

MAHARAJA MENU

Executive Chef Shashwat Shivam of Jodhpur Royal Dining talks about his journey to success



YOUNG CHEFS

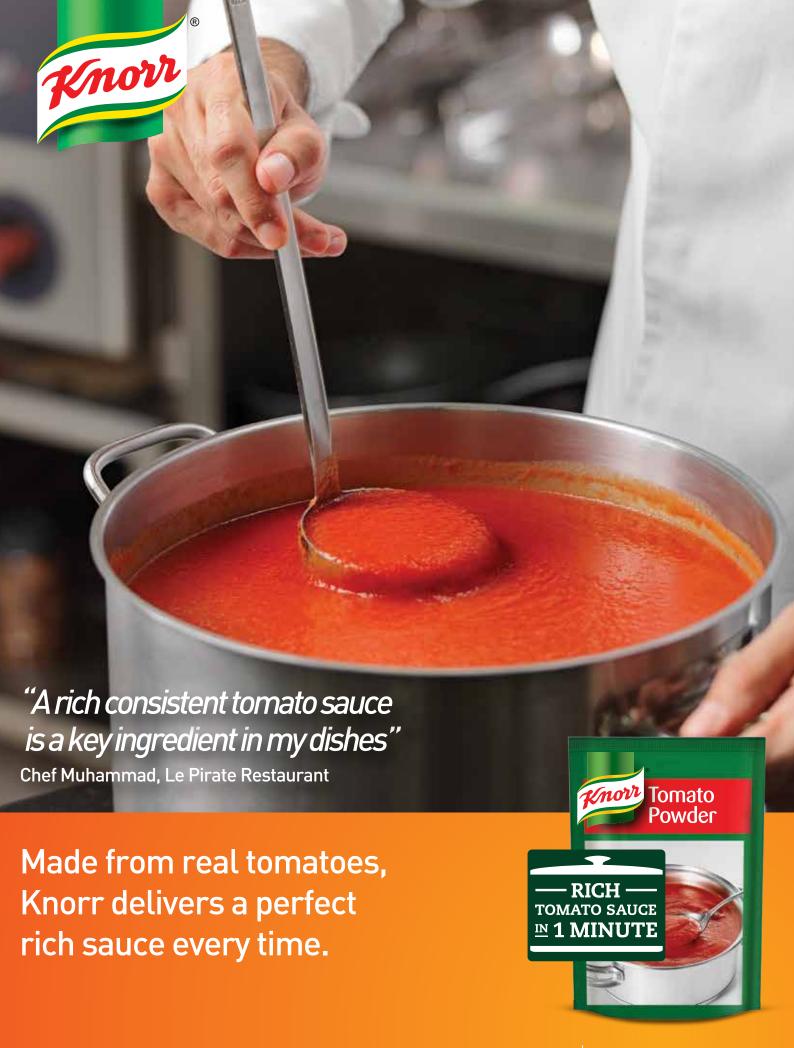
Golden Chef Hat Award 2018 takesoff with chefs from Madinat Jumeirah and Radisson Hotel



FULL SCHOLARSHIP

Extensive report from the ICCA milliondirham culinary scholarship graduation ceremony





president's station

email theguild@eim.ae

Dear fellow chefs, ladies and gentlemen,

Welcome to Gulf Gourmet's first issue for 2018.

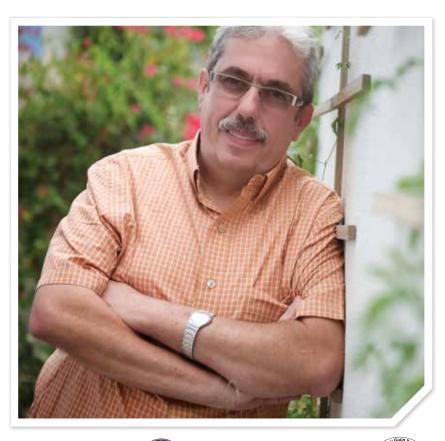
On behalf of Emirates Culinary Guild (ECG) Executive Committee and WorldChefs' Presidium, I wish you a healthy and successful year. I hope you had a great start so far.

Here in the UAE, everyone is expecting a challenging year for the industry and related sectors. Yes, I do agree there will be challenges. At the same time, I also see 2018 as the year with **LOTS OF OPPORTUNITIES**. You just need to go back to basics and look for the opportunity if they do not look for you.

Your ECG has a super busy year ahead. We have planned many events. On the 25th of this month, we have teamed up with Mindset and will attempt to break a Guinness record for the Biggest Pot of Tea. Please do contact me if you would like to join. In February, we have our International Salon Culinaire during Gulfood. In April, our culinary team is travelling to Singapore. May will take us to Fujairah for the East Coast Salon Culinaire. In July we will travel to Kuala Lumpur for the WorldChefs Congress. It looks like we are going to be the biggest delegation ever. We are also in full preparation - planning for the Culinary World Cup in Luxembourg in November. Last but not the least, in December we will be in Abu Dhabi for Sial, which will feature again our Young Chefs' Team, "Alen Thong Trophy". These are only the big ones, we have lots of small events as well.

Our Young Chefs Team is putting a great calendar of activities together, with Rational demo to start the 2018 activity. On 21st and 28th of January we will have 2 Greek Olive Events in Radisson Blu Hotel DDC. Registration is limited.

Our friend Bassam Bousaleh and the AMFI Team have as well started to plan different events brought to us by US









Dairy Export Council, US Beef Export Council and US Poultry & Egg Export Council. As you can see a busy year ahead and full of opportunities.

If you are yet to register for the WorldChefs Congress July 2018 in Kuala Lumpur, make sure that you register as soon as possible, we are looking forward to a great Congress. Andy Cuthbert and the organising committee are working very hard to put an amazing show together. Do not miss it.

If you have missed previous issues of Gulf Gourmet, please visit gulfgourmet. net for the back issues.

I urge all members to go onto the Guild website to see what is happening on the calendar at emiratesculinaryguild.net and





also visit the WACS Young Chefs Facebook page on facebook.com/wacsyoungchefs. Encourage your young chefs to join that page so they can be in contact with over 4,000 chefs across the globe.

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

Thank you to Chef Diyan Manjula De Silva and Radisson Blu Hotel DDC Team for Hosting the December meeting.

Culinary Regards,

Uwe Micheel

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

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A listing of all leading food, beverage and equipment suppliers in the region

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MAKE YOUR GRILL SIZZLE FLANK STEAK

Australian flank steak is an extremely versatile cut of meat. From American fajitas to Chinese stir fries or marinated Mexican style – the Australian flank steak is celebrated as the star in many global cuisines. It is ideally marinated in strong flavours like lime juice, coriander and chilli and then grilled and sliced across the grain for wrapping in tortillas, or slow cooked and 'pulled' for burritos. Australian flank steak also adds a fantastic texture to gourmet hamburger patties.





Australian Flank Steak

Australian flank steak is a single muscle cut from the flank primal (thin flank), which is beneath the loin and in front of the back legs. This cut is processed practically free of fat and connective tissue, so very little, if any, trimming is required. It is further prepared by stripping away the membrane and connective tissue to leave a flat, coarse-grained muscle with fibres that run lengthwise. Perfect for thin slicing for a stir-fry, flank steak also performs extremely well under slow-cooking conditions.

Cooking Tips

Marinating Australian flank steak overnight will help tenderise the meat. This cut is best cooked to medium rare – it does not perform well if cooked beyond medium rare so it's important to make customers aware of this.

Serving Tips

If serving Australian flank as a steak, then carve it across the grain prior to plating to ensure the best eating experience. Choosing a marbled piece of Australian flank steak will also contribute to the juiciness and flavour of this cut.









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TASTES.

TRENDS.



OFFICIAL TRAVEL









editor'snote

email editor@gulfgourmet.net

appy New Year to all our readers working in the culinary, hospitality and food service industries.

A subject that few like to broach with regards to the culinary sector is the dearth of women chefs in professional kitchens. A sort of oxymoron given how it is inversely proportional to the number of women and men working inside the kitchens of their homes. The ratio of professional female chefs is so staggeringly low, it makes the IT sector look like a leader in gender equality.

Therefore, it is my pleasure to introduce to you a female culinarian working in the UAE, who has made both her native country (Philippines) and her resident country (UAE) proud by lifting the Cake Designers World Championship Trophy in Milan, Italy. This is no mean feat given the tough global competition she faced out there.

In fact, we would like to take this opportunity to apologise to Chef Jade, for not including her on our previous cover story about the Pastry heavyweights representing the UAE in Italy. Yes, the cover story had all men.

Read about her amazing journey to becoming a world champion in her field of expertise in this issue.

Also in this issue are interviews with Executive Chefs from Jumeirah Zabeel Sarray and Roda Al Murooj talking about Emirati and Indian cuisine respectively. They both had the same thing to say in that the best way for either cuisine to make its mark on the global fine-dining scene is to present it in a modern way.

You can also explore two great events from last year with the largest collection of images in this issue. We are talking about SIAL Abu Dhabi and graduated class of the ICCA million-dirham scholarship programme.



The complete listing of rules and classes for the biggest culinary competition – International Salon Culinaire at Gulfood – is published in this issue. If you are among the 1,500-odd chefs practising to participate in the event, read it carefully. You don't want to lose unnecessary points, or worse, get disqualified for not going by the rules.

And last but not the least, do read a chefs first-person account on why it is so important to adhere to safety rules in the kitchen on page 18. Written by Chef Komang, who is also a Gulf Gourmet event winner for an all-expenses-paid trip to Canada, has an interesting story that might resonate with your own "close-shave" experiences in the kitchen.

All the best to all the participants of Salon Culinaire and congratulations to all the chefs who participated in La Cuisine du SIAL last month. As Chef Uwe, always says, "it doesn't matter whether you win or lose, it is the experience and knowledge you gain from here and take back to the workplace that matters".

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

Aquin George *Editor*

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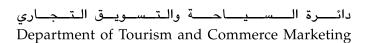
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PRISTINE



































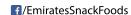


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'Bring our cuisine out from the darkness into the light'

ECGYCC's Liaison Officer Chef **Sahikha Almemari** engages Emirati Executive Chef **Musabbeh Al Kaabi** in a quick tête-à-tête on UAE's local cuisine and its future

What is your opinion on young chefs and their awareness of Emirati food? Truth be told, not many chefs have knowledge of Emirati cuisine. And this goes beyond just young chefs.

What steps are needed to make Emirati food as popular as cuisines from Italy or India?

To do this we need to present Emirati cuisine in two ways. One, we need to get the real traditional flavour of Emirati cuisine right when cooking it. And two, we must present it in a modern way keeping with the trends in the culinary world.

How can we make Emirati food more familiar to chefs?

We can do that by participating in competitions and events here, and in countries like USA, Lebanon, Spain, etc. At the last expo in Milan, Italy, I travelled to showcase Emirati cuisine. This is the way to shine light on what is a hidden gem. Emirati cuisine is as superior as any other cuisine considering it took shape during the Ottoman period where we spices and methods of cooking that are different to other cuisines.

How would you rate the culinary knowledge among chefs in the Emirates?

I can't rate the knowledge because I have not worked with all of them. Only thing that is for sure is that it will be long term learning for all to become experts.

What do you think are the reasons why chefs are unaware of Emirati food?

It ranges from no practice to shortage of time to learn, and lack of passion to take on a new cuisine.



How different is Emirati food from other Middle Eastern countries?

It is different because we are a desert country. We have our own specialty cuisine. We use different types of breads. And the concept of keeping things cool is very important to us.

Would you be able to help us young chefs to know more about Emirati food through a workshop?

Of course yes. I am always open to teach and share my knowledge of this cuisine.

Which cuisines which have influenced Emirati food?

Indian cuisine.

The three most known and famous dish of Emirates are?

Makbhous (can be made of chicken,

lamb, fish and vegetable)
Jasheed (main ingredient is a baby shark)
Lamb madfoon (cooking the meat under
the soil)

The exclusive spices of emirates?

Homemade spices, which consist of whole ground spices, cinnamon sticks, cardamom, cloves and bay leaf. You roast it at 160°C for 7-8 mins. Take it out and let it cool. Then you blend it.

Which is the most used spice in Emirati cuisine?

Dry lemon because we use it in our main course.

Your message to local Emirati chefs?

Work hard and help bring our cuisine out from the darkness into the light and let's show the world how amazi





Same Team NEW FACES

Madinat Jumeirah, a previous winner of the Golden Chef Hat Award, kicks off the latest season of the Nestle Professional event for 2018 with a new culinary duo

tarting this month, Gulf
Gourmet in partnership with
Nestle Professional will invite
two UAE-based culinary teams
(instead of one) each month to showcase
their finest creations using ingredients
provided by Nestle Professional. The
2018 edition of the Golden Chef Hat
Award takes off with young chefs from
Madinat Jumeirah and Radisson Blu
Hotel Dubai Deira Creek, both winners
of the same competition in the past.
This is the story of the duo from Madinat
Jumeirah followed by their recipes.

Chef Roseniah S. SultanChef Roseniah dreamed of flying the

skies only to wake up to the reality that her true passion lies in cooking. This young girl from the Batangas, Philippines completed her Bachelor of Science in International Hospitality Management, specialising in International Travel and Tourism Management.

She worked as ground staff for almost a year with the Philippines Airlines before deciding that she wanted to try her hand a something new. An opportunity to intern at the Grand Hyatt in Dallas was handed to her and she grabbed the opportunity to do so for almost a year. "The Executive Chef liked my work and when I completed my internship, he

helped me get my current job in Dubai with the Jumeirah Group."

She arrived in Dubai as Commis III at the Mina A' Salam Madinat Jumeirah and in 4 months got promoted to Commis II. "All the hard work of being in the kitchen for long hours while doing my internship paid off I guess. The work in the US allowed me to learn what critical in terms of basics when in a busy kitchen environment."

Moving out of her comfort zone in the Philippines and move to the US to pursue a new career was not an easy decision. "My mom cried when she







realised that I wanted to travel and become a chef. We are very close. When she realised that's where my heart was, she let me go."

She says her long term dream is to become an executive chef and thanks Chef Ruchi for being her mentor and Nestle Professional for giving her this opportunity to showcase her skills in her very first culinary competition.

Chef Sudheesh Sundaran

Chef Sudheesh has spent just over a year in his current role, which is also his

first full time job as a chef. The Commis at Madinat Jumeirah's famous pastry section (it is arguably the best pastry team in the UAE at present; even the World Champion in our cover story is part of this team) was lucky to get this break at the onset of his career.

While studying for his Bachelor's degree in Hotel Management and Culinary Arts from the University of Calicut, this Malayalee boy from the southern state of India was bestowed with great training and internships over three years. He worked at the Taj and at the

Le Meridien before getting to complete his training in Madinat. His work ethic secured him a full-time role here and his Executive Pastry Chef even nominated him to partake in this competition.

However, working in pastry or for that matter even in a kitchen was not why he joined the Hospitality Management degree. "It is only after I joined the hospitality school that the culinary arts interested me. Going forward, I'm not sure about what my future plans are. My only focus right now is to learn all that I can to become a great pastry chef," he says.

Duo of Lamb with Foie Gras Croquette and Morel jus

FOIE GRAS CROQUETTES Ingredients

600g Nestle Instant Mashed Potato Powder, 100g Nestle cream, 10g Foie gras, 1 clove of garlic, 1 onion (finely chopped), 1 cup of water, Chopped Chives, Chopped Parsley, Salt and pepper, 150g Flour, 2 eggs, 150g Bread Crumbs

Method

- In a medium pan, sauté onion and garlic
- Add Nestle Instant Mashed Potato
- Slightly pour the water and stir immediately

- Add Nestle cream. And stir.
- Add chives and Parsley to the mixture
- Add salt and pepper to taste. Transfer to a container
- Get the molder and mold the mashed potato into a square shape
- In a mixing bowl, beat eggs and mix.
 Transfer to a container and set aside
- Prepare the flour and Bread Crumbs
- Dip the molded mashed potato to the flour.
- Then Dip in the mixed eggs
- Then carefully tap it with bread crumbs
- And Fry until golden brown

SAUTÉED SAVOY CABBAGE Ingredients

1 tsp **Nestle's Instant Chicken Stock**, 1 onion, brunoise, 1 clove of Garlic, 8g Smoked duck Breast (brunoise), 1 leaf Savoy Cabbage (fine julienne), 1 tsp butter

Method

- In a medium pan sauté chopped onion and garlic.
- Then add the brunoised smoked duck breast.
- Add the Savoy Cabbage to the pan
- Deglazed it with Nestlé's Instant Chicken Stock
- Add butter at the end

MOREL JUS Ingredients

1 tbsp **Nestle's Instant Demi-Glace**, 2 cups of water, 7 pcs of Morel mushroom(small ones), 1 onion, chopped, 1 clove Garlic, 1 sprig Rosemary, 3 sprigs Thyme

Method

- Take 2 medium sauce pans.
- Sauté onion and garlic to the first medium sauce pan.

January 2018 Gulf Gourmet

- Add morels, then sauté.
- Add Nestle's Demi-Glace powder to the second medium sauce pan.
- Then add water and whisk vigorously to avoid lumps.
- Add the Demi-glace to the sautéed morels.
- Add rosemary and thyme.

TOMATO DUST

Ingredients

300 g **Nestle's Tomato Coulis**, 150 **Nestle's Instant Mashed Potato** , 2tbsp Tomato Paste

Method

- Make a Nestle's mashed Potato mixture
- Then add the tomato paste
- Add Nestle's Tomato Coulis. Cook for 10mins.
- Slightly spread the mixture to a flat tray with parchment paper and put in the dehydrator machine at 52 degrees Celsius for 8hours.
- After 8hours take it out and crushed it by hand.
- Blend it in a thermomixer then after blend it in a spice blender for more fine texture.

TEMPURA ONION

Ingredients

150g Tempura batter mixture, 6 pcs Banana shallot's onion rings, 50g Ice water, 3oz Carbonated water

Method

- Mix the Tempura batter with soda
- Dip the onion to the flour
- Then Dip it to batter
- Then fry

ROASTED CAPSICUM

Ingredients

1 red capsicum

Method

- RoastI the capsicum.
- Pell and deseed.
- Cut in to thin strips
- Roll the strips

HONEY GLAZED CARROTS

Ingredients

1 tsp **Nestle's Instant Beef Stock**, 3 pcs of Heirloom carrots, Honey, Butter

Method

- Prepare Nestlé's Beef Stock
- Braise the carrots and add honey and hutter
- Cook until carrots are tender and glazed



GREEN PEAS AND SPINACH FOAM Ingredients

300g **Nestlé's Instant Chicken Stock** , 100g green Peas, 150g Spinach, 1 1/2tsp Lecithin

Method

- Prepare Nestlé's Chicken Stock
- Then add Green Peas
- Add Spinach
- Blend it in a Thermomixer
- Transfer the mixture to a container and add the lecithin.
- Slightly tilt container and use hand blender to blend

LAMB RACK

Ingredients

3tsps pickled Pink peppercorn, 2 cloves Garlic, 2sprigs Rosemary, 3sprigs Thyme, 1tbsp Butter, Salt and Peppercorn

Method

- Season Lamb Rack with Salt and Pepper.
- In a Non sticky pan, sear the Lamb Rack in all sides to lock its juices.
- Add butter, garlic, Rosemary and thyme then do the basting.
- Put in the oven for 7minutes
- Put on the top of flat tray with Jay Cloth and Let it rest.
- Crush the peppercorns and apply on the lamb

LAMB LOIN

Ingredients

3tbsps Tomato Dust, Salt and pepper

Method

- Prepare Lamb Loin. Season it with salt and pepper.
- In a medium pan, sear the lamb loin in all sides to lock its juices.
- Put in the oven for 5minutes
- Put on the top of flat tray with Jay Cloth and Let it rest.
- Apply the tomato dust to cover the loin

SLICED BEETROOT

Ingredients

2 pcs Baby Beetroot, Lemon Vinaigrette, Salt and Pepper

Method

- Slice baby beetroot thinly
- Toss it with Lemon Vinaigrette
- Add salt and pepper to taste

LEMON VINAIGRETTE

Ingredients

3 cups Lemon Juice , 1tsp Dijon Mustard, 2tsp Honey, 1cup Corn Oil, Salt and pepper

Method

- Blend the Lemon Juice and Dijon Mustard
- Add honey
- Slowly add the corn oil
- Then salt and pepper to taste

Garnish

• Red ribbon sorrel

Coconut, Raspberry and Chocolate

COCONUT ROCHERS

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|---|----|----|----|---|---|----|
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| Egg whites | 225 g |
|----------------------|-------|
| Sugar | 500a |
| Desiccated coconut | 350g |
| Maggi coconut powder | 50g |
| Flour | 100g |

Method

- Warm whites, sugar and coconut and Maggi Coconut powder over Baine Marie
- Add the sifted flour and pipe into Rochers straight away
- Bake at 170°C

COCONUT PANNACOTTA

Ingredients

| Milk | 400g |
|----------------------|------|
| Cream | 400g |
| Coconut puree | 18Ug |
| Maggi coconut powder | 20g |
| Gelatine | 1g |
| | |

Method

- Bring milk, cream, puree and Maggi Coconut Powder to a boil
- Pour onto Nestle Docello Pannacotta powder while mixing
- Return to a boil while whisking and add soaked gelatine, strain and pour into molds and chill

CHOCOLATE TUILE

| ın | gr(| eal | ıer | its |
|----|-----|-----|-----|-----|
| | | | | |

| Glucose | |
|----------------|------|
| Sugar | 25Na |
| Dark chocolate | 115g |

Method

- Heat the glucose, sugar until 156C
- Remove from heat and mix in chocolate
- Spread thin on silpat mat and let set
- · Grind into fine powder
- Sift onto silpat mat and bake at 200C for 4 minutes
- Cut to desired shape and roll while warm

CHOCOLATE KIT KAT MOUSSE

Ingredients

| IIIgreuleills | |
|---------------------------------|-------|
| Milk | 1000g |
| Docello chocolate mousse powder | 100g |
| Homemade Caramel powder | 15g |
| Crushed Kit Kat | 50g |

Method

• Place milk and Nestle Docello chocolate

mousse powder in machine bowl and whisk on high speed until smooth, Add caramel powder (equal sugar and glucose caramelized and ground into powder)

 Whisk again for 1 minute and then fold in Crushed Kit Kat and

RASPBERRY CRÈME BRULE

Ingredients

| 400g |
|--------------|
| 200g 100g |
| 100g |
| |

Nestle Docello crème Brule powder

Method

- Bring milk, cream and puree to a boil
- Pour onto Nestle Docello crème Brule powder while mixing
- Return to a boil while whisking, strain and pour into molds and chill
- Caramelize with brown sugar before use

RASPBERRY FLUID GEL

Ingredients

| Raspberry puree | |
|-----------------|-----|
| Sugar | 12g |

Agar 3g

Method

- Bring all ingredients to a boil
- · Cook for 3 minutes
- Chill mix until set
- Blend until smooth paste and use

ALMOND TART DOUGH

Ingredients

| Butter | 540a |
|----------------|------|
| Sea salt | 9g |
| lcing sugar | 189g |
| Cround almonds | 135g |
| Eggs | |
| Flour* | 27∩α |
| Flour | 795g |

Method

- Mix soft butter, salt, sugar, almonds, eggs and first flour* in a machine bowl on slow speed with paddle
- When almost combined add remainder of flour and mix until comes together and then chill
- Roll out, bake at 170C



SAFETY FIRST

Chef **Komang Wirantawan** narrates his experience that taught him the importance of safety in the kitchen

y name is Komang and I was born and raised in Bali. Becoming a chef was never my dream; cooking was just a hobby. I joined the hospitality industry as a steward and it was then that I first found interest in the culinary field. A sushi chef to be precise.

I grabbed the opportunity for cross-training when I got one. Becoming a sushi chef was much tougher than it looks. Having an excellent cutting technique is essential and I often got my hand

cut. Especially filleting a whole big fish. It's all in the details, and also where I was most challenged.

After 3 years of work experience I moved to the UAE with the confidence that I can grow further. I participated in competitions and even failed. That's what triggered me to do better work. Fast forward a couple of years and I decided to travel to the Philippines for a short break.

Remember, I am now an established professional young chef. I still remember the day vividly. I wanted to use my skills to prepare a delicious homecooked meal. I cleaned the fish and started frying it in 180°C oil. I guess I was too reckless and excited. I didn't notice that the pan was balanced improperly on the burner.

I dropped the first fish into the oil and tried



Focus is essential to work in the kitchen, so work safe and work smart at the same time.

quickly to get another one in. Before I realized, the container of boiling oil was already sliding towards me. I moved back but it was too late. There was a bucket nearby. The pan fell on the edge of the bucket and oil splashed on my left leg.

I learned a big lesson that very minute. I was rushed to the hospital for first-degree burns. That is when I truly understood how important it is to stay safe and attentive in the kitchen. This accident keeps on reminding me to stay more focused at work.

The second incident happened at work when I was filleting a big grouper. A small fin pierced my thumb. I thought it would be okay and didn't bother. This is until it got swollen because that ridge contains a lot of bacteria.

I came back to UAE and continued my career. Since then during every training or briefing, I share this incident with friends or colleagues. I let them know that the kitchen is a beautiful place, but you have to be vigilant at the same time.

Focus is essential to work in the kitchen, so work safe and work smart at the same time.

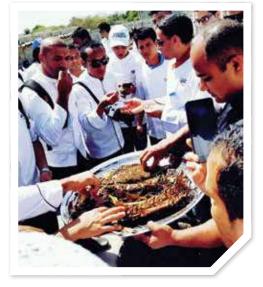


Emirati Traditional Cooking Workshop

CG-YCC had organised a workshop on traditional techniques of cooking
 Emirati food last year. The workshop was held to help young chefs
 appreciate the age-old methods of cooking.

Chef Mubarak Khamis Bilal Akhindi commenced the session on his farm in Fujairah; he is an Emirati and is well-versed in the local cuisine. The main attraction was the earthen pit cooking. Earthen pit is an ancient technique wherein a pit is dug in the ground to trap heat and bake, smoke or steam food.

Seventy-five chefs came together to participate in the workshop from all emirates. It was a fantastic experience to see and taste lamb cooked overnight with local spices.











hef Shashwat was born in the most popular city on the banks of the river Ganges. The Indian city of Varansi (Benares) is a religious hub for Hinduism and Jainism, and Buddha is believed to have founded Buddhism here. Hollywood celebrities including Brad Pitt and Morgan Freeman have explored spirituality here, while celebrity chef Atul Kochhar named his Michelin-star restaurant after this city.

However, it is Delhi that the 33-year-old calls home. "I was still an infant when my family moved to the capital of the country. I did my schooling here," he says.

His dad works as the chief librarian at the Ministry of Human Resource in New Delhi and his mom is a full-time homemaker. He grew up the eldest among three kids. His siblings include a sister currently based in Texas, and a brother in the IT field.

Remembering his younger days, he says, "I was a fun and playful child, and I dedicated a generous amount of time to my studies. Growing up we travelled extensively across India, which I thoroughly enjoyed. One can be inspired and learn something new every day and that was one of the reasons I enjoyed my family travels."

So how did he find his culinary calling? "My maternal uncle was the executive pastry chef at ITC Maurya Sheraton, in New Delhi, a 5-star hotel. He now he runs his own consultancy as a chocolatier in Hyderabad. He would spend time off from his holidays teaching me how to bake! As a kid I learned a lot of the tips and tricks used inside professional kitchens thanks to him. Also, as I grew up in a vegetarian household, our baking would usually consist of eggless cakes."

The inspiration he received while learning to create delicious desserts such as mango panna cotta and the eggless chocolate torte helped him take the original decision to become a pastry chef.



I grew-up in a vegetarian home, so the decision to become a pastry chef was ideal considering I would not have to deal with meat or it's cooking. I'm also creative. If I see something in my surroundings or nature, I take inspiration from it — in confectionery you can turn these into edible art

"I grew-up in a vegetarian home, so the decision to become a pastry chef was ideal considering I would not have to deal with meat or it's cooking. I'm also creative. If I see something in my surroundings or nature, I take inspiration from it — in confectionery you can turn these into edible art."

Ironically today, years down the line, he's running one of Dubai's finest restaurants serving one of the best butter chicken dishes you can taste in the city. Not a small feat given that dish is available in at least a thousand restaurants across Dubai and his patrons have a palette that's far from easy to please.

He began his culinary journey at the Rai University, studying for an advanced diploma in culinary arts and pastry. During this course, he got the opportunity to go to London for a year and complete his internship. "I worked at Comfort Inn, Heathrow Airport as a Commis 2. They had an European/British style 80 cover restaurant and 80 cover bar, with 8 hour shifts. We had limited staff and were expected to complete

tasks before the day began. During the working hours we were expected to focus on the orders and the guests. The head chef was very strict and intolerant with mistakes."

Following his studies, he joined another Carlson Rezidor property in 2004, the Radisson MBD, as Commis II and worked there for nearly three years.

"The early days was pretty much difficult. But I think I have a good temperament to handle situations. Besides if you want to grow up the ladder in any industry you need to have that patience and deal with things you don't like. This eventually leads to the betterment of oneself," he says with a philosophical touch.

His big break came in 2006, when he moved to Old World Hospitality in Delhi as a Management Trainee. He worked his way up to becoming a kitchen executive and then junior sous chef.

"During my work here, my colleagues and I, as a team, launched Indian Accent. It is India's best known modern fine-dining restaurant since 2009. I worked at Old World for almost 5 years before leaving as a Sous Chef." He quit because he wanted to learn more. "I went to New York to study further at the Culinary Institute of America in 2011."

As part of his CIA curriculum, he worked work at JW Marriot, in Phoenix, Arizona, as Pastry Chef. Here he met Chef Francisco Migoya, who he considers his mentor. "Chef Migoya is currently the head chef at Modernist Cuisine, a very popular restaurant in Spain and the US. He's based in US and I worked under him when studying at the Culinary Institute of America, which has a bakery named "Apple Pie". His attention to detail for every minute thing is something I aspire to do on a daily basis."

Chef Sashwat returned to India in 2014 to re-join Indian Accent as Executive Pastry Chef and worked there for a year,



before moving to Dubai to join Jodhpur in a similar position.

He became the Executive Chef last year. He says, "My current role involves handling the food budgeting/costs, managing the staff of course, doing a quality control of the food, creating and coming up with new exciting dishes, overlooking the entire functioning of the kitchen and acting as a liaison between the kitchen and the service team."

His team of 17 has managed to elicit a 4.9 out of 5 rating from guests on

Zomato. The only other Indian cuisine restaurant to get such a high rating is TresInd, also headed by a young Executive Chef Himanshi Saini, who too spent 5 years working at Indian Accent.

Talking about the future, Chef Sahswat says, "My focus is team improvement, ensuring self-satisfaction, and to grow with my team. We're testing innovative recipes and have revamped our menu. We create never-before-heard recipes such as "macaroon chaat". It deceives you as it looks like the French delicacy. But once consumed, your taste buds

are in for a wild ride as it tastes like the Indian savory snack 'pani puri'."

Creating such success has its downfalls too such as poor social life. He says, "To be honest, I actually do not have a social life. I hardly even have time to spend with my wife. Luckily, I'm blessed because she's very understanding and supportive."

His advice to young chefs is to be patient, as nothing comes overnight. Learn now and get your basics right. "Work hard, as now is the time," he says.



DESIGNED FOR SUCCESS

An easygoing demeanour, a charming smile and creative fingers make for a potent combination. An embodiment of these traits is Chef **Jade Saducas**, the Resort Cake Artist at Madinat Jumeirah who walked away with the top prize at the recent Cake Designers World Championship...

alling her the 'Queen of Cakes' is perhaps an understatement. It's not everyday that someone claims the most coveted cake title in the world. Last October, Chef Jade Saducas did exactly that. She won the hearts and minds of judges and spectators alike at the Cake Designers World Championship with her spectacular creation - a Spanish sailing ship cake that pays a fitting tribute to chocolate and coffee, two ingredients the world just cannot do without.

Chef Jade, the Resort Cake Artist at Madinat Jumeirah, had to beat out formidable opponents from 19 other countries to win the honour. The petite, pretty chef, who is originally from the Philippines, seems to be unstoppable. Just a few days after the Cake Designers World Championship in Italy, she followed it up with another honour; this time, it was the Speciality Pastry Chef of the Year award.



There were no professional chefs in my family. The emphasis in my family was always on academic success. It was drilled from early childhood into me, my sister and my brother

Clearly, last year was a rather good year. What's the current mood? "Humble and grateful," comes her reply, complete with an infectious smile. "Other than being an opportunity for me, the world

championship was also my commitment to the UAE, to my Jumeirah family and to my home country. It's a great honour to be able to make them all proud."

While growing up on the island of Cebu in the Philippines, there was nothing in her life to suggest Chef Jade would go the way of hospitality. "There were no professional chefs in my family. The emphasis in my family was always on academic success. It was drilled from early childhood into me, my sister and my brother." A simple childhood it was, but memorable. Chef Jade was a feisty little girl, extroverted and as comfortable playing with dolls as she was climbing trees. "I think my artistic streak started expressing itself really early. I used to draw paper dolls for my friends and sometimes make clay sculptures when it rained."

Cooking skills were handed down by her father. "Both my brother and I are



pretty good cooks. My father was an electrical repair man but he had the soul of an artist. Other than culinary art, I also write poetry and songs and all that comes from my father." Chef Jade's mother was a hospital attendant, the stricter member of the family and a strong believer in education. "She is analytical, independent and a thinker. So she kept us grounded. My father was more of a risk taker and a dreamer." Her older sister eventually became an accountant and is now based in Singapore. A lover of cars, her brother is a car mechanic based in Australia.

Initially, there was no support from the family when Chef Jade decided a culinary career was her calling. "In fact, my family did not want me to waste time on creative pursuits. Once, they were so upset because I was thinking of buying a professional camera. I studied accountancy to please my family and I was told to focus on that." She also dabbled with the idea of becoming a fashion designer or a TV presenter but her mother nixed all these ideas.



Both my brother and I are pretty good cooks. My father was an electrical repair man but he had the soul of an artist. Other than culinary art, I also write poetry and songs and all that comes from my father

Not one to give up easily, Chef Jade focused in parallel on growing her customised cakes business while doing the corporate grind as an accountant. "My cakes started becoming popular and my family slowly became more accepting of hospitality being a career choice." Even as she worked as an

accountant, Chef Jade took up a course in pastry and cake decoration. Quite a juggler of interests, she pursued photography as a hobby. "I was doing wedding photography, family portraits, pregnancy shots and food photography. It was a busy time."

Meanwhile, corporate success came easy to her — Chef Jade went from being a general accountant to a sales and marketing analyst to senior financial analyst and then marketing brand manager. This corporate experience did not go waste once Chef Jade entered the creative space of pastry. Today, her comfort with numbers makes Chef Jade rather good at managing projects and understanding the bigger picture. "When you work in a big hotel like Jumeirah, it helps to have a range of skills. The ability to coordinate and understand marketing is as important as kitchen skills."

Her journey as a chef began when The Atlantis, the Palm wanted to open a cake shop and offered Chef Jade a job. "My father finally agreed to let me go abroad.



I joined Jumeirah after working at the Atlantis for nearly a couple of years."

At Jumeirah, Chef Jade also doubles up as a pastry chef, overseeing the production of wedding cakes and customised cakes across four hotels in the resort. The team has six senior chefs and more than 35 junior chefs. Life can get hectic sometimes, when there are last-minute orders or big events.

Winning competitions is not new to the Philippine chef. In 2013, she won silver medals for her cake and open showpiece at the prestigious Salon Culinaire. More recently, at the Germany Culinary Olympics in 2016, she walked off with two gold medals for her 'Game of Thrones' sugar showpiece and her fairytale and fantasy wedding cake. And then came the whopper win last year.

"Chef Andy Cuthbert chose me to represent the UAE at the Cake Designers



It's something I want to work on — making French pastries, refining my bread skills and making plated desserts

World Championship. There were three rounds – first, we had to make a display cake. Mine was called 'Expedition'. It was 150 cm high and 80 cm in diameter. It had taken me five months to conceptualise and refine this cake and a lot of practice too." The second round was the tasting round. Each participant had to make three 18-cm round cake –

one for decoration and two for tasting by the judges. The contestants had as little as three hours to get all this done. In the third set, a smaller version of the display cake had to be made live.

The theme of the competition was 'Discover the World of Chocolate and Coffee'. For her cake, Chef Jade did thorough research and conceptualized a design that shows the beginning of the history of chocolate and coffee. On her cake, she sculpted the explorers and the men behind the discovery of these ingredients. It took umpteen sketches to get the designs right. "I incorporated the Mayan and Aztec calendars on the cake because they were the first to start using cocoa beans. I put an old ship on the top of the cake to acknowledge the fact that it was a series of expeditions that lead to the discoveries."

The tasting cake was appropriately named 'Immortal Treasure' and was







made of devil sponge cake soaked in Kahlua liqueur and espresso, filled with dulcey ganache, coffee ganache, caffe crokine and dark chocolate crunch. The decorated round cake version had a hand-carved Mayan calendar and an old compass. The last round was as much about skill as it was about speed. "We had just four hours to decorate such elaborate cakes." But cake decoration is Chef Jade's strength and so, she pulled it off without much struggle. On what she would like to improve on, Chef Jade admits baking is her weakness. "It's something I want to work on - making French pastries, refining my bread skills and making plated desserts."

Managing an operation as huge as Jumeirah is decidedly tough. But the ability to stay calm under pressure and ask the right questions, coupled with organisational and management skills, keeps Chef Jade on top of her game.

However, her personal life tends to suffer in the bargain. "At the moment, I don't have a social life. I travel and indulge in photography to unwind. I do find pleasure in small, everyday things. Talking to friends, watching the sea waves, being in sunshine or reading a book."

It's taken many years of effort and many hours of learning to reach these milestones. Did someone help her along the way with expert advice? Ask Chef Jade who her mentor was and she declines to name just one or two people. "I have learned from so many

people. It's unfair to name just a few. But I think I owe a special thanks to the Emirates Culinary Guild, my colleagues at Madinat Jumeirah and my UAE pastry team friends. I couldn't have done all this without them. So many people have played a part in my achievements."

The road is far from the end. Someday, Chef Jade hopes to be an executive pastry chef. There are other things on her wish list too. "Teaching around the world, being a brand ambassador, practising different cake decoration skills and doing a lot more with pastry than I am doing now," she elaborates when you prompt her.

Chef Jade is appreciative of all the opportunities she has got in life. Revealing her secret sauce for success, she advocates using every opportunity to the fullest. "Whenever you get a chance to do something, grab it with both hands and give it your best shot. But don't get carried away. A backup plan, adequate planning, focus and persistence are important elements of success."

Even when you stumble — and you will sometimes like all achievers do — don't be in a hurry to call it a day. "Stand up, dust yourself off and keep moving. Success comes to those who never give up," Chef Jade finishes.

You go, girl!





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Out of the Blu

Radisson Blu Hotel Dubai Deira Creek are the other set of competitors this month for the ongoing Golden Chef Hat Award 2018

his duo may be competing for the first time, but their employer has fielded some formidable culinary competitors over the years for competitions both local and international. In fact, two out of the previous five seasons of Golden Chef Hat Award organised by Nestle Professional in partnership with Gulf Gourmet has seen Radisson Blu Hotel Dubai Deira Creek win the top honours.

The weight on the shoulders of these two young boys is therefore not light. The teammates have two things in common including passion for the culinary arts and really long names. Here are their stories and their recipes for the competition.

Chef Ahmed Tarek Abd El-Hamed El Gamal

25-year-old Ahmed hails from Cairo, Egypt and spent a decent part of his college life learning to become a lawyer. He graduated in law and even worked in the profession for almost a year before realising this was not the profession he was meant to be in.

He quit his law practise and joined resort as a cook. "My family was shocked when I told them of my decision given that they spent so much on making me a lawyer. But they supported my decision."

After a year at the resort dabbling in Arabic cuisine he completed another year at the Hilton doing the same before realising he wanted to travel on the job.

He got a break at Radisson Blu Hotel in Dubai but as a front office agent. "I waited for over a year before I grabbed the cross-training opportunity provided by my employer Carlson Rezidor. Our Director of Kitchens Chef Uwe Micheel spotted me training for hours every day to become a chef after finishing a full day's shift at the front office. He allowed me to become a Commis after I completed the required training in four months instead of six."

Chef Ahmed as spent the last year and a half working at Aseelah, the Emirati restaurant. The Commis II says, "The kitchen team here is one of the







strongest in the UAE and that made me sure of wanting to be here."

Chef P. H. Lahiru Nayanapriya Senarathne

Chef Lahiru, who will soon turn 27, has been in the UAE for less than 2 years working for Radisson. "My first job was working at a pastry shop in Colombo. I got the opportunity to come here because my brother works here in the hotel with the front office team," he says.

His parents were more than happy with his decision to become a chef given that both his father and brother work in the hospitality sector in Laundry and in Front Office respectively.

Following a 2-year course at a local hotel school, Chef Lahiru worked loyally for the pastry shop called 'Sponge' for six years before heading to Dubai.

"Dubai is amazing," he says, "I can

explore so many different tastes and textures and work with people from all around the world."

His ultimate goal is to earn enough money and knowledge to start his own pastry shop back in Sri Lanka. "I am here to learn as much as I can in the years to come. I am thankful to Chef Dammika and to my brother Chamin for giving me this opportunity and guiding me on the right path."

A SAMPLER OF BERMUDA

ROASTED ANGUS LOIN

Ingredients

| Maggi seasoning | 20gm |
|---------------------------|-------|
| Olive oil | 10gm |
| Rosemary | 10gm |
| Beef angus hanging tender | 360gm |

Method

- Cut the beef tenderloin into long strips, season it by (rosemary and Maggi seasoning),
- cover tightly into a round shape then rest it in a chiller for 30 minuets,
- remove the wrap ,sear the beef roll, put in the oven for 10 mins at 150c, take out the beef, allow it to rest and serve.

BEEF FILLET AND CHICKEN TERRINE

Ingredients

| ingiculcing | |
|-----------------------|-------|
| Fillet of flank beef | 200am |
| Chicken legs | |
| Buitoni tomato coulis | 10gm |

| Maggi chicken stock | 5gm |
|---------------------|-----|
| Panko(Bread crumbs) | 5gm |
| Pink pepper | 2gm |
| Onion | 2gm |
| English mustard | 2gm |
| Olive oil | 4ml |
| Salt | AR |

Method

- Sauté the pink pepper with the panko (bread crump) keep on the side.
- Cut the chicken legs into small cups, sauté
 with onion and Buitoni tomato coulis once
 it going to cook put it in the blender until
 it become mouse, take the fillet of flank in
 non-stick pan and touch the meet in two
 side, arrange the meet in a mold, add the
 chicken mouse in between of two layers
 of beef, cover it and steam it for 15 mins
 at 100c once it done take it out apply
 the mustard in the top then pink pepper
 bread crump, cut and serve.

COCONUT POLENTA WITH SPINACH

Ingredients

| Polenta powder | 40gm |
|-------------------------------|---------|
| Maggi coconut milk powder mix | 20gm |
| Water | 200ml |
| Spinach leaves | 5leaves |
| Roasted desigrated coconut | 5gm |
| Butter | 3gm |
| Salt | ar |
| Pepper | AR |

Method

 mix the coconut milk powder with water ad heat it in a pan, add the polenta powder slowly by slowly, add the spinach after blanch it, at last add the butter, season by salt and pepper, Code with desigreted coconut and serve

BUTTER GLAZED VEGETABLE

Ingredients

| ingiculcing | |
|--------------------|------|
| Shimeji mushroom | 10gm |
| Romanesco broccoli | 10gm |
| Carrot roulade | 10gm |
| Butter | 5gm |
| Salt | ĀR |
| Penner | AR |



Method

 Blanch all the veg in hot water, take it to ice water, in a separate pan heat the butter, add the veg, season it by salt and pepper take it out to rest and serve.

SWEET PUMPKIN PUREE

| I | n | g | r | ĺ | 9 | C | Į | | l | е | | ľ | 1 | 1 | t | | S |
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| 6 | |
|---------------------------------|-------|
| Butternut squash | 100gm |
| Onion | 5gm |
| Garlic | 2gm |
| Nestle sweetened condensed milk | 15ml |
| Butter | 5gm |
| Salt | ar |
| Pepper | ar |
| | |

Method

 Cut the pumpkin into cups, boil it take it out of water, saute with onion and garlic, start to blend it until it become smooth, transfer to another pan, cook it, add sweetened condensed milk, season by salt and pepper, finish it by touch of butter and serve.

PICKLED ONION WITH MANGO SALSA

| Ingredients | |
|-------------|-------|
| Onion | 4pes |
| Mango | 1NNgm |
| Coriander | 5gm |

| Green chili | 1gm |
|----------------|-------|
| Salt | 20gm |
| Sugar | 10gm |
| Beetroot water | 100ml |
| Vinegar | 5ml |
| Olive oil | 10ml |

Method

- Dissolve the sugar with beetroot water, salt, vinegar, boil it, add the onion to this water, once it start to boil take it out of the heat, cool it down, pickle it for 4-6 hours.
- For mango salsa, cut the mango into fine cups, chop the coriander with chili, little of chopped onion, mix it with vinegar dressing (vinegar, salt and olive oil).then place the mango salsa inside the onion cup and serve.

THYME BEEF JUS

Ingredients

| iligiculciits | |
|------------------------|-------|
| Onion | 3gm |
| Garlic | 2gm |
| Olive oil | 3ml |
| Chef demi-glace powder | 10gm |
| Water | 100ml |
| Thyme | 5gm |
| Salt | AR |
| Pepper | AR |
| Butter | touch |

Method

 Saute onion and garlic in corn oil once it cooked, Dissolve the chef demi-glace powder in the water, add to the pan heat until it boil reduce the flame and simmer it until you get the thickness finish it with butter and serve.

HORSERADISH FOAM

Ingredients

| Horseradish | 20gm |
|-----------------|-------|
| Skimmed milk | 200ml |
| Lecithin powder | 5gm |

Method

 Clean the horseradish and use the small side of grater and mix with low fat milk, add lecithin powder, make it warm, then blend with hand blender till it foams.

Garnish

Dehydrated mushroom

 Slice the mushroom season bu salt, pepper and olive oil then keep very low heat place for 1 hour.

Black olives powder

 Chop the black olives heat the pan, add the minced black olives, start to remove the water and dry it once it get dry blend it until it become powder.

Macro leaves (sakura mix)

DOCELLO WONDERLAND

(Docello Chocolate Chilli Mousse Cake, Docello Raspberry Panacotta, Docello Mango Passion Brulee with Pistachio Crusty and Sauce, Chocolate Coconut Coated Raspberry and Chocolate Smarties Crumble)

DOCELLO RASPBERRY PANACOTTA

Ingredients

| Docello Panacotta | 50 g |
|---------------------------------|-------|
| Milk | 100 g |
| Cream | 170 g |
| Raspberry Puree | 110 g |
| Gelatine (soaked in cold water) | 8 g |
| White chocolate | 25 g |
| Cocoa butter | 25 g |
| Red color powder | .5 g |

Method

- For panna cotta; Boil the milk and cream, remove from heat and add the panna cotta powder and mix until the powder dissolve. Add the raspberry puree and bring back to boil. Fill in the round line molder. Freeze it till set.
- For spray: Melt chocolate and cocoa powder. Dissolve the red color powder in chocolate spray mixture. •Put it in the spray machine. Make sure that the temperature of the cake s -18C. Spray the cake.

DOCELLO CHOCOLATE CHILI MOUSSE CAKE

Ingredients

| Docello Chocolate Mousse | 50 g |
|---------------------------------|-------|
| Milk | 100 g |
| Chili powder | 3 g |
| Nestle Kit Kat (chopped) | 10 g |
| Gelatine (soaked in cold water) | 8 g |

AMERICAN CHOCOLATE CAKE

| Eggs | 112 g |
|-----------------|-------|
| Sugar | 63 g |
| Flour | 38 g |
| Cocoa powder | 40 g |
| Water | 44 g |
| Vanilla essence | .5 g |

Method

 Beat the eggs and sugar until fluffy. Add the vanilla essence. Fold in the flour and cocoa powder mixture. Add the water, mix slowly. Bake for 180 C for 20 minutes

DOCELLO MANGO PASSION BRULEE ICE CREAM

Ingredients



| Docello Cream Brulee Mix | 25 g |
|--------------------------|---------|
| Cream | 100 g |
| Mango puree | 30 g |
| Passion Puree | 30 g |
| Sugar | 15 g |
| Stabilizer | 1 pinch |

Method

 Bring to boil mango puree passion puree and sugar. Cool down. Boil the cream, remove from heat. Add the crème brulee powder. Stir will until the powder dissolve. Bring it back to boil. Remove from the fire while continue stirring to cool down .Add the mango and passion mixture. Add stabilisateur. Put the mixer in the freezer until set and thereafter put in an ice cream machine to blend.

CHOCOLATE SMARTIES CRUMBLE

Ingredients

| Flour | 8 g |
|-----------------|-------|
| Sugar | 10 g |
| Butter | 10 g |
| Cocoa powder | 2 g |
| Nestle Smarties | 4 pcs |
| | |

Method

 Soften the butter. Beat with sugar. Add the flour Cocoa powder and sugar. Mix until crumble. Bake for 170 C for 15 minutes. Mix in chopped smarties

RASPBERRY SAUCE

Ingredients

| Raspberry puree | |
|-----------------|------|
| Sugar | 20 g |

Method

Boil together until thickened

PISTACHIO CRUSTY

Ingredients

| Pistachio Grainy | 100 g |
|------------------|-------|
| Maltosec | 17 g |
| Salt | 1 g |
| Water | 13 g |

Method

 Combine all ingredients. Mix until get sticky texture. Roll up the mixture in between two baking papers. Remove the paper sheet on the top and bake 35 minutes at 130 C.

CHOCOLATE AND COCONUT COATED RASPBERRY

Ingredients

| 6.00.000 | |
|-----------------------------|-------|
| Raspberry | 2 pcs |
| Melted White chocolate | 10 g |
| Nestle Maggi Coconut Powder | 1 g |
| Coconut Decicated | 2 g |

Method

 Combine coconut powder and Coconut decicated. Coat half part of raspberry with white chocolate. Sprinkle with coconut mix.



The Million Dirham Scholarship Class of 2017 Has Graduated!

ICCA Dubai in partnership with Emirates Culinary Guild announced the successful completion of its second batch, the Class of 2017, Culinary Scholarship for the UAE Young Industry Chefs.

he ICCA Dubai Culinary
Scholarship, the annual One
Million Dirham Continuing
Education Award for the UAE
young industry chefs, successfully
completed training its second batch, the
Class of 2017. This innovative Education—
Industry initiative is all about supporting
deserving young Chefs of the Industry with
the opportunity of a World-class Culinary
Education on 100% Scholarship, delivered
by the ICCA Dubai in strategic partnership

with the Emirates Culinary Guild (ECG), WorldChefs and the City & Guilds London.

The Graduation Ceremony which was held at the Dubai Knowledge Park Auditorium on December 10th, 2017, began with the unveiling of the book "This is their story"- a tribute to all the young graduates, by Sunjeh Raja, Director & CEO, ICCA Dubai.

The Qualification Certificates to the

graduating young chefs were presented by Chef Uwe Micheel, President, Emirates Culinary Guilds; together with Chef Thomas A. Gugler, President, Worldchefs; Chef Andy Cuthbert, Chairman - Young Chefs Development Team for WorldChefs; Celebrity Chef Gary Rhodes; Tony Degazon, Regional Manager, City & Guilds, London; and Sunjeh Raja, Director & CEO, ICCA Dubai in the presence of several Executive Chefs & HR Directors of the UAE Hospitality Industry.

As the program successfully completed empowering its second batch of deserving candidates to International Industry Standards, Mr. Raja said, "The ICCA Dubai Culinary Scholarship Program aims to provide everyone an equal opportunity to achieve their dreams and not be limited by their means. The idea is to bring about a Total Transformation not only in the lives of the people who are educated but also help alleviate the lives of the families that depend upon them."

On this momentous occasion, Chef Andy





Cuthbert spoke of how the program had impacted the industry in a big way, as it was designed to share industry knowledge, experience and expertise with the young chefs to help develop a sustainable workforce and a socially inclusive working environment for the long-term.

Chef Uwe Micheel was delighted with the outcome of the scholarship program on the graduating candidates as well as seeing several Professional & Personal success stories of the graduates of the past program. The Ceremony was followed by a grand Graduation Buffet laid out by the graduating chefs assisted by the student chefs at ICCA finishing off the evening on a jubilant note.

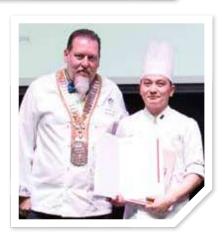
After empowering its second batch of deserving candidates to International Industry Standards, the class of 2017,

ICCA Dubai is now getting ready for the Class of 2018 all set to commence in March 2018. "This annual One Million Dirham Continuing Education Award is not just another CSR initiative, but about World Class Education & Training Experience for the deserving young talents in the UAE hospitality industry. It is all about giving the very best... and that together we can make lives happen", added Mr. Raja.













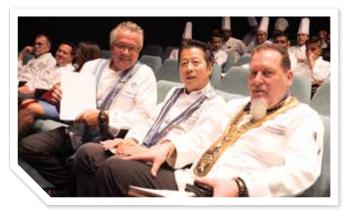




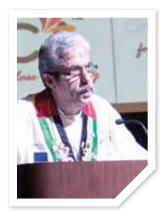
































UAE Young Chefs Club Visits Nestlé Factory

Sana Quidwai, president of the ECG young chefs club, writes about their recent experience visiting a Nestlé factory

ver wondered what goes into creating that perfect cup of coffee or that flavorful cube of MAGGI® that makes everything taste so good. Well, a lot of hard work needless to say. EGCYCC team was fortunate to get a chance to see how it's done.

A few weeks ago, an enthusiastic group of young chefs were invited to tour Nestle's Al Maha factory. Al Maha Factory team exemplifies the diversity of the United Arab Emirates, with a workforce comprising 20 nationalities (57% are youth below 30). The total team of 340 includes 31 ladies, which is not a small number for a factory operation. The young chefs were happy to see a factory with facilities that enable women to comfortably work in a production environment.

We found out that this factory contributes each year:

• Over 890 million Nescafé moments

- Over 60 million Maggi Soup experiences
- Over 770 million Maggi Bouillon

The visit began with warm welcome from the Nestlé team. Roger and Maria addressed Nestlé's history, values and how Nestlé as a brand is committed to a healthier future.

"Nestlé is enhancing quality of life. One of our key focus areas when it comes to contributing to the communities where we operate, is fostering career opportunities for youth in the region, and we are especially pleased to interact with young chefs and exchange knowledge and expertise," said Roger Frei, Business Executive Officer at Nestlé Professional, Nestlé Middle East.

Jaid and Ivan (shift in-charge) walked the chefs through the culinary plant and coffee packaging area. "With production as huge as this, it's important to implement critical controls at every stage of processing. Employees are encouraged to highlight gaps in production and how best it can be fixed. Even though the entire process line is automated it still needs human touch leaving no space for errors. With all these controls in place, it's rest assured the products packed are of premium quality."

One of the most important aspect for chefs to consider while preparing a dish is how to balance nutrients from the ingredients. Journana, a market nutritionist with Nestlé, explained how the team is continuously committed to enrich and fortify their products for customers. The interactive session with Journana enlightened most of the young chefs and also gave the Nestlé team an insight from a chefs perspective.

The tour ended on a delightful note with lunch at Nestlé Middle East Head office. Indeed, Good Food, Good Life.











SIAL SUCCESS

We bring you the winners, masterpieces and memories captured at the recently concluded La Cuisine Du Sial 2017, held in Abu Dhabi. This year's competition saw over 300 participants compete for glory...









Winners

| No | Awards Description | HOTEL | COMPETITOR | Туре |
|----|---|--|-----------------------------------|---|
| | Boecker Hygiene Award Global Chef | Ajman Saray | Muhammad Raees | Certificate & Trophy, Probe Thermometer & Discount Letter for trainings |
| | Boekcer Hygiene Award Global Pastry | Radisson Blu Deira Creek | Dammika Herath | Certificate & Trophy, Probe Thermometer & Discount Letter for trainings |
| | Boecker Hygiene Award Arabian Buffet Feast | Yosh Hospitality | Jamal Matar | Certificate & Trophy, Probe Thermometer & Discount Letter for trainings |
| | Boecker Hygiene Award Arabic Mezzeh | Emirates Palace Hotel | Youssef Almoghrabi | Certificate & Trophy, Probe Thermometer & Discount Letter for trainings |
| | Boecker Hygiene Award Emirati Cuisine | EKFC F&B Airport | Ahmed Mohamed | Certificate & Trophy, Probe Thermometer & Discount Letter for trainings |
| | Boecher Hygiene Award Australian Beef | Marriott Downtown AD | Aryn Mulamoottil | Certificate & Trophy, Probe Thermometer & Discount Letter for trainings |
| | Boecker Hygiene Award Chicken | Ajman Saray | Anil Keer | Certificate & Trophy, Probe Thermometer & Discount Letter for trainings |
| | Boecker Hygiene Award Fish/ Seafood | Saadiyat Beach Golf Club AD | Saman Vijay Bandara | Certificate & Trophy, Probe Thermometer & Discount Letter for trainings |
| 1 | Winner - Best Effort by a Corporation - La Cuisine Du Sial 2017 | | | Dhow Trophy |
| 2 | Winner - Best Effort by an Individual Establishment - La Cuisine Du Sial 2017 | stablishment - La Cuisine Du Sial | | Dhow Trophy |
| 3 | Best Arabian Cuisiner - La Cuisine Du Sial 2017 | The state of the s | | Dhow Trophy |
| 4 | Best Pastry Chef - La Cuisine Du Sial 2017 | Emirates Palace Hotel AD | Roshan Erandika | Dhow Trophy |
| 5 | Best Kitchen Artist - La Cuisine Du Sial 2017 | Gloria Hotel Dubai | Samantha Kumara K.M.U.G | Dhow Trophy |
| 6 | Best Cuisinier - Second Runner-up La Cuisine Du Sial 2017 | Yosh Hospitality | Sudheera Ruwantha Kandapola | Dhow Trophy |
| 7 | Best Cuisinier - First Runner-up La Cuisine Du Sial 2017 | Ajman Saray | Sanjoy Sharma | Dhow Trophy |
| 8 | Best Cuisinier - Winner La Cuisine Du Sial 2017 | Madinat Jumeirah C&I | Htay Lin | Dhow Trophy |



Best Establishmet

| No | Hotel | Total |
|----|-----------------------|-------|
| 1 | Emirates Palace AD 39 | |
| 2 | EKFC | 37 |
| 3 | JA Resorts | 32 |
| 4 | Sharjah Ladies Club | 28 |
| 5 | JW Marquis | 23 |
| 6 | Miramar Al Aqah | 21 |

Best Corporation

| No | Hotel | | | |
|----|--------------------------|--|--|--|
| 1 | JBH | | | |
| 2 | Madinat Jumeirah C&I | | | |
| 3 | Madinat Mina A Salam | | | |
| 4 | Madinat Jumeirah Al Qasr | | | |
| 5 | Madinat Resort | | | |























































































































































Main sponsors





THE EMIRATES SALON CULINAIRE 2018

Briefs of the Classes for Entry

Class No. - Class Description

- O1. Cake Decoration Practical by Master Baker
- O2. Wedding Cake Three-Tier- by Pristine
- 03. Four Plates of Dessert Nestlé Docello
- 04. Pastry Showpiece by Pristine
- 05. Bread Loaves and Showpiece by Master Baker
- 06. Petites Fours, Pralines by Master Baker
- 07. Chocolate Carving Showpiece by Seville
- O8. Fruit & Vegetable Carving Showpiece by Barakat Quality Plus
- 09. Open Show Piece
- 10. Five-Course Gourmet Dinner Menu by Meat & Live Stock Australia
- 11. Four-Course Vegetarian Menu by US Dairy Export Council
- 12. Tapas, Finger Food and Canapés by US Dairy Export Council13
- 14. An Arabian Feast Edible Buffet by USAPEEC
- 15. Individual Ice Carving
- 16. Ice Carving Team Event
- 17. Practical Fruit & Vegetable Carving by Barakat Quality Plus
- 18. Dressed Lamb Practical
 Butchery by Meat & Live Stock
 Australia
- Arabic Mezzeh Practical Cookery by Rahma
- 20. Fish & Seafood Practical Cookery by MITRAS
- 21. Beef Practical Cookery by Meat & Live Stock Australia
- 22. Emirati Cuisine Practical Cookery
- 23. HUG Savoury Creations
- 24. HUG Sweet Creations

The following two classes (25 & 26) are for entry only by those competing for the Young Chef of the Year trophy.

- 25. Dressed Chicken & Dressed Fish
- 26. Ovo-Lacto Vegetarian Three-Course Menu
- 27. Chicken Practical Cookery by USAPEEC
- 28
- 29. Practical Sandwiches by Unilever Food Solutions
- 30. Always Tea Time Challenge by Dilmah

Practical Pastry

Class 01: Cake Decoration — Practical by Master Baker

- 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 "Inspired by Dubai"
- 4. The cake base must be a maximum 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. No pre-modelled garnish permitted.
- 9. Chocolate and royal icing can be pre-prepared to the basic level,
- 10. Competitors must provide all ingredients, cake base, utensils, and small equipment required.

- 11. A standard buffet table is provided for each competitor to work upon.
- 12. Water, electricity and refrigeration might not be available.
- 13. The cake will be tasted and cut by the Judges, as part of the judging criteria
- 14. Ingredients may be supplied by the sponsor these shall be mandatory to be used, information shall be sent to competitors in advance of the competition

Pastry Displays

Class 02: Elegance Stylish Wedding Cake –Three Tier By Pristine

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.
- Maximum height should not exceed 1 meter (including socleor platforms)























- 10. Pristine Belgium products are to be used the following products cake ingredients, specialized flour, toppings, fruit fillings and glazes shall be made available by the sponsor to those competitors registered .These will be mandatory to be used in the preparation of the wedding cake
- 11. Points will be deducted for noncompliance.

Class 03: Plated Dessert by Nestlé Docello

- 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.
- 8. One of the plates must use Nestlé Docello as the main ingredient.

Class 04: Pastry Showpiece by **Pristine**

- 1. To display a showpiece of either (a) Chocolate
 - (b) marzipan/sugar/pastillage (c) dough/bread dough
 - (d) Asian dough figurine

No frames, moulds or wires are allowed. Points will be deducted for non-compliance.

2. Edible media may be used, singly or in mixed media. Sponsors products maybe available to be used. Information shall be sent to competitors prior to the competition

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

Class 05: Baked Goods and Baked **Bread Showpiece by Master Baker**

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

- 1. A baked bread showpiece.
- 2. Three types of bread loaves 200-300 grams (competitor's choice) two pieces of each loaf to be displayed.
- 3. Three types of bread roll 25-40 grams (competitor's choice)) three pieces of each roll to be displayed.
- 4. Three types of baked sweet breakfast items 25-40grams (competitor's choice) three pieces of each item to be displayed.
- 5. Three types of baked savoury breakfast items 25-50 grams (competitor's choice) three pieces of each item to be displayed.
- 6. One extra piece of each variety to be displayed on a separate platter for judges' tasting. Tasting shall make up 30% of the marks
- 7. All breads & dough must be baked at own work place as fresh as possible and delivered to the competition venue for judging.
- 8. Poor hygiene standard of handling bakery products will not be judged.
- 9. Typewritten products description and recipes are required.
- 10. Maximum area w90 x d75cm
- 11. Ingredients may be supplied by the sponsor these shall be mandatory to be used, information shall be sent to competitors in advance of the competition
- 12. The focus of this class is on the quality and flavour of the bread rolls and loafes presented. The centre piece is judged however only 20% of the marks are attributed to the centre piece.

Class 06: Petites Four & Pralines by Master Baker

1. Exhibit 4 varieties.

- 2. Six pieces of each variety (24 pieces total) plus one extra piece of each variety on a separate small platter for judges' tasting. each piece to weight between 6-14grams)
- 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.
- 9. Ingredients may be supplied by the sponsor these shall be mandatory to be used, information shall be sent to competitors in advance of the competition
- 10. Different Flavours , textures and cooking techniques will be looked for in the items presented

Artistic Displays Class 07: Chocolate Carving Showpiece by Seville

- 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 noncompliance.
- 5. Maximum area: w60 cm x d75 cm.
- 6. Maximum height 30-35cm (including base or socle).
- Written description mentioning the theme is required

Class 08: Fruit & Vegetable **Carving Showpiece by Barakat Quality Plus**

- 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).
- Special note: TTo 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, under no circumstances will pre-carved detailed Styrofoam of any other media be permitted. If the judgng committee deems that the finishing has been been aided by ecessive excessive moulding work it may not be judged.

Gastronomic Creations

Class 10: Five-Course Gourmet Dinner Menu by Meat and Live Stock Australia

- 1. Present a plated five-course gourmet meal for one person
- One of the appetisers for the meal must contain Australian Lamb as the main ingredient. Proof of purchase needs to be brought to the Competition for all the Australian Lamb Products if proof of purchase is not brought then 50% of the judging marks shall be reduced
- 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: Four-Course Vegetarian Lunch Menu by US Dairy export council

- 1. Present a plated four-course vegetarian meal for one person.
- 2. Suitable for lunch service in a high end restaurant
- 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. Two types of **US Dairy cheese** only must be used in the creation of the menu. Proof of purchase needs to be brought to the Competition for all the US Dairy Products if proof of purchase is not brought then 50% of the judging marks shall be reduced
- 8. Total food weight of the four plates should be 500/600 gms.
- 9. Typewritten descriptions and recipes required.
- 10 Maximum area w75cm x d75cm.

Class 12: Presentation of Tapas, Finger Food and Canapés by US Dairy export council

- 1. Exhibit 6 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. Two types of **US Dairy** cheeses only must be used in the creation of these dishes. Proof of purchase

- needs to be brought to the Competition for all the US Dairy Products if proof of purchase is not brought then 50% of the judging marks shall be reduced
- 6. Hot food presented cold
- 7. Food coated with aspic or clear gelatin for preservation
- 8. Presentation on suitable plate/s or platter/s or receptacles.
- 9. Six pieces should correspond to one portion.
- 10. Name and ingredient list (typed) of each variety required.
- 11. Maximum area 60cm x 80 cm.

Class 14. 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.

- Present a traditional Arabian wedding feast as it would be served at a five-star hotel in the UAE.
- 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, 3 additional helpers are permitted, but no more than a total of 6 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
- 9. Bread and accompaniments
- 10. A whole baby Lamb 6-8 KG maximum raw weight presented with rice and garnish cooked Ouzi
- 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.
- 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 one 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
- 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 11am till 12 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 12.30pm 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 compeition
- 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 kehah
- 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 11.00 and the food set-up must be finished by 12.00
- Guests will be invited to sit down and eat from 12.30 pm till 2 pm.
- 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
- 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
- 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.
- 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.

Practical Artistic Class 15: Individual Ice Carving

- 1. Freestyle.
- 2. 90 minutes duration.
- 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.

CClass 16: 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.
- 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 allowed to slice blocks only.

Class 17: Practical Fruit & Vegetable Carving by Barakat Quality Plus

- 1. Freestyle.
- 2. 120 minutes duration.
- 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.
- Each competitor will be supplied with a standard buffet table on which to work.

Class 18: Dressed Lamb - Practical Butchery by MEAT & LIVESTOCK AUSTRALIA

- Prepare a whole, fresh, dressed lamb carcass into various readyto-cook joints and pieces, some as required by the organisers, the others to competitor's choice. A training/demonstration will be provided by MLA prior to Salon event
- 2. Make a presentation of the finished cuts and off-cuts for exhibiting to the judges.
- Competitors must use the fridges provided to store their finished cuts prior to judging
- 4. Cuts/joints can be suitable for foodservice or suitable for a retail butchery display.
- 5. Organisers will supply the dressed lamb for this class.
- 6. Each competitor will have one banquet table (supplied by the organisers) on which to work.
- 7. No power tools permitted.
- 8. 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
- 9. Time allowed: two hours

- 10. All tools and sundries will be inspected to ensure that they are hygienically suitable for food use.
- 11. 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 Eye of Loin.
 - 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 must be read in combination with the brief of the class entered.

- 1. The preparation, production and cooking skills of each competitor must be demonstrated during her/his time in the kitchen.
- 2. Waste and over-production will be closely monitored.
- 3. There is a 5-point penalty deduction for wastage or over-production.
- 4. Timing is closely monitored.
- 5. There is a 2-point penalty deduction for each minute that the meal is overdue.
- All food items must be brought to the Salon in hygienic, chilled containers: Thermo boxes or equivalent.
- 7. Failure to bring food items in a hygienic manner will result in disqualification.
- 8. All dishes are to be served in a style equal to today's modern presentation trends.
- 9. Portion sizes must correspond to a three-course restaurant meal.
- 10. Dishes must be presented on individual plates with appropriate garnish not exceeding 250g total

























- food weight excluding sauces.
- 11. Unless otherwise stated, competitors must supply their own plates/bowls/platters with which to present the food.
- 12. Competitors must bring with them all necessary mise-enplace prepared according to WORLDCHEFS guidelines in the hot kitchen discipline (www. worldchefs.org).
- 13. Competitors are to provide their own pots, pans, tools and utensils.
- 14. All brought appliances and utensils will be checked for suitability. The use of any additional equipment must receive prior approval before the competition from the organizers.
- 15. The following types of prepreparation can be made for the practical classes:

EXPLANATION (what foods are permitted to be brought into the kitchen)

- a) Salads cleaned, washed, not mixed or cut.
- b) Vegetables cleaned, peeled, washed, not cut, must be raw.
- c) Fish may be scaled and filleted and the bones cut
- d) Meat may be de-boned and the bones cut up
- e) Stocks basic stock, not reduced, not seasoned, no additional items (garlic,etc.). Hot and cold samples must be available for the judges.
- f) Pastry sponge, biscuit, meringue, basic dough's can be brought in but not cut.
- g) Basic pastry recipes can be brought in weighed out but no further processing.
- h) Fruit pulps fruit purees may be brought in but not as a finished sauce.
- Decor elements 100% must be made in the kitchen.
- 16. No pre-cooking, poaching etc. is allowed.

- 17. No ready-made products are allowed.
- 18. No pork products are allowed.
- 19. No alcohol is allowed.
- 20. 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
- 21. 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.
- 22. Two copies of the recipes typewritten - are always required.
- 23. Submit one copy of the recipe/s to the clerk when registering.
- 24. Submit one copy of the recipe to the duty marshal at the cooking station.

Practical Cookerv Class 19. Mezzeh – Practical Cookery by Rahma Olive Oil

- 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. Rahma olive oil must be the only olive oil used in the creation of these dishes and will be available in the competition venue

- Present the mezzeh in four equal portions.
- 8. Two portions will be presented and two portions will be presented to the judges.
- 9. Typewritten recipes are required.

Class 20: Fish & Seafood -**Practical Cookery by MITRAS**

- 1. Time allowed 60 minutes
- 2. Prepare and present three identical main courses using Sponsor Supplied Asian Sea Bass fillets as the main protein item of the dish and no other fish can be used.
- 3. The Fish will be provided to the competitors at the venue on the competition day and is the only protein item allowed to be
- 4. Weight of fish 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.

Class 21: Beef - Practical Cookery by Meat and Live Stock Australia

- 1. Time allowed 60 minutes
- Prepare and present three identical main courses using Australian Beef as the main protein item. Proof of purchase needs to be brought to the Competition for all the Australian Meat Products if proof of purchase is not brought then 50% of the judging marks shall be reduced
- 3. Any cut of beef with the exception of tenderloin, rib eye and sirloin, can be used.
- 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.













Class 22: Emirati Cuisine - Practical Cookery

- This class is designed to ensure that the tradition of Emirati Cuisine is preserved and promoted through professional chefs. Prepare and present two plated portions each of three Emirati dishes according with the following criteria:
- 2. Prepare and present two plated portions of any one of the following dishes:
 - > Balalit
 - > Kabeesa
 - > Assedat Bobal
- 3. Also prepare and present two plated portions of the competitor's choice main course. The following dishes are as a guide only and are not mandatory:
 - > Margougat Al Khudar
 - > Thareed Laham
 - > Margougat Al Dijaj
 - > Maleh Biryani
 - > Machboos Samak
- 4. Emirati cuisine with traditional presentation and serving as would be found in a family home of the United Arab Emirates.
- 5. Competitors must bring their own plates/bowls for presentation and all necessary mise-en-place for the meals
- 6. The judges will check appliances and utensils for suitability
- 7. Typewritten description and recipes are required
- 8. Time allowed 60 minutes to present all three recipes

Class 23: HUG AG — Savoury Creations

- 1. This is a static class featuring savoury HUG pastry shells suitable for dinner service.
- 2. Only savoury HUG pastry shells are to be used.
- 3. Pastry shells will be supplied by ARAMTEC.
- Present four different plates, using two savoury HUG shells per plate (i.e. exhibit eight shells in total).

- 5. To be prepared in advance and displayed cold on appropriate plates and appropriate garnishes to represent a dish suitable for dinner service in a restaurant ala carte style.
- 6. Typewritten description and recipes required.
- 7. Maximum space available: 75cm x 75cm.

Class 24: HUG AG — Sweet Creations

- 1. This is a static class featuring dessert HUG pastry shells suitable for dinner service.
- 2. Only dessert HUG pastry shells are to be used.
- 3. Pastry shells will be supplied by ARAMTEC.
- 4. Present four different plates, using two dessert HUG shells per plate (i.e. exhibit eight shells in total).
- 5. To be prepared in advance and displayed cold on appropriate plates and appropriate garnishes to represent a dish suitable for dinner service in a restaurant ala carte style.
- 6. Typewritten description and recipes required.
- 7. Maximum space available: 75 cm x 75 cm.

YOUNG CHEF OF THE YEAR ENTRIES

Entrants for The Young Chef of the Year trophy must enter the following classes and no others.

In addition to classes 25 & 26 here below competitors must also enter for class 22 Emirati Cuisine Practical Cookery.

Class 25: Dressed Chicken – Dressed Fish - Supplementary Class

- Practical Butchery Fish and Chicken Class for Young Chef of the Year Trophy.
- 2. Competitors are to supply their own whole fish and whole chicken MUST BE USED, all utensils and chopping boards.

Time allowed 1 hour in 30 minute sections as below:

Chicken

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

After 20 minutes

12. 10 minutes to explain to the judges the method of preparation of a classical chicken stock.

Fish

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

After 20 minutes -10 minutes to

- 20. Explain to the judges the usage of any left overs.
- 21. Explain to the judges the method of preparation of a classical fish stock

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.

Class 26: Ovo-Lacto Vegetarian Three-Course Menu

- Present a plated three-course vegetarian ovo-lacto meal for one person.
- 2. Suitable for dinner service

























- 3. The meal to consist of:
 - a. An appetizer
 - b. A main course
 - c. 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. Total food weight of the four plates should be 500/600 gms.
- Typewritten descriptions and recipes required.
- 8. Maximum area w75cm x d75cm.

Class 27: Chicken - Practical Cookery by USAPEEC

- 1. Time allowed 60 minutes
- 2. Prepare and present three identical main courses using USAPEEC Chicken Quarters as the main protein item. Proof of purchase needs to be brought to the Competition for all the USA Poultry Products if proof of purchase is not brought then 50% of the judging marks shall be reduced
- 3. The carcass of the chicken is to be kept for inspection by judges
- 4. Present the main courses on individual plates with appropriate garnish and accoutrements.
- 5. Typewritten recipes are require
- 6. Weight of chicken per portion on the plate to be 150 grams
- 7. All of the above rules are applicable for the competitors entering Best Arab National Cuisinier trophy .The main course for those competitors ONLY must be a Traditional Chicken Arabic main course, from any Arab
- 8. All other competitors are not to follow Point 7

Class 28:

Class 29: Practical Cookery 2 Different sandwiches by Unilever **Food Solutions**

1. To prepare and present 2 different sandwiches, 2 portions of each one for judges one for display within 30 minutes

- 2. 1 vegetarian 1 non vegetarian
- 3. Unilever products will be supplied on common table Hellman's Real Mayonnaise, Coleman's English Mustard Colman's Dijon and whole grain mustard
- 4. Minimum of 3 Unilever Products, must be used in the preparation of both sandwiches
- 5. The sandwich must be suitable for a light lunch
- 6. The sandwich can be hot or cold
- 7. I power point will be available
- 8. Plates, equipment and all other ingredients must be brought by the competitors
- 9. -Type written recipes are required.

Class 30: Always Teatime Challenge by Dilmah, please see supplementary rules

ADDENDUM — The Emirates Salon Culinaire 2018

VENUE & ENTRY FEES

- 1. The Emirates Salon Culinaire will be held during the Gulf Food Hotel and Equipment Exhibition from February 18th to February 22nd 2018.
- 2. The venue is at the Dubai International Convention & **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 The Emirates Salon Culinaire- Dubai 2018 AED:500/- per person
 - ii. Best Pastry Chef The Emirates Salon Culinaire-Dubai 2018 AED:400/- per person
 - iii. Best Artist The Emirates Salon Culinaire- Dubai 2018 AED:500/- per person
 - iv. Best Arab National The Emirates Salon Culinaire-Dubai 2018 AED:300/- per person
 - v. Young Chef of the Year The Emirates Salon Culinaire Dubai 2018 AED: 500/- per person

CLOSING DATE

Closing date for entries is January 28th 2018 However, many are often fully subscribed and closed well before the closing date.

TROPHY ENTRY

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

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

The required classes are:

BEST CUISINIER

- i. Class #10. Five-Course Dinner Menu
- ii. Class # 21. Beef Practical Cookery
- i. Class # 20. 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 # 15. Individual Ice Carving
- iv. Class # 17. Practical Fruit & Vegetable Carving

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







Main sponsors





BEST ARAB NATIONAL

- i. Class # 27. Chicken Practical Cookery Arabic Style
- ii. Class # 19. Arabic Mezzeh -Practical Cookery
- iii. Class 22: Emirati Cuisine -Practical Cookery
- iv. In order to qualify for inclusion in the points tally for Best Arab National Trophy a competitor must win at least one medal.

YOUNG CHEF OF THE YEAR By Fonterra

See Classes for Entry Document

JUDGING AND THE AWARDS SYSTEM

A team of WorldChefs (The World Association of Chefs Societies) approved international Judges will adjudicate at all classes of the competition: using Worldchefsapproved methods, criteria and documents www.worldchefs.org After each judging session, the judges will hold a debriefing session at which each competitor attending may learn something of the thinking behind the judges' decision. Competitors will not be competing against each other: rather, they will be striving to reach the best possible standard. The judges will then apportion marks that accord with their perception of the standard reached. The competitor will then receive an award commensurate with his/her points tally for the class. In theory, therefore, everyone in a particular class could be awarded a gold medal. Conversely, it could be possible that no awards at all are made.

The scaling for awards in all classes is as follows:

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 6 Points
- > Gold Medal 5 Points
- > Silver Medal 3 Points
- > Bronze Medal 1 Point

Winners where a sponsored trip is awarded are restricted to wining the trip once per life time. In a case where the overall winner has participated in a sponsored trip previously the trip shall be awarded to the 2nd place winner

ALWAYS TEA TIME COMPETITION

RULES

(Organised by the Emirates Culinary Guild)

NB

 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 als

RULES

ALWAYS TEA TIME COMPETITION

CREATIVE USE OF TEA IN
GASTRONOMY AND MIXOLOGY IN
RELEVANCE TO THE RESPECTIVE
TIME OF THE DAY

This is not a high tea or an afternoon tea competition.

1. THE TEAM

- > The team must consist of one chef and one bartender.
- > At least one participant must be under 25 years

2. WHAT NEEDS TO BE DONE?

Participants should serve 3 sets (a set would consist of a food item and a tea beverage) to the judges taking into consideration 3 occasions of consumption (Morning, Afternoon and Evening)

- > **Set 1** one food item PAIRED with one tea beverage
- > Set 2 one food PAIRED with one tea beverage
- > Set 3 2 food items (one made with tea and the same food item made without tea) and PAIRED with one tea beverage

3. FOOD ITEMS

- > All food items can be pre prepared and brought to the venue
- > 2 savoury and 1 sweet or 2 sweet and 1 savoury items should be included in the sets
- > Food items must be served at the appropriate temperature (hot, warm or cold)
- > Each course should have its own unique presentation fitting the occasion of consumption

4. TEA BEVERAGE

- Tea beverages can be hot or cold
 with spirits or without
- > HOWEVER at least one set MUST be a straight black tea























(without milk or sugar on any enhancements) and must be brewed in front of the judges

> If your tea beverage is an iced tea or a cocktail - the Teas can be pre brewed prior to the competition - however including ingredients and shaking /garnishing must be in front of the judges

5. TIME LIMIT

For Preparation

> 30 minutes to set up the miseen-place table and presentation table (not food or drinks)

For presentation

- 20 minutes to serve (3 sets of food and tea) and explain the rationale to the judges
- > Each team will be required to present 3 place settings for the 3 judges and an extra set for photography (4 sets in total)

6. MENUS AND RECIPES

- 3 menus and 3 recipe sheets for the 3 judges
- 1 menu and 1 recipe sheet for photography

7. TABLE ARRANGEMENT

Table will be round (This is not a

high tea, therefore an extensive table arrangement or decor is not required) All Tables will be supplied by the organizer and be a standard 5ft round table with white linen no replacement of table or linen allowed. A 180cm stainless steel table shall be provided for mise en place with 13 amp plug

8. TABLE SETUP

Table setup depends on the space availability, but essentials are as below

- 2 sets of tables per team 1 presentation table & 1 mise-enplace table
- Tea station with hot water in a samovar in a separate area (tea need to be brought by the participants)
- Backdrop (Dilmah will provide)
- Photo booth to photograph the pairings
- A 20ft x 20ft area would suffice

9. JUDGING CRITERIA

- Quality of the Pairing in relevance of the 3 occasions (morning afternoon and evening) - 40 points
- 2. Presentation with rationale in oral

- form and in written notes 20 points
- 3. Respect for tea / tea knowledge -20 points
- 4. Successful use of tea in the Tea inspired item – 20 points

10. TEA SELECTION

Each participant will be provided with a package of teas for practice and for the competition

Black Tea

- 1 t-Series Brilliant Breakfast
- 2 t-Series Prince of Kandy tea
- 3 t-Series The First Ceylon Souchong

Green Tea

- 4 t-Series Organic Ceylon Green Tea
- 5 t-Series Moroccan Mint Green Tea
- 6 t-Series Green Tea with Jasmine **Flowers**

Flavoured Tea

- 7 t-Series Original Earl Grey
- t-Series Blueberry & Pomegranate
- 9 t-Series Vanilla Ceylon Tea
- 10 t-Series Ceylon Green Tea with Lychee and Ginger

Infusions

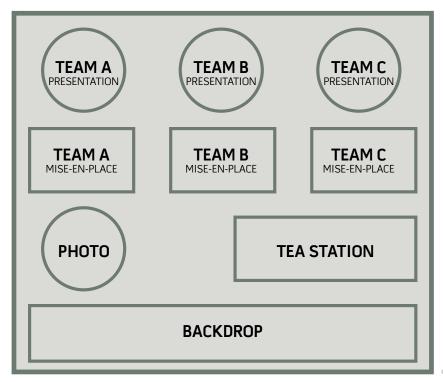
- 11 t-Series Peppermint, Cinnamon and Clove
- 12 t-Series Elderflower with Cinnamon and Apple

11. PRIZES

The winning team will receive an all-expense paid 6Day 5Night tea inspired journey to Sri Lanka (May 2018)

12. BRIEFING SESSION

Dilmah will conduct a briefing session in Mid-January 2018 for the participants to explain the judging criteria and the concept of pairing tea with food. A tea package will be given with above teas to the participants during this session for practicing and competition.





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newmembers



subsidiary of Teejan Food with business across UAE, Oman, and Qatar. Benchmark vision is to develop our UAE operations and reach out to other regions in the Gulf and International markets based on customer demands and desires. To be recognized as a pioneer in the food industry by pledging to high delivery standards and

Benchmark Foods Trading LLC a

We cater to the finest hotels, restaurants, institutions, café's, hypermarkets, and supermarkets. Our current coverage is expands to 2000+ Food Service outlets in addition to 1200+ outlets in Retail segment across

customer satisfaction.

benchmark

U.A.E. Our major brands are Freshly Frozen Foods, Tomex Potato Products, Arla (Puck, Lurpak, and Three Cows), Jain Farm Fresh, etc.

Benchmark Foods is the authorized distributor of Freshly Frozen Foods (FFF) which is a part of ANC group of Companies, a leading food manufacturing company with state-of-the-art facility based in Dubai. The company works as a part of ANC

group of companies. The products are distributed to hospitality sector all over MENA, USA, EU and Far East regions. FFF complies with food safety and public health with international food and safety management standards and is accredited with HACCP, BRC, and ISO22000:2005 certification and FDA approved.

FFF understand that distinctive products are key to happy customers. FFF are the experts at developing and delivering consistent, high-quality prepared food products that today's leading manufacturers and restaurants expect. FFF provides total food solutions for hospitality industry which are created by chefs for chefs.



Lowe Refrigeration LLC is the newest office in the Lowe Rental Group. Opened in 2012 to service the Middle East & Africa we made an immediate impact in revolutionising corporate Hospitality with our modular flat pack cold rooms which can be built anywhere. We soon added modular kitchen structures to our fleet including purpose built containers and tents. 2017 has seen us introduce maintenance contracts, with highly trained technicians and low prices it is sure to be another success.

Quality Equipment, Outstanding Service and Vast Experience. These are the three foundations of the commitment made by Lowe Refrigeration to our customers. Our reputation for excellence in the provision



of sales, rental and maintenance contracts for catering & refrigeration equipment has been carefully nurtured over more than 35 years in business.

Since being founded in Ireland in 1977, Lowe Refrigeration has grown to become the world's leading short term catering equipment & refrigeration rental company and a major supplier of commercial kitchen equipment and refrigerated display and storage equipment. We source our extensive range of equipment from around the globe and operate offices and distribution centres in key locations worldwide.

This allows us to fulfil the needs of both individual customers and large corporate brands, wherever they are based. Whether you need a single display fridge for a shop in Belfast or 1,000 cabinets in Beijing, we can meet your requirements.

Providing our customers with reliable equipment, maintaining the highest standards of customer and technical care, and offering clients the benefit of our experience has helped Lowe grow to become the company it is today; we don't see any reason to change that now.



The Hotel Show Dubai is the largest, longest-standing and most prestigious hospitality trade event in the Middle East and Africa and in 2018, it will be returning for its nineteenth edition. As the flagship event of dmg events' impressive hospitality portfolio, which includes The Hotel Show Saudi Arabia and The Hotel Show Africa, The Hotel Show Dubai is leading the way in reshaping and redefining the region's rapidly growing hospitality industry and tourist trade. With over 600 exhibitors from all across the world showcasing products across interiors, lighting and design, technology, security, kitchen and laundry equipment and more, the exhibition provides a 360 degree view of the market. Attracting over



50,000 sector professionals, from GM's and owner operators, through to procurement managers, designers and the all important architects, housekeepers, executive chefs, revenue managers and engineers, The Hotel Show Dubai aims to offer an allencompassing platform for all aspects of modern hospitality. This means that The Hotel Show Dubai caters

to every element of the guest experience, from decor, finishes and in-room technologies, to restaurants, leisure facilities and the design of staff uniforms. The Hotel Show Dubai 2018, held alongside The Leisure Show is more than just an exhibition, it has been specifically tailored to reflect and cater to the industry as a whole by offering a unique networking platform which celebrates every facet of hospitality. Visitors will be treated to a range of competitions, live installations - including the Middle East Hospitality Awards and The Middle East Housekeepers League Of Champions and educational seminars and workshops, which are run by leading industry experts, including The Middle East Hospitality Leadership Forum. The Hotel Show Dubai will be taking place from the 16th - 18th September 2018, at Dubai World Trade Centre



THE EMIRATES CULINARY GUILD



Application Membership

| | | Date of Application: | | | |
|----------------------|--|--|--|--|--|
| Family Name: (Mr./N | 1s./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) | | | |
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| Remarks: | | | | | |
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| Certificate Given. | Pin Give | en. Medal & Collar Given | | | |
| Approved | | Approved | | | |
| President | | Chairman | | | |
| Fees: | | | | | |
| Young Member: | Junior members will receive a | | | | |
| Senior Members: | Above the rank of chef de partie (or senior chef de partie on executive chef's | | | | |
| | reconmmendation). | | | | |
| | 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. | Uns.300 per year thereafter. | | | |
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THANK YOU An Attitude of Gratitude

"If the only prayer you said in your whole life was, "thank you," that would suffice." — **Meister Eckhart**

any of you have an aspiration to be great. In order to be so you will need to develop the courage to face difficulties, and the commitment to see through the completion of things, regardless of the obstacles. Depending on your conditioning your perception of the world could be leaning towards bitterness or compassion.

Many of the beliefs/norms, meanings and values used in conditioning you are can be either good or bad. As these consume you in terms of your thoughts, health, career, finance, relationships, growth and much more. Then you wonder how did I mess up my life and many of us end up blaming our parents, circumstances, society and other things.

You see, from my younger years to date, in my head, I still can hear and listen to a most amazing song called The Living Years by Mike & The Mechanics. The first verse to the last one is extremely profound and creates a deeper awareness that transforms ones perception of life. For me personally, it imbibes compassion, the true path of life.



When you practice gratefulness, there is a sense of respect towards others

— Dalai Lama





As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them

— John F. Kennedy

An article in Forbes.com stated "A 2006 study published in Behavior Research and Therapy found that Vietnam War Veterans with higher levels of gratitude experienced lower rates of Post-Traumatic Stress Disorder".

Dr. Robert Emmon, editor-in-chief of the Journal of Positive Psychology in his book Thanks!: How the New Science of Gratitude Can Make You Happier talks about practicing regular gratitude can increase happiness by as much as 25%.

He says, "Without gratitude, life can be lonely, depressing and impoverished. Gratitude enriches human life. It elevates, energizes, inspires and transforms. People are moved, opened and humbled

through expressions of gratitude."

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them." - John F. Kennedy

All human beings have weaknesses and faults, including you and me. And through an attitude of gratitude one strengthens their compassion to see the good in all.

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.

The truth is that genuine gratitude is often ignored by most of us on a day-to-day basis. Ancient Cultures, Spirituality and Morden Science promote the cultivation of gratitude. Its beauty is such that it does not cost anything in terms of time, money and resources.

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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