

VOLUME - 3

KONGU



FLAV URS



Annual Magazine of Epicurienz

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KONGU
Assuring the Best

GREEN INDIA, CLEAN INDIA



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EPICURIENZ'S VOICE

The vibrant publishing team of Epicurienz's Voice has come out with an enchanting third Annual issue. Picturesque details of opulent hotels, natural therapy life savers, the sweetness in the flavours of cakes and desserts, Nature beckoned healers that straddle the pages of this issue would definitely elevate the senses of the readers.

Information about the launch of Techno Based Ecofriendly products would definitely be in tune with the current scenario.

Department Association Epicurienz is elated to congratulate J.Parimala for securing 7th rank in University and all the students who got placed in various hotels like Accord Metropolitan, Taj group of hotels, Four Seasons, Club Mahindra Holidays and Le Meridian group of hotels

Epicurienz wishes all the final year students for the successful completion of their IET Programme



A man only learns in two ways, one by reading,
and the other by association with smarter people.

(Will Rogers)

PUNCH OF THE DAY

Virgin Cucumber Mojito

INGREDIENTS

- ¼ cup club soda
- ¼ cup sugar syrup
- 1 tbsp fresh mint leaves
- 2 cups crushed ice
- ½ lemon
- 3 fresh mint sprigs
- 4 cucumber slices



Method: Squeeze the lime quarters into a glass, and drop the limes into the glass. Add the mint leaves. Muddle well with the back of a spoon or with a muddler. Place the cucumber slices into the glass, and fill with ice cubes. Pour in sugar syrup, then top off with club soda. Stir gently and serve.



Cultural Cuisine



FORGOTTEN CULINARY OF KONGUNADU- where the culture continues...

Tamilnadu is a state of fragrant cuisines both technically and theoretically in the both past an in the present. There are ample popular historic references in relation to the culinary truths in Tamilnadu. Parallel to other cuisines of Tamilnadu, Kongunadu cuisine was also famous and popular before 200 years, which failed to gain rapid recognition due to lack of structured and systematic cooks, to promote it to the public.

Kongu literally means ‘ **Honey**’ also Kongunad similar to Cheran, Cholan, Pandiyan kingdom, is a kingdom on its own. It stretches from ends of Coimbatore and Pollachi, Udmalpet to Oddanchatram, Karur to Tiruppur, Erode to Salem and the surrounding areas.

Gounders are one of the most populated communities of the Kongu belt. The special spices of kongu cuisine are Ginger and Turmeric root and the special condiments are groundnuts and gingelly seeds.

The people of kongunad always use to grow their own cereals, pulses and vegetables for their kitchen use, remaining, which they sell it in the market they are fond of drinking goats’ milk and consuming roasted groundnuts, which they declared as health combination for active life. Similar to Chinese, kongu people believed in Get-to-togethers for which they organized huge festivals and rituals in temples and insisted, on food and drinking. They fed themselves stomach full with a course wise meal, gave less importance to seafood, and dried fish due to discontinuous availability of the same in the market.

- Turmeric is always added into curries as freshly grated and ground after roasting. This gives the product a deep yellow colour and an aromatic substance
- Kongunadu cuisine is not very spicy and oily flavour, which is not the case with other cuisines
- The cuisine is healthy and nutritious owing to use of considerable amount of pulses

Kongunadu people follow the custom of offering appetizing drink before main meal. For example spicy Buttermilk, kambu choru thannir ,kollu rasam ,paccha puli rasam are to name a few.Dry coconut or copra in their curries was a added specialty. Sweets like 'Pathaneer Halwa','Pathaneer Payasam', 'Elanir Halwa', 'Elanir Payasam' formed part of the regular food in kongu region. Again thanks to abundance of coconut and palm trees. Even though the cuisine was forgotten, now it has shown its significance in the culinary world and it cherishes with lots of healthy diet dishes with exotic taste and flavour.



TOP 10 RESORTS IN INDIA

1. Bonjour Bonheur Ocean Spray, Pondicherry, Tamil Nadu

The best aspect of Bonjour Bonheur Ocean Spray is its extremely convenient location. Spread over an area of 23 acres, the resort surrounds a man made lake which covers an area of 5 acres. In addition to the high quality services, the resort employs multilingual staff. The rooms and villas overlook the beautifully maintained waterfront which in itself makes the guests feel calm and relaxed.

The place is just ideal for people who want to have a good time amidst pure luxury and comfort. Their accommodation is probably one of the best in the country. Guests have a wide range of options that include Ferns (Garden View Rooms), Cascade (Water View Rooms), The Heavens (Open to sky jacuzzi Rooms), The Bermudas (Villas), The Guadeloupe (Luxury Villas) and Tahiti (Royal Villas). There is also an amphitheatre, an island pool, a tea lounge, discotheque , spa and wellness facilities which are sure to leave the guests refreshed and rejuvenated. It is a haven for water lovers and in addition to the lake and the swimming pool, the resort offers various opportunities to enjoy a wide variety of watersports and other activities.



2. Radisson Blu Resort Temple Bay, Mamallapuram, Tamil Nadu



The Radisson Blu Temple Bay Beach Resort, Mamallapuram (Mahabalipuram) offers sights that will make your trip to it worthwhile. It provides aesthetic landscapes of palm trees rising from blue lagoons, small isolated sliding roof shelters and a delightful tiny bridge.

It is from this resort that you also get a good view of the Shore Temple from the comfort of your balcony. And how can we forget, the spectacular vision of the inviting beach as well.

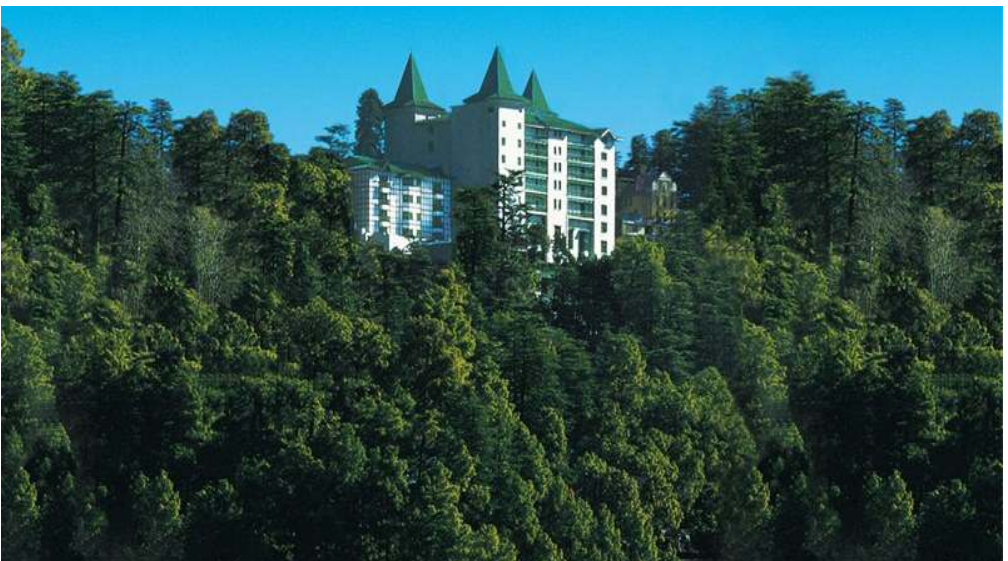
There is also an outdoor swimming pool with a whirlpool which pampers the guests. For fine dining options you can choose from a vast variety of cuisines offered by Aparanta, Kokum & Spice, In-room Dining, Lounge Bar, Piano Lounge and Razz Ma Tazz. The guests can also opt for visiting one of the several popular beaches that are located near the resort.

3. The Oberoi Cecil, Shimla, Himachal Pradesh

Located within the majestic Himalayan Ranges is The Oberoi Cecil, a Grand Heritage Hotel that symbolises the colonial History of Shimla. This resort, dating back nearly a 100 years, brings to fore the original British era grandeur.

The guests are transported back in time as they walk over its wooden floors, enjoy its crackling fires and colonial era furniture and are mesmerised by its welcoming atmosphere. The hotel has a magnificent atrium and also provides a great view of the surrounding mountains and valleys.

During their stay at The Oberoi Cecil, one of the best luxury resorts in India, guests can enjoy outdoor activities such as a colonial heritage tour, walk in the woods and the train ride. In addition, the hotel provides the facility of a heated indoor swimming pool, where the guests can relax and unwind. Guests can also opt for Deluxe Room, Premier Room, Deluxe Suite and Luxury Suite. The mesmerising and romantic view of the snow capped mountains, from the windows of the pool, makes the guests feel pampered by nature itself.



4. Ananda Spa Resort, Rishikesh, Uttarakhand



Ananda Spa Resort has definitely earned a well-deserved place in the top ten royal resorts in India. Located strategically in the midst of unexplored green stretches, at the Himalayan foothills, it is a leading centre for yoga and meditation tours besides a famous spa destination.

The wide choice of residential accommodation and the tranquil ambience of the resort makes it a great place to enjoy an relax your holiday in the company of loved ones. The resort, which was at one time the royal residence of the Maharaja of Tehri-Garhwal, has been turned into a spiritual destination for guests seeking respite from a stressful urban life.

This one of the few royal resorts in India that offer a vast range of accommodation facilities including Palace View Rooms, Valley View Rooms, Premium Valley View Rooms, Garden Suites, The Ananda Suite, The Viceregal Suite and Ananda Villas. The enchanting surroundings of the resort combined with the traditional Indian Ayurvedic health regimes, help the guests to rediscover themselves.

5. Park Hyatt Goa Resort and Spa, Cansaulim, Goa

Located in the picturesque village of Cansaulim, The Park Hyatt Goa Resort and Spa covers a sprawling area of 45 acres. Situated amidst magnificent beachfront gardens, the resort is designed to resemble a Goan village. It offers a great combination of comfort, style and unique local flavour.

The well landscaped gardens feature waterways and lagoons shimmering with clear water. The highlight of the resort is its collection of exquisite restaurants -- Casa Sarita, Masala, Da Luigi, Village Cafe, Palms, Praia de Luz, a poolside bar, Wine Room and Cabana -- where guests can enjoy various lip smacking Goan, Indian and other international delicacies. With respect to rooms, one can opt for Standard, View, Deluxe and Suite. The resort is also known for its pousada-style guestrooms and suites each of which offers a spa-inspired bathing experience to the guests. The Park Hyatt is one of the best luxury resorts in India that offers various facilities to help its guests unwind and relax. The most prominent of these is the Sereno Spa where guests can enjoy a wide range of holistic treatments including Ayurvedic and Yogic therapies.



6. Shaam-e-Sarhad Village Resort, Kutch, Gujarat



For people seeking a great holiday retreat that also offers a glimpse into the rich traditional, Shaam e Sarhad is just the perfect resort. Located in a secluded region of Kachchh, the place offers diverse accommodation choices including mud cottages and tents, both of which have an old world ambience and charm.

The beauty and hospitality of the place will make the guests including friends, family and couples forget their everyday troubles and enjoy the blissful seclusion. Not only will guests be given an opportunity to visit the Hodka village but they will also get to meet artisans who have mastered the art of making embroideries including pakko, neran, kambhiro and applique apart from leather work. Accommodation here is comfortable and defined by simplicity. Guests can also opt for tents, family tents and bhungas.

The resort provides a perfect opportunity for the guests to experience the various traditions and culture of Kachchh on a first hand basis. They can not only lose themselves in the mesmerising folk dances and music presented by local artists but also delve into delicious cuisine of the region which has a unique taste and aroma



7. Lahari Resort, Patancheru, Hyderabad

One of the most eclectic ultra luxury resorts in India, Lahari Resort is situated amidst beautiful natural settings. Covering an area of 35 acres, the topography features various fountains and water bodies with sparkling water, in addition to beautifully set flowerbeds and well-maintained lawns along with paved sculptures.

The resort provides a wide range of options for leisure and entertainment. It has 59 centrally air-conditioned luxurious rooms and suites. One can also enjoy sports activities and fitness activities at a well-equipped modern gym, swimming pool, water polo, beach volleyball and table tennis. The resort also features an international standard cricket stadium. For accommodation, one can also opt for Deluxe Suite, King's Suite, Queen's Suite, Presidential Suite and Royal Suite. In addition, there other relaxing and rejuvenating facilities such as, water slides, rain dance, bowling alley, go karting and discotheque which offer a complete oasis of pleasure for guests.



8. Fortune Resort Bay Island, Port Blair, Andaman and Nicobar Islands



For those who wish to enjoy peaceful days in the lap of nature, Fortune Resort Bay Island is just the right destination. The well-designed guest rooms overlook the calming blue sea water of the Bay of Bengal and provide all the amenities of luxury and comfort to guests. The resort also features an open-deck restaurant named, The Malady where the guests can treat their taste buds to delightful local delicacies, a wide range of seafood and several Indian, Chinese and Continental dishes.

The resort offers various recreational facilities which help the guests to unwind and relax. In addition to enjoying various water sports in the Bay of Bengal, guests can enjoy a relaxing swim in the pool within the resort. Moreover, they can also explore the various local tourist hotspots such as Cellular Jail, the Corbyn's Cove Beach, the Marine Park, the Marine Museum, the Viper Island, and the Mini Zoo. The strategic location of the resort also makes it possible for the guests to enjoy day long excursions to nearby islands and farms.

9. Wood House Beach Resort, Varkala, Kerala

The resort consists of wooden cottage style rooms that provide an old world charm which is further enhanced by the lush green environment of the place. It provides a great view of the golden red sun setting across the ocean with the lapping waves trying to catch its last rays. In addition, the guests can get a sneak peek into the everyday lives of the locals as they watch them hauling in fishing boats with the catch of the day or tending beautiful coconut groves. The facilities provided here include independent and fully furnished villas, Ayurveda spa and a provision for herbal steam bath. The resort also provides a balanced combination of modern amenities and traditional lifestyle which provides the feel of simple yet comfortable living.

The resort also provides facilities to help the guests calm their frayed nerves. Prominent among these are the Ayurvedic spa and the adventurous water sports at the unexplored Kovalam beach. The unmatched privacy and intimacy of this luxury resorts in India truly makes for a memorable stay.



10. Vythiri Resort, Wayanad, Kerala



Hidden in the lush green tropical rainforest on the beautiful hills of Wayanad is the jungle getaway of Vythiri Resort. The place is ideal for people seeking a retreat into nature while enjoying all the comforts of modern day living. Whether it is the touch of cold breeze or the soft kiss of mists settling down on the surrounding mountains, or even the sound of the fabulous waterfalls and bubbling water streams, Vythiri provides a great way of experiencing nature at its best.

Located amidst 150 acres of coffee and cardamom plantations, the guest rooms at Vythiri are designed like the cottages of planters. For accommodation, one can opt for Tree House, Pool Villa, Honeymoon Villa, Vythiri Haven, Vythiri Habitat and Serenity Cottage.

This luxury resorts in India offers diverse facilities for the guests to rejuvenate and relax. Guests can enjoy the perfect combination of ancient ayurvedic and aroma therapies at the Vythiri spa to heal their body and soul. In addition, they can also opt for exotic and therapeutic treatments offered at the ayurvedic center which help guests to re-balance their mind, body and spirit. For those who love outdoors, a walk through wilderness and trekking in the surrounding mountains will help them connect with nature.



Medical tourism is the travel of people to another country for the purpose of obtaining medical treatment in that country, commonly at a lower cost but can be because the treatment is not available or legal in the home country. Medical tourism has captured the interest of the media. Articles, guidebooks, and broadcasts on medical tourism are being published and produced with increasing frequency. Medical Tourism is the term used to describe people who travel to other countries to receive needed medical care, usually a surgical procedure. If you are considering travelling to another country for medical care, before planning think whether medical tourism is a good option for you, then click on .

MEDICAL TOURISM OF THE WORLD

In the last decade the medical tourism industry has become large. It is estimated that the world medical tourism market in 2013 was around US\$ 105 billion and that it is expected to grow to US\$ 120 billion by 2015. It is also estimated that around 8 million people a year worldwide will travel for medical care by 2015. Medical tourism“ can contribute Rs 8,000-12,000 crore additional revenue for up market tertiary hospitals by 2015, according to a Confederation of Indian Industry (CII) study.

The healthcare industry is the world's one of the largest industry with global revenues estimated at US \$ 2.8 trillion. The Indian Healthcare Delivery market is estimated at US \$ 18.7 billion, of which nearly 65 per cent has been captured by the private sector. The industry is growing at about 13 percent annually and is expected to grow at 15 percent over the next four to five years. According to a recent study by Confederation of Indian Industry, the industry would grow at 8.5 percent of GDP by 2015,

to around US \$ 45 billion. Private healthcare is expected to account for 75 percent of this spending.



TOP DESTINATIONS AROUND THE WORLD

India - Home to World class orthopedic and cardiac surgeons. India medical tourism produces \$2.3 Billion annually.

Mexico - Mexico is famous for inexpensive weight loss surgeries and cosmetic surgeries.

Singapore - Their healthcare system is ranked very highly, and offers cancer and stem cell treatments.

Barbados - Well-known fertility clinic is home in the West Indies island.

Thailand - Thailand attracts 30,000 Americans each year for a whole host of procedures and surgeries. Thailand has many Joint Commission International accredited operators.

Brazil - Home to top cosmetic surgeons in the World.

Israel - Israel is known for IVF specialists, as well as other procedures.

South Korea - Home to cosmetic surgeons, cancer and spinal treatments. South Korea has many Joint Commission International accredited facilities.

Turkey - Many European, American trained doctors providing cardiac, cancer, orthopedic and laser eye surgeries.

Other Countries Include Costa Rica, Antigua, Hungary.

MEDICAL TOURISM IN INDIA

Firstly, India has been chosen as a target country due to the favourable estimates provided in the country which revealed that medical tourism in India could become a US \$4 billion industry by 2015. Likewise, a study

estimates medical tourism to be growing at 25-30% annually primarily due to

- The low treatment cost in India (20 % of the average cost incurred in the US, Singapore, Thailand and South Africa).
- Rising consumerism.
- Globalization and changing lifestyles.

India, Malaysia, Singapore, and Thailand are well-established destinations for medical tourists seeking cardiac surgery and orthopedic surgery. Medical services in India are particularly affordable, with prices as low as 20% of those in the United States with the medical tourists availing elective procedures such as: cosmetic surgery; dental procedures; bariatric surgery (for weight loss); assisted reproductive technology; ophthalmic care; orthopedic surgery; cardiac surgery; organ and cellular transplantation; gender reassignment procedures; executive health evaluations along with alternate therapies like yoga, ayurveda, aromatherapy and acupuncture .

Additionally, Medical Tourism may be categorized as:

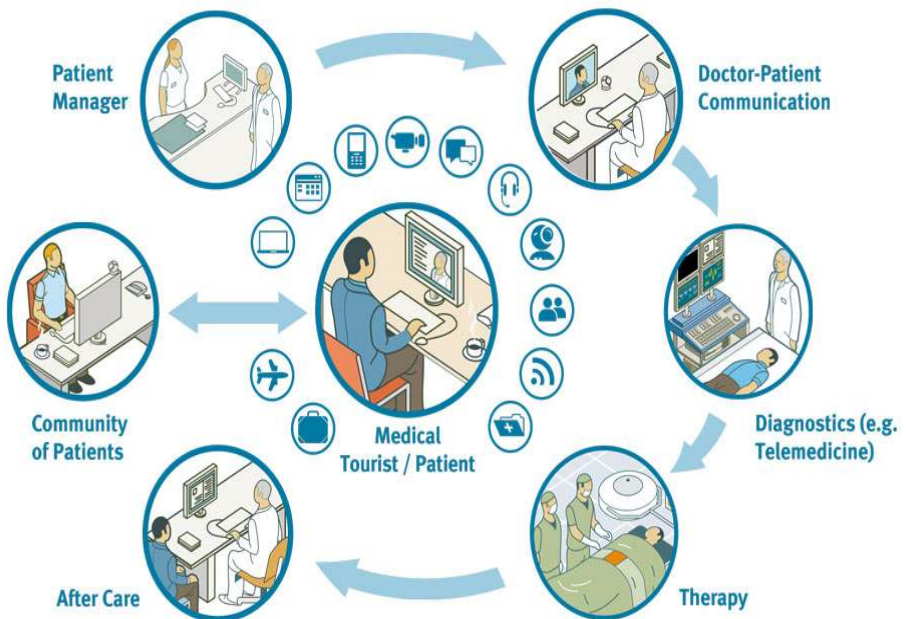
- Outbound where patients travel abroad for medical care;
- Inbound where foreign patients travel to the host country for care and
- Intra bound where patients travel domestically for medical care.

The difference in treatment costs can be considerable; for example, the cost of an elective coronary artery bypass graft surgery is about \$60,400 in California, \$25,000 in Mexico, \$15,500 in Thailand and only \$6,500 in Apollo, India. Hence, cost-conscious patients choose to accept the inconvenience and uncertainties of offshore healthcare to obtain service at prices they can more comfortably afford.

Consequently medical tourism is considered to be a component of export-led economic growth, with the foreign currency earnings from international patients translating into output, jobs and income for developing countries, with the added bonus of improving their public

health systems. Supplemented by other factors such as: low cost of administrative and medico-legal expenses; medical visas being issued in lieu of travel visas for patients allowing an extended stay for medical reasons; favourable economy; English being widely spoken due to India's history as a British colony and enjoying a favourable Government support, MTI seems to be a promising sector for India.

India is a country known for its lavish treatment to all visitors, no matter where they come from. Its visitor-friendly traditions, varied life styles and cultural heritage and colourful fairs and festivals held abiding attractions for the tourists. The other attractions include beautiful beaches, forests and wild life and landscapes for eco-tourism; snow, river and mountain peaks for adventure tourism; technological parks and science museums for science tourism; centres of pilgrimage for spiritual tourism; heritage, trains and hotels for heritage tourism. Yoga, ayurveda and natural health resorts and hill stations also attract tourists.



BENEFITS OF MEDICAL TOURISM:

- **Cost** - The primary driver of medical tourism, patients can save hundreds of thousands of dollars seeking healthcare abroad.
- **Anonymity** - Some individuals like the fact that they can go on "vacation," and not answer questions about elective or required surgeries.
- **Value Added Vacation** - Patients can enjoy tourism part of medical tourism.
- **Benefits of Limited to No Wait Times** - Many patients in countries with national healthcare face long wait times for important surgeries. By undergoing medical tourism, patients can bypass long wait times.
- Nearly 80% of demand for medical travel is driven by cost savings.
- Cosmetic surgery leads all other treatments, representing 38% of demand.

About 92% of total spending on medical travel per patient is less than \$30,000.

Medical tourists spend between \$7,475 and \$15,833 per medical travel trip.

For 6 million patients, medical travel may contribute \$45 - \$95 billion to global GDP.

Latin America and Asia are the two leading regions for medical travel.

Mexico and India respectively have the highest demand for medical tourism.

Almost 76% of patients with a future interest in medical travel are American.

Individuals have the right to travel, and, acknowledging various restrictions, liberal democratic nations permit citizens to cross national borders. Increasing numbers of patients are traveling in search of health

care, and patients are free to travel abroad if they wish to obtain health care outside their local community. However, there are risks associated with cross-border medical care. Government ministries need to use legislative powers to manage and reduce these risks. Accreditation bodies can help ensure medical tourism agencies meet reasonable, prudent standards of practice. Government agencies in nations from which patients depart for care abroad can work with regulatory authorities in other countries but ultimately they cannot control licensing of health-care providers, accreditation of health-care facilities and legislation governing malpractice and liability in other nations. They can, however, use legislative powers, accreditation, regulation and oversight mechanisms to impose standards on local businesses that arrange medical procedures at international health-care facilities. To ensure that 'medical tourists' receive competent care abroad as well as proper follow-up care upon their return, medical tourism companies must be held to high standards of practice. Such an arrangement would differ from current circumstances, in which most medical tourism companies operate in a regulatory vacuum, use waiver of liability documents in an effort to avoid legal and financial responsibility when their customers receive negligent medical care or suffer serious post-operative complications and organize both medical services and travel arrangements while not being held to the standards of either health-care facilities or travel agencies. To protect patients engaging in cross-border health care, medical tourism companies must be held to demanding standards of practice. Quality in health care is often addressed in relation to hospitals, health-care systems and health-care professionals.

As health care increasingly crosses national borders, efforts to improve quality in health care must also attend to the proliferation of medical tourism companies and the role of these businesses in promoting globalization of health services.

BRAND PROFILE

The story of Four Seasons Hotels and Resorts, which opened its first hotel in 1961, is a tale of continual innovation, remarkable expansion and a single-minded dedication to the highest of standards. The Canadian-based company has, for nearly 50 years, transformed the hospitality industry by combining friendliness and efficiency with the finest traditions of international hotel keeping. In the process, Four Seasons has redefined luxury for the modern traveler.



Isadore Sharp

Founded in 1960 by Isadore Sharp, Four Seasons has followed a targeted course of expansion, opening hotels and residences in major city centers and desirable resort destinations around the world. The deeply instilled Four Seasons culture is personified in its employees – people who share a single focus and are inspired to offer great service.

From elegant surroundings of the finest quality, to caring, highly personalized 24-hour service, Four Seasons embodies a true home away from home for those who know and appreciate the best. Currently with 86 properties in 35 countries, and more than 50 projects under development, Four Seasons continues to lead the hospitality industry with innovative enhancements, making business travel easier and leisure travel more rewarding.

“There was no vision, there was no grand dream,” says Issy, reflecting on the nearly 50 years since the first Four Seasons – a modest motor hotel – opened in downtown Toronto. “But there has always been a consistent thread and it propels us forward today, as we continue to grow globally, and that’s service.”

It may seem obvious that in the hotel business, service is a primary objective, but it is how that service is delivered that sets Four Seasons apart. “One way to characterize Four Seasons service would be to call it an exchange of mutual respect performed with an attitude of kindness.”

1960 – 1969 | FOUR SEASONS IS BORN

Isadore Sharp had no plans to enter the hotel business on a grand scale when the young architect and builder – working with his contractor father, Max Sharp – constructed his first hotel. Over the course of this decade, he opened three Four Seasons hotels. Sharp’s experience would pave the way for the creation of a new kind of hotel, one focused solely on the guest.

1970 – 1979 | A FOCUS ON LUXURY

The 1970s began with a defining moment – the opening of a hotel in London, England. This hotel set the tone for the future direction of the company and pioneered many of the signature Four Seasons services now delivered worldwide. Within a few years, the company’s portfolio also included 10 hotels across Canada, and its first US management contracts, in San Francisco and Chicago. By the close of the decade, Four Seasons had entered the US market under its own brand name in Washington, DC.

1980 – 1989 | EXPANSION INTO THE USA

The 1980s unveiled flagship hotels in a dozen US cities, including Philadelphia, Boston, Dallas, Los Angeles and Chicago. Four Seasons as a distinct brand name was coming into its own. Divesting less-strategic properties, the company began to transform itself from a hotel owner-operator into a management company. It also started to manage hotels in mixed-use developments – a new concept at the time – allowing it to extend its expertise into high-quality residential environments.

1990 – 1999 | GROWTH AROUND THE WORLD

Acclaimed as a North American leader in hospitality by the start of the decade, the Four Seasons brand had arrived. Anticipating the demand for a new generation of leisure experiences – offering exceptional service and facilities in exotic destinations – the company focused on expanding its portfolio of resorts throughout the 1990s. It also introduced the Four

Seasons experience to a significant number of destinations in Europe and Asia.

2000 – 2009 | A GLOBAL LUXURY BRAND

As its fifth decade began, Four Seasons continued to grow – in both size and recognition – around the world. The company now welcomed guests to 50 properties, on every continent except Antarctica. More than ever, Four Seasons Private Residences, Residence Clubs and other branded residential offerings were integrated with urban and resort Four Seasons locations. The strength of the brand had become a promise of a quality of life.

2010 – PRESENT

Entering its sixth decade, Four Seasons has kept the focus on global expansion – with the total number of hotels expected to reach 100 in 2015. Equally important has been the company's emphasis on creativity and innovation, enhancing its leadership in luxury travel.

Four Seasons Hotel, Mumbai is a five-star hotel and part of the Toronto-based Four Seasons luxury hotels and resorts. It is located in the emerging district of Worli, Mumbai. The hotel currently houses 202 guest rooms, and also offers India's highest rooftop bar, Aer.






Marvel at the panoramic city and sea views and the endless ceiling of sky and stars at AER, Four Seasons Hotel Mumbai's rooftop bar. Covering the entire roof of Four Seasons Hotel Mumbai, this 34th-floor open-air lounge creates an atmosphere of chic relaxation high above the bustling streets of Worli. AER welcomes guests year round including the famous monsoon season. Adorning a canopy and windscreen during the monsoon season, AER offers a memorable experience at a new high. Dining at AER is as inspiring as the views. The extended Sunset Happy Hour menu offers guests "two for one" champagnes by the glass and all cocktails. The high-energy lounge is kept abuzz by the DJ, who plays nightly sets of upbeat jazz, funk, house, club and a unique twist on classic hits from the '80s and '90s.

Four Seasons Hotels and Resorts offers trip in a company-owned Boeing 757 with 52 seats.



LIVER AND RICE SOUP WITH BASIL DROPS



Chicken liver	- 200gms
Biriyani rice	- ½ cup(washed)
Lemon juice	- 4tbsp
Chopped garlic	- 5tbsp
Coconut milk	- 200ml
Pepper powder	- as required
Salt	- to taste
Spring onions chopped-	2tbsp
Coriander leaves	- ¼ bunch(chopped)
Garam masala	- ½ tbsp
Fresh Basil	- ¼ bunch



Procedure

In a vessel cook the rice and chicken liver adding lemon juice, garlic, spring onions, pepper powder and salt. Then pour the coconut milk after the ingredients are cooked. Sprinkle with ,Basil(crushed), Garam masala and chopped coriander leaves and serve hot.

CHEF'S SPECIAL

DAL MAHARANI



Ingredients

1/4 cup Rajma	1/4 cup Whole Urad dal
1/4 cup Chana dal	1 Onions, chopped
2 Tomatoes, chopped	3 Green chillies, sliced
1/2 inch Ginger, Grated	Salt To taste
1 Pinch Turmeric Powder	1 tsp Red chilli powder
Corainder leaves	1 tbsp Handful Butter
1/4 cup Cream	1/4 tsp Cumin seeds
1/4 tsp Mustard seeds	fresh cream for garnish

Preparation:

- Soak rajma, urad daal and chana dal overnight.
- Pressure cook the urad dal, chana dal and rajma. Mash them a little. Keep aside.
- Heat butter in a pan, add mustard seeds and cumin seeds and fry until they splutter. Add ginger and chillies.
- Fry for few minutes. Add chopped onions and tomatoes. Cook until done.
- Add salt, red chilli powder, turmeric powder and stir well.
- Add the mashed dals and boil for few minutes.
- Add cream, corainder leaves and mix well. Serve the dal maharani hot with roti.



CHANDRA KANTHALU

A delicacy from Andhra- sweet made from Green Gram

Ingredients**Qty**

Green gram	1 cup
Sugar	1 cup
Grated coconut	½ cup
Ghee	2tsp
Oil	to fry
Chopped cashew nuts	50gms

**Method:**

- Wash and soak green gram for 2 hours
- Grind it coarsely using a little water
- Take a thick bottomed pan and make thick sugar syrup
- Add the dal paste with grated coconuts and chopped cashew nuts to the sugar syrup and stir well.
- Grease a plate with ghee and pour the mixture and flatten with spoon and allow it to cool.
- Cut then into small cubes. Heat oil in a pan over a medium flame and place the cubes in the oil and fry them till golden brown and serve hot.

Moong beans are a good source of protein for vegetarians. Though meat still ranks the first in protein content, Moong dal is also not far behind. A 100 gm serving of Moong dal can provide you with 24 gm protein.

BEVERAGE HOUR

• TROPICAL ANGEL

Ingredients

- 1 Banana
- 100gm Papaya
- 1 Passion fruit
- 100gm Mango juice
- 5ml Grenadine syrup
- 30ml Honey

Method:

Blend all the ingredients with honey and topped with grenadine syrup.



• Golden Sunset

Ingredients

- 15ml Abricot liqueur
- 5ml Lime juice
- 45ml Blue Champagne
- 2-3 Sweet Cherries

Method:

Pour 15 ml of Abricot liqueur, add 5ml of lime juice and topped with 45ml of champagne.





Keep Lettuce Fresh Longer

The dry paper towel absorbs moisture from the lettuce, which is one of the main reasons why it wilts and turns soggy so fast. It's also important to get the lettuce as dry as possible before storing in the first place.

Wooden Spoon Trick

Place a wooden spoon over boiling water to keep it from boiling over. The science behind this is the spoon pops a lot of the bubbles once they come into contact with it, and it also absorbs some of the moisture. Apparently, metal spoons don't work because they heat up too fast. It's worth a try!

Cook Fish On Lemons

Because fish sticks and falls apart so easily on a grill, this is the best way to cook it! Not only does the fish soak up the citrus flavor of the lemons, but it keeps your fish in one piece and makes clean up really easy.

Egg Freshness Test

I eat too many eggs for them to ever go bad, but this sure is good to know. I got so excited when I saw this, I dug into my fridge to test it for myself. My eggs seemed to be 4-6 days old — good enough! You're probably wondering how this works, and yes, there is some science behind it. Eggshells are porous, allowing air to slowly get in over time. As more air enters the egg, it gets lighter and lighter, which explains why it will eventually float.

Peeling Garlic the Easy Way

This is not the job I like to sign up for (who likes to smell garlic on their hands for 3 days straight?), but this technique looks like too much fun to pass up! Smash, shake, and separate! I've also seen this done with two ceramic bowls placed on top of each other (rim to rim) to create a dome for the garlic. The hard surface might work more efficiently than tupperware at breaking apart the garlic.

CAMP | US UPDATE

Students Association “EPICURIENZ” - Inauguration



Two-Day National Level Workshop on Bartending & Art of Mixology

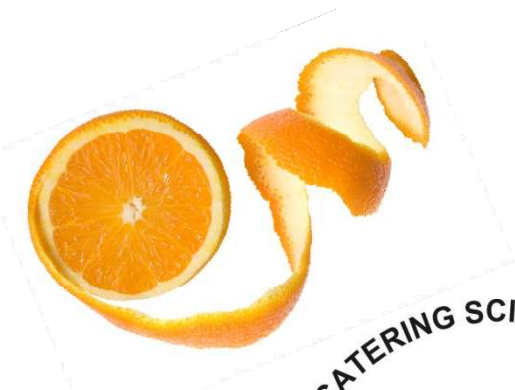


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There is no sincerer love than the love of food

-George Bernard Shaw



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