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# Better KITCHEN

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## **Editorial**



Dear Readers,

Season's Greetings!

We continue our listing of signature recipes of celebrity and executive chefs. Going by alphabetical order we carry on from alphabet "P" now. Some of the most recognised names can be noted in this list.

While we introduced many icons of the industry in part 1 of our anniversary number, we have the privilege of featuring some of the legends of the hospitality industry in the second round of our anniversary Issue.

Ranveer Brar who encouraged us with his blessings at the very start of our journey, Sudhir Pai who launched our first issue, Sanjeev Kapoor who readily shared his experiences during his ascent to stardom in his profession in an interview right after receiving the Padma Shri, Vikas Khanna who came forward to launch his unique initiative of a food drive during the Covid 19 pandemic which served 50 million meals in 125 Indian cities, Guinness Book record holder Jerson Fernandes and many more.

Dr. Aruna Sharma, Retd IAS has curated MyMenu365 a unique concept for tasty, healthy and balanced diet without the repetition of any dish throughout the year. We featured her concept in this issue.

As Better Kitchen continues its journey we are certain that the food industry will march forward and keep pace with the advances in technology and innovation in different spheres and emerge more successful than in the recent past.

Here's wishing everyone success and safety in every effort and experience.

**Ekta Bhargava**

Publisher & 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 around 40 years. 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, development of food and beverage concepts and hospitality spaces programming.



**Sunny Sriram**, *Director, ARROW Hospitality Consulting*

Sunny Sriram has an illustrious career spanning India, Japan and New Zealand. Credited for launching nearly seven 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. 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'.



**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. 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.



**Nitin Nagrale**, *Founder and General Secretary – Hospitality Purchasing Managers' Forum (HPMF) and CEO India and Emerging Markets - QualityNZ*

He has rich experience of over 25 years in managing procurement and supply chain procedures in hospitality industry. He is the First Person in the World to have completed the Certified Hotel Purchase Manager Certification Course from American Hotel and Lodging Education Institute (AHLEI). He has created a professional group on LinkedIn called Materials Management which has more than 55,000 professionals as members from different parts of the world. Nitin has been awarded with a lots of awards in the procurement and hospitality industry.

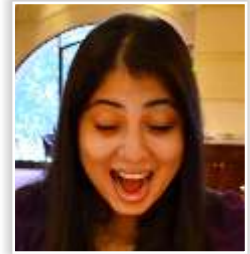
**Shatbhi Basu**, *Bar & Beverage Consultant and Freelance Journalist*

She has been a part of the hospitality and alcohol 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](http://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.



**Sudhir Pai**, *F&B Consultant, Founder - Pai & Associates*

Sudhir Pai has worked with some of the best brands in the world, conceptualized several restaurants as well as designed menus for various bistros and lounges and has hosted several television cookery shows. Chef Pai has amassed an array of valuable skill-sets and has gained the experience of tackling several demanding responsibilities. He has travelled across continents and across the country to pursue innovative and diverse food ideas and he aspires to bring out these flavours, textures and colours on the plate. He is also one of the core committee members of the Western India Culinary Association (WICA). Chef Pai is featured in Fortune's book of India's Fifty Master-chefs and Top Ten Culinary Experts of India.



**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.



**B.P. Sahni**, *Principal Emeritus*

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.





# Food Courts

## Do Not Hold Court Anymore

By Sunny Sriram

About a year ago, as general retail began to move online en masse, food courts in Malls were seen as saviours. However, with the advent of COVID19, social-distancing regulations is the latest challenge to the concept – arising at a time when many consumers had already started to buy food online for home delivery, both from traditional chains as well as from high-end restaurants.

### Are food courts serving time?

I have reasons to believe that the

traditional food-court model began its decline long before the pandemic. Back in the 70s when the food court concept was born, it progressed not into a raging fire but an integral part of planning in all Malls, big or small. But over the past 5 years, as millennials and the 'iGeneration' migrated to casual dining and QSR options that provided “freshly cooked” and potentially healthier options in a curated space, food courts have a threatened existence. In comparison, casual-dining

concepts provided higher customer experience, often merging a better ambience with a strong social media profile, a valid takeaway and recall value. With offerings like alcohol, home delivery and a great degree of customisation as opposed to the pre-prepared and on-display bain-maries of a food court.

Besides, there is nothing like a food court as a hotbed for transmission of germs – think about those 500–700 common seats with about

*Photo Courtesy Pacific Mall*







Photo Courtesy Pacific Mall

1sqm per person of space, all the self-serve cutlery and sauces, the trays, the busy bathrooms. Do you think there is anything else necessary to call for the guillotine?

Consumers have also become less trustful about eating pre-prepared food from a bain-marie display. It feels less safe and has the perception of too much human interference. Food to be made out of sight or served to them all wrapped up – “contactless” was more preferable. The reputation and viability of food courts have been dealt a blow by the pandemic, for sure.

However, food courts will not disappear completely because consumers are still looking for a quick-serve, low-price-point option – but the method of delivering that solution has been superseded. This is an opportunity for unscrupulous food audits and stringent norms such as HACCP and other sanitation standards, besides creative out-of-the-box marketing for infusing blood transfusion to Food courts management. Mall managers ought to discard the centralised “mess hall-seating” to mall management laying out communal seating and diners order food from where they want. Delegating the design and

management of tables and seating to tenant brands can make for a more attractive dining space with multiple styles and solutions. It makes sense to attach store fronts with exclusive spaces in front of them. The tenants could be advised to take care of their exclusive tables and maintain the severest hygiene standards. A large part of the large common area can be replaced with kiosks ensuring the overall number of tenancies remain the same.

Consumers are now looking to move from paying by cash to contactless payments, apart from contactless ordering and delivery Mall managements needs to become omnichannel in their management of the centre and provide tenants with a centre-wide ordering and payment platform.

Automation is another factor to consider adopting to rescue the format. With labour being the highest cost of any hospitality businesses, the advancement in robotics – with machines replacing sanitation staff shall be a game-changer for the foodservice sector, besides drawing out the public to witness technological innovation at close quarters.

Physical distancing in food courts

remaining open – or reopening – during the COVID-19 crisis is also putting pressure on operators and landlords alike, with fewer diners able to use the facilities at once. This is forcing operators to look for other income streams, one of which is to create a limited-time or “online only” restaurant and using the food court kitchen space as “dark kitchens” to produce food for delivery.

Other solutions include working with food and drink suppliers to wholesale products in meal-kit 'boxes' in a subscription service. The idea of converting food-court space into shared or cloud kitchens to supply food-delivery companies is bound to emerge. But in the end, pandemic or not, many food courts seem headed for retirement.

The time has come when a lick of paint, a change of furniture or the addition of plants will not be enough to save the food court. They now do not hold court. ■

*Author Sunny Sriram is Director – Arrow Hospitality Consulting and member advisory board Better Kitchen. He specializes in conceptualizing unique dining concepts, realizing ROI faster than expected, and chain-store strategizing.*

# MyMenu365

## Whole Year

### No Repeat of Menu



**Dr. Aruna Sharma, Retd IAS**

Each and every person when looking for a meal the basic questions are what to eat? Is it healthy? Is it a diet meal? Is it good for the tummy? Is it tasty? Is it a new dish? How many calories? What about my sweet tooth? Is it liked by family members? Is it a repeat recipe? Etc...

These questions are more stressful for most of professional men or women after hard day's work; especially using grey matter looks forward for wonderful meal whether cooking self or has cook or ordering from restaurant or even going out to eat. Besides, one who excels in professional life, also wants a wonderful spread during guests' visits and no repetition of any recipes in couples of last parties which they attended.

Travellers can easily predict menu in the hotel and its restaurants whether buffet spread for breakfast or meals or even Ala-Carte. Executive chefs are struggling to make it different but repeating the recipes every day/week. Frequent





business travellers while staying at hotels always looking forward to exclusive meals during the day which will not only be tasty, different but also take care of their balance diet and good for tummy.

### **MyMenu365**

The solution is MyMenu365 – A unique concept for tasty, healthy and balanced diet ensuring that developing immunity, without the repetition of any dish throughout the year created by Dr. Aruna Sharma, Development Economist and Retd. Secretary – Government of India.

Nutrition has become a distorted term with float of theories of sugar, gluten, milk and milk products bad for you. MyMenu365 transforms the entire paradigm to Indian concept of palette to have all and satisfy all five taste buds sweet, sour, salt, bitter and savory. MyMenu365 curated all tastes in a day with no repeat of dish in entire

year of any of the meal of breakfast, lunch, snack, dinner and dessert (veg n non veg). Satiating pallet ensures to avoid overeating as well as enables you to develop good immunity.

MyMenu365 is for those who love food at the same time look for a healthy meal (Our thought is one should have all kinds of food in an year - deep fried, shallow fried, air fried, boiled, cooked with less oil, steamed, baked or raw for maintaining a balance of all ingredients in the body).

MyMenu365 is designed in such a way that everyday meals i.e. breakfast, lunch, tea time, dinner and of course dessert will balance the calories intake of the day. For non-vegetarians there will also be a choice to have two recipes in a day as recommended by health experts. Result in every meal is a treat and a surprise at the dining table.

The dishes are Indian, spread across

the length or breadth of the country with spray of Italian, Chinese, French, Lebanese, Turkey dishes and Mexican that has become part of Indian food lovers'.

MYMenu365 ensures IMMUNITY BY EATING ALL. You want to cook / order / eat out different menu for all 365 days. Follow MyMenu365 at instagram page mymenu365 or URL <https://instagram.com/mymenu365?r=nametag>.

MyMenu365 is open for synergetic activities with star hotels and fine dining restaurants across country. Get in touch with Better Kitchen team at [mail@betterkitchen.in](mailto:mail@betterkitchen.in) to take it forward.





## Arvind Rai Bags Golden Hat Award During 17th ICF's Chef Awards & Summit

In these unprecedented times, we have seen many vicissitudes and tried to adapt to a new normal. Thankfully, some things never change like the Indian Culinary Forum's (ICF) endeavour to help deserving chefs thrive. The raging Covid- 19 pandemic has not deterred the community of chefs from the Indian Culinary Forum to celebrate their annual flagship event of Chef Awards and Knowledge Summit. Rather, the challenge of organizing the event under constrained circumstances has infused more enthusiasm and excitement in them.

Hoping to share a message of strength and positivity to the gastronomic world and to recognize and honour the chefs and their exceptional contribution towards the hospitality industry, the Indian Culinary Forum successfully organized The Annual Chef Awards and Summit. By observing the government's orders and guidelines, it was carefully planned and curated to ensure a coronavirus-safe event.

Hosted to commemorate the International Chefs Day, the 17th Annual Chef Awards saw the presence of renowned master chefs and veterans of the hospitality industry at Pride Plaza Hotel, Aerocity, New Delhi. Chef Awards have been conceptualised to bring international acclaim to Indian cuisine and honour the chefs and their contribution to the

hospitality industry and society at large. The evening witnessed several veterans as well as promising chefs who competed for the coveted titles.

As part of the 17th Annual Chef Awards, ICF also organised the 8th edition of Knowledge Summit which witnessed the participation of the stalwarts of the Indian hospitality sector resulting in knowledge building and thought leadership. The theme of this year's summit was "Exploring New Horizons and Challenges: Experts Perspectives on Opportunities During These Times". The summit witnessed participation of aspiring chefs, hotel-management students and hospitality professionals from all over India, who discussed, debated and deliberated upon a lot of burning issues relating to the hospitality industry in the Covid times.

The summit was phased over four sessions. The inaugural session was done virtually by Anil Bhandari, a hospitality industry veteran and Chairman of the Organising Committee on the topic, Exploring New Horizons and Challenges: Experts Perspectives on Opportunities During These Times". The second session was on Entrepreneurship and Chefs in the Post Covid Times by Celebrity Chef Sanjeev Kapoor, interviewed by Smitha Menon. He advises the aspiring entrepreneurs, "Don't keep waiting for very big

opportunities. Start small and build on it. Most chefs think that perfection is a virtue, but I think it can be a big impediment. Because when you say something is perfect, there is a lot of pressure from yourself, friends, family etc.

Gone are the days for launching anything big and with perfection. So, test and learn. And that's the way to scale up. It gives you an opportunity to correct your course quickly. Don't wait for perfection, because it may be too late."

The third session of the day was a panel discussion on Skills Required by the Chefs - An Industry Perspective with Varendra S. Dutta, Rajan Bahadur, Sanjeev K Nayar, Mohammad Shoeb, and moderated by Rajiv Gulshan. The last session was on Future of Food through Sociological Lens by Vir Sanghvi. Sanghvi was interviewed by Dilip Puri, Founder & CEO at Indian School of Hospitality. The summit was curated by Indian School of Hospitality and coordinated by Dr. Chef Prem Ram, Joint secretary Indian Culinary Forum. Those who could not attend the event, also joined the Summit virtually.

Speaking on the occasion, Anil Bhandari, a hospitality industry veteran and Chairman of the Organising Committee ICF, said, "Despite the pandemic, the determination and enthusiasm of the chefs of ICF, is evident from the fact that they have gone ahead full steam to celebrate the 17th Chef Awards and the 8th Knowledge Summit. I am thrilled to see that the chefs who were working behind the scenes are in the forefront. They are setting new standards of excellence in the hospitality industry and inspiring more people to choose this as a career. He added, "Currently, the National Tourism Awards are given in the three categories. We suggest it should be increased to six categories. We have been requesting the Ministry of Tourism for the last 15 years to honour the distinguished chefs with Padma Shree Award. So far, 2 eminent chefs have been given Padma award but again it has stopped. I would request the Ministry of Tourism to take up this matter again to ensure competent chefs are given Padma award every year. It's high time we must bestow our chefs with Padma Shree Awards just like filmstars, sportspersons, economists and various other fields are honoured, so why not the chefs every year."

Chef Davinder Kumar, President Indian Culinary Forum also shared his views, "In these testing times of Covid-19, it was an overwhelming experience for ICF to have successfully organized the 17th Chef Awards and 8th Chef Summit. The challenge of organizing this event under constraints by circumstances has truly infused more enthusiasm and excitement in us. Digital platform and technology have been harnessed to bridge social distancing. Alongside the Annual Chef Awards, month-long activities have been executed this year, like ICF'S first cook-off series where Senior Masterchefs conducted amazing culinary demonstrations of immunity building recipes which were witnessed by thousands of people. The Chef Awards was instituted way back in 2004

and has evolved over the years, but certainly, the focus remains to not only honour and promote the fraternity of chefs but also encourage young talent to take up this profession, and at the same time raise the overall standards of culinary art in India by bringing it at par with international standards. We have all made earnest endeavours to bring our fraternity closer year after year and will continue to do everything possible for the betterment of the culinary profession. We sincerely hope that Indian culinary art gains more worldwide recognition and acclaim."

Chef Vivek Saggarr, General Secretary Indian Culinary Forum, opined "You can have a great career only if it's built on a solid foundation. The right training can take you places and therefore, the Chef Awards is not just a competition, it is an opportunity for chefs to learn about the modern techniques and mechanisms that are used in kitchens across the world. They understand the value of getting basics right even while innovating. The association has been giving due recognition to the unknown faces, who bring smiles on the faces of diners for 17 years now. By imparting improved education and organising grand industry-specific events, we keep moving one step ahead and set new benchmarks in the hospitality industry."

As a build-up to the awards, four days' culinary competitions, i.e. Trade Tests were held at IBCA Vikaspuri, New Delhi amongst the budding and promising chefs in 8 different categories. Over 60 of culinary artistes showcased their creativity and skills during these competitions. Notable and renowned chefs were the jury members in this year's competitions, while Chef Sireesh Saxena was the organizing secretary under whom the competitions were also supervised. The Chef Awards also honoured the industry veterans in six other sought-after categories. The winners were selected by a panel of an esteemed jury.

***The following are the winners of the 17th Annual Chef Awards:***

- Lifetime Achievement Award: Chef Arun Agarwal
- Golden Hat: Chef Arvind Rai of The Ashok, New Delhi
- Silver Hat: Chef Vinod Bhatti, IKEA India Private Limited
- Pastry Chef of the Year: Chef Tarun Kumar, Sunrise Victuals
- Lady Chef of the Year: Chef Nandita Karan, The Lalit
- Master Chef of the Year: Chef Setu Gupta, Le Meridien
- Master Chef Kebabs: Chef Surender Singh, Le Meridien
- Master Chef International Confectionary Award: Chef Manish Kanojia, Radisson
- Master Chef Indian Sweets Award: Chef Dalbir Singh, Ashok Hotel
- Master Chef International Cuisine Award: Chef Rajnish Rawat, Radisson
- Master Chef North Indian Cuisine Award: Chef Mehboob Alam, Ashok Hotel
- Master Chef Oriental Cuisine Award: Chef Nima Tshering Lepcha, Radisson Blu
- Master Chef Baker Award: Chef Narendra Singh, IHM - Gwalior.



Lifetime interest in food, coupled with an enthusiasm to create and build from the best of all, Parimal honed his culinary skills in couple of top brands before he joined as a Culinary Director at Fern Group of Hotels. He creates exceptional savoury culinary creations that whet the appetite from the first bite to the last. He has an access to an incredible variety of the finest fish, meats and market fresh ingredients, which allows him the freedom to be especially innovative when devising a new dish.



# Parimal Sawant

## Chicken & Peas Saffron Ravioli

### Pasta Dough

#### Ingredients:

|                       |                  |
|-----------------------|------------------|
| Eggs Beaten To Blend: | 2 No             |
| All-Purpose Flour:    | 1 Cup            |
| Olive Oil:            | 1 Tbsp           |
| Saffron:              | Few Strands      |
| Kosher Salt:          | 1 Tsp            |
| Fresh Basil:          | Couple of Leaves |

#### Method:

Mix eggs, flour, oil, saffron, chopped basil and salt in the bowl of a stand mixer with your hands until a shaggy dough forms. Knead with dough hook until dough is smooth and elastic, about 10 minutes. Cover dough with plastic wrap and let rest at least 30 minutes.

### Stuffing

#### Ingredients:

|                  |         |
|------------------|---------|
| Chicken Mince:   | 250 Gm  |
| Olive Oil:       | 30 MI   |
| Parmesan Cheese: | 25 Gm   |
| Basil:           | 5 No    |
| Peas:            | 50 Gm   |
| Garlic:          | 10 Gm   |
| Onion:           | 10 Gm   |
| Thyme:           | A Sprig |
| White Wine:      | 30 MI   |
| Salt:            | 5 Gm    |
| Pepper:          | 5 Gm    |



#### Method:

- ◆ Heat olive oil in a pan. Saute chopped onion & minced garlic. De glaze with white wine
- ◆ Add chicken mince and cook till moisture almost evaporates. Add

mashed green peas to this.

- ◆ Add chopped basil and Parmesan cheese and mix well
- ◆ Season with salt and pepper. Cool down the mixture.

### Sauce

#### Ingredients:

|                  |         |
|------------------|---------|
| Red Bell Pepper: | 300 Gm  |
| Olive Oil:       | 15 MI   |
| Tomato Puree:    | 50 Gm   |
| Sweet Paprika:   | 10 Gm   |
| Onion:           | 10 Gm   |
| Garlic:          | 10 Gm   |
| Basil:           | A Sprig |
| Red Wine:        | 30 MI   |
| Salt:            | 2 Gm    |
| Pepper:          | 2 Gm    |

#### Method:

- ◆ Smoke the oiled up bell pepper on the flame till its skin turns black
- ◆ Keep in a bowl covered for some time. Remove the skin and roughly chop the peppers

- ◆ Saute onion and garlic in olive oil and add the smoked bell peppers and toss
- ◆ De glaze with red wine
- ◆ Add tomato puree, thyme and seasonings
- ◆ Cool down this mixture and puree in a food processor
- ◆ Pass the sauce through a chinois.

### Garnish

#### Ingredients:

|                   |          |
|-------------------|----------|
| Olive Oil:        | 15 MI    |
| Green Peas:       | 25 Gm    |
| Basil:            | 4 Leaves |
| Cherry Tomatoes:  | 4 No     |
| Salt:             | 2 Gm     |
| Pepper:           | 2 Gm     |
| Parmesan Shavings |          |

#### Assembling

- ◆ Take a pan and reheat the pepper sauce, pour it in a serving plate
- ◆ Cook pasta in hot boiling water for 7 to 9 minute, put on plate
- ◆ On other side Pre heat pan olive oil, onion, green peas, cherry tomatoes, white wine and cook until the white wine evaporates, place it on top of pasta
- ◆ Add some Parmesan shavings and drizzle olive oil. ■ ■ ■

**Better Kitchen have the panel of experts working on different aspects of Kitchen, which will give you MARK consulting. The experts will also ensure that you will get maximum Return on Investments in minimum period of time.**



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“

*Better Kitchen is doing an amazing work during such tough times for building up the motivation and encouragement for many chefs and budding chefs across globe. I feel honoured and always excited to be associated with BETTER KITCHEN. My best wishes to Ekta and whole team of Better Kitchen. Stay Safe and be STRONG and work positive just like BETTER KITCHEN always does.*

”

# Rahul Wali

Worked with well known hotel brands, Rahul's passion for food made him pursue advanced graduate degree in Gastronomy from Le Cordon Bleu, Adelaide - Australia that gave a new outlook towards food. After being in the Industry for more than 20 years, presently he is doing Kashmiri Food Catering, Festivals, Pop ups and Workshops for many culinary Institutions / Hotels across India.

## Cauliflower Roganjosh

### Ingredients:

|                            |          |
|----------------------------|----------|
| Cauliflower:               | 400 Gms  |
| Mustard Oil:               | 1 Litre  |
| Cumin Seeds:               | 1 Tsp    |
| Black Cardamom:            | 2 No     |
| Cloves:                    | 2 No     |
| Bayleaf:                   | 1 No     |
| Pepper Corn:               | 4 No     |
| Hing:                      | 1 Tsp    |
| Kashmiri Red Chili Powder: | 3 Tsp    |
| Fennel Powder:             | 1 Tsp    |
| Dry Ginger Powder:         | ½ Tsp    |
| Salt:                      | To Taste |
| Garam Masala Powder:       | 1 Tsp    |
| Water:                     | 200 MI   |

### Method:

- ◆ Clean, Wash and cut the cauliflower in big florets
- ◆ Heat mustard oil and let it smoke for 10 minutes. Let it cool down to 180 degree

- ◆ Deep fry all the cut cauliflower till light golden brown. Remove and drain. Keep aside
- ◆ In a separate pot or pan take 100 ml mustard oil (you can use the same oil used for frying)
- ◆ Add hing, black cardamom, cloves, bayleaf, peppercorns and cumin seeds. Saute for about 30 seconds
- ◆ Take the pot away from flame or put the flame off. Add red chili powder and stir immediately and add ½ cup water to avoid chilies from burning
- ◆ Put the pan back on low heat add fennel powder, dry ginger powder and the fried cauliflower and mix well
- ◆ Add salt and garam masala powder
- ◆ Add water till the half level of cauliflower in the pot and cover the lid and let it cook for 10 minutes
- ◆ Serve hot with steam rice.





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GANDUM MAS KENCANA



“

*For this lovely anniversary issue of Better Kitchen magazine I have shared with you all one of my favourite fusion dessert that I have created. The Rasmalai Mango Trifle is an amalgamation of everything I stand for, being a true fusion of Indian and Western cuisine.*

*I hope you enjoy this recipe. I also would like to wish a Very Happy Anniversary.*

”

# Rakhee Vaswani

Owner at Palate Culinary Academy and Studio, TV Host, Entrepreneur, Author, Culinary Expert, Food Consultant and a Passionate Teacher, Rakhee wears many different hats. She is a natural with flavours and textures, her biggest asset being her strong palate and a deep rooted passion for the culinary arts and food industry. Her book "Picky Eaters" teaches mothers how to make food fun, exciting and yummy for their kids and a lot more.

## Rasmalai Mango Trifle

### Ingredients:

#### For Masala Milk

|                           |             |
|---------------------------|-------------|
| Milk:                     | 1 Litre     |
| Pistachio:                | 2 Tbsp      |
| Saffron (Soaked in Milk): | Few Strands |
| Cardamom Pods:            | 2 No        |
| Condensed Milk:           | 100 ML      |

#### For Rasmalai

|                |           |
|----------------|-----------|
| Milk:          | 1 Litre   |
| Vinegar:       | 2 Tbsp    |
| Corn Flour:    | 1 Tsp     |
| Baking Powder: | 2 Pinches |

#### For Sugar Syrup

|        |        |
|--------|--------|
| Sugar: | 1 Cup  |
| Water: | 4 Cups |

#### Eggless Cakes

|                |         |
|----------------|---------|
| Flour:         | 140 Gms |
| Baking Powder: | ½ Tsp   |
| Baking Soda:   | ½ Tsp   |

|                  |         |
|------------------|---------|
| Butter:          | 120 Gms |
| Milk Maid:       | ½ Tin   |
| Milk:            | 80 ML   |
| Vanilla Essence: | 1 Tsp   |

### Method

#### Rasmalai Milk

- ◆ Boil milk till almost half on medium heat
- ◆ Add sugar, saffron, pistachio
- ◆ Leave it to cool

#### Rasmalai

- ◆ Bring milk to a boil
- ◆ Add vinegar and boil and stir till you see the curds separate
- ◆ Add Ice to stop the cooking process
- ◆ Stir it till cool
- ◆ Pass this through a muslin



- cloth and squeeze till all moisture is released
- ◆ Add water again and squeeze it
- ◆ Take it out in a bowl and start kneading it till it becomes soft and smooth
- ◆ Once the desired consistency is reached add 1 tsp of corn starch
- ◆ Knead again
- ◆ It should be moist and soft, not too dry. If too dry, add in a spoon of water
- ◆ Divide into small balls. Roll it between your palms and make sure there are no cracks and flatten it.

### Sugar Syrup

- ◆ Mix sugar and water and bring it to a boil
- ◆ Once boiled add the Rasmalai into the sugar syrup and boil with a lid on to generate steam
- ◆ (This ensures a nice fluffy Rasmalai)
- ◆ Boil for approx. 10-15 minutes or until completely fluffy and take it out from the sugar and squeeze till all the sugar syrup is released
- ◆ Add the Rasmalai to the milk and let it infuse overnight

- ◆ Serve garnished with pistachios next day.

### Eggless Cake

- ◆ Mix the flour, baking soda, baking Powder in a bowl and keep aside
- ◆ In another bowl cream the butter & milk maid
- ◆ Fold in the flour mixture and gently add the milk
- ◆ Pour the batter in a grease & lined tin
- ◆ Bake for 40 minutes at 160 deg or until a tooth pick comes out clean.

### Assembly

- ◆ In a glass, add a layer of cake in the base of short glass
- ◆ Soak the cake with the Rasmalai milk
- ◆ Add a layer of mango puree
- ◆ Next layer with the Rasmalai pieces
- ◆ Pipe a layer of whipping cream. Garnish with rose petals, mango pieces and pistachios
- \*If mangoes are not available you can omit it.

AND ITS READY!



# Coca-Cola Initiates Provision of Safe Drinking Water, Benefitting 20K Lives

Providing safe and clean drinking water for communities, Anandana - The Coca-Cola India Foundation, in partnership with Jaldhara Foundation and Water Health India initiated seven Water Health Centres (WHCs) in the Adilabad, Medak and Nizamabad districts of Telangana and Andhra Pradesh. The Foundation has also invested in water treatment facilities of these districts to serve over 20,000 people of the community and provide them a sustainable livelihood. The initiative will facilitate improvement of community health by promoting consumption of safe drinking water and reducing susceptibility of villagers towards water borne diseases. The Foundation has also initiated such projects in

Aurangabad district of Maharashtra which faces similar water stress conditions.

Ramanand B, Jaldhara Foundation said, "The spike in water borne diseases in the states of Andhra Pradesh and Telangana coupled with persistent contamination of groundwater as stated by industry reports are testimony to the hardships faced by the people in these regions. We are hopeful, with the implemented water solutions, the villagers will reap great benefits in long term. We are thankful to Coca-Cola India and our technical partner, WaterHealth India for their innovative thinking and viable solutions."

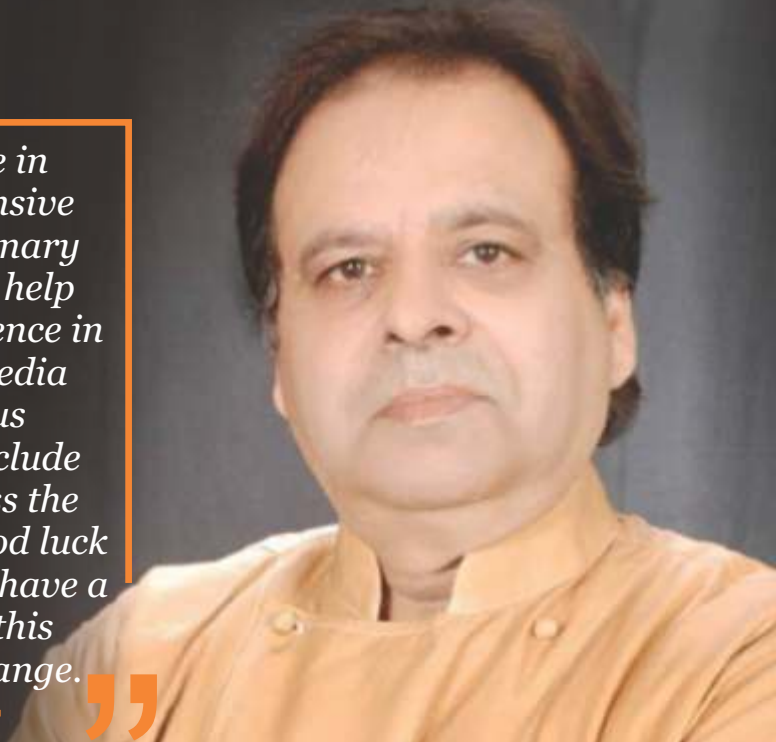
Commenting on the partnership, Ishteyaque Amjad, Vice President, Public Affairs, Communications &

Sustainability, Coca-Cola India & South West Asia said, "Water is essential to life and safe drinking water is the backbone of a healthy society and economy. Anandana - Coca-Cola India Foundation in partnership with the local communities across India have made humble contributions for the past 10 years in being part of the solution towards providing safe and clean drinking water. Our partner Jaldhara Foundation and Water Health India have helped us successfully implement the project and positively impact the communities of Adilabad, Medak, Nizamabad and Vijay district. We will continue our sustained efforts in the direction to contribute towards community and environment."

“

*Better Kitchen is playing a huge role in impacting readers by sharing of extensive knowledge on various domains of culinary arts and it's my pleasure to be able to help them in their mission. With a vast presence in both physical platforms and social media platforms, it has its reach to various stakeholders of this industry which include homemakers, professional chefs across the globe and IHMs students. So, I wish good luck to all the fellow readers and I hope you have a great time practicing the content of this esteemed platform of knowledge exchange.*

”



# Ram Prakash Sharma

Former pastry chef to Oberoi Group and jury to World Skill Council of India, Ram Prakash Sharma has over 37 years of experience with hotels and food companies. Presently he is Principal at Nirali Cookery Institute.

## Apple Conde & Raisin Flan

### Ingredients:

|               |            |
|---------------|------------|
| Semolina:     | 115 Gm     |
| Raisin:       | 50 Gm      |
| Milk Fresh:   | 500 ML     |
| Fresh Cream:  | 50 Gm      |
| Sugar:        | 100 Gm     |
| Butter:       | 30 Gm      |
| Zest of Lime: | 1 No.      |
| Apple:        | 4 No       |
| Salt:         | A Pinch    |
| Sugar:        | Little Bit |
| Cinnamon:     | Little Bit |

### Method:

- ◆ Place semolina, raisin, milk, salt, sugar and zest of lime in a saucepan, cook for 10 minutes
- ◆ Add butter and cream
- ◆ Line the flan ring with silver foil
- ◆ Set the mixture in it and arrange the apple slices on it
- ◆ Sprinkle sugar and cinnamon powder
- ◆ Bake at 170°C



- ◆ Kept in room temperature for 30 minutes then kept in fridge for about 2 hours
- ◆ Take out the dessert, cut into wedges, serve with vanilla sauce or ice cream.



Hospitality expert, entrepreneur, leading advisor, developer and deft-risk mitigator at The Art Culinaire, Raminder has more than 25 years of experience. He has been bending rules to create marvels and setting trends that others can only hope to match up to. His decisive leadership qualities, expertise and passion for his art have helped him in setting up many Food Courts, Multinational QSR, Hotels, Restaurants & Resorts.



# Raminder Bakshi

## Roast Chicken

### Ingredients:

#### Brine

|                        |           |
|------------------------|-----------|
| Cold Tap Water:        | 2 Litres  |
| Cooking Salt:          | 1/3 Cup   |
| Lemons:                | 2 No      |
| Fresh Parsley:         | 10 Sprigs |
| Thyme:                 | 7 Sprigs  |
| Rosemary:              | 2 Sprigs  |
| Fresh Bay Leaves:      | 5 No      |
| Honey:                 | ¼ Cup     |
| Garlic Cloves Smashed: | 6 No      |
| Black Peppercorns:     | 1 Tbsp    |

#### Roast Chicken

|                  |            |
|------------------|------------|
| Chicken Whole:   | 1.5 - 2 Kg |
| Butter Melted:   | 40 Gm      |
| Salt and Pepper: | To Season  |

### Method:

#### BRINING

- ◆ Pour about 1/3 of the water into a large pot (large enough for the brine and submerged chicken) with remaining Brine ingredients. Bring to boil, boil 1 minute, stir to dissolve salt
- ◆ Remove from heat, pour in remaining water. Cool completely before using (I cool about 30 min then refrigerate 1½ hours). DO NOT put chicken in before full cool, this is a health hazard



- ◆ Flip chicken upside down (so legs and breast are on underside). Sub-merge chicken in brine, cover and refrigerate for 12 - 24 hours. Don't worry if underside of chicken doesn't stay under water - the breast side is, that is what matters.

### Roasting Brined Chicken:

- ◆ Remove chicken from brine and pat dry to remove excess moisture
- ◆ Tie legs with string (if desired), tuck wings under. Drizzle/brush with most of the butter all over, including underside (butter will firm up on contact)
- ◆ Sprinkle with pepper and the TINIEST pinch of salt, place chicken on a rack in a heavy based roasting tray. Set aside for 20 minutes
- ◆ Preheat fan forced oven to 220°C / 430°F
- ◆ Turn down the oven to 180°C / 350°F, then roast chicken

for 50 minutes to 1 hour or until the internal temperature at the joint between the leg and thigh is 75°C/165°F, or until juices run clear

- ◆ Check at 45 minutes, rotate the pan if not browning evenly, and brush top with remaining melted butter
- ◆ Remove chicken from the roasting tray, cover loosely with foil and rest for 10 to 15 minutes
- ◆ Chicken is so juicy, it needs little more than a tiny drizzle of the juices in the pan (go easy, it's salty). Otherwise, make a gravy while the chicken is resting.



A chef whose Passion turned out to be his profession and a name like 'Ramu Butler' plus around 25 years of experience, Ramu is now chef consultant, television chef, culinary reality show food head, food stylist and certified judge by WACS. Appreciation of displaying extraordinary professional competence and achieving outstanding accomplishments in the culinary field, Ramu has been awarded the Smart Chef National award. He is also the vice president of South India Culinary Association, Kerala Chapter.

# Ramu Butler

## Meen Moilee Manga Curry (Kerala Style Fish Mango Stew)

### Ingredients:

#### Marination

|                              |          |
|------------------------------|----------|
| Red Snapper or Pomfret Fish: | Fillet   |
| Turmeric Powder:             | 1 Tsp    |
| Lemon Juice:                 | 1 Tsp    |
| Salt:                        | To Taste |

#### Gravy

|                       |              |
|-----------------------|--------------|
| Onion Thinly Sliced:  | 1 Large      |
| Tomato Medium Sliced: | 1            |
| Ginger Crushed:       | 1 Inch Piece |



|                             |                         |
|-----------------------------|-------------------------|
| Garlic Crushed:             | 2 Cloves                |
| White Pepper Powder:        | 1 Tsp                   |
| Thick Coconut Milk:         | 1 <sup>st</sup> Extract |
| Semi Thick Coconut Milk:    | 2 <sup>nd</sup> Extract |
| Mustard Seeds:              | ½ Tsp                   |
| Curry Leaves:               | 2 Sprig                 |
| Green Chilies Slit:         | 2-3 No                  |
| Mango Slices (Semi Ripped): | 2 No                    |
| Coconut Oil:                | 2 Tbsp                  |
| Green Pepper Corns:         | 15 Gm                   |
| Salt:                       | To Taste                |

### Method:

- ◆ Wash and clean the fish and pat dry it
- ◆ Marinade the fish with marinade ingredients listed above and set aside for 15-20 minutes
- ◆ Heat coconut oil in a pan and slightly fry marinated fish pieces on a medium heat and keep it aside
- ◆ Heat a pan (preferably an earthen pot) and pour required coconut oil
- ◆ Splutter the mustard seeds; add the ginger, garlic and sauté for a minute
- ◆ Add the sliced onion, curry leaves, green chilies and sauté till it becomes soft and translucent
- ◆ Add the tomatoes and sauté for a minute. (Tomatoes

shouldn't be mashes)

- ◆ Pound the green pepper corn and add to it along with white pepper powder, simmer the heat
- ◆ Add half 2nd extract semi thick coconut milk and salt and mix well
- ◆ Add the mango slice
- ◆ Add the fried fish pieces carefully, cover and cook the fish. As the fish is half done while frying just need to cook for another couple of minutes
- ◆ Now pour the 2nd extract - semi thick coconut milk and hold onto the sides of the pan and swirl it until the fish is well totally immersed in the gravy. Let it cook slowly for sometime till the fish completely absorbs it
- ◆ Remove the pot from the fire, pour the 1st extract- thick coconut milk, place it on low fire again for a minute and gently shake so that it gets mixed. ( Do not stir as the fish might break)
- ◆ Remove the pot from the fire and add some fried curry leaf. Top with some coconut oil in the end
- ◆ Gently remove the cooked fish fillet and present it on top of mango slice and gravy
- ◆ Garnish with fried curry leaf and fried pepper corns, fried red chili and mustard
- ◆ Serve hot with String hoppers or Appam.



“

*Congratulations and best wishes on 5<sup>th</sup> Anniversary issue. Better Kitchen is one of the best magazines which focus more on authentic food, new trends and it provide tremendous knowledge about food and beverage. The magazine also provides us information about how people are from hospitality running their business successfully.*

”



# Rajani Ranjan Rashmi

Desire to continuously learn and explore his proficiency as a chef, Rajani has strong leadership quality and emphasis on the importance of teamwork, allows him to head his team of chefs of restaurants of diverse cuisines at Hotel Sahara Star. His dynamic personality and innovative energy with 19 years of experience resulted in an impressive career.

## Sphaghetti Vongole



### Ingredients:

|                         |        |                         |          |
|-------------------------|--------|-------------------------|----------|
| Spaghetti Pasta:        | 500 Gm | Finely Chopped Parsley: |          |
| Extra Virgin Olive Oil: | 100 ML | 10 Gm                   |          |
| Sliced Garlic:          | 20 Gm  | White Wine:             | 50 ML    |
| Dry Chili Flakes:       | 5 Gm   | Salt:                   | To Taste |
| Fresh Clams:            | 250 Gm | Crushed Black Pepper:   | 2 Gm     |

### Method:

- ◆ In a medium stock pot over high heat, boil the water with salt to cook pasta
- ◆ Meanwhile in a large saucepan over medium heat, sauté the garlic and chili flakes in extra virgin olive oil until the garlic is golden brown, about 1 minute
- ◆ Add the fresh clams and cover with lid on medium heat, shaking the pan occasionally until all the clams open, once clams get open deglaze with white wine. Adjust the seasoning.
- ◆ Check your boiling pasta, stirring frequently until al-dante.
- ◆ Drain the pasta and transfer pan and parsley and toss well. Top up with little freshly crushed black pepper. Serve immediately.



“

*Wishing Better Kitchen a very happy anniversary. I strongly believe in "Tough Times Never Last, But Tough People Do". It's only a matter of time when Pandemic will be over and we all will come out victorious. We will be cooking for you, and will celebrate again.*

”

# Ranjeet Pandey



**National Award winner for Culinary Leadership at International IFCA meet in 2018, Ranjeet holds MBA in Financial Management and is Lead Auditor for ISO 22000-2005 apart from hotel management qualification. He has more than 26 years of experience in hospitality industry while working with various hotel chains in India. His key focus area has been Food Production. He is the founder member and president of “Culinary Forum of Goa”.**

## Goan Rechado Masala Fish Cake

### Ingredients:

#### Fish Cake:

|  |        |
|--|--------|
| Fish Fillets:                            | 450 Gm |
| Eggs:                                    | 2 No   |
| Fresh Coriander (Roughly Chopped):       | 10 Gm  |
| Rechado Masala Paste:                    | 1 Tbsp |
| Red Chili (Deseeded and Finely Chopped): | 25 Gm  |
| Garlic (Peeled And Finely Chopped):      | 10 Gm  |
| Fresh Ginger Root (Finely Chopped):      | 20 Gm  |
| Lime (Finely Grated Zest and Juiced):    | 100 Gm |
| Spring Onions (Roughly Chopped):         | 10 Gm  |
| Sunflower Oil:                           | 30 MI  |
| Spring Onions (To Garnish):              | 10 Gm  |

#### Goanrechado Masala:

|   |          |
|---|----------|
| Kashmiri Chillies (Deseeded and Crushed): | 10 No    |
| Peppercorns:                              | 4 No     |
| Garlic:                                   | 30 Gm    |
| Chopped Garlic:                           | 10 Gm    |
| Cinnamon Stick:                           | 1.3 Cm   |
| Sugar:                                    | 10 Gm    |
| Tamarind Paste:                           | 10 Gm    |
| Cumin Seeds:                              | 5 Gm     |
| Fresh Ginger (Chopped):                   | 10 Gm    |
| Goan Coconut Toddy Vinegar:               | 60 MI    |
| Salt:                                     | To Taste |

#### Goan-Style Green Chutney:

|                           |       |
|---------------------------|-------|
| Fresh Coriander:          | 20 Gm |
| Green Chillies:           | 10 Gm |
| Garlic:                   | 10 Gm |
| Freshly Coconut (Grated): | 50 Gm |
| Lemon Juice:              | 10 MI |
| Sugar:                    | 5 Gm  |

### Method:

#### Goan Rechado Masala:

Soak the chillies, peppercorns, cloves, cinnamon stick, sugar, tamarind paste, cumin seeds, ginger, garlic and salt in vinegar for 20 minutes. Grind them to a fine, thick paste without using water.



#### Fish Cake:

- ◆ Mince the fish fillets, add the whisked eggs, coriander, rechado masala paste, chili, garlic, ginger, grated lime zest, lime juice, and spring onions. Mix well
- ◆ With damp hands, divide the mix into 12 flat fish cakes
- ◆ With the help of a teaspoon, stuff the rechado masala in the centre of each fish cake.

#### Goan-style green chutney:

For the chutney, blend all the ingredients together.

Sear the fishcakes in small batches for about 2 minutes on each side. Serve with Goan Style Green Chutney.





“

*My association with the Better Kitchen goes back a long way. I have seen them grow as a publication and team from milestone to milestone. As they complete 5 successful years this year, I wish them all the best for the future.*

”

# Ranveer Brar

Celebrity chef, TV show judge, author and food stylist, Ranveer is passion for food has drive him to every nook and corner of the world. He was inspired by the local Kebab vendors in Lucknow and one such kebab ustad, Munir Ahmed, tutored Brar on the finer points of kebab making. That was the epiphanic moment that made him choose cooking as his calling. He became the youngest executive chef at a five star hotel at the age of 25.

## Chili Chocolate Mousse

### Ingredients:

|                         |        |
|-------------------------|--------|
| Milk:                   | 100 MI |
| Cream:                  | 150 MI |
| Fresh Basil Leaves:     | 10 Gm  |
| Chili Flakes:           | ½ Tsp  |
| Egg Yolks:              | 6 No   |
| Sugar:                  | 100 Gm |
| Milk Chocolate, Grated: | 220 Gm |
| Extra Virgin Olive Oil: | 90 MI  |
| Heavy Whipping Cream:   | 250 MI |

### Method:

- ◆ Heat the milk and cream in a non-stick pan and bring to a boil. Remove from heat and add the basil leaves. Let them soak for 15 minutes
- ◆ Boil again and pass through a sieve. Add the chili flakes and set aside
- ◆ Place the egg yolks in a mixing bowl. Add the sugar and beat together till creamy yellow



- ◆ Pour the creamed yolks slowly over the basil infused milk. Stir well and heat again till the mixture begins to thicken slightly. Do not boil, or it will curdle. This is the basic custard
- ◆ Remove the custard from heat and slowly add the chocolate and olive oil. Mix well and allow it to cool
- ◆ Once the mixture is cooled, gently fold in the heavy cream and whip to form soft peaks. Refrigerate for 1 hour and serve.





*The New Year is the perfect occasion to appreciate all the good things that the past year has given you and all the good things that are yet to come. May this year bring new happiness, new goals, new achievements, and a lot of new inspirations in our life. Wishing you all a happy new year.*



Family stone business work kept taking her to Italy, where she developed a liking for the local cuisine and learnt how to cook it proficiently, Ritu at the age of 21 set up Mezza Luna, an Italian restaurant. The food was excellent but Mezza Luna's fortunes weren't. An undeterred Dalmia moved to London, where she opened an Indian fine dining restaurant named Vama. It was a big success. In the year 2000 she opened her first DIVA with a dash of flavour, a pinch of creativity and ounces of passion for food! This is the recipe that created DIVA – a chain of restaurants, offering European, Italian & Asian flavours from around the world.



# Ritu Dalmia

## Risotto Beetroot and Goat Cheese

### Ingredients:

|                              |           |
|------------------------------|-----------|
| Risotto Arborio:             | 100 Grams |
| Olive Oil Extra Virgin:      | 15 ML     |
| Butter:                      | 30 Gm     |
| Onion Chopped:               | 25 Gm     |
| White Wine:                  | 30 ML     |
| Leeks Chopped:               | 25 Gm     |
| Beetroot Boiled & Brunoised: | 25 Gm     |
| Beetroot Puree:              | 30 Gm     |
| Vegetable Stock:             | 400 ML    |
| Parmesan Cheese Grated:      | 30 Gm     |
| Parmesan Cheese Shavings:    | 15 Gm     |
| Goat Cheese:                 | 30 Gm     |
| Salt:                        | To Taste  |
| Black Pepper:                | To Taste  |

### Method:

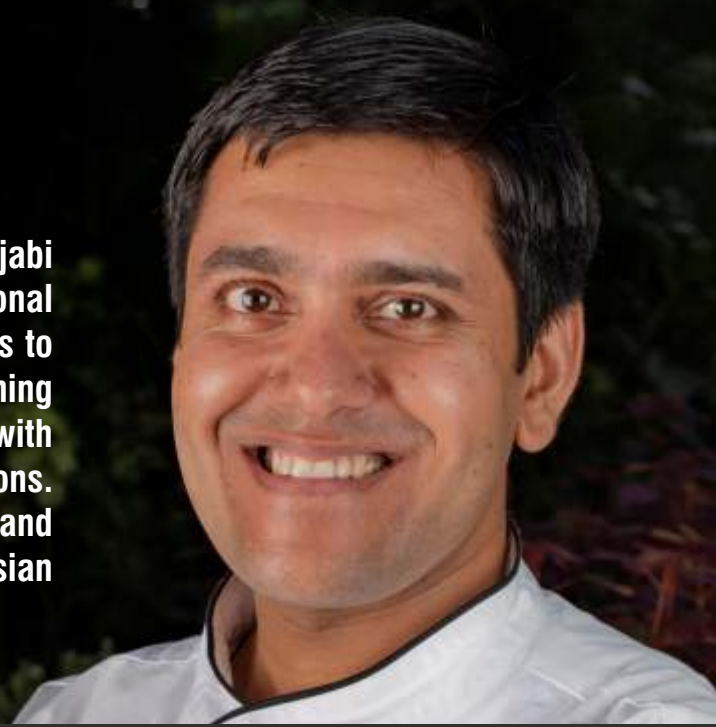
- ◆ Take a thick bottom pan, pour 1 spoon of extra virgin olive oil & 1 of butter. Also simmer vegetable stock in a separate saucepan over medium heat
- ◆ Sauté chopped onion & leeks till translucent
- ◆ Add risotto in the pan and stir well till the rice is coated with oil & is shiny
- ◆ Add white wine and cook over high heat till the liquid has been absorbed, keep stirring slowly in interval with a wooden spatula
- ◆ Reduce the heat to low, add pureed & chopped beetroot and a ladle of simmering stock
- ◆ Continue adding the stock to the risotto, a ladle at a time, adding the next ladleful once the previous ladleful has been absorbed, stir continuously
- ◆ Cook till the rice is al dente. The consistency of the risotto



- should be soupy and not too stodgy
- ◆ End the risotto with half of the goat cheese, 1tbsp of grated parmesan cheese & 1spoon of butter
- ◆ Stir vigorously check for seasoning, & take out the risotto on the serving plate
- ◆ Crumble the remaining goat cheese with the parmesan shavings & serve.

**Chef's Tip:** Always add onion in not so hot oil, this way it gets cooked properly without getting burnt. Always use a spatula or a wooden spoon to stir the risotto and it will prevent the breaking of the rice. ■ ■ ■

Specialty is western cuisine but at heart a true Punjabi with love for Indian cuisine and especially regional Punjabi food, Robin believes there are no short cuts to hard work in the kitchen. He was part of the pre-opening team for Trident BKC – Mumbai, a 436 keys property with 4 speciality restaurants and large banquet operations. Recently at The Oberoi Bengaluru he opened a brand new all-day dining restaurant - Lapis and an Asian restaurant - Wabi Sabi.



# Robin Batra

## Panchkuta Saag

### Ingredients:

|                      |          |
|----------------------|----------|
| Red Amaranth:        | 150Gm    |
| Green Amaranth:      | 150 Gm   |
| Spinach:             | 150 Gm   |
| Malabar Spinach:     | 100 Gm   |
| Dill Leaves:         | 50 Gm    |
| Spinach Puree:       | 50 Gm    |
| Chopped Garlic:      | 60 Gm    |
| Chopped Onions:      | 60 Gm    |
| Chopped Tomatoes:    | 40 Gm    |
| Deggi Chilli Powder: | 3 Gm     |
| Cumin Powder:        | 10 Gm    |
| Turmeric Powder:     | 5 Gm     |
| White Butter:        | 30 Gm    |
| Dry Red Chilli:      | 2 Gm     |
| Sliced Fried Garlic: | 5 Gm     |
| Ghee:                | 50 Ml    |
| Salt:                | To Taste |



### Method:

- ◆ Blanch the 5 greens altogether and finely chop it
- ◆ Heat Ghee in a pan. Add dry red chilli, chopped garlic and cook till light brown in colour
- ◆ Add chopped onions and cook for 2 minutes
- ◆ Add chopped tomatoes and cook for a minutes
- ◆ Add powdered spices and cook for 2 minutes stirring continuously on medium flame
- ◆ Add salt, chopped blanched greens and cook for 5 minutes on medium flame
- ◆ Add Spinach Puree and cook for 5 minutes on low flame
- ◆ At last add white butter and sliced fried garlic on top.





“

*Congratulations to Better Kitchen for completing it's five years of journey and entering into sixth year. I wish the magazine all the best. I am delighted to be a part of the special edition which is coming to mark this momentous milestone in the Better Kitchen's life. I am eagerly looking forward to it. Cheers!*

”

# Sabyasachi Gorai

**Mentor, Entrepreneur, Restaurateur, Culinary Judge, Television Culinary Show Host and Celebrity Chef, Sabyasachi (popularly known as Saby) has always been a fount of ideas and source of great passion for the restaurant and hospitality industry. Promoting sustainable food and slow food brings him on the global slow food alliance - Craft Chef's Guild.**

## Prawn And Onion Tolma

### Ingredients:

|                      |             |
|----------------------|-------------|
| Whole Onion Braised: | 3 No        |
| Prawns:              | 6 No        |
| Kasundi:             | 20 Gm       |
| Coconut Milk:        | 40 Gm       |
| Sea Salt:            | As Required |
| Pepper Powder:       | As Required |
| Lemon Juice:         | 1 Tbsp      |

### Method:

- ◆ In a bowl mix together coconut milk, kasundi, salt and pepper, whisk them together
- ◆ Marinate the prawns in this kasundi-coconut mix
- ◆ Take the whole onions and carefully cut both the ends of it. Scoop out the inner rings of the onion
- ◆ Braise the onion skin in oil, salt and pepper. Keep it aside to cool
- ◆ Take the onion skins and place it on a greased tray



- ◆ Fill it with the marinated prawns and drizzle the marinade over it
- ◆ Bake the prawns at 180° C for 10 minutes
- ◆ Garnish with coriander leaves and serve.





Started from Mom's kitchen, Sahil is Creative, enthusiastic, hardworking chef with a passion for food and experience working across restaurants and established hotel chains across the Indian subcontinent and Australia. He is an efficient operator who understands the importance of hygiene and sanitation and well versed with HACCP and ISO 22000 norms in line with hospitality industry. He uses his creativity and expert culinary skills to create recipes that are not only delicious and full of flavour and richness but tingle the taste buds of the connoisseur.

# Sahil Sabhlok

## Pan Seared Sea Bass Fillet

### Ingredients:

|                         |          |
|-------------------------|----------|
| Sea Bass Fillet:        | 180 Gm   |
| Garlic:                 | 5 Gm     |
| Potato:                 | 40 Gm    |
| Leeks:                  | 30 Gm    |
| Capers:                 | 5 Gm     |
| Egg:                    | 1 No     |
| Butter:                 | 1 Tsp    |
| Olive:                  | 5 Gm     |
| Tomato Sauce:           | 20 Gm    |
| Extra Virgin Olive Oil: | 20 ML    |
| Parsley Chopped:        | 5 Gm     |
| Seasoning:              | To Taste |
| Salt:                   | To Taste |
| Pepper:                 | o Taste  |
| Caper:                  | 2 Gm     |
| Fennel:                 | 30 Gm    |
| Carrots:                | 30 Gm    |
| Spring Onions:          | 10 Gm    |

### Method:

- ◆ Marinate sea bass fillet with salt, pepper, olive oil. Keep aside
- ◆ Boil the potatoes with skin. Drain the water, remove skin and keep aside
- ◆ Mash the potatoes, add egg yolk, butter, seasoning, whisk the egg white till thick, and add with potato mixture thoroughly. Apply the butter inside the ramekin mould put the potato mixture. Bake in the oven at 140° C for 20 minutes till cooked and a golden colour appears.



### For the sauce:

- ◆ Sauté onion and garlic deglazed with white wine. Add tomato sauce, add olive, capers, check the seasoning, chopped parsley, add olive oil and butter in a pan
- ◆ Blanch the fennel bulb, spring onions and carrots toss in olive oil and keep ready
- ◆ Sear the sea bass fillet. Cook on slow flame from both the sides, finish in the oven
- ◆ Meanwhile cut the leeks into thin strips, fry in hot oil till crisp and golden brown, keep aside for the garnish.

### Presentation:

Plate the tossed fennel bulb, carrot, spring onions along with the sea bass garnish with the fried leeks, pour the sauce as shown in the picture.



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Over the past five years Better Kitchen has grown in popularity amongst the home chefs as well as professionals purely due to its content and collaboration. I wish them all the best for their future and may the magazine grow leaps and bounds.

”



# Salil Fadnis

Preopening specialist, Salil has opened hotels in India and overseas and has been the force in the food & beverage department. His efforts have been highly paid off with various platforms recognizing his success. He is also the Vice President & founder member of Western India Culinary Association, the Chefs Guild in Western Part of India.

## Nalli Gosht



### Ingredients:

|                      |        |                     |          |
|----------------------|--------|---------------------|----------|
| Lamb Shank:          | 4 No   | Lemon:              | 10 MI    |
| Yogurt:              | 200 Gm | Cream:              | 10 MI    |
| Mint:                | 10 Gm  | Rose Petal:         | 5 Gm     |
| Onion:               | 100 Gm | Khus Ki Kadi:       | 5 Gm     |
| Garlic:              | 30 Gm  | Salt:               | To Taste |
| Ginger:              | 15 Gm  | Coriander Powder:   | 5 Gm     |
| Turmeric Powder:     | 5 Gm   | Paan Ki Jad:        | 3 Gm     |
| Chili Powder:        | 5 Gm   | Kweda Water:        | 3 MI     |
| Garam Masala:        | 5 Gm   | Cardamom Green:     | 3 Gm     |
| Coriander Leave:     | 10 Gm  | Kashmiri Red Chili: | 10 Gm    |
| Lamb Trotter's Paya: | 4 No   | Mace:               | 2 Gm     |
| Ghee:                | 20 Gm  |                     |          |

### Method:

- ◆ First make a paya stock than stain that stock
- ◆ Marinade the lamb shanks with yogurt, ginger garlic pest, Kashmiri chili, turmeric and fried onion. Keep aside
- ◆ Heat ghee and put marinated lamb shanks sauté till the fat release on top
- ◆ Add lamb paya stock and remaining spices, cook in slow fire till the meat cooked well and finish with saffron cream
- ◆ Served in curry bowl garnish with mint leaves and saffron cream.



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*Better Kitchen hits 5 years! A young age in the real world but an age of maturity in the culinary world. In a fast-changing world, with its hopes and challenges, this is the occasion to extend our thanks to Better Kitchen for the recognition it gives the chefs and the solutions it provides to the household kitchens. Congratulations and thank you, to Better Kitchen for their five years of success in connecting to manufactures, dealers, planners, chefs, caterers, restaurateurs, hoteliers, architects and HIG women. While Better Kitchen's tremendous achievements over the past five years are reason enough to celebrate, it is their future, and the opportunities ahead, that should spark the greatest excitement across the culinary community. All the best for their future.*

”



# Sameer Shah

With over 23 years of experience in some of the prestigious and award-winning luxury hotels, palaces and residences across India, Sameer is assertive and passionate Food & Beverage professional. His endeavour is to cultivate and maintain only the finest of Food & Beverage experiences with the upcoming market trends and innovations.

## Red Rice Risotto Verde

### Ingredients:

|                                       |                 |
|---------------------------------------|-----------------|
| Red Rice:                             | 200 Gm          |
| Olive Oil:                            | 30 Ml           |
| Garlic Chopped:                       | 1 Tsp           |
| Onion Chopped:                        | ½ No Small Size |
| Fresh Thyme:                          | ½ Tsp           |
| Fresh Rosemary:                       | ½ Tsp           |
| Salt:                                 | To Taste        |
| Crushed Black Pepper:                 | 1 Pinch         |
| Cheese (Parmesan Or Pecorino) Grated: | ½ Cup           |
| Butter:                               | 25 Gm           |
| Spinach Puree*:                       | ½ Cup           |
| Asparagus Spears 2 Inch Long:         | ½ Bundle        |
| Zucchini Medium Size:                 | ½ No            |
| Vegetable Stock / Water:              | 3-4 Cups        |

### Method:

◆ Rinse the rice well with water ◆ Soak in immersing level water for at-least 1 hour ◆ Boil the soaked rice in water (12 cups of water), it will take atleast 20 minutes. Cook in low medium flame and do not add more water ◆ A f t e r t h e rice is cooked, if you press the rice should be mash able not too mushy. Now drain the excess water and keep it aside ◆ Heat oil in a sauce pan, add garlic and sauté. Add chopped onion and sauté. Add chopped fresh herbs and red rice (cooked) and sauté for a minute ◆ Add vegetable



stock/water, salt, and crushed peppercorns mix cover and cook till for 12-15 minutes. Add more liquid if needed, ¼ cup at a time until you feel it's done ◆ Add spinach puree, blanched asparagus spears, thinly sliced green zucchini and cook for 2 more minutes. Switch off the heat, add grated cheese & butter and mix well ◆ Serve in a pasta dish, topped with some herbs, asparagus and zucchini salad.

#### \*For Spinach puree

Boil ½ bunch spinach in salted water

Cool quickly in ice water to set the green colour, then mix in a blender and strain. Set the purée aside.





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*'Better Kitchen' has been supporting good food and great chefs past 5 years, this commendable work is only done when food is not only a passion for you but also a lifestyle. Bringing so much creativity of many talents on one single platform in an enjoyable way is truly admirable. I wish all the very best to the Better Kitchen's Team for upcoming years and look forward to see their anniversary issue.*

”

# Sandeep Pandey

During long summer days he helped his mother in making various culinary dishes just to pass time and then slowly developed a fine taste for good food and a natural passion for hand crafted dishes, Sandeep still hear mother's words in his ear that 'never forget to thank Mother Nature for these beautiful ingredients'. He had choose to worked in Ireland for a smaller establishment to give that respect to the ingredients which his mother always talked about and he felt in very large five star hotel those flavours were lost somewhere to make practical life easier.

## Tasting, Textures of Beetroot & Goats Cheese

### Ingredients:

|                             |                 |
|-----------------------------|-----------------|
| Baby Beetroot:              | 4 No            |
| Raw Large Beetroot:         | 1 No            |
| Candy Beetroot:             | 1 No            |
| Tomato Relish:              | 60 Gm           |
| Goats Cheese Log:           | 300 Gm          |
| Panko Crumb, Flour And Egg: | For Crumbing    |
| Honey:                      | 10 MI           |
| Single Cream:               | 50 MI           |
| Olive Oil:                  | 15 MI           |
| Red Chard:                  | 4 Leaves        |
| Balsamic Reduction:         | 15 MI           |
| French Vinagrette:          | 20 MI           |
| Pistachio:                  | 15 Gm           |
| Walnuts:                    | 15 Gm           |
| Coriander:                  | 100 Gm          |
| Raspseed Oil:               | For Deep Frying |
| Seasoning:                  | To Taste        |
| Salt                        |                 |
| Pepper                      |                 |



## Method:

- ◆ **Baby beetroot** - boil the baby Beetroot in salted water till tender and then refresh in cold running water. Peel the beetroot making sure that tail doesn't break. Dress the beetroot in French vinaigrette and season with sea salt and freshly cracked pepper.
- ◆ **Beetroot puree** - boil the large beetroot in salted water till tender and then cool down in cold running water. Peel and blitz in food processor to make a puree. Season to taste
- ◆ **Candy Beetroot Crispy** - Finely slice Candy beetroot with Mandolin, drizzle olive and season. Bake in the oven for 10 minutes at 120° C and leave then turn off the oven and let the slice crisp up in the oven.
- ◆ **Goat Cheese Mousse** - blend 100 gms of Goats Cheese and 50 ml of Cream in a food processor to create a fine paste, scoop all the mixture in a piping bag and leave at room temperature.
- ◆ **Goat Cheese Croquettes** - add 100 gms of goat's cheese

and 15 gms of toasted walnuts in a food processor and blend the mixture. Scoop out the mixture and create 6 cakes by rolling the mixture in hand. Bread crumb these cakes by dipping in flour, egg and panko crumb. Keep in fridge till frying.

- ◆ **Goat's Cheese Bon Bon** - Make a pistachio & coriander crumb by blitzing panko crumb, coriander and pistachio nuts in a food processor for 10 minutes, keep aside. Add honey to rest of the goats cheese and work with hand till you get a smooth dough. Make six round balls and keep on room temperature. Just before plating add these to the pistachio crumb.

- ◆ **Presentation** - pipe puree of beetroot on a white plate as three dots all of which are different sizes. Spoon ballymaloe relish in the middle of the plate. Slice baby beetroot into half and present on the plate as shown in the picture. Pipe goats cheese mousse and garnish with Candy beet Crisp. Deep fry breaded Goats Cheese and put on top of the Relish. Put Goats Cheese Bon Bon on top of beet Puree. Garnish with dressed Red Chard. ■ ■ ■

# Hexa Signs Vaani Kapoor as Brand Ambassador

After a success in kitchen hardware and accessories Hexa launched modular kitchen with Vaani Kapoor as its brand ambassador with TVC. Hexa right now entering the tier 1 & 2 markets through franchise model with their premium range of modular kitchen and in tier 3 they will be associating with interior designers and architects or even existing modular

kitchen store to be a part of Hexa.

On this association Vaani Kapoor said, I am happy to be associated with Hexa hardware and accessories, a brand, which aims at providing a whole new experience of premium modular kitchens to its customers. I look forward to our collaboration.

Vivek Tyagi, Director, Hexa Wood said, Hexa wants to give its customer the whole new experience in kitchen segment under one roof. Already our kitchen hardware doing very well in Indian retail market now we want to give our customers choice of premium modular kitchen so they do not have to go anywhere. Right now, customer buy hardware of other company and hire carpenter which does not give

good experience hence dissatisfaction and if he hires kitchen brand, they ask for jaw dropping price. Hence, we want to bridge this gap. We are also introducing RTA cabinets (Ready to Assemble) in which customers just have to buy cabinets and put it in their kitchen on their own or with the help of our Carpenter Network.

About Hexa future plans he said, we are evolving ourselves to be a best modular kitchen brand in the country as well as internationally, we already exporting our kitchens to USA, Middle East and Australian markets with good response and in India we have good associations with builders for the project work. On the other hand, we are developing a global web portal which will cater our global as well as Indian B2B clients. ■



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*Heartiest congratulations to the 'Better Kitchen' family to have completed 5 fruitful years in the industry! I hope you all continue to achieve bigger milestones in the forthcoming years. My best wishes to the entire team!*

”



# Sanjeev Kapoor

One of the most recognized faces of the Indian television cooking show, author of more than 150 best selling cookbooks, entrepreneur, menu planner for airlines and IRCTC, Guinness World Record holder, Padmi Shri and Best Chef of India Awardee... Yes we are talking about Sanjeev who needs no introduction. He came in this profession accidentally and shows the world that a person with guts and devotion can do what others only dream and think about.

## Lalla Mussa Dal



### Ingredients:

|  |          |
|--|----------|
| Whole Black Gram ( <i>Sabut Urad</i> ):                              | ½ Cup    |
| Whole Green Gram ( <i>Sabut Moong</i> ):                             | ½ Cup    |
| Salt:  | To Taste |
| Green Chilies, Cut Into Thin Strips:                                 | 2 No     |
| Ginger Piece, Cut Into Thin Strips:                                  | 1 Inch   |
| Melted Butter:   | ¼ Cup    |
| Tomato Puree:  | ¾ Cup    |
| Kashmiri Red Chili Powder:   | 1 Tsp    |
| Coriander Powder:  | 1 Tsp    |
| Roasted And Crushed Dried Fenugreek Leaves ( <i>Kasoori Methi</i> ): | ¾ Tsp    |
| Fresh Cream:   | ½ Cup    |
| Ghee:  | 1 Tbsp   |

### For Garnish

|                                     |        |
|-------------------------------------|--------|
| Ginger Piece, Cut Into Thin Strips: | ½ Inch |
|-------------------------------------|--------|

### Method:

- ◆ Mix together both grams and wash well at least four times in salted water. Drain, add one cup

fresh water and soak for one hour

- ◆ Drain and boil in one cup of water till the scum surfaces. Collect the scum and discard. Strain the *dals* and put them into a pressure cooker. Add one cup fresh water, green chillies and ginger and cook under pressure on low heat till the pressure is released ten to twelve times (ten to twelve whistles)
- ◆ Open the cooker when the pressure reduces, add two tablespoons butter and simmer on low heat for forty-five minutes, stirring continuously and mashing with a wooden churner (*mathni*)

- ◆ Heat the remaining butter in a deep non stick pan, add the tomato puree and sauté on low heat till fat rises to the surface
- ◆ Add the red chilli powder, coriander powder and *kasoori methi* and sauté for a couple of minutes
- ◆ Add the boiled *dals* and mix well. Add the cream and mix well
- ◆ Heat the ghee in a small non stick pan, add the garlic and sauté till brown. Add this to the *dal* mixture and mix well. Add one cup water and salt and let it come to a boil
- ◆ Serve hot, garnished with ginger strips.



# UL Accredited as a Certification Body for Household Appliances

UL can issue Certificate of Compliance to manufacturers of refrigerators, microwave ovens, water heaters and LED lamps as per Bureau of Energy Efficiency Standards

UL, a global safety science company, announced that the National Accreditation Board for Certification Bodies (NABCB) accredited UL as a Certification Body for testing and certification of refrigerators, microwave ovens, water heaters and LED lamps as per Bureau of Energy Efficiency Standards in India.

The accreditation follows two milestones for UL's laboratory in Gurugram - accreditation by the National Accreditation Board for Testing and Calibration Laboratories (NABL) as per ISO/IEC 17025:2017 and the NABCB office assessment of the UL India

Certification Scheme per the ISO/IEC 17065:2012 that specifies conformity assessment requirements for certification bodies.

With the NABCB accreditation, the UL laboratory in Gurugram can issue a Certificate of Compliance to manufacturers of direct cool and frost-free refrigerators, microwave ovens, storage water heaters and LED lamps provided they meet requirements as per Bureau of Energy Efficiency Standards.

NABCB has a mutual recognition agreement (MRA) with international bodies such as International Laboratory Accreditation Cooperation (ILAC) and Asia Pacific Accreditation Cooperation (APAC) that allows the acceptance of inspection reports across MRA signatory nations worldwide.

Commenting on the accreditation, Suresh Sugavanam, Vice President and Managing Director of UL in South Asia and Sub-Saharan Africa, said, NABCB accreditation is a recognition of the technical competence and testing capabilities of UL's laboratories in India, together with the strength in our processes and systems. We take great pride in being accredited for evaluation of energy efficiency norms of household appliances that are witnessing huge demand and consumption due to the new normal. With this accreditation, we can enable original equipment manufacturers to minimize risk and costs due to retesting as the NABCB accreditation allows acceptance of compliance certificates in multiple markets.

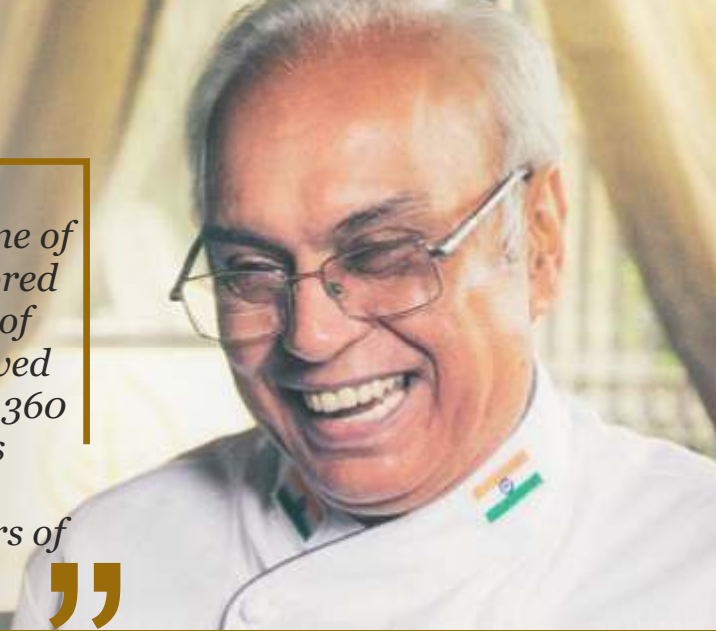


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*Please accept my congratulations for successfully completing a five year milestone of being in publication. I have closely monitored your journey and celebrated the success of Better Kitchen. The organic growth achieved from being a print magazine evolving to a 360 degrees media solution one stop shop is commendable.*

*I wish you and your team many more years of growth and success.*

”



# Satish Arora

**Lifetime Achievement Awardee from Curry Club of England, Star Group, Hospitality Leaders Choice UK and Food Food TV Channel, Satish has designed kitchens and menus of over fifty five star kitchens of Taj Hotels worldwide. His recipes are still treasured and used in those kitchens. He was declared one among “the world's 20 best chefs” in 1991. At the age of 26 he took over the reins of the kitchen in the landmark Taj Mahal Palace hotel, Mumbai, as the world's youngest chef in a five-star kitchen.**



## Makhmali Murg

### Ingredients:

|  |        |
|--|--------|
| Diced Chicken<br>(Leg Meat 15-20 Gms Per Piece): | 500 Gm |
| Ginger Puree:                                    | 20 Gm  |
| Garlic Puree:                                    | 25 Gm  |
| Lemon Juice:                                     | 1 Tsp  |

|                           |             |
|---------------------------|-------------|
| Cream Cheese:             | 70 Gm       |
| Grated Cheddar Cheese:    | 60 Gm       |
| Single Cream:             | 60 Gm       |
| Coconut Milk Powder:      | 100 Gm      |
| Chopped Coriander Leaves: | 3 Gm        |
| Egg White:                | From 2 Eggs |
| Cardamom Powder:          | 1 Tbsp      |
| Chopped Green Chilies:    | 2 No        |
| White Pepper Powder:      | 1 Tsp       |
| Yoghurt:                  | 80 Gm       |
| Cashew Paste:             | 80 Gm       |
| Salt:                     | To Taste    |
| Oil:                      | 30 Gm       |

### Method:

- ◆ Take a dry bowl, add in all the ingredients except the chicken pieces
- ◆ Mix in all the ingredients for even distribution
- ◆ Now add in the chicken pieces, mix well ensuring the chicken pieces are immersed well in the marinade
- ◆ Rest the mix for a minimum of half an hour in the chiller
- ◆ Skewer the chicken pieces and cook in a preheated oven at 220° C for 15 minutes
- ◆ Serve hot accompanied with lemon wedges and garnished with freshly chopped coriander leaves.



**Better  
KITCHEN**

5<sup>th</sup> Anniversary Issue Part 2 / 2020

Sharing wisdom and knowledge is his passion about the Hospitality Industry to budding chefs for the last 13 years, Saurabh is a qualified chef, with a master's degree in tourism management and a post-doctoral research on the "Lost Recipes of Rajasthan" with title, "Culinary Heritage of Rajasthan and Its Impact on Rajasthan Tourism & Economy: Sustainability Issues, Challenges and Implications". In two consecutive years he made records in India Book of Records. He is a frequent participant in many television shows on career, food safety and cooking. He has been a mentor to many competent chefs who are currently working all over the globe.



# Saurabh Sharma

## Aant Ke Kebab

Aant ke kebab is one of the ancient recipes of royal kitchen of Rajasthan which was found in royal kitchen of Shekhawati. Mince meat stuffed intestine of hunted animal and cooked over open fire charcoal. It is a dish which needs a lot of skills to fill the mincemeat in animal intestine.

### Ingredients:

|                    |          |
|--------------------|----------|
| Goat Intestine:    | 1 No     |
| Mince Meat:        | 500 Gm   |
| Salt:              | To Taste |
| Kachri Powder:     | 3 Tsp    |
| Nuts & Dry Fruits: | A Bunch  |
| Coriander Powder:  | 1 Tsp    |
| Red Chili Pasted:  | 1 Tsp    |

### Method:

Mix the mince meat with all raw ingredients, fill the mixture in intestine with help of a keep and seal with help of thread. Arrange the charcoal for open fire cooking. Cook till intestine gets shrink and meat gets cooked. Serve hot with garlic sauce.



'King of Kebabs' the famous Imtiaz Qureshi also the world's first modern Indian chef's grandson, Shadab is in the 7<sup>th</sup> generation as a chef that prides itself as the guardian of the rich legacy of Nawabi cuisine. He has perfected the art of cooking in his career spanning over 22 years.



# Shadab Ahmad Qureshi

## Murgh Bibi Ka Pulao

### Ingredients:

|                      |          |
|----------------------|----------|
| Chicken Curry Cut:   | 250 Gm   |
| Basmati Rice:        | 150 Gm   |
| Yellow Chili Powder: | 10 Gm    |
| Green Chili:         | 10 No    |
| Salt:                | To Taste |
| Green Cardamom:      | 2 Gm     |
| Cinnamon Stick:      | 5 Gm     |
| Clove:               | 3 Gm     |
| Block Cardamom:      | 2 Gm     |
| Ginger-Garlic Paste: | 25 Gm    |
| Pure Ghee:           | 100 Gm   |
| Brown Onion:         | 100 Gm   |
| Bay Leaf:            | 5 No     |
| Lemon Juice:         | 50 MI    |

### Method:

#### Cooking of Chicken:

Heat ghee in a copper vessel (lagan) and add the whole spices. When they crackle add the chicken pieces and sauté. Add salt to the chicken pieces. Add ginger garlic paste and brown onions and sauté again for a while till the oil separates. Now put yellow chili powder and all ingredients and cook well. Add water and cook the biryani chicken.



#### Boiling Rice:

Wash, soak rice for 10 minutes. Boil water in a pan and add the whole spices, salt and lemon juice. Add the rice and cook till 2/3rd done.

#### Cooking on Dum:

- ◆ Layer the cooked chicken with the boiled rice. Add a mixture of ghee and cream
- ◆ Line the lid with dough and seal the vessel. Put the vessel on an iron griddle or iron tawa and cook for 15 minutes on dum
- ◆ Garnish with fried onions, coriander, mint, and elaichi powder. Serve hot with raita of choice.



A master in hospitality management from North-Norway University, Shantanu plays with flavours and techniques to create unique dishes. Apart from cooking he is also an avid reader and loves to travel. His report voted the Best project planning a 100-cover continental kitchen and restaurant for the Taj Group of Hotels.



# Shantanu Gupte

## Beetroot Ravioli

### Ingredients:

|                   |       |
|-------------------|-------|
| Ciabatta Croutes: | 4 No  |
| Beetroot:         | 1 No  |
| Goat Cheese:      | 50 Gm |
| Pine Nuts:        | 20 Gm |
| Onion:            | 20 Gm |
| Chopped Garlic:   | 1 Tsp |
| Mushrooms:        | 30 Gm |
| Chives Chopped:   | 10 Gm |

### Method:

- ◆ Wrap the beet root in tin foil with rosemary & roast it till tender
- ◆ Cut the ciabatta into croutes slightly larger than beet root roundels
- ◆ Sweat onion, garlic & chopped mushrooms
- ◆ Toast pine nuts and chop them roughly
- ◆ Thinly slice the beetroot on mandolin cut with a round ring
- ◆ Mix the goat cheese, mushrooms, pine nuts and chives
- ◆ Season and put it in a piping bag
- ◆ Pipe on a beetroot slice & cover with another slice arrange on croutes
- ◆ Garnish with olives & sherry maple dressing.





Left school at the age of 16 and went into work in a kitchen because he enjoyed cooking and when he was 25, he was voted among the best 10 restaurant chefs in London. Shaun came to India when he was 30 and is still here. His food ideology is - great quality ingredients cooked simply full of flavor and interesting flavor combinations.

# Shaun Kenworthy

## Blueberry Upside Down Cake

This recipe takes me back about 25 years when we opened a restaurant in Manchester called Mash and Air. I had a blueberry pound cake on the menu and one day added a little less flour to the recipe, baked them and the blueberries sank to the bottom. What a disaster!

The cakes became part of the days staff food. Everyone loved, more of a pudding texture than a cake and from that day onwards I kept the recipe and re christened it as 'blueberry upside down cake', served warm with candied orange and creme fraiche ice cream. What a winner!

### Ingredients:

|                     |        |
|---------------------|--------|
| Self Raising Flour: | 175 Gm |
| Caster Sugar:       | 175 Gm |
| Softened Butter:    | 175 Gm |
| Eggs:               | 3 No   |
| Baking Powder:      | ½ Tsp  |
| Yoghurt:            | 1 Tbsp |
| Zest of an Orange   |        |
| Lemon:              | 1 No   |
| Fresh Blueberries:  | 250 Gm |

### Method:

- ◆ Preheat oven to 160°C
- ◆ Take all ingredients except blueberries in a bowl gave a good mix with a wooden spoon until smooth and carefully. Stirred in fresh blueberries, before spooning into a parchment



lined 1kg loaf tin. Or you could use a 8 inch cake tin if you prefer and baked for 30 to 35 minutes until a toothpick inserted came out clean

- ◆ As soon as it came out of the oven, covered it with a damp cloth to keep moist while cooling. Once cool, eat microwaved warm as a pudding or as a cake slice but if you don't eat it all on the same day, it will keep moist for days if kept in the refrigerator, wrapped in foil or cling film but it's too moist to keep at room temperature for more than a day or two as it may attract mould. Also freezes well.

# Protein Rich POULTRY





Dynamic and target oriented, Sheetharam has been in the industry as a Culinarian for past 25 years dedicating him to learn and experiment with different cuisines around the world to satisfy guests and to redefine their dining experience. Passion and interest in culinary art drove him to continue his learning in different prospective. He is member of many professional organizations including World Association of chef's societies (WACS) and General Secretary of South Indian Chef's Association (SICA).

# Sheetharam Prasaad

## Tender Coconut Pudding

### Ingredients:

|                       |         |
|-----------------------|---------|
| Tender Coconut Water: | 1500 MI |
| Tender Coconut Pulp:  | 250 Gm  |
| Agar-Agar:            | 42 Gm   |
| Milk Maid:            | 600 MI  |
| Milk:                 | 1000 MI |

### Method:

- ◆ In a pan bring the milk to boil, add milk maid to it
- ◆ Once the mixture gets thicken take it off the range, keep it aside
- ◆ Make a fine paste of coconut pulp with little coconut water
- ◆ In a separate pan boil the tender coconut water and the agar-agar to it
- ◆ Now take the boiled milk and add the coconut pulp, add milk maid allow it to cook
- ◆ Finally add the boiled tender coconut water to it, allow it to cook
- ◆ Keep the mixture aside.

### Arrangement:

- ◆ Take a cleaned coconut shell
- ◆ Cover the outer layer with silver foil and close the holes
- ◆ Place the coconut shells on top a stand or cup, so the shell is not disturbed
- ◆ Now pour the mixture to it
- ◆ Keep the coconut shell in the freezer below 5° C.



### Serving Option

- ◆ Remove the silver foil while serving
- ◆ Scope out a small portion of the pudding from the top, so that it looks likes a half broken coconut. Place some edible flowers or some honey.

With 40 years of exemplary services in the gastronomic industry, Soundararajan has set new benchmarks of culinary excellence. He is co-founder of Young Chefs Association of India, Founder General Secretary of Indian Federation of Culinary Associations & Chefs Guild of India, President Mentor of South India Culinary Association, coordinator in the Educational committee of IFCA, etc. He won several accolades and awards for his work and services.



# Soundararajan

## Honey Lacquered Turkey



### Ingredients:

|                           |       |
|---------------------------|-------|
| Turkey Breasts With Skin: | 1 No  |
| Soy Sauce Dark:           | 60 Ml |
| Orange Zest, Cut, Strips: | 5 Gm  |
| Orange Juice:             | 60 Ml |
| Brown Sugar:              | 15 Gm |
| Honey:                    | 15 Ml |
| Hoisin Sauce:             | 15 Ml |
| Chili Flakes:             | 2 Gm  |

### Seasoning:

|                    |      |
|--------------------|------|
| Five Spice Blend:  | 2 Gm |
| Salt:              | A/N  |
| White Pepper:      | 2 Gm |
| Cinnamon (Ground): | 2 Gm |

### Method:

- ◆ In a saucepan over medium heat, combine the soy sauce, orange zest, orange juice, brown sugar, honey,

hoisin sauce, chili flakes and seasonings. Bring to a simmer and cook until reduced by half, about 10 minutes.

Set the glaze aside

- ◆ Preheat an oven to 220°C
- ◆ Place a sauté pan on a medium flame and season the turkey breast with salt on both sides. When the pan is hot, place the breast skin side down and slightly reduce the heat, until seared
- ◆ Brush the breasts on the skin side with the honey glaze and place in the oven to cook to a perfect and allow the honey to take on a shiny, lacquered finish. Allow to rest for 2 minutes before slicing.

### Salad Assembly

#### Ingredients:

|                                   |       |
|-----------------------------------|-------|
| Romaine Lettuce Torn Into Pieces: | 30 Gm |
| Tomato (Sliced):                  | 40 Gm |
| Eggs Hard Cooked & Sliced:        | 1 No  |
| Onions Sliced & Rings:            | 15 Gm |
| Bell Peppers (Sliced):            | 40 Gm |
| Orange (Segments):                | 30 Gm |
| Dates (Seedless):                 | 4 No  |
| Dressing: Honey Orange:           | 30 Ml |
| Honey Lacquered Turkey Sliced     |       |

### Method

- ◆ Layer lettuce, tomatoes, onions, bell peppers and eggs in a serving plate
- ◆ Top with sliced honey lacquered turkey and garnish with dates and oranges
- ◆ Just before serving pour the dressing over the salad
- ◆ Chef's Tip: Five spice blend and cinnamon can be altered and you can use your choice of seasonings and spices. You can also interchange dates with cranberry.



*Congratulations on this significant anniversary - one that marks 5 years since the launch of Better Kitchen. The magazine has been a wonderful contribution to our industry. Best wishes for future success, good fortune, and the attainment of new triumphs.*



# Subroto Goswami

Helped in reviving an Indian restaurant and making it run successfully, Subroto has specialized in opening new five star properties. He has opened three five star properties as executive chef. He is setting up standards and specifications as well as implementing the same as per the requirements for different five star chains and training the team so that a successful opening of the hotel takes place.

## Wood Oven Baked Herb And Pepper Crusted Kolkata Bekti

### Ingredients:

|                                     |               |
|-------------------------------------|---------------|
| Kolkata Bekti Fillet:               | 300 Gm        |
| Fresh Thyme or Oregano Leaves:      | 5 Gm          |
| Fresh Bread Crumbs:                 | 50 Gm         |
| Black Pepper Crushed:               | 2 Gm          |
| Butter:                             | 100 Gm        |
| Olive Oil:                          | 30 MI         |
| Asparagus Tips:                     | 50 Gm         |
| Seasonal Potatoes or Baby Potatoes: | 50 Gm         |
| Zucchini:                           | 80 Gm         |
| Baby Spinach Leaves:                | 100 Gm        |
| Lemon:                              | 1 No          |
| Garlic:                             | 20 Gm         |
| Onion Chopped:                      | 30 Gm         |
| Salt:                               | 10 Gm         |
| Basil Leaf For Garnish:             | 02 Mar Leaves |

### For Tomato Salsa

|                  |       |
|------------------|-------|
| Cherry Tomatoes: | 50 Gm |
| Green Chili:     | 2 No  |
| Tomato Juice:    | 20 MI |



### Method:

- ◆ Chop finely the herbs taking care to remove and twigs
- ◆ Crumb the fresh bread into fine crumbs by rubbing with the palm
- ◆ Mix the crashed pepper and herbs together and then mix in with the bread crumb

- ◆ Add 5 gm of butter in semi solid condition to the herb, black pepper and bread crumb mix well so that everything binds together
- ◆ Clean the fish and marinate with salt and lime juice
- ◆ Roll the skin side of the fish on the bread crumb, herb and pepper mix nicely so that the mixture sticks to the skin of the fish
- ◆ Heat a pan and put a little of olive oil and butter mixed together
- ◆ Put the fish fillet skin side down on the pan so that the bread crumb gets slightly crispy. Roll over and seal the other side of the fish too
- ◆ In an iron skillet put some Olive oil and grease the pan, put the fish with the skin side up inside the wood fired oven set to a temperature of 250 degree centigrade and cook for 10 minutes (till cooked)
- ◆ Check by poking with a needle that the fish is cooked from inside

- ◆ Blanch the vegetables, ensure they are not overcooked, toss in butter, season them
- ◆ Blanch the spinach and toss with some chopped garlic, season it
- ◆ Cut the potatoes into wedges and boil them, later toss in butter before serving and season them
- ◆ Arrange the vegetables on the plate and then put the salsa on the side
- ◆ Place the tossed spinach on the top and then place the fish fillet on top of the tossed spinach and potatoes
- ◆ Garnish with slice of lemon (grilled) and can also add some basil leaves.

#### To make salsa

- ◆ Cut the cherry tomatoes roughly into
- ◆ In a bowl mix the tomato juice and cut tomatoes with some chopped green chilies. Serve fresh
- ◆ **Chef's Tip:** In case you don't have a wood oven you can also make this in an electrical or gas fired oven.



## Würfel Wins Most Innovative Kitchen Award 2020

Würfel was presented the Most Innovative Kitchen award 2020 at the IKC annual awards. The award was bestowed for the Pulse Series, Gem Glass kitchen.

India Kitchen Congress Awards' is one of the most popular awards in the country which recognizes innovation in modular kitchens and cabinetry. IKC commemorates and honors each awardee for exemplary and ground-breaking innovation.

Würfel launched The Pulse Kitchen Series for the first

time in India and it is a hundred percent Italian masterpiece that will take your breath away. The kitchen uses vetrite glass which has rippling patterns causing pulsating effects and it comes in various colours. This kitchen also features an automated dado unit that operates with the press of a button. All the hinges and skirting come in matt black lacquer finish.

All elements of Würfel sourced from Europe, processed with top-of-the-line European machinery, to deliver customized modular kitchens in India.

On receiving the award Khanindra Barman, CEO and Co-founder at Würfel said "Würfel was launched with the novel intention of delivering European kitchens to Indian homes at a great price. Innovation and pro-activeness has always been an imperative part of our brand philosophy. Our vision still remains the same; to make the nation proud by putting Würfel on the global kitchen industry map. We are getting this award for the 2nd year in a row and it is a matter of absolute delight for all of us."



“

*Happy five years of spectacular anniversary, wishing you many more year of unparallel success. May this successful journey of Better Kitchen, continue in the coming year. Best wishes for your future endeavours.*

”



# Sudershan S Bhandari

Innovative and open minded, Sudershan has 25 years of exceptional record of service at noted establishments. Cooking style has been influenced by varied cuisines ranging from classical French to Italian, Chinese, Thai, and Lebanese to Indian regional cuisines, with an emphasis on best quality produce, cooked in an uncomplicated style. The taste is paramount-luxurious and constructed with passion and flair.

## Scarmorza Murgh Malali Tikka

### Ingredients:

|                   |        |                         |          |
|-------------------|--------|-------------------------|----------|
| Chicken Thighs:   | 840 Gm | Ground Cardamom:        | 4 Gm     |
| Ginger:           | 1 Tspn | Ground Chili:           | 8 Gm     |
| Garlic:           | 1 Tspn | White Pepper Powder:    | 1 Tsp    |
| Curd:             | 80 Gm  | Salt:                   | To Taste |
| Fresh Cream:      | 40 MI  | Lemon Wedges:           | 1 No     |
| Milk:             | 20 MI  | Sirka Onion:            | 100 Gm   |
| Scarmorza Cheese: | 100 Gm | Fancy Satay Stick:      | 5 No     |
| Cashews:          | 20 Gm  | Roasted Tomato Chutney: | 60 Gm    |

### Method:

- ◆ Chicken thighs cut into cubes and keep aside
- ◆ Soak the cashews in the milk for about half an hour and then grind them into fine paste
- ◆ Mix together scarmorza, hung curd, cream, cashew paste, salt, pepper powder, ginger and garlic paste
- ◆ Then dip the chicken pieces and rub the marinade into them and refrigerate for minimum 1 hour
- ◆ Next skewer the marinated chicken pieces and cook in an oven for 10-15 minutes at 180° C
- ◆ Baste the chicken with butter while turning them occasionally
- ◆ Arrange on stick. Serve piping hot with roasted tomato chutney and sirka onion.





Making a mark in the culinary circles of India by winning numerous chef competitions both locally & nationally, Sudhakar has given a whole new dimension to the concept of culinary training in India. Coming back from the USA in the mid 90's, he felt that the hotel management courses conducted across the country are not helping students strive for excellence in the culinary profession. An educational society was formed taking the help of qualified chefs from abroad and India, culinarians from leading culinary institutes in America and hoteliers from India. He was made founder secretary and given the responsibility of setting up the culinary institute and managing it as a Director.



# Sudhakar N. Rao

## Chickudukaya Maamsam

### Ingredients:

|                        |                |
|------------------------|----------------|
| Oil:                   | 100 MI         |
| Mutton Curry Cut:      | 400 Gm         |
| Onion:                 | 2 No           |
| Ginger – Garlic Paste: | 30 Gm          |
| Turmeric:              | 10 Gm          |
| Chili Powder:          | 20 Gm          |
| Chikudukaya Seeds:     | 250 Gm         |
| Cloves:                | 5 No           |
| Cinnamon:              | 2 Sticks       |
| Bay Leaves:            | 3 Leaves Small |
| Coriander:             | 1 Small Bunch  |
| Curry Leaves:          | 2 Springs      |
| Cumin Seeds:           | 10 Gm          |
| Green Chili:           | 5 Gm           |

### Method:

- ◆ De-string the broad beans and open each pod to make sure that there are clean. Rinse well keep aside
- ◆ Heat oil in a pan, add whole garam masala spices
- ◆ Add chopped onions, green chilies and sauté until they become soft
- ◆ Put ginger garlic paste and stir until the raw flavor disappears
- ◆ Add mutton pieces and cook on medium heat for 5-7 minutes
- ◆ Add turmeric powder, red chili powder,



- coriander powder, salt, mix well and cook for 5 minutes
- ◆ Pour water up to the level of the mutton pieces, cover with lid and cook till the mutton gets cooked
- ◆ Add chopped tomatoes tamarind and broad beans and dal mix well
- ◆ Cover with the lid and cook again till the seeds, dal tomatoes and tamarind get cooked properly
- ◆ Mix well once and keep it on the flame until the moisture is considerable reduced
- ◆ Add chopped coriander leaves and turn off the heat.



“

*The Better Kitchen magazine, founded in 2015, caters to a wide audience both in professional and home kitchens, providing a delightful inventory of creative recipes, tracking emergent developments in the food industry as well as making available a platform for budding chefs and home cooks to interact with experienced and renowned experts. Through a wide variety of events and content including interviews, contests and webinars, the magazine works to bridge the gap between home cooks and professional chefs, and provides a holistic view of food culture in India as well as internationally. In this time of deep crisis for the food industry, the magazine holds open conversations between different stakeholders of food culture and gives one hope that the food industry will rally through this difficult time and grow in new and interesting ways.*

”


# Sudhir Pai

Using of local ingredients at its best, implement the latest food trend, explore and highlight the regional cuisines of India, using his more than 25 years of experience, Sudhir has conducted training programs for students of IHM as well as workshops on Malwani cuisine for faculty of institutes affiliated to the National Council, New Delhi. He has worked for various renowned Star category hotels in India and abroad, flight kitchens and Multinational companies. He has featured in innumerable culinary shows on TV and contributed to various renowned magazines and periodicals.

## Channa Ghashi-Black Garbanzo Beans and Yam Curry

Mangalorean Konkani style Vegetarian delicacy, it is cooked in all auspicious occasions in the temples, wedding feasts and during Konkani religious ceremonies. a Konkani festive meal is incomplete without Channa Ghashi. tastes best when served on banana leaves with rice and all the other gamut of Konkani dishes.

### Ingredients:

Black Garbanzo Beans: 1 Cup  
Yam Or Tender Jackfruit Cut Into Cubes: 1 Cup

### For The Paste

Grated Coconut: 1 Cup  
Tamarind: Marble Size Soaked In Water  
Red Byadgi Whole Chilies: 5 No

### For The Tempering

Coconut Oil: 2 Tbsp  
Mustard Seeds: 1 Tsp  
Curry Leaves: 2 Sprigs



## For The Curry

Salt: To Taste

### Method:

- ◆ Soak Garbanzo beans overnight and cook in a pressure cooker (about 5 whistles) till they are soft and well cooked
- ◆ Cut Yam (suran) into small ½ inch cubes and boil them separately till tender and keep aside

- ◆ For the Masala paste, grind red chilli, tamarind and grated coconut together with little water to a fine paste
- ◆ In a medium pan mix the boiled garbanzo beans, boiled Yam, salt as per taste and the ground paste together and give it a good boil for about 5 minutes
- ◆ Temper the curry with mustard seeds and curry leaves
- ◆ Serve hot with steamed Rice and other Konkani dishes.



“

*Congratulations to the Editorial team and other members of “Better Kitchen Magazine”. My heartfelt wishes on the significant anniversary. In the last 5 years the “Better Kitchen” has provided an Excellent Culinary Path by providing great write ups by talented chefs by paving a path towards culinary excellence to the young and budding chefs, besides being a haven to great recipes and tips which are simple to follow and healthy, to cooking enthusiasts and house wives.*

*I wish you great success, good fortune and attainment of new triumphs.*

”

# Sudhish Kumar Pande

A mentor and guide to several budding chefs, Sudhish has more than four decades of experience in culinary arts. He is food advisory panel member of Frankenberg Germany for the development of Indian Menus. During his career he has won numerous accolades and awards including Life Time Achievement Awards by WICA. He is the one who introduced the concept of vegetarian food to Saudi Arabian Airlines.

## Dhigri Makai Bhaji & Garlic Bread With Olive Oil, Balsemic & Oregano (A Variation of Pao Bhaji)

### Ingredient:

|                                    |        |
|------------------------------------|--------|
| Mushrooms (Dhigri) Sliced:         | 200 Gm |
| Makai Fresh (Corn Kernel) Blended: | 200 Gm |
| Cauliflower Chopped:               | 50 Gm  |
| Green Capsicum Chopped:            | 50 Gm  |

|                      |        |
|----------------------|--------|
| Beetroot Chopped:    | 20 Gm  |
| Tomatoes Chopped:    | 100 Gm |
| Onion Chopped:       | 100 Gm |
| Ginger Grated:       | 20 Gm  |
| Garlic Fine Chopped: | 20 Gm  |

|                               |          |
|-------------------------------|----------|
| Green Chilies Finely Chopped: | 2-3 No   |
| Green Coriander Chopped:      | 20 Gm    |
| Lime Juice:                   | ½ No     |
| <b>Other Ingredients</b>      |          |
| Refined Oil:                  | 50 Ml    |
| Cumin Seeds:                  | ¼ Tsp    |
| Coriander Powder:             | 1 Tsp    |
| Turmeric Powder:              | ¼ Tsp    |
| Garam Masala:                 | ½ Tsp    |
| Pao Bhaji Masala:             | 3 Tsp    |
| Salt:                         | To Taste |
| Butter:                       | 60 Gm    |

### Method:

- ◆ Heat the sauce pan and add oil, when oil is hot add the cumin seeds
- ◆ Add the chopped onions and cook till onions are translucent
- ◆ Add ginger garlic and pinch of salt. Adding of salt restricts the burning of ginger garlic. Add green chilies
- ◆ Add the coriander powder and turmeric powder and cook
- ◆ Now add Mushrooms and let it cook, when done add all other vegetables except the corn. Add salt as per taste
- ◆ Let the vegetables get cooked then add the blended corn and garam masala. Let it cook by continuously stirring it
- ◆ Now add chopped coriander and pao bhaji masala and butter
- ◆ Check for salt once again as addition of corn will change the taste. Switch off the heat and add lime juice
- ◆ Serve hot with garlic bread.



### For Garlic Bread spread/dip

|                      |          |
|----------------------|----------|
| Garlic Bread Slices: | 1 Loaf   |
| Olive Oil:           | 80 Ml    |
| Balsamic Vinegar:    | 30 Ml    |
| Chili Flakes:        | ½ Tsp    |
| Oregano:             | ¼ Tsp    |
| Salt:                | To Taste |

### Method:

- ◆ Heat a frying pan and toast the garlic bread
- ◆ Make the dip by whisking Olive oil, balsamic vinegar, chili flakes and oregano with salt
- ◆ Apply on toasted garlic bread and serve with variation of pao bhaji.



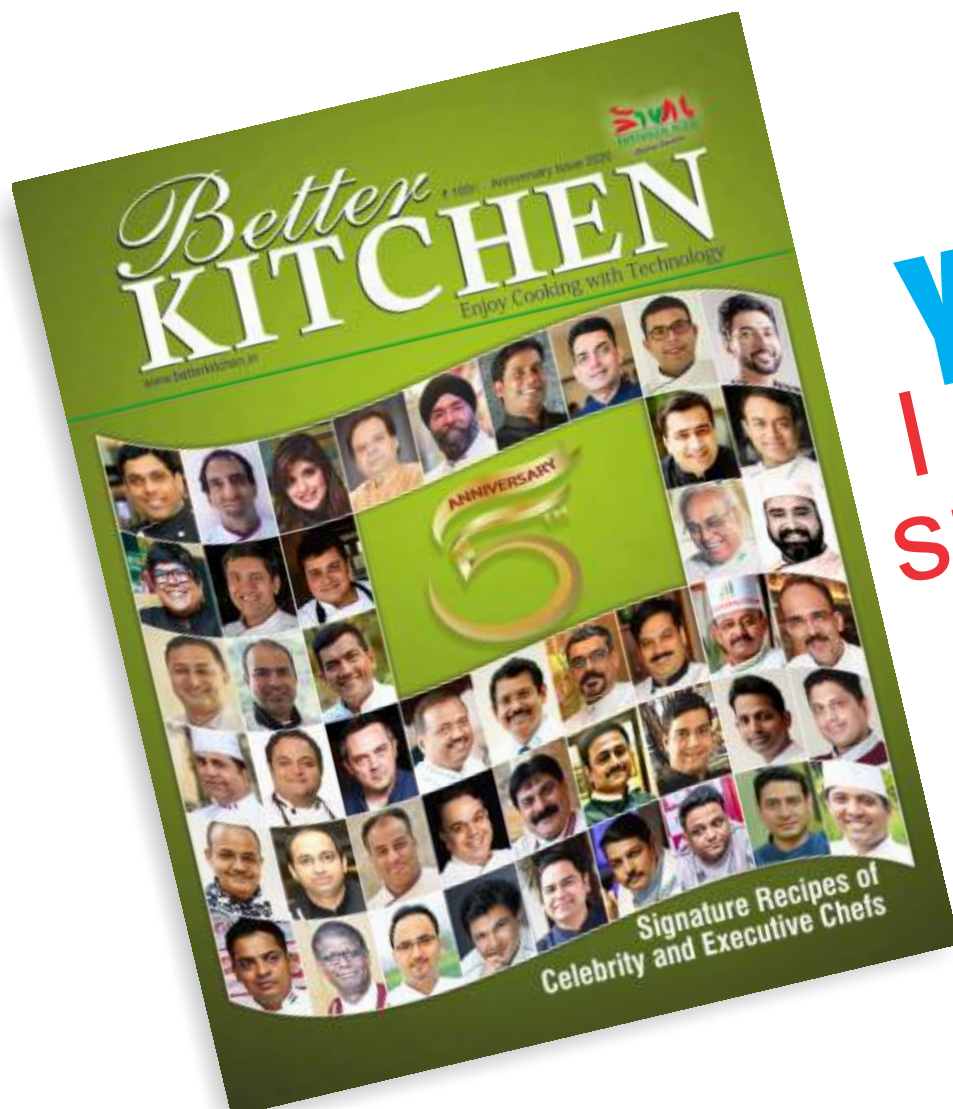
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Working with the Industry for about 18 years now, Sujeet has managed some of the leading hotel kitchens. He has a sound knowledge regarding the matters of sales and costs documentations and inventory control for timely indenting of supplies apart from overseeing all aspects of kitchen management ranging from food production monitoring, ensuring compliance with pre-set quality & hygiene standards as well as aesthetic presentation of food. Currently working with Hilton as an Executive Chef. Last year he won Executive Chef of the Year (North India) award.

# Sujeet Singh

## Cornfed Chicken Roast

### Ingredients:

|                 |         |
|-----------------|---------|
| Chicken Breast: | 1200 Gm |
| Chicken Thigh:  | 900 Gm  |
| Salt:           | 30 Gm   |
| Black Pepper:   | 5 Gm    |
| Olive Oil:      | 100 ML  |
| Thyme:          | 5 Gm    |
| Garlic:         | 10 Gm   |
| Butter:         | 50 Gm   |
| Milk:           | 600 ML  |
| JD Sauce:       | 200 ML  |
| JD Whiskey:     | 50 ML   |
| Polenta:        | 200 Gm  |

### Method:

- ◆ Marinate the cornfed chicken with salt, pepper and olive oil
- ◆ Keep marinated chicken for resting for at least an hour
- ◆ Marinated chicken need to be braised on high heat and keep it inside the roasting pan in oven for about 15-20 minutes at 250° Celsius
- ◆ Take a pan sauté garlic and polenta. Cook polenta with milk and finish with salted butter
- ◆ Make JD sauce using the dripping sauce of cooked cornfed chicken finish with jack daniel
- ◆ Serve cornfed chicken on the bed of crumble polenta and JD Sauce.



World renowned culinary advisor and interested in vedic cooking, Sunil has always been fascinated by the royal cuisine of Awadh and revived it in USA. His biryani techniques were featured in a short film in USA produced in association with Boston University. He has more than 30 years of experience in India and several countries. His cuisine and recipes are popular enough to attract the media, wherever he has been.



# Sunil Soni

## Bathua Barfi

### Ingredients:

|                                  |           |
|----------------------------------|-----------|
| Boiled and Grinded Bathua:       | 2 Tbsp    |
| Khoya:                           | 1 Cup     |
| Pista Coarsely Grinded:          | 50 Gm     |
| Khand:                           | ½ Cup     |
| Kewra Essence:                   | Few Drops |
| Chopped Dry Fruits as per Choice |           |

### Method:

- ◆ Dry the water of boiled bathua
- ◆ When water dries add khoya and roast till it become thick
- ◆ Add sugar, pista and kewra essence
- ◆ Cook till it become thick
- ◆ Now set it in mould or greased plate
- ◆ Cool and de mould.
- ◆ Garnish with dry fruits and serve.



Interested in joining the Better Kitchen's Gourmet Delight WhatsApp group for Recipes, Competitions, Knowledge, Experience Sharing & Advices. Send your request on [mail@betterkitchen.in](mailto:mail@betterkitchen.in)



“

*Congratulations on your anniversary and best wishes for many more such celebrations and continued success in spreading cheer and information of good food among the hospitality fraternity and society at large.*

”

# Sunit Sharma

A firm believer in traditional and local food, Sunit has led some of the finest 5 star kitchens and teams in India and abroad during his 22 years of career. His last assignment was heading the Culinary Team at Cidade de Goa Hotel and Resort as the Executive Chef before starting his Modern Restaurant Consultants. He has received several accolades and awards. He is Vice President of Culinary Forum of Goa.

## Goan Crab Cutlets with Roasted Tomato Chilli Relish

### Ingredients:

#### For The Crab Cutlets

|                                 |        |
|---------------------------------|--------|
| Crabsticks (Roughly Chopped) or |        |
| Fresh Crab Chunks:              | 400 Gm |
| Spring Onion Chopped:           | 50 Gm  |
| Green Basil Leaves Chopped:     | 25 G   |
| Grated Boiled Egg Whites:       | 2 No   |
| Egg:                            | 1 No   |
| Boiled Potatoes (Grated):       | 50 Gm  |
| Garlic Chopped:                 | 10 Gm  |
| Olive Oil:                      | 20 MI  |
| Lemon Juice:                    | 10 MI  |
| Mayonnaise:                     | 20 G   |
| Chopped Black Olives:           | 20 G   |

|                                   |          |
|-----------------------------------|----------|
| Salt:                             | To Taste |
| Fine Sooji/Rawa To Coat:          | 200 Gm   |
| Refined Oil To Use For Pan-Frying |          |

#### For The Tomato Chilli Relish

|                            |          |
|----------------------------|----------|
| Cherry Tomato:             | 200 Gm   |
| Onion Dices:               | 50 Gm    |
| Garlic Cloves:             | 20 Gm    |
| Extra Virgin Olive Oil:    | 20 MI    |
| Goan Red Button Chili Dry: | 4 No     |
| Peppercorns:               | 5 No     |
| Brown Sugar (Optional):    | 10 Gm    |
| Salt:                      | To Taste |
| Coriander Leaves:          | 20 G     |

### Method:

◆ Mix all the ingredients together for the relish, put in small roasting tray and put in oven (220° C) for roasting ◆ Stir once after 10-12 minutes, and remove when all the vegetables are slightly browned and cooked ◆ Keep aside till cool. Blend and adjust seasoning and keep chilled till service. Add the chopped coriander leaves ◆ Mix all the ingredients for the crabcakes and mix well ◆ Divide into 16 equal parts. Shape them into round smooth disc, coat lightly in rawa/sooji and panfry till golden brown colour. Takes about 1-2 min to cook on either side. Flash cook in oven for 3-4 minutes ◆ Remove on kitchen paper to drain the extra oil ◆ Serve hot along with roasted tomato and chili relish. ■ ■ ■





Dynamic competent professional with 35 years' experience, Suresh has served customised food to several celebrities & VVIPs and headed the 10,000 pax outdoor catering during the vibrant Gujarat event. His articles are regularly published in local newspapers and he also hosts couple of television programmes in Gujarati channels.



# Suresh Khanna

## Grilled Rack of Lamb

### Ingredients:

Rack of Lamb Chine Bones Removed and Excess Fat Trimmed: 2 No (2 ½ Pounds Each)  
Salt and Freshly Ground Black Pepper: To Taste  
Dijon Mustard: 2 Tbsp  
Parsley Chopped Flat-Leaf: 1 Tbsp  
Rosemary Chopped: 2 Tsp  
Thyme Chopped: 2 Tsp  
Caramelized Onion Jus

### Method:

◆ Light a grill or preheat a grill pan. If using charcoal, let the coals burn until white, then push them to one side of the grill. Season the lamb with salt and pepper. Spread the meaty sides of the racks with the mustard and then press the parsley, rosemary and thyme onto the meat ◆ S e a r the racks of lamb over high heat, or directly over the coals, meaty side down, until they are nicely browned, about 6 minutes. Turn the racks so that they are leaning against each other with the bones pointing up and grill until the meaty sides are nicely browned on the bottom, about 3 minutes. Turn the racks bone side down and lower the heat to moderately low, or move the racks to the cooler side of the grill. Cover the grill and continue cooking until an instant-read thermometer inserted in the center of the meat registers 130° for medium-rare meat, about 20 minutes and let rest for 10 minutes ◆ Then again grill the rack for another 4-5 minutes over low flame ◆ T h e n plate the racks of lamb in choice of your plate or platter and serve with the Caramelized Onion Jus.





“

*My heartfelt congratulations on this significant anniversary - one that marks 5 years since the foundation of the “Better Kitchen Magazine”. Over the years, your publication has forged an impressive path, attaining widespread recognition and becoming a forum for the promotion of hospitality culture and bringing 360 degree media solution for kitchen & allied industries. Your magazine act as a complete guide for the entire hospitality sector solution. Please accept my best wishes for your future success, good fortune, and the attainment of new triumphs.*

”

# Swapnil Mule

With a flair for exquisite design, Swapnil utilizes all of his 15 years of culinary experience and has brought innovative energy to the hotel's diverse culinary scene. He is creating new dishes using fresh produces from the local market. He likes to nurture budding talent and has created several programs and mentored numerous aspiring chefs.

## Humble Potato & Banana Blossom Shammi Kebab With Ambe Halad Raita

### Ingredients:

|  |             |
|--|-------------|
| Banana Blossom (Cleaned & Overnight Soaked): | 500 Gm      |
| Potato Cubes:                                | 100 Gm      |
| Pomegranate Seeds:                           | 100 Gm      |
| Sliced Onion:                                | 50 Gm       |
| Ginger Chopped:                              | 20 Gm       |
| Garlic Chopped:                              | 10 Gm       |
| Green Chilly Chopped:                        | 5 Gm        |
| Fresh Coriander Root:                        | 10 Gm       |
| Fresh Mint Root:                             | 10 Gm       |
| Khus Khus - Cashew Paste:                    | 20 Gm       |
| Javitri-Elaichi Powder:                      | 5 Gm        |
| Yellow Chili Powder:                         | 5 Gm        |
| Cumin-Coriander Powder:                      | 5 Gm        |
| Shahi Jeera:                                 | 2 Gm        |
| Salt:  | 5 Gm        |
| Ghee:  | 50 Gm       |
| Banana Leaf:                                 | For Garnish |
| Coconut Shell 1 Inch:                        | 1 No        |
| Whole Dry Spices:                            | 5 Gm        |



### Raita

|                               |       |
|-------------------------------|-------|
| Ambe Halad (Peeled & Grated): | 20 Gm |
| Hung Curd:                    | 70 Gm |

Honey: 5 MI  
 Roasted Jeera Powder: 5 Gm  
 Black Salt: 2 Gm

### Method:

- ◆ Heat ghee, temper shahi jeera, add onion, ginger, garlic, green chilly, coriander, mint root. Saute for some time
- ◆ Add banana blossom and potato, cook on medium flame until all the moisture evaporates
- ◆ Now add cashew paste and dry masalas
- ◆ Cook until ghee separates and mixture comes together

- ◆ Let the mixture cool. Smoke it by burnt coconut shell, dry spices and ghee for 30 seconds
- ◆ Using hand, make small cylindrical ball and form a cavity. Fill pomegranate seeds in the cavity and enclosed it
- ◆ Seared them on medium flame both sides
- ◆ Serve with ambe halad raita.

### Raita

Mix all the ingredients together and refrigerate.



Developing the culinary world with his skills and knowledge in gastronomy, Tushar fulfilled his father's dream of becoming a chef. His experience varies from report preparation to menu design, food preparation to event planning, club F&B operation to hygiene & sanitization. He is the treasurer for Western India Culinary Association and executive board member of the Chefs Guild of India.

# Tushar Malkani

## Braised Lamb Shanks

### Ingredients:

Lamb Shanks: 4 Around 400 Gm Each  
 Salt: 1 Tsp  
 Pepper: 1 Tsp  
 Onion Finely Diced: 1 Cup  
 Garlic Cloves Minced: 3 No  
 Carrot Finely Diced: 1 Cup  
 Celery Finely Diced: 1 Cup  
 Red Wine: 625 MI (Not Expensive One)  
 Can Crushed Tomatoes: 800 Gm

Tomato Paste: 2 Tbsp  
 Chicken Stock Low Sodium: 500 MI  
 Thyme (Preferably Tied Together): 5 Sprigs  
 Dried Bay Leaves: 2 No

### To Serve

Mashed Potato, Polenta or Pureed Cauliflower  
 Fresh Thyme Leaves, Optional Garnish

### Method:

- ◆ Preheat the oven to 350° F/180° C
- ◆ Pat the lamb shanks dry and sprinkle with salt and pepper



- ◆ Heat 2 Tbsp of olive oil in a heavy based pot over high heat. Sear the lamb shanks in two batches until brown all over, about 5 minutes
- ◆ Remove lamb onto a plate and drain excess fat (if any) from the pot
- ◆ Turn the heat down to medium low. Heat remaining 1 Tbsp of olive oil in the same pot, if needed. Add the onion and garlic, cook for 2 minutes
- ◆ Add carrot and celery. Cook for 5 minutes until onion is translucent and sweet
- ◆ Add the red wine, chicken stock, crushed tomato, tomato paste, thyme and bay leaves. Stir to combine
- ◆ Place the lamb shanks into the pot, squeezing them in to fit so they are mostly submerged
- ◆ Turn stove up, bring to a simmer. Cover, then transfer to the oven for 2 hours
- ◆ Remove from oven, remove lid and then return to the oven for another 30 minutes (so 2 1/2 hours in total). Check to ensure lamb meat is ultra-tender (use two forks) - if not, cover and keep cooking. Ideal is tender meat but still just holding onto bone
- ◆ Remove lamb onto plate and keep warm. Pick out and discard bay leaves and thyme
- ◆ Strain the sauce into a bowl, pressing to extract all sauce out of the veggies. Pour strained sauce back into pot. Bring to simmer over medium heat and reduce slightly to a syrupy consistency - I rarely need to. Taste then add salt and pepper to taste
- ◆ Serve the lamb shanks on mashed potato or cauliflower puree with plenty of sauce! Garnish with thyme leaves if desired.



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MAGNETIC  
MAHARASHTRA



# MAHARASHTRA AT A GLANCE

**MIDC has developed specialised parks based on sectors such as:**

- Automobiles and Auto Components
- Biotechnology
- Consumer Durables
- Textile
- Chemicals
- Engineering
- Information Technology
- Petrochemicals
- Transportation
- Waste Reprocessing
- Electronics
- Wine

Strong governance and dedicated management has resulted in the grand success on the global front. Today Maharashtra Industrial Development Corporation is spreading its wings to become one of the biggest Industrial hubs of the world. Simplified Licensing procedures with shortened issue and approval time have made MIDC the first choice of the global giants for setting up their plants. MIDC started in 1962 with Wagle Estate, Thane as its first industrial area, today MIDC areas are spread all over the state of Maharashtra.

## MIDC Progress at a glance :

- Maharashtra accounts for ~15% of India's GDP, 31.4% of India's FDI inflows and 25% of India's exports
- Total FDI in the state during April 2000 to June 2018 stood at USD 118.13 billion, the highest among all the states in India
- Maharashtra alone accounts for 51 per cent (USD20 billion) of Indian infrastructure investments in Mega Projects.
- 10% of Delhi-Mumbai Industrial corridor falls in Maharashtra spread across 8 districts
- The proposed Mumbai Trans Harbour Link (MTHL) is the longest sea bridge in India and shall provide seamless access to the Mumbai's satellite city, Navi Mumbai.
- Maharashtra is a pioneer in Electric Vehicle manufacturing and plans to set up EV clusters to boost EV manufacturing in state.
- State plans to develop 25 integrated multi-modal parks and 100 logistics parks.
- State is home to some of the largest ports in the country and JNPT alone handled 53 million metric tonnes of traffic (\*till Aug 2018).
- Policy focus support to Industry 4.0 sectors to boost yield and create new job areas.



॥ उद्यमात् सकल समृद्धिः ॥  
**MIDC**

Head office:  
**Maharashtra Industrial Development Corporation**  
Udyog Sarathi, Mahakali Caves Road, Andheri (E),  
Mumbai-400 093. Website : [www.midcindia.org](http://www.midcindia.org)

Principal office:  
**Maharashtra Industrial Development Corporation**  
4 (A), 12th floor, World Trade Centre Complex 1, Cuffe Parade,  
Colaba, Mumbai-400 005. Website: [www.midcindia.org](http://www.midcindia.org)

Thinking out of the box for innovation, sourcing fresh and the best local produce in a kitchen, Vaibhav is currently working as chef consultant with VIETNOM to bring in the authentic Vietnamese cuisine to the palates of Indians. Judge for culinary competitions, speaker and former corporate chef with Yuvi Hospitality group, he got many accolades and awards. He is the member of World Association of Chefs Societies, Indian Culinary Forum and Young Chef Association for Sustainable India and Slow Food Chef Alliance.



# Vaibhav Bhargava

## Beetroot Kebab

Roasted Beetroot, Feta And Cream Cheese Stuffed, Topped With Aam Papad Chutney

### Ingredients

|            |        |                   |                 |
|------------|--------|-------------------|-----------------|
| Beetroot:  | 200 Gm | Green Chili:      | 10 Gm           |
| Potato:    | 50 Gm  | Roasted Gram:     | 30 Gm           |
| Onion:     | 15 Gm  | Chat Masala:      | 5 Gm            |
| Garlic:    | 10 Gm  | Salt:             | To Taste        |
| Ginger:    | 5 Gm   | Red Chili Powder: | 5 Gm            |
| Coriander: | 5 Gm   | Cooking Oil:      | For Deep Frying |

### Method:

- ◆ Peel and grate potato, beetroot in a bowl
- ◆ Add coriander, chili, garlic, ginger and all dry ingredients in it
- ◆ Mix all the ingredients and give them the shape of small tikki by making hands greased
- ◆ Put oil in a frying pan and place on heat
- ◆ Place the kebabs in plate and keep in refrigerator until they hold the shape and the oil heats up
- ◆ Pan fried the kebabs in hot oil and drain on a dish lined with paper towels
- ◆ Serve hot with aam papad chutney and some crumbled feta top on kebabs.



“

*Congratulations to Better Kitchen and its team. As a Chef, we are much concerned with innovations, creativity and health of guests through food we prepare and present. Better Kitchen is disseminating the knowledge of all kitchens as well as cooking aspects which helps us to achieve our personal as well as organisational goals. I wish a fulfilling, meaningful bright future ahead.*

”



# Varinder Singh Rana

Seven Limca Records holder, author of 12 books and 21 research papers, Varinder received his Doctorate (PhD) in hospitality from Amity University. With 20 years of experience in academia and industry, he is providing services to various hotels, Punjab Tourism Development Corporation and couple of universities. He initiated a bakery unit at central jail, Ludhiana and doing various cooking shows on television. He won two silver medals and one bronze medal for India at International Culinary Challenge, Uzbekistan.

## Punjabi Kadhi Pakora Surprise

### Ingredients:

|                              |             |
|------------------------------|-------------|
| Boiled Rice:                 | 100 Gm      |
| Yoghurt:                     | 1 Cup       |
| (Blended with 1.5 Cup Water) |             |
| Gram Flour (For Pakora):     | 100 Gm      |
| And 2 Tbsp Spoon For Kadhi   |             |
| Mustard Oil:                 | For Frying  |
| Green Onion (Sliced):        | 2 No        |
| Garlic (Chopped):            | 1 Tsp       |
| Ginger (Chopped):            | 1 Tsp       |
| Green Chillies:              | 2 No.       |
| Coriander Seeds:             | 1 Tsp       |
| Fenugreek Seeds:             | 3-4 No      |
| Asafoetida (Hing):           | 1 Gm        |
| Cumin Seeds:                 | ½ Tsp       |
| Turmeric:                    | ½ Tsp       |
| Red Chili Powder:            | ½ Tsp       |
| Whole Red Chillies:          | 2 No        |
| Coriander Powder:            | ½ Tsp       |
| Salt:                        | To Taste    |
| Coriander Leaves:            | For Garnish |



## Method:

- ◆ Mix 2 table spoon gram flour to blended butter milk, add turmeric and salt
  - ◆ Heat Mustard oil. When it gets smoke, reduce the flame. Add fenugreek seeds, cumin seeds, coriander seeds and whole red chillies. When spices get crackle add sliced green onions and green chillies. Add asafoetida and chopped ginger garlic. Cook till ginger and garlic turns to light brown. Add red chili powder and coriander powder
  - ◆ Add gramflour and buttermilk mixture. Cook on slow flame it gets thick and gets well cooked
- ◆ In a bowl take boiled rice, salt, chopped green chillies and mix well
  - ◆ In another bowl make a thick batter of gram flour, turmeric, salt, red chili powder
  - ◆ Heat mustard oil in a kadhai. Make small balls of rice and put it into the gramflour batter. Coat the batter on rice balls and fry in mustard oil. When the rice balls are fried properly, remove from oil
  - ◆ In a plate, pour kadhi and in the centre keep one or two fried rice balls
  - ◆ Garnish the dish with fried red chillies, chopped onion and coriander leaves.



Apart from applying his knowledge and experience in the kitchen, Vasant has been writing innovative articles and has featured in television programmes on CNBC Awaaz, Food Food, MTV, TV9 etc. During his career of 22 plus years he has worked with brands like Hyatt Hotels, Le Meridien, Holiday Inn, etc and now leads the culinary team at The Radisson MIDC – Mumbai.

# Vasant Khot

## Agri Fish Cartoccio

### Ingredients:

|                           |        |
|---------------------------|--------|
| Rawas Cleaned And Fillet: | 500 Gm |
| Onion Red:                | 40 Gm  |
| Coconut Desiccated:       | 70 Gm  |
| Coriander Leaves:         | 20 Gm  |
| Dry Red Chillies:         | 3 No   |
| Ginger:                   | 40 Gm  |
| Garlic:                   | 20 Gm  |
| Turmeric Powder:          | 10 Gm  |
| Cumin Powder:             | 30 Gm  |





Garam Masala: 20 Gm  
 Green Chillies: 3 No  
 Refined Oil: 200 MI  
 Lemon: 2 No  
 Salt Table: As Per Taste  
 Silver Foil: As Required

cumin powder and green chillies

- ◆ In a pan heat oil add the chopped onions and sauté
- ◆ Pre heat oven for 20 minutes at 200° Celsius
- ◆ Add ginger garlic and mix well now add the thick masala paste and add salt keep aside
- ◆ Marinate the Rawas with the cooked masala and place it on the silver foil wrap it and cook it in the oven
- ◆ Serve the Agri style fish Cartoccio with rice and lemon.

**Method:**

- ◆ In a blender make a thick paste of coconut, coriander leaves, dry red chillies, turmeric powder, garam masala,



*My best wishes and felicitations to the hard working and enterprising team at Better Kitchen. The work done by Better Kitchen in the last 5 years has been truly amazing and more so in these last few months in the pandemic time. They have kept the motivation levels of all involved in kitchens i.e. chefs, entrepreneurs, vendors, students and all on a high level. The task of putting together an anniversary issue is a well thought out initiative that is another aspect of keeping the fraternity involved in a constructive way in these difficult times. My best wishes to the entire team.*



# Vijaya Baskaran

**Socially responsible and is known for the innovative start up Everything Recycles of which he is Co-Founder & Director, Vijaya has more than four decades of experience in leading hotel companies. He is actively involved in organizing IFCA's culinary congress and other events over the years. He also represented India in Asia Pacific forum of Chefs in Bangkok, Gold Coast and was judge at Bocuse d'or at Shanghai.**

**He is the recipient of IFCA National Culinary Award 2012, IFCA Culinary Leadership Award, IFCA Chef of the Year and Golden Hat award from South India Culinary Association. He is the Vice President of Indian Federation of Culinary Associations.**

## Roasted Salmon Chunks with Almond Crust Served with Almond enriched Polenta



### Ingredients:

|                             |          |
|-----------------------------|----------|
| Fish Chunks Salmon:         | 200 Gms  |
| Cold Pressed Almond Oil:    | 5 MI     |
| Lemon:                      | 1 No     |
| Salt:                       | To Taste |
| Mustard Sauce:              | 6 Gm     |
| Bread Slice:                | 2 Nos    |
| Almonds Powder:             | 30 Gms   |
| Onion:                      | 50 Gm    |
| Lemon Zest:                 | 15 Gm    |
| Polenta with Almond Powder: | 75 Gm    |

### Method:

- ◆ Preheat an oven to 180 C. Spray a rimmed baking sheet with Almond oil spray
- ◆ Place the fish, on the pan. Brush with Almond oil and squeeze the juice from the lemon halves over the fish. Season with salt and pepper and spread the mustard lightly over the fillets
- ◆ Tear the bread into 1-inch pieces. Place in a food processor and grind to fine crumbs. Transfer 1/2 cup (1 oz./30 g) of the breadcrumbs to a small bowl. add Almond Powder to the bowl with the crumbs. Stir in the green onions, lemon zest and the 1 Tbs. Almond oil, and season with salt and pepper
- ◆ Just before roasting, divide the bread crumb mixture among the fillets, pressing it onto the top of each piece. Transfer to the oven and cook until the fish is just springy to the touch and the breadcrumbs start to brown, about 10 minutes, depending on the thickness of the fish. Transfer the fish to plates on Polenta and serve immediately.

### Polenta

Follow the instructions on Polenta Mix. (Add the Almond powder 1/4 the of the total polenta quantity before starting).



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A chef, author and consultant for all types of hospitality projects like hotels, theme restaurants, cafes, resorts, bakeries, Indian sweets house, commercial kitchens, Vikas during his career progression realized that food can be a lot more than we know it. Following his instinct, he quit working as GM and dived into his passion by starting Core Hospitality and never to look back. He has ongoing projects in more than 30 cities in India and also has successful overseas projects up his sleeves.



# Vikas Chawla

## Punjabi Mutton Curry

### Ingredients:

|                      |  |
|----------------------|--|
| Mutton Leg Pieces:   | 1 Kg (A Mix Of Leg Thigh & Shoulder Can Also Be Taken) |
| Ghee:                | 120 ML   |
| Cumin Seeds:         | 1 Tsp  |
| Cinnamon Stick:      | 2 Inches Long  |
| Small Cardamom:      | 5 No   |
| Black Cardamom:      | 2 No   |
| Cloves:              | 5 No   |
| Black Peppercorns:   | 8-10 No  |
| Onions:              | 400 Gm   |
| Ginger Garlic Paste: | 100 Gm   |
| Coriander Powder:    | 4 Tsp  |
| Turmeric Powder:     | 1 Tsp  |
| Degi Chilly Powder:  | 2 Tsp  |
| Cumin Powder:        | 1 Tsp  |
| Dry Ginger Powder:   | 1 Tsp  |
| Garam Masala:        | 1 Tsp  |
| Fresh Coriander:     | A Handful  |
| Boiling Hot Water:   | 1.25 Litre   |

### Pre-Preparations:

- ◆ Wash the mutton pieces thrice and clean with kitchen cloth, to get rid of excess water on pieces
- ◆ Peel, wash & finely slice onions
- ◆ Wash & chop fresh coriander leaves
- ◆ Instead of adding packed garam masala, you must try fresh masala by grinding whole spices to intensify more flavours in curry
- ◆ Take water in another pan and let it boil because we'll add hot water after roasting meat.



**Chef's Tip:** Adding cold water in between cooking results in shrinkage and dryness of meat.

### Method:

- ◆ Place the handi on large burner of your cooking range and heat ghee on medium high heat (Always

prefer handi for cooking meat or chicken. A handi is deep and wide mouthed cooking vessel and at the same time, the base of the vessel is wider than the mouth)

- ◆ When oil is hot, add cumin seeds and let them splutter
- ◆ Immediately add whole spices like cardamoms, cinnamon, cloves & peppercorns
- ◆ Stir for 1-2 minutes and add sliced onions
- ◆ Cook the onions on same medium high heat and keep stirring with spatula
- ◆ After 10-12 minutes, when onions will get a light brown colour then increase the flame to high
- ◆ Now divide the mutton pieces into three equal parts and add one part into the handi. Keep stirring constantly to sear it (Searing is the technique used in roasting and grilling, in which meat is cooked at high temperature until colour changes and lock in the juices of meat). If you add all the pieces in one time, this lowers the temperature inside the Handi. Mutton will not get seared and release its moisture. As result, the meat turns out “dry” rather than moist & juicy
- ◆ After 5 minutes when you notice the meat is properly seared, add the second batch of mutton pieces and cook again on high heat for another 5 minutes to sear them too
- ◆ When the second batch of the meat is also seared, add third and final batch of mutton pieces and stir again on same heat for 5-10 minutes
- ◆ Now reduce the high flame to medium and keep on stirring meat & onions for at least 20 minutes
- ◆ After the cooking and roasting, you'll notice a good golden colour on meat and onions will become mushy
- ◆ At this stage, add ginger garlic paste and need to cook till it is well done or the raw flavour of garlic goes away
- ◆ After it is done, add coriander powder, turmeric, degi chilly and cumin powder, keep stirring meet along with spices constantly for 2 minutes
- ◆ Now pour over hot water, reduce the flame to low and cover the handi
- ◆ Simmer the mutton curry on low heat for 20 minutes and then add salt and dry ginger powder, stir well (Never add salt in the beginning as it can bring out moisture from the meat and results in dry meat dish)
- ◆ Let the mutton curry simmer again for 20-30 minutes and check mutton pieces randomly whether it is tender or not
- ◆ Finish the mutton curry with garam masala & fresh coriander leaves, stir well, left it for another 10 minutes
- ◆ Serve hot with chapattis or steamed rice. ■ ■ ■

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“

*I extend my warmest greetings to the readers of the Better Kitchen on its 5th anniversary and congratulate the devotion with which Better Kitchen has been an ambassador of our Kitchen industry. Over the years, the magazine has forged an impressive path, attaining widespread recognition and I hope that the magazine will continue to promote the different facets of kitchen for many years to come.*

”



# Vikas Khanna

Humanitarian, filmmaker, cookbook writer, restaurateur, judge in MasterChef India and chef, Vikas was born, bought up and learnt rituals in Amritsar and from his home in New York, celebrity and Michelin star winner, Vikas has launched a food drive during COVID-19, feeding more than 50 millions meals in 125 Indian cities.

## Festive Lavender Egnog

### Ingredients:

|                       |                   |
|-----------------------|-------------------|
| Whole Milk:           | 4 Cups            |
| Sugar:                | To Taste Or ¾ Cup |
| Lavender Extract:     | ½ Tsp             |
| Pure Vanilla Extract: | 1 Tsp             |
| Large Eggs Yolks:     | 8                 |
| Heavy Cream Beaten:   | 1 Cup             |

### Method:

- ◆ In a medium saucepan over medium high heat, heat milk, sugar, lavender and vanilla, whisking until sugar dissolves. Remove from heat
- ◆ In a mixing bowl, whisk egg yolks, until lighter in color. Very gradually pour hot milk mixture while whisking continuously. Return this mixture to low heat, whisking continuously until mixture becomes very creamy and coats the back of the spoon. Stir in the cream and mix well
- ◆ Remove from heat, cool to room temperature, cover and chill overnight and serve.



“

*Wishing Ekta Bhargava, the enthusiastic publisher & Better Kitchen team a very Happy 5th anniversary, it is nearly half a decade since you started, best wishes from Bengaluru to the bi-monthly magazine exclusively devoted to meet the commercial and household kitchen needs & solutions. I am sure the readers are happy to see success of your magazine and this is only happened because of the your team's dedication and passion, keep up with your excellent work. Wishing you all amazing years ahead. Kudos!*

”

# Vikas Seth

Acumen of culinary innovation and the palate of a gourmand – few virtues that he honed and enhanced during his stint at the Culinary Institute of America, Vikas has been the brain behind multi-award-winning restaurants, Sanchez Taquería & Cantina, Sriracha Robata - Contemporary Pan-Asian Dining, amongst others. He authored books for private circulation “The Modern Indian Odyssey” highlighting his take on Indian Food and a unique twin cover restaurant book on 'Sanchez & Sriracha'.

## Dark Chocolate Guacamole, Toasted Pepitas Cinnamon Sugar Dusted Nachos

### Ingredients:

#### Dark chocolate Guacamole

|                         |         |
|-------------------------|---------|
| Ripe Avocado:           | 1 No    |
| Organic Honey:          | 1 Tbsp  |
| Dark Chocolate, Melted: | 4 Tbsp  |
| Olive Oil:              | 1 Tsp   |
| Salt:                   | A Pinch |

#### Cinnamon Sugar Dusted Nachos

|                  |        |
|------------------|--------|
| Flour Tortillas: | 2 No   |
| Butter Melted:   | 1 Tbsp |
| Cinnamon Powder: | 1 Tsp  |
| Hibiscus Dust:   | 1 Tsp  |
| Castor Sugar:    | 2 Tbsp |

#### Garnish

|                        |        |
|------------------------|--------|
| Orange Zest:           | ½ Tsp  |
| Roasted Pumpkin Seeds: | 1 Tbsp |



## Method:

- ◆ Cut avocados into half. Remove seed. Scoop out avocado flesh from the peel into a mixing bowl. Discard any browned areas. Cut into small cubes a table spoon of avocado and keep it aside for the garnish, smear it with a little olive oil
- ◆ Using a fork, mash the rest of avocado, add in honey, melted dark chocolate, olive oil and pinch of salt. Blend well and your Dark Chocolate Guacamole is ready. Now transfer the mix in the piping bag. Keep the piping bag in the refrigerator till required
- ◆ Mix castor sugar, hibiscus dust and cinnamon powder together and keep it aside till required

- ◆ Cut the flour tortillas to triangles, bake it in the oven at 180° C for 5 to 7 minutes till it becomes crispy
- ◆ Take it out and when the chips are still warm brush it with melted butter on both the sides
- ◆ Toss the chips in the flavored sugar lightly and keep it on a separate plate and you have your cinnamon sugar dusted nachos ready
- ◆ For finishing, take out the chocolate guacamole and pipe it well in the centre of the plate, grate fresh orange zest on top, arrange cinnamon sugar nachos on the side and garnish the mousse with roasted pumpkin seeds, which are called Pepitas and cubes of avocado.



*Food is the nourishment for life, it has been evolving from thousands of years even since the life is there in existence . Humans have developed the food as per the need and modified the food ingredients as per their convenience. The time has come to become conscious on our food habits and eat wisely. Food to be enjoyed through all senses and not to be consumed too much and not too less. We must shift to a sustainable way of living and source food ingredients that are grown responsibly without damaging the ecosystem. Live a life that is good for people and planet.*



# Vinod Bhatti

Responsible for planning and development of IKEA food range in India, Vinod over the years, has worked with various organizations of repute including his last assignment at the American Embassy in Delhi where he was working in the capacity of an Executive Chef for Delhi and Mumbai operations.

## Citrus Salmon Salad with Orange Vinaigrette

### Ingredients:

|                         |                |
|-------------------------|----------------|
| Skinless Salmon Fillet: | 1 (1½ - Pound) |
| Oranges:                | 6 No           |
| Olive Oil:              | 6 Tbsp         |
| Dijon Mustard:          | 1 Tbsp         |
| Honey:                  | 1 Tsp          |

|                          |        |
|--------------------------|--------|
| Salt:                    | ¼ Tsp  |
| Pepper:                  | ¼ Tsp  |
| Jamaican Jerk Seasoning: | 2 Tbsp |
| Cooking Spray            |        |
| Mixed Greens:            | 6 Cups |
| Assortment Of Lettuce:   | 6 Cups |
| Pecans:                  | 6 Tbsp |





### Method:

- ◆ Grate ½ teaspoon rind from orange
- ◆ Peel oranges
- ◆ Cut out citrus sections over a bowl, reserving juice. Set fruit aside. Squeeze membranes over bowl to extract additional juice
- ◆ Discard membranes. Combine 6 tablespoons juice, rind, oil, and next 4 ingredients; stir with a whisk. Cover and chill. Reserve remaining juice for another use
- ◆ Preheat broiler
- ◆ Rub seasoning over fish. Place fish on a broiler pan coated with cooking spray
- ◆ Broil 14 minutes or until fish flakes easily when tested with a fork
- ◆ Combine fruit
- ◆ Drizzle dressing over salad; toss
- ◆ Divide salad evenly among 6 plates; top with cooked salmon fillet
- ◆ Sprinkle with pecans.



Acquired wide ranging experience in preparing all sorts of bakery and pastry items to suit the global palate while retaining its authentic and traditional flavours and gained recognition, Vivek has 20 years of experience in driving hotel operations, kitchen management, hospitality, guest servicing, menu planning, inventory management, cost control, F&B operations, quality & hygiene, revenue generation, team management, training, public relations, general administration, liaison & coordination. Working as Executive Pastry Chef – ITC Maratha, Mumbai.



# Vivek Kadam

# Ruby Hazelnut mousse French Meringue spear and Raspberry Pate de fruits

## Raspberry Pate de fruit

### Ingredients:

|                                  |                    |
|----------------------------------|--------------------|
| Frozen Fruit Purée, Sugar Added: | Raspberry – 750 Gm |
| Yellow Pectin:                   | 16 Gm              |
| Sugar:                           | 75 Gm              |
| Sugar:                           | 625 Gm             |
| Glucose Syrup:                   | 300 Gm             |
| Dark Chocolate-                  | 63% - 125 Gm       |
| Acid Solution:                   | 6 Gm               |
| Raspberry Liquor:                | 12 Gm              |

### Method:

- ◆ Warm the raspberry purée to 50°C
- ◆ Mix the pectin and 75 gm of sugar. Sprinkle into the warm puree
- ◆ Boil for 1 minute and whisk constantly
- ◆ Add the glucose syrup and allow the solution to recover to a boil
- ◆ Add the sugar ¼ at a time as not to drop the temperature in the pot. Alternately, you can cook to 103°C
- ◆ Add the raspberry spirit and chocolate. Whisk it well
- ◆ Add the acid solution. Frame, cool and cut before coating in acidified sugar.

## Chocolate Hazelnut Mousse

### Ingredients:

|                 |         |
|-----------------|---------|
| Dark Chocolate: | 100 Gm  |
| Hazelnut Paste: | 40 Gm   |
| Butter:         | 10 Gm   |
| Eggs:           | 3 No    |
| Whipping Cream: | 75 MI   |
| Sugar:          | 35 Gm   |
| Salt:           | A Pinch |

### Method:

- ◆ Separate egg whites from egg yolks
- ◆ In a chilled bowl, whip cold whipping cream with icing sugar until soft peaks
- ◆ In a separate clean bowl, beat egg whites with a pinch of salt until they are firmly mounted and put aside
- ◆ Break the chocolate into small pieces and melt with butter in a double boiler at a low simmer, stirring occasionally. Once the chocolate is almost melted (with small lumps left), mix with a rubber spatula, pour into another bowl and continue to stir while cooling. Add egg yolks at room temperature one by one to the melted chocolate while mixing
- ◆ Stir the whipped cream in the chocolate/egg yolks mixture
- ◆ Gently fold egg whites into the main mix with the spatula (do not stir).



## For French Meringue

### Ingredients:

|   |                        |
|---|------------------------|
| Egg whites:                                   | 4 No large (142 grams) |
| cream of tartar:                              | 1/4 Tsp                |
| granulated sugar:                             | 198 gm                 |
| Vanilla extract or other flavoring (optional) |                        |

### Method:

- ◆ In the bowl of an electric mixer fitted with a whip attachment, whip the egg whites and cream of tartar on medium speed until lightly foamy, 30 seconds to 1 minute
- ◆ Raise the mixer speed to high and add the sugar in a slow, steady stream. Continue whipping until the meringue holds desired peaks (about 4-5 minutes for soft, 5 to 7 minutes for medium, 8 to 9 minutes for stiff). Add the vanilla (or other flavoring, if using) towards the end of mixing. Use immediately. Pipe the ready Meringue in spear mould and bake in low oven for 2 to 3 Hour.

“

Many congratulations to Better Kitchen for successfully completing 5 years, wishing you all the best for many more publications.

”



# Yogendra Negi

Curious to know about the history and the tales related to the recipes, Yogendra has been enthusiastic about the ingredients. This leads him to work with R&D of various reputed organizations like, Yum! Restaurants, Compass Group & Tata Smartfood. He had the experience of a couple of pre-opening as well.

## Goan Prawns Curry

### Ingredients:

#### For The Paste

|   |                  |
|---|------------------|
| Fresh Grated Coconut:                         | ½ Medium Coconut |
| Coriander Seeds Whole:                        | 1½ Tbsp Levelled |
| Cumin Seeds Whole:                            | ½ Tbsp Levelled  |
| Black Pepper Whole:                           | 1 Tsp Levelled   |
| Kashmiri Red Chili, Stem Broken And Deseeded: | 4 No             |
| Ginger Peeled And Sliced:                     | 1 Inch           |
| Garlic Peeled:                                | 4 No             |
| Salt:   | ½ Tsp            |
| Water:  | 2½ Cup           |

### Method:

Mix all the ingredients in a stone grinder or mixer grinder, make a fine puree.

**Chef's Tip:** Use 1 cup water to make the paste, this will ensure the grinding happen quickly, use the balance water to rinse the leftover masala in the mixer to be added in to the paste.

### Ingredients:

#### For The Tempering

|                          |                |
|--------------------------|----------------|
| Refined Sunflower Oil:   | 1 Tbsp         |
| Thin Half Sliced Onion:  | ½ Medium Onion |
| Slit Green Chili:        | Small          |
| Peeled De Veined Prawns: | 12-14 No       |
| Kokum:                   | 3 No           |
| Coconut Cream:           | ¼ Cup          |



### Method:

- ◆ Heat oil in a thick bottom pan
- ◆ Add sliced onion and slit green chili sauté for couple of mins on medium flame till the onion becomes translucent
- ◆ Reduce the flame to low add the wed grinded masala, stir and cook on high flame till you see rolling boil, reduce the heat to low and cover the pan with lid, cook the masala for about 15 more minute on low flame
- ◆ Add the prawns in the curry, increase the heat to high, once you see the boil, reduce the heat to low, stir the curry gently add kokum cover the curry, cook for another 5 min on low heat.
- ◆ Finish the curry with coconut cream
- ◆ Garnish with slit green chili and kokum
- ◆ Serve hot with steamed white rice or boiled red rice and Kishmur (Dry prawns and coconut accompaniment).



“

*Cooking is the highest expression of love, cook with love and serve with love and best wishes to the team at Better Kitchen for bringing out this anniversary issue.*

”



# Yogesh Arora

Taking food back to its original scientific nature, while maintaining both a high standard in cooking and unique flavours, Yogesh has redefined a whole new culinary perspective. The knowledge passed on by Sri Sri Poonamji led him to creating a holistic cuisine based on ancient Indian principles. Based at Singapore he aims to spread the wonderful ways of healthy living through delicious food and the correct use of herbs and spices.

## Mulligatawny Soup

### Ingredients:

|                          |         |
|--------------------------|---------|
| Onion, Coarsely Chopped: | 500 Gm  |
| Toor Dal:                | 100 Gm  |
| Vegetable Oil:           | 16 Tbsp |

### Ingredients A

|                      |      |
|----------------------|------|
| Cloves:              | 8 No |
| Green Cardamom Pods: | 4 No |
| Black Cardamom Pods: | 4 No |
| Cassia Leaves:       | 2 No |
| Cinnamon Stick:      | 1 No |

### Ingredients B

|              |                                    |
|--------------|------------------------------------|
| Red Onions:  | 100 Gm                             |
| Ginger:      | 35 Gm                              |
| Lemongrass:  | 30 Gm Blend With<br>50 MI Of Water |
| Blue Ginger: | 20 Gm                              |

### Ingredients C

|                         |                                    |
|-------------------------|------------------------------------|
| Green Chillies, Seeded: | 2 No                               |
| Cumin Seeds:            | 1tbsp                              |
| Plain Yoghurt:          | 1tbsp Blend With<br>50 MI Of Water |
| Cashew Nuts:            | 25 Gm                              |

### Ingredients D

|                   |        |
|-------------------|--------|
| Turmeric Powder:  | 2 Tbsp |
| Curry Powder:     | 1tbsp  |
| Coriander Powder: | 1tbsp  |



### Ingredients E

|                                  |          |
|----------------------------------|----------|
| Lukewarm Water:                  | 3 L      |
| Oatmeal:                         | 1tbsp    |
| Shallots, Fried:                 | 25 Gm    |
| Lemon Juice:                     | 1tsp     |
| Black Pepper,<br>Freshly Ground: | 2 Tbsp   |
| Salt:                            | To Taste |

### For Garnish

|                         |                        |
|-------------------------|------------------------|
| White Rice, Cooked:     | 200 Gm                 |
| Shallots, Fried:        | 40 Gm Chinese Parsley, |
| Coarsely Chopped:       | 3 Tbsp                 |
| Lemon, Cut Into Wedges: | 1 No                   |

### Method:

- ◆ Heat vegetable oil in a cooking pot and add ingredients A. Cook on medium heat for 2 minutes or until lightly browned

- ◆ Add ingredients B and continue cooking for another 2 minutes. Add onion and ingredients C and D. Cook over medium heat for 5 minutes, stirring constantly to prevent sticking or burning. Add ingredients E and bring to boil
- ◆ Reduce heat to medium, add toor dal and cook for 20 minutes. Continue to cook the soup on medium heat for 3 hours. Strain through a medium sieve and season to taste
- ◆ To serve, place rice in a soup bowl. Ladle soup over the rice and garnish with spring onions, Chinese parsley and fried shallots.



# Abhijeet Dua

## *Wins*

### The Title Culinary Student Culinary Student of the Year 2020

Chef's Table Studio founded by Chef Jugesh Arora started the online competition for students - Culinary Student of The Year. More than 450 students across the country participated in the competition. The selection process involved three qualification rounds and assessed by a jury comprising of veteran chefs including Vijaya Baskaran and Shaju Zacharia among others.

15 budding chefs selected from qualifying rounds for the final round of the title award. Participants cooked live from their college or home kitchen to a virtual audience including the jury members who closely watched their preparation, technique and presentation to decide on a winning student. Abhijeet Dua chose to compete with progressive cuisine - a Carolina Rubbed Sous vide Chicken and a Flexible Aciduated Chocolate Ganache.

Other winners were Kanishk Dawar, Tanveer Narwani and Anousha Anupam in Gold, Silver and Bronze category respectively.

Chef Arora says, we are so happy to see such strong participation from colleges and institutes across India. We conceptualized the awards as a platform for young aspirants to learn, share knowledge, compete and prepare for future opportunities. The students have shown a lot camaraderie throughout the competition. I am certain that our young chefs will make us proud. I congratulates all winners.

During the lockdown Chef's Table Studio also conducted a Granny's Kitchen Contest. The contest was to share traditional, lost & forgotten recipes made with locally sourced ingredients.



# Quality & Competitive Solutions From Sankalp

In recent years a heart warming success story has been unfolding in the stiffly competitive packaged foods market in India.

It is the impressive achievement story of Sankalp Packaged Foods, an integral part of the Sankalp group of companies founded just two decades ago.

Sankalp Packaged Foods has emerged as one of the fastest growing and largest suppliers of packaged foods to HORECA from India and a major exporter of ready-to-heat, ready-to-heat, ready-to-cook

frozen, packaged foods to UAE, Australia and the USA besides securing a leading position in India's stiffly competitive retail market.

The secret of the ascent is the unshakable reputation it has achieved in the market for its products. From initial years to this day it has ensured that its wide range of tasty foods served in restaurants and made available in the retail market has the freshness of taste and aroma of home cooked food freshly prepared in the family

kitchen. The gourmet who tastes a Sankalp product is quick to enjoy and notice not only the authentic taste but also the healthy ingredients blended into the preservative-free preparations packaged hygienically in modern kitchens fitted with the latest equipments in processing technology.

Seasoned chefs with a flair for innovation and a strict eye on nutrition create and supervise the recipes derived from the rich culinary repertoire of various regions of India.

Over 120 varieties of food, prepared from recipes originating from North and South India, China, Thailand, Italy and the Continent, are available in the lineup of Sankalp's present product range. The near monopoly it enjoys in the instant foods market however has not altered the affordable price structure of its popular products which literally suits all tastes and all wallets. ■





Western Chef's Association, a professional organization for chefs was founded in Mumbai in the year 2002. WICA's goal is to unite chefs and cooks across Western India in a common dedication to professional excellence.



Chef's Connect is a platform created to encourage culinary creativity and to professionally & socially engage chefs in a 1 day theme based educative & networking program.



### **Culinary Events**

WICA has been actively involved in various culinary events and competitions as a technical partner : i.e. The Great India Culinary Challenge, Nestle Students Chef Championship, India International Culinary Classic, Mystery Basket Challenge, India Bakery & Pastry Challenge & RECA Cuisine Challenge.

### **MEMBERSHIP ELIGIBILITY**

Membership with WICA is available to any and all persons who actively seek and involve their career paths as professional chefs / cooks or culinary professionals.

### **WESTERN CHEFS ASSOCIATION**

Hrushikesh, G Block, B - Wing, 208, Lokhandwala, Swami Samarth Nagar, Andheri West, Mumbai 40003.

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