Indian Global Chef delights UAlbany

UAlbany Dining became a culinary tapestry of Indian cuisine in February. Sodexo Global Chef Naveen Achanta served up a vibrant display of authentic Indian dishes that delighted the palates of all who attended. “I just returned from a trip to see family in India,” said UAlbany Senior Karan Verma. “I can honestly say Chef Achanta’s food is truly authentic and was a great welcome back.”

A total of four Global Chef events took place during lunch and dinner in four of the five resident dining rooms. The lunch menu featured salad, soup, three entrees, steamed basmati rice, a vegetable dish and a dessert. The dinner menu included an additional entrée and dessert.

The artful blending of traditional Indian ingredients was prominent at all events. The use of yogurt and cardamom created a sweet and creamy marinade for the murgh malai tikka. The rich tomato gravy made for a distinctive chicken tikka masala and the coconut milk in the goan shrimp curry lent a delicate sweetness to this authentic favorite. The plentiful use of legumes and vegetables like lentils, cucumbers, spinach and corn complemented the chicken and fish selections. Even the gajar ka halwa dessert included grated carrots.
“Providing dining events that expose our students to global cuisine is a priority at UAlbany,” said General Manager Chris Mongeon. “Several students commented that this was their first time trying Indian food and that they really enjoyed it. It’s very gratifying to be part of a student’s culinary exploration.”

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