



KONGU FLAVOURS

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CORRESPONDENT'S MESSAGE



Thiru. K. PALANISAMY Avl
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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 eighth 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 honours, the milestone and colourful events of the academic year 2022 – 2023, 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 endeavours.

FROM THE EDITOR'S DESK

Completion team of Epicurienz has come out with an enchanting 8th Annual magazine of Kongu Flavours. The magazine will open a window of opportunity to many people who will know the Kongu Institution or destined to the bright future.

It ignites my pleasure and the satisfaction in me to ensure about the great strive gained by our department I hope that everyone would continue to give the year full efforts to keep the momentum and continue to enhanced standard of the magazine.

Department students Association Epicurienz would like to congratulation all the students who got placed in various hotels

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



Mr.S.Karthikeyan

Head & Asst Professor, Dept. of CS & HM

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YEAR PLAN

S.No	ACTIVITY / PROGRAMME
1	<i>Epicurienz Association Inauguration & Magazine release</i>
2	<i>Orientation Programme</i>
3	<i>Guest Lecture</i>
4	<i>Industrial Visit</i>
5	<i>National Level Conference/ workshop</i>
6	<i>World Tourism Day celebration</i>
7	<i>Internal Workshop</i>
8	<i>Factory visit</i>
9	<i>Interdepartmental Cookery competition</i>
10	<i>Extension activities</i>

CULTURAL CUISINE



ODIA CUISINE

Odia Cuisine is the cuisine of the state of Odisha. It has developed over time with the influence of its very local culture of Vaishnavite Hinduism and Jainism and hence, has its distinct items and practices more precisely it's less spicy and somewhat sweet with the perfect balance of flavour.

Compared to other regional Indian cuisines, Odia cuisine uses less oil and is less spicy while nonetheless remaining flavourful. Rice is the staple food of this region. Mustard oil is used in some dishes as the cooking medium, but ghee (made of cow's milk) is preferred in temples. In old times food was traditionally served on copper plates or disposable plates made of sal leaves

Odia cooks, particularly from the Puri region, were much sought after due to their ability to cook food in accordance with Hindu scriptures. During the 19th century, many Odia cooks

were employed in Bengal and they took many Odia dishes with them. Yoghurt is used in dishes. Many sweets of the region are based on chhena (cheese).

INGREDIENTS AND SEASONING

Rice is a major crop of Odisha along with wheat. Lentils such as pigeon peas and moong beans are another major ingredients. Indigenous vegetables used in Odia cuisine are Pumpkin, Gourd, plantains, jackfruit, and papaya. Vegetables such as potatoes, cauliflowers, and cabbages are also used alongside local vegetables. Pancha phutana is a blend of five spices that is widely used in Odia cuisine. It contains mustard, cumin, fenugreek, aniseed and kalonji (onion seeds). Garlic, onion and ginger are used in most of the food. Traditional Odia Food and Temple food preparation doesn't allow the use of garlic or onion and is purely vegetarian. Turmeric and jaggery are used regularly.

DAHI BAIGANA



Dahi baigana is an Odia dish prepared from dahi (yogurt) and eggplant especially during festivals. This dish can be prepared without using onion and garlic when they are not

allowed in some auspicious festivals. Apart from eggplant and yogurt, one may use vegetable oil or ghee, mustard seeds, cumin seeds (jeera), fenugreek seeds (methi), fennel seeds (pan mahuri), dry chilli (sukhila lanka maricha), curry leaves (bhrusanga patra), ginger, green chilli, salt and sugar.

PILAF



Pilaf or pulao is one of the most famous dishes of Odisha. It is a scrumptious rice dish that is sautéed with oil until it turns golden brown in colour. The refreshing aroma of the mixed spices seems to draw you toward this delicacy and makes for a great self-indulgent supper when you tour Odisha. The dish is also prepared in different varieties in various cultures wherein vegetables, dry fruits, and meat are added into it to give the dish a one-of-its-kind twist.

PITHA



Pitha is a cereal-based steamed cake that will tantalize your taste buds just like the other dishes of Odisha. Being a famous dish of Odisha, the dish is made in the form of many variants such as poda pitha, chakuli pitha, and many more. Being one of the special delicacies of Odisha, they are cooked both on special occasions and as a common dish in Odisha's households.

TOP 10

10 WEIRD EXOTIC DELICACIES FROM AROUND THE WORLD



BIRDS NEST SOUP, CHINA

It's something in the saliva of the bird that makes it have this unique gelatinous, rubbery texture and it's one of the most expensive animal products consumed by humans.

FRIED TARANTULAS, CAMBODIA

The eensy weensy spider climbed up the water spout...if you suffer from Arachnophobia you probably don't want to try eating these eight-legged monsters. They're not tiny little house



spiders, they're great big tarantulas and you can buy them from street vendors in Skuon, Cambodia. They're fried whole – legs, fangs and all.

PUFFER FISH, JAPAN

You've got to be careful with this delicacy or you might end up in the morgue. The deadly Puffer fish, or fugu, is the ultimate delicacy in Japan even though its skin and insides contain the poisonous toxin tetrodotoxin, which is 1,250 times stronger than cyanide.

FERTILIZED EGGS, THE PHILIPPINES

This Filipino dish, called Balut, isn't unlike a chocolate Kinder Surprise, these eggs harbor a surprise, although it's not a plastic toy, but rather a chance to eat your chicken and your egg at the same time. Fertilized eggs are boiled just before



they're due to hatch, so your yolk oozes out followed by... a chicken (or duck) foetus. They are cooked when the foetus is anywhere from 17 days to 21 days depending on your preference, although when the egg is older the foetus begins to have a beak, claws, bones, and feathers.

MAGGOT CHEESE, SARDINIA



This Sardinian cheese is riddled with insect larvae. “Casu Marzu” means ‘rotten cheese’ and is most commonly referred to as ‘maggot cheese.’ It’s now been banned for health reasons but can still be found for sale on the black market in Sardinia and other parts of Italy.

SURSTROMMING, SWEDEN



Surstomming is fermented Baltic herring and can be found on supermarket shelves all over Sweden, although you probably won’t see it next to the Ikea meatballs. “Certain airlines...consider the pressurized cans to be potentially

dangerous, like fireworks and explosives.” The herring is caught in spring when it is just about to spawn and is fermented in barrels for one to two months before it is tinned where the fermentation continues for several months. The cans often bulge during shipping and storage because of the continued fermentation process.

LIVE OCTOPUS, KOREA



Sannakji is a raw dish consisting of live octopus typical in Korea. Live octopus is cut into pieces, lightly seasoned with sesame oil and served immediately, the tentacles still squirming on the plate. “Once the octopus is in your mouth it will suction to your teeth, the roof of your mouth and your tongue”

EXCREMENT COFFEE, INDONESIA

You might want to think twice if someone offers you a cup of this coffee when you pop round to their house in Indonesia, or maybe not. Kopi Luwak is the rarest, most expensive gourmet coffee in the world. Sounds divine right? It’s actually made



from the excrements of an Indonesian cat-like creature called the Luwak.

“The Luwak eats only the ripest coffee cherries but its stomach can’t digest beans inside them, so they come out whole”

PUFFIN HEART, ICELAND



Sometimes referred to as the ‘clown of the ocean’ or ‘sea parrot’, the puffin, with its colourful beak and clumsy behavior, is considered an adorable bird. The sight of a puffin flapping its wings and jumping from a cliff to generate enough lift to become airborne is enough to make anyone go ‘aaaah’.

In Iceland, however, these seabirds have been a source of sustenance for Icelanders on the islands for centuries. Iceland is home to one of the world's largest colonies of puffins and 'sky fishing' is a sport which involves catching the low flying birds in a big net.

SNAKE WINE, VIETNAM



Fancy a different sort of wine? A bouquet of reptile with some notes of venom perhaps? Snake wine is rice wine bottled with a venomous snake. It has a slightly pink colour like a nice rose because of the snake blood in there. It's believed to have medicinal purposes', but is probably more useful as a conversation piece than anything else. "Ethanol neutralizes the venom so it's not dangerous."

ADVENTURE TOURISM

Adventure tourism is a type of tourism in which tourists engage in adventure activities such as trekking, climbing, rafting, scuba diving, or the likes. Adventure tourism gains much of its excitement by allowing the tourist to step outside their comfort zone.

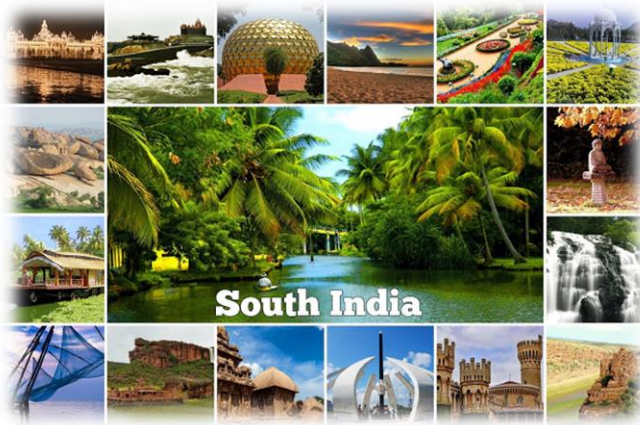
Adventure Tourism has grown exponentially worldwide over the past years with tourists visiting destinations previously undiscovered. This allows for new destinations to market themselves as truly unique, appealing to those travellers looking for rare, incomparable experiences.



Adventure is an exciting and daring experience in which you engage yourself in daring and risky activities. Characteristics of Adventure: Excitement, Thrill, Difficult quests, Action, Mystery.

The impacts of adventure tourism are caused by the various activities of tourist such as rock climbing disturbs birds, diving damages coral reefs, and hiking causes soil disturbance. The deforestation and disruption of the environment causes environmental depletion.

ADVENTURE TOURIST PLACES IN SOUTH INDIA



Thekkady, Kerala: For an Exciting Bamboo Rafting Trip

Coorg, Karnataka: For Waterfall Rappelling

Bheemeshwari, Karnataka: For a Fun Fishing Session

Gavi, Kerala: To Engage in Close Quarters with Elephants

Hampi, Karnataka: For a Coracle Ride

Gokarna Beach, Karnataka: For a Banana Ride

Dandeli, Karnataka: For Water Rafting

Periyar Tiger Reserve, Kerala: For an Adventures Jungle Patrol Night

Ooty, Tamil Nadu: For an Enthralling Trek

Munnar, Kerala: Try Paragliding

Badami, Karnataka: For Climbing the Magnificent Rocks

BRAND PROFILE



CARNIVAL CRUISE LINE

Carnival Cruise Line is an international cruise line with headquarters in Doral, Florida. The company is a subsidiary of Carnival Corporation & plc. Its logo is a funnel shaped like a whale's tail, with a red, white, and blue color scheme. This trademark funnel design is built onto the line's ships. Carnival is ranked first on the list of largest cruise lines based on passengers carried annually. Carnival is one of ten cruise lines owned by the world's largest cruise ship operator, the American-British Carnival Corporation & plc.



HISTORY OF CARNIVAL

Carnival Cruise Line was founded in 1972 by Ted Arison. To finance the venture, Arison turned to his friend Meshulam Riklis, who owned Boston-based American International Travel Service (AITS). Arison and Riklis set up the new

company as a subsidiary of AITS. AITS was to market and promote the new venture. In 1974, due to regulatory issues, Riklis sold AITS's interest in the company to Arison for \$1, but subject to Arison taking over the substantial company debts. The split enabled Arison to enter into new relationships with independent travel agents. He also promoted his cruises to fun-loving younger people. The format was very successful financially.

FOUNDER OF CARNIVAL



Arison was born Theodore Arisohn on 24 February 1924 in Tel Aviv (in the then British Mandate of Palestine) to Meir, a wealthy businessman, and Vera Arisohn. He was a third-generation sabra of Romanian descent and studied commerce and economics at the American University of Beirut. During World War II, he enlisted in the Jewish Brigade of the British Army and fought in Italy. After the British departure, he served as an officer in the Israel Defense Forces during the 1948 Arab–Israeli War, eventually achieving the rank of Lieutenant Colonel. From 1946 to 1951, he managed M. Dizengoff & Co., a shipping company.

Arison wrapped up his business and moved to the United States after 1952. He took his family to New York in 1954 and moved to Miami, Florida, in 1966, where he co-founded Norwegian Cruise Lines in 1966 with Knut Kloster. In 1971 the partnership broke up on bad terms and Arison formed Carnival Cruise Lines in 1972 with the help of Meshulam Riklis, in which he would make his fortune.

Arison married Mina Wasserman (1927-2012), who immigrated to Israel from Romania, in 1948 and they had two children: a son Micky (born 1949) and a daughter Shari (born 1957). The couple divorced after moving to Florida in 1966. In 1967 he married Marilyn "Lin" Hersh and later adopted her son Michael (born 1961).

EARLY 70'S UNTIL MODERN ERA



Carnival cruise line commenced sailings from Miami with their first ship the Mardi Gras in 1972, a former transatlantic liner purchased from Canadian Pacific Line.

In 1975, Carnival acquired another former Canadian Pacific Line ship, renaming it the Carnivale.

In 1978, the TSS Festivale, another former ocean liner. With the success of the three ships, Carnival decided to build new ships to be able to compete with the rival Miami cruise lines.

Joe Farcus, who would become a longtime Carnival Cruise Line design collaborator.

In 1982, Carnival introduced their first purpose-built ship, the Tropicale. This was the first ship on which the iconic winged funnel was introduced.

Following the success of the Tropicale, and increased competition in Miami with newer ships, Carnival ordered the Holiday in 1985, followed by the Jubilee in 1986 and Celebration in 1987.

FLEET EXPANSION



In 1990, Carnival introduced the popular Fantasy class, beginning with the Fantasy, and completed with the eighth in the class Paradise in 1998. When completed, the Fantasy was one of the largest ships at the time and had the largest atrium at sea.

In 1998, the seventh ship in the Fantasy class, the Elation, was the first cruise ship to have the innovative azipod propulsion, used on most new cruise ships today. The Paradise also debuted in 1998, and was the first completely non-smoking cruise when it originally debuted.

In 1996, the new Destiny class was introduced, with the Carnival Destiny. It became the largest passenger ship in the world at the time and first to exceed 100,000 tons. The Destiny-class platform continued to be used in various iterations all the way to the Carnival Splendor in 2008.



In 2001, the new Panamax size Spirit class debuted with the Carnival Spirit, the first of the four-ship class within the Carnival fleet.

In 2009, Carnival released their biggest ship at the time, the Carnival Dream, a new 128,000 GT ship. Carnival Dream entered service on 21 September 2009.

In 2011, Carnival Magic, a new dream-class ship was set sailed on May 01 and Carnival Breeze, It entered service in June 2012 and Carnival's new Dream-class vessel in 2012.

On October 26, 2012, it was announced that Carnival had ordered a new 133,500 GT ship and the new ship was named

Carnival Vista, and sailed her maiden voyage on May 1, 2016, from Trieste, Italy.



A sister to Carnival Vista, Carnival Horizon, joined the fleet with her inaugural voyage from Barcelona, Spain on April 2, 2018.

Carnival Panorama, another sister to Carnival Vista, entered service as the cruise line's flagship on December 11, 2019. She became the first new ship to homeport on the West Coast since Paradise (now Carnival Paradise) in 1998.






LEADERSHIP

<i>Person</i>	<i>Tenure</i>	<i>Classes of Ships Introduced</i>	<i>Notes</i>
<i>Ted Arison</i>	<i>1972 – 1981</i>	<i>Mardi Gras, Festivale, Carnivale</i>	<i>Founder of Carnival Cruise Line</i>
<i>Micky Arison</i>	<i>1981 – 1993</i>	<i>Tropicale, Holiday, Fantasy</i>	<i>Expanded Carnival Cruise Line Became Chairman of the parent company - Carnival Corporation in 1993. Led the 1987 IPO and oversaw a number of critical acquisitions</i>
<i>Robert H. Dickinson</i>	<i>1993 – 2007</i>	<i>Fantasy, Destiny, Spirit, Conquest</i>	<i>Expanded Carnival Cruise Line further through strengthening relationships with travel partners</i>
<i>Gerald R. Cahill</i>	<i>2007 – 2014</i>	<i>Splendor, Sunshine, Dream</i>	<i>Successfully led the cruise line through severe global recession and several high-profile events.</i>
<i>Christine D. Duffy</i>	<i>2014– present</i>	<i>Vista, Excellence</i>	<i>Leading an effort to emphasize the brand as "America's Cruise Line"</i>




Carnival has had five Presidents in its nearly 50-year history.

Carnival Ships

<i>Ship</i>	<i>Sailing for Carnival</i>	<i>Guest Capacity</i>	<i>Image</i>
<u>Carnival Ecstasy</u>	1991–2022	2,056	
<u>Carnival Elation</u>	1998– present	2,130	
<u>Carnival Paradise</u>	1998– present	2,124	

<i>Ship</i>	<i>Sailing for Carnival</i>	<i>Guest Capacity</i>	<i>Image</i>
<u>Carnival Sunshine</u>	1996 – present	3,002	
<u>Carnival Sunrise</u>	1999 – present	2,984	
<u>Carnival Radiance</u>	2000 – present	2,984	

<i>Ship</i>	<i>Sailing for Carnival</i>	<i>Guest Capacity</i>	<i>Image</i>
<u>Carnival Spirit</u>	2001– present	2,124	
<u>Carnival Pride</u>	2002– present	2,124	
<u>Carnival Legend</u>	2002– present	2,124	

<i>Ship</i>	<i>Sailing for Carnival</i>	<i>Guest Capacity</i>	<i>Image</i>
<u>Carnival Miracle</u>	2004– present	2,124	
<u>Carnival Conquest</u>	2002– present	2,980	
<u>Carnival Glory</u>	2003– present	2,980	

<i>Ship</i>	<i>Sailing for Carnival</i>	<i>Guest Capacity</i>	<i>Image</i>
<u>Carnival Valor</u>	2004– present	2,980	
<u>Carnival Liberty</u>	2005– present	2,980	
<u>Carnival Freedom</u>	2007– present	2,980	

<i>Ship</i>	<i>Sailing for Carnival</i>	<i>Guest Capacity</i>	<i>Image</i>
<u>Carnival Splendor</u>	2008– present	3,012	
<u>Carnival Dream</u>	2009– present	3,646	
<u>Carnival Magic</u>	2011– present	3,690	

<i>Ship</i>	<i>Sailing for Carnival</i>	<i>Guest Capacity</i>	<i>Image</i>
<u>Carnival Breeze</u>	2012– present	3,690	
<u>Carnival Vista</u>	2016– present	3,934	
<u>Carnival Horizon</u>	2018– present	3,960	

<i>Ship</i>	<i>Sailing for Carnival</i>	<i>Guest Capacity</i>	<i>Image</i>
<u>Carnival Panorama</u>	2019– present	4,008	
<u>Mardi Gras</u>	2021– present	5,282	

SOUP TIME

SPRING CHICKEN MISO SOUP



INGREDIENTS

- *1 ½ pounds boneless, skinless chicken thighs*
- *Salt and pepper*
- *2 tablespoons vegetable oil*
- *2 garlic cloves, minced*
- *2 teaspoons grated ginger*
- *1 tablespoon mirin or sherry*
- *1 tablespoon sugar*
- *1 tablespoon tamari or light soy sauce*
- *8 ounces soba (buckwheat noodles)*
- *8 ounces sugar snap peas or snow peas, trimmed*
- *8 cups water*
- *2 medium leeks, white and tender green part, diced, about 2 cups*
- *¼ cup white miso, or more to taste*
- *5 ounces baby spinach, about 4 cups*
- *A few basil or shiso leaves, julienned*

PREPARATION

1. Season chicken thighs on all sides with salt and pepper. Put oil in a heavy-bottomed soup pot over medium high heat. Add thighs and cook for 3 to 4 minutes, reducing heat to keep meat from browning. Turn and cook other side for about 2 minutes.

2. Add garlic and ginger and let sizzle without browning. Add mirin, sugar, tamari and 8 cups water, then bring mixture to boil. Lower heat and simmer gently for 20 minutes. Turn off heat. Remove thighs and chop into 1/2-inch chunks, then return meat to pot. Taste broth and adjust salt if necessary.

3. In a separate pot, cook buckwheat noodles according to package directions, being careful not to overcook. Drain noodles and refresh with cool water, then leave at room temperature.



4. Bring a small pot of salted water to boil. Add snap peas and leeks and simmer 1 minute, then drain and refresh with cool water. Leave at room temperature.

5. To serve, reheat broth to just under a boil. Dilute miso with a little hot broth and whisk into soup. Add spinach and let wilt slightly, then add leeks and snap peas and let them warm for 1 minute. Divide the noodles among 6 warmed bowls and ladle soup over. Top each bowl with a little basil.

CHEF'S SPECIAL

CHICKEN SHAWARMA

INGREDIENTS

- *2 pounds boneless skinless chicken thighs*
- *1 large onion, sliced*
- *½ cup olive oil*
- *5 garlic cloves, grated*
- *¼ cup of fresh lemon juice*

THE SPICES:

- *2 teaspoons paprika*
- *2 teaspoons salt*
- *2 teaspoons ground cumin*
- *1 teaspoon ground coriander*
- *1 teaspoon sumac*
- *¼ teaspoon turmeric*
- *¼ teaspoon cinnamon*
- *¼ teaspoon black pepper*
- *¼ teaspoon ground cardamom*
- *¼ teaspoon crushed red pepper flakes*

THE SAUCE:

- *1 cup yogurt*
- *¼ cup mayonnaise*
- *2 tablespoons fresh lemon juice*
- *1 garlic clove, grated*



INSTRUCTIONS

1. *Note: The chicken can be cooked on the barbeque grill or in the oven under the broiler.*
2. *Place the chicken in a large bowl and add all of the spices, olive oil, garlic cloves, and lemon juice. Toss well to coat the chicken.*
3. *Add the onion slices and mix them together. Cover the bowl in plastic wrap and set aside to marinate at least 30 minutes or overnight in the refrigerator.*

4. *If marinating overnight allow the chicken to sit out at room temperature for an hour before cooking.*
5. *Make the Sauce: Combine all of the sauce ingredients together and whisk well. Taste and add salt if needed. This sauce keeps well in an airtight container stored in the refrigerator for 4-5 days.*
6. *Heat the grill then add the marinated chicken onto the grill. Cook over medium-high heat for about 20 minutes. Flip the chicken over after 10 minutes.*
7. *When the internal temperature of the chicken reaches 165 °F it is ready. Transfer the chicken to a bowl.*
8. *Slice the chicken into strips and serve.*

SHAWARMA BOWL:

- *Fill a salad bowl with your favorite greens (lettuce, shredded cabbage, etc.) some chopped tomatoes, onions, and cucumbers and top with the chicken shawarma slices. Drizzle some shawarma sauce on top and serve.*

SHAWARMA PITA:

- *Lightly toast a pita. Spread 1 tablespoon of the sauce in the center of the pita. Top with ¼ cup of salad (any shredded lettuce, chopped tomatoes, cucumbers, and onion slices. Top with chicken shawarma and some more sauce. Roll up and serve!*

SWEET PAGE

SANDESH

Sandesh is a Bengali sweet made with chenna or paneer which is also known as Indian cottage cheese. It is sweet and moist in taste making it the perfect tasty sweet to serve as a dessert or snack.

INGREDIENTS:

- 2 litres full cream milk
- 3 tbsp lemon juice/vinegar
- ½ cup powdered sugar
- ¼ cardamom powder



METHOD :

1. *Boil 2 litre full cream milk in a thick bottomed pan, stir occasionally and turn off the stove add add 3 tbsp of lemon juice / vinegar.*
2. *Mix well till the milk curdles and drain off the curdled milk using cloth.*
3. *Rinse with cold water, squeeze and drain off the water.*
4. *Mash till the curdled milk turns smooth and soft.*
5. *Add ½ cup powdered sugar and combine well.*
6. *Transfer the prepared dough onto the kadai.*
7. *Cook on low flame by spreading and mashing well.*
8. *Now add in cardamom powder and mix well.*
9. *Prepare small balls with a dent in a centre and garnish with nuts.*

BEVERAGE HOUR

CHAMPS DE VIOLETTE

Crème de violette-60 ml

Lemon juice -30 ml

Champagne – for top up

Method: Build up

Glass: Champagne coupe

Garnish: Fresh Viola edible blooms



BILLION AIR BLOSSOM:

Billion air vodka-90 ml

Rosemary syrup- 30 ml

Orange juice – 180 ml

Salt – a pinch

Soda – for top up

Method: Shake

Glass: Red wine glass

Garnish: Burnt rosemary and orange slice.

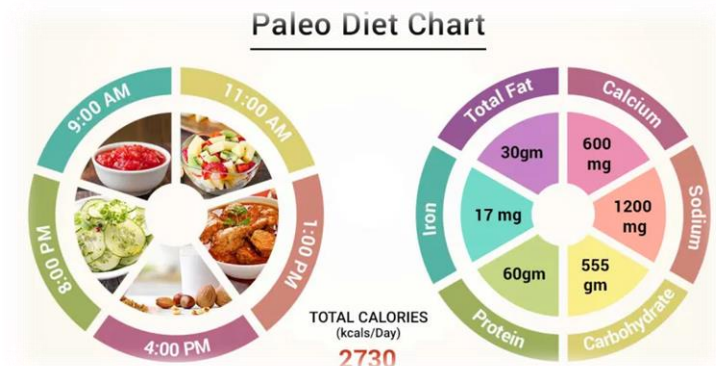


FOOD AND SOUL

A paleo diet is a dietary plan based on foods similar to what might have been eaten during the Paleolithic era, which dates from approximately 2.5 million to 10,000 years ago.

A paleo diet typically includes lean meats, fish, fruits, vegetables, nuts and seeds — foods that in the past could be obtained by hunting and gathering. A paleo diet limits foods that became common when farming emerged about 10,000 years ago. These foods include dairy products, legumes and grains.

Other names for a paleo diet include Paleolithic diet, Stone Age diet, hunter-gatherer diet and caveman diet.



PURPOSE OF DIET

The aim of a paleo diet is to return to a way of eating that's more like what early humans ate. The diet's reasoning is that the human body is genetically mismatched to the modern diet

that emerged with farming practices — an idea known as the discordance hypothesis.

Farming changed what people ate and established dairy, grains and legumes as additional staples in the human diet. This relatively late and rapid change in diet, according to the hypothesis, outpaced the body's ability to adapt. This mismatch is believed to be a contributing factor to the prevalence of obesity, diabetes and heart disease today.

WHY YOU MIGHT FOLLOW A PALEO DIET?

- *You might choose to follow a paleo diet because you:*
- *Want to lose weight or maintain a healthy weight*
- *Want help planning meals*

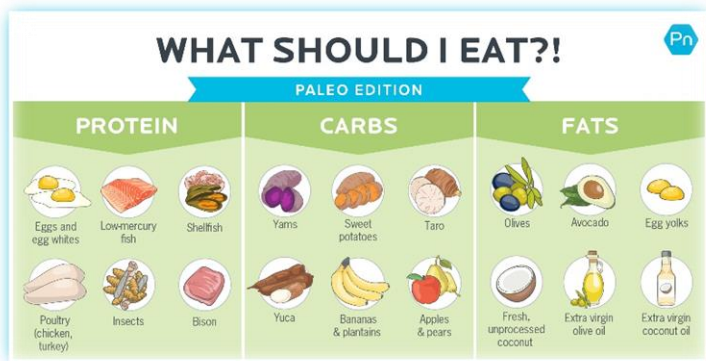
Details of a paleo diet

Recommendations vary among commercial paleo diets, and some diet plans have stricter guidelines than others. In general, paleo diets follow these guidelines.



WHAT TO EAT

- *Fruits and Vegetables*
- *Nuts and seeds*
- *Lean meats, especially grass-fed animals or wild game.*
- *Fish, especially those rich in omega-3 fatty acids, such as salmon, mackerel and albacore tuna*
- *Oils from fruits and nuts, such as olive oil or walnut oil*



WHAT TO AVOID

- Grains, such as wheat, oats and barley
- Legumes, such as beans, lentils, peanuts and peas
- Dairy products
- Refined sugar
- Salt
- Potatoes
- Highly processed foods in general

A TYPICAL DAY'S MENU

Here's a look at what you might eat during a typical day following a paleo diet:

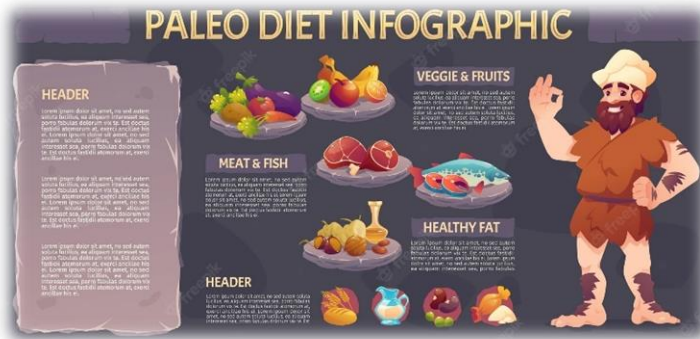
Breakfast. Broiled salmon and cantaloupe.

Lunch. Broiled lean pork loin and salad (romaine, carrot, cucumber, tomatoes, walnuts and lemon juice dressing).

Dinner. Lean beef sirloin tip roast, steamed broccoli, salad (mixed greens, tomatoes, avocado, onions, almonds and lemon juice dressing), and strawberries for dessert.

Snacks. An orange, carrot sticks or celery sticks.

The diet also emphasizes drinking water and being physically active every day.



RESULTS

A number of randomized clinical trials have compared the paleo diet to other eating plans, such as the Mediterranean Diet or the Diabetes Diet. Overall, these trials suggest that a paleo diet may provide some benefits when compared with diets of fruits, vegetables, lean meats, whole grains, legumes and low-fat dairy products. These benefits may include:

- *More weight loss*
- *Improved glucose tolerance*
- *Better blood pressure control*
- *Lower triglycerides*
- *Better appetite management*

However, longer trials with large groups of people randomly assigned to different diets are needed to understand the long-term, overall health benefits and possible risks of a paleo diet.

DO YOU KNOW ? ? ?

The Surprising History of the Humble Hamburger

The hamburger origin story takes a long path over oceans and across continents to become the beloved sandwich we know and eat by the billions today.

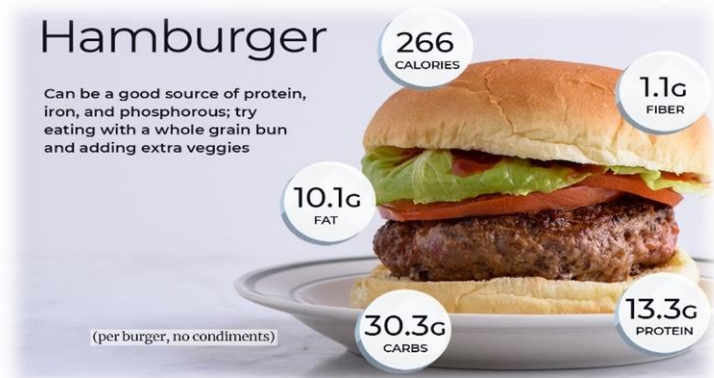
As McDonald's signs famously boast, "billions served." Ray Kroc instinctively knew in 1955 that Americans love their hamburgers, and our love affair has only grown over the decades. According to the USDA, Americans consume nearly 50 billion hamburgers a year; that's an average of 2.4 hamburgers per day, per American.



Just think of all the ways you can make a burger: with ground beef, bison, pork, turkey, or chicken; or with beans or lentils, and increasingly, plant-based alternatives that mimic the taste of beef. And then there are all the toppings that have been introduced beyond the customary lettuce, tomato, onion, cheese, and bacon—peanut butter, wasabi, a fried egg. It's endless.

Why is a hamburger called a hamburger?

People always wonder if the hamburger was first cooked up in Hamburg, Germany. Foods need their origin stories. But about Hamburg? It's not entirely true, and it's not entirely false. There would be no hamburger today without Hamburg; that much is true.



*George Motz, the author of *Hamburger America* and director of the documentary of the same name, says it wasn't a hamburger as we know it today that was created in Hamburg. It was “‘frickadellen,’ or chopped beef.”*

*According to Motz (who *The New York Times* has called the foremost hamburger authority), “that became known as ‘steak in the style of Hamburg,’ or ‘hamburger steak,’ once it emigrated to the U.S.”*

Where did the first hamburger come from?

“The earliest record that we have is from a 1st-century cookbook by Caelius Apicius, which makes mention of a recipe of minced game mixed with nuts and other ingredients, pattied, cooked, and served on bread,” says Motz.

Motz says the history can also be traced to Russian Steak Tartar (no 'e'), which was popularized by the Tartars of the Northern Steppes of Asia. "That raw mutton dish got around and eventually made its way across the Baltic Sea to the Port of Hamburg, where it's believed to have been changed to beef and then cooked."

When was the hamburger invented?

"The invention of the hamburger happened in multiple places in the Midwest at virtually the same time," says Motz.

"The frankfurter was arguably the most popular portable state fair food and preceded the burger by about ten years. It was only a matter of time before the Hamburg steak made the jump to bread," he attests. Seems like enterprising vendors at these fairs had their own iteration of this very good idea, the hamburger.

It's a testament to history and not just a happy accident that hot dogs and hamburgers are often cooked side-by-side.

What was the first hamburger ever made?

"In New Haven, we have a longstanding belief that the original hamburger sandwich was invented at Louis' Lunch in 1900," Caplan says. The truth is that Louis was not the inventor, "but Louis Lunch appears to be the oldest hamburger stand in the country," says Motz, noting that records substantiate that the restaurant did serve the hamburger and has remained open for more than 125 years.

Until the 1980s, no toppings other than onions were available, but asking for condiments such as ketchup is still, as Caplan puts it, "a recipe for expulsion, even today."

HEALTH CORNER

USES OF MORINGA:

Moringa has many important vitamins and minerals. The leaves have 7 times more vitamin C than oranges and 15 times more potassium than bananas. It also has calcium, protein, iron, and amino acids, which help your body heal and build muscle.



It's also packed with antioxidants, substances that can protect cells from damage and may boost your immune system. There's some evidence that some of these antioxidants can also lower blood pressure and reduce fat in the blood and body.

HEALTH BENEFITS:

Rheumatoid arthritis: *Moringa leaf extract may lower fluid swelling, redness, and pain.*

Diabetes: *Several early studies show that insulin-like proteins found in moringa may help lower blood sugar. Plant chemicals found in the leaves might help the body process sugar better, and it may affect how the body releases insulin.*

Cancer: *In lab tests, leaf extracts slowed the growth of pancreatic cancer cells and helped chemotherapy work better. Other lab studies show that moringa leaves, bark, and roots all have anti-cancer effects that might lead to new drugs.*

Memory: Some experts think the antioxidants and other health-promoting plant chemicals may heal stress and inflammation in the brain.



Scientists are also trying to see if it might help with:

- Cholesterol
- Arthritis
- High blood pressure
- Liver damage caused by medicines
- Stomach ulcers
- Asthma
- Wound healing
- Ulcerative colitis
- Diarrhea
- Anemia

ART OF SUGAR

Sugar sculpture is the art of producing artistic center pieces entirely composed of sugar and sugar derivatives. These were very popular at grand feasts from the Renaissance until at least the 18th century, and sometimes made by famous artists. Today, there are many competitions that include sugar sculpture.

Sugar showpieces can be composed of several different types of sugar elements. All begin with cooking sugar, and possibly an acidic agent and/or non-sucrose sugar product to avoid unwanted crystallization, to the hard crack stage, around 300 °F (149 °C).

When all components are completed, they are welded together using a gas torch. The sugar is melted, and then joined together.

TYPES

PULLED SUGAR

The sugar has been cooked, and the now-liquid sugar is poured onto a silicone rubber mat. Any coloring is now added. The sugar is then folded repeatedly into itself, until the sugar is, while still flexible, cool enough to handle. The sugar is then stretched out and then folded on itself repeatedly. This process incorporates air into the sugar, and gives it a bright lustrous sheen. The sugar can then be sculpted by hand into various shapes, made into ribbons, or blown.



BLOWN SUGAR

In blown sugar, a portion of pulled sugar is placed on a rubber pump which is tipped with either wood or metal. Pumps are most commonly hand pumps. While being blown, the sugar can be shaped, often into animals or flowers. Blown sugar cannot be quickly cooled by dipping it in water, so chefs must use fans to cool the sugar, all the while rotating it, so that it does not come out of shape. This technique is very useful in making balloons for wedding cakes.



CAST SUGAR

In this technique, sugar is poured into molds. This technique produces sturdier pieces than the pulled and blown sugar techniques do, and it is almost always used for the base and structural elements of showpieces. Cast sugar can also be used in many other recipes such as those for cakes.



SPUN SUGAR

Sugar syrup is made into long extremely thin strands which can be shaped to make things like birds' nests. The sugar is gathered on a fork or a special tool



designed for spinning sugar and is flicked in long strokes over succeeding pipes.

PASTILLAGE

A thick sugar paste, similar to gum paste, is molded into shapes. When dried, it is hard and brittle. Made with gelatin, water and confectioner's sugar, it hardens quickly and can be shaped for a short while by hand, and after hardening, with electric grinders, cutters, sandpaper and assorted files.

Some recipes will contain an acid in the ingredients list, such as vinegar or cream of tartar.



PRESSED SUGAR

Granulated sugar is mixed with a minimal amount of water, and is put under pressure. It hardens into a solid piece. Though this is used for showpiece bases, it is less often used because of the time required to produce it, and its lesser aesthetic value.



ROCK SUGAR

The liquid sugar is blended with a small amount of royal icing. The heat from the sugar causes the air incorporated in the icing to rapidly expand, causing the mixture to grow to several times its original volume. The mixture is quickly poured into a lined dish, and placed into a blast chiller to set. This process produces a sugar mass with the texture of volcanic pumice, the color of which is determined by the color of the sugar syrup.



USES

Sugar sculptures may be used as alternatives to a wedding cake. However they are often much more expensive, as they are made-to-order and very time consuming to create.





1. Soak pasta before cooking so that it's done in 60 seconds.

It may sound weird but it really works! Soak pasta in water in a leakproof container and leave it for several hours or overnight. After that, you can cook the pasta really quickly in boiling water or just add hot sauce to it.

2. Learn to peel potatoes quickly.

Put potatoes into boiling water for 30 seconds. Then put them into a bowl of cold water. After 30 seconds, you can peel the potatoes with bare hands. No effort needed due to the temperature difference. Another way is to keep the potatoes in salted water for 15-20 minutes.

3. Quickly cook vegetables in sparkling water.

Use sparkling water instead of still water to cook vegetables. Bicarbonate in mineral water breaks up vegetable cellulose and speeds up the cooking process. It will also make vegetables softer while keeping their color bright.

4. Polish your copper with ketchup

Dab some ketchup (yes, ketchup) on a cloth and rub it all over your copper. Rinse it in warm water and voilà: good as new.

PLACEMENTS

Our students were placed in various reputed hotels as follows



唐茶苑
YAUATCHA



aloft®
HOTELS



Radisson 
HOTELS & RESORTS

Le MERIDIEN
HOTELS & RESORTS


VIVANTA
HOTELS & RESORTS
BY TAJ

FORTUNE

Member ITC's hotel group

CAMPUS UPDATE

Workshop on “FOOD PACKAGING: QUALITY CONTROL AND SAFETY CONSIDERATIONS”

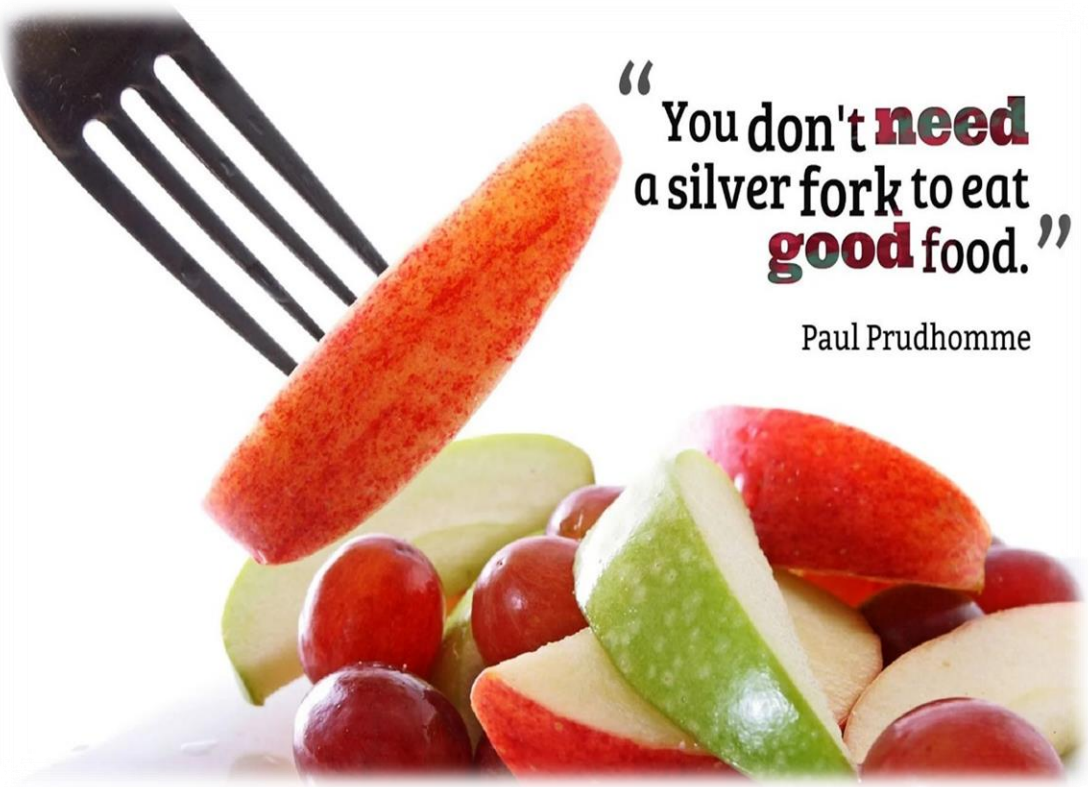


Workshop on “MUGHLAI COOKING”



Extension Activity on
“HEALTHY EATING”





“ You don't **need**
a silver fork to eat
good food.”

Paul Prudhomme

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