

# Culinary

## Entrepreneurs

Volume 6, Issue 1  
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A Magazine for the food, hospitality  
and tourism entrepreneurs by



Sweden's culinary  
experiences

A resort in  
Kashmir

Andalusia's Organic  
Farm Resort

*A Museum of  
Belgian fries*

Porbandar by  
the sea

**Food &  
Farm Tourism**  
*Special*  
edition

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Rah Bagh offers Kashmiri experiences from Kahwah to Wazwan with locations like the Alfresco Rose Garden.

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Bharatvaarsh Nature Farm serves traditional vegetarian cuisines with a commitment to freshness and regional authenticity.

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La Donaira provides a farm-to-table experience with all greens and vegetables grown in their biointensive gardens; meat, milk and eggs from their own livestock; honey from their bees; wine from their vineyards; and olive oil produced from their own plantations.

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# Editorial

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Food and Agri-tourism is a travel experience where visitors engage with farming, food production and farm-to-table dining.

The cover story features Sweden's gastronomic tourism experiences, a journey from traditional flavors (meatballs, herring, cinnamon buns) to New Nordic innovation, local, sustainable ingredients, farm-to-table dining and seafood safaris to Michelin-starred dining, and local cultural experiences like fika (coffee, buns and pastry breaks).

La Donaira is a luxury eco-retreat, organic farm, **an Andalusian farmhouse**, and equestrian center with over 50 beautiful Lusitano horses. This farm resort has a seed-to-plate culinary philosophy. **Finca La Donaira**, a **Relais & Chateaux** member, has been awarded at the **World Travel Awards** as "Spain's Leading Luxury Eco Retreat 2025" and **World Luxury Hotel Awards 2025** as Best Luxury Eco Hotel in Europe, Best Scenic Environment in Europe and Best Luxury Sustainable Hotel in Spain. Jan Thiel Lodge is hidden in a green plantation with an entrance to the Salt Lakes, a nature reserve, well-known as the natural habitat and breeding ground for flamingos. The lodge offers a base to visit traditional and modern restaurants.

You can discover the history of the Belgian Fry at the Frietmuseum, the Fries Museum in Bruges.

Kashmir is one of India's well-known culinary destinations. We have covered a resort that offers regional food. Closer home, Porbandar delights with its Kathiawadi food, street food, snacks, sweets and fresh fish.



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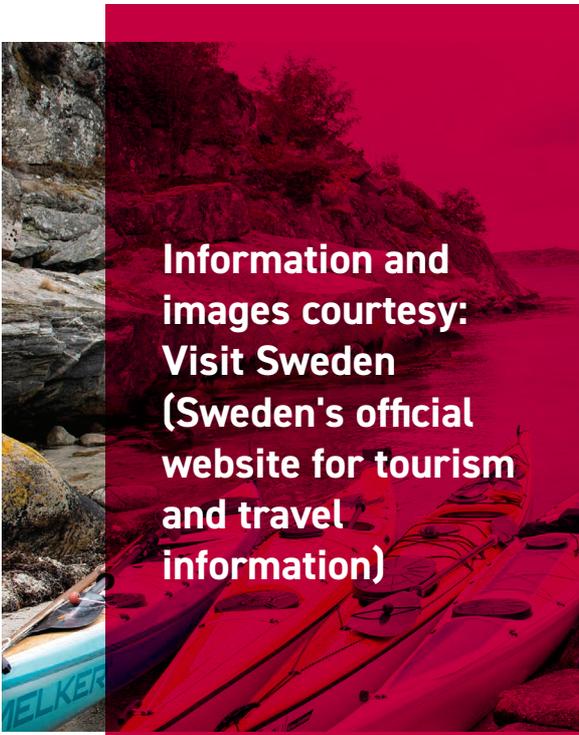
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# Sweden's Culinary Experiences



**Information and images courtesy: Visit Sweden (Sweden's official website for tourism and travel information)**

Photos Courtesy: Visit Sweden

Joel Wäreus (Magazine cover), Daniel Herzell, Lieselotte Van Der, Henrik Trygg, Anna Hållams, Fredrik Broman, Elliot, Magnus Carlsson, Tina Stafrén, Vilhelm Stokstad, Tina Axelsson, Patrik Svedberg, Emmie Bolmstedt, Susanne Walström, Ola Ericsson, Alexander



As a Scandinavian country with four distinct seasons, Sweden's food culture has been shaped by its climate. The frost free season – between May and August – was historically geared towards producing what could be stored through the winter months. However, southern regions enjoy twice as long a season due to milder temperatures.

### Historic culinary methods with lasting appeal

Food preservation was practiced in Sweden as early as the Viking times. Richer households used methods such as salting and smoking, while the less wealthy would typically opt to dry, ferment or pickle their fish and produce. Pickled and fermented foods remain a part of the Swedish diet even to this day, and popular variants are cucumber, cabbage and other vegetables and root vegetables. The pickled herring ('sill') is a staple for the national holidays.

Porridge and bread have also been staples for over a millennium. The population relied on water mills, whose wheels only turned twice a year, and the bread therefore had to last for a long period of time. Hence, the rise of crisp bread ('knäckebröd') that

could be stored until the next production. In the south, where windmills were used, baking was done more frequently, giving southerners access to softer bread.

Protein sources of yesteryear were milk, cheese, pork, fish and game such as elk. Reindeer meat was, and still is, mostly eaten in northern Sweden as part of the Sámi culinary tradition.

The main vegetables grown in the past were onions, turnips and swedes ('rutabaga') – root vegetables grew well in the Swedish climate and were also key due to their keeping for a long time. Around 1720, the potato entered the Swedish culinary scene, gradually replacing the root vegetable as the most important base produce. It has remained an important part of the Swedish diet, often eaten boiled or mashed. The

arrival of new potatoes ('färsipotatis') is the start of summer in Sweden.

Still a part of the Swedish food culture is 'husmanskost' – hearty meals often consisting of meat, potato and a serving of boiled vegetables. Some examples of these classic Swedish foods are: 'isterband' (smoked pork sausages served with creamed dill potatoes), 'rotmos och fläsk' (root vegetable mash and pork sausage) and 'artsoppa' (Swedish yellow pea



soup, usually accompanied by pancakes), a tradition dating back to the 18th century.

### The international influences behind Swedish cuisine

Sweden's food culture centres on local produce, but many classic dishes have international roots. This is because Swedes have always had a mentality of exploring and trying new flavours and dishes and incorporating them with local ingredients, making for new gastronomical experiences.

As early as the 17th century, French influences started creeping into Swedish cuisine, giving rise to the rich, creamy sauces loved by Swedes still today. And perhaps the most well-known national dish, meatballs, was brought over from Turkey by King Charles XII in the early 18th century. To make the meal their own, Swedes complement the meatballs with local trimmings such as pickled cucumber, potatoes and lingonberries, smothering them in a creamy gravy ('brunsås'). This dish is now known around the world as Swedish meatballs. Other global specialties – lasagne



from Italy and Turkish kebabs included – have also added to Sweden's culinary spectrum. Kebab pizza and pizza topped with beef filet and béarnaise sauce are nationwide favourites that combine a culture clash of foreign ingredients to create dishes that have become new Swedish classics. A family favourite on Fridays is the Swedish taco, definitely inspired by the Mexican kitchen but made



something unique and truly Swedish.

With Sweden's strong history in trading, exotic spices such as cinnamon, cardamom, anise and saffron found their way into



popular Swedish baked goods like the cinnamon bun and ginger bread cookies.

### Sweden's natural food culture

Today, Swedes pride themselves on eating as naturally as possible in a bid to look after their health – and that of the planet. Food production ethics and animal welfare are high on the agenda. Hence, there's an increasing demand for locally made, organic produce and many supermarkets have also started stocking products from nearby farms.

The farm-to-table movement is also very popular in Sweden. And given the generosity of the country's natural pantry of berries,



mushrooms and edible plants, you could even call this local dining approach "forest-to-table".

Michelin-starred restaurant Ang by Ästad Vineyard, located in the west coast province of Halland, is the epitome of this movement. Its fine-dining tasting menus are prepared with ingredients sourced from nearby forests, meadows, lakes and farms.

### Zero waste will shape the Swedish kitchens of the future

As the climate crisis deepens, many people are striving for more sustainable dietary habits with zero waste.

Gram in Malmö was Sweden's first package-free grocery store, where you bring your own reusable containers to fill with their assortment of local and international products.

In Stockholm, chef Paul Svensson helped leading the charge to create a sustainable restaurant culture, with the museum restaurant at Fotografiska. The menu features plant-based items using seasonal produce, with the option to add a meat-based side dish. Mussel shells are ground to make plates



and old wine bottles are sent to artisans to make glasses and vases. Organic waste is composted or even used in dishes. But this zero-waste philosophy isn't a new phenomenon. The Swedish classic 'pyttipanna' is a one skillet fry-up that uses leftover food such as meat, potato, onion and whatever else might be hiding in the fridge.

Sweden's food culture utilises everything this vast country has to offer, marrying local produce with international influences to create



### **Vegan and vegetarian food experiences**

Plant based by Sweden is an initiative setting out to highlight the green cuisine as well as the forward-thinking chefs, food creators and food producers at its

forefront. The initiative consists of films (eight YouTube episodes including recipes) and a digital guide ("Plant based food guide").

A collaborative affair, Plant based by Sweden is a partnership between Visit Sweden and Therese Elgquist – an eminent food creator and cookbook author simply known as Thess by her growing fan base. The eco-minded foodie's creative, easily accessible take on plant based food has made waves in recent years, thanks to her knack for creating innovative and delicious recipes that are easy and fun to cook at home. Her enthusiasm for sustainable, vegetable-packed dining – which she describes as "the world's most modern form of cookery" – is contagious. Elgquist's blog [www.plantbasedbythess.com](http://www.plantbasedbythess.com) and Instagram handle – @plantbasedbythess – are brimming with recipes and inspiration as well as tips on where to find Sweden's best cafes, restaurants and bakeries offering a good choice of plant based food. As she puts it herself, the blog is a

delicious adventure where "veggies are cool, legumes are sexy and the possibilities are endless".

Each film episode features a unique concept, which all share a passion for innovative cuisine that respects the environment and promotes a plant-rich diet via organic, local produce – even the foraged variety, of which there is plenty in Mother Nature's Swedish pantry. Centring on much more than colourful, flavoursome food and drink, you're also in for a treat in terms of experience when visiting one of these spots, with many nestling in idyllic, natural surroundings. Two examples from the program series are Växthuset and Lilla Bjers.

In the Swedish capital of Stockholm, Växthuset is giving plant based food a modern spin. The ever-changing menu is developed according to the ingredients available at any given time. Dishes are cooked with panache using produce from nearby food artisans. To minimise waste and preserve these fine ingredients, Växthuset works



actively with traditional preservation techniques, such as pickling and fermenting. To complement the food you can sample a range of vegan beverages, such as national and biodynamic wines, beer, spirits and alcohol-free options.

On the idyllic island of Gotland, off the southeast coast of Sweden, the organic farm Lilla Bjers' Green Table concept is housed in an on-site greenhouse, in which many of the ingredients that land on your plate have been cultivated. The unique flavours of Gotland – think wild garlic and saffron – are used to give each vegetable-packed recipe a twist. During summer, Lilla Bjers invites you to take a guided tour of the farm to sample carrots

and other vitamin-fuelled treats.

This is but a small sample of culinary hotspots taking plant based cuisine to new innovative heights, making the most of Sweden's rich harvest of sustainable ingredients.

Head to Thess' blog to discover the "Plant based food guide", a regularly updated guide to new,

compelling places offering modern takes on plant based edibles and unforgettable experiences.

### Seafood Safaris

Food safaris, as the name suggests, are as much about the experience as the dishes that will eventually end up on your plate. Sweden has many of these culinary adventures up its sleeve, on both water and land.



Autumn is the perfect season to set off on a food safari around the west coast of Sweden – a location synonymous with delicious fresh fish and seafood. With expert help, you'll get to harvest oysters and mussels – or any other type of seafood that takes your fancy – before sampling your mouth-watering catch.

The lobsters found in the Swedish waters are often referred to as "black gold" – considered some of the best in the world. The harvesting season for this delicious breed of shellfish starts the first Monday after 20 September each year – and you're invited to join this much-anticipated calendar highlight. Setting off from the iconic seaside spot of Marstrand, you'll be boating around the rocky islets, accompanied by experienced guides who'll be happy to chat all things lobster.

While out at sea, you'll undoubtedly catch other fish too – most likely cod, saithe and mackerel. These fishing experiences can be combined with

packages including accommodation and dinner at the atmospheric boathouse. You can also add options like tasting sessions and cooking activities to your tailor-made package.

Fish and shellfish aren't the only delicacies you can enjoy on a seafood safari. The Swedish waters are also inhabited by some 300 types of seaweed, of which at least 20 are edible. Seaweed has several health benefits and can be harvested sustainably. Catxalot is a small company in Grebbestad that offers a range of seaweed experiences, from safaris and cooking classes to kayaking. Join a tour and learn how to identify and forage seaweed and then how to dry, store and turn the produce into a tasty lunch or dinner.

### Christmas in Sweden

The traditional main meal on Christmas Eve is a smorgasbord called 'julbord' – a Christmas smorgasbord that offers the full medley of Swedish classics, with everything from Christmas ham ('julskinka') and Swedish meatballs to pickled herring ('sill') and

chopped beetroot salad ('rodbettsallad').

Dessert-wise, expect the delicious classic 'Ris à la Malta', a vanilla rice pudding typically served with orange slices. And as for drinks, 'julol' – a dark, seasonal beer – and the soft drink 'julmust' (a bit like root beer) are key, along with traditional snaps. . A good quality restaurant would typically serve more than fifty (or even a hundred) different dishes at a julbord.

Mulled wine glögg, gingerbread cookies and saffron buns are served throughout December. Piled high on trays are gingerbread cookies and saffron



buns ('lussekatter'), the baking of which is a family tradition held dear. They're typically shaped like an 'S' -resembling a curled-up cat, with a raisin pushed into the middle of each 'swirl'.

Another baking-related tradition promoting togetherness comes in the shape of the gingerbread house ('pepparkakshus'). Families gather to craft these mini

buildings, decorating them lavishly with icing sugar and colourful sweets. The making of festive sweets – such as the toffee-like 'knäck' and 'ischoklad' chocolates – is another popular way to spend an afternoon with loved ones.

You can find seasonal treats at Christmas markets held across

the country, each one with its own character. There's a definite social aspect to these atmospheric events and the cosy-factor is high among the twinkle-lit stands. Take the opportunity to purchase gifts and practical items from local artisans, ranging from handcrafted objects in wood and ceramic to knitted mittens and sheepskin slippers.



## Regional Gastronomy Destinations in Sweden

### Malmö

In the province of Skåne in southern Sweden, a distinctive culinary identity has been shaped by its excellent local produce, fish and meats. In Skåne's capital city of Malmö, the international population has brought world flavours and added vibrancy to this local food culture. The city boasts a rich offering of restaurants featuring local specialties and international delights.

The area of Möllevången, or "Mollan" as it's known by locals, has a high concentration of restaurants from all corners of the world. Turkish and Middle Eastern grills mingle with sushi



restaurants and falafel joints. Spicy kibbeh meatballs from Syria, Iranian khoresh stew, Neapolitan sourdough pizza and Vietnamese pho are some of the many global dishes to taste when visiting Malmo.

The “new Nordic” culinary approach took hold of Malmö at the

beginning of the 2000s. Seasonal, local and organic ingredients are at the centre of this approach, enabled by the fertile soil and bountiful waters of the province. Chefs are reimagining classic dishes and incorporating international flavours, elevating the Malmo food scene and positioning it as one of Scandinavia’s culinary



powerhouses.

### The stars of Malmo’s culinary scene

- Worthy of a visit is Shamiat, which opened in 2014 as the first Syrian restaurant in Malmo. If you fancy Indian food, head to The Masala Box. Cooking classes are held regularly at the restaurant.
- Renowned masters of the new Nordic style, Mats and Ebbe Vollmer are the brothers behind the Michelin-starred restaurant Vollmers, a shining star on the international culinary scene.
- Other notable Malmö restaurants combining local ingredients and international flavours include the highly influential Ruths (formerly known as Bastard) and celebrity chef Tareq Taylor’s Kockeriet.
- Titti Qvarnström is another significant force credited with putting Malmo on the culinary map. While she was working as executive chef at Bloom in the Park, the restaurant was awarded a Michelin star, making Qvarnström the first woman to achieve this feat in the Nordic region.

## Gotland

Gotland, a beautiful island off the east coast of Sweden, is a culinary treasure trove with world-class meat products and produce, like the unique truffle, not found elsewhere in Sweden. The rearing of sheep on Gotland dates back to the Viking era, and the meat is renowned for its texture and flavour. The island's role as a trading post back then is probably why the exotic spice saffron plays such a strong role in local dessert menus. Saffron rice pudding is a regional classic – served with whipped cream and dewberry jam.

The fertile springtime soil yields Ramson wood garlic ('ramslo k'), whose leaves, buds and flowers lend a garlicky kick to dishes. In May, asparagus is a menu staple, and come summer,



local fishermen are hard at work catching flounder that will later be dried and smoked.

Restaurants serving up the best of Gotland include Krakas Krog, where seasonal local produce takes centre stage, along with meat sourced from nearby farmers.

Katthammarsvik Rokeri, meanwhile, is a traditional restaurant specialising in fish and prawns smoked on premise.

At Bakfickan in Gotland's main town Visby, you'll be able to try authentic dishes such as pickled herring with sour cream and their signature fish soup with aioli.

## The High Coast

The High Coast of Sweden – just north of Sundsvall – has a rich culinary heritage centering on

flavours from the region. The sea, river, forest and fertile soil all contribute to the High Coast's foodie vibe. High Coast locals are increasingly keen to explore "nature's cooking" and forage mushrooms and blueberries in the wild rather than buying them.

The High Coast also maintains its natural resources via farmland cultivation. Grains, such as barley, are used to make a unique type of flatbread ('tunnbrod'). The original recipe is still used in designated baking huts at Mjalloms Tunnbrod, Sweden's oldest flatbread bakery, just as it has been since 1923.

Fermented herring (surstromming) is another traditional food product born in the High Coast. Known as one of the smelliest foods in the world, it's an acquired taste but definitely worth a try. It pairs



deliciously with flatbread in a regional classic called “surstrommingsklamma”.

Traditional Swedish food of the High Coast variety is on the menu at restaurants such as Linnea & Peter in Ornskoldsvik, Sankt Petri Logen in Harnosand and the restaurant of the award-winning High Coast Whisky distillery. Small-scale food and drink producers – making everything from marmalade and blueberry vinegar to craft beer and bark bread – add to the increasingly artisanal foodie identity of the High Coast. Gårdsbutiken Nordingra is a perfect little farm shop to find locally made delights, complete with restaurant and cafe.

### **Sundsvall**

**An industrial city with a discerning palate, this is where as early as the 1860s, an array of restaurants started lining the streets of this east coast town to cater for the large influx of people – including the most affluent industrialists. Rumours have it, gardeners were employed to cultivate pineapple and white flesh peaches to please**

### **their demanding palates.**

Sundsvall locals still love eating out and there are plenty of restaurants to choose from, many of which are featured in the White Guide, Scandinavia’s leading restaurant guide. In addition to its strong restaurant scene, Sundsvall has a proud drinks heritage. Local microbrewery Alnol and awarded Herno Gin from the neighbouring town Harnosand are among the must-try drink producers.

### **Eat out like a Sundsvall local**

Renowned chefs such as Johan Backéus and Birgit Malmcrona are part of Sundsvall’s culinary super league. Together, the husband and wife team opened Naturaj, a restaurant adhering to the new Nordic school of cooking, with inspiration from Japan – the country in which Malmcrona honed her skills.

En Liten Krog is also well worth a visit due to its creative menu, in which local produce – think chanterelle, trout and cheese – come to life with the help of influences from Europe and Asia. At Tant Anci & Fröken Sara, meanwhile, you’ll be able to tuck into casual options such as burgers

and salads prepared using organic ingredients, and there are some vegan dishes too.

### **The Fika Experience**

While fika may seem like just a coffee and cake break, it holds a much deeper cultural significance in Sweden. It’s a moment to pause, connect and recharge – often more about the company and conversation than the coffee itself.

Fika can happen any time of day, and it usually involves freshly brewed coffee served with something sweet; cinnamon buns (‘kanelbullar’) being the most





popular choice. It's also a popular and more relaxed choice for a date than going out for dinner. While some might enjoy a quiet coffee break solo, fika is widely seen as a social ritual – best shared with others.

**Meatballs: The Quintessential Swedish Experience**

For some unique takes on the classic Swedish meatball, check out *Meatballs for the People* in Stockholm - a "meatball boutique" serving up 12 different varieties of organic meatballs, ranging from the classics, to chicken, moose, boar, lamb, reindeer, and vegetable. All the meatballs are handmade from organic, locally sourced produce, and are a

**sustainable treat for the taste buds.**

**Cafe Du Nord, also known as 'Kottbullekallaren' (The Meatball Cellar), is known for its traditional and giant meatballs. This Gothenburg**

restaurant opened in 1875 and its meatball recipe, complete with homemade mashed potatoes and lingonberry jam, is just as old. Served in three different sizes, it may not be the healthiest option on the menu, but what does it matter when they taste so good?

Malmö offers a rich diversity of different food cultures. Bullen is a historic pub and restaurant known to serve the city's tastiest

kottbullar with boiled potatoes and gravy.

**Vegan Meatball**

Recipe by Gustav Johansson

4 portions

Ingredients:

**The meatballs**

- 400 g vegan mince (that's possible to shape into balls)
- 1 tbsp rapeseed oil
- 1 yellow onion
- 1.5 tbsp concentrated vegetable stock
- 1 tbsp Dijon mustard
- 1 tbsp Chinese mushroom soy



- ½ tbsp ground allspice
- Vegan butter to fry in (a lot)
- Salt and black pepper

**Mashed potatoes**

- 1 kg floury potatoes
- 2 dl oat cream
- 2-3 tbsp vegan butter
- A pinch of ground nutmeg
- Salt and white pepper to taste

**Cream sauce**

- 4 dl oat cream
- 1.5 tbsp vegetable stock
- ½ dl stirred lingonberries
- 1 tbsp dark Chinese mushroom soy sauce
- 1 tbsp dried thyme
- 5 dried juniper berries
- Salt and black pepper

**Stirred lingonberrie**

- 3 dl fresh lingonberries
- 1-1.5 dl sugar

**Pressed cucumber**

- 1 large fresh cucumber

- A lot of salt
- 2 tbsp vinegar (12%)
- 1 dl water
- 3 tbsp sugar
- A pinch of white pepper
- A small handful of chopped parsley

**Method:**

1. First, peel the potatoes for the mash. Cut them into small pieces and boil them until soft.
2. Mix the lingon berries with the sugar and set aside.
3. Whisk together vinegar, water, sugar, and white pepper for the cucumber garnish. Cut the cucumber into thin slices and salt them generously in a bowl. Then set the bowl aside.
4. Now for the vegan meatballs: finely chop an onion, mix it with the vegan mince and season with allspice, mustard, soy sauce, vegetable broth,

vegan cream and black pepper. Mix the ingredients together well and then shape the meatballs.

5. Heat up a frying bot with plenty of vegan butter. Then add the meatballs and fry them until they're firm and nicely browned.
6. Back to the mashed potatoes: Mash the potatoes and season with salt, nutmeg and white pepper. Add vegan butter and stir until you get a good consistency.
7. Then press the salt water out of the cucumbers and add it to the vinegar mixture.
8. Finally, the sauce: add juniper berries, thyme, vegan cream, broth, soy sauce and some of the sugared lingon berries to the pan with Köttbullar and simmer for a minute.
9. Serve everything together in a deep plate and enjoy the delicious vegan 'kottbullar'.



# The Kashmiri Resort Owner

**Nazir Rah, MD- Rah Hotels & Resorts,** proudly talks about the Kashmiri food at Rah Bagh Srinagar.



My wife and I could have built a big hotel with 100+ rooms, but that was never the dream. We wanted to create a space that felt more intimate, more connected to nature, and more in tune with the essence of Kashmiri village life. Rah Bagh is not just a hotel—it's an experience, a place where guests can truly immerse themselves in the beauty of Kashmir, away from the chaos of urban life.

Nestled in an apple orchard and designed like a village rather than a towering hotel, Rah Bagh was built for those who seek serenity, fresh air, and a deep connection with the land. The cottages and chalets replicate the feel of a traditional Kashmiri hamlet, with uncovered pathways between them because, in a village, you don't walk through air-conditioned corridors to visit your neighbour—you step outside, breathe in the crisp air, and feel the earth beneath your feet.

We wanted the design to reflect Kashmir's natural beauty, so we incorporated native cedar and timber, parquet flooring, and

handcrafted details that celebrate local craftsmanship. At Rah Bagh, guests get more than just a stay—they get a glimpse into the way of life that has shaped this region for centuries.

### The Location

Situating Rah Bagh against the mighty Himalayas, in the lap of nature, amidst an apple orchard, captured the beauty of the Kashmir valley in its entirety. We built this luxury boutique resort with 41 rooms in Alpine chalet style units and cottages set over 4 acres, sprawling gardens, picturesque views of the Dal and Nageen lakes, framed by towering poplars and the Zabarwaan

mountains as the backdrop!

At Rah Bagh, beauty lies in the details. We used local embellishments from Kashmir as well as across India. We felt that native cedar, timber as well as parquet flooring make way for warm and contemporary harmonious spaces.

Plus for those who are looking at an uber-luxurious escape with the spectacular vistas of the Dal and Nageen lakes in sight at all times, the Royal Attic Suite located in the top floor of the chalet is the perfect fit. These chalet style units have a 12 feet ceiling and wall-to-wall window, a spacious master bedroom, a separate living area



and expansive balconies which open up to views of the constantly changing landscape of the city and the lakes.

The recently introduced Garden and Mountain View Cottages offer a more private setting. Clad in pine with sloping roofs they exude a rustic charm. Elegantly appointed in warm hues and comfy furniture to lounge in, each cottage, with its beautifully furnished bedroom comes with a king-size bed and an en-suite large bath with a Jacuzzi. The private sit-out area allows guests to enjoy the vibrant hues of the rose garden, the delightful presence of apple trees, a captivating view of a cascading waterfall and the majestic Zabarwan mountain range! For those seeking solace, there are enough cosy corners across the property to curl up and read a book, especially under the fruit trees. One can also simply take a stroll in the gardens and sip on a hot cup of cappuccino or the aromatic local brew — Kahwah — infused with saffron and cardamom.

For fitness enthusiasts there is the

gym of course but there's nature's bounty for a bike ride or a hike to explore the surrounding mountains.

Today's guests are also environmentally conscious and for us at Rah Bagh, sustainability is a priority. Apart from being environmentally responsible, with rainwater harvesting, recycling and reuse of water within the property gardens and orchard; we have also ensured sustainable employment for locals. Added to this is our no-plastic bottle initiative where rooms and restaurants are provided with aqua filtered water in glass bottles

### **The Experience**

Rah Bagh isn't for everyone, and we are okay with that. Our focus has always been on people who want to slow down and reconnect with nature. If someone is looking for a hotel in the middle of town, surrounded by shopping malls and city life, they probably won't choose us. But that's rarely an issue because we've been very clear in our storytelling—through our website, social media, and guest

experiences—about what Rah Bagh offers.

One of the biggest trade-offs in designing Rah Bagh the way we did is that we have fewer rooms, which means fewer guests at any given time. But that was intentional. We chose to prioritize space, peace, and quality over volume. Many of our guests come from busy, crowded (and yes, often polluted) cities, and we wanted them to feel like they could truly breathe here. To sit in an open garden, listen to the birds and the wind, and just exist in the moment. Our guests don't feel like they're on top of each other; instead, they have space to move, to think, and to reconnect—with themselves, with nature, and with the people they have travelled with.

To keep enhancing that experience, we've added private garden and mountain-view cottages for even more seclusion, created cozy corners under fruit trees for quiet reflection, and offer immersive experiences like heritage walks, shikara rides, and

Kashmiri culinary journeys.

**The Kashmiri cuisine**

One of my most favourite and memorable dish made by my mother at home is Muji Gaadh, a traditional Kashmiri preparation of Spicy Trout Fish with White

Radish [Muji], Lotus Stems [Nadru] and Collard Greens (Haaq sag), local vegetables that were easily sourced. This dish is cooked on special occasions, such as Nowruz, in Kashmiri homes and rarely available in restaurants. We serve this on special order at

Wan Posh, our all-day restaurant that serves sumptuous buffets and a la carte fare from across India and the world as well as dishes from the Kashmiri Wazwan.

Guests at Rah Bagh can indulge in local Kashmiri flavours through a selection of dining options.



Wan Posh, the all-day restaurant offers a special Kashmiri Wazwan which includes a la carte Kashmiri dishes and the traditional Tream, a beautifully engraved hand crafted copper plate covered with a Sarposh (cloche) to keep the food warm. The Tream e Rah Bagh is our tribute to Wazwan, the traditional Kashmiri wedding feast. What makes a Wazwan truly



extraordinary is that it can only be prepared by a wusta waza (a traditional master chef). The word Wazwan is a combination of two Kashmiri words 'Waz' meaning Cook or Chef and 'Wan' meaning shop. This inimitable Kashmiri banquet can comprise up to 36 dishes served with rice, and is traditionally meat-based.

Definitely a meat lover's delight, and although there are a few delicious vegetarian dishes, they are outnumbered by the meat preparations. Amongst the specials and most sought after are the minced lamb skewered seekh kebabs, tabak maaz, rogan josh, hand pounded meatballs — rista and gushtaba.

Customarily cooked in nickel-plated copper vessels over wood fires, the preparations include a variety of dry fruits and specially prepared spice mixes along with Kashmiri red chillies, cockscomb and saffron. The Wazwan arrives with a heap of rice dressed with starters comprising seekh kebab, tabak maaz, methi maaz, waze kokur and this is followed by a course by course serving of rista,

rogan josh and other meat delicacies, ending with the gushtaba. Each Tream is served with special Wazwan rice and is accompanied with special chutneys made from walnuts, radish, pumpkin and onion.

Generally each Tream serves four but at Rah Bagh we do serve single portions as well.

### Moving forward

We aspire to expand to other parts of India — once again focusing on locations away from the hustle and bustle. Our next project will be a 30-room boutique hotel in South Kerala, set in a rural area overlooking the Arabian Sea. This

property will be designed for nature lovers and families seeking a place to spend quality time together, reconnect, and rejuvenate. In today's fast-paced city life, we want to create a retreat where guests can slow down, enjoy the beauty of nature, and rediscover the true meaning of life.



# Bed-and-Breakfast at a Historic Plantation

Mirjan Lesschen & Bert Evers



The Plantation Damasco is the official name of the plantation. But from the beginning, everyone called the plantation after the owner of the plantation, ocean skipper Jan Thielen, who owned the property since the late seventeenth century. Today, while the plantation is still called Damasco, if you ask around on the island, you won't find too many people that know where that is. Salt & Indigo Jan Thiel was a Salt Plantation, ideally located between the Salt lakes and the Caracasbaai. Indigo was also cultivated on the estate. The Indigo leaves, known for the deep blue coloring, were cultivated in stone bins, which are still located on the Plantation.

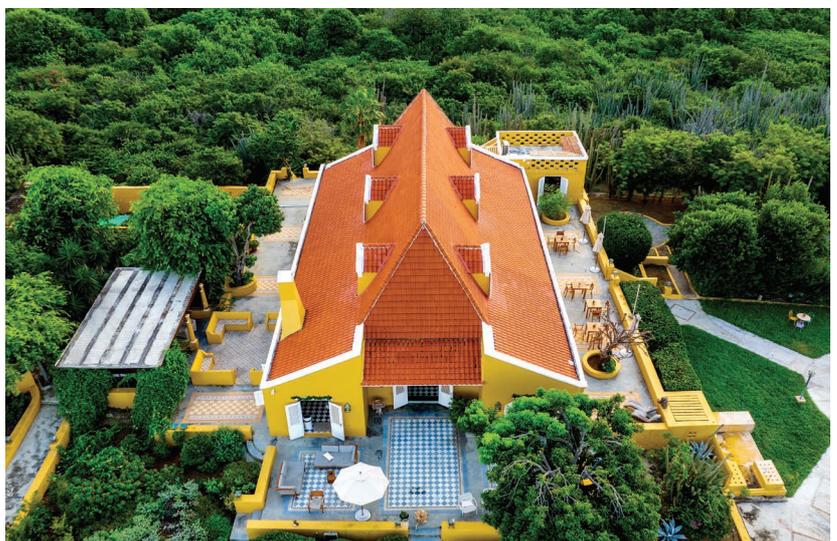
After Jan Thielen, the estate passed into other hands ten times. Casper Arturo Perret Gentil became the owner in 1915, and he added a large orchard with 300 orange trees. The skin of the fruits were used for French perfumes and our own Blue Curacao. The animal herds flourished at the same time, there were many goats, cows and donkeys grazing on the

estate. Salt extraction has long been a source of income, just ending in 1980.

After 1980, the estate ran into disrepair and buildings were damaged by neglect. Luckily the family Spigt took on the job of renovating the estate, in which they succeeded tremendously! Since 2016, the estate has been owned

by our family. We are so happy and blessed to experience this magical property, and they want to share that feeling with the rest of the world.

We really wanted to live on the Plantation but It is too big for a family of four, and the children are already studying abroad. This way we turned this unique location into



a small boutique hotel for a limited number of guests to enjoy.

All the buildings are monuments starting from the area 1640 and are all completely surrounded by a nature reserve accessible from our backyard. There is an instant serenity & peacefulness feeling from guests.

On the plantation we have our own papayas, bananas, mint, basil, yuca, eggplant, etc, and our own poultry, but we work closely together with a local agricultural hofi where there is more local produce. All our guests receive a fresh home-cooked breakfast in the morning with available produce.

Local specialties are Curaçao Piska Kora which is Red Snapper served with a local sauce and rice. There are some places with great Tuna Sashimi. Another local dish is the Kabritu Stoba, a stew with goat meat and lots of Caribbean spices. It's served as a comfort food.

Perunchi is a local fish restaurant. No menu, you just eat the catch of the day. Plasa Bieu is known for the local comfort foods.

There are some great restaurants in Pietermaai or on Jan Thiel Beach that are more modern, and I always suggest a combination of both the old favourites and the modern places if you are staying for a couple of days at the Landhuis

We hope to make more and more guests fall in love about this wonderful plantation? And to educate our younger generation on the island about food self-sufficiency, almost everything is imported on the island at the moment.





# The Museum of Fries

## Christine Thielert, Frietmuseum

The Frietmuseum was founded out of a deep passion for Belgian food culture, particularly the humble yet iconic fried potato—Belgian fries. Eddy Van Belle, a lifelong museum enthusiast and founder of other food-related museums like Choco-Story, wanted to highlight the unique Belgian heritage of fries, often claimed by other countries. The museum aims to educate visitors about the origin, history, and cultural significance of fries in a fun and accessible way.

### The key team

The creation of the Frietmuseum was led by Eddy Van Belle and his sons Cédric Van Belle and Keyv Van Belle, all passionate about preserving and celebrating Belgian culinary heritage. They worked closely with Eddy Cooremans, a well known name in the industry. The team collaborated with historians, designers, and local experts to ensure an engaging presentation. The aim was to balance entertainment with education, in line with the philosophy behind all the food museums developed by the Van Belle family who have recently also started a Frietmuseum in Brussels.

### Popular Exhibits

Visitors are especially drawn to the historical timeline of the potato—from its origins in South America to its arrival in Europe. Another highlight is the gallery dedicated to the science and art of frying the perfect Belgian fry, including vintage fry-making equipment. The cellar level, where the actual frying and tasting take place, is always a crowd-pleaser.

### Experiences

Tasting freshly made Belgian fries at the end of the visit is definitely the most anticipated moment. At the Frietmuseum in Bruges we fry our fries the traditional way in beef

fat. Families and school groups also enjoy the interactive displays, such as the quiz terminals and fun fry-related trivia.

### Establishing Belgium as the land of fries

Through a combination of storytelling and immersive exhibits, the Frietmuseum makes a compelling case for Belgium as the true home of fries. The museum challenges common misconceptions and explains how Belgian fry culture—complete with its unique double-frying technique and wide variety of sauces—is an essential part of the national identity. The Legend of the Fries: A



long time ago, people lived along the banks of the Meuse River. Back then, fishing was very important because it was one of the few ways to get food. The fishermen used small nets to catch little fish from the river. One cold day, the river was deep and icy, and it became very hard to catch any fish. The fishermen were disappointed because they had almost nothing to bring home. To have something to eat, they decided to cut potatoes into the shape of little fish so they could fry and eat them like real fish. These little potato “fish” were fried in hot oil until they were crispy and tasty. The people loved them so much that they kept making and eating them more and more. And so, according to the

legend, the very first fries were born — a delicious alternative to the fish from the Meuse. Since then, fries have become a beloved part of Belgian cuisine, a small piece of history inspired by life on the river.

### The role of food museums

Food museums like the Frietmuseum serve as both educational institutions and cultural ambassadors. They enhance the tourist experience by offering a taste—literally and figuratively—of local heritage. In a destination like Bruges, where culinary tourism is on the rise, such museums provide an accessible and enjoyable way to

connect with tradition, craftsmanship, and local pride

### Renovation

The Frietmuseum is preparing for a major renovation in the coming two years. These updates aim to modernize the visitor experience, with more interactive and immersive elements, improved accessibility, and refreshed scenography. Plans include enhancing digital installations, expanding multilingual content, and rethinking the layout to better reflect the journey of the fry from field to fork. These renovations will ensure that the museum remains a dynamic and relevant destination for both local and international visitors.



# Porbandar's Culinary Culture

Dhvani Hindocha

Photos: Dinesh Shukla and Dhvani Hindocha



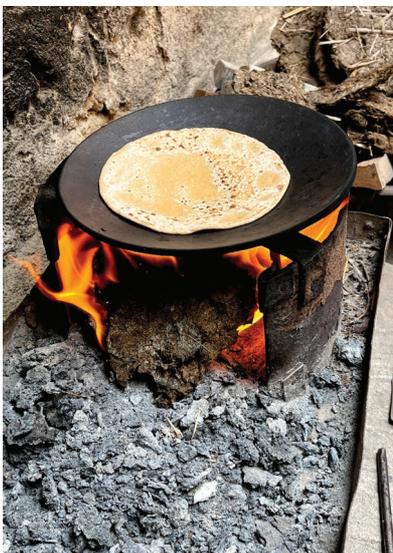
Start your morning by the Arabian Sea with a plate of jalebi-gathiya at Chowpatty, as the sun rises over the peaceful coast of Porbandar, a harbour town nestled in Gujarat's Kathiawar Peninsula. Known as Sudamapuri, the birthplace of Mahatma Gandhi and the city of flamingoes, Porbandar offers an authentic blend of flavours rooted in the culture and geography of the land.

The local proverb "Rano, Pano ne Bhano" (referring to the royal Jethwa dynasty, the local limestone, and legendary ghee) reveals Porbandar's layered identity — royal, resourceful, and rich in tradition. The ghee legacy of Bhanji Lavji Gheewala, recognised with a Raj Ratna by Rana Natwar Sinhji

Jethwa, continues to define the purity of local sweets and snacks.

In the low-rainfall zone of Kathiawad, the landscape includes the dry deciduous forests of the Barda and Gir hills, thorn scrub and arid grasslands. The major crops cultivated around Porbandar are chickpea, sorghum, cotton,

groundnut, wheat, pearl millet, castor and cumin. The staples include gram flour, pearl millet, brinjals, potatoes, onions and beans. Strongly influenced by the Jain and Vaishnavite traditions, Porbandar has a large vegetarian population. Being a coastal area, however, some of the seashore dwelling communities consume



much seafish and other seafood. The Kharwa community is a major player in the marine food trade of Porbandar. The culinary culture of Porbandar reflects the coalesce of historical migrations, cultural influences, weather conditions and availability of local ingredients.

Thalis offer a mix of flavours, textures and colours, every element balances Ayurveda's six rasas (flavours). A Kathiyawadi Thali offers the flavours of Porbandar: from Bhakhri and Rotla to Kadhi-Khichdi, Pickles, Garlic Chutney, and Ghee-Jaggery. The must-try dishes like Kathiyawadi Undhiyu (a winter favourite of roasted vegetables and methi muthiya typically cooked in a pot buried under the ground and fired from the top, this is more spicy than the mainland Gujarat versions). Other specialities



include Dhokli nu Shaak in which gram flour pieces are added into spicy gravy, Sev-Tamatar in which tomatoes are cooked, seasoned and topped with sev (deep-fried gram flour noodles), Dungri Shaak (stuffed onions curry) and Ringan no Olo which is a popular brinjal preparation eaten with Bajra Rotla (pearl millet flour flatbread). The food is cooked over a sagri or

traditional clay stoves with coals or dry dung as fuel, adding rustic flavour and smokiness to each dish. Kesar and other mango varieties grow in the region, and mango pickles and relishes are very popular in the Porbandar thalis.

Manek Chowk is the heart of local food culture — bustling with shops offering fruits, vegetables, groceries, and also freshly made ganthiya, jalebi, dhokla, bhajiyas, etc that you can enjoy.

At Porbandar, you can try spicy dishes made using chillies and garlic, and dishes sweetened with jaggery.

The surroundings of Porbandar are rich in animal husbandry and famous for high-quality pure milk and ghee, especially Barda region.





Dairy products like kadhi, curd, chaas, makhan (butter) and ghee are integral to the Kathiawadi meal. Chaas (buttermilk) soothes the palate between spicy dishes. The local restaurants like Shree Raghuvanshi, Kasumbo, and Gurukrupa carry this tradition forward.

Don't leave without trying or taking home Masala Khajali — a soft, flaky, peppery snack best paired with chai. Other signature snacks include Thepla, Khakhra, Khandvi, Gathiya, and the savoury cake-like Handvo. Sweets such as Mohanthal, Adadiya, Sata, Boondi, Sukhadi, and Shrikhand define Porbandar's dessert scene. A popular pair of shrikhand – puri is often found on the festive menu and has been a part of celebration

since years. Shrikhand is a sweet dish made with sweetened yoghurt (hung curd) and classically flavoured with cardamom, saffron and nuts. It is often flavoured with seasonal mixed fruits, the popular being mango shrikhand. It is served with puri which is a deep-fried puffed bread. Puri with shaak, a spicy potato preparation is also popular even in breakfast. While vegetarian fare dominates, Porbandar's fishing economy

supplies a bounty of seafood — pomfret, kingfish, hilsa, ravas, pink perch (rani fish), squid, crabs, prawns, etc. Trawlers offload fish like vichuda, boomla, dara, dhol, tanti, madra, khaga, gandiya, vam, sag, happari, bega, dai, pink perch (Rani), dhoma, etc at the harbour. Grilled, fried or steamed queen fish is a delicacy with a mild taste and delicate texture, reflecting Porbandar's rich maritime heritage, seafood tradition and culinary excellence. Other popular local dishes are dry prawns, fried fish, prawn and fish curries. The city has evolved with changing tastes — cafes and QSRchains like Domino's, La Pino'z, Zorko, and Crush Coffee bring fusion and fast food, yet locals and visitors continue to crave the traditional fare that tells stories of heritage and home.



No matter how modern the city gets, a day in Porbandar begins with puri-shaak, jalebi-gathiya, or dhokla — a soulful taste of tradition that refuses to fade.

### The Coastal Heritage of Porbandar

#### Photos: Dinesh Shukla

Porbandar is called Sudama Puri because of its association with the Brahmin friend of Lord Krishna, and it has one of the few Sudama temples in India.

The city was developed by the Jethwa Rajput dynasty that ruled the area from 1193, first from Ranpur and then Chhaya before they developed Porbandar. Rana Sartanji Jethwa (1671-1699) was a significant figure in the history of Porbandar. He built the Darbargadh and the three-story Sartanji Choro, a summer pavilion called the Grishma Bhavan that is now an archaeological site. The relief art depicts musicians and guards at the four corners (Choro) of the pavilion where Maharana Sartanji used to enjoy musical performances.

Rana Sahib Bhav Sinhji and then

his son and successor, Rana Sahib Natwar Sinhji modernised Porbandar by building institutions and civic facilities. In 1955, when the Government of Gujarat requested two rooms for educational purposes, H.H. The Maharaja Rana Sir Natwarsinhji Bhavsinhji of Porbandar donated his sea-facing palace called Dariya Mahal to establish a college for girls in memory of his mother, Rajmata Ramba Kunverba. The Huzoor Palace is a superb architectural showpiece by the beach. The Rana's summer mansion called Anut Niwas at Khambala in the Barda Hill Range is a classic work of 1930s Art Deco architecture.

During the late-19th and early-20th

centuries, many Parsee and Hindu mercantile families built mansions in Porbandar using the miliolite limestone found in the carbonate rocks of the coast. During the British Raj, Porbandar's stone was extensively used in many public buildings of Bombay (now Mumbai), including iconic architectural works like the Victoria Terminus, Knesset Eliyahoo synagogue, Bombay High Court and Crawford Market.

Mahatma Gandhi's father, Karamchand Gandhi was the Diwan of Porbandar. Mahatma Gandhi was born on 2nd October 1861 in a three-storey house. The Kirti Mandir is a memorial built for Mahatma Gandhi with his pictures



and memorabilia besides the house where he was born.

One of the dominant communities of Porbandar, the Mers are known for their Raas – the Mer Dandhiya dance celebrates their martial heritage. Mers are mostly vegetarian, with pearl millet (Bajaro), sorghum (Jowar) and wheat rotis being consumed with vegetables, chillis and curds. During weddings, jaggery-ghee, lapsi and khichdi is served.

The Kharwas are the maritime community of Porbandar. Most of them are in businesses of dhows and boats, fisheries and marine products, and trade. Like other marine communities, Kharwas



celebrate the opening of the seafaring season, after the passage of the Monsoon which falls on the full moon in the month of Sravan. Various offerings, including flowers, coconuts and incense sticks are offered to the deity of the sea. They worship Dariyalal as their sea deity, and follow Shakti through the worship of Ambaji, Bhadrakali, Bahuchara, Chamunda, Samudrī, Sikotarī and Hinglāj. Shravan Purnnima is celebrated with worship of Varuna, Shiva, Paranjay and Ratnākar, with Ganesha to remove any obstacles from their upcoming journeys into the sea.

The Muslim Miyana community has a significant population in the Porbandar district of Gujarat. They are considered to be among the Gurjar communities that converted to Islam.

Vaishnavs and Lohanas are among the main business communities of Porbandar. The city was one of the first in western India to start producing cement and still has a well-known cement plant.

Bhanji Lavji Gheewala is a firm by a Lohana trading family that has been operating for over 150 years. The legacy of providing best quality ghee continues with the present generation of the family. The quality is assured with the BR reading test and vegetable test followed by Agmark before it is sold to customers. They are into retail and wholesale business supplying all over India. The sale often exceeds 40-50kgs daily and the highest demand is observed on the day of the Janmashtami festival. Bhanji Lavji Gheewala was also awarded with Raj Ratna by His Highness Maharana Natwarsinhji, the last Jethwa ruler who signed the accession of Porbandar State to India after independence.

#### ABOUT THE CONTRIBUTOR

An alumnus of IIHM - Ahmedabad and University of West London, Dhvani Hindocha is a sugar artist and cake designer with firms like Meena's Cakes and Sugar Diorama.

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Instagram: [@foodstoriesbydhvani](https://www.instagram.com/foodstoriesbydhvani)

# A Food Forest Experience

Rajeev Kumar

**Bharatvarsh Nature farms** is a nature tourism destination close to Nagpur boasting of 100 acres of stunningly expansive greenery including organic farms. The resort combines serene rural environment with modern sustainability.



The inspiration for Bharatvarsh came directly from our promoter, Mr. Raojesh Avvachat. He was immediately captivated by the land itself: its natural beauty, the adjoining lake, the surrounding forest, and its proximity to a local village, all while remaining easily accessible from Nagpur. His vision was to transform this location into more than just a farm—he wanted to create a genuine Nature Tourism destination. The core idea was to offer visitors a profound "village experience": an escape from electronic distractions, a place to enjoy life surrounded by nature, and an opportunity to eat truly fresh, healthy food straight from the source.

**The unique features**

Our unique features are centered on providing an authentic, wholesome experience:

- We showcase the true blend of a pristine rural environment with modern, sustainable agricultural practices.
- Unique Spiritual Nook: The Rare

Tortoise Temple (dedicated to Kurma, the second incarnation of Lord Vishnu) in the midst of a dairy farm offers a unique space for quiet reflection and meditation.

- The Food Forest Experience: Visitors can take a Nature Trail through our extensive food forest



and medicinal garden, offering a hands-on learning experience.

- Wholesome Activities: We offer a unique mix of fun activities like traditional games and rain dance; nostalgic activities like Tonga/ Bullock Cart rides and feeding farm animals; alongside recreational games like beach volleyball and cycling.

- Farm-to-Table Dining: Our full-service vegetarian restaurant provides genuinely fresh and healthy meals, sourcing ingredients directly from the farm.

### The Challenges

While the learning process—from understanding organic agriculture,



integrating native plants and local animal husbandry, and to building a skilled local team—has been exciting, the primary challenge was financing the initial infrastructure. Developing a large-scale project in a remote location demands substantial capital. We successfully overcame this constraint by securing essential financial backing from our sister concern, Ram

Coolers, which allowed us to build the sustainable project you see today.

We began the project with our own capital, but as we grew, we actively sought out available assistance. We successfully secured support through several agricultural subsidy schemes offered by the Maharashtra state



government and the National Horticulture Board. This support has been crucial in developing our farm infrastructure.

**The culinary experience**

Our menu is built on a simple philosophy: traditional vegetarian cuisine with a commitment to freshness and regional authenticity. We meticulously selected the best local dishes, gave them subtle modern twists, and then worked backward. We started growing the key ingredients and vegetables directly on our farm to ensure a true farm-to-table experience. To maintain the original flavours and support the local community, we partnered with local villagers to prepare the dishes, training them on modern hygiene and presentation standards.

The buffet lunch is the main attraction at Bharatvarsh Nature farms. The main dishes served in the buffet are:

- Jhunka Bhakar with Baigan Bharta

- Masale Bhat with Curry

**Future aspirations**

Bharatvarsh nature farms currently offer an authentic farm stay experience in our three beautiful mud houses and a single villa. Looking ahead, we aim to

significantly expand our capacity to host at least 25 families. This expansion is designed to foster a vibrant, communal atmosphere, allowing multiple families and groups to live together and share a truly wholesome and immersive experience of authentic village life.



# Andalusia's Eco-retreat

## La Donaira team



Finca La Donaira offers a new order of luxury experience where nature reigns supreme. It is an eco-retreat, organic farm and equestrian centre with Lusitano horse breeding, as also an ecological and gastronomic project.

### Location

Our estate occupies 1500 acres at the top of the Serranía de Ronda, in Andalusia; a rolling

terrain ranging from rocky crags and old oaks to olive and almond groves, through green valleys dotted with plantations, organic orchards and a vineyard. We have sheep and goats, rare and endangered breeds of cattle such as the pajuna cow, chickens and bees, we breed Lusitanian horses, and we help ourselves with a team of German draught horses, mules

and donkeys to work the land.

### The Early Years

La Donaira was born from a profound reverence for nature, true sustainability, and the desire to cultivate a sanctuary where individuals could reconnect with the earth, animals, and humanity. Inspired by the breathtaking landscape of

Andalusia and a deep respect for traditional agricultural practices La Donaira embarked on a journey to create a haven that seamlessly harmonizes luxurious comforts with environmental consciousness. Like any ambitious undertaking,

we encountered challenges during our formative stages. Our initial trials included conceptualizing a new paradigm, implementing it, and establishing its presence in the region. Through unwavering perseverance, strategic

partnerships, and a steadfast commitment to our vision, we surmounted these obstacles, laying a robust foundation for La Donaira's enduring success.

### Culinary offerings

Our gastronomic offerings highlight the entirety of the creative chain from seed to plate, celebrating just the right balance between clean simplicity and skilful complexity of original flavours.

Our culinary team creates exquisite dishes using farm-fresh produce and locally sourced ingredients. From traditional Spanish delicacies to innovative creations, each meal at La Donaira is a culinary journey inspired by the richness of nature's bounty. Guests

La Donaira distinguishes itself among eco-friendly farm accommodations through its holistic approach to sustainability and luxury offering a unique fusion of discreetly luxurious accommodations, organic farming, and immersive experiences deeply rooted in nature and animals.

We prioritize sustainable practices across all facets of our operation, encompassing energy conservation, water management, biodiversity, food production and waste reduction.

From serene horseback rides along scenic trails to engaging organic farming workshops, our diverse range of activities fosters a profound connection to the land and its inhabitants. We also offer unique experiences like forest bathing, bee bed meditation, and an introduction into the world of natural wine.



can also participate in cooking classes and wine tastings, further enhancing their gastronomic experience. Wine lovers will get swept up in our passion for natural wines, experiencing a new and creative dinner pairing each night, featuring wines from our own bodega as well as some created by the biggest names in the natural wine movement.

**The cause**

At the core of our ethos lies the preservation of indigenous breeds such as the Pajuna cow and the Andalusian donkey, alongside a commitment to sustainable agriculture. Our dedication to breeding and training Lusitano horses reflects our reverence for natural horsemanship and these remarkable animals. Additionally, our organic farm and medicinal



garden yield a diverse array of fruits, vegetables, and herbs, contributing to local biodiversity, ecological sustainability and culinary excellence.

Looking ahead, we aspire to expand our sustainability initiatives, enhance guest experiences, and continue advocating for responsible tourism practices. Our vision encompasses the development of educational programs, eco-conscious infrastructure projects, and

collaborative partnerships with local communities to foster positive social impact.





# PUBLICATIONS

## KEY FEATURES

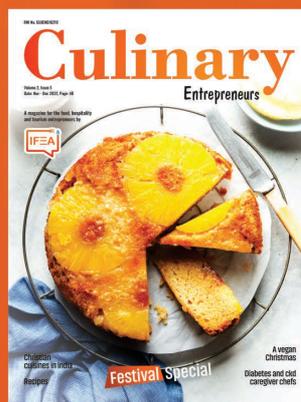
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