

Samyati

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An Indigenous Chocolate Story

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FEW OF OUR EXHIBITORS



Cocoacraft
 Pure • Artisanal • Single Origin

Since 2008, Cocoacraft has produced the finest chocolate and cocoa products to cater to the needs of our consumers, including home bakers, chocolatiers, the food industry, and chocolate lovers. Our mission, from the very beginning, has been to manufacture pure, exquisite chocolate using natural ingredients while extracting the best natural flavor of the bean.



Our Clients:



Explore our range

of premium couvertures, high fat cocoa powder & chocolate ingredients

Contact Us:

Phone: +91 8129446770 | @cocoacraft.chocolate
 Kuruvilla & Sons, Ground Floor, Katticaran Chambers, Old Railway Station Road, Kombara Junction, Kochi - 682018

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PUBLISHED BY
SOCIOSPIEL COMMUNICATIONS

FOR COLLABORATIONS CONTACT
thesamyatimagazine@gmail.com

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When life asks us to take a break!

From one mode to another, from work to vacations and holidays, and back to work, our life has a system to it, even weekends aren't spared. They also have a pattern. There are schedules to be adhered to, deadlines to be met, goals to be achieved and growth in terms of numbers to be shown.

Yes, life indeed is full of care, and there is no time to stand and stare. Even when we take a break it's a planned break; that one spends on flights and hotels, there are again targets - sightseeing, breakfasts, lunches and dinners, meeting people, group trips with people known and unknown, boxes to be ticked, and questions to be answered once back home.

What if life didn't have a structure, at least for a while? With National Yoga Day highlighting June and bringing with itself mantras for health and wellness on one hand and with the summer solstice on the other, even the day is in no hurry to end. That's when life says, 'go indulge a bit, relax a bit, the world will wait'.

This issue of Samyati brings to you all things happening and new. As you turn the pages it is ready to indulge you.

Deepa Natarajan





FIFI Concludes a Successful Engagement with Annapoorna Inter Food & Beverage Expo 2024

The Annapoorna Inter Food & Beverage Expo 2024, held from June 5-7 at Yashobhoomi (IICC) in Dwarka, New Delhi, concluded with resounding success as it brought together over 150 exhibitors from India and abroad. Organised by FICCI and VA Exhibitions, and supported by the Forum of Indian Food Importers (FIFI), Ministry of Food Processing Industries, and DPIIT, the expo served as a pivotal platform for food retailers, traders, hotels, restaurants, and other industry stakeholders to explore innovative products, network, and delve into emerging industry trends.

FIFI played its role as a leading industry association dedicated to promoting and facilitating trade in the food and beverage sector in India. The forum also played a crucial role in undertaking engagement with various international bodies and industry stakeholders that bolster the growth of agriculture, F&B sector in India.

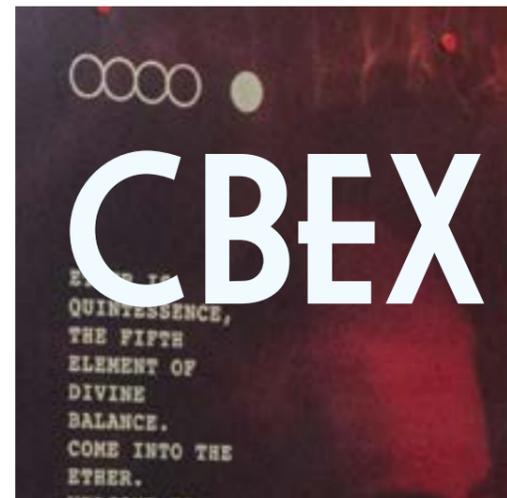
The event attracted more than 10,000 visitors keen on discovering the latest

advancements in food processing technology and a diverse array of food products. Highlights of the expo included the prestigious 'Annapoorna Retail Awards' hosted on Day 1, recognising outstanding contributions and achievements within the industry. Esteemed jury members included Mr. Amit Lohani, Founder Director FIFI, H.E. Juan Angulo, the Ambassador of Chile in India, Mr. Angelo De Queiroz Mauricio, Trade Commissioner of the Embassy of Brazil, Mr. Arjun Dutta, Director of International Institute of Culinary Arts, Mr. Avinash Tripathi, Concept Head Reliance Retail, and others.

Upon being asked about the expo Mr. Amit Lohani Founder Director FIFI quoted, "The Expo provided an great platform for industry players to showcase their innovations, shape meaningful partnerships, and explore emerging sector trends. The 'Annapoorna Retail Awards' underscored excellence in the field, recognising outstanding contributions that continue to drive the industry forward. As FIFI, we are proud to have played a fundamental role in promoting

trade opportunities, and support the interests of food business in India. The participation and support from our esteemed members and industry peers have been instrumental in making this event a resounding success." He further stated, "We look forward to continuing our collaborative efforts with FICCI, VA Exhibitions, and other partners to further strengthen India's position in bilateral trade. Our commitment remains unwavering in fostering a conducive environment for growth and sustainability within the industry."

Throughout the expo, attendees were treated to captivating Chef challenges and Masterclasses where culinary maestros showcased their skills and crafted special dishes, captivating the audience at the Culinary Arena. These events not only celebrated gastronomic excellence but also highlighted the evolving trends in the culinary world. The event also served as a catalyst for networking opportunities among leading food importers from across the nation, fostering new business prospects and collaborations.



The CBEX India - Chocolate, Candies, and Bakery Expo, a 3 day premier event that attracted chocolate, confectionery and bakery enthusiasts from different parts of India, was held from 28th - 30th June 2024 at NESCO in Goregaon, Mumbai. The Expo was inaugurated by Ms Pritee Chaudhary, IRS, Regional Director, FSSAI, Western Region Mumbai. From discovering the latest products and innovations to learning from industry experts, this expo provided a comprehensive platform for exploration, education, and networking. Many niche, as well as popular chocolate brands like Ferrero Rocher, Ether Atelier, The Love Bakehouse, Swadish, Chcoosmith, The Cookie Dough, Gudlily, etc., and allied exhibitors like manufacturers of namkeens, honey, jam and jelly, and bakery machinery manufacturers like Rewa Engineering, also displayed their products, beneath the CBEX umbrella. The heavy rains did not deter the curious visitors, who soaked in the vibes of a buzzing atmosphere, exploring all the products displayed at the Expo.

To know more about CBEX India visit: <https://www.cbexindia.in/>



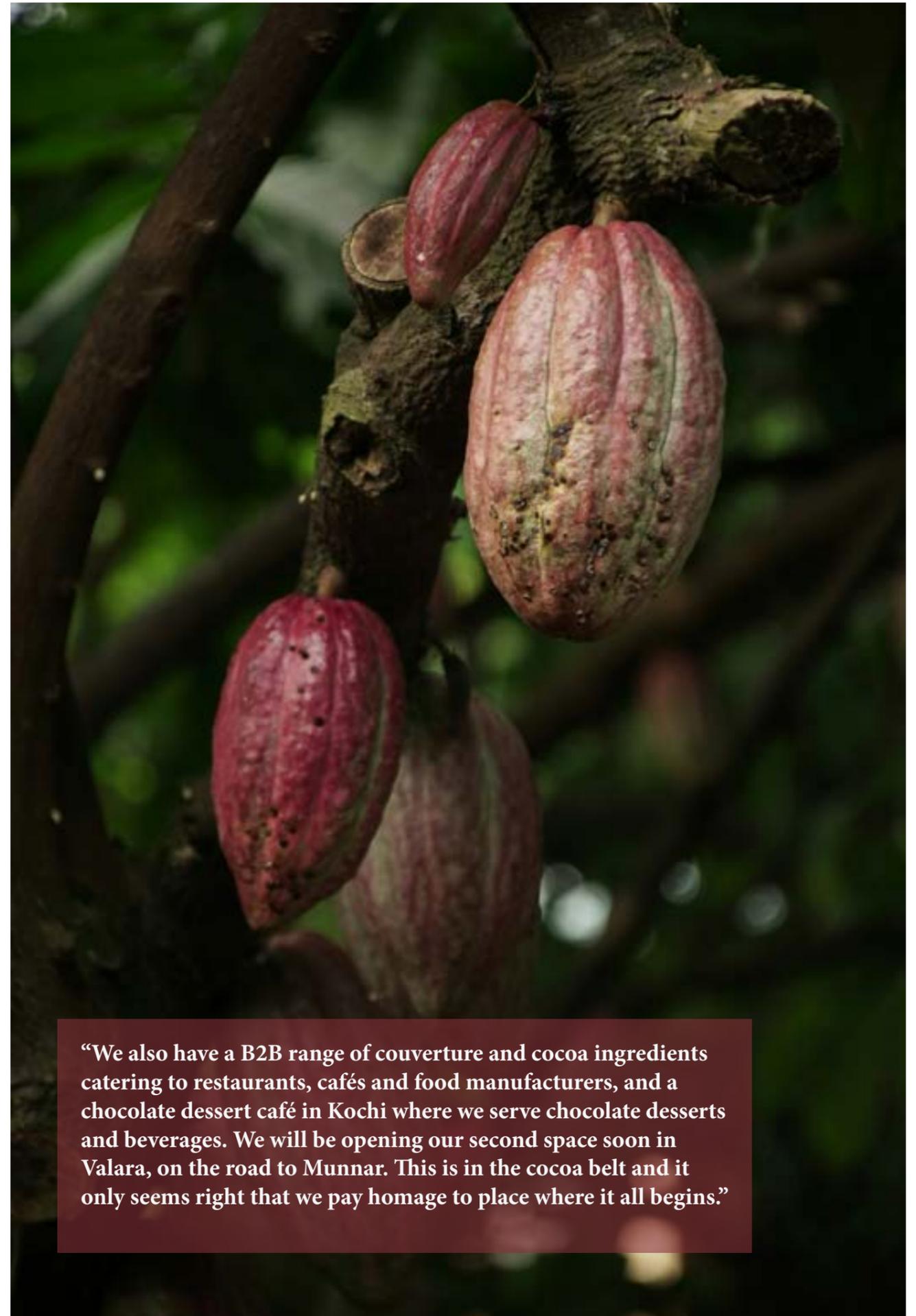
An Indigenous Chocolate Story

Straight from the chocolate-makers

When we think of chocolate, we think of Switzerland, and other European countries, and then our thoughts wander to South America and Africa, where cocoa is popularly grown. Barely do we look at 'God's Own Country' - Kerala in India that has a cocoa belt! Over to 'Sanjana Kuruvilla, Partner at Cocoacraft, who is happy to share the story.

Says Sanjana Kuruvilla, "The seed for Cocoacraft was sown as early as 1977. At a time when chocolate was considered a treat reserved for the wealthy, Cdr. Kuruvilla, my dad, was intrigued by the unpicked and broken cocoa pods in his father-in-law's estate. This is when his interest in chocolate was first piqued. In the early 1970s, a hike in international cocoa prices led many planters in Kerala to replace their existing crop with cocoa beans. But there was a subsequent crash due to large global production, leading to severe losses and planters discarded their crop. At this time, the chocolate industry was non-existent in Kerala. All cocoa beans were exported out of the state, and Cdr. Kuruvilla realised the need for expertise in this industry. Post his retirement from the Indian Navy, and years of research, designing in-house machinery, and developing the flavour of the chocolate, brand Cocoacraft was launched in 2008: our first product, a gift box of coconut truffles. Since then we have extended our consumer range to include chocolate bars, baking ingredients like couverture slabs, cocoa powder, chocolate chips, cocoa nibs and hot cocoa mix."

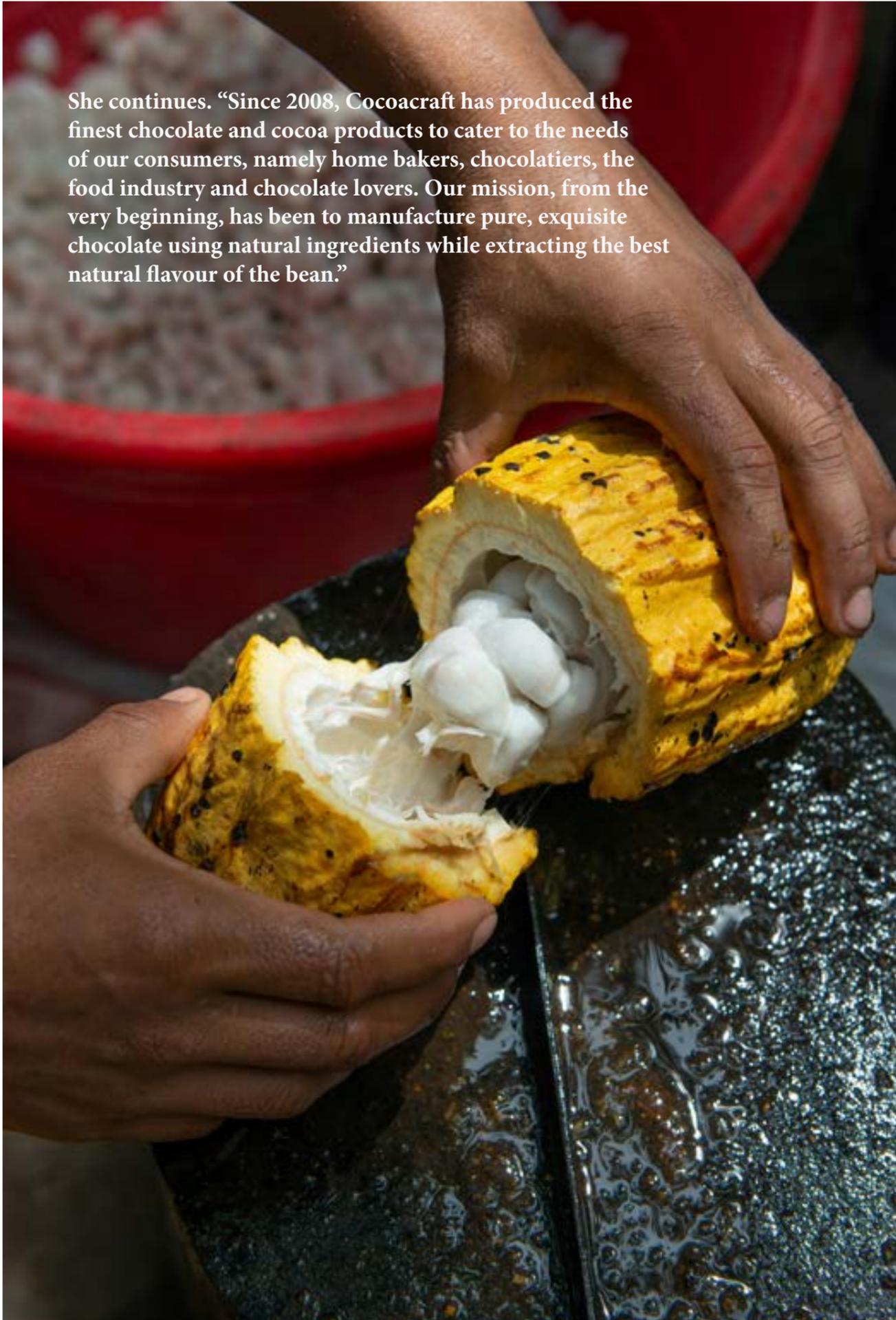
Pic Courtesy: <https://unsplash.com/@jessicaloazar>



"We also have a B2B range of couverture and cocoa ingredients catering to restaurants, cafés and food manufacturers, and a chocolate dessert café in Kochi where we serve chocolate desserts and beverages. We will be opening our second space soon in Valara, on the road to Munnar. This is in the cocoa belt and it only seems right that we pay homage to place where it all begins."

Pic Courtesy: https://unsplash.com/@timebottlestudio_lennonlee

She continues. “Since 2008, Cocoacraft has produced the finest chocolate and cocoa products to cater to the needs of our consumers, namely home bakers, chocolatiers, the food industry and chocolate lovers. Our mission, from the very beginning, has been to manufacture pure, exquisite chocolate using natural ingredients while extracting the best natural flavour of the bean.”



Pic Courtesy: https://unsplash.com/@rodrigofores_photo

What makes Cocoacraft chocolate so special?

“Our cocoa is single-origin as we work with specific growers in South India, thus ensuring that the quality of the bean is standardised. Fermentation and drying are carried out in-house. Flavour precursors are developed at this time, which eventually lead to the chocolate flavour as we know it. Our chocolate is made by conching - a slow process by which the flavour is refined, and the chocolate turns creamy and smooth. We do not use an alkali to speed up the conching process. Our chocolate is pure couverture, with 37% cocoa butter in all dark chocolate variants and 33% cocoa butter in milk and white chocolate variants”, adds Sanjana.



Pic Courtesy: <https://unsplash.com/@pablomerchann>



Cdr Kuruvilla,
Founder, Cocoacraft

FROM BEAN TO BAR IN INDIA

When chocolate wasn't all that known to India

COCOACRAFT is a bean-to-bar fine chocolate brand based in Kerala, with a range of retail products including chocolate bars, gift boxes, chocolate spread, hot cocoa mix, and baking ingredients like couverture, cocoa powder, chocolate chips and cocoa nibs. The products are available in gourmet stores in Mumbai, Delhi, Bangalore, Pune, Goa, Chennai, Kochi and Trivandrum, on Cocoacraft website and on Amazon.

The professional range (B2B) for chefs, restaurants, food manufacturers, consists of couverture in white, milk and dark variants. It is the only brand

available for extra dark 85% and 99.5% couverture in the Indian market. It also has high fat cocoa powder with a deep and rich flavour, made from premium, well-fermented beans and contains 22% cocoa butter, more than double the industry average.

Cocoacraft is one of the first chocolate brands that focused on fine chocolate and couverture at a time when even fine dining restaurants preferred compound. It is the first Indian professional brand supplying only pure couverture and premium cocoa powder. Some of its earliest supporters were Jamie's Italian, Artinci ice cream, Anokhi Café

in Jaipur and Sequel in Mumbai. Cdr Kuruvilla runs the business with his daughter Sanjana Kuruvilla, and they are especially proud of their dark chocolate range, which goes up to 99.5% and is very smooth.



Visit <https://cocoacraft.in/>



A Fruit AS RED AS RUBY

The Red Kiwi - Put Nature on Your Plate

Two decades ago, when we started seeing the foray of a novel yet attractive fruit like kiwi in the Indian markets, we didn't know how far it would go. Native to New Zealand, with a fuzzy brown skin, and green from inside, with the looks of an ornament when cut, this fruit with its immense nutritional and healing properties, became a household name, as it helps with recovery from the dreaded 'dengue' fever. Then came the yellow or the golden kiwis, that added more vibrancy to the dishes in which both varieties of kiwi were used. Cakes, salads, smoothies, jams, compotes, syrups..kiwis brighten up any dish.

Savour yet another edition of kiwi - RED! That too from India!

The North East region of India, with its cool climate and well-drained soil, provides ideal conditions for growing red kiwis. States like Arunachal Pradesh, Nagaland, and Meghalaya have been cultivating it successfully. Cultivating red kiwis offers a lucrative alternative to traditional crops, providing farmers with higher income potential due to the growing demand for exotic fruits, as local governments and agricultural bodies are encouraging kiwi farming through training programs, subsidies, and support for farmers to diversify their crops and boost local economies.

Rich in vitamin C, vitamin E, potassium, and dietary fibre, red kiwis offer numerous health benefits; the red flesh of the kiwi

is high in antioxidants, which can help reduce oxidative stress and support overall health.

Start with a bottle of Red Kiwi Jam, at *Nature On My Plate*. Red kiwis are available online on many shopping sites.

Visit: <https://natureonmyplate.com/> to discover what more the North East India and the Himalayan region have to offer. All the products are grown in natural habitat and thereby have higher nutrients and more flavour. *Nature On My Plate* envisions encouraging people to go back to Indian roots and encourage consumption of locally produced seasonal, healthy and nutritious food inspired by the age-old wisdom of nature.



Six Top Chefs from India

Compete in the Barilla Pasta Championship

There was one clear winnerw!!

The inaugural Pasta Championship Asia 2024, was held at The St. Regis Mumbai. Organised by Barilla, the Italian company leader in pasta and pasta sauces holding the coveted title of number one among branded pasta manufacturers in Italy, and its distributor United Distributors Inc., the championship celebrated culinary talent and creativity with six top chefs competing for the coveted local India champion title.

Chef Naresh Hari from The Ritz-Carlton Bangalore clinched victory with his innovative dish, Spaghetti Uovo with Smoked Prosciutto Mousse, Parmesan Chive Foam, and Crisp Green Leeks, a modern interpretation inspired by the classic Carbonara pasta.

Judged by a distinguished panel including Chef Andrea, Barilla Executive Chef Asia Pacific; Chef Swarup Solgaonkar, Corporate Chef of McDonald's India; Chef Yogesh Utekar, Principal of Ramanath Payyade College of Hospitality Management Studies; and Luigi Cascone, Deputy Consul General of Consolato Generale D'Italia A Mumbai, Chef Naresh Hari's creation impressed with its exceptional flavour and presentation.

As India's representative, Chef Naresh Hari will advance to the Grand Finals in Manila, where he will compete against winners from seven other countries in the Asia region in October. The top three winners for the grand finals will not only receive prestigious titles but also opportunities to discover Italian gastronomy on a specially curated experiential tour in Parma, Italy.

About Barilla Group

Barilla is a family business, led by the brothers Guido, Luca and Paolo Barilla. It was founded by their great-grandfather Pietro Barilla, who opened a bakery in Parma in 1877. Today, Barilla is renowned in Italy and around the world for the excellence of its food products. With its brands – Barilla, Mulino Bianco, Pan di Stelle, Gran Cereale, Harrys, Pavesi, Wasa, Filiz, Yemina, Misko, Voiello, Academia Barilla, First, Catelli, Lancia, Splendor, Back To Nature and Pasta Evangelists – it advocates tasty, hearty and wholesome nutrition, inspired by the Mediterranean Diet and the Italian lifestyle. When Pietro opened his shop over 145 years ago, the main aim was to make good food. That principle has now become the Barilla way of doing business, with almost 9,000 people working for the company and a supply chain that shares its values and passion for quality. The Group's commitment is to offer people the joy that good, well-made food can bring them, produced with selected ingredients from responsible supply chains, to contribute to a better present and future.

Visit: <https://www.barilla.com/global>



Outdoor photography offers endless opportunities to capture the beauty of the natural world. By understanding the key elements, types, and tips for successful outdoor photography, you can create stunning images that showcase the wonders of nature. Be mindful of the environment and avoid causing any disruption or damage. Do respect the architecture and always seek permission when shooting private properties or sensitive locations.

Lights
Camera
Action
OUTDOORS

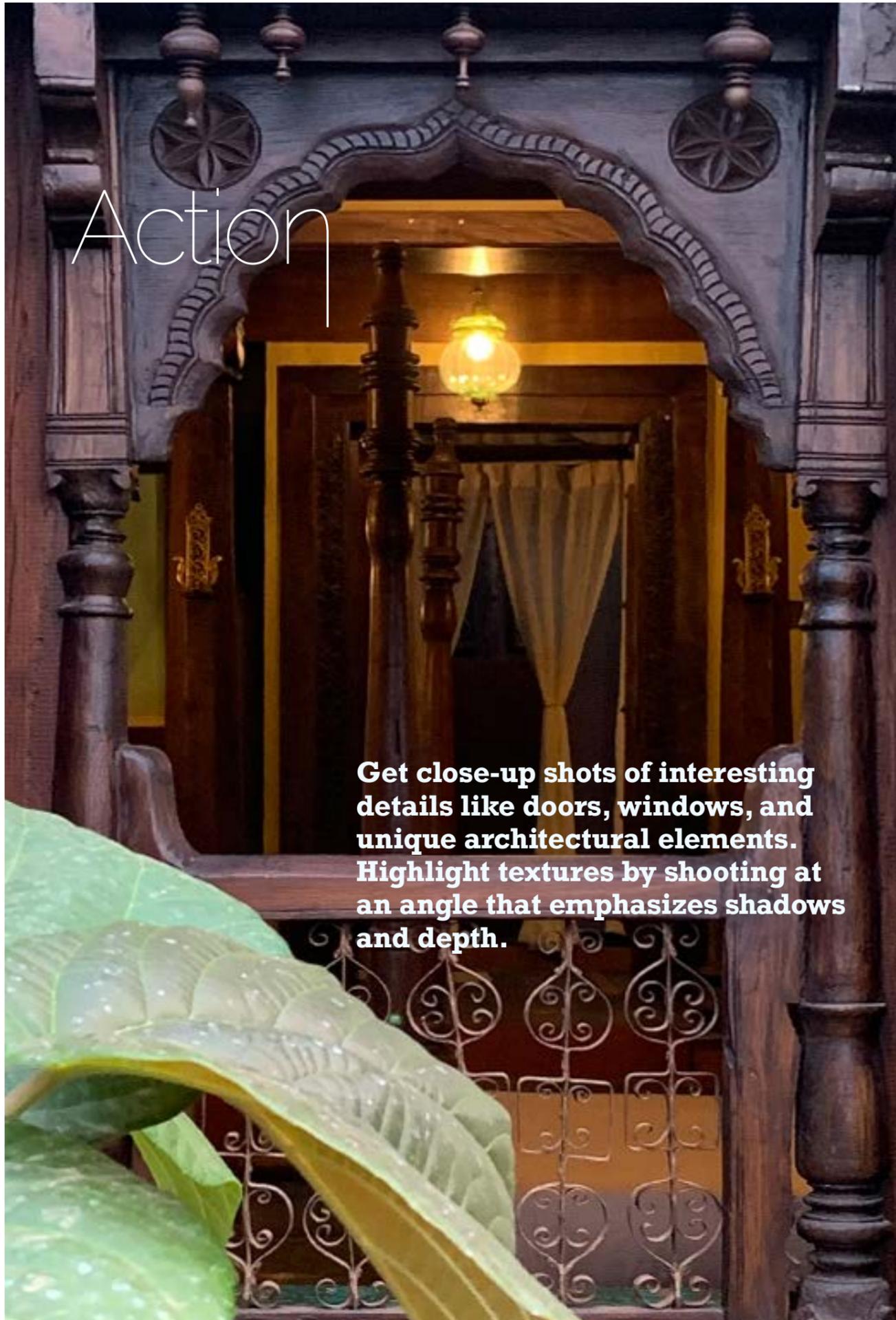
Lights, Camera Action Photo Courtesy - Chavni Resort

Lights

Visit the location beforehand to understand the best angles and features of the architecture. Observe how light interacts with the structure at different times of the day. Early morning or late afternoon (the golden hours) provide soft, warm light that enhances textures and details. Blue hour, just after sunset or before sunrise, offers a soft, diffused light that can create a dramatic effect.

Camera

Use a wide-angle lens to capture the entire building and its surroundings. A tripod helps stabilize your shots, especially in low light conditions or for long exposure shot. A polarising filter can reduce glare and enhance the sky's colour.



Action

Get close-up shots of interesting details like doors, windows, and unique architectural elements. Highlight textures by shooting at an angle that emphasizes shadows and depth.



CHAVNI

Where the panoramic valleys reverberate with echoes of the past

Resting the western edge of the Deccan Plateau, the mighty Sahyadris constitute a precious bio-diversity hotspot, whose panoramic valleys reverberate with echoes of the past... Situated at the foothills of the Lohagad and Visapur Forts is Chavni, which beckons discerning travellers to indulge in heritage, and bask in culture. Chavni commands a handpicked location, priding on its proximity to the ancient Satvahana Caves and the iconic trade route called Dakshinpath. This is a place where, in pre-colonial times, soldiers galloped on horseback; wealthy families travelled in liveried chariots; bullock cart caravans transported merchants' goods; and ordinary citizens treaded the winding paths on foot.

These long and arduous journeys were made bearable by the 'chavni' or transit camp. Serving as a temporary shelter for troops and traders, the 'chavni' functioned as a serai, and was usually set up beside water bodies situated close

to temples and caves.

Welcome to Chavni, a premium heritage resort that is easily accessible from Pune and Mumbai. Unlock a treasure trove of history as you explore this thematically designed property spread over 4.5 acres. Featuring cobblestone courtyards and luxuriant gardens that link the mountainous pathways and thick forest, Chavni offers its guests 18 rooms infused with character.

This resort transcends the typical resort stay in many ways. Here you can live under a canvas tent or sleep in a wayside bullock cart - just like the unassuming travellers did in the good old days. Largely inspired by art and architecture of the glorious Maratha rule; this place has strived to revive the original 'chavni' by recreating the ancient transit camp in all its authenticity.

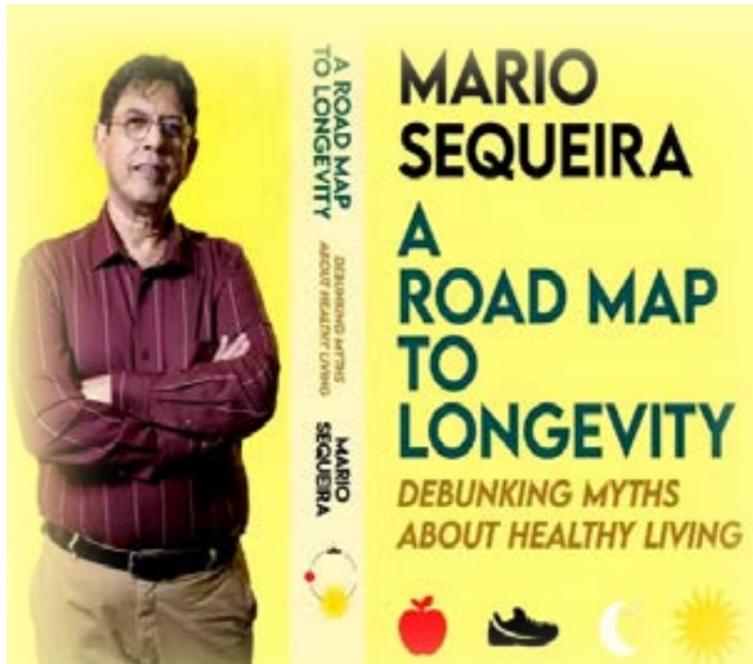
Designed to evoke memories of the classic transit camps and caravans, while offering

contemporary luxury and comfort, Chavni offers its guests three Mini Carts, seven Royal Tents, five Luxury Carts and a 2-bedroom Classic Suite (Wada).

The Royal Tents or Rahutis that comprise unrivalled levels of luxury greet you as you step into the Royal Tent, meticulously crafted with handmade cotton. The soft, graceful Himroo rugs and duvet covers add a dash of Nizam craftsmanship to the decor. Time comes to a standstill as you lounge on the charpoy placed in the dedicated outdoor sitting area. The flame torch, lantern, and traditional woollen blanket square up the rustic medieval setting. You can also light up a bonfire and ward off the winter chill as you gaze at the starry night sky.

Then there is the Royal Cart, reminiscent of a caravan halting by the wayside after a long journey across the rough terrain.

Experience these and more. Visit <https://chavni.com/>



that old age need not be the way most of us see it today.

A Road Map to Longevity is a blueprint to understand the world's oldest supercomputer: your body. It acquaints you with the chief alchemist: your min., and helps you touch base with your spiritual DNA. It will help you discover the potential of food as medicine, the power of positive thinking and the impact of purposeful living.

This book will surely help you make important lifestyle changes to improve longevity. After all, in the long run, no amount of wealth can make a sick person happy. This book is your best shot at longevity, which is well researched and systematically presented.

Filled with actionable advice, inspirational stories and thought-provoking insights, this book empowers readers to take control of their health—both physical and mental, and embrace a vibrant fulfilling future. Written by renowned life coach with proven track record of making people live a fitter and better life. This book is a must read - really A Road Map to Longevity. Kudos to the author. Cheers to Life!



Dr Mohan Krishna and Honorable Chief Minister of Goa Dr Pramod Sawant at the Book Launch. The author when questioned 'Who wants to strike Century?' Both raised hands. Cheers!

Jug Jug Jiyo. Chak De Century!

A Road Map To Longevity: Debunking Myths About Healthy Living

Author: Mario Sequeira

Book Review by Dr. Mohan Krishna

“My Dad lived 99 years, may be I can strike Century” says Dr Mohan Krishna. Many people think that life expectancy is largely determined by genetics.

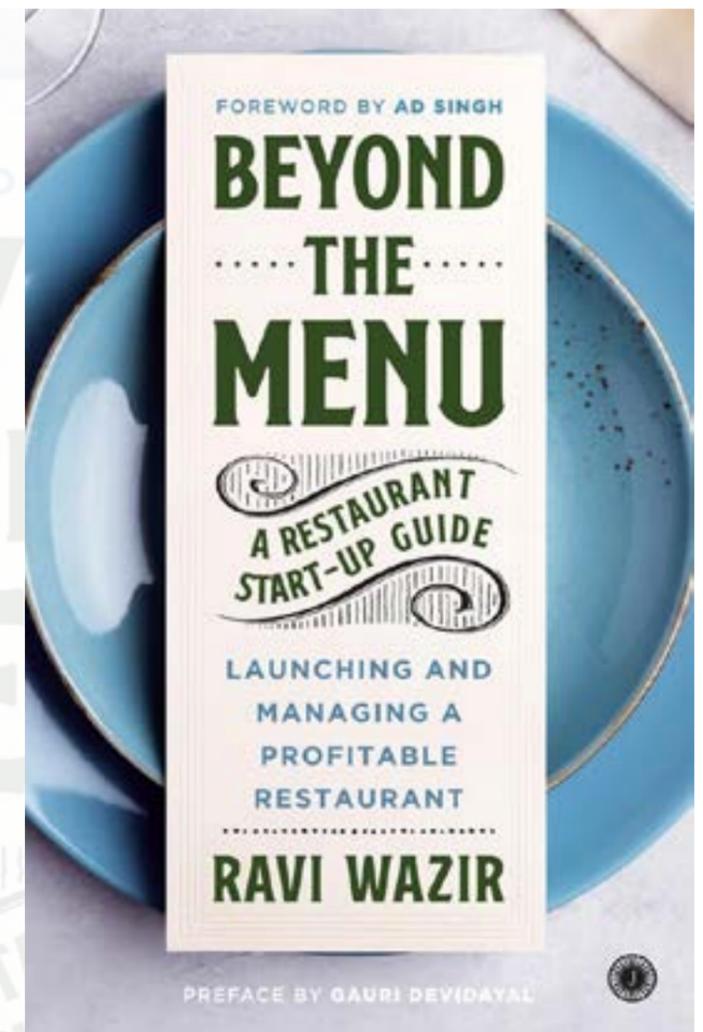
However, genes play a much smaller role than originally believed. It turns out that environmental factors like diet and lifestyle are the key. Eating a nutritious diet and exercising regularly may increase your life expectancy.

Limiting your calories may help you live longer and protect against disease. However, more human research is needed. ‘A Road Map To Longevity: Debunking Myths About Healthy Living’, authored by Mario Sequeira says it all.

Health is Wealth! This book proves that health is not a chance, it is a choice. The United Nations estimates that there will be more than twenty-five million centenarians by 2100, and there is ample research to prove that we have it within us to live a happy and healthy life beyond a hundred without giving up on the good life. But healthy ageing is not a ‘one-size-fits-all’ type of deal; there is no silver bullet.

Through various case studies, his life experiences and intense research, renowned life coach Mario Sequeira busts many popular myths about diets and diseases, and helps us realize

Do you dream of starting your own restaurant or café some day? Here's your no-nonsense roadmap to becoming a restaurateur.



Venturing into the restaurant business is a popular choice today, yet few new eateries survive. It's important to discover how to manage business risks and make well-informed choices for your restaurant start-up before you go live. Beyond the Menu: A Restaurant Start-Up Guide is packed with information on the nuts and bolts of the restaurant industry as well as techniques to handle money, marketing, manpower, and operational issues. Top business consultant Ravi Wazir shares proven techniques and strategies honed by hospitality professionals over decades.

USE THIS BOOK AS A REFERENCE TO:

- Design your restaurant
- Plan your menu
- Organise your team

- Manage your budget
- Get your certificates and approvals
- And a whole lot more...

Whether you are a businessman with no knowledge of restaurants, a practising professional, or an industry student, if you plan to embark on a journey of realising your restaurant dream, and are not sure how, this book will help you avoid painful mistakes and do it right the first time.

“If you're looking to start your first restaurant, be warned that it is one of the most difficult ventures for newcomers to succeed in. This book can be quite valuable for you and will guide you in taking your initial steps carefully and wisely.” - AD SINGH, Managing Director, Olive Bar & Kitchen

“I wish this book had been around when I was getting started, but fortunately for you, it now is.” - GAURI DEVIDAYAL, Co-Founder, Food Matters Group (of The Table and Mag St. brands), and Author of 'Diamonds for Breakfast'



Ravi Wazir, a seasoned strategist with over three decades of experience, has spearheaded the growth of SMEs, MNCs, and family-run enterprises across India.



A Journey Through Time

The Exquisite Hoysala Temples of Karnataka

In the heart of Karnataka, amidst the lush landscapes of Belur and Halebidu, lie the majestic Hoysala temples—recently recognised as UNESCO World Heritage sites under the title ‘Sacred Ensembles of the Hoysala.’ This honour, long anticipated since April 2014 and officially confirmed in January 2022, underscores the profound historical and cultural significance of these architectural wonders.

The Hoysala temples, dating back to the 12th and 13th centuries, are more than mere structures; they are living testaments to the extraordinary creativity and craftsmanship of the Hoysala dynasty. The Hoysalas, who reigned over a significant portion of modern-day Karnataka from the 10th to the 14th centuries, have left behind a legacy etched in stone - an enduring tribute to their era’s architectural brilliance.





A Unique Architectural Synthesis

The Hoysala architects masterfully synthesised various temple architectural styles, creating the distinctive 'Hoysala Temple' form admired today. These temples are renowned for their hyper-real sculptures and intricate stone carvings, which cover every inch of their architectural surfaces. Each temple is a canvas of stone, brought to life by the hands of skilled artisans.

Mesmerising Details and Symbolism

Visitors to these temples are captivated by the elaborate details: circumambulatory platforms, grand sculptural galleries, multi-tiered friezes, and vivid sculptures depicting the Sala legend. These elements not only enhance the aesthetic appeal but also imbue the temples with profound historical and cultural narratives. The intricate carvings and sculptures illustrate stories from Hindu mythology, everyday life, and royal events, offering a window into the past.





The Cultural Significance

The Hoysala temples' timeless beauty and intricate details stand as a living testament to India's rich cultural heritage and the extraordinary craftsmanship of our ancestors. These temples are not just historical monuments but are vibrant parts of India's living culture, continuing to inspire and awe visitors from around the world.



A Cinematic Exploration

In our short documentary, we at MINDIA, India's first Edutainment platform, invite you to embark on a cinematic adventure through the captivating realm of the Hoysala temples. This film is a celebration of India's rich stories, offering an enchanting journey through the history and artistry of the Hoysala Empire. Designed for teachers, students, and enthusiasts of Indian culture, our documentary aims to educate and inspire, bringing the ancient stones of Belur and Halebidu to life.

Watch this documentary and immerse yourself in the exquisite details and historical significance of the Hoysala temples. Let us take you on a journey through time, where every stone tells a story, and every carving whispers the legacy of a bygone era.

Join us at MINDIA, and discover the enchanting world of the Hoysala temples—a true treasure of India's cultural heritage.

Film Link – Belur Halebeedu – UNESCO world Heritage sites. <https://www.youtube.com/watch?v=icB1mkONsys>

Watch more Unique and Positive Indian content on MINDIA YouTube Channel – youtube.com/mindia



Tramontina's Grand Launch Event in India: Celebrating a Century of Excellence in Houseware

*Enters the market with 100% healthy, safe cookware
designed using cutting-edge technology*

Globally-trusted houseware brand Tramontina, renowned for its 113-year legacy of quality and innovation, celebrated its grand launch in India with an exclusive event recently held in Mumbai. The event was graced by the presence of the Global Chairman of Tramontina from Brazil, Mr. Eduardo Scomazzon, and the CEO of Tramontina US, Mr. Marcelo Borges, highlighting the brand's commitment to the Indian market. This milestone event was attended by leading retailers, distributors, hospitality leaders, chefs, and influencers from across India.

The grand launch event was a spectacular celebration of

Tramontina's entry into the Indian market, marked by the brand's dedication to delivering safe and high-quality kitchenware and houseware solutions.

Mr. Eduardo Scomazzon, Global Chairman, Tramontina, expressed his vision and enthusiasm, stating, "Tramontina's journey over the past century has been built on the pillars of quality, innovation, and a deep respect for tradition." Talking about India, he added, "At Tramontina, we are confident that our products have found their perfect new home. We are eager to become a trusted household name in India, enriching the culinary and home experience of every customer."

The event featured an exciting culinary activity in collaboration with renowned chef, Michael Swamy. The Chef engaged the guests with a fun quiz on knives and a dosa-making challenge, showcasing the superior functionality, versatility, and elegance of Tramontina's products. Attendees had the opportunity to experience the brand's products first-hand, witnessing the perfect blend of innovation and legacy that Tramontina brings to the kitchen.

Furthermore, Mr. Marcelo Borges, CEO of Tramontina USA, shared his insights on the brand's global success, stating, "Tramontina has seen tremendous success in



the USA and other continents, where we have our presence, by committing to quality and understanding the unique needs of each market. Our ability to adapt and deliver in local markets has been key to our success, and we are dedicated to bringing the same commitment to India."

Mr. Aruni Mishra, CEO of Tramontina India, also shared his vision for the brand's growth in India, saying, "We are excited to embark on this new journey with Tramontina, catering to the evolving needs of Indian households. With a focus on health, safety, and sustainability, Tramontina's products are designed to enhance the cooking



experience while ensuring a worry-free and toxin-free environment".

Tramontina's retail strategy in India will be omni-channel, encompassing general trade, modern trade, e-commerce platforms, and the Tramontina India website, to ensure widespread availability across the country.

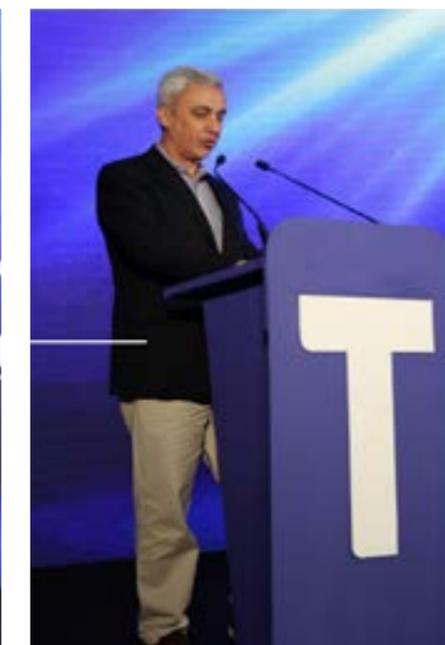
The brand launched three cookware ranges focused on healthy cooking. It includes two triply ranges: 'Aeion', a professional-grade triply range, and 'Fusão', India's first triply ceramic-coated range. The third range features super-smooth



cast iron products redesigned for easier cooking. Additionally, Tramontina released its world-renowned knives, including five standout ranges. These include 'Century', the professional 'NSF-certified' range, and 'Polywood', a Tramontina-patented treated wood handle knife that is heat-resistant and durable.

Tramontina's strategic move with Indian designs aims to strengthen the brand's footprint in the country and diversify its product offerings to cater to the unique preferences of Indian consumers.

For more information about Tramontina, please visit: <https://tramontina.in/>



A SWEET ROUND UP

It's a small world after all - especially when it comes to sweets. Sweets here are very much like sweets there. There's one more thing in common - Sweets and desserts make your **HAPPY!**

Let's find what's common between Indian sweets and those from around the world. Indian sweets find their counterparts!

MODAK AND MOCHI

Dumplings made with a dough of fine rice flour, filled with an array of fillings and steamed to melt-in-the-mouth consistency.

MOCHI origins - Japan



Pic Courtesy: https://unsplash.com/@negar_mz



BARFIS AND FUDGE

Both made by condensing milk, and adding sugar and many flavours. Both super-delicious and good for gifting.

FUDGE origins - America



Pic Courtesy: https://unsplash.com/@massimo_adami



FUGYAS AND DONUTS

Made with yeasted dough and deep fried. Eat them as they are, or with fine sugar sprinkled on top.

DONUT' origin - Europe



Pic Courtesy: <https://unsplash.com/@lindasondergaard>



KAJU ROLLS AND MARZIPAN

Both concocted with nuts and sugar. Both delicious, both can be coloured, flavoured, and moulded to various shapes.

MARZIPAN - origin Iran



Pic Courtesy: <https://unsplash.com/@famarushphotos>



SHAHI TUKDA AND BREAD PUDDING

Made with bread as the basic ingredient. Baked or fried and topped with cream, custard, nuts and flavourings.

Bread Pudding - origin England



Pic Courtesy: <https://unsplash.com/@mandimelanie>



KHEER AND RICE PUDDING

Both these simple desserts have rice, sugar, and milk as the basic ingredients.

Rice Pudding - origin China/India



Pic Courtesy: <https://unsplash.com/@rasmusgs>



**“Don’t Touch!
It’s hot!”**

**“But wasn’t the flame
put off long long ago?”**

**“This is a cast iron girdle, it still has a long way
to go before it cools down.”**

I am a south Indian, born and raised in Mumbai with no major connection to south India, but for the Tamil language, and the comforting south Indian food cooked in cast iron and iron utensils that comprised a major part of the cookware in our home.

Ilupuchatti dosai, thick uttappa like dosa or set dosa as it is called now, made in a cast iron kadhai (not on tava like the traditional dosas are made), crispy on the outside, and soft on the inside was a staple at home. Chengottaikal or Sengottaikal, an iron tava that’s made in the Tirunelveli district of Tamil Nadu, would always top the list of things to buy when someone travelled there as there is no better tava than this to make wafer thin crispy dosas. Adai, a form of thick dosa made with lentils, just needed the heat of the Chengottaikal to cook it through and made the heavy lentils more digestible. These are called ‘kals’ or stones, because they are stone heavy and retain heat for long. Keerai masiyal, a mash of cooked greens with a sizzling tempering would taste divine when cooked

in cast iron chattis and mashed to smoothness even when mashed with a wooden ladle, something that a mixer or blender cannot do. Remember, the consistency is due to the heat of the chatti.

Next on the list is ‘paniyarakkal’ or the pan in which paniyarams (dumplings made with rice and black gram batter), the making of which is no mean feat, but a well seasoned paniyarakkal with sesame oil works like magic, resulting in super spongy paniyarams. The same ‘kal’ can be used to make the sweet appams, a deep fried delight comprising rice, jaggery, and bananas. The quintessentially south Indian ‘irutu kadai’ (dark shop) halwa native to Tirunelveli, is also made in iron kadhais where the halwa is cooked overnight. It is believed that cooking in such a way, infuses iron into the food thereby fortifying it. My paati (granny), who inducted me in the kitchen when I was nine years old, even used cast iron kadhai to steam idlis, saute potatoes till crisp, make spice and herb infused hair oil, or roast coffee seeds to the desired

strength. As the kitchens started getting modernised, the cast iron cookware started disappearing gradually making way for lighter stainless cookware, and cookware made with other alloys, majorly because of the maintenance that cast iron needed, which could make the food stick to it or burn if not seasoned properly. Food like sizzlers or sizzling Brownies, that’d sizzle away to let the whole restaurant know what you’ve ordered for as they came immersed in smoke to the table, did occasionally rekindle the iron cookware memories, but none of these could reduce the degree of nostalgia of those growing up days. ‘Don’t touch, stay away, it’s still hot’, my paati’s warnings pleasantly ring in my ears.

Would sizzlers be called sizzlers if not for the hot plate that makes them sizzle? Did the existence of such heat retaining plates give birth to sizzlers, or did sizzlers demand these plates? The answer lies in ‘Food Design’, a recent discipline that includes the process of design studies and research that generates new products related to



food. This discipline is part of the industrial design and is in charge of the creation and design of food, parts of complex food products and in some way related to them.

I recently attended ‘Tramontina’s grand launch in India’ event, and as the products were unveiled, it evoked that same nostalgia in me, and I was transported to my childhood, my home, my paati, and the delicious food she’d cook. It was none other than the ‘Titanex’ range of cast iron cookware, that made this emotion resurface. The Tramontina team did travel across lengths and breadths of a diverse country like India - did a thorough research to understand the culture

that influenced the cooking styles, ingredients, recipes, and cookware - the fish dishes from the east, the dum cooking from the north, the tavas of the west, the paniyarakkal of the south, combined it with innovation, while preserving the best of the features of traditional cast iron cookware - the thoughtfulness reflecting in every aspect of the products. Tramontina added rubber handles for heat resistance, pre-seasoned them to compensate for the seasoning that the range demands, making it safe, efficient, and attractive at the same time. That’s ‘Food Design at its BEST!’

Food design is also a mix of different disciplines such as

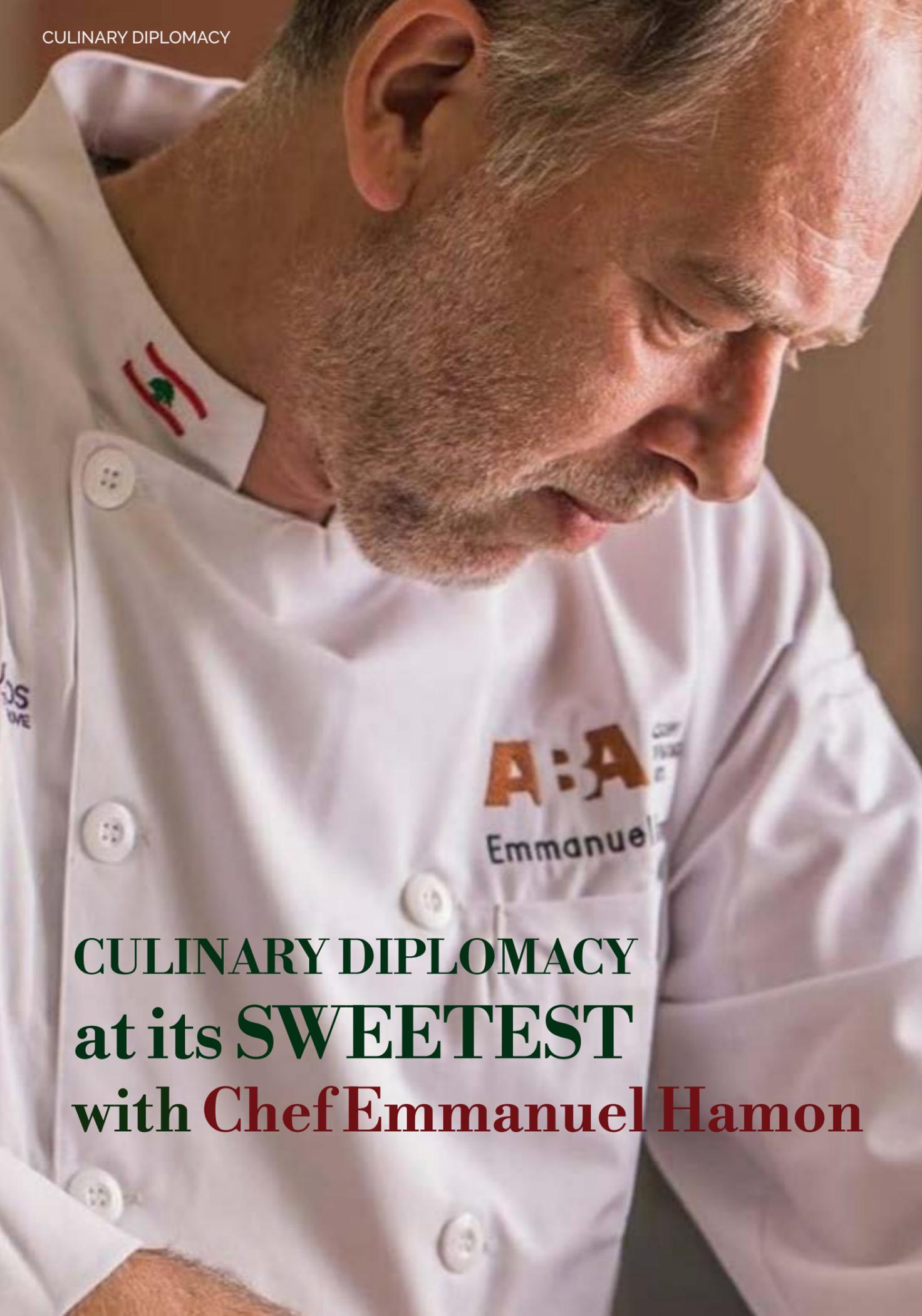
biology, genetics, anthropology, psychoanalysis, sociology, nutrition, research on sociability and social mediation and the history of culinary systems that brings people together. I could see every bit of it in ‘Titanex’.

Nostalgia has now been replaced by ‘craving’. A craving for adding ‘Titanex’ to the existing cookware at home and recreating more such everlasting food memories.

Reflections shared by
Deepa Natarajan
Team Samyati



Pics Courtesy: Tramontina India



CULINARY DIPLOMACY
at its SWEETEST
with Chef Emmanuel Hamon

From one country to another, creating sweet wonders that have their unique style with Chef Emmanuel Hamon's name written all over them, one can just look at his creations and say **'Hey! That's created by Chef Hamon.'** Delicate ganache sheets, stunning travel cakes, fine French pastry, vibrant entremets that taste equally divine, and a lot more indulgences. Under the humble exterior is an equally humble expert inside, who has been enhancing the field of bakery and patisserie with his passion and perfection.

Culinary Diplomacy is at its best when it's the sweetest!!





Desserts have a unique way of bringing people together. At Samyati, we would call it the sweetest path to ‘Culinary Diplomacy’. Desserts lead to shared enjoyment, they bridge cultural gaps by fostering cultural exchange, they are an integral part of festivities, they help us initiate conversations, build connections, and they do educate us and help us learn the nuances of the creative process and ideation, with science at the core.

Chef Emmanuel Hamon says, ‘Yes, especially desserts, I believe, as they come last, and people finish the meal with a dessert, desserts can leave the diners with a good or bad memory as a takeaway.’

Sugar or any sweetener in a dessert is vital, but there definitely is something like ‘too much sugar’. Chef Hamon adds, “The trend everywhere since a few years is mainly to reduce sugar and sweetness, which also goes for fat as the world is getting more health conscious. ‘Healthy and Care’ are a must now. Then again we have the cultural influence. For example,

Japan has always preferred less sweet in their pastry, as compared to the Middle East that likes its desserts to be on the sweeter side, with desserts drizzled with or soaked in sugar syrup, and other sweeteners like honey. Regions definitely dictate how sweet these desserts are. The changing tastes of consumers play a major role in constructing these mouthwatering desserts. Some parts of the world like the Middle East and India do not like too much acidity in their desserts, so we have to be very careful when using citrus fruits or sour fruits like passion fruit; they have to be light. These regions also have people who would always choose milk chocolate over dark chocolate, which dictates the flavour profile and unique combinations in our cakes, entremets and other goodies.”

“People are definitely getting more and more aware of labels, as compared to a few years ago. They understand ‘single origin ingredients’, and ecology, sustainability, health, and traceability are all important to them. Earlier the ingredients

would be sourced from all over the world, which wasn’t always good, but at the same time take an ingredient like chocolate for example, the origin matters. A consumer is ready to spend that extra money for the guarantee that a certain chocolate has come from a specific place and the proceeds would go to that particular farmer. There is a great demand for desserts reflecting the geography, culture, and local produce of a particular place”, he shares.

Desserts are the first thing that people with obesity, diabetes and other health ailments are asked to take off their diet, or restrict them. For which chef Hamon says, “Yes. In the last 15 years, pastry has taken into consideration all the allergy types, that exist and desserts are now available in gluten free, sugarfree, vegan, dairyfree, and eggless variants as it so important in India and many other countries dealing with several dietary intolerances, that we adapt our recipes. Now pastry chefs are able to make these indulgences for people with all types of health issues. There



A MAGAZINE DEDICATED EXCLUSIVELY TO THE MASTERS OF THE KITCHEN



PUBLISHED BY



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is never too much pastry! Pastry chefs are integral to every special occasion, and important dates of life, be they weddings, birthdays, Christmas, New Year or any happy event - all these are often celebrated with a cake.”

“There are many avenues for individuals aspiring to enter the world of pastry. It depends on which country you are from. It is easy in Europe where apprentice options are available. One just

needs to find a pastry shop and go to a government-run pastry school, one week per month. Many now even go to private pastry school or academy, attend masterclasses or workshops, and begin their career in the world of pastry”, adds Chef Hamon.

The industry is changing rapidly. A dessert or pastry popular in New York or Paris can be easily replicated in one’s own country. Desserts are indeed making the

world a smaller place and forging sweeter bonds. “I have 40 years of experience that goes even before the age of social media. Now you can post a picture of a cake or dessert, and the world can see it within a couple of minutes. The creation and creativity gets multiplied by twenty times. It’s dizzying at times as the trends change so fast that it is difficult to keep pace with them amidst busy schedules”, he concludes on a sweet note.



Sesame praline mousse, milk chocolate Namelaka, hazelnut biscuit, praline crunchy drizzled with a wee bit of caramel. The gold elevates it to another level.

Up Close and Personal



Chef Emmanuel Hamon

Director, ABA Academy Dubai and Kuwait, a Consultant, and a Subject Matter Expert. *Talks with Samyati on Chocolate, Baking, Patisserie, Deliciousness, Passion and Indulgences, and Masterclasses*



Tell us about the time when you took your first steps in the world of patisserie, and further in the world!

I entered the world of patisserie when I was 15 years old, in the French classic way, as an apprentice. Then it was just hard work, and learning. When I was 22, I got my first Head Pastry Chef position, and for the next 8 years, I put my best foot forward setting new benchmarks, and enhancing creativity in patisserie. When I was 31, I opened my own pastry shop in France, and ran this successful business for 15 years. During that time I was also conducting masterclass in many countries, and was a brand ambassador for a few companies. There was so much yet to be explored, and that's when I decided to travel as much as I could. I sold my business and opened a consulting company, and travelled across 50 countries, consulting, teaching, coaching... Life is a sweet journey indeed, though it could be intense. I thank

pastry for taking me around the world. I also worked as a Corporate Chef in India, as an Academy Director in Lebanon, Dubai and Kuwait. Something that started as an invitation to conduct a masterclass 13 years ago did spring a surprise and exposed me to the unexpected, took me to different parts of the world. It was heartening, as it was equally interesting to discover different cultures, different people, with pastry at the core. It has been an experience that I would say has opened my mind.

What is the favourite ingredient you like to work with?

Chocolate for sure. It's probably one of the more complex ingredients as it needs many years to perfectly control working with, but once under control, it is the most fantastic ingredient in terms of multiple textures and flavours. Be it in baking, or as a part of confections, chocolate is versatile and never fails to impress. When

it comes to celebrations or cake, chocolate always comes on the top!

Creating delights is one part, and adding your signature touch (the delicate ganache sheets for example) to that is another game altogether. Tell us about the special touch you add to your creations.

After all these years, I will say based on people's feedback that I have a style. Many people say that by seeing my cakes and desserts, and they can often recognise it by my style. I don't see myself as the one with an exclusive style, but I believe that it is good and it does matter after some years to find your own style, and carve your niche. Talking about taste, I try to always give the same touch to the visual aspects and taste, though the visual part draws people to try and buy these delights, ultimately it is the taste that brings them back asking for more, and that's what helps businesses grow. At the



end of the day, we make these delights for people to eat and indulge.

What's your message to aspiring pastry chefs all over the world?

For me it is the best job in the world, but it has to be a passion. I am very passionate about my work. It can be very tough work for people who are not passionate about it, but if there is passion and readiness for hard work, it is worth following your dreams to become a Pastry Chef. The image of a chef has changed a lot, but one needs to be a good chef. Do it for a reason, and for your passion, and not for fame!



Chef Emmanuel Hamon was born in 1969 in Brittany, a maritime region on the west coast of France. After receiving his CAP pastry chef, chocolatier, confectioner, qualifications in 1987, he went to London for a year and half. On his return to Brest, he started as a patissier in a well-known patisserie. He worked as the Head Pastry Chef for 2 years, then he went to Quimper (the capital of Brittany) took over the responsibility of the pastry and chocolate section for a company with three pastry stores. At 30 years old, he returned to England, to Kent as Head Pastry Chef. He finally chose to go back to his city Brest in 2001 to start his own business; he opened his pastry shop, and two years later he established the range of caramels under the name 'P'tit Zef'. His caramels are sold throughout France and abroad, including New York and Osaka. Today, he is a pastry chef, chocolatier, recognised by the world and appreciated for his creativity and modernity.

Chef Emmanuel Hamon shares his expertise and his creations during demonstrations, masterclasses and courses in patisserie to professional and amateur audience in France and many other places in the world. He also collaborates with companies for recipes elaborations and demonstrations. Chef Hamon helps by providing his expertise as a consultant with the opening and inauguration of an establishment, development of a range of products, organisation and in optimising production.

He has travelled to over 50 countries in the last 5 years conducting masterclasses, and skilling aspiring pastry chefs. Countries such as Russia, China, Ukraine, Italy, Kazakhstan, Thailand, Romania, India, Malaysia, The UAE, Indonesia, Iran and more have welcomed his magic sweet touch!

Get mesmerised by Chef Emmanuel Hamon's creations on [Instagram](#).

Mumbai just got a Taste of Bhutanese Cuisine



*The Historian Chef, **Michael Swamy** took the diners through a gastronomical journey to Bhutan, the Land of Happiness at Food Exchange, Novotel Mumbai International Airport*

Conceptualised with the intent of creating a critical focus towards the culinary industry, VEEN, a Premium Natural Mineral Water brand with origins in Finland and Bhutan, in collaboration with Novotel Mumbai International Airport and Accor Live Limitless, has been presented a four-city food festival: 'Bhutan to Bharat—A Culinary Journey with Chef Michael Swamy'. This unique 'Bhutan to Bharat' food festival, a one-of-a-kind experience, was hosted across India in Delhi, Kolkata, Mumbai, and Bangalore. Starting from 24th May and continuing until 2nd June at Food Exchange, Novotel Mumbai International Airport, this event offered food lovers an exquisite array of flavours, textures, and aromas, promising to take them on a culinary journey to discover the rich traditions of Bhutan.

Curated by acclaimed culinary expert, author and wildlife enthusiast Chef Michael Swamy, renowned for his mastery of Bhutanese and Indian cuisines, the 'Bhutan to Bharat' festival led to an unparalleled dining experience celebrating the culinary journey of the two cultures. Chef Michael Swamy expressed his eagerness: "Bhutanese cuisine has so much flavour to offer and hasn't been explored much in India. I'm excited to introduce these beautiful authentic flavours to our guests, curate a menu, and understand what they think of the India and Bhutan culinary confluence. This menu is a fusion of shared traditions, fresh ingredients, and amalgamating two nations' cultural richness and culinary diversity". The curated dinner buffet at Food Exchange, Novotel Mumbai International Airport, featured a wide

variety of carefully prepared dishes such as Ema Datshi - Bhutan's National Dish, Doh Syiar Nei-Iong, and Bak Thuk Noodles with Asian Vegetables. There were also live cooking stations showcasing signature dishes being prepared in front of the guests.

"We are thrilled to host this one-of-a-kind food festival at Novotel Mumbai International Airport. The expertise and knowledge that Chef Michael Swamy brings with Bhutanese cuisine will surely create a memorable culinary experience for our guests," said Rachita Sood, General Manager, Novotel International Mumbai Airport. "Bhutan and India share a deep cultural connection, and this event is a fantastic opportunity for our guests to experience the culture, ingredients, cooking styles and techniques that Chef Michael Swamy will bring to the table", she added.

Mr. Ganesh Iyer, Managing Partner at VEEN - Indian Subcontinent and India's First Certified Water Sommelier, shared his thoughts on the partnership: "In culinary artistry, natural mineral water is the silent conductor orchestrating the symphony of flavours. Through this unique food trail, in partnership with the Accor group, we aim to weave a tapestry of culture, ingredients, and diverse cooking styles paired with Veen, delivering a truly unforgettable culinary experience to your plate."

The last leg of the event that began on 21st June 2024, at La Utsav Hall festival, Grand Mercure Gopalan Mall, Bangalore, just concluded.



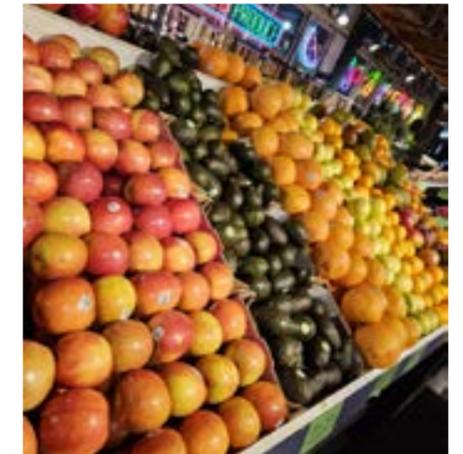
Reading Terminal Market



**Don't let the name deceive you.
Reading Terminal Market in Philadelphia
isn't a library or bookstore.
It's all about all things edible.
Samyati explores..**



Food markets world over are tourist attractions by themselves, and Reading Terminal Market houses different parts of the world under its umbrella. Reading Terminal Market is one of Philadelphia's most famous and historic public markets, located at 12th and Arch Streets in Center City. Established in 1893, this market originally served as a terminal for the Reading Railroad, where it integrated the market concept to accommodate the farmers and butchers who sold their products along the railway lines. It's a key cultural and social hub for Philadelphia, drawing locals and tourists alike. The market also hosts events, cooking demonstrations, and book signings. One can find 'The Butcher, The Baker, The Candy Makers' and so many others selling their wares in this buzzing market. Over the decades, the market has evolved but maintained its core mission of offering fresh, local produce,



meats, and other edible products to the community. The market also retains much of its original architecture, including the iconic red brick facade and expansive interior with high ceilings and exposed beams.

The market hosts over 80 merchants, offering a variety of goods ranging from fresh produce, meats, seafood, and dairy products to baked goods, flowers, and unique specialty and ethnic foods. It is also famous for its diverse range of food stalls and eateries, representing a wide array of cuisines. Popular spots include DiNic's for roast pork sandwiches, Beiler's Bakery for Amish donuts, and Bassett's Ice Cream. A distinctive feature of the market is the presence of Amish merchants from Lancaster County, offering products such as pretzels, baked goods, and fresh meats. Of course you cannot miss the serpentine queue of people waiting to savour the signature Philly Cheese Steak.

As one navigates through the vibrant and crowded markets, one would walk along a wide selection of fruits and vegetables, high quality meat and poultry, fresh seafood, an amazing variety of cheese all set to adorn the charcuterie boards, baked goodies including donuts, Italian pastry and desserts, neatly arranged cookies like amaretti and pignoli peeping through traditional glass jars, Middle Eastern food and spices, Indian food, traditional Pennsylvania Dutch foods like apple dumplings, soft pretzels, coffee and other alcoholic and non-alcoholic beverages, and a lot more. There is also an exclusive bakery that has all bakes and treats that are originally





American like cakes topped with whipped cream and jello, brownies, and an array of pies, donuts and cakes. Nuts, dried fruits, candies, oil and vinegar, one whole store dedicated to fudge, and toffees, and even that Thanksgiving-style turkey can be relished all year round.



One visit to the Reading Terminal Market is never enough. There's something charming about the market that entices, and anyone would find themselves visiting the market again and again through their stay in Philadelphia.



The rainy season is around the corner; add to your vanity to get glowing and flawless skin.

Cleanse, exfoliate and tone in one soothing step with PEACE HOST. With not-so-regular formulation this is a gel which has impeccable breakdown on the skin that leaves the skin with a feeling of supply and softness.

For multi-comfort, repair and recovery moisturiser, choose SPARK CHANGE, a soothing and lightweight moisturiser that enhances the skin's natural repair, recovery, and defense mechanisms against pollution, UV rays, and free radicals.

Buy these and more. Visit <https://dabtofab.co/>

The Wiselife comprehensive range of yoga and home fitness gear is made from premium eco-friendly materials like natural rubber, natural cork, microfiber fabric & thermoplastic elastomer (TPE). These products when used in the showcase have features including - professional grip, superior cushioning, flat unrolling, and extremely durable and above all help in reducing carbon footprint by incorporating responsible manufacturing practices in its operations.

This brand is on a mission to provide superior quality, aesthetic, and more functional products for yoga and wellness. For further details please visit www.wiselife.in



This blue is the in thing. Savour the soothing essence of Butterfly Pea Flower Blue Tea, a caffeine-free herbal infusion designed for your wellness journey. Each sip delivers a harmonious blend of flavours and a wealth of antioxidants, providing a serene escape from the daily grind. Enhance your tea ritual with eco-friendly packaging, ensuring every cup is a sustainable step towards balance.



Discover the timeless tradition of wellness fused with modern convenience, inviting you to embrace tranquility with every sip. Make your rice, idlis, dumplings beautifully blue, by adding just a couple of flowers. Buy it [here](#).



Bonding with souls rather than mere bodies - building communities at Lifeyoga

Come International Day of Yoga, and the topic of yoga is on everyone's lips (and social media channels). Making the practice of yoga more tangible and experiential is a humble centre that weaves into the lush green overhangs of Malcha Marg. This isn't simply a centre; it's a retreat for the mind, body, and soul.

Rooted in ancient knowledge and fused with the growing mindfulness of modern India, the approach to yoga at Lifeyoga begins on the mat but extends far beyond it. It's a way of life - natural, free-flowing, authentic. The gratitude, humility, and understanding of the self that you experience while being on the mat will naturally seep into your everyday life.

Practising together at [Lifeyoga](#), their emphasis is on community. Through group classes and workshops, they bring an element of balance and holistic well-

being to your everyday. Here's a snapshot of some of the things you can expect to find on their daily schedule.

1. Transformative Aerial Yoga

There's something beautiful about hanging in the air while cocooning in buttery silk. These classes combine traditional asanas with the aerial arts. Led by certified teachers, you'll find yourself amidst practitioners of all ages and sizes while you find a rhythm everyone collectively falls into.

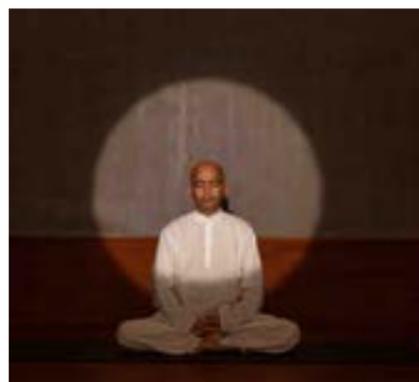
2. Empowering Wall-Rope Yoga

Equal parts fun and therapeutic, the Wall-Rope yoga classes promise to infuse your day with a few laughs, a straighter back, and inversions that are surprisingly achievable. 60 minutes of this session, and you'll find yourself brimming with confidence, chatting up fellow yogis who practised, laughed, and conquered right beside you.

3. Invigorating Pranayama

Immerse into synchronised breathing exercises that will harmonise energies and deepen the connection with fellow practitioners. As you inhale and exhale in unison, feel the stress of urban life melt away, and retreat into a space that fosters intimacy and cultivates a sense of shared calmness.

Celebrate yourself and a community that celebrates you. Roll out your mat, take a deep breath, and embark on a very personal journey with a community you can call your own.



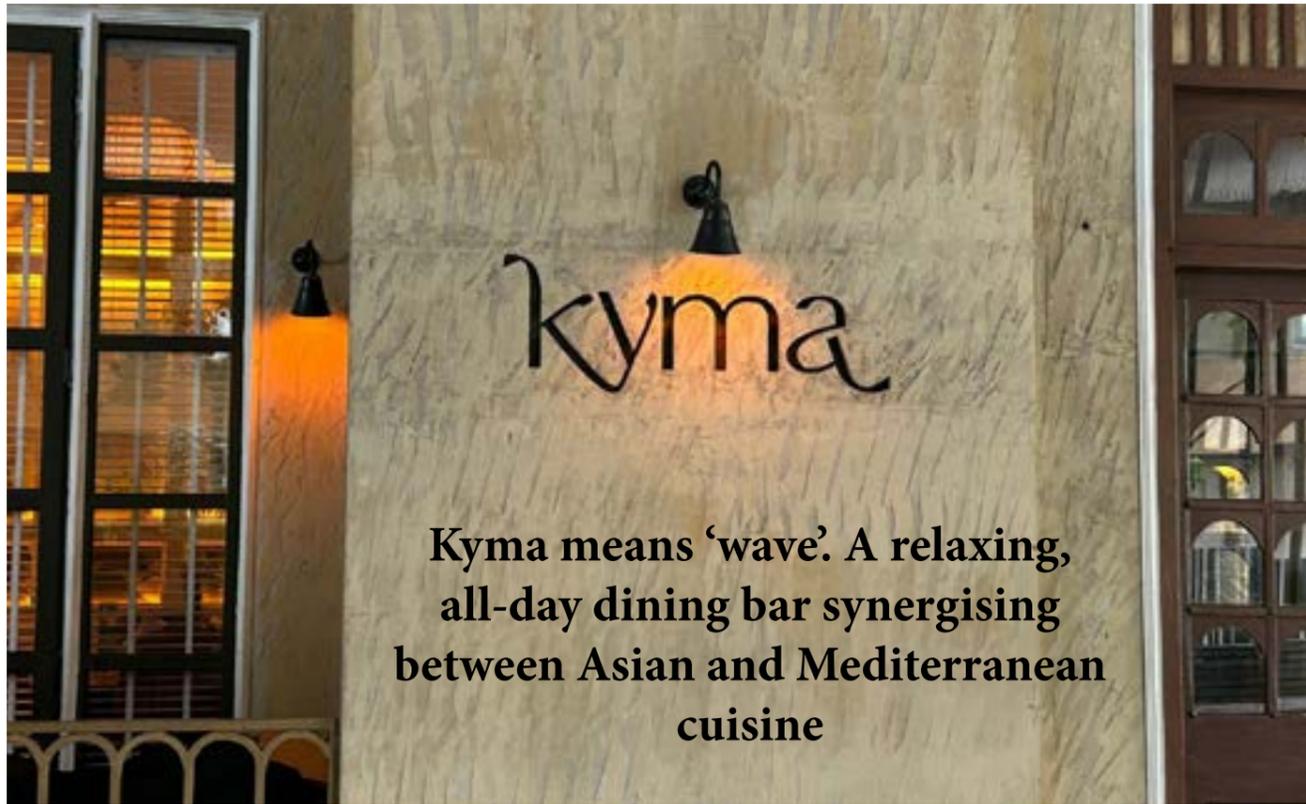
KIEHL'S NEW RETINOL FAST RELEASE WRINKLE-REDUCING NIGHT SERUM ACCELERATES SKIN RENEWAL AND VISIBLE RESULTS



For the consumer seeking a quick, visible reduction in fine lines and wrinkles, Kiehl's introduces new Retinol Fast Release Wrinkle-Reducing Night Serum - a clinically tested formula that penetrates up to 15 surface layers deep to begin accelerating skin surface turnover, visibly improving skin's appearance in as early as 5 days. Regarded by dermatologists as one of the most researched and highly efficacious anti-aging ingredients in skincare, retinol is widely recognised for its proven ability to help visibly diminish wrinkles and firm skin's appearance. Unlike many over-the-counter retinol formulations, which can take several weeks or even months to start seeing improvements, Kiehl's newest skincare innovation prioritises speedy results. Featuring a cutting-edge 'fast-release' delivery system that contains 0.3% pure retinol, the fast-absorbing serum helps in rapidly bringing fresh new skin cells to the surface for a more revitalised, youthful-looking complexion. In a clinical product study, skin showed visible improvement in the appearance of fine lines in just 5 days, and refined texture after two weeks of nightly use. In an 8-week consumer perception study, 100% of participants visibly demonstrated a reduction in wrinkles, including deep-set and stubborn wrinkles.

Kiehl's newest retinol advancement comes uniquely packaged in a dual-sided component that allows the consumer to freshly activate their formula by releasing a pure retinol powder capsule into an ultra-lightweight serum base. "With this packaging and formula release method, retinol is preserved and protected from degradation to ensure optimal potency and efficacy from the very first use. This enables the formula to be rapidly delivered into the skin and accelerate skin surface renewal and in turn expedites visible results," explains Kiehl's Global Scientific Director, Dr. Nancy Ilaya, PhD. This serum is recommended for nightly use on skin that is already acclimated to retinol. Apply after cleansing and follow with a moisturiser. To help protect visible results, apply sunscreen over-top during the day. This magical serum will be available in India from July 2024.

Connect with Kiehls
Instagram: [@kiehlsindia](#) <https://www.instagram.com/kiehlsindia/>
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Kyma means 'wave'. A relaxing, all-day dining bar synergising between Asian and Mediterranean cuisine

Kyma in Bandra Kurla Complex (BKC), Mumbai, a standout dining and nightlife destination has been drawing attention for all good reasons.

The modern and stylish exteriors combined with a chic interior is definitely inviting. The bold colours, artistic elements and innovating lighting create the visual appeal.

Kyma offers a diverse menu that blends traditional and

contemporary flavours, an amalgamation of two cuisines - Asian and Mediterranean, that are bold, yet congenial gastronomic choices. The culinary team often incorporates global influences while emphasising fresh, high-quality ingredients. From gourmet appetisers to sophisticated main courses, and lavish platters, each well-crafted dish is a winner!

The open bar adds to the charm, and serves creative and expertly crafted cocktails. Here the

mixologists often experiment with flavours to create a memorable drinking experience.

Located at the popular ONE BKC, in the bustling business district of Bandra Kurla Complex, Kyma is conveniently located for both business professionals and locals, making it one of the first choices for lunch, dinner, and after-work gatherings.

Kyma is on [Instagram](#)



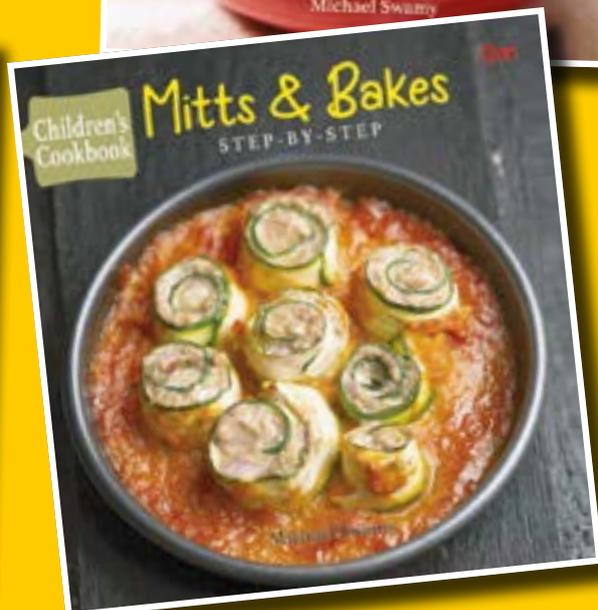
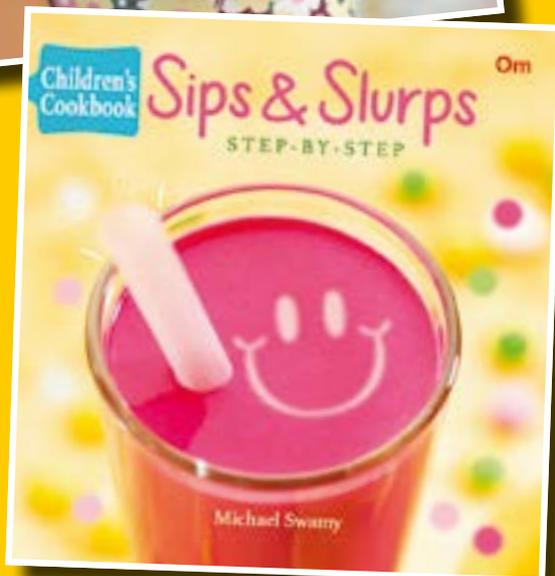
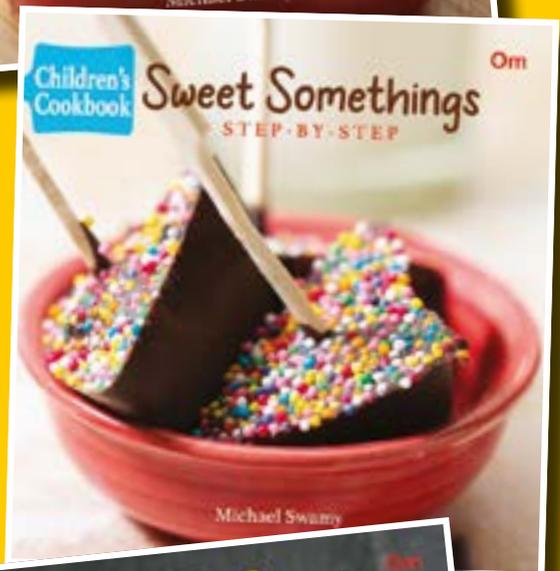
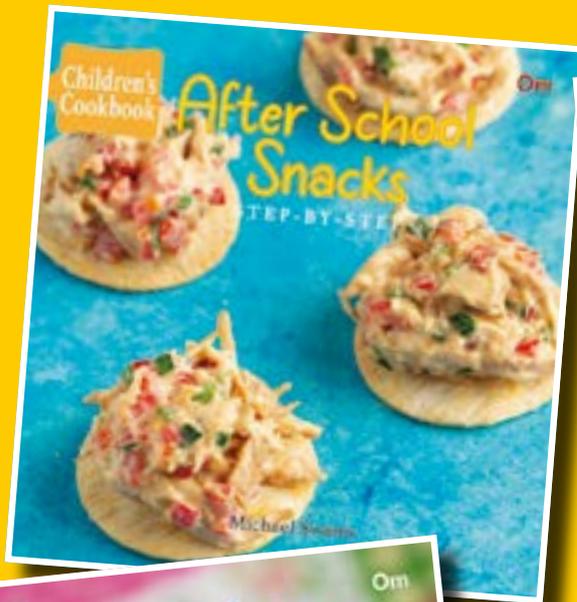
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