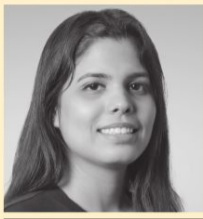


# A BREAKFAST MAKEOVER WITH BULLETPROOF COFFEE & ITS BENEFIT BUNDLE!



DIVISHA

Some days or all, one can't escape hurried mornings, a crucial part of which is traditional breakfasts that often falls victim to our fast-paced lifestyles. Tired of the morning rush and seeking the perfect option to expedite your breakfast routine? In comes 'Bulletproof coffee', a smooth, latte-like blend that delivers a boost to your day along with health benefits and excels as a remedy for the hurried breakfasts.

## A BREAKFAST MAKEOVER

In a society increasingly conscious of health and nutrition, the need for a

breakfast replacement that is as filling as it is hassle-free is more apparent than ever. Bulletproof coffee, also known as butter coffee, steps in as a low-carb alternative to the conventional breakfasts, offering a unique blend of high-quality coffee, unsalted butter, and medium-chain triglycerides (MCT).

## HOW DID THE CONCEPT COME ABOUT?

The roots of Bulletproof coffee trace back to the nomadic mountain warriors of the Galla tribe in Ethiopia, circa 575-850 CE. These warriors combined crushed coffee beans with animal fat, consuming this concoction as both a snack and a source of energy during their demanding activities. The concept of adding fats to coffee to stave off hunger is, therefore, not as modern as one might think.

## THE BULLETPROOF BOOST

So, how does this coffee



creation work? Bulletproof coffee is designed to replace carb-heavy breakfasts, pushing the body into fat-burning mode. The key components, fats from but-

ter and MCT oil, not only contribute to a feeling of fullness but also kickstart the body's utilization of stored and dietary fat for energy. The ketogenic style



of eating aligns perfectly with this coffee, as it contains zero carbs, pushing your body into a fat-burning overdrive. This results in reduced hunger and an efficient shift into ketosis, a state where the body burns fat for fuel.

Moreover, the benefits of Bulletproof coffee extend beyond just satiety. The inclusion of grass-fed but-



ter introduces fat-soluble vitamins A, D, and K, along with gut-friendly butyrate and conjugated fats that can positively impact body fat composition. An article by healthline outlines the benefits of MCT that is broken down efficiently, serving as an immediate energy source rather than being stored as body fat, aiding in digestion. Another primary ingre-

dient of bulletproof coffee, grass-fed butter, sourced from cows grazing on nutrient-rich grass, packs a punch with higher levels of omega-3 fatty acids compared to conventional butter. Therefore it is not just a satisfying cup of coffee but also a nutrient-rich beverage that promotes overall well-being.

Bulletproof coffee also offers increased energy levels, enhanced focus, and improved memory after indulging in this beverage. The combination of quality coffee, nourishing fats, and a carb-free profile aligns seamlessly with the ketogenic style of eating, making it a choice for those seeking a mindful and energizing start to their day. Conclusively, Bulletproof coffee is a well-founded solution for those navigating a hectic lifestyle. From its historical roots to the science-backed benefits, this butter-infused brew is making waves as a creative and effective morning ritual, providing a flavorful alternative to the traditional breakfast routine. Ergo, Bulletproof brews are the best case alternatives when pressed for time but craving a fulfilling start!

# PLUM COFFEE & COCKTAILS: WHERE INDIAN CULINARY MAGIC MEETS WESTERN WONDERLAND AMBIENCE

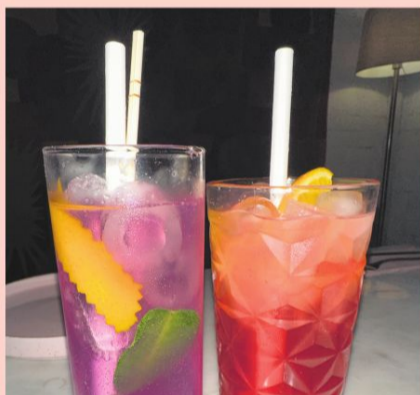
SANJANA CHAWLA

This chilly weekend, we decided to embark on a whimsical culinary journey at Plum Coffee and Cocktails, a hidden gem nestled in the heart of Connaught Place. This recently opened establishment is not your average dining spot - it's a portal to a world of extraordinary flavours and enchanting ambience that will leave you spell-bound.

We started with the cocktails, where Plum Coffee and Cocktails truly shines. The Thai Me Up cocktail was a tantalising concoction that transported our taste buds

to the vibrant streets of Thailand. With its blend of gin, kaffir lime, violet liqueur, citric, and tonic, each sip revealed a harmonious dance of exotic flavors that will leave you craving for more. If you're feeling adventurous, the Popcorn Martini is a true showstopper. This magical elixir combines bourbon, homemade coffee shot, popcorn syrup, and citric to create a drink that's both nostalgic and daring, like sipping a liquid fairytale.

For those seeking non-alcoholic delights, Plum Coffee and Cocktails presents mocktails that are anything but ordinary. The Fruit Collins was a refreshing symphony of cranberry, passionfruit, lychee, lime, and ginger ale, creating a



tantalising feast for meat lovers, featuring succulent chicken tikka in three mouth watering flavours of afghani, tandoori, and malai that will transport you to the streets of Old Delhi. For a unique twist, we tried the Asparagus Tempura Sushi which combined the elegance of Japanese cuisine with a playful crunch, as each bite revealed a delightful contrast of textures and flavours. And don't miss the Chicken Tahini Shawarma, a Middle Eastern

delight that wraps tender chicken in warm pita bread, drizzled with a creamy tahini sauce that will transport you to the bustling markets of Beirut.

The One Dozen Coin Hara Bhara and Dahi Kebabs added a touch of Indian flair to your culinary adventure, offering a delightful fusion of flavours that left our taste buds singing.

When it came to the main course, we tried the Cafe Dip Platter, which offered a heavenly assortment of

pita, lavash, five types of dips, and labneh. We dipped, scooped, and savoured the explosion of fla-

vours, as each bite took us deeper into a world of culinary bliss. But the true star of the show was the Pressure Cooker Calcutta Mutton Curry with Rice. This tender, slow-cooked mutton curry, infused with aromatic spices, was a testament to the culinary artistry of Plum Coffee and Cocktails. Paired with fragrant rice, it gave us an experience that took us straight to the bustling streets of Kolkata, where every bite tells a story.

To conclude this extraordinary journey, Plum Coffee and Cocktails presented us their top, chef-special desserts that were pure magic. The Lotus Biscoff Cheesecake was a dream come true for dessert lovers, combining the velvety smoothness of cheesecake with the irresistible crunch of Lotus Biscoff biscuits. Each bite was a symphony of flavours that left us floating on cloud nine. And for coffee aficionados - must try their Affogato Tiramisu for a heavenly revelation. This decadent Italian dessert marrying the rich creaminess of tiramisu with the bold flavours of coffee, created a harmonious blend that awakened our senses and left us craving for more.

Beyond the culinary delights, Plum Coffee and Cocktails wove an ambience that was nothing short of enchanting. The warm, welcoming staff added to the magic, ensuring that our dining experience was unforgettable from start to finish.

In conclusion, Plum Coffee and Cocktails is a culinary haven that transcends the ordinary, transporting you to a world where flavours dance on your palate and ambience sparks your imagination. We recommend you to embark on this extraordinary journey and let your senses be captivated by the culinary magic that awaits.

# THE ROLE OF CHEFS IN SHAPING BAKING TRENDS: CULINARY CREATIVITY MEETS PASTRY PERFECTION



JUSTIN EMMANUEL STEINBACH

The Middle Ages saw the birth of finer baking, and guilds took control of the profession. The discovery of sugar as an ingredient revolutionized the industry, leading to the refining of traditional desserts and the development of increasingly elaborate confec-

tions, most of which were available only to the highest echelons of society. From the 15th to the 17th century, the Age of Discovery, marked by a boom in maritime expeditions, brought exotic spices from faraway lands into the mix. By the 19th century, recipes were widely shared, and the modern cookbook made its first appearance. The 20th century witnessed another giant leap in the form of refrigeration that allowed chefs to preserve ingredients for much longer and conquer limitations posed by seasonality.



Today's context, the HoReCa industry holds significant importance, and establishing meaningful connections with chefs is paramount. The emphasis is placed on recognizing the value of these connections, considering their crucial in navigating the dynamics of the industry. Chefs' hands-on experience and in-depth expertise are key parameters for the work which develops high-quality ingredients that ensure consistent baking results every time. Understanding their unique needs helps adding perfection to baking formulations and tailor the offerings to the demands of the evolving culinary landscape.

This ensures the products meet chefs' exacting standards, addressing specific challenges they face in crafting pastry masterpieces for discerning consumers. Brands nowadays actively anticipate game-changing baking trends and contribute to setting them through multiple collaborative efforts. The future of the baking industry looks promising, with chefs' ever-growing efforts contributing to its continuous evolution and success.

The author is a CEO at IFFCO Professional.

Baking has come a long way since ancient Egyptians fired up the world's first ovens around 2600 BCE.

From the magic of culinary arts to the precision of temperature-controlled baking, these gastronomy maestros challenge the status quo. They unravel the mysteries of taste and texture, infusing the mundane with magic. This symbiosis of culinary creativity and pastry prowess redefines recipes and the fabric of baking trends, transforming kitchens into laboratories of sensory delight.

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