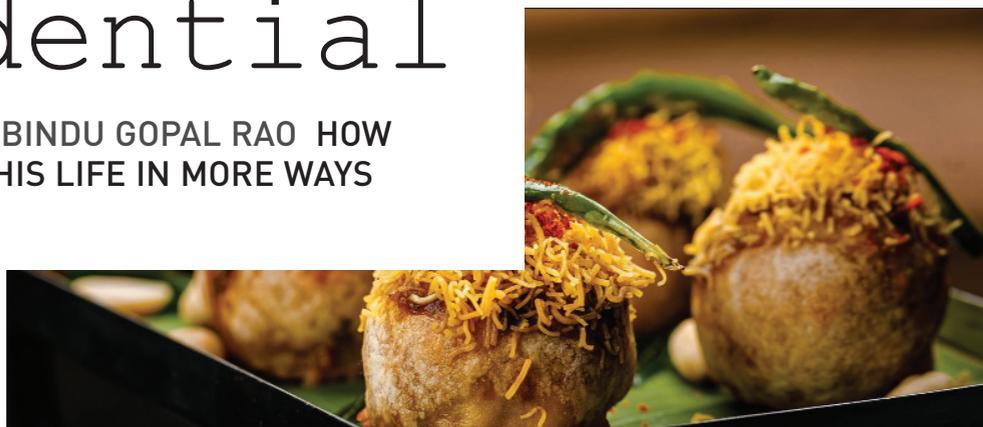


Kitchen Confidential

TARUN PANJWANI TELLS BINDU GOPAL RAO HOW COOKING HAS CHANGED HIS LIFE IN MORE WAYS THAN ONE



The connection to food in a Sindhi family is something of a given considering how much they love their food. It was this very feeling that veered a young Tarun Panjwani towards cooking as a child. "I remember I always used to help my mother in the kitchen whenever we hosted lunch or dinner. I used to create new dishes from the same old ingredients and would plate them up in a way that I would call pretty creative for a boy of that age."

Born and brought up in Haridwar, Tarun's family was in the hotel business so his leanings towards his chosen career path came almost naturally. He completed his B.A. Hons in Culinary Arts from the Institute of Hotel

Management - Aurangabad, Maharashtra between 2008 and 2013. Starting out as an apprentice at F Bar & Lounge in Mumbai, he worked under Michelin star Chef Vineet Bhatia before moving on to Vana Retreats as a Commis Chef as part of the preopening team. In September 2014, Tarun joined the pre-opening team at Tresind in Dubai under Chef Himanshu Saini and has spent some time working as Head Chef at Kasbah The Rooftop, also in Dubai. Currently, he is a Corporate Chef for Taim Al Falasi Restaurant Management overlooking all their QSR brands around U.A.E. - X Burger, Crave, Chicbae, and Dartaim.

"It's been a journey of continuous learning and a lot of hard work. It is my fifth year running in Dubai, and I have gained really good experience so far. I am

still learning every single day."

Tarun believes that Indian cuisine has evolved tremendously over the recent years. "Improvisation and innovation are ruling the roost with many traditional dishes finding new forms and variations. With the increased awareness regarding health, I can see the trend going towards revival of old forgotten food ingredients such as millets, and the creation of appealing and healthy dishes."

In the future, Tarun wants to own a restaurant where everyone involved should think, feel, and breathe food. "I plan to travel to nondescript places and learn about new cultures and their food," he shares. And we can't wait to see what happens next!

