

VOLUME - 7



**KONGU**

# FLAVOURS

Annual Magazine of Epicurienz  
- July 2019



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## CORRESPONDENT'S MESSAGE



**Thiru. A.K.ILANGO Ayl**

*Correspondent*

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Our goal is to create an articulate forum for exchange of information on all aspects of hospitality industry. In today's changing scenario, there is an increasing necessity of empowering the students through innovative education. Education is not an act of acquiring knowledge but learning a skill to lead life and forming one's personality. This is an ennobling process of growth. I can boldly say that we have excelled in every initiative that we undertook and we have stood together in facing the challenges in providing quality education to students.

Compliments to all the staff and students for their efforts in successfully publishing the seventh edition of "Kongu Flavours".

## PRINCIPAL'S MESSAGE



**Dr, N. RAMAN**

**Principal**

*Kongu Arts and Science College (Autonomous)*

*Erode – 638107.*

Creative minds of the past and present have given the world its shape. This magazine is the testimony to the creative skills of our students.

In this concern, the roll of honors, the milestone and colorful events of the academic year 2019 – 2020, the articles of our budding artists reflect their creativity, team work, communicative skills and life skills. The success of this enterprise depends on the work of students.

I wish all our students every success in all their endeavors.

## FROM THE EDITOR'S DESK.....

It is my pleasure to congratulate the team that has taken the initiative for producing this seventh Annual magazine Kongu Flavours. The magazine will open a window of opportunity to many people who will know that Kongu Institutions are destined to the bright future.

It ignites pleasure and satisfaction in me to ensure about the great stride gained by our department. I hope that everyone would continue to give their full efforts to keep the momentum and continue to enhance the standards of the magazine. We would like to place on record our gratitude and heartfelt thanks to all those who have contributed to make this effort a success.

Department's Student Association “**Epicurienz**” would like to congratulate all the students who got placed in various hotels.

I wish all the final year students for their upcoming IET Programme.



**C.SATHEESHKUMAR**

Assistant Professor & Head in-charge  
Department of Catering Science & Hotel Management

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## **YEAR PLAN**

<b>S.No</b>	<b>Activity/ Programme</b>
<b>1</b>	<b>Epicurienz Association Inauguration &amp; 7<sup>th</sup> Annual Magazine Release</b>
<b>2</b>	<b>Orientation Programme</b>
<b>3</b>	<b>Internal Workshop</b>
<b>4</b>	<b>Value added course field study visit</b>
<b>5</b>	<b>Industrial Visit</b>
<b>6</b>	<b>National level Workshop</b>
<b>7</b>	<b>World Tourism Day Celebration</b>
<b>8</b>	<b>Guest Lecture</b>
<b>9</b>	<b>Factory Visit</b>
<b>10</b>	<b>Inter department cookery competition</b>
<b>11</b>	<b>Extension Activities</b>

## CULTURAL CUISINE

### Tibetan Cuisine

When traveling to Tibet, of course, you can't miss the Tibetan food and sweet tea. Tibetan food is an important part of Chinese cuisine. Tibetan food is characterized by varied cooking of yak meat, mutton, milk product, highland barley and potato. To stew, braise, simmer, steam, fry and roast are the main ways of cooking dishes, while the staple food are made by steaming, boiling or frying.

There are many types of dishes in Tibet. While the best place to enjoy them, We



believe, is Lhasa, for Lhasa is the capital city as well as the biggest city of Tibet. Some of the dishes can be very expensive, while most of them are not. You can certainly find delicious dishes at reasonable cost. The most popular dishes are Tibetan momo, stewed chicken with Chinese caterpillar fungus, a traditional herb which can also be stewed with beef. Then, there are fried mutton ribs, roast lamb leg, air-dried meat, cold yak tongue, fried beef ribs, Tibetan sausage, potato curry, stewed beef and turnip, braised beef, steamed dumplings stuffed with beef, zamba, steamed bread stuffed with potato, rice curry, ginseng sweet rice and various kinds of desserts. As a typical Tibetan food, the zamba is made by grinding the fried highland barley flour, which boasts a good smell and taste. It's easy to carry and



there are many ways to eat it. Thus it is widely considered the best food for a traveler. The Tibetans use silver or high-quality porcelain dinner wares to serve dishes, while the most common ones are wooden. Monks are some of the most revered members of society here in Tibet. And since we are what we eat, we're digging into the details of a traditional Tibetan monks' diet in an effort to become more like these men we hold in such high esteem.

Tibetan cuisine is not renowned for its spices and variety, but it is hearty and healthy and sustains those living on the high plateau. Most Tibetan dishes include generous portions of dairy and meat, but these days more and more young people eat vegetarian. Here are some of our most common dishes.

## **Tsampa**

Tsampa is the unofficial food of the Tibetan people. It is made from dried barley flour, which is then added to a cup of butter tea. The flour and the tea are mixed together to form a ball of dough. Some like to add bits of dry cheese as well as sugar to the dough. No trip to Tibet is complete without sampling tsampa.

## **Butter Tea**

Tibetans are famous for their heavy yak butter tea. In some regions, a bit of salt is added to the tea. While many foreigners balk at the idea of drinking butter tea, it is tasty if you think of it as a kind of soup.



## Momo

Momos, or dumplings, are every Tibetan's favorite food. Momos are typically made on special occasions, and family and friends pitch in to make them together. Momos can easily be found at most restaurants, and there are many kinds, including potato momos, mutton momos, veg momos, and others. Tibetans dip the momos into spicy chili paste for added flavor, and wash it down with soup broth.

## Thukpa

Thukpa is a noodle soup typically eaten for lunch or dinner. It includes thick noodles, boiled spinach, and bits of mutton, pork, or yak beef. One popular version of this soup, called *tenthuk*, uses small



chunks of pasta made from pulled noodles. A large bowl of this warm, filling noodle soup is tasty on a cold night.

## Yak Yogurt

Tibetan nomads make yogurt (*sho*) from yak milk. In the summer, it is easy to buy buckets of fresh yogurt directly from the nomads. Restaurants also offer small bowls of yogurt, which can be eaten plain, with a bit of sugar, or mixed with rice.

## Tibetan Bread



Tibetans make all sorts of bread. The most common form of bread (*pale*) is small, thick, and round. Another popular kind of bread, *tingmo*, is small, round, and soft. Bread is

typically eaten with all meals. Special, crispy bread (*kapse*) is made during the Tibetan New Year.

## Yak Jerky

Tibetans eat a lot of meat, including yak beef, mutton, and pork. Traditionally, the meat is dried and preserved. It is then cut up and tossed into stews or eaten straight off the bone. Don't be surprised if nomads invite you into their tent, hand you a knife and give you a big bowl of dried yak meat still on the bone!

## Droma Root

Droma is a wild-harvested root found on the plateau grasslands. Served atop a plate of rice and sprinkled with a little sugar and melted butter, droma root is chewy and tasty. Its flavor is similar to sweet potatoes or parsnips. Highly nutritious, the small, red root is full of iron, protein and antioxidants.



## **TOP 10**

### **MULTI CUISINE RESTAURANTS IN INDIA**

#### **1. Indian Accent, New Delhi**

It looks like Indian Accent has made itself quite comfortable in the No.1 position for the last few years. It topped this list in 2014 and 2015 too. It's the only restaurant in India to feature in the World's 50 Best Restaurants 2016. Celebrated and critically acclaimed chef Manish Mehrotra is known for preparing Indian food with an international twist.

#### **2. Villa Maya, Thiruvananthapuram**

The restaurant is a restored 18th Century Dutch manor. Dining here makes you feel like royalty. When you are there, do try their exhaustive variety of desserts.

#### **3. Peshawri, ITC Maratha, Mumbai**

The decor stands out thanks to its rugged look with rough-hewn trestle tables and wooden stools. The food is cooked in clay ovens or tandoor in the traditional style of the Indian North-West Frontier region. You must try their delicious *dal*, lasoni paneer and chicken tandoori.

#### **4. Karavalli, Bengaluru**

This restaurant found a mention on the list in 2014. If you want to taste family recipes of the best home cooks from the west coast of India, you must head to Karavalli. You must try their drool-worthy fresh grill counter.

#### **5. Bukhara, New Delhi**

It's been on the list even in 2014. The foodies from Delhi cannot stop raving about this place. When you are there, you must try their Dal Bukhara with the Shikandari *naan*, possibly the biggest naan you have ever eaten.

## **6. Thalassa, Vagator, Goa**

This is the only restaurant from Goa to feature in the Top 10. It's the place to head to for Greek food. Food lovers will vouch that no trip to Goa is complete without visiting Thalassa. Their grills and salads are to die for.

## **7. Malaka Spice, Pune**

You'll have to wait for your food to be served, but once you dig into the food you won't regret the wait. Try the mouth-watering mutton dishes when you are there. The attentive staff prompt patrons to keep returning for a better experience every time.

## **8. Khyber, Mumbai**

It's been around for ages. Stepping into the restaurant takes you back in time, with its ornate doors and paintings on the wall. The exposed brick walls lends a rustic charm to the place. There's a legacy attached to this place, however old timers in Mumbai might complain that the food quality here has declined over time.

## **9. Lodi, The Garden Restaurant, New Delhi**

Its impressive ambience, a garden with lanterns hanging from the trees draws you to this restaurant. Their Sunday brunch is extremely popular.

## **10. Farzi Cafe, Gurgaon**

Probably this is the most popular restaurant in Gurgaon. It's touted as the capital's favourite alfresco casual dining restaurant. A TripAdvisor traveller advises, "You must try their Malabari Paratha with Mutton Pyajo." Once you taste the food here, you just can't stop ranting about it.

- *NDTV Food*

## GLOBE TROTTING

**Ecotourism** is a form of tourism involving visiting fragile, pristine, and relatively undisturbed natural areas, intended as a low-impact and often small scale alternative to standard commercial mass tourism. It means responsible travel to natural areas, conserving the environment, and improving the well-being of the local people. Generally, ecotourism deals with interaction with biotic components of the natural environments. Ecotourism focuses on socially responsible travel, personal growth, and environmental sustainability. Ecotourism typically involves travel to destinations where flora, fauna, and cultural heritage are the primary attractions.



### Principles of Ecotourism

Ecotourism is about amenable travel to natural areas that promote conservation, bring harmony among communities, and sustains well being of local people. People who implement and participate in ecotourism activities should adopt the following ecotourism principles:

- Minimize physical, social, behavioral, and psychological impacts
- Build environmental and cultural awareness and respect
- Provide positive experiences for both visitors and local people

- Provide direct financial benefits for environmental conservation
- Generate financial benefits for both local people and private industry
- Deliver memorable interpretative experiences to visitors that help raise sensitivity to host countries' political, environmental, and social climates
- Design, construct and operate low-impact facilities

### **Types of Ecotourism**

Ecotourism helps to increase awareness of environmental degradation and promotes cultural awareness. Ecotourism is a broad term encompassing many types of travel that share the goals of cultural and environmental awareness and respect, minimal environmental impact, and the preservation and betterment of local populations worldwide. Many opportunities exist for both vacationing and volunteering. Research the particulars of

the organization you intend to patronize or volunteer for, since any organization can claim to be engaged in "ecotourism"

without maintaining a standard of practice.





- **Ecolodging**

Ecolodging involves accommodations that have been built with environmental awareness and conscientiousness or that are simply in natural settings. Ecolodging options vary greatly, from hotels built with sustainable or alternative materials to "eco resorts" in remote locations with access to activities such as bird-watching, sea kayaking and tours of local outdoor attractions.

- **Agrotourism**

It is a type of ecotourism that capitalizes on rural farm communities as tourist attractions. Some agrotourism



venues serve to encourage and protect threatened agrarian communities in disadvantaged countries. Others offer demonstration sites for sustainable farming methods. Many agrotourism sites offer volunteer opportunities and feature the cultivation of animal and plant species well-known in the particular region.

- **Community Development**

Some ecotourism opportunities focus on protecting the land and livelihood of communities threatened by industry, deforestation and other byproducts of modernization. Such organizations offer opportunities for ecotourists to



interact with the local population by planting trees, learning local trades or building homes.

Community development projects not only increase awareness and respect among visitors and locals but also offer financial benefits to struggling communities.



- **Eco Treks**

Eco treks involve excursions to exotic, endangered or otherwise appealing locations. Treks might include rafting, rock climbing, swimming, caving, hiking, sailing or bird-watching for the purpose of increasing awareness about a particular region and its associated environmental threats or habitats worth preserving. Eco trek organizations may or may not provide monetary support to the local population.



# BRAND PROFILE



## THE OBEROI GROUP

The Oberoi Group, founded in **1934**, operates 31 hotels, Nile Cruisers and a Motor Vessel in the backwaters of Kerala. The Group has presence in six countries under the luxury 'Oberoi' and five-star 'Trident' brand. The Group is also engaged in flight catering, airport restaurants, travel and tour services, car rentals, project management and corporate air charters.

### Oberoi Story

Our story wrote its early chapters in 1934 in Shimla where Mr. M.S. Oberoi pioneered the idea of luxury hospitality in India by opening his first hotel. The lessons self-taught, the inevitable mistakes made, the wisdom gained, the prestigious awards won. All have formed the compass for successive generations of Oberois.

To this day, we still practice the most simple and uncommon of operational philosophies that began with Mr. M.S. Oberoi himself and now echoed by his son and present chairman Mr. P.R. S.Oberoi: *The guest is everything.*

Our joy comes from ensuring each is seen and valued as a person, a friend, a family member who has come to stay. It 's present in every gesture through words spoken or unspoken, in ways that are obvious and in ways that are quietly respectful of one's time and privacy. You will be hard pressed to find properties as beautiful as ours or restaurants, guest rooms and facilities that are as exceptional. But these are not what give Oberoi Hotels & Resorts its incomparable reputation. What our guests speak about most is that singular experience of being truly seen, heard and understood.

Something no other hotel or resort can emulate. The astonishing effect one feels from an act, a gesture, a word; that is heart felt.

## FOUNDER CHAIRMAN



*Bahadur Mohan Singh Rai Oberoi  
Founder Chairman, The Oberoi Group*

### Early Life

Rai Bahadur Mohan Singh Oberoi was born on 15th August, 1898 in erstwhile undivided Punjab, which is now in Pakistan. He was only six months old when his father died. Success and fortune did not, therefore, come easily to him. Initiative, resourcefulness and hard work, combined with the capability to face and overcome the most overwhelming odds can best characterise this phenomenal entrepreneur.

Mr. M.S. Oberoi completed his primary education in Rawalpindi and moved to Lahore for his Bachelor's degree. Shortly thereafter, to flee the ravages of a virulent plague, he went to seek his fortune in Shimla, the summer capital of British India. Arriving penniless, he found a job at a monthly salary of INR 50, as the front desk clerk at the Cecil Hotel. Today, The Oberoi Group owns the hotel The Oberoi Cecil where the young Mr. Oberoi found his métier.

The diligence, enthusiasm and intelligence displayed by Mr. Oberoi impressed Mr. Grove, the manager of the hotel. A quick learner, Mr. Oberoi did not restrict his efforts to fulfilling the job description of a desk clerk but sought and shouldered additional responsibilities. A few years

later, when Mr. Clarke acquired a small hotel he asked Mr. Oberoi to assist him. It was here, at Clarkes Hotel, that Mr. Oberoi gained first hand experience in all aspects of operating a hotel.

## **GLOBALISATION OF THE OBEROI GROUP**

To place The Oberoi Group on the world map, Mr. Oberoi exported management expertise to Australia, Egypt and Singapore, where The Oberoi Group took charge of the management of existing luxury hotels. The success of Oberoi Hotels & Resorts overseas, in the face of global competition, greatly enhanced the image of The Group.

Today, Oberoi Hotels & Resorts in INDONESIA, EGYPT, MAURITIUS, SAUDI ARABIA, UNITED ARAB EMIRATES AND INDIA add value and distinction to their host countries.



The Oberoi Udaivilas.

## FOUNDATIONS OF THE FUTURE

Under Mr. Oberoi's dynamic leadership, The Oberoi Group introduced its second brand of hotels, 'Trident'. Trident hotels are five-star hotels that have established a reputation for excellence and are acknowledged for offering quality and value.

### The Oberoi Al Zorah, UAE



The Group employs more than 12,000 people worldwide and operates 32 hotels and two Nile Cruisers and a Motor Vessel in the backwaters of Kerala in six countries. Mr. Oberoi's achievements and successes did not, however, take from his simplicity and old-fashioned charm. He retained, until his death in May 2002 at the age of 103, a unique humility. He was fond of saying,

***“I HAVE BEEN ABLE TO ACCEPT THE CHALLENGE AND MAKE GOOD. THERE IS COMFORT IN KNOWING THAT WHATEVER LITTLE I HAVE ACHIEVED HAS ALSO HELPED TO RAISE THE PRESTIGE OF MY COUNTRY.”***



## LEADERSHIP



**P.R.S. OBEROI**  
**EXECUTIVE CHAIRMAN, EIH LIMITED**

Mr. P.R.S. Oberoi is the Executive Chairman of EIH Limited, the flagship company of The Oberoi Group. He is also the Chairman of Oberoi Hotels Private Limited, the major shareholder of EIH Limited. Popularly known as "Biki", Mr. Oberoi is the son of late Rai Bahadur Mohan Singh Oberoi, the founder of The Oberoi Group.

Mr. P.R.S. Oberoi was educated in India, the United Kingdom and in Switzerland. In addition to providing leadership for the management of luxury hotels in several countries, Mr. Oberoi has been instrumental in pioneering the development of the new Oberoi hotels and resorts. The "Oberoi" brand has come to represent fine luxury hotels.

Mr. Oberoi is credited with placing Oberoi hotels on the international luxury travellers' map with the opening of several new luxury hotels in important locations, thus redefining architectural and design standards in luxury hospitality. A key aspect of this is the development of hotels that reflect their environment.

It is Mr. Oberoi's firm belief that people are the most valuable asset of any organisation. Recognising the importance of quality in hospitality management, Mr. Oberoi established 'The Oberoi Centre

of Learning and Development' at New Delhi in 1966. Today, this institution is considered amongst the best in Asia.



***Mr. Vikram Oberoi***

*Managing Director and Chief Executive Officer, EIH Limited*

Mr. Vikram Oberoi is the Managing Director and Chief Executive Officer of EIH Limited, the flagship company of The Oberoi Group. Mr. Oberoi is the son of Mr. P.R.S. Oberoi, Executive Chairman of The Oberoi Group and grandson of late Rai Bahadur M.S. Oberoi, the founder of The Oberoi Group.

Mr. Vikram Oberoi has a degree in Economics from Pepperdine University in California. After his graduation, Mr. Oberoi gained work experience as an analyst at ANZ McCaughan in Australia. In 1997, as General Manager of The Oberoi Rajvilas, Jaipur, India. Mr. Oberoi set new standards of excellence in personalised service. He led a young and committed team, winning international accolades and recognition for The Oberoi Group. Today, as Managing Director and Chief Executive Officer, Mr. Oberoi is actively involved in the management and operations of Oberoi Hotels & Resorts. The “Oberoi” brand has come to represent fine luxury hotels that offer warm, personalised and intuitive service. Mr. Oberoi has held various management positions within The Oberoi Group.

## **DESTINATIONS**

### **INDIA**

- Agra - The Oberoi Amarvilas
- Bengaluru - The Oberoi, Bengaluru
- Gurgaon - The Oberoi, Gurgaon
- Jaipur - The Oberoi Rajvilas
- Kerala - The Oberoi Vrinda, Luxury Kerala Cruiser
- Kolkata - The Oberoi Grand
- Mumbai - The Oberoi, Mumbai
- New Chandigarh - The Oberoi Sukhvilas Spa Resort
- New Delhi - The Oberoi, New Delhi
- Ranthambhore - The Oberoi Vanyavilas Wildlife Resort
- Shimla - Wildflower Hall, An Oberoi Resort
- Shimla - The Oberoi Cecil
- Udaipur - The Oberoi Udaivilas

### **EGYPT**

- Sahl Hasheesh - The Oberoi Beach Resort
- The Oberoi Zahra, Luxury Nile Cruiser
- The Oberoi Philae, Luxury Nile Cruiser

### **INDONESIA**

- Bali - The Oberoi Beach Resort
- Lombok - The Oberoi Beach Resort

### **MAURITIUS**

- The Oberoi Beach Resort, Mauritius

### **SAUDI ARABIA**

- The Oberoi, Madina

### **UAE**

- The Oberoi Beach Resort, Al Zorah
- The Oberoi, Dubai.



## SOUP TIME

### French Onion Soup Bread Bowl



### INGREDIENTS

- 2 tbsp olive oil, plus more for drizzling
- 1/2 cup butter
- 3 large onions, finely sliced
- 1 garlic clove, finely sliced
- 3/4 cup white wine
- 1 tbsp all-purpose flour
- 1 3/4 tbsp brandy
- 5 fresh sprigs thyme, leaves picked, plus more for garnish
- 4 cups meat stock
- 2 round bread bowls
- Salt and freshly ground black pepper
- 16 slices cheese

### METHOD:

1. In a saucepan over a medium to high heat, add the oil, butter, and onions. Stir together and turn to low heat, covering with a lid or a cartouche. Cook very slowly for 30 minutes, until onions are completely softened and sweet.

2. Next, turn back to medium to high heat and cook until the onions are golden-brown. Stir occasionally so nothing catches on the bottom. Make sure to caramelize the onions to a deep golden colour, as it will impart flavour to the soup.
3. Add the garlic and cook for a minute, followed by white wine and cook until the liquid has reduced slightly.
4. Stir in the flour and cook for 2 minutes.
5. Add the brandy and thyme pour in the stock and bring to the boil. Stir together and reduce the heat slightly. Cook gently for about 30 minutes.
6. While the soup is cooking, preheat the oven to 325 degrees.
7. Slice the top off the bread bowl and hollow out the centre, leaving a 1-inch wall to stop any leakages. Drizzle the whole bowl with olive oil and season with a pinch of salt and pepper.
8. Lay the gruyere slices around the rim of the bowl, upturn the 'lid' of the bowl, then drizzle with olive oil and lay gruyere on top.
9. Place in oven for 3 to 5 minutes until the cheese has melted.
10. Next, turn the oven to broil.
11. Ladle the soup into the bread bowls and lay 2 more gruyere slices on top of the soup.
12. Broil until the cheese has melted and golden brown on top.
13. Serve immediately with a good grinding of black pepper and extra thyme.

## CHEF'S SPECIAL

### Cashew Chicken

#### Ingredients

- 1 tablespoon vegetable oil
- 1 1/4 pounds chopped chicken tenders or breast
- 1 head broccoli florets, chopped
- 1 red bell pepper, chopped
- 2/3 cup cashew halves and pieces
- 1 8-ounce can sliced water chestnuts
- 2 green onions, sliced
- 1/4 teaspoon baking soda

#### Method:

1. In a medium bowl, whisk together the sauce ingredients. Set aside.
2. Heat oil over medium-high heat in a large skillet or wok. Add chicken and cook, stirring frequently, until golden brown, about 5 minutes. Transfer chicken to a plate and tent with foil to keep warm.
3. Add broccoli and bell pepper to skillet. Sauté until tender, stirring frequently, about 5 minutes.
4. Add remaining ingredients to pan with sauce and chicken. Cook until heated through and sauce has thickened, about 5 minutes.



#### for sauce

- 3 garlic cloves, minced
- 1/2 tablespoon grated ginger
- 1/4 cup reduced-sodium soy sauce
- 1 tablespoon honey
- 2 teaspoons rice vinegar
- 1 teaspoon sesame oil
- 1 1/2 tablespoons cornstarch
- 1/2 cup reduced-sodium chicken broth (or water)

## SWEET PAGE

### Anjeer Halwa

This decadent, dense, richly sweet halwa is fit for the royals and yet is surprisingly simple to make. Made from dried figs and Pure Ghee, its lovely grainy texture is highly appetizing and perfect for a special gathering with loved ones.

#### Ingredients:

1/2 tin (200g) Sweetened Condensed Milk  
1/2 litre-Milk  
250g-Fig (Anjeer) dry chopped into bits  
2 tbsp Pure Ghee  
8-10-Badam (Almonds) Blanched and cut into silvers



#### Method:

1. Soak fig bits in warm milk for an hour. Grind to a paste.
2. Heat ghee in a kadaai. Add Sweetened Condensed Milk and fig paste, cook on medium heat, stirring constantly till it leaves the sides.
3. Serve hot garnished with chopped almonds.



## BEVERAGE HOUR

### ROSE MOJITO

#### Recipe:

Bacardi carta blanca - 60ml  
Fresh mint leaves - 8to12  
Lemon wedge - 4ps  
Rose syrup - 20ml  
Fresh strawberry - 2nos  
soda - to fill

Glass - Tom collins  
Ice - crushed  
Method - muddling  
Garish - mint, lime wheel  
and strawberry

### EL DORADO

#### Recipe:

Old Monk White -60ml  
Italian Lemon Juice -15ml  
Jaggery Syrup -15ml  
Angostura bitter - 2dash  
Apple & Pears Juice - 20ml  
Lemongrass Soda -To Fill

Glass - Tom collins.  
Ice - Cube  
Methode -Shake &fine  
strain  
Granish -Lemon grass



# FOOD AND SOUL

## Soul Food

June is National Soul Food Month. Even though school is out for the summer, I think this is an opportunity time to drop some knowledge on a largely misunderstood and maligned cuisine. Here are nine things that you need to know about soul food.

### **What is "soul food"?**

Although the term "soul food" has become shorthand for all African American cooking, it's really only one aspect of it. Soul food is the cuisine of the landlocked areas of the Deep South that millions of African Americans left behind when they moved North, Midwest, and West during "The Great Migration" (1910s to the 1970s). Soul food is an immigrant cuisine that fuses together the culinary traditions of West Africa, Western Europe, and the Americas. Though they share an African heritage, the Creole cuisine of Louisiana and the low country cuisine of the Georgia and South Carolina coastline are something different.

### **Where did the term "soul food" come from?**

Conventional wisdom holds that "soul food" was coined in the 1960s during a time of strong black cultural identity and expression. However, the term had been floating around in African American culture since the 1950s. "Soul" was first associated with the gospel sound that was becoming more pronounced in jazz music. Soul proved so popular an adjective that it was soon applied to almost

every aspect of black culture. First, it was "soul music," then "soul brother," "soul sister," and ultimately "soul food."

### **What is a typical soul food meal?**

A typical soul food meal would feature:

- **Sides:** black-eyed peas, candied yams (dark-fleshed sweet potatoes), macaroni and cheese, and stewed greens (cabbage, collard greens, kale, mustard, or turnip);
- **Entree:** chicken (fried or smothered), fried fish, or pork (smothered chop or "chitlins," which are pig intestines);
- **Cornbread** (a muffin, slice, square);
- **Beverage:** a red-colored drink (simply called "red drink");
- **Dessert:** banana pudding, peach cobbler, pound cake, or sweet potato pie.

### **What's the difference between soul food and Southern food?**

There's a lot of understandable confusion on this one because the two cuisines overlap ingredients and cooking techniques. The difference between the two cuisines mainly comes down to performance. Soul food flavors tend to be more intense. They're likely to be fattier, saltier, spicier, and sweeter than their Southern food analogues. Before the current "nose-to-tail" trend, soul food was distinctive for its use of variety meats like ham hocks, ox tails, and turkey necks.

### **What cities have the best soul food scene?**

Inside the South, Atlanta has the best overall soul food scene, with a nice mix of traditional, Down Home Healthy, upscale, and vegan soul food

restaurants. Outside of the South, the top three soul food scenes (in ranked order) are Chicago, the San Francisco Bay Area, and New York City.

## **How can I get started making soul food at home?**

Making soul food may seem intimidating, but the techniques for most dishes are pretty straightforward. To help you get started, I've included my own recipe for a soul food classic: black-eyed peas. I also recommend the following cookbooks, which can help you become a soul brother or a soul sister . . . at least in the kitchen:

- Soul Food: Classic Cuisine from the deep South by Sheila Ferguson
- The Soul of Southern Cooking by Kathy Starr
- Sweets: soul food desserts & memories by Patty Pinner
- The Vegan Soul Kitchen: Fresh, Healthy and Creative African American Cuisine by Bryant Terry
- The Welcome Table: African American Heritage Cooking by Jessica B. Harris

It's time for us to cast aside any negativity or nervousness we may have about eating this truly American cuisine. Soul food doesn't need a warning label . . . it needs more love!

A recipe has no soul.  
You, as the cook, must  
*bring soul* to the  
recipe.

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THOMAS KELLER



### JAMUN FRUITS

Jamun plum is an important medicinal plant used in various traditional systems of medicine. It is effective in the treatment of diabetes mellitus, inflammation, ulcers and diarrhea and preclinical studies have also shown it to possess chemo preventive, radio protective and antineoplastic properties.



The plant is rich in compounds containing anthocyanins, glucoside, ellagic acid, isoquercetin, kaemferol and myrecetin. The seeds are claimed to contain alkaloid, jambosine, and glycoside jambolin or antimellin, which halts the diastatic conversion of starch into sugar. The present article describes briefly on the information on traditional and medicinal use of Jamun.

### FOOD USES

1. Good quality jamun juice is excellent for shorbet, syrup and squash. In India the latter is a bottled drink prepared by cooking the crushed fruits for 5 to 10 minutes at 140°F, pressing out the juice, combining it with sugar and water and adding citric acid and sodium benzoate as a preservative.
2. Jamuns of good size and quality, having a sweet or sub acid flavor and a minimum of astringency, are enjoyable raw and may be made into tarts sauces and jam.

3. Astringent fruits are improved in palatability by soaking them in salt water or pricking them, rubbing them with a little salt, and letting them stand for an hour.
4. All but decidedly inferior fruits can be utilized for juice which is often com-parable to grape juice.
5. When extracting juice from cooked jamuns, it is recommended that it be allowed to drain out without squeezing the fruit and it will thus be less as tringent.
6. The white-fleshed jamun has adequate pectin and makes a very stiff jelly unless cooking is brief
7. The more common purple fleshed yields richly colored jelly but are deficient in pectin and require the addition of a commercial jelling agent or must be combined with pectin-rich fruits such as unripe or sour guavas.
8. In Goa jamun are an important source of wine, resembling Port.
9. Brandy and distilled liquor called “jambava” have also been made from the fermented fruit.
10. Jamun vinegar, extensively made throughout India, is an attractive, clear purple, with a pleasant aroma and mild flavor.



### SABJA SEEDS or BASIL SEEDS

Many of us in the modern times are not aware of the uses, nutritional facts and medicinal values of basil seeds. When soaked in water the seeds of several basil varieties become gelatinous. They are used in Asian drinks and desserts such as falooda or sorbet. Such seeds are known variously as *sabja*, *subja*, *takmaria*, *tukmaria*, *falooda*. They are used for their medicinal properties in Ayurveda, the traditional medicinal system of India. However, like Chia seeds, it is comparatively less tasty.



#### Wonder benefits of basil seeds

As far as health benefits are concerned, the seeds are full of fiber and known for many surprising health benefits. **Basil seeds for weight loss:** Sabja seeds can be used for weight management purposes. It is full of fiber that makes your stomach full and don't feel hunger to a certain period of time. After soaking into water, it has the ability to expand 30 times of its original sides thus reduces longing for eating more.

1. **Sabja seeds for hair:** The seeds contain adequate amount of vitamin K, protein and iron. These nutrients are helpful to make your hair healthy and shining. So, it is suggested to include it in

your daily diet requirements to skip embarrassment from hair loss and baldness.

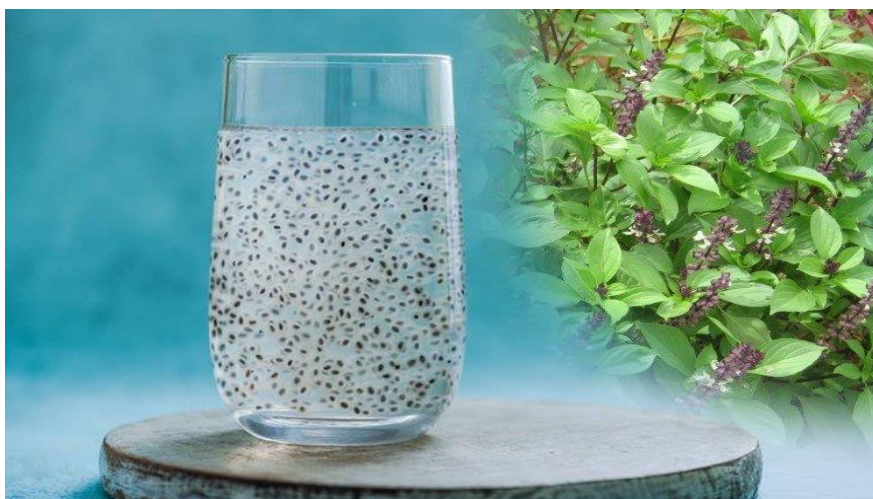
2. **Basil seeds for healthy skin:** The mix of Sabja seeds and coconut oil is effective to ward off many skin related diseases.
3. **Method:** Take 100 ml of coconut oil and 1tsp of crush basil seeds. Now heat the mixture for 5 minutes. Strain and apply it over your skin to cure skin related problems like psoriasis, eczema, etc.
4. **Basil seeds for acidity:** Acidity problems are very common these days due to faulty lifestyle and wrong dietary pattern. Sabja seeds are having cooling and soothing effects on the stomach.
5. **Method:** Take milk (1 cup) and basil seeds (1tsp), stir it well and drink the same to reduce burning sensation in your stomach.
6. **Sabja seeds for diabetes treatment:** The seeds are good in curing of diabetes type 2 by lowering down the sugar in blood.
7. **Method:** Take soaked basil seeds (1tsp), toned milk (1 glass) and vanilla for flavor. It helps to give you energy sans sugar.
8. **Relieves constipation:** The soaked Sabja seeds when eaten helps to cleanse the inner stomach. It ensures easy bowel movement and helps to flush out toxin from the stomach. It is also taken with milk before going to bed to ease constipation.
9. **Acts as coolant:** These seeds are used to lower body heat that's why as one of the important ingredients in summer for a number of cool drinks such as falooda, rooh afza, nimbu pani and sherbet.
10. **Nutritional values of basil seeds:** The seeds contain many phytochemicals and polyphenolic flavonoids like Orientin, vicenin and other antioxidants. The leaves are rich in essential oils like eugenol,

citronellol, limonene, citral and terpineol. It contains beta carotene, lutein, zeaxanthin, vitamin A and vitamin K. It also contains important minerals like potassium, manganese, copper, calcium, folates, and magnesium.

11. **Sabja Seeds recipes:** Rooh afza, milkshake, Indian lemonade, paan gulkand milkshake, strawberry falooda, mango falooda, mango sherbet, rose milk recipe, nimbu paani, Shikanji, nannari sharbat, bel sharbat, etc. are some of the important healthy recipes of it
12. **Medicinal values:** Medicinally, it can be used to treat digestion problems, cure constipation, removes skin infection, respiratory disorder, sore throats and stress relief

### 13. Side-effects of Sabja seeds

The children and elderly people should avoid to take it as the seeds may choke due to improper imbalance of water and seeds. Pregnant mother should skip it as the seeds lower down the level of estrogen.



# ART WITH A LIQUID

## FLAIR BARTENDING

### THE HISTORY OF FLAIR BARTENDING

The earliest record of anything that would come close to a flair bartender is the mention of a man called Jerry ‘The Professor’ Thomas who poured firey streams of boiling water and flaming whisky, mixing an original called the Blue Blazer in the 19th century. Other than this early mention Flair Bartending is thought to have emanated out of the T.G.I Fridays Company, specifically at their establishment in Los Angeles with a man called John Bandy.

As the story goes, John Bandy was awfully bored at some point in the '80s and was tired of the same old meet and greet with the customers and so, he decided to switch it up. He began experimenting with all manner of bar tools, teaching himself how to frisbee toss bar napkins and catch a flying cocktail tin behind his head. In fact it was John Bandy who taught the actors in the only other great contributor to Flair Bartending in history,

the film  
Cocktail.

Love it or hate  
it, the film

Cocktail  
featuring Tom

Cruise helped  
spread flair

bartending  
across the



USA and eventually the world. Within 8 years of the film, there was a huge demand for training in flair bartending and John Bandy found himself performing training seminars in over 30 countries. This represented the birth of flair bartending as a mainstream discipline and something any professional bartender would need to have within their skill set. When the classic cocktail revival which came roaring back in the late 90's early 2000's, flair bartending proved itself to be more than a fad, flair was here to stay

## **FLAIR BARTENDING**



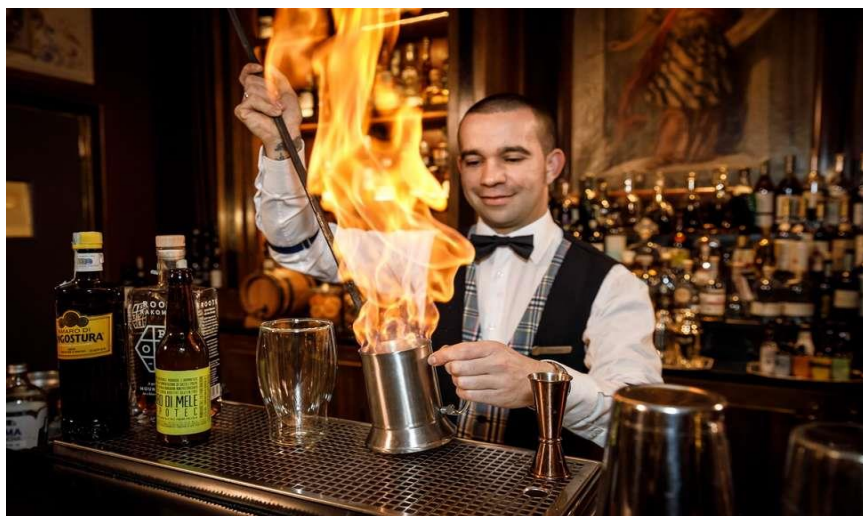
It is the practice of bartenders entertaining guests, clientele or audiences with the manipulation of bar tools (e.g. cocktail shakers) and liquor bottles in tricky, dazzling ways. Used occasionally in cocktail bars, the action requires skills commonly associated with jugglers. It has become a sought-after talent among venue owners and marketers to help advertise a liquor product or the opening of a bar establishment. Competitions have been sponsored by liquor brands to attract flair bartenders, and some hospitality training companies hold courses to teach flair techniques.

Flair bartending is sometimes referred to as "extreme bartending" or contracted to "flairtending". The word *flair* became popular among



practitioners in the mid-1990s. "Flair" is also used as a verb (e.g. "to flair"), referring to any trickery used by a bartender in order to entertain guests while mixing a drink. Flair can include juggling, flipping (bottles, shakers), manipulating flaming liquors or even performing close-up magic tricks (also referred to as "bar-magic").

Flair is showmanship added to bartending that enhances the overall guest experience. The ideas behind mixology and drink-oriented or service-minded bartending can still be upheld with the correct application of **working flair**. Recently, there is a noticeable rise in bartenders combining prominent mixology knowledge and working flair skills all over the world. Working flair and Exhibition flair are very similar on the grounds that they both require precision and practice, however the use of **exhibition flair** has become a competition oriented style where significantly greater risks are being taken. Working flair, which is much more common, focuses more on delivering drinks to customers while still ensuring visual entertainment.







### **1. Tip To Peel Garlic Easily**

By the easy tip, we can peel garlic very quickly to peel the garlic easily, we place the *garlic* in the microwave for about 20 seconds. When we take it, we will see its whole coat is removed.

### **2. Tip To Peel Ginger Simply**

We can peel the ginger simply with a spoon.

We can save time by using the very easy tip for peeling *ginger*. It is using a spoon to peel ginger. With this tip, no matter how hard the ginger peel, we still can peel it easily.

### **3. Tip To Grill Fish Without Fish Adhering To Gas Grill**

Lemon is an effective solution for grilling fish.

When organizing BBQ parties, we must be crazy because the delicious fish are always attached to the grill. Even they can cut into small pieces, losing their taste. To prevent this, we should put the fish on top of lemon slices and grill them. Moreover, lemon slices will make the fish taste better.

### **4. Tip To Heat Up Pizza Properly**

We can put a glass of water in the microwave oven while heating up the pizza. We can put a glass of water in the microwave while heating up the pizza. Pizza will not dry and its taste more delicious.

## **5. Tip To Cut Cherry Tomatoes Quickly**

This tip helps us to have beautiful pieces of cherry tomatoes. We would like to make a salad but do not want to spend time cutting each cherry *tomato* one by one, we can do as follow:

We can cut these cherry tomatoes very quickly with this tip. We just tong these cherry tomatoes between the two plates, then use a knife to cut a line. However, remember to hold the plate firmly so that we cut them properly and do not hurt.

## **6. Tip To Slice Onions Without Making Eyes To Feel Spicy**

We should put the onions in the refrigerator before slicing. Onions and vegetables served with a lot of delicious and nutritious foods. The onions being stiff will slow down the release of chemicals which cause our eyes to be uncomfortable. Also, this assists us to avoid suddenly wanting to cry when slicing them. Cutting onions becomes easily more than ever.

## **7. Tip To Grill Meat Without Making It Dry**

Meat is dry quickly if we grill for too long or grill it with a large flame. This helps us to have delicious grilled meat without making them dry. We can put an ice cube in the middle of the meat when we grill them. Hence, the meat will remain slightly wet and become soft.

## **8. Tip To Pick The Toasted Cake From The Oven Without Breaking It**

Before pouring the dough into the mold, place some pieces of parchment paper or aluminum foil on the edges. This is a very necessary tip for housewives who love to make *cakes*. Before pouring the dough into the mold, place some pieces of parchment paper or aluminum foil on the edges along the length and width of the mold, and leaving a little paper out of the mold at each side. These extra papers will function as a ‘handle’ to lift the cake out of the mold without breaking it.

## **9. Tip To Handle The Problem Of Chicken Being Over Cooked**

By pouring the broth onto the chicken, it will be soft and moist again. If we bake or fry chicken for too long, it will be dry and hard. So, what we should do? Pour the broth onto the chicken. The broth will make it soft and moist again.

## **10. Tip To Preserve Biscuits Not To Be Dry**

Biscuits are often dull or stiff if they are put for too long in the air, losing their taste. To preserve them for a long time, place a piece of apple in the biscuit jar. The biscuits will absorb moisture from the apple and keep their freshness, softness for a long time.

## PLACEMENT

Our students were placed in various reputed hotels as follows



## CAMPUS UPDATE

### Students Association “EPICURIENZ” – Inauguration



### Orientation Programme



## Magazine Release



## Workshop – Pan Asian Cuisines





## NATIONAL SYMPOSIUM





## FOOD MELA

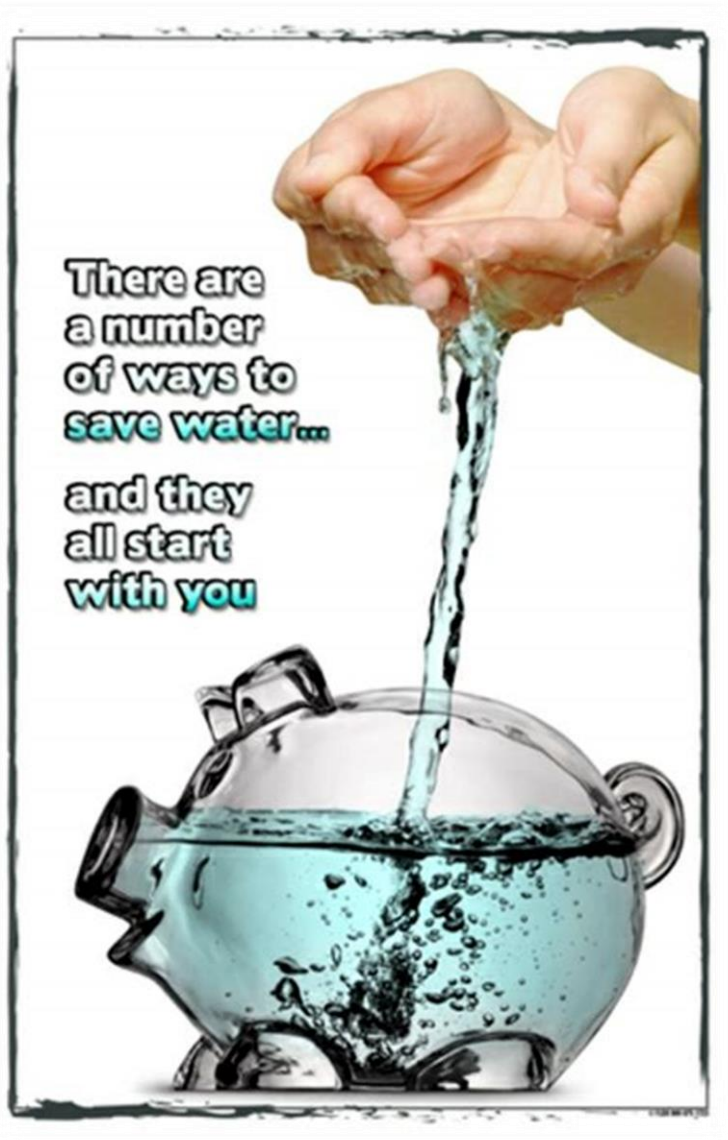


## **GUEST LECTURE**



## **INTER DEPARTMENT COMPETITIONS**





There are  
a number  
of ways to  
save water...

and they  
all start  
with you

**Department of Catering Science & Hotel Management**  
**Kongu Arts and Science College (Autonomous)**  
**DBT Star College Scheme**  
**Erode – 638107**  
**Web: [kasc.ac.in](http://kasc.ac.in)**  
**Mail: [catering.kongu@gmail.com](mailto:catering.kongu@gmail.com)**

