



International Institute of
Culinary Arts, New Delhi



IICA ONICS

NEW DELHI — The IICA Newsletter

VOL. 4 | JANUARY 2023



Rising Together

IICA, New Delhi, India's premier culinary arts and the country's first culinary institute to be accredited by the World Association of Chefs Societies (WACS).

International Institute of Culinary Arts, New Delhi founded by Chef Virender S Datta who has over 50 years of experience in the hospitality industry, the institute has been a catalyst in opening of Culinary Arts as a career opportunity and a Knowledge Hub to provide total industry support.

ACCREDITED BY



Chef Briefing

Career Opportunities as Bakery & Confectionery Professional

Chef Virender Singh Datta
Founder & Chairman, IICA



If you are a passionate baker at home and enjoy experimenting with new recipes and treating your family and friends with your creations but are unsure whether a career in bakery & confectionery is ideal for you or not, then let's explore the opportunities and options this career can provide to you.

To start with, let's define — What is a PASTRY CHEF?

A Bakery and a Pastry chef is a culinary professional trained to prepare various kinds of bakery products, Celebration cakes, chocolates, cookies and the final dish of a menu "The Dessert" for all occasions. Just remember that the pastry chef is most important member of the team of any kitchen brigade.

He/she can also be an entrepreneur, running his/her own pastry shop, catering to varieties of demands of customers for celebrations, festival and daily needs.

Once we have established that Bakery & confectionery is a good profession, let's have a look at the potential it has for career growth for a working professional or even as an entrepreneur.

It is a well-known fact that the Hospitality industry, where food is one of the most significant parts, is one of the largest and fastest growing industries in the world today, resulting in 8.0% of the total employment in the country.

The bakery industry in India is the largest of the food processing segments with an estimated annual turnover of about \$ 7.60 billion in 2020 and the cake market is forecasted to reach \$ 882.24 million by 2024 growing at an annual compound rate of 12.5% during 2019 to

2024. [Source: India's Bakery Industry – A Report, published 06, February, 2021.]

In principle, the food service industry is relatively immune to the changes in economic environment than most other industries, including Hospitality Industry. After all, people, irrespective of the turns in economic conditions, still need to eat. Hence, for these existing outlets, and their newer siblings waiting to enter, the need for more and more trained hands for kitchens & Bakeries is leading to a constant rise in demand for trained chefs as well as Bakers & Confectioners.

With the entry of diverse International Food Service outlets like Cafés, Pastry shops (latest addition being L'Opera – The Pastry shop from France, serving authentic French pastry and bakery items – it has plans to open 66 outlets by the year end), the demand for dedicated and professionally trained chefs is bound to grow tremendously.

Having established the growth potential of the Bakery and confectionery industry and hence career opportunities, let's see, what skills do we need to acquire to be a successful pastry chef. To begin with, like I said in the beginning of this article, one has to be passionate about baking, creativity and love for food, especially the sweet tooth.

In addition to these natural prerequisites, to be a successful professional, one needs to have:

- Technical Knowledge of how the industry operates
- Good understanding of Ingredients that we shall be using to make our products.

- Comprehending the science behind Bakery & confectionery,
- Discipline required to be a professional
- Management attributes required to successfully manage the demands of the industry and especially for those who want to be an entrepreneur and want to have their own bakery & Confectionary establishment.

Having gone through this article, if you are convinced that you would like to become a professional Baker and confectioner, the challenge is to choose perfect learning centre that can meet all your expectations and trains you to meet all the demands of this exciting industry and in the process make you **JOB READY** at the end of the course.

This is the most challenging and important task as you are not only going to give your best years of life to be trained for the career of your choice but also make a career for your future.

Wishing you all a rewarding and exciting career as a professional chef.





Rising Together 2022 Team IICA at the World Chefs Congress & Expo 2022

For many, the relaxation of travel & tourism restrictions meant the ability to plan and book their next vacation, but for over 5000 chefs from over 110 countries; it meant the excitement & enthusiasm of being able to come together, 'rise together' and most of all celebrate the true meaning of being a 'Chef' at the World Chefs Congress & Expo 2022.

A congregation of Industry leadership, Culinary Professionals & Young Chefs, Hospitality Educators & Culinary Students; this is the World Chefs Congress & Expo 2022 held in Abu Dhabi (30th May 2022 till 2nd June 2022).

The 4-day event comprises an extensive educational program, the prestigious Global Chefs Challenge culinary competition, a trade exhibition, and numerous industry events and activities, such as the Country Presidents' and Continental Directors Meetings.

This grand event which is hosted every 2 years in a new destination with a new message & a reminder to the world that Chefs are united in all aspects. Led by an extremely dynamic presidency of Chef Thomas Gugler, President (WACS) & Managing committee, Education Committee team members, associations from world over & volunteers.

IICA has been an active participant over the last several editions of this congress wherein Chef Virender S Datta (Founder & Chairman, IICA) has traveled to Norway & Malaysia to attend and participate as a speaker as well, but this year was extra special and significant for me as I had the opportunity to participate & witness firsthand all the excitement and wealth of knowledge being exchanged all under one roof.



Arjun Singh Datta
MD & COO, IICA

As a proud member of the World Chefs (WACS) & as the first culinary institute to be approved by World Chefs in India where we offer courses approved by World Chefs, the 4 days of meeting with like minded individuals and endless arenas to explore global trends in cuisine, hospitality and understanding the road map for 2023 was perfect to help us in enhancing culinary education at IICA & bring back the same advantage to our faculty & students.

"Each of the programs are recognized by World Chefs which means you will get global certification once you graduate from IICA" – Chef John Clancy (Education Director, World Chefs).

Amongst all the dignitaries from world over, there was immense pride to be the only culinary institute present from India showing our support to the Indian Presidium of the Indian Federation of Culinary Associations led by none other than Chef Manjit Singh Gill and all chefs who had traveled from India to this global stage.

It's a great place & we are learning a lot and we look forward to the World Chefs' Congress every time and this time is no exception; we are thrilled to take back all this knowledge acquired here and share it with our faculty and students. I also look forward to my faculty and students attending this Congress in greater strength in the future" said Mr. Virender S Datta (Founder & Chairman, IICA).

The program including very exciting panel discussions, live demonstrations, keynote speakers and much more; some of the key topics that were discussed during the program included – "Nourishing the World- How the global culinary community can



CHEF VIRENDER S DATTA, ARJUN S DATTA WITH CHEF JOHN LOHRR
(DIRECTOR OF STRATEGIC PARTNERSHIPS & INNOVATION, HOSCO)

help create and scale impact” by Mr. TC Chatterjee, Chief Executive Officer of Griffith Foods & “The Future of Work: Attracting and retaining talent in our industry” this was a very interesting panel discussion which addressed some of the most important areas of change, concern and need of the hour; moderated by Chef Alan Orreal (World chefs Young Chef Development Committee Chairman) “The Future of Education: Attracting and supplying talent in our industry” and the list goes on.

Whilst knowledge sharing was at the core of this forum, what truly was commonly popular amongst spectators was the desire & commitment to do more and contribute towards building a healthier and better community in the world.



ARJUN S DATTA WITH THE INDIAN DELEGATION AT THE WORLD CHEFS CONGRESS

The event also concluded with facilitations for Chefs who have made a difference and truly deserve recognition, the moment of joy was seeing all the awards being presented and amongst them was the President’s Medal 2022 which was presented to Chef Jugesh Aurora, a matter of great pride for India.



ARJUN S DATTA WITH
CHEF THOMAS GUGLER
(PRESIDENT, WORLD CHEFS)



CHEF VIRENDER S DATTA WITH
CHEF JOHN CLANCY
(EDUCATION DIRECTOR, WORLD CHEFS)

The highlight of my first participation in the World Chefs Congress & Expo was, my personal introduction with the WACS President Chef Thomas Gugler, Chef John Clancy (Education Director), Chef Ragnar Fredriksson (Managing Director, World Chefs) as well as Chef John Lohrr (Director of Strategic Partnerships and Innovation, Hosco) amongst many others during the congress all of whom shared their experience which was a great learning for me.

The grand ceremony came to an end with the ‘Passing of the Bell’ where the next venue for the next congress and expo in 2024 was announced, that is Singapore.

Whilst we will eagerly wait for 2 more years; one thing that won’t wait is our commitment & dedication in ensuring that our students at IICA gain maximum benefit from this proud association that we share with the World Chefs.



IICA is extremely proud of its students and their achievements. Presenting some of our gems who are making a mark in the field of Bakery and Culinary with their talent and hardwork.

ZIO CRAVINGS

by

Sidhant
Kapoor



@ziocravingsamritsar



Advance Diploma in
Culinary Arts
2018 Batch

Cooking has always been my hobby since childhood but I never thought of converting my hobby into my profession until 2018. The knack for doing something for myself and creating my own identity made me enrol myself into IICA's 2 Year Advance Diploma in Culinary Arts Programme to get insights about the F&B Industry and learn everything from the grass-root level.

IICA as an institution has helped me to hone my amateur skills and have fine-tuned me into a skilled culinary professional. Both the management and the faculty have been supportive throughout my course tenure and have been personally involved to bring out the best in me. From knowledge share to live demonstrations to guest lectures to hands-on training in the 5 star hotels; everything was blended wisely into the course curriculum that not only helped me to develop my culinary skills but also imbibed all the needed managerial skills and values in me that have helped me immensely in my entrepreneurial journey so far.

I can proudly say that IICA gave me a platform to polish myself and all that I have learnt has been pivotal in opening up and successful running of my Cafe: Zio - Happy Cravings in Amritsar in the year 2020 followed by a Cloud Kitchen: Tadkaa Maarke in the year 2021 and a few more that are lined up for launch next. Also been using my knowledge and experiences to offer F&B consultation to young minds and working together with them to give their ideas a concrete shape. Loving every bit of what I am doing today to make my mark and grow by leaps and bounds eventually.





BON GATEAU by **Shreshth Khanna**

Diploma in Bakery
& Patisserie
2012 Batch

 @bongateau.asr

The one year Diploma programme was extremely intensive. We had theory classes, practical sessions, as well as industrial placements.

I was placed in the bakery at The Imperial. When I returned the teachers supported me in starting my own Bakery and Patisserie.

Today Bon Gateau has its presence in 4 cities, Chandigarh, Amritsar, Ludhiana, Mohali.



SPRINKLES by **Sadhvi**



Diploma in Bakery
& Patisserie
2022 Batch

 @sprinklesbysadhvi

I have had a wonderful time at IICA. I've had to learn a lot of things from scratch, and this has been quite beneficial for my own business venture. Along with learning the theory, my internship experience taught me many specifics and all the necessary skills.



The faculty at the institute has been incredibly helpful and supportive of me during this rewarding educational journey.

World Chefs Leadership Speaks...

 I am welcoming all the young chefs from IICA. I am counting on you and your talent to contribute significantly to the industry. 

— **Thomas Gugler**

President, WACS

 IICA is a very very important Institute in the Worldchefs education community. The programs & the teaching they offer are amazing. 

— **John Clancy**

Education Director, WACS

 We are proud to have IICA as our educational partners and welcome students to join our Global Chefs Community. 

— **Ragnar Fridrikkson**

Managing Director, Worldchefs Organisation



Lifetime Achievement Award for Chef Virender Singh Datta



Chef Virender Singh Datta [Founder & Chairman, IICA], a veteran of the hospitality and culinary industry for over 50 years, was honoured with the Life Time Achievement Award by Indian Culinary Forum, ahead of International Chef's Day, at 19th Annual Chef's Award, hosted 14th October '22 at Hotel Pride Plaza, Aero city, New Delhi.

The award was presented by Mr. Arvind Singh – Secretary of Ministry of Tourism. Mr. Datta is the 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.

Indian Culinary Forum honored 17 chefs in several categories including the life time achievement award, golden chef of the year, master chef of the year and student chef of the year.

The moment became grander and happier to IICA family as Mr. Datta's protégé, Ms. Radhika Goel [IICA-Student of Advance Diploma in Culinary Arts] was honoured with Student Chef of the Year 2022.

Among those present at the ceremony were Mr. K. B. Kachru; Chef Davinder Kumar, President of the Indian Culinary Forum; Mr. R. Kumar, Continental Equipment India Pvt. Ltd; Chef Sabyasachi Gorai.

Mr. Datta possesses a unique distinction of being an Hotelier and an Executive Chef. His work in the hospitality industry won him many accolades including Hall Of Fame – For life time contribution to hotel industries – ITB-Berlin, Germany. He was awarded Scroll of Honour from Alma Mater Institute of Hotel Management, Pusa, New Delhi.

He was the former President for Institute of Hotel Management Alumni Association (PHIMAA), Pusa and on the board of governance for IHM, Pusa, New Delhi.

IICA
achievements
& awards

IICA has been a continuous extension of Mr.Datta's service to the industry with focus on culinary arts. Founded in 2005, IICA is the premier Culinary Institute in India and has trained over 2500 student chefs till date. We have accomplished worldwide distinction for our services, providing industry ready chefs with remarkable aptitude and technical culinary knowledge.

In conclusion, IICA would like to thank Chef. Davinder Kumar – President of Indian Culinary Forum and the executive committee of ICF for tireless devotion to the culinary industry, recognizing and appreciating the hard-work of our chefs, paving the way for upcoming generation.



IICA-ians grab Bronze Medal at **Food & Hospitality Asia Expo September 2022**



IICA is proud to represent India at The Culinary Challenge at the Food & Hospitality Asia Expo, Singapore.

Traditionally held every two years, FHA Food & Beverage in Singapore is the largest international food and beverage trade show in Asia. FHA, the exposure of catering and food in Singapore, comprises six specialized events all under one roof: Foodasia, Bakery & Pastry, Wine & SpiritsAsia, HotelAsia, HospitalityStyleAsia, HospitalityTechnology.

Team IICA along with its students Stanzin Choszom, Shival Anand, Siddharath Bajpai, Ravin Mohendru, Nakul Choudhary and Shivam Goyal participated in various culinary challenges where they competed with budding chefs from all round the globe.

Our student Ravin Mohendru grabbed a Bronze Medal in the vegetarian cooking category. Where he competed with 16 other teams from different countries.

Inside the Campus

— NEWS —

IICA 33rd Convocation 2022



The 33rd IICA graduation ceremony was held at The Leela Ambience, Gurugram. The event was graced by Chef Davinder Kumar and Chef Priyam Chatterjee, who felicitated the students and gave their insights on Emerging Trends in Restaurants and the Changing Role of Chefs.





International Chefs Day Celebrations

IICA celebrated International Chefs Day with WorldChefs on 20th October 2022.

Since its creation, by the Late Chef Dr. Bill Gallagher in 2004, Worldchefs has committed to using International Chefs Day to celebrate this noble profession, always remembering that it is our duty to pass on knowledge and culinary skills to the next generation of chefs with a sense of pride and commitment to the future.

This year's campaign for International Chefs Day was "Growing A Healthy Future." IICA conducted a workshop for students of diverse backgrounds along with their families to promote healthy eating.

With the Chef's input, education and help, students/families will be able to create recipes out of healthy foods and support Healthy Food for the Future.



The Chef with the Midas Touch

IICA was thrilled to host Chef Sabyasachi Gorai in the campus.

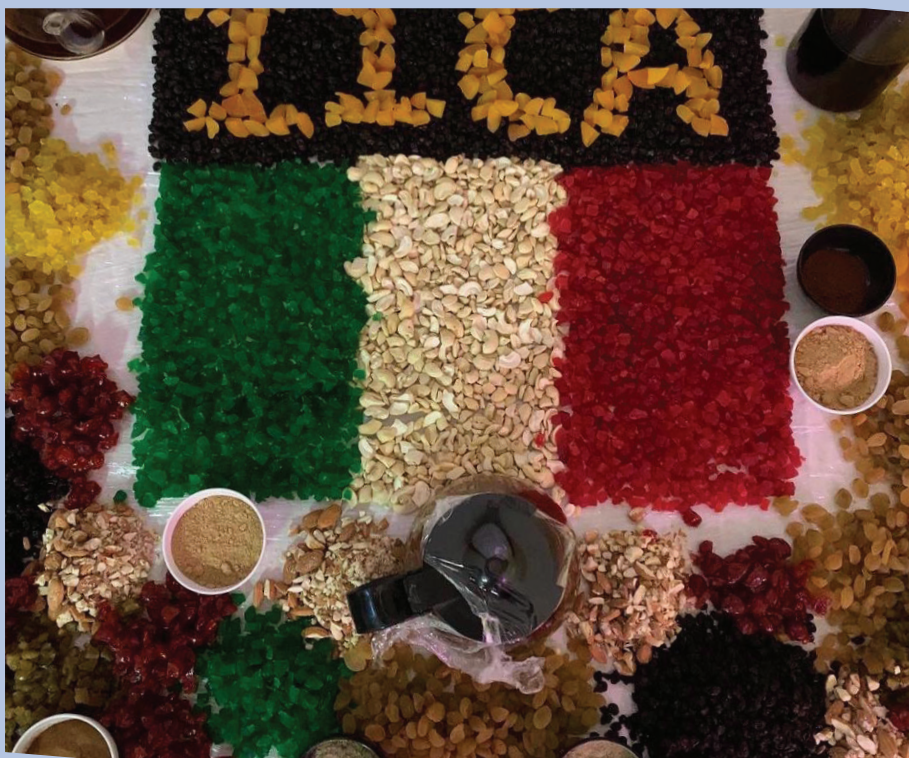
Recipient of President of India's award for best Chef Saby enjoys a cult following as the dynamic President of Young Chefs' Forum of IFCA. The successful consultant Chef is also a restaurant partner with significant projects to his credit

Chef Saby briefed our budding chefs on the various opportunities and the changing trends in culinary/hospitality industry. He touched on various topics from inside the kitchen to his favourite ingredients, recipes and how his love and passion for cooking took him around the globe.

The interactive session was followed by a quick Q & A, which gave our students an opportunity to get their answers from industry's best.

IICA would like to thank Chef Sabyasachi Gorai for his kind gesture and look forward to see him soon again.

L'Parma — Italian Restaurant Pop-up



IICA-ians organized Italian Pop-up restaurant L'Parma celebrating the 7th edition of World Week of Italian Cuisine.

The Pop-up gave them an opportunity to understand the intricacies of the industry apart from sharpening their culinary skills.

Students with the help of the faculty designed a very intriguing Italian Menu for both vegetarians and non vegetarians. The preparations started weeks before, learning about the specificities of Italian cuisine, drawing out a costing plan for the event, promoting the event and finally organizing the restaurant set up with an Italian theme.



Our students also planned a fun cake mixing activity for our guests, which was something very new for all of us.

The pop-up came out to a huge success with a lot of happy guests. IICA is proud of its students who take challenges heads-on turning them into victory stories.

Celebrating 7th Edition of World Week of Italian Cuisine



IICA is proud to be the Culinary Institute Partner with the Embassy of Italy in New Delhi for the 4th consecutive year celebrating 7th edition of World week of Italian Cuisine.

Team IICA was honoured and thrilled to host Michelin-starred Chef Cristina Bowerman with representatives from the Embassy of Italy – Mr. Francesco Varriale (Economic Counsellor, First Counsellor, Embassy of Italy in New Delhi), Ms Anastasia Bocchi, Ms. Annalisa Zezza, Mr. Isidoro Nigri, Mr. Davide Colombo and Managing director of Brown Bread Bakery Mr. Michael Schmid.

Chef Cristina Bowerman, the only female chef with a Michelin star in Rome, is a multi-talented chef with a passion for travel and innovative cooking. After many years abroad in the United States, she returned to Italy, keen on inspiring a new generation of female chefs and leading a fresh, modern era of Italian cooking. Her creative plates are rooted in Italian tradition with international flair.

Conviviality, Sustainability and Innovation: The Ingredients of Italian Cuisine for the Health of Individuals and the Protection of the Planet, the theme for this year's Week of Italian Cuisine in the World.

We got the opportunity to learn & explore the various ingredients and practices of Italian cuisine promoting a healthy sustainable living and also learn some unique traits from the master herself.

Chef Cristina conducted an exclusive Masterclass for our students teaching them about Italian Cuisine and Culture.





Further, she did a live demonstration for Italian dish — Artisanal Potato Gnocchi with a Cacio e Pepe Fondue And Semidried Tomatoes.

Potato gnocchi are an ancient Italian recipe dated back to the sixteenth century. Gnocchi Cacio e Pepe is a simple pasta dish featuring your favorite Italian potato dumplings served in a silky butter and black pepper sauce.



The session came to a conclusion with the sit down lunch with our friends at the Embassy of Italy, New Delhi without whom this experience would not have been possible.

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FROM THE *Chefs Desk*

Spectrum of the Seas An “Ocean of Opportunities”



**Chef Sumit
Kumar Gupta**
EXECUTIVE CHEF



Working in a cruise line is always a dream job for many hospitality professionals as it gives you an opportunity to work in a multi cultural environment.

One of the main reasons people choose to work on cruise ships is the chance to travel the world, handsome salary package, less expenses on board and at-last you makes a good bank balance.

IICA sailing on — Spectrum Of Seas.

We got the opportunity to sail on Spectrum of Seas a part of Royal Caribbean International Fleet for an intensive Seven days consultancy project (4days regular cruise & 3days Charter Cruise by Herbalife) sailing from 08.09.22 to 15.09.22.

The key objective of the assignment is to improve the quality of Indian food served on the cruise. This is executed by understanding their kitchen operations, demographic of the ship (guests), food tasting of the buffet (breakfast, lunch and dinner) and sharing observations with the cooks. Also, to balance the buffet with appropriate combination of dishes (side dishes, accompaniments) to make it complete and wholesome for all Indians (jains, south or north Indians)

An Insight into Royal Caribbean Fleet

The ship is huge; it can accommodate around 4 thousand guests and 16 hundred crew members on a single sail. It won't be wrong to say, “A small city is sailing” in the deep blue sea.

The culinary adventure starts as soon as you get onboard, with 18 different dining venues to choose from, some of them are mentioned below:

1. Grand Windjammer Marketplace. (International cuisine buffet style; open for breakfast, lunch, and dinner)
2. Main Dining Room (fine dining, sit down meal experience)
3. Noodle Bar (select your own choice of ingredients to make a meal)
4. Splashaway Café
5. Sorrento's Pizza (Hand crafted thin crust pizza's)
6. The Cafe @ Two70.
7. Seaplex Dog House. (delicious variety of hot dogs)
8. Jamie's Italian (specialty restaurant)
9. Sichuan red (Chinese cuisine)
10. Chops grille (steak house)

I observed that luxury service and international cuisine are served on board cruise ships, giving passengers an unforgettable experience. For the young chefs who want to join a cruise, this enormous food and beverage business provides many opportunities to delve into the "Ocean of Opportunities."

Audit cum Excellence Report

Food Quality Audit Points

Before food goes in the buffet, I need to do the sampling (tasting) of all the Indian Food there in the final menu. I need to suggest them the changes required in terms of

1. TASTE OF THE DISH
2. CONSISTENCY OF THE GRAVY (THIN, SEMI-THICK, COATED)
3. COLOUR OF THE DISH
4. APPROPRIATE GARNISH OF THE DISH
5. DONENESS OF THE INGREDIENTS (OVERCOOKED, UNDERCOOKED)

All the feedback related to dishes is briefed to Chef Maria Terassa, Executive Chef, by me. I gave them a list of a variety of garnishes that can be used to decorate the food served to the guests. We took photographs of all the dishes with proper presentation to maintain consistency. I presented





an audit and compliance excellence report based on the aforementioned points, which assisted them in meeting dish specifications and easily implementing them in their food operations system.

Assignment Completion

In this assignment, a lot of constructive feedback related to Indian Cuisine is shared with the Executive Chef (Ms. Maria) and Sous Chef (Mr. James).

Based on the daily meal trials, this report documents all the input that was provided. When I voiced my concerns regarding the dishes, the crew responded in a very positive way.

The buffet's presentation and food quality have both improved, in my opinion. Additionally, I spoke with the Herbalife visitors and solicited their opinions on the cuisines. They were ecstatic.

While working on this project, I discovered a tremendous career opportunity in cruise lines, which I believe young professionals should explore.

Some of the popular cruise lines are Royal Caribbean International, P&O Cruises, MSC Cruises, Norwegian Cruise Lines, Regent Seven Seas Cruises, and Carnival Cruises.

Minimum qualification required

- You can apply directly to a cruise line on their website or to their official hiring partners throughout the world.
- In general cruise lines require minimum 21 years of age for shipboard employment.
- Culinary course certification from a recognized institution.
- Must be having at-least 2 years of experience working in the hotel or restaurant.

The Future Food | **Fake Meat**



Plant-based meat is used to describe food that is designed to mimic or imitate animal meat products. These products are healthy, vegetarian and tasty. Although products like seitan and tofu were used earlier to replace animal meat, today, newer products are available that mimics its appearance, taste, and texture. As the name goes, plant-based meat is produced from plants. So, manufacturers do not rely on animals but on plants to make plant-based meat. Like animal-based products, plant-based meat consists of fat, minerals, protein, water, and vitamins. It's made to look and taste like meat.

Many thoughtful people in India are beginning to worry about how much meat they eat. In many countries where vegetarians were once regarded as oddballs, restaurants are making a conscious attempt to cater to them. But as the doubts about a mostly meat-based diet grow, important questions are beginning to be asked about how much damage the production of meat actually does to the planet and how exactly it does this damage. Nor is it clear if every new bright and shining trend that has been launched by the “eat-more-plants” campaign is here to stay.

Take plant-based “meat,” for instance. Around five years ago, it was being talked about as the next big thing. Companies that produced plant-based ‘meat’ saw huge interest from investors and share prices zoomed. Burger King (in the US) put a plant-based burger on the menu and its sales soared. The day is not far off, we were told, when the planet will be saved and public health will improve because we will all switch to plant-based ‘meat’ from the real thing.

Agricultural and Processed Food Products Export Development Authority (APEDA) has announced that GREENEST, a leading plant protein food brand, has shipped India's first plant based meat export consignment to USA from Gujarat. The 5,000 Kg consignment consists of plant-based mini samosas, hot and spicy strips, momos, spring rolls, nuggets, grilled patty, and other vegan products.

Beyond Meat, the company that pioneered the production of plant-based burgers and the like reported disappointing first quarter results. It declared a net-loss of 100 million dollars and a significant drop in total revenue. Figures for the sector as a whole show that it is not growing as much as expected. And it looks as though plant-based ‘meat’ has had very little impact on US meat consumption. All the current evidence suggests that we may have overestimated the appeal of plant-based ‘meat’. The figures suggest that it has either held steady or actually gone up.

On the other hand, the environmental objection to meat has more substance. Cows and other ruminant animals release enough methane to contribute to global pollution almost as much as a car does. The impact can be over stated (ruminants contribute only three per cent of the UK's total greenhouse gas emissions), but it is undeniable. There is, therefore, a strong argument for restricting the rearing of livestock.



Except that even this has little to do with vegetarians or plant-based foods. In nearly every country (and certainly in India) where cows are reared, the majority are farmed for milk not for beef.

More indirectly but also importantly, rising beef production requires increasing quantities of land. New pastureland is often created by cutting down trees, which releases carbon dioxide stored in forests and thus adds to global pollution.

Despite seeming contradictory, all these things are true. That's what makes the beef and sustainability discussion so complicated — and so contentious.

So, if you want to reduce methane emissions, a more effective way of doing this would be to remove milk, dahi, paneer, cheese, ice-cream, lassi, mithais and the like from your diet. This will be more effective than eating a fake meat hamburger.

In India, plant-based meat is still an elite concern. But the lesson we should take away from all of this research is: be careful how many processed foods you use. The chemicals that are needed to put them on your grocery shelves may harm your heart much more than a seekh kebab.



The 7th edition of the Week of Italian Cuisine of the World - dedicated to promotion of Italian cuisine and agri-food products is taking place in November.

The initiative this year emphasizes the approach of sustainability, conviviality and innovation that is integrated to cultivate a food culture of 'Made in Italy'.

The "Made in Italy" brand is distinguished by a dedication to high quality. When it comes to food products, this means technologically advanced production methods that are increasingly sustainable. While the trend towards eco-friendly production can be seen across multiple product categories, it's particularly evident in Italy's olive oil market. In the recent World Olive Oil Championships, for instance, a Venetian producer was awarded a silver medal for an oil that relied on organic pesticides and heat produced by using olive pits as fuel.--

Sustainability is an increasingly important factor for food consumers. Alongside a greater focus on health and production ethics, consumers want to know the impact of their food choices on the environment. As a trend, this has entailed a gradual shift towards organic foods with shorter supply chains.

So, how does Italian food stack up in the face of these changing consumer attitudes? Well, it's difficult to generalise across food categories, but Italian food taken as a whole is surprisingly sustainable.

Italians have a very strong focus on food traceability and the country of origin, a behaviour that comes from a culinary culture based on connection to traditional roots. Regional produce is seen as more culturally authentic, natural, and better tasting, and this is particularly true for traditional specialties such as buffalo mozzarella or Parma ham. Also, Italian consumers have a high level of faith in the Italian food safety control system.

The Slow Food movement began in Italy with the founding of its forerunner organization, Arcigola, in 1986 by Carlo Petrini to resist the opening of a McDonald's near the Spanish Steps in Rome. The goal at its core is to promote regional foods, traditional gastronomy, and food production. Conversely, this means an opposition to fast food and industrial food production.

Furthermore, Italian Government authorities have identified the country of origin as a priority requirement for food labels.

Italy has long been known as a leader in organic agriculture. According to the EU's latest statistics, 15.2% of all agricultural land in the country is dedicated to organic produce. This places it as the continent's fourth most "organic-producing" country. In terms of actual produce, Italy's most important permanent organic crops are olives, grapes, and nuts.

Eco-friendly food products guarantee traceability and respect the slow food philosophy.

Cooking and eating together remain an irreplaceable pillar of Italian sociability. In Italy, gastronomy is almost philosophy—and much more than that. It is pleasure and sociability: the perfect moment to talk, share a laugh, and strengthen relationships. As a matter of fact, the importance of food, home cooking, and eating together within the Italian culture has been scientifically proven.

Deborah Cameron, a world-renowned professor of English at Oxford, and Don Kulick, a professor of Anthropology at New York University, wrote about the subject in their excellent book *Language and Sexuality*. The authors claim that food taste is actively socialised at dinner and compare an American and an Italian family to explain their point. While some American families frame dessert as desirable, especially for children, and label the rest of the dinner as mere nutrition and, sometimes (think about broccoli or Brussels sprouts), even as some kind of punishment, Italian families talk about food and dinner as pure pleasure. For an Italian family, the dessert is not the great prize after a painful duty but the cathartic moment that comes through an extremely exciting social and cultural journey. For an Italian child, food means family and parents; it is a comforting blanket that wraps everything in its delicate warmth. Eating a home-cooked meal with his mom and dad, a little Italian gains the sense of stability and love he needs to grow up and be happy.

Around the table, conviviality grows and relationships achieve their highest peaks. Eating together is a magical moment through which the beautiful reaches the sublime and friendship turns into a rare form of intimacy.



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ENROL NOW



Essential Pastry Techniques

The handy grammar within the paced patisserie culture



Chef Akash De
EXECUTIVE
PATISSERIE
CHEF

Introduction

In the era of the 21st century, where EVs are a topic of discussion, the emerging modern patisserie and bakery culture is not far behind with the introduction of outstanding technology, methods, and concepts that are an enormous boon to the pastry world.

It is important to remember, in the midst of modernization, the fundamentals from which all of these have evolved and continue to play an important role in the production process.

Specialized schools have been opened throughout the country to students interested in quality training and who recognise the utmost importance of understanding the essentials.

The Essentials

The ingredients in most pastry recipes are similar, if not the same. So how is it possible to create so many different styles of pastries? Of course, different proportions of ingredients are responsible for some of the differences, but the real difference is found in the handling, or the techniques. Here is an overview of the essentials.



DOUGHS & BATTERS

The creaming process is used for cookies, quick breads, and cakes.

For successful results,

- Ingredients are kept at room temperature,
- Cream the plastic fat with the crystalline sugar until pale yellow and clear. The sugar's sharp edges cut into the fat, creating air cells that allowed gases to collect and expand when heated, leaving the product.
- Add the eggs gradually to ensure a stable emulsion. If the eggs are added too quickly, the emulsion may curdle.
- Using a curved plastic bowl scraper, scrape the bowl and mixer paddle to free any clumps of fat and/or sugar.
- Add the blended dry ingredients and mix on low speed just until the mixture is homogeneous. Over mixing results in product imperfections such as tunneling, toughness, and irregular shapes.

MERINGUES & FOAMS

Foams are used to lighten or leaven various mixtures and are made by whipping air into egg white, whole egg, egg yolk, or any combination of the above.

Crème Chantilly is also considered as foam but it is not used to leaven. It is used to lighten mousses and finishing desserts

Whipping egg whites requires care and patience. To create a stable foam of egg whites, clean the bowl of moisture and fat. Egg whites are alkaline, so many recipes call for cream of tartar because adding an acid stabilises the foam when whipping egg whites. Whipping on medium speed to denature the proteins so they can hold together. Continue mixing at medium speed while gradually adding sugar to the meringue. Continue mixing until the foam is stable. The “ribbon stage” is the foam texture required when whipping a whole egg or yolk. It forms a thick, pourable foam as it has enough air available for leavening.

CHOCOLATE & TEMPERATURES

Cocoa butter crystals are rearranged when chocolate is melted for coating. Tempering is the restabilizing of these crystals to achieve a smooth, shiny final product.

There are several methods of tempering, like tabling or seeding. A simpler and increasingly popular method is the direct method.

The direct method:

- Ambience temperature to be approximately 25°C
- Thermometer and a rubber spatula.
- Place the chocolate in a bowl and microwave on a medium setting.
- According to the quantity of chocolate, microwave for 20 to 30 seconds, remove the bowl, stir, and repeat. Continue microwaving in 10-second intervals, stirring in between.
- Keep on taking the temperature so that the chocolate does not exceed 30.2°C.
- When all the chocolate is melted, but before the temperature has reached 30.2°C, evaluate the chocolate to assure that it is “in temper.” If some chocolate is still in the crystal, microwave the bowl for a few more seconds, increasing the temperature to 32.7°C. Stir until melted. This process may be repeated, increasing the temperature to a maximum of 34.4°C and stirring the chocolate in the bowl with a spoon at prescribed temperature until the chocolate temperature reaches 30.2.
- Use the chocolate for molding, enrobing, décor, etc., monitoring the temperature and adjusting as necessary.

CREME & CUSTARD

Custard is a product that is thickened with milk and eggs like crème brûlée, crème anglaise, crème caramel, and quiche, or with eggs and starch like creme patisserie and chocolate puddings. Custards are typically classified as being boiled, stirred, or baked. A boiled custard is thickened with eggs and cornflour over direct heat or in a water bath. The idea is that the heat will coagulate the proteins in the starch and gelatinize the cornstarch, which will in turn thicken the milk.

These were just the morsels of the patisserie; there is a whole world that revolves around this, and the hunger for knowledge should never end as one explores oneself.

“Make your first steps to Pastry & Bakery world with IICA”.





INITIATIVES



Team IICA and its students studying baking and patisserie joined The Blind Relief Association in New Delhi in celebrating this day. Along with a fun chocolate tasting exercise, we exposed them about the world of chocolate production and the numerous kinds of chocolate. After receiving an introduction to the three varieties of chocolate—White, Dark, and Milk—the kids tasted, felt, and correctly recognized each one without a doubt.

The fun interaction was further sweetened by the distribution of dark chocolate walnut brownies to all 350 people present. Seeing their zest and never-give-up attitude was highly inspiring for all of us. We would like to thank the Board Committee for having us and applaud their continued efforts in providing vocational skills to the blind and helping them lead an independent, self-sufficient life.

World Chocolate Day

IICA Founders Week

IICA celebrated its 17th Founder's week, a week full of celebrations at its New Delhi Campus.

The week kick started with Chefs Table, which saw who's who of Hospitality coming together for better opportunities for our budding young chefs. Esteemed panel consisted of Chef Davinder Kumar (President- Indian Culinary Forum), Mr. Vijay Wanchoo (Sr. Executive Vice President-The Imperial), Mr. Rocky Singh (Anchor-Highway on my Plate),





Mr. Sidharth Khullar (Founder-Chef at Large), Mr. Priyam Chatterjee (Times Chef of the year) and Mr. Arjun Datta (M.D & COO-IICA).

In addition, IICA extended its hand of friendship with The Robin Hood Army, a volunteer-based NPO that works to get surplus food from restaurants to the less fortunate sections of society in cities across India and 10 other countries. The organisation consists of over 211,946 volunteers in 401 cities and has served food to over 114.42 million people so far.

Team IICA came together and prepared 40 kilos of healthy vegetable khichdi, which was distributed in certain areas of New Delhi. As the level of hunger and undernutrition in the country is at “serious” levels, IICA pledges to extend its services and support to the society and our Nation.





International Year of Millets | 2023

Vegan Millet Sushi with Roasted Root Vegetables and Broccoli Cream



For sushi millet:

Millet (soaked)	: 1 cup
Water	: 2 cups
Balsamic Vinegar	: 2 tbsp
Liquid Sweetener (honey/maple syrup/ coconut syrup)	: 1 tbsp
Sesame Oil (optional)	: 1 tbsp
Salt	: to taste

The Filling

For the roasted root vegetable:

Carrot Strips	: 1 cup/100 gms
Turnip Strips	: 1 cup/100 gms
Celery Root Strips	: 1 cup/100 gms
Beet Strips	: 1 cup/100 gms
Oil	: 1 tbsp
Salt	: 1/4 tsp

For broccoli cream:

Sunflower Seeds	: 1/3 cup/50 gms
Fresh Broccoli Florets	: 3/4 cup/50 gms
Cold Water	: 3/4 cup/180 ml
Soy Sauce/Tamari	: 1 tbsp
Apple Cider Vinegar/ White Wine Vinegar	: 1/4 tbsp
Nori Sheets	
Soy Sauce/Tamari	: for serving

1. Preheat the oven to 400 F / 200 C. Cover a baking tray with a parchment paper. Mix carrot, turnip and root celery strips with oil and add them to the baking tray.
2. Now, Mix beet strips with oil and add them too, but keep them separate. Sprinkle some salt over the veggies.
3. When the oven has reached its temperature, bake the veggies for 35 minutes or until the veggies are soft and golden brown. Cool them down.
4. In the meantime, prepare the millet. Mix millet with water and salt and put it to a boil. Boil on a medium heat for about 15 minutes, until the millet is soft.
5. Set aside and cool it down. After millet cools down, mix it together with balsamic vinegar, oil (if using), sweetener and salt. While mixing, slightly mash millet as well.
6. In the meantime, boil sunflower seeds and broccoli florets in plenty of water for 15 minutes. Drain and rinse with cold water.
7. Now, add them to a blender along with cold water, soy sauce or tamari and vinegar. Blend for a couple of minutes until smooth and creamy. Set aside.
8. Now take a nori sheet and put it on a rolling mat, shiny side on the bottom. Add a couple of tablespoons of millet and spread it out.
9. Add some roasted veggies and about a tablespoon of broccoli cream.
10. Moisten the nori top edge with some water and roll it into a tight sushi roll. Use a wet and sharp knife to cut the sushi into pieces. Serve with soy sauce or tamari and leftover broccoli cream.

Millet Banana Chocochip Pancakes

with Melba Sauce

For the pancakes:

Ragi Flour	: 2 tbsp
Oats Flour	: 2 tbsp
Baking Powder	: $\frac{1}{4}$ tsp
Baking Soda	: $\frac{1}{8}$ tsp
Banana	: 1
Egg (large)	: 1
Butter	: 1 tbsp
Vanilla Essence	: $\frac{1}{4}$ tsp
Jaggery Powder	: 1 tbsp
Salt	: $\frac{1}{4}$ tsp
Chocochips	: 2 tbsp
Milk	: 20 ml

For the melba sauce:

Frozen Raspberry	: 50 gms
Sugar	: 20 gms
Liquid Glucose/ Cornstarch	: 10 gms
Water	: 10 gms

For the caramelized bananas:

Banana	: 1
Brown Sugar	: 20 gms
Butter	: 20 gms



Making the pancakes:

1. Take a large bowl, add Banana and mash it well
2. Now add Jaggery powder to the mashed banana and cream together. Make it smooth, gradually add egg to the above mixture.
3. In another bowl, take milk, vanilla extract & melted butter. Whisk to bring it together
4. Now mix the above mixture with banana egg mixture together.
5. Take a large bowl, sieve together Ragi flour, oats and raising agents baking powder and baking soda.
6. Now add all the above mentioned dry ingredients with the liquid mixture in step 4, whisk it well till smooth & lumpfree.
7. In a small bowl, take your chocochips toss it with very little all purpose flour & fold it to the pancake batter.
8. At this stage, adjust the desired consistency by adding little milk if needed.
9. Take a skillet over the flame on medium heat, add some butter to it, pour a ladle full of batter, cover and let it cook for 2-3 mins.
10. Now turn the pancake, and cook on the other side until light brown color is achieved.

Making the melba sauce:

1. Firstly, thaw the frozen Raspberries and grind it well to make puree.
2. Take a heavy bottom saucepan, add Raspberry puree, sugar, liquid glucose & water. Cook it for a while till it becomes thick and sugar is dissolved.

Making the caramelized bananas:

1. Take a skillet, heat it on low flame and add butter and sugar to it.
2. Add chopped banana, let it cook for 2-3 mins, till the banana turn the color.

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Certificate upon completion of the Pro Chef Level 1, from the Culinary Institute Of America and Lobster Ink, helping apply for additional Certifications from the Culinary Institute of America via IICA.



International Institute of Culinary Arts, New Delhi

Sharing Knowledge, Building Happiness

*"To be the best,
you need to learn from the best."*
Chef Virender Singh Datta

Advantage IICA

Mentorship	Founder & Chairman, Virender Singh Datta has over 50 years of hotel-industry experience behind him. An integral part of several elite industry panels and councils, VSD is a titan of the industry.
Student Awards	Our students have won 4 ICF Student Chef of the Year Awards, and many more awards like the Culinary Competition at the HT Palate Fest, International Chef Day, Food & Hospitality Asia Expo, and many more.
International Associations	The only institute to offer additional qualifications from World Association of Chefs' Societies, Paris, and knowledge-exchange programmes with ALMA, Italy's leading culinary institute.
Embassy Linkages	IICA works closely with the Italian, Peruvian, Thai and Indonesian Embassies in India, to name a few, to help students learn more about international cuisines.
Industry Assignments	All students are provided with industrial training assignments as part of their course, so as to gain real-world exposure.
Alumni Achievements	Alumni spread all over the world — like Sakshi Bansal from Gordon Ramsay's Maze Grill, Hong Kong; Shreshth Khanna, entrepreneur & owner of Bon Gateau at Amritsar; and Ashima Arora, finalist at MasterChef, India, amongst many others.
Industry Consultancy	Offers industry consultancy services in food production and management to reputed brands and establishments, like Doon School and Hero Motor Corp amongst many others.
Facilities	<ul style="list-style-type: none">• 4 state-of-the-art kitchens• state-of-the-art culinary theatre• located at Hauz Khas Village, the capital's culinary hub• situated at management-owned premises since establishment;• research-driven institute, with own publication department.

This is IICA.
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Industry Speak

I am ecstatic to be at IICA and have many great moments there. It was a pleasure to interact with Team IICA, who are producing fantastic young chefs who are ready for the industry.

— Chef Dhruv Oberoi

EXECUTIVE CHEF

Olive Kitchen & Bar

I am proud that industry which was not considered as a career making industry earlier, now today with colleges like IICA has started developing & shaping students.

— Chef Satish Arora

FORMER DIRECTOR, FOOD AND PRODUCTION

Taj Hotels

The industry is booming and has a huge demand for qualified chefs. IICA does a fantastic job of developing and guiding emerging talent.

— Chef Sabyasachi Gorai

PRESIDENT

Young Chefs Forum

+ CHEF, MENTOR, RESTAURATEUR,
ENTREPRENEUR

I have seen IICA grow over the years. I am proud to be a friend of IICA because forming and educating the next culinary generation is extremely important, and IICA is doing a great job.

— Chef Cristina Bowerman

MICHELIN-STARRED CHEF

Glass Hostaria, Rome

I am always thrilled to visit IICA. There is a sense of passion and culture throughout the institute. I welcome the upcoming chefs to join this beautiful industry.

— Chef Priyam Chatterjee

**First Indian chef to be awarded France's
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Times Chef of the Year**



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– Level /2 years

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– Level 3 /18 months

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Diploma in Bakery & Patisserie

– Level 2 /1 year

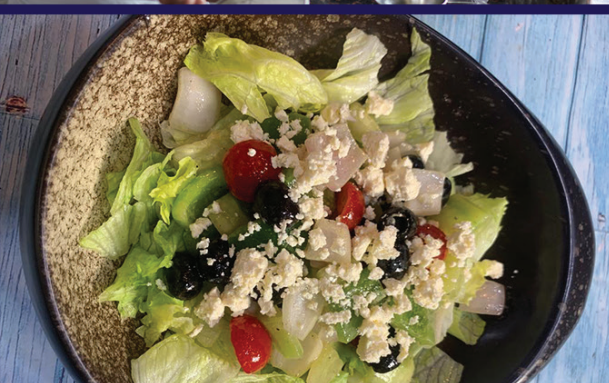
Initiating students looking to learn the basics of bakery and patisserie — from breads, cakes to confectionary products.



CIA ProChef Certification

– Level 1 /5 months

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- State-of-the-art facilities
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- Institute Support Post Completion

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