

# Nouvelle Cuisine

That cooking is an art, have been told and retold for centuries now. What you do with the art, how you add your own expression to the medium actually makes it creative. Here, we tell you how this young restaurant, both in age and spirits, improvises with food to come up with what can be fondly termed as "Nouvelle Cuisine."



**Bhuvanesh Khanna** spent about a decade training under some of the most illustrious chefs and eateries in USA. Once back home, he started the New-Delhi based The Brick House Diner to experiment with food and come up with his own expressions.

**When it looks good, it tastes good.** The culinary world is busy these days with a process called "Molecular Gastronomy." For the discerning, it is nothing but the art of understanding food at its molecular level. For the creative mind, it's a belief that if the flavour of the food is maintained and yet the visuals can be thoughtfully designed, the human senses can be appealed to in a more effective way. Simply put, it gives the culinary artist an opportunity to play with the visual presentation of the food while enhancing the flavour. Making the food go into your five senses, bringing alive a more elevated experience.

**Garnishing should add to the taste.** The traditional belief of garnishing food has a shortcoming. Apart from making the food look good, it doesn't enhance the flavour of the food. "Nouvelle Cuisine", on the contrary, not just alters the visuals but also impact the way food tastes. Think of how you would garnish a traditional Butter Chicken. Now imagine a Butter Chicken Spaghetti. The latter is not just a new way to look at the food but also an improvement in the way it tastes. That's how Nouvelle Cuisine brings the difference.

**A spoonful of creativity.** Nouvelle Cuisine is a cook's way of expressing the creativity within. If you wonder at a dish trying to come up with an idea to evolutionize it, you have the way out. A chowmein soup, a mango ravioli or a coca-cola caviar are all results of some creative mind's urge to bring a difference to the way people look, touch and eat food.



**02 Indianoshi.** The Indianised version of a traditional Sushi. Indians are averse to eating raw fish, which is the trademark of any Sushi resto. There came the idea of using rice paper, the conventional sushi covering, and fill it with stuff that we Indians love to gorge on. Packing the three all-time favourite regular bites and putting it inside, we got chicken makhni sushi, haryali kebab sushi and laalmaas sushi! Though the essence and flavour was that of Sushi, the food within was more preferable than raw fish.



**01 03 Mango Pudding.** Traditionally a mango pudding comes in a cup and has a custard consistency to it. How do we alter the century old visual, yet retain the goodness and flavour of the food, was the question. Gelatinizing the mango puree and blending it to the mango pudding, created a mould. When you take a dip into it, you get the taste of the traditional pudding. And there's more, you actually bite into fruit-flavoured cubes. Mango pudding for a chew, anyone?

04 **Desi Shorba.** Let's eat the soup! The idea was exciting enough to tweak the regular soup to create something edible yet defying the way soups are taken. The way out was to add agar-agar, which had a solidifying property, to the composition. What came up was a solid version of the most popular soups – Rogan Josh, Murg Makhni, Tamatar ka Shorba. Take a spoonful, bite into it and get amazed.

05 **Meethi Biri.** How about eating a cigar? This is a take off from the traditional banana crape. Visually you find a cigar, interacting with the pudding that doubles up as an ashtray and the gram cracker crumbs that act as the ash. The cover was made up of pastry, filled with bananas, caramel, cinnamon and a bit of cream. This follows a philosophy that eating is healthier than smoking! ←



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