

Culinary

Entrepreneurs

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From Kochrab Ashram to
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movement.

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Editorial



Wishing all readers on India's Independence Day!

Over the last few years, Indian cuisine is winning over palates worldwide including the haute cuisine of the Michelin Star world. Once stereotyped as a cuisine with oily and spicy North Indian chicken curries, the diversity of Indian food is being presented to the world by young chefs who are exploring the untapped potential of India's regional and community-specific cuisines, from those of the north-east and the Himalayas to the dishes of the humid south. In this issue, we have covered chefs and restaurants that are now developing innovative recipes that produce Indian dishes made using modern techniques and presented aesthetically to appeal to the contemporary diner.

While modern takes on Indian classics are becoming popular globally and in India's metro cities, there is also a growing trend towards revival of traditional and even forgotten recipes. These recipes are now the focus of food and recipe bloggers, television shows and popup chefs.

As 8th August is celebrated as National Handloom Day, our tourism feature covers the connection between the handloom sector of Surendranagar district and the rural hospitality units.



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Rejuvenating Indian Gastronomy

Anil Mulchandani



“

A new breed of ingredient-focussed restaurants is promoting Indian cuisines and produce with a modern outlook to presentation, modern techniques and recipe development.

”

Avatara: Championing Indian Vegetarian Food



Chef Rahul Rana

Avatara is a Dubai restaurant helmed by Chef Rahul Rana which opened in early 2022, and within just a year, bagged a Michelin star. It is the first pure-vegetarian Indian restaurant that features on Dubai's list of Michelin-starred restaurants and is ranked among the top restaurants in Asia. The restaurant takes pride in serving 16 vegetarian dishes on the set menu taking their influences from different parts of India, making food that is free of onion and garlic, and making modern Indian dishes using vegetables that are not commonly part of mainstream restaurants.

"Based on the prospect of elevating the revered Indian cuisine & hospitality while bringing it onto the global culinary center stage, Bhupender Nath established Passion F&B which is known for its flagship brand, Tresind which is a pioneering modern Indian cuisine restaurant brand," says Rahul, "Avatara is part of this group".

Hailing from Rishikesh, Chef Rahul Rana has been raised at the foothills of the Himalayas. Since it was a tourist destination, he has grown up having an innate understanding of different cultures and cuisines. He grew up in a predominantly vegetarian community, which led to

his passion in exploring possibilities of building a vegetarian menu. His work earned him the Future Great Chef of the Year during the Gault & Millau UAE 2023 awards.

"While working as the pastry chef alongside visionary chef Himanshu Saini, the idea of Avatara was born - a pure vegetarian restaurant where we could transform unpopular vegetables into culinary delights, excluding even onions and garlic from dishes. Gourds, turnips, jackfruit, and other ingredients not usually found in restaurants, all form part of Avatara's menu. Avatara became the first and only

avatāra





all-vegetarian Michelin-starred restaurant globally, offering a 16-course dining experience," he says. Chef Rahul says diners are mesmerized by the use of bitter gourd in dishes like Ghee-Roast Karela." Known for its bitterness people tend to shun from it until they come to Avatara and they are surprised by how delicious it is! Seeing the guest's reaction as they savour dishes with such vegetables is delightful!", he enthuses. Chef Rahul says they encountered minimal challenges as they conducted thorough research,

identifying a market gap and devising strategies to address it. "Supported by esteemed colleagues like Chef Himanshu execution became more manageable. Locally sourced ingredients and reliable suppliers, initially familiar to us, facilitated the process, while our existing guest base provided a solid foundation", he explains, adding, "With Avatara's ethos of reincarnation, we aim to breathe new life into every preparation or presentation without altering the essence of the dish. This concept ignites creativity and excitement in every culinary creation".

"At Avatara, our future plans are focused on expanding our reach and promoting vegetarian dining





experiences on a global scale. While our recent opening in Mumbai is a significant achievement, we are eager to explore new markets and introduce our unique concept to diverse audiences worldwide. With our commitment to innovation and excellence, we aim to establish Avatara as a leading name in vegetarian cuisine internationally".



Promoting Culinary Tourism

Dubai Tourism's efforts in promoting the food industry, including Indian cuisine, are commendable. Their support extends beyond specific culinary genres, fostering an inclusive environment for all

players in the food industry. Initiatives like introducing Michelin to the UAE have propelled the industry forward, providing a platform for diverse cuisines to shine. Events such as the Dubai Food Festival expose guests and diners to a rich tapestry of global flavors available in the

city, showcasing options they may not have known on their own. By continuing to support and promote the food industry as a whole, authorities can ensure the continued growth and success of Dubai's culinary landscape on a global scale.

Chef Rahul Rana,

Gaa: Taking Indian Food Forward



Chef Garima

Gaa, helmed by Chef Garima Arora, secured its second Michelin star in 2023. This makes Chef Garima the first Indian woman and second Indian to receive this distinction for their restaurant. The restaurant is a reflection of Chef Garima's culinary style, redefining the perception of Indian gastronomy with a modern outlook.

Says Chef Garima, "In 2017, we launched Gaa with an idea of applying traditional Indian cooking techniques to local Thai ingredients, resulting in a distinctive dining

experience that highlights the modern relevance of Indian culinary techniques. While I was keen on Indian cuisine, I believed that using Indian methods with Thai produce or produce from any other geographical area really would create something new and unique. This experiment proved to be right. It was fascinating to observe how the same ingredients are utilized differently in these two cuisines." . She gives the example of the paan. "One of our initial dishes we ever did was an ode to the betel leaf or the paan ka patta, as we say. Of course, we always eat it sweet. They always eat it savory. So we started our meal

with a savory take on the betel leaf and then we finished it with a sweet kind of bookending", she says.

Gaa is a modern Indian fine dining restaurant located in a traditional Thai house. It has become known for blending traditional recipes with modern techniques, Indian flavours with Thai and other international influences in the dishes. Garima says, "I love the excitement of trying a new flavour for the first time. At Gaa, we enjoy surprising our guests with innovative combinations of ingredients, textures, and tastes. By incorporating traditional Indian techniques such as pickling, charcoal cooking, tadka, use of fats and negative food pairings, we bring a modern twist to classic recipes. . Crafting a memorable guest





experience requires hard work and sacrifices. It's all worth it when you love what you do, I guess."

One of her bold moves was 'The Tandoori Story' that incorporated durian as the primary ingredient, which was a bold choice considering its controversial reputation. "After numerous rounds of experimentation, we eventually



landed on the perfect recipe. By grilling the durian to impart a smoky flavor, it complemented the kadi and various condiments we served it with. The dish has been warmly received by our guests, and witnessing their reactions upon trying it for the first time is always Satisfying," she explains, "The most memorable aspect of this experience for me was transforming what



seemed like a challenging dish into a crowd favorite. It served as a valuable reminder that with creativity, perseverance, and a willingness to take risks, we can craft something truly extraordinary in the kitchen".

About promoting Indian food, she says, "at GAA, we are creating exceptional experiences for our guests, and delving deeper into regional ingredients and cooking methods. We have young chefs who started with me and are ready to start their own thing. Very soon I will give them the opportunity to run their own kitchen".

Promoting Indian Food Globally

"The most fascinating aspect for me is uncovering the culinary origins of various cuisines, which ultimately leads back to Indian cooking. I firmly believe that just as French cuisine influenced Europe, Indian cuisine

has made a significant impact on Asia. The profound connection between India and many East Asian countries is so apparent and waiting to be explored. Exploring Indian cuisine on a global scale allows us to delve into our rich history, unite with the continent, and highlight India's historical role as a former global hub and now, an emerging superpower. This cements the historical ties with the rest of the continent, motivating me to launch Food Forward India, an initiative to catalogue Indian food.

The initiative aims at mapping and documenting Indian food, finding elements of Indian food identity and creating a one-of-a-kind digital Indian food repository of sorts.

Government support is crucial and is the last piece of the puzzle in the effort to make Indian cuisines and ingredients globally known. Chefs are pushing boundaries and Indian diners are choosing homegrown food experiences over international offerings. The time has come when there is a need for a systemic push to document and promote Indian cuisines”.

Chef Garima Arora



forward-thinking and ingredient-forward restaurant serving inventive versions of classic dishes and the creative use of ingredients. Masque has ranked among Asia's 50 Best Restaurants awards for four consecutive years and is the first Indian restaurant on the list operated by a woman restaurateur.

Says Dugar, “When I debuted in this industry with my first offering, Sage and Saffron, I found a distinct lack of modern Indian dining options centered around Indian ingredients. I wanted to redefine eating out while still staying true to our local, rich, culinary diversity. Before the doors of Masque were even open to the public, I travelled around India for eighteen months, setting up a network of farms, to always have access to the finest ingredients that are at the core of Masque's tasting menus”

Masque: An Ingredient-focussed Restaurant

Founded by CEO Aditi Dugar with the kitchen helmed by head chef, Varun Totlani,

Masque is deservedly ranked among the best Indian restaurants in the world. It has become known as a



CEO Aditi Dugar

Masque opened as India's first tasting menu-only restaurant. "The cuisine being "modern Indian" and "ingredient driven" also took a while to be accepted and understood. But word got out," she explains, "The people who came for the experience would not stop talking about it and that's what worked for us. The word



Chef Varun Totlani

is officially out but the ethos remains the same"

The chef is known for creatively using seasonal ingredients. She explains, "everything is dictated by what's in season and not the other way around. Our seasonal menus use exclusively Indian ingredients,

sourced from local farms, producers, and foraging excursions. The team travels to various corners of India and immerses itself in the local culture, ingredients, techniques and tastes. Our head chef, Varun Totlani, takes inspiration and uses his technique and intuition to add the modern Masque twist. We are also often inspired by the chefs in the kitchen and what they grew up eating. In our new menu, we have "fara", a rice flour dumpling from Chhattisgarh that one of our chefs grew up eating. We serve it with a wine and butter sauce, with trout roe from Kashmir and chives for vegetarians"

One of Chef Varun Totlani's signature desserts is a nod to India's

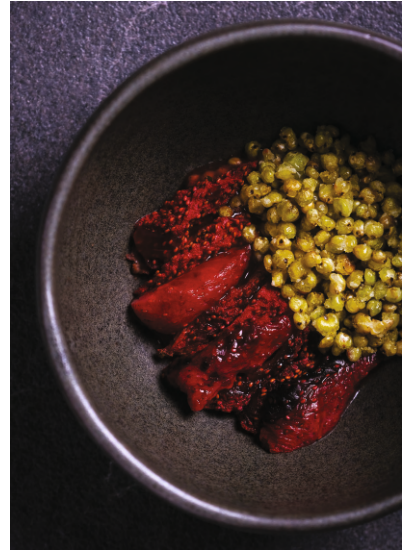




relatively recent bean-to-bar chocolate revolution. A version of it is always on the menu ever since Chef Varun took over as head chef. It is tweaked according to seasonal flavours. "This time around we have a citrus version with Gondhoraj lime ice cream, chikki, and chocolate fudge, garnished with grapefruit and



orange segments. The entire dish is served within the cacao shell itself – where they would otherwise have been discarded, they are instead dried and preserved for use", she states, adding, "Chef Varun is also an ace at grill and you will usually find a barbecue course in the menu. This time we have barbecue pork



with tamarind and amaranth for meat eaters and barbecue sweet potato for the vegetarians" She says that a global outpost of Masque is also still on the charts. "There's so much of India left to explore. I am particularly excited to discover the North East of our country. Stay tuned, " says Dugar.

Hyderabadi Zaiqa: A Flavour Of Hyderabad

Four Indian cuisine restaurants, Semma, Dhamaka, Temple Canteen and Hyderabadi Zaiqa made it to New York City's top 100 restaurants for 2024. Hyderabadi Zaiqa has an informal décor but the place settings of copper water glasses, metal

serving bowls with filigreed handles, silver-edged bone china, and showy cutlery prepare you for cuisines from the erstwhile princely state of Hyderabad.

Chef Mohammad Tarique Khan who helms the restaurant hails from

Rourkela in Odisha. Then why is he promoting the cuisines of Hyderabad, Andhra and Karnataka at his restaurant? "Though I spent my childhood in Odisha, since childhood I heard lots of things about the rich culinary heritage of Hyderabad from my mother and others, like the flavours of kacche gosht ki biryani, unique cooking techniques, and the blend of spices,



“he reminisces, “by God’s grace I was recruited by Park Hyatt Hyderabad where I got to learn much about the Nizam, the culture of the Nawabs, and details of slow cooking techniques. When I first came to New York to work for Sona under Chef Hari Nayak, he told me that chefs must never lose the authenticity of the cuisine close to them. He advised us to focus on past experiences and become unique from others. Seeing the lack of a place for Hyderabad-style biryani in New York, I was inspired to start Hyderabad Zaiqa”.

Khan and his partners say they faced a lot of challenges. “All three partners are chefs with no



Chef Jayesh Nayak

background of entrepreneurship, so everything from finding the location, convincing the landlord to give the place to chefs who had no track record of owning restaurants, taking permission from fire department, to finance, we had to overcome the challenges to start the restaurant”.

The restaurant has become known for its goat dum biryani. The chicken biryani is cooked with the leaves of gogura, a form of the roselle plant (Hibiscus sabdariffa) grown for its fragrant leaves that has culinary uses in India. The leaves lend a slightly sour flavor to the biryani. Chicken vepudu of Andhra and Apollo fish from Hyderabad also are part of the menu. They also have dishes from Chettinad and the seafood dishes of southern Karnataka and Kerala’s Malabar



Chef Mohammad Tarique Khan

region. “The menu is simple. If you go to Hyderabad you will see lots of street vendors in the old city. Our menu is inspired by the gamut from the dishes of the street vendors and small eateries of Hyderabad to the style of big hotels”, he explains, “diners praise the Chicken 65, Gobi Vepudu, Goat Mutton Sukha, Bhagara Baigaan, and the biryanis. Avakai veg dum biryani with Andhra-style mango pickles”.





CULINARY HERITAGE GETAWAYS

Anil Mulchandani



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Culture meets
cuisine at the
new wave
of experiential
properties.

”

Sawantwadi Palace Boutique Art Hotel: **Tastes of Royalty**

Sawantwadi was a princely state founded by the Maratha Bhonsle dynasty in the 1600s. The state flowered as the centre of art and crafts like ganjifa card make, lacquered woodwork, doll making, etc.

These crafts can be seen at the Sawantwadi Palace, built at the turn of the 18th century by Khem Sawant

III, overlooking the placid Moti Talav Lake. The palace estate encompasses several buildings in red laterite stone set in acres of ground which have coconut, jamun and mango groves. Today, it houses the family's private residence, the museum, the heritage hotel and ateliers for the artisans. The restored and renovated rooms of the hotel take inspiration from the vivid

colours, floral motifs, and mythological scenes depicted by the hand-painted ganjifa art, with Lord Vishnu's avatars being the most popular theme. The 'Taisaheb Wada' wing of the palace, which previously housed the five queens of Sawantwadi, houses the suites of the hotel named after the avatars, with the respective Vishnu reincarnation hand-painted by the artisans in the ganjifa-style.

The palace has now become a gastronomic destination offering regional and international food by





Shraddha Lakham Sawant Bhonsle

Lakham Khem and Shraddha Lakham Sawant Bhonsle. Explains Shraddha, “we are both trained chefs qualified from the Culinary Institute of America, New York. We both wanted to offer exceptional experiences to our guests and being from a Hospitality background, we



Khem Lakham

understand this well. It has been a time-consuming, but extremely satisfying and rewarding project to restore the property”. She says Lakham, a CIA-trained pastry chef, bakes everything in house, from breads, croissants and cakes to desserts. “I am a trained Culinary Arts Chef and a Certified Sommelier,

who has worked at Michelin Star restaurant Oceana in New York City, and I have designed the tasting menus”, she explains.

Located in Sindhudurg district about an hour from Malvan, Sawantwadi is known for its Malvani seafood dishes, ghavane which is a rice-dough bread similar to the ones you get in nearby Karnataka, amboli, sol kadhi, kismoor and other Konkani dishes, as also other dishes of Maharashtra like usal and amti. “Having worked in a Michelin-star restaurant and a Southern American





and a Korean-infused restaurant in Charleston, I was also lucky to work with Late chef Floyd Cardoz at the Bombay Bread Bar in New York. Thus, while for lunch I mainly have the regional dishes, for dinner I use my expertise in Japanese and Korean Cuisine for the tasting menus". Thus, breakfast could include a range from a Sawantwadi-special take on eggs benedict, fluffy pancakes and croissant to misal



thali and thalipeeth. For lunch, guests can choose from the Mutton, Fish, Chicken or Vegetarian Thali featuring specialities of the region. For dinner, there is a Ramen Dinner or a five-course South-East Asian Tasting menu. Maratha royal recipes like Sunti Gola and Kesari Maas are also part of our culinary repertoire. She states, "I am the heart of the kitchen cooking the savoury dishes, hand-rolling the noodles, and



simmering the broth. My husband is the soul, making desserts like coconut shell made of chocolate, filled with coconut cream, pineapple sorbet and coconut jelly, served on top of cashew, a tart raspberry torte, A rich hazelnut mousse, a chocolate caramel gateau with homemade Kerala vanilla bean ice-cream and mixed berry jam, and so forth".



Sienna Store And Café: Bengali Bazaar-to-table Food



Chef Avinandan and koyel

Founded by Shanta Ghosh, Sienna began as a store for artisans exploring her own hobby for pottery and ceramics, with an added-on café, with her daughter Shuli and later with Shuli's husband Rewant taking on the role of business head and then Chef Auroni Mookerjee heading the kitchen.

Shuli says she was inspired by the culture of Kolkata and her art-loving family to develop a business in arts, crafts and design. "After graduating

from Columbia University in New York, I returned to Bengal. Our creative nerve centre is in Shantiniketan, where since 1993 talented artisans from the surrounding Daronda village mould earthenware. We have since then added a textile printing studio to this space where our

team works with batik, tie-dye, block printing techniques on handloom textiles sourced directly & designed with weavers from all over Bengal," she explains, "I connected deeply with the cause and through this my inherent passion for design found a channel as well. Together we decided to open a space in Calcutta that would showcase the beautiful works of these artisans and a small cafe with dishes made with a handful of my mother's recipes".

Shuli says the cafe was an afterthought, made to showcase

their ceramics by serving simple clean food to the customers walking into the store. "We started with a handful of my mother's recipes (she is the most wonderful cook) made with local ingredients, at our home a few blocks away. We were pleasantly surprised by the response and decided to build a kitchen team," she says, "Since Chefs Koyel & Avinandan have come on board, and we have built a beautiful team, we have been able to focus on representing the diverse food of Bengal, by sourcing seasonal ingredients from local markets or bajeas. There is a true synergy between the store and the cafe - both bringing Bengal back into the conversation".

Chefs Koyel and Avinandan says the market-to-table ensures that they always work with seasonal produce on the menu. "Ethical sourcing might





Shuli Ghosh

feel like a term that requires a lot of work but if we look at it, the earlier generation could not think of not going to the baajar (market) for a fresh produce,” he says. He recalls how people longed in summers for mangoes and the monsoon for Ilish maach from the bajaars. “We enjoy talking about the politics of food beyond just the food we eat. We always eaten so well, so in touch with seasons and that solely came from our local bajaars. And all our sourcing happens day-to-day from



Shanta Ghosh

these markets. That was the first step in us adopting the bazaar to table idea. And whatever we do on the bazaar to table menu, we put a little bit of the bazaar on the plate, whether it’s kolmi shaak in the ramen bowl made with mangsho, or our khichudi with batas made with peels of vegetables”

He says, “Pretty much all our sourcing happens from the local bazaar where we have this luxury of diversity that is so different from the



homogenisation that is happening across the country in its markets. Bengal somehow still remains insulated from a lot of it. The phool-er-tempura bowl we make uses bok phool, kochhur loti is used in some of our dishes and the dheki shaak is common in most of our salads or even as fixings for our bowls. These are seasonal, and food of the common people in smaller pockets of Bengal”.

Adds Chef Koyel, “I see such cafes and restaurants as part of the preservation of our heritage. We



might be known for our koshas and jhols, but we have a lot more to offer than that. Our batas, koftas, paturis and bhajas go well beyond gentrified cooking methods and do not believe in mass production. Food and sourcing at Sienna has always been kept this way. We have worked with other like-minded people in the industry, like Amar-khamar and Kopaipaar, we even use the bonolokkhi ghee for our preparations which is from a small-scale establishment named Bonolokkhi who work out of Shantiniketan. We believe in a collaborative environment where growth and acceptance comes from

making space and not by ensuring a hegemonic approach to knowledge and practices". She says their wildly popular plates have been the Golabhaat bowl, the Bhetki ala Kiev, the Muro-to-Lyaja Ilish Thala and the Makha Sondesh. "What all these dishes have in common is that they are relatable and a lot of people from the region would be able to feel a sense of connection to these plates of food," she says.

Shuli says she was excited to take the Bengal to Table tasting menu outside of Kolkata in association with The Soul Company - first to Mumbai at Mag Street Kitchen, and

then at The Lodhi in Delhi, and then at the conservatory in Bengaluru where they were sold out in 48 hours. "We always feel the most proud of representing Bengal and its bountiful produce with our shared love for the region", Koel states, "What is the most rewarding for us is to be able to make people happy through our food, everyday and we hope we can continue to do so while also representing the diversity of the region".

Rewant says, "In the long term, we hope we can keep growing so we can keep contributing to the story of Bengal through food".

Pairing Indian Food with Wine

Sula Vineyards is a pioneer in making wine tourism possible in Nashik – the Tasting Room which was a first-of-its-kind in India was launched in 2005, the iconic Sula Fest was started in 2008, and the first in the country vineyard resort opened in 2008. You can join a guided group tour or go for a private experience at Sula's vineyards at Nashik or Bengaluru. You can also stay at The Source.

Says Chef Shrikant Sanglodkar, "the director's brief to chefs is that there

is more to wine pairings than cheese and crackers. Those visiting Sula Vineyards can enjoy a delicious Indian meal at Rāsā, Italian food at Bodega or mouth-watering finger food at the Tasting Room while enjoying our famous wines" He says that if you thought you could not pair Indian food with wines you should think again. "You must try the food of Maharashtra and neighbouring states at Rasa and The Tasting Room. You can try the wines with bhajiyas, koliwada prawns or even

Khandeshi mutton. Sula's Rasa Zinfandel pairs well with rich Indian food".

The vineyard team recommends pairings like Sula Late Harvest Chenin Blanc as a dessert wine that even pair with gulab jamun, The Source Cabernet Sauvignon with kadhai paneer, a chilled Sula Shiraz Cabernet with chicken tikka and rajma chawal, and so forth.

Chef Shrikant says that many chefs are embracing and experimenting with local and regional ingredients



and the cuisines. “Though there are many regional foods that emphasizes more on spices, we have our own version of making the dishes more subtle and palatable for all kinds of palates and we do progressive versions of many dishes. We have our own inspirations to pair along with some parallel flavours. Today’s world is all about experimenting so we do some contrast elements in tastes and textures. When it comes to food and wine pairings, food neutralises the

palate, complementary textures and flavors enliven each bite and sip for a diner. We consider all the factors and we design the menu here. Even the cuisines are designed with the same fundamental principles”.

The chef says they are very careful and deliberate in R & D and experimenting before they put anything on the plate or recommend any pairings. “To our surprise, we haven’t left one single wine from Sula in our pairings. We have

infused our wines in the preparation of the food and paired them with the food. Nashik and the Khandesh region has excellent quality of goats because of the quality of feed available in this fertile region. We have paired the mutton stews with red wines. Red wines with their zesty character and notes of spices go really well with Indian Food. A case in point is Sula Zinfadel, a beautiful wine with luscious fruit-forward flavours and a zest of spiciness that can be paired with





beautiful wine with luscious fruit-forward flavours and a zest of spiciness that can be paired with Indian Food. The flavour notes are peppery and robust which really compliments and goes well with meats. So as such I haven't come across any such failed experiment where Indian food has not paired well with wines. Whatever experiments we had done are very much appreciated and today's world is more open about the ideas and strongly believes in the instincts of the chefs. and they do trust and they also consider our expertise also come they consider all the facts and the best results we put across on the platter", he explains.

The chef says guests, specially the repeat clients, want to try local cuisine. "Here, in Sula, we believe in Sustainability and we do emphasize more on local staff and it makes my life easier as the chefs are from

rural backgrounds and are trained locally and not from institutes. You can broadly say that whatever food we serve is soul food. We encourage chefs to showcase what they have learnt from their grandmothers and we then do our R&D, modernize it and give our contemporary take on it, then pair lot of ingredients with it", he states, Sula's Harvest festival and Monsoon Festival offers their chefs a chance to show their expertise and innovation. "Just to break the prototype of cheese and cracker, we had small miniature kachoris with rosemary and blue cheese-infused masala. So it looks Indian but when you take a bite it will give a flavour burst full of blue cheese filled with Philadelphia cheese and the crunch of crackers, it blends very well with our reds and roses", he explains. Nashik is known for its Khandeshi Masala, and the chefs at Rasa use this to make Khandeshi mutton or free-range chicken. He says they have also created their takes on Indian sweets. "Puranpoli Baklava and our version of Amarakhand are versions of Maharashtrian sweets. We even did a late harvest wine infused rasogulla!", he enthuses, "We have from our last harvest desert wine we call our Indian Marsala. Our latest portfolio has Moscato 2023, it is fizzy, bubbly and perfect for young enthusiasts. It also turns out to be

favourite for ladies. It is sweet and Lychee flavour. It is a 100% Moscato".

Sula gets many visitors, and being accessible from cities like Mumbai and Pune there is a flow of weekenders and holidaying people coming to Nashik. "We have 67 rooms at The Source At Sula, India's first heritage winery resort, and lake-view rooms and villa at Beyond in the hills of Gangapur. There are many activities that guests can enjoy here like sports, vineyard tours, wine tasting, sightseeing," chef explains, "Sustainability is a key pillar of Sula's success, and we grow many of the vegetables and spices in the vineyards and property gardens itself with a focus on organic produce. Guests enjoy a sustainable breakfast as we mainly offer a Continental Plan, much of the spread is vegetarian and there are many local options besides the classic breakfast items. There are restaurants for day visitors and for those staying at the resorts. They can dine at Rasa for authentic Italian and Indian dishes, including regional specialties of Khandesh and other Maharashtrian regions, highlighting our own produce, and La Bodega is the all-day diner that serves continental food".

Earthitects: Presenting Wayanad's Produce

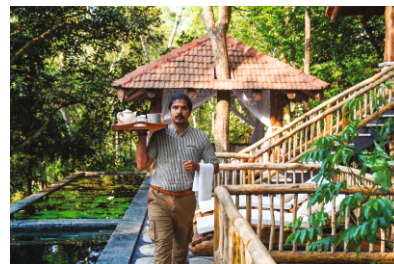


gradually fading away. The prevalent use of contemporary bricks or concrete blocks, which are easier and quicker to work with, has contributed to this decline. To overcome this challenge, we actively engage with local masons who still possess these specialised skills and are committed to preserving them. By forming a team of passionate masons who share our vision, we strive to revive and sustain these traditional techniques”.

He says the Majestic Rock Bedroom is one of the standout features of the property as it seamlessly incorporates a majestic ancient rock

Stone Lodges are 13 private residences spread across a 13-acre forested hillside in Wayanad. Situated on secluded estates that are almost an acre in size, each 7000 square foot residence intertwines harmoniously with the mountain in three distinct levels and blends seamlessly into the natural landscape. George E. Ramapuram, Principal Architect and Managing Director at Earthitects, says, “Wayanad presented us with several challenges, but at Earthitects, we see challenges as opportunities for creativity, innovation, and growth. Wayanad's Mountain Bungalow-style architecture significantly influenced our project, leading us to choose

stone as the primary material. However, we faced the challenge of diminishing local skill sets required for working with natural materials. Stone masonry demands intricate craftsmanship to ensure precise matching of stones, a skill set that is





formation found on-site.

"Throughout our property, we prioritise using natural materials such as wood and stone to enhance the connection with the environment. Organic wood exudes warmth, while rugged stone adds charm and character to the space. These materials enhance the aesthetics and offer a tactile experience, allowing guests to connect with the Earth's natural beauty on a sensory level", he explains.

"Our culinary offerings at Earthitects are crafted by our local culinary artists to delight the senses and

celebrate the region's rich flavours and traditions," he states, "Sadhya is a sumptuous spread of vegetarian dishes served on a banana leaf featuring rice, sambar, avial, thoran, pachadi, pickle, and more. Each dish is meticulously prepared using fresh, locally sourced ingredients and seasoned with aromatic spices that entice the taste buds. Our rendition of Sadhya stays true to its authentic roots while incorporating

our unique twist. Guests can indulge in the vibrant flavours and textures of this iconic dish, experiencing a true taste of Kerala's culinary tradition".



A Pani Puri

Tech Revolution For Caterers

Jayesh Patel, Managing Partner, A Innovative Food Products LLP, talks about their Share Eat line of Pani Puri products and solutions for the food service sector.



Convenience, quality and consistency: The Hallmarks of Shareat's Pani Puri line.

Forget the days when caterers had to keep people at Pani Puri live counters. The staff would be struggling to crack uniform-size holes on the fried puri, stuffing it with fillings, and then dunking each one in the tangy lines before plating. Long lines of impatient guests waited for their turn to get a small plate with Pani puris.

All this is set to change, with our Automatic Pani Puri Machine. These

machines ensure a zero-contact process that is fast, efficient and consistent.

A Pani Puri machine is guaranteed to draw lots of attention and give customer satisfaction as guests love hygienic takes on Indian street food. Shareat's solutions for caterers, restaurants, malls and food courts make the street-food experience hygienic and smart for customers.

Shareat Pani Puri Cart: A smart solution for caterers

We are now taking complete orders for weddings, parties, corporate

events and catered functions, with Pani Puri carts that cover the entire process from frying to filling.

The guests get to see the live puri frying in front of them before it is filled.

The cart comes with an automatic water dispenser with chilled water. 2 flavors can be served in a function out of 15+ available options.

The 22-nozzle water dispenser machine which can serve 15-20 persons in one frame, reducing considerably the waiting time of each guest.

Enjoy the world's first rotational conveyor system designed to serve up to 22 people in style.

Sub-contract the panipuri counter to us, and we ensure a memorable addition to the occasion.

While Pani Puri, Puchka, Pakodi or Gol Gappa is India's most popular street snack, does it go with a luxury event?

For special occasions, we are serving richly decorated panipuri that give the look for luxury and lifestyle to the event right from the Pani Puri counter. It can be silver-coated or gold-coated. Think of a silver jubilee function with silver-coated puris at the first counter. It gives the luxury look from the first experience of guests at such a function.



Branding and publicity benefits for events and food service industry players that sub-contract the Pani Puri Cart to us

Looking further at branding and publicity requirements, the entire set up in the cart has a fixed television screen that can play the advertisements of the caterer, event manager or the hosting company. For a wedding or family function, this screen can show the host's videos.

Imagine being able to screen the pre-wedding video of the couple at a wedding reception or a show of pictures showing precious memories right above the cart where the guests can watch while enjoying their plate of Pani puri!

Why pani puri?

We were very fond of Pani Puri, Fooncha or Gol Gappa and would consume this street food regularly. One day, the whole family was infected with food poisoning and our

son was infected with Hepatitis. It was a tough time for the family. That day we realized that hygiene in India is a challenge and so Indian street food needs a revolution. We decided to give the panipuri a modern avatar. Thus, A Innovative Food Products LLP is manufacturing India's favourite street food, pani puri in the most hygienic way possible. We have created a niche new category of ready-to-fry puris with masalas to make the pani. We make crores of puris and pani puri kits every day. We are inching towards increasing our production to fulfil the ever-increasing demand of hygienic and whole-wheat pani puri. We still have a long way to go to meet the potential market demand.

The Automatic Machines

The automatic machine is working well and becoming popular. The machine comes with nozzles and

dispensers. The anytime pani puri vending machines are good for malls and other places with high footfall.

The Shareat Panipuri Machine is a revolutionary piece of equipment, incorporating India's first patented technology for live Panipuri frying. It also includes a water dispensing machine, making it a comprehensive solution for Panipuri experience.

With the Shareat Panipuri Machine, customers can witness the magic of Panipuri instilling confidence in the hygiene and quality of the food.

Vendors can focus on refilling machine and managing their business while the machine efficiently serves Panipuri for customer.

You can say goodbye to concerns about street food hygiene; the Shareat Panipuri Machine is



designed to maintain impeccable cleanliness standards.

A Shareat Panipuri Machine simplifies the Panipuri-making process, ensuring consistent quality and speed. It offers an overview of the Panipuri making process, step-by-step operation, and a high level of efficiency.

The Pani Puri Kit

We are supplying the kits B2B to the food and hospitality industry. The kits have become a convenient solution for buffets and QSR outlets. Our sophisticated laboratories check the products for taste, texture, size, color, expansion, oil absorption, moisture content, ash content, micro biological analysis and other

parameters before they are dispatched.

Pani Puri Franchisee Business

Opportunity

A Shareat Panipuri Kiosk can help you start a Panipuri business or expand an existing street food venture. Explore opportunities like selling ready-to-eat Panipuri in retail, catering bulk orders, and catering parties.

The Shareat Panipuri Machine guarantees that every Panipuri served is of the same high quality, ensuring customer satisfaction and loyalty.

By reducing manual handling and



ensuring automated hygiene protocols, this machine sets new standards for street food safety.

Automation eliminates the need for extensive manual labor and minimizes the chances of human error, leading to higher productivity and fewer product inconsistencies.

Shareat offers a range of options, with franchise costs starting from 4.5 lakhs to 12 lakhs, which includes not only the machine but also first fill of raw materials.

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REGIONAL FOOD GURUS



Recipe blogs, shows and popups can help the survival and popularity of traditional cuisines.



Tanisha Phanbuh:

Meghalaya's Popup Chef

Tanisha Phanbuh aims to showcase the diversity of India's north-eastern region to the rest of the world by transforming the native foods of her home state into gourmet delights through Tribal Gourmet. She studied in NIFT, attended bakery courses, handled social media marketing and guest relations. Handling guest relations at Ek Bar, New Delhi marked the beginning of her career in food. She was a finalist in Asia's first women-only food truck cooking competition, Femme Foodies in 2017 where she earned the "Tribal Gourmet" tag by Chef Ranveer Brar. She also participated in Master Chef 6. She has showcased modern Meghalaya and other cuisines at popups and food festivals organised at Olive, Whisky Samba, Cocktails and Dreams Speakeasy, The Park Hotel, The Pullman Hotel and The Meghalayan Age. Her enterprise, Tribal Gourmet, offers traditional food amalgamated with modern techniques and ingredients.

What inspired you to start Tribal Gourmet?

I moved to Delhi in 2015 to work in the food and beverage industry. Being in a front of house job I interacted with people a lot and realised no one seemed to really know anything about Meghalaya or the Northeast. It was during my first TV show - Femme Foodies - that I took up the vision of speaking, representing and educating pan-India about our food and culture. I used this show as a platform to show and tell. After this I came back with a personal goal of making it my mission to spread the word about our diverse and culturally rich Northeast of India.

What are the challenges you face in promoting tribal cooking?

It takes a lot of talking and explaining to coax people to try out a cuisine unknown to them. For some, it is the pre-conceived notions about the Northeast that limit them from trying it out and for others the region is just so undiscovered and unknown that it is a challenge to get people to try it out," she explains," another challenge is also procuring the local ingredients that are integral to build the authenticity in flavours.



A few ingredients are available, most of them I get parcelled from home and some are available in markets here in the National Capital Region. Some don't survive the journey.

How do you get the word out about your venture?

Three cooking reality TV shows -



Femme Foodies (an all female food truck show that aired on Living Foodz channel), Masterchef India season 6 and Hills On A Plate now airing on Jio Cinema, brought me and my food to the limelight as did numerous newspaper and magazine articles that helped visibility.

What are the special features of the cuisines you promote?

Speaking of the three major tribes of Meghalaya, in Khasi cooking there is a lot of turmeric, black sesame and perilla seeds used. In Jiantia cooking too there are these ingredients but with an additional heavy use of dried fish. In Garo cooking there are lots of wild greens and lots of meat paired with simple ingredients like ginger, green chillies, dry fish or Khalchi (a banana



ash alkali).

Assam is a very fertile region so there are lots of ingredients to play with. They grow everything from rice to tea and use all meats and lots of greens (saags). The food of Nagaland is punchy and strong. They use axonne (fermented bean paste) anishi (dried taro leaves) and a plethora of herbs and greens and of course tonnes of chillies.

How do you plan the menus for popups and catered functions?

Since it is a collaborative set up I plan my menus according to the host venue and their target audiences. Sometimes I do a fully traditional, authentic spread of items from Meghalaya's tribes, the Khasi, Jaintia and Garo, and most other times I do set course-wise menus

that are my creative and modern takes on the local classics. For catered events, I curate my menu drawing inspiration from the core of the occasion and then create dishes to hero it. Generally speaking, I build my dishes on the base of a local classic then put my own twist to it by changing the form and structure but still maintaining the original flavours. Most of my ideas stem from food that we eat at home, childhood nostalgia and folktales.

what kind of R & D goes into creating modern takes on traditional dishes?

There are a number of native dishes that I have adapted according to the function, occasion or venue. I make a fish ceviche with a tangy sauce and crunchy veggies that is based on the tomato based fish curry, similar to an Assamese Masor Tenga. There is a corn dish based on a steamed corn

and rice cake which is a humble tea snack. My version is a corn cake on corn puree with a salsa and chilli oil. Another dish is a popular local favourite, Jadoh (rice item cooked with meat) done in a risotto style with accompaniments like fermented bean paste and a tea pickled egg.

What should be done to promote regional and community-specific cuisines?

I think a combined collective effort of more pop-ups, events, media coverages, shows, seminars, events at establishments or institutions can help spread the word. In this day and age, social media platforms are the strongest tool for promotions and to be visible for practitioners of regional cuisines.

What are the most important

milestones in your culinary career?

My exhilarating experiences on the television shows from cooking for the first time in the competitions to watching them on screen for the first time tops my list of best moments. I also get very excited to play with my ideas when specially curated events come up like when I am catering for Meghalayan Age's events here in Delhi - for example, at an event showcasing our local Meghalayan designers and weavers I created a menu that uses the edible dye's in colouring textiles in the food like turmeric and rosella.

What are your plans for the future?

Many more pop-ups! I definitely want to take my pop ups across the country and hopefully the world someday. More collaborative menus and you never know, maybe a dedicated space to the cuisine!



Nithya Ravi:

Promoting Tamil And Other Indian Vegetarian Food

Nithya Ravi's blog, Nithya's Kitchen, presents Indian vegetarian food encompassing a variety of dishes that are made without onion and garlic.



What inspired you to start Nithya's Kitchen, a vegetarian food blog?

My inspiration to start a food blog was at the instance of my daughter. My inspirations are my grandmothers, mother and mother-in-law.

What kind of challenges did you have to overcome?

Initially I did face challenges in setting up the blog because back then in 2013 I wasn't aware of many technical aspects like posting, recipe indices and other related things. I overcame these issues as my daughter took full charge in setting up the website.

I shoot the photographs using the Sony Alpha which was gifted to me by my husband as soon as I started my blog. It has helped me capture awesome pictures.

The key cuisines you feature on the website?



The main cuisine in blog is Indian pertaining to all the regions of the Indian Subcontinent, though I feature some International recipes as well. My Instagram posts are mainly South Indian as we cook that daily at home and I post it almost daily.

My micro-cuisine will be many heirloom recipes which you won't find in restaurants or anywhere, including Tamil Brahmin recipes as well.

The special aspects of Tamil Brahmin recipes are, most of them are devoid of onion and garlic. Usage of spices and oil along with vegetables make it palatable and wholesome.

Your top recipes?

My special recipes are Arai Puli Vatha Kuzhambu, Pitlai, Mor Kuzhambu, Vatha Kuzhambu in lunch recipes and Mor Kali, Adai, Vazhai Poo Vadai, Pidi Kozhakattai in tiffin



varieties to name a few. All these are different because of the method, inclusion of spices and the way it is made.

Which are the milestones in your blogging journey?

I felt excited to get featured in the newspapers and magazines initially in my blogging journey. I also had a chance to write my first ebook on Amazon Kindle.

What are your future plans?

My future plans are to post more reels on Instagram, more videos on YouTube, to write a virtual book and to achieve something extraordinary in cooking. Let's see what the future enfold.





Jeyashri Suresh:

Promoting Tamil Brahmin Recipes

Jeyashri grew up in the temple town of Madurai where she received her Master's Degree in Bank Management. After a stint with an international bank, she left corporate work after the birth of her first child 21 years ago. The mother of two started **Jeyashris Kitchen in 2009** and since then has shared many Indian vegetarian recipes specially those of the Tamil Brahmin community.

What inspired you to start recipe blogging?

Cooking is my passion. I have grown up seeing my grandmother and mother preparing so many delicacies at home. Though I help them out a lot in the kitchen, I was never allowed to cook before marriage. Slowly, my grandmother asked me to cook and I randomly cooked the recipes, which I loved the most. Then with the appreciation

of everyone around, I gained some confidence. After leaving my job I moved to Singapore in 2008. In 2009, I started my own food blog, the main idea is to document the recipes I learnt from my home and my favorite recipes.

How did you learn the traditional recipes?

I learned the traditional boondi ladoo recipe from my mother's sister, the art of making Vathakuzhambu (traditional tamarind based gravy) from my mother, South Indian mixtures from my grandmother, Thenkuzhal murukku from my mother-in-law, Paal payasam and mango ice cream from my athai,(aunt), I literally mastered the art of making these by trying each one so many times till I arrived at a perfect recipe.

The only drawback in learning from elders is they won't give exact measurements. I still wonder how they cooked everything with eyeball measurement, that too precisely even for a big gathering. If I have to post in my website, I need to give perfect measurements. So it took many attempts to understand the recipe and the texture of



ingredients to arrive at the right one. All these learnings happened over phonecall only. I didn't have any hands on experience of making these before.

What are the key aspects of Tamil Brahmin cuisine?

The main highlight of the Tamil Brahmin cuisine is most the dishes are without onion and garlic. Since the dishes are not overpowered by onion and garlic, the real taste of the ingredients and dish shines. Most of the recipes are vegan. Using a combination of recipes one can make balanced meal. Some of the items

frequently made in the Tamil Brahmin home would be filter coffee, paruppu usili, curd rice, vathakuzhambu, araichuvitta and sambar

Which are the most exciting milestones in your journey as a recipe blogger?

The Millet cookbook I published for the popular Vikatan Publications in Tamilnadu, which eventually become a best seller and my cooking demos across the globe.

How can forgotten recipes

be revived?

We should take responsibility to promote the lesser known recipes, we can make Instagram| facebook reels which are most popular among youngsters. That is the best way to take them to the next generation.

Future plans

I have plans to make videos to add to all the recipes on my website starting with the traditional recipes. When I started blogging the YouTube platform was not an option, so many recipes were published without video.



Food

From a Lost

MOTHERLAND



The partition of India caused large-scale loss of life and an unprecedented mass-migration across the newly created borders. For the Hindus of Sindh, it meant the complete loss of the state they called their own. Food remains one of the memories that bind the Sindhis spread across continents.





Alka Keswani, Sindhi Food Blogger

would ladle it on the fresh Laadi pav chunks, topped with mint coriander chutney, crunchy onion slices and some sev that was enjoyed while watching a Bollywood movie on Doordarshan on Sunday evenings.

I always accompanied my

father, Late Nandlal Chhabria whenever he went to the vegetable market or the local grocery stores, every Sunday. The memories of him grinding Thaadal (Thandai) mix on Mahashivratri using the traditional boat shaped Mortar pestle, sieving the mix through Mulmul cloth and thereby making sweet Thaadal still fill my heart with nostalgia.

Similarly post marriage when my father-in-law Gul Keswani would light the charcoal Sigdi and my mother-in-law Deepa Keswani would let Tidal Dal (Three lentils mix) cook for hours, flavouring it with annardana and a tempering of garlic, it would be a sight to see the whole family relishing the slow cooked dal with roti, assorted pakore, Tawa fried brinjal etc.

I did my graduation in Microbiology. Somewhere between working with petri dishes in the Microbiology lab of my college to plating dishes cooked in my kitchen, I got intrigued with the culinary history of Sindhi food. My blog Sindhirasoi.com is a chronicle of my childhood memories related to Sindhi food, food culture and traditions and my (late) mom's recipes. It is an honest attempt to bring Sindhi cuisine on the global food radar, to log the lost recipes and to connect the Sindhi diaspora through traditional and home style Sindhi recipes.

My husband, Deepak Keswani, a technical Architect is the force behind the blog. I learnt everything about photography, computers, blogging, the Sindhi script etc from him. Our son, yet another computer genius in the family, is pursuing a degree in Computer Science. With my husband, I developed an interest in using the PC at home with internet (Modem) in the year 1999. My husband worked on a personal project, compiling details of Sindhis from Ulhasnagar, highlighting the culture and business acumen of the community settled in Ulhasnagar, a Sindhi dominated area near Mumbai. He asked me to type some Sindhi Recipes for his project.

Growing up in Ulhasnagar, I was fortunate enough to witness Sindhi culture, food, rituals, festivals and traditions and imbibe those in my day to day life. My parents gave me and my sisters both; the wings and roots.

Of all the wonderful memories from my childhood, the Sunday special meals cooked by my dear mother and relished by the family top the charts. Be it Kadhi Chaanvar or Dal Pakwan for a Sunday Brunch, or most aromatic and flavorful Bhugal Teevan (Mutton Curry), the Seyal Dhambhro, Keema Kofte, my mother always made our Sundays special with her signature dishes. I distinctly remember how she would make some extra mutton curry and

When he posted his work online, many young Sindhis settled abroad would write to us as to how the recipes of Sindhi food help them to recreate their dadi, nani and mother's magic in their kitchen without spending a fortune on ISD calls to get the recipes from their respective families residing in India. Their messages would warm the cockles of our heart.

A few years later, NRI ladies from different communities settled abroad used to blog about their regional food and I would contribute recipes from Sindhi cuisine for their Blogs. In those days there was no dedicated Sindhi recipe blog/Sindhi cookbook available online. The response from Non Sindhis on such recipes was overwhelming but the absence of Sindhi cuisine on the global food radar was agonising.

In 2007, hubby was working on some projects involving Word Press and that's when he came up with an idea to create a dedicated blog for Sindhi food. We finally created one in January 2008 and named it SindhiRasoi.com . Every Sunday, I would cook a dish from Sindhi cuisine and he would click a picture using a basic point and shoot camera, transfer it to his PC, edit,

type the recipe in the html format and publish it on my blog.

Eventually ,I learnt all the basics and started managing the blog on my own. The process was slow and the progress was slower. But the love and accolades kept pouring in from across the world.

Most of the recipes shared on the blog in the early years were courtesy my mother. I had this urge to learn everything she knows about cooking, particularly the Sindhi food. I would jot down all her recipes, cook the same in my kitchen, make rough notes, and convert her "pinch of this, handful of that" instructions into precise metric cooking measurements of the ingredients as per the blogging norms.

The readers of the blog would often request forgotten recipes (Like Doli Ji Roti, Khumbyun etc), some of which were unknown to me and that's when Hubby's grandmother, Late Smt Gauri Keswani would come to my rescue. Her authentic Sindhi recipes were highly appreciated by the followers of the blog.

When I first shared Sindhi Lolo recipe in the year 2008, the hike in the subscribers of the blog amazed me. No one has shared the recipe of

the traditional Sindhi Lolo anywhere online prior to that. Recipes of Kadhi, Koki and Saibhaji gained so much love from NRI Sindhis who craved for these Sindhi staples but they neither found these in any restaurants around nor cooked those in their kitchens due to lack of proper recipe instructions from the parents/family. Sindhi boys in particular , had minimal experience of cooking meals so they needed precise measurements, straightforward instructions and 'English' names of many Ingredients used in Sindhi cuisine. They would leave comments on the blog about how grateful, how happy , how content they felt after cooking the basic Sindhi dishes in their Kitchens abroad thanks to SindhiRasoi.com Recipes of Suhanjhro (Drumstick flowers), Pragri (Holi Special sweet), Gathri (Kadukash/Bheendi Pickle), Pani waari Khatain (Onions/Turnips in Kanji water) shared on the blog SindhiRasoi paved the way for Sindhi cuisine into the world of amazing regional recipes featured in many publications and finally the folks in the food industry figured out the cuisine beyond Kadhi and Saibhaji, Koki and Dal pakwan.

I had heard of Khumbyun, mushrooms relished by Sindhis of

the yore but never found those in markets in and around Mumbai. A reader of the blog, now a good friend, Hitesh Rajai, sent the fresh Khumbyun all the way from Bhavnagar so that I can cook, click and share the recipe with the world. I was so thrilled to cook the traditional curry, document and share it with the readers of the blog. Again, it was for the first time ever that Sindhi Khumbyun Recipe was shared online.

My pantry always has Sindhi Garam Masala, D^aarunKhatta (Dried Pomegranate seeds), Kukum Ja Gulah (Kokum Phool), Ambhchoor (Aamchoor), and in season I use fresh green garlic. Sindhi Tamate ji Kadhi, Beeh Pakora/Tikki (Stuffed Lotus stem Tikki), Daas Karela (Stuffed Bitter melons), Kadhukash (Potli Pickle) are my signature dishes.

One of my most memorable moments was when my first ever article featuring SindhiRasoi.com was published in a magazine in 2010 and in the same year when Times published a special Edition 'Sindhu' with a write up featuring me and my blog, I felt humbled and honoured. I got many opportunities to contribute Sindhi recipes, food

pictures, history of Sindhi cuisine, etc for various national publications. Another milestone was when IFBA introduced the first ever Awards for Blogging community, I was thrilled to win the Best Regional food blog and Best Vegetarian Food blog for consecutive years (2013, 2014). I also contributed recipes for the much loved book We The Sindhis published by Mr Nandu Asrani, launched in the year 2013 by Dada J.P.Vaswani. I presented "The Culinary traditions of the Sindhi Community in India and the impact of migration on food rituals" in the first ever National Conference on the Archaeology, History, Sociology, and Ethnography of Food in India conducted by The India Study Centre (INSTUCEN) Trust and The Centre of Archaeology, Centre for Extra-Mural

Studies, University of Mumbai in 2018

As many Sindhis from my generation are not trained to read and write in Persio Arabic script, I took up the challenge to learn and promote the script by interweaving the Sindhi script and Sindhi food. My AlifBe project wherein I shared a Sindhi Recipe for every Alphabet (52 alphabets) along with the History of the dish/anecdotes related to the particular dish received tremendous love from Sindhis and from the well known authors, writers, food enthusiasts from all across the world (Sindhis as well as Non Sindhis). The conversations helped me tremendously to fuel my research work regarding ancient and traditional Sindhi food.

How should Sindhi food be promoted?

Creating awareness, approaching people from hospitality industry to focus on Sindhi food, training the chefs of restaurants to recreate the flavors of traditional food from Sindhi home kitchens, holding Sindhi food Pop ups in fine dine restaurants, encouraging young folks to feel proud of their culture and cuisine, to talk, to share home cooked food with the non Sindhi peers/colleagues, opting for Sindhi dishes in marriage buffets, thereby generating a curiosity and a demand for Sindhi food in the food industry, standardising and sharing recipes online for people to recreate the dishes in their kitchens are some of the steps that may help putting Sindhi cuisine on the global radar.

Dothiyun



Ingredients:

For the Mathri

1.25 cups All Purpose flour

A pinch of Salt

Two small pinches of Baking soda

4-5 tsp Ghee

2 tbsp Semolina

4-6 tbsp milk or as much needed

Oil/Ghee/Vanaspati for frying

For the Syrup

2 cups Sugar

3/4 cup Water

3-4 Green Cardamoms

3-4 drops of Rose essence

8 Almonds, 5-6 Pistachios and few dried rose petals, chopped finely

Dothiyun (singular - Dothee) or Saatta, the popular Sindhi sweet, similar to Kutchi Saata or Gujarati Devada are highly addictive and a delight to relish. Basically a dothee (D^othee in Roman Sindhi) is a fried, sugar glazed cookie made from all-purpose flour and ghee. Dothiyun are generally sent to married daughters and sisters on Thadri, a popular Sindhi festival.

Method:

- Take 2 tbsp of semolina and add 2-3 tbsp of milk. Mix and keep aside, covered for 10-15 minutes.
- Take the flour, salt and baking soda and sieve the mixture.
- Rub in Ghee in the sieved mix. The mix must look like bread crumbs.
- To this mix add the soaked semolina and start kneading the dough.
- Keep adding milk, a tbsp at a time till the mix binds well into a dough. You may need around 2-3 tbsp of milk here.
- Cover the dough and let it rest for 20 minutes.
- After 20 minutes, knead the dough to smoothen out a little.
- Divide the dough into small portions and flatten each to make a small cookie. You will get around 9 - 10 cookies, each of 2" inch diameter with ½ inch of thickness.
- Heat oil/ ghee/ mix of both in a frying pan and once it is hot, lower the flame. Add 3-4 cookies at a time and deep fry on low flame, till light golden brown.
- Repeat the process till all 'cookies' are fried.
- Keep covered with a mesh till completely cool.
- Grease a steel thali with ghee and keep the chopped nuts and petals handy.
- In a pan mix sugar and water and cook it on low to medium flame.
- Add green cardamom, slightly pounded, if using.
- Keep stirring the syrup till it reaches 2 thread consistency. It may take around 10-12 minutes depending on the flame.
- Add a few drops of rose essence, stir and switch off the flame immediately.
- Let the syrup cool down a touch (3-4 minutes).
- Now stir the syrup vigorously for a minute and dip a fried 'cookie', turn around a few times and place the soaked cookie on the greased thali, pour some syrup over it, top it up with the garnish of nuts and petals.
- Take another cookie and dip in the syrup and repeat the above process for all the cookies.
- Allow the sugar glaze to settle well.
- Store D^othiyun in an airtight container. It stays well for a fortnight but then it hardly lasts till then!

Suhanjhre Mein Beeh

(Drumstick flowers and Lotus stem curry)



Ingredients:

Fresh drumstick flowers,
boiled 125 gm

Lotus stem 100-150 gm

Onion 1 medium size

Tomato 1

Curd 4 tsp

Ginger 1'' piece

Green chillies 2 (or as many
preferred)

Turmeric powder 1/2 tsp

Coriander powder 1 heaped tsp

Garam masala powder 3/4 tsp

Freshly ground black pepper powder
3/4 tsp (or less)

Salt

Oil 1tbsp

Fresh coriander leaves to garnish

Description:

A rustic dish made from fresh drumstick flowers, onions and tomatoes with The earthiness of lotus stems and freshly pounded black pepper.

Serves : 2-3

Method:

- While buying flowers, make sure that there are more unopened buds than the open flowers. Remove the tiny hard stems of flowers and leaves if any.
- Soak flowers in water, drain and then boil in an open vessel for 10 minutes or more, till the flowers are tender. This removes the bitterness from flowers. Drain again and strain the flowers. You can use the drained flowers right away or refrigerate for a day or so.
- Similarly, clean and prepare lotus stem. Here again, thoroughly wash the stem and get rid of the mud. Cut it into 1/2 inch thick slants.
- Pressure cook beeh with some salt and water for 2-4 whistles of the cooker or till done. Drain beeh and keep aside.
- Now in a pressure cooker, pour 1 tbsp oil and add chopped onion. Saute till light brown in colour.
- Add chopped tomato, ginger, green chillies, curd and mix well. Cook on high heat .
- Add the drained flowers, salt, turmeric powder and coriander powder. Cook on high heat till all the moisture evaporates and tomatoes are cooked well.
- Finally add cooked [i]beeh[/i], garam masala powder and black pepper powder. Add around 1/2 cup of warm water and close the lid of the pressure cooker. After pressure is released once (one whistle) lower the flame and let the curry cook under pressure, on low flame, for around 10 minutes or so. This curry is generally of a semi dry to dry consistency.
- Garnish with coriander leaves and some more black pepper and serve it with roti or steamed rice or even with Juar jo dodoh (patted sorghum roti).



Deepa Chauhan The Sindhi Masterchef

and had some surplus ingredients left in my refrigerator. The extra Thai paste was given to a close friend and neighbour who was starting a home-based catering business. She encouraged me to start making pastes and sauces commercially. My enterprise, Mortar and Pestles,

I have been cooking from a young age at home when my mother and aunt were not well. Since then, I developed a passion for cooking even hosting my own birthday parties. But, I had never thought of a cooking career till I was in my 40s. At that time, I had ordered ingredients to make Thai curry

was officially launched by Deepa in March 2018. The range includes ready-to-cook pastes and spices devoid of chemicals, which are mainly used for South-East Asian and Middle-East recipes.

During one of the weddings in my family,

it really hurt me that the hotel could not present even one Sindhi dish at the functions. This made me realize that Sindhi cuisine needs to be promoted. I auditioned for MasterChef because I wanted to see if the judges would take an interest in Sindhi food. I was an opportunity to bring Sindhi cuisine to a national platform. It started with comfort bowl of Kadhi Chawal and went on to celebrate seasons and even wedding menus by way of the khoya, drumstick flowers and the luxury dishes of Sindhi food - the Gucchi pulao and Shaadi ji Bhaaji

Sindhi culture and cuisine is not well-known though Sindh was a cradle of culture from the Bronze Age when the Indus Valley Civilisation thrived at sites like Mohan Jo Daro. The Sindhu River is also where some of the Vedas are said to have been written. Sindh was the





epicenter of many trade routes. Over 2000 years, Sindhi cuisine has taken influences from the Arabs, the Persians, neighbouring nations and states, and trade routes. The Sindhis went to work in distant lands setting up businesses across the world. The cuisine is therefore very diverse. It includes ingredients such as cardamom and pepper that come from southern India. We even have Pea Patata Macaroni which is a dish that has pasta cooked with potatoes and peas. Agar agar or China Grass is a popular pudding in Sindhi homes as is the Caramel Custard. Sindhis use a wide variety of vegetables like lotus stem, phool batasha (makhana), mushrooms, drum sticks, yams, greens, etc in their cooking. From teevan (goat mutton) to ravas (Indian salmon fish) and pallo (Ilish), non-vegetarian dishes are also an integral part of Sindhi cuisines.

In summer, sharbats are made of mogra, chandan (sandalwood), mango, thandai, rose, khus and more, and drinks like Milk Rose blending milk with rose sharbat are very popular.

Sindhis use whole spices, dry powdered spices and unique freshly-ground masala in cooking. The Ukhri ain Muhri is a wooden mortar and pestle for making instant chutneys or macerating onions. A metal mortar-and-pestle is used for grinding garam masala and black pepper (coarsely-ground black pepper is an obsession among Sindhis) and the dando kundo – a rough textured terracotta mortar of a rough sandy texture with a long wooden pestle is used for wet ingredients.

Popups and food festivals like the one I did at Taj Lands End in March 2024, social media and shows can help bring Sindhi recipes to the limelight.

Macchi Maani



Ingredients:

For the Methi Fish

Boneless fish – 250 g (King fish or seer fish)

Onion – 100 g (finely chopped)

Tomato – 100 g (finely chopped)

Methi (fenugreek) leaves – 1 cup
lightly packed – cleaned and washed.
Finely chopped

Coriander leaves – ¾ cup lightly
packed – cleaned and washed. Finely
chopped

Garlic – 25 g – finely minced

Mustard oil – 100 mls

Turmeric – 1 teaspoon

Red Chilli powder – 2 teaspoons

Coriander powder – 1 tablespoon

Methi seeds – 1/2 teaspoon

Green Chilli – 1 medium spicy, deseeded, finely chopped and seeds reserved for finishing oil

Salt to taste

For Sindhi Maani (Roti)

Whole wheat flour – 1 cup (100g)

Groundnut oil – 2 tablespoon

Water – for kneading, about ½ cup

Makes: two portions

Method:

- Cut the fish into small 1 inch chunks, apply ¼ tsp salt, ¼ teaspoon turmeric powder and keep aside
- Knead the dough for the roti, saving some flour for dusting. Apply a few drops of groundnut oil on the surface to prevent drying and keep aside to rest.
- In a wide, shallow frying pan, heat 35 mls mustard oil to smoking point. Add the fenugreek seeds and turn off the flame. Remove the seeds once browned and reserve them for the finishing oil.
- In the same pan, fry the salt and turmeric coated fish till half done. Remove and set aside.
- Now add the garlic followed by the green chilli and onions and gently brown them. Add a pinch of salt to prevent the garlic from sticking to the pan.
- Once the onions are golden, add half the

quantity of the turmeric and chilli powders and all the coriander powder; followed quickly by the finely chopped tomatoes.

- As the oils start to separate once the tomatoes are cooked, add the methi leaves, cook for 2-3 minutes followed by the coriander leaves.
- Add half a cup of water and spread the semi fried fish in the pan in a single layer, taking care that the gravy is at the same level as the top of the fish to prevent it from drying. Cover and cook for 3-4 minutes or until done.
- Divide the dough into 4 and roll the roti. Roll each ball into a 5 inch disc, apply groundnut oil and fold into a triangle (half fold followed by quarter fold). Now roll this triangle into a thin roti approximately the shape and size of the baking dish.
- Cook the rotis as usual but only till 90% done as they will be baked for 6-8 minutes.

To assemble: On a baking sheet or cookie sheet, assemble the fish and roti in the square mould as follows: Put half the cooked fish along with the gravy in a single layer and cover with one roti trimmed to fit the shape of the bowl. Repeat the layering one more time and brush the top roti with the balance groundnut oil. Bake in a preheated oven at 180 degrees (top grill only) for 6-8 minutes. Cut the leftover trims of the roti into small bits and fry in a little oil till crisp. Reserve for garnish

For the finishing oil: Heat the balance mustard oil in a tadka pan till it reaches smoking point. Pour this over the reserved crushed methi seeds, turmeric and chilli powders, green chilli seeds, a few methi leaves and ¼ teaspoon salt. Cover immediately and allow the flavors to infuse.

Plating: Let the baked macchi maani rest for 4-5 minutes before removing the mould. Slice it into two equal rectangles. Remove part of the corner from one of the pieces to make it look like it has been eaten / tasted. Place the two pieces in the platter slightly away from each other. Drizzle the finishing oil on the top crust as well as the platter. Garnish with slivers of tomato, onion and fresh methi and coriander.

Mogra/ Rabael/ Motiya gul Sharbat



Ingredients:

Mogra flowers – one large cup –
unopened buds

Sugar 500 g (Sulphur free if
possible)

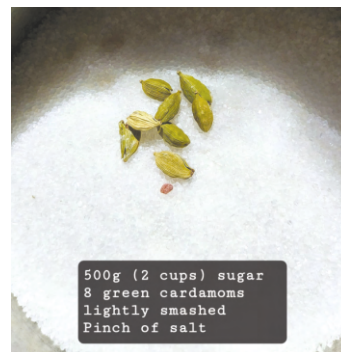
Green Cardamom – 8 pieces, lightly
smashed

Water – 1.5 cup

Salt – a pinch

Method:

- Wash the flowers in drinking water and dry them on a kitchen towel.
- In a thick-bottomed stainless-steel vessel, boil the cardamom, salt, sugar and water to make a syrup of 1- string consistency.
- Add the flowers immediately, cover and keep them aside to cool for at least 8 hours or overnight.
- Strain and store in a glass bottle away from direct sunlight. It keeps well for a month outside the refrigerator.
- Put 2-3 tablespoons of the syrup per glass and enjoy this fragrant summer cooler with a few drops of lemon juice.



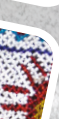


Land Of Looms

Anil Mulchandani
Photos: Dinesh Shukla

Surendranagar district contains a high concentration of weavers who specialise in weaves like ikat, the indigenous tangaliya and khadi. The clusters of weavers and craftspeople in this district have received a boost from tourism thanks to heritage hotels and eco-resorts that have opened in this handicraft-rich district where you will find silk, cotton and wool weaving, stone carving, metalwork, handmade wooden products and beadwork, among other handwork.

Some craft centres of Surendranagar district are Dhrangadra (stone carving), Wadhwan (metal crafts, bandhani), Sayla and Somasar for Patola, and Vasatdi, Dedara, Derwada and Bajana for Tangaliya.



IFEA Trails are organised with the objective of supporting ventures in rural areas.

IFEA members have visited Dasada and Sayla in Surendranagar district during IFEA Food Trails .

During the Little Rann of Kutch Trails, lunch was organised at Rann Riders near Dasada village. Mir or Mirasa women come to this eco-retreat from their settlements wearing colourful Rajasthani-style dresses and striking ornaments like necklaces and tassels made from beads, coins, mirrors and trinkets, and white ivory bangles from wrist to armpit. Mir women excel in beadwork, creating braids, tassels, and necklaces by attaching beads, old coins, bells, buttons and mirrors. RannRiders owner Muzahid explained, " An Australian woman, Carol Douglas, when she stayed at Rann Riders, took an interest in

upgrading their life. Her design intervention helped the Mir women create beaded bangles that have wide-spread appeal. These bangles have become popular purchases as gift and souvenirs among tourists staying at properties here. The wandering Mir community has now permanently settled at Dasada". Niyati Kukadia, an engineering by qualifications but a naturalist and cultural entrepreneur by profession, is working with these women to create products that she markets through her venture, Tokar Sustainable Designs. At Dasada, the Kharapat Rabari embroidery uses variations of interlacing with mirrors and herringbone stitching. Peacocks and other figures are done in chain stitches. Large herringbone dots are popular. For generations, embroidery is done on gaghras (skirts), cholis (blouses) and odhni



(veils), and also for decorative pieces.

Members bought Matani Pachedi (ritualistic kalamkari painted fabrics), Rabari embroidery, beaded bangles and other crafts demonstrated at the property.

During the IFEA Trail to Sayla, the group stopped at at Gurukrupa Tangaliya Weaving, Vasatdi between Limbdi and Sayla. Jahabhai at Vasatdi showed how they twist and tie threads to create intricate dotted bead-like patterns on the fabric surface. Nearby in another home, a





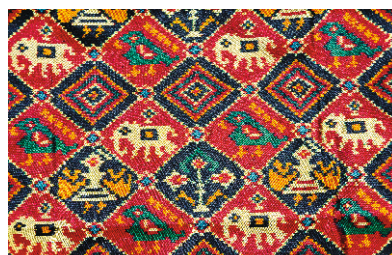
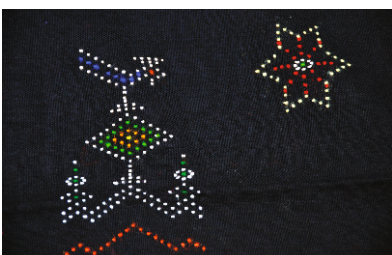
family weaves durries by up-cycling waste fabrics.

At Sayla, Somraj took us to Shree Nageshvari Patola Arts in Sayla. The award-winning weavers explained, "Ikat is a craft which involves tie-dyeing threads and then weaving them to create intricately patterned textiles. The Patola weavers employ tie-dye on both the warp or weft fibres prior to weaving. This is a very painstaking and time consuming process as the warp and weft yarns have to be perfectly aligned to create the pattern. Since this double ikat Patola is very expensive because of the skill and time required for double ikat weaving, the single ikat version of

Patola is a less expensive alternative - where either the weft or the warp yarns are dyed, not both. The parts of the threads that will not be dyed are bound tightly. Some of the binding is removed and it is dyed again. Once the dyeing process is completed, the knots are removed and the threads are separated for setting on the looms according to the pattern to be achieved". The national awardee Mukesh proudly showed us photographs of celebrities who have bought Patola from Shree Nageshvari Patola Arts.

A short distance from Sayla, Sejakpur has the magnificent

Navlakha Temple, which was built around the 12th century when the Solanki Rajputs were the major power in Gujarat. Abandoned for centuries, the temple has suffered the ravages of time but the yellow stone walls are richly decorated with high quality sculpture of deities, mythical beings and erotic scenes. We saw a group of Kathi girls and women doing intricate beadwork. Attaching beads together they were creating wall panels, 'torans', vases and decorative products.



INDEPENDENCE DAY

Special Feature

Ashram Road Freedom Trail
Anil Mulchandani
Pics Dinesh Shukla

Ahmedabad has many landmarks of the Independence Movement that can attract tourists interested in history and architecture.



Ahmedabad has many landmarks of the Independence Movement that can attract tourists interested in history and architecture. Between the Kochrab Ashram where Mahatma Gandhi settled in 1915 and the Sabarmati Ashram which became the base for his Satyagraha Movement from 1917 to 1930 culminating in the Dandi Salt March, you can visit sites associated with the freedom struggle.

In the morning, start your tour at the Sabarmati Ashram, aptly named for its location besides the River Sabarmati. Close to the entrance, Gandhi Smarak Sangrahalaya is a memorial museum designed by Charles Correa and opened to the public on 10 May 1963. Hriday Kunj, Gandhiji's personal residence in the Ashram houses his simple belongings, charkha and worktable.

From the Gandhi Ashram, drive to the arched entrance of the Gujarat Vidyapith, founded by Mahatma Gandhi on October 18, 1920 to provide an alternative system of education (rather than the one



designed by the British to train Indians for their services). This institute is now a university with many colleges and departments. Among the various sections of the imposing campus, of special interest to visitors is the Tribal Research Institute's museum which offers an insight into the life of the tribal people of Gujarat through photographs, artifacts, utensils, implements, costumes and weapons.

Walk to the Navajivan Trust, a publishing house founded by Mahatma Gandhi in 1919. This became the centre for publishing newspapers and journals to raise awareness about Gandhi's vision of Swaraj and Satyagraha. The renovated building has murals of



Mahatma Gandhi, trust offices and a modern printing workshop, as well as a gallery with the old printing press and typewriter from the time when Young India, a Gujarati magazine called Navajivan Ane Satya, and other magazines edited by Gandhi.

Continue the journey on Ashram Road from the Navjivan Trust building to the Gujarat College, a



campus with imposing old buildings which was also a hub of the students' movement against British rule in 1941-2. A memorial stands in honour of martyr Vir Kinarivala. Vinod Kinarivala was shot dead by a British officer while waving the Indian flag in front of Gujarat College on 9 August 1942, the first day of the Quit India movement started by Mahatma Gandhi. In 1947, Veer Vinod Kinarivala Memorial was inaugurated inside college campus by Jai Prakash Narayan in his memory. The memorial was designed by the well-known artist Ravishankar Raval.

Proceed to the Kochrab Ashram gifted by Barrister Jivanlal Desai to Mahatma Gandhi, when he came to Ahmedabad. The ashram was organized on 25 May 1915 on a basis of human equality, self-help and simplicity. Gandhi aimed to use this ashram to further his goals of self-sufficiency, India's independence, the upliftment of the poor, women and untouchables, and better public education and sanitation in India before he moved his headquarters north to a riverside site where he founded the Sabarmati Ashram on

Eat With History

June 17, 1917.

Gunvantam at Welcomheritage Mani Mansion

Welcomheritage Mani Mansion was built in 1923 by a businessman and philanthropist, the late Manibhai Dalal, who entertained many leaders, poets, theatre personalities and scholars at his residence. When he was 42 years old he met Mahatma Gandhi. He was told by Mahatma Gandhi, "Manibhai, Khap Purtu Hoy Toh Lok Seva Karjo ("If you have enough for a living, do





Social Service"). He was inspired by this statement of Mahatma Gandhi and till the age of 84 he was involved with many philanthropic pursuits.

The property which is partly a heritage hotel and partly the family



residence has multiple dining areas including Fresh Roast in the garden, an a/c restaurant serving Gujarati thalis and a multi-cuisine menu, and a private dining area on the poolside.

Of special interest, Gunvantam is a

restaurant that focuses on millets and heirloom ingredients. With cooks from the forested Wayanad district of Kerala bordering Karnataka, the restaurant offers an array of healthy dishes made using millets and farm-fresh ingredients.



Karma Café at the Navjivan Press building

Karma Café is located in the



Navjivan Press building, with both indoor and outdoor tables. The café operates like a library reading room where you can read the publications and Gandhian philosophies. The Gandhi Thali here features dishes that were staples at the Gandhi Ashram.



Chandravilas

Started before 1900 by Chimanlal Hemraj Joshi, Chandravilas is credited with curating Ahmedabad's first Gujarati thali. Mahatma Gandhi, Raj Kapoor, Sardar Vallabhbhai Patel, and other prominent personalities have dined here. A Bhajiya Club used to see freedom fighters and thinkers getting together at this place to discuss the movements and revolutions, including the Maha Gujarat Movement. The restaurant once had British fans and oak wood furniture but it got gutted in a fire during a riot, and today its interiors are simple. But, it still retains a reputation for Gujarati snacks.



The Green House and Agashiye at the House of MG

House of MG is an early-20th century building that has been converted by the descendants of Seth Mangaldas Girdhardas into a boutique heritage hotel. In this building you will see photographs of Seth Mangaldas

Girdhardas and his family with prominent visitors like Mahatma Gandhi. House of MG has a courtyard restaurant called The Green House with an a la carte menu and a rooftop restaurant named Agashiye that serves Gujarati thalis.



Contributors



Deepa Chauhan

Beginning with Mortars and Pestles, a chemical-free brand of ready-to-cook pastes and spices, to the present, Deepa Chauhan made her way to MasterChef India season 7. Being a Sindhi, she enjoys elevating Sindhi cuisine.



Alka Keswani

A microbiologist by qualification, Alka Keswani started blogging in 2008. Her website Sindhirasoi.com chronicles her repertoire of recipes including those learnt from her parents and in-laws.



Dinesh Shukla

Dinesh Shukla is a widely published independent photographer. His photographs have been published in several leading magazines, newspapers and journals. He has also contributed photographs to numerous coffee table books and commemorative volumes.



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