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THE MAGAZINE CHEFS LOVE TO READ

volume 14, issue 7



FIRST AMONG EQUALS

The East Coast Salon Culinaire brought to the fore new stars in the culinary space. Meet **Hennadige Pathma, Saber Salama and Lahiru Senarathne**

Check out the complete pictorial coverage from the **East Coast Salon**

EXCLUSIVE!

CULINARY SCHOLARS

Meet the class of 2019 that completed the ICCA million dirham scholarship programme



CHEF OF THE MONTH

Henry Suarez, the executive chef of Foodmark Hospitality, reveals his interesting culinary journey



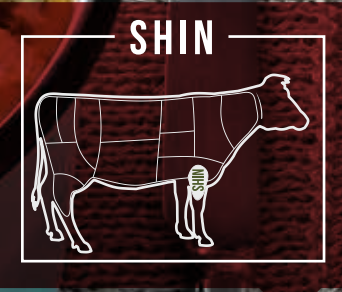
GOLDEN CHEF'S HAT

Mövenpick Jumeirah aims to reclaim the Nestle Professional Golden Chefs Hat Award for 2019



SLOW-COOK YOUR WAY TO PERFECTION WITH THE BEEF SHIN

Nothing beats a perfectly slow cooked Australian beef shin for ultimate comfort food, the Italian classic, Osso Buco being a perfect example. The more time you take with beef shin, the better the result. Every country in the world prides itself on its own version of a rich, comforting stew and nearly every single one suits Australian beef shin down to the ground. The full picture may paint Australian beef shin as large and in charge, but when you break it down, there is limitless potential.



Beef Shin

Australian beef shin, also known as the beef shank, is taken from the lower leg (hindquarter or forequarter). The shin is a working muscle with a high degree of connective tissue, which breaks down through slow cooking.

Common cooking methods:



Braising



Stewing



Slow Cooking

Preparing the Cut

Australian beef shin is prepared from a forequarter or hindquarter leg. The foreleg is removed by a cut following the brisket removal line from the forequarter. The hindquarter leg is removed by cutting through the stifle joint and removing the tibia tarsal bones, including the surrounding muscle groups. Cutting Australian beef shin across the bone into disks produces Osso Buco and boned out meat from the shin is known as gravy beef.

Hot Tip

Well suited to stewing, slow cooking and braising, the beef shin takes all the aromatic flavours. Braise Australian beef shin slowly in a flavourful stock or sauce and once falling apart, remove and shred. Reduce the sauce or stock and return the shredded shin. Serve on a crusty bread roll or soft taco with a fresh, vinegary salad or pickles.



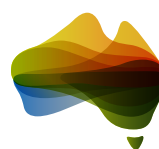
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Dear fellow chefs, ladies and gentlemen,

Welcome to the September issue of our Gulf Gourmet.

I hope everyone has been on a long and restful summer break; all ready for school season and had the opportunity to spend quality time with family and friends.

Though summer was quiet, we saw another round of US Poultry shawarma seminar and dinner brought to us by Mr. Bassam Bousaleh and the AMFI team. We thank the team at Crowne Plaza Yas island in the capital Abu Dhabi and chef Peter de Kauwe for their dedication.

The ECG Young Chefs Club kept themselves busy too. Congratulations to the ECGYCC President Sana on the birth of her baby, and also for organizing the workshop with Welbilt and Convothem with big thanks to chef Nick Bates of Welbilt for his support.

The East Coast Salon at the Miramar Al Aqah Beach Resort was another huge success and we thank Chef Prasad and his team for another great event, and to the General Manager of the hotel for his continued support and super organisation. Look inside this issue for some great pictures and memories.

In July, I was proud to travel to South Africa with our team to compete in the Global Chef semi-final. We took our young chef Leon Rozario from Jumeirah Creekside hotel to compete in the Hans Bueschgens young chef category where he came in 3rd with a bronze medal and our senior chef Mario Coelho for the Global chefs semi-final where he came a close 2nd place with silver medal. The latter was assisted by our young chef for pastry Tharindu Arachchilage from Sheraton Towers hotel. Congratulations to you all.

Our Senior and Young national culinary teams are training hard for the upcoming IKA 2020 Olympics in



February. We will take the teams to compete alongside the best in the world.

In September, we have the chefs table competition, which will see 12 teams competing between the 17-19 September as part of the Hotel Show with DMG events.

In October, our young culinary team led by Mario Coelho will compete for the Africa cup in Cairo once again. The chefs will be fighting to retain the championship title earned in 2017. This year's team comprises Tharindu Arachchilage, Joshua Jonathan from Jebel Ali Resorts, and Leon Rozario and Sai Pusala from Caesars Palace Hotel

Please visit gulfgourmet.net to browse through previous issues of this magazine. Visit www.emiratesculinaryguild.net to see latest happenings on the events calendar. And visit www.facebook.com/wacsyoungchefs

for young chefs to be in contact with over 4000 chefs across the globe.

Please do not miss the company profiles 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 in advance to Chef Eby Joseph and the Dubai Marine Beach Resort & Spa.

Culinary Regards,

Andy Cuthbert

General Manager Jumeirah Creekside Hotel, Madinat Jumeirah Conference and Events and Jumeirah Hospitality Continental Director Africa Middle East Worldchefs Chairman Worldchefs Congress 2020 Chairman of the Young Chefs Global Development Team for Worldchefs Chairman Emirates Culinary Guild

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editor'snote

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took a trip to Vancouver in Canada during the summer holidays and stayed with a friend, who had moved from Dubai to the western-most corner of the planet.

The best experience about the city, for me, was his cooking. And you must appreciate that I was living in downtown Vancouver, eating local produce, driving around in a Merc to places like Whistler and Grouse mountain on the Sea to Sky highway, walking in lush greenery, or cycling around Stanley park with my wife and daughter.

Yet, the best experience was his cooking.

His kitchen was old, crammed, and dimly lit. His cooking range was bordering antique. It must've been at least 40-50 years old. Most "foodies" would not even think of cooking in that kitchen.

But my friend couldn't be bothered about trivial things like that. He cooks like a grandmother waiting to feed us with the choicest ingredients he can get his hands on. I say grandmother because the art of cooking to nourish is being replaced by Instagram photos and food to make you skinny rather than healthy.

Over the past year he says, he walked to every store in town searching for the "cleanest" products and the most "flavourful" spices. He even bought chillies from 10 different outlets to find the place where you can get flavour rather than just heat. He then sits and recreates various spice mixes from scratch, which he can later just take out of the fridge and use depending on the food he is cooking.

And his recipes have all come from talking to mothers and grandmothers, and then using his own intuition to further those recipes.

The outcome was some of the most finger-licking good shrimps, chicken,



crabs, vegetables, fish, and more I have eaten. Even things like the boring asparagus he made delicious.

That is the day I truly understood what "passion for cooking" means. This guy would work all-night shifts, do a side-job during the day, and still take the time out to delicately cook the food at the right temperature to ensure the flavours were not lost. He was happy to cook and feed.

I asked him why he does not sell his mixes given how amazing it is? And his reply was, "Because they will ruin it. All that businesses care about is cost-cutting and time-saving."

My point here is that there may be hundreds of restaurants out there. But fancy interiors and celebrity names can only bring customers once through the door. What people appreciate is a modern take on good old clean and healthy homestyle cooking, which is dying fast. If you love cooking and enjoy feeding people, you have a great career ahead of you. All you need is the intention of cooking to nourish, using ingredients that are clean and natural.

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

Aquin George
Editor

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August-September 2019 **Gulf Gourmet**

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newsbites

Wissam is Director F&B at Al Ain Rotana



Al Ain Rotana has announced the appointment of Wissam Al Shater as the Director of food & beverage for Al Ain Rotana. Wissam brings extensive knowledge and 15 years of professional experience in the culinary field.

In his previous role, Wissam was a Cluster F&B manager for Centro Capital Center and capital center Arjaan by Rotana.

As Director of F&B, Wissam will be overseeing 6 outlets including Trader Vic's, Min Zaman Lebanese restaurant, Zest all-day dining restaurant, Atrium lobby café, Moods lounge and Aquarius pool bar. He will also oversee in-room dining, banquets and catering.



Thuy Pham and her mom to cook at Shangri-La Abu Dhabi

Vietnamese celebrity Chef Thuy Pham, the co-founder of The Little Viet Kitchen in London, will visit Abu Dhabi for a three-day pop-up event. The event will run from 26 to 28 September at Hoi An restaurant in Shangri-La Hotel, Qaryat Al Beri and will feature an exclusive menu with her Vietnamese signature dishes.

Chef Thuy is known for her distinctive approach to Vietnamese cooking in the West, with an authentic core knowledge of Vietnamese culture and a deft understanding of the London restaurant and foodie scene. Her mother plays a huge role in Chef Thuy's inspiration; she will also be cooking with her daughter in the kitchen for the three-night event.

Peter Kuruvita to represent Sri Lanka at Expo 2020

Not that Sri Lanka needs any formal representation in the Gulf given how much its nationals have contributed to the growth of the five-star culinary fare in the region. But a brand is a brand and world-renowned chef Peter Kuruvita is perhaps the apt guest chef to represent Sri Lanka and deliver the contemporary version of Sri Lankan cuisine with the richness of Sri Lankan spices, at the Culinary Experience Pod event of Expo 2020 Dubai.

The Culinary Experience Pod is a significant event planned to take place within the entire time period of Expo 2020 Dubai, featuring an array of authentic cuisines from all over the world and welcoming an equally



diverse audience. The establishment of Culinary Experience Pod will consist of an assortment of stations such as featured live cooking stations for guest chefs from participant countries.

Truebell launches new distribution process

FMCG importer Truebell claims its 25,000sqm warehouse in Dubai Industrial Park has new processes in place for 99.97% delivery accuracy. This has already impacted 400 stores across the UAE. Its Divisional Manager, Retail & Food Service, Bhushant J. Gandhi, says they tested and found that their new system helped turnaround times reduce by two thirds with no mismatch or product damage.

It also helped create greater energy-efficiency by reducing the amount of electricity and fuel used during the process. Gandhi adds that the process has been initiated at select Carrefour and Spinney's and will reach their HoReCA clients by the year end.



Davisha Burrowes is complex head chef

Aloft and Element Me'aisam Dubai have appointed Davisha Burrowes as their complex head chef. She will oversee kitchen operations of both hotels' outlets including WXYZ bar, Re:fuel by Aloft, City Limits restaurant, and the Living Room.

Chef Davisha has over a decade's

experience in her field and previously worked as sous-chef at the Renaissance Downtown Dubai and as senior chef de partie at the Gordon Ramsay's Bread Street Kitchen & Bar. Elaine Watson, Marriott International's cluster GM says, she is looking forward to Chef Davisha's creative twists to their restaurant offerings.

Vikas Khanna adds to modern Indian cuisine in Dubai

From TresInd to Indego by Vineet, Dubai has seen its fare share of modern Indian cuisine and the twists and turns are beginning to resemble Mumbai's by-lanes. Though no one is complaining.

Adding to the delectable commotion will now be celebrity chef Vikas Khanna who has cooked in the White House, and for the Indian PM, and for TV.

Chef Vikas's restaurant in the UAE is called 'Kinara' housed within JA LakeView Hotel and should be open before our next issue is out.

Khanna, who is also dabbling in movie direction, heads a New York-based Indian Michelin-star restaurant called Junoon.



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Dirk is Executive Chef at The Regency

The Regency, Kuwait has appointed Dirk Heinen as its new executive chef. Heinen brings over 34 years of professional culinary experience from hotels such as JW Marriott Hotel Ankara and Le Meridien Barbarons Seychelles. He also led the culinary operation at the Sheraton & Four Point Complex in Kuwait City for over six years.

Originally from Germany, Heinen spent his early career working as a sous chef in Switzerland, Taiwan and Turkey. He earned his master chef diploma in 1996 and acquired the position of executive chef in 1997. Prior to joining The Regency, Heinen served as an executive

chef at Cinnamon Grand Hotel Sri Lanka where he was overseeing the overall culinary experience of a range of 17 specialty restaurants.

Covering the world-renowned cuisines, including in-room dining and amenities and banquet operations, he caters to Michelin Star events with Marco Piere White, Goerge Colombaris and Chaîne des Rôtisseurs dinners. With taking on the leadership role for over 100 team members in the food production at The Regency, Dirk Heinen aims to infuse the culinary heritage of Kuwait and its luxury hotel with experience and knowledge from various cultures.



From the sands of UAE to that of Goa and Chennai

DoubleTree by Hilton Goa-Panaji has appointed Chef Ananth Shanmugasundaram as their Executive Chef. Chef Ananth's rise up the culinary career ladder has partly been helped by his experience working in Dubai for properties such as Crimson Hotels, Golden Tulip and the Country Club. He has also worked with the Taj Hotels.

In a similar tale, Chef Ganesh Teli has been appointed Executive Chef at The Westin Chennai Velachery. His career too has been moulded partly in Abu Dhabi at properties of IHG Hotels & Resorts and Shangri-La Abu Dhabi.

Chef Reif goes the street food way

Following his success with Zuma, Chef Reif has seen a rough patch trying to recreate another masterpiece. Now, if all the elements beyond his control come together, his newest idea, a Japanese street food concept, might just do the trick.

His "unconventional" eatery to be located at Dar Wasl Mall on Dubai's Al Wasl Road will serve Kushiyaki (a popular type of Japanese street food). This includes grilled and skewered meats like yakitori. Chef out the instagram account @reifkushiyagi to see if his creations look amazing enough to try.

Foquet's comes to Louvre Abu Dhabi

Parisian brasserie Fouquet's will be the first full-fledged restaurant to open at the Louvre Abu Dhabi.

Michelin-star chef Pierre Gagnaire has been tasked with designing the menu, reports The National.

With over 10 years of successfully running a fine-dining experience in Dubai, he is easily the most successful chef among the "famous ones" who has managed to create a success story in the country despite a hands-on and hands-off approach.

We can't wait to taste the culinary magic he creates under one of the most beautiful places in the country.



Hostmilano celebrates global Ho.Re.Ca boom

More than 500 events, contests and cookery demonstrations as nearly 2000 companies from 54 countries converge in Milan

Catering, pasta, pizza, ice-cream, coffee, the bar, the bakery and décor: all at one unique show. The concepts synonymous with Made in Italy success across the globe will come together “under the same roof” for the 41st edition of Hostmilano (at fieramilano, from 18 to 22 October 2019), an event that is all about innovation and the hotbed of trends in the hospitality world, as well as the ideal place at which to meet the most important firms in the sector, both national and international.

This is confirmed by the fact that, just a few months since its inauguration, 1912 companies have already confirmed their participation (+8% with respect to this time in 2017), 1127 of which are Italian (+7%) and 785 hailing from overseas (+10%), from 54 countries in fact (with new-entries including Albania, Argentina, Colombia, Iran, Latvia and Lebanon). As for the exhibitors and their subdivision into macro sectors, it is clear that the Professional Catering and Bread/Pizza/Pasta fields remain the best represented (43.94%), followed by Coffee/Tea/Vending/Ice-cream/Bakery (37%) and Décor/Table (19.1%).

But what visitors and professionals will find over the course of the five-day show is a real global “kitchen”, where a rich menu of exhibitions and cookery demonstrations, samples and tasting pathways, round tables, and cook-offs between bakery maestros, award-winning chefs, baristas and designers will enrich what is the sector’s largest observatory in terms of trends and innovations, investigated in their every glamorous detail.

All the Ho.Re.Ca trends are launched at Hostmilano

The “third wave” of coffee, increasingly experiential catering, the customer’s desire for “green”, the sustainability of décor and formats. As with every edition, the countless declinations of the professional hospitality universe consider Hostmilano the place to be, a key stop on the way to becoming true global trends.

SMART Label Host Innovation Award: hospitality and innovation

Core business: innovation. At a show like Hostmilano, always focused on what the future and its trends might mean, a one of a kind project like SMART Label Host

Innovation award fits right in, organised in collaboration with POLI.Design, a Consortium of the Politecnico di Milano, and with the support of ADI - Italian Association for Industrial Design. The contest, which in its last three editions has awarded more than 150 prizes and 20 honourable mentions to key players in the Italian and international professional hospitality world, now sets a new record, having received 213 applications, compared to the 176 of the 2017 edition.

BeMyHost: 20 trendsetters from all over the world

An all-encompassing look at everything that is happening in professional hospitality around the world. This is ensured thanks to the Host Ambassadors of BeMyHost, a project that returns to Hostmilano stronger than ever before. 20 influencers in total, hailing from the USA, Canada, Brazil, the Arab Emirates, China, Japan, Australia, Spain and India (as well as Italy of course). Selected from among key Ho.Re.Ca sector insiders in each country, they are called upon to “capture” the latest hospitality trends seen around the world.



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DOUBLE THE DELIGHT

As children they were neighbour. And now they are partners in a culinary cause. Meet Chef **Sanjay Singh Saud** and Chef **Mohit Bisht** of Movenpick Hotel Jumeirah Beach. They are this month's duo for the Golden Chef Hat Award...

It's time again for two's tango, teamwork and talent. Our participants this month for the Golden Chef Hat Award are Chef Sanjay Singh Saud and Chef Mohit Bisht from Movenpick Hotel Jumeirah Beach. Their links run deep. Both are from countries that are neighbours – Chef Sanjay is from Nepal and Chef Mohit is from India.

Chef Sanjay Singh Saud

Coming from the Himalayan foothills,

Chef Sanjay is no stranger to natural wonders. The country's proximity to both India and China means he was exposed to two of the world's most popular cuisines. It is this legacy that Chef Sanjay brought to Dubai when he moved here three years ago. The commis chef works in the hot kitchen in Movenpick Hotel, where he enjoys the opportunity to learn something new every single day.

Ever the ardent traveller, Chef Sanjay decided to visit Mumbai, the financial

capital of India, towards the end of his teen years. He liked the vibrant city so much that he decided to stay for a while. To pay the bills, he took up a job at a hotel. The idea proved to be a good one – it was where he learnt professional cooking and found a career path.

There were successes and bloopers. "Once I was making stuffed bread in the tandoor. I had never used a tandoor before. Instead of putting the stuffing later after making the bread in the



**Sanjay Singh Saud****Mohit Bisht**

tandoor, I tossed all the ingredients inside. It was a mess!" he laughs at the memory. He also burnt his hands several times while cooking as a novice. The scars healed but the learnings remained.

After working in north India and then in Nepal, Chef Sanjay visited Dubai as a tourist on a whim. Again, he liked the city enough to want to stay. So he looked up jobs online and found a suitable one at Movenpick. It's been a year and a half and things have been pretty good so far. "Other than cooking, I have also learnt how to talk to different kinds of guests from various nationalities. It's a very international set-up."

At the Golden Chef Hat Award event, he is making an oven-roasted pasta dish using Nestle products such as demiglace, tomato coulis and mashed potato.

This is his second competition. In the first in Fujairah, he won a gold medal. So expectations are high. "I enjoy being in competitions. So I will give it my best shot."

Chef Sanjay looks up to his uncle, who is the only other professional chef in the family. "My uncle, Narinder Singh, used to work in Dubai but he has been in the U.S. for about five years now. He's my role model."

Someday in the distant future, Chef Sanjay wants to go back home and set

up a restaurant. What kind of cuisine will it have? You guessed it - Indian and Chinese fusion. "My favourite cuisine is Chinese. But I do want to experiment with baking too."

Foodies in Nepal will have to wait though. For now, it's the judges at the Golden Chef Hat Award who get to sample his delightful creations.

Mohit Bisht

Chef Mohit had a big-bang start in the culinary industry. And the fun run has only extended. The 25-year-old chef from India is a commis chef at Movenpick, with a focus on pastry. Hailing from the north Indian state of Uttarakhand, he shares the love of hills and mountains with Chef Sanjay. At the Golden Chef Hat Award event, what he will also share with his Nepalese colleague is an opportunity to prove his mastery over food.

Inspiration came to Chef Mohit from his brother. "My older brother is a professional chef," he says. "When I was in high school, he would show me these amazing photos of cakes and bakes. I was fascinated by the colours and concepts and I knew then that this is what I wanted to do."

A degree in hotel management was accompanied by a six-month training in all four major departments of the marquee Trident

Hotel in Agra, the city where the iconic Taj Mahal resides. He also underwent a four-month vocational training in food production at another top hotel, the Westin Gurgaon. The training prepared Chef Mohit well to work in big hotels, landing him a job at the Four Points Sheraton Hotel in Jaipur, India's 'pink city' which is a hit with foreign tourists, in 2015. No doubt the lessons learnt there were valuable.

After a year, Chef Mohit sought greener pastures. As luck would have it, the opportunity was in Dubai – the hub of gastronomic activity. He joined Rixos Bab Al Bahr, a resort located on the pristine white beaches of Ras Al Khaimah's Marjan Island. "Over the two years that I worked there, I learnt to experiment with different kinds of ingredients. I saw ingredients that I had never seen before."

Nearly two years ago, Chef Mohit moved to Movenpick.

For the Golden Chef Hat Award, the Indian chef has readied a recipe he likes to call 'Summer Delight', a dessert featuring coconut and chocolate mousse, Nestle panna cotta and KitKat.

Chef Mohit sees competitions as a way to skill up for a higher goal – having his own pastry shop and even being a teacher someday. This competition is the first he has planned of many. May the force be with him.

ROAST FLANK STEAK AND BRAISED SHORT RIB ON PARSNIP PUREE, BRIOCHE STUFFED WITH TOMATO RAGU, TRUFFLE MASH, SERVED WITH BUTTER POACHED VEGETABLES AND BRAISED JUS

PARSNIP PUREE

Pilled and sliced parsnip	200g
Shallot	10g
Garlic cloves	2
Milk	200ml
Fresh thyme	1spring
Olive oil	10ml
Butter	10g
Salt and pepper	To taste

Method

- ◆ Add some crushed garlic and fresh thyme to the parsnip along with some olive oil.
- ◆ Cook it in a pan with milk until the parsnip softens.
- ◆ Once done, put parsnip into a blender with some butter and blend well until you get a smooth puree.
- ◆ Season it.

ROAST FLANK STEAK

Flank Steak	600g
Herbs	20g
Garlic	1 Piece
Butter	20g

Method

- ◆ Heat pan with butter.
- ◆ Seal the meat.
- ◆ Put in an oven until medium rare.

VEGETABLES

Baby carrot	12 pieces
Shallot	10g
Shimeji mushroom	8 pieces
Asparagus	8 pieces
Butter	10g

Maggi Chicken Stock	500gm
Salt and pepper	To taste

Method

- ◆ Blanch all the vegetables with stock. Toss with butter, season and serve.

BRAISED BEEF SHORT RIBS

Beef Short Ribs	4
Veal jus	300ml
Chef Demi Glace	50g
Maggi Tomato coulis	30g
Mirepoix (Roughly)	100g
Bay leaf	1



Butter	10g
Fresh Tarragon	1spring
Cranberry Juice	30ml
Salt, Pepper	To Taste

Method

- ◆ Sautee mirepoix and fresh herb in a pan and add the bay leaf.
- ◆ Add tomato coulis and cook a little until it changes colour.
- ◆ Add short ribs and mix with mirepoix.
- ◆ Add demi-glace, veal jus and cranberry juice.
- ◆ Cook in a pressure cooker until the meat softens.
- ◆ Serve with reduced veal jus.

FOR THE CRUST

Panko crumbs	10g
Crispy bacon	5g
Corn Flakes	8g
Almond Flakes	5g

Method

- ◆ Mix all together and season well

STUFFED TOMATO RAGU WITH TRUFFLE MASH

Maggi potato powder	50g
Truffle oil	2ml
Butter	10g
Fresh cream	30ml
Cherry vine tomato	50g
Brioche bread	1 slice
Shallot	8g
Garlic	1 clove
Balsamic vinegar	5ml
Brown sugar	10g
Salt and pepper	To taste

Method

- ◆ Sauté the shallot and garlic with chunky

vine cherry tomato.

- ◆ Add some brown sugar and balsamic vinegar and finish with salt and pepper.
- ◆ On a hot pan mix the mash potato powder with cream, then finish with truffle oil butter, salt and pepper.

HONEY GLAZED PUMKIN

Butternut squash	50g
Butter	8g
Shallot	5g
Garlic	1 piece
Thyme	1spring
Honey	1 tbsp
Maggi Chicken Stock	50ml

Salt, pepper	To taste
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Method

- ◆ Cut the squash into thin squares.
- ◆ Add butter in a hot pan and sauté shallot, garlic, thyme and honey.
- ◆ Add chicken stock and cook until it softens. Season it.

Sauce

- ◆ Use the same jus of Beef Short Ribs. Season it.

SUMMER SIZZLER

by Nestle Docello

(Nestle Mango Bavaroise on Coconut Sable, Tonka Kit-Kat mint Chocolate, Passion dulce de leche stuffed fried doughnut, served with lime and Lemon Sorbet, Raspberry Crisp Paper, Hazelnut crumble, Stuffed Raspberry and Dehydrated Coconut)

MANGO BAVAROISE

Mango puree	150 ml
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Milk	25ml
Egg yolks	4
Sugar	50 g
Gelatin leaves, soaked in cold water	3
Cream, semi-whipped	250ml
Docello Panna Cotta	130g

Method

- ◆ For the bavaroise, begin by preparing the mousse. Add the milk to a pan and bring to a simmer. Meanwhile, whisk the egg yolks, sugar and panna cotta mix and squeeze any excess liquid from the gelatin. Then add to the warm milk and stir to dissolve. Slowly pour the milk onto the eggs and whisk to combine then return to the heat and cook to 82°C then pass through a fine sieve.
- ◆ Let it cool to room temperature before adding the mango purée to the mix, then gently folding in the semi-whipped cream and transfer to a piping bag.

TONKA AND MINT CHOCOLATE

Docello Chocolate Mousse	125g
Milk	150ml
Cream	100ml
KitKat crumble	10g
Tonka bean	15g
Mint leaves	15g

Method

- ◆ Heat up the cream and milk along with tonka bean and mint leaves – cover pot with foil and infuse. Keep aside overnight or minimum 6 hours in chiller.
- ◆ Strain the tonka and mint from the pot and mix with the powder until smooth.
- ◆ Whisk for 2 minutes on low speed and 5 minutes on high speed.
- ◆ Pipe as desired and sprinkle over it some KitKat crumble

COCONUT SABLE

Butter	100g
Icing sugar	100g
Flour	150g
Yolk	1no
Maggi Coconut Powder	50g

Method

- ◆ Combine all the ingredients into a dough. Roll out thin, cut into desired shapes and bake on a silpain at 175°C for 12 minutes.

PASSION DULCE DE LECHE STUFFED DOUGHNUT

For passion fruit curd

Passion fruit pulp	140g
Lemon juice	10ml
Sugar	100g
Unsalted butter	30g
Egg yolks (from large eggs)	2



Vanilla bean	1
For dulce de leche	
Nestle condensed milk	1 no

Method

- ◆ Heat the pulp and lemon juice on a pan over medium heat.
- ◆ Mix egg yolk and sugar in bowl along with vanilla bean and add to mixture. Cook over the flame until a thick curd is achieved. Keep aside.
- ◆ For the dulce de leche cream, boil the condensed unopened can for 7 hours in immersed slow boiling water. Remove, cool it.
- ◆ Mix it with the passion fruit curd as required until sharp in taste.

DOUGHNUT DOUGH

Milk	75ml
Active dry yeast	8g
Eggs	2
Butter, melted	30 g
Granulated sugar	80g
Salt	1 tsp
Flour	150g
Neutral oil, for frying, plus more for the bowl	500ml

Method

- ◆ Combine all the ingredients and make a basic dough – rest for half hour, cut and roll out 12 gms of small dough rounds – fill in the passion Dulce de leche using thin piping bag until fully filled
- ◆ Keep the balls for proofing. Once ready, deep fry carefully without breaking the doughnuts. Dust icing sugar once done.

ORANGE ZEST

Lime and lemon sorbet capsules	3
Sugar	200g

Water	350g
Lemon juice	80ml
Lime juice	80ml
Zest of one small lemon and one lime each	3.5g
Stabilizer	

Method

- ◆ Boil the juices along with the zest and add the stabilizer. Put in the pakojet and freeze. Churn 4 times, freezing in 4 intervals until silky texture.

HAZELNUT CRUMBLE

Hazelnuts roasted	10g
Flour	50g
Hazelnut powder	50g
Sugar	50g
Almond powder	50g

Method

- ◆ Mix all the ingredients to create a crumble and bake for 15 minutes over 175°C.

RASPBERRY CRISP PAPER

Raspberry puree	209g
Sugar	22g
Pectin NH	2g
Gelatin powder	3gm
Stuffed raspberries & blackberry for garnish	10gm

Method

- ◆ Boil the puree adding sugar and pectin mixed together. Once done, add in the bloomed gelatin. Mix well and transfer to silpat and bake at 90°C for 2 hours. Then keep in a dehydrator. Cut and use accordingly.
- ◆ For stuffing the berries cook 100gms of frozen raspberries with 20g of sugar and vanilla pod until a thick compote is formed. Cool down and stuff inside the raspberries for serving on the plate.



FIRST AMONG EQUALS

Bigger and better, this year's East Coast Salon Culinaire had a heady mix of talent on display. Three winners stood out in the crowd. **Best Kitchen Artist Kuma Hennadige Pathma's** creations charmed the visual senses; **Best Arabic Chef Saber Salama** found his way into the judges' hearts through their stomachs; and **Best Pastry Chef Lahiru Nayanapriya Senarathne** finished off delicious meals with even more delicious desserts. Meet the talented trio...

WORK OF HEART

Kuma Hennadige Pathma saw his father bring out the beauty in a seemingly boring object like wood. That served as an inspiration for a career in making basic food ingredients beautiful to every eye. The winner of the Best Kitchen Artist at the East Coast Salon Culinaire has a rare talent in turning fruits, vegetables and other items into eye-catching creations...

"Everything has its beauty but not everyone sees it," said noted artist Andy Warhol.

Chef Kuma Hennadige Pathma has made it his job to bring out the beauty in everyday ingredients for all to see.

And see they do. Which is why he was adjudged the Best Kitchen Artist at the East Coast Salon Culinaire 2019, held at the Miramar Al Aqah Beach Resort recently.

Chef Kuma, who hails from Sri Lanka,



I used to make sculptures in sand whenever I was at the beach. Once I was making some sculptures on a beach facing a five-star hotel. The manager saw my work and approached me. He asked me to come see him the next day at the hotel

is a cake artist at Mister Baker Dubai. Interesting to note is that Mister Baker is usually not a regular at culinary competitions. But such was the

management's faith in Chef Kuma and his skills that they readily agreed to support his participation not just in the East Coast Salon Culinaire but also in Gulfood. This faith is not unfounded. This year alone, the 28-year-old chef has won as many as seven medals – two golds, four silvers and one bronze.

So how did the seed of creativity take root in him? Most chefs will tell you their art teachers, grandmothers or mothers inspired them. Chef Kuma has a different story. His inspiration? His carpenter father! "My interest in carving began while watching him carve things out of wood. That formed the basis of my passion for art," he recalls. But as carpentry is not a lucrative career option, his father encouraged him to seek a better-paying profession. As Chef Kuma mulled his options, destiny made a decision for him.

"It happened by chance. I used to make sculptures in sand whenever I was at the beach. Once I was making some sculptures on a beach facing a five-star





Learn as much as you can about the kitchen and cooking if you want to be a good kitchen artist



hotel. The manager saw my work and approached me. He asked me to come see him the next day at the hotel."

The hotel was Lavanga Resort and Spa, a luxury 60-room beach resort on the famous Hikkaduwa beach. Asked what he could do in terms of art, Chef Kuma said he was good at carving. A vegetable and fruit carving test followed, clinching the deal. "I got the job as a kitchen artist."

Over a year and a half, Chef Kuma learnt to apply his artistic style to ingredients. He also learnt how professional kitchens work. To further hone his skills, he moved to Hikka Tranz by Cinnamon at Hikkaduwa, where he worked for another two and half years before getting an opportunity to come to Dubai through a friend. Joining at the Roda Al Murooj Downtown Dubai, he worked for a year before moving to his current employer, Mister Baker.

His stint with Mister Baker so far has



The mentoring I got from the head chef there was invaluable. He taught me to make Arabic food, traditional as well as fusion

been rather productive. He participated in the Gulfood in 2018 and 2019, winning medals and honours both times. For the Best Kitchen Artist title this year, he secured a gold medal for open showpiece, two high silvers for fruit and vegetable carving and showpiece, and a bronze for a live event.

What makes his victory even more remarkable is that Chef Kuma had little time to practise for the competition - just a month and that too, not intensively. "I had to practise after work hours as I couldn't let it interfere with my day job. Wednesdays to Fridays are busy days for us. Sometimes we have 30-40 cake orders. So I had couldn't do much outside routine work those days."

Admittedly, going from being a kitchen artist in a hotel to a cake artist in a bakery has somewhat narrowed his field of creativity. "Earlier, I used to do cake decorations, ice carvings, fruit and vegetable carvings, and a number of other kinds of decoration in a hotel. But in a bakery, it's mostly restricted to cake decoration. What I like though, is that I get to sharpen my chocolate carving skills. That's why I participate in competitions to widen my ingredients basket." Chef Kuma remains grateful to the Mister Baker management for giving him these opportunities and their support.

The creative chefs long-term dream is to participate in the Culinary Olympics. "It's been a dream I have cherished for a while. Let's see if it comes true or not."

Irrespective of whether he succeeds in this dream or not, his family is proud of him. "My parents and my younger brother are always very supportive and rooting for me." He's the only member of the family in the hospitality industry. "My brother helps my father in his profession, he's also into carpentry."

For young chefs who want to be artists like him, Chef Kuma has simple yet powerful suggestions. "Learn as much as you can about the kitchen and cooking if you want to be a good kitchen artist. I worked in the pastry kitchen and these experiences helped me grow as an artist. Don't just focus on the art. For a well-rounded skill base, you have to know the entire process chain."

Of course, the greatest ingredient in any success story is passion and creativity





I want to give people something they don't expect from Arabic food and they are pleasantly surprised



itself is a game of passion. Here's looking forward to seeing more passionate creations from Chef Kuma.

TALENT OF THE NILE

Chef Saber Salama dreams of creating a modern version of Arabic food and making it mainstream. This passion reflected in his dishes at the East Coast Salon Culinaire this year, winning him the Best Arabic Chef title. Greet the champion...

The Bangles have been telling us to walk like an Egyptian for a long time. Food connoisseurs will tell you to cook like an Egyptian too. In recent times, the country known for pyramids, the Sphinx and the Nile is making inroads into the culinary industry with its talented and ambitious chefs.

One of these talents is Chef Saber Salama, winner of the Best Arabic Chef title at the East Coast Salon Culinaire. The chef de partie at Miramar Al Aqah Beach Resort in Fujairah wowed judges with his Arabic dinner, three-course meal and live cooking skills to win the prestigious title. "It was really hard but



I was attracted to the idea of having a cool job making cakes of different shapes and colours. What also supported my decision was that my father worked in a hotel

an amazing experience," gushes the 30-year-old. "Some of the people there were people I admire a lot and it's quite thrilling to get their congratulations after I won."

Chef Salama graduated in tourism in 2008 but it didn't take him too long to realise that his real interest lay in the kitchen. Beginning his career at Laila

restaurant in Cairo as a cook, he picked up the nuances of Arabic cooking in his first job. "It was a Lebanese restaurant with 50 covers. Besides doing the preparations and storage, I also learnt to run operations as a backup for the demi chef de partie." Later in 2011, he entered the hospitality big league with a job at the Four Seasons Hotel in Cairo. "It was a large operation. It was fascinating to see how such a big hotel manages to keep its consistency and quality amid multiple operational aspects. Other than learning to work with so many people, I also picked up computer skills there."

One of the experienced chefs at the Four Seasons took a shine to Chef Salama after seeing his dedication. So when this chef moved to Dubai, he reached out to Chef Salama for an opportunity. "He told me he wanted me to be a part of his team. Dubai is usually on every ambitious chef's radar. Saying no did not even cross my mind."

A few months into 2013, he made the move. "I joined Al Nawras Hotel Apartments as a commis chef. I stayed there for more than a year, before joining the Southern Sun in Abu Dhabi."

The responsibilities widened. Not only did Chef Salama support the daily operations, he also learnt to minimise kitchen wastage and implement new menus, dishes and systems. "The mentoring I got from the head chef there was invaluable. He taught me to make Arabic food, traditional as well as fusion. It's not so easy to give modern twists to dishes which are so rooted in tradition. One of the things that I experimented with was adding a sweet and sour taste to Arabic cuisine. He liked it!" The head chef also encouraged Chef Salama to try his hand at competitions.

Four years ago, the Egyptian chef joined Miramar Al Aqah. "I started as demi chef de partie, supporting day-to-day operations, assisting in the creation of menu items and specials and also ensuring quality standards.





I learnt to stick to exact recipes, work on presentations and strictly follow food safety procedures. Big operations teach you to optimise your time and tasks



Beginning last year, I was promoted to chef de partie." He now has the added responsibility of communicating with sous chefs and solving any issues that come up.

Chef Salama admits that his win could not have come without the support of his team and superiors. According to him, talent cannot germinate if the work environment doesn't have a growth mindset. "Whenever I make a mistake, my executive chef teaches me the right way. 'Never' is a word that is just not in his dictionary. He tells me there is nothing I cannot achieve if I try hard enough and focus."

His personal career goal is to make Arabic food fashionable. "I want to give people something they don't expect from Arabic food and they are pleasantly surprised. There are some new ideas I have and I would like to test them going forward."

Culinary contests will remain his playing field. "I want to participate in bigger, more international competitions too."

Some of this ambition has to do with being a good role model for his eight-year-old son. "I want my son to scale great professional heights and be a big achiever," says the affectionate father.

If he's a chip off the old block, that may not be so difficult.

CARAMEL KING

From Colombo comes yet another bundle of sweetness. Chef Lahiru Nayanapriya Senarathne, winner of the Best Pastry Chef title at the East Coast Salon Culinaire 2019, is as sweet a person as the desserts he prepares. Who is this candyman?

The best things in life are sweet.

And 'sweet' defines Chef Lahiru Nayanapriya Senarathne.

He's eager to please, to give guests a

delicious fairy tale ever-after to a nice meal. It's this quality and oodles of talent that helped Chef Lahiru walk off with the Best Pastry Chef Trophy at the East Coast Salon Culinaire 2019.

The Sri Lankan chef is demi chef de partie in the pasty kitchen of Voco, a 471-room modern hotel from the IHG group in Dubai. From wedding cakes, desserts, ice creams to petite fours, gateaux, torte and confectionery, his skills encompass a wide range of sugary delicacies.

At the competition, Chef Lahiru bagged a gold medal for petite fours and silver medals for live cake decorating and four-plated desserts. Last year too, he had won two silver medals at the East Coast Salon Culinaire for live cake decorating and four-plated desserts. The latest win is the second big feather in his cap in recent times. The 28-year-old chef was also the runner-up at the Golden Chef Hat Award season 6. "The East Coast competition was tough but it was worth it," he says. "I had to travel back and forth for two days to Fujairah and I barely slept for three days."

Celebrating the success of his protege, his pastry chef Malith Somathilaka couldn't be prouder. "Chef Malith is the person who has been encouraging me throughout. I started practising around three months ago and he always took the time to give me feedback to improve my dishes. Bit by bit, with his help, I got to the level where I could compete well with others."

Chef Lahiru's entry into the profession was rather uneventful. "I was attracted to the idea of having a cool job making cakes of different shapes and colours. What also supported my decision was that my father worked in a hotel." He obtained a diploma in baking from Prima Baking Training Centre in Colombo before taking up a job at a pastry shop called Sponge in the Sri Lankan city. Over two and a half years, Chef Lahiru learnt to professionalise his baking skills.

Circa 2016, he headed out to Dubai.

"My brother lived here. He told me that the food scene in Dubai was vibrant and I should consider moving for better career opportunities. So I applied for a job at the Radisson Blu Deira Creek and was hired as a commis chef." Going from a pastry shop to a big-format hotel required quite a bit of mental adjustment. "I learnt to stick to exact recipes, work on presentations and strictly follow food safety procedures. Big operations teach you to optimise your time and tasks."

Towards the end of 2018, Chef Lahiru joined Voco. His days in the kitchen are rather packed. A regular workday lasts almost nine hours and every minute is full of action.

Today, Chef Lahiru is a well-trained professional. But it took many hits and misses to get there. "I remember that I once placed very large quantities of very expensive strawberries in the buffet and got a yelling from the head chef for it. The strawberries could not be removed or reused and I learnt my lesson in optimising resources the hard way. Kitchen wastage can have large implications for costs."

Of course, there have been great moments too. Like when he won the Best Pastry Chef title. "More than me, my brother Sameer couldn't stop grinning. I owe my career success in Dubai to him and his support." The other family members – three sisters and parents - are also proud of him and supportive of his decisions.

With their blessings and the continued backing of peers and seniors, Chef Lahiru hopes to become an executive pastry chef someday. In addition, he nurtures the dream of having his own bakery in the future.

Spreading love and joy through the dessert plate. We wish him luck in this noble cause.



August-September 2019 Gulf Gourmet



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INSPIRING CULINARY CRAFTSMANSHIP.



SILVER





Henry Suarez has always had a fascination for the white apron. What was missing in his first profession was the much-celebrated white hat. So he swapped professions to get the look he always wanted.

Two decades and nearly 80 restaurants later, there are no regrets. Going from being a medical technologist to a professional chef was the most natural feeling, given that Chef Henry was born to please gastronomers across continents.

His culinary compass spans cuisines - Italian, Thai, Chinese, Japanese, Indian, French and Filipino. Fusion is perhaps in his genes. Chef Henry carries both Spanish and Filipino heritage. So hopping around the UAE, Kuwait, Qatar, Bahrain, Muscat, Egypt, New Zealand and the UK for opening restaurants was no trouble at all.

Amid the flurry of activity in his daily life, Chef Henry admits that he indeed made the right choice, even if it wasn't an easy one. "I spent a good four years

studying medical technology and a lot longer resisting my mother's attempts to make me a doctor," laughs the 46-year-old chef. His mother was clear that she wanted a physician son and pushed him to graduate in medical technology. It was working part-time and weekends in a café during his student years that led to an epiphany. "I interned at a hospital for two years. It felt like work. But whenever I was in the kitchen, it just didn't! That's when a suspicion I had was confirmed. I belonged in the kitchen."



DR. DELICIOUS

His family wanted him to be a doctor. Had Chef **Henry Suarez** given in to the pressure, the Dubai hospitality industry would have definitely felt the loss. The culinary executive chef of Foodmark Hospitality, a division of the Landmark Group, has opened as many as 80 well-known restaurants and still has many a culinary trick left up his white sleeve...

TGI Friday, the popular American chain with nearly 1,000 restaurants across the world, was where Chef Henry began his career as a part-time line cook. Still a medical technology student, he started out manning the grill at TGI Friday in Philippines in 1995 and finished as an in-store trainer in mid-1997 in Kuwait. "I was a part of a team of 12 people who opened the TGI Friday in Kuwait."

From there to Dubai was a short trip. Joining Mayfair hotel as a chef de partie, he moved on in a year to Wafi

Hospitality, which operates several restaurants including Planet Hollywood. "That was a growth spurt for me. I was promoted several times and got my first opportunity to be a manager when I became the 'chef de cuisine'." Being asked to train the team opening Planet Hollywood in Auckland, New Zealand was quite an honour. "But also challenging, perhaps my most challenging assignment yet." It was a three-door restaurant and had guests streaming in from everywhere during the New Year party. During the three

months, Chef Henry did not take a single day off, coming in early and leaving late. Early 2001, he took on additional responsibility of overseeing Ginseng, the Lounge along with the Planet Hollywood kitchens. There on, the responsibilities only grew, as did the opportunities.

Under Insight Creative Restaurant Concepts, a branch of the Wafi group, Chef Henry opened a number of restaurants covering all kinds of cuisines. Biella Italian restaurants in Dubai, Abu Dhabi, Doha, Bahrain

and Muscat; the traditional Thai and Chinese Thai Chi restaurants in Kuwait, Doha and Bahrain; Noodle Factory in Kuwait and Dubai; the Indian cuisine Asha's restaurants in Kuwait, Doha, Bahrain and Manchester; pan-Asian Chop Chop concept in Dubai, Bahrain, Cairo; and the French concept St Moritz restaurant in Dubai. "It was unreal. I had never imagined I would get so many opportunities. But I grew tremendously as a professional."

Despite being with the same company for 18 years, there was never a dull moment. "I was travelling a lot, learning about different cultures and cuisines, it was exciting."

However, as Chef Henry's tasks became more and more managerial, he started missing the joys of cooking. "I try hard to stay as close to the kitchen as I can. This is my passion and if I don't do it, then I don't enjoy my work."

Nowadays, kitchen time is restricted to cooking a couple of dishes with his team. "I make it a point to cook at home too. I don't want to lose touch."

Since mid-2016, Chef Henry has been with Foodmark Hospitality, a division of the Landmark Group, as culinary executive chef. The company



owns several F&B concepts in Dubai, Kuwait and Qatar, including Carluccio's, All About Chicken, Chi-zen, Max's Restaurants and Max's ABC. "When I joined Foodmark, I was handling Max's Restaurant concept and central kitchen. Now, I am also in charge of Carluccio's. At the moment, I oversee a total of 19 restaurants plus the central kitchen."

A believer in hands-off style of management, Chef Henry puts the head chefs in charge of the restaurants' daily operations. "I call weekly update meetings and encourage them to run the operations independently within certain guidelines. I don't believe in micromanagement."

He also understands the value of giving people multiple chances to improve their

performance. "In my intern days, I made a mistake and got a yelling from my chef. That was when I decided I will never be that kind of a boss."

Recalling the unfortunate incident, he narrates the story of a grill with inaccurate settings. "I was the grill chef and I messed up with settings for the regular and medium steaks. Many regular orders went into medium and vice versa. The guests complained and I apologized to them. It was a harsh lesson." The incident still fresh in his mind, Chef Henry ensures he treats his subordinates with respect. "I speak to them in private instead of in front of everyone else. I avoid raising my voice even if I am angry. After all, we are all human beings and vulnerable to mistakes." Dealing with different



cultures has added a certain element of patience to his management style. "I have worked with chefs from Philippines, Palestine, India, Germany and so many other nationalities. Tempers do flare in the kitchen sometimes because of the pressures but if people understand that it is not personal then it gets easier."

Sometimes, however, a harder push is required. Like when creativity becomes a victim in pursuit of profits. Chef Henry engages closely with the marketing teams of the restaurants he works with to ensure the guests continue to get what they like most. "It's important for chefs' voices to be kept in mind when marketing ideas are implemented. They know what the local tastes are, which ingredients work best in which season and so on."

Speaking of tastes, the chef wants to experiment with various palates in his concept kitchens. "For example, our All About Chicken format. The main ingredient is chicken but we don't want to restrict ourselves to any one taste. You have American barbecue chicken, Indian tandoori chicken, Mexican chicken, peri peri chicken for South African and Portuguese tastes."

Although Chef Henry loves an eclectic blend of flavours and ingredients, he does want to see more delicacies from the Philippines making it to international plates. "We recently did an event during the Philippines Independence Day and saw a lot of talented young chefs there. That gives me optimism."

Unfortunately, we are not about to see a chip-off-the-old-Suarez-block in the culinary world anytime soon. "My daughter wanted to pursue the same profession but I dissuaded her. It's a tough industry and not everyone has the appetite for it over the long term." Chef Henry points out that chefs often have to work around the clock when big events are coming up. "There are days when you can't go home for three-four days. Huge catering events sometimes need you to work from midnight to



I spent a good four years studying medical technology and a lot longer resisting my mother's attempts to make me a doctor

noon without a break. I don't regret the profession I chose but it's not an easy life." Now, his daughter is studying marketing and advertising but he does not rule out a later possibility that she might end up in hospitality. "As a father, I want to be supportive." Chef Henry has another child – a 10-year-old son who lives in the Philippines. "My wife works in the travel and tourism industry. She is into bookings because she wanted a

9-to-5 job. It works for us because my profession is very demanding. So she is the primary caregiver for the family."

When Chef Henry is not busy being a manager, a *culinaire* and a family man, he acts as a mentor to younger chefs. His main advice to anyone he mentors is simple - "There is no 'I' in 'team'. Be a team player. If you think you can climb the career ladder without the help of anyone else, then you are wrong."

The first step towards being a successful chef is wanting to be one. "As I said before, this is not an easy profession. If you don't have a passion for it, then you won't succeed even if you have all the right ingredients. There are challenges and they become much easier to handle when you love your work."

Judging by the successes that Chef Henry has enjoyed in his professional life, these simple strategies might be the key to career nirvana in the culinary world. Look at where they got him!



ICCA Dubai Culinary Scholarship - Class of 2019

The million-dirham continuing education award for UAE's young deserving chefs, empowers 40 talented chefs in its third year



Dreams pursued by years of passion and perseverance sometimes do come to fruition. One such example was witnessed by the UAE hospitality industry as the Class of 2019 – ICCA Dubai Culinary Scholarship graduated with flying colours.

The ICCA Dubai Culinary Scholarship, is a million-dirham continuing education award for UAE's young deserving chefs and is perhaps the only one-of-its-kind industry scholarship programme in the world.

2018-19 was the third year running for the scholarship and saw over 120 applications received from several hotel and restaurant brands across UAE. With many of the applicants being worthy of the opportunity, it was unanimously decided by the initiators of the

programme to increase the intake to 40 candidates, thus two batches of twenty candidates each for the Class of 2019.

This innovative industry-led initiative is designed to support talented and deserving young chefs with the opportunity of a world-class culinary education through a 100% scholarship, delivered by the ICCA Dubai in strategic partnership with the Emirates Culinary Guild (ECG), WorldChefs and the City and Guilds, London.

The scholarship programme is a tangible step in bridging the skills gap across the industry, by way of teaching the knowledge and skills necessary and by sharing experience and expertise for developing a sustainable and a socially inclusive workforce.

With most of the young chefs coming

from a non-culinary background, with no formal culinary education or training, the scholarship programme has helped strengthen their knowledge and skills, making them more proficient and confident in the kitchen, thus propelling them to higher levels of performance.

“The ICCA diploma programme helped me learn valuable specialized skills, made me more effective and efficient at work and made all the sacrifices and efforts seem worthwhile. For me, this is not just a career diploma but this will serve as my passport which will help me fly and experience the world,” said Jesuraj Raman, Jumeirah Beach Hotel and a Batch 3 graduate.

The programme recognizes the importance of encouraging young chefs to grow their skills and boost their careers, thus giving many a chance to fulfill their dreams. In the process, it not only transforms the lives of those



trained but also helps uplift the lives of the families that depend upon them.

“We were a simple and happy family, and my father was a salt field worker. Life changed when the tsunami struck in Dec 2004. I lost my father and I was hospitalized for 6 months. I was depressed and took to cooking. The hotel experience has helped me no doubt, but the professional training at the ICCA has helped me get better. I

apply all that I have come to learn here at my workplace and it has enhanced my ability as well as performance.

The Culinary Diploma is a great opportunity that has come my way and which will help me fulfill my dream of starting my own food business someday,” said Nilanga Dilrukshi Kaludurage, Dubai International Hotel.

The Commercial Kitchen is a very





demanding and difficult workplace. Although these young talents did not bring with them all the requisite knowledge and skills when they joined the industry, they very much had a strong sense of passion, perseverance and the resolve to change their destiny.

The difference between a Cook and a Chef lies in knowing and understanding the finer nuances, and this programme has helped fill that gap, which in reality is a game-changer for their professional growth and further opportunities.

"Hospitality industry certainly isn't easy,

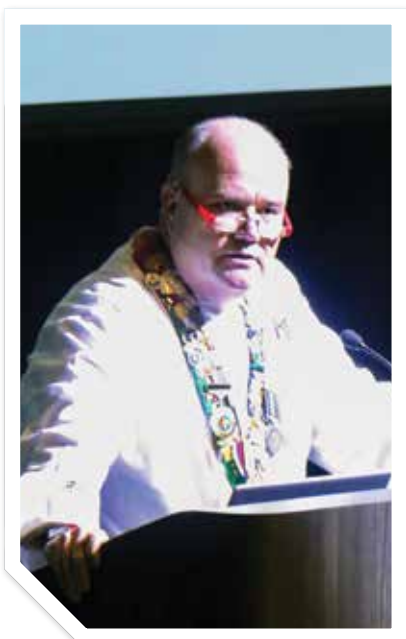
as one is dealing with pressure all the time, where the mind and body have to be alert and in sync to be able to deliver well. In a scene like this, a professional culinary training helps strengthen our skills and enables us to be more productive thereby building up our confidence and capability at the workplace.

"Sharing the new knowledge, methods and techniques gained, with my colleagues, I have become more passionate about my profession. Having an accredited diploma and having learnt at a well-known culinary school is an accomplishment that would lead me to better opportunities in the future",

says Beram Al Azam, Shakespeare and Co. and a Batch 4 graduate.

For some, the scholarship programme is a great way to earn a professional qualification while working, and for the ones who are driven by a passion for food and the industry, it is a strong medium to further strengthen their professional and personal attributes.

"I always wanted to have professional training to improve my knowledge, skills, and communication also. Now that I have a vocational qualification, it helps me better understand the standards of hygiene, safety at work and other



technicalities and procedures that are necessary to perform well in the kitchen.

“This scholarship programme has taught me so much more apart from work-related knowledge and skills; it has helped me grow as much as a person as a chef,” says Jay Darshan Maya Ram, Four Points by Sheraton.

Life-Changing

Students from the previous batches have been able to quadruple their earnings and provide a better life for their families.

“Ever since I graduated from ICCA with the help of so many chefs and supporters, my life has changed. It gave me a chance to explore the culinary world. I was lucky to come to Melbourne Australia as Chef-de-Partie, and now I have been working as Junior Sous Chef at The Star Casino Sydney, one of the finest five-star properties in the world. It is a privilege to work at The Star and my career is growing with more knowledge and experience that I never imagined. All of this could not have happened without the ICCA





Scholarship Program," says Sirendran Nagarathnam, Class of 2016.

The scholarship programme has changed many lives since its inception and that explains the immense interest and response it has received so far.

"Speaking of Hospitality, Dubai has an ever-increasing standard to keep up to, thereby pushing the demand for trained talent to make sure that the people managing the operations and food production are at the levels required. Empowering people with the requisite knowledge and skills being the solution, increasing the capacity of the class of 2019 seemed to be the right way forward for the industry and the upcoming talents as well," says Sunjeh Raja, Director and CEO, ICCA Dubai.



The class of 2019 also had the opportunity to undergo the USA Cheese Specialist™ Certification Program, a programme delivered by the US Cheese Guild in partnership with the ICCA Dubai. The programme saw chefs from 22 hotel properties in the UAE get certified as Cheese Specialists.

As the Scholarship programme successfully completed empowering its third and fourth batch of talented young chefs to International Industry

Standards, Chef Andy Cuthbert, Chairman ECG and Young Chefs Development Team for WorldChefs and Chef Uwe Micheel, President of Emirates Culinary Guild (ECG), went on to say that it was indeed a momentous occasion to see the deserving outcome of the graduating candidates.

The graduation ceremony of the Class of 2019 saw eminent figures such as Mr. Mohammad Darwish, CEO, Permits and Compliance, Regulations and Permits Commission, KHDA, who graced the occasion as the Chief Guest on behalf of Dr. Abdulla Al Karam, Chairman, KHDA, along with Jeremy Dahdi, Director International and Credentials, City and Guilds, London, and the Who's Who of the Hospitality Industry, who greatly inspired the graduating young chefs, the future of our industry.

To sum up, this tangible initiative reinforces the fact that together we can make many more lives happen!



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what's your GCC market share?

The UAE alone has over 750 hotels.
Each hotel has an Executive Chef.
Each Executive Chef has an annual budget.
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There are over 7,000 independent restaurants in the UAE.
Each restaurant has a Head Chef.
Each Head Chef has an annual budget.
It ranges from AED 100,000 - US\$ 1 million.

Now you do the maths.

The largest body that speaks for this group of Chefs is The Emirates Culinary Guild (ECG).
ECG organises Salon Culinaire at Gulfood Dubai, La Cuisine by SIAL in Abu Dhabi and world-record breaking food events in the city.

Gulf Gourmet is the only magazine endorsed by the ECG.
It also influences non-ECG Chefs across the GCC and is distributed at World Association of Chefs Societies events around the globe.

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- ▶ Most widely read magazine by Chefs & Decision Makers in the GCC
- ▶ Officially supported by the Emirates Culinary Guild
- ▶ Highest circulation in its category at 6,150 copies per month
- ▶ Readership estimates of nearly 11,276 per month
- ▶ Positively influencing the UAE food industry since 2006
- ▶ Recognised by the World Association of Chefs Societies
- ▶ Circulated at top regional and international culinary events

WHO READS IT?

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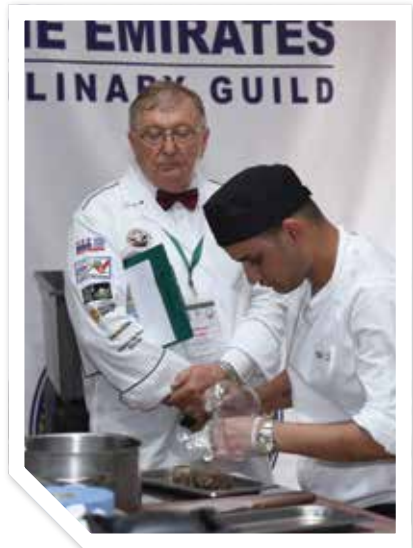


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Middle East Chef Excellence Awards held at Rixos Premium JBR

The 2nd Middle East chef excellence awards was held in June at Rixos Premium Dubai with the support of the Emirates Culinary Guild and ICCA Dubai. The winners were judged by industry professionals.

The highlight for the evening was the

cook off between five chefs for the main young chefs title.

Winning chefs across various categories included Ma Ye (Kevin), Sai Prasanna Babji, Ammar Alekili, Ahmed AlFakier, Christopher Michael Lester, Steven Smalley, Chandra Shekhar Pandey, Bobby Retnakumar Geetha, Mohammad

Ali, Parimal Kumar, Fabien Fayolle, Achira Kularatne, Alaa Moustafa, Abdul Riyaz, Stefan Vasic, Raja Ram Neupane, Amruta Gosavi, Manish Tiwari, Eduardo Mirabil, Parsi Bhasker, Hady Nabil, Courage Vukor, Mohammed Harshad, Arjel Sigua Figueroa, Deepthi Ravindra, and Jomel Magandam to name but a few. Here are images from the event.



newmembers



Stefano Callaioli, Ex Corporate Chef Emirates Snack Foods LLC, Radwan Mouselli, Horeca Sales Manager and Sonny Casiano Pante, Sales Supervisor – HORECA, Emirates Snack Foods LLC receiving Emirates Culinary Guild Membership certificate from ECG President Chef Uwe Micheel

Established in 1996, **Emirates Snack Foods** developed to become a prominent player by servicing the FMCG & HORECA industry through multiple global brands. These brands include Barilla, Indomie, Bonne Maman, Alpro, Mutti, and many more.

In Horeca, Emirates Snack Foods has three notable divisions. These are the Bakery & Pastry Division, General Kitchen Division, and Beverage Division. In each division, the company has partnered with quality brands and hired specialized experts and chefs.

This allows Emirates Snack Foods to



provide the industry with exceptional products, services, and food solutions. A Spritz, made with Fabbri bitter syrup is on a table where Master Bakers, Richard C. Acosta & Sevda Dursun just served a fresh hot Ciabatta made with the Austrian brand Backaldrin. In the background, Emirates Snack Foods' beloved Pizzaiola, Floriana Pastore, uses brands like '5 Stagioni' flour, Cà Foresto's range of toppings and Mutti's extraordinary pizza sauce to create a true

masterpiece. While Floriana prepares the pizza, Chef Stefano Callaioli is using Barilla's double cooking methods to create the perfect pasta in record time. Nothing is complete without a perfect praline, prepared by Chef Soufiane using Michel Cluizel's real chocolate and stuffed with Andros fresh fruit fillings. Finally, everyone sits around the table, enjoying Alpro's Coconut Cappuccino to discuss the food they just prepared.

Many call Emirates Snack Foods a playground for the chefs. It truly is a playground where exceptional food is created using great ingredients and talented people.



Yaman Sabban, Director sales food service and Khaldou Alnouisser, Senior sales manager 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.

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suppliers, loyal customers and dedicated workforce. We call them partners.

MGT consists of three divisions as follows:

- ◆ Consumer Division
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Modern General Trading (MGT) commences its operations in the year 1982. Today it is one of the leading consumer goods and trading companies in the U.A.E. MGT is the exclusive distributor of various prestigious brands in the UAE.



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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 President.....	Approved 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

ICE ICE BABY. ALL RIGHT STOP, COLLABORATE AND LISTEN

"Our chief want is someone who will inspire us to be what we know we could be." — Ralph Waldo Emerson

Go around the world and you will note everyone looks at leadership differently. It is like the old saying "different strokes for different folks".

There are a number of traits that are commonly found amongst people who are considered to have great leadership. You will note such leadership is inspiring and transformational. They have this ability to create immense impact and have a high sense of presence. In other words they:

- ♦ Have the X-factor, confident and charismatic
- ♦ Are not demanding (domineering/ tyrant with an ego) but commanding (worthy of a respect/ person of integrity)
- ♦ Are people for whom you are willing to stop and listen to (not out of fear or the title you hold)

It does not matter if they have been labelled an introvert or extrovert. Both labels have the ability to ooze great impact and presence. In other words they have Executive Presence.

Consider and ask yourself these



Life is available only in the present moment
— **Thich Nhat Hanh**



questions about executive presence:

- ♦ Why would anyone want to be led by you?
- ♦ What are the behaviours of leaders with great presence?
- ♦ What could you do immediately to start to live by these behaviours of great leaders?

Some interesting research that I came across:

- ♦ Executive presence accounts for 26% of what it takes to get the next promotion, according to senior executives – Centre of Talent Innovation
- ♦ 90% of high performers are also high in EI – Emotional Intelligence 2.0, Travis Bradberry and Jean Greaves
- ♦ The one easy way to become worth 50 percent more than you are now – at least – is to hone your communication skills – both written and verbal – Warren Buffet

All this research points towards amplifying one's executive presence. Numerous definitions are out there on executive presence (EP). Some of these being:

- ♦ Bates Executive Presence Index™ says it is a three-dimensional model of character, substance, and style.
- ♦ Andrew Bryant says it the ability to project confidence and gravitas

(substance) under pressure.

- ♦ Sylvia Ann Hewlett as her book title says it all "The missing link between merit and success"

All of these are great definitions. Here is something, which is even simpler. It takes into account all cultures (eastern and western), gender, creed, caste and colour. It is a global and universal definition of executive presence:

"Executive Presence is the harmonious integration of ICE in developing and sustaining credibility."

I.C.E. means intelligence, communication and emotional wisdom. Executive presence is all about JIGRA. To expand on this definition it is about:

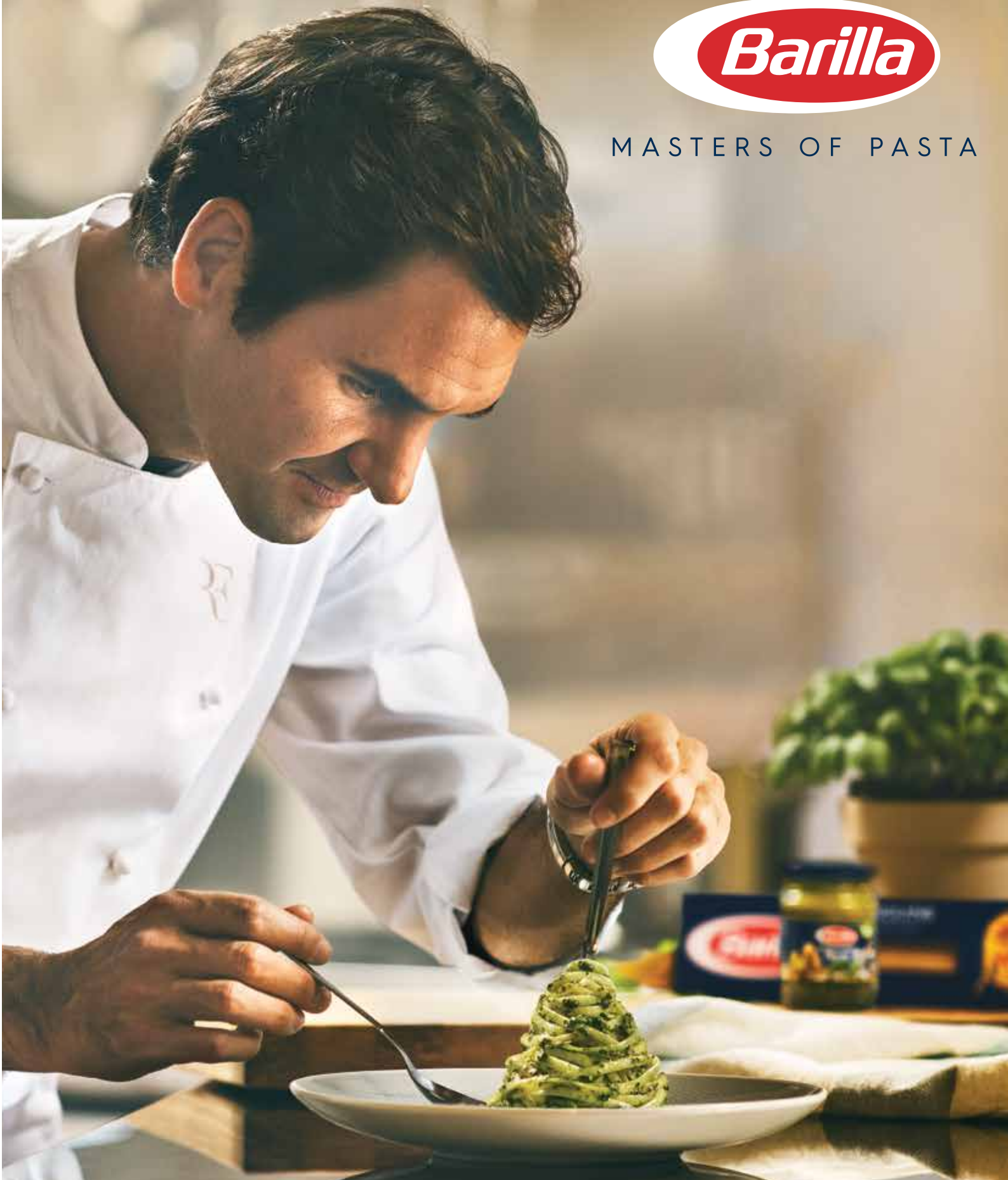
- ♦ Journey of self-leadership then leading others
- ♦ Inner self-discovery leading to developing your outer self
- ♦ Gratitude in all situations, no matter how tough
- ♦ Respect and integrate both emotions and logic
- ♦ Awakening The A.C.E – Awareness. Consciousness. Energy

It means to have grit, be brave of heart or have resilience. And it is required at all levels, not just for leaders or leadership roles. It required in living one's life with compassion, love and joy.

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