



# Hungary Bird

DEPARTMENT OF CULINARY ARTS, MANIPAL UNIVERSITY



Mediterranean Cuisine  
with  
Chef Thomas Zacharias

Going Molecular  
- C.A.K.E Club -



Tapas, Tapas  
everywhere

The Oriental Express  
- A look into the cuisine  
of the Far East -



Viva España  
- Examining Spanish Ingredients-

# Plateful

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2014 marked the beginning of a new year, as well as a good year at the Department of Culinary Arts. Taking life in our stride, we ploughed on with various food fests this semester – including a fund-raiser for the Amchi programme in collaboration with the Manipal College of Dental Sciences, “The Orient Express” – the first food fest handled by the 2nd year students, and “Moksh” – the final pièce de resistance by the final year students.

We also made our mark at the Christ University Cultural Fest for the first time, representing the Department at the competitions and bagging the 2nd prize in the Chef Competition. That was a proud moment for us all, and we hope to bring many more laurels to the institute in future.

March brought around the annual MIT Revels Cooking Demonstrations, and what fun that was! Who knew engineers were such foodies? All eager and ever ready, they picked up tips and tricks in regard to Thai and Indian cuisine, as well as in Baking and Mocktails.

We had our own fair share of workshops wherein experienced chefs flew in to spread their knowledge: Chef Lawrence Fernandes with his Sugar Art, Chef Surjit with his Halwai secrets and Chef Thomas Zacharias with his first-hand knowledge of Mediterranean cuisine.

The New Year also brought the beginning of a club exclusive to the Department – The C.A.K.E. Club. “C.A.K.E.” expands to “Creation, Analysis, Knowledge and Education”, and involves various culinary experiments conducted every week. And the icing on our cake was the field visit to Coorg, where we immersed ourselves in the Kodagu cuisine and culture. The year ends by bidding adieu to the final years, who have been pillars of support and knowledge for their juniors. We will always cherish the memories and uphold the ideals of the graduating class, and wish them all the very best for the future.

The Hungry Bird Team

## Editorial

# Under the Chef's Hat

If you're someone who actively endeavors to scope out the best of eats wherever you go like I do, you would often come across near perfect plates of food that transform your existing notions of gastronomic grandeur. Whether it's an amazing burger or a slurpy good bowl of Ramen, what makes a dish great is usually a delicate balance of flavors, textures, and tastes that work in synergy to produce a wonderful end result.

Every once in a while, there also happens to be a certain secret ingredient that makes a noticeable difference in the way a dish tastes--one that is hard to identify unless revealed.

Whether it is jaggery in a wholesome sambar, or even cayenne pepper in a smoky delicious brownie, secret ingredients offer completeness to dishes that would otherwise be mediocre in comparison. Most such ingredients today are in fact not very obscured in secrecy. I believe the internet, mass media, and globalization are to blame.

A true secret ingredient then must be one that lends itself to being a very crucial factor in affecting the taste of a dish without being the obvious guess in the list of ingredients.

The romantic gastronome would cornily argue that the best ingredient is 'love'. A pleasant state of mind or a general want to cook good food definitely helps to produce something that's worth serving to others, but does it have that significant an impact? The realist in me begs to differ.

If you've been cooking for a while, you'll realize that minute differences in salt quantities can have dramatic effects on the outcome. I learnt the importance of properly seasoning food when I started out at Le Bernardin in New York City as a garde manger cook and was not allowed to add salt and pepper to anything for the first two weeks. It was only after a detailed demo on seasoning from the Chef that I (and every other cook that works there) was allowed to start seasoning food.

So as a cook, how do you combat this diverse subjectivity in the discernment of salt in foods? For starters, know who you're serving it to. Often, judgments can

be made just based on a matter of common sense. For example, children under the age of 10 usually would be content with less salt in their foods primarily because their palates are still young and very sensitive.

Different salts also have different densities which have a marked impact on the saltiness of the final product. I am quite sure that the acceptable level of salt in dishes is lesser in India as compared to New York simply based on my experiences in kitchens in both places. Other factors that will play an important role in deciding are the temperature the food is served at, the type of dish, the time of day, etc.

When using salt while cooking, add small quantities at every stage as opposed to only adding it at the end. Salt happens to have the incredible ability of drawing out the flavors of other foods because of its osmotic properties, so it does make a difference.

Salt is crucial for maintaining the fluid balance of our body and therefore, for our very survival. But excess consumption has been linked to various health conditions including stroke, high blood pressure, and osteoporosis. Did you know that you could possibly die if you consumed 1 g of salt per kg of your body weight in a short span of time?

It is safe to say that salt is perhaps the most important ingredient used in cooking and perhaps the only one in the pantry that is truly indispensable. It is immensely hard to make a dish taste good without adding salt. Ironically, it also has the potential to make a dish practically inedible if added in excess. This is precisely why one needs to take care while using it.

So season as you go and taste at every stage of cooking. The next time a dish doesn't turn out as delicious as you'd hoped it would, try adjusting the seasoning. Maybe, just maybe, all it needs is a pinch of salt.

(An excerpt from  
"The Salty Paradox")

**Thomas  
Zacharias**  
Chef - Bombay  
Canteen, Mumbai  
and an Alumnus of  
WGSHA





# What's Cooking at BACA?

# Children in the Kitchen

This is not just true with children, but with people of all ages today. But the Department of Culinary Arts has decided to put this idea to test, by conducting a children's workshop just after Christmas – and what a response they amassed. The children of any and all members of Manipal faculty were invited to attend the workshop held at the institution.

of days as the energy and enthusiasm of the children was never-ending. One of the Chefs claimed it was a definite stress-buster to have so many happy children in the kitchen, and that he looks forward to such opportunities again in the future.

At the Department of Culinary Arts, we believe in providing a positive, healthy and nur-



“COOKING WITH KIDS IS NOT JUST ABOUT INGREDIENTS, RECIPES, AND COOKING. IT'S ABOUT HARNESSING IMAGINATION, EMPOWERMENT, AND CREATIVITY.” – **GUY FIERI**



There was a bakery workshop conducted for the children, in which they learnt and were allowed to practise the following products: Cookies, Cupcakes and various types of Icing and Decorations for the same. It was a sight to see, with all the children brainstorming over designs and colours, and teaching each other the techniques they learnt from the Chef. The youngsters were also showed many different salads that they could easily prepare at home, due to the safety hazards of heating elements. All in all, it was a highly electric couple

turing learning environment for anyone and everyone who has a passion for the Culinary World, regardless of age, gender, race or creed.

**Nandheetha Varadaraj**



# Cooking for Amchi

What's Cooking at  
BACA?



Amchi Programme is an outreach humanitarian effort conducted in Ladakh, Jammu & Kashmir, India by the Manipal College of Dental Sciences (MCOADS). It is aimed at providing direct dental care to the local population and also at identifying individuals within the population who can be trained in primary healthcare until they may begin to independently provide direct care. The programme is the result of a collaborative effort between the European Dental Students' Association (EDSA) and Manipal University. For the past two years, the Department of Culinary Arts has been helping to raise funds for the AMCHI programme by setting up a restaurant and handling food and beverage production and service.

This year the foodfest, "Le Grande Saveur" featured French cuisine. It served a five course 'Table d' hote menu offering an Amuse Bouche, Salad, Soup, Main-Course and Dessert. The Amuse Bouche was a trio of cream cheese flavored with dill and onion, paprika and coriander on a short crust, puff pastry,

and biscuit base. Crème Dubarry and Seafood Bisque with sauce Rouille were the options for soups. Cheese Beignets and assorted peppers with saffron aioli was the salad.

The Non-veg main course was a simple Grilled chicken with red wine sauce accompanied with herb tossed fettuccine and buttered vegetables. The Vegetarians were served with Stuffed Provencal vegetables, deep fried broccoli flowerets, vegetable fondue, and Ratatouille with herb fettuccini and tomato basil sauce. For the dessert we had two options, Baba au Rhum – Served with Crème Anglaise and fruit coulis or Charlotte Russe – Fruits in vanilla whipped cream enclosed in eggless soft sponge.

Both the college members working for the fest were allotted different working departments such as Kitchen, Housekeeping, Service and Stewarding. Amchi was an exceptional success where we served around 150 plus people (61 Vegetarian and 96 Non-Vegetarian). It served as a significant learning experience working with people from a different profession.

Mythrayie S. Iyer





# What's Cooking at BACA?

# Another Feather in my cap



Christ University beckons. Even travelling to any inter college technical or cultural fest, with a large group of students and a few loveable teachers can be a fun and exhilarating experience on its own. The real adrenaline flow only starts when you reach the college, and everyone else suddenly begins to look like competition, you put your game face on and just forget all the exertion from the previous night's travel. Such was the mood among us. Happily, we were greeted hospitably and housed in a mostly empty and comfortable hostel.

Day One started with the wine revamp competition, where each team was given a wine to taste and had to develop a brand, label, logo, taste descriptors, and a presentation for the launch of the wine. Other events for the day included the "Best Manager", where competitors went through a series of situational planning exercises, stress interviews.

The first 2 rounds of the prestigious and exciting "Chef Comp." were also to be held the same day, which was going to be the deciding factor in the overall champions of the Chef Comp. and the Hotel Abilities Test. The day passed by as a blur and we wind-ed down and relaxed for the day, absolutely unprepared for the perils of the next day, yet beaming with energy and excitement.

Feeling confident we stepped into the second day of the competition with deciding events like a thrilling quiz, the final round of the Chef Comp. The competition for the best housekeeping manager and the mobile application design were the last of the technical events. The day ended with a relaxed evening of musical and dance performances by the host college followed by a fabulous high-tea spread, catered by Taj Hotels. Obviously winning does feel good, yet I would trade a prize any day, for the experience of representing my college with pride and dignity in a national level competition.



Annual Day 2014 saw the 2nd course joining the honour roll of

the Department of Culinary Arts. For the academic achievements in their first year, the students Priyanjana, Nandheetha, Nikesh, Isha, Sukanaya and Gaurav received laurels in various subjects such as Culinary Foundation, Indian Cuisine, Baking and Pâtisserie, French, Wine Fundamentals, Business Communication and so on.



The veteran students of the 1st course were appreciated for their triumphs during the second year: Mythrayie, Elizabeth, and Namratha in Culinary Skills, Accounting, Confectionery, Food Costing, Food and Wine Pairing, Human Resources, Anthropology and Global Cuisine.

Special cheers go to Mythrayie and Priyanjana for securing the first position based on GPA, in their respective years. We hope to see such success in the future as well, and wish everyone good luck in their finals this year!



**The Hungry Bird Team**

**Prakarshi Pulkit**

# The Sweet Life

What's Cooking at  
BACA?



The sugar workshop held on 24th March 2014 all started with an inspiration gathered from Chef Lawrence Fernandez's Show in Sahara Star a few years ago. A quick promotion and a little help by the hotel staff helped him work on his magical skills to convert little crystals of sugar into a divine structure. Working day) in and day)out to develop his art and passion for sugar, got recognition at the Culinary Olympics. He was selected to represent the country to compete with the countries in the Asian sub-continent!

A few weeks ago the Department of Culinary Arts, Manipal, got a firsthand experience of Chef Lawrence's art and skills. The Chef had travelled from Mumbai to Manipal to host a workshop on sugar and revealed the techniques associated with sugar structures at the college.

Isomalt, a sugar alcohol that has a similar molecular structure as that of regular sugar, is used for making sugar structures. Even though Isomalt has the same physical properties of regular granulated sugar, it does not taste sweet. It's easy to handle when hot, is more transparent and can be pulled, blown and shaped into any form.

In the workshop, Chef Lawrence gently added his magical ingredients together in a saucepan over a controlled temperature and the mixture Voila, resembled molten glass. After cooling it to the desired temperature, he poured it into moulds to make sheets



of edible glass, tangible discs, pillars and various other unsymmetrical shapes. By mixing a bit of colour, the coloured liquid glass changed can be used for other techniques also. Chef Lawrence took a small lump of molten sugar in his hands, placed it on a pipe and blew through it. It was a spectacular sight, to see the glass expand into a ball. He then went on to make a mystical bird and shiny fruit with his artistic hands. He pulled a few lumps of coloured sugar together to make it into shiny patterned ribbons!

Using sugar and science together to create magical structures was something Chef Lawrence had mastered over years. The most inspiring and amazing finale of the workshop was the sculpture he put together with all the artistic creations that he made during the session. We were awestruck and amazed with his talent. It was a sweet creation out of something like a dream. His stupendous show will always remain in our memories.

**Gyanavel Ravindranath**





It's the 18th of March. Yet another interesting day begins at the Department of Culinary Arts, with the arrival of Chef Surjit to teach us the basics of cooking Indian sweets. Currently working as the Chef de Partie at Ocean Pearl, Mangalore, he brought with him the halwai-lore that you wouldn't find in any professional cookbook. He has experience of 10 years in the industry, beginning his career at Labdi Sweet Shop, then moving onto Radisson Punjab and only moving forward after that, doing a brief stint at Valley View Inn, Manipal where he met one of our Chefs, Manoj Belwal (Assistant Professor).

He demonstrated 10 classical and well known Indian sweets, revealing a multitude of trade secrets in the simplest of techniques known only to the halwais. The dishes he demonstrated were - Ras Malai, Rasgulla, Cham Cham, Raj Bhog, Mewa Bhatti, Gulab Jamun, Kala Jamun and Barfi.

He began by curdling 4 litres of milk to make chenna. Once the milk was curdled he strained the solids through a muslin cloth and squeezed out all the water from the milk solid mass. Then he began kneading it vigorously to remove

the lumps, 30 seconds later he added a dash of cardamom powder and voilà! We had fresh Chenna. He then made a sugar syrup which he used to soak the Ras Malai, Raj Bhog, Rasgulla and Cham Cham. He shaped the pedas for all of these with finesse and precision. In about an hour and a half, he finished all this plus cooked and soaked the pedas of chenna for the various dishes with almost no wastage.

Next came the Gulab Jamun, Kala Jamun and Mewa Bhatti. He began by making the dough for the pedas. Once ready he began shap-



ing the pedas for Mewa bhatti and stuffing them with pista, cashew and saffron then frying to a vibrant orange-brown colour and soaking it in a sugar syrup. Next he blazed through by making pedas for Gulab Jamun and frying them without breaking a single one. The Kala Jamun was made with a batch of the pedas, but he fried them longer until they looked burnt

evenly (although they tasted sublime). All of these were soaked in a sugar syrup for at least an hour.

He finished the Pista Barfi by cooking Khoya (reduced milk) and sugar to a thick consistency and spreading it out to let it set. Finally, he made the flavoured milk (for the Ras Malai) and Rabdi (for Cham Cham). At the end he presented the sweets garnished with slivers of pistas, cherry and saffron.

The students, unable to contain themselves any longer, fell upon the sweets like hyenas on a wounded buffalo. The sweets were nothing short of sumptuous and grand. They gave us a sense of what the kings of old would have eaten for dessert. At the end of the class we unanimously thanked Chef Surjit for the demonstration, knowledge and sweets he left us with.

The entire demonstration was recorded on camera and all the recipes were taken down by the students thereby documenting the knowledge of the Halwais, perhaps for the first time in years. Now, we hope to practice these recipes and keep the art of the noble Halwais alive.

**Ammar Vanak**





# ORIENT ALL THE WAY!

## What's Cooking at BACA?



Every semester brings a reason to the food buffs of Manipal to indulge in the affairs of the taste buds at the simulations, and what can be more tempting than Oriental food that has Spicy, Sweet and Savory items to offer. A Little fiery, nutritious, fresh, flavorful, aromatic, rich are just a few features we presented through food

The production and the service ran smoothly, thankful because of the ownership and the teamwork of our fellow mates. The menu we served was a five course meal starting with the Complementary Welcom Cooler and followed by the tantalizing delicacy of Korea “Kim-chi”. Laksa and Spicy Tom Yum broths were the sec-



from 5 different nations. “Oriental doesn’t mean Chinese food alone” is what we wanted to explain to the public of Manipal through our Asian simulation “The Orient Express”. The food served at the fest was a spread of

ondary course. The next preparation included the traditional Gado-Gado salad along with Vietnamese spring roll for the Vegans and Som Tam Salad with Chicken Satay for Non vegetarians. The main course offered a



exotic vegetarian and non-vegetarian dishes with a little innovation to keep the spirit of the orient but suit the sentiments of the local food lovers with dishes from across Malaysia, Vietnam, Thai, Korea and Indonesia. The effort of the students and faculty of Department of Culinary Arts ensured the success of the simulation.

Whether you could Hoover an entire plate of Pad Thai on any day of the week, love a good Satay, or could down the hottest Tom Yum without breaking a sweat, there was definitely something for the guests at the simulation to roll into DOCA.

The hardwork of the students helped us to present a scrumptious meal to our guests, taking their experience to a different level.

choice between Phad Thai and Nasi Noreng which was accompanied with Prawn or Rice wafers and tossed vegetables. On the final note was the dessert, Gula Melaka with avocado mousse and palm sugar coconut sauce. On the table were various dips and accompaniments.

The kitchen and the service team did put up a good show and served amazing food. The guests were delighted to see the student chef’s working on the food from the open kitchen.

The multicultural celebration, which also happened to be the first simulation headed by completely by the 2nd course turned out to be a major success.

Armar Nasir & Aanchal Ahuja

May 2014

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# What's Cooking at BACA?



# કનિઢ વેઢડાં ઢરકિઢરિઢઢ

On 30th of March 2014, the Department of Culinary Arts hosted a one night restaurant contemporary Indian dining experience for 90 covers. The evening served up a mix of Nawabi Dumpukht cuisine and Uzbekistan's Tandoori cuisine.

The restaurants gave the guests a feel of royalty while enjoying the sensational experience of eating Kekabs, Biryani and Curries with hundreds of years of history served with a modern sense of plating and service. A 5-course Chef's Tasting menu was prepared tediously to give the guests an experience they can never forget.

On the day of the event our service was smooth, food was delivered on time. We got a positive feedback from guests and some positive criticism. The faculty and college extended full support to us throughout the event, strengthening our base and clearing doubts.

Food for thought:

“Food served from the heart doesn't require seasoning, don't worry about the salt or the spice, just add the love and it will all be right!”

Aayush Sikri



# Reveling at “Revels”

## What's Cooking at BACA?



ever little knowledge they had gained during their time in this college. In all, four cooking demonstrations were organized by the students of the Culinary Arts.

The demos gave away an experience of Thai cuisine, Kebabs and curries, Mocktails and Desserts to the participants. All the demos were conducted on different days. The main aim of these demos was to get the students familiar with the variety of food and to teach them how to cook at home in a simple and easy way.



Every year MIT hosts a national co-curricular event called “The Revels”. It is a series of events where students get a chance to participate in various extra-curricular activities. One of these events was the cooking demos. Cooking is an art and some pursue it as a career while many take it up as a hobby. The students participating in these demos were completely new to the field of culinary arts, hence the students of Department of Culinary Arts tried to share what-

The Thai demo gave them a chance to experience some authentic Thai dishes like Pad thai, Raw papaya salad (som tam) and Hot and sour soup (tom yum kung). Kebabs and Currie demo gave the participants a basic idea of how the famous kebabs and curries of North India are prepared. It gave them hands on experience of working at the tandoor. They were taught how to make the famous chicken tikka and paneer tikka and were familiarized with basic curries and the Gajar ka halwa.

The Mocktail demo was an exciting one as they learned to make five mocktails which were simple yet interesting and could be made at home easily. The dessert demo was an eagerly awaited demo for the participants as all of them had a craving for something sweet. The all-time favorite chocolate mousse, mango panna cotta and the classic Middle Eastern cake basbusa were the top favorites of the participants.

**Aakash Rokadia**



# What's Cooking at BACA?



## WORKSHOP WITH THOMAS ZACHARIAS

It was a proud moment for the Welcomgroup School of Hotel Administration and the Department of Culinary Arts, when Chef Thomas Zacharias walked through the doors of his alma mater to conduct a three-day culinary workshop (featuring Mediterranean Cuisine).

Thomas Zacharias is an alumnus of WGSHA, and went on to study at the prestigious Culinary Institute of America - Hyde Park after gaining a little experience in various hotels across India. Post his graduation from the CIA, his culinary journey traces its way through numerous Michelin-starred restaurants in America to his current position as Chef-in-Charge at the Olive Bar and Kitchen – Bandra.

Chef Thomas recently went on a culinary tour to Europe, concentrating on the prime culinary cities of France, Spain and Italy. And that is why he was invited to spread his new knowledge of the Mediterranean cuisine to the students of the culinary arts. The workshops were spread over three days – the 21st, 22nd and 23rd of April – and encompassed the cuisines of France, Italy and Spain for the 2nd and 3rd year culinary students.

The first day started off with the Spanish Workshop and a simple, refreshing menu of Gazpacho Blanco (White Gazpacho with almonds and grapes), followed by tapas such as Patatas Bravas (Potatoes with Spicy tomato sauce and Aioli), Tortilla Paisana (Spanish omelet with red pepper and peas), Croquetas de Pollo (Chicken Croquettes with Aioli), Gambas Pil Pil (Sizzling prawns), and finished with the pièce de resistance - Paella de Marisco (Valencia Seafood rice flavored with saffron and paprika).



Day Two showed off the flavours of Italy with Grilled Romaine Caesar Salad with Bacon Powder, Lemon Ricotta Ravioli with Green Pea Parmesan Sauce, Wild Mushroom Risotto, Beef tenderloin with Charred asparagus and smoked mashed potatoes.

The final day boasted of classic French cuisine - Dill infused Chicken & Lemon Soup, Market Vegetable Salad with Cauliflower Cousous, Baked Brie with Saffron Honey, Pan Seared Red Snapper with Ratatouille and Mustard butter sauce.

Thomas Zacharias was at home in the kitchen, and made quite an impression on the students as he is a living example of what the future of young chefs might be, and the possibilities of this richly rewarding and esteemed profession. We hope to see him again soon, and we wish him luck in all his endeavours.

**Nandheetha Varadaraj**





## Read Between The Lines

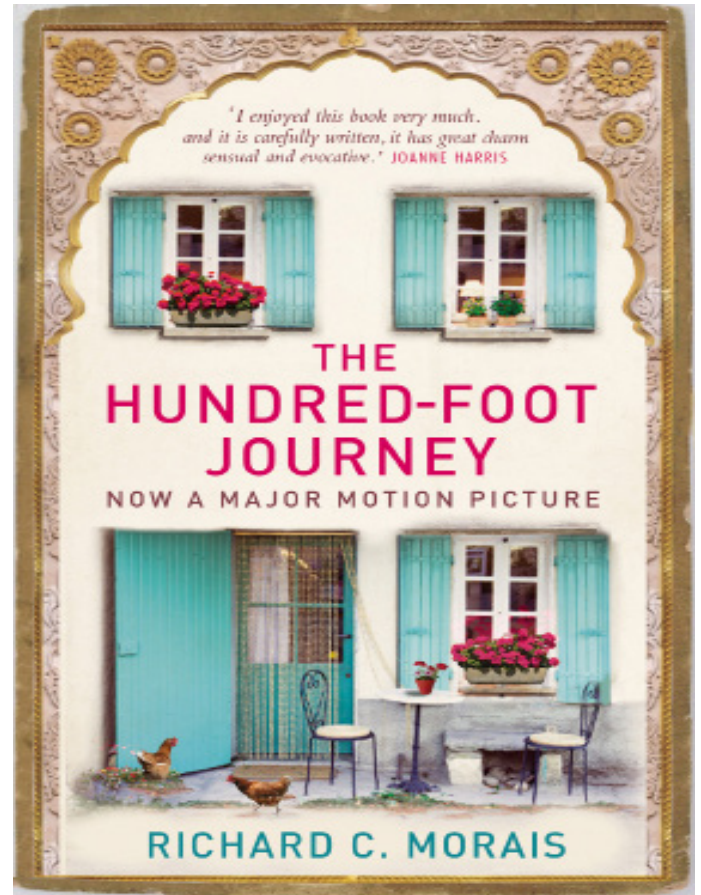
## Off The Chopping Board



The Hundred-Foot Journey is a fast paced culinary brimming novel that takes you right from the end of WWII on the dusty streets of Napean Sea Road in Bombay, through the low hanging skies of Southhall, London, onward to life changing Lumiere, and then to, of course, gastronomical Paris!

All this through the eyes of Hassan Haji, an Indian Muslim boy who cooks up thick and gooey Goa fish stew, Chicken tikka and heaps of yellow rice, who is later on seen with three Michelin stars prepping his signature Siberian Ptarmigan roasted with Tundra Herbs taken from the birds own crop and served with caramelized pears in an Armagnac Sauce.

Yes, indeed it is a bitter-sweet stew of “Talent”, she (mmd. Malory) said, through the muffled cloth of her serviette. “The talent on can only be born with, not learnt”... “He is an artist, a great artist”.



*“My dear man, a gourmand is a gentleman with the talent and fortitude to continue eating even when he is not hungry.”*

And we’re not just talking about Hassan here. Richard C.Morais fantastically brings to life searing scenes of food descriptions that are gasp-worthy. He fervently portrays each character, so distinctly—Hassan’s ever ambitious Papa, Mmd. Malory, an arch enemy turned mentor (without whose rage Hassan’s hundred foot journey would have never existed) to even smaller characters in the story; it has all the drama of an Indian sitcom, minus the multiple playbacks. This eye-opening read is a must for anyone and everyone who is keen to take a chance and discover not just only what lies beyond those hundred feet but those who are willing to experience and savour every inch of that journey— it’s all about the “zinzin”!

**Elizabeth Yorke**



# Buffet

# BLOODY BUSINESS



Sausages are food that are made from minced or ground meat flavored with various ingredients and sealed inside a casing from an animal intestine or a synthetic edible plastic to acquire a definite shape. It can either be fresh or cured or smoked. Sausage making started to mainly preserve meat and aid during transportation purposes. Different countries have different kind of sausages based on size, shape, color, the main flavoring substance and also the various cooking and preservative methods used. For example, Bratwurst from Germany, made with a veal, pork or beef and is usually pan fried, grilled or cooked with beer and Mortadella, a pork sausage from Italy flavored with black pepper, pistachios, jalapeños, myrtle berries and is usually served as a cold cut.

This year we had a sausage making class with a modified Indian sausage making equipment that has always been used to make chakklis and other Indian savoury snacks in India. We made different sausages such as Chorizo, Garlic and Fennel Chicken Sausage, Mushroom Chicken Sausage. It was a very exciting class as none of us knew that this equipment could be used to make sausages.

The left side is a opening, from the ground meat is placed inside the big cylindrical tube and closed. Then the left side is pushed so that the ground meat acquires a shape and comes out through the right opening where a synthetic plastic tube is fitted. It is then tied with thread to get a suitable sausage shape.

## Mythrayie Iyer



### *Recipe: Garlic & Fennel Sausage*

- 3 lbs pork (meat and fat combined, about 36 oz meat, 12 oz fat for a 25% ratio)
- 2 Tbsp fresh minced garlic
- 2 Tbsp fennel seed, toasted and ground in a spice grinder
- 2 Tbsp Kosher salt
- 1 Tbsp black pepper
- 1/2 cup red wine

### *Method*

- Grind the pork and the fat. Combine with seasonings using the paddle attachment and bowl of a planetary mixer. Alternately, you can mix it by hand with a flat ladle/spoon. Mix on medium speed for about 2 minutes and chill.
- Then stuff the sausage mixture into a casing (natural or artificial) and deep freeze it.
- Then grill the sausage and serve for breakfast or any meal time.

# Trends 2014

# Buffet



2013 has been the year of the cupcakes srirachas and pretzel buns. What's next? Forecasted by the National Restaurant Association and various restaurant research firms, here are the food trends that will have diners licking their fingers in 2014

## Locally Sourced Food

Many restaurant owners have shifted from imported products to locally grown produce as an act of resourcefulness. Many restaurants are even starting to grow their own vegetables for food production



## Healthier Meals

Restaurant owners and chefs are now planning meals to incorporate more proteins, vitamins and healthy amounts of carbohydrates into the food that is consumed. Less oil is used, sugar free and fat free alternatives are also used.



## Umami

The savoury 5th taste is popping up in sauces, salts and burgers. In 2014, watch numerous restaurants dive into the umami trend



## Gluten Free Food

Gluten free cuisine is rated a top five trend, identified by NRA's "What's Hot in 2014?" survey. It is also identified by 3/4 of chefs as a niche that they plan to work with this year. You will see a desire to use buckwheat, quinoa and amaranth to pop up in dishes that might use flour instead.



## Nuts

High in protein and incredibly healthy in specific quantities, nuts and seeds are valued by carb cutting diners for a healthy energetic meal. Around 75% of home cooks incorporate nuts into their dishes and meals. Expect restaurants to start doing the same.

## Mash up Dishes

Have you ever had a dessert pizza? For example a coconut, chocolate, strawberry and mint on a circular pastry? Or a cronut, A donut croissant hybrid? This type of food will be the hype in 2014. A burger served in a griddled ramen noodle bun, created by a new York based chef already has imitators in other restaurants.



## Biscuits

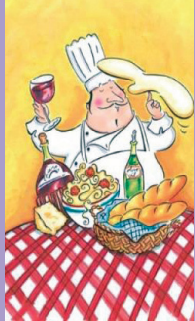
Andrew Freeman and Co, a San Francisco hospitality consulting firm forecasts that pretzels and croissant buns are so last year. 2014 has made room for biscuits, the predicted next 'it' ingredient to hold sandwiches and burgers together.



### Sources:

National Restaurant Association (NRA) & Sterling-Rice Group

Shreya Velidanda



# Hogger Blogger

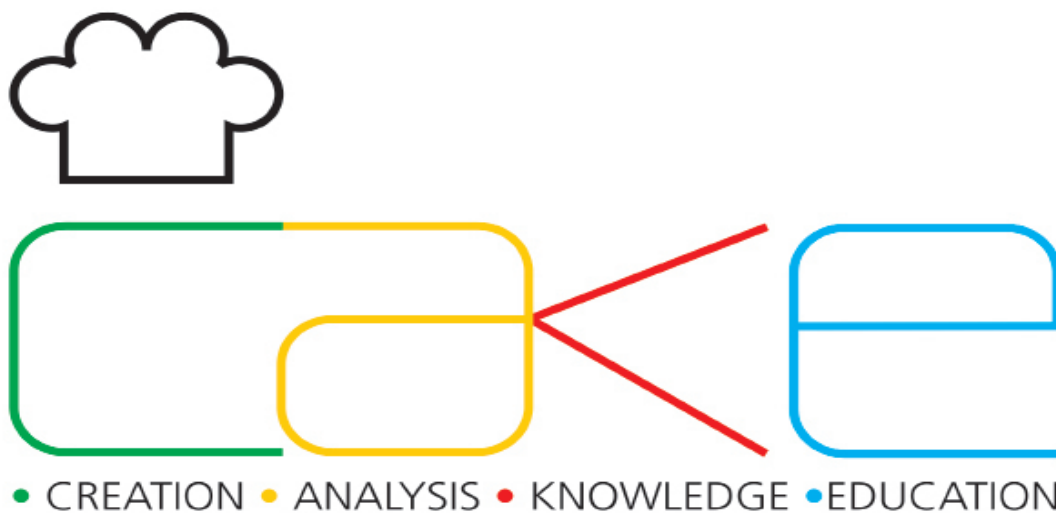
## Going Molecular

Science is all about understanding, creating and discovering new things. Food is what we eat; while to some; it is a source of energy and of being healthy, to others it is an art. When someone tries to analyze the physical, chemical and biological properties of food and tries to reason out the output of ingredients; we get what is called "Food Science". Food Science is the applied science devoted to the study of food. It is related to understanding the principles underlying food processing, nature of food, causes of spoilage, etc.

The Department of Culinary Arts has its own Food Science club - C.A.K.E.- Creation, Analysis, Knowledge and Education, initiated by Mr. Gyanavel Ravindranath and Ms. Saavni Krishnan of 2nd year B.A.Culinary Arts

early this year. Starting with only its two founder members, this club now has 20 members with the experience of Mr. Prabhakar Sastri to support them in various experiments. The main aim of the club is not only to carry out scientific experiments on food but also to understand why certain changes take place in food when cooked, backyard farming, tasting, sensory evaluation, etc.

Till date the C.A.K.E. Club has performed several experiments such as creating culinary foam without the use of Nitrogen canisters, spherification, reverse creaming methods of cake, an experiment on maximizing the extraction of milk solids, emulsions of different liquids, etc. The club has also conducted two sensory evaluation sessions - one being between cakes made using

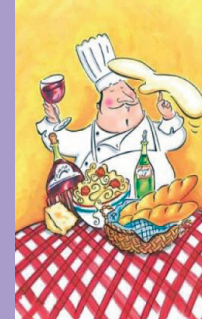




the regular creaming method and the reverse creaming method and the other for the extraction of milk solids. The upcoming exercises of the club will be on getting the perfectly cooked chicken owing to brining, “spice tasting” where each member will be given 3 to 4 forms of a particular spice and will have to evaluate it according to the parameters set, starting a small kitchen garden where herbs will be grown using different kinds of manure and many more. The students are expected to reason out the development/conclusion of the experiment and this is done through discussions held in classrooms.

The club also plans on organizing guest lectures; where experts from different domains of gastronomy would come and share their knowledge. Apart from this, students will perform certain research and make reports. The idea of doing so is because by reading one excels intellectually and storing it in the form of reports results in retention of what is learnt and also helps the future batch-mates in improving their abilities. The venture started on a respectable note and

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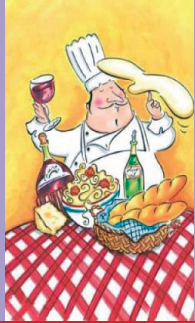
this wouldn't have been possible without the contribution of each member of the club.

The club gives freedom to all members to conduct any type of experiment, innovation as they like. A report of the particular task or experiment is required to be made and shared with the students of the institute. The club is open to innovative ideas since it believes that a mind should always think out of the box and that the spread of knowledge and urge of learning should never stop. Once it does, the mind gets stagnant.

**Saavni Krishnan**



(Clockwise from top left) The Club's Logo; The Foaming experiment with pineapple, kokum and toddy; The spherification experiment with watermelon and pineapple.



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# VIVA ESPAÑA

**OLIVE OIL:** The natural juice obtained from the fresh, healthy fruits of the olive, extra virgin olive oil, is widely revered as one of the great ingredients of Spanish gastronomy. In Andalusia, the star is the Picual variety, mainly grown in the province of Jaén.

The second most widely-produced variety is Cornicabra, mostly grown in Castile-La Mancha and other parts of central Spain. The resulting oils are very fruity and thick and are very useful for creating highly-esteemed blends with other olive varieties.

**RICE:** The first Designation of Origin for rice in Europe was granted to Calasparra rice which is grown in a mountainous area along the river Segura in the region of Murcia, the varieties being Bomba and Balilla X Solana. Both are sold as either brown or white rice. Bomba rice is the best-known of the Spanish varieties. Its grains are rounded but they increase lengthwise by almost fifty per cent during the cooking process and are very absorbent.

Also protected by a Designation of Origin is the rice grown traditionally in the Júcar river basin and in the Albufera, the most famous of the natural wetlands in Valencia where the varieties are Senia, Bahía and Bomba. The rice, mostly Bahía, grown in the Ebro delta in Tarragona (Catalonia) is also covered by a Protected Geographical Indication (PGI).

**JAMON:** The characteristics of the Ibérico pig, with its long legs and strong, pointed snout, and its dark skin and hoofs are the result of its perfect integration into its environment. The pigs use all the food offered by the dehesa, the natural environment, from grass and stubble to wild legumes but, above all, acorns. These animals are able to store fatty deposits infiltrated into their muscles, making the meat especially moist and tender.

The production cycle of these pigs is longer than that of white pigs, and as a breed they are less prolific. While searching for acorns on the dehesa towards the end of the production cycle, the pigs are constantly exercising, and this exercise, along with the infiltrated fat, gives the meat its moistness and firm texture. The



# LOS INGREDIENTES

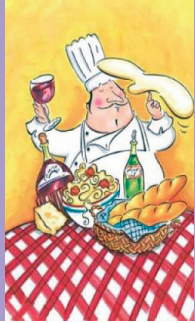
- Compiled by Elizabeth Yorke

period during which the pigs graze freely towards the end of the summer and early autumn is known as the montanera. The pigs that gain at least fifty per cent of their initial weight during the montanera are described as acorn-fed (de bellota). Those that still need to be finished are called recebo indicating that they have received mixed feed. If they eat only grain, they are described as cebo, and if this is supplied in the open air, as cebo de campo. Finally, the labels on Ibérico hams, shoulders and loin sausages must state whether the product is pure Ibérico (when both parents, the boar and the sow, were pure Ibérico pigs) or just Ibérico (if at least 50% is of the Ibérico breed).

**PIMENTÓN:** The name pimentón is given in Spain to the fine, bright red powder obtained from drying and crushing certain varieties of red pepper. The first pepper seeds were brought from America by Christopher Columbus in 1493 and were handed over to the monks at the Guadalupe Monastery in Extremadura. Today, the quality of the best peppers from the two regions is guaranteed by their respective Designations of Origin, Pimentón de Murcia and Pimentón de La Vera. The peppers used in Murcia are the Bola or Ñora peppers which, when ripe, are generally dried in the sun for several days before crushing. Murcian pimentón is a bright red color and has an intense, penetrating aroma, a sweet flavor and is very stable. In La Vera, in addition to the Bola variety, others belonging to the Ocales group are also grown. Combinations of the different varieties lead to pimentón which is sweet, sweet-sour or hot.

**SAFFRON:** Saffron cultivation in Spain has always been a minority, even family activity. Even so, until a few years ago, the Spanish crop was the world's largest but it has fallen back as a result of high production costs and competition from other countries. However, Spanish saffron and, more specifically, Mancha quality saffron is still considered the best because of its bright red colour, its penetrating, toasty aroma of flowers and dry hay, and its great colouring power. Spain is still the world's largest producer of top-class saffron. In order to guarantee the quality of genuine Spanish saffron and prevent it from being mixed with saffron from other sources, the Designation of Origin Azafrán de la Mancha has been set up.





## Hogger Blogger

# Coorg in a whirlwind

As part of the curriculum of the Culinary Arts, the students must be taken on a culinary journey at least once during their course of studies. And this time, we were lucky and grateful to be allowed to go on a two-day trip to Coorg (April 25th and 26th). In essence, it was an educational field visit but we did manage to throw in a bit of fun here and there along the way. It was also a chance to spend some quality time with friends, be it the second years or third years. All in all, we were 62 in number as we had a couple of chefs along with us as well. We started early in the morning on the 25th and reached at around 2.30 P.M. in the Gonikoppal area of Kodagu.

We were quite ravenous when we got there, and managed to eat everything the hotel put out for us. The food was delicious, and gave us an insight into the Coorgi food that we had come to observe. Lunch was followed by a quick siesta and then a demonstration of traditional Coorgi food: Paputtu (similar to a steamed rice cake), Nool Puttu (similar to Sri Lankan

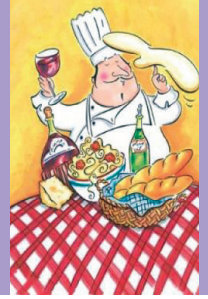


string hoppars), Kadambuttu (steamed rice balls), Akki Otti (a rice roti made with boiled rice), Pandi Curry (a spicy black pork curry, famous in Coorg and elsewhere), and Bale Nuruk (Banana and Sesame fritters). A majority of dishes are made with rice, as rice is a staple crop and food in Southern India. The type of rice used in Coorg is called "Sanakki". For most of these preparations, the rice is washed, sun-dried and pounded such that one rice seed is broken into three pieces. This product is called "Tari". Kachampuli is another ingredient that is special to Coorg. It is a heavily-reduced concentrated syrup of a fruit of the Kokum family (that is typical to Coorg). This dark syrup is a prime ingredient in Pandi Curry and most other curries in the Kodagu Valley. The demo was given by two women owning hotels/restaurants in Coorg, and who were extremely enthusiastic in teaching us their trade.



During our stay, we tasted local food like: nool puttu with belath neer, kadambuttu and akki otti with pandi curry. All the meat-arians absolutely loved the inflow of pork at every meal. Early on the second day, we headed out to an Elephant camp about 20 km away from our hotel. One of us even got on to one of the elephants for a short ride. After a quick breakfast, we moved on to our next destination - a coffee plantation where the estate owner explained the Vermicomposting that he carries out, in order to use for his coffee plants and other crops.

# Hogger Blogger



He then proceeded to show us the process of bee-keeping and extracting honey. The bees live in colonies in man-made frame hives. When the extraction is to be carried out, the bees are tranquilized with a smoker and the frame hives are taken out and rotated vigorously in a centrifuge, with the honey flowing out through a spout at the bottom of the centrifuge.



Our final stop was a Tibetan monastery in Kushalnagar. Coorg is home to many families of Tibetan descent, who continue to garner attention from the locals. The monastery is a beautiful set of buildings, in the typical style of their people – depicting various stories (in the form of statues and wall paintings) from ancient times. In the vicinity of the monastery, one can find many small joints serving Indo-Tibetan food: momos, thukpa, stir-fries and so on. As chefs, one must always find a way to fill one's belly, wherever we might be.



(From Top) The Bee Hive is opened to collect the frame; (Middle) A honey-filled frame hive; (Bottom) A manual centrifuge to extract honey from the frames

Though the monastery was our final stop, we were reluctant to say goodbye to Coorg and had to get back on the road to Manipal. It was a highly exhilarating two days in the serene hills of the Kodagu valley, and we all took back souvenirs from the monastery and others like coffee, tea and spices, to remind us of the good memories of Coorg.

Nandheetha Varadaraj

# Picture Perfect

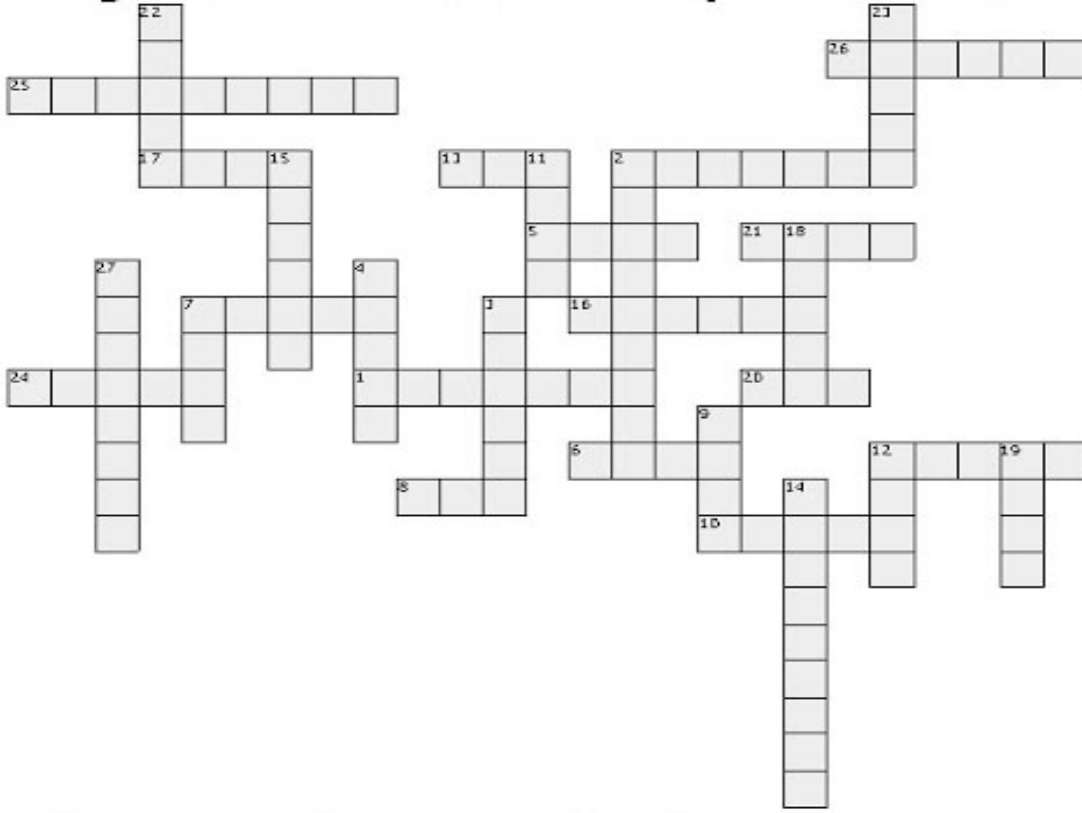






# Off The Chopping Board

# वेदसं व्यङ्गितर्य लिङ्ग!



**Answers:**  
 1. Mustard 2. Cabbage  
 5. Corn 6. Arbi 7. Maida  
 8. Fig 10. Guava 12. Palak  
 13. Yam 16. Walnut  
 17. Atta 20. Til 21. Mli  
 24. Besan 25. Pineapple  
 26. Almond  
**Down:**  
 2. Coriander 3. Nutmeg  
 4. Rajma 7. Mint 9. Hing  
 11. Mace 12. Pear  
 14. Jackfruit 15. Ajwain  
 18. Methi 19. Anar  
 22. Jeera 23. Clove  
 27. Khus-Khus

## Across:

1. English name for Rai      2. Local name for Patta Gobi      5. English name for Makai      6. Local name for Colocasia      7. Local name for Refined Flour      8. English name for Anjeer  
 10. English name for Amrood      12. Local name for Spinach      13. English name for Suran  
 16. English name for Akrot      17. Local name for Whole Wheat Flour      20. Local name for Sesame seeds      21. Local name for Tamarind      24. Local name for Gram Flour      25. English name for Ananas      26. English name for Badam

## Down:

2. English name for Dhania      3. English name for Jaiphal      4. Another name for Red Kidney Beans      7. English name for Pudina      9. Local name for Asafoetida      11. English name for Javitri      12. English name for Nashpati      14. English name for Kathal      15. Local name for Carom seeds      18. Local name for Fenugreek      19. Local name for Pomegranate      22. Local name for Cumin seeds      23. English name for Laung      27. Local name for Poppy seeds



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