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JANUARY 2019

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# gourmet

THE MAGAZINE CHEFS LOVE TO READ

volume 14, issue 1

## AT THE TOP

**LAKSHMAN SINGH SHEKHAWAT**, JUNIOR SOUS CHEF AT BURJ KHALIFA'S AT.MOSPHERE, IS CLEARLY ON TOP OF THE WORLD AFTER LIFTING THE BEST CUISINER TROPHY AT LA CUISINE DU SIAL IN ABU DHABI

### GUINNESS RECORD

UAE chefs cook world's largest Chicken Margougat in Abu Dhabi to break the world record



### HEALTHY EATING

Exclusive interview with **Mohammed Ghazawi**, Nestle Professional's newest advisory chef



### GOLDEN CHEFS

Stella Di Mare is first to compete for the all-new season of the Golden Chefs Hat Award





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# president's station

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Dear fellow chefs, ladies and gentlemen,

Welcome to our first issue of Gulf Gourmet in 2019.

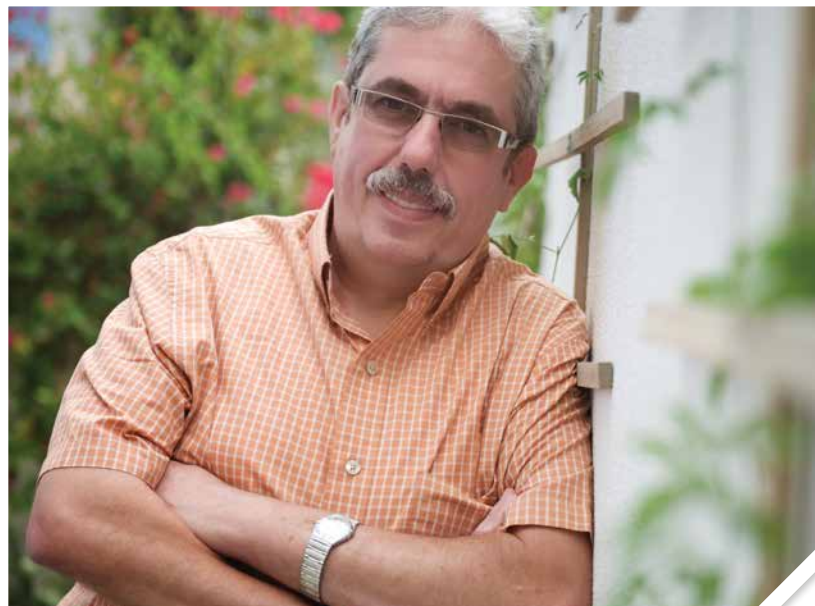
On behalf of the Emirates Culinary Guild Executive Committee and the Board of WorldChefs, I would like to wish everyone a great, healthy and successful New Year. Our industry is going through rough waters now. But as I always say, challenges bring opportunities. So, let's go out and grab these opportunities and make 2019 a happy year for both our family and our business.

Your Emirates Culinary Guild had a very busy December. Thank you to the entire team for all the work put into SIAL Middle East and Abu Dhabi Food Festival. SIAL once again was very well set-up and organized, we saw some great work by Chefs, Pastry Chefs and Artists from all over the UAE as well as international competitors. Congratulations to all the competitors, who won medals. And well done to those who were short on points on the judging sheet but gained experience and learned new dishes and techniques. It is great to win medals and trophies but not the most important. The key in every competition is learning, gaining experience and to aim for a step higher the next time.

The main focus for us at SIAL 2018 was the Alen Thong Trophy. A challenge battled out by Young National Teams from all over the world. The young chefs from every country did an amazing job, produced great food, and our guests were thrilled by some of the dishes.

Congratulations to the Singaporean team, who defended the Trophy from 2 years ago. The United Arab Emirates took 2nd place, which made us very proud. We look forward to the next edition of the Alen Thong Trophy in 2020.

Straight after SIAL, the Emirates Culinary Guild teamed up with the Purple Kitchen Team for the Abu Dhabi Food Festival. Thank you to all



the international chefs, visiting from around the world, for the five amazing days in the park. The World of Kitchens was fantastic.

During this time, we created a new Guinness Record by making 4,770 kg of Margougat at the Abu Dhabi Corniche. See more event info and pictures in our January and February issues.

2019 will be yet another busy year and starts this month with a small team travelling to Pakistan.

***From 4 – 6 March, Expo Culinaire in Sharjah, is the new home of our Salon Culinaire. Hope to see all our Partners exhibiting in Sharjah. The entire Team is working full speed to bring you a great Salon Culinaire at the brand-new Expo Culinaire, an Exhibition which is uniting all our partners including Equipment, Ingredients, Food and Beverage.***

***"Look forward to seeing you all there"***  
Please visit [ww.gulfgourmet.net](http://ww.gulfgourmet.net)

to browse through previous issues of this magazines. Visit [www.emiratesculinaryguild.net](http://www.emiratesculinaryguild.net) to see latest happenings on the events calendar. And visit [www.facebook.com/wacsyoungchefs](http://www.facebook.com/wacsyoungchefs) for young chefs to 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. Also, do look at the Friends of the Guild pages to check all our supporters.

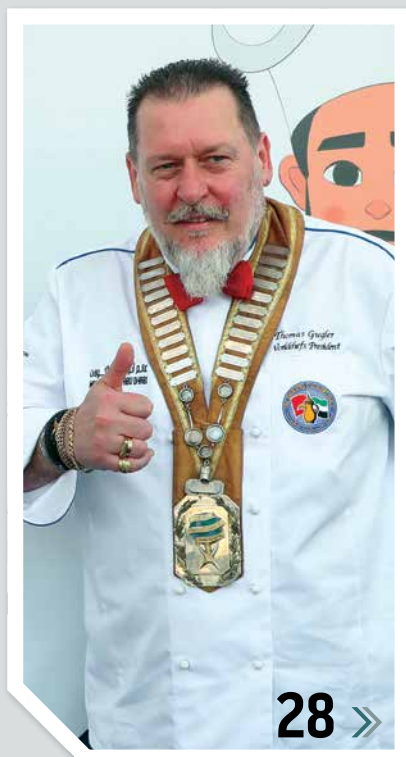
I am wishing everyone a very Merry Christmas season and a great start for 2019.

Thank you to Chef Michel Miraton and Bahi Ajman Palace Hotel 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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# editor'snote

email [editor@gulfgourmet.net](mailto:editor@gulfgourmet.net)

I was not surprised to learn that, last year, close to 600 new restaurants and over 400 new cafes opened its doors in Dubai. This pushes the total number of F&B outlets to over 10,000 in Dubai! As per a tweet put out by the Dubai Media Office, this has resulted in employment for over 180,000 (which averages out to over 17 per restaurant). While the top three employee nationalities are from India, Pakistan and Egypt, what is surprising is that the remainder of the top 10 is made up of nationals from the UK, US, Gulf and other Arab countries.

This is great news in terms of the resilience of the city as an investment destination, as well as how Dubai continues to be desirable for restaurant operators and Michelin-star chefs globally. We have already had Heston Blumenthal, Alain Ducasse, Massimo Bottura, and many more open their restaurants here over the past 12 months. On the flip side, this has led to severe competition, resulting in the closure of restaurants operated by well established names.

For every Salt Bae success you hear, there are fifty other famous chefs struggling to keep the bottom-line profitable. As an open economy, this is actually good because the winner will ultimately be the customer. The customer will go to a place that makes great food, stays innovative, and offers value for money. This is why small restaurants like Ravi's and Calicut Paragon, and fine-dining restaurants like TresInd and At.mosphere, command a loyal following after all these years.

Talking of At.mosphere, the highest restaurant in the world, its junior sous chef graces the cover of this issue. Like his place of work, he too is on top of the world after winning the Best Cuisiner Trophy at the recently



concluded La Cuisine du SIAL in Abu Dhabi. We bring you the images from that competition in this issue.

Not just that, we also bring you exclusive coverage from the World of Food show as well as the world-record braking chicken margougat from the UAE capital city.

This issue is heavy on images and features a full listing of the rules and regulations for Salon Culinaire, that is going to take place at a new venue after 25 years – Expo Culinaire at Sharjah in March. Details inside.

Don't miss the exclusive interview with Chef Mohammed Ghazawi, Advisory Chef at Nestle Professional. Also, check out the finalists going into a live cook-off next month, from the 6th season of Golden Chef Hat Award that was run in this magazine the whole of last year. Come visit us at the finals being held at the ICCA Dubai on February 21.

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

**Aquin George**  
Editor

## CREDITS

**THE EMIRATES** *President* Uwe Micheel

**CULINARY GUILD** *Phone* +971 4 340 3128

*Fax* +971 4 347 3742

*Email* [theguild@eim.ae](mailto:theguild@eim.ae)

**EDITORIAL** *Editor & Publisher* Aquin George

*Phone* +971 55 717 4842

*Email* [editor@gulfgourmet.net](mailto:editor@gulfgourmet.net)

*Associate Publisher* Amaresh Bhaskaran

*Phone* +971 50 456 8161

*Email* [amaresh@gulfgourmet.net](mailto:amaresh@gulfgourmet.net)

**IMAGES** *Photo Editor* Amaresh Bhaskaran

Anne Preussel

Atim Suyatim

**CONTRIBUTORS** Vattacan Inc

Anne Maria

Content Farm

**ADVERTISING** *Sales & Mktg.* Andrew Williams

*Phone* +971 4 368 6450

*Email* [advertise@gulfgourmet.net](mailto:advertise@gulfgourmet.net)

**DESIGN** *Art Director* Vahju PC

*Graphic Designer* Natalie King

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January 2019 Gulf Gourmet

# friends of the guild

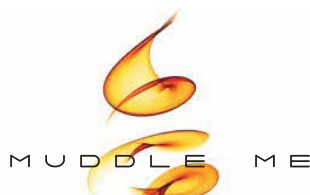


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## newsbites

### Mohammed Alam is Executive Chef at Hawthorn

**H**awthorn Suites by Wyndham JBR has recently brought on board Chef Mohammed Sitab Alam to don the executive chef mantle. He brings over 15 years experience to manage the kitchen operations of the hotel.

Chef Alam has previously worked at various properties across India, Kuwait, Oman and UAE. Prior to this move, he worked as executive chef at the Golden Tulip Media Hotel,

and City Seasons Dubai. He has also worked at Holiday Inn Barsha, Ritz Carlton DIFC, Holiday Inn Abu Dhabi, Park Inn by Radisson Muscat, and Radisson Blu Dubai Media City.

Binu Varghese, the hotel's manager, says, "Hawthorn Suites by Wyndham JBR is in a highly competitive location. We are positive that his combined skills, passion for food, and years of experience will boost the hotel's food and beverage offers."



### Radisson Blu DMC appoints new CDC

**R**adisson Blu Hotel, Dubai Media City has appointed Mariangela Ruggiero as the new chef de cuisine for Certo, Media City's popular Italian restaurant.



"At Certo, we cook with love and passion and this is something I hope the guest will notice when they dine with us, we use only the best products available, with most of them being imported directly from Italy," Ruggiero said.

Born and raised in Milan, Italy with a family coming from the south of Italy, Mariangela discovered Italy as a culinary country already as a child. She started her career in San Diego, went back and spent a few years in Italy and has now been working in the Middle East since 2014 with her latest position as chef de cuisine at Hilton Dead Sea Resort & Spa, Jordan"

"With more than 12 years of international experience, Mariangela will bring a fresh feel, her own personal touch and implement an even more authentic Italian guest experience at Certo and we will continue serving the very best to the Media City crowd as we have done for over a decade now," said James Berry, general manager Radisson Blu Hotel, Dubai Media City.

### Sean Connolly signature no more at Dubai Opera

**C**elebrity chef Sean Connolly will no longer be part of his first Dubai restaurant at Dubai Opera this month. Located atop Dubai's dhow-shaped opera house, the 350-pax restaurant ran for less than 18 months. This joins other high-profile closures including Greg Malouf's Zahira, Michael Mina's Firebird Diner and Dragonfly by Tim Rauem reports Esquire ME. It is said that close to 600 restaurants and over 400 cafes opened last year alone.





## Alain Ducasse opens 'Mix' on Palm Jumeirah

Michelin-star chef Alain Ducasse has finally opened his first restaurant in the UAE. Housed inside the Emerald Palace Kempinski on Palm Jumeirah, Chef Ducasse hopes to recreate the magic he has previously created in London and Hong Kong.

The seasonal menu will mainly revolve around French cuisine with a touch of local and international influences. Current offer includes sea bream ceviche; leche de tigre; Wagyu beef with green pepper condiment; marinated raw blue shrimps with caviar; pan-seared duck foie gras with dolce forte sauce and sea-scallops, lettuce cream and white truffles; and a crab club sandwich.



The restaurant is split into three zones and is inspired by a galactic scene and a contemporary interpretation of Islamic mocarabes (honeycomb work), with a

flowing ceiling made completely from transparent acrylic tubes that sweeps across the dining room, reports The National. The focal point of the restaurant is

a massive Fabergé Egg, while the top level houses the private Chefs Table, accessible through its own lift and with a dedicated kitchen, terrace and 12-seater table.

## Chef Supul joins Millennium Atria

Sri Lankan native Supul Maneesha has joined the soon-to-open Millennium Atria Business Bay as Executive Chef. Responsible for the operations of the hotel's dining outlets and in-room dining services, Chef Supul brings over 12 years of experience. Prior to this, he was Chef de cuisine at Crowne Plaza Hotel Dubai.

He has represented the UAE National Team at the Culinary Olympics in 2016 in Germany, Food and Hotel Asia in 2018 in Singapore, and the Culinary World Cup in 2018 in Luxembourg. His CV includes high profile properties including Hilton Colombo, Bab Al Shams and J W Marriott as well as international experience across GCC countries.



Christian Palacin, General Manager at Millennium Atria Business Bay said, "We are delighted to have Chef Maneesha on board. He has a real passion to deliver exceptional gastronomic experiences and we are eagerly waiting for his zeal to unfold and make his culinary journey a remarkable one at our property."

## Torno Subito, is Bottura's first restaurant here

Torno Subito, Bottura's first restaurant in the Middle East, is opening at W Dubai The Palm reports CNTraveler.

The name is a throwback to the signs Italian shopkeepers once hung in their windows at lunchtime. The chef is renowned for heading the three Michelin-star Osteria Francescana in Modena, Italy.

January 2019 **Gulf Gourmet**

# KITCHEN CONFIDANTE

**Mohammed Ghazawi**, the new advisory chef at Nestle Professional, is a friend, philosopher and guide to the chefs who need a helping hand in the kitchen...

**W**hen it comes to gastronomy, who can resist the lure of Lebanese food? Or the charm of the country's chefs? One such charming Lebanese chef is Mohammed Ghazawi, the newly appointed advisory chef of Nestle Professional.

Building upon his extensive experience, the 39-year-old cuisiner shows culinarians how to innovate with Nestle Professional products to add an edge to their dishes.

In a casual chat with Gulf Gourmet, he

recounts his journey and shares his views on his favourite industry...

## Can you please tell us something about yourself?

I am originally from Lebanon, born and raised in the northern part. Nearly four decades ago, there was a war in Lebanon, and I was born in the middle of it. My parents had to move to a village for safety. But some good did come of it.

I grew up with an authentic agrarian lifestyle. In a village, you see how vegetables and fruits grow, and how farm animals and poultry are raised.

My father was a sports teacher, and mother was a homemaker. I have two younger sisters and a brother - none are chefs, but all are foodies.

You could say that my mother is my inspiration. She is a fantastic cook. But then all mothers are great chefs. My uncle is a butcher, who ran a famous restaurant in northern Lebanon. Basically, my extended family owns two restaurants.

## How did your decision to become a chef develop?

My parents noticed that I liked being in





the kitchen a little too much (laughs). Whenever they left me at home unsupervised, they would come back to the aroma of food wafting from the kitchen.

My father once visited a technical school exhibition in Beirut, where young students were making pastries and immediately thought of me. He returned to tell me how impressed he was and encouraged me to consider it a career.

He sent me to a boarding school in Beirut for five years to study cooking, baking, food technology, hygiene etc – the whole package. I ended up studying hospitality for seven years.

#### **Was professional cooking what you expected it to be?**

The first day of school, the trainer chef told us – ‘you are choosing a profession that requires strong people - physically, mentally and emotionally.’ He said we will have to work when the rest of the world is celebrating with their families. We will make moments memorable for others but will not enjoy the same privilege. These were strong words and they left us somewhat scared. But eventually I realised how true his words were.

Passion is just the first step. Being a chef comes with a big responsibility. When you come into the kitchen, you are not just going there to feed people. You are giving them an experience, not just food. They pay for this experience. They can eat anywhere, even at home. They want clean, healthy, consistent and delicious food. It's your responsibility as a chef to give them these things.

#### **How was your professional journey? Did a formal culinary education help advance your career?**

Definitely! It helped me make contacts within the industry. I also did trainings and extra work such as events. I worked in a lot of places as a student. My first job was as a pastry chef at a



**Passion is just the first step. Being a chef comes with a big responsibility. When you come into the kitchen, you are not just going there to feed people. You are giving them an experience, not just food. They pay for this experience**

resort in Lebanon. I did almost 55 weddings in one summer there! It was tough, but I was very motivated. I came first in my class and that's how I got the job. Then I started working in Beirut, and the hotel transferred me to Saudi Arabia.

Saudi Arabia is a beautiful country. You tend to focus a lot on work there. It has chefs from so many nationalities. You build a network. It was amazing!

I also worked at the Intercontinental before starting my journey as a corporate chef in 2000. I started out as a production manager. We were doing meals for pilgrims to Mecca. There were 18,000 meals to be made daily. They had to be healthy and the taste had to be consistent.

I also branched out as a brand consultant, creating menus and concepts. I did brand consulting for seven years before joining Nestle five years ago.

#### **You have done different kinds of work. What has given you the maximum satisfaction?**

Every baby you create gives you joy. So,

every work I have done has given me a different kind of happiness. I helped set up a diet food business and that was hugely satisfying. When I got a call from Nestle, I didn't know much about the company. I grew up with the brand and there was trust but that's about it. It was something new for me and I learnt a lot. That was also enjoyable.

#### **What is your work as an advisory chef for Nestle and which part of your work do you enjoy the most?**

My job is to engage with chefs and understand their needs. I handle the UAE region, but we mostly work as a team in the Middle East.

We have many culinary solutions from Nestle. They are meant to make life easier in the kitchen. Chefs can trust our products. My role is to show them how to use these solutions, address any challenges they have. We also show them how to innovate with products. It's a lot of creativity and experimentation and I really enjoy that.

#### **Talking about creativity, how challenging is it to offer chefs solutions without compromising on their freedom to be creative?**

Of course, we want chefs to put their own signature to the dishes. If everyone does the same thing, then the result will be boringly routine. There will be no differentiation. That's why we provide the basic ingredients to build dishes on.

Take chocolate mousse for example. There are so many ways that you can present chocolate mousse, with so many toppings and so many combinations.

#### **Are there any new products coming up? What are some special products?**

Our sweet brand, Docello, will soon have a range of sauces for pastry applications. As for special products, our dehydrated products deserve a mention. They are 100 percent made of natural products. The ingredients are authentic and responsibly sourced.



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Last year, we had 40 chefs from 20 properties across the UAE participating. The 10 finalists will have a live cook-off next month. The winning team will get an all-expenses paid trip to Food and Hotel Asia in Singapore



January 2019 **Gulf Gourmet****Are you more inclined towards pastry or savoury?**

Food is my passion and both savoury and sweet complete a meal. I like both. Even when it comes to cuisines, I don't have a favourite. The more I see, the more I like.

The Golden Chef Hat Award is making news. Please tell us something about this culinary competition...

It started in 2012. It's a top competition for young chefs in the UAE. Last year, we had 40 chefs from 20 properties across the UAE participating. The 10 finalists will have a live cook-off next month. The winning team will get an all-expenses paid trip to Food and Hotel Asia in Singapore.

The seventh edition of the Golden Chef Hat Award started this month. We are looking for brilliant young chefs who want to compete and show us their passion.

That's all about work. Let's get a bit personal. Please tell us about your family...

I am married and I have a nine-year-old son. He lives and studies in Lebanon. I miss my family. My wife is a fantastic cook. For me, food is an emotional thing and I love how well she cooks. The way to my heart is definitely through my stomach (laughs).

**These days the industry is full of young chefs. What do you look for when you hire chefs?**

Passion and attitude. These are the only two things that count. You can learn on the job if you have a sense of responsibility. Also, as an artist you have to give dishes your signature. That's what makes you and your work different. You always have to think out-of-the-box. Don't just blindly copy others. Cooking is mostly ingredients and feelings. Your mood is reflected in your dishes.

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**BUDDIKA PERERA - Dubai International Hotel****KRISHANTH NANDIVARMA**

## MEET THE FINALISTS

Meet the top 10 teams of the 6th Golden Chef Hat Award – UAE who will go in for a live cook-off next month at the ICCA – Dubai to win an all-expenses paid trip to Singapore

**20** chefs from Etihad and more than 50 from the Emirates Culinary Guild spent some 6 hours cooking a delicious Emirati stew – Chicken Margougah – weighing 4775kg to break the Guinness World Record last month.

The following 20 chefs from the following 10 hotels have made it to the finals of the 6th Nestle Professional Golden Chef Hat Award – UAE. They will go in for a live cook-off at the ICCA – Dubai on February 21. The winning duo gets an all-expenses

paid trip to the Food and Hotel Asia in Singapore in April.

The recipes of the top 40 chefs were judged by Helen Morris, Executive Chef and Senior Lecturer, The Emirates Academy of Hospitality Management, Mohammed Ghazawi, Advisory Chef, Nestle Professional; Suresh Babu, Group Executive Chef, Landmark Hotels and Suites; and Amro Al Yassin, Culinary Director, McQueens.

The 7th edition of the Golden Chef Hat Award – UAE has begun and if you would

like to be make it to the semi-finals and be featured in this magazine, email your interest to [amaresh@gulfgourmet.net](mailto:amaresh@gulfgourmet.net) with your details.

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- ♦ Sheraton Deira
- ♦ Verdura Restaurant

**IMTIAZ ALAM - Arabian Ranches Gold Club****ASHISH DAHAL**





**RAHUL BALAJI PRASAD** - Bahi Ajman Palace



**RAMAKANT CHOUDHARY**



**NAVEEN NEGI** - Lapita Hotel



**AKHIL JOSEPH**



**SANA QUIDWAI** - JW Marriott Marquis



**ALKESH BHANDARI**



**WILLY GUNAWARMAN** - MGallery by Sofitel Dubai



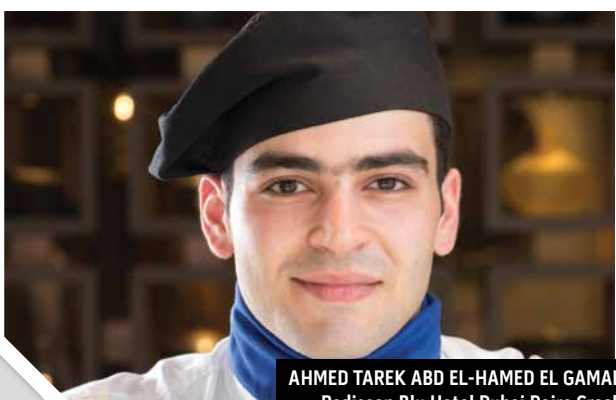
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**BABURAM BHUSAL** - Mövenpick Hotel Jumeirah Beach



**SAVIO D'SOUZA**



**AHMED TAREK ABD EL-HAMED EL GAMAL**  
- Radisson Blu Hotel Dubai Deira Creek



**P. H. LAHIRU NAYANAPRIYA SENARATHNE**



**JOSEPH YOHANNAN** - Sheraton Dubai Creek Hotel & Towers



**CHEF DINUM 'SANKALPA' KATAPODIGE**



**ABD ANNOR AZZOUG** - Verdura Restaurant



**RENZ RAFAEL GARCIA**





## The Guild Meet

Chef Michel Miraton and Bahi Ajman Palace Hotel team hosted the December meeting of the Emirates Culinary Guild. Senior and junior chefs along with industry partners got together to network and look at expediting plans and opportunities for 2019. Here are images from the event.





## Guinness World Record achieved in Abu Dhabi

Visitors watched and eventually tasted a free sample of the world's largest Chicken Margougah, while 20,000 portions were donated to Emirates Red Crescent.

**20** chefs from Etihad and more than 50 from the Emirates Culinary Guild spent some 6 hours cooking a delicious Emirati stew – Chicken Margougah – weighing 4775kg to break the Guinness World Record last month.

"It is very satisfying to bring a world record to our capital city, Abu Dhabi, which has been very supportive, and we look forward to breaking a new record at the next Abu Dhabi Food Festival," said Chef Uwe Micheel, President of the Emirates Culinary Guild.

The event was part of the Abu Dhabi Food Festival organised by the Department of Culture & Tourism, World of Food Abu

Dhabi at Al Bahar. The largest meat stew in the world was certified by Guinness World Records and organised by Purple Kitchen Events in collaboration with the Emirates Culinary Guild.

The Chicken Margougah – a traditional and popular Emirati dish featuring roasted chicken cooked in tomato sauce, and served with traditional khaboos bread, had to weigh more than 4,200kg to break the existing world record.

The massive dish which was made from 1,000 chickens, 1,300kg of vegetables, 400kg of Khaboos and 86 litres of corn oil as well as more than 100kg of spices and was cooked using 15 gas burners in a custom-made 3-metre-wide pot

which had to be delivered by police escort due to its size.

The teamwork of Purple Kitchen Events, Emirates Culinary Guild, Etihad Airways (who prepared and played a critical role in the cooking), Daarzood, Barakat, IFFCO, Nestle, Nevra, Noor Oil and Radisson Blu Hotel Dubai Deira Creek were put to the test by the Guinness World Record adjudicator and were delighted when the official weight of 4775kg was announced after deducting the weight of the pot and the weighing chains.

Visitors watched and eventually tasted a free sample of the world record, while 20,000 portions were donated to Emirates Red Crescent.





## HOW TO COOK A WORLD RECORD-BREAKING CHICKEN MARGOUGAT

### Ingredients

Chicken, thigh pieces, boneless, skinless, strips cooked	430 kg
Cinnamon stick	8.6 kg
Ginger garlic paste	43 kg
Red onion, peeled and chopped	172 kg
Turmeric powder	17.2 kg
Coriander powder	13.8 kg
Cumin power	8.6 kg
Bezar	21.5 kg
Chili powder	2.5 kg
Madras curry powder	8.6 kg
Tomato chopped	344 kg
Tomato paste	86 kg
Fresh coriander	43 kg
Baby marrow, cut in 4 -cm cubes / 80% cooked	344 kg
Potato - Peeled cut in 4 -cm cubes / 90% cooked	344 kg
Khaboos bread	344 kg
Carrots - Peeled cut in 4 -cm cubes / 90% cooked	430 kg
Corn oil – Noor Oil	86 liters
Dry lemon – soaked 1 day before	43 kg
Tamarind paste	68 kg
Water	2580 liters
salt	To taste
Nestle Chicken Stock Power	30 kg
Lemon juice	17 liters

### Method

- ♦ Cut chicken into 4 cm cubes
- ♦ Heat corn oil in a pot. Add chopped onion and sauté until they turn translucent. Add ginger garlic paste and sauté
- ♦ Next Add all the spices and dry lemon. Continue to sauté on low flame.
- ♦ Add chopped tomato and tomato paste. Pour water and boil for 10 minutes
- ♦ Add carrots and potato, bring to boil
- ♦ Add the baby marrow and chicken, bring to boil
- ♦ Cut the bread in 4 cm cubes and put into the stew. While mixing take care not to break the boiled vegetables
- ♦ In the end, add tamarind paste.
- ♦ Serve in bowl, garnished with coriander.







## World of Food Abu Dhabi 2018 brings a big boost the Abu Dhabi Food Festival

38,000 visitors flock to the Capital's famous park in a celebration of all things food. In attendance were Michelin star chefs and Guinness World Record officials for the world's largest Chicken Margougat



**D**ecember 13-17, 2018 saw the inaugural World of Food Abu Dhabi come to life in Umm Al Emarat Park as a new addition to the Abu Dhabi Food Festival, organised by the Department of Culture & Tourism, with spectacular success.

Organised Purple Kitchen Events and supported by the Emirates Culinary Guild, the family event targeted at Foodies from Abu Dhabi and Beyond saw 15 country themed kitchens from around the world serving national taster dishes by native master chefs who were based at the Armed Forces Officers Club and Hotel. It was visited by more than 38,000 foodies both young and small, enjoying a global culinary journey plus plenty of activities on the multiple stages and activities. Six food trucks (by Foodsters inc.) complimented the kitchens by selling very popular savoury and sweet concepts and added to the atmosphere with their funky



designs. In addition, a speciality coffee brew bar served coffee fans with hot and cold creations backed by the Specialty Coffee Association of the UAE.

Two stages – One main culinary stage and one ice-carving/caked decorating/ fruit & vegetable carving stage guaranteed a fantastic line up of daily performances from celebrity chefs, international master chefs, Michelin starred chefs, world champions and the UAE National team.

**Uwe Micheel, Director of Kitchens – Radisson Blu Hotel Dubai Deira Creek and President of the Emirates Culinary Guild praised the event, the cooperation between Government Identities, Purple Kitchen and the Emirates Culinary Guild was second to none. "We are very proud of the achievement from La Cuisine Du Sial, Abu Dhabi, the Guinness Record and the World Kitchen. We had more than 20 celebrity chefs from all over the World with us, they are all travelled home as Culinary Ambassadors for Abu Dhabi Food Festival. I like to congratulate Abu Dhabi for this amazing event and look forward to the 2nd Edition in 2019."**

Hundreds of children enjoyed the 'Little Chefs' classroom, delivered by the Chef International Centre (Sharjah) which provided sessions such as cookie decoration, sandwich making and gingerbread house building/decorating.



All sessions covered food hygiene and best practices for our future chefs, wrapping up with an official certificate from the Centre. Youngsters were also able to experience a full-sized walk through gingerbread house, built and managed by Savarin, who offered gingerbread making kits to happy customers. Savarin also provided chocolate lovers with a 4 x 2 metre chocolate pond including fountain sprays and allowed an interactive experience with a dipping station.

Sweet toothed customers could choose from 10 dessert kiosks serving a variety of classic and contemporary items including: Nitrogen and Turkish ice-cream, brownie tins, cheesecake/tiramisu jars, mini pancakes, flavour injected waffles, edible garden treats and guilt free cakes. US Pear gave pear tarts, balloons and brought a life-sized dancing mascot as well as distributing pears as a healthy snack to all who passed by.



Another highlight of Word of Food Abu Dhabi took place on Al Bahar Corniche, breaking the Guinness World Record for largest meat stew at 4775kg.

Keep an eye out for World of Food Abu Dhabi at the Abu Dhabi Food Festival 2019 this December.











January 2019 **Gulf Gourmet**

# AT THE TOP

Straight from the land of cultures and curries comes Chef **Lakshman Shekhawat**. But this talented chef from At.mosphere, the world's highest restaurant, packs quite an international punch, as is clear in his 'Best Cuisiner' title win at SIAL Middle East last December...





January 2019 **Gulf Gourmet**

Walking in your parent's work shoes can make life easier in many ways. You know the pluses and pitfalls of the profession. A free advisor is always at hand and there's a certain glamour to sharing not just an emotional but also a vocational connection with a family member.

So walking up to his doctor father and saying he wanted to be a professional chef was one of the hardest things Lakshman Singh Shekhawat had to do. Expectedly, a rejection of the idea was the response he received.

But that was yesterday. Today, his father is a proud man.

The Shekhawat family name is up in lights as Chef Lakshman cooked his way to the top of the winners list at the La Cuisine du SIAL competition held in Abu Dhabi in December. Winning a silver medal for his five-course spread and golds for live meat and fish cooking, he was declared the 'Best Cuisiner' at the prestigious event.

The year is off to a good start for Chef Lakshman, a chef at At.Mosphere, the world's highest restaurant located in Burj Khalifa in Dubai. The classy fine-dining restaurant sits 442 metres above the ground on the 122nd floor of the world-famous building.

Chef Lakshman's exposure to the hospitality industry dates back to his childhood. Growing up in Jaipur, a north Indian tourist destination lovingly called the 'Pink City', he saw people from all over the globe enjoy culture and cuisine in his hometown. But it was actually a cousin who was an international chef that triggered Chef Lakshman's career path. "He's now settled in the U.S. My cousin worked as a chef in Canada and New York. I was really impressed with his lifestyle," narrates the 28-year-old chef.

The path to a culinary career, however, was not easy.



**Initially, when I was in India, I was somewhat confused about where exactly in a hotel I belong. But when I was sent to the kitchen in Marriott, I knew that's where I was supposed to be**

To begin with, the family's hopes of seeing their young pursue a career in science were dashed. "My father was really upset. But I stuck to my decision." Eventually, Chef Lakshman's parents gave in, allowing him to join a three-year hotel management degree course. "The atmosphere in the industry in India at the time was not very friendly for young chefs. It was dominated by experienced chefs who did not want anyone else to grow. So I felt I had to try my luck abroad once I finished my degree course."

Chef Lakshman headed out to London. He obtained a postgraduate diploma in hospitality from the London School of Business and Management before joining Hanbury Manor Marriott Hotel & Country Club in the beginning of 2009. "Over the next two years there, I learnt a lot, especially continental cuisine.

Initially, when I was in India, I was somewhat confused about where exactly in a hotel I belong. But when I was sent to the kitchen in Marriott, I knew that's where I was supposed to be." A slow interest in ingredients, techniques and combinations turned into a full-blown passion and Chef Lakshman credits Marriott for this. Other than the different kinds of cuisines, he learnt what Michelin stars are, what are the levels of seniority among chefs and various nitty-gritties of the kitchen.

"A family issue pulled me back to India and I joined the Hyatt hotel in Bangalore." A year later, when an opportunity in Kuwait presented itself, Chef Lakshman jumped ship. "Jumeirah Kuwait was quite an experience. I soon got a promotion and was transferred to Dubai for the opening of the Jumeirah Al Naseem hotel. I came as the chef de partie of the Summersalt restaurant.

In mid-2017, Chef Lakshman moved to At.mosphere to round off his 'education' - marquee hotels to fine-dining restaurants. "I like the challenge of working here. Guest expectations from this restaurant are high." Given the high profile of the restaurant, he also gets a chance to work with special ingredients as well as celebrity chefs. "I worked under Michelin-star chef Sergio Herman for five days."

Culinary competitions are a value-add.

Chef Lakshman's tryst with competitions began when he was working at the Jumeirah Kuwait. He's won several





medals – both silver and gold - at various competitions. "One of the most important things that participating teaches you is how to withstand pressure. It's a tough environment, even if you know your craft perfectly. You don't have the comfort of your kitchen, the clock is ticking and everyone is watching you. It's a challenging yet rewarding exercise."

All this training, he hopes, will someday help him achieve his ultimate dream – owning a restaurant in his hometown Jaipur. "It's a tourist city. I want to serve Indian cuisine with a modern twist. It will be an amalgamation of my Indian upbringing and my learnings abroad."

Supporting Chef Lakshman are his two siblings – a younger brother and an older sister – and his wife. "My wife has studied business management. We got married recently. She's not working at the moment but we hope to use her expertise for our own business someday."

Chef Lakshman follows simple but universal rules for his career – work hard, choose the right mentors, and be kind and generous. "The thing that can make or break your career is whom you work under. It's important to work with good chefs. You don't work for the



company, you work for the chef. It's he who actually takes care of you." He credits his Executive Chef Yann Meinsel and Chef de Cuisine Eka Partama and his mentors and guide.

He also advocates participating in competitions with an open mind. "Don't be discouraged if you don't win anything the first couple of times. Go

there for the experience. The first time I participated, I got negative feedback. But I ensured that I did not repeat these mistakes in subsequent competitions. That's how you grow. By soaking up all you can and treating everything as a learning experience."

The learning never stops. That's what sets the winners apart from the losers.







The thing that can make or break your career is whom you work under. It's important to work with good chefs. You don't work for the company, you work for the chef. It's he who actually takes care of you



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## CHEFS WITHOUT BORDERS

Chefs Francesco Vescio and Udesch Herath come from two different continents but they share the same love for food. The two from **Stella di Mare Dubai Marina** are the first team cooking up a storm this year at the 7th edition of the Golden Chef Hat Award

When continental meets oriental, sparks must fly. Italian chef Francesco Vescio and Sri Lankan chef Udesch Herath are teaming up to represent the talent trove of Stella di Mare Dubai Marina at the Golden Chef Hat Award this month...

### Francesco Vescio

'Young and restless' describes Chef

Francesco Vescio well. What describes him even better is 'elegant'. Elegance oozes out of the Italian chefs dishes. But what's special about that? After all, many chefs create sophisticated dishes that tease the gastronome's palate. But not when they're 20. Yes, that's what Chef Francesco's biological age is.

His culinary age, perhaps, is much higher. In just five years of working – he

started at the age of 15 – he has worked at some reputed establishments in Italy, France, England and Germany. Among these are TH Resorts, Bella Calabria, Matteo Rizzo Il Desco di Verona, Four Seasons and Bvlgari.

"I started really young. At the age of 10 to be exact. My grandmother painstakingly taught me to make ravioli and I fell in love with food," he recalls.





**Udes Herath**

Beginning his culinary studies shortly after at the Luigi Enaudi in Lamezia Terme Culinary School in Italy, he turned commis chef in his mid-teens.

It was a good start. The hotel where he worked first grew its own produce. "I got to see first-hand the whole journey of ingredients – from the soil to the plate." Some more awe-inducing experiences met the young chef. "I once saw 1,000 lobsters together at a resort where I worked. My eyes popped out!"

A few years later, when he decided to leave the comfort zone of south Italy for greener pastures, there was some resistance from the family. "My father did not want to me to go because we are a close-knit family. I have a brother and a sister. But I went anyway."

The experience was enriching. New people, new cuisines, new techniques. After several stints abroad, Chef Francesco joined Stella di Mare two months ago. Ask him which part of the meal is his favourite, and he replies "Desserts!" without a second's hesitation. "I have a sweet tooth and I consider desserts to be the best part of any meal. If you end with good desserts,

you remember the entire meal. It completes the experience."

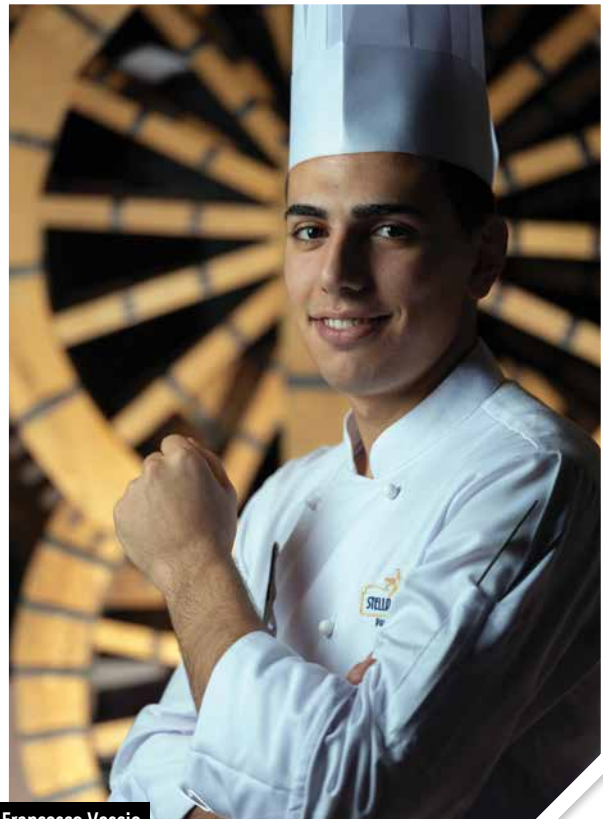
Fittingly, he is presenting a dessert called Nestle Spicy Chocolate. "It uses Nestle chocolate mousse and panna cotta, presented with an orange compote."

The chef, whose favourite hot dish is Carnaroli risotto, says he will try and stay true to his goal of working at all the major culinary destinations of the world. Given his talent, the world is definitely his oyster.

### Udes Herath

It started innocently enough. A cut here, a slice there, a dash of chilli, a spoonful of salt. In looking for things to play with, Chef Udes Herath often ended up in the kitchen, working side-by-side with his mother. Now years later, all those experiments have taken a professional hue. The 28-year-old from Sri Lanka has already worked in around eight hotels, including Sofitel, Bvlgari Hotel and The Address.

The sous chef at Stella di Mare Hotel still enjoys playing with ingredients, especially at culinary competitions. Beginning his career in 2005, he joined

**Francesco Vescio**

the Earl's Regency in Kandy as a trainee for a couple of years. "I came to Dubai in 2013 to work at Sofitel the Palm. It was quite a learning experience," says Chef Udes. In November last year, he moved to Stella di Mare.

At this competition, he plans to woo the judges with his main course dish - herb crusted beef tenderloin dish served with blue cheese mashed potato, mushroom puree and beetroot ravioli. "I used the Maggi mashed potato, Chef demi-glace and Nestle cream products for my dish."

Chef Udes is not just a great cook but also a creative plate designer. One look at the dish can make the fullest stomach growl with hunger. This talent is what won him a silver and a bronze medal at the Salon Culinaire competitions.

The self-confessed 'baby of the Herath family' admits to seeing himself as a baby in his career too. "I want to learn more, participate in more competitions. Someday, I want to be in a good position in a top hotel in Dubai."

With a supportive mother and two loving sisters, Chef Udes might be closer to achieving that dream than he thinks.



## HERB CRUSTED BEEF TENDERLOIN WITH NESTLE MASH ROCKET, BABY VEGETABLES, BEETROOT RAVIOLI, MUSHROOM PUREE AND BLACKBERRY DEMI-GLAZE SAUCE

### BEEF TENDERLOIN HERB CRUST

Coriander	10g
Thyme	7g
Tarragon	7g
Parsly	20g
Rosemary	15g
Bread crumb	To taste
Salt and pepper	To taste

#### Method

- Blend all the ingredients together and keep dry.

### NESTLE MASH POTATOES WITH BLUE CHEESE

Maggi Mash potato	40g
Blue cheese	15g
Bread crumb	15g
Tongarashi	3g
Whole egg	1pc
Nestle Cream	10ml
Salt and pepper	To taste

#### Method

- Make mash potato with cream and Tongarashi, then stuff blue cheese in it and make into balls. Do an egg wash and apply bread crumbs towards the end. Deep fry till it turns golden in colour.

### MUSHROOM PUREE

Mushroom	50g
Garlic	10g
Onion	20g
Vegetable stock	30ml
Nestle Cream	20ml
Butter	To taste

#### Method

- Sauté all the ingredients and blend with cream and butter.

### BABY VEGETABLES

Carrot	20g
Asparagus	18g
Broccolini	15g
Lettuce	7g
Red cauliflower	10g
Mushroom	15g
Salt and pepper	To taste
Confit of lemon	

#### Method

- Blanch all the baby vegetables and sauté with butter.

### BEETROOT RAVIOLI

Beetroot	10g
Burrata cheese	15g
Truffle oil	1ml

#### Method

- Truffle oil mix burrata stuff with thin slice beetroot and steam it.

### NESTLE DEMI-GLAZE SAUCE

Chef Demi-glaze	30g
Cream	15ml
Blackberries	10g

#### Method

- Mix demi-glaze with blackberry and finish with cream, salt and pepper as per taste.

### PLATING

Beef Tenderloin	800g
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#### Method

- Season the meat and grill it with hot butter for 2 or 3 minutes.
- Place it in the oven at 180°C for eight minutes. Take it out and coat with the herb crust mix
- Serve hot, on a plate with the special mash, mushroom puree, baby vegetables, beet ravioli and a dash of the demi-glaze sauce.



## NESTLE SPICY CHOCOLATE

### PAN DI PIES SPONGE

Five spice powder	20g
Orange zest	20g
Water	200g
Honey	75g
Nut meg	10g
Flour	300g
Corn flour	25g
Baking soda	05g
Eggs	2
Butter	60g

#### Method

- ♦ Boil all the spices in water and honey and keep overnight. Using a mixer, mix all dry ingredients and put in to the

baking tray and bake at 180°C for 20 minutes.

### DOCELLO CHOCOLATE MOUSSE

Docello chocolate mousse powder	350g
Milk	200g
Gelatin	2 sheets
Dark chocolate 65%	100g

#### Method

- ♦ Beat the chocolate mousse powder with milk for 5-6 minutes and then add the melted dark chocolate and gelatin. Pour into the mould.

### DOCELLO PANNA COTTA TUBE

Docello panna cotta mix	200g
Milk	200g
Fresh cream	200g

Nut	50g
Cocoa butter	100g

#### Method

- ♦ Warm the cream and milk at 85°C and add the panna cotta powder. Pour in to the mould and put cocoa butter, chocolate melt and add the nuts. Freeze it and take out once ready.

### ORANGE COMPOTE

Fresh orange	04nos
Vanilla bean	1
Sugar	100g
Orange juice	100g

#### Method

- ♦ Peel the orange. Boil sugar and orange juice together. Peel an orange and put it in the mixer.





## THE EMIRATES SALON CULINAIRE 2019

Date: 4th to 6nd March 2019 - Venue: Expo Centre Sharjah

### Briefs of the Classes for Entry

#### Resume Of Classes for Entry Class No. - Class Description

- 01 Cake Decoration – Practical by Master Baker
- 02 Wedding Cake Three-Tier- by Pristine
- 03 Four Plates of Dessert - Nestlé Docello
- 04 Pastry Showpiece
- 05 Bread Loaves and Showpiece by Master Baker
- 06 Petites Fours, Pralines by Master Baker
- 07 Chocolate Carving Showpiece by Seville
- 08 Fruit & Vegetable Carving Showpiece by Barakat Quality Plus
- 09 Open Show Piece
- 10 Five-Course Gourmet Dinner Menu by USMEF
- 11 Four-Course Vegetarian Menu by
- 12 Tapas, Finger Food and Canapés by
- 13 Blank
- 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
- 19 Arabic Mezzeh - Practical Cookery by Rahma
- 20 Fish & Seafood - Practical Cookery by MITRAS
- 21 Beef - Practical Cookery by USMEF
- 22 Emirati Cuisine – Practical Cookery by HK Enterprises
- 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 Powered by Debel Foods USA

- 25 Dressed Chicken & Dressed Fish Practical Butchery
- 26 Egg cookery Practical cookery
- 27 Chicken - Practical Cookery – by USAPEEC
- 28 Far Eastern Creations Practical cookery by Nestlé
- 29 Practical Cookery sandwiches by Unilever Food Solutions
- 30 Mocktails by IFFCO
- 31 French Cheese Board Black box competition

### 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 maybe supplied by the sponsor and shall be mandatory to be used,
15. Information shall be sent to competitors in advance of the competition for supply of ingredients. 50 Points will be deducted for non compliance

### 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.
9. Maximum height should not exceed 1 meter (including socle or platforms)
10. Pristine Ingredients supplied by the sponsor shall be mandatory to be used, competitors must use at least one of the following:
  - a. *Vanilla Sponge Cake Mix*
  - b. *Chocolate Sponge Cake Mix*
  - c. *Red velvet cake mix*
  - d. *Vanilla Cream Cake Mix*
  - e. *Chocolate Cream Cake Mix*
  - f. *Optional to use any of the following*
  - g. *Real dark chocolate (60% cocoa) easy melt buttons*
  - h. *Real Milk chocolate (35% cocoa) easy melt buttons*
  - i. *Delicia Custard Cream Mix (can be used for lemon curds etc)*
  - j. *Icing Sugar*
  - k. *Pristine Cake Margarine*
11. Information shall be sent to competitors in advance of the competition for supply of ingredients.
12. 50 Points will be deducted for non-compliance

### 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

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 may be 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 25-40grams (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 25-50grams (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 loaves 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



Main sponsor



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

### Class 08: Fruit & Vegetable Carving Showpiece 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).
6. **Special note:** To enhance the

overall level of competition and to aid competitors to demonstrate superior modeling skills, it is permitted to use, frames and supports.

*i.e. Styrofoam support must not pre-molded and simply sprayed, a round cylinder to form the base of a body is permitted, under no circumstances will pre-carved detailed Styrofoam of any other media be permitted. If the judging committee deems that the finishing has been aided by excessive moulding work it may not be judged.*

## Gastronomic Creations

### Class 10: Five-Course Gourmet Dinner Menu by USMEF

1. Present a plated five-course gourmet meal for one person
2. One of the courses for the meal must contain US Beef as the main ingredient. Proof of purchase needs to be brought to the Competition for all the Beef 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

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 cheese only must be used in the creation of the menu. Proof of purchase needs to be brought if sponsor ingredients provided to the Competition for all the 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

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 **Dairy** cheeses only must be used in the creation of these dishes. Proof of purchase needs to be brought if sponsored ingredients provided to the Competition for all the 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-refer to supplementary rules**

1. Please refer to additional rules.
2. First 10 teams to apply will be eligible
3. Organizers shall supply 10kg USA Chicken Quarters to be used by the team
4. There will be no entry fee for this class, in respect of the cost of producing the buffet

### **Practical Artistic**

#### **Class 15: Individual Ice Carving**

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

#### **Class 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.
7. Great care must be taken with health and safety considerations. If an exhibit becomes in any way unstable or dangerous to competitors or public, it will be dismantled and destroyed by the organizers.
8. The use of power tools is allowed to slice blocks only.

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

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

#### **Class 18: Dressed Lamb - Practical Butchery**

1. Prepare a whole, fresh, dressed lamb carcass into various ready-to-cook joints and pieces, some as required by the organisers, the others to competitor's choice.
2. Make a presentation of the finished cuts and off-cuts for exhibiting to the judges.
3. 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.
6. 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,



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competitors must supply their own plates/bowls/platters with which to present the food.

12. Competitors must bring with them all necessary mise-en-place prepared according to WORLDCHEFS guidelines in the hot kitchen discipline ([www.worldchefs.org](http://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 preparation 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 up.*
  - 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.*
  - i) *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 three 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 Cookery

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

1. Time allowed: 60 Minutes
2. Prepare and present for four persons: Three types of hot mezzeh and three types of cold mezzeh.
3. Only one (if any) of the following types of mezzeh may be displayed: humus, tabouleh, babaganough, fatouche, moutabel.
4. The mezzeh can be representative of any of the following countries:
  - > Lebanon
  - > Syria
  - > Jordan
  - > Morocco
  - > Egypt
  - > Tunisia
5. Dishes must represent a variety of cooking methods and the use of ingredients as used in the Arabic restaurants of the UAE.
6. Rahma olive oil must be the only olive oil used in the creation of these dishes and will be available in the competition venue
7. 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 Ocean Perch 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 used
4. Weight of fish per portion on the plate to be 150grams
5. Present the main courses on individual plates with appropriate garnish and accoutrements.
6. Hulala Cream and Rahma olive oil will be supplied and must be used in the kitchen
7. Typewritten recipes are required.

#### Class 21: Beef - Practical Cookery by USMEF

1. Time allowed 60 minutes
2. Prepare and present three identical main courses using US Beef as the main protein item. Proof of purchase needs to be brought to the Competition for all the US 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 150grams
5. Present the main courses on individual plates with appropriate garnish and accoutrements.
6. Hulala Cream and Rahma Olive oil shall be supplied and must be used in the kitchen
7. Typewritten recipes are required.





### Class 22: Emirati Cuisine - Practical Cookery by HK Enterprises

1. 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. **Young Chef of the Year competitors must cook Balalit as one of the dishes.**
6. Competitors must bring their own plates/bowls for presentation and all necessary mise-en-place for the meals
7. Competitors must use HK Enterprises rice ain one of the dishes, this is mandatory
8. The judges will check appliances and utensils for suitability
9. Typewritten description and recipes are required
10. 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.
4. 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

1. 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: Egg Cookery – Practical Cookery

1. Time allowed 45 minutes



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2. Prepare and present 2 identical portions of one breakfast Omelet prepare and present 2 identical portions of the competitors choice of egg dish and served with hollandaise sauce in addition to the dish.
3. Debel Foods USA frozen egg products are to be used as mandatory failure will result in a 50point reduction.
4. Portions suitable for Ala carte Breakfast
5. Present the dishes on individual plates with appropriate garnish and accoutrements.
6. Typewritten recipes are required

#### **Class 27: Chicken - Practical Cookery by USAPEEC**

7. Time allowed 60 minutes
8. 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
9. The carcass of the chicken is to be kept for inspection by judges
10. Present the main courses on individual plates with appropriate garnish and accoutrements.
11. Typewritten recipes are require
12. Weight of chicken per portion on the plate to be 150 grams
13. 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 country.
14. All other competitors are not to follow Point 7

#### **Class 28: Far Eastern Creations Practical cookery by Nestle Professional**

1. Time allowed 60 minutes
2. Prepare and present two Far Eastern dishes/ main courses ,one healthy main course for children the other dish to becompetitors choice, 2 portion each using Maggi Asian sauces and 2 portions of a fried rice dish using rice supplied by HK enterprises, failure to utilize these products then 50% of the judging marks shall be reduced
3. Present the main courses on individual plates with appropriate garnish and accoutrements.
4. Every 20 minutes one of the dishes to be served to the judges.
5. Typewritten recipes are require
6. Weight of portions on the plate to be 150 grams

#### **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. 1 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: Mocktails by IFFCO**

1. CRITERIA:
2. Create 2 cocktails inspired by your bar mentor:
3. 1 focused on sustainability
4. 1 focused on wellness/heath element

5. Must use a minimum of 30ml of at least 1 suggested product per drink
6. PRODUCTS: Tastecraft Syrups TBC
7. Malt
8. Mojito
9. Passion Fruit
10. Strawberry
11. Tamarind
12. Peach
13. Coconut
14. Watermelon
15. Blueberry
16. Mango Crush
17. Mixed Berry Crush
18. Pristine Sugar Free Syrup
19. Rules, Terms and Conditions:
20. No limitation on number of ingredients.
21. Competitors to bring own equipment, glassware.
22. Visit Axe House, Armada Bluebay Hotel, Cluster P to try Tastecraft samples.
23. No payment for entry and IFFCO to sponsor ticket for entry.
24. Drinks must be made on site. All "prep" items need to be prepared on site within given time frame.
25. Garnish to be made on site and must be edible.
26. The competition will begin with a pre-inspection to ensure that no pre-preparation has taken place.
27. Time allowed 20minutes, includes all prep, garnish and presentation. 5minutes allowed for setup and 5minutes allowed to clean and clear. If present, mentor can assist with setup and clean and clear.
28. Recipes required as proof of entry.
29. Winners will be announced on the final day of the show and competitors will need to be present to collect prize.

#### **Class 31: French Cheese Board Black box competition and 2 plate static cheese main course plates.**

Rules shall be updated by January 30 2019





### VENUE & ENTRY FEES

- The Emirates Salon Culinaire will be held during the Expo Culinaire from March 4th to March 6th 2019.
- The venue is at the Expo Centre Sharjah
- 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.
- The fee for entry to the trophy classes is as follows:
  - Best Cuisinier – The Emirates Salon Culinaire-Dubai 2019 – AED:500/- per person**
  - Best Pastry Chef – The Emirates Salon Culinaire-Dubai 2019 – AED:400/- per person**
  - Best Artist – The Emirates Salon Culinaire-Dubai 2019 – AED:500/- per person**
  - Best Arab National – The Emirates Salon Culinaire-Dubai 2019 – AED:300/- per person**
  - Young Chef of the Year – The Emirates Salon Culinaire Dubai 2019 AED: 500/- per person**

### CLOSING DATE:

- Closing date for entries is January 28th 2019  
However, many are often fully subscribed and closed well before the closing date.

### TROPHY ENTRY

Entrants to a trophy class must enter and finish in all and only those 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.  
Required classes are:

### BEST CUISINIER:

- Class #10. Five-Course Dinner Menu**
- Class # 16. Beef Practical**
- Class # 15. Fish & Seafood Practical Cookery**

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

### BEST PASTRY CHEF:

- Class # 01. Practical Cake Decoration**
- Class # 03. Four Plates of Dessert**
- 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:

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

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

### BEST ARAB NATIONAL

- Class #10. Five-Course Dinner Menu**
- Class # 17 Arabic Mezzeh - Practical Cooker.**
- Class # 18 Emirati Cuisine – Practical Cookery**
- In order to qualify for inclusion in the points tally for Best Arab National Trophy a competitor must win at least one medal.**

### YOUNG CHEF OF THE YEAR

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 Worldchefs-approved methods, criteria and documents [www.worldchefs.org](http://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



Main sponsor



## 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

<i>Gold Medal with Distinction</i>	<b>6 Points</b>
<i>Gold Medal</i>	<b>5 Points</b>
<i>Silver Medal</i>	<b>3 Points</b>
<i>Bronze Medal</i>	<b>1 Point</b>

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

## Rules and Regulations for Culinary Competitions

(Organised by the Emirates Culinary Guild)

### NB

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

a particular competition would appear on the last page/s of this document.

### PARTICIPATION

4. Participation at competition is open to anyone professionally employed in the preparation of food.
5. Unless the organisers specifically mention a class as being a team event, all classes are for entry by a single competitor.
6. Competitors are restricted to one entry per class.
7. With the exception of those entering for the Best Artist trophy, competitors are restricted to entering a maximum of three classes.
8. Competitors entering to win a trophy must participate fully in every class entered in order to qualify.
9. Competitors must attend and participate on the date and at the time allotted to them.

### COMPETITION ENTRY

10. Please note that there are different forms for different types of entry; ensure that the correct form is being used.
11. Complete the entry-form according to the instructions on the form.
12. Completed photocopies of the entry-form are acceptable.
13. Submit the completed form to the organisers along with the requisite fee.
14. Fees must be submitted along with completed entry forms.
15. Fees are payable to:  
**Bank Name:** Mashreq Bank  
**Account Name:** Emirates Chefs Guild FZ LLC  
**Account Number:** 019000017926  
**IBAN:** AE600330000019000017926  
**SWIFT:** BOMLAHAD  
**Branch:** Dubai Internet City
16. Entries are accepted strictly on a first-paid, first-accepted basis

17. No entry is accepted until the appropriate fee has been received.
18. Entry Fees are non-refundable.

### CERTIFICATES AND LETTERS OF PARTICIPATION

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

### HYGIENE

21. A professional food-safety company will oversee all aspects of hygiene practice at the competition.
22. It is quite possible that the Municipality Food Control Section will conduct its own hygiene inspections as and when it sees fit.
23. The organisers have no control over these two entities. Should either raise an objection to the standard of hygiene of any particular person or team, that person or team will not be allowed to compete

### THE SECRETARIAT

24. The Emirates Culinary Guild (ECG) is the body responsible for the creation, organisation and administration of the competition.
25. The competition is governed by and construed according to the rules of the organisers.
26. The organisers have sole authority to adjudicate on any matters pertaining to the competition.
27. Entrants' acceptances





of participation in the competition are construed as confirmation of their undertaking to submit unconditionally to the jurisdiction of the organisers in regard to all aspects of the Emirates Salon Culinaire.

28. The address of the ECG for all correspondence and inquiries referencing culinary competitions is: The Emirates Culinary Guild, PO Box 454922 Dubai, United Arab Emirates. Tel: + (97156) 801 4089. Email: emiratesculnaryguild@gmail.com

#### COMPETITORS AND HELPERS

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

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

37. A competitor entered in a practical competition must register at least thirty minutes before the commencement of the competition otherwise the competition slot will be given to a waitlisted competitor.
38. Any competitor not in place and ready to start at least five minutes before the time a competition commences, will be disqualified.
39. Competitors and helpers are forbidden from approaching or speaking with or at a judge without the express permission of the organisers.

#### EXHIBITS

40. Each exhibit must be the bona fide work of the entering competitor. It must be solely the work of the competitor and must be certified as such by his Head of Department or General Manager.
41. Each exhibit must be a completely original work, it must not have been displayed previously (in whole or in part) in any competition or exhibition whether private or public.
42. All exhibits must be of edible substance except for framing, socles and stands where they are allowed.
43. It is forbidden to use any living entity whatsoever as part of an exhibit (e.g. tropical fish).
44. It is forbidden to depict religious, nude, semi-nude or political themes in an exhibit.
45. All exhibits must be suitable for presentation as a decorative item in a restaurant or banqueting setting.
46. An exhibit must not carry any logo, label or mark of

identification; however, competitors must be able to identify their exhibit if required.

47. Competitors are responsible for their exhibits and should ensure that they are available in their proper place for judging on the day and time specified.
48. No preparation or finishing of exhibits is allowed in any area except the designated preparation area at the rear of the competition area.
49. Finished exhibits must be placed in the position indicated by the organisers.
50. No interference with an exhibit is allowed once the organisers have deemed it as submitted for judging.
51. Competitors must leave the judging area as soon as their exhibits are in place or when instructed to leave by the marshals, whichever is the sooner.
52. Exhibits may, at the discretion of the organisers, be moved to a separate enclosure, there to remain for part or for the duration of the exhibition.
53. Failure by a competitor to register or exhibit at the specified time could result in disqualification.
54. Exhibits which are removed by competitors without permission of the organisers will not qualify for any kind of award.

#### COMPETITION MARSHALS

55. A Marshal-at-arms will be recognisable by a badge displaying the logo of the Emirates Culinary Guild and the legend 'Marshal'.
56. Marshals are charged with ensuring that the rules and regulations of the competition are observed by all concerned.
57. Competitors, helpers and visitors are all obliged to



Main sponsor



cooperate with the marshals - without question, at all times.

## AWARDS

58. Gold, silver and bronze medals and certificates and certificates of merit are awarded solely at the discretion of the judges.
59. The decision of the judges is final and each competitor is required to abide by it without comment.
60. Medals will normally be presented at 16:00 each day. This may change according to circumstance.
61. Any medal or certificate that is not accepted by the competitor or his/her helper at the presentation ceremony for that day will be forfeit, unless prior arrangements are made with the organisers.
62. A competitor or his/her helper must be correctly dressed as stipulated in the rules when collecting medals or certificates.
63. Incorrectly dressed competitors/helpers will not be allowed access to the awards area.

## COPYRIGHT

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

## DISCLAIMER

65. The organisers are entitled to cancel or postpone the Salon, or to alter the duration, timing or schedule of any event.
66. The organisers reserve the right to cancel any classes or limit the number of entries or extend, modify or revoke any of the rules and conditions without being held liable for any claims for compensation whatsoever.
67. The organisers will not under any circumstances be held liable or responsible for the loss or damage of any exhibit,

equipment, goods, persons or personal effects.

## QUERIES

68. All queries must be submitted by email to: [emiratesculinaryguild@gmail.com](mailto:emiratesculinaryguild@gmail.com) the question and answer to each query will be broadcast to all entrants.

### 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.

1. 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 style
11. A US Poultry main course (Emirati Cuisine) US Chicken needs to be used for 1 of the Main Dishes. Proof of purchase needs to be brought to the Competition for all the US

Poultry Products if proof of purchase is not brought then 50% of the judging marks shall be reduced. 10 Kg of the chicken shall be supplied by the organizers to the team

12. A fish main course (Emirati Cuisine)
13. A lamb main course
14. A vegetable dish (Emirati Cuisine)
15. Three types of kebabs, one of chicken, one of lamb, one of beef, each with appropriate accompaniments.
16. One hot dessert
17. Three cold desserts.
18. Two of the above desserts (competitors choice) must be typically Emirati
19. Only the above dishes are to be presented, no other dishes are to be added.
20. Competitors must ensure their exhibit is presented neatly so as to fit the available space
21. Limited to 10 teams on a first paid basis

## THE BUFFET SET UP

- > The organizers will provide one 3m x 4m table covered with plain white cloth; height approx. 79.2 cm. Table is to be used for the hot, cold buffet and for the dessert buffet.
- > No tables other than those provided are allowed to be used.
- > 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 etc.
- > All food for the buffet must 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 competition
- > All food items must be

prepared in the team's respective Hotel – based establishment as close to the serving time as possible. There will be no charcoal grilling allowed on site at the venue for kebab

- > The teams should treat the buffet class as an outside catering operation as they would from their hotel.
- > The buffet food set-up CANNOT begin before 11.00 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 buffet.
- > No replenishment of the buffet is allowed.
- > An additional 4 portions of each of the cold and cold dessert buffet items are to be kept refrigerated and hot food and hot dessert will be taken from the buffet for the tasting by judges
- > A copy of the buffet menu and buffet tags must be placed on the table.
- > The buffet menu placement is mandatory, but the menu itself is not judged.
- > Typed recipes for all dishes are to be provided to the judges An additional 4 sets of menu and typed recipes to be given to the judges.

- > Ticket-holders for the lunch are allowed to consume any item from any team competing on that day from the buffets.
- > The organisers will provide service staff to manage the buffets and serve guests at the dining tables.
- > The Team must be present during the guest service time to explain the food to the guests.

#### THE SERVICE ELEMENT (Provided by the organisers)

- > Waiters to wear appropriate uniform
- > Waiters to welcome and seat guests as they would in their hotel
- > All linen, and operating equipment for both table and buffet service, this is to include but not limited to cutlery, chinaware and glasses and any other service utensil shall be supplied. Enough for 60 people each day.
- > The overall service, although not judged, will play an important part of the operation.
- > Waiters are allowed to assist the culinary team with buffet set up also if required.
- > Water and tea coffee service from the organizer
- > 40 chairs and chair covers, 4 round tables 180 Dia with table cloth
- > Napkins for guests on the buffet with rolled cutlery



## SIAL SUCCESS

We bring you the winners, masterpieces and memories captured at the recently concluded La Cuisine Du Sial 2018, held in Abu Dhabi. This year's competition saw over 300 participants compete for glory...





## SIAL Winners

Awards Description	Name	Hotel
Best Cuisinier - Winner La Cuisine Du Sial 2018	Laxman Singh	At.mosphere Burj Khalifa
Best Cuisinier - First Runner-up La Cuisine Du Sial 2018	Kolitha Dulaj Pallegama	St. Regis Saadiyat Island AD
Best Cuisinier - Second Runner-up La Cuisine Du Sial 2018	John Sujit Rozario	At.mosphere Burj Khalifa
Young Pastry of the Year - Winner	Muhammed Ince	Madinat Jumeirah
Young Pastry of the Year - First Runner-up	Sashin Seneviratne	The Club AD
Young Pastry of the Year - Second Runner-up	Hashan De Silva	Towers Rotana
Best Arabian Cuisiner - La Cuisine Du Sial 2018	Hady Nabil Hussain	Madinat C&I
Best Pastry Chef - La Cuisine Du Sial 2018	Ruwan Kumara Pihille Gedara	Palace Downtown
Best Kitchen Artist - La Cuisine Du Sial 2018	Don Sampath Asela Hettiarachchi	Sofitel AD Corniche
Practical Cookery - Emirati Cuisine	Vikas Singh	Yosh Hospitality
Practical Cookery - Arabic Mezzeh	Dal Bahadur Rana	Jumeirah Zabeel Saray
Practical Cookery - Chicken	Niwayan Martini	Ajman Saray
Practical Cookery - Fish/Seafood	Abjal Khan	Yas Links
Practical Cookery - Beef	Areza Putra	At.mosphere Burj Khalifa
Practical Cookery - One Praline & Two Chocolate	Lahiru Kanishka Andarage	Traders Hotel
Winner - Best Effort by a Corporation - La Cuisine Du Sial 2018		Jumeirah Group
Winner - Best Effort by an Individual Establishment - La Cuisine Du Sial 2018		Al Jawaher Recreation Center



January 2019 **Gulf Gourmet**



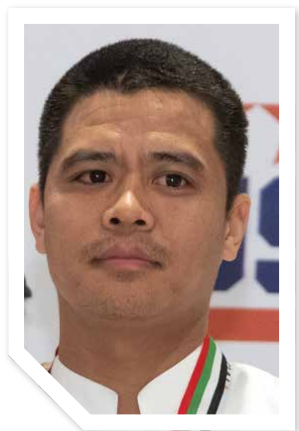




January 2019 **Gulf Gourmet**















# newmembers



**Elias Rached** Export Department Regional Director Sales Middle East and Africa, MKN receiving Emirates Culinary Guild Membership certificate from ECG President Chef Uwe Micheel

**MKN** is a German specialist for the development, manufacture and worldwide sales of premium professional thermal cooking technology. The expertise of more than 70 years has given rise to a comprehensive product range covering all thermal processes applied in professional kitchens. In recent years exportable equipment innovations have resulted in a strong level of internationalization. With around 500 employees and worldwide business, MKN is now one of the industry's global players.

MKN offers a comprehensive range of professional cooking technology which mainly consists of the following product lines: Combi steamers: MKN has had its own combi steamer product line since 2003, which has opened the gateway to the world for the professional cooking technology specialists in Wolfenbüttel. In the meantime, the second generation of this equipment is being sold successfully all around the globe.



FlexiCombi and SpaceCombi are setting new, innovative standards nowadays.

**FlexiChef:** In 2012 MKN presented a completely new class of equipment, namely, FlexiChef, which has already won numerous international awards. This multifunctional cooking appliance optimizes processes in professional kitchens in terms of time and cost management. FlexiChef is a complete innovation, not least because of the first automatic cleaning system for pans, which ensures that MKN is sustainably equipped for the future.

**Modular cooking technology:** the MKN Optima series appliances convince in daily practice through top performances and reliability alike. The wide range of modular cooking equipment available means that it is suitable for diverse areas of application. All of the appliances can be freely combined, have an exemplary ergonomic design and meet the highest standards of hygiene.

**Bespoke Units:** The MKN cooking islands are custom-made to satisfy the special wishes and requirements of each customer. Every single block is unique and meets highest demands in terms of design and functionality.

Perfectly matched to customers' requirements, each MKN bespoke unit is compact, powerful and individually designed. Appliance combinations as well as design features are individual and impressive down to the last detail.



## ECG Corporate Member directory

### 4 Corners

**Nathalie Hall / Mike Walden**  
Marketing Manager / Commercial Director  
Mobile: +971 48847248, Phone: +971 526475455  
Email: nathalie.hall@4cornersuae.com  
www.4cornersuae.com

### Abu Dhabi Farmers' Services Centre

**Martin Aguirre**, Commercial & Operations Director  
P.O. Box 62532, Abu Dhabi, UAE  
Direct Line: +971 2 813 8400.  
Phone: +971 2 813 8888, Fax: +971 2 813 9999  
Mobile: +971 56 685 4836

### Advanced Baking Concept LLC (Probake)

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

### Agthia Consumer Business Division

**Dinusha Gamage**, Brand Manager - Food category  
Consumer Business Division  
Agthia Group PJSC, P.O. Box 37725, Abu Dhabi.  
Mail: dinusha.gamage@agthia.com  
www.agthia.com

### Al Halal Meat Factory LLC

**Sheikh Yasir**, Operations Head  
Mob: +971 55 8893131, Off: +971 6 5584474  
Email: yasir@yesmeat.ae, www.yesmeat.ae

### Al Maya Hospitality

**Mohamad Hajj Ali**, Sales Manager  
Mob: +971 50 1550998, Off: +971 4 3473500  
Email: mohamadh@almaya.ae, www.almaya.ae

### Al Safi-Danone

**Mohamed Yussr Essawi**, Lower GCC and Levant Com-  
mercial Manager, Tel: 04 3406 895  
mohamedyussr.essawi@alsafidanone.com,  
www.alsafidanone.com

### Al Seer

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

### American Garden

**Manika Saxena**, Food Service Manager  
Mob: +971 56 6441578, +971 55 6008704  
Email: manika@globalxport.com  
web: www.americangarden.us

### Arab Marketing and Finance, Inc. (AMFI)

**Simon Bakht**  
Tel: +961-1-740378 / 741223 / 751262  
Email: SBakht@amfime.com

### Arabian American Technology (ARAMTEC)

**Syed Iqbal Afaq**, General Manager,  
Tel: +971 4 380 8444, Mobile: +971 50 624961,  
Email: syediqbal@aramtec.com  
Web: www.aramtec.com

### Arla Foods

**Samer Abou Daher**, Bussiness Unit Manager,  
Tel: +971 6 534 6767, Mobile: +971 50 624 9761,  
Email: samer.abou.daher@arlafoods.com  
Web: www.ArlaPro.com, www.arlafoods.com

### Bakemart International

**K.Narayanan**, Manager - Operations  
Mob : +971 505521849, Phone : +971 4 2675406  
bakemart@eim.ae, knarayanan@bakemart.ae

### Barakat Quality Plus

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

### BAYARA - Gyma Food Industries LLC

**Haroon Moeen**, Division Manager - Foodservice  
Mobile. +971 50 6586546, Tel: +971 4 8867478  
Email. haroonm@bayara.ae, www.bayara.ae

### Baqer Mohebi

**Radwan Mousselli**, Sales Manager  
Mobile No: 0558001551, office No: 043237272  
mazen.marakebji@baqermohebi.com  
www.baqermohebi.com

### Benchmark Foods Trading LLC

**Nicholas Campos**, Director Business Development  
Mobile No: 056 9955814, office No: 04 2573838  
nicholas@benchmarkfoods.ae  
www.benchmarkfoods.ae

### Boecker Public Health LLC

**Hani el Kadi**, Country Manager  
Tel: +971 4 331 1789, uae@boecker.com

### Casinetto Trading LLC

**Giacomo Bernardelli**, Managing Director  
Tel: +971 4 3419230, Mob: +971 50 4537712  
giacomo.bernardelli@casinetto.com

### Ceylon Tea Services Pvt. Ltd

**Suren Atukorale**, Food Service Manager  
Tel: 114822000, 114822342  
suren.atukorale@dilmahtea.com  
www.dilmahtea.com

### Chef Middle East LLC

**Joanie Dall'anese**, Marketing Manager  
Tel: +971 4 8159880, Mob: +971 55 9949297  
Email: joanie@chefmiddleeast.com  
Web: www.chefmiddleeast.com

### Corona

**Ana Sorina Suliman**, Export Manager  
Tel: 40373784343, sales@coronaitalia.it  
Web: www.coronaitalia.it

### Del Monte Foods (U.A.E) FZE

**Adel Shaban**, Business Development Manager  
Tel: (+971) 4 3333801, Mob: +971 56 8286967  
mail: ashaban@FreshDelmonte.com  
web: www.delmontearabia.com

### Dilmah Tea

**Vivette**, Mob +971 508181164,  
viv@proactiveuae.com, Marketing@dilmahtea.com

### dmg events

**Hassan**  
Tel: +971 4 4380355, Mob: +971 56 8360993  
aysehassan@dmgeventsme.com,  
www.thehotelshow.com

### Ecolab Gulf FZE

**Andrew Ashnell**, Mobile: 050 5543049,  
Office: 04 88736 44,  
andrew.ashwell@ecolab-gulf.ae

### Elfab Co LLC

**Allwyn Rodrigues**, Manager - Beef and Veal  
Tel.: +971 4 8857575, Email: allwynr@elfab.ae,  
web: www.elfabco.com

### Emirates Snack Foods

**Olga Noskova & Rodica Oлару**, Sales Managers  
-Horeca Division, Tel: +971 4 285 5645  
Mob: +971 55 147 74550, Email: olga@esf-uae.com,  
rodica@esf-uae.com, Web: www.esf-uae.com

### Faisal Al Nusif Trading Co. L.L.C

**Thomas Das**, Managing Director  
Tel: 04 3391149, Email: thomasdas@fantco.net,  
Web: www.fantco.net

### Fanar Al Khaleej Tr

**Nazarii Zubovych**, Sales Manager,  
Mob: +971 55 894 01 69  
nzubovych@fanargroup.ae  
**Martin Wathew**, Sales manager,  
Mob: +971 50 263 83 15, mmathew@fanargroup.ae  
**Braju**, Food Technologist, Mob: +971 55 467 87 42,  
Email: braju@fanargroup.ae,  
Web: www.fanargroup.ae

### Farm Fresh

**Feeroz Hasan**, Business Development Manager  
Al Quoz, P.O. Box 118351, Dubai, UAE  
Office No : +971 4 3397279 Ext: 253  
Fax: +971 4 3397262, Mob: +971 56 1750883

### Fonterra Brands (Middle East) LLC

**Hany El Saigh**, Food Service Manager - Lower Gulf  
Tel: +971 4 3388549 EXT. 225 (Direct)  
Mob: +971 50 650176  
hany.el-saigh@fonterra.com, www.fonterra.com

### Food Freshly AFC GmbH

**Sukhdev Singh**, CEO, Tel : +49520691525,  
+491608024720, info@food-freshly.de

### Food Source International

**Angus Winterflood**, General Manager  
Tel : +971 4 2998829, sales@foodsource.ae,  
www.foodsource.ae

### FSL Food FZE (Dubai Branch)

**Syed Najam Kazim**, General Manager  
Tel: 04-8131500, 04- 8131504,  
najam@fslfoods.com, www.fslfoods.com

### Golden Star International

**Emie Dimmeler**  
Mob: +971 50 3797164, Office: +971 04 3402492  
Email: emie@goldenstarinternational.com

### Greenhouse

**Soula Baroudi**, Regional Marketing Manager  
Mob: +971 55 5633397, Tel: +971 4 8170000  
soula.baroudi@greenhouseuae.com  
www.greenhouseuae.com

### Gourmet Classic

**Marc El Feghali**, Sales & Brand Manager - Chefs  
Equipment, Tel: +971 6 5332218,  
Website: www.greenhouseuae.com

### HAMID AND KUMAR ENTERPRISES LLC

**Sunil Ahluwalia**, General Manager,  
Tel: +971 4 3474712, +971 4 3474571  
Mail: dry@hkfoodgroup.com, www.hkfoodgroup.com

### Hi Foods General Trading L.L.C

**Ismail Dalli**, Deputy General Manager,  
Tel: +971 4 8829660, Mob: +971 55 2445368  
Mail: ismail@hifoods-uae.com,  
Web: www.hifoods-uae.com

### Horeca Trade

**Wael Al Jamil**, General Manager UAE and Oman  
Head office: T: +971 4 338 8772, F: +971 4 338 8767  
Dubai Distribution Centre:  
T: +971 4 340 3330 F: +971 4 340 3222  
Abu Dhabi Distribution Centre:  
T: +971 2 554 4882, F: +971 2 554 4889  
Email: marketing@horecatrade.ae  
Website: www.horecatrade.ae

### HUG AG

**Riyadh Hessian**, 6102 Malters / Switzerland,  
food-service@hug-luzern.ch, www.hug-luzern.ch,  
www.facebook.com/hugfoodservice  
Distribution UAE and Oman: Aramtec, PO Box 6936,  
Al Quoz Industrial Area No. 1, Near Khaleej Times  
Office, Mob +971 507648434,  
www.aramtec.com



**IFFCO**

Stuart Murray, General Manager,  
Food Service S&D, Tel. : + 971 6 5029000 (B), Mob:  
+97150 862 4097, Fax: +971 6 5546950,  
sjmurray@iffco.com, Web: www.iffco.com

**IRINOX SPA**

Fadi Achour, Country Manager Middle East  
Telephone - direct: 3904385844,  
Mobile: 971553010312, Email: irinox@irinox.com,  
Web: www.irinoxprofessional.com

**ITALIAN FOOD MASTERS**

Corrado Chiarentin, General Manager  
Tel: +971 4 882 9791, gm@italianfoodmasters.com  
www.italianfoodmasters.com

**JM FOODS LLC**

RAJAN J.S. Managing Director  
Mob: +971 50 5516564, Tel: +971 4 8838238,  
Email: sales@jmfoodgulf.com,  
Web: www.jmfoodgulf.com

**Johnson Diversey Gulf**

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

**Koppert Cress**

Paul Da-Costa-Greaves, GCC Counties, Middle East  
and United Kingdom  
Mobile No: 447956976413, Tel direct: 31174242819  
paul@koppertcress.com, www.koppertcress.com

**La Marquise International**

Olga Mirtova, Marketing Manager  
Tel: +971 4 3433478, olga@lamarquise.ae,  
www.lamarquise.ae

**La Patissiere LLC**

AKil Yassine, BDM  
Tel: +971 4 3407021, Mob: +971 50 3034038  
akil@la-patissiere.com, www.la-patissiere.com

**Lowe Refrigeration LLC**

Mark Wood, General Manager  
Tel: +971 4 8829440, Mob: +971 52 8693695  
mark.wood@lowerental.com, www.lowerental.com

**Masterbaker**

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

**Meat Livestock Australia (MLA)**

Nick Meara, International Business Manager,  
Tel: +971 4 433 1355, nmeara@mla.com.au  
www.mla.com.au

**MEH GCC FZCO**

Sohail Majd, Tel: 00971 4 8876626, 04 8876636  
s.majd@mehgcc.ae, www.mehgcc.ae

**MEIKO Middle East FZE**

Tim Walsh, Managing Director  
Tel: +97143415172, Mob: +971509895047  
Email: wat@meiko.de, Website: www.meiko.ae

**MHP Food Trading LLC**

Eugene Levterov, Sales Director  
Tel: +971 4 5570622, Mob: +971 52 8754823  
Email: e.levterov@mhpmet.com, www.qualiko.ae

**Mitras International Trading LLC**

Arun Krishnan K S, Business Head  
Mobile: 971-55-1089676, Office: 971-4-3623157,  
Email: info@mitrasglobal.net  
Web: www.magentafoods.com

**MKN Maschinenfabrik Kurt Neubauer GmbH & Co**

Elias Rached, Regional Director  
Sales Middle East & Africa,  
Tel: +971 4 358 4000, Mob: +971 50 558 7477  
rac@mkn-middle-east.com, Web: www.mkn.eu

**Modern General Trading LLC**

Khalidoun Alnouisser, Senior Sales Manager  
Tel: +971 4 3059999, +971 50 4812067,  
email: khalidoun@mgtuae.com, www.mgtuae.com

**Muddle ME**

Mr.Craig Burns, Director, Tel: +971 4 517 8111,  
Mob: +971 50 2281207, info@muddle-me.com,  
www.muddle-me.com

**Nestlé Professional Middle East**

Anuj Singh, General Operations Manager  
Nestlé Professional UAE & Oman  
T +97 144 088 100, Direct +97 144 088 101  
Email: anuj.singh@ae.nestle.com

**NRTC Dubai International Vegetable & Fruits Trading LLC**

Mr. Joseph Ghosn, Chief Operating Officer  
T +971 4 320 889, Email: coo@nrtcgroupp.com  
Web: www.nrtcgroupp.com / www.nrtcfresh.com

**One Foods**

Ayman Akram Arnous, Food Service Manager  
Mobile: +971 50 1592594  
Email: ayman.arnous@brf-me.com

**Pascal Clair Sweets Café & Bakery LLC**

Pascal Clair, Chef & Partner  
Tel: +971 4 813 5898, Mob: +971 55 576 2441  
pascal@pascalclair.com, www.pascalclair.net

**Pear Bureau Northwest**

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

**Prokids Trading F.Z.C - Flavoi**

Denys Baranavych, Mob: 971 58 9703597  
Email: denys.b@flavoi.com, www.highholeic.ae

**Promar Trading L.L.C.**

Pierre Accad, Sales & Marketing Director,  
Tel: 97142859686, Mob: 971504824369.  
Email: pierre@promartrading.com  
www.promartrading.com

**RAK Porcelain**

Raphael Saxod, Managing Director,  
Tel: 97172434960, 97143285951  
Email: restofair@rakporcelain.com  
Web: www.rakrestofair.ae

**RATIONAL Kitchen & Catering Equipment Trading FZCO**

Simon Parke-Davis, Managing Director,  
Tel: +971 4 3386615, Mob: +971 50 5576553  
Email: s.parkedavis@rational-online.com,  
Web: www.rational-online.com

**Restofair RAK**

Raphael Saxod, Managing Director  
Tel: +971 7 2434960, Email: rsaxod@ecf.fr  
Web: www.restofair.ae

**ROBOT COUPE**

Aditya Kanumuri, Area Manager-UAE  
Tel: +971 50 2044920, kanumuri@robot-coupe.com  
Web: www.robot-coupe.com

**SADIA**

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

**Safco International Gen. Trdg Co. Llc**

Ajit Singh Sawhney, Chief Executive Officer,  
Tel: +971 4 8702000  
Email: ajit@safcointl.com, www.safcointl.com

**SHOPPEX TRADING EST**

Charbel Khalil, Marketing & Sales Manager  
Tel: +971 6 5340841, Mob: +971 56 6066967  
www.shoppex@eim.ae

**SIOM ORFÈVRES**

Paolo Preti, Regional Director Of Sales  
Antoine Baroud, Managing Director  
Mob: +971 56 7623162 Direct: +971 4 3380931  
Email: paolo.preti@siom.com.lb,  
antoine.baroud@siom.com.lb  
Web: www.siomorfèvres.com

**Sparrow International**

Fadi Hijazi, Sales Manager  
Tel: +971 4 3404795, Mob: +971 50 7346161  
info@sparrow-international.com  
www.sparrow-international.com

**Tegel**

Jake Downes, Brand Ambassador  
Mob: +971 55 631 410, email: jake@tegelme.com  
Web: www.tegel.co.nz

**TECHNICAL SUPPLIES & SERVICES CO. LLC (TSSC Dubai)**

Eden Nebreja, Marketing Manager  
Tel: +971 4 3431100, Mob: +971 56 2123282  
email: eden@tssc.ae, Web: www.tsscubai.com

**Transmed Overseas**

Rana Malki  
Mobile: +971 50 5592771  
Email: rana.almalki@transmed.com  
Web: www.transmed.com/foodservice

**Truebell Marketing & Trading**

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

**Unilever Food Solutions**

Bilal Baig, Head Of Marketing MEPS  
Mob: +971 56 6821213,  
Email: bilal.baig@unilever.com  
Web: www.ufs.com  
Unilever Gulf FZE, P.O Box 17055,  
Jebel Ali, Dubai, UAE

**United Foods Company**

Mr Rudyard Torres Nano, Marketing Manager  
Mob: +971 4 338 2688, rtorres@unitedfoods.ae  
Web: www.unitedfoods.ae

**US Dairy**

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

**US Meat Export Federation**

Bassam Bousaleh, Tel: +961-1-74038 / 741223  
Fax: +961-1-740393, Mobile: 050.358.9197  
AMFI, Beirut Lebanon, BassamB@amfime.com

**USAPEEC (USA Poultry & Egg Export Council)**

Jean Murphy,  
(TEL) +1-770-413-0006, +1-770-413-0007  
Email: usapec@usapec.org,  
Web: www.usapec.org

**US Poultry**

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

**Vitamax Trading LLC**

Vitaly Seyba, General Manager  
Mobile: +971 50 7013054, +971 50 5004375  
email: info@vitamax.com, Web: www.vitamax.com

**Vito Kitchen and Restaurant Equipment Trading U.A.E.**

Sascha Geib  
Sheikh Khalifa Bin Zayed Street, P.O.Box 2257 Aj-  
man, M:+971509664620  
Mail: uae@systemfiltration.com

**Welbilt**

Rakesh Tiwari,  
Mobile: +971.56.406.1628  
Email: rakesh.tiwari@welbilt.com

**Winterhalter Middle East BFC**

Sean Moore, Managing Director  
Mob: +971 56 6103900, + 971526226877  
Email: sean.moore@winterhalter.ae  
Web:www.winterhalter.biz

**Winterhalter ME**

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



## Application Membership

Date of Application:

Family Name: (Mr./Ms./Mrs.)		
First Name/s:		
Nationality:	Civil Status:	Date of Birth: dd/mm/yy
Name of Employer:	Address in Home Country:	
Work Address:	Tel:	
Web Address:	Email:	
Telephone Office:	Professional Title:	
Fax Office:	Type of Membership Required: (Please tick one)	
Tel. Home:	Corporate <input type="checkbox"/> Senior Renewal <input type="checkbox"/>	
Fax Home:	Senior <input type="checkbox"/> Junior <input type="checkbox"/>	
Email:		

Declaration to be Signed by all Applicants

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

Signed:.....

Proposed By:

Sig:.....

Seconded By:

Sig:.....

### FOR OFFICIAL USE ONLY

Remarks:

Payment received?

Certificate Given.

Pin Given.

Medal & Collar Given

Approved

Approved

President.....

Chairman.....

Fees:

Young Member: Junior members will receive a certificate.

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

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

150/=per year thereafter.

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

Corporate Member Dhs. 20,000 per year



# EXPO Culinaire




CHEFS | BAKERS | COOKS  
FEATURING THE 22ND EMIRATES INTERNATIONAL SALON CULINAIRE  
4 - 6 MARCH 2019 | EXPO CENTRE SHARJAH, UAE

IN ASSOCIATION WITH



WORLD  
ASSOCIATION  
OF CHEFS  
SOCIETIES

## ExpoCulinaire 2019 Launch Factsheet

Event Name	ExpoCulinaire 2019
Dates	4 – 6 March 2019
Timings	1100 – 2000 daily
In collaboration with	The 22 <sup>nd</sup> Emirates International Salon Culinaire
Websites	<a href="http://www.emiratesculinaryguild.net">www.emiratesculinaryguild.net</a> <a href="http://www.expoculinaire.com">www.expoculinaire.com</a>
Venue	Expo Centre Sharjah, UAE
Organiser	Emirates Culinary Guild
Endorsed by	 
Culinary Partners	To Be Announced
Exhibitor profile	Foodservice Equipment & Supplies, Bakery Equipment & Supplies, Confectionary Supplies, Food Preparation Equipment & Supplies, Cooking Equipment & Supplies, Refrigeration Equipment, Storage Systems, Tableware & Accessories, Meat & Poultry, Fruit & Vegetables, Dairy Products, Drinks – and anything else relevant to our visitors.
Visitor Profile	Chefs, Pasty Chefs, Bakers, Cooks, Suppliers and professionals related to the catering/hospitality industry
Education Partners	TBC
Media Partner	Gulf Gourmet <a href="http://www.gulfgourmet.net">www.gulfgourmet.net</a> 

Contact us to become part of the  
Middle East Culinary future!

For Sponsorship of the 22<sup>nd</sup> Emirates International Salon Culinaire, please contact

Uwe Micheel

President, Emirates Culinary Guild

[Uwe.micheel@expoculinaire.com](mailto:Uwe.micheel@expoculinaire.com)

Andy Cuthbert

Chairman, Emirates Culinary Guild

[andy.cuthbert@expoculinaire.com](mailto:andy.cuthbert@expoculinaire.com)

For Entry and Information for the 22<sup>nd</sup> Emirates International Salon Culinaire, please contact

Josephine Cuthbert

Vice President of Administration & Affairs, Emirates Culinary Guild

[emiratesculinaryguild@gmail.com](mailto:emiratesculinaryguild@gmail.com)

For Exhibiting, Sponsoring or Visiting ExpoCulinaire 2019, please contact

[info@expoculinaire.com](mailto:info@expoculinaire.com)

+971 50 705 8477

# “HELP ME... HELP YOU”

“H elp me...help you” is a powerful dialogue from a scene in the hit movie ‘Jerry Maguire’

Yes, initially it comes across as a sign of desperation but it turns out to be touching as it has a much deeper meaning. Slick sports agent Jerry Maguire (Tom Cruise), implores his one and only client, the narcissistic Rod Tidwell (Cuba Gooding Jr.), to help him understand how he can help Tidwell.

On the outset the scene comes across as frustrated Jerry pleading with Rod, to allow him to do what he needs to do in order to help him get the contract he’s after. Although by the end of the scene as Jerry walks away you realise this is the most powerful, hard-hitting and profound scene in the whole movie.

In its deeper meaning, Jerry is actually saying to Rod:

- ♦ Help me to help you thus we help us.
- ♦ Let us both work together as a team to our peak performance with what we have. Thus tap into our authentic feel-good factor and with that knowledge, we are performing like legends, like leaders, like superstars.
- ♦ Yes, our ego comes in our way thus we are too proud to ask for help. Our foolishness, sabotaging beliefs, values or coming across to be seen as weak stops us to ask for that helping hand.
- ♦ Instead, our strength only increases when we work together as a team and help each other out.
- ♦ We can be great at many things and we all have weaknesses. And without a helping hand, we will not strive and thrive.
- ♦ To conclude nobody is perfect. So, how can I best help you?

Like Jerry Maguire, I am asking you “How can I best help you?” or in other words “Help me...help you”.

Let us take another movie, the classic ‘On the Waterfront’. The character of Marlon Brando says “You don’t understand! I coulda had class. I could have been a contender. I could have been somebody, instead of a bum, which is what I am.” because he had failed to become a successful boxer.

On the surface the movie is about an ex-prize fighter turned longshoreman struggles to stand up to his corrupt union bosses. On a deeper level, it is about something entirely different. In simple words that scene was the essence of the whole movie. It simply meant, “I am not living the life I expected”.

Another year has started and many of us have already GIVEN UP! This could be for many reasons. Others may not understand them. All of us are living our own unique perception of reality. And all of these “our reality” is an illusion.

Listening to a wise person through social media may motivate us for a while but it does not last. Talks on mindfulness, goal setting, purpose, finding your why all sound great and many will apply these strategies.

Truth be told, most will fail because there is a much deeper issue happening within. On the surface, you will say it relates to things such as wealth, health, relationships, career or business.

Make yourself aware of the deeper issue within. Admit that is the issue. Be truthful. That is a great step in raising your executive presence.

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**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](mailto:rohit@in-learning.com)**



MORE THAN A CHEF

**ROHIT  
BASSI**



*Listening to a wise person through social media may motivate us for a while but it does not last. Talks on mindfulness, goal setting, purpose, finding your why all sound great and many will apply these strategies*





# WORLD CHEFS WITHOUT BORDERS

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WITHOUT  
BORDERS



**10,000**

MEALS TO PREPARE

**10,000**

INGREDIENT RELIEF PACKS

**8**

LOCAL CHARITY GROUP CASH  
DONATIONS (AFTER EXPENSE)



### PROGRAM AGENDA

- 09 JUNE 2018** VIP FUND RAISING GALA DINNER FOR 200 IN YANGON
- 10 JUNE 2018** GROUND COOK OFF OF 5000 MEALS AND 5000 RELIEF PACKS
- 11 JUNE 2018** BOAT COOK OFF OF 5000 MEALS AND 5000 RELIEF PACKS
- 12 JUNE 2018** APPRECIATION COCKTAIL PARTY FOR ALL CHEFS AND CONTRIBUTORS

CHEF FUND RAISING DONATION : PARTICIPATING CHEFS TO DONATE 1000 EUROS + OWN FLIGHT EXPENSE

CHEF PACKAGE INCLUDES : 4 NIGHTS ACCOMMODATION, AIRPORT TRANSFERS, GROUND TRANSPORTATION, MEALS, 2 EVENT CHEF JACKETS, 2 EVENT T-SHIRTS, 1 BACKPACK, MEDAL OF PARTICIPATION, CERTIFICATE OF PARTICIPATION AND E-COPY OF HIGH RESOLUTION GROUP PHOTO

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