



International Institute
of Culinary Arts,
New Delhi
Creating Excellence in Hospitality



IICAONICS

NEW DELHI

The IICA Newsletter

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NEW LAUREL FOR CHEF VIRENDER SINGH DATTA

Indian Culinary Forum inducts Virender Datta as their first inductee into the Hall of Fame this year.

Virender Singh Datta, a veteran in the hospitality and culinary industry for over 50 years, was inducted into the Hall of Fame for his contributions to the culinary fraternity by the Indian Culinary Forum at AHAAR, 2018. Datta is the first recipient of the prestigious trophy in recognition of his sterling work in the culinary industry. The award assumes greater significance since it comes from a body of chefs actively associated with the industry.

After a distinguished career in the hospitality industry where he held very senior positions—including President (Founder), Fortune Park Hotels (by ITC Welcome group Hotels, a 2nd-level hotel chain promoted by ITC Hotels) and finally, as Managing Director, Ansal Hotels Ltd. (owning company of Marriott Welcome Hotel, New Delhi), his last professional assignment—Datta founded International Institute of Culinary Arts, New Delhi, with the aim of creating professional chefs as an employment opportunity. It was the first institute to be awarded WACS certification and in the past 15 years, IICA, New Delhi has churned out over 2000 students, now are gainfully employed in leading culinary establishments or in their own set-up establishments.

Prior to the Hall of Fame induction by the Indian Culinary Forum, Datta had also been inducted into the Hall of Fame by PATWA in Berlin and been a recipient of the Scroll of Honour at IHM, Pusa.

IICA, New Delhi, has another campus in the Sector 14 Market of Gurgaon, where it runs a high-end patisserie, *Carpedium*; a retail store, *Chef Needs*; and offers special short-term culinary courses mainly designed for hobby chefs. Recently, IICA signed an agreement with BFG Japan to develop and standardise recipes for BFG Pvt. Ltd. in Japan, who will produce and retail ready-to-eat Indian cuisine dishes under the IICA branding.

Chef Briefing



Dear students, colleagues and friends of IICA,

I am happy to present the first edition of our newsletter—IICA-Onics. We hope to continue to publish the same with regularity and keep you updated with the latest developments at IICA.

13 years ago, when I started IICA, I was doing it with a sense of returning something to the profession and the industry, which had taken me to heights only to be dreamt of, little did I realise that I had in effect, along with IICA, played a major catalytic role in opening up a new career opportunity for the youth of this country – men and women alike. *The profession of culinary arts.*

From being just a knowledge hub, we have travelled far and left our footprint across boundaries, carrying the flag of the nation in signing up joint venture projects with Japan and Italy, while continuing to seek more such opportunities, which will benefit Indian cuisine and our own chefs.

IICA, New Delhi, has now extended its footprint to Gurgaon – with Chef Development Centre, our hobby course wing; Carpediem, our premier patisserie; and Chef Needs, IICA's retail arm. Our sincere efforts to impart high class culinary skills has resulted in four ICF Student of the Year Awards, induction into several Hall of Fames, and have positioned ourselves as the premier knowledge hub providing complete industry support, and am sure, the young spirit of IICA, led by Arjun Dutta, will result in more participation in greater opportunities.

I take this moment to thank all my fellow chefs, colleagues and my dear students, and together, we shall march into another dawn tomorrow.

A DAY IN THE **IICA** LIFE OF **STUDENT** AN

RUPREET DATTA

We often think about “the career” we ought to choose after completing our schooling/college. While we do have a fair idea of how our lives are going to change post our selected career qualifications, what we don't have much of an idea of is how that transition is going to take place. As someone famous once said, *‘It's not the destination that matters, it's the journey and experiences that evolve a person.’* The same applies to education and the school one selects.

And this therefore, is the journey of an IICA-ian.

9:15 AM: Reporting time. Students start their day by changing into their chef whites for class.

9:30 AM: Class commences, the students are briefed on the menu to be prepared on that particular day by the Chef Lecturer.

9:45 AM: Students are divided into groups of two to execute the menu in a team and plan their operations.

10:00 AM: Students are guided by the Chef Lecture to correctly execute the recipes, as per IICA standards.

11:00–11:30 AM: Break time.

11:30 – 12:45 AM: Class resumes at the kitchen lab to finish, execute and taste the menu.

01:00 PM: The prepared dishes are presented to Mr Datta and his team of senior Chefs for tasting next. Mr Datta and his Senior Executive Chef provide students with their feedback on the menu and share their knowledge on the menu.

01:15 PM: Post debriefing with the senior Chefs, the students clean down the kitchen lab completely, and yes, they also clean the pots and pans used by them to cook the dishes.

01:30 PM: The kitchen lab is ready again for action as the second batch starts all over again from 2 PM.

Being a chef requires lot of hard work, physical strength and mind–body balance. With the right “*yes, Chef!*” attitude and with good chef mentors, one can achieve soaring heights. Needless to say, the journey becomes a *chef-tastic* one!

Chef's SPECIAL

Paella OH YEAH!



CHEF PRADEEP
LA GASTRONOMIA



As a chef I have always been intrigued by Spain's rich cooking and delicious recipes, which all reflect the history and heritage of this beautiful country. My stint at the Spanish restaurant, Sevilla, at the Claridges, has been one of the most enriching ones of my life, since I got to experience and cook with the authentic tastes and flavors closest to home .

Spain's culinary traditions rely on an abundance of locally grown vegetables and fruits, as well as meats and poultry. Jamón Serrano—a cured ham, and chorizo—a seasoned sausage, are popular. Seafood and fish are popular in coastal areas.

The best-known Spanish dish, a stew called Paella (*pie-AY-ah*)—and also my personal favourite—originated in Valencia, an eastern province on the Mediterranean Sea. Rice, a main ingredient, is grown in Valencia's tidal flatlands. Though there are numerous variations, Paella is usually made of a variety of shellfish (such as shrimp, clams, crab, and lobster), chorizo (sausage), vegetables (tomatoes, peas, olives, and asparagus), chicken and/or rabbit, and long-grained rice. Broth, onion, garlic, wine, pimiento (sweet red pepper), and saffron add flavour to the stew.

I am sharing the Paella recipe we teach here at IICA.

Ingredients

- 1 tbsp** olive oil
- 3/4 lbs** peeled and deveined large shrimp
- 3/4 tsp** salt, divided
- 1/4 tsp** freshly ground black pepper, divided
- 1/2 cup** thinly sliced Spanish chorizo sausage (about 2 oz.)
- 2 (2 oz)** skinless, boneless chicken thighs, quartered
- 1 cup** chopped onion
- 3 cloves** garlic, minced
- 1/2 cup** chopped tomato
- 1/4 tsp** saffron threads, crushed
- 1 cup** bomba rice or other short-grain rice
- 2/3 cup** white wine
- 1 (14 oz)** fat-free, less-sodium chicken broth can
- 1/2 cup** frozen green peas
- 1/4 cup** water
- 18** mussels (about 3/4 lbs), scrubbed and debearded
- 2 1/2 tbsp** red bell pepper
- Smoked paprika
- Lemon wedges and chopped parsley for garnish

Recipe

Step 1

Heat oil in a large nonstick skillet over medium-high heat. Sprinkle shrimp with 1/4 tsp salt and 1/8 tsp black pepper. Add shrimp to pan; sauté 4 minutes or until shrimp are done. Place shrimp in a medium bowl. Add chorizo to pan, and cook for 1 minute or until browned. Add chorizo to bowl.

Step 2

Sprinkle chicken with 1/4 tsp salt, smoked paprika and remaining 1/4 tsp black pepper. Add chicken to pan, and cook for 2 minutes on each side or until browned. Add onion and garlic to pan; cook 2 minutes or until tender, stirring frequently. Stir in the tomato, bell pepper and saffron cook 1 minute. Add remaining 1/4 tsp salt, rice, wine, and broth to pan; bring to a boil. Cover, reduce heat, and simmer 25 minutes or until rice is tender.

Step 3

Add shrimp mixture, peas, 1/4 cup water, and mussels to pan. cook 6 minutes over medium heat or until mussels open; discard any unopened shells. Remove from heat Let put the skillet in oven 5 to 8 minutes on 200°C. Serve hot garnish with lemon wedge and chopped parsley.

NEWS FROM THE CULINARY WORLD

IICA NEWS WORLD'S LARGEST AND HEAVIEST WALNUT BROWNIE

IICA chefs and students entered the India Book of Records on 17 May, 2018 for baking the world's longest and heaviest walnut brownie in association with the California Walnut Association.



WORLD CULINARY NEWS

JOËL ROBUCHON

The Man. The Chef. The Legacy.



32 Michellin stars and dozens of restaurants stretching all over the world, the 61 years Joël Robuchon spent in the kitchen were by far one of the golden periods of culinary magnificence.

Joël Robuchon passed away on August 6, with a legacy that will certainly stand the the test of time eternal.

Early Life

Robuchon was born on April 7, 1945 in Poitiers. He discovered his love for cooking early in his life, when he was around 12 years old, working alongside the nuns.

As the aura of Paul Bocuse and his inimitable Nouvelle Cuisine gripped through France and had started spreading all over the culinary world, Robuchon began his culinary world under the mentorship of Jean Delaveyne.

From there it wasn't long before Robuchon became Chef at the Concorde Lafayette in Paris in 1974 and in a couple of years, he had won the title of Meilleur Ouvrier de France. And finally, by 1981 he opened his first restaurant, the *Jamin*—with the restaurant winning three Michelin stars already by 1984.

It was only the natural that by 1990, Robuchon was conferred the title of Chef of the Century by Gault & Millau.

Robuchon's culinary association spread rampantly around the world since then, with him earning particular fame and affection in Japan.

Even as late as last April, Robuchon opened his latest culinary establishment in Paris—*Joel Robuchon – Dassai*.

L'atelier

Even though his achievements and contributions in the culinary world speak for themselves and are just too long and too many to enumerate, beyond his restaurants and TV shows, Robuchon was the man who made famous the concept of “Ateliers”—workshops.

At the age of 51, after having spent around 30 years in the kitchen breaking glass ceilings, Robuchon decided to hang up his pots and pans in 1996 and called time on his illustrious career.

Post-retirement, Robuchon moved to Spain and it was there that the concept of *l'atelier* took form in his mind. According to Robuchon, what had ceased to excite him was the humdrum concept of dining out. Having guests arrive at his restaurants and order from repetitive menus did not appeal to him anymore. Instead, he now had this concept of *l'atelier*, where a small countertop dining experience with a limited number of extra-gastronomical dishes would make for a greater give and take between chef and customer. This would allow for a greater story to be told over the food that was shared between patron and chef.

And like everything Robuchon, the concept of *l'atelier* caught on like wildfire. Soon it was being replicated in cities around the world—from Tokyo via Bangkok and right up to Lady Liberty in New York City.

Robuchon's Finest

Robuchon's list of culinary delights is beyond the purview of this newsletter, but his Truffle Pie and Cauliflower Cream with Caviar is by far one of his most sought after dishes. But, without doubt, it would be his Pomme Puree, or Mashed Potatoes that will perhaps remain his greatest testament to food.

TRADITIONAL VS MODERN BAKING EQUIPMENTS



Baking is the art of making different kinds of breads, cakes, biscuits and other bakery products. The place where these products are baked is called the Bakery. Bakery products are an integral part of our daily life. Right from morning breakfast to dinner, we use bakery products every day. These days there are various additions in the various kinds of bakery products readily available. Pizzas, burgers and patties are also available as hot items in bakeries.



SUPARNA GUPTA

A baking kitchen is a combination of traditional, as well as, modern and advanced equipments. Neither can work individually. Advancement has been made to ease the process of baking and also to speed up production. But the process remains the same still.

The history of baking is very old. According to sources, the art of baking was developed by the Ancient Egyptians around 2000 BC. They learnt their baking skills from the Babylonians. During that time, bakers would make breads and cakes for eating, as well as breads and cakes of various shapes (like animals) were used for sacrifices. The art of baking was also popular in the Roman Empire and there is ample proof of bakeries having existed in Europe during the Middle Ages too. Baking was a highly respected profession in the Roman Empire.

Nowadays, readymade bakery products are in great demand, as people want to spend

less time cooking them. They'd rather like to spend time working and earning more to buy these readymade bakery products. So, they rely on different kinds of bakery products, like readymade breads, slices, pizzas and patties, which make most of their meals. Modern day baking is mostly dependent on machines. Now, bakers only control the machine operations—rest all work and labour is put in by automated machines. These high-tech machines have made the baking process easier, efficient, and they produce products with more quality.

In earlier times, charcoal ovens were used by the professionals as well, that would give bakery items a smell and flavour of coal, as well as uneven baking, unintentionally. Nowadays, many wood fired and electric ovens have emerged that bake goods evenly and at the proper temperature, unlike in the charcoal ones.

The dough mixer is a new invention in the bakery space, replacing manual hand mixers that were tedious and time consuming to use. Spatulas and cupcake moulds were made out of metals earlier, they were difficult to maintain and were also harmful towards health. New ones have sprung up in the form of silicon ones, they are heat resistant and non-stick, and are safe to use.

Along with these advancements, new weighing scales have come to the market. They give the baker the quantities accurately, till the decimals in milligrams. Fondant toolkits have revolutionised the cake market, now bakers can make 3D figurines and shapes with ease and convenience.

Baking is very sensitive work, which needs a lot of expertise and knowledge of different hygienic and scientific principles. At the same time, a perfect baker has to understand the taste nerves of people and the traditions of that particular region of operation. Without knowing the likes and dislikes of different people, one cannot be a perfect baker. That is the reason baking is called an art. It's not easy work, but people who love baking love their professions. It's really a pleasant experience to bake various kinds of mouthwatering bakery products for people—for nothing but appreciation, maybe.

IICA

Mission & Vision

STATEMENT

MISSION STATEMENT

To establish a research-oriented **chef training institute** that is equipped with state-of-the-art learning facilities, meets global standards of quality culinary education and delivers internationally recognised culinary qualifications to our students.

VISION STATEMENT

To create an environment of **TEACH-TO-LEARN** in the institute, thus enabling our students to acquire a self-learning attitude for life.

To train and develop culinary professionals, who follow an ethical approach to the culinary profession.

To provide comprehensive knowledge of all aspects of culinary profession, including but not limited to raw material appreciation, procurement, preparation and presentation of cooked items for customer consumption.

To train our students with requisite culinary arts skills and administrative abilities to be "job-ready" at the end of the prescribed course curriculum.

To cover the complete course curriculum as prescribed by Sikkim Manipal City & Guilds governing body.

To meet all requirements of WACS (World Association of Chefs Societies) in delivering quality education as per international standards and thus, make our students worthy of WACS global chef qualifications.

To provide all opportunities to our students for industry interface through industrial training and food industry support services.



**International Institute
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www.chefiica.com

My LIFE

AFTER IICA

STUDENT TESTIMONIALS



Neeru

DOB 2014 batch

At 26, I joined the International Institute of Culinary Arts, New Delhi (IICA) to study Diploma in Patisserie. However, I wasn't born with a dream of making it in the food & beverage industry. At the age of 20, I had made it to India's premier film school, Satyajit Ray Film & Television Institute (SRFTI), in Kolkata. But after spending 4 years there, I realised that this wasn't my true calling, that though I did love watching movies, the process of making them didn't excite me anymore.

However, I did realise that food, actually, had always been my perennial love.

After training for a year at IICA, I found myself in the Bakery Kitchen at The Westin, Gurgaon. I trained under the best chefs in the industry and later worked at The Bread Factory (German Bakery) at Ethiopian Cultural Centre, Delhi.

As I was always keen on writing, I started my food blog called *Eatstory*. I poured my heart out about my food escapades across India, which led me to various freelance writing assignments. I also worked full-time as a Food Content Developer, under the aegis of Vir Sanghvi, one of India's most prolific food writers.

Though I have had a long journey to reach where I have reached today, I finally managed to pick a career that I don't need escaping from. Today, as a Food Blogger, I work with brands, build relationships, grow my readership and share food stories about my favourite dishes or cuisines. I also work as a Food Stylist and have worked with premium brands such as The Artful Baker, Punjab Grill, Zambar, Vegit, Dabur, Kokoba, Paper Boat and Tupperware.

Besides, I also have a YouTube channel and make corporate videos for restaurants, cafes and homestays and travelogues related to food.

You can check out Neeru's work at:

www.eatstory.in | www.eatstoryart.in

Food Photography & Styling

<https://www.behance.net/neerubcef>

 <https://www.youtube.com/eatstory>

You can follow her at:

 <https://www.facebook.com/eatstory.tae/>

 <https://www.instagram.com/eatstory.talesabouteating/>

 <https://twitter.com/Eatstory>



Chef Abhijit Anand

Pastry Chef & Quality Manager

PARIS CAFÉ, KOLKATA

Food has brought people closer. Food has shrunk the world.

I grew up in a family of food lovers and excellent cooks. Maybe that's where my affection developed. Even as a kid, the kitchen was my favourite place; but I never aspired to become a chef and devote myself to this career. After pursuing my graduation and running a home bakery for 3 years, I finally decided to enter the domain. By now, I was consumed by my love for food. My goal was to do something I would never be tired of. That, combined with my immense love for pastry, got me to the place where I am today.

"No dream is too big." IICA helped me believe in this. Four years back, I dreamt of being a chef and today, I am the Pastry Chef and Quality Manager of Paris Café, Kolkata. Having worked in the best of properties like the Imperial, New Delhi, Gymkhana and TWG in Doha, I believe if you are hungry enough to learn and work, no one can stop you.

International Institute of Culinary Arts, New Delhi provides, under the guidance of Chef Datta, the most talented and inspiring faculty, perfect management along with impeccable curriculum and vast exposure into the real kitchens. IICA is equally passionate in engineering excellent chefs and keep up with the super fast-growing food industry.

**INDUSTRY
STALWARTS
AT IICA**



**When
IICA
said
สวัสดี
(hello)
to
celebrity chef
Kwantip Devakula
from Thailand.**

The Royal Thai Embassy in New Delhi invited Thai celebrity chef Kwantip Devakula to host a session of NDTV Good Times at IICA, New Delhi's state-of-the-art kitchens.

Four lucky students were given a step-by-step masterclass on the ins and outs of today's mesmerising Thai cuisine by the masterchef herself - an experience absolutely priceless.

Also present was the Thai Ambassador HE Mr. Chulnirorn Gongsakdi, a man of fine culinary taste and a friend of IICA for life.



"The sacred place where the seed grows, it's right here."

**CHEF VIKAS
KHANNA**

Celebrity Chef & Author

PLACEMENTS

1	Malsawmkima	Mineority by saby, Pune	DCDP
2	Gurmeet Singh Saluja	Melba Cage, Indore	Owner
3	Jasleen Kaur	Cinnamon_Cocoa, Ludhiana	Owner
4	Rucha Gupta	Pasticcino, Ahmadabad	Owner
5	Abhijit Anand	Paris Café, Kolkata	Pastry Chef
6	Aishwarya Singh	The Oberoi, Gurgaon	Commie 1
7	Shilpy Gupta	Choco Desire, New Delhi	Owner
8	Karan Francis	ITC Fortune, Jamshedpur	Commie 3
9	Arushi Kapoor	Kwality's Snack Shoppe, Aligarh	Owner
10	Mitashi Grover	Claridges, New Delhi	Commi
11	Bhawna Patel	Sugar Crumbs, New Delhi	Owner
12	Tanya Sinha	Tanya Bakes , New Delhi	Owner
13	Pradeep Haldar	Constitution Club of India, New Delhi	Jr. Sous Chef
14	Varsha	Oyo, Goa	Business Development Manager
15	Tanushree	Café Dolce, Gurgaon	Owner
16	Nikhil Kumar	Food Hall, Gurgaon	Commie 1
17	Khushboo Lamba	Shangrila Hotel, New Delhi	Commie 3
18	Lavina Shamdasani	Marriot, Indore	Kitchen Associate
19	Vinkush Bajaj	Myscical Bundle Bakery, New Delhi	Commie Chef
20	Bhumika Maggo	Home Baking Business, New Delhi	Owner
21	Jonty Arora	Seema Bakery, Muzaffanagar	Owner
22	Samvid	Leela, Gurgaon	Commie Chef
23	Swati Gupta	Mr Mama Goto, Gurgaon	Commie 2
24	Devika Chandel	The Oberoi Udaivilas, Udaipur	Bakery Chef

IICA walks into Hell's Kitchen.

IICA

**STUDENT OF
ADVANCED DIPLOMA
IN CULINARY ARTS**

SAKSHI BANSAL

now at

**GORDON RAMSAY'S
MAZE GRILL,
HONG KONG.**

A proud IICA wishes Sakshi all the best, and hopes that she never forgets the lamb sauce!





IICA for the **4th** time.

*The proof of the pudding
is always in the eating.*

Arushi Gupta

*(student of Advanced Diploma
in Culinary Arts)*

wins the prestigious
**Student Chef of
the Year Award 2018**

at the 15th ICF

International Chef's Day Awards.

*A proud IICA wishes Arushi
greater success in her culinary journey!*



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