

Gulf Gourmet

AUG-SEP 2012

FROM US, FOR US.

» Cooking Basics

Revisiting cooking methods with Zeinab Maktabi, Nestle Professional Nutritionist

» Wasabi Zing

Minato's Chef Takeyuki Nakagawainato experiments with his favourite ingredient

The New Brigade

Meet the youth spearheading the all-new culinary initiative called the ECG Young Chefs Club

Chef's first edition.
Chef's best addition.

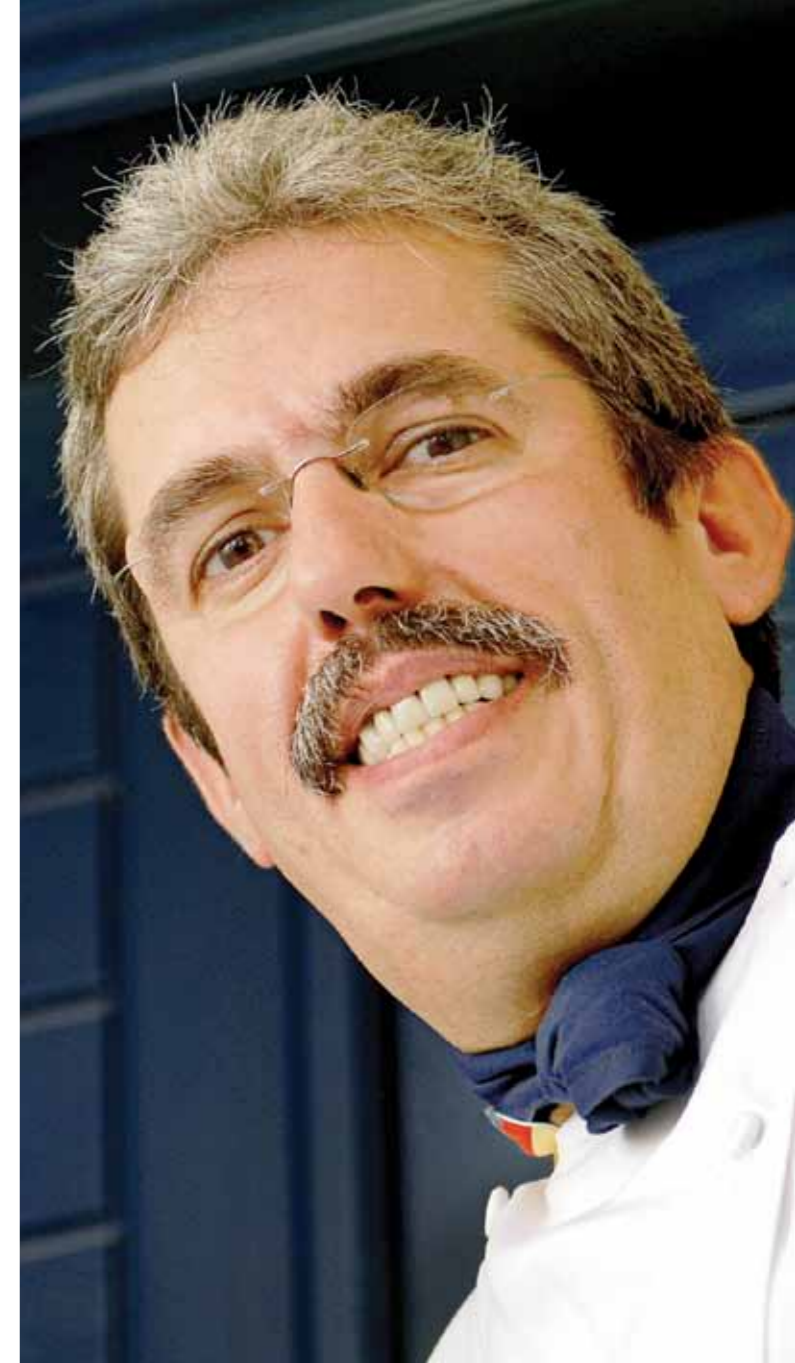


Knorr. Established in 1868.



Discover food solutions that cater to all your needs.
Unilever Food Solutions, tel: +971 4 881 5552
UAE Distributor: +971 4 347 0444 / +971 4 347 3455

From the President's station



Dear Fellow Chefs, Ladies and Gentlemen,

Welcome to the August-September Issue of our Gulf Gourmet; the first issue after summer break and the Holy Month of Ramadan. I hope all had some time to rest and be recharged for the busy season to come.

We had a great first six months in 2012, with a very successful and interesting Salon Culinaire in February, the success of our team at Hotel Olympia in London, the team in Singapore, the MLA Black Box final in Australia, Daniel and Benjamin's fantastic performances at the Wacs Congress in Daejeon Korea. And we closed the first half with the trip to Beijing, China, where all our team members came back with a Gold Medal. Chef Sebastian Nohse and his team from Madinat Jumeirah brought the main trophy for the Best overall Team back home beating US and Singapore in place 2 and 3.

I am sure training is on in full swing for the Burjuman Junior Chef 2012. We will be in Burjuman September 19-22. I am really looking forward to our new introduced Live Class Emirati Cuisine. Next on the calendar is IKA, the Olympics in Erfurt. Our team of 10 competitors and 4 helpers is planned to leave for Germany on October 2.

I would really like to thank our team sponsors for making this trip possible. First of all Mr. Jeyram of Barakat our Gold Sponsor. A big thank you as well to Elfab, Unilever, Meat Live Stock Australia, RAK China, Lufthansa our Official Airline, Micheel "Das Küchenstudio" our Kitchen Host and Master baker. We wish the Team all the best and hope they have a very successful and safe trip.

Please do not forget to start training and to prepare for the 3rd La Cuisine Du Sial that is happening from November 23-27 in Abu Dhabi.

Also, please do look at the Friends pages to check our supporters and make sure to support them when you can. All contact details are on the back of the magazine. Finally I would like to thank Chef Youssef Darwish and the team from Taj Palace for hosting the June meeting.

Culinary regards,

Uwe Micheel

President of Emirates Culinary Guild

Director of Kitchens

Radisson Blu Hotel, Dubai Deira Creek



All the passion with *no* regrets.

Importers know that USA Pears offer consumers a great eating experience—with no repercussions. Fresh from the Pacific Northwest, USA Pears are in excellent quality and volume, and should be a big part of your fruit program this season.

Get passionate about pears. You won't regret it.

For all of your USA Pear import needs, contact:
 Jeff Correa, International Marketing Director
 Pear Bureau Northwest
 4382 SE International Way, Suite A
 Milwaukie, Or 97222
 Tel: 1-503-652-9720
 Email: jcorrea@usapears.com



www.usapears.org



Contents

03 **From the President's Station**

08 >> **Friends of the Guild**
 Brands that support the
 Emirates Culinary Guild

14 >> **Chief Speak**
 Exclusive interview with
Ashraf Helmy of Iberotel
 Miramar Al Aqah Beach Resort



31 >>



14 >>

18 >> **Cover Story**
 Meet the youth spearheading
 the all-new culinary initiative
 called the ECG Young Chefs Club

27 >> **Nutritional Basics**
 Revisiting cooking methods
 with **Zeinab Maktabi**, Nestle
 Professional Nutritionist

31 >> **BurJuman Treat**
Eisa Adam Ibrahim, General
 Manager, BurJuman talks about
 BurJuman World Food Festival 2012

35 >> **My Favourite Ingredient**
 Minato's **Chef Takeyuki**
 Nakagawainato enlightens us
 with a Japanese ingredient

Leading supplier of Foodstuff's in the U.A.E & Middle East



Established in 1987, Hamid & Kumar have progressed to be one of the largest importer & distributor of FROZEN (beef/poultry/seafood) & Dry (canned goods/rice/sauces) food products.

The company has full range of products in stock and are well known for their reliable deliveries.

The company keeps investing in the infrastructure to meet the client needs. We are HACCP certified and working towards acquiring more certification in the near future.

FROZEN DIVISON



DRY FOOD DIVISION



SEA FOOD DIVISION



FROZEN PRODUCTS DIVISION

P.O. Box 50092, Dubai, UAE
Tel: +971 4 3476000, Fax: +971 4 3473981
Email: hkdx@emirates.net.ae

DRY / NON FROZEN PRODUCTS DIVISION

P.O. Box 13464, Dubai, UAE
Tel: +971 4 3474712, Fax: +971 4 3474571
Email: hkintl@emirates.net.ae

www.hkfoodgroup.com



General Foodstuff Suppliers

**HAMID & KUMAR
ENTERPRISES L.L.C.**

Contents

- 40» **ECG Meet**
Last June's Guild meet sees huge turnout to network
- 41» **Best in Beijing**
Team UAE pips team USA to win Gold at the Beijing International Cuisine Competition (BICC)
- 44» **Meet the Judges**
Meet the top chefs judging Junior Chef of the Year 2012 this month
- 47» **Rules & Classes**
A complete guide to the rules and regulations as well as the classes to be held at this month's Junior Chef of the Year competition
- 61» **New Members**
New and renewed corporate members of the ECG

- 64» **Big Daddy's Kitchen**
A monthly column with culinary attitude from our resident Big Daddy



35»

friends of the guild



دائرة السياحة والتسويق التجاري
Department of Tourism and Commerce Marketing

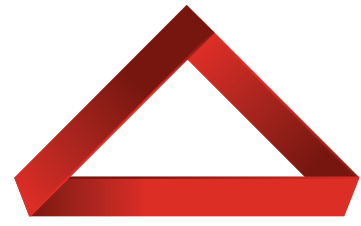


friends of the guild



friends of the guild

friends of the guild



ASAAT



JM Metal Trading LLC

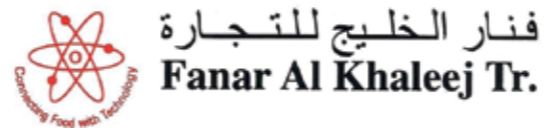


Lamb Weston





Master of Performance



OCEAN FAIR INTERNATIONAL



ARAMTEC



winterhalter



MASTERBAKER MARKETING FZCO



International Suppliers of Quality Food



الماسة ALMASA



مؤسسة باقر محبي since 1931 BAQER MOHEBI EST.



Maintaining the harmony

Ashraf Helmy, General Manager & Area Business Development Manager, Iberotel Miramar Al Aqah Beach Resort tells us about the advantages and challenges of running a five-star property in the East Coast

Tell us about your career journey.

I started out in 1978 with the hotel and tourism sector in Egypt as I wanted to be on my own and not depend on my father for money. I was in university when I took up part-time jobs. I joined Meridian as a concierge followed by Hilton where I worked on the cruise. I then worked at the reception before joining the army. Following my military service I went back to the hotel industry and worked within F&B, got promoted to senior shift leader and finally hand-picked for management training.

Unfortunately, after 2 years the training was shelved and I had to return to the front office. I decided to do the course on my own in between my shifts. I trained across all departments from house-keeping to laundry and even engineering. That sealed my promotion to Guest relations manager followed by night manager and then Operations manager for the company.

I then moved hotels when offered the role of Resident manager and finally took up the position of hotel manager in 1998.

I opened the first hotel for Makadi followed by another project called Makadi Marine, then Makadi Star. This helped me become the Assistant Area Manager for Makadi Bay which was a group of 7 hotels. Within 18 months I was promoted to Area Manager and I stayed there for two and half years before deciding to open our hotels in the Gulf.

I moved to Fujairah to set-up the first Miramar hotel. We are building a second property adjacent to this one and soon we will have a third plot of land to develop something on the lines of Madinat Jumerah. Our goal is to have a lot of cafes, restaurants, shopping and various other activities.

So when it comes to opening hotels you in this region, you arguably have unparalleled expertise...

I have opened 9 properties including cruise boats. This property took a little long to expand but I like the area, I love the hotel as every day there is something new. Every day is something different. I am never bored.

You helped open the Emirates Grand Hotel. Does that not fall under this management?

We did open Emirates Grand Hotel and another hotel in Dubai. We faced some issues and since we were unhappy with the way things were going we decided to quit.

As the GM of the hotel, how involved are you with the F&B?

Well F&B is my passion. I studied F&B in university and during the management training I had a lot to do with the kitchen. I am always working with the chef on all the new menus. We work together on new ideas, concepts... all these go hand in hand.

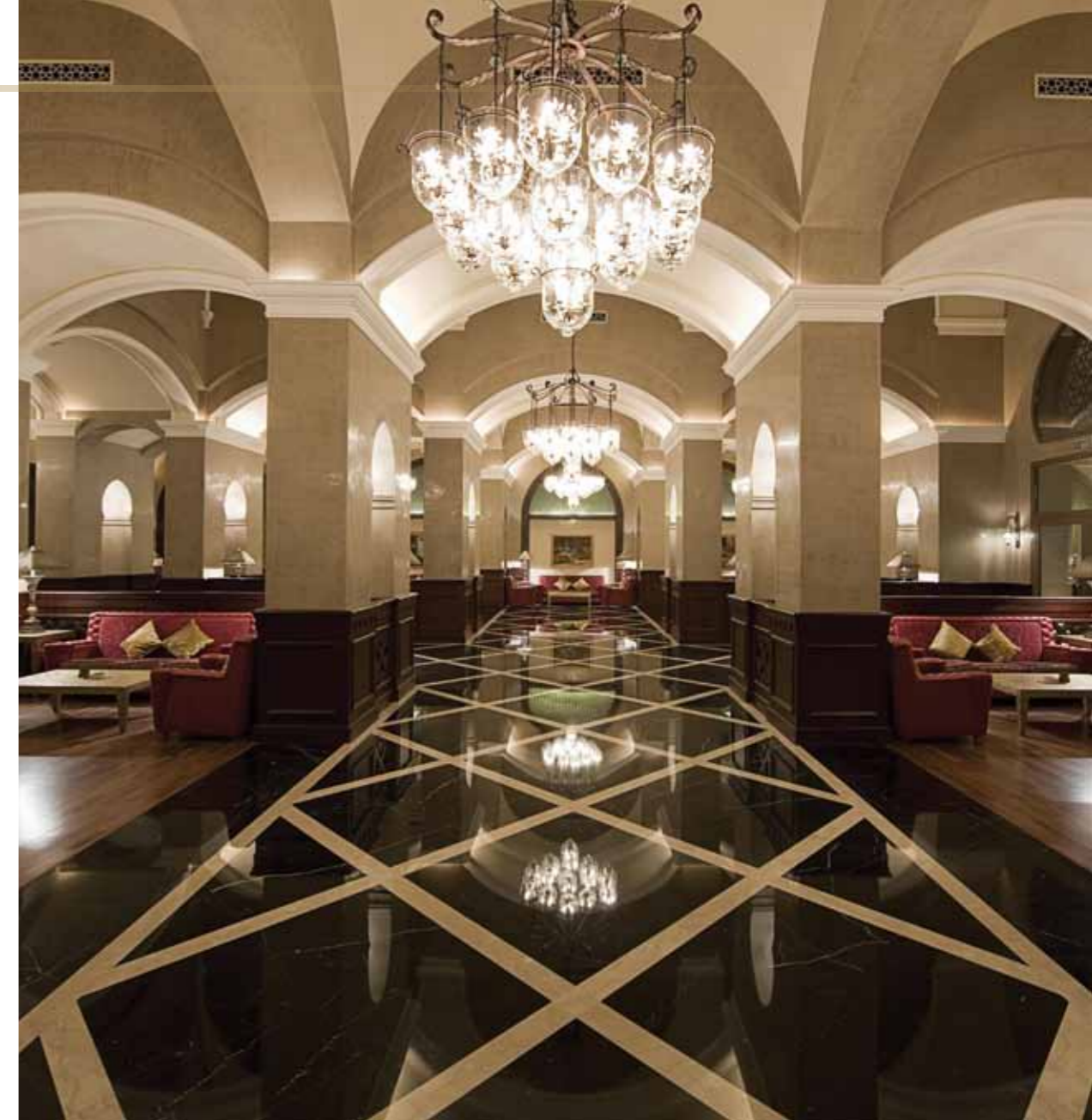
Could you tell us more about your F&B outlets in your hotel?

Well this hotel has one of the biggest offering of outlets in the East Coast. The Miramar Al Aqah Resort features an excellent selection of delicious dining options including international and traditional Middle Eastern specialities. Shisha Corner, the hotel's traditional Arabic café, is also well

“

We believe that the investment is not in the building, the lighting or the technology. I believe that this is business about people so you have to invest in people





worth a visit just as the Asian-fusion and Italian à la carte restaurants.

Our Italian restaurant has one of the best bars plus terrace. During winters we have 2 bars on the beach, this is excluding the pool area. We also have the only discotheque in the area called the Bliss. It's a one of the main attractions for guests in this area

So you are ensuring your guest is occupied plus attracting people from adjacent resorts?

That's 100% right. Being in this area you have to be very creative. Guests stay with us 7 nights on average so I have to make all 7 nights different, else they get bored and if they get bored they will complain.

“

The only thing I say to all the chefs and to all the people who work in this industry is do not take this job just for the money

To effectively run so many different concepts in place you need good talent. How tough is it to attract and retain quality people?

When we were opening the hotel, I made sure I met every single person that was hired. I was lucky to find the right people. I tell everybody in my hotel that working here is not a job but a passion and a lifestyle. If you don't have that you are in the wrong place. It is a tough job and the reward lies in the satisfaction of the guest. So I have to ensure that every person here believes in this.

Here in Miramar, we believe that the investment is not in the building, the lighting or the technology. I believe that this is business about people so you have to invest in people. This is why we keep doing things for our staff either the on the professional side like training and on the personal side we ensure they have their own gyms, internet, activities, etc. We have competitions for them all the time whether it's for fun or education.

This hotel is very active in that. Also, we also involve them in the direction that the hotel is heading towards. We don't make a decision without talking to our people and getting their suggestions.

Does someone like a Commis have a say too?

Everybody has a say. I read every comment from the sug-

gestion box put in by my staff. When things were bad we did not fire one person. Actually the record of getting rid of people from our hotel is almost zero unless the person is real inefficient. Otherwise we try to find the problem and train him more and see if he has some financial or family problems.

Whatever it maybe it's like a team and a family over here. I actually know a lot about my staff and about their families. I am into that very much. We live here much more than we live with our families so I maintain a feeling where it's more of a family, where we do care about each other, we communicate very well and we make sure we understand each other. That is what keeps people getting attracted to our place. We do not get people for the higher positions from outside as we try to build our own people.

Your chefs win a lot of competitions. What's the secret?

Most of the people who got the medals and awards have not come from outside. They joined us as Commis I or Commis II. Our Executive Chef Prasad is very passionate about his job and I support him totally. I never say no to a competition although I lose a lot of my staff because of that. Other hotels start attracting them.

For me I believe it's kind of a commitment to the industry. We have to push our people to be the best we have to let

them learn more. Whether they are going to remain or leave it doesn't matter. Even if they go to another hotel they will train others and those people would come back to my hotel. So it's our commitment to the industry to push it to be the best and take it to the highest level possible.

You are extremely passionate about the job. Do you find yourself micro-managing everything?

No, I don't impose my ideas. I believe that every head of department is best placed to run things the way they want. But again, being their manager, it's my responsibility to make sure everything works in harmony.

What is your advice to young chefs?

The only thing I say to all the chefs and to all the people who work in this industry is do not take this job just for the money. This is your life. If you like it welcome to the job and you will find great rewards for sure. Else there are a lot of other career options to choose from.

For the senior people I would say, guys, you have to share your knowledge with your subordinates. Teach them because you will have secrets that are not necessarily found in books. One day somebody gave this knowledge to us and it's our responsibility that we pass it on to our younger generation.



Young & Restless

Aquin George meets the founding members of the all-new Emirates Culinary Guild Young Chefs Club and finds out its genesis and its vision for chefs below the age of 25

SIAL 2012

The Middle Eastern Food Exhibition

Middle East

26-28 November 2012, ADNEC



Consider yourself a bit of a masterchef?

Are you below the age of 25? Do you work full-time in the kitchen of a hotel, restaurant or catering company? Are you a resident in the UAE?

If your answer is yes to the above three questions, here's good news. The Emirates Culinary Guild now has a Young Chefs Club (ECGYCC) that was conceived by youngsters just like you.

Yes, young chefs who felt like they were being made to work like machines and people with no god father in the hospitality industry. The only difference is that they were lucky enough to network with the outside world.

And now that they have created a platform for young chefs and cooks they want you to come and get your

“

This is a platform that specifically understands the needs and the challenges faced by those below 25. We are all in similar situations so it will be easier for us to understand youngsters



Ruche Thammitage

This Chef from Atlantis is a smart go-getter who has managed his position as chairman purely through his confidence and smart work. He's grown from Commis III to Chef De Partie in just two years. His secret is going out of his way, showing initiative and doing work demanded by a role above him. His dream is to see the ECGYCC become the world's best Young Chefs Club. "I mainly want this platform to help people network. When I first saw Chef Uwe, talking to him was beyond my wildest dreams. Similarly, I never thought Benjamin would be my friend. I only saw his pic on the cover of the magazine. But ECG gave me the opportunity to meet people and I want other young chefs to have similar opportunities," he says.

Strategic partner



Compete alongside hundreds of other chefs across a range of disciplines at La Cuisine by SIAL

For further information contact the Emirates Culinary Guild.

Register to attend **SIAL Middle East** free of charge at

www.sialme.com



Culinary partners:



Co-located with:





Prarit Sumonratanakul

The 20-year-old son of an Executive Chef, Prarit has the advantage and insight that his peers do not. A Commis at Crowne Plaza Hotel, he says, "I was lucky to have my dad guide me. Unfortunately most people do not have that advantage. I want the ECGYCC to provide the network that allows people to connect, give people the confidence to compete, and most importantly grow in their career. I have seen people with 15 years of experience and no knowledge of what's happening outside. Sad fact is that many people keep jumping from one hotel to another without ever growing in their career. They don't realise that they can grow within their own hotel if only they could learn more and improve their skills. I want ECGYCC to help youngsters grow."

chance. A chance to learn the basics, network with others, explore opportunities, and all this without having to leave your comfort zone. Before we tell you more about it, here's the story behind the birth of ECGYCC, a member of the World Association of Chefs Societies (WACS).

Four months ago, the UAE contingent that flew down to South Korea for the WACS Congress included five youngsters. Benjamin Koidl, an Austrian, whose overnight shot to fame saw him competing for the World Title of Hans Bueschens Junior Chef of the Year. Karan Naik, an Indian, who was lucky enough to be picked by Daniel Edwards as assistant for the finals of the Global Chef Challenge. Wu Lei (Emma) from China, who was Benjamin's assistant. Ruche Thammitage, a

Sri Lankan, who was selected to be part of the contingent. And similarly Prarit Sumonratanakul from Thailand.

Says Karan, "During our trip to South Korea we came across many youngsters representing their national team. That's when we first realised that there was something like a national Youth Club for chefs. Some countries had two youth clubs. We attended a meeting of the world's youth clubs and saw the impact they had."

"This made us a bit jealous," says Emma. "We just looked at one another and we all had the same thoughts going through our mind. We too deserved to have our own Young Chefs Club."

The five talked about it and decided that once the Korean

event was done and over with, they would approach Chef Uwe Micheel, the President of the Emirates Culinary Guild and present the idea to him. "We approached him at the airport prior to our flight back to the UAE," says Benjamin, "and he said yes. He asked us to come up with a detailed plan on how the Club would function and he would support it whole-heartedly."

"Our first meeting, the founding members meeting, took place on board that long flight. We were so excited, we didn't sleep. All we did was discuss everything from the name, to the rules and more. Our detailed plan was ready by the time our flight had landed," says Prarit.

The ECGYCC as it was eventually named has already had over six meetings in first three months. Mind you, these are young chefs working crazy hours and have to find time after hours to meet up. So how do they do it?

Ruche says, "We discussed and decided to request our respective hotels to give us the same day off. We all chose Tuesday and that's how we made it happen."

While the ECGYCC, being a part of the WACS, only allows those under the age of 25 to actively participate in competitions, etc. they also allow those up to the age of 28 to join the Club as members and take advantage of the networking and learning opportunities. "This is because we know there are a lot of Commis over the age of 25 who missed out when they were young and would like to have a platform that helps them grow," says Benjamin.

"When I came here I never thought I could go to Korea or meet such big chefs. Thanks to ECG I could see and meet more people. Such platforms give you the opportunity to experience the industry outside your workplace," says Ruche, explaining his passion for the ECGYCC.

Says Karan, "We have decided to first build the club, bring in people, showcase what's happening in the outside world,

25

The club has already seen 25 people attend its last meeting and has managed to get over 175 likes on its Facebook page

“

We discussed and decided to request our respective hotels to give us the same day off. We all chose Tuesday and that's how we made it happen

THE TOP GUYS

Ruche Thammitage
Chairman

Email: ruchi.thammitage@live.com

Benjamin Koidl
President

Email: koidl.benjamin@gmail.com

Karan Naik

Vice President (UAE)

Email: karanprince70@gmail.com

Prarit Sumonratanakul

Secretary General

Email: prarit_s@hotmail.com

Wu Lei (Emma)

VP Public Relations

Email: 285171406@qq.com

Fouad Seno

VP Social Events

Email: fouad_seno@hotmail.com

Rajith Priyanga

VP (Fujairah)

Email: rajith.priyanga@yahoo.com

Joshua Thong

Coordinator

Email: joshthong@gmail.com

Wu Lei (Emma)

When Emma joined the Jumeirah Group of Hotels and Resorts, she was too shy to speak in English. "I didn't speak for a week and would cry on my 40-minute bus ride home," she says. This same girl, with her hard work and patience, has seen a promotion each year over the past four and a half years. She now works in the main kitchen (the only female) managing a section on her own and long hours don't scare her. She has won a few medals over the last few years and now wants to create a platform where youngsters from non-English speaking countries can come and gain confidence and grow in their careers. "If I can, anyone can," she says.



and look at how as young chefs can contribute more. We need a UAE Young Chefs national team in international competitions and highlight our strengths."

When asked how YCC will be different to ECG considering the latter already allows young chefs to join and attend meetings, Emma says, "There are a lot of young chefs who are not confident of walking up to top chefs and networking with seniors. This is a platform that specifically understands the needs and the challenges faced by those below 25. We are all in similar situations so it will be easier for us to understand youngsters."

"None of us, except Ruche, were ever members of ECG," says Karan. "It's only because of the competitions that we

were able to meet one another and learn so much."

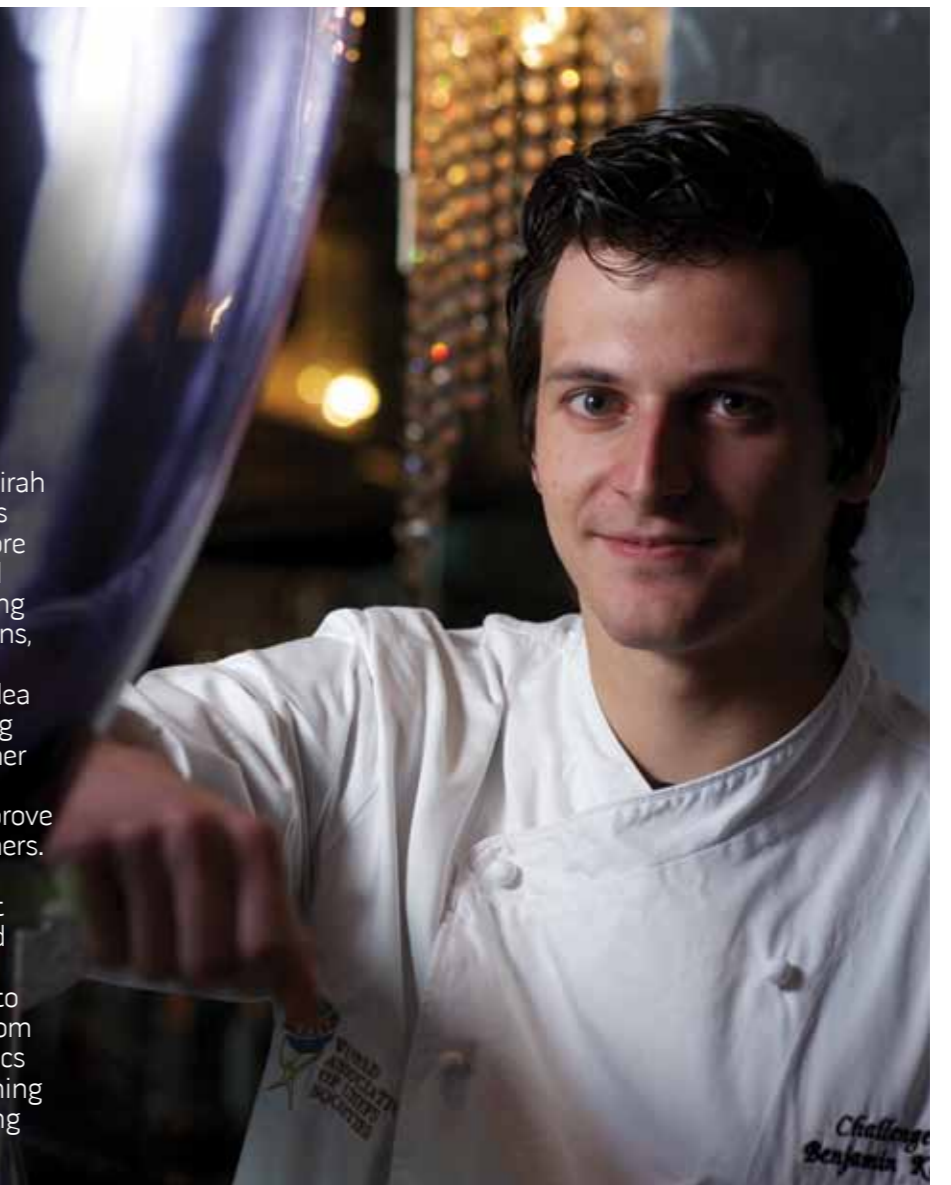
"Also, the ECG only allows Chef de Partie and above to join as members. We allow Commis and Cooks as well," says Parit. So what else apart from networking does the ECGYCC do for these youngsters?

"We will help members stay abreast of all the competitions taking place locally and internationally. We will enable training sessions with local hotel schools. This will be a two-way partnership that allows the school's students to understand the reality of working a hotel's kitchen and in return young chefs can go to the schools to learn or refresh their basics," says Karan.

"There will be career opportunities to explore, workshops

Benjamin Koidl

This young Chef from Jumeirah Group of Hotels and Resorts is working hard at being more confident, staying calm and practicing more. "I am looking forward to more competitions, preferably revisit the Hans Bueschkens," he says. His idea of the ECGYCC is connecting young chefs with one another and allowing them to share experiences. "You must improve yourselves and improve others. Many are afraid to stand up and talk to people. We want to encourage them to stand up. We want to use Demi Chefs and Chef the Parties to guide Commis coming in from stewarding to get their basics right. This is just the beginning and we are looking at making the base strong," he says.



to enhance your knowledge of the craft, understand what's happening around the world, start identifying exceptional talent and push them to do better, and of course train people to take up our positions when we move out," says Karan. The club has already seen 25 people attend its last meeting and

has managed to get over 175 likes on its Facebook page. You can meet and talk to the founding members from September 18-22 at the BurJuman Junior Chef of the Year competition. You can also email ecgycc.uae@gmail.com or Like 'Emirates Culinary Guild Young Chefs Club' on Facebook.



Karan Naik

Attributing just a quote to Karan would be doing injustice to his thoughts. Nothing short of a book would suffice. The Commis from Address Hotel has relentless energy and his passion for the ECGYCC is incomparable. In most organisations there is one person who does all the ground work and another person who talks about it. Karan straddles both roles with absolute ease. His conviction about the role of ECGYCC and its future potential is absolutely convincing and he manages to push people on the ground to make things happen. If there's one thing you can say with absolute surety, it's that as long as Karan has his heart here, no earthly force can stop the Club from growing strength to strength.

Cooking and nutrition

Nestle Professional Nutritionist, **Zeinab Maktabi**, talks about the different types of cooking methods and its impact on nutrition

Cooking is either an art or a science depending on how you view it. However, the one thing you cannot deny is the fact that it is imperative to realize the importance and understand the finer nuances when it comes to the basics of cooking.

This month, Zeinab Maktabi, a Nestle Professional Nutritionist, gives us a quick refresher on how different cooking methods fit each dish and make it more nutritious.

What are the different types of cooking methods?

There are 3 main cooking methods; moist-heat methods, dry-heat cooking methods and fry-cooking methods.

Moist-heat cooking

Moist-heat cooking methods use a liquid for cooking- usually water, stock or steam. The advantage of steam is that it transfers more heat at the same temperature. As a result, the food cooks faster and fewer nutrients are lost.

The most common techniques using this method include boiling, poaching, steaming, stewing/braising and pressure cooking. They are particularly suitable for preparing pasta, rice, pulses and vegetables.

Dry-heat cooking

In Dry-heat cooking methods, heat is transferred through air or fat. It usually done higher temperature for a shorter cooking time.

The most common techniques using this method include roasting, sautéing, grilling and baking.

Fry-cooking

Fry-cooking methods are cooking with browning in hot oil at a high temperature. The methods are defined by the amounts of oil used, from deep-frying, pan frying, to stir-frying. These methods could help preserve benefits from vegetables if used correctly but they can also increase amounts of fat and energy.





What are the nutritional benefits of each of the cooking methods?

Moist-heat cooking

The advantage of moist-heating cooking methods is no usage of fats or oils, which leads to less energy and fat content in the cooked meal. Steaming, stewing/braising and pressure cooking in specific are the lightest cooking methods and are nutrient-friendly causing no loss of vitamins and minerals.

Dry-heat cooking

From the dry-heat cooking methods the nutritional advantages are no addition of fat through cooking as well as potential fat drainage in case of grilling. With Baking there is no loss of vitamins and minerals and it helps make hard indigestible dough lighter and easier to digest.

Fry-cooking

Frying can be misconstrued as the unhealthiest cooking method but it does have some nutritional benefits. There is no loss of water soluble vitamins like vitamin C and B-vitamins and only a small amount of the heat-sensitive vitamins are destroyed. Also there is possibility to increase Vitamin E content based on the oil used for cooking.

What are the major concerns from the nutrition point of view in these cooking methods and how can they be minimized?

Moist-heat cooking

The main concern in moist-heat cooking methods is the great loss of nutrients e.g water-soluble vitamins (folate, vitamin B1, C) through osmosis or leakage into the liquid medium used in the cooking technique (boiling or poaching). To minimize the loss of nutrients, use as little water as possible and do not leave the food in the water as this will cause further loss of nutrients. Whenever it's practical, save the cooking liquid for use in stocks, sauces and





casseroles. You can also add more vitamins by sprinkling some fresh herbs onto the cooked food.

Dry-heat cooking

For dry-heat cooking, the main concern is formation of acrylamide. To minimize this, avoid overly moist marinades or fat dripping from the grilled food onto hot coals or heating elements, heavy roasting in favor of light browning and limit the temperature of frying and baking (bake at a maximum of 180°C (356°F) and fry at a maximum temperature of 170°C (347°F). In this method of cooking, some heat-sensitive vitamins can be destroyed, roast in the pan or grill rather than roasting in the oven. Also, don't salt the food before grilling as salt will draw out the meat, resulting in a loss of vitamins, minerals and moisture. Try to roast or grill the dry meat at intense heat to seal the juices then cook at low heat until done. This reduces the loss of nutrients as well.

Fry-cooking

The main concern of fry-cooking methods is the high absorption of fat leading to energy dense foods. To minimize this here are some quick tips:

- ◆ Fry as quickly as possible, the longer the frying process

the more fat is absorbed.

- ◆ Use big pieces of vegetables or meats to fry, the smaller the piece the more fat is absorbed.
- ◆ Use spray oil or a pastry brush to coat food to avoid higher fat absorption.

Do you have any additional tips to prevent vitamin loss in the cooking process?

There are always things that you can do to prevent vitamin loss, even small changes in your cooking habits can lead to a more nutritious dish.

Here are some tips:

- ◆ Whenever possible, wash vegetables whole and before peeling under running water
- ◆ Peel thinly or cook with skin on.
- ◆ Cut into large pieces
- ◆ Raw vegetables and fruit salads: add a little lemon juice or vinegar to slow down vitamin C loss
- ◆ Use the smallest amount of water necessary
- ◆ Cook with the lid on
- ◆ Cook until just tender, not mushy
- ◆ Serve immediately; keeping food warm causes a vitamin C loss of 4-17% in one hour and 7-34% in 2 hours

'BurJuman has plans to expand its F&B offering in the future'



Eisa Adam Ibrahim, General Manager, BurJuman tells Gulf Gourmet about the BurJuman World Food Festival 2012 taking place this month and its impact on their target audience

What is 'Treat'? How did the concept come to life?

Treat – the BurJuman World Food Fest 2012 is an exciting concept that revolves around presenting a fun and interactive approach to a global culinary experience. With a wide and varied line-up of events and activities such as free cooking master classes, demos, table setting and dining etiquette workshops, audience competitions and rewards and a marketplace for all things related to food and cooking, Treat offers dining enthusiasts, aspiring chefs, families and foodies 12 days of exciting and inspirational learning opportunities with leading industry experts.

Treat will take place from September 11th – 22nd, starting with a series of demonstrations and master classes by chefs from some of Dubai's most celebrated hotels such as Dusit Thani Dubai; Kempinski Hotel & Residences Palm Jumeirah; Radisson Blu Hotel, Dubai Deira Creek, The Ritz-Carlton DIFC; Meliá Dubai and Dubai Marriott Hotels, as well as workshops by Dubai's premiere etiquette and protocol academy Finishing Touch and the International Centre for Culinary Arts Dubai (September 11th-17th). Treat will conclude with the highly anticipated BurJuman Junior Chef 2012 Competition (September 18th – 22nd).

The whole concept of Treat came about as a way to make



cooking and presenting food a fun activity. Because of the variety of classes, demos and workshops on offer and the fact that there is no entry charge to the entire event, the idea is to involve the audience as much as possible and make the whole experience highly interactive. By offering creative learning opportunities and such a high quality of

“

Treat offers a new way of looking at something that is such a big part of our everyone's life

culinary instruction for free to anyone who appreciates great food and the whole concept of hosting and dining. Treat offers a new way of looking at something that is such a big part of our everyone's life.

BurJuman's success is synonymous with high-end luxury brands. How does involving food lovers add value?

The concept of fine dining is synonymous with luxury and as such there is no gap between what Treat brings to the table and what BurJuman offers its target audience. Treat will bring together some of the most innovative chefs from leading 5-star hotels in the city, alongside unique workshops that focus on cooking, food presentation and hosting skills. BurJuman has always catered to a visitor profile that loves and appreciates the finest things in life and that naturally includes all those who appreciate great food.

This may be the inaugural food festival, but BurJuman has had a long-standing association with Chefs and the Emirates Culinary Guild. Tell us more about it.

BurJuman has in the past served as the host venue the Junior Chef of the Year Competition on two occasions, however the mall was not involved at an organisational level on those occasions. Incorporating the BurJuman Junior Chef 2012 Competition as part of the wider Treat event presents an even bigger platform to showcase the culinary talent of the city.

How will your Junior Chef of the Year competition be different from the previous Chef competitions held at BurJuman?

The BurJuman Junior Chef 2012 competition will be organised in conjunction with the Emirates Culinary Guild – the

undisputed authority in the UAE on the culinary industry, with a long-standing history of identifying and sourcing high quality culinary talent. This year's competition will chiefly differ from similar events in previous years in that we are keen to make the competition accessible to an audience that goes beyond the chefs' community. For example, this year's competition will introduce a greater deal of interactivity through audience sampling of dishes and ongoing

commentary to enable the audience to understand the competition better.

With the UAE's culinary level reaching top global standards, what are BurJuman's future plans for food lovers?

Our aim is to establish Treat as an annual event that will attract high profile local chefs and culinary enthusiasts. BurJuman also has plans to expand its F&B offering in the future by introducing new concepts and an extended line-up of restaurants to suit all tastes and budgets as part of our overall lifestyle offering.

What is your message to the young chefs reading this?

With Dubai's current position as a hot-spot on the region's culinary map, competitions such as the BurJuman Junior Chef 2012 puts the spotlight on promising young talent within a competitive industry. Such events offer a platform for young chefs to shine by showcasing the breadth and depth of their skills, training and innate flair.

“

Our aim is to establish Treat as an annual event that will attract high profile local chefs and culinary enthusiasts



What's up with wasabi?

Chef Takeyuki Nakagawa of the renowned Japanese restaurant Minato at Radisson Blu Deira Creek tells Olivia Watkinson why wasabi is his favourite ingredient

What is your speciality?

Japanese food. I've always done Japanese food.

Could you tell us a bit about your previous experience?

I've been working in Dubai for two years. For four years previously I was in Singapore. At the age of 20, I began cooking, so I've been cooking for 12 years in total. It feels like a very long time ago now but I started cooking for the love of food, I like to cook.

While cooking, what is your favourite ingredient?

Wasabi. Definitely wasabi.

Why do you like this ingredient so much?

For Japanese cuisine, wasabi is very important. I can use it for the appetiser, for soup, and I can also use it for the main meal. If I have wasabi, I can make a Japanese menu. Many people think wasabi can only be used for sushi but Japanese food typically has nine to eleven courses. They are small meals that are prepared freshly and brought out one by one. Wasabi is used in many of these dishes.

How does this ingredient enhance the dishes you create in terms of flavour, colour and taste?

Wasabi gives good flavour, of course it is a little bit spicy but



Your System Provider
Cutting, Sharpening, Grinding



- High quality steel - laser-tested cutting edge
- Soft, abrasion proof and non-slip plastic handle
- Ergonomic handle, perfect in volume

- Simply draw blade through rods for a perfect edge everytime
- Sharpening rods with wear resisting and super hard special coating
- Fast and safe operation

- Easy and safe to operate
- Precision and safety
- Resistant sharpening wheels thanks to diamonds and hard ceramics

Al Hudaib Trading Co., LLC . Dubai, UAE. Phone +971 4 396 6306 . Fax +971 4 396 6307 . alhudaib@eim.ae / contact: Philip Mathew

www.fdict.com

knives . ancillary items . sharpening steels . grinding machines

also a little bit sweet. Wasabi can give a balance between the two flavours. Powder wasabi, for example, is only spicy however fresh wasabi can add sweetness to a dish. It can also give a great green colour to a dish if used appropriately.

How were you first introduced to this ingredient?

I went to restaurants in Japan when I was a child so I was introduced to it then. I probably didn't taste wasabi until I was about five years old, as I couldn't do spicy! Even so, wasabi is part of Japan's culture and it was part of my life when I was growing up.

Where do you get the best quality wasabi?

Actually in Dubai you can only get a few types of wasabi. Firstly, you can buy the powder. You can get the fresh wasabi but unfortunately it is frozen. From various supermarkets you can buy wasabi in a tube. Lastly, you can buy wasabi seasoning. These are the only types of wasabi available in Dubai at present. When I was in Singapore fresh wasabi was imported and was readily available to use in my cooking. Of course, I like the fresh wasabi but case-by-case as for some dishes sometimes powder is better, for example, making sauce.

How versatile is wasabi and in how many dishes and cuisines can it be used?

I think wasabi is mainly used exclusively in Japanese cuisine. In terms of a similar flavour, Europeans have horseradish. So if need be wasabi could be used as a substitute for horseradish in a roast beef dish. You could probably use it for pasta also although try not to go overboard. Only use enough to give a bit of flavour and a bit of a kick.

Wasabi ice cream is something that has become popular with European diners. It's another twist on how the traditional Japanese ingredient can be used. In Japan however, desserts such as green tea ice cream and mochi are preferred but it's nice to know that people from other cultures are willing to experiment with wasabi.

If, for some reason, you cannot get this ingredient, is there a substitute available?

Wasabi is quite a unique Japanese ingredient. I'm sure hot mustard or horseradish, as mentioned before would work. Hopefully I will never have to cook without wasabi though as it's very central to my cooking.



Wasabi gives good flavour, of course it is a little bit spicy but also a little bit sweet



MAGURO YAMAKAKE

(MRINETED TUNA WITH JAPANESE MOUNTAIN YUM AND PICKLED WASABI)

TUNA(SOY,MIRIN,SAKE)	50g
JAPANESE YUM(GRATED)	30g
JAPANESE YUM(SUSHI GINGER SAUCE)	5g
WASABI	a bit
OSHINKO PICKLES (pickled radish)	7g
PICKLED WASABI	7g
DRIED SEAWEED (NORI)	1/3 sheet
TOBIKO	a bit
PARSLEY	1leaf
TEMPURA BUTTER	30ml

RECIPE

STEP1

- ◆ Boil tuna for 20 second, chilled it on ice water.
- ◆ Keep the tuna in sauce (soy sauce 10ml, MIRIN(Japanese sweet sauce) 10ml, SAKE 10ml) for 3hrs for give taste.

STEP2

- ◆ Mix Grated Japanese mountain yum with small dice cut of pickled radish and pickled WASABI.

STEP3

- ◆ Deep fry NORI seaweed with tempura butter until crispy.

STEP4

- ◆ Keep Japanese mountain yum in ginger sauce(SUSHI GARI JUICE) for make pickled yum.

STEP5

- ◆ Plating
- ◆ Pour the yum (step2), place square cut tuna (step1), put wasabi, tobiko, parsley and pickled Japanese yum on top the tuna and place deep fried seaweed on the side.



EBI SHINJO ANKAKE

(SEA FOOD AND SHRIMP PASTE BALL
WRAPPED BY ASH GOURD WITH WASABI SAUCE)

SHRIMP for paste	20g
OCTOPUS	8g
SCALLOP	8g
SHRIMP(sushi ebi)	1pc
EDAMAME	5beans
SHIITAKE MUSHROOM	1/2pc
BROCCOLI	5g
CARROT	10g
ASH GOURD	25g
SALMON ROE	a bit
PAK CHOY	1leaf
SPRING ONION	a bit
ANKAKE SAUCE	150ml
WASABI SAUCE	20ml

RECIPE (main sauces,stock)

DASHI (fish stock)

- ◆ Dashi is a class of soup and cooking stock, considered fundamental to Japanese cooking.
- ◆ Water 2000ml, bonito flakes(hanakatsuo) 60g, dried seaweed(konbu) 40g
- ◆ Put dried seaweed into water and make hot slowly, take out dried seaweed before the water boiling,
- ◆ Then put bonito flakes into the water. After few minutes, stop cooking.

SUIJI (clear soup)

- ◆ Dashi 400ml, mirin (japanese sweet sauce)30ml, light soy sauce10-15ml, salt 2-4g

ANKAKE SAUCE

- ◆ SUIJI(clear soup) and katakuriko(same like corn flour) for make sticky

WASABI SAUCE

- ◆ SUIJI(clear soup), wasabi a bit, soy sauce a bit

STEP1

- ◆ Boil octopus, scallop, shrimp(sushi ebi), edamame, shiitake mushroom, broccoli, carrot, ash gourd.
- ◆ And keep it in SUIJI(clear soup, light taste) for give taste.(if possible make separate all the item)

STEP2

- ◆ Chop shrimp and make paste. Then mix with SUIJI(clear soup) for make it soft and give taste.
- ◆ If too soft, add corn flour.

STEP3

- ◆ Mix step1(without ash gourd) and step2, and wrapped by thin sliced cooked ash gourd.

STEP4

- ◆ Steam step3 for 12-15 minutes.

STEP5

- ◆ Plating. Put the seafood ball and ANKAKE SAUCE and WASABI SAUCE in the plate.
- ◆ And put garnish (salmon roe, thin sliced spring onion, boiled pak choy) on the seafood ball.

GYU SHABU TO DAIKON SALAD

(SLICED BEEF AND WHITE RADISH
WITH WASABI DRESSING)

TOSAZU JELLY (Dashi,Soy Sauce,Mirin,Vinegar,Suger,Gelatine)	50g
WHITE RADISH	40g
SLICED BEEF	20g
CUCUMBER	10g
SPRING ONION	5g
FRESS	5g
WASABI AVOCADO SAUCE(Wasabi,Avocado Dip,Tobiko)	20ml
WASABI DRESSING(Wasabi,Soy,Vinegar,Suger,Salt,Olive Oil)	40ml
OKURA	1/2pc
ASPARAGUS	1/2pc
BABY CORN	1/4pc
CHEERRY TOMATO	1pc
BELL PEPPER	a bit for garnish
CARROT	a bit for garnish
RED RADISH	2slice
BLACK OLIVE	3rings

RECIPE (main sauces and dressing)

DASHI (fish stock)

- ◆ Dashi is a class of soup and cooking stock, considered fundamental to Japanese cooking.
- ◆ Water 2000ml, bonito flakes(hanakatsuo) 60g, dried seaweed(konbu) 40g
- ◆ Put dried seaweed into water and make hot slowly, take out dried seaweed before the water boiling,
- ◆ Then put bonito flakes into the water. After few minutes, stop cooking.

TOSAZU JELLY

- ◆ DASHI 50ml, MIRIN(Japanese sweet sauce) 10ml,

- rice vinegar 10ml,
- ◆ soy sauce 10ml, sugar 8g, gelatine 2g

WASABI AVOCADO SAUCE

- ◆ Avocado 20g, dashi 10ml, soy sauce 1drop, lemon juice 3drops

WASABI DRESSING

- ◆ Wasabi 5ml, soy sauce 30ml, rice vinegar 60ml, sugar 10g, salt a bit, olive oil 15ml

STEP1

- ◆ Mould white radish into round and make small hole on every single side.

STEP2

- ◆ Cook slice beef in boil water (70c-80c) for few second, after chilled it on ice water.

STEP3

- ◆ Boil okura, baby corn and asparagus

STEP4

- ◆ Plating
- ◆ Put sliced cucumber on the plate, add TOSAZU JELLY on top the cucumber and spread cherry tomato, red radish, black olive, fress, thin sliced spring onion and slice beef (step2) same at the time.
- ◆ After cover it by white radish (step1). Then put okura, baby corn, asparagus and garnish.
- ◆ Serve it with WASABI DRESSING and WASABI AVOCADO SAUCE.





The Guild at the Taj

Last June's Emirates Culinary Guild monthly meet was hosted by Chef Youssef Darwish at the Taj Palace Hotel. Aramtec, Horeca, GSI, H.K. Enterprises, Farm Fresh, Iffco, Golden Star Int'l and System Filtration made presentations. A large turnout of Chefs and Corporate members as always ensured a healthy networking amongst industry professionals.



UAE Chefs win Gold in Beijing

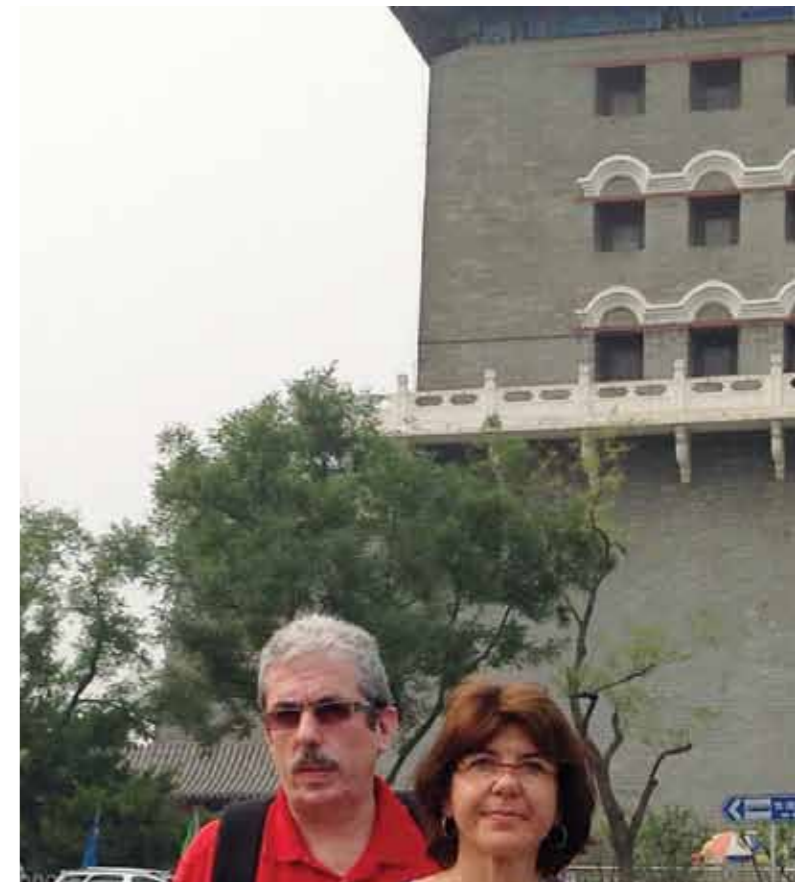
Team UAE trumped USA to win the Gold in the Chef Team competition held at the Beijing International Cuisine Competition (BICC) last June. The East Eat Group organised BICC was broadcast live throughout China and a total of 34 countries competed thanks to Gourmand International coordinating the international participation.

In the individual competitions, US won the gold while Russia had to be content with silver. The winners were felicitated at the Gala Awards event held at the Olympic Park in Beijing with the elegant Martin Yan playing host

for the evening. The international competition and the Chinese competitions were held separately. Over 2,000 chefs from mainland China participated in the first eliminations stages, and two hundred chefs in the final at the Beijing Olympic Park. The President of the Chinese Jury was Chef Da Dong.

An enthusiastic crowd of over 10,000 had gathered in the morning to support the chefs and all visiting delegates were left impressed by the deep interest and kindness showcased by the people of the host nation. There sure are no borders when it comes to gastronomy.





Chef Team Competition		Chef Individual Competition	
1	UAE – The Emirates Culinary Team, President Uwe Micheel.	1	US – Duong H.Khai, Executive Chef, Restaurant Ana Mandara, San Francisco.
2	US – Le Cordon Bleu North America, coach Edward G.Leonard.	2	Russia – Igor Tumarkin, SIA Center of Hospitality "Europe"
3	Singapore – Tunglok Group Team	3	Thailand – Thanaphat Buapijit
4	Peru – Universidad San Martin de Porres, Chef Augusto Buitron	4	Korea – Yeo Kyun Ngok
5	Bangladesh – Mr.Kuma	5	Australia – Sean Connolly, The Grill Restaurant in Auckland, NZ.
6	Indonesia – Taipan Restaurant Team	6	UK – Jerome Henry, Head Chef, Mossiman's London.



Meet the judges

The BurJuman Young Chef of the Year 2012 competition being held in conjunction with the Emirates Culinary Guild will see some of the top chefs from here and abroad evaluating the dishes being prepared by the youngsters. These men (and one lady) have years of experience – both in the kitchen and as judges – behind them.

Youngsters participating in this month's competition will not only have the advantage of watching top chefs taste their preparations but will also have the privilege of receiving valuable feedback from them. Following are brief bios on each of the Chefs who have agreed to judge our young boys and girls.

Patrick Maurice Lannes



Patrick Lannes, who is the Chef Director – Maitre Cuisinier de France for Grosvenor House & Le Royal Meridien Beach Resort & Spa, developed a taste for only the best at a young age. Encouraged by his grandmother, a baker's wife in Moulins, France, Lannes grew to appreciate meals as something special to savour and enjoy. Having quickly mastered the culinary arts, Lannes soon learned the nuances of running

a successful kitchen and proceeded to manage dozens of outstanding operations across the globe.

He has operated his own Michelin star restaurant and has worked across the world including Japan, Singapore, Dakar, Cairo, Beirut, Bangkok, and Doha, before finally settling in Dubai in 2002 at Le Royal Meridien Beach Resort & Spa where he reigned over 12 outlets with an average of 2000 covers per day. With the opening of Grosvenor House in 2005, Lannes took the additional 10 restaurants in stride.

Throughout his career Lannes has remained active in the culinary community. A member of the Academie Culinaire de France, he has received the award for the 'Palmees Gastronomiques' and has also written a book titled Assuno France Iori. Lannes was also included in the Nestle Menus of the Masters cookbook as the honorary executive chef, and more recently was made committee member for the Emirates Culinary Guild.

Heinz Zucchelli



A native of Austria, Heinz started out by serving two apprenticeships in Garmish Partenkirchen Germany just

across the border from his home village of Ehrwald. At the age of 23 left home for good, worked in hotels in Guernsey, Scotland and England, before moving into Airline Catering with Ghana Airways in Accra, followed by Gulf Hotel (ACU) in Doha before being headhunted by Dnata-Abela (now Emirates Flight Catering). He was responsible for the culinary welfare of passengers starting with the very first flight of Emirates Airlines.

Having retired in December 2008 after 26 years with the company, he took up another job part of the opening team of Resort World Sentosa in Singapore.

Tarek Ibrahim



Chef Tarek developed his passion and respect for food at a very young age. Born and raised in Egypt he was influenced by all the women in his family including his mother, two sisters, grandmother and cousins.

When he moved to the US, he became heavily involved with cooking and discovered he had a natural talent for it and a fine memory for taste which influenced infused dishes inspired by both eastern and western cultures. Renowned chefs like Charlie Trotter recognized his skills and encouraged him to pursue cooking and baking as a career after winning the primer chef of America twice in a row.

Tarek Ibrahim is a certified Executive Chef by the American Culinary Federation and also a certified International Judge Class A by WACS.

Tarek is currently working as corporate chef for Meat and Livestock Australia. Based in Egypt, he provides training sessions on meat handling, and cooking methods to chef and food service personals. Also he is one of the two trainers of the Egyptian Olympics team. Tarek had his third TV cooking show last year with big success rate.

Nermine Hanno



Nermine studied at Le Cordon Bleu, London and received Le Grand Diplome in Cuisine and Patisserie. She trained under Michelin Star Chef Chris Galvin and is an accredited culinary judge by WACS. She works as Executive Chef and Chef Presenter for Fatafeat Channel; worked as Executive Chef and Consumer Relations Manager at Unilever Arabia, Knorr; and prior to that she was Executive Chef and Restaurant Operations Director at Effat College.

Thomas Gugler



Chef Gugler is a globally known TV Celebrity Chef and an award-winning Executive Master Chef from Germany. He is

the Editor of cook books, is a world certified * Star Chef. He has a long list of credentials to his honour. He is a member of WACS (World Association of Chefs Societies) and a Board Member and National Coach Saudi Arabian Chefs Association (SARCA).

He is a WACS global approved Judge & APA (Asia, Pacific & Africa) and a representative of the Academie Nationale de Cuisine de France for Germany. He is a member of Euro toques & is a World toque certified *Star Chef. He is an honorary member of VKD (German Chefs Association), a member of the Emirates Culinary Guild, Mauritius Chefs Association, South African Chefs Association, Circle de Chefs de Lebanon, Egyptian Chefs Association and Malaysian Chefs Association. If that's not enough he is a teacher of Hotel Business & Vocational Schools, member of the Master Guild Association, Ambassador for Germany & Saudi Arabia for SKMER Chefs Association and a former Trainer of the German National Youth Cooking Team (R.T.W.A.)

Pascal Clair



Born in 1964, this French chef started his career in baking in his home country. He moved to the UK, followed by Indonesia, Vietnam, Malaysia and China; spending all his years developing his skills as a renowned pastry chef.

He spent some of his senior years developing and maintaining the standards of the Pastry department at some of the most high profile hotels in Saudi Arabia, the UAE and in Qatar. He has worked with the Jumeirah Gourp, Ritz Carlton, Dusit, The Emirates Palace Hotel, The Kempinski and the Shangri-La to name but a few.

Pascal now runs his own show in Dubai with Pascal Clair Sweet Café and Bakeries.

Werner Kimmeringer



Chef Werner did his chefs apprenticeship in Germany 30 years ago and the journey has been full of excitement and "still gives me the drive to search for new skills and knowledge".

After working in Switzerland, Sweden, Bermuda, Belgium, Australia and Bahrain, he arrived in Abu Dhabi working for Etihad Airways as Head of Catering, responsible for all in air and ground F&B requirements, including the world's first On board F&B Managers. He says he is fortunate to be able to specialise over the years in both industries, which he believes are the best in the world.

With over 30 medals in competitions around the world including Singapore and the Culinary Olympics in all possible categories, 4 Chef of the Year titles in Australia and International Team events, he now enjoys judging International Events and promoting the profession amongst the young generation.



RULES AND REGULATIONS BUR JUMAN YOUNG CHEF OF THE YEAR 2012

Organised by the Emirates Culinary Guild

NB:

1. Please read the following regulations carefully. The instructions contained herein are mandatory. Non-compliance with any of the points mentioned could lead to loss of marks or complete disqualifications.
2. The Briefs of the Classes for Entry document also forms part of these Rules and Regulations and must be read in conjunction with this document.

COMPETITION ENTRY:

3. Entry to Bur Juman Young Chef 2012 is free.
4. Ensure that the correct entry form is used. There is a different type of form for each type of entry.
5. Complete the entry-form according to the instructions on the form.
6. Entry to individual classes is open to all age groups.
7. Competitors entering for the Bur Juman Young Chef trophy must fulfil the following criteria:
 - a) *Twenty eight years old or younger on 23rd September 2012.*
 - b) *Has entered the qualifying classes and no others.*
 - c) *Has supplied the organisers with a copy of their passport.*

CERTIFICATES AND LETTERS OF PARTICIPATION:

8. Ensure that the entrant's name (clearly written in block capitals) appears on the entry-form exactly as it is to appear on any certificate, letter of participation or posting of results.
9. Any applications for amendments to letters or certificates must be made within fourteen days from receipt of the document.
10. Return of the original certificate/document, written confirmation from the executive chef and a pre-paid fee of AED: 80/- (AED: Eighty) is required for amendment of certificates.

PARTICIPATION:

11. Participation at competition is open to anyone professionally employed in the preparation of food.
12. Unless the organisers specifically mention a class as being a team event, all classes are for entry by a single competitor.
13. Competitors may enter as many classes as they wish, but are restricted to one entry per class.

HYGIENE:

14. A professional food-safety company has been engaged to oversee all aspects of hygiene practice at the competition.



The Emirates Culinary Guild is a member of the World Association of Chef's Societies





15. It is quite possible that Dubai Municipality Food Control Section will conduct its own hygiene inspections as and when it sees fit.
16. 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

THE SECRETARIAT:

17. The Emirates Culinary Guild (ECG) is the body responsible for the creation, organisation and administration of the competition.
18. The competition is governed by and construed according to the rules of the organisers.
19. The organisers have sole authority to adjudicate on any matters pertaining to the competition.
20. Entrants' acceptances of participation in the competition are construed as confirmation of their undertaking to submit unconditionally to the jurisdiction of the organisers in regard to all aspects of the competition.
21. The address of the ECG for all correspondence is:
*The Emirates Culinary Guild,
PO Box 71963 Dubai, United Arab Emirates.
Tel: + (9714) 3403128. Fax :+(9714) 3473742.
Email: theguild@emirates.net.ae*

COMPETITORS AND HELPERS:

22. Each competitor is allowed one helper to assist with carrying equipment. No other

23. A competitor must wear full; freshly-laundered chef's uniform with appropriate headgear and footwear when attending at the exhibition.
24. A competitor's helper must wear full; freshly-laundered chef's uniform with appropriate headgear and footwear when attending at the exhibition.
25. Competitors dressed incorrectly will not have their exhibits judged.
26. Helpers dressed incorrectly will not be admitted to the exhibition..
27. Logos, marks and identifying colours provided by the organisers must be worn by competitor and helper in the position indicated to them by the organisers at the time of registration.
28. A competitor entered in a practical competition must register at least thirty minutes before the commencement of the competition otherwise the competition slot will be given to a waitlisted competitor.
29. Any competitor not in place and ready to start at least five minutes before the time a competition commences, will be disqualified.
30. Competitors are not allowed to approach or speak with or at a judge without the express permission of the organisers.

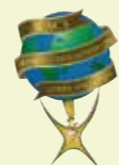
EXHIBITS:

31. Each exhibit must be the bona fide work of the entering competitor. It must be solely the work of the competitor and

help is allowed to a competitor.



The Emirates Culinary Guild is a member of the World Association of Chef's Societies



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, semi-nude or political themes in an exhibit.
36. All exhibits must be suitable for presentation as a decorative item in a restaurant or banqueting setting.
37. An exhibit must not carry any logo, label or mark of identification; however, competitors must be able to identify their exhibit if required.
38. Competitors are responsible for their exhibits and should ensure that they are available in their proper place for judging on the day and time specified.
39. No preparation or finishing of exhibits is allowed in any area except the designated preparation area at the rear of the competition area.
40. Finished exhibits must be placed in the position indicated by the organisers.
41. No interference with an exhibit is allowed once the organisers have deemed it as submitted for judging.
42. Competitors must leave the judging area

as soon as their exhibits are in place or when instructed to leave by the marshals, whichever is the sooner.

43. Exhibits may, at the discretion of the organisers, be moved to a separate enclosure, there to remain for part or for the duration of the exhibition.
44. Failure by a competitor to register or exhibit at the specified time could result in disqualification.
45. Exhibits which are removed by competitors without the permission of the organisers will be disqualified from receiving any kind of award.

COMPETITION MARSHALS:

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

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 is required to abide by it without comment.



The Emirates Culinary Guild is a member of the World Association of Chef's Societies





51. Certificates and medals will normally be presented at 18:00 each day. 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.
54. Incorrectly dressed competitors/helpers will not be allowed access to the awards area.

TROPHY AWARDS:

55. An individual trophy is presented to each winner entered into one of the following:
 - > *Bur Juman Young Chef 2012 Winner*
 - > *Bur Juman Young Chef 2012 1st Runner-Up*
 - > *Bur Juman Young Chef 2012 2nd Runner-Up*
56. Each trophy is presented to the competitor gaining the highest total number of marks gained from all the required classes.
57. The classes which must be entered in order to qualify for the winning of a trophy are mentioned on the entry form for that particular trophy.

COPYRIGHT:

58. All exhibitors and competitors assign all rights concerning videos, photographs, menus, recipes, exhibits, sound recordings

etc. to the Emirates Culinary Guild.

OFFICE HELP:

59. Please NB that the ECG secretariat is forbidden to extend any office or administration assistance to any individual competitor.
60. Competitors must ensure that they are in possession of all required menus, recipes, descriptions and office materials before attending at competition.

DISCLAIMER:

61. The organisers are entitled to cancel or postpone the Salon, or to alter the duration, timing or schedule of any event.
62. 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.
63. 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.

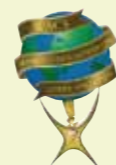
RESUME OF CLASSES FOR ENTRY

No. Class Description

1. Practical Cake Decoration
2. Three Tier Wedding Cake
3. Friandises, Petits Four, Pralines, Nougatines, etc.



The Emirates Culinary Guild is a member of the World Association of Chef's Societies



4. Four Plates of Dessert by NESTLE
CHOKELLA
5. Bread Loaves and Showpiece
6. Fruit and Vegetable Carving Showpiece
7. Open Showpiece
8. Practical Fruit and Vegetable Carving
9. Tapas, finger food & Canapés
10. Three-Course Gourmet Dinner Menu
11. Practical Cookery - Emirati Cuisine – 3 Dishes: Balalit, Margougat Al Khudhar, Kabeesa
12. Practical Cookery - Arabic Mezzeh
13. Practical Cookery - Local Sustainable Fish
14. Practical Cookery – Chicken by IFFCO AL KHAZNA

Entrants for Title of 2012 SummerChef must enter the three classes 10 – 11 – 14 and cannot enter any other classes.

PRACTICAL PASTRY

01: Practical Cake Decoration

1. Decorate a single-tier cooked sponge cake.
2. Two-and-a-half-hours duration.
3. All decorating ingredients must be edible.
4. No pre-modeled garnishes are permitted.
5. All decorations and fillings must be made or mixed in real time.
6. Chocolate and royal icing can be pre-prepared to the basic level, e.g. tempered chocolate.
7. Competitors are to provide their own sponge base of 30cm diameter; or 30cm square.
8. Competitors must choose only one shape cake with which to work.
9. Competitors must provide all ingredients,

- utensils, and small equipment required.
10. A standard buffet table will be provided to each competitor.
11. All cakes will be displayed until the end of the competition day and will be disposed of by the organizer if not collected by the competitor.

PASTRY DISPLAYS

02: Three-Tier Wedding Cake

1. All decorations must be edible and made entirely by hand.
2. Pillars or stands, maybe inedible but, unless decorated by hand, must be plain and unadorned.
3. Fine, food-quality wiring is allowed for the construction of flowers and the like, but must be properly wrapped and/or covered with flower tape or paste.
4. Royal icing, pastillage, pulled sugar, etc., may be used in the construction, but the finished display must not be dependent on these items.
5. The bottom layer of the cake must be edible.
6. Inedible blanks may be used for the two top layers.
7. A portion of the bottom layer is to be pre-cut and placed next to the exhibit for tasting.
8. A typewritten description and a recipe is required.
9. Maximum area w60 cm x d75 cm.
10. Maximum allowable total height (including socle or platforms) is 75cm.



The Emirates Culinary Guild is a member of the World Association of Chef's Societies





03: Friandises/Petits Four/ Pralines/Nougatines

1. Eight varieties.
2. Six pieces of each variety (48 pieces total).
3. Freestyle presentation with small showpiece.
4. Showpiece will not be judged.
5. Written description mentioning the theme is required.
6. Typed recipes are required
7. Maximum area w90 cm x d75 cm.

04: Chokella by Nestle - Four Plates of Dessert

1. Four different desserts, each for one person.
2. Each dessert presented singly on an appropriated plate.
3. Presentation to include a minimum of one hot dessert (presented cold).
4. Two of the desserts must contain Nestle CHOKELLA as a main ingredient.
5. Written description and typed recipes required.
6. Tasting will be part of the judging process if deemed necessary to determine quality and authenticity.
7. Maximum area w90 cm x d75 cm.

Class 05: Bread Loaves and Showpiece

1. Prepare and present at least four types of breads (competitor's choice) and four types of breakfast pastries.
2. Exhibit is to be displayed with a bread showpiece.
3. The showpiece will be included in the judging criteria.

4. Each individual to prepare his dough and bake his breads at his place of work and bring them to the competition for judging.
5. Types recipes required
6. Maximum area w90 x d75cm

ARTISTIC DISPLAYS

06: Fruit and Vegetable Carving Showpiece

1. Freestyle presentation.
2. Using fruit and/or vegetables
3. Light framing is allowed, so long as the construction of the piece does not depend upon it.
4. Maximum area w60 cm x d75 cm.
5. Maximum allowable total height (including socle or platforms) is 55cm.

07: Open Showpiece

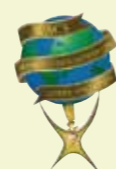
1. Freestyle presentation (but see Rules and Regulations for themes to avoid).
2. Only showpieces made of edible food material will be accepted for adjudication.
3. Maximum area w90 cm x d75 cm.
4. Maximum allowable total height (including socle or platforms) is 75cm.

08: Fruit and/or Vegetable Carving Practical

1. Freestyle.
2. 90 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.



The Emirates Culinary Guild is a member of the World Association of Chef's Societies



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.

09: Presentation of Tapas, Finger Food and Canapés

1. Produce eight varieties.
2. Six pieces of each variety (total 48 pieces)
3. Four hot varieties
4. Four cold varieties
5. Hot food presented cold
6. Food coated with aspic or clear gelatin for preservation
7. Presentation on suitable plate/s or platter/s or receptacles.
8. Eight pieces should correspond to one portion.
9. Name and ingredient list (typed) of each variety required.
10. Maximum area 60cm x 80 cm.

10: Three-Course Gourmet Dinner Menu - Static Display

1. Present a plated Three-course gourmet meal for one person
2. The meal to consist of:
> *An appetiser,*
> *A main course with local sustainable fish as its main protein component.*
> *A dessert.*
3. Hot food presented cold on appropriate plates.
4. Food coated with aspic or clear gelatine for preservation.

5. Typewritten description and typed recipes required
6. Maximum area w90 cm x d75 cm.
7. Entry of this class is mandatory for those entering for the Bur Juman Young Chef 2012 trophy.

11: Practical Cookery - Emirati Cuisine - Balalit, Margougat Al Khudhar, Kabeesa

1. The three dishes that must be prepared are:
> *Balalit,*
> *Margougat Al Khudhar,*
> *Kabeesa.*
2. Prepare and present two individually plated portions of each dish.
3. Time allowed: 60 minutes to present all three recipes.
4. Emirati cuisine with traditional presentation.
5. Competitors must bring with them plates/bowls for presentation and all necessary mise-en-place for the meals.
6. Competitors are to provide their own pots, pans, tools and utensils.
7. The judges will check appliances and utensils for suitability.
8. Typewritten description and recipes are required.
9. Entry of this class is mandatory for those entering for the Bur Juman Young Chef 2012 trophy.

12: Arabic Mezzeh - Practical Cookery.

1. Prepare and present, within one hour, three



The Emirates Culinary Guild is a member of the World Association of Chef's Societies





- 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
> *Hommous, Moutabel, Tabouleh, Fatouche.*
 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 dishes.
 11. Typewritten description and recipes are required mentioning the country of origin of each dish.
 12. Typed recipes are required mentioning the country of origin of each dish.

13: Practical Cookery – Local Sustainable Fish

1. Prepare and present, within one hour, one appetiser and one main course for two persons, using a local fish as the main protein ingredient of the main course.
2. The appetiser does not necessarily need to contain fish.
3. Present the appetiser after 45 minutes of the start of the competition.
4. Present the main course after 60 minutes of the start of the competition.
5. All dishes are to be served in a western style presentation.
6. Dishes must be presented on individual plates with appropriate garnish.
7. Competitors must bring with them plates/bowls for presentation and all necessary mise-en-place.
8. Typed recipes are required.

20: Practical Cookery – Al Khazna Chicken

9. Prepare and present four identical individually plated main courses using chicken as the main protein ingredient.
10. Time allowed one hour
11. Dishes must be presented on individual plates with appropriate garnish.
12. Competitors must bring with them plates/bowls for presentation and all necessary mise-en-place.
13. Typed recipes are required.
14. Entry of this class is mandatory for those entering for the Bur Juman Young Chef 2012 trophy



The Emirates Culinary Guild is a member of the World Association of Chef's Societies



Practical Cookery Classes

These notes pertain to all practical cookery classes including the Arabic and Emirati Cuisines. 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 competition area 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. In some cases, the organisers will supply the plates (which must be used) in other cases competitors are required to bring their own bowls/plates. For clarification, see the brief of the class entered.
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. Re farces, garnishes, accoutrements: at least 20% of any and all of these must be prepared in front of the judges to demonstrate the competitor's 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.



The Emirates Culinary Guild is a member of the World Association of Chef's Societies





BRIEFS OF THE CLASSES FOR ENTRY LA CUISINE BY SIAL

No. Class Description

1. Cake Decoration - Practical
2. Wedding Cake Three-Tier
3. Four Plates of Dessert
4. Pastry Showpiece
5. Baked Bread Showpiece
6. Friandises Petites Four Pralines Nougatines
7. Chocolate Carving Showpiece
8. Fruit & Vegetable Carving Showpiece
9. Open Showpiece
10. Australian Lamb Five-Course Gourmet Dinner Menu
11. Tapas, Finger Food and Canapés
12. New Arabian Cuisine
13. An Arabian Combination – Practical Cookery
14. Individual Ice Carving
15. Ice Carving Team Event
16. Practical Fruit & Vegetable Carving
17. Fish & Seafood - Practical Cookery
18. Australian Beef - Practical Cookery

Class 01: Cake Decoration - Practical

1. Decorate a pre-baked single cake base of the competitor's choice.
2. Two-and-a-half-hours duration.
3. All decorating ingredients must be edible and mixed on the spot.
4. No pre-modelled garnish permitted.
5. Chocolate and royal icing can be pre-prepared to the basic level, e.g.. tempered chocolate can be brought.
6. Competitors must provide all ingredients, cake base, utensils, and small equipment required.
7. The cake base must a minimum size of

- 30cm X 30cm or 30cm Diameter.
8. A standard buffet table is provided for each competitor to work upon.
9. Water, electricity and refrigeration might not be available.
10. All cakes will be displayed until the end of the Salon and will be disposed of by the organizer.
11. The cake will be tasted as part of judging.
12. The Judges will cut the cake.

Class 02: Three-Tier Wedding Cake

1. All decorations must be edible and made entirely by hand.
2. Pillars or stands may be inedible but, unless decorated by hand, must be plain and unadorned.
3. Fine, food-quality wiring is allowed for the construction of flowers and the like, but must be properly wrapped and covered with flower tape or paste.
4. Royal icing, pastillage, pulled sugar, etc., may be used in the construction, but the finished display must not be dependent on these items.
5. The bottom layer of the cake must be edible.
6. Inedible blanks may be used for the two top layers.
7. Typewritten description and recipes are required.
8. Maximum area w60 cm x d75 cm. Maximum allowable total height (including socle or platforms) is 75cm.

Class 03: Four Plates of Dessert



The Emirates Culinary Guild is a member of the World Association of Chef's Societies



1. Prepare four different desserts, each for one person.
2. Each dessert presented singly on an appropriated plate.
3. Presentation to include a minimum of one hot dessert (presented cold).
4. Typewritten description and recipes are required.
5. Tasting will be part of the judging process if deemed necessary to determine quality and authenticity.
6. Maximum area w90 cm x d75 cm.

Class 04: Pastry Showpiece

1. Freestyle display.
2. Edible media, marzipan, pastillage, sugar, pulled-sugar, croquant, etc., may be used, singly or in mixed media.
3. Written description required.
4. Maximum area w90 x d75cm.
5. Exhibit can be no more than 90cm. in height including base or socle where used.

Class 05: Baked Bread Showpiece

1. Freestyle display of a bread showpiece.
2. Maximum area w90 x d75cm
3. Exhibit can be no more than 90cm. in height including base or socle where used

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 extra piece of each variety on a separate small platter for judges' tasting.
5. Written description mentioning the theme

- is required.
6. Typewritten recipes are required.
7. Maximum area w90 cm x d75 cm.

Class 07: Chocolate Carving Showpiece

1. Free-style presentation.
2. No frames or supports.
3. Natural colouring is 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, but the construction of the piece must 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.
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.

Class 10: Australian Lamb Five-Course Gourmet Dinner Menu

1. One dish must contain Australian Lamb as a main component.
2. Present a plated five-course gourmet meal for one person
3. The meal to consist of:



The Emirates Culinary Guild is a member of the World Association of Chef's Societies



SIAL 2012
The Middle Eastern Food Exhibition
Middle East

- > *A cold appetiser,*
 - > *A soup,*
 - > *A hot appetiser,*
 - > *A main course with its garnish*
 - > *A dessert.*
4. Hot food presented cold on appropriate plates.
 5. Food coated with aspic or clear gelatin for preservation.
 6. Total food weight of the 5 plates should be 600/700 gms.
 7. Typewritten description and typed recipes required
 8. Maximum area w90 cm x d75 cm.

Class 11: Presentation of Tapas, Finger Food and Canapés

1. Produce eight varieties.
2. Six pieces of each variety (total 48 pieces)
3. Four hot varieties
4. Four cold varieties
5. Hot food presented cold
6. Food coated with aspic or clear gelatin for preservation
7. Presentation on suitable plate/s or platter/s or receptacles.
8. Eight pieces should correspond to one portion.
9. Name and ingredient list (typed) of each variety required.
10. Maximum area 60cm x 80 cm.

Class 12: New Arabian Cuisine

1. One dish must contain dates as a major component.
2. One dish must contain sustainable UAE fish as a major component.
3. Present a plated five-course gourmet menu for one person.
4. Free style presentation.

5. All menu ingredients used must be those found in the Arabian Gulf area.
6. To be prepared in advance, and presented cold on appropriate plates.
7. Food coated with aspic or clear gelatin for preservation.
8. Dishes are to be presented in an up-to-date setting and decoration.
9. The meal to comprise:
 - > *A cold appetiser*
 - > *A soup*
 - > *A hot appetiser*
 - > *A main-course with appropriate garnish*
 - > *A dessert.*
10. Total food weight for the entire menu should be 600/700 gms.
11. Typewritten description and recipes are required.
12. Maximum area 90w cm x 75d cm

Class 13. An Arabian Combination.

1. Two-person team.
2. One team member must be at or below the rank of Chef de Partie.
3. Prepare two servings of each of the following:
 4. Four types of cold mezzeh.
 5. Three types of hot mezzeh.
 6. One main course.
 7. One Dessert
8. Time allowed 90 minutes, i.e. the final course must be served to the judges within ninety minutes of the start of the competition.
9. Cold items can be brought ready, but must be dished and decorated in real time at the competition.
10. Preparation and cooking of the hot mezzeh and the main course must be done in real time at the competition.

SIAL 2012
The Middle Eastern Food Exhibition
Middle East

11. Ingredients used must be those easy available in an Arabic kitchen, e.g. no mussels, salmon, scallops, etc.
12. Taste, innovation and nouvelle presentation and the inclusion of Emirate dishes with in the food are the keynotes to this class.
13. The food to be served by the competitors to the judges in the sequence the competitors wish.

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.
5. A non-slip mat is mandatory.
6. Before the competition starts, competitors will be allowed 30 minutes to arrange and temper the ice block.
7. 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.
6. Non-slip mats are mandatory.
7. 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 dismantled and destroyed by the organizers.
8. The use of power tools is forbidden.

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.

Class 17: Fish & Seafood - Practical Cookery

1. Time allowed 60 minutes
2. Prepare and present four identical main courses using fish/shellfish as the main protein item.
3. Present the main courses on individual plates with appropriate garnish and accoutrements.
4. Typewritten recipes are required.

Class 18: Australian Beef - Practical Cookery

1. Time allowed 60 minutes
2. Prepare and present four identical main courses using Australian beef as the main protein item.
3. Present the main courses on individual plates with appropriate garnish and accoutrements.
4. Typewritten recipes are required.

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.



The Emirates Culinary Guild is a member of the World Association of Chef's Societies



The Emirates Culinary Guild is a member of the World Association of Chef's Societies



SIAL 2012

The Middle Eastern Food Exhibition
Middle East

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. Unless otherwise stated, competitors must supply their own plates/bowls/platters with which to present the food.
6. Competitors must bring with them all necessary mise-en-place prepared according to WACS guidelines in the hot kitchen discipline (www.wacs2000.org).
7. Competitors are to provide their own pots, pans, tools and utensils.
8. All brought appliances and utensils will be checked 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 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, gutted de-finned and de-gilled, but must otherwise be brought to the competition whole.**
 - > **Meat may be de-boned and portioned and the bones cut up.**
10. No pre-cooking, poaching etc. is allowed.
 11. No ready-made products are allowed.
 12. No pork products are allowed.
 13. No alcohol is allowed.
 14. If a farce is to be used for stuffing, filling, etc., at least one of the four portions of the farce must be prepared in front of the judges to show the competitor's skill
 15. No help is allowed to be given to the competitor once the competition starts; the coaching of a competitor from the sidelines will result in the competitor being disqualified.
 16. 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.
 17. Two copies of the recipes typewritten are always required.
 18. Submit one copy of the recipe/s to the clerk when registering.
 19. Submit one copy of the recipe to the duty marshal at the cooking station.



The Emirates Culinary Guild is a member of the World Association of Chef's Societies



Kulpreet S. Sahni, Director, HK Enterprises receiving receiving the membership certificate from Uwe Micheel, President, Emirates Culinary Guild.

HK ENTERPRISES

Since its establishment in 1987, HK has played an important and prominent role in the foodservices industry. Having been a pioneer in the frozen food sector, HK has today grown to supply a whole range of food products. It is today considered one of the leading foodservices company in the UAE, being one of the few firms that can provide a wide range of frozen and non-frozen food products.

HK Enterprises have invested in high quality infrastructure to ensure client needs are met. The company is HACCP certified and in the process of ISO certification.

THEY MAINTAIN THEIR MISSION STATEMENT WHICH IS TO RENDER THE UTMOST IN CUSTOMER SATISFACTION AND TO LEAD MARKET TRENDS.

1. The Frozen division operates out of custom-built cold stores in Al Quoz, Dubai. The company has additional cold storage capacity in Rashidya, Dubai investments Park and Abu Dhabi. Its strong network of retail supplies covers over 400 outlets daily. The company's daily sales network covers a wide base of clientele including hotels, restaurants, ship chandlers, catering companies and airports. HK is proud to be considered one of the largest poultry importers in the UAE, with monthly imports of over 3000MT of whole chicken grillers and chicken parts.
2. The DRY DIVISION distributes a complete range of canned produce for the HORECA sector. We represent various brands for sauces and canned produce. Some of our prime agencies include DEE THAI sauces, GOLD REEF fruits, MARA products.

With its main clientele being the catering segment (i.e. hotels, restaurants, institutions), the dry division has focused the expansion of its product range for the chefs use. All products are available in larger catering packs.

General Foodstuff Suppliers



HK ENTERPRISES LLC

Gulf Gourmet



ECG Corporate
member directory

Advanced Baking Concept LLC (Probake)

Syed Masood
Mobile: +971.55.220.1475
Email: masood@abcbaking.com
Anna Petrova
Mob 050-9121337
email: anna@abcbaking.com
Vivek Jham
Mob: 055-4498282
email: vivek@abcbaking.com

Agthia Consumer Business Division

Ms. April McMahan
Food Service Manager
+971 50 8408 814
april.hendreschke@agthia.com

Al Ghurair – Foodservice Division

Mr. Sameer Khan
Mobile No: 050 4509141
Office No: 04 8852566
Email: SameerK@alghurairgroup.com

Al Seer

Mr. Himanshu Chotalia
Tel: 04 3725425/432
Mobile: 050 3561777
Email: himanshu.chotalia@alseer.com

ANGT LLC – NONIONS / SIPPY

Ashwin Ruchani
Marketing Manager
T: +9714 3523525,
M: +97155 8964874
Email: impex@angtnonions.com

Arab Market & Finance, Inc.

Ms. Lina Kanaan
Tel: +961-1-740378 / 741223 / 751262
Email: linak@amfime.ae

Aramtec

Mr. Syed Iqbal Afaq
Email: syediqbal@aramtec.com

ASAAT (Al Sharq Al Aqsa Trading Co)

Majid Ali
Business Development Manager
+97150 553 0997
majid@asaat.com

Atlantic Gulf Trading

Andy Fernandes, Manager Admin & Sales
P.O.Box 2274, Dubai, U.A.E.
Tel: +971 4 3589250
Fax: +971 4 325 4961
Mobile: +971 50 5096594
andyfernandes@atlanticgulfrading.com
www.atlanticgulfrading.com

Bakemart International

Mr. K.Narayanan
Manager - Operations
Mob : 00971 505521849
Phone : 00971 4 2675406
Email - bakemart@eim.ae
knarayanan@bakemart.ae

Barakat Quality Plus

Mr. Jeyaraman Subramanian
Tel: 009714 8802121
Email: jr@barakat.com
Mr. Mike Wunsch
Tel: 009714 8802121
Email: mikwuuae@emirates.net.ae

Baqer Mohebi

Mr. Radwan Mousselli
Mobile No: 050 387 2121
Office No: 04 3417171
Email: radwan.bme@mohebi.com

Bocti Overseas

Eric Torchet, Office No: 04 3219391

Boecker Public Health Food Safety

Mr Antoine A Sater
Office No: +961 (3) 209 817
Email: ceo@boecker.com

Bragard LLC

Mr. Nicolas Dujardin
Mobile No: 050 1490535
Email: Nicolas.dujardin@bragard.com

Convotherm

Mr. Gerhard Eichhorn
Tel: +49 (0) 8847 67 815
Fax: +49 (0) 8847 414
Mobile: +49 (0) 176 17617252
UAE mobile: +971 (0) 56 6047411
Mail: g.eichhorn@convotherm.de

Custom Culinary –

Griffith Laboratories
Mr. Khaled Hamza
Mobile No: 050 2880380
Office No: 04 8818525
Email: khamza@griffithlaboratories.com

Diamond Meat Processing Est. (Al Masa)

Suresh K.P
+971 4 2671868
+971 50 6554768
sureshkp@etazenath.com

Diversey

Peter K. George, Marketing Manager,
Middle East North East Africa (MENA)
Contact #+97155 2241368

DOFREEZE LLC

Mr. Aamer Fayyaz
Manager - Operations
Tel: 04 3476320
Email: afayyaz@emirates.net.ae

Ecolab Gulf FZE

Mr. Andrew Ashnell
Mobile No: 050 5543049
Office No: 04 88736 44
Email: andrew.ashwell@ecolab-gulf.ae

Electrolux

Mr. Mauro Zanchetta
Email: mauro.zanchetta@electrolux.it

Elfab Co.

Ms. Sabiha A. Masania
Executive Secretary
Elfab Co. L.L.C., P.O. Box 3352
Dubai Investments Park, Phase 2
Jebel Ali, Dubai, UAE
Tel.: 9714 8857575
Direct: 9714 8857787
Fax.: 9714 8857993
Mobile : 97150 8490250
Email: elfab@emirates.net.ae

EMF Emirates LLC

Mr. Pierre Feghali
Mobile No: 050 4533868
Office No: 04 2861166
Email: pierre@emf-emirates.ae

Emirates Snack Foods

Mr. Ron Pilnik
Mobile No: 050 6572702
Office No: 04 267 2424
Email: rdpsf@emirates.net.ae

Faisal Al Nusif Trading LLC

Mr. Thomas Das
Mobile No: 050 625 3225
Office No: 04 3391149
Email: fantco@emirates.net.ae

Fanar Al Khaleej Tr

Martin Mathew
Asst Sales Manager
- Hotel and Catering Division
Mobile: +971 50 2638315
Phone: +971 6 5343870
E-mail: mmathew@fanargroup.ae

Farm Fresh

Feeroz Hasan
Business Development Manager
Al Quoz, P.O.Box 118351, Dubai, UAE
Office No : +971 (0) 4 3397279 Ext: 253
Fax No : +971 (0) 4 3397262
Mobile : +971 (0) 056-1750883

Fonterra

Mr. Amr W Farghal
Office No: 04 3388549
Email: amr.farghal@fonterra.com

Frisch & Frost

Mr. Hans Boettcher
Mobile No: 0049 1629069053
Email: h.boettcher@frisch-frost.at

Greenhouse

Mr. Petros Hadjipetrou
Mobile No: 050 6282642
Office No: 06 5332218/19
Email: greenhse@emirates.net.ae

Gulf Food Trade - UAE

Charles.S.Sidawi
Food Service Department
Tel: 04 - 3210055
Fax: 04 - 3435565
Mob: 050 - 8521470
E-mail: charles.sidawi@gftuae.com

Gulf Seafood LLC

Mr. Tarun Rao
Marketing Manager
PO Box 61115
Dubai- UAE
T: +9714 8817300 extn 103
F: +9714 8817274
Cell : +971 50 5593121
tarun@gulfseafood.ae
Website : www.gulfseafood.ae

Horeca Trade

Mr. Hisham Jamil
Office No: 04 347 71 66
Email: hisham.jamil@horecatrade.ae

IFFCO Foodservice

Mr. Syed Kazim Najam
Mobile No: 050 634 5481
Office No: 06 5029239
Email: Snajam@iffco.com

Iqdam International

Stefan Menzel
Business Development Manager
tel: 04 321 6003
Mobile: 050 4514593
stefan@iqdam.com

JM Metal Trading LLC

Mr. Bassam Yamout
+971-4-2946284

JohnsonDiversey Gulf

Mr. Marc Robitzkat
Mobile No: 050 459 4031
Office No: 04 8819470
marc.robitzkat@johnsondiverse.com

John Holt Foods

Mr. Alen Thong
Tel: 0097150 347 20 49
Email: jathong@emirates.net.ae

Lamb Weston

Mr. Sajju Balan
Mobile No: 050 4907980
Email: sajjubalan@lambweston-nl.com

Masterbaker

Mr. Sagar Surti
General Manager – Operations
Mob:- 00971 50 5548389
Phone:- 04 3477086
Email :- sagars@uae.switzgroup.com

Meat Livestock Australia (MLA)

Rodney Sims
Office: +973 17223003
Mobile: +973 39965655
Email: rsims@mia.au

Mitras International Trading LLC

Mr. Jagdish Menon
Mobile No: 050 6546661
Office No: 04 3523001
Email: jagdishm@eim.ae

MKN Maschinenfabrik

Kurt Neubauer GmbH & Co
Mr. Stephan Kammel
Tel: +49 (5331) 89207
Email: km@mkn.de
Elias Rached
Business Development Manager
T: +97172041336
F: +97172041335
M:+971505587477
rac@mkn-middle-east.com

Ocean Fair International

General Trading Co LLC.
Lorena Joseph
Tel: +971 4 8849555
Mobile: +971 50 4543681
Email: lorena@oceanfair.com

Nestlé Professional ME

Mr. Vikram Subbiah
Vikram.Subbiah@ae.nestle.com

Pear Bureau Northwest

Bassam Bousaleh
(TEL) 961.1.740378
(FAX) 961.1.740393
Mobile: 050.358.9197
AMFI
Beirut Lebanon
E-mail: BassamB@amfime.com

Pro Chile

Carlos Salas
+971 4 3210700
carlos@chile-dubai.com

RAK Porcelain

Mr. Ravi
Email: ravi@fnbekfc.ae

Rational International [Middle East]

Khalid Kadi-Ameen
Mobile: +971 50 915 3238
k.kadi-ameen@rational-online.com
Simon Parke-Davis
Mobile: +971 50 557 6553
s.parkedavis@rational-online.com

SADIA

Mr. Patricio
Email: patricio@sadia.ae
Mr. Daniele Machado
Email: Daniele.Machado@sadia.com.br

SAFCO

Mr. Ajit Sawhney
Tel: 009716 5339719
Email: ajit@sawhneyfoods.ae

Seascope Int'l

General Trading
Mr. Ibrahim Al Ghafoor
Office No: 04 3378220
Email: ghafoor@seascope.ae

Steelite International

Mr. Gavin Dodd
Mobile: +971 50 6920151
Email: gavindodd@ronai.co.uk

Target Bakery & Pastry

Combination ME
Mr. Gerhard Debriacher
Mobile No: +965 682 5428
Email: gdebri@emirates.net.ae

TECHNOLUX

Zer Boy A. Rito, Sales Manager
P.O. Box 52530
Al Bada, Dubai UAE
Tel. No.: (04) 3448452
Fax No.: (04) 3448453
Mobile No.: 0555237218

Tramontina Dubai UAE LLC

Mr. Paulo Feyh, General Manager
TECOM C – Dubai Media City,
Tameem House, 5th Floor, Off. 501/502
Tel.: +971 (4) 450 4301 / 4302
Fax.: +971 (4) 450 4303

Transmed Overseas

Mr. Hani Kiwan
Office No: 04 334 9993 Ext 386
Email: hani.kiwan@transmed.com

Truebell Marketing & Trading

Mr. Bhushant J. Ghandi
Mobile: +971 50 6460532
Email: fsd@truebell.org

Unilever Food Solutions

Mr. Hisham El Tarabouly
Office No: 04 8815552

US Dairy

Nina Bakht El Halal
Mobile: 050.358.9197
Beirut: 961-740378
email: halal@cyberia.net.lb

US Meat

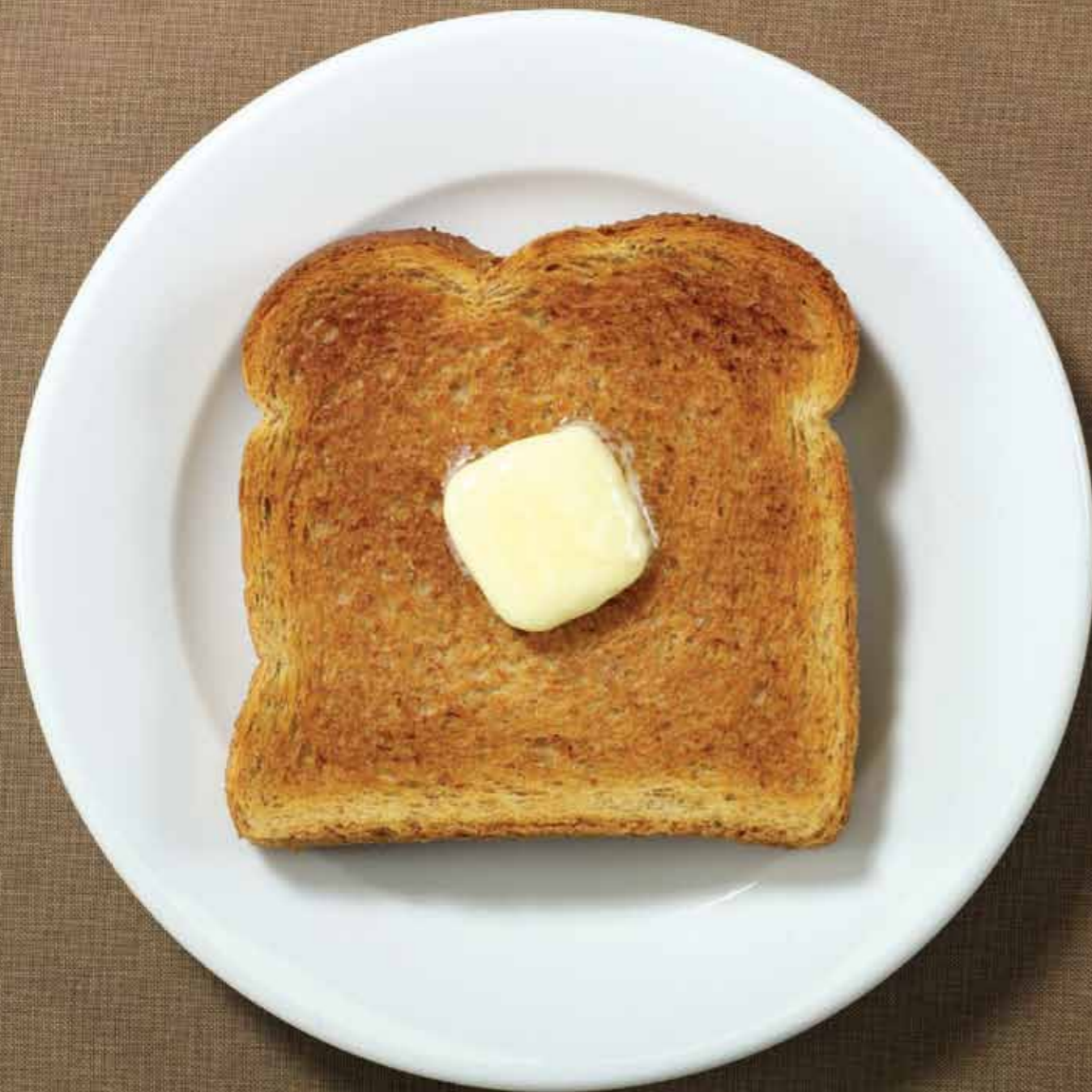
Lina Kanaan
050.358.9197
Beirut: 961-1-741223
email: Linak@amfime.com

US Poultry

Berta Bedrossian
(TEL) 961.1.740378
(FAX) 961.1.740393
Mobile: 050.358.9197
email: BettyB@amfime.com

Winterhalter ME

Mr. Saju Abraham, Sales Manager
Mobile: +971 505215702
Email: sabraham@winterhalter.ae



Big Daddy's Bread & Butter



**big
daddy's**
kitchen



From sandwiches to coq au vin, **Big Daddy** reminisces about a Return to the basics of food that is simple, accessible and appeals to the senses.

I must have been 10 or 11, helping my mom make sandwiches for a small family gathering at home. I was at the table and around me were hungry cousins and siblings shouting their requests: "No, I don't want mustard on mine"... "Can you give me extra cheese?" I was the center of attention, and everybody wanted talk to me. And the parents, well, one less thing for them to do...after all, I was keeping the kids entertained! But to me it was more than that. From then on, somehow I always found myself involved at some point of the cooking process. Yes, I had found my calling.

Don't get me wrong. I was still a troublemaker just like any other adolescent boy trying to see how far he can push things, but I also had a new passion for food. I loved creating the one thing everybody needs.

How that little boy came to be known as Big Daddy is a story for another day, but one thing has always stayed true for me and that's the thrill I get from seeing a plate of my food wiped off clean.

Some may think food is just fuel for the body to get things done. But I think it's a lot more than that. If food was just fuel, we would all line up at a 'food station', walk in, open our mouths and be fed some mush that has everything the body needs--kind of like that porridge Neo was fed in Matrix when he woke up in Morpheus' ship. Granted, food fuels the body, but good food is much more than that.

Good food is an art. And like any piece of art that has endured the test of time, it must have personality and attributes. Not meaning to quantify this art, but for me good food must score high in these categories: simplicity, sensory appeal and accessibility.

Good food has to be simple

Please don't get me wrong, by simple I don't mean plain or boring. What I mean is that when you take a bite, you should be able to taste the key ingredients in your dish. A hamburger should taste like beef and Coq au Vin should taste like chicken. And no, frog legs don't taste like chicken, nor should they.

Unfortunately, food is becoming too generic, where instead of developing palates to appreciate ingredients and

original taste, we are changing food to suit simplistic and unrefined palates.

Indulge all the senses

Good food should appeal to all the senses. Taste is self-explanatory. However, before you can taste your food, you touch it, see it, or hear it being prepared. If the chef is doing it right, you will also definitely get a whiff of what you are about to be presented.

Did you ever order fajitas because you heard the meat sizzle on the hot cast iron as it passed you by on its way to the next table? Or buy extra bread from the grocer's because the whole store smelled of fresh bread, with the loaves still warm to the touch? How about the last time your mouth watered at the sight of limes being squeezed on TV? Good food has to entertain all the senses, only then will you be completely satisfied and ask for seconds.

Good food is accessible

I feel that some foods have lost their charm and nostalgic value. Blueberry pancakes are always best during blueberry season, same with strawberry tarts and peach cobbles. Thanks to enhanced food cultivation and farming, we can get fresh strawberries all year long that taste kind of like cardboard! I wish we could go back to a time when you got ingredients only during their season for a few weeks out of year, and they tasted right.

Aside from being available at the right time, good food has to be available at a good price as well. If you want to impress, don't do it purchasing a \$120-plate of Sea bass MAKE it for them! That's what really counts.

Unfortunately, good food is becoming so pretentious, served in smaller portions and sold at higher prices. It has deviated from maintaining the integrity of core ingredients. And don't get me started on the garnish! Some chefs are building a rainforest of herbs on their plates and calling it "art"! That's not what good food is about. Let's not lose focus here; what makes a meal memorable is hearing your loved ones in the back ground, tasting fresh and seasonal ingredients, smelling the aromas from the kitchen, using your hands to feel your food, and all, while catching a smile from across the table.

www.BDsKitchen.com

[@BDsKitchen](#) [BDsKitchen](#) [BigDaddysKitchen](#)

I am Big Daddy and this is my Bread & Butter!



THE EMIRATES CULINARY GUILD

APPLICATION FOR 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 Senior Renewal

Fax Home: _____ Senior Young Chef
(under 25 yrs below)

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. 20,0000 per year



For further information, please contact: Tramontina UAE L.L.C
Tel.: +971 (4) 450 4301 / 4302
tdubai@tramontina.ae

TRAMONTINA'S PROFESSIONAL KNIVES ARE THE BEST OPTION IN YOUR KITCHEN AND IN YOUR BUSINESS

The Professional Knives line from Tramontina is perfect for you if you want the best performance in the kitchen. Made with the best quality stainless steel, they are resistant and can go into the dishwasher. They also have an antibacterial handle, that inhibits the growth of fungi and bacteria. Certified by the National Sanitarian Foundation, Tramontina's Professional Knives are the best option in your kitchen and your business.



www.tramontina.com



Tramontina is a supporter of the ECG.





NESTLÉ CHOKELLA
A SMOOTH HAZELNUT SPREAD
ENVELOPED IN A RICH
CREAMY FINISH



This dulcet confection can be incorporated in a diversity of desserts. From simple dessert dishes to inspired ones, as a simple chocolate spread or an essential ingredient, **NESTLÉ Chokella®** hazelnut spread (5kg and 20g portions) will provide your customers with a memorable experience.



Nestlé UAE L.L.C., P.O. Box 52185,
3rd Interchange, Nestlé Building,
Al Quoz, Dubai – UAE,
Tel: +9714-4088100/102,
Fax: +9714-3410159
Email: npdxb@ae.nestle.com


Nestlé
PROFESSIONAL®
Creative Food & Beverage Solutions

GULF GOURMET

THE NEW BRIGADE

Aug-Sep 2012