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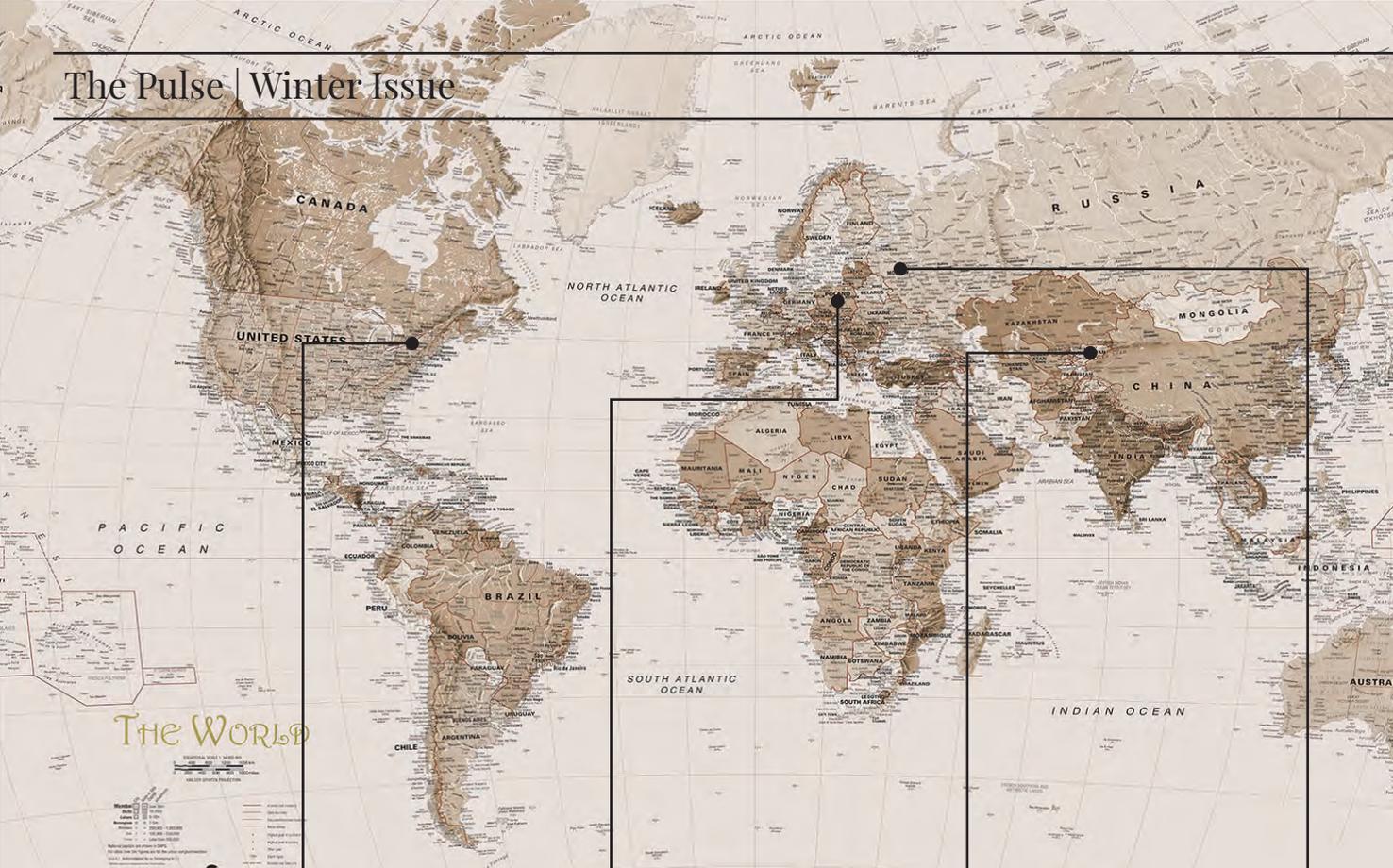
FOOD & Gastronomy

By Kaveri Sharma (11-A)

After the success of our Fall issue, we are determined to yet again voice students' opinions, challenge mainstream ideas and provide various perspectives on what is happening around us. Therefore, the Editorial Board presents to you - the Winter edition of The Pulse.

In this issue, we have decided to focus on something which percolates into each part of our lives, something which is so simple yet so intricate - food. From the food chain to foodie culture, from desserts to organics and genetics, food is ubiquitous. To understand the implications of food, we will also be talking about gastronomy which includes individual gastronomic values that are generally based on many foundations, such as, cultural, geographical, social, and alimentary socialization. We hope to take a look at up-and-coming topics revolving around food, such as emerging food trends, changing consumption patterns, sustainable sourcing, myth-busting, food science, the influence of culture on food, and much more.

We hope your mouth waters and you relish every article as you dig in!



By Chaharika Uppal
(11-A)

1

Voting Patterns in Indian Americans

Indian Americans form the 2nd largest and richest immigrant population in the United States. A recent survey of 900 Indian Americans by the Carnegie Centre revealed that despite the belief that the proximity between the Trump administration and the Indian Prime Minister would lead to most members of the community to vote for the Republican Party, the results were quite different, showing that most Indian Americans were not affected by foreign policy factors, but socio-economic ones when casting their ballots. Around 3 quarters of the votes remain with Joe Biden as opposed to 22% for Donald Trump.

2

Protests Against Polish Anti-Abortion Law

Ever since the banning of abortions of fetuses with congenital disorders, protests have commenced for a little over 10 days now. The ruling came from under the Andrzej Duda's PiS Party which has criticized and weaponized the use of a red lightning bolt as a symbol of liberation during the opposition protests, claiming that it resembles the Nazi party's SS insignia, despite being different in form and colour. State Media has now begun calling protestors and abortion-supporters, "left-wing fascists".

3

Aftermath of Kyrgyz Elections

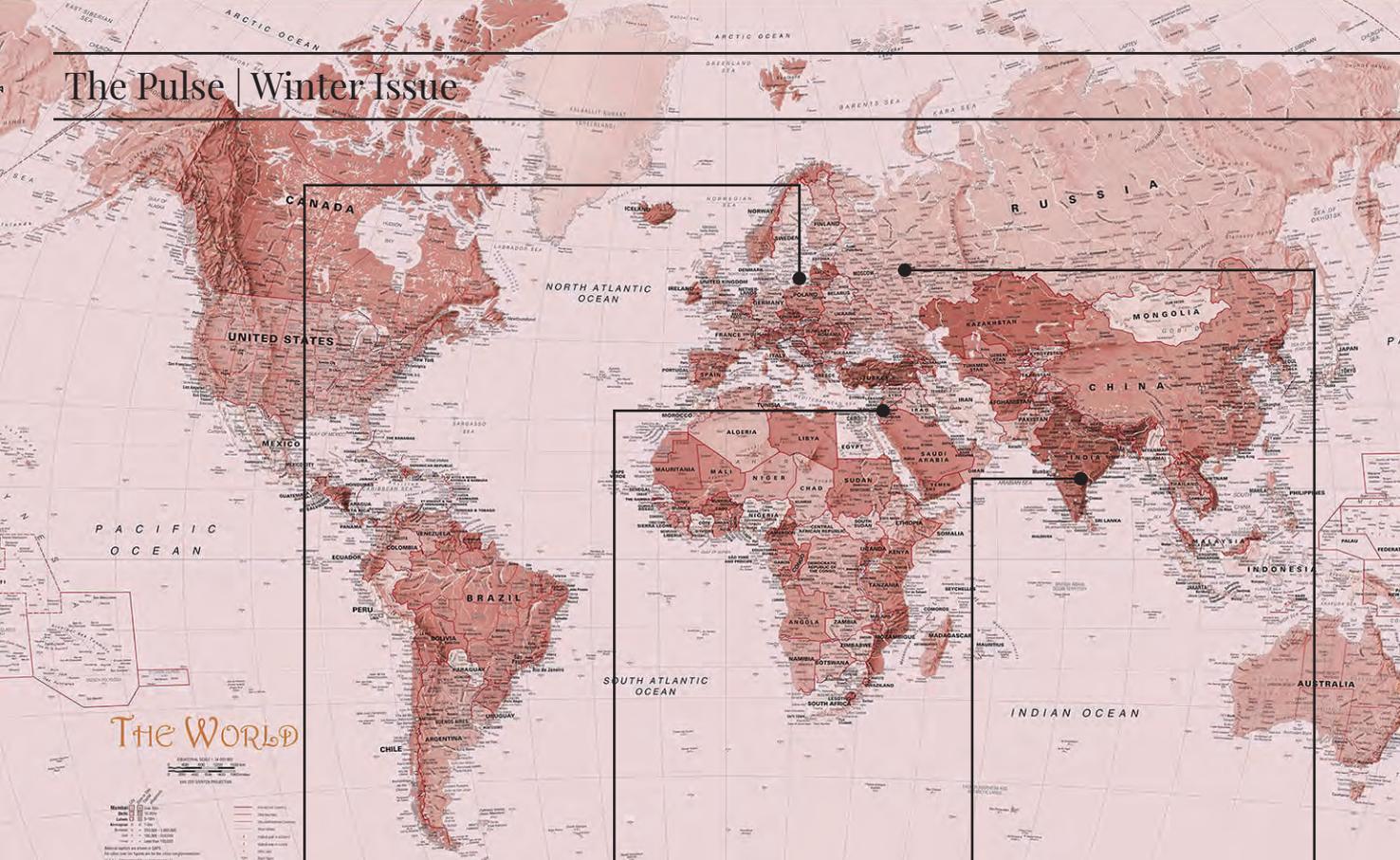
In the wake of parliamentary elections, violent protests and clashes erupted in Bishkek. On the 6th of October, the central election commission annulled the election results due to voting violations. President Jeenbekov resigned, after which Sadyr Japarov, a convicted politician who until a few days ago, was serving an 8 year-long prison sentence for hosting a coup and kidnapping a local official, was made acting Head of State. This unrest takes place amidst a lustration movement in the country, which would not allow former government officials to enter the new regime, especially during political upheaval. However, the implementation of such a law has been denied by the administration. For more information, listen to this [podcast](#) by The Naked Pravda, Meduza.

4

Robert De Niro's Nobu in the FinCen Files

Last month, a slew of documents called the FinCen Files, containing SARs (suspicious activity reports) were filed by US Government on financial transactions within banking institutions. However, a strange occurrence was 600,000 dollars accepted by Nobu, a Japanese restaurant empire. According to the SARs, Crocus International, a firm owned by Aras Agalarov, a close Putin associate and a name that pops up frequently in the Mueller Report for having organized the Miss Universe Pageant with Donald Trump, Agalaorv's firm owns two Nobu franchises in Moscow and has been paying its hefty licensing fee through multiple offshore companies. Ironically, Nobu is co-founded by Robert De Niro who is outspokenly anti-Trump.





The World

By Anoushka Prasad
(12-A)

1

Smørrebrød at Torvehallerne Market, Copenhagen

Looking for that classic Danish open-face sandwich? Hallernes Smørrebrød has all the traditional combinations, from shrimp and egg to potato and bacon. The one everyone goes for (and rightly so!) is the fiskefilet, a large piece of breaded plaice topped with remoulade and lemon. Just grab some when you're in Torvehallerne - the place offers a great introduction to the Copenhagen food scene and contains some of Copenhagen's best restaurants. Torvehallerne is the best place to sit down with friends, over delicious food!

2

Kunafeh at Al Akxa, Nablus

A traditional Middle Eastern dessert made with shredded filo pastry, and typically layered with cheese, Kunafeh is a delicacy you can't deprive yourself of. Every day the warm, elastic cheese and syrup-soaked wheat shreds (it works, trust me) is divvied up from huge circular trays and dispensed to a throng of hungry customers in Palestine. If you want to enjoy the true experience, do as the locals do and eat standing in the street outside Al Akxa - this tiny eatery next door to the Al Kebir Mosque is unanimously considered to produce the finest kunafeh in Palestinian Territories.

3

Fruit Biscuits at Karachi Bakery, Hyderabad

These biscuity, nutty, and buttery delights baked with perfection are like an Indian version of slice-and-bake cookies. And the Karachi Bakery is almost synonymous with these tasteful fruit biscuits. Located in the very busy Moazzam Jahi Market, this bakery makes the freshest fruit biscuits. Biting into them is like biting into one mouthful of the history of the beautiful city. Once you eat them, you will be addicted!

4

Pirog at Taras Bulba, Moscow

A huge Ukrainian savoury pie is just what you need when roaming around Moscow. With an endless list of fillings to choose from, some of the more popular ones include meat, fish, mushrooms, cheese, cabbage and potato. Sit at Taras Bulba, enjoy your pirog and taste the true spirit of the Ukrainian culture. Eating here is like visiting the village home of a Ukrainian grandmother. While you wait for the pirog, you can try different snacks with a shot of Ukrainian 'nastoyka'. And before you leave don't forget to gulp down the 'na konya' for luck! Give a peek into these delicacies too.

HOW VEGETARIANISM IS MORE THAN WHAT YOU THINK?

By Bharti Mehta (9-D)

Limited menu options, nutritional deficiencies and a skinny physique are the preconceived notions attached to a vegetarian lifestyle. Religious convictions or due to health reasons, a shift to a meat-free lifestyle is the best decision one could make, accounting for the various benefits it has to offer to not only the individual himself but, to society as a whole. An affordable, easy way to make an impact.

Formerly, the research into vegetarianism focused mainly on the deficiencies of this preference, but recently, the pendulum has swung the other way, and studies are confirming the benefits of meat-free eating. Not only has it been proven to be nutritionally sufficient, but it can also reduce the risk of a multitude of chronic illnesses such as cancer.

Now the time calls to not only think about the taste but also about the waste. Switching to vegetarianism guarantees a healthier, greener and a sustainable lifestyle. The power to change relies on what you have on your plate.

“The power to change relies on what you have on your plate.”



By Vitthal Tewari (9-D)

How many of us are keen to protect the environment and go on a march every Friday? But if that has changed anything is the question to ask yourself. Here, vegetarianism comes into the view – a simple solution to halt, or at least slow down, climate change.

Behind the leg of every chicken and the sides of every pig, is a phenomenally wasteful system. Clearing down forests for livestock, the release of greenhouse gases, increasing use of oil and continuously polluting the oceans, some of the many effects that meat-eating has led to. And if that is not enough, let us look at this figure released by the UN in 2006, that the combined climate change emissions of animals bred for meat were about 18% of the global total – more than cars, planes and all other forms of transport put together.

I WENT VEGAN FOR A WEEK (AND DIDN'T HATE IT!)

By Raeka Sharma (11-A)

After growing out of the mandatory “mocking vegans phase” (courtesy every meme circa 2014), I’ve found myself more and more drawn to a plant-based diet in the past few months. The main reason being the impact on the environment. Cutting meat and dairy reduce greenhouse gas emissions by 60% and the free land can be used to grow crops which feed a larger amount of people. Feeling like an LA Influencer™ and saving the world at the same time? I was intrigued.

While the concept is right up my alley, the actual thought of giving up chicken and cheese forever seemed impossible. In the end, armed with a Pinterest board created especially for the occasion, I settled on a week of Plant-Based Eating just to see how (/if) I could survive.

WHAT COUNTS AS PLANT-BASED?

Eating plant-based means cutting out anything derived from animal products including basic ingredients like butter, ghee, chicken, eggs, cheese and milk. While frantically checking labels I surprisingly found out that most biscuits like Oreos (yes I know that doesn’t make sense) are vegan, as is Maggi, Magic Masala, fries and any chocolate above 70%.

SO, WHAT DID I EAT?

I ate a lot of vegetables, tofu (in peanut sauce and coconut rice) and (in miso ramen), toast with vegan pesto (without parmesan), quinoa, chia pudding, rajma chawal, dal and THE best 2 ingredient chocolate truffles I would happily reach for, vegan or not. My evening coffee was replaced by an iced oat milk latte and I couldn't believe how easy and creamy homemade oat milk is.

Hummus was the true star of the week. Whether slathered on crackers, or on toast with tomatoes and balsamic vinegar, hummus took care of the snacks department and became my go-to whenever I was hungry between meals.

WAS IT EASY?

Going vegan was much, much easier than I expected, honestly easy enough that I considered extending my week. It was a bit of a shock in the beginning when you realise you can’t even eat buttered toast but at the same time, I liked how adjustable it was. You could go the influencer route with smashed avocado toast and matcha lattes, or simply swap oil and ghee, and a lot of our everyday Indian food immediately qualifies.

WOULD I DO THIS FOREVER?

This week was an experiment designed to test how I would feel without some of the foods I rely on most. I didn't witness an energy spike or immediately clear skin like some influencers promised but I loved putting in that extra effort and treating each meal as a chance to do something new and exciting. Wildly enough, not once, throughout the week did I miss any non-vegan food. Unfortunately, it was only one week and for now, I’m definitely not ready to give up Butter Chicken or Grilled Cheese. I don’t know how I’ll feel about this in 5 years but until I evolve into the ultimate, sustainable hippie- there are always french fries.

“thought of giving up chicken and cheese forever seemed impossible.”

BANANA CHOCOLATE TRIFLE

By Inayat Sandhu(10-D)

Ingredients:

- Banana chocolate cake -12 pieces
- French pastry cream -2cups
- Chocolate mousse-200gms
- Chopped bananas-4
- Coffee syrup- 1/2 cup
- Whipped cream
- Cherries

Method:

Chocolate Mousse

- Melt chocolate and milk together.
- Let it cool down.
- Whip cream till soft peaks are formed.
- Add melted and cooled chocolate and whip for a minute till soft peaks form.
- Fill a piping bag and store it in the fridge till further use.

Assemble

- Layer 6 pieces of cake at the bottom of a trifle dish.
- Soak it well with coffee syrup.
- Spread 1 cup of French pastry cream evenly over the pieces of cake.
- Lay banana pieces on top starting from the edges.
- Pipe chocolate mousse on top of the banana pieces.
- Repeat the same process with the remaining pieces of cake.
- Top it up with some whipped cream and cherries for decoration.
- Chill for a minimum of 6 hours before serving.



SMOKED CHICKEN WITH YELLOW RICE

By Mehak Kukreja (9-A)

Ingredients for Marination:

- Plain yoghurt
- Ginger paste
- Garlic paste
- Turmeric
- Onion paste
- Red chilli
- Garam Masala
- Salt
- Lime juice

Procedure for Marination:

- In a bowl, add 2 tsp of plain yoghurt, along with 1 tbsp of garlic and ginger paste.
- Then add ½ tsp turmeric, 1 tsp red chilli and 1 tsp garam masala into the bowl.
- Add salt according to taste and squeeze one lime into it along with 1 tbsp onion paste.
- Mix well and add chicken into the bowl. To enhance the taste of the chicken use the coal smoking method (optional).
- Keep the marination aside for at least 30 minutes. Then cook the chicken in a grill pan. Voilà, your smoked chicken is now ready!

Ingredients for Yellow Rice:

- Basmati rice
- Chicken stock
- Tomato paste
- Butter
- Bell peppers
- Capsicum
- Green chilli
- Cumin powder
- Turmeric
- Salt

In a pan, pour some oil and add 2 tbsp of butter. After that, add sliced onions, bell peppers and capsicum (quantity to your liking).

Now add cumin powder (1 tsp), turmeric (1 tsp) and salt to taste. Next, add the Basmati rice (2 cups) along with the chicken stock/water (2 ½ cups). If you wish, then add 1 tbsp of tomato paste.

Now both the smoked chicken and yellow rice are ready to be served. You can even add a salad to this meal to make it even more nutritious.



For me, food is an emotion, with a whole lot of sides to it. From a young age, food became something that I connected to a variety of emotions and memories. Food was something which helped me get through the highs and lows in life. I have been obsessed with Japanese culture for as long as I can remember. Out of all the dishes the culture offers, ramen is my favourite. The thing that resonates with me the most about this flavoursome dish is how it takes 8 whole hours of patience and finesse to make it taste like heaven. A bizarre fact about this dish is that every region of Japan has its own variation of ramen like miso ramen of Hokkaido or ramen without broth in some region

- Rudransh Gaur
12-A

In my case, food has been a major part of my life. Having grown up in the culinary business, I have seen recipes evolve from a few words on a piece of paper, to a meal that stimulates all of one's senses. Food has impacted my life greatly, from the places where I have travelled to the career I may one day pursue. Whether it's a simple salad, or a complex bouillabaisse, with its uncanny universal appeal, food possesses the unique ability to unite people and cause them to experience a wide variety of emotions, in a way like nothing else can.

- Ananmay Kumar
11-B

Every year, as Summer arrives, the streets of Chandigarh are bustling with crowds waiting to have a taste of a gol-gappa from the nearest panipuri stall. Some children hold their plastic plates in anticipation while others try to fit a whole puri in their mouth. Others like to have a hot, crispy and satisfyingly salty aloo-tikki as they sit and watch the rain pour from the balcony. India is blessed with lip-smacking street food which blends the sweet and spicy to give a heavenly flavour which is to die for. Street food has been a huge part of my life and it has also been an inexpensive mood-lifter. To quench this thirst, I decided to go and have a plate of puchkas. The burst of flavours in my mouth brought tears to my eyes and I savoured the taste.

- Jasmine Lobana
11-B



PLAN A VACATION & GET A BOOK RECOMMENDATION

After having spent months cooped up within your house, staring blankly at television screens till odd hours of the night, dreaming of going on that perfection vacation, finally, things are starting to look up! Through this quiz, plan your dream post-quarantine vacation and get a book recommendation.

01 How long do you plan to travel?

- A. As long as I want, I don't want to limit my options.
- B. A year
- C. A month
- D. 2-3 weeks

03 What is the one thing you must do while you're on vacation?

- A. Deep sea-diving, surfing and all sorts of thrilling activities
- B. Meet new people from around the world
- C. Take pictures of all the scenic places
- D. Visit the local museum, art galleries and monuments

05 Where would you like to stay?

- A. Motels along the way
- B. An apartment
- C. A resort
- D. A local host family

02 Which souvenir do you intend to bring back?

- A. I don't need anything to remember this trip
- B. Knick-knacks from the local market
- C. Jewellery
- D. A rare rock you found

04 What type of vacation are you planning?

- A. I don't have a plan! I want to be surprised each day and go where my heart takes me
- B. An immersive adventure that gives me an opportunity to truly understand the culture of the place
- C. A relaxing getaway that allows me to unwind, eat to my heart's desire and shop at the most luxurious spots
- D. A sightseeing excursion to a historically rich location

06 Choose a dish to gorge on

- A. Oysters
- B. Tamales
- C. Pastries
- D. Pasta



PLAN A VACATION & GET A BOOK RECOMMENDATION

07 Which destination do you want to visit?

- A. A spontaneous road trip on the Australian coastline.
- B. A backpacking trip across South America
- C. A glamorous spot in Italy
- D. A visit to all the war zones in Germany

Mostly B

A Winter in Arabia

By Freya Stark

A true vagabond at heart, you're always up for an adventure and wish to travel in its truest sense. A Winter in Arabia traces Stark's journey as she travels across Hadhramauth, Yemen. This book touches on many aspects of life such as destitution and luxury, intimacy and loneliness. This book will move you, make you squirm, but most importantly, it'll inspire you.

Mostly D

All the Light We Cannot See

By Anthony Doerr

No one appreciates art, culture and history more than you do! This stunningly beautiful novel traces the lives of a blind girl, Marie-Laurie who lives in Nazi occupied Paris and a German boy, Werner Pfennig and gives an account of how their paths collide during the devastation of World War II.

Mostly A

And Then There Were None

By Agatha Christie

You are always looking to be surprised and not knowing what lies ahead of you doesn't faze you but motivates you to go ahead. This tortuous novel, perhaps one of the greatest mysteries to exist, epitomises suspense and is sure to keep you hooked. Ten strangers meet on an isolated British isle; once they start dying one by one the guests go on a scramble to determine who among them is the killer... before their time runs out.

Mostly C

Love and Gelato

By Jenna Evans Welch

You're a true romantic who loves to keep things classic. This fun, light-hearted contemporary novel is this, the perfect fit for you. It follows the journey of Lina, who having lost her mother to cancer, tries to discover herself in the charming towns of Italy. She learns to embrace change, take risks and finds love along the way.

IN CONVERSATION WITH JAYANT SOOD

In early October, we had the chance to chat with an alumnus of the school as well as a budding chef extraordinaire, Jayant Sood. Having graduated 3 years ago, after stepping out of school, Sood trained under STEP (systematic training and education program) by the Oberoi Group, in Trident Cochin for a year. Currently, he's enrolled in Manipal University's Culinary Arts Programme, in his third year. We talk to Jayant Sood about his life as a chef, his experiences in the world of food, and much more.

What is the difference between the cooking scene in Denmark and India?

One difference is that most people in Denmark are more passionate about cooking and food, all the chefs I worked with in Denmark had a background. They wanted to work in this line and they had been working since high school. But, in India, for most chefs, it's just a last resort after they didn't get into medical college. Even in Manipal, I see people who just plan to join their family businesses after college.

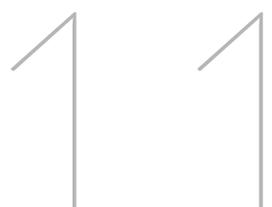
What did it feel like to work in a professional kitchen? Is it as stressful as shown in cooking shows?

Well, that's exaggerated, but it is quite bad. It is not as easy as one would imagine. In Oberois I had moments where I was calling home in the walk-in, saying I don't want to work here, like, my executive chef has broken plates in front of me because I got an order wrong. In India, we don't have to work and do the dishes and all, but in Denmark, we had to do that as well.

“ I had moments where I was calling home in the walk-in, saying I don't want to work here... ”

What is culinary school like? How would you describe it?

Most people imagine it's hotel management, but this is strictly related to and surrounding food. My course under STEP was on the job training with no previous theoretical knowledge, so it was getting used to a fully operational kitchen. But, in college, of course, we learn the theory behind cooking and food in general.



IN CONVERSATION WITH JAYANT SOOD

Who do you think is more open-minded, food-wise, Indians or Danish people? Have you ever added too much spice to a dish? Especially when cooking abroad because from what I understand it could be a problem over there.

Well obviously, the Danish. I'll talk about myself as well, I can't stand bland food. But Danish people are more willing to try new things. I met a British man with whom I infused our classic lemon pickle with a Danish dish. But, in India, I doubt that would be received well. When I was cooking the staff meal at the restaurant (in Denmark), I decided to make chicken tikka masala for them, and it tasted fine to me. But when I went downstairs, they were all just sweating bullets!

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Just to wrap up, Can you tell us about a terrible customer experience you've had, like someone who is too picky to deal with?

There was this time I messed up with a customer, one time at the Trident. I was working at the breakfast counter and I hadn't slept very well the night before. So, we used to serve an omelette with grilled sausages. I was serving a sheikh, who obviously couldn't eat pork. But I misread the packet and sent him a pork sausage. He was furious when he found out, he threatened to call the media and I was scolded and sent home.



Are you planning on expanding your menu in the future or trying out different cuisines?

I keep trying out new things, and I change my menu according to that. I don't plan on expanding my business because I don't plan on staying in India, I'll go abroad for higher education. But, at least for now, I change my menu when I feel like a recipe works; I live in a big joint family so I always have people to experiment on.

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| | | |  | 01
My Future
<i>Billie Eilish</i> |
| | 02 |  | | |
| | | |  | 03
Moment
<i>Jeremy Warmsley</i> |
| | 04 |  | | |
| | | |  | 05
All I Want For
Christmas Is You
<i>Mariah Carey</i> |
| | 06 |  | | |
| | | |  | 07
could cry just
thinkin about
you
<i>Troye Sivan</i> |
| | 08 |  | | |
| | | |  | 09
Pretty Girl
<i>Clairo</i> |
| | 10 |  | | |
| | | |  | 11
Ribcage
<i>Lorde</i> |
| | 12 |  | | |
| | | |  | 13
Butterflies
<i>ASTM</i> |

Links:

