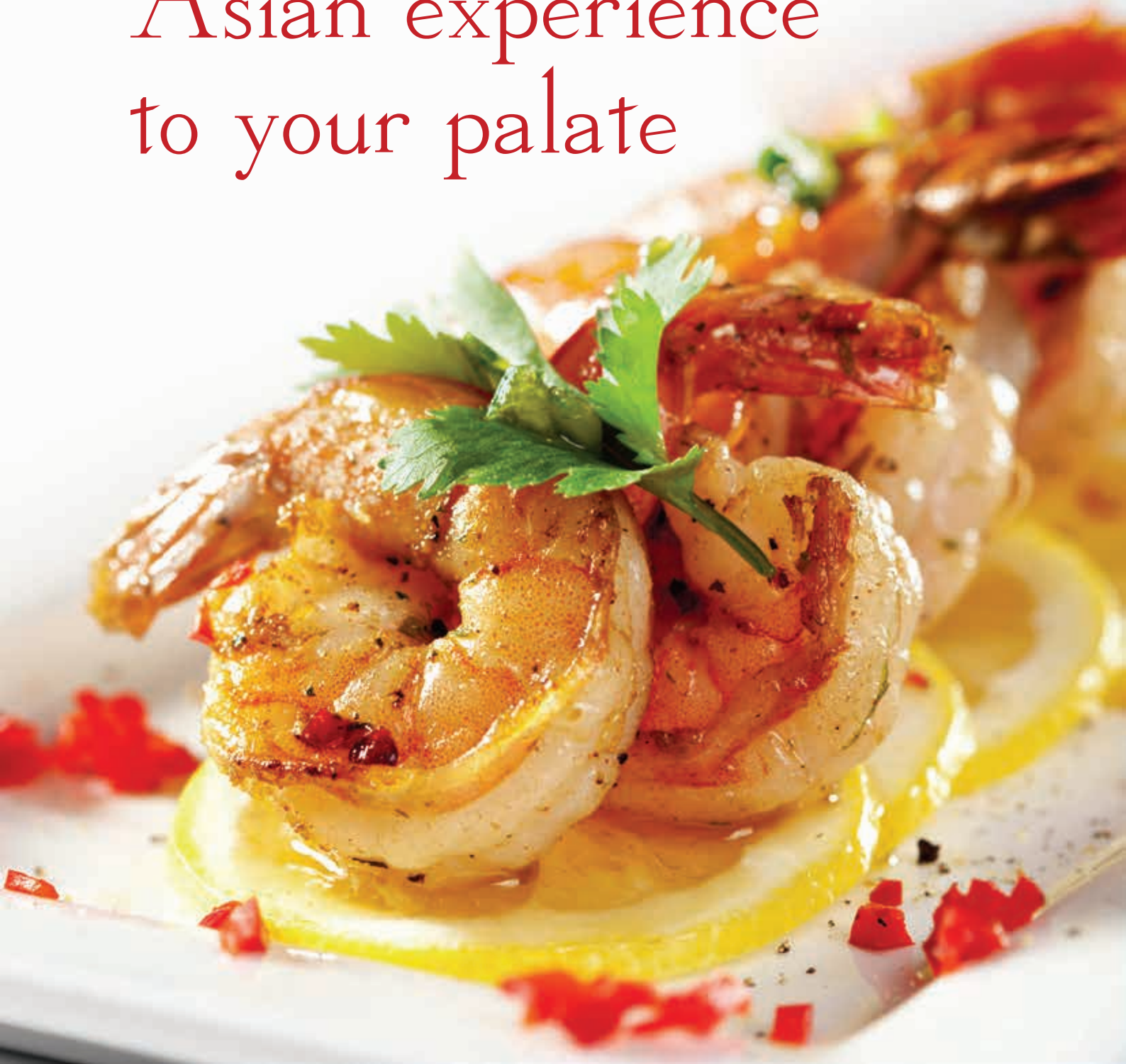


*Add a dash of
Asian experience
to your palate*



About the program

Atharva 's Minor Asian Cooking Program is offered for students and professionals having keen interests in Asian cooking.

If you enjoy cooking and exploring new cultures and their food this is an apt program for you. Asia, being the largest and most populous continent, is home to many cultures, many of which have their own characteristic cuisine.

Ingredients common to many of the continent include rice, ginger, garlic, sesame seeds, chilies, dried onions, soy and tofu. Stir frying, steaming and deep frying are common cooking methods.

Program length- 6 Days

Program Cuisines/Learning-

- **Indian Cuisine**
- **Thai Cuisine**
- **Chinese Cuisine**
- **Japanese Cuisine**
- **Mongolian cuisine**
- **Spices and its uses**



Credential - Certificate

Program type - Class work + Visits

Language of Instruction - English

Itinerary

Day	Plan
1	1 Day Class at Taj Palace
2	1 Day Class at Atharva College of Hotel Management & Catering Technology
3	Visit to Sula Vineyards
4	Visit to Blue Ocean Resort & Spa along with Class at the Hotel
5	Day 2 Class at Blue Ocean Resort & Spa
6	Visit to Sassoon Dock Fish Market & Mumbai Tour



Day 1

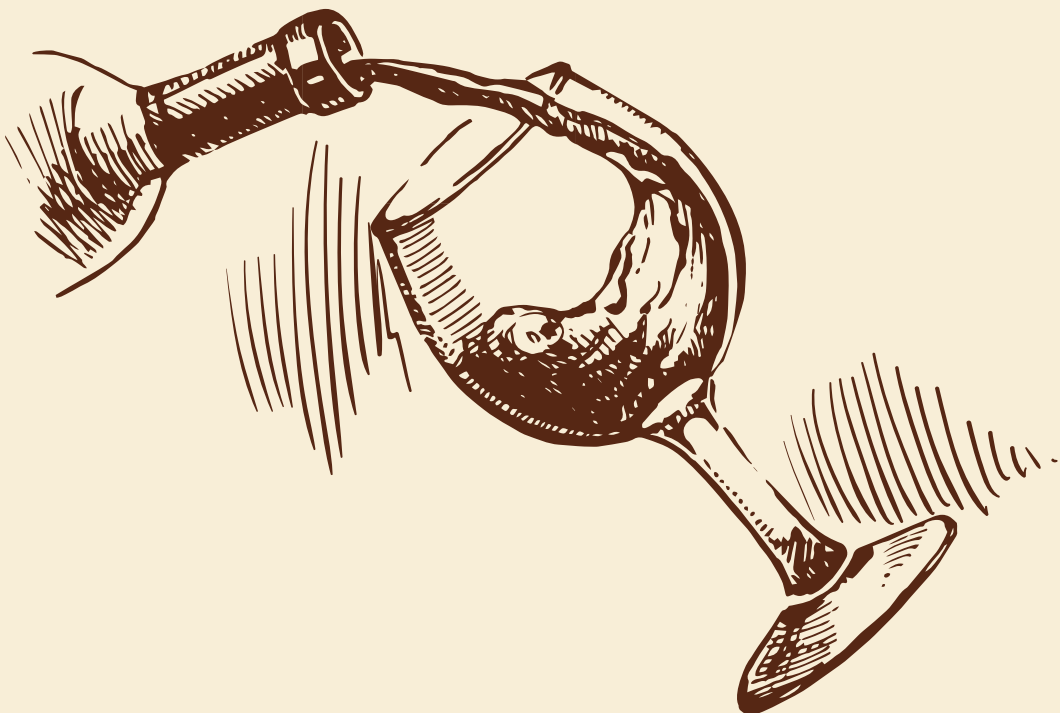
Experience true grandeur at The Taj Mahal Palace, the iconic sea-facing landmark in Colaba, South Mumbai. This flagship Taj hotel offers you splendid views of the Arabian Sea and Gateway of India, alongside refined century-old hospitality. You will be spending your first day at the Taj. Have a regal Class learning from the best of the best...

Day 2

You will be spending this Day at Atharva College of Hotel Management & Catering Technology. Atharva College of Hotel Management & Catering Technology campus is the largest, most modern facility built for hospitality management education. The state-of-the-art, resort-style building is where you will have your 1 day class followed by a restful evening.

Day 3

The day will begin with your travel to Nashik to visit the famous Sula Vineyards. It is by far India's first choice in wine. Sula's award-winning wines are available nationwide at the finest hotels and restaurants and are also exported throughout the world. You will be touring the winery with friendly, knowledgeable tour guides who will always be on hand to answer questions about viticulture and the wine making process. You will then taste some of the wines, and you can then purchase your favorite bottle to take home or enjoy right there – paired with a delicious cheese platter – and can watch the sunset.



Day 4 & 5

You will then travel to the 5-star property called Blue Ocean Resort & Spa.

Located on a pristine sea front expanse of 80 acres on Malgund beach near Ganapatipule, the Blue Ocean Resort and Spa is the perfect playground for the those seeking to get away from the pace and stress of city living. The Portuguese style cottages along the hillside with splendid ocean views and tropical gardens flowing down to meet the sea, make Blue Ocean Resort & Spa the epitome of privacy, elegance and sensuality.

You will be spending 2 days at this serene property and learn more Asian Cuisines by the experts chosen specially for you.

After spending 2 wonderful days at Blue Ocean you will be returning to Mumbai.

Day 6

On the whole, Mumbai is a fascinating urban landscape but there are some special sights every visitor should see.

You will be visiting one of the oldest docks in Mumbai, The Sassoon Docks, which is today one of the largest fish markets in the city. Explore the salt-water fish in Mumbai's biggest wholesale market, be it palm-sized lobsters, shiny pomfrets, heaps of prawns, or the famous Bombay Duck, the heaps of fish available for sale is going to be fascinating. There are so many adjectives that cover the reasons to visit Mumbai – the city is intoxicating, frantic, kaleidoscopic, generous, and oft shambolically chaotic.

After your visit to the Sassoon Docks as all the tourist guide books quote that you must visit Marine Drive, Gateway of India, Chhatrapati Shivaji Terminus and many other historical sites



Master's Kitchenette

Mr. Nishad Sebastian –
Indian Cuisine

Chef de Cuisine JW Marriott
Mumbai, Maharashtra, India

Previous Stint:

JW Marriott Bengaluru,
The Leela Palaces, Hotels and Resorts,
Taj Hotels Resorts and Palaces

Mr. Birender Barthwal –
Chinese Cuisine

Executive Sous Chef
*The Leela Palaces,
Hotels and Resorts at Mumbai Area, India*

Previous Stint:

Westin Hotels & Resorts,
Park Hyatt, Goa,
The Leela Kempinski, Mumbai

Mr. Raul Borja –
Japanese Cuisine

Japanese Chef de Cuisine
The St. Regis Mumbai, Mumbai Area, India

Previous Stint:

JW Marriott Hotel, Mumbai,
Iron Grill, Canada,
Ela Quality Resort Hotel,
Belek, Antalya, Turkey

Mr. Sudhir Pai –

Multi Cuisine

**Executive Chef -
Holiday Inn Mumbai
International Airport**
Mumbai Area, India Food Production

Previous Stint:

Unilever Food Solutions,
Sarovar Hotels & Resorts Pvt. Ltd,
The Orchid Hotel, Mumbai

Mr. Vikas Rane –

*Continental &
Mongolian Cuisine*

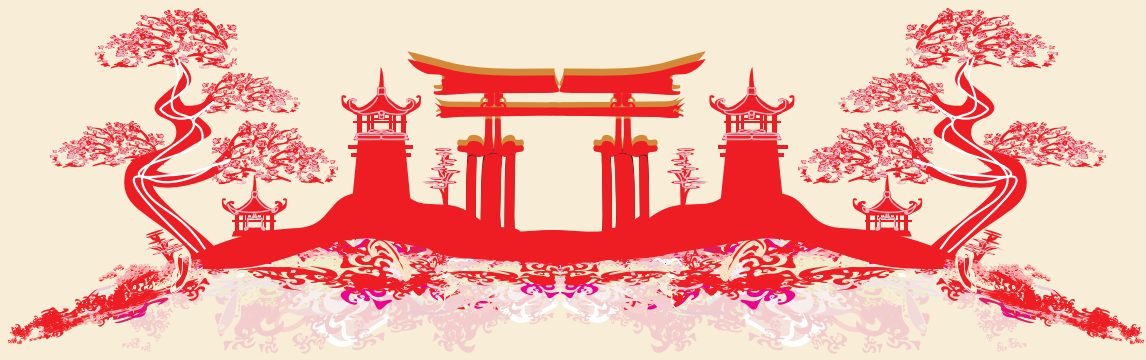
**Sous Chef in Specialized
Oriental**
SAHARA Star

Previous Stint:

Ramada, Powai
JW Marriott, Mumbai
Hotel ITC, The Maratha, Mumbai



**Instructors and topics covered are subject to change*



Chinese cuisine

Chinese cuisine includes styles originating from the diverse regions of China, as well as from Chinese people in other parts of the world including most Asian nations. The history of Chinese cuisine in China stretches back for thousands of years and has changed from period to period and in each region according to climate, imperial fashions, and local preferences. Over time, techniques and ingredients from the cuisines of other cultures were integrated into the cuisine of the Chinese people due both to imperial expansion and from the trade with nearby regions in pre-modern time.

The "Eight Culinary Cuisines" of China are Anhui, Cantonese, Fujian, Hunan, Jiangsu, Shandong, Sichuan and Zhejiang cuisines.

A number of different styles contribute to Chinese cuisine but perhaps the best known and most influential are Cantonese cuisine, Shandong cuisine, Jiangsu cuisine (specifically Huaiyang cuisine) and Sichuan cuisine. These styles are distinctive from one another due to factors such as availability of resources, climate, geography, history, cooking techniques and lifestyle. One style may favour the use of lots of garlic and shallots over lots of chilli and spices, while another may favour preparing seafood over other meats and fowl.

The staple foods of Chinese cooking include rice, noodles, vegetables & sauces and seasonings.





Mongolian cuisine

Mongolian cuisine refers to the local culinary traditions of Mongolia and Mongolian styled dishes. The extreme continental climate has affected the traditional diet, so the Mongolian cuisine primarily consists of dairy products, meat and animal fats. Use of vegetables and spices are limited. Due to geographic proximity and deep historic ties with China and Russia, Mongolian cuisine is also influenced by Chinese and Russian cuisine.

Milk and cream are used to make a variety of beverages, as well as cheese and similar products. Mongolian cuisine is usually cooked in a cast-iron or aluminum pot on a small stove.



JAPANESE CUISINE



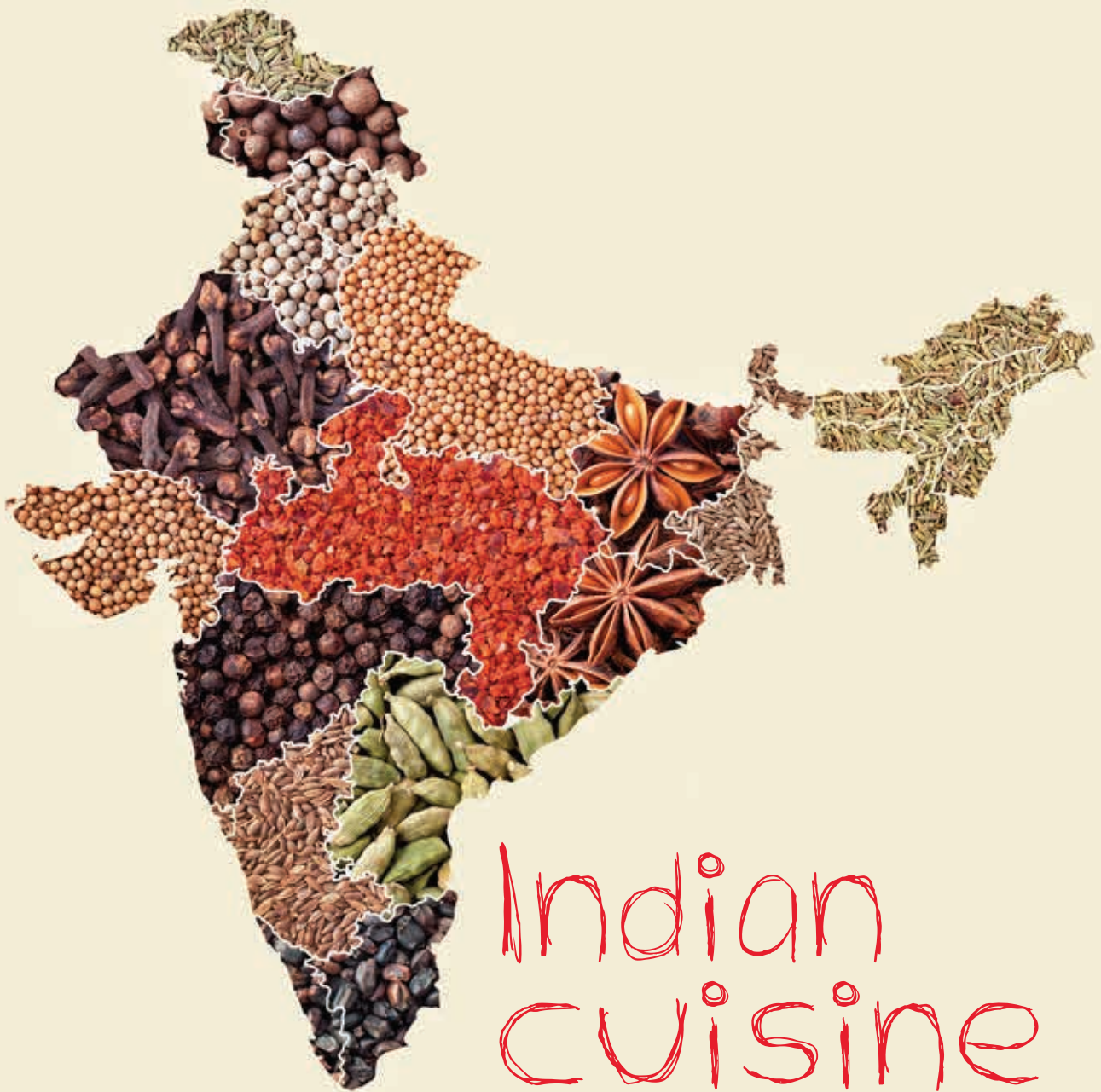
Japanese cuisine is based on combining the staple food, which is steamed white rice or gohan, with one or several okazu or main dishes and side dishes. This may be accompanied by a clear or miso soup and tsukemono (pickles).

Japanese style traditionally abhors different flavored dishes touching each other on a single plate, so different dishes are given their own individual plates as mentioned, or are partitioned using leaves, etc.

THAI CUISINE



Thai cuisine (Ahan Thai) is the national cuisine of Thailand. Thai Cuisine is all about intricacy, attention to detail, texture, color, taste and the use of ingredients with medicinal benefits, as well as good flavor. Thai cooking places emphasis on lightly prepared dishes with strong aromatic components and a spicy edge. It is known for its complex interplay of at least three and up to four or five fundamental taste senses in each dish or the overall meal viz. sour, sweet, salty, bitter, and spicy. Thai food ain't about simplicity. It's about the juggling of disparate elements to create a harmonious finish. Thai cuisine is one of the most popular cuisines in the world



Indian cuisine

Indian cuisine encompasses a wide variety of regional and traditional cuisines native to India. Given the range of diversity in soil type, climate, culture, ethnic group and occupations, these cuisines vary significantly from each other and use locally available spices, herbs, vegetables and fruits. Indian food is also heavily influenced by religious and cultural choices and traditions. There has also been Middle Eastern and Central Asian influence on North Indian cuisine since the years of Mughal rule. Indian cuisine has been and is still evolving, as a result of the nation's cultural interactions with other societies.

Indian cuisine reflects an 8,000-year history of various groups and cultures interacting with the subcontinent, leading to diversity of flavours and regional cuisines found in modern-day India.



ATHARVA COLLEGE OF HOTEL MANAGEMENT AND CATERING TECHNOLOGY

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