

Present Scenario of Fusion Foods and Career Opportunities

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Abstract

Fusion cuisine an emerging trend, gives people the ability to explore a variety of flavors and sensations without restriction. The other types of food fusion create something new by fusing two culinary arts. Significance of Food fusion is that it permits the chefs to create something innovative and distinctive from the competitors. The Reasons for crazy food fusion today in our society is taking steps from the traditional dining to mash-ups. Along with exploring the unique tastes and flavors, it is also providing great opportunities in several fields like restaurants, health centers, food writers etc.

Keywords: Food Fusion, Diners, Cuisines, Career.

Introduction

Fusion cuisine “a style of cooking combining ingredients and techniques from different food spheres, is a harmonious combination of different culinary traditions in order to create innovative and seamless dishes”. Fusion cuisines are those that incorporate ingredients from disparate culinary traditions or methods into a single dish. Fusion cuisine comes in many forms, one of which is regional fusion, which combines cuisines from several regions or sub-regions. Fusion cooking refers to combining and blending various elements from varied cultures into a new recipes. This technique offers novel flavors, combinations, and unique menus that the diners cannot find elsewhere. The majority of the foods consumed today are a combination of ingredients, flavors, components, recipes, styles, and food philosophies. There is a growing fascination with fusion cuisine in the present day, particularly among food industry professionals and the general public.

Culinary mash-ups are another type of culinary fusion and one of the fastest growing cuisine trends in modern civilization around the world. Food fusion gives people the ability to explore a variety of flavors and sensations without restriction. This might take many distinct forms, or it could be a single cooking method that combines many ingredient kinds from various meals. The other types of food fusion create something new by fusing two culinary arts.

Significance

Food fusion permits the chefs to create something innovative and unique from the competitors, which they can profoundly call their own. Chefs can stamp their identity on a certain form of cuisine. They can introduce the novel food concepts to the diners and maintain the pace of excitement in them. Mash-ups are the ones that takes popular exciting foods and combine them to create an unanticipated fusion of flavors. For example, sweet and savory food swapping.

In today's modernized societies, mash-ups are making waves of their own. Some well-known food mash-ups simply joining two names together like pizza-taco, cro-nut or Duffin. They may look like gimmicky but are paving a great path to attract the food lovers towards them.



Figure 1: Fusion foods

With the increasing globalization, the boundaries of cuisines have been transcended and become globally adopted. This phenomenon has been driven by the swift growth of cultural interactions, leading to the integration of various methods, ingredients, and recipes from different culinary traditions into a single cuisine (Scarpato & Daniele, 2003, pp. 303-306).

There exists a correlation between the gastronomic preferences of tourists and their selection of vacation destinations. (Bessiere 1998, Hall and Mitchell 2001, Hall)

Fusion foods allow the customers to connect with others, make cherished memories, and immerse oneself in different cultures and countries. Even the simplest of meals can leave a lasting impression when enjoyed against a stunning backdrop or as a satisfying conclusion after exploring a new city (Mitchell and Hall 2003, 60; Oum 2005, 109).

People may consume fusion foods and beverages in order to have fun, spend enjoyable time, and acquire diverse sensations, in addition to their biological necessities. (Trihas et al. 2015, 1).

The Reasons for crazy food fusion

Today our society is taking steps from the traditional dining to mash-ups. As more and more chefs experiment with exciting and unique flavors and tastes, the demand for such type of recipes only grows.

1. **Trendy foods gain importance:** With globalization, everyone's demands are shifting, and restaurants are not exceptional. New generation diners are paying more interest in tasting bold, fresh and trendy meals to satisfy their craving for unique tastes. Chefs also found it interesting to inculcate their novel ideas in creating new flavors and turning the traditional recipes into fusion foods. In this way restaurants are meeting the demands of their diners with unique offerings.
2. **Diners longing for genuineness:** Accompanying the unique tastes, the new generation people are ambitious about the genuineness of fusion foods, as they want to try the varieties of fusion cuisines from all corners of the world. These fusion cuisines are allowing the diners to have different flavors from across the world in a same meal.
3. **Make it unforgettable meal:** Today sharing food is the fashion. Everyone wants to make their meal as a sweet memory and want to share their happiness with near and dear.

Present scenario of fusion foods

Now we can get different types of fusion foods in all sorts of meals like drinking items, appetizers, main courses, and deserts. At present, in India we can see the restaurant culture and going out for dinner. This type of trend is profoundly influencing the gaining popularity of fusion cuisines that are having local, regional and international flavors.

Categories:

Fusion cuisines are made by blending cooking techniques from many cultures to create a new sort of food. Fusion cuisine can combine distinct cuisines from an area or sub-region. These include more expansive areas such South Western American cuisine, European cuisine, and East Asian cuisine. In addition, there are more specialized and ethnic cuisines such New Mexican Cuisine, Chinese, Japanese, Korean, French, and Italian



Figure 2: Japanese Cuisine – Ramen



Figure 3: Italian Cuisine - Lasagna

Types:

Varieties of fusion foods are created by utilizing ingredients and flavors from one culture to create a unique twist on a dish. For example, Tex-Mex, Cajun, French-Vietnamese, Indo-Chinese, American sushi etc.



Figure 4: American sushi

Suggestions to the chefs:

While competing fusion cooking, the following points we should always be kept in mind.

- Know your ingredients. Be aware of different ingredients requirements in various recipes and how its taste is likely to complement or otherwise it requires incorporation of other ingredients to the dish.
- Make aware of yourself of the right procedures required to be applied to the chosen cooking methods. If you are unaware of stir-frying, then do not elaborate stir-fried fusion cooking process.
- Know little bit about your thought and planning of particular novel idea that you have. It is not necessary that all the chef's novel ideas are good ideas.
- Avoid attempting to cook fusion food in a new way when you are organizing a significant dinner party. First you have to prepare these fusion recipes only for one's own consumption or for those who are extremely close like family or friends.

Latest trends

With increasing trends, fusion includes different types of eccentric combinations, and most of them are seen in sophisticated branded restaurants. Even one of individual items can be considered fusion like cronut (croissant dough in the shape of dough nut), pretzel dog (hot dog wrapped in a soft pretzel dough). If you know what is the diner's requirement that he enjoys at your restaurant, you can create fusion recipes accordingly.



Figure 5: crème caramel



Figure 6: Hamburger noodles

Career opportunities

Executive chef:

Executive chef is an ultimate incharge of the kitchen. He is the one who decides the menu plan, manages the costs, sets the pricing, tracks inventions and is also responsible for staffing (hiring, firing, and training)

Recipe developer:

Recipe developer invents new recipes for restaurants, cook books, T.V. shows, and magazines. He can do this by his own or by working alongside the chefs. While inventing some new one, he has to opt the right ingredients in right proportions and has to demonstrate the process step-by-step with a clear voice. He also has to give the information about the required cooking time, temperature, flavor profile and seasoning techniques.

Personal chef:

Personal chefs are the ones who work independently. They can plan their own schedule and invent their own recipes which represent their creativity and longing about the dishes.

Food stylist:

These ones want to work behind the scene. In general, they work with food photographers and make their plate perfect. In T.V shows, they have to rearrange the meal plate number of times.

Pit master:

Another name for pit master is meat specialists. He prefers slow-smoking process which is essential to breakdown the connective tissue to get soft pliable ones. So, this field needs passion, patience, careful attention and time.

Chocolatier:

Chocolatiers are the desert professionals. Generally, they use chocolate as a major ingredient in the recipes. They are experts in selecting the right quantities of cacao, sugar, and milk and make different types of truffles, bars, fruit and nut chocolates. They even can create an elegant chocolate showpiece by using advanced tempering and molding techniques in different events. They may start their own boutique chocolate shop or pastry shop.

Chef consultant:

Chef consultants are passionate of accepting new challenges. They build their own signature dishes. They show efficacy in their current trials that help them to bring a new product into the market.

Pastry chef:

Pastry chefs are fond of sweets and deserts. They are accountable for the different types of desert recipes like sweet sauces, baked goods, ice creams etc. They work in various segments like restaurants, hotels, bakeries and pastry shops.

Digital/ghost restaurant owners:

These people want to be food entrepreneurs with small investments. These restaurants work out of commercial kitchen space with only delivery operations without any store area and staff. For example: food trucks.

To become a good future business owner, one should aware of proper business planning, marketing and other operations to improve their own skills.

Restaurant managers:

Restaurant manager is accountable for implementing the owner's complex strategy in uplifting the restaurant. He also helps

To Guide the team in right way to prevent internal conflicts and create pleasant atmosphere.

To hire, fire and train the individual staff, and every day activities.

Health coach:

Health coaches helps to meet the wellness goals of their clients like weight loss, less stress, better sleep, good balanced nutrition etc. To attain this, health coaches guide them regarding inculcation of good food habits, modifications in their daily dietary pattern (special diets), physical activity, stress management etc.

Ceremony/wedding cake planners:

In western countries, certain deserts play as an eminent role as the wedding cakes. These cakes need to be not only sculptural and attractive but also a desert. So the bakers put their full effort with high-end decorative skills to make the cake look elegant as well as tasty.

Chef instructor:

Chef instructors share their knowledge and skills with next generation cooks and chefs at high schools, colleges and culinary schools.

Food writers:

Food writers through their writings, describe the good foods in such a way that allows the readers to taste the restaurants new dishes without tasting a bite. They describe the taste, aroma and mouthful of ingredients used in dishes along with cooking techniques.

Conclusion:

As the world continues to 'go smaller' through advances in transportation, technology and accessibility to regional ingredients, fusion restaurants are cropping up in many places and meeting the diners requirements of unique flavors and tastes. With increasing popularity, fusion foods also raising the number of opportunities to the talented chefs to show their knowledge and skills to satisfy the diners needs.

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