

IFCA MAGAZINE

FOOD AND BEYOND...

OFFICIAL MAGAZINE OF



JANUARY 2025



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ASIAN PRESIDENT FORUM 2025

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TABLE OF CONTENTS

- 01» Table of Contents
- 03» Managing Editor's Note
- 04» The IFCA Presidium
- 05» The IFCA Board of Advisors
- 07» Message from Continental Director Asia, Worldchefs
- 08» Indian Cuisine: A Symphony of Balance, Diversity, and Spirituality
- 10» Opportunities' created by IFCA for Chefs, Culinary and Food Professionals
- 12» An Exclusive Interview with Mr. Sandip Das
- 14» Assessment for Culinary Students of Kaushal College, Ranchi by Indian Federation of Culinary Associations
- 17» Southern India Culinary Association (SICA) – Achievements and Events 2024
- 18» Telangana Chefs Association (TCA) Highlights - 2023–2024



- 19» Eastern India Culinary Association (EICA) – Inauguration
- 20» An Exclusive Interview with Chef Stefu Santoso
- 21» Culinary Capers
- 24» The Impact of Technology and AI on the Food Industry
- 25» RajRasa: Celebrating the Culinary Heritage of Rajasthan
- 28» Sustainability in Hotel Kitchens: A Global Perspective
- 30» How to Make a Lasting Impression at Networking Events
- 31» Bake Boldly with Sattu: Rediscover the Power of Roasted Bengal Gram
- 33» Hydroponics: An Emerging Technology Perfect for Sustainability

TABLE OF CONTENTS

35 » A Call for Change in India's Hospitality Education

36 » The growth of Telugu speciality Restaurants in Hyderabad

39 » From Hive to Shelf: New Frontiers in the Honey Industry

41 » WorldChefs Presidential Campaign October 2024

43 » Inside the Kitchen: An Exclusive Interview with..

44 » Genetic Modification in the Food Industry



45 » Emerging trends in Food Processing and Packaging

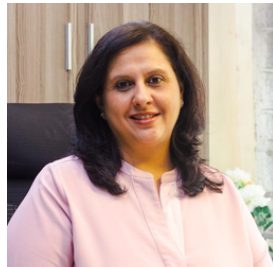
47 » The cultural significance of Durga Puja: A festival of Food, Faith and Community.

49 » IFCA Centre for Learning & Development

50 » Connect with IFCA

51 » IFCA - Asian President Forum & Indusfood 2025 Coordination Team

MANAGING EDITOR'S NOTE



Happy New Year to everyone reading!

New Year's is a time of reflection and memories as well as transformation and I believe we've captured the essence of both beautifully in this special edition of the IFCA Magazine.

This edition marks a significant milestone as our very first issue in print, a massive change made possible through the tireless effort and dedication of the entire IFCA team. I would like to extend my heartfelt thanks to everyone who contributed to making this achievement a reality.

Over the past year, we've published many editions containing information filled, insightful articles written by some of the most knowledgeable voices in the industry making us who we are today. As a tribute to our journey, we've included select pieces from our previous e-editions in this issue. This ensures that the significant effort and time invested in earlier issues are honored as cherished memories and celebrated as an integral part of this milestone achievement.

Flipping through the pages (I can say that now) of this issue, you will find a wide variety of articles from GMOs in the food industry and the use of AI in the culinary world to current trends in the market and native Indian cuisine. Through this edition we have tried to incorporate information about our culinary heritage and food traditions, truly putting the Indian in IFCA Magazine.

Don't miss Chef Willment Leong's heartfelt invitation to the Asian Presidents Forum 2025, Chef Manjit Singh Gills article on the harmony of Indian Cuisine and Chef Vijay Baskaran's article on how associations like the IFCA, offer culinary professionals benefits beyond networking and career growth, fostering personal development and a stronger sense of community

We have also expanded our games section to make discovering new and interesting information both fun and easy. It's ironic that this contribution came from one of our youngest chef contributors.

Signing off for the first time this year,

Culinary regards,

A handwritten signature in black ink, appearing to read 'Sheraz Nair', with a stylized flourish at the end.

Dr. Chef Sheraz Nair
Managing Editor
IFCA Magazine

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Message from Continental Director Asia, Worldchefs



Dear Culinary Enthusiasts,

As the Continental Director of Asia for Worldchefs, I am thrilled to share my excitement for the upcoming Asian Presidents Forum 2025, hosted in the vibrant heart of India. This nation, with its rich tapestry of cultural diversity and culinary heritage, offers a unique platform for celebrating the art of cooking and the spirit of unity among chefs across Asia.

India is renowned for its incredible flavors, from the aromatic spices of the north to the tantalizing street food of the south. Each region tells a story through its cuisine, reflecting centuries of tradition and innovation. I invite you to explore the bustling markets, savor the delightful dishes, and engage with the passionate chefs who keep these culinary traditions alive.

This forum presents an exceptional opportunity to connect, share ideas, and inspire one another. Let us gather not only to celebrate our shared passion for food but also to foster collaboration and understanding across cultures. Together, we can elevate the culinary arts and showcase the unity that defines our Asian heritage.

I look forward to experiencing the warmth of Indian hospitality and the vibrant culinary landscape that awaits us. The Asian Presidents Forum 2025 will serve as a confluence of culinary minds, where innovation meets tradition and where we can collectively explore the future of our craft. This event is not just a gathering; it's a celebration of the rich culinary narratives that each of us brings to the table.

India's diverse gastronomic landscape is a treasure trove for any culinary enthusiast. From the fragrant biryanis of Hyderabad to the spicy curries of Kerala, and the delectable sweets of Bengal, every dish is an invitation to discover the culture and history of its region. I encourage all participants to immerse themselves fully, visiting local markets and trying street food that reflects the heart and soul of Indian cooking.

The forum will feature workshops, panel discussions, and networking opportunities designed to inspire creativity and collaboration. Together, we can discuss pressing issues such as sustainability, food security, and the importance of preserving culinary heritage in a rapidly changing world.

Let's use this platform to ignite discussions that transcend borders and to forge partnerships that enhance our collective knowledge and skills. I am excited about the potential for growth and learning that this forum represents.

As we prepare for this remarkable event, I invite each of you to bring your passion and your ideas. Let us unite in our love for food and our commitment to excellence, showcasing the very best of Asian culinary artistry.

I cannot wait to welcome you to India, where the warmth of its people and the richness of its cuisine promise an unforgettable experience.

Best regards,

Willment Leong
Continental Director for Asia
World Association of Chefs Societies (Year 2022 - 2026)
世界厨师联合会亚洲区主席

Indian Cuisine: A Symphony of Balance, Diversity, and Spirituality

Dr Chef Manjit Singh Gill, President IFCA



Indian cuisine is far more than a collection of recipes; it's a philosophy, a way of life, and a medium of profound connection with nature, community, and oneself. It is a celebration of diversity and unity, a culinary journey that balances tastes, nourishes the soul, and bridges the ancient wisdom of Ayurveda with modern gastronomy.

Indian food is a vibrant expression of balance, mindfulness, and sustainability, deeply rooted in the nation's rich cultural tapestry. Grounded in the six essential tastes—sweet, sour, salty, bitter, pungent, and astringent—it offers a culinary experience that goes beyond the plate, embodying harmony in every bite. Each meal is a mindful orchestration of flavours, where ingredients are chosen for taste and their energy, seasonality, and healing properties.

This profound culinary tradition unites a diverse nation, transcending regional differences shaped by climate, geography, and local flora and fauna. While the diversity of dishes is vast, the underlying philosophy of balance and holistic nourishment remains universal across India, making Indian cuisine both a science and an art.

The Six Tastes: A Culinary Science

At the heart of Indian culinary philosophy lies the concept of the six tastes, each carrying unique karmic energy and playing a vital role in creating balance:

• Sweet: Grounding and comforting, it nourishes the body and calms the mind.

Sour: Stimulating digestion and energizing the body, sparking emotions and awakening the senses.

Salty: Enhancing flavour and hydration, it adds warmth and vitality.

Pungent: Energizing and invigorating, it boosts metabolism and circulation.

Bitter: Detoxifying and purifying, it cleanses the body and refreshes the palate.

Astringent: Cooling and healing, it tightens tissues and restores balance.

These tastes are not randomly mixed but thoughtfully balanced, ensuring each meal is a harmonious experience that caters to the diner's physical, emotional, and spiritual well-being.

The Karma of Taste and Sequence

Indian cuisine respects the karmic power of taste—the idea that flavours influence not just the physical body but also emotions and mental clarity. The sequence of experiencing these tastes in a meal is intentional:

Sweetness opens the meal with grounding and comfort.

Sourness stimulates the appetite and digestive energy.

Salt enhances flavour and brings vitality.

Pungency energizes and creates depth.

Bitterness cleanses, purifying the palate.

Astringency concludes with cooling and closure.

This mindful progression mirrors life itself, offering sustenance that aligns with the natural rhythms of the body and the universe.

Beyond Recipes: The Pan-Indian Philosophy

While India's regional cuisines are shaped by local ingredients, climates, and cultural traditions, the principles of balancing tastes, seasonality, and Ayurveda create a unifying thread across the nation. From the coconut-infused flavors of Kerala and the mustard-laced delicacies of Bengal to the dairy-rich creations of Punjab and the spice-forward curries of Rajasthan, every region boasts its unique identity while adhering to a shared philosophy of balance, wellness, and mindfulness.

The tribal cuisines of India, such as the smoked meats of the Northeast, the millet-based dishes of Chhattisgarh, and the wild foraged greens and roots of Odisha, highlight the deep connection between food and nature, preserving ancient traditions of sustainable cooking.

In Kashmir and the Upper Himalayas, the cuisine reflects the harsh climatic conditions and abundant local produce, such as saffron, dried fruits, and mountain herbs. Rich, aromatic dishes like Rogan Josh, Yakhni, and Gushtaba showcase the exquisite use of spices and slow-cooking techniques. The Himalayas also offer dishes like thukpa and gyathuk, influenced by Tibetan culinary traditions, as well as fermented vegetables and barley-based recipes that nourish the body in cold conditions.

The fermented dishes of the Northeast, the millet staples of Karnataka, and the slow-cooked pulao, and biryanis of Delhi, Hyderabad, Lucknow, and Kerala—each with their unique combinations of spices, meats, and grains—add to the rich tapestry of Indian culinary heritage. These biryanis, characterized by their layered flavours and regional ingredients, exemplify the creativity and adaptability of Indian cuisine. Indian food transcends its diversity to celebrate harmony with nature, respect for ingredients, and a deep connection between food, wellness, and the cultural spirit of its people.

Balancing Tastes: A Universal Culinary Practice

The art of balancing tastes is essential not just to Indian cuisine but to life itself. A well-balanced meal promotes:

Digestive Health: By activating specific enzymes and aiding nutrient absorption.

Physical Well-Being: Through a complete nutritional profile that detoxifies, energizes, and nourishes.

Emotional and Mental Clarity: Offering comfort, focus, and balance, while reducing stress.

Sustainability: By emphasizing seasonal and local ingredients, reducing waste, and respecting nature's cycles.

Indian Cuisine as a Spiritual Practice

Cooking in India transcends technique; it is a spiritual act. Every dish reflects the mindfulness, intention, and love of the cook. By connecting with the elements and harmonizing them on the plate, Indian food becomes a medium of care, healing, and divine connection. This holistic approach transforms cooking from a routine task into a celebration of life, love, and cultural wisdom.

Inspiring a Global Culinary Community

Indian cuisine offers a timeless lesson for the global culinary community: food is not just sustenance but a medium of connection. By embracing the principles of balance, sustainability, and mindfulness, chefs around the world can create dishes that not only delight the palate but also nurture the soul.

Indian cuisine invites you to think beyond recipes. It challenges chefs to understand the science of taste, respects the energy of ingredients, and honour the spiritual act of cooking. As you delve into its history and philosophy, you'll uncover a culinary tradition that is as profound as it is delicious—a tradition that unites diversity with harmony and transforms the act of eating into a sacred experience.

Opportunities' created by IFCA for Chefs, Culinary and Food Professionals

Chef Vijay Baskaran, General Secretary IFCA



Associations, especially those like the Indian Federation of Culinary Associations (IFCA), offer a wide range of benefits to culinary professionals that go beyond just the basics of networking or career advancement. These associations provide a platform that supports both personal and professional growth, fostering a deeper sense of belonging and purpose in the culinary community. Here's an expanded look at the key benefits of such associations:

Advocacy and Representation

One of the core benefits of joining an association like IFCA is advocacy. Culinary professionals often face challenges related to policies, regulations, and industry recognition. IFCA works tirelessly to represent the interests of chefs and culinary experts by engaging with governmental bodies such as the Ministry of Tourism, Ministry of Agriculture, Ministry of Commerce, and more. This collective effort ensures that chefs' voices are heard at higher levels, leading to better policies, opportunities for growth, and recognition of the profession within the national and international landscape.

Global Exposure

Membership with IFCA opens doors to global exposure, particularly through affiliations with the World Association of Chefs Societies (WACS). This connection gives chefs the chance to engage in global culinary events, competitions, and congresses. Participating in events like the World Chefs Congress or international competitions not only showcases individual talent but also promotes cultural exchange and innovation in the culinary world. Being part of these global platforms can help chefs build their international network, gain recognition, and even explore career opportunities abroad.

Publications and Resources

Associations like IFCA serve as a hub for knowledge dissemination, providing access to essential industry publications, research, and resources. Through materials such as the IFCA magazine, members stay informed about the latest culinary trends, emerging technologies, and developments within the industry. Moreover, IFCA's upcoming networking platform—set to launch in January 2025—will further enhance members' access to educational tools, mentorship, and industry insights.

Competitions and Events

For chefs who are looking to test their skills and gain recognition, participation in national and international culinary competitions is one of the most exciting benefits of membership. Events organised by IFCA, like the flagship competition recognised by WorldChefs and hosted by the South India Chefs Association, provide opportunities to challenge oneself and achieve recognition at both the national and global levels. These events also help chefs keep pace with industry standards while building their reputations.

Education and Training

One of the most impactful benefits of being part of a culinary association is the access to continuous learning. IFCA offers workshops, seminars, and training programs aimed at enhancing culinary skills. These educational opportunities are available both online and through in-person events, making it easier for members to stay updated with the latest techniques, technologies, and trends in the culinary world. Whether you're a seasoned chef or just starting out, there's always something to learn through these resources.

Social Engagement and Community Service

Beyond professional development, IFCA also provides opportunities to participate in social causes, creating a sense of purpose and giving back to society. Members can engage in initiatives like the Akshaya Patra Program, which focuses on training and motivating chefs to contribute to a larger cause. Other programs such as International Chefs Day and the SDG 2 – Chefs Manifesto, focus on combating hunger, promoting sustainability, and advocating for social justice in the food industry. These initiatives allow chefs to align their career with their personal values and contribute to meaningful change in society.

Networking

Networking is an invaluable asset for any professional, and for chefs, IFCA creates a vast, interconnected network. By joining the association, chefs gain access to a community of like-minded professionals, industry leaders, culinary institutes, foodservice vendors, innovators, and research bodies. This network can open doors to new career opportunities, collaborative projects, mentorship, and partnerships with stakeholders that can enhance their career prospects. Whether through online forums, regional meetings, or international conferences, the connections made within such associations can play a pivotal role in a chef's career growth.

Self-Actualization and Esteem

Professional associations like IFCA cater not only to the practical needs of chefs but also support their higher-level psychological needs, such as esteem and self-actualization. The recognition, opportunities for career advancement, and ability to contribute to the community allow chefs to feel valued and respected. The association provides a platform to showcase talent and to be recognized for hard work, fostering a sense of accomplishment and personal growth. These experiences contribute to a deeper sense of purpose and fulfillment within one's professional journey.

Conclusion

Being part of a professional association like IFCA is more than just a membership; it's an investment in one's career and personal development. From advocacy and global exposure to education, networking, and social impact, associations offer a comprehensive support system for culinary professionals at every stage of their journey. Whether you are looking to improve your skills, gain recognition, or contribute to the culinary community, the benefits are vast and multifaceted, helping you grow both as a chef and as a global culinary citizen.

The Indian Cuisine Project by IFCA

When you think of mammoth tasks, what comes to mind? Perhaps it's scaling a mountain, or completing an intricate scientific project. However, at IFCA (Indian Federation of Culinary Associations), what springs to mind is an equally formidable but uniquely cultural feat: the colossal undertaking led by Chef Nimish Bhatia and his dedicated team to document and record the richness of every regional cuisine across India.

India's Culinary diversity is staggering, with each region offering distinct flavours, techniques, and ingredients that tell the story of its people and history. For Chef Bhatia and his team, this is more than just a cooking challenge—it is a mission to preserve the culinary heritage of a vast, diverse country. Over 130 chefs from all corners of India are working tirelessly to compile the rich culinary heritage that represent 122 regional cuisines.

An Exclusive Interview with Mr. Sandip Das

Dy. Director General,
Trade Promotion Council of India (TPCI)



Can you provide us with an overview of the Indus Food Expo scheduled for January 2025? What inspired the idea behind organising this event?

The 8th edition of Indusfood, scheduled for January 8-11, 2025, will spotlight the transformative theme of "Farm to Fork." This theme underscores the need for India to enable a comprehensive transformation across the entire food value chain, encompassing three critical levels:

Modernization of Farming Practices: At the foundation lies the need to revolutionize agricultural practices, leveraging advanced techniques, sustainable methods, and technology-driven solutions to enhance productivity and quality at the farm level.

Integration of Best-in-Class Food Processing Technologies: Incorporating cutting-edge food processing technologies to elevate efficiency, ensure product safety, and create value-added products that meet global standards.

Expanding Global Market Access: Positioning India's F&B companies on the global stage by creating robust opportunities for international market access, fostering exports, and showcasing India as a trusted supplier of high-quality food and beverage products. This cohesive "Farm to Fork" approach reflects India's ambition to strengthen its agri-food ecosystem and emerge as a global food processing hub.

Building on this vision, Indusfood 2025 will evolve into a grander platform with two concurrent mega trade fairs: the 4th edition of Indusfood Manufacturing—focusing on food processing, packaging

technology, and ingredients—and the inaugural edition of Indusfood Agritech, dedicated to advancements in agriculture, aquaculture, dairy, and poultry farming technology.

To bring this expanded vision to life, the event will now unfold across two iconic venues. Indusfood will continue its legacy at India Expo Mart, Greater Noida, while the two concurrent shows will take place at the state-of-the-art Yashobhoomi, Dwarka, New Delhi. This strategic move reflects our commitment to creating a dynamic, interconnected platform that fosters global collaboration and innovation across industries.

This comprehensive approach is designed to create a seamless synergy between agriculture, technology, and market access, driving India's transformation into a global leader in sustainable, innovative, and value-driven food systems.

What role does technology play in transformation of India's F&B industry?

The role of technology is indeed very crucial to the growth of the processed food industry. The food processing technology sector encompasses a broad range of techniques and technologies that are utilised to transform raw agricultural products into consumable goods. This includes processes such as canning, freezing, drying, fermenting, and packaging, among others.

Advancements in this sector have led to increased efficiency, improved food safety, extended shelf life, and enhanced nutritional value of food products. In addition, innovations like AI, automation, robotics, and data analytics are revolutionizing the food processing sector, making operations more precise and sustainable.

With the global population expected to reach 9 billion by 2050 and people increasingly adapting to urban lifestyles, the demand for processed food products is poised to rise substantially. In the case of India itself, household consumption is expected to quadruple by 2030, making it the 5th largest consumer market in the world. The country has a growing F&B market, with estimated retail size of US\$ 504.92 billion by 2027.

Thus, the food processing technology sector holds immense potential for addressing food security challenges, reducing food waste, and meeting the evolving dietary preferences of consumers worldwide.

Can you share the details about the international presence at the expo and how will it help Indian food brands gain global recognition?

That is a very critical question and indeed the central point of focus for us at Indusfood. The upcoming edition of Indusfood is expected to host around 1,800 exhibitors and 7,500+ global buyers from 100+ countries. That number just gives you a broad idea of the extent of international outreach that Indusfood provides for Indian F&B exporters.

It is important to appreciate the gravity of these numbers for a moment. This is a huge base of decision makers representing quality importers, distributors, retail chains, supermarkets, e-commerce players and more from around the world, making this a truly unmissable opportunity for Indian F&B brands looking to expand in the international market.

We also highly value our collaboration with IFCA, which has partnered with us to invite executive chefs from five-star hotel chains worldwide to Indusfood. As part of our annual India-Global Culinary Exchange co-located with Indusfood, we host exclusive culinary demonstrations featuring high-tech equipment and expert chefs, showcasing Indian cuisine through a variety of packaged, ready-to-eat, ready-to-cook, and ready-to-serve products.

This platform provides Indian companies with the opportunity to highlight their culinary expertise and explore potential business collaborations with leading hotel chains. This aligns with our vision of establishing Indian cuisine as a prominent feature on the menus of renowned hotel chains across the globe.

What economic benefits do you anticipate the Indusfood Expo will bring to India, both in the short term and long term?

Actually, these economic benefits are already visible. The government has made earnest efforts to both boost investments in the food processing sector in India and also enhance exports. In context of the second objective, I can confidently assert that the role of Indusfood has been pivotal. With average business of US\$ 1.5-2 billion in terms of spot orders alone in a single event, participating companies can immediately quantify the benefits of participation in the event. And then the impact of client acquisition and long-term relationships will arguably be much more, albeit not quantifiable.

Undoubtedly, this impact will accelerate in the coming years as the show continues to enhance its scope and reach.

Beyond Indusfood Expo, what are TPCIs future plans to support and grow the Indian food industry?

Trade Promotion Council of India is a premier trade promotion organisation recognised and supported by the Department of Commerce, Government of India.

TPCI's core objective is to facilitate the growth of Indian industry with global investment & trade opportunities. In line with this objective, the Council provides strategic guidance to Indian companies and organizes specialized B2B events, including BSMs, reverse BSMs, participation in trade exhibitions, market exploration visits, etc. It also acts as an effective bridge between government and industry, offering policy suggestions based on comprehensive research and stakeholder inputs.

The F&B sector is a core area of our focus and forms a significant part of our membership base. However, TPCI also organises focused export promotion activities in other sectors, particularly ceramics, chemicals and IT & telecom.

Through rigorous analysis of international markets, our in-house research team identifies emerging trends and provides actionable inputs to address potential challenges, leveraging data-driven insights to inform evidence-based strategic planning and implementation frameworks.

What steps can be taken to enhance India's image as a reliable and quality supplier of food products internationally?

Indian companies must transition from commodity exporters to vibrant, trustworthy F&B brands in global markets.

Indusfood 2025, with its farm-to-fork concept, will integrate stakeholders across the food value chain, fostering collaboration between farmers, processors, and exporters. Consequently it will empower companies to compete on a stronger footing globally. This platform will also facilitate knowledge exchange, helping companies understand market trends, address pain points, and position themselves as credible global F&B brands.

Government and industry collaboration is pivotal in transforming India's F&B sector into a global powerhouse. Key initiatives include fostering global certifications, promoting Indian Geographical Indications (GIs), and showcasing the country's rich culinary diversity. Establishing F&B export hubs with shared facilities like cold storage, packaging, and logistics can streamline operations and reduce costs.

Additionally, targeted efforts to attract investments in the food processing sector will drive innovation and enhance quality. These measures must complement a simplified customs regime and a predictable, stable export policy for food products, ensuring seamless access to international markets and building India's reputation as a reliable F&B supplier.

This transformation requires a strategic approach, including deep market research to understand consumer needs, adherence to international quality and safety standards, and investment in state-of-the-art food processing and packaging technologies. Companies must prioritize sourcing high-quality ingredients, embracing traceability, and maintaining control over the supply chain from farm to fork. By focusing on value addition, innovation, and sustainability, Indian brands can build credibility and earn the trust of global consumers, showcasing their ability to consistently deliver premium, authentic, and reliable food products.



Assessment for Culinary Students of Kaushal College, Ranchi by Indian Federation of Culinary Associations



Chef Shakesh Singh, Assistant Director ITI College, Ranchi

The Department of Food Craft (Culinary Arts) at Kaushal College, Ranchi has organized a holistic assessment of the outgoing Batch 6 in collaboration with the Indian Federation of Culinary Associations (IFCA) from 2nd to 7th Dec 2024. The goal was to assess the skills, knowledge, and professional acumen of the students during the last stages of the one-year training course at the institute.

The assessment was done by a panel of experts sent by IFCA, which includes four prominent chefs from all over India. The objective was to evaluate the practical and theoretical knowledge that the students have gained during their intense training.

Plan of Work: The students needed to have a well-detailed and systematic work plan to show their preparation approach, cooking method, and presentation approach.

Cooking Techniques: The students were tested on their technical skills in cooking various cuisines, from the fundamentals of preparation to the final plating and presentation of the dishes.

Presentation: The aesthetics and appeal of the dishes were critically judged, ensuring that the students could not only cook but also present food in a professional manner.

Examination Pattern

The examination was comprised of two major parts: practical assessment and theoretical assessment.

1. Practical Assessment

The students had to produce their culinary skills in the four different subjects: Continental, Bakery, Indian Cuisine and International Cuisine. Each student was supposed to demonstrate his ability in cooking and presentation. Besides preparing the dishes, the students were evaluated on the following criteria -

Hygiene Practices: The students were to ensure that the ingredients and the kitchen were managed according to the highest standards of hygiene and safety.

2. Theory Assessment

Students were also assessed on four theoretical subjects taught over the course of the training year. The theory subjects are crucial to a proper understanding of the culinary arts and hospitality industry. The aim of these theory exams was to ensure the students had a comprehensive understanding of their profession, both practically and theoretically, making them well-rounded entry level chefs ready for the industry.

Assessment Panel

The assessment panel for Batch 6 included the following prominent chefs:

1. Chef Sudhir Sibal – Executive Member, IFCA
 2. Chef Tabassum Praveen – Assistant Professor, Army Institute of Hotel Management & Catering Technology, Bangalore and she is also handling Digital Transformation Wing of IFCA
 3. Chef Manjit Singh Rattu – Sr Executive Chef, Holiday Inn Resort, Goa and General Secretary Goa Culinary Association
 4. Chef Ajith Kumar – Assistant Professor, Department of Catering Science & Hotel Management, Coimbatore
- The panel's collective experience and skills in the culinary arts ensured that these students were judged impartially, fairly, and with the utmost consideration given to their knowledge of the basics, professional development and potential.

Purpose of the Assessment

This assessment was a part of the institute's dual certification program, with one certification from the Indian Federation of Culinary Associations (IFCA) and the other from the State Council for Vocational Training (SCVT).

The purpose of this test was not only to evaluate the students' cooking skills but also to ensure they meet industry standards, making them eligible as entry level chefs. By testing factors such as their hygiene, work planning, presentation, and versatility in various cuisines, the assessment ensured that students were well-equipped to handle the demands of a commercial kitchen.

About Kaushal College and Its Mission

Kaushal College, Ranchi, is a livelihood training institution run by the Pan IIT Foundation Reach for Jharkhand, an initiative supported by the Department of Welfare, SC, ST and Minorities, Government of Jharkhand. The college is dedicated to making a visible difference in the lives of underprivileged students through world-class vocational training and skill development opportunities in the culinary and hospitality sectors.

The institution aligns with the Government of Jharkhand's vision by uplifting marginalized communities and bringing career opportunities in the hospitality sector. Through its programs, Kaushal College would provide training to people who could help the industry bridge the skills gap and join the culinary and hospitality sectors.

Since its inception, Kaushal College has been a beacon of hope for many underprivileged youths by providing them with an opportunity to develop skills that can transform their lives and enable them to secure meaningful employment in the hospitality sector.



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Southern India Culinary Association (SICA) - Achievements and Events 2024



The Southern India Culinary Association (SICA) has had an extraordinary year, hosting and participating in numerous events, competitions, and initiatives aimed at elevating culinary standards and fostering community engagement.

Key Events and Highlights:

- SICA Family Day @ Residency Towers: A celebration of camaraderie and collaboration among culinary professionals and their families.
- SICA Quiz Bite 2.0: A knowledge-sharing event that tested and enhanced participants' understanding of culinary trends and practices.
- Kerala Culinary Challenge 2024: A platform for showcasing talent, innovation, and the use of regional ingredients.
- ICC Culinary Challenge – Bengaluru 2024: Featuring live cooking challenges and masterclasses led by Chef Vikas Seth of Siracha, this event saw enthusiastic participation and exceptional performances across various categories, including wedding cakes, pastries, fruit and vegetable carving, and more.
- o Medal Achievements: SICA participants earned multiple medals, including gold, silver, and bronze, across categories such as Live Cooking, Contemporary Millets, and Bakery Showpieces.

Global Recognition:

- SICA representatives participated in the FHA Dessert Challenge 2024 in Singapore, where Chef Samema D.F. won a silver medal, and other participants excelled in live cooking and carving events.

Community Initiatives:

- Relief and Rehabilitation Support: Students from GTN Arts College's Hotel Management Department, supported by SICA, raised ₹1,00,000 through a food festival to aid landslide victims in Wayanad.
- International Chefs Day Celebrations: Events included a focus on food artistry, community engagement, and fostering young talent.

Leadership Updates:

- Dr. Chef D. Damodaran was re-elected as SICA President for a second term, alongside newly elected board members representing various southern states.

Looking Ahead:

With the continued support of its members, partners, and community, SICA is committed to promoting culinary excellence, celebrating regional heritage, and fostering professional growth in the culinary arts.



Telangana Chefs Association (TCA) Highlights 2023-2024



The Telangana Chefs Association (TCA) organized a series of impactful events this year, showcasing their commitment to culinary excellence, community service, and cultural preservation:

1. Culinary League: September 2024 saw the successful completion of culinary competitions in Warangal and Nizamabad, emphasizing the use of millets to promote sustainability and health.

2. Global Representation: In October, Chef Naveen and Chef Rizwan represented TCA at the World Chefs Congress in Singapore, sharing Telangana's culinary heritage on an international stage.

3. International Chefs Day Initiatives: A blood donation drive, food art competitions, and a food donation campaign highlighted the association's commitment to community service.

4. Zero Hunger Campaign: Partnering with Goldiee Group and Minar, TCA launched a program to address food insecurity in line with UN Sustainable Development Goals.

5. Culinary Training for Social Change: Collaborating with the Youngster Foundation and Regency College, TCA conducted training sessions for underprivileged students, fostering skill development and career opportunities.

Upcoming Annual General Meeting

TCA's AGM in December will reflect on achievements from 2023-2024 and outline strategies for continued growth and innovation in the coming year.

Both EICA and TCA stand as testaments to the transformative power of culinary art, blending tradition with innovation to inspire chefs and communities alike.



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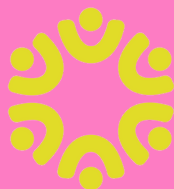
Eastern India Culinary Association (EICA) - Inauguration



The Eastern India Culinary Association (EICA), formally registered on May 15, 2024, was inaugurated on November 11th and 12th, 2024. EICA aims to promote local chefs and indigenous ingredients on a global platform, championing the region's rich culinary traditions.

The inauguration ceremony was presided over by Ms. Nandini Chakravorty, IAS, Principal Secretary, Ministry of Tourism, Government of West Bengal. She highlighted the pivotal role of culinary tourism in elevating the region's gastronomic identity.

The Indian Institute of Hotel Management (IHM) Kolkata and the Indian Federation of Culinary Associations (IFCA) extended their support to the event. Culinary stalwarts, including Chef Manjeet Singh Gill, Chef Vijaya Baskaran, Chef Sheetaram Prasad, Chef Vivek Saggarr, Chef Salil Fadnis, Chef Debraj, Chef Nishant Choubey, Chef Shakesh Singh, and Mr. Raja Sadhukhan (Principal, IHM Kolkata), were present to mark this milestone.



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An Exclusive Interview with Chef Stefu Santoso



Executive Chef at 33 years, 3 times president of the Associate of Culinary professionals and manager of the Indonesian team for Bocuse D'or, Lyon 2010. He has also won several medals of Salon Culinare, Indonesia including 'The Best Chef' overall for 2005.

Your country's cuisine is known for its vibrant diversity. How does your culinary philosophy bring together influences from different cultures while retaining a distinct identity?

I travelled extensively to various countries and cities in Indonesia for judging competitions and other activities. During these journeys, I observed and learned about people's eating habits. This inspired me to explore and experiment with blending culture, eating habits, and taste profiles. My approach focuses on combining cultural influences with the local palate.

What are the most exciting food trends currently influencing your culinary landscape?

I prioritize using locally sustainable products, incorporating more local ingredients into my menu. When it comes to the menu, I'm passionate about creating comfort food inspired by the flavours and techniques of street food.

With the global rise in demand for healthier food options, how are you adapting your menus to meet these needs?

I made an effort to connect with suppliers who meet these needs and engaged in conversations with our customers to understand and meet their expectations regarding healthy food.

The biggest challenge is ensuring a consistent supply of sustainable products.

How is sustainability influencing menu design and ingredient sourcing in your country's hospitality sector?

Many people have attempted to create menus using local sustainable products, despite the challenges of maintaining a consistent supply of a certain quality. The availability of these products often falls short of demand, and in some cases, they can be more expensive than imported alternatives.

What is your view on the uniqueness and potential of Indian cuisine? What role do Indian ingredients and cuisine play in your culinary space?

I find Indian cuisine incredibly fascinating due to its rich use of herbs and spices, which create unique aromas and flavours. These ingredients can be adapted to enhance other cuisines, resulting in exciting and innovative dishes.

In my culinary space, Indian ingredients blend seamlessly, as we share a similar food culture rooted in the historical Silk Road connections. Moreover, Indonesian cuisine has been influenced by Indian flavors in dishes like Martabak, Beef Curry Medan, Beef Rendang, and Nasi Kebuli.

Tell us about your anticipation for upcoming Indus food, and participation in the Asian Presidents Conference as well as Culinary Exchange programme.

During the event, I plan to taste a variety of local Indian dishes, explore the available herbs and spices, and delve into the history and stories behind each dish to gain a deeper understanding. Additionally, I aim to network with local chefs and other delegates to exchange culinary insights and knowledge.

What ingredients, culinary inspirations, or partnerships are you most excited to explore at Indusfood 2025?

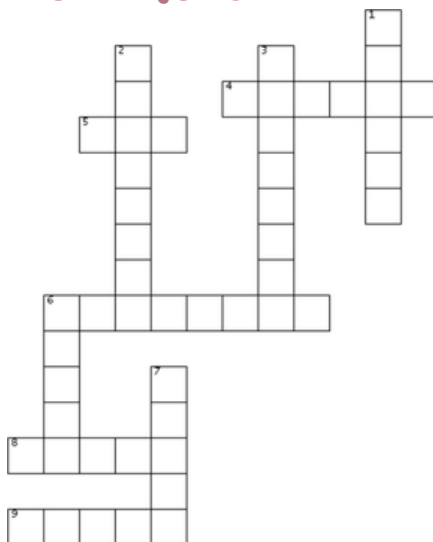
I am deeply fascinated by the traditional methods of preparing Indian food. The rich culture of Indian cuisine, from its ingredients to the stories behind each dish, is an integral part of my learning journey.

Suhana

www.suhana.com

Culinary Capers

CROSSWORD PUZZLE ON INDIAN COOKING TECHNIQUES



ACROSS

4. Cooking by adding small quantities of water or curd, to prevent sticking to the pan, as well as stirring constantly while over medium to high heat.
5. Literally translating to Pressure, it is a slow cooking method that seals the lead of the pot using atta (dough) while placing hot coal at the bottom and the top to ensure even heat.
6. An Indian style of Barbecuing / roasting using coal.
8. One of the most common words for adding tempering to a dish.
9. Dry roasting

DOWN

1. Boiling
2. The process of scrapping the layer of food set on the sides of a utensil while cooking such as dine in rabaddi.
3. A makeshift method of smoking meat or meat dishes.
6. Frying
7. A method of steaming done in an enclosed container.

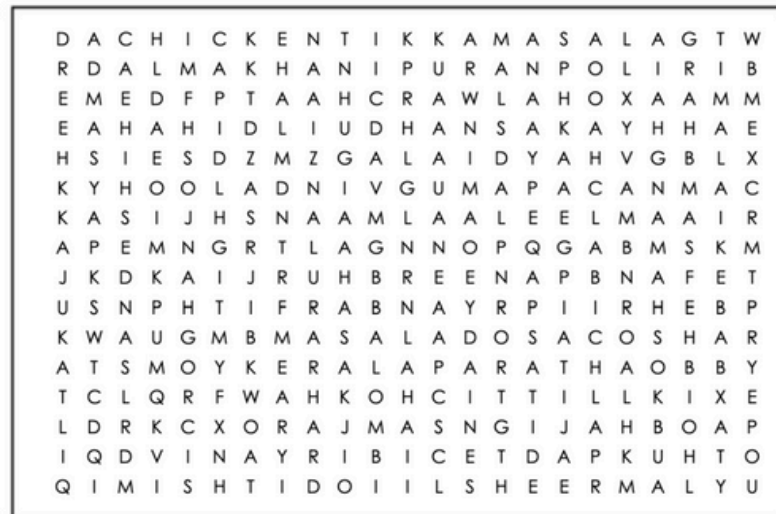


Chef Aditya Rajesh Nair

Jumbled Words on Spices

osefidtaaa : _____
tarna ojt : _____
bckal moacardm : _____
nrefegeuk : _____
nwajai : _____
fnrafos : _____
hrcmaoo : _____
yab alfe : _____
rmaatdin : _____
cutrirem : _____

INDIAN FOOD WORD-SEARCH



Find the following words in the puzzle.

Words are hidden and .

APAM
BALCHAO
BARFI
BIRYANI
CHAAT
CHICKEN TIKKA
MASALA
DAL MAKHANI
DHANSAK

HALWA
IDLI
KAJU KATLI
KERALA PARATHA
KHEER
KOSHA MANGHA
LAAL MAANS
LITTI CHOKHA

MALAI KEBAB
MASALA DOSA
MISHTI DOI
PANEER BHURJI
PAO BHAJI
PAYSAM
PONNGAL
PURAN POLI

RAJMA
ROGHAN JOSH
SAMBHAR
SANDESH
SHEERMAL
THUKPA
VINDALOO

RE ARRANGE THE RECIPE TO MAKE KADA PRASAD

Kada Prasad - Wheat Flour Halwa Something food always manages to do is unite us all, regardless of religion, culture or race. It's something we all have to eat and something that always holds great significance. In Sikhism, which is a monotheistic religion that has originated from the Punjab region of India, Kada Prasad is served as a symbol of peace, love, equality and selfless service. It is said that this was first cooked by Guru Nanak Dev, the founder of the religion. Partaking in Kada Prasad is considered an act of devotion and a means to establish a deeper connection with Waheguru, god and is therefore considered sacred food. The recipe for Kada Prasad is a simple. It has the same amount of whole-wheat flour, clarified butter and sugar, to emphasize the equality of men and women as well as double the water.

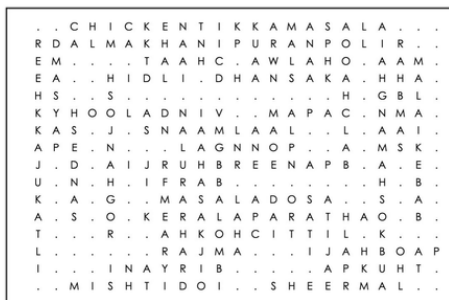
- _____ Roast flour with ghee
- _____ Cook it until a pudding consistency
- _____ Make a sugar solution with boiling water and sugar
- _____ Add sugar solution
- _____ Cook it until dark golden brown

SOLUTIONS

JUMBLED WORDS

Asafoetida
Ratan jot
Black Cardamom
Fenugreek
Ajwain
Saffron
Amchoor
Bay Leaf
Tamarind
Turmeric

WORD SEARCH



CROSSWORD

Bhunao – Cooking by adding small quantities of water or curd, to prevent sticking to the pan, as well as stirring constantly while over medium to high heat.

Talna – Frying

Tadka – One of the most common words for adding tempering to a dish.

Dhuanaar – A makeshift method of smoking meat or meat dishes

Dum – Literally translating to Pressure, it is a slow cooking method that seals the lead of the pot using atta (dough) while placing hot coal at the bottom and the top to ensure even heat.

Tandoori – An Indian style of Barbecuing / roasting using coal

Bhapa – A method of steaming done in an enclosed container.

Sekna – Dry roasting

Khurchan – The process of scrapping the layer of food set on the sides of a utensil while cooking such as dine in rabaddi.

Ubalna – Boiling

REARRANGING THE RECIPE

B
E
A
D
C

Share a snapshot of your responses on your Instagram story, tag IFCA (@ifcachefsofindia), and seize the opportunity to win exciting prizes!

The Impact of Technology and AI on the Food Industry

Chef Ishaan Sarkar

In the dynamic world of the food industry, technology and artificial intelligence (AI) are revolutionizing traditional practices, reshaping culinary landscapes, and setting the stage for a future defined by efficiency, innovation, and sustainability. From farm to fork, these advancements are not only optimizing operations but also redefining the roles of chefs and hospitality professionals.

1. Smart Kitchens and Equipment Technology has given rise to "smart kitchens," where advanced appliances use IoT (Internet of Things) to monitor and adjust cooking processes in real time. For instance, precision ovens equipped with AI can adjust temperatures and cooking times based on the dish being prepared, ensuring consistent quality. Automated fryers, smart refrigerators that alert for inventory replenishment, and robotic arms capable of intricate cooking tasks are increasingly becoming commonplace.

2. Supply Chain Optimization AI-powered supply chain systems help track and predict demand, reducing food waste and enhancing procurement accuracy. Companies like IBM and SAP have introduced blockchain-based solutions to monitor the journey of ingredients, ensuring transparency and adherence to quality standards.

3. AI in Menu Development Tools like Chef Watson by IBM use AI to analyze flavor profiles and suggest unique ingredient combinations. This allows chefs to create innovative dishes tailored to customer preferences while considering dietary restrictions and trends. AI can also analyze historical sales data to recommend seasonal menus that are more likely to succeed.

4. Enhanced Customer Experiences AI chatbots and virtual assistants are reshaping how customers interact with restaurants. AI-powered kiosks in QSRs (Quick Service Restaurants) allow for seamless customization of orders. Additionally,

predictive algorithms enable personalized meal recommendations based on individual dining histories and preferences.

For chefs, technology and AI are not competitors but enablers. These tools streamline mundane tasks, allowing them to focus on creativity and innovation.

Here are some key benefits:

Efficiency in Repetitive Tasks: Automated kitchen equipment reduces time spent on routine tasks like chopping, mixing, and frying.

Data-Driven Insights: AI can analyze customer reviews and feedback, providing chefs with actionable insights to refine recipes and enhance customer satisfaction.

Enhanced Learning Opportunities: Virtual reality (VR) simulations and AI training modules help chefs learn new techniques or perfect existing ones without the need for extensive resources.

Creative Collaborations: AI platforms like FlavorPrint analyze millions of flavor combinations, inspiring chefs to experiment with unconventional pairings and create signature dishes.

Hotel management schools play a pivotal role in equipping the next generation of hoteliers to embrace and leverage technology effectively. To prepare students for this transformation, institutions should focus on the following:

Integrating Technology into Curricula Schools must introduce courses on AI, data analytics, and food technology. Understanding how to operate smart kitchen equipment and use AI-driven systems will be essential for future professionals.



Ishaan Sarkar, a business leader and a chef with a profound business acumen, leads one of India's largest food and catering enterprises, Indya Foods, a proud part of Quesr Corp, having over 1000 Chefs and a staff of over 5000

Hands-On Training with Modern Tools Setting up smart kitchen labs and providing exposure to real-world AI applications will ensure students are industry-ready. For instance, partnering with technology providers for workshops on blockchain in supply chain management or AI in menu design can offer practical insights.

Fostering Innovation and Adaptability Encouraging students to think beyond traditional practices and embrace innovation will help them stay ahead in a rapidly evolving industry. Hackathons and innovation challenges focusing on AI applications in food services can inspire creative problem-solving.

Collaborating with Industry Leaders Schools should collaborate with tech companies and hospitality giants to offer internships and projects. Exposure to AI-driven systems in real-world scenarios will bridge the gap between theoretical knowledge and practical expertise. **Ethics and Sustainability Education** As AI and technology continue to advance, ethical considerations around data privacy, labor displacement, and environmental sustainability must be addressed. Teaching students to balance technological adoption with responsible practices is crucial.

As technology and AI continue to shape the food industry, the collaboration between chefs, technologists, and educators will be key to unlocking its full potential. By embracing these advancements, the industry can look forward to a future of enhanced creativity, sustainability, and unparalleled customer experiences.

RajRasa: Celebrating the Culinary Heritage of Rajasthan

Dr. Chef Saurabh Sharma

Nestled in the vibrant city of Jaipur, where age-old traditions blend seamlessly with contemporary flair, Dr. Chef Saurabh Sharma unveils “RajRasa.” This establishment goes beyond the ordinary, offering a distinctive dining experience that honours the rich culinary tapestry of Rajasthan. It is not just a restaurant but a heartfelt homage to the state’s myriad flavours, sustainability, and time-honoured customs.

The Essence of RajRasa

At the heart of RajRasa lies the mantra of “Vocal for Local” championing the use of indigenous ingredients to create dishes that resonate with authenticity. Chef Saurabh envisions a culinary journey that immerses guests in the storied legacy of Rajasthan while advocating for eco-friendly and sustainable practices. By highlighting the three pillars of Rajasthani cuisine—the royal, rural, and Marwadi—RajRasa invites diners to savour an experience that celebrates the diversity of the region’s gastronomy.

Vocal For Local: A Journey Through Tradition

In step with the national “Vocal for Local” initiative, RajRasa takes pride in sourcing its ingredients from local farmers and artisans. Essential grains like bajra, jowar, and ragi—staples of Rajasthani cooking—feature prominently on the menu. These ingredients not only infuse the dishes with deep, earthy flavours but also promote sustainable farming practices and bolster rural economies. By showcasing local produce, Chef Saurabh connects diners to the land and its vibrant communities.

Commitment to Sustainability

Sustainability is foundational to RajRasa’s ethos. The restaurant actively pursues eco-friendly practices, including minimizing food waste, composting, and utilizing biodegradable packaging. Traditional cooking techniques—such as wood-fired chulhas and clay pots—are employed to maintain the integrity of flavors while decreasing carbon footprints. Moreover, initiatives like rainwater harvesting and the use of solar energy reinforce RajRasa’s dedication to environmental sustainability.

Discovering the Three Kitchens of Rajasthan

One of the most enthralling features of RajRasa is its representation of Rajasthan’s three iconic kitchens:

1. The Royal Kitchen: Celebrated for its lavishness, the royal cuisine boasts rich recipes, exotic spices, and luxurious ingredients. Signature dishes like Chandi wali daal, Anjeer Maas, 31 Mirch ka Maas, Rai ki Macchi and Rajputana Murgh ka mokul are expertly recreated, allowing diners to indulge in the splendor reminiscent of Rajasthan’s regal heritage.





2. The Rural Kitchen: Drawing inspiration from the arid heartland, the rural kitchen showcases rustic and grounding flavors. Simple yet hearty offerings such as Jowar ki Raab, Rabodi ki sabji, Bajra roti & Palak Mangodi narrate the story of a resilient land and its people.

3. The Marwadi Kitchen: This vegetarian haven represents the culinary innovation of Rajasthan, brimming with spices and creativity. Dishes like Panchkutta, Gulab jamun ki sabji Moong Badam halwa & Keerandh reflect the resourcefulness of Marwadi chefs in crafting wholesome meals from humble ingredients.

RajRasa stands as a testament to the rich culinary heritage of Rajasthan, promising guests not just a meal, but a journey through time and tradition.

Rediscovering Forgotten Recipes

RajRasa stands out for its commitment to reviving historical culinary treasures. Under the guidance of Chef Saurabh, a wealth of research has brought forgotten dishes to the forefront. These once-forgotten recipes have been reintroduced, allowing guests to experience the rich flavors that reflect Rajasthan's culinary heritage.



A Culinary Experience Beyond Compare

Dining at RajRasa transcends the ordinary; it's an immersive cultural journey. The restaurant's ambiance, enriched with authentic Rajasthani decor and lively folk music, beautifully complements the thoughtfully curated menu. Each dish tells a story, echoing the lives of the royals, farmers, and traders who have shaped Rajasthan's diverse culinary landscape.

RajRasa, curated by Dr. Chef Saurabh Sharma, exemplifies culinary artistry and sustainability. It embodies the enduring wisdom found in Rajasthan's food traditions, providing a dining experience that combines luxury with responsibility. By bringing back lost recipes and adopting sustainable practices, RajRasa not only honors the past but also sets the stage for the future of Indian gastronomy.





Sustainability in Hotel Kitchens: A Global Perspective

Chef Priya Padave



Professor and Chef with over 15 years of expertise spanning academic research, industry practice, and education. Specializes in Hospitality and Tourism Education and Training, with strong skills in communication, management, and curriculum delivery

Sustainability has become a cornerstone of hotel operations as the hospitality industry seeks to address environmental challenges and cater to eco-conscious consumers. Around the world, hotel kitchens are embracing innovative strategies to minimize food waste, conserve energy and water, and support local communities. Sustainability is no longer an optional value in the hospitality sector—it is an essential commitment to the planet and a key factor in appealing to environmentally aware travellers.

Why Sustainable Kitchens Matter in Hotels?

Hotel kitchens are among the most resource-intensive areas of hospitality operations, consuming significant amounts of energy, water, and materials while generating substantial waste. Transitioning to sustainable kitchens enables hotels to reduce their carbon footprint, conserve natural resources, and operate more efficiently. Moreover, adopting sustainable practices enhances a hotel's brand image and attracts eco-conscious guests, making sustainability both an environmental and business imperative.

How Sustainability Is Integrated into Hotel Kitchens?

Sustainability practices in hotel kitchens vary globally but share common goals of resource optimization, waste reduction, and eco-friendly operations. Below are key strategies and examples from around the world, including India, which is leading with some of the most innovative practices.

1. Sustainable Sourcing of Ingredients

Local and Seasonal Produce: Sourcing locally reduces transportation emissions and supports regional economies.

Example: The Ritz-Carlton Bali sources 80% of its ingredients locally, including fresh produce, fish, and herbs.

Example: The Taj Hotels' Jiva brand emphasizes using local ingredients and indigenous spices.

Organic Ingredients: Many hotels incorporate organic produce to minimize chemical usage.

Example: Six Senses Hotels serve organic, chemical-free meals sourced from local farms.

Example: ITC Hotels focus on organic grains, vegetables, and meats in their kitchens.

Sustainable Seafood: Hotels partner with organizations like the Marine Stewardship Council (MSC) to ensure seafood is responsibly sourced.

Example: Mandarin Oriental Hong Kong serves MSC-certified sustainable seafood.

Example: The Leela Hotels use certified sustainable seafood.

2. Reducing Food Waste

Food Waste Tracking Technology: AI tools help monitor and reduce waste.

Example: Accor Hotels globally use the Winnow system, saving over 1,000 tons of food annually.

Example: ITC Hotels' "WeAssure" program emphasizes zero food waste through better inventory and portion control.

Food Donations: Excess food is donated to local charities.

Example: InterContinental Miami collaborates with food banks to redistribute surplus food.

Example: The Lalit Group in India partners with NGOs to donate prepared food to the underprivileged.

Composting: Organic waste is composted for landscaping or urban farming.

Example: Fairmont Chateau Whistler operates an on-site composting system.

Example: Hyatt Regency Chennai composts kitchen waste for eco-friendly use.

3. Energy Efficiency

Energy-Efficient Appliances: Hotels invest in induction stoves and energy-efficient ovens.

Example: Hilton Hotels and The Oberoi Group use energy-efficient kitchen equipment to reduce emissions.

Smart Kitchens: Automated systems optimize energy use in cooking and refrigeration.

Example: Hyatt Hotels utilize smart kitchen technology across locations.

Example: JW Marriott Bengaluru employs IoT-based energy management systems.

4. Water Conservation

Efficient Cleaning Systems: Low-flow faucets and water-saving dishwashers are standard.

Example: Marriott Hotels globally use water-efficient cleaning technologies.

Example: Radisson Blu properties in India adopt water-saving dishwashing practices.

Greywater Recycling: Treated kitchen wastewater is reused for non-potable applications.

Example: Park Hyatt Maldives recycles greywater for irrigation.

5. Waste Management and Recycling

Segregation and Composting: Wet and dry waste are separated for effective recycling.

Example: Shangri-La Hotels globally segregate waste to reduce landfill contributions.

Example: ITC Maurya in Delhi has a dedicated waste segregation system.

Recycling Cooking Oil: Used oil is converted into biodiesel.

Example: Four Seasons in Europe recycles used cooking oil into biofuel.

Example: Marriott India hotels actively participate in oil recycling programs.

6. Elimination of Single-Use Plastics

Plastic-Free Kitchens: Hotels replace single-use plastics with biodegradable alternatives.

Example: Anantara Hotels phased out plastic straws, introducing bamboo and metal alternatives.

Example: Taj Hotels have eliminated single-use plastics in their kitchens.

Sustainable Packaging: Eco-friendly containers are used for delivery and takeout.

Example: Kempinski Hotels utilize compostable and reusable packaging.

7. Sustainable Menu Design

Plant-Based Menus: Adding plant-based options reduces environmental impact.

Example: Marriott International collaborates with Beyond Meat and Impossible Foods to offer plant-based dishes.

Zero-Waste Dishes: Kitchens creatively use every part of ingredients.

Example: Soneva Resorts in Thailand offer zero-waste dining experiences.

8. Rooftop Gardens and Urban Farming

On-Site Agriculture: Hotels grow their own herbs and vegetables to reduce supply chain emissions.

Example: The Peninsula Bangkok maintains a hydroponic garden.

Example: The Westin Pune cultivates herbs and microgreens on-site.

Urban Farming Partnerships: Collaborations with local urban farms ensure sustainable sourcing.

Example: Andaz Singapore partners with local urban farms to supply its kitchens.

9. Technological Innovation

Food Preservation Technology: Advanced refrigeration extends ingredient shelf life.

Example: Novotel Hotels use blast chillers to minimize spoilage.

AI Tools: Predictive systems reduce overproduction in kitchens.

Example: IHG Hotels use AI to optimize buffet-style service.

10. Staff Training and Awareness

Workshops: Employees are trained in sustainable cooking and waste management.

Example: Mandarin Oriental and The Oberoi Hotels conduct regular sustainability training.

Sustainability Ambassadors: Dedicated teams champion eco-friendly practices.

Example: Hilton's "Travel with Purpose" program fosters property-level sustainability initiatives.

Conclusion

Sustainable practices in hotel kitchens are revolutionizing the hospitality industry by aligning operations with eco-conscious values. These initiatives not only reduce environmental impact but also cater to an ever-growing clientele that prioritizes sustainability, setting a new standard for responsible tourism worldwide.



"Delivering excellence to kitchens worldwide"

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How to Make a Lasting Impression at Networking Events

Dr Manoj Srivastava

Networking events are opportunities to build meaningful professional relationships, exchange ideas, and expand your career prospects. Making a lasting impression requires more than just handing out business cards—it involves preparation, curiosity, respect, and authenticity. Here's a detailed guide to help you leave a positive mark on the people you meet.

1. Be Prepared

Preparation is the foundation of effective networking. Research the event, its attendees, and the speakers ahead of time. Know who you'd like to meet and have a clear goal in mind. Craft a concise introduction that highlights your skills, interests, and value proposition. Don't forget essentials like business cards, a pen, and a notebook to take notes or exchange contact details.

Being prepared also means knowing how to make the most of post-event interactions. For instance, promptly following up with a personalized message or handwritten note adds a thoughtful touch. Referencing specific points from your conversation shows attentiveness and genuine interest. A simple gesture like this can set you apart and create a lasting impression.

2. Be Curious

One of the most effective ways to make a connection is to show genuine interest in the other person. Ask open-ended questions like, "What inspired you to pursue this career?" or "What advice would you give your younger self?" These questions allow people to share their passions and experiences, making the conversation memorable.

However, curiosity needs to be authentic. Avoid faking interest just to maintain a conversation, as it can come across as insincere. Instead, actively listen and relate to their stories. When you're genuinely curious, you create an environment where the other person feels valued and respected, leaving a positive impression that lingers long after the event.

3. Be Memorable

Standing out in a sea of new faces requires you to be memorable. One way to achieve this is through storytelling—share anecdotes or experiences that reflect your personality and expertise. Alternatively, offer something of value, such as a recommendation, resource, or insight that aligns with their interests or challenges. Sometimes, being memorable isn't about what you say but how you make the other person feel. Actively listening, engaging in meaningful conversations, and demonstrating empathy can leave a deeper impact than showcasing your achievements. People may forget what you said, but they'll remember how you made them feel.

4. Be Respectful

Respect is a cornerstone of professional interactions. Networking events can be hectic, so be mindful of others' time and attention. Avoid monopolizing conversations or overstaying your welcome. Instead, keep your interactions concise and impactful. Express gratitude for their time and, if appropriate, ask for permission to follow up later. Respectful behavior extends to non-verbal communication as well—maintain good eye contact, avoid distractions like checking your phone, and show genuine interest in the conversation.

5. Be Consistent

A strong first impression is only the beginning. Consistency in follow-up communication is essential to solidify the connection. Within 24 hours of the event, send a personalized email or message. Reference your conversation, highlight shared interests, and suggest a next step, such as scheduling a meeting or introducing them to a relevant contact. Regularly update your new connections on your progress and achievements, and stay in touch even when you're not seeking something in return. Building a long-term relationship requires ongoing effort and engagement.



Dr. Manoj Srivastava, PhD from Manipal University Jaipur, has over 30 years of experience in hospitality and academia. He holds 10 Limca Book of World Records in food production research and has received an honorary award from England. He is currently the Professor and Principal at Nims University Jaipur's International School of Hospitality Management.

6. Be Authentic

Authenticity is the most important quality in networking. People appreciate honesty and sincerity, so don't exaggerate your accomplishments or pretend to be someone you're not. Instead, share your genuine passions, be humble about your journey, and let your enthusiasm shine through.

Authenticity fosters trust and respect. When you are true to yourself, you create genuine connections that have the potential to grow into meaningful professional relationships.

Conclusion

Making a lasting impression at networking events requires a combination of preparation, curiosity, respect, and authenticity. By actively listening, engaging in meaningful conversations, and consistently following up, you can build strong, lasting connections. Remember, networking isn't just about promoting yourself—it's about creating mutual value and fostering genuine relationships. With these tips, you'll leave every event with a positive and lasting impression.

Bake Boldly with Sattu: Rediscover the Power of Roasted Bengal Gram

Parminder Mitter Chaudhari

Baking is an art backed by science. A single ingredient can alter the taste, texture, and nutrition of the baked product. Meet Sattu—roasted Bengal gram flour, rich in protein, fibre, and vital nutrients. Rooted in Indian tradition, its nutty flavour, longer shelf-life, and compact form made it a staple for farmers, labourers, warriors, and travellers, offering vitality and nourishment across centuries. It is a native to Bihar, Bengal, Jharkhand, and Orissa.

The different interactions between the ingredients, mixing technique, and more precise baking time are required for great performance. Sattu has engaging scientific aspects to be a great performer.

1. Gluten-Free Nature

On the upside, this is an important aspect of healthy bakery products and its rich nutrient list. On the flip side, it won't behave until and unless gluten is added. Use in combination with wheat flour.

2. Absorbent Quality

Sattu has a high liquid absorption quality. This requires balancing the recipe for its moisture content, be it water, milk, eggs, or any other liquid. In a 3:1 ratio of Sattu to flour, if the total amount is 200 grams, 60 ml of milk could be added to make a cookie, which is way more in cookies made with refined flour.

3. Coarse Texture

The coarser texture of Sattu gives the baked product a distinctive mouthfeel. This makes it even more rustic. However, to have a fine texture in the case of cookies or muffins, sieving is the best method.

4. Starch gelatinization

Sattu has starch. It gelatinizes. However, the amount of starch is less than wheat flour. To combat this, it has to work in combination with other flours. Thus, adjust accordingly.

5. Maillard reaction

Maillard's reaction is what causes baked products to turn brown when heated. Amino acids and reducing sugar react in a chain of reactions that produce baked goods' characteristic brown color. Sattu is high in proteins, enhancing this reaction with a typical yet flavourful taste and color.

6. Leavening agent

As stated above, Sattu does not form gluten. Leavening agents are incorporated to get that rise. As a thumb rule, in one cup of Sattu, 1.5 teaspoons of baking powder is the required ratio.



Health Benefits of Baking with Sattu

Baking Boldly with Sattu is not just about the science behind it. Sattu is a delight for the health-conscious sector of Baked goods. Sattu is an excellent source of plant-based protein. It is vital for muscle repair and overall bodily functions. It also contains high fiber content, which enhances digestion and maintains healthy blood sugar levels. As it is gluten-free by nature, sattu becomes a great alternative for people suffering from gluten sensitivities or celiac disease, which can allow them to indulge in baked goods without worry.



Mrs. Parminder Mitter Chaudhuri a Graduate with Zoology Hons., MBA(HR), Researcher and Author, Motivator, and Quotation Writer. Qualified Learning Facilitator, from Lausanne, Switzerland, she has 20 years of experience in Hospitality Education.

Boldly Baking with Sattu

Sattu goes well with all forms of sweeteners, from jaggery to honey. Spices love it, and liquids such as milk, water, egg, and buttermilk can be easily used. It is easily sheeted, rolled, or dropped. Flavors like vanilla, chocolate, lemon, butter, and nuts all blend with it naturally. Just experiment with a wider range of Sattu baked goods. It won't make your repertoire unhappy.

Conclusion: Sattu is the Future of Baking

Sattu: The Roasted Bengal Gram Flour has the potential to be rediscovered and be innovative in culinary exploration vis-à-vis bakery and confectionery. It is an age-old ingredient rich in taste, texture, and nutrients. It can add that X factor to any baked good be it cookies, muffins, cakes, or breads. The energy bar section would also love this ingredient.

Now, when more and more people are voting for gluten-free, nutrient-dense diets, Sattu stands tall to cater to the population. That is why, whether a professional in bakery and confectionery or an amateur willing to experiment there is no justification for stopping the unbridled use of Sattu. The future, thus, looks bright. Keep experimenting with Sattu.....!



Hydroponics: An Emerging Technology Perfect for Sustainability

Chef (Dr.) Kunal Seth

Hydroponics is a method of growing plants without soil by using a nutrient-rich water solution. Instead of soil, plants are grown in various inert mediums like perlite, gravel, or rock wool to provide mechanical support, while the roots absorb nutrients directly from the water. This sustainable agriculture and urban farming practice.

The Arduino was originally developed in 2005 as an easy-to-use programmable device for art design projects. Its intention was to help non-engineers to work with basic electronics and microcontrollers without much programming knowledge. It's easy to use nature has been adapted by electronics beginners and hobbyists around the world and today it is even preferred for prototype development and POC developments.

This circuit has been programmed to run the water pump for 1 minute every 1 hour to meet the irrigation requirements of the Hydroponic system.

Imagine walking into a bustling restaurant where the chef proudly harvests fresh basil just steps away from the kitchen. This scenario is becoming increasingly common, thanks to hydroponics—a revolutionary growing method that is changing how we think about food production. This article explores hydroponics as a sustainable technology that not only benefits urban agriculture but also delights professional chefs with fresh, high-quality ingredients.

What is Hydroponics?

Hydroponics is a method of growing plants without soil, using nutrient-rich water solutions instead. This technique allows for efficient space usage and resource management. Common systems include nutrient film techniques, deep water culture, and aeroponics. Each system has its unique advantages, allowing growers to select the best fit for their needs.

Who Uses Hydroponics?

Hydroponics is embraced by various stakeholders, including urban farmers, researchers, and chefs. Urban farms leverage this technology to produce fresh greens in densely populated areas. Professional chefs utilize hydroponically grown ingredients to ensure the highest quality and freshness, often enhancing the flavors of their dishes. Notable restaurants worldwide have integrated hydroponic gardens, providing a farm-to-table experience directly in their kitchens.

Where is Hydroponics Practiced?

Hydroponics is practiced globally, from small urban setups in apartments to large commercial farms. Cities like New York, Tokyo, and Amsterdam are pioneers in hydroponic farming, integrating these systems into urban landscapes. Schools and community centres are also adopting hydroponics as educational tools, teaching sustainability and agriculture to future generations.

When Did Hydroponics Emerge?

While hydroponics has roots dating back to ancient civilizations, modern hydroponic systems gained popularity in the mid-20th century. Advances in technology and a growing awareness of sustainable practices have accelerated its adoption in recent years. Today, hydroponics is seen as a viable solution to global food shortages and environmental challenges.

Tips and Tricks for Success in Hydroponics

Start Small: If you're new to hydroponics, begin with a small system to understand the fundamentals before scaling up.



Chef (Dr.) Kunal Seth, an IHM Bhubaneswar alumnus (1993), is currently a Professor and former HOD at Amity School of Hospitality, Amity University Haryana. With 27 years in the hospitality industry, he has extensive experience, including over a decade as a Chef for HACCP-certified organizations and as coordinator Chef for Air India.

Why is Hydroponics Important?

The importance of hydroponics lies in its sustainability. It uses up to 90% less water than traditional soil farming, making it crucial in areas facing water scarcity (Food and Agriculture Organization, 2021). Hydroponics also eliminates the need for pesticides, producing cleaner and healthier crops. Additionally, it reduces transportation costs and emissions, as food can be grown closer to where it is consumed.

How Does Hydroponics Work?

Hydroponic systems deliver essential nutrients directly to plants via water. Growers must monitor pH levels and nutrient concentrations to ensure optimal growth. Automation technology, such as sensors and smart irrigation systems, can simplify this process. Indoor hydroponic farms often use LED grow lights to provide the necessary light spectrum for photosynthesis, making year-round cultivation possible.

Monitor Conditions:

Regularly check nutrient levels, pH, and water temperature. This will help prevent common issues like root rot and nutrient deficiencies.

**Choose the Right Crops:**

Leafy greens, herbs, and strawberries are excellent choices for beginners due to their rapid growth and adaptability.

Utilize Technology:

Consider using smart sensors to automate monitoring and nutrient delivery, ensuring optimal plant health.

Educate Yourself:

Online resources, forums, and local hydroponics clubs can provide valuable insights and support.

Fun Facts about Hydroponics

Hydroponic systems can produce crops in as little as 28 days, compared to the 60-90 days required for soil-grown plants (NASA, 2015).

Some commercial hydroponic farms can yield up to ten times more produce per square foot than traditional farms.

Culinary Insights

From a culinary perspective, hydroponics offers chefs unparalleled access to fresh herbs and greens, elevating the quality of their dishes. Many chefs appreciate the ability to control the growing conditions, resulting in more flavourful and vibrant produce. Furthermore, hydroponically grown ingredients often have higher nutrient levels, enhancing both taste and health benefits.

Conclusion

Hydroponics is not just a passing trend; it is a sustainable solution poised to revolutionize food production and culinary practices. By enabling efficient use of resources, reducing environmental impact, and providing fresh ingredients directly to kitchens, hydroponics stands at the intersection of technology and sustainability. As this method continues to evolve, it offers exciting possibilities for chefs, urban farmers, and anyone passionate about quality food.

Through this exploration of hydroponics, we see its potential to enhance our food systems and encourage sustainable practices, making it a delightful topic for all food enthusiasts.

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Urban Golf
Lounge Wear

A Call for Change in India's Hospitality Education

Dr. Bhupender



Dr. Bhupender has over ten years of experience in the fields of teaching, research and hotel operation. He has completed his doctorate from Institute of Hotel & Tourism Management, Maharshi Dayanand University, Rohtak - Haryana. He is working as Founding Member of School of Hotel Management, Starex University, Gurugram - Haryana. He has published research papers and book chapters in national and international journals and books

In the vibrant tapestry of India's culinary landscape, hotel management has long been a coveted career path. The allure of glamorous kitchens, international travel, and the promise of a fulfilling career has drawn countless aspiring chefs and hospitality professionals. However, a growing concern is emerging: the declining number of admissions to hotel management courses across the country. This trend raises important questions about the future of the industry and the factors driving this decline.

Who is Affected?

The shrinking enrollment numbers are a major concern for educational institutions, industry professionals, and aspiring hoteliers alike. Colleges offering hotel management programs struggle to fill seats, culinary and hospitality businesses are facing a talent gap, and students miss out on a sector that was once seen as glamorous and rewarding. The entire ecosystem of hospitality—restaurants, hotels, resorts, and even cruise liners—is impacted by this decline in fresh talent.

Why the Drop in Admissions?

The decline in hotel management admissions can be attributed to several factors. One of the primary reasons is the increasing competition from other sectors. The rise of technology, e-commerce, and entrepreneurship has presented lucrative career paths for young people, diverting their attention away from traditional industries like hospitality. Moreover, the COVID-19 pandemic dealt a significant blow to the tourism and hospitality sectors, leading to job losses and financial instability, further dampening the appeal of these careers.

The changing dynamics of the industry itself have also contributed to the decline. The traditional model of hotel management, characterized by long hours, hierarchical structures, and limited work-life balance, is becoming less attractive to younger generations who prioritize flexibility and personal fulfillment. Another reason is the lack of awareness about the diverse career opportunities within the industry. Hotel management is often associated solely with working in hotels, whereas the sector offers a wide array of careers in event management, tourism, and the booming culinary arts scene. Without proper guidance, students are missing out on these potential paths.

Additionally, the advent of online platforms and digital technologies has disrupted the hospitality industry, requiring professionals to possess a broader range of skills beyond traditional culinary and management expertise.

How Can We Address This?

The consequences of this decreasing enrollment are far-reaching. A shortage of qualified professionals in the hospitality industry can lead to compromised service quality, reduced competitiveness, and hindered economic growth. It can also limit the industry's ability to innovate and adapt to emerging trends. To address this crisis, it is imperative to revitalize interest in hotel management education.

1. Rebranding the Industry: We need to shift the narrative around hospitality education. The focus should be on highlighting the industry's resilience and the wide array of job opportunities it offers—beyond just hotels.

2. Raising Awareness: Schools and career counseling programs should promote the diverse roles available within the hospitality and culinary industries. Partnering with influencers and chefs who have made a name for themselves in the industry could also inspire younger generations.

3. Industry Collaboration: Stronger ties between educational institutions and industry professionals can help create better internship opportunities, campus placements, and hands-on experience for students, ensuring they are well-prepared and connected.

4. Curriculum Innovation: Institutions need to offer more diversified courses, including digital marketing for hospitality, culinary innovation, and sustainable tourism. This will help make the curriculum more appealing to the modern student.

The hospitality industry is vital to India's culture and economy, with hotel management education playing a key role in its growth. It's important to show students that a career in hospitality is about being part of a global, innovative sector, not just working in hotels. Now is the time to make hospitality education more relevant and future-ready, inspiring today's students to become tomorrow's industry leaders.

The growth of Telugu speciality Restaurants in Hyderabad

Chef K. Vamshi Naidu



Hyderabadi Biryani would be the first dish that comes to mind with the name Hyderabad. Hyderabadi Biryani is in every one's heart, but the culinary panorama is surely changing. The dishes such as Pulaos are gaining immense popularity as a delicious and satisfying alternative to the traditional Biryani, courtesy increasing speciality Telugu restaurants.

Telugu is the regional food belonging to the Telugu people. They mainly live in Indian states of Andhra Pradesh and Telangana. This regional cuisine has bold flavours, spicy notes, and a wide use of spices and other ingredients.

Not surprisingly, speciality restaurants of Telugu have managed to strike a chord among locals in Hyderabad. The cultural identification and novelty in cuisine are seen as an essential component of the cosmopolitan personality of the city. Of course, Hyderabad is famous for biryani and haleem, but over time, it appears to be rediscovering its nativity cuisine, and in this quest for an image, fine-dining restaurants take the lead.

Inheriting the roots: Hyderabad is embracing its Telugu identity and boasts some of the best renditions of classic Andhra Pradesh and Telangana dishes at restaurants. Work in highlights: Gongura Mamsam, Pulusu, and Kodi Pulao get fine dining touches at these restaurants blending tradition with trendy presentation to woo all locals and tourists seeking to dine over an upscale dining experience infused with local flavors

Economic Growth and Affluent Clientele: IT industry growth has made Hyderabad a center for all the young profession, business travellers, and expats. Young, affluent buying population is causing a demand for luxury food. Regional cuisine restaurants are also part of this affluent menu.

Exposure to Global Flavors and Contemporary Approach Chefs:

Most specialty Telugu restaurants in Hyderabad today have chefs from around the world who are returning to their own soil. International perspectives on traditional preparations are given a new flavor with novel techniques of cooking and blends of ingredients. Such fusions may find appeal with the client group that likes authenticity as well as novelty.

Simplicity and variety in vegetarian preparation:

With healthier and simpler lifestyles on the minds of most people in this post-pandemic world, the people around are embracing slow-cooked dishes, embraced green thali, and all sorts of vegetarian options. Telugu cuisine, with flavours endless in variety, rich with much of vegetarianism throughout the dishes, one such cuisine is contributing to the restoration of the forgotten recipes of our grandmothers' times, and Tamata pepper rasam is one of those staple dishes seen in every Telugu house hold has now started appearing in Telugu restaurants too.

Locally sourced ingredients

The farm-to-table trend has taken root in Hyderabad. Restaurants are now considering fresh, locally sourced seasonal ingredients like millets, tamarind, various greens among many others, whose quality is good for health and helps in maintaining the traditional taste.

Growing Hyderabad as a Culinary Destination

While Hyderabad has always boasted the famous food, its reputation as a culinary destination is growing. Telugu speciality restaurants are serving the tourists visiting there for classy experiences in South Indian cuisine, increasing this trend further.

A hospitality professional with a passion for education and nearly a decade of experience in teaching, mentoring, and shaping future industry leaders. Currently serving as an Assistant Lecturer at IHM-Hyderabad, actively contributing to academics, student placement initiatives, social media and website management, institute publications, and various administrative responsibilities.

Focus on Telangana cuisine:

While Andhra cuisine has long been well-known, Telangana cuisine has, till now, mainly played the backseat and is now finding its place in such high-end restaurants. Such novelties like starters Jonne Rotte(Jowar roti), Talkaya kurra, which happens to be a very popular goat or lamb head curry, Pachi Pulusu-cool, raw Tamarind Rasam, and Sarva Pindi, a circular pancake made of rice flour with peanuts inside- a savory delight. The government too likes to celebrate Telangana through food festivals on the day of the formation.

Celebrity chefs flooding social media:

Celebrity chefs and social media influencers of Hyderabad have, in the past, added to significant importance that the city's specialty Telugu restaurants needed. Probably through partnerships with top hotels and food festivals or media houses, it gets a lot of eyeball.

Conclusion

Telugu speciality restaurants dot the landscape of Hyderabad, scaling the walls where tradition and innovation blend in successfully. What was once a rich culinary heritage has now translated into the ever-growing demand for high-end dining experiences at specialty restaurants in Hyderabad that redefine food perception among the locals and visitors. They are culture ambassadors who, in a globalised setting, brood the rich flavours of Andhra and Telangana.

Chicken Majiiga Pulusu, a classic Andhra delicacy

Chicken Majiiga Pulusu is prepared with chicken, which is marinated in a yogurt sauce and cooked along with different spices. The word “majiiga” refers to buttermilk/yogurt, while ‘pulusu’ is a type of curry that is mildly sour, usually made with tamarind or yogurt.

Ingredients

- 500g Chicken, cut into bite-sized pieces
- 1 cup of whisked Yogurt
- 1/2 tsp Turmeric Powder
- 1 tsp Red Chili Powder
- 1 tsp Coriander Powder
- 2-3 Green Chilies, slit
- 1 tbsp Ginger-Garlic Paste
- 2 Onions, finely chopped
- 2 Tomatoes, finely chopped
- 10-12 Curry Leaves
- 1/2 tsp Mustard Seeds
- 1/4 tsp Fenugreek Seeds (Methi)
- 1 tbsp Tamarind Pulp (optional)
- 2 tbsp oil
- Salt to taste
- Fresh Coriander, for garnishing



Method:

1. Marinate the chicken with turmeric, chili powder, salt, and half of ginger-garlic paste and keep aside for 30 minutes.
2. In a skillet, heat oil and add mustard and fenugreek seeds, and once they begin to crackle, add sliced green chilies and curry leaves.
3. Once the onions turn a golden shade, add chopped onions and stir them.
4. Add the rest of the ginger-garlic paste to the skillet and sauté until the smell of the paste disappears.
5. Introduce the marinated chicken and cook it over a medium flame until it has changed its colour.
6. Incorporate tomatoes and let the mixture heat until the tomatoes soften and some oil separates out.
7. Reduce the flame and slowly mix in the when yogurt, while making sure to continue stirring to avoid a curdle effect.
8. Next sprinkle in coriander powder and add some salt if needed.
9. Now cover and let it cook till the chicken is tender and the gravy has thickened up.
10. If you are using tamarind pulp, add it now and allow it to cook for another 5 minutes.
11. Finally garnish with some fresh coriander leaves and serve with steamed rice or roti.

This is perfect chicken curry for the people who love Andhra's cuisine! It has a thick and creamy sauce and the taste is spot on!



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From Hive to Shelf: New Frontiers in the Honey Industry

Puneet Mehrotra

The honey industry is undergoing a significant transformation, driven by advancements in technology, shifting consumer preferences, and an increasing focus on sustainability. This journey, spanning from hive to shelf, merges time-honored traditions with cutting-edge innovations, offering both opportunities and challenges for producers and manufacturers.

A prominent trend in this evolution is the adoption of sustainable beekeeping practices that prioritize bee health and biodiversity, ensuring ecological balance. Producers are also incorporating advanced technologies, such as smart hives and AI-powered monitoring systems, to optimize hive conditions, track bee behavior, and enhance production efficiency.

In the market, infused and functional honeys—enriched with superfoods, herbs, or other health-boosting ingredients—are captivating health-conscious consumers. Additionally, digital platforms and direct-to-consumer models are reshaping supply chains, making premium, artisanal honey more accessible to global audiences.

The honey industry has evolved beyond just producing sweetness; it now represents sustainability, transparency, and innovation. As the sector continues to advance, it sets new benchmarks for harmonizing nature's bounty with technological ingenuity, paving the way for a sustainable and innovative future.



AI Technology in Honey Extraction

AI technology is revolutionizing honey extraction, offering unprecedented efficiency, sustainability, and precision. Smart hives equipped with AI-driven sensors monitor critical parameters like temperature, humidity, and bee activity in real-time, providing invaluable insights into colony health and honey production. AI-powered systems determine the ideal time to harvest honey, minimizing disruption to bees and ensuring colony well-being. Advanced automated extraction machines use sophisticated algorithms to separate honey from combs with exceptional precision, reducing waste while preserving honey's natural integrity.

Moreover, AI plays a pivotal role in quality control by analyzing honey for purity, consistency, and authenticity, enabling producers to meet stringent industry standards and build consumer trust. By integrating AI throughout the production process, producers can achieve operational excellence while delivering high-quality honey sustainably.

Eco-Friendly Beekeeping Practices

Producers are adopting organic methods, conserving biodiversity, and reducing chemical usage to create sustainable environments for bees.

Producers are adopting innovative eco-friendly beekeeping practices such as urban rooftop beekeeping, planting wildflower corridors, and constructing bee hotels to support pollinators. Many are shifting to organic honey production, avoiding synthetic chemicals, while others use solar-powered hives to monitor bee health sustainably. Educational initiatives like Bee City USA are raising awareness, encouraging communities to create bee-friendly environments. These practices ensure biodiversity conservation and sustainable honey production.



Mr. Puneet Mehrotra, founder of [Himalaya Ayurveda Shodh Sansthan] HASS Ayurveda, has been a pioneer in the Ayurvedic manufacturing industry since 1994. Puneet's expertise and writings reflect his dedication to preserving Ayurveda's authenticity while addressing modern health needs.

Smart Hives for Data-Driven Beekeeping

Smart hives equipped with IoT and AI technologies are revolutionizing beekeeping. Examples include systems like BeeHero and Arnia that monitor hive health and conditions using sensors for temperature, humidity, and bee activity. GPS-enabled hives track migratory colonies, while tools like BuzzBox analyze foraging patterns. Solar-powered IoT systems, such as Hivemind, support remote monitoring in isolated areas, and apps like ApisProtect provide real-time hive insights, making beekeeping more efficient and sustainable.

1. Why did the chef make a New year's resolution to eat salads?

To leaf the old habits behind!

2. What did the coffee file a police report for on New year's Day?

It got mugged!

3. Why did the baker made a New year's resolution to bake a more bread?

To rise to the occasion!

By CHEF ABINESH. P

Ethical and Transparent Supply Chains
Traceability and transparency in the honey industry ensure that consumers can trust the quality and origin of the product while verifying ethical practices throughout the supply chain. This approach builds consumer confidence, supports ethical beekeeping, and promotes sustainability. Some of the key innovations include:

- **Blockchain Technology:** Tracks the honey's journey through an unchangeable digital ledger. It helps prevent fraud, ensures authenticity, and builds trust.
- **QR Codes on Packaging:** Enables consumers to scan QR codes to access details about the honey's origin and testing results. This simplifies data access and fosters transparency.
- **IoT-Based Hive Monitoring:** Uses sensors to track hive conditions (e.g., temperature and bee activity) in real time. It ensures bee welfare and promotes ethical beekeeping.

Innovative Extraction Techniques
Advanced methods focus on minimizing bee disruption and preserving honey's nutritional and medicinal qualities:

- **Centrifugal Extraction:** Uses centrifugal force to extract honey, keeping honeycombs intact and reducing bee stress.
- **Vacuum-Assisted Extraction:** Gently extracts honey with low-pressure systems, retaining enzymes and nutrients.
- **Thermal-Free Processing:** Avoids heat to preserve honey's raw and medicinal properties.



Innovative Extraction Techniques
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- **Thermal-Free Processing:** Avoids heat to preserve honey's raw and medicinal properties.



Rise of Functional and Infused Honey

Honey infused with herbs, spices, and superfoods is growing in popularity for added health benefits:

- **Herbal Infusions:** With turmeric or ginger for anti-inflammatory effects (e.g., Vedevi Herbal Tea Honey).
- **Spiced Honey:** Cinnamon or chili for antioxidants and flavor (e.g., Bee K'onscious).
- **Superfood Additions:** Matcha or collagen for energy and skin health (e.g., Manuka Doctor).

Eco-Friendly Packaging Solutions

The honey industry is embracing biodegradable, reusable, and minimalist packaging to meet sustainability goals and consumer demand:

· **Biodegradable Packaging:** Materials like plant-based plastics or paper reduce environmental impact.

· **Reusable Containers:** Glass jars encourage repurposing and reduce waste.

· **Minimalist Designs:** Simplified packaging minimizes resource use and aligns with eco-conscious branding.

Digital Marketing and Direct-to-Consumer Sales

E-commerce platforms are transforming honey distribution by connecting producers with global audiences, enabling direct sales without intermediaries. For instance, a small-scale beekeeper in Uttarakhand can use platforms like Amazon or Etsy to sell organic honey directly to customers in the United States. By leveraging digital marketing tools such as social media ads and email campaigns, the beekeeper can highlight the product's unique features, such as being raw and sustainably sourced, reaching niche markets and boosting sales.

Emerging Markets and Globalization

Rising demand in emerging markets and global trade are opening new opportunities. For example, Indian honey producers are exporting organic honey to the Middle East, meeting the region's growing preference for natural products.

CONCLUSION

The honey industry is experiencing a transformative evolution, combining traditional practices with advanced technologies to meet modern challenges and consumer demands. From sustainable beekeeping and AI-driven innovations to functional honey products and eco-friendly solutions, the sector demonstrates its dedication to quality, transparency, and environmental stewardship.

As it navigates climate change and global market opportunities, the honey industry sets a new standard for balancing nature's gifts with human ingenuity. This progress ensures a brighter, more sustainable future for honey production, solidifying its vital role in ecological and economic well-being.

WorldChefs Presidential Campaign October 2024

Himanshu Barola

If Music and Dance can solve real problems, Carpe Diem.

The WorldChefs Presidential Election concluded on October 22, 2024, at Marina Bay Sands, Singapore, after a three-day conference from October 20-22, with the election taking place on the final day.

This election added another feather to the Indian Federation of Culinary Associations' (IFCA) cap. India has been a member of the World Association of Chefs Societies (WACS) for the past 20 years. For the first time in history, something unprecedented occurred: Chef Manjit Gill became the first Indian, the first Asian, and indeed the first representative from the Global South to contest this election.

Around the World, the status quo is being challenged, and our closely knit Chef Community is no exception. This time, we didn't come just to receive Awards, Applause, or Certificates. We came to challenge the Status Quo, bringing with us a vision - an Agenda, a Manifesto, and a plan for Execution. We wanted to look beyond Conferences, Competitions, and other routine Objectives.

As the aspirations of our Global Youth evolve, so must we. The most important constant in this World is change. Today's youth have access to Knowledge and Resources; what they seek from us is simply a listening ear. Only Luddites resist change, clinging to comfort zones and perhaps deliberately overlooking the hopes and dreams of those around them.

Once you have skin in the game, you no longer look at things superficially. That's exactly what we did. Even with limited data - whether by design or oversight - we connected with various presidents and Association Members Worldwide. At first, we simply sought votes. But as our journey progressed,

we recognized a Wealth of hidden talent and potential. All these individuals need is a voice through which they can be heard and seen. We understood the linguistic diversity of our community, and Chef Manjit Gill's speech was translated into 13 languages, including Mandarin, Korean, Japanese, Vietnamese, Spanish, Greek, Portuguese, Russian, Italian, Arabic, Polish, French, and German.

Some may ask: where is the grace in losing? Before launching our campaign, we did the math and realized that we had only one vote - Chef Manjit Gill's. However, something remarkable happened during the conference. We met numerous International Delegates and gained invaluable insights.

Like any democratic election, Winning is a numbers game, something well understood by the "Mother of Democracy." People often assure each candidate of their support to avoid awkwardness, but the truth is revealed in close observation, conversations, understanding individual ambitions, reading messages, interpreting gestures - all of which indicate real intentions.



Himanshu Barola is Strategic Advisor for Indian Federation of Culinary Associations (IFCA).

He is also Founder of Sustainability Company - "Everything Recycles".

He was the part of Team Chef Manjit Gill's WorldChefs Election Campaign Team.

Immediately after the election, the votes were destroyed, a norm for WorldChefs elections. We have a general idea of the support we garnered, though without concrete data, any specifics would be mere conjecture.

Now, people see India as a beacon for unheard voices. Over 100 nations remain outside this prestigious Organization, and we met many countries eager to join but constrained by financial limitations. Many simply cannot afford the WorldChefs annual fees.

The sting of defeat has awakened a sleeping giant, stirring it to unleash its full strength. And as I close this article, I leave you with a thought from Ubuntu philosophy: "I am because we are."



Acknowledging our support partners for the Worldchefs campaign 2024



Inside The Kitchen: An Exclusive Interview With Chef Srijith Girija Gopinath



1. What challenges did you face when starting out in the culinary world and how did you overcome that?

As a student in Bangalore, finding a job wasn't as difficult as it might have been elsewhere. However, my real challenge stemmed from being born and raised in a rural village. Many of my batchmates were from cities, except for a few who struggled with English. Even though I attended a convent school and spoke English, I wasn't as fluent as those from cities like Bangalore or Chennai. This created a significant communication barrier when interacting with chefs and managers, which, in turn, affected my confidence and opportunities.

Despite securing a job, I faced constant challenges due to the language gap. I could speak English better than many others, but not at the level of those "city boys." This was particularly noticeable during interviews, where I would struggle to express myself fluently in group discussions. Unfortunately, this often led to me being overlooked, as the first impression in such situations hinges heavily on how well you can articulate your thoughts. This left me feeling incomplete, knowing I could have done better if my language skills were more polished.

While I eventually made progress, not everyone did. Many of my batchmates couldn't overcome this hurdle and ended up leaving the industry altogether, despite studying for three years. I'd estimate that less than 5% of my batchmates remained in the industry. Back then, job opportunities were scarce, with options limited to a few star hotels or the difficult prospect of working abroad.

Once in the industry, the challenges didn't stop. I was always eager to explore cuisines that were less familiar to us, particularly French cuisine. However, gaining access to information was tough. In those days, we relied heavily on books, which were expensive and hard to find. I remember frequently visiting a specific place in Bangalore just to buy culinary books.

My interest in French cuisine was driven by its disciplined approach—everything was documented in precise measurements and detailed procedures, unlike what we often encountered in our kitchens.

2. How to do you adapt traditional recipes to modern tastes?

There was a time when I would take traditional recipes and fuse them with new and readily available ingredients. However, as I gained more experience, I realized this approach often diluted the originality of the dish. I came to understand that it's important to preserve and promote traditional recipes in their authentic form. Given that I was one of the early ambassadors of Indian cuisine in the USA, I recognized my responsibility to educate people about the true essence of Indian food.

When I established my restaurant company, particularly with my South Indian restaurant, I made it a priority to maintain authenticity and educate diners about traditional dishes. There's a way to introduce modern elements without compromising the integrity of a recipe—by keeping the recipe authentic while enhancing its presentation to appeal to contemporary tastes. This approach ensures that the dish remains visually appealing while preserving its original flavours.

I believe food should be presented thoughtfully, not just served as it might be at home. I'm not a fan of altering traditional recipes unnecessarily. However, being in California, I sometimes incorporate seasonal ingredients to subtly enhance the flavours while staying true to the original dish.

3. What role does presentation play in your dishes and how do you approach it?

2 star Michelin Chef, Restaurateur, Food and Beverage Consultant, Co-owner at Ettan, Palo Alto, Chief Culinary Officer at Sempera Organics, Chef and Food and Beverage Director at Taj Campton Place.

While presentation is important, it shouldn't be the sole focus. If you ask me whether one should dedicate their entire time and energy to presentation, the answer is no. It's essential to keep the dish as natural as possible while still incorporating artistic elements. The key is finding a balance between creativity and efficiency. You shouldn't push the artistic aspect to the point where it compromises the quality of the dish or makes it impractical for service.

From a commercial perspective, food presentation must be efficient without sacrificing the taste or experience. In a restaurant setting, we have to consider both the aesthetic appeal and the practicality of serving the dish. Overemphasizing presentation can lead to inefficiencies, and ultimately, the end product suffers. The level of presentation should depend on what you're serving, ensuring that both the dish's appearance and execution align with the overall dining experience.

4. What steps do you take to minimize food waste in your kitchen?

In an à la carte restaurant like mine, there's only one way to approach production: the traditional method. The key is to produce exactly what you need based on a clear understanding of daily covers. In this setup, predicting the number of covers from Monday to Sunday is crucial, as occupancy can fluctuate anywhere from 80% to 120%. With this in mind, it's essential to standardize your recipes and portion sizes. Accurate forecasting helps manage food wastage effectively. For an à la carte setup, you'll need to maintain a buffer stock, but it's important to store it properly so it's only used if necessary. Ultimately, managing food waste differs depending on the type of restaurant, but in an à la carte setting, careful planning and standardization are key to minimizing waste while maintaining efficiency.

Genetic Modification in the Food Industry

Aditya Rajesh Nair

Genetic modification (GM) is an expanding area of biotechnology that is transforming environmental management, agriculture, and health industries. I find it important to explore how it will impact the food industry as well.

It involves modifying an organism's DNA or genetic material to add new traits or change existing ones. Although genetic modification has a long history, the discovery of recombinant DNA in the 1970s gave way for modern genetic engineering (Berg et al., 1975). Since then, the technology has improved, increasing its impact and uses in several industries.

Cisgenesis and Transgenesis: Cisgenesis is the process of transferring genes across organisms of closely related species. Researchers have used cisgenesis to improve disease resistance in potatoes by using genes from wild potatoes (Haverkort et al., 2016). This is believed to be more "natural" and reduces ethical problems. Think of cisgenesis as a family reunion where you're only inviting close relatives. It involves transferring genes between organisms that are closely related, just like how family members share traits and traditions.

Whereas, transgenesis is the process of transferring genes between unrelated species. One example is Bt corn, which has been genetically altered to produce a protein, from *Bacillus thuringiensis* bacteria, that is poisonous to some pests and vermin. This has reduced the use of chemical pesticides as well as increased yields. (Head et al., 2014).

CRISPR-Cas9: Imagine if you could edit a book by just cutting and pasting pages—CRISPR-Cas9 works somewhat like that, but with DNA. The CRISPR-Cas9 technology, developed in 2012 by Jennifer Doudna and Emmanuelle Charpentier, represents a substantial advancement in the field of genetic engineering (Doudna & Charpentier, 2014).

This tool allows for very precise modifications to DNA, much like fine tuning a recipe, enabling scientists to knock out, insert, or replace specific genes. (Zhang et al., 2016).

Genetic modification has revolutionized agriculture. GM crops can be bred to resist pests, tolerate droughts, and raise yields as well as improve nutritional content, which is can help us with the world food crisis, that began in 2022, as declared by the UN World Food Program. Bt corn, again, stands out as maybe the best example for GM being used for enhancing crop performance, as it has reduced pest damage and increase yields by up to 15% (Brookes & Barfoot, 2018).

Another example of GM is Golden Rice. By inserting genes from daffodils and bacteria, it's been engineered to produce Beta-carotene— a compound that our livers turn into Vitamin A. This biofortified rice can combat vitamin A deficiency, which is prevalent in many developing countries where rice is a staple (Paine et al., 2005). This can also contribute to reach the the third UN Sustainable Development Goal (Good Health and Well-being)

Additionally, drought-tolerant GM crops can help farmers in regions with water scarcity, contributing to global food security which is the second UNSDG (Zero Hunger).

Despite the benefits of genetically modified organisms (GMOs), they face scrutiny regarding possible health risks. Concerns range from possible toxicity to the emergence of antibiotic resistance. Although a comprehensive review by the National Academy of Sciences concluded that GM foods currently approved for consumption are as safe as their conventional counterparts (National Academies of Sciences, Engineering, and Medicine, 2016), public hesitation continues. Some studies have linked GMOs to health issues, but these findings remain inconclusive and debatable (Bøhn et al., 2014).



Aditya holds a Level 2 Diploma in Food Preparation and Culinary Arts, from the prestigious City and Guilds, London, and a B1-level certification in French from the French Ministry of Education, while balancing the rigorous International Baccalaureate Diploma Program for his 11th grade. Aditya has excelled in numerous national-level culinary competitions, winning several awards for his creativity and skill.

The environmental impact of GMOs is also a concern. Issues such as biodiversity loss, gene transfer to non-target species, and the development of pesticide-resistant 'superbugs' also exist (Gould, 1998). Societal and ethical concerns also complicate the issue, specifically about consumer awareness and labeling.

It is difficult for customers to make informed choices due to the lack of consistent labelling regulations across countries. International initiatives to standardize regulations, like Codex Alimentarius, face challenges in seeking global implementation (Codex Alimentarius, 2017).

Genetic modification has the potential to tackle some of the biggest challenges we face, like food security. But it also brings up important debates and ethical questions that we need to think through carefully. By addressing these concerns, we can make the most of what genetic modification has to offer while keeping any risks in check and using it responsibly. As conversations about GMOs become more common, it's crucial to help people understand the issues better.

Emerging Trends in Food Processing & Packaging

Chef Tarun Bhatia



Tarun Bhatia boasts over 31 years of multifaceted experience across various domains within the hospitality industry.

Currently, Tarun represents Venix s.r.l. Italy as Chef Ambassador and EMR Resources UK as Country Manager for India subcontinent with offering of numerous European brands, offering Technological Solutions for HORECA.

As Hospitality Professionals, we are aware that food processing refers to all the methodology and techniques that are used to transform raw ingredients into finished food products that are safe, nutritious and suitable for human consumption. The stages of food processing may involve few or all stages, such as receiving, storing, cleaning, processing, cooking, preserving and eventual packaging.

Food packaging involves enclosing and protecting food products to ensure they remain fresh, safe, uncontaminated and appealing to consumers for several reasons of Storage, Logistics, Shelf life, Marketing and also mostly about sharing important information about nutritional content, expiration dates, Packaging size, pricing, taxation as well as FSSAI and manufacturers details.

The Food Safety and Standards Authority of India (FSSAI) has also established regulations and guidelines for food processing and packaging to ensure food safety and quality.

Bearing in mind the key points of FSSAI, below are aspects to implement in Processing and Packaging:

Safety and Hygiene: Strict Hygiene practices must be followed in food processing to prevent contamination and ensure food safety.

Storage: Appropriate measures must be taken for proper storage of raw, semi-finished and finished goods, as well as avoiding danger temperature zone at all times.

Standards and Additives: Specific standards for various food products must be maintained, including permissible additives and preservatives with their chemical properties as well as permissible weight limits.

Registrations: Manufacturers must obtain the FSSAI license for food processing as well as display the Registration details on all products that are sold as B2B or in the Retail or Export segment.

Packaging Material: The packaging materials used must be safe and suitable for food contact.

Labelling: Accurate and clear labelling is mandatory with all information and data of ingredients, nutritional facts, and manufacture / expiration dates.

With technological advancements and sustainability concerns worldwide, emerging trends in food processing and packaging are shaped by consumer demands to align with their dietary and environmental values as well as additional factors of Technological Innovations such as automation, smart packaging, and improved preservation techniques, Sustainability Concerns for environmental issues and eco-friendly packaging solutions, Health and Safety focus on improving food safety and nutritional quality, and lastly Globalization and Diversity.

The older trends in food processing and packaging often emphasized preservation through artificial means & traditional mass production techniques as well as using traditional packaging and labelling materials, and the newer trends revolve around Health consciousness, sustainability, transparency and innovations.

Production: Traditionally the focus was on mass production to reduce costs and maximize efficiency, often at the expense of product individualization and diversity.

With new emerging trends, robotics and automation in food processing enhances production efficiency and reduces labour costs.

1. New Age factories are now leaning towards Robotics that are being used for tasks ranging from sorting, mixing, processing and packaging. Food Production units such as Induction Fryers, Brat Pans and Cookers, Combi and Speed Ovens, Conveyor Proofers and Ovens, 3D Food Printers, High-Pressure Processing Equipments (HPP) etc. are few examples of technological advanced equipment's used for food processing.

2. Preservatives / Additives: The use of artificial preservatives and additives for extending shelf life was common which had health implications. Food Manufacturers are now exploring plant-based and natural based food additives and preservation techniques. Additionally, older methods included canning, freezing, and drying, which were primarily aimed at prolonging shelf life without much innovation in processing techniques, wherein newer technologies such as high-pressure processing (HPP), advanced pasteurization methods, Retort, Modified Atmosphere Packaging (MAP), Vacuum Packing etc. are used extensively thereby replacing old methods as well as artificial & chemical additives for longer shelf life.

3. Functional Foods: Growing interest in food products that offer added health benefits (such as probiotics and vitamins), often influencing new processing methods and formulations.

4. Conventional Packaging: Traditionally, food packaging primarily used materials like plastic, glass & metal without much emphasis on recyclability or sustainability.

With growing environmental awareness, manufacturers are focusing on using biodegradable, compostable & recyclable materials. Additional innovations include plant-based materials and minimalistic packaging designs to reduce waste.

5. Smart Labelling: Few years ago, information regarding ingredients, nutritional aspects, origin, manufacturer details etc. was often limited, leaving consumers ill-informed about the product.

With emerging trends incorporating technology into packaging allows for better information for customer as well as the manufacturer (tracking & monitoring of food products with QR codes technology) that also enable consumers to access information about sourcing, nutrition & freshness.

These emerging trends now reflect a dynamic shift in the food industry, driven by safety requirements as well as consumer preferences for health, sustainability and transparency.

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The Cultural significance of Durga Puja: A Festival of Food, Faith & Community

Arunava Nandy

Bengal, a land of rich culture and heritage, has a storied past, having been the capital of the British Empire in India. Despite influences from the Mughal and British eras, Bengal has preserved its cultural heritage in its most authentic form. Festivals are an integral part of Bengali culture, with a unique aspect being the widespread public involvement. Unlike other parts of the country, Bengali festivals are celebrated in large groups and communities, bringing together people from all walks of life.

Durga Puja, the paramount festival of Bengal, was inscribed on the UNESCO Representative List of Intangible Cultural Heritage in 2021, recognizing its profound cultural significance. The month of Ashwin (September 18th to October 17th) heralds the triumphant homecoming of Bengal's revered daughter, Uma, an occasion of unbridled jubilation and devotion. Bengalis have cultivated an intimate affinity with the Mother Goddess, venerating Durga Puja as the auspicious return of a married daughter, thereby underscoring the festival's emotional resonance. This grand celebration is not merely an occasion for revelry but also a period of dedicated service to the Divine Mother Durga, characterized by fervent ritualistic worship. Notable customs like Maha-Snan, wherein the image of the Goddess (reflection on a metallic mirror) is ritually bathed with approximately 96 items, and Navapatrika puja, a tribute to Mother Nature, wherein nine plants are ceremoniously draped in a red bordered yellow saree and worshiped as an embodiment of the Divine Mother, are integral to the festivities.

Bhog, or cooked Prasad offerings, is an indispensable component of Durga Puja, with diverse culinary delights presented to the Goddess throughout the day. The day commences with the Mangal Arati (Early Morning Vesper) and the offering of Mishtanna (mildly sweetened cottage cheese cakes), followed by Balya Bhog, a sumptuous repast comprising Khichuri (a flavorful Khichdi) and Bhaja (an assortment of fried vegetables).

In the afternoon, a lavish lunch platter, replete with at least four types of rice preparations and an array of accompanying dishes catering to all six tastes - savory, hot, bitter, sour, astringent, and sweet - is presented to the Goddess, in accordance with the scriptural injunction, "Annam chaturvidham Devim, swadayair shadhbhi samanwitam, uttamam pranadanchaiva grihana mamabhavatah." This delectable spread typically features Ghee Bhaat, Basanti Pulao, Pushpanna, Alur Dom, Labra Torkari, Chhanar Kopta, Dhokar Dalna, and an assortment of fish preparations. According to the Smriti Shastra of Bengal, a venerable text that governs traditional practices, five species of fish have been graciously exempted from the categorization of non-vegetarian fare.

The esteemed text decrees, "Illisha Chingikaschaiva, Bhetkir, Madguram evacha, Rohita matsyarajendra, pancha matsyaa niramisha" effectively absolving Illisha, Prawns, Bekt, Catfish, and Rohu from the conventional classification of non-vegetarian offerings. In consonance with Bengali traditions, these revered finned offerings are ceremoniously presented to the Goddess during the afternoon Bhog, with various preparations showcasing their culinary versatility. Sweet chutney, usually crafted with tomatoes, is also offered during this time, followed by Payesh (rice kheer) and an array of sweets including mishit doi (sweetened yogurt).

The food offerings are succeeded by the afternoon Vesper service, known as Bhog Arati, after which the Prasad offered to the Goddess is distributed among the devotees, fostering a sense of communal bonding.

In the evening, within 1 hour 36 minutes from sunset, the Evening Vesper service or Sandhya Arati is performed, followed by the Shital Bhog, a delectable offering comprising Luchi (deep-fried flatbread) and Sujir Payesh (semolina kheer), accompanied by an assortment of sweets.



Graduate in Hospitality and Hotel Administration from IHM Kolkata and a Post Graduate in Hospitality Administration from IHM Pusa, New Delhi. Currently working as an Assistant Lecturer at IHM Bhopal, in the Food Production department of the Institute since July 2019.



Durga Puja is a vibrant diversity of tradition, culture, and devotion, woven with intricate threads of ritualistic worship, sumptuous culinary offerings, and communal celebration. As the Divine Mother Durga descends upon the earthly realm, Bengalis welcome her with open arms, hearts filled with love and reverence. Through the sacred rituals and mouthwatering Bhog offerings, the festival transcends its religious significance, becoming a testament to the universal human spirit of gratitude, hospitality, and joy. As the festivities come to a close, the memories of Durga Puja linger, a lasting reminder of the transformative power of faith, community, and the unwavering bond between the divine and the mortal, leaving an indelible mark on the hearts of all who participate.



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IFCA Centre for Learning & Development

The Indian Federation of Culinary Association (IFCA) offers a learning development program aimed at enhancing culinary skills and knowledge within the Indian culinary community. This program focuses on providing professional development opportunities for chefs and culinary aspirants across the country. It covers a wide range of topics including traditional Indian cuisine, modern culinary techniques, international cuisines, food safety, nutrition, and hospitality management.

IFCA's learning development program incorporates workshops, seminars, masterclasses, and hands-on training sessions conducted by renowned chefs and industry experts. Participants have the opportunity to learn from experienced professionals, gain practical experience, and network with peers in the culinary field. The program is designed to cater to individuals at various skill levels, from beginners to experienced chefs looking to expand their expertise.

By fostering a culture of continuous learning and skill development, IFCA aims to elevate the standards of Indian culinary arts, promote innovation, and contribute to the growth and success of the culinary industry in India.

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