

FOOD

LIVING LOCAL



1ST FEB SATURDAY

Fermentation & Pickling With Qualia

4:00 pm - Fab Café,
6:00 pm Kalaghoda

This workshop featuring Chef Ashirwad Moghe the Sous Chef at Qualia, will focus on the cultural weight and history of fermentation and preservation practices and their role as a central vein in building myriad cultures and cuisines across the globe. It will also feature the role of fermentation practices in the current day and age as a medium to agitate the status quo.

2ND FEB SUNDAY

Sustainability In Restaurants

12 noon - BNHS Hall
2:00 pm

This panel discussion is helmed by Arina Suchde (Moderator + Speaker) who is a chef and mixologist. Moina Oberoi, Chef and entrepreneur. Sumit Gambhir, Director and co-founder Neighborhood Hospitality (Woodside Inn, The Pantry Cafe, Bombay Vintage) and Monisha Narke, Founder and CEO, RUR Greenlife a socio-environmental organization that works in the urban waste management sector. This discussion talks about sustainability in the restaurant space, less wastage and how you can incorporate certain aspects into your own homes and kitchens.

From The Kitchens Of Bengal With Mustard

4:00 pm - Fab Café,
6:00 pm Kalaghoda

Understand the flavours and ingredients of simple uncomplicated Bengali cuisine with the team at Mustard as they share some of their recipes and techniques on smoked and steamed Bengali dishes.



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4TH FEB TUESDAY

AM - PM snacking workshop
by Gouris Goodies and
Nangoo Coffee

4:00 pm - Fab Café,
6:00 pm Kalaghoda

Learn how to make nutritious anytime anywhere meals that you can have on the go with Gouri Gupta of Gouri's Goodies. Fulfilling snacks to satiate hunger pangs along with some tricks to carry your cold brew learn about the simple pour over technique with Varun Gupta of Nangoo Coffee.

5TH FEB WEDNESDAY

Baking Bread
With The Baker's Dozen

4:00 pm - Fab Café,
6:00 pm Kalaghoda

This workshop is all about demystifying the art of baking bread. Learn how to bake your own Ragi loaf and Sour Dough Pav in your home kitchen with The Baker's Dozen.

**Food that Fuels Metropolis
Mumbai - A Food Walk**
with Rushina Munshaw

11:00 am - Outside
1:00 pm Cannon Pao
Bhajji

Join Rushina Munshaw Ghildiyal on a progressive food walk from CST to Kala Ghoda. Explore iconic landmarks and the communities that helped built Mumbai. Discover their cuisine with stories behind the dishes and flavours along the way.

Legacies: Food

5:00 pm - David
6:00 pm Sasson
Library
Garden

Nicole Mody, Zeba Kohli, Sae Koranne Khandekar and Aman Khanna in conversation with Tara Deshpande.

6TH FEB THURSDAY

Contemporary Indian Cuisine -
In Conversation With Tres Ind

4:00 pm - Fab Café,
6:00 pm Kalaghoda

Food and Travel writer and the founder of The Nomad Foodie, Suprio Bose and Chef Sarfaraz Ahmed of Tres Ind talk about Indian fine dine and the use of Indian ingredients in a more creative space. Learn tips and tricks from the very best on how to enhance your recipes at home.

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7TH FEB FRIDAY

Mistress Of Spice

With Rushina Munshaw
Ghildiyal

4:00 pm - Fab Café,
6:00 pm Kalaghoda

A workshop dedicated to understanding and learning about spices from different regions and communities in Mumbai with Rushina Munshaw Ghildiyal. Learn how to make your own spice blends and how to incorporate them in various recipes.

8TH FEB SATURDAY

Irani Cafe Walk

with Roxanne Bamboat

10:00 am - Outside
12 noon Westside

Roxanne Bamboat takes you on a walk through the bylanes of Kalaghoda to learn more about traditional Irani cafes and their legacy.

Bank of Baroda Presents a Session On Kashmiri Khazana

With Jasleen Marwah

4:00 pm - Fab Café,
6:00 pm Kalaghoda

Learn traditional recipes that are cooked in Kashmiri households and understand the nuances of Kashmiri cuisine and its delicate flavours with Jasleen Marwah.

9TH FEB SUNDAY

Healthy Smoothie Bowls

With Rebekah Blank & Fab Cafe

4:00 pm - Fab Café,
6:00 pm Kalaghoda

Learn the art of making one of the biggest food trends - your very own nutritious breakfast smoothie bowls ! In this workshop Rebekah Blank teaches you how to incorporate a host of healthy ingredients to create a fun bowl.

Curators: Roxanne Bamboat and Nicole Mody

Acknowledgements: Ranveer Brar, Fab Café and everyone conducting the food workshops

Note: All programs are subject to change. All entry on first come, first served basis only. Please come 20 mins prior to the workshops.