

No more About

Chef Irfan Khan



Chef Irfan Khan is a Hospitality Professional with rich and varied experience across culinary sector in Operations specialty with Indian Cuisine

Chef Irfan is an International personality who has trained many Chefs for the future leaders in culinary field in India, UAE, Singapore & KSA since 2006.

Armed with a degree in Arts from Meerut University and 3 years Diploma in Hotel Management from Nagpur.

Chef Irfan has a varied experience in Hotels at a Management level with companies like Marriott, Intercontinental Hotel Group, Hyatt International, and Starwood Hotels & Resorts and now with Carlson Rezidor Hotels Group in India and abroad.

Chef Irfan started his career with Marriott Hotels and worked with them more than a year.

Subsequently joined Intercontinental Hotel Group at Mumbai as a pre-opening team member.

Associated with Grand Hyatt Dubai as Chef De Cuisine and opened Indian Cuisine Restaurant IZ.

Was also Executive Sous Chef at Intercontinental Singapore. Joined Sheraton Hotel & Towers Dammam KSA as an Executive Chef.

EXPERIENCE

Executive Chef
Carlson Rezidor Hotels Group
August 2013 - Present (3 years 2 months)

Executive Chef
Sheraton Hotel & Towers Dammam KSA
July 2011 to July 2013 (2 years)

Executive Sous Chef
Intercontinental Singapore
May 2010 to June 2011 (1 year 2 months)

Executive Sous Chef
Hampshire Plaza Hotel Hyderabad
March 2008 to April 2010 (2 years 2 months)

Chef De Cuisine
Grand Hyatt Dubai
March 2006 to March 2008 (2 years 1 month)

Chef De Partie
Intercontinental the grand Mumbai (pre opening)
Dec. 2003 to March 2006 (2 years 4 months)

Demi Chef De Partie
Marriott Renaissance Mumbai (pre opening)
August 2002 to Nov. 2003 (1 year 4 months)

LANGUAGE

English, Hindi and Urdu
Skills

• Hospitality Management, Hospitality, Hotel Management, Restaurants, Pre -opening, Hospitality Industry, Food & Beverage, Menu Development, Catering, Recipe Standardization, Yield Management Restaurant Management, HACCP, ISO 22000, Recruitment, Staff Management, Material management, Equipment maintenance, etc.

Chef Irfan also knows about

• Resorts, Banquets, Budgets, Fine dining, Microsoft Word, Power Point, Micros etc.

EDUCATION

IHMCT Nagpur

• 3 years Diploma in Hotel Management
Meerut University

• Bachelor of Arts
Interests

• Cooking & Teaching
Advice for contacting Chef Irfan
Contact me at: Irfankhan96@yahoo.com

A dish from Raddisson

Malmali Machhali Kebab

Ingredients

Fish Fillet - 300.grms

Marination

Olive oil - 50.Ml

Hung Yoghurt - 100.grms

Cashewnut Paste - 50.grms

Fresh Cream - 50.Ml

Mace Powder - 10.grms

Nutmeg Powder - 5.grms

Coriander stem - 10.grms

Green Cardamom Powder - 10.grms

Bhuna Besan - 20.grms

Green chilli Paste - 10.grms

Garnish

Fresh Coriander

Chat masala

Accompaniments

Green Chutney - 40grms

Onion rings - 30 grms

Tomato rings - 40 grms

Whole Green chilli - 1 no

Lemon - 1 wedge

Method :

1- Take sole fish clean it and cut in to small pieces

2- For a marination take a mixing bowl put olive oil, Hung yoghurt, Cashewnut paste, Bhuna besan.

3- Add ginger garlic paste, all the powders, Green chilli paste, and salt.

4- Add fresh cream, chopped Coriander stem and garam masala.

5- Mix fish pieces in marinated and set 1 hour in the refrigerator.

6- put on skewer with a distance of ½ inch and cooked in tandoor.

7- served with green chutney and accompaniment with garnished chop coriander and chat masala.

Dalia Kababs with Kashish

Ingredients: Cooked Dalia (Broken Wheat/Cracked Wheat) - 1 Cup, Chopped Onions -- 1 Cup, Chopped Cilantro -- 1 Cup, Salt -- To Taste, Garam Masala - 2Tbsp, Green Chilli - 5, Oil - 4Tsp, Ginger Garlic Paste -- 2Tsp, Oil -- For Shallow Fry

Method : First heat oil in a pan and add green chilly and chopped onions to it and fry till they turn transparent. Then add cooked dalia, chopped cilantro, garam masala, salt and ginger-garlic paste to it. Mix everything well and let it cook for 5min. Then remove it from heat and let it cool down. Once it gets cooled, make patties out of it and shallow fry them on both sides nicely till they turn to dark brown color.

Finally Tasty Dalia Kababs are Ready To Serve. Enjoy with coriander n lime chutney or sauce.



By the way

This heading may shock you but yes I am really proud to be a widow. Why should not I ? Being a widow is one of the saddest superstitions still prevalent in India. The deeply embedded patriarchy in our country found one more way to assert its superiority over the 'weaker sex' by delegating widows as unlucky and inauspicious.

Widows are not allowed to re-marry, they must always wear white, they must not wear jewelry, not participate in festivities and so on and so forth.

The social stigma of being a widow is a comment upon the way the mindset of the people still functions. Widowers, on the other hand, face no such social constraints. It is even considered unlucky to see a widow while going out- it might signify that the work you are going out for will not be completed successfully.

Widows are often considered to be cursed, meaning they are thrown out by their families for fear of spreading their bad luck.

Today, nearly 15,000 widows live in Vrindavan. Although it is believed they were first drawn for religious reasons centuries ago, many widows now come to this city of 4,000 temples to escape abuse in their home villages -- or are banished by their husbands' families so they won't inherit property. It's not about one city. Widows are being treated like this in every city.

I have collected these facts from internet and other sources.

Until a few decades ago, widows were often accused of causing their husbands' deaths -- the mother-in-law in Hindi films would accuse the widow of "eating her son" alive. Even now, "unlucky" widows are scorned for remarrying. This is a male dominated society where they can't raise hands to give life to a widow but they have full right to comment on the character of a widow.

"Widows are untouchables" a very learned person told me

I am proud to be a widow

while talking on social evils. Another well behaved man told me that he would rather kill a widow than seeing her remarried. Why does she want to re-marry? That gentleman said in anger. I was about to ask him about his remarriage. That gentleman was a widower who got remarried two months after his first wife's death. I know a person who got married 3 times.

One day I was sitting idle in my cabin and heard whispers coming out of my room. Two young boys were commenting on my dressing style. They were surprised to see a widow who was looking modern and wearing everything which was prohibited for her. I gently called them inside and made them sit comfortably in front of me. I did not scold them for what I had heard. I simply told them not to pass harsh comments on a widow. It was not their mistake. Our environment is responsible for such foolish assumptions.

In a recent incident I was declared bad luck by a so called 'Gyani Baba'. He told my neighbour not to keep relations with me because I am unlucky. In his opinion my husband died because of my bad karma. I write articles on social evils not because I am hurt but because I can't see other widows being ill treated like this. I am a strong woman who never usually go upset with these type of talks.

I am born and brought up in metro cities like Chandigarh and I know where I have earned respect for my qualities.

Now, I am seeing another part of my society who believes in superstitions.

One of my male friend's wife don't like me because I am a widow. In her opinion widows are sexual maniacs who can sleep with any male to satisfy their lust.

It's unbelievable to hear these things in 21st century. I am very much in my senses while writing this article.

I was once told to leave a party early because Suhagan ceremony was about to be done in their house.

By the way I am proud to be a widow. I did not beg for food and clothes from society. I am multi talented and can earn money for my family. I did not shed tears on the death of my husband because I had to get up for my kids who are my responsibilities. I took everything on my shoulders and just move on. My family supported me and friends encouraged me to live life with pride. I feel suffocated when uneducated people pity on my fate. I think I am doing much better than those males who just copy paste from internet or are involved in crimes. I don't trap men, I don't kill dreams of others to fulfil my dreams. My husband wouldn't be happy to see me crying and shedding tears rather he would be happy now to see me more responsible and a person with so much pride and confidence to lift other's life. It's really unfortunate that people are not ready to change. All women are not helpless. If we can't wipe tears from eyes, we don't have right to comment on a widow's life. Every widow is not a sex maniac. She can live life with pride and not necessarily with a male. Male colleagues may be her friends only.

I can't change everyone but I can change my surroundings. It's good to step into a digital world or use gadgets to look smart but it's really important to change your mind sets. Social and generational changes are much required now. People should not believe all this, if someone is a widow its not her fault. Please make space for them in society. They are already suffering from loneliness don't add to their plight by sidelining them. A Widow is as much a human as is a married woman. The happenings in your life are because of your fate not due to presence of a widow. There is always hope wherever there is effort. I want to see every widow independently living in a modern society with respect and love.

Health secret: Almond benefits



Fortunately, the delicately flavored and versatile almond is available throughout the year to make a healthy and tasty addition to both sweet and savory dishes. Although packaged almonds are available year round, they are the freshest in mid-summer, which is when they are at the height of their season.

The almond that we think of as a nut is technically the seed of the fruit of the almond tree, a medium-size tree that bears fragrant pink and white flowers. Like its cousins, the peach, cherry and apricot trees, the almond tree bears fruits with stone-like seeds (or pits) within. The seed of the almond fruit is what we refer to as the almond nut.

Lessening after-meal surges in blood sugar helps protect against diabetes and cardiovascular disease, most likely by lessening the increase in cholesterol-damaging free radicals that accompanies large elevations in blood sugar. This is one reason why low-glycemic index diets result in lower risk of diabetes and heart disease.

It controls blood sugar:

Almonds appear to not only decrease after-meal rises in blood sugar, but also provide antioxidants to mop up the smaller amounts of free radicals that still result.

Eating almonds reduced the glycemic index of the meal and subjects' rise in blood sugar in a dose-dependent manner-the more almonds consumed, the lower the meal's GI and the less the rise in subjects' blood sugar after eating.

Practical Tips: Don't just enjoy almonds as a between-meal snack. Spread a little almond butter on your toast or down the center of a stalk of celery. Add a handful of lightly roasted almonds to your salad or chop and use as a topping for pasta, steamed or healthy sauteed vegetables. When eating foods with a higher glycemic index, including almonds in the meal can help keep your blood sugar under control. To lower your risk of cardiovascular and coronary heart disease, enjoy a handful of nuts or tablespoon of nut butter at least 4 times a week.

Whole Almonds (with Skins) Provide Most Heart Healthy Benefits

New research on almonds adds to the growing evidence that eating whole foods is the best way to promote optimal health.

The flavonoids found in almond skins team up with the vitamin E found in their meat to more than double the antioxidant punch either delivers when administered separately, shows a study published in the Journal of Nutrition.

Almond's Healthy Fats May Help You Lose Weight

A study published in the International Journal of Obesity and Related Metabolic Disorders that included 65 overweight and obese adults suggests that an almond-enriched low calorie diet (which is high in monounsaturated fats) can help overweight individuals shed pounds more effectively than a low calorie diet high in complex carbohydrates.

Although nuts are known to provide a variety of cardio-protective benefits, many avoid them for fear of weight gain. A prospective study published in the journal Obesity shows such fears are groundless. In fact, people who ate nuts at least twice a week were much less likely to gain weight than those who almost never ate nuts.

Don't let concerns about gaining weight prevent you from enjoying the delicious taste and many health benefits of nuts! Spread some nut butter on your morning toast or bagel. Remember how many great childhood lunches involved a peanut butter and jelly sandwich? Upgrade that lunchbox favorite by spreading organic peanut butter and concord grape jelly on whole wheat bread. Fill a celery stick with nut butter for an afternoon pick-me-up. Sprinkle a handful of nuts over your morning cereal, lunchtime salad, dinner's steamed vegetables.

Almonds are a very good source of vitamin E, manganese, biotin, and copper. Almonds are a good source of magnesium, molybdenum, riboflavin (vitamin B2), and phosphorus. Fortunately, although one-quarter cup of almonds contains about 11 grams of fat, a sizable portion of it (7 grams) is heart-healthy monounsaturated fat.

A handful of almonds a day provides much of recommended levels of minerals, vitamins, and protein. Besides, almond oil extracted from the nuts has been used in cooking, and medicine.

Enjoy the goodness of almonds in different ways.

MJSA a model of largest convergence, technology applications ever in India'



Udaipur: Rajasthan has emerged as a role model not only in the country but globally in the sphere of rain water conservation. "With the applications of latest technologies like geo tagging, satellite mapping, drones etc for the ambitious Mukhyamantri Jal Swavlamban Abhiyan (MJSA), the desert state has set off on its journey to transform into a greener one" Sriram Vedire, the chairman of the Rajasthan River Basin and Water Resources Planning Authority said. "With the raising of the low cost water harvesting structures, we have been successful in saving lakhs of liters of rain water wasting away and instead making it accessible for drinking purpose to 41 lakh people and 45 lakh live stock living in 3589 villages in as short a span of six months. Twenty five lakh saplings have been planted in these areas which would turn the dry zone to a greener one in the coming years" The government has aimed at raising Vedire was speaking to the media in an interaction program held at the collectorate premises on Saturday where he shared details on the successful completion of the first phase of MJSA and targets for the next phase. " MJSA is unique in many ways. It is for the first time that a large scale convergence of 9 departments like horticulture, agriculture, forest, irrigation, water shed, Panchayati Raj, public works etc were summoned before commissioning of the project" Vedire said.

We have already begun with the survey part for the second phase where similar water harvesting technologies would be introduced in 5200 villages of the 295 blocks across the state, he informed. Some 70 lakh plants would be grown around these structures which would be geo tagged and monitored to ensure their survival for 5 years. "MJSA has proved itself unique in terms of public participation and technological applications which has ever happened in any other parts of the country and hence many states and countries may follow Rajasthan pattern in the years to come" Vedire said. Praising the efforts of Udaipur administration for the commendable tasks done under the project, Vedire said that time bound completion is a prerequisite for success of such ambitious programs.

Diamond Jubilee of LIC



Udaipur: Celebrating 60 years of existence, LIC is celebrating this year as the diamond jubilee year. On this auspicious occasion, from 1st September to 7th September, "Insurance week" is being organized at a grand scale. On 3rd September, an essay-writing on topic "Smart City Udaipur of our Dreams" was held at Udaipur's schools where students of class 9 to class 12 took part. Over 90 students participated in the said essay-writing competition quite enthusiastically.

In the similar manner, a quiz competition was also held in schools for students of class 9 to class 12 where about 250 students participated. A team of selected top 16 students will compete in the final round of competition to be held on 6th September at board office located at corporation's Reti Stand.

Along with this, painting competition was also organized for two groups of classes 1 to 5 and classes 6 to 8. In this competition, around 250 children put their imagination on drawing sheets through pictures. All the winners will be honoured at the end of the competitions.

A conference at the board office was also organized for all the esteemed policy-holders of the corporation. Policy-holders participated with enthusiasm.

At the conference, all the queries of customers were also addressed and answered satisfactorily. Sanjay Bhargava, senior divisional manager, thanked all the policy-holders for confidence in the corporation.

Insurance Week was inaugurated on 1st September 2016 at board office of LIC India in a grand ceremony where flag was hoisted and lamps lighted by Sanjay Bhargava, Senior Divisional Manager, in the presence of special guests Smt Manjeet Kaur Bansal, PHC manager Shri Wahid Noor Qureshi, Dr Anchal Pandya, Smt Sangeeta Nepaliya and other members.

On this occasion, the staff at the corporation took the oath of absolute loyalty.

Consequently, Udaipur board has sanctioned Rs 25,000 for computers, tables, etc. for school students falling under its 15 branches. Along with this, under Bhinder branch, for rural Menar, Rs 50,000 has been sanctioned. In addition, under the Corporation's Golden Jubilee Foundation, an ambulance will also be provided to Charitable Hospital.

A two-day road safety camp organized



Udaipur: The authorized dealer of Honda Motorcycle and Scooter India Private Limited in Udaipur organized a two-day road safety camp. Varun Murdia of the Lakecity Honda which is the dealer said that the camp was organized especially for the students of BN PG Girls College. Students were given detailed training of riding the vehicle safely. The trainer was Namita Kalra.

Vinayak Chaturthi Celebration At WIS....



Udaipur: Witiations today fervently celebrated Ganesh Chaturthi in honour of the God of wisdom and prosperity Lord Ganesha. Lord Ganesha is worshipped in the beginning of every auspicious work so that it is successfully completed without any obstacle. The celebration began with the lighting of lamp by the Principal Mrs. Shubha Govil, followed by the information shared by the little scholars of Grade-II on this propitious day.

Then after an episode from mythological stories, in which Lord Ganesha revolves around his parents to show that the parents in themselves are the universe for their children was meaningfully dramatised, followed by a mellifluous rendition and a rhythmatically choreographed dance number.

Shri Mahalaxmi Hotel inaugurated



Udaipur: A new hotel is being inaugurated by Mahant of Hanuman Temple, Surjipole, Shri Ramgiri maharaj on Sunday. The hotel "Shri Mahalaxmi Hotel" is situated at Toran Bavdi, City Station Road Udaipur.

The owner of hotel Manoj Sharma and Lokesh Tank informed Royal Harbinger that there are ten rooms with six hundred sq. ft. Reception Room.

The tariff of hotel is nominal ranging from 2500/- a day. As this hotel is situated in midst of Udaipur, tourist will enjoy Udaipur visit with us.

We will provide all facilities along with food stuff to them in moderate rate.

Learnt problems during picnic



Udaipur: While enjoying a monsoon picnic near Naandeswar in a resort, the members of Lions club Mewar, Leo and Lioness Club Mewar Gaurav. President Gayatri Chaudhary told that members coordinated with local residents of the village and learnt various issues they face. Members also assured them to help out in near future.

Kids showcased various forms of Krishna



Udaipur: Rotary club Panna organized a Krishna Leela program in the celebration mall of Udaipur where kids presented various cute and adorable forms of lord Krishna.

Club president Bhanu Pratap Dhabaai said that a fancy dress and dance competition was held in which award of best Kaanha was given to Ved Dak, best Radha was Pravi Kothari, and best dance award went to Rimjhim Sharma.

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