LOVE FOOD ISSUE



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

BE FUTURE READY

Vol. 01

EDITION 1 - SEPTEMBER 2020

SODEXO IS CONTINUOUSLY LOOKING AT WAYS INTO ADAPTING OUR FOOD SERVICES TO MEET OUR CLIENT AND CONSUMER'S REQUIREMENT THROUGHOUT THIS CHALLENGING TIME.

CREATIVITY & INNOVATION HAS ALWAYS BEEN THE FOCAL POINT OF OUR WORK



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2. MEET OUR CHEF'S

Ronald Minezes - Head, Portfolio & Services Development Ashwin Iyangar - Sr Project Manager, Culinary Services Shobhit Mohan - Menu Program Manager, DRIVE Puneet Khanna - Retail Head, Education

- 3. **QUICK RECIPES** Deliciously Healthy
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from the **DIRECTOR'S DESK**

Welcome to the 1st edition of the Love of Food E-Book, India. As we enter the 6th year of transformation of Food Services at Sodexo our Food Experts and SME's have developed innovative Food Offers, Mouth Watering Culinary Recipes and Best in Class Services to enhance the overall experience for our clients and consumers. Love of Food has always been at the center of what we do in the Food Platform, supporting four segments for all their Food and Vending requirement's. The vividness of Food Platform reflects in its verticals across DRIVE, Culinary Services, Hot, Cold and Snack Vending Solutions, Health & Wellness, Graphic Designing as well as New Food Model Projects.

Although Food Platform has its own team of Chefs that come with decades of experience in the finest hotels and restaurants across the globe we actively partner with segment Chefs to highlight their skills, acknowledge their innovation and contribution, utilize their experience to enhance the overall food service experience in India.

We have come up with a unique food solutions wherein the menu has been curated by our chefs keeping in mind current requirements in a changed environment, ensuring that the menu is not labor intensive and requires minimum human intervention. The food options are compact, yet the menu captures the excitement of food that our consumers have missed over the last few months, be it light snacks to appetizing combos. The food is prepared in the safest manner following guidelines set by our HSE team as well as the menu being designed as

This year in particular has been a very challenging as the world suffers from a pandemic and business requirements have changed. Within the last few months we have seen a lot of offices and campuses encouraging their employees to work from home and schools and universities have moved towards online classes. We have utilized this time to come up with unique solutions to serve safe meals across our facilities that are resuming their operations with minimal staffing and contactless delivery. These changes incorporate our QHSE recommendations and Government of India regulations.



per specific client requirement by our team of Chefs.

As we move forward, we see a second transformation and focus towards getting our consumer's back to our cafeteria's by offering them exciting new experiences whether it be in the Healthcare, Schools, Universities or Corporate services space.

Enjoy reading our 1st edition of Love of Food E Book.

Srikanth V.

MEET OUR CHEF'S

Ronald Minezes



RONALD MINEZES

HEAD CULINARY SERVICES

Ronald was born in a small town called Vasai near Mumbai to a farmer in a traditional coastal region where people are fond of food and fun. There is a bit of Portuguese touch to their cuisine as this was a Portuguese colony till the 18^{th} century.

Ronald grew up in a community that celebrated their culture and loved good food and his passion for cooking started early during school days. He started his career by working with luxury 5-star properties in Mumbai. He enhanced his culinary skills working on cruise ships based out in Miami, Florida. This exposure added to his hotel culinary skills. He got an opportunity to work with best of the chefs where he expanded his knowledge in various cuisines like Italian, Spanish and Mexican.

Ronald believes that preparing food is an art and one needs to put their heart and soul while cooking food. Whenever someone asks him, "Chef, how do you make this? It's very tasty" he would reply – "with all the ingredients, you must put some love to it (just like your mom does) to make it taste better".

Ronald has been associated with Sodexo India since 2007 and he started his journey in Sodexo as Corporate Chef in Healthcare & Education segment. Later, he moved to Marketing department as Offer Deployment Manager, designing new menus for offers and creating a recipe bank for chefs to use. He was also responsible for imparting training to the chefs at the time of implementation or mobilization of any site or offers. Ronald was also part of Offshore & Marine operations where he was managing one of the strategic accounts, Transocean.

Currently, he is heading culinary services for Sodexo in India where he leads a highly motivated team and has adaptation and deployment, product development, bid support, site mobilization, offer development, retail activation and more as part of his portfolio.

Ronald has been in the forefront of multiple adaptations and deployments including Food & You, Foodiverse, Grab n Go and most recently development of YOO concept for healthcare which included making an entire Retail operations manual along with the Healthcare team which was appreciated by the entire Country Leadership.

In his journey with Sodexo, Ronald has represented Indian food at the Quality of Life Seminar in UK and mobilized multiple offshore units in Malaysia, Singapore, Sri Lanka and South Africa.

Signature Recipe

Chorizo Pulao (Serves 6)

Ingredients: Goan Chorizo Sausages - 300 gms Basmati Rice - 500 gms Hot Water - 1 ltr **Diced Potatoes- 150 gms** Bell Pepper (green yellow red)- 150 gms **Chopped Coriander Leaves - 30 gms** Whole Black Pepper Corns - 2 gms Cumin Seeds - 2 gms Bay Leaf - 3 nos Salt - to taste **Black Pepper Powder - to taste Oil - 30 ml** For Garnish -Onion (Sliced) - 45 gms Lemon - 1 nos Mint Sprigs - 20 gms

Method-

- 1) Wash and soak rice for 20 minutes
- In a non stick pan, heat oil and add the cumin
- Once the cumin crackles, add the bayleaf and whole peppercorn
- Saute the whole spices and then add the Chorizo sausages
- 5) Once the fat is separated, add the potato, capsicum and bell peppers and saute well
- Add the soaked rice and water. Cover with a lid and let rice cook
- Once the rice is cooked and all the water is soaked finish with chopped coriander and stir gently
- B) Garnish with onion slices, mint leaves and lemon wedges and enjoy

MEET OUR CHEF'S



ASHWIN IYANGAR

SENIOR PROJECT MANAGER CULINARY SERVICES

Ashwin hails from the small town of Virar near Mumbai. Coming from a family of hoteliers, Ashwin showed very early signs of interest in cooking.

After completing his college, Ashwin joined IHHR Hospitality as a management trainee. Here he got hands on practical experience in multiple cuisines including working with Michelin acclaimed Indian Chef from Los Angeles, Chef Gautam Chaudhary. After his stint with hotels, Ashwin worked with multiple brands and had an opportunity to work with Michelin starred Italian Chef, Gianfranco Chiarini.

Ashwin became in charge of his first kitchen at the age of 25, and headed an Oriental kitchen as an Executive Sous Chef with a brigade of twenty-one chefs. During his time there, Ashwin revamped the entire food scenario, taking the food standards to fine dining level's. Subsequently Ashwin worked as Executive Chef for Mumbai's first micro-brewery where he introduced "Beer Cuisine", a concept where traditional European recipes using wines were recreated by using freshly brewed beers.

Ashwin believes in the ideology of "Food without Borders" and defines his style of cooking as modern, comforting and soul satisfying. He is a staunch believer of using local ingredients and likes merging multiple



cuisines. His ideal 3 course meal would include a Tandoori Appetizer, an Oriental Main Course and an Italian Dessert.

Ashwin joined Sodexo as Project Manager in Food Platform in 2017 where he looks after product development, global offer adaptation, bid support, site mobilization, local offer and concept development. Ashwin played a crucial role in mobilization of Capgemini, which is a large retail site, adaptation of Foodiverse for Corporate as well as Education segment, successful development and deployment of Hot Wok - a QSR model serving Desi-Chinese.

He finished his 1st Global Chef tour at United States travelling across three states and cooking Indian food across eight accounts in healthcare, corporate and education segments and was really appreciated for his dishes like Chicken Ghee Roast, Coorgi Lamb and White Chocolate Semiya Payassam.

Signature Recipe

<u>Crispy Fire Cracker</u> Prawns

Ingredients: Prawns(cleaned and shelled) - 8 nos Honey - 35 gms Dry Red Chilli Paste - 50gms Soy Sauce - 30 gms Chopped Ginger - 15 gms **Chopped Garlic - 15 gms Chopped Spring Onion - 10 gms** Corn Flour - 100 gms Sesame Oil - 90 ml Salt - To Taste White Pepper - To Taste **Oil - To Deep Fry** Spring Roll Sheet - 10 nos Sweet Chill Sauce - 60 gms Satay Stick - 8 nos

Method-

- Marinate the prawns with sesame oil, honey, chilli paste, soy sauce, ginger, garlic, spring onion, salt and white pepper. Refrigerate for minimum of 2 hours
- 2) Make a thick slurry with corn flour and water
- Take the spring roll sheets, roll them together and finely shred them with a sharp knife. Dust them with corn flour ensuring that they do not stick together
- 4) Take the marinated prawns dip them in the slurry and roll them along with the shredded spring roll sheet
- Secure these prawns with satay stick ensuring they remain straight during the cooking process
- 6) Heat oil for deep-frying and fry the prawns until golden brown. Put them on tissue paper to drain off excess oil
- 7) Serve with sweet chili sauce

MEET OUR



PUNEET KHANNA

RETAIL LEAD EDUCATION

Being a Chef is more than a profession to Puneet, it's a continuous journey of storytelling & art, a world of self-expression with culinary innovation. With this ideology in mind Puneet started his culinary journey by enrolling himself into Hotel Management. Passing out from IHM Ahmedabad & working as a Management Trainee at Taj group of Hotels, gave Puneet an opportunity to experiment cuisines from around the world & master authentic recipes. Further pursuing his career as a chef with Leela group of Hotels in Bangalore & thereafter with Accord Hotels, Kenya gave him international exposure for few years. Before Joining Sodexo India, he was leading culinary operations for "FreshMenu" at Delhi-NCR, which is a Food Tech Start-up.

Puneet loves to travel and experience different cuisines. His passion for food photography & music keeps him creatively inspired. When not churning out delicious food, Puneet loves spending time with family & friends.

Puneet's journey with Sodexo started in the year 2018 as AGM Retail Head, where he was responsible for leading retail operations and standardization of existing as well as new mobilizations at Schools & Universities in India. Being passionate about spreading the art of culinary expression, he has also represented the brand Sodexo at various high profile events like FSSAI-EAT RIGHT MELA, Celebrity Chef events, Students interactions & multiple client events to name a few.

Over the past two years Puneet has played a key role in Retail deployment and some of his work includes transforming ICFAI retail into a robust food court serving lip-smacking Indian Street food. Puneet launched the one of its kind food truck concept, STREAT on Wheels at GLI, Bilaspur under the umbrella of Foodiverse and a complete retail food court at Kalasalingam University, Madurai. Puneet also played a key role in launching a completely digital Grab n Go café at Jain College Bengaluru which was inaugurated by Education Segment Global CEO Mr. Satya Menard & APAC CEO Mr. Colm O 'Mahony.



Royal Hariyali Murgh

Ingredients:

• Chicken Curry Cut : 500 gms

Harvali Paste

- Fresh Coriander Leafs ¹/₂ cup
- Fresh Mint Leafs ¹/₂ Cup
- Green Chilies 4 Nos
- Cashewnuts 6-7pcs

Chicken Marination

- Ginger Garlic Paste 02 tsp
- Curd 100 ml
- Turmeric 01tsp
- Salt to taste

Other Ingredients

- Oil 02 tbsp
- Black Cardamom 1-2 pcs
- Dry Red Chilies whole 02 pcs
- Bay Leafs 2/3 pcs
- Onion 02 Medium size
- Roasted Jeera Powder 01 tsp
- Coriander Powder 01 tsp
- Garam Masala 01 tsp
- Butter 01 tbsp
- Black Pepper 01 tsp
- Crispy Fried Onion 30 gms
- Fresh Cream 01 tsp
- Ginger Juliennes to garnish

- Add marinated chicken to onion masala, add salt to taste and cook well
- Add roasted jeera powder, coriander powder & • Add butter & crushed black pepper, to finish

- Serve well cooked chicken with choice of pulao or Indian bread

Signature Recipe

• Make a smooth paste of fresh mint leafs, coriander leafs, green chilies & cashew nuts

• Marinate chicken pieces with curd, ginger garlic paste, turmeric powder, salt to taste & haryali paste • Heat pan and add refined oil add black cardamom, bay leafs, red chili whole & chopped onions, sauté

• Garnish with crispy fried onions, fresh cream and

MEET OUR CHEF'S



SHOBHIT MOHAN

MENU PROGRAM MANAGER DRIVE

Shobhit has more than 25 years of experience in the culinary world. He graduated from National Council of Hotel Management, New Delhi in 1993. He has worked across the globe in various food related industry that include 5-star Hotels, Cruise liners to Central Bulk Kitchens. Prior to Joining Sodexo, he was with Mariott Group as a Chef.

Shobhit is associated with Sodexo India for the last 15 years. He joined Sodexo in March'05 as Chef Manager in Osho International Meditation Resort, Pune, India. He has held many important portfolios including Operations Manager for Sodexo's business in Unilever India Ltd and offer deployment in the marketing team. Since 2015 he has been working with the DRIVE team as Menu Program Manager and was instrumental in standardization of recipes, menu management and automation of indenting and ordering systems.

Shobhit has conducted a two weeks Indian food festival in Madrid, Spain across 8 sites, getting much applaud. In fact, the President of Banco Santande, one of the largest banks of Spain and our prestigious client, was so impressed he invited Shobhit in person to see his family's personal art gallery collection. The gallery was jaw dropping and a great experience for an avid art lover.

He also participated in Global Chef, USA for a monthlong tour across 4 states, in healthcare & education segments. It was a great experience for Shobhit, seeing so many sites and meeting people.

Signature Recipe



Kaffir Lime Rubbed Paneer Stuffed With Onion Garlic Jam

Ingredients:	
Paneer / Malai - 600 gms	2)
Lemon Leave Kaffir - 50 gms	
Sour Cream - 125 gms	
Ginger Garlic Paste - 60 gms	
Black Pepper Whole - 5 gms	3)
Salt - 20 gms	
Balsamic Vinegar - 60 gms	
Onion - 75 gms	
Garlic Peeled - 30 gms	
Thai Red Chilli - 15 gms	4)
Sugar - 60 gms	(F
Vinegar White - 50 gms	
Butter - 30 gms	
Canola Oil - 50 ml	5)
Hung Curd - 150 gms	
Onion Jam (readymade) -100 gms	6)

thod-

- Cut paneer into roundels and slit in between to stuff the jam
 - Chop Thai red chilli, kaffir lime and add to the mix of hung curd and cream to prepare the marination
 - Heat pan and caramelize onion till brown along with fried garlic. Once garlic and onion get mushy, add vinegar to it. Check for seasoning, and cook till the jam consistency is achieved remove pan off the heat and cool it
 - Stuff the slit paneer with the sweet and sour onion garlic jam and marinate with kaffir lime infused spicy sour cream spread
 - Heat the grill, apply butter and grill the paneer cubes
 - Once grilled well, serve hot

Quick Recipes

In the wake of the lockdown, we realized that people were going to miss eating out and would be craving for restaurant style food. They would also be craving a lot of go-to comfort food and hence our Communications team along with Culinary Services decided to come up with simple yet delicious recipes for social media page on Instagram. These recipes were healthy, delicious and easy to make even for someone who has never entered the kitchen. So here are some of those recipes for you to try at home.



Dal Chawal Arancini

Ingredients:

- Leftover Cooked Rice 200 gms
 Leftover Dal 150 gms
- Lettover Dai 130 gills
- Chopped Onion 30 gms
- Chopped Garlic 20 gms
- Chopped Ginger 20 gms
- Chopped Green Chillies 15 gms
- Chilli Powder 10 gms
- Processed Cheese cubes 3 nos
- Chopped Coriander 15 gms
- Refined Flour (Maida) for coating
- Bread Crumbs for coating

Method:

- 1. Heat oil in a pan and saute the chopped onion, ginger, garlic and chillies
- 2. Add chilli powder and cook well
- 3. Now add the rice and dal and mix thoroughly.
- 4. Finish with chopped coriander
- 5. Grate the processed cheese and keep aside
- 6. Make the dal chawal mixture into balls and stuff with cheese in center
- 7. Add the water to the refined flour to make a slightly thick slurry
- 8. Dip the dal chawal balls into the slurry and coat with bread crumbs
- 9. Deep fry them until golden brown



Banana Ice Cream

Ingredients:

- 2 Banana

Method:

- 1. Peel and cut the bananas into roundels
- 2. Freeze the bananas for at least 4 hours (ideal duration overnight)
- 3. Take out the frozen bananas and churn in a blender until smooth
- 4. Take out the mixture and freeze for another 30 mins
- 5. Add toppings of choice or as per availability





Homemade Peanut Butter & Chocolate Spread

Ingredients:

- Peanut (peeled) 400 gms
- Dark Chocolate
- Oil 15 ml (only if necessary)

Method:

- 1. Dry roast the peanuts in a pan until brown
- 2. Melt chocolate in a microwave or on a double boiler
- Grind the peanuts in a food processor until it starts leaving oil and become smooth then add 15 ml oil to fasten the process
- 4. Once the mixture become smooth, add the melted chocolate and mix well
- 5. Store in an airtight jar and enjoy with bread or toast

Maggi with a Twist

Ingredients:

- Maggi 2 packets
- Processed Cheese 2 cubes
- Chopped Onion 50 gms
- Chopped Coriander 15 gms
- Refined Flour (Maida) 50 gms
- Semolina (Rava/Suji) 100 gms

Method:

- 1. Cook the Maggi without tastemaker. Ensure that it is not completely cooked
- 2. Cool it down and mix the tastemaker, grated cheese, chopped onion and chopped coriander
- 3. Mix refined flour and water into a thick slurry
- 4. Make balls out of the Maggi mixture, dip it in slurry and roll it in semolina
- 5. Deep fry until golden brown
- 6. Serve with your choice of chutney or mayonnaise and enjoy with a hot cup of tea

Parle G & Bournvita Mug Cake

Ingredients:

- Parle G Biscuits (can be replaced with any non cream biscuit of choice) 15 to 18 nos
- Bournvita (can be replaced with Horlicks) 2tbsp
- Sugar 1 tbsp
- Lukewarm Milk 180 to 200 ml
- Mixed Dry Fruits (optional)

Method:

- 1. Crush the biscuits into a fine powder
- 2. Add mixed dry fruits (if available)
- 3. Mix the crushed Parle G powder and dry fruits with milk and sugar. Whisk it into a smooth batter
- Pour the batter into your favourite coffee mug up to ³/₄ mug
- Microwave it for 2 mins and enjoy the nostalgic 2 mins mug cake





Pomegranate Yoghurt Smoothie

Ingredients:

- Banana 2 no
- Pomegranate juice ¹/₂ cup
- Pomegranate seed 3 tbsp.
- Yoghurt $-\frac{1}{2}$ cup
- Vanilla essence $-\frac{1}{4}$ tsp (optional)

Method:

- Grind the banana and pomegranate seeds in a grinder
 Add pomegranate juice, yoghurt and vanilla essence
- 3. Serve chilled

Quick Recipes



Chickpea & Poha Dosa

Ingredients:

- Soaked Chickpea (overnight) 1 cup
- Soaked Poha (30 min) $-\frac{1}{2}$ cup
- Soaked Raw Rice (4 hrs.) $-\frac{1}{4}$ cup
- Cumin Powder 1 tsp
- Salt to taste

Method:

- 1. Put all ingredients in a blender and add water to blend properly
- 2. In a hot skillet pour a spoonful of batter and spread into a thin circle. Drizzle oil on the sides and cook until the dosa turns out crispy.
- 3. Enjoy with tomato or any other chutney



Chocolaty Oreo Fudge

Ingredients:

- Oreo Biscuits 1 pkt
- Milky Bar Chocolate 100 gms (can be replaced with Dairy Milk to make dark chocolate fudge)
- Milk 300 ml
- Sugar 150 gms, Butter 150 gms

Method:

- 1. Mix butter, sugar and milk in a pan and put the mixture on low heat
- 2. Keep whisking till the chocolate has completely melted
- 3. Take the mixture off the gas and add Oreo biscuit pieces
- 4. Take a deep tray or container and spread some butter on it
- 5. Put the mixture in the greased tray and garnish with some more pieces of Oreo
- 6. Refrigerate for at least 3 hours
- 7. Cut into squares and indulge in the goodness of the fudge





Hot Wok - Before

Hot Wok has been part of the Sodexo food offer portfolio for several years across the segments. Food options have always been limited as food would be prepared in batches and dispensed as per orders. There were also limitations with regards to the choices as the dependency on skilled labor was very high.

A day menu would normally include an option of rice (veg & non veg), noodles (veg & non veg), gravy mains (veg & non veg) and appetizers on selected days. Due to all these factors, Hot Wok never reached it's full potential even though Desi Chinese was one of the go-to food for the people across the country.

Hot Wok - Now

As part of the Hot Wok revamp, Food Platform identified the challenges that was acting as a hurdle for this concept to reach it's full potential. The Chefs of Food Platform along with the vendor partners developed convenient products to enhance the menu offerings. A total of 6 sauces were identified as the perfect fit for the concept - Schezwan, Manchurian, Hot Garlic, Kung Pao, Sriracha, Teriyaki.

Trials for these sauces were done in our kitchens and further developed for the palate of the consumers that we catered to. We were also able to conceptualize an A la Carte menu with more than 60 menu items including soups, appetizers, rice, noodles, gravies and combos, all of them made fresh to order. The average order time taken to dispense a live freshly cooked order is 90 seconds. Along with the food offerings, the menu design, crockery and ambience were also completely revamped.

Hot Wok - Pilot

The pilot site for deployment of Hot Wok was Capgemini in Mumbai which is one of the biggest retail sites in India. The existing Hot Wok concept faced issues with variety, consistency as well as quality of food being served. With a site strength of 11,000 consumers, it provided a larger base to reach out to consumers and deploy the concept.





BE FUTURE READY

The country is facing one of a kind situation where human contact is to be avoided, which is an integral part of our social life. Sodexo is continuously looking at ways to adapt our food services to meet our client and consumer's requirement throughout this challenging time. We are looking at our current on-site food service process where the onset of a virus like COVID-19 has highlighted the potential risk of cross contamination from people using our dining facilities as well as our own staff.

Sodexo will always ensure the safety of its consumers as well as employees who are on site serving and cooking food.

To start with, we conduct certain pre-opening activities which include a complete pest control of the facility, equipment checks, water portability, health screening of all our employees for any illness and ensuring social distancing of not only our staff in the kitchen and service areas but our staff will also ensure that the consumers maintain the norms of social distancing.



We are working towards and are in the continuous process of adapting our menus, ensuring that they are not only packed with immunity boosters but is made keeping in mind the guidelines created by our HSE teams. One of the key aspects in this phase of planning is focusing on take-away meals. Our solution "Packaway Meals" is the best example for how an amalgamation of factors like immunity boosting, package friendly, restaurant style and healthy, all be a part of the same menu line. We also ensured that there are family pack options available as we know how much people would be craving restaurant style delicious and lip smacking food under lock-down for last few months. Sodexo's high standards of food safety creates confidence for consumers to eat at work and take away food for their families.



definitely the need of the hour.

MEET THE FOOD PLATFORM TEAM



Srikanth Vasantharajan Director, Food Platform Total Years in Sodexo - 17 Total Years in Food Platform - 5

Aranya Roy Head, Business Improvement & Drive Total Years in Sodexo - 16 Total Years in Food Platform - 5

Ronald Minezes

Head, Portfolio & Service Development Total Years in Sodexo - 13 Total Years in Food Platform - 4 Suchit Khedekar Creative & Business Relationship Manager Total Years in Sodexo - 13 Total Years in Food Platform - 5

> **Rakesh Gupta** Head, Projects & Initiatives Total Years in Sodexo - 1 Total Years in Food Platform - 1

> **Bipinchandra Antarkar** Lead, Vending Total Years in Sodexo - 6 Total Years in Food Platform - 5

Chandan Manroa

Head, Health & Wellness Total Years in Sodexo - 6 Total Years in Food Platform - 5

