

# CHILLER KILLER

Restaurateurs and doctors agree that liquid nitrogen, if not used carefully, is a recipe for disaster

**Dr. Poornachandra KS,**  
Consultant Gastroenterologist & Hepatologist at Fortis Hospitals, Bannerghatta Road.

Although liquid nitrogen is used in conjunction with edible food, it should not be ingested. When you consume more than few drops of nitrogen, about a teaspoon, it is not safe. It tends to expand, when there are alterations in temperature leading to gross increase in volume which can cause perforation.

Liquid nitrogen easily reacts to heat. Normal human body temperature is 98.6 degree, which is enough to boil the liquid to turn it into gaseous state. This gas is very fatal and can burn your alimentary canal. This liquid is usually used to create a smoky effect in drink. So, when one consumes it expands into a gas and the massive increase in volume can rupture organs.

There are various restaurants which serve cocktails with liquid nitrogen around the world. It's very crucial that, these drinks are prepared by professionals with the use of highest graded liquid nitrogen. And, if you are consuming such cocktails, ask them to remove the smoke from the top. Do not consume it unless the gas is evaporated. If in doubt, it's better to opt for a normal drink.



**Dr. Deep Goel, Sr.**  
Consultant and Director in Surgical Gastroenterology, Bariatric and Minimal Access Surgery at BLK Super Speciality Hospital

The fad, catching up among NCR youths, can cost a life. Liquid nitrogen cocktail is not cool at all, so to say. It burns holes in your pocket and can burn a bigger one in your stomach. The fad, catching up fast among pub-goers in NCR region, is a recipe for stomach disaster. In a fit of abandon, you can lose your

liquid nitrogen can be catastrophic in many ways. liquid nitrogen laced cocktail can be a recipe for disaster in alimentary canal right from oesophagus to stomach and intestines. The worst part is that the youth are competing with one another to get the fizz out of this dangerous fad. The end result could be from perforation in the stomach to losing entire stomach to may be losing life too.

Liquid nitrogen is becoming increasingly common at pubs and high end restaurants for instantaneously freezing food and drinks. The cloud of vapour that emanates is an extra allure. It is a fatal attraction indeed.

Ulcers in stomach are becoming common due to such food and drink fad. A young boy got severe injury to stomach by participating in a free *mirchi* (red chilli) burger competition. -He said, 'he came to us in a critical condition. We saved him anyhow.

Ulcers and perforations in the stomach are usually 0.5 mm to 1 mm. But in extreme cases, the stomach can have a burst effect. The only way to save the victim is extreme situation is to operate. It can be life threatening.

Restaurants and pub bars should explain to their customers about why to drink these cocktails that is wait for the fumes to completely disappear.

**ZORAWAR KALRA**

Founder and Managing Director, Massive Restaurants Private Limited.

Liquid nitrogen should be used carefully and never without training. When we use it in any of the restaurants it is managed as a hazardous material. Liquid nitrogen is at the opposite end of the fire scale. While fire is one end of the spectrum, liquid nitrogen boils at -195 degrees centigrade. People are not allowed to touch it directly.

The problem starts when people read or see how to use liquid nitrogen on YouTube at home. And that is where the problems arise.

There should be a licence to use liquid nitrogen. It has to be used carefully and by trained people. We have a proper system of management. There are circulars in the kitchen as to the way it should be handled. There needs to be careful planning and action. The liquid nitrogen needs to dissipate completely before it is brought to the table for the guest to consume. This should not happen near the guest. As a rule, we do not bring it to the table. At our restaurants, we have not been using it in cocktails but in food. But even there we use it in the kitchen and do not bring it to the table.

Anyone who joins the team is given a basic training in food safety and hygiene and the precautions during the use of liquid nitrogen are a part of the same.

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stomach and, then may be life too, if you gulp the cocktail instantly at one go.

That was what happened to a business man partying in a Gurgaon pub not long ago. He lost a part of his stomach, thanks to downing instantly a cocktail laden with liquid nitrogen. So, according to gastro experts, the latest offering in Gurgaon or other pubs in the vicinity is thus fraught with dangers.

The fad of using liquid nitrogen cocktails is catching up among youngster. Ingestion of