

HOSPITALITY TRAVEL CONNAISSEUR

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SCIENCE & CUISINE

MOLECULAR GASTRONOMY : A
DETAILED STUDY OF SCIENCE
BEHIND CUISINE.

EXPLORE FRANCE

THE COUNTRY OF THE
COMBINATION OF ART AND
REVOLUTION.

LEARN FROM LEADERS

EXCLUSIVE INTERVIEW OF MR. RAHUL
CHOWDHURY, ASSISTANT PROFESSOR OF
F&B AT SISTER NIVEDITA UNIVERSITY.

THE FOODFOOD ISSUE!



MR. RUDRA SONI.

EXECUTIVE DIRECTOR - HOSPITALITY
CONNAISSEUR.

FROM THE EXECUTIVE DESK

”

ACTUALLY, **THE DISCOVERY** OF A NEW
DISH DOES MORE TO THE HUMANS, THAN
THE DISCOVERY OF A NEW **STAR!**

DEAR READER,

Long Story Short...

Chef, One of the Most Important character of the **Hotel Industry!**
without them **The Industry would look like a place without it's soul.**

We often consider 'Chefs' as just Cooks, but They are more than Cooks.
They usually make magic from Ingredients, Giving life to a New-Dish!

**CHEFS ARE THE COMBINATION OF SCIENCE, MYTHS, MAGIC AND
APPERIENCE.**

It often takes a lot to become a Chef! Not Just Knowledge but it's
all about ***Dreaming, Executing*** and ***Understanding*** the needs of the
appetite!

Well, Do Enjoy this FoodFood Issue. Dedicated to all chefs and Food
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INDEX

ISSUE-5 | DECEMBER-2020

FOR ADVERTISING / PRESS NOTES /
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SHIVAM MARKETING ——— 07

Know the Icon : Journey of Mr. Ranjitdan Gadhvi. Managing Director of Shivam Marketing.

JOURNEY OF TEA ——— 08

The Journey of Tea becoming a Daily Affair. Get to know it's all historical details.

AQUAPONICS ——— 10

A Study on Farming using Less water.
Aquaculture + Hydroponics.

TRAVEL : FRANCE ——— 16

The country of the combination of art and revolution.

TREASURY OF INDIAN CUISINE ——— 18

Let's pledge – Dishing out Chefs' Excellence.

MOLECULAR GASTRONOMY ——— 20

The Science behind The Cuisine.

LEARN FROM LEADERS ——— 23

Exclusive Interview of Mr. Rahul Chowdhury, ASSISTANT PROFESSOR OF Food & Beverage Service at SISTER NIVEDITA UNIVERSITY.

EMERGENCE OF NEW NORDIC CUISINE ——— 26

Inshort, The Total Nordic Food Manifesto.

CONTACT US

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MR. RANJITDAN GADHVI.

Managing Director of Shivam Marketing.

Mr. Ranjitdan Gadhvi is the founder and Managing Director of Shivam Marketing. He is the sole dealer of shivam dhoop products. He has an office and warehouse in Rajkot and his team has done magic in the market. Natural Kapoor-Guggal & Incense cup has flooded in the market.

Let's Get to know this personality a little more...

Mr. Ranjitdan Gadhvi is originally from 'Kalavad-Shitla' village of Jamnagar district (Gujarat). His Father 'Sagardan Ji' and His Grandfather 'Bhaijibhai' were both policemen! Ranjitdan spent his childhood in different places due to different duty & jobs of his father. and also due to that He wasn't able to focus on his studies and failed seven times in 10th Grade. It became a reason for him to leave the studies and move on.

Ranjitdan says that my parents were careful about not to let the air of being a 'son of policemen' come to me. He Says... at last, Live life Honestly, Keep yourself down to earth, work on your Attitude and work ethically.

Mr. Ranjitdan Gadhvi was Interested in Business, He came to Jamnager at the age of 17 and started working in a firm with the wage of 50 Rupees a day! It was the humble beginning. After a little experience and a little time, He left that Job and started 'Marketing' of Branded Cigarettes. After marketing, he sold cloths, worked hard but did not get any return. Age was increasing, responsibility was also increasing. All He remembered was his Father's saying... **"No Task is**

"SHIVAM DHOOP"

A PLEASANT REALIZATION OF
DIVINITY.

”

Speed up the Decision Making Process!

*If you spend the whole night making the bed
than when will you Sleep?*

Small. Just Do it with honesty and sincerity".

With life learnings, He started riding Rickshaw for living, He did that for around 03 years, But still his Mind was Creative and Busy dreaming the desires of accomplished life. It's just that the rickshaw was running on the road and his dreams were the sky high! But due to timely requirement, He even started doing the service business of Repairing Gas Stoves.

Back in 2007, He moved from Jamnagar to Gandhinagar due to business reasons as He tried to set up a business for around 02 years but didn't succeed. In 2009, He Moved to Rajkot. As he says... "When I came to Rajkot, All I had was 2500 Rupees, Two Pillows and 02 Bedsheets. My wife Rashmi and I were together and all we had was our Dreams and Great Desires!" To start a living, We rented a house with 4000 Rupees a Month-rent. We didn't have enough for daily expenses but still we had our hope.

He adds that... We started searching for work through local newspapers where we don't have to invest anything and we can work. At the end, We found an Ad of selling a plot, a land, without investing anything. We tried hard, We worked hard and Earned 1.5 lakh commission from it. The deal was done.

This was a significant boost in their life. It made them wonder and inspired them to work even harder. After the first deal, The Brokerage work was set. We found Support and We made Friends. They Supported us and our new journey begins...

To be Continued...

THE JOURNEY OF TEA

THE JOURNEY OF TEA BECOMING A **DAILY AFFAIR!**



■ **MR. PRAJWAL SONI.**

Guest Contributor - Hospitality Connaisseur

”

A Typical Indian day won't start without a strong cup of tea, better known as (beloved) Chai.



”

Let's dive into the Aromatic Journey of Tea, becoming a Daily Affair!

According to statistics tea is the second most consumed beverage after water in the world.

But interesting thing is that trend of drinking tea in India is not even 100 years old. So how this beverage that was once considered as a luxury has now become a household affair? What's the journey of tea?

"ORIGIN OF TEA"

Tea was first originated in China, and according to a story once an emperor was boiling water and a tea leaf fell in it, after consuming that water and he found it to be amazing.

"TEA SPREAD ITS WINGS"

The credit of spreading tea to all over the world, goes to Dutch. They were the first to travel to Far East and took it back to Dutch from where it got to neighboring countries, then British came to India and set up their port in India in order to export tea.

"TEA IN INDIA"

The credit of bringing tea to India formally goes to Britishers, because they wanted to break the monopoly of china in tea sector. There was also a variety of wild tea that was grown in Assam for years used, but SINGHPO people who were using that tea in their food. They used it by drying it in sun and allowing dew to fall at night and then they used to smoke it in bamboo and consume it as a beverage.

"EXCHANGE OF ADDICTION"

Breaking china's monopoly over tea was not at all easy. When china saw that the demand of tea is constantly increasing in west, they started to charge more silver in return of tea and eventually beach were almost out of silver. So they came with a plan "exchange of addiction in return of addiction" they flooded the Chinese market with opium grown in Bengal, which also lead to opium war. This attempt was not that successful.

"THE GREAT THEFT"

After that a Scottish botanist came to India and he went to china in a disguise as a Chinese trader, he there collected the knowledge of growing tea, making green and black tea, collected tea saplings and tea seeds and came back to India with some tea specialist. Then they planted the tea in Darjeeling and Assam. But bush bought from china failed to grow in Assam because of geographic conditions. After that the Assam bush was studied and started growing it in a commercial way. Eventually Assam tea became superior to the Chinese tea. Today Assam tea is awarded with GI tag (geographic indication).

"JOURNEY OF TEA TO BECOME A DAILY AFFAIR"

During all this time tea was only consumed by British officers in India and elite Indian class, then Britishers thought of introducing it to common Indians and make India a potential market. But the problem was common men didn't know how to consume it so tea stalls were set up at the railway station with large hoardings stating how to make tea. They even did Campaigns Street plays on how to make tea.

Later on Indians added more milk and sugar in it, and made it according to their liking slowly and steadily as tea moved to houses of Indians and then they started adding spices to it such as ginger, cardamom, black pepper etc. Today India consumes 70% of tea produced in India.

Slowly and steadily tea became a daily affair from household matters to politics everything was discussed over a cup of tea. Tea became a thing which brings everyone together no matter from where they belong their thought process. So next time when you have tea, show some respect because it has seen a war, provides employment to millions of people (chaiwalas, tea farmers and production house) and most importantly it brings people together! That was the journey of tea.

”

"Tea time is a chance to slow down, pull back and appreciate our surroundings"

- Letitia Baldrige.

AQUAPONICS

FARMING USING LESS WATER : AQUACULTURE + HYDROPONICS



MR. MANAN CHAKRABORTY.

Guest Contributor - Hospitality Connaisseur
(Assistant Professor-Welcomgraduate school of hotel administration.
Manipal Academy of higher education-Karnataka, India)

”

What is Aquaponics? It is a farming method that combines the benefits of aquaculture and hydroponics.



”

Farmers and food producers across the country are discovering the benefits of aquaponics system as a sustainable and economical farming method.

A nitrifying bacteria convert the wastes that fish produce. They then serve as an organic nutrient source for the plants.

The water passes through a hydroponic **plant growing section** for filtration then recirculated back in the fish tank for reuse. **With a natural ecosystem** that recycles water continuously, an aquaponics system **uses 90% less water** versus traditional farming. Additionally, the system is self-sustaining which requires low maintenance and zero pesticides, fertilizers or herbicides.

The Aquaponics Systems are sustainable and environment-friendly, as there are no toxic wastes and run-offs from chemicals.

Ultimately, this systems can help urban food growers maximize food yield. This is possible by harvesting both fish for a protein source and fresh plant produce. Aquaponics is putting 'Fish' to work. It just so happens that the work those fish do (**eating and producing waste**), is the perfect fertilizer for growing plants. **And man, fish can grow a lot of plants when they get to work!**

”

One of the best things about Aquaponics is that it mimics a natural ecosystem.

It represents the relationship between **water, aquatic life, bacteria, nutrient dynamics**, and **plants** which grow together in waterways all over the world. Taking cues from nature, aquaponics harnesses the power of bio-integrating these individual components. Exchanging the waste by-product from the fish as a food for the bacteria, to be converted into a perfect

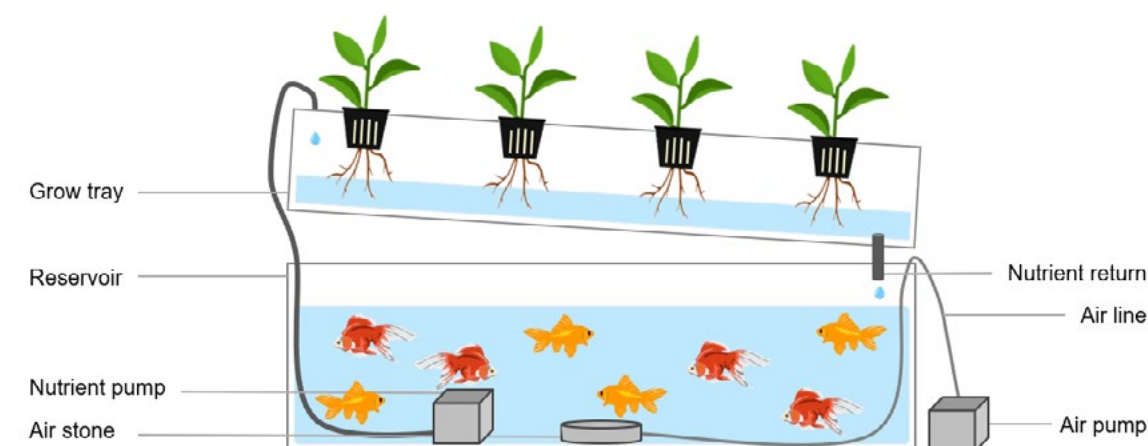
fertilizer for the plants, to return the water in a clean and safe form to the fish. **Just like mother nature does in every aquatic ecosystem.**

Currently, the aquaponics market is experiencing steady growth. In 2017, the global aquaponics market was valued at \$523.7 million, and the total global market value for aquaponics systems will likely reach \$870 million by 2022. Commercial-scale food growers and urban backyard farmers contribute to the growth. If this trend continues, access to locally-grown fish and salad greens raised using economical and sustainable farming methods will increase.

Various studies surveyed **the commercial aquaponics** grower that it is profitable. **Following are the reasons...**

- Most operations use an aquaponics greenhouse, often in addition to another structure.
- The average size of the operations is 1,307 sq. ft. About 40% of operations are located at the growers home; the remainder were on commercial or agricultural zoned land.
- Most growers used a combination of two or more aquaponics systems (media beds, wicking beds, rafts, nutrient film technique, and vertical towers), with rafts and media beds being the most common.
- The median year that respondents had begun practicing aquaponics was 2010.
- 31% of respondents were profitable in the past year.
- 55% expected to be profitable within the next 12 months and most growers (75%) expected to be profitable in the next 36 months.
- For 70% of respondents, their commercial aquaponics operation was not the primary source of income.

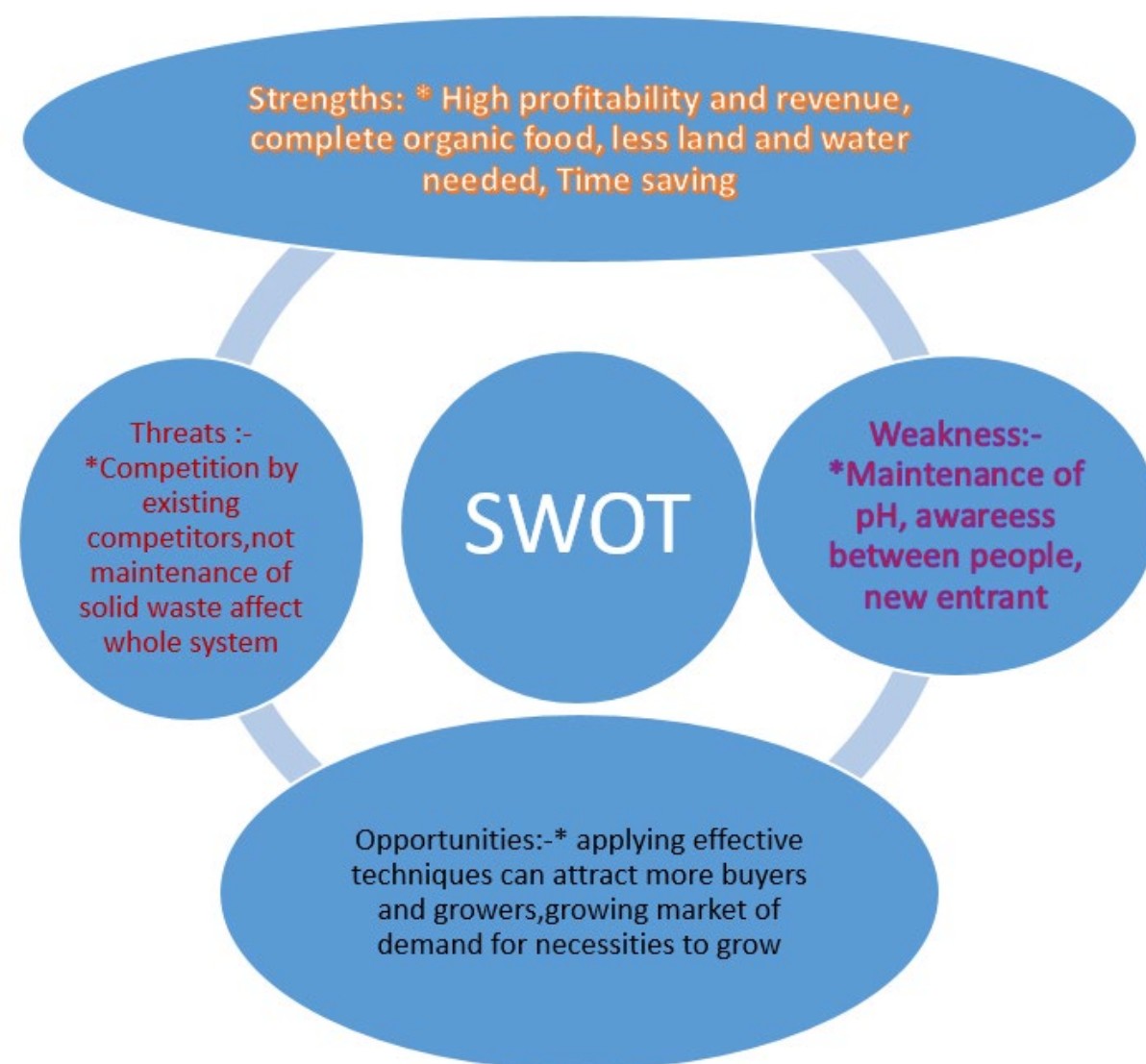
Aquaponics System



AQUAPONICS IS NATURAL AND SUSTAINABLE.

Aquaponics is a completely natural process that mimics all **lakes, ponds, rivers and waterways** on Earth. The only input into this system is **fish food**. The fish eat the food and excrete waste, **which is converted by beneficial bacteria to nutrients that the plants can use**. In consuming these nutrients, the plants help to purify the water. **You cannot use herbicides, pesticides or other harsh chemicals in an aquaponics system, making the fish and plants healthful and safe to eat.**

A SWOT TO KNOW AQUAPONICS FARMING IN INDIA.



WHAT CAN YOU GROW?

The fish and plants that you select for your aquaponic system should have similar needs as far as temperature and pH. As a general rule... **warm, fresh water fish and leafy crops, such as lettuce, greens and herbs** will do the best. Most commercial growers raise **leafy crops**, but you can grow all kinds of plants in aquaponics. **Lettuce, swiss chard, kale, collards, herbs, peppers, tomatoes, cucumbers, beets, radishes, carrots, green onions, leeks, beans, peas, kohlrabi, cabbage, broccoli, cauliflower, sunflowers, edible flowers, bananas, limes, oranges, lemons and pomegranates year'round in aquaponics!**

”

Thus we can conclude with that as water is getting scarce day by day so by practicing Aquaponics the farmers recovers investment in 2-3 years. He saves on cost of feed, land, labour, and earns premium by supplying it to the Hotel Industry, Retail Industry, Super markets, who pays them a good rate for the product against the demand they have.



TRAVEL O PEDIA

"FRANCE"

THE COUNTRY OF THE COMBINATION OF ART AND REVOLUTION.

Official Name: French Republic.

Location: Western Europe.

Total Area: 06,43,801 km²

Total Population: 67 Million.

Capital City: Paris.

Famous Cities: Marseille, Strasbourg, Nantes & Paris.

Official Language: French.

Religion: Catholicism.

”

This is France.

The land of royals and people full of love, Art and Passion.

HISTORY

The borders of present-day France are associated with the Gauls state of the Celtic tribe from ancient times. The Gaul was conquered by the Romans in the first century BC. Slowly the Gaul people adopted Roman language and culture.

The preaching of Christianity began here in the second and third centuries BC. In the fourth century AD, on the eastern frontiers of Gaul, the German-speaking Frank tribe occupied the country, and on this basis, they named the country France. The existence of France as a separate state or territory began in the ninth century when the northern and southern sections of the King Empire of Charlemagne were divided.

The descendants of Charlemagne ruled France until 987 AD, After that Hugh Capet, Duke of France and Count of Paris subsequently became kings.

In 1792, there was a revolution against the monarchy in France and then it became a republic. But in 1799, Napoleon Bonaparte seized power and declared himself the Emperor of France. Napoleon had won many countries by waging war against most of the European states, but after the defeat from England in the 1815th, France was re-elected as a republic. The political revolution known as the 'French revolution' provided inspiration to many countries as well.

France fought alongside England in the First and Second World War. In 1958, a democratic system of democracy was established in this country. France is an important member of the European Union and is included in the five permanent members of the UN Security Council.

CULTURE

Paris, the French capital, has been known as the cultural capital of the world for almost 300 years. The culture of France is called very urban or cosmopolitan. Artists from all over the world are interested in art-education and art-activities in France.

In the fields of literature, painting, architecture and sculpture, as well as music and film, France has given the gift of many great artists to the world. Louvre Museum, located in Paris, is the world's largest collection of paintings. One of the wonders of the world, Eiffel Tower is in Paris, France. In addition, Paris is also considered the capital of the fashion-world and most trends in the style of dresses and apparel are believed to start at the fashion shows held in Paris.

CUISINE

Like many French dishes, French cuisine is very popular in Europe and America. The French are very fond of eating and their dinners last very long. They first taste the variety of appetizers, sauces and soups in the meal and then begin to serve the main dishes. The taste of the sweet dish is also considered at the end of the meal. Mushroom recipes and pizza are also very popular in France.

Like eating, French people are fond of drinking, and French wines are popular in the world. And even champagne is a must in any celebration.

Large amounts of wines as well as other types of alcohol are produced and exported in different regions of France and in the world.

CUSTOMS

On the occasion of a French wedding, a strange custom is inevitably provided and is called 'beheading of bottles of champagne'. Numerous bottles of champagne are cut through specially made sharp sword. It is also customary to hold a puppet game at midnight during the Christmas celebrations before people go to church to attend the Christmas.

During the festivities, it is customary that from the previous Thursday of the Good Friday, the temple bell is not played and it is resumed playing on Easter Sunday.

Celebrating the Bastille Day is one of France's most colorful traditions. On this day during the French Revolution in France, people were attacked at the prison of the fort of Bastille, considered to be the symbol of the monarchy. French people are very proud of their cultural heritage and therefore believes it, their national identity.

Any artist, big or small, is highly respected in France. Generally the people of France are very peaceful and friendly and very talkative. Although they always address each other formally, as Monsieur (Dear sir) or Madame (Dear madam). They are known to be polite and transparent in nature, meaning they tell everything they have in their mind. The French people are known for their love as they have an international reputation. In terms of love and sex, French people are freer than their neighbors, Germans or Englishmen.

In short, the French people are the ones who love life. They follow the philosophy of eating, drinking and having fun. That's it!

TREASURY OF INDIAN CUISINE.

LET'S PLEDGE – DISHING OUT CHEFS' EXCELLENCE.



MR. SALLA VIJAY KUMAR.

Guest Contributor - Hospitality Connaisseur

(Mr. Salla Vijay Kumar is a Sr. Lecturer & Q-MTC Learning Facilitator at IHM Ahmedabad)

”

Our Fore Chef Fathers had documented the art and science of cooking esp the finesse secrets in their minds but seldom or rarely passed down the line to the second line, as a result the market might have soared in their pioneer stage but seems crashed, the traditional aspects are down and even in the 21st century.

we are more adulterated with and food-fusion and also don't have this good habit of documenting and preserving the tricks and traits of the treasure – food world archive, nor refer that, that are documented for reference.

Indian vernacular architecture is the informal, functional architecture of structures, often in rural areas of India, built of local materials and designed to meet the needs of the local people. The builders of these structures are unschooled in formal architectural design and their work reflects the rich diversity of India's climate, locally available building materials, and the intricate variations in local-social customs and craftsmanship. This with the makers of cuisine needs no introduction or body, just proud to be a part of it.

The chef's intellectual justification for this shift has been on the verge of collapsing and the increase in the demand for change of course, from the austerity growing more obvious with each recipe made.

In our culinary world we have a free-market ideology, just freak out even if it's not what you preach towards authenticity of the Cuisine. A big blow to the richness we ought to cherish and be proud of.

The Geographic Location, Climate, Customs, Costumes and eating habits of customers of any domicile that would include availability of raw materials and space, Skill level of staff (*more the skill, more variety available*), Climate or geographic locations, influence of history (*Punjabi, Bengali & Gujarati*), Balancing of Menu (*Nutritionally adequate*), Budget available (*constraint at times*), Demand (*customer centric*), Available equipment, Type and size of establishment (*school, residential college, university, industrial, transport, hospital etc.*), Time of the day (*Breakfast, lunch, dinner, supper, hi-tea or special function*), Time of the year (*vacation, festivals*), Pricing of the menu (*Pocket power - Main factor*), optimum use of ingredients in hand and no repetition of ingredients from dish to dish in any menu, Storage facility (*food group-perishable, non perishable etc.*), Type of service (*Different service, different food - a la carte, Table d'hote, buffet & finger food*), Policy of the establishment (*beef, pork etc*), Use menu language and sign symbols that customer can understand, Special days (*Christmas, New Year etc*), Profit margins, Number of courses, Sequence of service course, restricted use of unnecessary color, flavors and Ajinomoto like chemicals.

”

My personal Culinary Policy Bargain would try to answer the question, Is this real great culinary asset? Because... it is what sells (very important and effective, I agree). What is the incentive to allow us to let the cuisine restore and grow because then we can meet

up our originality debt. With today's new facelift, my view is rooted on the moral principle of reducing overall cuisine encyclopedia to a mere "Just Arrived" when we talk of culinary wealth.

One feature of vernacular culture is that it is informal. Such culture is generally engaged in on a non-profit and voluntary basis, it generally implies a cultural form that differs markedly from a deeply rooted folk culture, and also from tightly organized subcultures and religious cultures. So is the cuisine pure and traditional to its origin with its uniqueness unexplored, for its extravagant sub-cuisines (of the one and only India).

I know, I cannot buy promises from the culinary responsible citizens of the world, but I can bolster that all those rising for the cause, all of them will be the ones who have to finance (be the source – be the one to start) and refuel (research) beyond the authenticity anemic culinary world.

A mere like from your end can be misleading, but has to be reinvested to produce a gain of some percent. It is for us to understand that the decline is the rise of nontraditional culinary business. And though the erosion has happened gradually over decades, the surging dexterity of regional popularity and reaches raising concerns, it has to be a self-help strategy to be exploited, better late than never.

My personal philosophy is not fueled by a rush for profits, but a break-even point first and definitely taking advantage of the culinary concern that has temporarily halted, actually a confluence of a bunch of factors from domestication of Cuisine, get corporate source of funding and involve locals with a thematic focus. It is difficult to figure out sustainability. But, here I am rushing to strike winning culinary taxing deals.

In a haste to modernize, we are losing our culinary history. We have over 100's to 1000's years of history, but running towards westernization among-st a lot of drawbacks. Let's Indianize – architecture, culture, mysticism.

For those subject to the culinary responsible citizens, there are myriad ways to avoid and meager ways to actually do anything close to that. By taking advantage of a warren of credits, deductions and exemptions by the chef community, we are at the start to compete with zero.

Let us not wait for the world to reform the corporate culinary code for us; instead we are going to do it ourselves for the world.



■ MR. MANAN CHAKRABORTY.

Guest Contributor - Hospitality Connaissanceur
(Assistant Professor-Welcomgraduate school of hotel administration.
Manipal Academy of higher education-Karnataka, India)

”

A Detailed Study for Culinary Enthusiast.

For years, a new culinary trend called "**Molecular Cooking**" has been touted as the most exciting development in haute cuisine. Molecular Gastronomy is now the newest fashion for chefs to offer their customers fake caviar made from sodium alginate and calcium, burning sherbets, spaghetti made from vegetables and instant ice cream, fast-frozen using Liquid Nitrogen.

Well... **Molecular Gastronomy** is a branch of food science that focuses on the **physical** and **chemical** processes that arise when cooking. These processes and interactions are explored and manipulated to yield flavourful, functional and artistic results.

Despite having a huge impact on other aspects of our lives, scientific advances have done little to change

our cooking habits. **When it comes to preparing food—the most important aspect of our life from a physiological point of view—citizens in developed countries still cook almost the same way as their ancestors did centuries ago.**



The term **Molecular Gastronomy** has gained a lot of publicity over the past few years, largely because some chefs have started to label their cooking style as **Molecular Gastronomy (MG)** and claimed to be bringing the use of scientific principles into the kitchen.

MG is distinct from traditional **Food Science** as it is concerned principally with the science behind any conceivable food preparation technique that may be used in a **restaurant environment** or even in **domestic cooking** from readily available ingredients to produce the best possible result.

There are a number of different ingredients used in Molecular Gastronomy as...

- *Gelling.*
- *Thickening.*
- *Emulsifying agents.*

”

There are a number of different ingredients used in Molecular Gastronomy as Gelling, Thickening or Emulsifying agents

Algin : Another name for sodium alginate, algin is a natural gelling agent taken from the cell walls of certain brown seaweed species.

Calcium Chloride : Calcium chloride, also known as CaCl_2 , is a compound of chlorine and calcium that is a by-product of sodium bicarbonate (baking soda) manufacturing. At room temperature it is a solid salt, which is easily dissolved in water. It is also used in molecular gastronomy in the Spherification technique for the production of ravioli, spheres, pearls, and caviar.

Calcium Lactate : Calcium lactate is a calcium salt resulting from the fermentation of lactic acid and calcium. It is a white crystalline power when solid and is highly soluble in cold liquids. It is commonly used as a calcium fortifier in various food products including beverages and supplements. In molecular gastronomy, it is most commonly used for basic Spherification and reverse Spherification due to the lack of bitterness in the finished products. Like calcium chloride, calcium lactate is used alongside sodium alginate. In regular Spherification, it is used in the bath. It is also used as a thickener in reverse Spherification.

Carob Bean Gum : Carob bean gum is another name for locust bean gum. It is often used to stabilize, texturize, thicken and gel liquids in the area of modern cuisine, although it has been a popular thickener and stabilizer for many years.

Carrageenan : Carrageenan refers to any linear sulfated polysaccharide taken from the extracts of red algae. This seaweed derivative is classified mainly as iota, kappa, and lambda. It is a common ingredient in many foods. More often than not, carrageenan is found in powder form, which is hydrated in liquid before being used. For best results, carrageenan powder should be sprinkled in cold liquid and blended well to dissolve, although it may also be melted directly in hot liquids.

Citric Acid : Classified as a weak organic acid, citric acid is a naturally occurring preservative that can be found in citrus fruits. Produced as a result of the fermentation of sugar, it has a tart to bitter taste and is usually in powder form when sold commercially. It is used mainly as a preservative and acidulent, and it is a common food additive in a wide range of foods such as candies and soda. Other than extending shelf life by adjusting the acidity or pH of food, it can also help enhance flavours. It works especially well with other fruits, providing a fresh taste.

Gellan Gum : Gellan Gum is a water-soluble, high-molecular-weight polysaccharide gum that is produced through the fermentation of carbohydrates in algae by the bacterium *Pseudomonas elodea*. This fermented carbohydrate is purified with isopropyl alcohol, then dried and milled to produce a powder.

Gellan gum is used as a stabilizer, emulsifier, thickener and gelling agent in cooking. Aspics and terrines are only some of the dishes that use gellan. It comes in both high-acyl and low-acyl forms. High-acyl gellan gum produces a flexible elastic gel, while low-acyl gellan gum will give way to a more brittle gel. A temperature between 85°C and 95°C (185°F and 203°F) will start the dissolution process. Gelling will begin upon cooling around 10°C and 80°C (50°F and 176°F).

Guar Gum : Guar gum or guaran, is a carbohydrate. This galactomannan is taken from the seeds of the guar plant by dehusking, milling, and screening. The end product is a pale, off-white, loose powder. It is most commonly used as a thickening agent and stabilizer for sauces and dressings in the food industry. Baked goods such as bread may also use guar gum to increase the amount of soluble fibre. At the same time, it also aids with moisture retention in bread and other baked items.

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Speciality Ingredients used In Molecular Gastronomy

Iota Carrageenan : Iota carrageenan is a hydrocolloid taken from red seaweed (*Eucheuma denticulatum*). It is one of three varieties of carrageenan and is used mainly as a thickening or gelling agent. Like most other hydrocolloids, iota carrageenan must first be dispersed and hydrated in liquid before use. Unlike lambda carrageenan, it is best dispersed in cold liquid. Once hydrated, the solution must be heated to about 70°C (158°F) with shear to facilitate dissolution. Gelling will happen between 40°C and 70°C (104°F and 158°F) depending on the number of calcium ions present.

Kappa Carrageenan : Kappa carrageenan is another type of red seaweed extract taken specifically from *Kappaphycus alvarezii*. Like other types of carrageenan, it is used as a gelling, thickening, and stabilizing agent. When mixed with water, kappa carrageenan creates a strong and firm solid gel that may be brittle in texture. Kappa carrageenan is used in various cooking preparations including hot and cold gels, jelly toppings, cakes, breads, and pastries. When used in molecular gastronomy preparations and other dishes, kappa carrageenan should be dissolved in cold liquid. Once dispersed, the solution must be heated between 40°C and 70°C (104°F and 158°F). Gelling will begin between 30°C and 60°C (86°F and 140°F). Kappa carrageenan is a thermo-reversible gel and will stay stable up to 70°C (158°F). Temperatures beyond this will cause the gel to melt and become liquid once again.

Locust Bean Gum : Locust bean gum, also known as LBG and carob bean gum, is a vegetable gum derived from Mediterranean-region carob tree seeds. This hydrocolloid is used to stabilize, texturize, thicken, and gel liquids in modern cuisine, although it has been a popular thickener and stabilizer for many years.

Maltodextrin : Maltodextrin is a sweet polysaccharide that is produced from starch, corn, wheat, tapioca, or potato through partial hydrolysis and spray drying. This modified food starch is a white powder that has the capacity to absorb and hold water as well as oil. It is an ideal additive since it has fewer calories than sugar and is easily absorbed and digested by the body in the form of glucose.

Sodium Alginate : Sodium alginate, which is also called algin, is a natural gelling agent taken from the cell walls of certain brown seaweed species. This salt is obtained by drying the seaweed, followed by cleaning, boiling, gelling, and pulverizing it. A light yellow powder is produced from the process. When dissolved in liquids, sodium alginate acts as a thickener, creating a viscous fluid. Conversely, when it is used with calcium it forms a gel through a cold process. This versatile product is soluble in both hot and cold liquids, and gels made with it will set at any temperature.

Soy Lecithin : Soy lecithin, also called just lecithin, is a natural emulsifier that comes from fatty substances found in plant tissues. It is derived from soybeans either mechanically or chemically, and is a by-product of soybean oil creation. The end product is a light brown powder that has low water solubility. As an emulsifier, it works to blend immiscible ingredients together, such as oil and water, giving way to stable preparations. It can be whisked directly into the liquid of choice. Soy lecithin is also used in creating foams, airs, mousses, and other aerated dishes that are long lasting and full of flavour. It is used in pastries, confections, and chocolate to enhance dough and increase moisture tolerance.

Tapioca Maltodextrin : Tapioca maltodextrin is a form of maltodextrin made from tapioca starch. It is a common ingredient in molecular gastronomy because it can be used both as a thickener and stabilizer for sauces and dressings, for encapsulation, and as a sweetener. In many cases it is also used as an aroma carrier due to its capacity to absorb oil. It is often used to make powders or pastes out of fat.

Xanthan Gum : Xanthan gum is a food additive used as a thickening agent. It is produced through the fermentation of glucose. As a gluten-free additive it can be used as a substitute in cooking and baking. As a thickener, when used in low dosages, xanthan gum produces a weak gel with high viscosity that is shear reversible with a high pourability. It also displays excellent stabilizing abilities that allow for particle suspension.

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Popular Molecular Gastronomy Products

Foams, Froths and Bubbles : Liquids can be stabilized with gelatin, lecithin, and other ingredients, and then used to create foams by whipping or using a special dispenser charged with nitrogen gas. A well-made foam adds an additional flavour dimension to the dish without adding bulk, and an interesting texture as the foam dissolves in the mouth.

Espuma : Espuma is the Spanish term for froth or foam, and it is created with the use of a siphon (ISO) bottle. This is a specific term, since culinary foams may be attained through other means. Espuma is created mainly with liquid that has air incorporated in it to create froth. But solid ingredients can be used too; these can be liquefied by cooking, puréeing, and extracting natural juices. It should be noted, though, that the best flavours to work with are those that are naturally diluted. Otherwise, the espuma tends to lose its flavour as air is introduced into it.

Foam : Foam is created by trapping air within a solid or liquid substance. Although culinary foams are most recently associated with molecular gastronomy, they are part of many culinary preparations that date back to even earlier times. Mousse, soufflé, whipped cream, and froth in cappuccino are just some examples of common foams. Common examples of “set” foams are bread, pancakes, and muffins.

Gels : Turning a liquid, such as a vegetable juice or raspberry purée, into a solid not only gives it a different texture but also allows the food to be cut into many shapes, enabling different visual presentations. Regular gelatin can be used as well as other gelling agents, such as agar agar, which is derived from red algae.

Brittle Gels : Brittle gels are made by diluting the gelling agent into a liquid substance such as water, milk, or a stock. This mixture is left to set to attain a gelled end product. It should be noted that the concentration of gelling agents used, as well as the amount of liquid, both affect gelation. Agar agar is a common agent used to create brittle gels. However, when combined with sugar it tends to create a more elastic substance. Low-acyl gellan gum, locust bean gum, and carrageenan also create brittle gels.

Fluid Gels : A fluid gel is a cross between a sauce, gel, and purée. It is a controlled liquid that has properties of all three preparations. A fluid gel displays viscosity and fluidity at the same time, being thick yet still spreadable. Fluid gels behave as solids when undisturbed, and flow when exposed to sufficient agitation. They are used in many culinary dishes where fluids need to be controlled, and they provide a rich, creamy texture.

Drying and Powdering : Drying a food intensifies its flavour and, of course, changes its texture. Eating a piece of apple that has been cooked and then dehydrated until crisp is very different from eating a fresh fruit slice. If the dehydrated food is powdered, it becomes yet another flavour and texture experience.

Freezing : In molecular gastronomy, liquid nitrogen is often used to freeze products or to create a frozen item without the use of a freezer. Liquid nitrogen is the element nitrogen in a liquefied state. It is a clear, colourless liquid with a temperature of -196°C (-321°F). It is classified as a cryogenic fluid, which causes rapid freezing when it comes into contact with living tissues. The extremely cold temperatures provided by this liquefied gas are most often used in modern cuisine to produce frozen foams and ice cream. After freezing food, nitrogen boils away, creating a thick nitrogen fog that may also add to the aesthetic features of a dish.

Spherification : Spherification is a modern cuisine technique that involves creating semi-solid spheres with thin membranes out of liquids. Spheres can be made in various sizes and of various firmnesses. The result is a burst-in-the-mouth effect, achieved with the liquid. Both flavour and texture are enhanced with this culinary technique.

Sous Vide : Sous vide is a technique in which vacuum-sealed food is slow-cooked in a water bath that is set to a certain temperature. Prepare many different types of foods, from steak to fruit.

Deconstruction : This technique involves breaking down the elements of a dish and rebuilding the presentation. Usually, a deconstructed dish consists of multiple components of a dish that are presented together.

Smoking : Smoke cocktails, beer, sauces, dressings, meat, and more with a smoking gun. This method creates a brief attractive presentation of smoke upon serving and leaves an aromatic flavor.

Incorporating Edible Paper : You can add an interesting dimension to dishes with edible paper, which can be made with potato starch and soybeans. Infuse different ingredients in your edible paper recipe to add color or flavor, such as vanilla, cinnamon, fruit juice, or cinnamon.

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Popular Molecular Gastronomy Recipes

FOAM CURRY : With agar agar, you can create a foam curry to put into a siphon, which can be dispensed onto any dish, like chicken or vegetables.

SMOKED BEER & COCKTAILS : Fill a smoking gun with flavored wood chips or herbs to serve a smoking drink and to create an aromatic experience.

ARUGULA SPAGHETTI : Make long strands of arugula with the help of agar agar, and serve hot or cold.

DISAPPEARING TRANSPARENT RAVIOLI : Use round, thin edible film discs consisting of potato starch and soy lecithin to create transparent "ravioli." Fill with any ingredient that has a low water content, like fried fish and meat or sweet fillings like dried fruits and honey.

POWDERED NUTELLA : Prepare a hazelnut powder with maltodextrin that melts on the tongue. Top desserts, ice cream, or fruit.



Thus we can conclude that it is important to remember that Molecular Cooking might die as the modernization of culinary activities is achieved. Molecular Gastronomy, however, will remain forever and will continue to develop in new and exciting directions because it is a science and not technology or technique.

देवे का दिव्या
प्रीमियम मसाले

Shahi Paneer Masala

Shahi Biryani Masala

Hari Mirch Masala

Nimbu Chutney Masala

Black Salt

Rock Salt

Special Garam Masala

Daal Masala

Garam Masala

Sambhar Masala

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LEARN FROM LEADERS

EXCLUSIVE INTERVIEW OF MR. RAHUL CHOWDHURY



EXCLUSIVE **INTERVIEW**
SERIES | Learn from Leaders.

MR. RAHUL CHOWDHURY

Assistant Professor of F&B Service
at Sister Nivedita University.

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Mr. Rahul Chowdhury is an illustrious, dynamic, young, enthusiastic, quality driven and results orientated professional with over 10 years of demonstrated success in the field of Hospitality & Tourism Industry.

He is an alumnus from IHM Bhubaneswar (NCHMCT - Govt of India) with specialization in Food & Beverage Service & earned many accolades. Apart from being the topper of college, He was also conferred the “Best Student of the Academic Year Award” from NCHMCT “Govt. of India” for securing the first position all over India. He also hold an MBA degree in “Tourism Management”.

He is a person with strong interpersonal skills & possess considerable experience in the hospitality industry ranging from pre-opening of Hotel Management College, superlative Luxury Cruise-ships of USA, Europe & Asia. also acquired luxury hotel experience with some leading 5 star deluxe luxury hotels, resorts & palaces brands such as the Taj group of hotels, The Park Hotels in India & with Fairmont hotels & resorts abroad in U.A.E (Dubai & Abu Dhabi) in various positions around the world. He was also a part of lot of domestic & international pre-opening projects not only with hotels & palaces but also with International resorts , International cruise ships & Hotel schools. To name a few such as Taj Falaknuma Palace-Hyderabad (India), Fairmont The palm Jumeirah - Dubai (UAE) & with few high toned Cruise ships of Norwegian Cruise line (North America & Europe based).

He has travelled across the length & breadth of the globe which includes Europe, North America, South America, Asia, Middle-east, Antarctica, etc in pursuit of professional excellence. He owns enormous skills in the Hospitality industry & also possess extensive knowledge about wines and various International cuisines which He had gathered while travelling to more than 135 countries all over the world.

Earlier He was amalgamated with “School of Hospitality & Culinary Art” The Neotia University under Ambuja Neotia Group & was heading Food & Beverage dept since its Pre-opening.

He has many feathers to help him fly as He had also received International trainings & also certified under the following fields such as :

Basic Safety & first Aid Training under Bahamas Maritime Authority.

Leadership skills & Restaurant management.

Fire Fighting Prevention & Fire Fighting Training under Norwegian Cruise Line, Crowd management, Train the trainer program, Understanding American & Latin Guests also training sessions related to Food & Wine knowledge & service techniques.

Presently, He is heading one of the crucial areas in the Hospitality and Tourism Management curriculum which is Food and Beverage at the Dept of Hospitality & Tourism Administrations at Sister Nivedita University (Techno India Group).

As he says... "I possess impeccable management and relationship skills. My leadership style is best defined in three words 'Assertive yet Approachable' which makes me the best among my students & colleagues".

Let's learn something new from a Connaisseur himself!

1. YOUR CAREER SPAN IS REALLY IMPRESSIVE, PLEASE LET US KNOW YOUR SUCCESS MANTRA?

For me a self satisfied life is better than a successful life. It's because our success is measured by others, but our satisfaction is measured by our own soul, mind & heart. For me “The best revenge is massive Success” ; so don't let yesterday take up too much of today.

2. ACCORDING TO YOU, WHAT WOULD BE THE FUTURE OF 'RESTAURANT INDUSTRY' AFTER THESE CHALLENGING TIMES?

Right now it's a Tsunami coming to you. There has not been a more stretching time for the restaurant industry in India & all over the world, to the point that its mere survival is a question now. COVID-19 has not only been a devastating public-health crisis, it has also been the restaurant industry's greatest challenge to date & this has affected not only the entire restaurant industry but also (small to medium sized) independent producers that rely on restaurants in the farm-to-table movement. That network is shattered.

What makes it worse is, even after the lockdown is lifted and assuming all goes well, with the social distancing norms and change in consumer behavior, it will take anywhere between 12 to 18 months for the sector to significantly recover.

The idea that people are going to be spending money in restaurants is preposterous. Food ordering and payments are now completely digital to minimize human contact, and the quality of service and hygiene are the biggest draws now.

With these new unexpected costs would land a crushing blow to any restaurant's bottom-line; there will be abysmally low footfalls even after the end of the lockdown. We can't go back & change the beginning, but for sure we can start again. Let's not give up; I am sure that the entire travel & tourism industry will come back stronger than ever.

3. AS YOU ARE A F&B CONNAISSEUR, WHICH IS THE BEST LINE TO WORK IN? I.E. HOTEL INDUSTRY? RETAIL INDUSTRY? CRUISE LINES?

Hotel, Retail & Cruise lines (industry) are all branches that are interweaved, and they make up one of the largest service industries, which is bound to become even more important in succeeding days.

However every industry is surrounded by pros & cons. I have gained a lot of experience in all the above mentioned fields. All have their own advantages and disadvantages, but knowing what to expect in land-based Hospitality/Retail jobs and in cruise ship jobs makes you better prepared to rise in the industry. In land-based hospitality jobs, the volumes of everything – food, drink, people – are much less than on cruise lines.

Although you need to work at a stretch for continuously 8-9 months, that too without a day off but still according to me the biggest advantage of working in a Cruise line is “You get to see the whole world without spending a single penny from your pocket” & you enjoy vacation of 2-3 months straight & the ocean calls you back again with open arms. According to me all the branches of the service industry are good, it's basically one's individual decision is the ultimate power.

4. BRIEFLY TELL, HOW CAN A HOTELIER BUILD THEIR CAREER IN CRUISE LINES?

The idea of working on a cruise liner seems very valiant not only to working professionals (hoteliers) but also to the students. Most of the Hotel/Hospitality & Tourism Management students/graduates think of working on cruise lines just after graduating. But I strongly put forward my view that they should work for at least 1-2 years in a luxury hotel before working on the cruise ship. Even I had done the same. A job in a hotel would make you conscious of all the basics.

For hoteliers who are absolutely thrilled to join the cruise world you should never forget that you are going on the cruise for a job and not on a vacation, as most of the hotel management students as well as hospitality professionals think that they are going to cruise, they will enjoy but this is not the reality. Of course you can enjoy during your work & after work. Cruise lines job is very exciting, stretching, challenging, testing, demanding and tiresome. The primary things that one must keep in mind before making the choices to pursue life at sea are as follows:

Firstly, you need to assess which cruise line you would like to work for & which on-board position would be suitable for you. Will you be flexible & adaptable for a period of 8-10 months is for you or not. The most important part now-Will you be able to stay without your family for the above mentioned time period? Do you enjoy meeting & working with diverse groups of people? Do you thrive in an ever-changing environment?

Sky is the limit once you are ultra fine with the above questions, I am sure work with any of the numerous cruise lines worldwide. Some of the best cruise ship companies are Royal Caribbean International, Celebrity Cruises, Norwegian Cruise lines, Costa Cruises, Carnival Cruise lines, etc.

You must “Love the Ocean, don't worry it will never betray you” - Personally, I believe that, as I have had that experience while onboard for many years. Just loved it.

5. AS YOU ARE WELL EXPERIENCED OF THE INTERNATIONAL HOSPITALITY MARKET, WHAT'S THE MAJOR DIFFERENCE YOU FOUND BETWEEN INDIAN & INTERNATIONAL HOSPITALITY LANDSCAPE?

It's a different ball game if you blend. The hospitality market covers sales of lodging and dining services. The hospitality industry comprises businesses that provide customers with lodging, prepared meals, snacks and beverages for immediate consumption.

It includes both accommodation and food service establishments as these two activities are often merged at the same establishment. In India the phraseology “ Atithi Devo Bhava ” is used to show respect to guests which means you must treat your guests as if they are god for you. During my tenure in the Middle East & also with the cruise industry I had the opportunity to work with mixed nationalities as I had travelled to more than 130 countries in pursuit of professional excellence & gathered marvelous experience.

What I had experienced is that each every aspects of the Indian hospitality industry is unreservedly different as its not only the economic factor but there are other factors too such as the culture & values, goals & hierarchies, operational & management styles, working hours, salary & pay scales, standardization, sustainability, respect ,business relationships, spirituality, timing, technology & the list goes on.

The Indian & International Hospitality market are vast and populous destinations that drawing comparisons between the two can put you in danger of making sweeping generalizations.

6. LASTLY, WHAT ADVICE WOULD YOU LIKE TO GIVE TO ALL F&B SERVICE ASPIRANTS?

The food and beverage professionals tirelessly work to intensify customers' experience through their service. It's more than 10 years now that I am connected to the hospitality & tourism industry .I had the privilege to work with luxurious hotels, resorts, gather knowledge as it is & will be your primary weapon throughout your life. Just work hard, stay strong , stay positive & never give up.

At a very young age I lost my father & I miss him badly at each & every moment of my life. Since then I have moved on & never stopped. So just be strong & learn to move on with uncertainties. Just listen to your heart. Its not about perfect, it's about effort & when you bring that effort each & every single day, that's where transformation happens & that's how change occurs.

The biggest mantra of my life is “The best revenge is massive success”. I personally & blindly believe that no matter what others think of you. Just stay true to yourself & respect everyone but fear no one.

We thank Mr. Rahul Chowdhury for such an amazing, comprehensive and insightful Interview!

EMERGENCE OF NEW NORDIC CUISINE.

"THE NORDIC FOOD MANIFESTO"



MR. MANAN CHAKRABORTY.

Guest Contributor - Hospitality Connaisseur
(Assistant Professor-Welcomgraduate school of hotel administration.
Manipal Academy of higher education-Karnataka, India)



The New Nordic Food manifesto has an innovative approach to traditional foods combined with a strong focus on **health** and an **ethical production** philosophy. **New Nordic Cuisine has been used to promote local, natural and seasonal produce as a basis for new dishes both in restaurants and in the home.**

The Nordic cuisine should create and inspire the joy of food, taste and variety, nationally and internationally, according to the initial vision.

The basic principles of the manifesto could actually be applied anywhere on the planet, every region and nation has its own unique conditions and traditions that could be developed and refined if only people were aware of their potential.

Simplicity is a key characteristic of Nordic cuisine. French, Italian, Indian and Chinese cooking have all evolved over many centuries, use highly **complex methods**, and combine a huge range of ingredients in their dishes, simplicity is in many ways the opposite, as it utilises fewer components and relies more upon high quality products, grown under Nordic conditions. **Nordic ingredients** are produced in an amazing number of diverse micro-climates that influence their flavour the local interplay of soil and climate, coupled with genetic diversity, provides the basis for a huge variety.

Preservation techniques, such as **drying, fermenting, smoking, salting, pickling** and **preserving meat, vegetables, fruits** and **fish**, have for centuries enabled people to survive long, dark winters. In the Nordic countries, these methods have developed into exceptional ways of adding both culinary and economic value to our raw materials.

THE AIMS OF THE NEW NORDIC KITCHEN ARE:

1. To express the purity, freshness, simplicity and ethics we wish to associate to our region.
2. To reflect the changes of the seasons in the meal we make.
3. To base our cooking on ingredients and produce whose characteristics are particularly in our climates, landscapes and waters.
4. To combine the demand for good taste with modern knowledge of health and well-being.
5. To promote Nordic products and the variety of Nordic producers - and to spread the word about their underlying cultures.
6. To promote animal welfare and a sound production

process in our seas, on our farmland and in the wild.

7. To develop potentially new applications of traditional Nordic food products.
8. To combine the best in Nordic cookery and culinary traditions with impulses from abroad.
9. To combine local self-sufficiency with regional sharing of high-quality products.
10. To join forces with consumer representatives, other cooking craftsmen, agriculture, fishing, food, retail and wholesale industries, researchers, teachers, politicians and authorities on this project for the benefit and advantage of everyone in the Nordic countries.

New Nordic sought to diversify palates by reintroducing dishes made from the region's locally native ingredients, such as foraged herbs, Limfjord oysters, and cloudberries. Chefs got headlines for exotic components such as cricket paste, wild reindeer blood, and live ants (which apparently taste like lemongrass).

For many years, chefs from the Nordic countries have made a major impression in the Bocuse d'or, which is regarded as the world championships of cookery.

It's important to keep in mind that New Nordic Cuisine isn't just about eating, it's an experience. Moreover, while it strives to create a culture of healthy, local and flavourful cuisine.





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**A DEDICATED ISSUE FOR
CULINARY ENTHUSIASTS.**”