

# Behind the apron

## Chef Kunal Kapur Shares His Signature Recipe For Culinary Success

Koyal Das, AIS Gurugram 43, XII S

**K**unal Kapur, a seasoned chef with decades worth of gastronomic expertise under his belt, is a name that needs no introduction in the culinary world. Known for his appearance as a judge on MasterChef India, he has been honoured with sundry accolades for his culinary adventures. His deep-rooted love for food also gets manifested in his restaurant chain, Pincode by Kunal Kapur, that has been serving exquisite dining experiences to food connoisseurs for quite some time now, and his self-authored cookbooks, Kunal Kapur In the Kitchen, and A Chef In Every Home. Read on as he divulges for us his signature recipe to becoming a perfect beloved chef.

### The beginnings

I took a liking to cooking and decided to do something in the field when it wasn't even considered a profession. It was more like a hobby then. Besides, being a commerce student, my parents wanted me to become a banker instead, but the culinary artist in me didn't shy away from taking up a profession that wasn't understood by many. It wasn't the best of decisions at that point in time, but if you look at it in hindsight now, I think it was the best decision. Let's give it up for the 19-year-old me for that!

### The challenges

The biggest challenge being in a service-oriented industry like cooking is time management. For when you are a chef or a restaurateur, you are bound to spend long hours at your place of work serving people and don't even get offs on special occasions; instead, that's the time when you are completely booked, for people go out to celebrate, and as they do, you cook and serve them. Other than that, in this industry we get instant feedback so things can get a little too harsh at times, but if

you put yourself in the shoes of the one giving the feedback, you will be better equipped to understand their issues.

### The chef-ings

According to me, the most important trait of a good chef is to be a constant learner. The world's evolving, so it is significant to walk hand in hand and work hand in glove with the changing times. For the day you stop learning is the day you stop evolving. Also, our entire world works closely with technology, so to be a great chef, an



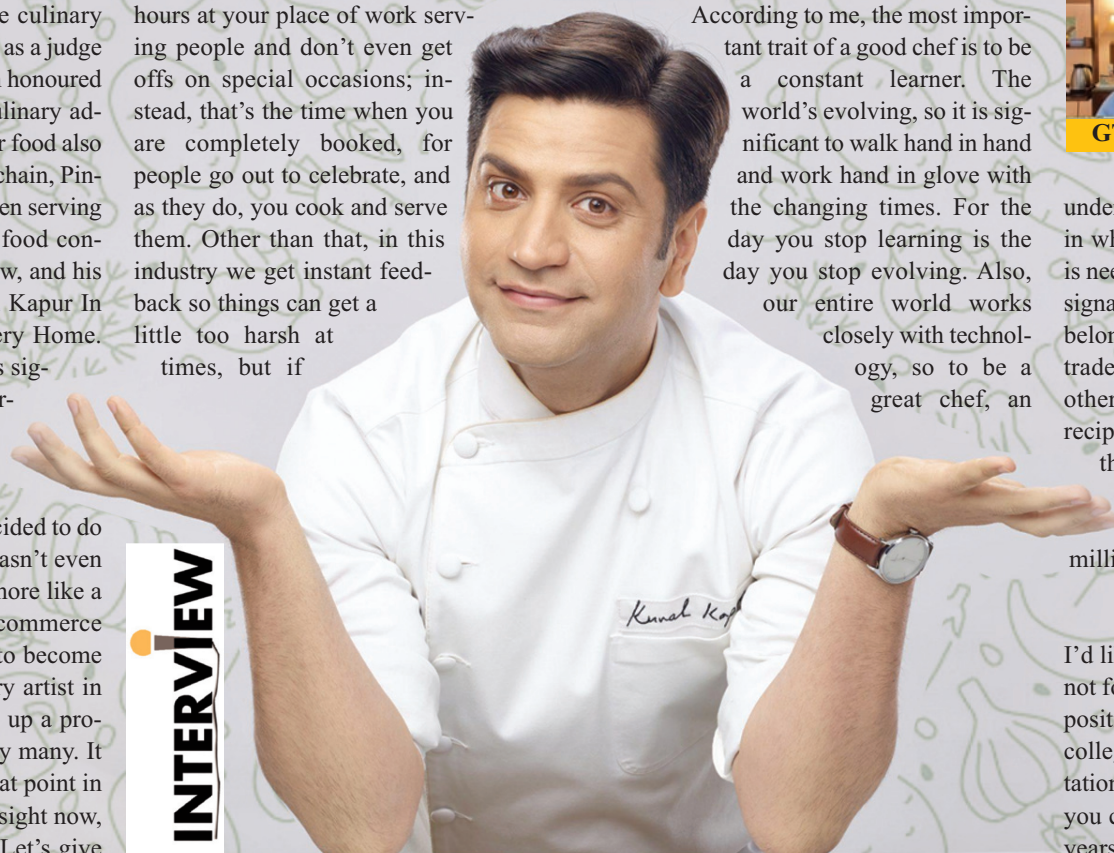
GT reporters interact with the chef

understanding of technology and the ways in which you can use it to your advantage is needed. Other than that, never share your signature recipe. This is not to say that food belongs to any one person, community, or trade. Everybody has something or the other to contribute, but your signature recipe is yours. Let it remain special. Just think about all the good food you will be surrounded with for the entirety of your life, this in a world where millions suffer even to get one meal a day.

### The message

I'd like to advise all the young Amitians to not focus their attention on money, fame or position as you step out of your school or college and take up a job. The only expectation you should have then is to join where you can learn. Dedicate at least four to six years of your initial career to learning. Everything else will follow your path soon.

INTERVIEW



Celebrity chef Kunal Kapur



Aarav Deshwal, cadet at AIMC

# Pride in every stride

## A Cadet's Brave Tale Of Forging A Path To National Service

Aarav Deshwal, AIMC, XI

**I**t's been three years since I joined Amity Indian Military College, and every single day I feel a deep sense of gratitude and pride for being part of this illustrious institution. I came to AIMC in 2020 as a student of Class VIII and was immediately made to feel special. Here, students are called cadets and hence, I was asked to keep my hair short and my clothes in impeccable order. From the very beginning, I experienced the importance of discipline and hard work, as I was trained in drill exercises and march-past. Moreover, it is a fantastic experience to stay in a hostel and engage in group studies. There is no hectic schedule like schools in the city. Self-study and group

discussions are the supportive pillars for holistic growth. What's more the food is great! And, all of this while being surrounded by a peaceful environment as AIMC, part of the Amity Education Valley, is located amidst the lush green surroundings of the Aravalli Hills, far from the pollution and hullabaloo of the city. Learning has become fun here as it is a no mobile zone.

Speaking of growth, I participate in various activities - parasailing, zip-lining, obstacle courses etc. - that will prepare me for entering the coveted National Defence Academy. I am also being trained to build mental and physical strength. Our principal, Col RC Patial, and administrative officer, Col Ravinder, are both retired defense personnel who impart valuable life lessons to us.

There is also a focus on personal grooming and ethics. The teaching and hostel staff endeavour to instill confidence and honour in us. The motto of the school is - "Duty, Honour and Courage." What ties all of this together is sports. All cadets of the school have the opportunity to play a diverse range of games like cricket, basketball, football, tug-of-war, shot-put, long jump etc.

This school has been envisioned by Founder President Sir, whose desire is to nurture AIMC cadets as committed young men passionate about serving in the country's defence forces. AIMC has become my second home now and in my heart reverberates Swami Vivekananda's quote, "The goal may be distant, but awake, arise, and stop not till the goal is reached." 🇮🇳