



FEDERATION OF ALL INDIA CATERERS

FAIC

NEWS

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PRESIDENT'S MESSAGE

Dear Friends,

Here's wishing our readers a Happy New Year!!

2020 is a time for looking back and for looking forward. Some people make resolutions to break bad habits, create new ones or maintain existing ones. The editorial team of FAIC Magazine also has a resolution it intends to keep: we promise to continue to collect interesting stories, photos and articles related to Catering and F&B Industry and to keep you, our dear readers, informed about the latest trends on the hospitality industry.

I see 2020 as bringing great tidings to catering industry. I see more leaders doing town-halls with the theme of enriching the consumer experience and realising that consumers now know they have a choice, and each catering owner needs to differentiate itself to be the customer's choice.

Thanks to you, FAIC Magazine is increasing in readership and circulation every month. This year, with your help, we expect to reach higher limits. We plan to make 2020 even better! Your feedback, constructive criticism, and, above all, your readership, have proven invaluable in our mission to produce the best magazine possible.

We hope you like the updated look of our magazine and that you will continue to enjoy the content we provide. Our editorial staff will continue to work hard to bring you objective and wide-ranging news concerning the Catering Industry and F&B Industry around the world.

It gives me immense pleasure to announce the FAIC convention which is held once every two years will take place on the 4th, 5th and 6th September this year. This is a versatile platform for exhibitors to display their talents in their core areas meeting customers and networking. This is one opportunity that cannot be missed, so associate with us at the earliest.

Looking forward to a brand new journey with you all in 2020!!
God Bless

Narendra Somani
President, Federation of All India Caterers (FAIC)



संपादकीय

प्रिय मित्रों,

आप सभी को नए इसाई साल २०२० की हार्दिक बधाइयाँ और शुभकामनाएँ। पिछले महीने अच्छे सीजन के थे और आने वाले महीने भी काम के रहेंगे।

जैसा कि पहले मेरे द्वारा यहाँ कहा गया है, की GST के मामले में सरकार ने हमारा पक्ष लिया है, इसलिए हमारा कर्तव्य है कि अगर हम अभी तक जीएसटी में दाखिल नहीं हुए हैं, तो हमें जल्द से जल्द पंजीकरण कराना होगा। हम इन कानूनों का पालन करें और सभी टेक्स का उचित और समय पर भुगतान करें, और कर-चोरी का समर्थन नहीं करें। इससे हमारे राष्ट्र और हमें, दोनों को लाभ होगा। इसलिए, कृपया अपने आप को 5% GST के तहत पंजीकृत करें और तुरंत इसके मानदंडों का पालन करना शुरू करें।

दोस्तों, जैसे दिसंबर में मैंने यहाँ बताया की हमारा अगला कन्वेंशन एण्ड एग्जिबिशन 2020 सूरत-गुजरात में ४, ५ और ६ सितम्बर को होने जा रहा है। इसमें भाग लेने के लिए आप सब तैयार रहें और सूरत-गुजरात आने के लिए इन दिनांको को कन्वेंशन के लिए लॉक कर दें। यह हमारा ४था कन्वेंशन होगा। पिछले ३ कन्वेंशन, जो की अहमदाबाद, मुंबई और जयपुर में हुए। प्रत्येक अगला सम्मेलन पहले वाले के संदर्भ में अधिक भव्य होता गया। यह परंपरा सूरत में भी जारी रहेगी। हम सभी ने अभी से इस पर मेहनत करना शुरू कर दिया है। जो लोग इस समय को चुकेंगे, उन्हें भविष्य में पछतावा होगा, इसलिए, अब यह आप सभी के लिए जरूरी है कि पंजीकरण के खुलते ही अपना पंजीकरण करा ले। पिछले सम्मेलनों की तरह, इस बार भी सम्मेलन के साथ-साथ प्रदर्शनी भी होगी। हमारे खाद्य उद्योग के बहुत सारे आपूर्तिकर्ता अपने विशेष उत्पादों का प्रदर्शन करेंगे। नए आविष्कारों और प्रयोगों की प्रस्तुति होगी। तो, यह इस आगामी कार्यक्रम में भाग लेने के लिए एक अतिरिक्त आकर्षण भी होगा।

दोस्तों, हम आपसे यह उम्मीद भी करते हैं कि आप अपने शहर में अपने सह-पेशेवरों के बीच आगामी कन्वेंशन और प्रदर्शनी का प्रचार करें, और सदस्य बनने के लिए अधिक कैटरर्स को प्रेरित और आकर्षित करें। हम अपनी सदस्यता में पर्याप्त वृद्धि की आशा कर रहे हैं। वर्तमान में, हमारे देश के 17 राज्यों में लगभग 2500 सदस्यों के साथ हमारा प्रतिनिधित्व है। हम चाहते हैं कि और नए राज्य जुड़ें। इन 17 राज्यों के साथ, हम अपने देश के उत्तर-भागों में और अधिक ध्यान केंद्रित करने का इरादा रखते हैं। हमें अपने प्रतिनिधित्व वाले राज्यों से अधिक सदस्यों की आवश्यकता है और गैर-प्रतिनिधित्व वाले हिस्से से नए सदस्यों को जोड़ने की भी आवश्यकता है। जितने ज्यादा सदस्य होंगे, उतना हम मजबूत होंगे। परिवार के सदस्य होने के नाते, हम आपसे बड़े और मजबूत होने में हमारी मदद करने की उम्मीद करते हैं।

अब के लिए बस इतना ही, आप से फिर जल्द मिलने की उम्मीद है। अभी के लिए अलविदा।

किरीट बुधदेव

मानद सचिव।



2020
Shaadi ki Muharat dates

January: 15,16,17,18,20,29,30,31
 February: 1,3,4,9,10,11,12,16,25,26,27
 March: 2,3,4,8,11,12,16,26
 April: 14,15,25,26,27
 May: 2,4,5,6,8,10,12,14,17,18,19,23,24
 June: 9,11,13,14,15,25,26,28,29,30
 November: 25,30
 December: 1,7,8,9,11



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Happy
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RETAIL INFLATION SOARS TO 14 MONTH HIGH ON HIGHER FOOD PRICES

India's retail inflation sharply accelerated in September to a 14-month high at 3.99%, almost touching the central bank's medium-term target of 4%, as food inflation nearly doubled to 5.1%. The high retail inflation could limit the Reserve Bank of India's (RBI's) ability to further cut policy rates.

Data separately released by the industry department on Monday, however, showed that wholesale price inflation decelerated to a three-year low at 0.33% in September compared with 1.08% a month ago, as prices of manufactured items entered the deflationary territory, signalling the lack of pricing power of producers in the current economic downturn.

Inflation for manufactured items stood at -0.42% in September as against 0% a month ago. The WPI inflation rate declined in September despite onion prices rising 122% from a year ago. The government has banned exports of onions and put stock limits on traders to cool prices.

He spike in retail inflation is a blip and



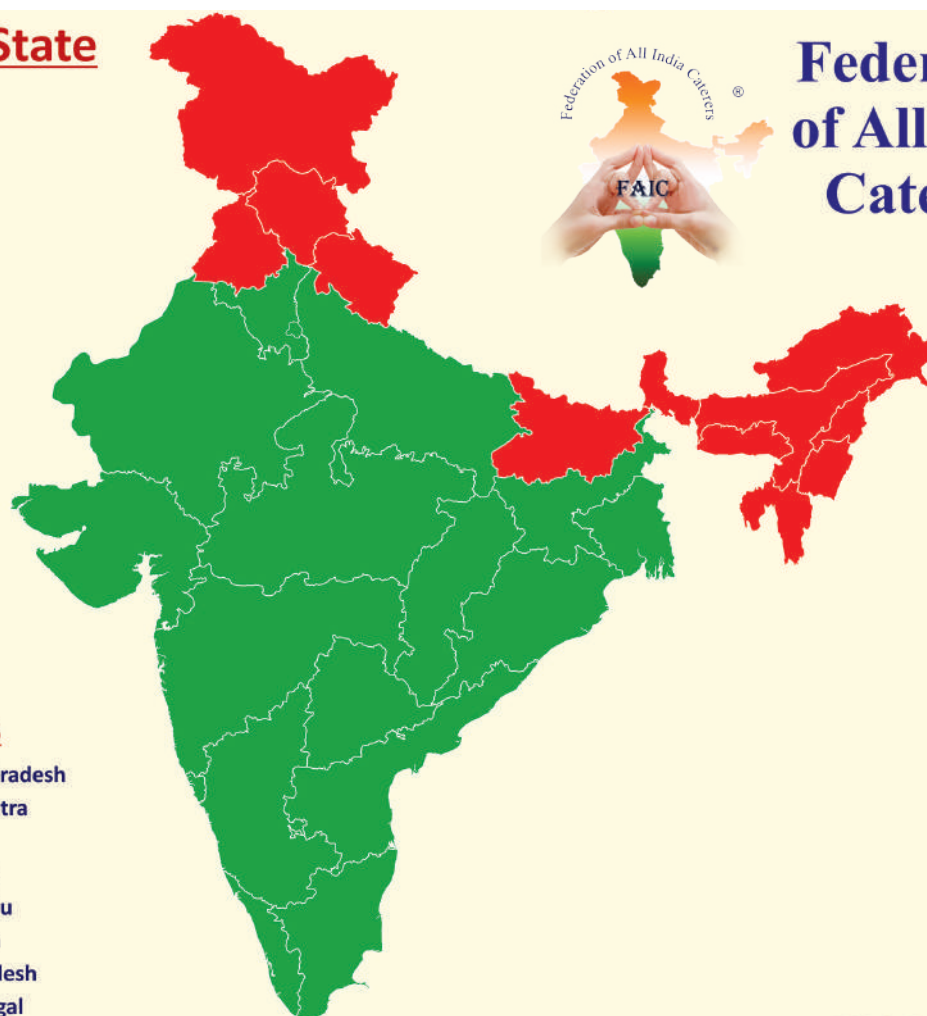
should correct going ahead, said Crisil Ltd's chief economist Dharmakirti Joshi. "Overall, food inflation could remain high this year even as core inflation declines. That should improve terms of trade for the farmers," he said. The non-food, non-fuel core inflation eased to a 26-month low at 4.2% in September.

However, many economists said the rise in retail inflation may impact the rate cut cycle of RBI. The decline in core inflation provides some comfort, but the unexpectedly sharp jump in the September CPI inflation has pushed up

the likelihood of a pause in the next MPC review, unless the headline retail inflation recedes sharply in this month, said Aditi Nayar, principal economist at Icra Ltd.

The question is whether food prices will continue to rise as onions and tomatoes continue to cause concern, said Madan Sabnavis, chief economist at Care Ratings. "Monetary policy has to be cautious and while it had decidedly targeted growth in the earlier policies, it has to consider CPI inflation over which rates have no control..." he said.

FAIC Associate State



Federation of All India Caterers

Associate States

- Andhra Pradesh
- Chhattisgarh
- Delhi
- Goa
- Gujarat
- Haryana
- Jharkhand
- Karnataka
- Kerala
- Madhya Pradesh
- Maharashtra
- Odisha
- Rajasthan
- Tamil Nadu
- Telangana
- Uttar Pradesh
- West Bengal

■ FAIC Associate State

APPOINTMENTS

SUMAN BILLA



Suman Billa, a 1996 batch Kerala cadre IAS officer, has joined the United Nations World Tourism Organisation (UNWTO) at its headquarters in Madrid, Spain. Suman is appointed as Director, Technical Cooperation and Silk Road Development at D1 level at UNWTO, a specialised agency responsible for the promotion of responsible, sustainable and universally accessible tourism. Prior to this, he was working as Joint Secretary, Ministry of Tourism, Govt of India. In his earlier stints, Suman also worked as a Secretary and Director of Kerala Tourism.

PARMEET SINGH NAYAR



MBD Group has announced the appointment of Parmeet Singh Nayar as VP Operations and General Manager Hospitality. Parmeet will support the growth of MBD Hospitality in Indian market and oversee the performance of the Group's hotels in the region, including Radisson Blu MBD Hotel Noida and Radisson Blu Hotel MBD Ludhiana. Prior to joining the Group, he held various managerial positions with chains including Shangri-La and Hilton.

VIKAS MITTAR



ibis and Novotel Bengaluru Outer Ring Road announced the appointment of Vikas Mittar as Director of Finance at Novotel & ibis Bengaluru Outer Ring Road. Vikas brings across a rich experience in the hospitality of 15 years and overall experience in Finance of over 19 years. He has also previously held the role of Multi-Property Director of Finance with the Marriott International in Kerala as well as Director of Finance for hotels at Eros Group.

SUDEEP JAIN

InterContinental Hotels Group (IHG) has announced the appointment of Sudeep Jain as Managing Director, South West Asia (SWA) with effect from January 1st 2020. Sudeep who is currently serving



as VP Development, SWA succeeds Vivek Bhalla, who has been promoted to the role of Vice President Operations for South East Asia and Korea (SEAK) based out of IHG's office in Singapore. In his new role, Sudeep will take on a broader leadership agenda to drive IHG's business in the region, covering both development and operations responsibilities across the existing portfolio. He will continue to be based in Gurugram, India and will report to Pascal Gauvin, Managing Director, India, Middle East and Africa, IHG.

SUMAN JULKA



The Leela Ambience Convention Hotel Delhi appointed Suman Julka as Director of Sales and Marketing. Prior to joining The Leela Ambience she worked with Westin Kolkata. With over 20 years of experience, her forte lies on handling major MICE movements and bringing in synergy between Sales and events team.

MONICA SURI



Varu by Atmosphere, Maldives has appointed Monica Suri as General Manager. Monica brings more than a decade of experience within the hospitality industry and a wealth of knowledge from H&R, Training and core Operations. Prior to joining Atmosphere Hotels & Resorts, she was the General Manager of Marriott Jaipur, India and was also associated with brands like Westin, Le Meridien and Taj.

RAHUL PANWAR



Novotel and ibis Bengaluru Outer Ring Road has appointed Rahul Panwar as Hotel Manager at Novotel & ibis Bengaluru Outer Ring Road. In his new role, Rahul will be responsible for the day to day operations at the 526 keys combo hotel - Novotel & ibis Bengaluru Outer Ring Road. His last assignment was as an Executive Assistant Manager at the 462 keys Novotel Phu Quoc Resort & Villas in Vietnam. He brings

with him a rich international hospitality experience with over 13 years across global hospitality brands in India, USA, China & Vietnam.

RAHUL SHARMA



Rahul Sharma has been appointed as the Hotel Manager at Courtyard by Marriott Amritsar. With 19 years of experience, he is set to lead his team to superlative success. In his role as General Manager at Four Points by Sheraton Jaipur, he was responsible in attaining the 1st and 3rd position in Asia Pacific amongst all Four Points by Sheraton Brands. Prior to that, he was the Executive Assistant Manager at Le Meridien Kochi. While serving as Director North India for Starwood Sales Organization, he was responsible for the Management of Starwood's Key Global Accounts, RFPs, Wholesale, MICE, Meeting Financial KPIs and Sales Liaison.

ABHISHEK SACHDEV



Abhishek Sachdev has been appointed as the Hotel Manager of Fairfield by Marriott Kolkata. With over 13 years of enriching hospitality experience across multiple hotel companies & varied roles at ITC Limited, Starwood Hotels & Resorts and Indian Hotels Company Limited, he is a recognized individual within the hospitality industry.

JAMESON SOLOMON



Swissôtel Kolkata has announced the appointment of Jameson Solomon as the new General Manager. Jameson has more than two decades of experience in hospitality industry. Prior to joining Swissôtel Kolkata, he was working with Leela Palaces, Hotels and Resorts as Head of Operations. He has been associated with the Sheraton Grand Bangalore at Brigade Gateway, Bengaluru, Grand Hyatt Mumbai, Park Hyatt Dubai and Hyatt Regency Dubai.



FIRST 'EAT RIGHT' STATION

MUMBAI CENTRAL, THE EAT RIGHT STATION

Taking a healthy leap, the busy Mumbai Central Terminus of the Western Railway became India's first 'Eat Right Station' as it was awarded a 4-star rating by the Food Safety and Standard Authority of India (FSSAI).

The FSSAI certification to the Mumbai Terminus forms the part of the 'Eat Right India' movement launched in 2018 to focus on improving the well-being and health of the people by eating healthy.

Before being conferred upon the award, the Mumbai Central station was judged on several measures including compliance of food safety and hygiene, food handling at preparation, availability of healthy diet, trans-shipment and retail/serving point along with food waste management under the 'Eat Right Station' initiative launched by Indian Railways along with FSSAI. The officials had carried out inspections of the catering establishments at the station and rated the standard of food.

The food handlers at the stations were trained both in canteens and base kitchens by the FSSAI along with Western Railways and IRCTC.

Built on two broad pillars of 'Eat Healthy' and 'Eat Safe', FSSAI's 'Eat Right India' movement aims to create awareness among citizens of India to improve their health and well-being by ensuring that they eat healthy food. Led by FSSAI, the movement is a collective effort to make both the demand and supply-side interventions through the engagement of key stakeholders.

NOW RAISE A TOAST TO CHINESE DRINK IN INDIA

The discerning drinkers in India can now raise a toast with the world's largest selling liquor – the Chinese spirit Baijiu. With the launch of Jiangxiaobai a whole new spirit category was introduced to the youngsters in India.

Made with sorghum at an ABV heritage white spirit from China drinkers who want to experiment target consumers for the premium between 18-35 years of age.

This youthful brand is being based liquor distribution rolled out in Delhi, Mumbai

The Baijiu drinking is has been rooted in the thousands of years. About premium spirit, are sold it the world's top selling as a relevant market for is already present in 24 world.

Even as India is primarily that whisky alone accounts the white spirits segment is



the launch of Jiangxiaobai a whole to the youngsters in India.

(alcohol by volume) of 40%, this targets the new generation of Baijiu various forms of the liquor. The Jiangxiaobai Baijiu are those

brought in India by a Mumbai-firm VBev India and will be and Bengaluru initially.

a Chinese tradition that country's culture for 1.2 billion cases of this each year globally, making spirit ahead of whisky. latest addition, it is seen this value brand which countries across the

a brown spirits market and for 65% of the market share, said to be growing faster.

HYDERABAD BAGS UNESCO TITLE FOR CULINARY CHUTZPAH

2019 was an incredible year for Hyderabad as the city of Nizams won a lot of laurels. With a plethora of delicacies – from world famous Biryani to Haleem to Irani Chai -mana Hyderabad has always enjoyed the distinction of a city with culinary riches.

And another feather was added in the cap before the year end when the Telangana capital found a pride of place in the world stage as the city was honoured with the title of the 'Most Creative City of Gastronomy' by UNESCO. There were 66 cities selected across the globe to be certified with the title of UNESCO Creative Cities. Hyderabad was one of the two cities from India to be selected for the 'UNESCO Creative City of Gastronomy', the other being Mumbai in Film category

The designation of Hyderabad in the creative cities' list is expected to bring new opportunities for the state capital and turn the focus on the city's rich culinary heritage and tradition.

THIRUVANANTHAPURAM HOTELS' FOOD DELIVERY APP

Online food delivery aggregators in Thiruvananthapuram will soon have a competitor! The district committee of Kerala Hotel and Restaurant Association (KHRA) - taking a cue from the success of food delivery platforms – launched its own mobile app – Big Bite.

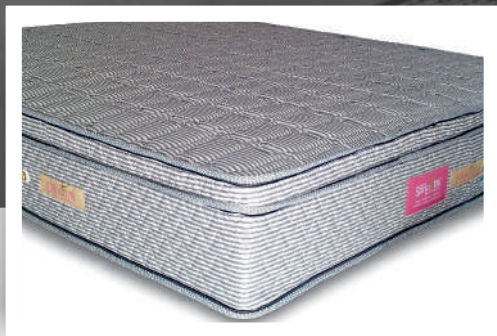
Being the country's first online food delivery app launched by a hotel association, Big Bite is launched to check the growing threat and 'unfair trade practices' from the online food delivery platforms has included 400 restaurants and 200+ executives to cover the city and rural areas of the district.

The KHRA decided to launch the online food delivery platform to oppose the launching of cloud kitchens and unhealthy competition and unfair trade practices by existing online aggregators. The association through the Big Bite app intends to safeguard the interest of the hoteliers and restaurateurs. The new venture will enable home delivery services while the association also will be providing the offers and discounts to customers through the online food delivery platform. The association is expected to expand the reach of the Big Bite app across the state at a later state.

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MOST PACKAGED FOODS HAVE HIGH SUGAR, SALT IN VIOLATION TO FOOD LAWS - CSE STUDY

Conducted by CSE's Environment Monitoring Laboratory (EML), the analysis tested for salt, fat, trans fats and carbohydrate content in 33 popular junk food items

Among namkeens, Haldiram's Classic Nut Crackers scored high on the salt content

A laboratory analysis of most packaged and fast food items sold in India has revealed high salt and fat content, in violation of thresholds set by the Food Safety and Standards

Authority of India (FSSAI). The laboratory analysis was conducted by the Centre for Science and Environment (CSE).

Conducted by CSE's Environment Monitoring Laboratory (EML), the analysis tested for salt, fat, trans fats and carbohydrate content in 33 popular junk food items, which included 14 samples of chips, namkeen, instant noodles and soup, and 19 samples of burgers, fries, fried chicken, pizza, sandwich and wraps. These samples were collected from grocery stores and fast food outlets in Delhi and are widely sold and consumed across the country.

tested—were also revealed have very high salt levels, and so did samples of burgers - McDonald's, Burger King, pizzas from Domino's, Pizza Hut, and sandwiches - Subway.

CSE director general Sunita Narain pointed at the delay in notifying draft Food Safety Standards, (Labelling and Display) Regulations, in works since 2013. "This is compromising our right to know and our right to health. Over the six years, the FSSAI has constituted committee after committee and in 2018 a 'final' draft was issued; this was then revised and another 2019 final 'draft' was put out for public comments. But even this final draft remains a draft. Clearly, our right to know and our right to health is not a priority," Narain said.

CSE also analysed the findings to understand how much of Recommended

According to the CSE report, in the chips and namkeen segment, among all the brands tested, Too Yumm Multigrain Chips (which Indian cricket captain Virat Kohli advertises as a "smart snack") had the maximum salt content - 1 gram in 30 gram of chips. In other words, a 30 gram-pack of this gives double the day's allowance of salt from a snack! Among namkeens, Haldiram's Classic Nut Crackers scored high on the salt content. Instant noodles and soups - Maggi and Knorr products were





(50 g/day). "This is clearly a compromise to appease the powerful beverage and juice industry, but will compromise our health instead," the report said.

According to public health experts, trans fats are deadly and should be completely eliminated from food because they are indicted for heart diseases.

Mrinal Mallik, head of the CSE lab, said, "The results show that in almost all the food CSE tested, companies have underreported the amount of trans fats in their products. This should not be allowed."

**With Inputs from LiveMint*

Dietary Allowance (RDA) is used (or exhausted) by eating these foods. The concept of RDA is well established globally and is used to understand how much of any nutrient (salt, sugar, fat) should be consumed from different meals. Most packaged foods fall in the 'snack' category and the RDA of this food is, therefore, a proportion of daily intake.

"If we say that we have three meals and two snacks in a day, each snack must not add up to more than 10% of the RDA," said Amit Khurana, programme director, food safety and toxins team, CSE.

In the case of 'added sugar', the

product would be labelled 'red' if the energy provided by the 'added sugar' is more than 10% of the energy provided by 100 g of the product. In the 2018 draft, the notification had used 'sugar' and not 'added sugar'. The draft 2019 regulation introduced 'added sugar', but has taken the same threshold as the one for 'total sugar'



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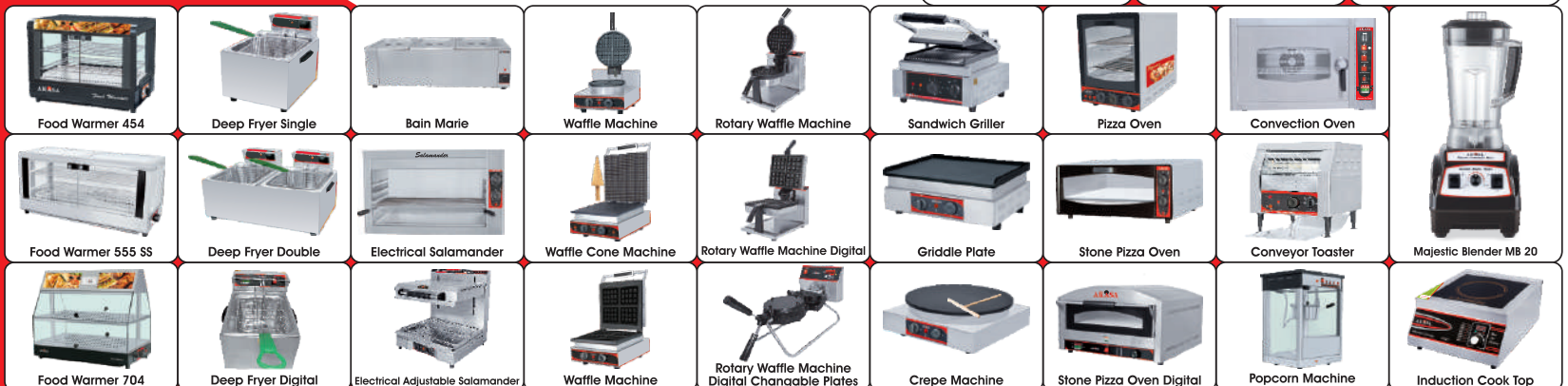
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UBER EATS TO SAY GOODBYE ?

Uber is in advanced discussions to sell its food-delivery business in India, according to two people with knowledge of the plans, as the company moves to stem its losses.

The ride-hailing company is nearing a deal to sell its Uber Eats service in India to Zomato, an Indian food-delivery service, said the people, who spoke on condition of anonymity because they were not authorized to do so publicly. The sale could be announced as early as this week, they said.

A spokesman for Uber declined to comment. The talks were earlier reported by TechCrunch, which said a deal would value the India business of Uber Eats at \$400 million.

Darav Khosrowshahi, Uber's chief



executive, has been trying to pare back money-losing businesses to prove to investors that the company can turn a profit. Investors have agitated both in public and behind the scenes for Uber to clean up its balance sheet since it went public earlier this year.

Uber's initial public offering in May was a disappointment, with the company's shares immediately plunging as investors questioned how much money the ride-hailing service loses. That event marked a turn in sentiment around high-profile-but-unprofitable tech start-ups, many of which had burned cash for years in the pursuit of growth. WeWork, another highly valued start-up, later shelved its plans for an I.P.O. as private investors cut the company's valuation to a fraction of its former worth.

Investors have recently homed in on several issues at Uber, according to two people briefed on the conversations. Those include continued regulatory challenges around the

than 1,000 full-time employees.

While Uber Eats has been a bright spot for revenue growth, the company has offered subsidies and free promotional offerings to gain new users, which has been expensive. In a conference call with investors last month, Mr. Khosrowshahi said his plan for Uber Eats was to take first or second place in every city it operates.

If we can't make it to that level, we'll look to dispose or we'll get out of the market," he said at the time.

In India particularly, Uber Eats has struggled to sign up restaurants, diners and delivery agents in a brutally competitive market where Zomato and other delivery start-ups like Swiggy are



world—most recently, transportation authorities said they would not extend Uber's taxi license in London, one of its biggest markets — and ballooning expenditures.

Some investors have privately grumbled that Uber also paid too much for Careem, a Dubai-based ride-hailing and delivery company that Uber announced this spring it would acquire for \$3.1 billion.

According to two people familiar with the matter, investors have also privately complained to Mr. Khosrowshahi about the expense of its Advanced Technologies Group, which develops self-driving vehicles. No decisions have been made about the unit, these people said, which has more

established. Uber has had to offer heavy incentives to lure customers there.

In September, Uber also announced that it was pulling its Eats business out of South Korea, where the company faced stiff competition from local start-ups.

Mr. Khosrowshahi has previously retreated in ride-hailing in Southeast Asia, where the company faces difficulties competing. In 2017, under then-chief executive Travis Kalanick, Uber pulled out of China, where the company was burning billions of dollars. That same year, Uber largely withdrew from Russia.

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CHALLENGES AND OPPORTUNITIES FOR FOOD PROCESSING INDUSTRY IN NORTH INDIA



The agro food processing industry is one of the largest in North India. North India's strong agricultural base, variety of climatic zones and accelerating economic growth holds significant potential for food processing industry that provides a strong link between agriculture and consumers. Though the food processing industry in North India is large in size, it is still at a nascent stage in terms of development. India's processing industry is highly fragmented and is dominated by the unorganized sector.

In North India, maintained monetary development and expanding urbanization are fuelling quick development, popular for high esteem nourishing food like natural products, vegetables, grains, meat, eggs and fish. We, in Trident F&B Consultants, believe that there is an expanding pattern of a move from sustenance security to dietary security and accommodation shopping. Expanded portability, introduction, expanded yearning and accessibility of a wide range of items have additionally added to shifts in

spending on nourishment here in Northern parts of India.

While North India's agrarian generation base is very solid, the food processing industry is still immature. Significant concern is wastage also, it is too high. In spite of the fact that there are numerous promising elements which bolster the potential for development of this industry, there are still some critical imperatives which, if not tended to sooner, can obstruct the development prospects of the Food Processing Industry in North India.

In late decades, there have been considerable changes in the examples of production, consumption, and trade in North Indian farming. One change is the shift in production and consumption from food grains to high value agricultural commodities such as fruits and vegetables, milk and milk products, meat, eggs, fish and processed food products.

Food processing is a large sector in North India that covers activities such as agriculture, horticulture, plantation, animal husbandry and fisheries. It also includes other industries that use agricultural inputs for manufacturing of

edible products. The Ministry of Food Processing, Government of India divides the industry into six segments: Dairy, fruits & vegetable processing; Grain processing; Meat & poultry processing; Fisheries; and Consumer foods including packaged foods, beverages and packaged drinking water.

Challenges & Constraints for food processing industry in North India as per the survey conducted by Trident F&B Consultants Pvt Ltd

In spite of the fact that there are numerous promising dynamics which bolster great development of food industry, there are still some critical requirements which, if not addressed sooner, can obstruct the development prospects of the Food Industry in North India.

1. Poor quality standards for processing and packaging the processed foods.
2. Traditional methods of farming
3. Use of technology is low: Bar coding, supply chain linkages and use of IT is low
4. Skills required for modern retail formats relatively unknown.
5. Low levels of mechanization.
6. Procurement intervention by Govt. agencies



obsolescence.

- Loss of trained manpower to different ventures / industries / professions because of better working conditions existing there may prompt further lack of labour.

7. Very low investment in storage & handling technology
8. Outdated technology used in farming, storage etc
9. Poor storage of raw food materials.
10. Exposure to low scale operations.
11. Lack of cold chain systems
12. Inadequacy of information and marketing linkages
13. Trading by adthiyas whose skill sets are traditional.
14. Dominance of informal & unorganised sector
15. Insufficient Fund availability to farmers
16. Even now the agricultural production is dependent on rainfall
17. Controlled by small trader financiers
18. High wastage and transaction costs
19. Poor infrastructure
20. Poor logistics system



that may prompt fare of our created advances and facilitate generation of additional income and employment opportunities.

- Integration of improvements in contemporary advances, for example, electronics, material science, computer, biotechnology and so on offer immense degree for rapid improvement and progress.
- Large yield and material base in North India due to agro-ecological variability offers huge potential for agro processing exercises.

Threats

- Competition from worldwide players
- Rapid advancements in the food processing industry may result in

Mr. Abhishek Saareen, Executive Director of Trident F&B Consultants Pvt. Ltd., completed 4 year Bachelors in Hotel Management and Catering Technology from Banarsidas Chandiwala Institute of Hotel Management And Catering Technology (BCIHMCT), Guru Gobind Singh University, New Delhi, has got exposure with The Park Hotel (New Delhi), Trident Hotel (The Oberoi Group of Hotels), Mumbai and overseas stint in Dubai (UAE). He was awarded with special recognition during studies for "Facility Planning". He takes care of the planning, execution and post-opening streamlining.

SWOT ANALYSIS OF FOOD PROCESSING INDUSTRY IN NORTH INDIA

Strengths

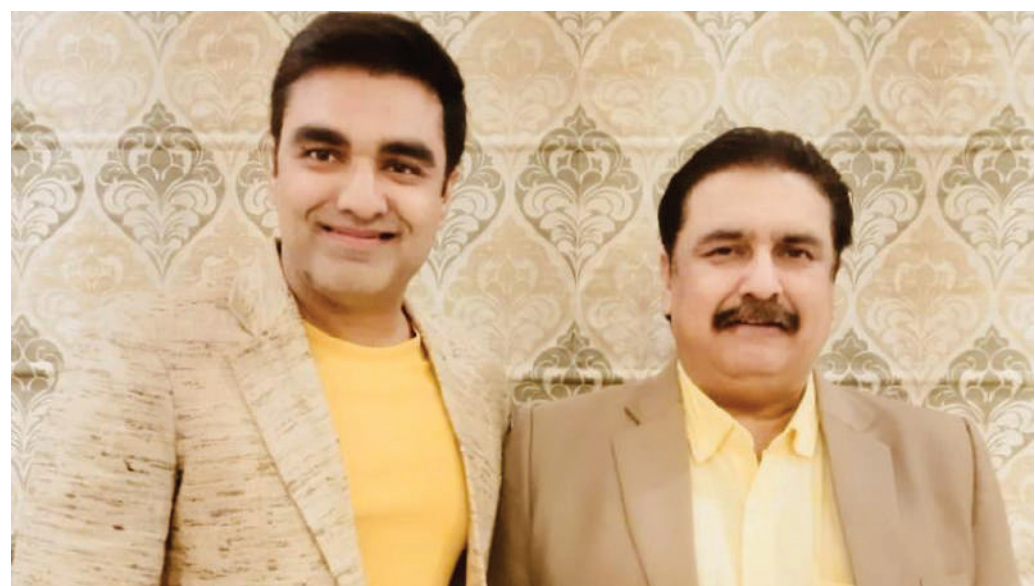
- Vast household advertise.
- Social worthiness of agro-handling as essential territory and support from the central government.
- Round the year accessibility of raw materials.
- Vast network of manufacturing facilities throughout the nation.

Weaknesses

- Remuneration less alluring for talent in contrast with contemporary disciplines.
- Low accessibility of new solid and better precision instruments and supplies
- Inadequate mechanization concerning data administration.
- Inadequately created linkages between R&D labs and industry.
- High necessity of working capital

Opportunities

- As the worldwide markets are opening,





NEW YEAR RESOLUTIONS TO ROCK YOUR RESTAURANT BUSINESS IN 2020

The calendar change marks an opportunity for fresh starts, exciting changes. Certainly, New Year is a great way to set new goals and new challenges for achieving greater goals – not only for people but businesses as well.

And it's that time of the year again when you move on from the previous year's success & failures, take some corrective measure and focus on to make certain New Year Resolutions to help you into a profitable restaurant/catering business.

Despite best efforts, it's difficult to stick to your resolves made in the first month of the year. And with each passing month, it tends to get harder, ultimately giving up. However, if planned in a right manner from the beginning, it may get easier to execute and follow your resolutions thus impacting your restaurant or catering business in a positive way.

So, what should be those New Year resolves to boost your restaurant or catering business? We have boiled down some actionable resolutions for you to follow in 2020 to run your catering and restaurant business efficiently and profitably. Keep reading to know more:

RESOLUTION #1: UP YOUR DIGITAL GAME & SOCIAL MEDIA PRESENCE

In this digi era, merely having a Facebook & Instagram account of your restaurant or catering company isn't enough, if you are not timely updating it. So increasing your social media presence can be one of your

2020 restaurant goals.

Resolve to remain updated with the latest social media trends and begin the year off by putting your food first. It can be posting a delightful pic of your restaurant wall or new seating arrangement - welcoming the New Year and your customers to reflect your New Year mood, thus connecting with your customers in a better way.

Having an online presence means what and how often you post the content. Make sure you give a delightful taste of your restaurant to your customers by posting high-quality pics about your food – a vividly hued mocktail or chef's special - periodically. This way you would also build up your brand's presence. Build better connections, interact with your prospective customers, share news about your services, new offers and discounts with them on social media platforms.

The customers now-a-days do their research before selecting restaurants. So having a functional, updated and a vivid restaurant website becomes critical. If you have not got your restaurant website or it's not updated for long, this should be your top New Year resolution to have a website update. This will help you get more orders while increasing your online visibility.

Last, but not the

least, get your restaurant listed on a leading food delivery app.

RESOLUTION #2: TRAIN YOUR RESTAURANT STAFF TO UPSELL

Proper training can empower your restaurant staff to upsell your profitable items. Resolve to train your staff, the art of describing a dish so as to increase sales.

Give your staff a helping hand! For instance, you may also provide your servers with a tablet for taking orders. This will help save them time of writing and serve more people. Or you may provide your chefs with some latest processing equipment to do their cooking faster.

Make your staff feel appreciated by genuinely valuing their efforts. And that just doesn't mean paying them well! You can value them with benefits beyond discounted food, effective perks, flexible work timings or paid leaves.





**RESOLUTION #3:
STALK YOUR REPUTATION**

Another New Year resolution which should be on your list is reputation management online. Make sure to keep a regular tab on the reviews people post about your restaurant – be it on food delivery app or on Google or Facebook or Instagram. A close tab on what people say about your restaurant or food will enable you to address their concerns, problems and complaints. Once you get to know about any negative feedback online, you can accordingly take action or improvise about the issue. You can activate Google Alerts for your business name or subscribe to a reputation management service. Also monitor your Facebook and Instagram pages and Zomato pages to keep a check on the reviews.

**RESOLUTION #4:
AUTOMATE YOUR MARKETING**

Marketing automation should be one of your 2020 restaurant and catering goals. You should be taking the legwork out of marketing...literally! Instead of sending bulk emails, SMS or WhatsApp messages, leverage out time on smart marketing campaign such as design customized campaigns based on behavior of your customers. Personalised marketing campaigns can surely up your sales.

Start reaching out to local food bloggers, food vloggers and food Instagrammers and invite them to review your restaurant and feature your food on their page.

**RESOLUTION #5:
ADOPT TECHNOLOGY FOR STAFFING HEADACHES**

If you are still using the conventional ways of taking orders and payments, your goal in 2020 should be to switch to

adopt tech ways for the benefit of your customers and your staff. Consider using tablets for taking orders from the customers and allowing your guests to make payments from the table. You may also get a restaurant billing software for easing the payment management.

**RESOLUTION #6:
ENCASH YOUR CUSTOMERS' RESOLUTIONS**

With a healthy lifestyle becoming a trend among millennials, this year resolve to keep in mind your customers' resolutions. Such a resolution can make an impactful change in your restaurant sales. Cash in on your health enthusiasts visiting your restaurants and offer them a healthy food menu. You can introduce some healthy seasonal items in your food menu to even impress such guests. You can even arm up your restaurant's marketing campaign around promoting

a healthy lifestyle and eating fresh. You may get more creative and offer dietary preferences in your food to attract more fitness freaks to your restaurant and up your sales.

**RESOLUTION #7:
NO MORE THE SAME OLD FOOD MENU**

If it's been long since you have updated your food menu, it's high time you should think of experimenting and updating the menu card before it starts looking old and boring. An outdated menu may seem monotonous and even if it is a chef special, the dish can play a spoilsport. As you head into 2020, audit your old food menu should be on your priority and updated it with current food trends, portion size and latest ingredients.

Resolving to design a new menu and updating it can bring about a positive change while impressing your customers.

Don't be in a hurry to decide upon your New Year Resolutions just for the namesake. Include your managers and staff, if possible, to discuss about the good points of previous year and what all needs to be improved. You can definitely resolve together to rock your restaurant and catering business in 2020.

Have a great year ahead!



दिल्ली की सर्दी और लज़ीज़ केक्स एंड बेकरीज !!

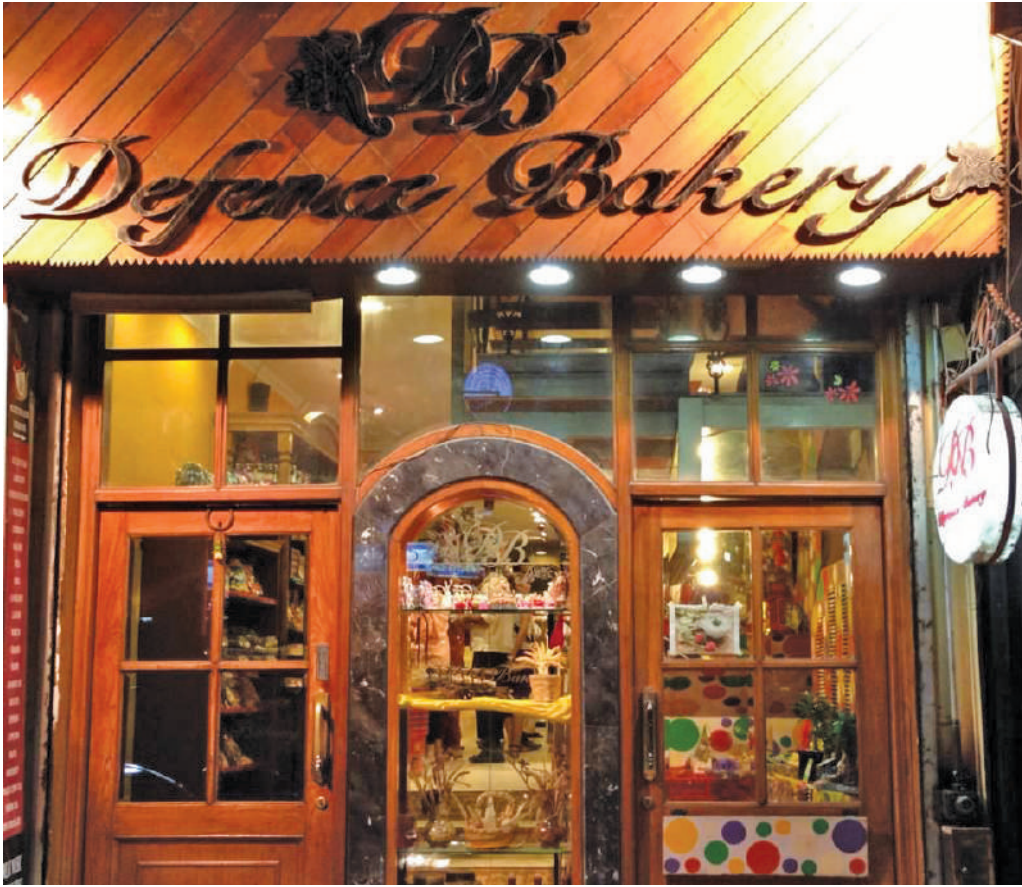
यह जनवरी है और इसका मतलब है कि यह हॉट चॉकलेट पर मार्शमॉलो की मनोरम सजावट के साथ तैयार कुकीज़ को बिना किसी पछतावे के साथ लुत्फ उठाते हुए खाने का मौसम है। चाहे भुरभुरे क्रोइसैन हों, या कुरकुरे कुकीज़, या फिर लसदार केक या नम ब्रेड, आप जो भी पसंद करते हों, ये शानदार बेकरियां आपकी उम्मीदों पर खरा उतरेंगी।

चॉकलेट पेस्ट्री, ताजे ब्रेड और वैनिला की सुगंध के साथ किसी बेकरी की यात्रा काफी लज़ीज़ और दिलचस्प हो सकती है!! इस आकर्षण को और बढ़ाने के लिए हम यहां आपके लिए दिल्ली/एनसीआर की हमारी कुछ पसंदीदा बेकरियों की एक सूची दे रहे हैं, जो आपकी स्वाद की हर लालसा को पूरा करेगी। आप चाहे अपने रोज के नाश्ते के लिए ब्रेड की तलाश कर रहे हों या फटाफट स्नैक या खाने के लिए कुछ और ढूंढ रहे हों, इनमें से हर एक फूड हैवन में आप अपनी पसंद की चीजें पाएंगे।

डिफेंस बेकरी

यह मशहूर बेकरी दक्षिण दिल्ली के डिफेंस कॉलोनी के बाजार में स्थित है। इस बेकरी के सभी चारों उत्पाद- चोकरयुक्त गेहूं के ब्रेड, जंबो स्लाइस ब्राउन, ब्राउन ब्रेड और मल्टीग्रेन ब्रेड खासतौर से रासायन मुक्त भोजन के लिए जाने जाते हैं। डिफेंस कॉलोनी की ये आरामदायक जगह अपने बेहतरीन चाय ब्रेड, ब्लू बेरी मफिन्स और चॉको चिप्स के लिए जानी जाती है। अपने सभी उत्पादों की वाजिब कीमत के कारण यह जगह केक लवर्स के लिए एक बार जरूर घुमने वाली है।

पता: शॉप नंबर- 34, डिफेंस कॉलोनी मार्केट, नई दिल्ली 110024



चूक सकते हैं!

यह सजीला और बेहद शालीन बेकरी आपको पेरिस की गलियों की खासियत नम पेस्ट्रीज की याद दिलाता है। फ्रेंच शैली से प्रभावित नाजुक मिठाइयों और रस्टिक ब्रेड से हल्के रंग-बिरंगे मैकरों से लेकर उपहारों का एक अच्छा चयन इनके पास मौजूद है। यहां सब कुछ उतना ही स्वादिष्ट है जितना कि दिखने में मनोरम लगता है। यहां आकर फ्रेंच शैली की सजावट में एक कप अच्छी कॉफी और कुछ लजीज मिठाइयों का आनंद जरूर लें। उत्कृष्ट फ्रांसीसी मिठाइयों के लिए प्रसिद्ध ओपेरा, चॉकलेट टार्ट, ब्लूबेरी चीज़केक और मैकरून जैसे विकल्पों के साथ आपकी लजीज मिठाइयों की भूख शांत करने के लिए एक शानदार जगह है!

पता: शॉप नंबर- 5बी, खान मार्केट, रबिंद्र नगर, नई दिल्ली- 110003

मैक्सिमस बेकर्स

अगर दिल्ली में लजीज केक और चॉकलेट की तलाश कर रहे हैं, तो यह जगह आपके लिए ही है। यह फटाफट मीठे स्वाद और अपनी लपलपाती

वेंगर्स

साल 1926 में वेन्जर्स नाम के एक स्विस पति-पत्नी द्वारा शुरू की गई यह दुकान तब से आज तक उसी जगह पर है, जब से इसकी स्थापना हुई है और ये वही साल था जब कर्नाट प्लेस का निर्माण शुरू हुआ था। इस जगह का दावा है कि वे भारत में स्विस कन्फेक्शनरी के अगुवा हैं। जो लोग भी दिल्ली में पले-बढ़े हैं, वेंगर्स हमेशा उनकी बचपन की यादों का एक हिस्सा जरूर होगा और वे यह भी मानेंगे कि यही एक बेकरी है जो स्वाद के मामले में हमेशा समय के साथ रही है। यहां का मेन्यू पेस्ट्री, सैंडविच और सैक्स के साथ अपना औपनिवेशिक आकर्षण बनाए हुए है। यहां का बटरी चिकन पैटी और एक्लेयर्स खासतौर से जिक्र करने वाले व्यंजन हैं।

पता: शॉप नंबर- A/16 इनर सर्किल रोड के करीब, राजीव चौक, क्रॉट प्लेस, नई दिल्ली- 110001

निक बेकर्स

चंडीगढ़ की प्रसिद्ध बेकरी एक छोटी पर बेहद आरामदायक बैठने की जगह के साथ दिल्ली में आई है, जो असली चॉको चिप्स कुकीज़, ऑमलेट, चीज़ स्टिक्स और ताजा बेकड बन्स और बैगल्स पसंद करने वालों की पसंद को पूरा करती है।



पता: ग्राउंड फ्लोर, एन ब्लॉक, कर्नाट प्लेस, नई दिल्ली

ला'ओपेरा

लोकप्रिय बेकरी ला'ओपेरा ने दिल्ली का छाल-केंद्र माने जाने वाले इलाके के पास अपने नए आउटलेट की शुरुआत कर सर्दियों को और अधिक मनभावन बना दिया है और आप इस जगह पर जाने से नहीं

जीभ को संतुष्ट करने के लिए दिल्ली की पसंदीदा जगह है। इनके पास अद्भुत चॉकलेट और केक हैं और साथ ही कुछ अन्य सैक्स आइटम जैसे कि पफ, रोल आदि उपलब्ध हैं। यह जगह पेस्ट्री और चॉकलेट प्रेमियों के लिए एक स्वर्ग जैसा है। यहां के चॉकलेट टूफल केक को बड़ी संख्या में लोग पसंद करते हैं। ये आपकी डिनर पार्टियों के लिए शानदार पिज्जा बेस, सॉफ्ट पीटा ब्रेड और परतदार पफ पेस्ट्री भी तैयार करते हैं।

पता: HS -3 कैलाश कॉलोनी मार्केट, नई दिल्ली, दिल्ली- 110048



दिल्ली बेकिंग कंपनी

जेडब्ल्यू मैरियट नई दिल्ली एयरोसिटी की पेटिसरी-दिल्ली बेकिंग कंपनी या डीबीसी की खासियत बेकड केक, बढ़िया कॉफी और पाक कला के विशिष्ट व्यंजनों के एक से बढ़कर एक स्वादिष्ट विकल्पों की एक विस्तृत श्रृंखला है और यहां के खाने का मेन्यू इस जगह को काम या तफरीह के मकसद से मुलाकात करने की एक शानदार जगह बनाता है।

पता: एसेट एरिया 4, एयरोसिटी, इंदिरा गांधी



अंतर्राष्ट्रीय हवाई अड्डा, नई दिल्ली, दिल्ली
110037

थियोज

रविवार की सुबह पारिवारिक नाश्ते के लिए बिल्कुल सही इस छोटे, आरामदायक कैफे में सभी तरह के व्यंजन और पेय उपलब्ध हैं। यहां के नाश्ते का उत्कृष्ट आइटम सुप्रीम ब्रेकी- बेकन और अंडा है। सही तापमान पर ताजा बने व्यंजनों को बेहद खूबसूरत प्लेट पर परोसने वाला यह स्थान अपने उद्देश्य को अच्छी तरह से पूरा करता है। यहां अपनी पसंद का चुनाव करने के लिए विकल्पों की एक पूरी श्रृंखला है, जिसमें बैगेट, केक, सैंडविच, यिरोज़, जूस, कोल्ड ड्रिंक्स शामिल हैं। इसलिए यहां आएँ, एक मफिन का आनंद लें और एक गर्म कप कैपेचिनो का ऑर्डर दें और यकीन जानिये आप निराश नहीं होंगे।

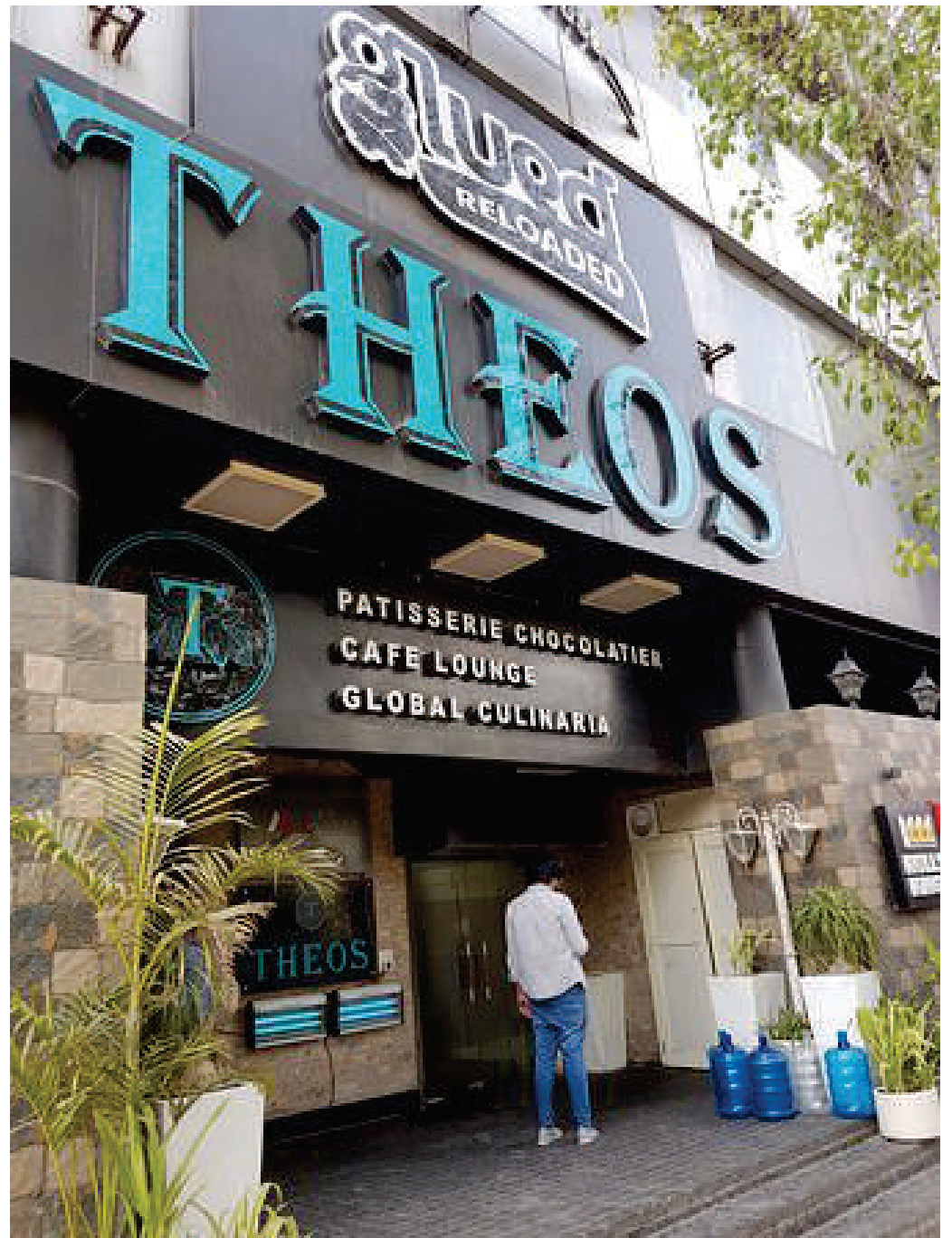
पता: डायनेमिक हाउस, मेन दादरी रोड, एचपी पेट्रोल पंप के पास, सेक्टर 41, नोएडा

एंजल्स इन माई किचन

दिल्ली की एक और प्रमुख बेकरी- एंजल्स इन माई किचन दिल्ली के आसपास के इलाकों में अपने पंख पसार रही है, लेकिन वास्तव में यह मायने नहीं

रखता, क्योंकि ये आपको ऑनलाइन ऑर्डर उपलब्ध कराते हैं। ये एक शानदार कैटरिंग प्रभाग के साथ लजीज़ मीठे से लेकर स्वादिष्ट व्यंजनों तक सबकुछ उपलब्ध कराते हैं। इसके अलावा, ये उन कुछ बेकरियों में से एक हैं जो आपकी आराम से बैठकर खाने का आनंद लेने का अवसर देते हैं।

पता: डीएलएफ साइबर सिटी, के-10ए, सेक्टर 24, गुडगांव





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WELCOME 2020 WITH LIP SMACKING STARTERS AT HOME

New year parties are the best way to bid adieu to the year that was and welcome another year that is knocking at the door. There is nothing like the joy of ringing in the New Year with family and friends. Unlimited chatter, banter and bonding over food and drinks works like a charm every year! No New Year Party, or any party for that matter, is complete without starters. While there are options galore when it comes to non-veg starters, a common perception is that the veg options are fewer, or are all boring! Well, not really. Here are some vegetarian starter recipes for you to begin the year with a smile :

ONION RINGS

Now here's one party staple we can't do without. Quick, easy and always a hit! Make them in the comfort of your own kitchen with this simple recipe. Lovely golden brown onion rings, encased in a crisp flour coating, served with a lip-smacking chutney or ketchup. This crunchy snack is sure to win hearts at your New year's party

Ingredients

- 1 large yellow onion, sliced
- 1 large egg
- 1/4 cup vegetable or canola oil
- 1 cup milk
- 1 cup all-purpose flour
- 1/2 teaspoon kosher salt
- 1/4 teaspoon garlic powder
- 1 teaspoon baking powder
- 6 cups vegetable or canola oil, for frying
- *Special equipment:* (not necessary, but suggested)

- Heavy bottomed pot, such as Dutch oven
- Slotted spoon
- Large baking sheet

Directions:

In a large bowl, combine egg, 1/4 cup oil and milk. Mix with an electric mixer, set to low speed, for 1 minute. Add dry ingredients and continue to mix until smooth.

Add 6 cups oil to a large, heavy bottomed pot set to medium heat. Preheat for about 10 minutes, or until oil reaches about 375 degrees. Reduce heat to low-medium. Prepare a large baking sheet with paper towels, to drain excess grease off fried onion rings.

Dip onion slices in batter, then place into hot oil. Do this in batches of 4-5 onion rings at a time, so they don't

stick together. Fry until golden on both sides, flipping after 30 seconds to 1 minute. Be attentive and take care not to burn. You may need to continue to reduce your heat as they cook.

With a slotted spoon, remove onion rings to paper towel lined sheet. Repeat with remaining batches.

Serve with ketchup, or a spicy ketchup + Sriracha mixture.





Directions:

How to make Rajma Galouti Kebab Recipe ?

To begin making the Rajma Galouti Kebab Recipe, we will first soak the rajma for at least 8 hours. After the soaking period, cook the rajma along with salt until very soft. If you press the rajma between your fingers it should mash easily.

CHILLI PANEER DRY

The popular Chinese starter with an Indian twist. Chilly paneer dry made with succulent pieces of paneer, tossed in special chilly sauce and served with tangy onions and greens is heartwarming treat no one can say no to.

Ingredients

- 200 gm paneer
- 1 tablespoon soy sauce
- 2 tablespoon tomato ketchup
- 1/2 teaspoon salt
- 1 large capsicum (green pepper)
- 1 large onion
- 1/2 small ginger
- 1 clove garlic
- 3 medium green chilli
- 1 tablespoon green chilli sauce
- 1 tablespoon vinegar
- 1/2 cup refined oil

Directions:

Step 1: To prepare this yummy appetizer recipe, take a chopping board and chop the paneer, onion and capsicum. Make sure that they are cut in cubes. Wash the cubed capsicums in running water and keep the cubed veggies aside. Now, peel ginger & garlic and chop them in a small bowl. Then cut the green chillies in strips or you can also slice them half.

Step 2: Next, put a skillet on medium flame and heat oil in it. When the oil is sufficiently hot, add the cubed paneer pieces in it and fry them till they turn golden. Now, put a saucepan on another burner and add two tablespoons of hot oil in it. Immediately, add the chopped ginger and garlic along with slit chillies. Let them saute for a few seconds.

Step 3: After sauteing them, add the cubed onions in the saucepan. Saute for a minute and then add cubed capsicum, salt along with the tomato ketchup, vinegar, green chilli sauce, and soy sauce. Let the veggies cook for two to three minutes. Finally, add the fried paneer cubes and toss them once.



Garnish with chopped coriander leaves and enjoy hot!

RAJMA GALOUTI KEBAB

And you thought your dear Rajma was only good as a gravy! Packing the goodness of soaked and minced kidney beans, coated in gram flour and deep fried till brown. Team up with dips, sauces or any tangy chutney and these kebabs are a true party winner!

Ingredients

- 1/2 cup Rajma (Large Kidney Beans)
- 2 Potatoes (Aloo) , boiled and mashed
- 1/2 Paneer (Homemade Cottage Cheese), crumbled
- 6 Mint Leaves (Pudina)
- 1/4 cup Cashew nuts
- 1 inch Ginger
- 3 cloves Garlic
- 1 Green Chilli
- 1 teaspoon Rose water
- 2 Saffron strands
- 1 teaspoon Garam masala powder
- 1 teaspoon Chaat masala powder
- 2 Onions , sliced caramelized
- 2 tablespoons Gram flour (besan)
- Salt to taste
- Cooking oil , for cooking

To cook the rajma, place the rajma in the pressure cooker, add salt and 2-1/2 cups of water. Cover the pressure cooker, place the weight on and pressure cook until you hear 5 to 6 whistles. After 5 to 6 whistles, turn the heat to low the simmer for about 20 minutes. After 20 minutes of simmering, turn off the heat. Allow the pressure to release naturally. The rajma will continue to cook under the pressure that exists in the cooker. This will take another 15 minutes.

Once the rajma are cooked through completely, drain the excess water. You can use the water in stocks or soups or even cooking rice.

We will now begin to make the Rajma Galouti Kebabs. We will first grind the mint leaves, green chillies, ginger, garlic, cashew nut together in a food processor to make coarse mixture. Next add in the rajma and blend again into the mixture.

Add this kebab mixture into a large mixing bowl. Add the remaining kebab ingredients, except the oil and knead well to make a kebab dough.

Divide the mixture into 8 to 10 equal portions. Shape the portions into round circular discs.

Our final steps is to cook the Rajma

Galouti Kebab. To do that, preheat a pan and grease it with oil. Place the shaped Kebab portions on the preheated skillet. Drizzle a few drops of oil over the kebabs and pan fry them on both sides until lightly crisp.

Proceed the same way to make the remaining Rajma Galouti Kebabs. Place them on a serving platter and serve it along with Green Chutney..



in French fries style. Keep them in water.

Now take a pan and put these potatoes. Add 2 tsp Salt. 4 Cups of water. Boil for 5 minutes. Strain and keep aside. Now take a bowl and put these boiled potatoes. Take 1 tsp rice flour and 1 tsp maida and sprinkle it on potatoes and mix properly. All potatoes should be coated by this. In a big bowl add remaining rice flour and maida. Add 1/2 tsp

Salt. Make a thick paste. It should not be flowy. Now put potato fries

in this paste and fry them in oil. Keep aside. Heat oil and fry these again on high flame. They should be golden in colour and crisp.

HARA BHARA KEBAB

The vegetable patty like snack made with the goodness of spinach and green peas is not only delicious but packed with nutrition too. Not many starters

offer the best of both worlds. Make the most of it this New Year's with this delightful snack.

Ingredients

- About 1.1/2 cups (300 grams) potatoes (boiled until soft)
- About 3/4 cup (150 grams) peas (boiled until soft)
- About 3/4 cup (150 grams) spinach (boiled)
- 1/2 cup coriander leaves (chopped)
- 2-inch piece of ginger (grated)
- 1 tsp chaat masala
- Dash salt (or to taste)
- Vegetable oil (to shallow-fry the kebabs)
- Garnish 1/2 cashews to garnish per kabab

Directions:

Boil the potatoes, peas, and spinach. You may want to drain them well so the excess water does not make the recipe runny.

In a bowl, mix and mash together the potatoes, peas, and spinach until they form a smooth paste.

Add the remaining ingredients and mix everything together well.

Keep the bowl in the refrigerator for one hour.

Remove from refrigerator and form into patties.

Heat the oil in a heavy-bottomed skillet and shallow-fry the kababs until they are a little crisp on each side.

Drain them on paper towels to remove any excess oil. Garnish with cashews and serve hot with a chutney of your choice.

HONEY CHILLI POTATOES

This is one of the most popular Chinese starters and is actually so easy to make that you don't have to rush to a restaurant or café each time the cravings hit. This New year's make them at home with this simple recipe and watch your mates drool.

Ingredients

- 4 Potatoes
- 1 bowl Rice flour
- 1 bowl Maida
- 1 tsp Cornflour
- Onion 1 small
- Capsicum 1 small
- 6-7 Garlic
- 4 Green Chillies
- 2 tbsp Spring onion greens
- 1/4 tsp Black pepper
- 2 tsp Sesam seeds
- 3 tbsp Honey
- Salt to taste
- 1 tbsp Red chilli sauce / Schezwan Sauce
- 3 tbsp Oil
- 1 tsp Soya Sauce
- 1 tbsp Tomato ketchup
- Oil for frying

Directions:

Peel and wash potatoes. Cut lengthwise



STAY WARM FROM INSIDE

Winter is here, and along with the season change will come cold induced seasonal disorders like flu, cold and myriad respiratory issues for your children. To keep these at bay, it is important to begin buffing up their body from inside by feeding them naturally warming foods. So beginning now consciously add some naturally warming ingredients to their diet on a daily basis.

Score some allicin every day. It enhances immunity, boosts the circulation and warms the body from inside. So eat half a raw onion with every meal, pop in one-two crushed raw garlic cloves early in the morning and try to have leek soup once in a while (Heat a tbsp of oil, add diced onion, garlic, and leeks. Add bay leaves and vegetable stock or water and let it simmer). Onions have another advantage: in addition to allicin also have another chemical compound called quer-cetin that fight the histamines that make our nose swell and run.

Add some warm crunch to the meals by snacking on nuts like walnuts, peanuts and almonds, and by sprinkling seeds (like sunflower, pump-kin, sesame) on the salads and soups.

Change the way you cook. Step up the use of whole spices like cloves, cumin and peppercorns in your curries, sprinkle some dried coconut flakes to dishes and have a lot of green leafy vegetables (saags); they are naturally warming.

Take Herbs Help. Add a tsp of ginger juice to the fresh fruit juice, sprinkle rosemary in the soups, use nutmeg liberally, add basil leaves, ginger shreds or a bit of cinnamon to morning cup of tea. In fact make friends with ginger particularly. It has capsaicin, terpenes and ginger oil that increase blood circulation to warm up the body. Have a steam-ing cup of chai made with lots of crush ginger, black pepper and garlic and boil for 5 min. Sip twice a day

Also switch sugars: switch to honey instead of sugar for sweetening your tea/coffee/milk/cereal, and eat dates for dessert.

Incorporate warm soups in the

dinner menus. Soups make a delicious winter meal as they are warming and satisfying, plus are an ideal comfort food. And who doesn't need some TLC when the weather starts to get nasty. And to further ensure that you keep the seasonal flu's away, just make sure you add at least one of these each time - garlic, onion, or ginger - in the soups. Garlic and onions are natural antibiotics and immunity boosters and ginger is fabulous digestive with super antiviral properties. Want to make it even more effective? Add some mushrooms too. These promote the growth of white blood cells so make your body fighting fit.

End of the day drink a tsp of turmeric with warm milk at bed time, and get into the habit of ending all meals by chewing a bit of fennel.

MORE TIPS

There's a reason why we get an array of saag's in the winter season; they are naturally warming, so OD on them.

Make your plate colourful: The more colourful the veggies, the more the phytonutrients, so better protection against cold and stuff.

There's nothing like a hearty bowl of soup to warm up in the winters. Combine all your favourite vegetables, protein, ginger, garlic, black pepper for a perfect bowl of soup. Season with herbs and spices of choice. Perfect to clear blocked up sinuses.

Snack on a handful of mixed nuts (almonds, walnuts) and seeds (pumpkin, sunflower) everyday. Or savour the glass of aromatic ba-dam milk. Nuts and seeds are high in minerals and essential fatty ac-ids, they'll help ward off cold causing germs.

Kavita Devgan is a Delhi based nutritionist and weight management consultant. She offers practical, customised programmes that deliver weight loss techniques, through modification of habits to ensure long-term results. She also talks extensively and conducts workshops on the right way of eating and new research-based health trends. She is also a health writer and author of two bestsellers: Ultimate Grandmother Hacks and Don't Diet!

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Kavita Devgan

मिठाई को भूल जाएं- केक की मिठास में लें शादी का आनंद

आज भारत के सभी समुदाय के युवा जोड़े अपने प्यार के किस्से बयां करने वाले स्टेटमेंट वेडिंग केक चाहते हैं।

भारतीय शादियां अब दादी-नानी की बनाई खीर और मिठाइयां नहीं रह गई हैं। नए युग के दंपति इनकी जगह अब दो परत वाले केक पसंद करते हैं। एक मराठी दुल्हन आस्था सिन्हा बताती हैं, "केक उनकी शादी का मुख्य आकर्षण था, जो कि अच्छे फोटोज के लिए बनाया गया था।"

जाहिर है, लोग शादियों में केक जरूर रख रहे हैं और उसे शौक से खा भी रहे हैं। शादी में केक काटना अब सिर्फ एक ईसाई परंपरा नहीं रह गया है। मारवाड़ी, पंजाबी और गुजराती सहित सभी भारतीय समुदायों के युवा जोड़े अपने प्यार की कहानियों को बयान करने वाले स्टेटमेंट वेडिंग केक चाहते हैं। ऐसे केक की कीमत 50,000 रुपये तक हो सकती है, लेकिन बंगलुरु के लोगों को इससे फर्क नहीं पड़ता, जिसे यहां के बेकर्स खूब भुना रहे हैं।

द डेन के पेस्ट्री शेफ इरफान अहमद ने हाल ही में एक निकाह समारोह के लिए चार परत वाला केक और एक जैन शादी के लिए हाथों से बना एक फूलों का केक तैयार किया। इरफान अहमद कहते हैं, "केक शादियों पर एक नया बड़ा आकर्षण है। आज कल जोड़ियां अपने केक की योजना बनाने और हमें अपनी पसंद समझाने में उतना ही समय बिताते हैं, जितना की सजावट और शादी के कपड़ों की खरीदारी में लगाते हैं। आज कल फ्लोरल डिजाइन, मेटैलिक फिनिश और 3डी केक चलन में हैं।"

हर हफ्ते कम से कम ऐसे दो ऑर्डर के साथ, हैप्पी बेली बेक्स की शीशम हिंदुजा हाथों से पेंट किए

गुरुत्वहीन झुमर शैली में निर्मित परतदार केक की आपूर्ति करने में व्यस्त हैं। मूर्तियों के उपयोग से उनके बनाए एक केक के डिजाइन में युगल के प्रेमालाप का वर्णन किया गया है। ऐसे ही एक और दिलचस्प केक का ऑर्डर यहां के एक खनन किंग की ओर से आया था जिसमें सफेद रंग के 15 किलो के चार स्तरीय केक का इस्तेमाल दूल्हा और दुल्हन के बारे में एक वीडियो के प्रोजेक्शन स्क्रीन के रूप में किया गया था।

शादी के केक के आर्डर में लैवोन्न पैटिसी का बोलबाला है। यहां के शेफ शैलेश जॉनी कहते हैं, "हमें प्रति माह लगभग 40 वेडिंग केक के ऑर्डर मिलते हैं। दूसरे नंबर पर बच्चों के जन्मदिन का केक आता है, जिमकी महीने में संख्या महज आठ रहती है। शादी की थीम के अनुसार तैयार किए गए 3 से 8 स्तर के केक आजकल लोकप्रिय हैं।"

एक भव्य वेडिंग केक अक्सर शादी का केंद्र बिंदु होता है और यह आमतौर पर स्वागत समारोह में

सम्मान की जगह पर रखा होता है। भारतीय शादियों में सहजता से शामिल होते जा रहे इस केक का चलन लंबे समय से चली आ रही रोमन और मध्ययुगीन परंपरा है। लेकिन इसमें प्रतीकवाद आम तौर पर एक ही रहा। सदियों के दौरान केक के आसपास कई परंपराएं बनी हैं और यह अभी भी किसी भी शादी का एक महत्वपूर्ण पहलू है। आइए यहां कुछ पुराने रीति-रिवाजों की चर्चा कर लेते हैं:

केक काटना

फर्स्ट डांस और बुके टॉस के साथ, यह आकर्षक परंपरा उन फोटो अवसरों में से एक है जो हर शादी के एल्बम में अपनी खास जगह बनाती है।

आजकल केक कटिंग एक अधिक जटिल प्रक्रिया बन गई है, क्योंकि केक अब बहु-स्तरीय हो गए हैं और मेहमानों की संख्या सैकड़ों में पहुंच गई है। इन दिनों, दुल्हन को दूल्हे की सहायता की





जरूरत होती और आमतौर पर वे पूरे केक को नहीं काटते हैं, बल्कि इसके बजाय वे यह काम कैटरर पर छोड़ देते हैं। दुर्भाग्य से, यह रिवाज कुछ जगहों पर दूल्हा या दुल्हन द्वारा अपने पार्टनर के चेहरे पर केक मलने में तब्दील हो चुका है।

- रॉकिंग चेयर: लंबा जीवन
- एंकर: रोमांच
- फूल: नया प्यार
- पर्स: सौभाग्य

दूल्हे का केक

पहले की अमेरिकी शादियों में दूल्हे के केक हुआ करते थे और आज भी अमेरिका के दक्षिणी राज्य शादी की इस परंपरा को निभाना जारी रखे हुए हैं। कई आधुनिक शादियों ने दूल्हे के शौक, व्यक्तिगत पसंद और यहां तक की उसकी पसंदीदा स्पोर्ट्स टीमों के प्रदर्शन के लिए इस केक की परंपरा को फिर से जीवित किया है।

दूल्हे के केक आमतौर पर वास्तविक शादी के केक के विपरीत चॉकलेट केक होते हैं। हालांकि इसमें कोई भी स्वाद स्वीकार्य होता है।

केक की ऊपरी मंजिल को बचाना

अधिकांश जोड़े अपनी शादी के केक के शीर्ष स्तर को अपनी पहली वर्षगांठ या नामकरण समारोह में खाने के लिए बचा कर रखते हैं। पहले के दिनों में नामकरण समारोह शादी के एक साल के भीतर होते थे, इसलिए यह वाजिब भी लगता है। अब, अधिकांश जोड़े अपनी पहली वर्षगांठ के अवसर पर एक छोटा सा केक खाने का समारोह रखना पसंद करते हैं। छोटा केक बांटना उस खास दिन का एक आकर्षक यादगार होता है।

अगर केक पर क्रीम की परत और उसमें ताजा फलों का इस्तेमाल ना हो तो एक सही से पैक किया हुआ केक आसानी से बहुत खास नुकसान के बिना एक साल तक फ्रीजर में ठीक रह सकता है। केक पर इस्तेमाल होने वाले कई आकर्षण हैं जो पारंपरिक रूप से उपयोग किए जाते हैं और प्रत्येक का एक विशिष्ट अर्थ होता है:

- दिल: सच्चा प्यार
- अंगूठी: आगामी सगाई
- विशिंग वेल: मनोकामनाएं सच हो रही हैं
- हाईचेयर: बच्चे
- घोड़े की नाल: सौभाग्य



- शादी की घंटी: शादी
- व्हाइट वेडिंग केक

विक्टोरियन समय में व्हाइट आइसिंग भी पैसे और सामाजिक महत्व का प्रतीक होता था, इसीलिए शादियों में एक सफेद केक का होना बहुत जरूरी था। सफेद आइसिंग बनाने के लिए आवश्यक महीन सफेद चीनी बहुत महंगी होती थी और माना जाता था कि केक जितना हल्का होगा परिवार अपने मेहमानों को उतना अधिक अमीर दिखाई देगा।

केक का सफेद रंग शादी के मुख्य केंद्र बिंदु के रूप में दुल्हन का प्रतिनिधित्व करता था। कई दुल्हनें आज भी अपनी ड्रेस या गुलदस्ते के रंग में केक बनाकर उस परंपरा की नकल करती हैं।

शादी के केक किसी भी रंग के हो सकते हैं, लेकिन ज्यादातर लोगों को अभी भी लगता है कि सजावट के परे केक का बुनियादी रंग सफेद होना चाहिए। निश्चित रूप से, सफेद शुद्धता का रंग होता है और पारंपरिक रूप से इस केक को "दुल्हन का केक" कहा जाता था।

LO AA GAYI LOHRI VE

Lohri, the biggest thanksgiving festival of Hindu and Punjabi community that also celebrates the season of harvest is much more than community revelry and dancing around bonfire. The mere mention of the word 'Lohri' evokes sights of bonfires, scrumptious feast, folk songs, and dancing.

For the Punjabi community, it is marked by the chants of folk songs filling the air, friends and families huddling around the bonfire post sunset, dancing to the beats of dhol, shelling roasted groundnuts and indulging in the feast.

CELEBRATING WINTER SOLSTICE

Celebrated on January 13 every year, Lohri also signifies celebration of the winter solstice – the longest night and shortest day of the year.

It is thus observed as a day of thanksgiving to God by farmers of Punjab. It is for this reason that sweets like revadi made out of til (sesame), chikki made from gur (jaggery) and groundnut and gajak (made from jaggery) are offered to bonfire and also eaten on the day.

The bonfire festival signifies the end of cold, gloomy winter season marking the arrival of spring and the onset of harvest season in Punjab.

TASTE OF TRADITION

Traditionally, the festival celebrates the farmers' elation for a



good harvest of rabi crops. Lohri is also the ideal time for harvest sugarcane and thus it is symbolic to the festival.

THE FESTIVAL OF LOHRI HAS A LOT TO OFFER - A TASTE OF TRADITION, DANCE AND DHOL.

As per the Punjabi tradition, the first Lohri of a newlywed woman and the birth of a newborn is also celebrated with much enthusiasm. It is a wonderful time for people to take a break from their chores and rejuvenate.

Lohri fervor intensifies at sunset when traditional bonfires are lit at the front yards. Clad in traditional attire, people gather around the bonfire, take rounds of the bonfire while throwing Prasad comprising til, peanuts, revadi, popcorn into the bonfire

as part of offering prayers and seek blessings. Symbolic to offer thanksgiving to God before harvest, the warmth of bonfires keeps away the chill and darkness.

FESTIVITIES & FEAST

Lohri is also about great food! The celebration is incomplete without the feast that follows the bonfire ritual. From Til and Gur (Sesame and Jaggery) ke Laddu to Sarson Ka Saag and Makki Ki Roti, the auspicious day is marked by traditional and authentic Punjabi winter delicacies which have the essence of culture.

TRADITIONALLY SPEAKING

- On Lohri, people gather around bonfire, offer til, peanuts, revadi as thanksgiving to God.
- As a tradition, people sing and dance to the tunes of dhol beats and famous folk songs like 'Sundar Mundariye Ho'.
- On the day, the legend of Dulha Bhatti is reminisced as young and old sing his praises.
- According to the legend, Dulha Bhatti had saved two young Punjabi girls named Sundari and Mundari, from being abducted. He rescued them and got them married and gifted them 'shakar'. The folk song goes like 'Sundar Mundariye ho..Tera kaun vichara ho.. Dulla Bhattiwali ho'
- As per the old custom, the children visit the neighbourhood houses and sing the old folk songs until they get the Lohri loot.



Happy
LOHRI

CATERING THROUGH THE LENS OF A MIDDLE-CLASS

Some say catering got first introduced by Marine Merchants, and the other believe China has the roots of it followed by a major event in US. Catering as an industry has been evolved over the years, India being no exception. Times have changed from deploying just 5-7 people at home to cater the food needs of relatives visit during marriages to hiring a professional caterer who first understand the function, taste, crowd, and other minute details before offering what he has.

Now adding some organic spices to the bland “verbal” food you just tasted, it’s imperative to talk about a segment of people who see Catering not an industry but feel it is just a macro version of home cooking. All of us have met this unique segment of people in our relatives, friends, colleagues, neighborhood, at HOME (no wonder). If not, then lets meet now.

Jasmine (hypothetical) is getting married on 20th of next month. Mr. Singh (Jasmine’s father) amidst of lot of preparations has called a representative of Tinku Caterers to discuss food arrangements for three of the functions. Bilu, the younger brother of Tinku, has a A4 size sheet with his entire menu printed on it and little blue colored small boxes in front of each item/dish, hands over to Jasmine’s father. After selection of four snacks (appetizers was difficult to spell for Tinku Caterers), two soups, Mr. Singh demanded for four main course selection instead of the three offered. His conviction in his demand was absolutely flawless. No wonder, it was backed up by a logic – sooper LOGIC. And it says, if 500 people turn up for the party, and everyone eats 400 gms of main course on an average, the consumption of Tinku Caterers main course would be $500 * 400 = 200$ kgs, which is independent of the number of main course dishes offered. Billu wondered and agreed to offer four main course in the silver package only without upgradation to gold package which has extra selections at increased price. Mr. Singh was very happy, not because Billu agreed. But because his agreement was used for all the selections till dessert.

The story of Mr. Singh and Tinku

Caterers could go on and everyone of you would want to add to the story too. However the essence here is to understand the evolution. The evolution not only of Catering as an industry but evolved mindset of a common man who needs to realize that hiring a professional catering Co. for various events in a lifetime is not a luxury anymore. It’s a necessity!!!

Quality and Service of Food has been one of the most important component of a successfully conducted social, personal or a corporate event. Be it a small function organized at home/ workplace or a celebrity/destination wedding, food remains a good portion of carry forward memories. However a professional catering Co. understands that the food is just one of the many other things required to setup a successful catering business in India or abroad.

To talk about what has gone unfavorable or the resistance of a middleman to see Catering as an Industry, is not the agenda. Important is to mention that there is definitely a scope and need, to what goes into setting up a successful catering business in India for a layman to accept and recognize the very need of it. Let’s come to this in a while. Well, certain surveys have shown that India still has a long way to go when it’s about Catering businesses ranking globally. Indian HoReCa segment might show great forecasting figures till 2030, the ‘Ca’ of HoReCa still needs more awareness amongst the middle-class, a huge unorganized & un-channelized sector for Catering traditional and startup ventures.

Coming back to what goes into setting up a successful catering business, for a middle-class to recognize the very fact, list remains endless as would be in any other growing sector. Yet to talk about few key factors for delivering a seamless though pocket-friendly experience to customers without cutting onto self-margins, let’s get a hang of these:

- Vision much broader than just the focus on wonderful food and inventory. Rentals to add.
- Remember – Minimum Expected standard is a Theme Restaurant



Experience

- Catering is no more just catering. The Word has evolved to reach out the parameters of managing an event.

- Though in genes for decades, health & hygiene is the new code in emerging stress environment. Don’t miss out on this one!!!

- Be the guest, not the host. You read it right!! Be the GUEST, when it comes to understanding the expectation of the customers and the market mapped.

- Get Tech enabled. If not in entirety, atleast some part of your business needs technology backup. It’s not just a fancy affair, enhancing efficiency is a major win.

And so much more it takes for a professional caterer to add to those “SPECIAL” moments in our bachelors, weddings, birthdays, get-togethers, pre-function shoots, New Year’s Eve, baby showers and what not. Need to realize that an average middle-class in Tier 1 or 2 cities spends somewhere between 15-26% of his earnings on food directly or indirectly. Isn’t awareness level in this sector seems really weak??

Next time one of the Jasmine’s sister in the crowd gets to hear the conversation of Mr. Singh with the “Original” Tinku Caterer, would she join her father in asking for an extra dessert in the silver package or she would ask for a better theme, professionally dressed service staff, arrangements meeting the taste of the crowd and a lot of planning here, there and everywhere?

Gagan Arora, is a thorough hospitality professional with rich corporate and entrepreneurship experience with a flair for writing



Bake me a cake as fast as you can

It's January, and that means it's the season for piping hot chocolate with marshmallows, and cookies to be hogged on without any guilt. Crumbly croissants, crunchy cookies, gooey cakes or moist breads, whatever you're looking for, these beloved bakeries will definitely live up to your expectations.

Chocolate pastries, fresh baked breads, the smell of vanilla – a trip to the bakery can be quite interesting and appetising!! To add more charm to it, we've got you a list of some of our favourite bakeries in Delhi/ NCR that will fulfill every craving. Whether you're looking for your daily breakfast bread or a quick snack or something to soothe your sweet tooth, you'll be spoilt for choice at each one of these food havens.



deserves special mention.

Address: Shop No: A/16 Near Inner Circle Road, Rajiv Chowk, Connaught Place, New Delhi, 110001

L'OPERA

Popular bakery L'OPERA has just made winters more awesome by popping up its new outlet near student-hub of Delhi and you just can't miss going here!

This chic and sophisticated bakery will remind you of dainty patisseries that line the streets in Paris. From French influenced delicate desserts and colourful



DEFENCE BAKERY

Located in the market of eponymous south Delhi locality Defence Colony, all of the bakery's four products—wholewheat bread, jumbo slice brown, brown bread and multigrain—is known mainly for chemical free food. A cozy place in Def Col, this place is known for its finest tea breads, blueberry muffins and choco chips. Priced reasonably, this place is a must visit for cake lovers.

Address: Shop 34, Defence Colony Market, New Delhi 110024



WENGERS

Started by the Wenger's, a Swiss couple in 1926, the shop has been in the same location since it was established, the same year the construction on Connaught Place began. The sites claims that they are the pioneers of Swiss confectionery in India

Everyone who has grown up in Delhi will always have Wenger's as part of their childhood memories and will also agree that it is one bakery that has stood the test of time. The menu maintains its colonial charm with a host of pastries, sandwiches and snacks. The buttery chicken patty and eclairs





MAXIMS BAKERS

If craving for cakes and chocolates in Delhi, this is the place to go. This is Delhi's favorite spot to grab a quick sweet bite and satiate the sweet-tooth. They have amazing chocolates and cakes, and some other snacks items like puffs, rolls, etc. It is a heaven for pastry and chocolate lovers. Their chocolate truffle cake has a huge fan following. They also stack great pizza bases, soft pita breads and flaky puff pastry for your dinner parties.

Address: HS-3, Kailash Colony Market, New Delhi 110048

NIK BAKERS

The famous bakery of Chandigarh has come to Delhi with a small cozy seating area which caters to people loving authentic choco chips cookies, omlette, cheese sticks and freshly baked buns and bagels.

Address: Ground Floor, N Block, Connaught Place, New Delhi

THEO'S

Perfect for a family breakfast on a Sunday morning, there are all types of foods and drinks available for purchase

macarons that are airy and light to rustic breads, they have an exemplary selection of goodies. Everything here tastes as good as it looks. Walk into the French-inspired decor to have a good cup of coffee and some lip-smacking dessert. Known for serving classic French dessert - Opera, this place is a treat for your sweet tooth with options like Chocolate Tart, Blueberry Cheesecake and Macaroons!

Address: Shop No. 5B, Khan Market, Rabindra Nagar, New Delhi 110003





Sector 41, Noida 201301

DELHI BAKING COMPANY

The Delhi Baking Company or DBC, which is JW Marriott New Delhi Aerocity's patisserie, specializes in a wide range of grab-and-go gourmet products including baked goodies, great coffee and culinary lifestyle products as well as a simple eat-in menu making it the perfect destination to meet casually for business or leisure.'

Address: Asset Area 4, Aerocity, Indira Gandhi International Airport, New Delhi 110037

ANGELS IN MY KITCHEN

Another staple Delhi bakery, Angels in my Kitchen has been spreading its wings to different Delhi neighborhoods, but that doesn't really matter, since they allow you to shop online.

They also do it all—sweet to savory, and everything in between—including a catering division. Also, they're one of the few bakeries that allow for you to dine-in comfortably.

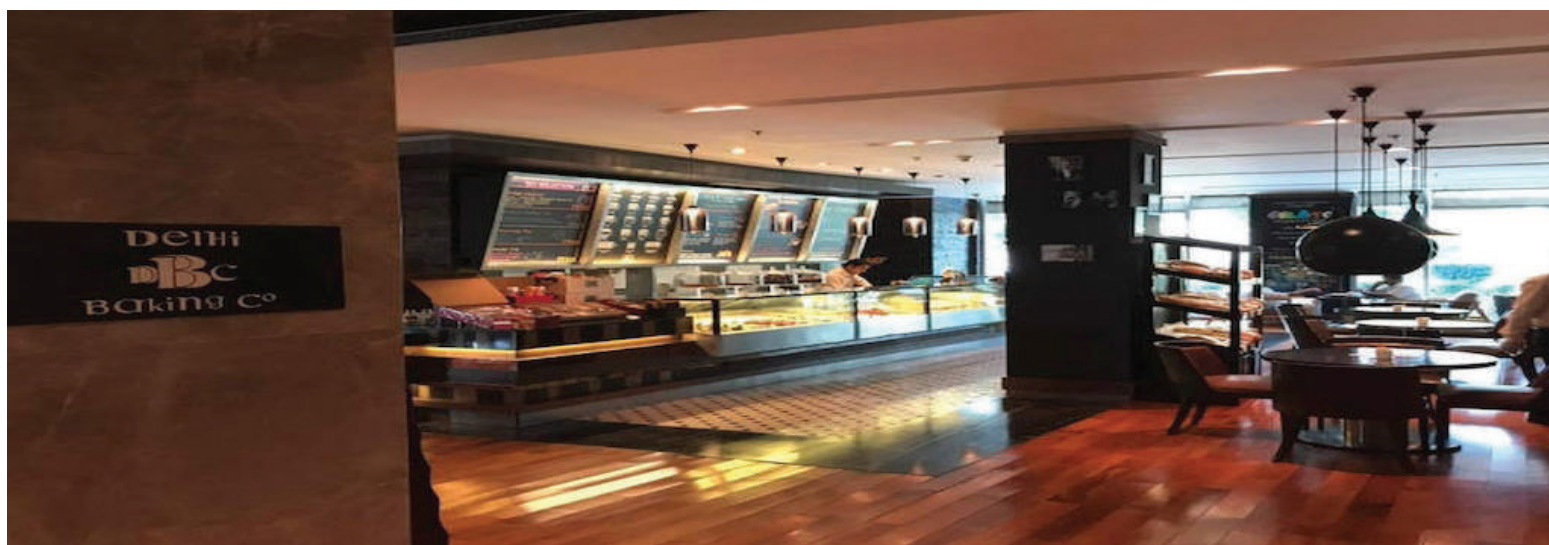
Address: DLF Cyber City, K-10A, Sector 24, Gurugram 122010



in this tiny, cosy cafe. Their classic breakfast item would have to be the supreme brekkie - bacon and eggs. Made fresh and served at the perfect temperature on a welcoming plate, this place serves its purpose well. There's a range to choose from - baguettes, focaccia, sandwiches, yiros, juices, soft drinks - the works. So stop by, have a muffin and throw in an order for a hot cup of cappuccino on the run, and you won't be disappointed with the results.



Address: Dynamic House, Main Dadri Road, Near HP Petrol Pump,



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Strawberry Mojito

Ingredients

- Strawberry
- Strawberry Syrup, Mint leaves, Lemon wedges, Soda, Ice, Lime Juice, Sugar Syrup
- 25ml Strawberry syrup,
- 10ml Sugar syrup,
- 10ml lime juice & Fresh mint leaves,
- 4-5 lemon wedges,
- 10 mint leaves,
- crushed ice,

Method

Soda topup and serve it in a double rock glass and garnish with mint spring and lemon slice.

Build Up



Blood Orange Cooler

Ingredients

- Blood Orange syrup, lime juice, grapefruit peel, ice, soda
- 25ml blood orange syrup,
- 10ml lime juice,
- 10ml sugar syrup,

Method

Grapefruit Peel and top up with half soda half sprite and ice, garnish with grapefruit full moon slice.

Shaken



Blueberry Oreo Shake

Ingredients

- Blueberry
- Blueberry syrup, Milk, Oreo biscuit, Ice, Vanilla ice cream or Frappe powder
- 25ml Blueberry syrup,
- 120ml milk,
- 2 oreo biscuits,
- frappe Powder 1 spoon or 2 scoop vanilla ice cream,
- 3-4 ice cube

Method

Garnish with oreo biscuits crunch.
Blended



Cinnamon Ginger Tea

Ingredients

- Cinnamon
- Cinnamon Syrup, Fresh Ginger, Fresh Tea Decoction
- 20ml Cinnamon Syrup,
- 100ml Tea Decoction,
- 6-8 Fresh Ginger Jullien

Method

- Boiled



Lemon Ice Tea

Ingredients

- Lemon Ice Tea syrup, Ice, water, Lime juice, Sugar syrup
- 40ml lemon ice tea syrup,
- 10ml lime juice,
- 80ml water,
- 10ml sugar syrup,
- 10-12 ice cube

Method

Garnish with lemon slices and mint spring.
Shaken



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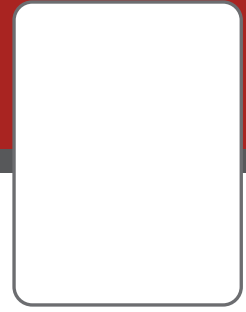






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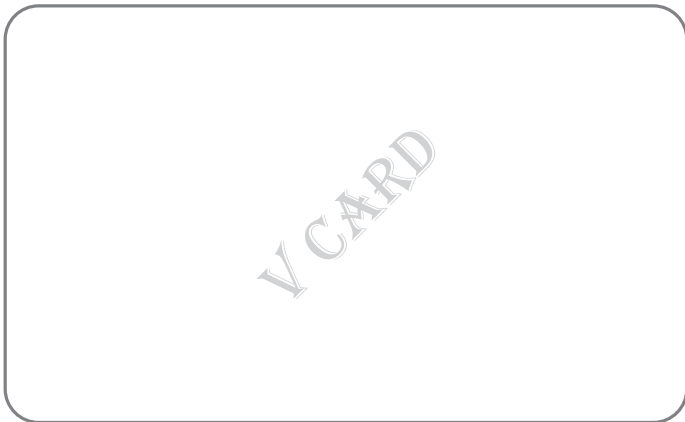
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