

gulf

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gourmet

THE MAGAZINE CHEFS LOVE TO READ
volume 13, issue 4EAST COAST
RULESComplete listing of the rules
and regulations for the East
Coast Salon Culinaire to be
held next monthYOUNG AND
WISE**SANTU GHOSH, THIS YEAR'S
SALON CULINAIRE 'MIDDLE
EAST YOUNG CHEF OF THE
YEAR' WINNER, KNOWS IT IS
THE SLOW AND STEADY THAT
WIN THE RACE**CULINARY
FIESTAYoung chefs enjoy
a mystery box
competition testing
their culinary skills at
Emirates AcademyCHEF OF
THE MONTHExclusive interview
with Chef Luis Pous,
the Executive Chef of
the popular Asia de
Cuba restaurantsGOLDEN
HATYoungsters from Dubai
International Hotel
and Ajman Palace
Hotel take up our
challenge

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president's station

email theguild@eim.ae

Dear fellow chefs, ladies and gentlemen,

Welcome to the April issue of our Gulf Gourmet.

We are staring at three hectic months leading up to the summer. Yes, we go non-stop.

Following the success of International Salon Culinaire, Chef Prasad and I travelled with 15 other chefs from around the world as ambassadors for our profession to Hoi An in Vietnam. It was a great event with lots of beautiful fresh products to work with. Congratulations to the team in Hoi An for doing a great job again.

Thereafter I travelled for the WorldChefs board meeting to Lima, Peru. Thank you to the Chefs from Peru for hosting us in their beautiful city.



We began this month with the semi-final for the hospitality young chef of the year with 16 chefs and looking forward to the finals next month.

On April 9, we have the US Beef Mini Plated Competition with the highest number of competitors ever. Thank you to Bassam Bousaleh, the Arab Marketing Federation Inc Team, and the US Beef Export Federation, for bringing this event to us.

On the April 12, the Emirates Culinary Guild will join hands with the Chaîne des Rôtisseurs for the UAE final of "Concours des Jeunes Chefs Rôtisseurs" - UAE Bailliage national competition

I would like to congratulate Chef Majid and the team for the great success in Pakistan. Well done.

Our national culinary team is getting ready for Singapore this month-end. Please join me in wishing the team the best of luck.

The registration for our East coast competition is still open. If you have not registered yet, do so now. Chef



Prasad and his team are in full swing with the planning.

Our May meeting will be held on May 7 at the Miramar Al Qasbah. Our Chairman Andy Cuthbert will have his yearly update report ready.

On July 2 will be our next Mini Plated brought to us by US Egg Board. This mini plated will be open for Pastry Chefs as well. Savoury and sweet.

We all look forward to Kuala Lumpur for the WorldChefs Congress. I believe, after the host, United Arab Emirates will have the biggest delegation. We are now more than 50 and the numbers are growing as the online registration is still open.

Our competitors Chef Dammika Herath (Global Pastry Chef) and Chef Mohammad Raees (Global Chef) are practising very hard.

If you missed previous issues of Gulf

Gourmet, visit gulfgourmet.net for all the back issues.

I urge all members to check out the calendar at emiratesculinaryguild.net and to visit the WACS Young Chefs page on [facebook.com/wacsyoungchefs](https://www.facebook.com/wacsyoungchefs). Encourage your young chefs to join and to be in contact with over 4,000 chefs across the globe.

Please do not miss the company profile of our corporate members. We really do appreciate your support. Also, do look at the Friends of the Guild pages to check all our supporters.

Thank you to Chef Rami Jebrael and his team from Al Jawaher Recreation Center Sharjah for hosting the March meeting.

Culinary Regards,

Uwe Micheel

President of Emirates Culinary Guild

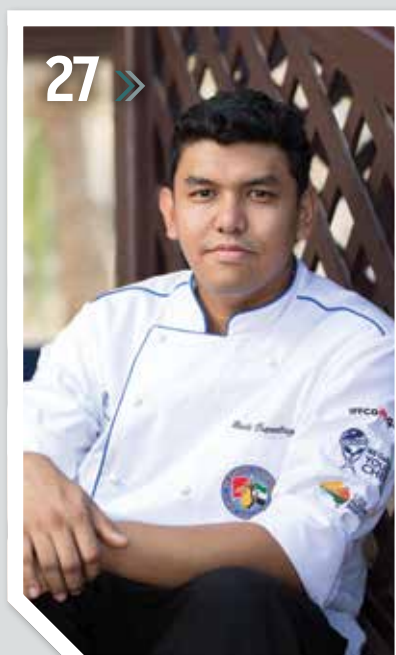
Director of Kitchens

Radisson Blu Hotel Dubai Deira Creek

April 2018 Gulf Gourmet

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MAKE YOUR MENU SHINE WITH THE LAMB RUMP

Australian lamb rump has star qualities which suits any contemporary menu. Full of flavour and great texture, this versatile cut can be used across all seasons from a mini lamb roast meal, carved and served as a steak or sliced on salads. It satisfies those that like a grilled, juicy piece of meat and assists chefs with lower plate costs. The tenderness of Australian lamb rump means it performs perfectly when cooked properly (medium rare) ideally pan seared before being finished in an oven.



Lamb Rump

Australian lamb rump is prepared from a boneless leg by locating the seam between the boneless chump and the remaining leg cuts. This cut can be tied with twine to keep a uniform shape while cooking or further trimmed to remove the cap muscle and the subcutaneous fat.

Preparation of Cut

For a leaner piece of meat, denude the rump by removing the cap and all silver skin. This is known as a Denuded Rump. This can be butterflied and then stuffed and rolled for roasting, or sliced into strips for stir-frying.

Hot Tip

For extra flavour, leave the cap on your Australian lamb rump for cooking. Score the fat and season, and cook cap side down to render the fat before finishing in the oven.



Roasted lamb rump with a freekah,
almond and pomegranate salad

Scan barcode to view this recipe.



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- 11 JUNE 2018** BOAT COOK OFF OF 5000 MEALS AND 5000 RELIEF PACKS
- 12 JUNE 2018** APPRECIATION COCKTAIL PARTY FOR ALL CHEFS AND CONTRIBUTORS

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editor'snote

email editor@gulfgourmet.net

Every time I interview a young cook, I ask him or her about their career goals. It usually falls in one of two categories – to be an executive chef/celebrity chef or to become an entrepreneur running their own kitchen. We have interviewed at least five young chefs in this issue alone and you will see that this pattern holds true.

Which is why it was refreshing when interviewing Santu Ghosh, this month's cover story, we got a different answer. He recently won the Middle East Young Chef of the Year title and when I asked him about his long-term goals, he simply said, "I like being a chef and that's all I am focusing on right now." It showed a level of maturity way beyond his age. A realisation that life happens when you're making plans.

He knows that this trophy is nothing more than a stepping stone. He says, "At the end of the day, it's what you put on the plate that matters every single day. I want to be able to consistently put the best on the plate."

With that attitude it's good he is not limiting himself to just becoming an executive chef. Because we live in a fast-paced world where traditional jobs are making way for new designs; and for a chef who focuses on improving each day while maintaining consistency, the sky is the limit.

Also, in this issue are two young teams from Dubai International Hotel and Ajman Palace Hotel competing for the Nestle Professional Golden Chefs Hat Award 2018. Their recipes are outstanding. You will appreciate it a lot more when you realise that these



chefs had to fight with their families and go through some extreme rough patches early in their youth to make their passion, their profession.

For some inspiration, we bring you an interview with Cuban celebrity chef Luis Pous, who opened yet another Asia de Cuba restaurant at Dubai's Westin Hotel Mina Seyahi. His advice to young chefs was also quite different from the norm. He said, "Young chefs should first learn to cook before learning to take pictures of their dishes." In an Instagram obsessed world, the advice sure does make sense.

This and many more stories and images of professional chef events from around the world are packed within the pages of this issue. We hope you like it.

Until next time, enjoy the read and keep cooking with passion..

Aquin George
Editor

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April 2018 **Gulf Gourmet**

newsbites

Grégoire teams up with Ronan

Chef de Cuisine, Grégoire Berger of Atlantis, The Palm's underwater restaurant and two Michelin star Chef Ronan Kervarrec have co-written an exclusive "Four Hands" menu for a two-night special at Ossiano. What's special is that these two exemplary chefs hail from – and started out together – in Brittany, the north western region of France. And the nine-course menu will feature dishes inspired by the region that the two men grew up in.

Given how brilliant the two are in their own restaurants, their coming together will be anything but normal. It's either gonna be mind-boggling or a damp squib... nothing in between.

The nine-course menu features Chef Ronan's signature dishes from his restaurant La Table de Plaisance, located in Saint Emilion, as well as Ossiano favourites. Upon arrival,

guests will be greeted with Ossiano canapés before tasting the delights of oysters with kiwi tartare, dulce meringue, chervil sorbet and sea foam. The Chefs will serve Brittany king crab with puy lentils, crab jus perfumed with curry and coral, light coconut cream, followed by hake on sea lettuce with clams and asparagus.

The bresse poultry, stuffed with lobster, crunchy ink, shellfish oil and artichoke will please with its rich flavours, before the sweet taste of cheese doughnut with duck fat and nori jam. For dessert, diners will indulge in an apple soufflé and cider caramel with green apple sorbet and cinnamon and the mouthwatering Brazilian chocolate crème brûlée macaé 62%, coffee espuma and buckwheat crumble.

If you can afford Dh 995 per person, book fast.



Chef Raffaele joins Sicilia

Reliving Ibn Battuta's journey through Mediterranean Europe with Italian sundried fruits and vegetables, fresh herbs and succulent seafood is Raffaele Andreozzi, the new Chef de Cuisine at Sicilia. The Italian restaurant in the Mövenpick Hotel Ibn Battuta Gate Dubai receives a new menu too under his culinary leadership.

The 43-year-old Italian national, who hails from the Genoa region of Italy, joins here following a two-year assignment at the Anantara Desert Island Resort on Sir Bani Yas, in Abu Dhabi.

Chef Raffaele says, "Italians know their food, they're blessed with

some of the world's best produce and they know how to cook it with respect."

He started his career with Princess Cruise Lines as a Demi Chef de Partie in 1998, based out of Los Angeles and quickly rose through the ranks, making Sous Chef by 2006 and Chef de Cuisine in 2012. The following year, he was promoted to Executive Sous Chef for Sabatini's Kitchen, Crown Grill Kitchen and the main Galley Kitchen.

During his career which spans 28 years, Chef Raffaele also has extensive experience of working for five-star restaurants in St. Moritz, Paris and Portofino.

Hellmann's Arabia launches special burger with folly by Nick & Scott

World's leading mayonnaise, Hellmann's, is now in the GCC in the food service sector with 3 table top formats: mayonnaise, ketchup and hot sauce.

To celebrate the launch, Hellmann's introduced 'Hellmann's X The Best' - an initiative in which Hellmann's will team up with a myriad of prominent restaurants in Dubai to make the best burgers in the city. These limited-edition burgers will be especially created for Hellmann's and will give consumers a chance to tantalize their palates like never before.

"At Hellmann's we love Burgers. In all shapes, sizes, variations and forms. Therefore, we thought burgers were the best way to introduce Hellmann's in the region" said Tamer Mahmoud, Foods & Refreshments Director, Unilever North Africa & Middle East. "These burgers will show our consumers that every time you use Hellmann's with food, in food or on food, it's made better."

"We also want to help provide Chefs in the Food Service arena with the very best professional ingredients and brands, that we know our diners will



love. Collaborating closely with several restaurants, the Chefs have crafted some truly delicious and inspiring burgers using Hellmann's that will be featured throughout the campaign", said Melinda Taylor, Foods Marketing Director, Unilever Food Solutions Middle East, Africa & ANZ.

The first restaurant that Hellmann's collaborated with was the ever so popular, home grown restaurant, folly by

Nick & Scott in Souk Madinat Jumeirah. The limited-edition Hellmann's X folly burger was stuffed with a juicy wagyu with melted smoked Applewood cheese and crispy slices of maple glazed veal pancetta with a generous drizzle of pecan ranch sauce made from Hellmann's #1 mayonnaise in a special sesame seed sourdough bun.

Can't wait to find out when is the next one.

Quique's Italian Job

Chef Quique Dacosta, who holds 3 Michelin stars, cooked in Milan to raise funds for childhood malnutrition programs. With his contribution, over 750 children will be able to receive therapeutic food-based treatment.

He cooked a dinner at the Hotel Principe di Savoia along with nine other renowned Italian chefs, including Andrea Berton, Fabrizio Cadei, Andrea Aprea and Antonio Guida, in order to raise funds for childhood malnutrition programs.

This initiative, promoted by Acción Contra el Hambre (Action Against Hunger) on World Water Day, provided a unique culinary experience. The chefs, whose participation was entirely altruistic, shared their creativity through a dinner with ten exclusive dishes.

Thanks to their contribution, the organization raised 21,000 euros.





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Eat Meat, Repeat

The newest spot for meat lovers is SMK (Smoked Meat Kitchen) at Jumeirah's La Mer. The beach-side dining destination features a menu of smoked meat, created by UK Smoke Master, Luke Tully.

The outlet serves up slow-cooked meat smoked over English oak and topped off with homemade rubs to season the cuts. The cooking process is by smoking, rather than direct grilling, which allows the meat to become tender and succulent.

The signature dish from SMK will be the Brisket Bun, served with pickled red chilli, which adds a fruity heat to the tender brisket, served in a specially baked bun, while those that prefer a little more meat, can opt for the dry aged beef ribs, topped off with pickled red chilli.

Tony Singh brings Scottish flair to Dubai

Capital Club hosted Chef Tony Singh for a series of exclusive dinners last month. A leading personality in the Scottish restaurant industry as well as chef director at a string of award-winning restaurants, Singh gave both Capital Club members and non-members the opportunity to sample his limited-edition fusion menu for three nights only.

Singh, who has been awarded an MBE and won countless culinary awards throughout his career will be serving up a 6-course tasting menu that will feature seasonal ingredients with a spicy Indian and Asian twist including; Scallops

Tempered with Ginger and Lime, Sound of Jura Langoustines and Wild Garlic from the Banks of the North Esk, Oyster, Beef Vurha and Tamarind, Punjabi Salmon, Chump of Boarders Lamb with Stoives Herb Jus and Strawberries with Cinnamon and Black Pepper.

Singh said, "I like to keep food real and to keep food fun, which is exactly what I will be showing though my debut menu at Capital Club Dubai. I'm really looking forward to introducing its members and non-members to dishes that combine my signature style of fresh produce with a spicy Indian and Asian twist."



Masaharu Morimoto opens his first UAE restaurant

Chef Masaharu Morimoto, known as the star of Iron Chef and Iron Chef America, is opening his first restaurant in the United Arab Emirates. Morimoto Dubai, located on the 23rd and 24th floor of the newly opened Renaissance Downtown Hotel, Dubai, showcases a uniquely stylish atmosphere that is set to elevate guests to an unforgettable experience. A talented team of chefs trained by chef Morimoto himself will unveil his distinct culinary style, which seamlessly integrates Western and Asian ingredients with traditional Japanese techniques.

Chef Morimoto has opened more than fifteen restaurants around the world, in cosmopolitan cities including New York, Las Vegas, Mexico City, Napa, Mumbai and his eponymous restaurant in Philadelphia. Over the years, his name has become synonymous with creating innovative menus defined by fresh and exquisite ingredients. Upholding this reputation, the Dubai restaurant's seasonal and ever-changing selection of seafood is drawn from markets around the world, including deliveries directly from Tokyo's famed Tsukiji and Fukuoka fish markets.



To get your chef or company related news featured in this section, email editor@gulfgourmet.net



Nestlé
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Royal Touch

Our first of two teams shortlisted this month for the on-going 'Golden Chef's Hat Award 2018 – Season 6' are the boys from Ajman Palace Hotel

Chef Ramakant Choudhary

The 29-years-old Chef de Partie at Ajman Palace Hotel, says he loved binge watching MasterChef Australia as a youngster. It is the series which inspired him to turn to cooking. "I was always interested in cookery shows. Growing up in the north Indian state of Himachal Pradesh, my grandmother taught me to cook authentic local cuisine. And I enjoyed every moment of that experience."

His family, however, was far from thrilled with his decision to turn cook. They believed it was a role meant for women. "Also, beef is forbidden in my family. To

this date, if I happen to touch any food, my parents will not eat it, as I cook beef on the job. The fact that have finally accepted my career choice and are proud of it gives me joy," he says.

After completing his hotel management from Punjab, he began his career as a culinary associate at The Park Hyderabad. A year and half later, he moved to JW Marriott Chandigarh where he worked for 6 months before rushing back home to take care of family business after his dad met with an accident. "Once he recovered, I had to start again as a Commis but this time at the Oberoi Dubai.

A challenging memory at work for him was a 5,000 people function in Chandigarh for which he worked 3 days continuously. However almost everything got over towards the end of the function and the executive Chef was furious. "We learnt our lesson that day, which is to always have a back up plan."

His big dream is to be a celebrity chef not just on TV but in people's minds. "I had a lot of trouble in my childhood that's why I have set these standards for myself."

Chef Rahul Balaji Prasad

This 25-year-old born in Chennai and





Chef Rahul Balaji Prasad

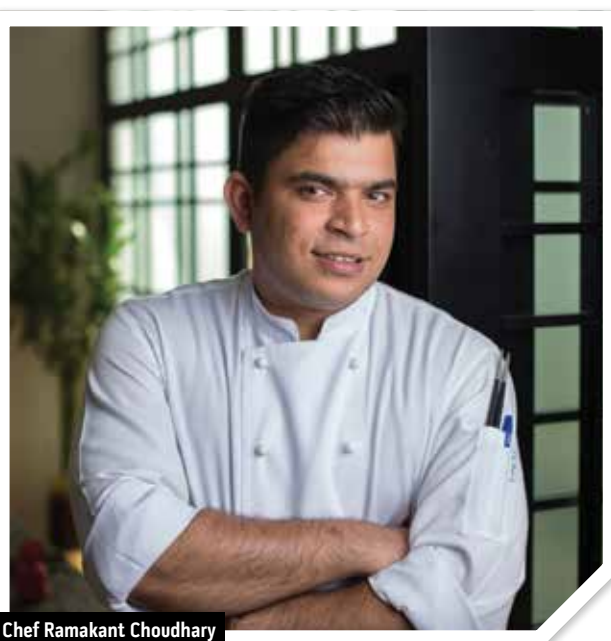
raised in Mysore, works as the Chef de Partie – Pastry at the luxury property.

"As a child, my father would take me to the local bakery and the aroma and flavors attracted me. I went there often to watch how pastries are made and that's how I got inspired," says Chef Rahul.

His parents too were unhappy with my decision to join the culinary field. "They were unsure if I would get a job. My father was a mechanic and wanted me to join the automobile industry like him,

but eventually my mother supported me and insisted I follow my dream."

He completed a three-year hotel management diploma in Chennai and struggled to get a job, just as his parents had feared. "In the beginning I only got jobs in F&B and not in the kitchen. The kitchen jobs I did get were unpaid apprenticeships which I could not take-up as I had to pay-off my education loan. I came to UAE and joined Fujairah Rotana Noor Arjan as a waiter. Everyday after my shift, I would train with the pastry chef. He saw the passion I had for



Chef Ramakant Choudhary

pastry and nine months later, moved me to his department."

He worked in Abu Dhabi thereafter before moving to his current employer thanks to his friend from culinary school back home.

Talking about his future, he says, "I want to be involved in more kitchen art work, and to be a Pastry Chef alongside the manager. I am more interested in artistic stuff. I did compete in Gulfood chocolate show piece and I got merit because it was my first competition."

PISTACHIO CRUSTED BEEF WITH BRAISED BEEF CHEEK AND BARLEY RISOTTO

PISTACHIO CRUSTED BEEF

Beef tenderloin	800g
Salt	10g
Black pepper	10g
Olive oil	10g
Maggi beef stock	20g
Dijon mustard	10g
Pistachio	50gA

Method

- Take a fillet of beef tenderloin and flatten by using a butcher hammer. Marinate with salt, pepper, olive oil, and mustard. Stuff the flattened beef fillet with asparagus and chicken mousse.

- Roll the fillet tightly keeping the stuffing intact and then cover the fillet with cling film and silver foil. Poach the beef fillet in stock made up using beef stock and herbs.

ASPARAGUS AND CHICKEN MOUSSE

Asparagus	100g
Chicken breast boneless	100g
Nestle cooking cream	100ml
Maggi chicken stock powder	50g

Method

- Take a chicken breast, add cream, egg, asparagus blanched in chicken stock powder, salt, and pepper. Give the above mix a fine blend strain and keeping a thick consistency which can be rolled in beef.

BRAISED BEEF CHEEK CROQUETTES

Beef cheek	200g
------------	------

Chef liquid veal stock	50g
Buitoni tomato coulis	50g
Chef demi-glace	50g
Maggi coconut powder	100g
Potato mash	100g
Salt	10g
Black pepper whole	10g
Onion	20g
Carrot	20g
Leek	20g
Celery	20g

Cooking oil

Method

- Take the beef cheek and marinate it well with salt, pepper, garlic, mustard, olive oil and give it nice color on the pan on both sides. Make a stock for cooking beef cheek using beef stock powder.
- Take a pan, add mirepoix and let it caramelize. Add a little tomato coulis and demi-glace and then increase the

quantity of beef stock and add the beef cheek and let it braise in that.

- ◆ Once cooked shred the beef, add little potato mash and coconut powder and then deep fry

CORN VELOUTE

Corn	250g
Ginger	25g
White onion	25g
Salt	25g
Pepper	25g
Olive oil	25g

Method

- ◆ For puree, chop onion, carrot and ginger. Take a pan, add some olive oil and sauté onion till its golden. Add corn, ginger, chicken stock and cooking cream. Blend once cooked thoroughly and strain.

SUMAC FLAVORED JUS

Sumac powder	20g
Chef demi glaze	20g
Butter	20g
Water	50g

Method

- ◆ Make the sauce for beef.
- ◆ Take a pan add demi-glaze and add needed seasoning and finish with butter and sumac powder.

CHARRED LEEK CONFIT

Baby leek	100g
Cooking oil	250ml
Salt	20g
Black pepper whole	20g
Bay leaf	10g

Method

- ◆ Take a cooking pan, add cooking oil, bay leaf, sea salt, whole black peppercorn

and add baby leek. Let it cook slowly.

Take it out and char it on a grill giving it a nice colour.

BARLEY RISOTTO

Barley	100g
Onion	50g
Garlic	50g
Sundried tomato	30g
Buitoni tomato coulis	50g
Parmesan	30g

Method

- ◆ Take a pan, add chopped onion, garlic, chopped pepper, sundried tomato, soaked barley and let it cook all together. Once barley is cooked, add tomato coulis, butter and parmesan. Take it out from the heat and fold gently to give it a nice risotto consistency.





NESTLE COCONUT PANACOTTA, RUHBARB DOCELLO CREME BRULEE AND KEY LIME MOUSSE

NESTLE COCONUT PANACOTTA

Docello Panna cotta	22g
Milk	75ml
Cream	75ml
Maggi coconut powder	10g

Method

- ♦ Boil milk and cream, add panna cotta powder gradually whisking it in a low flame. Pour in the silicone mould and freeze

NESTLE KIT KAT CHOCOLATE LOG

Kit Kat Mix in	50g
Milk Chocolate	50g

Method

- ♦ Temper the milk chocolate add the Kit Kat Mix in. Spread on the chocolate sheet and cut as desired.

RUHBARB DOCELLO CREME BRULEE

Docello Creme Brulee	60g
Cream	150g
Milk	50g
Ruhbarb puree	60g

Method

- ♦ Boil Cream, milk and ruhbarr puree. Switch off fire. Add Docello creme brulee mixture, whisk nicely, bring back to fire

till it boils, and pour into the mould.

KEY LIME MOUSSE

Nestle condensed milk	395g
Lime juice	140ml
Lime zest	2no
Whipped cream	300g
Gelatin powder	15g

Method

- ♦ Whip the cream and store in chiller. Bloom the gelatin in cold water. In a Mixing bowl add condensed milk, lime juice and lime zest. Whip at high speed for 3 minutes. Fold in the whipped cream. Melt the gelatin and temper with the mousse. Pour into the mould and freeze.

NESTLE CHOCOLATE MOUSSE

Docello chocolate mousse	100g
Cold milk	200g

Method

- ♦ Add the mixture in mixing bowl. Add the milk and whip at high speed till it becomes double the ratio

MANGO SPHERE

Mango puree	100ml
Sosa Vegetable gelatin	30g
Water	400g
Sugar syrup	100g

Method

- ♦ Freeze the puree in silicone mould.
- ♦ Boil water and sugar syrup. Add the vegetable gelatin and boil for a minute.
- ♦ Remove the frozen puree. Dip it in the mixture and remove using a pin.

NESTLE COCONUT CRUMBLE

White chocolate	100g
Sosa Maltose	70g
Maggi Coconut powder	30g

Method

- ♦ Mix together Maltosec and coconut powder together with the melted white chocolate and make a crumble. Set in chiller.

STRAWBERRY JELLY

Strawberry puree	100g
Gelatin	3g

Method

- ♦ Warm the puree, add the gelatin. Pour it on a silicone mould.

KIT KAT MIX IN BAR

Kit kat mix in	100g
Dark chocolate	50g

Method

- ♦ Temper the chocolate and add the Kit Kat Mix in. Spread over a baking tray and cut into squares

PASSION GEL

Passion fruit puree	130g
Sugar	10gm
Agar agar	7
Mirror plus	100
Vanilla bean pod	1

Method

- ♦ Warm passion fruit puree and sugar, then add agar agar slowly and boil for 2 mins and set in a chiller overnight. Then blend in food processor at medium speed add mirror plus and vanilla pod and blend again for 1 mins. Chill.

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YOUNG AND WISE

Chef **Santu Ghosh** may be young but he's definitely not restless. This year's 'Middle East Young Chef of the Year' winner at Salon Culianire, held during Gulfood Dubai, knows that it's the slow and steady that wins the race...

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Once upon a time, a little boy in a little village near Kolkata in eastern India watched his father sweat it out on a farm growing rice and vegetables. When he could, he helped around, tilling the soil and plucking the produce with equal enthusiasm and without a whimper about the hard work involved.

Cut to 2018 and the boy is not so little any more. In fact, he's turning out to be pretty big for someone his age. At 23, Santu Ghosh has already won the 'Middle East Young Chef of the Year' honour. And

he hasn't even warmed up yet.

To be fair, Chef Santu started young – at 17 to be exact. Just that it was without fancy degrees or any kind of training. All that he had was sheer determination, a willingness to learn and an ability to pick up skills quickly. It was a combination of these that helped him excel at the Salon Culinaire this February. "Earlier, I had been in the team supporting participating chefs in competitions. This time around, I was a participant. It is yet to sink in that I have won," says the Indian chef.

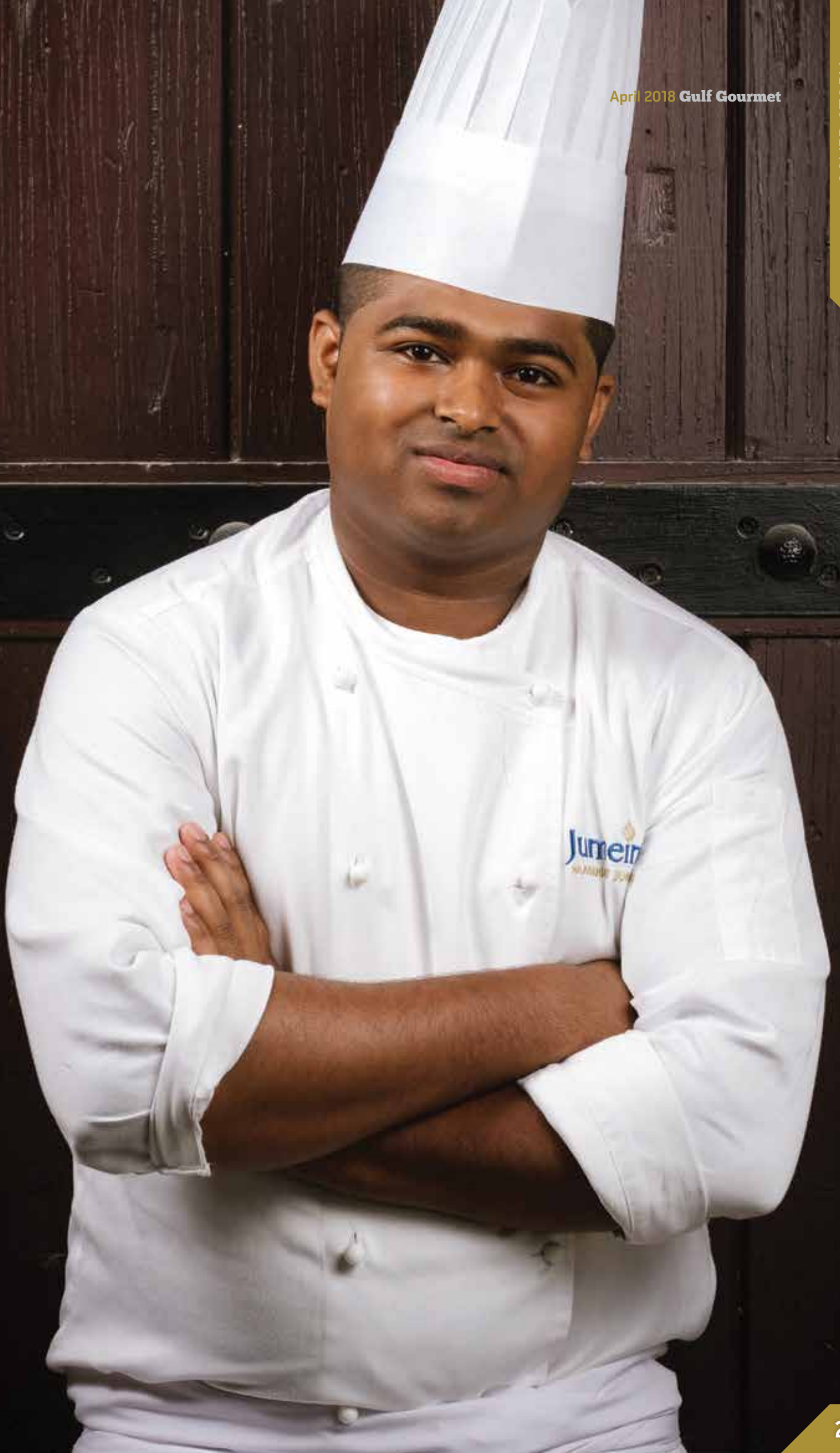
Although there were no chefs in the family, Chef Santu always knew he wanted to be one. "I had seen some people in my village who were chefs. Their white aprons made them look so authoritative that I wanted to be like them," he reminisces. Once in a while, he helped his mother in the kitchen. But it wasn't until he got a job as a steward in Bangalore in south India that Chef Santu had a real experience with the hospitality industry. He hadn't even stepped out of his teens at the time. "Money was tight and my family needed help. I figured this would be a good way for me to contribute." Although papa and mama Ghosh dreamed of having their son work in the government sector, jobs were hard to come by. "Three months after I joined Cafe Pascal in Bangalore as a steward, I was made commis chef. I worked for a year as a commis chef but returned home thereafter."

The sabbatical lasted a couple of months, after which Chef Santu made his way to Mumbai, the financial capital of India and the city of Bollywood. Manchester United had pubs there and one outlet near a big mall offered the budding chef a job. A good friendship with a chef there led to bigger things. A year and half later, Chef Santu secured a job in Dubai with the Madinat Jumeirah C&I, where he now works in the cold kitchen.

For many chefs from India and other parts of Asia, Dubai holds a lot of



I had seen some people in my village who were chefs. Their white aprons made them look so authoritative that I wanted to be like them





promises. The culinary scene is vibrant, the mix of cultures provides a fertile ground for experimentation and the availability of a wide range of ingredients from all over the world supports creativity. "I have been here for three and a half years now and I have loved every minute of it."

Chef Santu started out in culinary competitions with an Abu Dhabi event. He competed in the live sandwich making category but did not win any medal. Undeterred, he participated in this year's Salon Culinaire and ended up with impressive results. Supporting other chefs in culinary competitions had already given him some idea of the pressures involved. "After I returned empty-handed from my first competition, my executive sous chef told me to practice more and prepare well before competitions. So I did. In my free time, I practised cutting different types of fish and meat, and cooking Emirati food. I kept asking my senior chefs for advice and learnt from them. All this came in handy when I was out there."

Chef Santu participated in three categories, winning a bronze for Emirati cooking, and gold each for fish and chicken dishes. A colleague from Madinat Jumeirah was a fellow contestant. "He was really good and I had my doubts if I would win against him. The judges did not give any negative comments on my cooking. So, I must have done something right," he



I like the hot kitchen and eventually, that's what I want to do. At the moment, I go there to learn every chance I get



smiles.

Although he works in the cold kitchen, Chef Santu's wins were in the hot dishes categories. "I like the hot kitchen and eventually, that's what I want to do. At the moment, I go there to learn every chance I get."

Yet another achievement at this competition for the chef was cooking

dishes on a very small scale. As someone who works in banqueting, it can't be too easy scaling down dishes in quantity. "Strangely, it wasn't one of the things I found challenging. I guess it's easier to scale down than scale up."

Today, Chef Santu's parents are just as proud of his achievement as he is. "My mother is still not happy that I live abroad. But my parents see others

from my village struggling to get jobs, especially government jobs and then, they are grateful for my choices."

With his head firmly on his shoulders, Chef Santu knows he has miles to go before he sleeps. But he's happy to take one step at a time, not sharing his generation's penchant for instant gratification. "I like being a chef and that's all I am focusing on at the moment. I have the ability to work long hours – even 15-16 hours if required – and I have no complaints. My colleagues are nice and my bosses are inspiring. That's all I need for now."

When he's not juggling tasks in the kitchen, Chef Santu likes to toss around the football on the field. "I also like to ride bikes and play cricket. I guess it's hard to find an Indian who doesn't like cricket." When it comes to food he enjoys eating, it's spicy Mexican food that gets his taste buds excited.

As is obvious, Chef Santu has started off right. But like every smart chef, he knows these victories are just stepping stones. "At the end of the day, it's what you put on the plate that matters every single day. I want to be able to consistently put the best on the plate."

Clearly, the young gun carries the right formula in his head for long-term success!



At the end of the day, it's what you put on the plate that matters every single day. I want to be able to consistently put the best on the plate



Fun and more at EAHM's 2nd food festival

The Emirates Academy of Hospitality Management (EAHM) organised its annual food festival with its hospitality students a few weeks ago. The institute's Director of Culinary Arts, Chef Michael Kitts, and Executive Chef Helen Morris, spiced up this year's format with the introduction of some fun yet challenging competitions.

One competition saw SCAFA and EAHM turn up the heat. With three chefs on each team and a mystery basket, the goal was simple – design a 3-course meal in 30 minutes (starter couldn't be a soup) and then cook the meal in one hour.

And as if this wasn't challenging enough, the twist in the tale arrived, when the teams were told that the starter had to be served within the 30th minute. Main course to be served during the 45th minute. And the dessert had to be ready by the end of the hour.

Says Chef Kitts, "It was quite fast and furious. The teams had a great time. It's obviously a lot when you do something like this. The key to winning, like any team event, lies in excellent communication between the team members."

Judging was done by an independent culinarian Chef David Arnold. "He couldn't draw a line on the sand, so

both came out as winners. Everyone was happy," says Chef Kitts. The prize donated by Wise Kwai meant all team members plus a partner get to experience the restaurant's delicious Asian fare.

Going forward, the final competition will be the UAE Young Chef challenge organised by Gulf Gourmet. Chef Kitts explains, "The previous format will continue with an added twist. The teams will be selected at random. Two chefs (including one with pastry skills) who have never worked with one another will be drawn out of two magical sort bins.

"They will cook for eight guests and the judging criteria will be based on cooking



Chef Aahed Samih Kokash



Rushi Mei-Li Thammitage

methods, techniques, hygiene, use of products, obviously taste is the main one, and then presentation and team work. So, it will be another fast and furious competition and a fun one for sure. We are expecting a nice good turnout."

What the winning chefs had to say

Chef Rushi Mei-Li Thammitage, Commis 1 from Mina A'Salam, said, "In this mystery box challenge, we didn't know the teams or ingredients. In an hour we had to finish everything. Since there were not enough participants, I had to compete in both teams. I came up with everything on the spot.

"My second dish was a hit. It was a lime caramel banana, compote plus caramel chocolate mousse, and salted chocolate crumble with honey vanilla ice cream."

Chef Aahed Samih Kokash, Chef de Partie from Madinat Jumeirah C&I, said, "This was my first competition at the Academy. I had no clue what would happen. All I knew was it was a mystery



Joevel Magpantay

box competition. I went there without any information. They gave us the boxes and 30 minutes to decide what we want to do. After the discussion, I wrote the menu and the ingredients. Following this we had just one hour to cook. It was absolute fun."

Chef Joevel Magpantay, Commis 1 from Mina A'Salam, said, "Our team work was good. I have worked before with Rushi and Aahit so over all we did a good job and we won it."



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'Learn to cook instead of learning to take pictures'

Cigars, salsa, rum, there's much Cuba is famous for. Add Chef Luis Pous to the list. The Executive Chef of the popular Asia de Cuba chain of restaurants is determined to show gastronomes what the country's food would have been like if it crossed cultural barriers...

The 1990s were a special time for Cuba. The dissolution of the Soviet Union brought new economic problems and Cuba started feeling the pinch. With the severe shortage of energy resources that followed, the Communist country was forced to rethink its economic strategy and build up its agriculture and industry.

But adversity has a way of apologising. By ensuring the survival of the fittest and encouraging innovators and geniuses.

Luis Pous is among those innovators. The Executive Chef of Asia de Cuba, the world-renowned Chino-Latino restaurants chain, is a by-product of the encouragement that the hospitality industry received in Cuba in that 'special period in time of peace'. Born and raised in Havana and now based in Miami, Chef Luis was just stepping out of his teens when the hospitality industry in Cuba started making efforts to regain its pre-1959 glory. Between then and now, he has traversed continents and done what few achieve – become a culinair that the world knows and loves.

"No, it was not in my genes," laughs the 46-year-old chef when you ask him where his love for food comes from. "I just like eating and that is at the



After a year of living in Miami, I went to Atlanta for an interview and there, I met my mentor. The senior chef had worked in many top restaurants in New York. He taught me everything from cooking to English and even Salsa!

heart of everything." With an engineer father, a medical professional mother and comedian grandparents, the Pous household was an eclectic mix of careers. "It was a regular childhood in an upper middle class family. I went to school and then to military school after that. Travel restrictions meant we had limited exposure to the rest of the world."

A culinary scene was lacking in Cuba during Chef Luis's growing up years.

So there were no glamorous chefs to inspire him. What did always make him come alive was cooking for people and entertaining them. "I started as early as 16. Inviting people and having them wait for me to cook something always excited me." The big push came when a friend's sister was celebrating her 15th birthday. Chef Luis was asked to cook for the party – a catering assignment for nearly 100 people. "I made some simple things but I thoroughly enjoyed it. When my friends and I went camping, I would take care of lunches. Slowly, the idea of being a chef took hold."

Joining a culinary school was a natural next step. Although his parents were supportive, his grandmother had different thoughts on his decision, something she voiced not-so-softly. "She wanted me to be a doctor. My grandma told me I would be selling food in a trailer off the streets for the rest of my life. She didn't see it as a sophisticated career. Today, her views have changed drastically."

In Cuba, a culinary school prepares the students for everything, right from dishwashing to large catering to working on a farm. So when Chef Luis graduated from the National School of Culinary Arts in Havana, he was armed with a training that had readied him for his first but

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rather challenging job – managing six chefs under the chef de partie role.

"I started in 1991, when I was in my mid-20s. It was actually fun. My very first job taught me management skills." Always the hard worker, Chef Luis devoted weekends and evenings to sharpening various skills. He also cooked for diplomats and foreign dignitaries during the early years of his career in Cuba.

Chef Luis stepped foot outside homeland for the first time in 1997. He made Miami his first halt in a foreign land. To this day, Miami - what he affectionately calls "Cuba with money" - remains home. "After a year of living in Miami, I went to Atlanta for an interview and there, I met my mentor. The senior chef had worked in many top restaurants in New York. He taught me everything from cooking to English and even Salsa!" laughs the Cuban chef.



Many young chefs today think this is an easy job. Encouraged by celebrity chefs and social media posts, they think it's a glamorous profession that requires only fancy food that can go on Instagram. But that's not true.

New York is like Hollywood for chefs. Eventually, Chef Luis felt the pull, heading there in 1999 to join the Hotel Plaza Athenee. "That's where my career

really took off. In Cuba, I had seen limited ingredients. I saw the varieties and the different cuisines and it blew my mind."

In the years that followed, Chef Luis went on to work at the Noble House Hotels & Resorts and the Dining Room at Little Palm Island Resort & Spa, among others, before joining Asia de Cuba.

The restaurant chain made its debut in Dubai this March at the Westin Mina Seyahi Beach Resort and Marina. It reflects Asia de Cuba's quirky personality - from décor to music to the menu, which is Chef Luis's interpretation of what Asian-influenced Cuban food would have been like if Cubans had access to world ingredients over the past half a century. From ceviches, sushi, small plates, entrees to Cuban barbeque, the menu has much to offer to those curious about the country. Asia de Cuba has many signature dishes that have been





appreciated by food connoisseurs the world over - tunapica tartare, ropa vieja, octopus al ajillo, miso glazed seabass, to name a few.

"For me, Asia de Cuba is an experience. I want people to feel like they are dining in Cuba." However, Chef Luis – who has also authored the 'Little Palm Island Cookbook' - believes in respecting local tastes and ingredients while promoting the flavours of his country. How does he deal with the challenge of availability of ingredients in different regions? "In Dubai, a lot of ingredients are imported. If I can't find a particular ingredient in a particular location, I don't put it on the menu. It's very important to keep the integrity of the dishes."

So far, Chef Luis is rather happy with his team of chefs. "This is not just a restaurant, it's a lifestyle - the music, the food, the culture. Most of my employees are here because they want to be a part of it. And I appreciate that." He, however, does lament the changing attitudes in the kitchen, which are sometimes detrimental to creativity and innovation in the hospitality industry. "Many young chefs today think this is an easy job. Encouraged by celebrity chefs and social media posts, they think it's a glamorous profession that requires only fancy food

that can go on Instagram. But that's not true. Your family life suffers, you have to work for years before you reach a comfortable position of knowledge and that's how you create something memorable. The younger generation just doesn't see it that way."

Chef Luis advises budding chefs to "learn to cook instead of learning to take pictures". "If the dish looks pretty but it tastes awful, then you don't accomplish anything. Not only does it have to taste great, it should have scalability and consistency – you should be able to replicate the same dish for 30 people, every single day. That's how you run a restaurant. Also, the recipe should be something your staff can create. If it meets all these parameters and still looks good, go ahead and take a picture. But don't focus only on creating good-looking dishes. That's not a chef's job."

Today, Chef Luis's job is more management and innovation. But he hasn't abandoned his 'comfort zone' – the kitchen. "I still go behind the stove every time I am in the restaurant. I want to keep cooking."

Yet, it's not a future he envisages for his 10-year-old daughter Sarah. Mindful of the challenges that exist in the

hospitality industry and the demanding nature of the job, he'd rather she choose a profession that affords her a better work-life balance. "I will move her to a place where people don't eat!" he laughs. "Of course I will support in whatever she does, but I do want her to be aware of the realities of my job before she makes a decision. Now, when she comes into my restaurants, she's treated like a celebrity by my staff. But I ensure I take her to the back rooms, where the real work happens and show her how tough things are and how much you have to sacrifice to succeed. I don't want her to feel special in a wrong way."

It's a fair strategy. Having seen adversity from close quarters, Chef Luis understands the importance of staying grounded.

"I would say one of my strengths has been remaining down-to-earth. I am an approachable person and my team members understand that. That's why they have fun working with me. We create healthy, clean, tasty food, we put our hearts and minds into it. How can it not work?"

If you haven't been to Asia de Cuba yet, you might want to make a reservation soon. Once you experience it, you will know that it's time for Cuban cigars to move over - Chef Luis just might be the country's best export.



Nestlé
Golden
Chef's Hat
Award



Flying high

The second team shortlisted this month for the on-going 'Golden Chef's Hat Award 2018 – Season 6' are young chefs from Dubai International Hotel

Chef Buddika Perera

The 29-year-old Sri Lankan works at the McGettigans Irish Pub housed within Dubai International Airport as Chef de Partie.

The Colombo-born chef came to Dubai on a holiday following his studies when his uncle found him a job as a steward in the Grand Millenium Hotel in Al Barsha. This was 10 years ago. He took up a cross training opportunity and got transferred to the Belgian Beer Cafe as a Commis III. He then worked across two more hotels, further perfecting his skills at creating

delicious yet high quality pub grub before moving to the Dubai International Hotel as Chef de Partie.

"I, at first, wanted to become a Pastry Chef. I trained myself in pastry. But the icing and piping was not my piece of cake so I moved to hot kitchen," he says.

His eventual dream is to first become a Sous Chef and then to open a restaurant of his own back in Sri Lanka. "It is already under construction and will be ready in 2 years. We will be serving local food and some international fare like burgers and

sandwiches. The place will be just 45 mins from Colombo city," he says.

Krishanth Nandivarman

This 24-year-old is also from Colombo, Sri Lanka and works at Dubai International Hotel as Commis III in the pastry kitchen.

He says, "I got into cooking because of my grandmother. She has always been a homemaker. I have learnt my basics from her. I used to always help her during festivals when she would prepare sweet dishes. She taught me all the secrets to perfecting the local sweets."



Chef Buddika Perera



Krishanth Nandivarman



"After high school, I joined a private culinary institute called Raffles Hotel School. However, when the time came to get a job, my interviewer told me that my knowledge was not enough and gave me the address of a government-run hotel school called Srilankan Institute of Tourism and Hotel Management. I went there looking for a Pastry course but there was no such course there at the time.

So he joined a professional cookery training at Galadari Hotels when he realised that the Govt. Hotel School had

begun pastry training after all. "I joined them, took training and from there came straight to Dubai as Commis III. This is my second job in Pastry, and I have been here for 2 years now. It is really exciting, as I have gained so much knowledge. Dubai has taught me a lot."

His biggest challenge he says is the night shift when he is all alone and has to take care of production as well as orders from the outlets. "It's always an emergency," he says with a smile. Around the same time the buffet also

needs to be ready. If something is not ready, he must make it from scratch and if it is not available it is a problem. So, a lot of planning is involved.

When he started out, his mother wasn't too happy with his decision to become a chef, "she wanted me to work at a bank," he says. With the help of my relative I was able to convince her. "Now she is very happy after I won a Gold medal at the Emirates Culinary Salon Culinaire in one category." He too wants to start his own café back home some day.

SOUS VIDE WAGYU BEEF WITH TARRAGON AND COCONUT CRUST

FOR SOUS VIDE

Wagyu beef	600gm
Salt	10gm
Pepper	8gm
Juniper berries	10gm
Butter	10gm
Rosemary	5gm
Thyme	5gm
Garlic	5gm

Olive oil	20ml
Maggi seasoning	10ml
Maggi meat powder	To taste

Method

- ◆ Vacuum the beef tenderloin loin with salt, pepper, juniper berries, butter, rosemary, thyme, garlic, olive oil, seasoning and meat powder.
- ◆ Sous vide in 52°C for two hours and remove from the vacuum bag. Sear it in a pan and apply English mustard and toast with the tarragon crust and cook it for further 2 mins and leave it to rest.

TARRAGON AND COCONUT CRUST

Fresh Tarragon	80gm
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Maggi coconut powder	40gm
Salt	5gm
Pepper	5ml
Bread crumbs	20gm

Method

- ◆ Mix fresh tarragon leaves and coconut milk powder with bread crumbs, salt and pepper. Blend all together

POTATO GNOCCHI

Maggi potato powder	150gm
Flour	50gm
Egg Yolk	30gm
Salt	For taste

Maggi chicken powder	As required
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Method

- ◆ Bring water to boil. Turn heat off.
- ◆ Whisk Potato powder into boiled water until thick and creamy.
- ◆ Lightly flour a work surface. In a small bowl, mix the flour with the salt. Add the egg to the potatoes and then add the flour mixture. Mix with your hands until the flour is moistened, and the dough starts to clump. Roll it and cut in to small pieces.
- ◆ Bring a large pot of chicken stock to a boil. Drop in gnocchi and cook for 3 to 5 minutes or until gnocchi have risen to the top.

ROASTED PINE NUTS PURE

Pine nuts	100gm
Nestle cooking cream	100ml
Butter	20gm
Salt	For taste
Pepper	For taste
Maggi seasoning	For taste

Method

- ◆ Roast the pine nuts until light brown
- ◆ Cook roasted pine nuts and cooking cream in a large pot
- ◆ Add salt, seasoning and pepper for taste

- ◆ Cook the pine nuts well until it's soft
- ◆ Blend the mixture with butter until smooth

SMOKED PEPPER AND TOMATO COULIS

Red bell pepper	120gm
Buitoni tomato coulis	80gm
Smoked paprika	05gm
Brown sugar	30gm
Red wine vinegar	15ml
Olive oil	10ml

Maggi seasoning To taste

Method

- ◆ Cut the red pepper in to small pieces and marinate with paprika powder, salt and olive oil and roast in the oven.
- ◆ Medium heat the large pot and caramelise the brown sugar.
- ◆ Add red vinegar, tomato coulis, roasted pepper and Maggi seasoning, and cook slowly for several minutes. Remove from the pot and blend it until smooth and thick.

ROASTED BABY VEGETABLE

Baby carrot	120gm
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Romanesco cauliflower	60gm
Olive oil	10ml
Salt	For taste

Maggi seasoning

For taste

Method

- ◆ Boil the water with vegetable stock powder.
- ◆ Half cook the vegetable in the stock.
- ◆ Marinate the vegetable with salt, seasoning and olive oil.
- ◆ Set the oven for 180°C.
- ◆ Roast the vegetable in oven for 8 minutes

MARINATED BABY BEET ROOT CARPACCIO

3 colour baby beetroot	160GM
Salt	20gm
White vinegar	50ml
Star anise	1nos

Method

- ◆ Slice the baby beetroot very thin.
- ◆ Boil the water with vegetable powder and blanch the beetroot slices. Submerge it in ice water.
- ◆ Slowly cook white vinegar, salt, and star anise and add the baby beetroot in to that. Keep for some time and arrange the beetroot like a carpaccio.

COCONUT CRISP

Maggi coconut powder	30gm
Flour	40gm
Corn oil	50ml
salt	For taste

Method

- ◆ Mix the Maggi coconut powder, flour, corn oil, salt in a mixing bowl
- ◆ Fry the mixture in non-stick pan with corn oil until crispy and light brown colour.

PORCINI INFUSED JUS

Chef demi-glace	80gm
Shallot	5gm
Garlic	3gm
Thyme	2gm
Porcini mushroom	50gm

Method

- ◆ Boil the water and add demi-glace powder and whisk it nicely until thick
- ◆ Sauté the chopped shallot, garlic, thyme and add the porcini mushroom. Add the demi-glace mixture.
- ◆ Cook slowly until you get the flavour and strain the jus.



NESTLE CHOCOLATE TOURBILLON

MARQUISE SPONGE

Dark chocolate	45 g
Hot water	100ml
Flour	200g
Cocoa powder	25g
Baking soda	8g
Salt	4g
Butter	45g
Sugar	240g
Egg	2 pcs
Yogurt	65 g

Method

- ◆ Cream the sugar and butter. At the same time boil the water and mix the dark chocolate for a liquid consistency.
- ◆ Next add the eggs one by one until creamy.
- ◆ Add the chocolate water to creamy blend and mix it well.
- ◆ Mix all the dry ingredients and put into the mixture.
- ◆ Finally add the yogurt and mix it well.
- ◆ Bake it at 180°C for 8 minutes.

MIXED BERRY MOUSSE

Raspberry puree	120g
Frozen blueberry	40g
Frozen blackberry	40g
Whipped cream	20g
Sugar	30g
Gelatine leaves	1 pc

Method

- ◆ Boil the raspberry puree, frozen blueberry and black berry with sugar. Add the soaked gelatine and mix it well. After cooling down, mix the whipped cream.

NESTLE PANNA COTTA

Nestle Cream	225ml
Milk	25ml
Docello panna cotta	38g
Gelatine leaves	1 pc

Method

- ◆ Boil the cream, milk and panna cotta mix. Finally remove from heat and mix the soaked gelatin

NESTLE KITKAT CRUMBLE

Crushed KitKat	100g
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Peanut	50g
Milk chocolate	25g
Nutella	25g

Method

- ◆ Mix the crushed KitKat, chopped peanut, melted milk chocolate and Nutella. Sheet it and put inside the freezer before use.

NESTLE DULCE DE LECHE

Nestle condensed milk	225ml
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Method

- ◆ Boil the milk without opening the tin for 5 hours until caramel colour.

MIXED BERRY COMFORT

Fresh raspberry	10g
Fresh blueberry	10g
Fresh blackberry	10g
Fresh red current	10g
Raspberry puree	100g
Dry cranberry	15g
Sugar	1 pc
Gelatine leaves	

Method

- ◆ Boil the raspberry puree and sugar. Add the gelatin and cool down. Before serving, mix the fresh berries

DOCELLO DARK CHOCOLATE MOUSSE

Milk	200ml
Docello chocolate mousse	100g
Gelatin Leaves	2 pcs

Method

- ◆ Whisk the milk and chocolate mousse powder. Melt the soaked gelatin and fold with mousse. Pour to the mould and freeze it.

CRISPY CRUST

Flour	10g
Oil	30ml

Water	80ml
Salt	1 pinch
Coffee syrup	1 drop
Red color liquid	3 drops

Method

- ◆ Mix altogether without clumps. Heat the pan with little amount of oil. Add the mixture and make it pan fry until well done.

MANGO PATE DE FRUITS

Mango juice	200ml
Lemon juice	50ml
Sugar	250g
Liquid glucose	38ml
Trimoline	38ml
Sugar	25g
Pectine powder	10g

Method

- ◆ Boil the mango juice and lemon juice. At the same time mix the sugar and pectine powder. And add the pectine mixture to the boiling juice.
- ◆ Finally add the balance sugar, liquid glucose and trimoline. Boil well until thick. Pour in to the ring.

DARK SPRAY

Dark chocolate	100g
Cocoa butter	100g

Method

- ◆ Melt together and strain and pour into the spray machine and spray for chocolate Tourbillon

WHITE CHOCOLATE SOIL

White chocolate	140g
Sugar	200g
Water	75ml

Method

- ◆ Boil the sugar to 130°C and add the chocolate. Stir until soil-like consistency.

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VISUAL REFLECTION Salon Culinaire 2018

Our lensmen went around Salon Culinaire to capture the mood at the high adrenalin culinary contest as well as to bring you images of the winners and medal winners for the year





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What a cressperience

Young Chef Club members were privy to a Cressperience workshop last month at The Club Abu Dhabi with support from Chef Peter De Kauwe. The taster day showcased various types of cress and microgreens and highlighted its benefits.

Micro vegetables may well have entered the mainstream restaurant trade but there remains a lack of understanding among chefs about the most effective and appropriate usage of products like micro cress, micro herbs, micro greens and specialty leaves.

"Micro cress for a visual effect has no significance for a dish and incorrect pairing can mess it up," said Paul da Costa Greaves, Country Manager, Koppert Cress who organised the event.



Olives, anyone?

PEMTE recently organised an European olive awareness programme at the Radisson Blu Hotel Dubai Deira Creek.

The Panhellenic Association of Processors of Table Olives (PEMTE) co-funded by the European Union, is aiming to increase the demand of European table olive in the target markets of the UAE and Saudi Arabia.

Its 46 members, represent more than 90% of Greece's exports of some outstanding and unique natural Greek table olive varieties, such as "Konservolia", "Chalkidiki", "Kalamata", and furthermore, small quantities of "Throuba" and "Megaritiki" varieties are included in their product range to more than 100 countries.



Thermomix workshop for ECGYCC chefs

35 young chefs from the UAE participated in a kitchen appliance workshop last month at the ICCA. The event was to understand the multiple functionality of Thermomix, a German appliance that replaces 12 machines in the kitchen.

Young chefs took turns to find out if the product can actually cook, steam, cut, mill, mix, emulsify,

knead, chop, whip, purée, control the temperature, grind, blend, weigh and wash itself with just one bowl and a blade.

Seven teams of 5 chefs learnt recipes like pesto in 5 seconds, crème brûlée, ice cream mixes, crème pâtissière, kneading of pasta, pizza and bread doughs, fruit sorbets in under 5 minutes, a kilo of onions chopped in 4 seconds, and other such tricks.



April 2018 **Gulf Gourmet**

Abu Dhabi chapter meets

The bi-monthly meeting of the Abu Dhabi chapter of the Emirates Culinary Guild was held at the Radisson Blu Yas Island hotel last month with active participation from the chefs of Abu Dhabi and Al Ain. Executive chef Sanjeewa and the team hosted the meet. In addition to discussing the various chef programmes coming up, there was also interactive sessions with over six corporate partners.





The Guild Meet

Last month's monthly meeting of the Emirates Culinary Guild was hosted by Chef Rami Jebraiel and his team from Al Jawaher Recreation Center Sharjah. The event saw scores of senior and junior chefs turn up to find out about the latest happenings and projects for culinary professionals in the country and updates on the various international events coming up. The event also saw corporate partners use the platform to showcase their products to decision making chefs.



April 2018 Gulf Gourmet



EAST-COAST SALON COMPETITION 2018

Resume of Classes for Entry

Class No. - Class Description

- 01 Three-Course Gourmet Dinner Menu
- 02 Three – Course Arabic Dinner Menu
- 03 Three-Course Vegetarian Menu- By Vegini
- 04 Tapas, Finger Food & Canapés
- 05 Arabian Feast edible buffet
- 06 Cake Decoration
- 07 Wedding Cake Three-Tier
- 08 Four Plates of Desserts- By Nestle
- 09 Bread Loaves & Showpiece- By Master Baker
- 10 Friandise/Petite Four/ Pralines & Nougatines
- 11 Open Showpiece
- 12 Fruits & Vegetable Carving Showpiece
- 13 Practical Fruits & Vegetable Carving- By Barakat
- 14 Beef- Practical Cookery- By US Beef
- 15 Chicken - Practical Cookery- By US Poultry
- 16 Arabic Mezzeh - By American Garden
- 17 Cocktail Championship
- 18 Live Sandwich- By Unilever
- 19 Dressed Chicken (Supplementary Class only for Junior Chef 25yrs below)

NB: Ingredients may be supplied by the sponsor, these shall be mandatory to be used. Information shall be sent to competitors in advance of competition.

Gastronomic Creation

Class 01: Three - Course Gourmet Dinner Menu

1. Present a plated three-course meal for one person.

2. Suitable for dinner service.
3. The meal consist of:
 - > *An appetizer or soup*
 - > *A main course*
 - > *A dessert*
4. To be prepared in advance and displayed cold on appropriate plates.
5. Total food weight of the three plates should be 420/480gms.
6. Food coated with aspic or clear gelatin for preservation.
7. Typewritten descriptions and recipes required.
8. Maximum area w60cmx d60cm.

Class 02: Three- Course - Arabic Dinner Menu

1. Present a plated three-course meal for one person.
2. Suitable for dinner service.
3. Modern style presentation.
4. The meal consists of:
 - > *An appetizer (Mezzeh)*
 - > *A main course*
 - > *A dessert*
5. To be prepared in advance and displayed cold on appropriate plates.
6. Food coated with aspic or clear gelatin for preservation.
7. Total food weight of the three plates should be 420/480gms.
8. Typewritten descriptions and recipes required.
9. Maximum area w60cmx d60cm.

Class 03: Three - Course Vegetarian Menu

1. Present a plated three-course meal for one person.
2. Suitable for lunch service.
3. The meal consist of:
 - > *An appetizer or soup*

- > *A main course*
- > *A dessert*

4. To be prepared in advance and displayed cold on appropriate plates.
5. No Meat, Chicken, Seafood, Fish or Egg to be used (meat-based gelatin glazed to enhance presentation is accepted)
6. Total food weight of the three plates should be 420/480gms.
7. Typewritten descriptions and recipes required.
8. Maximum area w60cmx d60cm.

Class 04: Presentation of Tapas, Finger Food and Canapés

1. Exhibit six varieties. Weight for each piece (10-20gms)
2. Six pieces of each variety. (total 36 pieces)
3. Three hot varieties.
4. Three cold varieties.
5. Hot food presented cold.
6. Food coated with aspic or clear gelatin for preservation.
7. Presentation on suitable plate/s or platter/s or receptacles.
8. Six pieces should correspond to one portion.
9. Name and ingredient list (typed) of each variety required.
10. Maximum area w60cm x d75 cm

Class 05: Arabian Feast

1. Present a traditional Arabian wedding feast as it would be served at a five-star hotel in the UAE.
2. Suitable for 20 people.
3. Free-style presentation
4. A team of two chefs and 1



helper are permitted. For buffet set up of decoration and equipment placement, 3 additional helpers are permitted, but no more than a total of 6 people. The 2 chefs and 1 helper are only permitted from 11am onwards in the kitchen and for placement of food on the buffets.

5. The presentation to comprise the following dishes, cold food cold and hot food served hot
6. Six cold mezzeh
7. Three hot mezzeh.
8. Two Emirati salads
9. Bread and accompaniments
10. A whole baby Lamb 6-8 KG maximum raw weight presented with rice and garnish cooked Ouzi style
11. A US Poultry main course (Emirati Cuisine) US Chicken needs to be used for 1 of the Main Dishes. Proof of purchase needs to be brought to the Competition for all the US Poultry Products if proof of purchase is not brought then 50% of the judging marks shall be reduced.
12. A fish main course (Emirati Cuisine)
13. A lamb main course
14. A vegetable dish (Emirati Cuisine)
15. Three types of kebabs, one of chicken, one of lamb, one of beef, each with appropriate accompaniments.
16. One hot dessert
17. Three cold desserts.
18. Two of the above desserts (competitors choice) must be typically Emirati
19. Only the above dishes are to be presented, no other dishes are to be added.
20. Competitors must ensure their exhibit is presented neatly so as to fit the available space

Practical Pastry

Class 06: Cake Decoration

1. Two hours duration.
2. Free-style shapes.
3. Decorate a pre-baked single cake base of the competitor's choice.
4. The cake base must a minimum size of 25cm X 25cm or 25cm Diameter.
5. The cake can be brought already filled without coating.
6. The cake must be delivered and set up hygienically.
7. All decorating ingredients must be edible and mixed on the spot.
8. No pre-modelled garnish permitted.
9. Chocolate and royal icing can be pre-prepared to the basic level.
10. Competitors must provide all ingredients, cake base, utensils, and small equipment required.
11. A standard work table is provided for each competitor to work upon.
12. 03 power connections will be provided for each table.
13. Water and refrigeration will not be available.
14. The cake will be tasted as part of judging.

Pastry Display

Class 07: Wedding Cake Three-Tier

1. All decorations must be edible and made entirely made by hand.
2. Pillars or stands may be inedible but, unless decorated by hand, must be plain and unadorned.
3. Fine, food-quality wiring is allowed for the construction of flowers and the like, but must be properly wrapped and covered with flower tape or paste.
4. Royal icing, pastillage, pulled sugar, etc., may be used in the construction, but the finished display must not be dependent on these items.
5. The cake will be tasted by the judges.

6. The bottom layer of the cake must be edible.
7. Inedible blanks may be used for the two top layers.
8. Typewritten description and recipes are required.
9. Maximum area w60 cm x d75 cm.
10. Maximum height 01 meter (including socle or platforms)

Class 08: Four Plates of Dessert By Nestle

1. Prepare four different desserts, each for one person.
2. Display cold, each portion for one person, suitable for ala-carte service.
 - a). 1x Hot dessert
 - b). 1x Sugar free dessert
 - c). 1x Arabic dessert
 - d). 1x Free style dessert
3. Each dessert presented individually on an appropriated plate.
4. Total food weight of one plates should be 80/100gms.
5. Presentation to include one hot dessert (presented cold).
6. Typewritten description and recipes are required.
7. Tasting will be part of the judging process if deemed necessary to determine quality and authenticity.
8. Maximum area w60cm x d90cm.
9. One of the dessert should include 'Nestle Docello' as the main ingredients (provided by the sponsor)

Class 09: Bread Loaf & Baked Bakery Showpiece- By Master Baker

The entire exhibit must comprise baked goods and must include the following:

1. A Baked bread showpiece.
2. Two types of bread loaves 200-300gms (competitor's choice) two pieces of each loaf To be displayed.
3. Two types of bread roll 25-40gms (competitor's choice)



three pieces of each roll To be displayed.

4. Two types of baked sweet breakfast items 25-40gms (competitor's choice) three pieces Of each item to be displayed.
5. Two types of baked savory breakfast items 25-50gms (competitor's choice) three pieces Of each item to be displayed.
6. One extra piece of each variety to be display in separate platter for judge's tasting
7. All the bread & dough must be baked at own work place and deliver to competition Venue for judging.
8. Tasting will be part of the judging criteria
9. Typewritten recipes are required.
10. Maximum area w75cm x d90cm.
11. Maximum height 75cm.
12. The focus of this class is on quality & Flavor of the bakery items. The center piece Will be judged.

Class 10: Friandises Petites- Four Pralines Nougatines

1. Exhibit six varieties.
2. Six pieces of each variety (36 pieces total) plus one extra piece of each variety On a separate small platter for judges' tasting. Each piece weight between 06-14gms.
3. Freestyle presentation and theme.
4. Present the exhibit to include a small showpiece
5. Showpiece should enhance the presentation, and will be judged.
6. Written description mentioning the theme is required.
7. Typewritten recipes are required.

8. Maximum area w70cm x d75 cm.

Artistic Display

Class 11: Open Showpiece

1. Freestyle presentation.
2. Only showpieces made of edible food material will be accepted for adjudication.
3. Frames and wire support are allowed but not be exposed.
4. Maximum area w60cm x d60cm.
5. Maximum height 75 cm. (including base or socle).

Class 12: Fruits & Vegetable Carving Showpiece

1. To bring already prepared one display of fruits and / or vegetable carving, no visible Supports are permitted.
2. Free style presentation
3. Maximum area w60cm x d60cm.
4. Maximum height 75 cm. (including base or socle).

Class 13: Practical Fruits & Vegetable Carving- By Barakat

1. Freestyle.
2. Two hours duration.
3. Hand carved work from competitor's own fruits / vegetables.
4. Competitors to use own hand-tools and equipment.
5. No power tools permitted.
6. Pre-cleaned, peeled material is allowed, but pre-sliced/ carved will result in Disqualification.
7. Each competitor will be supplied with a standard buffet table on which to work.

Notes on the Practical Cookery Classes

These notes pertain to all practical cookery classes. They must be read in combination with the brief of the class entered.

1. The preparation, production

and cooking skills of each competitor must be demonstrated during her/his Time in the kitchen

2. Waste and over-production will be closely monitored.
3. Penalty deduction of 25 points for waste and over-production.
4. Timing closely monitored. 02 points deduction for each minute that the meal overdue
5. All food items must be brought to the venue in hygienic, chilled containers: Thermo boxes or Equivalent.
6. Failure to bring food items in hygienic manner will result in disqualification.
7. All dishes are to be served in a style equal to today's modern presentation trends.
8. Portion sizes must correspond to a three-course restaurant meal.
9. Dishes must be presented on individual plates with appropriate garnish not exceeding 250g Total food weight excluding sauces.
10. Unless otherwise stated, competitors must supply their own plates/bowls/ platters with which to present the food.
11. Competitors must bring with them all necessary mise-en-place prepared according to WACS Guidelines in the hot kitchen discipline (www.worldchefs.org).
12. Competitors are to provide their own pots, pans, tools and utensils.
13. All brought appliances and utensils will be checked for suitability.
14. The following types of pre-preparation can be made for the practical classes:
 - > **Vegetables/fungi/fruits; washed & peeled – but not cut up or shaped.**



- > *Dough can be pre-prepared.*
- > *Basic stocks can be pre-prepared.*
- > *Meat may be de-boned and the bones cut up.*
- > *Pastry sponge, biscuit, meringue- can be brought but no cut*
- > *Fruits pulps- fruits purees may be brought but not as finished sauce*
- > *Décor elements- 100% made in the salon*
- > *Basic ingredients may be pre-weighed or measured out ready for use.*

15. No pre-cooking, poaching etc. is allowed.
16. No ready-made products are allowed.
17. No pork products are allowed.
18. No alcohol is allowed.
19. If a farce is to be used for stuffing, filling, etc., at least one of the four portions of the farce Must be prepared in front of the judges to show the competitor's skill
20. Within 10 minutes after the end of the competition, competitors must have the kitchen thoroughly Cleaned and tidied and ready for the next competitor to use.
21. Two copies of the recipes typewritten are always required.
22. Submit one copy of the recipe to the duty marshal at the cooking station.

Practical Cookery

Class 14: Beef- Practical Cookery By US Beef

1. Maximum 06 entry per Hotel
2. Time allowed for 40 minutes. Prepare and present two identical main courses using only US Beef as the main protein item. Proof purchase order must needs to bring to the competition for US Beef Products. Any failure, 50% judging marks shall be reduced.
3. Any cut of beef with the

- exception of tenderloin, Rib eye and Sirloin can be use.
4. Weight of the beef per portion on the plate to be 150 gms.
5. Present the main courses on individual plates with appropriate garnish and accoutrements.
6. Typewritten recipes are required.

Class 15: Chicken - Practical Cookery By US Poultry

1. Maximum 06 entry per Hotel
2. Organizer will provide chicken leg quarter and if participants are getting their own Chicken in such case, need to show the proof of purchase for US chicken leg quarter
3. Time allowed for 40 minutes.
4. Prepare and present two identical main courses using
5. Weight of the chicken per portion on the plate to be 150 gms.
6. Present the main courses on individual plates with appropriate garnish and Accompaniments.
7. Typewritten recipes are required.

Class 16: Arabic Mezzeh - Practical Cookery By American Garden

1. Maximum 04 entry per Hotel
2. Time allowed for 60 minutes.
3. Prepare and present for two persons.
4. Three types of Hot Mezzeh & Cold Mezzeh.
5. Only one of following Mezzeh allowed to present (Hummus/Tabbouleh/Baba ghanoug/Fattoush)
6. The Mezzeh can be representative of any of following countries:
 - > *Egypt*
 - > *Lebanon*
 - > *Syria*
 - > *Morocco*
 - > *Tunisia*
 - > *Jordan*

7. Dishes must be representing a variety of cooking methods and the use of ingredients use in Arabic restaurants.
8. Present the Mezzeh in equal portions
9. Typewritten recipes are required.

Class 17: Cocktail Championship by MMI

We'll be sending the full detail this event once the sponsors finalized with organizers Prior to the event.

Class 18: Live Sandwich by Unilever

1. Time allowed 30 mins
2. To prepare and present 2 different sandwiches, 2 portions each one for judge & one for Display
3. 1 Vegetarian & 1 Non-Veg
4. Unilever products will be provided by the supplier for all the contestant, must use the Product supplied by the supplier. Product such as Colman's Mustard, Hellman's Mayonnaise Knorr pesto sauce, Knorr Hickory BBQ Sauce, will be available on the Center table.
5. Minimum of 3 above products to be used for sandwich preparation.
6. Suitable for light lunch can be HOT or COLD.
7. One power point will be available.
8. Plates, equipments & all other ingredients must be bought by competitors
9. Type written recipes are required.

Class 19: Dressed Chicken – Supplementary Class (Junior chef below 25 yrs.)

1. Competitors are to supply their own whole chicken and other utensils like chopping boards, etc which will BE USED
2. Time allowed 30 minutes sections as below:



Chicken:

3. Time allowed 20 minutes
4. Take a whole fresh chicken and prepare from it the following:
5. One breast skinless.
6. One breast skin-on.
7. One whole leg, skin-on, and tunnel-boned, ready for making a ballotine.
8. One thigh boneless.
9. One drumstick.
10. Two wings prepared for pan frying/grilling.
11. Carcass prepared for stock.

After 20 minutes:

12. 10 minutes to explain to the judges the method of preparation of a classical chicken stock.

Addendum: - East-Coast Salon Competition 2018

Venue & Entry

1. East- Coast Salon Competition will held on 7th& 8th of May, 2018
2. The venue is "Miramar Beach resort, Fujairah- AlFarha Ballroom"
3. Entry Fee AED 50 each for all the classes

Closing Date:

4. Closing date for entries is 15th of April 2018. However, many are often fully subscribed and closed Before the closing date

TROPHY ENTREES: (will be given during award ceremony on 8th May)

5. Entrance to best trophy awards, must enter and finished all mentioned classes. Trophies are Awarded on the highest aggregate points from all three classes.
6. Best individual awards, Highest Medal points in mentioned category
7. Champions Trophy:

Best Effort by Individual Establishments

Best Gastronomic Chef/ Chef Alan Thong Trophy: (Maximum 04 entries per hotel)

- > *Class # 01: Three course gourmet dinner menu*
- > *Class # 14: Beef Practical cookery*
- > *Class # 15: Chicken Practical cookery*

In-order to qualify for inclusion in the points tally for Best Gastronomic Trophy, competitor must win at least two Medals. One of which must be Gold or Silver medal.

Best Arabic Cuisinier: (Maximum 04 entries per hotel)

- > *Class # 02: Three course Arabic dinner menu*
- > *Class # 05: Arabian Feast*
- > *Class # 16: Practical Mezzeh*

In order to qualify for inclusion in the points tally for Best Arabic Cuisinier Trophy, competitor must win minimum 02 medals.

Best Pastry Chef: (Maximum 04 entries per hotel)

- > *Class # 06: Practical Cake decoration*
- > *Class # 08: Four Plates of Desserts*
- > *Class # 10: Friandise/ Petit Four/ Pralines & Nougatines*

In order to qualify for inclusion in the points tally for Best Pastry Chef Trophy, competitor must win at least two Medals. One of which must be Gold or Silver medal.

Best Kitchen Artist: (Maximum 04 entries per hotel)

- > *Class # 11: Open Showpiece*
- > *Class # 12: Fruits & Vegetable Carving showpiece*

> Class # 13: Practical Fruits & Vegetable Carving

In order to qualify for inclusion in the points tally for Best Kitchen Artist Trophy, competitor must win medals for all three classes. One of which must be Gold or Silver medal.

Best hygienic Chef

- > *Class # 14: Beef Practical Cookery*
- > *Class # 15: Chicken Practical cookery*

Best Hygienic Trophy will awarded to heights points winner of Beef or Chicken Practical cookery

Highest Medal points awards for Individual Classes

- > *Class # 03: Three course vegetarian menu*
- > *Class # 04: Tapas, Finger food & canapés*
- > *Class # 07: Wedding Cake Three-Tier*
- > *Class # 09: Bread Loaves & Showpiece*
- > *Class # 17: Best Bartender*
- > *Class # 18: Live Sandwich by Unilever*
- > *Best Hygiene Trophy*

Runners up Trophy

Runners up trophy awarded to the establishment whose competitors gain the second highest Total combined medal points.

Champions Trophy

- > *Champion's trophy awarded to the establishment whose competitors gain the highest Total combined medal points*

Judging Guidelines and Awarding System

A team of WACS Approved Judges will adjudicate at all the classes of competition. After each judging session, the judges will hold a debriefing sessions at which each decision.



Competitors will not be competing against each other rather they will be striving to reach The best possible standard. Judges will then apportion marks that accord with their perception Of the standard reached. The competitor will then receive an award commensurate with His/ her points tally for the classes.

In theory, therefore, everyone in the particular class could be awarded with gold medal. Conversely, it could be possible that no awards at all are made.

The scaling for awarding all classes is as follows Points

- > 100 - Gold medal with distinction with Certificate.
- > 99 – 90 - Gold medal with Certificate
- > 89 – 80 - Silver medal with Certificate
- > 79 – 70 - Bronze medal with Certificate
- > 60 – 70- Certificate of merit

Rules and Regulations for East Coast Salon Culinaire Competition

NB: East Coast Salon Culinaire 7th & 8th May, 2018

1. Please read the following regulations carefully. The instructions contained herein are mandatory. Non-compliance with any of the points mentioned could lead to loss of marks or complete disqualification.
2. The Briefs of the Classes for Entry document also forms part of these Rules and Regulations and must be read in conjunction with this document.
3. Other regulations relevant to a particular competition would appear on the last page/s of this document.

PARTICIPATION

4. Participation at competition is open to anyone professionally employed in the preparation of food.
5. Unless the organizers specifically mention a class as being a team event, all classes are for entry by a single competitor.
6. Competitors are restricted to one entry per class.
7. Competitors are restricted to entering a maximum of three Classes.
8. Competitors entering to win a trophy must participate fully in every class entered in order to qualify.
9. Competitors must attend and participate on the date and at the time allotted to them.

COMPETITION ENTRY

5. 10. Please note that there are different forms for different types of entry; ensure that the correct form is being used.
11. Complete the entry-form according to the instructions on the form.
12. Completed photocopies of the entry-form are acceptable.
13. Submit the completed form to the organizers along with the requisite fee.
14. Fees must be submitted along with completed entry forms.
15. Fees are payable to:
Bank Name: National Bank of Abu Dhabi
Account Name: Iberotel Miramar
Account No AED: 0157980086
IBAN: AE250350000000157980086
Swift Code: NBADAE AA DEI
16. Entries are accepted strictly on a first-paid, first-accepted basis

17. No entry is accepted until the appropriate fee has been received.
18. Entry Fees are non-refundable.

CERTIFICATES AND LETTERS OF PARTICIPATION

19. Ensure that your name (clearly written in block capitals) appears on your entry-form exactly as you would wish it to appear on any certificate, letter of participation or posting of results.
20. Any applications for amendments to letters or certificates will necessitate: a) Return of the original certificate b) A written confirmation from the executive chef c) A pre-paid fee of Dhs: 50/- (AED: Fifty Dirham's) per certificate.

HYGIENE

21. A professional food-safety company will oversee all aspects of hygiene practice at the competition.
22. It is quite possible that the Municipality Food Control Section will conduct its own hygiene inspections as and when it sees fit.
23. The organizers have no control over these two entities. Should either raise an objection to the standard of hygiene of any particular person or team, that person or team will not be allowed to compete

THE SECRETARIAT

24. The East Coast Culinary Event Committee is the body responsible for the creation, organization and administration of the competition.
25. The competition is governed by and construed according to the rules of the organizers.



26. The organizers have sole authority to adjudicate on any matters pertaining to the competition.
27. Entrants' acceptances of participation in the competition are construed as confirmation of their undertaking to submit unconditionally to the jurisdiction of the organizers in regard to all aspects of the east coast culinary committee.

COMPETITORS AND HELPERS

29. A helper must be junior in rank to the person he/she is helping.
30. A competitor must wear full; freshly laundered chef's uniform with appropriate headgear and footwear when attending at the exhibition
31. A competitor's helper must wear full; freshly laundered chef's uniform with appropriate headgear and footwear when attending at the exhibition.
32. Competitors that are incorrectly dressed at a competition will not have their exhibits judged.
33. Helpers that are incorrectly dressed will not be admitted to the exhibition.
34. Logos, marks and identifying colors provided by the organizers must be worn by competitor throughout the competition in the Position indicated to them by the organizers at the time of registration.
35. Logos, marks and identifying colors provided by the organizers must be worn by helpers throughout the competition in the position indicated to them by the organizers at the time of registration.
36. A competitor entered in

a practical competition must register at least thirty minutes before the commencement of the competition otherwise the competition slot will be given to a waitlisted competitor.

37. Any competitor not in place and ready to start at least five minutes before the time a competition commences, will be disqualified.
38. Competitors and helpers are forbidden from approaching or speaking with or at a judge without the express permission of the organizers.

EXHIBITS

39. Each exhibit must be the bona fide work of the entering competitor. It must be solely the work of the competitor and must be certified as such by his Head of Department or General Manager.
40. Each exhibit must be a completely original work, it must not have been displayed previously (in whole or in part) in any competition or exhibition whether private or public.
41. All exhibits must be of edible substance except for framing, soles and stands where they are allowed.
42. It is forbidden to use any living entity whatsoever as part of an exhibit (e.g. tropical fish).
43. It is forbidden to depict religious, nude, semi-nude or political themes in an exhibit.
44. All exhibits must be suitable for presentation as a decorative item in a restaurant or banqueting setting.
45. An exhibit must not carry any logo, label or mark of

identification; however, competitors must be able to identify their exhibit if Required.

46. Competitors are responsible for their exhibits and should ensure that they are available in their proper place for judging on the day and time specified.
47. No preparation or finishing of exhibits is allowed in any area except the designated preparation area at the rear of the competition area.
48. Finished exhibits must be placed in the position indicated by the organizers.
49. No interference with an exhibit is allowed once the organizers have deemed it as submitted for judging.
50. Competitors must leave the judging area as soon as their exhibits are in place or when instructed to leave by the marshals, Whichever is the sooner
51. Exhibits may, at the discretion of the organizers, be moved to a separate enclosure, there to remain for part or for the duration of the exhibition.
52. Failure by a competitor to register or exhibit at the specified time could result in disqualification.
53. Exhibits which are removed by competitors without permission of the organizers will not qualify for any kind of award.

COMPETITION MARSHALS & COMMITTEE

54. A Marshal-at-arms will be recognizable by a badge displaying the logo of the East Coast Culinary Committee and the legend 'Marshal'.
55. Marshals & Committee are charged with ensuring that



the rules and regulations of the competition are observed by all concerned.

56. Competitors, helpers and visitors are all obliged to cooperate with the marshals - without question, at all times.

AWARDS

57. Gold, silver and bronze medals and certificates and certificates of merit are awarded solely at the discretion of the judges.
58. The decision of the judges is final and each competitor is required to abide by it without comment.
59. Medals will normally be presented at 16:00 each day. This may change according to circumstance.
60. Any medal or certificate that is not accepted by the competitor or his/her helper at the presentation ceremony for that day will be Forfeit, unless prior arrangements are made with the organizers.
61. A competitor or his/her helper must be correctly dressed as stipulated in the rules when collecting medals or certificates.
62. Incorrectly dressed competitors/helpers will not be allowed access to the awards area.

COPYRIGHT

63. All exhibitors and competitors assign all rights concerning videos, photographs, menus, recipes, exhibits, sound recordings etc. to the ECSC

DISCLAIMER

64. The organizers are entitled to cancel or postpone the ECSC, or to alter the duration, timing or schedule of any event.
65. The organizers reserve the right to cancel any classes or

limit the number of entries or extend, modify or revoke any of the rules and conditions without being held liable for any claims for compensation whatsoever.

66. The organizers will not under any circumstances be held liable or responsible for the loss or damage of any exhibit, equipment, goods, persons or personal effects.

QUERIES

67. All queries must be submitted by email to: hygienemanager.coord@miramaralaqah.ae or kacparasad@miramaralaqah.ae. the question and answer to each query will be broadcast to all entrants.

Rules and regulations for Culinary Competition

(Organized by Miramar Al Aqah Beach Resort with Advice & Guidance of Emirates Culinary Guild)

NB:

1. Please read the following regulations carefully. The instructions contained herein are mandatory. Non-compliance with any of the points mentioned could lead to loss of marks or complete disqualification.
2. The Briefs of the Classes for Entry document also forms part of these Rules and Regulations and must be read in conjunction with this document.
3. Other regulations relevant to a particular competition would appear on the last page of this document.

PARTICIPATION

4. Participation at competition is open to anyone professionally employed in the preparation of food within UAE and Internationally.

5. All classes are for entry by a single competitor.
6. Competitors are restricted to one entry per class.
7. Competitors are restricted to entering a maximum of three classes
8. Competitors entering to win Best Category must participate fully in every class entered in order to qualify.
9. Competitors must attend and participate on the time allotted to them.

COMPETITION ENTRY

10. Competition Fees: East-Coast Culinary & Cocktail Competition 50 aed per participant per class to anyone professionally employed in the preparation of food within UAE and Internationally.
11. Money should transfer to the given account & All the entries first pay first served basis will follow.
12. Please note that there are different forms for different classes; ensure that the correct form is being used.
13. Complete the entry form according to the instructions on the form.
14. Completed entry form must send though by Emirates Culinary Guild or Event Organizers.
15. Submit the completed form to the organizer before 01st of April 2018.

CERTIFICATES AND LETTERS OF PARTICIPATION

15. Ensure that your name (clearly written in block capitals) appears on your entry form exactly as you would wish it to appear on any certificate, letter of participation or posting of results.

HYGIENE

16. Competitors must bring their



items according Food Safety standard.

17. As the event will be held in the Al Farha Ballroom of the organizer, official Hygiene Officer will judge all the live cooking participants.

THE SECRETARIAT

18. Miramar Al Aqah Beach Resort & Emirates Culinary Guild is the soul responsible for the organization and administration of the competition.
19. The competition is governed by ECSC according to the rules of the organizing committee
20. Competitors acceptance of participation in the competition will mean as confirmation of their undertaking to submit unconditionally to the jurisdiction of the organizer.

COMPETITORS & HELPERS

21. Each competitor is allowed to have one helper to assist in carrying equipments. No other help is allowed in preparing/ presentation area.
22. Competitor & helper must wear appropriate uniform.
23. Competitors must register on their given time.
24. Competitors & Helpers must not entered apart from salon area (Hotel lobby, Hotel restaurants etc...)
25. Competition area will be monitored by East-Coast Event Committee

EXHIBITS

26. Each exhibits must be completely original work, it must not have been displayed previously.
27. All exhibits must be of edible substance except for framing and stands.
28. It is forbidden to use any

living entity, depicts religion, nude, seminude or political themes in an exhibit.

29. All exhibits must be suitable for presentation as a decorative item in a restaurant.
30. An exhibit must not carry any logo or mark of identification however; they should identify their own work, if required.
31. Competitors are responsible for their exhibits and should ensure that they are available in their proper place for judging on the day and time specified.
32. No preparation or finishing of exhibits is allowed in any area except designated preparation area.
33. Finished exhibits must be placed in the position indicated by the organizer, it has submitted for judging.
34. Competitors must leave the judging area as soon as their exhibit is in place or when instructed To leave.
35. Failure by competitor to register at the specified time will result in to disqualification.
36. Exhibit which is removed by competitors without permission will not qualify for any awards.

COMPETITION MARSHALS

37. A Marshall will recognize by the badge displaying the logo of the organizer.
38. Marshalls are instructed to ensure that the rules and regulations of the competition are observed by all concerned.
39. Competitors, helpers and visitors are all obliged to cooperate with the marshals.

AWARD

40. Gold, silver and bronze

medals and certificates are awarded solely at the discretion of the judges.

41. Decisions made from the judges is final and each competitor is required to abide.
42. The medals will be present at the end of the competition. Certificates will be present after the Event (10days of maximum) by the organizer.
43. Special awards will be given to all category winners.
44. Competitors must be dressed with complete uniform when collecting medals.
45. Incorrectly dressed competitors are not allowed to access in awarding area.

DISCLAIMER

46. The organizers are entitled to cancel or postpone the East Coast Salon Competition or alter the duration, timing or schedule of any event.
47. The organizer reserved the right to cancel any classes or limit the number of entries or extend.
48. The organizer will not be held liable or responsible for the loss, damaged of any exhibit, equipment, or personal effects.

ENQUIRY

49. All enquiries must submitted by email to emiratesculinaryguild@gmail.com
kacprasad@miramaralagah.ae
hygiene.manager@miramaralagah.ae



EAST COAST SALON CULINAIRE-ENTRY BY SINGLE CLASS/ES 2018

Company Name:	Contact Mobile No:
Contact Name:	Contact Office No:
Contact Email Address:	Contact Post Address:
	Contact Co.position:

Entry by Single Class/es

Each of the following persons is entered in the class mentioned. The persons are listed in order of preference for inclusion in the competition. If there should be a restriction on the number of entries that can be accommodated, we request you to include the entrants in order of preference as we have listed in this entry form.

Pref.No	Competitor Full Name (as to appear in Certificates)	Class No. and Description
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		

Signature: Name And Position

April 2018 Gulf Gourmet



ECG Corporate Member directory

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April 2018 Gulf Gourmet

newmembers



Ana Sorina Suliman, Export Manager CORONA and Tobias Bihler, Director of Business Development CORONA receiving Emirates Culinary Guild Membership certificate from ECG President Chef Uwe Micheel

CORONA is a combination of passion, tradition, history, values, experience and expertise in the industry of coffee. Our passion and craftsmanship goes into our grind to guarantee the best quality inherited from our ancestors.

Every single cup of Corona encompasses years of research, exploration and study.

Corona family is very proud of our heritage inheritance. We have combined our past, present and future to create a well established long term target for our business to guarantee the highest level of satisfaction and quality in every product offered to our consumers and partners."

ROASTERY

The quality of each drink is important and that starts with the cultivation of the coffee trees in the plantations,



where our experts select the finest green coffee beans. Then our roast masters use highest skills and experience to roast blends that will make the best coffee drinks for our coffee loving end consumers"

OUR VALUES

These values describe our culture, strategies, and decisions to evaluate our success based upon them.

People: Our employees are our main assets; they are the core of our success.

Their diversity and integrity made us build Corona family together.

Passion: The passion for coffee, quality, service and commitment makes our business and bond more powerful.

Quality: Corona ensures the highest standards of quality and freshness in the selection of coffee beans.

Innovation: Having an innovative team that works out on the best solution for our customers and partners by investing in new techniques and new materials to achieve our goal.

Respect: Respect and a well communication with customers and employees are an essential value for our family growth. After all the communication starts over a cup of coffee!



Yaman Sabban, Director sales food service receiving Emirates Culinary Guild Membership certificate from ECG President Chef Uwe Micheel

Modern General Trading Co. has over 39 exclusive agencies of FMCG and Bakery ingredients from around the globe. Its presence is growing in diverse market segments such as: 4&5 star Hotels, airline catering, large institutions, hypermarkets, bakeries, and bakeries. MGT boasts expertise spanning three decades, offering state of the art services to our valued customers.



With Continued efforts, unfaltering fundamentals and visionary approach Modern General Trading, today proudly holds its position as one of the leading

importers and distributors of FMCG & Bakery ingredients in the UAE. MGT represents in the UAE over

35 globally renowned food and non-food brands on exclusivity basis.

Our success lies on the uniqueness of deep rooted relations with principal suppliers, loyal customers and dedicated workforce. We call them partners.



Sean Moore, Regional Manager, Winterhalter Middle East BFC receiving Emirates Culinary Guild Membership certificate from ECG President Chef Uwe Micheel

Winterhalter Gastronom GmbH was founded in 1947 by Karl Winterhalter in Friedrichshafen am Bodensee. With more than 1,700 employees worldwide, the owner-operated family of companies is a global player in the Commercial Kitchen industry.

The company has its headquarters in Meckenbeuren am Bodensee. Additional manufacturing locations have been opened in Endingen (Germany) and Rüthi (Switzerland), and in Rayong (Thailand) for the Asian market.

Winterhalter has a presence in more than 70 countries worldwide, in the form of branches and partners.

Winterhalter is a specialist in

winterhalter®

commercial warewashing systems. With its warewashers, cleaning products, water treatment devices and wash racks, Winterhalter offers a comprehensive system that guarantees perfect wash results. In addition, Winterhalter products are characterised by the highest economic efficiency and user-friendliness and they have been a byword for innovation and reliability in the kitchen for decades.

Winterhalter Middle East was founded in 2006 and is located in Ajman Free

Zone. Being a market leader with a long experience in professional warewashing, Winterhalter Middle East knows the local market and maintains close cooperation with customers, sales and service partners.

Our sales and service staff, comprehensive stock of spare parts and our network of experienced partners guarantees great customer service. Customers can rely on maximum quality and reliability for their warewashing process.

All over the world, the complete spectrum of food service and catering facilities have come to rely on the Winterhalter name and its warewashing products.



Application Membership

Date of Application:

Family Name: (Mr./Ms./Mrs.)		
First Name/s:		
Nationality:	Civil Status:	Date of Birth: dd/mm/yy
Name of Employer:	Address in Home Country:	
Work Address:	Tel:	
Web Address:	Email:	
Telephone Office:	Professional Title:	
Fax Office:	Type of Membership Required: (Please tick one)	
Tel. Home:	Corporate <input type="checkbox"/>	Senior Renewal <input type="checkbox"/>
Fax Home:	Senior <input type="checkbox"/>	Junior <input type="checkbox"/>
Email:		

Declaration to be Signed by all Applicants

I wish to join the Emirates Culinary Guild. I have read the ECG Constitution and By-laws. I agree to be bound by the requirements of the constitution. If elected, I promise to support the Guild and its endeavors, to the best of my abilities.

Signed:.....

Proposed By:

Sig:.....

Seconded By:

Sig:.....

FOR OFFICIAL USE ONLY

Remarks:

Payment received?		
Certificate Given.	Pin Given.	Medal & Collar Given
Approved	Approved	
President.....	Chairman.....	

Fees:

Young Member: Junior members will receive a certificate.

Senior Members: Above the rank of chef de partie (or senior chef de partie on executive chef's recommendation).

Dhs.350/=joining. Includes certificate; member-pin, member medal and ECG ceremonial collar. Dhs.

150/=per year thereafter.

Affiliate Member: Dhs.350.00 for the first year. Dhs.300 per year thereafter.

Corporate Member Dhs. 20,000 per year

Fear or PURPOSE?

"Fear is the path to the dark side. Fear leads to anger. Anger leads to hate. Hate leads to suffering" — Master Yoda

Sigmund Freud, the founder of psychoanalysis, believed the main drive or motivation of life is pleasure. While Alfred Adler, an Austrian medical doctor and psychotherapist, believed it to be power. Victor Frankl based on his traumatic experience discovered even in the most brutal, crushing and dispiriting of circumstances, the main drive or motivation of life is finding a meaning, purpose, the 'why'.

For some chefs, despite 14-hour daily workloads, they feel rejected and regrets in life. The emptiness is filled through overeating, excessive drinking, uncontrollable spending or some other sabotaging addictive behaviour.



Fears are educated into us, and can, if we wish, be educated out
— **Karl Augustus Menninger**

MORE THAN A CHEF

ROHIT BASSI



In the long run, such negative lifestyle increases the gap between your 'why' and you. And what comes in between is 'fear' instead of your 'purpose' in life.

The world population is over 7 billion. Amongst these billions, there are a handful of inspirational heroes who stand out. These heroes have one common trait. They have broken away from the attachment to fear. They say things like "I can do it", "I will do it", "I am doing it". They don't wait for life to happen. They go out and just do it.

Your inspirational heroes take 100% responsibility for their experiences. It is not easy for them, after all they are human. But they don't find excuses or indulge in blame game.

Rather than living with ourselves with 'compassion' we have been conditioned to let 'ego' take control over us.

You fear is your greatest enemy. For

every fear in your life, replace it with a purpose. Learn to manage this emotional state. And watch how your life gets better.

A while back I got a message saying:

"Our life often revolves around health, money, relationships and reputation. Instead, if life revolves around commitment, wisdom, service, and celebrations, then we automatically receive health, money, reputation and better relationships."

So, where do you need to focus on?

Think about it. Imagine if you forget your fear and your ego. And instead only focus on four things: your commitments in life, how to become wiser, serving others in the best way possible, and celebrating whatever little you have. Do this constantly and over time see how you automatically get good health, better money, improved reputation and better relationships.

Rohit Bassi is the founder of In Learning and works across industries to help employees outperform themselves. You can contact him on rohit@in-learning.com



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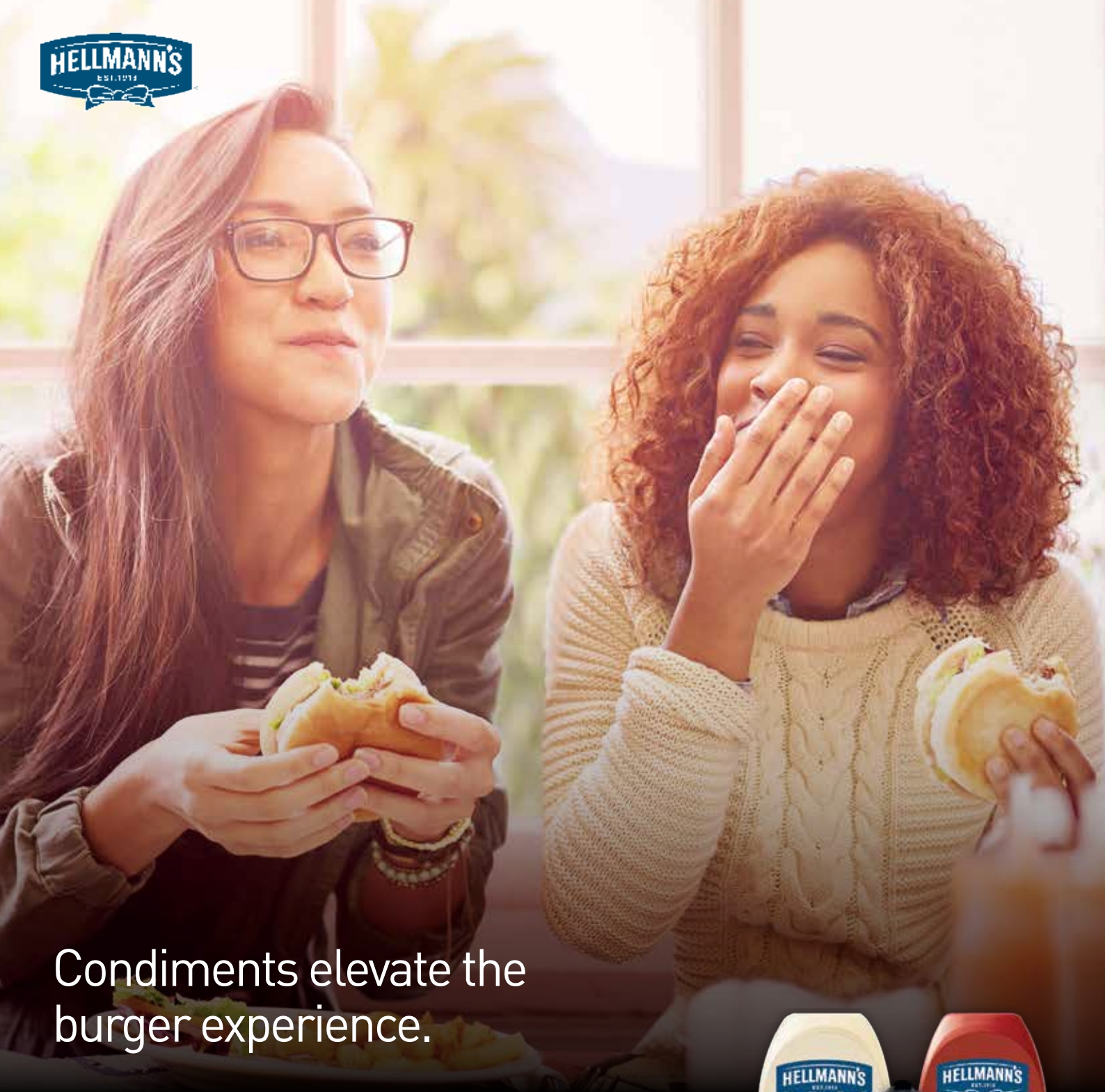
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