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volume 20, issue 4

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Ruwan Kumara

Crowned in **Sugar**

Chef Ruwan Kumara achieved the perfect combination of ingredients and technique to win the Arla Pro Pastry Mastery Competition 2024

BURNT CHEF

Kris Hall, Founder of The Burnt Chef Project, discusses mental health in the hospitality industry



SMALL PLANT, BIG IMPACT

How Plantible Foods is keeping the future of food afloat with duckweed



MAKING WAVES AT HANU

Culinary Director Kyung Soo Moon on menu planning and his take on Korean cuisine at HANU





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Dear Members and Partners,

You are holding an incredible issue in your hands. Inside, you will find some inspiring stories about winning, mentoring, and what defines cuisine beyond just the staples.

The Emirates Culinary Guild is gearing up for the Salon Culinare, and we are buzzing with anticipation and looking forward to great participation. Do not miss the rules and guidelines included in this issue, so you are fully in the know about the competition and the categories.

While winning medals and trophies is fantastic, remember the real prize is the experience and growth you gain from each competition. And if you are looking for more of these insights, take a look at the cover story, which features Chef Ruwan Kumara, the talented Pastry Chef at Palace Downtown. He brings a wealth of experience and shares how he paired ingredients to win gold at the Arla Pro Pastry Mastery Competition 2024.

Do not miss the exclusive interview with Culinary Director Kyung Soo Moon from HANU. He discusses menu planning, Korean cuisine, and bringing tradition into contemporary dining.

One of the articles gives us a glimpse into preserving culture on the occasion of World Heritage Day and that chefs are not just cooking; they are preserving history. We are celebrating World Heritage Day in a special way. Young Chefs are invited to an exclusive Emirati cooking class on April 18, where you'll learn to make classics like Luqaimat and Chicken Margouga. For

more details, contact Fay Abreo or email emiratesculinaryguildycc@gmail.com.

We have stories from industry experts who will give you practical knowledge along the way. You will find great articles on regional trends and a fresh perspective on inclusivity in kitchens. You can learn how small menu changes and tech upgrades can lead to big changes and understand more about sustainability in the food scene. Do not miss to read about duckweed, an underappreciated crop with a bright future and a conversation about why women in the F&B industry deserve equity and justice, not just equality.

A big thank you to all our members and supporters of the Guild. Check out previous issues of the magazine and catch up on our events calendar. Do not forget to follow us on social media to connect with talented chefs from all around the world.

Take a moment to read the company profiles of our corporate members. Also do look at the Friends of the Guild pages to see all of our amazing supporters.

Special thanks to Maurice Fitzgerald, Executive Manager of F&B, and Dominic Petzold, Executive Chef at Anantara The Palm Beach Resort, for hosting our March meeting.

If you have any questions about the events? Just reach out to us at emiratesculinaryguild@gmail.com. Thank you for being part of our culinary community, and happy reading!

Culinary Regards,
Alan Orreal



Chefs are not just cooking; they are preserving history



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Making Waves at HANU

Culinary Director **Kyung Soo Moon** on his extensive experience in menu planning and food cost control, his take on Korean cuisine at HANU, what strategies can showcase the diverse flavors of Korean gastronomy beyond traditional staples, and culinary trends for 2025

Sunset Hospitality Group's latest launch, HANU, at St. Regis Gardens, Palm Jumeirah, is reimagining contemporary Korean dining by blending heritage with modernism. Guiding HANU's culinary direction is acclaimed Culinary Director Kyung Soo Moon, a South Korean chef with over two decades of experience spanning globally recognized restaurants, including SUSHISAMBA, Attiko, and Sachi.

Chef Moon began his culinary journey in Korea, mastering traditional Japanese edomae sushi and kaiseki cuisine before moving to Dubai, where he worked at some of the city's most prestigious dining destinations. For



Creating a menu
is both an art
and a science

him, merging traditional Korean dining with contemporary elements is both a challenge and a privilege. At HANU, he seeks to introduce diners to the soul of Korean cuisine while preserving its time-honored techniques, ingredients, and flavors. At the same time, he embraces the creative freedom of adding a modern twist through artistic plating, unique

flavor pairings, and reimagined classics with a fresh perspective.

Beyond offering guests their first taste of Hanwoo beef or a newfound appreciation for the artistry of Korean barbecue, Chef Moon hopes they leave HANU with lasting memories and a deeper understanding of the warmth, generosity, and elegance of Korean dining culture. Ultimately, he believes food is about bringing people together. If he can create moments of joy, connection, and discovery, then HANU will have achieved something truly meaningful.

But what truly drives Chef Kyung Soo Moon? What inspires his bold approach to Korean cuisine, and where does he

see the future of dining headed? In an exclusive conversation with Gulf Gourmet, Chef Moon talks about the meaning of Korean food and the creative process behind his artistry.

Chef Moon, your culinary journey spans over two decades across multiple global brands and award-winning restaurants in Asia, UAE, and Australia. What inspired your passion for food, and how has your philosophy evolved?

My culinary journey has been nothing short of extraordinary! I have had the opportunity to travel across the region and the world, fuelling a passion for food that started early in life. I like to think it is a mix of my cultural roots and a love for creating flavors that connect with people. Over time, my philosophy has grown to balance tradition with a touch of creative flair. I have a real appreciation for quality ingredients and enjoy highlighting seasonal and sustainable elements in my cooking. At its core, my work celebrates Asia's rich culinary heritage with a distinctive global twist.

What are some of your earliest memories from the kitchens you have worked in?

I remember when I first started, and my senior chef made the rules very clear. Korean culture, as you know, places a huge emphasis on hierarchy and discipline, especially in professional kitchens; it almost felt like being in the military. He told me straight away: Focus entirely on your cooking. Do not watch, do not listen to anything that is irrelevant, and above all, no talking while you are working. It was a strict environment, but looking back, I can see how it shaped me.

How would you describe the food at HANU?

At HANU, it is more than just dining; it is an experience. I like to call it the 'new wave of contemporary Korean cuisine.' We took classic Korean dishes and elevated them with modern cooking techniques and innovative flavors while



Being an artisan of eating well means creating food that nourishes the body and the soul

staying true to authenticity. When you step into HANU, it feels like you have entered a Korean museum. You will find pieces of Korean heritage, like a grandmother's jewelry box and traditional Korean windows, beautifully woven into the space.

As for the food, it is a celebration of tradition and innovation. HANU highlights the rich tradition of Korean barbecue while incorporating innovative twists on dishes such as Sotbap, open-style kimbap, and freshly made fished noodles.

I have also incorporated dishes that have held personal significance since childhood. For instance, my mother often made kimchi rice topped with a fried egg, a comforting dish I grew up

with. Inspired by that memory, I created delicate kimchi arancini, bite-sized and perfectly crisp, topped with a small sunny-side-up egg. It is a familiar flavor that honors my heritage, presented in a refined, contemporary way.

Why Korean cuisine at HANU?

Korean cuisine at HANU is not just about food; it is about honoring a rich heritage, showcasing the artistry of our craft, and celebrating the unique and vibrant flavors that define Korea. For me, it is deeply personal; I want to share the depth and beauty of Korean culinary culture and highlight its elegance, sophistication, and the stories it tells through every dish.

The name 'HANU' holds special significance. It is derived from two Korean symbols: 'HAN,' which means Korea, and 'NU,' meaning 'big wave.' Together, they embody our vision, which is to bring a new wave of modern Korean cuisine to Dubai.

While there has been a change in how Korean cuisine is viewed in the last ten years, it still tends to be relatively limited in international spheres. What strategies can effectively showcase the diverse flavors in Korean gastronomy beyond staples?

While Korean cuisine has gained a lot of recognition in recent years, it is still often associated with staples like kimchi, barbecue, and bibimbap. And do not get me wrong, those are fantastic, but there is so much more to Korean gastronomy. I truly believe that to really showcase its diversity, we need to take a more multifaceted approach. Collaborating with international chefs, hosting cultural events, and creating educational programs are great ways to bridge the gap. These efforts can help move beyond the usual perceptions and allow us to share the full artistry and depth of Korean cuisine with the world.

Chef Moon, you have played a key role in shaping the menus for HANU Dubai, ATTIKO, and other Sunset Hospitality

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projects. With your extensive experience in menu planning and food cost control, how do you approach creating a menu that is both cost-effective and extraordinary in taste and presentation?

Creating a menu is both an art and a science. My approach begins with an understanding of the concept and vision of the restaurant. Every dish must reflect the essence of the dining experience we want to offer, whether it is the elegance of HANU Dubai or the vibrant energy of ATTIKO.

The first step is sourcing quality ingredients strategically. I prioritize seasonal, local, and sustainable produce where possible, which not only enhances the freshness of the dishes but also helps manage costs effectively. For premium items like Hanwoo beef, careful portioning and maximizing the use of each ingredient are essential to maintaining value without sacrificing quality.

Next comes the design of the menu. Each dish must strike a balance between flavor, presentation, and preparation efficiency. I focus on creating recipes layered in flavor yet achievable in execution, ensuring consistency throughout service.



Team is everything. When we work together, we can achieve anything

Lastly, I regularly analyze food costs and gather guest feedback to refine the menu. This ensures that we maintain profitability while delivering an exceptional dining experience. It is about crafting a menu that respects the budget but leaves a lasting impression on every guest.

You have been described as an artisan who eats well, and the values of generosity and sharing are important to your culinary practice. How do you define this philosophy and ensure every dish at HANU exemplifies this belief?

Being an artisan of eating well means creating food that nourishes the body and the soul. It is about using the finest ingredients, crafting each dish with precision and care, and evoking joy and connection through every bite.

Generosity and sharing are deeply rooted in Korean culture, where meals are often communal, and the table is a place of togetherness. At HANU, this philosophy guided every aspect of our culinary practice. Each dish is crafted to celebrate abundance, bold flavors, vibrant colors, and thoughtful presentations to bring people together. It is not just about serving food but about creating moments where guests feel welcomed, valued, and part of something special. That was the heart of my philosophy, which I strive to embody in every dish at HANU.

Can you share more about the 'Meat Me At The Grill' experience at HANU?

The 'Meat Me At The Grill' experience at HANU is truly special, an absolute one-of-a-kind celebration of Korean grilling culture with a luxurious, modern twist. It is a chance to dive into the authentic essence of Korean dining but elevated in a way that feels fresh and exciting tableside.

The chef's selection features exceptional cuts of meat, including our signature Galbi, a delicate egg soufflé, and a rich Korean stew inspired by the traditional Hansang style. Our star ingredient is at the heart of the experience: premium-grade Black Angus beef and Australian Wagyu MB6+, ensuring unparalleled flavor and quality.

But this experience is not just about the meat; it is about the journey. Guests gather around a state-of-the-art Korean table grill placed on the beautiful stone table, specially imported from South Korea, featuring advanced suction technology that eliminates smoke for a seamless dining experience. The rich aromas and interactive cooking create an irresistible energy at the table, transforming each meal into an unforgettable feast for the senses.

You have earned accolades, such as the Asian Cuisine Chef of the Year in 2013 and Mentor Chef of the Year in 2014, your dining concept Kisumé received the Hottest Restaurant



Award in 2018, and many more achievements are under your belt. What do you consider your biggest work achievements?

After receiving recognition for my work in Japanese cuisine, I realized it was time to take a step back and return to the basics. It felt like the right moment to reflect, grow, and start afresh, this time from the ground up with my incredible team at HANU. The journey has been challenging, but it has been essential in helping me reconnect with my roots and create something truly special. This is not just a milestone; it is the first significant achievement in this new chapter of my career, built on passion, collaboration, and a commitment to crafting something exceptional.

Are ingredients your main source of inspiration, or do you draw inspiration in other forms?

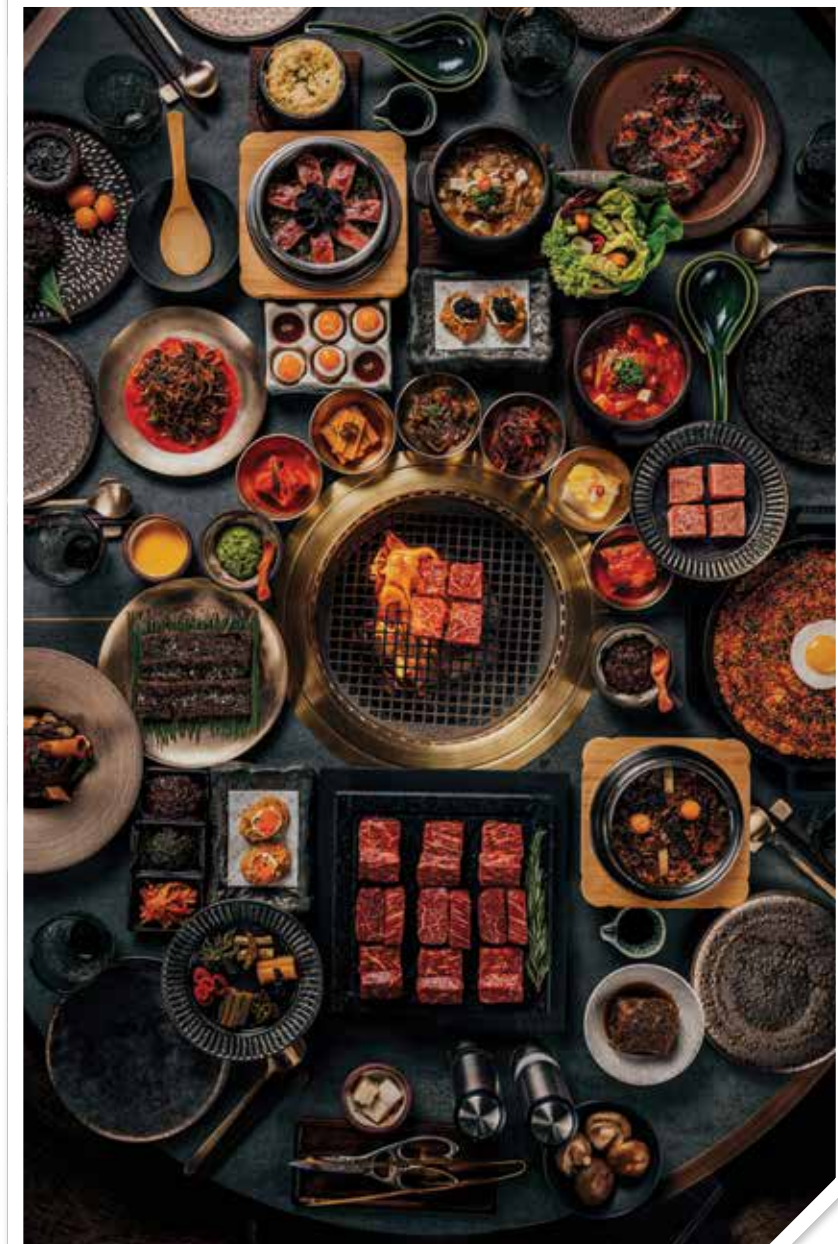
Whenever I am about to cook or create a new menu, I always start with a sketch. It's just how I work; I take a moment to reflect and really think things through before diving in. For me, it is all about having a clear vision. I will map it out, put it on paper, and then bring it to my team. We sit together, discuss the menu or upcoming plans, and refine it as a group.

What are the culinary trends of 2025?

The industry is moving towards a holistic, personalized dining experience, where the emphasis is on emotional engagement and guest satisfaction. What truly matters is the 'lifestyle experience'. The experience of how we interact with our guests and forge meaningful connections with them through our food. That, I would say, is the culinary trend of this year.

What does it take to become a successful Culinary Director?

My main mantra, which I hold as my top priority, is that 'team is everything.' Having a strong, united team is key. When we work together, we can achieve anything. In the world of gastronomy, it is not about superstars or lone players;



Don't worry about being away from home—Dubai makes every challenge feel exciting

it is about growing together and succeeding as one team unit.

A piece of advice for young and aspiring chefs.

If you are searching for a city filled with

incredible opportunities and experiences, come to Dubai. Do not worry too much about being away from home and moving to a new country. Dubai has a way of making every challenge feel exciting, and the possibilities here are limitless.

Looking ahead, what are your aspirations for your culinary career?

For me, it is all about maintaining a seamless harmony in bringing innovative cooking methods to life and creating a space where guests can enjoy truly memorable dining experiences. Right now, that is my main inclination in my culinary journey, alongside plans to take more home-grown brands onto the international stage. ■

Crowned in Sugar

"Perfection is attained not when there is nothing more to add, but when there is nothing left to take away," remarked writer Antoine de Saint-Exupéry. Chef **Ruwan Kumara** has got the just-right pairing of ingredients to make it for this elusive perfection. Ergo was recently announced as the gold medal winner at the Arla Pro Pastry Mastery Competition 2024 at the ICCA. Here is his story

On a typical sun-dappled Dubai morning, the finalists prepared to head to the competition with bright resolve. What seemingly appeared to be a relaxed showdown among pastry chefs was set against a thoughtfully focused atmosphere where each chef was entirely in the zone. In every aisle, chefs whisked, brushed, added colors, and used molds.

Every idea was in tandem with the details of the dish. This is not a commentary from a television culinary contest but a glance into the first edition of the Arla Pro Pastry Mastery competition at the International Centre for Culinary Arts.



Winning the competition is no one-person show; it stands on the wisdom of those who guide and inspire

A panel of judges tasted and analyzed each creation. In the end, a frame captured chefs awaiting the verdict on the winning entry. Many were puzzled

until the name of the Pastry Chef of the Palace Downtown Hotel was announced.

When he first heard his name, a gust of happiness crashed over him. "It was a complete surprise to be the winner because there were so many talented chefs," he says, taking a breath and articulating with gratitude.

To think that he has kept excelling in cooking when his earliest childhood memories involved a faint idea of the pastry world is no small feat. Originally from Sri Lanka, a country rich in culture and cinnamon, Chef Ruwan was drawn to arts as a teen.

Beethoven took in all the chaos of life and channeled it into a symphony. Maya Angelou faced plenty of injustice but turned that challenging experience into something powerful with her book, *I Know Why the Caged Bird Sings*. For Chef Ruwan, it was the calmness and creativity in the arts that lit his way to pastry.

"Upon completing my hotel course diploma, I began my career in 2007 at a four-star hotel, The Palms," Chef Ruwan recounts. "Then, after a few promotions and years later, I was hired at the Emirates Palace Hotel in Abu Dhabi. Starting as a Demi Chef de Partie there, I gained experience with a la carte menus from chefs





It was a complete surprise to be the winner because there were so many talented chefs



worldwide and learned about pastry techniques and how to deal with high-pressure situations. And then in 2014, I returned to Dubai again to work for a semi-government catering company before landing a position at the Palace Downtown Hotel," he details.

As time went on, he developed a distinctive culinary style and, with his extensive experience, took the position of Executive Pastry Chef at the Mahaweli Reach Hotel in Kandy. However, a year and a half later, his plans changed unexpectedly due to the pandemic, leading him to a promising opportunity at the Palace Downtown.

Located near popular spots like Dubai Mall and Burj Khalifa, the Palace Downtown Hotel offers various dining venues, including Al Bayt, Buhayra Lounge, Ewaan, and Thiptara. It is here,



Some days bring applause; others serve up a slice of humble pie

in the heart of the hotel's kitchen, against a backdrop of pastry sheets and aprons, where you can see Chef Ruwan testing and perfecting menu ideas. As a pastry chef, he oversees the creation of pastries and baked goods at the 184-room hotel, working closely under the guidance of Chef Abel Vieilleville and Chef Sourav Chatterjee.

In the decade and a half since his

career, he has continually sharpened his skills and won several medals. The learning never stops, a quality he believes distinguishes successful chefs in the industry.

Remembering the winning moment, he recollects several days of learning that crystallized in the weight of the Arla Pro Award in his hands. However, unlike many who suggest consistently learning and practicing for competitions, he thinks there is more to it. "The art of managing time well is the key," he says. You may not give much credence to this at first, but then it clicks that it is not simply about the ideal idea but how you plan. Sliding into details, he adds, "Make a schedule and timesheet and then try to finish within a time limit. Creating the timesheet will also help you divide the production timeline, and accordingly, you can practice."





The art of
managing time
well is the key

Ruwan Kumara

He paused, a trace of wisdom setting over his gaze. "See, if we follow the timesheet well, we can finish the production in time. And of course," a smile surfaces, "Practice a lot for live competitions as during extreme pressure, practice comes to the rescue."

Steering through pressure and dissipating distractions, he is like a sharp, decisive blade cutting away what is unnecessary. Staying confident under pressure, he considers, is a muscle that strengthens with practice. "With all eyes on you during the competition, keep your eye on the task at hand."

Winning the competition is no one-person show; it stands on the wisdom of those who guide and inspire. "I am thankful to Arla Pro for organizing this competition in the UAE. It was an opportunity to learn many techniques and how to compete under pressure in a different environment at the ICCA. Many thanks to the Guild, Chef Andy, Chef Dammika Herath, and the Palace Downtown Hotel for their continuous support and opportunities. I owe a special thanks to Chef Abel, Chef Dharmika, and other chefs for their support," shares Chef Ruwan. "I have learned so many things, from technique to food pairing, from them," his voice



Practice a lot for live competitions as during extreme pressure, practice comes to the rescue

wavers momentarily, caught between gratitude and emotions.

It was the part of him that revealed his humility. Of course, there was also an articulated strategist within him. This became apparent during his conversation with Gulf Gourmet last year when he outlined his dessert philosophy. He believes a dessert is best when it includes citrus; no wonder we first think of it as an essential element in his winning dish.

And naturally, his dish reflects that belief. With a clear vision for food pairing, his dish for the final round incorporated sweet, zesty, and nutty flavors. "The dish featured mandarin, yuzu, chocolate gateaux, cheese semifreddo, warm chocolate cake, and chocolate foam. I

used Arla Pro products, including butter and cream cheese, and experimented multiple times to pair the ingredients to create a dish the judges enjoyed. It was a new creation I specifically tried for this competition. We must work on pairing all the ingredients; only then can we achieve the correct flavors in the desserts," he says, adding every component matters.

Yet, it is not just the ingredient pairing that defines his artistry; working with global chefs, drawing from Sri Lankan influences, and understanding local and modern elements also influences his cooking style. "In the UAE, we create international and Arabic-themed sweets. Besides that, I follow the classic French recipes while learning new techniques from French chefs, such as using small fruits and minimalism."

Though he had the ingredients in mind, his inspiration came together after participating in various competitions, including the IKA Culinary Olympics, where he won gold. Surrounded by the finest pastry chefs from around the world, he observed how competitors combined flavors and plating styles, sparking ideas to try different pairings for the Arla Pro competition.

Some days bring applause; others serve up a slice of humble pie. Chef Ruwan also had days when things faltered. "I remember competing in the Global Pastry Chef competition in Singapore, and moments before the presentation, my showpiece broke," he recalls. How does one handle those last-minute crises? "It was a tough experience," he murmurs. "Within eight hours, we had to create an entire cake, a stunning dessert, and a showpiece, all on the spot. And when the showpiece broke, I collected all the remaining elements of the piece to present them to the judge," he adds, answering setbacks cannot consume one.

That is why his sage advice for young chefs is to be prepared. "Always keep 2-3 options handy. If anything does





Participate in competitions like plating and glazing and always listen to judges

not go as planned, you need to go to the second option. If that does not work, go for the third. Planning ahead is important. While we may take notes, we do not have time to review them during a competition. So, prepare instead of waiting until the last minute."

Chef Ruwan is obsessed with trends, even intermittently mentioning them in conversation, knowing that every moment brings a new one in this age. "I always try to incorporate the latest trends even when competing. In the pastry segment, we must understand the new trends. Building relationships with chefs and suppliers will give you fresh ideas and help you stay on top of trends."

Speaking of trends, his observant nature has taken note of what is latest in the pastry industry. "There is a shift towards sustainability and sugar-free desserts, chefs opting for alternatives like date and coconut sugar instead of crystal sugar. Many are leaning towards healthier sweets with gluten-free options. Even with cocoa, the preference is 100% rich chocolate, bitter varieties."

As much as he instinctively grasps shifting customer preferences, he matches that instinct with equal effort in studying the patterns that create them. "I get the ideas through analyzing menus, recipes, products, attending competitions, and I am trying to do everything on my end to what you call it now: satisfy the guest," he explains earnestly.

His advice for aspiring chefs chasing competition glory is simple: follow the basic techniques to innovate. "Then you should do something different that has never been seen anywhere, at least one new element. Practice techniques, like chocolate work and garnishing, to become an expert." Even more so, he asks them to participate in different culinary competitions, taking it as a chance to learn from other chefs and observe diverse cuisine. "Participate in competitions like plating and glazing and always listen to judges," he



Building relationships with chefs and suppliers will give you fresh ideas and help you stay on top of trends

encourages. "Understand their feedback to competitors on garnish, food pairing, texture to other competitors because those are helpful perspectives."

His excitement is impossible to miss as he discusses winning the trip to Denmark, where he plans to soak in the culinary immersion experience. "The Arla Pro competition is an opportunity for knowledge. Not only does the winner receive a culinary learning trip to Denmark, but the competition itself is about learning. Chefs can learn to make dishes using cream, butter, cheese, other staples, and the different categories of cold, chill, and the art of presentation to make extraordinary dishes, which is all a great way to improve skills."

Culinary competitions will remain his turf. As he works to become ingenious in competition, he has his sights set on 2026, when he will compete in the Culinary World Cup in Luxembourg,

marking not one but two exciting adventures on his calendar.

It has been a long journey for him in this industry. Taking the first steps without clear direction, his career gradually became what it is today. The sweetness from the dessert has flavored his life in more ways than one, but his family has been the backbone, helping him balance every ingredient of his life. His wife, Prashani Nanayakkara, and their twins, Anuthmi Tehanya and Aken Mandinu, keep him grounded and add light to his life, making even the toughest days bearable. "Whenever I am at home, I spend quality time with them as much as possible. A day out at the beach or moments playing together with the kids, we create memories."

Competition pushes us to dream big; it can be a dream come true for some, while for others, it represents a turning point in life. The pre-cook-off jitters in competitions are a little understated. The entire setting swells with tension as everyone gives their all for that moment of joy when they finally succeed. Writing about these moments may look diminutive in this magazine, but it is in these moments of competition we get stories about what happened, how, and why it mattered. That is precisely what we can glean from Chef Ruwan's story and something we are likely to see again in the next edition of the Arla Pro Pastry Mastery Competition. ■

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Accelerate Action

Why women in the F&B industry need equity and justice, not just equality, writes Chef **Tarryn-Leigh Green**

Every year, International Women's Day serves as a reminder of the progress made toward gender inclusion and the work still ahead. The 2025 theme, #AccelerateAction, calls for urgency in advancing gender justice. However, real progress requires a deeper understanding of the distinctions between equality, equity, and justice, three terms often used interchangeably but with very different implications.

Equality: The starting point, not the goal

Equality means treating everyone the same. It assumes all individuals have equal opportunities and resources, regardless of background or situation. While equality may seem fair on the surface, it overlooks systemic barriers that create disadvantages for women, especially in the male-dominated food and beverage (F&B) industry.

For example, if a high-end restaurant offers all employees the same executive chef application process, it may seem like an equal opportunity. However, if women have historically been underrepresented in leadership roles in kitchens, they may need additional support and opportunities to access those positions truly. In this case, equality does not account for historical disadvantages.

Equity: Addressing the barriers

Equity recognizes that people start from various locations and require different levels of support to achieve fair outcomes. Instead of offering the same resources to everyone, equity ensures that resources are allocated based on need, creating a level playing field.

In the culinary world, an equitable approach would involve mentorship programs designed explicitly for women chefs, leadership training, family-friendly work policies, and initiatives to address the industry's culture of long hours and workplace bias. These targeted interventions acknowledge past inequalities and actively work to remove barriers preventing women from advancing in the F&B industry.

Justice: The ultimate goal

Justice goes beyond equity by dismantling the root causes of inequality. It does not just level the playing field; it transforms the system so that barriers no longer exist in the first place.

A justice-focused approach in the F&B industry would mean revising workplace policies entirely and ensuring that sexual harassment, gender pay gaps, and biased promotion structures are eliminated. Justice is about creating lasting change, ensuring that future generations of women chefs do not have to fight the same battles repeatedly.

#AccelerateAction for Equity and Justice

Many well-intentioned efforts to support women focus solely on equality, offering the same opportunities without addressing systemic disadvantages. However, women in the F&B industry are not asking for mere inclusion in a flawed system; they are demanding a transformation that ensures fair treatment, opportunity, and justice for all.

For example:

- ♦ **In professional kitchens**, equality means hiring male and female chefs at the same rate. Equity ensures women access to leadership



opportunities, fair scheduling, and protection against bias. Justice would mean shifting industry norms so that gender discrimination and harassment are no longer tolerated.

- ♦ **In culinary education**, equality provides the same training to all students. Equity encourages women to enter competitive, male-dominated sectors like fine dining. Justice would mean dismantling stereotypes that discourage women from pursuing high-level culinary careers in the first place.

#AccelerateAction: Moving Beyond Words to Real Change

To truly accelerate action for women's rights in the F&B industry, we must shift the focus from equality to equity and justice. Restaurants, hotels, and hospitality groups must commit to removing structural barriers and creating environments where women do not just survive but thrive.

Let us stop asking how we can make things equal and start demanding how to make them right. The time for incremental change is over—it is time for justice. ■

Small Plant, Big Impact

The proof is in the pond. **Tony Martens**, co-founder of Plantible Foods, speaks with **Shreya Asopa** about keeping the future of food afloat with duckweed. This tiny, green plant may skim the surface, but it challenges us to rethink the depths of our food ecosystem

Isn't it wonderful when the lovely transition from languid winter to kinetic summer happens? This year, summer seems to be heating up more quickly than usual. Australians are bracing for record-breaking temperatures and heatwave hotspots in different countries, and some Asian regions are experiencing early summer. With the change in seasons and culinary trends evolving imperceptibly, the appetite is growing for a wholesome palette of fresh and fruity foods. Some crisp, ripe tomatoes, the snap of bell peppers, the crunch of cucumbers. Maybe even something aquatic for a nibble, like duckweed... umm, Lemna?

Skeptical? I get it! For centuries, these small greens have featured on the menus of Southeast Asia in dishes like Khai Nam, soups, or stir-fries. So yeah, duckweed on the menu?

"Absolutely," says Tony Martens, co-founder of Plantible Foods.

Once viewed as *bête noire* in your home ponds and lakes, Duckweed, including the genus *Lemna*, can potentially disrupt the food industry. The poetic justice is as rich as the protein it produces; something in 2018, two Dutch entrepreneurs, Tony Martens and Maurits Van de Ven, decided to tap into it by launching a vertically integrated platform that extracts RuBisCO (or Rubi Protein) from Lemna.

Why all the fuss about Rubi Protein? You've been having this protein all



For better or worse, the food industry is one of the last sectors to experience a fundamental disruption

along (unbeknownst enjoying it in your kale smoothie or lettuce salads, veggies, herbs, and now in your food future). For Tony, this moment is a strong, intriguing inflection point in society. "For better or worse, the food industry is one of the last sectors to experience a fundamental disruption. With food supply chains under threat from geopolitical turmoil and climate change,

there is an urgent demand to diversify our food sources that can alleviate the pressure on the environment and nourish us," articulates Martens.

In creating this epochal shift, as much as he keeps functionality on the one hand, the nutritional matrix is also always within reach. Unlike most plant proteins, the company maintains that Rubi stands out by packing all nine essential amino acids in just the right amounts for the human body and has a protein digestibility score of one.

Rubi contains at least 85% protein, it is free from all main allergens, with bioavailability that surpasses both animal and plant proteins available today, meaning the body absorbs its essential amino acids more efficiently than other plant or animal proteins. In light of current trends like Ozempic and Wegovy, where people are cutting down on their portion sizes, nutrient density matters more than ever, and this is where our protein shines," he says.

The Plant behind Plantible Foods

The search for the best sources was no gentle ripple. Some days went by finding greens with the highest protein levels, and what might be easier to harvest or process, while other days, they had to think about how the protein makes its way into various applications.

The answer planted the development of a resourceful agronomy system, with controlled greenhouses where the plants

grow in very shallow layers of water. "Lemna doubles in mass every 48 hours," he says, explaining that they fertilize the water with nutrients to keep the continuous growth cycle.

"Every day," he details, "we harvest a little bit, skim off some of the plants from the water. We never fully harvest the greenhouse; instead, we take about 30 to 40% because plants continually reproduce themselves."

Once harvested, Lemna is processed into a clean, dry, neutral-colored, and neutral-tasting powder known as Rubi Protein. "The entire operation is carried out using natural methods, without harsh chemicals, organic sulfites, or extreme heat fluctuations," he adds.

As he speaks, the backdrop contains his vision of greenhouses. A kenspeckle midscale production facility near West Texas, a place so vast, it feels as if you've wandered as Gulliver in a land of giant Lemna farms. "Animal proteins, along with synthetic substitutes, trying to mimic functionality face vulnerabilities, climate change, geopolitical instability, and disease outbreaks," he says, pausing for a moment while gesturing toward the pilot plant behind him, where they had just wrapped up a successful trial run. A quick greeting to his colleague, and he resumes his thoughts on reversing their approach to find a natural source that outperforms current ingredients.



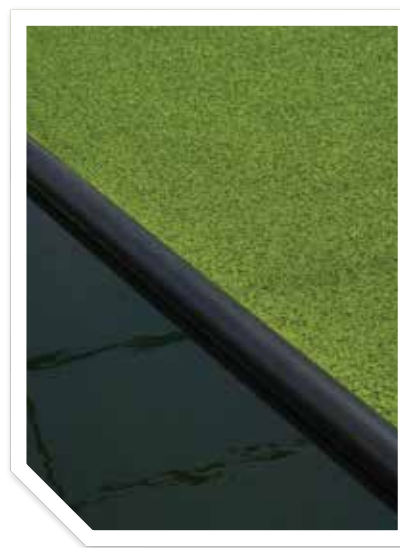
We have to rethink the plant-based landscape from scratch

"By analyzing existing protein and synthetic ingredients, we landed on Lemna, which had a 70% nutritional yield, far surpassing soy, which offers only a 46% yield, and peas, which come at 28%. And gradually, over the past six years, we have built a process to enhance the flavor, functionality, and nutritional value of Rubi Protein."

When it comes to using this protein in recipes, he says, a little goes a long way. "From a practical standpoint, this protein can be added directly to recipes functioning much like traditional animal proteins in baking, confectionery, meat, and dairy."

He adds, "It has properties like foaming, emulsification, gelling, and binding, creating meringues. It is like a Swiss army knife and is 100% soluble in water. Mix it with oil and water to make dressings and sauces and create food products with various textures."

Considering the concept of affordability, Tony points out that wild and overlooked Lemna might be the missing piece to meet the lacuna for culinary conundrums. "While synthetic emulsifiers like gums have their place, Rubi protein is cost-



competitive to egg whites and other proteins. If a recipe requires 100 grams of egg, you could use just 50 grams as it is two to three times more powerful than conventional options."

Something peculiar, he says, surfaced during taste tests. "Our sensory panels consistently show that consumers prefer products made with our ingredients," he shares. Why is that? "Mostly due to its ability to hold onto moisture and oils better over gummy ingredients that leave a drier aftertaste."

His enthusiasm doesn't stop at taste. Their trajectory is to increase familiarity amongst chefs and expand their reach by working with international and local chefs. "We are already collaborating with some of the biggest food companies in the United States, Asia, and Europe." But he knows there's more ground to cover. "Each country has its own flavor profile, so partnering with local chefs would be very interesting to us to see how our product can be included in regional cuisines."

According to him chefs have endless possibilities when creating innovative dishes with Rubi protein. One of his favorites is the macaron. "We make a phenomenal macaron," he shares. "Bakery products and chocolate mousse are incredibly delicious. I've eaten so much over the past year."

What he raves about, however, is crab cakes he recently enjoyed, made by one of their customers who swapped methylcellulose for Rubi protein as a

binder. "They were out of this world! Even the ice cream is a favourite because it retains moisture and oil, slowing ice crystal formation giving a smoother, creamier texture."

Current Scenario

Considering the recent slump in the plant-based food market last year and the tough headwinds cultivated meat companies face, a caveat arises regarding where Plantible Foods fits into this changing landscape.

Discussing the osmosis of innovation, he sees two reasons for a bigger opportunity for them in the plant-based industry. "First, this market, covering both animal-based and plant-based proteins, is a multi-trillion-dollar industry. We see ourselves as part of the solution in making these foods resonate with consumers. The plant-based ingredients we currently use have been around for hundreds of years, and it would be somewhat miraculous if they suddenly turned into delicious stand-ins for meat or dairy. Second, we have to rethink the plant-based landscape from scratch." He points to products like tofu and tempeh, which became foods in their own right. "If you say you're making a 'chicken alternative,' people will inevitably compare it to real chicken. Like brands trying to create a Coca-Cola alternative, you'll always fall short. But look at Red Bull; it didn't try to imitate that. That's where this market needs to go," he gives a cogent reply.

Last year, the company secured \$30 million in Series B funding, which they are using to further their mission of scalability in response to a surge in demand. "Right now, we're operating a 50-hectare farm in Texas with multiple 8,000-square-meter greenhouses. Naturally, we want to expand our operations in Texas, replicate this model globally, decentralize our supply chains, and better meet our customers' needs worldwide."

They have some interesting projects outside of food, as they have identified



Consumers will be open to trying new things if the food is delicious and nutritious

various promising use cases for their products. "But nowadays, we see many opportunities to capture within the food industry, in baking, confectionery, dairy, desserts, and meat." Alongside these ventures, the company's commercial success has been notable, with contracts worth millions of dollars already signed. "Now, it's about delivering on those contracts and securing new ones. We have a solid pipeline of partners, and you'll see more products with our protein in 2025."

In many countries, aquaculture farms use duckweed as a feed source for animals and fish. Its journey as a food ingredient is in an inchoate market against upcycled ingredients that consumers more readily accept due to their familiarity. With his finger on the pulse of consumer preferences, Tony weighs in, "What it comes down to," he pauses thoughtfully, "is taste. Consumers will be open to trying new things if the food is delicious and nutritious." There's a certain nonchalance in his tone, but behind it lies the conviction that Lemna is more than just a trend. It represents a shift



in perspective, one that challenges the status quo around why consumers gravitate towards ingredients and animal proteins in their diets.

The Laocoöns of climate change has long pointed to farming's growing vulnerability to climate and food scarcity. In the face of these convictions, one thought from their official website stands out: Why do food and agriculture seem largely unchanged from 1,000 years ago? Research into Lemna (duckweed) suggests a possible shift, not just for its protein content but for its heft in absorbing ten times more carbon dioxide annually than a thriving forest ecosystem. Maybe the day will soon arrive when we challenge our food preferences, see duckweed in our diets, admire its natural beauty in our ponds, and reconsider what we once dismissed as unworthy. ■

World Heritage Day

What do culture, monuments, and food have in common? Everything, says Chef Vivek Huria

World Heritage Day, observed annually on April 18th, celebrates cuisine. The day raises awareness about the importance of preserving cultural and natural heritage worldwide. Think of it as a global shoutout to our ancestors.

When it comes to the UAE, the government has taken many steps to protect its heritage and help people understand its importance. They have organized festivals and events, created cultural clubs, built heritage villages, and set up museums. The Emirates Heritage Club is one of the organizations that researches and promotes Emirati culture. Popular annual events like the Qasr Al Hosn Festival, Sheikh Zayed Heritage Festival, and Sharjah Heritage Days showcase the UAE's rich history and traditions. These celebrations are an excellent way for younger generations to connect with their culture, traditions, and heritage.

Heritage is more than just stories; it connects us to our history, and food is a great way to tell those stories. I recently took part in a major cultural festival at the Heritage Village with my restaurant, Jalfrezi. This year's theme was about creating lasting memories, and seeing our food as part of that was wonderful. There was so much to take in from the moment I walked into the outdoor exhibition. Tradition, art, and food. A red carpet welcoming the public, and beautifully crafted wooden entryways that set the tone for what was inside. I saw artists displaying stunning



Heritage is more than just stories; it connects us to our history, and food is a great way to tell those stories

paintings, traditional barasti stalls selling handmade crafts, and a souk filled with perfumes, jewellery, and local treasures. What really caught my attention was the different foods there. The aroma of freshly cooked Emirati dishes, like chicken machboos and golden sweets dripping in honey, is fantastic.

I saw cooks skillfully shaping dough, frying it just right, and serving it with cheese, eggs, and dates. Some were happy to share their recipes, while others kept their secrets, but the flavours said it all. Watching these

dishes being prepared, I realized how deeply food is tied to heritage.

Why Talk About Food?

As chefs, we are also storytellers. Food is central to festivals, family gatherings, and religious celebrations, reinforcing our social connections. Food is history you can taste. Dishes from the UAE, like harees and machboos, carry stories from the past and family traditions. Harees is the perfect comfort food, and Luqaimat are sweet fried treats with date syrup drizzled on top. When you enjoy dates and coffee, you are experiencing the warmth of Emirati hospitality. Machboos is a flavorful rice dish with meat, much like biryani. And do not forget about Balaleet, a sweet breakfast made of vermicelli noodles topped with an omelette.

The UAE is doing a great job of keeping its food culture alive. With food festivals supported by the government and museums that showcase how traditional dishes are made, there is a real effort to celebrate Emirati cuisine. Initiatives like sustainable farms growing ancient grains and local markets promoting fresh, regional ingredients are shaping the future.

Culinary tourism combines food and history, offering a unique way to explore the UAE's heritage. Chefs are not just cooking; they are preserving history. Every dish we serve is a chapter of culture. Heritage is not just about ancient buildings and ruins; it is the recipes, spices, and shared meals that connect us to our roots.

So, what should World Heritage Day mean to a chef, anyway? It is a global shoutout to our past. It is a day to remind us that our ancestors were not just building monuments. They were creating stories. And food is the most alive and edible history right there. ■

The Burnt Chef Project

Kris Hall, CEO & Founder of The Burnt Chef Project, shares how we can champion mental health in global hospitality

The hospitality industry is one of the most dynamic, fast-paced, and rewarding sectors in the world. It brings people together over exceptional culinary experiences, fosters creativity, and fuels economic growth.

However, behind the scenes, it is also an industry characterized by long hours, high-pressure environments, and relentless expectations. These challenges are not unique to any one region; they resonate globally, including in the Middle East's thriving food and beverage sector.

In the UAE and across the Gulf region, hospitality plays a pivotal role in the economy. With world-class hotels, award-winning restaurants, and an ever-expanding culinary scene, the industry demands excellence at all levels. Chefs, front-of-house teams, and operational staff work tirelessly to deliver unforgettable experiences to guests. But what happens when the pressures of perfection take a toll on mental health?

The Burnt Chef Project was founded to address this very issue. Established as a not-for-profit social enterprise, our mission is to eradicate the stigma surrounding mental health within hospitality and provide training, resources, and support for individuals and businesses across all levels of the industry. Through education, open conversations, and sustainable change, we aim to build a healthier, more resilient hospitality workforce worldwide.

The Mental Health Landscape in Hospitality

Globally, research has shown that hospitality professionals are at a higher risk of experiencing mental health challenges, including anxiety,



depression, and burnout. Our own studies found that $\frac{4}{5}$ hospitality professionals experienced at least one mental health issue during their careers. The high-intensity nature of the job, coupled with the traditional 'tough it out' culture, often prevents individuals from seeking support. In regions like the Middle East, where the industry is booming and expectations are at an all-time high, these concerns are magnified.

A significant portion of the Gulf's hospitality workforce comprises expatriates, many of whom face additional pressures such as adapting to new cultures, working away from their families, and dealing with visa-related uncertainties. The pursuit of career progression in a highly competitive market can lead to self-neglect, making mental well-being an overlooked priority.

The Burnt Chef Project in Action

The Burnt Chef Project offers practical solutions to these challenges. Our free, confidential mental health support services provide individuals with access to professional guidance, ensuring

they are never alone in their struggles. For businesses, we offer an Employee Assistance Programme (EAP), delivering tailored mental health support for teams and promoting a culture of well-being.

We also run an ambassador program of over 250 hospitality professionals worldwide. These ambassadors champion mental health awareness in workplaces and hospitality colleges, offering peer-to-peer support and fostering a culture of openness and resilience.

Our online training app equips hospitality workers with the resources needed to handle stress, build resilience, and support colleagues facing mental health challenges. Through mental health awareness training, resilience workshops, and leadership development, we empower professionals to recognize mental distress and create supportive workplaces.

By working with hospitality businesses, industry leaders, and educational institutions, we are embedding long-term change. From kitchen brigades to front-of-house teams, we believe every individual in hospitality deserves a safe and supportive working environment.

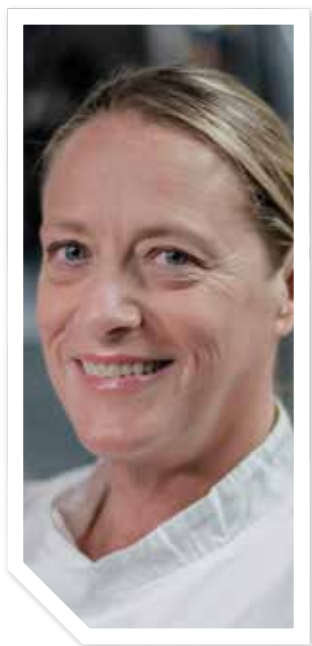
A Call for Change

As the Gulf's hospitality sector expands, it is vital mental health becomes part of the conversation. We encourage professionals, business owners, and industry leaders to support their teams proactively. Together, we can create an industry that thrives not just in service and innovation but in the well-being of its people. ■

For more information on The Burnt Chef Project and how you can get involved, visit www.theburntchefproject.com.

Remember When?

Well-seasoned tales and thoughts by Chef **Helen Morris**



The memories from my culinary years could fill a book, as could the ones from my education. Well, that is a whole other saga

For the past year, I have been jotting down my culinary escapades, the wild ride from my culinary adventures, and the chaos that led me to the structured corridors of education. What can I say? It has been a nostalgic rollercoaster, sprinkled with laughter, so much laughter, a few cringe-worthy times, and plenty of "Oh wow, I really did that?" moments.

Many times, as I was writing, a massive smile spread across my face, thinking about the people I met, the unforgettable stories, and the ones I absolutely cannot put into writing (for legal, ethical, and self-preservation reasons). The memories from my culinary years could fill a book, as could the ones from my education. Well, that is a whole other saga.

I affectionately remember the incredible chefs I worked with and the great social life that came with the job. Work hard, play harder, sometimes too hard. I recall late nights, early mornings, endless coffee, and even longer laughter sessions. In their unique way, chefs share an unspoken camaraderie born from heat, stress, and mischief, ingredients that combine to create lifelong friendships.

As I reminisced, I realized just how long I have been in this industry and how many people I have crossed paths with. The best part? I am still connected to so many. The classic example is when I moved to Doha; I never expected to run into a chef I had worked with in two different UK hotels. He later moved to Canada, then China, and now, surprise—Qatar. Catching up with him felt like we had just worked together last year. But when we did the math? Let us just say the number was alarming. We worked in an era before social

media when memories were stored in grainy photographs (if you managed to take one) and not plastered all over the internet. And honestly? That was kind of great. Sure, we now have digital archives of everything, but nothing beats stumbling upon an old, half-faded kitchen photo and being hit with a wave of memories and, oh yes, the hairstyles! That said, there are definitely some nights I am glad were not immortalized online. Some things are better left in our heads (and possibly never spoken about in public).

This nostalgic trip down memory lane has made me think about the future and is also fueled by some readers who want to know more. I would love to expand on my articles one day in those kitchens, and there are definitely mind-blowing educational tales. Obviously, names and locations would be altered to protect the innocent (and not-so-innocent), but there are so many more stories to tell. There are so many untold anecdotes, memories unlocked by casual catch-ups with old friends asking, "Hey, remember when...?" Those spontaneous recollections always give me a warm feeling, and I laugh all over again.

I look forward to diving deeper into these tales and adding more saucy secrets. Maybe it will be a book, perhaps a shared document. When retirement finally knocks (early retirement, fingers crossed!), I may tackle an expanded, no-holds-barred memoir, an entire narrative seasoned generously with wit and spice. Admittedly, some stories are destined never to see daylight, at least not without a good lawyer on my side. Some kitchen escapades are best left marinating in secrecy. Publishing or not, even sharing a private digital copy

among friends and colleagues would be deeply satisfying. Who knows? Let us see where the whisk takes me.

As you might know, I am from the UK, and we are known for our sarcasm and dry humor, something I make sure to sprinkle into my writing. Let us be honest: in the heat of peak service, when stress levels are sky-high, and tempers are frayed, humour is the only thing that keeps you going.

We would scream at each other one minute and be laughing the next. That is kitchen life. Yet, invariably, at shift's end, we shrug it off, laugh loudly, tease mercilessly, and return tomorrow as if nothing ever happened. It is the culinary world's curious alchemy, transforming chaos into comedy.

Now, let us address the elephant in the room: I am no writer. Some days, I stare at my laptop, willing the words to appear, and all I get is two lousy sentences. On other days, I am on fire, typing away like Hemingway (well, almost). But here is a confession: I have now gone full Gen Z, well, kinda. I no longer type all my articles; I dictate them while my laptop does the hard work. Of course, that means I still have to go back, edit, and dust in some of my signature humor. And yes, I occasionally let AI help fine-tune things, especially when I hit a creative roadblock—no shame in that game. Let us face it: AI is here to stay. Love it or loathe it, we might as well welcome our robotic overlords with open arms (and a pinch of skepticism). However, I believe in using it wisely, like seasoning in a dish, not dumping the whole spice rack into the pot.

However, AI's convenience and creativity sometimes make me nostalgic for my pre-AI days. Recently, helping a student prompted me to revisit my master's thesis. Re-reading that document, painstakingly researched, thoroughly articulated, and completely AI-free, I could not help but smile. Back then, there was



Let us face it: AI is here to stay. Love it or loathe it, we might as well welcome our robotic overlords with open arms

no AI to assist, no voice-to-text magic for academic work; it was just me, my thoughts, and a lot of caffeine and Haribo (I am addicted). Reading it back, I wondered, "Wow, I wrote that"? No assistance, no shortcuts, just sheer determination. Imagine how great it could have been had AI existed then! Still, there is a deep satisfaction

knowing it was entirely mine - authentic and unedited by any digital wizardry.

For now, this is a little sign-off to say I have loved reflecting on my past experiences both in the kitchen and the classroom: the good, the bad, the hilarious. Revisiting my past has reminded me how fortunate I have been to enjoy many diverse experiences and incredible opportunities, meet unforgettable people, and live to tell the tales (well, most of them). It has deepened my appreciation for my culinary and educational journeys, reminding me never to underestimate the power of reflection, laughter, and storytelling.

Until next time, keep that flame burning and keep those memories treasured.

Chef Helen

Survive and Thrive

Small changes in the menu make a big difference. From challenges to opportunities, Chef **Carl Shi** shares his take

The culinary world is in the midst of a transformation. Rising costs, inflation, and supply chain challenges have left no restaurant untouched, but they have also inspired new ways of thinking. This is what we do as chefs—we adapt, innovate, and find creative solutions. While the obstacles are significant, they are also opportunities to reimagine how we work, serve, and succeed. Take a look at how many people in the industry tackle challenges and turn them into advantages.

Smart Menu Design

For most restaurants, the menu is the heart of the business. In these times of rising costs, it is not just about what is on the menu but how it is designed and presented. The goal is to maintain quality and excitement while being mindful of both costs and customer expectations.

Chefs across the industry are reevaluating their menus, focusing on dishes with better price-to-profit ratios. Seasonal menus, for example, make the most of fresh, cost-effective produce, while rotational specials allow flexibility depending on what is available or affordable.

Offering multiple portion sizes has also proven effective for both the kitchen and the diner. For example, creating dishes with small, medium, or large options gives customers the power to choose while reducing waste. Additionally, it allows chefs to capture different dining occasions, such as lighter meals during lunch or more indulgent offerings for dinner. This strategy works particularly well for pasta, small plates, or desserts.



Small changes in the menu make a big difference

Another trend catching on is the introduction of a degustation menu—smaller-sized tasting menus. This is an experience-driven alternative to traditional dining, featuring well-curated, miniature portions of star dishes. For the restaurant, it is a win-win—using smaller quantities of premium ingredients while offering a high-value perception to guests. Tasting menus also allow chefs to showcase creativity without committing to full menu-wide implementation.

Tech and Systems

Reducing food waste has become a top priority for many kitchens. This is not

just about saving money but also about running a tighter ship. Kitchens use inventory management systems to track stock in real-time and prevent over-purchasing. Beyond technology, chefs are getting more creative with leftover ingredients, transforming vegetable trimmings into broths, surplus proteins into charcuterie, or crafting unique specials to minimize waste.

Partnering with local farmers and suppliers is another key to staying efficient. Local sourcing doesn't just cut transportation costs; it also ensures you're working with the freshest options available. And diners love it. The farm-to-table story resonates with modern customers who appreciate knowing where their food comes from. Small collaborations such as co-hosted events with farmers or local vendors create buzz while strengthening those bonds.

Investing in technology to streamline operations isn't just for large operations. Back-of-house solutions, like cloud-based POS systems or scheduling apps, simplify day-to-day processes and make data-driven decision-making possible. But let us not overlook the basics: cross-training team members so kitchen staff can step into multiple roles when needed is another highly effective strategy. Versatility helps manage labor costs while maintaining efficiency during service.

Experience Value, Loyalty, and Beyond

Rising costs may force us to increase prices, but how we communicate that and continue to deliver value makes all the difference. It is about going beyond the plate to create a dining experience that justifies spending.



Guests are more likely to accept price increases when a clear story is attached. Highlighting the premium quality of your ingredients, your kitchen's sustainability practices, or your partnerships with local producers adds depth to your pricing. Incorporate these narratives into your menu descriptions, table presentations, or social media updates. Diners want to feel connected and invested in their meals.

Speaking of connection, sustainability is not just a nice-to-have anymore. It is an expectation. But also good for business. Reducing waste through upcycled dishes, investing in energy-efficient appliances, and simplifying packaging (for takeout or delivery) cut costs and send customers a powerful message. Many diners today are willing to pay more for restaurants they perceive as environmentally responsible.

Small changes to the menu and service can go a long way in enhancing the guest experience. For example, limited-



This is what we do as chefs—we adapt, innovate, and find creative solutions

edition small plates or 'chef's choice' menus allow chefs to flex their creativity while offering something unique to regulars. Similarly, curated pairings like two- or three-course lunch sets or wine-tasting add-ons give diners more value for a slightly elevated price.

Diversifying revenue streams has become a lifeline for many restaurants. Options like take-home meal kits, branded sauces, and online cooking classes offer new ways to connect with customers. This strategy, often referred to as 'extending the value chain'

in academic terms, helps businesses engage their audience beyond traditional dining. For younger chefs, hosting pop-ups or collaborating with others can generate buzz while keeping overhead costs low.

Chefs are inherently problem solvers. Every day, we adapt to what we have on hand, what is fresh, and what diners want. These industry challenges aren't just obstacles but opportunities to innovate and show what we are capable of. Whether through smarter menus, streamlined operations, or deeper guest connections, the solutions are already out there.

Stay flexible and focused. Experiment where you can, tell your story honestly, and let your creativity shine through even in the smallest details. This is not the first challenge our industry has faced, and it won't be the last. But as we've proven time and time again, we are not just survivors. We are creators, innovators, and community builders. And together, we will thrive. ■

Inclusivity in the Kitchen (Part I)

"It is wonderful to have women in culinary leadership, but are we valuing their talents?" questions Chef **Tarek Mouriness**

I was lucky to have a wife who had an uncanny eye for detail and creativity. I still recall the night before the Salon Culinaire competition and needed inspiration for the dish. It was around three in the morning, as I mulled over my dish, trying to brainstorm a way to pair them perfectly with my beef entrée. Just then, my wife wandered in and taking a look at the ingredients she suggested:

"Why not remove just the top of the pea pods and keep the shell intact? Then, add some masala and fresh mint on top." Well, it was a great idea, one that got me a silver medal in the competition.

Real inclusivity means recognizing and appreciating contributions, be it from a seasoned chef or a skilled junior (or from your better-half dropping a genius idea at 3 a.m.) Over the years, I have noticed conversations around women bubble over with questions and exclamations. There is a big difference between merely claiming to work alongside women and genuinely understanding and valuing their perspectives. Trust female chefs on their decisions; instead of challenging them, recognize and understand their insights.

Hotels have succeeded with female teams, proving that magic happens when you recognize a woman's unique contributions. Inclusivity is the foundation of a progressive workplace. In both the hospitality sector and corporate environments, ensuring equal opportunities for all individuals, regardless of gender, would cultivate a culture of respect, motivation, and



Give chefs positivity, and they will perform with passion and prowess

excellence. The United Arab Emirates has made considerable leaps in encouraging inclusivity and setting an example for others.

So, how to foster diversity and inclusivity in the kitchen. Hiring women is a start, but are you valuing their skills?

Here's the thing: support is not just about presence. Leaders, managers, and executives need to train themselves to create a positive environment. They need to uplift, create space, and actually listen. When women feel heard, they do not just contribute. They transform the kitchen.

I have had the privilege of working with some incredibly talented women and have always admired remarkable female chefs like Sinem Ozler, Clare Smyth, Bethany Kehdy, Anne-Sophie Pic, and Hélène Darroze. But at the same time, I have noticed some incidents in my career where doubt in their capabilities followed female chefs like a shadow. The second-guessing, it was all so familiar. Some brushed off their ideas, chalking it up to "mood swings" or emotions. And I could not help but wonder why people think a woman's words weigh less just because they come from her mouth.

It is intriguing how we question the talents of chefs rather than uplifting them. This brings to mind the importance of encouragement in our culinary journeys. We need to engage with each person individually, supporting them on their journey to empowerment. I do not want to use the word "empower" without meaning it. Ultimately, what matters is the difference we make.

The UAE is leading the way in this effort, and we shall join them in creating a template for an inclusive and diverse culinary space. Give chefs positivity, and they will perform with passion and prowess. ■

The Path to Quality Livestock Meat

Sulemana A. Sadik shares his perspective on the process behind quality meat production

The global demand for high-quality meat products necessitates stringent measures across every production stage, from livestock farming to consumer distribution. The process involves careful handling to ensure that beef, lamb, camel, goat, and mutton meet international safety, quality, and ethical standards. The meat industry guarantees that consumers receive safe, nutritious, and high-quality products by implementing best practices in transportation, slaughter, processing, and export logistics.

The journey of livestock—beef, lamb, camel, goat, and mutton; from farm to consumer— is a complex process that demands precision and adherence to quality and safety standards. Each stage, from transportation to final distribution, is crucial in maintaining meat integrity and meeting regulatory requirements.

Transportation to the Abattoir

To minimize stress and preserve meat quality, animals are transported to the nearest slaughterhouse under carefully managed conditions. Upon arrival, they are given time to rest and provided with water, which helps stabilize their physiological state and reduces the risk of stress-induced toughness and quality degradation.

Slaughtering Process

Before slaughter, humane handling is prioritized to prevent distress. Standard industry practices involve stunning the animals using methods such as carbon dioxide exposure, electrical currents, or captive bolt pistols to ensure a swift and painless process. Excessive stress can trigger adrenaline release at this

stage, leading to tougher meat and potential bruising. In halal processing, specific religious protocols are observed, including the recitation of a blessing during slaughter, ensuring compliance with Islamic dietary laws.

Post-Slaughter Handling and Processing

Following slaughter, carcasses are immediately chilled to inhibit bacterial growth and preserve meat freshness. They are then graded based on marbling, color, fat distribution, and overall quality. Depending on processing requirements, deboning may be conducted while the meat is still warm (hot deboning) or after chilling (cold deboning). The meat is then carefully categorized into specific cuts, packaged, and labeled with essential details such as grading, product type, slaughterhouse information, expiration dates, animal age, halal certification, and storage temperature guidelines.

Export Preparation and Cold Storage

To maintain its quality during transit, the meat undergoes stringent temperature-controlled storage for international distribution. Proper packaging, vacuum-sealing, and compliance with international food safety standards are essential to prevent contamination and ensure product integrity.

Import Inspection and Market Distribution

Upon arrival in export markets such as Dubai, government authorities conduct thorough inspections and laboratory testing for health and safety regulations. Only after certification is the shipment released to distributors, who then verify the products against their specifications,



inspect quality, and store them under optimal conditions. In some cases, the meat is further aged before being made available to retailers and consumers.

Ensuring Food Safety and Consumer Confidence

Throughout the farm-to-table process, stringent hygiene protocols and regulatory oversight are enforced to prevent contamination and guarantee that the meat reaches consumers and meets the highest standards of safety, quality, and freshness. By adhering to best practices in transportation, slaughter, processing, and storage, the global meat industry ensures a consistent supply of premium livestock products to markets worldwide.

The journey of livestock meat from farm to table is a meticulously controlled process that balances efficiency, safety, and ethical considerations. Every stage, from transportation and slaughter to processing and export, is crucial in maintaining meat quality and ensuring compliance with international standards. As global demand for high-quality meat rises, producers must remain committed to best practices, innovation, and sustainability. This would help them meet consumer expectations and contribute to a more resilient, transparent meat supply chain worldwide. ■

Sustainability On the Menu

Dr Taghreed Aljaffal combines her extensive research in hospitality and culinary sustainability to blend environmental responsibility in the kitchen. She explains that chefs can use their unique power to inspire both guests and businesses to adopt responsible practices



Sustainability is no longer a mere trend or passing fad; it is here to stay and must be embedded in all aspects of our lives

Sustainability has become a key consideration driving consumers' choices and promoting businesses to steer toward responsible and environmentally friendly operations and services. The increased consumer awareness of environmental challenges led to pressure on businesses to respond through eco-friendly practices. More recently, as a result of common interests around environmental issues, many additional factors affect customer purchasing decisions other than the typical concerns around the products and costs. Eco-friendly products and services, locally sourced products, and organic products are environmental concerns that customers consider when making buying decisions.

The hospitality industry does not impact the environment as much as other industries like construction and mining. However, throughout its operational activities, the hospitality industry utilizes a significant amount of resources (water, energy, and raw resources), producing a vast amount of waste regarding food waste, smoke, noise, and chemical pollutants.

In the culinary landscape, chefs are expected to use their exceptional powers to influence both consumers and industry practices by blending passion and creativity to reshape the limits of innovative, responsible kitchens.

A call to all chefs to lead the green

revolution in integrating sustainability and greening their culinary philosophy. By following simple yet effective steps in kitchen operations, chefs can embrace responsible gastronomy without sacrificing quality, creativity, or profitability in their business.

This article set the base for all chefs to leverage their unique abilities to motivate both customers and businesses to incorporate sustainability into their lifestyles and daily practices by inspiring meaningful change and promoting environmentally responsible choices.

The Power of the Chef's Influence

There are long- and short-term benefits of responsible environmental awareness and operations. These advantages include reducing both environmental and operating costs, increased customer loyalty, and a connection with the business brand. Other benefits to come from sustainable practices are related to public image improvement, which results in enhanced global competitiveness. Attracting and retaining loyal staff who believe in the benefits of sustainability is another advantage of environmental consciousness in the organization. Environmental practices such as waste reduction, conscious water and energy consumption, and supporting local procurements can positively influence the customers' perception and loyalty, improving business profitability.

More recently, as a result of shared

interests around environmental issues, many additional factors affect customer purchasing decisions other than the typical concerns around the products and costs. Eco-friendly products and services, locally sourced products, and organic products are environmental concerns that customers consider when making purchasing decisions. The benefits of promoting sustainable procurement practices and spending money on local produce and products include keeping resources within the community's economy, helping the environment by reducing the carbon footprint, and reducing the negative environmental, economic, and social impacts of purchasing foreign products and services. As a bonus, consuming locally sourced food has health and wellness.

Undoubtedly, the distinct powers of chef influence can shape industry standards and practices as well as customers' eating habits and dining choices. Through their integral responsibilities in curated menus, inventory management, and kitchen practices, they can preserve our natural ecosystem and reduce our carbon footprint. The role of chefs includes and is not limited to following serious food waste management strategies, constantly prioritizing ethical and local sourcing of the ingredients, and using their platforms to educate and motivate customers to make responsible dining choices.

Environmental sustainability practices in kitchens include water and energy consumption, local sourcing, and waste management. Many advantages to achieving environmental sustainability include reduced resource consumption, operational cost savings, government incentives, enhanced guest experience, and improved business image and reputation, thus gaining competitive advantages.

An example of a waste management strategy chefs can promote is recycling, which can save valuable reusable resources and reduce the pollution associated with extracting and



Eco-friendly choices shape consumer decisions

manufacturing new products. Restaurant kitchens contribute a lot to landfills, but with genuine recycling programs and better waste management in place, they can make a difference in reducing waste and saving the environment.

Composting is another technique to manage food waste in restaurants and reduce disposal costs; restaurants can collect the non-edible leftover food, fruit, and vegetable peelings to convert into compost and fertilizers for the gardens and the crops. Increasingly, restaurants are creating edible gardens as part of the streetscape and green spaces around their premises. These edible gardens are used to grow micro herbs like mints, parsley, and spring onions. They are also a feature of many cooking shows, including Master Chef, where the use of produce from the garden beds is encouraged.

Commercial kitchens use a significant amount of water daily for food preparation, cooking, cleaning, and

sanitation. Unfortunately, many restaurants overlook water conservation practices, which can lead to unnecessary costs. Fortunately, various water efficiency measures and equipment can help restaurants save money.

It's also essential to maintain existing equipment and invest in energy-efficient appliances to further enhance water conservation efforts.

So, let us help protect our planet from pollution while appealing to customers and fulfilling their dining experiences. Chefs play a crucial role in creating vibrant culinary experiences that align with these sustainable principles.

This article is the first in a series exploring sustainability in the culinary industry. Stay tuned for future pieces on food waste reduction, ethical sourcing, and the evolution of plant-based dining.

Acknowledgment: This article was partially based on and inspired by my project, *"Investigation Environmental Sustainability Practices among Ethnic Restaurants in Sydney."* I acknowledge the use of [Grammarly software that helps improve writing by identifying and suggesting corrections for grammar, spelling, punctuation, style, and tone]. However, I have critically evaluated and rearticulated the output before integrating it into the text. ■

April 2025 **Gulf Gourmet**

**ARLA
PRO.**

**CHEF
OF THE
YEAR
2025**

The Promising Protégé

Piyumal Deshappriya Ranathunga from Palace Downtown brings his pastry skills to season two of the Arla Pro Pastry Mastery Competition

An articulated and strategic competitor, a multi-medal winner, and a mentor with vision, like a sensei teaching meaningful lessons that has translated into disciplined mastery over time. This seasoned chef is also the recent winner of season one of the Arla Pro Pastry Mastery Competition. But this is not the story of Chef Ruwan. Rather, it is the story of one of his talented protégés, Chef Piyumal Deshappriya Ranathunga, who has absorbed his mentor's lessons, stepped up his competitive performance, and is now ready to make his mark.

"I am really happy for Chef Ruwan's win," says the 30-year-old. Listening to him, you would sense a similarity: a mentor and a mentee, walking separate roads yet united in their passion for learning and reaching for gold.

In mid-2022, Chef Piyumal joined the Palace Downtown Hotel, gradually rising through the ranks to become a Demi Chef de Partie in the pastry kitchen. Describing his typical day at the workplace, he says it starts early, well, way early if ambition kicks in. "Once I arrive at the hotel, I quickly change into my chef's attire. But before that, I make it a point to greet everyone. We should create a friendly atmosphere, and a simple hello can go a long way," he says with a smile.

"Mornings are all around desserts, pastries, and assisting the team in the café. We work to make desserts for the



We should create a friendly atmosphere, and a simple hello can go a long way

café, like chocolate mousse or pistachio crunch chocolate and more. We also assist the senior chefs with custom cake orders for birthdays and celebrations. We are also in the busy season of Ramadan, so we are preparing over a thousand packs of specialties," he says, explaining how he brings sweetness to the start of people's days.

The smooth and timely execution of service during peak hours or festivities

is only possible with a skilled team guided by seasoned chefs. "We have a collaborating team in pastry and bakery, and we assist Chef Ruwan, making for a well-balanced and coordinated unit."

As with working with a team, different dynamics come into play. Chef Piyumal adds that the diverse team brings a variety of perspectives and experiences. While there may be days when communication and understanding are challenging, he underlines that, on the flip side, it helps him learn, grow, and gain insight from his team members.

In the heat of the competition, the reason you stepped into the playfield can slip away. For Chef Piyumal, whenever that happens, he always finds his way back through practice.

"A lot of hard work is required in competitions. I remember getting only two hours of sleep a night during the Salon. At the award ceremony, my body was awake, but my eyes wanted to sleep. You need so much preparation. To succeed, preparation is key."

His advice comes from experience. Last year, he won the pastry title at the Emirates Salon Culinaire, and now he aims to make history by following in the footsteps of his mentor. "I secured three gold medals in pastry at the Emirates Salon Culinaire with hard work and guidance of Chef Ruwan."

Even for the Arla Pro competition, Chef Ruwan shared his perspective, weighing



Creativity and
technique go
hand in hand;
one cannot shine
without the other

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the possibilities to refine his idea. One component resembles a perfectly boiled egg, while another appears like a banana. "It is banana compote paired with cheese. The chocolate element is baked in layers. We have warm chocolate savarin, mango passionfruit, citrus crumble, and many other elements." In spite of its intricate and highly detailed appearance, the dish came together surprisingly fast. "It only took me a day to make this. I worked on it two or three times."

Creating a tasteful illusion is only one part of his craft. To him, the taste of a great dish begins with its first impression. "When someone lays eyes on it, a feeling must be invoked; the first



I was not born with the skills I have today; I learned a great deal from chefs and mentors

impression is about breaking the ice, and then you crack the taste."

Technique matters just as much. "Achieving the right consistency and

presentation can be quite challenging. Like in the dish, the delicate process of creating sugar flowers comes after mastering the tempering technique."

While he is grateful for his mentor's guidance, he knows that success comes down to personal commitment. When it comes to talent, he believes that while some are born with it, others can develop it. "I was not born with the skills I have today; I learned a great deal from chefs and mentors. We can learn many things, but having a clear vision is important too."

The Account of Pastry Path

Hailing from Walala, a small village in Sri Lanka, Chef Piyumal spent his teenage years glued to cooking shows, watching celebrity chefs whenever they appeared on television or on YouTube. As a child, he did not cook much, but he watched his mother closely, learning and storing everything away, sensing that he was a chef in the making.

The path to his dream was anything but direct. With his father in the Navy and mother in banking, he thought a traditional career was the way forward. "I pursued an on-campus degree in accounting, but it never worked out for me," he admits.

By then, the urge to follow his heart had caught up with him again, leading him to enroll in hotel school. "It was a four-year program at the Sri Lanka Institute of Tourism & Hotel Management, combining practical experience and classroom learning."

Upon completing his studies, his career took off during his industrial training at the Hilton in Colombo. The months he spent in training handed him something life-changing. He recollects, "When the team was asked who was interested in joining the pastry department, I raised my hand without hesitation. I knew it; pastry is my path!"

As he became more passionate about his career, he moved to Mahaweli



Reach Hotel. He considers his two-year stint there one of his most valuable opportunities, as it was where he met Chef Ruwan and worked alongside him. "Then Chef Ruwan moved to Dubai. Six months later, I followed and joined him at the Palace Downtown Hotel," he adds. And the rest is history.

With competition butterflies, even the toughest chefs can be cowed by the pressure, and Chef Piyumal is no exception. Like any rising professional, he faces intense challenges, but his mentors and family help steady him. "My family has always been supportive. It has been two years since I last saw them, but I'm finally going on vacation," he shares. Looking ahead, he dreams of becoming a pastry chef in a hotel. Down the line, he also sees him running a pastry shop in Kandy.

With such avant-garde ideas in his creations, one wonders how he brings the design closer to reality. Detailing the process, you learn that he channels every sinew of creativity into rough sketches. "Preparation is everything," he says. "Without a solid plan, progress falters," he signs off.

He has undoubtedly mastered this advice and is prepared to pass it on to a new protégé.



Banana Mousse, Cheese Semifreddo, Warm Chocolate Savarin, Warm Milk Chocolate Foam

Banana Mousse

Banana Puree	500g
Gelatine	18g
Arla Pro High Stability Cream 25%	250g
Egg Whites	125g
Sugar	187g
Water	50ml

Method

- ◆ Heat the puree and add soaked gelatine.
- ◆ Beat the egg whites in a stand mixer fitted with the whisk attachment and

cook the sugar; water to 116c and pour over the egg whites to make meringue.

- ◆ Fold the meringue and puree mixture.
- ◆ Then fold with soft peak whipped cream.

Banana Caramel Compote

Sugar	100g
Orange Juice	170g
Fresh Banana	630g
Vanilla Bean	1pcs
Gelatine	3pcs

Method

- ◆ Make dry caramel with 100g sugar and add orange juice and vanilla.
- ◆ Add chopped fresh banana, remove from heat, and add soaked gelatine.

Compressed Sable

Arla Pro Butter 82%	185g
Icing Sugar	110g
Egg Yolk	15g
Lemon Zest	1g
Corn Flour	70g
Flour	300g
Baking Powder	3g

Method

- ◆ Cream the Arla Pro Butter 82%, icing sugar, and zest using a table mixer fitted with the paddle attachment.
- ◆ Add egg yolk and mix with dry ingredients.

Warm Milk Chocolate Foam

Milk	150g
------	------



Arla Pro High Stability Cream 25%	40g
Milk Chocolate	70g
Proespuma	10g

Method

- ◆ Heat the milk and cream. Place the milk chocolate, finely chopped, in a mixing bowl and pour the warm mixture on top.
- ◆ Leave to rest for a minute. Blend the mixture with proespuma until smooth.
- ◆ Pour the mixture through a fine sieve into a siphon and aerate with two cream cartridges.

Warm Chocolate Savarin

Dark Chocolate 70%	150g
Arla Pro Butter 82%	125g
Sugar	225g
Whole Egg	300g
Flour	50g

Method

- ◆ Preheat the oven to 170°C. Beat the egg and sugar until fluffy, and add melted dark chocolate and butter.
- ◆ Add the chocolate mixture to the egg mixture.
- ◆ Finally, add flour.

Cheese Semifreddo

Arla Pro Cream Cheese 34%	400g
Sugar	170g
Water	60g
Egg Yolk	160g
Vanilla Bean	5pcs
Arla Pro High Stability Cream 25%	350g

Lemon Zest

Method

- ◆ Boil sugar, water, and glucose to 121°C.
- ◆ Whisk the egg yolk and vanilla until fluffy. Gradually add the hot sugar, stirring carefully, until the mixture cools down.
- ◆ Mix the whipped cream

Mango Passion Confit

Mango Puree	200g
Fresh Passion Fruit	20g
Fresh Mango Cubes	200g
Pectin NH	8g
Sugar	45g
Vanilla Bean	1/2 pc

Method

- ◆ Heat the puree in a small saucepan to 40°C
- ◆ Combine the sugar and pectin, then add it to the puree and bring it to a boil;

add the gelatine last.

- ◆ Add mango cubes and passion fruits.

Mango Vanilla Compote

Fresh mango (diced)	20g
Mango Puree	15g
Sugar	5g
Vanilla pod	¼ pc

Method

- ◆ Heat the puree, sugar, vanilla and remove from heat.
- ◆ Leave it to cool down and stir in the mango.

Citrus Crumble

All-purpose Flour	130g
Brown Sugar	100g
Ground Almond	100g
Arla pro Butter 82%	100g
Lemon Zest	1 pc
Orange Zest	1 pc
Fleur de sel	4g

Method

- ◆ Sift the dry ingredients together, then process all ingredients using a paddle attachment until the mixture becomes crumbly.
- ◆ Bake at 170c.



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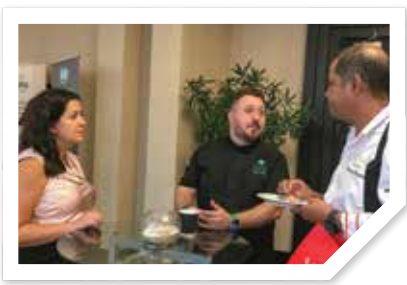


April 2025 **Gulf Gourmet**

The Guild Meet

The Emirates Culinary Guild held its March meeting at Anantara The Palm Beach Resort on March 11, 2025. We extend our gratitude to Maurice Fitzgerald, Executive Manager of F&B, and Dominic Petzold, Executive Chef, for hosting the event





April 2025 **Gulf Gourmet**



April 2025 **Gulf Gourmet**



April 2025 Gulf Gourmet

EXPO *Culinaire*
 FOOD & EQUIPMENT FOR CHEFS | PASTRY CHEFS | BAKERS | HORECA PROFESSIONALS
 FEATURING THE 28TH EMIRATES INTERNATIONAL SALON CULINAIRE
 21-23 MAY 2025 | EXPO CENTRE SHARJAH, UAE



AN OVERVIEW OF THE EMIRATES INTERNATIONAL SALON CULINAIRE 2025

May 21st till May 23rd 2025 | Expo Centre, Sharjah, United Arab Emirates

The Emirates Culinary Guild (ECG) (www.emiratesculinaryguild.net) is the association of professional chefs of the UAE.

The aims of the ECG, broadly, are

- To encourage and inspire young chefs through training and competition.
- To enhance internationally the culinary prestige of the UAE.
- To encourage UAE nationals to consider a career within the hospitality industry.

The Emirates International Salon Culinaire (ESC) is a series of practical and display-based culinary competitions and fully Endorsed by the World Association of chefs Societies, Worldchefs; entry to which is open to professional chefs, pastry chefs, cooks and bakers and culinary students. Some of the competitions are designed for entry by a single competitor; others are designed as team events. Each competition is called a class.

The ESC shall take place in during the Expo Culinaire exhibition for Chefs, Bakers, Pastry chefs and cooks and which will once again be the home of the Emirates Salon Culinaire and is a fully endorsed competition from Worldchefs. To exhibit or sponsor at Expo Culinaire please visit <https://www.expoculinaire.com/>

All this - coupled with three days of real-time, hectic, and thrilling cookery competitions - fought against the constraints of time, makes the salon a stimulating event that will become a major attraction at the Expo Culinaire exhibition for Chefs, Bakers, Pastry chefs and cooks. This year the education arena is not to be missed as a special feature of the exhibition. Demonstrations and interactive sessions will be another highlight of the Expo Culinaire exhibition.

Social media plays a large part in the Guilds self-promotion and

the Gulf Gourmet magazine drive awareness around the globe. www.emiratesculinaryguild.net/, www.facebook.com/Emirates-Culinary-Guild-763644223697376/timeline/, www.facebook.com/gulfgourmet?fref=ts, follow these links for more information on the Emirates Culinary Guild.

In 2025 the Emirates International Salon Culinaire and Expo Culinaire exhibition shall run alongside a new culinary competition named Indigenous Cuisine Team challenge featuring 18 global cuisines with teams of 4 chefs competing for the trophy. All this activity will make this the chefs event of the year.

Membership of the ECG is open to all of those professionally and solely involved in the preparation of food. Anyone interested in the Emirates Salon Culinaire to compete or sponsor, please contact us below.

The Emirates Culinary Guild
 PO Box 454922 – Dubai – UAE
 Tel: + 971 56 8014089.
emiratesculinaryguild@gmail.com

Briefs of the Classes for Entry Class No. - Class Description

Pastry and Bakery

- 01 Cake Decoration – Practical Powered by Felchlin Switzerland
- 02 Wedding Cake Three-Tier- Powered by Pristine
- 03 Four Plates of Dessert – Powered by Arla Pro
- 04 Pastry Showpiece
- 05 Bread Loaves and Showpiece Powered by CSM ingredients & Schapfen Muehle Germany
- 06 Petites Fours, Pralines Powered by Marguerite & Candia Professional France

Showpiece Artistic Displays

- 07 Chocolate Carving Showpiece

Powered by Veliche Chocolate Belgium

- 08 Fruit & Vegetable Carving Showpiece Powered by Barakat
- 09 Open Show Piece Powered by Shmesani

Gourmet Static Display

- 10 Five-Course Gourmet Dinner Menu Powered by USMEF
- 11 Sustainable Three-Course Vegetarian Lunch Menu
- 13 Four Plated USAPEEC Chicken Dishes –Powered by USAPEEC (TBC)
- 23 Savory tartelette Creations Powered by HUG
- 24 Sweet tartelette Creations Powered by HUG
- 28
- 34 Sweet Creations by Potatoes USA

Practical Artistic Carving

- 15 Individual Ice Carving
- 16 Ice Carving Team Event
- 17 Practical Fruit & Vegetable Carving Powered by Barakat

Practical Cookery

- 19 Arabic Mezzeh - Practical Cookery Powered by Rahma
- 20 Fish & Seafood - Practical Cookery Powered by The Deep Seafood Company
- 21 Beef - Practical Cookery Powered by USMEF
- 22 Emirati Cuisine – Practical Cookery
- 25 Dressed Chicken & Dressed Fish Practical Butchery
- 33 Savory Potato Creations Practical Cookery Powered by Potatoes USA
- 27 Chicken - Practical Cookery – Powered by USAPEEC
- 30

The Student Challenge Powered by THRYVE Plant Based

Open to Culinary school students and kitchen trainees/interns only Classes

BROUGHT TO YOU BY



35 and 36 only competitors must enter both classes

Entry to the class must be accompanied by a current student card issued by a recognized culinary school or letter from Human resource department stating trainee or culinary intern

- 35 Plant based Practical cookery appetizer and main course
- 36 Soup and Sandwich Practical cookery Powered by Chefs Palette
- 37 Lamb Primal Cuts Practical Butchery
- 38 Syrian Cuisine Modern Main courses Practical cookery Powered by Boody's
- 39 Syrian Three Plates of Kibbeh Practical cookery Powered by Boody's
- 40 Sounbula Mills Artisan Bakery Arena Practical Cookery
- 41 The National Cuisine challenge powered by TAAZA.

ADDENDUM

VENUE & ENTRY FEES

1. The Emirates Salon Culinaire will be held during the Expo Culinaire 2025 from May 21st till 23rd May 2025.
2. The venue is at the Sharjah National Exhibition Centre
3. The entrance fee for all single entries is Dhs.100 (AED. One Hundred) per person per class, unless otherwise stated in the Rules and Regulations or the Class Briefs.
4. Entry applications are via the foodverse APP available in the app and google play store and here <https://www.foodverse.io/> competitors must sign up to the APP to gain access to the foodverse and the competition entries. No paper based entries or emails will be entertained.
5. The fee for entry to the trophy classes is as follows:
 - i. **Best Cuisinier – The Emirates Salon Culinaire- Dubai 2025** AED:500/- per person
 - ii. **Best Pastry Chef – The Emirates Salon Culinaire- Dubai 2025** AED:400/- per person
 - iii. **Best Artist – The Emirates Salon Culinaire- Dubai 2025** AED:500/- per person
 - iv. **Best Arab National – The Emirates Salon Culinaire- Dubai 2025** AED:300/- per person

- v. **Young Chef of the Year – The Emirates Salon Culinaire Dubai 2025** AED: 300/- per person

CLOSING DATE

6. Closing date for entries is April 28th 2025 However, many are often fully subscribed and closed well before the closing date.

TROPHY ENTRY

Entrants to a trophy class must enter and finish in all and only those classes that pertain to the trophy for which they are entering. No other classes may be entered into by a trophy entrant. Trophies are awarded on the highest aggregate judging points from all classes pertaining to the trophy being awarded. The required classes are:

BEST CUISINIER

- i. **Class #10. Five-Course Dinner Menu**
- ii. **Class # 21. Beef Practical Cookery**
- i. **Class # 27. Chicken Practical Cookery**

In order to qualify for inclusion in the points tally for Best Cuisinier Trophy a competitor must win three medals, at least one of which must be a gold medal.

BEST PASTRY CHEF

- i. **Class # 01. Practical Cake Decoration**
- ii. **Class # 03. Four Plates of Desserts**
- iii. **Class # 06. Friandises, Petites Four**

In order to qualify for inclusion in the points tally for Best Pastry Chef Trophy a competitor must win at least two medals one of which must be a gold medal.

BEST ARTIST:

- i. **Class # 07. Chocolate Showpiece**
- ii. **Class # 09. Open Showpiece**
- iii. **Class # 15. Individual Ice Carving**
- iv. **Class # 17. Practical Fruit & Vegetable Carving**

In order to qualify for inclusion in the points tally for Best Artist Trophy a competitor must win at least three medals one of which must be a gold medal.

BEST ARAB NATIONAL CUISINIER

- i. **Class # 27. Chicken – Practical Cookery Arabic Style**

- ii. **Class # 19. Arabic Mezzeh - Practical Cookery**
- iii. **Class 22: Emirati Cuisine - Practical Cookery**
- iv. **In order to qualify for inclusion in the points tally for Best Arab National Trophy a competitor must win at least one Gold medal and be an Arab National.**

BEST BAKERY TEAM

1. **Class 40 Sounbula Mills Artisan Bakery Arena Class "The SOUNBULA MILLS UAE Bakery team of 2025"**

YOUNG CHEF OF THE YEAR

See Classes for Entry Document. Classes

The National Cuisine Challenge by TAAZA

1. A new class dedicated to the National Cuisine of 18 countries, 1st, 2nd and 3rd place trophies shall be awarded.

JUDGING AND THE AWARDS SYSTEM

A team of WorldChefs (The World Association of Chefs Societies) approved international Judges will adjudicate at all classes of the competition: using Worldchefs-approved methods, criteria and documents www.worldchefs.org After each judging session, the judges will hold a debriefing session at which each competitor attending may learn something of the thinking behind the judges' decision.

Competitors will not be competing against each other: rather, they will be striving to reach the best possible standard. The judges will then apportion marks that accord with their perception of the standard reached. The competitor will then receive an award commensurate with his/her points tally for the class.

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

The scaling for awards in all classes is as follows

100 Points	Gold Medal with Distinction with Certificate.
99 – 90	Gold Medal with Certificate.
89 – 80	Silver Medal with Certificate.
79 – 70	Bronze Medal with Certificate

April 2025 Gulf Gourmet

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FOOD & EQUIPMENT FOR CHEFS | PASTRY CHEFS | BAKERS | HORECA PROFESSIONALS
FEATURING THE 28TH EMIRATES INTERNATIONAL SALON CULINAIRE
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60 – 69 Certificate of Merit
Thereafter Certificate of Participation

Corporate and Establishment Trophies

The corporate and establishment trophies available are:

Best Effort by an Individual Establishment – The Emirates Salon Culinaire

This trophy is awarded to the establishment whose competitors gain the highest total combined points from the medals won from all of their entries.

Best Effort by a Corporation – The Emirates Salon Culinaire

This trophy is awarded to the corporation whose competitors gain the highest total combined points from the medals won from all of their entries.

Point Value of each Medal Won:

Gold Medal with Distinction	6 Points
Gold Medal	5 Points
Silver Medal	3 Points
Bronze Medal	1 Point

Winners where a sponsored trip is awarded are restricted to winning the trip once per life time. In a case where the overall winner has participated in a sponsored trip previously the trip shall be awarded to the 2nd place winner. If no Gold Medals are awarded to competitors in the trophy classes then there shall be no trophy given at the competition.

Rules and Regulations for Culinary Competitions

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

PARTICIPATION

4. Participation at competition is open to anyone professional employed in the preparation of food.
5. Unless the organisers specifically mention a class as being a team event, all classes are for entry by a single competitor.
6. Competitors are restricted to one entry per class
7. Competitors must attend and participate on the date and at the time allotted to them no date changes will be allowed.

COMPETITION ENTRY

- Entry applications are via the foodverse APP available in the app and google play store and here <https://www.foodverse.io/> competitors must sign up to the APP to gain access to the foodverse and the competition entries. No paper based entries or emails will be entertained.
8. Complete the entry-form on the foodverse app according to the instructions on the foodverseapp. www.foodverse.io
 9. Submit the completed form to the organisers via the app
 10. Entry is paid but pending final decision.
 11. Entries are accepted strictly on a first-come, first paid-accepted basis
 12. Competitors must be 18 years old and above

CERTIFICATES AND LETTERS OF PARTICIPATION

13. Ensure that your name on your entry-form exactly as you would wish it to appear on any certificate, letter of participation or posting of results.

HYGIENE

14. A professional food-safety company will oversee all aspects of hygiene practice at the competition.
15. It is quite possible that the 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 Emirates Salon Culinaire.
21. The address of the ECG for all correspondence and inquiries referencing culinary competitions is: The Emirates Culinary Guild, PO Box 454922 Dubai, United Arab Emirates. Tel: + (97156) 801 4089. Email: emiratesculinaryguild@gmail.com

COMPETITORS AND HELPERS

22. Each competitor is allowed one helper to assist with carrying equipment. No other help is allowed to a competitor within the preparation area.
23. A helper must be junior in rank to the person he/she is helping.
24. A competitor must wear full; freshly laundered chefs uniform with appropriate headgear and footwear when attending at the exhibition.
25. A competitor's helper must wear full; freshly laundered chefs uniform with appropriate headgear and footwear when attending at the exhibition.
26. Competitors that are incorrectly dressed at a competition will not have their exhibits judged.
27. Helpers that are incorrectly dressed will not be admitted to the exhibition.
28. Logos, marks and identifying colors provided by the organisers must be worn by competitor throughout the competition in the position indicated to them by the organisers at the time of registration.
29. Logos, marks and identifying colors

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provided by the organisers must be worn by helpers throughout the competition in the position indicated to them by the organisers at the time of registration.

30. 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.
31. Any competitor not in place and ready to start at least five minutes before the time a competition commences, will be disqualified.
32. Competitors and helpers are forbidden from approaching or speaking with or at a judge without the express permission of the organisers.

EXHIBITS

33. Each exhibit must be the bona fide work of the entering competitor. It must be solely the work of the competitor and must be certified as such by his Head of Department or General Manager.
34. 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.
35. All exhibits must be of edible substance except for framing, socles and stands where they are allowed.
36. It is forbidden to use any living entity whatsoever as part of an exhibit (e.g. tropical fish).
37. It is forbidden to depict religious, nude, semi-nude or political themes in an exhibit.
38. All exhibits must be suitable for presentation as a decorative item in a restaurant or banqueting setting.
39. An exhibit must not carry any logo, label or mark of identification; however, competitors must be able to identify their exhibit if required.
40. 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.
41. No preparation or finishing of exhibits is allowed in any area except

the designated preparation area at the rear of the competition area.

42. Finished exhibits must be placed in the position indicated by the organisers.
43. No interference with an exhibit is allowed once the organisers have deemed it as submitted for judging.
44. 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.
45. 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.
46. Failure by a competitor to register or exhibit at the specified time could result in disqualification. The competitor entered must place his or her exhibit themselves this task cannot be done in absentia
47. Exhibits which are removed by competitors without permission of the organisers will not qualify for any kind of award.

COMPETITION MARSHALS

48. A Marshal-at-arms will be recognizable by a badge displaying the logo of the Emirates Culinary Guild and the legend 'Marshal'.
49. Marshals are charged with ensuring that the rules and regulations of the competition are observed by all concerned.
50. Competitors, helpers and visitors are all obliged to cooperate with the marshals - without question, at all times. If a competitor is disrespectful to any member of the organizing committee, judges or marshal they will be disqualified and banned for life from future competitions organized by the ECG and reported to their General Manager.

AWARDS

51. Gold, silver and bronze medals and certificates and certificates of merit are awarded solely at the discretion of the judges.
52. The decision of the judges is final and each competitor is required to abide by it without comment.
53. Medals will normally be presented

at 17:30 each day. This may change according to circumstance.

54. 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.
57. A competitor or his/her helper must be correctly dressed as stipulated in the rules when collecting medals or certificates. Chefs uniform NO JEANS
58. Incorrectly dressed competitors/ helpers will not be allowed access to the awards area.

COPYRIGHT

59. All exhibitors and competitors assign all rights concerning videos, photographs, menus, recipes, exhibits, sound recordings etc. to the Emirates Culinary Guild.

DISCLAIMER

60. The organisers are entitled to cancel or postpone the Salon, or to alter the duration, timing or schedule of any event.
61. 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.
62. The organisers will not under any circumstances be held liable or responsible for the loss or damage of any exhibit, equipment, goods, persons or personal effects.
63. By entering the competition, the competitors give their permission to the organizer the right to use their submitted personal information as required as part of the Guild activities.

QUERIES

64. All queries must be submitted by email to: emiratesculinaryguild@gmail.com the question and answer to each query will be broadcast to all entrants.

ENDS 2025

April 2025 **Gulf Gourmet**

EXPO *Culinaire*

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**THE EMIRATES
CULINARY GUILD**



**WORLD
ASSOCIATION
OF CHEFS
SOCIETIES**



AN OVERVIEW OF THE EMIRATES INTERNATIONAL SALON CULINAIRE 2025

May 21st till May 23rd 2025
 Expo Centre, Sharjah, United Arab Emirates

Sounbula Mills Artisan Bakery Arena Class 2025

The Emirates Culinary Guild in association with its Flour Mill partner Sounbula Mills, announce the second edition of a Practical competition for Bakers of traditionally made breads from scratch that will be launched at the Emirates salon Culinaire 2025, 21st to 23rd May at EXPOCULINAIRE 2025 in Expo Centre Sharjah United Arab Emirates.

The owner and Managing director of Sounbula Mills, Mr. Karim Al Azhari, said that this is an exciting time for the Sounbula Mills brand and being associated with The Emirates Culinary Guild and its committee of professional bakers led by Master baker Jurgen Ellenback will be an important step to uphold traditional baking techniques and teaching to young bakers and



**SOUNBULA
MILLS**

professional alike". He added The Sounbula Mills are also in collaboration with bakers to develop custom made flour types to be used in all applications of the baking of bread.

The competition will be held across the full 3 days and the teams will be required to demonstrate their skills and talents to the judges of the World Association of chefs societies and locally based professional judges all of whom will be called upon to assist in this competition.

The ECG and Sounbula Mills are also

working with the professional German baking equipment company Miwe to bring to the competition a fully equipped professional bakery that will be used by the bakers at the competition. Miwe the worlds leading baking technology company.

Class Rules and regulations

The competition is open to all professional bakers or pastry chefs working in the United Arab Emirates and GCC and the competition will follow Worldchefs judging guidelines and practical cookery regulations.

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Notes on the Practical Cookery Classes

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

1. The preparation, production and cooking skills of each team must be demonstrated during her/his time in the kitchen.
2. Waste and over-production will be closely monitored. Please refer to the ECG Sustainability Guidelines on the website
3. Teams are to avoid the use of single use plastics, acceptable items are reusable, recyclable, compostable, bio-degradable, items for ingredient containers etc., reusable tasting spoons to be used.
4. There is a point penalty deduction for wastage or over-production.
5. Timing is closely monitored.
6. There is a 2-point penalty deduction for each minute that the meal is overdue.
7. All food items must be brought to the Salon in hygienic, chilled containers: Thermo boxes or equivalent.
8. Failure to bring food items in a hygienic manner will result in disqualification.
9. Unless otherwise stated, teams must supply their own plates/ bowls/platters with which to present the food.
10. Teams must bring with them all necessary mise-en-place prepared according to WORLDCHEFS guidelines in the hot kitchen discipline (www.worldchefs.org).

Please see below details rules to be followed for the class.

11. No premix flours/bread mixes will be allowed to be brought into the competition kitchen only sponsored flours to be used.
12. Teams to ensure they read the latest Food safety guidelines from Worldchefs'
13. Teams are to provide their own pots, pans, tools and utensils if required.
14. All brought appliances and utensils will be checked for suitability. The use of any additional equipment must receive prior approval before the competition from the organizers.
15. The organizers shall provide a professional commercial equipped bakery kitchen for the competition, please see attached drawing and list of equipment available in the kitchen for use.
16. The following types of pre-preparation can be made for the practical classes:
EXPLANATION (what foods are permitted to be brought into the kitchen)
a) *Fruit pulps – fruit purees may be brought in but not as a finished filling.*
b) *Decor elements – 100% must be made in the kitchen.*
c) *Custards and related to be prepared in the competition kitchen*
d) *Savory fillings allowed*
17. No pre-cooking, poaching, marinating etc. is allowed.
18. No ready-made products are allowed.

19. No pork products are allowed.
20. No alcohol is allowed.
21. Within 10 minutes after the end of the competition, teams must have the kitchen thoroughly cleaned and tidied and ready for the next team to use.
22. Two copies of the recipes - typewritten - are always required.
23. Submit one copy of the recipe/s to the clerk when registering.
24. Submit one copy of the recipe to the duty marshal at the cooking station.

Class brief

- > Two bakers per team, each with corresponding tasks working as a team, any level of baker can be on the team
- > Competitor to bring all ingredients except sponsored flour product available in the competition kitchen on the day of the event.
- > Competitor to bring their own baking tools, including molds, baking tins, parchment paper, display baskets, etc.
- > Each team will compete over 2 days, day 1 for dough preparation and day 2 for baking All products shall be tasted as part of the judging criteria and remaining items shall be used for the National cuisine challenge class if possible during the Salon Culinaire.
- > The following equipment shall be available in the kitchen: deck oven w/ proofer, proofer chamber, planetary mixer, dough sheeter, tabletop spiral kneader, tabletop mixer, induction cooker, upright chiller, upright freezer, tables

Timings as following

Day 1	21st May	07:00 till 12:30 hrs	Team 1	Team 2	Team 3	
		12:30 till 18:00 hrs	Team 4	Team 5	Team 6	
Day 2	22nd May	07:00 till 12:30 hrs	Team 7	Team 8	Team 1	Team 2
		12:30 till 18:00 hrs	Team 3	Team 4	Team 5	Team 6
Day 3	23rd May	08:00 till 14:30 hrs	Team 7	Team 8		
9 Teams					Prep	
					Finish	

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and kitchen sink, ice cubes.

All equipment shall be shared between teams

- > Training sessions from the ECG Bakery development committee shall be done during 5 months prior to the competition. These sessions are open to all competitors as first right of refusal.
- > Typed written recipes and presentation cards to be provided by the team
- > All items shall be cut and tasted as part of the judging criteria

Each competing team is to produce the following products in the competition kitchen:

NOTE: STRICTLY NO ADDITIVES, NO PRE-MIXES, NO BREAD IMPROVERS & NO BAKERY INGREDIENTS ENHANCER ON ALL THE RECIPE FORMATION

1. Traditional French Baguette, Sourdough Baguette

- Competitor to prepare from scratch three (3) pcs identical traditional baguette or sourdough baguette.
- Baguettes should weight 280gms – 320gms after baking.
- Competitor choice of free hand or baguette molds are allowed.

2. Artisan Bread Loaves

- Competitor to prepare from scratch; whole meal bread loaves, sourdough bread loaves & seeded bread loaves, three (3pcs) identical portions of each kind.
- Bread loaves should weight 450gms – 500 gms after baking.
- Competitor choice of free hand or tin molds are allowed.

3. Selection of Dinner Rolls

- Competitor to prepare from scratch three (3) kinds of dinner rolls of their choice, six (6pcs) identical portions of each kind.
- Competitor can use the bread loaves dough if deem necessary.
- Dinner rolls should weight 30-40 gms after baking.

- Only free hand shaping, molds is NOT allowed.

4. Braided Sweet Bread

- Competitor to prepare two (2) pcs of free size braided sweet bread.
- Present braided sweet bread either glaze before or after baking.

5. Viennoiseries/Croissants

- Competitor to prepare two (2) types of croissants preferably Butter Croissants & Pain au Chocolat, six (6) identical portions of each kind.
- Weight of each croissant should be 50-60 gms after baking.

6. Danish Pastries

- Competitor to present three (3) types of Danish pastry of their choice, three (3pcs) identical portions of each kind.
- Weight of each Danish should be 50-60 gms after baking.
- Croissant dough is allowed if deemed necessary.
- Extra points given if Danish dough was used.

7. Puff Pastry Butter

- Competitor to present six (6) identical portions of free size palmier.
- Competitor to present two (2) kinds of savoury puff of your choice, three (3pcs) identical portions of each kind.
- Competitor can bring their own choice of filling for the savoury puff.

Judging and judging points

A team of International and regional Worldchefs Accredited pastry/bakery chefs shall judge the competition, in conjunction with Master bakers from the Emirates Culinary Guild. Judging point system shall be based on Worldchefs standards

Medals

Gold with Distinction	100 Points
Gold	99-90 Points
Silver	89-80 Points
Bronze	79-70 Points
Diploma	69-60 Points

Judging Points: Total points achievable 100

- > Mise en place and cleanliness 5 points
- > Hygiene and food waste 10 points
- > Correct professional Preparation Work skills 20 points
- > Service on time 5 points
- > Presentation 10 Points
- > Taste 50 points

Trophy

A special trophy shall be awarded by Sounbula Mills to the highest points achieved by a single team of bakers of the competition, "The SOUNBULA MILLS UAE Bakery team of 2025"



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THE EMIRATES CULINARY GUILD APPLICATION FORM

Date of Application:

Family Name:	First Name/s:	Ms/ Mrs/ Mr/ Other:
Nationality:	Civil Status:	Date of Birth: dd/mm/yyyy
Employee/ Business Owner:	Name of Business:	Designation:
Work Address:	Email Address:	Contact Number:

Type of Membership: (please tick)	
SENIOR: (Above the rank of chef de partie/ senior chef de partie on executive chef's recommendation).	AED350 joining fee/ AED150 renewal fee Includes certificate; member-pin, member medal and ECG ceremonial collar
MEMBER: (Below the rank of chef de partie 29 years old and over).	AED150 joining fee/AED75 renewal fee Includes certificate; member-pin, member medal and ECG ceremonial collar
YOUNG MEMBER: (under 28 years)	Free Includes certificate; member-pin

Declaration to be Signed by Applicant:

I wish to join The Emirates Culinary Guild in collaboration with The Women's Culinary Chapter.

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' endeavours to the best of my abilities.

Signature:

Proposed By:	Signature:
Seconded By:	Signature:

For Official Use Only					
Remarks:					
Payment Received?					
Certificate Given		Pin Given		Medal & Collar Given	
Approved by President:			Signature:		
Approved by Chairman:			Signature:		

Note: The membership is only applicable to those who are working in the UAE as professional chef or with a background related as Chef in the hotel and restaurant industry.

The WCC is in collaboration with the Emirates Culinary Guild, which is a member of the World Association of Chef's Societies



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Oats*

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Chocolate Chips*

*Rich Ribbon
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A TREAT THAT'S SIMPLY IRRESISTIBLE.



Culinary Trends Express

Simon Martin, Executive Chef at Kerry Taste & Nutrition (Food Service), has been sharing trends for our region since 2016

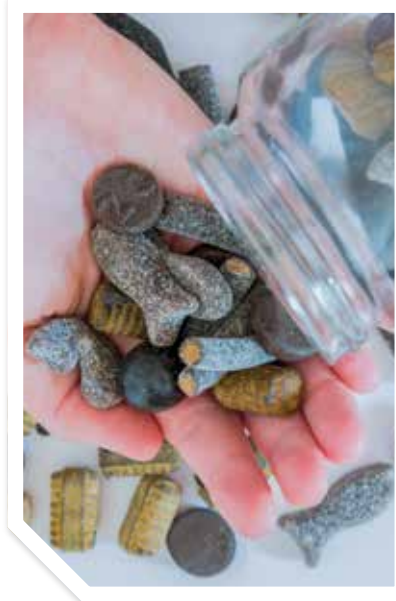


**Chef
Simon
says...**

Welcome back to Trends Express. Without further ado, let's jump on board the "Trends Express" and see what's hot and appearing in our region. Remember, **"LIKE IT, BUY IT, SNAP IT, SHARE IT."**

They're not complicated, but just a few simple ingredients will rock your culinary planet

Let's talk about taste senses. **SWEET, SALTY, SOUR, BITTER** and **UMAMI**. Well, there's a new kid on the block. Neuroscientists have been researching a sixth basic taste since 2015...this means a taste signature must trigger specific receptors on our tongues. Blow me down; the new taste sense is **"AMMONIUM CHLORIDE."** Wait, I hear you say Ammonium is toxic!! Maybe that's why we can detect it. It's



described as a cross between bitter, salty and sweet. It will still take another 10 years for it to make it to the official list as it's up against **OLEOGUSTUS** or, as we know it, fat. So what does it taste like or commonly found in ?? Think salty licorice, even cough syrups... Some say it has the sharpness of cold sea air or an earthy brininess. It's currently used in yeast nutrients in bread making, to adjust acidity in foods, and in commercial cookies, jalebi, or samosas to aid crispiness, so keep an eye out for **E510**, as it's listed. It might be big in the coming decade...who knows???

I know it's April, but this is no April Fool. Japanese scientist professor Homei Miyashita from Meiji University has invented "taste adjusting chopsticks." They are used to stimulate low-sodium meals, and they use electrical stimulation to enhance the flavor of salt in foods...basically, the chopsticks transmit sodium ions to the mouth. Eating creates a very strong perception of salt; in fact, it is 1.5 times more salty without salt... this makes food taste great and become healthier. Do you remember when I talked about lickable televisions with food flavors?? Well, these are from the same professor. What will he think of next?? Maybe menus that are scented to each dish so you can smell the food or even a spoon that can change the heat level in a hot sauce.

As they say, "brains before beauty," so what's better looking and big in the trends now? Well, Korean frozen yogurt is on the way up, and it looks beautiful in all its dressed-up glory. This is loaded with toppings like salted pop

chips, puffed wheat snacks, otherwise known as Jori Pong, honey biscuits, and dried fruit; I've seen a Dubai version with Kunafa pistachio spread, Dubai chocolate, and dried apricots. The frozen yogurt has many flavors of toppings and sauces, giving sweet and salty tastes and textures. This trend is inspiring beverages and desserts across our region. The driving force is the resurgence of K-pop across the Middle East. What would you top yours with?? **GO ON GIVE IT A TRY!!!!** Build it high and make it your thing of beauty.

This month, I have tried something new each week, ranging from Tsüri sauce from Switzerland to pine-needle sorbet. But somehow, like memories, the best eats of the month are childhood classics such as Toad in the Hole and spotty dick. Food trends and food in general can comfort us and transport us to places we remember. What's your comfort food? Do you think it will become a trend?

Finally, looking at trends, our corporate partners at the Emirates Culinary Guild are also helping define the landscape of trends with their visions. Their foresight to avail their latest products to us at our monthly meetings, reflects both innovation and current market trends. Stay ahead of the curve, talk to them, and try their products. Join them and us in driving the trends in our region.

Kerry Foodservice provides custom-made solutions (coatings, sauces, beverages, etc.) and branded solutions such as Chefs Palette and DaVinci Gourmet to global and regional chains, QSRs, and casual diners across the region.

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