

Earth to Table Cuisine

Our culinary philosophy embodies an approach to engagement by emphasizing the in-depth exploration of unique ingredients in a manner noble and timeless in its scope. Offering a harmonious path to deep discovery through the exploration of an immersive retreat environment, the food paradigm offers sojourners unparalleled opportunities to move into lasting personal transformation through mindfully sourced food, high in nutrient density and benefits.

It is with this vision we sow the intention of “Earth to Table” cuisine, celebrating the diversity of sources, and integrity of our ingredients.

Elements of earth to table cuisine

- a) Sustainable and regenerative (fish and seafood, farming, livestock, avoidance of endangered species)
Qwehli Fish company- certified sashimi grade, certified “friends of the sea”, sustainable caught, 50% more costly than conventional (trawlers, deep sea fishing) fishing company
- b) Seasonal (be able to relate to seasons in India, Australia, Turkey, Sri Lanka, Thailand)
No cold storage products, small seasonal window, no gas ripening, such products are generally 30-40% more costly than conventionally produced and chemically ripened cousins.
- c) Ethical- ‘natural’, ‘fair trade’, ‘free range’, ‘animal welfare friendly’, ‘environmentally responsible’ and sustainably produced (no child labor involved, does not deplete the local resources like cola companies). E.g fair trade coffee was about 1.5 dollars more expensive than average coffee in the market.
- d) Foraged (gathered from the forest e.g morels, truffle, wild honey, nuts), since they are not mass produced, they tend to follow the supply-demand curve and are more expensive. And they are more healthy, sustainable, and full of dense nutrients.
- e) Low to no processed food (avoidance of canned and tinned products) processing own flours for the guest, preparing own nut butter with organic nuts and seeds. We have invested in equipment which are not seen in resorts and hotels. And they are expensive equipment.
- f) Ancient grain varieties like Einkorn, Emmer, Khorasan, millet
Ancient wheat varieties have reasonable gluten and are very good for digestion. Also, various types of millets like foxtail, barnyard, finger, sorghum are all gluten free, are a source of high protein and nutrients, and are more costly than conventional rice and wheat.
- g) Organic and natural (reasonable target will be 30-50% in the first year)
Organic now covers the farm and farm related products only. Farms growing natural and organic food, raising cattle, and producing dairy must be identified for collaboration. E.g organic chocolate, dairy and butter are 50% more costly than the conventional products.
- h) Traceability (the ability to relate to the origin e.g farm, village, locality)
Sherwagyu- complete traceability to Japanese ancestors, free from hormones and steroids.
- i) Unique products (phytoplankton, marine collagen, omega 3 eggs, curcumin extract, edible charcoal, edible gold and silver leaves)
Such products come at a price as they are not mass produced. But they are highly beneficial for the body and generally do not have an alternative to switch to.

Besides, we propose to keep away from

white sugar (increase the risk of obesity, type 2 diabetes, and heart disease. They are also linked to a higher likelihood of depression, dementia, liver disease, and certain types of cancer). The alternatives like coconut sugar, monk fruit sugar,

white flour (main reason for rise in gluten intolerance and allergies, IBS and inflammation)

Highly polished white rice (devoid of surface nutrients)

The refined version is always cheaper as they are mass produced, but detrimental to health and medium to long term. And we sow the seed of intention of mindful sourcing from the very beginning to enhance the benefits to the guest. Integrity of offering is the key.

Besides some of the other highlights (investments also) are

Nutritics- our food and nutrition program software

No gas in the kitchen, cooking in the clean environment.

Dedicated culinary learning center to connect with earth to table concept.

Seamless integration of four pillars of nutrition with a range of wellbeing and F&B offering