

GAZETTE

INDIAN SCHOOL OF HOSPITALITY

MEET
THE NEW
BATCH

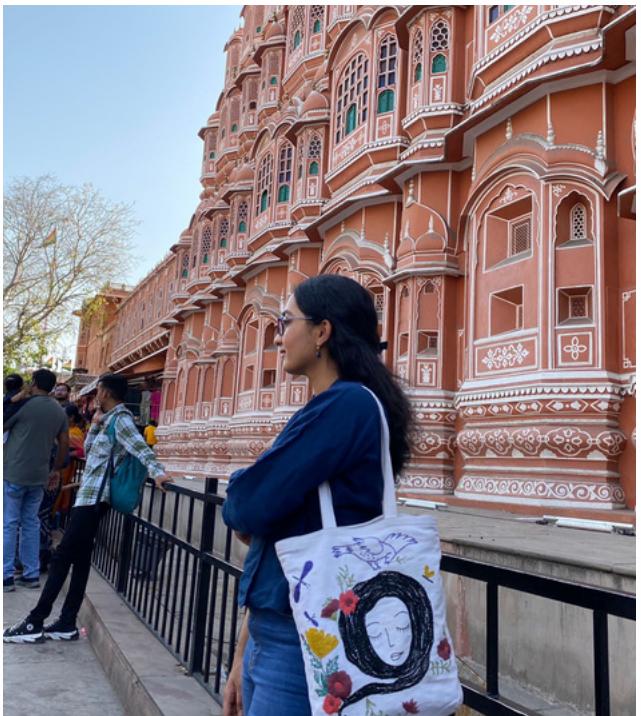


Letter From The Editor

The summer that went by was rather short, but the days felt long and peaceful to me when I was back home. I wish I had spent more days doing exciting things. Cue the return to college this month, and I am thankful to myself for spending it doing nothing.

“Think,” “think,” and “think” I did, until I was tired of doing it. So here I am, overshooting our writing limit and cramming in as much as I can. For the record, I am not guilty. You see, nursing a careless imagination has its advantages and its perils as well. Here, I have exploited the former. You will glide through a sunnised understanding of coveted food guides, the nuances of Omotenashi and movies that make you want to jump on a flight to lands far away. As we wrote on, we realised it was all connected, be it the recipes preserved through generations or young chefs venging to reach for the stars. Old milestones celebrating our country's independence and new ones incubating free thinking have been a privilege to celebrate. And for what it's worth, I think I should write a thesis on chocolate very soon.

Fresh talent has arrived, and you can already see their work adding value to this initiative. With your good wishes, we hope to grow the Gazette in ways more than one.



raagini paddar

Editor-in-chief
(Raagini Poddar)

Table of CONTENTS

Page 2:

Cultivation of Cuisine

Michelin vs. World's 50 Best; which of them will help you decide where to eat?

Page 5:

Omotenashi

Konnichiwa! Find out how the Land of the Rising Sun believes in conserving its customs

Page 8:

Side Hustle

Watch out for the newest talent at ISH and get a taste of what they're tossing up..

Page 10:

Down the Family Tree

Preserving the family's lineage one recipe at a time

Page 13:

TEDxISH

Come hear what the great minds these have to say about evolution in society...

Page 16:

Begum of Oudh

Begum Hazrat Mahal's revolt against the British will not go unnoticed anymore...

Page 18:

Voyage Through The Frames

Ever wanted to teleport yourself to the places you see on your screen? You're in for a treat then...

Page 20:

Gastronomic Escapades

Love chocolate or not (really, though?), You're going to want to read this...

Page 23:

What's for lunch?

What's been cooking for lunch at ISH? Have a look at the menu by DICA 8...



Cultivation of Cuisine



MICHELIN
STAR

THE
WORLD'S
50
BEST
RESTAURANTS™

The newly minted release of the World's 50 Best Restaurants tells me that the rise of progressive food is no longer stealthy in its pace. Chef Virgilio Martinez's brainchild, Central, in Lima, Peru, was hailed as World No. 1 after spending fifteen years **metamorphosing indigenous** ingredients from the ecosystems at various altitudes in Peru. It deserved the win. However, one thing did not get past me: Central had no Michelin stars to date. Upon investigation, I discovered that the food guide, created in 1900 by a French tyre company for its customers to have good meals along their travels and now the pole star of exquisite dining spots, did not exist in Peru. Ironically, it does not exist in most coveted culinary destinations, which made me think: how does the "best restaurant" in the world not have a single flower-shaped star to its name?



Paul Bocuse remarked, "Michelin is the only guide that counts," making its yearly launch as excitable as the Oscars' night. From only gracing restaurants with a single star, the guide soon **augmented** itself into a three-star system across more than twenty-five countries. Tokyo alone is armed with two hundred and sixty-three of them. The 50 Best List was conceived in 2002 by the UK media company William Reed as a feature in the magazine Restaurant. It sought stardom amidst the awards show and a worldwide release on their website.

Localites shunned Massimo Bottura's Osteria Francescana as an act of **stupor** until it had won three Michelin stars by 2012. Later, it was mentioned in the World's 50 Best List in 2016 and 2018. Contrastingly, Ana Ros' Hisa Franko in Kobarid has been on the list since 2017, but won 2 stars in 2020, which put Slovenia on the Michelin map. Notwithstanding these overlaps, there seem to be discernible differences in their nature. Since both were considered the two Bibles of dining trends, I asked, "Why should we bother with one if we have the other?"

Michelin was able to create a more niche selection of high-quality dining owing to its time-honoured existence. Their anonymous inspectors seek mastery of techniques and consistency over a period of time, making it easy to lose a Michelin despite spending years to get one. Rumour has it that their identity is so **covert** that even the company's top executives do not know who they are.

- ✿ A very good restaurant in its category.
- ✿✿ Excellent cooking, worth a detour.
- ✿✿✿ Exceptional cuisine, worth a special journey..

The San Pellegrino and Acqua Panna's 50 Best List draws up an inventory of restaurants, new and old, that are flag bearers of culinary bravado. It is much more yielding in nature. An academy of 1080 gourmands, not unknown, casts their vote and produces a comprehensive list of restaurants. So far, it is Copenhagen's restaurants that have been notoriously popular for claiming the top spots, along with many in Latin America and even Mexico, where the Michelin stars do not have a home. It even has an extended version, a region-wise selection where many Indian restaurants have been featured, and even one for the best bars—the Little Red Door in Paris' third arrondissement has not budged from the list for a decade. As for the Best of the Best list, the places are no longer eligible to win, for they have surpassed even themselves. It is as follows:

- El Bulli, *Ferran Adrià* (2002, 2006–2009)
- The French Laundry, *Thomas Keller* (2003–2004)
- The Fat Duck, *Heston Blumenthal* (2005)
- Noma, *René Redzepi* (2010–2012, 2014, 2021)
- El Celler de Can Roca, *Joan and Jordi Roca* (2013, 2015)
- Osteria Francescana, *Massimo Bottura* (2016, 2018)
- Eleven Madison Park, *Daniel Humm* (2017)
- Mirazur, *Mauro Colagreco* (2019)
- Geranium, *Rasmus Kofoed* (2022)



If I had to, I would speak more about this. The spots on the list seem to be plentiful, while the stars are scanty but bright. There is a lot to know and much more to observe. Like any school of art, the frontrunners of modern cuisine are encouraged to not live within any confines. So far, it seems as though these tellers are doing a good job of giving credit where credit is due. Besides, who is going to complain when they're telling you where the good food is?

"When you look at the most exciting restaurants in the world at the moment, they're not in Paris and London. They are hidden away. You've got to make the effort."

-Matt Preston, Australian food critic; former judge, MasterChef Australia (Chef's Table S1E05, Ben Shewry)



OMOTENASHI

おもてなし

A warm welcome to
the Orient



OMOTENASHI

Written by: Agrima Chopra

The **hallowed** culture of Japan—with creations that centre audiences across the globe in the lap of simplistic serenity, a futuristic approach to even the most chore-like tasks, and a **demurely** boastful devotion to their pure, deeply rooted culture—forms the cornerstone of the acclaim the people of this region of the Orient have garnered worldwide.

The essence of Omotenashi, a philosophy consciously practiced in Japan, imbues the art of possessing genuine warmth, yielding to a hospitable treatment towards guests and people encountered at large. Through the birth of many trends and technological discoveries, Omotenashi has remained unwavering and resolute in its purpose-filled identity.

Its germination can be traced back to ancient Japan, where the Bushido code of the samurai and the delicately performed rituals of *temae*, the tea ceremony, set the stage for a practice so noble. In the era of the Nakasendo trade route, weary travellers would find solace in rustic teahouses. Here, the gesture of a simple bow, which signalled a warm welcome, and the aroma of fresh matcha tea would work in cohesion to create a dwelling of rest. Customarily, they would settle on *tatami* mats in an ambiance thoughtfully curated to nourish the voyagers with its minimalism.

The Edo period (1603–1868) beckoned a time of calmness, and with it emerged *ryokans*—inns that epitomised the splendour of Omotenashi. Kimono-clad innkeepers practiced the bowing etiquette of *zarei*, which is classified into three principle styles on the basis of the doctrines of Japanese calligraphy: *shin* (真), the most formal style; *gyō* (行), the intermediate style; and *sō* (草), the most casual style. Their estate melded architectural intelligence with attentive care, proving that less can, after all, be more.



Imagine a group of travellers arriving at an Edo inn, tired yet brimming with anticipation. The rooms they are guided to are more than temporary lodgings; they are sanctuaries for rejuvenation. As the day wears down and the moonlight takes over, a *kaiseki* feast is prepared. Each dish narrates a story of the region's soul. It is these traditions and their quiet involvement that add to the appreciation of Japanese hospitality.

Even as Japan evolved into modernity, the spirit of Omotenashi endured. With the whispers and bellows of development sweeping the country, the ceremonies, the *ryokans*, and the closely held traditions promised care and a committed display of respect. Omotenashi thrived as a reminder that, in a world where efficiency often overshadows sentiment, genuine human connections will always hold immense value that cannot be outweighed.

With the approaching Tokyo Olympics, the legacy of Omotenashi took centre stage. The world witnessed firsthand how respect, kindness, and dedication to service lay the groundwork for every interaction in this culture. Even as technology continues to take over the world with great haste, Japan's effortless ability to blend innovation with tradition becomes increasingly sought after. While automated services seek efficiency to fulfil short-lived needs, a field they are also excellent at, the heart of Omotenashi remains a constant—a reminder that the core values of humanity remain untethered to time.

In a universe ruled by fleeting connections, it propels us to slow down and engage in quiet moments of steady importance. The world is hungry for authentic connections, and Omotenashi perseveres, for it believes that each of us holds within ourselves the potential to create ripples of lasting impact that touch lives in profound ways.



Side Hustle

Written by: Simaran Nanda



The transition from high school to college marks an exhilarating phase of life, filled with new opportunities and challenges. As the pages of the academic journey turn, one finds themselves standing at the threshold of a world that is both exciting and daunting. This article is dedicated to all the fresh faces who are about to step into the phase of embarking on a new journey.

Aged 18 and from Kolkata, Aalya Agarwal began her food journey with a home business named *Umai*. Today, it is deemed the best option in the city for Lebanese food. "It is my baby!" she says. Aalya had no idea that she would start a venture at such a young age. Her passion for food grew over the last two years, and she got *Umai* to a point where it gave her a sense of pride she called 'unparalleled'. At ISH, Aalya wishes to gather knowledge that will help grow her brand into a giant one day. Apart from her venture, Aalya is also a sportsperson with accolades in various fields, especially cricket. And what is one place she would recommend if we were to visit Kolkata? Undoubtedly, "Bar B Q", one of the oldest restaurants on Park Street, serves excellent Indian and Asian food.



UMAI
•All things GOOD•
by Aalya



Parsi
Papau
ESTD 2020



From Nagpur, Maharashtra, Jia Bhamgara grew up under her grandmother's and mother's guidance and with a deep sense of respect for her cuisine. Together, they run a cloud kitchen by the name of *Parsi Papau* and bring to life the wealth of flavours found in Parsi and Iranian cuisine. "You can savour these cuisines along with indulgent desserts to end the meal with. As the only place in town serving this authentic blend of tastes, I would recommend everyone explore the cultural richness that we offer," she says. Jia came to ISH seeking a comprehensive learning experience in culinary arts and is eager to collaborate with fellow passionate individuals and learn from accomplished mentors to build a network for her future endeavours."

During 2021, Milind Kariappa discovered a YouTube channel called *Eater*, which documented fine dining on an intimate level. It was then that he began his exploration of the philosophies behind long tasting menus. "It goes beyond feeding; it provides an experience. This could be labelled pretentious, but it takes a keen eye to be viewed as a means of art and storytelling," he remarks.

Living in Kolkata, he likes to eat large plates of soupy noodles at Ah Leung or even at Cafe Sienna, which does weekly menus using produce available in the bazaar (local market). Milind says "Fire and Ice deserves a special mention. It is one of the oldest Italian eateries in the city and the best spot for a Sunday lasagna. His personal cooking style mirrors such food, whether it is making the perfect sourdough, fresh pasta, or pizza dough and selling it via Instagram. Milind even toys with Kolkata's produce to sprout ingenious dishes, curing Bhetki (a common fish in Bengali cuisine) and serving it as a crudo.



Down the Family Tree

-a series of generational recipes-



I remember watching my grandma make 'dum ka gosht' every Sunday!!



I hope I can still eat the feast my mom has prepared for dinner after all this ice cream!!



Nothing tastes as good as eating 'nani's mithai' all by myself!!

Murgir Jhol - Bengali Chicken Curry

a recipe by Ms. Avishikta Dey's Dida (maternal grandmother), Anjali Paul



Feeding, like most grandmothers do, is one of the ways Dida expresses her love. In Bengali, the term "jhul" refers to a gravy full of flavour. This recipe is a personal favourite and comes from a village in Cooch Behar, in the **hinterland** of West Bengal. Unburdened by excess, each component in this dish discards usual culinary rituals. As a nod to the uncomplicated beauty, there are no tomatoes, green chillies, or coriander leaves for garnish.

The bone-in chicken adds depth, and freshly ground chilli is coupled with garlic and ginger. However, use onions sparingly. A conscious choice stands as a testament to the art of balance.

When warm water makes its entrance, the oil rises to the top. The yoghurt lends a subtle tang, but know that even this role can be relinquished. As for the "Gorom Moshla," they find their zenith in a "Sheel Nora," or mortar and pestle, yielding to the grinder's touch before the grand finale. This departure from convention is no small detail; a spice blend is a revelation, starkly different from infusing whole spices at the outset.

Finally, this culinary medley entails marinating chicken, harnessing the magic of chillies, marrying ingredients, simmering to perfection, and culminating in a symphony of flavours with freshly ground spices.

A masterpiece born of simplicity, this curry celebrates the poetry of freshness, enunciates the nuances of essentiality, and celebrates the unadorned dance of flavours. It is an ode to ingredients that reward those who seek to uncover their soul.

Mustard oil- 3 tbsp	Turmeric powder- 1 tsp	Garlic- 1 ½ tbsp (roughly chopped)	Yoghurt- 70g	Green cardamom- 4 nos.
Bay leaf- 1 no.	Dried red chilli- 7 nos.	Ginger- ½ tbsp (roughly chopped)	Cinnamon- 1 nos.	Water- 250ml or more
Chicken- 1kg	Onion- 2 nos. (sliced)	Potato (large)- 2 nos. (peeled and wedged)	Cloves- 3 nos.	Salt to taste

How to make the curry:

1. Marinate the chicken with turmeric and salt and rest it for 20 minutes.
2. Soak red chillies for the same duration and make a paste by grinding them with ginger and garlic.
3. Heat mustard oil in a pan, then add bay leaves and the chilli paste. Cook for about 3 minutes until the raw aroma diminishes.
4. Mix the sliced onions well and sauté the mixture for 10 to 12 minutes.
5. Peel the potatoes, cut them into wedges, and add them to the pan along with the yoghurt. Cook for an additional 10 minutes until the potatoes start to soften, and mix them in.
6. Add the chicken to the pan and cook it for 20 minutes, then add hot water and continue cooking until the chicken is fully cooked and the potatoes are tender.
7. Using a mortar and pestle, grind green cardamom, cloves, and cinnamon into a smooth paste of Gorom Moshla with a bit of water. Finish the dish by adding the freshly ground spice paste. Serve hot with rice.

Paan Maas- Betel Leaf Mutton Curry

a family-kept Rajput recipe

A daughter of the royal Khatipura Thikana in Rajasthan, Chef Divya fondly reminisces about the meals she grew up eating. Her mother's signature *Safed Maas*, a traditional Rajput dish of tender meat gently cooked in a luxurious cashew gravy, along with continental feasts inspired by her globetrotting grandfathers' journeys, found a place on their dining table.

In the midst of familial duties and hosting guests at Haveli Kalwara, the family's bed and breakfast in Jaipur, Chef Divya somehow still managed to rustle up comforting meals for her family every night. With her effortless dexterity, she took this as an opportunity to share Rajput recipes guarded by the women of her family through generations with travellers eager to enjoy them. It was then that cooking demos and dinners took off. Over the past 17 years, her recipes and charm have been the subject of praise in the London Times and Chicago Sun Times.

Paan Maas is made with a surprising combination of betel leaves, commonly used as a palate cleanser along with rose petal preserve, and whole spices as the base for a mutton dish.



Mutton- 1kg	Black cardamom- 1 no.	Cloves- 6 nos.	Ginger- 2 inch (paste)	Coriander leaves- 1 bunch (paste)
Vegetable oil- 90ml	Cinnamon stick- 1 no.	Onions- 4 nos. (sliced)	Yoghurt- 250g	Coriander powder- 1tbsp (or more)
Bay leaves- 2 nos.	Peppercorns- 6 nos.	Garlic bulbs- 2 nos. (paste)	Green chilli- 250g	Betel leaves (paan ke patte)- 10 nos.

How to make the curry:

1. Heat the oil in a pressure cooker till smoking hot, then add the whole spices for 2-3 seconds.
2. Fry onions till golden brown, and then add mutton and cook until the raw smell disappears.
3. Season with salt and mix the ginger-garlic paste, then cook till the garlic smell disappears.
4. In a separate bowl, mix in the chilli, coriander paste, coriander powder, and yoghurt and add them to the meat. Cook till the oil separates from the yoghurt.
5. Place the lid on and pressure cook the mutton on high heat for 10 minutes. Close it after the first whistle.
6. Crush the *paan* leaves into a paste on a grinding stone and add it to the mutton. Cook on a low flame for 10 to 15 minutes for the *paan* flavour to infuse well, then serve.

PUSHING THE ENvelope

A Society in
Constant Evolution



TEDx IS

When time bolts against itself and information is constantly at our fingertips, the pursuit of knowledge and inspiration becomes more integral than ever. Enter TEDx, the local offshoot of the globally acclaimed TED Talks. These independently organised conferences provide a platform for communities to share innovative ideas and spark meaningful discussions. The recent TEDxISH event, held on August 17, 2023, at the Indian School of Hospitality, was no departure from this. The theme was "Pushing the Envelope: A Society in Constant Evolution."

TEDx events are known for their ability to push boundaries and challenge conventional thinking, and TEDxISH sets the stage for a day of intellectual exploration. The roster of speakers was a testament to the event's commitment to diversity in thought and experience; they represented a wide range of disciplines. Topics as varied as artificial intelligence and its ethical implications, sustainability, the psychology of creativity, and the reimagination of education were spoken about.



An effervescent talk by **Mr. Vineet KKN "Panchhi"** puts forward novel perspectives about a human being's take on self-awareness. His clever use of *shayaris*, passed down by his *guru* Ambar Kharbanda, left attendees questioning the status quo: is it really worth chasing something so you get to the top? The acceptance of human feelings and their oscillating nature was preached, and one line of the many he left us with was: "Zindagi bas kat rahi hai, ya phir ji ja rahi hai? (which translates to: Is your life just passing by, or is it being lived to the fullest?)"



Mr. Pieter Elbers, the airline industry stalwart who is currently the **CEO of IndiGo**, armed with a prolific career history, set about discussing the surge in airborne travel through the past generations. He humourously said, "Indians believe that if they are able to find joy in a plate of chole bhature for a mere 100 INR near their homes, why should they spend 10,000 INR on a plane ticket to another destination altogether? It is the generation today that has started to look at things differently."



Mr. Kunal Vasudeva, the **co-founder and Managing Director** of ISH, came armed with facts, numbers, and statistical observations to better establish the link between education and a human's cognitive evolution. He said, "In India, everything you see is true; however, the opposite of that is also true." After speaking about the National Education Policy, he explained how seeking primary education in one's native tongue would pave the way for the exponential growth of young innovators.

Mr. Sandeep Sethi, **Division President, JLL Work Dynamics (APAC, JLL India)**, broke down the journey of societal evolution through generations. How are the Baby Boomers managing to stay relevant in a world of millennials, the most researched generations, and even Generation Z? How can we, instead of shunning the development of artificial intelligence, coexist with its inevitable flourish?

Ms. Roma Balwani, **CEO and custodian of the Indian Deaf Cricket Association**, spoke about the hurdles along the way as she joined the workforce after marriage. As a woman, she struggled with the world's ideas limiting her along the way, but nothing held her back. She rose back, swift and steady, and came to become the Senior Advisor of Brand and Communications for the Vedanta Group.

Mr. Ashwani Khurana, the **CEO of Karma Lakelands**, driven by an early respect for the environment, spoke of his rise and humble journey to where he has reached today.

Mr. Rohit Kapoor, **Chief Executive Officer, Food MarketPlace, Swiggy**, which is India's leading food delivery company, discussed the logistics that power Swiggy's seamless operation, enabling small local eateries to thrive in the digital age, and reimagining the dining experience in Indian households.

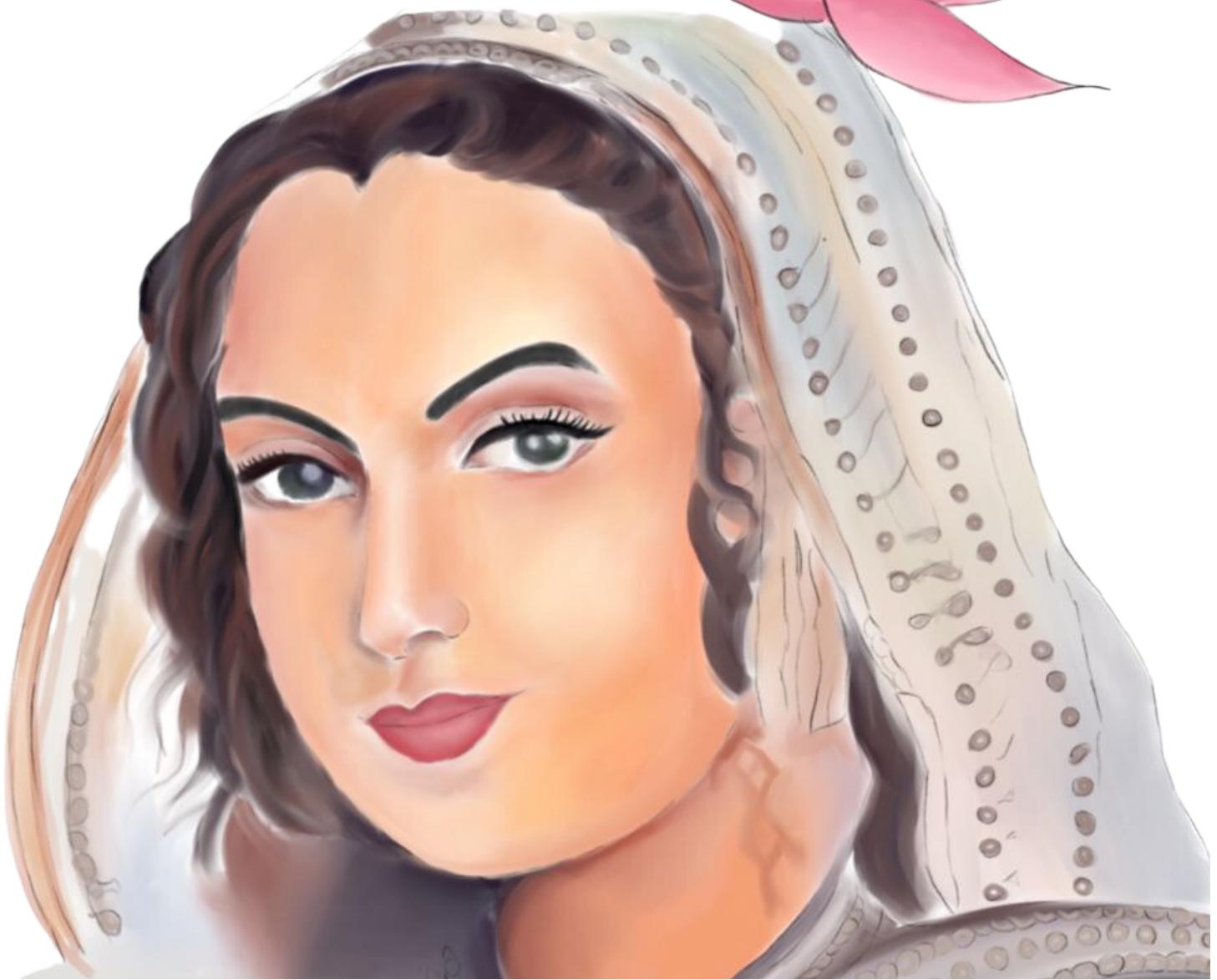
Last but not least was Dr. Zubin D'Souza, **the Dean of Culinary Arts** at ISH and a man with two PhDs to his name. His philosophy on evolution was centred around chefs and how they were branded as maharajas right from when they cooked for royalty and continued to thrive in a volatile industry till today by making a plate their canvas and paying respect to the host of ingredients on their palette.

Attendees struck up conversations, and TEDxISH met its vision of fostering a sense of community and connection. Innovation and discovery are the driving forces behind progress, and events like TEDxISH are catalysts for moulding the discourse of our times. By bringing together thought leaders, innovators, and curious minds, these events transcend geographical limitations and unite people in their march towards positive change. As we look towards the future, we can only anticipate the continued growth and impact of TEDx events like TEDxISH, as they enable us to challenge our assumptions, push our boundaries, and unlock the true potential of human ingenuity.



Begum of Oudh

(1820–1879)



In today's classrooms, as young minds absorb history lessons, Begum Hazrat Mahal's tale glows outside the corners of a textbook. Her legacy, shaped by her invaluable contribution to the rebellion of 1857, does not go unnoticed. The story unravels and shows that a spirit as unyielding as hers can forge a path to freedom, writing its verses in the epic tale of our nation's liberation.

The winds of change blew ominously across the heart of Faizabad. Born into a **destitute** family, Hazrat Mahal went on to become a part of the "House of Fairies," an institution formed to further women by priming them in the creative arts and royal etiquette. Not much later, Nawab Wajid Ali Shah wed her in the process of a *Nikah Mu'tah* (temporary marriage), soon making her the "official wife" after their son's birth. The begum's saga could have been directed towards one of loyalty to the crown, but fate had other plans in store for her.

Oudh (Awadh) was annexed by the East India Company in 1865, and the *nawab* was exiled to Calcutta. It was then that Begum Hazrat Mahal, weary of upholding a passive role, revolted against the British in Lucknow. With the growth of rumours that assault rifles were being made with the grease of animal fat and the tragic death of the Indian soldier Mangal

Pandey, the stage was ripe for a nationalist revolt. Begum Hazrat Mahal, with the acumen of a strategic military **tactician**, readied and directed her troops, fighting for Awadh and its release with the help of Raja Jalal Singh. Managing the military's three frontiers, she led them, mounted atop an elephant, and succeeded in driving out Sir Henry Lawrence, the then Chief Commissioner of Awadh.

Begum Hazrat Mahal's prowess, however, exceeded the battlefield. Her pen, mightier than any sword, wrote poems and proclamations that were able to rally numerous people for the homeland, and even united the Hindus and the Muslims until the very end.

When Lucknow eventually fell to the British due to the betrayal of her loyal confidantes and Nepal sending Gorkha troops in support of the British, Begum Hazrat Mahal's spirit refused to bow. Seeking sanctuary later on amidst Nepal's rugged landscape, she braved forward, forging alliances that bridged borders and twined ethnicities.

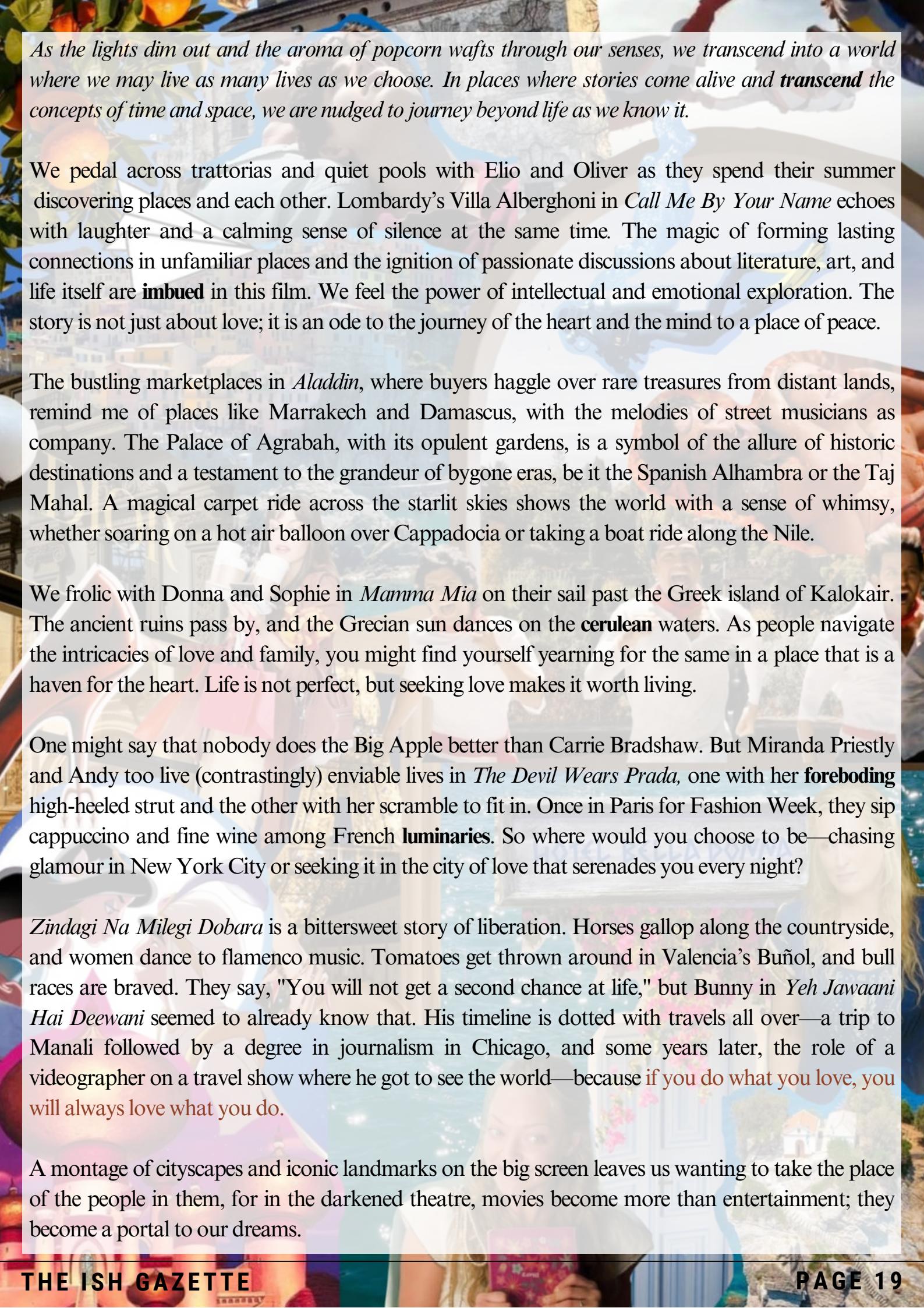
Her story is an ode to a warrior's sacrifice: that there lies in every individual the might to write history, to carve out courses unthought of, and to redefine lives, all while blazing a trail of valour with a tilted crown on their head.



THROUGH

~~gaming~~

sénorita



As the lights dim out and the aroma of popcorn wafts through our senses, we transcend into a world where we may live as many lives as we choose. In places where stories come alive and **transcend** the concepts of time and space, we are nudged to journey beyond life as we know it.

We pedal across trattorias and quiet pools with Elio and Oliver as they spend their summer discovering places and each other. Lombardy's Villa Alberghoni in *Call Me By Your Name* echoes with laughter and a calming sense of silence at the same time. The magic of forming lasting connections in unfamiliar places and the ignition of passionate discussions about literature, art, and life itself are **imbued** in this film. We feel the power of intellectual and emotional exploration. The story is not just about love; it is an ode to the journey of the heart and the mind to a place of peace.

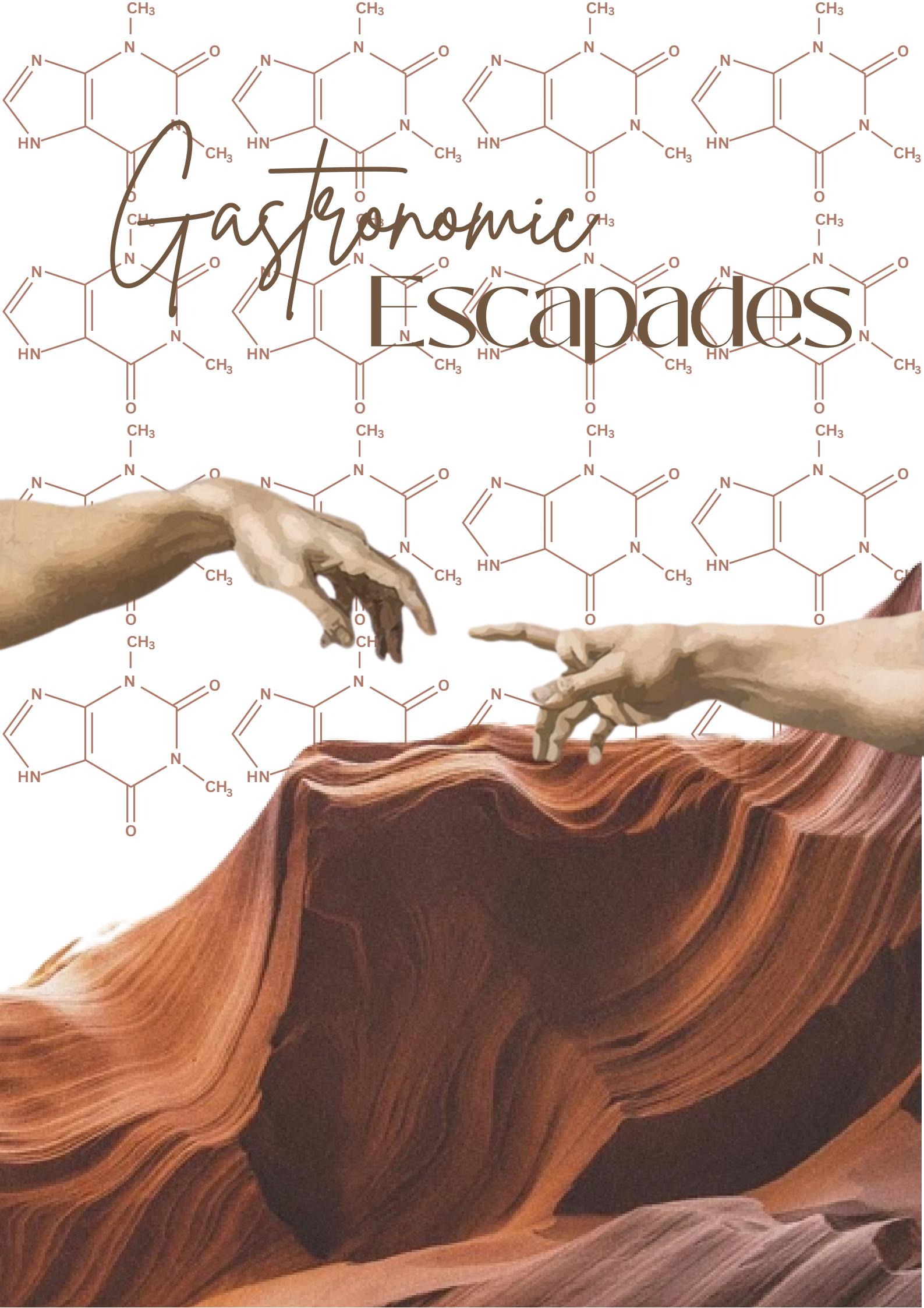
The bustling marketplaces in *Aladdin*, where buyers haggle over rare treasures from distant lands, remind me of places like Marrakech and Damascus, with the melodies of street musicians as company. The Palace of Agrabah, with its opulent gardens, is a symbol of the allure of historic destinations and a testament to the grandeur of bygone eras, be it the Spanish Alhambra or the Taj Mahal. A magical carpet ride across the starlit skies shows the world with a sense of whimsy, whether soaring on a hot air balloon over Cappadocia or taking a boat ride along the Nile.

We frolic with Donna and Sophie in *Mamma Mia* on their sail past the Greek island of Kalokair. The ancient ruins pass by, and the Grecian sun dances on the **cerulean** waters. As people navigate the intricacies of love and family, you might find yourself yearning for the same in a place that is a haven for the heart. Life is not perfect, but seeking love makes it worth living.

One might say that nobody does the Big Apple better than Carrie Bradshaw. But Miranda Priestly and Andy too live (contrastingly) enviable lives in *The Devil Wears Prada*, one with her **foreboding** high-heeled strut and the other with her scramble to fit in. Once in Paris for Fashion Week, they sip cappuccino and fine wine among French **luminaries**. So where would you choose to be—chasing glamour in New York City or seeking it in the city of love that serenades you every night?

Zindagi Na Milegi Dobara is a bittersweet story of liberation. Horses gallop along the countryside, and women dance to flamenco music. Tomatoes get thrown around in Valencia's Buñol, and bull races are braved. They say, "You will not get a second chance at life," but Bunny in *Yeh Jawaani Hai Deewani* seemed to already know that. His timeline is dotted with travels all over—a trip to Manali followed by a degree in journalism in Chicago, and some years later, the role of a videographer on a travel show where he got to see the world—because **if you do what you love, you will always love what you do.**

A montage of cityscapes and iconic landmarks on the big screen leaves us wanting to take the place of the people in them, for in the darkened theatre, movies become more than entertainment; they become a portal to our dreams.



Gastronomic Escapades

Chocolate is an elixir that has proven its powers to make me and others alike want to keep going back for more. The neatly cut rectangles of ROYCE's Nama Chocolate have set the mark for me. They are smooth, velvety, and bitter enough. It has been tough, but I somehow managed to write down some of my best encounters with this potion. Read on to find out...

Café Sprüngli



Zürich

When I got Miam's Everything Chocolate Box, my sister and I practically inhaled the best-selling Salted Caramel and Chocolate Cake and the luxurious pain au chocolat. I figured it was the best they could do until I had their **Intense Dark Chocolate Hazelnut Cake**. If you call that cake sinful, forgive me, for I have sinned. The best part? A chocolate caramel in the centre that you get in each texture-filled bite.

Café Paul



Delhi NCR

As we walked around the town of Colmar in the Alsace region of France, we found ourselves standing outside a demurely charming patisserie near the pizza place we had eaten at the night before. The **Chocolate Ganache Roulade** looked decadent enough, so we got a piece, dug in as a family of four, and fell in love. Sharing is caring, but just that much was not enough. So we returned and savoured each bite until the very end.

Be prepared to witness the mark of the pioneers of Swiss chocolate as you make your way into the cafe. You must order the **Chocoladen Traum Cake** first; it is unlike anything. Then, follow that with the **Truffles Cake Schnitte**. You could also do what I did and step out for a walk the same night to get yourself another round of these for dinner. It would only be fair to give David Sprüngli and his son rightful praise for the empire they built.



Miam Patisserie
Delhi NCR (delivery)

After discovering Cafe Paul in Paris and scoffing down their over-generously filled **Chocolate Éclair** during the summer of 2016, there was no looking back. In the coming years, I found the choux pastry on my various travels and realised that it tasted the same each time—the secret to it being consistent methods and guarded recipes. And if they are sold out, you'll see me go for the luscious and crispy **Chocolate Mille Feuille**.



Lorber Patisserie
Colmar, Alsace

The Big Chill



Delhi NCR

I have dined at this iconic Japanese establishment enough times to know which dessert is the best to finish a stellar meal with—the answer is undoubtedly the **Chocolate Pebble**. Its textures make the five bites it offers a treat you want to return for: crunchy, brittle, silky, and flush. Make sure to order more than just one portion if you're not going alone; it is completely worth it!

You could spend days wondering what to pick from their endless cake display and still not be able to choose. So here I am, saving you all that time and telling you what to eat. It is the **Chocolate Mud Cake**, which is available in most of the outlets but only tastes life-changing enough when I always ask them to warm it up for that extra gooiness. This fudgy cake with notes of salt makes me think that Augustus Gloop would definitely be a fan.

Yauatcha



Kolkata

La Plage

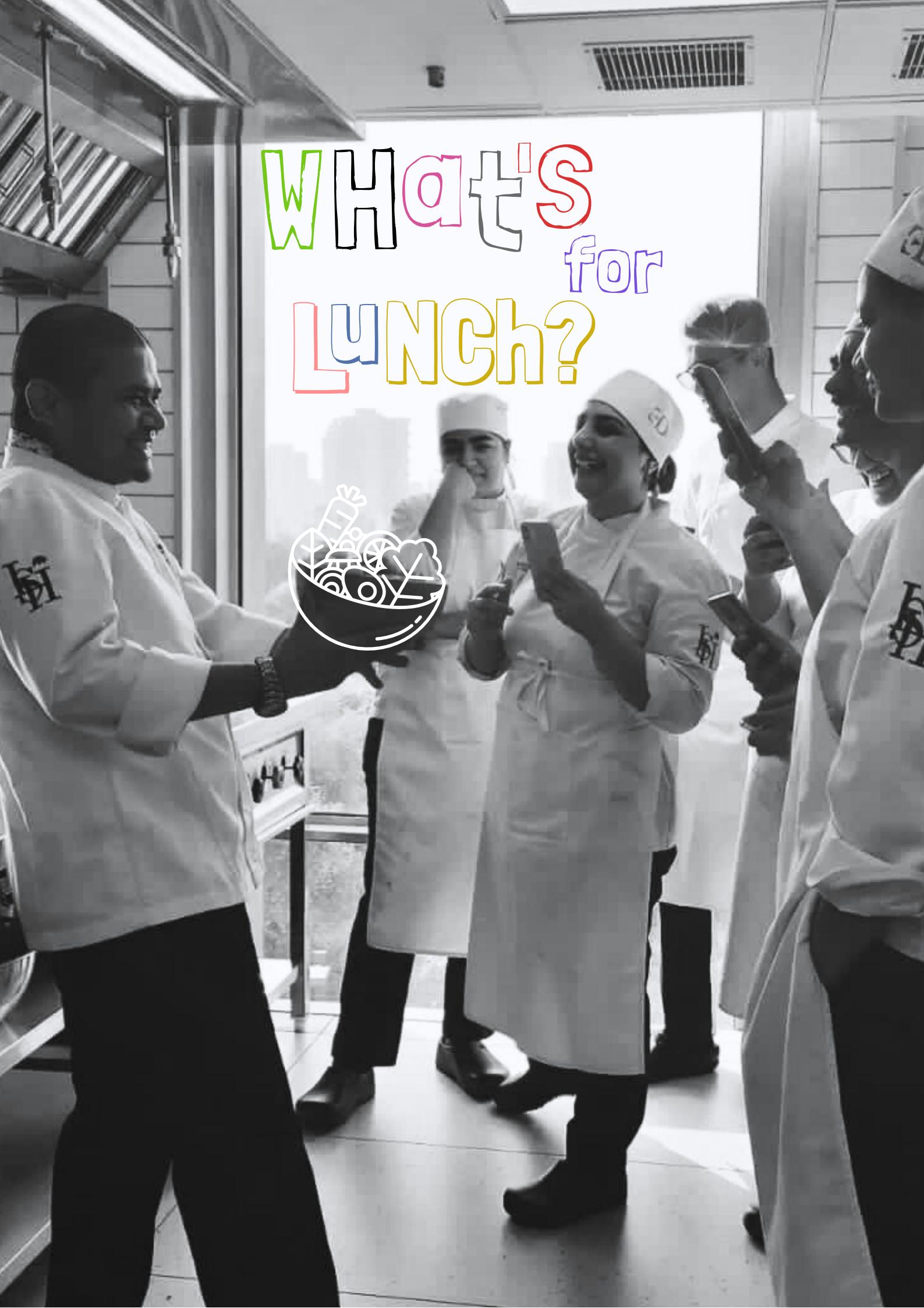


Goa

I never knew such a shamelessly fantastic concept could exist until I had it myself. La Plage is known for its buzz at night, but my mother took me there for other reasons, and I did not complain. From the ice cream and the truffles to the mousse and the praline, each bite of the **Chocolate Thali** fed my insatiable gluttony. Next time you're in Goa, you know where to get your chocolate fix.



Kolkata



What's
for
lunch?



W

ell within two weeks into the course, when all of the DICA 08 Batch was still getting used to their "Birkies" and weaning themselves to the unforgiving reality of being a chef, they were presented with the task of taking charge of the lunches served at Food Hall. Dr. Zubin D'Souza, the Dean of Culinary Arts, demanded nothing short of what is expected of budding chefs—they had to spin out new menus and run the show from start to finish. Every new day saw a new executive chef, who was assisted by their right hand, the sous chef.

The behemoth task of catering to three hundred people each afternoon was like the ebb and flow of a surging tide, as Dhivya described it. During the first five days of the takeover, the new students showcased North Indian cuisine, but the variety of food served turned out to be repetitive. Observing this, Chef Zubin brought the exercise to a halt. They took a break, learned from their faults, and recuperated by hosting a cheerful evening themed "West Coast Boho."

As promised, the sprightly bunch were given a second chance after proving their worth. This time, it was far quicker to get a grasp of the drill. There was diversification, and the diaspora cooked foods native to the states they came from. Curious diners had options ranging from Tamil Nadu's *payasam* to Hyderabad's *biryani*, Kerala's *malabar parotta* and *korma*, and West Bengal's *aloo poshto*, among many other dishes. Head towards the centre of the subcontinent, and they served *kebabs* and *vada pav* on a drawl-like day. Then, of course, a journey up north called for *dal bati churma* and *chole kulche*. Soon enough, they began outdoing themselves each time—they baked pizzas and rolled out handmade pasta for the Italian meal, and then churned dips and pickled vegetables for the Mediterranean one. Justice was done to the fact that desserts are the most sought-after course on a menu, with endless servings of creamy *shahi tukda*, syrupy thin *malpuas*, and fragrant rose panna cottas.

Somewhere in the middle of persistently taking responses from people and striving to outperform our previous efforts, we realised how we had shed old notions and concepts, giving way to new ones. Every team member inspired and uplifted the other, for it was never a competition for just one person to be the best, but for us to be better together every single day.



DICTIONARY

Metamorphosing (met-uh-mawr-fohz) *Verb* • To change into a completely different form or type.

Indigenous (in-dij-uh-nuhs) *Adjective* • Originating in and characteristic of a particular region or country

Augmented (og-men-td) *Noun* • Made greater, larger, or more complete.

Stupor (stoo-per) *Noun* • A condition of greatly dulled or completely suspended sense or sensibility.

Hallowed (hal-ohd) *Adjective* • Regarded as holy; venerated; sacred..

Demurely (dih-myoor) *Adjective* • Affectionately modest, reserved, or serious.

Hinterland (hin-ter-land-) *Noun* •

A region lying inland from a coast.

Destitute (des-ti-toot) *Adjective* • Lacking something needed or desirable.

Tactician (tak-tish-uhn) *Noun* • One versed in tactics .

Transcend (tran-send) *Verb* • To triumph over the negative or restrictive aspects of.

Trattoria (trah-tuh-ree-uh) *Noun* • A usually small Italian restaurant.

Cerulean (suh-roo-lee-uhn) *Adjective* • Deep blue; sky blue; azure..

Foreboding (fawr-boh-ding, fohr) *Noun* • A prediction; portent.

Luminaries (loo-muh-ner-ee) *Noun* • A celestial body, such as the sun or moon.

CREDITS (photographs)

Cultivation of Cuisine:

Cover- Marketing Team, ISH for Chef Babu Nagarajan and Chef Aabhas Jain; article- Google (magazines and websites).

Omotenashi:

Chandni Chhajer on her trip to Japan, 2023.

Side Hustle:

Article- provided by each individual featured.

Down the Family Tree:

Recipe 1- Avishikta Dey; Recipe 2- YouTube video by Behrouz Biryani.

Gastronomic Escapades:

Article- Google, respective websites, and clicked during writer's travels.

TEDxISH:

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What's for Lunch:

Cover- Dhivya Ganesan; article- DICA 8, collectively.

OUR TEAM



Raagini Poddar
Editor-in-Chief



Reeya Shukla
Creative Director



Agrima Chopra
Writer



Jaanvi Gupta
Writer



Simaran Nanda
Writer & Design Lead



Arshhia Arora
Designer



Neeraj Sahu
Writer



Prajnadita Kumari
Photographer



Mahiyu Dasgupta
Designer



Rhea Budhraja
Designer



Joshua Wilson
Collaborator



Shiven Goel
Collaborator



Ishitta Madhyan
Designer

