


gulf gourmet

THE DEFINITIVE GUIDE FOR CHEFS

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 volume 8, issue 1

SALON GUIDEBOOK

Exclusive listing of all the rules, regulations and classes for Salon Culinaire next month

THE PREVIEW

We break yet another world record using our Chefs. A sneak peek awaits inside

The Godfather

Andy Cuthbert is changing the destinies of young chefs around the world. And that's just one of many hats he dons



CHIEF SPEAK

Mohamed Elkahla, General Manager - Coral Deira Dubai, walks the talk on dry hotels



GRILL VS BBQ

The finer nuances that distinguish grilling from barbecuing revealed by our **Big Daddy**



CHEF OF THE MONTH

Executive Chef **Mukesh Tugnait** creates a delicious recipe inside his in-flight kitchen



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Dear Fellow Chefs, Ladies and Gentlemen,

Welcome to the January issue of Gulf Gourmet. The first issue of a very busy looking 2013.

We began the New Year with a bang, by breaking the record established by our friends in South Korea last year during the WACS Congress – the biggest gathering of people in full Chef uniforms. This feat was achieved on Friday January 4, 2012 with 2847 people in full Chef uniforms broke the previous record of 2111 in South Korea.

A big thank you to Dubai Tourism and Commerce Marketing (DTCM), who hold the new record. Sheikha al Mutawa and the DTCM team were working with us, the ECG team, around the clock. The IFFCO group will take good care of the certificate. Sudakher, Maya Hassan and the team will get in touch with all who participated at the beginning of February for its issuance.

We also established a new record for the biggest number of Loukamath prepared and served – we achieved 73,055 pieces. We are still waiting to get the news from Guinness if this record will be attached in the record book, as well. Once again, thank you to everyone who showed to the world what a great chefs family we have in the UAE.

Our international Salon Culinaire returns February 25 -28 2013. I am sure everyone is already in full training. Thank you to Nestle and Sadia for being our main partners. MLA – Australian Meat, US Cheese by US Daily Export Council and Barakat, Masterbaker and Mitras are already confirmed class sponsors.



Some partners are expected to confirm in next couple of days and some Classes are still open for new partners. Please do contact me anytime.

Do look at the 'friends' pages to check our supporters and make sure to support when you can. All contact details are on the back of

the magazine. Finally, I would like to thank the team at Time Oak for hosting the December 2012 meeting.

Uwe Micheel

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

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A monthly column with culinary attitude from our resident Big Daddy

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editor'snote

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Dear reader,

Welcome to the year's first issue of Gulf Gourmet, jam-packed with enough meat for Chefs to chew on. We have everything from interviews with high profile hoteliers to special offers on spa treatments exclusively for Chefs.

The big read this month is of course our cover story with Andy Cuthbert. We bring you the little known facts about the Chairman of the WACS Young Chefs Development team, who also happens to be the Chairman of the Emirates Culinary Guild and a high ranking official within the Jumeirah Group. The insight we have on his career growth is nothing short of stellar.

If you are a young Chef below the age of 30, be prepared for a fun competition involving a mystery basket and in-depth coverage for your recipes in this magazine. Details of the competition are still on the drawing board and are currently being finalised. If you or someone you know are interested in being a part of this competition, email us or drop us a line on www.facebook.com/gulfgourmet.

Talking of social media, we have over 100 images of the world-record breaking feat held earlier this month on our Facebook page. Please do 'like us' to stay abreast of all the latest Chef news in town.

Starting this month, we introduce a new section called 'Chef of the Month', featuring a senior Chef and his recipe. Nonions is supporting the concept this year with the aim of highlighting some of the heroes of the culinary world, who have been passionately working inside the kitchen.

That and more information on the events held last month are yours for the reading.

Enjoy the issue and keep cooking with passion!

Aquin George
Editor

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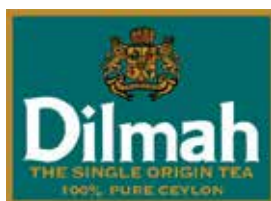
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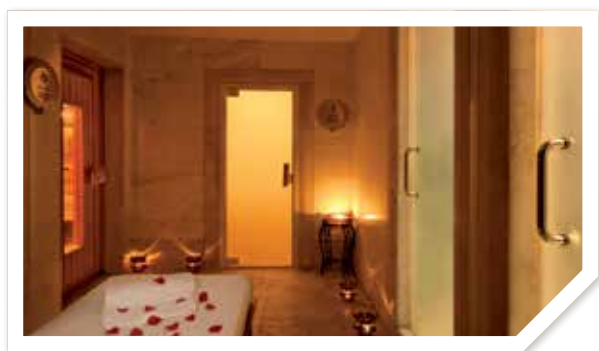
Vivek Huria joins ANGT/Nonions

ANGT/Nonions has announced the appointment of Vivek Huria to the role of Corporate Chef. In his new role, Chef Vivek will be promoting Nonions through his extended culinary network and has promised exciting new developments during the course of the year. Prior to joining Nonions, Chef Vivek was the Executive Chef of Al Hamra Fort and Beach Resort, Ras Al Khaimah, now a Hilton property.

He continues to be the Vice President of the Emirates Culinary Guild for Northern Emirates and Sharjah. His career has seen him don the Chef's hat for leading names in hospitality including The Oberoi, Hyatt and Le Meridien. His work has taken him to Japan and Australia and these days he works with training youngsters and is a judge at leading cooking competitions.



Chef Vivek Huria



Spa offer for fellow hoteliers

As a New Year gift for Chefs in the UAE, the Taj Palace Dubai is running a special, half price package promotion, until 31 March, 2013. Those working in the hospitality industry in the country can opt for a relaxing massage or exhilarating scrub in its award-winning spa for 50% off.

The offer, subject to availability, is valid for all hoteliers on presentation of a valid ID card and can be also purchased in the form of vouchers for friends and family. The promotion covers a wide range of treatments available in the Taj Spa, which features six treatment rooms as well as a dry sauna and steam showers. On the menu are also aromatic scrubs, soothing de-stressors, as well as pedicures and facials.

Ashna Ddhannak, Recreations and Spa Manager, Taj Palace Dubai, "The hotelier offer aims to promote a sense of community among the hard-working hotel associates in the UAE, as well as encourages staff to take time out to de-stress."

The Chedi Muscat appoints new Executive Chef



The Chedi Muscat has announced the appointment of French born Sébastien Cassagnol to the role of Executive Chef. In his new role Cassagnol will oversee the hotel's six restaurants and will be following a philosophy of using local produce where possible as well as introducing elements and ingredients from his international experience.

Cassagnol was most recently with the Pan Pacific Nirwana Bali Resort in Indonesia where he managed a team of 100 as well as five restaurants, three bars and the property's 24 hour room service. His areas of expertise include menu development and concept planning as well as all back of house operations and the training and development of employees.

Exit 36 offers Friday BBQ brunch

Fridays can now be spent enjoying an exquisite BBQ Brunch experience at "Exit36" the latest outdoor hot spot at Grand Millennium Dubai. Spend great time with friends as you enjoy scrumptious platters and balmy weather. Pick your favourite Mediterranean dishes from numerous BBQ stations along with colourful and exotic salads, pasta stations and more. Round off the afternoon with delectable sweets in a chilled out atmosphere.



The Friday BBQ Brunch is priced at AED 175 per person with soft drinks, AED 195 per person with one glass of bubbly or grape and AED 295 per person with unlimited selected beverages. Located just off Sheikh Zayed Road, the Grand Millennium is conveniently accessible from the Mall of the Emirates and the Ibn Battuta Mall, as well as within easy reach of the city's prime business and leisure attraction including the beach and golf courses.

Art attack at Corp

A group of three highly acclaimed Chinese artistes will be in Dubai to exhibit their works at Corp Executive Hotel Apartments – Al Barsha from January 17 to February 16, 2013 in an exhibition titled 'Life'. The artists (Mr LiFu, Mr Tian Jun, Mr GengJian) will be accompanied by a special delegation from ShaanXi Province China

International Culture Exchange Center of Foreign Economic led by its Secretary-General Zhu Zheng and Deputy Secretary General Li Xiu Wu.



China has recently become the hottest stop on the international art circuit with art collectors calling it a new dawn for Chinese art. Mr LiFu stressed, "Our works mirror contemporary Chinese artistic expression. The beauty of Chinese art is it allows the viewer to imagine and experience the artist's feeling in a unique way, guided by simple lines and economic use of colour. We are very excited to bring our works to Dubai."

Park Regis Kris Kin scoops TripAdvisor awards

Park Regis Kris Kin Hotel Dubai has once again received the coveted 'Certificate of Excellence' from TripAdvisor as well as 'Travellers' Choice Hotel' award for 2012. It is the second year running for the hotel to win these prestigious accolades.

Commenting on the achievement, Scott Butcher, General Manager of the hotel said, "I am delighted that we have won once again. It is particularly satisfying for all our colleagues to be recognized for their efforts in exceeding guest expectations."

I would like to thank our Team, our guests of course as well as TripAdvisor for this great honour and rest assured, the guest experience is our number one priority. We will continue to build our reputation on service, quality and value."

Park Regis Kris Kin Hotel Dubai is conveniently located opposite Burjuman Centre adjacent to the Dubai Metro few minutes' drive from the airport and within easy reach of the city's major leisure and business establishments.



To be featured in this section, email your Chef-related news or information relevant to those working in a professional kitchen to editor@gulfgourmet.net

January 2013 Gulf Gourmet



The Godfather

In an exclusive tête-à-tête with **Aquin George**, the multi-faceted **Andy Cuthbert** talks about his stellar journey thus far in the hospitality industry

Trying to fit the story of Andy Cuthbert's career into a magazine article is like trying to stuff a giraffe into a suitcase. Just an hour after hearing him speak, you are overwhelmed by the amount of information you have absorbed. You come out feeling that perhaps a book is more apt to cover his narrative.

The thing is that the Australian, born and raised in Melbourne, dons many hats. To begin with, he's the General Manager for Conference, Events and Jumeriah Hospitality based out of Madinat Jumeirah. Under this role, he looks after all the conferences and events in the hotel, integrates the outside catering division that moved from Emirates

Towers to Madinat Jumeirah, and he coordinates the company's approach in terms of conference and events by looking at strategy and strategic alignment of all Jumeirah properties for banqueting and conferencing. He also gets involved with the Asia office working on developments in countries such as China and Indonesia, looking at the F&B side of side of things including kitchen plans, F&B concepts, restaurant concepts, and in his words, "anything the company wants me to handle. I do the entire spectrum of banqueting and outside catering."

While I'm still deciphering his "spectrum" of responsibilities, I realise that he's got more on his plate. Andy is also the Chairman of the Emirates Culinary Guild, which as most Chefs in the UAE know, is responsible for uniting and uplifting thousands of chefs working in this country. The Guild has improved the culinary standards of the UAE to such an extent that it breaks world records, sweeps culinary Olympic medals, brings home medals from all major chef competitions worldwide, trains young chefs and organises the biggest Chef competitions in the region, such as Salon Culinaire and Sial Middle East.

And that's not all. Andy is the Chairman of the World Association of Chefs Societies (WACS) Young Chefs Development team! Also,



two years ago, when the legendary Dr. Bill Gallagher set-up the Bill Gallagher Young Chefs Forum, he personally asked Andy to carry forward the forum for him. To break it down in simple words, Andy is spearheading the biggest movement that is shaping tomorrow's Executive Chefs around the world. He and his team of senior Chefs and young ambassadors spread across the planet are working hard at ensuring that global culinary standards are maintained and enhanced through the training and development of young chefs regardless of race, religion or colour.

So how does one man manage all of this? Or perhaps the more pertinent question would be, what is it about Andy that attracts powerful hospitality professionals to be their man to carry forward their dream projects?

The answer is simple.

During the course of my interview, there are a few lines he said that might explain his unique and enviable position. He says, "I was given many opportunities as a young chef. I had people who took care of me like Vladimir, Patrick, John, Mick and some of the Chefs I worked with here in Dubai. I was always given guidance or assistance. So what I have always tried to do in my career is to make sure that I give back to the young guys as much as I can. Teaching the guys out here in Dubai is something I really enjoy since many of the guys come out of the education background and not a 4-year apprenticeship. So there is always a lot to teach."

If you're thinking, that's normal spiel spouted by most Executive Chefs you may have a point. However, Andy, who turns 50 this year, has more than just words to prove his passion for uplifting the careers



I used to cook the Sunday meals at home. My mom used to get me to cook in the kitchen at home. I decided to choose cooking as a career because you get to travel

of young chefs. People who have trained under him include, Ravi Nagi, the Executive Chef at Hilton Washington, Bonny Azarved, the Goan guy who is now Executive Sous Chef in the Fairmount in Bermuda, or Chef Lahori, who runs four

restaurants in Chicago...by the way, did we mention Fredrick in Canada?

See what I mean? Andy has the passion for training young Chefs and is known to walk the talk for over two decades now. Way back in 1993 at the Hilton, he set-up an apprenticeship programme for the region when he was still working in the kitchen as a 30-year-old rising Chef. And the names we mentioned above are young people who had the opportunity of going through that apprenticeship.

So how did the hospitality industry find Andy Cuthbert?

"When I was 16, I asked my father if I could join him to be a motor mechanic and he said I don't think this is the right job for you," reveals



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Andy, adding, "He said find something else to do so I joined my cousin in his restaurant in Melbourne."

He refuses to divulge why his father dissuaded him. All he is willing to offer

is that growing up, he was far from being the brightest kid at school.

Andy chose cooking because he grew up enjoying cooking. "I used to cook the Sunday meals at home. My

mom used to get me to cook in the kitchen at home. I decided to choose cooking as a career because you get to travel; and the people you meet and the networks you make, there's no better job."



Andy Cuthbert mentors young chefs at the WACS Congress in South Korea last year

He tried an apprenticeship in cooking and got his first job with his cousin where he was in-charge of washing the walls of the restaurant.

He then got a job in the suburbs when he was 17 and completed a 4-year apprenticeship there. "The restaurant happened to change hands every year, so I had 4 bosses 4 different names of the restaurant, but i did not move. I was like the furniture. So that was good. I got to see different management styles, different ownership styles and different ways of running a business."

He then moved into a hotel where he met a Czech named Vladimir.



Vladimir is the man he thanks most for helping him in his career. He was a pastry chef and a hotelier who worked as a part time waiter in the restaurant as he was a refugee.

Andy's life story is filled with such anecdotes and if you ever do catch him in person, his stories and his wit will have you smiling all the way.

Coming back to his career, Andy moved to the UK to learn the "classy ways of cooking from the European Chefs" and moved around the world before landing in Dubai in 1992. He started here as a Sous Chef at the Hilton Dubai Trade Centre and joined Jumeriah after it took over the management of the hotel in November 2000. This was two years after he had become Executive Chef. He stayed put another year before he was moved to the Emirates Towers in November 2001. "For 14 days there were big functions and as Executive Chef I was expected

10

In 10 days
we had done
34,000
food covers
including
outside catering

to help the other Executive Chefs of the hotel. In 10 days we had done 34,000 food covers including outside catering, the air show gala dinner at the royal pavilion, a wedding for 5,000 in Al Ain, the opening of a TV network and a huge

conference on the creek in front of the Dubai Chamber of Commerce building that lasted nearly three days," says Andy.

"The company put me there to see if I could manage the culinary side of those functions." Having seen it, they got him to join Jumeriah Hospitality, which was a dedicated outside catering division. He joined as the right hand man of the GM and looked after the logistics, kitchens, warehouse, transporting, et al. "That's when I really joined Jumeriah," he says.

Now that he no longer has to cook, does he miss the vibrancy of working in the kitchen?

Says Andy, "The kitchen was always fun and my heart will always lie there. Working with the guys to do a good lunch service or a diner service, organising the work environment, I do miss that. Creating menus,

creating dishes, teaching the guys, this is something I miss."

That said, Andy loves the excitement of working outside the kitchen. "There is a lot more to think about," he says.

Moving the conversation to the newly-formed Young Chefs Club in the UAE, he says, "What I would like to say to them is don't try and do too much in the beginning. Make sure you reach out to your peers within the hotels. Make sure you include as many people as you can and make sure you make the senior guys help you. And you have to do that little bit extra because your

volunteered to become a member of that committee, which means that outside your normal day's work you have to do something extra for the youngsters. We work to get our salaries and we work in voluntary organisations because it's the right thing to do."

He adds, "It's good if they take a leap. They have the full support of the senior committee of the Emirates Culinary Guild. It's up to them to push themselves to do one activity or 2 activities. We have seen them very much involved in the Dubai Summer Surprise at the Young Chef of the Year in

BurJuman. We are going to see that again at the Salon in 2013.

Talking about his own family, he says, "I am very lucky to have the people I have in my life. I met Josephine when she was in the Hilton. We got married in 1993 and Kyle came along in 1997. He is now 15 and my other son Cody is 12. Josephine works for the Guild which is a great advantage for the Guild. We are very organized today because she manages the administration while we pretend to be doing all the hard work. My family is these 3 people who make it very special and worthwhile and make it possible for me to work and do my other stuff as well."



Andy Cuthbert and his wife Josephine flanked by their sons Kyle and Cody

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NONIONS

SIPPY

Wings to a dream

Mukesh Tugnait, the Executive Chef at Emirates Flight Catering (EKFC), tells us why impeccable standards, instant reward and a perfectly presented plate and taste is so important to him

Why did you choose this profession?

I come from a family of defence personnel and joining the defence services would have been the obvious career path for me. But I was never interested in it. I wanted to see the world, explore life beyond "do this"! I wanted to choose where I lived and what I did. I did not like the idea of being dictated to.

The thought of doing something that would allow me to reach within while exploring the outer world excited me. Being a people person, I thrive in a company with goals, targets, results and team work. Hotel management lent the perfect wings to my dream.

During my management days I did odd jobs at hotels to pay for my education. That's when I had my first exposure to life in a kitchen. I instantly knew I belonged here. I was in awe of the team work, the energy, the pace, the hustle and bustle, companionship, creativity and above all the 'perfection'. The result had to be impeccable standards, instant reward and a perfect looking and tasting plate.

I must admit the white chef coat is all I wanted then. But I had to earn it and so the journey began. I wore my Chef's uniform 26 years ago with pride and the charm hasn't faded ever since.



Tell us about your career as a Chef.

The journey has been enriching to say the least. I started my career with the Taj Palace (Inter-continental) Hotel New Delhi. Those years the pay was next to nothing but it built the foundation of my culinary learning. From the Garde manger to the banqueting kitchen and a la carte dining, it was all so different yet the essence was same – on time performance and getting it right the first time. And the key to it was ‘simple’- do it with a passion. Hours and hours spent learning and doing things over and over again helped not only learn to deal with pressure but enjoy it to the fullest.

When I was transferred to “Orient Express” – the pride of the Hotel, I realized for the first time what pride meant. Impeccable service and going that extra mile to ensure we stayed on the top of the chart as the ultimate diner's choice. Being the youngest chef de partie at the Taj chain of hotels, northern region, was an added pressure. In the nineties, I had my first exposure working for a flight catering unit – Taj Air Caterers, when I was transferred as a rotation policy.

SATS Singapore was my next learning pad. It was an eye opener for me, as it was the biggest kitchen I had seen till then. The clock work precision of cooking to numbers I hadn't even heard before. It was a defining moment in my early chef career. It was a huge learning experience for me and to it I owe a lot of what I have acquired as culinary knowledge and skills to that exposure.

I moved to Maldives Inflight catering for three years as the chef in charge managing multinational team for the first time in my career. An opportune challenge that, being a chef, has helped me groom into the individual I am today – Respect for



I love what I do with a passion. It's never been any different; be it when I was in a restaurant kitchen, hotels or flight kitchen. It's what I love doing

individuals with cultural diversities. It not only groomed my leadership skills but introduced me to the concept of being “candid and fair” to the team. Every single team member had a role to play, and that no role was any smaller than the other. Every single member deserves the

same accolade as I do for a job well done. I learnt the true meaning of the word “Team” during that tenure.

Hong Kong, the lure for fast pace and constantly evolving cuisine and trends, an obvious choice for culinary professionals, was my next destination. I worked at some of the elite restaurants there. That's where from managing a single unit I was offered a step up. Being a corporate chef meant managing from remote locations. “Communication” “Delegation”, “systems” and “audits” became the integral part.

In the year 1996, I moved to Vancouver, Canada, which was a rewarding decision from a ‘lifestyle’ point of view. As Executive Chef, Hotel Executive Inn, it was the

“Champein”- chocolate and ancho curry!

INGREDIENTS

Lamb rack “frenched”	1 kg
Yoghurt	40 gms
Oil	20 ml
Ghee	60 gm
Green cardamom	6pcs
Black cardamom	1
Cloves	5
Cinnamon	1 pc (half inch)
Bayleaf	1
Nonions Fried Onion Paste	40 gms
Green chillies chopped	16 gms
Ginger chopped	20 gms
Ancho chillies	2
Kashmiri chilli powder	8 gms
Coarainder powder	12 gms
garlic paste	30 gms
ginger paste	30 gms
tomatoes fresh	320 gms
Bitter chocolate	30 gms.
garam masala	sprinkle
	water n salt

Kasoori methi	2gms
garam masala	sprinkle

METHOD

- ♦ Marinate the lamb rack in yoghurt, oil and part of ginger garlic paste and red chilli, powder and salt.
- ♦ Heat ghee in a handi, add the whole spices. When fragrant, add Nonions, ginger and chopped garlic and “bhunao” to a golden colour. Add the ancho chilli paste, powder spices and cook for further 7-8 minutes. Introduce the chopped tomatoes and simmer on low fire till the ghee separates. Add water and boil. Add chocolate grated and cook further.
- ♦ Before removing from fire sprinkle roasted fenugreek leaves and garam masala and serve garnished with caramelised pomegranate braised figs.



first time I learnt the concept of 'hourly work' and unionised work environment. But I must admit it was easier on me as I had a great motivated team that was willing to support a vision we shared. Key was being candid, fair and flexible in approach.

I then moved to CLS catering, a joint venture of Cathay pacific and Lufthansa airlines. As an Exec Chef the next 8 years were the most challenging as the financial market and the airline industry globally had taken a hit. However, we were not only able to survive, but also became the market leader in the region.

In 2006 I moved to Dubai to join Emirates Flight catering. It's been a hugely satisfying and rewarding

journey since then. As an Exec Chef of the biggest throughput kitchen in the world, producing over 140,000 meals a day and working with a team of over 1,000 chefs from different parts of the world, it's been nothing but a dream come true. A dream I have loved and cherish every second.

What are the highs and lows of working for in-flight catering?

I was and thankfully, (smiles) am in love with my job. I love what I do with a passion. It's never been any different; be it when I was in a restaurant kitchen, hotels or flight kitchen. It's what I love doing. Yes, there are some very fine defining differences between the nature of deliverables, but, at the core of it, it's about food and quality food primarily. To me, what stands out as the biggest challenge in a flight kitchen would be logistics involved and the food safety.

Let me explain, a single batch of seafood meal if not done correctly and is rejected at the QA stage (quality assurance) could mean the entire profit for the flight. The margins are thinner than in hotels and so the room to err is "non-existent". Planning procuring, processing and producing over 100,000 components in a day is a huge logistic effort.

Food safety undoubtedly is parallel to none in the industry. It's by far the best in terms of controls and documentation. As a chef, the only element that sometimes does hurt is the scope for presentation. The ability to express food in a fine dining restaurant or for that matter on a plate with elaborate garnishes and current trend is marred because of limitation of finishing the final plate. Undoubtedly, the biggest high for me as a chef is the client compliment or a satisfied smile after the guest has enjoyed the meal.

Could you share with us your most

memorable moment as a Chef?

Most memorable would be the journey itself. Seeing the team cook the smallest batch of say 'lobster bisque' to perfection is as memorable as my experiences being part of the 'opening team' of the world's largest throughput capacity airline catering unit.

Conceptualising, developing and creating "zero fat" meals that earned "Emirates Flight Catering" the Mercury award at the International Travel Catering Association ITCA NICE 2011 is a definitive culinary memory I hold close to my heart. Nothing matters more than the smiles, especially if it is your team's. I have always been lucky to be blessed with a team and management that 'believes in a team and its intellectual assets'.

What is your advice to young Chefs?

It's the same that I follow –keep it simple, be open to learning and enjoy what you do. If you love what you do, you wouldn't have to work a single day in your life.

How was it using Nonions in your recipe?

Today the demands of volume cooking and varied cuisine dictates that a Chef's skill and time is utilised to the fullest towards what he does best—cook. His intellect, skills, knowledge and time are important to the organization and should be optimised. However, the quality of the raw product and processing involved to cook cannot be compromised either. Hence, a product like Nonions, which not only provides a quality alternate but also contributes to the bottom line of the organisation, is a culinary solution. It is a versatile consistent product which is user friendly. Ambient storage allows any chef delight giving free space in chillers.



The beauty of being different

Mohamed Elkahla, General Manager, Coral Deira Hotel, talks to Gulf Gourmet about the exceptional value of dining in a dry hotel



Tell us about your hospitality career.

I graduated from France and began my career in F&B. I worked with various Hilton properties for nine years and left as corporate sales manager looking after events. Following that I worked for 10 years in Hyatt Regency Dubai. I then worked in various dry hotels across Sharjah and Dubai including the Taj Hotel. I moved here from the Taj and at the time this hotel was called Safeer. I had a meeting with Michel Noblet and have been here since.

Does F&B have to be different especially if it's a dry hotel?

The difference lies in the quality service and value for money. Our hotel is value for money. You can get a great spread for Dh40-70 in a nice environment. We have a lot of clients who have been regulars here for a long time. We give the same preference to GCC clients that we give our European clients because they would be more regular. We were the first to offer free breakfast with rooms.

Who is your typical client? What attracts them?

We have 25% to 30 % corporate business and the rest is all leisure and online. Online booking plays a major role as it covers 25% to 35% of business. 35% comes from traditional sources. Though we are a dry hotel we have 30% European



clientele and a similar number of Saudi clients. We also have a lot of German and Russian clients. Our clients come here because the hotel has a good reputation. The location is good and the service better. We host a lot of international conferences with the UN division of agriculture having most of their conferences here in this hotel.

How involved are you in the F&B part of the hotel?

I am very hands-on. I am involved with the budget, the promotions, and beyond. Michel Miraton our Culinary Director and our Executive Chef Hosam have been here for many years. Our Executive Chef has been promoted from Chef de Partie to Executive Chef. My F&B Manager has 17 years of experience with Hyatt and we have worked together even previously. We work collectively as a team and we always welcome new with everyone being able to give their inputs.

What is your brief to your executive chef?



I dream of creating an international food corner with dishes from each country and where people can see how it's prepared

We have the daily morning briefing where all the department heads attend including the chef. It is here that we go through guest comments on food and other things in the hotel. We discuss the challenges and opportunities. My advice to the chef everyday is to have quality food and to deliver to the customer whatever they please.

How important is the relationship between the GM and his Executive Chef

The relationship between the GM and his Executive Chef should always be at its best. We all have to drive in one direction. We have

to be open to discussion. We have to maintain a good level of communication for the smooth functioning of the hotel as one seamless unit.

What is the ideal concept you would like to bring to your hotel?

If the budget permits, I dream of creating an international food corner with dishes from each country and where people can see how it's prepared. It should be a place where you should be able to eat a different cuisine each day including the local delicacies.

What would you say to those who are still unsure about dry hotels?

The food in a dry hotel should always be tried as it is excellent and there is a value for money. People should patronise such hotels as it is excellent for families looking for a healthy environment. We have banquet rooms which can accommodate upto 100 people. Simply put, exceptional value, exceptional taste.

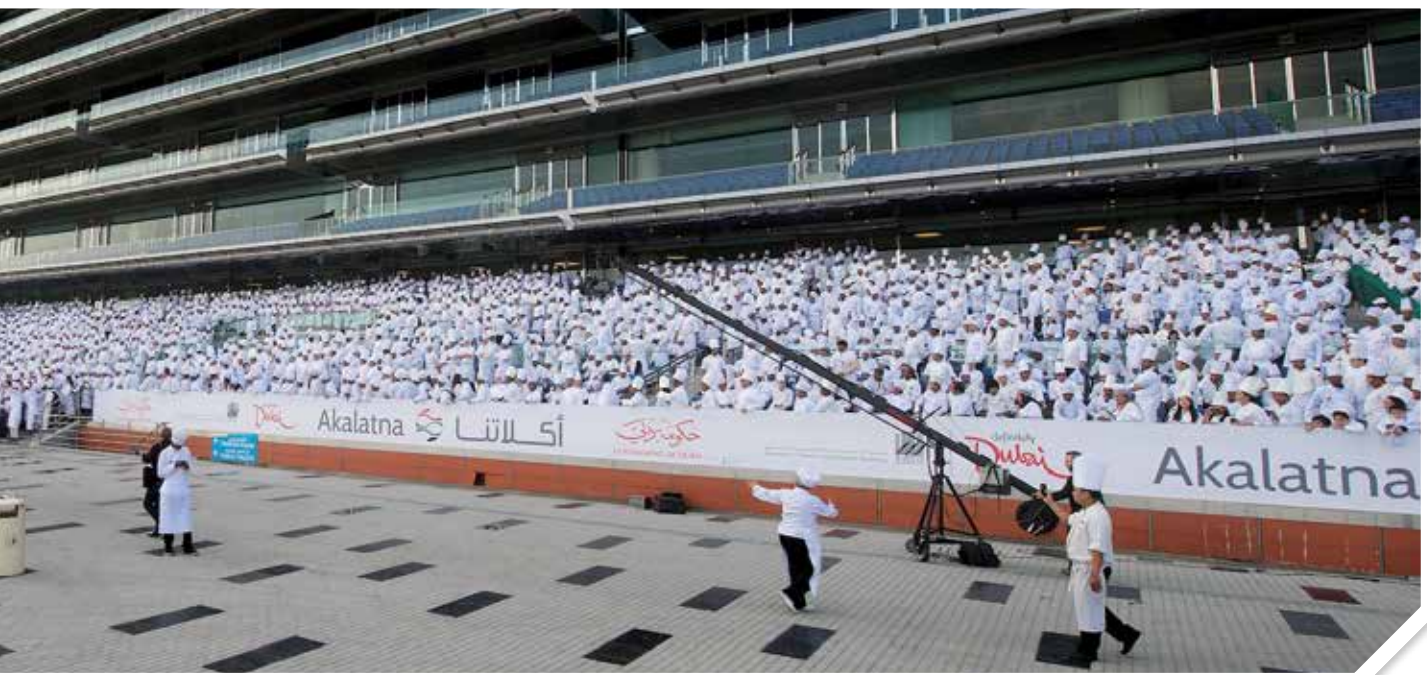
January 2013 Gulf Gourmet



2847!

It's a new Guinness World Record! And we've done it. Yes, 2847 people in Chefs jackets came together on January 4, 2013 in one place beating the previous score of 2111 set in Korea last year. Here's a quick preview of the record-breaking event. For the full story, pick up our Gulfood special edition this February







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Three to **tango**

Executive Chef **Salvatore Silvestrino** of Mövenpick Hotel Deira gives us three unique recipes using three of his favourite food items

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by **Olivia Atkinson****What is your speciality?**

If I had to pick something that I absolutely love cooking, it would be Italian. It's what I know best and what I have grown up with. Italian food is the food that I understand fully and appreciate the most. However, having learnt Asian food, I cannot believe how much I can immerse myself into it. The taste is second to none whether it's Chinese, Malaysian or Japanese.

Could you tell us a bit about your previous experience?

I moved to Australia when I was thirteen years old after an earthquake in Italy. I did a four-year apprenticeship and then worked at a casino in Brisbane. Training and cooking in Australia was fantastic and there were many great chefs but for me, I didn't become the chef that I wanted to be until I reached Dubai nine years ago.

You come here and you are open to everything. The people you work with and encounter cause you to change your mentality and encourage you to challenge yourself with cooking. I worked at what was then known as the Intercontinental Hotel in Deira before moving to the Bangkok Marriot and later the Fairmont in Singapore. When I left Dubai for Singapore, there was a culinary gap between the two cities but coming back after three years the gap had narrowed down. Dubai encourages you to start experimenting and look for new ways to grow and improve. Flexibility in a chef is growth and my previous experiences built a great base for that.

While cooking what is your favourite ingredient?

When someone says pick three ingredients it's a bit of a challenge for me. I have so many ingredients that I love to work with and being in



I love salmon because of the texture more than the taste. When you cook it there is a lovely pink area in the middle and a crispiness on the outside

Dubai, your favourite ingredient can spread amongst many dishes. My favourite ingredients at the moment are salmon, lamb and ricotta cheese.

Why do you like these ingredients so much and how do they enhance the dishes you create?

I love salmon because of the texture more than the taste. When you cook it there is a lovely pink area in the middle and a crispiness on the outside. Secondly, lamb is one of those ingredients that you either love or hate. It can be sweet but also fatty at the same time but cooked correctly, it can be an extremely flavourful meat. Ricotta cheese is something that isn't frequently used. I love to use it in pasta with truffle oil and poached egg. It almost looks

like a carbonara but without the heavy cream.

Where do you get the best quality produce?

With salmon, the fresher it is the better. It's also great when it has a bit of extra fat to enhance the flavour. You take a look at the markets here in Dubai and where else can you buy such beautiful produce at that price? I prefer New Zealand lamb because of the wetter grass feed that causes the lamb to be less dry. Again, it is easy to find quality produce locally. At Spinneys, Waitrose or Geant you can buy New Zealand lamb at a price that I don't think is even available in New Zealand itself.

How versatile are these ingredients and in how many dishes and cuisines can they be used?

I've attempted to show the versatility of the ingredients in the three dishes. The salmon is Japanese inspired but also features the classic combination of bruschetta and cream cheese. The lamb is a mixture of Italian with a little bit of fusion and the ricotta is also featured in an Italian dish.



Fettuccine Con RICOTTA

INGREDIENTS FOR 4 PAX

320gr	fettuccine
4	whole eggs poach (soft)
60ml	cream
80gr	Fresh Ricotta cheese
40gr	mascarpone cheese
40gr	butter
30gr	Parmigiano cheese
40ml	truffle scented olive oil
Freshly	ground pepper
to taste	Salt

METHOD

- ◆ Bring 3 litres of salted to the boil, whilst waiting for the water to boil, place a small pot on the stove, add the cream and once it starts to simmer add the butter, mascarpone cheese and ricotta and fold until it is all melted, season with salt and turn the heat right down.
- ◆ Cook the pasta very al dente and just before it is cooked, take three to 4 table spoon of the water and add to the ricotta and cream, add the pasta and combine well for a few instants.
- ◆ Place on a single serving dish; place the poached egg on top, drizzle with the truffle scented oil, Parmigiano cheese and a fresh grinding of black pepper



Pan Roasted Lamb on SQUID INK POLENTA

INGREDIENTS FOR 4 PAX

12	lamb chops (roughly 720gr)
250gr	polenta
500ml	chicken stock
25gr	squid ink
200gr	sweet potato
20gr	red onion
40gr	crispy fried eggplant
40ml	olive oil
40gr	butter
1 sprig	rosemary (chopped)
1 sprig	fresh oregano (chopped)
1 clove	garlic sliced thinly
Freshly	ground pepper
to taste	Salt

METHOD

- ◆ Place the lamb on a plate and marinate with chopped rosemary,

oregano, garlic and pepper, cover with cling film and refrigerate for at least 2 hours.

- ◆ Place the chicken stock in a pot and once it is starting to gently boil slowly pour in the polenta, turn the heat down and stir for a few minutes or until it is soft and not grainy.
- ◆ Turn the heat off and let rest. Peel the sweet potato and place cook in salted water until tender. Remove from the water, let drain well, add the butter, salt and a little pepper and mash until semi pureed, this will enhance the texture. Remove the lamb chops from the chiller, let rest at room temperature for a few minutes, season with salt and sear in a very hot pan with no oil.
- ◆ Cook on both sides for approximately 5 to 6 minutes, place in a pre heated oven and cook to your preferred doneness. Remove the lamb from the oven, adjust the seasoning in the polenta, check the sweet potato and start plating.
- ◆ Place a little squid polenta; add a quenelle of sweet potato which you will then spread on the plate with the back of the spoon. Top with the roasted lamb and garnish with the crispy fried eggplant, celery leaves and roasted cherry tomato.
- ◆ Serve with lemon and extra virgin olive oil

Japanese inspired Steamed SALMON and Snapper

INGREDIENTS FOR 4 PAX

400gr	fresh salmon (sashimi grade)
200gr	fresh snapper fillets
10gr	spring onion
1gr	wasabi paste
3gr	Dijon mustard
1	egg (white only)
5gr	pickled ginger
5ml	Japanese soya
2gr	garlic
30ml	Japanese mayonnaise
Freshly	ground pepper
to taste	Salt

METHOD

- ◆ Place 300gr of salmon, wasabi paste, egg white, spring onion, Dijon mustard, pickled ginger, a pinch of salt in a blender and pulse until smooth.
- ◆ Place the snapper fillets on cling film and by using a piping bag add the salmon mousse on top of it, ensure you start the piping up the fillet this will give you a really nice pink and white effect. Roll tightly, after three rolls prick the cling film with a toothpick in 5 to 6 places and roll again 2 to three times. Place on foil and wrap tightly to form a very compact roll.
- ◆ Steam in the oven for about 15 minutes, remove and let cool down for a few minutes. Once it is cool enough to manage get the bamboo Japanese roller and place sheets of dry seaweed on it. Place the unwrapped fish and now wrap inside the seaweed, roll tightly. Keep refrigerated if you use it later if not cut to preferred thickness, place on a serving plate with three cubes of fresh sashimi grade salmon, serve with Japanese mayonnaise, pickles and soya.





South American fare

The evening of December 10 saw the Grosvenor House Hotel in Dubai bustling with Chilean flavours like never before. The occasion was ProChile's awareness event at the Toro Toro restaurant. While we were not present ourselves to sample the exquisite cuisine, we hear the invitees had a wonderful time.

Carlos Salas, Trade Commissioner of the Embassy of Chile in the United Arab Emirates, said in statement, "We are very glad with the results of

the event at Toro Toro Restaurant. The aim was to invite F&B managers, Chef, sommeliers and bloggers to create awareness about the quality of products from Chile available in the market in HORECA channel of Dubai."

He added, "We believe it was right to use a Latino outlet to showcase our products and that too through delectable Latin cuisine. We offered a very good range of products ranging from juices to water; seafood as razor clams, king crab, salmon, seabass and mussels and

finally we had the chance to taste manjar (dulce de leche) with berries coming IQF to Dubai."

The menu for the evening included, Ceviche de Salmon al Tamarindo, Tiradito de Smoked Salmon, Choros y Navajas a la Chalaca (mussels and razor clams), Causa de Centolla (King Crab), Achiotte BBQ Salmon, Smoked Salmon Coca Flat Bread, Langostine al Grill, Sudado Nikkei (Chilean sea bass), Alfajores, Cuchufli, Lapostolle, Pisco Sour, Jugos Tamaya and Andes Mountain Water.



Last Guild meet of 2012

The Emirates Culinary Guild's meeting last month was held on December 10 at the Time Oak Hotel & Suites, Al Barsha. The meeting was hosted by the hotel's Executive Sous Chef Haytham El Sayed. Topics discussed included a recap of SIAL, recap of National Day and plans for Salon Culinaire 2013.

Corporate members who provided product presentation included James Evarell of Focus International and Sascha Geib of Vito while Nicholas Ghantous and Mohamad Assaf of Oasis were introduced as new corporate members of the Guild.







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Guests got to try some of the best U.S. cheeses during the reception



U.S. culinary consultant, Mark Todd, educating local importers about U.S. cheese during the reception.

Mini-seminars educating the local trade about the many aspects of U.S. cheese, its industry and its many applications at foodservice.



Say Cheese!

First U.S. Cheese Supplier Mission to the Middle East fosters new dairy business

The U.S. Dairy Export Council (USDEC) conducted a three-day U.S. Cheese Supplier Mission to the Middle East last November designed to bring together exporters and importers to encourage more U.S. cheese trade to the region. Seven U.S. suppliers participated and showcased their products to major buyers from the UAE, Saudi Arabia, Kuwait, Egypt, Qatar, Bahrain, Oman, Iraq, Jordan and Lebanon.

This mission, the first of its kind to the region, featured a tour of several grocery stores as well as presentations by the U.S. Office of Agricultural Affairs, the Dubai's Food Control Department and importers from several markets to provide U.S. suppliers with a better

understanding of the regional market dynamics and requirements. These were followed by 2 days of one-on-one meetings.

The event also included educational sessions for the local trade about the variety, quality and safety of U.S. cheeses. A U.S. culinary consultant held a series of mini-seminars covering a wide range of cheese related topics including a couple cheese tastings, history of cheese making in the United States, cheese handling & sanitation and current U.S. foodservice trends featuring cheese.

A reception was also held to dazzle guests with a wide variety of high-end cheeses. Local participants positively qualified the event as "professional, educational, and

entertaining, all at once" and fostered meaningful relationships which will lead to greater and more consistent sales of U.S. cheese to the region in the near future.

In 2013, USDEC will exhibit at Gulfood (booths M-D 39-46) and participate in the Emirates Culinary Guild Salon Culinaire by sponsoring two classes (Tapas Finger Foods & Canapés and Four Course Vegetable Menu).

USDEC is an independent membership organization that represents the export interests of U.S. milk producers, dairy cooperatives, processors, and trading companies. For more information, please contact Nina Bakht at amfime@cyberia.net.lb.



Angélique Hollister, Vice President of Cheese Marketing, USDEC USA giving a presentation on "The Global Cheese Market and U.S. Cheese Industry Overview".

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Also educating U.S. suppliers about the Middle East cheese market.



One-on-one meetings between U.S. cheese suppliers and local buyers. Left picture: Hilmar Cheese Company talking to Juhayna Food Industries. Right picture: Glanbia Foods in conversation with Target General Imports & Distributor (TGID).



From right to left: Simon Bakht, President of Arab Marketing & Finance, Inc. (AMFI), Mohamed Taha, Senior Assistant to the Regional Agricultural Attaché of the U.S. OAA, Jude Akhidenor, Regional Agricultural Attaché, Don-Day Gomes and Mike Lehmann, both sales managers from Schreiber Foods, Inc.



Nina Bakht, Director of USDEC Middle East and Sandra Haddad manning the welcome desk



Riyadh Hassan Sales and Marketing Manager Aramtec, René Keller Export Manager Food Service HUG AG and Chef Urs Peter receiving the certificate from Chef Uwe Micheel, President, Emirates Culinary Guild.

The Swiss company **HUG AG** has its headquarters in Malters/Lucerne and employs around 400 people in three locations – Malters, Willisau and Trimbach. HUG was established as a bakery in Lucerne in 1877. The first product, which was invented by the founder Joseph Hug-Meyer was

zwieback. The current range of products includes bread crackers (including DAR-VIDA), typical Swiss Guezli (cookies), biscuits specialities by Wernli, frozen baked goods/ snacks and baked restaurant/ catering goods (e.g. tartelettes).

HUG is one of the biggest and most innovative tart shell producers in the world. All tartelettes are produced in Switzerland and HUG goes after the own Charta of raw materials (eggs from a healthy environment, non-



hydrogenated vegetable fats, non preservatives, a minimum of food additives, raw materials produced without genetic engineering).

High Swiss quality is standard for HUG and of course they have all quality certificates like BRC, IFS, ISO. The assortment consists of small tartelettes (3.8 cm) until tartelettes with a diameter of 9 cm. All tartelettes (snack, dessert, universal) are wonderful crumbly and feature a thin coat of non-

hydrogenated vegetable fat right up to the edges. This means they can be filled up to eight hours before consumption.

HUG AG is still family-owned, and is now run by the fourth generation. The two brothers Andreas Hug (CEO) and Werner Hug (chairman to the advisory board) run the company to three principles: sincerity, entrepreneurial attitude and conscience – simply HUG. More information at www.hug-luzern.ch or at Facebook www.facebook.com/hugfoodservice

We are proud to work together with Aramtec in UAE/Oman. Aramtec is our distributor and they serve the professionals with HUG-Tartelettes within very short time. www.aramtec.com

BRIEFS OF THE CLASSES FOR ENTRY

THE EMIRATES SALON CULINAIRE

Resume Of Classes for Entry Practical Pastry

Class No. Class Description

- 01 Cake Decoration - Practical
by Masterbaker
- 02 Wedding Cake Three-Tier
- 03 Four Plates of Dessert
- 04 Pastry Showpiece
- 05 Bread Loaves and Showpiece
by Masterbaker
- 06 Friandises Petites Four Pralines Nougatines
by Masterbaker
- 07 Chocolate Carving Showpiece
- 08 Fruit & Vegetable Carving Showpiece
by Barakat International
- 09 Open Showpiece
- 10 Five-Course Gourmet Dinner Menu
by Australian Meat
- 11 Four-Course Vegetarian Menu
US Cheese by US Dairy Export Council
- 12 Tapas, Finger Food and Canapés
US Cheese by US Dairy Export Council
- 13 N/A
- 14 An Arabian Feast
- 15 Individual Ice Carving
- 16 Ice Carving Team Event
- 17 Practical Fruit & Vegetable Carving
by Barakat Quality Plus
- 18 Dressed Lamb - Practical Butchery
by Australian Meat
- 19 Arabic Mezzeh - Practical Cookery
- 20 Fish & Seafood - Practical Cookery
by Live Seafood - Dalsea by Mitras
- 21 Beef - Practical Cookery
by Australian Meat
- 22 Emirati Cuisine – Practical Cookery
- 23 Young Chef of the Year Supplementary Class. Practical Butchery: Chicken and Fish.
This class is not open to single entries.

Class 01: Cake Decoration - Practical



MASTERBAKER MARKETING FZCO



1. Decorate a pre-baked single cake base of the competitor's choice.
2. Two-and-a-half-hours duration.
3. All decorating ingredients must be edible and mixed on the spot.
4. No pre-modelled garnish permitted.
5. Chocolate and royal icing can be pre-prepared to the basic level, e.g. tempered chocolate can be brought.
6. Competitors must provide all ingredients, cake base, utensils, and small equipment required.
7. The cake base must a minimum size of 30cm X 30cm or 30cm Diameter.
8. A standard work table with a 13 amp power socket is provided for each competitor to work upon.
9. Water and refrigeration will not be available.
10. The cake will be tasted as part of judging.
11. The Judges will cut the cake.

Pastry Displays

Class 02: Three-Tier Wedding Cake

1. All decorations must be edible and made entirely by hand.
2. Pillars or stands may be inedible but, unless decorated by hand, must be plain and unadorned.
3. Fine, food-quality wiring is allowed for the construction of flowers and the like, but must be properly wrapped and covered with flower tape or paste.



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4. Royal icing, pastillage, pulled sugar, etc., may be used in the construction, but the finished display must not be dependent on these items.
5. The bottom layer of the cake must be edible.
6. The cake will be tasted by the judges.
7. Inedible blanks may be used for the two top layers.
8. Typewritten description and recipes are required.
9. Maximum area w60 cm x d75 cm.
10. Maximum height 75cm (including socle or platforms)

Class 03: Four Plates of Dessert

1. Prepare four different desserts, each for one person.
2. At least one dessert must contain Toni Kaiser strudel dough as a main component.
3. Toni Kaiser strudel dough will be supplied to entrants.
4. Each dessert presented singly on an appropriated plate.
5. Presentation to include a minimum of one hot dessert (presented cold).
6. Typewritten description and recipes are required.
7. Tasting will be part of the judging process if deemed necessary to determine quality and authenticity.
8. Maximum area w90 cm x d75 cm.

Class 04: Pastry Showpiece

1. Freestyle display.
2. Edible media, marzipan, pastillage, sugar, pulled-sugar, croquant, etc., may be used, singly or in mixed media.

3. Written description required.
4. Maximum area w90 x d75cm.
5. Maximum height 90cm (including base or socle).

Class 05: Baked Good and Baked Bread Showpiece



1. The entire exhibit must comprise baked goods and must include the following:
2. A baked bread showpiece.
3. Four types of bread loaves (competitor's choice) minimum of two pieces of each loaf to be displayed.
4. Four types of bread roll (competitor's choice) minimum four pieces of each roll to be displayed.
5. Four types of baked sweet breakfast items (competitor's choice) minimum four pieces of each item to be displayed.
6. Four types of baked savoury/salt breakfast items (competitor's choice) minimum four pieces of each item to be displayed.
7. Doughs prepared and breads baked at place of work and brought to the competition for judging.
8. Tasting will be part of the judging criteria
9. Typewritten recipes are required.
10. Maximum area w90 x d75cm



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Class 06: Friandises Petites Four Pralines Nougatines



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1. Present the exhibit to include a small showpiece; the showpiece is for effect only and will not be judged as part of the class.
2. Exhibit eight varieties.
3. Six pieces of each variety (48 pieces total) plus one extra piece of each variety on a separate small platter for judges' tasting.
4. Freestyle presentation.
5. Written description mentioning the theme is required.
6. Typewritten recipes are required.
7. Maximum area w90 cm x d75 cm.

Artistic Displays

Class 07: Chocolate Carving Showpiece

1. Free-style presentation.
2. No frames or supports.
3. Natural colouring is allowed.
4. Minimal glazing is allowed.
5. No molded work.
6. Maximum area: w80 cm x d75 cm.
7. Maximum height 75cm (including base or socle).

08: Fruit & Vegetable Carving Showpiece



1. Freestyle presentation.
2. Light framing is allowed, but the construction of the piece must not depend upon it.
3. Maximum area w60 cm x d75 cm.
4. Maximum height 55 cm (including base or socle).

Class 09: Open Showpiece

1. Freestyle presentation.
2. Only showpieces made of edible food material will be accepted for adjudication.
3. Maximum area w90 cm x d75 cm.
4. Maximum height 75 cm. (including base or socle).

Gastronomic Creations

Class 10: Five-Course Gourmet Dinner Menu



1. Present a plated five-course gourmet meal for one person
2. One of the appetisers for the meal must contain Australian Lamb as the main ingredient.



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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 600/700 gms.
7. Typewritten description and typed recipes required
8. Maximum area w90 cm x d75 cm.

Class 11: Four-Course Vegetarian Menu



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

9. Maximum area w75cm x d75cm.

Class 12: Presentation of Tapas, Finger Food and Canapés



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

Class 13:

Class 14: An Arabian Feast

1. Present a traditional Arabian wedding feast as it would be served at a five-star hotel in the UAE.
2. Suitable for 10 people.
3. Free-style presentation
4. The presentation to comprise the following dishes (both cold food and hot food presented cold).
5. Six cold mezzeh
6. Three hot mezzeh.



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7. A whole Ouzi presented with rice and garnish
8. A chicken main course (Emirati Cuisine)
9. A fish main course (Emirati Cuisine)
10. A lamb main course
11. A vegetable dish
12. Three types of kebabs, one of chicken, one of lamb, one of beef, each with appropriate accompaniments.
13. One hot dessert (presented cold)
14. Three cold desserts.
15. Two of the above desserts (competitors choice) must be typically Emirati
16. Only the above dishes are to be presented, no other dishes are to be added.
17. Maximum available space for presentation is 180 cm x 75 cm.
18. Competitors must ensure their exhibit is presented neatly so as to fit the available space

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

Practical Artistic

Class 15: Individual Ice Carving

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

Class 17: Practical Fruit & Vegetable Carving



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

Class 16: Ice Carving Team Event



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Class 18: Dressed Lamb - Practical Butchery



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

- e) **1 x 8 rib Frenched rack.**
- f) **Mid-loin chops from a short loin**
- g) **1 x Loin – eye.**
- h) **1 x Tunnel-boned leg tied or netted for roasting.**
- i) **1 x Seam-boned leg trimmed into its 4 primal cuts plus its bone-in shank.**

Notes on the Practical Cookery Classes

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

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

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



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6. Competitors must bring with them all necessary mise-en-place prepared according to WACS guidelines in the hot kitchen discipline (www.wacs2000.org).
7. Competitors are to provide their own pots, pans, tools and utensils.
8. All brought appliances and utensils will be checked for suitability.
9. The following types of pre-preparation can be made for the practical classes:
 - > **Vegetables/fungi/fruits; washed & peeled – but not cut up or shaped.**
 - > **Potatoes washed and peeled – but not cut up or shaped.**
 - > **Onions peeled but not cut up**
 - > **Basic dough can be pre-prepared.**
 - > **Basic stocks can be pre-prepared.**
 - > **Basic ingredients may be pre-weighed or measured out ready for use.**
 - > **Fish may be scaled and filleted and the bones cut up.**
 - > **Meat may be de-boned and the bones cut up.**
10. No pre-cooking, poaching etc. is allowed.
11. No ready-made products are allowed.
12. No pork products are allowed.
13. No alcohol is allowed.
14. If a farce is to be used for stuffing, filling, etc., at least one of the four portions of the farce must be prepared in front of the judges to show the competitor's skill
15. 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.
16. Two copies of the recipes typewritten are always required.
17. Submit one copy of the recipe/s to the clerk when registering.
18. Submit one copy of the recipe to the duty marshal at the cooking station.

Practical Cookery

Class 19. Mezzeh – Practical Cookery

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:
 - > **Lebanon**
 - > **Syria**
 - > **Jordan**
 - > **Morocco**
 - > **Egypt**
 - > **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. Present the mezzeh in four equal portions.
7. Two portions will be served in the public restaurant and two portions will be presented to the judges.
8. Typewritten recipes are required.

Class 20: Fish & Seafood - Practical Cookery



Delsea Food.. Delicious Food..

1. Time allowed 60 minutes
2. Prepare and present four identical main courses using fish/shellfish as the main protein item.



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3. Present the main courses on individual plates with appropriate garnish and accoutrements.
4. Typewritten recipes are required.

Class 21: Beef - Practical Cookery



1. Time allowed 60 minutes
2. Prepare and present four identical main courses using Australian Beef as the main protein item.
3. Any cut of beef with the exception of tenderloin can be used.
4. Present the main courses on individual plates with appropriate garnish and accoutrements.
5. Typewritten recipes are required.

Class 22: 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:
 - > *Margougat Al Khudar*
 - > *Thareed Laham*
 - > *Margougat Al Dijaj*
 - > *Maleh Biryani*

- > *Samak Mashwi*
 - > *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

Young chef of the year 2012

Classes for entry

Entrants for this trophy must be aged 25 years or under on 1st February 2012 a clear scan of the entrant's passport must be forwarded along with the entry registration and fee. Completion of each of the following three classes is mandatory in order to qualify.

Class No. 22:

- > *Emirati Cuisine – Practical Cookery*

Class No. 21:

- > *Beef - Practical Cookery by Australian Meat*

Class 23:

Supplementary Class:

- > *Practical Butchery Fish and Chicken Class for Young Chef of the Year Trophy.*

Time allowed 1 hour in 30 minute sections as below:



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**Chicken:**

1. Time allowed 20 minutes
2. Take a whole fresh chicken and prepare from it the following:
3. One breast skinless.
4. One breast skin-on.
5. One whole leg, skin-on, and tunnel-boned, ready for making a ballotine.
6. One thigh boneless.
7. One drumstick.
8. Two wings prepared for pan frying/grilling.
9. Carcass prepared for stock.

After 20 minutes:

10. 10 minutes to explain to the judges the method of preparation of a classical chicken stock.

Fish:

11. Time allowed 20 minutes.
12. Take a whole fresh Sherry or other sustainable fish species of the Arabian Gulf waters.
13. No imported type of fish is to be used.
14. Gut, clean and fillet the fish.
15. One fillet with skin on.
16. One fillet skinless.
17. Cut each fillet into as many 140gr size servings as possible.

After 20 minutes - 10 minutes to:

18. Explain to the judges the usage of any left overs.
19. Explain to the judges the method of preparation of a classical fish stock
20. Competitors are to supply their own whole fish and whole chicken, all utensils and chopping boards.

Competitors will be marked on knife skills, clean bone work, meat left on carcass, wastage, basic knowledge of questions asked about the preparations of stocks.

Rules and Regulations for Culinary Competitions

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.
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.



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COMPETITION ENTRY:

10. Please note that there are different forms for different types of entry; ensure that the correct form is being used.
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:
 - > **AC Name: The Culinary Alliance FZ LLC**
 - > **Bank: Standard Chartered Bank Bur Dubai (UAE)**
 - > **IBAN: AE400440000001207870301**
 - > **SWIFT Code: SCBLAEADXXX**
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 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 71963 Dubai, United Arab Emirates. Tel: + (9714) 3403128. Fax :+(9714) 3473742. Email: theguild@eim.ae

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.



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30. A helper must be junior in rank to the person he/she is helping.
 31. A competitor must wear full; freshly laundered chef's uniform with appropriate headgear and footwear when attending at the exhibition.
 32. A competitor's helper must wear full; freshly laundered chef's uniform with appropriate headgear and footwear when attending at the exhibition.
 33. Competitors that are incorrectly dressed at a competition will not have their exhibits judged.
 34. Helpers that are incorrectly dressed will not be admitted to the exhibition.
 35. Logos, marks and identifying colours provided by the organisers must be worn by competitors 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.



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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 recognisable 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.

AWARDS:

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 18:00 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.

LOST AWARDS:

64. Due to the impossibility of detecting bogus lost award claims, the Guild protocol is to disregard appeals for replacement.

COPYRIGHT:

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

DISCLAIMER:

66. The organisers are entitled to cancel or postpone the Salon, or to alter the duration, timing or schedule of any event.
67. 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.
68. 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.



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QUERIES:

69. All queries must be submitted by email to: theguild@eim.ae. The question and answer to each query will be broadcast to all entrants.

JUDGING AND THE AWARDS SYSTEM

> A team of WACS (The World Association of Chefs Societies) approved international Judges will adjudicate at all classes of the competition: using WACS-approved methods, criteria and documents www.worldchefs.org

> After each judging session, the judges will hold a debriefing session at which each competitor attending may learn something of the thinking behind the judges' decision.

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

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

The points scaling for awards in all classes are as follows:

Points

- > 100 Gold Medal with Distinction with Certificate.
- > 99 – 90 Gold Medal with Certificate.
- > 89 – 80 Silver Medal with Certificate.
- > 79 – 70 Bronze Medal with Certificate
- > 60 – 69 Certificate of Merit
- > Thereafter Certificate of Participation

Corporate and Establishment Trophies

The corporate and establishment trophies available are:

Best Effort by an Individual Establishment – The Emirates Salon Culinaire

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

Best Effort by a Corporation – The Emirates Salon Culinaire

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

Point Value of each Medal Won:

- > Gold Medal with Distinction 08 Points
- > Gold Medal 05 Points
- > Silver Medal 03 Points
- > Bronze Medal 01 Point

Rules & Regulations Specific to 2013

VENUE & ENTRY FEES:

1. The Emirates Salon Culinaire will be held during the Gulf Food Hotel and Equipment Exhibition from February 25th to 28th 2013.
2. The venue is the marquee at the rear of Zabeel hall (a location map will shortly be sent to entrants).
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 Briefs of the Classes for Entry.
4. The fees for entry to the trophy classes are as follows:
 - a) *Best Cuisinier – The Emirates Salon Culinaire- Dubai 2013 AED:500/- per person*



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- b) *Best Pastry Chef –The Emirates Salon Culinaire- Dubai 2013 AED:400/- per person*
- c) *Best Artist –The Emirates Salon Culinaire- Dubai 2013 AED:500/- per person*
- d) *Best Arab National – The Emirates Salon Culinaire- Dubai 2013 AED:300/- per person*
- e) *The Middle East Young Chef of the Year – The Emirates Salon Culinaire Dubai 2013 AED: 500/- per person*

TROPHY ENTRY:

Entrants to a trophy class must enter and finish in all and only those classes that pertain to the trophy for which they are entering. No other classes may be entered into by a trophy entrant.

Trophies are awarded on the highest aggregate points from all three classes.

The required trophy classes to be entered are:

BEST CUISINIER:

- a) *Class #10. Five-Course Dinner Menu by Australian Meat & Livestock*
- b) *Class # 20. Fish & Seafood Practical Cookery*
- c) *Class # 21. Beef Practical Cookery by Australian Meat & Livestock*

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:

- a) *Class # 01. Practical Cake Decoration*
- b) *Class # 03. Four Plates of Dessert*
- c) *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:

- a) *Class # 07. Chocolate Showpiece*
- b) *Class # 09. Open Showpiece*
- c) *Class # 15. Individual Ice Carving*
- d) *Class # 17. Practical Fruit & Vegetable Carving*

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

BEST ARAB NATIONAL:

- a) *Class #22. Emirati Cuisine Practical Cookery*
- b) *Class # 14. An Arabian Feast*
- c) *Class # 19. Arabic Mezzeh Practical Cookery*

In order to qualify for inclusion in the points tally for Best Arab National Trophy a competitor must win at least one medal.

MIDDLE EAST YOUNG CHEF OF THE YEAR

- a) *Class #21. Beef Practical Cookery By Australian Meat & Livestock.*
- b) *Class #22. Emirati Cuisine Practical Cookery.*
- c) *Class 23. Practical Butchery.*

Entrants for this trophy must be aged 25 years or under on 24th February 2013, a clear scan of the entrant's passport must be forwarded along with the entry registration and fee.

CLOSING DATE:

5. Closing date for entries is January 31st 2013. However, many classes are often fully subscribed and closed well before the closing date.



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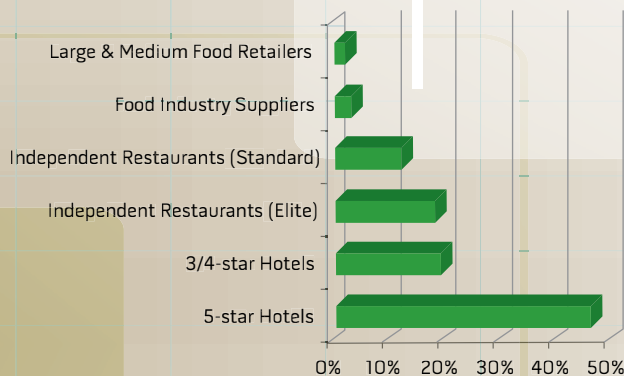
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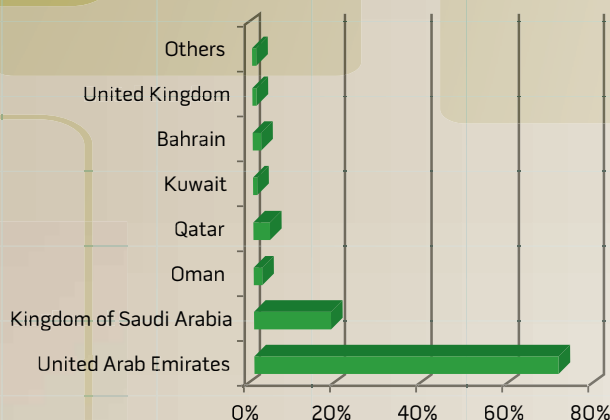
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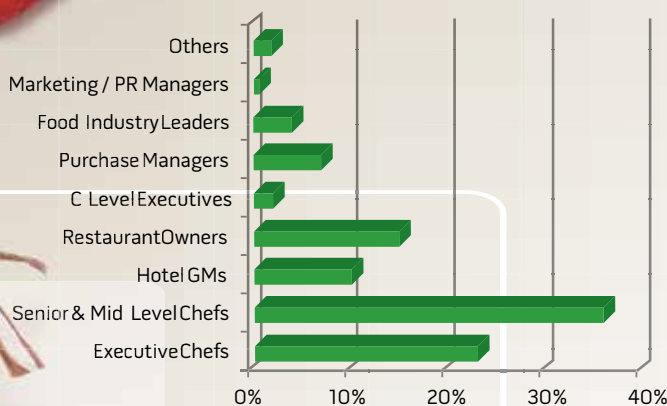
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APPLICATION FOR MEMBERSHIP

Date of Application:

Family Name: (Mr./Ms./Mrs.)

First Name/s:

Nationality:

Civil Status:

Date of Birth: dd/mm/yy

Name of Employer:

Address in Home Country:

Work Address:

Tel:

Web Address:

Email:

Telephone Office:

Professional Title:

Fax Office:

Type of Membership Required: (Please tick one)

Tel. Home:

Corporate ☐ Senior Renewal ☐

Fax Home:

Senior ☐ Young Chef ☐
(under 25 yrs below)

Email:

Declaration to be Signed by all Applicants

I wish to join the Emirates Culinary Guild. I have read the ECG Constitution and By-laws. I agree to be bound by the requirements of the constitution. If elected, I promise to support the Guild and its endeavors, to the best of my abilities.

Signed:.....

Proposed By:

Sig:.....

Seconded By:

Sig:.....

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Remarks:

Payment received?

Certificate Given.

Pin Given.

Medal & Collar Given

Approved

Approved

President.....

Chairman.....

Fees:

Young Member: Junior members will receive a certificate.

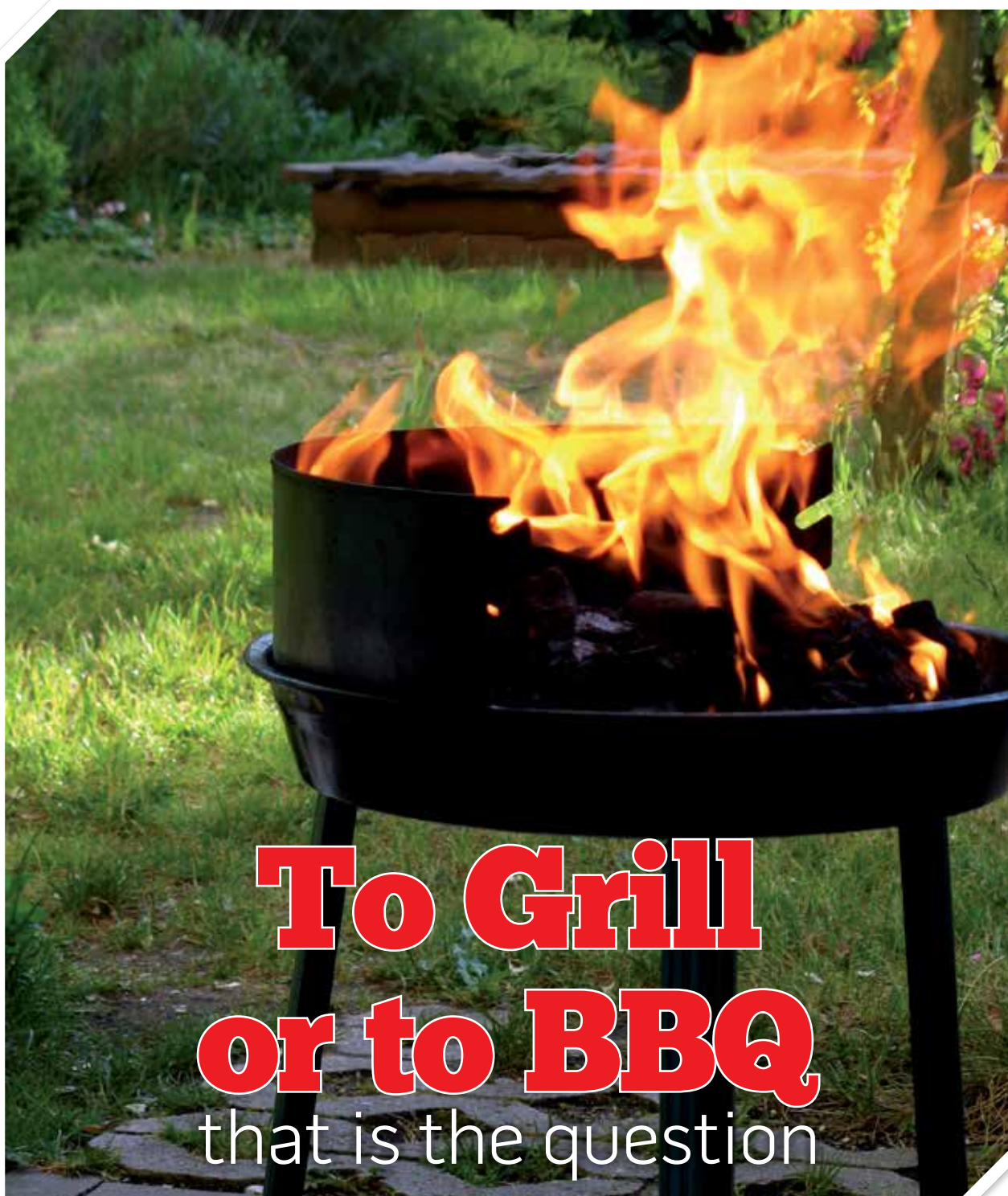
Senior Members: Above the rank of chef de partie (or senior chef de partie on executive chef's recommendation).

Dhs.350/=joining. Includes certificate; member-pin, member medal and ECG ceremonial collar. Dhs.

150/=per year thereafter.

Affiliate Member: Dhs.350.00 for the first year. Dhs.300 per year thereafter.

Corporate Member Dhs. 20,000 per year



Without getting into the technical details, the art of caramelising the natural sugars in protein and vegetables and modifying the molecular structure through exposure to heat is simply why we are all here. Personally, I am fascinated by the change in texture,

colour, aroma and taste of food as it transforms and becomes something else. It's a little bit of Chemistry, little Biology and a whole lot of Art!

Of course this Heat can be applied through various methods using different tools, and that's for another day to discuss, but the one constant

is a little bit of heat, either direct or indirect goes a long way. Which brings me to the subject!

Living in this part of the world, the window to get outside and prepare food on open fire is only about 3-4 months out of the year. Sure you can fire up the grill in July or August too,



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kitchen



Perhaps the greatest discovery of all time is when man, or it could have been a woman, though I am pretty sure it was a man... discovered to make use of fire to turn cow into steak au poivre!

(continued from page 65)

but if you do, you either didn't pay your utilities and they got cut off, or you have some serious dedication, and I salute you for that. I myself have my toys ready all year long, though I usually leave the BBQ for the cooler winter times and the grill for the hotter summer days. At the risk of boring some of you I want to touch on some of the differences between the two and just clarify any misconception here. Bear with me, believe me there are some people that don't know the difference!

OK, so basically the phrase Grill, and NO, I am not talking about the grill you see with diamonds and bling bling in rap videos. I am referring to the big metal box full of hot charcoal with a wire grid placed close to the fire to cook food on. Grilling is the art of cooking smaller pieces of food using high temperatures for a short period of time. I am sure you have heard the term Millard Reaction somewhere; which refers to the chemical reaction when food reaches temperature in excess of 310°F and starts to change its molecular structure. That luring aroma you get when you walk by a steakhouse or in my neighbourhood every Friday, is exactly this, and it's just magical.

Over the years grilling has gotten some good reviews about being a

"healthy way" to prepare food, but to be quite honest with you I am more concerned with the aroma and that chard flavour. When grilling, you are using a very high and dry heat and direct to food from either top or bottom. The thing with grilling is that you've gotta know what you are doing and know what it is you are grilling, you literally have about 90 seconds to go from a beautiful medium rare fillet steak to a shoe leather.

This really separates the boys from the men. A few months back at a friend's house I almost did the unthinkable and ate salad at a BBQ because my steak was over cooked, luckily I found some cardboard and ate that instead.

This brings me to my next subject, the BBQ. The abbreviation BBQ is short for Barbecue, derived from the American-Indian word "Barbacoa" meaning the process of cooking meats over hot coals over a long period of time. There are some other explanations and theories for how this word came about depending on where you are from or who you've been talking to, however for the sake of simplicity and because it makes sense to me, let's just go with my explanation...

So, BBQ is cooking over heat for a long time, which can only mean indirect cooking, which means using heat from either one side or both sides and never exposing food to high heat or flames.

Smoking is the perfect example of BBQ. When using a smoker to cook a

brisket or rack of ribs, the lower heat and higher humidity packed with flavours slowly penetrate and cook the meat over a course of several hours. Though BBQ-ing is a bit more foolproof than grilling, since it's less likely to overcook food, the end results are just as spectacular, if not better.

The main points to consider when planning your next BBQ are the type of Meat, beef, chicken... the Dry Rub, the Sauce and last but not least, the type of wood, or what I call the Smoke! I suppose its personal preference and I urge you to feel free and experiment, but for me a sweet and tangy fruit based sauce and a light maple smoke works great for poultry and a deep tomato base sauce and musky oak or hickory works for larger cuts of meat like a brisket. Either way, whichever combination you choose, it's got to be cooked "Low & Slow".

All and all, what comes to mind when either grilling or BBQ-ing is gathering of friends and loved ones, laughter and large pieces of meat. And really that's what it's all about. Couple of weeks ago, I received a present, a t-shirt that said "there is plenty of room for all creatures, right next to the mashed potato". It puts a smile on my face every time I see it. Thanks Moe, I will wear that shirt for many cookouts to come.

Anyways, I will leave it there and leave the rest for next time.

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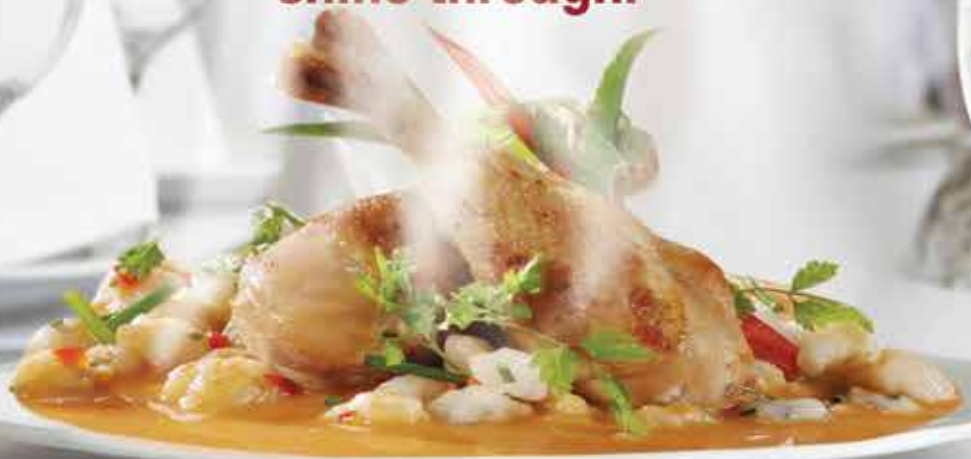


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