MEET OUR CHEFS’
A CULINARY JOURNEY OF OUR INHOUSE CHEFS’, THESE CREATIVE YOUNG MINDS ARE TRANSFORMING SODEXO’S CULINARY LANDSCAPE AND REIMAGINING HOW DINERS EAT OUT.

NEW FOOD MODEL
SODEXO IS REALIGNING IT’S STRATEGY TO ADDRESS EVOLVING & NEW MARKET MODELS WITH A VIEW TO INCREASE MARKET SHARE AND STRENGTHEN IT’S LEADERSHIP POSITION.

MORE & MORE FOCUS IS PUT ON FACTORS OF SUSTAINABILITY, DIGITALIZATION, CONTACTLESS DELIVERY SOLUTION, VOCAL FOR LOCAL AND SUPPORTING WOMEN RUN BUSINESS.
1. FROM THE DIRECTOR’S DESK

2. MEET OUR CHEFS’
   Rakesh Sagar - Corporate Chef, Corporate Services
   Kavita Kathoke - Executive Chef, Google - Mumbai
   Karl Benjamin - Segment Chef, Healthcare (South)
   Ruhi Sethi - Project Manager, Food Platform

3. HEALTH AND WELLNESS INITIATIVE

4. NEW FOOD MODEL - THE NEW NORMAL OF FOOD SERVICE

5. LOVE OF FOOD SIGNATURE RECIPES
   - Achari Pancer Tempura
   - Chatpata Fish ‘n’ Chips
   - Lamb Merlot Rogani
   - Gulab Jaamun Cheesecake
From the DIRECTOR'S DESK

Welcome to the 2nd edition of Love of Food E-Book, India. We as a team hope to keep our readers engaged and enticed with every edition that we publish.

"Today's market is a consumer market and the consumer needs have been changing faster than ever. With the world trying to adapt itself to the new normal way of living, the way people look at food has changed completely. With this thought, more & more focus is put on factors of sustainability, digitalization, contactless delivery solutions, vocal for local and supporting women run business. In a continuous process to keep up with the ongoing change in the market trends, our culinary & nutrition experts at Food Platform have developed multiple immunity boosting food solutions which are ready to be deployed across segments."

As part of our SoWellthy initiative, we have brought the focus back on ancient grains and millets which have been an integral part of Indian cuisine for centuries. These grains and millets being a powerhouse of nutrients, our Chefs’ have come up with enticing ways of adding these lost ingredients to our menus in a trendy way. Food Platform has partnered with New Food Model and Digital Teams in developing exciting new age technology assisted food solutions which gives Sodexo advantage over it’s competitors whether its on-site solutions, off-site solutions or automated vending solutions.

I am sure that all our readers enjoy reading the new edition of Love of Food E-book with fascinating articles and lip-smacking recipes ahead.

Srikanth V.
MEET OUR CHEFS’ ...

RAKESH SAGAR

Chef Rakesh comes with a rich 24 years of experience in the culinary world. He has worked across various segments right from Flight Kitchen to Cruise Liners across India & globally. Prior to joining Sodexo, Chef Rakesh was with Carnival Cruise Lines.

Chef Rakesh Sagar has been with Sodexo for 15 years. He specializes in Western & North Indian Cuisine & has conducted numerous Chef-Training Programs for the site employees and developed as well as executed menus for multiple prestigious events.

Some of the successful assignments executed by Chef Rakesh includes showcasing Vegan Indian & International food at J.P.Morgan’s Investment Summit in Hong Kong, MUNWCI 10th year anniversary which was attended by former Prime Minister Dr. Manmohan Singh, planning & execution for the 50th birthday celebration of India’s biggest business tycoon, Mr. Mukesh Ambani.

Chef Rakesh is currently part of the Evolution kitchen team, an innovation initiative that redesigns our food production and service processes using cutting edge technology. Under the Evolution project, Chef Rakesh successfully deployed Smart Kitchen concept at Adobe in Noida.

Signature Recipe

Kale Chana ke Shammi

Ingredients:
- Black Chickpeas - 200 gms
- Spring Onion (minced) - 40 gms
- Garlic Cloves (minced) - 4 to 5 nos
- Ginger (minced) - 10 gms
- Fresh Coriander (chopped) - 15 gms
- Fresh Mint (chopped) - 10 gms
- Red Chili Powder - 1 tsp
- Roasted Cumin Powder - ½ tsp
- Garam Masala Powder - 2 tsp
- Chaat Masala - ½ tsp
- Salt to Taste
- Lemon Juice - 10 ml
- Roasted Chana Dal Powder - 20 gms
- Oil for Frying
- Mint Sprigs - 20 gms

Method:
1) Soak the black chickpeas either overnight or for minimum 4-5 hrs.
2) Drain the water.
3) Combine all the ingredients together except oil & chaat masala and coarsely grind them without adding water.
4) Empty the mixture in a bowl, adjust the seasoning, cover it and refrigerate for 1-2 hrs.
5) Take small portions and shape them as per your choice, deep fry them in a medium hot oil till they are crisp and evenly golden in color.
6) Drain them on kitchen towel and serve them hot sprinkled with chaat masala along with chutney mayonnaise dip.
From a very young age, Chef Kavita was fascinated with food and how it is made. The moment Chef Kavita stepped into her 1st professional kitchen, she fell in love with the organized chaos and knew that Chef is the only title she wanted to achieve in her life.

After schooling she completed her diploma in Hotel Management from Institute of Hotel Management, Dadar. Post diploma, she pursued a specially course in Bakery & confectionary as well as a diploma in Nutrition & Dietetics. Chef Kavita has more than thirteen years of experience in the food industry where she has worked in different kitchens including Corporate, Industrial & Flight kitchen.

Chef Kavita has been with Sodexo for four years and has worked on multiple sites. She started her Sodexo journey with HDFC house where she spent two years & thereafter moved to Goldman Sachs. Currently, Chef Kavita is working at Google for the past one year and was part of the pre-mobilisation team. Here, Chef Kavita leads a team of fourteen Chefs’ which ensures that health & well-being as well as innovation and quality is the main focal point of the food that is being served.

### Breakfast Energy Bar

**Serves:**
16 pcs - 35 gms each  
Cooking Time - 25 mins

**Ingredients:**
- Mixed Nuts (Cashews/Almonds/Pistachios) - 200 gms  
- Pumpkin Seeds - 50 gms  
- Flax Seeds - 15 gms  
- Poppy Seeds - 15 gms  
- Dates - 200 gms  
- Cinnamon Powder - ¼ tsp  
- Ginger Powder - ¼ tsp  
- Edible Gum (Ghond) - 50 gms (deep fried in ghee)

**Method:**
1) Roast nuts and seeds for 5-6 minutes on very slow flame.  
2) Put aside. Let it cool down completely.  
3) Grind the nuts coarsely in a mixer-grinder or electric chopper.  
4) Add edible gum, dates, poppy seeds, flax seeds and cinnamon powder and grind in a mixer or electric chopper. Mixture should not be too dry or too lumpy.  
5) Remove mixture from tray. Flatten down completely and press firmly.  
6) Set the tray in the refrigerator for 30 minutes.  
7) Remove tray from chiller. Cut in bar shape and store in an airtight container.  
8) Can be stored upto 2 weeks.
MEET OUR CHEFS’ ...

KARL BENJAMIN

SEGMENT CHEF, HEALTHCARE - SOUTH

Chef Karl Benjamin Franklin from Chennai, South India, always had passion towards culinary art and techniques.

Chef Karl started his professional career in 1994 and gained round the world experience, with 25 years of culinary expertise. During his tenure in the culinary field, he became proficient in catering for both large scale operations and in fine dining service. Chef Karl has been associated with Sodexo India for past 7 years as Executive Chef, Key Accounts Manager & Culinary SME across Healthcare Segment, understanding their dietetic needs and cater to consumer and client expectations based on their therapeutic requirements.

Chef Karl participated in Global Chef USA, Global Chef Hong Kong & Global Chef Australia. His adaptation of classical Indian dishes like Chicken Chettinad, Goan Prawn Curry, Mango Kesar Phirni etc. had gathered accolades from consumers & clients across these countries.

Chef Karl Benjamin is renowned for his television shows in cooking. He has done shows on various regional South Indian TV Channels which has presence in Middle East & Far East Asian Countries other than India.

Signature Recipe

Mango Kesar Phirni

Ingredients:
- Milk – 1 ltr
- Basmati Rice – 100 gms (ghee roasted & coarsely ground)
- Fresh Mango Pulp – 100 gms
- Sugar – 125 gms
- Cardamom – 4 gms (powdered)
- Saffron – 1 gm (soaked in Luke warm milk)
- Pistachio – 30 gms (coarsely chop)
- Ghee – 50 gms
- Mango Syrup – 15 ml

Method-
1) Heat milk in a thick pan, add basmati rice and simmer until done.
2) Add sugar, cardamom and saffron & allow to cool.
3) Add mango pulp, stirring continuously without any lumps.
4) Sprinkle with pistachio & mango syrup.
5) Served chilled.
Chef Ruhi is a trained Chef with more than 8 years of experience in the food service industry. She started her career with The Oberoi Hotels where she spent six years gaining experience in authentic Indian as well as European cuisine.

Post her tenure with Oberoi, Chef Ruhi joined Lite Bite foods, a multi-speciality restaurant operating chain and QSR. She spent two years as Research & Development Chef for their multiple brands.

Chef Ruhi joined Sodexo in December 2019. Chef Ruhi actively supports the operations team in creating menu cycles for different sites under Foodiverse as well as hosting special events and site specific food promotions Ruhi played a crucial role in developing simple yet enticing recipes for our social media handle. Chef Ruhi also developed the culinary map for adaptation of Food & Co. offer in India to support the education segment.

---

**Khubani Tarte Tatin**

**Ingredients:**
- Apricots (khubani) - 110 gms
- Jaggery - 50 gms
- Butter - 25 gms
- Water - 50 ml
- Black Cardamom - 5 gms
- Fennel Seeds - 1 tsp

**Method:**

1. Cut & soak dry Apricot for 6-8 hours in water.
2. Take a pan and make a smooth syrup with jaggery, butter, water, black cardamom seeds and fennel seeds.
3. Cook the soaked apricots in the jaggery syrup till it is semi dry. Keep aside for cooling.
4. Take a medium sized baking mould and add the Apricot mixture.

**For Base:**
- Refined Flour - 200 gms
- Salt - 1 tsp
- Butter - 120 gm
- Water - 130 ml

**Accompaniment (optional):**
- Vanilla Ice Cream - 2 scoops

---
Over the past several decades, health experts have been working to better understand the impact of various food groups on human health.

Switching just 3% of such proteins resulted in an 11% reduction in cardiovascular disease in men and 12% in women. Across India, we consume a staple diet of grains and lentils in a big way. These staple food, although nutritious, do not fulfill protein requirements of the human body.

Protein has been a key trend for the last few years, moving from the domain of the elite athlete into the mainstream as consumers learn more about its benefits. A whole-food and plant-based diet is a way of eating that celebrates plant foods that have been linked to a number of health benefits including reducing risk of heart disease, certain cancers, obesity, diabetes and cognitive decline.

With this focus in mind, SOWELLTHY - An Annual Nutrition & Wellness Program was designed to integrate health education along with healthy options for our clients & consumers in order to improve their quality of life.

By introducing Millet Based Recipes as part of various food offer modules and cuisines, it’s our endeavor to bring healthy options along with variety, taste and flavours. Including Jowar, Bajra, Makai and many other millets to our daily diet adds a dose of fiber and vital nutrients that boost health & immunity.
NEW FOOD MODEL

With the rates of real estate soaring higher by the passing day and the regulations and licensing procedure being a time and capital consuming exercise, more and more organizations have been opting out of including an onsite kitchen as part of their facilities. Sodexo is realigning it’s strategy to address evolving and new market models with a view to increase market share and strengthen it’s leadership position.

OFF-SITE AGGREGATION

Central Kitchen Partnership

- Regional Delicacies
- Menu Developed by Experts
- Healthy & Nutritious Meals
- Daily Fresh Meals
- Breakfast, Lunch & Dinner
- HSE Approved Kitchen
- Disposable Packaging
- Contactless Food Delivery

ADVANCED CONVENIENCE

1 - Contactless Vending

- Branded Products
- No App Required
- Fully Automated
- Affordable
- Contactless
- Convenient & Quick
- Bespoke & Flexible
- Hassle Free Buying

2 - Fresh Food Vending

- Contactless Smart Vending Machine
- Authorize & Pay Using WhatsApp & Telegram
- Available in Compact & Large Size
- Easy-to-Setup
- Easy to Operate
- Scan/Authorize/Pick-Up/Go
- Ready to Eat Nutri Packed All Day Meals
- Easy to Replenish
- 24x7 Technical Support

ON-SITE AGGREGATION

A food court offering access to multiple Retail Brands through offline ordering or online portal. Retail Brands will be rotated in a certain frequency to ensure the food variety.

- Faars
- The Good Manga
- Brandy's
- Mandarin Oak
- SBARRO
- Pizza Hot
- Dempys Place
**Chatpata Fish ‘n’ Chips**

**Ingredients:**

**For the Fish**
- Fish Fillets (80 gms fish pcs - 2 nos) - 160 gms
- Corn Flour - 100 gms
- Ginger Garlic Paste - 20 gms
- Lime Juice - 10 ml
- Mustard Oil - 10 ml
- Chaat Masala - 10 gms
- Aromat Powder - 5 gms
- Kashmiri Chilli Powder - 10 gms
- Kitchen King Masala - 10 gms
- Curry Powder - 10 gms
- Black Salt - 5 gms
- Salt 5 gms
- Oil for frying

**Batter Ingredients**
- Corn Flour - 60 gms
- Maida (Refined Flour) - 20 gms
- Rice Flour - 15 gms
- White Pepper - To taste
- Aromat Powder - To taste
- Salt - To taste
- Water - 1 cup

**For the Dip**
- Mint Leaves (chopped) - 10 gms
- Mayonnaise - 20 gms

**Method of Preparation:**
- Cut the fish fillet into big chunks, wash it well and transfer into mixing bowl.
- Add mustard oil, lime juice, spices, seasoning and mix well.
- Cover the mixture bowl and refrigerate for 2 hours.
- Remove the fish from refrigerator till it comes to room temperature.
- Make the batter by mixing cornflour, maida, baking powder and seasoning.
- Heat oil in Kadhai for frying.
- Dip the marinated fish in the batter and deep fry until golden brown.
- Once the fish is fried, deep fry the French fries until crisp and sprinkle with salt, red chilli powder and chaat masala.
- For the dip, mix the mayonnaise and chopped mint leaves.
- Serve the fried fish with masala fries and mint mayonnaise sprinkled with chaat masala.

---

**Achari Paneer Tempura**

**Ingredients:**

**For the Paneer**
- Paneer (Cottage Cheese) - 100 gms
- Mustard Oil - 4 tsp
- Vinegar - 2 tsp
- Kalonji (Onion Seeds) - 2 tsp
- Jalapenos - 20 gms
- Freshly Chopped Coriander - 1 tsp
- Chilli Flakes - 1 tsp
- Salt - 1 tsp
- Chaat Masala - 1 tsp
- Chilli Powder - 1 tsp
- Kitchen King Masala - 1 tsp

**Batter Ingredients**
- Corn Flour - 60 gms
- Maida (Refined Flour) - 20 gms
- Rice Flour - 15 gms
- White Pepper - To taste
- Aromat Powder - To taste
- Salt - To taste
- Water - 1 cup

**Dip**
- Mayonnaise - 2 tsp
- Schezwan Sauce (readymade) - 1 tbsp
- Tomato Ketchup - 3 tbsp

**Method of Preparation:**

**Achari Paneer**
- Cut the paneer into finger shapes & soak them in warm water.
- Add salt, Chilli Powder, Kitchen King Masala, Chaat Masala in a bowl.
- Add jalapenos, vinegar, chopped coriander & chilli flakes.
- Mix all the ingredients properly.
- Remove Paneer from warm water and add to the above ingredient mixture.
- Marinate for 1 hour.
- Prepare the batter by adding corn flour, maida, rice flour white pepper, aromat powder & pinch of salt.
- Add water and stir well for thick consistency.
- Take the marinated paneer cubes and dip in batter for deep frying.
- Deep fry until golden on medium heat & remove.
- Serve along with the dip.

**For the Dip**
- Mix the mayonnaise, schezwan sauce & tomato ketchup and chill. Take out during the time of service.
Lamb Merlot Rogan with Creamy Spinach Rice

Ingredients:

**For Lamb Roghani**
- Lamb Chops (40 gram piece) - 4 pcs
- Bhuna Masala - 75 gms
- Tomato Puree - 60 gms
- Ghee - 30 gms
- Curd - 30 gms
- Coriander Leaves - 10 gms
- Ginger Garlic Paste - 20 gms
- Red Wine - 30 ml
- Mustard Oil - 15 ml
- Kitchen King Masala - 10 gms
- Curry Powder - 5 gms
- Curry Leaves - 3 nos
- Black Pepper Powder - 5 gms
- Sugar - 5 gms
- Mustard Seeds - 2 gms
- Salt - 10 gms

**For Bhuna Masala**
- Finely Chopped Onion - 350 gms
- Finely Chopped Tomato - 350 gms
- Oil - 100 ml
- Curd (Yoghurt) - 60 gms
- Ginger Garlic Paste - 30 gms
- Slt Green Chilli - 2 nos
- Dry Red Chilli - 2 nos
- Kitchen King Masala - 30 gms
- Garam Masala - 30 gms
- Cumin Powder - 30 gms
- Sugar - 10 gms
- Ghee - 20 gms
- Coriander Seeds - 10 gms
- Cumin Seeds - 10 gms
- Salt - 15 gms
- Elaichi (Green Cardamom) - 4-5 nos
- Cinnamon Stick - 1 small bark
- Star Anise - 2 nos

**For Creamy Spinach Rice**
- Boiled Basmati Rice - 120 gms
- Butter - 20 gms
- Garlic - 10 gms
- Spinach (cleaned & shredded) - 100 gms
- Cream - 60 gms
- Salt - 10 gms

**Method of Preparation:**

**For Bhuna Masala**
- Take a sauce pan and heat it under medium flame.
- Add oil & ghee heat for 10 seconds.
- Add cumin seeds, dry red chillies & coriander seeds and sauté it for 10 seconds.
- Add star anise, cinnamon & cardamom, once it changes colour.
- Add onion, salt and cook till its translucent.
- Add chilli powder, coriander powder, kitchen king masala, garam masala & sugar cook for 1 minute.
- Add the ginger garlic paste & keep stirring for 3 to 4 minute.
- Add curry & cook for 5 to 8 minutes.
- Now add finely chopped tomatoes and close the lid on the pan and cook for 30 minutes.
- Transfer the cooked masala in to air tight jar and use whenever required.

**For Lamb Roghani**
- Add lamb, water and 1 tbsp of salt in a pressure cooker or in a sauce pan and boil it for 40 minutes till the lamb becomes soft.
- Strain the water from cooked lamb and keep it aside.
- Take a pan and add oil, ghee, cumin seeds, & mustard seeds and heat it until they crackle.
- Add Curry leaves and cook for a minute.
- Add the ginger garlic paste, kitchen king masala, curry powder, pepper, sugar, salt, & cook for a minute.
- Add the curd & cook till the oil separates.
- Add tomato puree and further cook for 5 minutes.
- Add the bhuna masala & boiled lamb chops along with lamb stock, cook for 5 minutes.
- Add coriander leaves and red wine.
- Adjust the seasoning & set aside.

**For Assembly**
- On a bed of creamy spinach rice, place the lamb chops, drizzled with the bhuna gravy.
Gulab Jamun Cheesecake

Ingredients:
- Gulab Jamun Ingredients
  - Milk - 70 ml
  - Cooking Oil - For Frying

- Sugar Syrup Ingredients
  - Sugar - 1 cup
  - Water - 3 cup
  - Rose Water - 30 ml
  - Lemon Juice - 10 ml

- Cheese Cake Ingredients
  - Hung Curd/Mascarpone Cheese - 100 gms
  - Whipping Cream - 70 gms
  - Gelatine - 5 gms
  - Tutty Fruity - 20 gms
  - Castor Sugar - 40 gms
  - Powdered Cookies - 150 gms
  - Melted Butter - 20 gms
  - Chopped Pistachio - 20 gms
  - Dried Rose Petals - 5 gms

Method of Preparation:

For The Syrup
- Dissolve sugar in water.
- Heat the solution till the sugar melts.
- Turn off the heat when the solution reaches to a golden brown consistency.

For The Jamun
- Combine all the ingredients of the premix with milk and knead well to get a fine dough.
- Let the dough rest for 10 mins.
- Shape the dough into small balls & deep fry on medium heat till they turn soft and golden brown.
- Drain the excess oil from the Jamun and transfer them to the sugar syrup. Let it soak for at least 30 mins.

For the Cheese Cake
- Crush the biscuits and mix with melted butter.
- Take a cake ring or mould and spread the crushed biscuit & butter mix on the base.
- Remove Jamun from the syrup, place it on a tissue paper and pat dry.
- Slice them into 2 and place on the crushed biscuits.
- In another bowl, add gelatine & 2 tbsp of water, place in the microwave for 2 minutes. Dissolve the gelatine completely.
- Take a mixing bowl add the whipped cream, tutti fruity, castor sugar, hung curd or mascarpone cheese, and mix well.
- Add gelatine and mix well.
- Spread the cheese mix on the jamun and spread uniformly.
- Refrigerate for 2 hours.
- Garnish with chopped pistachio & dried rose petals before serving.