



Berry excited...

...As Chef Manish Mehrotra Spills The Beans



Manish Mehrotra, celebrity chef

‘Asia’s 50 best restaurants’ since 2015. While the restaurant has won some serious acclaim, the chef too has many awards in his kitty a la Best Chef Vir Sanghvi Award, Gourmet Guru and many more. In an exclusive interview with GT, he talks about the perfect recipe for success.

Egg-cellent choice

My passion for cooking began when I enrolled at IHM, Mumbai. I was hesitant to join my family business and instead chose to pursue Hotel Management. Once there, I discovered that the kitchen was the most intriguing of all, a place where you could develop and create new things. And because I did not want to choose a conventional career, hotel management looked attainable. As a result, I gave it my best, and here we are.

On a roll

‘Indian Accent’ took shape about 14 years ago, before which I worked in many countries with individuals from all walks of life, brought together by food. Many chefs in London were creating fusion dishes with Indian food. That is when I asked my supervisor to give me a shot. Even though I

Pic: Ayushi Nandan, AIS Noida, XII J



GT reporters interacting with the chef

had never been trained in Indian cooking, he gave me a chance as I had grown up in India and around Indian food. And I utilised my inexperience to break all the traditional rules of an Indian kitchen. We tried Indian Accent in London first, and it became a hit.

Cream of the crop

The best aspect of being a chef is that you get to see a lot of things, eat, travel, meet people, and hear their opinions. People don’t always like your food, but making food and seeing it delight people gives you a sense of triumph. You can win a lot of awards and recognition, but it’s all good if your team and your guests are happy. And that makes you satisfied. One thing I would advise my younger self is to learn diligently when working with specialised chefs. Other than that, there isn’t much I’d change.

INTERVIEW

Pinch of salt

The hospitality business is both physically and emotionally taxing. It’s quite difficult since you’re constantly in a hot kitchen and in a heated environment. And our busiest day is when everyone else is having fun. People go out to dine to celebrate anything, while the person behind the apron is the busiest. So, our work-life balance is somewhat off, which is the most difficult task. And I think every job nowadays is difficult, you just have to learn to push through it. The golden rule is, whatever you do, the finished product should be tasty.

Donut give up!

In the modern world, with many different outlets and career options, I recommend that you all identify your vocation ahead of time. In this manner, you save both your time and your parents’ money. One thing I’ve learned from my seniors is that hard work and discipline are more important than skill. No one will be able to stop you if you identify your passions.

Laksh Saxena & Avni Jain

AIS Noida, XII H

Talk about India’s culinary geniuses and there is no way you can miss Manish Mehrotra. Yes, the same man behind the celebrated restaurant ‘Indian Accent’, making it an integral part of

India This Week

Raunak Gupta, AIS Vas 6, XI E

While we sit on our couch just breathing, a lot of things happen around us, and sometimes in our very own country. We bring you the ones worth mentioning...

Agra gets a ‘Mother’s Milk Bank’

News: UP inaugurated its first-ever ‘Mother’s Milk Bank’ in Agra. The aim of this bank is to ensure that every newborn receives breast milk, vital for their immunity. Breast milk banks are regarded as an essential component of the healthcare system. The lactarium would collect, screen, pasteurise, and distribute human milk to needy mothers, supporting healthy child growth. Lactating mothers were urged by senior health officials to donate surplus milk for distribution. The initiative, lauded by health officials, emphasises the significance of breastfeed-



ing. CMO, Dr Arun Srivastava, called the move a “significant achievement”.

Views: There is no substitute for mother’s milk as it provides nutrients essential for the growth of a child, both physically and mentally. The inauguration of a milk bank marks a pivotal stride toward newborn health. By collecting and distributing human milk to the ones in need, the lactarium promotes crucial immunity and growth for infants. And by encouraging lactating mothers to donate surplus milk, it underscores community

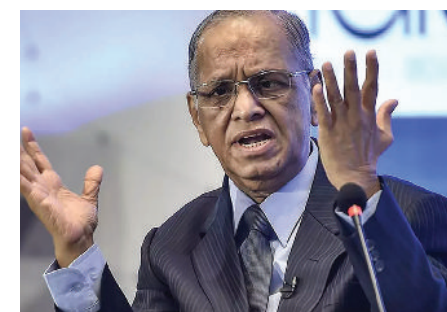
support. This initiative showcases the power of communal effort, emphasising the importance of inclusivity. Continued support from the society is essential to ensure every child receives a healthy start in life, fostering a more equitable society. [GT](#)

Jayshree Singh, AIS Vas 6, X B

Murthy proposes a 70-hour workweek

News: During the first episode of the podcast ‘The Record,’ Infosys founder N R Narayana Murthy emphasised on the importance of Indian youth working 70 hours per week to increase their productivity and to be able to compete in the global arena. “India’s work productivity is one of the lowest in the world... my request is that our youngsters must say, this is my country, I’d like to work 70 hours a week,” he said. He additionally said that in order to compete with countries like China, India’s youth must put in these extra hours of work; citing examples from Japan and Germany after World War II.

Views: On average, a person works for over 40 hours in a week. Narayana Murthy’s call for Indian youth to work 70 hours per week



would result in a lot of issues. The statement raises questions about work-life balance and national progress. While his emphasis on productivity is understandable, it’s crucial to consider the well-being of individuals as well. Striking a balance between working hard and working on mental health is essential for the sustainable growth of any nation. Instead of simply increasing working hours, a holistic approach that includes efficient governance, skill development, and fostering innovation maybe a better idea. His perspective sparks an important dialogue, urging society to explore comprehensive solutions for economic advancement without compromising individual welfare. [GT](#)

Arunima Singh, AIS Vas 6, X C