

DECEMBER 2024

# IFCA Magazine

Food and Beyond....

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**GROWING VEGAN CUISINE: A SUSTAINABLE AND HEALTHIER OPTION**



**BREAKING BARRIERS – ENCOURAGING WOMEN TO EMBRACE THEIR CULINARY ASPIRATIONS. AN EXCLUSIVE INTERVIEW WITH CHEF NILZA WANGMO**





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- 07 » **India Food Forum 2024: "Building a Palate for Partnerships"**  
Mumbai, November 2024: The highly anticipated 17th edition of the India Food Forum took place at The Westin Mumbai Powai Lake on November 27-28, 2024.

- 08 » **SICA Kerala Chapter in association with RINAC hosted Chefs Connect at Radisson Blu Cochin on 19th Nov 2024.**  
Over 30 chefs and culinary students from various hotels, restaurants, and renowned culinary schools participated in this significant event, underscoring the growing importance of upcoming culinary events and competitions organized by the South Indian Culinary Association (SICA) and its Kerala Chapter



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## MANAGING EDITOR'S NOTE



As we come to the close of this extraordinary year, we at IFCA magazine are filled with gratitude for the community of chefs and food enthusiasts that IFCA and this magazine brings together.

A heartfelt thank you to all the contributors and authors who breathe life into the magazine. Thank you for making this magazine a vibrant platform for sharing your knowledge and passion.

While sustainability will continue to take center stage this coming year too, we hope your resolutions will be centered around innovation, exploring new ingredients, cooking healthier meals, exercising mindfulness and focusing on well-being.

This year we've witnessed chefs redefining boundaries, blending heritage with contemporary techniques, and embracing the transformative power of food to tell stories and build communities. We've shared information on cutting edge technology used in the industry and its impact on building a more proficient food ecosystem. As we look forward to 2025, our commitment to bringing you informative and inspiring content remains.

Here's to another year of celebrating the culinary community, to a year filled with delicious adventures.

Culinary regards,

A handwritten signature in black ink, appearing to read 'Sheraz Nair'. The signature is fluid and cursive, with a large initial 'S' and 'N'.

Sheraz Nair  
Managing Editor of IFCA Magazine and  
Newsletter



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# (EICA) LAUNCHES TO ELEVATE CULINARY STANDARDS IN EASTERN INDIA



The Eastern India Culinary Association (EICA) successfully hosted the first edition of Culinary Kaizens at IHM Kolkata, an exclusive event dedicated to celebrating the art of culinary innovation.

The event was graced by esteemed guests, including Ms. Nandini Chakravorty, IAS, Principal Secretary, Tourism Department, and Government of West Bengal, as the Chief Guest, and Chef Manjit Singh Gill, President of the (IFCA), as the Guest of Honour. The Eastern India Culinary Association (EICA) a dedicated organization committed to supporting and advancing the culinary industry in Eastern India.

Representing a wide geographic area, including the Andaman and Nicobar Islands, and the states of Assam, Arunachal Pradesh, Bihar, Jharkhand, Manipur, Meghalaya, Mizoram, Nagaland, Odisha, Sikkim, Tripura, and West Bengal, EICA aims to foster growth and innovation in the regional culinary landscape. EICA is now officially recognized and affiliated with the Indian Federation of Culinary Associations (IFCA) and the World Association of Chefs Societies.

## EICA's Core Objectives and Vision

EICA has been established to serve as an inclusive, non-political, and voluntary organization focused on advancing culinary standards and supporting regional chefs.

Its objectives include:

- **Building Culinary Community:** Creating a network that includes young chefs, culinary schools, hotel associations, and food businesses, working collectively for industry benefit.
- **Promoting Regional Cuisine:** Encouraging the exploration and development of local cuisines, ingredients, and culinary traditions unique to Eastern India.

- **Professional Empowerment and Skill Development:** Conducting training sessions, seminars, workshops, and programs to uplift the skills of young chefs and prepare them for opportunities within the global culinary arena.

- **Educational Initiatives and Food Safety Awareness:** Providing knowledge resources and training on food safety, hygiene, and ethical culinary practices to strengthen professional standards.

- **Innovation and Technological Growth:** Encouraging real - life learning experiences and fostering technological innovations to support industry advancement.

Our goal was to create a platform for culinary innovation and excellence, and we're delighted to have achieved that. Very soon, we intend to be a member of the Indian Federation of Culinary Associations (IFCA), which will further our commitment to promoting culinary excellence."

The EICA Committee, responsible for the event's success, comprises:

- **President:** Abhiru Biswas
- **Vice President:** Sumanta Chakrabarti
- **General Secretary:** Sandeep K Pandey
- **Joint Secretary:** Sunayan Pramanik
- **Treasurer:** Rangonath Mukherjee
- **Associate Treasurer:** Arabinda Seth

- **Executive Committee Members:** Sanjay Kak, Indraneel Bhattacharya, Ramchandrar, Santanu, Kritika, Chef Joel Basumatari and Amit Chauhan



Thanks to Ministry of Tourism West Bengal.  
Ms. Nandini Chakravorty, IAS  
Principal Secretary Tourism Department Government of West Bengal

# ASIA PRESIDENTS FORUM (APF) & INDUSFOOD 2025: A CULINARY CELEBRATION IN NEW DELHI, AGRA, AND GREATER NOIDA

New Delhi, India – The Indian Federation of Culinary Associations (IFCA), in collaboration with the Trade Promotion Council of India (TPCI), is set to host the prestigious Asia Presidents Forum (APF) 2025 and IndusFood 2025, from January 6 to January 12, 2025. The week-long event will bring together leading culinary professionals, international delegates, and industry stakeholders to celebrate gastronomy, foster collaborations, and explore the global culinary landscape.

## Event Highlights:

### 1. Inauguration and Welcoming Delegates:

Delegates will be warmly welcomed at the Indira Gandhi International Airport on January 6, 2025. A welcome dinner hosted by IFCA and TPCI at Hotel Shangri-La Eros will set the tone for the event.

### 2. Exclusive Visits and Experiences:

- o Delegates will visit iconic landmarks, including the Taj Mahal in Agra and cultural hotspots like Connaught Place and India Gate in Delhi.
- o Cultural dinners at premier venues, such as the ITC Mughal Sheraton in Agra and Hotel Taj Mansingh in New Delhi, will showcase India's rich culinary heritage.

### 3. Asia Presidents Forum Meetings:

The official APF 2025 meetings will take place at the Indian Exhibition Centre, Greater Noida, featuring panel discussions, cooking demonstrations by APF chefs, and addresses by prominent leaders, including representatives from WorldChefs and the Indian Tourism Board.

### 4. IndusFood 2025 Showcase:

Delegates will network with international chefs, industry leaders, and exhibitors during the IndusFood 2025 showcase, a key platform for promoting India's food and beverage industry on the global stage.

### 5. Farewell Dinner and Networking:

The event will conclude with a farewell dinner at Hotel Taj Mansingh, New Delhi, offering a final opportunity for delegates to connect and exchange ideas.

## Invitation and Participation:

Chef presidents from across Asia have been invited, with comprehensive visa support and travel assistance provided to ensure smooth participation.

## About APF and IndusFood:

The Asia Presidents Forum is a premier event for culinary professionals, fostering cross-cultural exchange and industry innovation. IndusFood is a flagship food and beverage trade show, renowned for promoting Indian products in international markets.



**JOIN US IN CELEBRATING THE ART OF CULINARY EXCELLENCE AT APF & INDUSFOOD 2025!**



# NITTE INSTITUTE OF HOSPITALITY SERVICES HOSTS CULINARY NEXUS 2024: TASTING TOMORROW CHEF CONCLAVE FOCUSED ON SUSTAINABLE GASTRONOMY AND FUTURE FOODS

November 8, 2024 – Mangalore: The Nitte Institute of Hospitality Services (NIHS) proudly hosted Culinary Nexus 2024: Tasting Tomorrow, an engaging Chef Conclave centered around the theme Sustainable Gastronomy & Future Foods. This prestigious event brought together industry experts, renowned chefs, academics, and aspiring culinary students to discuss and explore the future of food with a focus on sustainability, innovation, and ethical practices.

The event featured an impressive lineup of esteemed guest chefs, including **Dr. Chef Manjit Singh Gill, Dr. Chef Parvinder Singh Bali, and Chef Sheetharam Prasaad**, whose collective experience and insights highlighted the importance of sustainable practices in the culinary world. The chefs conducted insightful sessions, addressing key trends such as plant-based cuisine, zero-waste kitchens, farm-to-table sourcing, and the innovative use of alternative ingredients in modern cooking.

In addition to the expert talks, the conclave included panel discussions with industry professionals, a showcase of sustainable culinary practices, and interactive sessions with the students. Panelists discussed the significance of reducing food waste, sourcing locally, and creating environmentally-friendly culinary experiences. The panelists were Dr Prerana Hegde, Chief Dietitian at Justice K S Hegde Charitable Hospital Deralakatte, Prof. Dr. B. Manjanaik, MFSc., Ph.D., UNU -ISP (CSIR- Ghana), APO (Colombo), Head Department of Fish Processing Technology Karnataka Veterinary, Animal & Fisheries Sciences University, Ms. Giselle Mehta author and writer she was also a senior officer in Indian revenue service, Ms. Komal Prabhu, Owner Maharaja Restaurant The event emphasized the role that chefs and hospitality professionals play in promoting sustainability within the industry and encouraged students to embrace these practices in their future careers.

The Vice Chancellor and Registrar of NITTE (Deemed to be University) were in attendance, along with Principals from various PU Colleges, who expressed their support for NIHS's commitment to fostering responsible and innovative culinary education. Their presence underscored the importance of the event and the university's dedication to preparing students to become leaders in sustainable hospitality.

Speaking about the event, the Principal of NIHS, Dr. Chef Dhiraj Pathak, remarked, "Culinary Nexus 2024 has been an inspiring platform for students and industry leaders alike. Our goal was to shine a light on the sustainable food movement and equip our students with the knowledge to make responsible choices as future culinary professionals. We are grateful to our distinguished guests and panelists for sharing their invaluable expertise with us."

The event received an enthusiastic response from the student body, who actively participated in the sessions and gained firsthand insights into emerging trends in the culinary field. Culinary Nexus 2024 served as an opportunity for students to engage directly with top industry professionals and envision the potential for sustainability in their own careers.

With Culinary Nexus 2024: Tasting Tomorrow, NIHS reaffirms its commitment to advancing sustainable practices and ethical innovation within hospitality and culinary education, shaping the next generation of leaders who will impact the future of food.



# INDIA FOOD FORUM 2024: "BUILDING A PALATE FOR PARTNERSHIPS"

DATES: NOVEMBER 27-28, 2024

VENUE: THE WESTIN MUMBAI POWAI LAKE



Mumbai, November 2024: The highly anticipated 17th edition of the India Food Forum took place at The Westin Mumbai Powai Lake on November 27-28, 2024. This premier B2B event, supported by the Ministry of Food Processing Industries (MoFPI), brought together the most influential players in the food and grocery retail and food service sectors under one roof to collaborate, innovate, and shape the future of the industry.

With the theme "Building a Palate for Partnerships", the 2024 forum emphasized the importance of collaboration to address challenges and opportunities in the evolving food industry. The event showcased transformative ideas in innovation, sustainability, supply chain management, and global market expansion.

3000 attendees, 500 brands, 100 exhibitors, and 300 speakers attended this event. 40 conference sessions were organised covering cutting-edge topics in food retail, technology, and customer engagement. Prestigious awards such as the Coca-Cola Golden Spoon Awards and Pepsi IMAGES Food Service Awards were given. Groundbreaking food and beverage innovations were launched during this event.





## SICA KERALA CHAPTER IN ASSOCIATION WITH RINAC HOSTED CHEFS CONNECT AT RADISSON BLU COCHIN ON 19TH NOV 2024.

DATES: NOVEMBER 19, 2024  
VENUE: RADISSON BLU, COCHIN

Over 30 chefs and culinary students from various hotels, restaurants, and renowned culinary schools participated in this significant event, underscoring the growing importance of upcoming culinary events and competitions organized by the South Indian Culinary Association (SICA) and its Kerala Chapter. The event not only provided a platform for professionals to connect, but also highlighted the potential opportunities for personal and professional growth within the culinary industry. It emphasized the role of such gatherings in keeping the culinary community updated on trends, techniques, and skills.

Chef Ramu Butler, Vice President of the SICA Kerala Chapter, was the driving force behind organizing this successful chef meet. His vision, along with the support of a dedicated team, including Chef George, Chef Siddique, Chef Zacharia, Chef Rumana, and Chef Ashok Pillai, ensured that the event ran smoothly and achieved its goal of fostering collaboration and knowledge sharing. Together, they curated a space where chefs and culinary students could interact, exchange ideas, and gain valuable insights from industry leaders.

Chef Damodaran, the President of SICA, addressed the gathering through a hybrid session, providing an overview of the association's objectives, its impact on the regional culinary landscape, and its plans for future initiatives. His speech resonated with attendees, highlighting the importance of continuous learning, innovation, and competition in the culinary field.

Following this, Chef Ajeeth, Vice President of the SICA Tamil Nadu Chapter, presented an engaging talk about the upcoming culinary events and competitions organized by the association. He outlined the benefits of participating in such events, emphasizing how they serve as platforms for young chefs to showcase their talents, hone their skills, and gain national recognition.

The event concluded with an insightful presentation by RINAC, a leading company in the field of kitchen equipment and solutions. Their detailed session on the latest technologies, products, and services demonstrated how innovation in equipment can significantly enhance kitchen operations and improve culinary outcomes. The presentation was well-received by the attendees, who gained valuable knowledge about the products that can elevate their culinary work.

Overall, the event was a resounding success. It not only strengthened the connections within the culinary community but also provided an opportunity for chefs, students, and industry experts to engage in meaningful discussions. The event reaffirmed the importance of collaboration, education, and innovation in shaping the future of the culinary world.



# Breaking Barriers – Encouraging women to embrace their culinary aspirations. An Exclusive Interview with..

## Chef Nilza Wangmo

### 1. As a female chef have you faced any unique challenges in the kitchen or culinary industry?

When I began my culinary journey in a restaurant setting, it was a completely new and challenging experience for me. At that time, there wasn't much of a trend for female chefs to work in restaurants or the industry, especially in the locality where I started. This made it quite difficult for both me and my mother. Since my kitchen is an open, all-women-run space, cooking in front of guests and training other women initially felt quite daunting. However, over time, my team and I have overcome those initial hesitations and shyness. Today, we are confident and ready to work with pride and determination.

### 1. What inspired you to become a chef and specialize in Ladakhi dishes?

My mom has been my greatest inspiration to become a chef. Opening a restaurant was originally her idea. The concept of having an open restaurant with a minimalist and authentic vibe was entirely my mom's vision, making her the backbone of this journey and my motivation to start this venture.

I chose to specialize in Ladakhi cuisine because it holds a rich variety of dishes, many of which were losing their significance and fading from people's memories at the time. Through our restaurant, we aimed to revive those traditional recipes and bring them back to the table. Ladakhi cuisine primarily features ingredients like wheat and barley, which are warm, simple, and wholesome—perfectly suited for the region's climate. Everything we use in our kitchen is locally sourced; nothing is imported. Many of our ingredients are even gathered from the wild, ensuring authenticity and a deep connection to the land.



### 1. How do you balance authenticity with modern culinary trends in your dishes?

We've created separate menus to cater to different preferences—one featuring authentic Ladakhi dishes and the other offering modernized versions with a twist. The older generation tends to prefer the authentic menu, while the modernized options appeal more to younger customers. This approach not only attracts the younger crowd but also serves as a way to introduce them to traditional Ladakhi cuisine. It allows us to share the stories and heritage behind these dishes, helping preserve and promote our culinary culture among the younger generation.



A restaurant owner and an enthusiast for the local authentic food of Ladakh region. Her work was recognised with the highest award for women in India – Nari Shakti Puraskar

Her kitchen Alchi kitchen the first Ladakhi restaurant all women run kitchen.

### 1. How do you incorporate sustainable practices in your cooking especially with the challenges of Ladakhi geography?

For me, it's not particularly challenging because I still consume the same foods, I grew up eating as a child. The vegetables, spices, and herbs we used back then are still part of our cooking today. We cultivate these ingredients locally, staying true to tradition. However, with the influx of foreign products, many people have started to move away from using local ingredients. We're making an effort to revive this practice by relying as much as possible on locally sourced products for our cooking. In families, the older generation often tries to keep things authentic. For example, if I were to prepare a Ladakhi dish in Kerala, the taste wouldn't be the same without the proper local ingredients. The ingredients available there wouldn't match those we have here. To recreate the authentic taste, I would need to bring all the required ingredients from Ladakh to Kerala.

When we call something authentic, it's essential to ensure that the ingredients used are locally grown or sourced, as they are key to preserving the dish's true flavor and essence.

**1. What do you think is the future of women in the culinary industry?**

That's wonderful! I would highly recommend the hospitality and culinary industry, especially in Ladakh, where many girls face challenges in finding employment opportunities. This field is welcoming and highly suitable for women with the passion and drive to excel. It offers a promising and bright future for those who are willing to embrace it.



**Recipe - Zathuk (Nettle Soup)**

**Ingredients**

- 1. Nettle leaves dried or fresh – 50gm**
- 2. Whole wheat flour – 2 tbsp.**
- 3. Salt and pepper – as required**
- 4. Water – 500ml**

**Method.**

***Clean chop and boil the leaves, drain the first water and again boil it with salt and pepper, now add the flour and with a help of egg beater beat and mix the flour in the soup so that no lump should form. Boil it for few minutes again, the consistency will be little thicker after adding flour.***



**THE CHERISHED STAPLES OF THE LADAKHI PEOPLE ARE SKYU AND THUKPA, CRAFTED FROM WHEAT FLOUR, ALONGSIDE PAVA, MADE FROM SATTU, AND THE BELOVED KHAMBI, A LOCAL BREAD. VISITORS TO THIS ENCHANTING LAND CAN SAVOR THE RICH FLAVORS OF LADAKHI CUISINE, FEATURING THUKPA—A HEARTY, THICK SOUP PREPARED WITH AN ARRAY OF FRESH VEGETABLES.**

**DID YOU KNOW ? CHHURPI IS A CHEWY CHEESE MADE FROM THE MILK OF A HYBRID BETWEEN A DOMESTIC COW AND A YAK. IT CAN BE EATEN AS A SNACK OR ADDED TO DISHES FOR FLAVOR. CHHURPI IS ALSO CONSUMED IN NEPAL AND BHUTAN**



# Relationship Between Academician Chef and Operational Chef in the Present Age

**Dr. Chef Subhadip Majumder**

Academic chefs (who teach and study in the kitchen) and operational chefs (who oversee kitchens in restaurants, hotels, and other food service establishments) are becoming harder to distinguish. Academic chefs used to preserve culinary theory and traditions, while operational chefs managed kitchen operations. We have more linkages between these vocations since cooking is always evolving, introducing new issues, demands, and technologies.

Academic and operational chefs' collaboration has transformed food preparation, as this essay shows. We'll examine five relevant instances to explain how these two situations evolve.

## Evolving Roles and Mutual Influence

### 1. The Convergence of Theory and Practice

Today, cooking theory and practice are impossible to distinguish. Academic chefs must teach basic cooking skills and food history as well as current trends, innovations, and industry needs. Operational chefs must run the kitchen daily and study food science, nutrition, and management.

Example: The new generation of chefs, like El Bulli's Ferran Adrià, combines academic knowledge with practical expertise. Adrià's molecular gastronomy theories changed how chefs and culinary students prepare themselves. Operating chefs can pioneer academic culinary courses. CIA and Le Cordon Bleu students learn from professional chefs. These ties help students learn from professionals and innovate commercial kitchens. This relationship indicates that academia-culinary workforce partnerships are feasible.

### 2. Research and Innovation in Culinary Education

Today, academic chefs are often at the cutting edge of culinary study. They look into everything from how to make food more sustainable to food science and technology. Their study has a direct effect on the work of operational chefs, who use new techniques or ingredients that they learn in the classroom in their dishes.

Example:

Nestlé and Unilever educate and train R&D chefs. They experiment with tastes and improve food sustainability. As scientifically sound and financially successful innovators, they bridge operational and academic chefs. René Redzepi's Copenhagen restaurant Noma includes university research into its fermentation facility. This lab study influences the restaurant's food and global fermentation knowledge. Academic research and operational application merge well in the lab.

### 3. The Importance of Continuous Learning

More operational chefs realise the importance of continuing education, notably in technology, sustainability, and culinary science. Chefs are attending lessons or acquiring degrees to compete in a fast-changing sector. For industry updates, academic chefs attend business conferences and other food events.

Example:

Michelin-starred chefs like Massimo Bottura have a passion for learning. Bottura, who owns Osteria Francescana in Italy, has promoted food sustainability and social responsibility through culinary arts and social issues. His commitment to learning reflects the growing tendency among operational chefs to combine academic and practical skills.



**Dr. (Chef) Subhadip Majumder**  
He is the Associate Dean and Corporate Chef at Silver Mountain School of Hotel Management in Kathmandu, Nepal. He is also Academic Head for Queen Margaret University's "Bachelor of Arts in International Culinary Arts" curriculum. He holds an Honorary Doctorate (PhD) in Hotel Management with a Food Production Specialisation from Washington University in Seattle, USA. His efforts are further recognised by 9 patents and 2 design patents. He wrote 12 books and 3 chapters. He has 12 academic research papers and there are upcoming. He lectures and researches on food production, hospitality trends, food journalism, food and architecture, and food nutrition. He was Dean of School for Lovely Professional University's School of Hotel Management and Tourism before this. HACCP Auditor, Government of India-recognized hotel andragogy trainer, and AHLEI-certified hotel educator. He is a lifelong member of WACS, IFCA, CAFR, ISHE, CAWB, and WCCF.

### 4. Teaching Operations and Business Management

Academic chefs increasingly teach business and operations management. Operational chefs must be good managers as profit margins erode and competition rises. This shift in pace emphasises the need for academic chefs (who teach theory) and operational chefs (who give assistance) to collaborate. Many HM schools now offer programs, which address menu planning, cost control, supply chain management, and personnel issues, which are crucial for chefs in today's industry.

# Bridging the Gap: The Vital Role of Culinary Alumni in Motivating and Supporting Future Industry Leaders

## Chef A Suresh

The hospitality and culinary education sector faces significant challenges today, with students often disengaged and lacking motivation, resulting in declining admissions. Culinary alumni, with their wealth of experience and resources, can play a crucial role in reversing this trend.

### Tackling Student Disengagement:

Modern students often struggle with staying motivated, given the demanding nature of the culinary industry. Culinary alumni, having navigated similar challenges, can provide invaluable support and encouragement, inspiring students to remain committed to their goals.

### Innovative Motivational Practices:

By sharing their success stories and real-world experiences, alumni can bring fresh motivational practices to the table. Organizing workshops, guest lectures, and interactive sessions can give students a realistic yet optimistic view of the industry.

### Strengthening Industry Connections

To bridge the gap between academia and industry, alumni can foster stronger connections. Facilitating internships, industry visits, and networking events can provide students with essential exposure and reignite their passion for the field.

### Addressing Declining Admissions

Declining admissions can be combated by alumni promoting the value and opportunities within the industry. Participating in recruitment drives and sharing personal success stories can encourage prospective students to enroll.

### Establishing Support Networks:

Alumni can create mentorship and support networks, offering continuous guidance and motivation to students. Regular check-ins, career advice, and emotional support can help students navigate their academic and professional journeys confidently.

### Financial Support Systems:

Alumni contributions in the form of scholarships and sponsorships can alleviate financial burdens, ensuring that talented and motivated individuals can pursue their dreams without economic hindrances.

### Fostering a Community of Excellence:

Active engagement with the alma mater fosters a sense of pride and community. This network can lead to professional collaborations, job opportunities, and a continuous cycle of support, benefiting everyone involved.

### Shaping the Curriculum:

Moreover, alumni, given their industry experience, can play a critical role in shaping the curriculum. By engaging with academic councils, they can help ensure that the syllabus is aligned with current industry needs, making the education more relevant and practical. This proactive approach ensures that students are industry-ready upon graduation, equipped with skills that meet the demands of the modern culinary world.



The writer is a seasoned culinary educator and professional, currently a Senior Lecturer in Food Production at the Institute of Hotel Management (IHM), Hyderabad. With over two decades of experience, they possess impressive qualifications in management development, food safety, and molecular gastronomy. Recognized in the Limca Book of Records, they have contributed to creating 75 varieties of biryani and consulted on kitchen design. Their achievements include culinary demonstrations, training programs, jury roles and co-authoring a book on regional cuisines. As a research project guide, they mentor students in developing their skills.

### Conclusion:

Culinary alumni's involvement extends beyond financial contributions. Their role in motivating students, bridging the industry-academia gap, and fostering a supportive environment is crucial for the future of culinary and hospitality education. By giving back, alumni honor their journeys and pave the way for future leaders. Together, they can ensure the continued success and growth of their alma mater and the industry.

Empowering future leaders begins with a small step from those who once walked the same halls. Let's take that step, together.

# Growing Vegan Cuisine: A Sustainable and Healthier Option

## Chef Pulla Suresh

The pursuit of sustainability and improved health, vegan cuisine has surged in popularity in recent years. Plant-based alternatives are becoming more widely available in both upscale restaurants and grocery stores, as consumers increasingly prioritize healthier eating habits. This shift towards veganism is driven by a combination of personal health concerns, ethical considerations, and environmental awareness.

### Veganism

Veganism is a lifestyle choice that excludes all animal-derived products, particularly in food. This means avoiding meat, dairy, eggs, and any other animal-based ingredients. Once seen as restrictive, veganism has now become more mainstream due to the development of innovative plant-based alternatives.

### Benefits of Nutrient-Rich Vegan Foods

Vegan diets are typically rich in a wide array of essential nutrients. Since vegans focus on consuming fruits, vegetables, whole grains, nuts, seeds, and legumes, they tend to have higher intakes of fiber, vitamins, and antioxidants compared to non-vegans. Many plant-based diets are also rich in healthy fats and complex carbohydrates, contributing to overall well-being.

### Reduced Risk of Chronic Diseases

Research has shown that a well-balanced vegan diet can help lower the risk of chronic diseases such as heart disease, high blood pressure, type 2 diabetes, and certain cancers. Plant-based diets are naturally low in cholesterol and saturated fats, which are commonly found in animal products, making them a healthier choice for long-term health.

### Weight Management

A vegan diet can be a helpful tool for weight management. Many individuals find that they can eat larger portions while consuming fewer calories on a plant-based diet. Whole plant foods are often high in fiber, which increases feelings of fullness and satisfaction, while being lower in calories.

### Improved Digestion

Vegan foods, particularly those high in fiber, are excellent for digestive health. Fiber promotes healthy gut function, prevents constipation, and ensures regular bowel movements, contributing to overall digestive wellness.

### Environmental Impact

One of the most compelling reasons to adopt a vegan diet is its positive impact on the environment. Producing plant-based foods generally requires less land, water, and energy than animal agriculture, and it generates fewer greenhouse gas emissions. Livestock farming, in particular, is a significant contributor to environmental degradation.

### Innovative Plant-Based Products

- **Meat Alternatives:** Brands like Impossible Foods and Beyond Meat have revolutionized the market with plant-based burgers, sausages, and ground "beef" that taste remarkably similar to real meat. These products use ingredients like soy, wheat, and peas to replicate the texture and flavor of meat.
- **Non-Dairy Milks:** Almond, oat, soy, coconut, and cashew milks are popular replacements for traditional cow's milk. These alternatives are often fortified with nutrients like calcium and vitamin D to offer similar nutritional benefits.
- **Vegan Cheeses:** Made from ingredients like almonds and soy, vegan cheeses now come in a variety of textures and flavors, ranging from soft spreads to cheddar-like blocks.
- **Egg Substitutes:** Flaxseed, chia seeds, and chickpea flour can replace eggs in many recipes. Additionally, products like JUST Egg, made from mung beans, are gaining popularity as a commercial egg alternative.



**Highly experienced hospitality professional with a strong culinary background, holding multiple certifications and training programs in cooking, meat processing, and education. Proven teaching and leadership experience as a faculty member at IHM-Hyderabad since 2009, with previous roles as Sous Chef, Chef Instructor, and Cruise Line Chef in renowned international hotels and cruise lines, including Royal Caribbean and Pullmantur Cruise Lines. Currently holds the position of Senior Lecturer at Institute of Hotel Management Catering Technology & Applied Nutrition, Hyderabad.**

Dairy-Free Ice Creams and Yogurts: Rich and creamy dairy-free ice creams and yogurts made from coconut, almond, or cashew milk offer satisfying alternatives for those avoiding dairy.

### Challenges and Misconceptions

Despite the many benefits, veganism comes with challenges. One common concern is the potential for nutrient deficiencies, particularly in vitamin B12, iron, calcium, and omega-3 fatty acids, which are more easily found in animal products. However, with proper planning and the use of supplements, vegans can meet their nutritional needs.

### Conclusion

The rise of vegan cuisine reflects a growing trend towards healthier and more sustainable eating. As more people adopt plant-based diets to improve their health, reduce their environmental footprint, and make ethical food choices, the availability of delicious and nutrient-rich vegan options continues to grow. Transitioning to a vegan lifestyle has never been easier or more enjoyable, thanks to the wide range of innovative products now available.



# Emerging Trends in Food Processing Robots: Pioneering the Future with AI, Automation, and New Technology

## Dr. Chef Girish Vithal Sankpal

The food processing industry is undergoing a remarkable transformation, driven by the integration of robotics and automation. The synergy of artificial intelligence (AI), advanced automation, and cutting-edge technology is enhancing efficiency, productivity, and addressing critical challenges related to safety, quality, and sustainability. This article explores the emerging trends in food processing robots, with a focus on AI, automation, and new technology.

### 1. AI-Powered Precision and Efficiency

Artificial intelligence is at the forefront of the transformation in food processing. AI-powered robots are capable of performing intricate tasks with unmatched precision and efficiency. These robots leverage machine learning algorithms to analyze vast amounts of data, enabling them to make real-time decisions and adapt to varying conditions.

A prime example is TOMRA Food's sorting machines, which use AI to sort fruits and vegetables based on color, size, and ripeness. These machines ensure uniformity and reduce waste by accurately identifying and segregating produce. Furthermore, AI enables predictive maintenance, which is revolutionizing operational efficiency. By continuously monitoring equipment performance, AI algorithms can predict potential failures and schedule maintenance proactively, minimizing downtime and optimizing productivity.

### 2. Automation Streamlining Operations

Automation is transforming food processing by streamlining operations and reducing reliance on manual labor. Collaborative robots, or cobots, are designed to work alongside human workers, augmenting their capabilities and improving overall productivity. These cobots are equipped with advanced sensors and vision systems, allowing them to perform repetitive tasks such as packaging, palletizing, and quality control with remarkable speed and accuracy.

For instance, ABB's YuMi cobot has been deployed in various food processing plants to assist with packaging and assembly tasks. YuMi's dexterity and precision make it ideal for handling delicate food items, enhancing productivity while ensuring product quality.

Automated guided vehicles (AGVs) are another significant innovation in food processing. These autonomous robots navigate through production facilities, transporting raw materials, finished products, and waste with minimal human intervention. AGVs enhance workflow efficiency, reduce the risk of contamination, and contribute to a safer working environment. An example is the use of AGVs by Nestlé in their factories to streamline internal logistics and improve operational efficiency.

### 3. New Technology Enhancing Food Safety and Quality

The adoption of new technology in food processing is driven by the imperative to ensure food safety and quality. High-tech sensors and imaging systems are being integrated into robotic platforms to detect contaminants, monitor hygiene levels, and perform real-time inspections.

An excellent example is the use of hyperspectral imaging technology by FAM, a Belgian company specializing in food cutting solutions. Their robots can identify foreign objects, spoilage, and defects that are invisible to the human eye, ensuring that only high-quality products reach consumers.

In addition, blockchain technology is gaining traction in the food processing industry. By providing a transparent and immutable record of the entire supply chain, blockchain enhances traceability and accountability. IBM's Food Trust blockchain platform is a notable example, enabling companies like Walmart to track the journey of food products from farm to table, ensuring transparency and safety.



**Chef, trainer, consultant, and administrator with 15+ years in hospitality (hotels, resorts, and hospitality education). With an esteemed culinary expert known for mastery of Indian cuisine and an innovative approach to blending traditional flavours with modern techniques. Having a strong educational background from a prestigious culinary school, I started my career at various renowned hotels, where I honed my skills in diverse culinary traditions. My expertise in regional Indian flavours and international cuisines makes dishes both unique and memorable. I have also co-authored books and articles, sharing my knowledge and passion for cooking. Beyond culinary creations, I am dedicated to mentoring aspiring chefs and promoting sustainable cooking practices. My philosophy centers on the use of fresh, high-quality ingredients and creating harmonious flavour profiles, drawing inspiration from both traditional and contemporary culinary trends.**

### 4. Sustainable Practices through Robotics

Sustainability is a critical concern in the food processing industry, and robotics is playing a pivotal role in promoting eco-friendly practices. Robots are being employed to minimize food waste through precise portioning and packaging. Advanced sorting algorithms enable robots to identify and segregate food items that are still fit for consumption, reducing the amount of food discarded unnecessarily.

Marel, a leading provider of advanced food processing systems, utilizes robots equipped with AI and machine learning to optimize portioning and reduce waste. Their solutions ensure that each cut of meat or fillet of fish is utilized to its fullest potential, contributing to sustainability.

Furthermore, energy-efficient robots are contributing to the reduction of the industry's carbon footprint.

Innovations in robotic design and materials are leading to the development of lightweight and energy-efficient machines. These robots consume less power and generate less heat, resulting in lower energy consumption and a more sustainable production process.

### 5. The Future of Food Processing Robots

As technology continues to advance, the future of food processing robots looks promising. The integration of AI, automation, and new technology will continue to drive innovation and efficiency in the industry. Future developments may include robots with enhanced dexterity and adaptability, capable of handling delicate food items with care and precision.

Additionally, advancements in AI will enable robots to learn from their experiences, improving their performance over time. The synergy between humans and robots will also evolve, with cobots becoming more intuitive and responsive to human needs, further enhancing collaboration and productivity.

### Conclusion

The emergence of AI, automation, and new technology is revolutionizing the food processing industry. From AI-powered precision and efficiency to sustainable practices through robotics, these innovations are addressing key challenges and setting new standards for safety, quality, and productivity. As the industry continues to embrace these trends, the future of food processing holds exciting possibilities, promising a more efficient, sustainable, and technologically advanced landscape.

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**Smart kitchens are now commonplace in most homes and they come with automated features and semi-autonomous appliances needed for the AI-enhanced robot chef to function effectively. This reduces the time human cooks spend in the kitchen.**

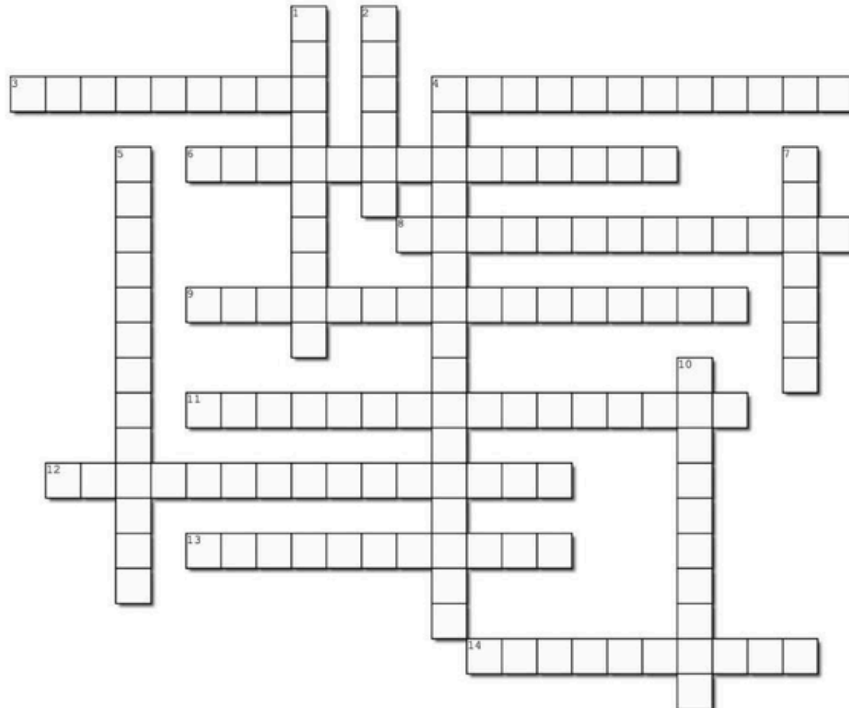
**Researchers at Cambridge University have created an AI robot chef that can taste the food at different stages of the chewing process. This helps in applying enhanced sense of taste between the five basic tastes, sweet, sour, salty, bitter and savoury**

# CROSSWORD - 'FRENCH CUISINE'



**Aditya Rajesh Nair**

Aditya is a promising young chef who has already made a significant impact in the culinary world. At 16, as the youngest delegate from India at the 2024 World Chefs Congress, he represented the country with distinction, gaining invaluable insights from global culinary leaders. He holds a Level 2 diploma in food preparation and culinary arts, and is pursuing a Level 3 diplomas in pastry arts and supervisory diploma culinary arts from City and Guilds, London, achieved at the Bangalore Culinary Academy while balancing the rigorous International Baccalaureate Diploma program for his 11th grade . Aditya has excelled in numerous national-level culinary competitions, winning several awards for his creativity and skill. His passion for culinary research has never been more evident than in the following article



**Across**

- 3. A slow-cooked dish of white beans, sausage, pork, and duck, hailing from southwestern France.
- 4. A rich custard topped with a layer of caramelised sugar, often flavored with vanilla.
- 6. A salad from Nice featuring tomatoes, hard-boiled eggs, Niçoise olives, anchovies or tuna, and a light vinaigrette.
- 8. Literally translating to a thousand sheets. This dessert has puff pastry and pastry cream.
- 9. A flaky, almond-filled pastry traditionally eaten during Epiphany or 'La Fête des Rois'.
- 11. The French name for a rich soup made with caramelized onions and beef stock, topped with toasted bread and melted cheese.
- 12. A savoury tart filled with eggs and cream (Royale Custard) with cheese, and bacon, often served warm.
- 13. An upside-down caramelized apple tart, often served with crème fraîche.
- 14. Scallop-shaped French tea cake often flavoured with lemon or orange.

**Down**

- 1. The national dish of France served traditionally in 2 courses: The Broth (bouillon) and the meat and vegetables (bouilli).
- 2. Thin pancakes that can be filled with sweet or savory fillings, particularly famous in Brittany.
- 4. The French name for a duck leg slowly cooked in its own fat, until tender and then crisped to perfection.
- 5. Mussels cooked in white wine and served with a side of French fries, originating from the northern regions.
- 7. Literally translating to a flash of lightning. A choux pastry filled with cream/custard and topped with glaze (chocolate).
- 10. A comforting dish of chicken braised with red wine (Burgundy or Pinot Noir), mushrooms, onions, and lardons.

**Share a snapshot of your responses on your Instagram story, tag IFCA (@ifcachefsofindia), and seize the opportunity to win thrilling prizes!**



# Apple Farming in Himanchal Pradesh: A Journey of Growth, Innovation, and Tradition

## Mr. Arun Sharma Rehaik

### Introduction

Apple cultivation in India has a rich history dating back 400-500 years, but its commercial production took root in 1870 in the Kullu district of Himachal Pradesh. The industry experienced a major boost in 1918 when Samuel Evans Stokes, an American who later adopted the name Sh. Satyanand Stokes, introduced Red Delicious apples from the USA to Kotgarh, a village in Shimla district. This sweet, flavorful variety quickly became popular across India, and Kotgarh became the epicenter of apple farming, inspiring its spread to other parts of Himachal Pradesh, Uttarakhand, and Jammu & Kashmir.

Today, Himachal Pradesh is known as the horticultural hub of India, with apples forming the backbone of its agricultural economy. As demand for apples continues to rise, the state's farmers are at the forefront of innovation, blending traditional wisdom with modern farming techniques to produce high-quality fruit for both domestic and international markets.

### The Rise of Young Apple Farmers

In this era of technological advancement, the face of apple farming in Himachal Pradesh is changing, driven by a new generation of farmers. These young farmers are tech-savvy and eager to adopt the latest innovations in agriculture. One of the major trends is the shift toward high-density and ultra-high-density orchard systems, which allow for more trees per acre and higher-quality yields.

Young farmers also use cutting-edge techniques to protect their crops from frost, a common threat in early spring. Wind machines, frost fans, and even helicopters are employed to ensure that delicate apple blossoms are safe from damage. These new practices are not only increasing production but also ensuring that Himachal Pradesh remains a leader in apple cultivation.

### Smart Farming: A Revolution in Apple Cultivation

Technological advances have transformed apple farming into a more efficient and environmentally friendly endeavor. Smart farming practices, including drip irrigation systems, weather stations, and soil health monitoring, are becoming increasingly common. These tools help farmers monitor moisture levels, manage pests, and apply fewer chemicals, leading to healthier apples and a more sustainable environment.

Pest management, once reliant on heavy chemical use, is now being replaced by smarter, more targeted interventions, reducing the ecological footprint of apple farming. With technology, farmers can achieve higher productivity while protecting the environment, making apple farming both profitable and sustainable.



### Quality Planting Materials and Consumer-Friendly Varieties

One of the keys to success in apple farming is the use of high-quality planting materials. Farmers in Himachal Pradesh are drawing on their vast knowledge and experience to procure the healthiest seedlings, ensuring they produce the best apples for Indian consumers. Over the years, traditional varieties like Red Delicious have been joined by new, consumer-friendly varieties such as Galas, Granny Smith, and Pink Lady. These apples, known for their unique taste and flavor, have quickly gained popularity with Indian consumers.



**Arun Sharma is the founding member and General Secretary of the Progressive Grower Association (PGA) in Himachal Pradesh. A third-generation farmer, he grows apples, pears, plums, persimmons, and kiwis while sharing knowledge on fruit cultivation and safe pesticide use. He also holds a hotel management degree and has worked in food production for hotels across India and the UAE.**

By continuously updating their orchards with the latest varieties, Himachal's farmers are meeting the evolving tastes of consumers and positioning the state as a leading player in India's apple industry.

### Natural and Low Residual Farming: A Healthier Approach

In recent years, there has been a significant shift toward natural farming practices and low residual farming in apple orchards. This approach minimizes the use of synthetic chemicals, ensuring that the apples produced are not only healthy for consumers but also grown in harmony with nature. This focus on producing chemical-free, residue-safe fruit reflects the growing consumer demand for healthier, more organic food options.

By embracing these practices, farmers are contributing to a healthier food system while maintaining high standards of quality in their produce.



### Harvesting: A Precise and Skilled Process

Harvesting apples is a labor-intensive process that requires great care and precision. Apples are handpicked at the right stage of maturity, depending on their intended use. Farmers are trained to ensure that only the finest apples are selected for market, avoiding the harvest of unripe or overripe fruit. This meticulous approach guarantees that consumers receive only the best-quality apples, packed with flavor and nutritional value.



### Packaging: Ensuring Quality from Orchard to Market

Proper packaging plays a crucial role in the apple supply chain. Apples are packed in standard sizes of 5, 10, or 20 kg, with careful attention paid to ensuring that the fruit is not damaged during transit. Only marketable apples, sorted by grade, are packed, ensuring that customers receive a product that meets their expectations for size, appearance, and taste.



### Continuous Learning:

#### A Key to Success

The apple farmers of Himachal Pradesh are not just content with their current success; they are continuously looking for ways to improve their craft. They participate in training sessions, workshops, and study tours to apple-growing countries like Italy, the USA, and New Zealand, where they learn from the best in the business. This openness to new ideas and technologies is one of the reasons why the apple industry in Himachal Pradesh continues to thrive.



### Conclusion

Apple farming in India, particularly in Himachal Pradesh, has come a long way since its humble beginnings. Today, it is a thriving industry driven by innovation, sustainability, and a commitment to quality. With a new generation of farmers leading the way, equipped with modern technology and a passion for excellence, the future of apple farming in India looks brighter than ever. As consumer preferences evolve and the demand for healthier, more diverse apple varieties grows, Himachal Pradesh will continue to be at the forefront, producing delicious and high-quality apples for India and beyond.



**APPLES CONTAIN MALIC ACID**  
**Apple juice, apple flesh, and apple cider vinegar all have a high malic acid content. This beneficial compound is helpful in treating conditions such as fibromyalgia, chronic fatigue syndrome, and gallstones.**

**APPLES ARE 25% AIR**  
**Apples float in water because a whopping 25% of their volume is actually air. Apples are less dense than water, making them the perfect fruit for apple bobbing.**



# Evolving Trends in Modern Kitchens: Sustainability, Technology, and Innovation

## Chef Sayam Anwar

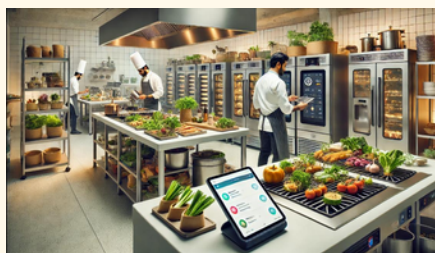
### Sustainability: The New Mantra

In the past few years, sustainability has emerged as a catchy term in the culinary sector. As consciousness regarding climate change expands, chefs and restaurateurs are taking on ecological practices to lower their carbon footprints.

Modern kitchens are incorporating sustainable methods, such as:

1. **Local sourcing:** In order to reduce transportation emissions, we obtain ingredients from local farmers and suppliers.
2. **Waste reduction:** Putting in place waste management systems to cut down on food waste and to reuse or recycle those materials.
3. **Energy-efficient equipment:** Putting money into energy-efficient cooking equipment and appliances.

We have implemented a "Farm-to-Table" idea within our organization, sourcing 80% of our produce from community farmers. This project both aids the local community and promotes freshness and decreases carbon emissions.



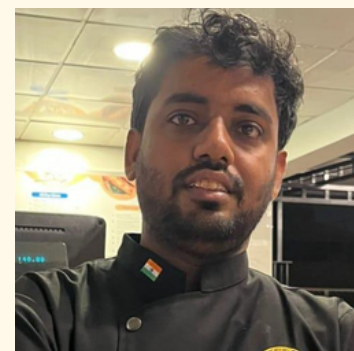
### Technology:

Reinventing Operations within the Kitchen -

The transformation of our cooking, management, and customer interactions is due to technology. Some notable trends include:

1. **Smart kitchens:** Adoption of automation, artificial intelligence, and Internet of Things devices for the purpose of enhancing kitchen operation efficiency.
2. **Digital menu engineering:** In this effort, data analytics is being used to evaluate menu performance and make improvements to both offerings and pricing.
3. **Online ordering and delivery:** Associating with food aggregators and creating digital ordering systems.

We have put in place a kitchen display system (KDS) that makes food preparation easier, reducing order completion time by 30%. The enhancements to our digital menu boards and online ordering system have made it more convenient for our customers.



**Professional chef with more than 11 years of experience in hotel & hospitality industry in India & Aboard. With different brands of hotels like Hilton, Dana beach resort, golden tulip resort etc Currently working as R&D chef with Swiggy**

### Innovation:

The Growth of Plant-Based Foods - The popularity of plant-based cuisine is climbing, fueled by health-aware consumers along with environmental worries. Chefs are innovating with plant-based ingredients, creating delicious and sustainable options:

1. **Vegan and vegetarian options:** Using plant-based proteins like tofu, tempeh, and seitan is a part of the approach.
2. **Ancient grains:** Restoring traditional Indian grains, such as millets and quinoa.
3. **Molecular gastronomy:** Using techniques from science to produce plant-based dishes that are culinary triumphs.

A separate vegan menu is now part of our restaurant, which includes options such as vegan "biryani" and "tikka masala." The result has been incredible, witnessing a 25% increase in vegan product sales.

### Conclusion -

The current kitchen is a dynamic environment that is continually evolving, due to sustainability, technology, and innovation. Accepting these trends, chefs and restaurateurs have the capacity to build a more efficient, sustainable, and delicious culinary experience for their guests.





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## IFCA Centre for Learning & Development

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The Indian Federation of Culinary Association (IFCA) offers a learning development program aimed at enhancing culinary skills and knowledge within the Indian culinary community. This program focuses on providing professional development opportunities for chefs and culinary aspirants across the country. It covers a wide range of topics including traditional Indian cuisine, modern culinary techniques, international cuisines, food safety, nutrition, and hospitality management.

IFCA's learning development program incorporates workshops, seminars, masterclasses, and hands-on training sessions conducted by renowned chefs and industry experts. Participants have the opportunity to learn from experienced professionals, gain practical experience, and network with peers in the culinary field. The program is designed to cater to individuals at various skill levels, from beginners to experienced chefs looking to expand their expertise.

By fostering a culture of continuous learning and skill development, IFCA aims to elevate the standards of Indian culinary arts, promote innovation, and contribute to the growth and success of the culinary industry in India.



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