

SUPPER

HOTEL FOOD & DRINK



THE 50TH ISSUE



Culinary Cures

As the conversation around wellness shifts towards more intentional practices, Ananda in the Himalayas introduces *The Healing Plate*, an Ayurvedic culinary guide that translates the retreat's philosophy of balance, nourishment and awareness into everyday life.

Structured around the core pillars of wellbeing, including digestion, energy, inflammation, immunity, detoxification, cognition, sleep and conscious consumption, the book connects knowledge with the needs of contemporary lifestyles, offering practical guidance designed to support balance rather than impose rigid rules.

Featuring more than 100 recipes developed and refined at the resort over decades, Ananda's culinary philosophy rests at the heart of the book. Consequently, each recipe is tailored to different dosha types, offering a flexible approach that allows readers to adapt dishes according to their own constitution and environment.

"When I look at the Ananda kitchen, it is not defined by cuisine alone, but by intention," explains Diwaker Balodi, Director of Culinary and F&B at the resort. "Food here is rooted in ancient wisdom, delivered with care and designed to restore balance, support individual needs and create lasting change beyond the stay."



Beyond the Pass

The Luxury Group by Marriott International has launched the third edition of its Luxury Dining Series, offering curated culinary journeys united by the theme 'Across the Table'. Taking place at Ritz-Carlton properties in Ubud and Kyoto, before concluding with an experience at sea with Luminara, The Ritz-Carlton Yacht Collection, each experience sees chefs step beyond the kitchen to engage with guests.

The programme has been divided into key events, from Chef's (at the) Table, an intimate evening where renowned cooks sit among diners and share private stories, to The Grand Banquet, an immersive dinner celebrating heritage, culture and local rituals. There's also Spirited Socials, dynamic takeovers led by expert resort bartenders, and Journey to Exceptional Taste, chef-guided masterclasses designed to uncover cultural techniques.

Still to come in the series is a dinner led by chefs Ketut Sartika, Agung Ardiawan and Wira Hardiyansyah at Mandapa, a Ritz-Carlton Reserve, where a menu rooted in time-honoured recipes reflecting the evolving voice of Indonesian gastronomy is set to be served, and a four-hands feast courtesy of chefs Taiseki Kojima and Takuji Fujisawa at The Ritz-Carlton, Kyoto.

"This year, the focus of the series is to highlight the emotional heart of dining, exploring how stories unfold, flavours linger and connections deepen when meals are shared," says Oriol Montal, Regional Vice President of Luxury, Marriott International Asia Pacific, and Regional Vice President of Singapore. "Each destination is truly unique, with a lineup of talent eager to create experiences that celebrate what is served and shared. Our hope is that travellers will be inspired to rediscover the art of gathering."