As they connect farm and fork, Chefs can tell the story of colourful, biodiverse ingredients by championing them inside and outside of the kitchen.

Chefs & Biodiversity
Food enthusiasts and fellow Chefs,

Welcome to the tenth issue of Cuisine Digest magazine for Chefs! We are living in interesting times that offer us challenges as well as opportunities as culinarians. The centre of our lives – personal and professional – is food. It has a far-reaching impact on health of individuals and nations, farming practices and agriculture, livelihoods and future, and the restaurant and hotel business.

Nature is declining globally at rates unprecedented in human history – and the rate of species extinctions is accelerating, with grave impacts on people around the world now likely, warns a landmark new report from the Intergovernmental Science-Policy Platform on Biodiversity and Ecosystem Services (IPBES).

One million animal and plant species are now threatened with extinction, says the report, which finds that the world is relying on an ever smaller number of foodstuffs to feed a growing population that’s expected to rise to around 10 billion people by 2050.

Earlier, the EAT-Lancet Commission on Healthy Diets from Sustainable Food Systems was released which presented key takeaways and specific actions that food service professionals can take to contribute to the Great Food Transformation. With 3 billion people malnourished globally and a food production system damaging the planet, it suggests a transformation of global eating habits, improved food production systems and a reduction in food waste.

It is time for Chefs to adopt a responsible attitude towards the future of the guest, the nation, the planet and a sustainable food system.

Among our other explorations in this issue, we take a virtual trip to Iceland with Chef Gissur Gudmundsson to discover the country’s food culture in international cuisine. Chef Garima of Michelin-starred restaurant Gaa in Bangkok shares her journey as an entrepreneur Chef.

When life gives you lemons, you squeeze ‘em to make a lemonade! In our ingredient section, we indulge in the sour taste that refresh us in the summers. Talking of summers, how can one forget the king of fruits – the mango! Chef Arvind Prasad explores the unique sweetness of mangoes in the confectionery section.

Take a look at what is creating a buzz in the culinary world. Hope to get your comments and suggestions.

Culinary Regards,

Chef Sudhir Sibal
Editor
Our Culinary Masters

**CHEF MANJIT GILL**
Culinary Director, Cuisine Digest
Chef Gill is the President of the Indian Federation of Culinary Associations (IFCA), the umbrella body for all the Chefs’ associations in India. Internationally, he is the Chairman of the WorldChefs’ Cultural Heritage Committee with over 100 countries as its members. Chef’s recipes and food philosophy are regularly featured in Indian and global news media.

**CHEF SUDHIR SIBAL**
Editor, Cuisine Digest
Chef Sibal is the former Vice President (Hotels) of India Tourism Development Corporation (ITDC) with three decades of experience as a Chef. He is the Ambassador, World Chefs Without Borders (WCWB), has represented India at the exclusive gastronomic world club of Chefs to the Head of States – Le Club des Chefs des Chefs (CCC) and is a WACS-approved culinary judge.

**CHEF THOMAS A GUGLER**
President, WorldChefs (WACS)
With hundreds of international honours as a Master Chef, this globetrotting dynamic culinary master does numerous TV Shows, writes cookbooks, conducts Master Classes globally and is invited to judge culinary contests internationally. Fluently conversant in 9 languages, Chef Gugler leads the WorldChefs (WACS) as its President.

**GILLES BRAGARD**
Founder-Secretary, Le Club des Chefs des Chefs (CCC)
French food couturier and entrepreneur – who over a chat with world-famous Master Chef Paul Bocuse – had founded in 1977, the elite club of Chefs to the heads of states of countries, Le Club des Chefs des Chefs, brings his experience to Cuisine Digest. Serving as the CCC Secretary, he promotes culinary diplomacy at the international level.

**DR CHEF SOUNDARAJAN**
General Secretary, Indian Federation of Culinary Associations (IFCA)
A versatile Chef heading the Kitchens of Mahindra Holidays and Resorts India Ltd, India as their Corporate Executive Chef, Dr Chef Soundararajan dons multiple hats – as Chairman of the WACS’ Marketing Committee, Founder General Secretary of IFCA, and also the Founder of the South India Culinary Association (SICA).

**SADEEP ARORA**
Indian Whisky Expert
Leading whisky connoisseur in India, Arora has introduced the nation to premium and rare whiskies from around the globe. Director at Spiritual Luxury Living, this well-travelled spirit-promoter has exclusive whisky experiences to share – pairing whisky with food – and is the ‘Exclusive Indian Representative’ of the world’s most-read whisky journal – the Whisky Magazine UK.

**CHEF CHRISTOPHER KOETKE**
VP (Strategy & Industry Relations), Kendall Culinary Institute, USA
An Executive Chef and a culinary educator, certified by American Culinary Federation (ACF), Koetke comes with 37 years of experience. Awarded Chef of the Year for 1996-97 by the Chicago Chapter of the International Wine and Food Society and Cooking Teacher of the Year by the International Association of Culinary Professionals (IACP), among others.

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Abhishek Menon (North)  +91-986 70 1105
MS Pramod (South)  +91-984 30 3100
Krishanu Saha (East)  +91-905 163 2356
James D’Souza (West)  +91-702 839 787}

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PUBLISHER
Tipish Mahajan

EDITOR
Chef Sudhir Sibal

CULINARY DIRECTOR
Chef Manjit Gill

ASSOCIATE EDITOR
Urvashi Sibal

CREATIVE DIRECTOR
Peali Dutta Gupta

ART DIRECTOR
Shamik Kundu

www.pealidezine.com

PHOTOGRAPHY
Kapil Mohan
Urvashi Sibal

CONTRIBUTING WRITERS

INTERNATIONAL
Chef Thomas A Gugler, Chef Gissur Gudmundsson, Gilles Bragard, Paul Newnham,
Piedad Fernandez Paredes, Chef Carima Arora (Gaa, Bangkok), Chef Ziad Hilal,
Chef Jihadi El Chami (Sahara Star), Rocio Irisarri

INDIAN
Dr Chef Soundararajan (Club Mahindra),
Chef Arvind Prasad (Whitecaps International)

RECIPES
Chef Gissur Gudmundsson, Chef Velu Muruguan (Sheraton New Delhi Hotel),
Chef Jihadi El Chami, Chef Carima Arora, Chef Sandeep Sadanandan
(Byg Brewski Brewing Co), Chef Arvind Prasad

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CONTACT US
editorial@cuisinedigest.com for editorial content
sales@cuisinedigest.com/marketing@cuisinedigest@gmail.com for advertising and subscriptions

WWW.CUISINEDIGEST.COM

CUISINE DIGEST - WHITE PLATE NETWORK LLP
8173 B-11, Vasant Kunj, New Delhi, India

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The food service industry is looking for ways to offer healthier choices while continuing to keep guests satisfied, shares Nestle Professional Nutripro
A million species are threatened with extinction, says a landmark UN report on biodiversity, with grave global impacts now likely. **Chef Sudhir Sibal** explores how can Chefs contribute towards “transformative changes” needed to restore and protect nature, before it is too late?
Biodiversity is seriously at threat on account of human activities. Can Chefs have a meaningful role to play in making the world a better place? By impacting the food choices of diners and setting food trends for the public, many believe that Chefs are in a position to influence as well as to effect change in the right direction.

**NATURE IN TROUBLE**
A landmark global assessment report released by UN-backed Intergovernmental Science-Policy Platform on Biodiversity and Ecosystem Services (IPBES) on May 6, 2019, says that one million plant and animal species face extinction, many within decades, because of human activities. It warns that the window is closing to safeguard biodiversity and a healthy planet, and highlights agriculture as one of the biggest threats to our planet’s ecosystems that people depend on for food, clean water and a stable climate. The loss of species and habitats poses as much a danger to life on Earth as climate change does, it states.

Do we as professionals in the culinary world watch helplessly as bystanders in this grim scenario, or can we make a difference? Surely, we can do much with our food, ingredients, menus, culinary education, farmers, avoiding food wastage, and many other ideas! Chefs as role models and trendsetters in the food business can contribute towards mitigating this situation especially in the context of food security and protecting biodiversity. But, how?

“By promoting options for producing and consuming food sustainably,” says Hien T. Ngo, Head of the TSU for the Global Assessment of Biodiversity and Ecosystem Services, IPBES, in the context of the Chefs’ audience – the diners. “In our recently government approved Summary for Policymakers we have a table of options for a range of actors, which include: Promoting sustainable agricultural practices, such as good practices, agroecology, among others, multifunctional landscape planning and cross-sectoral integrated management; Conserving sustainable use of genetic resources for agriculture including diversity of genes, varieties, cultivars, breeds, landraces and species; Promoting the use of biodiversity-friendly management practices in crop and livestock production, forestry, fisheries and aquaculture, including, where relevant, traditional management practices associated with Indigenous Peoples and Local communities; Improving food market transparency (e.g. traceability of biodiversity impacts, transparency in supply chains) through tools such as labelling and sustainability certification; Improving equity in food distribution and the localization of food systems; Reducing food wastes from production to consumption; and Promoting sustainable and healthy diets.”

Let us explore some of the constructive ideas from the point of view of Chefs.

**FARM-TO-FORK**
Producing and consuming food sustainably is the farm-to-fork philosophy. As they connect farm and fork, Chefs can tell the story of colourful, biodiverse ingredients by championing them inside and outside of the kitchen

Paul Newnham, SDG2

“Our vision is to set an example with our biodynamic farm to motivate more educated people to consider responsible farming as a profession”
Sneh Yadav, Tijara Farms

“As they connect farm and fork, Chefs can tell the story of colourful, biodiverse ingredients by championing them inside and outside of the kitchen”
Paul Newnham, SDG2

“...in most of our menus, we mention exactly where we have sourced ingredients from including the farm/farmer, where it is located and what is so special about it”
Chef Sharad Dewan, The Park Hotels

“If customers favour certain species which are under threat, Chefs should explain the importance of ethical sourcing for the future of our planet and also design alternatives with ethically-sourced produce”
Chef Alan Payen, WCBW-Mauritius
The Farmer and the Chef

Creating a sustainable food future could be driven by the consumer’s choices, and the Chef’s initiative, but it starts with the farmer. One such farmer is Sneh Yadav of Tijara Farms in north India’s Rajasthan. Her vision is “to make our biodynamic farm an example of a sustainable farm, which can motivate more educated people to consider responsible farming as a profession.” At Tijara, they grow and sell organic vegetables of the Season, and find support from industry stalwarts like Chef Manjit Gill who promotes them among fellow Chefs and restaurateurs, as well as diners. He even buys their organic seasonal produce for his home!

“At The Park Kolkata, in most of our menus we mention exactly where we have sourced the raw material from including the name of the farm or the farmer, where it is located and what is so special about it,” says Chef Dewan. He mentions other restaurants which may not have a farm attached to them yet have adopted some farmers who are working hard to protect biodiversity, and procure their entire produce.

In general, people find organic produce expensive vis-à-vis the regular produce, and hence they gravitate away from the former. “Only a Chef can actually explain the benefits of this “green” produce, better than a doctor, to the diners,” reveals Chef Dewan. He elucidates with an example. “Some time back I did a menu where I chose 10 dishes. When you place an order, you get two portions of each dish – one cooked with completely organic raw materials and one with non-organic produce. I did not have to say a word to prove my point!”

A MATTER OF TASTE, AND NO WASTE!

Marrying taste with the benefits of local and seasonal produce, the Chef can popularise the right food ingredients through his menu, says Chef Gill. “Bringing the farm to the table, embrace the deep delectable colours, textures, flavours and tastes of your food.” The farmer’s role is to provide that nutritious resource that has such high flavour, texture and taste and this gives value to the human being, he points out. “Once the farmers give us the produce we want, we must respect the farmer’s efforts and ensure that there is no waste!”

Chefs can, rather, must work to reduce food waste and improve sustainability. “At Bygbrewski, during massive corporate events and food festivals, we convert tons of mise en place into breakfast and meals for NGOs,” shares Chef Sadanandan.

To galvanise chef action on biodiversity, Food Forever 2020 and the Chefs’ Manifesto have launched 2020for2020 – a global call for Chefs around the world to champion food diversity in their kitchens, restaurants and recipes for a more diverse, sustainable and delicious future in three ways:

1. Add a diverse ingredient to your menu – Think social media spotlight or a small display in your restaurant/menu about a crop like bambara groundnut;
2. Highlight a diverse ingredient of the month – Think social media spotlight or a small display in your restaurant/menu about a crop like bambara groundnut;
3. Advocate – Use your voice and outlets to speak about lesser-known ingredients on social media, speaking at community events or hosting diverse dinners.

(Chefs can find out more at chefsmanifesto.com and sign up for their 2020for2020 campaign.)
Cuisine Digest

ethically sourced produce also design alternatives with for the future of our planet and also design alternatives with

Chef Sadanandan.
Include it as information passed on to the guests of our planet and also design alternatives with

favour certain species of animals or fish which sustainable farming and rearing: “If customers ingredients from suppliers who employ ethically

Mauritius’ Ambassador to World Chefs Without Borders. He insists Chefs should source their owners, farmers etc., says Chef Alan Payen, Mauritius’ Ambassador to World Chefs Without Borders. He insists Chefs should source their competitors for sustainable recipes as part of its annual Climate Jamboree event organised last year.

THE SOCIAL SECTOR
Our food choices impact both – the health of humans and that of the earth. Sustainable food, which is nutritious, seasonal, traditional, local, safe and eco-friendly, can help to achieve better health for all and a clean environment. With this aim, The Energy and Resources Institute (TERI) in New Delhi made a novel attempt at engaging youth with veteran Chefs in its ‘Green on My Plate’ competition for sustainable recipes as part of its annual Climate Jamboree event organised last year.

Educating the Diner
They must be the vanguards of spreading consciousness regarding biodiversity to their customers; not only Chefs, but all key F&B players such as front office staff, restaurant owners, farmers etc., says Chef Alan Payen, Mauritius’ Ambassador to World Chefs Without Borders. He insists Chefs should source their ingredients from suppliers who employ ethically sustainable farming and rearing: “If customers favour certain species of animals or fish which are under threat, Chefs should explain the importance of ethical sourcing for the future of our planet and also design alternatives with ethically sourced produce.”

Include it as information passed on to the guests during the various culinary workshops, cook-offs and pop-up dinners conducted at restaurants, says Chef Sadanandan.

Menus could include information about ethical sourcing, as well as other local biodiversity issues, says Chef Alan. Chefs should also eliminate or limit the use of ingredients whose sourcing hinders ecosystems; a prime example is the shark fin soup. More Chefs’ communities should be created for the purpose of creating educational campaigns for their customers, he advises, adding. “It might be a good idea to include courses about this topic in catering colleges and educate the future generations of Chefs about the importance of biodiversity in our ecosystems.”

AMARANTH CRUSTED KACHE KELE KI TIKKI WITH BANANA PEEL CHUTNEY
AMARANTH IS THE INDIAN COUNTERPART OF QUINOA WHICH IS EQUALLY NUTRITIOUS AND ONE-THIRD IN COST
Season for which the recipe is suitable: Monsoon (mid-July to mid-September)

Ingredients
For Tikki
- Raw banana 10 nos
- Green chilli chop 2 nos (seeded)
- Olive oil 5 ml
- Shahi jeera 1 pinch
- Turmeric powder 2 gms
- Red chilli powder 2 gms
- Coriander powder 2 gms
- Jeera past 1 gm
- Yellow chilli powder 2 gms
- Salt to taste
- Fresh mint chap 3 gms
- Fresh coriander chap 5 gms
- Chopped raisins 10 gms

For Chutney
- Amaranth seeds 10 gms
- Oil 15 ml (for fry)
- Banana peel 1 cup
- Olive oil 15 ml
- Cumin seeds 1 gm
- Kalonji 1 gm
- Fennel seeds 1 gm
- Turmeric powder 2 gms
- Red chilli powder 2 gms
- Whole garlic 4 cloves
- Sugar 50 gms
- Water 100 ml

Method
For Tikki
- Boil raw banana until soft and mashy.
- Cool the raw banana and peel and grate the banana.
- Take a pan put oil and crackle the shahi jeera.
- Saute the chopped chilli.
- Now add the dry masalas and saute nicely in low-medium flame until the raw taste goes.
- Add the grated banana pulp and mix nicely until combined.
- Take off the flame and cool it.
- Now mix the chopped mint, coriander and raisins. Divide the mixture into medium shaped patties and coat it with amaranth seeds.
- Heat oil in non-stick pan, place the tikki and shallow fry them from both the sides until crispy on top with golden brown in colour.
- Serve the tikki with the banana peel chutney and salad of your choice.

For Chutney
- Take a pan, add the oil and crackle the cumin seeds, kalonji and fennel seeds. Add the peels and saute in low flame until soft. Add the dry spices and chopped garlic and mix nicely until the raw flavor goes. Add the sugar and mix nicely until sugar dissolves.

Add the water and cook until water evaporates 3/4. Cool the chutney and then blend in a smooth paste. You can add chaat masala also for the punch.

Resource Consumption
- Water consumption: 100 ml + water needed for boiling approx. 500 ml. Fuel gas (pya) 200 gms Calories 69% Satuated fat 0.1 gms Sodium 1 mg Carbohydrate 23 gms Dietary fibre 2.6 gms Protein 1.1 gms Iron 1% Vitamin C 14% Vitamin A 1% Calcium 0%
- Source of food ingredients: Locally produced
- Cooking practice: Boiling, Frying

Describe the nutritional content in the food
- Great for diabetics.
- Rich in fibre.
- Prevents stomach problems.
- Help in weight loss.
- Good for heart health.
- Gives a boost to beneficial starch.
- Have low glycaemic index.
- Rich in vitamin C and vitamin B6.
- Improves brain function.
- Helps in controlling cholesterol level.

Waste Generation
- 0% wastage.
- Have used the ingredient fully from pulp to skin.

Waste Generation
- Have used the ingredient fully from pulp to skin.

Chef Sudhir Sibal
Editor, Cuisine Digest and Ambassador, World Chefs Without Borders

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<td>Saturated fat</td>
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</tr>
<tr>
<td>Sodium</td>
<td>1 mg</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>23 gms</td>
</tr>
</tbody>
</table>
BANANA AND BANANA PEEL SABJI
USE OF PEEL MAKES THIS RECIPE RESOURCE FRIENDLY. PEEL WHICH ARE NUTRITIOUS TOO WERE USED IN THIS RECIPE
Season for which the recipe is suitable: Cold Dewy (mid-January to mid-March)

Ingredients
• Banana 6 no.
• Rice ½ cup
• Salt to taste
• Red Chili powder 2 tbs
• Chilli powder 2 tbs
• Ginger and garlic paste 1 tbs
• Lemon juice 1 tbs
• Dry mango powder ½ tbs
• Cumin seeds 1 tbs
• Oil 2 tbs

Method
• Soak the rice for 2 hours.
• Scrape the banana and peel them, boil separately banana and peel. Cool and cut into small pieces.
• Now heat a non-stick pan add cumin let them crackle add banana mixture, lower the heat and cook until golden and crisp. Flip and cook another side till golden and Serve hot with chapati or dal chawal.

Resource Consumption
• Source of food ingredients: Locally produced.
• Cooking practice: Boiling, Frying.

Describe the nutritional content in the food
• Banana has fibre, potassium and vitamins in abundance. Except of the roots of Banana tree everything else like stem leaves banana and banana peel is edible.

Waste Generation
• None

SAAG BISHHU BUTTI WITH STEAM RICE
BISHHU BUTTI HAS A LOT OF HEALTH BENEFITS
Season for which the recipe is suitable: Winter (mid-November to mid-January)

Ingredients
• Bishuu butti 100 gms
• Rice flour 5 gms
• Mustard oil 5 ml
• Salt 1 gm
• Water 30 ml
• Red Chilli 1 whole
• Red Chilli powder 2 gms
• Stream Rice 70 gms
• Garlic 2 cloves
• Turmeric 2 gms

Method
• Boil water.
• Add Bishuu butti (Nattle leafs) with mustard oil.
• Add salt and red Chilli powder then tossed them well.
• Add rice flour then toss again.
• Let it be cooked for 10 minutes.
• Take another pan and put oil in it and add garlic paste and turmeric and toss for 30 seconds.
• Shift the first mixture in the pan and mix it well and cook for two minutes. Dish is ready to serve with steam rice.

Resource Consumption
• Used only 30 ml water and used 12 minutes.
• Source of food ingredients: Locally produced.
• Cooking practice: Braising.

Describe the nutritional content in the food
Per 100 gms
• Calories 42 gms
• Fat 0.1 gms
• Sodium 4 mg
• Potassium 334 mg
• Carbohydrate 7 gms 49
• Vitamin A 40 gms
• Fat 8%
• Calcium 48 %
• Magnesium 14%
• Vitamin B6 5%

Waste Generation
• None
Making Food Sustainable

With 3 billion people malnourished globally and a food production system damaging the planet, the EAT-Lancet Commission on Healthy Diets from Sustainable Food Systems gives a brief for culinary professionals to adapt to the Great Food Transformation.

WHAT SHOULD YOU KNOW?

• The food we eat, the way we produce it, and the amounts wasted or lost have major impacts on human health and environmental sustainability. Getting it right with food will be an important way for countries to achieve the targets of the UN Sustainable Development Goals and the Paris Agreement on climate change.

• A diet that includes more plant-based foods and fewer animal source foods is healthy, sustainable, and good for both people and planet. It is not a question of being or not being, but rather small changes for a large and positive impact.

• Foods sourced from animals, especially red meat, have relatively high environmental footprints per serving compared to other food groups. This has an impact on greenhouse gas emissions, land use and biodiversity loss. This is particularly the case for animal source foods from grain fed livestock.

• What is or is not consumed are both major drivers of malnutrition in various forms. Globally, over 820 million people continue to go hungry every day. 150 million children suffer from long-term hunger that impairs their growth and development, and 50 million children are acutely hungry due to insufficient access to food.

• In parallel, the world is also experiencing a rise in overweight and obesity. Today, over 2 billion adults are overweight and obese, and diet-related non-communicable diseases including diabetes, cancer and heart diseases are among the leading causes of global deaths.

• Good food can be a powerful driver of change: The EAT-Lancet Commission outlines a planetary health diet, which is flexible and recommends intake levels of various food groups that can adapted to local geography, culinary traditions and personal preferences.

The planetary health diet recommends consuming a range of foods amounting to 2,500 kcal per day that will promote health and well-being by reducing risk of overweight, obesity and non-communicable diseases.

By choosing this diet, one can also drive demand for the right foods and send clear market signals all the way through the food value chain back to the farmers.

Globally, the planetary health diet favours increasing the consumption of a variety of fruits, vegetables, nuts and legumes alongside small portions of meat and dairy. In parts of the world, this diet involves increasing the access to certain food groups while in other areas, the diet requires a significant reduction in the overconsumption of unhealthy foods.

Shifting from unhealthy diets to the planetary health diet can prevent 11 million premature adult deaths per year and drive the transition toward a sustainable global food system by 2050 that ensures healthy food for all within planetary boundaries.

WHAT CAN YOU DO?

Change culture by changing menus

Chefs and other culinary professionals are well positioned to make healthy and sustainable foods delicious by applying unique insights, skills and creativity to craft next-generation models of innovation in food service and hospitality. This is integral to bring the public along on a journey of discovery and adoption of the planetary health diet.

Emphasize the benefits of dietary shifts

Eating healthy foods from sustainable food systems is only partially about decreasing the intake of certain foods. Place the emphasis on eating more of the healthy options rather than simply focusing on decreasing the intake of unhealthy foods.

Explore new foods and mix up menus

Focus on the array of new flavors, ingredients and menu options that the planetary health diet opens up by embarking on a lifetime of discovery. Commit to regularly “menu-ing” new ingredients to keep planetary health diets innovative and exciting.

Lead with messaging around flavour

Use culinary techniques and source the best-tasting ingredients to ensure that healthy and sustainable options are as desirable as, or more so than, the alternatives. Making the healthiest and most sustainable options by far the tastiest and appealing is critical.

Work with suppliers and consumers

Whether they are managing a cafeteria at Google or running a school program in Burkina Faso, food service professionals have tremendous leverage with both food suppliers and consumers. Work with both and utilize the position of food service professionals as primary pathways to nudge consumers toward planetary health diets.

Focus on both quality and quantity

Use culinary strategies to promote satiety, value and pleasure from food without fuelling overconsumption.

Actions from using smaller plates and bowls can avoid to cut food waste

Waste not, want not

Minimize food waste through careful planning and portioning and be proactive by using the entire product at every chance. Converting unusually shaped or sized produce into dishes where shape and size do not matter can also be helpful.

Let plants take centre stage

Chefs can help reduce meat consumption through portion sizes, for example by blending meat with vegetables and plant proteins in burgers, curries and stews or by using meat as a condiment while allowing fruits, vegetables, nuts and legumes to take starring roles.

Embrace cultural food influences

Look to a variety of traditional, plant-forward food cultures across the globe for inspiration around both flavour strategies and to craft tasty dishes on restricted budgets through cultural exchanges.

Bring biodiversity to the table

Bold conservation targets require collaboration between farmers and farming communities to maintain habitats on or around farms and to enable the safe passage of wildlife. Source ingredients from farmers and suppliers who contribute to efforts for biodiversity.

Share the farmer’s story

Convey to diners the important contributions of farmers to conservation and carbon capturing efforts in protecting environmental sustainability through menus and marketing materials. This will, in turn, help create demand for healthy and sustainably produced foods, which translates into a “win-win” dynamic for food service professionals and farmers alike.

Use culinary strategies to promote satiety, value and pleasure from food without fuelling overconsumption – using smaller plates and bowls can avoid to cut food waste
Global Activities and Challenges

Getting things rolling for people in need and the unfortunate in the world makes us as Worldchefs Without Borders very proud and happy.

Chef friends and colleagues, readers of Cuisine Digest from all around the world! I take this opportunity to share with you some of my experiences from the past weeks which took me to several continents, mostly for the good deeds in initiating, organizing and participating in charitable events to help the needy and unfortunate people of our society.

Starting off the journey from Saudi Arabia, I went to the Russian capital – Moscow – to attend the super-final of Chef a la Russe – the All-Russian Annual Championship of professional chefs’ teams. It was a great event with fantastic participants and amazing cooking results. As Saint Petersburg will host the Worldchefs Congress & Expo next year (July 28 to 31, 2020), there were some related press conferences where we signed a cooperation with famous Russian organizer FORMIKA. At one place, the official St. Petersburg lion icon with wings had been displayed in the form of a cake and offered to the audience for a fruitful cooperation.

From there, I headed straight to Mechelen (Belgium), where a meeting of all the European Worldchefs presidents was held. It drew participants from all over Europe for future strategic planning for the entire region. We were treated to an amazing dinner, attended by a 3-Michelin Stars-Chef from the old generation, Frank Fol, President of the Belgium Chefs Association, received the Worldchefs Presidential Medal for his efforts and dedication, while the personal Thomas Gugler Award medal was presented to Chef Pierre Wynants.

Next, it was time for charity, as I flew to Tampa Bay in USA as part of ‘Americas in Aid 2019’ where we organized feeding of the unfortunate homeless people at a selected venue. In attendance were: Worldchefs Without Borders (WCWB) Chairman Willment Leong (Thailand), Worldchefs General Secretary Cornelia Volino (Canada), Ray McCue (USA), Oliver Esser Shet Toe (Myanmar), Mauricio Amendares Worldchefs Continental Director-Americas (Ecuador), local support from Chef Patrick Artz, Chef Vincent Blancato, Chef Barry Reid, Chef Zoltan Vajna, Chef Daniele Cancian, Chef Geoffrey Blanchett, Chef Michael Thrash, the team who made it possible – Rene and Vanessa Marquis as the hosts from Tampa Bay, a group of volunteers, American Culinary Federation President Stafford DeCambra as a special guest, and myself as Worldchefs President.

Around 280 homeless people were served a great meal by our volunteers and ourselves. People enjoyed this special gathering and supported the needy with pleasure.

The second part of this trip was a fundraising dinner at Fort Harrison through WCWB where the team managed to collect $40,000 in donations to provide necessary assistance for those in need and requiring disaster aid relief. Getting things rolling for people in need and the unfortunate in the world makes us as Worldchefs Without Borders very proud and happy. WCWB is a global humanitarian aid initiative by Worldchefs to support and mobilize our global network of volunteer Chefs to undertake initiatives providing resources to those in need and afflicted by natural disasters.

The journey continued back from Tampa via Atlanta through Roma to Catania in Sicily (Italy) where we were witness to another great initiative by Chefs at the 30th Italian Congress for Chefs – a big charity programme with 270 cooking stations organized by the local chef associations from Italy and 40,000 people in attendance. Through this great event, the Italian Federation managed to collect €62,500 in one evening which will be distributed to the needy and helpless people from the region.

Food is nourishment and we are lucky to enjoy especially as we are from the hospitality industry. There are so many unfortunate people around the world who deserve better, need to be supported and to be taken care for. As the Worldchefs President, I feel the need to create awareness and to build on support groups for the needy around the globe. It is important to treat all the world citizens equally and to respect other cultures, beliefs and habits. We are obliged to help our neighbours, colleagues, friends as well all the creatures and plants on mother earth, to make this world a better place.

India is one of the global meting points where all the above-mentioned activities are carried out as well. With deepest respect for President Manjit Gill and Dr. Chef Soundararajan, and the entire Indian Culinary Federation Members, whom I appreciate for their never-ending engagement and support for all the local societies, as also the chefs from all around the globe, for their care, helpfulness and the endless open support for the needy.
Through the menu at her restaurant Gaa in Bangkok, Chef Garima Arora strives to find a connection between India and Thailand. The first Indian woman Chef whose restaurant has been awarded with a Michelin star, Arora shares her restaurant journey of Gaa with us.

"Through the menu at her restaurant Gaa in Bangkok, Chef Garima Arora strives to find a connection between India and Thailand. The first Indian woman Chef whose restaurant has been awarded with a Michelin star, Arora shares her restaurant journey of Gaa with us.

The journalist who made a switch to the culinary profession says she finds her inspiration in her father, and some renowned Chefs whom she trained with.

"I've watched him cook all through my childhood. He's definitely my biggest influence, when it comes to all things culinary. He would travel a lot, and when he came home, he would recreate the dishes he had sampled, or experiment with new combinations. After graduating college and before I started my job in journalism, I took a trip to Singapore. When I returned, I gathered family and cooked them a big hotpot. It was such a fun evening and I realized then that what I really wanted to do was talk to people through the medium of food. I still joined my job at the time but six months in, I knew it was time to make the switch. I joined Le Cordon Bleu Paris shortly after."

I've been very lucky to work with some of the most important names in the industry. Under René, I learnt how to think of food intellectually, and not just as a physical task. My takeaway from my time with him was that food should be meaningful. My experience with Gordon Ramsay is what I'd describe as the best first job I could have asked for. There, I learned to leave my ego at the door and really become a team player. At Gaggan's, I was taught the beauty of Asian hospitality – given how it really is the best service in the world, in my opinion."

Where did you get the inspiration for the restaurant? What was your Initial Idea?

I had originally moved to Bangkok for six months to spend some time in the Gaggan kitchen, with the idea that I would be heading his Mumbai restaurant when it opened, shortly after. That deal unfortunately fell through, however the same owners decided to go ahead and open a restaurant in Bangkok instead, with me at the helm. It was certainly serendipitous.

To begin with, the name of the restaurant comes from my initials put together. ‘Ga’ for Garima and ‘a’ for Arora. Gaa is a reflection of who I currently am. It is a journey in self-discovery which means it is ever-evolving. The goal is to find connections between the long and rich Indian and Thai cultures. The idea behind Gaa was to offer diners an end-to-end experience that they’ve never had before. Every detail matters – from the ambience to the art on the walls, and of course every dish. The team and I have worked to create a multi-sensory experience that hopefully leaves our guests feeling like they’ve tasted dishes that are utterly unique, and which they haven’t come across before, anywhere else.

What kind of Cuisines do you offer on the menu? What would you call your ‘hot’ selling menu listing?

At Gaa, we offer 2 menus: a 10-course and 14-course menu. Through this, we strive to find a connection between India, where I am from, and Thailand. There are so many dishes on the menu that stand out, but there are two that come to mind here. The first is our Corn dish – which was also the first dish to make its way to the Gaa menu when we opened! It is almost our signature right now, as a result. This dish is inspired by the Mumbai bhutta, where we take young corns (not to be confused with baby corns), cook them on the grill and season..."
As an owner, you’re responsible for every aspect of the restaurant. Keeping your staff motivated, guests satisfied and investors happy – is a tricky balance.

with the same spice rub we have on the street of Mumbai. On our menu, these corns are paired with a corn milk. The idea here is to elevate that warm fuzzy feeling of eating bhutta during the monsoon in Mumbai to a fine dining experience.

Another one that really deserves special mention is our jackfruit dish. We grill unripe jackfruit until it is tender and juicy (much like meat). It is then served with roti, which has ripe jackfruit in it. In Thailand, jackfruit is eaten ripe, but in India, it’s common to cook it unripe. Both countries eat jackfruit, but at different stages so when people eat this dish, you see how differently they react to it. This dish not only combines techniques and flavors, but also cultures. This dish takes me back to my childhood when my mom used to cook unripe jackfruit and told us it was chicken! It’s also a great example of how well Thai and Indian culinary cultures can come together.

Can you share with us what kind of research and preparation went into the cuisine selection and eventual menu preparation? How often do you update it?

At Gaa, we have 2 main approaches when it comes to creating: techniques and produce. Sometimes it starts with a produce that we really want to work with on our foraging trip and other times, it starts with a new technique but somewhere down the line the two have to meet. Our menu changes more or less with the season. While the structure of the dish may remain the same, we play around a lot with seasonal ingredients.

What are the key challenges that you have faced while setting up the restaurant or face even now? You’ve said that your success is ultimately due to your team. Talk to us a little bit about the superstars behind Gaa, and how you’ve managed to build this great team?
It is a completely different journey, being a chef and a business owner. Today I am responsible for 30 other people and it takes a little getting used to. The challenge is how to keep my investors happy and employees motivated. However, I’ve been quite lucky as I’ve received the support from my investors. They let me be, and let me run this restaurant by myself. On a personal note, the constant challenge is running a business and also keeping creativity alive.

I always say this, but a restaurant is never a one-person job. When I hire new staff, I make sure they each bring different skill sets to the table, preferably ones that I do not have. This way we make a cohesive well-functioning team. My current team and I are extremely diverse. At this point we have 7 nationalities, I believe. They’re like family to me. My team would describe me as approachable, I think. 90% of my team is the same people since opening night last year, so they have quite a clear understanding of what I expect from them.

Our jackfruit dish takes me back to my childhood when my mom used to cook unripe jackfruit and told us it was chicken! It combines techniques, flavours, and also cultures

Have you made some exceptional efforts in the areas of slow food and sustainable food production?
The kitchen is generally run to make sure that you have the least food wastage. This is to keep your food cost low and this factor alone naturally leans towards sustainability. It makes sense to not waste food, especially from a business standpoint.

What next? How do you see the next phase of this restaurant pan out – as a chain or as a standalone? Do you plan to expand?
The Michelin Star has definitely given wind to our sails, but there’s so much more to do, and we’re only just beginning! That’s an exciting thought. I think it is very important that everything I do paves way for the next generation to do better. I want my work to make it easier for Indian chefs to get on the world stage. Ultimately, that is what gives meaning to my career.

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Icelandic food is no longer just about preserved lamb meats or smoked seafood, owing to chefs who integrated new ideas from abroad into their own kitchens, says Chef Gissur Gudmundsson.

Food from the Cold Land of Ice & Fire

I come from a small fishing village in West Fjords in Iceland. In a fjord, there is rarely sun except when it is at its highest, and this village being close to the Arctic circle, was cold and dark a large part of the year. My family was not in the culinary business, and looking back, I think I went into cooking because it was hot and comfy in the kitchen, and not cold like the outdoors!

Part of the year, we were also completely cut off from the rest of the world because of snow and ice. A boat came occasionally, when it could to bring us food. An apple was a rare thing when I was young, and we had never heard of most of the other fruits. Our diet consisted mainly of potatoes, rutabaga, fish, lamb and whale meat in the harder months. There were no spices or seasonings besides salt and pepper, and there was little variation, except at Christmas, where we would finally get apples. Much of our food was preserved or dried due to the harsh winters.

As an adult, wanting to experience more of what life had in store, I went into the kitchen and became a chef and soon started using the opportunity to travel and explore the culinary trends and differences worldwide.

This experience gave me a new appreciation for Icelandic ingredients like lamb and fish and other great products from the Nordic countries. Their freshness, cleanness and purity, because of the remoteness of these countries, far from large polluting centers, is incomparable.

My love of food and good ingredients has
recently taken me to India, a country that I have also fallen for. It is quickly becoming like a second home for me.

A LITTLE CULINARY HISTORY
Iceland was very poor in the 1940s, and the country only began to improve economically after the Second World War, when financial support came to the many European countries to aid in their post-war recovery. Iceland’s infrastructure began to develop after this and so did its people’s awareness of their culinary heritage. What was born out of necessity became a treasure as Iceland discovered the value of good and fresh ingredients.

In the last 25 years, Icelandic cuisine has gone through many changes. Our food is no longer just about preserved lamb meats or smoked seafood, although we still eat these regularly. This can be attributed to the many chefs, like me, who, wanting to know more ingredients and cooking methods, travelled abroad, brought back new ideas, and integrated them into their own kitchens.

The local chefs use local ingredients while integrating new ones and rethinking traditional Nordic dishes. Unlike France, Iceland doesn’t have a long gourmet tradition, so you can try anything new and no one would condemn you.

Tourists who visit Iceland, especially Reykjavík, are usually very surprised at our cuisine’s variety and high quality. And a well-fed and happy visitor does more for marketing our country than any advertisement placed in a magazine.

FROM THE WILD TO THE KITCHEN
For old-fashioned feasts, it is possible to visit Iceland during Þorrablót, an Icelandic midwinter festival that takes place from mid-January and mid-February. During this period, restaurants will serve hákarl or cured shark meat. Greenlandic shark, abundant in the cold waters of the North Atlantic is caught, then buried in a hole in the ground with stones for 6 to 12 weeks. Indeed, because shark do not have urinary tracts, it releases its urine and other fluids through its skin during this time, fermenting itself. This is required because shark fresh contains high amounts of uric acid, which is poisonous to humans and so releases its urine and other fluids through its skin during this time, fermenting itself in the process. If you like very pungent French cheese, you can handle this cured dish.

Another traditional dish served during Þorrablót is svið or singed sheep’s head where fresh sheep’s head is torched with a gas burner, cleaned with a brush, then boiled. It is similar to smoked lamb. Some Icelanders will scrape away the leftover meat from the head after it is boiled and turn it into terrines (head cheese).

Whale meat is a year-round delicacy which is available outside the Þorrablót season. As a first time eater, you’d find that it tastes a little like wild game, such as deer if you like very pungent French cheese, you can handle this cured dish.

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Whale meat is a year-round delicacy which is available outside the Þorrablót season. Many people ask if this has a fishy taste, but in fact, as whales are mammals, whale meat is in fact red meat. It holds so much oxygen that it is a very deep red, almost purple or black. It has a very tender, almost butter-like texture, and is usually served as a steak (pan-fried lightly to keep it rare in the centre) or as carpaccio. If you are eating it for the first time, you’d find that it tastes a little like wild game, such as deer. It is seasoned lightly with salt and pepper or a little soya sauce, to avoid overwhelming the distinctive aroma of the meat.

Another goody is harðfiskur, dried fish—usually haddock, cod or catfish—which comes in flakes or as a whole dried fish filet. A great source of vitamin D and omega-3 fatty acids, it is a healthier snack alternative to crisps or popcorn. As catfish is naturally an oilier fish, this adds dimension to the otherwise quite dry texture. This one is my personal favorite.

Beyond the strange foods, we have our lamb meat. A very tender texture compared to many other meats. Its light flavour is very pleasant, unlike the mutton taste of most other types of international cuisine.
LAMB ROAST SANDWICH
WITH GREEN PEA-DILL PESTO
LAMB ROAST SANDWICH ON SOURDOUGH LOAF
WITH GREEN PEA-DILL PESTO, PICKLED CUCUMBER AND PICKLED RED ONION

Ingredients
- 200 gms lamb steak
- Salt and pepper
- Sourdough loaf or other good bread

Method
- Brush the steaks with oil and season with salt and pepper. Roughly chop and fry on a pan at medium heat for approx 2 minutes each side, adding the thyme and garlic to the pan and bashing the steaks with the oil. Transfer onto a plate and cover for 5 minutes before serving. Slice the bread and toast lightly, add the green pea pesto, salad, sliced lamb and pickled cucumbers and red onions.

GREEN PEA AND DILL “PESTO”

Ingredients
- 200 gms frozen shelled peas, defrosted
- 1 cloves garlic, crushed
- 6 tbs fresh dill
- 80 ml vegetable stock
- 2 tbs fresh lemon juice
- Salt and pepper

Method
- Place all ingredients in a food processor and blend until quite smooth. Add some more stock if the mixture seems too thick. Season and set aside until ready to use.

QUICK PICKLED CUCUMBERS AND RED ONIONS

Ingredients
- 90 ml white wine vinegar
- 30 gms sugar
- 60 ml water

Method
- Mix vinegar, sugar and water in a pan and bring to a boil. Pour over the vegetables in separate bowls and leave to pickle for at least 20 minutes.

GRILLED SESAME-ORANGE LAMB

GRILLED LAMB WITH SESAME-ORANGE MARINADE.
GRILLED ROMEAINE WITH CHILI OIL AND AVOCADO DRESSING

Ingredients
- 200 gms lamb steak
- 2 tbs sesame oil
- 1 ts sesame seeds
- 1 orange, zest and juice
- 1 tbs Oyster sauce

Method
- Slice the ramaine lengthwise, brush with chili oil on the cut side and grill at medium-low heat for approx 1 minute, turn and grill for 1 more minute. Slice the orange into thick wedges, brush with oil and grill for 2 minutes on medium heat.

AVOCADO DRESSING
Ingredients
- 1-2 ripe avocado
- Juice of 2 limes
- 1 ts olive oil
- 1 clove garlic, chopped
- 1/2 ts honey
- 1/4 ts cumin
- 50 ml water
- Salt

Method
- Put all the ingredients in a food processor or blender and combine until creamy. Season with salt.

GRILLED LAMB WITH SESAME-ORANGE MARINADE

Ingredients
- 200 gms lamb steak
- 1 ts olive oil
- 2 sprigs fresh thyme

Method
- Mix vinegar, sugar and water in a pan and bring to a boil. Pour over the vegetables in separate bowls and leave to pickle for at least 20 minutes.

These words best describe the modern Icelandic culinary style, but this description applies also to the rest of the Nordic countries. Denmark, Norway, Sweden and Finland, along with Iceland have been finding themselves at the very top in many international culinary competitions because of their desire to put forward their produce, fish and meats and to be kind and true to the ingredients they work with.

The Nordic countries and their culinary trends highlight sustainable food sources and healthy combinations. Indeed, the Nordic diet has recently been associated with better physical performance and a decrease in disability risk later in life, according to the National Institute of Health and Welfare in Finland.*

As eating well and living well will always be trendy, we can expect the Nordic foods to keep growing in demand from our customers, wanting to delight both their palates and consciences responsibly. ●

Season Wise!

Altering cooking and diet as the *ritu* or season changes to include tastes that correspond to the *ritu* for better health is the basic principle of the Ayurvedic system.

The knowledge of seasons and their corresponding tastes gives Chefs an insight into the availability of food items, educates us, and exhorts us to do creative and just menu planning. Eating in sync with the seasons of the year assists the body in adjusting to seasonal variations, maintaining one’s health and helping relish the food to the fullest.

Ayurvedic gastronomy, the age-old science of life, has always laid emphasis on how to maintain wellness, health and harmony with nature for sustainability. Chefs need to follow the basic principles of cooking offered by Ayurvedic gastronomy where eating is “Swasthyashya Swasthya Rakshanam,” which means eating to maintain the health of the healthy, rather than to cure the diseased. For this purpose, it mentions ritucharya or seasonal diet management.

Each season or *ritu* brings with it diverse effects on the body as well as the environment. Ayurveda enlists six *ritus* in the Indian year, with each season lasting for two masas or months. A semester with three *ritus* forms a *kaal*. Two *kaals* correspond with the beginning and close of the two kaals – aadaan kaal (Uttarayan) or the northern solstice, and visarga kaal (dakshinayan) or the southern solstice.

Each solstice consists of three seasons or *ritus*.

**In the case of Uttarayan, these are:**
- Shishira *ritu* or winter dew – Magha and Phalgun (mid-Jan to mid-Mar)
- Vasanta *ritu* or spring – Chaitra and Vaishakha (mid-Mar to mid-May)
- Grishma *ritu* or summer – Jyestha and Ashadha (mid-May to mid-July)

**In the case of Dakshinayan, these are:**
- Varsha *ritu* or monsoon – Shavana and Bhadrapada (mid-July to mid-Sept)
- Sharata *ritu* or autumn – Ashvayuja and Karthik (mid-Sept to mid-Nov)
- Hemanta *ritu* or winter – Margashira and Pushya (mid-Nov to mid-Jan)

One notices a change in the environment as the season or *ritu* changes: trees shed their leaves in autumn, flowers blossom during spring, various animals hibernate as winters approach, and so on. Being part of this ecology, this change of season also affects us. It is to be noted though that since Ayurveda is an Indian text, the above seasonal changes are observed predominantly in the Indian subcontinent.

Ayurveda has provided various guidelines and principles to administrate cooking and eating, regarding diet and actions to acclimatize seasonal enforcement easily without altering body stability. Cooking and eating accordingly must thus be altered as per the guidelines, which makes the knowledge of seasons – *ritucharya* – important. When we ignore seasonal foods, or even clothes or other activities conducive to a particular season, we create an imbalance leading to diseases such as obesity, diabetes or hypertension and so on.

**Uttarayan and Its Effect**

During Uttarayana or the northern solstice which indicates the rising and northward movement of the sun, the sun and the wind are powerful. The heat of the sun takes away the cooling quality of the earth and weakens the strength of the being. During this time, the taste of food changes to and must be consumed in sequence of: Tikta (bitter), Kashaya (astringent), and Katu (pungent) – the rasas or tastes that bring dryness in the body and reduce the bala or strength.

During Uttarayana, the seasonal changes in the Indian subcontinent are from Shishira (winter) to Vasanta (spring) and to Grishma (summer) – a period from mid-January to mid-July, when warmth and dryness in weather increases. It has an overall debilitating effect on the environment, of which human beings are also a part.

**Dakshinayan and Its Effect**

Dakshinayan or the southern solstice, also called Visarga Kal, indicates the descent of the sun in the southern direction. In this period, the wind is not very dry and the moon is more powerful than sun. The earth becomes cool due to the clouds, rain, and cold winds. Insincerity sets in the atmosphere and amla (sour), lavana (salty), and madhura (sweet) rasas or tastes predominate. The strength of a person is enhanced during this period.

During Dakshinayan, the seasonal changes occur in the Indian subcontinent from Varsha (monsoon) to Sarata (autumn) and to Hemanta (winter). This period is mid-July to mid-January, when cool weather sets in, and due to which analobic activity dominates over the catabolic activity in the environment.

According to modern science, this can be compared with the slow movement of the earth around the sun to the position, in which the rays of the sun fall over 30 degree of the South Pole which is called the winter solstice.

Ending of the northern solstice and beginning of the southern solstice during summer and monsoon is accompanied by weakness in the body. Beginning northern solstice and end of southern solstice during winter dew and winter correspond with maximum strength in the body, while during autumn and spring solstice, strength is moderate.
The ways people eat and the expectations they have about their food are evolving. Many people are relying on restaurants for at least some of their meals each week. At the same time, health has become a major concern, and consumers are looking for healthier options even when they eat away from home. As a result, the food service industry is looking for ways to offer healthier choices while continuing to keep guests satisfied.

58% of consumers believe they eat less healthfully when eating out.

Health authorities around the world have identified certain foods and drinks as risks and have taken steps to encourage or mandate changes in restaurant and consumer behaviour.

THE CHALLENGE IN FOOD SERVICE WILL BE TO FIT INTO CONSUMERS’ LIVES AND OFFER HEALTHY OPTIONS ALONGSIDE THE INDULGENT “TREATS” THEY MAY EXPECT WHEN EATING OUT.

More than half of people eat out each week.

A NEW REALITY FOR RESTAURANTS

Between health authorities tightening regulations and consumers demanding healthier options, the restaurant industry faces a new challenge: how to join in the fight for better public health with out compromising on the pleasures of eating out. In addition, food service operators have to address these trends without compromising on perceived value and dining experience for the consumer.

INGREDIENTS matter

A GAME OF TRADE-OFFS

Using the burger as an example of many typical dishes, let’s take a look at how a restaurant meal might be structured. They tend to be heavy on protein and starches, accompanied by sauces, and limit vegetables to just a garnish.

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>% OF PLATE</th>
<th>TYPICAL</th>
<th>% OF PLATE</th>
<th>BETTER</th>
</tr>
</thead>
<tbody>
<tr>
<td>CARBS &amp; STARCHES</td>
<td>25%</td>
<td>White rice and bread or pasta made from refined flour is filling, but doesn’t offer many essential nutrients, like vitamins, minerals and fibre.</td>
<td>25%</td>
<td>Brown rice, ancient grains, and whole grain bread and pasta contribute dietary fibre and vitamins. They may also provide more satiety (feelings of fullness).</td>
</tr>
<tr>
<td>VEGETABLES &amp; FRUITS</td>
<td>25%</td>
<td>Fresh produce is often absent from the plate, used sparingly, or limited to a garnish.</td>
<td>50%</td>
<td>Low calories + a lot of nutrients mean it’s OK to load up on veggies. They can fill out the plate and add colour, flavour, and texture to almost any dish.</td>
</tr>
<tr>
<td>PROTEINS</td>
<td>40%</td>
<td>Fattier choices like beef, bacon, and fried meats are staples in many dishes, but they can be very high in calories. Cheese is automatically added to many dishes, whether it’s sliced on a sandwich, cubed in a salad, or sprinkled on a soup or hot dish.</td>
<td>25%</td>
<td>Lean poultry, fish, and plant proteins can provide the nutrients and satiety you need with fewer calories.</td>
</tr>
<tr>
<td>FATS &amp; OILS</td>
<td>10%</td>
<td>Creamy sauce, dressing, butter, and whipped toppings are standard on many foods, upping the calorie count dramatically.</td>
<td>0–5%</td>
<td>Offer lighter options and healthier oils to provide the experience guests expect, and serve sauces and dressings on the side.</td>
</tr>
</tbody>
</table>

DID YOU KNOW?

There are 4 calories in every gram of pure carbohydrates and pure protein and 9 calories in every gram of pure fat.
A Tale of Two Citruses

Who does not know what a lemon is? I mean, come on, every child in India grows up drinking nimbu pani (lemonade) and shikanji (a spicy version of it). Not a single Indian kitchen can run without nimboos. So, is it really such a good idea to write a whole article on this commonplace nimboo?

My mind was full of such denigrating thoughts when I started researching this sour fruit. Perhaps my attitude was also influenced by the famous early 20th century adage: “If life gives you a lemon, make lemonade.” The poor lemon, for no fault of its own, has been a symbol of failure, misfortune and bad luck since then. But when I started reading about this citrus fruit, I realized that I did not even fully know what a lemon is – and I was relieved to find out that most Indians share my ignorance! So, here it is! A (not too) brief summary of this fruit, which is valued for its sourness rather than its sweetness. Read on and be illumined!

ARE LEMON AND LIME THE SAME?

Let us start by clearing our mental cobwebs about this fruit. No, lemon and lime are not the same. Lemon is a deep yellow oval fruit about 2-3 inches in size, with a thick rind and a small nipple at the apex. Lime, on the other hand, is usually smaller (about 1-1.5 inches), green in colour, has a much thinner rind. It also has an apical nipple, but not as prominent as that of lemon.

There are more than 20 varieties of lemon and several varieties of lime. The scientific name of the common variety of lemon, called Eureka Lemon is Citrus limon, while the common variety of lime, called Key Lime (as it was developed in Keys, Florida) is called Citrus aurantifolia.

Other lemon varieties are the Meyers Lemon, Lisbon Lemon, Femminello Lemons (Italy), Nepali oblong Lemons, Avon Lemons... the list goes on. Similarly, there are many limes: Persian lime (Citrus × latifolia), Kaffir lime (Citrus hystrix), Thai lime, Rangpur lime (famous lime from Bangladesh) and Mandarin Lime (from China).

A big difference between lemon and lime is the

If left long enough on the tree, limes will turn yellow. But after ripening, lime juice tastes bitter. Limes are, therefore, always harvested while still green.
Some of the limes sold in India have a very thin rind and more juice. They are called Kagazi Nimboo (papery lime), and they are preferred because of their higher juice yield. Though western recipes make a distinction between lemon and lime, in Indian recipes you can use them interchangeably.

Some of the limes sold in India have a very thin rind and more juice. They are called Kagazi Nimboo (papery lime), and they are preferred because of their higher juice yield. Though western recipes make a distinction between lemon and lime, in Indian recipes you can use them interchangeably.

## SO WHAT IS NIMBOO?

In India, we have not given different names for lemon and lime. Both are called nimboo. In some places lemon, being bigger in size, is called bada nimboo (Big lime). The common green coloured lime that most Indians are familiar with is very close to the Persian Lime. In fact, lemons are not easily available in the Indian markets. They are usually a novelty, purchased and stocked by hotels and restaurants who use them in western cuisine that specifically calls for lemon rind or juice.

To add to this confusion, there is another variety called sweet lime (Citrus limetta). In India we know it as Mosambi or Mauwami. It is a green-coloured citrus fruit which is as large as an orange. It has a thick, difficult-to-peel rind and its juice is mildly sweet. In India, the juice is highly valued and is generally given to convalescing patients as it is supposed to have a healing quality.

## ORIGINS AND HISTORY

Lemon and lime are both native to South Asia. The original habitat of lemon was most probably North-eastern India, Myanmar, and adjoining China. Lime, on the other hand, is said to have originated in the Indonesian archipelago. Both of them have been used in South Asian cuisine for more than 2,500 years. Around 1000 C.E., Arabs carried both these citruses from India to Middle-East, and from there to Africa. The Moors carried them to Spain around 1200 C.E., from where it spread to Europe. In 1493, Christopher Columbus carried a few seeds from Spain to the West Indies, from where it eventually spread to the Americas.

Today, lemon and lime are cultivated in all such parts of the world where the climate permits them to thrive. The biggest producers of these citruses are China, India, Mexico, Argentina, and Brazil.

## BENEFITS OF LEMON AND LIME

Both these fruits are rich in Vitamin C, bioflavonoids, and citric acid. These chemical ingredients confer several beneficial effects to those who consume their juice regularly. Some of the more well-known benefits are listed below, though the list is far from exhaustive:

### INGREDIENT

**LEMON MAA WARD**

**Ingredients**
- 15 ml Lemon juice
- 3 lbs Castor sugar
- 5 ml Rose water
- 10 gms Mint Leaves
- 12 Ice cubes
- Water as required

**Method**
- Take all ingredients in a blender and blend until you get a slush-like texture.
- Pour in a glass and garnish with mint leaves and lime wedges. Serve.

**Garnish**
- A sprig of mint leaves
- A few lime slices

**LEMON CURD**

**Ingredients**
- 20 Egg yolks
- 300 gms Icing sugar
- 112 gms Egg white

**Method**
- On a double boiler, melt the butter and icing sugar, add egg yolk one by one.
- Cook the mixture, add lemon juice and lemon zest and cool.
- Pour the lemon curd mixture on the graham base and bake it.

**ITALIAN MERINGUE**

**Ingredients**
- 112 gms Egg white - 250 gms Castor sugar
- 72 ml Water

**Method**
- In a sauce pan, boil the water and sugar to temperature of 112°C.
- Meanwhile, in a planetary mixer, whipped the egg white until soft peak, and add the sugar gradually, whisk until stiff.
- Pour the meringue on the set lemon curd and flame it on high flame.

### Sailors on long voyages who would often develop scurvy due to lack of fresh fruits were rationed limes and lemons, and given the nickname, “limes”
**MUVAANNAKAYA**

**Ingredients**
- 400 gms Baby aubergine
- 2 cups Oil
- 1 tsp Mustard Seeds
- 1 cup Onion, sliced
- 1 tbsp Green chilli paste
- 1 tbsp Garlic paste
- 1 tbsp Coriander powder
- 1 tsp Turmeric powder
- 3 tbsp Cashewnut paste
- 3 tbs Poppy Seed paste
- 2 lbs Coconut paste
- 2 lbs Lemon juice
- Salt to taste

**Method**
- Clean and wash the baby aubergines. Stir them cross-wise at the base of the aubergine and deep fry in oil. Drain on an absorbent paper towel and keep aside.
- Heat 2 tbs oil in heavy bottom pan. Temper it with mustard seeds. When the seeds crackles, add in garlic and green chilli paste and sauté further till the oil separates from it. Sprinkle in coriander powder, turmeric powder, salt and sauté well.
- When the masalas are cooked, add in the poppy seed paste, coconut paste and cashewnut paste. Sauté and pour in water to make a gravy of seed paste, coconut paste and cashewnut paste.
- Temper it with mustard seeds.
- Add in the fried aubergines and simmer on a slow flame.

**1 tsp** Coriander powder
**1 tbs** Garlic paste
**1 tbs** Green chilli paste
**2 cups** Oil
**400 gms** Baby aubergine
**1 tsp** Mustard Seeds
**1 cup** Onion, sliced
**1 tbsp** Green chilli paste
**1 tbsp** Garlic paste
**1 tbsp** Coriander powder

**LEMON CORIANDER CHICKEN CURRY**

**Ingredients**
- 500 gms Chicken curry cut
- 1 lbs Ginger garlic paste
- 1 tsp Yellow chilli powder
- 1 tsp Turmeric powder
- 1 tsp Coriander powder
- Salt to taste
- 1 tbsp Tomato paste
- 1½ cups chopped Onions
- 1 tsp Jeera, whole
- 2 lbs Lemon juice
- 1 lbs Coriander leaves
- ½ cup Refined oil

**Method**
- Wash and pat dry the chicken pieces. Add in chopped onion and sauté to a golden brown colour.
- For cooking the gravy, heat a heavy bottom pan with oil. Sprinkle in whole jeera and allow it to crackle.
- Add in chopped onion and sauté to a golden brown color. Pour in ginger garlic paste and sauté further. Add in washed chicken pieces and bhuno on a slow flame till all flavours and juices are released.
- Sprinkle in salt, yellow chilli powder, turmeric powder, coriander powder and sauté. Add in tomato paste and sauté till oil separates and starts floating on top of the gravy.
- Adjust and check seasoning.
- Pour in water in simmer on slow flame till chicken is cooked.
- Finish with drizzle of lemon juice off the range and add in chopped coriander leaves.
- Serve hot with chapatis or rice.

**LINGAM CURRY**

**Ingredients**
- 500 gms Chicken curry cut
- 1 lbs Ginger garlic paste
- 1 tsp Yellow chilli powder
- 1 tsp Turmeric powder
- 1 tsp Coriander powder
- Salt to taste
- 1 cup Tomato paste
- 1½ cups chopped Onions
- 1 tsp Jeera, whole
- 2 lbs Lemon juice
- 1 lbs Coriander leaves
- ½ cup Refined oil

**Method**
- Add in garlic and green chilli paste and sauté further till the oil separates from it. Sprinkle in coriander powder, turmeric powder, salt and sauté well.
- When the masalas are cooked, add in the poppy seed paste, coconut paste and cashewnut paste. Sauté and pour in water to make a gravy of seed paste, coconut paste and cashewnut paste.
- Temper it with mustard seeds.
- Add in the fried aubergines and simmer on a slow flame.
- Finish with drizzle of lemon juice off the range. Serve hot with steamed rice.

1. A rich source of Vitamin C: Vitamin C is essential for formation of collagen, which maintains the health of bones, cartilage, and gums. The first sign of Vitamin C deficiency is bleeding gums and swollen joints, a condition called scurvy. In the middle ages, sailors who went on long voyages would often develop this condition due to lack of fresh fruits and vegetables on the ship. To avoid this, many ships would stock plenty of lemon and lime and ration them out to the sailors. Because of this practice in the British Navy, the British sailors were given the nickname, “limy”.

2. Prevents ischemic stroke by maintaining the lining of the blood vessels.

3. Lower blood pressure if the juice is taken daily.

4. Helps lose weight

5. Prevents many diseases from common cold to cancer by boosting the immune system.

6. Cures anemia by increasing the iron absorption.

*"IF LIFE GIVES YOU A LEMON…"*

As I mentioned at the beginning, this famous quotation is attributed to an author in the early 20th century named Elbert Hubbard. But it was made famous by Dale Carnegie, the famous motivational author, who used this phrase in his best-selling book, “How to Stop Worrying and Start Living”.

But why only lemonade! This fruit is used for so many things other than just this summer drink. A few well-known uses are given below:

1. To make lemonade: yes, it is a great drink. Easy to make, nutritious, and lifesaving in summers. There are so many types of lemonade cloudy, clear, pink, and aerated. Traditional variations such as shikanji in India and Limonana in the middle-east are popular all over the world.

2. Lemon pickle: In India, lemons are used in many recipes such as lemonade, marmalade, and lemon liquers. Not only the juice, but even the rind, which is called zest, is used in many recipes such as lemon meringue, lemon chiffon pies, lemon tarts, Liverpool tarts, Shaker lemon pie and so on. Many mouth-watering sauces such as Aioli, avgolemono, and sauce vierge to name a few.

**ADD SOME “ZEST” TO YOUR FOOD**

Not only the juice, but even the rind, which is called zest, is used in many recipes such as marmalade, meringues, and lemon liquers.

**DON’T THROW AWAY THE PEEL, PLEASE**

We generally throw away the lemon peel after juicing a lemon. That is a criminal waste, if only we realize how many ways those peels can be used. Here are some: soak the peels in white vinegar for a couple of weeks and use the liquid as an all-purpose cleaner; polish your chrome and copper utensils; rub them on your skin to keep away insects; deodorize your garbage can, refrigerator, bathrooms; sanitize your cutting board; clean your tea-kettle or coffee-pot; make your skin soft; soften dry elbows; use it as a skin tonic and scrub… The list goes on.

So there you are, dear readers. Next time life gives you a lemon, consider it a blessing, and yes, make delicious lemonade! 

![Photo: Shutterstock](https://via.placeholder.com/150)

**Urvashi Sibal**
Associate Editor, Cuisine Digest; Digital Media Strategist; Autobiography of a Yogenthusiast

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**Photo: Shutterstock**
A Workplace Like None

How exactly does working in the restaurant or hotel kitchen differ from any other 40-hours-a-week routine?

Weekends working, Mondays off! clubbed with spotless white coats could probably tell you more about a Chef’s life than anything else. Come Fridays, it is time for the world to take a break from the nine-to-five routine. But, for a Chef, it is probably the busiest time of the week - facilitating this break for diners through good food. Even when not at work, a Chef is on the job, on a lookout for unique ingredients, lost recipes, innovations in kitchen and food technology, and so on. They are constantly quizzed and judged for their food at home, or with friends. One could say that being a Chef is more of an identity. It is a lifestyle. And the mecca for Chefs is their kitchen – where they work as artists on food. What makes it a unique workplace?

HYGIENE IS PARAMOUNT. NO EXIT TIME!

“The best thing about my job is free food and free laundry!” jokes a well-known Chef, adding that a spotless chef coat defines a Chef as white being prone to dirt and stains is hard to keep clean in the zone of spilling, dripping, staining, etc. that a kitchen is. Hygiene can’t be compromised when it comes to cooking food. Kitchen counters and floors must be clean at all times, the utensils washed and sparkling, the knives and boards clean for reuse, and the list goes on. In fact, it is said that a kitchen can never be “too clean!”

A Chef must be as considerate about deadlines as others, as the guest has to be fed. But, the hour to leave is not a promise. Unlike other professionals, it is normal for the Chef to stretch shifts considerably, without complaining, or recourse. This, of course, is a regular occurrence, not just a one-off overtime situation.

A SPIRITUAL PLACE. NOT LIKE ON TV!

The Indian philosophy of food considers the meal as an offering to the divine. You would have often heard others, not just Chefs, talk of cooking as a means of catharsis. Wonder what it must do to the Chefs, though! Some would even compare the kitchen to their place of worship. Cooking is a job that requires keen attention, and we work with a range of tools. Chefs respect the tools of the kitchen like artists, and go to great lengths to keep them clean. At work, I have come across cooks who worship their tools – the knives and stoves, before the shift starts.

In north India, Vishwakarma Day is celebrated by cooks as well as other staff across sectors to pray for safe working conditions and for the smooth functioning of various machines. The respect to equipment can be taken as seriously as not permitting maintenance inside the work area for repairs with their shoes own.

The media has a sensational take on the kitchen environment with abuses and stuff flying around, quite literally. There are etiquettes of passing around tools. Stuff is not thrown around!

Further, the kitchen is also a secular place where all are considered equal, and there is provision for space and time for prayers. During Ramadan, for instance, duties would be swapped to accommodate the fasting Chefs. On vegetarian Tuesdays, the staff canteen would serve vegetarian meals.

A COMPETITIVE AND A CREATIVE SPACE

This is a job that requires skill, determination, teamwork, perseverance and above-all the desire to serve. It is also a fairly competitive scenario to enter into, and the millennial Chefs are vying for recognition, their ‘15 minutes of fame!’ How then can one train and retain talent? Opportunities to hone one’s talent under the guidance of a master craftsman like a great Chef can help the career of a novice. Good leaders among Executive Chefs are remembered as much for their training, as for the spur to creative minds in the extremely creative kitchen workplace.

KITCHEN CULTURE

One can only cook when one is well-fed. Perks of the job may include free meals, but not quite the exquisite menus from the restaurant. But, for what they are worth, the kitchen staff meals are quite good. Even the GM and seniors look forward to the “cook’s curry” as it is bound to be among the most fresh, flavourful and healthful dish of the day. Working as a trainee in European kitchens, we were entitled to two drinks as per the local culture and food habits. What a stark comparison the kitchens present, especially the abundance of quality food to those who enter.

MORE ON THE PLATE

With Chefpreneurs owning or part-owning restaurants, there has been a general shift towards greater Chef privileges - like hosting media or guests to promote the cuisine. The Chef is now stepping out of the kitchen, going on sales call, getting promoted with more visibility on the menus, garnering attention on social media, and as stakeholder in decision-making for the business.

Eventually, while TV shows may have glamourized restaurant kitchens, creating a cult audience for celebrity chefs, being one simply down to doing a job that seeks satisfaction in feeding a guest and make them smile with your food!
Fasting, Feasting

It is that time of the year that unites Muslims around the world – Ramadan! Communities in all countries adopt a similar daily routine of fasting, followed by Iftar and then Suhoor – with charity, prayer and time with their family, all playing an important role. A very spiritual time of the year, Ramadan also has many centuries-old rich traditions that assist the Muslims in their fasting.

Around the world, Ramadan is a time of piety and prayers, fasting and feasting, and spending time with family and friends. But as is often the case, every nation and community develop a set of traditions and customs over the ages that come to symbolize the culture of the land. Kuwait too has its own unique Ramadan traditions that have been observed by generations of locals and residents of this country and are a source of comfort and belonging. But Kuwait’s rapid transformation from a sleepy fishing and pearl diving backwater to an affluent, modern state also turned many local traditions on their head, while some quietly disappeared. Daq al-harees (crushing of wheat) was a pre-Ramadan tradition in old Kuwait, where a family bought large amounts of wheat that was crushed by skilled women accompanied by folk singing, but the custom now has waned.

MEALS DURING RAMADAN
Kuwaiti tables have retained various dishes over the decades that are passed from generation to generation. The most important among these dishes, which is found at every meal in Kuwait is Al-Harees. It is made of mashed wheat with meat, to which a mixture of sugar and clarified butter with ground cinnamon is added before serving it. Another popular dish that is served at Iftar in almost every household is At-Tashreeb, which is a yeast bread cut into small pieces, with gravy containing gourd, potatoes and dry lemons from Oman. The Kuwaiti people prefer At-Tashreeb because it is easily made, easily digested and has a delicious taste. Another popular dish in Ramadan is Al-Jareesh, which is also made of wheat.

Special sweets are made in Kuwait during Ramadan. The most popular among them is Luqmat Al-Qaadi, which is made of milk, cardamom, butter, saffron and fermented dough cut into small bite-size balls and fried in boiling fat until they redden, then placed in sugar syrup or molasses. What distinguishes the Kuwaiti sweets in Ramadan is their sweet taste and rich aroma, as they are made of fragrant and flavorful spices like cardamom, saffron, and ground cinnamon. They also have delicious coffee, which is made of boiled saffron with a little sugar. In the past, the Kuwaiti people used to serve special dishes in their Ramadan soirees, particularly in the divans.
that stay open till the late hours of the night called Al-Ghibqah. However, nowadays it differs in its form and content from that of the past. Nowadays, the Ghibqah has fatty food, and it is served very late, close to the time of As-Suhour. In contrast, the Ghibqah in the past was served not later than ten in the night, and contained popular snacks like Al-Bajilah, An-Nakhkhi, Al-Mehallabeyah, Khubz Al-Ruqaq and special Kuwaiti sweets like Az-Zalabyah, Al-Luqaymaat, Al-Ghurayyibah and Bayadh Al-Quittah.

GHABGA
The holy month of Ramadan also brings a wonderful time for people to share traditional Ramadan hospitality. The annual Ramadan Ghabga is very common in Kuwait, which accentuates joy among the community. It is a meal served late in the night in a get-together starting generally after ten in the night to midnight or even later, food being the highlight of the ghabga. The recipes range from intricate to family-style comfort food. If you want to be ready in advance, try our Kaak which has a variety of choices of cream cheese, Labnah and vegetables, Zaatar and halloumi veg., Turkey Cheese, Chicken Moussakhan, kofta and cheese, soujok and cheese, Nutella and banana, and a lot of appetizers that could really satisfy your desire for food.

Desserts haven’t been forgotten either, the Taj Al Malek, vermicelli cups stuffed with Astha ice cream, topped with pistachios and dry roses, saffron cake with a creamy saffron sauce top with cream and pistachios, and Mafrouket El Basha traditional pistachios Mafroukeh top with Ashta ice cream, halawet el jiben and pistachios drizzled with rose syrup which make perfect sweets after the dinner.

EID TIME
Eid Al Fitr marks the end of the month of Ramadan, and it is basically a day to eat, drink and make merry. Children await the arrival of the festival with excitement, as they look forward to receiving ‘Eidiah’, the money given as gift to children by elders. People even throw parties at their home on Eid, friends and relatives get together and celebrate in a grand manner, while others go out to restaurants for dining.
There is a juicy stone fruit obtained from tropical trees that makes bearing the heat of summer worth it! It smells so sweet, tastes divine, and makes for a treat in any form one chooses to consume it. I am talking of the mango, which has been prudently crowned as the king of fruits.

Born in the land of mangoes, one is blessed to indulge in its wonderful sweet taste through the hot season. In my kitchen, mango is the first summer choice for preparing smoothies or desserts. Pairing well with cheese, mango can lend itself to contribute fabulously in creating a delicious dessert blend. As a baker, it offers me possibilities galore.

The fruit is generally sweet, although the taste and texture of mangoes vary. Some of them are soft, pulpy in texture while others are firm and having fibrous texture. Even within this peculiar ‘delectable sweetness’ of the mango, the numerous varieties of this fruit offer a range of sweet flavours that can tantalize the taste buds.

Pairing well with cheese, mango can lend itself to contribute fabulously in creating a delicious dessert blend. As a baker, it offers me possibilities galore.

When I think of dessert, I like to use a variety of mango which is creamy and free of fibre for making a smooth dessert. The fibrous ones I retain for their tart and juicy properties, ideal for preparing jams, jellies and drinks.

Here, I share a cream cheese dessert recipe which uses creamy mangos which make for the best blend with a cracker base to create an American-style cream cheese cake.

**WHOLE WHEAT MANGO DOUBLE CHEESE CAKE**

**WHOLE WHEAT CRACKER CRUMB**

**Ingredients**
- 100 gms Butter
- 90 gms Whole wheat flour
- 50 gms Almond meal
- 50 gms Sugar

**Method**
- Mix all the ingredients till the dough combined.
- Flatten it on a tray and keep it refrigerated to chill.
- Bake it at 150ºC, until golden brown.
- Once it cools down, crumble it fine and pack it in a cake ring.

**MANGO BAKED CHEESE CAKE**

**Ingredients**
- 40 gms of fresh Alphonso mango puree
- 30 gms Sugar
- One Egg
- Zest of two lemons
- 250 gms Cream cheese

**Method**
- Mix all the ingredients and blend in a mixer, until a smooth consistency is reached.
- Pour on the top of the cracker base.
- Bake at 140ºC at water bath and bake for 30-35 minutes until it sets well.

**MANGO CHILLED CHEESE CAKE**

**Ingredients**
- 200 gms Mascarpone cheese
- 200 gms Whipped cream
- 100 gms Alphonso mango puree
- Two Eggs
- 75 gms Sugar
- 4 gms Gelatin
- 20 gms Water

**Method**
- Bloom gelatin with chilled water.
- Whip egg and sugar in a double boiler to get a smooth foam.
- Mix mascarpone and mango puree and then add melted gelatin.
- Fold with whipped cream.
- Pipe into half sphere mold and freeze it.

**GLAZE FOR MANGO CHILLED CHEESECAKE**

**Ingredients**
- 250 gms Neutral gel
- 25 gms Mango puree
- 15 gms Water

**Method**
- Add gel, puree and water in saucepan. Heat it until first boil.
- Allow it cool down till 40ºC and glaze frozen mango chilled cheesecake.
Spherification is a culinary technique popularised by world-renowned Chef from Spain Chef Ferran Adrià (famous for the iconic elBulli restaurant) who is known as the father of molecular gastronomy. In fact, it is a rather old technique used to jellify many industrial products, and since the 90’s it has been used in haute cuisine in the preparation of various foods (generally liquid) such as wines, fruit or vegetable juices, etc.

The technique consists of applying the natural thickener from brown algae called sodium alginate and a calcium salt in certain proportions, in order to cause the partial gelification of the liquid, and that ends up having various forms, especially the sphere shape. When the dissolution of the base product (juices, sauces, etc.) comes into contact with the alginate, the surface of the liquid gelatinises and causes the liquid to be ‘encapsulated’ in the form of spheres.

This, which may seem complicated and was done almost by hand, is now available to the general public thanks to pioneering companies like Spain’s Pescaviar.
**BRINGING SPHERIFICATIONS TO THE CULINARY ENTHUSIASTS**

In 2007, Just León, an entrepreneur from Barcelona, managed to industrialise the pearls of flavours with a liquid interior. Until then, only a few daring chefs had managed to make their own pearls in a very handmade way that demanded time and personnel, and that only lasted a few minutes. Pescaviar discovered Just León’s small feat and offered him the possibility of using his extensive sales network to market the pearls of flavours. The love affair was mutual and, in that year, a long personal and professional relationship germinated that has led Just León to be the R+D+i of Pescaviar, or as we like to call him, the mad scientist.

Within a few months, the Pescaviar spherifications, then called Cocktail Pearls, were being talked about in publications such as The New York Times while they received awards such as the TAVOLA in Belgium and we positioned these magic pearls on the shelves of the best gourmet shops in the world.

In addition to the brand’s most successful flavours (Huelva strawberry, Murcian lemon and Mexican chipotle), there were two new additions: passion fruit from Brazil and soya sauce from the prestigious company Kikkoman. The range does not stop there and in 2016 the versatile Modena Balsamic Vinegar was launched, followed by Extra Virgin Olive Oil or EVOO.

**FLAVOURS AND HOW THEY ARE USED**

Using and enjoying Fresh Pearls is easy: shake the jar before opening it. With a perforated spoon or simply with a fork extract the number of pearls you need, place them in the recipe you have prepared and... enjoy!

**Lemon & lime pearls** are perfect with a tuna carpaccio or any seafood (steamed clams, shrimp ceviche, oysters...). Ideal with a gin & tonic jelly or in a vodka cocktail with lime.

**Strawberry from Huelva (Spain)**

The biggest and the best European producers of strawberries are found in Huelva. This region is privileged because it receives 248 hours of monthly sunshine in spring, minimal temperature variation between day and night as well as lush and fertile lands.

Our strawberry Fresh Pearls are tempting on a chocolate mousse, sophisticated with duck magret with red fruit sauce, simple on a custard or frozen yoghurt, refreshing in a melon smoothie or sparkling in a vodka cocktail with mint.

**Lemon & Lime from Murcia (Spain)**

More than a thousand years ago, the Arabs decided to take advantage of Murcia’s rich soil and once they started to use irrigation, they created “La Huerta” which lies along Segura’s River.

Lemon & lime pearls are perfect with a tuna carpaccio or any seafood (steamed clams, shrimp ceviche, oysters...). Ideal with a gin & tonic jelly or in a vodka cocktail with lime. A different way to decorate the maki and sushi rolls or adorns desserts such as lemon pies or mousses.

**Soya Sauce (Japan)**

Soya sauce is a condiment produced by fermenting soybeans with the fungus Aspergillus oryzae or Aspergillus sojae. Soya sauce is one of the oldest seasonings in the world and originated in China. Kikkoman soya sauce used for our pearls is gluten free. Our Fresh Pearls made with soya sauce are delicious with chicken teriyaki, accompanying grilled prawns, surprising in a Japanese-style Bloody Mary. A different way to decorate maki and sushi rolls.

**Passion Fruit or Maracuyá (Brazil)**

This tropical fruit (rich in vitamin C and important source of protein, minerals and carbohydrates) comes from the plant of the same name and has a very visible and special flower: the passionflower. Sweet and refreshing, the passion fruit is a compendium of antioxidants, an elixir of youth. Our Passion Fruit Fresh Pearls are ideal as a topping on a chocolate mousse, a fruit salad, as sweet contrast on a pork tenderloin and, of course, to decorate any kind of dessert.

**Chili-Chipotle (Mexico)**

The chipotle is a type of chili, Jalapeño variety, which has been left to mature until becoming red and dry. It is made from a chili and several seasonings. The result is a dried brown chili, with a spicy aroma and a complex flavor. Our Chili Fresh Pearls are the perfect condiment for grilled meats or steak tartar but are also extraordinary when combined with fish, a chocolate dessert or a cocktail.

**Balsamic Vinegar of Modena (Italy)**

For a thousand years, in the Italian region of Emilia-Romagna, the world renowned Aceto Balsamico di Modena IGP (Protected Geographical Indication) vinegar is produced with which we make our pearls of dark caramel color. The slightly acidic taste of the balsamic vinegar is balanced with the sweetness of the must and a distant aftertaste of the wood of the barrels. The pearls can combine and flavor a multitude of dishes: from a classic Modena such as steak with aceto, mozzarella cheese and fresh basil, a tuna tartar, a cold watermelon soup or why not, a strawberry ice cream with mint.

**Strawberry Fresh Pearls** are tempting on a chocolate mousse, sophisticated with duck magret with red fruit sauce, refreshing in a melon smoothie.
Artisan Wines

Ever wondered whether biodynamic farming could extend to your wine as well? Piedad Fernández Paredes discusses artisan wines produced through this spiritual philosophy of farming that takes cues from the moon and respects the ‘forces’ and ‘energy’ of the earth, its flora and fauna.

Recovering the “Terroir,” reconnecting with nature, feeling the balance, truth, honesty and leaving a much better world for the future inhabitants of this planet, is the true mission of biodynamic agriculture.

It is not only a philosophy of life, or a differentiating whim of a few, in essence, it is a responsibility, a lot of work, effort and pride for the viticulturist, the power to offer healthy wines, sincere and representing the origin of their origin.

It is important to note that the biodynamic viticulture, if we compare it with large wine farms, does not have as a final goal the economic profitability, but it supposes a change in its mentality and in its way of working day by day; a way of being an attitude towards the environment and the cosmos. What biodynamic viticulture really intends is to return the biological life to the vineyard and connect it with its surroundings, not to use herbicides and let the vegetation grow freely among the rows of vines.

THE ORIGIN

Biodynamic Agriculture is a holistic approach to agriculture in which vitality is priority. Its origin lies in the cycle of lectures given by Rudolf Steiner, father of Biodynamic agriculture, in 1924. He studies how the position of the moon and stars within constellations and specific times of the year influenced the growth of the vines, the roots, the flowers and the fruits. Many of these vineyards make an extra effort, resorting to the principles of “dry farming”; plowing the soil with livestock and harvesting the grapes by hand.

Biodynamic farmers return more to the land than they take away when they grow and raise animals. The farm is considered as an organism in which plants, animals and human beings are jointly integrated. The most significant difference is that biodynamic agriculture works with vital energies in nature and not only with material needs. One aspect of this is the consideration of cosmic rhythms in plant production and animal husbandry.

The most basic concept of biodynamic agriculture is to consider the territory of culture as an own organism, diminishing to the maximum the dependency on the exterior and of course any type of pesticides, herbicides or preservatives that are not natural.

Biodynamics also applies to the actual tasting of the wine. Here, the premise is that the best days for sampling the bottles are the ‘fruit’ and ‘flower’ days, to the exclusion of ‘root’ and ‘leaf’ days from your tasting calendar.
CERTIFICATION AND GUARANTEES
Biodynamic agriculture is guaranteed by Demeter, the worldwide organization that manages, verifies, registers and guarantees the veracity of the producer wineries under biodynamic agriculture. It is found in 18 countries.

Today, just as the generalized importance of whole foods for physiological nutrition is recognized, it is known that a food is especially nutritious when its internal quality has developed properly and harmoniously. When developing Demeter foods this fact must be assessed.

THE TERROIR
As Claude and Lydia Bourginon, a couple of French agronomists and founders of the Microbiological Soil Analysis Laboratory, experts in biodynamic viticulture and defenders of the Terroir concept put it “Soil is like the score of the song; the soil marks the notes”.

The Terroir is a set of different factors in which they intervene: the climate and its influence, the topography of the place, the geology and the soil. When the project to reconvert a conventional vineyard in biodynamic vineyards begins, the first and most important is the reactivation of the soil, increasing its microbiology. It is a gradual restoration that takes a slow process.

“Biodynamics is very aware of that microbiology and gives the wine a unique sense of individuality. The fewer external elements you bring to your vineyard, the better your opportunity to represent the origin (terroir).”

BIODYNAMIC WINERIES IN THE WORLD
There are several pioneers in biodynamic agriculture in their respective countries – those who have acquired a commitment to their conscience.

When I attended a Nicolas Joly conference in Spain 10 years ago, it was then that I truly discovered the meaning of biodynamic agriculture. I began to be interested in knowing more wineries and about everything from the people who were behind this philosophy and concept of life. People who work to preserve our precious soil and balance with all the elements that nature provides us: water, plants, air, animals, cosmos.

One of the leaders and promoters, for more than 30 years in France, Nicolas Joly is considered the grandfather of biodynamics. He was one of the first who managed to adapt and communicate to the world how to recover the uniqueness and authenticity of wines. From its cellar in the Loire Valley, the Coulée de Serrant vineyards, made with Chenin Blanc grape, receive praise from all over the world.

In California, Mike Benzinger, Benzinger Family Vineyards, were the first vineyards qualified as biodynamic in Sonoma County. “For Mike Benzinger, biodynamic agriculture is a natural energy management system.”

In Spain, the wine cellar Sparkling Wine/Cava Gramona, in the Penedes, began 10 years ago to prepare its vineyards, its soils, its cellar to implement this philosophy, with the aim of leaving a natural and balanced legacy for the future and that their wines could show all the terroir in a sip.

Of course, there are many more wineries that are pioneers in biodynamic viticulture and that are also a reference in their production areas: Reyneke Wines-South Africa, King Estate-Eugene-Oregon, Cullen Wines-Western Australia, Yealands-Marlborough-New Zealand, Tenuta Mara, the biodynamic wine estate in San Clemente Rimini, Emilia-Romagna. Italy, etc. all with the same objective: “the dream of planting vineyards in exceptional soil to obtain exceptional, unique and unrepeatable wines and thus preserve the health of the land and its inhabitants.”

Piedad Fernández Paredes
Sommelier-Wine Export Technician, Director-owner, “Escuela Internacional de Sommelier”; Judge, international wine tasting
IFCA TO HOST BIENNIAL ICC (INTERNATIONAL CHEFS CONCLAVE) in New Delhi October 3 to 5, 2019

Come October, it is time for the biggest Chef’s event in India as the Indian Federation of Culinary Associations (IFCA) will host the 8th International Chefs Conference 2019 in New Delhi, India from October 3 to 5, 2019. The theme of this conference is ‘Eat Right. Power a Healthy Planet’ which is a step towards sharing the idea that every one of us can act with respect, which is closely associated with our culture and heritage. The Conference will carry forward the theme of ‘Indigenous knowledge will lead to a Sustainable Future,’ and hope to educate & inspire chefs on how contemporary techniques & themes can empower Indian and International Cuisine.

Jamie Oliver Restaurant Chain Collapses (May 2019)

Celebrity Chef Jamie Oliver’s restaurant chain collapses in the UK with 22 out of 25 restaurants shut, according to KPMG, as well as the loss of a thousand jobs. “I am deeply saddened by this outcome and would like to thank all of the staff and our suppliers who have put their hearts and souls into this business for over a decade,” he said in a statement. The Chef entrepreneur is a television star, book author and an activist against junk food, who became a household name with his show ‘Naked Chef,’ that first aired on the BBC.

James Beard Awards (May 2019)

Chef Ashley Christensen has won the James Beard Award for Outstanding Chef in USA, taking home the top honors at the annual James Beard Foundation awards in Chicago while Kwame Onwuachi, chef of Kith/Kin and author of memoir Notes From a Young Black Chef, bagged the Rising Star Chef award. The James Beard Foundation Awards are annual awards presented by the James Beard Foundation to recognize culinary professionals in the United States, sometimes called the ‘Oscars’ of the food world.

James Beard, who was an American cook, cookbook author, teacher and television personality, championed American cuisine, teaching and mentoring generations of professional chefs and food enthusiasts.

IHE – August 2019 (Greater Noida)

The India International Hospitality Expo is scheduled from August 7 to 10, 2019, at India Expo Centre and Mart, Greater Noida in Uttar Pradesh. With over 650 exhibitors and thousands of decision makers, this international show also serves as the platform to embrace the future – latest products, ideas and trends shaping the industry’s future. Apart from being a robust networking platform, you’ll actively get a chance to develop your skills and knowledge.

FHIN – September 2019 (Mumbai)

Food & Hotel India 2019 will be held in Mumbai, the country’s financial capital and the epicenter of India’s hospitality industry from September 18 to 20, 2019. Organised by UBM Allworld, Asia’s largest trade show organiser, Food and Hotel India is the latest truly international B2B food and hotel expo on the Indian sub-continent. Powered by FHA, HOFEX and Hotelex, it will be attended by importers, distributors, agents and decision makers all looking for the latest products and technologies to meet the demand from India’s rapidly growing middle class.
Food Tech
A look at Product Innovations that are paving the way for better cooking and tastier, healthful meals

REINVIGORATING GRANDMA’S MAGIC: AGNISUMUKH

Blue flame commercial gas burners create challenges of preserving nutrition in food, keeping pots and pans clean, safety, fuel saving, conservation of water, power, daily maintenance of burners and exhaust system. This is due to pressurized heat at the centre of the cook pot, where moisture of food is used up and food gets burnt.

The science of heat holds the key to a better kitchen output. Yet, despite the knowledge that charcoal heat is the best, no one has attempted to bring this charcoal heat through the gas medium into the commercial kitchen. Earth, a clay pot, in its womb carries the molten metal emitting radiant heat. Nature gets recreated when a clay pot while cooking mimics this process, by having charcoal emitting radiant heat underneath. The power of the radiant heat disinfects food and increases the shelf life, while direct exposure to radiant heat made her vibrate. This is how grandma brewed magic in her cook pot and also stayed healthy. Agnisumukh’s innovation of cooking stoves on gas fuels mitigates challenges like carbon soot and extreme heat which are creating nightmares in commercial kitchens.

HYDROPONICS FARMING: NATURE’S MIRACLE

Nature’s Miracle – India’s latest brand of farm fresh fruits and vegetables has brought hydroponics into the mainstream. Having set up the first fully automated hydroponic glass greenhouse in India by bringing together the best minds from India and hydroponic technology experts from the Netherlands, they produce high-quality, healthy and tasty fruits and vegetables in a natural way.

Hydroponics is a subset of hydro-culture – a method of growing plants using mineral nutrient solutions in water. Plants are grown with their roots in a highly-absorbent inert medium such as perlite, rockwool and cocopeat as a seed base instead of soil. Making the produce free from soil-borne diseases or pests, it helps prevent contamination from ground water, conversion of 96 per cent of harvest to high-quality produce, water conservation due to 90 per cent less use of water with re-circulation, ecological conservation, viz., recycling of coconut husk as cocopeat substrate, etc. The fruit size, weight, shape and taste are more uniform and consistent round the year.

Switch to a better way of cooking today!

WITH AGNISUMUKH CLEAN COOK STOVES!

Say goodbye to extreme heat and carbon soot in your commercial kitchens caused by conventional gas stoves. Agnisumukh is here with its clean cook stove across gas fuel to resolve these problems. It is a revolutionary concept that produces flameless, smokeless, noiseless radiant heat emitting far infrared rays with high efficiency. Our journey began with a commitment to bring charcoal heat through gas fuel for preserving nutrition in food.

Blue Flame commercial cook stoves
Agnisumukh clean cook stoves

1. Pressurised centric heat Uniform radiant heat like charcoal heat
2. Moisture depletion causing food to burn and loss of nutrition Preserves nutrition in food
3. Low thermal efficiency at 36–45% High thermal efficiency of 69%
4. Carbon soot and extreme heat in kitchen Low ambient heat in kitchen
5. Fuel and water inefficiency Saves over 30% fuel, 50% water & detergent
6. High gas pressure challenges safety Increased safety due to low gas pressure
7. High maintenance of burners & exhaust system Low maintenance of burners & exhaust system

Solar Impulse Foundation is the World Alliance on Efficient Solutions from Switzerland. It has labelled Agnisumukh as an Efficient Solutions in the World’s for SDG-7, 8 & 11 with ID: 209.
The smartest ally in your kitchen


Electrolux SkyLine Premium® Ovens, the path to culinary excellence.