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JANUARY 2020

**gulf**

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# gourmet

THE MAGAZINE CHEFS LOVE TO READ

volume 15, issue 1

## BLAZE OF GLORY

Chef **Sanjeewa Sarath Kumara** is the winner of the Best Cuisinier trophy at La Cuisine du SIAL Middle East in Abu Dhabi

*Sanjeewa Sarathkumar*

### GUINNESS RECORD

UAE chefs break world record in Abu Dhabi for the most diverse range of desserts in one place



### YOUNG GUNS

Season 8 of Golden Chefs Hat Award - UAE begins this month! And it's twice the size this year



### SIAL WINNERS

Exclusive images of all the winners and more from La Cuisine at SIAL competition last month



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# president's station

email [theguild@eim.ae](mailto:theguild@eim.ae)

Dear fellow chefs, ladies and gentlemen,

Welcome to the January issue of our *Gulf Gourmet*.

I hope everyone had a good start into 2020. Wishing all of you a great year ahead. Hope everybody will stay healthy and happy.

Your Emirates Culinary Guild had a very busy December in Abu Dhabi with World of Food Abu Dhabi and SIAL Middle East 2019. I would like to thank everyone for the support for WOFAD, special mention has to go to the Abu Dhabi Team, Alan, Peter, Raghu and Kushan, the Team of Armed Forces Club and and and and.

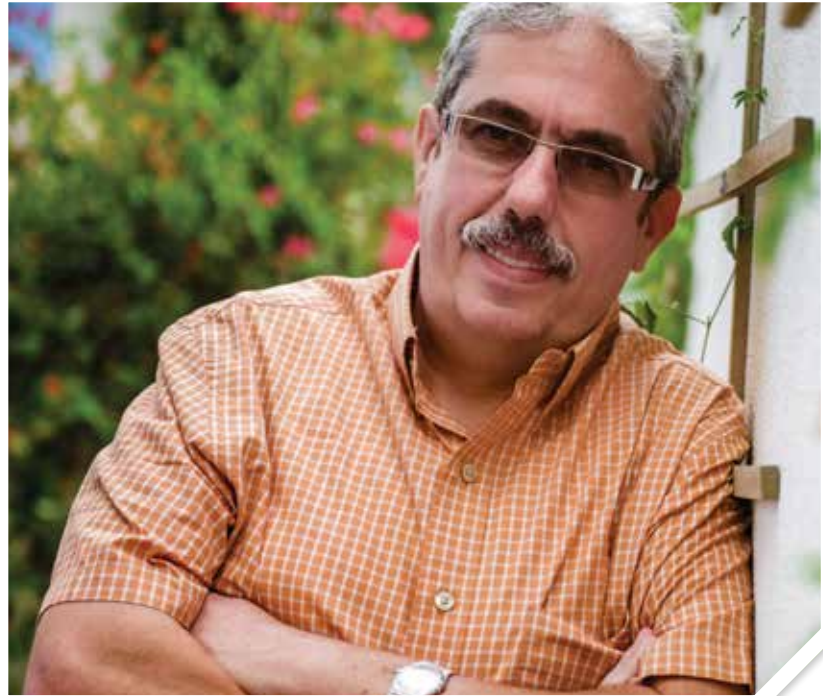
On the 7th, we broke the Guinness Record for the largest number of different desserts by a margin of over 300! Our Guinness Team produced 2,586 different desserts. Thank you also to the auditors for the hard work, checking all the recipes, and thank you to Roland and Uwe from Richmond School in Dubai.

La Cuisine at SIAL, which followed soon after, was a great show. Thank you first and foremost to all the competitors for the great work. Thank you to Chef Otto Weibel and the judges team from all over the world. The biggest thank you goes to our partners; to start with US Poultry and Egg Export Council for being again our main partner. Thank you to Masterbaker, Boody's, Deep Seafood, Barakat, Ronai, the ADNEC Team, Ginox and Convotharm-Welbilt. The list of supporters was again very long to name each and everyone here. I'd just like to say

## THANK YOU.

And hope you all will be with us again for SIAL 2020, which is now scheduled in September.

2020 will be a busy year for all of us. We start on Jan 21 with the US Pear Competition at Madinat Jumeirah. The New Live Competition Emirates Culinary



Guild is partnering with The Pear Bureau Northwest (USA Pears) for this great event.

In February, the team goes to Stuttgart to represent the United Arab Emirates at the IKA, the Culinary Olympics at the Intergastra.

In March, our own International Salon Culinaire at ExpoCulinaire takes place in Sharjah (March 3-5). We had 900 plus competitors in 2019 and are expecting even more in 2020 with new editions such as the Live Pasta Class by Barilla. Make sure you register now.

**For our corporate friends, there is still exhibition space to rent. Please contact the team from Purple Kitchens – Joanne Cook at [joanne.cook@purple-kitchen.com](mailto:joanne.cook@purple-kitchen.com) and Rasheed Hussain at [rasheed.hussain@purple-kitchen.com](mailto:rasheed.hussain@purple-kitchen.com)**

Please visit [www.gulfgourmet.net](http://www.gulfgourmet.net).

net to browse through previous issues of this magazine. Visit [www.emiratesculinaryguild.net](http://www.emiratesculinaryguild.net) to see our upcoming events calendar. And visit [www.facebook.com/wacsyoungchefs](https://www.facebook.com/wacsyoungchefs) for young chefs to be in contact with over 4,000 chefs worldwide.

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

Thank you to Chef Michel Miraton and Ajman Palace Hotel Team for hosting the December meeting.

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

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## *Halal Duck Foie Gras*



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A chef once told me he got his first Executive Chef position without even applying. He had gone with a friend that wanted the job, but the GM gave the job to him instead of his friend. The confused chef told the GM that his friend cooked better than him. And the GM said, he did not want a great cook; he wanted a person who could manage and motivate a great team of cooks.

If you are a young cook, who wants to become an executive chef someday, you will need two things in addition to knowing the latest culinary trends. One is knowing the basics of cooking (example, how to make mayonnaise or beef stock without touching any readymade packet). Two is knowing how to be perceived as being a smart and confident communicator that can lead a team.

The second type of people are known to have 'Executive Presence'. This is a popular term these days for people who can dress, talk and act like leaders in their company. The chef I mentioned in the story above had executive presence. It is important to have that to progress in your career.

There is a TED Talks speaker and Corporate Guru named Rohit ROI Bassi, who has helped many companies around the world with their Executive Presence Training. He has written a column on this topic for our chefs. It is on the last page of this magazine. Don't miss it.

One of the things Rohit says is that you need to put yourself out there and network. It may be uncomfortable but it is important for career growth. I couldn't help but wonder how true that is. Some of the Asian and European chefs I interview can't even speak English clearly. Yet, we interview them because they stepped out of their comfort zone and achieved something.

Look at the chef on the cover of the magazine. He is a demi chef de partie. We have even had Commis' on the cover of this magazine. Only because they went out of their way to do what most chefs are too



shy to do. And succeeded after multiple attempts.

The best first step I have seen towards gaining Executive Presence in the kitchen field is the Nestle Professional Golden Chefs Hat Award. Young chefs who participated in this competition in the UAE just 6-7 years ago, have gone on to become Executive Sous Chef or had their cookbook published!

You want to be successful like them? It's simple:

1. **Find one friend** in your hotel/ restaurant/catering company to **make your team**. Both of you must be below the age of 30.
2. **Create two recipes** – one main course and one dessert
3. **Call my colleague** Amaresh on 050-4568161 or email amaresh@gulfgourmet.net

This year the Golden Chefs Hat Award competition in the UAE will see double the number of teams. Two teams will be featured in this magazine each month.

Trust me, you will not find an easier route to fame and career growth within your organisation.

This issue is filled with great stories and exclusive images from the Guinness Record breaking event in Abu Dhabi as well as the winners of the La Cuisine at SIAL competition from last month.

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

**Aquin George**  
Editor

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January 2020 **Gulf Gourmet**

# friends of the guild



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# SWEET GUINNESS!

UAE showcases 2,586 different desserts to break another Guinness World Record for the largest variety of different desserts in one place in Abu Dhabi last month

The UAE has broken yet another Guinness World Record last month in Abu Dhabi. The largest variety of different desserts target of 2,234 was surpassed in style, with a total of 2,586 being officially approved. That's 300 more diverse desserts than anticipated. The sweet buffet was set up at Umm Al Emarat Park as part of World Of Food Abu Dhabi – a food festival forming part of Department of Culture and Tourism's Abu Dhabi Culinary Season.

Each dessert had to contain at least two different ingredients and to have 3 or more servings. This built up to 10,056 dessert serving all presented in one buffet setting by 57 hotels, restaurants and Caterers. More than 3 tonnes of eggs, sugar, flour and butter formed the base of the buffet, reports hospitality

## 2,586

The largest variety of different desserts target of 2,234 was surpassed in style, with a total of 2,586 being officially approved

plus with Albania, Australia, Austria, Azerbaijan, Bangladesh, Belgium, Brazil, Canada, The Caribbean, Chile, China, Croatia, England, Egypt, France, Germany,

Greece, Hungary, India, Indonesia, Ireland, Italy Iraq, Japan, Jordan, Latvia, Lebanon, Mexico, Morocco, New Zealand, Nepal, Norway, Oman, Peru, Philippines, Portugal, Puerto Rico, Saudi Arabia, Scotland, Singapore, South Africa, Sri Lanka, Syria, Spain, Sweden, Switzerland, Thailand, Ukraine, United Arab Emirates, United States of America, and Wales officially represented in addition to a gluten-free section.

Organiser Purple Kitchen Events and Emirates Culinary Guild were supported by every Emirate in terms of contributions to the global buffet. "Our desserts have been created to represent the world, we selected countries and regions from all continents so that we could have the broadest range of ingredients and styles" said Chef Uwe Micheel, President of the Emirates





Culinary Guild and Director of Kitchens at Radisson Blu Dubai Deira "in the UAE's proud Year of Tolerance, we have shown an appreciation of taste for desserts from countries, cultures and styles from across the globe. The UAE has shown it's diversity and global membership in a very special way with this new World Record" he added.

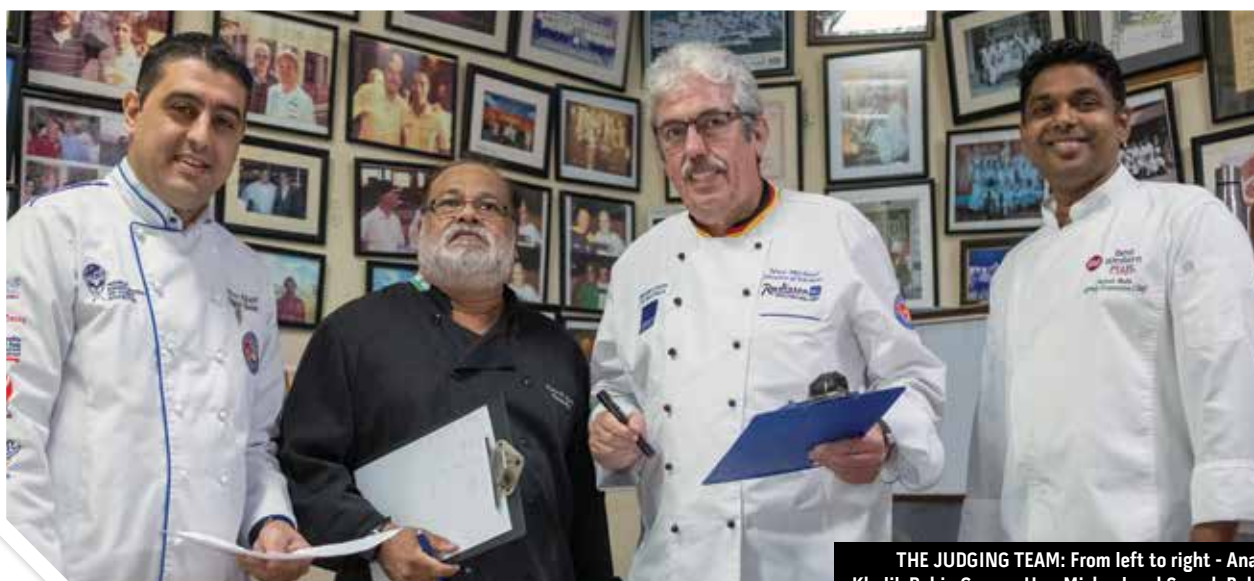
The desserts were shared with the public after the record was broken and also distributed to hospitality workers to ensure there was no food waste. Abu Dhabi Agriculture and Food Safety Authority (ADAFSA) we present to be sure that the world record met all of the food safety and hygiene requirements but also showed great support by working with the organizer through the process.







To get your chef or company related news featured in this section, email [editor@gulfgourmet.net](mailto:editor@gulfgourmet.net)



**THE JUDGING TEAM:** From left to right - Anas Khalil, Robin Gomes, Uwe Micheel and Suresh Babu

## MEET THE TOP 5

As the latest season of Golden Chef Hat Award in the UAE takes off this month, we bring you the finalists from Season 7

Season 7 of the Nestle Professional Golden Chefs Hat Award was a great revelation for us with some amazing recipes put forth by young teams from across the UAE.

We invited four senior culinary judges to look at the recipes (without any hotel or chef names) and to grade them based on various factors including innovation, creativity, balance and complexity among other parameters.

They selected five teams that will make it to the final cook-off in the coming months. It will be a live battle that will decide who wins the coveted Golden Chefs Hat Award.

We would like to thank the judges – Uwe Micheel, Suresh Babu, Robin Gomes and Anas Khalil – for taking the time and effort to discuss and deliberate for a few hours before settling in on the best teams.

Season 8 of Nestle Professional Golden Chef Hat Award - UAE (the highly popular young chefs' competition) has begun this month with teams from Ras Al Khaimah and Dubai making their presence felt. It is twice the size compared to last year. Check it out within the pages of this issue in the magazine.

**Would you too like to be featured in this magazine? Just send us your recipes and you may be shortlisted to be featured. We are featuring 20 teams this year and we are looking for smart young chefs from across the UAE to submit their recipes.**

It does not end there. If you go on to win the finals, you stand a chance to win some amazing prizes. Winners of the previous seasons have won really cool prizes ranging from MacBook Airs to iPad Pros and from all-expenses-paid trip to places such as Malaysia and Singapore.

To participate or know more, just contact Amaresh on 050-4568161 or [amaresh@gulfgourmet.net](mailto:amaresh@gulfgourmet.net).

**The winning teams that will be invited to the final cook-off are:**

- ♦ Stella de Marie, Dubai Marina
- ♦ Pots, Pans and Board, JBR
- ♦ Traders Hotel by Shangri-La Abu Dhabi

- ♦ Palace Downtown Dubai
- ♦ Movenpick JBR

Congratulations to the finalists and wish you the very best for the live cook-off in Dubai. Watch this space for the results.







January 2020 **Gulf Gourmet**

# **LICENSE TO GRILL**

There's nothing that Chef Clive Gilroy Pereira likes more in a kitchen than adding flavours to succulent meats. The rare find of late celebrity chef Gary Rhodes is delighting meat-lovers as the head chef of the West14th Steakhouse...



Last year, the culinary world lost an icon. British celebrity chef Gary Rhodes bid adieu to us after touching thousands of lives throughout his illustrious career.

Jamie Oliver called Chef Gary 'a massive inspiration to me as a young chef. He is not the only young chef to whom Chef Gary played a friend, philosopher and guide. For eight long years, Chef Gary mentored Chef Clive Gilroy Pereira, then a young chef out of Goa in India, turning him into a talented culinnaire.

Today, Chef Clive is the head chef of West14th Steakhouse at The Palm Jumeirah. The grill and bar enjoy top ratings online and offline and has a massive fan following. But that's no surprise really – after all, the head chef sharpened his skills in a

Michelin-star restaurant early in his professional career.

Just 33 years old, Chef Clive has quite a set of responsibilities at the West14th. "I have a dual role – head chef of West14th with 15 chefs under me as well as handling the operations of Dukes Hotel," he elaborates. Dukes Hotel has three more restaurants and Chef Clive oversees 14 chefs there.

His primary focus being West14th, Chef Clive quite enjoys the selection of meats the steakhouse has access to from different parts of the world. "Consistency is important to us and to our guests. We have strict quality control over the meats. This is what keeps bringing people back to us."

The fight for palates is bitter in Dubai,

with a multitude of options and formats. But few restaurants manage to keep up the tempo after their big bang launches. "Understandably. Consistency is really not so easy to achieve," says Chef Clive.

In life too, keeping a strong focus on one thing is hard. Luckily for Chef Clive, there was no confusion in his mind that food was where his heart was. The rest just followed.

Growing up in Porvorim in Goa, he spent considerable amount of time observing his mother cooking. "After returning from school in the afternoon, I would sneak into the kitchen to make myself a sandwich. And a lot of experiments were done there when no one was home," he laughs. Festival days were even more exciting. The scent of cakes, puddings and cookies wafted throughout the house and Chef Clive could think of little else those days.

So a hospitality school was a natural progression. During industrial training, when the teacher asked the class which of the students wanted to go into the kitchen department, just one hand went up. "Mine. Others shied away from the challenges of a kitchen career."

Admittedly, there were no pleasant surprises. It was a tough environment, yet immensely satisfying for Chef Clive. After finishing training, he worked at two hotels under the prestigious Taj group. "Taj Fort Aguada was more of a resort and Taj Holiday Village and Spa had a



**...it's one thing to be aware of new concepts and trends and another to blindly follow what others are doing**





When Chef Gary  
is your teacher,  
then you actually  
learn the very  
best of what the  
industry offers



charming, easygoing feel. I worked in the kitchen but trained in housekeeping and front office too."

Around the beginning of 2007, the young chef started thinking about spreading his wings. An opportunity in Dubai opened up and with the help of a friend, he made his way to the land of culinary dreams. It was no small opportunity. Chef Clive joined the Grosvenor House, a luxury property, where he worked under Chef Gary Rhodes. Joining as a commis chef, he worked tirelessly for seven years, rising to the level of sous chef of Rhodes Mezzanine fine dining restaurant. "It was there that I learnt everything. I soon realized that my hospitality school training was completely different from the real top-end kitchen. When Chef Gary is your teacher, then you actually learn the very best of what the industry offers."

Soon, he took over as head chef at the Rhodes Twenty 10, a modern steakhouse at the Le Royal Meridien Beach Resort and Spa. Around mid-2015, Chef Clive felt the need to explore other parts of the Dubai culinary industry, having spent his entire time in the city under Chef Gary. Briefly, he joined the Meat Co at Souq Al Bahar as head chef but moved within months to West14th Steakhouse. "The view at Meat Co was stunning and it was a good experience. But I quickly realised that the setting in pure-play restaurants is more formal and you have to do everything yourself. In hotels, you can focus on your own vocation and leave the other operational activities to the departments concerned."

His current job allows Chef Clive to experiment, something that is important to him. "But I don't believe in blind imitation. It's one thing to be aware of new concepts and trends and another to blindly follow what others are doing." In cooking techniques, braising and slow cooking are his favourite tools for delicious dishes.



**You will be surprised at how many good tips and tricks we have picked up from chefs who learnt them from their family and friends. In some cases, they led to innovation of whole new recipes**

As a manager, Chef Clive believes in training his young chefs well. This also includes sending them to culinary competitions. "It's important for them to go out and get a look and feel of the real world out there. It's so easy to slide into a comfort zone when you are restricted to your own kitchen." Even when it comes to retaining employees, the head chef doesn't try to hold them back from better opportunities. "If you have created a valuable space in someone's mind, they will automatically stay. But I want them to succeed in life, with or without us."

He himself won a couple of medals at the Salon Culinaire in his early days as a chef and has other honours to his name. For young chefs who want to succeed, he recommends following your instinct. "Of course, you should cook with tried and tested recipes but if your instinct tells you to try something new, indulge it. You will be surprised at how many good tips and tricks we have picked up from chefs who learnt them from their family and friends. In some cases, they led to innovation of whole new recipes."

Given that his role has become more about operations than about cooking, Chef Clive really enjoys getting into the kitchen at home. "I open the fridge and

cook with whatever is in it. I follow my heart and every chef should too." At home, his Italian wife and two-and-a-half-year-old son Aiden enjoy his cooking.

The couple met through friends in Dubai, where she runs a technology company. "My personal favourite dish is a smoked cheese and mushrooms delicacy my wife makes. We go often to Italy and explore cuisines from different parts of the country." Funnily enough, Chef Clive's wife dislikes going dining out with him because he tends to start analysing the dishes. "That's a professional chef's curse, I guess. She tells me to just eat what's on my plate and stop complaining!" he laughs.

This perfectionism sometimes spills into the workplace too. Chef Clive admits to being rather vocal when things are not quite done the way he wants. "I am not the kind of chef to throw plates at the newbies but if they do something wrong, I do make it a point to tell them then and there. Of course, I ensure that there are no hard feelings and they know that I don't mean it in a personal way. A big kitchen like ours has people from different backgrounds. Each person has his or her own idea how about how things should be done. A bit of discipline and strict guidance are required from time to time to keep everyone on the same page."

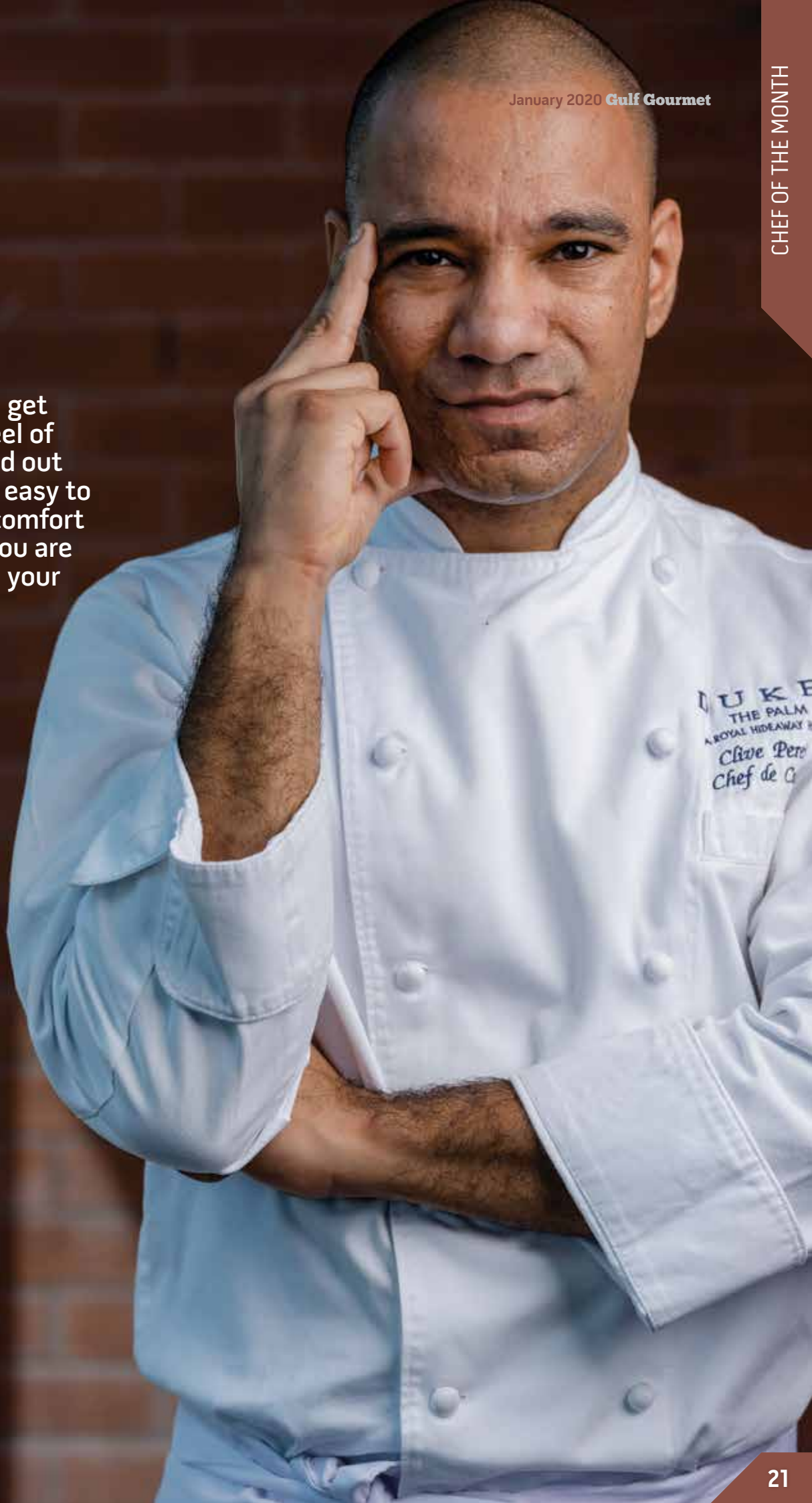
However, the Indian chef does believe that the environment in a kitchen should not come in the way of creativity or excellence. "Put passion into your work and don't allow other things to interfere with what you do."

This was one of the values Chef Gary Rhodes passed on to Chef Clive as a mentor. "I was very sad to hear the news of his passing away. But life is unpredictable. All the more reason to celebrate every minute of it and be grateful for all you have."

Foodies in Dubai are definitely grateful for everything Chef Clive has to offer.

“

...go out and get a look and feel of the real world out there. It's so easy to slide into a comfort zone when you are restricted to your own kitchen







**Nestlé  
Golden  
Chef's Hat  
Award**



# WONDER BOYS

Chefs **Samitha Hiran Neththasigha** and **Ramesh Chaudhary** are throwing their hats into the Nestle Professional Golden Chef's Hat Award ring. The talented two from the Cove Rotana Resort in Ras Al Khaimah are readying to blow judges' minds with their delicious dishes. Meet the dream team...

## Samitha Hiran Neththasigha

Chef Samitha Hiran Neththasigha is a chip off the old block. Inspired by his father, who is a baker in Qatar, the 27-year-old has set out to make a career in pastry. His formal training is in housekeeping but Chef Samitha has always been a bit of a candy crusher. "Even as a kid, I used to love making desserts," says the Sri Lankan chef.

Born and raised near Colombo, the chef did a six-month course in housekeeping and then jumped headlong into hospitality. The beginnings were rather humble. "In 2012, I started as a room boy in Tangerine Beach Hotel in Kalutara." A year later, he went to the

Kingsbury Hotel in Colombo as a trainee waiter. It wasn't until early 2015 that he embarked on a cooking career. "I joined the Gateway Airport Garden Hotel in Colombo as a trainee cook after doing a course on professional cooking."

Chef Samitha worked there for about six months in the hot kitchen. Then he took his father's advice and moved to the pastry kitchen with a new assignment at the Cinnamon Lakeside hotel in Colombo. "That was my first 'real' kitchen job. I learnt to bake, make desserts and also got a promotion."

Initially, there were challenges. A rather hard lesson was learnt when Chef Samitha burnt several kilos

of cake because he forgot to check the oven properly and had to forfeit a month's salary as punishment. Notwithstanding such hiccups, the learnings were valuable.

Already familiar with the opportunities in the Middle East, Chef Samitha did not hesitate when a senior chef offered him a role in Dubai. "I came to Cove Rotana Resort towards the end of 2018 and I have been here since." From preparing the buffet to making items for brunches, Chef Samitha is busy learning how to handle large operations.

Although he has dabbled in a couple of competitions before, he is yet to score a medal, something that the Sri Lankan chef hopes to change with the Nestle Golden Chef's Hat Award. "This is my third competition and I am hoping to get third time lucky," he smiles.

He's definitely putting up a good fight. On the table is a chocolate lemon tart dessert with orange and raspberry sorbet. "The chocolate tart base is made of Nestle cocoa powder, sugar and butter lemon curd. There is orange, lemon and caramel mousse and the sauce is made of passionfruit for a sweet and sour taste."

Chef Samitha's friends and family are rooting for him. His father will soon retire, leaving it to him to take the legacy forward as his brothers are into telecom and accountancy. "I hope to be



an executive pastry chef someday. My father had warned me this is a tough industry but I am happy with my choice."

Truly, the hardest job becomes easy when your heart is in it.

## Ramesh Chaudhary

Chef Ramesh Chaudhary comes from the hilly terrains of Nepal, the country made famous by the Himalayas. The now demi chef de partie at the Cove Rotana Resort blindly followed a friend's suggestion to enter into a hotel management programme. And it led to a great discovery. "It's true. I didn't even know what it was all about when I signed up for it," laughs the 28-year-old chef.

There were no chefs in his family and his farmer father had little to offer in terms of professional guidance. "It was only in the final year of hotel management that I realised the tremendous opportunities that lay before me."

After finishing a three-year bachelor's degree in tourism and hospitality from the Satwik Institute of Professional Studies in Bhubaneswar in east India, Chef Ramesh had a pretty good start. The Park Hyatt Goa Resort and Spa in the tourist destination of Goa in India was a good launching pad for a budding chef. "I joined the kitchen in mid-2014, specialising in Italian cuisine."



Samitha Hiran Neththasigha

Over two years, Chef Ramesh learnt to manage the pizza, antipasti and pasta sections, execute kitchen operations as well as do waste and hygiene management. Like with any newbie, he had his share of mishaps. "Once I used roasted chicken for making a pizza and missed the bone inside. The guest complained about it to my supervisor. Luckily, my supervisor was a nice guy who understood that I was new at this and he showed me how to take the bones out completely."

These learnings came in handy at the Cove Rotana, which he joined towards the end of 2016. "I supervise the kitchen operations and teach junior chefs about our menu. We serve Italian with some Arabic and Mediterranean cuisines." The resort gets a lot of local as well as Russian, German and British guests. Since he joined, Chef Ramesh has been promoted twice.



Ramesh Chaudhary

The Nestle Golden Chefs Hat Award is his fourth competition. Earlier, he has participated in various events including the Salon Culinare and won two silver and one bronze medals. For the competition, he is making beef roll with spinach stuffing, served with three kinds of puree – pumpkin, green peas and celery root – and a warm salad.

Chef Ramesh is single but hopes to build a family and a home over the next decade. His family consists of his parents, two brothers aged 8 and 12 and a sister who is about to get her master's degree in journalism. "My dreams are simple. I want to learn all I can, enjoy myself doing so and live a peaceful life. What more could anyone want?"

Good things do come to those who know how to be content.

## Vegetable-crusted Sous Vide Beef Roulade with warm quinoa salad, de puy lentil ragout, green peas, celeriac and pumpkin puree and mushroom sauce

### US or Australian Beef tenderloin

Flattened Beef steak	900gm
Beef steak cut in finger size	40gm
Olive oil	15ml
Mustard paste	2gm
Salt	To taste

Pepper	1gm
Blanched spinach	8gm
Chopped herbs	4gm

### Method

♦ Marinate the meat with salt, pepper, chopped herbs and olive oil. Roll the finger-cut meat in cooked spinach leaves and put it on the flattened beef steak. Roll the meats together and sous vide it at 55°C for 45 minutes. Then grill the meat roll on a chargrill and finish cooking in the oven at 220°C for 5 minutes or until medium. Thereafter, apply the mustard and dust it with some mixed vegetable crust. Flash it in the oven before serving.

### Nestle beef brown stock

Beef bone	200gm
Mirepoix	100gm
Olive oil	20ml
Tomato past	15gm
Water	1liter

### Method

♦ Preheat the oven 250 degree and roast bones in the oven for an hour. Heat a heavy-base pot with olive oil. Then add all mire poix into the pot and sauté till its golden brown. Add tomato paste and cook for 4 to 5 minutes or until nicely cooked. Then add the roasted bone and water to the pot and boil for 24 hours. Strain it in

a fine strainer and keep it ready for use.

### Celeriac puree

Celeriac cubes	80gm
Milk	150ml
Onion chopped	5gm
Water	20ml
Butter	5ml
Salt	To test
White pepper	1gm

#### Method

- Heat the olive oil in a saucepan. Add butter and celery root cubes. Sauté for a minute. Add milk and water and boil till its cooked. Place it in a food processor and make a smooth puree. Season with salt and pepper.

### Pumpkin puree

Pumpkin cubes	80gm
Onion chopped	5gm
Water	20ml
Butter	5ml
Salt	To test
White pepper	1gm
Carrot cub	10gm
Garlic	4gm

#### Method

- Heat the olive oil in saucepan. Add butter, onion carrot and garlic and sauté for a minute. Add pumpkin cubes and water and boil till it's cooked. Place it in a food processor and make a smooth puree. Season with salt and pepper.

### Mushroom sauce

Shimiji mushroom	10gm
Nestle brown sauce	60ml
Chopped onion	6gm
Chopped garlic	3gm
Olive oil	10ml
Salt	To taste
Pepper	To taste
Chopper rosemary	2gm
Cream	5gm

#### Method

- Heat the olive oil in a pan and sauté the onion and garlic till its golden in colour. Add the mushroom and sauté till it's cooked properly. Add brown stock and reduce to sauce consistency. Finish the sauce with cream, chopped rosemary and seasoning.

### Dehydrated vegetable crust

Carrot slice	5gm
Beetroot slice	5gm
Broccoli slice	5gm
Parsley	5gm
Pumpkin slice	5gm
Parmesan cheese	3mg



Thyme	2gm
Rosemary	2mg
Salt	To taste
Pepper	1gm

#### Method

- Thinly slice all the vegetables and chop rosemary thyme and parsley leaves. Dry all the items in a hot box over 8 hours. Then, chop all together. Finish the crust with parmesan cheese, season with salt and pepper. Mix it well before using.

### Warm quinoa salad

Quinoa	25gm
Scoop carrot	5gm
Scoop green and yellow zucchini	5gm
Salt	To taste
Pepper	To taste
Olive oil	10ml
Chopped parsley	1gm

#### Method

- Boil the quinoa in salted water. Heat olive oil in pan and sauté carrot and zucchini. Then toss the boiled quinoa and finish with salt and pepper.

### Green pea puree

Green pea	80gm
Water	100ml
Onion	5gm
Garlic	1gm
Butter	8gm
Salt	To test
White pepper	1gm

#### Method

- Cook pea in a saucepan with boiling water for 2 to 3 minutes or until tender. Drain the extra water and keep the peas aside. Add butter in the same pan over medium high heat and sauté onion and garlic. Cook it by stirring for 3 minutes or until softened. Return peas to pan

and season it with salt and pepper. Put it through a food processor and blend to make a smooth puree. Reheat before serving.

### De puy lentil ragout

De puy lentil	30gm
Carrot brunoise	5gm
Celery brunoise	5gm
Slice garlic	2gm
Salt	To taste
Pepper	To taste
Olive oil	8ml
Brown stock	25ml
Thyme	1gm
Parsley	1gm

#### Method

- Heat olive oil in the pan. Add sliced garlic and cook till it's golden in colour. Then add carrot and celery and cook for some more time. Add lentils and brown stock and boil till the lentil is cooked. Season the ragout with salt and pepper. Finish with chopped thyme and parsley.

## **Vegetable-crust Sous Vide Beef Roulade with warm quinoa salad, de puy lentil ragout, green peas, celeriac and pumpkin puree and mushroom sauce**

### Orange Semolina Cake

Fresh Orange	1 no.
Water	20ml
Sugar (A)	33gm
Sugar (B)	75gm
Butter	61gm



Eggs	50gm
Semolina	80gm
Almond Powder	45gm
Baking Powder	5gm

**Method**

- ♦ Cook the fresh orange with water and sugar (A) until it gets soft. Remove the seeds and blend using a hand blender to make a paste.
- ♦ Whip eggs and sugar (B) to gather. Then add dry ingredients followed by orange paste and butter. Place the mixture in a baking tray and bake at 170°C for 12 minutes.

**Pear Docello Creme Brûlée**

Fresh Cream	250ml
Full Cream Milk	500ml
Pear Fresh	300gm

**Docello creme brûlée** 50gr

**Method**

- ♦ Boil the cream and milk to 80°C. Remove from the heat and mix-in the Docello powder ensuring there are no lumps.
- ♦ Pour it over the chopped pears.
- ♦ Place the mixture in a baking tray and bake at 160°C for 20 minutes. Keep the cooked creme brulee in a chiller until ready for use.

**Caramel Chiboust**

Fresh Cream	500ml
Butter Scotch Sauce	300gm
Nestle Milk Chocolate 34%	150gm
Egg Yolk	4nos.
Sugar	70gm
Gelatine	35gm

**Method**

- ♦ Soak the gelatine in ice cold water and set aside. Whip the fresh cream to soft peak consistency and keep aside. Beat egg yolk with sugar over bain-marie to 65°C. Melt the Nestle milk chocolate over a bain-marie. Then add melted gelatine followed by butter scotch sauce. Fold with egg yolk, whipped cream making a smooth mixture. Pour half mixture over the previously baked orange semolina cake. Then place previously frozen creeme brulee on top of the orange cake already layered with caramel chilboust mousse. Then again pour the balance caramel chilboust mousse on top.

**Lemon Curd**

Butter	50gm
Sugar	65gm
Eggs	03nos
Lemon Juice	45ml



Lemon Candid	15ml
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**Method**

- ♦ Mix all the ingredients and cook over bain-marie until thickened. Remove from the heat and wait until mixture cools. Then pipe the mixture in fresh raspberry.

**Chocolate Crumble**

Butter	80gm
Flour	80gm
Equal Sugar	30gm
Cocoa powder	20gm

**Method**

- ♦ Mix all with soft butter and bake at 180°C for 7 minutes. Then roll with a rolling pin making it a crumble.

**Docello yogurt panna cotta**

Fresh milk	100gm
Fresh yogurt	100gm

**Docello panna cotta** 30gm

**Method**

- ♦ Mix the yogurt and milk together and bring to a boil. Remove from the heat and add the panna cotta mixture. Whisk without making lumps. Place the mixture in a mould and freeze until it's ready for use.

**Passion fruit sauce**

Passion fruit puree	100gm
Sugar	20gm
Corn flour	5gm

**Method**

- ♦ Boil the passion fruit puree and sugar. Then add corn flour and cook until it gets to the sauce consistency. Keep in the chiller until ready for use.

**Chocolate tart**

Butter	330gm
--------	-------

Icing Sugar	160gm
Flour	500gm
Eggs	01no.
Vanilla Essence	5ml
Salt	5gm
Cocoa Powder	35gm

**Method**

- ♦ Put all the dry ingredients in a mixing bowl. Use a paddle attachment and mix well until all lumps get broken. Then add eggs and just slowly fold without over mix. Keep in the chillers for 30 minutes for resting. Then roll in 3mm thickness shills. Then put in the baking mould and half bake at 180°C for 10 minutes.

**Lemon Curd**

Butter	50gm
Sugar	65gm
Eggs	03nos
Lemon Juice	45ml
Lemon Candid	15ml

**Method**

- ♦ Place all the ingredients in a mixing bowl and cook over double until thickened. Remove from the heat and wait until mix gets cold. Pipe the mixture in chocolate tart shells.

**Chocolate Filling**

Butter	250gm
Sugar	75gm
Dark Chocolate	375gm
Egg Yolk	120gm
Whole egg	138gm

**Method**

- ♦ Melt the butter and sugar. Then remove from the heat and add dark chocolate, followed by egg yolk and whole eggs until it gets thick. Pipe the mixture into tart shell and bake at 180°C for about 10 minutes.

January 2020 **Gulf Gourmet**

# BLAZE OF GLORY

Chef **Sanjeewa Sarath Kumara** knows he's no cat with nine lives and has determined to make the one he has the best ever possible. Winner of the Best Cuisiner award at La Cuisine during SIAL Middle East 2019 in Abu Dhabi, the demi chef de partie from Traders Hotel has a fascinating life story that includes escaping a bomb attack by seconds. *Gulf Gourmet* tracks his adventurous journey...





**"A** diversity causes some men to break, others to break records." Writer William Arthur Ward may well have been talking about Chef Sanjeewa Sarath Kumara.

Growing up in financially weak family in a strife-torn country is enough to make the strongest people give up hope. But not Chef Sanjeewa. Narrowly escaping a bombing and having to provide for his family from a young age made him even more determined to seek a good life and live it to the fullest. It's this determination that made the chef depart from Traders Hotel by Shangri-La in Abu Dhabi the winner of La Cuisine at SIAL this December.

It was a momentous occasion when his name was called out at the prestigious competition, a vindication that where there is a will there is indeed a way. "I couldn't breathe for a minute because of the exhilaration," smiles the 35-year-old chef.



## **Would you believe I started my culinary career in the army? Sri Lanka was at war at the time and my family needed money to survive**

Unlike many professionals these days who begin with premium placements made possible by fancy degrees, Chef Sanjeewa had a rocky start to his career and to life in general. "Would you believe I started my culinary career in the army? Sri Lanka was at war at the time and my family needed money to survive. I had two sisters and a brother, who were in school. Going to a hotel school and training was not an option for me." The Sri

Lankan chef signed up for military service and studied hospitality on the side. He also used cookbooks, TV programmes and magazines to widen his skill set.

In 2010, he finally got into the professional kitchen with a commis chef position at Miridiya Hotel in Anuradhapura, Sri Lanka. "It was a small hotel of 60 rooms. I wasn't there too long, just about a year." Next came a job at the Amaya Hills hotel in Kandy. "It was a 4-star hotel and I worked in each department. I specialised in Sri Lankan food but also learnt Indian cuisine." Chef Sanjeewa rounded his training off with stints in the cold kitchen and butchery. On the creative side, he learnt to carve vegetables and even ice. It was also the place where Chef Sanjeewa got his first gold medal at a competition in 2011. "I got it not for cooking but for ice carving at a contest organised by the Culinary Guild of Sri Lanka."

When he moved to the Trinco Blue seafood restaurant, owned by the





I practice even when there are no events coming up. Of course, the intensity increases when I participate

*Sanjeeva Sarathk*

John Keels Group of Companies, Chef Sanjeewa had already notched up valuable techniques and skills. For three years, he further fine-tuned his knowledge of seafood cooking and readied for a bigger leap.

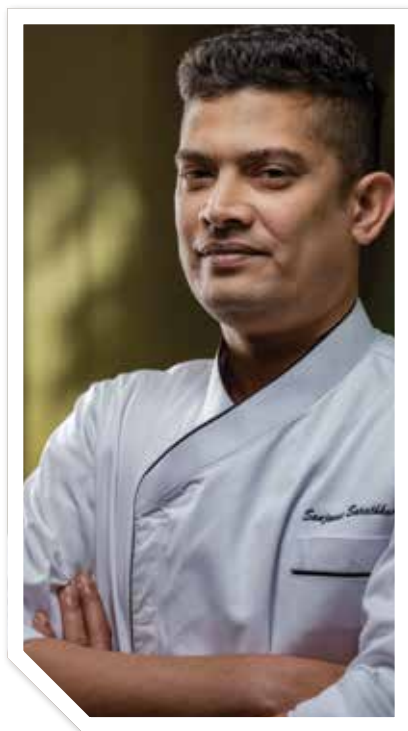
The right chance came in 2016. He flew to Muscat, Oman to join Shangri-La Barr al Jissah Resort and Spa as a demi chef de partie in the Mexican kitchen.

Few ambitious chefs can resist the pull of the United Arab Emirates. Chef Sanjeewa was no exception. Eventually in 2017, he migrated to Abu Dhabi to join the Traders Hotel as demi chef de partie. It's been two years and the Sri Lankan chef is happier than ever.

His latest accolade comes after repeated trials. "This was my fourth competition. I participated in Salon Culinaire in 2018, where I made a chocolate showpiece and a set dinner menu. I won bronze medals for both. The same year, I participated in La Sial Culinaire in Abu Dhabi and won a silver and a bronze for five-course dinner and chocolate showpiece." In 2016, when he was in Oman, Chef Sanjeewa had travelled to the Culinary Olympics in Germany, where he obtained a finger foods diploma for a five-course dinner menu.

"I went as an individual participant to learn. I had to pay the costs from my own pocket but it was worth it." This December, he won a bronze for a five-course dinner, a silver for beef live cooking and a gold for seafood live cooking. "For the seafood cooking, I had to slow cook sea bream and make breaded cutlets. The sauce was an orange and fennel sauce and I served it with mashed potato. The beef was also slow cooked, a potato and spinach beef cheek pie with hot sauce."

As a rule, Chef Sanjeewa puts his heart and soul into the preparations ahead of competitions, spending a minimum of 15-16 hours daily in the month leading up to the events. Practice makes perfect and the seasoned chef knows that.



**Be a top chef someday and participate in international competitions. I would also like to go back to Sri Lanka in the future to be close to my family**

"To make sure that I don't get rusty, I practice even when there are no events coming up. Of course, the intensity increases when I participate."

Encouraged by the latest honour, Chef Sanjeewa plans to take part in the upcoming competitions too. "The contestants share so much. Whether you win or not, these are great opportunities for learning and it's counterproductive to not utilise them." Working in the hot

kitchen and cold kitchen keeps his cooking skills alive. For carvings, Chef Sanjeewa has to wait until nights to practice after his formal duties are taken care of. "In the next competition, I will try my hand at the carving category. Back in Oman, I once did more than 60 ice carvings. It was an unforgettable experience."

Chef Sanjeewa had not imagined in his wildest dreams that he would someday be standing on an international stage, competing with and winning against the best of the best. His family could not be more proud. "My parents are rice and vegetable farmers and my brother works in the navy. Today, my older sister is a lawyer and another sister is a homemaker. Despite our initial struggles, we are all doing well now."

Talent is one thing but a lot of credit for his achievements goes to Chef Sanjeewa's attitude. "Work hard, don't count the hours and stay positive. Do whatever it takes and don't let setbacks weigh you down. The path to success is not easy but it is very fulfilling," he advises young chefs.

Truly, life is too short not to take chances. One memory Chef Sanjeewa cannot shake out of his mind is when he was working in Colombo. He stepped out with a colleague for a break and decided to take a trip to the restroom. While there, a suicide bomb went off at the gate and his colleague was injured. "He had injuries that took months to heal. I was lucky enough to escape the attack by seconds. After that day, I decided to fearlessly do everything that I want to and not to waste time worrying about the future."

For the next decade, his plans are simple. "Be a top chef someday and participate in international competitions. I would also like to go back to Sri Lanka in the future to be close to my family."

Wherever he goes, Chef Sanjeewa will continue to delight food connoisseurs. Of that, we are sure.





Do whatever it takes and don't let setbacks weigh you down. The path to success is not easy but it is very fulfilling



# US\$ 3 billion

## what's your GCC market share?

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

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

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

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

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Nestlé  
Golden  
Chef's Hat  
Award



# THE DEBUTANTS

Both are new kids on the block – one is even a rank newcomer. Making their culinary competition debut at the Nestlé Golden Chef's Hat Award are chefs **Joseph Eric Eleyante** and **Ma Bawm Myaw** from the Glasshouse at the Jumeirah Islands Club, a Nakheel property. What do they have on offer?

## Ma Bawm Myaw

A 21-year-old from a small village in Myanmar, Ma Bawm Myaw is just entering the big league of the culinary industry. She's a commis chef in the Glasshouse at Jumeirah Islands Club, a Nakheel property. This is her first culinary competition and she's not quite sure what to expect. But one thing she does know is that there will be no limitations from her side in giving her best.

"At the moment, I am starting on a more or less empty slate," she smiles shyly. Chef Ma's interest in cooking developed slowly. While she cooked extensively for her five siblings – two brothers and two sisters – it was more out of duty than interest. "My parents passed away and we had to support each other."

Along the way, however, she realised that she really enjoys the pastry

kitchen. After finishing school, Chef Ma opted for a one-year cooking course at the Schwe Sa Bwe Hospitality Training Centre in Yangon. Then, the chef decided to plunge straight into practical cooking with a job. "I started my career at this German restaurant called Mahlzeit in Yangon. Although I worked there only for a year, I learnt quite a bit of basics – from making base sauces and designing western



**Ma Bawm Myaw**

menus to stock management and hygiene management."

Chef Ma also worked for a French restaurant in Yangon called Leplanteur before coming to Dubai on a short-term work visa. "A friend was working in Dubai and asked me if I wanted to come and work here for a while. I've been here for two months now and I work in the cold section as commis chef." There is no dedicated pastry kitchen at the property. So Chef Ma makes cream and desserts in the main kitchen.

For the competition, she is putting together a dessert with non-alcoholic wine and pomegranate and lemon foam. As a newbie to competitions, she is rather excited to see how things go.

At the moment, her contract is only for six months. But she's hoping something works out soon enough for her to build a career as a professional chef in Dubai. "I do miss my family but I like being in Dubai. There are so many opportunities and experiences here and I would love to see more of it."

With talent and determination, anything is possible.

## Joseph Eric Eleyante

Chef Joseph Eric Eleyante is a born-again culinnaire. The first time around, all attempts by his mother to make him a professional

chef failed. Then, a sudden change of heart happened and Chef Joseph decided that the kitchen was his calling after all.

"I was around 22 at the time and rather rebellious," laughs the now 30-year-old chef, who hails from the Philippines. "I had tried my hand at engineering before that but did not want to study. So my mother pushed me to join the Asiaworld Culinary Academy in Biday San Fernando City." Reluctantly, he went.

After finishing the course, Chef Joseph joined the Cabana Beach Resort in La Union, Philippines as commis chef in mid-2010. He worked there for a year and a half before moving to the Little Surfmaid Resort. Sharpening his cooking skills, Chef Joseph moved to Trips Restobar for another year before he finally gave in to his mother's repeated requests to seek employment in Dubai. It didn't help that he spent considerable amounts of time dabbling in a music band, singing and playing the guitar but without any compensation for it. "My mother felt I could make a better living in Dubai and gain more experience. She was right."

In 2017, he applied and secured a job at the Cocoa Kitchen, run by Meraas Holding. Working there for nearly two years, Chef Joseph moved around within the group to Demoiselle by Galvin Dubai and Butcha City Walk. Recently, he joined Jumeirah Islands Club.

**Joseph Eric Eleyante**

"Meraas Holding was a good learning experience. I asked the head chef to teach me everything. I learnt British, Arabic, Italian and French cuisine and thoroughly enjoyed every moment. I finally realised that cooking is fun."

At Jumeirah Islands Club, Chef Joseph works in the hot kitchen mostly but also ventures into the cold kitchen from time to time. "I do everything except fish and meat." Interestingly, his dish for the competition features black cod with blackberries, lentil and citrus sauce.

Today, his mother is happy that her son has found the right direction. Chef Joseph comes from a big family of six siblings. A sister is a nurse, a brother is an architect and another sister is a medical technician.

Like for his teammate Chef Ma, this is Chef Joseph's first culinary competition. With time, his ambition has grown. "I want to be an executive chef someday and if I am really lucky, maybe even a celebrity chef like Gordon Ramsey."

For now though, he's happy to learn all he can about cooking new dishes with fish and meat. "I came to Dubai to earn more money. This is why I was unhappy. Now that I have found my passion, I am much happier."

A happy chef creates a happy guest.



## Sous vide black cod with jet black puree and citrus braised vegetable

### Ingredients

Black cod	600g
Thyme	5g
Rosemary	5g
Olive oil	10g
Beluga lentil	300g
Water	900g
Butter	40g
Olive oil	50g
Salt	10g

### CITRUS BASE

Orange	100g
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Grapefruit	100g
Lemon	80g
Chef demi glaze	50g
Sugar	90g
Salt	10g
Butter	40g

### VEGETABLES

Chicory endive	80g
Yellow zucchini	20g
Green zucchini	20g
Heirloom carrots	30g
Dill	2g
Chervil	2g
Tarragon	2g

### Method

- ◆ Clean the black cod fillet, ensure no

bones are left on it and portion it to 150g. Pat dry using a towel and place in a vacuum pack bag with thyme, rosemary and olive oil.

- ◆ Prepare your sous vide at 45°C and cook the fish for 35 minutes. Pat it dry and pan sear the skin till it's crispy.
- ◆ Boil the lentils until tender soft, don't strain it. Then blend it all in a thermomix. Add butter, olive oil and salt.
- ◆ Put all together in a pan and boil it. Later, add the carrots. When it is almost cooked, add the rest of vegetables and braise it on a low fire until cooked. Strain the vegetables and the juice, reduce it more until the glaze is consistent





## Poached pear with coconut pearl, lemon air, balsamic gel

### Ingredients

Pears	200g
Cinnamon stick	5g
Star anise	5g
Cloves	5g
Juniper berries	5g
Sugar	180g
Non-alcoholic red wine	600g
Tapioca pearl	50g
Maggi coconut powder	150g
Water	150g
Sugar	40g
Balsamic vinegar	300g
Glucose	80g

Lemon juice	100g
Egg white	16g
Gelatin sheets	3g
Water	100g
Sugar	60g

### GARNISH

Pomegranate	30g
Mint	2g

### Method

- ◆ Boil all the ingredients except pears. Reduce till half or the back of the spoon would be covered.
- ◆ Prepare the pears: peel the skin off and put in water and lemon solution to avoid getting black.
- ◆ Prepare the tapioca pearl by mixing with

coconut powder and water. Add sugar and bring to boil. Then add the tapioca pearl and cook it until it's translucent.

- ◆ Boil the balsamic vinegar and glucose together till it reaches 108°C temperature then cool it down.
- ◆ Prepare the lemon, air dissolve gelatin sheets and the sugar with water and let it boil. Then cool it down.
- ◆ Add the lemon juice and egg white and beat it with a hand blender. Put it in an espuma bottle and add CO2 cartridge and set aside.



## The Guild Meet

The December edition of the Emirates Culinary Guild meet was organised by Chef **Michel Miraton** and his team at the stunning Ajman Palace Hotel. The event saw a large turnout to discuss the various events that were scheduled to take place including the La Cuisine at SIAL and the Guinness Record breaking event in Abu Dhabi. Influential chefs from across all seven Emirates had gathered to share and network while corporate partners had the opportunity to present their latest offerings to captive audience. Here are images from the meeting.











## SIAL Spectacle

La Cuisine at SIAL, held last month on the sidelines of the SIAL Middle East exhibition at ADNEC, was the biggest professional culinary competition held in Abu Dhabi last year. Hundreds of chefs gathered to compete in various categories and the dishes created at the high-pressure event was judged by a panel of international judges flown in from around the world. Chef Otto Weibel headed the team of judges while the Abu Dhabi chapter of the Emirates Culinary Guild led the way for organising the competition. Given the magnitude of the event, we bring you exclusive images from the event in a three-part series that runs from January to March. Here are moments captured by our photo editor **Amaresh Bhaskaran**



## WINNERS

No	Awards Description	Hotel	Name	Remarks
	Practical Cookery - Emirati Cuisine	Al Jawaher Reception & Convention Center	Ashraf Edakkadan	Certificate, Probe thermometer
	Practical Cookery - Arabic Mezzeh	Jumeirah Zabeel Saray	Dal Bahadur	Certificate, Probe thermometer
	Practical Cookery - Chicken	Khalidiya Palace Rayhaan by Rotana	Murugan Semmalai	Certificate, Probe thermometer
	Practical Cookery - Fish/Seafood	Bulgari Resort & Residences Dubai	Dhanber Lal	Certificate, Probe thermometer
	Practical Cookery - Beef	Sofitel AD Corniche	Saad Benjebbour	Certificate, Probe thermometer
	Practical Cookery - One Praline & Two Chocolate	Traders Hotel AD	A. Lahiru Kanishka Sandaruwan	Certificate, Probe thermometer
1	Winner - Best Effort by a Corporation - La Cuisine Du Sial 2019	Emirates Flight Catering		Trophy
2	Winner - Best Effort by an Individual Establishment - La Cuisine Du Sial 2019	Emirates Flight Catering		Trophy
3	Best Pastry Chef - La Cuisine Du Sial 2019	Sharjah Ladies Club	Shajahan Mampally	Trophy
4	Best Kitchen Artist - La Cuisine Du Sial 2019	Sofitel AD Corniche	Don Sampath Asela Hettiarachichi	Trophy
5	Young Pastry of the Year - 2nd Runner Up 2019	Traders Hotel AD	A. Lahiru Kanishka Sandaruwan	plate, book and knife
6	Young Pastry of the Year - 1st Runner Up 2019	St. Regis Saadiyat Island	Andreina Kinari	plate, book and knife
7	Young Pastry of the Year - Winner 2019	JW Marquis Hotel Dubai	Rohit Surve	Trophy
8	Best Arabian Buffet Team - La Cuisine Du Sial 2019	Madinat Jumeirah C&I	Bushan Gaunkar	Trophy
		Madinat Jumeirah C&I	Hady Nabil Hussain	
		Madinat Jumeirah C&I	Munna Ghosh	
9	Best Cuisinier - Second Runner-up La Cuisine Du Sial 2019	Atmosphere Burj Khalifa	Roseniah Sultan	Trophy
10	Best Cuisinier - First Runner-up La Cuisine Du Sial 2019	Aloft Hotel AD	Sanjoy Sarma	Trophy
11	Best Cuisinier - Winner La Cuisine Du Sial 2019	Traders Hotel AD	Sanjeewa Sarath Kumara	Trophy





January 2020 **Gulf Gourmet**





**BEST IN CLASS**

Class	Class Description	Hotel	Name	Award
1	Cake Decoration - Practical by Master Baker Egg Station	Al Jawaher Reception & Convention Center	Madusha Rukshan	Gold
2	Elegance Stylish Wedding Cake - Three Tier	Petals & Patisserie	Annette Harding	Silver
3	Four Plates of Dessert by Nestle Docello	W Dubai The Palm	Yashasvi Aneja	Gold
4	Pastry Showpiece	Bateel International	Bernard Charles	Gold
5	Baked Bread Showpiece by Masterbaker	Grand Hyatt	Maresh Kamble	Gold
6	Friandises, Petites Four, Pralines & Nougatines	Shangri-la Hotel AD	Manoj Lasantha	Gold
7	Chocolate Carving Showpiece	Sofitel AD Corniche	Don Sampath Asela Hettiarachichi	Silver
8	Fruit & Vegetable Carving Showpiece by Barakat Quality Plus	St. Regis Saadiyat Island	Saranya Tolongmat	Bronze
9	Open Showpiece	Sofitel AD Corniche	Don Sampath Asela Hettiarachichi	Gold
10	Lamb Five-Course Gourmet Dinner Menu by JM Foods	Aloft Hotel AD	Sanjoy Sarma	Gold
11	Tapas, Finger Food & Canapes	EKFC West Wing	Udesh Dasun Edrisinghe R.	Gold
12	Individual Ice Carving	Sofitel AD Corniche	Don Sampath Asela Hettiarachichi	Gold
13	Ice Carving Team Event	Keita Catering LLC	Asela Sampath Hettiarachch	Gold
13	Ice Carving Team Event	Keita Catering LLC	Tharishma Madhushanka M. Muthuwahandi	Gold
14	Practical Fruit & Vegetable Carving	St. Regis Saadiyat Island	Saranya Tolongmat	Gold
15	Sustainable Fish & Seafood - Practical Cookery by Deep Seafood Co	Al Jawaher Reception & Convention Center	Anil Chaudhary	Gold
16	Beef - Practical Cookery by MLA	Caesars Palace Bluewater	Subhash Jang Thapa	Gold
17	Arabic Mezzeh - Practical Cookery by Boody's	Sharjah Ladies Club	Rodney Lorenzo Ramos	Gold
18	Emirati Cuisine - Practical Cookery	Jumeirah Zabeel Saray	Usman Mouahamd Ali	Gold
21	Vegetarian Four Course Menu	The Ritz Carlton AD	Nikhil Roy Varghese	Gold
23	Chicken - Practical Cookery by USAPEEC	EKFC West Wing	Nuwan Kumara V. K. Pandithage	Gold
24	One Plate of Dessert - Practical Cookery	JW Marquis Hotel Dubai	Rohit Surve	Gold
25	Two Chocolate Pralines - Practical Cookery	JW Marquis Hotel Dubai	Rohit Surve	Gold
26	Best Arabian Buffet Team	Madinat Jumeirah C&I	Bushan Gaunkar	Gold
27	Best Arabian Buffet Team	Madinat Jumeirah C&I	Hady Nabil Hussain	Gold
28	Best Arabian Buffet Team	Madinat Jumeirah C&I	Munna Ghosh	Gold



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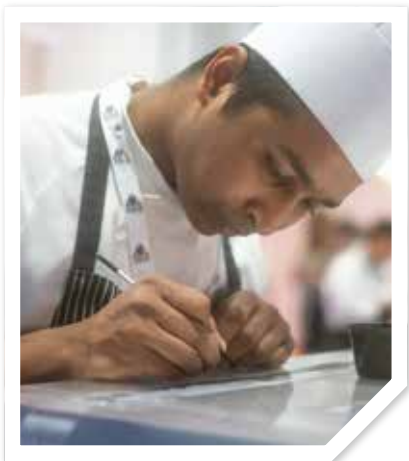




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# newmembers



**Mr Sunil George – Head of Sales & Marketing, East Fish Processing LLC. Company receiving Emirates Culinary Guild Membership certificate from ECG President Chef Uwe Micheel**

We, East fish processing LLC established in 1989, is the flagship company of the Thomsun Group, a renowned UAE based business conglomerate firm famous for delivering exceptional products and services under diversified business brands across the world. East Fish Processing has products ranging in Seafood, Poultry, Meat and Bakery items.

As the most sought-after provider of fresh and frozen Seafood & Meat in the Middle East, we offer an exquisite range of items that are required to meet your personal choices.

Our aim is to provide the highest quality products to the large customer base out there which is in compliance with international quality standards.

Over the years, we have grown up as the global leader of the fresh & Frozen food industry who is engaged in the Sourcing,



## East Fish Processing LLC

Processing, and Marketing of products under the acclaimed brand name CORAL BLUE, CFP, EASTCO & CAPRICON BAKERY. Handled with the utmost care and hygiene our products had received Factory approval and accreditations including FSSC, ISO 22000 2005, HACCP, EU and USDA.

East Fish Processing LLC has a state-of-the-art in-house lab to ensure quality & food safety for the product marketability around the world. At East Fish Processing LLC, we follow a futuristic approach in procuring products that are sustainable in its every aspect.

As the first step to ensure the safety of food, we source it from proven and

trustworthy sources. Precautions are taken to block the contamination of items processing at high-risk processing areas that conform to the standard quality and safety guidelines prescribed by international bodies. East Fish Processing LLC boasts of having fully equipped in-house laboratories to perform organoleptic bacteriological and chemical analyses that clearly avoid product contamination at every stage of processing.

Feeding millions of fish lovers around the globe, we are reaching out to new market places that not only span the UAE and the larger GCC region but also the entire Middle East, Far East Countries, USA, and Europe.

The plants confirm to high standards of quality that are ensured and monitored through the highly effective FSSC, ISO 22000 2005, HACCP, EU and USDA Quality System.



**Ms. Evelyn Pastor, Business Development Manager Hotels & Leisure receiving Emirates Culinary Guild Membership certificate from ECG President Chef Uwe Micheel**

By excelling at everything that we do, we inspire our customers, suppliers and employees to achieve excellence.

Established in 1975, IFFCO is a United Arab Emirates based international group, which manufactures and markets a well-integrated range of mass-market food products, related derivatives, intermediates and services.

**Our business is broadly segmented as**

- Impulse Foods • IFFCO Beauty • Agri

**IFFCO**  **إفكو**  
INVESTING IN THE FUTURE

Business • Oils & Fats • Packaging •  
Chemicals • Sales & Distribution

Supported by 80 operations in 40 countries, IFFCO has developed several brands, which include Allana, London Dairy, Igloo, Tiffany, Savannah, Noor,

Rahma, Hayat, Allegro, Al Baker and Al Khazna. We offer unmatched value to our consumers, reaching markets across the Middle East, Africa, Europe, West Asia, Far East, Australia and the USA.

The core principles and pillars on which the IFFCO brand has been built are reflected in our vision statement: "THE PREFERRED PROVIDER OF ESSENTIAL AND VALUE-ADDED FOODS FOR EVERYONE, EVERYWHERE & EVERYDAY."





**Angelo Djaffardjee, General Manager – Trading & Distribution and Yuliya Lipskaya, Business Development Manager - Trading & Distribution receiving Emirates Culinary Guild Membership certificate from ECG President Chef Uwe Micheel**

Olive Country is a solution-maker company, disrupting the conventional sourcing and supply chain in the food industry. Anchored in Ghassan Aboud Group, a conglomerate with expertise and extensive know-how in multiple industries: automotive, hospitality, retail, real estate, media and logistics, our teams are equipped with 25 years of indigenous knowledge topped up with technological innovation capabilities, making the products' journey from producers and manufacturers to HORECA and retailers shorter, simplified and cost-effective.

With our deep knowledge of different markets, we are committed to creating new opportunities and bridging the



gaps within the existing sourcing and supply chain, with full expertise of cold-chain management for perishable products. We conduct extensive research to continually develop solutions that can help our clients reach their maximum business potential with the convenient "You order, we manage" practice.

A wide, reliable network of business partners enable us to get flexible

access to global markets of the top categories such as:

- ♦ Grocery
- ♦ Beverage
- ♦ Bakery & pastry
- ♦ Frozen
- ♦ Dairy
- ♦ Fruit and vegetables
- ♦ Staple food
- ♦ Meat and poultry
- ♦ Seafood
- ♦ Organic and free-from
- ♦ Vegan
- ♦ Fine food
- ♦ Non-food

Our current core market is GCC and the Middle East, with aggressive market expansion activities in Africa, India and Australia.



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# BE A LEADER in 2020

*"The more present one is, the fewer one's doubts and fears" — Marty Rubin*

In today's fast-moving world the concept of executive presence is getting more important than ever. Yet, there are many working professionals that have no idea what executive presence is about. Research carried out by the Center for Talent Innovation and the Australian HR Institute clearly shows how many people miss out on the elements of executive presence.

Executive presence is basically about how you interact with people in any given scenario (meetings, presentations, conflicts, negotiations). The impressions you make on your peers, and what impact you leave on people around you. Your verbal communication skills, your work personality, and even physicality are important paradigms of making a good executive presence.

It is not just about what you say but how you speak and convey your ideas. It is not about looking like a supermodel but how appropriately you dress up that gives you an authentic look. That means as per Center for Talent Innovation your progress is dependent on the way you

- Appearance (7%) – How you **look** and



*Live consciously in the moment and experience the unity of life within you, through you and around you*  
— **Steve Leasock**



- dress-up is important
- Communication (31%) – The way you **talk** is four times more important than looks
- Gravitas (62%) – The way you **act** is nearly nine times as important as looks

If you feel like you are lagging in the high-level business world, it's time to take guidance for developing executive presence. Australian HR Institute shows 10 characteristics that contribute to an executive presence that impacts your leadership presence. The top three being

- **Values-in-action** 22% – Courage, integrity, lack of "ego"
- Interpersonal **behavior** patterns 17% – Genuineness, respect, valuing of others
- **Demeanour** 14% – Confident, composed, authoritative

You need to understand one thing. In work and life, making an impression impacts your progress. It is not about faking it; you have to be authentic. You will eventually need it if you want to be successful. Otherwise the right people will not find you impressive, no matter how many hours you work.

Like it or not, your colleagues are always watching you. You will make an impression – good, bad or neutral. Yes, social outings or competitions are golden opportunities to increase

your network. If you are not making any efforts to develop or improve your executive presence, consider all those opportunities lost.

## Here are three tips:

**Appearance matters** - First impression matter even more. If you look too casual or sloppy, people are instantly prejudiced. They might even think you are lazy or not senior enough for the job. The good news, you don't have to spend too much to look smart.

**Communicate effectively. Be precise, and strong** - You need to speak like a professional. Be clear, precise, and strong in whatever you want to convey. Avoid words like 'perhaps' and 'I was wondering'. Instead, use words such as 'I believe' and 'my plan is' that implies you have clear thoughts and know what you are saying or doing.

**Demonstrate your gravitas and levitas. Differentiating factor** - Pay attention to your acts when you enter a room. Do you stand straight? Do you make eye contact? Do you feel confident to interact? Make sure you are aware of people around you and people are aware of your presence. Not being seen leaves a negative impression.

Many of the smart people you meet where not smart when they began. All you need to do is try.

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*Rohit Bassi is the founder of 'ROI Talks' and works across industries to help employees outperform themselves. You can contact him on [roi@roitalks.com](mailto:roi@roitalks.com)*





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