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ITC HOTELS

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The Hungry Bird

2016-2017

Volume 6



*First International Cheff's
Day Conference*

Food and War

A Bite of Food History

Victory at COMETZ 2017

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International Chef's 3 Day Conference

On account of International Chefs Day 2016, The Welcomgroup School Of Hotel Administration & The Department Of Culinary Arts in association with The Indian Federation of Chefs Association(IFCA) & World Associations Of Chefs Societies (WACS) hosted its first International Chefs Day Conference. The event bore witness to several eminent chefs and hoteliers from across the country. The conference was inaugurated by the IFCA presidium members Dr Chef Soundararajan ,Chef Vijaya Baaskaran, Chef Manjit Gill and Chef Debrat Bhowmik ,COO GRT Hotels Mr Vikram Cotah, Celebrity Chef Dr Damodaran and Chef Parvinder Singh Bali(OCLD).Chef Thomas Guggler president of World Association of Chefs Societies (WACS) was unable to attend the conference but conveyed his regards through a skype session. The event commenced with the Principal Professor Parvadhavardhini G welcoming the dignitaries followed by an over view of the conference by Vice Principal by Chef K Thiru, Event Coordinator .

Almost considered a demi god of the culinary world, Chef Manji Gill (Corporate Chef ITC,President ,IFCA) was the first speaker of the conference of 2016. As a prominent member of IFCA, Chef Manjit shed some light on the underlying association of the committee and its effort in shouldering the culinary youth of the country. He also explained the importance, respect and love one must incorporate while preparing food for people. His quote 'Food is not a commodity but an auspicious element to the soul' will be etched in most minds. Chef also advised the budding chefs to fully immerse themselves into learning their own traditional cuisine before venturing out into international cuisines and also explained how travelling can be truly enlightening.



The second speaker of the conference was Dr. Chef Soundararajan Palaniappan (IFCA – Presidium Member) Secretary, Corporate Executive Chef Mahindra,Holidays & Resort India Limited who explained to the students the gravity of forming an association with IFCA, the importance of acting as a liason between various culinary extraordinaire and institutions and taking that relationship on a global front through networking. He drew light to the growth of IFCA and also explained to students how they could contribute to the organization. Lastly he spoke about the various opportunities provided by the committee and its scope for development.



After a short break for tea , the session resumed with the dynamic teacher, contributor and visionary, Chef Parvinder Singh Bali (Corporate Chef, learning and Development, The Oberoi center of Learning and development) Almost like a Pandora box of knowledge Chef Bali gave a mind captivating lecture on the emerging culinary trends of the world such as the boom of Asian flavours, herbal profusions , the rise of artisanal breads ,waste based cooking, fusion cuisines and the ever evolving concept of 'Farm to table'. He explained the importance of getting your culinary basics and principles in order to become great chefs and how one can inculcate small useful tips in our daily livesto make that happen.





The last session before lunch was by the man filled with vogue Mr. Vikram Cotah (COO, GRT Hotels, Chennai) who discussed a topic very relevant to chefs today 'Food plating and styling' He explained how merely cooking good food isn't enough today but how it must be extremely presentable and spoke about visual appeal. He also explained through visuals various gimmicks used by food stylists in the world and how technology is in the fore front of food styling now.

After a quick lunch break Dr. Chef K. Damodaran (Celebrity Chef, Holder of Guinness Record for Longest Cooking Marathon) grabbed the attention of the audience by explaining his insights on whether chefs are born or made. He explained that as a chef one must be distinct and hone the ability to stand out in a crowd and how he must always have the urge to learn more. He explained metaphorically how the life of a chef is similar to that of a tight rope walker as both professions require balance, tolerance and passion. He also advised students to be humble and to be sincere and dedicated to the art of cooking.

The last speaker of the conference was Chef Vijaya Baskaran V (Executive Chef, Executive Assis-

tant manager, Le Meridian, Bengaluru, Vice President-IFCA) who highlighted the administrative skills chefs must adapt to such as being good at accounting and a fair knowledge in an hr.

A knife skills demo was also conducted by Chef Soundararajan who along with practical skills explained the theoretical aspects of knife skills. The College also received a token of appreciation from IFCA for their efforts in nurturing the future culinary professionals of India. The day ended on a lively note with cultural performances by students. It is one the most memorable and historic day of WGSHA & Department of Culinary Arts, Manipal Academy of Higher Education. It is India's largest gathering of Gen Z era's budding chefs under one roof. It is our pleasure to be associated with IFCA and WACS for this great event.

IFCA has always been supportive for educational institutions that play an important role in elevating the culinary standards in our country by nurturing young culinary talents. We believe that forming an association with IFCA and WACS will give us greater visibility on national and international level as well.

THINK GLOBAL, EAT LOCAL

Written by BACA 6th course



Over the last couple of centuries, food has evolved onto a whole new level and has created a dynamic of its own. With the help of technology, this necessity has grown to be one of the most leading commercial businesses in the world. With the development of technology and transportation, man has discovered new countries, explored new cultures and experimented with various cuisines. He has left no stone unturned in inventing and creating new exotic cuisines. But this rapid progress has its own hindrance. The concept of a 'Global Cuisine' soon took over and many local restaurants bore the brunt of this change.

Global Cuisine is practiced all around the world and ranges from a basic burger and fries at McDonalds, to upmarket Jack Daniel Burgers at TGI Fridays, including almost everything under it. Like nearly anything, global foods too have a positive and negative side. Global foods have plenty of positives to it, namely: It is an income to the exporting country, tropical fruits and vegetables are easily available to the consumers and the whole idea of distance seems to vanish. The Food and Beverage Industries are able to obtain different products from practically anywhere in the world. It brings about an amalgamation of various races, cultures and creeds.



While these taste exquisite at first, the utility eventually decreases. It is rare for a person to constantly eat the same food repeatedly in excess. But the problem is not of taste, but the quality of the ingredients. Since these food chains are global enterprises, one finds similar items of food on the menus. These food dishes consist of chemically grown ingredients, which have extreme ill effects on the health of humans, plants and animals and the environment as a whole. This is the main drawback of this cuisine. Further, with time the products spoil due to temperature differences, exposing to bacteria, disruptions in transport etc.

On the other hand, local cuisine refers to the authentic style of cooking, made with indigenous resources and ingredients. It has its own flavour, unique to that particular region. Since the produce is readily available, hunting for ingredients to make something is not a heavy task. It also supports farmers and cultivators within the boundary of the nation, thus improving the economic growth and overall standard of living. With locally grown ingredients, one can have varied fruit and vegetable throughout the year.



While global foods have a downside to it, one cannot think of one when it comes to local cuisines. The ingredients are fresh and plenty, and are not overly priced. This benefits both the producer and consumer. In terms of health, it is obvious that locally grown food is much healthier. Since there is no long chain for transportation of these products, the food is sold fresh. Fresh food means no preservatives and chemicals added to prolong the life of the substance. Food is cultivated according to the season, and hence one can receive naturally harvested ingredients instead of artificially produced goods.

Thus, one also learns to appreciate a particular grain, fruit or vegetable when available and when not in season. Our bodies adjust geographically to a particular place, with respect to seasons, climate change and weather, temperature etc. These factors play an important role to our bodies and the food we consume. For instance, one finds the use of coconut quite popular in South India. This is because the weather is hot most of the year and coconut acts as a cooling agent.



It is also found in plenty, thus making the produce plentiful. Thus, there is a balance between the local cuisine and food available. In conclusion, man cannot eliminate Global Foods and its consumption. But instead, he can substitute and use local ingredients. A co-existence of both is required for smooth living. Early man had no access to fancy neither food items nor equipment, yet survived and lived for many years. It proves there is a positive relation between health and local food. Thus, it is advisable that one must be global in thought and local in consumption.

COMETZ 2017

The Department of Culinary Arts took part in Cometz'17 on 16th and 17th February 2017. It was a national competition held by Sri Krishna College of Arts and Science in Coimbatore. The competition consisted of various culinary arts and hotel management events. We stood overall first in the competition.

Varun and Prasad took part in the chef competition. Every team had to prepare a 3 course menu in 3 hours on the theme 'India: a culinary masterpiece'. They planned a menu based on Gujarati and Maharashtrian cuisines. The starter was Dhokla Mille Feuille, for the main course we served Khandesi Chicken and for dessert we served a Strawberry Shrikhand Croquembouche. They plated the dishes in a contemporary style. They were awarded the second place for the chef competition. Venkatesh Lella and Danielle also participated in the Chef Competition. They prepared a menu that encompassed the traditional regional recipes from all parts of India. The judges loved the menu and they won first place! The menu they went for is on the next page.



Danielle and Siddhi took part in paper presentation competition. The topic was 'personal grooming towards professional grooming'. They made a research paper as well as a power point presentation which was to be presented on the day of competition. For the presentation, all the pictures were clicked in our college 'Department of Culinary Arts' with the help of Urvi, Tushar, Shruti, Sanjana, Suman, Madhavi and Ekansh.

Ashmita took part in flower arrangement competition and chose 'women empowerment' as her theme. She won the first place. Akshay took part in salad making competition too. Tushar and Siddhi took part in menu planning and restaurant layout competition. They won the first place for it. Smriti took part in cake decoration competition. She chose a beach theme and bagged the first prize.



Tushar and Ashmita participated in the liquid chef competition in which they made one cocktail and one mocktail each. The quiz was a team event with questions of hotel management, culinary arts and general knowledge. The quiz consisted of three rounds and since there was a tie in marks with another team, there was a tie-breaker round as well. Varun and Siddhi won the second place for the quiz.

Finally, there was a talent show in which Prasad and Ashmita took part for Mr. and Miss Hospitality. Kanwarpal Singh won the first place for solo dance competition. Tushar, Akshay, Varun, Smriti, Siddhi and Danielle participated in a group dance competition with the theme 'Save the tiger'. The journey to Cometz' 17 in Coimbatore was as memorable as were the competitions and exposure which each of us got there.



1 . STARTER

The Emperor's Obsession

Shah Jahan, the famous Mughal emperor was intrigued with the colour white which is clearly seen in his construction of the Taj Mahal.

We prepared Dahi ke Kebabs which consisted of fresh white hung curd stuffed with a tomato and onion seed paste and then deep fried.



2 . MAIN COURSE

Unity in diversity


This dish has components hailing from all parts of India.

The coconut dish you see there is called 'Daab Chingri' which is a traditional dish of Bengal. Now is when the beautiful aroma of the burning coconut shell is slowly released while the tender coconut cream (malai) that lines the inside melts into the gravy making it super rich and velvety smooth. Accompanied with this is an aubergine stuffed with a toasted peanut, sesame and fennel paste along with Makni Gravy. The cones attached to the sides of the coconut are filled with rice of three different flavours: lemon, tomato and coriander. These rice dishes are typically seen in the south of India. Finally paired off with a bundle of Papads, this dish captures the essence of all the flavours of the various regions of India complementing each other beautifully.

3 . CROWN OF JEWELS

This dessert consists of rasmalai (again, a traditional Bengali sweet meat) flavoured with rose water and saffron and accompanied with flaked pistachios. Served on a Ghevar 'Bed' a traditional sweet dish hailing from Rajasthan.





“Every act of creation begins
with an act of destruction”

Pablo Picasso

Oops I dropped The Lemon Tart
-Osteria Franciscana
Modena, Italy

The Futurist Manifesto

-Filippo Tommaso Marinetti's
Futurist Cookbook

1. Originality and harmony in the table setting (crystal, china, décor) extending to the flavors and colors of the foods.
2. Absolute originality in the food.
3. The invention of appetizing food sculptures, whose original harmony of form and color feeds the eyes and excites the imagination before it tempts the lips.
4. The abolition of the knife and fork for eating food sculptures, which can give prelabial tactile pleasure.
5. The use of the art of perfumes to enhance tasting. Every dish must be preceded by a perfume which will be driven from the table with the help of electric fans.
6. The use of music limited to the intervals between courses so as not to distract the sensitivity of the tongue and palate but to help annul the last taste enjoyed by re-establishing gustatory virginity.
7. The abolition of speech-making and politics at the table.
8. The use in prescribed doses of poetry and music as surprise ingredients to accentuate the flavors of a given dish with their sensual intensity.
9. The rapid presentation, between courses, under the eyes and nostrils of the guests, of some dishes they will eat and other they will not, to increase their curiosity, surprise and imagination.
10. The creation of simultaneous and changing canapés which contain ten, twenty flavors to be tasted in a few seconds. In Futurist cooking these canapés have by analogy the same amplifying function that images have in literature. A given taste of something can sum up an entire area of life, the history of an amorous passion or an entire voyage to the Far East.
11. A battery of scientific instruments in the kitchen ozonizers to give liquids and foods the perfume of ozone, ultra-violet ray lamps (since many foods when irradiated with ultra-violet rays acquire active properties, become more assimilable, preventing rickets in young children, etc.), electrolyzers to decompose juices and extracts, etc. in such a way as to obtain from a known product a new product with new properties, colloidal mills to pulverize flours, dried fruits, drugs, etc.; atmospheric and vacuum stills, centrifugal autoclaves, dialyzers. The use of these appliances will have to be scientific, avoiding the typical error of cooking foods under steam pressure, which provokes the destruction of active substances (vitamins, etc.) because of the high temperatures. Chemical indicators will take into account the acidity and alkalinity of these sauces and serve to correct possible errors: too little salt, too much vinegar, too much pepper or too much sugar.

Developing a Dish Marinetti's Cubist Vegetable Patch

Menu development and the creation of new dishes are among the most exciting parts of our work, when bringing a new concept to life we begin by developing a frame work which outlines the menu, service style, key ingredients & techniques, music, sensory cues and guest experience. The dish titled Marinetti's Cubist Vegetable Patch served the purpose to demonstrate the relationship between tactile sensations and food textures. Can changing a tactile sensation alter the flavour and/or mouth-feel of food?

This dish was intended as an homage to Filippo Tommaso Marinetti's Futurist Cookbook. Marinetti is known best as the

author of the Futurist Manifesto, which he wrote in 1909. What made Futurist "cooking" so revolutionary was that it drew on food as a raw material for art and cultural commentary reflecting the Futurist idea that human experience is empowered and liberated by the presence of art in everyday life, that osmosis of arte-vita. Marinetti saw food as the ultimate promise of optimism — a gateway to sensual freedom, imbued with the carefree lightness of a children's party and the intellectual enthusiasm of a literary salon. He believed that "men think, dream and act according to what they eat and drink."

Written by Anish Ahuja



Field Trip to Malpe, 2016

Bright and early, the students of Department of Culinary Arts set off on an educational field trip. Accompanied by Chef K Thiru and associate professors Chef Nithish and Manish, to the early morning fish market at the docks of Malpe beach to learn about the locally available seafood.

The number of varieties was truly astonishing; with hundreds of thousands of local fish as well as squid, cuttlefish and shellfish made for an interesting learning experience. A visit was then paid to Mithra Samaj, the birthplace of the masala dosa, to sample local delights like mangalore buns, kesari bath and biscuit roti.

A dish of kori gassi and roti is well known in these parts and to develop our students into worldly chefs we had to definitely visit the rice roti factory in Karkala as well as a rice processing and cashew nuts factory unit in Shivapur. Here the students experienced the massive production scale and work that goes into processing and making rice and cashew nuts available as they are to local consumers.

All in all the learning experience derived from this field trip was incredible and has made the students grow and appreciate the produce they will use as the chefs of tomorrow.



Defining Molecular Gastronomy

Since the term ‘molecular gastronomy’ became popularised by the main stream media – mainly in relation to the activities and culinary innovations of a number of chefs around the world – its true meaning and core principles seem to have been lost.

Molecular gastronomy is most commonly used to describe the new form of culinary style adopted by chefs including Ferran Adria (El-bulli Foundation), Heston Blementhal (The Fat Duck) and Grant Achatz (Alinea) to name a few. However, these chefs themselves have sought to distance themselves from this term as a description of the food served in their restaurants.

Other terms used for this new style of cook

ing include ‘scientific cooking’ and ‘molecular cooking’, both of which are in some way more appropriate descriptions of the actual application of scientific methodology and approach to cooking taking place in restaurant kitchens. Herve This (a founder of the discipline of molecular gastronomy) said “there is a lot of confusion between Molecular Gastronomy, Molecular Cooking or cookery, and such chimeras as ‘culinary science’ or ‘scientific cooking’. Generally, the confusion is based on the fact that people don’t know what gastronomy is, what science is, and even in scientific circles, there is a confusion between science and technology, or engineering “.

Written by Anish Ahuja



The Department of Culinary Arts held a cooking demonstration on the 27-28th March, 2017 for students from the Maastricht University who are at the Manipal Academy of Higher Education on an exchange programme.

Day 1: The session began with our Vice Principal Chef Thiru briefing the students about Indian cuisine, the ingredients used, different methods of cooking etc. The menu for the day was various vegetarian delicacies of India like Dal Shorba, Palak Paneer, Aloo Jeera, Veg Jalfrezi and Channa and Dates Halwa. Every student under the guidance of the Chef, whizzed up the whole menu with enthusiasm and eagerness to learn something new. Spicy/chilly didn't seem to be an obstacle for them.

Day 2: Chef Kaliappan showcased the skills to preparing the world famous South Indian breakfast. He began with Idiyappam (rice string hoppers), Idli (steamed rice cakes), Vada (fried lentil dough), Dosa (rice crepes), Sambar (mixed vegetable curry with lentils) and chutney (coconut based). Towards the end of the session every student got to make their own dosa, idli and vadas.

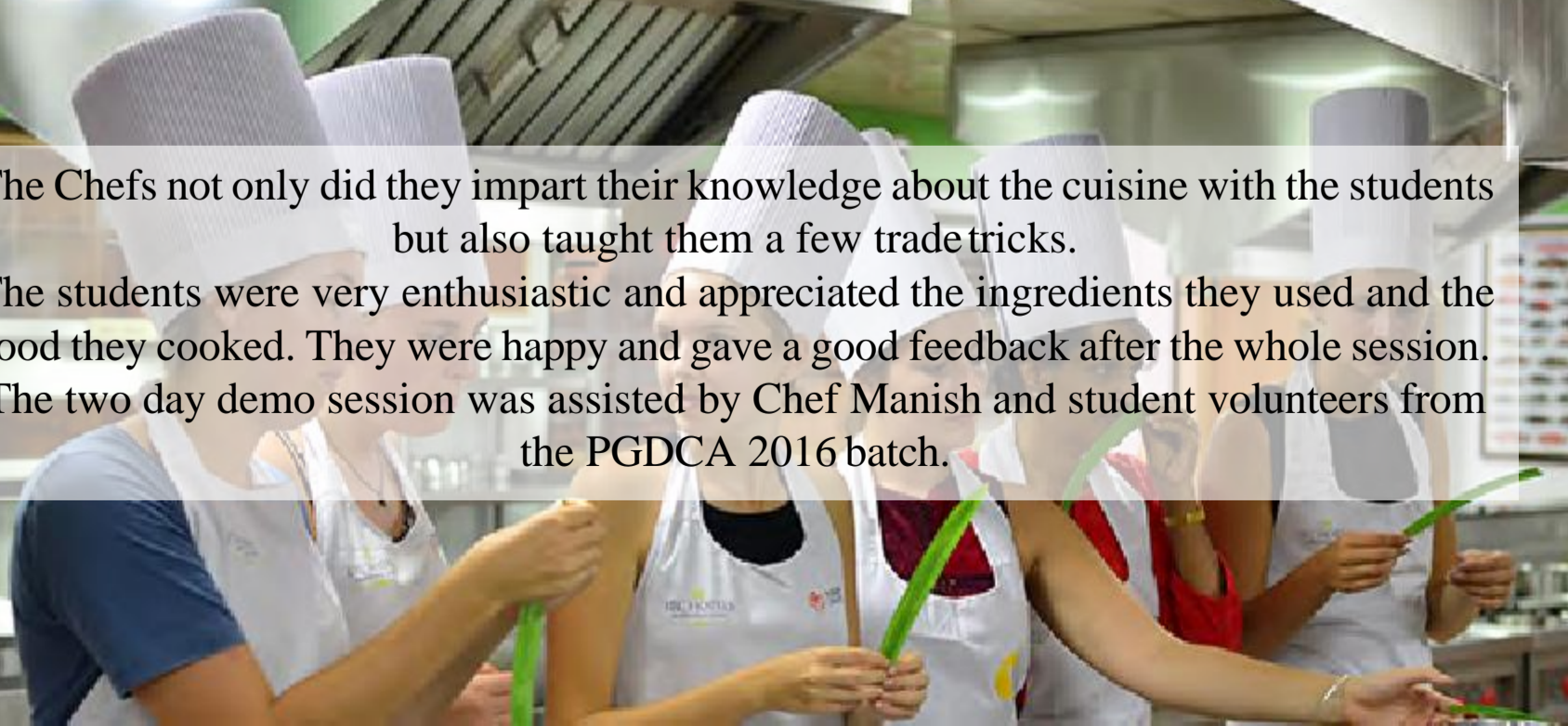
“Food brings people together, but cooking creates a bond”



The Chefs not only did they impart their knowledge about the cuisine with the students but also taught them a few trade tricks.

The students were very enthusiastic and appreciated the ingredients they used and the food they cooked. They were happy and gave a good feedback after the whole session.

The two day demo session was assisted by Chef Manish and student volunteers from the PGDCA 2016 batch.



Cognitive Cooking

IBM Introduces Chef Watson

Written by Anish Ahuja

The concept was developed by IBM as part of their cognitive computing technology. Cognitive computing systems learn and interact naturally with people to extend what either humans or machine could do on their own. They help human experts make better decisions by penetrating the complexity of Big Data. These systems get smarter and more customized through interactions with data, devices and people. They may even help us take on what may have been seen as unsolvable problems by using all the information that surrounds us and bringing the right insight or suggestion to our fingertips right when it's most needed.

The technology has been used in a variety of areas including health care. Now IBM has given this technology a far different task; demonstrating a degree of creativity! They have chosen the culinary arts as they are a great way of showcasing creativity.

For about two years, IBM's cognitive computing group has been working to apply Watson's vast processing ability to food. The system analyzed about 35,000 existing recipes and about 1,000 chemical flavor compounds, which allows it to make educated guesses about which ingredient combinations will delight and, just as importantly, surprise. From there, it tries to encourage unconventional combinations — like chocolate, coffee, and garlic — in order to produce dishes that have never been made before.

A master chef can think of just a hand full of combinations of ingredients at one time. Watson, the same IBM supercomputer that won Jeopardy in 2011, can crunch through a quintillion. That's a one and 18 zeroes, as the IBM researchers like to say.

But does that make their computer a good cook?

The screenshot displays the IBM Chef Watson interface. On the left, there are navigation icons: 'look for INGREDIENTS' (a slice of citrus), 'choose a DISH' (a fork and knife), 'pick a STYLE' (a chef's hat), 'start AGAIN' (a circular arrow), and 'FAVORITES' (a folder icon). The main area shows four selected ingredients, each with a circular icon and a text box:

- STRAWBERRY**: The garden strawberry (or simply strawberry / s'trɔːbɛrriː / Fragaɹiə × ananāsɹ) is a widely grown hybrid species of the genus *Fragaria* (collectively known as the strawberries). It is cultivated worldwide for its fruit. The fruit (which is not a botanical berry, but an aggregate accessory fruit) is widely appreciated for its characteristic aroma, bright red...
- KING SALMON**: Salmon / ˈsælmən/ is the common name for several species of fish in the family Salmonidae. Other fish in the same family include trout, char, grayling and whitefish. Various species of salmon display anadromous life strategies while others display freshwater resident life strategies. Salmon are native to tributaries of the North Atlantic (genus *Salmo*) and...
- ACACIA HONEY**: Honey / ˈhɪni/ is a sweet food made by bees using nectar from flowers. The variety produced by honey bees (the genus *Apis*) is the one most commonly referred to, as it is the type of honey collected by most beekeepers and consumed by people. honeys produced by other bees (bumblebees, stingless bees) and insects (honey wasps) have different properties...
- BOURBON**: Bourbon whiskey is a type of American whiskey, a barrel-aged distilled spirit made primarily from corn. The name is ultimately derived from the French Bourbon dynasty, although it is disputed whether the namesake Kentucky county or New Orleans street inspired the whiskey's name. Bourbon has been distilled since the 18th century. The name "Bourbon"...

At the bottom, a 'SYNERGY' icon (a green circle with a white dot) is visible. Below the ingredients, the text reads: 'HERE ARE SOME IDEAS' followed by a list of ingredients: 'cornstarch, acacia honey, bourbon, water, king salmon, vegetable oil, apple juice, orange juice, strawberry, oyster sauce, cumin, ground coriander'.

Swachh Pakhwada

Swachh Bharat Abhiyan

-Ritika Dhawan

Our Prime Minister Shri Narendra Modi launched the ambitious Swachh Bharat Abhiyan (Clean India Mission) on 2nd October 2014 which also marked the 145th birth anniversary of Mahatama Gandhi. Millions of students and youth took the pledge to work towards keeping their homes, schools, colleges, roads, city clean. With already 1,165,112 hours being contributed to the campaign, everyone is working towards making India Clean by the 150th birth anniversary of Mahatama Gandhi.

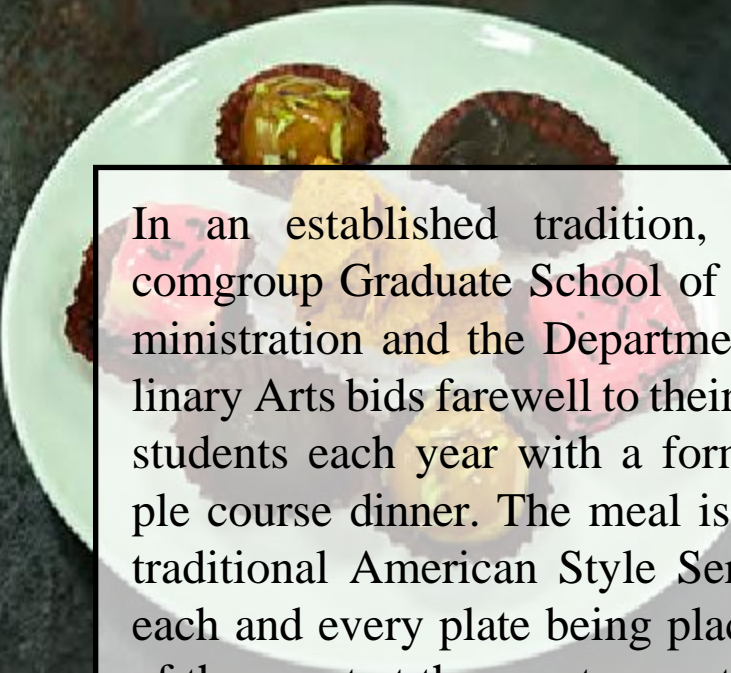
The Government of India has declared 1st-15th September 2016 as the

‘Swachh Pakhwada’ as a part of Swachh Bharat Abhiyan. Department of Culinary Arts undertook the responsibility to make its campus and the surroundings clean. The batch of 2016-17 of Post Graduate Diploma in Culinary Arts contributed to the event by cleaning the Herb Garden and its adjoining area. With brooms and bins, dustpans and gloves everybody was up for the task in hand. Within 45 minutes the area was cleaned and all the garbage was disposed. With all the enthusiasm, the students worked to their best of capabilities. Even the rains couldn't dampen our spirit.

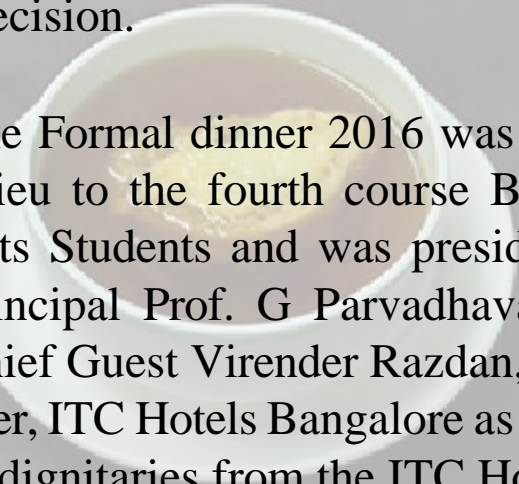




Formal Dinner 2016




In an established tradition, the Welcomgroup Graduate School of Hotel Administration and the Department Of Culinary Arts bids farewell to their final year students each year with a formal multiple course dinner. The meal is served in traditional American Style Service with each and every plate being place in front of the guest at the exact same time, in an extraordinary feat of rhythm and timing precision.

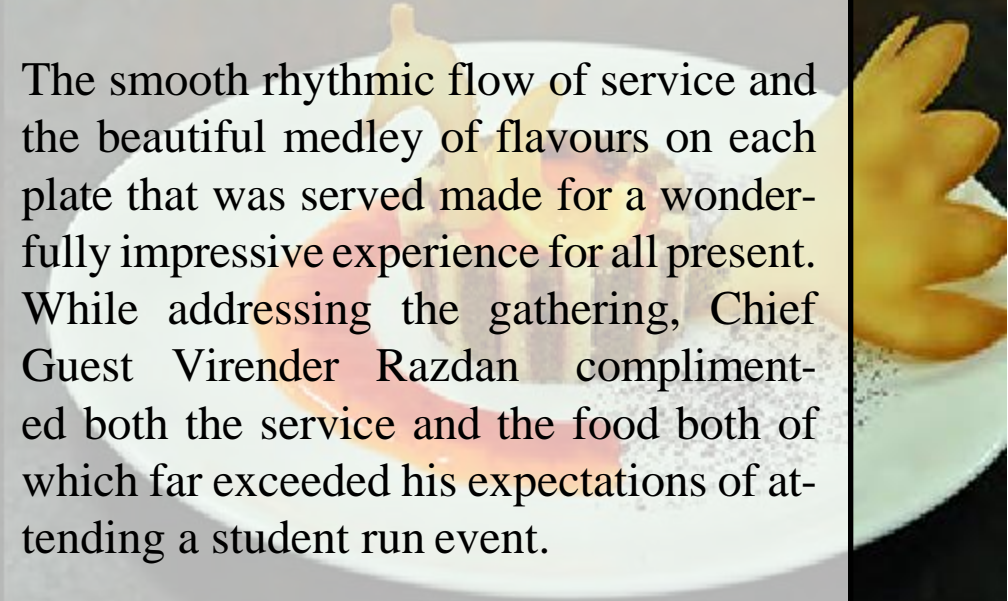


The Formal dinner 2016 was held to bid adieu to the fourth course BA Culinary Arts Students and was presided over by Principal Prof. G Parvadhavardhini and Chief Guest Virender Razdan, Area Manager, ITC Hotels Bangalore as well as other dignitaries from the ITC Hotels Group.

Prepared by the faculty and students of WGS HA and DOCA and served by the students of DOCA, the menu included



classical French dishes including Pâté Maison (a smooth chicken liver pâté served as an appetiser) and Poisson aux crevettes et crabe (a main course of fish served with a Nantua cream sauce). The dinner ended on a sweet note with a traditional dessert of an Orange Charlotte with an orange sauce and tuile and a plate of petit fours, bite sized sweets.



The smooth rhythmic flow of service and the beautiful medley of flavours on each plate that was served made for a wonderfully impressive experience for all present. While addressing the gathering, Chief Guest Virender Razdan complimented both the service and the food both of which far exceeded his expectations of attending a student run event.

The evening was a spectacular final adieu to the students of the fourth course of Culinary Arts.





Cooking Demo for Study Abroad Program Students

On 11th April 2017, the Department of Culinary Arts, WGSHA hosted a cooking demo on South Indian cuisine especially designed for the students of the Study Abroad Program of Manipal Academy of Higher Education. We had six American students and two co-ordinators who were present for the demo held that evening. It started at 5:30 pm with the students entering the details of their contact information and were then handed out guidelines, recipes, chef toques and aprons. They were then guided to 'EKA', the department's kitchen lab. Each candidate was allotted a student volunteer who would assist them in cooking and

learning for the duration of the demo. The session was conducted by Chef Thiru, the Head of Department of Culinary Arts who involved the students of the exchange programme in an interactive demo. Going about the menu course by course, the students were truly amazed by the simplicity of South Indian cuisine. The volunteers helped each student with cooking and plating their food, after which the students enjoyed their meal. It was a wonderful experience for the students about food and culture. The event ended with a group photograph and memories of learning about a new cuisine.

“If you have this passion for music, you don’t stop doing it”

– Tina Weymouth

Written by Prince Joseph

This is exactly what this institution has helped me to do – follow one passion without giving up on another. Being a pianist, I have received ample opportunities to showcase and hone my talent.

The music club at WGSHA received a huge boost this year when we got a dedicated music room for our endless jam sessions and practice, thanks to efforts from the club’s student representatives and the faculty in-charge Mr. Naresh Nayak.

Here are some of the events that I got to participate in:

Student Council installation

This was the first event, after the freshers had arrived, that the whole population of the college had gathered under one roof. The music club contributed to its part in welcoming the new students by putting on an array of musical performances, both Hindi and English songs, right from classics such as ‘Hey Jude’ by the Beatles to the iconic theme song from Friends and popular Hindi numbers.

International Chefs day

This is probably the best part about being part of the music club in a hospitality college. Meeting culinary legends, who are our sources of inspiration, is an overwhelming experience by itself. Performing for them on-stage was nothing short of a dream come true.

Christmas Celebrations

Christmas comes but once a year, and what better way to celebrate than with carols. And that is exactly how the music club spread the Christmas spirit – with some good ol’ holiday season music.





Annual day

The day that everyone at WGSHA looks forward to - the annual day. This was no different for the music club. With plenty of effort and practice put in, we presented a long playlist of songs – from the very latest music to retro songs that got even the parents tapping their feet.

Article 19 – School of Communication Fest

There are a lot of college fests that happen in Manipal, and Article 19 was one such fest that I got to participate in, in the beautiful SOC campus. I participated in the solo instrumental and vocal & instrumental duet competitions. It was a lot of fun and a great place to make friends with people of similar tastes from the other colleges in the Manipal Academy of Higher Education.

Drishti

Drishti is WGSHA's intra-college cultural fest, and this is when you see a lot of hidden talents of classmates and colleagues coming out. This event was set in the relaxed environment of the amphitheatre, where everyone had a lot of fun, and even the faculty let their hair down and enjoyed the evening. I participated in the instrumental solo competition. I played a medley of music and themes from various TV shows and won following which, I qualified for Utsav – the Manipal inter-collegiate fest.

Utsav 2017

I had the honour of participating in Utsav – the biggest stage in Manipal featuring amazing talent from all the Manipal Academy of Higher Education colleges. The level of exposure and talent on display is amazing, to say the least. There were students there who were nothing short of professionals, and you really get to see the level of skill and talent that Manipal has to offer.

Apart from these, the music club has also performed for various other events such as the freshers party, symposiums, food fests and special dinners.

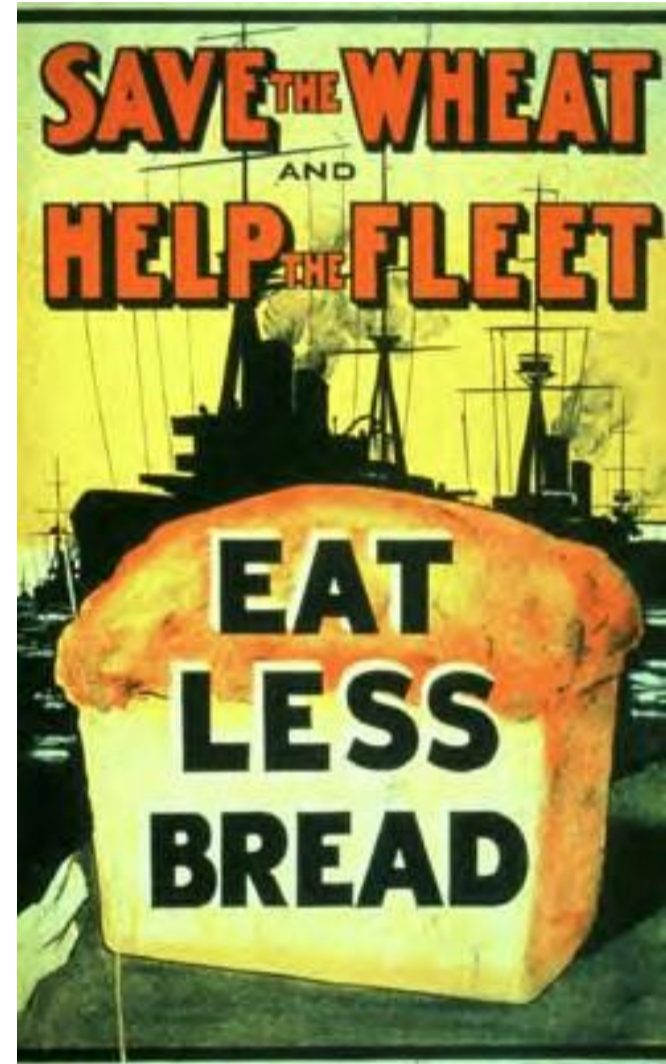
I have the music club to thank, for bringing me closer to some people in a way that only music can. All those fun and crazy jam sessions have brought us together into our small family, the WGSHA music club.

A Bite of Food History

Written by Siddhi Laad

Britain, Germany, Italy, Japan, the Soviet Union, and the United States agricultural sectors were in tatters in the 1930s. The farms of the era were what the citizens of those countries today would without hesitation call primitive. 60 per cent of American farms were without electricity or running water; Germans farms lacked sewage connections; British farm houses had no electricity, gas or running water. Economic collapse and severe droughts meant that black children in the American South, like farm children in Japan, regularly went to bed hungry.

Farming was barely mechanized in the 1930s and much more crop land was required to feed a stable population than it is today; a growing population needed even more land to produce enough food. The economic collapse of 1929, followed by protectionist agricultural policies, demonstrated to the Japanese and German that a drive for self-sufficiency, autarky, in food was the only policy that would make them more powerful nations. This thinking led the Nazi leadership to engineer the invasion of countries to the East to obtain land that German farmers needed for agricultural expansion. The Italians' solution to increasing food production was to be found in colonizing parts of North Africa and the Middle East and sending Italian farmers to live there.



Japanese leaders' dreamt of colonizing Korea and China for food production. In broad terms these goals were similar. By turning conquered territory into colonies, the aggressor nations, Germany, Italy, and Japan, could free themselves of Anglo-American domination and gather all the food resources they needed under their direct control. Each of these nations was dominated by political extremists with militaristic ambitions and driven by a determination to find new markets, new sources of fuels, new sources of food, and new sources of cheap labour.

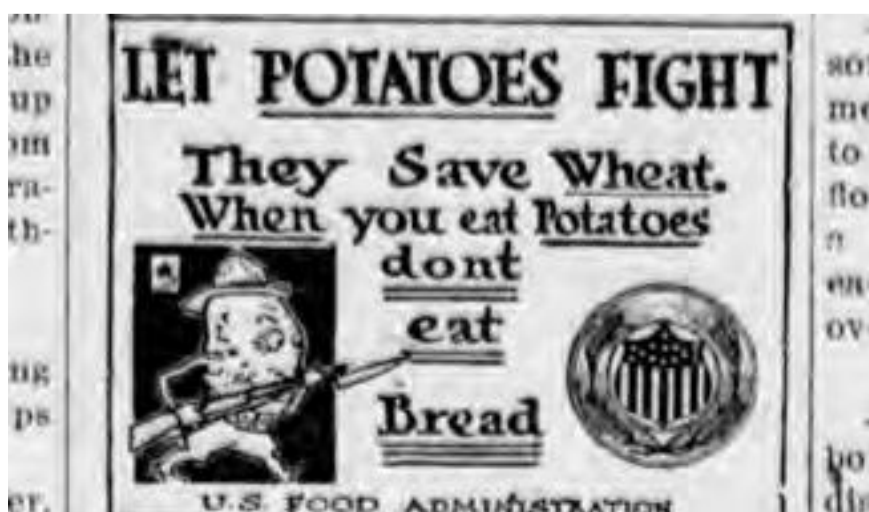
Japanese soldiers started out as malnourished recruits from the countryside in the 1920s and 1930s, and they fared no better as troops in the field. They were usually sent out with utterly inadequate rations, forced to plunder and steal to survive. Soviet troops survived on chance discoveries of supplies wherever they found themselves. With German soldiers doing the same (and sending food and other supplies back to Germany) in the territories being fought over and occupied by these two armies, it was not long before there was simply nothing left to eat in vast areas of Eastern Europe.

Here, starving Russian soldiers, while they felt no loyalty to Stalin's regime, would not stop fighting because the alternative – German occupation of their homeland – was unthinkable. Soviet citizens and soldiers who survived the war did so in spite of having less food than all of the other combatant nations save Japan. It is counter-intuitive that the devastating physical conditions that Soviet and Japanese soldiers and civilians withstood did not cause them to revolt against the conduct of the war. National cultural ideologies played a role in how people reacted to even the harshest deprivation.



The United States was the only country that improved agriculturally during and after the war, resulting in an impressive capacity to produce food surpluses. This unique position translated into power in the wartime and post-war world. There was clear consensus within the US government on national priorities in terms of food supplies and a precise notion about where their allies fitted into the picture. American troops had far superior rations to all other soldiers. Civilians by and large experienced such wartime prosperity that, in spite of rationing, many Americans were eating better than ever. American plenty represented American greatness and it was a symbol of what the troops were fighting for.

Australia, Canada, and New Zealand were second only to the United States in wartime food production. For Britain's under-developed African and island colonial holdings, any benefits of wartime production were not spread evenly among the population. Rationing made enormous improvements in working-class access to a healthy diet, working-class families were still at a disadvantage. Especially in urban areas, food was expensive and allotments for growing food were small.



In America, wartime prosperity bypassed impoverished areas of the South, doing little to improve African-American inequality. Foodstuff and eating habits underwent changes directly as a result of war. Wartime technology and science produced a revolution in agricultural productivity and food processing. Importantly the Second World War acted as a powerful vehicle for spreading the American way of eating across the globe.

Cancer Awareness Drive

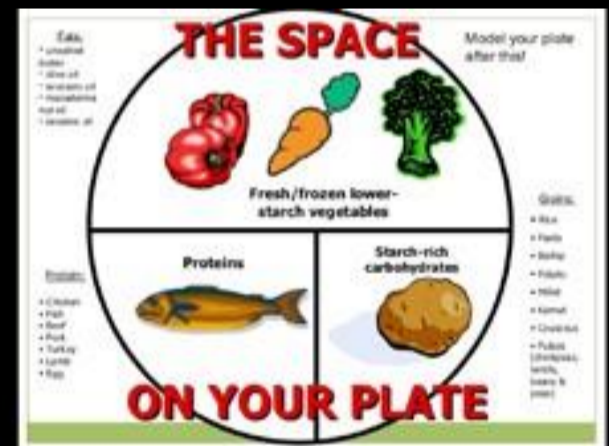
Cancer in the recent century has become a fatal virus that seems to be destroying not just the human body but homes, economy, relationships and so much more. Although the alarming number of cases has led to various discoveries and cures yet the number of lives lost is not at par.

One such awareness drive was organized by KMC, Centre of Community Oncology and MIT in collaboration with WGSHA. The event began with a cycle ride from end point to KMC greens. At KMC greens the programme was inaugurated by Dr GK Prabhu a cyclists enthusiast and Director of MIT. The event was hosted in awareness of the current trends being introduced in the health sector. And if proper care is taken one can avoid falling victim to cancer at an early stage.



This was followed by Dr N Udugas who had been invited as the Chief Guest of the event. He started by explaining that people in India tend to be casual when it comes to exercising, eating healthy and practicing regular check up with doctors. This casual approach has led to a lot of Indians suffering cancer. Today, if cancer is detected at the right stage, it can be cured. One can avoid financial instability which is one of the key threats of cancer.

WGSHA's contribution to the event was demonstrating a 3 course menu keeping in mind a cancer patient's diet. When I was enthralled with the duty of formulating a menu for cancer patients my first instinct was to do an Indian menu because that's something all people would be able to relate to. Firstly it will be easy to source ingredients for us as well as all those who want to try the menu at home and secondly, it was economical. But what could the menu include that wasn't deep fried, lactose free and included coloured vegetables.



After much research from internet and a few journals from diet and nutrition students we came up with the following menu including

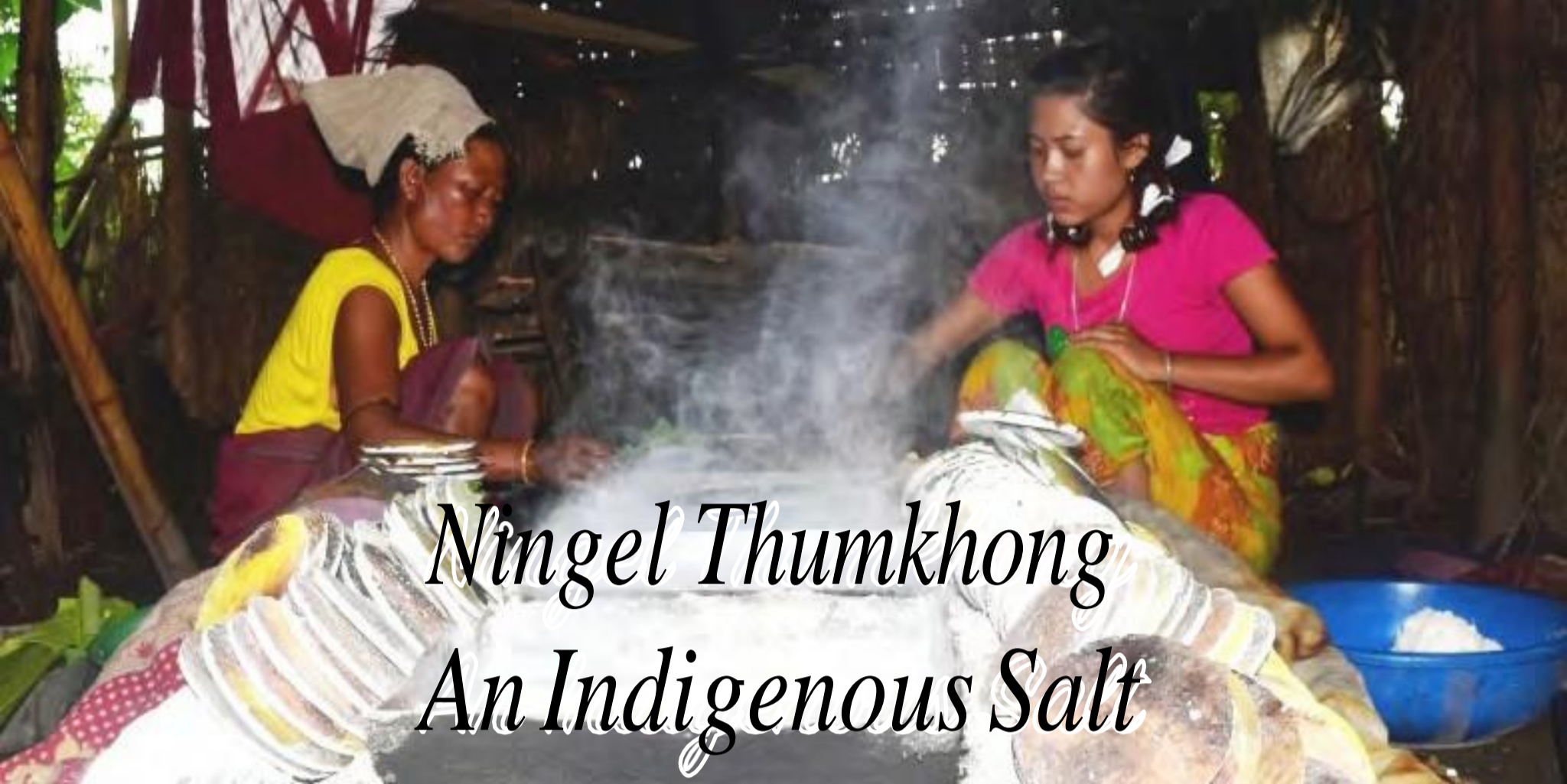
Drink : Green Fix (basil+mint+cucumber)

Salad: Barley Salad(Barley tossed in orange dressing with cucumber)

Main Course: Sai Bhaji With Multigrain Roti

We made a group of 6 students and each of us demonstrated a dish to the audience. We had done the preparation for dishes in college and demonstrated just the assembling explaining why the dish was important. After finishing up with the demo of the dishes we invited the delegates of Manipal Academy of Higher Education to come up and try the dishes. The star of the evening was the Barley Salad. Its easily available but very few know the nuances of cooking it.





Ningel Thumkhong An Indigenous Salt

Government efforts in preserving the production of Manipuri local Salt never seem to turn into reality, says Khujam Ongbi Maipakpi. She is a resident of Manipur who is now 66 years old. She has been working for than 40 years producing the only local salt of Manipur known as “NINGEL THUM” and it is the only work she had been working on till now.

There were more than 30 salt producers but now only 6/7 local salt manufacturers are left, struggling to preserve the very old tradition of salt production which has been going on since ancient history of Manipur as most of the villagers have now shifted their occupation on agricultural work as their primary occupation while manufacturing salt as their secondary occupation.

Demands of Meitei Thum (Salt) are high mostly during ritual and wedding seasons. During these seasons, the supply struggle to meet the needs of the customers. Sometimes they had to travel through nearby hills to get firewood's, even if they had to go through bad weather, they cannot stop manufacturing salt” said Khujam Ongbi Maipakpi.

According to locals of Manipur, indigenous salt was considered as an item of reward given by

the Maharaja to the brave persons for their heroic deeds. The word thum (salt) in itself is powerful to indicate the name of place, area, status of a person, economy etc. The combination of thum (salt) and Khong (well) indicates the place of salt well.

Despite preserving the tradition of salt production and manufacturing the indigenous salt, the earning is not quite sufficient. During off season they had to struggle to maintain their livelihood compare to season's time where they travel everyday to Imphal Market far from their village to supply the prepared salt to the brokers where they made quite good earnings.”

Few years back, the villagers had sought for help from the concern authority and government for the preservation of the NINGEL THUM-KHONG from being extinct but none have turned their eye on them. The villagers of Ningel are still waiting for support from the government side.

They also shows interest for festival of Salt (Local made Thum) in their village like the festival of Morok, Orange, Pinapple, etc. so that the whole world will know that there still exists the indigenous salt of Manipur.

Written by Siddhi Laad

Making food more Eatable

Written by Siddhi Laad

In a study conducted by Dr. Mercola it has been clinically proved that eating unmarinated grilled meat on a regular basis causes cancer. When fat drips onto the heat source it causes excess smoke that surrounds your food. This smoke can transfer cancer causing polycyclic aromatic hydrocarbons (PAHs) to the meat. Heterocyclic amines (HCAs) are also formed when food is cooked at high temperatures. Both PAHs and HCAs are linked to cancer. (Mercola, 2014) Scientists have estimated the average cancer risk because of heterocyclic amine exposure ranges from 1 per 10,000 for the average person to more than 1 per 50 for those ingesting large amounts of well-done muscle meats (beef, pork, fish, and poultry), especially flame-grilled chicken. Other research shows:

- People who regularly eat well-done meat cooked at high temperatures have a 60 percent greater risk of pancreatic cancer
- Both HCAs and PAHs are mutagenic, which means they cause changes in DNA that may increase cancer risk, and have been found to cause cancer in animals
- A diet high in HCAs has been linked to tumors in the breast, colon, liver, skin, lung, prostate, and other organs in animals
- Animals fed PAHs developed leukemia and tumors of the gastrointestinal tract and lungs

It has been proved that Beer Marinade Slashes Toxic PAHs in Grilled Meat. Interestingly, certain types of beer worked better than others (namely, the darker, presumably more antioxidant-rich beer had the best effect). Specifically, compared to non-marinated pork loin :

- A pale lager marinade (pilsner) reduced the formation of PAHs by 36.5 percent
- A non-alcoholic pilsner marinade reduced formation by 25 percent
- A black beer marinade (a dark lager) reduced PAHs by 68 percent

Past research also showed that marinating steak in red wine or beer for six hours before cooking cut levels of two types of HCAs by up to 90 percent. Beer was also efficient at reducing a third type of HCA, cutting levels significantly in just four hours. In this study, the meat was pan-fried, not grilled, a method also known to create toxic by-products.

It is our effort here to marinate chicken with beer. We are trying to experiment with different marination and various durations of cooking with the beer marinated chicken, to determine which yields the most palatable result. Research still underway...



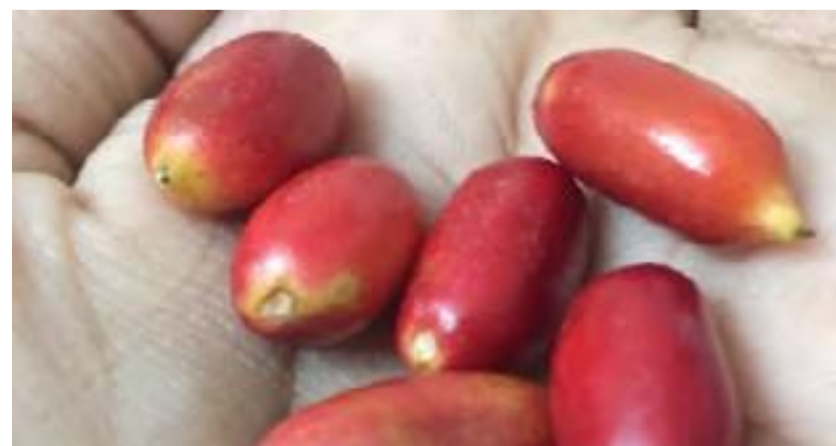
Exploring Kerala with its cuisine

Written by Aparna Garg

Being a north indian its sometimes difficult to adjust to the diverse cuisine and culture of south India. But after coming to Manipal and trying out the various types of cuisines from south, I would say Kerala is my favourite. Being a mix of tropical and coastal vegetation it offers you a wide range of food, from exotics fruits to vegetables.

Well if I talk I about diversity Kerala is one of the most harmonious and culture tolerant state of India. A state where temple, mosque and church can be seen beside each other. This mix of culture gives a different twist to its cuisine. be it beef stew being prepared in a Christian house or the famous Kerala biryani's aroma coming out of the Muslim house you can smell it all. But nothing could compare to the fresh seafood being cooked by the banks ofbackwaters.

Various local dishes that I was fortunate to taste were putta a steamed dumpling made from rice flour, very crumbly and soft. It is mostly eaten for breakfast with curries and stews. Miracle fruit it's a red tiny berry which once consumes turns all sour things into sweet! yes, it is a miracle. The other dish that I tried was Patri its again made from rice flour, it's a thin bread which is then layered with coconut milk cooked with nuts. This bread can be eaten with any curry. Well every cuisine is incomplete without deserts. Jackfruit halwa is a very popular sweet eaten in Kerala, as the name suggests it is made from jackfruit its chewy in texture and not too sweet, and yes steamed bananas are also eaten as sweet after meal. This was my journey in Kerala I hope I get a chance to try out more south indian cuisines.



Thunder Mushrooms

Written by Ashwin Clod Mendonsa

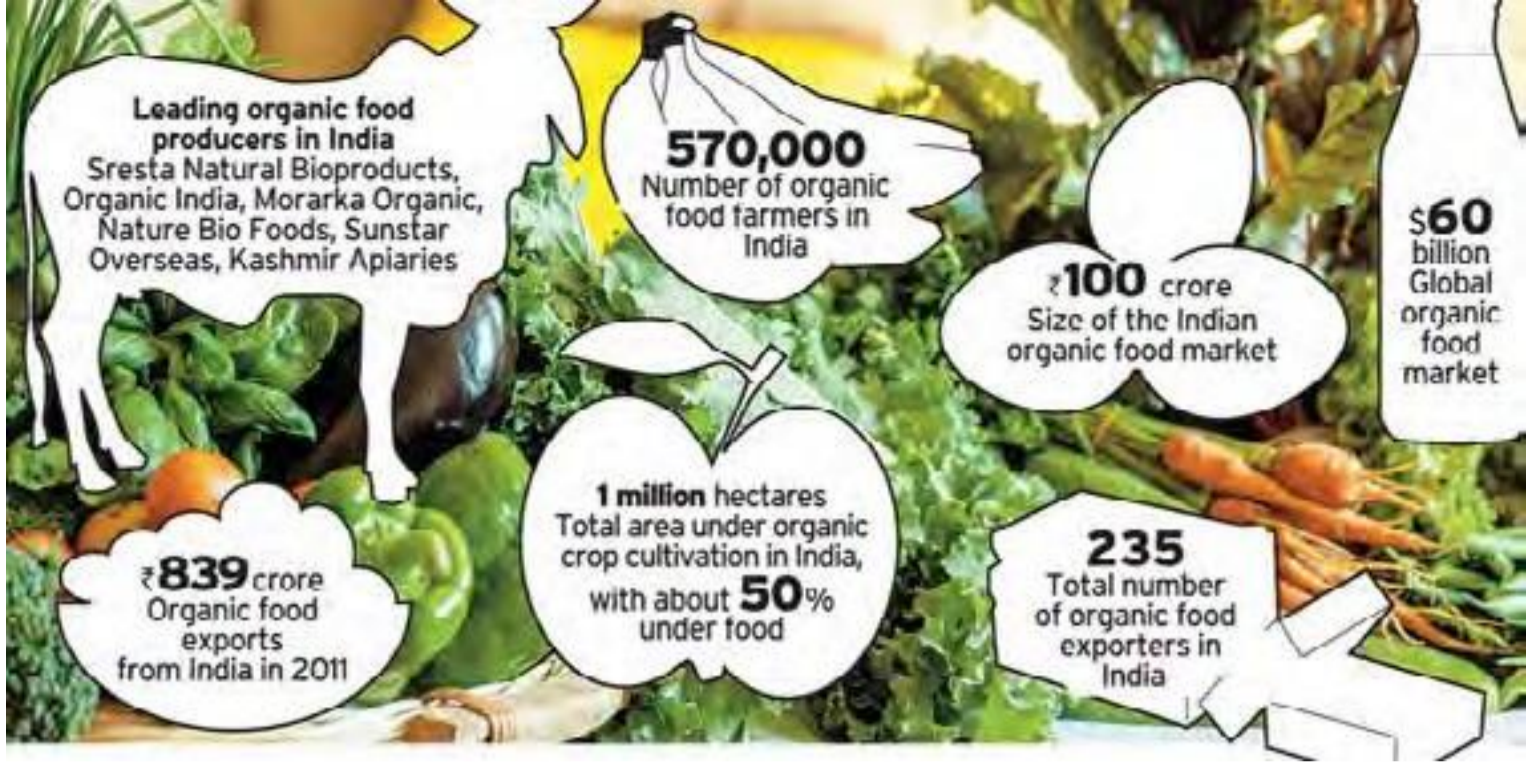
One of the rare finds from the land of tradition Udupi. In the land of variety loved and cherished by all. They are called as such for the next day of thunder they bloom to the top of soil. Before that the mushrooms will be growing below 2 inches of the soil. It is common to see people selling these mushrooms after the day of thunder. Locally they are called 'Gud Gud Almbe' in Konani which Thunder mushroom and 'Kalla Lamp' in Thulu which means stone like mushrooms. It has a crunchy shell and and a cotton like inner bud. At rainy season, they are sold at a

very good price.

These mushrooms are cooked either in coconut gravy or a semi dry preparation alone with grated coconut both the ways the mushrooms are the stars. Loved by all the kids and young ones in udupi. Picking these mushrooms is a very hard and tedious job as they are very hard to find. Nowadays these mushrooms are also exported at the season to other cities like Mumbai and Bangalore. There are many more varieties to still to be explored.



The Organic Movement



Written by Siddhi Laad

Chemical agriculture and genetic engineering are threatening public health and leading to nutrition decline. Costs of production, which includes hybrid and genetically engineered seeds, chemicals and irrigation etc., are increasing with every season pushing farmers into the debt trap and to suicides. Thousands of farmers have given their life in India in last two decades because of the debt. The organic movement broadly refers to the organizations and individuals involved worldwide in the promotion of organic farming and other organic products.

The organic movement began in the early 1900s in response to the shift towards synthetic nitrogen fertilizers and pesticides in the early days of industrial agriculture. In recent years, environmental awareness has driven demand and conversion to organic farming. Some governments, including the European Union, have begun to support organic farming through agricultural subsidy reform.

Organic production and marketing have grown at a fast pace.

In 1972, the International Federation of Organic Agriculture Movements (IFOAM), was founded in Versailles, France. IFOAM was dedicated to the diffusion of information on the principles and practices of organic agriculture across national and linguistic boundaries.

In the 2000s, the worldwide market for organic products (including food, beauty, health, body care, and household products, and fabrics) has grown rapidly. More countries are establishing formal, government-regulated Organic certification. Monitoring and challenging certification rules and decisions have become a regular, high profile aspect of activists in the organic movement. Specifications for what may be classified as organic food may vary by location. According to the United States Department of Agriculture (USDA), organic food is produced by farmers who emphasize the use of renewable resources and the conservation of soil and water to enhance the quality of the environment. Organic poultry and dairy products come from animals that are given no antibiotics or growth hormones. Organic food is produced without the use of synthetic pesticides or fertilizers, bioengineering, and ionizing radiation. Before a product can be labeled “organic”, a Government-approved certifier inspects the farm where the food is grown to make sure the farmer is following all the rules necessary to meet USDA organic standards. Companies that handle or process organic food before it reaches supermarkets and restaurants must be certified as well.

One of the goals of the organic movement is to promote consumption of locally grown food, which is promoted through slogans such as “Know Your Farmer, Know Your Food”. The organic movement promotes ecological farming and fair trade to ensure healthy, diverse, and safe food. Organic agriculture is not just a source of safer, healthier, tastier food. It is an answer to rural poverty. Organic agriculture is not just a method of farming. It is saving the Earth and farmers’ lives.

Debate The Hindu

-Danielle Lauren Lewis

A debate competition was conducted by The Hindu, India's leading English newspaper in association with Rostrum, the Speaker's club of The Alva Education Foundation on March 24th, 2017 at Alva's College, Vidhyagiri, Moodbidri.

My friend Suruchi Kaloti and I teamed up and competed against 82 other teams from 6 different districts of Karnataka. The competition was tough, many teams had such conviction in their speech and debated with such fierceness, it sent chills down my spine!

It boiled down to 10 finalists who spat fire with their words and indeed it was quite an intense round. But we fought harder and made sure our voices were heard and together, we beat them all and won first place!

The entire event was covered by the press and so we even featured in an article for their esteemed paper!

We even featured on the Manipal Academy of Higher Education LED Billboard!

And on their Facebook page as well!



Gaggan Anand

Asia's No1 Chef

Written by Kushal Bajoria

Can Indian cuisine ever hope to become modern enough to be listed among the world's best that chefs have to offer? On the whole, that has not been a very promising ambition, except for a few rare exceptions, and Gaggan Anand is one of them. After completing his culinary schooling in India, Anand moved to Bangkok where he now has a restaurant, Gaggan, which ranked 10th best in Restaurant magazine's San Pellegrino and Acqua Panna World's 50 Best Restaurants in 2015 and first in Asia's 50 Best Restaurants in the 2016 list. Anand likes to call his work 'progressive Indian cuisine', and does a molecular interpretation of Indian dishes, using his stint at that temple of molecular gastronomy, the famous El Bulli restaurant run by Ferran Adrià near Girona, Spain. Anand's creations can involve egg bhurji soufflés, coriander foams, spherified yogurts, smoked whiskeys and more.

He is one of my inspirations, Although the base of his cooking is Indian, Gaggan has always

wanted to change how people thought about typical Indian food. With influences from the Portuguese, British, French, and others, cuisine in India has always been more than just the curries that many international diners immediately think of. Gaggan pushes that belief to the side by incorporating elements of Japanese, South American, and street food cuisine into his creations. He constantly travels the world in search of unique global ingredients like pure vanilla from Columbia, pepper from Peru and yuzu from parts of Asia. Because the menu at his restaurant changes every 2 months, he is continuously motivated to learn, explore, and innovate in the search for culinary perfection. In fact, one of the reasons he loves being in Bangkok is the 24/7 access to fresh chilies and produce and exotic spices that can't be found anywhere else. For Gaggan, Bangkok is inspiration and energy, but it is also where he feels at home among a people who are always smiling and happy.



'T'aambulam-Satvik Oota

Sattvic diet is a diet based on foods in Ayurveda spread under the guidance of Chef.K.Thiruda and Yoga literature that contain sattva quality. Sattvic diet is meant to include food and eating habit that is "pure, essential, natural, vital, energy-containing, clean, conscious, true, honest, wise" and gain abstinence from vegetables such as onions and garlic that are local produce. The entire ambience was decorated considered as aphrodisiacs. In a modern day kitchen it is almost impossible to function without ingredients such as the above. Many Indian chefs today are reinventing cuisines in order to highlight local seasonal produce and refrain from canned and processed foods to enhance flavor and promote healthier living. In ode to chefs like this The Department of Culinary Arts hosted a Satvik lunch buffet

Head of Department)for the faculty members of WGSHA and the Culinary Department on 9th of September . The menu included items such as Kosambri,Moode/ Kotige,Patrode,Satpura along with a range of various palyas made with local produce. The entire ambience was decorated in sync with the cuisine and even the students were dressed in traditional attire. The menu consisted nearly 20 items,each unique in taste and texture. The guests also included students part of the foreign exchange programme who got the chance to experience Indian cuisine at its finest. The event gained great appreciation from all present and added one more golden feather to the hat of the Department of Culinary Arts.

Faculty Lunch

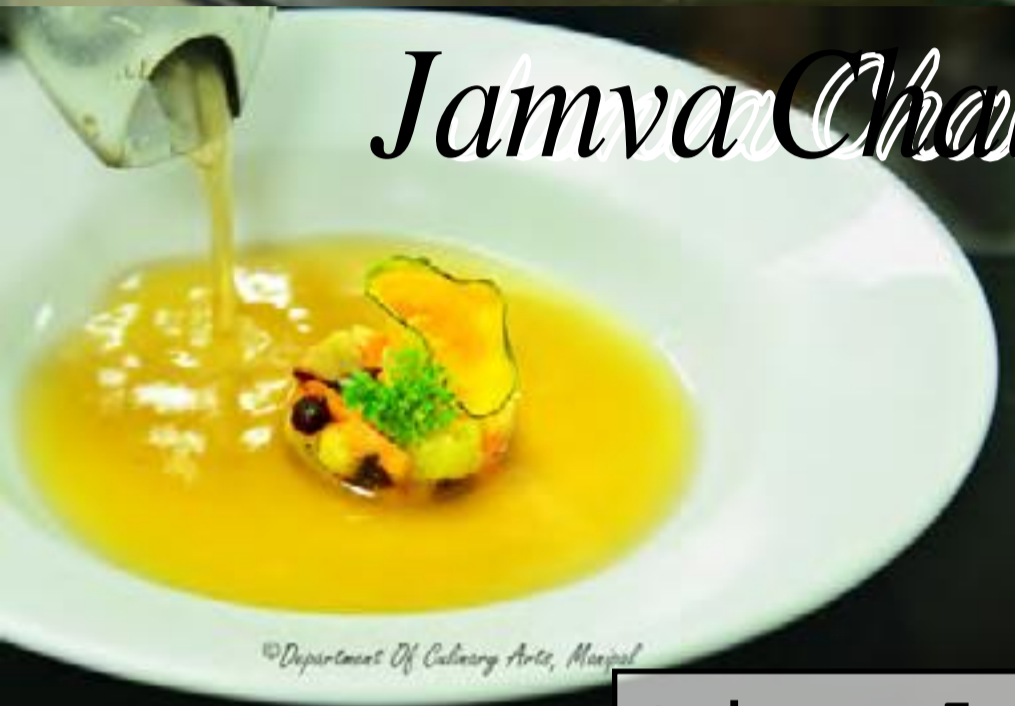
Dakshin Chemistry

They often say cooking is an amalgamation of art and science.Many prominent Chefs such as Manish Mehrotra(Indian Accent), Gaggan Anand(Gaggan-Bangkok) and Floyd Cardoz(The Bombay Canteen, Paowalla-NYC) have revolutionised the face of Indian cuisine on a global front by uniting the flavours our motherlandwithtechniquesofthewestbacked by some mind boggling scientific techniques. Keeping with the trend, The Department of Culinary Arts conducted a faculty theme lunch under the guidance of Chef .K.Thiru by teaming the essence of South India with western cooking techniques and quirky equipment. The event was named Dakshin Chemistry translated as Southern Chemistry. Each dish had contrasting elements that worked in great harmony. They were also given offbeat names such as The petit petri which was a banana pancake served with tomato and orange compote, The CV Raman effect which was a Chettinad sous vide chicken dish,The Miracle of Photosynthesis which was a salad made with Banana flower and beetroot chutney and many more.Instead of using traditional cutlery and crockery, laboratory equipment was used for plating such as beakers, test tubes, petri dishes and flat bottomed flasks.The students serving were dressed as scientists and guests were kept entertained with brain twisting equations and science riddles while they waited for their food. The Department of Culinary Arts intends on creating a bench mark for culinary colleges across the globe by bringing the best of both worlds in the culinary arena.



THE PARSI TRAIL

Jamva Chalo Ni Dikar!



Simulations



Sabor de Europa



Other happenings @ DOCA



24-27.10.2016 George Brown Boot Camp



16.11.2016 Under the Tuscan Sun Simulation



18.11.2016 Fruit Mixing



26.11.2016 Le Cordon Bleu workshop Chef Olivier Mourelon & Christmas Celebration

There was a demonstration by Chef Olivier Mourelon from Le Cordon Bleu London for the 3rd year students of Department of Culinary Arts. Chef Olivier Mourelon demonstrated excellent techniques which left the students awestruck. Later in his presence, there was a series of Christmas events staged by the first and second year students, followed by a Christmas lunch in the college mess.





20-25.03.2017 Carving workshop: The chef taught vegetable, fruit and ice carvings to BACA 6th course and PGDCA students.



05.04.17 Utsav 2017: Creative Jam event- The participants were supposed to make music with non-instrument items and no vocals were permitted. Keshav and Prince from Department of Culinary Arts took part in the event. The props used to make music were bucket, metal dustbin, spatulas and spoons among others. Their theme was kitchen and thus their costume was a chef coat with a chef toque.



13.04.2017 Besseha Simulation: On the 13th of April the Department of Culinary Arts conducted their last Simulation for this semester called 'Besseha'. The mesmerizing natural splendour of the Kingdom of Morocco has won its name of 'oasis of the senses'. The entire college was decorated according to the theme and replicated a starry night in Morocco.

Quoteworthy.

“You cannot get an influence from the cuisine of a country if you don’t understand it. You’ve got to study it.”

Chef Ferran Adria

“This is my advice to people: Learn how to cook, try new recipes, learn from your mistakes, be fearless, and above all have fun”

Julia Child

“Gourmandise is an impassioned, rational and habitual preference for all objects that flatter the sense of taste.”

Brillat-Savarin

“Cooking is an art, but all art requires knowing something about the techniques and materials”

Nathan Myhrvold

“When you’re eating something and your palate tells you what’s missing, that’s when you start combining.”

Justin Quek

“The greatest dishes are very simple.”

Auguste Escoffier, the “Emperor of Chefs”

“These days, gastronomy is so ambiguous and abstract, journalists are moving more and more from critiquing to describing experiences”

Chef Andoni Luiz Aduriz

0
STEIRERERECK



#9
MUGARITZ



#8
MAIDO

#7
GAGGAN



#6
ASADOR ETXEBARRI



#5
CENTRAL





#4
MIRAZ R

© EDUARDO TORRES



#3
EL CELLER DE CAN ROCA



#2
OSTERIA FRANCESCANA



Disfrutar, Barcelona
Winner of the
Miele One To Watch
Award 2017





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