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Odysseys with a camera a backpack and tweezers



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4<sup>th</sup> EDITION

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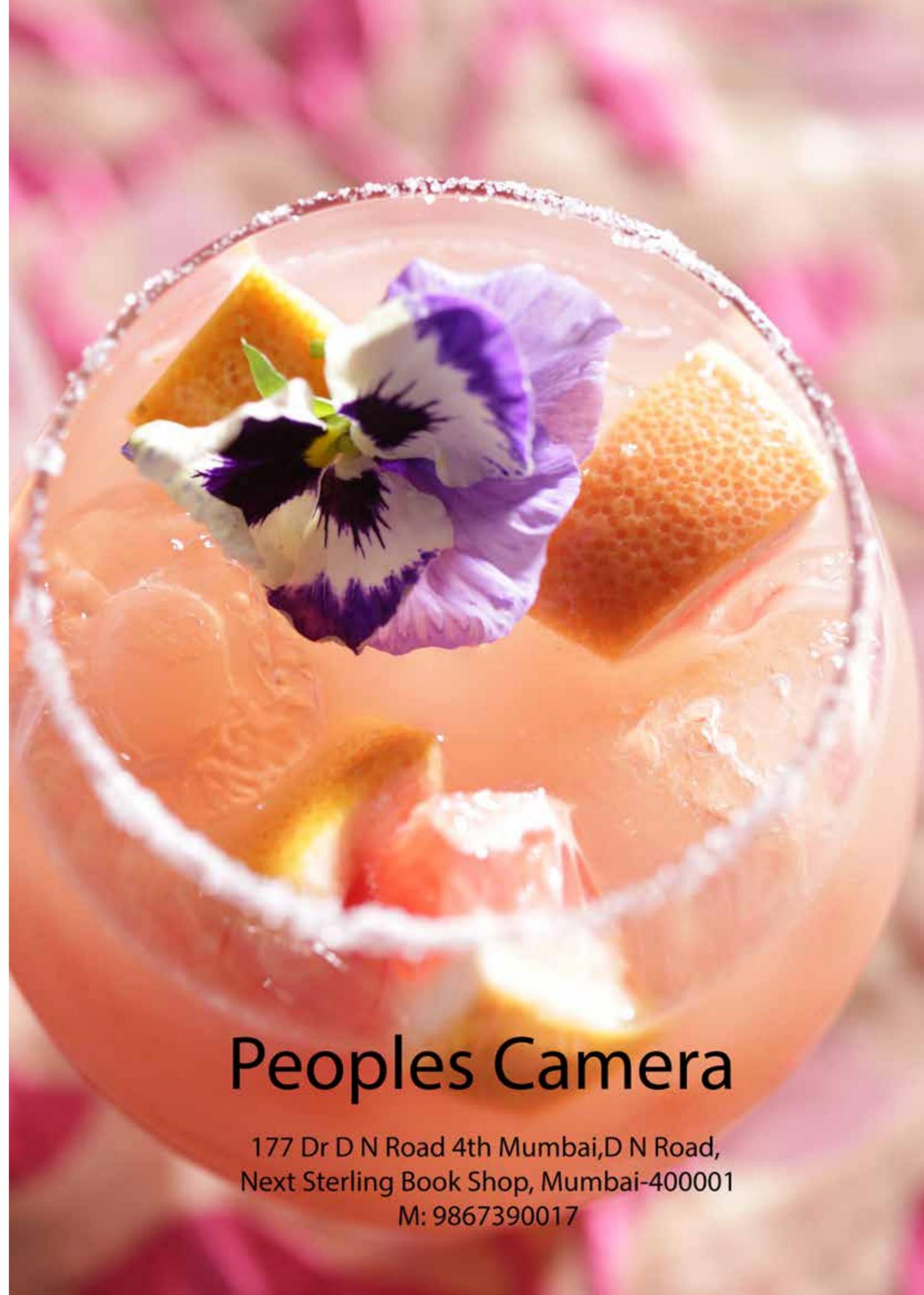
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# Samyati

Odysseys with a camera a backpack and tweezers

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## EDITORIAL

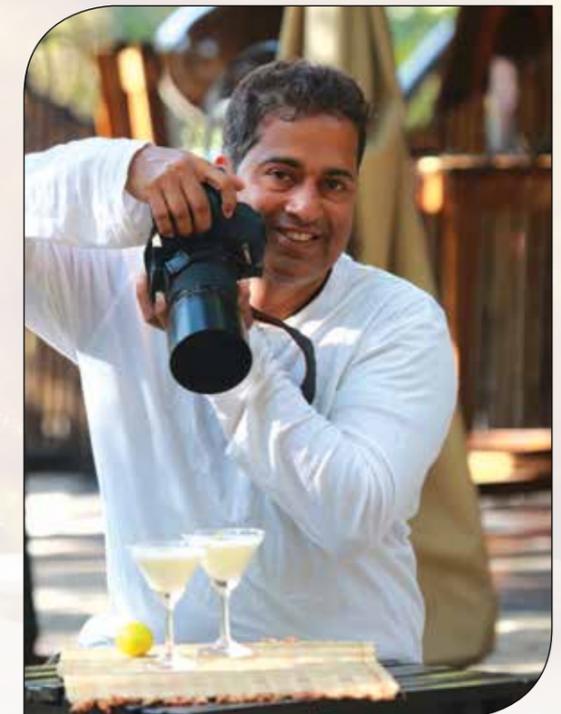
“ If while washing dishes, we think only of the cup of tea that awaits us, thus hurrying to get the dishes out of the way as if they were a nuisance, then we are not “washing the dishes to wash the dishes.” What’s more, we are not alive during the time we are washing the dishes. In fact we are completely incapable of realising the miracle of life while standing at the sink. If we can’t wash the dishes, the chances are we won’t be able to drink our tea either. While drinking the cup of tea, we will only be thinking of other things, barely aware of the cup in our hands. Thus we are sucked away into the future—and we are incapable of actually living one minute of life.” —Thich Nhat Hanh,

The art that surrounds food is a state of mindfulness and the joy that comes from the simple act of cleaning the kitchen before and after service is a way of zen and meditation. As young chefs we stay away from these chores and as executive chefs cleaning is for the juniors. It is in this selfless act of cleaning that we are reminded of our roots and as chefs it is important to remember that.

This edition is about the rain and the smell of earth that rises when the rains come. It is that very essence known as “Petrichor” that takes us on a journey to our childhood. The forgotten smells and tastes of fried foods during the rain. The walks along the beach, the trudges on weekend hikes in the rain.

So come on this journey of mindfulness and breathe in the journey of forgotten youth. 📷

*Michael Swamy*  
Chef Michael Swamy



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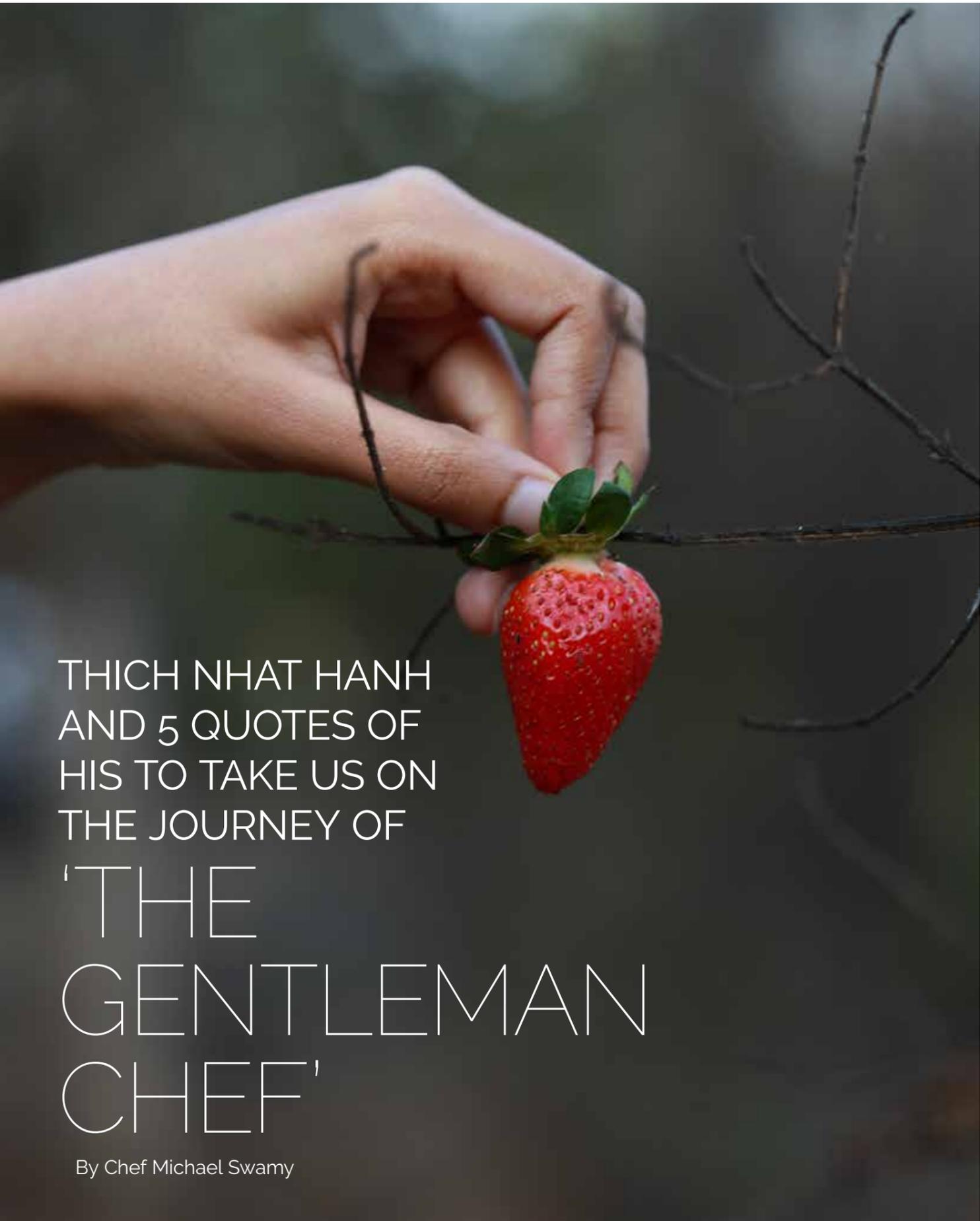
Odysseys with a camera a backpack and tweezers

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### Disclaimer

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THICH NHAT HANH  
AND 5 QUOTES OF  
HIS TO TAKE US ON  
THE JOURNEY OF  
'THE  
GENTLEMAN  
CHEF'

By Chef Michael Swamy



The journey of any profession is never easy and to succeed one needs mentors and guidance on the way.

During covid one had a lot of time for reflection and to live life at an easy pace. It was during these trying times that the words of a monk came to play upon my subconscious.

It is in giving in some form or the other that we receive and many chefs had opened their hearts and kitchens to serve people who were troubled the world over. They toiled, they created and gave generously. The profession itself is one of service. While there were a few who were using it for fame and noticeability, there were many who gave with a largesse of heart.

During my workshops I take the students on a trip either into a forest or woods or a local market and let them explore and create, and then to bring that story into the food shots that they create. It's a wonderful trip of learning as you see them



apply themselves and find themselves within the art and craft of styling and food.

I leave you with these 5 quotes to ponder on and reflect within. The state of mindfulness is a realisation that dawned on many that the present is more important than the future and the memories of the past.

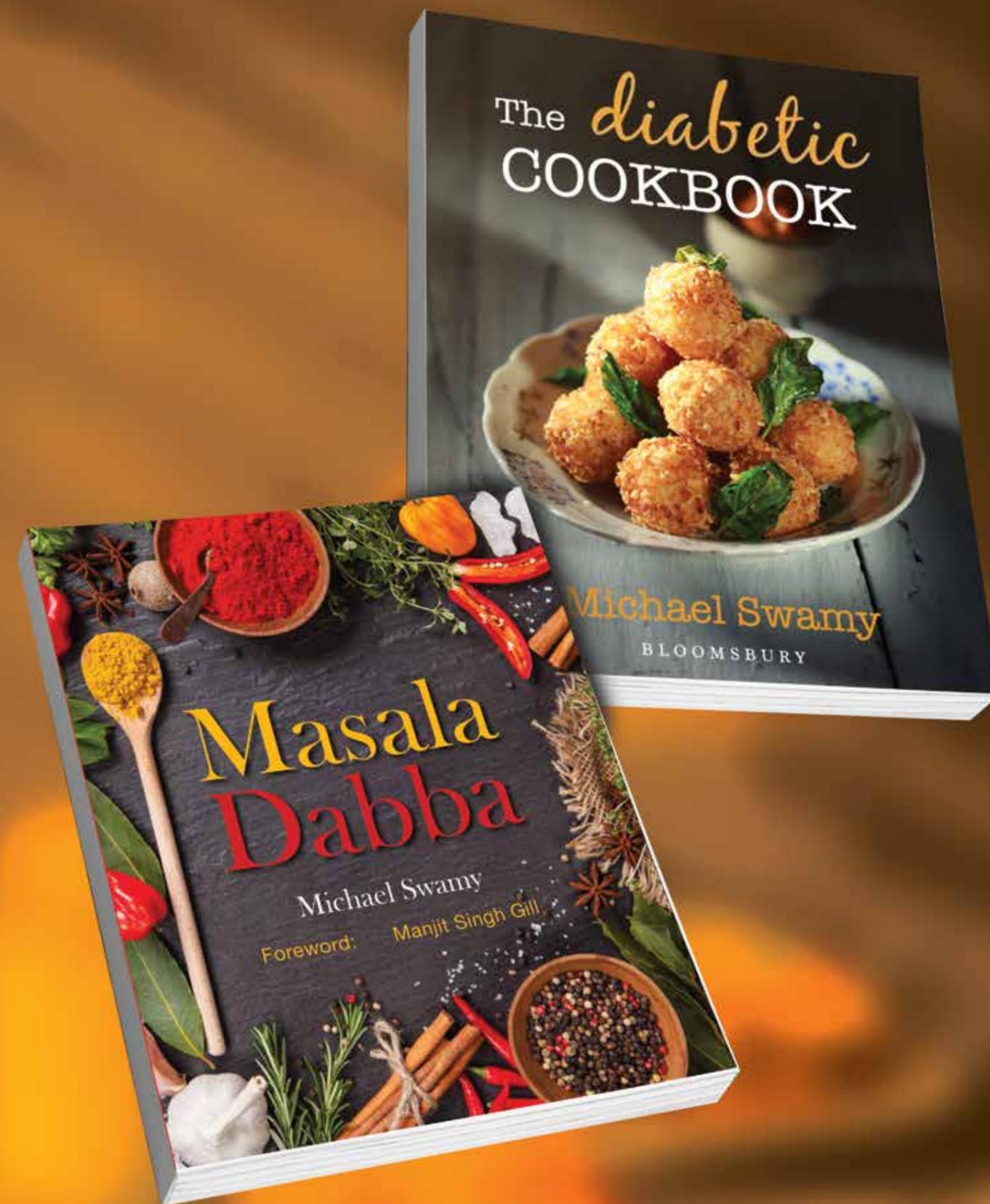
“We have to continue to learn. We have to be open. And we have to be ready to release our knowledge in order to come to a higher understanding of reality.”

“Without fear, we are able to see more clearly our connections to others. Without fear, we have more room for understanding and compassion. Without fear, we are truly free.”

“When we are mindful, deeply in touch with the present moment, our understanding of what is going on deepens, and we begin to be filled with acceptance, joy, peace and love.”

“Letting go gives us freedom, and freedom is the only condition for happiness. If, in our heart, we still cling to anything — anger, anxiety, or possessions — we cannot be free.”

“Freedom is not given to us by anyone; we have to cultivate it ourselves. It is a daily practice. No one can prevent you from being aware of each step you take or each breath in and breathe out.”

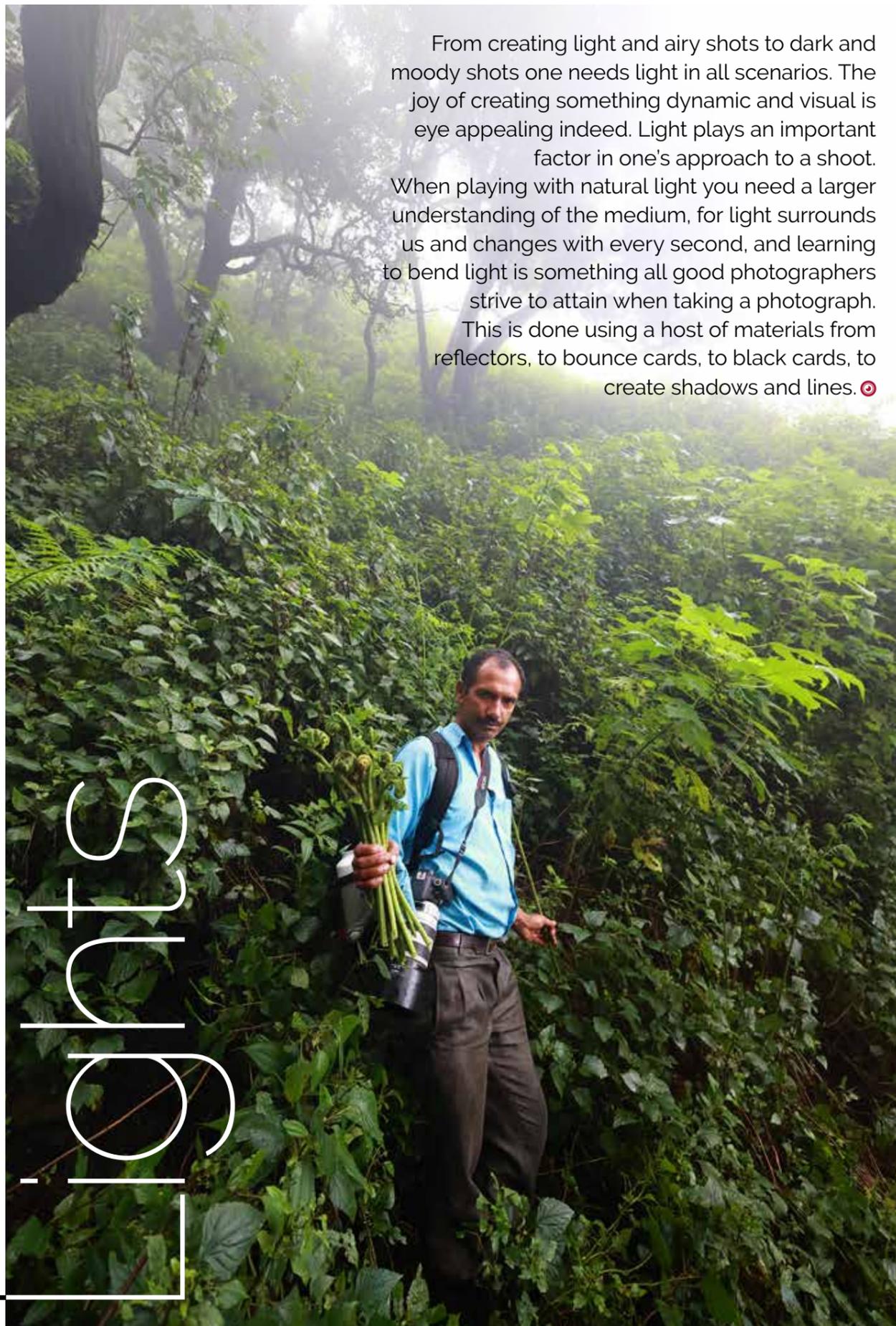


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# Lights Camera Action

The phrase 'Lights, Camera, Action' encapsulates the excitement and readiness that precedes the creation of a film, television show, or live performance, marking the moment when the creative process comes to life.





From creating light and airy shots to dark and moody shots one needs light in all scenarios. The joy of creating something dynamic and visual is eye appealing indeed. Light plays an important factor in one's approach to a shoot. When playing with natural light you need a larger understanding of the medium, for light surrounds us and changes with every second, and learning to bend light is something all good photographers strive to attain when taking a photograph. This is done using a host of materials from reflectors, to bounce cards, to black cards, to create shadows and lines. 📍

Starts

Images courtesy: The Nanda Stone Jilling Uttarakhand



Knowing the camera you are going to use makes a whole range of difference. The megapixels on the camera to the type of camera. A full frame sensor or a crop sensor or using a large format camera for the shoot. Another tip is to read the camera manual before using a camera, especially if you're a beginner or an amateur. Shoot in manual mode and also the aperture mode to be in control over the depth of field and the focal range and what they want in focus and what elements to be out of focus. 📍

Camera

## ACTION



Always use a tripod, especially when shooting with natural light or in low light conditions.

Shoot at different angles. One of the best angles for food is to shoot it at a 45 degree angle. For that the angle one generally sees food at. When shooting for kids in mind a 15 degree angle or lower is best. 📸

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# FROM OLD TIME CHARM TO MODERN DAY GLAMOUR

New York is all things that make it a perfect place to witness Culinary Diplomacy in action

**Deepa Natarajan** wanders through the streets of Manhattan.



What makes one go to New York time and again? What does it do to bewitch visitors and hold them in a sweet trance, never wanting them to go back to where they came from. Among many enticements, it's the food that New York offers. Be it the Cronut at Domnique Ansel's bakery, or the Supreme (the round croissant) at Lafayette bakery, the Opera cake at the Michelin starred restaurant Balthazar, just divine risottos at Melotti, tongue tingling hot pot at Mala Project, falafels at Mamoun, dumplings from Brooklyn Dumplings, fresh bagels, cookies, empanadas, tamales, coffees and teas from around the world - one just has to name it, and it will be found!

The food scene in New York City especially in the West and East villages of Manhattan is incredibly diverse and dynamic, reflecting the city's multicultural population and its status as a global culinary hub. Now isn't that the true meaning of Culinary Diplomacy? Culinary diplomacy is a concept that involves the use of food and cuisine as a means to foster international relations, cultural exchange, and understanding between different countries and cultures. It's a form of soft power that leverages the universal appeal of food to bridge gaps, promote dialogue, and build connections on a global scale. Culinary diplomacy recognizes the power of shared meals, culinary traditions, and gastronomic experiences to transcend language and

cultural barriers. For instance, the easel outside Ukrainian Restaurant in East Village reads, 'make borscht not war'!

New York offers a vast array of dining options ranging from street food vendors to Michelin-starred restaurants. What does New York put on a plate? Well, there's ethnic diversity, street food, there are pizzerias, a plethora of fine dining options including Michelin-starred restaurants, food markets, cultural neighbourhoods, food festivals, farm to table sustainable dining, desserts and bakeries, that bring to you cuisines from around the world.

The cool cafes offer the perfect setting to put your phone away and look out for an interesting face that has a friend

potential. The culinary scene makes it super easy to have a chat over food and make a new friend from every part of the world! Like Maman, a cafe well known for its decadent chocolate cookies, says that the place is phone free to foster making new friends or calling your loved ones, as against staying immersed in your cyber world.

The food scene in New York is vast and ever-changing, so there's always something new to discover. To fully experience the city's food culture, just walk through its quaint age-old streets, explore various buzzing neighbourhoods, try different cuisines, be open to culinary adventures, and take home vibrant stories to tell and memories to share. 🍷



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When the **SEDUCTRESS**  
**LANDS ON EARTH** and  
 entices with her gorgeousness and  
 culinary delights



Kashmir is renowned for its breathtaking scenic beauty, with its picturesque landscapes, snow-capped mountains, serene lakes, and lush green valleys. The region's natural beauty has made it a popular destination for tourists and nature enthusiasts, who capture its seductive charm in their cameras, to make memories for life.





Nature has endowed the Kashmir valley not only with implausible beauty but with many amazing edible products as well. **Chef Rahul Wali,** ferries us on the culinary shikara through the wonderland called Kashmir



The first major cuisine was the food of Kashmiri Pandits, but the scenario changed during the 15th Century with the invasion of Taimur. The two very prominent cooking styles of Kashmiri cuisine namely Muslim style of cuisine, which many people think is always Waazwan, but it's just simple flavourful meal and the other being the Pandits or Hindu style of cuisine, which can be traced back to 326 BC as it's mentioned in the Nilamant Puran Vedas.

WAAZA (cooks) are masters of cooking Kashmiri food. In the present times, when people talk about Kashmiri Cuisine the first thing that people that they talk about is Rista or Gushtaba, and many of them don't know about Kashmiri Pandit cuisine which is as rich in its spices as in its endless

generations old tradition. The main spices used in Kashmiri Pandit cooking are saunf powder, sonth, hing, Kashmiri red chilli powder, turmeric, curd and whole spices. Pandit cuisine has a wide array of food items, especially non-veg dishes (Rogan Josh, Maach, Yakhni, Chock Charvaan etc.) made out of mutton, and of course some vegetarian dishes (Haakh, Nadur Yakhni, Rajma Gojji, Palak Nadur, etc.). Food was cooked on the Dhaan. Utensils used for cooking and serving food were of brass or copper.

Food was served in brass plates and one had to sit down on the floor with food in front of them either on a small wooden table or a mat. Food was always offered to God first and then eaten with fingers.

Another major and most important





aspect of Kashmiri Pandits is their bread.. Shivrathri being the main and biggest festival, food cooked on that day is vegetarian and the next day of Shivratri called as Salam the food cooked is mostly non-vegetarian with few vegetarian dishes. There is a festival named Gaad Baath (Fish Food), where fish along with rice and a vegetable is offered to a so called demon. As a kid all festivals were great as we savoured amazing food all the time, but my favourite festival was Khechh Mavas. A traditional khichidi made with mutton and topped with ghee, was an ubiquitous treat on this day.

Kashmiris drink two types of tea namely Noon Chai or Sheer Chai (Black Tea leaves with addition of soda bicarbonate, salt and milk) and Kahwah or Mogul Chai (a type of green tea with crushed almonds and flavoured with cardamom, cinnamon and saffron sometime). Different households make different versions of Kahwah tea.

Apart from the religious aspect of the festivals, it also integrates values of food culture and food system right from childhood.

Kashmiri Pandit food has been there since Vedic times and it has been mentioned in few Vedas as well. Due to migration many pandits have lost the touch of traditional cooking and are doing whatever they remember learning from their parents or grandparents along with limited raw materials and resources available at their disposal. We need to educate our children in our own regional foods to keep the ancient cooking practices and techniques alive. It's a huge task in present world where many people eat food looking at the rating or points on different applications and web sites, but we as parents and chefs have to ensure to pass on whatever knowledge we have. 🌀





Image courtesy: Chetan Dodwad An Award Winning Photographer from Kolhapur, Maharashtra

We are a nation of gods and its in nature we turn to and one of the facets and of all the many-faceted Gods, Lord Ganesh enjoys the worship of many a nation..His fame spread in the pre-Vedic era, which is roughly 5,000 years ago. Images of Lord Ganesh in his various avatars have been found in Cambodia, Java, Indo-china, Nepal, Tibet, Thailand, Vietnam and Sri Lanka.

Said to be the protector of mankind from all that is evil, he is the god of good beginnings and the fabled remover of obstacles. He is the son of Shiva and Parvati. Ganesh is seen and worshiped in every elephant that exists. Benign and pleasant, with his curving trunk and big ears Lord Ganesh is also the protector of the innocent.

So what makes Ganesh exciting? Food! His birth is celebrated on the 4th day of the bright half of Bhadrapad which falls in the months of August and September. It is 10 days of rejoicing from Ganesh Chaturthi to Anant Chathurdashi the final 10th day of his immersion.

# Welcoming Divinity

Prosperity and Knowledge Into Our Lives

Besides an offering of fruits, kheer, panchamrit, sweets, modaks seem to be the special sweet for the occasion and are placed before him as 'Naivedya or bhog.' Following worship it is then distributed as 'Prasad'. 🍬





## MEMORIES AND MOMENTS OF FOOD NOSTALGIA

I always ask myself, if the name by which I am known to people is **“Chef Gourav Dutta”** what is mine in this title?

**“Gourav”** is the name given by my parents,

**“Dutta”** I inherited from my ancestors,

**“Chef”** is what I have earned out of my skill set, knowledge and hard-work.

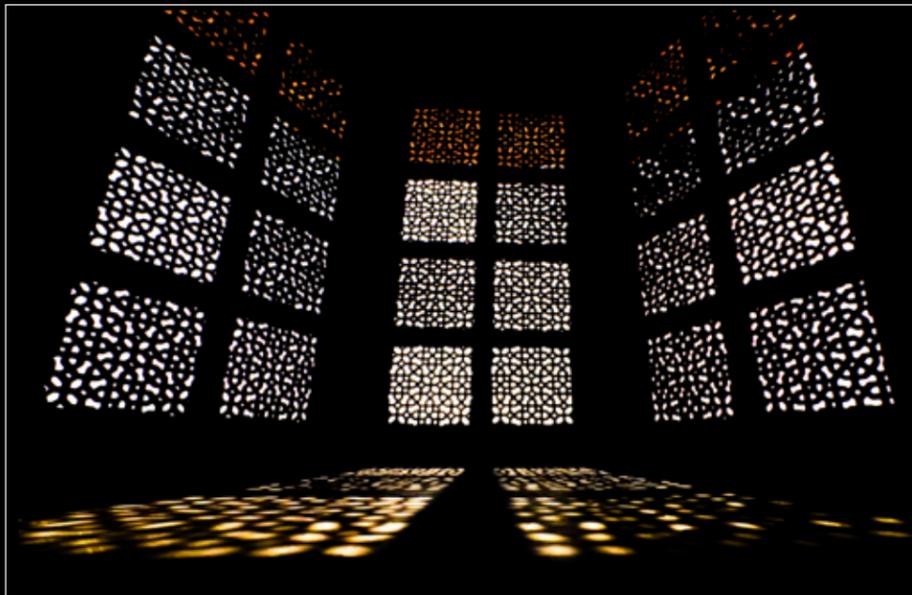
I was five years old, spending a part of my childhood in a small town called “Raiganj” in west Bengal. All I can remember is grabbing a small steel bowl in my hand and running into the neighborhood simply by smelling something good cooking in their kitchen, I can also remember the neighbours making small packets of garam masala in their courtyard. I used to sneak a piece of cardamom or cinnamon and run away chewing it slowly all the time while playing. Everything I experienced then smelled or tasted became a part of my food nostalgia which I carried back to Mumbai, later craving for each vacation to revisit my roots and live my childhood again. I was fortunate enough to be a part of that huge joint family who lived in the humble mud walls and bamboo fenced houses, experience the sight of processing kasundi happening in our courtyard, every second house doing some or the other thing, from making puffed rice, pitha to pickling various ingredients.

I was always very creative, and that's how I placed myself into the culinary sector. After finishing my formal culinary education from a reputed institute in Mumbai, I trained and worked with world's renowned five star brands in the country, fine dine restaurants, coffee shops, huge banqueting and catering operators, exposed myself to work in to wildlife with indigenous methods, ingredients and tribal groups, worked under the wings of best chefs of the country and expats. I believe my hospitality training started from a very early age being exposed to such rich culture and diversity. The steaming festive foods that I enjoyed eating and captured in my memory both at my native place, and Mumbai was a great inspiration to my journey.

I may be formally trained in French gastronomy, but knowing our own regional cuisine is very important and the need of the hour. There are many recipes and methods which got discontinued or diluted with modernisation but being a chef it's our responsibility to keep it alive, intact and preserved. A cooking school can just polish and prepare you for the industry. They can train you to be competitive and focus or expose you to a vast range of ingredients, commercial volumes and fast paced operations, but what can make you a real chef is the knowledge of your own cuisine, because the basic skills and palate development, knowledge of textures, colors, local ingredients is developed in your home kitchen under the guidance of home chefs – our own mothers, grandmothers, sisters and aunts. I also never left a single opportunity to help local businesses with my knowledge and expertise because true businesses flourish in our own locality and I still keep myself engaged with these learnings on my journey. 📍



Chef Gourav Dutta



# THE QUEST, THE JOURNEY THEY CONTINUE

**VISHNUDEEP DIXIT**

A Photographer and budding cinematographer, based out of Madhya Pradesh and with a penchant for travel. A naturalist at Denwa Backwater Escape a part of (Pugdundee group)



**CAMERA GEAR**

- Red Cinema Camera
- Arri Camera
- Canon 80D
- Varied Canon Lenses 10-18 mm, 18-135mm
- Tamron 150-600mm



# AND CONTINUE...

## HOLLY LOCKWOOD

A designer and amateur photographer based in Ronan Montana. She loves to photograph places and spaces around farmlife in her hometown.



# DOESN'T IT SMELL AND FEEL A LOT LIKE FALL?

Maple syrup is one of the many gifts the world has received from the Native Americans, who are said to have discovered that sap from maple trees could be processed to make syrup. The trees accumulate starch in their roots and trunks, which gets converted into sugar over the winter. As spring arrives, the sugar rises and mixes with water to form a sap that is harvested by tapping or piercing the trees.

Since the sap contains a high water ratio, it is processed to make the extra moisture evaporate, thus leaving behind a thick luscious syrup. The entire process is natural and devoid of chemical additives, preservatives, or agents.

Like many healthy plant-based foods, maple syrup is rich in proteins and carbohydrates, and is a rich source of several minerals like calcium, sodium, potassium and zinc and great for building one's immunity.

I've got some great Canadian maple syrup with me and am going to use it as a marinade and glaze to make a delicious dish of chicken wings. Though it's relatively less known, Vermont in the USA is the second largest producer of maple syrup in the world.

Select the kind of maple syrup you want for different purposes. The thin light maple syrup goes well with pancakes and marinades while the thick strong maple syrup goes well with waffles and stronger flavoured dishes.



When travelling I usually like carrying a healthy snack with me. Especially for those long road trips, a nice trail mix of spicy nuts and popcorn proves to be a boon. Here I am adding maple syrup to spicy almonds to give them a sweet woody touch. 🍯



Images courtesy: Canadian High Commission Delhi



# MILLETS

Nourishing our Bodies,  
Nurturing our Planet



There are many cuisines that are forgotten or dying out. The Indo-French cuisine from Pondicherry, The Indo-Portuguese cuisine of the Christian community from Mumbai. Many of the Anglo Indian and mountain cuisines are slowly dying out due to them using commercial spice blends available in the market. The Greek influence in the foods of Coorg. There is a cuisine that's unique to the shepherds in the mountains of Himachal Pradesh that's undocumented. Ayurvedic food and our reliance on millets has almost gone. It is a mixture

of both cuisines and ingredients. The foods of the North East are slowly being discovered. Yet many of the ingredients are not even known to the western hemisphere of India.

A lot of ancient Indian food was cooked slowly over wood or charcoal. Raw foods were consumed a lot. Community cooking and bulk cooking is on the decline and is still seen in small villages or travelling gypsies. Khichdi, dals and lentils, stews and hotpots are still familiar dishes made today. The recipes and ingredients have changed over time. I use a lot of red and purple rice in my foods. The use of millets to accompany proteins. Many of the flat breads I have introduced hardly use wheat in them. The term going healthy is being taken up in the kitchen and a lot of the new grains like rice and wheat are being pushed out and a revival of the old grains is seeing a comeback in the Indian diet.

2023 is the International Year of Millets – IYM, but making the start wasn't easy. In 2021, the Government



**RICH IN HERITAGE**



**FULL OF POTENTIAL**

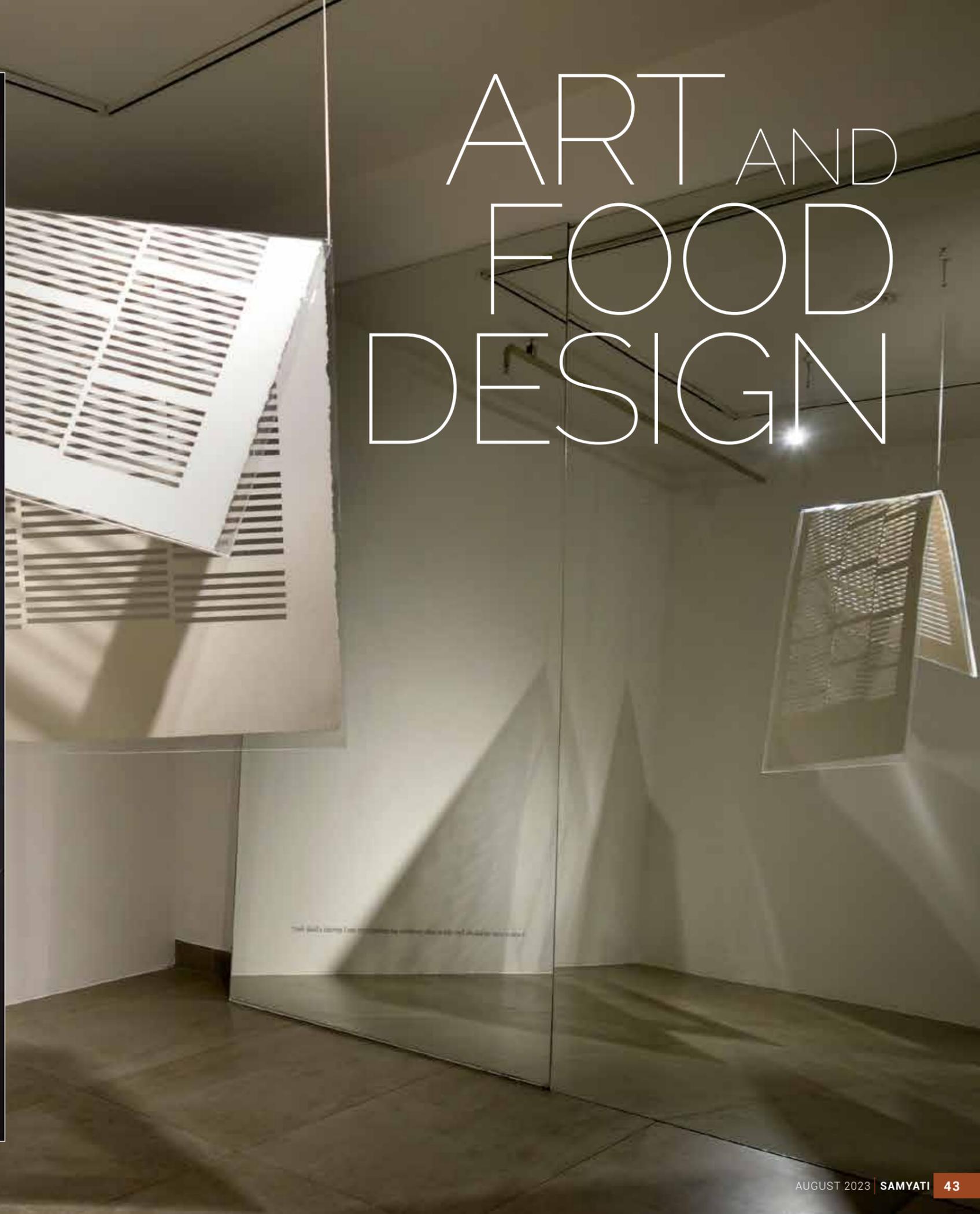
of India, under Prime Minister Narendra Modi spearheaded the United National General Assembly (UNGA) resolution for declaring the year 2023 as the International Years of Millets, and the proposal of India was supported by 72 countries.

Millets are climate resilient, which means they can be cultivated in dry zones; and they are a powerhouse of nutrients. The Government of India has identified 10 major types of millets, naming them as 'Nutri-Cereals', which are Jowar (Sorghum), Bajra (Pearl Millet), Ragi or Mandua (Finger Millet), other minor millets like Kangani or Kakun (Foxtail Millet), Kodo (Kodo Millet), Sawa or Jhangora (Barnyard Millet), Kutki (Little Millet), Chaulai or Rajgira (Amaranthus) and the pseudo millet Kuttu (Buckwheat).

These millets have been a part of the Indian diet since ages, with a plethora of native, regional and local recipes made with these. Just that, 2023 has brought them to the fore like never before, as healthy alternatives to the staples. 🍌



# ART AND FOOD DESIGN





It's truly fascinating to see how art can transcend traditional boundaries and influence various aspects of our lives. In the realm of gastronomy, the concept of "plating" has evolved into an art form of its own.

Chefs have started using innovative techniques, textures, colors, and arrangements to not only make the dishes visually appealing but also to elevate the overall dining experience. Just as a painter uses a canvas to tell a story, a chef uses a plate to create a culinary narrative that engages multiple senses.

My first experience of how art can be translated into a plating or rather serving of a dessert came

at a restaurant in Delhi. It was my birthday and my partner requested something special for the dessert and lo and behold – was I surprised!! We were made to sit on a fairly big square table, then came a big glass panel and then came the chef with an array of dessert dressings, a variety of sauces in myriad colors etc. And then the chef transformed into an artist, took a brush and started imitating just how Jackson Pollock, an American Abstract Expressionist artist, would throw paint on his canvas.

Amused I was, being an artist myself I couldn't believe what was happening but trust me it has been more than 5 years now and the experience still remains fresh in my memory.

Art is in everything! We never realize but its all interconnected.

Tintoretto, an Italian painter 16th century was known for dramatic lighting and the usage of space in his paintings and the same can be seen in many of Quentin Tarantino's many movies, how he has used extreme lighting effects to enhance the on screen drama. Similarly a lot of restaurateurs and chef's have been using subtle to wild forms of art in their cooking and table setting to amplify the food, taste and the ambience! 🍷

*Chetnaa*



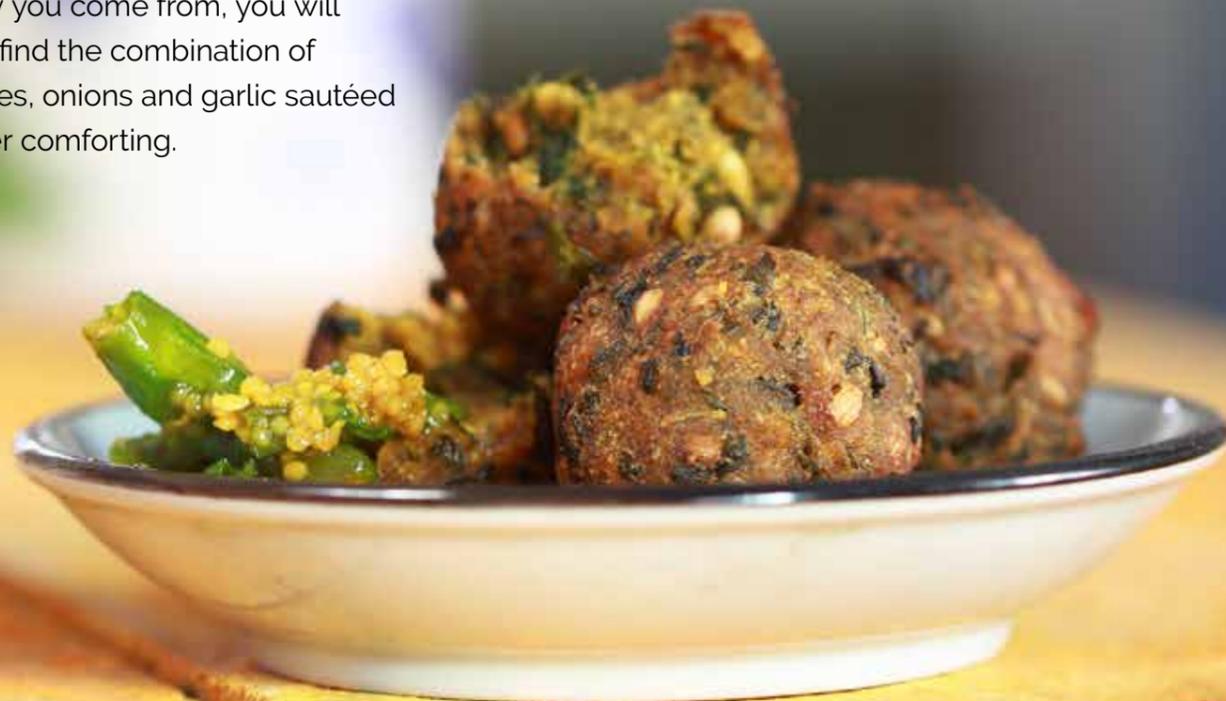
# PAKORAS

## The Global Snack

**A**lmost a decade ago, while attending a talk by the legendary Camellia Punjabi I was enamoured by her ability to effortlessly draw parallels between global cuisines. On being asked about why Mughlai and Punjabi dishes had quickly taken the culinary world by storm while our other regional cuisines were still in the shadows, her answer had been simple: "No matter which country you come from, you will always find the combination of tomatoes, onions and garlic sautéed in butter comforting."



Mugdha Sudhir



Think pizza, pasta sauces, barbecue sauce, cream of tomato soup, ratatouille, sofritos used in Latin American dishes... Punjabi and Mughlai dishes feature this familiar comfort." She followed that up with another observation. "It's the same with pakoras – fritters. Something deep-fried till crisp and served smoking hot with a beverage. The sensual experience belongs to every culture."

Her words came back to me recently when attending a chai pakora festival that featured popular favourites like onion pakoras, corn pakoras, potato pakoras,

Gujarati methi na gota but also covered plantain pakoras from Andhra Pradesh, paan ke patte ka pakora from Varanasi and pumpkin blossom pakoras from Orissa.

As I nibbled my way through the platter, I couldn't help but think back to my first monsoon in Mumbai, when a neighbour had invited us to tea and served us ajwain

(carom) leaf pakoras. And how we would wait for our Konkani friend to treat us to hadga flower fritters. And that triggered another memory – of when, as a tourism student, I was taking an Italian family around Mumbai and was surprised to see the youngest boy insisting on only eating bhaji pav, which he kept calling panelle. "It's a familiar food for him even though the taste is different", his mother had explained. She told me about the popular Italian street food consisting of fritters coated in chickpea flour batter flavoured with parsley and olive oil and deep-fried. These fritters were also sandwiched between bread and eaten. "Wow!" I remember thinking, "the Italians eat bhaji pav too!"



Of course, I was aware that every country had its own popular fritter but sometimes the similarities were astounding. Africa has its own version of medu wadas called akara, eaten with cornmeal porridge for breakfast.

There's a Brazilian version of the akara too, called acaraje. Made using black-eyed beans, the recipe is closer to Indian tastes with cumin, coriander and garlic also being ground into the thick batter. In fact, acaraje can be called a cross between medu vada and vada pav, where the vada itself becomes the pav.

When served as a street snack, crisp fried acaraje are cut open and stuffed with a filling of pickled vegetables, condiments and shrimp.

And then there's the Japanese karaaga. Unlike its famous (and bland) counterpart, the Japanese tempura, the karaaga recipe uses meat (usually chicken) marinated with sake, ginger and seasonings, and dredged in potato starch before frying. This makes it stay crisp even when it gets cold.

But not all fritters are savoury or spicy. Recently when working on a Singaporean cookbook, Selamat Makan by Nazneen Merchant, I was treated to ripe banana fritters called goreng pisang. In the book, the author reminisces about going to Prime Orchard Road (Singapore) as a child specially for hot goreng pisang. Her daughter Shermeen made us a scrumptious batch and I was left craving for more!

No matter where you are in the world, if you're craving deep-fried crisp fritters, all you have to do is take a walk through a busy market. Because call them whatever – pakoras, akara, karaaga or goreng pisang... fritters are one culinary favourite that will never go out of fashion. 🍷

- Mugdha Sudhir



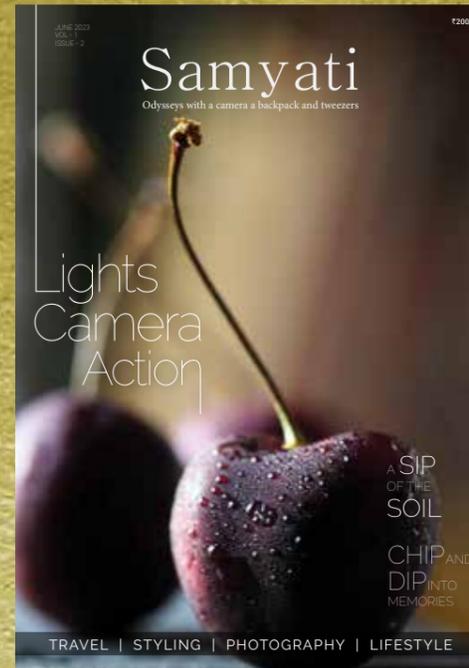
# Samyati

Odysseys with a camera a backpack and tweezers

TRAVEL | STYLING | PHOTOGRAPHY | LIFESTYLE

SIZE  
A4

PERIODICITY  
Bi-Monthly



## MAGAZINE OVERVIEW

### DISTRIBUTION AND REACH

The initial circulation will be 15,000 with 2,000 Print copies and about 13,000 digital copies (direct through emails) pan-India and several international regions through select database. Additionally, the magazine will be available through online platforms, and shared on personal social media accounts for better reach

### READERSHIP PROFILE:

Professional photographers, food industry professionals and students, food enthusiasts, and others interested in food photography

### ADVERTISING RATES

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**60,000/-**  
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# DEMY CAFE & BAR

GET READY TO BE THRILLED BECAUSE DEMY CAFE & BAR UNVEILS AN ENTIRELY NEW AND CAPTIVATING MENU THAT OFFERS A DIVERSE RANGE OF CUISINES ALL IN ONE PLACE.



**SANJAY SHETTY**, Owner of Demy Cafe & Bar expresses "As the proud owner of Demy Café & Bar, I am thrilled to announce the launch of our new menu! Our team has dedicated countless hours to crafting a menu that is sure to delight and satisfy every guest who walks through our doors."

**DHAVAL UDESHI**, "The new menu is a true testament to our dedication to providing our guests with the best possible dining experience.."

**ADITYA WANWARI**, directed head Chef Ritesh and his team to create a fusion

of flavours from around the world. "The new menu at Demy Café & Bar is a culinary masterpiece that brings the very best of global cuisine to your table"

Immerse yourself in Italian, Mexican, Korean, Thai and Chinese cuisines at Demy Cafe & Bar with their new menu, and let your taste buds experience flavours like Truffle Avocado Toast, Queso Fondita, Demi Burrata, Kung Pao Chicken Bao, Korean Tofu Bao, Bruschetta Pizza and many more. Desserts like Crème Brulee with Burnt Honey Mousse, The Rocher Rium, and Sticky Date and Walnut Cake with Toffee Caramel Sauce and Poached Pear are great ways to end your dinner.

Demy is a stand-out cafe and bar located in Kamala Mills Mumbai. Whether you're looking for a filling breakfast, a delicious cup of coffee, a satisfying lunch, or a mouthwatering dinner, Demy has something for everyone. Unlike other places in the area, Demy stands out for its diverse culinary options. They proudly serve various cuisines, including Italian, European, Mexican, and more. Their menu is not only diverse, but also tempting, featuring a great selection of dishes like sushi, dim sum, pizzas, pastas, and even modern South Indian cuisine. They have carefully curated their menu to cater to both vegetarians and non-vegetarians, offering plenty of options for everyone.



Images courtesy: Demy Cafe & Bar

# LINKING EAST AND WEST

## BAHRAIN, A MUST ON YOUR BUCKET LIST

Bahrain – which means “Two Seas” in Arabic is an exotic island destination in the heart of the Arabian Gulf. From ancient history to modern luxury and well connected by air this destination has something to offer every kind of traveler.



**B**ahrain is a fascinating destination with a unique blend of ancient history, modernity, and cultural diversity. Soak in the rich history and culture, as Bahrain has a history dating back thousands of years, with archaeological sites, ancient forts, and historical artefacts that provide a glimpse into its past. The Qal'at al-Bahrain (Bahrain Fort) is a UNESCO World Heritage Site, and the Bahrain National Museum offers insights into the country's culture and heritage. Combine this with Modern Infrastructure and amenities that Bahrain

boasts of, including world-class hotels, shopping malls, and a well-developed transportation system. The capital city, Manama, is a hub of business and entertainment. The country is known for its vibrant souqs (markets) where you can shop for spices, textiles, jewellery, and traditional handicrafts. The Bahrain City Centre and Seef Mall are popular modern shopping destinations.

It is an archipelago of islands, and its shores offer beautiful beaches, water activities, and opportunities for relaxation. Amwaj Islands, for example, is known



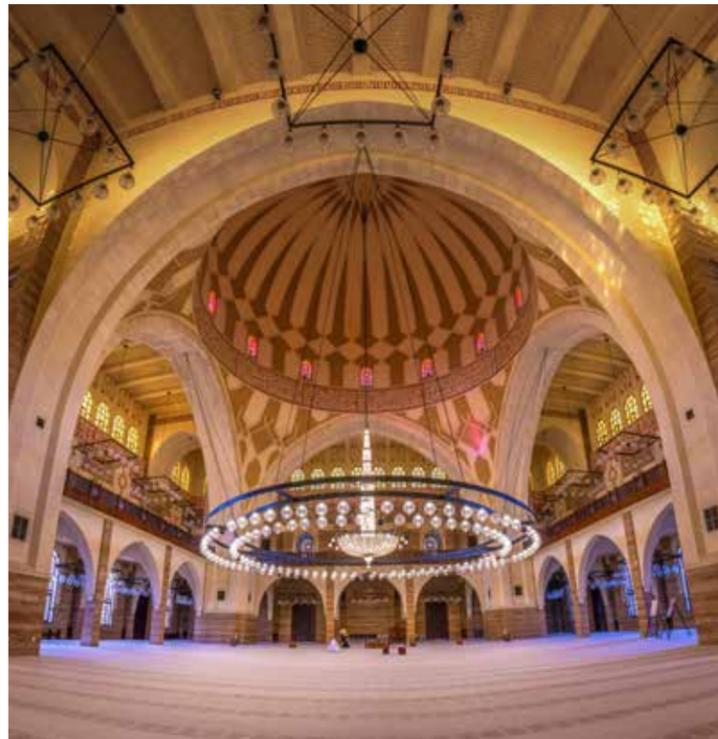
and culture. Bahraini cuisine is a delightful fusion of Middle Eastern and Persian influences. You can savour dishes like biryani, machboos, and kebabs, as well as delicious sweets like baklava and halwa.

And there is more. Bahrain hosts the Bahrain Grand Prix, an annual Formula 1 race, making it a thrilling destination for motorsport enthusiasts, and the Bahrain International Airshow, which attract visitors from around the world. It has a growing art and music scene, with galleries, exhibitions, and live music events. The Bahrain International Circuit also hosts concerts and entertainment events. 🎯

***So, all you need to do is plan your itinerary and pack your bags.***

for its beachfront lifestyle. Bahrain Bay, a waterfront development in Manama offers a stunning modern architectural landscape and is a great place for a leisurely stroll or to enjoy the view.

Bahrain is home to a diverse population of expatriates from around the world, creating a multicultural atmosphere. This diversity is reflected in its cuisine, festivals, and daily life. Bahrainis are known for their warm and welcoming hospitality. Visitors often find the local people to be friendly and eager to share their traditions



# Phab:

## Your anytime, anywhere snack superstars

In today's fast-paced world where we all want to eat better but without disappointing our taste buds, and where most of us are protein deficient, Phab emerges as the ultimate uncomplicated ally on your journey to a better life.

Phab yummys are packed with protein, have no artificial sweeteners, no trans fats, no GMOs... basically, no nasties and no BS! Their range of nutrition bars, protein milkshakes, energy and protein bombs are made to make your switch to a healthier lifestyle easy and fun, and help you get your everyday stash of #ProteinForYourRoutine.

Founded by Gayatri and Ankit Chona, Phab brings together their personal experiences and passion for crafting nutritious yet tasty snacks.

Take a peek into the Phabulous lineup of products they offer: Phab's Protein Milkshakes are their absolute bestsellers, with new flavours like mango and vanilla almond joining the sensations. Their Protein Bars have taste and nutrition packed into one perfect bar that gives you high-quality, easily digestible protein you need for your routine, whereas their Energy Bars give you the best kinda snacking without the slacking.

Their flavours like Chocolate Brownie, Strawberries & Greek Yogurt, and Mocha Nut Fudge add to the yum quotient.

Their latest launch is a range of high-energy Granola Bars infused with the power of rolled oats and sweetened with Arabic date paste, lying in that sweet spot between crunchy and gooey. Their Protein and Energy Bombs are chota packet, bada dhamaka! Their Protein Powders are for those looking to supplement their workouts and need

the extra boost to build and repair muscle. 🍌

**Website:** [www.getphab.com](http://www.getphab.com)

**Instagram:** [www.instagram.com/getphab](http://www.instagram.com/getphab)



# The Peaceful Sound of Water

Vaum is a unique beverage company that captures the calming sounds of nature in every bottle. Co-Founders and Cousins, Siddharth

Saraf & Aakash Khaunte, was inspired by the Sanskrit term "Vaum/ Vahmn," which represents the peaceful sound of water. With this in mind, the brothers duo created India's first line of Quinine-Free botanical beverages.

Vaum's carefully crafted blends of natural ingredients provide a subtle and nuanced flavor profile that complements, rather than overpowers, your favorite spirits. Whether you're sipping a gin and tonic, Rum or a vodka, Vaum will elevate your drinking experience to new heights.

Vaum stands out from the crowd with their unwavering commitment to using only the finest ingredients. Their flavors are sourced from top European flavor houses, ensuring that every sip is bursting with authentic, high-quality taste.

Vaum offers two distinct product lines to cater to the diverse tastes of its customers. The first range, are Traditional Tonic Waters, comprises Classic Indian, Lite Indian (zero calorie), and Limone. These tonics are infused with quinine and boast a more conventional flavor profile. 🍷

**Website:** <https://www.vaumtonics.com/>

**Instagram:** <https://www.instagram.com/vaumtonics/>



# VEEN

FROM  
THE HIMALAYAN KINGDOM  
OF BHUTAN

# CLASSIC MINERAL WATER

VEEN Classic is a sparkling natural mineral water and is served in glass packaging in the Veen Wave 0.66l and 0.33l bottles. The unique 0.66l bottle size reflects our extensive research into an ideal serving size for two people during a meal. The 0.33l was then developed as a single serve.

VEEN Classic can be found in some of the most exclusive spas, gyms, restaurants, cafes, hotels, bars, nightclubs and retail outlets around the world.

