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THE MAGAZINE CHEFS LOVE TO READ

volume 14, issue 10

THE CURE IN EPICURE

Patrick Bischoff, Director of Food Services at Cleveland Clinic Abu Dhabi, has come a long way in his culinary career. The Frenchman shares his tale of adventure

IN MEMORY

Gary Rhodes, the original British celebrity chef who put the 'fine dining' in British cuisine



GOLDEN CHEFS

The final Golden Chef Hat Award competitor this season are the boys from Jumeirah Islands Club



YOUNG LEADERS

Meet the young and dynamic team leading the Emirates Culinary Guild Young Chefs Club





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Dear fellow chefs, ladies and gentlemen,

Welcome to the December issue of our Gulf Gourmet.

As I mentioned last month, the year-end is going to be a busy month for all of us in the chef community. The holiday season and some of the biggest events in the UAE have come together to create a vibrant food scene for learning and for social events.

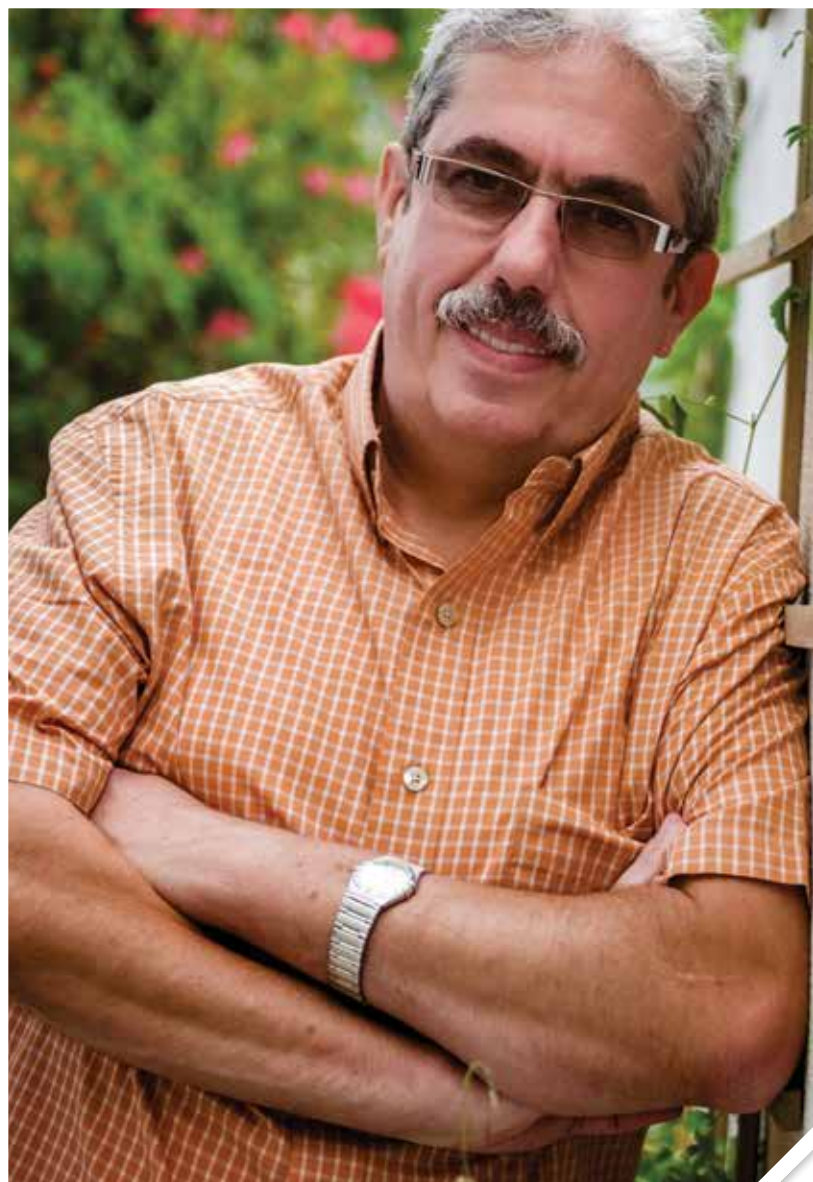
As this issue goes to print, members of the Emirates Culinary Guild are working in full swing for World of Food Abu Dhabi, followed by SIAL Abu Dhabi from December 9-11, and the planning of ExpoCulinaire with our Salon Culinaire from March 3-5, 2020.

This month's World of Food Abu Dhabi will feature celebrity chefs from different countries and the main event will be the attempt to break the Guinness World Record. The plan is to prepare and display 2,500 different desserts, which will then be consumed by the public in the Mother of Nation Park in Abu Dhabi.

The registration for La Cuisine Du SIAL is closed. We have filled spaces in all classes. To all the participants, congratulations. It does not matter whether you win or lose, what matters is that you come, experience and learn the latest from your peers. Use that knowledge to inspire you to create great dishes for your kitchen operation.

During this busy period, let us not forget to take a moment to pay our respects to Chef Gary Rhodes, who brought British cuisine to formal restaurants. He was always there to help our young chefs as a guiding light.

Please visit gulfgourmet.net to browse through previous issues of this magazine. Visit emiratesculinaryguild.net to see our upcoming events calendar. And visit facebook.com/wacsyongchefs for young chefs to be in contact with over 4,000 chefs worldwide.



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

Thank you to Chef Farrukh and the Ras Al Khadijah Hotel for hosting the

November meeting.

Culinary Regards,
Uwe Micheel
*President, Emirates Culinary Guild
 Director of Kitchens,
 Radisson Blu Hotel Dubai Deira Creek
 Assistant Vice President, WorldChefs*

ggcontents

07 » **Editor's Note**
Our Editor's take on all things F&B in the region

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

11 » **Newsbites**
Chef events and news from within the country and around the globe

14 » **In Memory**
Remembering **Gary Rhodes**, the original British celebrity chef who put the 'fine dining' in British cuisine

16 » **Young Leaders**
Meet the young and dynamic team leading the Emirates Culinary Guild Young Chefs Club



22 » **Golden Chef**
(by Nestle Professional)
Chefs **Enosh** and **Shahen** of Jumeirah Islands Club are this month's competitors for the Nestle Professional Golden Chef's Hat Award

26 » **Cover Story**
Patrick Bischoff, Director of Food Services at Cleveland Clinic Abu Dhabi, has come a long way in his culinary career. The Frenchman shares his adventurous tale

36 » **Chef of the Month**
Interview with Japanese-Argentinian Chef **Cristian Goya** of Jumeirah Al Naseem

40 » **Events**
Exclusive images from culinary events in the region. This issue includes the Women pastry chefs roundtable and the Guild leadership meeting

42 » **SIAL Rules**
Check out the complete listing of rules and regulations for the upcoming Cuisne du SIAL at the SIAL Middle East in Abu Dhabi this December.

62 » **Members Directory**
A listing of all leading food, beverage and equipment suppliers in the region

66 » **More Than a Chef**
Monthly column by motivational speaker **Rohit Bassi**





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editor'snote

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I just binge watched two seasons of HBO series 'Succession'. It has received rave reviews and I for one am not going to disagree with the popular sentiment.

The beauty of the series is it gives you a sensationalised look into the struggles of senior C-level executives navigating office politics in a bid to curry favours with their bosses, who are the owners of the company.

If you have never seen what it is like to be at that level, you will find the script unrealistic. Thoroughly engaging, but unrealistic. The truth though is something else. The unflattering treatment of the board members – or even family members – by the owners, do happen in real life at many multi-billion-dollar companies.

Imagine, if you are worried about finding another Commis-level job in an industry that requires hundreds of thousands of Commis, how difficult it must be for a CEO earning a million-dollar salary package to find another good job. The stress and pressure at that level is 20 times more than it is for a chef who works 14 hours a day. At least the chef can go home and sleep in peace once the day is over.

The reason I am writing about this is to explain that if you dream of getting a higher position or a better salary, it is a good thing. But the motivation has got to be the love for the job. Else, you may get to the top only to end up struggling to stay there while being unhappy. You will always have a boss and be answerable to someone regardless of your position.

Having interviewed over a thousand chefs over the years, here is what I have seen. The most successful chefs have the triple mix of great cooking experience, communication skills, and people management skills. If you are a young chef reading this, it is possible to learn all three over the coming years.



What matters is that you are genuinely interested in learning, and love cooking and communicating effectively. And if it takes longer than expected, don't worry. Like Bill Gates once said, most people overestimate what they can do in one year and underestimate what they can do in ten years.

Give yourself time and you will steadily rise to the top. Just remember, the top has its own share of pitfalls.

This issue is filled with stories of young chefs going out of their way to make their mark in the culinary field. We spoke to a few of those competing at international competitions around the world. You should try and learn too. Especially the basics which will give you a strong foundation.

Did you know there is a free nutrition training that gives you accreditation/ membership from Department of Health (DoH) granting each certified Chef 5.75 CME hours and by Highfields University in UK? Contact the Emirates Culinary Guild or alternatively contact my colleague amaresh@gulfgourmet.net to know how you can get this membership/ certification for FREE.

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

Aquin George
Editor

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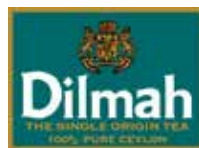
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SIAL ME 10th Anniversary Takes Off in Abu Dhabi

Event has contributed over Dh 819 billion to Abu Dhabi's economy since 2010. Over Dh 34 billion worth of deals done at SIAL ME over ten years with participation from 7,600 exhibitors and 153,900 experts

Under the patronage of His Highness Sheikh Mansour bin Zayed Al Nahyan, Deputy Prime Minister, Minister of Presidential Affairs and Chairman of The Abu Dhabi Agriculture & Food Safety Authority (ADAFSA), the tenth edition of SIAL Middle East, the exclusive regional food, beverage and hospitality trade event, will run from 9th to 11th December 2019 at the Abu Dhabi National Exhibition Centre (ADNEC).

The event is organised by ADNEC Group, in collaboration with Comexposium and The Abu Dhabi Agriculture & Food Safety Authority.

Since its inception in 2010, SIAL ME has seen over Dhs 34 billion worth of deals done, 7,600 exhibitors and 153,900 experts from across the world, resulting in a total direct and indirect economic impact of Dhs 819 billion on the Emirate's economy. The impressive numbers showcase the importance

and impact of SIAL ME and how it both continues to evolve and become a mainstay for the people of the food and beverage industry.

Expected to draw the participation of over 1,000 exhibitors, more than 30 country pavilions and over 20,000 industry experts from more than 50 countries, the upcoming edition of the event is set to mark a significant growth in terms of participation from leading local, regional and international organisations working in the food industry.

HE Saeed Al Bahri Salem Al Ameri, Director General of Abu Dhabi Agriculture & Food Safety Authority, said, "SIAL ME has rapidly become one of the most important events in the food and hospitality industry in the region. It has become a gathering for major exhibitors from around the world, making it a platform to promote innovation in these sectors."

He explained that the event has become

a hub that offers valuable investment opportunities in the region's rapidly growing food sector, as it provides an opportunity to interact with emerging food markets, presenting promising investment opportunities and creating partnerships that facilitate the formation of economic entities that promote growth in the food, beverage and hospitality sector, which reflects positively on other industries such as manufacturing, tourism and other vital economic sectors.

"Our responsibility is to motivate the private sector to invest in the food industry, hence we work in all ways possible to create an investment environment in this sector and build a solid partnership between the public and private sector," he added, confirming that SIAL ME is one of the significant means to help the private sector to explore the growth prospects in the food, beverage and hospitality industries and to see best practices from around the world.



Humaid Matar Al Dhaheeri, Group CEO of ADNEC, said, "Within a short time span since its inception, SIAL Middle East has become one of the most anticipated industry events in food-related sectors within the region and beyond and we are very excited to be hosting industry leaders again this year. It provides the perfect platform for networking and interaction with key representatives from major food producers and exporters from across the globe."

Al Dhaheeri said that the high turnout at the exhibition during the past ten years, which was held at the Abu Dhabi National Exhibition Centre, reflects the company's success in supporting the existing exhibitions and enhance their competitiveness and ability to attract major international companies specialised in various economic sectors.

Al Dhaheeri explained that ADNEC is currently working with a number of national institutions in the public and private sectors to finalise all necessary preparations for the success of this significant event, in order to present it in a way that works up to Abu Dhabi's position and reputation at the local and international levels.

The current edition of the event pays great attention to date products in

cooperation with Abu Dhabi Date Palm Exhibition, which is the only event in the world that brings together date producers. Last year saw 7,463 visitors attend SIAL Middle East to source coffee associated products, which again will have a major focus this year. SIAL Middle East is closely working with the Specialty Coffee Association to showcase the strong growth of this sector in the region.

Exciting Programme of B2B Events

This year SIAL ME will continue to host a range of awards and workshops for industry attendees in a trade-business environment.

The SIAL Innovation Area

Innovation is an important aspect of SIAL events worldwide and The SIAL Innovation Area aims to promote the world's most innovative food products and lends an experience for participants to gain knowledge on upcoming trends in the food and beverage sector.

SIAL Innovation is exclusive to exhibitors and judged by XTC World Innovation, providing the perfect platform to showcase new innovative products to a key industry audience. The process for the award is for newly introduced food and beverage products and the winner is awarded during SIAL

ME. Once the winning product is decided it will then gain the honour to be displayed at all worldwide SIAL events.

Hosted Buyer Introduction Site

The event agenda will also include the Hosted Buyer Introduction Site, an integral part of SIAL ME 2019. The program which consists of a select space where Hosted Buyers can meet with chosen exhibitors that will enhance their sourcing requirements in a speed working sessions. The Abu Dhabi Agriculture and Food Safety Authority (ADAFSA), is on board to support this initiative after the success of last year saw 470 pre-qualified, fully hosted food and beverage buyers from 50 countries attend the event with a sole purpose to meet with suppliers and to source new products.

Abu Dhabi Date Palm Exhibition

Dates will also be a main focus this year at SIAL ME with the Abu Dhabi Date Palm Exhibition (ADDPE) and will be supervised by the Khalifa International Award for Date Palm and Agricultural Innovation. ADDPE is the world's only event for corporate collaboration in the field of date palm fruits and provides the biggest international platform for exhibitions to showcase their products and boost their presence in the global market. This year will feature 100 exhibitors specialising in date palm fruit products.

newsbites



Kevin Coey is Executive Chef at Hilton Jumeirah

DoubleTree by Hilton Dubai Jumeirah Beach has appointed Kevin Coey as the executive chef of the hotel's managed restaurant & outlets. He brings 20 years' experience to the role.

Prior to joining this property, he was executive chef at Hilton Northolme Seychelles Resort & Spa. He was also appointed as the vice president of the Seychelles Chefs and Cooks association.

On his new role, Coey says, "I have been blessed to travel to various parts of the world during my 20-year career from the grand mountain hills of North Ireland, to embracing the rich flavours from the Indian Ocean. I look forward to a new adventure in Dubai."

Mövenpick Bahrain gets a new executive chef

Chef Domenico Cicchetti brings over 20 years of experience at international five-star hotels and fine dining restaurants in his new role as executive chef of Mövenpick Hotel Bahrain.

He began his career at one of the leading Michelin star restaurants in his home country of Italy, moved to the UK to join Giardinetto in Mayfair, London, as sous chef, before taking on the top chef's role at the celebrated Arch.

After working for several years in London, Executive Chef Domenico moved to Brazil before continuing his culinary journey to Asia, picking up several awards and accolades on the way.

Prior to this role, he worked at the five-star Hilton Beach & Spa in Ras Al Khaimah, UAE.



Chef Nachwan joins Ibn Battuta Gate



Mövenpick Ibn Battuta Gate Dubai has appointed Chef Nachwan Koukash as its executive chef. The Syrian national brings with him over two decades of kitchen expertise in the Middle East and GCC region. He will oversee over 95 chefs and staff, kitchen operation of eight dining outlets, including its award-winning brunch at Al Bahou, in-room dining and banqueting.

Koukash has led pre-opening teams at the Four Seasons, Jumeirah, and Westin.



Chef Gary (right) with friend Chef Mick and Chef Andy.

TRIBUTE TO GARY RHODES

Unlike most celebrity chefs who own restaurants here only to visit them once in a while, Gary Rhodes made Dubai his home and regaled foodies with his creations – be it in fancy cinema halls or fine-dining restaurants.

In a beautifully written obituary in The Independent UK, author Christine

Manby rightly points out that long before others made their screaming television debut, Rhodes introduced the high-pressure, high-emotion atmosphere of a commercial kitchen into living rooms.

In 1988, Rhodes ensured that the Somerset restaurant where he was head chef retained its Michelin star and

thereafter go on to gain six Michelin stars over the course of his career.

He passed away last month in Dubai with a subdural hematoma, usually associated with a brain injury. He was surrounded by family when he died, aged 59. Here are a few words from senior chefs in the UAE on the untimely demise of one of Britain's great chefs.



Chef Gary was the inspiration behind so many chefs around the world and his work locally in the UAE with our young chefs, will forever keep him in our hearts and minds. A great cook, mentor, friend of the industry and all-round great bloke, we will miss him dearly.

— Andy Cuthbert

*General Manager, Jumeirah Creekside Hotel, Madinat Jumeirah C&E and Jumeirah Hospitality
Chairman, Emirates Culinary Guild*



Dear Chef Gary, the culinary world will miss a great man and a chef, rest in peace.

— K.A.C. Prasad

*Director of Culinary, Miramar Al Aqah Beach Resort
Vice President, Emirates Culinary Guild, East Coast*



Chef Gary (top left) at the graduation ceremony of the ICCA culinary scholarship earlier this year. He contributed to the growth of UAE's young chefs.



First and foremost, Gary was a very close friend for more than 40 years. We met at Thanet Technical College back in 1974. He was respected and admired by everyone in the industry and was extremely passionate about food and our industry, he just loved being a Chef.

"He was a true ambassador for chefs, always appreciated his popularity with the public, it was NEVER too much trouble for him to sign a menu or book or pose for a photo, a true English gent through and through and I will miss him dreadfully.

"Without doubt, he transformed British cuisine and he should take 'full credit' for that. British chefs of today I'm sure would all agree.

"Thank you Gary, for your craft and friendship.

— Michael Kitts
Director of Culinary Arts
The Emirates Academy of Hospitality Management



We lost not only a great chef but a great human being. I remember when I met Gary the first time, expecting to talk about food only, but ended up talking about Manchester United for most of the time, and that did not change in our many meetings thereafter. ManU was always one of the subjects.

"Whenever we talked about supporting young chefs, Chef Gary always made time for it. He always had an ear for our future generation. I will always remember Chef Gary as the colleague and an exceptional human being and not as the celebrity, which without a doubt he was. Gary was a great ambassador for British cuisine. He brought British cuisine into formal restaurants and was a true Ambassador for British food. The culinary family in UAE will miss you Gary....

— Uwe Micheel
Director of Kitchens, Radisson Blu Hotel, Dubai Deira Creek
President, Emirates Culinary Guild

A photograph of three young chefs in white uniforms. The chef on the left is a man with dark, curly hair, wearing a watch and a tattoo on his left arm. The chef in the middle is a man with short hair, smiling. The chef on the right is a woman with dark hair tied back, smiling. They are all wearing white chef coats with blue piping. The background is a blurred kitchen setting.

YOUNG LEADERS

Meet the team that makes the impossible possible... finding time as a young chef to work towards creating camaraderie and sharing knowledge among UAE's young chefs. These are the leaders of the Emirates Culinary Guild Young Chefs Club



**Ashish Thapliyal**Foreword by
RAGHUPRASAD PILLAI

The credit for transformation of the Emirates Culinary Guild Young Chefs Club (ECGYCC) of UAE – from a shy group of chefs in 2016 to a robust and active Club at present – goes solely to its members and the organizing committee.

It brings me great joy to mentor them and fills my heart with pride when I see them doing the things that they do.

In just this past year these young chefs have shown much grit and determination. They have surpassed expectations set by us and have organized opportunities for young chefs to attend 24 events in the span of 11 months; a feat accomplished purely by the support and presence of its enthusiastic members. I would not be exaggerating when I say they are an adventurous bunch, always hungry for knowledge and eager to experience new things. They have overcome great obstacles and challenges with their undying spirit and perseverance.

As a chef you never stop learning and I have been fortunate enough to learn a thing or two from these young and promising leaders. They are truly "Little chefs making a mark among big chefs."

ASHISH THAPLIYAL

The Chairman of the ECGYCC says that his and the Club President's role entails "planning and contacting suppliers, industry experts, senior chefs and event companies to find ways to improve the outlook of young chefs." After the planning, the new committee executes the plan. "We are training them, we are adding new young chefs to the club, and we are ensuring they grow with us in

terms of skills. We even invite younger chefs from ICCA so that they can get a better understanding of how the industry works.

"We are expanding now. This year we have completed over 20 events and, hopefully in future, will do more with our bigger team. We are also working on 2022 WorldChefs Congress in Abu Dhabi. It is a pleasure to work with a team where we have different nationalities all under one umbrella.

"We are even involving senior chefs to give us a masterclass, so that the young generation are prepared in four or five years to participate at the global level either in pastry or hot kitchen. We are doing this so that the chef who is getting trained can compete represent UAE on the world stage. That is our focus right now and we are really working on that.

"Senior chefs like Andy Cuthbert and Uwe Micheel always help us for transportation. This way, we can organize the team better and now I have to look towards places far away from Dubai such as Al Ain."

"Going forward we want to delegate more quality work to more young chefs in a structured manner and help everyone have enough time to be more creative when in the club. As someone who has been in this group the longest time. I can you tell you that being a part of this family gives you a chance to be part of something that is world-class. Since 2016 I've been to two WorldChefs Congress – one in Greece and one in Malaysia. We even have the opportunity to enjoy ourselves and connect with other young chefs from around the world.

"Our mentor Raghuprasad Pillai is also a mentor to me personally. I was lucky enough to have the opportunity to work closely with him in Abu Dhabi. He parts with great advice and is very easy to approach."



Sana Quidwai

SANA QIDWAI

Sana is the President of the ECGYCC and has recently taken up the position of WorldChefs Ambassador for the UAE.

"I represent UAE on the WorldChefs

platform and I have to represent our young chefs here. My job is to highlight our activities and to collaborate with other chefs so that the world can see what we do. This allows us to do more engaging work for the club while

**Fay Abreo****Hashan Silva**

allowing our chefs to make the most of what the WorldChefs platform has to offer, such as online education.

"Like Ashish said, we do the planning part of reaching out to companies, working with senior chefs and doing all the background work. We then forward it to junior committee members so that they can execute it on ground. By doing this so that they are exposed to what needs to be done. They are getting trained for the near future, allowing us to eventually take a step back and for them to take up our positions as early as next year.

"Over the last three years, we have maintained a stable performance. On

average we organized two activities every month, we did a lot of groundwork, and we have established good contacts with foodservice companies and with senior chefs. We want to grow and add new team members to take the club forward. We want to start looking at ways to get our young chefs better educated.

"When it comes to the masterclass that Ashish was talking about, we invite chefs who have successfully competed on international platforms to teach young chefs. Our aim is to have more high caliber competitors from the UAE in the future.

"Our challenges made up of three parts. First is communication. Our club

members are of various nationalities and as we try to bring more ppl in, we need to ensure that our communication is clear and effective for all because English is not the base language for everyone.

"Second is getting young chefs from Ras al Khaimah or Sharjah to Dubai. We are trying to collect some money so that we can provide transportation and avoid them spending any money from their pockets.

"Third is time. Since everyone has a full-time job, it's difficult to assign a particular job to one person. Whoever is available contributes as this is purely volunteering. The younger the chef, the more difficult it is to get off work on a regular basis. To overcome this challenge,

**Islam Masoud**

we propose an idea and then people in the group begin to contribute based on their availability. This is far from ideal.

"The positive is that we are forced to get better at planning and managing things alongside the job. I have taken a break since having my baby last year, but while I was working and doing this as well, I got better at my management skills.

"Another advantage is that everybody knows you and you get to know everybody and learn from them, even at the world level. Until I attended my first WorldChefs Congress in Malaysia, I never realized that something like this even existed. So many chefs come and give lectures and everyone is so nice. If you

reach out to them, they never say no to you. I think all young chefs should reach out because this is one thing which they get free of cost.

"I know they are volunteering and are giving up their free time but everything comes with a price. If you can maintain a certain level of enthusiasm and go-getting attitude, the opportunities and network you get in this club is unmatched.

"Yet another positive thing is the education part. I never knew about the WorldChefs Academy which is free for chefs and you get a certification for that. It's recognized on worldwide to good job opportunities in another country.

**Ushan Prasad De Soysa**

"As far as our mentor Chef Raghu is concerned, two things you will notice. He is strict whenever it's needed and is available round the clock for us. He is a busy chef obviously but he never leave us alone. If there is something we need, he'll get back to us. If we get in trouble with the senior chefs, he is always there to protect us like a shield. His support helps us get money for transportation, attend meetings and he never says no to us. It's always a yes.

"Our message to young chefs is please come and join us. We are always looking for core committee members and it could be your way of meeting some of the smartest chefs in the country."



Nestlé
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SALMON AND CHOCOLATE

The final competitor for the 2019/20 edition of the Nestle Professional Golden Chef's Hat Award is the team from Jumeirah Islands Club



Enosh Ashkenen

The duo from Jumeirah Islands Club that have come together this month for the Golden Chef Hat Award have more in common than they believe. Cooking beautifully is one of them. Here are their profiles and recipes.

Enosh Ashkenen

This 26-year-old from the Sri Lankan capital Colombo works as a Demi Chef de Partie and just transferred in from Madinat Jumeirah. He began his culinary quest soon after graduating from high school by joining a culinary school.

"I knew chef Shan, who advised me complete a basic culinary course. I took his advice and joined the Swiss Lanka hotel school where I completed a six-month course."

A month after completing his course, he got his first break as a kitchen steward at a standalone restaurant in Abu Dhabi. He worked there for a year before meeting Chef Shan again who helped him get a job at Jumeirah Souk Al Bahar restaurant. There too he worked in stewarding for a year before finally getting the break to become a chef at Madinat Jumeirah's Segreto, the Italian restaurant.

He got the position of Commis 3 he so desperately yearned for. "I was initially placed in the dessert section for ten months before being moved to the grill section. It was initially very hard because I was not used to working in the hot kitchen. I once burnt my hands

and went back home crying." His Italian chef did not let him wallow in sorrow and pushed him to do better.

"Within a month I was back on track and on a new year night my chef motivated to get over my fear of failure and I ended up cooking food for 310 covers. That was the day I got my confidence. He promoted me Commis II and 11 months later to Commis I.

"Recently I got promoted to my current role and I am happy and excited to be part of this team."

Chef Enosh's parents live in Oman and his sister in Sri Lanka where he grew up. He says his final target is to get to a certain position in Dubai that affords him a move back to Sri Lanka to run his own restaurant.

This being his first competition he admits, it took a lot of homework, hard work and sleepless nights. For this challenge he says, "The main ingredient is chocolate fondant with white chocolate and matcha powder in middle. So when you cut it in half, you will see the green colour, white chocolate and matcha powder melt together. It is a nice simple dish with berry compote.

A.E Shehan Isuranaga

Enosh's partner Shehan is a 28-year-old, who is also from Colombo, Sri Lanka and work as a Commis I.

The similarity doesn't end there. After school, he too went to a hotel school to do a 6-month culinary course. He too did not get a cooking job outright. "I joined Grand Oriental Hotel in Colombo as a kitchen helper and I worked there 2 years."

He admits, at first he was clueless in the kitchen and that his Chef at the Grand Oriental helped him to learn different cooking techniques allowing him to be promoted to Commis III.

After two years he got in touch with



A.E Shehan Isuranaga

his uncle in Dubai, who works as a chef. "He arranged everything to make my first trip to Dubai a reality." After three months he found a job with a healthy catering kitchen in Dubai but as a helper. He worked there for six years and eventually became a Commis I before a Filipino colleague told him of an opening in Meraas. Soon he found out about his current employer and took the plunge.

It was his parents' dream to make him

a chef and that's what got him into the industry. Even though he's well entrenched in the industry now, he looks back and wishes he had not wasted his time and his parents' money while shying away from responsibilities.

Now, a changed man, Chef Shehan is married to beautiful lady Tayeni who also works in the same industry. He hopes that going forward he can act more responsible and become a good chef worthy of the title.



SOUS VIDE SALMON ROLL

Ginger & Coconut Potato Croquettes, candied Walnut, Roasted Pumpkin Puree Mix Vegetables and Dill Hollandaise

Ingredients

Salmon	800g
Salt	10g
Sugar	10g
Salmon skin	5g
Salt	2g
Olive oil	2g
Pumpkin	500g
Butter	90g
Salt	15g
Walnut	100g
Caster Sugar	50g
Brussel sprout	10g
Heirloom carrots	10g
Rosemary	5g
Thyme	5g
Honey	5g
Egg yolk	100g
White wine reduction	30g
Salt	10g
Butter	500g

Dill	5g
Maggi Potato powder	200g
Ginger	5g
Maggi coconut powder	80g
Egg yolk	10g
Bread crumbs	50g
Beetroot red	200ml
Calcium lactate	10g
Water	1000g
Sodium alginate	3g
Sugar	50g
Salt	5g

Method

- ◆ Clean the salmon and cut length wise. Season with salt and sugar then roll with cling film
- ◆ Setup the sous vide at 50°C and cook the salmon for 10 to 15 mins.
- ◆ Lay the skin in silpat and cover again with silpat. Bake in an oven at 180°C for 10 to 12 mins.
- ◆ Peel the pumpkin and bake in an oven covered with aluminum foil until fork tender. Blend in a vitamix, add butter and season with salt and pass it in the sieve.
- ◆ Blanch the walnuts for 10 seconds then

toss with sugar. Deep fry at 150°C till golden brown.

- ◆ Cut and clean the vegetables. Sauté together with rosemary, thyme, garlic butter.
- ◆ Place the egg yolk in a double boiler. Whisk it until the consistency becomes like a custard. Add reduction and salt, then slowly whisk the clarified butter. Add the fresh chopped dill.
- ◆ Boil the potato until tender. Mash it and pass it in a fine sieve. Put it back in the pan on a slow fire and add ginger powder and coconut powder. Season with salt and make a round shape and roll it in the egg wash and finish with breadcrumbs. Deep fry it.
- ◆ Make beetroot juice and add sugar and salt. Set aside.
- ◆ Mix calcium lactate with water using hand blender until mixed.
- ◆ Add the sodium alginate in beetroot mixture and mix with hand blender and set it until bubbles are gone.
- ◆ Get a pipette and drop the beetroot mixture in calcium lactate and it will form caviar, strain the caviar wash with fresh water.



FLOURLESS CHOCOLATE MATCHA FONDANT

Mixed Berry Compote, Vanilla Ice Cream And Matcha Koral Chips

Ingredients

Cream	300g
Milk	200g
Yolk	120g
Sugar	105
Matcha powder	100g
Vanilla pods	5g
Extra cream	100g
Nestle Dark Chocolate 70%	150g
Butter	35g
Egg white	135g
Sugar	40g
Yolk	35g
Nestle White chocolate	100g
Matcha powder.	30g
Strawberry	5g
Raspberry	5g
Black berry	5g
Blueberry	5g
Sugar	80g
Water	100g
Matcha powder	20g

Flour	10g
Oil	20g
Water	80g
Salt	2g
Blueberry	100g
Sugar	40g
Glucose	20g
Pectine 58	5g

Method

- ◆ Clean the salmon and cut length wise. Season with salt and sugar then roll with cling film
- ◆ Setup the sous vide at 50°C and cook the salmon for 10 to 15 mins.
- ◆ Lay the skin in silpat and cover again with silpat. Bake in an oven at 180°C for 10 to 12 mins.
- ◆ Peel the pumpkin and bake in an oven covered with aluminum foil until fork tender. Blend in a vitamix, add butter and season with salt and pass it in the sieve.
- ◆ Blanch the walnuts for 10 seconds then toss with sugar. Deep fry at 150°C till golden brown.
- ◆ Cut and clean the vegetables. Sauté together with rosemary, thyme, garlic

butter.

- ◆ Place the egg yolk in a double boiler. Whisk it until the consistency becomes like a custard. Add reduction and salt, then slowly whisk the clarified butter. Add the fresh chopped dill.
- ◆ Boil the potato until tender. Mash it and pass it in a fine sieve. Put it back in the pan on a slow fire and add ginger powder and coconut powder. Season with salt and make a round shape and roll it in the egg wash and finish with breadcrumbs. Deep fry it.
- ◆ Make beetroot juice and add sugar and salt. Set aside.
- ◆ Mix calcium lactate with water using hand blender until mixed.
- ◆ Add the sodium alginate in beetroot mixture and mix with hand blender and set it until bubbles are gone.
- ◆ Get a pipette and drop the beetroot mixture in calcium lactate and it will form caviar, strain the caviar wash with fresh water.
- ◆



COOKING WITH CARE

In a no-holds-barred interview, Aquin George gets the dynamic Patrick Bischoff to talk about his culinary career and why he chose the role of Director, Food Services at Cleveland Clinic Abu Dhabi

I am sitting in one of over 50 meeting rooms housed within the UAE's most impressive multispecialty hospital built on Al Maryah Island in Abu

Dhabi. It is a "unique and unparalleled extension to US-based Cleveland Clinic's model of care" says its website, and I for one am not going to dispute it. For someone who despises the thought of visiting a hospital, this place feels unusually comfortable, almost as if I am meeting a chef in a hotel.

As I devour every bite of the meaty club sandwich offered to me, I listen to Chef Patrick Bischoff talk about his journey to becoming the Director, Food Services at Cleveland Clinic Abu Dhabi.

He begins by telling me how he shares his birthday with Mahatma Gandhi and all I can think of is, how on earth is this hospital sandwich so delicious? A few hours after the interview, I still can't shake the club sandwich off my mind as I have no guilt from eating that 'heavy' club sandwich. If anything, I was feeling light, full, satisfied and bright awake. No club sandwich has ever had this effect on me.

The secret lies in a lesser known fact about Cleveland Clinic Abu Dhabi. The food here is known to be like eating at a healthy five-star hotel. Patients get to choose food from a menu worthy of receiving Michelin stars and at the same time perfectly balanced to help with their recovery process.



I did not know of the term umami, but I figured it out as a young child and I was clear in my head about my love for food and ingredients





And Chef Patrick Bischoff is tasked with hiring, training and managing a large team of culinary professionals to cook truly healthy food. "Here even the salt used is measured to the exact milligram," says Raghu Pillai, his second in command. No wonder then that even a sandwich made in the hospital meets the highest health standards.

So how did Chef Patrick become the man responsible for maintaining the country's most perfect menu that combines health with taste?

The story begins in an impoverished part of France in the early 1960s, where he was one of five siblings born within a span of five years. He still remembers his mom washing all their clothes by hand as "there were no washing



My parents were not too happy and I was not allowed to touch anything in the kitchen

machines back then". Another vivid memory is of his mom's cooking as well as his grandmother's cooking on weekends. The smell of food, the joy of eating and sharing with family, and the different types of cravings during different times of the day and during

different seasons of the year, left an impression on little Patrick.

By the age of 10, he was already fascinated by the various textures in food, such as sweet, salty, savory, bitter, sour and even umami. "I did not know of the term umami, but I figured it out as a young child and I was clear in my head about my love for food and ingredients," says he. "I told my parents when I was 12 that I wanted to be a chef."

His first solo attempt at cooking was a disaster. "I was up early one day while my parents were still asleep and I decided to make French fries. I took a bucket of oil and placed it on a stove only to see the bucket melt. My parents were not too happy and I was not allowed to touch anything in the kitchen."



Chef Patrick with his wife Joanna.



That incident would've dented a normal person's love for cooking, but in Chef Patrick's case it created a steely resolve to learn to become a great chef. At the age of 14, he joined a hotel school and for the next three years he spent half the time learning regular subjects like maths, history and language, while the other half was focused on practical cooking lessons, culinary techniques, use of ingredients and F&B operations.

When he turned 17, he took the advice of his culinary teacher and sent six handwritten letters to 5-star hotels around France. "I remember waiting for the postman for weeks only to receive two negative and two positive responses. One of the positive responses was from Sofitel in Paris and so in July 1977 I took a one-way train ticket to Paris. That's how I started my career," he says.

His parents were happy to see that their son had found his true calling at a young age though none of his siblings followed in his culinary footsteps. While his father was a hardworking man employed with a moving company, his mom used to nurse kids in a hospital until managing five children became a fulltime job in itself.

Perceptiveness was always his strong point. He realised quite young that there are two kinds of people, the ones who use their intellect to get things accomplished and the ones who are hands-on. "I knew I was more of a hands-on person and for me that sense of achievement came through cooking something that you can eat and enjoy."

Little wonder then that he never really has bad experiences to share, just memories of his "learnings".

One such memory is from his first job as a 17-year-old in Paris. "It was my first week at my first job and I was overwhelmed with everything around me. My chef gave me two fillets of duck and asked me to pass them on to the hot kitchen. I was preparing beef burgers



I left crying but two other Commis came and comforted me. They swapped shifts and motivated me to go back in the kitchen at 5 o'clock to continue work. It was hard at that time but is a story I look at positively today

with a meat mincer and I thought he asked me to pass the duck through the mincer. So, I minced it. About 20 minutes later I see the hot kitchen chef come in screaming at the cold kitchen chef asking for his duck.

"The cold kitchen chef looked at me and my eyes went straight to the mincer. He understood what happened and kicked me out of the kitchen. It was my seventh day in Paris, and he said to me you can go to your room. I left crying but two other Commis came and comforted me. They swapped shifts and motivated me to go back in the kitchen at 5 o'clock to continue work. It was hard at that time but is a story I look at positively today."

"Less than two years later my chef told me he was moving to Cannes at the Palm Beach resort and casino and asked if I would be interested in joining him. I said yes and before I knew seven years passed by."

These were the most memorable seven years of his career as this was where he learnt a lot. His property was frequented by the rich and famous as well as movie stars from around the world. As a young man meeting his

favourite Hollywood celebrities in the flesh was great too. No workday was less than 12 hours and in that period, he rose to the rank of Sous Chef.

"Here I learnt the basics of what a good chef needs to have. Most important is a good understanding of the products of the season and how to master the heat and seasoning. That's something chefs need to learn. How to mix certain ingredients not only through recipes but through taste and experience.

"I've been fortunate to have learnt that. Today's chefs in the circuit who rise-up through the ranks very fast, may have good knowledge of management but not culinary. Give a chef a black box of ingredients to cook and the result is highly likely to be average because they have not been through all steps of the process."

After a decade of working, Chef Patrick wanted to work outside France. "I knew chefs who had friends working overseas and one of them worked at Nassau, Bahamas. His story attracted me, so he got me a contract and that's the first place I worked overseas."

English was not a language he was comfortable with at the time, and this was a multicultural team that required knowledge of English. "I would write everything I could learn, every day, on a piece of paper. That's how I learnt to communicate in English."

He returned to France a year later and a friend told him about a job in Oman. "This was in 1989 and few knew where Oman was. I had to go to the library, find an atlas, and look at the map." Since the brand was Sheraton, Chef Patrick signed up for his first Middle East experience. "I went there mid-June, stepped out of the aircraft, and it was so hot, I thought there is no way you can breathe."

But by evening, he was already happy. "I went to the hotel, experienced new





Indian flavours, loved the taste of naan fresh out of the tandoor. I loved it."

After two years of living in Oman, he began hearing a lot about Dubai. "One day, I drove to Dubai and found it to be a nice interesting city that was more international and modern than Oman." He applied and got the role of Executive Sous Chef at the InterContinental Dubai (now Radisson Blu Deira).

"I arrived there in October 1991 and the place was busy with ten outlets and 150 chefs. It was quite challenging at the beginning but I held the fort because they didn't have an executive chef."

"In February 1992, they told me they hired a gentleman called Uwe to be our Executive Chef. I remember welcoming Uwe at midnight in the hotel. He was coming straight from Japan. I worked with Chef Uwe for three years as his second in command. We were a good team and I have fond memories from back then."

He quit in 1995 to open Le Meridien Mina Seyahi but the launch was delayed.

"While waiting I worked next door at the Dubai International Marine Club at a little bar called Barasti. We would see 20-30 people on a weekend evening." It was nowhere close to being as popular as it is today, so he moved after six months.

He found a job in Casablanca, Morocco and worked there for three and a half years. Here he learnt a lot about Mediterranean influences in cooking, making it one of his favorite cuisines.

Three years later, he got a call from Ahmed Ramdan, his former GM at Intercon, to be the Executive Chef at Forte Grand hotel in Abu Dhabi. He was impressed with the building that had the city's only revolving restaurant on the 25th floor and another five outlets.

"One morning in the year 1999, I walked to the lobby to look after the double breakfast and I see the front office manager sitting with a gorgeous lady. I went and introduced myself and found out her name was Joanna and she was our new assistant front office manager, who had just come in from England.

"Two months later we married.

"She has been my wife, my best friend and soulmate for 20 years now.

Probably because she is from the same industry, she understands my long work hours and that helps a lot. I have friends whose spouses come from other industries and it's not easy for them to understand each other. I got lucky.

"We soon decided to move on and went to Greece. However, expat life does not always go as planned. Greece did not work out for me and I returned to Dubai to work at the Oasis Beach Hotel where JBR is now built. It was the only 4-star property on that stretch at the time and from the day it opened to the day it was razed down, it had 97% occupancy on average. I stayed there for four years."

He moved to Mauritius to work for the Hilton and then returned to the Middle East to work at La Cigale. Since both didn't pan out as expected, he decided to move to his wife's friend's 100-year-old wine estate in Cape Town, South

Africa that had a chateau comprising 45 rooms and two restaurants. "I was hired as an executive chef F&B and my wife as HR manager. We opened this place and stayed there for three years until the financial crash. For us the place still evokes fun memories."

The Middle East called him again and he returned to Beach Rotana, an Abu Dhabi landmark known to house more than 11 restaurants operated by over 160 chefs.

Talking of this stint, he says, "This place needs an experienced professional to manage it. You cannot be an executive chef here if you are not mature enough and don't know your product. You have to handle challenges from the moment you arrive at work and it's a minimum is 12-14 hours per day. I truly enjoyed it because I had a fantastic team and seeing happy guests daily is an amazing feeling for any chef."

Talking of what it takes to be a good chef, he says, "You need to be a people person. If not, the hospitality job is not for you. Try banking or insurance. I love building relations with people, I love interacting with guests and the more people are different, the more I feel good."

While working at the Beach Rotana, he would see an "amazing building" coming-up on the island across the hotel. It would be his current employer, Cleveland Clinic Abu Dhabi.

"For a year, I would see it every morning while having my coffee. I googled it and found out that the US-based Cleveland Clinic is one of the best hospitals in the world. I learnt that the building is the vision of His Highness Sheikh Zayed Al Nahyan, who felt that his people in Abu Dhabi deserved the best care. It was one of his last wishes before he departed and his son His Highness Sheikh Khalifa bin Zayed Al Nahyan made it happen."

As luck would have it, the early pre-opening team and the architect would eat or have meetings at Beach Rotana



Have passion and be patient. Listen to colleagues and customers. Guide the customer to look at sustainable seasonal products

as the view of the building was quite amazing from his hotel.

One day Chef Patrick received a phone call from Cleveland Clinic Abu Dhabi asking if he would be interested to look after their kitchens. "I never worked for a hospital in my life but I went to the interview and it sounded interesting." After a delay they called back saying they wanted a higher position than executive chef that involved quality management of the kitchen and education of patients towards diet.

After consulting his wife about whether he was making the right choice, a little light in his head said, "It's not just a hospital, it's Cleveland Clinic."

Six years later he's still here and he says, "I made the right choice."

"I'm proud because what we do here is part of saving people's lives.

It's not the boring hospital food that most people experience. Here a doctor prescribes you a low sugar, low sodium, soft mechanical, liquid only, or any other diet, and a customized menu will appear on your TV screen and you can order like you do from the room of a 5-star hotel.

We call each other caregivers, not staff or employee. We believe in a patient-first philosophy with priority given to the safety and wellbeing of our patients.

But how does one manage to meet the fine line between tasty food and healthy food? He says, "For me, the concept of good food changed when I joined Cleveland Clinic. For me it means healthy food and the first thing is portion control, which is a big issue here. People eat first with their eyes and that's wrong.

"Portion control is very simple, for lunch and dinner you should have three times 100 gm vegetables or more, 100 gm carbs or less and 100 gm of protein. That's a really good rule. Then the other two rules are to remove sugar and salt from your daily intake. Oil is not such a bad thing because you are not drinking liters of oil, it's only two teaspoons when you are cooking. Sugar, salt and portion control is key.

"You have to cook and stop buying ready-to-eat, manufactured foods from the super-market. Here I give some courses at the clinic about not eating healthy but shopping healthy, because before you start cooking first you need to go shopping. When you go shopping, wear your glasses and look at what you put in your trolley. 90 percent of what you put in your trolley should be raw products which you have to cook yourself in the kitchen.


His advice to young chefs is simple, "Have passion and be patient. Listen to colleagues and customers. Guide the customer to look at sustainable seasonal products. Look at the portion size. Impress the culinary team by work closely with stewarding and service teams."

When all of this is over in the future, Chef Patrick says he would love to go back to home region in France and use the techniques he's learnt to prepare semi-modified texture food for the elderly. He wants to have a very small production of one or two soups and a main course each day for 30-40 people with whom he can interact directly."

Once a caregiver, always a caregiver.

December 2019 **Gulf Gourmet**





FROM BUENOS AIRES TO DUBAI

Interview with Japanese-Argentinian Chef Cristian Goya of Jumeirah Al Naseem

Kayto, the new Peruvian-Nikkei pop-up at Jumeirah Al Naseem led by Japanese-Argentinian Chef Cristian Goya has been receiving rave reviews for its trendy yet authentic fusion of flavors on a plate.

The stunning beachfront location adds to the unique dining experience, and Chef Cristian's menu features everything from fresh ceviche, special sushi nigiri and rolls, to robust meat dishes, Miso, Yuzu, Truffle and lime.

Here are excerpts from the interview:

While we have seen South American and Japanese cuisines come together before, this is probably the first time we are meeting a Japanese-Argentinian Chef...

My grandparents are originally from Okinawa, a Japanese island in the East China Sea. However, they made their way to Buenos Aires, where I was born. As my father passed away when I was a baby, so I spent a lot of time with my grandparents while my mother worked long hours. I loved spending time with them.

Why did you choose to become a chef?

I spent a lot of time in the kitchen as a child cooking the family meals. With my mother working long hours, the responsibility of preparing daily dishes fell on me, which ended up being something I truly enjoyed. At the age of 17, I left school to attend culinary school – I also studied nutrition at university as it was important to my mother that I obtained a degree.

How were the early years of dabbling in this career?

At times it was difficult, however I believe



Work hard and stay humble. You'll only get out what you put in

the first few years within any career challenges you. I was committed to growing my skillset and broadening my taste, and knew that I would only achieve that through time and effort.

Tell us about your journey...

My culinary journey began in 2004 and by 2005 I found myself working at Dashi, the best-known Japanese restaurant in Buenos Aires. Once I discovered my niche of Nikkei cuisine, I committed myself to introducing the unique fusion flavours to the world.

Apart from a one-year stint working at my family's fruit and vegetable farm in Argentina, I have spent the past 15 years cooking in some really exciting kitchens. Since joining Jumeirah Al Naseem in 2018 as Head Chef at Summersalt, it's been great to showcase the cuisine that I'm passionate about.

What are the challenges of being a Head Chef?

You have to be doing everything and your responsibilities are not limited to the kitchen. At the moment, I'm 100% focussed on Kayto and delivering the best experience possible to our guests.

What is your advice to young chefs?

Work hard and stay humble. You'll only get out what you put in.

US\$ 3 billion

what's your GCC market share?

The UAE alone has over 750 hotels.
Each hotel has an Executive Chef.
Each Executive Chef has an annual budget.
It ranges from AED 1 million - US\$ 3 million.

There are over 7,000 independent restaurants in the UAE.

Each restaurant has a Head Chef.
Each Head Chef has an annual budget.
It ranges from AED 100,000 - US\$ 1 million.

Now you do the maths.

The largest body that speaks for this group of Chefs is The Emirates Culinary Guild (ECG).

ECG organises Salon Culinaire at Gulfood Dubai, La Cuisine by SIAL in Abu Dhabi and world-record breaking food events in the city.

Gulf Gourmet is the only magazine endorsed by the ECG.

It also influences non-ECG Chefs across the GCC and is distributed at World Association of Chefs Societies events around the globe.

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

WHO READS IT?

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▶ Large & Medium Food Retailers	2%



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The Guild Meet

Emirates Culinary Guild members got together at the Ras Al Khaimah Hotel last month to discuss upcoming events of the Guild. Corporate members got the opportunity to showcase their latest offerings too to decision makers at the event. The get together was organised by the hotel's executive chef Farrukh, operations manager Irshad and the team.



December 2019 **Gulf Gourmet**



Main sponsor



LA CUISINE BY SIAL 2019

Briefs of the Classes for Entry

Class No. - Class Description

1. Cake Decoration – Practical by Master Baker Egg Station
2. Elegance Stylish Wedding Cake –Three Tier
3. Four Plates of Dessert
4. Pastry Showpiece
5. Baked Bread Showpiece by Master Baker
6. Friandises Petites Four
Pralines Nougatines
7. Chocolate Carving Showpiece
8. Fruit & Vegetable Carving Showpiece by Barakat Quality plus
9. Open Showpiece
10. Lamb Five-Course Gourmet Dinner Menu
11. Tapas, Finger Food and Canapés
12. Individual Ice Carving
13. Ice Carving Team Event
14. Practical Fruit & Vegetable Carving
15. Sustainable Fish & Seafood - Practical Cookery by The Deep Seafood Company
16. Beef - Practical Cookery by
17. Mezzeh – Practical Cookery by Boody's
18. Emirati Cuisine - Practical Cookery -
19. A Medley of Mocktails by Barakat Quality Plus
20. Arabian Feast Edible Buffet see separate brief document by USAPEEC
21. Vegetarian Four-Course Menu
22. Blank
23. Chicken - Practical Cookery by USAPEEC
24. Blank
25. Blank
26. Blank

Practical Pastry (Patisserie)

Class 01: Cake Decoration by

Master Baker Egg Station

1. Two hours duration.
2. Decorate a pre-baked single cake base of the competitor's choice.
3. The Theme for the cake decoration will be "Abu Dhabi"
4. The cake base must be a minimum size of 25cm X 25cm or 25cm Diameter.
5. The cake can be brought already filled without coating – ready to decorate.
6. The cake must be delivered and set up hygienically with cold box or dry ice storage. Not up to hygiene food product will not be judge.
7. All decorating ingredients must be edible and mixed on the spot. (Chocolate/ Sugar/Marzipan/Fondant) minimum height is 30cm, it should be able to enhance and harmonize with the overall presentation 8. For practical cake category the sponsor shall provide the following ingredients that must be used, Liquid eggs to make the sponge with Dawn sponge cake mix and Dawn fruit Fillings and use Candia dairy cream 35% in the preparation of the cake.
9. No pre-modelled garnish permitted.
10. Chocolate and royal icing can be pre-prepared to the basic level, i.e chocolate tempered
11. Competitors must provide all ingredients, cake base, utensils, and small equipment required.
12. A standard buffet table is provided for each competitor to work upon.
13. Water, electricity and refrigeration might not be available.

14. The cake will be tasted and cut by the Judges, as part of the judging criteria

Pastry Displays

Class 02: Elegance Stylish Wedding Cake –Three Tier

All decorations must be edible and made entirely by hand.

1. Pillars or stands may be inedible but, unless decorated by hand, must be plain and unadorned.
2. Fine, food-quality wiring is allowed for the construction of flowers but must be properly wrapped and covered with flower tape or paste.
3. Royal icing, pastillage, pulled sugar, etc., may be used in the construction, but the finished display must not be dependent on these items.
4. The bottom layer of the cake must be edible. A section of the finished edible cake should be cut for the judges' inspection
5. The cake will be tasted by the judges.
6. Inedible blanks may be used for the two top layers.
7. Typewritten description and recipes are required.
8. Maximum area w60 cm x d75 cm.
9. Maximum height should not exceed 1 meter (including socle or platforms)
10. Points will be deducted for non-compliance.

Class 03: Plated Dessert

1. Prepare four different types desserts each for one person.
2. Displayed cold, each portion for one person, suitable for a la carte service.
 - a) 1 x Hot and Cold dessert composition



- b) 1 x Vegetarian without eggs and animal fat
- c) 1 x Arabic Dessert Free Style creation
- d) 1 x Dessert serve in glass

3. Practical and up-to-date presentation is required.
4. Typewritten description and recipes are required.
5. Tasting will be part of the judging process if deemed necessary to determine quality and authenticity.
6. Maximum area w90 cm x d75 cm
7. Showpieces are allowed but will not be judged.

Class 04: Pastry Showpiece

1. To display a showpiece of either
 - a) Chocolate
 - b) marzipan/sugar / pastillage
 - c) dough/bread dough
 - d) Asian dough figurine
2. No frames, moulds or wires are allowed. Points will be deducted for non-compliance.
3. Edible media may be used, singly or in mixed media.
4. Written description required.
5. Maximum area w90 x d75cm.
6. Maximum height 90cm (including base or socle).

Class 05: Baked Goods and Baked Bread Showpiece

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

1. A baked bread showpiece.
2. Two types of bread loaves 200-300 grams (competitor's choice) two pieces of each loaf to be displayed.
3. Two types of bread roll 25-40grams (competitor's choice)) three pieces of each roll to be displayed.
4. Two types of baked sweet breakfast items 25-40grams (competitor's choice) three pieces of each item to be displayed.
5. Two types of baked savoury breakfast items 25-50grams (competitor's choice) three

pieces of each item to be displayed. 6. For the bread display competitors must use the sponsors products that will be supplied, use Schapfen Muhle T55 , Vx2t bread improver and incorporate a healthy bread using Pro Protein and Beta Hafer Gold 50%(Oats bread mix). The participants doing laminated products need to use the Candia Extra tourage Butter 82%.

7. One extra piece of each variety to be displayed on a separate platter for judges' tasting.
8. All breads & dough must bake at own work place as fresh as possible and deliver to the competition venue for judging.
9. Poor hygiene standard of handling bakery products will not be judged.
10. Typewritten products description and recipes are required.
11. Maximum area w90 x d75cm

Class 06: Petites Four & Pralines

1. Exhibit six varieties.
2. Six pieces of each variety (36 pieces total) plus one extra piece of each variety on a separate small platter for judges' tasting. each piece to weight between 8-14grams.
3. Freestyle presentation and theme
4. Present the exhibit to include a small showpiece.
5. Showpieces should enhance the presentation, and will be judged.
6. Written description mentioning the theme is required.
7. Typewritten products description and recipes are required.
8. Maximum area w90 cm x d75 cm.

Artistic Displays

Class 07: Chocolate Carving Showpiece

1. Free-style presentation. To be carved from a single block
2. Natural colouring and minimal glazing is allowed.
3. No frames, moulds or wires are allowed.
4. Points will be deducted for non-compliance.
5. Maximum area: w60 cm x d75 cm.
6. Maximum height 30-35cm (including base or socle).
7. Written description mentioning the theme is required

Class 08: Fruit & Vegetable Carving Showpiece

1. To bring in already prepared one display of fruit and / or vegetable carving, no visible supports are permitted
2. Freestyle presentation.
3. Light framing is allowed, but the construction of the piece must not depend upon it.
4. Maximum area w60 cm x d75 cm.
5. Maximum height 55 cm (including base or socle).

Class 09: Open Showpiece (Free Style Showpiece)

1. Freestyle presentation.
2. Only showpieces made of edible food material will be accepted for adjudication.
3. Frames and wires support are allowed but must not be exposed.
4. Maximum area w90 cm x d75 cm.
5. Maximum height 75 cm. (including base or socle).
6. **Special note:** To enhance the overall level of competition and to aid competitors to demonstrate superior modeling skills, it is permitted to use, frames and supports .i.e. Styrofoam support must not pre-molded and simply sprayed, a round cylinder to form the base of a body is permitted, and under no circumstances will pre-carved detailed Styrofoam of any



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other media be permitted. If the judging committee deems that the finishing has been aided by excessive moulding work it may not be judged.

Class 10: Five-Course Lamb Gourmet Dinner Menu by

1. Present a plated five-course gourmet meal for one person
2. One of the appetisers for the meal must contain XXXX as the main ingredient. Proof of purchase must be supplied
3. The meal to consist of:
 - > *A cold appetiser,*
 - > *A soup,*
 - > *A hot appetiser,*
 - > *A main course with its garnish*
 - > *A dessert.*
4. Hot food presented cold on appropriate plates.
5. Food coated with aspic or clear gelatin for preservation.
6. Total food weight of the 5 plates should be 400-500 gms.
7. Typewritten description and typed recipes required
8. Maximum area w90 cm x d75 cm.

Class 11: Presentation of Tapas, Finger Food and Canapés

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

by the sponsor xxxx must be used not only for garnish but also in the preparation

11. Maximum area 60cm x 80 cm.

Practical Artistic

Class 12: Individual Ice Carving

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

Class 13: Ice Carving Team Event

1. Freestyle.
2. Two persons per team
3. 120 minutes duration.
4. Hand-carved work from three large block of ice (provided by the organisers).
5. Competitors to use own hand-tools and gloves.
6. Non-slip mats are mandatory.
7. Great care must be taken with health and safety considerations. If an exhibit becomes in any way unstable or dangerous to competitors or public, it will be dismantled and destroyed by the organizers.

Class 14: Practical Fruit & Vegetable Carving

1. Freestyle.
2. 120 minutes duration.
3. Hand carved work from competitor's own fruit\vegetables.
4. Competitors to use own hand-tools and equipment.
5. No power tools permitted.
6. Pre-cleaned, peeled material is allowed, but pre-sliced/carved will result in disqualification

7. Each competitor will be supplied with a standard buffet table on which to work.

Practical Cookery

Class 15: Sustainable Fish & Seafood by the Deep Seafood Company - Practical Cookery

1. Time allowed 60 minutes
2. Prepare and present three identical main courses using Gulf waters sustainable Fish and seafood
3. Weight of fish per portion on the plate to be 150 grams
4. Present the main courses on individual plates with appropriate garnish and accoutrements.
5. Failure to use gulf water sustainable fish will result in a 50 point reduction of judging points
6. Typewritten recipes are required.

Class 16: Beef - Practical Cookery by

1. Time allowed 60 minutes
2. Prepare and present three identical main courses using XXX Beef as the main protein item.
3. Competitors cannot use tenderloin, rib eye and sirloin , any other cut of beef is allowed.
4. Weight of beef per portion on the plate to be 150 grams
5. Present the main courses on individual plates with appropriate garnish and accoutrements.
6. Typewritten recipes are required.
7. If XXXX beef is not used then 50 points shall be deducted from the judging points, competitors must bring with them proof of purchase of Australian beef.

Class 17: Mezzeh – Practical Cookery by Boody's



1. Time allowed: 60 Minutes
2. Prepare and present for four persons: Three types of hot mezzeh and three types of cold mezzeh.
3. Only one (if any) of the following types of mezzeh may be displayed: humus, tabouleh, babaganough, fatouche, moutabel.
4. The mezzeh can be representative of any of the following countries:
 - a. *Lebanon*
 - b. *Syria*
 - c. *Jordan*
 - d. *Morocco*
 - e. *Egypt*
 - f. *Tunisia*
5. Dishes must represent a variety of cooking methods and the use of ingredients as used in the Arabic restaurants of the UAE.
6. Boodys olive oil and Tahina must be the only olive oil and Tahina used in the creation of these dishes and will be available in the competition venue for use in the kitchens
7. If Boodys products are not used then 50 points shall be deducted from the judging
8. Present the mezzeh in four equal portions.
9. Two portions will be presented and two portions will be presented to the judges.
10. Typewritten recipes are required.

Class 18: Emirati Cuisine - Practical Cookery

1. This class is designed to ensure that the tradition of Emirati Cuisine is preserved and promoted through professional chefs.
2. Prepare and present two plated portions each of three Emirati dishes according with the following criteria:
3. Prepare and present two plated portions of any one of the following dishes:
 - > **Balalit**

- > **Kabeesa**
 - > **Assedat Bobal**
4. Also prepare and present two plated portions each of any two of the following dishes or dishes to the competitors choice all dishes must be Emirati:
 - > **Margougat Al Khudar**
 - > **Thareed Laham**
 - > **Margougat Al Dijaj**
 - > **Maleh Biryani**
 - > **Machboos Samak**
 5. Emirati cuisine with traditional presentation and serving as would be found in a family home of the United Arab Emirates.
 6. Competitors must bring their own plates/bowls for presentation and all necessary mise-en-place for the meals
 7. The judges will check appliances and utensils for suitability
 8. Typewritten description and recipes are required
 9. Time allowed 60 minutes to present all three recipes

Class 19: A Medley of Mocktails

Barakat Quality plus will supply juices to entrants in this class. Display three portions each of three different alcohol-free cocktails using any combination of the following Fresh juices:

- > **Orange**
 - > **Watermelon**
 - > **Pinapple**
 - > **Grapefruit**
 - > **Strawberry**
 - > **Lemonade**
 - > **Carrot**
 - > **Green Apple**
 - > **Mango**
 - > **Cocktail**
 - > **Guava**
 - > **Kiwi**
 - > **Pomegranate**
 - > **Mint Lemonade**
 - > **Lemon Concentrate**
1. Competitors are allowed to use a maximum of two other ingredients per mocktail.
 2. Ice, Salt, Pepper, Spices and

Herbs used as seasoning are not counted as ingredients.

3. Competitors are to bring their own equipment, glasses, receptacles, etc.
4. Contact the organisers for juice samples after payment of entry fee.
5. The mocktails must be made entirely on-site; no pre-mixes or pre-mixing is allowed.
6. Garnishes, which can be made from any edible substance, must be prepared, cut and shaped entirely on-site.
7. The competition will begin with a close pre-inspection by the judges to ensure that no pre-preparation has taken place.
8. Time allowed 30 minutes to include garnish preparation.
9. Recipes required.

NOTES TO AID COMPETITORS

Judging Points:

TASTE- 60

- > *The highest percentage point possibility is given for a good tasting mocktail.*

PRESENTATION- 30

- > *The preparation and use of the garnish, the type of glass used the overall look of the mocktail.*

WORKING METHOD- 05

- > *Clean, hygienic and safe work methods.*

INNOVATION - 05

- > *New thinking as to glassware, decoration or presentation.*

Class No 20: An Arabian Feast Edible buffet by USAPEEC

In line with the Emirates Culinary Guild's constitution to ensure the enhancement of Emirati Cuisine this class is designed to show case the Arabian Hospitality and cuisine of the United Arab Emirates.

There is no entry fee for this class.

1. Present a traditional Arabian wedding feast as it would be served at a five-star hotel in the UAE.



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2. Suitable for 20 people.
3. Free-style presentation
4. A team of two chefs and 1 helper are permitted. For buffet set up of decoration and equipment placement and kitchen preparation, 4 additional helpers are permitted, but no more than a total of 7 people. The 2 chefs and 1 helper are only permitted from 11am onwards in the kitchen and for placement of food on the buffets.
5. The presentation to comprise the following dishes, cold food cold and hot food served hot
6. Six cold mezzeh
7. Three hot mezzeh.
8. Two Emirati salads, one with chicken
9. Bread and accompaniments
10. A whole baby Lamb 6-8 KG maximum raw weight presented with rice and garnish cooked Ouzi style
11. A US Poultry main course (Emirati Cuisine) US Chicken needs to be used for 1 of the Main Dishes . Proof of purchase needs to be brought to the Competition for all the US Poultry Products if proof of purchase is not brought then 50% of the judging marks shall be reduced. 10 Kg of the chicken shall be supplied by the organizers to the team
12. A fish main course (Emirati Cuisine)
13. A lamb main course
14. A vegetable dish (Emirati Cuisine)
15. Three types of kebabs, one of chicken, one of lamb, one of beef, each with appropriate accompaniments.
16. One hot dessert
17. Three cold desserts.
18. Two of the above desserts (competitors choice) must be typically Emirati
19. Only the above dishes are to

be presented, no other dishes are to be added.

20. Competitors must ensure their exhibit is presented neatly so as to fit the available space
21. Limited to 10 teams on a first paid basis

THE BUFFET SET UP

- > The organizers will provide one 3m x 4m table covered with plain white cloth; height approx. 79.2 cm. Table is to be used for the hot, cold buffet and for the dessert buffet.
- > No tables other than those provided are allowed to be used.
- > Updated 09092019 V3
- > The team must use the table cloths provided but can enhance the buffet table with top cloths and decorations as required. All buffet risers, chaffing dishes and equipment needed for the buffet is to be provided by the competitors, no equipment will be supplied by the organizers except for the service cutlery and service equipment. Chaffing dishes to have sterno (subject to Venue regulations). No more than a standard ½ gastronorm 60mm of each hot food per dish is to be provided. Hot mezzeh can be served either in chaffing dishes or under heat lamps, however only two 13amp socket per buffet table shall be made available.
- > Access to the venue is from 0900 each day (although access time on day one can be problematic due to the need for Dubai police to make a full security check-up before the official opening). All timings are subject to change, please check with organizers.
- > Dressing of buffet table may begin at 0900 for buffet risers and buffet equipment placement etc.

- > All food for the buffet must to be transported to the venue in refrigerated vehicles. Hot food above 65oc and cold food below 4oc, the temperatures will be monitored on arrival and if deemed unacceptable the team may not be allowed to present their food for judging.
- > A kitchen for finishing off will be provided for 1 hour only, from 11.30am till 12.30 noon each day for the team to use to reheat and finish off dishes, however dishes need to be ready and brought to the venue like an outside catering ready to place on the buffet.
- > The menu must include appropriate dressings, sauces and condiments.
- > The kitchen must be cleaned and vacated by 13.00 as it will be used for other competitors, competitors to bring their own stewards to clean.
- > NO aspic to be used.
- > NO alcohol to be used.
- > NO pork products to be used.
- > The organizers shall supply to each team 10kg of USA Chicken leg quarters prior to the competition
- > All food items must be prepared in the team's respective Hotel – based establishment as close to the serving time as possible. There will be no charcoal grilling allowed on site at the venue for kebab
- > The teams should treat the buffet class as an outside catering operation as they would from their hotel.
- > The buffet food set-up CANNOT begin before 11.30 and the food set-up must be finished by 12.30
- > Guests will be invited to sit down and eat from 13.00 till 14.30 .
- > Set-up time is restricted so as to maintain the highest



standard of hygiene and food freshness for guests' consumption.

- > Competitors have freedom of choice of serving methods either all portions in one large receptacle, or set out in a number of smaller receptacles, however competitors are reminded this is to be practical.
- > All buffet items for the stipulated 20 persons are to be set on the table at one time, as a complete buffet.
- > No replenishment of the buffet is allowed.
- > An additional 4 portions of each of the cold and cold dessert buffet items are to be kept refrigerated and hot food and hot dessert will be taken from the buffet for the tasting by judges
- > A copy of the buffet menu and buffet tags must be placed on the table.
- > The buffet menu placement is mandatory, but the menu itself is not judged.
- > Typed recipes for all dishes are to be provided to the judges An additional 4 sets of menu and typed recipes to be given to the judges.
- > Ticket-holders for the lunch are allowed to consume any item from any team competing on that day from the buffets.
- > The organisers will provide service staff to manage the buffets and serve guests at the dining tables.
- > The Team must be present during the guest service time to explain the food to the guests.

THE SERVICE ELEMENT (Provided by the organisers)

- > Waiters to wear appropriate uniform
- > Waiters to welcome and seat guests as they would in their hotel
- > All linen, and operating equipment for both table and

buffet service, this is to include but not limited to cutlery, chinaware and glasses and any other service utensil shall be supplied. Enough for 60 people each day.

- > The overall service, although not judged, will play an important part of the operation.
- > Waiters are allowed to assist the culinary team with buffet set up also if required.
- > Water and tea coffee service from the organizer
- > 60 chairs and chair covers, 6 round tables 180 Dia with table cloth
- > Napkins for guests on the buffet with rolled cutlery

Class 21: Vegetarian Four-Course Menu by

1. Present a plated four-course vegetarian meal for one person.
2. Suitable for dinner service
3. The meal to consist of:
4. An appetizer
5. A soup
6. A main course
7. A dessert
8. To be prepared in advance and displayed cold on appropriate plates.
9. No meat, chicken, seafood or fish to be used, (meat-based gelatin glaze to enhance presentation is accepted).
10. Total food weight of the four plates should 500/600 gms.
11. Typewritten descriptions and recipes required.
12. Maximum area w75cm x d75cm

Class 22: Blank

Class 23 Chicken - Practical Cookery by USAPEEC

1. Time allowed 60 minutes
2. Prepare and present three identical main courses using Chicken as the main protein item. USA Chicken leg quarters will be supplied

to the competitors on the competition day at the venue. No other chicken can be used.

3. Present the main courses on individual plates with appropriate garnish and accoutrements.
4. Typewritten recipes are required
5. Weight of chicken per portion on the plate to be 150 grams

Class 24: Blank

Class 25 Blank

Class 26 Blank

LA SIAL 2019

VENUE & ENTRY FEES

1. La Sial will be held during the La Sial Middle East Exhibition from December 9th to 11th 2019.
2. The venue is at the Abu Dhabi National Exhibition Centre
3. The entrance fee for 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. The fee for entry to the trophy classes is as follows:
 - i. **Best Cuisinier – La Sial Abu Dhabi 2019**
AED:200/-per person
 - ii. **Best Pastry Chef – La Sial Abu Dhabi 2019**
AED:200/- per person
 - iii. **Best Artist – La Sial Abu Dhabi 2019**
AED:200/- per person
 - iv. **Best Arab National – La Sial Abu Dhabi 2019**
AED:200/- per person

CLOSING DATE

5. Closing date for entries is December 1st 2019
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



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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 points from all three classes.

The required classes are:

BEST CUISINIER

- i. *Class #10. Five-Course Dinner Menu*
- ii. *Class # 16. Beef Practical*
- iii. *Class # 15. Fish & Seafood 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 Dessert*
- 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 # 12. Individual Ice Carving*
- iv. *Class # 14. 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

- i. *Class #10. Five-Course Dinner Menu*
- ii. *Class # 17 Arabic Mezzeh - Practical Cooker.*
- iii. *Class # 18 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 medal. The chef must be an Arab national*

HYGIENE AWARD

A special hygiene shall be commissioned with a trophy from the Hygiene partner of La Sial. The award shall be presented to the chef showing the highest standard of food safety and hygiene in the practical classes in the kitchen. A special hygiene jury shall be present.

IMPORTANT NOTES ON THE PRACTICAL COOKERY CLASSES

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

WASTAGE and EXCESS MISE-EN-PLACE

1. Mise-en-place and brought materials will be checked at the time of arrival to the kitchen,
2. There will be a penalty deduction of up to five points for excess mise-en-place production.
3. Wastage will be calculated during and after the class. Please see separate document on sustainable practices.
4. There will be a penalty deduction of up to five points for excess wastage.
5. Due to the fact that only one hour is given to complete the competition; competitors are allowed to bring with them an extensive mise-en-place. However, there are restrictions on how much pre-preparation the judges will tolerate. In all cases, the preparation, production and cooking skills

of each competitor must be demonstrated during her/his time in the kitchen.

6. All food items must be brought to the Salon in hygienic, chilled containers: Thermo boxes or equivalent. Failure to bring food items chilled will result in disqualification.
7. All dishes are to be served in a style equal to today's modern presentation trends.
8. Portion sizes must correspond to a three-course restaurant meal.
9. Dishes must be presented on individual plates with appropriate garnish not exceeding 250g total food weight excluding sauces or as indicated on the class brief.
10. Unless otherwise stated, competitors must supply their own plates/bowls/platters with which to present the food.
11. Competitors must bring with them all necessary mise-en-place prepared according to Worldchefs guidelines in the hot kitchen discipline (www.worldchefs.org).
12. Competitors are to provide their own pots, pans, tools and utensils.
13. All brought appliances and utensils will be checked for suitability.
14. The following types of pre-preparation can be made for the practical classes:
 - > *Vegetable / Fungi / Fruits; washed and peeled – but not cut up or shaped*
 - > *Potatoes washed and peeled – but not cut up or shaped*
 - > *Onions peeled but not cut up*
 - > *Basic dough can be pre-prepared.*
 - > *Basic stocks can be pre-prepared*



- > *Basic ingredients may be pre-weight or measured out ready for use*
 - > *Fish may be scaled, gutted de-finned and de-gilled, but must otherwise be brought tthe competition whole.*
 - > *Meat may be de-boned and portioned and the bones cut up.*
 - > *Npre-cooking, poaching etc. is allowed*
 - > *Nready-made products are allowed.*
 - > *Npork products are allowed.*
 - > *Nalcohol is allowed.*
15. If a farce is to be used for stuffing, filling, etc., at least one of the four portions of the farce must be prepared in front of the judges to show the competitor's skill
 16. No help is allowed to be given to the competitor once the competition starts; the coaching of a competitor from the sidelines will result in the competitor being disqualified.
 17. Within 10 minutes after the end of the competition, competitors must have the kitchen thoroughly cleaned and tidied and ready for the next competitor to use.
 18. Two copies of the recipes typewritten are always required.
 19. Submit one copy of the recipes to the clerk when registering
 20. Submit one copy of the recipe to the duty marshal at the cooking station.

Rules and Regulations for La Cuisine by SIAL 2019

(Organised by the Emirates Culinary Guild)

NB

1. Please read the following regulations carefully. The instructions contained herein are mandatory. Non-compliance with any of the points mentioned could lead to loss of marks or complete disqualification.

2. The Briefs of the Classes for Entry document also forms part of these Rules and Regulations and must be read in conjunction with this document.
3. Other regulations relevant to a particular competition would appear on the last page/s of this document.

PARTICIPATION

4. Participation at competition is open to anyone professionally employed in the preparation of food and be over the age of 18.
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. With the exception of those entering for the Best Artist trophy, competitors are restricted to entering a maximum of three classes.
8. Competitors entering to win a trophy must participate fully in every class entered in order to qualify.
9. Competitors must attend and participate on the date and at the time allotted to them.

COMPETITION ENTRY

10. Please note that there are different forms for different types of entry; ensure that the correct form is being used. Competition runs 9th -11th December 2019
11. Complete the entry-form according to the instructions on the form.
12. Completed photocopies of the entry-form are acceptable.
13. Submit the completed form to the organisers along with the requisite fee.
14. Fees must be submitted along with completed entry forms.
15. Fees are payable to:

Bank Name: Mashreq Bank

Account Name: Emirates Chefs Guild FZ LLC

Account Number: 019000017926

IBAN:

AE600330000019000017926

SWIFT: BOMLAHAD

Branch: Dubai Internet City

16. Entries are accepted strictly on a first-paid, first-accepted basis

17. No entry is accepted until the appropriate fee has been received.

18. Entry Fees are non-refundable.

CERTIFICATES AND LETTERS OF PARTICIPATION

19. Ensure that your name (clearly written in block capitals) appears on your entry-form exactly as you would wish it to appear on any certificate, letter of participation or posting of results.
20. Any applications for amendments to letters or certificates will necessitate:
 - a) Return of the original certificate b) A written confirmation from the executive chef c) A pre-paid fee of Dhs: 100/- (AED: One-hundred) per certificate.

HYGIENE

21. A professional food-safety company will oversee all aspects of hygiene practice at the competition.
22. It is quite possible that the Municipality Food Control Section will conduct its own hygiene inspections as and when it sees fit.
23. The 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

24. The Emirates Culinary Guild (ECG) is the body responsible



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- for the creation, organisation and administration of the competition.
25. The competition is governed by and construed according to the rules of the organisers.
 26. The organisers have sole authority to adjudicate on any matters pertaining to the competition.
 27. Entrants' acceptances of participation in the competition are construed as confirmation of their undertaking to submit unconditionally to the jurisdiction of the organisers in regard to all aspects of the Emirates Salon Culinaire.
 28. 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) 8014089.

Email:**emiratesculinaryguild@gmail.com****COMPETITORS AND HELPERS**

29. Each competitor is allowed one helper to assist with carrying equipment. No other help is allowed to a competitor within the preparation area.
30. A helper must be junior in rank to the person he/she is helping.
31. A competitor must wear full; freshly laundered chefs uniform with appropriate headgear and footwear when attending at the exhibition.
32. A competitor's helper must wear full; freshly laundered chefs uniform with appropriate headgear and footwear when attending at the exhibition.
33. Incorrectly dressed competitors will not have their exhibits judged.
34. Incorrectly dressed helpers will not be admitted to the exhibition.

35. Logos, marks and identifying colours provided by the organisers must be worn by the competitor throughout the competition in the position indicated to them by the organisers at the time of registration.
36. Logos, marks and identifying colours 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.
37. 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.
38. Any competitor not in place and ready to start at least five minutes before the time a competition commences, will be disqualified.
39. Competitors and helpers are forbidden from approaching or speaking with or at a judge without the express permission of the organisers.

EXHIBITS

40. 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.
41. 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.
42. All exhibits must be of edible substance except for framing, socles and stands where they

are allowed.

43. It is forbidden to use any living entity whatsoever as part of an exhibit (e.g. tropical fish).
44. It is forbidden to depict religious, nude, semi-nude or political themes in an exhibit.
45. All exhibits must be suitable for presentation as a decorative item in a restaurant or banqueting setting.
46. An exhibit must not carry any logo, label or mark of identification; however, competitors must be able to identify their exhibit if required.
47. 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.
48. No preparation or finishing of exhibits is allowed in any area except the designated preparation area at the rear of the competition area.
49. Finished exhibits must be placed in the position indicated by the organisers.
50. No interference with an exhibit is allowed once the organisers have deemed it as submitted for judging.
51. 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.
52. 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.
53. Failure by a competitor to register or exhibit at the specified time could result in disqualification.
54. Exhibits which are removed by competitors without permission of the organisers will not qualify for any kind of award.



COMPETITION MARSHALS

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

AWARD

58. Gold, silver and bronze medals and certificates and certificates of merit are awarded solely at the discretion of the judges.
59. The decision of the judges is final and each competitor is required to abide by it without comment.
60. Medals will normally be presented at 17:00 each day. This may change according to circumstance.
61. 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.
62. A competitor or his/her helper must be correctly dressed as stipulated in the rules when collecting medals or certificates.
63. Incorrectly dressed competitors/helpers will not be allowed access to the awards area.

COPYRIGHT

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

DISCLAIMER

65. The organisers are entitled to

cancel or postpone the Salon, or to alter the duration, timing or schedule of any event.

66. 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.
67. 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.

QUERIES

68. All queries must be submitted by email to: emiratesculinaryguild@gmail.com
69. The question and answer to each query will be broadcast to all entrants.
69. La Cuisine by SIAL will take place during SIAL Middle East at the Abu Dhabi National Exhibition Centre in hall 7
70. Access to the Exhibition Centre is through loading gate 3
71. Access to the halls is through hall door 8.1
72. La Cuisine will run December 9th – 11th 2019.

Young Pastry Chef of the Year 2019 (28 years below)

Young Pastry Chef of the year entries
Competitors are to enter all 4 categories to qualify for the Young Pastry chef of the year. The competition shall take place during La Cuisine Du Sial

1. 3 plates of desserts
2. One plate of desserts – practical - Live
3. Chocolate Praline – Live
4. Cake decoration – practical

The class is open to all pastry chefs under the age of 28 on the date of the competition 9th-11th December 2019. Worldchefs competition and

judging rules shall be applied to all classes. Please read the Rules and regulations document for La Cuisine Du Sial 2019 in conjunction with these class briefs.

Part 1. 3 plates of desserts Static

- > Prepare 3 different types desserts each for one person
- > Displayed cold (suitable for ala carte service)
- > One hot dessert presented cold
- > One with chocolate main ingredients
- > One fruit dessert
- > Type written description and recipes are required
- > No tasting shall be done and Aspic can be used to enhance the look of the finished product
- > Maximum area w90cmxd75cm

Part 02. One type of dessert – practical

- > One hour duration
- > Suitable for ala carte service
- > Prepare 3 plates of an identical dessert which must be the same shape and flavour
- > 2 plates for jury taste test & 1 plate for display
- > All bases (sponge, shortbread, biscuit, meringue) must be brought cooked by competitor
- > All ingredients and decoration must be edible and make on the spot
- > Typewritten description and recipes are required
- > Competitor must bring their own plates
- > Use of Salon kitchen will be given and 2 competitors will work in the same kitchen, oven, fridge and induction and water available

Part 03. Two Chocolate Pralines Practical - one to be made with a mold/one to be crafted by hand

- > One hour duration
- > One must be fruits base ganache



Main sponsor



- > One must be your creation
- > 6 pralines for jury tasting 2 for display (Total will be 16 pralines)
- > Weight should be more than 8 gm less than 14gm with garnish
- > Competitor must bring their own plates
- > Typewritten description and recipes are required

- > Chocolate prepared already tempered can be brought to the competition
- > All ingredients and decoration must be edible and make on the spot in line with Worldchefs rules

Note: Parts 2 and 3 are done at the same time so a total of 2 hour time is given for both parts

Use of a Salon kitchen will be given and 2 competitors will work in the same kitchen, oven, fridge and induction and water available

Part 04: Cake Decoration

1. Two hours duration.
2. Decorate a pre-baked single cake base of the competitor's choice.

LA CUISINE DU SIAL 2019 - Best Categories

Company Name:

Contact Person:

Contact EmailAddress:

Competitor Names	Class No	Class Description
Best Cuisinier		
	10	Five-Course Dinner Menu
	15	Fish & Seafood Practical Cookery
	16	Beef Practical Cookery
		Entry Fee: AED. 200.00
Best Pastry Chef		
	01	Cake Decoration Practical
	03	Four Plates of Dessert
	06	Friandises, Petit Four Pralines, Nougatines
		Entry Fee: AED. 200.00
Best Artist		
	07	Chocolate Showpiece
	09	Open Showpiece
	12	Individual Ice Carving
	14	Practical Fruit & Vegetable Carving
		Entry Fee: AED. 200
Best Arab National		
	10	Five Course Dinner Menu
	17	Arabic Mezzeh Practical Cookery
	18	Emirati Mezzeh - Practical Cookery
		Entry Fee: AED. 200
Young Pastry Chef of the Year		
	01	Cake Decoration Practical
	03	Four Plates of Dessert Display
		One Plate of Dessert - Live
		Chocolate Praline - Live
		Entry Fee: FREE



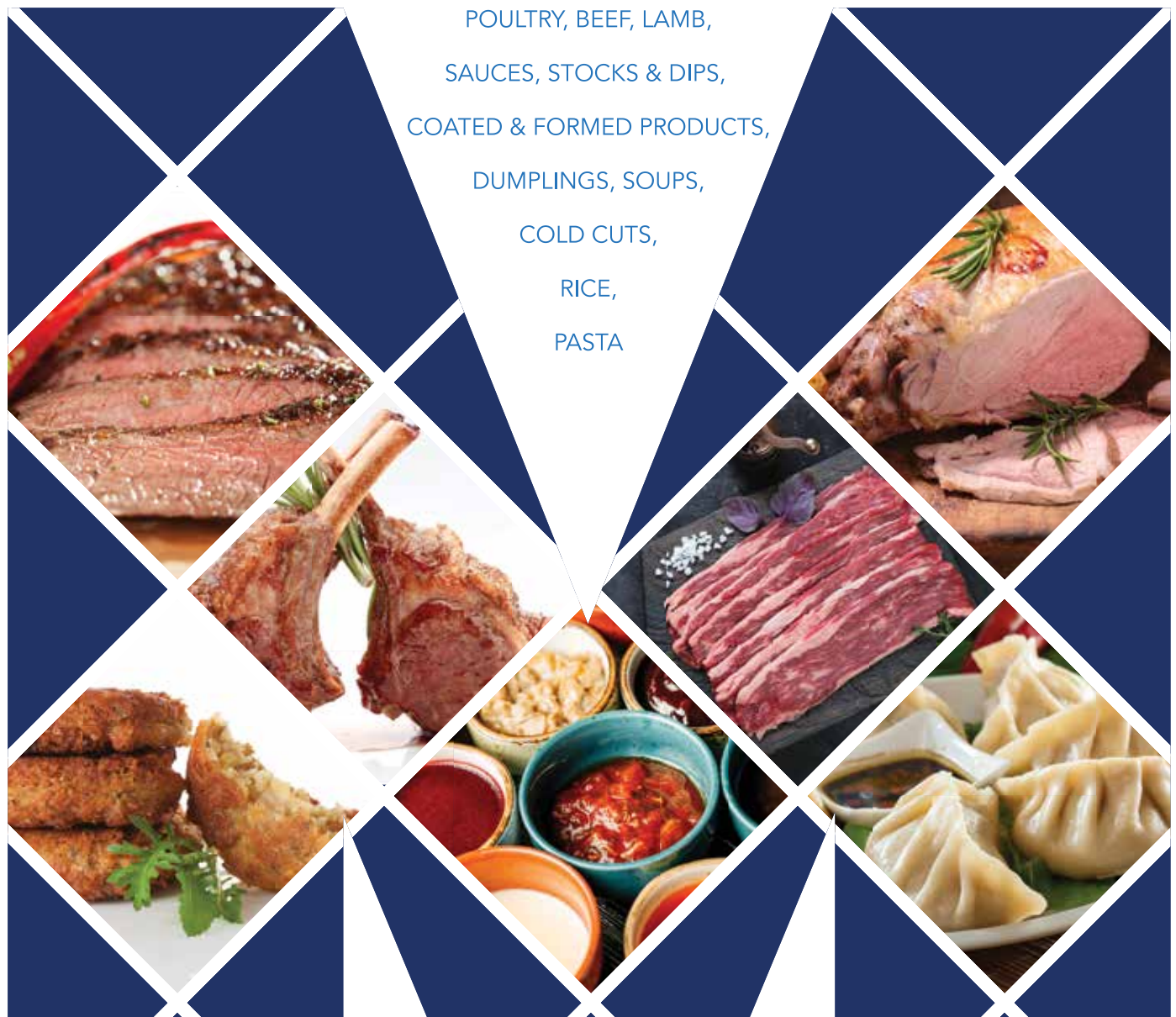
- ## Recipe Sheet

53

Consistent Quality Food Solutions within Your Reach.

By successfully adopting the disruptive technology of **Sous-Vide** cooking at our state-of-the-art manufacturing facility, not only do we deliver a food experience which is mainly found in select upmarket restaurants, but also overcome the ever so common dilemma of inconsistent food offerings in the region.

MAM Food Factory, the largest in **Halal Sous-Vide** production capability in the Middle East and North Africa, commenced production in the 3rd quarter of 2016 out of Dubai industrial City, and since then has been developing its portfolio of tailor-made, fully cooked frozen and chilled food solutions covering multiple categories.



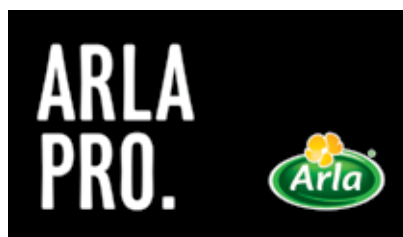
newmembers



Scherly Yulo – Senior Sales Representative, Bertrand Favre – General Manager, Samer Abou Daher – Sales Manager, Ashraf Majeed – Area Sales Manager, Mike Rotvig – Key Accounts Manager, Rita Saad – Key Accounts Manager and Rea Abarintos – Key Accounts Manager receiving Emirates Culinary Guild Membership certificate from ECG President Chef Uwe Micheel

Arla Foods is the 4th largest dairy company in the world and the world's largest producer of organic dairy products. We are a cooperative with 12,600 farmer owners from Denmark, Sweden, United Kingdom, Germany, the Netherlands and Luxembourg. We work continuously on the farms, at the dairies and in our administration to improve our footprint in these areas. We have more than 19,000 employees globally, and we work together with our customers, scientists, suppliers, NGO's and other stakeholders. Our brands include Arla®, Lurpak®, Castello® and Puck®, which are sold in more than 100 countries.

With more than a century of dairy experience, Arla foods launches its Arla Pro brand across the world and in the UAE as a first market in the Middle East. Arla Pro is a new foodservice brand



that caters to the F&B professionals of the industry. Arla Foods used the deep insights it gained from its global, regional and local customers and the best of culinary practices across different nations and cultures, to continually innovate and evolve its products and services. Arla Pro range of products are high-quality products that function in the professional kitchen with full traceability and the highest possible standards. Arla Pro completely

understands that foodservice professionals, whether top chefs running a high-class establishment, pastry chefs or baristas, are creative souls who see themselves as artisans in creating the best in taste experiences.

Therefore, that identification is at the core of Arla Pro's business philosophy as a complete partner, rather than just a supplier. Arla Foods launched their new brand in an event held in April at The Farm Restaurant Al Barari in the presence of more than 125 industry professionals. During the event, Arla Pro joined the Emirates Culinary Guild as a corporate member in order to stay closer to the chefs' world, to better understand their needs and to be able to support them delivering the means to better food, the means to better business and the means to mastery.



Hadil Chaaya, FS Professional AME
Barilla Middle East FZE, Africa & Middle
East receiving Emirates Culinary Guild
Membership certificate from ECG
President Chef Uwe Micheel

When it comes to pasta, quality is key. That is why **Barilla** – the leading brand of pasta in Italy – is a favorite of foodservice chefs. Whether serving the needs of restaurants, hotels, caterers, and other foodservice operations, our full line of versatile Barilla products brings excellence to any menu. And today, affordable quality has never been more important.

Barilla is an Italian family-owned food company. Established in 1877, it's now an international Group present in more than 100 countries. A world leader in the markets of pasta and ready-to-use sauces in continental Europe and bakery products in Italy, the Barilla Group is recognized worldwide as a symbol of Italian know-how.

Barilla is always committed to guaranteeing the highest level of food quality and safety. The Group



has adopted stringent international standards, thanks to which it pursues continuous improvement in quality. Barilla Pasta is produced from the highest quality 100% Durum Wheat.

Durum wheat is a hard wheat that when milled properly produces high-quality semolina, with a high content of protein and gluten. These attributes, along with the compact structure of semolina, allow Barilla Pasta to maintain its cooking consistency and delicious flavor.

Barilla is committed to contributing to the achievement of the United Nations

Sustainable Development Goals. All our products and brands must bring the world food that is good, healthy and sourced from responsible supply chains, inspired by Italian lifestyle and the Mediterranean Diet.

It is a mission we intend to pursue from field to fork and which has an immediate impact on people, in terms of the initial enjoyment of taste, the energy over the following hours and the many years of wellbeing.

Food service range

- ♦ Our classic Pasta: Long and short cuts in 1kg packs – Express cooking and suitable for double cooking
- ♦ Selezione Oro Chef: A wide range of shapes in 1kg packs– Express cooking and suitable for double cooking
- ♦ Good for you: Whole wheat, Gluten free, Organic and our new legume range "Chickpea and red lentil"



Mark Evans - Head of Production & Food Development and General Manager/ Intelligent Foods receiving Emirates Culinary Guild Membership certificate from ECG President Chef Uwe Micheel

Intelligent Foods LLC was established in Dubai in the year 2000 and one of the first food manufacturers in Dubai to be receive HACCP accreditation. We have organically grown our business by supporting our client's needs regarding deliverables and creating new and innovative dishes to create points of difference in their businesses to gain competitor advantage. We specialise in artisan premium food products in pastry, bakery, fresh pasta, ice cream, jams, dressings and coffee roasting. We supply a number of clients with in the GCC mainly within the



hotels, restaurants, catering services (HORECA) and airlines business.

We are our clients perfect production partner with a focus on improving their business and look to add value in everything we do.

We commit to provide high quality food products to our clients using the finest

ingredients carefully selected from around the world and crafted within our artisan style of manufacturing using over decade of perfected recipes with our extensive expertise.

We commit to do our utmost to obtain complete customer satisfaction and support our clients by exceeding their expectations.

We commit to develop bespoke products and innovate in order for our clients to gain a competitive edge in the market place.



Amer Kadri - GM Manufacturing , Chef Amro Al Yassin - Product Innovation Manager and Akshay Nandlal - Production Manager receiving Emirates Culinary Guild Membership certificate from ECG President Chef Uwe Micheel

The UAE, which is home to over 200 nationalities, forms a huge and extremely vibrant kitchen. Catering to such an amazing cross-cultural consumer base, without compromising on quality or losing the authenticity of the cuisines, while maintaining consistency, forms a major challenge to any food service operator.

In late 2016, **MAM Food Factory** was setup in Dubai Industrial City to take on that challenge by providing high quality food solutions that would ease the pressures off the Food Service industry, without the need for them to add further investments towards additional skilled manpower or equipment.

Being the largest Halal Sous-Vide (French Style Water Immersion) production facility in the Middle East and North Africa, and awarded "The



Most Innovative Technology Factory" by Dubai Industrial City in 2017, the factory operates by international standards and is HACCP, ISO 22000:2005 & BRC compliant and certified with a "AA" rating. Moreover, the factory is registered and certified by the Saudi Food & Drug Authority (SFDA).

Sous-Vide, a precision cooking technique commonly favored among renowned Michelin Star rated chefs and practiced in selective upscale restaurants, provides control in doneness, premium quality output, higher nutrition content, unprecedented tenderness and succulence with an unmatched flavor profile.

By adopting this disruptive technology (Sous-Vide) and commercializing it to mass production outputs, MAM Food Factory empowers food service operators with 'tailor-made' consistent, fully cooked frozen or chilled food solutions.

Over the past few years, we have worked with a multitude of local, regional and international food service operators on developing innovative recipes and customized products; all built around their operational requirements and customer needs. The team's know-how coupled with the factory's production flexibility has enabled us to develop cost efficient food solutions and build strong partnerships with our customers.

Consumers are becoming more demanding and we are here to answer their needs.



Rabih Al Aaraj, Export Department Middle East and Africa, Business Development Manager & Application Chef, Elias Rached, Export Department Middle East and Africa Regional Vice President, Muhammad Naveed Export Department Middle East and Africa Sales Engineer and Elssy Zeini Export Department Middle East and Africa Office Manager receiving Emirates Culinary Guild Membership certificate from ECG President Chef Uwe Micheel

Cooking is an everyday challenge making extensive demands on professional kitchens all over the world. Intelligent professional cooking technology designed for more efficiency and improved performance are required to meet the challenge and this is exactly what the name **MKN** stands for!

In their permanent pursuit of the highest quality standards of innovations, multifunctional solutions and perfectly designed products, MKN specialists always focus on the whole kitchen process and the perfect interaction of all components involved. Competence, knowhow and passion impel them to find individual solutions producing results, which inspire and impress.

MKN values long-term business partnerships and attaches great importance to relationships characterized by trust, fairness and reliability. The sound organizational structure of a medium-sized company facilitates sustainable thinking with innovative capacity, respect for resources and closeness to the relevant market.

Large investments in new manufacturing



Master of Performance

technology, machinery and buildings combined with continuous staff training have transformed MKN from a factory into a state-of-the-art industrial company over the years. The focus on export expansion has been a considerable driving force behind this development. Meanwhile, famous addresses around the world count among MKN's international top projects: Steigenberger, Hyatt, Hilton and Ritz Carlton as well as airports such as London Heathrow and Frankfurt, Top restaurants, for example, at the Sydney Opera House or in the Burj Khalifa Dubai and a large number of cruise ships are found among MKN's impressive references.

Numerous international industry awards demonstrate the innovation and top performance of MKN products. The company itself has also received many awards, for example, the Lower Saxony Foreign Trade Award and the Major Prize for Medium-Sized Business awarded by the Oskar Patzelt Foundation.

MKN is not simply a company, which has developed into one of the industry's global players due to strong internationalization. MKN is also a family, in which everyone appreciates and supports each other. Every day the motivated workforce passionately takes up the diverse challenges faced in modern professional kitchens. Healthy growth, solid business development and quick decision processes establish the basis for a pleasant work environment offering attractive conditions.

It is the result of the hard work from the team in the Middle East and Africa that MKN is well known and trustable with most of the operators and contractors in this region. The UAE office exists 11 years now, Elias Rached (MKN Regional Vice President Middle East) is a chef with 20 years of experience in different kind of kitchens and organizations, and Application Chef & Business Development Manager Rabih Al Aaraj comes with great experience. Many customers in this region already trust in MKN. Moreover, the team is even growing further, for example with the new member since May 2019 Muhammad Naveed as Sales Engineer.



**Mr. Rashid Bahar, Business Development Manager
Technical Supplies & Services Company L.L.C TSSC
Ki receiving Emirates Culinary Guild Membership
certificate from ECG President Chef Uwe Micheel**

TSSC Kitchen & Laundry Equipment Trading LLC (TSSC Dubai) was established in 1961 as a trading company for refrigeration parts and accessories. In 1993, the company was acquired by Basil Bahar who envisaged a need for a quality service provider for foodservice and commercial laundry equipment in the local hospitality and catering market. In 1994, using the enhanced resources at his disposal



**TSSC Kitchen &
Laundry Equipment
Trading LLC**

and his past experience, he decided to diversify and establish a division with the sole purpose of providing foodservice and commercial laundry

equipment solutions to developers and operators in the UAE market.

TSSC's aim was to provide high quality solutions to customers while focusing on after-sales service. This strategy has been, without a doubt, very rewarding as TSSC's client list reads like the who's who of the HORECA industry in Dubai which is home to some of the most luxurious hotels and restaurant brands in the world.



Upfield's Lead Chef for North Africa and Middle East, Chef Marwan Abi Daoud receiving Emirates Culinary Guild Membership certificate from ECG President Chef Uwe Micheel

Upfield is the largest plant-based consumer product company in the world. Since 1871, we have been the authority in the spreads category which gives us unmatched experience, know-how and inspiration to deliver on our mission to create "a Better Plant-Based Future."

We are the #1 producer of plant-based spreads globally, with iconic brands FLORA, RAMA, BLUE BAND, PROACTIV, BECEL, and COUNTRY CROCK. Superior taste and quality is the standard we set for all our products.

Our History

Our company has been a leader in the plant-based spreads industry from the very beginning, when the patent for making plant-based spreads was acquired from its inventor, Hippolyte Mège-Mouriès in 1871. The company became known as Unilever in 1930 following a merger between Margarine



Unie and Lever Brothers. The business continued to grow significantly through the years, when in December 2017, the business was sold and relaunched as Upfield.

Upfield today stands at the forefront of a new era, as the world is moving toward plant-based nutrition.

Iconic Brands Loved by Generations Around the World

FLORA

Flora believes plants are the future. Flora blends nutritious seed oils to offer a range of spreads that give you and your family all the benefits of plant goodness with the taste people love.

RAMA

Rama believes that keeping things simple and practical is good. Just like preparing tasty food in a simple and practical way every day. It's the reliable and trusted support in the kitchen and at the table. Rama offers a wide range of products from plant-based spreads to spreadable butter to cream alternatives, combining the best of both worlds – Rama plant oils with selected dairy ingredients for best taste and performance in the kitchen.

COUNTRY CROCK

Country Crock slow churns the highest quality plant-based oils to create its delicious taste.

BLUE BAND

Blue Band spread has been carefully made for the growth and development of children and can be an important part of a balanced diet and healthy lifestyle.



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LIVE A LIFE OF SELF-COMPASSION

"Despite progress, one person still dies every 40 seconds from suicide" — Dr Tedros Adhanom Ghebreyesus
Yogananda, World Health Organisation, Director-General

As you say goodbye to 2019 and enter into 2020 I would like to share with you three powerful exercises that will transform all parts of your life and existence. Embrace them for the rest of your life.

Our smile, silence and gratitude are the fuels of compassion, all which is hidden within us. I have a request that you please do these three short easy powerful exercises. These three exercises being:

- ♦ Chant Your Name – Take your hand and place it upon your heart and simply chant your name slowly three, six or nine times.
- ♦ Your Ho'oponopono - Take your hand and place it upon your heart and at a steady, calm pace simply say "I love you" three, six or nine times.
- ♦ Gratitude From You - Take your hand and place it upon your heart and simply say thank you for three, six or nine things that you can give gratitude for today.

While doing these exercises smile and do your best to be in a place of silence. If you are unable to find a place of



silence, then remember that by touching your heart, you are simply entering the temple of silence.

Why chant your name?

The simple reason being it is the sweetest name that you resonate to. We hear other people call our name, but we never call ourselves by our own name. The infamous Dale Carnegie once said, "A person's name is to that person, the sweetest, most important sound in any language."

Kindly note, this is not necessarily the name given to you at birth; it is merely the name that resonates the most with you.

Why your Ho'oponopono?

Ho'oponopono is an ancient Hawaiian art which means "set things right" or "to make right." It is about letting go, erasing, deleting and cleaning the data (the trash, the bullshit) within us

to get into a state of inspiration, love and excitement. Many have confused it with being a prayer for forgiveness. Ho'oponopono is way beyond that.

Why gratitude from you?

The truth is that genuine gratitude is often ignored by most of us on a moment-to-moment and day-to-day basis. Most see it as an act of fashion and fad, an accessory to please one's ego.

Saying thank you to all that has happened to you, all that is happening to you and all that will happen to you allows you to be a more humble person. Saying thank you to all that you have received, all that you are receiving and all that you will receive allows you to become more abundant in life. Saying thank you to all the events that have happened to you, all the events that are happening to you and all the events that will happen to you allow you to amplify your awareness of compassion.

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



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