to distribute weight more

evenly, making it easier to carry from stove to the table

3. New enhanced, tight fitting lid

Built-in stabilisers provide a more secure fit whilst enhanced rings and design provide added beauty

4. New stylish, heat resistant stainless steel knob

Withstands any oven temperature and more ergonomic for a more comfortable, sure grip

Le Creuset's cast iron cookware is a must in today's kitchen. The products are available in a range of colors and sizes to complement every kitchen and suit all cooking requirements. Not only does it conduct and retain heat effectively, the enamel-finished cookware also boasts an elegant presentation when served on the table. This combination of functionality, versatility, durability and design is bound to appeal to everyone, be it a professional chef or a home cook.

Ankur Damani, Country Head - India and SAARC, Le Creuset quoted "In our constant quest to streamline the aesthetic appeal and technological advantages of our products, and to stay ahead of the trends – we have added our Signature Cast Iron range to boost and complement the Classic range that has been such a global hit. I am delighted to present the new signature range of cast iron cookware in India, which was launched along with the opening of our new store in

Bangalore at the Phoenix Market City Mall.

The new signature range is stylish, with a fresh look and feel to it, is multi-functional and versatile for cooking different cuisines,

including Indian cuisine." ■





Ravee's kitchen Where Hunger Meets Taste

Ravee's Kitchen is lively takeaway and casual eating joint which has recently opened and grabs your attention when you pass the main Khatipura Road at Pratap Nagar in Jaipur. It has a live, interactive show kitchen with ample parking space. Whether you want to eat exotic at your cosy home surroundings, catch up with friends/colleagues in the privacy of your car, while food gets served in and your favourite music playing in it or just have a quick delicious bite, Ravee's kitchen gives you the freedom to be yourself and enjoy the food. It is proud to be present.

Ravee's kitchen is the brainchild of Ravindra Harneja, who himself is a professional from the renowned Institute of Hotel Management & Catering Technology, New Delhi. A foodie by birth and a passionate cook, he has been handling and managing commercial kitchens for a period of almost a decade, at various levels. Having received appreciation from friends and well-wishers who have motivated and encouraged him to further pursue his passion, Ravindra proceeded to the next step and opened his own venture of take away and home delivery food joint.



The menu of Ravee's Kitchen is a mix of all time favourites to some tastefully done fusions, where authenticity, taste and utmost levels of hygiene is primary concern.

Talking about innovation, Ravee's Kitchen has introduced some delicious savouries which has stolen many a hearts. Murg potli kabab, Tandoori momos, or The Ravee's Kitchen kakori kabab, you need to try it to believe in the taste. They have been rated awesome by food lovers who are constantly in a look out to try new delectables.

Contemporary, exotic however you may want to name them, the place offers a variety of appetizers which were recently introduced and have proved to be hot kicks of the city. Cheesy garlic chicken burst strips, crackerjack fish pops, Golden crumb fish bites are just to name a few.

Coming to the most important concern of the society nowadays, health and hygiene. Their live kitchen ensures that nothing sub standard is delivered to the customer. Even artificial colours and additives are



discouraged. Ravee's Kitchen has changed the trend of old school food containers ,switching over to elegant, smart, food grade containers customizing it to the new world's need. ■

Campus Profile: Sheila Raheja Institute of Hotel Management



The Sheila Raheja Institute of Hotel Management is committed to providing quality education in building the future of today's youth. In the era of globalisation, the working environment has become highly competitive and challenging and therefore we are striving to reduce the gap between classroom instruction and the needs of the present day complex market to ensure that our students are industry ready.

The Hospitality Education provided at SRIHM is of the highest standards with trained, qualified and motivated faculty facilitating learning in a vibrant & conducive atmosphere. We strongly advocate that learning should be based on the application of knowledge and not merely acquiring it. Until and unless learning solutions relate to real life and motivate the learner to acquire and apply knowledge, the whole process remains superficial.



It is our endeavour to constantly upgrade our facilities and provide our students with a state of the art infrastructure of International standards with HACCP certified Kitchens, definitely the best any Hotel Management college can offer in the city of Mumbai. In the short span of time during which our Institute has been in operation we were awarded the Best Hospitality Management Institute in Mumbai in the year 2015-16.

Our institute is currently offering a bouquet of programmes which provides our students with adequate opportunity to specialise in their selected fields and equipping them with the requisite knowledge & skills to be industry ready.

From the current Academic year the college is offering the M.Sc. (Hotel & Hospitality Administration) affiliated to the University of Mumbai to provide students an ideal progression route for Higher Studies with an affordable fees. Students today can pursue their higher studies and obtain a Post-graduate Degree in Hotel & Hospitality Administration from the University of Mumbai and need not look for progress routes abroad and spend enormous amounts on their education.

The College has also initiated the Post-graduate Professional programme in Food Presentation and Food Media in our country for the first time. The programme offers the students a structured and alternate pathway

to a vastly popular and rapidly developing career option in Food Presentation & Media. This programme is changing the face of the culinary world offering a wide range of classes and speakers that reflect the role and evolution of media in the industry, allowing students to hone food-centric communication and marketing skills at all levels of expertise. From social media, blogging and Public Relations to recipe writing and cookbook editing, allowing them to master the art of food-related communications.

The B.A. (Culinary Arts) programme has also been a welcome addition to the bouquet of programmes as it was eagerly awaited by students who wish to wholly focus on becoming Chefs. This programme provides them in-depth knowledge and intensive training to master the Culinary skills required to adapt to the ever changing and developing world of Culinary. This programme is also affiliated to the University of Mumbai.

The Associate Degree in Culinary Arts and the Associate Degree in Hospitality Studies affiliated to the University of Mumbai is a totally new concept developed by our Institute. This programme offers the student a high degree of flexibility to complete their studies. Students can complete one year and obtain a Diploma from the University of Mumbai. They can either progress to the second year of studies to obtain an Associate Degree or





they can take a break and seek gainful employment with the industry for a year or two. They can then continue their studies in the second year to obtain an Associate Degree. Subsequently, the student has the flexibility of completing the Bachelor's Degree in Hospitality by joining in the third year directly at his/her convenience.

We at SRIHM believe that Personal development is the springboard to personal excellence. Ongoing, continuous, non-stop personal development assures

you that there is absolutely no limit to what students can achieve. We strongly believe in the development of a complete individual and hence emphasis is given in good measure to co-curricular and extra-curricular activities, thus ensuring the overall development of our students. At SRIHM, we emphasise in bringing about a transition in attitude, synchronous with the current demands of the Industry, cognisant of the fact that once this is achieved, success is imminent. ■



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