

JAN-FEB 2024  
VOL - 2  
ISSUE - 1

₹200/-

# Samyati

Odysseys with a camera a backpack and tweezers

## DELIGHTFUL

Indian Breakfasts

Lights  
Camera  
Action

## TATVAMASI

SPIRITUAL TOURISM

### WORK LIFE BALANCE

THE ART OF CONSCIOUS BALANCE

TRAVEL | STYLING | PHOTOGRAPHY | LIFESTYLE

**WEST INDIA EDITION**  
**5<sup>th</sup> EDITION**  
**FOOD CONNOISSEURS INDIA CONVENTION**  
 Conference | Exhibition | Awards

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**12<sup>th</sup> February 2024**  
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**A FEW OF OUR EMINENT SPEAKERS**

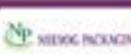
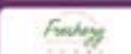
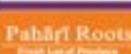
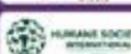
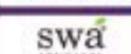
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## AHAM BRAHMASMI - One with the Universe

Each new year brings new hopes and aspirations. January always heralds positivity and prosperity, as in India, we celebrate the festival of harvest in myriad ways, be it Makar Sankranti in the West, Pongal in the South, Bihu in the East, or Lohri in the North; happiness and festive joys set the tone for the rest of the year.

January 2024 has also been about spirituality with the Ram Mandir in Ayodhya being inaugurated. This massive 'Pran Pratishtha' is also about India rising, the temple fostering various opportunities; be they business, employment, spiritual tourism, or food. Then comes the Republic Day, also in January, and something tells us that this month is all about India, and yes, it is time to cherish all that is Indian.

This issue of Samyati has India at its core, and begins with 'Tattvamasi', which means 'You are That', which signifies this innate need of ours to connect with our inner-selves and renew all that has not been working for us. If one cannot go all the way to Ayodhya, they can soak in the fervour of spiritual tourism at 'yet to be discovered' places, as 'spirituality' is your own unique connect with the Almighty or the Supreme.

This issue of Samyati indulges you in delightful Indian breakfasts, talks about the art of pickling, tells you how you take your first steps in the world of food design, let's you aspire to fly to different lands, all laced with some Swiss cheese! Isn't that how we are, a lot Indian, but also in love with all things international? Turn the pages to discover yourselves, and achieve the much needed work life balance.

Deepa Natarajan



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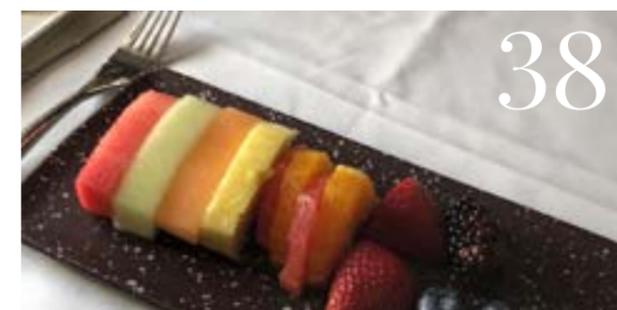
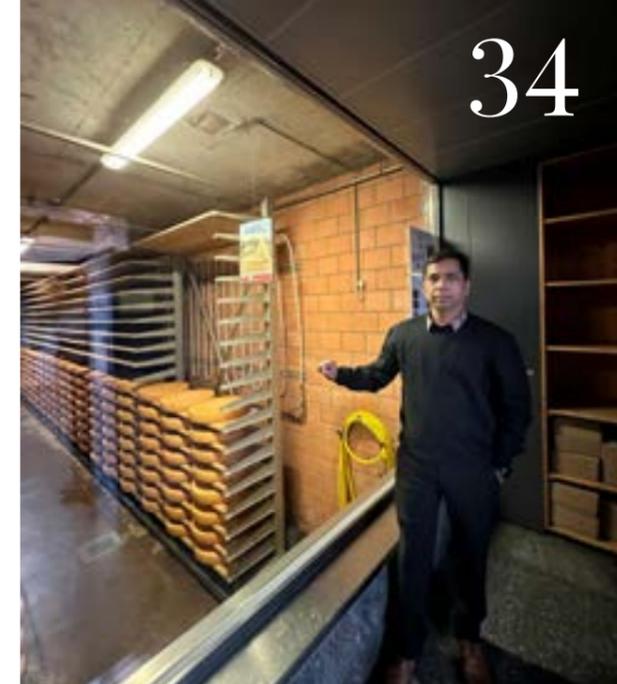
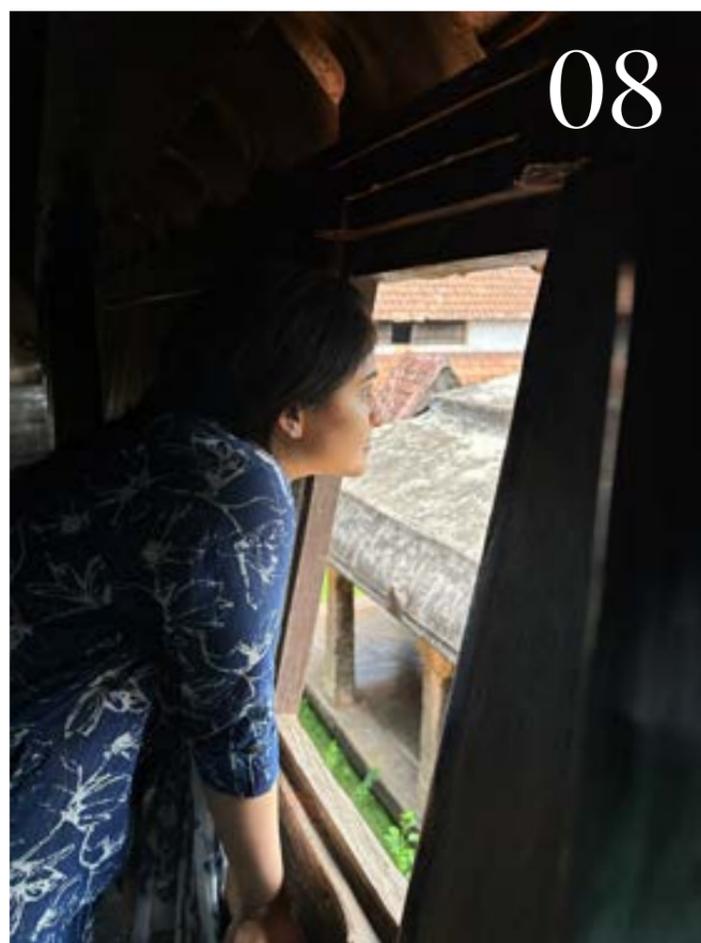
## Samyati

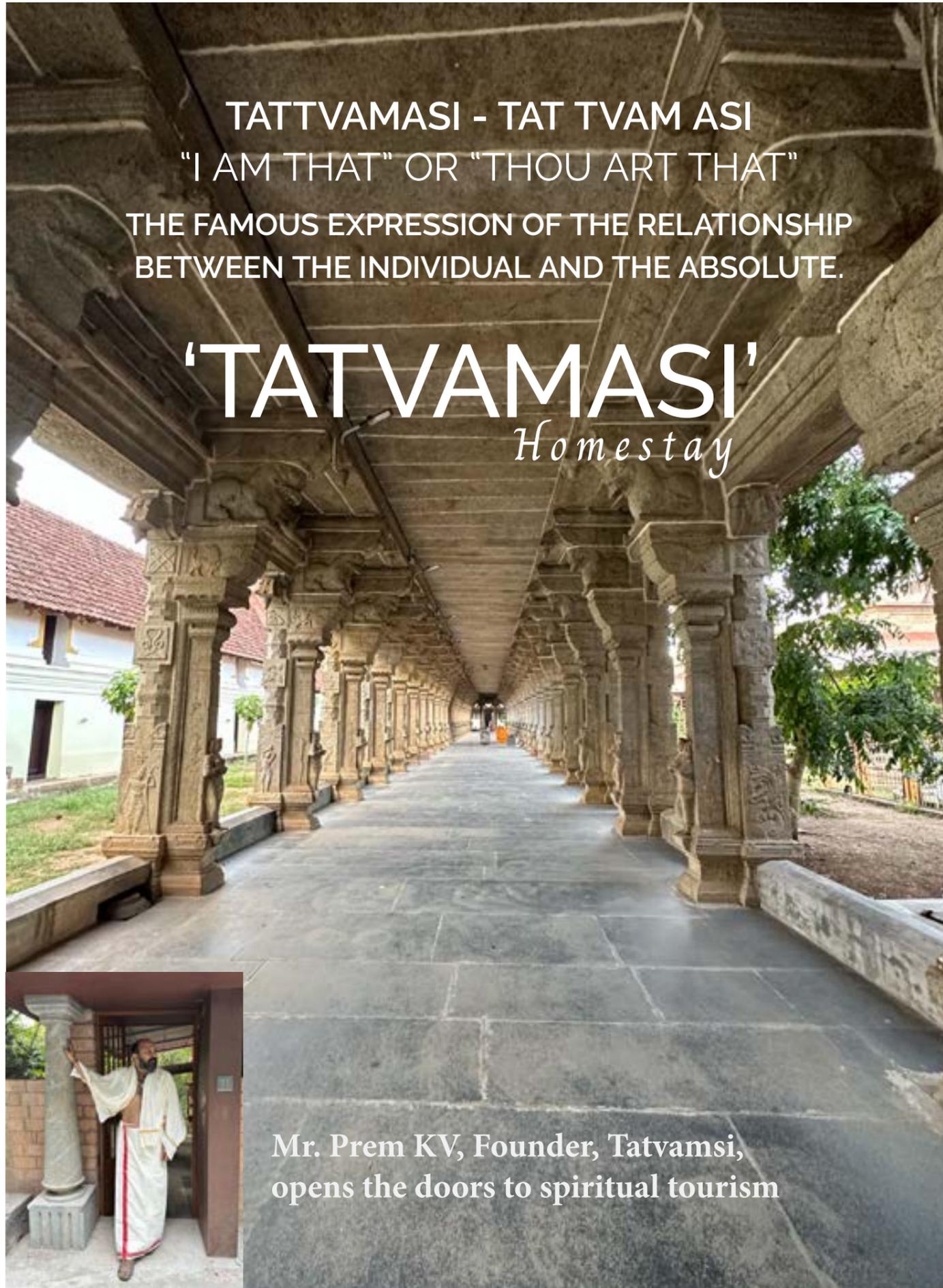
Odysseys with a camera a backpack and tweezers

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### Disclaimer

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TATTVAMASI - TAT TVAM ASI  
 "I AM THAT" OR "THOU ART THAT"

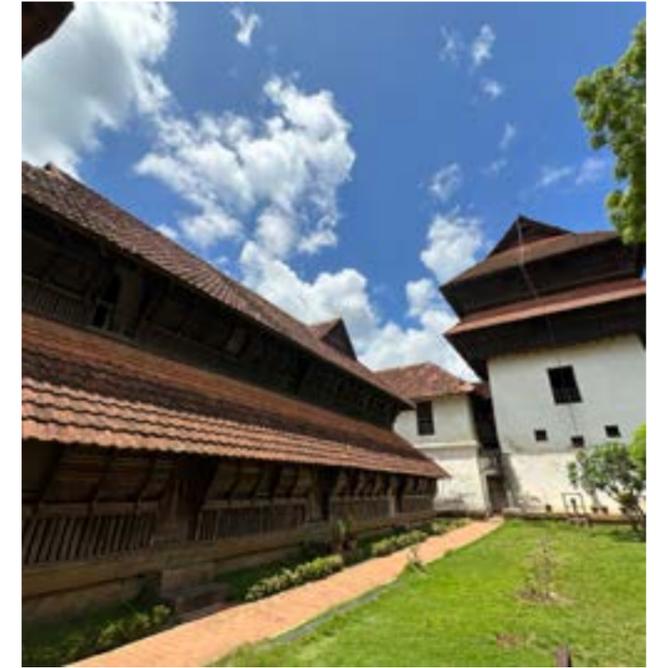
THE FAMOUS EXPRESSION OF THE RELATIONSHIP  
 BETWEEN THE INDIVIDUAL AND THE ABSOLUTE.

# 'TATVAMASI'

*Homestay*



Mr. Prem KV, Founder, Tatvamsi,  
 opens the doors to spiritual tourism



Tatvamsi Homestay is nestled within the Western Ghats, on the erstwhile land of the Travancore Kingdom. The homestay is next to one of the most iconic waterfalls in Kanyakumari, adjacent to a sacred Shiva Temple. It is located amidst rubber plantations which provide beautiful shade, and greenery. Guests can enjoy morning nature walks through the plantation. Both morning and evening Sandhya hours are accented with the sweet chorus of birdsongs.

The homestay offers Temple-Tour Packages as well as general stays. Tatvamsi features traditional home-cooked Kerala meals. This cuisine is exclusive and unique to Kerala's Travancore area..

Says the Founder, Mr Prem KV, who has lived many lives; that of a scientist in Australia, later, as a monk in an Ashram in South India, then of a cinematographer, and director based in Mumbai.

The specially designed tours and homestay Include visits to ancient temples, exploring folk culture, local cuisine, and the unique architecture. Mr Prem KV has designed them to



showcase the spiritual side of Kanyakumari, often overlooked amidst popular tourist attractions.

"Today, folk artists of India perform only during temple festivals. Due to lack of support and interest, the present generation is uninspired to continue these folk traditions. Tatvamasi Dharmic Trust provides opportunities to preserve these arts which are the heart of our culture", says Mr Prem KV..

It is important to know the history, the legends, and origins of the places, but it's more important to know the purpose for which they have been created. They have been created for inner alchemy and transformations. One should know how to approach a temple and how to make use of these for their own benefit.

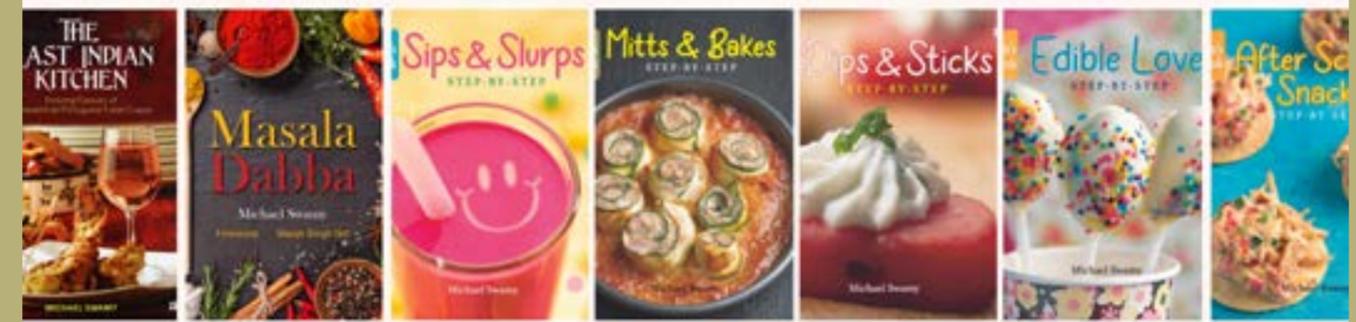
The tours comprise visiting unique temples in the morning and in the evening. 'Know your culture' sessions are held, where the relevance of cow dung paste, kolams, mango leaves, etc., rituals to be followed from birth to death, and after death, are discussed which gives an understanding of the fabric of our vibrant Bharatvarsh. "Spiritual tourism is one big way to promote the lesser known temples and the support the people who have been preserving them.", says Mr Prem. To know more visit [www.tatvamasi-premkv.com](http://www.tatvamasi-premkv.com)



✦  
**MICHAEL SWAMY**  
 ✦

[Click here to buy Chef Michael's Books](#)

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A restaurant shoot is never as easy as it seems. Doing a preliminary checkup of the space is necessary to see the best times of the day to shoot

# Lights Camera Action

Look for a time of soft yet ample light  
Choose a well lit area to shoot different elements  
Use a tripod to get clear images



STORY

Low ISO is the best setting  
To get the elements of the restaurant in the frame with the food, use a higher aperture like f11 and above  
The human element is great for getting some perspective and dimension and life into an image  
Many aspects of a restaurant have interesting setups and backdrops  
Use these elements as fillers for your images



STORY



Get action shots of waiters and staff setting up tables

Action shots of chefs cooking

Move around the room to get better angles

Use a slow shutter speed to get ghost shots and blurred images of staff moving

**CANON  
CAMERA**  
EOS 5D  
EOS R

**LENSES**  
100mm  
16 mm



## MAINFEST YOUR FOOD DESIGN DREAMS - JUST BEGIN WITH JASHAN AND FRANCESCA

### Are you a food designer?

“Food Design is the conscious and deliberate creative process that brings innovation to living beings and the planet on anything related to food, and the act of eating: from production, procurement, preservation, and transportation, to preparation, presentation, consumption, and disposal.” -

Dr. Francesca Zampollo, Co-founder and Head of Inspiration at i-fooddesign

If you work in (or want to work in) any of these areas, this is your chance! i-fooddesign is the reference organisation for the emerging food design discipline. The International Center for Food Design (i-fooddesign) was born from an expansion and metamorphosis of OSFD - Online School of Food Design, founded by Dr. Francesca Zampollo in 2016, and Food Design Nation founded by Jashan Sippy in 2020. The vision for what Francesca and Jashan wanted to give to the Food Design community grew further, and the International Center for Food Design was born.

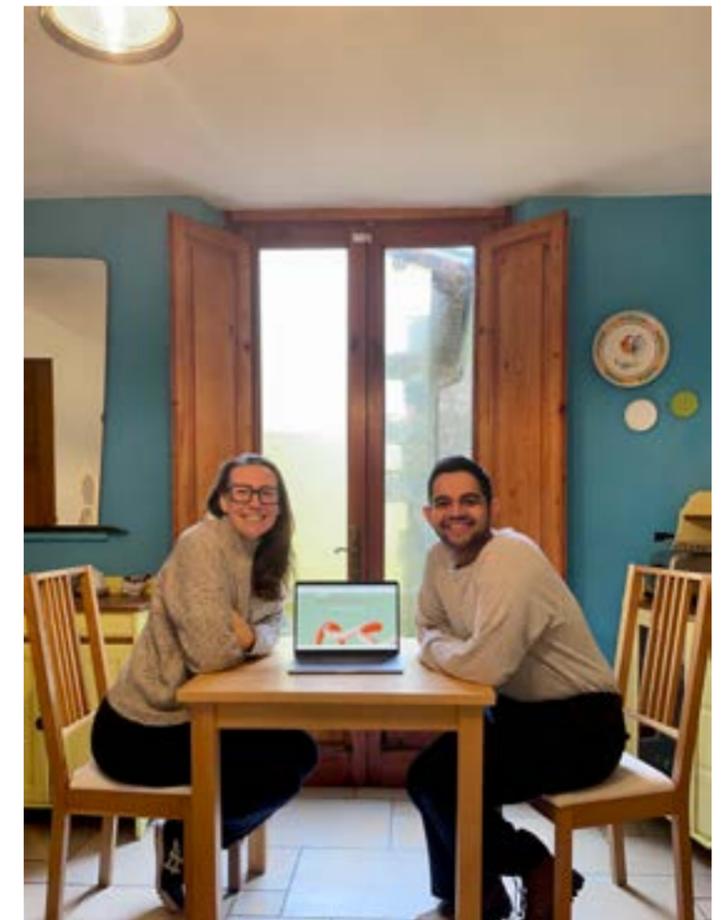
i-fooddesign drives global growth, development and innovation within the emerging food design discipline. Their mission is to empower the next generation of purpose-driven creative professionals to create a motivated workforce of thought leaders dedicated to bettering our food systems.

Through online courses, events, publications, work opportunities and coordination with academic institutions, the member-based network connects multiple roles within agencies, business and government to strengthen the impact of food design within public and private sectors.

“We’re encouraging young minds to reconsider our global food systems creatively, and explore how we can incorporate ‘sustainability’ into our lives.”, says Jashan Sippy, Co-Founder and Head of Vibes.

By combining topics around food, creativity of all kinds, and sustainability (social, environmental, economic, and spiritual), i-fooddesign is breaking the barriers of our current means of education, with the ultimate goal of empowering a talented cohort of enthusiasts dedicated to improving our global food systems.

If you want to learn more about the food design discipline, get personal guidance in your food design journey, or propel your professional career as food designer, you can join this global, open-minded network of purpose-driven creative professionals from all over the world. iFDers can attend events, collaborate on projects, get support to find food design jobs and get help to set up their own food design practice. You can learn more at [www.i-fooddesign.com/membership](http://www.i-fooddesign.com/membership) or scan the QR code..





# FOOD CONNOISSEURS INDIA CONVENTION & AWARDS

*West India Edition - 12th February 2024*

As anticipation builds for the upcoming Food Connoisseurs India Convention 2024 – West Edition, we are poised to embark on an extraordinary journey that promises to unite leaders, innovators, and stakeholders in the culinary industry. Supported by The Federation of Hotel & Restaurant Associations of India (FHRAI), Co-Powered by TSK Hospitality, and In Association With On2Cook, this exceptional event is set to serve as a dynamic platform, providing a glimpse into the latest gastronomic trends, visionary insights, and innovative concepts within the Hospitality, Restaurant, and Catering (HoReCa) domain. In this endeavor, we are proud to be joined by esteemed partners, including NESCO Foods as the Hospitality Partner, Nistala's as the Associate Partner, Kaapi Machines as the Session Partner, Jimmy's Cocktail as the Mixer Partner, and Hustle Energy Drink as the Energy Drink Partner. Further amplifying our collaborative spirit, The Indian Culinary Forum, Western India Culinary Association, Hotel And Restaurant Association (Western India), and All India Food Processors' Association have lent their support as Supporting Associations. Additionally, we are honored to welcome World of Hospitality, Hospitality Lexis, The Chefs Arena, Better Kitchen, and Samyati magazines as esteemed media part-

ners, with TagTalk serving as the Digital OOH partner. Together, we anticipate a convergence of industry expertise, creating an event that celebrates the vibrancy of the culinary world. With a keen focus on embracing virtual ventures, exploring quick food service trends, enhancing culinary creativity through smart kitchens, navigating the technicalities of starting a food business, catering to health-conscious consumers with superfoods, and understanding the future of delivery orchestration in the F&B sector, the West Edition of FCIC 2024 is set to be a trail-blazing experience. Featuring renowned figures such as Chef Harpal Singh Sokhi, Celebrity Chef & Entrepreneur; Mr. Raghav Joshi, Co-Founder, Rebel Foods; Shatbhi Basu, Director, Creative Consultants & STIR Academy Of Bartending; Mr. Siddhant Raghunandan Kamath, Director, Natural Ice Creams; Chef Abhijit Saha, Founder & Managing Director, Ace Hospitality & Consulting; Chef Montu Saini, Executive Chef – Parliament House, Sr. Executive Chef – President's Secretariat (June 2015 – August 2020), Honourary Member To Le Club Des Chefs Des Chefs (CCC) (Since June 2015), CCC – Club Of Personal Chefs Of Heads Of States & The World's Most Exclusive Gastronomic Society; Chef Shaun Kenworthy, Chef, Restaurateur, Consultant, Food & Travel Writer; Chef Aanal Kotak, Celebrity Chef & Co-Founder, TSK Hospitality LLP; and



Mr. Rahul Seth, Co-founder, Burger Singh, among others, the event will become a phenomenal knowledge-sharing platform for close to 1500+ delegates comprising Chefs, Restaurateurs, Café & Bakery Owners, Food Manufacturers, and Food-tech professionals. The Food Connoisseurs India Exhibition, standing as an eminent pre-event exposition, is tailored exclusively for the esteemed restaurant, food service, and hospitality industry. Exhibitors and sponsors will find a robust platform for immersive face-to-face interactions, securing a prominent booth to position themselves in the presence of industry titans. This strategic showcase offers an unparalleled opportunity for networking, product displays, and collaboration, ensuring maximum visibility for participants in the vibrant landscape of the culinary world. The Food Connoisseurs India Awards – West India Edition, juried by industry veterans such as Chef Hemant Oberoi, Founder of OB Hospitality and Hemant Oberoi Hospitality Goa, and Founder of Michelin Selection Martabaan By Hemant Oberoi; Mr. Kunal Vijayakar, Broadcaster, Food Writer, Author, Actor, and Television Personality; Chef Harpal Singh Sokhi, Celebrity Chef & Entrepreneur; Chef Ajay Chopra, Chefpreneur, Restaurateur, Consultant & Judge (MasterChef India); Chef Abhijit Saha, Founder & Managing Director, Ace Hospitality

& Consulting; Chef Davinder Kumar, Executive Chef & Vice President, Le Meridien Hotel, New Delhi & President, Indian Culinary Forum; Ms. Shatbhi Basu, Director, Creative Consultants & STIR Academy Of Bartending; Chef Shaun Kenworthy, Chef, Restaurateur, Consultant, Food & Travel Writer; Chef Varun Inamdar, Chef, Chocolatier, Food Stylist, Author, Food Film Maker, Brand Advisor & Consultant; Chef Aanal Kotak, Celebrity Chef & Co-Founder, TSK Hospitality LLP; Chef Koushik S., Chef, Consultant, Master-Chef Tamil Judge & Founder, Eatitude; and Chef Marina Balakrishnan, Chef & Founder, Oot-tupura, will be an illustrious ceremony geared towards raising a resounding toast to individuals and establishments that have transcended industry norms, upholding unrivaled customer service and unwavering customer satisfaction. The unfolding of the Food Connoisseurs India Convention 2024 – West Edition will be a prelude to a remarkable journey offering visionary insights, innovative concepts, and a recognition of industry excellence. Participants will have the opportunity to engage, learn, and contribute to the ongoing evolution of the food and beverage industry. The pre-event excitement sets the stage for a dynamic and enriching experience that will shape the future trajectory of the HoReCa domain. To know more visit: <https://fcicwest.industrylive.in/>

Indian breakfasts are a colorful tapestry of flavors and textures, reflecting the diverse culinary traditions across the subcontinent. From the spicy kick of podi-idli in the south to the heartwarming comfort of poha in the west, each region boasts its unique morning delights. Whether it's the rich aroma of chai paired with spongy dhokla or the simplicity of a sumptuous bowl of Bhutte ka Khees, Indian breakfasts are a celebration of cultural diversity on a plate. Add some delightful sweetness of Indian sweets to the breakfast, and make it a brunch!

# Indian Breakfast Spreads



Cheelas make for a super nutritious breakfast. Made with green wmoong dal or gram flour, they are protein rich.



The sprouted pulses or beans in Misal, a Maharashtrian delicacy, add power to your breakfast. The spices make it irresistible. The farsan adds the crunch and texture.



Dhokla is a popular snack or breakfast item from Gujarat, and is typically served with mint or coriander chutney. Made with besan (gram flour), it is known for its light and airy texture and is enjoyed for its unique taste and simplicity.



Bhutte ka Khees is a traditional and flavorful dish from the Indian state of Rajasthan and Madhya Pradesh.. It is made with grated corn, also known as bhutte, and is a delightful blend of spices and textures.



End your delightful breakfast with super cool lassis during summer. Lassis can be made in an array of flavours and even combined with fruits. They can be topped with nuts, dry fruits or saffron.



When it's cold outside and you long for some warmth for your body and soul, choose that perfect cup of hot masala chai.



## THE GENTLE(MAN) CHEF

**Chef Davinder Kumar** – Chef DK has played a key role in bringing to the fore, the chef's profession and recognising the artists behind it through awards and appreciation. It has been his endeavour to promote Indian cuisine globally. A national tourism award winner himself, Chef DK is the master brain behind the most popular ICF Annual Chef Awards, All these can only come with years of people's skills, perfection, passion, patience, and of course, huge doses of love and affection for the profession and his team. **Deepa Natarajan** shares more on him, his calm yet result-oriented demenaour, the resilience and agility with which he faces all the challenges and emerges a winner!

Seeing him walk through the door in his crisp and pristinely flawless white coat, that leader's hat, and his signature smile that comes from the heart (known as 'Duchenne Smile' in French, a smile that goes to your eyes and forms tiny crinkles around them, which perhaps is an extension of the cuisine he specialises in), making heads turn, and one can say he has earned it all in his five decades of culinary excellence. The quick steps and the brisk pace with which he takes his rounds to ensure that all's hunky dory in the Le Meridien, Delhi kitchen where he is the Executive Chef and Vice President, Food & Beverage Production. Here comes the Gentleman Chef!

Leading a diverse team of 150 professionals is not easy at all. Diverse in age, experience, qualifications, specialisation; with 3 speciality restaurants, 6 banquets and several bars within the establishment to be managed, where every guest experience has to be more than just awesome; here it is about exceeding expectations, and it is not a one man's job, and yet it is. Because creating those very 'wow' (ways of winning) moments begin when the leader is thoughtful and has empathy for the guests, to make them come back again and again for the same signature warmth. Exceptional culinary skills are definitely needed, but a Gentleman Chef is also defined by traits such as respect, integrity, professionalism, humility, and a commitment to fostering a positive environment. And that's what Chef Davinder Kumar is all about.

Putting an arm around a distressed team member working under him, paying a patient ear and actively listening to their issues, constantly guiding his team

to bring out the best in it, making the kitchen a democratic workplace, wearing a considerate mentor's hat and taking on the 'one to one' mentoring and counseling role, sharing constructive feedback, choosing his words carefully to not hurt anyone intentionally, keeping a cool head to solve problems, willing to apologise and always eager to learn - Isn't that all what one would want from a Gentleman Chef? And Chef DK embodies them all!

There are rules that are explicit, many leaders adhere to them, but the one who adds that special touch through unspoken and implicit rules that are inherent and come from within, is a Gentleman Chef! Chef DK is definitely one!

Follow [Chef DK](#) on Instagram or visit: [www.chefdavinderkumar.com](http://www.chefdavinderkumar.com)





# 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

## SATPURA

The poetry of nature takes you to a entirely different universe, its just you have to observe and absorb its absolute beauty and the pleasure it gives you.

Satpura is one such place that offers one a soulful experience not just in terms of wildlife but also in terms of landscpic beauty, its connection with history and mythology.

Monsoon shows the palatte of green, winters and spring reflect the colours of yellow and orange with an outstanding fragrance of wild flowers and fruits, while summer gives you the reflection of rustic palatte. Its just a magical world.

Look deep into nature, and it will never disappoint you.

# Gruyère Symphony

Swiss Excellence In Every Savoury Bite!

**Dr Chef K Thirugnanasambantham**, Principal, WGSHA - Welcomgroup Graduate School of Hotel Administration, Manipal, brings home some memories of Gruyère cheese from his recent visit to Switzerland. He says, "Gruyère is deeply rooted in Swiss culinary traditions. Sharing this cheese with people from other nations provides an opportunity for cultural exchange, allowing individuals to experience a taste of Switzerland and its culinary heritage".

## When cheese makes us say Cheese

"Cheese aficionados understand – Gruyère isn't just a cheese; it's a passport to the heart of Switzerland." In the scenic beauty of Switzerland, La Maison Du Gruyère Cheese Factory stands as a testament to the country's rich culinary heritage. Recently, I had the pleasure of visiting this renowned cheese factory. This experience not only offered a delectable encounter with Swiss cheese craftsmanship but also shed light on the significant economic impact of cheese production in the region. What sets La Maison Du Gruyère apart is not just the cheese it produces, but the meticulous and immersive way it showcases its production and speciality to visitors during the factory tour.

## The Art of Cheese-Making

When I entered the factory, the air was filled with the captivating aroma of freshly made cheese. La Maison Du Gruyère is celebrated for its traditional approach to cheese-making, and the visit provided a fascinating insight into the meticulous process involved. The skilled artisans, clad in traditional attire, not only demonstrated the artistry behind crafting the world-famous Gruyère cheese but also engaged with visitors, explaining each step with passion and expertise.

The journey began with the observation of the milk reception, where high-quality milk from

local farms is delivered and tested for its purity. The tour then progressed to the cheese vats, where the cheese curds take shape through careful stirring and heating. Visitors, including me, were encouraged to ask questions, and actively participate in the observation, enhancing the educational aspect of the tour.

## Cheese Aging and Maturation

One of the most captivating aspects of the tour was the visit to the cheese maturation cellar. Here, rows of massive wheels of Gruyère were neatly arranged, each undergoing the meticulous ageing process that imparts the distinct flavour and texture characteristic of this Swiss cheese. The expert guides explained not only the significance of the maturation period but also allowed us to witness the process up close, emphasising the importance of time and precision in creating the perfect wheel of Gruyère

## The Fondue Connection

What truly stood out was the way La Maison Du Gruyère seamlessly integrated their speciality, the Gruyère cheese, into the visitor experience. The fondue tradition was not just explained but brought to life through live demonstrations. The skilled chefs showcased the art of making the perfect fondue using Gruyère, allowing visitors to taste and appreciate the cheese in one of its most iconic



forms. This hands-on approach added a delightful layer to the tour, making it both educational and gastronomically satisfying.

## Economic Impact in Switzerland

Beyond the gastronomic delights, it became evident that the cheese industry, especially Gruyère production, plays a pivotal role in Switzerland's economy. La Maison Du Gruyère actively engages with local dairy farmers, providing them with a sustainable source of income. The demand for high-quality milk for cheese production has created a symbiotic relationship between the dairy sector and the cheese industry.

Moreover, the cheese factory attracts a considerable number of tourists, both domestic and international, contributing significantly to the local economy. The factory tour, accompanied by tastings of various Gruyère varieties and live demonstrations of cheese-centric dishes like fondue, has become a popular attraction, drawing visitors eager to indulge in the authentic Swiss cheese experience.

## As I reminisce

My visit to La Maison Du Gruyère was a delightful blend of sensory exploration and cultural appreciation, enriched by the meticulous showcasing of their production process and speciality to visitors. The intricate process of Gruyère cheese-making, its versatility



in culinary applications, and its role in the cherished Swiss fondue tradition left a lasting impression. As Switzerland continues to showcase its culinary prowess through the likes of Gruyère, it is evident that the country's rich cheese heritage is not just a gastronomic delight but a driving force behind a thriving local economy.

"Savoring Gruyère is like experiencing the Swiss Alps – a journey of peaks and valleys in every bite."





**BRIDAL SNEAKERS - THE FLAVOUR OF THE SEASON**  
*handpicked by Samyati*



**Anaar** offers handcrafted pieces of footwear to create space for something new while honouring the old. The silhouettes of Anaar combine comfortable shapes with fresh designs to deliver one-of-a-kind luxury Indian footwear. Anushka Khanna is a fashion designer known for her intricate craftsmanship and timeless designs that beautifully blend modern aesthetics with traditional elegance.  
 visit: [www.shopanaar.com](http://www.shopanaar.com)



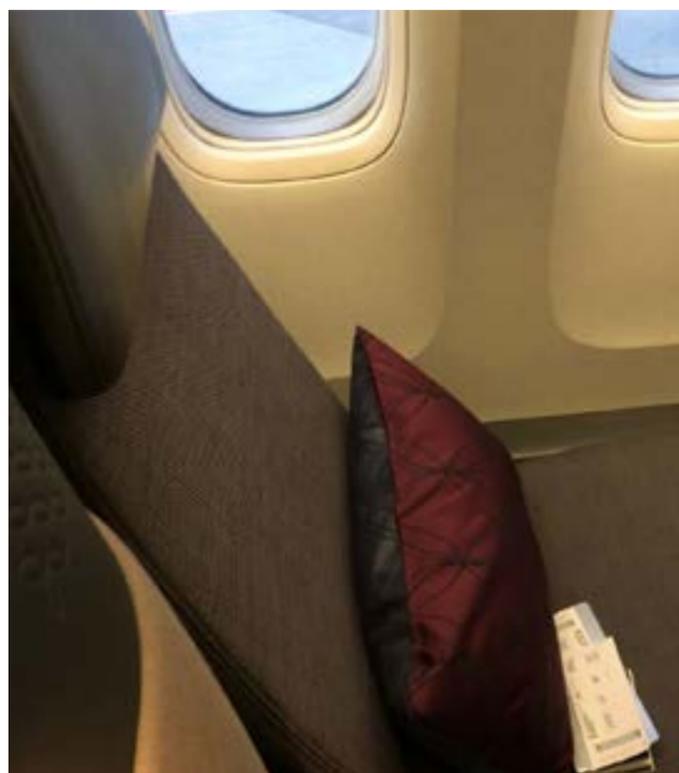
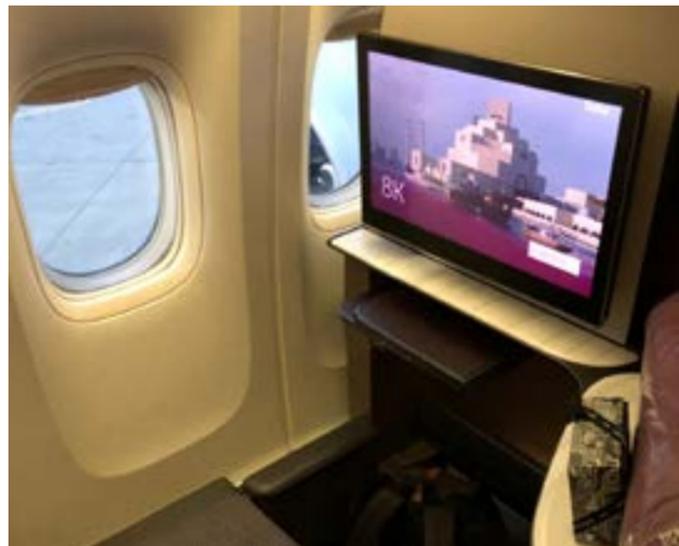
**Tiesta** is a family-run business, led by two sisters, Janvi, and Helly. Janvi wears many hats in her life, including being a daughter, sister, wife, and now a mother to a three-year-old boy. "Tiesta, our brand", says Janvi, "is like a first baby, and my role comprises marketing, managing team spirit while Helly takes care of production completely."

Tiesta was launched in 2016, and since then, we've been all about customisation. While bridal sneakers have become our specialty, we cater to all kinds of footwear in any size, design, and color. We believe in creating shoes that match various sizes and style preferences.

We create sneaker wedges and sneaker platforms. Both styles can be customized in any color and heel height, allowing us to work wonders with our designs. We have experience working with zardosi, cutdana, beads, pearls, and threads.

For Indian weddings, we use bold colors like gold, red, and white as the heroes of the shoes, while for white weddings, we love using subtle beads and pearls and white thread".  
 visit: [www.tiesta.in](http://www.tiesta.in)





## QATAR AIRWAYS Q SUITE

What can one expect while flying on one of the best Business Class seats in the world? **Team Samyati** reveals what's in store!

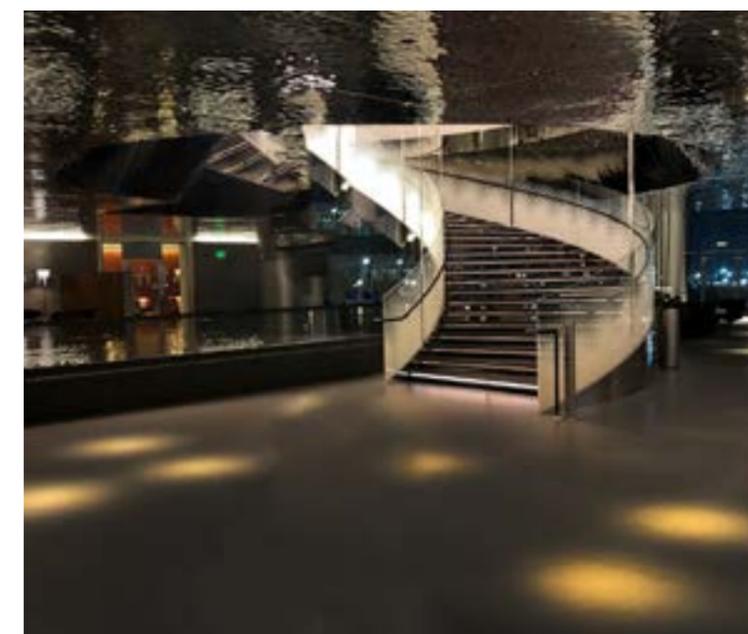
Qatar Airways' Q-Suite Business class made a splash in the aviation world when it was first introduced in 2017 and it continues to hold the title of the 'World's Best Business Class'. If one is fortunate enough, they can find an award flight on short notice and experience the Q-Suite business class product, like this journey from New York to Mumbai. Qatar and British Airways use Avios as their currency in their respective frequent flyer programs. British Airways Avios can be seamlessly transferred to one's Qatar Airways Privilege Club Account. Here, one can use the Amex Membership Rewards Points (US) and transfer them to British Airways which can offer like 30% extra Avios in a month. Many Axis Bank and HDFC Bank credit cards have reward programs and have British Airways or Qatar Airways as a transfer partner.

When one flies out from New York's JFK with Qatar Airways, they can access the American Airlines Admirals Club Lounge. When one boards the cabin, they are greeted by the aroma of rose and Qatar's mint-based welcome drink. There are seats by the window, but the seats in the middle are also available as a dual or quad configuration. This makes it ideal if one is travelling as a family or with a partner. Furthermore, the sliding doors offer a degree of privacy that is typically only available in first-class cabins. The seat itself is extremely comfortable and can be turned into a fully flat bed. Qatar Airways also offers a turn-down service and prepares your bed. The airline offers a meal on



demand service too and offers an extensive menu of food, cheeses, desserts, and wines. Qatar Airways maintains its burgundy and rose gold theme throughout its cabin. They also offer an amenity kit by Diptyque. The in-flight Oryx entertainment system provides a decent selection of movies and TV shows as well.

A highlight of flying through Doha is the Al-Mourjan Business Lounge. It is one of the largest business lounges in the world and it is classy and opulent. The lounge has everything you might need during a layover including a spa and shower facilities. They also offer an unlimited a la carte menu. Other highlights in the lounge include a sushi bar, a large reflecting pool, and an extensive choice of drinks.



# Pickling

Some common and some unique ingredients to make some finger-licking pickles or achaars!

Pickling in India is a time-honored culinary tradition that adds a burst of flavors and textures to meals. Known as “achaar” in Hindi, pickles are an integral part of Indian cuisine, offering a delightful combination of spices, tanginess, and often, a hint of heat.

India boasts a diverse range of pickles, utilising a wide array of fruits, vegetables, and even meats. Mango, lemon, mixed vegetables, and chili pickles are among the popular choices. Each region contributes its unique twist to pickle recipes.

Pickling involves preserving food items in a mixture of spices, oil, and sometimes vinegar or lemon juice. The combination acts as a natural preservative, allowing the pickles to be stored for an extended period without refrigeration.

Pickling often aligns with seasonal availability. Mango pickles, for example, are a summer delicacy, utilising raw green mangoes when they are abundant. This seasonal approach enhances the freshness and flavor of the pickles.

Different states and communities in India have their distinctive styles of pickling. For instance, North Indian pickles may use mustard oil as a base, while South Indian pickles often feature sesame oil. The choice of spices also varies, reflecting regional taste preferences.

While commercially produced pickles are widely available, many households take pride in preparing pickles at home. Family recipes, handed down through generations, often hold the secrets to creating the perfect blend of spices and flavors.

Image Courtesy: Prchi Palwe





Lemon pickle is a popular and tangy condiment in Indian cuisine, known for its bold flavor and versatility. It is made by preserving lemons with a mixture of salt, spices, and oil, creating a zesty and spicy accompaniment that pairs well with a variety of dishes.



Bimbli pickle, also known as Bilimbi pickle, is a popular condiment in South Indian cuisine. Bimbli, or bilimbi, is a tropical fruit with a unique, tangy flavor, and it is often used to make pickles, chutneys, and preserves.



Pickled tamarind is a tangy and flavorful condiment that adds a distinctive taste to various dishes. Tamarind, with its sweet and sour profile, is often pickled to create a concentrated and zesty accompaniment.

*Exploring and resolving  
the conflict within*



# The Art of Conscious Balance

**BREAKING FREE FROM  
YOUR CONDITIONED SELF**

**SANTOSH NAMBIAR**

## ACHIEVE THAT BALANCE IN LIFE

When life is all about ‘WORK AND WORRIES’, know that ‘tis time to take a breather. Santosh Nambiar’s book, *The Art of Conscious Balance*, tells you to pause and breathe, and just take care of yourself!

“I know the feeling all too well - being stuck, as if you’re just getting by in life. After spending years climbing the corporate ladder, suffering from severe stress and facing a serious health scare, I stumbled upon a transformative discovery: The Art of Conscious Balance.

Ever felt like life’s a non-stop treadmill? Always chasing something, yet no matter how many boxes you check, that ‘incomplete’ feeling lingers. Work-life balance? It’s like a mirage on this fast-paced treadmill of life.

Despite our desperate search, it slips through our fingers. Feeling confused, tired, burnt out, and frustrated, it seems like we’re stuck with this chaotic routine, and there’s no other option.

But here’s the thing – we do have a choice. It’s called ‘The Art of Conscious Balance.’ Amid the chaos, there’s a way to find equilibrium. Let’s navigate this together.

It’s not just a concept; it’s a practice. It’s my own way of balancing the intellect we gather from the world and the deeper intelligence within us. This has taken me beyond day-to-day survival, unlocking a depth of creativity and purpose I never thought possible”

We’ve accomplished a lot as humans; going to the moon, exploring space, and changing the world with technology. We’ve built huge civilisations and made modern life what it is. But there’s a lot we can learn from deep within ourselves. In our rush against time, we often overlook the inner aspects of our lives. It’s easy to forget that if we take care of our inner selves, the outer stuff falls into place naturally.

Neglecting our inner well-being is like driving a car with flat tires. How far can we really go with flat tires?

Our minds are like super tools, but they often keep us stuck in the past or daydreaming about the future. Being trapped in these mind states can lead to stress and anxiety. Sure, our minds are essential for basic survival, but if we want to kick things up a notch—to really live, thrive, and blossom—we need to connect with something bigger, more profound. I call it Intelligence. Finding the balance between our regular thinking and this deeper intelligence brings what I call Conscious Balance. It’s not just a fancy term; it’s a game-changer.

This Conscious Balance isn’t just about becoming better humans; it’s the key to lifting our lives from the mundane survival grind to a place of clarity, creativity, and fulfillment. And guess what? It’s also the secret sauce for that elusive ‘work-life balance’ we all desperately crave. It’s like finally getting our lives back on track.

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“I wrote about my experiences and the things that helped me in my book, “The Art of Conscious Balance.” I want to share it with you, but don’t just take my word for it—give it a go yourself. Trust me, the earlier you start, the better”, says the author, Santosh Nambiar.

## Santosh Nambiar

Founder & MD  
Assay Matrix Pty Ltd  
Ivanhoe North, Victoria  
Australia

### Why should you read The Art of Conscious Balance?

*An honest and evocative memoir, The Art of Conscious Balance is transformative in its gentle teachings and soothing in its message that anyone is capable of finding their inner compass as Santosh did to understand oneself and one's place in the universe more deeply and truly.*

- Professor Craig Hassed MBBS, FRACGP, OAM  
Faculty of Medicine: Monash Centre for Consciousness and Contemplative Studies, Monash University, Australia

*"This simple, profound truth of who you truly are can set you free"*

- Professor Adrian Perrig, ETH Zurich, Switzerland

[Buy on Amazon](#)

## Handpicked by Samyati



Jaypore Olives' Extra Virgin Olive Oil is the result of the first press of olives cultivated in Rajasthan. A fresh oil with fragrant aromatic notes, it's the result of the careful selection of fine Polycultivar olives grown and pressed in Rajasthan. Cold extracted, our Extra Virgin Olive Oil contains all the essence and vivacity of Olive colours of an intense green that opens to yellow. Jaypore Olive's Extra Virgin Olive Oil has a scientifically tested 0.48 Oleic acid content making it one of the best.. The current batch is the produce of HARVEST- OCTOBER 2023.



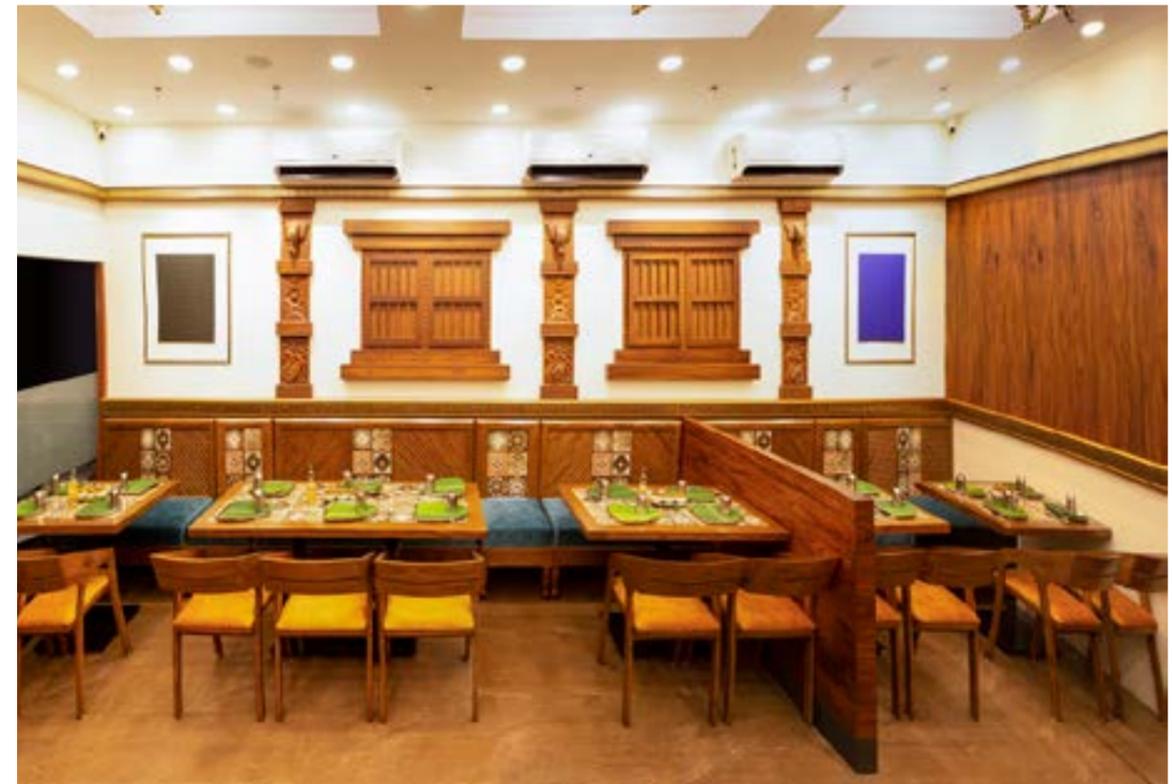
The olive oil comes in 5 variants, and we tried the Coratina, and Frantoio. While Coratina has fury notes of olives, bitter almonds, and freshly cut grass, Frantoio has sweet fruity flavour notes, combined with the flavours of apple walnut and fresh herbs! Both taste and smell awesome and are great to drizzle on your pizzas or pasta.



**The Best of Italy now Homegrown in India**  
<https://jayporeolives.com/products/extra-virgin-olive-oi>

# KAMAT'S LEGACY

AN AUTHENTIC  
SOUTH INDIAN  
ENCHANTMENT



Kamat's Legacy, a restaurant franchise under the ownership of The Vitskamats Group, takes immense pride in unveiling its latest outlet in the heart of Mumbai, located at Nariman Point. This new culinary venture not only introduces an enticing menu but also extends a heartfelt invitation to patrons to embark on a journey that encapsulates the warmth and authenticity reminiscent of a South Indian home.

From the captivating aroma of freshly ground spices to the rich and traditional flavors that distinctly define the region, each dish at Kamat's Legacy serves as a homage to the culinary heritage of South India. Committed to delivering unparalleled excellence, Kamat's Legacy meticulously

selects only the finest quality ingredients. The restaurant places a particular emphasis on health-conscious choices, incorporating elements such as white butter and ghee, thereby embodying the brand's steadfast dedication to offering an experience that nurtures both the body and soul.

Kamat's Legacy originally established its first outlet in Bhandup, and Nariman Point marks the proud inauguration of its second location. This new venture introduces a noteworthy addition to the menu, specifically catering to Jain dietary preferences. Beyond the delectable offerings, what sets Kamat's Legacy apart is the exceptional staff sourced from KHAS Academy (Kamats Hospitality Academy of Skills), further enhancing the overall dining experience with their expertise and hospitality. flavors that distinctly

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Team Samyati was invited for a tasting session at the restaurant. On entering the restaurant, one would be transported to the southern peninsula of India. The decor is rustic and traditional and the place looks warm and wide. Food is served on plantain leaves and the vibe inside is chatty and happy, more so during the lunch time of busy office hours. Three varieties of chutenys arrive and there are three varieties of podi on the table, one made with curry leaves, the other one with black sesame seeds, and the regular molagapodi or gun powder. Every dish served surely would take one down a nostalgic

## RESTAURANTS

trip, may be even back to childhood, if one has been brought up on authentic South Indian food. Be it the 'benne' (white butter) dosa, the Mysore Bonda, or Poondu (garlic) Dosa, Baby Potatoes Chettinad, the aromatic rasam, sambar, or Bisi Bele Bhaat, topped with 'boondi and roasted peanuts, and finishing it all with a piping hot

filter coffee, served in the traditional brass 'dabara tumbler', one would definitely be transported to the land of simple, yet soulful food.

Location: Shop No.2, Dalamal Towers, Free Press Journal Marg, Mumbai, 400021  
visit: [www.kamatsindia.com](http://www.kamatsindia.com)



“We had taken an unplanned detour to Coorg or Kodagu (as it is now known) and the breathtaking landscape and friendly hospitable people had left a deep impression on my mind.”

**Chef Michael Swamy**, Associate Editor, *Samyati*, rejoices and cherishes his Coorg memories!

@COORG



My first memory of visiting Coorg is from a few years ago when Mum and I travelled by road from Bangalore to Kochi with a few friends for my then newborn nephew's christening. We had taken an unplanned detour to Coorg or Kodagu (as it is now known) and the breathtaking landscape and friendly hospitable people had left a deep impression on my mind. Being unplanned, the trip was quite chaotic and the fact that I was the only man in the company of 8 old women meant I had to be polite and content with just visiting coffee plantations and sampling coffee - Coorg's main agricultural produce. I had promised myself I would come back, and earlier this year I did go back.

This time two occurrences led to my trip. One was a visit to the Karavalli restaurant at the Taj Gateway, Bangalore for a review. Not only had the restaurant impressed me, but Chef Naren Thimmaiah had given me a fabulous culinary and cultural introduction to his homeland. He had shared interesting tidbits of information regarding the various communities that formed the Coorg cultural fabric. He also fed me signature dishes inspired from the kitchens of these people - dishes that used ingredients



sourced from the place itself! And the list went well beyond just coffee; there was pepper, cloves, cardamom, kodampuli (a souring agent similar to kokum), kachampuli (a vinegar made from kodampuli), vanilla, forest honey, bitter gourd, several types of cucumbers and Kodagu oranges! I sampled dishes which used techniques and ingredients which I found astounding like Pothi Choru (ghee rice), Moplah chicken curry wrapped and steamed in a banana leaf, Denji Pulimunchi (rice flour coated soft shell crabs tossed in a spicy masala), Oggaraneda Aritha Pundi (steamed rice dumplings flavoured with coconut and cumin, and tossed with mustard and curry powder), Patrade (colocasia leaf rolls brushed over liberally with pan-roasted spiced lentil paste and cooked), Maavinakai Mensukkai (preserved mango curry of Havyaka origin) and the Haagalkkai Kabbu Saaru (an astonishing combination of bitter gourd and sugarcane in a mild curry).

Every bite was a burst of fresh flavour on my palate, and by the end of the meal I completely understood what Chef Naren meant when he said: “There’s much more to South Indian cuisine than coconuts and curry leaves!”

The second occurrence that led me to Coorg was an invitation to visit the Tata Plantation Trails. This one caught me completely off guard: Tea? In Coorg? For most of us, Coorg and the surrounding districts have been coffee country.

During my first trip, I remember walking



through the coffee plantations with our guide who explained that Coorg was home to “shade-grown coffee” - that hardly any forest had been cleared to make way for the plantations and that coffee cultivated in the shade tasted different. He had also pointed out how the coffee plantations were home to pepper vines, cardamom and vanilla too as it grows as a creeper on the very trees which form a shady canopy over coffee plants.

The trip to the tea estates were full of just as many surprises. The Tata Plantation Trails though famous, were not yet frequented by too many visitors. Not only are they breathtaking, but their close proximity to Bylakuppe (the Tibetan settlement), a forest and a beautiful waterfall make them a paradise.

A morning walk through the misty plantation came with numerous rewards. In addition to watching the workers at work, one came across numerous birds, wild flowers and wild mushrooms growing peacefully on many a tree. The most exciting moment was stumbling upon an elephant footprint near the forest patch! The long walk had worked up a good breakfast appetite and the cooks at Glenlorna cottage (named after the daughter of the man who planted the first tea saplings in Coorg), where I was put up, had ensured a scrumptious Kodagu breakfast of rice flatbreads with chutney and curry with an assortment of teas (of course!) and fruits. I was waiting for lunch as I had been promised the



famous Pandi curry with Kadambuttu (a type of rice dumpling). Rich, dark and spicy, this curry was like nothing I had ever tasted before. The meat was marinated in kachampuli which though many say is India’s answer to balsamic, has a distinct flavour of its own. There were other dishes too and preserved mango and preserved jackfruit made an appearance yet again. And as I ate, I understood that the cuisine of Coorg was simple but the flavours were pretty complex owing to techniques. The use of sesame oil gave the food yet another distinct character. The cooks were natives of the region and hence the food was as authentic as it could get. The cottage itself is a delight and the people make your stay extremely comfortable.

It’s true that Coorg or Kodagu holds the title of being the “Coffee Cup of India”, however, if you get a chance, do go and sample a hot cup of tea here as well.. it’s worth every minute!

[Michael Swamy](#) is a Cordon Bleu Graduate & Chef, intrepid traveller, author and food stylist. He loves good food art, culture and food history.



*The Head Conceives  
While the Heart Emotes  
From the Hands That Write  
To Weave Your Stories*

Printing and Publishing  
Social Media & Digital Marketing  
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Bespoke Communications  
Events



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