

Hospitium- IX

**Civilisation, Culture & Cuisine in the
French Speaking Countries of the World**

January – March 2022



MESSAGE FROM THE DEAN

Dear readers,

The hospitality sector touches upon various aspects of life – food, shelter as essentials and travel, adventure, entertainment and luxury being as its secondary and soon-to-be termed as an ‘necessary’ part in the itineraries of travellers.

Be it international conferences, state visits, official seminars, training programmes, corporate, leisure, health tourism or travel for travel sake, we all tend to gradually add into our schedule, a tinge of fun and pleasure – “What use will my official travel to France be if I do not enjoy the French culture, do not visit the French monuments and do not get to experience the real French way of life?”



This is so true and works as a natural instinct for all of us. The corporate world and government bodies also tend to fix conferences at destinations that offer more than what may be required over and above what is connected with the very specific work for which an executive is required to travel to a particular destination.

Island countries or the cities connected with seas and oceans usually have mountains as well and are the most sought-after destinations as they offer, water sports, para-gliding, snorkelling, SCUBA diving, bungee jumping,

speedboat riding, adventure boat trips, fly boarding, fresh seafood, different kinds of beverages, exquisite entertainment and, indeed, a lot of fun time.

This volume, as it speaks of the countries where the infrastructure to host free individual travellers, conferences, conventions, state summits, also offer a myriad of other aspects which go hand-in-hand with work. After all, don't we say that All Work and No Play Makes Johnny a Dull Boy..?

I extend my best wishes to all of you and hope you get to travel to these islands, which have been hand-picked as they, besides being beautiful, also offer a soothing and a refreshing experience to all of us...

Prof (Dr.) Garima Parkash

Dean

Vatel Hotel and Tourism Business School

MESSAGE FROM DIRECTOR VATEL

Dear readers,

An institute can be only as good as its internal and external auditors perceive it. Auditors are the ones who know everything inside-out and are capable of going into the nitty-gritties of systems, procedures and the daily functioning of an institute. For this purpose, auditors from Vatel Headquarters in Lyon, France visit us at the Sushant University



every year and prepare a report, which, besides enumerating upon the shortcomings equally gives us various suggestions and avenues of improvement and development.

I am indeed happy to say that Mr. Paul D’Azémar, Director – International Network visited us this year, although after a gap of almost two years, he found all our systems and procedures functioning as per the laid down standards. “With everything found to our greatest satisfaction, we now hope that we get more of such enthusiastic students with a bent of mind that allows them to learn the fine art that hospitality today is” he said. Mr.

Paul D’Azémar chaired the graduation ceremony, wherein he awarded Vatel Degrees to the students who graduated in the year 2020 and in 2021.

Apart from this, Mr. D’Azémar also visited the hotels where our students usually go for their internships and met the training managers, HR directors and general managers.

Such audits are always of advantage to us as they keep us on the top of things and reinforce the strong academic collaboration and binding that we at the Sushant University enjoy with Institut Vatel of France...

Best regards

Mr. Laurent Guiraud

Director-Vatel India

Vatel Hotel and Tourism Business School, Sushant University

MESSAGE BY THE EDITOR

The Vatel Hotel & Tourism Business School, Sushant University Gurgaon, by virtue of being associated with Institut Vatel of France must be and therefore rightly is associated with the French cuisine, French culture, French hotel learning, and, indeed the French language.

The functioning of a hotel has several actions and functions attached with the French language – rarely do people know that a Chef does not mean a cook but a head, just



like Le Chef du Gouvernement, usually the president of a country, is the head of a government. Hotel staff very frequently uses terminologies like Mise-en-Place, Mise-en-Scène, Bouillabaisse, without actually learning the origin of these expressions. It is impossible to learn about wine and cheese without knowing their association with the French history and culture. The English terms used in hotels are either derivatives of Latin and French or are used the way they are found in a French dictionary.

No hotel management can ever separate itself from the French as the conduct of kitchen, housekeeping and Front Office classes would be

absolutely impossible to achieve any transfer of learning without mentioning the ingredients, mixers, mediums or the French style of bakery and patisserie.

We at the Vatel Hotel and Tourism Management therefore thought of putting into your hands a volume containing the cuisines, arts, culture and civilization of French speaking countries. Though a bit challenging, this volume has taken a good shape and would, I am sure, evoke a lot of interest and curiosity in the minds of the readers.

Enjoy reading

Mr. Kulmohan Singh

Editor-Hospitium, Adjunct Faculty/ Placement Coordinator

Vatel Hotel and Tourism Business School, Sushant University

SEYCHELLES

It is indeed a matter of great pride that I have got this opportunity to write about tourism in the Seychelles archipelago where I have passed seven precious and very productive years of my career and have had a wonderful and a rewarding experience. As a matter of fact, a professional's output at work depends a lot on the conditions of work, the environment and the atmosphere that he or she is given to work in and it is owing to all these that the opportunities of growth take place and notable achievements and accomplishments are made.



The Coral Strand Hotel where I worked as a master chef at the Indian restaurant Mehak, is considered to be one of the best places for professionals like me to work at, to show my potential, my real worth. The hotel also offers innumerable opportunities of learning new things and



that of growth. Being largely inhabited by the affluent local community or the wealthy tourists, the culture of dining out was very popular in

Seychelles, therefore giving us the opportunity of wooing our customers with the most delectable, delicious and enjoyable menus for them.

Before I talk more about my experience, I



must expose you all to the paradise country, an archipelago of islands that Seychelles is – I consider it to be one of my best experiences which has been embedded deeply in my memories, something that I never ever forget in life.

History of Seychelles

The islands were known by traders from the Persian Gulf centuries ago, but the first recorded landing on the uninhabited Seychelles was made in 1609 by an expedition of the British East India Company. The archipelago was explored by the Frenchman Lazare Picault in 1742 and 1744 and was



formally annexed to France in 1756.

In 1963, the United States leased an area on the main island, Mahé, and built an air force satellite

tracking station there; this brought regular air travel to Seychelles for the

first time, in the form of a weekly seaplane shuttle that operated from Mombasa, Kenya.

Relief and climate

Seychelles, one of the world's smallest countries, is composed of two main island groups: the Mahé group of more than 40 central, mountainous



granitic islands and a second group of more than 70 outer, flat, coralline islands. The islands of the Mahé group are

rocky and typically have a narrow coastal strip and a central range of hills. The overall aspect of those islands, with their lush tropical vegetation, is that of high hanging gardens overlooking silver-white beaches and clear lagoons. The highest point in Seychelles, Morne Seychellois (2,969 feet [905 metres]), situated on Mahé, is located within this mountainous island group. The coralline islands, rising only a few feet above sea level, are flat with elevated coral reefs at different stages of formation. These islands are largely waterless, and very few have a resident population



Services

The service sector accounts for nearly four-fifths of the GDP and employs



the largest proportion of the workforce, almost three-fourths of all labourers. After the opening of an international airport on Mahé in 1971, the tourism industry grew

rapidly, and at the beginning of the 21st century it provided almost one-fourth of the total GDP.

Each year Seychelles draws thousands of tourists, many attracted by the islands' magnificent venues for scuba diving, surfing, windsurfing, fishing, swimming, and sunbathing. The warm southeasterly trade winds offer ideal conditions for sailing, and the waters around Mahé and the other islands are afloat with small boats.

Cultural life

Seychellois culture has been shaped by a combination of European, African, and Asian influences. The main European influence is French, recognizable in Seselwa, the Creole language that is the lingua franca of the islands, and in Seychellois food and religion; the French introduced Roman Catholicism, the religion of the majority of the islanders. African influence is revealed in local music



and dance as well as in Seselwa. Asian elements are evident in the islands' cuisine but are particularly dominant in business and trade.

Victoria, town and capital of the Republic of Seychelles, located on the northeastern coast of Mahé Island, the largest island in the Seychelles group. Victoria is the only port of the archipelago and the only town of any size in Seychelles. Some one-third of



the people of Mahé Island live in Victoria. The port has deep water for large ships and is capable of accommodating several vessels at one time. An inner harbour provides facilities for smaller craft. An international airport was built near Victoria in 1971, subsidized by British funds in compensation for the temporary removal of certain islands from Seychelles hegemony. As the business and cultural centre for the country, the town has modern facilities including a hospital and a teacher-training college. Victoria is connected by paved roads to major points on Mahé



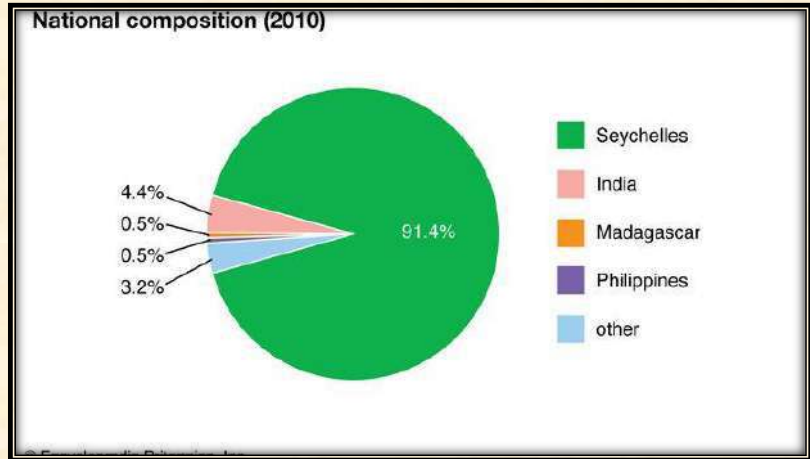
Island. Pop. (2004 est.) 25,500.

My experience at the hotel was that of a highly satisfied and an accomplished chef de cuisine who was assisted by the principal expat chef, a Seychellois. I had the fortune

of rubbing shoulders with professionals from Germany, France, Russia

and India. The langue de la rue in Seychelles is though Créole, they also speak a dialect of French.

Being inhabited by a cross-section of Indians, the daily needs as per the habits and the Indian palate are abundantly available so it was easy for me to bring in the same taste that the we in India so commonly are used to.



Talking about the hotel, it is looked upon as one of the most luxurious properties, having the best of luxuries, well-appointed rooms, spaciouly laid-out spas and a staff of happy people serving you the best of food beverages, and all services with a smile, warmth and concern.

Coral Strand is won the hearts of many locals and tourists and became an integral part of the island life. Located on the North West of Mahe Island,



on the famous Beau Vallon Beach, which stretches over several kilometres along the bay. Fine sand, small waves and stunning sunsets make make this beach tryly special like no other on the island.

Start your day with an ocean view breakfast at Island Trader Restaurant. Dine at our gourmet Mahek Restaurant, servicing authentic Indian cuisine, or visit Coral Asia Restaurant, renowned for the best sushi and

sashimi in the Seychelles. Our Ocean Deck Bar offers the best sunset views over the ocean. Indulge in tropical cocktails, local beers and the famous Coral Cheese Burger by the Chef. Seychelles is one of the most romantic destinations in the world, where the most beautiful weddings take place. This is also one of the places where the ceremony is held with the issuance of an official marriage



certificate, recognized in most countries of the world. Coral Strand Smart Choice has great experience in hosting wedding ceremonies, including the organization of welcome cocktails, receptions, banquets or just a romantic dinner for two.

The simple and uncluttered design of the hotel's guest rooms invites you to unwind after an active day spent outdoors. Coral Strand Smart Choice offers 164 guest rooms furnished with king-size or twin beds with the option of connecting rooms, all equipped with flat-screen TV with international TV channels, Wi-Fi, individual air-conditioning, shower, hairdryer and bathroom amenities. Guests can choose between a mountain view

Prof (Dr.) Garima Parkash

Dean

Vatel Hotel and Tourism Business School, Sushant University

BELGIUM – A COUNTRY WITH A RICH LEGACY OF ART, CULTURE AND CUISINE

Belgium's long and rich cultural and artistic heritage is epitomized in the



paintings of famous painters like Pieter Bruegel, the Elder, Jan van Eyck, Hans Memling and in the music of musicians like Josquin des Prez, Orlando di Lasso, Peter Benoit, and César Franck; in the dramas of Maurice Maeterlinck and Michel de Ghelderode and the

novels of Georges Simenon and Marguerite Yourcenar in the mapmaking of Gerardus Mercator; and in the many palaces, castles, town halls, and cathedrals of the Belgian cities and countryside.

The federal structure of Belgium encourages the drawing of cultural distinctions among and between Flanders, Wallonia, and the small German-speaking minority—institutionalized as formally empowered “communities.” Through educational initiatives, language promotion, and patronage of the arts, these communities see to it that regional cultures do not lose their distinctiveness. In addition, some regions are more strongly associated with particular cultural attributes than others. Flanders is particularly noted for its visual art, and various schools of painting have arisen there. In music,



avant-garde tendencies have become influential in Brussels, Liège, Ghent, and Antwerp, while Hainaut remains the centre of the classical and popular traditions.

Belgium's strong tradition of fine cuisine is expressed in its large number of top-rated

restaurants. The country is known for moules frites (mussels served with French fries) as well as waffles, a popular snack item. Belgian



chocolate is renowned around the world and may be considered a cultural institution. Chocolatiers such as Neuhaus, Godiva, and Leonidas, among others, are internationally acclaimed for their truffles and candies sold in small, distinctive cardboard boxes. Chocolate is one of Belgium's main food exports, with the majority being shipped to other EU countries.

Beer is Belgium's national beverage; the country has several hundred breweries and countless cafés where Belgians enjoy a great array of local brews, including the famed Trappist and lambic varieties. While the



reputation of Belgian beer is often overshadowed by that of its larger neighbour, Germany, the brewing and consuming of beer within the country is a cultural institution in and of itself. Most beers have

particular styles of glasses in which they are served, and a variety of seasonal brews are synonymous with various holidays and celebrations. It is also common for special brews to be created for occasions such as weddings, a tradition that is reported to have begun in the early 1900s, when nearly every village had a brewery. In many small Belgian villages, the brewer was also the mayor.

Festivals focus on regional history and the celebration of the seasons. In the Walloon area there are joyous spring festivals, such as the carnivals of Binche and Stavelot; summer festivals, such as the procession of giants at Ath and the dragon battle in Mons; and the



winter festivals of St. Nicholas, Christmas, and the New Year. In Flanders these festivals have become folkloric celebrations with a religious or historical character. Notable events include the Festival of Cats in Ypres, which is held once every three years and commemorates a practice from earlier centuries of tossing cats from the tower of the Cloth Hall to keep their numbers under control. (The cats helped guard textiles kept in the Cloth Hall from rodents, but once the textiles were sold, the cats tended to proliferate.) Today the festival re-creates this practice with toy cats and, more generally, celebrates cats as a species.

Another popular event is the Procession of the Holy Blood; held in Brugge, it is the modern continuation of a medieval tradition of parading through the city with what was said to be the coagulated blood of Christ—taken from his body after the descent from the cross. According to legend, the relic at the centre of the ceremony was brought back to Brugge by Thierry, the crusading count of Flanders, in the 12th century. Finally, marionette shows survive in the Toone Theatre in Brussels. The traditional folk



culture is in marked contrast to modern forms of popular culture, which, as everywhere in the West, are dominated by television, cinema, and popular music.

The arts

Belgium's rich heritage makes it an artistic centre of considerable importance. The paintings of the Flemish masters are on display in museums and cathedrals across the country; Belgium's contribution to Art Nouveau is clearly evident in the Brussels cityscape, and folk culture is kept alive in a variety of indoor and outdoor museums. Among the most celebrated examples of Art Nouveau architecture in Brussels are the home of architect Baron Victor Horta, which is now a museum, and the Stoclet House, designed by Josef Hoffmann. The latter was designated a UNESCO World Heritage site in 2009.

The Belgian Cuisine

1. Carbonade flamande or stoofvlees

This sweet and sour steak and ale stew (stoofvlees or stoverij) has many variations, and many families hand down their own recipes from generation to generation. Most recipes include beef, rich dark beer, bread, onions, salt, pepper, herbs (such as bay and thyme), and spices. Other ingredients can include carrots, mushrooms, bacon, red wine, shallots – and even dark chocolate! A long marinade and slow cooking are crucial to the flavor and tenderness of the meat. Traditionally, people enjoy this dish with frites (French fries), boiled potatoes, noodles, salad or veggies – and of course, more beer.



2. Sole meunière

Sole meunière is Belgium's classic fish dish. The latter part of its name translates as 'miller's wife' which refers to the way she would dip the fish in seasoned flour before pan-frying it in a small amount of butter. Traditionally, you add lemon juice and chopped parsley to make a rich brown butter sauce. Most people enjoy the dish with a serving of potatoes; either frites, boiled or mashed. This popular Belgian food is also a firm favourite in France.



3. Chicons au gratin

While you might not find this dish on the menu at Michelin-starred restaurant, chicons au gratin (or ham and endive gratin) is popular comfort food in Belgium. A Flemish specialty, endive (which the Belgians call wifloof, chicons, or ‘white gold’), has a distinctive tangy flavour



and is a key ingredient in appetizers and starters, as well as soups, salads, and main courses. The dish combines leafy vegetables with regional cheese and prime boiled ham, and you traditionally serve it with mashed potato. Interestingly, all the endives sold in mainstream shops in the United States are imported from Belgium.

4. Filet Americain

Don't order this and expect a juicy steak to arrive at your table. Filet



Americain is seasoned raw minced beef which is served cold, rather like the French steak tartare. You

can add various seasonings to the beef (which must be very lean) to give it flavor. These include raw or pickled onion, egg yolk, Worcestershire or Tabasco sauce, ketchup, mustard, parsley, capers, salt, pepper, and oil.

THE BELGIAN CHOCOLATES

Belgian chocolate (French: chocolat belge, Dutch: Belgische chocolade) is



chocolate produced in Belgium. A major industry since the 19th century, today it forms an important part of the nation's economy and culture.

The raw materials used in chocolate production do not originate in Belgium; most cocoa is produced in Africa, Central America, and South America. Nonetheless, the country has an association with the product that dates to the early 17th century. The industry expanded massively in the 19th century, gaining an international reputation and, together with the Swiss, Belgium became one of the commodity's most important producers in Europe. Although the industry has



been regulated by law since 1894, there is no universal standard for the chocolate to be labelled "Belgian". The most commonly accepted standard dictates that the actual production of the chocolate must take place inside Belgium.

Best regards

Mr. Laurent Guiraud

Director-Vatel India

Vatel Hotel and Tourism Business School, Sushant University

FRANCE IN FOCUS... ALL ABOUT THE ART OF FRENCH GASTRONOMY

Let's talk about the that cuisine, the whole world envies "The cuisine of



France". The art of cooking the French way starts with the choice of product and ingredients, marinating them well and respecting the ingredients in order to create a beautiful dish. The cuisine of France

is now very modern, thanks to the courses and the concept of "Nouvelle cuisine" which emphasis on clean flavours, no fuzz, minimalistic and keep it simple cooking and that is what is the French art of gastronomy of the 21st century. But the strength and popularity of the cuisine lies in its root wherein the haute cuisine or cuisine du terroir were considered as rustic and original.

In 1533, starts the French culinary revolution with king Henry II and his bride Catherine from Italy wherein she brought the lavish individual earthenware plates and cutlery and the taste of lavish feast, post that the culinary literature of



France took its flight and the word cuisine & Good food art gets synonymous with French cuisine. Numerous gastronomic handbooks and Michelin guide made the cuisine of France so powerful that it made its mark in the culinary history and various regions specializing in varied

ingredients played their role in strengthening and giving a global outlook to the cuisine.

The theatrical décor of the traditional French feasts, quality meats and



luscious sauces and intrigued pastry technique and arts brought the French gastronomy at a place where no one could manage to reach even closer during all these years. If we need to describe French cuisine I would say sheer opulence.

If I have to list down the best 10 French dishes, probably I would fail to list them in order of their popularity and finesse. Every dish is a piece of art in itself and that's what defines French gastronomy. From crusty baguette to beef bourgiognon, from decadent French desserts to world of morning bakeries quiches & Pies, from any array of floured accompaniments to Dijon mustards and cheeses. French adore their wines, soufflés and crème brûlees but the truth is these dishes as even more famous that they are in France, enriching the French culinary history.

They have a mastery over the Art of cooking but they are also good at the art of eating. They pair each their dishes



with a suitable wine to compliment or rather accentuate and elevate the whole Gastronomique experience.

Talking about the culinary region of France. each of them has contributed to the French culinary heritage in their own unique way.

- **Paris and Île-de-France**

- La grande cuisine was invented in the fertile grounds of Île-de-France surrounding Paris and is famous across the globe as French gastronomic mecca and attracts tourists from all over the world due to its market which includes best of the best delis, bistros, restaurants including many Michelin starred too.



- **Champagne, Lorraine and Alsace** - The eponymous sparkling



wine from this region of France is called champagne . the region also boasts of its wide variety of ham and game meats. petite madeleine & Quiche Lorraine are some of the specialties and a must try when visiting this region.

- **Nord-Pas-de-Calais and Picardy** - The region is famous for its venison and wild boar and the specialties include agneau de pré-salé— lamb, carbonnade, hochepot, caudière and veau flamande

- **Normandy** - One of the best producers of dairy products in France. The milk, cream & Butter from this region is to die for. The famous camembert (a soft cheese) and calvados (apple flavoured brandy) are from this region only.



- **Brittany** -This region is a home to many high quality seafood ingredients. Buckwheat and other cereals also grown here as it has the best climatic conditions for the same. The specialities includes gallettes, Crepes, pancakes and seafood dishes.



- **Loire Valley and Central France** – the region boasts of its varieties of grapes and fruits. If you are at this region, you must try their specialties – Rillettes & tart tartin.

- **Burgundy and Franche-Comté** – aristocratic white wines and fine red burgundy are their specialties. poulet de Bresse & Beef bourguignonne (the king of Beef stews) have their origins from this region of France. Other specialties also includes coq – au - vin

- **Rhône-Alpes and Savoy** - The region houses celebrated chefs including Fernand Point, Paul Bocus, the Troisgros brothers and Alain

- **Chapel** – The local specialties includes classic fondue, gratin dauphinois & escalope de veau belle.

- **Aquitaine and French Basque Country** – known for its grapes and wines.ballotine, cassoulet & gateaux basque are somme of the specialties from this region.



- **Provence-Alpes-Côte d’Azur**- the region is one of the largest suppliers of olive oil , vegetables & Herbs in France. Soups and stews are their speciality which is prepared à la Provençale style or à la niçoise

Regards,

Dr. Saurav Chhabra

Associate Professor/ Program Coordinator - Master's Program

Vatel Hotel and Tourism Business School, Sushant University

LUXEMBOURG CITY-THE GIBRALTAR OF THE NORTH

Lucilinburhuc is the ancient, Saxon name of the capital city, now called Luxembourg City, which means “Little fortress.” It was also known as,



“The Gibraltar of the North” for it emulated the strategic location along an important military route, linking Germanic and Frankish territories.

Luxembourg is a tiny country of just 998 square miles, located in Europe. Belgium, France and Germany border the country. Good things must come in small packages as we explore yet another country that is one of the smallest, yet one of the richest.

Officially known as “The Grand Duchy of Luxembourg”, it is the only Grand Duchy that remains in the world today. It is run as a constitutional monarchy with hereditary succession. The powers of the Grand Duke are primarily formal. Executive order lies with the Prime Minister, who is appointed by the Grand Duke. The Grand Duchy has belonged to many kingdoms and empires over its long



history. Today the Grand Duke is Henri of Luxembourg. He and the Grand Duchess reside in the Berg Castle and use the Grand Ducal Palace for official business.



The City of Luxembourg's old quarters and fortifications are an UNESCO World Heritage site. From the 16th century until 1867 it was one of Europe's greatest fortified sites. It was continuously reinforced as it passed from one great European power to the next. The Holy Roman Empire, the House of Burgundy, the Habsburgs, French and Spanish Kings and finally the Prussians, all had a hand in its history. The Old City is located at the confluence of the Alzette and Petrusse Rivers. It is on an extremely steep

outcropping, which acts as a natural fortification, and offers a spectacular setting as well.



Luxembourg is a beautiful country with a mild climate. It has lush, forested hills in the northern third, known as Oesling. These hills and valleys are home to the ruins of numerous castles which are a big tourist



attraction. It is also home to a network of rivers which join the Moselle River on the border with Germany. The southern two thirds of Luxembourg are known as Bon Pays,

or Gutland which means, “Good Land” in both French and German. This is the most populated area and also home to Luxembourg City. The canalized Moselle River connects them with the Rhine Waterway System, providing an avenue for the international movement of goods. The slopes of the Moselle River valley are covered with vineyards, which produce excellent wines. This area receives a substantial amount of sunshine, which is why it is called “Little Riviera.” The fertile soils of the lower Moselle and Sure valleys are rich pasturelands for livestock and agriculture.

Ethnicity, Language, And Religion

Luxembourg is home to a population of 605,764 individuals. Luxembourgers account for 52.1% of the country’s population. Ethnic

minorities living in the country include Portuguese, French, Italian, Belgian, German, Spanish, British, and others. Luxembourgish is the country's official and national language. It is spoken by most of the population. The ethnic minorities speak their own languages at home. 70.4% of the



country's population adheres to Christianity, especially Catholic Christianity. A large percentage of the population of about 26.8% do not adhere to any religion.

Cuisine

The cuisine of Luxembourg is significantly influenced by the cuisines of



France, Belgium, and Germany. The most traditional dishes of the cuisine are, however, simple and of peasant origin.

French influence has added many delicacies to the cuisine like French

patisseries, fruit pies, cakes, etc. Fish is consumed widely in the country. Local rivers act as the source of fishes like crayfish, pike, trout, etc. Fritür



is a popular fish dish made of small fried fish that is accompanied by Moselle white wine, a locally produced alcoholic beverage.

Pork and chicken are also part of many Luxembourgish

dishes. Thinly sliced smoked Oesling ham served with salad and potato chips is considered a delicacy in the country. Judd mat Gaardebounen is another popular meat dish that comprises of smoked pork collar served with broad beans. It is regarded as Luxembourg's national dish. Liver dumplings with potatoes and sauerkraut, black pudding with apple sauce, potato pancake, plum tart, onion soup with cheese toast, browned chicken in a spiced white wine broth with vegetables and mushrooms, etc., are some other dishes of the cuisine. Dry white wine and sparkling wine are both produced in the country and consumed widely. Beer is also produced locally and is a favourite drink of the people.

Literature and the Arts

The national literature of Luxembourg developed only recently in the 19th century. Before that, hardly any published works were produced in the local language of the country. The very first book in the Luxembourgish language was published in 1829 by Antoine Meyer. It was a collection of poems. Most other literary works that followed were either poetry or

plays. Edmond de la Fontaine is regarded as the country's national poet. His outstanding works in poetry in Luxembourgish earned him international fame. Batty Weber, another writer from the country, is also noted for his works in literature. He helped develop the Luxembourg culture through his plays, poems, novels, and short stories.



The art of Luxembourg has a longer history than its literature and can be traced back to Roman times. Statues and art in castles and churches across the country provide evidence to this fact. Art with a national flavour appeared in Luxembourg in the late 16th century. Until the beginning of the 19th century, most of these artworks were produced by foreign artists inspired by the country's culture and nature. It was only after Luxembourg became a grand duchy in 1815 that its own people started producing art reflecting the nation's people and scenery. Impressionism and expressionism shaped Luxembourgish art in the first

half of the 20th century and Abstraction inspired art after that. Today, the country's artists follow various styles and many have earned international fame.

Performance Arts

Luxembourg has a rich music scene with a variety of musical genres having a lot of popularity in the country. Jazz, pop, and rock are a favourite of many Luxembourgers. Many people in the country seek the membership of the national music federation called Union Grand-Duc Adolphe. It has brass bands, folklore associations, music schools, and more under its umbrella.



Echternach is a cultural festival held in the country every year and involves dancers dancing through the streets of Echternach.

Happy Reading,

Mr. Sunil Kumar

Assistant Professor/ Program Coordinator-BHM

Vatel Hotel and Tourism Business School, Sushant University

POST-GRADUATION STUDY COMPLETES THE CYCLE OF LEARNING

A must for every hospitality professional



Vatel Hotel & Tourism Business School strongly believes that whilst a study at the undergraduate level makes one perfect in the day-to-day basic operations and the general functioning of a service establishment, a study at the post-graduate level contributes tremendously towards preparing one for positions as managers of human relations, finance and marketing. Such managers are trained and poised to lead the industries and, in turn, direct the General Managers, the operations managers and the financial controllers.



The real “management” studies take place, in fact, only after a certain understanding of the daily functioning of the enterprise has been attained, which is deeply embedded into the study of Masters in Business Management, and, besides grooming a student as a successful manager, also gives him or her a valuable insight into being an effective entrepreneur, this involves conceptualizing organizing, managing and expanding one’s outlook and one’s dream enterprise.



The study of MBA at the Vatel Hotel & Tourism Business School comprises of a blend of innovative pedagogical approach applied through interactive lecturing which involves experiential learning, creative thinking and analysing case study-based activities.

The Post Graduate Program - Masters of Business Administration in Hospitality management which is a 2-Year Master's Program is a perfect blend of general business and Hospitality management. The Key USP of the program is its unique inter-woven curriculum, Harvard Business School Online

Certifications and the scope of an opportunity for the students to tailor-make their program according to their career aspirations, thereby allowing them the liberty to choose from any of the 2 Specializations which is Rooms Division Management or



Catering Management. It also allows flexibility and the liberty for the

students to create their own thought-provoking dissertations based on the specializations and industry needs.

The post-graduate Diploma in Culinary Arts (PGDCA) is an 18-Month, dual certification program offered in a collaborative effort between the Roseate Hotels & Resorts & Sushant University curated. This programme is created uniquely for the culinary enthusiasts and for the budding entrepreneurs. This programme is unique in its own way as it lays tremendous emphasis on experiential learning in the form of Industry Immersion at the partner hotel which is Roseate Hotels & Resorts. Beginning right from the first week of the commencement of the program, there is an emphasis on entrepreneurial incubation through live culinary based projects and case studies.



An exclusive feature of this course is that there is no restriction as far as the age criteria is concerned to enrol oneself for the program.

However, the minimum eligibility for admission into this programme is a recognized Bachelors' Degree or a Graduate Degree in any stream.

We at the Vatel Hotel & Tourism Business School invite all the budding hospitality enthusiasts to take full advantage of these user-friendly post-graduate programmes and work towards elevating their position and

value in the vast field of hospitality and make a fortune in any country or a continent across the globe.

I convey my best regards to you...

Dr. Saurav Chhabra

Associate Professor/ Program Coordinator - Master's Program

Vatel Hotel and Tourism Business School, Sushant University

LA NOUVELLE CALEDONIE – THE NEW CALEDONIA



It is said that if you want to visit one of the most beautiful parts of the world, then New Caledonia is the place to visit. Nature has blessed this part of the world with a diversity of natural beauty too rare to be found in other countries. Located in the South Pacific, some nine hundred miles east of Australia lie the splendid Caledonia archipelagos.

Also known as the ***Grand Terre***, the largest lagoon in the world – 9,000 square miles declared by the UNESCO as the World Heritage Site, encircles the entire island. Its warm blue waters lap the stark white sand islands as an invitation to the sun-lovers throughout the year.

The British navigator James Cook chanced to visit New Caledonia in 1774,

where, the mountainous landscapes on the main island reminded him of the Scottish homeland, as a result of which, he called it New Caledonia.



Europeans showed little interest in the territory until sandalwood traders arrived in 1840. On the 24th of September 1853, the French colonized New Caledonia and called it as Département Outre Mer – overseas territory dominated by France. This territory was first used by Napoleon as a penal colony, where more than 40,000 miscreants and political prisoners landed in the New Caledonia.

New Caledonia Cultural Facts

New Caledonia has a populace of around 272,000 people. The population is 39% Kanak (Melanesian). Twenty-seven



percent are of European descent, though most were born on the islands.



The rest are of mixed descent or come from areas other than Europe.

There is a distinct cultural difference between the Kanaks and Europeans. The

Kanaks have always sought independence from France. Yet, the Europeans want to remain in the French fold.

One of the more interesting New Caledonia Facts is that there have been three referendums to decide the matter. None has, so far, resulted in independence.

Kanak culture

To the Kanak, nothing is more important than the clan and their ancestral links. The clan takes precedence over individual needs. This goes back to ancient times when tribes ensured that everyone in the clan was fed and sheltered.

Music and dance are an important part of the Kanak culture. Musical instruments



include conch shells, percussion instruments, and bamboo flutes. Kanaks perform the traditional Pilou dance at festivals and ceremonies. The dance carries heavy symbolism and is deeply traditional.

French New Caledonians

New Caledonians of European descent trace their heritage back to French convicts and nickel miners. They are known as Caldoches and have their own culture.



New Caledonia Food

Nothing speaks of the cultural background of a country as much as its food. New Caledonia is no exception. The cultural diversity has resulted in a rich and varied tradition of food. Here you can choose from delicious dishes with Asian, French, Tahitian, and Melanesian flavours.



Where else could you sip world-famous French wine over a hearty Melanesian stew?

You will also find French pastries, croissants, and baguettes on offer. For something a little more traditional, the indigenous meal, Bougna, is very popular.

The meal consisting of chicken, lobster, or fish is cooked in coconut milk and served with yams and sweet potatoes. It's guaranteed to satisfy even the fussiest eater.

Tapping in on the New Caledonia culture



Several museums offer plenty of interesting exhibits of colonial and indigenous cultures.

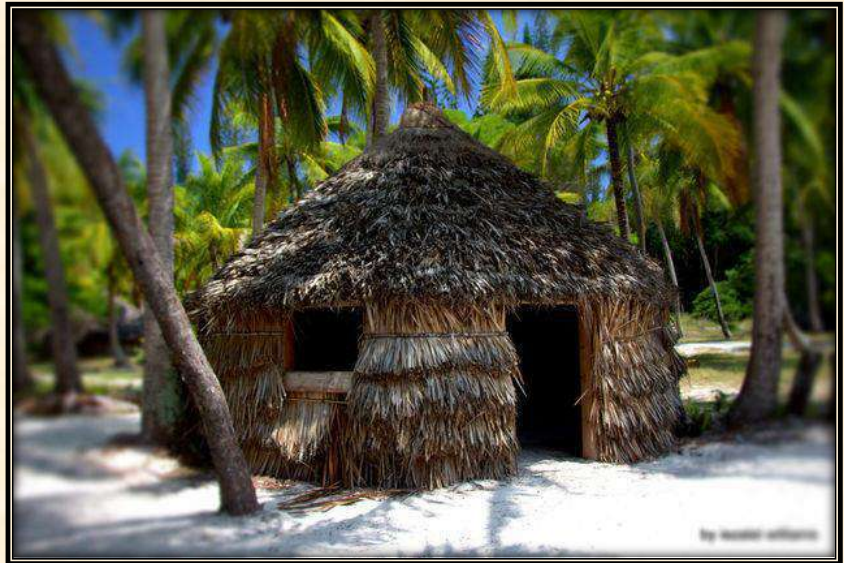
Theater, art galleries, and

festivals also celebrate the islands' cultural diversity. There are also several spaces dedicated to the Second World War.

The Tjibaou Cultural Centre in Noumea has a stunning collection of Kanak art, culture, and historical relics. The centre also puts on music and dance shows.

One of the best ways to learn the customs and culture is to spend time with a family on the island. In recent years, the indigenous people have started to open their communities to visitors.

Most of them live on the east coast of Grand Terre. You can choose to stay in a traditional Melanesian hut, eat the local favorites and



enjoy their song and dance. At the same time, you'll contribute financially to the community.

New Caledonia Currency

The New Caledonia currency is the **Pacific franc**. It is pegged at a fixed rate to the Euro and is abbreviated as CFP or XPF. Unless you use a credit card you will have to exchange your currency for the local currency when you arrive.



Most businesses in the capital city accept credit cards, but if you're traveling into the more remote areas, you'll need cash.

New Caledonia Climate

New Caledonia falls into the tropical climate belt so temperatures are warm throughout the year. The temperature averages 24 degrees. In winter expect a drop to between 20 and 22 degrees. During summers the



temperatures may rise to around 28 degrees but they can peak at 35 degrees with high humidity.

February is the wettest and

warmest month of the year. The best time to travel to New Caledonia is in spring from September to December. During summer, the humidity can get uncomfortable.

Hikers may prefer the cooler winter months. The ocean waters are clearest between April and November. So, if you're planning on diving, this is the best time of the year.

New Caledonia Tourism

New Caledonia is the number one destination in Melanesia. 475,000



tourists crossed its borders in 2019. To put that in perspective that is 1.7 tourists per resident. It's easy to understand why people flock to these islands. This is a natural Paradise that attracts

nature lovers, bird enthusiasts, and watersport fans.

The country has some spectacular land and seascapes. It is a particularly popular destination for diving and snorkeling because of its clear waters and diverse marine life. The enormous lagoon is a great place for boaters, canoeists, and sailors. Here you can set forth on your own steam to



discover uninhabited islands and sea-life galore. If you'd prefer company,

chartered boats and guided tours offer opportunities to whale watch or catch a fish.



Quad biking, hiking, and zip lining are all popular pastimes across the island. Enjoy the natural beauty of the island on foot, by bike, or on horseback for something just a little bit different.

The main island has a mix of landscapes from the rugged mountainous spine, to the misty rainforests and pristine beaches. To the west of the island, you'll find Savannah grasslands, good for cycling and horse riding, and to the east dense wooded areas.

New Caledonia caters to tourists so there is always something interesting to do and plenty of places to stay. You can choose from luxury resorts to island cabins or a stay in a traditional hut.



Golfers can choose to play on any of the four 18-hole golf courses. Shoppers will find all the French glamour they seek in Nouméa. Here

delightful patisseries and French clothing boutiques vie for attention. While restaurants serve delicious French cuisine with an island touch.

New Caledonia Fun Facts

The country has rich mineral reserves



New Caledonia is well off and boasts one of the highest per capita incomes in the area. Only Australia and New Zealand have larger GDPs. Rich nickel and other mineral deposits lie

at the center of its wealth. The country produces 10% of the world's nickel.

The Indigenous People have been here for 3,000

years Melanesians came to the New Caledonia around 1,350 BC and there they remained, cut off from the rest of the world until the arrival of James Cooke in 1774.

New Caledonia spans 550 miles



New Caledonian territory is bigger than Hawaii. It contains four archipelagos and spans 550 miles of Ocean.

The country is part of the European Union

New Caledonia may be more than 9,000 miles from Europe but since it is a French Overseas Territory, it is part of the European Union.

The official language is French

Though the official language is French, there are more than 30 different dialects and languages spoken in New Caledonia. These include English, Japanese, Vietnamese, and 33 Melanesian dialects.



There are 22 species of bird that you will find nowhere else on earth

One of these rare birds is the New Caledonian crow, studied by scientists because it makes and uses tools. The bird lives only on Grand Terre and one of the Loyalty Islands.

The national bird, the cagou, is earthbound and barks like a dog. It's a crested long-legged bird that lives in the dense forests that hug the mountain slopes.

The size of New Caledonia

New Caledonia is the third largest South Pacific Island after Papua New



Guinea and New Zealand.

There are dozens of islands in New Caledonia

Besides Grand Terre, there are dozens of islands in the archipelago. The other important islands are the Loyalty Islands and the Isle of Pines

Amadee Lighthouse is one of the tallest lighthouses in the world

One of the tallest lighthouses in the world stands on Amadee island, just over ten miles outside the capital, Nouméa. It was the first metal lighthouse ever built in France. It first lit up the lagoon in 1865. You can climb up to the top of the lighthouse for a view of the beautiful beach below.

New Caledonia Barrier Reef Facts



It is the longest continuous barrier reef in the world

The New Caledonia barrier reef is the longest continuous barrier reef in the world. It is also the third-largest after Australia's Barrier Reef and the Mesoamerican reefs. The reef runs around the main island and encloses the largest reef lagoon on earth.

The lagoon is a UNESCO World Heritage Site

In 2008 New Caledonia's lagoon became a UNESCO World Heritage site.



It is home to the second-largest marine park in the world

The Natural Park of the Coral Sea, founded in 2014, is a protected area that covers an incredible 502,000 miles of marine landscape. Whales, turtles, sharks, and the third biggest population of the dugongs find shelter in the park.

The area protects 1700 species of fish and 473 species of coral. All in all, more than 9,300 species live in the marine park and scientists keep finding more.



These are some of the best-preserved reefs on earth

New Caledonia's reef is one of the best-preserved reefs on earth and contains the most varied concentration of corals anywhere on the globe.

Regards,

Mr. Kulmohan Singh

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CANADA - A LOOK AT THE SECOND-BIGGEST COUNTRY IN THE WORLD

Canada is a vast and rugged land. From north to south it spans more than half the Northern Hemisphere. From east to west it stretches almost 4,700 miles (7,560 kilometers) across six time zones. It is the second largest



country in the world, but it has only one-half of one percent of the world's population.

Canada features black-blue lakes, numerous rivers, majestic western mountains, rolling central plains, and forested eastern valleys. The Canadian Shield, a hilly region of lakes and swamps, stretches across northern Canada and has some of the oldest rocks on Earth.

Canada's far north lies in the frozen grip of the Arctic, where ice, snow, and glaciers dominate the landscape. Few trees grow here, and farming is not practical.

Native Canadians, called First Nations people, live in this region by hunting and fishing. In some ways



Canada is many nations in one. Descendants of British and French

immigrants make up about half the population. They were followed by other European and Asian immigrants.

First Nations peoples make up about four percent of the population. Inuit

people live mostly in the

Northwest Territories and

Nunavut.

Many

Native

Canadians

live on their traditional

lands, but



many others have moved to cities across Canada. First Nations artwork is widely recognized and is seen as a symbol of Canadian culture. Given the diversity of Canadian society, it is easier to describe Canadian culture as a group of cultures interrelated with and juxtaposed to the 2 dominant cultural groups. It is not surprising, given its size, that Canada should have several regional subcultures.

No exhaustive study has yet been made of these subcultures, yet it is possible to assert that West Coast Canadians have a different way of thinking and a different spirit from central or East Coast Canadians. Canadians who live on the Prairies are distinct from those in Ontario, as are Quebecers or Newfoundlanders.

Further divisions exist within the subcultures: northern Ontarians distinguish themselves from southern ones;



Quebecers in Abitibi, the Beauce or Lac St-Jean are different from those in Montréal or Québec City. Differences in spirit, ways of

thinking and attitude exist between Edmonton and Calgary, Victoria and Vancouver, Montréal and Québec City. But the expression "Canadian mosaic" refers to the ethnic and cultural diversity of the country. Four constituent cultural groupings are usually distinguished in Canada. The first 2 are the cultures of the "founding peoples," the Anglo-Saxon culture and French culture. former subdivides into cultures of different origin - French culture is more homogenous. Though French Canadians originally emigrated from different provinces of France, under the French regime they quickly merged into one

"Canadian" culture, although those French Canadians



living in Ontario or Manitoba are quite different from those in Québec



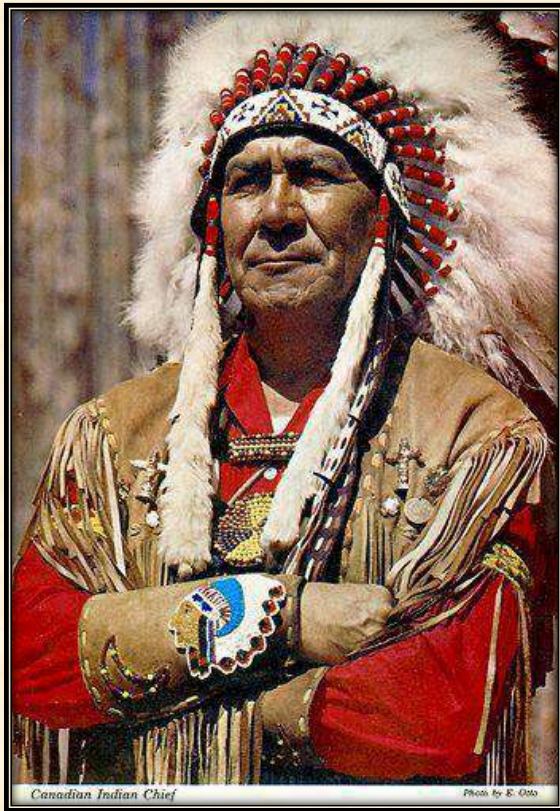
With the exception of the native peoples, the remaining non-British and non-French cultural groups comprise all the other ethnic groups that have

immigrated to Canada since the beginning of the 19th century. The vitality of these cultural communities has grown in recent years. This composite of cultural groups includes cultures from Europe, the Near East, Asia, Central and South America, and Africa.

The members of these communities usually adopt English as their working language and finally as their mother tongue, but many still speak their former national language and teach it to their children and many devotedly maintain the customs and traditions of the old country. Canadian television and (especially) radio offer programs in a wide variety of languages. The fourth Canadian cultural group is native peoples. This group includes many subdivisions. When the first Europeans arrived in North America, at least 6 cultural groups apparently inhabited what is now Canada. Each of these cultural and linguistic groups contained a certain number of tribes.



These differences still exist to some extent; the greatest distinguishing factor among native peoples now is the degree to which they maintain



ancestral ways or have integrated into the structures and adopted the culture of industrial society. The mixed blood are the most highly integrated into urban and industrial life, but they have always fought and still fight for the preservation and recognition of their own cultural identity and for political rights and various entries under. Other cultural communities have been both assimilated and integrated. On their arrival in Québec, members of these communities are expected to choose French as their

usual language for themselves and their children. Simultaneously, many have fought to have the culture of their countries of origin recognized as constituent elements of the Canadian mosaic.

Finally, the reality of both conflict and complementarity has led each cultural group within the Canadian ensemble to seek out some form of accommodation.

An estimated 200,000 First Nations people (Indians) and Inuit were living in what is now Canada when Europeans began to settle there in the 16th century. For the next 200 years the Indigenous population declined,

largely as a result of European territorial encroachment and the diseases that the settlers brought. However, the Indigenous population increased



dramatically after 1950, because of high birth rates and access to improved medical care. Some one million people in Canada now identify themselves as First Nations people, Métis (of

mixed European and First Nations ancestry), or Inuit; of this number, more than three-fifths are First Nations people, nearly one-third Métis, and most of the remainder Inuit. Together they constitute less than 5 percent of Canada's total population, though Indigenous peoples constitute half the population of the Northwest Territories and a considerably greater proportion of the population of Nunavut. The largest of the First Nations groups is the Cree, which includes some 120,000 people.

In Canada the word Indian has a legal definition



given in the Indian Act of 1876. People legally defined as Indians are known as status Indians. First Nations people who have chosen to give up

their status rights or who have lost them through intermarriage with people of European ancestry are called non-status Indians. (Beginning in 1985,

Canadian law has allowed those who lost their status through intermarriage to reclaim it, and marriage



no longer triggers an automatic loss of status.) Through treaties with the Canadian government, more than 600 status Indian bands occupy more than 2,250 reserves. The resources of these reserves are quite limited, and the majority of status Indians have a standard of living below the Canadian average. The treaties and agreements about reserves apply to only a portion of the First Nations population. Large tracts of land were never taken from the First Nations by treaty, and various groups are still negotiating land claims and self-government with the federal and provincial governments. These negotiations have made significant progress, and in 1996 the Royal Commission on Aboriginal Peoples concluded that Canada needed to protect the distinctive values and lifestyles of its aboriginal peoples.

By,

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MONACO – A SMALL COUNTRY IN THE CÔTE D'AZUR – FRANCE



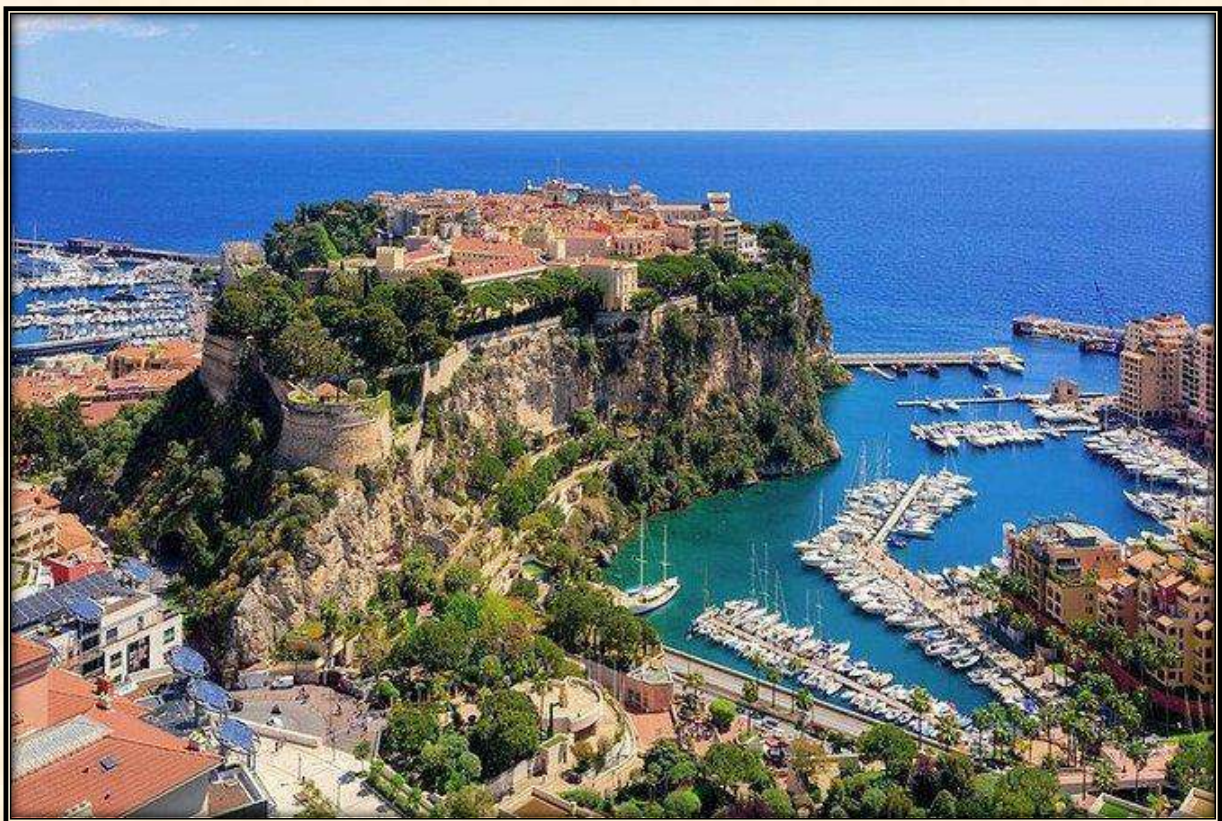
Monaco is a small country with an area of 0.8 square miles (1.95 square kilometres), roughly equal to Central Park in New York City. After Vatican City, it is the world's tiniest state. Monaco is located on the Mediterranean Sea and is flanked on three sides by France. The next significant city is Nice, France, which is 11 miles away (18 kilometres). Monaco is a rocky outpost perched atop steep cliffs that plunge into the Mediterranean. Monaco's terrain and geography are typical of the Mediterranean's northern region, and it is part of the Côte d'Azur. The official language is French, but Italian and English are also widely spoken. Monegasque is a language formed from both French and Italian that is spoken by locals.

The Ligurians, an ancient Indo-European tribe, were the earliest



occupants of Monaco. Monaco was close to a major coastal route that travelled from Spain to southern France and then into Italy. Monaco's recorded history began in 1215, when the Ghibellines of Genoa, commanded by Fulco del

Cassello, settled the area after Emperor Henry VI granted them power. The Genoese were drawn to Monaco by its strategic location and harbour, and they began construction of a stronghold, known as the Rock of Monaco, as well as a walled city.



Monaco has strong ethnic ties to France and Italy, with French and Italian



nationals accounting for more than half of the population. The development of a local cuisine and appreciation for good food has been aided by access to fresh, local

vegetables and the sea. Monaco has led to the development of a local cuisine and appreciation for good food.

Monaco has many restaurants, and seafood is featured in many dishes. Daily eating habits reflect a Mediterranean heritage, and both French and Italian influences can be found in the local recipes. Breakfast is very small, but lunch and dinner often have several courses..

Holidays such as Christmas, Holy Week before Easter, and Carnival before Lent are occasions for special food. Some traditional



Monegasque dishes include brandamincium, salt cod pounded with garlic, oil, and cream surrounded by cardoons, edible Mediterranean

plants, in white sauce; barba-Giuan, or "Uncle John," stuffed fritters; and fougasses, flat, crunchy biscuits sprinkled with sugared anise seeds



and flavored with rum and orange-flower water.

Tourism and related businesses are the main components of the Monegasque economy today. The tourist

industry began when the famous casino was opened in Monte Carlo.

Monaco tourism packages will give you a chance to experience the glamour of Monaco. Bringing in a perfect combination of exotically beautiful nature, excellent accommodation in world class hotel, state of the art dining and numerous

entertainment options like gambling in the casino or yearly Formula One Monaco Grand Prix, Monaco tours can always be one of the best and most memorable



vacations of your entire life.

Though not necessarily a tourism destination for budget constrained tourists or adventure travellers Monaco is a place that features in the must visit list of almost every leisure traveller from all over the world. If you are planning a vacation to the principality, you will find all required information available with Monaco tourism guide online.



Monaco culture

Location and Geography. This small country is 0.8 square miles (1.95



square kilometres) in size, or approximately the same size as Central Park in New York City. It is the smallest state in the world after Vatican City. Located on the Mediterranean Sea,

Monaco is surrounded by France on three sides. Nice, France, is the nearest large city at a distance of 11 miles (18 kilometres). Monaco is rocky and situated on steep hills that drop off into the Mediterranean.

Part of the Côte d'Azur, Monaco's terrain and geography are typical of the north-western area of the Mediterranean. The climate is mild year-round,

with an average low temperature of 47 degrees Fahrenheit (8 degrees Celsius) and an average maximum high of 78 degrees Fahrenheit (26 degrees Celsius). Monaco is divided into four neighbourhoods: Monaco-



Ville, the old original city, which is on a rocky promontory extending into the sea; La

Condamine, along the port; Monte-Carlo, the main resort, residential and tourist area; and Fontvieille, a newly constructed area on land reclaimed from the sea.

Demography. Recent surveys place the permanent population of Monaco at about 30,744. Approximately 22 percent are native Monegasque, 35 percent French, 18 percent Italian, and another 25 percent consist of various other nationalities.

Roman Catholicism is the main religion, practiced by 95 percent of the population.



Linguistic Affiliation. French is the official language, but Italian and English are also spoken frequently. Monegasque, a language derived from both French and Italian, is spoken by native residents of Monaco,

although only about 22 percent of the population claims direct Monegasque descent.

Symbolism. The Monegasque flag consists of two equal horizontal bands



of red and white: red on top, white beneath. The state seal and emblem of the House of Grimaldi is made up of a shield with

red and white diamonds flanked by two monks holding swords pointed upward, with a crown draped with red cloth in the background. The monks represent the legend of François Grimaldi, and who supposedly seized control of Monaco by disguising himself as a Franciscan monk, entering the fortress unnoticed.

By,

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VANUATU : CIVILISATION, CULTURE AND CUISINE

Vanuatu a small dot and almost an unknown country on the map of this world, which was once called the New Hebrides, a group of 83 islands



make up Vanuatu. A

Unique characteristic of Vanuatu is its political system which was derived from the unprecedented French-British

Coalition Government - the Condominium - formed in 1906. The contention issue concerning the Vanuatu affiliation was solved between France and United Kingdom by establishing the joint Government on islands. After obtaining its independence in 1980 Vanuatu politics and laws still have two separate French and English sides.

Each of the Vanuatu islands and provinces has its own unique culture and experiences and the locals are friendly everywhere. This island nation offers a blend of diving, fishing, water sports and other



adventure sports with more relaxed activities like cruising, sunbathing and swimming, all set amongst some of the most spectacular scenery you'll ever encounter.

Culture

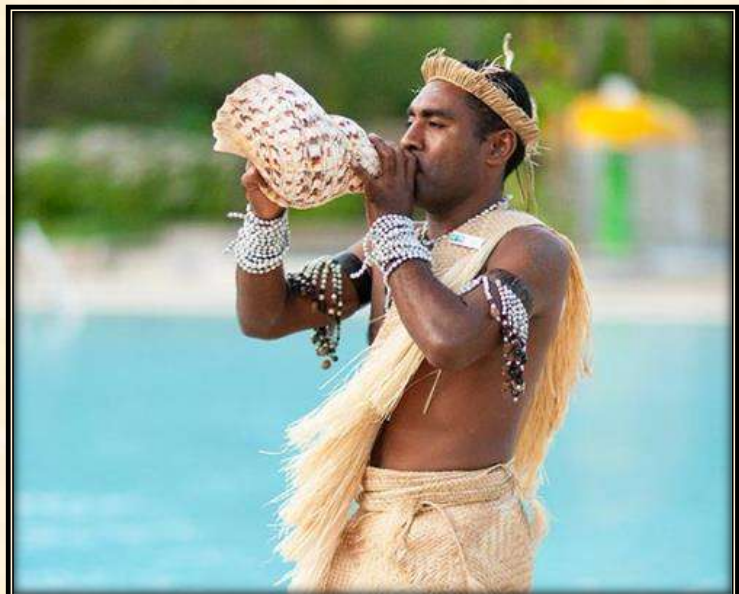
Although Vanuatu is close to Australia, it's worlds apart in terms of culture.



Some
3,000
years of
migration
have led
to the

development of a culture with endless diversity. To give you an idea of just how culturally dense the island nation is, there are at least 113 distinct languages and countless dialects, despite having a population of just 260,000.

Similar to Australian Aboriginal narrative customs, the ni-Vanuatu culture embraces myths and legends. Storytelling, songs and dances are important forms of communications and from these traditional tales, one can hear stories of Vanuatu's history and landscape emerge.



Art is also a fundamental part of social life and ritual celebrations, with ni-Vanuatu expressing their culture in body decorations and tattoos, elaborate masks, hats and carvings. Christianity is the predominant religion in Vanuatu.

Customs

Cultural traditions are known as Kastom (or custom) in Vanuatu. Villages in Vanuatu are still Kastom-oriented, with locals upholding traditional ceremonies that have been a part of village life for centuries. Many customs revolve around ritual events.



Cuisine

Vanuatu's cuisine incorporates root vegetables like yams and taro, fish and other seafood, tropical nuts, sugarcane, green vegetables, plantains, coconuts, etc., as the core ingredients. Fruits like mangoes, pineapples,



and papayas are also readily available. Most people living on the island have gardens where they grow their own food. Food is usually cooked by boiling or steaming the ingredients and fried

foods are occasionally consumed. Cream and coconut milk are common ingredients used in flavoring food.

The most popular non-alcoholic traditional drink of Vanuatu is kava. The drink is prepared from *Piper methysticum* and is said to have mild



narcotic and relaxing effects. It is a popular evening or post-dinner drink in Vanuatu. The simboro is made of cabbage leaf enclosed and coconut milk

covered steamed roll of grated banana, yam, or taro. The cuisine of the island also featured coconut crab dishes in the past. However, the threat to the species has led to the crabs being protected against consumption by humans.

Laplap: Baked pudding called lap lap is regarded as the national dish of Vanuatu. Banana, yam, coconut milk, taro or manioc, and salt are the primary ingredients of the pudding which is prepared by baking under hot

stones. Rootcrops such as kumala(similar to a sweet potato), taro, or manioc(cassava) is ground and spread on a banana leaf. Other ingredients such as fish, chicken, rice, coconut milk, and



other veggies are added. The mixture is wrapped and baked in a fire.

Tuluk



This is another traditional food consisting of tapioca (also called manioc or cassava) dough with shredded pork filling

inside. It is wrapped in banana leaves and steamed.

By,

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VIETNAM



Ancestral Viets possessing the Red River delta entered recorded history when China's toward the south extension contacted them in the third century BCE. From that time forward, a prevailing subject of Vietnam's set of experiences has been cooperation with China, the wellspring of the vast majority of Vietnam's high culture. As a recognition paying state in the wake of losing Chinese rule in 938 CE, Vietnam sent lacquer ware, creature skins, ivory, and tropical items to the Chinese ruler and got looks on way of thinking, organization, and writing consequently. Sinic culture leaked profoundly into society, however it formed the privileged and mandarin families more than it did the working class, which safeguarded

unmistakable traditions, convictions, jargon, life ways, and orientation relations. Displaying themselves on Chinese sovereigns, Vietnam's lords demanded accolade from ethnic minorities on the outskirts of the Vietnamese state and called themselves rulers while not tending to the Chinese court. Albeit social and spatial holes between the Vietnamese court and the farthest reaches of society were not so extraordinary as they were in China (Vietnam is about the size of a Chinese region, with a tantamount populace), the Vietnamese state's ability to control lessened with distance from the capital.



Various social practices, topographies, and recorded occasions have made particular areas inside the country. The marshes by and large have been involved by ethnic Vietnamese, while the high countries have been home to various more modest ethnic gatherings that contrast socially and etymologically from the Vietnamese. A north-south variety has additionally arisen among the ethnic Vietnamese as they have extended

toward the south from the Red River delta along the beach front plain and into the Mekong delta.



The Vietnamese have long made a differentiation between the northern locale, with Hanoi as its social place; the focal area, where the Nguyen line laid out a capital at Hue; and the southern district, with Saigon (Ho Chi Minh City) as its metropolitan community. After the mid-nineteenth century, Vietnam was comparatively partitioned by the French into Tonkin in the north, Annam in the middle, and Cochinchina in the south.

Chinese impact penetrated all parts of customary Vietnamese culture,



while Western impacts became solid in the twentieth century. Since the slackening of monetary and political controls in the last part of the 1980s, Vietnam has encountered both expanded openness to the ways of life of the entrepreneur world and a re-emerging of old social practices. People customs, for example, shamanism and soothsaying have encountered a recovery notwithstanding official

dissatisfaction.

Food is a basic piece of culture. It is passed starting with one age then onto the next. The demonstration of preparing and eating customary food is a technique for protecting our way of life. Also, in light of the fact that no two societies, however, may bear similitude's, are something very similar, a variety of various foods from around the world is made. Presently, we should view what extraordinary attributes of Vietnamese culinary culture that make it stand out. It is a agricultural country with a commonplace storm environment and split into three specific areas: North, Central, South. It is that geological contrasts that have structured culinary varieties between everyone, making variety in Vietnamese cooking. Each regarded locale has its own hunger communicated in various names, fixings,

cooking strategies, how to introduce and eat. A bowl of pho in the south typically has bean sprouts, yet entirely not in the north. However regardless of how different the variety is, you can in any case taste the quintessential components inside it: light, sweet stock, delicate hamburger, and the enticing fragrance of smells. Vietnamese food has a shockingly low measure of fat, oil, and oil, dissimilar to western dishes which generally use a lot of meat, or Chinese dishes with a piece unnecessary utilization of oil. You can appreciate Vietnamese food to your heart's, or alternately stomach's, content without being satisfied and feel surprisingly better knowing that it's one of the best cooking out there.



The flavors are likewise incredibly different: chilli powder, seasoning, sugar. They are utilized imaginatively and with care to manufacture complex blessings which are the foundations of Vietnamese cooking. They use extensive variety of dips. There are five principal flavors: sweet, sour, salty, spicy and bitter. Chopsticks are used for eating food. In contrast to the western culture where each dish is served consistently, everything from tidbits to pastry is served without a moment's delay, and in most families, on a round plate.



However,

remember that you ought to eat in like manner requested. Pho, Banh Mi, Spring Rolls are few famous dishes of the country.

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MADAGASCAR – THE SECOND BIGGEST ISLAND COUNTRY



Madagascar, island nation lying off the southeastern coast of Africa. Madagascar is the fourth biggest island within the world, after Greenland, Unused Guinea, and Borneo. In spite of the fact that found a few 250 miles (400 km) from the African landmass, Madagascar's populace is fundamentally related not to African people groups but or maybe to those of Indonesia, more than 3,000 miles to the east. The Malagasy people groups, in addition, don't consider themselves to be

Africans, but, since of the proceeding bond with France that come about from previous colonial run the show, the island created political, financial, and social joins with the French-speaking nations of western Africa. The creature life and vegetation of the island are similarly atypical. Madagascar comprises of three parallel longitudinal zones—the central level, the coastal strip within the east, and the zone of low plateaus and fields within the west. There are 26.2 million Malagasies, making it a more crowded nation than Australia, Sri Lanka, The



Netherlands, Romania and Greece. Madagascar was as it were colonised

by human pioneers moderately as of late - maybe as late as 500AD - some 300,000 years after the primary appearance of Homo sapiens in Africa.

Fans of the Flashman arrangement of books could have listened of Ranavalona. She upset European endeavors to



pick up influence over Madagascar amid her 33-year run the show, but too centered her energies on brutally annihilating Christians, neighboring kingdoms and political rivals. So broad were the cleanses, and the utilize of slave work to develop a endless royal residence and open works, that the island's populace fell from five million to 2.5 million between 1833 and 1839. One way Ranavalona kept up arrange was the tangena difficulty, by



which the accused was harmed, and after that constrained to eat three pieces of chicken skin.

Passing, or the disappointment to spew all three pieces, shown blame. Others adversaries were basically tossed into tremendous gorges.

Culture: The culture of Madagascar is an amalgamation of different societies of its multi-ethnic populace. The culture of the nation reflects the beginnings of the Malagasy individuals and shows striking likeness in certain viewpoints with the social tones of Southeast Asians and East Africans. The culture of the nation is additionally impacted by the societies of the Arabic, Indian, French, English, and Chinese pioneers within the country.



Various social signs accentuate the life of distinctive ethnic bunches populating the huge island. A few social appearances are yearly, a few return in a cycle of changing length depending on

what it is.

The culture of Madagascar is established in different tribal heritages and traditions, with predecessor regard and conventional celebrations at its heart. In spite of the fact that Islam and Christianity are the prevailing religions, most towns concede to a diviner and healer to anticipate long-standing time and remedy sickness. Conventional music and move starting from Indonesia and Africa are a crucial portion of all ceremonies and



celebrations, and strengthen the joins to the archipelago's long history. Family is all-important, and male circumcision is still performed, in spite



of the fact that these days it's done at the nearby clinic while family and companions celebrate at domestic. Later laws have progressed the status of women's rights in Malagasy society as well as

within the working environment, in spite of the fact that country ladies still lock in in unimportant commerce to supplement the husband's profit. The fady, taboos are still regarded in numerous locales and oversee every day lives, whereas guests arranging to visit the nation ought to inquire a nearby approximately conventions to maintain a strategic distance from being accidentall

Cuisine of Madagascar: The Malagasy cooking is based on rice as a

staple of the slim down and is expended with about each supper. Rice is served with distinctive sorts of backups called kabaka which might have beans, meat, chicken or angle. A broth arranged



utilizing green verdant vegetables called romazava is additionally regularly served with rice. The side dishes are either within the fried,

boiled, flame broiled or cooked shape. Tomato-based sauces within the good countries and coconut drain within the coastal zones are included to



the cooked side dishes to upgrade the flavour of the dish. Other added substances that are utilized to include flavour to the kabaka are ginger, cloves, turmeric, vanilla, garlic, onions, and salt. A

assortment of condiments are too used to include flavour concurring to an individual's taste buds and are included amid a dinner instead of whereas cooking it. These incorporate sakay (made of chilly peppers) and tart or sweet natural product pickles. Within the dry ranges of Madagascar, zebu is raised by the individuals and zebu drain is frequently included to vegetable dishes. Sweet potatoes, cassava, maize, millet, yams are the most important types of foods consumed in these regions.

Even if in almost the entire island traditional Malagasy dishes are the most cooked, each region still has its specialities. Fish is more



easily cooked in the east of the country. This one is flavoured with pepper, cinnamon, cloves or vanilla. While crabs are mainly the specialities in the North and West of the country. Romazava is a traditional dish of Malagasy

cuisine made with meat and edible leaves, including paracress. The meat used for Romazava is usually zebu in Madagascar or fairly fatty pieces of beef, but it can also be prepared with chicken or fish.

Ranon'ampango or "Ranovola"(meaning "golden water") could be an exceptionally prevalent conventional drink in Madagascar. This basic drink which is expended hot comes from cooking rice stuck to the foot of the pot given for this reason, which a certain sum of water is included and which has been intentioned burnt. You ought to know that there's a wide variety of rice, such as red rice, exceptionally prevalent within the area of Fianarantsoa; but to form "Ranon'ampango", white rice is the foremost appropriate in arrange to keep the conventional taste.

In Madagascar, it is frequently eaten new with pork or hamburger. Be that as it may, bambara peas moreover go well with angle. For the formula, you'll be able take canned or dried bambara peas but it would be indeed superior if you discover new ones. In the event that you're utilizing dry peas, douse them in water overnight, at that point deplete some time recently utilize; new peas don't got to be drenched, fair wash them

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Haiti

Haiti civilization

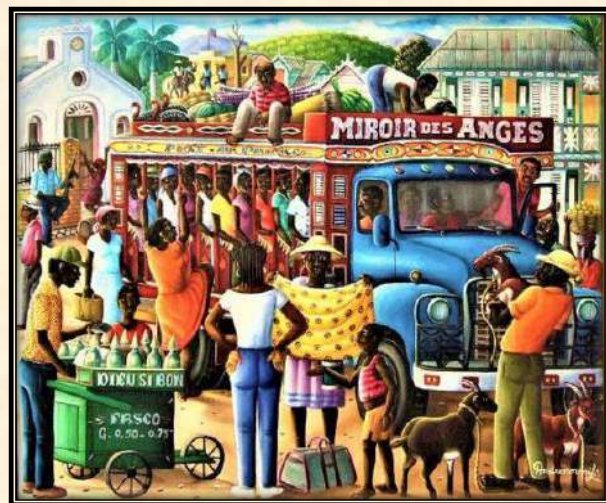
The European sailor Christopher Columbus landed on a vast island in the



western Atlantic Ocean region that subsequently became known as the Caribbean on December 5, 1492, marking the beginning of Haiti's recorded history. It was inhabited by the Tano and Arawakan peoples, who referred to their island as Ayiti in various ways. Creole and French are the primary languages spoken. Christianity (Roman Catholicism) and syncretic African faiths (voodoo) are the two main religions. The overwhelming majority of Haiti's population (95%) is of African heritage.

The rest of the population has a mixture of European and African origins (mulatto). There are a few Syrian and Lebanese residents. There is also a tiny community of Europeans of Polish descent and a small minority of Dominicans. The majority of the country's population lives in the rural coastal plains and valleys, as well as in metropolitan areas.

Africans (mostly from West Africa) were brought in as slaves to provide raw materials for international trade. Haiti was renowned as "the pearl of the Antilles" in the eighteenth century, when it was France's richest colony. From 1791 through



1804, Haitians rose against the French, protesting their exploitation. One

of the most significant effects of the revolution was Napoleon Bonaparte's



forced sale of Louisiana to the United States in 1803, resulting in the United States' substantial territorial expansion. Haitians changed their colonial name from Saint Domingue (a name provided by the French) to Haiti, or Ayiti in Kreyol, after they gained freedom in 1804.

Culture

Haiti has a distinct cultural identity that combines classic French and African customs with significant contributions from the Spanish and indigenous Tano civilizations. Haiti's art, music, and literature all represent the country's culture. The paintings of the more well-known Haitian artists have been displayed at galleries and museums in the United States and France.

Art- Haitian art is unique, especially in terms of paintings and sculptures. Haitian art is known for its vibrant colours, naive viewpoints, and sly humour. Big,



delicious foods, lush landscapes, market activity, jungle creatures, rituals, dances, and gods are all common subjects in Haitian Art. Symbols take on enormous significance in Haitian society as a result of the country's long history and strong African ties. A rooster, for example, is frequently

associated with Aristide, and the red and blue colours of the Haitian flag are frequently associated with his Lavalas party.

Music

Haitian music incorporates a diverse spectrum of influences derived from



the diverse population that has lived here. Music originating from Vodou ceremonial traditions, Rara parade music, Twoubadou ballads, mini-jazz

rock bands, Rasin movement, Hip hop kreyl, méringue, and compas are among the styles of music peculiar to Haiti. Compas (konpa) is a complex, ever-changing song that evolved from African rhythms and European ballroom dance, combined with Haiti's bourgeois society.

Literature

Haiti has traditionally been a literary nation, producing internationally acclaimed poetry, novels, and dramas. However, there has been a concerted effort to write in Haitian Creole since the 18th century. The acknowledgment of Creole as an official language has resulted in an increase of Creole-language novels, poems, and plays. Jean Price-Mars, Jacques



Roumain, Marie Vieux-Chauvet, Pierre Clitandre, René Depestre, and others are well-known Haitian authors.

Festivals

Carnival in February is the most joyous period of the year in Haiti. There



is music, parade floats, and street dancing and singing. Carnival week is known for its all-night celebrations. Rara is a festival that takes place just before Easter. Carnival music has

emerged as a result of the festival.

Sport

In Haiti, football is the most popular sport, but basketball is gaining popularity. At the local level, hundreds of tiny football clubs participate. Stade Sylvio Cator is a multi-purpose stadium in Port-au-Prince, Haiti, that holds a capacity of 30,000 people and is now used primarily for association football matches. In the 1950 FIFA World Cup, Haitian footballer Joseph Gaetjens represented the United



States, scoring the winning goal in a 1–0 victory over England. Cockfighting was also a popular sport in the early twentieth century, though its popularity has since faded.

Haiti Cuisine

Haitian food, also known as Creole cuisine, is a combination of numerous culinary types that populated the western section of the island of Hispaniola, including African, French, indigenous Tano, Spanish, and Arab influence. Haitian cuisine is related to "criollo" (Spanish for "creole")



cooking and to that of the rest of the Latin Caribbean, but it differs in numerous respects from its equivalents in the region.

The flavours are robust and spicy, with African and French influences, as well as prominent derivatives from indigenous Tano and Spanish traditions.

Pre-colonial cuisine

Following Columbus' arrival in the Americas in 1492, the Spaniards reportedly discovered native Haitians roasting animal meat over a grill made up of a wooden framework resting on sticks and a fire underneath, with flames and smoke rising and enveloping the animal meat, imparting a distinct aroma. Surprisingly, the same



framework was utilised to safeguard people from wild animals who might attack them while they were sleeping. The barbecue has not only remained



in Haitian cuisine, but has also been introduced to other areas of the world and has a wide range of regional variations. Barbecue (or BBQ) is a Haitian invention. The name

"barbecue" is derived from the word barabicu, which is found in the Tano language of the Caribbean.

Haitian barbecue

Colonial cuisine- On December 5, 1492, Christopher Columbus landed at Môle Saint-Nicolas and claimed the island of La Isla Espanola (later dubbed Hispaniola) for Spain. The Spaniards established sugar



plantations and forced the indigenous people to work as slaves, but the harsh conditions and infectious diseases brought over by the Spanish sailors nearly wiped out the indigenous population by 1520, as the natives lacked immunity to these new diseases. Instead, the Spaniards imported slaves from Africa to work the plantations. Okra, ackee (red and yellow

fruit), taro (an edible root), pigeon peas (seeds of an African bush), and numerous spices were brought to the diet by Africans.

Since Haiti's independence from France in 1804, when the Haitian Revolution ended and the First Empire of Haiti was created, the French influence has remained visible in Haitian society, not only in the use of the language but also in contributions to the cuisine.



Cheeses, breads, and pastries from France are still widely available in local supermarkets and marketplaces.

Popular foods

The use of herbs and peppers is prevalent in Haitian cuisine. A plate of riz collé aux pois, which is rice with red kidney beans (pinto beans are also



popular) coated with a marinade as a sauce and topped with red snapper, tomatoes, and onions, would be a typical dish. It's

known as Riz National, and it's considered Haiti's national rice.

Légume Hatien (or simply "légume" in Haiti) is a thick vegetable stew made from a mashed mixture of eggplant, cabbage, chayote, spinach,



watercress, and additional vegetables depending on availability and choice of the cook. It's usually made with beef or crab and seasoned with épice, onions, garlic,

and tomato paste. The most common way to eat legumes is with rice.

Regional foods can be found all around Haiti. Tonmtonm, a steamed breadfruit called lam veritab mashed in a pilon, is a popular dish. Tonmtonm is a slippery sauce made of okra, cooked with meat, fish, crab, and savory spices, that is eaten without chewing.



Haitian desserts

In Haiti, a variety of sweets are consumed, ranging from mild to sweet. Although sugarcane is commonly utilised in the preparation of these delicacies, granulated sugar is also regularly employed.



A popular dessert is fresco, which is made from shaved ice and can be made quickly. Fresco is comparable to Italian ice, but it's made mostly of fruit syrup. The syrup is somewhat thick and extremely sweet. Vendors on the street commonly sell it. Honeybees are

attracted to the pleasant smell of this candy-like delicacy, which is a typical sight on the streets.

Akasan is a traditional Haitian drink composed with milk, corn flour, anise seeds, vanilla, and cinnamon. It's served hot or cold, and it's frequently served for breakfast. The sweetness and thickness of Akasan are well-known.



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