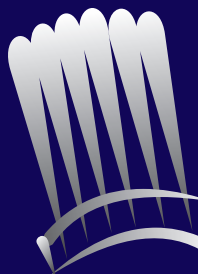


#ZERO  
WASTE  
COOKING  
IICA

read more on page 4



International Institute  
of Culinary Arts,  
New Delhi  
Sharing Knowledge,  
Building Happiness



# IICAONICS

NEW DELHI

## The IICA Newsletter

VOL. 2 / NOVEMBER 2019

## IICA CONVOCATION DAY

*Celebrated by IICA for the batch of 2019*

IICA, New Delhi celebrated another Convocation Day for the batch of students of 2019 on 1 October, 2019 at the Le Meridien in New Delhi.

Present at the event where celebrated luminaries like Chef Davender Kumar, Mr Anil Bhandari, Mr Sid Khullar, Mr Krishan Kumar and Chef Priyam Chatterjee — and the graduating students were witness to a thrilling panel discussion on the subject, “The Role of a Chef Outside the Kitchen”, moderated by our Chairman-cum-Founder, Chef Virender Singh Datta.

IICA, New Delhi, wishes all graduating students all the best in their lives!



CHEF PRIYAM CHATTERJEE, FIRST INDIAN TO RECEIVE 'CHEVALIER DE L' ORDRE DU MERITE AGRICOLETO' BY THE GOVT OF FRANCE IN CONVERSATION WITH MR VIRENDER SINGH DATTA



PASSOUT BATCH OF 2018-19



"STUDENT OF THE YEAR" BEING AWARDED TO CHEF SAKSHI BANSAL BY MRS ALKA DATTA



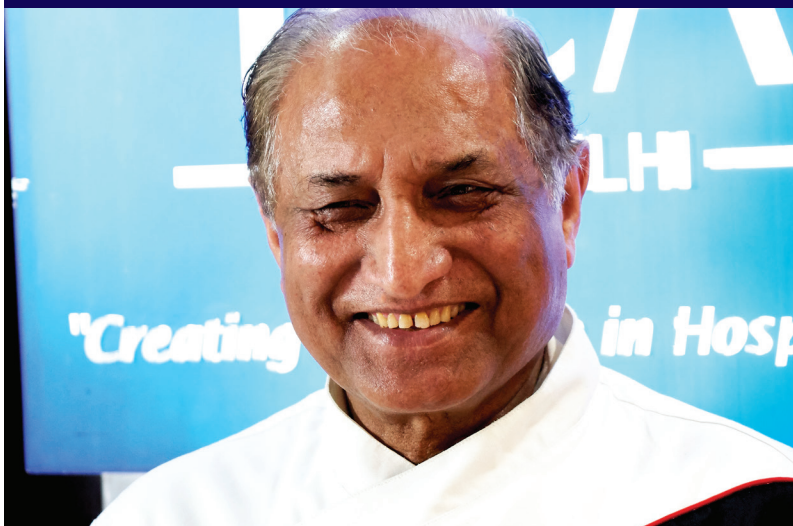
GRADUATION CERTIFICATES BEING AWARDED BY MR ANIL BHANDARI, CHAIRMAN ABSMART CONCEPTS & MR VIRENDER SINGH DATTA



PANEL DISCUSSION (L-R): CHEF PRIYAM CHATTERJEE, CHEF DAVINDER KUMAR, MR ANIL BHANDARI, MR V S DATTA, MR SID KHULLAR

Editor-in-Chief | Artwork  
Rupreet Datta | Subhojit Sanyal

# Chef Briefing.



Dear Members of the IICA family,

In the second issue of the *IICA-onics* we have incorporated a number of feedbacks we received from our readers and I hope that all of you will find this useful.

An important area I would like to enlarge upon is engaging in cleanliness. We are in the culinary business which is directly related to hygiene, nutrition and naturally health. It is therefore, important to maintain *swachhta* in our kitchens.

At IICA, other than teaching the Culinary Arts to our students, we are very particular about imparting certain kitchen disciplines which to us are as important as the preparation of the dish itself.

While some of it concerns elements of teamwork, working to the line of command and total focus in the process, one very important factor is the issue of cleanliness.

We believe that just as a soldier performs best in a uniform, so do chefs. A badly kept kitchen can never develop healthy, tasty dishes, no matter how expensive the ingredients, how experienced the chef.

You don't have to watch programmes by Ramsay to know what a clean kitchen is all about. You can come visit us.

Indians believe that Lakshmi prefers to stay at homes only where the kitchen is clean. For us, it is an in built process.

*Happy reading!*

**Chef Virender Singh Datta**

# The Chef

THE KITCHEN ARCHITECT



CHEF SUMIT GUPTA  
EXECUTIVE CHEF, IICA



Why is it important to have a properly designed food premises?

There are so many types of hazards associated with the food production area which are present at all levels be it before the production, during the production and after the production. To ensure the safety of your employees a properly designed food premises is a must to eliminate all the possible risks and hazards that might occur in future. Everything from walls and ceilings to your equipment's all are important to make a linear work flow and there are many such points you need to keep in mind.



# What you need to keep in mind!

1. **WALLS & CEILINGS** — Tile is hard, durable, and water-resistant and shrugs off stains. The walls and ceiling should have no cracks on them and no drippings or leakage. Ceiling can be well painted with white plastic paint with high stability and walls tiles should also be light in color, which makes your kitchen looks bright and spacious.  
Also, not to forget about kitchen flooring must be non-slippery
2. **WINDOWS & DOORS** — Zero to no amount of windows should be there to avoid any pest infestation or any birds from entering the kitchen premises and cause contamination. Doors should be located at both ends of the kitchen to maintain a linear work flow and with metal strips under them to prevent pests and rodents from entering.
3. **LIGHTING** — Ample amount of lighting should be there to prevent physical hazards and kitchen accidents from happening like – cuts, slips, trips, burns, physical contaminant like hair in food items. Ex- always checks for fuses and condition of all the lights on regular intervals.
4. **DESIGN OF WASTE AREAS** — There should be separate designated areas to discard wastage from food premises located away from food preparation areas to kill any chances of cross contamination. Ex- oil discarding chambers and wastage dumping areas,
5. **WORK FLOW** — There should be a proper work flow that needs to be maintained by segregation between high risk and low risk areas like- Separate areas for butchery and main kitchen to avoid any temperature changes.
6. **VENTILATION** — To maintain the desired temperature ranges for storing and preparing food the ventilation of the place and utmost important role by centralized ACs system and walk in fridges and freezers. Also the design of the building and location is the key factor which decides total doors and openings of kitchen to connect other food preparation areas
7. **DESIGN OF WORK AREAS** — Working areas need to be non-porous, non-corrosive, uniform with no cracks and non reactive in nature. Storage areas should be temperature controlled with no opening for pests to enter and spoil the food that is being stored. Availability of hand wash facilities is a must with proper basins and liquid soaps. Ex- don't use iron as your work surface as it may corrode after sometime and rust may react to your food items to produce toxics and chemicals.
8. **SERVICES** — Services like water, gas, drainage and electricity and sanitation. Staff changing areas and CHEFs office, training theaters should be there if necessary. Ex- separate offices for different delegates and senior chefs or KST in charge.
9. **EQUIPMENTS** — Equipments that poses these following qualities should be present in the premises –
  - **EASY TO OPERATE** — The person operating the equipment should not find the equipment difficult to use.
  - **EASY TO CLEAN** — The person trying to clean the equipment should not face any difficulty in cleaning the equipment.
  - **IMPERVIOUS (INCAPABLE TO GET DAMAGED EASILY)**
  - **ALLOW ADEQUATE CLEANING OF SURROUNDING AREAS**



# 'Zero' Waste Cooking — the game-changer!!

Arjun S Datta  
Chief Operating Officer



Food is one of the most precious resources we have ever had, and most of us forget how little thought we put towards conserving it and building awareness of reducing wastage.

When asked what 'Zero Waste Cooking' means to us, most of us think about it as a trending topic amongst most forums and chefs nowadays, and for some this may relate to fond memory of our childhood when leftover rice from the night before was used to make kheer, or leftover roti was made into a 'Bessan Ki Roti' — or my personal favorite, leftover cake which becomes trifle pudding.

One might ask, were these creations all accidental wonders or deliberate efforts of grandmothers & chefs alike to do something very close to their hearts, "Zero Waste Cooking"? I'd like to think that it was the latter.

As Chefs, there are chefs across the country who are building awareness about this subject in many ways. Chef Megha Kohli, Head Chef at Lavaash by Saby ensures her kitchen and team is a Zero Waste Operation. During her keynote address to our students this year, she narrated how she takes simple and effective steps to reduce wastage. This includes pickling all her leftover vegetable trimmings or making garnishes from peels.

As consumers, let's also embrace this in our daily lives. "Be the change we want to see", as Gandhi had said. One can be conscious of where we eat or and educate ourselves of the consequences. Though it may not be easy now, but I believe that the more we ask, the more we find out.

As an Institute, we have always strived to ensure that our students imbibe the values expected of the modern kitchen operations, the salient features being — *hygiene* and *zero waste cooking*. In the spirit of knowledge exchange on the subject of Zero Waste Cooking, IICA has the privilege to be a part of the 4<sup>th</sup> Edition of the World Week of Italian Cuisine, an initiative by the Italian Embassy, New Delhi.

In this edition of the World Week of Italian Cuisine, Italy's premier culinary institute, ALMA, will be deeply involved with IICA at our New Delhi campus, and conduct workshops with our students to demonstrate the true essence of #ZeroWasteCooking.

## There are 5 steps all of us can adopt to take our kitchens a step closer to #ZeroWasteCooking

1. Use the correct & well-maintained tools for the job, Sharp knives for cutting fruit/vegetables/meat reduce wastage.
2. Don't buy pre-processed ingredients, for example- its' better to cut your vegetables yourself.
3. Understand your ingredients well, for example- Egg Shells, Extracted Coffee Powder make good fertilizers.
4. Planning Menus' is the key, plan ahead of time what can be made from trimmings/leftovers.
5. Store ingredients properly, all ingredients have a different requirement of temperature & moisture.



# MISSION STATEMENT

To establish a research-oriented **chef training institute** that is equipped with state-of-the-art learning facilities, meets global standards of quality culinary education and delivers internationally recognised culinary qualifications to our students.

## VISION STATEMENT

To create an environment of TEACH-TO-LEARN in the institute, thus enabling our students to acquire a self-learning attitude for life.

To train and develop culinary professionals, who follow an ethical approach to the culinary profession.

To provide comprehensive knowledge of all aspects of culinary profession, including but not limited to raw material appreciation, procurement, preparation and presentation of cooked items for customer consumption.

To train our students with requisite culinary arts skills and administrative abilities to be “job-ready” at the end of the prescribed course curriculum.

To cover the complete course curriculum as prescribed by Sikkim Manipal City & Guilds governing body.

To meet all requirement of WACS (World Association of Chefs Societies) in delivering quality education as per international standards and thus, make our students worthy of WACS global chef qualifications.

To provide all opportunities to our students for industry interface through industrial training and food industry support services.



**International Institute  
of Culinary Arts, New Delhi**

*Sharing Knowledge, Building Happiness*

# IICA CONVOCATION DAY

*Celebrated by IICA for the batch of 2016*



GRADUATING BATCH 2017–2018 WITH CHIEF GUEST PADMA SHRI DR PUSHPESH PANT



INAUGURATION OF IICAONICS BY CELEBRATED FOOD CRITIC & AUTHOR  
MS MARRYAM H RESHII & PADMA SHRI DR PUSHPESH PANT

IICA organised their Convocation Day at ITC Sheraton Saket, Delhi. The day with many expectant and eager minds waiting to grab that certificate — the certificate which signifies the fruit of their labour of years of studies and skill development. It is a long awaited day for more than 75 students of a host of courses — ranging from advance diploma in culinary arts, to diploma in bakery and patisserie.

The convocation ceremony is a solemn occasion where esteemed food historians and critics come together to congratulate and respectfully handover the respective diplomas and certificates to graduates who have successfully passed their examination. The dignitaries present in the gracious occasion were Padma Shri Dr. Pushpesh Pant, food historian, author and TV presenter; Mrs. Benita Sharma, Vice president, ITC Hotels and GM, ITC Sheraton Saket; Chef Manish Bhasin, Senior Executive Chef, ITC Maurya; Ms Marryam H Reshii, food critic, author,

food and lifestyle. The discussion was moderated by Chef Virender singh Datta, Founder and Chairman, IICA — who also gave away special awards and certificates to students with 100% attendance and excellence in studies.

**Panel discussion:** *The core competencies of a culinary institute.* Our honoured guests shared their global experiences onto further enhance the learning experience of our students. It was a communicative session between young chefs and the panelists about challenges faced by budding chefs while taking their first step in the industry and the aspirations they carry with them — as Padma Shri Dr. Pushpesh Pant stated, “You run the race against your challenge.”

After that a very interactive session of questions and answers ensued, where students asked dignitaries queries regarding the future aspects and growth of the industry, which was essential for young chefs to know to make their visions clearer.

The first edition of the IICA newsletter, *IICAonics* [Volume 1, November 2018] was also released at the event by our honourable guests. The newsletter talks about a day in the life of IICA students at the institute, world culinary news, traditional and modern equipments in baking and has some recent stories of our alumni spread across the world.

The event concluded with high tea.



# NEWS FROM THE CULINARY WORLD

## IICA NEWS

### IICA FOOT PRINTS IN JAPAN WITH IICA CURRY



IICA, New Delhi plan to expand their footprints in Japan in association with Ms Yoko Miamoto of BFG, Japan International Institute for Culinary Arts, New Delhi (IICA) who have already introduced Indian curries in the Japanese market by developing ready to use curries in collaboration with Ms Yoko Miamoto of BFG, Japan are now touring Japan to study the prospect of developing more such products and offer an extensive range of Indian cuisine related services. IICA, New Delhi, India's premier knowledge exchange hub in the field of culinary arts will be participating in various business meets to prospect the possibility of joint ventures centering around Indian cuisine. They plan to offer franchisee services for culinary arts, complete with material and content for learning Indian cuisine and provide training to local chefs to conduct the classes; set up Indian cuisine restaurants by providing menu, recipes, advisory services and even marketing services to promote Indian palette in Japan. The services will be on a turn key basis, including supply of kitchenware required for Indian cuisine. Founded in 2005 by iconic hotelier and chef, Virender Singh Datta, who has over 50 years experience, having worked for leading brands like Oberois and Welcomegroup in India and abroad. Datta is a highly decorated culinary celebrity and IICA, New Delhi has already turned out over 2000 chefs who are employed in leading hotels and restaurants all over the world. "Under the guidance of Ms Yoko Miamoto we will plan to extend our knowledge transfer services for providing a wholesome package of Indian cuisine," says Datta.



MR V S DATTA & MR ARJUN DATTA UNVEILING THE IICA CURRY WITH MR TAKEHISA INOUE, CURRY GURU AT THE CURRY UNIVERSITY JAPAN & MS YOKO MIAMOTO, DIRECTOR BFG TRAVELS

# WORLD CULINARY NEWS



**Mirazur  
announced  
as the  
number one  
restaurant  
at The  
World's  
50 Best  
Restaurants  
ceremony in  
Singapore.**

Mirazur in Menton, France has been announced as the number one restaurant at the The World's 50 Best Restaurants ceremony in Singapore.

Speaking on stage just after receiving the highly contended accolade, chef Mauro Colagreco said: "Wow, wow, wow, wow... What a crazy year, three Michelin stars and number one in the world, all in the same year. It's a year I will remember forever."

"Today we are celebrating France and its value: Liberty, Equality, Fraternity. France has allowed me to express myself, Argentina to my memories from my childhood, to Brazil who has offered me the love of my life and to Italy where more than half of my team are coming from."

"Cuisine is able to close all kinds of borders. I would like to express to all the chefs in the world my love and gratitude." He finished with a poetic line: "Borders? I've never seen one, but I have heard they exist in the mind of some people."

Number two on the list went to Noma.2 in Copenhagen, a new entry that excited the crowd and showed just how influential Rene Redzepi is to the gastronomy world, the third spot was awarded to Asador Etxebarri in San Sebastian.

The One to Watch award went to Lido84 on Lake Garda in Italy, the Highest Climber on the list was Azurmendi in Spain and the Best Female Chef title was given to Daniela Soto-Innes from Cosme in New York. Humanitarian chef José Andrés collected the inaugural American Express Icon Award.

The World's Best Pastry Chef went to Jessica Prealpato from Paris and The Sustainability Award went to Schloss Schauenstein in Switzerland by chef Andreas Caminada. The Chef's Choice Award, voted for by all the chefs on the list, went to Alain Passard. The Art of Hospitality Award 2019 went to Den in Tokyo, Japan with chef Zaiyu Hasegawa.

2019 saw a big change in the overall organization of the list with previous winners, Massimo Bottura, Daniel Humm, Ferran Adria, The Roca Brothers, Thomas Keller, Rene Redzepi and Heston Blumenthal, included in a new Best of The Best list. Noma.2 was ranked 2nd on the list because it's a new restaurant in a new location.



# Eugénie Brazier.

## *The Chef.*



Not much footage of ‘Eugénie Brazier’, the first woman to hold three Michelin stars and the first person to ever hold six, survives of the iconic French chef at work but here is some.

Known as the ‘Mother of French Cooking’, Brazier was born 12 June 1895. She opened her first restaurant in Lyon at the age of 26 and her star soon rose with her brand of simple, elegant and very French food. In fact, she is attributed with inventing Lyonnaise cuisine, a style of cooking that earned her student, one Paul Bocuse an international reputation.

While Brazier cooked for the likes of Marlene Dietrich and Charles de Gaulle, who came from far and wide to eat her dishes like ‘Langouste Belle Aurore’, a whole lobster in brandy and cream or ‘chicken in half mourning’, with truffle under the skin before the bird is poached, Brazier shunned the limelight.

She famously turned down the French Legion of Honour claiming that the medal “should be given out for doing more important things than cooking well and doing the job as you’re supposed to.”

Cooking for love, not glory was Brazier’s *raison d’être*. Orphaned at the age of 10 she claimed that she “had never eaten better,” than her mother’s simple dish of leaks and vegetables cooked in milk and water and enriched with eggs and poured over stale bread.

# STUDENT TALK

## *my experience*

### AT GORDON RAMSAY'S MAZE GRILL, HONG KONG



SAKSHI BANSAL  
BATCH OF 2016

My Journey as a chef with Maze Grill Hong Kong was pretty amazing. Our Chef Gareth Packham and the entire team were extremely helpful and supportive. Moving from commercial kitchens working in India I got to learn a lot of new systems and techniques there. For the first few months I was working in the larder section where I handled various varieties of salads and appetisers which were on the maze grills menu. In the process I was introduced to various high quality and rare ingredients.

If someone is working in chef Gordon Ramsay's restaurants one will come across his most favourite and now one of my favourite signature dishes Beef wellington. Talking about beef wellington we apply the first layer the egg pancake then minced and sautéed button mushrooms mixed with eggs and tartufo pate. Trimmed beef tenderloin brushed with English mustard and then it was finally rolled in the puff pastry. The final product was baked in the convection oven at 220 degrees for 15 mins and 5 mins resting time. For the final service with heated the wellii as we all called it at the restaurant for 5 mins in the oven at the same temperature. The beef wellington is ready to be served with mash potatoes.



BEEF WELLINGTON  
IMAGE COURTESY: [GOODTOKNOW.CO.UK](http://GOODTOKNOW.CO.UK)



# MY LIFE AS A CHEF

SHIKHAR  
BATCH OF 2018

After training at the Oberois and Olive, I got my first job as a chef at La Roca, Aerocity, where I was hired as a Commis Two — with the opportunity given to me by my Institute to work under the supremely talented Chef Akshay Bhardwaj. I started working at the grill section, and the staff was very supportive. I had been losing confidence and hope in tomorrow



for a while now. I had all the energy and the staff kept telling me everyday that I had a golden chance to make it out of here and make a good name for myself in the industry as a capable and well-knowledgeable chef — and slowly, I started picking up on that energy from everyone and pushed myself to achieve that golden ticket to prove them that I can be capable. Given the position of a junior staff, but working nothing less than a CDP. I didn't back down even once, picked up all the mise and the recipes of all the sections, worked 11 hours everyday and rounded up everything this place had to offer within a month — cold, hot, grill and bakery.

After a while I had gained the attention of my sous chef and my other seniors, resulting in them letting me do anything and everything and making myself even more capable of things like ordering, paperwork, sales and menu design. I built a very strong bond with my sous chef and he taught me all he had to offer regarding seafood and I am still on the road, where I get to go to various other projects with him and learn even more than what I had never imagined.

At this point I get to handle the entire kitchen on my own, I have grown into an individual where I'm being trained to be a good leader. Recently, the menu was changed and I got a chance to get my lamb shanks onto the menu — and the new corporate chef loved the jus and the rich wine braised shanks.

Apart from administration and culinary learning, I learnt the most morally people here in this industry are from not-so-fortunate backgrounds, and the way that

they have climbed up to this point is very respectful, the way that they pick up people who are worth it cause of their attitude to learn, because they know the meaning of struggles and not having that person to give them the opportunity to move ahead, even when their work was excellent. I met my mentor here and since then my life has changed because of him, and he left me with this lesson to read the knowledge and to selflessly push and pick up those who you think are worthy. No one can steal your talent, but you can always nurture what others are struggling with.

To a great journey ahead, one that has only started!



# PASTRY SCHOOL

Make Your Choices Carefully!

## Kavita Agarwal

Alumni 2016 January Batch

3 years back, just like an aspiring student, I entered the doors of my alma mater, International Institute of Culinary Arts, New Delhi. The first few days of starting of our program gave us insight to the industry. We got to look and listen to industry experts which are rather rare before you enter the industry. As the course progressed we studied the technical, practical and theoretical aspects of bakery and patisserie. Unheard French terms like boulangerie, viennoiserie, entremets, became a part of our daily nomenclature. Fundamentals were something that was always the focus of the class. How to temper, how to scald, what is diplomat crème, what is a vacherin and what are verrines were the fundamentals which we learnt. I trained at the TAJ and Pullman and later joined Taj, New Delhi, as a commi. Within 6 months of my experience, a sea of opportunities opened up for me.

Today I am a proud owner and chef of my own cake studio, Vanilla, and would like to share a few important points that I learnt on my journey to choosing my alma mater to choosing the right workplace:

**Check the School Suitable for You:** Today you may find an array of schools for yourself. For making the right choices go through the website and find out the course suitable to your requirement. Once you do call up and fix yourself an appointment to visit the school. Ideally a good organization will have counsellor answering your questions online and will ask you for a visit as per the availability and admission criteria.

**Visit the School:** Plan your visit to check the facility, meet the faculty and management and get yourself counselled to get an insight on the courses and the academic system.

**Check Your Resources:** One does agree that earlier there were fewer options on how to select the right school for yourself but thanks to the internet google practically tells us everything. But also be well aware of the fact Google is 99% correct but there still could be that 1 % chance of altered information hence alumina record or talking directly from people in the industry might give you a clearer vision.

**Affiliation & Accreditations:** Besides the people behind the organization and their industry exposure it is also very important that a culinary school has affiliation to bonafide education and industry bodies. IICA for instance is the first ever culinary academy to be an approved school of WACS ( World association chef Societies ) and is also affiliated to Tourism and Hospitality Skill Council India ( NSDC) along with City & Guilds, UK. IICA is also partnered with ALMA school of hospitality, ITALY for a cross exposure for its students.

**Alumni & Placement:** The biggest achievement of a good institution is its placement record. The school of your choice should be able to help you achieve your objective and help you in the complete process of attaining your objective.



# Gallery.



INAUGURATION OF THE VIP LOUNGE FOR ITALIAN EMBASSY  
AT THE VFS CENTRE (CONNAUGHT PLACE) EVENT CATERED BY IICA, NEW DELHI



MR BRIAN SCHWARTZ, INTERNATIONAL BUSINESS  
DEVELOPMENT HAMILTON BEACH INDIA CHEF SUMIT  
GUPTA & CHEF DIWANSHU AT THE HAMILTON BEACH  
DEMONSTRATION — MUMBAI & BANGALORE



INTERNATIONAL YOGA DAY CATERING BY IICA, NEW DELHI AT THE ITALIAN EMBASSY



IICA TEAM AT THE NESTLÉ RESEARCH CENTRE

IN CONVERSATION WITH MR DATTA WITH CHEF LAXMI, SOUS CHEF — JAMAVAR, THE LEELA, NEW DELHI &  
CHEF SUMIT GUPTA, EXECUTIVE CHEF — IICA, NEW DELHI







CARVING CLASS IN ACTION!



YOUNG CHEF PROGRAMME AT IICA, NEW DELHI



MR V S DATTA AT THE 14<sup>TH</sup> CULINARY ARTS INDIA 2019 WITH  
CHEF DAVINDER KUMAR, PRESIDENT, ICF







CHEF ANDY CHAPMAN FROM USA TAKING A MASTERCLASS FOR IICA STUDENTS ON SOUTHERN UNITED STATES CUISINE



CHEF DHIRAJ DARGAN (EXECUTIVE CHEF, COMORIN) SHARING HIS EXPERIENCE WITH STUDENTS OF IICA



CHEF KWANTIP DEKAKULA AT IICA DURING THE SHOOT OF A SPECIAL MASTERCLASS FOR IICA STUDENTS



MR. ALESSANDRO DE MASI (COUNSELOR, THE EMBASSY OF ITALY, NEW DELHI) DURING HIS MASTERCLASS ON CLASSICAL ITALIAN CUISINE







# BLACKOUT SPONGE CAKE

WITH JELLY AND CHOCOLATE  
TRUFFLE GANACHE



TRISHALA GURUNG  
COMMIS, OBEROI GURGAON  
BATCH OF 2017

## For the **Blackout Sponge Cake**

Flour	<b>150 gms</b>
Cocoa Powder	<b>60 gms</b>
Salt	<b>5 gms</b>
Baking soda	<b>8 gms</b>
Baking Powder	<b>6 gms</b>
Sugar	<b>300 gms</b>
Eggs	<b>125 gms</b>
Buttermilk	<b>185 gms</b>
Coffee (liquid)	<b>170 gms</b>
Butter	<b>85 gms</b>

1. Preheat oven to 170 deg Celsius. Prepare the cake pan with spray oil and parchment paper
2. Sift and whisk all the dry ingredients i.e Flour, Cocoa powder, salt, baking powder and baking soda and keep it aside.
3. In a mixing bowl, add the eggs, buttermilk coffee (liquid) and whisk well.
4. Add the dry ingredients to this mixture. Followed by melted butter
5. Transfer the batter in a bowl and bake for 20 to 25 mins at 170 deg Celsius.

Once the sponge is ready let it cool and store it in the refrigerator till required for assembly .

## For the **Peach Jelly**

Peach Juice	
Peach diced into pieces	
Sugar	<b>100 gms</b>
Gelatin	<b>8 gms</b>

1. Cook together the peach juice with the diced peach pieces.
2. To this add the sugar and mix well. Once dissolved take the pan out of the heat source add gelatin, mix well and let it set.

## For the **Classic Truffle Ganache**

Heavy Cream	<b>454 gms</b>
Salt	<b>1/8 tsp</b>
Chocolate	<b>680 gms</b>
Unsalted Butter	<b>227 gms</b>

1. In a double boiler, place the chocolate stir it frequently as it melts. When the chocolate is completely melted remove from heat and continue stirring until all of the chocolate is melted and smooth, set it aside to cool slightly.
2. Place the heavy cream in a small saucepan and bring to a boil remove from heat and allow to cool for 2 to 3 mins
3. Add the cream to the chocolate along with the salt and butter.
4. The chocolate ganache is ready to be used for the layering

Cut the sponge into 3 layers. Take one layer and moisten it with light sugar syrup. Add the ganache and peach jelly layer. Layer the 2 second layer similarly with the peach and ganache mix.

The final layer and the complete cake will be finally iced with the ganache.

You can use chocolate barks to decorate and add meringue on top and torch it with a blow torch for a professional touch.



# THE SCIENCE OF Carmelization

*Rupreet Datta*  
**Executive Director, Culinary Hiring**

What is caramelization? Discover the series of reactions which take place in sequence when sugar reaches 160°C and how to make the perfect caramel at home.

If I mention “caramel” it is quite likely that you will instinctively think of sugar. However, you will be well aware that something has to happen for those very sweet granules to become a fluid substance which, in just a few moments turns into a delicious coating with a malted flavour. That certainly something consists in a series of reactions scientists love to quote when engaged in explaining chemistry in a way that is fun and mouth-watering.

## HOW TO CARAMELIZE SUGAR

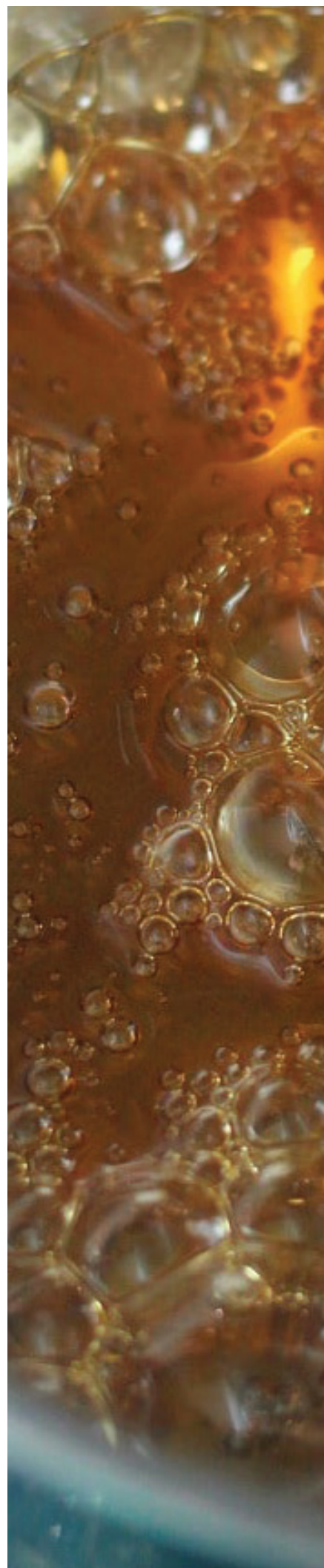
Let's start by saying that what we call “sugar”, the common sugar available in supermarkets or which comes in sachets with our coffee, is actually sucrose. It is a disaccharide, in which “di” stands for “two” and indicates the molecular union of two monosaccharides, glucose and fructose.

In nature, at ambient temperature, it assumes a solid state in the form of the crystals we are all familiar with, or as a solution inside plants such as sugar cane or sugar beet. However, if the temperature rises considerably and well above any temperature to be found in nature, this is where we enter the world of caramelization. This term refers to a series of reactions which take place in sequence, at around 160 °C, and which take us from a white grainy form to a delicious fluid with an unmistakable flavour.

## CARAMEL: DRY OR WET?

It is at this point of the process that the first Hamletic doubt immediately arises, one which divides the enthusiasts of caramel: dry or wet? The dry method consists in putting the sucrose into a saucepan, while the wet method contemplates dissolving it in water first and pouring the solution into a pan.

Chemically speaking, it makes no difference, because the wet version passes through the evaporation of the water we have added and leaves us with the usual sucrose. The advantage however lies in the fact that this small amount of liquid enables the mixture to be heated more gently and more evenly, without risk of burning. If you feel expert, go ahead with the pure sucrose.







## SMELLS LIKE SUGAR SPIRIT

Whatever your choice, once a temperature of 160°C has been reached, the heat will cause the sucrose molecules to break up into fructose and glucose molecules. These will then be transformed (“by decomposition”) into aromatic molecules. Chemists are not fond of this definition but let’s say that they have earned this name because odourless sugar is used to create a series of very intense aromas. It is all due to these molecules: ethyl acetate (fruity aroma), furans (hazelnut), maltol (roasted aroma) and diacetyl (butter).

If you think about it, the smell of caramel is actually a compound of these aromas! Besides, the formation of these molecules is very variable, and this prevents us from obtaining two identical caramels. There are always minor, yet delicious, differences to savour. In view of the characteristics of sucrose, and the temperature involved, the caramelization process takes place very rapidly.

## THE PERFECT CARAMEL RECIPE

As mentioned above, this can be a great resource for an expert cook, who can turn out a delicious caramel in a few minutes, but an authentic minefield for beginners! For this reason, it is advisable to use the wet method.

It consists in mixing about 150 ml of water with 300 grams of white sugar. At this point, a little hint comes in handy: if you happen to have some, add 100 grams of liquid glucose to stabilize the compound and obtain a caramel that is more fluid, golden and aromatic. Put everything into a thick-based pan and start to heat.

Mix with a spatula until the sugar dissolves and, from this moment onwards, do nothing but shake the pan without stirring to avoid the formation of crystals or lumps. It would also be advisable to keep an eye on the temperature: once it has reached between 165 and 180 °C, keep the caramel on the heat for no longer than it takes to reach the colour and aroma you desire, without exaggerating.

Turn off the heat and put the pan straight into a basin full of ice. Your delicious caramel is ready.



# This is IICA.

Established in 2005 by master chef-cum-hotelier, Virender Singh Datta, in the heart of Delhi's restaurant hub, Hauz Khas Village. IICA New Delhi has been a constant force in culinary education, with an elite professional faculty of chefs ushering in the next generation of culinary minds, facilitating industry support and impeccable placement of students in leading kitchens around the world. Taught in modern state-of-the-art kitchens, IICA students attain the next level of culinary perfection.



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