

NEWSISH

Food Trends

How local geography, such as climate, landforms, and water availability, influences the types of food cultures

Odd but Tasty

A collection of weird food combinations that actually work

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Snack Attack!

Snack Hacks and recipes that students can try at home

From Soil to Supper

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Explore popular dishes in various states and their significance

Kitchen Secrets

Uncovered

Science behind popular foods & cooking techniques



September Edition
2025

Editors'

NOTE

Welcome to the inaugural edition of NewSish 2025!

This issue, themed "Munch Much?", celebrates all things food. Although it is no secret that good food is the foundation of genuine happiness, its true significance goes unnoticed, with its silent sustaining presence in our everyday lives. And this was what we attempted to bring to light this year. It is the one thing that never fails to bring us together. Whether it's the unspoken battle trying to inch our way closer to the treasure at our own canteen, sharing a homemade meal rich in personal history, or just the fact that it holds the ultimate key to fixing a bad day, food has always had a way of making our lives richer.

This year is extra special. After Covid put our printed copies on pause, we're finally holding a physical edition in our hands again. And let's be honest, there's something irreplaceable about flipping through real pages, seeing our students' works in print, a memento of school life.

We would like to thank our Principal, Mrs. Omana Thomas, for giving us the responsibility to lead the NewSish Team this year. We also express heartfelt thanks to Mrs. Jhimli Mitra and Ms. Jezreel Nathania for their guidance and support. To our wonderful team who stirred, kneaded, and garnished every detail until it was just right, we simply cannot express our gratitude enough to everyone who helped make this possible.

To each and every student who holds this, thank you for letting these pages be part of your day. Here's to stories that nourish the soul, ideas that spice up the mind, and a magazine that will always have a seat for you at its table. Because in the end, a magazine just like a good meal, is best when shared.

"The secret ingredient is always, Love."



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FLAVOURS OF INDIA

India is a land of diverse cultures, languages and traditions and this diversity is beautifully reflected in its food. From the rich curries of the North to the tangy, coconut-infused dishes of the South, Indian food offers something for every palate.



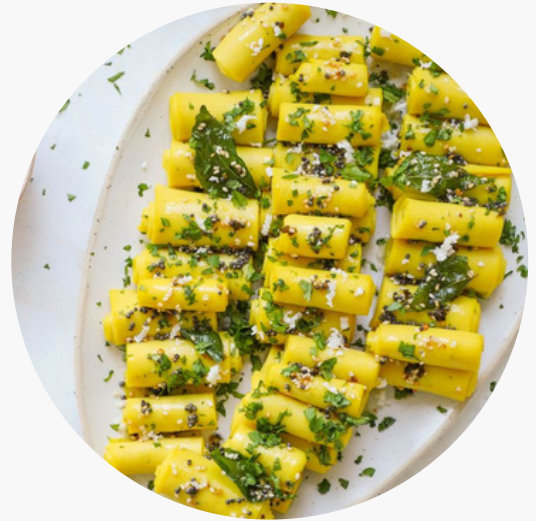
Dehrori is an authentic sweet from Chhattisgarh. It is an olden recipe, where rice is used as the main ingredient. It is made with the batter of rice and curd fermented overnight, dumplings deep fried in oil, soaked in sugar syrup and garnished with nuts.

The word 'Neer' means 'water' in Tulu and Kannada languages, referring to the watery consistency of the batter. It is a dosa variant made out of batter made from soaked rice. After a few hours of soaking, rice is ground to make Neer Dosa batter. A bit of salt is added for taste. Apart from being vegan and gluten free, these have a super soft texture. So, they pair well with any curry or chutney.



“Rogan” means oil or ghee. “Josh” means heat, passion or intensity. Rogan Josh is a traditional Kashmiri dish known for its rich, aromatic flavours and vibrant red colour. It’s a slow-cooked curry typically made with lamb or mutton.

Khandvi also known as patuli, dahivadi or suralichi vadi. Khandvi is a popular Gujarati snack that's light, tangy and made from a spiced gram flour batter. The batter is cooked down to a thick paste and then spread thinly on a flat surface. It's rolled into soft, bite-sized rolls and topped with a tempering of mustard seeds, curry leaves and grated coconut.



Boror Tenga is a traditional red lentil curry from Assam. The name 'Boror Tenga' refers to lentil fritters in a thin, sour gravy. 'Bor' is made using red lentils or masoor dal, and the 'Tenga' meaning the sour curry is made using tomatoes and kajinemu(Assamese Lemon).

Traditional foods are more than just meals- they are a reflection of a community's culture, history and identity. As the world becomes more globalized, it is essential to value and protect these culinary traditions to keep them alive for future generations.

By R. Devansh Lakshmanan
6C

Snack

ATTACK!

Hey! Are you hungry because I have the perfect solution for your cravings. So, let's jump into a few snack hacks for when you are short on time but still have an appetite.

01



Are you ready to get your mind blown with these three ingredient Nutella cookies which don't need an oven?

1. Start by mixing 100 grams of Nutella, 60 grams of heat-treated plain flour and 2 tbsp of milk in a bowl until combined
2. Next roll it into a ball and separate it into 5 equal pieces. Don't forget to grease your plate before placing them on it.
3. Then press down in the middle with your thumb and fill it with Nutella.
4. Finally microwave it for a minute & 20 seconds and enjoy!

02



This next snack is for all the people out there who, like me, don't like dates! Don't be so quick to dismiss it because it is very essential and good for health. Try this healthy Snickers hack instead.

Take a date and stuff it with a nut. Then add some peanut butter, close it, and then dip it in chocolate. Next put it in the freezer and it will taste just like a Snickers bar!

Ok, enough chocolate. Now it's time for something savoury.

03



Try out these cheese crackers and I'm sure you'll love them. Step one, take how many ever cheese slices you want and poke a hole in them. Step two, sprinkle some salt on top and put them in the oven for 350F until gold and crispy. Step three, enjoy the perfect side for any meal.

04



Now that we're done with the snacks, its time to dive into a few simple yet delicious recipes that even you can try at home! Are you ready to eat some pasta? But not just any old boring pasta, how about a creamy garlic butter one pan pasta?

1. In a large pan add 1 tbsp of olive oil and half a diced onion. Cook until fragrant and translucent.
2. Add 2 tbsp of butter and 2 tbsp minced garlic.
3. Stir it through and add any pasta of your choice (Penne and Fusilli work best).
4. Cook until the pasta is well coated. Next add 2 cups of vegetable stock, bring to a gentle simmer and cook until the pasta is al dente, plump and has absorbed most of the liquid.
5. Season with salt & pepper and a big squeeze of lemon. Then, stir through half a cup of cream and lots of grated Parmesan until you have a silky and glossy texture.
6. Finish off with some finely chopped parsley and a little extra cheese and enjoy!

05



And last but not least, the final dish of the day, a delicious cream custard to top off your meal.

Recipe -

1. Add 100 grams of Makhana (lotus seed) to a bowl with some soaked almond - peeled, soaked cashews, a small banana (sliced) and some saffron for colour (optional).
2. Pour some hot milk on top, close the bowl and soak it for a while.
3. After soaking, grind until creamy and it becomes a custard like texture.
3. Take your favourite fruits and thinly slice them (avoid citrus fruits) and put them in another bowl and pour the custard mixture on top.
4. For the flavour of custard you may add a bit of vanilla extract.
5. Mix everything and put it in the fridge for an hour and you're done !

I really hope you enjoy making these at home as much as I enjoyed sharing them with you !
Happy Cooking !

By Vishaka Seshasayee

7C

Bizarre beliefs **ON YOUR PLATE**

There are many superstitions regarding food, from the ayurveda techniques practised in the olden days to the beliefs which have been passed down for generations. Food superstitions include beliefs about specific foods and the effects on health and spiritual welfare. They can also include practices and beliefs on how to eat and when to eat.

Ayurvedic principles focus on the importance of eating the correct food at the correct times. It says that you should eat foods according to your body types, which are 'Vata', 'Pitta' and 'Kapha'. These body types should have different types of food and avoid certain types of food. For example, The Vata body type should never have raw vegetables, the Pitta type should avoid eating dry fruits and the Kapha type should avoid lentils. The Ayurvedic principles also state that you should only eat until you are 80% full, which is also similar to the Japanese practice of 'Hara Hachi Bu'.

In some communities, mainly farming ones, borrowing milk or curd after sunset is considered inauspicious. This is because it is believed that doing so will reduce the milk produced by the cattle. More milk superstitions are that the spilling of milk and drinking milk before leaving the house are considered bad omens.

Some vendors hang a string of green chilies around their cart. The reason behind this is that the green chilies are believed to ward off the Goddess of misfortune, Moodevi. Another example of warding off the evil eye is when watermelons and pumpkins which are painted with demon faces are kept outside houses during Durga Puja.





For Lord Hanuman's devotees, it is considered unholy to eat meat on Tuesdays and Saturdays. They often refrain from eating meat as Lord Hanuman was a vegetarian and his devotees do not eat meat on these days as a sign of respect and devotion to him. On the other hand, Lord Vishnu devotees do not eat meat on Thursday for the same reason.

It is considered bad luck to spill salt and it should be stored in a closed container. When salt is kept in an open container, it is said to attract negativity. Another superstition about salt is that it should not be passed to someone as it may start a fight between the person passing the salt and the person receiving it.

For newborn children, onions are kept under their bed as the onion is thought to have protective properties and placing it there will ward off bad dreams and negative influences.

These are just a few of the many superstitions regarding food, but none of them have been proven or been tested scientifically. They are just beliefs regarding food, whether it involves eating them or placing them somewhere.

By Surya Venkitaraman Sanjeev

8B



MUNCH MUCH?

Kitchen Secrets **UNCOVERED**

The science behind the food we crave

Warning: May cause sudden hunger pangs, snack cravings, fridge raids, or impulsive baking attempts.

Food isn't just about taste — it's a science. Behind every popular dish or cooking technique is a world of chemical reactions and physical changes happening quietly in your kitchen. Here's a behind-the-scenes look of some popularly used cooking techniques.

Crystallization — Candy's Coolest Trick

Ever bitten into candy that snaps perfectly?

That's thanks to crystallization — when sugar forms tiny crystals as it cools down. It's what makes hard candy crunchy and rock candy sparkle.

Emulsions – The Science of Smooth Sauces

Ever wondered why mayonnaise or salad dressing doesn't separate into oil and water? That's because of emulsification — a process where ingredients that usually don't mix (like oil and water) are combined using an emulsifier, like egg yolk. This keeps sauces smooth and creamy.

Why Popcorn “pops”

Popcorn kernels have a tiny amount of water inside them. When they're heated, the water turns into steam and builds pressure inside the kernel. Eventually, the pressure becomes too much, causing the kernel to explode — making it turn inside out into the fluffy popcorn we all know and love.



The Maillard Reaction: The Golden-Brown Contributor

The golden-brown toast, shortbread, or fried-chicken that we crave is all a result of the Maillard reaction— a chemical reaction between amino acids (proteins) and sugars when food is heated. It gives food that mouth-watering golden colour and rich, complex flavour.

Spherification — Fake Caviar Powered by Science

The tapioca pearls in bubble tea and the vegan “caviar” owe it all to a method called spherification — a method where liquids are trapped in a thin gel-like shell using sodium alginate and calcium. When filled with things like seaweed, they can be a great vegan alternative to traditional caviar.

Fermentation – The Power Behind Bread, Cheese, and Yogurt

Fermentation is another technique used in many foods. In bread-making, yeast feeds on sugar and releases carbon dioxide, making the dough rise. In yogurt and cheese, bacteria break down sugars in milk to produce acids and flavours. Plus, eating fermented foods can positively impact your gut health!

By Nia Rajan
9B

Hidden Tastes

OF OUR CITY

Chennai, like many Indian cities, has a vibrant and diverse food culture. From cozy sit-in restaurants to bustling street stalls, I assure you, there is no shortage of places to eat. But when it comes to classic South Indian cuisine, our city truly stands out.

And if you really want to experience it at its best, what better way than by checking out some of the hidden gems in the culinary world?

Shankar Chat Bhandar (Anna Nagar)

Specializing in street foods like Pani Puri, Bhel Puri and Kachori, Shankar Chat Bhandar is a little restaurant tucked away in the streets of Anna Nagar, Chennai.

As one of the oldest and most locally beloved chat centers in Anna Nagar, it has a solid review of 4.1 on Google. It has been praised for its famous Dahi Puri, which is described by many to have 'delightful flavors that truly linger on the tongue.'

All in all, it is an inexpensive and cozy food spot, and is a must-visit for anyone willing to try chat.



Shankar Chat Bhandar

Prem's Graama Bhojanam (Kasturba Nagar)

Bringing the authentic flavors of traditional South Indian village cuisine to the city, Prem's Graama Bhojanam is a humble yet highly rated restaurant known for its wholesome meals. With a focus on millet-based dishes and organic ingredients, it offers a unique twist to the typical South Indian thali.

Praised for its fresh flavors and homely vibe, it holds a Google rating of 4.6 and is a favorite among health-conscious diners and traditional food lovers alike. Their signature Ragi Dosa and Kambu Sadam (Pearl Millet Rice) are particularly popular for their earthy taste and nutritional value.

Being both affordable and healthy, Prem's Graama Bhojanam is the ideal place for anyone looking to enjoy a soulful, hearty meal straight from the busy streets of Chennai.



Prem's Graama Bhojanam

Punjabi Lassi (Besant Nagar)

A pocket-friendly stop perfect for enjoying some drinks, sweets, and Chat, Punjabi Lassi is growing to be a go-to spot for Lassi. Cool beverages and superb confectionaries are a recognized part of this place.

Carrying a Google review of 4.5, many describe this place as a classic-style Lassi spot with renowned snacks and drinks. Its carefully curated Lassi has been praised by dozens of people around the area.

A blend of both sweet and salty, Punjabi Lassi is an excellent choice for anyone looking for a plate of chat and some quality Lassi.



Punjabi Lassi

Peni Ice Candy (Shastri Nagar)

Peni Ice Candy is a Kerala-based ice candy brand, originally begun by two people. It started in Kottayam, Kerala with just seven flavors and has since expanded to numerous outlets.

Their ice candies come in water, milk and cream-based varieties, all prepared with an emphasis on hygiene and quality control at a modern manufacturing facility.

They are famous for their clean modern aesthetic featuring bright blue counters and a playful setting.

Their incredible affordability is also to be appreciated.

They have numerous flavours, the crowd favourites being the raspberry, salted caramel, malted brownie, passionfruit and biscoff flavours.

Their ice sticks are also said to be absolutely amazing.



Peni Ice Candy

By Anupama Janakiraman

10B

Food

ALTER EGO

MUNCH MUCH?

Ever wondered if your taste buds talked, what they'd reveal about you? This quiz dives into the gut of your personality, quite literally. "Personality on a Plate" is a fast, flavorful journey that matches you to a core trait through food. Are you the type to go bold with spice, warm the room like comfort food, surprise like fusion, or melt hearts like something sweet?

This isn't about your favorite food. It's about your flavor. What you bring to the table, how you show up in a room, and the aftertaste you leave behind. Because let's be honest, first impressions are often served on a plate.

Take the quiz. Figure out your flavor. And next time someone asks who you are, maybe just say: I'm a double-shot chili pasta with a caramel drizzle, and I've got layers.

1. Your ideal weekend involves:

- a) Exploring a new city or hiking a volcano
- b) Baking cookies or rewatching comfort movies
- c) Meal prepping and organizing your space
- d) Painting, journaling, or trying something totally weird

2. In a group project, you're the one who:

- a) Takes charge, full speed ahead
- b) Keeps the peace and checks in on everyone
- c) Creates the plan and makes sure it's followed
- d) Suggests something wild that just might work

3. A friend is crying. You:

- a) Distract them with jokes and an impromptu hangout
- b) Hug them and listen without interrupting
- c) Give practical advice and a backup plan
- d) Write them a poem or make a playlist



4. Your dream meal is:

- a) Something with major heat, spicy noodles, hot wings
- b) A slice of cake, warm brownies, or churros
- c) Roast chicken, mac and cheese, or a big sandwich
- d) Sushi tacos, chocolate-bacon popcorn, or whatever's new

5. One word your friends would use to describe you:

- a) Intense
- b) Kind
- c) Reliable
- d) Quirky

RESULTS:

Mostly A - Spicy: Bold, fiery, passionate. You bring energy, unpredictability, and drama.

Mostly B - Sweet: Warm, loyal, emotionally deep. You're everyone's comfort person.

Mostly C - Savory: Stable, focused, and strong. You're the backbone of any group.

Mostly D - Fusion: Creative, oddball, rule-breaker. You make life more interesting.

What's your flavor?

By S.K. Sanjana

11A



DRAMA IN THE *Dining Hall*



It was a peaceful Sunday evening. Or at least that's what I thought.

I, Dosa, sat proudly on the steel plate—hot, crispy, and fresh off the tawa. Slightly torn at the edge and somewhere burnt (that's where the real flavor is).

Then *they* arrived.

Three plump Idilis. Fluffy, white, sitting like they owned the plate.

Appa clapped his hands. “Aha! dosa and Idili?? Perfect dinner.”

Uh-huh. More like perfect disaster.

Idili smirked at me. “Still pretending to be a filling meal?”

I rolled my edge. “Still pretending to have flavour without help? You're literally bland.”

Across the table, Amma was already feeding her baby mashed Idili with ghee.

The baby made a face. Smart baby.

Meanwhile, Appa dipped me in sambar and said, “Nothing beats a good dosa.”

I smiled smugly.

But Amma interrupted, “Oh please, Idili is healthier. Steamed food is always better.”

Idili beamed.

Then came the real twist—Jaggu, the dog, leapt up and stole one of the Idilis.

He ran off with it like it was a gold coin.

Everyone screamed. Ajay chased him with a spoon.

I tried not to laugh.

“Guess he couldn't resist your *flavour*”, I whispered.

In the end, I was devoured neatly, respectfully and without any drama. Like a true desi treat.

Idili? Two were left abandoned on the side, soaked in sambar, next to the Upma. Two things that were never touched.

Appa patted his belly. “That dosa hit the spot.”

I lay there grinning, crumbs and pride intact.

Victory, once again.

And Idili thought she had a chance.

By Sarah Kurian

11 A

Snacks of the **FUTURE**

Looking into the culinary crystal ball, the way we snack in 2050 shall be way different than now. Our munchies will get a serious sci-fi upgrade. Environmental pressures and technological advancements shall curate quite a cuisine in the future. Snacking shall not only be about flavour but also sustainability, nutrition and innovation. Craving a snack? Ask your 3D food printer to make a pizza! Within minutes, there will be a pizza lying in front of you, brimming with sauces, vegetables and cheese.

With just a cartridge and a printer, personalized snacks could be created and tailored to your preferences and needs.

Snacking in 2050 will go beyond hunger. Functional foods will be all the craze. There would be gummy bears filled with probiotics, cookies that enhance sleep and chips that reduce stress. With the integration of AI, your fridge could even suggest snacks according to your mood.

Climate friendly plants will take over snack shelves. They grow fast, need less water and can even survive the apocalypse! Seaweed would be the new potato chip. Algae in every smoothie, snack bar and even cookies.

Unable to chew or don't want to? That's all right. Liquid snacks will be the new talk of the town! Nacho flavoured drinks, peanut butter and jelly smoothies will be just the beginning.

Last but not the least for the very busy(or very lazy), snack pills shall dominate the future. Pop in a pill and watch yourself savour an entire 5 course meal! It shall deliver a full snacking experience in just a swallow minus the actual food.

One thing is clear, snacking in 2050 shall be quite an experience for us all, feeding us a weird but wonderful bite at a time!

By Radhika Kapoor

11A

Taste TALK

In a school buzzing with assignments, club meetings, and last-minute math homework, food often becomes more than just fuel — it's comfort, culture, and, sometimes, escape.

If you had to eat one meal for the rest of your life, what would it be?

"A big Korean bibimbap bowl — with rice, sautéed veggies, gochujang, and a fried egg on top. It's filling, colourful, and there's always a new flavour in every bite."

What's your all-time favourite food?

"I'd say ramen — especially the kind with soft-boiled eggs and spicy broth. It's the perfect mix of warmth and flavour. I think I love it because it feels like an adventure in a bowl, even when I'm just sitting at my dining table."

Do you prefer home-cooked meals or restaurant food?

"I enjoy both, but eating out is a treat. I love places like Aeseo for their chilli noodle bowls or Soy Soi's kimchi pancakes. But nothing beats a quiet dinner at home with warm rasam and roasted potatoes."

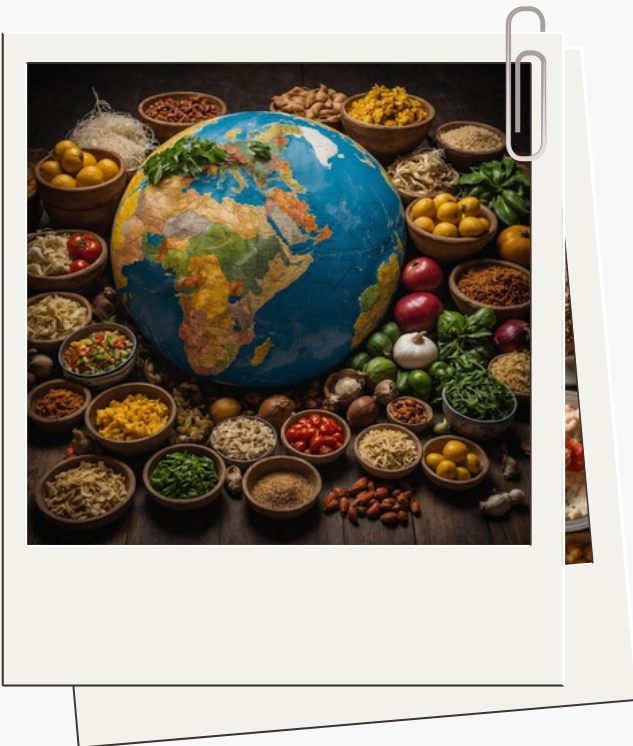
Any family dish you love?

"My great-aunt makes this amazing chicken biriyani with just the right amount of spice. It's been passed down for generations, and it's the kind of food that instantly makes you feel rooted."

Weirdest food you've tried?

"Seaweed chips! I thought they'd be like potato chips — but they were so salty and weirdly ocean-y. Not a fan, honestly"

FROM SOIL TO SUPPER



Cattle and sheep thrive in grasslands with moderate temperatures and adequate rainfall, whilst fish and shellfish are abundant in coastal areas with suitable temperatures, water and nutrient levels.

Changes in climate can disrupt these ecosystems, leading to decline in livestock and seafood populations, affecting the availability of these food sources. For example, in the case of the hilly areas, because of low atmospheric pressure and high altitude, food gets cooked way faster leading to uneven cooking. Hence in those conditions food items that can be made easily under low pressure are considered as staple food.

Climate plays a crucial role in food production, as it directly affects the growth and yield of crops. Different crops require specific climatic conditions to thrive, and variations in temperature, precipitation and sunlight can significantly impact agricultural output.

For example, tropical regions with consistent warmth and rainfall are ideal for growing crops such as bananas, pineapples and coffee, whilst temperate regions with distinct seasons are better suited for wheat, maize and potatoes.

Whereas in the plains the food seems to be stable and can be made the way they want to, so the options available are numerous.

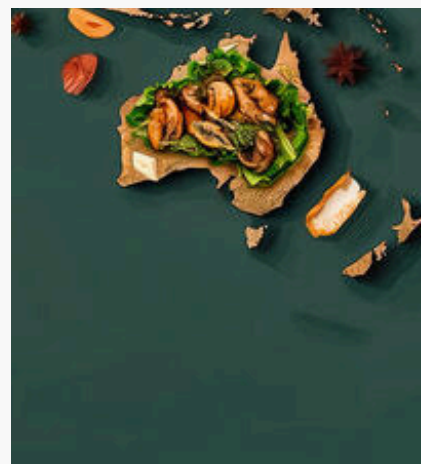
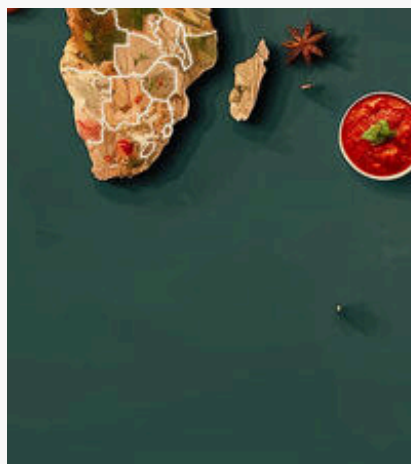
This provides a clear understanding as to why places located in different geographical locations, have different food varieties and different lifestyles being adopted by the civilians.

As such, understanding the influence of climate on food production is essential for developing sustainable agricultural practices and mitigating the impact of climate change on global food systems.

The geography of food impacts global food trade by determining which regions are able to produce certain types of food in abundance. This can lead to the export of specific food products from one region to another, contributing to the global diversity of food available to consumers.

By S. Sai Shreya

12A



Odd but **TASTY**

We have all tried weird food combinations at least once. Whether it was a trend or impulsive food choice, the results have been interesting to say the least. Here are some bizarre food combinations that you will either love or hate.

1. Ice-cream and Soy Sauce:

A food combination that was trending for a while, ice-cream and soy sauce has mixed reviews. Some really like the salty and umami flavor of the soy sauce paired with cold and sweet ice-cream. While others find it repulsive. It supposedly tastes like salted caramel ice-cream, but would soy sauce really provide such a flavor? Salt and sweet have always been a classic combination of flavors but this one is a bit adventurous. Definitely a must try!



2. Chocolate Momos:



This is an interesting one. Chocolate momos are an unusual mix of flavors. The taste of chocolate and the taste of the dough. The texture of the chocolate also varies. Some prefer a runny chocolate filling, similar to a Choco lava cake, while others like fudgy center you can eat mess-free. It is a bit controversial as people would rather eat the usual spicy and savory momos rather than a new sweet fusion of flavors. But how bad could it really be? It is a fun and weird combination which is worth a try.

3. Avocado and Chocolate:

Mixing avocado and chocolate seems very bizarre. We know avocados for dishes like guacamole or avocado toast, both savories, but mixing it with chocolate? That's a whole new look for avocados. It has gained popularity for its surprising taste. It actually tastes really good! You can taste the avocado more and since chocolate is quite sweet on its own and has a strong flavor it almost feels like a decadent chocolate mousse. Worth a shot!



I hope you try some of these combinations and find some inspiration to come up with your own weird and fun combinations!

MUNCH MUCH?

Food for **THOUGHT**



By Aadhit Udipi Rau

12B

Podcasts are a new and emerging variant of digital entertainment that have quickly become ubiquitous among various demographics of listeners. From streaming platforms such as Spotify to apps such as YouTube and Audible, podcasts are rapidly becoming available on a large-scale.

Ever since the dawn of podcasting, food podcasts have dominated the charts. Numerous podcasts relating to the wide world of food and cooking have emerged, each targeting various different demographics. Whether you're an experienced chef looking for a challenging recipe to try out, a history buff interested in the origins of various foods, or just a foodie looking for a new eatery to try out, there are a plethora of interesting and thought-provoking podcasts out there that cater to your tastes.

Here are a few food podcasts that are worth listening to:

'Gastropod' is a unique podcast, hosted by journalists Nicola Twilley and Cynthia Graber. The podcast focuses on the historical and scientific aspects of numerous modern foods. The podcast features interviews with numerous scientists, historians and other experts. The show's episodes usually delve deep into the historical, scientific and cultural backgrounds behind various household foods. Previous episodes have discussed various stories from history, such as Leonardo da Vinci's invention of the pasta machine, the history of cutlery, and the history and evolution of the practice of eating cake on one's birthday.

Another notable food podcast is **'The Sporkful'**, hosted by journalist Dan Pashman. The Sporkful focuses on how food connects to culture and politics. It analyses how food affects and is affected by matters such as religion, race, and gender, among others. Dan Pashman's signature mix of comedy, social issues, and a passion for food and cooking makes The Sporkful a must-listen. Incidentally, Dan Pashman and the team at 'The Sporkful' are credited with the invention of 'cascatelli', a new type of pasta.

Another thought-provoking podcast about food is **'The Dave Chang Show'**, which investigates and exposes the secrets of the restaurant industry. Hosted by the Michelin-starred chef Dave Chang, the show features interviews with other celebrity chefs, entrepreneurs and creatives about the culinary world, and the various trends, successes and failures associated with it.



Feeding the FEED

Ever tried making restaurant-style pasta at home just because an influencer made it look like a breeze? (Yeah... let's say, it wasn't.) Welcome to the wild, wonderful, and sometimes wobbly world of food trends, a world where a 30-second reel, a late-night scroll, or a trending hashtag could inspire your next meal. Thanks to social media, food isn't just about taste anymore. It's about aesthetics. It's heavy focus on a plate of Maggi that needs the right lighting and camera angle before it even touches your lips. And let's be real, we've all been guilty of taking food photos like we're shooting for MasterChef.

Platforms like YouTube are at the heart of this foodie revolution. Channels like Kabita's Kitchen, Village Cooking Channel, and Nisha Madhulika are no less than online food universities now. Watching their videos feels like magic... One moment there's a simple biscuit, the next it's a lavishly whipped-up cake. Have leftover rice? Boom, convert it to a sushi roll. Don't have the ingredients? Doesn't matter. We'll improvise. Or give up. Or just watch someone else do it while we eat plain bread. Something that, in retrospect, was prerogative to create is now proliferating like wildfire.

And who can forget Dalgona Coffee? During lockdown, suddenly everyone became a coffee artist, furiously whipping instant powder like our exams depended on it.

Now it's not just about making food. Influencers are launching their own products—like MrBeast with his Feastables chocolates and Beast Burgers. Imagine your favorite YouTuber, but instead of dropping gaming videos, they're feeding you fries. Wild, right?

Then there's the "Instagrammable" food movement—where food looks almost too pretty to eat. Think rainbow toasties, glittery milkshakes, or black charcoal ice cream (don't worry, it's not burnt). Sometimes we don't even know if we're supposed to eat it or hang it in an art gallery.

Restaurants are catching on too. They're designing dishes made for the camera. Flaming noodles, gold-leaf pani puri, and burgers stacked like Jenga towers—just waiting to go viral.

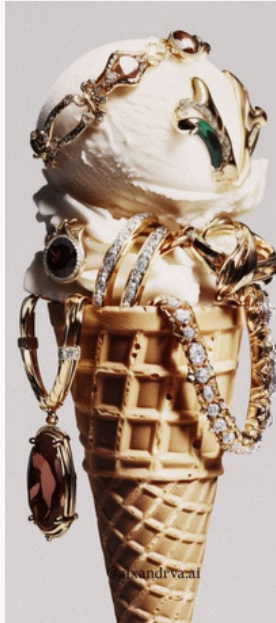
Of course, not every trend is a hit. But that's the joy of it. Some trends flop. Some sizzle. And sometimes we burn toast trying to copy it.

But in the end, social media has made food fun again. It's playful, unpredictable, and a little messy—just like the VUCA world we live in. So if your next meal doesn't look perfect, don't worry. You might just be a reel away from your moment of foodie fame.

By Varunisha B

12C

Food in FASHION



In recent years, food has become more than just sustenance. It has emerged as a vibrant source of inspiration in the fashion world.

From runway collections to editorial photography, the fusion of food and fashion reflects a playful, sensory-rich dialogue between two deeply expressive industries.

Designers have embraced food as accessories, and even silhouettes. Brands like Moschino, Dolce & Gabbana, and Viktor & Rolf have famously toyed with pop-culture fast food symbols.

Food is often used in advertising to evoke emotion, desire, and sensory appeal.

In fashion and beauty campaigns, it can symbolize indulgence, freshness, or natural ingredients — making products feel more relatable and tempting.

Social media has also amplified this trend, with food-themed fashion becoming a viral niche.



From croissant-shaped bags to fruit-inspired jewelry, the blend of culinary delight and couture captures the imagination of audiences craving both creativity and relatability.

But beyond prints and patterns, food has literally made its way “onto the runway”.

Some of the most daring fashion shows have featured edible elements: models wearing accessories made of fresh produce, garments constructed from chocolate, or even carrying baguettes as handbags.

In 2020, designer GCDS made headlines with models eating pasta mid-walk, and others have presented food-laden installations that double as fashion backdrops.

In essence, the presence of food in fashion is more than eye candy.

It's a commentary on consumerism,
a play on desire,
and a celebration of the senses.

All coming together where taste, touch, and
vision unite as one.

By Pritika Gracelyn
12A



Dreaming DESSERTS

Far from mere confections, desserts are not only the perfect end to your meal but a fleeting indulgence that lingers on the palate and in the memory.

Crumbly cakes, perfect pastries, irresistible ice-creams, and creamy custards all have a charm of their own. All the sweet treats that you love today have their own history. So, before you take that next bite, know you're tasting a tale that's been centuries in the baking.

Here are a few interesting backstories of popular sweet treats. Now enjoy a slice of history paired with your choice of sweet treat.

These piping hot, delicate, golden-brown tubes dusted with crystals of sugar are traditional in Spain and Latin America served with a generous pool of rich molten chocolate.

A popular theory suggests that they were first made by a nomadic Shepherd tribe from Spain called “**Navajo-Churro**” who cooked the cords of dough over an open fire.

Another theory says that it was Portuguese sailors who came across a similar food item in China and carried the recipe across the oceans back there.

Layers of filo pastry, chopped nuts and a delicious sweet syrup come together to make **Baklava** one of its kind.

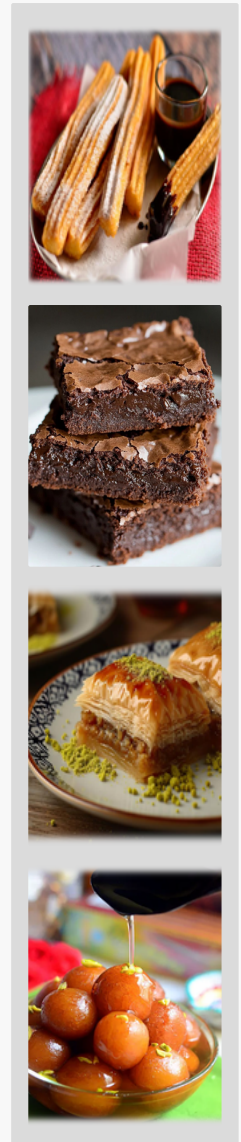
It's thought that very early versions of the pastry dessert were made in the 8th century BC by the Assyrians, whose empire covered some of modern-day Türkiye.

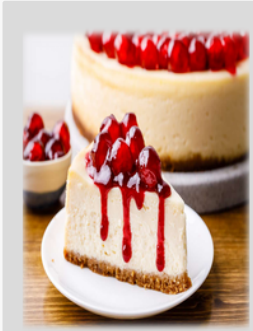
Sources say the recipe was fine-tuned by the Ottomans and that it was served as a staple in Istanbul's Topkapı Palace through the 15th century. It's also said that ancient Greek merchants, who loved the Assyrian delicacy, distributed it across the Middle East as they travelled, making their own tasty alterations.

These are silky spheres of dough balls drowning in a luscious sugar syrup infused with cardamom and rose water.

It is one of the popular sweet dishes of India that is enjoyed best on special occasions and festivals. But did you know that **Gulab Jamun** has its roots from Persia.

It originated from an Arabic dessert - Luqmat al-qaadhi that literally translates to 'The Judge's Bite'. This dessert gained popularity during the Mughal era and was later called Gulab Jamun, and was renamed using Persian words gul (flower), ab (water), and jamun (Indian fruit with similar shape & size).





The dense cream cheese filling resting on a crumbly base crowned by a glossy veil provides for an indulgent decadence.

Legend has it that a version of this treat was given to athletes in the first-ever Olympic Games, way back in 776 BC.

In 1872, a dairyman named William Lawrence was trying to reproduce a French cheese called Neufchâtel, when he added an excess of cream which later became known as cream cheese.

In the 1920s, Jewish German immigrant Arnold Reuben, who owned a restaurant and Jewish deli in Manhattan, created the first, true **New York-style cheesecake** incorporating cream cheese.



This heavenly combination of coffee-soaked ladyfingers layered with sweet mascarpone and dusted with a amount of cocoa powder was created by accident.

Ado Campeol, who owned Le Beccherie restaurant in Treviso, northeastern Italy, was making vanilla ice cream one day when he accidentally dropped some mascarpone cheese into the beaten eggs and sugar.

His wife and him then layered the mix with espresso-soaked ladyfingers and lo! **Tiramisu**, the dessert was born.



This chewy, cloud-like delight is crafted from glutinous rice pounded into a silky, elastic dough. Its tender exterior encases a treasure trove of fillings, from sweet red bean paste to creamy matcha or fruity surprises.

Mochi's origins can be traced back to ancient Japan, where rice cultivation was an integral part of the culture. Historically, rice was considered a sacred crop, and the first mochi was made as a way to offer gratitude to the gods during religious ceremonies.

Glutinous rice contains a high proportion of amylopectin, a type of starch responsible for the sticky consistency of mochi. When the rice is pounded, the amylopectin molecules break down, creating the characteristic stretchy and elastic texture.



Today, dessert is both comfort and celebration—a ritualized indulgence where memory, emotion, and aesthetics collide.

It is the final act, the closing crescendo, the edible sonnet to a meal well taken.

The Final Flourish.

By R. Dakshata

12A

