

# VOGUE Driving



Fermentation lends effervescence and a burst of umami to ingredients

## ▲ TECHNIQUE DU JOUR: FERMENTATION

What do kimchi, soy sauce and dosa have in common? They all contain texture and flavour-enhancing good bacteria or yeasts. "Wood ear mushrooms make a top-line ferment, so do okra, ivy gourd, turmeric, chillies, asparagus and brussels sprouts," shares Delhi-based chef Rahul Gomes Pereira of À Ta Maison, an advocate of fermentation. On the fruit front, the palate cleanser at New York's Momofuku Ko consists of a fermented piece of melon treated in salt for over 36 hours. Pereira's kitchen too contains jars of fermented strawberries and raw mango, used to add tartness to a dish. From kombucha to kefir, fermentation is taking over drinks as well. While Korean tea and kefir require a starter, beginners can try home-brewing shrubs, carrot kanji and ginger ale.

TREND



## ◀ STAR INGREDIENT: MILLET

"Millets made for 35 per cent of our diet in southern India, but now it has come down to about four per cent," says chef-partner Manu Chandra of Bengaluru's Toast & Tonic. However, recent culinary endeavours have brought the nutritious ingredient back to the spotlight.

At Chandra's restaurant, pearl millet (bajra) and ricotta gnudi offer a healthy take on a glutinous plate of gnocchi, while the pastry kitchen churns out finger millet (ragi) and coffee cakes with coffee-cardamom ice cream. Long & Short at the InterContinental, Mumbai, has a cauliflower mash served on a base of red millet (laal bajra), while Delhi's CAARA café serves a pearl millet salad with kaffir lime dressing. The best thing is that Richa Anand, chief dietitian at Dr LH Hiranandani Hospital, agrees. "Ragi, bajra and jowar are gluten-free, they're smart carbs loaded with fibre and low on simple sugars," she says.

# THREE'S A TREAT

Bacteria, foxtail and nitrogen are the latest buzzwords in our culinary vocabulary. SONAL VED shares three ideas currently at the frontlines of the food world

## BITTER SWEET

Three roasteries to get a cup and grub

**Koinonia Coffee Roasters, Mumbai:** Cold brew + nutty soft-baked brownie

**Blue Tokai, Delhi:**

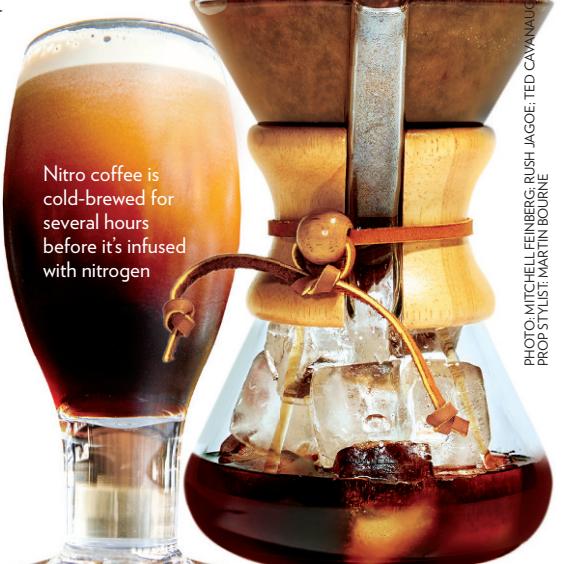
Pour-over + ragi pancake

**Flying Squirrel, Bengaluru:**

Nitro brew + spaghetti with olives, broccoli and Coorgi bird's-eye chilli

## ► À LA MINUTE: COFFEE

The Third Wave coffee movement focuses on the bean's origin alongside revolutionary brewing techniques. Call it Chemex or V60, the latest fad of pour-over coffee involves pouring hot water over coffee grounds. "This way you are in control of the taste—strong or mild," says Sahil Jatana, co-founder of SVAMI nitro coffee makers and tea brewers, who recently introduced Mumbai to the concept of a nitro brew (available at Woodside Inn, Lower Parel). "This brew has a silky mouthfeel with underlying chocolate and caramel notes," he adds.



Pour concentrated coffee on ice cubes for a Japanese-style cold brew

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PROP STYLIST: MARTIN BOURNE