

DECEMBER 2009

GULF GOURMET

from us, for us.

THE PERSONAL TOUCH

Chef Uwe Micheel talks about the importance of practice, passion and patriotism

Now *in Market*



'BRING OUT THE BEST'



Salad Dressings



Caesar

2 liters x 6
50ml / 40 portions



Ranch

2 liters x 6
50ml / 40 portions



Thousand Island

2 liters x 6
50ml / 40 portions



Cole Slaw

2.2 liters x 6
75ml / 30 portions



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FROM THE

President's station



Dear Fellow Chefs, Colleagues, Ladies and Gentlemen,

Welcome to our final GG issue for 2009.

2009 was a very challenging year for lots of us. Many of our colleagues changed jobs, and for quite a few, it was not by their own choice. In addition to the tough economic situation, we saw a lot of new hotels and restaurants opening up. I believe the most challenging was Yas Island, with the opening just before the F1 race. But I believe our colleagues made us proud - there were so many great comments from all over the world.

For the ECG, I feel this was a very good year. We started the year with two food record attempts - we broke the UAE record for the Biggest Biryani, and then we produced the Biggest Pastry Buffet in the world. The 2232 different desserts have just been confirmed as a new record by Guinness - the certificate is on the way to Dubai. Then we had a very good Salon Culinaire 2009, followed by the Junior Chef 2009 in Oasis Centre in July, which topped the 2008 event.

Chef Juraj made us proud by winning the Global Chef Semi-Final in South Africa. Not to forget the Junior Training sessions in Federal Foods by Kiri, Läderach and Custom Culinary. We also received a lot of positive feedback from the US Dairy and US Honey workshops organised and run by Lina Kanaan, Bassam Bousaleh and the team from AMFI. The last two achievements for the year will be the US Rice final - for which we had twice as many entries as last year - and the big National Day event with our friends from DTCM.

Next year will start with the World Congress in Chile, and then, of course, the Salon 2010, which

will have a new look - Andy Cuthbert and Alen Thong are working on a great layout.

Registration for Salon Culinaire 2010 is on in full swing. Josephine has already reported a good number of entries, so make sure you register with payment as soon as possible to avoid disappointments. We know from experience that the live cooking classes are always full early on.

I am sure most of you will have seen our new website - www.emiratesculinaryguild.net. If not, make sure you look at it soon. I am happy to inform you that it's great, and a big thank you goes out to Andy Cuthbert and James Griffith for their tireless efforts.

Also, please take a moment to look at the Friends of the Guild pages, and see all the corporate members who support the Guild. And please do take a look at the profiles of our corporate members in this issue - Frisch & Frost and Elfab, who are long time supporters. I would also like to thank all our supporters, who have been with us through this difficult market situation, and I hope that all businesses recover very soon.

Thanks to Chef Cesar and his team from Al Raha Beach Hotel for hosting our November meeting.

I wish everyone a Merry Christmas, and a very happy, healthy and prosperous New Year.

Culinary regards,

Uwe Micheel

President of Emirates Culinary Guild

Director of Kitchens

Radisson Blu Hotel, Dubai Deira Creek

friends of the guild



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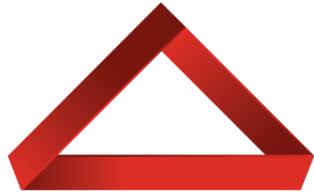
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GULF GOURMET

FROM US, FOR US.

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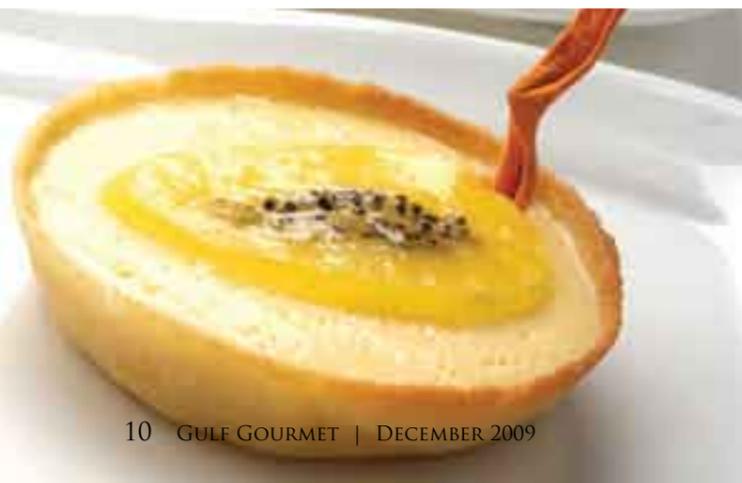
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GULF GOURMET

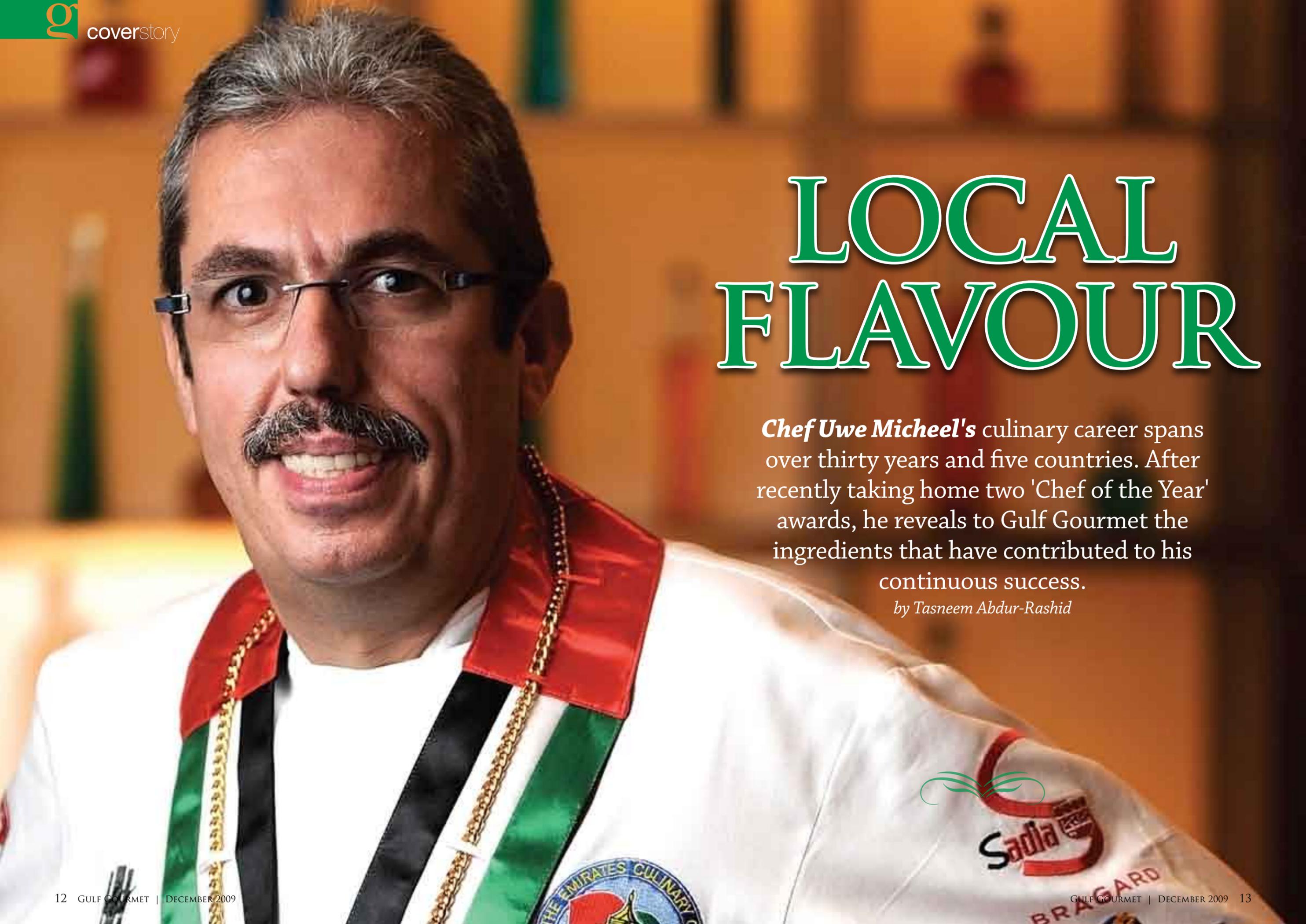
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LOCAL FLAVOUR

Chef Uwe Micheel's culinary career spans over thirty years and five countries. After recently taking home two 'Chef of the Year' awards, he reveals to Gulf Gourmet the ingredients that have contributed to his continuous success.

by Tasneem Abdur-Rashid

Chef Uwe Micheel has been in the UAE for over 17 years. He moved to Dubai in 1993, long before the explosion of the culinary scene, before the abundance of five star hotels taking fine dining to another level, and long before the financial crisis that saw the decline of many new ventures.

In fact, it would not be incorrect to say he has pretty much seen it all. He has seen new restaurants open and fail, new chefs come and go, new concepts introduced and taken away. But one thing that remains steadfast throughout the sudden changes, the highs and the lows, is his desire to constantly strive to be the absolute best that he can be – whether he is in the kitchens creating a new dish, or campaigning to implement new Government initiatives in the hospitality industry.

And it is this determination to push boundaries that has recently brought him to the fore of culinary excellence, taking home not one Chef of the Year title, but two – at both the Hotelier and the Caterer awards this year.

After narrowly missing out on the title last year, his spectacular dual win has taken some by surprise. However, those who have triumphed in the face of recession understand exactly why Chef Uwe was recognised this year. In the wake of the global financial crisis that has separated those who talk the talk from those who actually walk it, the focus at this year's Hotelier Middle East awards has been on hotels that have maintained their prestigious reputations during these difficult times. The Radisson Blu Hotel, Dubai Deira Creek, is one such hotel that has consistently delivered – be it through excellent customer service, interesting initiatives (such as Emirati cuisine nights) or just plain good food. Under

the supervision of Chef Uwe as Director of Kitchens, the hotel has maintained its position in the centre of Dubai as a premium dining spot for residents and tourists alike. Last year, while the industry was still flying, the awards focused more on new, top restaurants. This year however, they paid tribute to solidity.

Chef Uwe's recent award bears testimony to his long-standing, solid career in Dubai. For 17 years, he really has done it all. From managing the complex operations at the Radisson Blu's F&B outlets (including 11 restaurants, three bars, a dhow, a cake shop and very well-reputed outside catering service team), to making the world's largest Baba Ghanouj – he has steadily built up his own reputation, not just as the Director of Kitchens at the hotel, but as the president of the Emirates Culinary Guild, and the initiator of many unique culinary and cultural concepts in Dubai, such as the Emirati Cuisine Competition and several Guinness World Record projects.

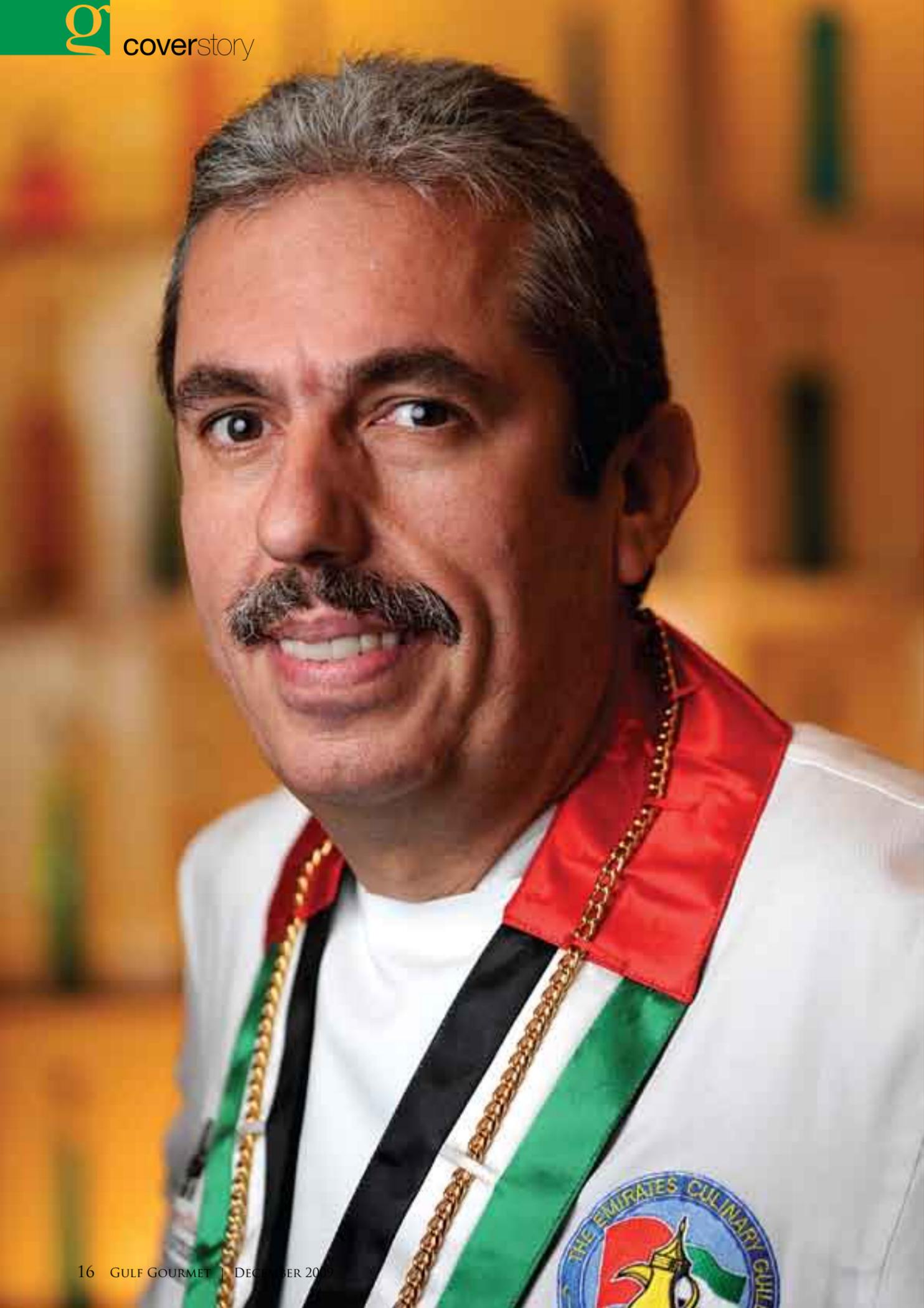
THE ONE THING THAT HAS REMAINED CONSTANT IS CHEF UWE'S DESIRE TO STRIVE TO BE THE BEST THAT HE CAN BE.



"Every time I complete one Guinness Record, I vow never to do it again," he confesses with a laugh. "But when someone suggests a seemingly impossible task, I can't seem to stop myself from rising to the challenge, and suddenly, I find myself knee-deep in flour."

And we don't blame him for his reservations whenever he embarks on a new challenge. He





already has an extremely busy work schedule, one that often lasts for more than 10 hours a day, and had he not had such an understanding wife, he believes he would never have achieved so much.

Chef Uwe has also participated in creating the world's largest cake, which weighed more than an average person (74.533kg), the world's largest display of rice dumplings (13,192 pieces comprised of more than 280kgs of rice flour, 130 litres of milk, 300 litres of sunflower oil and a whopping 1,450 eggs), the biggest bowl of pasta that could feed the whole of Rome (703.4kg of spaghetti), and the world's biggest biryani, topping it all at a humungous 1,885.4kg. As for the world's largest Baba Ghanouj – you really don't want to know what went into that!

Coordinating and participating in these events may be stressful for the 50-year-old chef (hence the "never again" vows), but Chef Uwe is determined to give back to his host country. He also enjoys collaborating with chefs from different hotels, explaining that Dubai's culinary scene, despite its size, is actually very intimate, with chefs from various hotels and restaurants happy to work together for the greater good, one of the many things he loves about living here.

"We have 19 nationalities working within our kitchens, and 58 in the hotel," he explains, "That's one of the many things I enjoy about Dubai. I enjoy meeting people from all corners of the world, and I enjoy learning about new cultures and traditions."

Chef Uwe also explains his desire to give back. "I've lived in the UAE for over 17 years, and I consider it my home more than I do my home village in Germany. Emirati nationals are extremely generous and hospitable, and I'm very grateful for the opportunities I've had here. The Guinness World Record projects and

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Among Chef Uwe's many accolades are:

- Member of Food Surprises Committee since the inception of DSS
- Member of Emirati Cuisine Initiative
- Initiated and organised the Emirati Cuisine Competition
- Largest Cake In The World – Guinness Book Of Records
- World's Biggest Pasta Bowl – Guinness Book Of Record
- World's Biggest Biryani - Guinness Book Of Record
- World's Biggest Baba Ghanouj
- World's Highest Number of Rice Dumplings – Guinness Book Of Records
- Setting up Rules and Judging Committee for Best Restaurant in Global Village at the DSF
- Organising Junior Chef of Year Competition during Dubai Summer Surprises
- Presenting Salon Culinaire during Gulf Food exhibition
- Won the Best Chef in a Corporate Hotel Group, worldwide in 2002
- Won an enormous number of awards with his team at Salon Culinaire over the years

other initiatives I am involved with help raise Dubai's profile, and it's my way of giving back to the country."

Other initiatives that Chef Uwe has been involved with – such as the Emirati Cuisine Initiative – also aims to give back to the UAE. He explains that when he arrived in the Emirates in 1993, there were no restaurants serving (or even interested in serving) local dishes. Tourists and residents would enquire about Emirati cuisine, and he realised that he didn't actually know anything about it at all.

"It was one of the biggest challenges in my life," he jokes. "It was extremely difficult to find out what Emirati food consisted of, and I had to visit local homes in order to find out."

Since discovering what Emirati food is, he has come to enjoy Harees immensely – a porridge-like dish that was traditionally cooked with white meat and a lot of butter out in the desert – and has introduced 'Emirati Night' themes at the Radisson Blu, especially during the Eid and National Day festivities. He also tried to open a restaurant that exclusively served national dishes, but was prevented from doing so by long yards of red-tape.

"Recently, a lot of hotels have also taken an interest in serving Emirati food occasionally. Unfortunately, it's often a hype that dies out. Food is the identity of a country, and with Dubai being such a diverse mix of nationalities, it is really essential that it maintains its culture in order to remain true to itself. Without culture, what will differentiate Dubai from Miami?" he questions passionately.

For someone who is not actually Emirati, Chef Uwe is extremely patriotic, which is a breath of fresh air in a city that is often criticised by its residents. "No one forced me to move here," he explains bluntly. "No one put a gun to my head and told me I had to come. I made

a choice to move here, and I am respectful of the culture and traditions." In fact, Chef Uwe is so particular, that unlike many hotels, he doesn't serve pork in any of the kitchens. He also chooses to live in Rashidiya, an area he believes is one of the few places that actually feels like Dubai.

Although he is involved with 'novelty' projects, it's not all fun and games for this German chef. He is also involved with hospitality initiatives that aim to improve the industry in the UAE, which he explains is extremely lacking in customer service.

DUBAI HAS A DIVERSE MIX OF NATIONALITIES, MAKING IT VERY IMPORTANT THAT IT MAINTAIN IT'S CULTURE IN ORDER TO REMAIN TRUE TO ITSELF.



"Around three years ago, I brought up the idea of starting a hospitality training school that was free of charge for its students," he says. "At the time, I had a lot of people ready to invest. Now, given the financial climate, it's a lot more difficult to find investors." He goes on to explain that in Europe, it is mandatory for all hotel staff to undergo rigorous training, the expense of which is borne by the Government. Over here, however, the limited schools that offer training are extremely expensive, and unless employers are willing to bear the costs, it is virtually impossible for staff from humble backgrounds to afford to do so.

However, due to almost the entire industry being made up of expatriates, the Government is unlikely to fund such an initiative. Likewise, employers are also unwilling to sponsor their employees to complete pricey training programmes when the investment may never bear fruit should the employee decide to resign from the company. All in all, it seems like a Catch 22 situation, the only solution being interest from investors.

"Without the correct training, it will be extremely difficult for the service standards

over here to be at the same level as Europe. Although in-house training is given, it cannot be as in-depth as hospitality school," he bemoans.

Aside from establishing a training school, Chef Uwe has no immediate future plans either for himself or his restaurants. Or he has too many to talk about just one. Because he is concentrating on bringing the hotel back to its status pre-recession, on training junior chefs, and working in the culinary guild. And, of course, adding a few more awards to his collection.

CHEF UWE AT A GLANCE

Chef Uwe Micheel was born in Celle, Germany. He is married to Annette, whom he met in London when they worked at the same restaurant. He describes people as being from two categories: those who eat to live, and those who live to eat. His wife and his eldest child, Paul, belong to the former, while he and his second son, Max, belong to the latter. Although he does admit that his wife does all the cooking at home!

He fell in love with the art of cooking as a child, always helping his mother in the kitchen, and realised that it was his calling in life at the tender age of 12. At 15, he decided to attend cooking classes, which, at the time, were designed for young girls only. Although half of his friends ridiculed him, the other half were envious of all the time he got to spend around girls.

Chef Uwe spent most of his childhood in Germany, and found his first full time job as Restaurant Chef in Celler Hof boutique hotel in Celle city near Hanover. After one year of working at the hotel Schwarzer Bock in 1978 (hotel founded in 1486), which is now managed

by Radisson Blu, Chef Uwe served two years in the army service as a chef in the officer restaurant.

He joined the InterContinental Hotels Group in 1981 in Germany, a year later he moved to the UK as the Chef de Partie Saucier in Hyde Park London, and afterwards shifted to Bahrain for three years. He relocated to Korea as member of the opening team for the InterContinental Seoul, and three years later, he was appointed as Executive Sous Chef for Yokohama Grand InterContinental. Since 1993, he has been working in Dubai, holding the post of Director of Kitchens and Emirates Culinary Guild General Secretary from 1994, ECG Chairman from 1996, and President from 1999 until today.

He currently oversees the large kitchen operation and implementation of the Radisson Blu Hotel, Dubai Deira Creek. Despite being in the industry for over 30 years, Chef Uwe is yet to find his favourite dish, although he does admit to having a bit of a weak spot for Peking Duck.



SWEET SOMETHINGS...

Chef Zain Sidhu, Advisory Chef,
Nestlé Professional Middle East,
shares with Gulf Gourmet the
wonders of dessert.

Tell us a little about the Nestlé Professional Dessert range.

Nestlé Professional Dessert Range consists of Nestlé Mousse au Chocolate and Nestlé Crème Caramel & Crème Brulee. Each product is manufactured to the highest Nestlé standards using an authentic French recipe. The range focuses on providing our customers a quick and easy way to create delicious and divine desserts.

How easy, or difficult is it to prepare chocolate mousse and crème brulee from scratch?

Preparing these desserts from scratch is not difficult, but the disadvantage is that it is expensive and time consuming. Using Nestlé desserts, our customers are able to prepare these desserts quickly, without hassle, and at a much reduced cost.

What are the advantages of the packed versions of these two desserts?

The major advantages of the Nestlé Dessert Range is time and cost savings. With the added benefit of a 12-month shelf life, our customers can also reduce waste and are able to prepare a range of desserts using our products as a base at the drop of a hat.

Nestlé Crème Caramel & Crème Brulee is made using dried eggs, therefore improving hygiene and decreasing the risk of salmonella. Nestlé Mousse au Chocolate uses a classic French recipe that does not separate while whipping.

How different is the taste and flavour of the packed version?

The Nestlé Professional food research team at Nestlé France have worked extensively to ensure that only the finest ingredients are sourced from around the world. The recipes developed for our dessert range

are based on authentic French recipes, and provide a superior taste and flavour to our customers. Quick and hassle-free to prepare, the Nestlé Dessert Range allows each chef to use his time better by adding his personal and unique flavour twist to each dessert.

What are the variations one can create with these packs? Is there a base recipe to follow? Or can one get creative even with that?

Full instructions on the back of the pack give a detailed word and picture description on how to prepare the original desserts. The Nestlé Dessert range strives to provide flexibility to our customers, and we have achieved just that by creating a high quality product with the perfect taste, flavour and texture. This allows our customers to use the range as is directly from the box, or tailor-make each dessert by using it as a base for fillings in cakes and pastries, or infusing different ingredients like mint, coconut and lemon.

Can you tell us about some interesting and unusual concoctions you have created using these products?

At Nestlé Professional, we constantly try different and new recipes, which we share with our customers. On the dessert side, we have created a Chocolate Mousse and Red Berry Jelly combo, as well as Crème Brulee infused with coffee.

In our recent competition - Female Chef of the Year - we saw the ladies infusing our Crème Caramel with Coconut, and making a Lime infused Chocolate Mousse. Our database of over 1000+ recipes is available for our customers to explore, and we welcome anyone to contact us for some inspiration or to send in their creations.



NESTLÉ® Crème Caramel Tartlet infused with Cinnamon & Kiwi

INGREDIENTS

- 65g NESTLÉ® Crème Caramel
- 1 kiwi fruit
- 150 gms sweet pastry (Prepared)
- 10 gms cinnamon powder
- ½ litre milk
- 50 gms sugar
- 15 ml water

METHOD

Prepare NESTLÉ® Crème Caramel mixture as per instructions. You may add some flavouring, like cinnamon, if you like. Next, prepare the caramel by adding sugar to a saucepan with a little water. Bring to a boil, and continue boiling until sugar starts to turn brown in colour. Remove from the heat, then immediately pour the caramel into the pastry cases, followed by the crème caramel. Allow to cool for a few minutes, then place into the fridge for approximately one hour until set. You can present the dish as shown or to your liking.



A glass of NESTLÉ® Chocolate Mousse and Red Berry Jelly

INGREDIENTS

- 150 gms NESTLÉ® Mousse Au Chocolat
- 200 ml cold milk
- 100 gms red berry jelly
- 80 ml water
- 1 apple

METHOD

Prepare the jelly by mixing jelly powder with boiling water. Allow the jelly to cool, pour into glasses and allow it to set in the fridge. Empty NESTLÉ® Mousse Au Chocolat into a mixing bowl. Pour the cold milk into the same bowl, and whip on low speed for 1 minutes, then on a high speed for 5 minutes. When ready, spoon or pipe the mixture onto the jelly, and chill in the fridge two hours before use. Serve chilled. You can present the dish as shown or to your liking.

 *Transmed*
 *Foodservice*
presents

THE *Chef's* TABLE

Chef Derek Flynn, Executive Chef, The Light Group – Dubai, chats with Gulf Gourmet about cooking for Marlon Brando and a disastrous Valentine's day dinner.



What does food mean to you?

Food is the essence of life.

How different are you in the kitchen and out of it?

Not much different - I am rarely out of the kitchen.

A special guest/s you have cooked for? What made it memorable?

Marlon Brando. I had the opportunity to sit and have a chat with the legend after.

Can you tell us about a funny kitchen disaster?

Kitchen disasters are not funny.

Who cooks at home?

Both my wife and myself. Angela cooks a great chilli con carne.

What do you do when not cooking?

I enjoy the cinema and football.

Do you eat to live or live to eat?

Live to eat.....unfortunately.

What is your favourite dish?

Good roast chicken with mashed potato and fresh vegetables.

What would you never eat?

There is not much I have not eaten, but tofu is something I just don't like.

What's been your worst experience with food?

A Valentine's dinner with my wife. I thought it was candid camera - it was so bad.

And your best?

An evening in a restaurant called Le Truffiere in Paris. It was a 14 course set menu. Absolutely amazing.



What cuisine, apart from your own, are you partial towards?

French or Asian.

If you were to live on one dish for an entire month, which would it be and why?

Roast chicken.... it's great.

What's your favourite kitchen appliance and why?

My kitchen knife.... a chef cannot do without it.

What's the one ingredient you cannot cook without?

The onion.

What's the most overrated ingredient/dish?

Any vegetarian dish or lobster.

Your favourite cologne?

Alleure.

Your favourite brand of suits?

I couldn't tell you.... Not something I wear too often.

Your favourite brand for accessories?

Same as above.

Your favourite film?

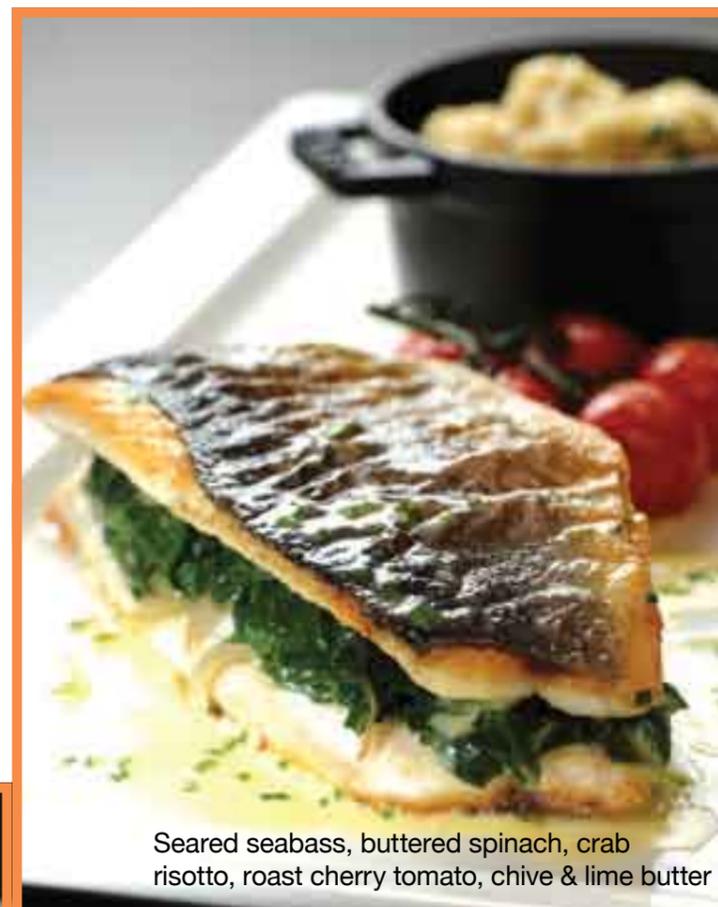
The Wild Bunch.

Your kind of music is...

Anything easy on the ear

Your favourite bar/nightclub in Dubai?

The Irish Village.



Seared seabass, buttered spinach, crab risotto, roast cherry tomato, chive & lime butter



White chocolate & basil soup, roast pineapple

Your most memorable vacation.

Canada.... 3 weeks of beautiful country and very friendly people.

If you could cook for a celebrity, who would you cook for?

Jack Nicholson.



Pan flashed scallops with laksa noodles, saffron cream & capsicum foam



Slow cooked lamb shank, roast garlic cream potato, blue ear mushroom & chippolini mushroom

Starter
Pan flashed scallops with laksa noodles, saffron cream & capsicum foam

Fish Course
Seared seabass, buttered spinach, crab risotto, roast cherry tomato, chive & lime butter

Meat Course
Slow cooked lamb shank, roast garlic cream potato, blue ear mushroom & chippolini mushroom

Dessert
White chocolate & basil soup, roast pineapple



presents

Dream cream

Chef Fadoua Derbel, Pastry Production Manager at Paul, shares her take on cream in pastry, offering us a ladleful of good advice



It's the basic in any recipe," says Chef Fadoua Derbel, as she scoops up a spoonful of rich cream to show us. Like chocolate, butter and egg, cream is an essential, and very few desserts will not make use of any cream. From sauces to toppings, cream is used in many different ways.

Technically, cream is a dairy product, composed of the higher-butterfat layer skimmed from the top of milk before homogenization. In un-homogenized milk, over time, the lighter fat rises to the top. In the industrial production of cream, this process is accelerated by using centrifuges called 'separators'.

"Cream is best used in mousse, or as a topping, or in sauces. It's best used to create crême brulee or crême caramel," explains Chef Fadoua. Cream is used as an ingredient in many foods, including ice cream, many sauces, soups, stews, puddings, some custard bases, and cakes.

Types of cream

Chantilly Cream - Is another name for vanilla-flavored whipped cream.

Clotted Cream - Is cream that is scalded. This helps to prevent the development of bacteria. Clotted cream is usually served with pies and scones.

Crème Fraîche - Is cream that has a

sharp flavor (but not sour flavor) that is achieved by an added bacteria. This cream is used often in French cooking.

Half-and-Half - Is a mixture of half cream and half milk. The milk fat content is about 10 percent. This cream cannot be whipped.

Heavy Cream - Has the highest amount of milk fat, which is usually between 36 and 40 per cent in the United States and as high as 48 percent elsewhere. If you can get this, it makes the richest whipped cream.

Light Cream - Is used more for a pouring cream, like into coffee and onto fruits. This cream has about 18 percent milk fat.

Pastry Cream - Is not a cream at all! It is a filling for desserts such as a Napoleon.

Sour Cream - Is the a cream that has about 18 percent milk fat. The cream is 'soured' by the addition of bacteria.

Spray Can Whipped Cream - Some of these cans actually do have real cream in them, and some are made from hydrogenated vegetable oils.

Whipping Cream - Is the cream which is usually sold in the U.S. There is 35 per cent milk fat in this cream. This is what is used to make whipped cream.

Chef Fadoua Derbel

"I love everything about pastry," declares Chef Fadoua Derbel, unabashedly. Ask her about her favourite dessert, and you will get a hearty laugh with exactly the same answer. Not surprising then, that she looks up to her mother and grandmother as her inspiration, and she is married to a pastry chef as well.

Tunisian-born Chef Fadoua spent her childhood helping her mum and grandmum making sweets. "They used to make everything at home, and sometimes for the entire family. I guess I developed my sweettooth since then," she smiles.

But unlike her mum and grandmum, who were happy to exercise their culinary skills at home, Chef Fadoua wanted to become a professional. "After my baccalaureate, I had the option of continuing my education in another field or going in for hotel management - I chose hotel management," she says.

She joined one of the most prestigious colleges in her home country, one that was well-known for churning out highly talented professionals. "If you have passed out from the Institute Supérieur d'Hôtellerie et de Tourisme de Tunisie, you can be sure to get a good job in a high position. You tend to skip some of the basic steps," she explains.



And sure enough, when she passed out after four years, she started her career at a pastry shop as sous chef. “It was a place like Paul. My husband and I joined together in the same place,” she smiles. In fact, for the next four years, Chef Fadoua moved with her husband from pastry shops to hotels. “I then joined a five-star hotel, Dar Ismail Hotel, with my husband. But after a while, I felt the need to do something more,” she explains.

So she took up a teaching position at a private cooking school. For two years, she shared her experience and expertise with younger chefs who wanted to make a career in pastry. But better opportunities and promises of a better life beckoned, and Chef Fadoua moved to Dubai with her husband.

“Luckily, both of us got a job at the Grand Hyatt, and we moved here in 2004,” she says. But eight months down the line, they ran into a legal problem. “It is not allowed for a company to employ a husband and wife in the same department of the company. One of us had to go, so I thought it might as well be me,” she shrugs.

As luck would have it, a friend of hers had a friend who was a chef at Paul. “He was looking for a pastry chef at the time, and my friend recommended me. Of course I knew about Paul – it’s already very famous – so I grabbed the opportunity,” she explains.

Chef Fadoua joined Paul as a sous chef, and initially, her responsibilities included cooking in the hot kitchen as well. However, after being promoted to pastry chef, she dedicated all her time to the pastry kitchen.

Over time, Chef Fadoua proved herself time and again, and as Paul grew from one shop to seven, she got promoted to Pastry Production Manager. “I oversee all the pastry production in all the shops. It’s hard work, but I enjoy it because we work as a family. Most of us have been here for 3-4 years, and we all get along really well,” she smiles.

In addition to this, she feels her skills are put to their best use as she specialises in French pastry and so does Paul. And she puts her skills to good use, in spite of the fact that her position is more about management. “I work in the kitchen quite extensively. At Paul, we get a lot of special requests and people are constantly coming in with either recipes or pictures, asking us to recreate it for them. I have to do that myself. For example, just recently a lady came in with a recipe for a Danish dessert, and I had to make it for her. How can I refuse?” she questions rhetorically.

Beyond that though, it’s tough for Chef Fadoua to create new recipes. “We do create special desserts and cakes for special occasions and festivals, but normally, we have standardised menus

at Paul, so we have to keep to that,” she explains.

Personally though, Chef Fadoua is a big fan of ‘strange’ flavours. “I don’t like chocolate as much. I prefer caramel or anything different. Like on a recent trip to France, I had the opportunity to visit the pastry shop of one of my idols, Pierre Herme. It was like a dream come true. I was so eager to visit his shop, that the first day I went, I was a little too late and it had already closed down. I went back the next day, and picked up one of almost everything,” she laughs.

And that was no mean feat, specially as one macroun cost her a whopping 11 euros! “That’s because they were exceptional. The macrouns were all flavoured with unique ingredients, just the way I like it. For example, one was with vanilla and olive oil – it was a green coloured wonder. Another was made with wasabi, which was shocking at first, but was a must-try. There were also some flavoured with flowers, like violet and jasmine,” she explains.

Although still averse to pointing to a favorite dessert, much like a mother never picks a favourite child, Chef Fadoua finally relented and admitted she has a soft corner for La fleur de Lys, which is a Biscuit Joconde - a layer of feuillentine (hazelnut paste with fine crumbled biscuit) and light chocolate mousse (mix of dark and milk chocolate mousse).





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Gulf Gourmet travelled to the Northern Emirates this month to source the best main course sauces and got three chefs to work their magic.



SHAABAN SAID

EXECUTIVE CHEF
HILTON FUJAIRAH RESORT



Dill marinated poached Gulf Hammour with roasted baby potato, topped with green asparagus, lime and fennel scented fish stock



INGREDIENTS

- 240 gms fresh Hammour fillet (skin off)
- 15 gms **Knorr Dill Primerba**
- 40 gms baby potato (roasted with skin)
- 5 gms chopped fresh thyme and oregano
- 30 gms green asparagus (boiled in salted water)
- 40 ml fresh full cream
- 10 gms **Knorr Fish Stock**
- 2 gms zest of lime
- 20 gms fresh fennel
- 5 gms fresh diced tomato
- 3 ml olive oil
- Salt and white pepper to taste

METHOD

- Marinate the fish with Knorr Dill Primerba, salt and pepper. Steam the fish in a steamer oven at 100 degrees Celcius for 6 to 8 minutes.
- Bring the cream, Knorr Fish Stock, fennel and lemon zest to a boil till you get a thick sauce.
- Cut the baby potato into quarters and season with fresh thyme, oregano, olive oil, salt and pepper. Roast in the oven at 180 degrees Celcius for 20 to 25 minutes.

TO SERVE

- Place the baby potato on the plate, put the steamed Hammour on top of it, glaze it with fennel lemon sauce, top with asparagus and diced fresh tomato, and sprinkle with **Knorr Dill Primerba** and a touch of olive oil.

Teriyaki beef steak, dill mashed potato and stir fried sweet chilli vegetables

INGREDIENTS

- 40 ml **Knorr Teriyaki Sauce**
- 280 gms Rib eye beef steak
- 90 gms mashed potato (made with 2 gms salt, 15 ml hot milk and 5 gms butter)
- 10 gm **Knorr Dill Primerba**
- 15 gms green beans
- 15 gms green peas
- 15 gms white cabbage
- 5 gms fresh chopped ginger
- 5 gms fresh chopped garlic
- 15 gms **Knorr Sweet Chilli Sauce**
- 5 ml corn oil
- Salt and pepper to taste

METHOD

- Marinate the beef with **Knorr Teriyaki Sauce** and half of the garlic and ginger. Cook on a char grill till done.
- Blanch all vegetables in salted water, then stir fry in a hot pan with the rest of ginger and garlic, adding corn oil, salt and pepper and finally the **Knorr Sweet Chilli Sauce**.
- When preparing the mashed potato, add **Knorr Dill Primerba** at the end and whisk.

TO SERVE

- Place the steak on the plate. Add the stir fried vegetables on one side and mashed potato on the other. Serve with **Knorr Teriyaki Sauce** on the side.



PRAVIN BAGALI

EXECUTIVE CHEF

LE MERIDIEN AL AQAH
BEACH RESORT



Mexican marinated beef Carpaccio with crispy vegetables salad and Knorr dill primerba dressing

INGREDIENTS

- 720 gms beef fillet @180 gms
- 8 tbsp **Knorr Mexican Sauce**
- 2 tbsp crushed black pepper
- 2 tbsp cumin seeds
- 2 tbsp poppy seeds
- 2 tbsp sesame seeds
- For the dressing:
- 4 tbsp **Knorr Dill Primerba**
- 4 tbsp olive oil
- 4 tbsp water
- Salt to taste
- For the crispy vegetables:
- 60 gms carrots, julienne
- 60 gms capsicum, julienne
- 60 gms celery, julienne
- 60 gms cucumber, julienne
- 40 gms masculine salad
- Coriander leaves (optional)

For garnish:

- 4 crispy flour tortillas

METHOD

- Marinate the beef fillet with **Knorr Mexican Sauce**, olive oil and rouled to the mix crust. Keep in the fridge for 15 minutes.
- Put all the vegetables in ice water for 15 minutes. For the dressing, mix the **Knorr Dill Primerba** with water, season with salt and pinch of crushed black pepper.
- Sear the beef in the hot plate, and refrigerate. Slice before serving.
- For serving, slice the beef and arrange on the plate. Drizzle with olive oil, and design the plate with the remaining of **Knorr Mexican Sauce**.
- Remove the vegetables from the ice water, and mix well with the dressing. Place the salad next to the beef with the tortillas and serve.



Trio Poach fish with wasabi foam, teriyaki vegetables jello

INGREDIENTS

- 4 tbsp **Knorr Teriyaki Sauce**
- 40 gms carrot, cubed
- 40 gms celery, cubed
- 40 gms onion, cubed
- 8 tbsp water
- 6 pcs gelatin leaves
- 2 tbsp corn oil
- 0.5 tbsp **Knorr Fish Stock**
- 0.5 litre water for stock
- 60 gms tomato, cubed
- 60 gms carrot, cubed
- 60 gms celery stick, cubed
- 60 gms Shitake mushroom, sliced.
- 4 tbsp orange reduction
- 320 gms salmon fillet, cubed @80 gms
- 320 gms Tuna fillet, cubed @80 gms
- 320 gms Hammour fillet, cubed @80 gms
- Salt and pepper to taste.

For the wasabi foam:

- 1 tbsp wasabi paste
- 4 tbsp cooking cream
- For the garnish:
- 5 gms Sakura cress

METHOD

- For the teriyaki vegetables jello, sauté the vegetables with corn oil until nicely fragrant. Add the teriyaki sauce. Add the water, bring to boil, strain the vegetables and keep aside.
- Add the gelatin leaves in the water; stirring consistently. Add in the vegetables and set in mould. Chill in the refrigerator.
- Boil the stock and the vegetables. Use this stock to poach each fish, and set aside. Use the liquid for sauce, add bit of roux and orange reduction.
- For the foam, mix the wasabi and cream and blend until foamy. Season with salt.
- Place the fish on a plate, top with jello, and spoon the foam over. Garnish with Sakura and vegetable stock.



KAC PRASAD

EXECUTIVE CHEF
MIRAMAR AL AQAH
BEACH RESORT



FROM
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MEXICAN FUSION STYLE ROASTED DUCK BREAST

Served with risotto timbale mixed beans enoki mushroom and teriyaki sauce



INGREDIENTS

- 230 gms fresh duck breast
- 50 ml **Knorr Mexican Sauce**
- 10 gms lemongrass
- 3 gms cilantro leaves
- 5 gms mint leaves
- 5 gms garlic
- 20 ml **Knorr Teriyaki Sauce**
- 20 gms kidney beans
- 20 gms white beans
- 20 gms French beans
- 10 ml olive oil
- Salt and pepper to taste

For the risotto timbale:

- 10 gms risotto rice
- 10 gms fresh cream
- 5 ml water
- 5 gms butter
- 5 ml olive oil
- 5 ml fresh cream
- 5 gms white shallots, chopped

METHOD

- Blend the cilantro, mint, lemongrass and garlic together with **Knorr Mexican Sauce**. Cut the duck breast skin into small triangles (20 mm deep), and marinate overnight in the Mexican fusion salsa.
- Put olive oil in a pan and sauté the onion until golden. Mix the risotto rice, and sauté. Add water and reduce. Finish with cream and butter. Season well until cooked al dente.
- Sear the marinated duck breast on a very hot frying pan. Place in an oven at 160 degrees Celcius for 10 minutes. Slice a few pieces.
- Sauté the beans and enoki mushroom together with olive oil in a hot pan. Season well. Reheat the **knorr teriyaki sauce** in the same pan in which the duck was sautéed pan to get the extra flavour.
- Place the sliced duck breast on a warm plate. Arrange the beans and risotto timbale. Serve with **Knorr Teriyaki Sauce**, garnished with fried rosemary.

DILL MARINATED PAN FRIED BLUE FIN TUNA LOIN

Served with Mexican and dill flavoured lemon butter sauce with baby vegetables

FROM
prep
TO
PLATE



INGREDIENTS

- 200 gms tuna loin
- 20 gms baby carrot
- 10 gms baby spinach
- 20 gms brussel sprouts
- 50 gms baby potato
- 20 ml **Knorr Dill Primerba**
- 10 gms **Knorr Fish Stock**
- 40 ml **Knorr Mexican Sauce**
- Salt and pepper to taste

For the dill sauce:

- 5 ml **Knorr Dill Primerba paste**
- 2 gms **Knorr Fish Stock**
- 30 ml fresh cream
- 5 ml lemon juice
- Salt and Pepper to taste

METHOD

- Marinate the yellow fin tuna loin in **Knorr Dill Primerba paste** for 10 minutes. Sauté onion with butter and toss the boiled vegetables. Correct the seasoning.
- Heat the frying pan and cook the tuna until golden. Heat the **Knorr Mexican Sauce** in a sauce pan, add **Knorr Fish Stock** and **Knorr Dill Primerba** for flavour. Correct the seasoning.
- Placed the pan fried tuna on the sautéed spinach. Arrange the vegetables around the plate, and finish with the sauce. Garnish with dry fennel.

Class 05: Bread Loaves and Showpiece

1. Prepare and present: four types of breads (competitor's choice) and four types of breakfast pastry.
2. Bread is to be displayed with a bread showpiece. The showpiece will be included in the judging criteria.
3. Each individual to prepare his dough and bake his breads at his place of work and bring them to the competition for judging.
4. Tasting shall be part of the judging criteria
5. Types recipes required
6. Maximum area w90 x d75cm

Class 06: Friandises/Petites Four/Pralines/Nougatines

1. Five varieties.
2. Six pieces of each variety (30 pieces total).
3. Freestyle presentation.
4. Required one of each variety in a separate small platter for judge tasting.
5. Written description mentioning the theme is required.
6. Typed recipes are required
7. Maximum area w90 cm x d75 cm.

ARTISTIC DISPLAYS

Class 07: Chocolate Carving Showpiece

1. Free-style presentation.
2. No frames or supports.
3. Natural colouring allowed.
4. Minimal glazing is allowed.
5. No moulded work.
6. Maximum area: w80 cm x d75 cm.
7. Exhibit can be no more than 75cm in height including base or socle where used.

Class 08: Fruit & Vegetable Carving Showpiece

1. Freestyle presentation.
2. Light framing is allowed, so long as the construction of the piece does not depend upon it.
3. Maximum area w60 cm x d75 cm.
4. Exhibit can be no more than 55 cm in height including base or socle where used.

Class 09: Open Showpiece

1. Freestyle presentation (but see Rules and Regulations for themes to avoid).
2. Only showpieces made of edible food material will be accepted for adjudication.
3. Maximum area w90 cm x d75 cm.
4. Exhibit can be no more than 75 cm. in height including base or socle where used.



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GASTRONOMIC CREATIONS

Class 10: Five-Course Gourmet Dinner Menu

- Present a plated five-course gourmet meal for one person
1. The meal to consist of:
 - A cold appetiser,
 - A soup,
 - A hot appetiser,
 - A main course with its garnish
 - A dessert.
 2. Hot food presented cold on appropriate plates.
 3. Food coated with aspic or clear gelatine for preservation.
 4. Total food weight of the 5 plates should be 600/700 gms.
 5. Typewritten description and typed recipes required
 6. Maximum area w90 cm x d75 cm.

Class 11: Four-Course Vegetarian Menu

- Present a plated four-course vegetarian meal for one person.
1. Suitable for dinner service
 2. The meal consist of:
 - An appetizer
 - A soup
 - A main course
 - A dessert
 3. To be prepared in advance and displayed cold on appropriate plates.
 4. No meat, chicken, seafood or fish to be used, (meat-based gelatine glaze to enhance presentation is accepted).
 5. Eggs and dairy products are allowed.
 6. Total food weight of the four plates should be 600/700 gms.
 7. Typewritten descriptions and recipes required.
 8. Maximum area w75cm x d75cm.

Class 12: Presentation of Spanish Tapas

1. Produce eight varieties.
2. Eight pieces of each variety (total 64 pieces)
3. Four hot varieties
4. Four cold varieties
5. Hot food presented cold
6. Food coated with aspic or clear gelatine for preservation
7. Presentation on suitable plate/s or platter/s or receptacles.
8. Eight pieces should correspond to one portion.
9. Name and ingredient list (typed) of each variety required.
10. Maximum area 60cm x 80 cm.
11. Tapas to be based on Spanish traditional tapas and ingredients, presented in modern and up to date presentation style. Presentation to be suitable for a cocktail party style reception, pass around or buffet service.
12. A list of mandatory ingredients will be sent to all entrants.



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Class 13: New Arabian Cuisine

1. Present a plated five-course gourmet menu for one person.
2. Free style presentation.
3. To be prepared in advance, and presented cold on appropriate plates.
4. Food coated with aspic or clear gelatine for preservation.
5. Menu to be based on ingredients found in the Arabian Gulf and the Middle East.
6. Dishes are to have an ethnic touch and to be presented in an up-to-date setting and decoration.
7. The meal to comprise:
 - A cold appetiser
 - A soup
 - A hot appetiser
 - A main-course with appropriate garnish
 - A dessert.
8. Total food weight for the entire menu should be 600/700 gms.
9. Typewritten description and recipes are required.
10. Maximum area 90w cm x 75d cm

PRACTICAL ARTISTIC

Class 14: Individual Ice Carving

1. Freestyle.
2. 90 minutes duration.
3. Hand carved work from one large block of ice (provided by the organisers).
4. Competitors to use own hand-tools and gloves. A non-slip mat is mandatory.
5. Before the competition starts, competitors will be allowed 30 minutes to arrange and temper the ice block.
6. The use of power tools is forbidden.

Class 15: Ice Carving Team Event

1. Freestyle.
2. Two persons per team
3. 120 minutes duration.
4. Hand-carved work from three large block of ice (provided by the organisers).
5. Competitors to use own hand-tools and gloves. A non-slip mats is mandatory.
6. Great care must be taken with health and safety considerations. If an exhibit becomes in any way unstable or dangerous to competitors or public, it will be destroyed by the organizers.
7. The use of power cutting tills is forbidden but competitors may use hot air guns and cleaning irons.

Class 16: Practical Fruit & Vegetable Carving

1. Freestyle.
2. 120 minutes duration.
3. Hand carved work from competitor's own fruit\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.



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Class 17: Dressed Lamb - Practical Butchery

1. Prepare a whole, fresh, dressed lamb carcass into various ready-to-cook joints and pieces, some as required by the organisers, the others to competitor's choice.
2. Make a presentation of the finished cuts and off-cuts for exhibiting to the judges.
3. Cuts/joints can be suitable for foodservice or suitable for a retail butchery display.
4. Organisers will supply the dressed lamb for this class.
5. Each competitor will have one banquet table (supplied by the organisers) on which to work.
6. No power tools permitted.
7. Competitors to supply their own:
 - Tools and knives
 - Twine or netting
 - RED cutting boards (this is a municipality requirement and will be strictly enforced)
 - Garnishing
 - Display trays
 - Sundries
8. Time allowed: two hours
9. All tools and sundries will be inspected to ensure that they are hygienically suitable for food use.
10. Cuts required by the organisers are:
 - a) Neck slices or Neck boned.
 - b) 1 x shoulder, boned and rolled, tied or netted ready for roasting.
 - c) 3 pieces shoulder chops.
 - d) Spare ribs.
 - e) 1 x 8 rib Frenched rack.
 - f) Mid-loin chops from a short loin
 - g) 1 x Loin – eye.
 - h) 1 x Tunnel-boned leg tied or netted for roasting.
 - i) 1 x Seam-boned leg trimmed into its 4 primal cuts plus its bone-in shank.

NOTES ON THE PRACTICAL COOKERY CLASSES

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

Due to the fact that only one hour is given to complete the competition; competitors are allowed to bring with them an extensive mise-en-place. However, there are restrictions on how much pre-preparation the judges will tolerate. In all cases, the preparation, production and cooking skills of each competitor must be demonstrated during her/his time in the kitchen.

1. All food items must be brought to the Salon in hygienic, chilled containers: Thermo boxes or equivalent. Failure to bring food items chilled will result in disqualification.
2. All dishes are to be served in a style equal to today's modern presentation trends.
3. Portion sizes must correspond to a three-course restaurant meal.
4. Dishes must be presented on individual plates with appropriate garnish not exceeding 250g total food weight excluding sauces.
5. Competitors are required to bring their own bowls/plates on which to display their dishes.



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6. Competitors must bring with them all necessary mise-en-place prepared according to WACS guidelines in the hot kitchen discipline.
7. Competitors are to provide their own pots, pans, tools and utensils.
8. The judges will check appliances and utensils for suitability.
9. The following types of pre-preparation can be made for the practical classes:
 - Vegetables/fungi/fruits; washed & peeled – but not cut up or shaped.
 - Potatoes washed and peeled – but not cut up or shaped.
 - Onions peeled out but not cut up
 - Basic dough can be pre-prepared.
 - Basic stocks can be pre-prepared.
 - Basic ingredients may be pre-weighed or measured out ready for use.
 - Fish may be scaled and filleted and the bones cut up.
 - Meat may be de-boned and the bones cut up.
10. No pre-cooking, poaching etc. is allowed.
11. If a farce is to be used for stuffing, filling, etc., at least one of the four portions must be prepared in front of the judges to show the skill.
12. 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.
13. Typewritten description and recipes are always required. Sometimes, two copies of the recipe are required: one is to be handed to the organisers at registration, the other is to accompany the exhibit for the benefit of the judges.

PRACTICAL COOKERY

Class 18: Emirati Cuisine - Practical Cookery.

This class is designed to highlight the indigenous cuisine of the United Arab Emirates. The aim is to have it recognised as a cuisine in its own right, the presentation of which can be adapted and updated to reflect the changes and modernisation fast taking place in the country. The dishes must reflect traditional cooking methods and ingredients as used in local Emirati kitchens, either household or traditional restaurant kitchens. This class shall be judged with the assistance for authenticity purposes with an Emirati national.

The food presented must use authentic flavours and ingredients traditionally used in Emirati cuisine; however dishes are to be presented in a style to suit a modern restaurant service.

1. Prepare and present, within one hour, four identical individually plated main courses, using fish, chicken, beef or lamb as the main protein item.
2. Present the main courses within 60 minutes of the competition starting.
3. Typewritten description and recipes are required.

Class 19: Traditional Arabic Mezzeh - Practical Cookery.

1. Prepare and present, within one hour, three varieties of hot mezzeh and three varieties of cold mezzeh.
2. Total mezzeh to be sufficient for 4 persons.
3. No more than one of the following four varieties is allowed to be presented as part of the required mezuzahs. Hommous, Moutabel, Tabouleh, Fatouche.



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4. The style of each variety of mezzeh can be that of any of the following countries:
 - Lebanon
 - Syria
 - Jordan
 - Morocco
 - Egypt
 - Tunisia
5. Dishes must represent a variety of cooking methods.
6. Two Portions of the mezzeh will be served in the public restaurant; the other two portions will go for judging.
7. No ready made products are allowed.
8. Sauces must be assembled and finished at the competition.
9. Competitors are to provide their own mezzeh bowls.
10. Extra points will be awarded for new style/innovative and creativities in the mezzeh without losing the authentic flavour of the dish.
11. Typewritten description and recipes are required mentioning the country of origin of each dish.

Class 20: Fish & Seafood - Practical Cookery

1. Prepare and present, within one hour, four identical individually plated main courses, using fish and/or seafood as the main protein item.
2. Present the main courses within 60 minutes of the competition starting.
3. Dishes must be presented on individual plates with appropriate garnish not exceeding 200g total food weight excluding sauces.

Class 21: Beef - Practical Cookery

1. Prepare and present, within one hour, four identical individually plated main courses, using beef as the main protein item.
2. Present the main courses within 60 minutes of the competition starting.
3. Typewritten description and recipes are required.

Class 22: The Golden Coffee Pot Junior Team Challenge - Cold Buffet Presentation

This class is limited to eight international teams.
Entry is by invitation only

RULES AND REGULATIONS

NOTE

1. Please read the following regulations carefully. Non-compliance with any regulation could lead to a loss of marks or a complete disqualification.
2. These rules and regulations must be read in conjunction with the brief for each of the classes entered. The class brief forms part of the rules and regulations for the class.



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HYGIENE

3. Hygiene is of paramount importance throughout the whole of the salon culinaire. Bad hygiene practice by a competitor will result in disqualification.
4. A professional food-safety company will oversee all aspects of hygiene practice at the salon; additionally, it is quite possible that Dubai Municipality Food Control Section will conduct its own hygiene inspections as and when it sees fit. The organisers 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. Be careful with your production; storage; carriage and reconstitution hygiene practices.

THE SECRETARIAT

5. The Emirates Culinary Guild (ECG) is the body responsible for the creation, organisation and administration of the Emirates Salon Culinare (ESC).
6. ESC is governed by and construed according to the rules of the organisers. The organisers have sole authority to adjudicate on any and all matters pertaining to the Emirates Salon Culinare.
7. An entrant's acceptance of participation in ESC shall be construed as confirmation of his/her undertaking to submit unconditionally to the jurisdiction of the organisers in regard to all aspects of ESC.
8. The address of the Emirates Culinary Guild (ECG) for all correspondence and inquiries referencing The Emirates Salon Culinare is: The Emirates Culinary Guild, PO Box 71963 Dubai, United Arab Emirates. Tel: + (971) (4) 3403128. Fax : +(971) (4) 3473742. Email: theguild@eim.ae

COMPETITION ENTRY

9. Participation in ESC is open to anyone who is professionally employed in the preparation of food.
10. Unless the organisers specifically mention a class as being a team event, all classes at ESC are for entry by a single competitor.
11. A competitor may enter as many classes as he/she wishes, but is restricted to one entry per class.
12. A completed entry-form should accompany the entrance fee. Completed photocopies of the form or details on a company letterhead are acceptable as an entry.
13. Completed entry-forms or letterheads must be endorsed by the Head of Department or General Manager of the establishment concerned.
14. Due to lack of space in the practical cookery classes, entry is restricted to 5 entries per class per hotel on a first paid-first-accepted basis.

ENTRY FEES

15. The fee for entry to any class of the salon is AED:100/= (One Hundred) per person per class.
16. Fees must be submitted along with completed entry forms: by way of cash or cheque made payable to: M/s. JHFT 021-092499-002
17. No entry to any class will be confirmed until the appropriate fee is paid. Entries will be accepted strictly on a first-paid-first-confirmed basis.



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SALON MARSHALS

18. A salon Marshal-at-arms will be recognisable by a badge displaying the logo of the Emirates Culinary Guild and the legend 'ESC Marshal'.
19. Marshals are charged with ensuring that the rules and regulations of ESC are observed by all concerned.
20. Competitors, helpers and visitors are all obliged, without question to cooperate with the marshals at all times.

COMPETITORS AND HELPERS

21. Each contestant is allowed one helper to assist him/her with carrying equipment. No other help is allowed to a competitor within the preparation area.
22. A competitor must wear full; freshly laundered chef's uniform with appropriate headgear and footwear when attending at the exhibition.
23. A competitor's helper must wear full; freshly laundered chef's uniform with appropriate headgear and footwear when attending at the exhibition.
24. If a competitor is incorrectly dressed whilst at ESC, his/her exhibit will not be judged.
25. If a helper is incorrectly dressed he/she will not be admitted to the exhibition.
26. Competitors and helpers must not wear any logo, mark or identifying colour, except those supplied by the organisers.
27. Logos, marks and identifying colours provided by the organisers must be worn by the competitor and helper in the position indicated to them by the organisers at the time of registration.
28. Competitors and helpers must enter with exhibits through the stipulated gate at the rear of the exhibition hall in which the salon is being held and attend at the organisers' registration booth to complete registration formalities.
29. A competitor entered in a practical competition must register at least 15 minutes before the commencement of the competition.
30. Any competitor not in place and ready to start at least five minutes before the time a competition commences, will be disqualified.

EXHIBITS

31. 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 the Head of Department or General Manager.
32. 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.
33. All exhibits must be of edible substance except for framing, socles and stands where they are allowed.
34. It is forbidden to use any living entity whatsoever as part of an exhibit (e.g. tropical fish).
35. It is forbidden to depict religious, nude or political themes in an exhibit.
36. All exhibits must be suitable for presentation as a decorative item in a family restaurant setting.
37. An exhibit must not carry any logo, label or mark of identification; however, a competitor or helper must be able to identify his/her exhibit if required.
38. Each competitor is responsible for his/her own exhibit and should ensure that it is available in its proper place for judging on the day and time specified.
39. Exhibits to be judged must be registered and in place by 09:00 hrs.
40. No preparation or finishing of exhibits is allowed in any area except the designated preparation area at the rear of the salon area.



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- 41. Finished exhibits must be placed in the position indicated by the organisers.
- 42. No interference with an exhibit is allowed once the organisers have deemed it as submitted for judging.
- 43. A competitor must leave the judging area as soon as his/her exhibit is in place or when instructed by the organisers, whichever is the sooner.
- 44. No competitor or anyone from his/her establishment is allowed to approach or speak with or at a judge without the express permission of the organisers.
- 45. Competitors must remove their exhibits only when instructed by the organisers.
- 46. Any exhibit removed from display without the permission of the organisers will be disqualified from receiving any award.
- 47. An exhibitor may, at the discretion of the organisers, be requested to move his/her exhibit to a separate enclosure to remain for part, or for the duration, of the exhibition.
- 48. Failure by a competitor to register or exhibit at the specified time could result in disqualification.

AWARDS

- 49. Gold, silver and bronze medals and certificates and certificates of merit are awarded solely at the discretion of the judges.
- 50. The decision of the judges is final and each competitor agrees to abide by it without comment.
- 51. Certificates and medals will normally be presented at c.18:00 each day; but this may change according to circumstance.
- 52. 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 organisers.
- 53. A competitor or his/her helper must be correctly dressed as stipulated in the rules when collecting medals or certificates

THE GOLDEN COFFEE POT CHALLENGE COLD BUFFET PRESENTATION

- 54. This class is limited to 8 international teams and is by invitation only.
- 55. Invitees are provided with a copy of the class brief.

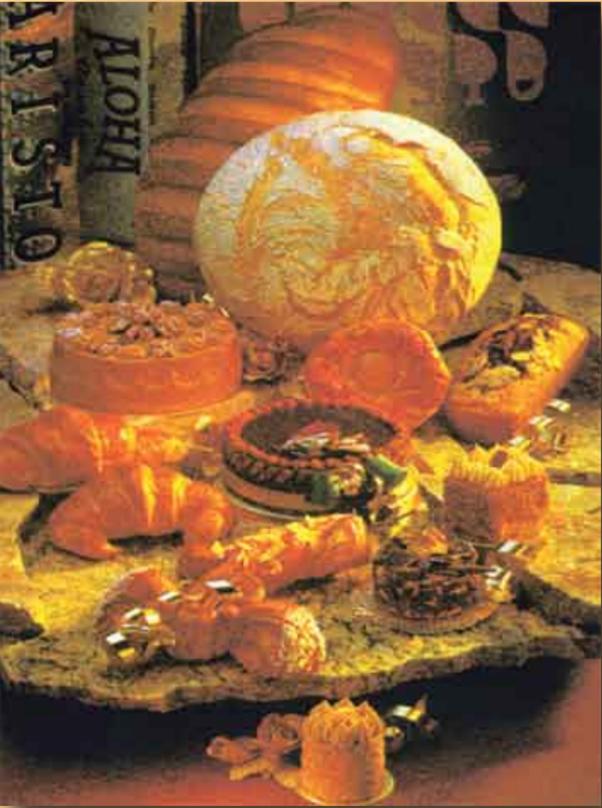
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- 56. All exhibitors and competitors at ESC assign all rights concerning videos, photographs, menus, recipes, exhibits, sound recordings etc. to the Emirates Culinary Guild.
- 57. Disclaimer:
- 58. The organisers are entitled to cancel or postpone the Salon, or to alter the duration, timing or schedule of any event.
- 59. The organisers 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.
- 60. The organisers will not under any circumstances be held liable or responsible for the loss or damage of any exhibit, equipment, goods or personal effects.

INFORMATION FOR THE YEAR 2010

1. Dates of the competition: 21st to 24th February.
2. Venue: Zabeel Hall at Dubai International Convention and Exhibition Centre
3. Entry to the competition through the gate at the rear of Zabeel Hall.
4. The closing date for receipt of completed entry forms and fees is 25th December 2009.
5. Access to the preparation area begins at 07.00 each day.
6. Registration of exhibits commences at 07.00 each day.
7. On the first day (21st Feb), the morning entry might be delayed due to security checks by Dubai Police. Allowances will be made to competitors to make up for any time delays suffered.

the Gourmet Art



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Ahuja M.S, Elfab Co. LLC, receiving the membership certificate from Chef Uwe Micheel, President, Emirates Culinary Guild.



ELFAB. WHERE QUALITY COMES FIRST.



Elfab was established in 1975 in Dubai, United Arab Emirates. The company has over 3 decades of experience in the Middle East region in the sale of Chilled, Frozen Meat and Seafood products. Elfab Co LLC has its head office in the Dubai Investments Park, Dubai, and a branch office in Ras Al Khaimah.

Over the years, they have invested hard work and dedication, especially to win customer satisfaction and confidence through the supply of quality food products and service throughout the UAE. As an independent company, Elfab has grown from modest beginnings to become a leading proactive

marketer in the Middle East, with no compromise on principles on quality and service.

Presently, Elfab is dealing with leading international meat suppliers from all over the world. Our range of products cover quality frozen and chilled meats, poultry, frozen vegetables and frozen sea food. This diverse range of products is widely distributed across the country to 5-star hotels, Hypermarkets, Grade A Supermarkets, Airline catering companies, various government institutions and grade A restaurants.

We imports meats and seafood mainly from Australia, New Zealand, USA, Brazil, Paraguay, Holland, Germany, Hungary and Belgium - mainly through sea shipments as well as air shipments - regularly.

Elfab has its own HACCP and ISO Approved warehouse distribution facility in Dubai Investments Park. We have over 1250 MT capacity of cold storage, and over 20 refrigerated trucks to ensure a smooth delivery system that covers all the emirates every single day.

Importers, Distributors of Chilled/Frozen Meats & Seafood Products

P. O. Box: 3352, Dubai, UAE. Ph: +971 04 8857575, Fax: +971 04 8857993, Email: elfab@emirates.net.ae





Mr. Gerfried Pichler, Managing Director and Mr. Hans Böttcher, Managing Director, Germany and Middle East, Frisch & Frost, receiving the membership certificate from Chef Uwe Micheel, President, Emirates Culinary Guild.

FRISCH & FROST

DAS BESTE AUS ÖSTERREICH

Frisch & Frost (and the brands Bauernland and Toni Kaiser) is one of the biggest frozen food producers in Austria. The company is the biggest producer of French fries, potato salad, sweet yeast dumplings, semolina dumplings and filo pastry in Austria. The company is proud that it has been supplying McDonald's with golden MacFries in numerous central European countries for over 27 years. In 2008, Frisch & Frost processed around 101 thousand tonnes of Austria potatoes. In the previous business year, the company turned over €67.3 million with its 270 employees.

The brand Bauernland represents high quality potato delicacies and ready-made products from Austria. Carefully selected, natural and original ingredients, local recipes as well as the strictest quality standards ensure Bauernland's unique and renowned premium quality. The popularity of the brand on the other side of Austria's borders

has been proven through numerous international awards.

For Frisch & Frost, excellent quality is highest priority, which is in keeping with its mission statement "The best from Austria". Sustainability is also a very important part of the Frisch & Frost philosophy. The extension of the organic gas facility to produce electricity and the optimal utilization of electricity during production comes naturally to Frisch&Frost.

The brand Toni Kaiser was the founder of the frozen yeast dumpling, and is a specialist for traditional Viennese desserts. Furthermore, Toni Kaiser is the only industrial supplier of the Original Viennese Apple Strudel. Not only at home, but also abroad, products like the Original Viennese Apple Strudel and Original Giant Yeast Dumplings have experienced strong growth.

Frisch & Frost will continue to expand its engagement in the Arabian peninsula, especially as its sweet products fit very well into the Arabian world. At Gulfood 2009, Frisch & Frost presented its innovations and successful export products like organic potato wedges and home-made röstis.

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GULF GOURMET

FROM US, FOR US.



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Winterhalter ME

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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: _____

Tel. Home: _____ Type of Membership Required: (Please tick one)

Fax Home: _____ Corporate Senior Junior

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:.....

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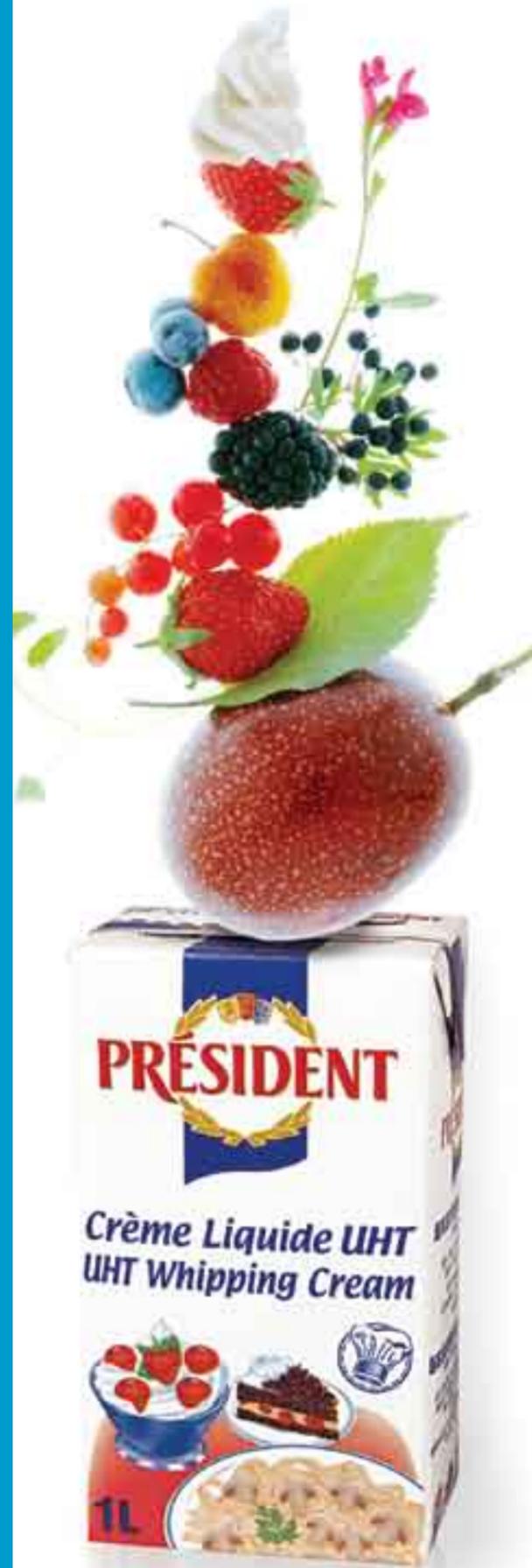
Remarks: _____

Payment received? _____

Certificate Given.	Pin Given.	Medal & Collar Given
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Approved President.....	Approved Chairman.....
-------------------------	------------------------

Fees:
 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.
 Junior Members: Chef de partie or below Dhs: 50/= membership valid for duration of member's stay in UAE.
 Includes member-pin and certificate.



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